

IBD Kitchen

The background of the image shows three pita breads filled with chicken, arugula, tomatoes, and onions, served on a wooden board. The pita breads are golden brown and have a slight char on the outside. The filling includes shredded chicken, fresh arugula, sliced cherry tomatoes, and sliced onions. The pita breads are arranged in a row, with the one in the foreground being the most prominent.

Recipes and
food ideas for
people with
Inflammatory
Bowel Disease

**BUDGET
FRIENDLY**

IBD Kitchen

Recipes and food
ideas for people
with Inflammatory
Bowel Disease
(PART 3)

For more information and to obtain a digital version of this book, visit badgut.org



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Questions, comments, or suggestions?

We would love to hear from you.

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Tofu breakfast scramble



Tuna pita



Barley garden soup



Skillet shepherd's pie



Creamy green lentil curry



Peanut butter and raisin granola bars



WE'VE GOT SOME NEW RECIPES FOR YOU...

... so why not make it a plan to try them all? We've chosen the ingredients very carefully to give you a wide variety of vegetables and fruits, protein sources, and whole grains, all of which will help you get enough of your daily fibre and nutrient needs.

Some of the recipes may need to be modified so that they work best for you. For example, if you have stenosis (an area of narrowing in your bowel), if you have strictures, or if you're experiencing frequent, loose bowel movements, there are some small tweaks you can make so that these recipes are better tolerated and easier to digest. Here's what to consider:

- Cooked vegetables are generally easier to tolerate than **raw vegetables**, so if you're treating yourself to a tuna wrap for lunch, use grilled veggies instead of raw ones.
- **Nuts and dried fruit** should generally be avoided, but the other ingredients in the granola bars will still offer lots of flavour.
- For the *Creamy Green Lentil Curry*, **puréeing or blending** the curry will make the lentils and vegetables easier to digest.

- Lastly, **peeling and de-seeding** fruits and vegetables, like the zucchini in the soup, can make these easier to tolerate if you are experiencing one of the particular health situations mentioned above.

And more! All of our recipes are also easily adapted for other dietary needs.

- For **low lactose diets**—simply swap any dairy products for low lactose alternatives, like lactose-free milk.
- For **vegan diets**, meat can be substituted with tofu, eggs can be substituted with flax or chia egg replacements, and plant-based beverages used in place of milk, etc.

And all recipes can easily have **gluten**-containing ingredients swapped out for gluten-free alternatives as well.

Check the notes sections on each recipe to see what specific substitutions we recommend!

PICKING PROTEIN-RICH FOODS ON A BUDGET

Getting enough protein in your diet is important for your health and immune system. And it's especially important when you're feeling unwell, or during a flare, two instances when your protein needs are higher. Although buying protein-rich foods can be expensive, here are some ways to make protein more affordable. The recipes in this cookbook include some of them.

- **Plant-based proteins** are typically less expensive than animal protein sources. Legumes, including beans, split peas, lentils, and soybeans are high in protein, and are also rich sources of fibre, vitamins, and minerals.
- **Buying legumes** in their dried form and cooking them from scratch is typically the least expensive option, but canned versions are affordable and more convenient. The *Creamy Green Lentil Curry* is a great example of an inexpensive legume-based meal.



- **Soy products**, like tofu and edamame, are very versatile, and can be used in a variety of meals from Asian stir fries to breakfast scrambles like the *Tofu Breakfast Scramble* recipe in this cookbook.
- **Nuts and seeds** are typically more expensive plant-based protein options but often cost less if you buy them wholesale or in bulk.
- When buying **animal-based protein** like poultry and meat, buying them in their whole form is often more affordable than buying just their parts... so consider a whole chicken rather than legs or thighs, for example. The bones can also be used to make a protein-rich bone broth. Watch for sales on meats like the pork tenderloin we use in the *Barley Garden Soup*; take advantage of these sales and freeze the meat until you're ready to use it.
- **Canned animal protein**, including meat and fish like salmon, tuna, and sardines are usually less expensive than fresh, and can make for very fast and easy-to-prepare meals that don't require cooking... like our delicious *Tuna Pita*.
- **Eggs** are another reasonably priced and versatile protein that can be used at any meal on their own—scrambled, boiled, poached, or fried—or used to add protein and flavour to salads, sandwiches, stir fries, etc.



- **Skim milk powder** is another inexpensive item to add to your grocery list. It can be used to increase the protein content of things like smoothies, soups, cereals, and mashed potatoes, and can also add creaminess, calcium, and vitamin D! It is a much more affordable option than most commercial protein powders but can be used in the same way.

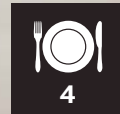
TOFU BREAKFAST SCRAMBLE



10 min.



10 min.



4

Start your day with a breakfast rich in plant-based protein.

INGREDIENTS

1 block firm tofu

1 teaspoon turmeric powder

1 teaspoon paprika ¹

1 teaspoon garlic powder

1 teaspoon onion powder

1/3 cup milk of choice

1/4 teaspoon salt

1/4 teaspoon pepper

1 tablespoon avocado oil ²

1/2 cup yellow onion, diced

1/2 cup red bell pepper, diced

1/2 cup green bell pepper, diced

2 tablespoons nutritional yeast ³

PREPARATION

1. Drain the tofu and remove excess moisture by using a paper or dish towel. In a bowl, using your hands, crumble the tofu until it resembles scrambled eggs.
2. In a small bowl, mix turmeric, paprika, garlic powder, onion powder and milk. Season with salt and pepper. Pour seasoning mix over the tofu so that all crumbles get coated with it.
3. In a non-stick frying pan, heat oil over medium-high. Saute onion and peppers for 5 minutes, or until the onion is starting to become golden. Add the tofu, stir to combine, and let it heat through. Add nutritional yeast if desired and mix. Add some milk, if the texture is too dry.
4. Serve with toast, sliced avocado and salsa. Or put the preparation in a tortilla with mayonnaise and salsa to make a breakfast wrap.

¹ or smoked paprika

² or olive, canola oil

³ optional



NUTRITION FACTS (PER SERVING: 1/4 OF RECIPE)

Cal 134 / Protein (g) 9 / Fat (g) 9 / Carb (g) 7 / Fibre (g) 2 / Ca (mg) 213 / Fe (mg) 2 / Sodium (mg) 172



Print



10 min.



2

TUNA PITA

Enjoy canned tuna in this versatile wrap recipe.

INGREDIENTS

2 pita (or naan)

4 tablespoons tzatziki

1 can (85 g) tuna, drained ¹

6 cherry tomatoes, halved ²

¼ red onion, thinly sliced

A few leaves of baby arugula salad ³

PREPARATION

Spread 2 tablespoons of tzatziki on each pita and garnish with tuna, tomato, onion, and arugula.

¹ or canned salmon

² or cucumber

³ or mint, baby spinach, feta cheese, capers

NUTRITION FACTS (PER SERVING: ½ OF RECIPE)

Cal 502 / Protein (g) 34 / Fat (g) 18 / Carb (g) 50 / Fibre (g) 3 / Ca (mg) 127 / Fe (mg) 4 / Sodium (mg) 630



SHOP SMARTLY AND EAT WELL: SOME SAVING TIPS

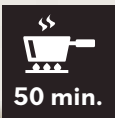
- Knowing and buying **what's in season** can make buying produce more affordable. If you aren't familiar with what's at its peak, organizations like Buy BC and Foodland Ontario have guides to show what's in season.
- Some grocery stores have sections of **produce that may be a bit imperfect**, or past their perfect time to buy. These items are sold at reduced prices. Vegetables that may not be at their best are ideal for using in soup or a stir fry; fruits can be used for baking.
- It's great to buy fresh fruits and vegetables, but when they're not available, or are too pricey, **canned or frozen** are often less expensive and very nutritious. They can be convenient and tasty additions to smoothies and soups! Our *Skillet Shepherd's Pie* features all frozen veggies, and the *Barley Garden Soup* and *Creamy Green Lentil Curry* can be prepared with frozen vegetables as well, which saves time and/or lowers costs.
- Some people choose to buy **organic produce**, for various reasons, but conventional produce is usually much cheaper and is still nutritious. All produce is regulated in the way it's grown and treated and is safe to consume.



- For grocery **items that have a long shelf life**—for example rice, pasta, beans, barley, and quinoa—buying them in larger quantities makes good sense.
- Some stores put their **weekly flyers online** to show what items are on sale for the week, which can help you to plan your shopping trip and also inspire your recipes for the week.
- **Store-brand items** are often much cheaper than popular name brand items.



10 min.



50 min.



6



BARLEY GARDEN SOUP

This soup is a meal and can be enjoyed with vegetables you already may have in your fridge.

INGREDIENTS

1 tablespoon olive oil

1 lb pork tenderloin, cubed (bite size)

1 onion, diced

1 package (227 g) white mushrooms, quartered

½ teaspoon salt

2 carrots, diced

2 zucchini, diced ¹

2 garlic cloves, minced

½ cup pearl barley ²

6 cups beef stock

2 cups or 1 can of 540 ml tomato juice

1 tablespoon dried basil

PREPARATION:

1. In a saucepan, heat oil over medium-high. Sauté the pork until browned on all sides. Remove the meat and set aside.
2. Add onion, mushrooms, and salt to the same pan, and sauté for 5 minutes, or until onions are cooked.
3. Add carrots, zucchini, and garlic, and sauté for another 5 minutes. Add the cooked meat, barley, beef stock, tomato juice, and basil. Bring to a boil. Reduce heat to medium-low and simmer for 45 minutes or until barley and vegetables are tender. Season with salt and pepper to taste.
4. Serve with croutons and cheese and enjoy!

¹ to reduce insoluble fibre, peel and deseed zucchini

² substitute with quinoa, as a gluten-free option

NUTRITION FACTS (PER SERVING: ¼ OF RECIPE)

Cal 218 / Protein (g) 23 / Fat (g) 5 / Carb (g) 23 / Fibre (g) 5 / Ca (mg) 69 / Fe (mg) 3



SKILLET SHEPHERD'S PIE



Sweet potatoes add a nice twist to this popular weeknight dish.

INGREDIENTS

- 1 ½ lb sweet potatoes
- 1 tablespoon butter
- ¼ cup milk
- ½ teaspoon nutmeg ¹
- Salt and pepper to taste
- 1 tablespoon canola oil
- 1 pound ground turkey
- ½ cup yellow onion, chopped
- 2 teaspoons dried oregano
- 2 cups frozen peas and carrots ²
- 2 tablespoons flour
- 1 cup chicken broth

PREPARATION

1. Preheat oven to 350°F.
2. Peel the sweet potatoes, place them in a saucepan and cover with water. Bring to boil, reduce heat to medium-low, and let simmer for 15 minutes, or until tender. Drain the water, add butter, milk, nutmeg, salt and pepper, and mash the sweet potatoes. Set aside.
3. In a skillet that can be placed in the oven, heat oil over medium-high. Add the ground turkey, onion, and oregano. Season with salt and pepper and fry the meat until cooked.
4. Add the frozen vegetables and let them heat through. Sprinkle the flour on top and stir to combine. Add the chicken broth and continue stirring until the sauce thickens.
5. Distribute the mashed sweet potatoes on top of the meat and vegetables. Bake in the oven for 20 minutes.

¹ or cinnamon

² to reduce insoluble fibre in this recipe, substitute cut up green beans instead of peas



NUTRITION FACTS (PER SERVING: ¼ OF RECIPE)

Cal 288 / Protein (g) 19 / Fat (g) 11 / Carb (g) 30 / Fibre (g) 5 / Ca (mg) 114 / Fe (mg) 2



PLAN A BIT, SAVE A LOT

One smart way to cut meal costs is to plan all your meals for the week in advance, and then only shop once a week.

- **Check your cupboards,** fridge, and freezer first to see what you have on hand, and then plan your meals and snacks for the week around these ingredients.



- **Review your local grocery ads** or use an app that searches them for you, to identify items (particularly proteins and produce) that have the best sale prices available, and add those to your list of ingredients on hand.
- **Try to plan some meals with common items** to avoid waste or buying too many different things. For example, a whole chicken can be used up in several different recipes during the week, and one large onion can help flavour several dishes.
- **Plan to use leftovers** for lunches or additional suppers. Leftover portions can also be frozen for quick meals.
- **Cooking in bulk** when you have the energy can save you time and energy in the long run. Many of the recipes in this cookbook can be doubled and freeze well, such as the *Skillet Shepherd's Pie*, *Barley Garden Soup*, and *Creamy Green Lentil Curry*.
- **If you have extra time** in the kitchen, look for simple recipes for things like granola bars, muffins, energy balls, and other snacks that you can prepare yourself, since pre-made products can be expensive. The granola bar recipe in this cookbook is a great example. These items are often more budget-friendly to make at home, and tastier as well!

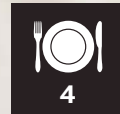
CREAMY GREEN LENTIL CURRY



15 min.



30 min.



4

Enjoy healthy lentils in this vegetarian curry.

INGREDIENTS

- 1 tablespoon olive oil
- 1 cup yellow onion, diced
- ½ teaspoon salt
- 1 teaspoon curry powder
- 1 teaspoon ground cumin
- 2 tablespoons tomato paste
- ½ cup dry green lentils ¹
- 2 cups cauliflower florets ²
- 2 cups zucchini, diced
- 4 cups vegetable broth
- 1 can (400 ml) coconut milk
- 4 cups baby spinach
- 1 lime, cut into quarters
- Fresh cilantro for garnish

PREPARATION

1. In a saucepan, heat oil over medium-high. Add onion and salt, and sauté for 5 minutes or until golden.
2. Add curry powder, cumin, and tomato paste. Sauté for another 1-2 minutes.
3. Add lentils, cauliflower, zucchini, vegetable broth, and coconut milk. Bring to boil over high heat, then continue to simmer over medium-low heat for 25 minutes, or until lentils are cooked. Stir occasionally. (At this point, if desired, you can puree the soup to increase digestibility. Avoid the spinach in the next step)
4. Remove pan from heat and add the spinach. Garnish with lime and cilantro, and serve with basmati rice.

¹ substitute brown lentils

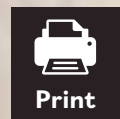
² fresh or frozen

TIP

Double the recipe and freeze in portions.

NUTRITION FACTS (PER SERVING: ¼ OF RECIPE)

Cal 294 / Protein (g) 6 / Fat (g) 25 / Carb (g) 18 / Fibre (g) 4 / Ca (mg) 108 / Fe (mg) 5 / Sodium (mg) 770



NOT FEELING SO GOOD?

It can be difficult to find the energy to cook when you're not feeling your best. Here are some tips to help you continue to get the nutrients your body needs during these times.

- Instead of drinking only water and other low-calorie drinks, **choose fluids rich in nutrients** that include a source of protein. For example, try a smoothie or milkshake, with some of the following nutrient-dense additions:

- Greek yogurt**
- Tofu**
- Pasteurized egg whites**
- Nut butters**
- Skim milk powder**
- Honey or maple syrup**
- Olive or coconut oil**

- **Check out our *IBD Smoothie Guide* in *IBD Kitchen Part 1* for some great nutrient-dense, easy-to-digest, smoothie recipes!**
- When you *do* feel well, **prepare larger quantities** of your favourite recipes, freeze in individual portions, and use these when you are feeling too tired to cook. You can also ask friends or family for help to prepare these meals, or to make some meals for you.



- **Try to choose simple recipes**, with fewer ingredients and few preparation steps. Consider buying frozen fruits and vegetables, already cleaned and cut. You can also buy pre-cooked barbecue chicken, for example, to use in recipes which require cooked chicken as an ingredient. Any leftover chicken can be used in sandwiches, wraps, or soups.
- You can also **plan meals that do not require cooking** at all. For example, a tuna or egg salad sandwich or wrap, cheese and crackers, or a bagel with nut butter served with some fruit and Greek yogurt or veggies and hummus are nutritious and easy to prepare.
- If you're not feeling up to preparing meals of any kind, **buying already cooked meals** is also an option. Check for meal delivery services in your area or see what prepared options your local grocery store offers, both in the frozen section and in the fresh deli section.
- **Online grocery shopping and delivery** are also options you can take advantage of to save you a trip to the store. It's important that you eat—but less important that you shop yourself for what you're eating.

PEANUT BUTTER AND RAISIN GRANOLA BARS

Enjoy these yummy, no-bake granola bars our team member Ashley loves to prepare for her family!

INGREDIENTS

- 1 cup peanut butter
- ½ cup honey
- 2 teaspoons vanilla extract
- 2 ½ cups rolled oats
- 1 cup raisins
- ½ cup peanuts
- 1 teaspoon cinnamon

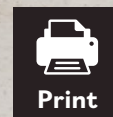
PREPARATION

1. Add peanut butter and honey to a small saucepan over low heat. Stir until melted and well combined. Remove from heat and add vanilla extract.
2. Prepare dry ingredients. In a large bowl, combine rolled oats, raisins, peanuts, and cinnamon.
3. Add the peanut butter mix to the dry ingredients and stir to combine.
4. Line a pan (example 10 ½ x 10 ½ in) with parchment paper. Press the granola mix firmly into the pan, using a spatula or your hands. Chill in the fridge for 2 hours or overnight. Cut into bars.



NUTRITION FACTS (PER SERVING: 1 BAR)

Cal 277 / Protein (g) 8 / Fat (g) 15 / Carb (g) 33 / Fibre (g) 4 / Ca (mg) 34 / Fe (mg) 1 / Sodium (mg) 7



IBD GRANOLA BAR GUIDE

This is a handy recipe that does not require baking. The ingredients include sources of both protein and fibre. These tasty treats are great to keep on hand for quick snacks throughout the day.

If you need to avoid nuts and dried fruit, these ingredients can simply be omitted. The remaining ingredients still offer lots of flavour!

1

In a small bowl: Mix wet ingredients, which help the bars stick together.

1 cup nut butter
(avoid crunchy variety)

- Peanut
- Almond
- Cashew

+ **½ cup honey**

+ **2 teaspoons liquid seasoning** (extract)

- Coconut
- Vanilla
- Almond
- Lemon

2

Combine dry ingredients, which provide the crunchy texture.

2 ½ cups rolled oats

+ **1 cup dried fruit or chocolate chips**

- Apricot
- Cranberry
- Raisin
- Fig
- Date

+ **½ cup crunch**
(fat, fibre and protein)

- Peanuts
- Seeds
- Almonds
- Walnuts
- Cashews

+ **1 teaspoon (or less) dry seasoning**

- Cinnamon
- Nutmeg
- Sea salt

3

Add the wet to the dry ingredients and stir to combine.

4

Line a pan with parchment paper. Press the granola mix firmly into the pan using a spatula or your hands. Chill in the fridge for 2 hours or overnight. Store in container with a lid.





MAKE YOUR OWN GRANOLA BARS. HERE ARE SOME IDEAS!



CHOCOLATE CHIP BARS

INGREDIENTS

1 cup peanut butter
½ cup honey
2 teaspoons coconut extract

2 ½ cups rolled oats
1 cup chocolate chips
½ cup walnuts, chopped
Pinch of sea salt



ALMOND CRANBERRY BARS

INGREDIENTS

1 cup almond butter
½ cup honey
2 teaspoons vanilla extract

2 ½ cups rolled oats
1 cup dried cranberries
½ cup pecans, chopped
1 teaspoon cinnamon



PEANUT CINNAMON BARS

INGREDIENTS

1 cup peanut butter
½ cup honey
2 teaspoons almond extract

2 ½ cups rolled oats
1 cup dates, pitted and chopped
½ cup peanuts
1 teaspoon cinnamon

Meet our team!

Gina Almasan, RD

Registered Dietitian, UBC Clinical Instructor, Vancouver, British Columbia

Gina is currently the registered dietitian for The IBD Centre of BC. She is a food and nutrition enthusiast who loves experimenting in the kitchen and helping patients meet their nutrition goals. Gina graduated from the University of British Columbia with a BSc in dietetics and completed her internship with Vancouver Coastal Health. She has worked in a variety of practice settings ranging from acute medical hospital units to long-term care. Gina is passionate about digestive health, and she loves teaching people about how diet can relieve symptoms and help with disease management.

Recipe development by registered dietitians from Centre Humami, Saint-Hyacinthe, Quebec

For further information, check out these links:

Inflammatory Bowel Disease: www.badgut.org/inflammatory-bowel-disease

Nutrition for IBD Video: www.badgut.org/ibd-nutrition-video

Dietary Fibre: www.badgut.org/dietary-fibre

Jina Baytar, P.Dt.

Registered Dietitian, University of Montreal Health Centre (CHUM), Montreal, Quebec

Jina completed her nutrition degree at the University of Montreal in 2018. Since the start of her career, she has been working in clinical nutrition at the University of Montreal Health Centre (CHUM). Five years ago, she joined the department for Gastroenterology where her focus is on inflammatory bowel disease. Jina is happy to share her experience and help people to choose and create the best recipes adapted to their condition.

Ashley Manuel, RD

Registered Dietitian, Nova Scotia Health, Truro, Nova Scotia

Ashley has been an inpatient clinical dietitian with Nova Scotia Health for 15 years. She is passionate about clinical nutrition, particularly optimizing nutrition support in critical care, GI, and surgical patients. Ashley has a special interest in IBD and works closely with these patients in hospital. She believes the key is to empower people to improve their nutritional status while also managing symptoms, by identifying well tolerated foods that are palatable, visually appealing, and nutrient dense to best meet their needs. Ashley is excited to have this new resource available for her patients and get to bring together her clinical skills and love for cooking healthy, delicious foods!



Tofu breakfast scramble

Start your day with a breakfast rich in plant-based protein.

INGREDIENTS

- 1 block firm tofu
- 1 teaspoon turmeric powder
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/3 cup milk of choice
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

- 1 tablespoon avocado oil
- 1/2 cup yellow onion, diced
- 1/2 cup red bell pepper, diced
- 1/2 cup green bell pepper, diced
- 2 tablespoons nutritional yeast

PREPARATION

1. Drain the tofu and remove excess moisture by using a paper or dish towel. In a bowl, using your hands, crumble the tofu until it resembles scrambled eggs.
2. In a small bowl, mix turmeric, paprika, garlic powder, onion powder and milk. Season with salt and pepper. Pour seasoning mix over the tofu so that all crumbles get coated with it.
3. In a non-stick frying pan, heat oil over medium-high. Saute onion and peppers for 5 minutes, or until the onion is starting to become golden. Add the tofu, stir to combine, and let it heat through. Add nutritional yeast if desired and mix. Add some milk, if the texture is too dry.
4. Serve with toast, sliced avocado and salsa. Or put the preparation in a tortilla with mayonnaise and salsa to make a breakfast wrap.

NUTRITION FACTS (PER SERVING: 1/4 OF RECIPE)

Cal 134 / Protein (g) 9 / Fat (g) 9 / Carb (g) 7 / Fibre (g) 2 / Ca (mg) 213 / Fe (mg) 2 / Sodium (mg) 172

Tuna pita

Enjoy canned tuna in this versatile wrap recipe.

INGREDIENTS

2 pita (or naan)

4 tablespoons tzatziki

1 can (85 g) tuna, drained

6 cherry tomatoes, halved

¼ red onion, thinly sliced

A few leaves of baby arugula salad

PREPARATION

Spread 2 tablespoons of tzatziki on each pita and garnish with tuna, tomato, onion, and arugula.

NUTRITION FACTS (PER SERVING: ½ OF RECIPE)

Cal 502 / Protein (g) 34 / Fat (g) 18 / Carb (g) 50 / Fibre (g) 3 / Ca (mg) 127 / Fe (mg) 4 / Sodium (mg) 630

Barley garden soup

This soup is a meal and can be enjoyed with vegetables you already may have in your fridge.

INGREDIENTS

1 tablespoon olive oil

1 lb pork tenderloin, cubed (bite size)

1 onion, diced

1 package (227 g) white mushrooms, quartered

½ teaspoon salt

2 carrots, diced

2 zucchini, diced

2 garlic cloves, minced

½ cup pearl barley

6 cups beef stock

2 cups or 1 can of 540 ml tomato juice

1 tablespoon dried basil

PREPARATION:

1. In a saucepan, heat oil over medium-high. Sauté the pork until browned on all sides. Remove the meat and set aside.
2. Add onion, mushrooms, and salt to the same pan, and sauté for 5 minutes, or until onions are cooked.
3. Add carrots, zucchini, and garlic, and sauté for another 5 minutes. Add the cooked meat, barley, beef stock, tomato juice, and basil. Bring to a boil. Reduce heat to medium-low and simmer for 45 minutes or until barley and vegetables are tender. Season with salt and pepper to taste.
4. Serve with croutons and cheese and enjoy!

NUTRITION FACTS (PER SERVING: ⅙ OF RECIPE)

Cal 218 / Protein (g) 23 / Fat (g) 5 / Carb (g) 23 / Fibre (g) 5 / Ca (mg) 69 / Fe (mg) 9

Skillet shepherd's pie

Sweet potatoes add a nice twist to this popular weeknight dish.

INGREDIENTS

1 ½ lb sweet potatoes

1 tablespoon butter

¼ cup milk

½ teaspoon nutmeg

Salt and pepper to taste

1 tablespoon canola oil

1 pound ground turkey

½ cup yellow onion, chopped

2 teaspoons dried oregano

2 cups frozen peas and carrots

2 tablespoons flour

1 cup chicken broth

PREPARATION

1. Preheat oven to 350°F.
2. Peel the sweet potatoes, place them in a saucepan and cover with water. Bring to boil, reduce heat to medium-low, and let simmer for 15 minutes, or until tender. Drain the water, add butter, milk, nutmeg, salt and pepper, and mash the sweet potatoes. Set aside.
3. In a skillet that can be placed in the oven, heat oil over medium-high. Add the ground turkey, onion, and oregano. Season with salt and pepper and fry the meat until cooked.
4. Add the frozen vegetables and let them heat through. Sprinkle the flour on top and stir to combine. Add the chicken broth and continue stirring until the sauce thickens.
5. Distribute the mashed sweet potatoes on top of the meat and vegetables. Bake in the oven for 20 minutes.

NUTRITION FACTS (PER SERVING: ⅙ OF RECIPE)

Cal 288 / Protein (g) 19 / Fat (g) 11 / Carb (g) 30 / Fibre (g) 5 / Ca (mg) 114 / Fe (mg) 2

Creamy green lentil curry

Enjoy healthy lentils in this vegetarian curry.

INGREDIENTS

1 tablespoon olive oil

1 cup yellow onion, diced

½ teaspoon salt

1 teaspoon curry powder

1 teaspoon ground cumin

2 tablespoons tomato paste

½ cup dry green lentils

2 cups cauliflower florets

2 cups zucchini, diced

4 cups vegetable broth

1 can (400 ml) coconut milk

4 cups baby spinach

1 lime, cut into quarters

Fresh cilantro for garnish

PREPARATION

1. In a saucepan, heat oil over medium-high. Add onion and salt, and sauté for 5 minutes or until golden.
2. Add curry powder, cumin, and tomato paste. Sauté for another 1-2 minutes.
3. Add lentils, cauliflower, zucchini, vegetable broth, and coconut milk. Bring to boil over high heat, then continue to simmer over medium-low heat for 25 minutes, or until lentils are cooked. Stir occasionally. (At this point, if desired, you can puree the soup to increase digestibility. Avoid the spinach in the next step)
4. Remove pan from heat and add the spinach. Garnish with lime and cilantro, and serve with basmati rice.

TIP

Double the recipe and freeze in portions.

NUTRITION FACTS (PER SERVING: ¼ OF RECIPE)

Cal 294 / Protein (g) 6 / Fat (g) 25 / Carb (g) 18 / Fibre (g) 4 / Ca (mg) 108 / Fe (mg) 5 / Sodium (mg) 770

Peanut butter and raisin granola bars

Enjoy these yummy, no-bake granola bars our team member Ashley loves to prepare for her family!

INGREDIENTS

1 cup peanut butter

½ cup honey

2 teaspoons vanilla extract

2 ½ cups rolled oats

1 cup raisins

½ cup peanuts

1 teaspoon cinnamon

PREPARATION

1. Add peanut butter and honey to a small saucepan over low heat. Stir until melted and well combined. Remove from heat and add vanilla extract.
2. Prepare dry ingredients. In a large bowl, combine rolled oats, raisins, peanuts, and cinnamon.
3. Add the peanut butter mix to the dry ingredients and stir to combine.
4. Line a pan (example 10 ½ × 10 ½ in) with parchment paper. Press the granola mix firmly into the pan, using a spatula or your hands. Chill in the fridge for 2 hours or overnight. Cut into bars.

NUTRITION FACTS (PER SERVING: 1 BAR)

Cal 277 / Protein (g) 8 / Fat (g) 15 / Carb (g) 33 / Fibre (g) 4 / Ca (mg) 34 / Fe (mg) 1 / Sodium (mg) 7