



# 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.**

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For an electronic version, search "Recipes for Student Nutrition Programs" at [www.brightbites.ca](http://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 habits<sup>1</sup>.

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](http://www.children.gov.on.ca/htdocs/English/topics/schoolsnacks/nutrition_guidelines.aspx). For access to Canada's Food Guide, visit [www.canadasfoodguide.org](http://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.

<sup>1</sup>Nourishing 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:	✓
1. All main ingredients in the recipe meet the criteria for “Foods to Serve” in the MCYS SNP Nutrition Guidelines. If your recipe is a baked good, see #3.	
2. The recipe does not contain food items from the “Foods Not to Serve” list identified in the MCYS SNP Nutrition Guidelines.	
3. If the recipe is for a baked good, ensure that it includes at least two of the following: <ul style="list-style-type: none"> <li>• Contains more than half of the flour as whole wheat/whole grain</li> <li>• Contains bran, oats or ground flax</li> <li>• Contains grated vegetable (e.g., carrot, zucchini), or unsweetened fruit (e.g., mashed banana, unsweetened applesauce, drained canned pineapple)</li> <li>• Contains 8 grams or less of sugar per 30 gram serving (if Nutrition Facts table and weight is available)</li> </ul> Portion sizes for baked goods should be as follows: cookie is not more than 6 cm (about 2.5 inches) in diameter; loaf slice is not more than 2 cm (about ¾ inch) thick; muffin is the size of a tennis ball or smaller.	
4. The recipe does not have products containing peanuts and other nuts if in an elementary school.	
5. The recipe uses kitchen equipment that is available to your SNP e.g. bowls, griddle, blender.	
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 and cooking time is reasonable for SNP volunteers.	
9. The recipe is adaptable and substitutions can be made if needed.	
10. The recipe is easy to serve for your program.	
11. 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:	✓
1. All foods that are offered meet the criteria for "Foods to Serve" in the MCYS SNP Nutrition Guidelines for vegetables and fruit.	
2. All foods that are offered meet the criteria for "Foods to Serve" in the MCYS SNP Nutrition Guidelines for grain products.	
3. All foods that are offered meet the criteria for "Foods to Serve" in the MCYS SNP Nutrition Guidelines for milk and alternatives.	
4. All foods that are offered meet the criteria for "Foods to Serve" in 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. Food items from the "Foods Not to Serve" list identified in the MCYS SNP Nutrition Guidelines are not included in the menu.	
8. Only small amounts of condiments are offered (if applicable) per meal or snack.	
9. 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
<b>Monday</b>	Baby carrots, bean and cheese quesadillas*	Green grapes, whole wheat English muffin mini pizza*
<b>Tuesday</b>	Apple, bran flake pancake* and plain milk	Tuna salad pita pockets* and baby carrots
<b>Wednesday</b>	Raspberry vanilla overnight oats*	Apple and cheese wrap*
<b>Thursday</b>	Frozen mixed berries, cottage cheese and whole grain cereal	Grilled cheese sandwich, mini cucumbers
<b>Friday</b>	Red delicious apple, egg and cheese wrap*	Berry pizza (cottage cheese spread on whole wheat 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
<b>Monday</b>	Golden delicious apple, simple banana bran muffin* and vanilla yogurt	Assorted vegetable sticks, whole wheat pita crisps* and tzatziki dip*
<b>Tuesday</b>	Red grapes, whole wheat bagel with marble cheese	Broccoli and cheddar mini quiches* and a banana
<b>Wednesday</b>	Sliced cucumber and carrots, mini whole grain pitas, hummus*	Pear, whole grain cereal mix* and fruit flavoured yogurt
<b>Thursday</b>	Tuna-macaroni salad*, clementine orange and fruit-flavoured yogurt	Veggie bean soup* and whole grain crackers
<b>Friday</b>	Grape tomatoes, whole wheat English muffin with soft margarine and plain milk	Smoothie* and whole wheat bagel with 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*	Unsweetened applesauce with whole grain cereal
Tuesday	Canned fruit (drained) and whole wheat bagel with 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 whole wheat English muffin and strawberry jam
Friday	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) whole wheat 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 milk and alternative like plain milk or yogurt.

### Nutrition Tips





## Apple cinnamon pancake topping

### Ingredients:

- ☐ 250 mL (1 cup) chopped apples, any variety
- ☐ 250 mL (1 cup) unsweetened, apple sauce
- ☐ 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 plain 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 foods 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) plain milk
- ☐ 375 mL (1 ½ cup) whole wheat 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  
Sugar per muffin: 7.7 grams



### 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 vegetable or fruit like an apple or carrot sticks and milk or alternative like a stringable cheese or yogurt.

### Nutrition Tips





# Fruit muffins

## Ingredients:

- ☐ 500 mL (2 cups) quick oats
- ☐ 500 mL (2 cups) whole wheat flour
- ☐ 250 mL (1 cup) oat bran
- ☐ 125 mL (1/2 cup) ground flax
- ☐ 250 mL (1 cup) sugar
- ☐ 250 mL (1 cup) unsweetened shredded coconut
- ☐ 10 mL (2 tsp) baking powder
- ☐ 10 mL (2 tsp) cinnamon
- ☐ 5 mL (1 tsp) baking soda
- ☐ 5 mL (1 tsp) salt
- ☐ 500 mL (2 cups) frozen blueberries or diced drained peaches
- ☐ 375 mL (1 1/2 cups) plain yogurt
- ☐ 250 mL (1 cup) melted non-hydrogenated margarine
- ☐ 2 large eggs
- ☐ 10 mL (2 tsp) vanilla
- ☐ 250 mL (1 cup) milk

## Directions:

1. Preheat oven to 375 °F (190 °C). Spray muffin tins with non-stick cooking spray
2. Mix dry ingredients in a large bowl. Add the fruit and coat with the dry ingredients.
3. Mix the wet ingredients together in a separate bowl.
4. Add the wet ingredients to the dry, and mix just enough to combine.
5. Fill muffin tins half full with batter and bake 15-20 minutes or until firm.

Preparation time: 15 minutes  
Cooking time: 15 - 20 minutes  
Makes: 36 small muffins  
Sugar content per serving: 8 grams

Adapted from: Tips and Recipes for Quantity Cooking: Nourishing Young Minds and Bodies. Fruit Muffins. Page 82.



### Chef's Tip

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

Serve these muffins with a fruit (i.e. banana) and plain milk for a complete breakfast or morning meal.

### Nutrition Tips



## Pumpkin spiced and cheese scones

### Ingredients:

- ☐ 310 mL (1 1/4 cups) bran flakes
- ☐ 310 mL (1 1/4 cups) whole wheat flour
- ☐ 60 mL (1/4 cup) sugar
- ☐ 15 mL (1 tbsp) baking powder
- ☐ 5 mL (1 tsp) ground cinnamon
- ☐ 2 mL (1/2 tsp) ground ginger
- ☐ 2 mL (1/2 tsp) ground nutmeg
- ☐ 125 mL (1/2 cup) pumpkin purée
- ☐ 180 mL (3/4 cup) cottage cheese
- ☐ 60 mL (1/4 cup) milk
- ☐ 30 mL (2 tbsp) melted margarine

### Directions:

1. Preheat oven to 375 °F (190 °C).
2. Mix dry ingredients in a large bowl. Mix pumpkin purée, cottage cheese, milk and margarine in a separate bowl. Pour wet ingredients into centre of dry ingredients. Stir with a fork until combined.
3. Shape dough into 2 discs and place on a baking sheet covered with parchment paper. Cut each disc into 8 equal wedges.
4. Bake in the oven for 20-25 minutes or until scones are golden and an inserted toothpick comes out clean.

Preparation time: 15 minutes

Cooking time: 20 - 25 minutes

Makes: 16 mini scones

Sugar content per serving: 4.3 grams

Adapted from: Dairy Goodness ([www.dairygoodness.ca](http://www.dairygoodness.ca)), Cottage Scones with Spiced Pumpkin recipe by Dairy Farmers of Canada.



### Chef's Tip

You can substitute the cottage cheese for other cheeses such as cheddar or mozzarella.

Serve these scones with a glass of milk and some fruit for a complete breakfast or morning meal.

### Nutrition Tips





## Carrot and oat breakfast cookies

### Ingredients:

- ❑ 250 mL (1 cup) whole wheat flour
- ❑ 175 mL ( $\frac{3}{4}$  cup) quick-cooking rolled oats
- ❑ 125 mL ( $\frac{1}{2}$  cup) ground flax seed
- ❑ 5 mL (1 tsp) ground cinnamon
- ❑ 2 mL ( $\frac{1}{2}$  tsp) baking soda
- ❑ 1 large egg
- ❑ 175 mL ( $\frac{3}{4}$  cup) lightly packed brown sugar
- ❑ 125 mL ( $\frac{1}{2}$  cup) soft, non-hydrogenated margarine
- ❑ 5 mL (1 tsp) vanilla
- ❑ 375 mL (1  $\frac{1}{2}$  cup) grated carrots

### Directions:

1. Preheat oven to 350°F (180°C). Lightly spray baking sheets with non-stick cooking spray or use parchment paper.
2. In a medium bowl, combine dry ingredients: flour, oats, flax seed, cinnamon and baking soda.
3. In a large bowl, using an electric mixer, beat wet ingredients until smooth: egg, brown sugar, margarine and vanilla.
4. Mix in dry ingredients into wet ingredients. Stir in carrots.
5. Using a tablespoon, drop dough about 2 inches (5 cm) apart, onto baking sheets.
6. Bake for 10-15 minutes or until lightly browned.

Preparation time: 15 minutes

Cooking time: 10-15 minutes

Makes: 24 cookies

Sugar content per serving: 7 grams

Adapted from: Bake it Up, Charlie and Emma's Favourite Carrot Cookies, by the Nutrition Resource Centre (2010).



### Chef's Tip

Try adding raisins for extra flavour and texture.



Pair these cookies with a fruit and milk smoothie for a meal or breakfast or with a piece of fruit for a snack.

### Nutrition Tips



## Raspberry vanilla overnight oats

### Ingredients:

- ☐ 500 mL (2 cups) uncooked rolled oats (not instant)
- ☐ 250 mL (1 cup) plain 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**





## White corn berry breakfast blend

### Ingredients:

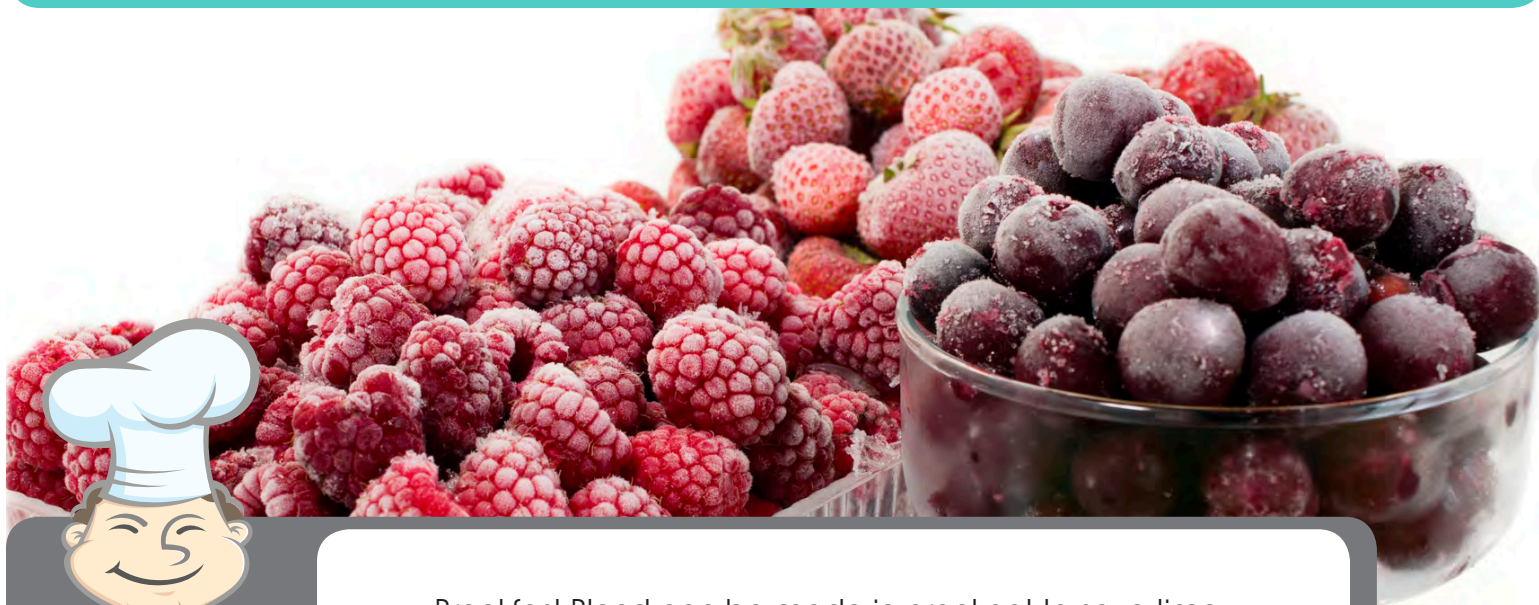
- ☐ 325 mL (1 1/3 cups) lyed white corn
- ☐ 325 mL (1 1/3 cups) frozen berries
- ☐ 2 apples, diced
- ☐ 60 mL (4 tbsp) maple syrup
- ☐ 250 mL (1 cup) seed medley (e.g., sunflower, pumpkin seeds, raisins)

### Directions:

1. Combine all ingredients (except seed medley) in a sauce pan.
2. Heat over medium heat until simmering (about 5 minutes). Stir often to prevent sticking.
3. Serve warm, topped with seed medley.

Preparation time: 10 minutes  
Cooking time: 10 minutes  
Makes: 8 servings

Adapted from: Healthy Roots Recipe Book, 2015.



### Chef's Tip

Breakfast Blend can be made in crockpot to save time.

Pair with a glass of milk for a complete breakfast or morning meal.

**Nutrition  
Tips**





## Egg and cheese wrap

### Ingredients:

- ☐ 1, six-inch whole wheat tortilla
- ☐ 1 egg
- ☐ 60 mL (¼ cup), 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 vegetables or fruit like broccoli florets or an orange.

**Nutrition  
Tips**



## Apple and cheese wrap

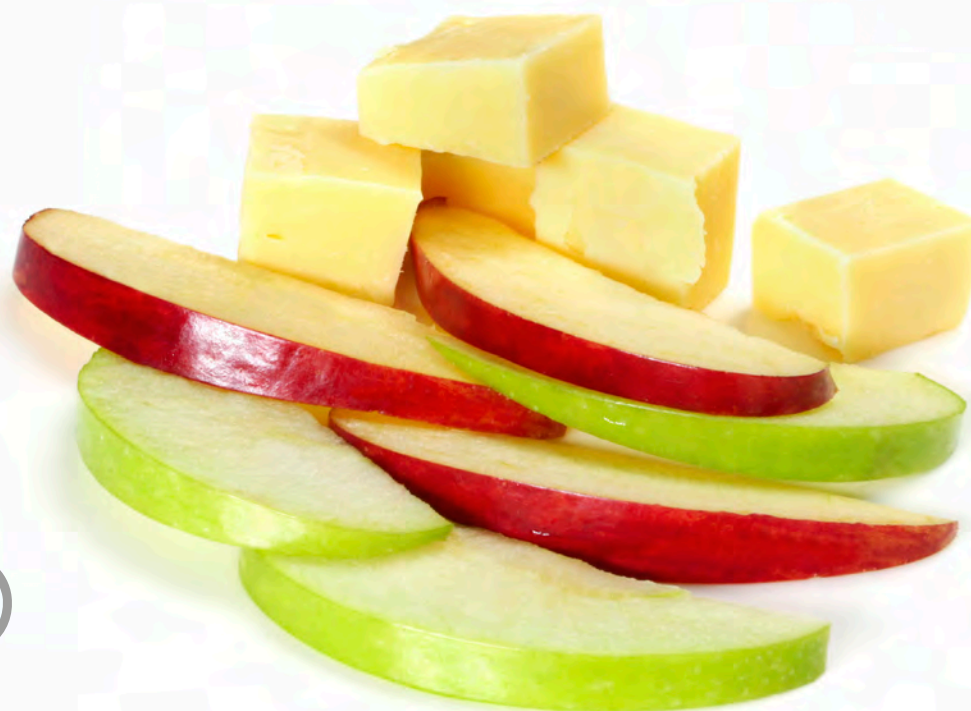
### Ingredients:

- ☐ 2 large apples (any variety)
- ☐ 4, six-inch whole wheat tortillas
- ☐ 250 mL (1 cup) 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) 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



# 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 plain milk for a meal. Since the soup contains two food groups it can be served as is for a snack program.

### Nutrition Tips





## Carrot and apple salad

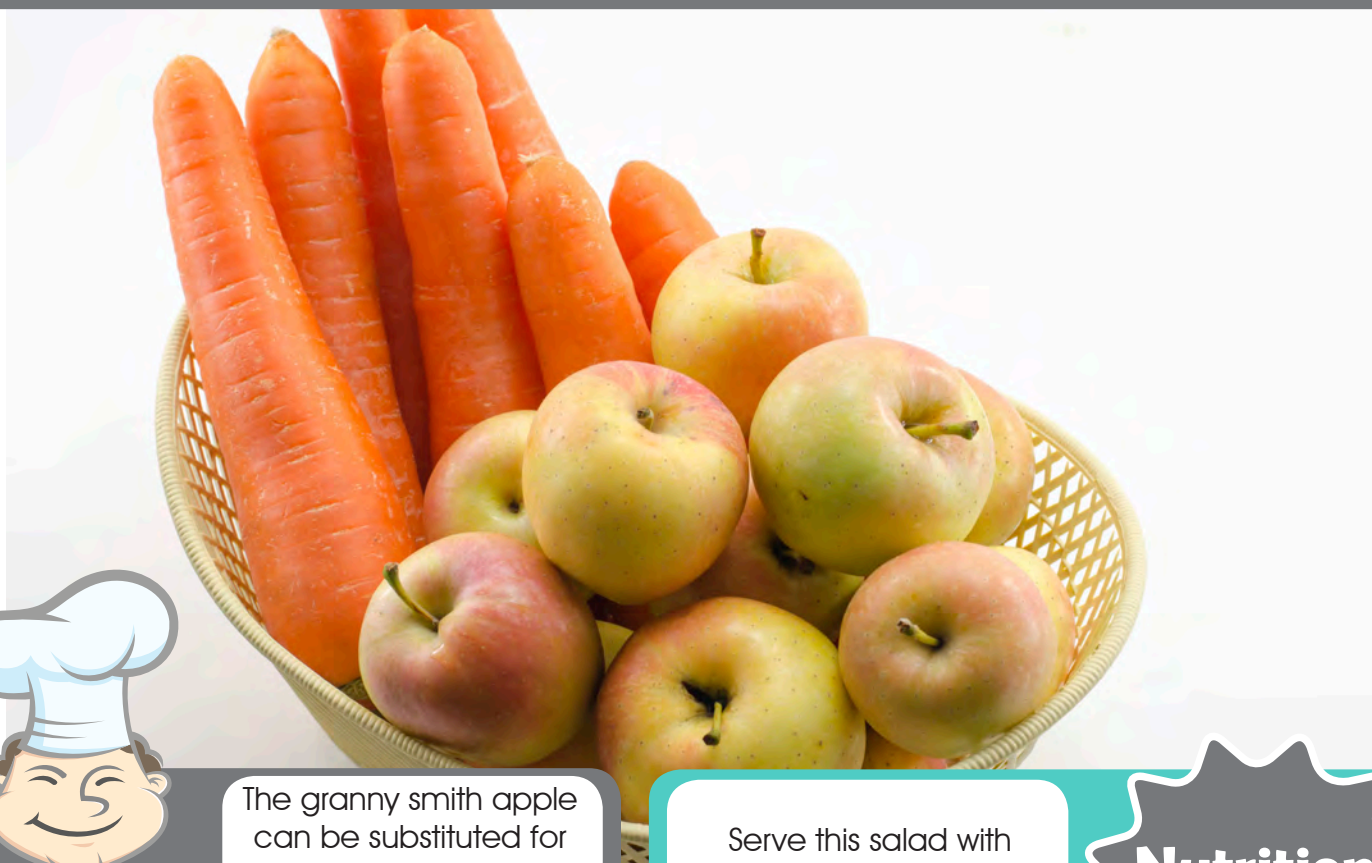
### Ingredients:

- ☐ 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 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
- ☐ 125 mL (½ 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 plain 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
- ☐ 60 mL (1/4 cup) light mayonnaise
- ☐ 7 mL (1/2 tbsp) lemon juice
- ☐ 2, 170g cans tuna packed in water, drained
- ☐ 375 mL (1 1/2 cups) cherry tomatoes
- ☐ 1/2 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, 1/2 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 cheese.

### 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) 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) 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 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 (¼- ½ 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 ½ cup servings



To make this recipe a complete meal, offer it with whole grain pitas, sliced vegetables and yogurt.

**Nutrition  
Tips**





# Yogurt tzatziki dip

## Ingredients:

- ☐ 750 mL (3 cups) plain, 1% or 2% 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





# Bannock

## Ingredients:

- ☐ 500 mL (2 cups) all-purpose flour
- ☐ 500 mL (2 cups) whole wheat flour
- ☐ 5 mL (1 tsp) baking powder
- ☐ 5 mL (1 tsp) salt
- ☐ 60 mL (1/4 cup) sunflower oil
- ☐ 500-625 mL (2 – 2 ½ cups) milk

## Directions:

1. Preheat oven to 400 °F (205 °C).
2. Mix flour, baking powder and salt in a large bowl.
3. Add oil a little at a time to make mixture look like corn meal.
4. Add milk to mixture slowly, only adding enough to make dough stick together.
5. Pat dough out with your hands on a floured surface to the size of large pancakes and about 1 inch in thickness. If making scones, cut into rounds using a jar ring or cookie cutter.
6. Bake for 15 – 20 minutes.

Preparation time: 10 minutes  
Cooking time: 15 - 20 minutes  
Makes: 16 servings



### Chef's Tip

Add blueberries or raisins to bannock for a sweeter bread.

Serve bannock with a glass of milk and carrot sticks for a complete breakfast or morning meal.

### 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
- 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





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