



TOASTED GRANOLA & BERRIES COTTAGE CHEESE

Busy mornings? Start your day right with this quick and easy breakfast. Super busy mornings? No problem, you can prepare the toasted granola ahead of time!

Preparation time: 10 minutes • Cooking time: 10 minutes • 4 servings

INGREDIENTS

4 tsp (20 mL) honey
1 tbsp (15 mL) water
3/4 cup (175 mL) large flake rolled oats
1/4 cup (60 mL) pecans, chopped
2 cups (500 mL) Cottage cheese
1/8 tsp (0.5 mL) ground ginger (optional)
1 tbsp (15 mL) vanilla extract
2 cups (500 mL) fresh berries* (or frozen berries thawed)

PREPARATION

In a small saucepan, combine honey and water. Bring to a simmer over medium-low heat, stirring often. Simmer for about 2 minutes. Add oats and pecans and cook, stirring constantly to prevent burning, for about 5 minutes or until toasted and dry. Transfer to a bowl and let cool.

In a bowl, combine Cottage cheese, ginger (if desired) and vanilla. Divide among 4 serving bowls and top with berries and granola.

*For a different flavour combination: replace berries with diced apple or pear and dried cranberries.



Did you know that 68% of Canadians do not consume enough calcium every day? Milk, cheese and yogurt naturally contain calcium that is easily absorbed by the body. This Toasted Granola & Berries Cottage Cheese is a satisfying breakfast to start your day right and adds calcium to your diet.

Your dietitian

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CHICKEN, VEGETABLE AND GOUDA COUSCOUS

This recipe combines colourful and nutritious ingredients, the perfect combination for a great lunch!

Preparation time: 15 minutes • Cooking time: 5 minutes • 4 to 6 servings

INGREDIENTS

3/4 cup (180 mL) sodium-reduced vegetable or chicken broth
3/4 cup (180 mL) whole wheat couscous
4 tsp (20 mL) honey or maple syrup
2 tbsp (30 mL) cider vinegar
3 tbsp (45 mL) canola oil
Salt and freshly ground pepper
2 green onions, chopped
1 cup (250 mL) carrots, grated
1 cup (250 mL) zucchini, grated
1/2 yellow pepper, diced
1 apple, diced
1 1/2 cups (375 mL) Gouda, diced
1 cup (250 mL) cooked chicken, chopped
2 tbsp (30 mL) fresh mint, chopped

PREPARATION

In a small saucepan, bring broth to a boil. Remove from heat, add couscous, stir, and cover. Let rest 5 minutes or until couscous has absorbed all the broth. Stir with a fork to separate the grains and let cool.

In a bowl, mix honey, vinegar, and oil. Season with salt and pepper, to taste. Add remaining ingredients and couscous. Mix well to distribute the ingredients throughout the couscous and serve. This dish can be served warm or cold.



Your family will love this Chicken, Vegetable and Gouda Couscous, a total palate-pleaser! You can substitute the Gouda for Havarti, Cheddar or Mozzarella to vary the taste. There is a wide variety of Canadian cheeses with unique flavours and textures at the grocery store.

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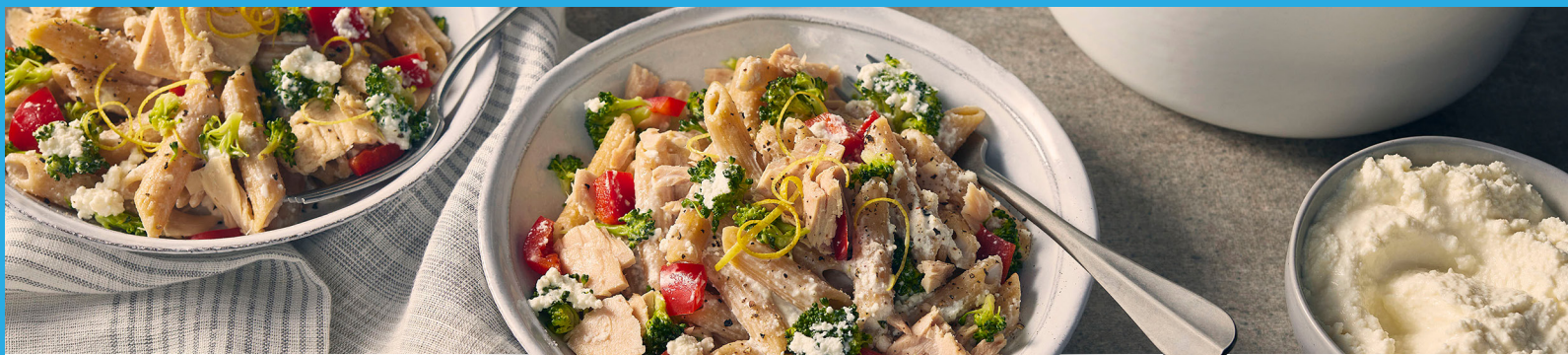
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ONE-POT TUNA & BROCCOLI PASTA

This one-pot meal is a great recipe to make a wholesome dinner for your family in only 15 minutes. Ready, set... enjoy!

Preparation time: 15 minutes • Cooking time: 15 minutes • 4 to 6 servings

INGREDIENTS

2 1/4 cups (560 mL) milk
1 cup (250 mL) water
1/4 tsp (1 mL) salt
10 oz (300 g) whole wheat penne pasta
6 cups (1.5 L) fresh broccoli florets (about 1 large bunch)
3/4 cup (180 mL) red bell pepper, diced (about 1 medium pepper)
8 oz (250 g) Ricotta cheese
1 tsp (5 mL) lemon zest
3 tbsp (45 mL) freshly squeezed lemon juice (from about 1 medium lemon)
1/4 tsp (1 mL) pepper
2 cans (170 g each) water-packed flaked tuna, drained

PREPARATION

In a large pot, heat 2 cups (500 mL) of the milk, water, and salt over medium heat until steaming. Stir in pasta. Cover, reduce heat to medium-low and simmer for 8 to 10 minutes, stirring occasionally. Add broccoli and red bell pepper on top of pasta, cover, and simmer for 5 minutes or until pasta is tender and broccoli and red bell pepper are tender crisp.

Add Ricotta, lemon zest, lemon juice, and pepper to pot and stir until well blended. Stir in the remaining milk to moisten pasta to desired consistency. Gently fold in tuna until heated throughout.



Milk is a source of 15 essential nutrients and adding it to your favourite recipes greatly improves the nutritional value of the meal. This One-Pot Tuna & Broccoli Pasta is a great recipe to get a nutritious and well-balanced dish on the table in a flash!

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TASTY SQUASH AND BEAN SALAD

Crispy, crunchy and zesty, this plant-forward meal is packed with goodness and deliciousness!

Preparation time: 20 minutes • Baking time: 10 minutes • Cooking time: 25 minutes • 4 to 6 servings

INGREDIENTS

1 tbsp (15 mL) butter
 1 small onion, chopped
 2 cloves garlic, minced
 1 tbsp (15 mL) chili powder
 1 tsp (5 mL) dried oregano
 Salt and freshly ground pepper
 1 1/2 cups (375 mL) fresh or frozen butternut squash thawed, diced
 1 can (28 oz/796 mL) no-salt-added diced tomatoes
 1 can (19 oz/540 mL) unsalted black beans, drained and rinsed
 1/2 cup (125 mL) frozen corn kernels thawed
 2 small whole wheat tortillas
 1 tsp (5 mL) lime zest
 1 1/2 tbsp (22 mL) freshly squeezed lime juice (about 1 lime)
 1/2 cup (125 mL) plain Greek yogurt
 1 cup (250 mL) Mozzarella, shredded
 8 cups (2 L) romaine lettuce, torn into bite-sized pieces
 1 cup (250 mL) cherry tomatoes, cut in half
 Fresh cilantro, chopped (optional)

PREPARATION

Preheat oven to 350 °F (180 °C). Line a large baking sheet with parchment paper.

In a large skillet, melt butter over medium heat. Sauté onion, garlic, chili powder, and oregano for about 2 minutes or until onion begins to soften. Season with salt and pepper, to taste. Add squash and sauté for 1 minute or until onion is soft. Stir in canned tomatoes, black beans, and corn. Reduce heat to medium-low, cover and let simmer gently, stirring occasionally, for about 20 minutes or until squash is soft.

Meanwhile, cut each tortilla into 12 thin wedges. Arrange in a single layer on prepared baking sheet. Bake in preheated oven for 10 minutes or until golden and crisp. Set aside.

In a small bowl, stir lime zest and 1/2 tbsp (7 mL) lime juice into yogurt and season with a pinch each of salt and pepper.

Remove squash mixture from heat. Stir in remaining lime juice and half of the cheese until melted. Season with salt and pepper, to taste. In a large bowl, combine half of the lime yogurt and lettuce; toss to coat. Divide lettuce among serving plates. Spoon squash mixture on top of dressed lettuce and top with remaining cheese and cherry tomatoes. Add a dollop of remaining lime yogurt to each plate and top with baked tortilla chips. Sprinkle with cilantro (if using).



Protein can be found in both plant-based and animal-based protein foods, and they each provide a unique bundle of nutrients that are essential to health. Combining both types of protein foods in your diet allows the body to benefit from a wider range and balance of nutrients. This Tasty Squash and Bean Salad is a great example on how it is simple and delicious to prepare a meal that includes both plant and animal-based proteins.

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OVEN-ROASTED CAULIFLOWER SOUP

Hearty and nutritious, this soup can be made with fresh or frozen cauliflower. Serve it with a whole grain roll for a balanced meal.

Preparation time: 15 minutes • Baking time: 25-35 minutes • Cooking time: 15 minutes • 6 servings

INGREDIENTS

8 cups (2 L) fresh or frozen cauliflower florets (about 1 head if using fresh cauliflower)
1 carrot, peeled and coarsely chopped
1-2 tbsp (15-30 mL) butter, melted
1 onion, chopped
2 cloves garlic, minced
1 tsp (5 mL) dried thyme leaves
1 bay leaf
2 1/2 cups (625 mL) no-salt-added vegetable broth
1 can (19 oz/540 mL) unsalted white beans, drained and rinsed
1 tbsp (15 mL) grainy Dijon mustard
2 1/2 cups (625 mL) milk
Freshly ground pepper
Salt (optional)
1/2 cup (125 mL) Cheddar cheese, shredded
1/4 cup (60 mL) fresh dill, coarsely chopped
Lemon zest (optional)

PREPARATION

Preheat oven to 425 °F (220 °C). Place cauliflower and carrots on a parchment lined baking sheet. Drizzle butter over vegetables and toss to coat. Roast 25 to 35 minutes, turning halfway through, until vegetables are tender. Remove about 1/2 cup (125 mL) cauliflower florets and reserve to garnish soup.

Meanwhile, place onion, garlic, thyme, and bay leaf in a large saucepan. Add broth and simmer gently for 5 minutes or until onion is tender. Add roasted cauliflower, carrot, white beans, and mustard. Simmer gently for 8 minutes or until vegetables are very tender. Remove from heat. Discard bay leaf. Season with pepper and salt if needed. Stir in milk.

Cool soup slightly. Purée in batches until smooth. Serve in bowls. Garnish with roasted cauliflower florets, cheese, dill, and lemon zest (if desired). Serve with a whole-grain roll.



This soup is no ordinary soup! When paired with a whole grain roll, you have a complete meal on the table. The vegetables and white beans add precious fibre and the milk and cheese provide complete protein. These nutrients are essential to keep your hunger at bay until your next meal.

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YOGURT AND SPICED ROASTED PEACHES

Looking for a tasty dessert to impress your family that is easy to prepare in a jiffy?
Try this yogurt bowl that includes spiced peaches, Greek yogurt and pumpkin seeds.

Preparation time: 15 minutes • Cooking time: 20 minutes • 4 to 6 servings

INGREDIENTS

3 tbsp (45 mL) brown sugar
1/2 tsp (2 mL) ground cinnamon
1/4 tsp (1 mL) ground ginger
Pinch ground allspice
3 large peaches, cut into wedges or 2 cups (500 mL) frozen peaches
1/2 cup (125 mL) unsalted pumpkin seeds
2 cups (500 mL) plain Greek yogurt
1 tsp (5 mL) vanilla extract

PREPARATION

Preheat oven to 400 °F (200 °C). Line a small baking sheet with parchment paper.

In a small bowl, combine sugar, cinnamon, ginger, and allspice. Place peaches in an 8-inch (20 cm) square glass baking dish; sprinkle with half of the sugar mixture and toss gently to coat. Spread in a single layer. Roast for about 20 minutes (30 minutes if using frozen peaches) or until peaches are tender and lightly browned. Let cool slightly.

Meanwhile, in a small skillet, toast pumpkin seeds over medium heat, stirring constantly, for about 3 minutes or until seeds are very lightly toasted, add remaining sugar mixture to skillet and stir seeds for about 2 minutes or until toasted (golden brown) and glazed. Spread out on a piece of parchment paper and let cool.

In a small bowl, combine yogurt and vanilla. To assemble, divide half of the yogurt equally among dessert dishes and top with half of the roasted peaches, then half of the glazed seeds; repeat layers.



Greek yogurt is a good source of protein and a wonderful staple ingredient in the kitchen. Its unique texture makes it easy to assemble a breakfast bowl in the morning, mix up a quick dip for vegetables for a snack or prepare a delicious dessert, like this Yogurt and Spiced Roasted Peaches.

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