



GOOD FOR YOU.

Dietitians Help **You** Find **Your** Healthy.

NUTRITION MONTH 2021



Nutrition Month 2021 Recipe e-book

NutritionMonth2021.ca

Celebrate this Nutrition Month by trying new recipes.
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Good for **You!** Dietitians help **you** find **your** healthy



This recipe e-book contains 15 recipes, hand-picked by dietitians to help you celebrate Nutrition Month 2021 with your family, friends and colleagues.

Are these recipes “good for you?” Great question! What is “good for you” is not the same as for someone else. There is no one-size-fits all approach to healthy eating. If you ask a dietitian, they’ll say that what healthy looks like for **you** is influenced by many things, like your culture and food traditions, personal circumstances and preferences as well as your unique nutritional needs.

Do you need help finding **your** “healthy”? A dietitian can help! Dietitians are educated and trained to provide nutrition support and guidance in a way that is *good for you!*

Did you know? Dietitians are everywhere! Dietitians are trained and trusted health care professionals who work in a variety of settings across all areas of food and nutrition – from farms to hospitals and beyond. [Learn more about where dietitians work and what they do.](#)

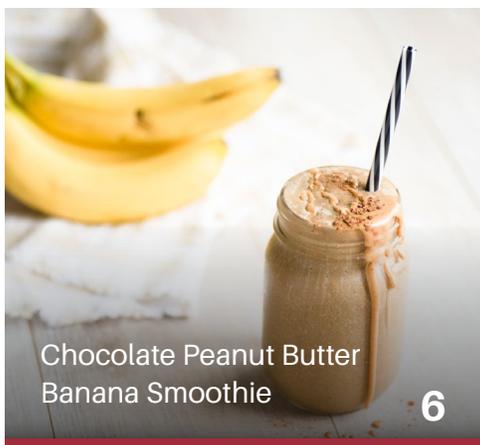
Learn more about dietitians and how to find one in your community at [NutritionMonth2021.ca](https://www.nutritionmonth2021.ca)

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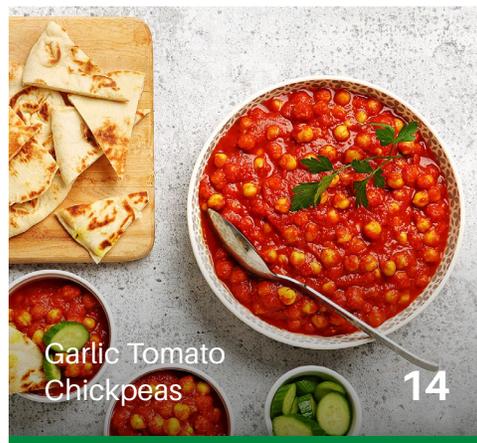
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An Improvised Pot of Soup

Karen Giesbrecht RD & Irena Forbes RD

Co-chairs of DC's Household Food Insecurity Network.

Soup is a comfort food in many cultures. You may follow a specific recipe or look to your pantry staples to create a delicious, nourishing meal. We acknowledge that it is a privilege to be able to buy the ingredients to make a specific recipe, like the ones in this recipe e-book. In reality, many Canadians have to compromise on the amount or quality of food they eat because they cannot make ends meet.

As dietitians, we work with clients to cook with what they have, such as this improvised soup recipe. At the same time, we advocate strongly to address the root causes of food insecurity.

Our advice as dietitians will only help when our clients have a secure home, access to safe water and the income to stock their kitchens.



Karen Giesbrecht, RD

Irena Forbes, RD

Here are some guidelines to help you get started. The possibilities are endless.

1. Start by heating up a little fat, such as canola oil or butter, and add a flavourful vegetable such as onions or leeks. Adding favourite seasonings such as garlic, ginger or spices will make your soup even more fragrant without too much added salt.
2. Stir in broth, tomato juice, or water.
3. Next, begin adding ingredients in the order of the longest cooking time (i.e. barley and carrots) to the shortest (i.e. pasta and peas). For a complete meal, include a source of protein (beans or pulses, meat, seafood, nut butter, Greek yogurt or tofu), a couple of veggies (fresh, frozen or canned) and a starch (pasta, squash, rice, other grains).
4. For a smoother texture, blend all of the ingredients.
5. For a richer flavour, add a spoonful of miso, or a splash of cream or yogurt.
6. Invite everyone to the table, ladle your soup into bowls, and top with fresh herbs, grated cheese, tortilla chips or croutons.

Spicy Red Lentil and Havarti Soup

Preparation Time: 20 mins
Cook Time: 30-40 mins
Serves: 6

Recipe Provided By: Dairy Farmers of Canada

Recipe Source: [Cookspiration.com](https://www.cookspiration.com)

Ingredients

butter	1 1/2 Tablespoon (25 mL)
curry powder	2 tsp (10 mL)
onion chopped	1
diced carrots	2 cups (500 mL)
celery	1 cup (250 mL)
diced peeled potatoes	1 cup (250 mL)
dried lentils red or orange	3/4 cup (180 mL)
chicken broth	1 cup (250 mL)
milk	3 cups (750 mL)
jalapeño-flavoured Havarti cubed	5 oz (150 g)
chopped cilantro	2 tbsp (30 mL)

Directions

1. In a large pot, melt butter over medium-high heat. Sauté curry, carrots, potatoes, celery and onions, until onions are softened.
2. Add lentils, broth, milk. Bring to a boil, stirring occasionally. Reduce heat to low and simmer covered until lentils are soft, 30-40 minutes.
3. Purée soup in blender until smooth. Adjust seasoning. Serve garnished with the Havarti and cilantro.



DIETITIAN TIP

Isabelle Neiderer, RD
 Dietitian with Dairy Farmers of Canada

This is a delicious way to boost your bone health. Thanks to the milk and cheese, each serving delivers over a third of your daily calcium needs! As many Canadians are not meeting calcium requirements, your bones will thank you for including this recipe in your regular recipe repertoire. Visit [whatyoueat.ca](https://www.whatyoueat.ca) for more bone-boosting recipes.

Dairy Farmers of Canada is a sponsor of Nutrition Month 2021.

Chocolate Peanut Butter Banana Smoothie

Preparation Time: 5 mins
Serves: 1

Recipe Provided By: Jackie Silver MHSc, RD

Recipe Source: [NutritionMonth2021.ca](https://www.nutritionmonth2021.ca)

Ingredients

plain Greek yogurt	3/4 cup (180 mL)
frozen banana	1
milk of choice	1 cup (250mL)
handful of ice cubes	
flax meal (ground flaxseed)	1 tbsp (15 mL)
peanut butter	1 tbsp (15 mL)
cocoa powder	1 tbsp (15 mL)
handful of spinach (optional)	

Directions

1. Blend all ingredients in a blender
2. Serve in a cup or thermos with a straw



DIETITIAN TIP

Jackie Silver MHSc, RD
Consulting Dietitian

This smoothie could have you believing that it is a chocolate milkshake! Not only is this smoothie accessibility friendly as it can be made from a seated position, but it is also a nutritionally complete meal that is rich in fibre, protein, complex carbohydrates, fat and calcium. Since smoothies are easy and fast to prepare, they are ideal for wheelchair users or people with chronic pain or fatigue, among others.. You can bring them on the go and they are a great way to get a full meal in.

Apple Pie Smoothie Bowl (+ Blenderized tube feed meal)

Preparation Time: 5 mins
Serves: 1

Recipe Provided By: Whitney Hussain RD

Recipe Source: [NutritionMonth2021.ca](https://www.nutritionmonth2021.ca)

Ingredients

1 medium apple, peeled and chopped, approx. 1 cup (250 mL)	
milk/ mylk	1 cup (250 mL)
quick oats	1/2 cup (125 mL)
pecans	2 tbsp (30 mL)
maple syrup	1 tbsp (15 mL)
cinnamon, ground	1/2 tsp (2 mL)

Directions

1. Add all ingredients to blender and blend for 1-2 minutes until fully blended.
2. If eating orally: Enjoy!
3. If consuming via tube:

If using a lower powered blender, strain blended food to ensure no chunky bits and enjoy!

If using a high-powered blender (Vitamix, Blentec), enjoy without straining!



DIETITIAN TIP

Whitney Hussain RD
Clinical Dietitian and Consultant

Meals can look different for each of us since we all “eat” in different ways. This recipe can be enjoyed by loved ones as a delicious smoothie bowl or an easy blended tube feed meal. Speak with your dietitian about whether this recipe is right for you!

Lemony Ginger Milk-And-Honey Tea

Preparation Time: 3 mins
Cook Time: 10 mins
Serves: 4

Recipe Provided By: Dairy Farmers of Canada

Recipe Source: [Cookspiration.com](https://www.cookspiration.com)

Ingredients

milk	3 cups (750 mL)
fresh ginger sliced	1/4 cup (60 mL)
fresh lime leaves or rind of a lime cut into strips	1/4 cup (60)
fresh lemongrass sliced	2 tbsp (30 mL)
honey	

Directions

1. In a medium saucepan, bring milk and other three ingredients to a boil on medium heat. Reduce to low heat and simmer for 5 minutes.
2. Pour tea into cups using a tea strainer. Serve with honey to taste.



DIETITIAN TIP

Isabelle Neiderer, RD

Dietitian with Dairy Farmers of Canada

Make your 'tea' with milk for a comforting non-caffeinated hot drink with a nutrition boost! Milk contains 15 essential nutrients including calcium, vitamin D, magnesium, potassium, protein and vitamin B12. Visit [whatyoueat.ca](https://www.whatyoueat.ca) to get more nutrition information and dietitian tips.

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Tamil-style Eggplant Curry

Preparation Time: 5 mins
Cook Time: 12 mins
Serves: 4

Recipe Provided By: Piraveena Piremathasan P.Dt, CDE, CBE

Recipe Source: [NutritionMonth2021.ca](https://www.nutritionmonth2021.ca)

Ingredients

eggplant, long, raw, cubed	3 cups
water	2/3 cup (160 mL)
onion, sliced	1
green chillis, cut in half	2
garlic cloves	2
curry leaves	6
turmeric powder	1/4 tsp (1 mL)
coconut milk, canned	1/2 cup (125 mL)

Directions

1. In a medium saucepan add eggplant, water, onion, green chillies, garlic cloves, curry leaves and turmeric powder, and cook at high heat for 6 minutes.
2. Stir ingredients and cook for another 4 minutes until curry becomes pale green.
3. Add coconut milk and decrease heat to low for 2 minutes.
4. Mash the curry with a fork.
5. Serve alongside with a dhal/chicken curry, salad and rice. Enjoy!



DIETITIAN TIP

Piraveena Piremathasan P.Dt, CDE, CBE

Clinical Dietitian, Certified Diabetes and Bariatric Educator

The misconception I hear most frequently is that you have to forego the pleasures of enjoying your food if you live with diabetes! As a dietitian, I work with clients to personalize eating patterns that fit their cultural and food preferences, financial situation and time constraints. It has always been a gratifying experience helping my clients find their healthy based on their values and unique needs!

Vegetarian Chinese Egg Fried Rice

蛋炒饭 (Dàn chǎofàn)

Total Time: 20 mins

Serves: 6

Recipe Provided By: Michelle Jaelin, RD

Recipe Source: [NutritionMonth2021.ca](https://www.nutritionmonth2021.ca)

Ingredients

cooked brown rice, preferably at least a day old	3 cups (750 mL)
large eggs, divided	4
water	2 tbsp (30 mL)
paprika	1/4 tsp (1 mL)
turmeric	1/4 tsp (1 mL)
oil, divided	3 tbsp (45 mL)
medium carrot, diced	1
medium onion, diced	1
red bell pepper, diced	1
frozen peas, thawed	1 cup (250 mL)
unseasoned rice vinegar	2 tbsp (30 mL)
teaspoons salt	1 1/4 (6 mL)
sugar	1/4 tsp (1 mL)
monosodium glutamate (MSG) powder (optional)	1/8 tsp (0.5 mL)
ground black pepper	1/4 tsp (1 mL)
scallions, chopped	2
Hot sauce for serving	

Directions

- Using your hands, break rice clumps into individual grains in a large bowl.
- Beat 2 eggs in a small bowl until frothy. Add water, paprika and turmeric; beat until combined. Beat the remaining 2 eggs in another small bowl. Set both bowls next to the stove.
- Heat a wok or large cast-iron pan over medium-high heat. Add 2 tablespoons (30 mL) oil and swirl to coat the bottom of the pan. Add the 2 beaten eggs without the spices; cook, stirring, until scrambled, about 1 minute. Transfer the eggs to a clean plate.
- Add the remaining 1 tablespoon oil to the pan and heat over high. Add carrot, onions and bell pepper; cook, stirring, until the vegetables are tender, 2 to 3 minutes. Stir in the rice and cook, stirring and breaking up any large clumps with the back of a wooden spoon, until the rice is hot, about 2 minutes. Pour in the spiced beaten eggs over the rice and cook, stirring to coat the rice with the egg, for 1 minute. Add peas and cook, stirring, until the peas are hot, about 1 minute. Add rice vinegar, salt, MSG powder, sugar, black pepper, the reserved scrambled eggs and scallions; cook for 1 minute more. Serve hot with hot sauce, if desired.



DIETITIAN TIP

Michelle Jaelin RD
TV and Media Dietitian

Don't Yuck my Yum! It's important to expose children to many different food cultures at an early age. Parents should be positive role models around foods, including unfamiliar ones. Remember, it's disrespectful to say "gross" or "that's unhealthy" or to turn your nose at it. While it's ok to not like a certain food or cuisine, showing respect for other food cultures is a must. Always approach new foods with an open mind!

Moose Stew

Preparation Time: 10 mins
Cook Time: 2 Hours 30 mins
Serves: 6

Recipe Provided By: Health Canada

Recipe Source: [Food-Guide.Canada.ca](https://www.food-guide.canada.ca)

Ingredients

canola oil	2 tsp (10 mL)
moose, cubed	1lb 4 oz (575 g)
small onions, cut into large chunks	2
celery stalks, chopped	3
carrots, peeled and chopped	5
no salt added beef broth	4 cup (1 L)
medium yellow fleshed potatoes, peeled and diced	5
mixed vegetables, frozen	3 cups (750 mL)
parsley, dried	1/2 tsp (2 mL)
thyme, dried	1/2 tsp (2 mL)
bay leaves, dried	4
pepper	1 tsp (5 mL)

Directions

1. In a large shallow saucepan or Dutch oven, heat oil over medium heat. Brown the moose meat and put aside.
2. Add the onions to the saucepan and cook for 2 to 3 minutes. Add the celery and carrots. Cook about 7-8 minutes, stirring frequently.
3. Add the moose meat and stir. Add in broth, potatoes, frozen vegetables, parsley, thyme, bay leaves and pepper and stir. Cover, lower heat and simmer for 2 hours. Remove whole bay leaves before serving.



DIETITIAN TIP

Emily Bell, MSc, RD

Dietitian with Health Canada's Office of Nutrition Policy and Promotion

A great one to warm you up on a cold winter day! Complete the field to table experience with this easy to make hearty stew. If you are having trouble finding moose meat, try a lean cut of beef such as round or loin. Serve with a baked whole grain tortilla, bannock or flatbread for a little crunch.

Citrusy Chicken Salad with Feta

Preparation Time: 15 mins
Cook Time: 3-4 mins
Serves: 4-6

Recipe Provided By: Dairy Farmers of Canada

Recipe Source: [NutritionMonth2021.ca](https://www.nutritionmonth2021.ca)

Ingredients

soybeans (edamame) shelled	1 1/2 cups (375 mL)
cooked chicken shredded	2 cups (500 mL)
sun-dried tomatoes minced	1/4 cup (60 mL)
clementines peeled and separated into segments	2-3
olive oil	2 tbsp (30 mL)
orange juice	1/4 cup (60 mL)
Canadian feta diced	1 cup (250 mL)
freshly ground pepper	
assorted lettuce	5 cups (1.25 L)

Directions

1. Cook soybeans according to instructions on packaging. Drain and cool under running water.
2. In a large bowl, mix together all ingredients except lettuce. Adjust seasoning.
3. Add lettuce, toss and serve immediately.



DIETITIAN TIP

Isabelle Neiderer, RD

Dietitian with Dairy Farmers of Canada

This simple but tasty recipe packs a serious protein punch. Pair with a glass of milk and a hearty whole grain bun and you've got an easy, well balanced meal that will keep hunger at bay. Visit [whatyoueat.ca](https://www.whatyoueat.ca) to learn more about protein.

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Mujadarrah

Preparation Time: 5 mins
Cook Time: 20 mins
Serves: 6

Recipe Provided By: Health Canada

Recipe Source: [Food-Guide.Canada.ca](https://www.food-guide.canada.ca)

Ingredients

olive oil	2 tbsp (30 mL)
medium onions, sliced thinly	3
ground cumin	1 tsp (5 mL)
brown or wild rice, cooked	1/4 cup (175 mL)
sodium reduced lentils, drained and rinsed	1 cup (250 mL)

Directions

1. Heat oil in a pan over medium-high heat. Add the onions and cook until they turn dark caramel brown, stirring often. This will take about 15 minutes. Remove half of the onions to a bowl (these are for garnish later). Sprinkle in the ground cumin and cook about 1 minute more.
2. Add the cooked rice to the onions and stir often for 3 minutes. Stir in the lentils and cook for another 2 minutes.
3. Serve the rice and lentils with the reserved caramelized onions on top.



DIETITIAN TIP

Emily Bell, MSc, RD

Dietitian with Health Canada's Office of Nutrition Policy and Promotion

This Middle Eastern dish is a great recipe to make with leftover rice. Serve this for dinner with a side salad or coleslaw. You will know the caramelized onions are done when they have a deep chestnut color and there is a slight crispiness developing on some of the onions. Add a little water to the onions if they are sticking to the bottom of the pan.

Garlic Tomato Chickpeas

Preparation Time: 15 mins
Cook Time: 20 mins
Serves: 4-6

Recipe Provided By: [CanolaEatWell.com](https://www.CanolaEatWell.com)

Recipe Source: [Cookspiration.com](https://www.cookspiration.com)

Ingredients

cloves garlic	6
small onion, halved	1
jalapeno pepper, halved and seeded	1
piece of fresh ginger, peeled	1/2-inch (1 cm)
water	(approx) 2 tbsp (25 mL)
canola oil	1 tbsp (15 mL)
strained tomatoes (passata)	1 bottle (650 mL)
ground turmeric	1 tsp (5 mL)
no salt added chickpeas, drained, and rinsed	2 cans (19 oz/540 mL)
lemon juice	2 tbsp (25 mL)
cayenne	1/4 tsp (1 mL)

Directions

1. In a small blender or food processor, pulse together garlic, onion, jalapeño, and ginger. Add 1 tbsp (15 mL) of water at a time, if needed, and puree until smooth.
2. In a deep large nonstick skillet, heat oil over medium heat. Add garlic puree and cook, stirring for about 3 minutes or until starting to brown. Pour in tomatoes and turmeric; bring to a simmer. Add chickpeas, lemon juice and cayenne; cover and reduce heat to low.
3. Cook, stirring occasionally for about 15 minutes or until thickened.



DIETITIAN TIP

Lynn Weaver, RD
 Dietitian with [CanolaEatWell.com](https://www.CanolaEatWell.com)

Garlic and tomato lovers, this dish is for you! Rich tomato puree coats the chickpeas as they simmer away in this pantry friendly plant-based meal. What makes canola oil a Canadian pantry staple? It's healthy, affordable, versatile, light in flavor and it has a shelf life of a year.

CanolaEatWell.com is a sponsor of Nutrition Month 2021.

Oatmeal Chocolate Lentil Bites

Preparation Time: 10 mins

Cook Time: 15 mins

Yields: 36 Bites

Recipe Provided By: Geoffrey Svenkeson RD

Recipe Source: [NutritionMonth2021.ca](https://www.nutritionmonth2021.ca)

Ingredients

brown lentils, canned, drained, rinsed or cooked	1 cup (250 mL)
water	2 Tbsp.
margarine	1/2 cup (125 mL)
brown sugar	1/2 cup (125 mL)
vanilla extract	1/2 tsp (2 mL)
egg or flaxseed egg*	1
flour	2/3 cup (160 mL)
oats	1 cup (250 mL)
baking powder	1/2 tsp (2 mL)
cinnamon	1/2 tsp (2 mL)
chocolate chips	1/2 cup (125 mL)

*To make a flax egg, mix one tablespoon ground flaxseed with three tablespoons of water. Let sit in your fridge for 15 minutes to thicken.

Directions

1. Preheat oven to 350°F (180°C). Grease a cookie sheet or use a silicone liner.
2. Puree lentils in a food processor or blender. Add in margarine, brown sugar, vanilla and egg and blend until smooth.
3. In a large bowl, combine flour, oats, baking powder and cinnamon. Add lentil mixture to dry ingredients and incorporate evenly. Stir in chocolate chips.
4. Use a tablespoon or cookie scoop to measure out equal sized bites. Place them on the baking sheet and bake for 12-14 minutes.



DIETITIAN TIP

Geoffrey Svenkeson RD
Community Dietitian

Introducing people to new cooking methods, knife skills, food storage and the use of accessible frozen, dry, and canned goods to make simple, delicious and nutritious meals is the foundation of my practice. These high fibre, nourishing and delicious oatmeal bites are a popular recipe in my cooking classes.

Pan-Fried Dates with Cardamom Yogurt

Preparation Time: 5 mins
Cook Time: 2 mins
Serves: 6

Recipe Provided By: [CanolaEatWell.com](https://www.CanolaEatWell.com)

Recipe Source: [Cookspiration.com](https://www.Cookspiration.com)

Ingredients

plain 0% Greek yogurt	1 cup (250 mL)
ground cardamom or cinnamon	3/4 tsp (4 mL)
canola oil	1 tbsp (15 mL)
Medjool dates, pitted	12
chopped pistachios (optional)	1/4 cup (50 mL)

Directions

1. In a small bowl, whisk together yogurt and cardamom. Cover and refrigerate until ready to use.
2. In a small non-stick skillet, heat oil over medium heat. Add dates and panfry for about 2 minutes, turning to blister dates (become golden) and heat through.
3. Divide yogurt among 6 dessert plates and top each with 2 dates. Sprinkle with pistachios to serve.



DIETITIAN TIP

Lynn Weaver RD
 Dietitian with [CanolaEatWell.com](https://www.CanolaEatWell.com)

A simple ending to a wonderful meal. The crunch and colour of the pistachios make it extra special. Medjool dates are rich in natural sugars, fibre and several vitamins and minerals. Fats and oils like canola oil aid in the absorption of fat soluble vitamins A, D, E, and K. Canola oil is low in saturated fat, a source of plant-based omega-3 fat and also contains vitamin E an antioxidant, and vitamin K which is needed for normal blood clotting.

CanolaEatWell.com is a sponsor of Nutrition Month 2021.

Pear Raspberry Yogurt Muesli

Preparation Time: 15 mins

Cook Time: 8 mins

Refrigeration: 12h

Serves: 4

Recipe Provided By: Dairy Farmers of Canada

Recipe Source: [NutritionMonth2021.ca](https://www.nutritionmonth2021.ca)

Ingredients

large-flake rolled oats	1 cup (250 mL)
unsalted sunflower seeds	1/4 cup (60 mL)
sliced almonds	1/4 cup (60 mL)
firm-ripe pear	1
ground flax seeds	2 Tablespoon (30 mL)
ground nutmeg or cinnamon	1/8 tsp (.5 mL)
plain yogurt	1 1/2 cups (375 mL)
maple syrup or liquid honey	2 tbsp (30 mL)
fresh or frozen raspberries (thawed if frozen) divided	1 1/2 cups (375 mL)

Directions

1. In a large, dry skillet, toast rolled oats, sunflower seeds and almonds, stirring constantly, for about 5 minutes or until golden and fragrant. Transfer to a medium heatproof bowl and let cool. Set 1/4 cup (60 mL) aside for topping; cover and store at room temperature.
2. Coarsely shred pear on the coarse side of a box grater. Stir pear, flax seeds, nutmeg or cinnamon, yogurt and maple syrup or honey into bowl with oat mixture. Cover and refrigerate overnight.
3. To serve, stir 1 cup (250 mL) of the raspberries into yogurt mixture, mashing berries slightly as you stir. Spoon into bowls, sprinkle with reserved oat mixture and top with remaining raspberries.



DIETITIAN TIP

Isabelle Neiderer, RD

Dietitian with Dairy Farmers of Canada

Toasted oats, seeds and nuts, plus sweet pears and tangy raspberries all combine with yogurt for a satisfying and tasty breakfast. Prepare it in the evening and you'll be off to a great start to the next day before you even go to bed. Visit [whatyoueat.ca](https://www.whatyoueat.ca) for more dietitian tips and recipes.

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Creamy Chocolate Avocado Pudding

Preparation Time: 5 mins
Yields: 2

Recipe Provided By: Christine Francis RD

Recipe Source: [NutritionMonth2021.ca](https://www.nutritionmonth2021.ca)

Ingredients

avocado	1
honey	1.5 tsp (2.5 mL)
cacao powder	2 tbsp (30 mL)
handful of raspberries	
milk	1/2 cup (125 mL)
pinch of salt	

Directions

1. Combine all of the ingredients in a blender and blend until smooth.
2. Scoop into small bowls and add garnish with your favourite toping.

Note: Find the right consistency for you (or your loved one). For a thicker consistency use less milk; for a creamier consistency add more milk.



DIETITIAN TIP

Christine Francis RD

Dietitian in Long Term Care

In a long-term care setting the primary focus is on individualizing nutrition for each resident while taking into account available labour and cooking methods. Many residents require a diet that is high energy, and this Creamy Chocolate Avocado Pudding does just the trick. It is a scrumptious and nutritious treat that is high in healthy fat and calories.

Acknowledgements

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Thank you!

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