

FUEL YOUR ROOTS



40 HASSLE-FREE RECIPES

Disclaimer

All material in this recipe book is provided for your information only and should not be construed as medical advice or instruction. Furthermore, the food and ingredient portions indicated in this book may not be suitable for every individual, as the appropriate portions may vary from person to person. The authors are not responsible for any allergic reactions to foods listed in this book. No action or inaction should be taken based solely on the contents of this information; instead, readers should consult appropriate health professionals on all matters relating to their health and wellbeing.

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Preface

A nutritious diet does more than just manage and control your health conditions. Eating healthy can nip many of your health concerns in the bud. Hair loss is a case in point. Although the phenomenon can be explained by various causes and is difficult to ascertain the root of the problem, a salubrious diet can go a long way towards halting hair loss. In some cases it might even reverse the phenomenon.

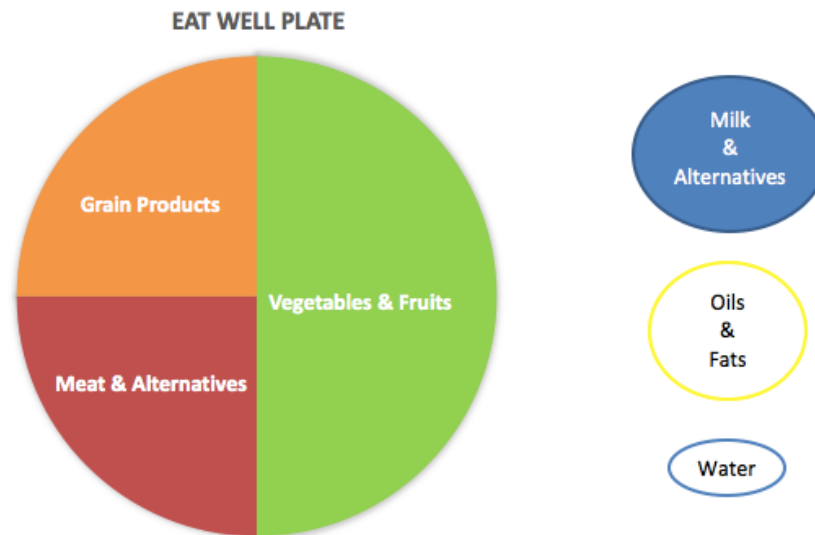
That's why we are so excited to offer you *Fuel Your Roots*. It's a must-have for every kitchen. Whether you are a meat lover, a vegetarian or gluten free, you'll discover numerous delicious and nutritious recipes, within these pages, that are right for you. This wonderful, healthy hair-inspired cookbook is filled with our favorite mouth-watering recipes that will satisfy the epicurean in you. So forget the idea that healthy food has to be bland and tasteless. The recipes here will not only broaden your mind and enrich your hair, they are also as delicious and hardy.

Although the objective when creating this healthy and well-balanced recipe book focused on healthy hair, the goal was also to provide food lovers with simple and easy-to-prepare recipes that will have them smacking their lips with delight. Featuring ingredients rich in nutrients that can aid in hair loss and maintain your overall health, many of the foods featured in the recipes can easily be substituted with other ingredients from the fridge and pantry. So don't be shy: experiment, cook, taste, eat and be merry!

Eat Well Plate

What is a well-balanced meal? Skip the calorie counting and the weighing: refer to the *Eat Well Plate* seen below.

The Eat Well Plate shows you the proportion of each food group that should be served during meals. Oils & Fats and Milk & Alternatives should also be included in your daily diet.



Food Guide

Brief Overview of Food Groups

Vegetables and Fruits

Low in fat and calories, this food group provides important nutrients such as vitamins, minerals and fiber.

It is recommended to eat at least one dark green and one dark orange vegetable each day. Dark green vegetables such as spinach, kale, parsley, asparagus and romaine lettuce are a good source of folate (B₉), a vitamin that helps produce red blood cells and prevents birth defects. Orange colored fruits and vegetables such as apricots, carrots, cantaloupe, sweet potatoes, mango, and papaya provide carotenoids, a vitamin A that plays a role in night vision and immunity. Furthermore, fiber from vegetables helps ease constipation and provide a sense of fullness.

Half of your meal plate should consist of vegetables.

Grain Products

The brain requires about 120 g of carbohydrate per day, which equals to approximately 50-60% of our daily intake. So it comes as no surprise that grain products are just as important as any other food groups. Grain products are a fantastic source of carbohydrate, B-vitamins, iron, zinc, and magnesium. At least half of the grain products you consume should be whole-grain, as they provide more fiber, vitamins and minerals than refined grains. Examples of whole-grains include quinoa, barley, and oatmeal.

Opt for whole-grain products.

Milk & Alternatives

Milk and milk alternatives provide protein, calcium, vitamin D, A, B₁₂, B₂ (riboflavin), magnesium and zinc. Apart from fortified soy beverage, other non-fortified plant-based beverages such as cashews, almonds, and rice may be lacking in protein, vitamins and minerals. They should not be used as a milk substitute but can still be included as part of a healthy diet. Be sure to select fortified beverages and to eat good sources of calcium and vitamin D if dairy products are not consumed.

Milk & Alternatives provide calcium and vitamin D for strong bones.

Meat & Alternatives

Known to provide protein, this food group also contains nutrients such as iron, zinc, magnesium, B-vitamins and fat. Meat alternatives include cheese, legumes, nuts, and seeds.

It is encouraged to eat two serving of fish per week (150 g/week). Fish contains omega 3, an essential fatty acid that help to reduce the risk for cardiovascular disease. Oily fish such as char, herring, mackerel, trout, salmon, and sardines are among fishes that provide the most omega 3.

Meals should provide at least 15 g of protein.

Oils & Fats

High consumption of saturated and trans fat can increase your risk for cardiovascular disease. On the other hand, unsaturated fat has been shown to be beneficial for health. Opt for vegetable oils, non-hydrogenated products and foods such as nuts, seeds, and fatty fish. These foods also contain omega 3 and 6, both unsaturated essential fatty acids that our body is unable to synthesize. Try including 30 to 45 ml of unsaturated fat each day. Although oils and fats are beneficial to our health, be aware that they are high in calories and should be consumed in moderation.

Opt for unsaturated fats rather than saturated and trans fat.

Beverages

Approximately 60% of our body weight is water. Water loss occurs everyday through sweat, respiration and urinary excretion. Therefore, it is important to stay hydrated. Opt for water, milk and fortified soy beverage. Limit beverage high in sugar, calories, caffeine and alcohol such as energy drinks, fruit-flavored drinks, and soft drinks.

Water is the best drink to replace body fluid loss.

Reference: Canada's Food Guide, Health Canada. <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

Breakfast

- 5-Minutes Nutty Yogurt
- Chia Seeds Pudding
- Oatmeal Pancakes
- Quinoa Porridge
- Spicy Shrimps Omelet

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5-Minutes Nutty Yogurt

Preparation: 10 min Cooking: - Serving: 1

Ingredients

¾ cup (175 g) Greek yogurt
10 almonds, crushed
2 tbsp (30 ml) wheat germ
2 tbsp (30 ml) oat bran
2 tbsp (30 ml) chia seeds
Fresh fruits (optional)

Directions

1. In a bowl, combine all ingredients except fruits.
2. Top with fresh fruits.

Did you know?

Producing Greek yogurt requires three times more milk than ordinary yogurt. Furthermore, the manufacturing process explains the differences regarding the amount of calcium between brands, ranging from 15% to 50% of the recommended daily intake. Be on the lookout for ones that are highest in calcium!

Nutrition Facts (per serving)

Calories	354.2
Total fat (g)	14.7
Saturated fat (g)	1.5
Trans fat (g)	0
Cholesterol (mg)	0
Sodium (mg)	76.4
Total Carbohydrate (g)	33.2
Dietary Fiber (g)	12.6
Sugar (g)	6.6
Protein (g)	28.2

Chia Seeds Pudding

Preparation: 5 min Cooking: 30 min Serving: 1

Ingredients

½ cup (125 ml) milk
2 tbsp (30 ml) chia seeds
¼ tsp (1 ml) vanilla extract
2 tbsp (30 ml) wheat germ
2 tbsp (30 ml) oat bran
Crushed mixed nuts (optional)

Directions

1. In a jar, combine milk, chia seeds and vanilla extract. Stir well. Refrigerate for 30 minutes or until thickened.
2. Add wheat germ and oat bran. Stir until well combined.
3. Garnish with nuts.

Did you know?

Due to its high fiber content chia seeds expand when exposed to moisture resulting in a gel-like consistency. The longer it sits, the thicker it will get!



Nutrition Facts (per serving)

Calories	249.2
Total fat (g)	11.2
Saturated fat (g)	1.9
Trans fat (g)	0.1
Cholesterol (mg)	9.8
Sodium (mg)	63.7
Total Carbohydrate (g)	30.6
Dietary Fiber (g)	11.2
Sugar (g)	6.5
Protein (g)	12.7

Oatmeal Pancakes

Preparation: 15 min Cooking: 15 min Serving: 1

Ingredients

2/3 cup (170 ml) milk
1/3 cup (85 ml) old-fashioned rolled oats
3 tbsp (45 ml) whole-wheat flour
1 tsp (5 ml) vanilla extract
¼ tsp (1 ml) ground cinnamon (optional)
1 egg, beaten
Greek yogurt (optional)
Fresh fruits (optional)
Maple syrup

Directions

1. In a microwave-safe bowl, cover oats with milk. Microwave for 50 to 60 seconds. Set aside to cool for 15 minutes or until thickened.
2. In a large bowl, mix oatmeal, flour, vanilla, cinnamon and egg until well combined.
3. On a griddle, spray vegetable oil over medium-low heat. Pour about ¼ cup (65 ml) of batter onto the griddle and cook for 2 minutes. When bubbles start to appear on the surface, flip the pancake. Cook for another 2 minutes or until golden brown.
4. Garnish with yogurt, fresh fruits, and drizzle maple syrup.



Nutrition Facts (per serving)

Calories	373.4
Total fat (g)	11
Saturated fat (g)	3.1
Trans fat (g)	0.1
Cholesterol (mg)	182.7
Sodium (mg)	136.2
Total Carbohydrate (g)	46.5
Dietary Fiber (g)	5.1
Sugar (g)	9.7
Protein (g)	18.6

Quinoa Porridge

Preparation: 10 min Cooking: 10 min Serving: 1

Ingredients

- ½ cup (125 ml) milk or soy beverage
- ¼ cup (40 g) dry quinoa
- ½ tsp (2.5 ml) vanilla extract
- ¼ tsp (1 ml) ground cinnamon
- 1 tbsp (10 g) pumpkin seeds
- 1 tsp (5 g) chia seeds
- 1 tsp (5 ml) maple syrup or honey

Directions

1. In a saucepan over medium-low heat, combine milk, quinoa, vanilla extract and ground cinnamon. Cover and cook for about 15 minutes or until liquid has been absorbed.
2. Garnish with seeds and drizzle maple syrup. Add more milk if desire.

Did you know?

Quinoa is a gluten-free, whole grain and an excellent source of magnesium, iron, and potassium.
1 cup of dry quinoa yields about 2 cups of cooked quinoa.



Nutrition Facts (per serving)

Calories	267.9
Total fat (g)	11.8
Saturated fat (g)	2.3
Trans fat (g)	0.1
Cholesterol (mg)	9.8
Sodium (mg)	66.4
Total Carbohydrate (g)	29.3
Dietary Fiber (g)	4.5
Sugar (g)	10.4
Protein (g)	11.9

Spicy Shrimps Omelet

Preparation: 10 min Cooking: 10 min Serving: 1

Ingredients

2 eggs
1 tsp (5 ml) red pepper flakes
1 tsp (5 ml) olive oil
1 tbsp (10 g) frozen tiny cooked shrimps
½ small bell pepper, diced
3 crimini mushrooms, diced
Salt and pepper
Grated cheese (optional)
Salsa (optional)

Directions

1. In a bowl, beat eggs and red pepper flakes together.
2. Using a non-stick frying pan, sauté shrimps, bell pepper and mushrooms in oil until tender. Season with salt and pepper. Remove from heat and set aside.
3. In the same pan, add eggs and swirl the pan to evenly coat the bottom.
4. Once the omelette is firm, but is still a little raw on top, add shrimps, mushrooms, bell peppers, and cheese. Using a spatula, ease edges and lightly fold in half.
5. Serve with salsa on the side.



Calories	232
Total fat (g)	14.5
Saturated fat (g)	4.1
Trans fat (g)	0.6
Cholesterol (mg)	375.3
Sodium (mg)	159.5
Total Carbohydrate (g)	10.5
Dietary Fiber (g)	2
Sugar (g)	7.9
Protein (g)	17.3

Salads

- Asian Shrimps Salad
- Chicken Caesar Salad
- Chickpea Tabouli
- Cold Soba Noodles
- Quinoa Tuna Salad

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Asian Shrimps Salad

Preparation: 10 min Cooking: 15 min Serving: 1

Ingredients

Dressing

- 2 tsp (10 ml) sesame oil
- 1 tsp (5 ml) lime juice
- 1 tsp (5 ml) mirin
- 1 tsp (5 ml) sesame seeds
- ½ tsp (2.5 ml) grated gingerroot
- 1 clove garlic, minced
- 1 chili pepper, thinly sliced

Salad

- 2 cups (500 ml) mesclun salad
- ¼ cup (65 ml) cooked edamame beans
- 1 clementine, peeled and sliced
- 6 cooked medium-size shrimps (31/40)
- 1 green onion, finely chopped

Directions

1. In a large bowl, whisk all the dressing ingredients together.
2. Add the rest of ingredients. Toss until well combined.

Did you know?

Shrimps are perishable and need to be frozen to preserve their freshness. Even fresh shrimps have been previously frozen before being thawed by fishmongers.

Have you ever wondered about the way shrimp size is determined? It is based on the number of shrimps per pound. For example, 31/40 means there are between 31 to 40 shrimps per pound. A lower count indicates a larger size shrimps.

Nutrition Facts (per serving)

Calories	344.4
Total fat (g)	13.9
Saturated fat (g)	1.7
Trans fat (g)	0
Cholesterol (mg)	58.5
Sodium (mg)	125
Total Carbohydrate (g)	42
Dietary Fiber (g)	8.3
Sugar (g)	13.3
Protein (g)	17

Chicken Caesar Salad

Preparation: 10 min Cooking: 10 min Serving: 1

Ingredients

Salad

- 1 grilled chicken breast, sliced
- 2 cups (500 ml) romaine lettuce, shredded
- 2 tsp (10 ml) grated *Parmigiano-Reggiano* cheese

Dressing (output: 1 cup (250 ml))

- 100 g (3 ½ oz) multi-usage or silken tofu
- 2 tbsp (30 g) Greek yogurt
- 2 tsp (10 ml) lemon juice
- 2 tsp (10 ml) extra virgin olive oil
- 1 tsp (5 ml) capers, rinsed
- 1 anchovy fillet (or ¼ tsp (1 ml) anchovy paste)
- 1 clove garlic
- Salt and pepper

Directions

1. For the dressing, puree all the ingredients in a blender.
2. In a bowl, toss salad with 2 tsp (10 ml) dressing. Top with chicken. Drizzle 1 tsp of dressing on chicken. Garnish with cheese.



Nutrition Facts (per serving)

Calories	216.1
Total fat (g)	4.2
Saturated fat (g)	1.4
Trans fat (g)	0
Cholesterol (mg)	89.5
Sodium (mg)	96.2
Total Carbohydrate (g)	5
Dietary Fiber (g)	2.5
Sugar (g)	2.4
Protein (g)	37.3

Chickpea Tabouli

Preparation: 10 min Cooking: 25 min Serving: 1

Ingredients

¼ cup (65 ml) dry bulgur or quinoa
½ cup (125 ml) water
1/3 cup (85 ml) chickpeas, drained and rinsed
10 cherry tomatoes, diced
¼ cup (65 ml) fresh parsley, finely chopped
¼ cup (65 ml) mint, finely chopped
1 green onion, finely sliced
½ bell pepper, finely chopped
1 tsp (5 ml) lemon juice
2 tsp (10 ml) extra virgin olive oil
Salt and pepper

Directions

1. In a saucepan, combine water and bulgur. Bring to a boil. Reduce heat to medium-low and simmer for 5 minutes. Remove from heat. Cover for 20 minutes or until water is absorbed. Let bulgur cool.
2. In a bowl, combine all ingredients.
3. Serve as a side dish or eat as a meal.

Did you know?

Tabouli is a Middle-Eastern salad typically made with bulgur, onion, tomatoes, parsley and seasoned with lemon juice, and olive oil. Chilling before eating will further enhance the flavor.

Nutrition Facts (per serving)

Calories	372.8
Total fat (g)	10.8
Saturated fat (g)	1.6
Trans fat (g)	0
Cholesterol (mg)	0
Sodium (mg)	170.9
Total Carbohydrate (g)	60.9
Dietary Fiber (g)	12.2
Sugar (g)	9.3
Protein (g)	13.3

Cold Soba Noodles

Preparation: 10 min Cooking: 10 min Serving: 1

Ingredients

Dressing

- 2 tsp (10 ml) less-sodium soy sauce
- 1 tsp (5 ml) rice vinegar or apple cider vinegar
- 1 tsp (5 ml) water
- 1 tsp (5 ml) honey

- 30 g (1 oz) dry buckwheat soba noodles
- ½ can (100 g) unsalted salmon with bones, drained
- 1 red bell pepper, finely diced
- ¼ cup (65 ml) cooked mixed vegetables

Directions

1. In a large bowl, whisk all the ingredients for the dressing. Set aside.
2. In a saucepan filled with simmering water, cook noodles for 7 minutes or until *al dente*. Drain and transfer to a serving bowl.
3. Toss in the rest of the ingredients with dressing. Refrigerate for 30 minutes before serving.

Did you know?

A good source of omega-3, vitamin D, and calcium, canned salmon is an inexpensive choice to include in your diet.

Nutrition Facts (per serving)

Calories	276.5
Total fat (g)	4.5
Saturated fat (g)	1.1
Trans fat (g)	0
Cholesterol (mg)	70
Sodium (mg)	498.3
Total Carbohydrate (g)	29.5
Dietary Fiber (g)	2.9
Sugar (g)	9.1
Protein (g)	28.7

Quinoa Tuna Salad

Preparation: 10 min Cooking: 25 min Serving: 1

Ingredients

Vinaigrette

2 tsp (10 ml) apple cider vinegar
2 tsp (10 ml) maple syrup or honey
2 tsp (10 ml) extra virgin olive oil
Pinch dry thyme
Pinch dry parsley
Salt and pepper

Salad

2/3 cup(170 ml) water
1/3 cup (85 ml) dry quinoa
2 cups (500 ml) romaine salad, shredded
10 cherry tomatoes
1 can (170 g) light tuna in water, drained

Directions

1. In a large bowl, whisk apple cider vinegar, maple syrup, oil, and herbs. Season with salt and pepper. Set aside.
2. In a saucepan, add water and quinoa. Bring to a boil. Reduce heat to low, cover and simmer for 20 minutes or until quinoa is tender and all water is absorbed.
3. Toss quinoa, lettuce, tomatoes and tuna with vinaigrette.

Did you know?

There are two types of tuna: light and white. Because the tuna used in cans tends to be smaller than the ones consumed fresh, they contain less mercury. Between light and white tuna, light tuna contains less mercury since white tuna is a predator fish and is larger in size.

Nutrition Facts (per serving)

Calories	377.4
Total fat (g)	12.3
Saturated fat (g)	1.7
Trans fat (g)	0
Cholesterol (mg)	25.6
Sodium (mg)	69.2
Total Carbohydrate (g)	38.9
Dietary Fiber (g)	7.1
Sugar (g)	13.4
Protein (g)	28.7

Meat

- Beef & Broccoli
- Dijon Pork Tenderloin
- Lemon Grass Pork
- Classic Meatballs
- Shaking Beef "Bo Luc Lac"

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Beef & Broccoli

Preparation: 15 min Cooking: 15 min Serving: 2

Ingredients

225 g (½ lb) top sirloin beef, sliced
½ tsp (2.5 ml) white flour
1 tsp (5 ml) olive oil
1 clove garlic, sliced
1 tsp (5 ml) less-sodium soy sauce
½ tsp (2.5 ml) cooking sake or cooking white wine
2 cups (500 ml) broccoli, cut into florets and blanched~1 min

Directions

1. In a bowl, dredge beef in flour. Set aside.
2. In a wok or a non-stick skillet, sauté garlic in oil over medium-low heat. Add beef and stir-fry for 4 minutes. Add soy sauce and sake wine. Stir-fry for 2 more minutes.
3. On a serving plate, layer a bed of broccoli. Top with beef. Serve with rice.

Did you know?

Beef is an excellent source of protein, zinc and vitamin B₁₂, and a good source of iron.



Nutrition Facts (per serving)

Calories	224.2
Total fat (g)	7.2
Saturated fat (g)	2.3
Trans fat (g)	0.1
Cholesterol (mg)	55.1
Sodium (mg)	211.7
Total Carbohydrate (g)	13.1
Dietary Fiber (g)	2.1
Sugar (g)	2.3
Protein (g)	25.8

Dijon Pork Tenderloin

Preparation: 10 min Cooking: 25 min Serving: 4

Ingredients

- 1 tsp (5 ml) olive oil
- 454 g (1 lb) pork tenderloin, sliced into ½-inch thick
- ½ cup (125 ml) chicken broth or water
- 1 tsp (5 ml) Dijon mustard
- ¼ tsp (2.5 ml) dry thyme
- 1 tbsp (15 ml) plain Greek yogurt

Directions

1. In a non-stick skillet, brown pork in oil over medium-high heat. Cook thoroughly. Transfer to serving plate.
2. In the same skillet, pour broth. Bring it to a simmer. Add mustard and thyme. Stir until well combined. Remove from heat. Quickly add yogurt, stir and drizzle over pork.

Did you know?

Yogurt can form clumps when exposed to heat due to the amount of protein. To prevent clumps, warm yogurt with a bit of sauce before adding it all to the sauce.



Nutrition Facts (per serving)

Calories	134.7
Total fat (g)	3.7
Saturated fat (g)	1.2
Trans fat (g)	0
Cholesterol (mg)	61.6
Sodium (mg)	82.9
Total Carbohydrate (g)	0.4
Dietary Fiber (g)	0
Sugar (g)	0.3
Protein (g)	23.0

Lemon Grass Pork

Preparation: 10 min Cooking: 25 min Serving: 2

Ingredients

- 2 tbsp (30 ml) grated lemon grass
- 1 tsp (5 ml) honey
- Salt and pepper
- 225 g (½ lb) pork tenderloin, sliced into ½-inch thick

Directions

1. Preheat oven to 400°F (200°C).
2. In a bowl, combine lemon grass and honey. Season with salt and pepper. Rub mixture on pork. Transfer pork to a baking sheet. Bake for 20 to 25 minutes or until temperature reaches at least 160°F (70°C).
3. Serve with rice and a side of vegetables.

Did you know?

Pork is an excellent source of zinc and contains more B-vitamins than other meats.



Nutrition Facts (per serving)

Calories	139.7
Total fat (g)	2.1
Saturated fat (g)	1
Trans fat (g)	0
Cholesterol (mg)	60.8
Sodium (mg)	51
Total Carbohydrate (g)	4
Dietary Fiber (g)	0
Sugar (g)	2.9
Protein (g)	24.9

Classic Meatballs

Preparation: 15 min Cooking: 50 min Serving: 4

Ingredients

Meatballs

1 tsp (5 ml) olive oil
½ (100 g) onion, chopped
2 cloves garlic, minced
375 g (¾ lb) extra lean ground beef
1 egg
2 slices whole-wheat toast pulsed into crumbs
¼ cup (65 ml) fresh parsley, chopped
1 tsp (5 ml) dry basil
½ tsp (2.5 ml) red chili flakes (optional)
¼ tsp (1 ml) garlic powder
Salt and pepper

Tomato Sauce

1 tsp (5 ml) olive oil
½ (100 g) onion, chopped
4 cloves garlic, minced
2 cups (500 ml) canned diced tomatoes
2 cups (500 ml) water or beef stock
Salt and pepper
Hot sauce (optional)

Directions

1. Preheat oven to 400°F (200°C).
Line a baking sheet with parchment paper. Set aside.
2. In a saucepan, sauté onion in oil.
Add garlic and stir for 2 minutes. Remove from heat.
3. In a large bowl, combine all the ingredients for the meatballs. Mix well.
4. Form 18 golf-ball-sized meatballs and place on baking sheet. Bake for 25 to 30 minutes or until temperature reaches 160°F (70°C).
5. For the sauce, sauté onion in oil. Add garlic and stir for 2 minutes. Add tomato and water. Season with salt and pepper. Simmer on medium-low heat for 15 minutes. Using an immersion blender, puree sauce until smooth.
6. Serve meatballs on a bed of pasta. Top with sauce.

Nutrition Facts (per serving)

Calories	274.8
Total fat (g)	11.1
Saturated fat (g)	3.6
Trans fat (g)	0.2
Cholesterol (mg)	96.4
Sodium (mg)	323.7
Total Carbohydrate (g)	18.1
Dietary Fiber (g)	3.2
Sugar (g)	5.6
Protein (g)	26.3

Shaking Beef

"Bo Luc Lac"

Preparation: 10 min Cooking: 10 min Serving: 1

Ingredients

225 g (½ lb) boneless rib eye steak, cut into bite-size cubes
½ tsp (2.5 ml) white flour
1 tsp (5 ml) olive oil
½ onion, sliced
1 bell pepper, cubed
½ tsp black pepper
¼ tsp (2.5 ml) less-sodium soy sauce

Directions

1. In a bowl, dredge beef in flour. Set aside.
2. In a wok or a non-stick skillet, brown onion and bell peppers in oil over medium-high heat. Add beef and stir-fry for 5 minutes.
3. Season with black pepper and soy sauce. Stir-fry for 1 minute.
4. Serve with rice or over salad and quinoa.



Nutrition Facts (per serving)

Calories	178.7
Total fat (g)	6.6
Saturated fat (g)	2.2
Trans fat (g)	0.1
Cholesterol (mg)	55.1
Sodium (mg)	71.2
Total Carbohydrate (g)	4.4
Dietary Fiber (g)	0.8
Sugar (g)	1.6
Protein (g)	24.1

Chicken

- Chicken Curry
- Chicken Fingers
- Ginger Chicken
- Honey Glaze Chicken
- Baked Chicken Breast

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Chicken Curry

Preparation: 10 min Cooking: 25 min Serving: 2

Ingredients

2 tsp (10 ml) olive oil
4 (400 g) skinless chicken thighs or chicken breasts
¼ onion, diced
225 g (½ lb) potatoes, cut into bite-size cubes
1 cup (250 ml) unsalted chicken broth
1 tbsp (15 ml) grated gingerroot
1 tsp (5 ml) honey
1 tsp (5 ml) curry powder
1 dry bay leaf
Salt
¼ cup (65 ml) milk

Directions

1. In a sauté pan, brown chicken in oil. Transfer to a bowl and set aside.
2. In the same pan, sauté onion. Add chicken and rest of ingredients except milk. Season with salt. Simmer over medium-low heat for 20 to 25 minutes or until chicken is fully cooked. Add milk and simmer for 1 minute.
3. Serve over rice.



Nutrition Facts (per serving)

Calories	252.1
Total fat (g)	8.3
Saturated fat (g)	1.7
Trans fat (g)	0
Cholesterol (mg)	47.1
Sodium (mg)	119.1
Total Carbohydrate (g)	27.6
Dietary Fiber (g)	2.5
Sugar (g)	6.3
Protein (g)	16.7

Chicken Fingers

Preparation: 15 min Cooking: 25 min Serving: 1

Ingredients

- 1 (200 g) chicken breast, sliced into ½-inch thick
- 2 tbsp (30 ml) whole-wheat flour
- ½ tsp (2.5 ml) chili powder
- Salt
- 1 egg, lightly beaten
- 1 cup (250 ml) bread crumbs or 1 toast, pulsed into crumbs

Directions

1. Preheat oven to 350°F (180°C).
2. In a bowl, mix flour with chili powder. Season with salt.
3. Place eggs and bread crumbs in two separate bowls.
4. Dredge chicken in flour. Dip chicken in the egg wash before coating it with bread crumbs. Transfer to a baking tray.
5. Bake for 25 minutes or until chicken is fully cooked through. Flip halfway through the cooking process to crisp the other side of chicken.



Nutrition Facts (per serving)

Calories	369.3
Total fat (g)	8.5
Saturated fat (g)	2.4
Trans fat (g)	0
Cholesterol (mg)	253.2
Sodium (mg)	309.1
Total Carbohydrate (g)	25.9
Dietary Fiber (g)	4.1
Sugar (g)	2.5
Protein (g)	44.6

Ginger Chicken

Preparation: 10 min Cooking: 15 min Serving: 1

Ingredients

- 1 (215 g) chicken breast, sliced into strips
- 1 tbsp (15 ml) grated gingerroot
- 1 tsp (5 ml) fish sauce (*nuoc mam*)
- 1 tsp (5 ml) honey
- ½ tsp (2.5 ml) white flour
- 1 tsp (5 ml) olive oil

Directions

1. In a bowl, marinate chicken with ginger and fish sauce. Refrigerate for 15 minutes.
2. Dredge chicken in flour.
3. In a frying pan, sauté chicken in oil until fully cooked.

Did you know?

Fish sauce, or *nuoc mam*, is a condiment made from fermented fish. Often used in Vietnamese cuisine, it is both sweet and salty.



Nutrition Facts (per serving)

Calories	232.9
Total fat (g)	6.6
Saturated fat (g)	1.2
Trans fat (g)	0
Cholesterol (mg)	83.5
Sodium (mg)	674.2
Total Carbohydrate (g)	8.0
Dietary Fiber (g)	0.1
Sugar (g)	5.8
Protein (g)	33.1

Honey Glaze Chicken

Preparation: 10 min Cooking: 25 min Serving: 2

Ingredients

- 4 chicken thighs
- ¼ tsp (1 ml) olive oil
- 2 tsp (10 ml) less-sodium soy sauce
- 2 tbsp (30 ml) water or chicken broth
- 1 tsp (5 ml) honey
- 1 tsp (5 ml) lemon juice
- 1 tbsp (15 ml) grated gingerroot
- Green onion, sliced diagonally (optional)
- Coriander, chopped (optional)

Directions

1. In a sauté pan, brown chicken skin-side down in oil. When skin is browned, flip chicken and cook thoroughly. Add broth, lemon juice and ginger. Simmer until sauce thickened.
2. Garnish with green onion and coriander.

Did you know?

To avoid extra calories, discard the skin. See *Nutrition Facts* for comparison.



Nutrition Facts (per serving)

	With Skin	Without Skin
Calories	378.8	218.1
Total fat (g)	26.3	9.3
Saturated fat (g)	7	0
Trans fat (g)	0	0
Cholesterol (mg)	122.7	94.6
Sodium (mg)	134.9	111.7
Total Carbohydrate (g)	7.3	7.3
Dietary Fiber (g)	0.8	0.8
Sugar (g)	4.5	4.5
Protein (g)	27.1	25.4

Baked Chicken Breast

Preparation: 5 min Cooking: 30 min Serving: 1

Ingredients

- ¼ tsp (1 ml) cumin
- ¼ tsp (1 ml) paprika
- ¼ tsp (1 ml) dry parsley
- 2 tsp (10 ml) olive oil
- 1 (215 g) chicken breast
- Salt and pepper

Directions

1. Preheat oven to 350°F (180°C).
2. In a bowl, combine cumin, paprika and parsley.
3. Rub spice mixture on chicken. Brush evenly with oil.
4. Bake for 30 minutes or until temperature reaches 170°F (77°C).

Did you know?

Since the 1950s, the U.S has prohibited the use of hormones in chicken. Whether antibiotics are administered or not, the final product does not contain antibiotics. From a nutritional point of view, there is no difference between anorganic and a regular chicken.



Nutrition Facts (per serving)

Calories	238.5
Total fat (g)	11.2
Saturated fat (g)	1.8
Trans fat (g)	0
Cholesterol (mg)	83.5
Sodium (mg)	73.8
Total Carbohydrate (g)	0.4
Dietary Fiber (g)	0.2
Sugar (g)	0.1
Protein (g)	32.3

Seafood

- Baked Fennel Salmon
- Chimichurri Shrimps
- Fish Cake
- Salmon w/ Hoisin Glaze
- Seafood Papillote

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Baked Fennel Salmon

Preparation: 10 min Cooking: 15 min Serving: 1

Ingredients

4-5 spears asparagus
1 tbsp (15 ml) olive oil, divided
1 (100 g) skinless salmon fillet
½ tsp (2.5 ml) dry fennel seeds
Salt and pepper

Directions

1. Preheat oven to 400°F (200°C).
2. On a baking sheet, toss asparagus with ½ tbspoil. Spread on one side. Bake for 5 minutes.
3. Drizzle oil on salmon. Sprinkle fennel seeds. Season with salt and pepper. Bake in the oven with asparagus for about 12 minutes or until fish flakes easily with a fork.
4. Serve with brown rice or quinoa.

Did you know?

The pungent odor in urine that occurs following a meal of asparagus is caused by the degradation of sulfur compounds in asparagus.

Nutrition Facts (per serving)

Calories	322.2
Total fat (g)	24.9
Saturated fat (g)	4.2
Trans fat (g)	0
Cholesterol (mg)	56.7
Sodium (mg)	57.3
Total Carbohydrate (g)	3
Dietary Fiber (g)	1.8
Sugar (g)	1.2
Protein (g)	21.5

Chimichurri Shrimps

Preparation: 10 min Cooking: 10 min Serving: 1

Ingredients

- ½ cup (125 ml) parsley
- ½ cup (125 ml) coriander
- ¼ cup (65 ml) apple cider vinegar or red wine vinegar
- 1 jalapeno, seeded (optional)
- 2 cloves garlic
- 1 tsp (5 ml) lime juice
- 1 tbsp (15 ml) olive oil, divided
- Salt and pepper
- 12 medium-size shrimps (31/40), deveined and peeled

Directions

1. Preheat oven to 400°F (200°C). Soak skewers in water.
2. In a blender or food processor, combine parsley, coriander, vinegar, jalapeno, garlic, lime juice and 2 tsp (10 ml) oil. Blend until well combined.
3. In a bowl, coat shrimps with 2 tbsp (30 ml) sauce. Skewer shrimps. Place them on a baking tray lined with parchment paper. Drizzle 1 tsp (5 ml) oil on shrimps.
4. Bake for 10 minutes or until shrimps turns pink.
5. Serve remaining sauce as a dip.



Nutrition Facts (per serving)

Calories	228.7
Total fat (g)	14.8
Saturated fat (g)	2.1
Trans fat (g)	0
Cholesterol (mg)	128.7
Sodium (mg)	186.7
Total Carbohydrate (g)	6.3
Dietary Fiber (g)	2.2
Sugar (g)	1
Protein (g)	15.9

Fish Cake

Preparation: 15 min Cooking: 10 min Serving: 8 patties

Ingredients

Fish cakes

- 2 (450 g) tilapia filets
- 2 tbsp (30 ml) white flour
- 3 cloves garlic
- 2 green onions
- ½ tsp (2.5 ml) red pepper flakes (optional)
- 1 egg white
- 1 tbsp (15 ml) olive oil, divided
- Salt and pepper
- Tartar sauce (optional)

Directions

1. In a food processor, pulse fish until coarsely chopped. Add the rest of ingredients with 2 tsp (10 ml) oil. Blend into a paste. Form 8 patties.
2. In a non-stick skillet, heat oil over medium-high heat. Cook fishcakes for 5 minutes on each side or until golden brown.
3. Serve fishcakes with tartar sauce on the side.



Nutrition Facts (per patty)

Calories	81.2
Total fat (g)	2.8
Saturated fat (g)	0.6
Trans fat (g)	0
Cholesterol (mg)	28.1
Sodium (mg)	36.4
Total Carbohydrate (g)	2.1
Dietary Fiber (g)	0.1
Sugar (g)	0.2
Protein (g)	12.1

Salmon w/ Hoisin Glaze

Preparation: 10 min Cooking: 15 min Serving: 1

Ingredients

- 2 tsp (10 ml) hoisin sauce
- 2 tsp (10 ml) lime juice
- 2 tsp (10 ml) honey
- 2 cloves garlic, minced
- Salt and pepper
- ½ bell pepper, cut into cubes
- 1 (200 g) salmon filet, cut into cubes

Directions

1. Preheat oven to 400°F (200°C).
2. In a bowl, combine hoisin sauce, lime juice, honey and garlic. Season with salt and pepper.
3. Toss salmon with glaze. Skewer salmon and bell peppers.
4. Bake for 12 to 15 minutes.



Nutrition Facts (per serving)

Calories	466.4
Total fat (g)	22.8
Saturated fat (g)	4.6
Trans fat (g)	0
Cholesterol (mg)	113.7
Sodium (mg)	283.8
Total Carbohydrate (g)	22.6
Dietary Fiber (g)	1.3
Sugar (g)	17.1
Protein (g)	41.2

Seafood Papillote

Preparation: 10 min Cooking: 15 min Serving: 1

Ingredients

3 medium-size shrimps (31/40), peeled and deveined
2 medium-size scallops
½ bell pepper, sliced into long strips
1 green onion, sliced diagonally into 1-inch length
1 clove garlic, minced
2 tsp (10 ml) lime juice
2 tsp (10 ml) cooking white wine
1 tsp (5 ml) olive oil
Black pepper

Directions

1. Preheat oven to 400°F (200°C).
2. In a bowl, toss all ingredients together.
3. On a parchment paper, layer a bed of bell peppers and green onion. Top with shrimps and scallops. Seal it. Bake for 15 minutes.
4. Using kitchen scissors, make an incision in the middle. Serve as is or transfer to a serving dish.



Nutrition Facts (per serving)

Calories	113.7
Total fat (g)	5.2
Saturated fat (g)	0.7
Trans fat (g)	0
Cholesterol (mg)	46
Sodium (mg)	171.1
Total Carbohydrate (g)	5.8
Dietary Fiber (g)	1
Sugar (g)	2.3
Protein (g)	10.4

Vegetarian

- Asian Tofu Stir-Fry
- Easy Frittata
- Tofu and Eggplant
- Vegan-Cheat Sheppard Pie
- Vegetarian Nuggets

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Asian Tofu Stir-Fry

Preparation: 10 min Cooking: 20 min Serving: 5

Ingredients

- 1 (567 g) package firm tofu, drained and blotted
- 5 cloves garlic, minced
- 1 tbsp (15 ml) fresh ginger, grated
- 1 fresh chili pepper, thinly sliced (optional)
- ¼ cup (65 ml) less-sodium soy sauce
- 2 tbsp (30 ml) sesame oil
- 2 tbsp (30 ml) mirin
- 2 tbsp (30 ml) honey
- 2 tsp (10 ml) olive oil
- 2 bell peppers, seeded and cut into bite-size cubes
- 1 small onion, quartered

Directions

1. In a sealable plastic bag, combine all ingredients except canola oil and vegetables. Marinate for at least one hour in the refrigerator. Remove tofu and set aside marinade.
2. In a wok, brown all sides of tofu in oil over medium-high heat. Remove from pan and set aside.
3. In the same wok, stir-fry bell peppers and onion for 5 minutes.
4. Add tofu and remaining marinade. Stir-fry for another 5 minutes. Serve with rice.



Nutrition Facts (per serving)

Calories	235.1
Total fat (g)	12
Saturated fat (g)	1.7
Trans fat (g)	0
Cholesterol (mg)	0
Sodium (mg)	434.2
Total Carbohydrate (g)	25.6
Dietary Fiber (g)	3
Sugar (g)	10.8
Protein (g)	14.7

EasyFrittata

Preparation: 10 min Cooking: 25 min Serving: 2

Ingredients

- 1 tbsp (15 ml) olive oil
- 5 (60 g) crimini mushrooms, sliced
- 1 (70 g) small red bell pepper, diced
- 1 stalk (50 g) celery, diced
- 4 eggs, beaten
- 1 green onion, sliced
- ¼ cup (65 ml) fresh parsley, coarsely chopped

Directions

1. Preheat oven to 300°F (150°C).
2. In an oven-safe pan, sauté mushrooms, bell pepper and celery in oil until softened. Add eggs. Sprinkle with green onions and parsley. Stir for even distribution. Remove from heat. Bake for 20 minutes or until temperature reaches 160°F (70°C).

Did you know?

Eggs are a good source of vitamins B₁₂, B₁ (riboflavin), B₉ (folate), D and minerals such as zinc, iron, and potassium.



Nutrition Facts (per serving)

Calories	222.9
Total fat (g)	16.4
Saturated fat (g)	3.8
Trans fat (g)	0.1
Cholesterol (mg)	339.4
Sodium (mg)	145.9
Total Carbohydrate (g)	6.4
Dietary Fiber (g)	1.6
Sugar (g)	3.5
Protein (g)	12.7

Tofu and Eggplant

Preparation: 15 min Cooking: 25 min Serving: 1

Ingredients

¼ (150 g) package firm tofu, drained and blotted
225 g (½ lb) eggplant, cut into 1-inch length
1 bell pepper, sliced into 1-inch length
1 (60 g) carrot, sliced into 1-inch length
¼ cup (65 ml) canned diced tomato
½ cup (125 ml) fresh parsley, chopped
¼ tsp (2.5 ml) cumin

Directions

1. In a skillet, brown tofu in oil. Transfer to a bowl. Set aside.
2. In the same skillet, sauté eggplant, bell peppers, and carrot. Add tomato, parsley, cumin, and tofu. Cook for another 2 minutes.



Nutrition Facts (per serving)

Calories	239.2
Total fat (g)	7.9
Saturated fat (g)	1.2
Trans fat (g)	0
Cholesterol (mg)	0
Sodium (mg)	73.4
Total Carbohydrate (g)	33.6
Dietary Fiber (g)	14.4
Sugar (g)	12.9
Protein (g)	21.8

Vegan-Cheat Sheppard Pie

Preparation: 10 min Cooking: 20 min Serving: 1

Ingredients

2 medium (200 g) carrots, coarsely chopped
3 tbsp (45 ml) unsweetened enriched soy beverage
¼ (50 g) onion, diced
2 cloves garlic, chopped
1 tsp (5 ml) olive oil
½ bell pepper, diced
½ cup (120 g) cooked chickpeas
¼ tsp (1 ml) chili powder
¼ cup (65 ml) vegetable stock or water
¼ tsp (1 ml) flour

Directions

1. In a small pot, cook carrots in boiling water until fork tender. Drain. Using a food processor, puree carrots with soy beverage. Set aside.
2. In a saucepan, sauté onion and garlic in oil. Add bell peppers and chickpeas. Cook until tender. Add vegetable stock. Cover and simmer for 10 minutes. Sprinkle flour and stir until thickened.
3. In a ramequin, layer filling. Top with pureed carrots.



Nutrition Facts (per serving)

Calories	283.9
Total fat (g)	8
Saturated fat (g)	1
Trans fat (g)	0
Cholesterol (mg)	0
Sodium (mg)	117.8
Total Carbohydrate (g)	44.6
Dietary Fiber (g)	8.7
Sugar (g)	13.7
Protein (g)	11.1

Vegetarian Nuggets

Preparation: 10 min Cooking: 12 min Serving: 8 nuggets

Ingredients

2 cups (500 ml) cooked chickpeas
2 cloves garlic, minced
1 cup (30 g) bread crumbs
2 tsp (10 ml) paprika
¼ tsp (1 ml) cumin
2 eggs
1 tbsp (15 ml) olive oil
Salt and pepper

Directions

1. Preheat oven to 350°F (180°C).
2. In a blender, puree chickpeas and garlic.
Transfer to a bowl.
3. Add bread crumbs, paprika, cumin and eggs.
Mix until well combined.
4. Form 8 nuggets. Drizzle oil on top. Bake for 12 minutes or until temperature reaches at least 160°F (70°C).



Nutrition Facts (per nugget)

Calories	116.5
Total fat (g)	4.2
Saturated fat (g)	0.8
Trans fat (g)	0
Cholesterol (mg)	42.4
Sodium (mg)	56.1
Total Carbohydrate (g)	14.7
Dietary Fiber (g)	2.2
Sugar (g)	2.4
Protein (g)	5.5

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Ginger & Carrot Soup

Preparation: 10 min Cooking: 20 min Serving: 6

Ingredients

2 tsp (10 ml) olive oil
1 medium onion, coarsely chopped
6 cloves garlic, coarsely chopped
6 medium carrots, coarsely chopped
3 cups (750 ml) unsalted chicken broth
½ (280 g) package multi-usage or silken tofu
Salt and pepper
Plain Greek yogurt (optional)

Ingredients

1. In a large saucepan, sauté onions and garlic in oil over medium-low heat. Add carrots and broth. Bring to a boil. Reduce heat to medium-low. Simmer until carrots are soft. Add tofu. Season with salt and pepper.
2. In a blender or using an immersion blender, puree soup until smooth.
3. Garnish each bowl with a dollop of Greek yogurt and fresh ground peppers.



Nutrition Facts (per serving)

Calories	121.7
Total fat (g)	4.4
Saturated fat (g)	0.8
Trans fat (g)	0
Cholesterol (mg)	3.6
Sodium (mg)	217.6
Total Carbohydrate (g)	14.8
Dietary Fiber (g)	2
Sugar (g)	6.5
Protein (g)	6.3

Pickled Marinade

Preparation: 5 min Cooking: 1 h

Ingredients

1 cup (250 ml) water

½ cup (125 ml) apple cider vinegar or white vinegar

¼ cup (65 ml) honey

Pinch salt

Vegetables of choice

Directions

1. In a bowl or a jar, whisk all ingredients.
2. Marinate vegetables of choice such as carrots, radish or onion.
3. Refrigerate for at least 1 hour.
4. Serve as a side or use as a garnish.

Roasted Potatoes

Preparation: 5 min Cooking: 45 min Serving: 1

Ingredients

150 g (1/3 lb) golf-ball size new potatoes, halved
½ tsp (2.5 ml) dry rosemary
1 tbsp (15 ml) olive oil
Salt and pepper

Directions

1. Preheat oven to 400°F (200°C).
2. On a baking sheet, drizzle olive oil on potatoes. Sprinkle rosemary. Season with salt and pepper.
3. Roast for 40 minutes or until golden brown.

Did you know?

Potatoes are a good source of vitamin C. However, the amount can decrease by 40% after 2 months of storage.



Nutrition Facts (per serving)

Calories	263.2
Total fat (g)	13.9
Saturated fat (g)	2
Trans fat (g)	0
Cholesterol (mg)	0
Sodium (mg)	11
Total Carbohydrate (g)	32
Dietary Fiber (g)	3.4
Sugar (g)	2.1
Protein (g)	3.2

Tofu & Crab Soup

Preparation: 10 min Cooking: 25 min Serving: 5

Ingredients

- 1 (567 g) package firm tofu, drained and cubed into ½-inch
- 2 ½ cup (625 ml) unsalted chicken broth
- 1 ½ cup (255 g) frozen mixed vegetables
- 2 cans (240 g) crab meat
- 2 tbsp (30 ml) white flour
- 2 tbsp (30 ml) water
- Cilantro, chopped (optional)

Directions

1. In a large saucepan, combine all ingredients except flour and water. Add liquid from canned crabmeat. Bring to a boil. Reduce heat to medium-low.
2. In a small bowl, dissolve flour in water. Gently pour into soup while stirring. Continue to stir and bring to a boil. Simmer for 10 minutes.
3. Garnish with cilantro.



Nutrition Facts (per serving)

Calories	192.8
Total fat (g)	7.1
Saturated fat (g)	1.2
Trans fat (g)	0
Cholesterol (mg)	25
Sodium (mg)	346.6
Total Carbohydrate (g)	18.4
Dietary Fiber (g)	4
Sugar (g)	1.9
Protein (g)	20.9

Spicy Mashed Avocado

Preparation: 10 min Cooking: - Serving: 1 cup (250 ml)

Ingredients

1 avocado
½ tsp (2.5 ml) lime juice
½ tsp (2.5 ml) hot sauce
½ tsp (2.5 ml) red pepper flakes
½ jalapeno, seeded and finely diced
Salt and pepper

Directions

1. In a bowl, mash avocado until smooth. Add the rest of ingredients and mix until well combined.
2. Serve as a side, with baked pita bread or use as a spread.

Did you know?

Avocado is an excellent source of fiber, B-vitamins, vitamin K and E. It also contains phytosterols, a plant chemical that helps reduce blood cholesterol. So use creamy avocado as a substitute for mayonnaise or butter!



Nutrition Facts (per cup)

Calories	230.1
Total fat (g)	21
Saturated fat (g)	2.9
Trans fat (g)	0
Cholesterol (mg)	0
Sodium (mg)	73.5
Total Carbohydrate (g)	12.4
Dietary Fiber (g)	9.5
Sugar (g)	0.7
Protein (g)	2.8

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Carrot Muffin

Preparation: 10 min Cooking: 20 min Serving: 6 muffins

Ingredients

- 1 (170 g) large carrot
- 2 tbsp (30 ml) sugar
- 1/3 cup (85 ml) milk
- 1 tbsp (15 ml) olive oil
- 1 egg
- 1 cup (250 ml) whole-wheat flour
- 2 tbsp (30 ml) wheat germ
- 2 tbsp (30 ml) oat bran
- ½ tsp (2.5 ml) baking powder
- ¼ cup (40 g) dry cranberries

Directions

1. Set rack in middle position. Preheat oven to 350°F (180°C). Line a muffin tray with 6 liners.
2. In a food processor, pulse carrot, sugar, milk, oil, and egg until well combined. Add flour, wheat germ, oat bran and baking powder. Pulse again until well combined. Stir in cranberries. Spoon batter into the muffin tray.
3. Bake muffins for 20 minutes or test with a toothpick to see if it comes out clean.



Nutrition Facts (per muffin)

Calories	162.1
Total fat (g)	4.2
Saturated fat (g)	0.7
Trans fat (g)	0
Cholesterol (mg)	28.3
Sodium (mg)	60.5
Total Carbohydrate (g)	27.5
Dietary Fiber (g)	3.3
Sugar (g)	9.1
Protein (g)	5

Choco Pots De Crème

Preparation: 10 min Cooking: 4 h Serving: 6

Ingredients

¾ cup (175 ml) milk
375 g (¾ lb) multi-usage or silken tofu
2 tbsp (30 ml) honey or sugar
60 g (2 oz) dark chocolate, melted
Greek yogurt (optional)

Directions

1. In a saucepan, warm milk over medium-low heat.
2. In a blender, puree tofu, honey, chocolate, and milk. Pour mixture into small cups or ramequins. Refrigerate for at least 4 hours.
3. Garnish with a dollop of Greek yogurt.

Did you know?

Silken tofu is an excellent substitute for cream, cottage cheese and mayonnaise when making dips, vinaigrettes, sauces and cream soups.

Nutrition Facts (per serving)

Calories	131.2
Total fat (g)	6.5
Saturated fat (g)	3.1
Trans fat (g)	0
Cholesterol (mg)	2.9
Sodium (mg)	22.2
Total Carbohydrate (g)	13.8
Dietary Fiber (g)	1.2
Sugar (g)	10.8
Protein (g)	4.8

Home-Made Granola

Preparation: 5 min Cooking: 15 min Output: 1 cup (250 ml)

Ingredients

- ¼ cup (65 ml) old-fashioned rolled oats
- ¼ cup (65 ml) almonds, crushed
- ¼ cup (65 ml) pumpkin seeds
- 2 tsp (10 ml) maple syrup
- ½ tsp (2.5 ml) vanilla extract
- 1 tsp (5 ml) vegetable oil
- Salt (optional)

Directions

1. Preheat oven to 325°F (160°C).
2. In a bowl, combine all ingredients.
3. Bake for 15 minutes or until golden brown.
Stir every 5 minutes.
4. Store in an airtight container.
This granola can be kept up to a month and be eaten for breakfast or use in desserts recipes such as apple crumble.



Nutrition Facts (per ½ cup)

Calories	253.8
Total fat (g)	17.5
Saturated fat (g)	2.4
Trans fat (g)	0
Cholesterol (mg)	0
Sodium (mg)	2.6
Total Carbohydrate (g)	17.2
Dietary Fiber (g)	3.6
Sugar (g)	4.7
Protein (g)	9.4

Spicy Roasted Chickpeas

Preparation: 5 min Cooking: 1 h (+ soaking time)

Output: 1 cup (250 ml)

Ingredients

¼ cup (50 g) dry chickpeas
¼ tsp (2.5 ml) cumin
½ tsp (2.5 ml) chili powder
¼ tsp (1 ml) garlic powder
1 tsp (5 ml) olive oil
Salt

Directions

1. In a small bowl, soak chickpeas in water overnight.
Drain and blot chickpeas.
2. Set rack in middle position. Preheat oven to 400°F (200°C).
3. Spread chickpeas on baking sheet. Add spices, oil and salt.
Toss until well combined. Bake for 1 hour or until golden brown.



Nutrition Facts (per ½ cup)

Calories	157.1
Total fat (g)	4.5
Saturated fat (g)	0.6
Trans fat (g)	0
Cholesterol (mg)	0
Sodium (mg)	12.3
Total Carbohydrate (g)	23
Dietary Fiber (g)	4.0
Sugar (g)	4.0
Protein (g)	7.4

Vegan Tofu Brownie

Preparation: 10 min Cooking: 25 min Serving: 8 squares

Ingredients

90 g (3 oz) multi-usage or silken tofu
2/3 cup (170 ml) unsweetened enriched soy beverage
½ cup (125 ml) maple syrup
2 tsp (10 ml) vanilla extract
1 tsp (5 ml) canola oil
1 cup (250 ml) whole wheat-flour
½ cup (125 ml) cocoa powder
½ tsp (2.5 ml) baking powder

Directions

1. Preheat oven to 300°F (150°C).
2. In a blender, puree tofu, soy beverage, maple syrup, vegetable oil, and vanilla extract. Transfer to a large bowl.
3. Add flour, cocoa powder and baking powder. Using a spatula, mix batter until smooth. Pour into a greased baking pan. Bake for 25 minutes or until toothpick comes out clean.
4. Let brownies cool for 15 minutes before slicing.



Nutrition Facts (per square)

Calories	190.3
Total fat (g)	3.2
Saturated fat (g)	0.8
Trans fat (g)	0
Cholesterol (mg)	0
Sodium (mg)	41.6
Total Carbohydrate (g)	37.2
Dietary Fiber (g)	4.3
Sugar (g)	16.6
Protein (g)	5.7

Interesting Resources

Brown AC.

Understanding Food: Principles and Preparation (2010).

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<http://www.dietitians.ca/>

Eat Right Ontario.

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QA International.

The Visual Food Encyclopedia (1996).

US Food Guide Pyramid.

<http://www.cnpp.usda.gov/FGP>

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<http://ndb.nal.usda.gov/ndb/search/list>