



Easy, Tasty... Nutritious
Healthy Eating for Healthy Aging


Newfoundland
Labrador

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The Importance of Healthy Eating

Healthy eating is important for everyone, and as people age, it becomes even more important to help maintain good health and independence. As an older adult, the benefits of healthy eating as part of a daily routine are endless. Healthy eating not only provides older adults with energy they need to get through their busy days, but also helps reduce the risk of chronic disease.

Healthy Eating for Healthy Aging has practical, easy-to-read information to encourage healthier eating choices from the planning stages to putting meals on the table. This resource offers ideas to make mealtimes more pleasant and satisfying, such as sharing a recipe and a meal with others, which can be more enjoyable than dining alone. It focuses on planning, shopping and cooking healthy meals, as well as providing nutritious recipes, collected from a variety of sources, each one completed with a nutrient-analysis on eaTracker.ca, and all “kitchen-tested” by registered dietitians.

This resource has been developed with support from Dietitians of Canada, the Provincial Advisory Council on Aging and Seniors, the Office for Aging and Seniors, and registered dietitians throughout Newfoundland and Labrador.

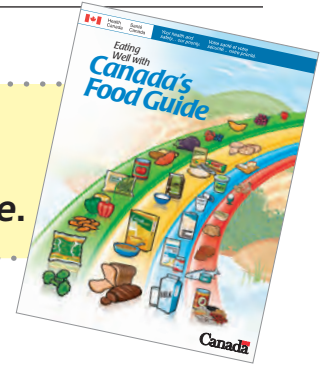
The eight fact sheets included in this resource are:

- Healthy Eating: Variety and Balance;
- Planning Meals: Using *Eating Well with Canada’s Food Guide*;
- Planning Meals: Fibre Facts;
- Shopping for One or Two: Planning;
- Cooking for One or Two: Easy Meals to Make;
- Cooking for One or Two: Eating Alone;
- Cooking for One or Two: Creative Use of Leftovers; and,
- Cooking for One or Two: Emergency Food Shelf,

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Step 1

It all begins with *Eating Well with Canada's Food Guide*.



Healthy Eating: Variety and Balance

A healthy diet is essential to feeling well and enjoying life to the fullest. Healthy eating starts with following *Eating Well with Canada's Food Guide*. Enjoying the type and amount of food recommended in *Canada's Food Guide* can help meet nutrient needs and promote health. A copy of the Guide is provided in the back pocket of this resource.

Enjoy A Variety of Nutritious Foods

Try something new each week, whether it is a new fruit, vegetable or grain product. Who knows—you may find a new favourite.

Eat Grain Products to Provide Energy, Vitamins, Minerals and Fibre



- Make at least half your grain product choices whole grains each day. Try whole grains such as oatmeal, barley, bulgur or quinoa.
- Have a bowl of hot cereal, such as oatmeal, or whole grain ready-to-eat cereal for a meal or snack.
- Enjoy a small bran muffin for a snack, or with cheese and fruit as a mini-meal.
- Try brown rice in casseroles and soups.
- Eat whole grain bread, buns, bagels or muffins, whole wheat pastas and brown or wild rice.

Eat More Vegetables and Fruits for Health-Promoting Nutrients

- Enjoy at least one dark green and one orange vegetable each day.
- Add fresh or frozen spinach to an omelette, pasta dish or casserole.
- Bake a sweet potato for lunch or dinner. Sprinkle with cinnamon and enjoy.
- Start lunch off with a bowl of low sodium tomato or vegetable soup, a salad or some raw vegetables.
- Make a vegetable stir fry. Add some black beans and leftover brown rice for a quick supper.
- Eat more whole vegetables and fruit and drink less juice.
- Enjoy no more than 125 mL (½ cup) 100% fruit juice every day.
- Craving candy? Try some naturally sweetened dried fruit instead.



Eat Dairy Products and Other Calcium-Rich Foods to Keep Bones Healthy

- Have 500 mL (2 cups) of skim, 1% or 2% milk every day. Sip a glass of skim or 1% milk as a bedtime snack.
- Add milk instead of water to canned soup. Add skim milk powder to sauces, soups, casseroles and omelettes.
- Use grated cheese on salads, casseroles or soups.
- Enjoy yogurt topped with fruit for dessert.
- Eat salmon or sardines in a sandwich, or add them to salads or pasta dishes.
- Sprinkle almonds on salads or casseroles or enjoy a handful as an afternoon snack.



Choose Leaner Meats and More Meat Alternatives

- Choose lean cuts of meat, such as round, flank and loin.
- Trim all visible fat from meats before cooking. Remove skin from poultry.
- Enjoy a serving of fish (75 g / 2.5 oz) at least twice a week. Try salmon in a stir fry.
- Limit deli meats such as sausages, bacon and luncheon meats. Instead, enjoy cooked leftover chicken, turkey, pork or beef in sandwiches.
- Enjoy meatless meals more often. Try eggs, tofu or nuts in a stir-fry. Enjoy soups and casseroles made with kidney beans, black beans or lentils.





Oils and Fats

It is healthy to choose lower fat foods more often, but remember that some fat is essential in the diet. Prepare foods with small amounts of unsaturated fat. Choose vegetable oil, non-hydrogenated margarine or mayonnaise instead of saturated fats like butter and lard. Avoid trans fat from hydrogenated oil, hard margarine and shortening.

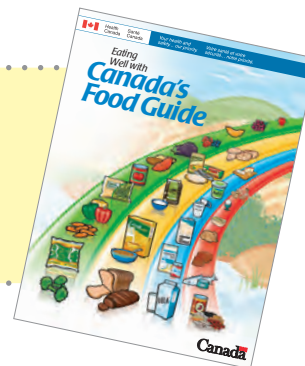
Use Salt, Caffeine and Alcohol in Moderation

- Buy lower sodium foods to prepare healthier meals at home.
- Cook without adding salt. Try using lemon juice, pepper or herbs to flavour food instead.
- Drink no more than 3, 250 mL (8 oz) cups of brewed coffee or no more than 4, 250 mL (8 oz) cups of instant coffee per day.
- Alternate cups of coffee with cups of hot water or milk.
- Try decaffeinated teas and coffees.
- Enjoy water to quench your thirst.
- If you drink alcohol, limit your intake to no more than:
 - 2 drinks a day for women
 - 3 drinks a day for men
- A “drink” means a 341 mL (12 oz) bottle of beer, a 142 mL (5 oz) glass of wine or 43 mL (1.5 oz) of distilled alcohol (e.g. rye, gin, rum).



Step 2

Make a plan for your meals using *Canada's Food Guide* and use your plan to guide your shopping.



Plan Your Healthy Plate



Planning Meals: Using *Eating Well with Canada's Food Guide*

Good nutrition is important at every age. Eating well will help you feel your best every day and can help prevent heart disease, diabetes, osteoporosis and some types of cancer.

Aging affects nutrition. As you get older, you need to eat less food (fewer calories) but you need the same amount, or even more, of certain vitamins and minerals. To get the food and nutrients you need, plan your meals using *Eating Well with Canada's Food Guide*.

Planning Meals

- Plan for three meals and one to three small snacks each day. Skipping any meal, especially breakfast, will make it difficult to get all the nutrients you need each day.
- Choose foods from the four food groups at each meal.
- Plan your meals around vegetables and fruit. These foods should cover about half of your plate. The remaining half of the plate should be:
 - $\frac{1}{4}$ grain products such as brown rice or whole grain pasta; and,
 - $\frac{1}{4}$ protein-rich foods such as dairy products, chicken, fish, meat, tofu, eggs or beans.

Vegetables and Fruit

Seven servings per day

Choose dark green, bright yellow and orange vegetables and fruit more often as they contain the most nutrients. Try spinach, broccoli, carrots, squash, oranges, cantaloupe and peaches.

Examples of one serving

- 1 medium-sized piece of fruit or vegetable (e.g. apple, banana, carrot)
- 125 mL ($\frac{1}{2}$ cup) fresh, frozen or canned fruit or vegetables
- 125 mL ($\frac{1}{2}$ cup) cooked leafy vegetables
- 250 mL (1 cup) raw leafy vegetables
- 125 mL ($\frac{1}{2}$ cup) fruit or vegetable juice



Grain Products

Six to seven servings per day

Grains provide you with energy, fibre and some important vitamins and minerals. At least half of your daily grain choices should come from whole grain products, such as oatmeal, brown rice, whole grain wheat, pot barley, bulgur or buckwheat.

Examples of one serving

- 1 slice of bread
- half a bun, bagel, pita, tortilla or naan bread
- 30 g cold cereal (about 1 cup depending on type of cereal - check the food label)
- 175 mL ($\frac{3}{4}$ cup) cup hot cereal
- 125 mL ($\frac{1}{2}$ cup) pasta or rice
- 1 medium (35 g) bannock



Milk and Alternatives

Three servings per day

Milk products contain calcium and vitamin D, important for keeping your bones healthy. Choose lower fat milk products more often.

Examples of one serving

- 250 mL (1 cup) skim, 1% or 2% milk, or fortified soy beverage
- 50 g (1½ oz) cheese
- 175 mL ($\frac{3}{4}$ cup) of yogurt or kefir



Meat and Alternatives

Two to three servings per day

Meat and alternatives are good sources of protein, iron and B vitamins that are important for keeping your muscles strong and your immune system healthy. Choose lean meats, fish and poultry, and alternatives such as dried beans, lentils and peas more often.

Examples of one serving

- 75 g (2½ oz) meat, fish or poultry (about the size of a deck of cards)
- 2 eggs

- 30 mL (2 tbsp) peanut butter
- 60 mL (¼ cup) shelled nuts and seeds
- 175 mL (¾ cup) tofu or cooked beans, chickpeas or lentils

Oils and Fats

Include a small amount (30 to 45 mL or 2 to 3 tbsp) of unsaturated fats each day. Examples of unsaturated fats are oil (such as canola, olive or soy), salad dressing, non-hydrogenated margarine and mayonnaise.

Limit butter, hard margarine, lard and shortening, which are higher in saturated fat and/or trans fat.

Other Foods

Limit foods and beverages that are high in calories, fat, sugar and salt, such as jam, candies, chocolate, cakes, pies, pastries, cookies, deep-fried foods, fast foods, chips and pretzels.

Fluids



Fluids are essential to life, yet many older adults do not drink enough. As people age, their sense of thirst declines and they need to drink regularly whether they feel thirsty or not. To stay hydrated, sip fluids often during the day and with each meal and snack. Satisfy thirst with water first, but remember that juice, milk, soup, tea and coffee also count towards total fluid intake.

Canada's Food Guide recommends adults age 50+ take a daily vitamin D supplement of 10 µg (400 IU). Talk to your doctor, registered dietitian or pharmacist before taking any supplements since they may interfere with some medications.

Planning Meals: Fibre Facts

Fibre is found in foods such as vegetables, fruit, whole grain breads and cereals, nuts, seeds and legumes (dried peas, beans, soy and lentils). A diet high in fibre, along with exercise and healthy eating, can help you maintain normal bowel habits. Fibre helps prevent constipation by adding bulk and absorbing water, thus softening the stool. High fibre diets may also help prevent and treat a variety of diseases and conditions, such as heart disease, colon cancer and diabetes. A healthy diet for older adults should include 21 to 30 grams of fibre per day.

Use *Eating Well with Canada's Food Guide* to help you choose foods that are higher in fibre. Small changes can add up to a big difference in your fibre intake.

Best Sources of Fibre

Vegetables and Fruit

- Fresh, frozen, canned or dried fruits and vegetables, especially those with edible seeds or skins, such as potatoes with skin, broccoli, corn, peas, raspberries, strawberries, blueberries, pears, apples, prunes, dates, figs, dried apricots or raisins

Grain Products

- Whole grain breads, such as 100% whole wheat bread
- Whole grain cereals, such as oatmeal or shredded wheat
- High fibre cereals such as any cereal containing wheat bran, wheat germ, oat bran or psyllium
- Whole grain and higher fibre crackers, muffins and cookies, such as whole wheat or rye crackers, bran muffins, oatmeal cookies, date squares
- Whole grains such as brown or wild rice, barley, bulgur, wheat germ, whole grain wheat, buckwheat or millet
- Whole grain pasta, such as spaghetti or macaroni

Milk and Alternatives

- While dairy products are not a natural source of fibre, some yogurts may contain added fibre. Read the label to check out the amount of fibre.

Meat and Alternatives

- Cooked dried peas, beans and lentils, such as kidney beans, soybeans, black beans, chickpeas and yellow or split peas
- Nuts and seeds, such as whole almonds, sunflower seeds and ground flax

High Fibre Menu Ideas

Breakfast

- High fibre cereals such as bran cereals or shredded wheat. Or add a scoop of high fibre cereal mixed with one of your favourites
- Cooked oatmeal sprinkled with ground flax and wheat germ
- Cereal topped with raisins, sunflower seeds or a handful of frozen or fresh blueberries
- Whole wheat toast with peanut butter and sliced banana
- Whole fruit instead of juice
- Prunes – plain or stewed
- Pancakes made with whole wheat flour and added ground flax seed

Lunch

- Soups made with dried peas, beans, lentils or barley, such as split pea or minestrone
- Sandwiches made with higher fibre bread such as whole wheat, multigrain or dark rye bread
- Green salad with vegetables and fruit such as shredded carrot, snow peas, strawberries and pear slices. Add chickpeas or sprinkle with sunflower seeds or almonds

- Marinated bean, spinach or carrot and raisin salad
- Fruit salad with a bran muffin made with whole wheat flour and added raisins, figs or dates

Supper

- Baked beans or chili with lots of kidney beans
- Casseroles with added beans, lentils, barley and vegetables and a handful of raw bran
- Baked potato in skin topped with steamed broccoli and black beans. Sprinkle with a little cheese
- Meat loaf or meatballs made with added raw bran

Tips for Staying Regular

- Eat a high-fibre diet. To minimize stomach bloating and gas, increase your fibre gradually.
- Drink plenty of fluids throughout the day to help the fibre work. Sip on fluids such as water, juice, milk, soup, herbal teas, decaffeinated coffee or tea.
- Exercise regularly. Do what you love- hiking, fishing or walking... it all counts.
- Avoid laxatives unless your doctor has prescribed them.



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Shopping for One or Two: Planning

Shopping for one or two people can be a challenge, but careful planning makes it easier. The following suggestions will make trips to the store easier and help you save money at the same time.



At Home

Plan meals and make a list

- Make a shopping list and keep it handy so you can add to it as supplies run low.
- Plan what you will be eating for the week, using *Eating Well with Canada's Food Guide*.
- Look for food bargains in newspapers and flyers.
- Keep a list of prices for foods you usually buy and check it against advertised specials. The price in the flyer may not really be a sale price.
- Organize your shopping list in the same way that the store is laid out, to save time and energy while shopping.
- Find coupons that match your shopping list. Use coupons to buy only the foods that you need and want.

Shop with a friend

- Arrange to shop with a friend. You can share the taxi fare and some of the larger grocery items.
- If you can't get to the store yourself, check whether your grocer offers a delivery service, or contact a local seniors' centre, which may know volunteer drivers.

At the Store

Look for better buys

- Take your list, your coupons and glasses or magnifying glass to read labels and prices. You might also want a calculator for figuring out which items are better buys.
- Buy canned or frozen vegetables and fruits. You don't need to clean or chop them, you save money, and they won't spoil in your crisper! You get the same health benefits whether your vegetables and fruits are fresh, frozen or canned.
- Buy canned vegetables and fruit packed in water or juice, not in syrup, and have no added sugar or salt.
- Buy frozen vegetables and fruit without sauces or added salt or sugar.
- Shop when the store is not as busy, so employees will have time to help with items that are hard to reach or lift.
- Take advantage of discount days for older adults offered by some grocery stores.
- Compare prices between brands. Store brands are often cheaper.
- Check the "unit price" such as the price per gram (ounce) or per kilogram (pound).
- Most grocery stores display unit prices on shelf labels above or below the item. Bigger sizes are not always the best buy.
- Buy the size that is right for you. Smaller portions are available for a variety of foods (soup, fruits, vegetables, baked beans, stews, pudding, yogurt, cheese) and may be worth the extra cost if you can avoid throwing any away.
- If the larger size is less expensive but more than you can use, share the extra with a friend.



- Bulk bins allow you to buy exactly the amount you want of many staples. Bulk items are usually cheaper, but not always. Check unit prices to be sure.
- The grade or quality of a product is determined by looks, not by nutritional value.
- You can save money by buying lower grade, such as Utility Grade or Grade B chickens and Canada Choice fruits and vegetables.

Read labels

- Read labels to be sure you are getting what you want. Here's what to look for:
 - Check the list of ingredients. These are listed from the most amount in the food to the least amount.
 - Look at the Nutrition Facts Table and check the serving size to compare it to how much you eat. A Nutrition Facts Table handout is included in the back of this resource.
 - Look at the Daily Value (%DV) for nutrients. A simple rule of thumb: 5% or less is a little, 15% or more is a lot for any nutrient. Choose foods that are lower in salt, sugar and saturated/trans fat.
 - Check the "best before" date to make sure the food will not spoil before you can eat it.
- When the store is not busy, ask cashiers to ring your groceries through more slowly so that you can check for correct pricing.

Step 3

Keep it simple. The next section, *Cooking for One or Two*, provides easy meal tips to make eating alone more satisfying, ideas on creatively using leftovers and how to maintain an emergency food shelf.

Cooking for One or Two: Easy Meals to Make

Can't think of anything to eat? Enjoy these simple meal ideas. Use ingredients you have on hand. Try switching up mealtimes. Eat breakfast foods for lunch or dinner.

Breakfast

- Scrambled eggs, whole wheat toast, orange juice
- Pancakes, applesauce, milk
- Oatmeal topped with yogurt and banana slices
- Whole grain or bran cereal, milk, fruit
- French toast topped with fruit salad
- Yogurt topped with berries, bran muffin
- Almond butter and thinly sliced apple sprinkled with cinnamon on whole wheat pita, orange juice
- Fruit smoothie made with milk, yogurt and frozen fruit

Lunch

- Peanut butter and banana sandwich, milk
- Beans on toast, tomato slices, low sodium vegetable juice
- Macaroni and cheese (add tuna and frozen or leftover peas)
- Tuna melt: mix tuna, celery, mayonnaise and shredded cheese, spread on buns and melt in oven
- Canned low sodium bean or lentil soup, whole wheat roll, yogurt
- Soft boiled egg, whole grain toast, orange slices
- Low sodium vegetable soup, whole grain crackers or cut-up vegetables with hummus or black bean dip, apple
- Leftover chicken or turkey, tomato slices and lettuce on whole wheat bread, milk
- Cottage cheese, fruit salad, small oatmeal muffin
- Broiled open-face cheese and tomato sandwich, baked apple
- Leafy green salad topped with sunflower seeds and chickpeas on whole wheat bun
- Egg salad sandwich, carrot sticks, low sodium vegetable juice

Supper

- One pot casserole. Put these together, and bake:
 - One part meat, poultry or beans, such as kidney beans or black beans
 - Two parts vegetables (e.g. peas, carrots, tomatoes or celery)
 - Two parts rice, macaroni or noodles
 - Sauce to moisten (e.g. low sodium canned cream soup or tomato sauce)
- Salmon, rainbow trout, halibut or other baked fish with side dishes of broccoli and whole wheat pasta
- Pasta, tomato or meat sauce, leafy green salad, milk

- Meatloaf baked in muffin tins (ground beef, chopped onion, spices), baked potato, mixed vegetables
- Salmon chowder (salmon, creamed corn and evaporated milk), whole grain toast
- Meatless chili (kidney beans, frozen corn, low sodium canned diced tomatoes, chili powder) on brown rice, pear slices
- Whole grain pancakes topped with almond butter and sautéed apples, milk
- Stir fries (any fresh or frozen vegetables with small pieces of chicken, beef, pork, shrimp, almonds or peanuts, soy sauce) on brown rice or noodles, milk
- Fried egg, cheese, tomato and lettuce on whole grain toasted bun, vegetable sticks
- Lentil soup, mixed green salad, whole grain toast and cheese
- Peanut butter and banana wrapped in a tortilla, milk
- Flatbread pizza: low sodium tomato sauce, vegetables and mozzarella cheese baked on pita, tortilla or naan bread
- Cheese omelette, whole grain toast, tossed salad

Adapted from: Leduc-Strathcona and Mount View Health Units



Cooking for One or Two: Eating Alone

Eating alone can be difficult for people of any age. Cooking alone may seem like more work. But there are ways to put the fun back into eating. Start with keeping your cupboards full of nutritious foods that you enjoy. Studies show that when you eat with others, you eat healthier. So, sit down with some friends, family members or neighbours and enjoy their company while you dine. Treat yourself well. You deserve it!

Make it a Pleasure

- Create a pleasant place to eat. Set a table with flowers, place mat and napkin, even candles. Listen to music.
- Sometimes eating in different places is helpful. Take your meal out on the porch, sit near a window or go to the park for a picnic. Enjoy a dinner out in a restaurant occasionally. Ask for a container to take leftovers home.
- Want a break from cooking? Try these simple ideas:
 - No-cook meals such as sandwiches, wraps or salads; or, a hardboiled egg, whole grain crackers, cheese and fruit makes a tasty light lunch.
 - Ready-made meals from the grocery store such as grilled salmon with roasted vegetables or lasagna with a leafy green side salad.
 - Use convenience food to make simple meals such as frozen vegetables to make a stir fry; cheese tortellini heated with low sodium canned tomatoes; or, pre-cut fresh vegetables, such as butternut squash, to make soup.
 - Consider taking Meals on Wheels a few times a week or more, if available in your area.

Find Companions

Beyond the nutritional benefits of eating with others, starting a supper club or joining an eating group can also help you meet new people and make new friends.

- Share a potluck dinner with friends, or form a regular lunch group.
- Start an eating club, such as a SOUPer Supper Club, in which the host makes soup and others bring bread, salad or fruit.



- Join a community kitchen or share cooking with friends. Find a place where a few of you can meet to plan, shop and prepare several meals together. Take those meals home, freeze them and reheat them when you don't feel like shopping or cooking.
- Ask other older adults who are alone for ideas and suggestions, and share yours.
- Exchange recipes.
- Teach your grandchildren how to cook or bake.
- Check for events at your community centre or club.

If you have lost your appetite for more than a day or two, talk with your doctor or ask for a referral to a registered dietitian.

Cooking for One or Two: Creative Use of Leftovers

Using leftovers can make meal preparation easier, reduce food waste and save you time in the kitchen.



Some Ideas to Get You Started

Just about anything leftover can go into a stir fry, casserole, soup or salad. Can't finish the whole tin of soup? Use it in sauces, gravies and casseroles. Be creative!

Vegetables and Fruit

- Cook a bunch of broccoli, a head of cauliflower or larger amounts of other vegetables. Eat one serving hot; marinate some in vegetable oil, vinegar and spices and add to a salad. Use the rest in an omelette, pasta dish, soup or casserole.
- Top casseroles with slices of leftover cooked potatoes.
- Use extra cut-up fruit to top cereal, pancakes or waffles, or mix fruit with yogurt or cottage cheese. Add extra fruit to baked goods such as muffins.
- Peel and freeze overripe bananas and use in loafs and muffins.
- If you bought too much fruit, use the leftovers to make fruit salad, chutney or fruit sauces (like applesauce).
- Cook extra vegetables and puree what you don't eat with broth or milk for a quick soup.
- Add any combination of cooked vegetables into a pasta dish, gratin, salad, lasagna or quiche.
- Freeze leftover tomato paste in little spoonfuls on a foil lined baking sheet. Store the frozen blobs in a freezer bag and use to enrich sauces.
- Use leftover stir fried vegetables in an omelette or a wrap.
- Blend leftover fruit into a smoothie (blend milk and fruit).

Grain Products

- Chill leftover pasta for pasta salad, soups or casseroles.
- Use extra rice in rice pudding, soups, or casseroles.
- Make individual sized pizzas using tortillas, English muffins or pita bread for the crust. Spread on some low sodium tomato sauce and add your favourite toppings.
- Crush dried bread to make crumbs to coat chicken or fish, or as a casserole topping.
- Use dried bread in bread pudding or cube as croutons (sprinkle with spices and toast in the oven) for salads or soups.

Meat and Alternatives

- Serve tomato or meat sauce over noodles one day, then add kidney beans, chopped vegetables (fresh, frozen or leftover) and chili seasoning for another meal.
- Sauté ground beef, use some in a casserole and freeze the rest for chili, pasta sauce or stuffed peppers.
- Bake larger pieces of meat such as whole chicken, ham or beef. Use the leftovers in stir fries, hearty soups, casseroles, sandwiches or salads.
- Use chicken, tuna or egg salad in a sandwich one day and stuff the extra into a tomato or a green, yellow or red pepper the next.
- Turn leftover roast and potatoes into shepherd's pie or stew.
- Turn leftover salmon into salmon cakes or use as a filling for pita with sliced tomatoes, lettuce, red peppers and cucumber.
- Roasts can be minced and used as fillings for burritos, crepes, stuffed vegetables or cannelloni.
- Use leftover chicken or turkey in a sandwich. Use whole slices or make chunky chicken salad by adding a little mayonnaise, celery, onion and other vegetables you enjoy.



Cooking for One or Two: Emergency Food Shelf

Having an emergency shelf stocked with non-perishable food and some frozen food is a big help if you can't get out to the store. You can plan quick and creative meals with just a few basic items. Even though the non-perishable food will last for a long time on the shelf, it is a good idea to use and replace it occasionally. Items stored in the freezer should be used within two to three months.

Suggested Items to Have on Hand

Vegetables and Fruit

- Canned or frozen fruits and vegetables - look for brands without any added salt or sugar
- Canned, boxed or frozen juice
- Dried fruit (raisins, dates, apricots)
- Sodium reduced canned soup (mushroom, vegetable, tomato)
- Canned or jarred pasta sauces - look for lower sodium choices

Grain Products

- Whole grain bread, rolls, muffins - keep extras in the freezer
- Crackers, melba toast, breadsticks
- Enriched or whole grain pasta
- Brown rice and other grains such as cous cous, millet or quinoa
- Biscuit mix
- Hot cereals (oatmeal, cream of wheat)

- Ready-to-eat cereals made with whole grains (the word “whole” should be in front of the grain in the ingredient listing)
- Flour

Milk and Alternatives

- Canned evaporated milk
- Dried skim milk powder
- Shelf-stable milk - look for boxed milk or unsweetened soy beverage in tetra pack containers on the grocery store shelves

Meat and Alternatives

- Low sodium canned salmon, tuna, chicken or sardines
- Low sodium canned beans, stew, chili
- Dried or low sodium canned lentils and beans
- Peanut butter
- Nuts and trail mix - keep small amounts in the freezer to keep it fresh
- Plain, unbreaded frozen meat, poultry, fish
- Frozen dinners - choose ones with more vegetables and less sodium (salt)

Other

- Sugar
- Baking powder
- Baking soda
- Low sodium bouillon
- Coffee/tea

Food Safety in Your Home

Food safety is important to everyone. To reduce the risk of food poisoning, it is important for older adults to follow safe food handling, cooking and storage practices. The following are some simple food safety tips you should follow to prevent the risk of food poisoning in your home:

Clean

- Wash your hands frequently with soap and warm water, especially before handling food or eating, after handling raw meats, using the toilet, touching pets/animals and changing diapers.
- Wash countertops, utensils, cutting boards, and other surfaces after they come into contact with raw meat.
- Wash all produce thoroughly before cooking or eating.

Cook

- Cook food thoroughly to kill harmful bacteria that may be present in or on the food. This is very important for poultry and ground beef.
- Keep all hot foods at 60°C (140°F) or more, to prevent the growth of bacteria.
- Use a kitchen thermometer to check cooking and storage temperatures.

Chill

- Promptly refrigerate leftovers in uncovered, shallow containers to cool quickly.
- Refrigerate all perishable foods at 4°C (40°F) or less, to prevent the growth of bacteria.
- Thaw frozen foods in a refrigerator, cold water, or a microwave oven, not at room temperature.
- Do not refreeze thawed food.

Separate

- Use separate cutting boards for raw meats, and raw fruits and vegetables.
- Store raw meats below ready-to-eat foods, on lower refrigerator shelves, to prevent contamination caused by dripping.

Storage

- Keep raw meat, poultry and seafood cold. Refrigerate or freeze it as soon as you return home from the grocery store.
- Keep leftovers in the refrigerator for a maximum of two to three days. Freeze leftovers if storing for longer.
- Leftovers can be frozen and used within two or three months. Be sure to label and date all packages, and use the oldest ones first.
- Store deli meats in the refrigerator and use pre-packaged and deli meats sliced at the grocer within four days, preferably two to three days after opening. The best before date applies to unopened packages only.

Leftovers

- Thaw frozen leftovers in the refrigerator, not on the counter. Eat or reheat thawed leftovers right away.
- Heat food thoroughly to at least 74°C (165°F). Check temperatures using a food thermometer.
- Ensure soups, gravies and sauces are brought to a boil before eating them.
- Only reheat leftovers one time. Throw away any uneaten leftovers after being reheated. Do not refreeze thawed leftovers.



Recipes

The recipes included in this resource show how fast, easy and tasty healthy eating can be. Most of the recipes include suggestions for preparing a complete healthy meal, including all four food groups in *Canada's Food Guide*. Many are intended to serve one or two. Other recipes keep well in the refrigerator or freezer so you will be able to enjoy the meal again another day.

Each recipe has been analyzed according to Dietitians of Canada's online tool, eaTracker.ca, as shown in the accompanying table for each recipe. The recipes are a collection from a variety of sources and all have been "kitchen-tested" by registered dietitians in Newfoundland and Labrador.

Enjoy these recipes and the healthy meals they create.



Salads and Soups

Mixed Bean Salad

This recipe makes a lot but it will keep for a week in the refrigerator. You can use two cans of mixed beans instead of the kidney beans and chickpeas.

19 oz can kidney beans*

19 oz can chickpeas*

14 oz can yellow wax beans

14 oz can green beans

1 medium onion, chopped

1 medium green pepper, chopped

2/3 cup vinegar

1/3 cup vegetable oil

1/4 cup sugar

1/2 tsp dried basil (optional)

dash salt and pepper

***Or use about 2 cups of cooked dried kidney beans and about 2 cups of cooked dried chickpeas.**

To cook dried beans, see How to Cook Dried Beans recipe on the next page.

DIRECTIONS:

1. Drain and rinse all of the canned beans and chickpeas. Put all of the beans, chickpeas, onion and green pepper into a large bowl.
2. Mix vinegar, oil, sugar and basil in a small bowl. Pour over bean mixture. Mix well.
3. Add salt and pepper to taste. Cover and refrigerate until cold.
4. Just before serving, stir gently.

Complete the meal: serve with a roll and a glass of milk.

Adapted from: The Basic Shelf Cookbook, 2011 Edition, Canadian Public Health Association

Nutrition Facts

Per 1-Cup Serving

Amount	% Daily Value
Calories 250	
Fat (g) 7	11%
Saturated Fat (g) 0.5	3%
Trans Fat (g) 0	
Cholesterol (mg) 0	0%
Sodium (mg) 410	17%
Carbohydrate (g) 36	12%
Fibre (g) 10	40%
Sugars (g) 6	
Protein (g) 10	
Vitamin A	0%
Vitamin C	8%
Calcium	6%
Iron	30%

How to Cook Dried Beans

Beans, split peas, chickpeas and lentils all belong to the legume family. Legumes are plant foods, which are high in protein, iron and fibre. They are low in fat. You can use legumes instead of meat to save money.

Soak dried beans

Dried beans (except split peas and lentils) need to be soaked before cooking. Rinse beans and sort out any grit before you soak them.

Put beans in a large pot. Add about 3 cups of water for each cup of beans. Follow one of the soaking methods below:

Overnight Soaking Method: Let soak for eight to 12 hours or overnight. Drain.

Quick Soaking Method: Turn stove on high heat. Heat beans to boiling. Reduce heat to low. Simmer for two to three minutes. Turn off heat, cover and let stand for at least one hour. Drain.

Cook dried beans

Turn stove on high heat. Put soaked and drained beans in a large pot. Add 2½ cups of water for each cup of beans. Heat to boiling. Reduce heat to low. Cover and simmer until tender. Cooking times vary. Most beans take 1½ to two hours to cook.

How much to cook

Remember that beans will double when cooked. Use this chart to help figure out how much to cook.

If you need	Use
1 cup cooked beans	½ cup raw dried beans
2 cups cooked beans	1 cup raw dried beans
3 cups cooked beans	1½ cups raw dried beans
4 cups cooked beans	2 cups raw dried beans

Adapted from: The Basic Shelf Cookbook, 2011 Edition, Canadian Public Health Association

Vegetable Chowder with Cheddar

Makes six, 1-cup servings

- 1 tbsp** vegetable oil
- 1 small** onion, chopped
- 1 cup** diced carrots
- ½ cup** diced celery
- 1 cup** diced peeled potato
- 3 cups** low sodium chicken or vegetable broth
- 1 cup** hot milk or evaporated milk
- pinch** cayenne pepper
- dash** salt and freshly ground black pepper
- 1 cup** whole wheat croutons
- ½ cup** grated cheddar cheese

DIRECTIONS:

1. In a large saucepan, heat oil over medium heat. Sauté onion, carrots and celery until tender, about five minutes.
2. Stir in potato. Add broth and bring to a boil.
3. Reduce heat, cover and simmer for 25 minutes or until vegetables are just soft.
4. Stir in milk, cayenne pepper and salt and pepper to taste.
5. Ladle into warmed bowls and garnish with croutons and cheese.

Complete the meal: serve with crackers or a roll, a glass of milk, and a piece of fruit.

Reprinted with permission of Dietitians of Canada from *Simply Great Food*, published by Robert Rose Inc., 2007.

Nutrition Facts

Per Serving

Amount	% Daily Value
Calories 160	
Fat (g) 7.5	12%
Saturated Fat (g) 3	15%
Trans Fat (g) 0	
Cholesterol (mg) 15	5%
Sodium (mg) 180	8%
Carbohydrate (g) 17	6%
Fibre (g) 2	8%
Sugars (g) 5	
Protein (g) 8	
Vitamin A	20%
Vitamin C	8%
Calcium	10%
Iron	6%

Minestrone Soup

Any type of canned or dried beans can be used in this recipe.

Makes nine, 1-cup servings

6 cups homemade chicken stock*

4 cups cabbage, chopped

3 cups carrots, diced

2 cups cooked navy beans**
(or **19 oz** can white kidney beans, drained and rinsed)

28 oz can tomatoes

½ tsp garlic powder

dash salt and pepper

Parmesan cheese, grated (optional)

*See Homemade Chicken Stock recipe (page 42) or use store-bought chicken broth or bouillon cubes.

**To cook dried navy beans, see How to Cook Dried Beans recipe (page 30).

DIRECTIONS:

1. Turn stove on high heat. Put homemade chicken stock in a large pot and heat to boiling.
2. Reduce heat to low. Add chopped cabbage and diced carrots. Cover and simmer until vegetables are tender, about 20 minutes.
3. Stir in beans, tomatoes and garlic powder. Add salt and pepper to taste. Cover and cook five minutes longer.
4. Serve in bowls with Parmesan cheese on top, if desired.

Complete the meal: serve with crackers or a roll, and a glass of milk.

Adapted from: The Basic Shelf Cookbook, 2011 Edition, Canadian Public Health Association

Nutrition Facts

Per 1-Cup Serving

Amount	% Daily Value
Calories 170	
Fat (g) 2.5	4%
Saturated Fat (g) 0.5	3%
Trans Fat (g) 0	
Cholesterol (mg) 5	2%
Sodium (mg) 540	23%
Carbohydrate (g) 29	10%
Fibre (g) 6	24%
Sugars (g) 6	
Protein (g) 10	
Vitamin A	40%
Vitamin C	38%
Calcium	8%
Iron	20%

Split Pea Soup

Makes four, 1-cup servings

3 cups chicken broth

1 cup yellow split peas

1 onion, chopped

1 carrot, sliced

1/3 parsnip, sliced

1 clove garlic, minced

1/8 tsp curry powder

dash pepper to taste

Nutrition Facts

Per Serving

Amount	% Daily Value
Calories 210	
Fat (g) 0.5	1%
Saturated Fat (g) 0	0%
Trans Fat (g) 0	
Cholesterol (mg) 0	0%
Sodium (mg) 440	18%
Carbohydrate (g) 36	12%
Fibre (g) 5	20%
Sugars (g) 7	
Protein (g) 15	
Vitamin A	10%
Vitamin C	10%
Calcium	6%
Iron	20%

DIRECTIONS:

1. Bring chicken broth to a boil and add split peas.
2. Simmer for about two hours, stirring occasionally.
3. Add small amount of water as chicken broth evaporates.
4. When split peas become mushy, add onion, carrot, parsnip, garlic and curry powder.
5. More water may be required. Continue to simmer until vegetables are cooked.

Complete the meal: serve with a whole wheat roll or crackers and a glass of milk.

Adapted from: Agnes and Ron Richard, Gander, NL (Healthy Heart Cooking, NL)

Main Dishes

Fish and Vegetable Casserole

Makes four servings

1 lb cod fillets, fresh or frozen (thawed)

1 medium carrot, diced

1½ cups milk, low fat

1 medium onion, chopped

1 cup peas, frozen

1 cup potatoes, diced

3 tbsp canola oil

3 tbsp flour

1 cup whole grain bread crumbs

dash pepper

dash salt

DIRECTIONS:

1. Preheat oven to 350°F (175°C).
2. Place fish in a greased casserole dish and top with onion. Bake for about 15 to 20 minutes.
3. While the cod is cooking, boil potatoes and carrots in pot until tender-crisp (not completely cooked). Add peas, then set aside.
4. Heat the oil in a small pot on low heat and whisk in flour, salt and pepper.
5. Gradually add milk, cooking on medium heat until thickened.
6. Break fish into pieces and place vegetables on top. Pour the sauce over the fish and vegetables. Sprinkle with bread crumbs. Bake for 20 to 25 minutes.

Optional: top with grated cheese.

Complete the meal: serve with a whole wheat roll and a glass of milk.

Contributed by: Jackie Foote, Milltown, NL

Nutrition Facts

Per Serving

Amount	% Daily Value
Calories 380	
Fat (g) 13	20%
Saturated Fat (g) 1.5	9%
Trans Fat (g) +0.3	
Cholesterol (mg) 55	18%
Sodium (mg) 280	13%
Carbohydrate (g) 35	12%
Fibre (g) 5	20%
Sugars (g) 10	
Protein (g) 30	
Vitamin A	22%
Vitamin C	22%
Calcium	15%
Iron	15%

Saucy Fish and Peas

Makes two servings

1 tbsp margarine

1 tbsp flour

½ cup milk

1 cup peas

1 can tuna

½ pkg low sodium chicken bouillon

dash pepper

DIRECTIONS:

1. Melt margarine in small saucepan. Add flour, bouillon and pepper to make a roux. Slowly whisk milk to make a white sauce.
2. Add peas and tuna.

Complete the meal: serve on whole grain noodles, brown rice, or potato with a glass of milk. Add an extra vegetable or fruit on the side!

Adapted from: The Senior Chef: Cooking for One or Two, BC Ministry of Health and Ministry Responsible for Seniors

Nutrition Facts

Per Serving

Amount	% Daily Value
Calories 220	
Fat (g) 8.0	12%
Saturated Fat (g) 1.5	8%
Trans Fat (g) 0.1	
Cholesterol (mg) 20	8%
Sodium (mg) 310	13%
Carbohydrate (g) 16	5%
Fibre (g) 4.0	14%
Sugars (g) 7.0	
Protein (g) 21	
Vitamin A	20%
Vitamin C	20%
Calcium	8%
Iron	20%

Tuna Melt

Makes one serving

½ can tuna

1½ tsp mayonnaise

1 tsp green pepper, finely chopped

1 tsp celery or onion, finely chopped
(optional)

dash Worcestershire sauce

1 tbsp grated cheese

1 whole grain roll or slice of whole wheat
bread

Nutrition Facts

Per Serving

Amount	% Daily Value
Calories 220	
Fat (g) 10	15%
Saturated Fat (g) 1.5	9%
Trans Fat (g) 0	
Cholesterol (mg) 25	8%
Sodium (mg) 400	17%
Carbohydrate (g) 15	5%
Fibre (g) 2	10%
Sugars (g) 2	
Protein (g) 16	
Vitamin A	2%
Vitamin C	4%
Calcium	4%
Iron	10%

DIRECTIONS:

1. Combine tuna fish, mayonnaise, green pepper, celery or onion and Worcestershire sauce. Mix well.
2. Spread tuna mixture on the whole grain roll or bread* and top with cheese.
3. Place on a pan and put under the broiler until cheese melts. Serve hot.

***Note:** If bread is used, toast it first or place it under the broiler for one minute, turn over and broil one minute more. Then, top with tuna mixture and cheese and follow directions for broiling.

Complete the meal: serve with a glass of milk and a piece of fruit.

Adapted from: The Senior Chef: Cooking for One or Two, BC Ministry of Health and Ministry Responsible for Seniors

Tasty Salmon Loaf for Two

Makes two servings

6½ oz can Atlantic salmon

1 egg

dash salt

¼ tsp pepper (or add to taste)

½ cup soft whole grain bread crumbs (or 1 slice bread, crumbled)

¼ cup celery, chopped (or **¼ cup** bell peppers, chopped)

¼ cup onion, finely chopped

dash Worcestershire sauce (optional)

½ tsp savoury (optional)

DIRECTIONS:

1. Preheat oven to 350°F (180°C).
2. Mash salmon with liquid and blend well with all other ingredients in a bowl.
3. Put into a small, lightly oiled casserole or loaf pan and bake for 30 to 40 minutes or until top is browned.

Variation:

Salmon Patties

Form into 4 patties. Cook in an oiled skillet over medium heat until brown. Turn once during cooking. Serve with fresh lemon wedges.

Complete the meal: serve with steamed spinach or frozen vegetables with baked potato, a whole wheat roll, and a glass of milk.

Adapted from: The Senior Chef: Cooking for One or Two, BC Ministry of Health and Ministry Responsible for Seniors

Nutrition Facts

Per Serving

Amount	% Daily Value
Calories 195	
Fat (g) 8	12%
Saturated Fat (g) 2	10%
Trans Fat (g) 0	
Cholesterol (mg) 125	40%
Sodium (mg) 410	17%
Carbohydrate (g) 12	4%
Fibre (g) 1	4%
Sugars (g) 2	
Protein (g) 17	
Vitamin A	10%
Vitamin C	30%
Calcium	20%
Iron	15%

Fish Cakes for Two

Makes two servings

½ lb cod or other fish

2 tbsp onion, diced

¼ tsp table salt

dash pepper

1 cup potato, peeled and boiled

2 tsp vegetable oil, such as canola

Nutrition Facts

Per Serving

Amount	% Daily Value
Calories 240	
Fat (g) 9	14%
Saturated Fat (g) 1	5%
Trans Fat (g) 0	
Cholesterol (mg) 50	17%
Sodium (mg) 570	24%
Carbohydrate (g) 17	6%
Fibre (g) 1	4%
Sugars (g) 1	
Protein (g) 23	
Vitamin A	0%
Vitamin C	10%
Calcium	10%
Iron	10%

DIRECTIONS:

1. Boil fish in tightly covered pot, with as little water as possible, with diced onions, salt and pepper, for about 10 minutes.
2. Boil potatoes in a separate pot and mash once cooked.
3. Combine cooled fish and cooled potatoes, form into four patties and fry in oil until browned on both sides.

Complete the meal: serve with a slice of whole grain bread, your favourite orange and green vegetable, and a glass of milk.

Adapted from: The Senior Chef: Cooking for One or Two, BC Ministry of Health and Ministry Responsible for Seniors

Vegetable Frittata

Makes two servings

A perfect recipe if you have a leftover cooked potato. This tastes good even without the potato!

2 eggs

1 tsp margarine

1 tbsp onion, chopped

1 tbsp green pepper, chopped

1 tbsp mushrooms, chopped
(about 1 mushroom)

½ cup cooked potato, thinly sliced

2 tbsp grated cheese

DIRECTIONS:

1. Beat eggs in a small bowl. Set aside.
2. Turn on stove to medium heat. Melt margarine in a small fry pan. Add onion, green pepper and mushrooms and cook until soft, about 5 to 7 minutes. Drain off any liquid.
3. Next, pour eggs over vegetables in fry pan. Turn heat to low, cover and cook until eggs are cooked but still soft in the middle.
4. Arrange potato slices on top of eggs. Sprinkle with cheese. Cover and cook a few minutes longer until cheese is melted. Serve right away.

Complete the meal: serve with whole grain bread and a glass of milk.

Adapted from: *The Basic Shelf Cookbook*, 2011 Edition, Canadian Public Health Association

Nutrition Facts

Per Serving

Amount	% Daily Value
Calories 160	
Fat (g) 10	15%
Saturated Fat (g) 3.5	17%
Trans Fat (g) 0	
Cholesterol (mg) 190	64%
Sodium (mg) 115	5%
Carbohydrate (g) 10	35%
Fibre (g) 1.0	3%
Sugars (g) 1.5	
Protein (g) 9	
Vitamin A	14%
Vitamin C	10%
Calcium	8%
Iron	6%

Easy Chicken Stir Fry

Makes four to six servings

This stir fry tastes great with any type of vegetables—fresh, frozen or canned. Use different soft, medium and firm vegetables for variety. You can also use boneless chicken thighs, lean pork or your favourite lean meat.

¾ cup homemade chicken stock or
homemade vegetable stock*

2 tbsp soy sauce

1 tsp sugar

2 tsp cornstarch

¾ lb boneless chicken breast or thighs

4 cups mixture of fresh vegetables**

2 tbsp vegetable oil

1 onion, cut in thin wedges

2 cloves garlic, minced (or **1 tsp.** garlic powder)

1 tsp minced ginger (or **¼ tsp.** ginger powder)

***See Homemade Chicken Stock recipe on page 42 or use store-bought chicken broth or bouillon cubes.**

****Soft vegetables include: bean sprouts, spinach**

Medium vegetables include: peppers, zucchini, snow peas, mushrooms, green peas

Firm vegetables include: carrots, broccoli, cauliflower, celery, green beans

DIRECTIONS:

1. Place the stock, soy sauce, sugar and cornstarch in a small bowl. Whisk together and set this sauce aside.
2. Cut the chicken into thin strips.
3. Using a clean cutting board, slice the vegetable into bite-sized pieces.

Nutrition Facts

Per Serving

Amount	% Daily Value
Calories 220	
Fat (g) 8	12%
Saturated Fat (g) 1	5%
Trans Fat (g) 0	
Cholesterol (mg) 45	15%
Sodium (mg) 320	13%
Carbohydrate (g) 18	6%
Fibre (g) 4	16%
Sugars (g) 6	
Protein (g) 20	
Vitamin A	35%
Vitamin C	60%
Calcium	5%
Iron	10%

4. Heat just half of the oil (1 tbsp) in a large fry pan. Add the chicken to the pan and stir fry until the chicken is no longer pink inside. Remove from pan and put on a clean plate.
5. Heat the rest of the oil (1 tbsp) in pan. Add the onion, garlic and ginger. Stir fry for one minute.
6. Add the other vegetables, starting with the firm ones, then add the medium and soft vegetables one to two minutes later.
7. Add the chicken and stir-fry for one more minute to heat through.
8. Add the sauce to the same pan, stirring constantly until clear.

Complete the meal: serve on brown rice or whole grain pasta.
Enjoy yogurt for dessert.

Adapted from: Cooking Up Some Fun! by York Region Community and Health Services, 2006

Homemade Chicken Stock

Makes six to eight-cup servings

Bake your own chicken or buy one already cooked from the store. Eat the meat and use the chicken bones to make the stock. You can also use this recipe to make beef or vegetable stock.

1 tbsp vegetable oil

2 large onions, chopped

3 carrots, chopped

4 celery stalks, chopped

bones of 1 chicken

water

1 tbsp peppercorns

5 sprigs fresh thyme
(or **1 tbsp** dried thyme)

5 sprigs fresh parsley
(or **1 tbsp** dried parsley)

1 bay leaf

DIRECTIONS:

1. Turn stove on medium heat. Heat oil in large pot. Add onions, carrots and celery. Cook until the vegetables start to get soft.
2. Add chicken bones. Fill the pot with enough cold water to cover the bones by about two to three inches. Add peppercorns, thyme, parsley and bay leaf.
3. Heat stock on medium heat and bring to a gentle boil or simmer. Reduce heat to low or medium-low and continue to simmer for one hour. Use a soup ladle to carefully skim off any scum.
4. Put a strainer or colander over an empty large pot or large glass bowl. When the stock has cooled, use a soup ladle to scoop the stock into the strainer. Throw away the herbs, bones and vegetables.

5. Cover the stock and put in the refrigerator overnight. The fat in the stock will form a hard layer on top. Use a spoon to scoop this off and throw it away.
6. Keep the stock in the refrigerator for up to three days or freeze the stock in ½ cup containers for up to four months.

Variations:

Homemade beef stock – Follow the same steps for making chicken stock, but use beef bones instead of chicken bones.

Homemade vegetable stock – Follow the same steps for making chicken stock, but do not use chicken bones.

Adapted from: The Basic Shelf Cookbook, 2011 Edition, Canadian Public Health Association

Hearty Beef Stew

Makes three servings

8 oz stewing beef, cut into bite-sized pieces

2 tbsp flour

1 tbsp vegetable oil

1¾ cups hot water

dash salt and pepper

sprinkle basil, oregano and/or savoury (optional)

½ medium onion, sliced

1 medium carrot, sliced

1 medium unpeeled potato, cubed

½ turnip, diced

1 cup cabbage, sliced

½ cup frozen peas

3 tbsp water

DIRECTIONS:

1. Coat beef with flour.
2. Heat oil in heavy saucepan. Add stewing beef and brown on all sides.
3. Add water, salt and pepper and spices. Bring to a boil. Cover and simmer, about one hour. Add vegetables.
4. To thicken, whisk 2 tbsp flour with 3 tbsp water in a bowl and add to stew, stirring gently to mix. Cook 20 to 25 minutes or until vegetables are tender.

Nutrition Facts

Per Serving

Amount	% Daily Value
Calories 380	
Fat (g) 12	18%
Saturated Fat (g) 3	18%
Trans Fat (g) 0.5	
Cholesterol (mg) 70	23%
Sodium (mg) 145	6%
Carbohydrate (g) 33	10%
Fibre (g) 7	28%
Sugars (g) 11	
Protein (g) 30	
Vitamin A	20%
Vitamin C	50%
Calcium	10%
Iron	30%

Variations:

- Substitute moose or caribou for beef.
- Add rice, barley, beans or lentils for a thicker stew.
- Try adding other vegetables such as celery, canned tomatoes, tomato soup or mushrooms.
- Experiment with different herbs and spices such as bay leaf, thyme, rosemary, garlic, tarragon and mustard powder.

Complete the meal: serve with whole grain bread or a roll, and a glass of milk.

Adapted from: The Senior Chef: Cooking for One or Two, BC Ministry of Health and Ministry Responsible for Seniors

Lentil and Rice Casserole

Makes two servings

- 1 tbsp** vegetable oil
- 2 tbsp** chopped onions
- 1/3 cup** lentils, uncooked
- 1/4 cup** long grain brown rice, uncooked
- 1 1/4 cups** liquid (bouillon, **300 mL** tomato juice, soup stock)
- dash** salt and pepper to taste

DIRECTIONS:

1. Preheat oven to 350°F (175°C).
2. Heat oil in small skillet and saute the onion until lightly browned.
3. Stir in lentils and rice. Continue stirring until rice and lentils are well coated with oil.
4. Season with salt and pepper and fry gently for about one minute.
5. Put mixture in small casserole, pour liquid over rice.
6. Bake at 350°F (175°C) covered for 45 minutes, or until all the liquid is absorbed.

Variation:

Top with grated cheese or thinly sliced tomatoes or green peppers. You can also add some curry powder to the seasonings.

Complete the meal: serve with your favourite vegetables or a garden salad, a whole wheat roll and a glass of milk.

Adapted from: The Senior Chef: Cooking for One or Two, BC Ministry of Health and Ministry Responsible for Seniors

Nutrition Facts

Per Serving

Amount	% Daily Value
Calories 285	
Fat (g) 7	11%
Saturated Fat (g) 1.0	5%
Trans Fat (g) 0	
Cholesterol (mg) 0	0%
Sodium (mg) 500	21%
Carbohydrate (g) 39	13%
Fibre (g) 4	16%
Sugars (g) 1	
Protein (g) 13	
Vitamin A	0%
Vitamin C	4%
Calcium	2%
Iron	20%

Tomato, Macaroni and Cheese Casserole

Makes five servings

3 tbsp margarine

3 tbsp flour

1/8 tsp pepper

1 tsp dry mustard

dash cayenne

26 oz canned tomatoes, no added salt

2 cups grated cheese

2 tsp Worcestershire sauce

2 cups whole grain macaroni, cooked

Nutrition Facts

Per Serving

Amount	% Daily Value
Calories 390	
Fat (g) 23	35%
Saturated Fat (g) 11	55%
Trans Fat (g) 0	
Cholesterol (mg) 50	17%
Sodium (mg) 430	18%
Carbohydrate (g) 28	8%
Fibre (g) 4	16%
Sugars (g) 4	
Protein (g) 17	
Vitamin A	25%
Vitamin C	22%
Calcium	35%
Iron	20%

DIRECTIONS:

1. Preheat oven to 375°F (190°C).
2. Cook 2 cups whole grain macaroni noodles according to directions.
3. Melt margarine in saucepan. Blend in flour and seasonings.
4. Gradually add tomatoes and cook stirring constantly until mixture thickens.
5. Add 1½ cup grated cheese and stir until completely melted.
6. Remove from heat. Add Worcestershire sauce and cooked macaroni.
7. Pour into 2 quart casserole, sprinkle with remaining ½ cup grated cheese and bake in 375°F (190°C) oven 30 to 45 minutes or until brown.
8. Let stand 10 to 15 minutes before serving.

Complete the meal: serve with your favourite vegetables and/or garden salad and a glass of milk.

Adapted from: The Swanson Family, Buchans, NL

Tuna Fish Casserole

Makes three servings

6½ oz tuna

¾ cup whole grain bread crumbs

3 tbsp melted margarine

¾ cup milk

2 eggs (beaten)

½ cup finely chopped onion, celery
or green pepper (optional)

¼ tsp dry mustard

dash pepper to taste

DIRECTIONS:

1. Preheat oven to 375°F (190°C).
2. Melt margarine in casserole dish, add whole grain crumbs, mix well.
3. Add milk, drained tuna fish, chopped onion, celery or green pepper (optional) and seasonings.
4. Add beaten eggs.
5. Bake 30 minutes at 375°F (190°C).

Complete the meal: serve with broccoli and a glass of milk.

Adapted from: The Swanson Family, Buchans, NL

Nutrition Facts

Per Serving

Amount	% Daily Value
Calories 320	
Fat (g) 18	28%
Saturated Fat (g) 2.1	12%
Trans Fat (g) +0.1	
Cholesterol (mg) 55	18%
Sodium (mg) 490	20%
Carbohydrate (g) 17	6%
Fibre (g) 2	6%
Sugars (g) 6	
Protein (g) 19	
Vitamin A	20%
Vitamin C	4%
Calcium	10%
Iron	10%

Baked Goods

Rhubarb Bread Pudding

Makes four servings

2 cups fresh or frozen rhubarb,
thawed and chopped

3 cups torn white and whole wheat bread
(2 slices of each)

1 can evaporated milk

2 eggs

¼ cup sugar

1 tsp vanilla

1 tsp ground cinnamon

1 tsp grated zest of orange

DIRECTIONS:

1. Preheat oven to 350°F (175°C).
2. Place rhubarb (or another fruit, such as frozen berries) in an 8" (2 L) baking dish and cover with the bread pieces.
3. In a medium bowl, heat evaporated milk, eggs, sugar, vanilla, cinnamon, and orange zest. Pour over bread. Let stand for 10 minutes.
4. Bake for 40 to 45 minutes or until a tester insert comes out clean.
5. Leftovers can be stored in an airtight container in the fridge for up to three days, or in the freezer for up to three months.

Adapted from: *Simply Great Food, 250 Quick, Easy & Delicious Recipes*, Dietitians of Canada, 2007

Nutrition Facts

Per Serving

Amount	% Daily Value
Calories 280	
Fat (g) 6	9%
Saturated Fat (g) 2	10%
Trans Fat (g) 0	
Cholesterol (mg) 100	33%
Sodium (mg) 340	14%
Carbohydrate (g) 44	15%
Fibre (g) 3	12%
Sugars (g) 25	
Protein (g) 14	
Vitamin A	20%
Vitamin C	60%
Calcium	40%
Iron	15%

Banana Muffins

Makes 12 muffins

A perfect and delicious way
to use up ripe bananas

½ cup all-purpose flour

½ cup whole wheat flour

2½ tsp baking powder

¼ tsp baking soda

¾ cup rolled oats

2 tbsp sugar

¼ cup lightly packed brown sugar

½ cup raisins (optional)

2 medium, ripe bananas

1 egg

½ cup milk*

3 tbsp margarine, melted

*** Use fluid milk or make enough from skim milk powder.**

DIRECTIONS:

1. Preheat oven to 375°F (190°C).
2. Put the all-purpose flour, whole wheat flour, baking powder and baking soda in a large bowl. Stir in oats, sugar, brown sugar, and raisins, if desired. Set aside.
3. Mash bananas in a medium bowl.
Add egg, milk and melted margarine. Mix well.
4. Stir banana mixture into the dry ingredients. Stir just until blended.
Do not over mix.

Nutrition Facts

Per Muffin

Amount	% Daily Value
Calories 160	
Fat (g) 4	6%
Saturated Fat (g) 0.5	3%
Trans Fat (g) 0	
Cholesterol (mg) 15	5%
Sodium (mg) 140	6%
Carbohydrate (g) 29	10%
Fibre (g) 2	8%
Sugars (g) 14	
Protein (g) 3	
Vitamin A	4%
Vitamin C	4%
Calcium	6%
Iron	8%

5. Lightly grease 12 large muffin cups in a muffin tin. Put the muffin batter into the muffin cups, about $\frac{2}{3}$ full.
6. Bake in oven until tops are firm when lightly touched with your finger, about 18 to 20 minutes.
7. Remove muffins from the muffin tin and cool.

Adapted from: The Basic Shelf Cookbook, 2011 Edition, Canadian Public Health Association

Notes



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www.gov.nl.ca/health/wellnesshealthyliving