

It's GOOD

CANADA

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Delicious recipes and tips to eat local,
boost nutrition, and spend less.



**MEET THREE
CANADIAN
FARMERS**

who share a passion
for producing
quality food, while
caring for the
planet.

Looking for ideas to get the most value for your food dollar?

Registered dietitians are your partners in the kitchen, showing you how to enjoy fabulous, nourishing meals that are easy on your wallet and feature Canadian grown and raised foods. Because when it comes to your health, you don't need to make trade-offs.

In this handy booklet, you'll find:

- **simple dietitian-designed recipes** that give you the nutrients you need to feel well and stay energized;
 - **clever tips** to help you get creative in your kitchen, while making healthful, satisfying, and budget-friendly meals, and;
 - **easy meal ideas** for using up leftover ingredients to help you save money by reducing food waste.
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MODERN FARM FACT

Most industries benefit from technology, and farming is no different. Smartphone apps, drones, and GPS are just some of the tech tools that farmers use to produce safe, high-quality food.

Easy Chickpea Masala

TOTAL TIME: 25 mins
MAKES: 4 servings

The easy curry sauce in this recipe is perfect with budget- and pantry-friendly canned chickpeas and super-convenient frozen veggies. And it's so tasty, you'll want to put it on everything! Try it over Canadian-grown barley. Bonus? With just one pan to clean up, it's a time-saving winner.

INGREDIENTS

2 tbsp (30 mL) canola oil
4 cloves garlic, minced
1 onion, chopped
1 tbsp (15 mL) minced fresh ginger root
3 tbsp (45 mL) tomato paste
2 tsp (10 mL) garam masala
1 tsp (5 mL) ground cumin
1 can (796 mL) whole tomatoes, undrained
 $\frac{3}{4}$ cup (175 mL) water
2 cans (19 oz/540 mL each) chickpeas, drained and rinsed
1 pkg (500 g) frozen cauliflower florets
2 tbsp (30 mL) smooth or crunchy peanut butter
1 tbsp (15 mL) apple cider vinegar
 $\frac{1}{4}$ cup (60 mL) chopped fresh cilantro (optional)

DIRECTIONS

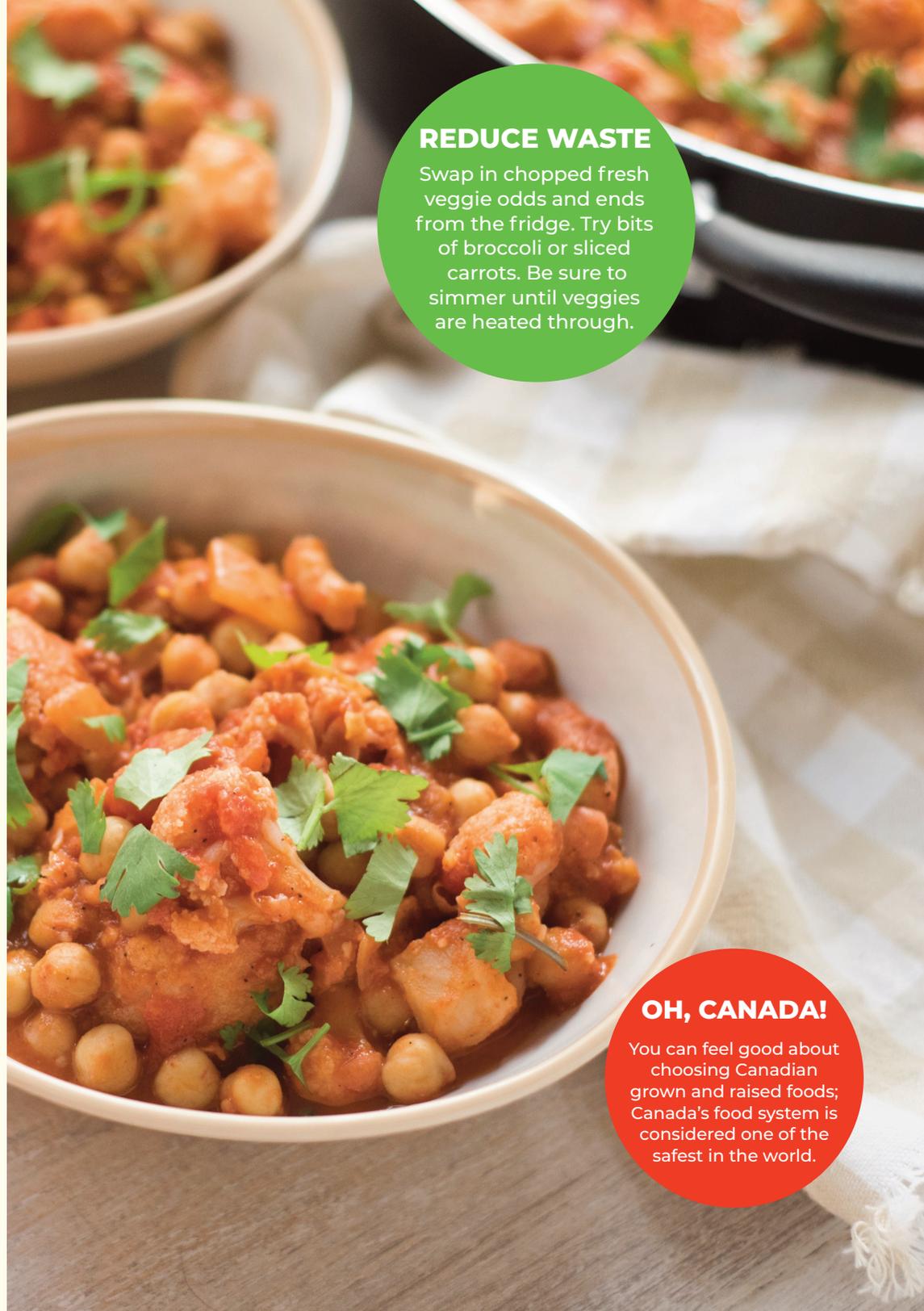
1. In a large, deep non-stick skillet, heat oil over medium-high heat. Add garlic, onion, and ginger; cook, stirring for about 5 minutes or until starting to brown. Add tomato paste, garam masala, and cumin; cook, stirring, until slightly darkened, about 1 minute.
2. Stir in tomatoes and water, breaking up tomatoes with a spoon. Add chickpeas; bring to a simmer. Reduce heat to medium-low, cover, and simmer until thickened, about 8 minutes.
3. Stir in cauliflower, peanut butter, and vinegar. Increase heat to medium-high and bring to a boil. Reduce heat to maintain a gentle simmer and cook, stirring occasionally, until cauliflower is tender, about 5 minutes. Sprinkle with cilantro, if using.

REDUCE WASTE

Swap in chopped fresh veggie odds and ends from the fridge. Try bits of broccoli or sliced carrots. Be sure to simmer until veggies are heated through.

OH, CANADA!

You can feel good about choosing Canadian grown and raised foods; Canada's food system is considered one of the safest in the world.





Dietitians' Top Tips

NEAT-TO-KNOW NUTRITION TIP

This tasty chickpea masala dish is chock full of gut-friendly fibre, thanks to the tomatoes, chickpeas, and cauliflower. With a whopping 16 grams per serving, this dish gives you about half your daily fibre!

STORAGE TIP

Don't let extra tomato paste go to waste! Drop it by tablespoonfuls onto a parchment-lined baking sheet and freeze until firm. Transfer frozen tomato pucks to an airtight container. Freeze for up to two months. Thaw pucks in the fridge before using.

GOOD TO KNOW

Canola oil is a healthy choice. It is low in saturated fat and has the most plant-based omega-3 fat among all common cooking oils.

BE BUDGET-WISE

When it comes to cooking oils, Canadian canola oil is the best value for your health.

Meet Canola Farmer - Stacey Sagon

Watch this short video, where Stacey shares one good thing she does on her farm in Saskatchewan to be planet-friendly.



JUST CLICK
to watch a
short video.

Turkey and Black Bean Taco Power Bowls

TOTAL TIME: 25 mins
MAKES: 4 to 6 servings

This energizing meal is loaded with nourishing foods, and the recipe makes a double batch of the taco mixture — perfect to enjoy later in quesadillas, soft tacos, or a taco pizza.

INGREDIENTS

Turkey Black Bean Taco Mixture

- 3 tbsp (45 mL) canola oil
- 2 lbs (900 grams) ground turkey
- 1 can (540 mL) black beans, drained and rinsed
- 1 cup (250 mL) water
- 2 tbsp (30 mL) chili powder
- 2 tbsp (30 mL) ground cumin
- 2 tbsp (30 mL) garlic powder
- 2 tbsp (30 mL) onion powder
- 2 tsp (10 mL) crushed red pepper flakes
- 1 tsp (5 mL) each salt and pepper

Bowl-Building Ingredients

Use what's on sale, in season, or what you have on hand. Try: shredded carrots, shredded lettuce, chopped tomatoes, shredded cabbage, sliced sweet peppers, corn, thinly sliced red onion, shredded cheese, salsa, and whole-grain tortilla chips.

DIRECTIONS

1. Heat canola oil in a large skillet over medium-high heat. Add turkey, breaking into crumbles with a spoon. Cook, stirring frequently, until browned and cooked through, about 7 to 9 minutes.
2. Add black beans, water, chili powder, cumin, garlic powder, onion powder, red pepper flakes, salt, and pepper. Reduce heat to medium-low and simmer until water is absorbed, about 5 minutes.
3. Use half of the turkey black bean taco mixture to build your bowls. Add a scoop of turkey (about $\frac{3}{4}$ cup) into each bowl. Have everyone create their own taco bowl the way they like it! Serve bowls with the Lime-Cilantro Vinaigrette (recipe to follow).
4. Allow remaining turkey black bean taco mixture to cool. Transfer to a freezer container, seal, and freeze for up to 3 months, or refrigerate for up to 3 days.

Lime-Cilantro Vinaigrette: In a small bowl, whisk together $\frac{1}{4}$ cup (60 mL) canola oil and 2 tbsp (30 mL) freshly squeezed lime juice until combined. Stir in 3 tbsp (45 mL) finely chopped cilantro; 1 small garlic clove, minced; 2 tsp (10 mL) minced pickled jalapeno; and salt, to taste.

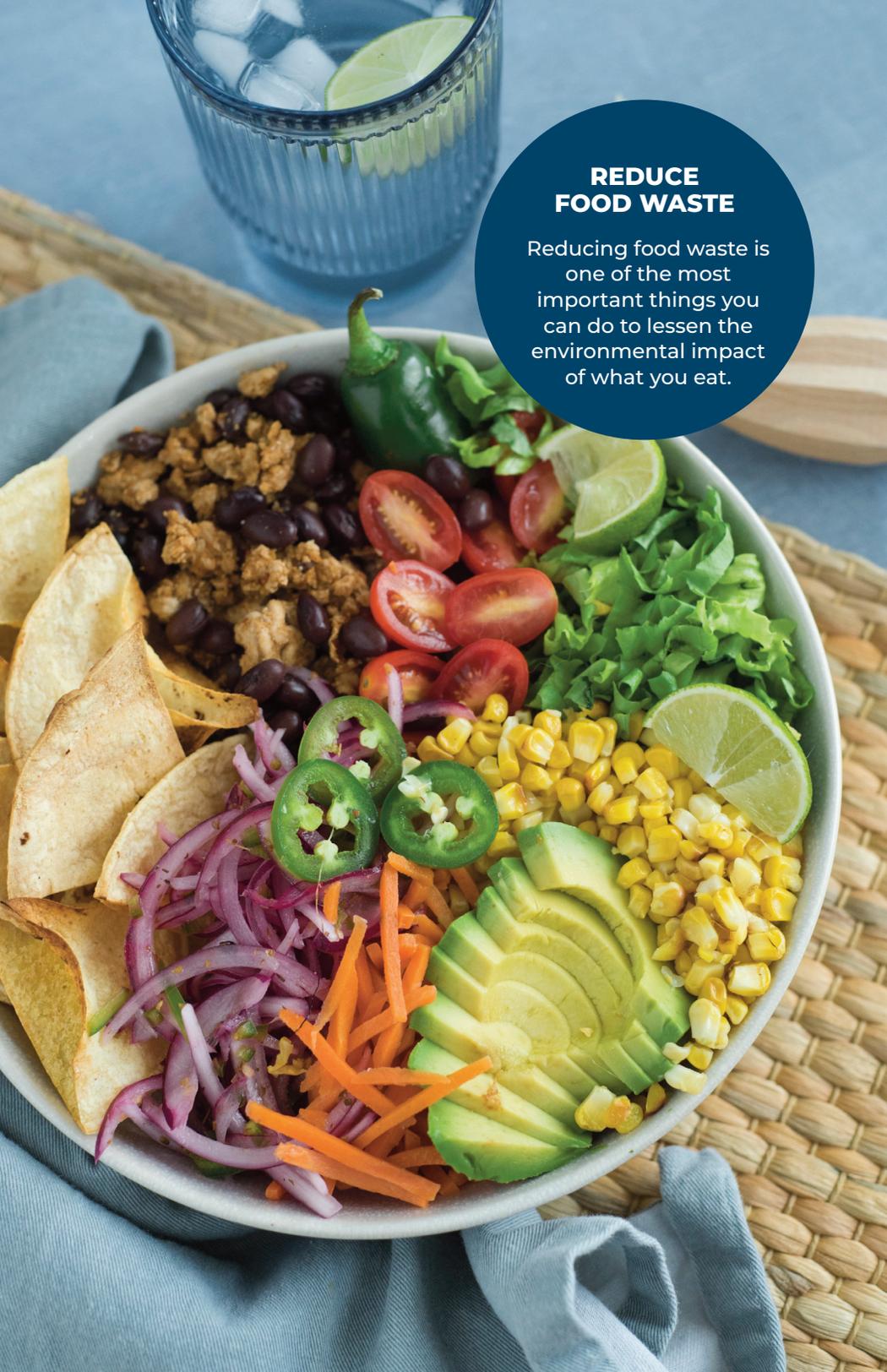


FAMILY AFFAIR

Make-your-own-taco-bowl night is a tasty way to get your family involved in the kitchen.

TURKEY CARE

In Canada, all turkeys are raised without added hormones. In fact, growth hormones are illegal for poultry farming in this country and have been for decades.



REDUCE FOOD WASTE

Reducing food waste is one of the most important things you can do to lessen the environmental impact of what you eat.

Dietitians' Top Tips

NEAT-TO-KNOW NUTRITION TIP

Not only is ground turkey an excellent source of protein, but it's also lean and rich in nutrients, like easily absorbed zinc, which helps you absorb the plant-based zinc from the black beans. Win-win!

HEALTHY CONVENIENCE

Having canned beans, like the black beans in this power bowl, on hand can help you get healthy, budget-friendly meals to the table quickly.

STORAGE TIP

Storing vegetables properly can help them last longer. For example, fresh heads of lettuce should be washed well before refrigerating. Dry the leaves, wrap them loosely in a clean towel, and store them in the fridge in an airtight container for up to five days.

Meet Turkey Farmer - Kathryn Doan

Watch this short video, where Kathryn shares one good thing she does on her farm in Ontario to be planet-friendly.



JUST CLICK

to watch a short video.

Easy Salad-Topped Frittata

TOTAL TIME: 30 mins
MAKES: 4 to 6 servings

Frittatas are budget-friendly and easy to make. This one is packed with nourishing ingredients, like eggs, veggies, and Greek yogurt. Topping it with salad is a tasty twist and a great way to get more veggies into your day.

INGREDIENTS

1 tbsp (15 mL) butter
3 cups (750 mL) sliced mushrooms
2 cloves garlic, minced
1 small red pepper, chopped
8 eggs
1 cup (250 mL) plain Greek yogurt
½ tsp (2 mL) pepper
3 cups (750 mL) baby arugula
1 cup (250 mL) grape or cherry tomatoes, halved
⅓ cup (75 mL) crumbled cow's milk feta cheese

DIRECTIONS

1. Preheat oven to 350°F (180°C).
2. In a 12-inch (30-cm) ovenproof skillet, melt butter over medium-high heat. Add mushrooms and cook for 2 minutes, stirring occasionally. Add garlic and red pepper and cook for 3 minutes, stirring halfway through, or when mushrooms are golden-brown. Remove and set aside about ⅓ cup (75 mL) of mushrooms.
3. Meanwhile, in a large bowl, whisk together eggs, yogurt, and pepper until smooth.
4. Reduce heat to medium. Add arugula. Stir mixture until arugula is just wilted, about 1 minute. Pour egg mixture over top; stir gently to combine. Top with tomatoes, feta cheese, and reserved mushrooms.* Cook, without stirring, for 2 minutes, or until egg mixture starts to bubble.
5. Move pan to oven and bake for 5 minutes. Turn on broiler; broil until egg mixture is set and just golden, about 2 minutes. Remove pan from oven. Let stand for 5 minutes before adding your salad topper.

*Reserving mushrooms for the top of the frittata makes for a nice presentation.

Salad Topper: Top frittata with more arugula, crumbled feta, and chopped tomatoes, or add other local, seasonal salad ingredients, like grated carrots, and chopped cucumber. Drizzle with your favourite tangy vinaigrette. Season with salt and pepper.

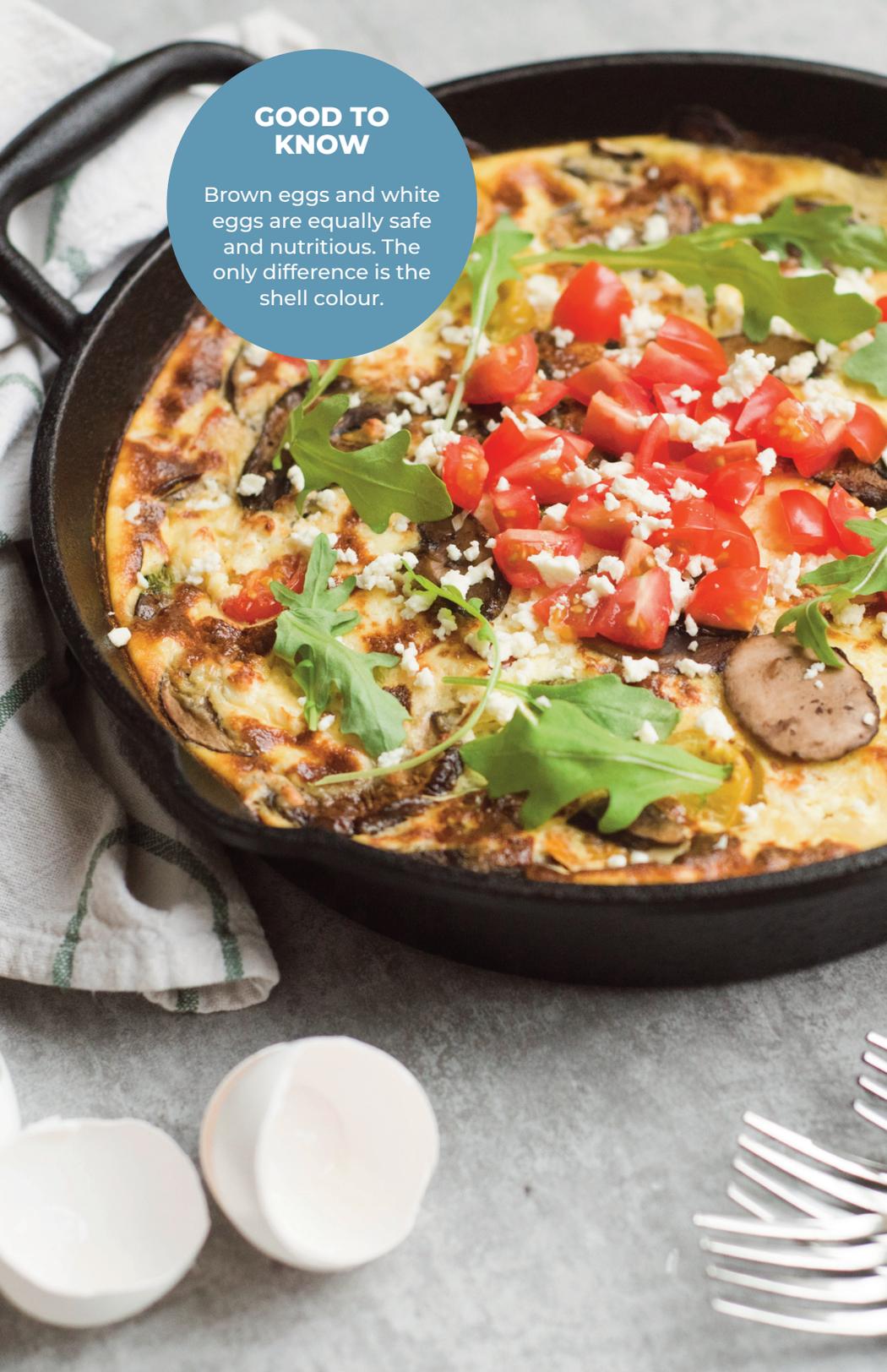
QUALITY FOOD

Our Canadian food system is designed to ensure that good-quality food makes its way to the plates (and glasses!) of all Canadians and other people around the world.

BE FLEXIBLE

No arugula? Use baby spinach. No peppers? Try frozen corn. No grape tomatoes? Use chopped tomatoes or leftover cooked roasted veggies.





GOOD TO KNOW

Brown eggs and white eggs are equally safe and nutritious. The only difference is the shell colour.

Dietitians' Top Tips

NEAT-TO-KNOW NUTRITION TIP

Eggs are one of the best healthy buys in the grocery store! They're packed with nutrients we need for good health, like protein, plus 13 vitamins and minerals.

SHOP AT HOME FIRST

Get into the habit of doing an ingredient inventory before you go to the store – you might have more food on hand than you realize. That way, you won't waste money buying food you don't need – and you won't waste food, either!

LOVE THOSE LEFTOVERS

Leftover frittata keeps for up to four days in the fridge and makes terrific packed lunches (it's tasty cold, too!).

Meet Dairy Farmer - Maude Fontaine

Watch this short video, where Maude shares one good thing she does on her farm in Quebec to be planet-friendly.



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short video.

Use Up Those Veggies

Let's all give our health a big boost (instead of the compost bin) and our wallets a much-needed break by eating up those delicious veggies before they spoil in our fridges.

GOT SOFT, REALLY RIPE TOMATOES? EXTEND THEIR LIVES.

Cut off the spoiled parts and chop up the rest of the tomatoes. Toss in a little canola oil, salt, and pepper (add herbs, and garlic cloves, if you have them). Roast at 400°F (200°C) until cooked through, about 20 minutes. Stores for 3 to 5 days in the fridge or up to 10 months in the freezer.



For delicious variations, use the roasted tomatoes in pasta sauces or in warm power bowls, or use as a topper for toast.

GOT CABBAGE? ROAST IT!

Cut cabbage into 1½-inch (3-cm) wedges, keeping the core intact to hold wedges together. Arrange on a lightly greased baking sheet. Drizzle with canola oil and sprinkle with your favourite spices, such as garlic powder, curry powder, or smoked paprika, and a little salt and pepper. Roast in a 450°F (230°C) oven, turning once, until golden and tender, about 25 minutes.



Ramp up the pizzazz factor by drizzling roasted cabbage with lemon juice or tahini, or by adding a dollop of sriracha mayo.

GOT POTATO AND CARROT PEELS? MAKE VEGGIE CRISPS

Toss well-washed peels with canola oil to coat; sprinkle with salt, garlic powder, and a pinch of chili flakes. Spread over a parchment-lined baking sheet and bake at 400°F (200°C) until crisp and golden, about 15 minutes, stirring halfway through. Enjoy as a flavourful snack or as a salad topper.



For a change from ketchup, dip crisps in puréed roasted tomatoes (add a pinch of salt and garlic powder).

GOT BROCCOLI STALKS? THEN IT'S STIR-FRY TIME

Don't compost those sturdy stalks. They're full of vitamins and minerals (and they're tender once peeled). Peel away the tough outer skin and slice thinly. Stir-fry in a little canola oil over medium-high heat, adding a clove or two of pressed garlic and a pinch of salt. Yum!

Add a pinch of chili flakes in the last 30 seconds of cooking for a pop of serious flavour.

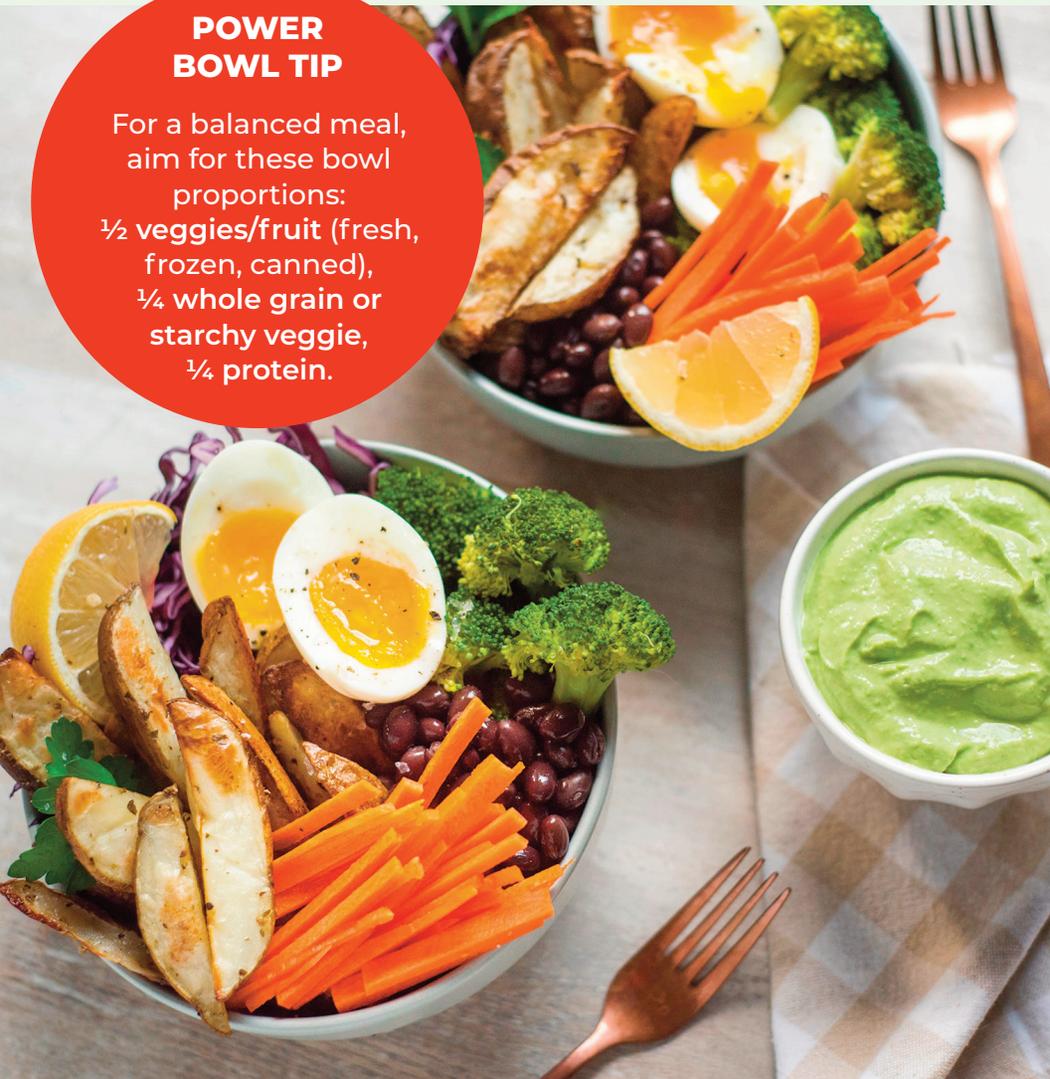


Bring on the Instant Power Bowl!

Got a little bit of this and a little bit of that, but not sure what to make? Try an instant power bowl – perfect for using up the last bits of ingredients you have handy.

POWER BOWL TIP

For a balanced meal, aim for these bowl proportions:
½ veggies/fruit (fresh, frozen, canned),
¼ whole grain or starchy veggie,
¼ protein.



Dietitians' Top Tips

LOAD ON THE VEGGIES AND FRUIT

Fill half your bowl with local raw and/or cooked veggies. And why not add some fruit?

Try: coleslaw mix, grated carrots, cherry tomatoes, and leftover cooked vegetables, such as roasted beets, steamed broccoli, or sautéed leafy greens. Add seasonal fruit, like apple or pear slices, berries or melon.

ADD A GRAIN OR STARCHY VEGGIE

Heat up any leftover cooked grains or cooked starchy veggies.

Try: wheat berries, barley, quinoa, pasta, couscous, potatoes, sweet potatoes, turnip, squash, or pumpkin.

ADD A PROTEIN-PACKED FOOD OR TWO

Mix and match your protein food choices for a greater variety of nutrients.

Try: canned beans, canned lentils, cubed tofu, shredded cheese, canned tuna, leftover cooked meat, hummus, thawed frozen edamame.

DRESS IT UP

Choose a dressing and a garnish for the finishing touch.

Try: Drizzle with lemon juice, sriracha, peanut sauce, or soy sauce. Sprinkle with sliced green onions, a few nuts or seeds (e.g., peanuts, sunflower seeds, sesame seeds), or baked pita crisps.

It's GOOD CANADA

Choose Canadian-produced foods often. When we support our farmers and others in Canada's food system, we help them to do what they do best: produce safe, affordable, and accessible food we can all enjoy.



HUNGRY FOR MORE?

Visit [It's Good Canada](#) to learn more about the people behind Canada's food system who share a passion for the food that makes its way into our homes.



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