



Recipes *for* STUDENT NUTRITION PROGRAMS



A collection of recipes, sample meal plans and checklists to help you choose your own recipes for your student nutrition program.

Written by Registered Dietitians in Public Health.

Created by: Kelly Ferguson RD (Oxford County Public Health);

Julia Huber, Dietetic Intern (Haldimand-Norfolk Health Unit);

Rachel Morgan RD (York Region Public Health);

Michelle Saraiva RD (Haldimand-Norfolk Health Unit)

Designed by: Haldimand-Norfolk Health Unit's Communication Services

For an electronic version, search "Recipes for Student Nutrition Programs" at www.brightbites.ca.

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Introduction

Healthy eating helps children learn, play, grow and develop. Proper nutrition can help children get the most out of their school day. Student nutrition programs (SNP) contribute to student learning and health. SNP can support a healthy diet, improve cognitive functioning, improve classroom behaviour and increase school attendance. By participating in SNP, students have the opportunity to learn about food preparation and healthy eating habits¹.

Choosing recipes that meet the Ministry of Children and Youth Services Student Nutrition Program Nutrition Guidelines (MCYS SNP Nutrition Guidelines) is sometimes challenging. This booklet has been designed to assist you in planning your program's menu by providing you with checklists, sample meal and snack program menus and a selection of recipes that fit within the nutrition guidelines. See the complete MCYS SNP Nutrition Guidelines: http://www.children.gov.on.ca/htdocs/English/topics/schoolsnacks/nutrition_guidelines.aspx. For access to Canada's Food Guide, visit www.canadasfoodguide.org.

All of the recipes in this booklet might not work in your program. The recipes have been selected with a variety of cooking equipment and volunteer resources in mind, so that you can find some that will work in your program. We encourage you to try the recipes and find your favourites. With each recipe, you will also find tips to help you plan a complete meal or snack according to the MCYS SNP Nutrition Guidelines.

¹Nourishing Young Minds. Toronto Public Health. 2012.

<http://www.toronto.ca/legdocs/mmis/2012/hl/bgrd/backgroundfile-48313.pdf>



Recipe checklist

A healthy recipe can be a great addition to a SNP. The recipes provided in this booklet have been carefully chosen and reviewed by Registered Dietitians in public health. Use this checklist to select your own recipes that meet the MCYS SNP Nutrition Guidelines and the needs of your program.

Things to consider when selecting a recipe:	Yes	No
1. All ingredients in the recipe meet the MCYS SNP Nutrition Guidelines.		
2. The recipe does not contain food items from the “do not serve” list identified in the MCYS SNP Nutrition Guidelines.		
3. The recipe does not have products containing peanuts and other nuts if in an elementary school.		
4. The recipe uses kitchen equipment that is available to your SNP e.g. bowls, griddle, blender.		
5. The recipe includes ingredients that can be purchased through a food distributor or at the local grocery store.		
6. The recipe uses ingredients that are affordable.		
7. The recipe requires basic food preparation and cooking skills that are familiar to SNP volunteers.		
8. The preparation time is reasonable for SNP volunteers.		
9. The cooking time is reasonable for SNP volunteers.		
10. The recipe is adaptable and substitutions can be made if needed.		
11. The recipe is easy to serve for your program.		
12. If applicable, students are able to assist with the recipe preparation.		



Menu planning checklist

Menu planning for a SNP doesn't have to be difficult. Menus that work the best are simple and nutritious. A one to two week menu cycle will provide enough variety for students. Use this checklist to ensure your menu meets the MCYS SNP Nutrition Guidelines.

Things to consider when planning a menu:	Yes	No
1. All foods that are offered meet the MCYS SNP Nutrition Guidelines for vegetables and fruit.		
2. All foods that are offered meet the MCYS SNP Nutrition Guidelines for grain products.		
3. All foods that are offered meet the MCYS SNP Nutrition Guidelines for milk and alternatives.		
4. All foods that are offered meet the MCYS SNP Nutrition Guidelines for meat and alternatives.		
5. A snack contains at least one serving from a minimum of two food groups in Canada's Food Guide. One serving is from the vegetables and fruit food group.		
6. A breakfast or morning meal contains at least one serving from a minimum of three food groups in Canada's Food Guide. One serving is from the vegetables and fruit food group and another serving is from the milk and alternatives food group.		
7. The menu does not include more than one offering from the "foods to be served one time per week or less" for each food group, according to the MCYS SNP Nutrition Guidelines.		
8. Food items from the "do not serve" list identified in the MCYS SNP Nutrition Guidelines are not included in the menu.		
9. Only one condiment is offered (if applicable) per meal or snack.		
10. Tap water is always available to students.		



Two week sample student nutrition program menus

Items with an asterisks (*) have recipes included in this booklet.

Breakfast program

A breakfast contains at least one serving from a minimum of three food groups in Canada's Food Guide. One serving is from the vegetables and fruit food group and another serving is from the milk and alternatives food group.

Day	Week 1	Week 2
Monday	Baby carrots, bean and cheese quesadillas*	Green grapes, English muffin mini pizza*
Tuesday	Apple and bran flake pancake* and one cup 1% plain milk	Tuna salad pita pockets* and baby carrots
Wednesday	Raspberry vanilla overnight oats*	Apple and cheese wrap*
Thursday	Frozen mixed berries, low-fat cottage cheese and whole grain cereal	Grilled cheese sandwich*, 2 mini cucumbers
Friday	Red delicious apple, egg and cheese wrap*	Berry pizza (cottage cheese spread on melba toast and topped with berries)

Morning meal program

A morning meal contains at least one serving from a minimum of three food groups in Canada's Food Guide. One serving is from the vegetables and fruit food group and another serving is from the milk and alternatives food group.

Day	Week 1	Week 2
Monday	Golden delicious apple, simple banana bran muffin* and vanilla yogurt	Assorted vegetable sticks, whole wheat pita crisps* and tzatziki dip*
Tuesday	Red grapes, ½ whole wheat bagel with marble cheese	Broccoli and cheddar mini quiches* and a banana
Wednesday	Sliced cucumber and carrots, 2 mini whole grain pitas, hummus*	Pear, whole grain cereal mix* and fruit flavoured yogurt
Thursday	Tuna-macaroni salad*, clementine orange and fruit-flavoured yogurt	Tomato bean soup with cheddar cheese* and whole grain crackers
Friday	Grape tomatoes, whole wheat English muffin with soft margarine and one cup 1% plain milk	Smoothie* and ½ whole wheat bagel with 15 mL light cream cheese



Snack program

A snack contains at least one serving from a minimum of two food groups in Canada’s Food Guide. One serving is from the vegetables and fruit food group.

The items in these menus require little preparation and would work well in a bin style snack program.

Day	Week 1	Week 2
Monday	Clementine orange with dry whole grain cereal mix*	½ cup unsweetened applesauce with whole grain cereal
Tuesday	½ cup canned fruit and ½ whole wheat bagel with 15 mL light cream cheese	Granny smith apple and mozzarella cheese slices
Wednesday	Green grapes and stringable cheese	Smoothie* and whole grain crackers
Thursday	Banana and fruit flavoured yogurt	Pear with ½ whole wheat English muffin and 15 mL strawberry jam
Friday	2 mini cucumbers and whole wheat melba toasts	Sliced red and green pepper with stringable cheese





Bran pancakes

Ingredients:

- ☐ Non-stick cooking spray
- ☐ 1 egg
- ☐ 425 mL (1 $\frac{3}{4}$ cup) 2%, 1% or skim milk
- ☐ 375 mL (1 $\frac{1}{2}$ cups) all-purpose flour
- ☐ 125 mL ($\frac{1}{2}$ cup) bran flake cereal
- ☐ 30 mL (2 tbsp) white sugar
- ☐ 2 mL ($\frac{1}{2}$ tsp) salt
- ☐ 2 mL ($\frac{1}{2}$ tsp) baking powder
- ☐ 2 mL ($\frac{1}{2}$ tsp) cinnamon

Directions:

1. Spray griddle with non-stick cooking spray and heat to medium-high.
2. In a large bowl, mix together bran flake cereal and milk. Let stand until bran flakes are soft (approximately 2-3 minutes).
3. Add egg and mix.
4. In a large bowl, combine flour, sugar, salt, baking powder and cinnamon. Mix dry and wet ingredients together.
5. Using a ladle, add batter to hot griddle in small circles.
6. Cook until undersides are lightly browned, then flip and cook other side.
7. Optional: top pancakes with Apple cinnamon pancake topping (see Apple cinnamon pancake topping recipe).

Preparation time: 10 minutes
Cooking time: 15 minutes
Makes: 10 servings



Chef's Tip

Try adding fruit such as blueberries or mashed banana into pancake mix before cooking to add flavour and nutrients.

To make this recipe a complete meal, top pancakes with Apple cinnamon pancake topping (see recipe), or with plain fruit like bananas or raspberries. Add a serving of milk and alternatives like 1 cup 2%, 1% or skim milk or $\frac{3}{4}$ cup of low-fat yogurt.

Nutrition Tips



Apple cinnamon pancake topping

Ingredients:

- ☐ 250 mL (1 cup) chopped apples, any variety
- ☐ 250 mL (1 cup) unsweetened, 100% apple juice
- ☐ 5-10 mL (1-2 tsp) cornstarch
- ☐ 10 mL (2 tsp) cinnamon

Directions:

1. Combine all ingredients into a pot and place on medium heat.
2. Bring mixture to a boil, stirring occasionally. Let apples cook for approximately 2-3 minutes or until mixture is completely heated.
3. Turn off burner. Let cool before serving.
4. Topping can be stored in the refrigerator.

Preparation time: 5 minutes
Cooking time: 7-10 minutes
Makes: 4 servings



To make this recipe a complete meal, top Bran flake pancakes (see recipe) with mixture and serve with one cup 2%, 1% or skim milk.

**Nutrition
Tips**



Berry banana parfait

Ingredients:

- ☐ 500 mL (2 cups) fresh or frozen berries (any variety)
- ☐ 2 ripe bananas
- ☐ 750 mL (3 cups) low-fat vanilla yogurt
- ☐ 500 mL (2 cups) whole grain cereal, crushed

Directions:

1. In a medium bowl, crush cereal using the flat part of a spoon.
2. Wash berries and dry with paper towel. Place berries in a separate bowl.
3. Peel and slice bananas. Place sliced bananas in a bowl.
4. Students can make their own parfait using the ingredients. Alternatively, scoop out servings into smaller bowls for single-servings.

Preparation time: 15 minutes
Makes: 4 servings



Chef's Tip

Substitute other fruit such as kiwi, dates or canned pineapple tidbits into this recipe for a variety of flavours and textures.

This recipe contains a serving from three food groups from Canada's Food Guide, so it can be served as a complete meal for you program.

Nutrition Tips



Simple banana bran muffin

Ingredients:

- ☐ Non-stick cooking spray
- ☐ 2 ripe bananas
- ☐ 1 egg
- ☐ 250 mL (1 cup) bran flake cereal
- ☐ 125 mL (½ cup) vegetable oil
- ☐ 150 mL (⅔ cup) low-fat milk
- ☐ 375 mL (1 ½ cup) all-purpose flour
- ☐ 60 mL (¼ cup) white sugar
- ☐ 12 mL (2 ½ tsp) baking powder
- ☐ 2 mL (½ tsp) salt

Directions:

1. Preheat oven to 375° F (190° C). Spray muffin tins with non-stick cooking spray or insert paper muffin cups.
2. Mash bananas in a large bowl. Add bran flake cereal and milk, stir to combine. Let stand for 2 minutes or until cereal is soft.
3. Add egg and vegetable oil and mix well. Set aside.
4. In a medium bowl, mix flour, sugar, baking powder and salt.
5. Add flour (dry) mixture to egg and banana (wet) mixture. Mix until moistened but be careful not to over mix.
6. Spoon muffin mixture into 12 muffins. Bake in oven for 25 to 30 minutes or until golden brown.

Preparation time: 15 minutes

Cooking time: 25-30 minutes

Makes: 12 muffins



Chef's Tip

To test if your muffins are cooked, insert a clean knife into one or two baked muffins. The muffins are done when the knife comes out clean.

Make these muffins ahead of time and freeze them.

To make this recipe a complete meal, offer it with a serving of vegetable or fruit like an apple or carrot sticks and a serving of milk or alternatives like a stringable cheese or ¾ cup of low-fat yogurt.

Nutrition Tips



Carrot muffins

Ingredients:

- ☐ Non-stick cooking spray
- ☐ 500 mL (2 cups) whole wheat flour (or half whole wheat, half all purpose)
- ☐ 15 mL (1 tbsp) baking powder
- ☐ 10 mL (2 tsp) baking soda
- ☐ 5 mL (1 tsp) ground cinnamon
- ☐ 4 eggs
- ☐ 250 mL (1 cup) unsweetened applesauce
- ☐ 250 mL (1 cup) brown sugar
- ☐ 500 mL (3 cups) shredded or grated carrots

Directions:

1. Preheat oven to 350° F (175° C).
2. Grease muffin pan with a light coat of non-stick cooking spray or insert paper muffin cups.
3. In a large bowl, mix together flour, baking powder, baking soda and cinnamon.
4. In a separate bowl, combine eggs, applesauce and brown sugar. Beat well with fork.
5. Combine egg mixture and flour mixture; mix just until moistened. Stir in carrots.
6. Spoon into prepared muffin cups (fill each muffin cup $\frac{1}{2}$ to $\frac{3}{4}$ full).
7. Bake for 20-30 minutes

Preparation time: 15 minutes
Cooking time: 20-30 minutes
Makes: 18 muffins



Chef's Tip

To test if your muffins are cooked, insert a clean knife into one or two baked muffins. The muffins are done when the knife comes out clean.

Make these muffins ahead of time and freeze them.

To make this recipe a complete meal, offer it with a serving of vegetable or fruit like an apple or carrot sticks and a serving of milk or alternatives like a stringable cheese or $\frac{3}{4}$ cup of low-fat yogurt.

Nutrition Tips



Raspberry vanilla overnight oats

Ingredients:

- ☐ 500 mL (2 cups) uncooked rolled oats (not instant)
- ☐ 250 mL (1 cup) 1% milk
- ☐ 250 mL (1 cup) yogurt (plain)
- ☐ 5 mL (1 tsp) vanilla extract
- ☐ 45 mL (3 tbsp) raspberry jam
- ☐ 500 mL (2 cups) fresh or frozen raspberries

Directions:

1. In a sealable container mix oats, milk, yogurt, vanilla and raspberry jam until well combined.
2. Add raspberries in and mix gently.
3. Cover and refrigerate overnight. Eat chilled.

Preparation time: 10 minutes
plus 8 hours (minimum) to
chill

Makes: 18, 1/3 cup servings

This recipe can be easily changed to include any type of fruit (mixed berry, peach, strawberry, banana, apple).

**Nutrition
Tips**





Egg and cheese wrap

Ingredients:

- ☐ 1, six-inch whole wheat tortilla
- ☐ 1 egg
- ☐ 60 mL (¼ cup) low fat, cheddar cheese
- ☐ 2 mL (½ tsp) soft margarine

Directions:

1. Heat non-stick pan or add soft margarine to griddle over medium heat.
2. Beat egg with a fork or whisk in a bowl.
3. While pan is heating, grate cheese.
4. Add egg to heated griddle or non-stick pan. Stir egg in pan until cooked, approximately 2-3 minutes. Check the internal cooking temperature of the egg. Eggs are cooked when the internal temperature reaches 74° C (165° F).
5. Remove egg from griddle and place in the middle of whole wheat tortilla. Add grated cheese and fold tortilla over egg and cheese.

Preparation time: 10 minutes
Cooking time: 5-10 minutes
Makes: 1 serving



To make this recipe a complete meal, offer it with a serving of vegetables or fruit like broccoli florets or an orange.

**Nutrition
Tips**



Apple and cheese wrap

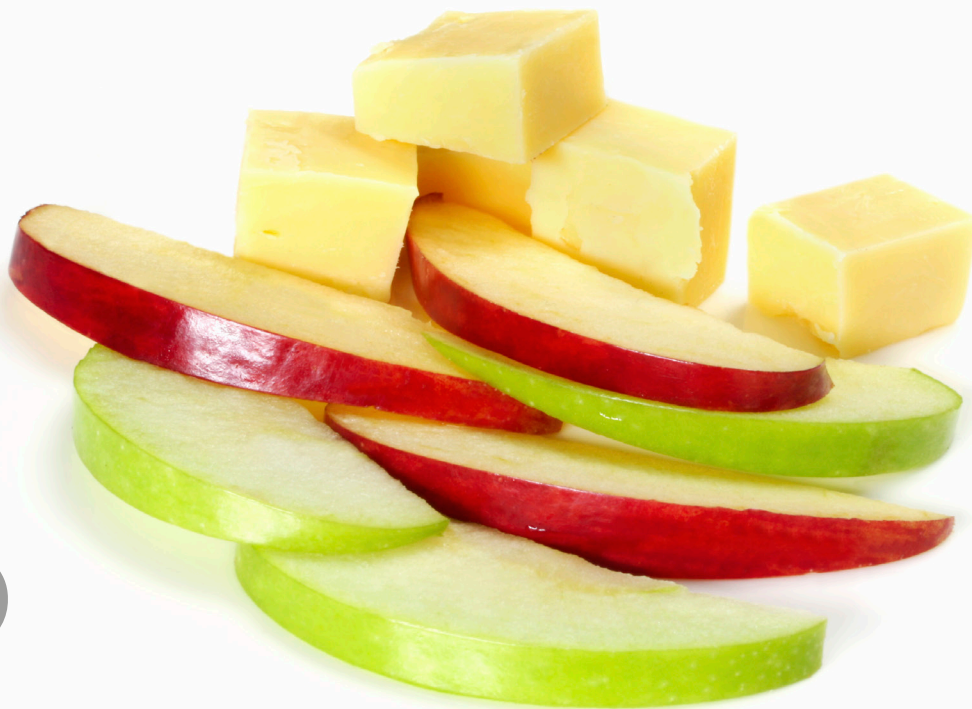
Ingredients:

- ☐ 2 large apples (any variety)
- ☐ 4, six-inch whole wheat tortillas
- ☐ 250 mL (1 cup) low fat, cheddar cheese
- ☐ 10 mL (2 tsp) light cream cheese

Directions:

1. Wash apples. Slice apples, julienne style with the skin on.
2. Grate cheddar cheese.
3. Spread cream cheese on tortilla.
4. Add sliced apple and grated cheese to tortilla.
5. Fold sides of tortilla over fillings and serve.

Preparation time: 10 minutes
Makes: 4 servings



Chef's Tip

Experiment with different varieties of apples depending on seasonality. Try red delicious, granny smith or golden delicious apples!



Broccoli and cheddar mini quiches

Ingredients:

- ☐ 1.5 L (6 cups) broccoli florets, chopped
- ☐ 1.25 L (5 cups) 2%, 1% or skim milk
- ☐ 10 large eggs
- ☐ 750 mL (3 cups) low fat, cheddar cheese
- ☐ 5 mL (1 tsp) black pepper

Directions:

1. Turn on oven to 350° F (190° C). Grease 24 muffin cups and set aside. Grate cheddar cheese.
2. While oven heats, cook chopped broccoli by steaming. Pour 1 inch of water into a large saucepan and put a steamer basket in. Place broccoli in steamer basket, cover pot, turn heat to high and let cook until broccoli is just tender, 5-6 minutes.
3. In a medium bowl, whisk together milk and eggs. Stir in cheese and pepper. Add cooked broccoli.
4. Ladle egg mixture into prepared muffin cups. Bake until cooked, approximately 20 minutes. Check the internal cooking temperature of the egg. Eggs are cooked when the internal temperature reaches 74° C (165° F).

Preparation time: 20 minutes

Cooking time: 20 minutes

Makes: 24 quiches



Chef's Tip

You can make these ahead of time and refrigerate or freeze them.

Serve these mini quiches with a clementine orange or a banana for a nutritious meal.

Nutrition Tips



Tomato bean soup with cheddar

Ingredients:

- ☐ 1 can (19 oz/540 mL) stewed tomatoes
- ☐ 1 can (14 oz/398 mL) beans in tomato sauce
- ☐ 250 mL (1 cup) water
- ☐ 5 mL (1 tsp) dried basil
- ☐ 5 mL (1 tsp) dried parsley
- ☐ 125 mL (½ cup) low fat, cheddar cheese
- ☐ Green onions or chives (optional)

Directions:

1. Turn on stove to medium-high heat. Put stewed tomatoes, beans, water, basil and parsley into a medium pot. Heat to boiling.
2. Turn down heat and let soup simmer, uncovered, for 10 minutes. Stir several times.
3. While soup is cooking, grate cheese.
4. Serve in bowls. Students can top their soup with grated cheese.
5. Optional: add chopped green onions and chives on top for extra flavour.

Preparation time: 10 minutes
Cooking time: 15 minutes
Makes: 4, 1 cup (250 mL) servings



Pair the soup with 1 cup of 2%, 1% or skim milk for a complete meal.

**Nutrition
Tips**



Big batch veggie bean soup

Ingredients:

- ☐ 14, 900 mL boxes of low sodium vegetable or chicken broth
- ☐ 2, 750 g bags (6 cups) of mixed frozen vegetables
- ☐ 2 cans (19 oz/540 mL size) black beans, drained and rinsed
- ☐ 2 cans (19 oz/540 mL size) low sodium, diced tomatoes
- ☐ 2 boxes (approximately 375g each) of whole grain macaroni

Directions:

1. Turn stove to medium-high heat. Put broth, vegetables, beans and diced tomatoes in a large pot and bring to a boil.
2. Turn down heat and let soup simmer for ten minutes. Add macaroni.
3. Cook soup until macaroni is cooked, approximately 15 minutes.

Preparation time: 15 minutes
Cooking time: 20-25 minutes
Makes: 80, 3/4 cup portions



Chef's Tip

This soup can be made in advanced and frozen.

Add one cup of 2%, 1% or skim milk for a meal. Since the soup contains two food groups it can be served as is for a snack program.

Nutrition Tips



Apple and pear fruit salad

Ingredients:

- ☐ 250 mL (1 cup) chopped apple, any variety
- ☐ 250 mL (1 cup) chopped pear, any variety
- ☐ 60 mL ($\frac{1}{4}$ cup) red or green grapes
- ☐ 5-10 mL (1-2 tsp) white sugar
- ☐ 15 mL (1 tbsp) lemon or lime juice

Directions:

1. Wash and dry all fruit.
2. Core and quarter apples and pears, leaving the skin on.
3. Chop apples and pears.
4. Add apple, pear and grapes to a large bowl. Add lime juice, sugar and mix.
5. Serve immediately, or cover and refrigerate. The salad can be prepared the night before serving.

Preparation time: 15 minutes
Makes: 4 servings



Chef's Tip

Any fresh, frozen, or canned fruit packed in juice or water can be added to fruit salad to add a variety of colours and flavours.

To make this recipe a complete meal, offer it with a grain product serving like $\frac{1}{2}$ a whole grain bagel and a serving of milk and alternatives like one cup 2%, 1% or skim milk.

Nutrition Tips



Carrot and apple salad

Ingredients:

- ☐ 3 carrots
- ☐ ½ granny smith apple
- ☐ 60 mL (¼ cup) frozen peas
- ☐ 15 mL (1 tbsp) lemon juice
- ☐ 5-10 mL (1-2 tsp) white sugar
- ☐ 15 mL (1 tbsp) vegetable oil
- ☐ 30 mL (2 tbsp) chopped parsley
- ☐ 1 mL (¼ tsp) salt

Directions:

1. Wash apple and carrots. Grate carrots with grater. Slice granny smith apple into small pieces, leaving the skin on.
2. In a large bowl, mix together lemon juice, sugar, vegetable oil and salt.
3. Add carrots, fresh parsley, apples and frozen peas, toss well.
4. Serve immediately, or cover and refrigerate. The salad can be prepared the night before serving.

Preparation time: 15 minutes
Makes: 4 servings



Chef's Tip

The granny smith apple can be substituted for sliced cucumber or green pepper, or another vegetable that you have on hand.

Serve this salad with a whole wheat pita and low-fat cheese to make this recipe a complete meal.

Nutrition Tips



Lentil salad

Ingredients:

- ☐ 1 can (19 oz/540 mL) lentils, drained and rinsed
- ☐ 1 can (19 oz/540 mL) black beans, drained and rinsed
- ☐ 2 green bell peppers
- ☐ 125 mL (½ cup) chopped red onion (optional)
- ☐ 250 mL (1 cup) mild salsa
- ☐ 250 mL (1 cup) Catalina dressing

Directions:

1. Dice green bell peppers into ½ inch pieces, add to large bowl.
2. Add remaining ingredients to bowl.
3. Mix ingredients together. Cover and refrigerate overnight.

Preparation time: 20 minutes
Makes: Approx. 6 cups



Serve this tasty salad with 1 cup 2%, 1% or skim milk to make a complete meal for your SNP. As the salad contains two food groups it can be served as is for a snack program.

**Nutrition
Tips**



Tuna macaroni salad

Ingredients:

- ☐ 1/2 of a 375g box whole grain macaroni pasta
- ☐ 45 mL (3 tbsp) light mayonnaise
- ☐ 7 mL (½ tbsp) lemon juice
- ☐ 1 can (170 g) tuna packed in water, drained
- ☐ 375 mL (1 ½ cups) cherry tomatoes
- ☐ ½ an English cucumber
- ☐ Salt and pepper to taste

Directions:

1. Cook pasta according to directions.
2. While pasta cooks, mix lemon juice, mayonnaise and tuna in a large bowl.
3. Slice cherry tomatoes into quarters and dice the cucumber.
4. Drain pasta and let cool.
5. Add cooked pasta, cherry tomatoes and cucumber to large bowl. Toss to coat.

Preparation time: 20 minutes
Cooking time: 10 minutes
Makes: 8 cups (16, ½ cup servings)



Chef's Tip

Add other vegetables such as green peas or chopped celery to this recipe to add colour and nutrients.

To serve this salad as a meal, add a clementine orange and cubes of low fat cheese.

Nutrition Tips



Grilled cheese sandwich

Ingredients:

- ☐ 2 slices whole grain bread
- ☐ 60 mL (¼ cup) low fat, cheddar cheese
- ☐ 5-10 mL (1-2 tsp) soft margarine

Directions:

1. Heat griddle or non-stick pan on medium heat. Grate cheese.
2. Spread a thin layer of margarine on one side of both bread slices.
3. Place one bread slice, margarine side down, on hot griddle. Immediately place grated cheese on top and cover with second bread slice, margarine side up.
4. Turn sandwich over after 2-3 minutes or when bread is golden brown on griddle side. Cook the other side until golden brown.
5. Remove from heat and let cool.

Preparation time: 5 minutes
Cooking time: 5-10 minutes
Makes: 2 servings



Chef's Tip

Try experimenting with different types of cheeses and fillings. Try low-fat mozzarella cheese with tomato slices or low-fat Swiss cheese with spinach.

To make this recipe a part of a complete meal, offer it with a serving of vegetable or fruit like green grapes or 2 mini cucumbers.

Nutrition Tips



Tuna salad pita pockets

Ingredients:

- ☐ 1 can (170 g) light tuna packed in water, drained
- ☐ 30 mL (2 tbsp) light mayonnaise
- ☐ 15 mL (1 tbsp) lemon juice
- ☐ 125 mL (½ cup) romaine lettuce
- ☐ 125 mL (½ cup) low fat cheddar cheese
- ☐ 2 whole wheat pitas, with pockets
- ☐ Black pepper to taste

Directions:

1. In a small bowl, mix tuna, mayonnaise, lemon juice and pepper.
2. Grate cheese and chop lettuce.
3. Cut the two whole wheat pitas in half. Stuff the pitas with lettuce, cheese and tuna mixture.

Preparation time: 10 minutes
Makes: 2 servings



Chef's Tip

Pita pockets can be easily turned into wraps or sandwiches using whole grain tortillas or whole grain bread.

This easy recipe can be served with baby carrots for a delicious and complete meal.

Nutrition Tips



Bean and cheese quesadillas

Ingredients:

- ☐ 4 cans (19oz/540 mL size) kidney or black beans, rinsed and drained
- ☐ 1.25 L (5 cups) cheese, grated
- ☐ 15 mL (1 tbsp) chili powder
- ☐ 500 mL (2 cups) salsa
- ☐ 25, 10-inch whole wheat tortilla shells
- ☐ 750 mL (3 cups) red or green peppers, chopped
- ☐ 750 mL (3 cups) tomatoes, chopped
- ☐ 750 mL (3 cups) green onions, sliced

Directions:

1. Preheat oven to 350°F (190° C)
2. In a medium bowl, mash beans with potato masher, or mash using a food processor.
3. Fold in grated cheese, chili powder, salsa and vegetables.
4. Divide bean mixture and spread on one half of each tortilla.
5. Fold tortillas in half. Press gently.
6. Place on parchment-lined baking sheets.
7. Bake quesadillas for approximately 5 minutes, then flip them over and continue baking for another 5 minutes per side until cheese is melted.
8. Allow to rest for a couple of minutes before cutting.
9. Cut into wedges with knife or pizza wheel.

Alternate method: Grill quesadillas on a stove-top or griddle instead of baking in the oven.

Preparation time: 20 minutes

Cooking time: 20 minutes

Makes: 25 servings



Chef's Tip

To make this quesadilla a vegetable quesadilla, omit the beans and double up on the vegetables.

This recipe contains all 4 food groups! If you decide to make a vegetable quesadilla instead by removing the beans and doubling the vegetables, the recipe still has 3 food groups and meets the SNP criteria for a meal.

Nutrition Tips



Mini English muffin pizza

Ingredients:

- ☐ 1 whole wheat English muffin
- ☐ 30 mL (2 tbsp) mild salsa
- ☐ 125 mL (½ cup) low-fat, cheddar cheese

Directions:

1. Heat oven or toaster oven to 325° F (163° C) and grate cheese. Cut English muffin into halves. Grate cheese.
2. Place English muffin halves on a non-stick cookie sheet.
3. Add 1 tablespoon of salsa to each half of the English muffin.
4. Add ¼ cup of grated cheese to each half of the English muffin.
5. Heat in oven for 3-5 minutes or until cheese is melted.

Preparation time: 10 minutes
Cooking time: 3-5 minutes
Makes: 2 servings



Chef's Tip

To cook a large number of mini English muffin pizzas, multiply the ingredients by the number of students and then divide by 2.

To make this recipe a part of a complete meal, offer it with a serving of vegetables or fruit like broccoli florets or cantaloupe chunks.

Nutrition Tips



Creamy black bean dip

Ingredients:

- ❑ 2 cans (19 oz/540 mL size) black beans, drained and rinsed
- ❑ 60-125 mL ($\frac{1}{4}$ - $\frac{1}{2}$ cup) mild salsa
- ❑ 45 mL (3 tbsp) light cream cheese

Directions:

1. In a food processor or blender, pulse black beans, light cream cheese and salsa.
2. Remove from blender and place in a large bowl to serve cold. Dip can also be warmed in a pan on the stovetop if desired.

Preparation time: 15 minutes
Cooking time: 3-5 minutes
Makes: 10-12 $\frac{1}{2}$ cup servings



To make this recipe a complete meal, offer it with whole grain pitas, sliced vegetables and $\frac{3}{4}$ cup low-fat yogurt.

**Nutrition
Tips**



Yogurt tzatziki dip

Ingredients:

- ☐ 750 mL (3 cups) plain, low fat yogurt
- ☐ 2 English cucumbers
- ☐ 10 mL (2 tsp) minced garlic
- ☐ 125 mL (½ cup) lemon juice
- ☐ 20 mL (4 tsp) olive oil
- ☐ Salt and pepper to taste

Directions:

1. Slice cucumber in half and remove seeds. Grate the cucumber and toss it with a pinch of salt. Place it in a strainer and push down on it gently to drain.
2. Let cucumber drain while mixing yogurt, garlic, lemon juice and oil in separate bowl.
3. Pat the cucumbers dry with a paper towel and add them to yogurt mixture.
4. Serve immediately or let sit in fridge overnight to let flavours mix.

Preparation time: 20 minutes
Makes: 4 cups



To make this recipe a part of a meal, offer it with whole grain pita crisps (see recipe) and baby carrots.

**Nutrition
Tips**



Whole grain pita crisps

Ingredients:

- ☐ 6, six-inch whole grain pitas
- ☐ Non-stick cooking spray

Directions:

1. Cut each pita into 12 triangles.
2. Spray triangles lightly with non-stick cooking spray or brush lightly with 1 to 2 tsp olive oil. Bake at 350° F (180° C) for 10 to 15 minutes or until crisp and golden.
3. Cool and store in an airtight container.

Preparation time: 10 minutes
Cooking time: 10-15 minutes
Makes: 72 pita crisps



Chef's Tip

Sprinkle with cinnamon for a sweeter pita crisp. For savoury pita crisps, sprinkle with garlic powder, rosemary or chili powder.

To make this recipe part of a meal, serve with vegetable slices and stringable cheese. For a snack program, serve pita crisps with vegetable slices.

Nutrition Tips



Kathy's easy hummus

Ingredients:

- ☐ 1 can (19 oz/540 mL size) chick peas, drained and rinsed
- ☐ 2 cloves garlic or 5 mL (1 tsp) minced garlic
- ☐ 60 mL (¼ cup) plain, low-fat yogurt
- ☐ 125mL (½ cup) of olive oil
- ☐ Salt and pepper to taste

Directions:

1. Add all ingredients but the oil to a blender and blend until smooth.
2. Drizzle oil in and gently mix in a medium mixing bowl.

Preparation time: 5 minutes
Makes: 24 dip size (2 tbsp) servings



Chef's Tip

You can experiment with different flavours of hummus by adding ingredients such as pumpkin puree for a fall-themed hummus or roasted red peppers for a kick of flavour.

Serve hummus with whole grain pita triangle and cut up raw veggies for a snack program. For a meal program serve with veggies, whole grain pita and a glass of milk.

Nutrition Tips

Mix and match: how to make a healthy smoothie in

4 easy STEPS



#1

Choose your veggies and fruits

- Choose at least two different veggies or fruit for your smoothie
- If you like a thick smoothie use frozen fruit
- Try strawberries, bananas, melons, berries, pumpkin puree or mangoes
- Try adding in some greens like spinach, they won't change the overall flavour



#2

Choose your liquid

- Add low-fat milk or fortified soy beverage
- For a sweeter smoothie, try 1/2 cup of orange juice. Remember orange juice can only be served once per week.
- If your smoothie is too thick add a few tablespoons of water



#3

Choose your add-ins

- For a creamier smoothie, add plain low fat yogurt or flavoured yogurt like vanilla, peach or raspberry
- Try adding in plain quick oats to thicken the smoothie
- Experiment with flavours by adding in a sprinkle of spices like cinnamon or unsweetened cocoa powder
- When making smoothies at home you can also add nut butters



#4

Blend and enjoy!

- You may need to pulse the blender to make sure everything gets blended
- Never put a spoon in the blender when it is on
- Once you are done, clean and sanitize the blender. Make sure you take apart all of the pieces.



Trail Mix N' Match

Make selections from each category:

Seeds and Dried Fruit

Examples:



Sunflower seeds



Pumpkin seeds



Unsweetened dried apples



Raisins



Unsweetened dried apricots

Cereals

Examples:



Oat O's



Wheat squares



Oatmeal squares



Bran flakes

Spices and Flavours (Optional)

Examples:



Cinnamon



Unsweetened cocoa powder



Nutmeg



Unsweetened coconut flakes

then...
MIX IT UP!

Try one of these delicious recipes or make your own!

Simple and Sophisticated

Sunflower seeds

Wheat squares

Bran flakes

Raisins

Cinnamon



Tropical Mix

Pumpkin seeds

Oatmeal squares

Dried apricots

Dried unsweetened coconut

Nutmeg





