

Affordable. Nutritious. Easy.

Meal ideas for participants of:

Grand Sparks

spark some fun with your grandkids



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Affordable, Nutritious, & Easy Meals

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10 Foods Grandparents and Grandkids Should Eat

1. Fruit
2. Eggs
3. Milk and milk products
4. Whole grain breakfast cereal
5. Nuts
6. Beans
7. Tuna and other fish
8. Whole grain bread
9. Pasta (whole wheat!)
10. Colourful vegetables (Green, Orange, Yellow, etc.,)



Breakfast



Avocado & Toast & Egg

Ingredients	Serves 1-2
Multigrain toast	1-2 slices
Avocado	1-2 slices
Egg	1-2 eggs –cooked your favorite way (i.e., scrambled, boiled, poached)
Optional: substitute avocado with 1-2 tbsp. of peanut butter or almond butter	

Quick & Easy Oatmeal

Ingredients	Serves 1-2
Quaker one minute oats (unflavored)	½ cup
Water	½ cup
Milk	½ cup
Walnuts	½ cup
Blueberries	½ cup
Cinnamon	½ tsp.

1. Make Oatmeal as per directions on Quaker Oats packaging
2. Top Oatmeal with Chopped Walnuts, blueberries and cinnamon

Healthy English Muffin

Ingredients	Serves 1-2
English Muffin	1-2 English Muffins
Cheddar Cheese	1-2 ½ ounce of Cheddar Cheese
Avocado	1-2 Slices
Tomato	1-2 Slices

Multigrain toast & Ricotta & Peach Slices

Ingredients	Serves 1-2
Multigrain toast	1-2 Slices
Ricotta Cheese	½ -1 cup
Peach Slices	1-2 cups

Peanut Butter Banana Smoothie

Ingredients	Serves 1-2
Banana	1 Frozen Banana
Peanut butter	2 tbsp.
Almond Milk	1 cup
Ice Cubes	As needed

1. Blend 1 frozen banana, 2 tablespoons peanut butter, 1 cup almond milk, and a few ice cubes.
2. Serve and Enjoy



Strawberry Banana Smoothie

Ingredients	Serves 2
Milk	1 cup
Frozen Strawberries	½ cup
Banana	Half Banana
Plain Yogurt	¼ cup
Liquid Honey	1 tbsp.

1. In blender, blend milk, strawberries, banana, yogurt and honey until smooth and frothy.



Chewy Apple Berry Smoothie

Ingredients	Serves 2
Golden Delicious Apples	2 apples
Milk	1 cup
Frozen Blueberries & Strawberries	½ cup each
Plain Yogurt	½ cup
Wheat Bran	2 tbsp.
Liquid Honey	2 tsp.

1. Core and dice apples; place in blender. Add milk; blend for 2 minutes.
2. Add frozen blueberries, strawberries, yogurt, wheat bran and honey; puree until smooth.

Papaya-Berry Yogurt Parfait

Ingredients	Serves 6
Plain non-fat Greek Yogurt	3 containers (5.3 ounces each)
Honey	5 tbsp.
Lemon Zest	1 ½ tsp & 1 tbsp. lemon juice
Fresh Ginger	1 piece (about 2 inches)
Papaya	1 papaya (one pound) peeled, halved lengthwise, seeds discarded, cut into 1/2-inch cubes
Blackberries	1 package (6 ounces)
Raspberries	1 package (6 ounces)
Chopped Fresh Mint	¼ cup
Granola	½ cup

1. In a small bowl combine yogurt, 3 tablespoons honey, and zest; set aside.
2. Using the large holes of a box grater, grate the ginger (no need to peel) into a small bowl. Squeeze ginger through a fine-meshed sieve or strainer placed over a medium bowl to get a total of 1 tablespoon ginger juice. Discard pulp. To the bowl with the juice, add remaining 2 tablespoons honey and lemon juice; whisk to combine. Add papaya, blackberries, and raspberries and toss gently to coat.
3. To serve: Spoon half the fruit and juices among six 8-ounce tall glasses. Sprinkle chopped mint over the fruit. Top with half the yogurt mixture and half the granola. Layer with the remaining fruit, yogurt, and granola. Garnish with mint sprigs.

Breakfast Burrito

Ingredients	Serves 1
Eggs	2 eggs
Black Beans	¼ cup
Salsa	2 tbsp.
Shredded Cheese	2 tbsp.
Whole-wheat tortilla	1 tortilla

1. Scramble 2 egg whites, 1/4 cup black beans, 2 tablespoons salsa, and 2 tablespoons shredded cheese, and wrap in 1 small whole-wheat tortilla.
2. Make a bunch, wrap in foil, and keep in the freezer for whenever the craving hits. Protein from the eggs and black beans keep you fuller longer, and the spicy salsa keeps.

Breakfast Quinoa Bites

Ingredients	Serves 1-2
Quinoa	2 cups cooked
Eggs	2 eggs
Favourite Veggies (Spinach & Zucchini work well)	1 cup
Shredded Cheese	1 cup
Salt and Pepper	To taste

1. In a medium bowl, combine 2 cups cooked quinoa, 2 eggs, 1 cup your favourite veggies (spinach or zucchini work well), 1 cup shredded cheese, and a sprinkle of salt and pepper.
2. Portion into a lightly greased mini muffin tin.
3. Bake at 350 F for 15-20 minutes. These are easy to bring along and delicious to enjoy warm or cold.

Zucchini Bread Oatmeal

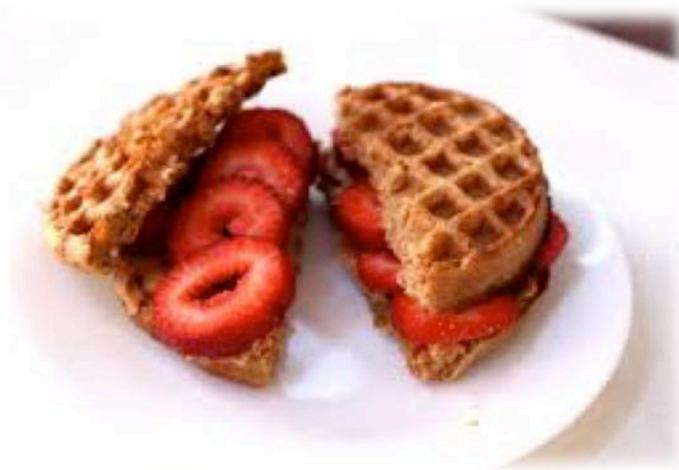
Ingredient	Serves 1
Rolled Oats	1/3 cup
Non-dairy (i.e., almond milk) milk or water	1/2 cup
Ground Cinnamon	1/2-1 tsp.
Pinch of salt & nutmeg	To taste
Packed finely grated Zucchini	1/2 cup
Chia seed or ground flax	1 tbsp.
Raisins	1 tbsp.
Chopped Pecans	2 tbsp.
Vanilla extract	1 tsp.
Packed Brown Sugar	1 tbsp. + 1 tsp.
Earth Balance (or other buttery spread)	1 tsp.

1. In a medium sized pot, add water or milk, cinnamon, nutmeg, salt, and oats. Bring to a boil and simmer over medium heat, stirring frequently, for about 4 minutes.
2. Now stir in the grated zucchini, chia seeds, raisins, 1 tbsp packed brown sugar, and 1 tbsp of the pecans. Cook over medium heat, adding more liquid when necessary, for another 5-6 minutes. Reduce heat to low if required. When cooked, remove from heat and stir in vanilla.
3. Pour into bowl and top with remaining 1 tbsp pecans, 1 tsp packed brown sugar, and 1 tsp Earth Balance. Serve and enjoy- but be careful, as it's very hot! I burned my tongue in typical excitement.

Breakfast Quinoa Bowl

Ingredients	Serves 1
Quinoa	1 cup cooked
Milk	1 cup
Raisins	1 tbsp.
Cinnamon	1 tsp.
Liquid Honey	1 tsp.

1. In small saucepan over medium heat, bring quinoa, milk, raisins, cinnamon and honey to boil; reduce heat and simmer, stirring often, until about half of the milk is absorbed, about 5 minutes.



Waffle PBS

Ingredients	Serves 1
Whole-grain toaster waffle	1 waffle
Nut butter (i.e., peanut, almond butter)	2 tbsp.
Strawberries	2-3 sliced

1. Prepare 1 whole-grain toaster waffle and slice in half.
2. Spread with 2 tablespoons nut butter and layer 2-3 sliced strawberries on top in place of the traditional jelly (to cut down on sugar).

PBB&C

Ingredients	Serves 1
Peanut Butter	1-2 tbsp.
Banana	½-1 banana
Chia Seeds	1 tbsp.
Whole-wheat Bread	1-2 Slices

1. Slice whole-wheat toast in half and toast it.
2. Spread 1-2 tbsp. of peanut butter over toast.
3. Slice banana and place over bread.
4. Sprinkle Chia Seeds over toast.

Pumpkin Oatmeal Breakfast

Ingredients	Serves 1
Almond Milk or Water	1 ¾ cups
Uncooked quick oats	½ cup
Canned Pumpkin Puree	½ cup
Pumpkin Pie spice	½ tsp.
Sea salt	Dash
Nuts	Garnish

1. In a saucepan, bring almond milk or water to a boil and stir in oats, canned pumpkin and pumpkin spice. Reduce heat immediately and let the mixture simmer a few minutes, stirring until oats are cooked. Serve with a sprinkle of coconut flakes, chopped pecans, and/or drizzled maple syrup.



Blueberry Cornmeal Pancakes

Ingredients	Serves 4-5 (about 14 4-inch pancakes)
All-Purpose Flour	1 cup
Whole-wheat Flour	½ cup
Cornmeal	¼ cup
Baking Powder	1 tbsp.
1% Low-fat milk	1 ½ cups
Large Eggs	2 Eggs beaten
Brown Sugar	2 tbsp.
Vanilla Extract	½ tsp.
Frozen Blueberries	¾ cups

1. Whisk together the all-purpose flour, whole-wheat flour, cornmeal, and baking powder.
2. In a separate bowl, whisk the milk, eggs, brown sugar, and vanilla until well blended. Pour the liquid ingredients over the dry ingredients and stir until just combined. Stir in the blueberries.
3. Lightly oil or coat a large non-stick skillet or griddle with non-stick cooking spray and heat over medium-high heat. Pour the batter onto the hot skillet using a ¼-cup measuring cup, forming 4-inch pancakes. Cook until bubbles begin to appear on the surface of the pancakes and bottoms turn golden, about 3 minutes. Flip and cook until the other side is golden, an additional 2 to 3 minutes. Recoat the pan with cooking spray and repeat with remaining batter.

Tip: The reason we call for wild blueberries is that they have even more antioxidants than cultivated blueberries, but either type will work.



Bircher Muesli:

Ingredients	Serves 2-4
Old Fashioned Rolled Oats	2 cups
Apple Cider	1 ½ cups
Pears	2 Pears grated
Plain Yogurt	½ cup
Honey	1 tsp. or more to taste
Cinnamon	½ tsp.
Sliced Almonds	¼ cup
Raspberries	1 cup

1. Place oats and apple cider in a bowl, cover and place in the fridge overnight (or at least 3 hours).
2. Stir in grated pears, yogurt, honey, cinnamon, and a pinch of nutmeg. Top with almonds and raspberries.



Lunch



Vegetarian Chili

Ingredients	Serves 4-6
Olive Oil	3 tbsp.
Medium Onion	1 onion diced
Red Bell Pepper	2 peppers cored and diced
Cloves of Garlic	4 cloves garlic
Cumin	1 ½ tsp. cumin
Cayenne Pepper	¼ tsp.
Chilli Powder	1 tbsp.
Kidney Beans	1 15 oz. can drained & rinsed
Black Beans	1 15 oz. can drained & rinsed
Diced Tomatoes	3 15 oz. cans
Frozen Corn	1 cup
Salt & Pepper	To taste

1. In a Dutch oven or large stockpot, heat oil over medium heat. Add onions, peppers, garlic, cumin, cayenne, and chilli powder, and season with salt and pepper. Stir together and cook until soft, 3-4 minutes.
2. Mix in beans, diced tomatoes, and corn.
3. Bring the mixture to a boil, then lower the heat and simmer for 30 minutes, stirring occasionally. Taste, and season with additional salt and pepper, if necessary.
4. Top with your favourite garnish and serve immediately. (If not eaten immediately, the chilli will keep for about a week in a covered container in the refrigerator, or a couple months in the freezer.)

Grilled Chicken Caesar Salad Wrap

Ingredients	Serves 4
Lemon Juice	3 tbsp.
Extra-virgin Olive Oil	2 tbsp.
Low-fat mayonnaise	2 tbsp.
Garlic Clove	1, minced
Freshly Ground Pepper	½ tsp.
Skinless, Boneless Chicken Breasts	2, trimmed
Salt	1/8 tsp.
Small Romaine Hearts	2
Finely shredded Parmesan Cheese	1/3 cup
Spinach Wraps	1 8-9inch

1. Preheat grill to medium-high.
2. Combine lemon juice, oil, mayonnaise, garlic and pepper in a large bowl.
3. Oil the grill rack (see Tip). Sprinkle chicken with salt. Cut romaine in half lengthwise, leaving root ends intact. Grill the chicken until an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 6 minutes per side. Two minutes before the chicken is done, place the romaine on the rack and grill, turning once or twice, until lightly charred and beginning to wilt, 2 to 3 minutes total.
4. Cut the chicken into bite-size pieces. Cut the root ends off the romaine, then chop the leaves. Add the chicken, lettuce and Parmesan to the bowl with the dressing; toss until well combined. Fill each wrap with about 1 1/2 cups of the salad and roll closed.

Teriyaki Snow Peas and Carrots

Ingredients	Serves 4
Canola Oil	1 tsp.
1-Bag of Snow Peas	3 cups- strings removed
Carrot	1 medium carrot peeled & cut into 1/16 inch rounds (2/3 cup)
Reduced sodium teriyaki sauce	2 tsp.
Toasted sesame seeds (optional)	1 tsp.

1. Heat the oil in a large non-stick skillet over medium-high heat. Add the snow peas and carrot and cook, stirring frequently, until the vegetables are crisp—tender, about 5 minutes
2. Transfer to a bowl and stir in the teriyaki sauce until the vegetables are well coated. Top with sesame seeds as desired.

Tip: To remove the tough, string like fibre that runs along both sides of the pod, snap off one end with your fingers (or a paring knife), and pull the string along the length of the pod. Do the same thing on the other side.

Vegetable and Goat Cheese Quesadilla

Ingredients	Serves 1
Olive Oil	1 tbsp.
White Onion	¼ cup thinly sliced white onion
Cumin	½ tsp.
Salt	To taste
Pepper	To taste
Whole-wheat tortilla	1 tortilla
Shredded goat cheese (a hard variety works best)	½ cup
Large Tomato	½ Large Tomato

1. Heat olive oil in a large saucepan over medium heat. Add onions and sauté until translucent (about 5 minutes), seasoning with cumin and salt and pepper as they cook.
2. Remove onions from the pan and set aside.
3. In the same pan over medium heat, lay tortilla flat. Sprinkle cheese evenly on top. Top half the cheese with cooked onions, tomato, and herbs.
4. When the cheese begins to melt, fold cheese-only side of tortilla over. Cook for another minute and then remove from the pan.
5. Slice quesadilla into wedges and garnish with more herbs.

Creamy Avocado Pasta

Ingredients	Serves 2
Medium sized ripe Avocado	1 Avocado- pitted
Lemon	½ lemon, juiced & lemon zest to garnish
Garlic Cloves	2-3 Garlic Cloves to taste
Kosher Salt	½ tsp. or to taste
Fresh Basil	¼ cup
Extra-Virgin Olive Oil	2 tbsp.
Favourite Choice of Whole-wheat Pasta	6 oz. (2 servings)
Black Pepper	To taste

1. Bring several cups of water to a boil in a medium sized pot. Add in your pasta, reduce heat to medium, and cook until Al Dente, about 8-10 minutes.
2. Meanwhile, make the sauce by placing the garlic cloves, lemon juice, and olive oil into a food processor. Process until smooth. Now add in the pitted avocado, basil, and salt. Process until smooth and creamy.

When pasta is done cooking, drain and rinse in a strainer and place pasta into a large bowl. Pour on sauce and toss until fully combined. Garnish with lemon zest and black pepper. Serve immediately

Black Bean and Quinoa Burgers

Ingredients	Serving 4
Black Beans	1 can- rinsed and drained
Cooked quinoa	½ cup
Cumin	½ tsp.
Black pepper	½ tsp.
Paprika	½ tsp.
Sea salt	½ tsp.
Nutritional yeast	1 tbsp.
Extra-virgin Olive Oil	1 tbsp.

1. Preheat oven to 400 degrees.
2. In a medium bowl, combine all ingredients using hands or a fork to mash beans and thoroughly mix. (This should form a paste-like mixture that is easy to shape into patties.)
3. Divide mixture into four equal balls, and form each into a patty between 1/4- and 1/2-inch thick.
4. In a medium oven-safe saucepan over high heat, cook patties in 1/2 tablespoon olive oil for 1 minute on each side, or until lightly browned.
5. Transfer the saucepan to the oven and bake for 15 minutes. Serve patties on whole-grain buns or over fresh greens with desired toppings.



Cauliflower Crust Pizza

For the Crust	
Ingredients	Serves 2
Cauliflower	2 cups grated
Yogurt	½ cup
Egg	1 egg
Italian seasoning	1 tsp.
Sea salt	Dash
For the Topping	
Homemade or Store-bought Marinara sauce	¾ cup
Grated Mozzarella	½ cup

1. Preheat the oven to 400 degrees.
2. In a food processor, prepare the cauliflower by pulsing florets until they take on a grainy or grated texture.
3. Place 2 cups of the grated cauliflower into a clean, thin dishtowel. Wrap it up in the middle and twist closed, squeezing out all the moisture.
4. Place the dry cauliflower into a bowl and add the yogurt, eggs, and spices. (Note: Italian seasoning includes dried marjoram, thyme, rosemary, sage, oregano, and basil. If it's more convenient, replace the Italian seasoning with dried oregano, basil, or thyme alone.)
5. Fold the mixture until everything is evenly combined.
6. Place the cauliflower "dough" onto a baking sheet lined with parchment paper and spread the mixture with your hands until it is about 3/4-inch thick. This is your crust!
7. Bake the crust for 30 minutes or until lightly browned and firm enough to hold its shape.
8. Remove the crust from the oven and top with marinara sauce, shredded mozzarella, and your choice of veggies. (I used cooked artichokes and a roasted red pepper from the can, which I drained and chopped.)
9. Pop the pizza back into the oven for another 5 minutes or until the cheese is melted.



Butternut Squash with Tortellini

Ingredients	Serves 2
Button Mushrooms	1 pint, quartered
Small Butternut Squash	½ Small Butternut Squash, peeled and cubed
Olive Oil	2 tbsp.
Ground Nutmeg	1 tsp.
Salt & Pepper	To taste
Cheese Tortellini	1 small package
Parmesan Cheese	Grated, 2 ounces

1. Preheat oven to 450 degrees.
2. Toss mushrooms, butternut squash, sage (if using), olive oil, nutmeg, and salt and pepper to taste. Place on a rimmed baking sheet and bake for 20 to 25 minutes.
3. While vegetables roast, cook tortellini according to package instructions. Reserve about 1/2 cup cooking water before draining.
4. Toss tortellini, roasted vegetables, and cheese. If pasta looks too dry, add reserved cooking water a few tablespoons at a time until it reaches the desired consistency



Turkey, Brie and Cranberry Sandwich

Ingredients	Serves 1
Leftover Pulled Turkey	½ cup
Whole-wheat bread	2 slices
Brie Cheese	1 tbsp. crumbled
Leftover Cranberry Sauce	2 tbsp.
Lettuce	As desired
Pepper and Salt	To taste

1. Layer all the ingredients on one slice of bread, drizzling the cranberry sauce last.
2. Season with pepper.
3. Top the fillings with the other piece of bread and slice down the middle to serve.



Greek Salad with Chickpeas

Ingredients	Serves 2
English Cucumber	½ long cucumber, chopped
Tomato	1, chopped (about 1 cup)
Chickpeas	½ can, rinsed and drained
Red onion	3 tbsp., finely chopped
Feta Cheese	2 oz. crumbled (about ½ cup)
Dried Oregano	3 tsp.
Olive Oil	2 tbsp.
Fresh Lemon Juice	1 tsp.
Salt	½ tsp.

1. Prepare all the ingredients and combine in a bowl. And you're done!
2. You can go ahead and serve it right away but it can sit in the fridge for a couple of hours if you need to make it ahead of time.



Dinner Mains



Sausage and Couscous Stuffed Peppers

Ingredients	Makes 8 stuffed halves
Large sweet peppers	4 large peppers sliced in half and seeded
Olive Oil	1 tsp.
Spicy or sweet Italian sausages	250g, removed from casing (about 2 large sausages)
Medium Onion	1 cup diced
Minced Garlic	2 tsp.
Diced Tomatoes	1 can
Medium Carrot	1 cup
Grated Zucchini (1 small zucchini)	1 cup
Dried Oregano	1 tsp.
Couscous	½ cup
Crumbled Feta	1 cup
Salt	To taste

1. Preheat oven to 400°F. Place peppers cut side down on a parchment lined baking sheet and roast for 15 minutes – set a timer.
2. While the peppers roast, heat oil in a large frying pan over medium heat. Add sausage; cook and stir, breaking up meat into small pieces until almost cooked, about 3 minutes.
3. Add onion and garlic; cook and stir until onions are translucent, about 3 minutes.
4. Add diced tomatoes, carrot, zucchini, and oregano. Cook, stirring occasionally until most of the liquid has absorbed, about 8 minutes.
5. Remove from heat, stir in couscous, and set aside for 2 minutes. Stir in ½ cup of feta cheese. Season to taste with a pinch of salt.
6. Flip peppers over and stuff well with sausage couscous mixture. Sprinkle peppers with remaining feta. Bake until peppers feel tender, about 17-20 minutes.

Maple Soy Salmon

Ingredients	Serves 4
Skinless Salmon Fillets	4 fillets
Maple Syrup	¼ cup
Soy Sauce	2 tbsp.
Pepper	To taste
Vegetable Oil	1 tsp.

1. Heat oven to 400°F.
2. While the oven preheats, mix together maple syrup, soy sauce, and a pinch of pepper in a medium pot. Add the salmon to the marinade, turn to coat, and allow to sit while the oven preheats, about 10 minutes.
3. Heat oil in a large non-stick ovenproof frying pan over medium heat. Remove the salmon fillets from the marinade (reserving marinade) and arrange evenly spaced in the frying pan. Cook for 1 minute, then flip the fillets and transfer the pan to the oven and cook until all but the very centre of the salmon has turned from translucent to opaque, about 5 to 7 minutes. Remove from oven and let rest.
4. Bring reserved marinade in pot to a boil over high heat, boil for 1 minute then brush the cooked salmon with glaze and serve.



Chicken Tacos

Ingredients	Serves 4-6
Vegetable Oil	1 tbsp.
White Onion	1, finely chopped
Garlic Cloves	2, finely chopped
Salt	½ tsp.
Diced Tomatoes	1 28oz. can
Chipotle Peppers in adobo sauce	2-3, finely chopped
Boneless, Skinless Chicken Thighs	10, trimmed of excess fat
6-inch corn or flour tortillas	16-18
Favourite taco toppings	As needed

1. Heat a large pot over medium heat.
2. Add oil, onion, garlic, and salt. Cook, stirring often until onions have softened, about 5 minutes.
3. Add diced tomatoes, chipotle peppers and chicken thighs. Stir, to coat the chicken in the sauce. When the sauce starts to bubble, reduce the heat to medium-low and simmer until the chicken is just cooked, about 20 minutes.
4. With tongs, transfer chicken to a cutting board. Shred the chicken using 2 forks. Add shredded chicken back to the pot. Increase heat to medium, cook, stirring occasionally until the sauce because thick and coats the shredded chicken. About 15 minutes.
5. Taste. If you'd like it spicier, stir in a tablespoon of the adobe sauce (what the peppers are packed in).



Thai Red Chicken Curry

Ingredients	Serves 2-3
Vegetable Oil	1 tbsp.
Boneless Skinless Chicken Thighs	1 pound (454 grams), cut into 1-inch chunks
Red Thai Curry Paste	2 tbsp.
Minced Ginger	1 tbsp.
Coconut Milk	1 can
Fish sauce	1 tbsp.
Packed Brown Sugar	1 tbsp.
Small Button Mushrooms	8 oz., quartered
Red Pepper	1, stemmed, seeded and cut into 1-inch pieces
Broccoli Florets	2 cups
Minced Cilantro	¼ cup
Lime	1, cut into wedges

1. Heat oil in a large pot over medium-high heat.
2. Add chicken; cook and stir until chicken is partially cooked, about 3 minutes. Transfer chicken to a bowl.
3. Return pot to medium-high heat. Add curry paste and ginger; cook and stir until fragrant, about 1 minute. Whisk in coconut milk, fish sauce, and brown sugar.
4. Reduce heat to medium-low. Add mushrooms, red pepper, and chicken; simmer, stirring occasionally until chicken is cooked, about 8 minutes.
5. Add broccoli, cover and cook until broccoli is bright green, about 2 minutes.
6. Garnish with cilantro. Serve with rice and a wedge of lime.



Easy Chicken Stir-Fry

Ingredients	Serves 2-3
Vegetable Oil	2 tbsp.
Garlic Cloves	2, minced
Ginger	2-inch piece, grated
Thai Chili	1, minced
Boneless, skinless, chicken breasts	2, cut into thin strips
Green onions	4, thinly sliced
Red Bell Peppers	1, seeded and thinly sliced
Mushrooms	2 cups, halved
Broccoli florets	1 cup
Oyster sauce	2 tbsp.
Fish sauce	2 tbsp.
Brown sugar	1 tsp.

1. Heat 1 tablespoon of the oil in a large frying pan over medium heat. Add garlic, ginger, and chili; cook and stir for 1 minute. Add chicken and cook until almost cooked, about 2 minutes, then transfer to a clean bowl.
2. Increase pan heat to medium-high and add the remaining 1 tablespoon oil to the pan along with the green onions, bell pepper, and mushrooms and cook until red pepper has softened, about 3 minutes.
3. Add broccoli, almost cooked chicken (and any accumulated juices), oyster sauce, fish sauce, and brown sugar. Cook, stirring constantly, until the broccoli turns bright green and the chicken is no longer pink. Serve over steamed rice.



Snacks



Walnut Date Muffins

Ingredients	Yields 12 muffins
Whole-wheat flour	3/4 cup whole-wheat flour, spooned and levelled
All-purpose flour	3/4 cup all-purpose flour, spooned and levelled
Brown sugar	1/3 cup packed light-brown sugar
Pumpkin Pie spice	1 3/4 tsp.
Baking soda	1 tsp.
Salt	1/2 tsp.
Milk	1/2 cup
Light Molasses	1/3 cup
Light olive oil or canola oil	6 tbsp.
Eggs	2 large
Walnuts	1 1/4 cups walnuts, coarsely chopped
Dates	1 cup pitted dates, coarsely chopped

1. Preheat oven to 400 degrees. Line a 12-cup standard muffin tin with paper liners. In a large bowl, whisk together the flours, brown sugar, pumpkin-pie spice, baking soda, and salt.
2. In a separate bowl combine milk, molasses, oil, and eggs; stir into dry ingredients, mixing just until moistened. Fold in walnuts and dates.
3. Divide batter evenly among muffin cups. Bake until a toothpick inserted in center of a muffin comes out clean, 20 to 23 minutes. Cool 5 minutes in pan, and then remove and cool to room temperature.

Spiced-Up Hummus with Whole-wheat Pita

Ingredients	Makes 3 Cups
Chickpeas	15 (1 can) ounces chickpeas, drained, reserving 1/4 cup of the liquid
Tahini (Sesame Paste)	1/4 cup
Fresh Lemon Juice	1/4 cup
Extra-virgin Olive Oil	3 tbsp.
Garlic Clove	1, crushed
Ground Star Anise	1/4 tsp.
Ground Ginger	1/4 tsp.
Ground Cumin	1/4 tsp.
Cilantro leaves	1/4 cup cilantro leaves, finely chopped
Plum Tomato	1, peeled, seeded, and very finely chopped
Scallions	2, very thinly sliced
Salt and Pepper	To taste
Whole-wheat Pita	1

1. In a food processor combine beans and reserved bean liquid, tahini, lemon juice, 1 tablespoon oil, garlic, star anise (if using), ginger, and cumin; puree until smooth.
2. Transfer to a serving bowl and stir in cilantro, tomato, and scallions; season with salt and pepper. Drizzle remaining 2 tablespoons oil over the top of the hummus. Before serving, garnish with cilantro leaves if desired.
3. Toast whole-wheat pita



Pita Pizza

For the Pizza	
Ingredients	Makes 48 Wedges
Whole-wheat pita breads	4
Yellow bell pepper	1, seeds and membrane removed
Mozzarella Cheese	3 ounces, grated
For the Tomato Sauce	
Olive Oil	¼ tsp.
Small Yellow onion	1, peeled and chopped into ¼-inch dice
Garlic Cloves	2, peeled and minced
Dried Oregano	½ tsp.
Dried Basil	½ tsp.
Crushed red-pepper flakes	¼ tsp.
Bay leaf	1
Whole peeled tomatoes	One half 28-ounce can whole peeled tomatoes, roughly chopped
Tomato Paste	¼ cup

1. Preheat oven to 350 degrees. Make the tomato sauce: Heat the olive oil in a medium saucepan set over medium heat. Add the onion and garlic, and cook, stirring frequently, until onion and garlic are browned, about 4 minutes. Add the dried oregano, dried basil, crushed red pepper flakes, bay leaf, chopped tomatoes, and tomato paste. Bring mixture to a boil. Reduce heat to medium-low, and let simmer, stirring occasionally, until the liquid has evaporated and the sauce is thick, about 35 minutes.
2. Assemble the pizzas: Arrange pita breads on two baking sheets. Spread about 6 tablespoons tomato sauce on each. Scatter strips of yellow bell pepper on top, and then sprinkle with the mozzarella cheese. Transfer the baking sheets to the oven, and bake the pizzas until the peppers begin to wilt and the mozzarella has melted, about 20 minutes. Remove the pizzas from the oven, and transfer to a cutting board. Sprinkle with basil, and cut each pita pizza into 12 wedges. Serve warm or at room temperature



Quick Apple Sausage Quesadillas

Ingredients	Serves 5
Canola oil	2 tbsp., divided
Medium Red Bell Pepper	1, cut into ¼-inch dice
Fully cooked Apple Chicken Sausages	2, casing removed and meat coarsely chopped
Reduced-fat shredded Cheddar Cheese	1 cup
Frozen corn	½ cup, thawed
Barbeque Sauce	2 tbsp.
Whole-wheat Flour Tortillas	5, 8-inches each

1. Heat 1 tablespoon of the oil in a large non-stick skillet over medium-high heat. Add the bell pepper and cook, stirring frequently, until softened, about 7 minutes. Stir in the sausage, reduce heat to medium, and cook until heated through, 2 to 3 minutes.
2. In a bowl, stir together the cooked bell pepper and sausage, cheese, corn, and barbecue sauce. Spread the mixture evenly over half of each tortilla. Fold over, press down gently, and set aside.
3. Heat 1 teaspoon of the oil in the skillet over medium-high heat (you may want to wipe out the skillet first). Add 2 of the quesadillas and cook, pressing down occasionally with a spatula, until the bottoms are crisp and golden, about 3 minutes. Flip them, and cook until the other sides are golden, about 2 minutes.
4. Repeat with the remaining oil and quesadillas. Cut into halves or quarters and serve.

Tip: You can swap the slightly sweet chicken apple sausage for something more spicy or savoury, and if you're not a fan of bell pepper, you can use sautéed spinach, shredded carrot, or pinto beans.



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