



RECIPE Book

BREAKFAST > LUNCH
DINNER > SNACKS

Health Promotion • Base Valcartier

SUMMARY

› **BREAKFAST**

- RECIPE 1 **Apple, Cinnamon and Oat Protein Pancakes²**
- RECIPE 2 **Oatmeal¹**
- RECIPE 3 **Breakfast Berry Crumble³**

› **LUNCH**

- RECIPE 4 **Rice and Lentil Salad¹**
- RECIPE 5 **Honey and Curry Salmon Balls¹**
- RECIPE 6 **Chickpea, Couscous, Sunflower and Grape Salad³**

› **DINNER**

- RECIPE 7 **Vegetarian Burger¹**
- RECIPE 8 **Salmon and Apple Spread¹**
- RECIPE 9 **Chicken Vol-au-vent¹**

› **SNACKS**

- RECIPE 10 **Rice Pudding¹**
- RECIPE 11 **Chocolate Oatmeal Cookies¹**
- RECIPE 12 **Peanut Butter and Chocolate Energy Balls¹**

SOURCES

1. The Olo Foundation: www.fondationolo.ca
2. Dietitians of Canada: www.dietitians.ca
3. Smart cooking, parents in a hurry: www.cuisinez.telequebec.tv

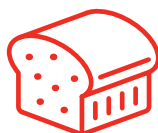


Make water
your drink
of choice

BALANCE YOUR PLATE



Eat plenty of vegetables and fruits. Make up **half** of your plate with these foods.



Add a **quarter** of your plate with whole grain foods.



Complete the **last quarter** with a protein of your choice.

TO BALANCE YOUR MEALS, YOU WILL FIND IN A BOX
WITH EACH RECIPE, WHAT YOU CAN ADD
TO HAVE NUTRITIONAL BALANCE.

APPLE, CINNAMON AND OAT PROTEIN *pancakes*



> INGREDIENTS

500 ml	rolled oats
375 ml	cottage cheese
125 ml	milk
2	eggs
15 ml	maple syrup
10 ml	baking powder
5 ml	vanilla extract
2	apples, grated
75 ml	chopped walnuts (optional)



> PREPARATION

1. In a blender or bowl, combine oats, cottage cheese, milk, eggs, maple syrup, baking powder, vanilla. Puree until smooth. Stir in grated apples and nuts (optional). Let stand 10 minutes.
2. Preheat lightly greased non-stick skillet over low heat.
3. Add about 60 mL of the mixture and cook for 2 minutes or until bubbles form on top and edges begin to dry.
4. Turn over.
5. Serve with your choice of toppings.

Nutritional balance of the plate

✓ **Add a fruit**

Oatmeal



> INGREDIENTS

160 ml **milk**
15 ml **brown sugar**
2,5 ml **ground cinnamon**
80 ml **oatmeal**



> PREPARATION

1. In a small saucepan, heat milk, brown sugar and cinnamon over medium-high heat until bubbly. Turn off heat.
2. Add oats, stir and cover for 5 minutes.

N.B. It is always possible to make the recipe in the microwave.



Nutritional balance of the plate

✓ **Add fruit**

✓ **Add nuts or seeds for more protein**

BREAKFAST

BERRY

Crumble



> INGREDIENTS

5 ½ cups	cups frozen berries
4	eggs
250 ml	milk
5 ml	vanilla extract
125 ml	lightly packed brown sugar
4 cups	quick-cooking oatmeal



> PREPARATION

1. Preheat oven to 350°F. Place rack in the centre of the oven.
2. Place fruit in a large baking dish (20 cm x 28 cm).
3. In a large bowl, whisk the eggs. Add milk, vanilla and brown sugar. Stir in oats, mix well and spread over fruit.
4. Bake for 30 minutes.
5. Let cool before serving.

Nutritional balance of the plate

✓ **Add protein**

(nuts, seeds, yogurt, cheese,
milk or fortified beverage)

RICE AND BEAN Salad



> INGREDIENTS

- 175 ml **dry rice** or 500 ml **already cooked rice**
- 2 **cloves of garlic, peeled and chopped**
- 20 ml **dried parsley**
- 15 ml **cider vinegar**
- 15 ml **mustard**
- 30 ml **canola oil**
- 540 ml **beans, drained and rinsed**
- 3 **stalks celery, diced**
- 250 ml **cheddar cheese, cut into small cubes**
- Choice of vegetables**
- Salt and pepper to taste**
- Raisins (optional)**



> PREPARATION

1. Cook rice according to package directions.
2. In a large bowl, prepare dressing by combining chopped garlic, dried parsley, cider vinegar and mustard. Add oil, mixing with a whisk or fork. Set aside.
3. When rice is cooked, transfer to a sieve and run under cold water to cool.
4. Add rice, beans, celery, raisins and cheddar cheese to the bowl containing the vinaigrette. Salt and pepper to taste.
5. Serve.

Nutritional balance of the plate

- ✓ **Add a vegetable or fruit**
- ✓ **Add a glass of milk or enriched vegetable drink**

HONEY AND CURRY SALMON Balls



> INGREDIENTS

- 2 cans of canned pink salmon, drained
- 60 ml breadcrumbs
- 1 egg
- 2 cloves of garlic, chopped
- 1 carrot, peeled and grated
- 80 ml frozen spinach, thawed and drained
- 10 ml mustard
- 15 ml honey
- 5 ml curry powder
- Salt, pepper and hot sauce to taste



> PREPARATION

1. Place the rack in the middle of the oven and preheat the oven to 350°F. Oil a baking sheet and cover with parchment paper.
2. Place salmon in a large bowl and remove skin pieces.
3. Add bread crumbs, egg, garlic, carrot, spinach, mustard, honey, curry powder, salt, pepper and hot sauce. Mix with a fork.
4. Form 16 balls by rolling small amounts in the palm of your hands.
5. Place dumplings on a baking sheet.
6. Bake for about 14 to 15 minutes.

You can serve the meatballs on pasta, rice, with vegetables as an appetizer with tartar sauce.

Nutritional balance of the plate

- ✓ Add a vegetable or fruit
- ✓ Add rice, pasta or crackers

CHICKPEA, COUSCOUS, SUNFLOWER AND GRAPE Salad



> INGREDIENTS

Lemon and cumin vinaigrette

- 75 ml vegetable oil
- 2.5 ml ground cumin
- 15 ml maple syrup
- Zest and juice of 1 large lemon
- Hot sauce to taste
- Salt and pepper

Salad

- 125 ml couscous (or quinoa, if you prefer)
- 1 can of 540 ml chickpeas, rinsed and drained
- 1 grated carrot
- 4 green onions, chopped
- 75 ml raisins
- 75 ml roasted sunflower seeds
- 1 bunch of chopped parsley



> PREPARATION

1. Cook couscous as directed on the package.
2. In a large bowl, mix all dressing ingredients and season.
3. Mix all salad ingredients into the dressing and season as needed.

Nutritional balance of the plate

- ✓ Add a vegetable or fruit
- ✓ Add cheese, yogurt, glass of milk or fortified vegetable drink



VEGETARIAN *Burger*



> INGREDIENTS

- 1 can (540 ml) black beans, drained and rinsed
- 1 small onion, peeled and finely chopped
- 2 cloves garlic, peeled and finely chopped
- 125 ml breadcrumbs
- 1 egg
- 15 ml chili powder
- 5 ml cumin
- 30 ml ketchup
- 15 ml canola oil
- 4 hamburger buns
- Salt and pepper



> PREPARATION

1. In a large bowl, coarsely mash the black beans with a fork.
2. Add onion, garlic, bread crumbs, egg, chili powder, cumin, ketchup, salt and pepper. Mix with your hands until the mixture is uniform.
3. Shape into 4 patties the size of hamburger buns with your hands.
4. In a large skillet, heat oil over medium heat. Brown patties for 6 minutes on each side, or until lightly browned.
5. Serve in hamburger buns with toppings of your choice.



Nutritional balance of the plate

- ✓ Add a vegetable or fruit
- ✓ Add cheese, yogurt, glass of milk or fortified vegetable drink

SALMON & APPLES *Spread*



> INGREDIENTS

- 1 can of drained pink salmon, or tuna
- ½ chopped apple
- 1 stalk celery, chopped
- 30 ml mayonnaise
- 30 ml plain yogurt
- 5 ml chili powder
- 5 ml mustard
- Salt and pepper to taste



> PREPARATION

1. Place salmon or tuna in a bowl.
2. Add apple pieces, celery, mayonnaise, yogurt, chili powder, mustard, salt and pepper and mix.
3. Use this mixture as a sandwich filling or serve as a snack on crackers.

Nutritional balance of the plate

✓ **Add a vegetable or fruit**



CHICKEN Vol-au-vent



> INGREDIENTS

- 8 slices of whole wheat bread or vol-au-vent
- 15 ml canola oil
- 90 ml butter or non-hydrogenated margarine
- 90 ml flour
- 1 L milk
- 1 large yellow onion
- 2 stalks celery, finely diced
- 2 carrots, peeled and diced
- 500 ml chicken, cooked and cut into small pieces
- 250 ml peas
- 15 ml parsley
- Salt and pepper to taste



> PREPARATION

1. Place the rack in the middle of the oven and preheat to 350°F.
2. Oil a muffin tin.
3. Press bread slices into muffin pan cavities to form small bread bowls and place in the oven for 12 to 15 minutes.
4. In a saucepan, sauté onion, celery and carrots in butter or margarine for about 5 minutes.
5. Add flour and mix well to avoid lumps. Gradually add the milk, stirring constantly with a whisk until the sauce thickens.
6. Add cooked chicken, peas and parsley. Cook, stirring, for about 4 minutes or until the sauce is hot.
7. Add salt and pepper to taste.
8. Serve in toasted bread bowls.



Nutritional balance of the plate

- ✓ Add a fruit
- ✓ Add a glass of milk or soy beverage

RICE Pudding



> INGREDIENTS

125 ml **rice**
1 L **milk**
80 ml **sugar**
5 ml **vanilla extract**
Pinch of ground cinnamon
Pinch of salt



> PREPARATION

1. In a medium saucepan, combine milk, rice, sugar, vanilla, cinnamon and salt.
2. Bring to a boil, stirring constantly.
3. Reduce heat and simmer for about 35 minutes or until rice is cooked, stirring every 3 to 5 minutes.
4. Turn off the heat and let cool.
5. Stir and place in a container with a lid.
6. Place in the refrigerator until completely cool (2 hours) before serving.

Nutritional balance of the plate

✓ **Add a fruit**



CHOCOLATE OATMEAL Cookies



> INGREDIENTS

- 375 ml **quick-cooking rolled oats**
- 250 ml **whole wheat or all-purpose flour**
- 2,5 ml **baking soda**
- 1 ml **salt**
- 160 ml **softened butter or margarine**
- 175 ml **brown sugar**
- 5 ml **vanilla**
- 1 **egg**
- 125 ml **chopped raisins or semi-sweet or dark chocolate chips**



> PREPARATION

1. Place both racks in the middle of the oven and preheat the oven to 375°F.
2. Oil two baking sheets and line with parchment paper.
3. In a small bowl, combine oats, flour, baking soda and salt. Set aside.
4. In a large bowl, mix softened butter, brown sugar, vanilla and egg with a fork.
5. Add flour mixture and, if desired, raisins or chocolate chips. Mix gently until the mixture is uniform.
6. Divide cookie dough into two equal parts. Spoon 8 spoonfuls of dough onto each baking sheet.
7. Lightly crush the dough balls into a round, more flattened shape.
8. Bake both sheets for 6 minutes. Change the griddles and continue baking for another 6 minutes.
9. Let cool.

Nutritional balance of the plate

✓ **Add a glass of milk or fortified vegetable drink**

PEANUT BUTTER AND CHOCOLATE *Energy Balls*



> INGREDIENTS

- 200 ml **peanut butter**
- 375 ml **quick cooking oats**
- 80 ml **sugar**
- 60 ml **unsweetened cocoa**
- 60 ml **chopped semi-dark chocolate chips**
- 5 ml **vanilla**



> PREPARATION

1. In a large bowl, mix all ingredients with a spoon.
2. Shape into 20 ping-pong ball-sized balls by squeezing and rolling some of the mixture between your hands.
3. Place balls on a plate and refrigerate until firm (30 minutes).

Nutritional balance of the plate

✓ **Add a glass of milk
or fortified vegetable drink**

