Strong brains are built by supportive relationships. That means it's up to Moms, Dads, Grandparents, families, daycares, schools, community groups — heck, building brains is up to all of us.

Our Time Together Cookbook will help you and the children you care about build strong brains together.

Happy Cooking, Happy Brain Building!

Made with love by:

Play · Grow · Connect · Shine
FOOTHILLS CHILDREN'S WELLNESS NETWORK

# OUR TIME TOGETHER Cookbook

“Cooking with kids is a great way to connect and spend quality time together as a family while teaching little ones important healthy eating habits.”

(Government of Canada, Cooking with Kids)

**The Foothills Children’s Wellness Network would like to extend a sincere THANK YOU to the community members who submitted recipes for the**

# Our Time Together Cookbook

Without you this cookbook would not have been possible. Due to the high number of recipes submitted not all recipes could be used. Selecting recipes was not an easy task. Criteria for the recipe selection were: healthy, tasty, simple enough for little helpers, and a balanced number of recipes in each section of the cookbook.

Some of the recipes submitted had healthy modifications made, for example adding in whole grains or reducing the fat, sugar or salt content in the recipe. Each and every recipe was tested and tasted by the Working Group. We hope that we have honored the recipes that were submitted and made the healthiest possible choices for our families to cook together.

We have analyzed every recipe in this cookbook using Dietitians of Canada eaTracker and the AHS Healthy Food Checker so that you can make informed decisions about what to make and feed your family.
We hope you find this useful.

## Thank you to our recipe contributors:

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At any age, cooking with kids can be fun and easy. If kids get cooking now, chances are they will keep up this good habit as they grow older. Children should start by learning basic cooking skills and build their way up. Use these age-specific guidelines to help the little chef succeed in the kitchen.

## Cooking with 2-3 year olds:

Very young children like to explore with their senses of sight, touch, smell, hearing and tasting. They also like to do things on their own. Try letting kids:

- Wash fruits and vegetables in the sink
- Add items to dishes (like chopped tofu to a casserole)
- Smell food, herbs and spices you are using
- Help find ingredients in the fridge or cupboard
- Put paper cups into muffin tins (see Jazzy Goodness Muffins)

Keep in mind, some kids may be happy to watch you cook and talk about what you are doing. An empty pot on the floor with a spoon keeps their hands busy. Be sure to ask lots of questions about what they are making that smells so good!

## Cooking with 3-4 year olds:

At this age, children may be more interested in talking than eating! Either way, cooking keeps them interested in food. Try letting kids:

- Remove eggshells from hard-boiled eggs
- Pour from a small pitcher or measuring cup
- Make a simple sandwich or pizza with pre-assembled ingredients
- Describe the colour, taste and shape of food
- Roll cookie or bun dough (see Gingersnaps or Fluffy Buns)



## Cooking with 4-6 year olds:

At this age, some kids may show signs of being a picky eater. While the food they prepare might not make it to their fork, try to be patient knowing that cooking is helping them warm up to the idea of trying new foods. Try letting kids:

- Assemble foods: make trail mix or their own yogurt smoothie with toppings you've prepared (see Green Peach Smoothie or Yogurt and Fruit Parfaits)
- Stir ingredients together (like muffins, pancakes, sauces)
- Slice soft-cooked vegetables, soft fruit, cheese or tofu with a plastic knife
- Crack and beat an egg (see Ham and Egg Cups)
- Cook with a friend for a fun play date

## Cooking with 6-8 year olds:

At this age, kids can follow simple steps for recipes and are able to share and take turns. Try letting kids:

- Use simple kitchen equipment such as a grater, toaster, blender or can opener after you show them how to do so safely
- Make simple Cinnamon Oatmeal or Mexican Bean Salad
- Toss salad ingredients together with salad dressing
- Invent a fruit salad or smoothie recipe
- Write a list of healthy snacks they like to eat
- Write out a grocery list
- Make a simple breakfast: Breakfast in a Mug or Breakfast Burrito

## Cooking with 8-11 year olds:

Kids at this age are more coordinated and able to understand how to use appliances safely. Try letting kids:

- Use a knife with easy-to-cut foods (cooked meats, cheese, tofu, breads)
- Use the microwave with your help (see Chocolate Cake in a Mug)
- Make their own school lunch
- Make Fruit Salad with Honey Lime Dressing to go with dinner
- Use the stove, with supervision, to make basic recipes: Cinnamon French Toast, Pumpkin Pancakes or Alphabet Lentil Soup
- Decide what is needed to balance out a meal so it has food from each food group

# Safety rules

- Adult helpers can set the oven to the right temperature, reach for items in high places and explain any part of the recipe that may not make sense.
- Never leave the kitchen while cooking.
- Remember to clean up all your spills on the floor – so someone doesn't slip and fall.
- Check recipes for any foods that you are allergic to.
- Keep all towels away from the stove as they can easily catch on fire.
- Always have dry potholders or oven mitts nearby.
- Cool your hot cooking or baking dishes on a hot pad or a wire rack.
- Always pick up sharp utensils (such as knives or scissors) by the handle.
- Remember to clean up any messes and turn off your stove, oven and any other kitchen equipment after you are done cooking.
- Ask an adult to wash all sharp tools and equipment.

# Food safety

- Wash fresh fruit and vegetables with water before eating or preparing them.
- Use two plastic cutting boards – one for fruit and vegetables, and a different one for raw meats.
- Always wash your hands before and after touching raw meats.
- Thaw frozen foods in the refrigerator, in the microwave, or under cold running water, not on the countertop.
- Keep hot foods hot. Raw eggs, fish and meat must be cooked well to kill bacteria.
- Keep cold foods cold. Separate large amounts of leftovers into small, shallow containers to help food cool quickly.

(Adapted from: my amazing little cookbook, *HealthyU*)



## Use these nutrition guidelines to make
# THE HEALTHY CHOICE
# THE EASY CHOICE

## Choose Most Often:

These foods can be eaten daily because they contain a variety of nutrients for healthy growth and development. They have less fat, more fiber and lower salt than other recipes.

## Choose Sometimes:

While foods in this category may still have healthy nutrients, they tend to be higher in added sugar, fat and/or salt. No more than three servings from this category are recommended per week. You will see that some of our treats are Choose Sometimes recipes!

## Choose Least Often:

These foods tend to be higher in calories with fewer healthy nutrients. They are not recommended for daily eating. When you want something special, try one of the homemade recipes from the treat section.

**Check each recipe for its "☆" rating.**

To learn more about the Alberta Nutrition Guidelines for adults, children and youth go to www.healthyalberta.ca

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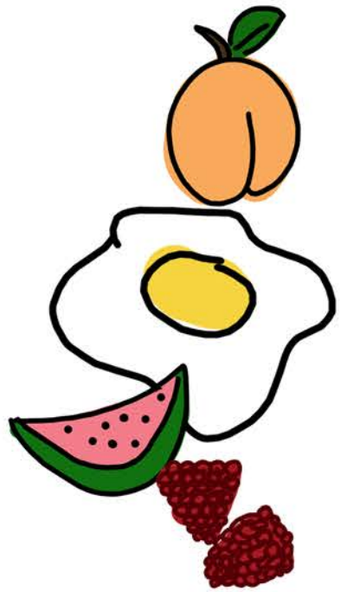

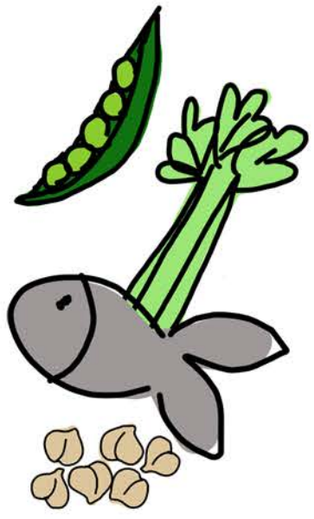


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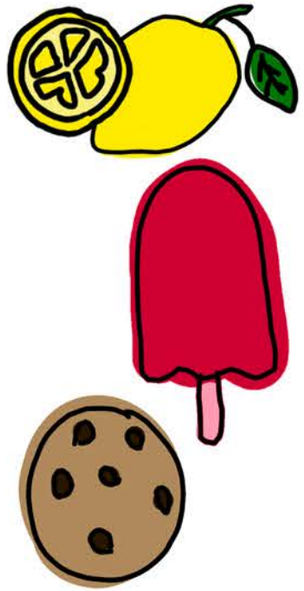

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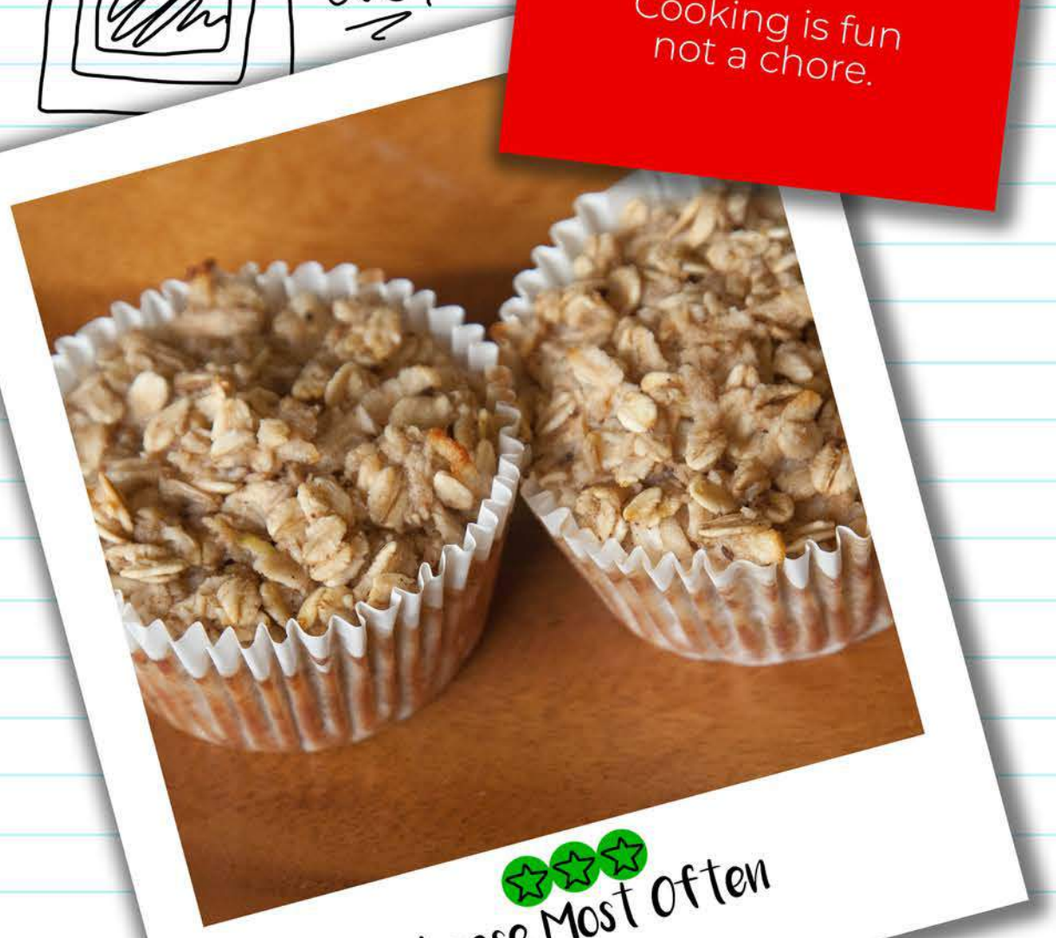
**TIP:**

Cooking is fun not a chore.



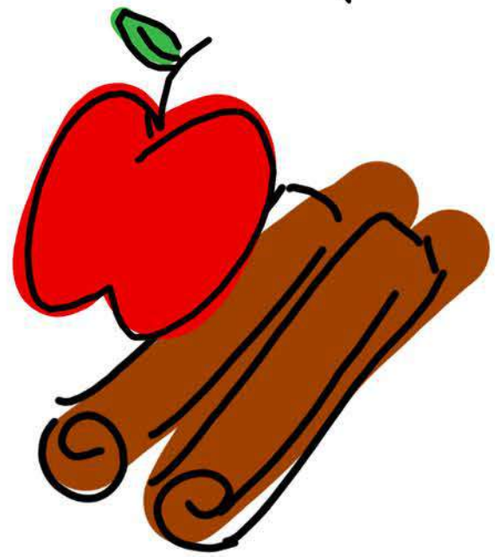
Choose Most Often

My Rating:

♡♡♡♡♡

# Apple Chai Oatmeal Cups

12 servings



## Ingredients:

Dry
3 cups (750 ml) rolled oats
1 tsp (5 ml) baking powder
1/2 tsp (2.5 ml) ground nutmeg
1/2 tsp (2.5 ml) ground cardamom
1/2 tsp (2.5 ml) ground allspice

Wet
1 large apple, peeled and grated
1 medium banana, mashed
2 eggs, large
2 Tbsp (30 ml) pure maple syrup
1 Tbsp (15 ml) vegetable oil
1 1/2 cups (375 ml) skim milk

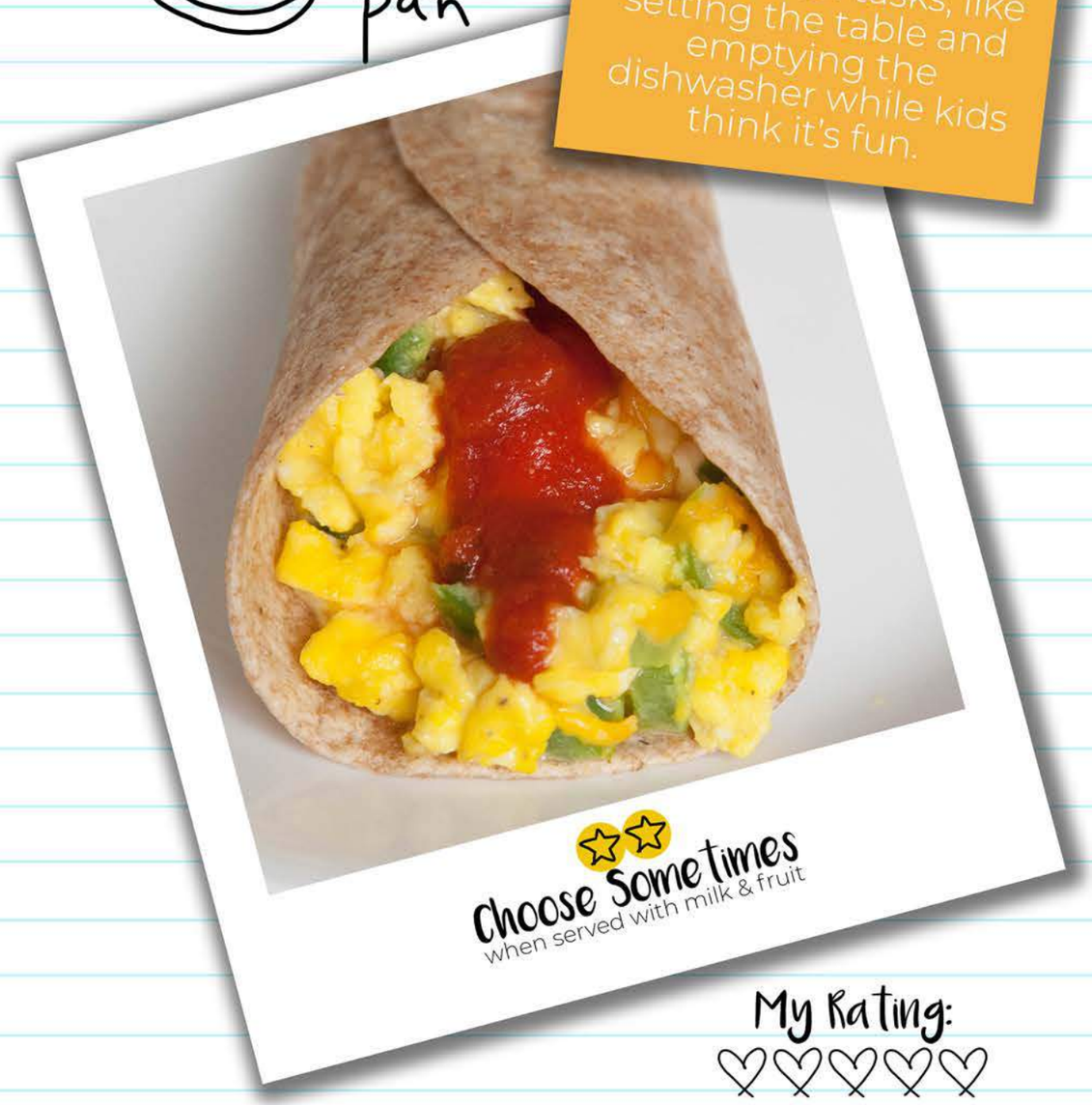
## Directions:

1. Pre-heat oven to 350 F, fill a 12-count muffin tin with muffin liners and set aside.
2. Stir together rolled oats, baking powder, and spices in a large bowl.
3. Place mashed banana and grated apple in a medium size bowl, add in eggs, maple syrup, oil and milk, and mix well.
4. Add wet mixture into the dry mixture and mix until no dry ingredients are visible.
5. Fill 12 muffin liners to the top (about 2 heaping tablespoons).
6. Bake for 20 minutes or until toothpick inserted in center comes out clean.
7. Let cool for 10 minutes before removing from muffin tin. Let cool completely, transfer into a container and store in the refrigerator.

**Nutrition Information:** (per serving) 120 calories, 4g fat, 1g saturated fat, 0 trans fat, 52mg sodium, 25g carbohydrate, 3g fibre, 7g sugar, 6g protein.

Prep time: 20 minutes
Ready in: 50 minutes

**TIP:**
Start at an early age with kitchen tasks, like setting the table and emptying the dishwasher while kids think it's fun.

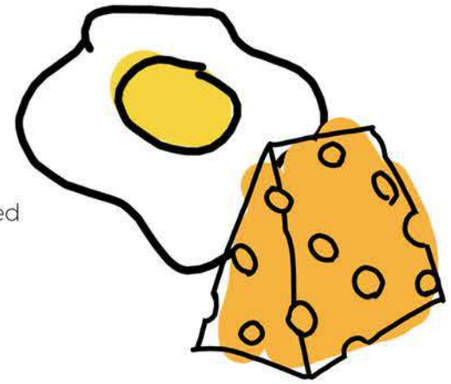


**Choose Sometimes**
when served with milk & fruit

My Rating:
♡♡♡♡♡

# Breakfast Burrito

1 serving



## Ingredients:

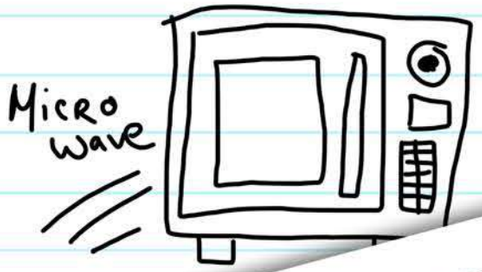
1 egg
1 Tbsp (15 ml) milk
1/4 cup (60 ml) sweet green pepper, diced
1 pinch black pepper
1 Tbsp (15 ml) shredded cheddar cheese
1 small corn or whole wheat flour tortilla
1 Tbsp (15 ml) medium salsa

## Directions:

1. Whisk egg, milk, green pepper and black pepper in small bowl.
2. Spray skillet with cooking spray. Heat skillet over medium-high heat until hot enough to sizzle a drop of water.
3. Pour in egg mixture and immediately reduce heat to medium-low. As egg begins to set, gently move spatula across bottom and side of skillet to form large, soft curds. Cook until egg is thickened and no visible liquid egg remains, but the egg is not dry.
4. Sprinkle with cheese.
5. Spoon the egg in the centre of the tortilla and top with salsa. Fold up the bottom and then the sides to enclose filling.

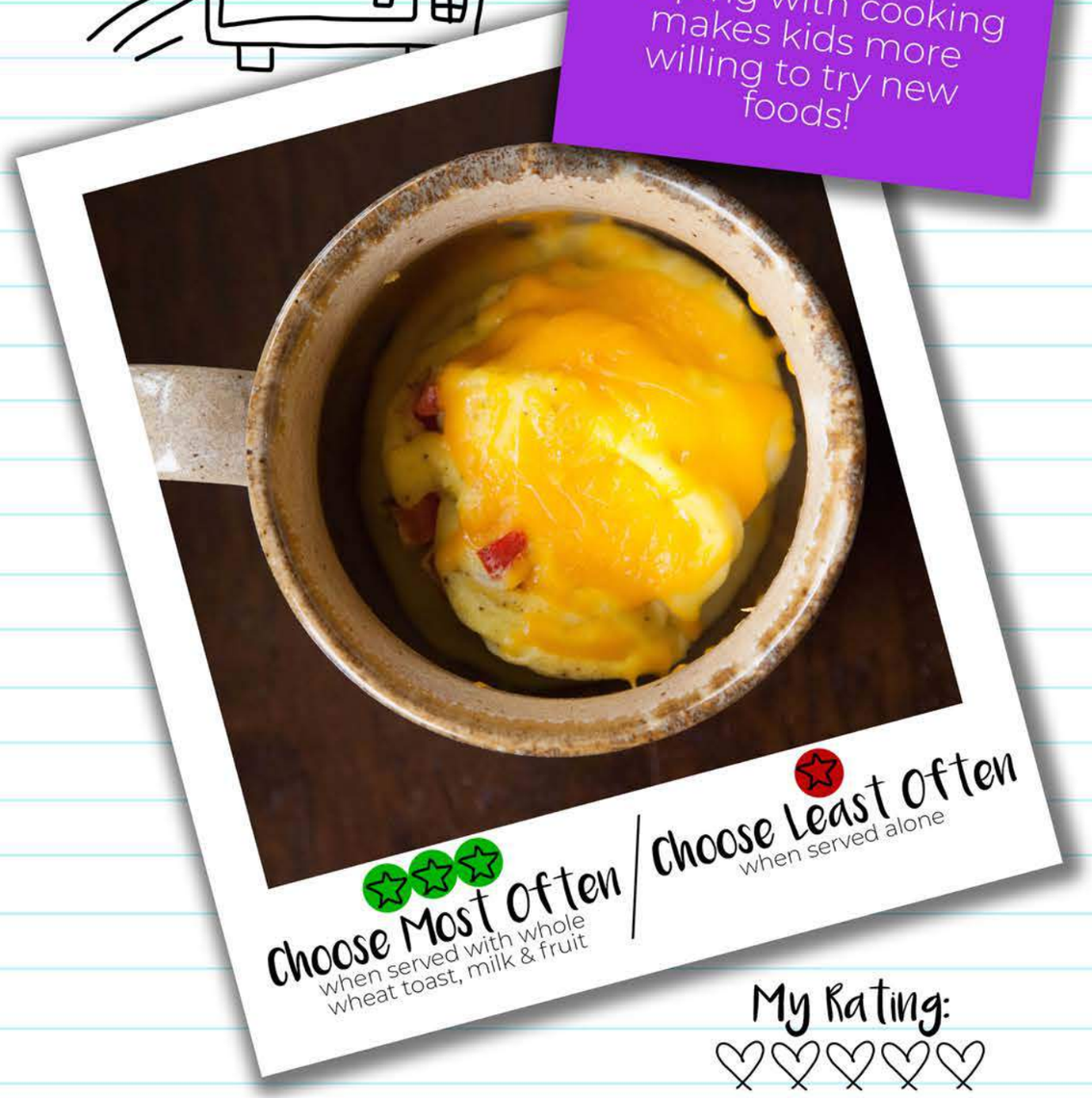
**Nutrition Information:** (per serving) 220 calories, 10g fat, 3g saturated fat, 0.1g trans fat, 336mg sodium, 22g carbohydrate, 2g fibre, 3g sugar, 11g protein.

Prep time: 12 minutes
Ready in: 15 minutes




TIP:

Helping with cooking makes kids more willing to try new foods!



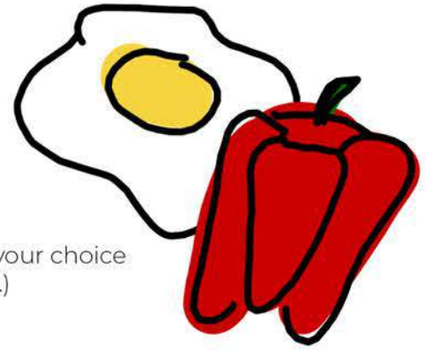
Choose Most Often
when served with whole wheat toast, milk & fruit

Choose Least Often
when served alone

My Rating:
♡♡♡♡♡

# Breakfast in a Mug

1 serving



## Ingredients:

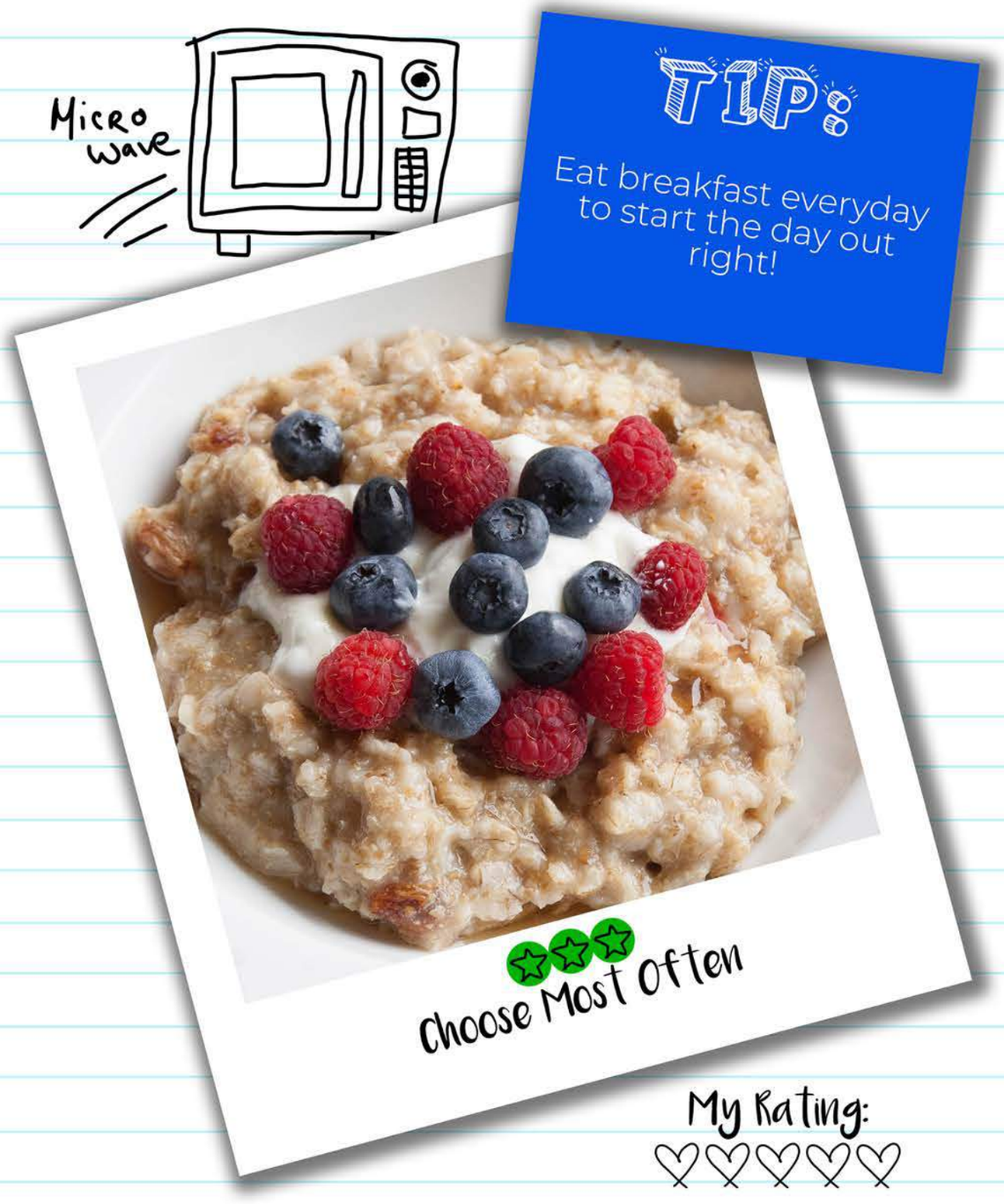
2 eggs
1 Tbsp (15 ml) skim milk
1 dash black pepper
1 dash garlic powder
1 Tbsp (15 ml) chopped vegetables of your choice (peppers, onions, tomatoes, kale, etc.)
1 Tbsp (15 ml) shredded cheese

## Directions:

1. Beat eggs, milk, black pepper and garlic together with a fork. Pour into microwaveable mug. Sprinkle vegetables on top.
2. Cover with a small microwaveable plate and microwave on medium-high for 60 to 90 seconds.
3. Remove plate and stir. Sprinkle cheese on top, cover and let stand for 1 minute to melt cheese and cool slightly.

**Nutrition Information:** (per serving) 164 calories, 11g fat, 4g saturated fat, 0 trans fat, 175mg sodium, 3g carbohydrate, 0 fibre, 2g sugar, 14g protein.

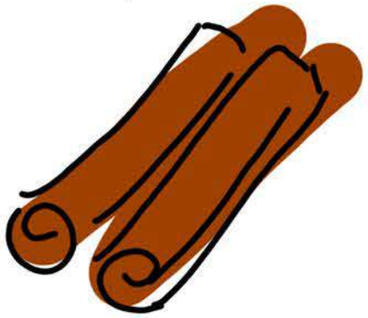
Prep time: 8 minutes
Ready in: 10 minutes




My Rating:
♡♡♡♡♡

# Cinnamon Bun Oatmeal

This makes 1 serving, but can easily be doubled or tripled.



## Ingredients:

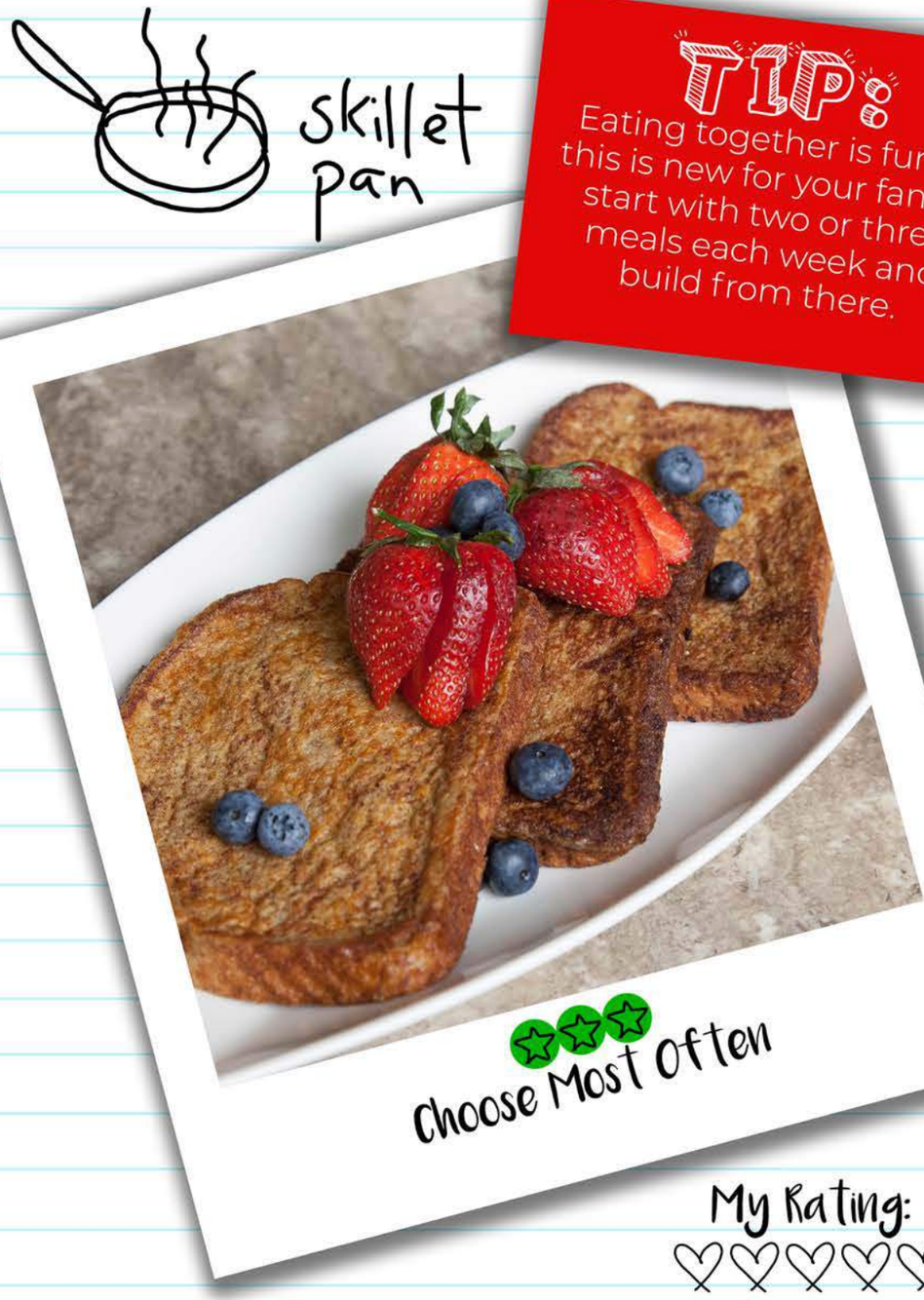
1/3 cup (80 ml) whole flake oatmeal
1 tsp (5 ml) ground flax
1/4 tsp (1.25 ml) cinnamon
1 Tbsp (15 ml) raisins
3/4 cup (180 ml) water
1 Tbsp (15 ml) plain Greek yogurt

## Directions:

1. Mix first 5 ingredients in a large microwave safe glass measuring cup or bowl. Make sure bowl is at least twice the size of the ingredients, or it will overflow. For example 2 cup container for 1 cup ingredients.
2. Microwave 2 minutes on high, stir carefully then microwave 2 more minutes and stir again.
3. Scoop into cereal bowl and top with a spoonful of yogurt. Garnish with more cinnamon, fruit and/or maple syrup if desired.

**Nutrition Information:** (per serving) 185 calories, 4g fat, 1g saturated fat, 0 trans fat, 14mg sodium, 33g carbohydrate, 5g fibre, 7g sugar, 6g protein.

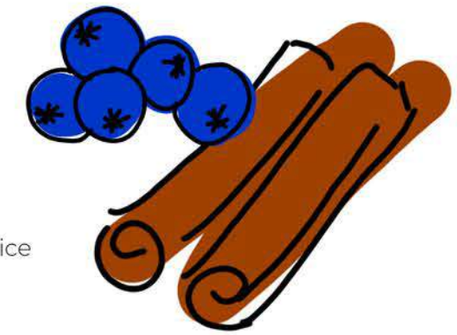
Prep time: 5 minutes
Ready in: 10 minutes




My Rating:
♡♡♡♡♡

# Cinnamon French Toast

2 servings



## Ingredients:

2 eggs
1/2 cup (125 ml) milk
1 tsp (5 ml) cinnamon
4 slices whole wheat bread
1/2 cup (125 ml) fresh fruit of your choice
1 cooking oil spray

## Directions:

1. Spray large skillet with cooking spray. Heat skillet over medium heat.
2. Whisk eggs, milk and cinnamon in shallow bowl.
3. Dip one slice of bread at a time into egg mixture and let soak for 10 seconds on each side. Remove from egg mixture, letting excess drip off.
4. Place on hot skillet and cook until bottom is golden brown; 1 1/2 to 2 minutes. Turn over to cook other side until browned.

**Nutrition Information:** (per serving) 267 calories, 7g fat, 2g saturated fat, 0 trans fat, 416mg sodium, 34g carbohydrates, 5g fibre, 8g sugar, 17g protein.

Prep time: 6 minutes
Ready in: 10 minutes

**TIP:**

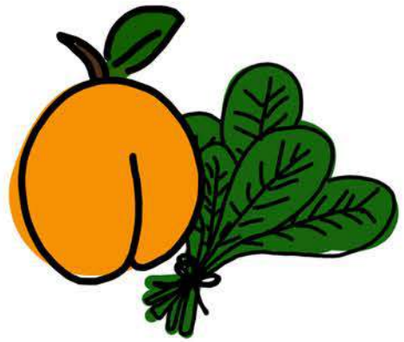
Grocery shopping with kids provides lots of learning oppotunities.

Choose Most Often

My Rating:

# Green Peach Smoothie

2 servings



## Ingredients:

1 cup (250 ml) milk
2 cups (500 ml) packed spinach
1 medium ripe banana, peeled
1 1/2 cups (375 ml) frozen sliced peaches
1/2 cup (125 ml) plain Greek yogurt

## Directions:

1. Place milk, spinach, banana, frozen peaches and Greek yogurt into blender.
2. Blend until smooth, serve immediately.

**Nutrition Information:** (per serving) 331 calories, 2g fat, 1g saturated fat, 0 trans fat, 137mg sodium, 73g carbohydrate, 5g fibre, 62g sugar, 11g protein.

Prep time: 5 minutes
Ready in: 7 minutes

TIP:

Switch things up: try breakfast foods for lunch or supper, it's fun!

Choose Most Often
when served with whole wheat toast, milk & fruit

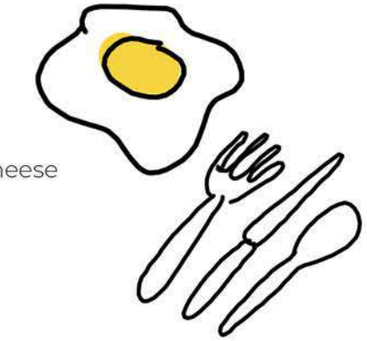
Choose Sometimes
when eaten alone

My Rating:
♡♡♡♡♡



# Ham + Egg Breakfast Cups

8 servings



## Ingredients:

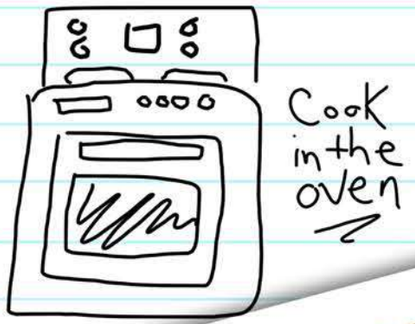
8 slices deli ham
4 Tbsp (60 ml) shredded reduced-fat cheddar cheese
1 green onion, thinly sliced
8 large eggs
1 pinch black pepper

## Directions:

1. Preheat oven to 400 F. Coat 8 muffin cups with cooking spray.
2. Position 1 slice of ham in each of the muffin cups, folding each slice to insure that there are no holes in the bottom of the ham "cups." Sprinkle 2 tsp cheese and 1 tsp green onions in the bottom of each cup. Kids love to help with this step!
3. Crack an egg into a small bowl and carefully place into each ham cup. Sprinkle each egg lightly with black pepper. Bake 15-18 minutes or to desired degree of doneness.
4. Carefully remove the egg cup and serve.

**Nutrition Information:** (per serving) 117 calories, 6g fat, 2g saturated fat, 0 trans fat, 389mg sodium, 1g carbohydrate, 0 fibre, 0 sugar, 13g protein.

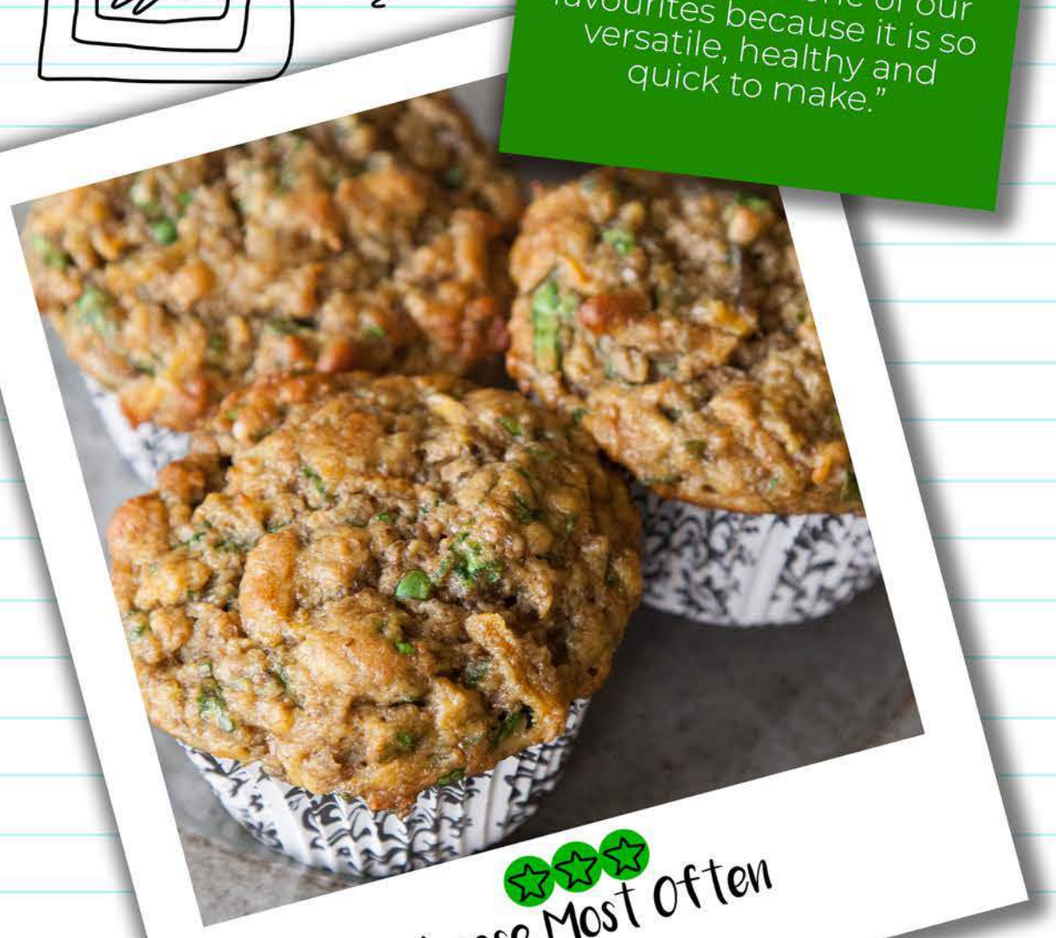
Prep time: 10 minutes
Ready in: 30 minutes



Cook in the oven

**STORY:**

"This recipe is one of our favourites because it is so versatile, healthy and quick to make."

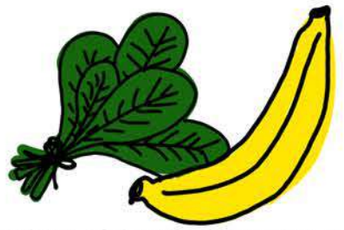


Choose Most Often

My Rating:
♡♡♡♡♡

# Jazzy Goodness Muffins

6 servings (2 muffins per serving)



## Ingredients:

1 1/2 cups (375 ml) whole wheat flour
1 tsp (5 ml) baking powder
1/2 tsp (2.5 ml) baking soda
1/2 cup (125 ml) unsweetened applesauce (one of the single serving cups)
2 large eggs, fork beaten
2 tsp (10 ml) vanilla extract
2 cups (500 ml) uncooked spinach diced (could also add shredded carrots or shredded zucchini [all raw] to pack it full of veggies to a maximum of 2 cups of veggies total)
1 ripe banana, mashed with a fork
1/3 cup (80 ml) real maple syrup
1 Tbsp (15 ml) vegetable oil

## Directions:

1. Line 12 muffin cups with paper liners and set aside. Preheat oven to 350 F.
2. Mix flour, baking powder and baking soda together in medium bowl, set aside.
3. Mix applesauce, eggs, vanilla, shredded vegetables, banana, maple syrup and oil together in another medium bowl.
4. Add wet ingredients to dry ingredients all at once, stir until combined.
5. Scoop mixture into muffin cups, filling almost to the top.
6. Bake 30-45 minutes until firm to the touch, remove from oven and let cool 10 minutes before removing from muffin tin.
7. Store in an airtight container in the fridge.

**Nutrition Information:** (per serving) 239 calories, 5g fat, 1g saturated fat, 0 trans fat, 191mg sodium, 41g carbohydrate, 4g fibre, 15g sugar, 7g protein.

Prep time: 25 minutes
Ready in: 70 minutes

**STORY:**

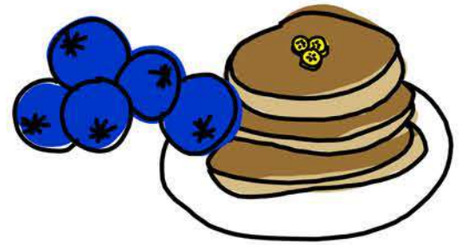
"This is a recipe that my kids and I make Saturday mornings at least twice per month."

Choose Most Often

My Rating:

# Favourite Oatmeal Pancakes

6 servings



## Ingredients:

1 1/2 cups (375 ml) quick oats
2 cups (500 ml) milk
1 cup (250 ml) whole wheat flour
2 Tbsp (30 ml) ground flax
1 Tbsp (15 ml) hemp hearts (look in the organic or specialty grains section of the grocery store)
1 Tbsp (15 ml) baking powder
1/2 tsp (2.5 ml) cinnamon
2 Tbsp (30 ml) melted butter
2 eggs lightly beaten
3 cups (750 ml) blueberries
1 Tbsp (15 ml) vegetable oil for fry pan

## Directions:

1. In a small bowl soak oats and milk for 5 minutes.
2. In a large bowl mix flour, flax, hemp seeds, baking powder and cinnamon.
3. Add eggs and butter into milk and oats. Mix well.
4. Add liquid mixture into dry mixture. Mix until combined.
5. Heat oil in frying pan over medium high heat until water droplets sizzle when added. Drop 1/3 cup batter onto pan for each pancake.
6. Cook on the first side 2-4 minutes until bubbles appear. Flip and cook until desired doneness. Serve with 1/2 cup blueberries.

**Nutrition Information:** (per serving) 293 calories, 10g fat, 3g saturated fat, 0 trans fat, 239mg sodium, 39g carbohydrates, 6g fibre, 5g sugar, 12g protein.

Prep time: 20 minutes
Ready in: 25 minutes

**TIP:**

Practice math skills when you measure and add ingredients.

Choose Most Often

My Rating:
♡♡♡♡♡

# Mason Jar Overnight Oats

1 serving

## Ingredients:

1/2 cup (125 ml) skim milk or plain, unsweetened almond milk
2 tsp (10 ml) chia seeds (look in the organic or specialty grain section of the grocery store)
2 tsp (10 ml) almond or peanut butter
1 tsp (5 ml) real maple syrup
1/2 cup (125 ml) whole flake oats
1/2 cup (125 ml) fresh raspberries

## Directions:

1. To a 2 cup (500 ml) mason jar, add milk, chia seeds, peanut butter, and maple syrup. Stir to combine. The peanut butter doesn't need to be completely mixed in.
2. Add oats and stir a few more times. Then press down with a spoon to ensure all oats have been moistened and are covered in milk.
3. Cover securely with a lid or plastic wrap and refrigerate overnight.
4. Open and spoon raspberries on top.

**Nutrition Information:** (per serving) 450 calories, 13g fat, 2g saturated fat, 0 trans fat, 62mg sodium, 71g carbohydrate, 13g fibre, 21g sugar, 16g protein.

Prep time: 10 minutes
Ready in: 8 hours

My Rating:
♡♡♡♡♡

# Porridge Breakfast Cookies

12 servings

## Ingredients:

1 cup (250 ml) steel cut or whole flake oats
1 cup (250 ml) boiling water
1 cup (250 ml) whole wheat flour
1 tsp (5 ml) baking powder
1/2 tsp (2.5 ml) salt
1 tsp (5 ml) cinnamon
1/2 tsp (2.5 ml) ginger
2 eggs, lightly beaten
1/3 cup (80 ml) vegetable oil
1/2 cup (125 ml) brown sugar, packed
1 Tbsp (15 ml) finely grated orange zest
1 tsp (5 ml) vanilla
1/2 cup (125 ml) each sliced almonds, dried cranberries, and chocolate chips
1/4 cup (60 ml) sunflower seeds

## Directions:

1. Preheat oven to 350 F. Line cookie sheet with parchment paper.
2. In a large bowl, pour boiling water over oats; cover and let stand 10 minutes.
3. In a small bowl, stir together flour, baking powder, salt, cinnamon and ginger. Set aside.
4. Mix the eggs, oil, brown sugar, orange zest, and vanilla into the oats. Add to flour mixture and mix gently to combine. Stir in almonds, cranberries, sunflower seeds and chocolate chips.
5. Use 1/4 cup of batter per cookie (these are large cookies!) Flatten cookies slightly and form into circles. Bake 15-18 minutes, until golden and middles are set.

## Nutrition information:

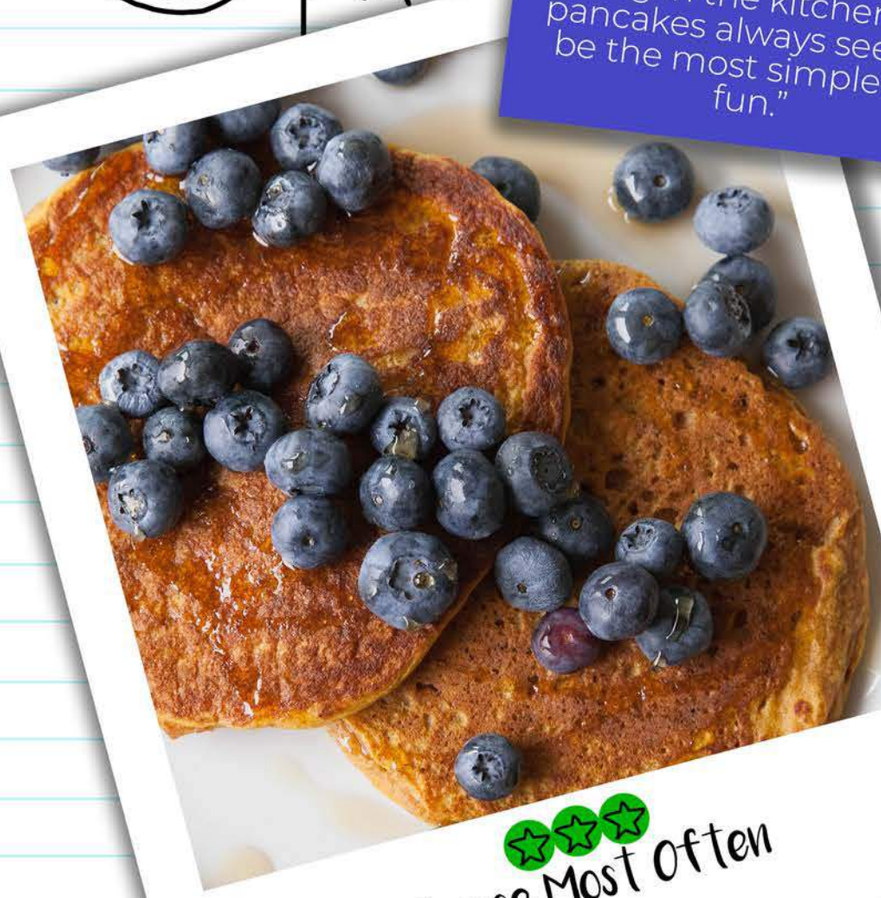
(per serving/cookie) 261 calories, 13g fat, 2g saturated fat, 0 trans fat, 140mg sodium, 32g carbohydrate, 3g fibre, 16g sugar, 5g protein

Prep time: 20 minutes
Ready in: 40 minutes

skillet pan

**STORY:**

"My little kids love to help with anything that I am doing in the kitchen, but pancakes always seem to be the most simple and fun."



Choose Most Often

My Rating:

♡♡♡♡♡

# Tasty + Healthy Pumpkin Pancakes

4 servings

## Ingredients:

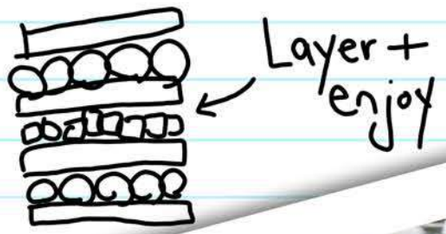
1 cup (250 ml) whole wheat flour
1 Tbsp (15 ml) baking powder
1 tsp (5 ml) cinnamon
1/4 tsp (1.25 ml) nutmeg
1 cup (250 ml) milk
1/4 cup (60 ml) water
1/2 cup (125 ml) pumpkin puree
1 egg, fork beaten
2 Tbsp (30 ml) brown sugar
1/2 tsp (2.5 ml) vanilla extract
2 tsp (10 ml) oil
1 cooking oil spray

## Directions:

1. Mix flour, baking powder, cinnamon and nutmeg in a medium bowl, set aside.
2. In a separate bowl combine milk, water, pumpkin, egg, brown sugar, vanilla and oil and mix well.
3. Pour wet ingredients into dry ingredients and stir until no lumps remain.
4. Spray frypan with cooking oil spray, pre-heat pan to medium high.
5. Use 1/3 cup batter for each pancake. Cook until bubbles appear and then flip. Cook on second side until golden brown.
6. Enjoy these topped with banana, walnuts and a drizzle of maple syrup.

**Nutrition Information:** (per serving) 243 calories, 5g fat, 1g saturated fat, 0.1g trans fat, 347mg sodium, 42g carbohydrate, 6g fibre, 11g sugar, 8g protein.

Prep time: 15 minutes
Ready in: 20 minutes




**TIP:**

Choose recipes with fewer ingredients and simple steps when you first start cooking.

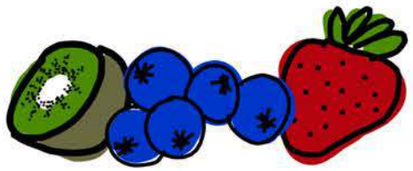
Choose Most Often

My Rating:



# Yogurt + Fruit Breakfast Parfait

2 servings



## Ingredients:

1 1/2 cups (375 ml) plain Greek yogurt
1 cup (250 ml) fresh or frozen fruit (raspberries, strawberries, blueberries or mango; a mixture of fruits or only one is fine)
1/2 cup (125 ml) multigrain cheerios or almond flake cereal
1 tsp (5 ml) real maple syrup

## Directions:

1. Layer about 2 Tbsp (30 ml) yogurt in bottom of each small drinking glass. (So you can see and enjoy the layers!)
2. Sprinkle 2 Tbsp (30 ml) fruit and 1 Tbsp (15 ml) cereal over yogurt. Repeat with remaining yogurt, fruit and cereal.
3. Drizzle maple syrup over top and serve immediately with a long spoon!

**Nutrition Information:** (per serving) 209 calories, 4g fat 2g saturated fat, 0 trans fat, 211mg sodium, 33g carbohydrate, 5g fibre, 21g sugar, 12g protein.

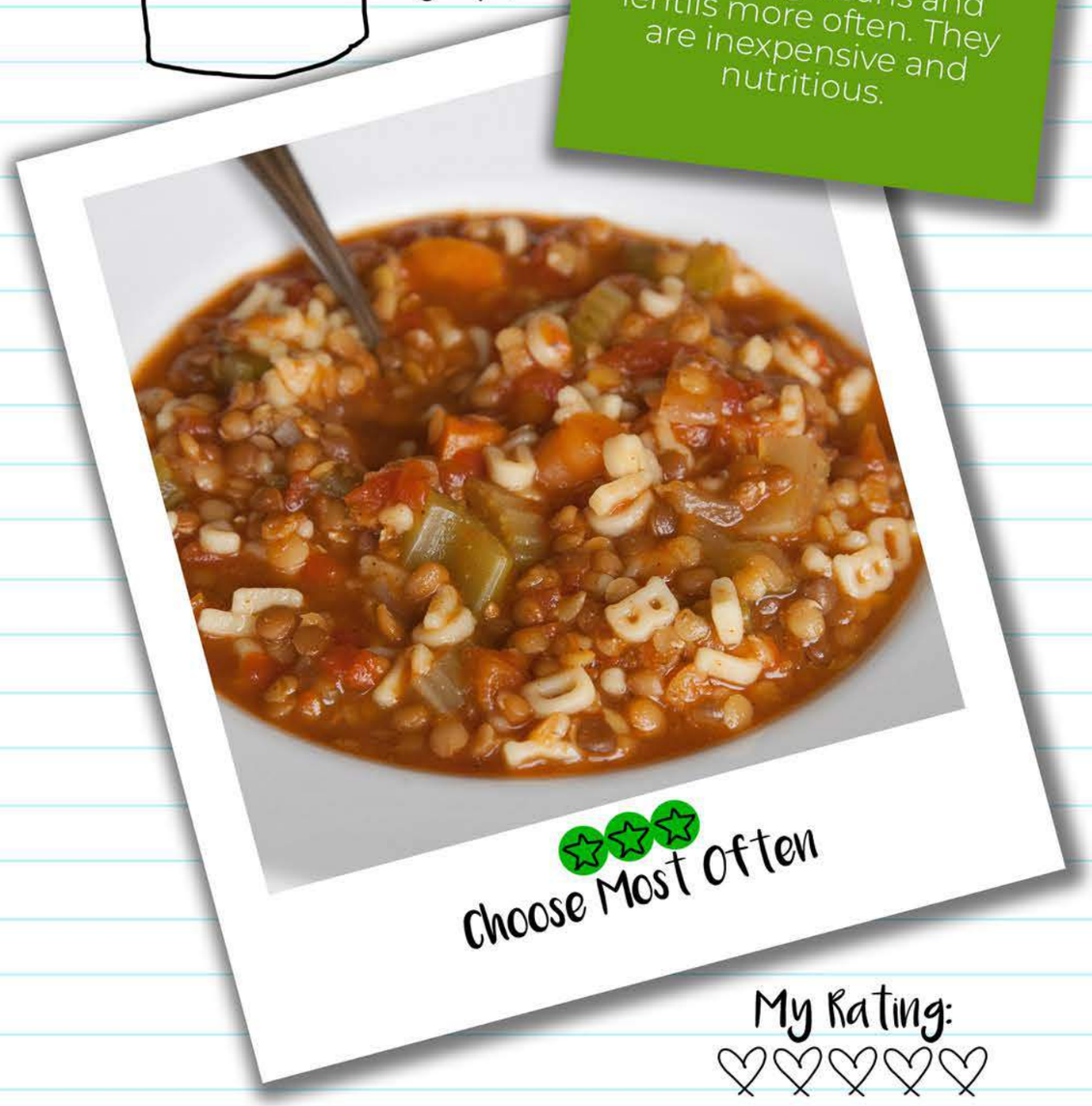
Prep time: 5 minutes
Ready in: 10 minutes

Notes:

Pot & Simmer

**TIP:**

Try eating beans and lentils more often. They are inexpensive and nutritious.

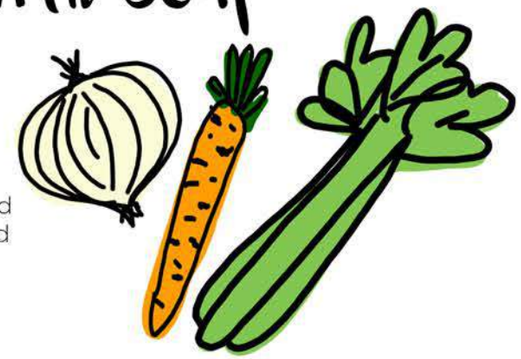


Choose Most Often

My Rating:

# Alphabet Lentil Soup

10 servings



## Ingredients:

1 Tbsp (15 ml) oil
1 cup (250 ml) onion, finely chopped
1 cup (250 ml) celery, finely chopped
1 cup (250 ml) carrots, thinly sliced
2 tsp (10 ml) garlic powder
2 tsp (10 ml) cumin
2 tsp (10 ml) chili powder
1 cup (250 ml) dried split red lentils, rinsed
1 - 14 ounce (394 ml) can lentils, drained and rinsed
6 cups (1500 ml) no-salt-added chicken or vegetable broth
1 - 28 ounce (796 ml) can diced tomatoes
2/3 cup (160 ml) uncooked alphabet noodles
Salt and pepper to taste

## Directions:

1. Heat oil in a large saucepan over medium-heat.
2. Add onion, celery and carrots. Cook, stirring often, until soft, about 3 minutes.
3. Add garlic powder, cumin and chili powder, cook till fragrant about 1 minute.
4. Add red and green lentils, broth and tomatoes. Bring to a boil.
5. Reduce heat to medium-low. Cover and simmer until the vegetables are fork tender about 30 minutes. Soup can be refrigerated at this stage and reheated when you add and cook noodles.
6. Stir in alphabet noodles and simmer on medium heat 6 - 8 minutes until noodles are cooked. Don't over cook noodles or they fall apart.

## Nutrition Information:

(per serving) 245 calories, 3g fat, 1g saturated fat, 0 trans fat, 169mg sodium, 40g carbohydrate, 7g fibre, 8g sugar, 16g protein.

Prep time: 20 minutes
Ready in: 50 minutes

TIP:

Planning a meal and cooking it together means more family time together.

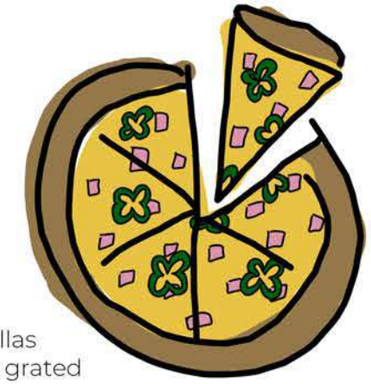
Choose Most Often
when served with a salad

Choose Sometimes
when eaten alone

My Rating:

# Crispy Pizza

6 servings



## Ingredients:

2 small onions, thinly sliced
2 green peppers, thinly sliced
2 red peppers, thinly sliced
1 clove garlic, crushed
1 cup (250 ml) cooked deli-style ham, diced
6 - 6" (small) corn or whole wheat flour tortillas
1 cup (250 ml) part skim mozzarella cheese, grated

## Directions:

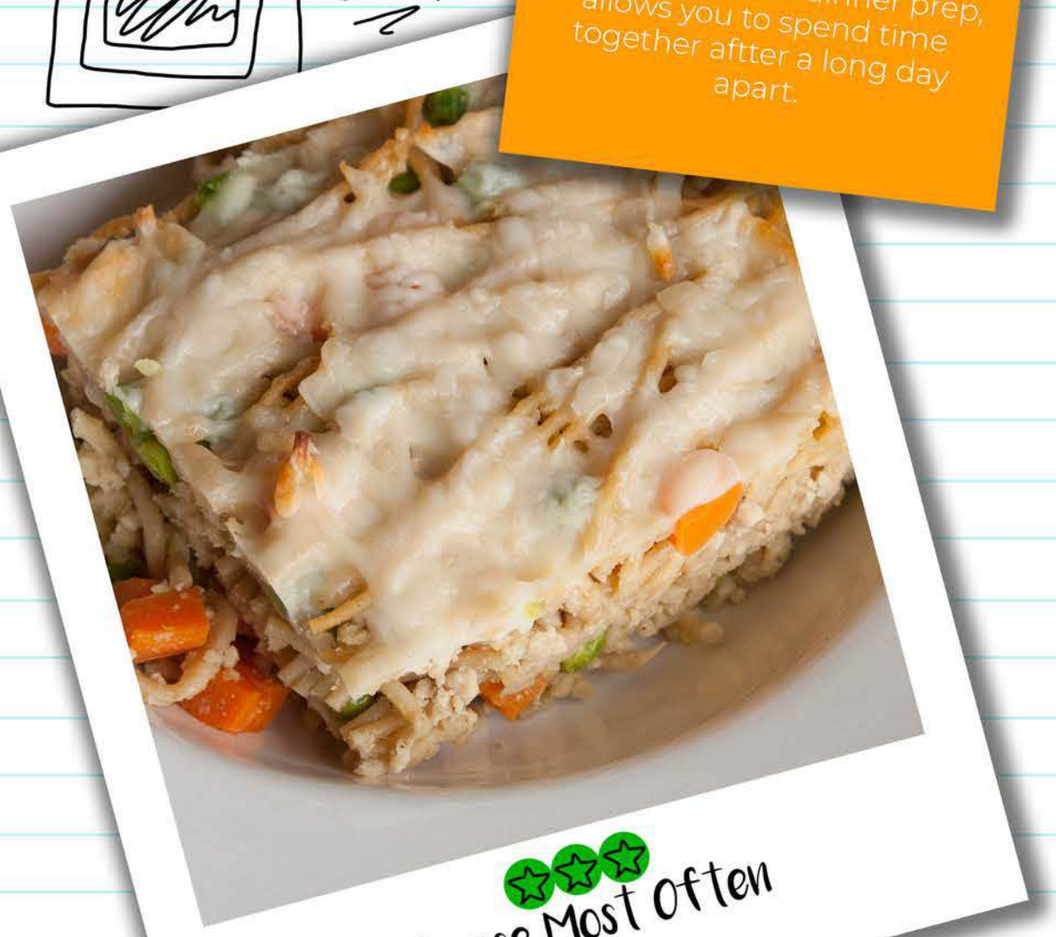
1. Preheat oven to 400 F.
2. Cook onions, green and red peppers and garlic over medium heat in non stick frypan until veggies start to soften and most of the water has come out of the veggies. Stir in ham. Remove from stove.
3. Lay tortillas on greased baking sheets. Spread with cooked veggie mixture in a thin layer. Sprinkle cheese on top. (There is no "sauce" on this pizza, the veggies make their own sauce.)
4. Bake for 10-15 min until cheese is melted and edges of tortillas are brown. Don't undercook or they'll be soggy.
5. Cut each pizza in half and serve with a green salad.

**Nutrition Information:** (per seriving) 154 calories, 4g fat, 2g saturated fat, 0 trans fat, 391mg sodium, 17g carbohydrate, 3g fibre, 5g sugar, 12g protein.

Prep time: 20 minutes
Ready in: 35 minutes

**TIP:**

Including kids in dinner prep, allows you to spend time together aftter a long day apart.

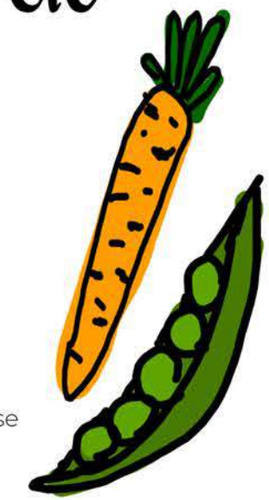


Choose Most Often

My Rating:



# Curried Pork Casserole



6 servings

## Ingredients:

3/4 pound (about 250 g) lean ground pork
1 tsp (5 ml) curry powder
1/2 tsp (2.5 ml) black pepper, ground
1/2 package (250-300 g) whole wheat spaghetti
1 cup (250 ml) carrots, sliced
1/2 cup reserved cooking water from carrots
1 cup (250 ml) frozen green peas
1/2 tsp (2.5 ml) curry powder
1/2 cup (125 ml) grated partly skimmed mozzarella cheese
Salt to taste

## Directions:

1. In a sauce pan, cook pork on medium heat until soft, breaking up clumps of meat with potato masher or fork. In last 5 minutes add 1 tsp of curry powder, pepper and salt (if desired). Remove from heat and reserve.
2. While meat is cooking, steam sliced carrots in 1/2 cup water until just tender, about 10 minutes. Turn off, reserving liquid and set aside.
3. In large pot of boiling salted water, cook spaghetti until just tender. Drain.
4. Place spaghetti, pork, carrots, 1/2 cup cooking liquid and frozen peas in large bowl. Add remaining 1/2 tsp of curry powder. Mix until thoroughly combined.
5. Transfer the mixture into a greased 9 by 9-inch casserole dish. Spread evenly and press down lightly. Sprinkle with mozzarella cheese.
6. Bake uncovered at 400F for 20 minutes. Cool slightly and cut into portions.

## Nutrition Information:

(per serving) 270 calories, 7g fat, 2g saturated fat, 0 trans fat, 130mg sodium, 37g carbohydrate, 5g fibre, 2g sugar, 18g protein.

Prep time: 30 minutes
Ready in: 60 minutes

My Rating:
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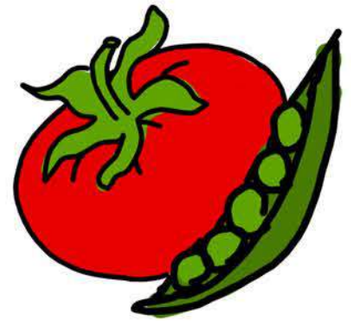
# Ground Beef Curry with Peas

6 servings



## Ingredients:

1 Tbsp (15 ml) vegetable oil
1 lb (454 g) extra lean ground beef
1 cup (250 ml) onion, diced
1 Tbsp (15 ml) grated fresh ginger
2 fresh tomatoes, diced
1 cup (250 ml) frozen peas
1/3 cup (80 ml) chopped fresh cilantro
1 Tbsp (15 ml) chili powder
1 tsp (5 ml) garam masala (spice mix similar to curry, found in the spice aisle)
1/4 cup (60 ml) light sour cream
1 Tbsp (15 ml) lime or lemon juice
3 cups (750 ml) cooked whole grain pasta

## Directions:

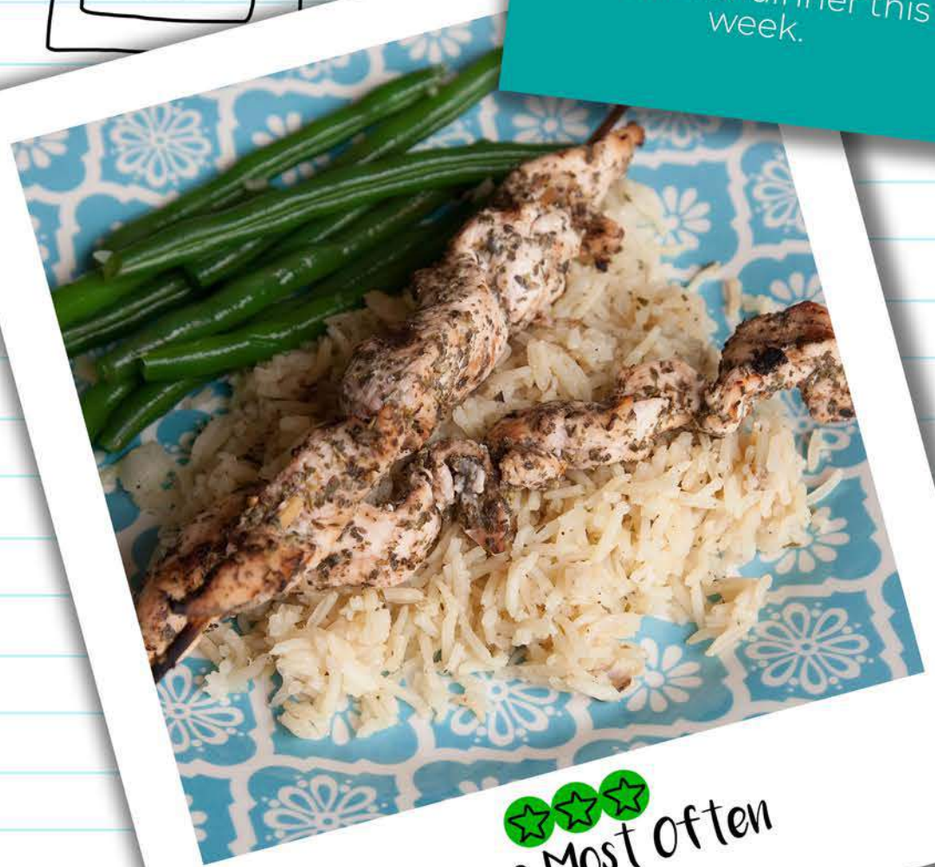
1. In a large, heavy skillet, heat oil over medium-high heat. Cook beef and onion, breaking up beef with a spoon, until beef is browned.
2. Add garlic and ginger; cook, stirring, for 1 minute. Transfer to a 4 to 6 quart slow cooker.
3. Stir in tomatoes, peas, cilantro, chili powder and garam masala.
4. Cover and cook on low for 3 to 4 hours or until vegetables are soft
5. Stir in sour cream and lime or lemon juice just before serving.
6. Serve over whole grain pasta.

**Nutrition Information:** (per serving) 350 calories, 12g fat, 4g saturated fat, 0.3g trans fat, 120mg sodium, 32g carbohydrate, 3g fibre, 4g sugar, 28g protein.

Prep time: 20 minutes
Ready in: 4 hours

TIP:

Let kids choose a meal to make for dinner this week.



Choose Most Often

My Rating:

# Lemon Chicken on Cashew Rice

4 servings

## Ingredients:

Chicken:
10-12 wooden or metal skewers
2 large boneless chicken breasts, (cut into about 20 thin strips)
2 Tbsp (30 ml) red wine vinegar
1/4 cup (60 ml) lemon juice
2 garlic cloves crushed
1 Tbsp (15 ml) dried oregano

Rice:
2 tsp (10 ml) vegetable oil
1/2 cup (125 ml) onion, finely chopped
3/4 cup (180 ml) basmati rice
1/2 tsp (2.5 ml) dried thyme
1/2 tsp (2.5 ml) black pepper
1 1/2 cups (375 ml) low salt chicken stock
3 Tbsp (45 ml) diced cashews

## Directions:

Chicken:
1. Thread 2 chicken strips onto each skewer. They should look like a loose 'S' shape on the skewer.
2. Make marinade by combining red wine vinegar, lemon juice, garlic and oregano in a small bowl.
3. Place chicken skewers in a plastic reseal-able bag, pour marinade over and refrigerate 1 to 4 hours until ready to cook.
4. Remove chicken from marinade and place on a greased cookie sheet. Discard leftover marinade.
5. Bake at 350 F for 15 to 18 minutes until chicken is cooked and no longer pink inside.

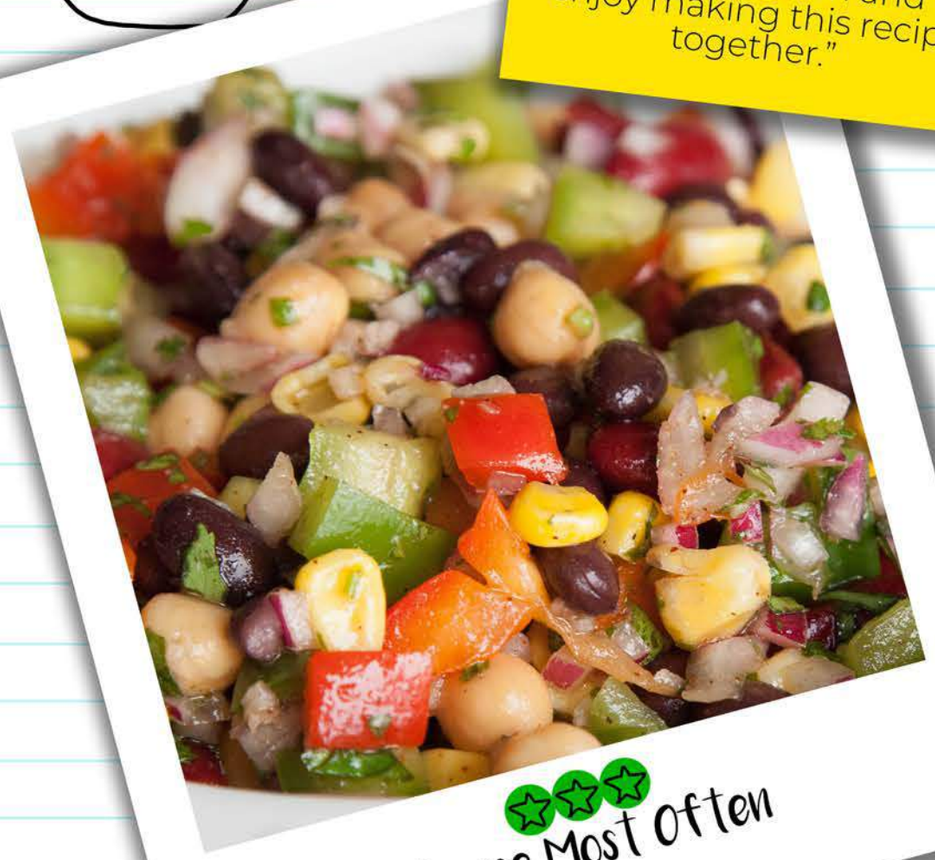
Rice:
6. Cook onion in oil in a small saucepan for about 3 minutes until it starts to soften.
7. Add rice, thyme and pepper to onion and cook stirring for about 1 minute.
8. Add stock, bring to a boil, turn down to medium heat and simmer 20 minutes until rice is cooked and water is absorbed. Sprinkle with cashews. (kids love to do this part)
9. Serve 1/2 cup rice with 1 or 2 chicken skewers on top. Add in a salad or brightly colored vegetable for a complete meal.

**Nutrition Information:**
(per serving) 321 calories, 8g fat, 2g saturated fat, 0.1g trans fat, 176mg sodium, 39g carbohydrate, 2g fibre, 3g sugar, 22g protein.

Prep time: 20 minutes
Ready in: 80 minutes

**STORY:**

"This recipe has lots of ingredients, but is so easy to make. My son and I enjoy making this recipe together."



Choose Most Often

My Rating:

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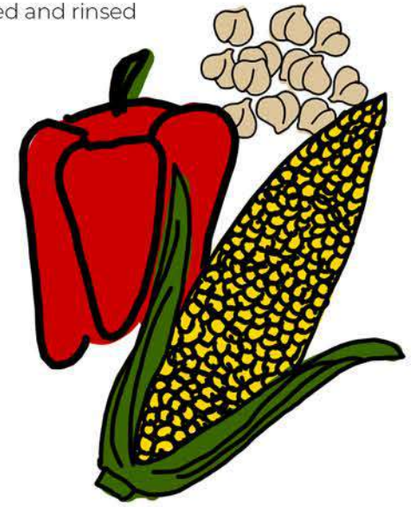
# Mexican Bean Salad

10 servings

## Ingredients:

1 - 14 ounce (398 ml) can black beans, drained and rinsed
1 - 14 ounce (398 ml) can kidney beans, drained and rinsed
1 - 14 ounce (398 ml) can chickpeas, drained and rinsed
1 green bell pepper, chopped
1 red bell pepper, chopped
1 cup (250 ml) frozen corn kernels
1 red onion, chopped
1/4 cup (60 ml) olive oil
1/4 cup (60 ml) water
1/3 cup (80 ml) red wine vinegar
1 Tbsp (15 ml) lemon juice
2 Tbsp (30 ml) white sugar
1/2 tsp (2.5 ml) salt
3 cloves garlic, crushed
1/2 cup (125 ml) chopped fresh cilantro
11/2 tsp (7.5 ml) ground cumin
11/2 tsp (7.5 ml) black pepper
1 dash hot pepper sauce
1/2 tsp (2.5 ml) chili powder



## Directions:

1. In a large bowl, combine beans, bell peppers, frozen corn, and red onion.
2. In a small bowl, whisk together olive oil, water, red wine vinegar, lemon juice, sugar, salt, garlic, cilantro, cumin, and black pepper. Season to taste with hot sauce and chili powder.
3. Pour dressing over beans and vegetables; mix well. Chill thoroughly before serving.
4. Keeps well for 3-5 days in the fridge.

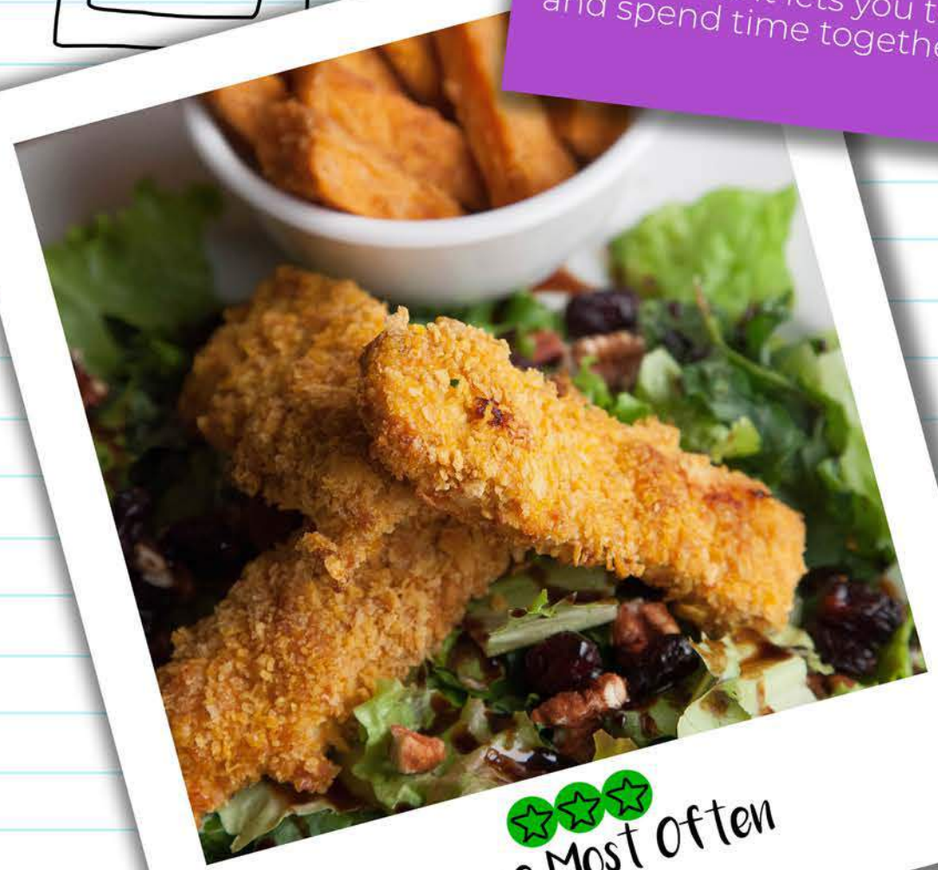
## Nutrition Information:

(per serving) 224 calories, 6g fat, 1g saturated fat, 0 trans fat, 445mg sodium, 34g carbohydrate, 8g fibre, 5g sugar, 9g protein.

Prep time: 20 minutes
Ready in: 60 minutes

**TIP:**

Preparing a meal together creates serve and return interactions. It lets you talk and spend time together.

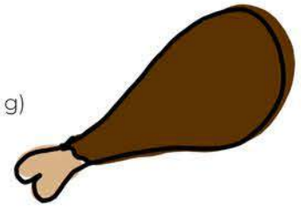


Choose Most Often

My Rating:

# Simply Good Chicken Fingers

5 servings



## Ingredients:

4 boneless skinless chicken breasts (about 1 pound or 450 g)
1/2 cup (125 ml) whole wheat flour
1/2 tsp (2.5 ml) seasoning salt
1/2 tsp (2.5 ml) black pepper
1 large egg, fork beaten
1/4 cup (60 ml) milk
2/3 cup (160 ml) crushed cornflakes cereal (this is a kid friendly job, put cereal in a baggie and crush with hands or a rolling pin)
1 canola oil spray

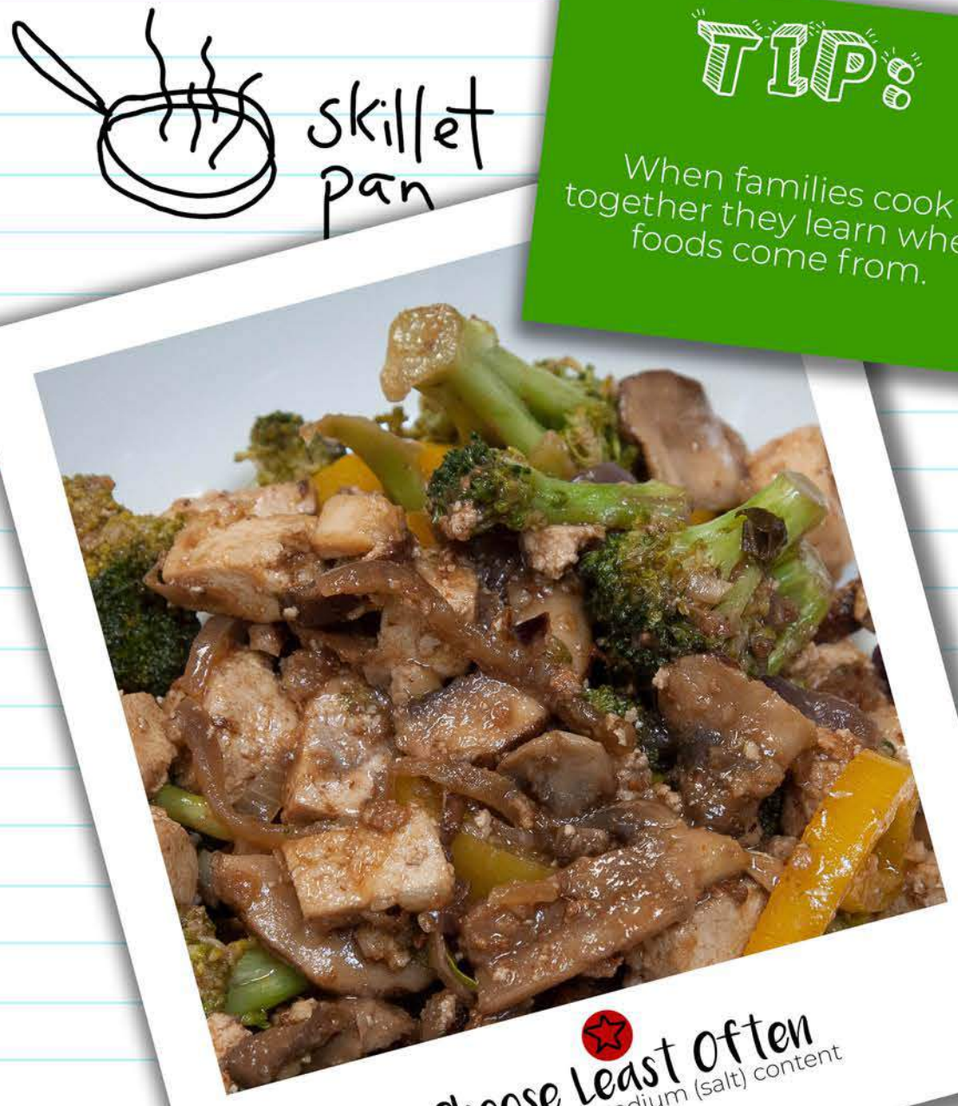
## Directions:

1. Mix whole wheat flour, seasoning salt and black pepper together in a shallow container, like a pie plate.
2. Mix egg with milk in another shallow container.
3. Put cornflakes crumbs in a shallow container, like a plate.
4. Cut chicken breasts into small finger sized pieces or small squares.
5. Dip chicken into flour first, then into egg and milk mix, lastly into cornflakes crumbs. If you have a helper, have one person dip into wet and a different one dip into dry to keep your hands clean.
6. Place on well-greased baking sheet, spray chicken pieces with canola oil spray. Bake at 375 F, 20-25 minutes until browned and chicken is no longer pink inside. These freeze well for a quick meal.

Serve on top of a green salad with diced apples and dried cranberries with a simple vinaigrette.

**Nutrition Information:** (per serving) 221 calories, 3g fat, 1g saturated fat, 0 trans fat, 344mg sodium, 20g carbohydrate, 2g fibre, 2g sugar, 26g protein.

Prep time: 20 minutes
Ready in: 45 minutes




My Rating:
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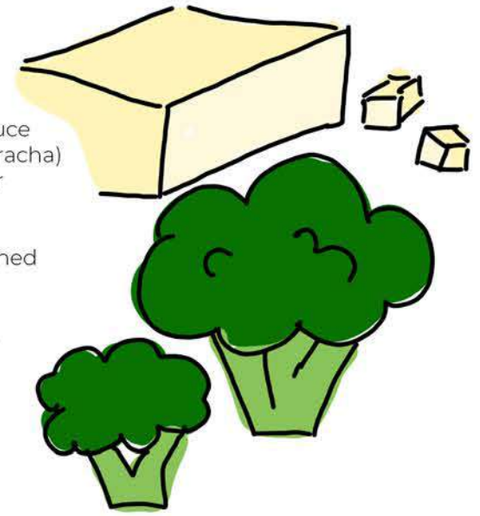
# Sticky Tofu Broccoli Stir Fry

4 servings



## Ingredients:

1/4 cup (60 ml) hoisin sauce
1 Tbsp (15 ml) sodium-reduced soy sauce
1 Tbsp (15 ml) Asian chili sauce (eg. Sriracha)
1 Tbsp (15 ml) unseasoned rice vinegar
1 tsp (5 ml) ground ginger
2 cups (500 ml) mushrooms, sliced
1 package (350 g) extra-firm tofu, drained
2 tsp (10 ml) cornstarch
2 Tbsp (30 ml) vegetable oil
4 cups (about 1 head) broccoli chunks
3 cloves garlic, minced
1 sweet yellow pepper, thinly sliced
1/2 red onion, thinly sliced

## Directions:

1. In bowl, stir together hoisin sauce, soy sauce, chili sauce, vinegar and ginger. Set aside.
2. Cut tofu into 1-inch cubes; pat dry with paper towel. Using fine-mesh sieve, dust tofu with cornstarch, turning to coat.
3. In large nonstick skillet or wok, heat 1 Tbsp (15 ml) oil over high heat; stir-fry tofu, turning often, until golden, 4 to 6 minutes. Transfer to bowl; toss with half of the hoisin mixture. Set aside.
4. Add 1 Tbsp (15 ml) oil to pan; stir-fry mushrooms and broccoli for 2 minutes. Add garlic, yellow pepper and red onion; stir-fry for 2 minutes. Add remaining hoisin mixture; stir-fry until broccoli is tender-crisp, 1 to 2 minutes. Stir in tofu. Serve over rice.

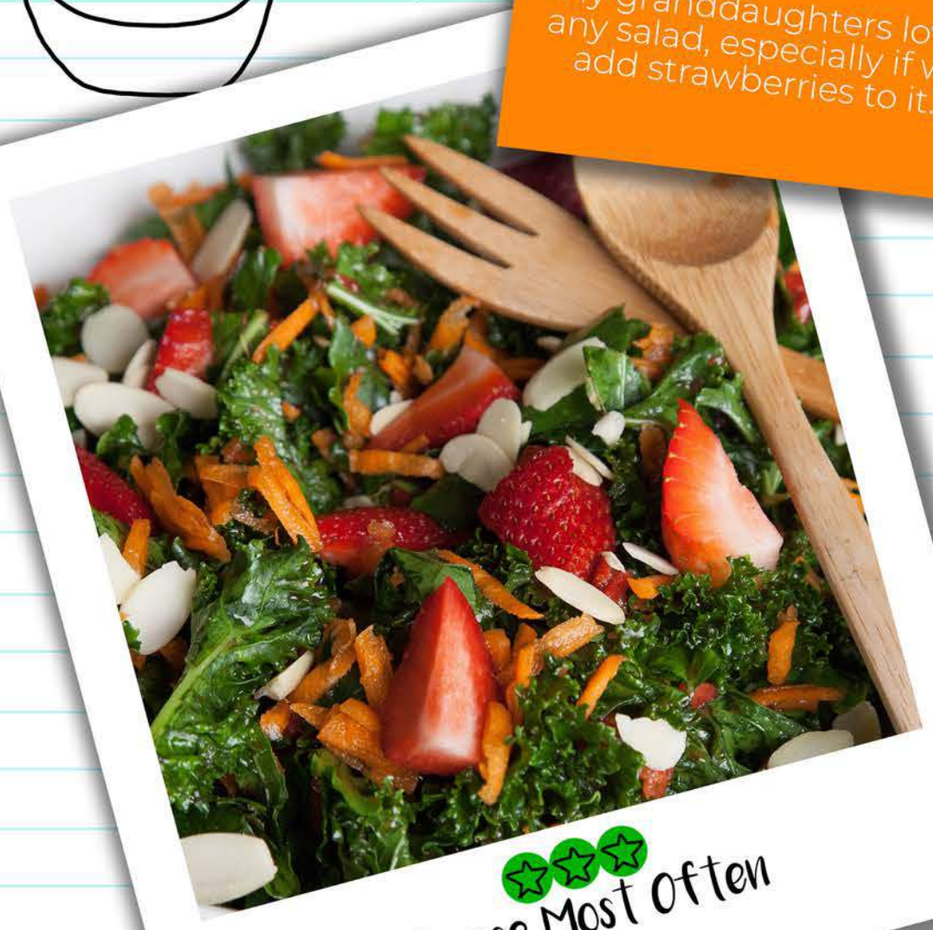
**Nutrition Information:** (per serving) 210 calories, 14g fat, 1g saturated fat, 0.2 trans fat, 422mg sodium, 18g carbohydrate, 3g fibre, 5g sugar, 17g protein.

Prep time: 25 minutes
Ready in: 40 minutes

+ Mix

**STORY:**

My granddaughters love any salad, especially if we add strawberries to it.



Choose Most Often

My Rating:

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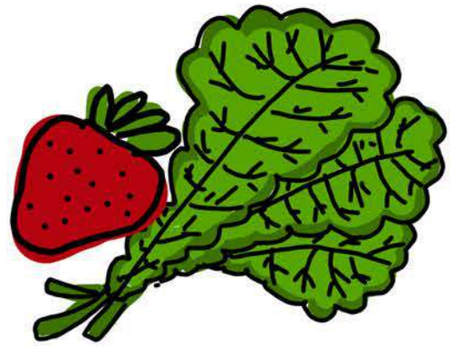
# Strawberry Kale Salad

8 servings



## Ingredients:

Dressing
6 large strawberries, diced
3 Tbsp (45 ml) balsamic vinegar
2 Tbsp (30 ml) lemon juice
2 Tbsp (30 ml) canola oil
2 Tbsp (30 ml) water
2 tsp (10 ml) maple syrup

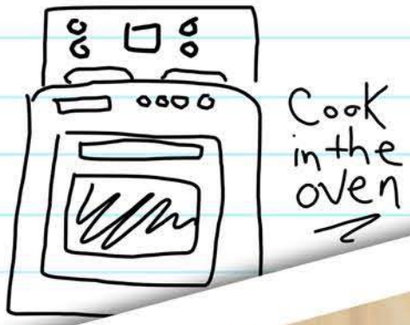
Salad
4 cups (1000 ml) packed kale, leaves pulled off ribs, chopped small
2 cups (500 ml) carrot, grated
1/2 cup (125 ml) green onions, chopped
1 cup (250 ml) strawberries, cut in chunks
1/4 cup (60 ml) sliced almonds

## Directions:

1. Mix all dressing ingredients together in a jar, shake well. Set aside.
2. Mix 2 Tbsp dressing with kale, mash with fork (or squeeze and squish it with your clean hands to soften the fibers in the kale, it's a fun job for kids!)
3. Put carrot and onion in bowl with the kale, add remaining dressing and toss.
4. If possible, let sit for 15 minutes before serving.
5. Add strawberries and almonds just before serving.

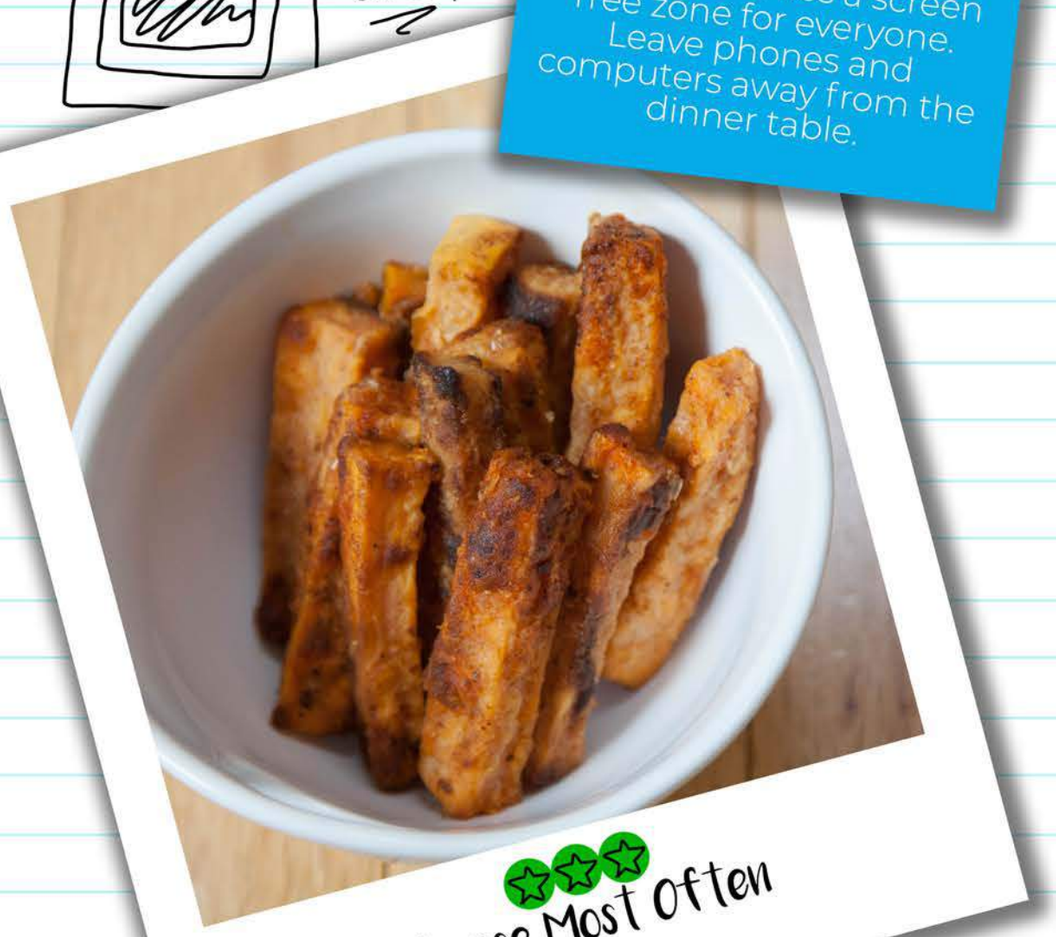
**Nutrition Information:** (per serving) 101 calories, 5g fat, 0 saturated fat, 0 trans fat, 38mg sodium, 12g carbohydrate, 3g fibre, 6g sugar, 3g protein.

Prep time: **10** minutes
Ready in: **20** minutes




**TIP:**

Make mealtimes a screen free zone for everyone. Leave phones and computers away from the dinner table.

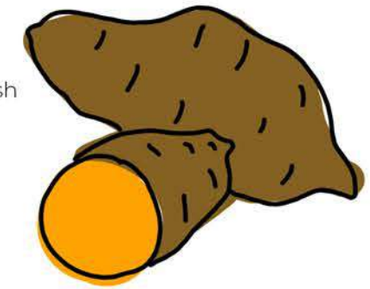


Choose Most Often

My Rating:

# Sweet Potato Oven Fries

6 servings



## Ingredients:

2 medium sweet potatoes, the ones with orange flesh
1 cup (250 ml) whole wheat flour
1 Tbsp (15 ml) chili powder
1 Tbsp (15 ml) garlic powder
1 tsp (5 ml) black pepper
1 Tbsp (15 ml) canola oil or cooking oil spray

## Directions:

1. Preheat oven to 450 F. Spray cookie sheet with cooking oil spray.
2. Peel and chop sweet potatoes into French fry shapes, the smaller the pieces the quicker they cook.
3. Put sweet potatoes in a bowl of cold water for 10 minutes.
4. Mix flour, chili powder, garlic powder and black pepper in a large plastic bag.
5. Drain and shake excess water off potatoes.
6. Put 1/2 potatoes into bag with spices and shake it around.
7. Carefully take out coated potatoes and place in a single layer on cookie sheet. Repeat with remaining potatoes.
8. Spray sweet potatoes with cooking oil spray or a light drizzle of canola oil.
9. Bake 18-25 minutes without turning until a fork inserted in a potato enters easily. (The flour helps absorb the moisture in the "fries" but they won't be super crispy. These are so much better for you than the deep fried ones!)

**Nutrition Information:** (per serving) 145 calories, 3g fat, 0 saturated fat, 0 trans fat, 38mg sodium, 25g carbohydrates, 4g fibre, 2g sugar, 4g protein.

Prep time: 25 minutes
Ready in: 45 minutes

**TIP:**

When adults are willing to try new foods and talk about what they liked about them, kids are more likely to try too.

**Choose Sometimes**
due to the high sodium (salt) content in the canned beans

My Rating:
♡♡♡♡♡

# Tex Mex Haystacks

6 servings

## Ingredients:

1 - 28 ounce (796 ml) can diced tomatoes
1 - 14 ounce (398 ml) can black beans drained and rinsed
1 - 14 ounce (398 ml) can lentils drained and rinsed
1 Tbsp (15 ml) chili powder
1 Tbsp (15 ml) paprika
1 tsp (5 ml) cumin
1 Tbsp (15 ml) ketchup
1 1/2 cups (375 ml) frozen kernel corn
1 1/2 cups (375 ml) shredded cooked chicken from a rotisserie chicken or leftovers
2 cups (500 ml) cooked rice or quinoa

*Garnish*
3 green onions diced
3 Tbsp (45 ml) grated Cheddar or Monterey Jack cheese
6 taco chips per serving

## Directions:

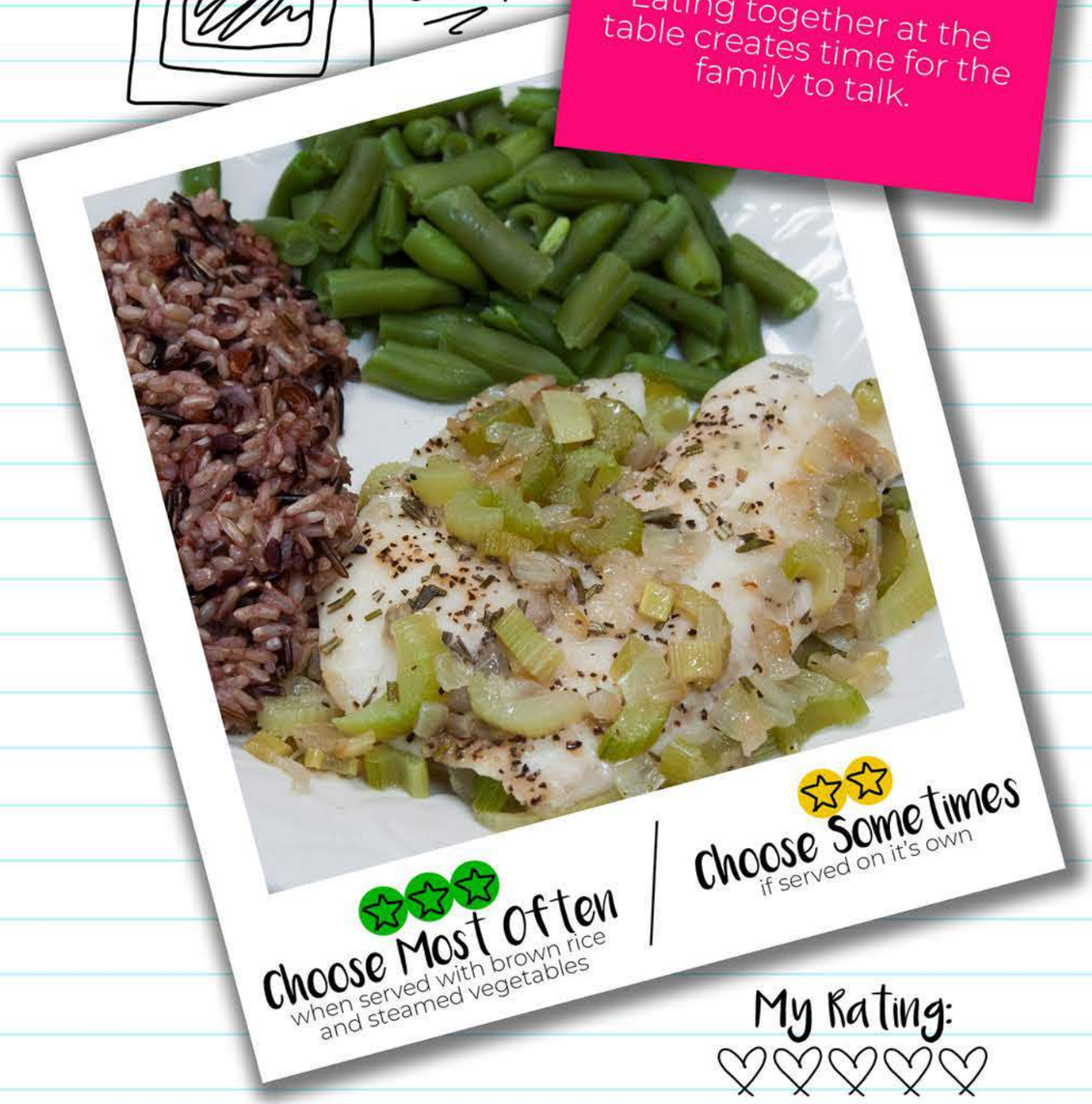
1. Mix tomatoes, black beans, lentils, chili powder, paprika, cumin, ketchup and corn in a large pan. Simmer 15 minutes, stirring occasionally until it begins to thicken. Add chicken, simmer until warm. Chicken can be omitted for a plant based meal.
2. Put a large scoop of rice or quinoa in bottom of a soup bowl. Add Tex Mex sauce, garnish with green onions and cheese. Stick taco chips upright in each bowl so it looks like a haystack.

**Nutrition Information:** (per serving) 315 calories, 4g fat, 1g saturated fat, 0 trans fat, 790mg sodium, 57g carbohydrate, 12g fibre, 9g sugar, 18g protein.

Prep time: 10 minutes
Ready in: 25 minutes

**TIPS:**

Eating together at the table creates time for the family to talk.



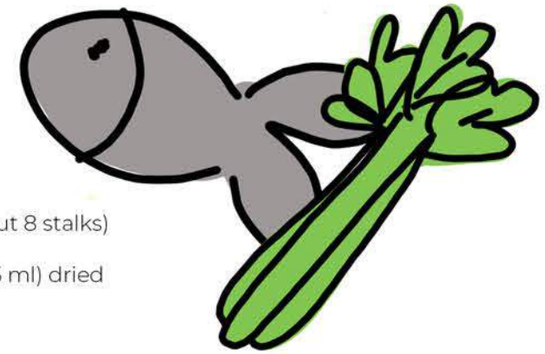
**Choose Most Often**
when served with brown rice and steamed vegetables

**Choose Sometimes**
if served on it's own

My Rating:

# Tilapia with Celery + Rosemary

5 servings



## Ingredients:

4 tilapia fillets (or other white fish), fresh or frozen (1 pound or 454 g)
1/2 tsp (2.5 ml) salt
1 tsp (5 ml) black pepper
1 Tbsp (15 ml) vegetable oil
2 cups (500 ml) celery, chopped (about 8 stalks)
1 1/2 cups (375 ml) onion, diced
2 tsp (10 ml) fresh rosemary or 1 tsp (5 ml) dried

## Directions:

1. Rinse the tilapia and pat dry. Rub each fillet with salt and pepper on both sides.
2. Heat oven to 375 F.
3. In a large ovenproof skillet, heat oil over medium heat. Add celery and sauté for 10 minutes (it will start to caramelize). Add onion and continue cooking until golden.
4. Spoon half of vegetables into a small bowl and set aside.
5. Place the tilapia fillets on top of vegetables left in the skillet
6. Sprinkle rosemary, and reserved vegetables over tilapia fillets.
7. Put the skillet in the oven and bake uncovered for 15-20 minutes. When cooked, the fish should flake easily with a fork. Cooking time will vary depending on thickness of the fish.

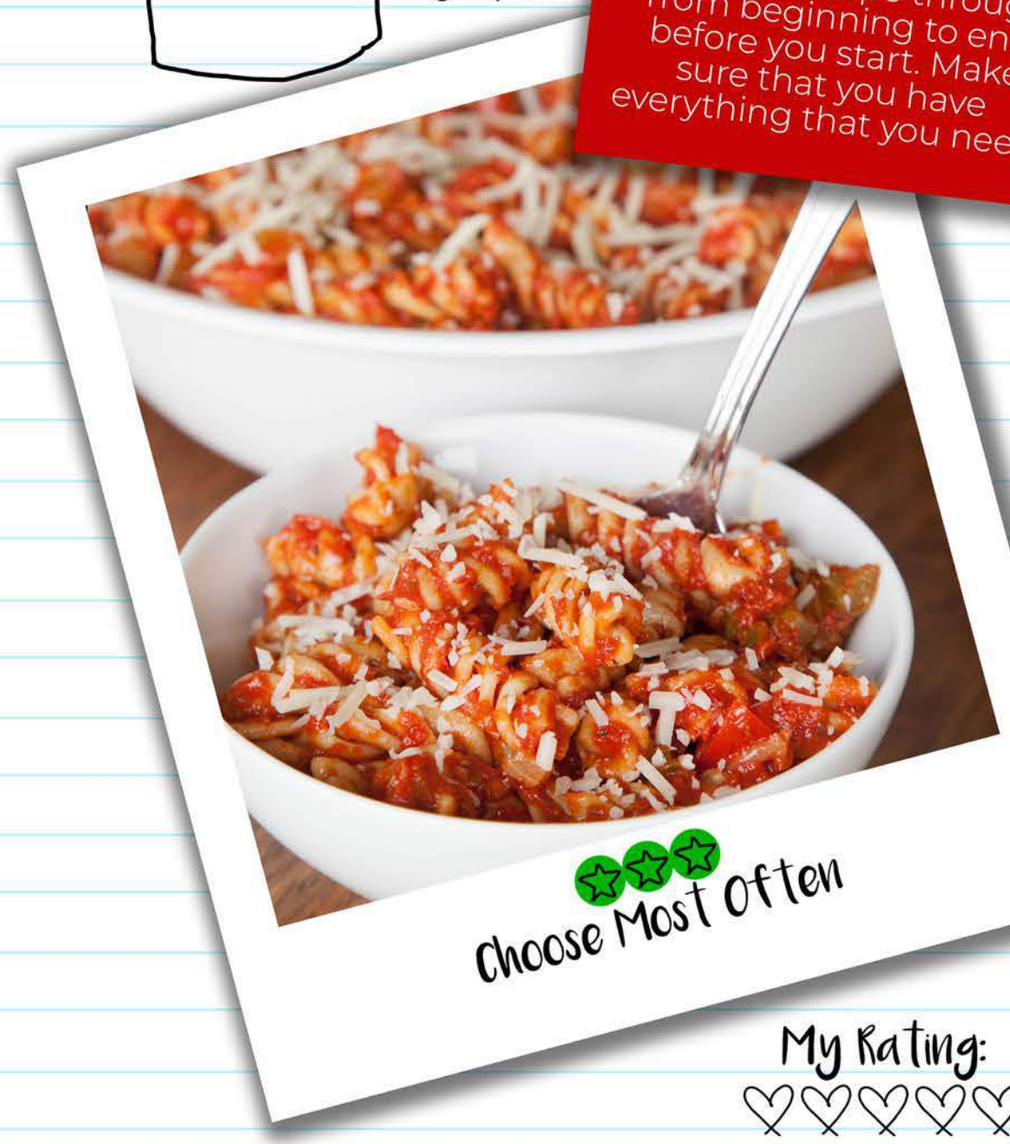
**Nutrition Information:** (per serving) 157 calories, 6g fat, 1g saturated fat, 0 trans fat, 277mg sodium, 7g carbohydrate, 2g fibre, 3g sugar, 18g protein.

Prep time: 20 minutes
Ready in: 45 minutes

Pot & Simmer

**TIP:**

Read the recipe through from beginning to end before you start. Make sure that you have everything that you need.



Choose Most Often

My Rating:

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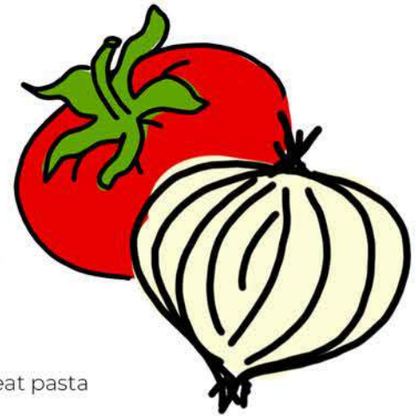
# Veggie Tomato Sauce with Pasta

6 servings



## Ingredients:

1 Tbsp (15 ml) olive oil
3/4 cup (180 ml) diced onion
2 stalks of celery, diced
1 cup (250 ml) green pepper, diced
1 cup (250 ml) red pepper, diced
1 - 2 cloves garlic, crushed
1 - 28 ounce (796 ml) can crushed tomatoes
1 - 5 ounce (156 ml) can tomato paste
1/2 cup (125 ml) water
1 Tbsp (15 ml) dried oregano
1 Tbsp (15 ml) dried basil
1/2 package (250-300 grams) dry whole wheat pasta
1/4 cup (60 ml) grated parmesan cheese
salt & pepper to taste

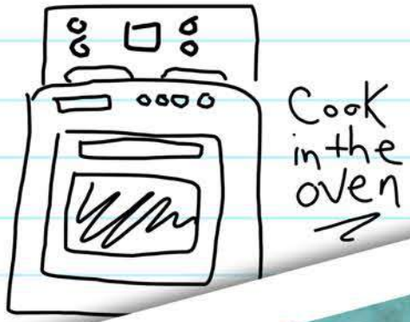
## Directions:

1. Heat oil in large saucepan and cook onion, celery, peppers and garlic until soft and just starting to brown.
2. Add canned tomatoes, tomato paste, water, oregano and basil.
3. Simmer on low heat, 10–12 minutes until thickened, stirring occasionally to prevent sticking.
4. Heat a large pot of water to boiling. Add dry pasta.
5. Cook until al dente, which means tender but still a bit firm. Follow instructions on pasta package.
6. Drain thoroughly.
7. Toss pasta with sauce and serve with grated parmesan cheese.

**Nutrition Information:** (per serving) 308 calories, 5g fat, 1g saturated fat, 0 trans fat, 286mg sodium, 59g carbohydrate, 10g fiber, 12g sugar, 13g protein.

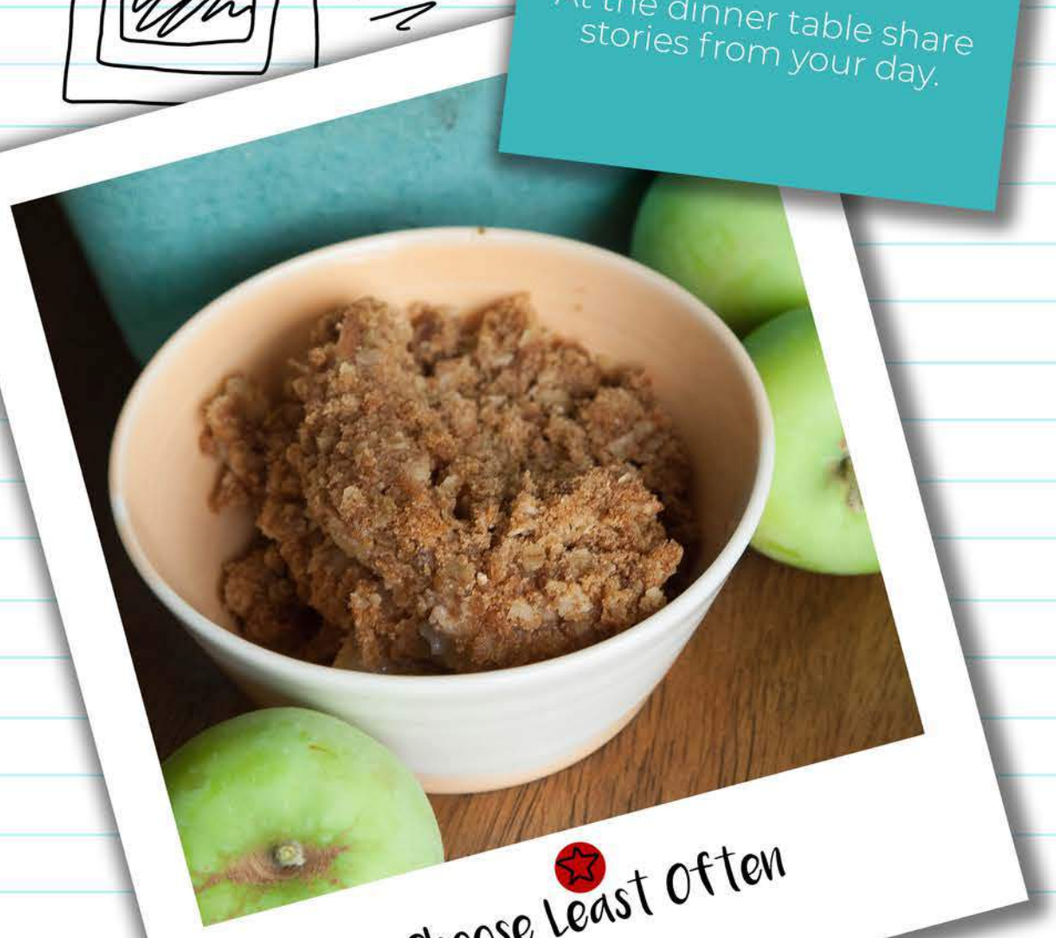
Prep time: 25 minutes
Ready in: 40 minutes

Notes:




**TIP:**

At the dinner table share stories from your day.



Choose Least Often

My Rating:

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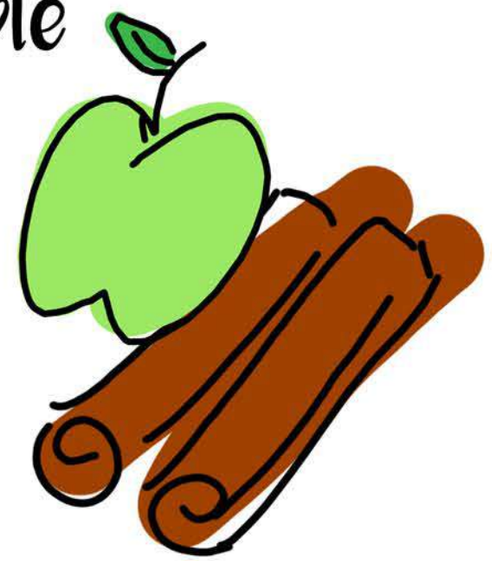
# Apple Crumble



10 servings

## Ingredients:

6 cups (1500 ml) sliced apples
1/2 cup (125 ml) brown sugar
1/2 cup (125 ml) white sugar
1/2 cup (125 ml) flour
1 Tbsp (15 ml) cinnamon

Crumble topping:
1 1/4 cups (325 ml) white flour
1 cup (250 ml) rolled oats
1 cup (250 ml) brown sugar
1/2 tsp (2.5 ml) cinnamon
1 cup (250 ml) butter, melted

## Directions:

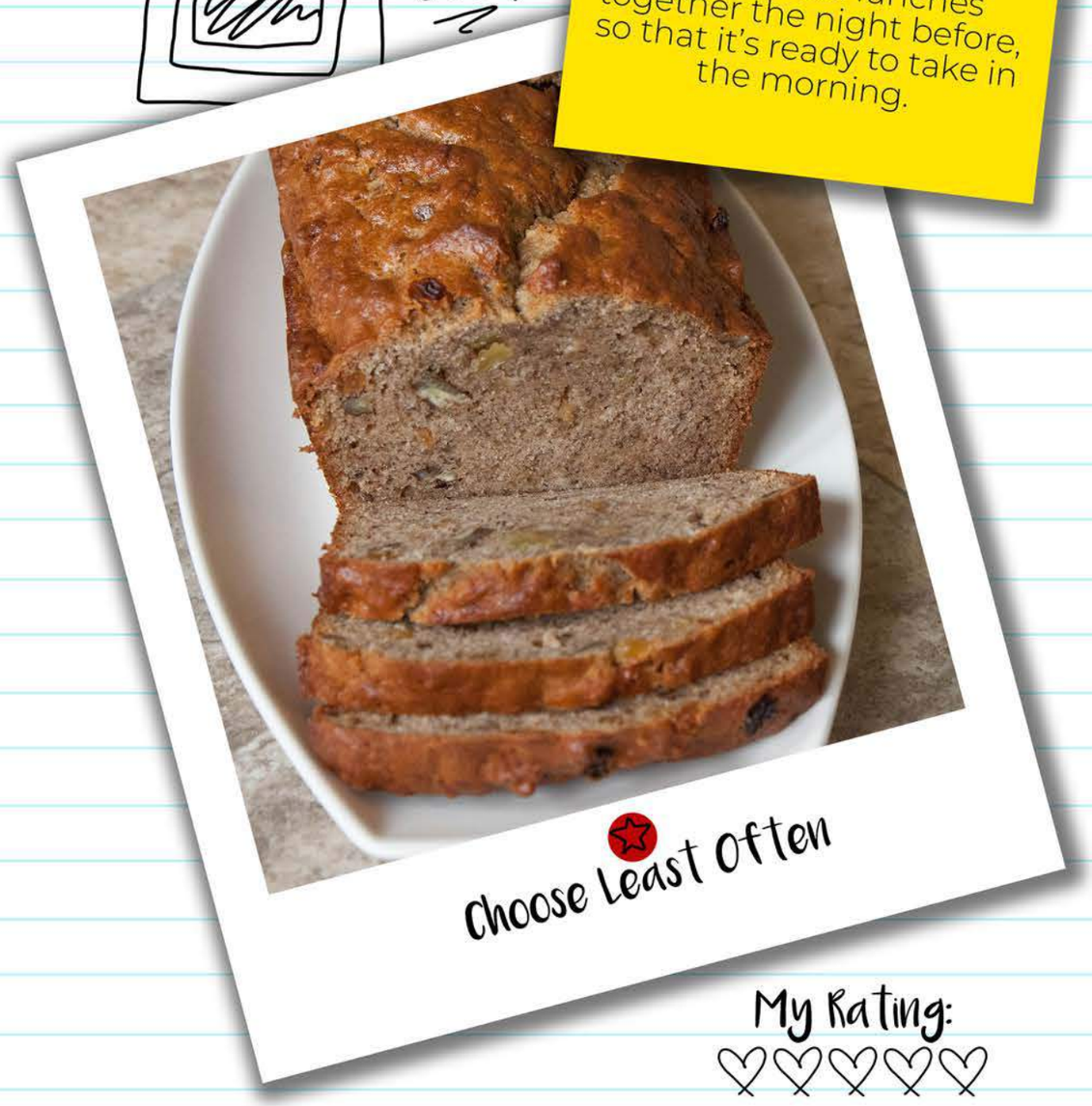
1. Preheat oven to 375 F. Lightly spray a large baking dish with cooking oil spray.
2. In a large bowl mix sliced apples, 1/2 cup each brown sugar, white sugar and flour and 1 Tbsp cinnamon. Scoop into baking dish.
3. In a separate bowl stir together crumble topping; flour, oats, brown sugar, cinnamon and melted butter. Sprinkle evenly over apples.
4. Bake at 375 F for 45-55 minutes till apples are tender and bubbly.

**Nutrition information:** (per serving) 486 calories, 21g fat, 12g saturated fat, 1g trans fat, 146mg sodium, 74g carbohydrate, 3g fibre, 49g sugar, 5g protein.

Prep time: 20 minutes
Ready in: 75 minutes

**TIP:**

Make school lunches together the night before, so that it's ready to take in the morning.



Choose Least Often

My Rating:

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# Banana Nut Bread

20 servings

## Ingredients:

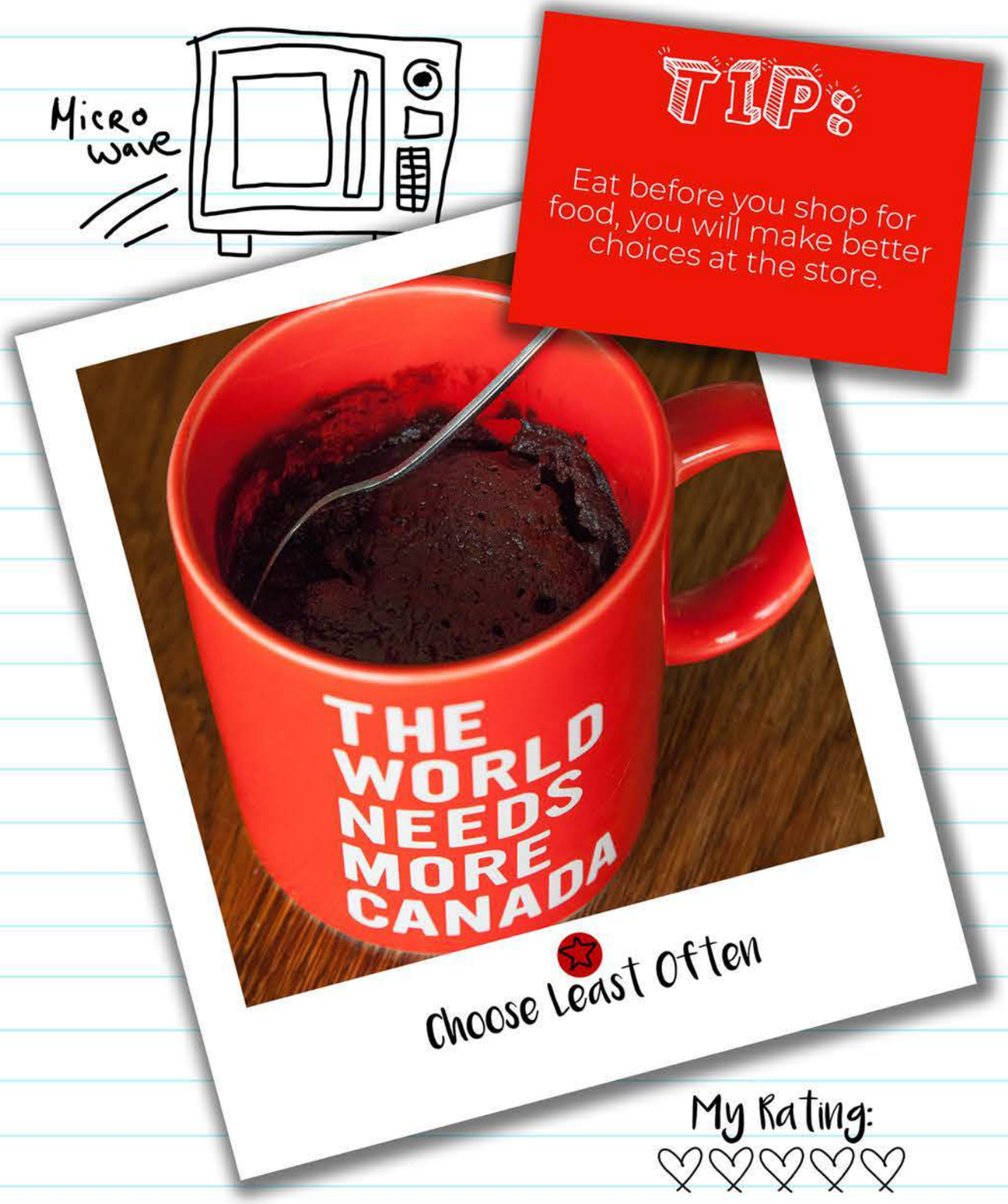
1 1/2 cups (375 ml) white flour
1/2 tsp (2.5 ml) salt
1 tsp (5 ml) baking soda
1 1/4 tsp (7 ml) cinnamon
3/4 tsp (4 ml) allspice
3/4 cup (180 ml) raisins
3/4 cup (180 ml) pecans, chopped
1/4 cup (60 ml) butter, softened
1 cup (250 ml) white sugar
2 eggs
1 1/4 cup (325 ml) very ripe banana, mashed

## Directions:

1. Preheat oven to 350 F, spray an 8 x 4 in loaf pan with cooking oil spray or line with parchment paper.
2. Stir flour, salt, baking soda, cinnamon and allspice together. Add raisins and pecans.
3. In a separate bowl mix softened butter and sugar together until it is light yellow in color, add in eggs and banana.
4. Gradually add dry ingredients to wet ingredients. Mix until no lumps of flour remain.
5. Spoon mixture into loaf pan. Bake 30–35 minutes or until a toothpick inserted in center comes out clean. Cool 10 minutes then remove from pan by turning it over onto a plate.

**Nutrition Information:** (per serving) 281 calories, 15g fat, 7g saturated fat, 0 trans fat, 248mg sodium, 6g carbohydrate, 2g fibre, 22g sugar, 4g protein.

Prep time: 20 minutes
Ready in: 60 minutes




My Rating:
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# Chocolate Mug Cake

2 servings

## Ingredients:

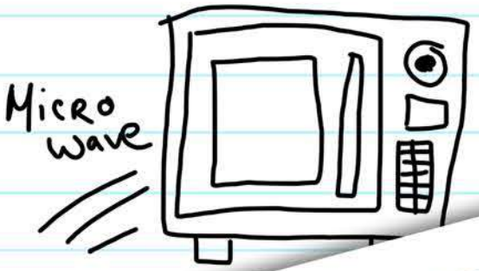
3 Tbsp (45 ml) all-purpose flour
2 Tbsp (30 ml) sugar
1 Tbsp (15 ml) cocoa powder
1/4 tsp (1.25 ml) baking powder
3 Tbsp (45 ml) milk
3 Tbsp (45 ml) canola oil
1 drop vanilla extract
10 semisweet chocolate chips

## Directions:

1. In a 1 cup (250ml) capacity microwave safe mug or cup, combine flour, sugar, cocoa powder, and baking powder. Add the milk, oil, and vanilla.
2. With a fork, gently stir until the batter no longer has lumps. Sprinkle with chocolate chips.
3. Cook the cake in the microwave for 90 seconds. Let cool for 5 minutes to allow the cake to finish cooking.

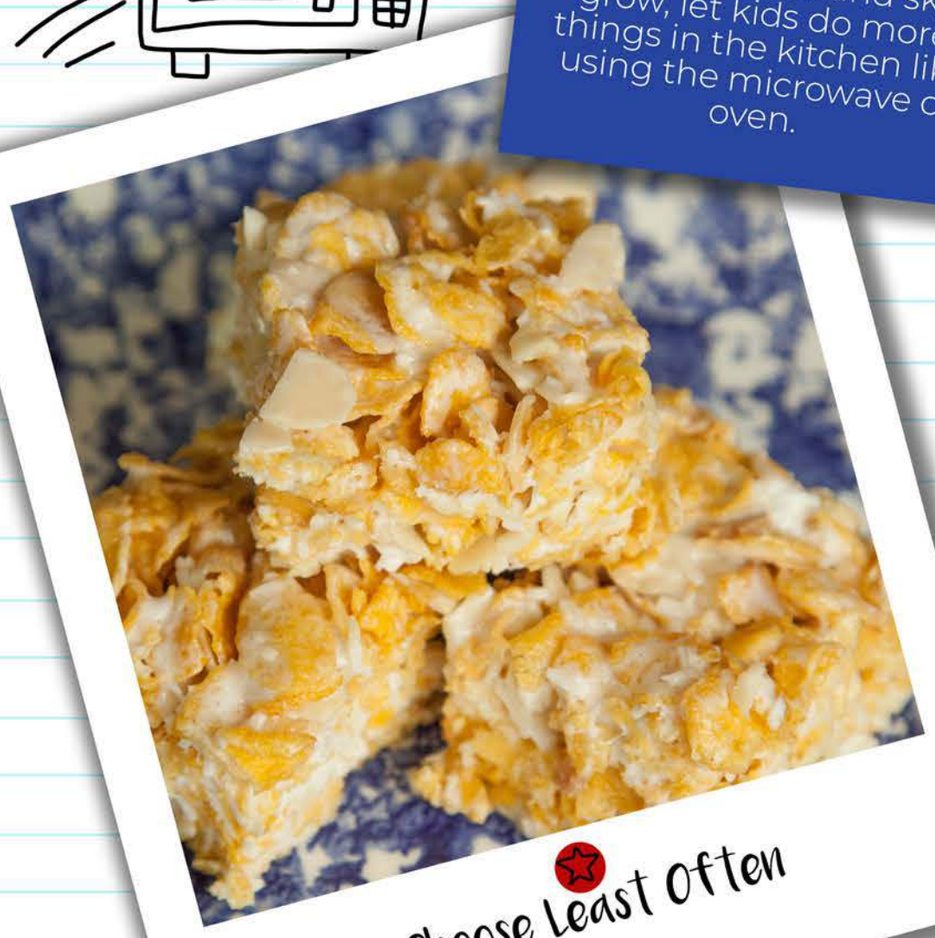
**Nutrition Information:** (per serving) 305 calories, 22g fat, 2g saturated fat, 0.5g trans fat, 49mg sodium, 26g carbohydrate, 7g sugar, 1g fibre, 3g protein.

Prep time: 5 minutes
Ready in: 10 minutes




**TIP:**

As their interest and skills grow, let kids do more things in the kitchen like using the microwave or oven.



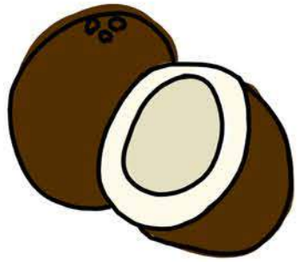
Choose Least Often

My Rating:
♡♡♡♡♡

# Cornflake Marshmallow Treats

24 servings

## Ingredients:



1/2 cup (125 ml) butter, softened
1 bag (400 g) mini marshmallows
6 cups (1500 ml) cornflakes type cereal
1 cup (250 ml) coconut, toasted
1 cup (250 ml) sliced almonds, toasted
1 tsp (5 ml) vanilla

## Directions:

1. Put softened butter and marshmallows in a large microwave safe bowl. Microwave on 50% power for 2 minutes. Stir. Microwave on 50% power for 1 to 2 more minutes.
2. Once marshmallows begin to melt, stir well until marshmallows and butter combine. Don't over melt the marshmallows. Stir in vanilla.
3. Meanwhile, in a large bowl combine cornflakes, coconut and almonds. Pour marshmallow mix over top and stir until all cereal is covered.
4. Pour into a 9 by 13 inch pan and press down with your hands.
5. Cool completely, then cut into 24 large pieces.

For special events you can substitute dried cranberries and pumpkin pips for the coconut and almonds.

**Nutrition Information:** (per serving) 161 calories, 8g fat, 5g saturated fat, 0 trans fat, 89g sodium, 20g carbohydrate, 1g fibre, 9g sugar, 2g protein.

Prep time: 15 minutes
Ready in: 60 minutes

TIP:

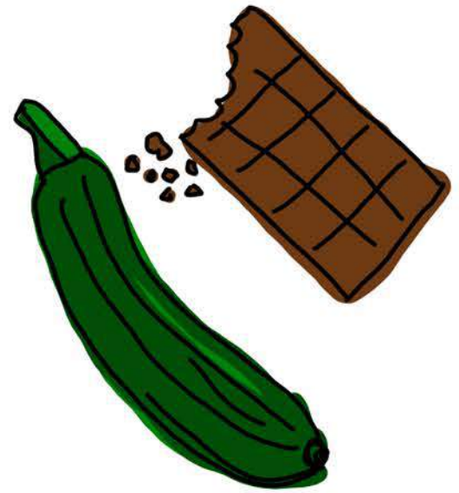
Cooking together builds strong brains and strong relationships.

Choose Sometimes

My Rating:

# Double Chocolate Zucchini Cupcakes

24 servings



## Ingredients:

3 eggs
1 cup (250 ml) sugar
1/3 cup (80 ml) vegetable oil
1/2 cup (125 ml) unsweetened apple sauce
2 tsp (10 ml) vanilla
2 cups (500 ml) finely shredded zucchini
1 1/2 cups (375 ml) white flour
1 cup (250 ml) whole wheat flour
3/4 cup (180 ml) cocoa
1 tsp (5 ml) baking soda
1/2 tsp (2.5 ml) baking powder
1 cup (250 ml) chocolate chips

## Directions:

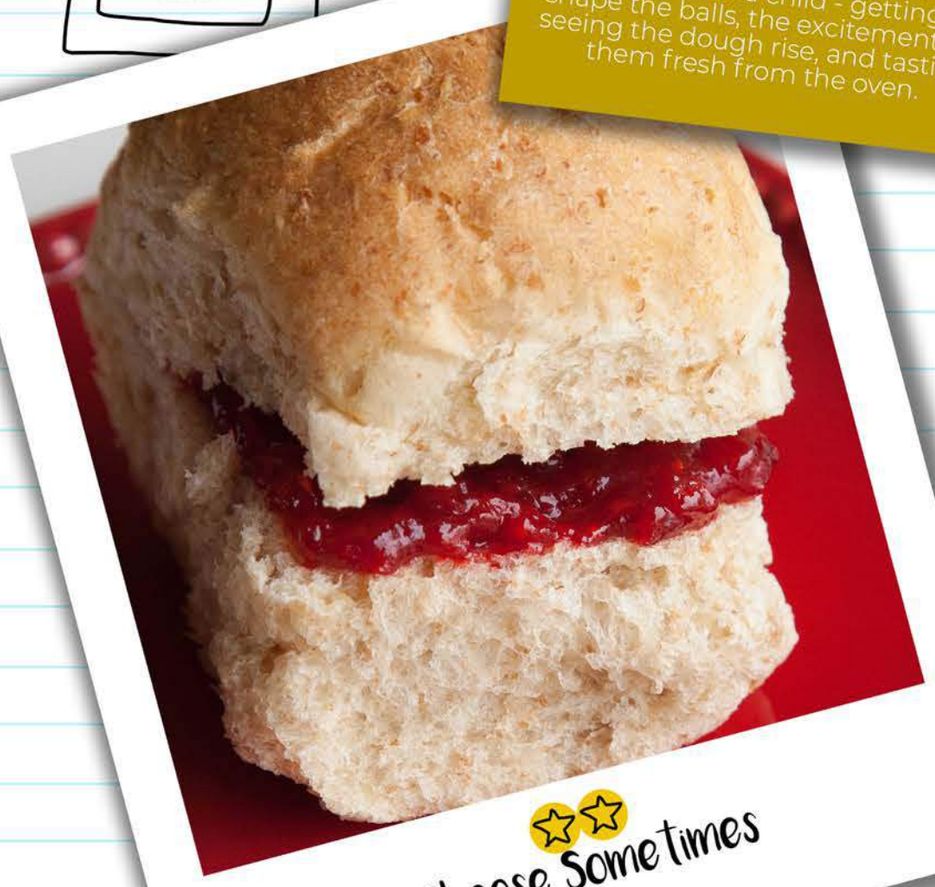
1. Preheat oven to 350 F, line 24 muffin cups with paper liners.
2. In a large mixing bowl mix together eggs, sugar, oil, unsweetened apple sauce and vanilla.
3. Stir in finely shredded zucchini.
4. In small mixing bowl combine flour, cocoa, baking soda, and baking powder. Add to liquid mixture and stir. Add chocolate chips.
5. Spoon batter into muffin cups.
6. Bake 15-20 minutes until a toothpick inserted in the middle comes out clean.

**Nutrition Information:** (per serving) 157 calories, 6g fat, 2g saturated fat, 0 trans fat, 71mg sodium, 24g carbohydrate, 13g sugar, 2g fibre, 3g protein.

Prep time: 20 minutes
Ready in: 40 minutes

## STORY:

One of my most treasured memories of my mom is of her making these. I remember 'helping' her as a child - getting to shape the balls, the excitement of seeing the dough rise, and tasting them fresh from the oven.



Choose Sometimes

My Rating:

# Fluffy Buns

24 servings

## Ingredients:

2 cups (500 ml) whole wheat flour, divided into two parts
2 cups (500 ml) white flour, divided into two parts
1 Tbsp (15 ml) quick rising yeast
1 egg, beaten
2 Tbsp (30 ml) vegetable or canola oil
1/4 cup (60 ml) sugar
1 1/2 cups (375 ml) lukewarm water
1/2 tsp (2.5 ml) salt

## Directions:

1. Mix 1 cup (250 ml) white and 1 cup (250 ml) whole wheat flour and yeast in a bowl and set aside.
2. Put egg, oil, sugar and water in bowl of mixer. Mix well.
3. Add 1st bowl of flour and yeast to mixer. Beat for about 5 mins (the beating makes the buns fluffy).
4. In another bowl mix 1 cup white and 1 cup whole wheat flour with salt. Add to mixer and beat together until mixture begins to form a ball and comes together. You may need to add a few tablespoons more flour or liquid to get a soft dough that comes together and is not too sticky.
5. Cover with a tea towel and let rise in a warm place for 15 minutes.
6. TIP: turn oven on to lowest setting for just a couple of minutes. Then turn off. This will give you a warm place to allow the dough to rise.
7. Punch dough down in bowl. Cover again and let rise another 15 minutes in a warm spot.
8. Punch down again and cut off a small chunk of dough to form each bun. Shape into golf ball sized balls. This is a fun job for kids.
9. Place on 2 greased cookie sheets (12 buns to a sheet).
10. Cover cookie sheets with greased plastic wrap and let rise for 1 hour in a warm spot.
11. Bake (one sheet at a time) at 375 F for 15-20 mins until golden on top and bottom.

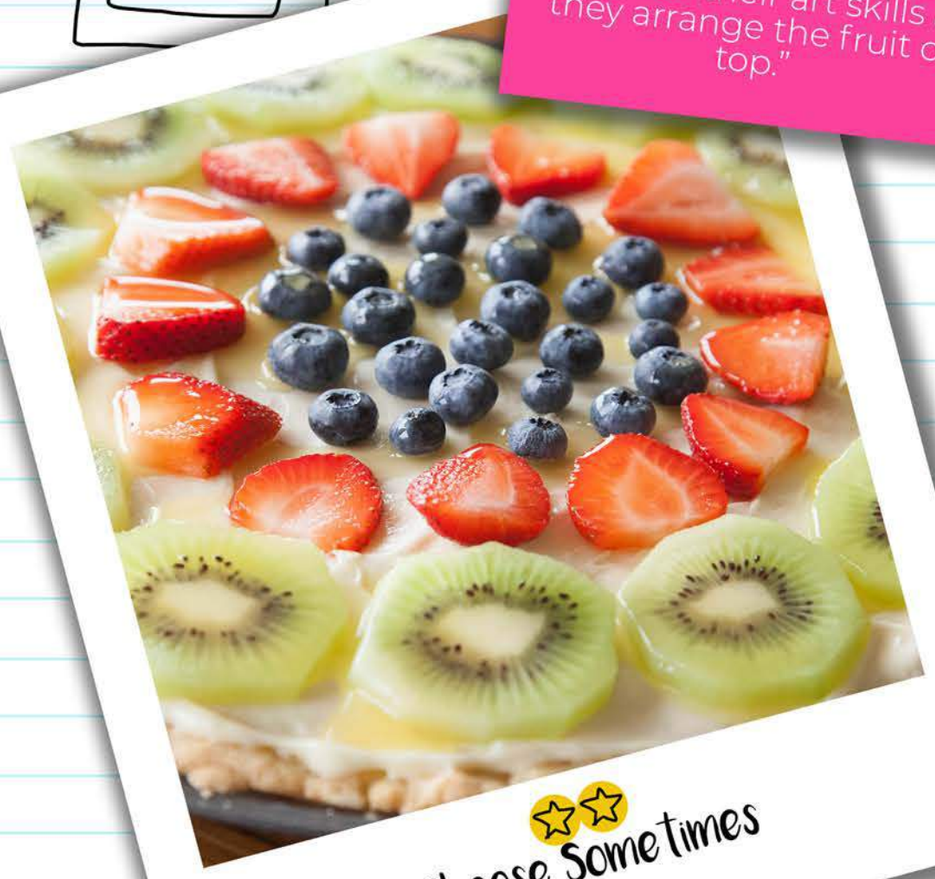
## Nutrition Information:

(per serving) 97 calories, 2g fat, 0 saturated fat, 0 trans fat, 52mg sodium, 16g carbohydrates, 2g fibre, 2g sugar, 3g protein.

Prep time: 50 minutes
Ready in: 2 1/2 hours

**STORY:**

"Not only do the kiddos love eating this fruit pizza, they use their art skills as they arrange the fruit on top."



Choose Sometimes

My Rating:

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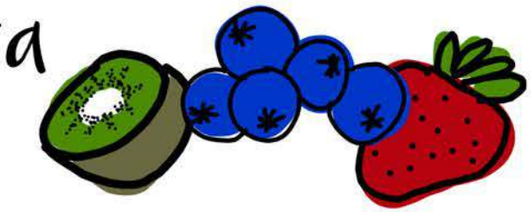
# Fruit Pizza



12 servings

## Ingredients:

Crust:
1 cup (250 ml) butter, softened
2 cups (500 ml) flour
1/2 cup (125 ml) icing sugar

Glaze:
1/2 cup (125 ml) pineapple or orange juice
1 Tbsp (15 ml) cornstarch
1/4 cup (60 ml) white sugar
1 tsp (5 ml) lemon juice

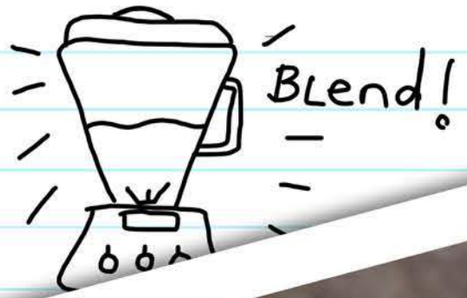
Filling:
1 package (250 g) light cream cheese, softened
1/3 cup (80 ml) white sugar
1 tsp (5 ml) vanilla
5 cups (1250 ml) assorted sliced fruit and berries,
for example sliced strawberries, kiwi, raspberries, and blueberries

## Directions:

1. Beat butter on slow speed of mixer until creamy and smooth, slowly add in flour and icing sugar. Mix well.
2. Press onto 14-inch pizza pan. Bake at 350 degrees F for 8-10 minutes, until light brown. Set aside to cool completely.
3. In a medium bowl, beat cream cheese, sugar and vanilla until no lumps remain. Spread on cooled crust.
4. Layer sliced fruit and berries on top of the filling. Kids love to help with this part, making a picture with fruit.
5. Mix pineapple or orange juice, cornstarch, sugar and lemon juice in a small pot. Stir constantly over medium heat until it boils and thickens. Let the glaze cool, then drizzle over the fruit pizza.
6. Let cool for 4-5 hours before serving.

**Nutrition Information:** (per serving) 355 calories, 20g fat, 12g saturated fat, 0.9g trans fat, 213mg sodium, 40g carbohydrate, 2g fibre, 21g sugar, 5g protein.

Prep time: 35 minutes
Ready in: 4 hours




**TIP:**

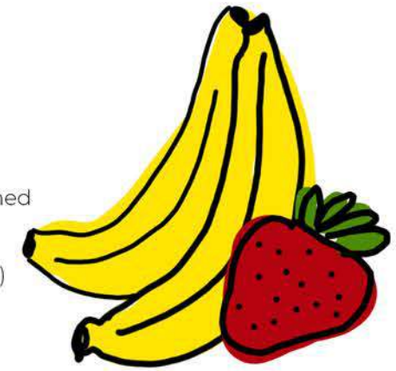
Allowing kids to try things in the kitchen builds confidence and self-esteem.

Choose Most Often

My Rating:

# Fruit Popsicles

8 servings



## Ingredients:

1 cup (250 ml) 2 % plain Greek yogurt
1/4 package (62.5 g) low fat cream cheese, softened
1 ripe banana, sliced
1 tsp (5 ml) vanilla
1/2 cup (125 ml) 100% fruit juice (apple or orange)
1 cup (250 ml) fresh strawberries

## Directions:

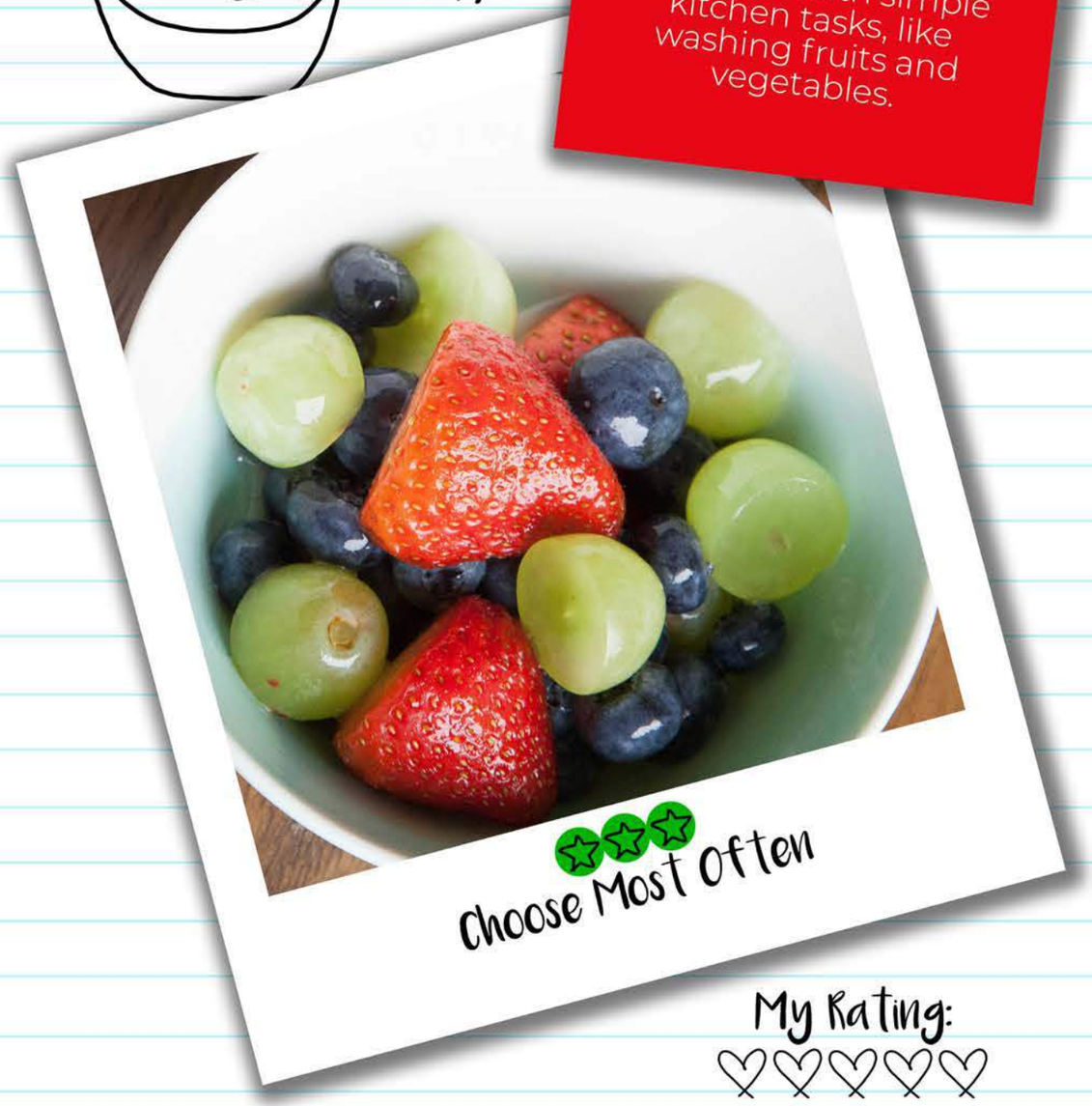
1. Put yogurt, cream cheese, banana, fruit juice, vanilla and strawberries in a blender and blend until smooth.
2. Pour into 8 small paper cups or a popsicle mold, about 1/2 cup (125 ml) each.
3. Place cups in freezer, freeze for 1 hour, place a wooden stick or plastic spoon in each partially frozen popsicle.
4. Return to freezer and freeze until firm, 6-8 hours.
5. To serve, peel off paper cup or run water on it to loosen the popsicle.

**Nutrition Information:** (per serving) 64 calories, 2g fat, 1g saturated fat, 0 trans fat, 61mg sodium, 10g carbohydrate, 1g fibre, 7g sugar, 6g protein.

Prep time: 10 minutes
Ready in: 6 hours

**TIP:**

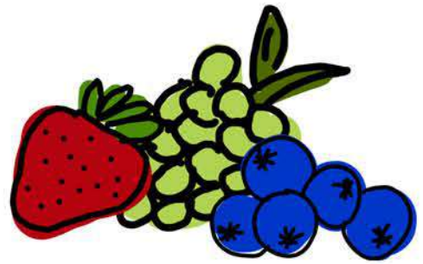
Start kids with simple kitchen tasks, like washing fruits and vegetables.



Choose Most Often

My Rating:

# Fruit Salad



6 servings

## Ingredients:

1 cup (250 ml) strawberries, halved
1 cup (250 ml) blueberries
1 cup (250 ml) seedless grapes, cut in half (green, red or a mixture of both)
2 Tbsp (30 ml) honey or maple syrup
1-2 Tbsp (15-30 ml) lime juice (depending on how tart you like your fruit)

## Directions:

1. Clean and cut fruit.
2. Gently combine all fruit in a bowl.
3. In a separate small bowl, whisk together honey and lime juice. Pour over fruit.
4. Refrigerate until ready to serve.

**Nutrition Information:** (per serving) 65 calories, 0 fat, 0 saturated fat, 0 trans fat, 1mg sodium, 16g carbohydrate, 2g fibre, 14g sugar, 1g protein.

Prep time: **10** minutes
Ready in: **10** minutes

**STORY:**

"This was my Grandmother's recipe and my children love them as well as my grandson."

Choose Least Often

My Rating:

♡♡♡♡♡

# Grandma's Ginger Snaps

20 servings

## Ingredients:

3/4 cup (180 ml) butter
1 cup (250 ml) sugar
1/4 cup (60 ml) molasses
1 egg, fork beaten
2 cups (500 ml) flour
1/4 tsp (1.25 ml) salt
2 tsp (10 ml) baking soda
1 tsp (5 ml) cinnamon
3/4 tsp (3.5 ml) cloves
1 tsp (5 ml) ginger
1/2 cup (125 ml) white or demera sugar for rolling

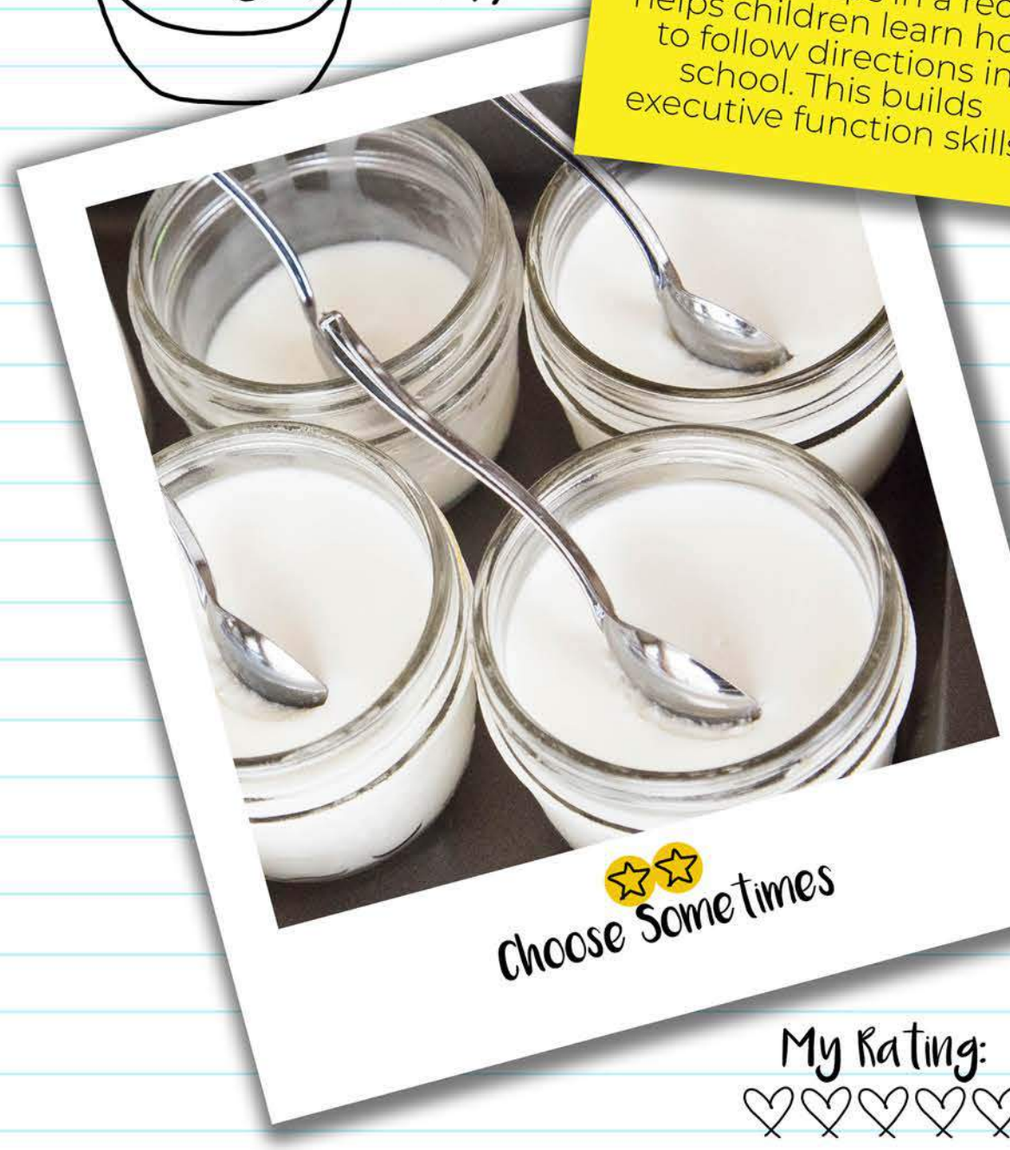
## Directions:

1. Cream butter and 1 cup (250 ml) sugar together until light in color. Add molasses and egg, beat well.
2. In a small bowl, mix flour, salt, baking soda, cinnamon, cloves and ginger, stir.
3. Slowly add dry ingredients to butter mixture, mixing until no flour remains.
4. Cool cookie dough in fridge for 20 minutes before rolling in small balls.
5. Carefully dip each ball into second 1/2 cup of sugar
6. Place on parchment lined cookie sheet. Bake at 350 F for approximately 8 minutes.
7. Cool completely and remove from cookie sheet.

**Nutrition Information:** (per serving) 178 calories, 8g fat, 5g saturated fat, 0 trans fat, 213mg sodium, 26g carbohydrate, 0 fibre, 16g sugar, 2g protein.

Prep time: 20 minutes
Ready in: 45 minutes

+ Mix



**TIP:**

Following steps in a recipe helps children learn how to follow directions in school. This builds executive function skills.

Choose Sometimes

My Rating:

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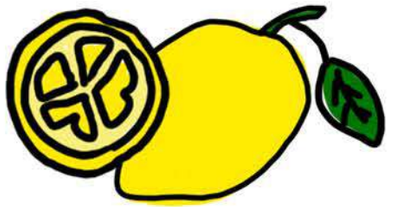
# Mini Lemon Mousse

7 servings



## Ingredients:

1/2 cup (125 ml) lemon juice
1/2 cup (125 ml) sugar
1 envelope unflavored Knox gelatin
1/4 cup (60 ml) cold water
2/3 cup (160 ml) 2% plain Greek yogurt
1 cup (250 ml) 9 or 11% plain Greek yogurt

## Directions:

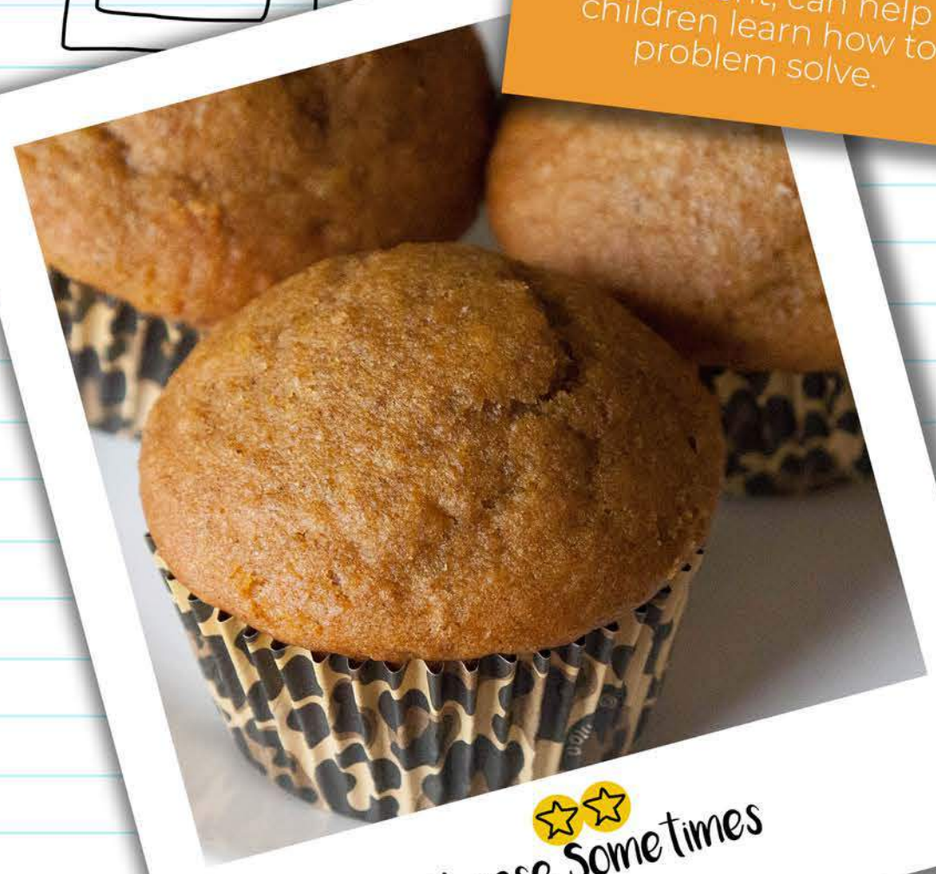
1. In a medium mixing bowl combine lemon juice and sugar, stir until sugar dissolves. Set this bowl aside.
2. Sprinkle gelatin over cold water in a 1 cup microwave measuring cup. Let stand 1 minute.
3. Heat on medium low in microwave 15-20 seconds until gelatin dissolves.
4. Before gelatin begins to set up, add it and both kinds of plain Greek yogurt to the bowl with lemon juice and sugar. Whisk well until everything is combined. Pour into 7 mini plastic wine glasses or small dessert bowls approximately 1/3 cup each.
5. Refrigerate 2-3 hours until set.

**Nutrition Information:** (per serving) 111 calories, 2g fat, 1g saturated fat, 0 trans fat, 39mg sodium, 20g carbohydrate, 0 fibre, 18g sugar, 6g protein.

Prep time: **10** minutes
Ready in: **2** hours

TIP:

Making mistakes in the kitchen, like forgetting an ingredient, can help children learn how to problem solve.



Choose Sometimes

My Rating:

# Pumpkin Pie Muffins

12 servings

## Ingredients:

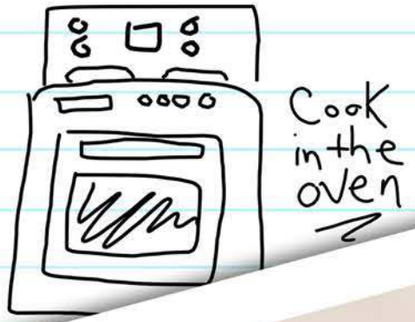
1 cup (250 ml) packed brown sugar
2 eggs
1 cup (250 ml) pumpkin puree (canned, not pumpkin pie filling)
1/2 cup (125 ml) canola oil
1/2 cup (125 ml) buttermilk
1 cup (250 ml) all-purpose flour
3/4 cup (180 ml) whole wheat flour
1/4 cup (60 ml) ground flax
1 tsp (5 ml) baking soda
1 tsp (5 ml) ginger
1/2 tsp (2.5 ml) cinnamon
1/2 tsp (2.5 ml) nutmeg
1/4 tsp (1.25 ml) baking powder

## Directions:

1. Preheat oven to 350 F. Line 12 muffin cups with paper liners.
2. Beat together sugar, eggs, pumpkin puree, oil and buttermilk until smooth.
3. In separate bowl stir together white and whole wheat flour, flax, baking soda, spices and baking powder.
4. Slowly add dry ingredients into wet ingredients mixing just until smooth and no flour remains visible.
5. Scoop batter into paper lined muffin cups. Don't overfill as these rise nicely. Bake 12-15 minutes until top springs back when lightly touched.

**Nutrition Information:** (per serving) 198 calories, 9g fat, 1g saturated fat, 0 trans fat, 106mg sodium, 26g carbohydrate, 2g fibre, 15g sugar, 3g protein.

Prep time: 15 minutes
Ready in: 35 minutes




**TIP:**

Touching different foods in the kitchen can help kids with sensory concerns become more comfortable with foods.

Choose Sometimes

My Rating:

# Simply Peanut Butter Cookies

24 servings

## Ingredients:

1 cup (250 ml) crunchy natural peanut butter (its only ingredient is peanuts)
3/4 cup (180 ml) packed brown sugar
1 Tbsp (15 ml) ground flaxseed
1 large egg, lightly beaten
1 tsp (5 ml) baking powder
1 tsp (5 ml) vanilla
1/4 tsp (1.25 ml) salt

## Directions:

1. In a deep mixing bowl, beat peanut butter, sugar, egg and vanilla. Add in flaxseed, baking powder and salt. Beat well. Cookie batter will thicken as you beat it.
2. Roll dough into 1 inch balls. Make them small enough to be "one bite" cookies! If necessary, wet hands occasionally to prevent dough from sticking.
3. Cool balls of cookie dough in fridge 20 minutes before baking. (or freeze to bake later)
4. Preheat oven to 350 F while you wait for the dough to cool.
5. Place balls of cookie dough on cookie sheet and bake for 10 to 12 minutes. Cookies should seem slightly soft in the middle. They will firm up as they cool. Once cooled, carefully transfer cookies to wire rack to cool completely.

These cookies do not contain flour.

**Nutrition Information:** (per serving) 123 calories, 7g fat, 1g saturated fat, 0 trans fat, 50mg sodium, 12g carbohydrate, 1g fibre, 9g sugar, 4g protein.

Prep time: 20 minutes
Ready in: 50 minutes

Notes:

# Healthy Snack Ideas

1. Celery sticks with nut butter or cream cheese
2. Berries and yogurt
3. Apple slices with grated cheese
4. Whole grain crackers with cheese
5. Baked tortilla chips with salsa for dipping
6. Cottage cheese with banana slices
7. Whole wheat tortilla with peanut butter rolled in a log
8. Boiled egg with carrot sticks
9. Fruit and a glass of milk
10. Whole grain cereal and milk
11. Hummus with raw veggies
12. Apple sauce with whole grain crackers or roti for dipping
13. Tzatziki with raw veggies
14. Kefir and mango
15. Fruit and cheese cubes threaded on a toothpick
16. Whole grain muffin and apple slices
17. Naan bread with spinach dip
18. Crazy cereal (a few tablespoons of several whole grain cereals, dried cranberries and nuts)

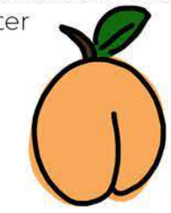
Healthy snacks are easy to make at home!

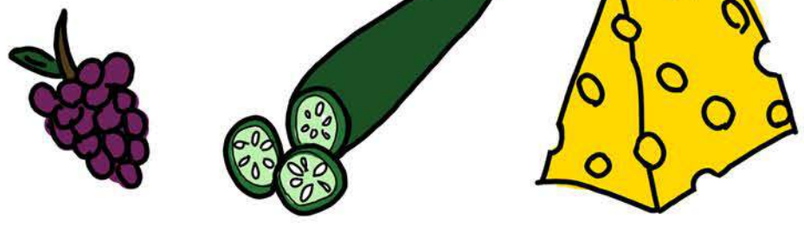
Children need 2 to 3 healthy snacks per day in addition to 3 regular meals.



# . . . . . + more

19. Yogurt with cucumber slices
20. Sprinkle chickpeas with chili powder and roast in oven till crispy
21. Plain rice cakes with nut or peanut butter
22. Avocado on toast
23. Dessert tofu with fruit
24. Fruit smoothie
25. Yogurt popsicles
26. Banana bread and yogurt
27. Pita bread triangles with bean dip
28. Cooked kidney beans and vegetables chunks
29. Rice pudding made with milk
30. Left over homemade pizza cut in bite size pieces
31. Grapes and cheese strings
32. Homemade granola bars
33. Graham wafers and orange slices
34. Banana popsicle (thread ½ ripe banana on a skewer, freeze and enjoy)
35. Frozen blueberries and whole grain crackers
36. Low salt pretzels and cheese
37. An apple with a leftover pancake or waffle
38. Fruit salad (see recipe in treats section)
39. Leftover falafels and mango slices
40. Nut butter balls (nut butter, oatmeal, raisins, flax seed and maple syrup, roll in balls and store in fridge)





# My snack ideas:



## Thank you to the Grandparents Committee of the Foothills Children's Wellness Network

for sponsoring the work of this amazing cookbook. The Our Time Together Cookbook Working Group spent over a year designing, researching and organizing this cookbook but without the contributions of recipes from our community it would not have happened!

We all believe passionately in the power of family meals and cooking in building relationships, growing strong and healthy children and connecting with our community. The Foothills Children's Wellness Network believes in these same things. Their vision:  It Takes Everyone to Raise A Happy, Healthy Child has been a driving force behind the idea of the Our Time Together Cookbook.

To learn more about the Network visit our website

www.foothillsnetwork.ca