



FAMILY-FRIENDLY

RECIPES

FILL HALF YOUR PLATE
WITH FRUITS AND VEGETABLES

Guelph Family
Health Study



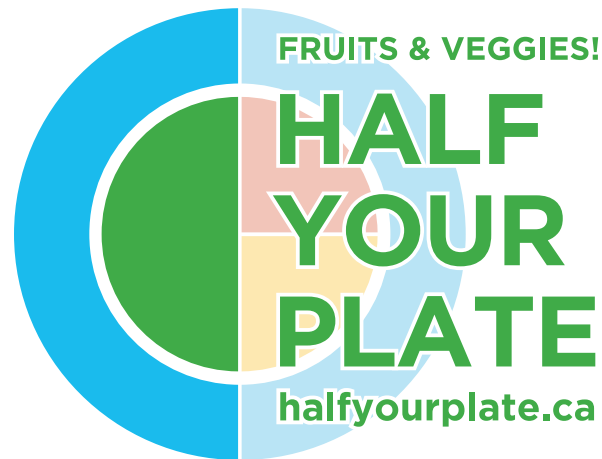
INTRODUCTION



Guelph Family Health Study

By the age of five or six, your kids will form eating, exercise, and sleep habits that can last a lifetime. The Guelph Family Health Study is testing ways for kids to **learn healthy habits early** – habits that can significantly lower your child’s risk for disease, now and in the future.

Families in the study have expressed an interest in having easy-to-prepare, healthy recipes that they can serve to their families at home. Using crowdsourced funding, The Guelph Family Health Study researchers responded to this request by creating this recipe book. Keeping busy families in mind, these recipes are **quick** and **tasty**, and aim to help families increase their fruit and vegetable intake using principles from Half Your Plate.



Half Your Plate is a healthy-living initiative that encourages Canadians of all ages to eat more fruits and veggies by providing simple and practical ways to add a variety of produce to every meal and snack. Half Your Plate was developed by the Canadian Produce Marketing Association, Canadian Cancer Society, Canadian Public Health Agency and the Heart and Stroke Foundation of Canada.

Have you ever thought, “I should eat more veggies, but I have no time,” or “I have no clue how to cook a squash, I’ll just stick with salad”? Then Half Your Plate was developed for you!

Filling Half Your Plate with fruits and vegetables is easy and convenient, and you might already be doing it! It’s not about having a big plate full of salad, but about trying to add more fruits and vegetables at each meal.

For example, add a banana to your breakfast smoothie, or top your morning cereal with fresh berries. Grab an apple and some nuts as a snack rather than a muffin or doughnut. Stuff your sandwiches with lettuce, tomatoes, sprouts, cucumbers and peppers – the more the better! Toss in assorted veggies with your boiling pasta or rice.

One of our goals at the Guelph Family Health Study is to help your family develop healthy eating behaviours, including eating more fruits and vegetables. For this recipe book, we have partnered with Half Your Plate to provide you with tips, tricks and recipes to increase your family’s fruit and vegetable intake. Enjoy!

See more at [halfyourplate.ca](https://www.halfyourplate.ca)

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CARROT APPLE PANCAKES



CARROT APPLE PANCAKES

6–9 Servings



Prep time: 10 minutes
Cook time: 15 minutes

Adding vegetables and fruit to your pancakes improves nutrition and flavour of your breakfast or brunch.

Ingredients

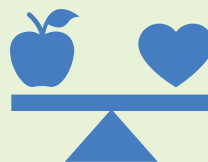
1 cup	whole wheat flour
1 cup	all purpose flour
3 tbsp	sugar
1 tbsp	baking powder
½ tsp	ground cinnamon
2 cups	buttermilk or 2 cups milk with 2 tbsp lemon juice or vinegar
2	eggs
3 tbsp	butter, melted
1 tsp	vanilla
1	apple, peeled, cored and grated
1	large carrot, peeled and grated

Instructions

1. In a large bowl, whisk together whole wheat and all purpose flours, sugar, baking powder and cinnamon.
2. In another bowl, whisk together buttermilk, eggs, butter and vanilla. Pour over flour mixture along with apple and carrot and stir gently until combined.
3. Spray a large non-stick skillet or griddle with cooking spray and place over medium-high heat. Pour a small amount of batter onto skillet and spread out slightly to form pancakes. Cook until bubbles begin to appear on top, about 3 minutes. Flip over and cook about 2 minutes until golden brown. Repeat with remaining batter.



TIPS FOR HEALTHY EATING



If you want to add extra apples to your pancakes, make this easy Cinnamon Apple topping. In a non-stick skillet, melt 2 tbsp of butter over medium heat. Add 2 large apples (peeled, cored and sliced) with 1 tsp ground cinnamon; cover and cook for about 5 minutes until tender but firm. Serve over pancakes.

FRUIT & YOGURT PARFAIT



FRUIT & YOGURT PARFAIT

4 Servings



Prep time: 5 minutes
Cook time: 0 minutes

Mornings can be busy, especially with kids, but it's important to eat a well-balanced breakfast. This parfait is easy to make and can be eaten on the run. Involve your kids by setting out the ingredients and have them build their own parfaits.

Ingredients

4 cups	plain yogurt (can also use plain Greek yogurt for added protein)
2 cups	fresh or defrosted frozen berries
1 cup	granola or cereal
4 tsp	honey

Instructions

1. Place 1 cup of yogurt into the bottom of each bowl or travel mug.
2. Add in berries and cereal until bowls or mugs are filled.
3. Drizzle 1 tsp honey over top.
4. Eat parfaits immediately to keep cereal crunchy.



FOOD SELECTION AND STORAGE TIP



Berries not in season? Mix it up and choose seasonal fruit that is locally grown. Why buy local? It supports your community, helps the environment, and it's delicious! Check out Foodland Ontario's Availability Guide to see what local produce is in season at bit.do/localinseason.

SPINACH & TOMATO HUEVOS RANCHEROS



SPINACH & TOMATO HUEVOS RANCHEROS

4 Servings



Prep time: 10 minutes
Cook time: 15 minutes

This fresh vegetable salsa with a hint of heat is a wonderful way to enjoy eggs. Easy to make for breakfast, lunch or dinner. Serve them with your favourite whole grain bread for a balanced meal.

Ingredients

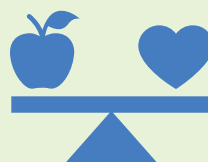
1 tbsp	vegetable oil
1	onion, chopped
3	cloves garlic, minced
1	stalk celery, diced
2 tsp	chili powder
1 tsp	oregano
4	large tomatoes, chopped
1	green or yellow bell pepper, chopped
1	jalapeno pepper, seeded and minced
3 cups	spinach, roughly chopped
¼ tsp	salt
4	eggs

Instructions

1. In a large, deep skillet, heat oil over medium heat; cook onion, garlic, celery, chili powder and oregano, stirring for about 5 minutes or until softened. Add tomatoes and peppers; cover and cook for about 5 minutes or until liquid starts to come out of the tomatoes. Uncover and stir in spinach and salt; bring to a simmer.
2. Carefully crack eggs, one at a time into simmering sauce. Cover and cook for about 3 minutes or until egg whites are no longer runny. Remove from heat and serve.



TIPS FOR HEALTHY EATING



Try and try again. Children warm up to new foods slowly. It can take up to 15 tries before a child will like a new food.

GRILLED VEGGIE WRAP
WITH RED PEPPER HUMMUS



GRILLED VEGGIE WRAP WITH RED PEPPER HUMMUS

4 Servings



Prep time: 10 minutes

Cook time: 5 minutes

Ingredients for Wrap

1 tsp vegetable oil

Cut into small pieces:

1 bell pepper

1 yellow zucchini

1 green zucchini

1 pear

4 wraps or tortillas,
whole wheat or spinach

1 cup red pepper hummus,
store bought or see recipe below

4 tsp pumpkin seeds (pepitas)

4 handfuls fresh spinach

4 handfuls fresh sprouts

Ingredients for Homemade Red Pepper Hummus

1 clove garlic, minced (15 oz)

540 mL (19 oz) can of chick peas, drained

1/3 cup tahini (sesame seed paste)

1/4 cup lemon juice

1/2 cup roasted red peppers (from a jar)

1/2 tsp cumin

pinch cayenne pepper

1/2 tsp salt

Instructions

1. **If preparing homemade hummus:** Combine all hummus ingredients in a food processor or blender and purée until smooth. Transfer to a small bowl, cover and chill until ready to serve.
2. In a small bowl, toss bell pepper, zucchini and pear with oil. Sauté in a non-stick skillet over medium-high heat for 5 minutes.
3. To assemble wraps: Spread hummus on each tortilla. Sprinkle pumpkin seeds over hummus. Layer with grilled veggies, pear, spinach and sprouts. Roll tortilla tightly and cut in half to serve.



TIPS FOR QUICK PREP



No time to make hummus? No problem! Look for brands lower in sodium! Remember 5% daily value is a little amount of nutrient and 15% is a lot. Choose closer to 5%.

SHEET PAN CHICKEN



SHEET PAN CHICKEN

4 Servings



Prep time: 10–15 minutes

Cook time: 30 minutes

Sheet pan cooking is an easy way to cook a meal and limit clean-up. The trick is to use vegetables that take the same time to cook as the chicken. That's why the cherry tomatoes are added toward the end of cooking.

Ingredients

- 4 cups chopped vegetables
Use any combination of your favourite hardy vegetables, chopped into large pieces. We used carrots, green zucchini, yellow zucchini, and leeks. You can also try potatoes, butternut squash, brussel sprouts and cauliflower.
- 4 tbsp olive oil, divided
- 1 tsp salt
- 1 tbsp chopped fresh rosemary, oregano, or thyme leaves (or ½ tsp dried)
- 1½ lbs chicken breasts or legs (4 servings)
- 1 tbsp barbecue spice rub (or a combination of 1 tsp each of smoked paprika, salt, sugar and ¼ tsp ground cumin)
- 1 cup cherry tomatoes
- 2 tbsp coarsely chopped fresh parsley

Recipe provided by Bonnie Stern

Instructions

1. Preheat oven to 400°F (200°C), line a rimmed sheet pan (baking sheet) with parchment paper. Toss veggies with half the oil, 1 tsp salt and herbs. Spread in a single layer in pan.
2. Toss chicken with the remaining oil and barbecue spice rub. Nestle the chicken pieces in the vegetables.
3. Roast in preheated oven for 20 minutes. Scatter tomatoes among the vegetables and roast another 10 minutes or longer until chicken is cooked through. Chicken legs may take a little longer.



TIPS FOR QUICK PREP



If you want to come home to a fresh and delicious meal, try preparing this recipe in the morning in your crock pot. Add a little chicken broth so nothing burns, and cook on high for 6 hours or low for 8 hours.

HEAD-TO-TOE
BROCCOLI SOUP



HEAD-TO-TOE BROCCOLI SOUP

4 Servings



Prep time: 10 minutes
Cook time: 30 minutes

The best way to get the most out of your produce is to use it all up! This easy broccoli soup is delicious and makes use of all parts of the broccoli, from "head to toe!"

Ingredients

1 tbsp	olive oil
1	large onion, diced
2	cloves garlic, finely chopped
1	bunch fresh broccoli (or 3 cups frozen)
4 cups	vegetable or chicken stock
½ tsp	dried thyme
½ tsp	dried rosemary
¼ cup	milk

Instructions

1. Chop the whole bunch of broccoli (yes, leaves and stems too!) into bite-sized chunks.
2. Heat oil in a large skillet, add onion and garlic and sauté for about 3 minutes.
3. Add broccoli and sauté for about 1 minute. Add stock to cover all the veggies, cover and bring to a boil. Reduce to simmer for 20 minutes or until broccoli is tender. Add thyme and rosemary.
4. Once cooled, purée in your blender to preferred consistency. Add in milk, stir and serve.



TIPS FOR QUICK PREP



This is a great recipe to make in large batches and freeze in individual serving sizes for lunches.

EASY
STIR-FRY



EASY STIR-FRY

4 Servings



Prep time: 15 minutes
Cook time: 30 minutes

Like it spicy? Add red pepper flakes or hot sauce to this stir-fry for some extra heat.

Ingredients for the Sauce

1/3 cup	low-sodium soy sauce
1/3 cup	water
1/2 cup	low-sodium chicken or beef broth
1/3 cup	rice vinegar or normal vinegar
3 tbsp	sugar
1 tbsp	sesame oil
2 tbsp	cornstarch

Ingredients for the Stir-Fry

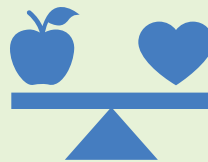
2 tbsp	vegetable oil
1 lb	boneless, skinless chicken breast, cubed
1 tbsp	garlic, minced
1 tbsp	ginger, minced
1 cup	broccoli florets
1 cup	snap peas or snow peas (fresh or frozen)
2	carrots, thinly sliced
1	red or green bell pepper
2 cups	bean sprouts,
2	green onions, minced

Instructions

1. In a medium saucepan, cook rice according to instructions.
2. To make sauce, combine soy sauce, water, broth, vinegar, sugar, sesame oil and cornstarch in small bowl and set aside.
3. In a large wok or non-stick skillet heat 1 tbsp of vegetable oil and sauté garlic and ginger for 1 minute. Add chicken to skillet and stir-fry on high heat for about 5 minutes or until cooked. Remove chicken from the pan and set aside.
4. In the same pan, heat remaining vegetable oil on medium-high heat and sauté vegetables for 1–2 minutes. Add 1/3 cup water and cover. Let vegetables steam until they are tender.
5. Return chicken to the pan. Add sauce and bring to a boil for 2–3 minutes, until thickened.
6. Serve stir-fry over rice.



TIPS FOR HEALTHY EATING



You can make this stir-fry with any combination of vegetables. Pair favourite vegetables with one new vegetable. Children are more likely to accept new foods this way.

VEGETABLE CONFETTI QUINOA



VEGETABLE CONFETTI QUINOA

4–6 Servings



Prep time: 15 minutes
Cook time: 25 minutes

Full of vegetables and colour, this satisfying side dish is delicious served with chicken or turkey for dinner. Use leftovers for tomorrow's lunch – add some chickpeas and a splash of vinegar to make a salad.

Ingredients

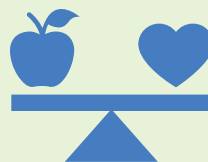
1 cup	quinoa, rinsed
1 cup	low-sodium vegetable broth
½ cup	orange juice
2 tsp	vegetable oil
1	onion, diced
2	cloves garlic, minced
1	carrot, peeled and grated
1	zucchini, grated
1	red pepper, diced
1	yellow pepper, diced
½ tsp	salt
¼ tsp	pepper
2 tbsp	fresh basil or parsley, chopped

Instructions

1. Combine quinoa, vegetable broth and orange juice in a saucepan and bring to a boil. Reduce heat to low, cover and cook for about 15 minutes or until liquid is absorbed and quinoa is tender. Fluff into a large bowl; keep warm.
2. In a large non-stick skillet, heat oil over medium heat. Cook onion and garlic for 5 minutes or until softened.
3. Stir in carrot, zucchini, red and yellow peppers and cook for 5 minutes or until tender crisp.
4. Add salt and pepper. Stir into quinoa mixture with basil.



TIPS FOR HEALTHY EATING



Quinoa is a great alternative to rice and other grains because it is one of the few plant foods that is a complete protein. Protein is important for energy and building muscles.

MAC & CHEESE WITH
ROASTED BROCCOLI



MAC & CHEESE WITH ROASTED BROCCOLI

8 Servings



Prep time: 10 minutes
Cook time: 50 minutes

This recipe is a healthy take on the family classic. Roasted broccoli adds a nutritious boost while contributing a serving of vegetables. Delicious!

Ingredients

2 cups	broccoli, fresh or frozen, cut into small pieces
2 tsp	olive oil
¼ tsp	salt
2 cups	whole wheat macaroni
3 tbsp	olive oil or butter
¼ cup	all-purpose flour
4 cups	milk, hot
1 tsp	salt
	black pepper to taste
⅛ tsp	nutmeg
1 tsp	Worcestershire sauce
¼ tsp	hot sauce or to taste (optional)
2½ cups	grated cheddar cheese – divided
1 cup	whole wheat bread crumbs (optional)

Recipe provided by Bonnie Stern

Instructions

1. Preheat oven to 400°F (200°C). Line a rimmed sheet pan (baking sheet) with parchment paper. Toss broccoli with olive oil and salt. Spread on pan and roast 20 minutes until slightly browned and tender. Cool.
2. Cook macaroni in a large pot of boiling water. When just tender but still chewy (do not overcook), drain well and rinse with cold water. Reserve.
3. In a large saucepan heat oil or butter. Add flour and cook 3 to 4 minutes. Add hot milk and bring to a boil. Add salt and pepper, nutmeg, Worcestershire and hot sauce. Reduce heat and cook gently (5 minutes). Season well with salt and pepper.
4. Add reserved macaroni, 2 cups cheese and roasted broccoli. Combine gently. Taste and add more salt, if desired.
5. Transfer macaroni mixture to a 9" x 13" baking dish. Combine breadcrumbs, if using, with remaining ½ cup cheese and sprinkle on the top. Place on a rimmed sheet pan (to prevent spills) and bake in a preheated 350°F (175°C) oven for 30 minutes or until hot and bubbling.



This recipe received two thumbs up for our researchers' kids! Thanks to Bonnie Stern for providing this delicious and healthy recipe.

VEGGIE
PIZZA



VEGGIE PIZZA

6 Servings



Prep time: 20 minutes

Cook time: 20–25 minutes

Start with whole wheat crust to increase fibre. Add lots of vegetables and reduced-fat cheese for a well-rounded, healthy meal.

Ingredients

- 1 medium-sized pizza crust (can also use fresh pizza dough if you prefer)
- 1½ cup red potatoes, sliced
- 2 cups mushrooms, sliced
- 2 cups cherry tomatoes, halved
- 1 red or yellow bell pepper, sliced
- ½ red onion, sliced
- 1 tbsp olive oil
- ½ tsp salt
- ½ tsp pepper
- 1 clove garlic minced
- 4 tsp red wine vinegar, divided
- 1½ cup mozzarella cheese grated part-skim
- 3 cups arugula, packaged

Instructions

1. Set oven rack to the lowest position and preheat oven to 475°F (250°C).
2. On rimmed baking sheet, brush potatoes, mushrooms, tomatoes, red pepper and red onion with olive oil and sprinkle with salt and pepper. Bake for 15 minutes, stirring once; let cool slightly and toss with 2 tsp of red wine vinegar and garlic.
3. Sprinkle mozzarella over pizza crust and top with vegetables. Bake until crust is browned and cheese is bubbling and golden, 20–25 minutes.
4. In bowl, toss together arugula and remaining vinegar; arrange over pizza.



TIPS FOR KIDS IN THE KITCHEN



Have your child place their own toppings on the pizza. Get creative and make fun shapes and faces. Pair vegetables you know they like with a new vegetable to try.

BUILD-YOUR-OWN RICE BOWL



BUILD-YOUR-OWN RICE BOWL

4 Servings



Prep time: 10 minutes
Cook time: 30 minutes

Include a variety of fresh, colourful veggies to make this dish look and taste great!

Ingredients

$\frac{2}{3}$ cup	rice (wild, brown or white)
2	chicken breasts, boneless and skinless (substitute with salmon, steak or tofu)
1 tbsp	cooking oil
1	tomato chopped into bite-sized pieces
1	avocado, sliced
2 tbsp	cilantro
1 cup	corn (canned, fresh, or frozen)
1 can (15 oz)	black beans, rinsed and drained

Meat Seasoning

1 tsp	paprika
1 tsp	salt
$\frac{1}{4}$ tsp	ground cumin

Lime and Cumin Dressing

$\frac{1}{3}$ cup	plain yogurt
$\frac{1}{2}$ tsp	cumin
	pinch of cayenne
	juice from one lime

Instructions

1. In a medium pot, cook rice according to instructions.
2. Combine the meat seasoning and rub on chicken breasts. In a medium non-stick skillet, heat oil on medium-high heat and add chicken breasts. Sear both sides and ensure breast is cooked thoroughly, approximately 4–5 minutes per side. Once cooked, chop into bite size pieces.
3. Wash and chop tomatoes, avocado and cilantro.
4. Combine ingredients for the lime and cumin dressing. Mix thoroughly.
5. When rice is cooked, add $\frac{1}{2}$ cup into each bowl. Let your family members add their choice of corn, beans, tomatoes, avocado, cilantro and dressing to taste.



TIPS FOR QUICK PREP



The rice bowl recipe is perfect for using up leftover ingredients. Mix and match different varieties of veggies or protein to create your favourite bowl. You can try an Asian inspired build-your-own salmon teriyaki bowl with edamame, grated carrots and shredded cabbage!

SPAGHETTI SQUASH MARINARA



SPAGHETTI SQUASH MARINARA

6 Servings



Prep time: 10 minutes
Cook time: 45 minutes

Kids will love this fun and healthy substitute for pasta that's served with a simple tomato sauce flavoured with garlic and basil.

Ingredients

1 spaghetti squash

2 tbsp olive oil

¼ tsp salt

¼ tsp pepper

Tomato Sauce

2 tbsp olive oil

⅓ cup onion, finely chopped

2 cloves garlic, minced

2 tbsp tomato paste

2½ cups tomato sauce

¼ tsp each salt and pepper

6 basil leaves, torn

¼ cup parmesan cheese, grated

2 tbsp fresh parsley, chopped

Instructions

1. Preheat oven to 400°F (200°C). Line baking sheet with parchment. Halve squash lengthwise and scrape out seeds. Drizzle cut sides with olive oil and season with salt and pepper. Place cut side down on prepared baking sheet and bake for 45 minutes or until tender.
2. Using a fork, scrape out strands of spaghetti squash; squeeze gently to remove excess liquid. Transfer to serving platter.

Tomato Sauce:

3. Meanwhile, in skillet, heat oil over medium heat; cook onion and garlic for 5 minutes or until tender. Stir in tomato paste; cook for 1 minute. Stir in tomato sauce, salt and pepper; bring to simmer. Simmer for 20 minutes or until slightly thickened. Stir in basil.
4. Spoon tomato sauce over spaghetti squash. Top with parmesan and parsley.



TIPS FOR QUICK PREP



In a pinch for time? Try cooking the squash in a glass dish in the microwave for about 20 minutes. This method is faster than the oven and tastes just as great!

GRILLED BROCCOLI & TOMATO SKEWERS



GRILLED BROCCOLI & TOMATO SKEWERS

4 Servings



Prep time: 15 minutes
Cook time: 20 minutes

This is a fun idea for a different way to serve vegetables with your dinner. The flavour of the vegetables will make you want to cook them this way all the time! Enjoy.

Ingredients

- 1 zucchini
- 2 cups broccoli florets
- 1 cup grape tomatoes
- 1 tbsp parsley or basil, chopped fresh
- 1 clove garlic, minced
- 1 tbsp olive oil
- pepper, to taste

Garlic Herb Dipping Sauce

- ¼ cup plain yogurt
- 1 tbsp parsley or basil, chopped fresh
- 1 tsp dijon mustard
- 1 clove garlic small, minced

Instructions

If using wooden skewers be sure to soak them for at least 20 minutes to prevent flare ups on the barbecue.

1. **Garlic Herb Dipping Sauce:** In bowl, whisk together yogurt, parsley, mustard and garlic; set aside.
2. Cut zucchini into 1 cm (½ inch) slices; place in a large bowl.
3. Add broccoli and tomatoes. Add parsley, garlic and pepper.
4. Lightly drizzle vegetables with olive oil; toss to coat well.
5. **Grilling method:** Place vegetables onto skewers, alternating different vegetables. Cook skewers on greased grill over medium heat for about 15 minutes, until tender.
Oven roasting method: Place skewers on a baking sheet lined with parchment paper and roast in 400°F (200°C) oven for about 20 minutes, until tender.
6. Serve with dipping sauce.



TIPS FOR KIDS IN THE KITCHEN



Let your child make their own veggie skewers. Children are more likely to try foods when they get to choose them.

BEAN, SWEET POTATO
& GARLIC STEW



BEAN, SWEET POTATO & GARLIC STEW

4 Servings



Prep time: 15 minutes
Cook time: 25 minutes

This is a quick meal that is perfect for a cold fall night.
Serve it with warm whole wheat bread and a leafy green salad.

Ingredients

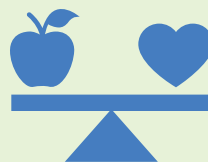
1 tbsp	vegetable oil
1	onion, chopped
1	stalk celery, chopped
3	cloves garlic, minced
1 tbsp	fresh thyme, chopped
1	sweet potato, peeled and chopped
2 cups	low-sodium vegetable broth
2 tbsp	tomato paste
1 can (19 oz)	white kidney beans, drained and rinsed
4 cups	baby spinach
1 tbsp	water
2 tsp	cornstarch
¼ tsp	salt
	pinch of pepper

Instructions

1. In a large non-stick skillet, heat oil over medium heat. Cook onion, celery, garlic and thyme for about 5 minutes or until softened. Add sweet potato, vegetable broth and tomato paste. Simmer covered for 10 minutes. Add beans and spinach; return to a boil and cook uncovered for about 5 minutes or until sweet potato is tender.
2. Whisk together water, cornstarch, salt and pepper in a separate bowl. Stir into skillet slowly and simmer for about 2 minutes or until thickened slightly.



TIPS FOR HEALTHY EATING



Research shows that kids who eat meals with their family eat a healthier diet. Family mealtimes can also be a good time to catch up with your family. To help get the conversation going, ask your children, "What was the best thing that happened to you today?"



SHEPHERD'S PIE
WITH GARLIC MASH



SHEPHERD'S PIE WITH GARLIC MASH

6 Servings



Prep time: 20 minutes
Cook time: 45 minutes

This recipe freezes well. Try cooking ahead on weekends to make weeknight meals easy!

Ingredients

2–3	large yellow-fleshed potatoes, peeled and chopped
6	cloves garlic, peeled
1 can	white kidney beans, drained and rinsed
½ cup	milk, warmed
1 tsp	vegetable oil
1	onion, chopped
1	carrot, chopped
1	stalk celery, chopped
1 pkg	(500 g) lean ground turkey or beef
1 tsp	dried thyme
¼ tsp	pepper
2 tbsp	all-purpose flour
2 cups	low-sodium beef broth
1 tbsp	tomato paste
2 tsp	Worcestershire sauce

Instructions

1. Cover potatoes and garlic with water in a pot and bring to a boil. Cook for about 15 minutes or until potatoes are very tender. Add beans and return to a boil for 1 minute. Drain well and return to pot.
2. Using a potato masher, add milk and mash potatoes, garlic and beans until smooth; set aside and keep warm.
3. In a large non-stick skillet, heat oil over medium heat and cook onion, carrot and celery for about 5 minutes or until softened. Add ground meat, thyme and pepper; cook, stirring for about 4 minutes or until meat is browned.
4. Add flour and cook, stirring until flour is absorbed. Add broth, tomato paste, Worcestershire; bring to a boil. Reduce heat and simmer, stirring occasionally for about 8 minutes or until thickened.
5. Pour mixture into an 8 cup (2 L) casserole dish. Spoon potato mixture over top to cover evenly.
6. Bake in a preheated 400°F (200°C) oven for about 20 minutes or until potatoes are lightly golden and filling is bubbling.



STUFFED ACORN SQUASH



STUFFED ACORN SQUASH

4 Servings



Prep time: 10 minutes
Cook time: 40 minutes

Ingredients

2	medium acorn squash, halved length-wise, seeds removed
½ tsp	salt
¼ tsp	ground black pepper
4 tsp	olive oil, divided
8 oz	hot or mild Italian sausage, casings removed
1	large leek, white and light green parts only, halved and sliced
2	cloves garlic, finely chopped
4 cups	kale, torn into small pieces
⅓ cup	reduced-sodium chicken broth
¼ cup	chopped walnuts
2 tbsp	Parmesan cheese
2 tbs	whole wheat breadcrumbs

Instructions

1. Preheat oven to 375°F (190°C).
2. Rub the squash halves with 1 tsp olive oil and sprinkle with salt and pepper. Place squash flesh side down on a baking sheet lined with aluminum foil. Bake until golden and tender, 30 minutes. Remove from oven; flip squash and set aside.
3. Heat broiler. In a large non-stick skillet, heat 1 tsp oil over medium heat. Add sausage; cook, breaking into coarse pieces, until brown. Transfer to a bowl. To the same pan, add remaining 2 tsp oil and leek; cook until leek is soft, 3 minutes. Add garlic; cook, 30 seconds. Add kale and toss; add broth. Cover and cook until kale is tender, 5 minutes; stir in sausage and cook 1 minute.
4. Divide kale-sausage filling among squash. In a bowl, combine walnuts, Parmesan and breadcrumbs; sprinkle evenly over squash bowls. Broil until breadcrumbs are golden, 2 minutes.

Guelph Family
Health Study



TIPS FOR FOOD SELECTION AND STORAGE



Choose a hard acorn squash with a smooth, dry, dull skin. A bit of orange on green skin is normal. Store in a dry, dark place, not the fridge!

APPLE
MINI-MUFFINS



APPLE MINI-MUFFINS

12 Servings



Prep time: 15 minutes
Cook time: 15 minutes

Send these bite-sized muffins in your child's lunch for a healthy and tasty treat!

Ingredients

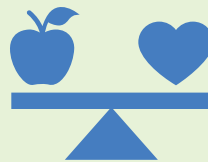
4	apples, peeled and cored (any variety you like)
1 cup	whole wheat flour
$\frac{2}{3}$ cup	wheat bran
1 tsp	baking powder
$\frac{1}{2}$ tsp	ginger, ground
$\frac{1}{4}$ tsp	baking soda
$\frac{1}{4}$ cup	butter, softened
$\frac{1}{4}$ cup	brown sugar, packed
1	egg
1 tsp	vanilla
$\frac{1}{2}$ cup	plain yogurt
1	apple, sliced (optional)

Instructions

1. Using a grater, grate apples; set aside.
2. In a bowl, whisk together flour, wheat bran, baking powder, ginger and baking soda; set aside.
3. In a large bowl, stir together butter and sugar until combined. Stir in egg and vanilla. Stir in grated apples.
4. Gradually add flour mixture and stir until just combined. Stir in yogurt.
5. Spoon batter into lightly greased mini muffin tin.
6. Top each muffin with a slice of apple, if desired.
7. Bake in 375°F (190°C) oven for about 12–15 minutes or until tops spring back when lightly pressed.



TIPS FOR HEALTHY EATING



These muffins are packed with fibre. Fibre helps to keep you feeling full and feeds the "good bugs" in your digestive tract to keep you healthy.

BANANA YOGURT LOAF



BANANA YOGURT LOAF

10 Servings



Prep time: 20 minutes
Cook time: 50 minutes

This banana loaf is a great alternative to cereal for breakfast.
Pair it with fruit or yogurt to help you stay full longer!

Ingredients

1 cup	all purpose flour
$\frac{3}{4}$ cup	whole-wheat flour
1 tsp	baking soda
$\frac{1}{2}$ tsp	baking powder
$\frac{1}{3}$ cup	butter or margarine
$\frac{2}{3}$ cup	brown sugar, packed
2	eggs
1 tbsp	vanilla
3	very ripe bananas, mashed (about 1 cup/250 mL once mashed)
$\frac{3}{4}$ cup	plain yogurt (can also use Greek yogurt for added protein)

Instructions

1. In a bowl, whisk together both flours, baking soda and powder; set aside.
2. In a large bowl, beat butter and sugar until fluffy. Beat in eggs one at a time, beating well after each addition. Beat in vanilla. Stir in mashed bananas and yogurt. Add flour mixture to banana mixture and stir to moisten.
3. Spoon into 9" x 5" (2 L) loaf pan and bake in 350°F (180°C) oven for about 50 minutes or until fork inserted in centre comes out clean. Let cool in pan on rack. Serve.



TIPS FOR KIDS IN THE KITCHEN



Baking can help kids learn. Have them measure and count as they add in each ingredient. Little ones will also love to mash the bananas and stir.

BAKED APPLE WITH
CRISP TOPPING



BAKED APPLE WITH CRISP TOPPING

4 Servings



Prep time: 5 minutes

Cook time: 40 minutes

This delicious dessert is perfect to make after a day of apple picking with the family! Get the kids to help by having them scoop the jam into the cored apples.

Ingredients

2	apples, any variety
¼ cup	strawberry jam
2 tbsp	flour
3 tbsp	butter, softened
3 tbsp	brown sugar
½ cup	oats
¼ tsp	ground cinnamon
	pinch salt

Instructions

1. Preheat oven to 350°F (175°C).
2. Cut each apple in half along its equator. Using a spoon remove the core from each half making a rounded hole.
3. Place 1 tbsp of jam into each hole.
4. **For the topping:** In a small bowl mix together flour, butter, brown sugar, oats, cinnamon and salt. Press this mixture equally on top of each apple, covering the jam.
5. Place apples in a baking dish filled with about ¼ inch of water and bake until top is golden brown and apples are tender, about 35–40 minutes.



TIPS FOR FOOD SELECTION AND STORAGE



Fall is apple picking season! Visit a local apple orchard with your family to pick fresh apples and other fruits and vegetables this fall.

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Happy and healthy eating, from our family to yours!