YOUR Nutrition Resource Kit

Simply Cook and Enjoy!
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With busy work schedules and hectic lifestyles, preparing home cooked meals can get challenging. Throughout March, (National Nutrition Month) Registered Dietitians (RDs) want to inspire Canadians to get back in the kitchen and *Simply Cook and Enjoy!* After all, simple cooking skills can bring healthy and delicious meals back to your table.

Home cooking brings many rewards:

1. Families who eat home cooked meals are more likely to eat more vegetables, fruits and whole grains.
2. Cooking helps us make better food choices.
3. Cooking with your children helps them learn about food preparation, and helps to develop other skills such as literacy, math and science. Plus, it’s a great way to spend quality, fun time with them!

*Dietitians of Canada* will feature 31 ready-to-go practical cooking tips to help Canadians overcome the barriers they face when it comes to cooking. As a sneak-preview, here are three featured tips:

**Tip #1: Cooking dinner is as easy as 1-2-3 with the slow cooker to the rescue!**

Wouldn’t it be nice to come home from work to a hot home cooked meal? Slow cooking allows busy people to put a meal together in the morning and come home to a hot homemade soup, stew or casserole. Quick tip: in the slow cooker, always add vegetables first, followed by meat and then liquid (broth, water, sauce). Bon appétit!

**Tip #2: Taste is king! Check out these flavour boosters.**

When it comes to food, taste tends to win over nutrition. But, who said we can’t have both? Healthy eating doesn’t need to be bland; it can be tasty AND nutritious. Here are some flavour boosters you can add to your meals:

- Turn up the heat by adding red pepper flakes to spaghetti sauce or lightly sautéed greens such as spinach, kale or rapini.
- Give a tangy kick to fish, fruit salads, or steamed vegetables by adding fresh lime juice.
- Add a touch of sweetness to apples, squash and sweet potatoes by adding cinnamon.

**Tip #3: Affordable nutritional powerhouses: plant-based protein.**

You don’t have to give up meat, but you can try going “meatless” one day per week. Why not start with Mondays? Plant-based protein, such as legumes (lentils, black beans, chickpeas, etc.) are affordable, healthy and can easily be incorporated into your meals:

- Make a vegetarian couscous with chickpeas—no meat needed.
- Add red kidney beans to a minestrone soup.
- Start gradually by mixing beans with ground meat in tacos, spaghetti sauce or lasagna.
The 30-Day Nutrition Challenge to a Healthier You is Back!

Do you find yourself wishing that you could eat healthier, nourish your body well, and feel your best? If the thought of changing your food and lifestyle habits is daunting or overwhelming, don’t despair. We have a focused plan and expert advice to get your plate into shape in only 30 days.

The 30-Day Nutrition Challenge to a Healthier You is designed to help you achieve your nutrition goals with the support of your personal nutrition coach, an Assistance Program Registered Dietitian (RD), every step of the way to a healthier, happier you!

The 30-Day Nutrition Challenge offers three options:

• Weight Loss Challenge
• Healthy Heart Challenge
• Sugar Buster Challenge

Benefits of the 30-Day Nutrition Challenge:

This creates an opportunity for you to take control of your health. You become the main player in pushing your limits for change in your own well-being.

• The challenge will consist of a weekly 30-minute phone conversation with your Registered Dietitian.
• The initial phone call will help establish your main goal and break it into manageable tasks.
• The following phone calls will help support you on your journey.
• You will also receive key information on your nutrition goal, fun facts, online videos, recipes and practical tips throughout the 30-Day Nutrition Challenge to keep you motivated, strong and successful!

In addition this year, when you sign up to any of the three challenges, you will receive ready-to-go practical cooking tips and recipes to help you create delicious and healthy meals.

Challenge Accepted?

Whether it’s the Weight Loss Challenge or the Healthy Heart Challenge or the Sugar Buster Challenge we are ready when you are! Seize the opportunity!

MAKE A LASTING CHANGE AND SIGN UP TODAY.

When you speak with your Assistance Program Registered Dietitian (RD) through your Assistance Program, you are receiving advice from a member of a provincial regulatory body with a degree in food and nutrition, from an accredited university. This ensures that you are receiving nutrition advice from a qualified professional. Dietitians provide science-based nutrition advice that is realistic and easy to follow. They understand your specific nutrition challenges, interests and lifestyles. For advice you can trust on food and nutrition, turn to dietitians. (Source: Dietitians of Canada)
Butternut Squash, Spinach and Feta Frittata

Makes 12 Servings

In a frittata, the ingredients are mixed in with the eggs; in an omelet they are folded inside cooked eggs.

Preheat oven to 400°F (200°C)
13- by 9-inch (33 by 23 cm) glass baking dish, lightly greased

1 butternut squash, peeled and cubed (4 to 5 cups/1 to 1.25 L)
1 package (10 oz/300 g) frozen chopped spinach, thawed and drained
1½ cups cubed peeled potatoes (375 mL)
3/4 cup thinly sliced red onion (175 mL)
8 eggs
1/2 cup 1% milk (125 mL)
Freshly ground black pepper
1 cup shredded cheddar cheese (250 mL)
1/2 cup crumbled feta cheese (125 mL)

Nutrients Per Serving

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<th>Per Serving</th>
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Very high in: vitamin A and vitamin B12
High in: magnesium, folate and riboflavin

Diabetes Food Choice Values Per Serving:
1/2 Carbohydrates
1 Meat & Alternatives
1 Fat

1. Place squash in a large microwave-safe bowl and cover with plastic wrap, leaving a corner open to vent. Microwave on High for about 5 minutes or until fork-tender. Drain off excess liquid. Gently stir in spinach, potatoes and red onion. Spread in prepared baking dish.

2. In a bowl, whisk together eggs and milk. Season to taste with pepper. Pour over vegetables and stir gently to distribute. Sprinkle evenly with cheddar and feta.

3. Bake in preheated oven for 35 to 40 minutes or until eggs are set.

TIP
Butternut squash can be difficult to peel. To make the task easier, first cut the squash in half crosswise, to create two flat surfaces. Place each squash half on its flat surface and use a sharp utility knife to remove the tough peel.

SERVING IDEA
Serve with a green salad or a steamed green vegetable such as peas, beans or edamame. To boost the protein in this meal, sprinkle the salad or vegetable with toasted nuts or seeds.
Crowd-Pleasing Vegetarian Chili

Makes 6 Servings

Vegetarian chili is a great meal planner as most people are trying to reduce their intake of fat and increase dietary fiber. If desired, garnish with chopped green or red onion and a dollop of light sour cream.

1 tbsp vegetable oil (15 mL)
1 onion, chopped
1 red bell pepper, chopped
2 cloves garlic, minced
1 stalk celery, chopped
1 to 2 tbsp chili powder (15 to 25 mL)
2 tsp ground cumin (10 mL)
1 can (28 oz/796 mL) tomatoes
1 can (14 oz/398 mL) black or red kidney beans, drained
1 can (12 oz/355 mL) corn kernels, drained
1 cup bran cereal (250 mL)
3 cups cooked rice (750 mL)
1/2 cup shredded cheddar cheese (125 mL)

**Nutrients Per Serving**

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<th>Nutrient</th>
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*Very high in:* vitamin C, thiamine, niacin, vitamin B6, folacin, magnesium, iron, fibre

*High in:* vitamin A, riboflavin, pantothenic acid, calcium, zinc

1. In a large saucepan, heat oil over medium-high heat. Add onion, red pepper, garlic and celery; cook until vegetables are tender. Stir in chili powder and cumin; cook for 1 minute.

2. Add tomatoes, breaking up with spoon. Stir in beans, corn and cereal; bring to a boil. Reduce heat, cover and simmer for 5 minutes. Serve over rice, sprinkled with cheese.

**TIP**

Substitute 1 cup (250 mL) dried beans, soaked, cooked and drained, for the canned beans, if desired. If you have a slow cooker, use it to prepare dried beans for use in this recipe. Soak the beans, either overnight or using the quick-soak method. In a slow cooker, combine 1 cup (250 mL) soaked beans, drained, and 3 cups (750 mL) water. Cover and cook on low setting for 8 to 10 hours. For convenience, cook the beans overnight, drain and refrigerate until ready to use.

**DIETITIAN’S MESSAGE**

Although a rich source of vegetable protein, beans do not contain the full range of essential amino acids to be classified as a **complete** protein. Strict vegetarians must ensure they eat adequate amounts of grains and cereals, seeds and nuts and, if appropriate, dairy products and eggs, in addition to legumes.
Word Search

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