

PLANT-BASED PROTEINS

# RECIPES

Made easy-peasy!

**Guelph Family**  
Health Study



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## Guelph Family Health Study



This cookbook was made with the contribution of Health Canada.

This cookbook project is funded in part by the Ontario Ministry of Agriculture, Food and Rural Affairs (OMAFRA), through the Ontario Agri-Food Innovation Alliance.




# Introduction



## Guelph Family Health Study

**B**y 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.

Parents in the Guelph Family Health Study asked for kid-friendly and healthy recipes that they can serve to their families at home. The Guelph Family Health Study researchers responded by creating a series of cookbooks intended to make it a little easier to enjoy healthy and tasty foods made at home with your family!

—  —  
**Whether you’ve never even heard of tempeh or had limited success getting your kiddos to eat tofu or have been cooking dried beans from scratch for years, this cookbook is for you.**

The *2019 Canada’s Food Guide* recommends eating plant-based proteins more often. Eating plant-based proteins can have a positive effect on your health and the health of the planet. It can also help reduce your grocery bill.

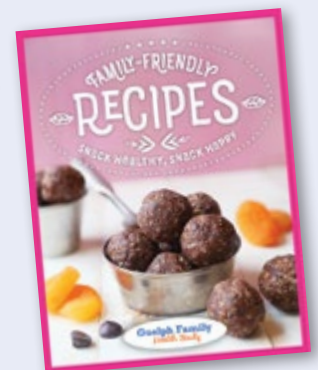
However, our research indicates that incorporating more plant-based proteins can be a challenge for families in the Guelph Family Health Study—and research from across the country found similar results. While almost 64% of Canadians reported eating meat on a given day, only 14% ate legumes, such as beans, lentils, and peas. In response, we have designed





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this plant-based protein cookbook as a resource for understanding the different types of plant-based proteins and how to incorporate them in recipes to make delicious, healthy meals and snacks for your busy family.

Our team has created recipes guaranteed to meet the discerning taste buds of picky preschoolers, meat lovers, and long-time plant-based protein enthusiasts alike.

We begin with information about the 2019 *Canada's Food Guide* and an overview of different types of protein foods. Next, we highlight shopping and preparation tips for adding more plant-based proteins to your meals and snacks. We then provide 30 recipes that will show you just how tasty plant-based proteins can be!

**From our kitchen to yours—enjoy!**

# Acknowledgments



**We would like to thank The Kanji Family, The Marcone Family, The Pineda Nava Family, The Derpo Family, The Yao Family, and The Au Family for inviting us—virtually—into their homes, and around their dinner tables with open minds and for taste-testing these recipes.**

The Guelph Family Health Study (GFHS) would also like to thank the following for their support, and for helping us to continue to improve the health of children and families:

- The Helderleigh Foundation
- George Brown College’s Food Innovation and Research Studio (FIRSt)
- Health Canada’s Office of Nutrition Policy and Promotion
- Our Food Future Guelph-Wellington
- Canadian Nutrition Society
- Ontario Ministry of Agriculture, Food and Rural Affairs

Our partnership with George Brown College’s Food Innovation and Research Studio (FIRSt) was invaluable on this project, and without them we would not have been able to deliver easy-to-follow,

plant-based recipes for this collection.

To all our GFHS team members who made this cookbook possible, thank you! Our faculty leadership, Jess Haines, David Ma, Alison Duncan, and Andrea Buchholz, supporting members Angela Annis, Kathryn Walton, and Maude Perreault, and our students, Katherine Eckert, Sarah Wedde, Hannah Whibbs, and MacKenzie Harris.

The recipes included were tested both in the George Brown College test kitchen, as well as in the home kitchens of the GFHS team, so they are tried and true. We have also featured three plant-based recipes directly from the Canada’s Food Guide website.

Thank you for including us in your family meals by trying these recipes—we can’t wait for you to fall in love with plant-based cooking!



Please check out the incredible work of our partner organizations:



[thehelderleighfoundation.org](http://thehelderleighfoundation.org)



[cns-scn.ca](http://cns-scn.ca)



[food-guide.canada.ca/en](http://food-guide.canada.ca/en)



[omafra.gov.on.ca/english](http://omafra.gov.on.ca/english)



[foodfuture.ca](http://foodfuture.ca)



[georgebrown.ca/partnerships/work-with-an-academic-division/george-brown-hospitality-culinary-arts/food-innovation-research-studio-first](http://georgebrown.ca/partnerships/work-with-an-academic-division/george-brown-hospitality-culinary-arts/food-innovation-research-studio-first)

Food Photography: Social By Nature · Graphic Design: Lind Design



# Foreword

Canada's food guide has taken a new approach to providing advice on healthy eating by focusing on food choices and behaviours that promote healthy eating, such as cooking more often. It recommends consuming a variety of healthy foods each day, including vegetables and fruits, whole grain foods and protein foods. Among protein foods, the food guide recommends eating those from plant sources more often. While animal-based proteins like dairy and meat are still included in the food guide, shifting to a pattern of eating that has more plant-based foods is associated with better health outcomes, including lower risks of heart disease, type 2 diabetes and certain forms of cancer.

Plant-based proteins include foods such as beans, chickpeas, lentils, nuts, and seeds. Nutritionally speaking, in addition to protein, they contain fibre, healthy fats, and various vitamins and minerals. They are also naturally low in saturated fat, sodium and sugars.

Not only are plant-based proteins good for your health, they are also good for the environment, and many are grown here in Canada. In fact, Canada is the world's largest producer and exporter of dry peas and lentils.<sup>1</sup>

Despite their many benefits, many Canadians have yet to discover the versatility of plant-based proteins and are unsure how to use them in everyday cooking. This is why Health Canada is proud to collaborate with the Guelph

Family Health Study and George Brown College on the development of new recipes that use and highlight plant-based proteins and prioritizes the development of food skills for families.

This new cookbook provides families with useful information and inspiring recipes to apply Canada's food guide in their kitchens. Cooking more often helps Canadians rely less on highly processed products, offers the opportunity to connect with family and friends through food, and helps set children up for a lifetime of healthy eating.

Health Canada commends the Guelph Family Health Study team for developing recipes that marry healthfulness and taste, and will help people find creative ways to include plant-based protein foods into everyday meals and snacks.

For more information about healthy eating visit [www.canada.ca/foodguide](http://www.canada.ca/foodguide)

Yours sincerely,



**Alfred Aziz**

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<sup>1</sup> National Research Council Canada. (2019). [Plant-based protein market: global and Canadian market analysis](#)

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#### FIND RECIPES QUICKLY

- Click on a recipe name to go to the recipe.
- Use Acrobat Reader's Bookmarks function to view a list of recipes from anywhere in this document.

PLANT-BASED PROTEINS  
**PART 1**  
 Made easy-peasy!

## How to choose and compare packaged foods

**Nutritious foods can be fresh, frozen, canned, or dried**

- ✓ Frozen, canned, and dried foods can be more convenient, save prep time, and reduce costs without compromising on nutrition or taste. The nutrient content of these foods is similar to their fresh counterparts and can be a great option when fresh produce is not in season.
- ✓ Choose items with little to no added sodium or saturated fat.
  - Choose foods that are unsweetened more often.
  - Use the ingredients list to help you know which ingredients are or contain sugars, such as fruit juice concentrate, honey, agave nectar, fancy molasses, and barley malt.
  - Check the ingredient list and remember that ingredients are listed in order of weight. The food contains more of the ingredient at the beginning of the list and less of the ingredient at the end of the list.
- ✓ Rinse canned items like beans and lentils before use to remove some of the extra sodium.

## Canada's Food Guide

Vegetables and fruits  
( $\frac{1}{2}$  your plate)

Protein foods  
( $\frac{1}{4}$  of your plate)



Whole grain foods  
( $\frac{1}{4}$  of your plate)

Eat plenty of vegetables and fruits, whole grain foods and protein foods. Choose protein foods that come from plants more often.



### SHOPPING TIP

Use the nutrition facts table to help you compare food items. A food with 5% DV (daily value) or less of a nutrient per serving is considered "low," whereas a food with 15% DV or more of a nutrient is considered "high."





# What are protein foods?

## Animal-based proteins

Animal-based protein foods come from animal sources such as beef, pork, poultry, milk, cheese, yogurt, eggs, game meat, fish, and shellfish.

### Shopping tips

- ✓ Choose lean meats (such as lean ground beef), poultry (such as chicken or turkey), and fish.
- ✓ If you are buying prepared or pre-packaged meats, choose products with minimal sodium—remember, on the Nutrition Facts table 5% DV or less is a little and 15% or more is a lot.
- ✓ When buying dairy products, choose unsweetened options and those lower in sodium and saturated fat (for family members older than 2 years of age).

### Prep tips

- ✓ Have a separate plastic cutting board designated for preparing raw meats and fish to avoid cross-contamination with other ingredients in your meal. Safe food handling tips can be found here: [canada.ca/foodsafety](https://canada.ca/foodsafety)
- ✓ Remove the skin from poultry like chicken and trim visible fat from meats before cooking.
- ✓ Choose healthy cooking methods like roasting, baking, or grilling.

## Plant-based proteins

Plant-based proteins come from plant sources such as legumes, nuts and seeds, and soy products.

## LEGUMES

Examples: Black beans, chickpeas, kidney beans, lentils, lima beans, soybeans, edamame, and split peas.

### Shopping tips

- ✓ Dried lentils and beans are less expensive than canned ones and have no added ingredients.
- ✓ The cooking process of dried lentils and beans is usually longer than canned. Canned lentils and beans are ready-to-eat, but often have added sodium.
- ✓ Canned and dried lentils or peas have a long shelf-life (up to one year for dried legumes and several years for sealed, canned legumes). You can stock up when these items are on sale.
- ✓ Try different types of beans, lentils and peas—there are a wide variety of textures and flavours within the legume family. Experiment to find out which ones your family enjoys best.

### Prep tips

- ✓ When using canned beans or lentils, rinse before use to remove excess sodium.
- ✓ When using dry beans, follow the instructions listed on the package. Generally, you should start by soaking the beans the night before to ensure they are rehydrated and ready for any recipes you have planned. Dry lentils do not need to be soaked overnight.
- ✓ Store leftover cooked beans in a sealed container in the fridge for up to 5 days or in the freezer for up to 6 months.



### FUN FACT

Canada grows and exports beans, lentils, and peas to over 120 different countries!

## NUTS AND SEEDS

Examples: Almonds, chia seeds, pumpkin seeds, walnuts, peanuts, cashews, sunflower seeds, and nut butters.

### Shopping tips

- ✓ Choose unsweetened nuts with little to no added sodium.
- ✓ Look for nut or seed butters that only contain one ingredient (the nut or seed).
- ✓ Nuts and nut butters can be expensive—check grocery store flyers for sales or bring in flyers for price matching if that is offered at your local grocery store.

### Prep tips:

- ✓ Look for dry, unsalted nuts and roast them at home. Simply place nuts on a dry frying pan over medium heat for 3–5 minutes to add flavour. Be careful, nuts can burn quickly.
- ✓ Store natural nut butters upside down in the fridge after opening to prevent the natural oils from separating.

## SOY PRODUCTS

Soy products are made from a type of legume called soybeans.

Examples: Tofu, tempeh, fortified soy beverages, and textured vegetable protein (TVP).

### Shopping tips

- ✓ These products are often found in the produce section at the grocery store.
- ✓ Choose lower sodium or unseasoned options so you can control the amount of sodium and tailor spices in your recipe.



### FUN FACT

Ontario is the largest Canadian producer of soybeans followed by Manitoba and Quebec.



### Prep tips

- ✓ Soft or silken tofu is great for blended recipes like soups or smoothies. Extra firm tofu works best for stir fry, tacos or any recipe where you want the tofu to hold its shape.
- ✓ To help you achieve a nice crispy result when cooking firm tofu, remove some of the moisture by wrapping it in paper towel or a clean cloth. Place it between two plates with a can on top for about 5 minutes.
- ✓ Textured vegetable protein (TVP) is a dehydrated product so be sure to check your recipe for preparation instructions. Recipes with a lot of liquid like soups or stews may call for dry TVP but tacos or sloppy joes may call for rehydrated TVP.
- ✓ To rehydrate TVP, use water or lower sodium vegetable broth (to add extra flavour). On its own, TVP is quite plain and can easily take on the flavour of the herbs, spices, and seasonings you add to a dish. In our experience, this also means that it is usually well-accepted by family members who may be more hesitant to try plant-based proteins. Pair TVP with your family-favourite flavours!



## The many benefits of eating plant-based foods

### 1. Eating plant-based foods can have a positive effect on your health.

- ✓ Diets that contain more vegetables, fruits, nuts, and legumes can lower your risk of heart disease, colon cancer, and type 2 diabetes.
- ✓ Introducing your kids to plant-based foods early can help establish healthy eating habits that continue into adulthood.
- ✓ Canada's Food Guide recommends choosing plant-based proteins more often.

Enjoying plant-based meals containing veggies, fruits, whole grains, and plant-based proteins may improve your health, because they typically result in

higher intakes of:	and lower intakes of:
Fibre	Sodium (salt)
Potassium	Saturated fat
Unsaturated (healthy) fats	Sugars
Protein	
Vitamins	
Minerals (such as calcium, potassium and iron)	

### 2. Eating plant-based foods can improve the health of the planet.

- ✓ Plant-based food production uses fewer resources and is more eco-friendly compared with animal-based food production.
- ✓ Eating more plant-based foods can help reduce carbon emissions and conserve both water and land.

### 3. Eating plant-based foods can reduce your grocery bill.

- ✓ The cost of groceries is quite different depending on where you live in Canada. However, generally speaking, choosing plant-based foods more often can be a budget-friendly alternative, especially for dried or frozen versions.
- ✓ Lentils and beans are among the most affordable plant-based proteins and are high in fibre—helping to keep you feeling full for longer!



#### WHOLE GRAINS

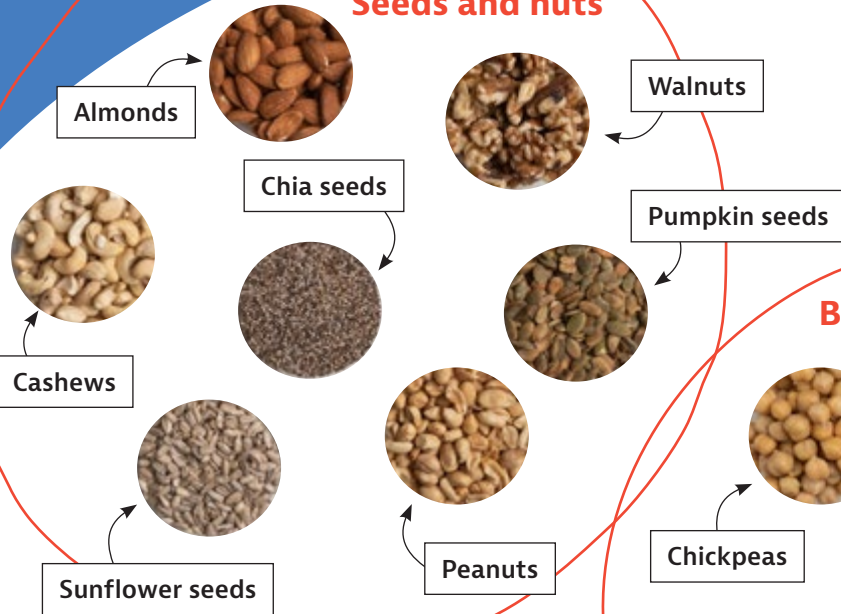
Some whole grain foods contain protein too! They are a great source of fibre and other important nutrients. Examples: quinoa, whole grain rice, whole grain pasta.



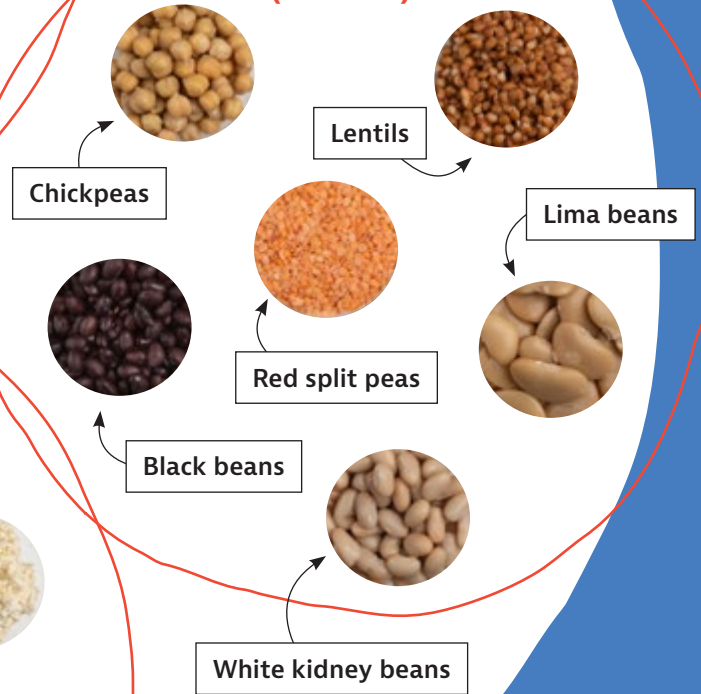
# Ingredient Showcase

These plant-based protein ingredients and foods are all featured in our cookbook recipes.

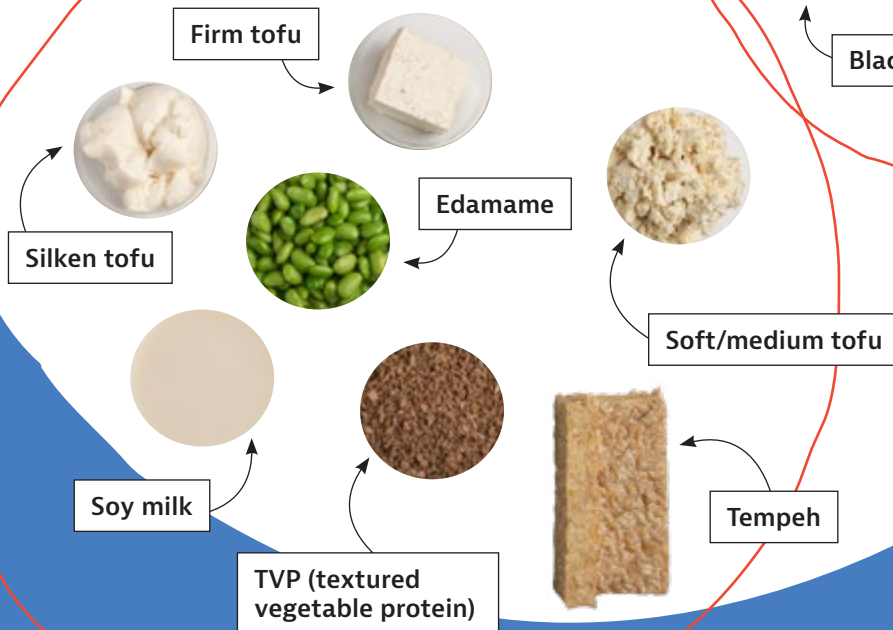
## Seeds and nuts



## Beans and legumes (cooked)



## Soy-based food products



These foods and ingredients are becoming more widely available in Canada and are featured in our cookbook recipes.

## Grains

**Brown rice vermicelli:** Vermicelli is a noodle made from rice and is used in many Asian dishes including Vietnamese recipes.



**Soba noodles:** A noodle made from buckwheat flour that is commonly used in Japanese cuisine.



**Gnocchi:** A type of Italian pasta made from potatoes and flour.



**Whole wheat ramen:** A wheat noodle often used in soup.



**Kamut puffs:** Kamut puffs are a chewy ancient grain cereal product. Kamut is also referred to as Khorasan wheat.



**Quinoa:** Often used in place of rice or other grains, quinoa is a protein-rich seed.

## Ingredients

**Seitan:** Seitan is a plant-based protein product made from gluten, the main protein of wheat.



**Bocconcini:** It is a mild and semi-soft type of mozzarella cheese. Bocconcini should be consumed in small quantities because it contains a lot of saturated fat.



**Miso paste:** Miso is a savoury seasoning made from soybeans and used in Japanese recipes. Miso should be consumed in small quantities because it contains a lot of sodium.



**Halloumi cheese:** A semi-hard cheese that is great for cooking due to its high melting point. Halloumi should be consumed in small quantities because it contains a lot of sodium.

**Wheat gluten (gluten flour)**



# Incorporating plant-based proteins in your healthy eating routine

- ✓ Try adding plant-based proteins to your favourite recipes! Our Breakfast Wrap with Seitan “Sausage” Crumbles ([page 25](#)) and Chicken and Bean Quesadilla ([page 63](#)) combine both plant- and animal-based proteins for a delicious meal.
- ✓ Pairing plant-based proteins with your favourite animal-based protein foods can help your kiddos (and the meat lovers in your household) to be adventurous at the table.
- ✓ Incorporating plant-based proteins into your meals doesn’t have to be an all-or-nothing goal. Consuming even a half cup of dry beans, peas or lentils per day has been found to be associated with health benefits among adults!



Our Lentil Bolognese recipe ([page 61](#)) is great with a combination of lentils and lean animal protein, such as ground turkey.

## Not sure about the taste or texture of plant-based proteins?

Start small! The ratios of plant- to animal-based proteins can be adjusted to your family’s liking over time to include more plant-based proteins. Here are some examples of easy plant-based swaps:

### SIMPLE SWAPS

When cooking with...	Swap or add...	Try this in...
Ground beef	Lentils, beans, or textured vegetable protein	Stews, pasta, meatballs or chili See our Lentil Bolognese recipe ( <a href="#">page 61</a> ) for ideas.
Chicken or fish	Tofu	Stir-fry or tacos See our Mapo Tofu with Chicken recipe ( <a href="#">page 45</a> ) for ideas.
Bacon	Tempeh	Sandwiches, burgers, salads See our Tempeh Nuggets recipe ( <a href="#">page 73</a> ) for ideas.
Burger patty	Black beans, chickpeas, or textured vegetable protein	Burgers or sandwiches See our TVP “Cheesesteak” Sandwiches recipe ( <a href="#">page 43</a> ) for ideas.





## Facts about fibre

Plant-based foods such as vegetables, fruits, whole grain foods, legumes, nuts, and seeds are high in fibre. Fibre is a key part of a healthy diet, but if you are not used to eating a lot of fibre-rich foods, it can take your digestive system some time to adapt. At first, eating more fibre may lead to gas, bloating, and abdominal discomfort. Thankfully, there are some easy tips and tricks you can follow to reduce the potential of these unwanted symptoms:

1. **Start small:** If you are not used to eating fibre-rich foods, try out a few of these recipes over the course of a week to slowly introduce more fibre into your eating pattern.
2. **Test it out:** Try different kinds of plant-based proteins – some fibres may agree with your digestive system more than others.
3. **Stay hydrated:** Drink plenty of fluids to help keep your digestion going!
4. **Get moving:** Incorporate light activities like walking or playing at the park into your day. Physical activity keeps your digestive tract active and helps to move gas through your system, which can prevent or alleviate some discomfort.

## Food safety tips

- ✓ Wash your hands before beginning recipes and before and after touching raw meat.
- ✓ Wash fresh vegetables and fruits with running water before use. Use a vegetable brush on vegetables and fruits that have a firm skin, like potatoes and carrots.
- ✓ When cooking big batch recipes, portion your leftovers in containers to allow for a quicker cool down period. Place them in the fridge or in the freezer as soon as possible, making sure to not let them out at room temperature for more than 2 hours. Food safety tips for leftovers can be found here: [canada.ca/en/health-canada/services/general-food-safety-tips/food-safety-tips-leftovers.html](https://canada.ca/en/health-canada/services/general-food-safety-tips/food-safety-tips-leftovers.html)
- ✓ Use a thermometer to measure internal temperature and confirm doneness while cooking recipes and when reheating leftovers. Internal temperature guidelines can be found here: [canada.ca/en/health-canada/services/general-food-safety-tips/safe-internal-cooking-temperatures.html](https://canada.ca/en/health-canada/services/general-food-safety-tips/safe-internal-cooking-temperatures.html)



PLANT-BASED PROTEINS  
**PART 2**  
Made easy-peasy!

# BANANA WALNUT LOAF



## Banana Walnut Loaf

12 Servings



Prep Time: 15 minutes  
Cook Time: 50 minutes

This bread is a great grab-and-go breakfast or snack for busy families. Serve on its own or toasted with your favourite nut butter or spread for a delicious start to your day.

### Ingredients

2		eggs
85 mL	( $\frac{1}{3}$ cup)	maple syrup
5 mL	(1 tsp)	vanilla extract
125 mL	( $\frac{1}{2}$ cup)	vegetable oil
3		bananas, mashed
250 mL	(1 cup)	whole wheat flour
190 mL	( $\frac{3}{4}$ cup)	all-purpose flour
5 mL	(1 tsp)	baking soda
5 mL	(1 tsp)	cinnamon
1 mL	( $\frac{1}{4}$ tsp)	salt
250 ml	(1 cup)	unsalted walnuts, toasted and chopped

### Instructions

1. Preheat the oven to 175°C (350°F) and grease a loaf pan or line with parchment paper.
2. In a large bowl, mix the eggs, maple syrup, vanilla, and oil together. Stir in the mashed bananas and set aside.
3. In a separate bowl, mix the flour, baking soda, cinnamon, and salt.
4. Add the dry ingredients to the wet ones and mix until just combined. Do not overmix.
5. Fold in the toasted walnuts.
6. Pour the batter into the loaf pan. Bake for 50 to 55 minutes, until an inserted toothpick comes out clean.



### KIDS IN THE KITCHEN

Get the kids involved by having them crack the eggs, stir the ingredients together and even measure some of the ingredients if they're up for the challenge!



### MIX IT UP

Walnuts can be substituted with your favourite nuts or seeds. Add unsweetened shredded coconut for a change. Get creative!





## Berry Brunch Bake

8 Servings



Prep Time: 15 minutes  
Cook Time: 20 minutes

This giant pancake is easy to make and fun to decorate. A great one pot meal when you have many hungry tummies!

### Ingredients

125 mL	(½ cup)	whole wheat flour
125 mL	(½ cup)	all-purpose flour
310 mL	(1 ¼ cups)	lower fat milk or unsweetened fortified plant-based beverage
4		eggs
5 mL	(1 tsp)	vanilla extract
20 mL	(1 ½ tbsp)	honey
10 mL	(2 tsp)	non-hydrogenated margarine
45 mL	(3 tbsp)	vegetable oil
375 mL	(1 ½ cups)	frozen berries
125 mL	(½ cup)	almonds, slivered or chopped

### Instructions

1. Preheat the oven to 250°C (475°F).
2. In a blender, place the whole wheat flour, all-purpose flour, milk, eggs, vanilla, and honey. Blend on high until smooth.
3. Put margarine and oil in a 28×33 cm (11×13 inch) baking dish and place into pre-heated oven for 3 minutes until margarine is melted.
4. Carefully and quickly, remove the hot baking dish from the oven and pour the batter into the hot dish. Scatter top with berries and return to the oven immediately.
5. Bake for 20 minutes or until the batter is puffed and an inserted toothpick comes out clean.
6. Top with almonds and enjoy!



### CHEF'S TIP

Instead of berries, try herbs and cheese! Dried herbs can be added to the blender with the batter and after baking. Cheese can be sprinkled on top to melt 1 to 2 minutes before removing from the oven.



### KIDS IN THE KITCHEN

Decorating the pancake can be fun for the whole family! Experiment with different combinations of toppings like Greek yogurt, granola, fruit, and your family's favourite nut or seed butter.



APPLE PIE  
BREAKFAST BOWL





## Apple Pie Breakfast Bowl

4 Servings



Prep Time: 10 minutes  
Cook Time: 15 minutes

A fun and tasty twist on your morning oatmeal.

### Ingredients

125 mL	(½ cup)	uncooked quinoa
250 mL	(1 cup)	unsweetened fortified plant-based beverage or lower fat milk
125 mL	(½ cup)	water
1 mL	(¼ tsp)	ground cinnamon
½ mL	(⅛ tsp)	ground nutmeg
20 mL	(1½ tbsp)	honey
1		apple, finely diced
5 mL	(1 tsp)	vanilla extract
60 mL	(¼ cup)	raisins

### Instructions

1. Thoroughly rinse the quinoa in strainer and place in small pot with a tight-fitting lid.
2. Stir in milk, water, cinnamon, nutmeg, honey, and apple.
3. Bring to a boil and reduce to a simmer. Cover and cook for 10 minutes or until all the liquid is absorbed.
4. Stir in the vanilla and top with raisins.



#### KIDS IN THE KITCHEN

Have your kids add their own toppings such as pecans or walnuts.



#### PLAN IT OUT

For a grab-and-go breakfast, prepare the night before and store in an airtight container in the fridge overnight.



## Breakfast Wrap with Seitan "Sausage" Crumbles

4 Servings



Prep Time: 20 minutes  
Cook Time: 15 minutes

Seitan "chorizo" substituted for typical sausage offers an option with less sodium (salt) and saturated fat.

### Ingredients

#### Seitan "sausages"

250 mL	(1 cup)	vital wheat gluten (also known as "gluten flour")
1 mL	(¼ tsp)	salt
5 mL	(1 tsp)	cumin
5 mL	(1 tsp)	chili powder
5 mL	(1 tsp)	paprika
5 mL	(1 tsp)	onion powder
5 mL	(1 tsp)	garlic powder
60 mL	(¼ cup)	apple cider vinegar
60 mL	(¼ cup)	ketchup
60 mL	(¼ cup)	water
30 mL	(2 tbsp)	vegetable oil

#### To assemble:

4	eggs, scrambled
2	tomatoes, diced
1	avocado, sliced
4	small whole wheat tortillas

### Instructions

1. In a large bowl, stir together the vital wheat gluten, salt, cumin, chili powder, paprika, onion powder, and garlic powder. Set aside.
2. In a separate bowl, mix together the apple cider vinegar, ketchup, water, and vegetable oil.
3. Add the wet ingredients to the dry ingredients. Using a fork, combine to form sausage crumbles.
4. In a non-stick pan, heat the crumbles over low-medium heat for about 3 to 4 minutes per side, until browned. Set aside.
5. Wrap the eggs, tomatoes, avocado and seitan "sausage" in tortillas.



#### MIX IT UP

Add shredded cheese into the scrambled eggs to add a familiar flavour!



#### PLAN IT OUT

Leftover seitan crumbles are great to add to a taco salad or burrito.



ROASTED TOMATO AND  
PEPPER SOUP WITH BEANS



## Roasted Tomato and Pepper Soup with Beans

10 Servings



Prep time: 10 minutes  
Cook time: 60 minutes

Warm up with this cozy homemade soup! Serve with fresh bread or classic grilled cheese sandwiches.

### Ingredients

4		red bell peppers
12		tomatoes, quartered
30 mL	(2 tbsp)	olive oil
5 mL	(1 tsp)	black pepper
45 mL	(3 tbsp)	vegetable oil
2		onions, chopped
5		cloves garlic, sliced
5 mL	(1 tsp)	dried oregano
5 mL	(1 tsp)	salt
1 L	(4 cups)	lower sodium vegetable broth
2 cans (each 540 mL/19 oz)		lower sodium white kidney beans, drained and rinsed



### PLAN IT OUT

This is a great fall recipe to use up tomato and pepper surplus from your garden or veggies that may have been forgotten in the fridge!

### Instructions

1. Preheat the oven to 230°C (450°F). Roast the bell peppers on a foil-lined baking sheet for 30 to 40 minutes, until the peppers are soft, and skins begin to blacken. Once cooled, remove the seeds and stems. Roughly chop and reserve.
2. Mix the tomatoes with the olive oil and 2 mL (½ tsp) black pepper. Roast on separate baking sheet in the oven for 25 to 30 minutes until they begin to brown.
3. In a large pot, heat the vegetable oil on medium heat. Add the onions and cook for 2 to 3 minutes, until softened. Stir in the garlic and cook for 1 minute. Add the oregano, salt, and remaining 2 mL (½ tsp) pepper.
4. Add the roasted tomatoes, roasted peppers, and broth. Cook uncovered for 20 minutes.
5. Remove from the stove and using a hand blender, blend until smooth in the pot.
6. Return to the stove and stir in beans. Cook until beans are warmed and adjust consistency with water to suit your family's taste.
7. Garnish with fresh basil or a sprinkle of cheese.



### MIX IT UP

Try substituting chickpeas or lentils for white kidney beans.







## Peach, Roasted Chickpeas and Halloumi Cheese Salad

4 Servings



Prep time: 10 minutes  
Cook time: 20 minutes

Bored of the standard garden salad? This recipe is the solution! Serve it hot or cold and turn your kitchen into a 5-star restaurant.

### Ingredients

30 mL	(2 tbsp)	olive oil
1 can	(540 mL/19 oz)	lower sodium chickpeas, drained and rinsed
2 mL	(½ tsp)	paprika
5 mL	(1 tsp)	dried thyme
5 mL	(1 tsp)	garlic powder
3		peaches, sliced in wedges
½ package	(100 g/3.5 oz)	halloumi cheese, sliced
500 mL	(2 cups)	cherry tomatoes, halved
1 mL	(¼ tsp)	dried basil
15 mL	(1 tbsp)	lemon juice (about ½ lemon)

### Instructions

1. In a non-stick pan, add 15 mL (1 tbsp) of olive oil and toast the chickpeas over medium-high heat for 10 minutes or until golden.
2. Pour into a large bowl and toss with the paprika, thyme, and garlic powder.
3. Pre-heat a grill pan or BBQ to medium-high heat. Grill peaches and halloumi cheese for 3 minutes to warm through, until there are grill marks.
4. Dice the halloumi cheese into smaller pieces and add to the bowl with spiced chickpeas along with the grilled peaches.
5. Stir in the tomatoes, dried basil, and lemon juice. Coat with the remaining 15 mL (1 tbsp) of olive oil.



### SERVING SUGGESTION

Leftover roasted chickpeas? These make an awesome snack on their own, or as a topping in a rice bowl.



### MIX IT UP

If peaches are not in season, swap with apples or pears!

# CORN and LENTIL SOUP



## Corn and Lentil Soup

8 Servings



Prep time: 15 minutes  
Cook time: 30 minutes

This filling soup is easy to make and exactly what you will need on a cold winter day.

### Ingredients

500 mL	(2 cups)	uncooked red split lentils
45 mL	(3 tbsp)	vegetable oil
2		onions, chopped
4		cloves garlic, sliced
2 mL	(½ tsp)	ground turmeric
7 mL	(½ tbsp)	salt
5 mL	(1 tsp)	black pepper
1 L	(4 cups)	lower sodium vegetable broth
750 mL	(3 cups)	water
30 mL	(2 tbsp)	chopped ginger
500 mL	(2 cups)	frozen corn

### Instructions

1. Wash lentils in a strainer until the water runs clear and reserve.
2. In a large pot, heat oil on medium heat. Add onions and cook for 2 to 3 minutes or until softened. Stir in the garlic and cook for 1 minute. Add the turmeric, salt, and pepper.
3. Add the lentils, broth, and water. Bring to a boil and reduce to a simmer. Cook uncovered for 20 minutes or until the lentils are tender.
4. Stir in ginger and using a hand blender, blend until smooth.
5. Stir in the corn and return to a gentle simmer. Cook for 5 minutes to warm through.



### SERVING SUGGESTION

For a heartier meal, serve with dumplings, pasta, or toasted whole wheat bread.



### PLAN IT OUT

If you don't have an immersion blender, carefully ladle some of the soup into your regular blender and blend until smooth. If you like your soup chunky, you don't need to blend this soup at all.



CANTALOUPE and  
BOCCONCINI CHEESE SALAD



## Cantaloupe and Bocconcini Cheese Salad

6 Servings



Prep time: 20 minutes

This refreshing recipe makes for a beautiful side dish or appetizer.

### Ingredients

30 mL	(2 tbsp)	lime juice (about 1 lime)
20 mL	(1½ tbsp)	olive oil
2 mL	(½ tsp)	salt
1 mL	(¼ tsp)	black pepper
30 mL	(2 tbsp)	chopped fresh mint
1		cantaloupe, diced small
125 mL	(½ cup)	chopped bocconcini cheese
250 mL	(1 cup)	cherry tomatoes, halved
60 mL	(¼ cup)	thinly sliced onion
60 mL	(¼ cup)	unsalted almonds, toasted and roughly chopped
60 mL	(¼ cup)	unsalted pumpkin seeds

### Instructions

1. In a large bowl, whisk together the lime juice, olive oil, salt, pepper, and mint.
2. Add cantaloupe, bocconcini, tomatoes, and onion.
3. Toss well and top with almonds and pumpkin seeds when ready to serve.



### CHEF'S TIP

Fresh mint can be replaced with 5 mL (1 tsp) dried mint.



### MIX IT UP

Substitute almonds and pumpkin seeds for your favourite nuts and seeds.







## Curried Chickpea Salad

4 Servings



Prep time: 20 minutes

Curry powder adds a boost of spice to this creative twist on a chickpea salad.

### Ingredients

1 can		lower sodium chickpeas, drained and rinsed (540 mL/19 oz)
45 mL	(3 tbsp)	lower fat yogurt
60 mL	(¼ cup)	diced celery
¼		red onion, diced
60 mL	(¼ cup)	raisins
1		tomato, diced
2 mL	(½ tsp)	curry powder
15 mL	(1 tbsp)	apricot jam (optional)
7 mL	(½ tbsp)	lemon juice (about ½ lemon)
1 mL	(¼ tsp)	black pepper
		Pinch of salt

### Instructions

1. In a large bowl, place the chickpeas and roughly mash with a fork or potato masher.
2. Add all remaining ingredients and toss to combine.
3. Cover and marinate in the refrigerator for 10 to 15 minutes.



### CHEF'S TIP

Serve on its own, in a pita or as a sandwich with romaine lettuce!



### MIX IT UP

Try lower-sugar peach or apricot jam or a drizzle of honey.



## Three Sisters soup (corn, bean and squash soup)

8 Servings



Prep time: 10 minutes  
Cook time: 25 minutes

Corn, beans and squash make this a hearty soup to keep you warm on those cold nights.

### Ingredients

10 mL	(2 tsp)	vegetable oil
1		onion, diced
4		carrots, chopped
4		cloves garlic, minced
4		celery stalks, chopped
2 L	(8 cups)	vegetable broth
1		butternut squash, peeled and cubed
375 mL	(1½ cups)	corn kernels, frozen
2 cans	(2 x 540 mL/19 oz)	no salt added kidney beans, drained and rinsed
10 mL	(2 tsp)	dried thyme (or 60 mL/4 tbsp fresh)
5 mL	(1 tsp)	ground pepper

### Instructions

1. Heat oil in a large saucepan. Add onions and sauté over medium heat, stirring often until golden, about 2 minutes.
2. Add carrot, garlic and celery and sauté for another 8 minutes, or until softened.
3. Add vegetable broth and bring to a boil.
4. Turn down heat and add cubed squash. Simmer, covered, for 8 minutes, stirring occasionally.
5. Add beans, corn, thyme and pepper. Stir and simmer another few minutes, until squash is soft with a fork.



### CHEF'S TIP

Want leftovers for lunches? Refrigerate for up to 2 to 3 days or freeze for up to 2 weeks.



### MIX IT UP

Have a can of corn in the pantry? Use canned corn instead of frozen—make sure to drain and rinse it first.

Canada's  
food guide

Recipe provided by  
[Canada.ca/foodguide](https://Canada.ca/foodguide)



# TOFU MASALA CURRY



# Tofu Masala Curry

6 Servings



Prep time: 10 minutes  
Cook time: 30 minutes

In this recipe, tofu takes on warm and spicy Indian flavours. Try serving it over brown rice or with whole wheat naan (flat bread).

## Ingredients

15 mL	(1 tbsp)	vegetable oil
1		onion, chopped
8		cloves garlic, minced
30 mL	(2 tbsp)	minced ginger
10 mL	(2 tsp)	cumin
10 mL	(2 tsp)	paprika
10 mL	(2 tsp)	chili powder
10 mL	(2 tsp)	Garam masala
10 mL	(2 tsp)	coriander
2 mL	(½ tsp)	salt
1 can	(796 mL/28 oz)	diced tomatoes
250 mL	(1 cup)	water
85 mL	(⅓ cup)	coconut milk
1 package	(400 g/14 oz)	extra firm tofu, diced

## Instructions

1. In a large pot, heat the oil and add onions. Cook for 2 to 3 minutes, until translucent. Stir in the garlic, ginger, cumin, paprika, chili powder, garam masala, coriander, and salt. Cook for 1 minute.
2. Pour in the tomatoes, water, and coconut milk. Bring to a simmer and cook for 20 minutes to thicken.
3. Blend sauce until smooth. Add the tofu and stir gently to coat. Simmer for 5 minutes.



### CHEF'S TIP

For a less spicy meal, simply use less chili powder.



### MIX IT UP

Instead of serving this curry with rice, make a quick veggie side dish by tossing cauliflower florets in the same masala spices and roasting in the oven for 20 minutes or until tender.



TOFU BANH MI  
RICE BOWL





# Tofu Banh Mi Rice Bowl

4 Servings



Prep time: 20 minutes  
Cook time: 20 minutes

You can make your favourite take-out at home! Try this veggie-packed bowl next time you feel the urge to dine out.

## Ingredients

### Quick pickle:

1		carrot
3		radishes, thinly sliced
250 mL	(1 cup)	water
125 mL	(½ cup)	white vinegar
3		cloves garlic
2 mL	(½ tsp)	black pepper
15 mL	(1 tbsp)	salt
15 mL	(1 tbsp)	sugar

### Tofu Banh Mi crumble:

375 mL	(1 ½ cups)	uncooked brown rice
15 mL	(1 tbsp)	sesame oil
10 mL	(2 tsp)	grated ginger
1 package	(400 g/14 oz)	firm tofu, crumbled
30 mL	(2 tbsp)	hoisin sauce
15 mL	(1 tbsp)	lime juice (about ½ lime)
30 mL	(2 tbsp)	lower sodium soy sauce
2 mL	(½ tsp)	dried basil
45 mL	(3 tbsp)	water

### Sriracha dressing:

5 mL	(1 tsp)	sriracha
85 mL	(⅓ cup)	lower fat Greek yogurt
5 mL	(1 tsp)	lime juice

### To assemble:

½		large cucumber, sliced
½		bell pepper, cut into thin strips
½	bunch	cilantro (optional)

## Instructions

1. For the quick pickle, use a vegetable peeler to slice the carrots into ribbons. Place them into a small bowl or mason jar. Place the radishes in a separate bowl or mason jar.
2. In a small pot, bring water, vinegar, garlic, pepper, salt and sugar to a boil. Pour over the carrots and radishes and let marinate for at least 20 minutes.
3. Cook the rice per package instructions.
4. In a large pan, add the sesame oil and ginger over medium heat and cook for 1 minute. Add the crumbled tofu and warm through while stirring.
5. Pour in the hoisin sauce, 15 mL (1 tbsp) lime juice, soy sauce, and basil. Stir well and add water. Cook until half of the water has evaporated. Remove from heat.
6. Mix the sriracha, yogurt, and 5 mL (1 tsp) lime juice together for the dressing.
7. Serve the tofu on rice. Top with the cucumber, bell peppers, cilantro, pickled carrots, pickled radishes, and dressing.

# TVP "CHEESESTEAK" SANDWICHES





# TVP "Cheesesteak" Sandwiches

4 Servings



Prep time: 10 minutes  
Cook time: 20 minutes

If you're craving an indulgent cheesesteak, this vegetarian version is the one for you. Textured vegetable protein (TVP) is the star of this dish and boasts all of the flavour with less saturated fat than beef.

## Ingredients

15 mL	(1 tbsp)	vegetable oil
750 mL	(3 cups)	cremini mushrooms, sliced
2		cloves garlic, minced
375 mL	(1½ cups)	textured vegetable protein (TVP)
5 mL	(1 tsp)	dried thyme
5 mL	(1 tsp)	onion powder
1 mL	(¼ tsp)	black pepper
1 mL	(¼ tsp)	salt
375 mL	(1½ cups)	lower sodium vegetable broth
1		onion, thinly sliced
1		bell pepper, thinly sliced
4		whole wheat rolls
4		slices lower fat provolone or mozzarella cheese

## Instructions

1. In a small pot, heat 7 mL (½ tbsp) of oil over medium heat. Sauté mushrooms and garlic for 5 minutes, until mushrooms are tender.
2. Stir in the TVP, dried thyme, onion powder, black pepper, and salt. Cook for 1 minute, until the spices are toasted and fragrant. For an extra kick, try adding 2 tsp (½ tsp) of red chili flakes.
3. Stir in the broth and bring to a simmer. Let simmer for about 6 minutes, until the TVP absorbs all the liquid and resembles ground beef.
4. In a pan, heat the remaining 7 mL (½ tbsp) oil and add the onions and peppers. Cook for 10 minutes, until peppers are tender and onions are caramelized.
5. Slice open the whole wheat rolls and place onto a baking sheet. Divide the TVP mixture between the 4 buns, top with sautéed peppers and onions, and top with the cheese slices.
6. Broil in oven for 2 to 3 minutes, until cheese has melted on top. Serve immediately.



## PLAN IT OUT

Find TVP at your local grocer or bulk food store. See our ingredients showcase for a photo!



MAPO TOFU  
WITH CHICKEN



# Mapo Tofu with Chicken

6 Servings



Prep time: 15 minutes  
Cook time: 20 minutes

A great option to introduce tofu to your kids' palettes. This dish offers a tasty mix of ground chicken and tofu with Chinese flavours.

## Ingredients

45 mL	(3 tbsp)	sesame oil
5 mL	(1 tsp)	chili flakes
454 g	(1 lb)	ground chicken
15 mL	(1 tbsp)	chopped ginger
15 mL	(1 tbsp)	chopped garlic
15 mL	(1 tbsp)	tomato paste
45 mL	(3 tbsp)	lower sodium soy sauce
500 mL	(2 cups)	lower sodium vegetable broth
15 mL	(1 tbsp)	cornstarch
60 mL	(¼ cup)	water
1 package (400 g/14 oz)		medium-firm tofu, cubed
60 mL	(¼ cup)	sliced green onion

## Instructions

1. In a large pan, heat the sesame oil over medium heat. Add the red chili flakes and toast for a few seconds.
2. Add the ground chicken to the pan and cook until browned. Stir in the ginger and garlic and cook for an additional 2 to 3 minutes.
3. Mix in the tomato paste, soy sauce, and vegetable broth. Let simmer to reduce by half.
4. In a small bowl, mix together the cornstarch and water. Stir into the sauce and simmer on low heat for 2 minutes. The sauce will slightly thicken.
5. Gently stir in the tofu and green onions. Cook for 5 minutes until the tofu has just warmed through.



### CHEF'S TIP

Steam bok choy or other vegetables while the sauce is simmering to make it a complete meal.



### SERVING SUGGESTION

Serve over brown or wild rice, in whole wheat tortillas or in lettuce wraps.







# Cold Noodle Salad with Seitan "Sausage" Crumbles

4 Servings



Prep time: 20 minutes

Cook time: 15 minutes

A light and fresh meal using seitan as a meat alternative. Check out [page 15](#) to learn more about this wheat-based protein.

## Ingredients

7 mL	(½ tbsp)	sugar
20 mL	(1½ tbsp)	lower sodium soy sauce
20 mL	(1½ tbsp)	rice vinegar
20 mL	(1½ tbsp)	lime juice (about 1 lime)
45 mL	(3 tbsp)	water
2		cloves garlic, minced
2 mL	(½ tsp)	chili flakes (optional)
300 g	10.5 oz	uncooked brown rice vermicelli

## Seitan crumbles:

10 ml	(2 tsp)	garlic powder
15 mL	(1 tbsp)	water
30 mL	(2 tbsp)	vegetable oil
30 mL	(2 tbsp)	rice vinegar
30 mL	(2 tbsp)	hoisin sauce
30 mL	(2 tbsp)	lower sodium soy sauce
15 mL	(1 tbsp)	lime juice (about ½ lime)
10 ml	(2 tsp)	dried parsley
250 mL	(1 cup)	vital wheat gluten (also known as "gluten flour")

## To serve:

1		carrot, grated
½		large cucumber, sliced
8		leaves lettuce
8		sprigs cilantro
½		bell pepper, thinly sliced
60 ml	(¼ cup)	unsalted peanuts

## Instructions

1. Prepare the dressing: In large bowl, whisk together the sugar, soy sauce, rice vinegar, lime juice, water, garlic, and chili flakes. Set aside.
2. Prepare the vermicelli per package instructions. Taste to ensure noodles are tender enough for your liking. Drain excess water and while warm, toss vermicelli in the dressing and allow to marinate at room temperature.
3. Prepare the seitan: In a separate bowl, mix the garlic powder, water, oil, rice vinegar, hoisin sauce, soy sauce, lime juice, and parsley with a fork. Add the vital wheat gluten and quickly stir to form a shaggy dough.
4. In a pan, crumble in the seitan, and cook while stirring for 5 minutes over low-medium heat.
5. To serve, place marinated vermicelli in bowl. Top with seitan crumbles, carrots, cucumbers, lettuce, cilantro, bell pepper, and peanuts.



## KIDS IN THE KITCHEN

Kids can build their own noodle bowl. Serving meals family-style not only helps little ones try new foods but also helps develop motor skills while they use different serving utensils.



# Miso Ramen Soup with Marinated Eggs

4 Servings



Prep time: 80 minutes

Cook time: 25 minutes

Umami is a savoury flavour found in many Asian cuisines. See for yourself with this delicious ramen dish!

## Ingredients

### Soy marinated eggs:

4		eggs
3		cloves garlic, crushed
2 mL	(½ tsp)	red pepper flakes
125 mL	(½ cup)	lower sodium soy sauce
30 mL	(2 tbsp)	maple syrup
20 mL	(1 ½ tbsp)	rice vinegar
500 mL	(2 cups)	water

### Miso soup:

20 mL	(1½ tbsp)	sesame oil
2		cloves garlic, minced
20 mL	(1½ tbsp)	minced ginger
1 L	(4 cups)	lower sodium vegetable broth
500 mL	(2 cups)	water
45 mL	(3 tbsp)	white miso paste
5		mushrooms, sliced
1	carrot,	thinly sliced
225 g	8 oz	firm tofu, cubed
1 package	(400 g/14 oz)	whole wheat ramen noodles
2		green onions, sliced

## Instructions

### Prepare the marinated eggs:

1. Bring a pot of water to a boil and gently lower eggs into it. Soft boil eggs for 6 minutes.
2. Using a slotted spoon, transfer eggs to a bowl of ice water and let cool. Peel and place in a medium container with a tight-fitting lid.
3. In a small pot, combine garlic with red pepper flakes, soy sauce, maple syrup, rice vinegar, and water. Bring to a simmer and cook for 5 minutes.
4. Pour marinade over eggs and let sit for at least 1 hour.

### Prepare the miso soup:

5. In a large pot, heat sesame oil over medium-high heat. Add the garlic and ginger and sauté for 2 to 3 minutes.
6. Stir in the vegetable broth, water, and miso paste. Continue mixing until the miso paste is completely dissolved.
7. Add the mushrooms and carrots. Continue to simmer for 5 minutes. Add the tofu.
8. In a separate pot of water, cook the noodles according to package instructions and add to the soup.
9. Cut marinated eggs in half and serve in the soup. Top with green onions.



SPICED TOFU and LENTILS  
WITH TURMERIC RICE



# Spiced Tofu and Lentils with Turmeric Rice

4 Servings



Prep time: 25 minutes  
Cook time: 25 minutes

Escape to Greece with this Mediterranean-inspired dish. A mix of delicious herbs and spices brings the lentils and tofu in this meal to life!

## Ingredients

1 package (400 g/14 oz)	extra firm tofu
10 mL (2 tsp)	dried oregano
2 mL (½ tsp)	dried thyme
10 mL (2 tsp)	garlic powder
10 mL (2 tsp)	onion powder
2 mL (½ tsp)	black pepper
4 mL (¾ tsp)	salt
1 mL (¼ tsp)	cumin
1 mL (¼ tsp)	paprika
30 mL (2 tbsp)	vegetable oil
1 can (540 mL/19 oz)	lentils, drained and rinsed

## Turmeric rice:

500 mL (2 cups)	water
2 mL (½ tsp)	turmeric powder
375 mL (1½ cups)	uncooked brown rice

## Garlic sauce:

1	clove garlic, minced
125 mL (½ cup)	lower fat yogurt
½ mL (⅛ tsp)	onion powder
	Pinch of cumin

## To serve:

2	tomatoes, sliced
½	large cucumber, sliced

## Instructions

1. Preheat the oven to 175°C (350°F) and line 2 baking sheets with aluminum foil.
2. Cut the tofu into 2.5 cm/1 inch slices and place on one of the baking sheets.
3. In a medium bowl, mix together the oregano, thyme, garlic powder, onion powder, black pepper, salt, cumin, paprika, and vegetable oil. Brush  $\frac{3}{4}$  of this spice mixture onto the tofu and place in the oven for 20 minutes.
4. Toss the lentils in the remaining spice mixture and spread onto the other baking sheet. Bake for about 13 minutes, until a little crispy.
5. Prepare the rice: In a small pot with a lid, bring water and turmeric to a boil. Add the brown rice, cover and return to a simmer. Cook for 20 minutes or until the water is absorbed. Fluff with a fork.
6. In a small bowl, mix the garlic, yogurt, onion powder, and cumin. Serve sauce with tofu and lentils.
7. Serve with vegetables—grilled, roasted, or fresh will make the perfect side.



## MIX IT UP

Skip the rice and wrap in a whole wheat tortilla for a portable meal.



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# Ooodles of Soba Noodles with Tempeh

4 Servings



Prep time: 20 minutes  
Cook time: 30 minutes

Craving an Asian-inspired dish? These tasty noodles are packed with flavour and protein!

## Ingredients

60 mL	(¼ cup)	natural peanut or almond butter or non-nut alternative
5 mL	(1 tsp)	minced ginger
2		cloves garlic, minced
45 mL	(3 tbsp)	rice wine vinegar
40 mL	(2½ tbsp)	lower sodium soy sauce
10 mL	(2 tsp)	sesame oil
2 mL	(½ tsp)	red chili flakes (optional)
45 mL	(3 tbsp)	vegetable oil
1 package (250 g/9 oz)		tempeh, diced
250 mL	(1 cup)	sliced red bell pepper
250 mL	(1 cup)	frozen edamame
250 mL	(1 cup)	thinly sliced carrots
225 g	8 oz	whole wheat spaghetti or soba buckwheat noodles
5 mL	(1 tsp)	sesame seeds (optional)
45 mL	(3 tbsp)	unsalted peanuts, roasted

## Instructions

- Prepare the dressing:** In a large bowl, whisk together the peanut butter, ginger, garlic, rice wine vinegar, soy sauce, sesame oil, and red chili flakes.
- In a pot with a tight-fitting lid, heat 30 mL (2 tbsp) of oil over medium-high heat. Brown tempeh on all sides. Add 190 mL (¾ cup) of water, cover and steam for 5 to 7 minutes, until water is evaporated.
- Remove the tempeh from the pan and place it in the peanut butter dressing.
- In the same pan, heat 15 mL (1 tbsp) of oil. Sauté peppers and carrots for 5 minutes. Stir in the edamame to heat through. Remove from the pan and add to the peanut butter dressing bowl.
- Boil the soba buckwheat noodles according to package directions. Reserve 125 mL (½ cup) of cooking water and drain. Add the noodles and reserved water to the bowl with the vegetables, tempeh, and dressing. Gently toss to coat.
- Garnish with sesame seeds and peanuts. Serve immediately.



### MIX IT UP

Try tofu or shrimp instead of tempeh.



### KIDS IN THE KITCHEN

We tested this recipe with real families. Kids enjoyed stirring the sauce and chopping the tempeh—and they loved the peanuty sauce!





# Chicken and Lima Bean Stew

8 Servings



Prep time: 20 minutes

Cook time: 35 minutes

A comforting dish that's sure to become a family favourite!

## Ingredients

30 mL	(2 tbsp)	vegetable oil
6		boneless, skinless chicken thighs (about 454 g/1 lb), diced in 5 cm/2 inch cubes
1		onion, diced
3		cloves garlic, chopped
5 mL	(1 tsp)	ground cumin
5 mL	(1 tsp)	ground cinnamon
2 mL	(½ tsp)	ground clove
5 mL	(1 tsp)	salt
2 mL	(½ tsp)	black pepper
3		carrots, thinly sliced
500 mL	(2 cups)	frozen butternut squash cubes
750 mL	(3 cups)	fresh spinach, chopped
60 mL	(¼ cup)	dried apricots, quartered
125 mL	(½ cup)	unsalted almonds, roughly chopped (optional)
500 mL	(2 cups)	lower sodium vegetable broth
1 can	(540 mL/19 oz)	lower sodium lima beans, drained and rinsed

## Instructions

1. In a large pan, heat the vegetable oil over medium-high heat. Cook chicken for 2 to 3 minutes per side until browned.
2. Reduce heat to medium and add onions, garlic, cumin, cinnamon, clove, salt, and pepper. Sauté for 2 to 3 minutes or until onions have softened.
3. Add the carrots, squash, spinach, dried apricots, and almonds. Stir well and add the broth.
4. Cover and simmer for 20 minutes until chicken is tender and sauce has reduced. Use a [digital food thermometer](#) to check that chicken has reached an internal temperature of 74°C (165°F).
5. Stir in lima beans to warm through and remove from heat.
6. Enjoy with brown rice or quinoa.



### PLAN IT OUT

Choose frozen veggies for a budget friendly or quick option.



### MIX IT UP

- Don't have lima beans on hand? Use any canned beans you have instead!
- Both chicken breasts and chicken thighs work well in this dish. No need to adjust the cooking time.



# BEEF and BEAN BURGER



# Beef and Bean Burger

8 Servings



Prep time: 20 minutes

Cook time: 15 minutes

This burger uses beans and beef to give you the best of both worlds!

## Ingredients

1 can	(540 mL/19 oz)	low sodium black beans, drained and rinsed
125 mL	(½ cup)	onion, finely chopped
3		cloves garlic, minced
30 mL	(2 tbsp)	Dijon mustard
5 mL	(1 tsp)	ground cumin
7 mL	(½ tbsp)	paprika
2 mL	(½ tsp)	salt
1 mL	(¼ tsp)	black pepper
1		egg
454 g	(1 lb)	extra lean ground beef

## Instructions

1. Preheat the oven to 200°C (400°F) and line a baking sheet with aluminum foil.
2. In a large bowl, mash the black beans with a fork or a potato masher.
3. To the same bowl, mix in the onion, garlic, mustard, cumin, paprika, salt, pepper, and egg.
4. Add the ground beef and mix thoroughly. Firmly form into 8 burger patties and place onto the baking sheet.
5. Bake for 15 to 17 minutes. Use a [digital food thermometer](#) to check that the burgers have reached an internal temperature of 74°C (165°F).



### SERVING SUGGESTION

Half the size of the burger to make mini sliders and serve as an appetizer.



### KIDS IN THE KITCHEN

Create a "make your own burger" bar and have your kids add their own toppings.





# Chickpea "Meatballs" and Gnocchi Bake

6 Servings



Prep time: 20 minutes  
Cook time: 40 minutes

Little hands can be a big help with this recipe. From mashing the chickpeas to forming the "meatballs," this is a great way to expose kids to plant-based proteins!

## Ingredients

**Tomato sauce: (to save time, substitute with one jar of pre-made marinara sauce)**

30 mL	(2 tbsp)	vegetable oil
1		onion, chopped
3		cloves garlic, minced
1 can	(796 mL/28 oz)	diced tomatoes
4 mL	(¾ tsp)	dried oregano
½ package	(150 g/5 oz)	frozen spinach, defrosted

## Chickpea and mushroom "meatballs":

1 package	(225 g/8 oz)	cremini mushrooms, chopped finely (about about 375 mL/1½ cups)
30 mL	(2 tbsp)	vegetable oil
1 mL	(¼ tsp)	salt
1 can	(540 mL/19 oz)	chickpeas, drained and rinsed
4 mL	(¾ tsp)	dried oregano
5 mL	(1 tsp)	garlic powder
15 mL	(1 tbsp)	dried parsley
1		egg

## To assemble:

1 package	(500 g/18 oz)	gnocchi, cooked
250 mL	(1 cup)	shredded mozzarella cheese

## Instructions

1. Preheat the oven to 190°C (375°F) and line a baking sheet with aluminum foil. Set aside.
2. In a medium saucepan, heat the vegetable oil. Sauté the onions and garlic for 2 to 3 minutes or until fragrant.
3. Stir in tomatoes and oregano. Bring to a simmer and cook for 20 minutes.
4. Using a hand blender, purée sauce and stir in defrosted spinach.
5. In a small pan, sauté mushrooms in vegetable oil and salt over medium heat. Cook for 10 minutes or until all the water evaporates and the mushrooms are dry. Allow to cool.
6. Place the chickpeas on the baking sheet and roast in the preheated oven for 5 minutes. Remove from the oven, place in a bowl, and crush with a fork or potato masher. Add cooked mushrooms.
7. Once cooled, stir in oregano, garlic, parsley, and egg. Form into 12 "meatballs" and place on the baking sheet.
8. Bake for 15 minutes or until internal temperature reaches 74°C (165°F).
9. Add cooked gnocchi to the tomato sauce. Pour into an oven safe casserole and top with baked "meatballs" and cheese. Return to oven for 20 minutes or until cheese is melted.



# LENTIL BOLOGNESE



# Lentil Bolognese

8 Servings



Prep time: 15 minutes  
Cook time: 30 minutes

Full of veggies and protein, this hearty sauce can be served over whole wheat pasta, spaghetti squash, or spiralized veggie noodles. It is easy to make in big batches and freeze for a quick lunch or dinner.

## Ingredients

15 mL	(1 tbsp)	vegetable oil
1		onion, chopped
125 mL	(½ cup)	small diced celery
125 mL	(½ cup)	shredded carrot
3		cloves garlic, minced
15 mL	(1 tbsp)	tomato paste
750 mL	(3 cups)	lower sodium vegetable broth
1 can	(796 mL/28 oz)	crushed tomatoes
5 mL	(1 tsp)	dried basil
5 mL	(1 tsp)	dried oregano
375 mL	(1½ cups)	kale or spinach, chopped
1 can	(540 mL/19 oz)	lentils, drained and rinsed
2 mL	(½ tsp)	salt
1 ml	(¼ tsp)	black pepper

## Instructions

1. In a large pot, heat oil over medium heat. Sauté onions and celery for 2 to 3 minutes, until softened.
2. Stir in the shredded carrot and garlic and cook for 2 to 3 minutes.
3. Mix in the tomato paste and cook for 1 minute.
4. Mix in the broth, crushed tomatoes, basil, oregano, kale, and lentils. Stir in the salt and pepper.
5. Simmer on low heat for about 20 minutes, until the sauce thickens.



### MIX IT UP

This recipe is also great with a combination of lentils and lean animal protein, such as ground turkey. Adjust the ratio of plant and animal protein to your family's liking.





# Chicken and Bean Quesadilla

10 Servings



Prep time: 10 minutes  
Cook time: 25 minutes

Who doesn't love quesadillas? In addition to being a fan favourite, you can freeze leftover filling for an easy, ready-made snack in the future!

## Ingredients

15 mL	(1 tbsp)	vegetable oil
454 g	(1 lb)	ground chicken
15 mL	(1 tbsp)	chili powder
5 mL	(1 tsp)	cumin
20 mL	(1½ tbsp)	onion powder
20 mL	(1½ tbsp)	garlic powder
1		bell pepper, diced
375 mL	(1½ cups)	water
1 can	(540 mL/19 oz)	lower sodium black beans, drained and rinsed
250 mL	(1 cup)	frozen corn
30 mL	(2 tbsp)	lemon juice (about 1 lemon)
2		tomatoes, diced
<b>To assemble:</b>		
10		small whole wheat tortillas
335 mL	(1½ cups)	shredded lower fat mozzarella cheese

## Instructions

1. Preheat the oven to 190°C (375°F) and line a baking sheet with aluminum foil.
2. In a large pan, heat vegetable oil over medium-high heat. Add the chicken, chili powder, cumin, onion powder, and garlic powder. Stir frequently to prevent the spices from burning until chicken is browned.
3. Stir in the peppers and cook for 3 minutes. Add water and simmer until the water is reduced by  $\frac{2}{3}$ . Use a [digital food thermometer](#) to check that the chicken has reached an internal temperature of 74°C (165°F).
4. Remove from heat and stir in the black beans, corn, lemon juice, and tomatoes.
5. Place the tortillas onto the baking sheet. On each tortilla, spread 125 mL ( $\frac{1}{2}$  cup) of filling on half of the tortilla. Sprinkle with 30 mL (2 tbsp) of cheese and fold over in half.
6. Bake in the oven for 7 minutes until the cheese is melted and the tortilla is crisp.



### MIX IT UP

Looking to make a vegetarian version? Replace the chicken with any leftover beans or veggies you have on hand!



### SERVING SUGGESTION

Serve with a salad and your favourite salsas, guacamole or lower fat sour cream.





# Turkey Chili

8 Servings



Prep time: 10 minutes  
Cook time: 30 minutes

This must-try chili is so versatile, the possibilities are endless. It can be enjoyed on its own or transformed into other dishes. Just one jalapeño pepper adds some heat to this recipe—handle it with care by washing your hands well before and after touching it.

## Ingredients

1 pkg	(500 g)	lean ground turkey
10 mL	(2 tsp)	canola oil
1		onion, finely chopped
1		green pepper, chopped
4		cloves garlic, minced
15 mL	(1 tbsp)	chili powder
10 mL	(2 tsp)	dried oregano
5 mL	(1 tsp)	ground cumin
1		jalapeño pepper, seeded and minced
1 can	(796 mL/28 oz)	diced tomatoes
1 can	(540 mL/19 oz)	red kidney beans, drained and rinsed
125 mL	(½ cup)	sodium reduced vegetable broth or water
60 mL	(¼ cup)	tomato paste
2		bay leaves

## Instructions

1. In a large saucepan, brown turkey, breaking up with spoon. Drain using a colander and set aside. Return the empty pot to medium heat. Add oil and cook onion, green pepper, garlic, chili powder, oregano, and cumin for about 3 minutes or until softened.
2. Stir in turkey and jalapeño pepper and cook, stirring for 1 minute.
3. Add tomatoes, beans, broth, tomato paste, and bay leaves. Bring to a boil; reduce heat, cover slightly, and simmer, stirring occasionally for about 20 minutes or until thickened. Remove bay leaves before serving.



### CHEF'S TIP

Cook up a big batch of chili and freeze into meal-sized portions. Perfect for those hectic days.



### MIX IT UP

Get creative and use the chili for burritos, tacos, pasta sauce, baked potatoes or to top salads.

Canada's  
food guide

Recipe provided by  
[Canada.ca/foodguide](https://Canada.ca/foodguide)  
and developed by Emily  
Richards, P.H. Ec. for Health  
Canada and the [Heart and  
Stroke Foundation](#).





# Shepherd's Pie

6 Servings



Prep time: 20 minutes

Cook time: 10 minutes

This shepherd's pie is made with ground turkey and lentils. Packed with tasty veggies and flavour, this recipe is one the whole family will enjoy.

## Ingredients

5		large potatoes (about 1 kg)
1		yellow onion, diced
450 g	(1 pound)	lean ground turkey
250 mL	(1 cup)	canned lentils, rinsed and drained
30 mL	(2 tbsp)	Worcestershire sauce
30 mL	(2 tbsp)	canned tomato paste
500 mL	(2 cups)	frozen peas and carrots, thawed
30 mL	(2 tbsp)	soft margarine
15 mL	(1 tbsp)	1% milk



### MIX IT UP

Don't have frozen peas and carrots? Use any other fresh or frozen vegetable you like. Just make sure to chop the vegetables into small pieces and cook until tender.

## Instructions

1. Wash and cube potatoes. Place potatoes in a large pot of water and bring to a boil. Cook until the potatoes are soft, about 10 minutes and then drain.
2. Lightly coat a non-stick pan with cooking spray or oil and heat over medium-high heat. Add onions and cook for about 5 minutes, until browned. Add ground turkey and cook until brown.
3. Add lentils, Worcestershire sauce and tomato paste to the ground turkey.
4. Pour ground turkey mixture into an 8×8 casserole dish and spread evenly across the bottom. Layer peas and carrots on top of turkey mixture.
5. Add margarine and milk to the drained boiled potatoes. Mash with a potato masher or a hand blender. Layer mashed potatoes otop peas and carrots and spread evenly.
6. Place in the oven on the lower rack and broil for 5 to 10 minutes until potatoes begin to brown. Remove from the oven and serve.



### CHEF'S TIP

Freeze any leftover tomato paste so you can use it later. Spoon tomato paste into ice cube trays and place in the freezer for 2 to 3 hours, or until completely frozen. Transfer the cubes into a sealed container and store them for up to 6 months.

Canada's  
food guide

Recipe provided by  
[Canada.ca/foodguide](https://Canada.ca/foodguide)





# Muhammara Dip

6 Servings



Prep time: 10 minutes  
Cook time: 30 minutes

Muhammara is a versatile dip commonly eaten in the Middle East. It is just as delicious served warm or cold.

## Ingredients

2		red bell peppers
125 mL	(½ cup)	unsalted walnuts
15 mL	(1 tbsp)	olive oil
1		clove garlic
2 mL	(½ tsp)	salt
1 mL	(¼ tsp)	paprika
2 mL	(½ tsp)	honey
30 mL	(2 tbsp)	breadcrumbs

## Instructions

1. Preheat the oven to 230°C (450°F) and line 2 baking sheets with aluminum foil.
2. Place the red bell peppers on a baking sheet and roast for 30 to 40 minutes or until peppers are soft and skins begin to blacken, checking from time to time. Let cool and remove the stems and seeds.
3. Roast walnuts on a separate tray for 2 to 3 minutes.
4. Place half of the walnuts in zip top bag and let kids crush with a mallet. Reserve.
5. In a blender, place the peppers, oil, uncrushed walnut, garlic, salt, paprika, and honey. Blend until smooth.
6. Empty into a bowl and stir in crushed walnuts and breadcrumbs.



## SERVING SUGGESTION

Serve as a dip with veggies and whole wheat pita for a snack. You can also spread on a flatbread and top with roasted vegetables like sliced zucchini, bell peppers and red onion to make it a meal.



## KIDS IN THE KITCHEN

Whole grain crackers or stale bread can be used to make breadcrumbs. Place in a plastic bag and have the kids crush them up!



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# Zesty Bean Dip and Chips

12 Servings



Prep time: 5 minutes  
Cook time: 8 minutes

This recipe takes dip and chips to a whole new level. Pack the dip and chips separately for an on-the-go snack that is out of this world.

## Ingredients

6		small whole grain flour or corn tortillas
4 mL	(¾ tsp)	chili powder
1 can	(540 mL/19 oz)	black beans, drained and rinsed
125 mL	(½ cup)	medium or hot salsa
1 mL	(¼ tsp)	grated lime rind
30 mL	(2 tbsp)	lime juice
1		small shallot, minced
2 mL	(½ tsp)	ground cumin
		Pinch fresh ground pepper
45 mL	(3 tbsp)	chopped fresh cilantro
30 mL	(2 tbsp)	chopped fresh basil (optional)

## Instructions

1. Cut each tortilla into 8 wedges and place in a resealable plastic bag. Spray tortillas with cooking spray and sprinkle with chili powder; seal and shake bag to coat tortilla wedges. Place on large baking sheet and bake in preheated 200°C (400°F) oven for about 8 minutes or until golden and crisp. Let cool completely before using.
2. In a food processor bowl, puree beans, salsa, lime rind and juice, shallot, cumin, and pepper until smooth. Scrape into bowl and stir in cilantro and basil, if using.
3. Serve with tortilla chips.



### PLAN IT OUT

Great make-ahead snack. The bean dip can be refrigerated for 5 days. Store the tortilla chips in a cookie tin at room temperature for up to 1 week.



### SERVING SUGGESTION

No time to make the chips? Serve with your family's favourite veggies or whole grain crackers for dipping.



# TEMPEH NUGGETS



# Tempeh Nuggets

4 Servings



Prep time: 20 minutes

Cook time: 25 minutes

A healthy spin on the beloved chicken nugget that is sure to win over the hearts of the whole family.

## Ingredients

20 mL	(1½ tbsp)	vegetable oil
1 package	(250 g/9 oz)	tempeh, cut into 16 strips
190 mL	(¾ cup)	water
1		egg
125 mL	(½ cup)	breadcrumbs
5 mL	(1 tsp)	paprika
5 mL	(1 tsp)	onion powder
5 mL	(1 tsp)	garlic powder
1 mL	(¼ tsp)	salt
2 mL	(½ tsp)	black pepper

## Chipotle dipping sauce:

60 mL	(¼ cup)	lower fat yogurt
2 mL	(½ tsp)	chipotle powder or paprika
1		clove garlic, minced
1 mL	(¼ tsp)	salt

## Instructions

1. Preheat the oven to 190°C (375°F) and line a baking sheet with aluminum foil. Set aside.
2. In a pot with a lid, heat oil over medium-high heat. Add the tempeh and brown on each side. Add water, cover, and steam until the water is evaporated.
3. Remove the pot from heat and allow to cool.
4. Set up a breading station: In a small bowl, whisk the egg and set aside. In a second bowl, mix the breadcrumbs, paprika, onion powder, garlic powder, salt, and black pepper.
5. Gently dip cooled tempeh into the whisked egg and roll it in breadcrumbs to coat. Transfer to the baking sheet.
6. Bake for 15 minutes until golden brown.
7. Prepare the dipping sauce: In a small bowl, mix together the yogurt, chipotle powder, garlic, and salt.



## SERVING SUGGESTION

Serve as an afternoon snack or turn into lunch by serving with vegetables.



## KIDS IN THE KITCHEN

Get the kids involved in coating the tempeh with the breading mixture.



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# Tofu and Berry Sheet Tart

9 Servings



Prep time: 10 minutes  
Cook time: 25 minutes

This tasty tart is easy to prepare and adds a punch of protein to breakfast, snack or dessert!

## Ingredients

375 mL (1½ cups)	frozen mixed berries
30 mL (2 tbsp)	cornstarch
1 package (300 g/10.5 oz)	soft tofu
15 mL (1 tbsp)	honey
5 mL (1 tsp)	vanilla extract
1 sheet (225 g/8 oz)	puff pastry, thawed
125 mL (½ cup)	unsalted pumpkin seeds

## Instructions

1. Preheat the oven to 190°C (375°F) and line a baking sheet with parchment paper.
2. In a small bowl, mix the berries and cornstarch together. Set aside.
3. Drain any excess liquid from the soft tofu and mash until smooth in a separate bowl. Stir in the honey and vanilla.
4. Roll out the puff pastry into roughly a 23×30 cm (9×12 inch) rectangle. Place onto the baking sheet. Spread the tofu on top, making sure to leave a 2.5 cm / 1 inch border. Spoon mixed berries onto the tofu.
5. Bake for 25 to 30 minutes, until the edges are golden brown and the fruits bubble.
6. Top with the pumpkin seeds or your family's favorite nuts or seeds.



### MIX IT UP

Use seasonal berries. Fresh or frozen work well with the same bake time!



### KIDS IN THE KITCHEN

Kids can mix the berries, mash the tofu, and put the recipe together.



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PUFF BARS



## Puff Bars

12 Servings



Prep time: 40 minutes

A yummy snack to make on the weekend and enjoy on busy weekdays! These have quickly become lunch-box favourites for many of the GFHS team.

### Ingredients

1 L	(4 cups)	wheat, rice, or Kamut puffs
45 mL	(3 tbsp)	chia seeds
60 mL	(¼ cup)	unsalted pumpkin seeds
45 mL	(3 tbsp)	cacao nibs or mini chocolate chips
85 mL	(⅓ cup)	natural peanut or almond butter or non-nut alternative
85 mL	(⅓ cup)	honey

### Instructions

1. Line an 20×20 cm (8×8 inch) square pan with parchment paper and set aside.
2. In a large bowl, mix together puffs, chia seeds, pumpkin seeds, and cacao nibs.
3. In a microwave safe bowl, add peanut butter and honey. Microwave in 20-second intervals stirring in between each interval until mixture is smooth and pourable.
4. Pour the warm peanut butter mixture over the puff mixture and mix well.
5. Press the mixture into the pan and place in the freezer for 30 minutes.
6. Cut into 12 portions. Store leftovers in the refrigerator.



### CHEF'S TIP

For a school-safe, allergen-free snack, try using sunflower seed butter instead of peanut butter.



### MIX IT UP

Get creative by mixing and matching dried fruit, nuts and seed combos.



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# Further reading and resources



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# What are PROCESSED protein foods?

Protein foods are important for building muscles, making stronger bones, and much more. Many protein foods cannot be eaten as is, so they need to be processed first. Processing helps with:



**Food safety**



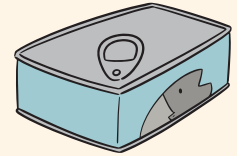
**Taste**



**Nutrition**



**Shelf-life**



**Convenience**

Based on the level of processing, protein foods can be divided into different categories:

## Unprocessed and Minimally Processed

Foods that can be eaten as-is and foods that have some parts removed, like stems and skins.



## Processed

Foods that are prepared to increase shelf-life and may have some added ingredients.

## Highly-Processed

Foods that go through a number of processing steps with many added ingredients.



## When choosing protein foods remember:

- Limit foods with added sodium, sugars and saturated fat.
- Choose unprocessed and minimally processed foods, like beans, more often than highly processed foods, like plant-based burgers.
- Limit ultra-processed foods because they are not part of a healthy eating pattern.





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