

Guelph Family
Health Study



INTRODUCTION



Guelph Family Health Study

By the age of 5 or 6, 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.

Parents in the Guelph Family Health Study have expressed an interest in **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 perfect for preparing ahead or cooking over the weekend. We hope you enjoy!

FAMILY-FRIENDLY COOKING

Meal preparation can be especially difficult during the winter when the days are shorter and it's cold outside. These recipe ideas will help make meal time easier during the long winter months.

Make-Ahead Meals

In a rush on busy weeknights? Making your meals ahead of time can help you save your evenings for family activities rather than meal preparation. Look at our Make-Ahead Meals for recipes that you can make ahead and use multiple times in different ways to create healthy meals. Making ahead includes preparing ingredients ahead of time to be used in recipes for the week. It also includes cooking meals that can be kept in the fridge or freezer for easy re-heating later.

Big-Batch Cooking

Batch cooking is a great way to help cut down on time spent in the kitchen. Batch cooking is preparing

a large amount of one meal and then dividing it into smaller portions to store for later. Batch meals are great when you want to cook once and have enough food to serve for multiple meals. Try batch cooking with large dinner dishes or desserts. Stored meals are easy for busy nights, as you can just pull them out of the freezer and reheat.

Slow Cooking

Slow cooking is a great way to create delicious food safely over a few hours (even while you are sleeping or out of the house). Slow cookers (or crock pots) are a great investment for creating large family meals. Usually, slow cooker recipes take about 6–8 hours, so prepare the food early in the day and have a delicious meal ready when you come back in the evening. Children can help with the preparation and measurement of ingredients to go in the slow cooker.

ACKNOWLEDGMENTS



Thanks to our Guelph Family Health Study families for suggesting that we create a recipe book. We hope you like it!

We would also like to thank everyone who donated to our crowdfunding initiative. We truly could not have done this without you!

A very big thank you to our cookbook team for their hard work while preparing and testing the delicious recipes in this cookbook.

Happy and healthy eating, from our family to yours!

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GUELPH FAMILY HEALTH
STUDY GRANOLA



GUELPH FAMILY HEALTH STUDY GRANOLA

24 servings
($\frac{1}{4}$ cup each)



Prep time: 10 minutes
Cook time: 30 minutes

This granola has become a Guelph Family Health Study tradition for the holidays. Serve it over yogurt or with milk and top with your favourite fruit for a healthy breakfast.

Ingredients

3 cups large flake oats

2 cups nuts and seeds
(almonds, pecans,
walnuts, pumpkin
seeds, sunflower
seeds)

1 tsp cinnamon

$\frac{1}{2}$ tsp nutmeg

$\frac{1}{4}$ cup maple syrup

$\frac{1}{4}$ cup water

2 tbsp canola oil

1 cup dried fruit (raisins,
cranberries, dried
apricots)

Instructions

1. Preheat oven to 350°F (175°C).
2. In a large bowl, combine oats, nuts and seeds. Add cinnamon, nutmeg, maple syrup and water. Mix well.
3. Spread mixture onto a rimmed baking sheet and bake for 30 minutes, stirring every 10 minutes.
4. Remove from oven and stir in dried fruit.
5. Store granola in an airtight container for up to 1 month.



TIPS FOR KIDS IN THE KITCHEN



Making granola is a great way to get kids involved in the kitchen. Kids can help choose which nuts, seeds and dried fruit to include.

They can also help measure and pour the ingredients.

FAMILY FRUIT
SALAD



FAMILY FRUIT SALAD

24 servings
($\frac{1}{2}$ cup each)



Prep time: 30 minutes
Cook time: 0 minutes

This fruit salad is great to make on the weekend when you have more time to spend in the kitchen. Fruit salad makes a great snack and can be packed in lunches all week!

Ingredients

$\frac{1}{2}$	cantaloupe
$\frac{1}{2}$	honeydew melon
$\frac{1}{2}$	pineapple
2	apples, cored
1	package strawberries (about 3 cups)
2	grapefruit, segmented
2 cups	grapes
1	package blueberries (about 2 cups)

Instructions

1. Wash all the fruit and cut into bit-sized pieces.
2. Combine in a large bowl.
3. Enjoy!



TIPS FOR FOOD SELECTION AND STORAGE



Use your flyer and check the produce section for weekly specials on fruit. By changing the fruit each time you make it, you can save on your grocery bill and still include healthy fruits in your meals and snacks.

OVERNIGHT OATS

1 serving



Prep time: 10 minutes

Cook time: 0 minutes

Too tired to make a healthy breakfast? Overnight oats take the morning prep out of your breakfast, so all you need to do is grab and go!

Ingredients

½ cup rolled oats

½ cup milk of choice

½ cup yogurt

Common mix-ins:

- chia seeds or flax seeds
- nut butter (almond butter, sunflower butter, peanut butter)
- raisins or other dried fruit
- fresh fruit
- nuts (almonds, walnuts, pecans)

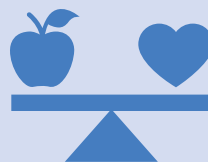
Instructions

1. In a small bowl, mug or mason jar, mix the ingredients together.
2. Cover and refrigerate overnight (or for at least an hour so the oats soften and absorb the liquid).
3. Enjoy cold, or microwave for 30–60 seconds to enjoy warm!

Optional: add your favourite mix-ins from the list.



TIPS FOR HEALTHY EATING



Top with fruit and nuts to make this a complete and satisfying breakfast. A balanced meal will help you stay full longer and get your day off to a great start.

POWER
BALLS



POWER BALLS

20 balls



Prep time: 20 minutes
Cook time: 0 minutes

This recipe is very flexible. Try adding your favourite fruits or nuts to create different variations of this bite-sized treat!

Ingredients

1½ cups pitted dates, chopped

¼ cup dried fruit
(cranberries, raisins)

1 cup peanut butter (or any
other nut butter)

½ tsp vanilla

1 cup large-flake oats
(or quick oats)

½ cup unsweetened
shredded coconut

¼ cup raw pumpkin seeds

Instructions

1. Soak dates and dried fruit in hot water for 5 minutes, then drain.
2. In a large bowl, combine the dates and dried fruit mixture, peanut butter and vanilla.
3. Stir in oats, coconut, pumpkin seeds.
4. Roll into balls, about 1 tablespoonful in size. Roll the balls in extra coconut, if desired.
5. Store in an airtight container in the fridge for up to 1 week.



TIPS FOR KIDS IN THE KITCHEN



Have your kids get their hands messy and mix all the ingredients together. Kids can roll the balls with the help of mom or dad!

BAKED FRITTATA



BAKED FRITTATA

8 servings



Prep time: 15 minutes
Cook time: 20 minutes

This frittata is a wonderful way to enjoy eggs. Quick to make, full of protein and flexible as to the vegetables, it's hard to beat! Serve with whole-grain toast for a balanced meal.

Ingredients

1 tbsp	olive oil
1	small onion, chopped
1	clove garlic, chopped
1	leek (white and light green parts), finely chopped
6	mushrooms, finely chopped
1	pepper (your choice on colour), finely chopped
2 cups	fresh baby spinach, washed
6	eggs
½ cup	milk
1	tomato, sliced into circles
1 cup	cheddar cheese, grated

Instructions

1. Preheat oven to 350°F (175°C).
2. Heat medium-sized cast iron skillet with olive oil over medium heat. Add onions and garlic and cook until softened, about 2 minutes.
3. Add remaining vegetables except spinach and cook until tender, about 5 minutes.
4. Add spinach and cook until soft, about 1 minute. Remove skillet from heat.
5. Mix eggs and milk together in a small bowl. Add ¾ cups of the cheese. Pour over vegetable mixture.
6. Arrange tomato slices on top of egg mixture. Sprinkle with remaining ¼ cup cheese.
7. Cook in oven for 20 minutes or until the egg mixture in the middle is no longer liquid (if you shake the pan, the frittata should not "jiggle").

Keeps in fridge for 1–2 days.



TIPS FOR QUICK PREP



Prepare and bake on the weekend, then quickly reheat for dinner Monday or Tuesday night.

MEXICAN BEAN SALAD

8–10 servings



Prep time: 15 minutes

Cook time: 0 minutes

This colourful and refreshing salad is a delicious side dish. Try incorporating it into your usual line up of sides for an interesting twist.

Ingredients for Salad

3 cans beans (any combination of black beans, kidney beans and chickpeas)

2 bell peppers (any variety, chopped)

1 cup frozen corn kernels, thawed

1 red onion, chopped

Ingredients for Dressing

$\frac{1}{3}$ cup olive oil

$\frac{1}{3}$ cup red wine vinegar

2 tbsp lime juice

1 tbsp lemon juice

2 tbsp white sugar

$\frac{1}{2}$ tsp salt

1 clove garlic, crushed

$\frac{1}{4}$ cup fresh cilantro, chopped (optional)

1 tsp ground cumin

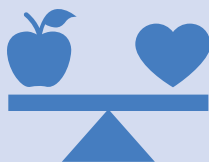
$\frac{1}{2}$ tsp ground black pepper

Instructions

1. In a large bowl, combine beans, bell peppers, corn and red onion.
2. In a small bowl, whisk together olive oil, red wine vinegar, lime juice, lemon juice, sugar, salt, garlic, cilantro, cumin and black pepper.
3. Pour olive oil dressing over vegetables; mix well. Chill thoroughly, and serve salad cold.



TIPS FOR HEALTHY EATING



Legumes are a class of vegetables that include beans, peas and lentils. They are a healthy and inexpensive source of protein. Beans also provide large amounts of fibre, vitamins and mineral.

CURRIED SWEET POTATO & CHICKPEA STEW

8–10 servings



Prep time: 20 minutes
Cook time: 30 minutes

Sweet potatoes are nutritious and delicious! They have 10 times more Vitamin A than white potatoes and are full of fibre!

Ingredients

1½ tbsp canola oil

1½ cups thinly sliced onion

2 green bell peppers, chopped

1½ tbsp curry powder

½ tbsp cumin

½ tsp salt, divided

1 box vegetable broth

2 large sweet potatoes, peeled and diced

1 can chickpeas, drained

1 cup coconut milk (regular or light)

¼ cup cilantro, chopped

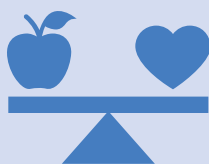
1 tsp black pepper

Instructions

1. Heat oil in a large pot over medium heat. Stir in onion and bell pepper; cook for 8 minutes or until tender.
2. Stir in curry powder, cumin and ¼ teaspoon salt; cook for 2 minutes.
3. Add vegetable broth and sweet potatoes and bring to a boil; reduce heat, cover, and simmer for 15 minutes or until potatoes are tender.
4. Stir in chickpeas, coconut milk, cilantro, and black pepper.
5. Cook for 1 to 2 minutes or until warm throughout.



TIPS FOR HEALTHY EATING



Sweet potatoes are available year round in Ontario. Visit Foodland Ontario's [availability guide](#) to see when fruits and vegetables are in season.

HOMEMADE SALAD DRESSING

8 servings



Prep time: 5 minutes
Cook time: 0 minutes

Making homemade salad dressing is a simple and healthy alternative to store-bought varieties. These dressings can be poured on top of quinoa or rice dishes to give them an extra kick of flavour.

Ingredients

- 3 tbsp vinegar (balsamic, red wine, apple cider, etc.)
- ¼ cup olive oil
- 1 tbsp honey and/or mustard (regular or dijon)

Optional

- 1 tbsp parmesan cheese
- 1 tbsp sweet or light soya sauce
- 1 tsp minced garlic
- 1 tsp black pepper
- 1 tsp garlic powder
- 1 tsp chili flakes
- ½ tsp chipotle

Instructions

1. Fill a container with the vinegar, olive oil and honey (and/or mustard).
2. Add any optional ingredients you like for taste.
3. Close the lid, shake until all ingredients are combined.

Not just for salad: These dressings can be poured on top of quinoa or rice dishes to give them an extra kick of flavour.

Created by Samantha Wong, RD
Health Educator for the Guelph
Family Health Study

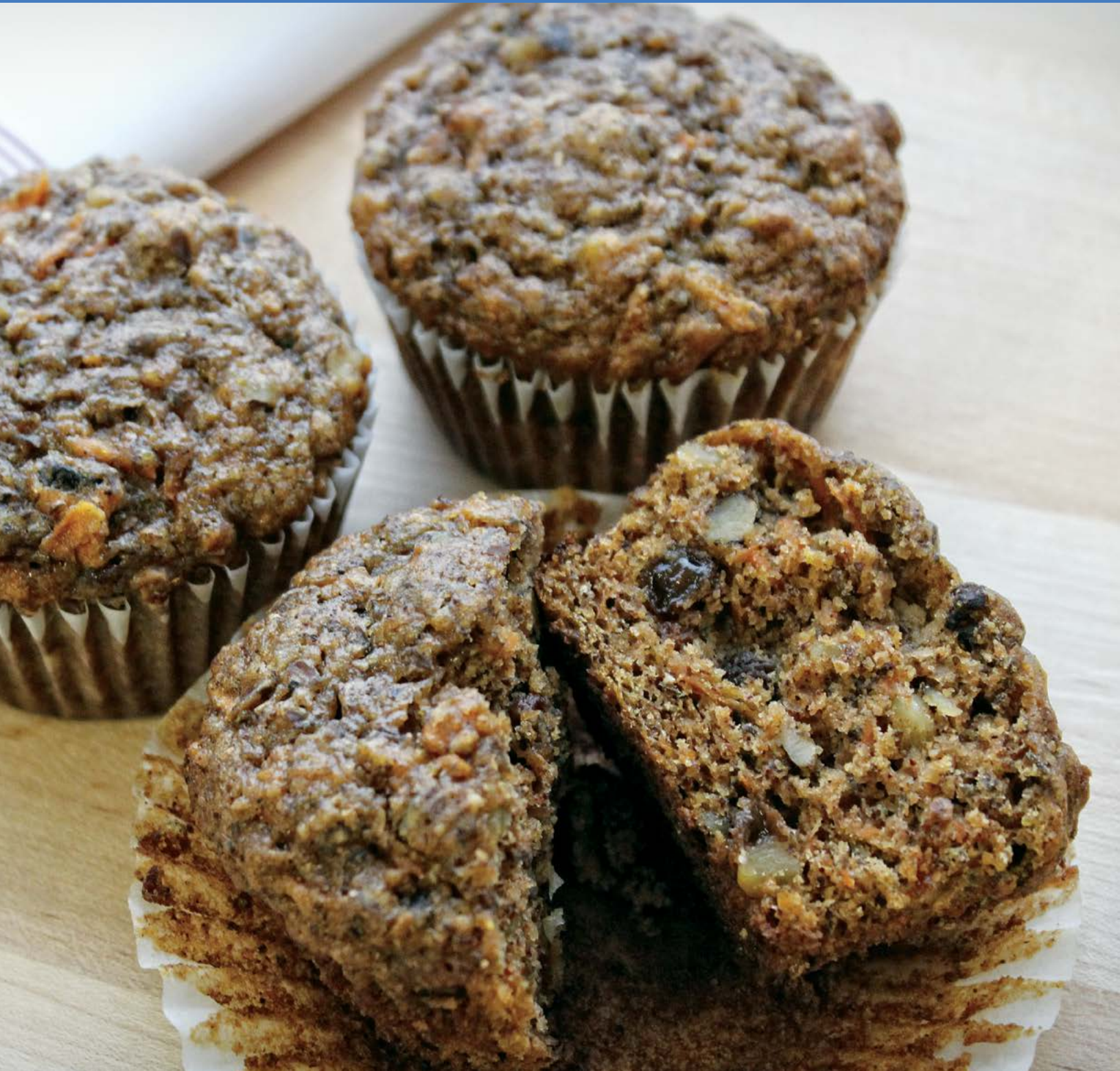


TIPS FOR FOOD SELECTION AND STORAGE



Keep your leftovers! You can leave the jar in the fridge and shake it up again for the next use. Lasts 3–5 days.

CARROT FLAX
MUFFINS



CARROT FLAX MUFFINS

24 muffins



Prep time: 15 minutes
Cook time: 20 minutes

By replacing most of the oil in this recipe with applesauce, we are keeping the muffins moist while reducing the fat and increasing fruit consumption!

Ingredients

2 cups	whole wheat flour
¾ cup	ground flax seed
1 cup	brown sugar
2 tsp	baking soda
1 tsp	baking powder
1 tsp	salt
2 tsp	ground cinnamon
¾ cup	milk
2	eggs, beaten
1 tsp	vanilla extract
2 tbsp	vegetable oil
2 cups	shredded carrots
¾ cup	applesauce
½ cup	raisins (optional)
1 cup	chopped walnuts (optional)

Instructions

1. Preheat oven to 350°F (175°C). Grease muffin pan or line with paper muffin liners.
2. In a large bowl, mix together flour, flax seed, brown sugar, baking soda, baking powder, salt and cinnamon. Add the milk, eggs, vanilla and oil; mix until just blended. Stir in the carrots, applesauce, raisins and nuts. Fill prepared muffin cups ⅔-full with batter.
3. Bake at 350°F (175°C) for 15 to 20 minutes, or until a toothpick inserted into the center of a muffin comes out clean.



TIPS FOR QUICK PREP



Make a batch of these muffins on the weekend and store them in your freezer for a quick and nutritious breakfast or snack. Just pop them in your microwave for 30 seconds to defrost.

LUNCH BOX
GRANOLA BARS



LUNCH BOX GRANOLA BARS

24 bars



Prep time: 10 minutes
Cook time: 25 minutes

Hearty, chewy and full of flavour, these nut-free granola bars are a lunch box winner and safe to take to school! Prep on the weekend for healthy snacks all week long!

Ingredients

1½ cups mashed ripe banana
(about 3 medium
bananas)

1 tsp pure vanilla extract

2 cups rolled oats

¾ cup dried cranberries or
raisins

1 cup sunflower seeds

1 cup pumpkin seeds

¼ cup flax seed

1 tsp cinnamon

¼ tsp salt

Adapted by Kathryn Walton, RD
(Health Educator for the Guelph Family
Health Study), from *Oh She Glows*
([ohsheglows.com/2014/
05/20/feel-good-hearty-granola-
bars](https://ohsheglows.com/2014/05/20/feel-good-hearty-granola-bars))

Instructions

1. Preheat the oven to 350°F (175°C). Lightly grease a 9"x13" baking dish and line with parchment paper.
2. In a large bowl, mash the banana until smooth. Stir in the vanilla.
3. Stir oats into the banana mixture.
4. Add the remaining ingredients to the banana-oat mixture and stir until combined.
5. Spoon mixture into the baking dish. Press down until the mixture is smooth and compact.
6. Bake for 25 minutes until lightly golden along the edge.
7. Cool for 30 minutes and slice into bars.



TIPS FOR KIDS IN THE KITCHEN



Get the kids to help with this one! They will love to mash the bananas, stir and press the bars into the pan.

CHICKPEA CHOCOLATE CHIP COOKIES

48 cookies



Prep time: 10 minutes

Cook time: 11 minutes

Add an easy boost of fibre to your favourite cookies by including beans — you will hardly notice the addition!

Ingredients

½ cup brown sugar

½ cup butter or margarine

2 eggs

2 tsp vanilla

1 can chickpeas, drained and rinsed

1 cup chocolate chips

2 cups whole wheat flour

½ cup rolled oats

1 tsp baking soda

¼ tsp salt

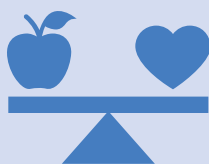
Adapted by Kathryn Walton, RD (Health Educator for the Guelph Family Health Study), from the Health Together Children's Health Program (www.healthy-together.ca).

Instructions

1. Preheat oven to 350°F (175°C).
2. In a large bowl, beat sugar and butter together until smooth.
3. In a food processor or blender, blend chickpeas until smooth.
4. Beat in the egg and vanilla, then add the chickpeas and chocolate chips.
5. Add the flour, rolled oats, baking soda and salt.
6. Drop the dough by tablespoon onto a greased baking sheet, spacing the cookies about 2 inches apart.
7. Bake until golden brown, about 12 minutes. Transfer to a rack to cool.



TIPS FOR HEALTHY EATING



great source of iron.

Go beans! Chickpeas are high in soluble fibre which slows digestion and keeps you full for longer. They are also a

BLACK BEAN
BROWNIES



BLACK BEAN BROWNIES

9 servings



Prep time: 10 minutes

Cook time: 35–45 minutes

Beans in brownies? You bet! This trick increases fibre and you'll hardly notice the beans in this delicious treat!

Ingredients

1 can	black beans, drained and rinsed
½ cup	cocoa
3	eggs
⅓ cup	oil
1 tsp	vanilla
1 ¼ cup	sugar
2 tbsp	milk
½ tsp	baking powder
⅓ cup	shredded unsweetened coconut (optional)
⅓ cup	semi-sweet chocolate chips (optional)

Instructions

1. Preheat oven to 350°F (175°C) and line a 9"x 9" baking pan with parchment paper.
2. Combine all ingredients except the coconut and the chocolate chips in a blender and mix until smooth.
3. Pour the batter into the prepared pan, sprinkle with the coconut and chocolate chips, and bake for approximately 35–45 minutes or until the brownies are set.
4. Remove from the oven and cool for at least 20 minutes before cutting.



TIPS FOR FOOD SELECTION AND STORAGE



These brownies freeze well. Cut them into individual portions and store in tin foil to send in lunches as a healthy dessert!

CRUSTLESS QUICHE

12 servings



Prep time: 10 minutes
Cook time: 20 minutes

These quiches are very versatile. Try using frozen veggies instead of fresh for an added variation!

Ingredients

4	eggs
1½ cups	milk
1 cup	green vegetables, chopped (e.g. broccoli, kale, or spinach)
1 cup	mushrooms, chopped
½ cup	cheddar cheese, shredded

Instructions

1. Grease muffin tin.
2. Divide the vegetables and cheese evenly into the muffin tin.
3. Beat eggs and milk together in a bowl.
4. Pour egg mixture evenly over vegetables and cheese mixture.
5. Bake at 350°F (175°C) for 20 minutes, until the center of each quiche is no longer liquid (if you shake the pan, the quiche should not “jiggle”).



TIPS FOR FOOD SELECTION AND STORAGE



These quiches freeze well and make for a quick breakfast. Pull them out of the freezer, microwave for a minute and serve on whole wheat English muffins for a quick breakfast sandwich!

VEGGIE LASAGNA

8 servings



Prep time: 20 minutes
Cook time: 45 minutes

Veggies and whole wheat noodles make this a delicious family favourite!
Using oven ready noodles reduces prep time in the kitchen – there is no need to boil the noodles first.

Ingredients

1 box	oven-ready whole wheat lasagna noodles
1 jar	low-sodium pasta sauce
500 g	container 2% cottage cheese, divided
½	large brick of mozzarella cheese, grated, divided
1	zucchini, thinly sliced into "coins", divided
3 cups	fresh baby spinach, washed well, divided
¼ cup	parmesan cheese, divided
2 tsp	rosemary, divided
1 tsp	ground pepper, divided

Meat Option

500g	ground chicken or turkey
1	onion, chopped
1	clove garlic, minced

Instructions

If not using meat, start at step 3.

1. If preparing meat option, sauté ground meat in a frying pan with onion and garlic over medium heat until cooked. Drain excess fat from frying pan.
2. Mix ground meat mixture with pasta sauce in a medium-sized bowl.
3. Preheat oven to 350°F (175°C).
4. Spread a spoonful of sauce mixture in the bottom of a 9" x 13" baking dish.
5. Place 3 lasagna noodles on top and then cover with a thin layer of sauce. Next add a thin layer of cottage cheese. Cover with zucchini coins and spinach leaves and some of mozzarella cheese. Season with a pinch of the pepper, rosemary and parmesan.
6. Repeat step 5 twice.
7. Add one last layer of 3 lasagna noodles and cover well with the remaining sauce mixture. Top with remaining cheese and season with the remaining pepper, rosemary and parmesan.
8. Cover baking dish with tin foil and bake for 30 minutes covered. Remove tin foil for the remaining 15 minutes and cook until bubbling. Let stand 10 minutes prior to serving to allow for cooling.

HOMEMADE SOUP STOCK

6 Servings



Prep time: 15 minutes

Cook time: 1 hour

Reduce food waste by using every part of your poultry with this deliciously easy homemade soup stock!

Ingredients

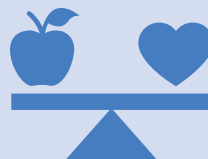
1 tsp	olive oil
1	onion, chopped
2	cloves garlic, chopped
2	carrots, chopped
1	stalk celery, chopped
8 cups	water
1	chicken or turkey (including bones)
1 tsp	pepper
½ tsp	salt

Instructions

1. Heat olive oil in large pot over medium heat. Add onions and garlic and cook until tender, about 2 minutes.
2. Add meat bones, carrot and celery to pot and cover with water.
3. Season with pepper and salt
4. Bring to a boil and then simmer for about 40 minutes until water has turned to a yellow colour and carrots are well cooked.
5. Strain liquid from bones/vegetables. Discard bones/vegetables into compost.
6. Use stock immediately in soup or allow stock to cool and store. Stores in fridge for 2–3 days or in freezer for up to 2 months. Store in a glass container or freezer bag. If freezing in a glass container, leave room for the liquid to expand when frozen to avoid glass breaking.



TIPS FOR HEALTHY EATING



No time to make your own stock? Look for store options that contain <15% DV of sodium. Remember 5% is a little of a nutrient and 15% is a lot. With sodium, less is best!

STEEL CUT OATMEAL (3 WAYS)

8 servings



Prep time: 10 minutes

Cook time: 7–8 hours

It's wonderful to wake up to a warm breakfast! Place the ingredients in the slow cooker before you go to bed. In the morning just add your toppings and serve.

Ingredients

2 cups steel cut oats

7 cups water

Basic Cinnamon Oatmeal

1 tbsp cinnamon

Optional toppings: sliced banana, berries, almonds, walnuts, brown sugar, maple syrup

Pumpkin Oatmeal

1½ cups canned pumpkin puree

1 tbsp pumpkin pie spice or cinnamon

Optional toppings: chopped pecans, pumpkin seeds, raisins, brown sugar

Apple Cinnamon Oatmeal

2 apples, peeled, cored and chopped

1 tbsp cinnamon

Optional toppings: raisins, dried cranberries, walnuts, pecans, brown sugar, maple syrup

Instructions

1. Combine oats and other ingredients in a slow cooker and stir until combined.
2. Cook on low for 7–8 hours.
3. Stir once and serve warm with toppings of your choice!



TIPS FOR FOOD SELECTION AND STORAGE



Steel cut oats are the same as rolled oats, they just haven't been rolled! Steel cut oats take longer to cook than rolled oats, so if substituting rolled oats cut the cooking time in half.

BAKED BEANS



BAKED BEANS

20 servings



Prep time: 30 minutes
Cook time: 8–10 hours

These baked beans make a delicious addition to any meal, especially during the winter. Try them alongside our pulled pork recipe for a fun family meal.

Ingredients

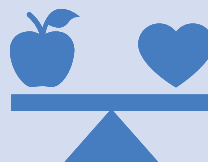
2 cups	dry navy beans
5 slices	bacon, sliced into small pieces
1	medium onion, diced
3 tbsp	molasses
2 tsp	salt
¼ tsp	ground black pepper
¼ tsp	dry mustard
½ cup	ketchup
1 tbsp	vinegar
¼ cup	brown sugar

Instructions

1. Soak beans overnight in cold water.
2. Simmer beans in the same water until tender, about 1 hour. Drain beans.
3. Preheat oven to 325°F (160°C).
4. Place beans in the slow cooker with the bacon and onion.
5. In a saucepan, combine molasses, salt, pepper, mustard, ketchup, vinegar and brown sugar. Bring mixture to a boil and pour over beans.
6. Pour enough water over beans to cover completely.
7. Cook on low for 8–10 hours, until beans are soft and sauce has thickened.

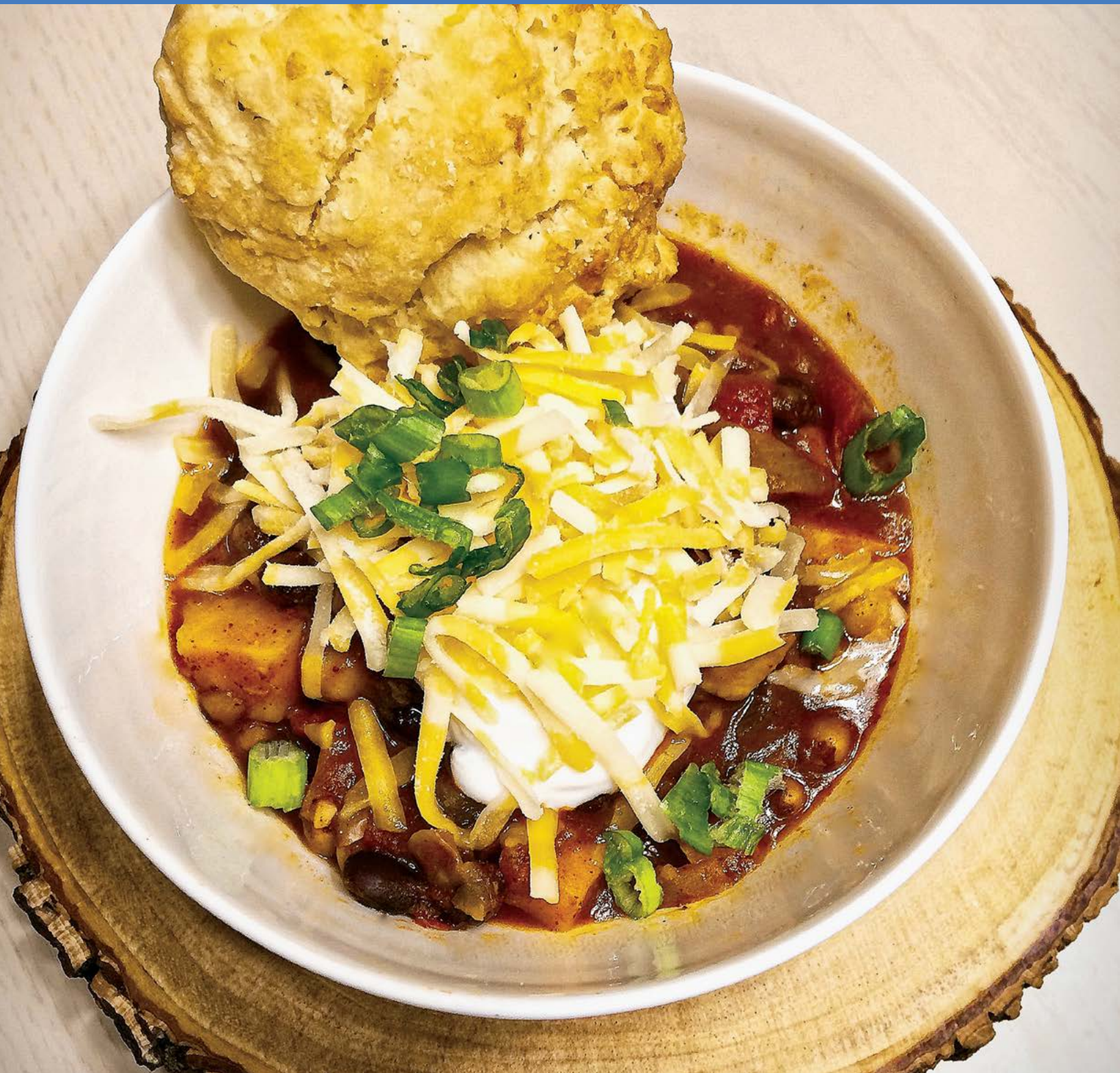


TIPS FOR HEALTHY EATING



Navy beans are an excellent source of cholesterol-lowering fibre, as are most other beans. When combined with whole grains such as brown rice, navy beans provide a virtually fat-free, high quality protein.

RAINBOW CHILI



RAINBOW CHILI

8 servings



Prep time: 25 minutes

Cook time: 5–8 hours

Assemble in the morning, cook during the day in your slow cooker and return home to a warm, hearty meal. Serve with a multigrain bun.

Ingredients

1 tbsp	vegetable oil
1	onion, finely chopped
1	carrot, chopped
2	garlic cloves, minced
1	bell pepper (any colour), chopped
1	zucchini, chopped
2 tsp	ground cumin
3 tbsp	chili powder
2 cans	kidney, or black beans, drained and rinsed
1 ½ cups	water
1 can	chopped tomatoes (28 oz)
500 g	ground chicken or turkey
1	onion, chopped
1	clove garlic, minced

Instructions

1. Combine all ingredients in slow cooker.
2. Cook on high for 5–6 hours or low for 7–8 hours.
3. Optional: if adding meat, sauté in frying pan with onion and garlic before adding to the slow cooker.

Optional Toppings for Each Serving

- Chopped cilantro
- Chopped green onion
- Shredded cheddar cheese
- Sour cream



TIPS FOR FOOD SELECTION AND STORAGE



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

PULLED
PORK



PULLED PORK

8 servings



Prep time: 20 minutes
Cook time: 4–8 hours

Cooking your pork in a slow cooker is an easy way to have the work done for you!

Ingredients

- 1 pork shoulder roast (about 1.2 kg of meat)
- 1 onion, sliced
- 3 chili peppers, minced
- ¼ cup soy sauce
- 1 tbsp vegetable oil
- ¾ cup BBQ sauce
- ½ cup chicken or vegetable broth
- ½ cup apple cider vinegar
- ¼ cup brown sugar
- Pinch of salt, black pepper and garlic powder

Instructions

1. Add all ingredients to slow cooker.
2. Cook for 4 hours on high heat or 7–8 hours on low heat.
3. Once the pork is cooked, use 2 forks to shred the meat into bite-sized pieces.
4. Serve on a bun with extra BBQ sauce. Add a side of slaw and baked beans for a delicious, family-friendly dinner.



TIPS FOR QUICK PREP



Purchase a boneless pork shoulder and cut it into smaller chunks for easier handling and quicker cooking. If you want a bit more flavour, try a shoulder with the bone-in.

STUFFED PEPPERS



STUFFED PEPPERS

5–6 servings



Prep time: 30 minutes

Cook time: 8 hours

These stuffed peppers are a quick way to get dinner ready for your family! You can use any peppers you like — each person can choose their favourite colour!

Ingredients

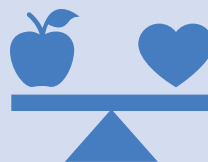
5–6	bell peppers (red, green, yellow or orange)
1½ lbs	ground turkey or lean ground beef
1 tsp	oil
1	small onion, diced
2	cloves garlic, crushed
¾ cup	long grain brown or white rice
1 tbsp	Worcestershire sauce
1 tsp	dried Italian seasoning (½ tsp dried basil and ½ tsp dried oregano)
¼ tsp	dried chili flakes
1 can	diced tomatoes, undrained
1 cup	chicken broth
1 cup	shredded cheddar cheese (optional)

Instructions

1. Cut the tops off the peppers and remove the seeds. Arrange the peppers in your slow cooker.
2. Sauté the meat in a frying pan with onion, garlic and oil.
3. In a large bowl, combine cooked ground meat, rice, Worcestershire sauce, Italian seasoning and chili flakes. Stir in ½ of the can of tomatoes with juice.
4. Fill each pepper ¾ full with the meat and rice mixture.
5. Spoon the remaining tomatoes over top of peppers and add the broth to the slow cooker.
6. Cook on low for 8 hours or until peppers are soft.
7. If using cheese, sprinkle shredded cheese over the peppers for the last 1 hour of cooking time.



TIPS FOR HEALTHY EATING



Stuffed peppers are a great way to incorporate more veggies into your meals. Each meal should aim to have half your plate filled with fruits or vegetables. Need ideas for ways to incorporate for fresh foods? Check out halfyourplate.ca for more great recipes!

SWEET & SOUR
CHICKEN THIGHS



SWEET & SOUR CHICKEN THIGHS

6 Servings



Prep time: 10 minutes

Cook time: 6 hours

These baked chicken thighs are a healthy alternative to frying, but are just as delicious and sure to be a favourite with the kids!

Ingredients

2/3 cup	grape jelly
1/2 cup	ketchup
1/3 cup	minced onions
2 tbsp	white vinegar
1 tsp	dry mustard
12	bone-in chicken thighs, skin removed

Adapted from *Looney Spoons* cookbook.

Instructions

1. In a small bowl, stir together grape jelly, ketchup, onions, vinegar and dry mustard.
2. Arrange chicken pieces in a slowcooker.
3. Spread jelly mixture over chicken thighs, coating each piece.
4. Cook on low for 6 hours.



TIPS FOR FOOD SELECTION AND STORAGE



Choose chicken thighs that are boneless and skinless. Chicken thighs can be very versatile and can be cooked many ways. Try baking, broiling or frying the chicken thighs instead of slow cooking if you need an alternate way to cook.

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