

FITNESS FOR LIFE HEALTHY RECIPE E-BOOK

Rexdale Women's Centre



FITNESS FOR LIFE

Your best + 1



FITNESS FOR LIFE HEALTHY RECIPE E-BOOK

Table of Contents

Introduction	3
Mike's Lazy Man's Healthy Chili – Mike Battrick	4
Iraqi Style Dolma – Faiza Esho	5
Chicken Tikka – Afsheen Siddiq	6
Chick Peas Salad – Afsheen Siddiq	7
Sauerkraut side dish – Danuta Kukulka	8
Jamaican Callaloo Dish – Barb Lowe	9
Ackee and Saltfish, Jamaica’s National Dish – Sherldine Tomlinson	10
Veggie Mix Delight #1 – Gurvinderjit Kaur Dhillon	11
Veggie Mix Delight #2 – Gurvinderjit Kaur Dhillon	12
Tangy Cucumber and Avocado Salad – Mona Morarusi	13
Section 2:	14
Good Eating Habits	15

Introduction

This healthy recipe e-book is compiled with recipes from the staffs at Rexdale Women's Centre. Please feel free to try any of them, am sure they all taste good. Section 2 of this e-book contains information on good eating habits and how you can incorporate this into your daily eating. Moreover, I would like to thank all the staffs that sent me their recipes to add to this book.

WARNING: side effects include happiness, smiles, and bursts of "*yummm, oh god, this is sooo delicious*" 😊 Happy cooking!

Best in health,
Sherldine Tomlinson
Program Coordinator – Fitness for Life.

Mike's Lazy Man's Healthy Chili – Mike Battrick

Ingredients:

- 500 g Lean ground chicken or turkey **
- 1 large onion
- 5 cloves of garlic (garlic powder is an option)
- 2 Cans of kidney beans – 540 ml
- 1 Can of diced tomatoes – 796 ml
- 1 Jar of tomato sauce – 750 ml
- 1 Package of chili mix (chili powder is an option)
- 2 cups of water

Instructions:

Disregard instructions to simply "brown the meat". Poultry needs to be thoroughly cooked. Cook the ground meat with the onions and garlic. There is no need to "grease" the frying pan with butter, oils or any other such products. While the meat is cooking all you have to do is combine the other ingredients in a large pot. Add the meat and let it all simmer for 15 minutes. The complete meal should only take a half hour to make. To be served with whole grain toast on the side. Four adults can eat with tasty leftovers for lunch the next day.

** Note meat is not necessary. There is over 30 grams of protein without meat.
There is almost 25 grams of fiber.

**Kidney beans must be thoroughly rinsed.

**All canned products must be no salt added, contain and a minimum of strange sounding preservatives. Please note: there are several products similar to Blue Menu that meet this requirement.

Iraqi Style Dolma – Faiza Esho

Ingredients:

- 2 medium onions cut into thin slices
- 4 small egg plants
- 4 small zucchini
- 4 small bell pepper

Stuffing:

- 250g lean minced lamb
- 4 clove garlic crushed
- 1 small onion finely chopped
- 1 ½ Ts ground cumin
- ¾ Ts ground black pepper
- ¼ freshly parsley chopped
- 1 cup low sodium chicken stock cubes
- **Sauce:**
- 1 Tbs tamarind
- 1 cup low sodium chicken stock cubes
- 1 cup boiled water

Instructions:

1. Spread the sliced onions in the base of a large pot.
2. Wash eggplants, zucchinis, potatoes and bell peppers and place them in a bowl with water to prevent changing their colour.
3. Combine minced lamb, garlic, onion, rice, cumin, black pepper, parsley and low sodium chicken stock cubes.
4. Drain vegetables from water then stuff them with meat mixture.
5. Arrange them over onion slices in the pot.
6. Dissolve tamarind and low sodium chicken stock cubes in hot water.
7. Pour stock over the vegetables.
8. Bring to boil, cover and cook over low heat for 35 minutes or until the vegetables and rice are cooked.
9. Place the vegetables on a large serving dish, add sauce and serve.

Chicken Tikka – Afsheen Siddiq

Ingredients:

- 2 kg Chicken Boneless
- 1/2 cup thick yogurt
- 1 tablespoon Cumin (slightly toasted and grounded)
- 1/2 teaspoon garam masala
- 1/2 teaspoon ground Cilantro
- 2 freshly squeezed lemon juice
- Half packet Tandoori Masala (found in any South Asian Grocery Store)
- 1 tbsp Ginger/Garlic Paste
- Salt/Pepper (to taste)
- Olive Oil

Instructions:

1. In a bowl add all the ingredients with chicken and marinate it overnight or at least 3 - 4 hours before cooking.
2. Spray with olive oil and place the chicken pieces on the hot grill or in the oven.
3. Cook for about 25 to 30 minutes.
4. Use any remaining marinade to brush the chicken while cooking.
5. Squeeze some lemon juice in the end. Serve Hot!

Chick Peas Salad – Afsheen Siddiq

Ingredients:

- 2 (15 ounce) cans of Chick Peas
- 1 large Potato
- 2 tbsp of Fresh Cilantro Leaves
- 1 Green Chilli
- 2 tbsp. of Chaat Masala (or to taste) (You can find in any Pakistani grocery store)
- 2 tsp lemon juice
- ¼ of a medium sized Onion (diced)
- 1 medium Tomato
- Salt (to taste)

Instructions:

1. Boil the potato in a small pot in water until it is cooked.
2. Skin it and cube it.
3. Drain and wash the Chick Peas.
4. Dice the onion, tomato, green chillies and cilantro leaves.
5. Add everything to a large bowl and mix thoroughly.

Sauerkraut side dish – Danuta Kukulka

Ingredients:

- Sauerkraut
- Olive oil
- Onion (red onion)
- Sugar
- A bowl

Instructions:

1. Rinse the sauerkraut lightly on a sieve and squeeze the liquid out.
2. Transfer the sauerkraut onto a chopping board and chop roughly.
3. Chop the onion.
4. Transfer the chopped sauerkraut and onion to a bowl, add some olive oil and sprinkle with sugar.
5. Mix and let stand for at least half an hour before you eat it.

Jamaican Callaloo Dish – Barb Lowe

Ingredients:

- 1 bunch of fresh callaloo, kale, collard greens (about 1 1/2 pound)
- 3-4 garlic cloves minced
- 1 medium onion
- ½ teaspoon smoked paprika
- 1 sprig of fresh thyme
- 1 fresh tomato
- 1 whole scotch bonnet pepper
- cooking spray- or very little cooking oil
- Salt and pepper (optional)

Instructions:

1. Cut leaves and soft stems from the callaloo branches, then soak in a bowl of cold water for about 5-10 minutes or until finish with prep.
2. Proceed to slicing the onions, mincing the garlic and dicing the tomatoes. Remove callaloo from water cut in chunks.
3. Add onions, garlic, thyme, stir for about a minute or more. Add tomatoes; scotch bonnet pepper, smoked paprika.
4. Sauté for 2 to 3 minutes. Finally add vegetable, salt, mix well, and steamed for about 6-8 minutes or until leaves are tender.
5. Add a tiny bit of water, if necessary.

Ackee and Saffish, Jamaica's National Dish – Sherldine Tomlinson

Ingredients:

- ½-pound salt fish
- fresh ackee soaked, or tinned ackee
- 1 medium onion, chopped
- 1 small sweet pepper (yellow/red or green), julienned
- 1 medium tomato, chopped
- 2 cloves of garlic, minced
- 1 teaspoon scotch bonnet pepper, chopped finely (omit this if you don't want the dish spicy)
- 2 stalks scallion, chopped
- 1-2 tablespoons extra virgin olive oil
- salt and pepper to taste

Instructions:

1. Put saffish to soak in cold water for about 1 hour.
2. Pour off water; add fresh water and boil until tender.
3. De-bone and flake the saffish.
4. Heat oil and sauté onion, garlic, scallions, tomatoes, scotch bonnet pepper and sweet pepper until tender, about five to six minutes.
5. Add flaked saffish, fresh or canned ackee and black pepper.
6. Toss lightly, cover and allow cooking on low heat for about 2 minutes.

Veggie Mix Delight #1 – Gurvinderjit Kaur Dhillon

Ingredients:

1. Fresh vegetables: (peppers green, red, yellow and orange), broccoli, cauliflower, zucchini, mushrooms; asparagus or you can choose your own veggies.
2. Tofu: Extra Firm or Paneer
3. Salt
4. Pepper
5. Tandoori Masala
6. Yogurt:- 4-5 table spoons

Instructions:

1. Cut vegetables in big pieces and slice tofu in thick squares or rectangle shape.
2. Put yogurt in bowl and mix 3-4 table spoons of tandoori masala, salt and pepper according to taste in yogurt.
3. Then mix the cut vegetables and tofu/paneer in the mixture and leave it for an hour.
4. After an hour spread these in a tray and put it in pre heated oven on 350 degree for 20-30 minutes until half cooked. Stir two three times.

Veggie Mix Delight #2 – Gurvinderjit Kaur Dhillon

Ingredients:

- Peppers all colors
- Mushrooms
- Zucchini
- Broccoli
- Spinach
- Kale
- Cauliflower
- Tofu
- Skimmed Cheese Shredded

Instructions:

1. Cut all vegetables and tofu in small pieces.
2. Put in wet pot and cover it.
3. Leave it on stove on level 2 to steam for 5-10 minutes or till little bit soften.
4. Spread cheese and some black pepper on top and cover for 2 minutes. Your dish is ready.

Tangy Cucumber and Avocado Salad – Mona Morarusi

Ingredients:

- 2 medium cucumbers, cubed
- 2 avocados, cubed
- 1 clove garlic, minced
- 2 tablespoons minced green onions (optional)
- 1/4 teaspoon salt
- black pepper to taste
- 1/4 large lemon
- 1 lime

Instructions:

1. In a large bowl, combine cucumbers, avocados, and cilantro.
2. Stir in garlic, onions, salt, and pepper.
3. Squeeze lemon and lime over the top, and toss.
4. Cover, and refrigerate at least 30 minutes.

Section 2

Good Eating Habits

A good eating habit based on moderations and eating a wide range of foods will lower risk of developing conditions and diseases. A good healthy eating plan also helps to boost overall feeling of well-being, giving more energy and vitality. Healthy eating does not mean eating plain, tasteless foods or avoiding eating your cultural/traditional meals. An important note is to always include your cultural foods into your eating plans as these foods are made with many unprocessed ingredients, much healthier and they have a higher content for vegetables, beans, and fish.

Healthy eating requires some planning and purpose and an effort to include a variety of foods in your meals. If you look closely at how you eat, you might find you are not getting enough nutrients because you do not get the recommended of number servings for food groups. Canada's Food Guide for instance recommends 7-8 servings for fruits and vegetables for females 19-50; however statistics finds that many of these women do not consume the suggested servings.

Not only is it important to pay attention to what you eat, but also to the required servings from food groups you may not eat enough of. To accomplish this, keep a food diary of everything you eat and drink for 1 week. Pay attention to serving sizes, and check to see if you are eating a variety of foods from each of the food groups. You don't need to meet the minimum number every day, but try to get the recommended intake on average over a week. If you are not getting the recommended amount of servings from each food group, you may be missing important nutrients. For instance, if you rarely eat fruits or vegetables, you may not be getting enough vitamin C, beta-carotene, or potassium. Making a few small changes can help ensure that you are eating a variety of healthy foods.

Changing your eating habits

The food you eat can affect your health and your risk for certain diseases. To eat healthier food, you may need to change some of your daily habits. You also may need to change some things in your environment. Your environment includes everything around you, such as your home or the place you work.

You do not need to make huge changes to eat healthier and you do not have to change your habits all at the same time. It is best to set small goals and change your habits a little bit at a time. Over time, small changes can make a big difference in your health.

Key points

- Changing your eating habits and your environment can help you eat healthier foods.
- A healthy diet is good for your overall health. It also can help you reach a healthy weight and stay there.
- To improve your eating habits, it is best to make small lifestyle changes that you can keep doing over time.



What can you do to avoid unhealthy eating?

Every day you make choices about what you eat and how much you eat. Think about how your daily routine and your environment affect these choices. Do you tend to skip meals when you get busy? Do you eat out a lot?

Habits like these can trigger unhealthy eating. But there are things you can do to avoid unhealthy eating.

- Plan your meals. Write out a menu for several days at a time, and then make a grocery list for that menu. Post your menu on the refrigerator.
- When you can, double a healthy recipe and freeze part of it to use for meals on busy nights.
- Choose convenience foods wisely. Get prewashed salad mix, peeled baby carrots, or frozen vegetables that you can microwave quickly.
- Keep plenty of healthy snack foods on hand, such as fresh fruits, cut-up vegetables, yogurt, and whole-grain crackers.
- When you eat out, try to choose something healthy. Find restaurants that have heart-healthy items marked on their menus, and choose these items when possible. If you eat fast food, order the smallest burger, such as the child-sized, instead of a double or triple burger. Find places that let you choose healthy sides like fruit, salad, or milk instead of french fries and soft drinks.
- Eat smaller portions at restaurants by sharing a meal or taking some food home.
- Restaurants often give you much larger portions than you need.
- If you order fast foods, find ways to make these foods into a meal. For example, when you order a pizza, eat it at home with a salad, milk, and fruit.
- Plan your meals and snacks so you eat healthy foods, rather than waiting until you are hungry and grabbing something at the convenience store.
- Try not to snack while watching TV, working at the computer, driving, or making meals. You may end up eating when you are not hungry. Plan your meals and healthy snacks ahead of time, and stay with your plan.

Test Your Knowledge

Whole grains, lean meats, low-fat dairy, vegetables, and fruits are healthy foods to include in your meals.

1. True
2. False



Why is it important to make changes for healthy eating?

Eating healthy foods is good for your overall health. With a healthy diet, your body can get the

nutrients it needs to stay strong and work well. And you lower your risk for high cholesterol, heart disease, high blood pressure, type 2 diabetes, stroke, cancer, and other health problems. A healthy diet is important no matter what size you are. You can improve your health by eating foods that are good for you no matter what you weigh.

Test Your Knowledge

The main benefit to healthy eating is looking thin.

1. True
2. False



How can you change your eating habits?

To eat a healthy diet, you may need to make some changes. Remember that you can change your eating habits a little bit at a time. Small changes are easier to make and can lead to better health.

Here are some ways to make healthy changes in your eating habits:

- Keep more fruits, low-fat dairy products (low-fat milk and low-fat yogurt), vegetables, and whole-grain foods at home and at work. Focus on adding healthy food to your diet, rather than just taking unhealthy foods away.
- Try to eat a family meal every day at the kitchen or dining table. This will help you focus on eating healthy meals.
- Buy a healthy-recipe book, and cook for yourself.
- Pack a healthy lunch and snacks for work. This lets you have more control over what you eat.
- Put your snacks on a plate instead of eating from the package. This helps you control how much you eat.
- Do not skip or delay meals, and be sure to schedule your snacks. If you ignore your feelings of hunger, you may end up eating too much or choosing an unhealthy snack. If you often feel too hungry, it can cause you to focus a lot on food.
- Eat your meals with others when you can. Relax and enjoy your meals, and do not eat too fast. Try to make healthy eating a pleasure, not a chore.
- Drink water instead of high-sugar drinks (including high-sugar juice drinks).

Test Your Knowledge

Skipping or delaying a meal can lead to eating too much.

1. True
2. False



Where to go from here?

Now that you have read this information, you are ready to make changes for healthy eating.

Source:

Eat Right Ontario -www.eatrightontario.ca

Health Canada -<http://www.hc-sc.gc.ca/fn-an/nutrition/index-eng.php>

WebMd- www.webmed.com

Notes