

COOK IT UP HEALTHY!



Dietitians of Canada
Les diététistes du Canada

Make your tastebuds tingle!

- "Do we have to eat that again?"
- "There's nothing good to eat in this house"
- "I'm tired of that same old lunch"

Sound familiar? We've all been there with tired tastebuds, but a solution is as close as your cupboard or grocery store.



Cook it up healthy! It's easy and delicious.

Visit our website for more ideas that will make your taste buds tingle at www.dietitians.ca/eatwell and to find out about *Dietitians of Canada cookbook Simply Great Food!*



Dietitians provide food and nutrition information you can trust. Find a dietitian in your area at www.dietitians.ca/Find or call 1-888-901-7776.



Nutrition Month is brought to you by Dietitians of Canada and thousands of dietitians across the country, in collaboration with the campaign sponsors.

For a simple flavour or texture sensation AND great nutrition:

To add some zing to your meals without added fat and/or salt, try some of the following flavour enhancers to create new and exciting tastes.

Meat & Alternatives	Suggested Flavour Enhancers
FISH	Basil, curry powder, dill, mustard, garlic, lemon or lime juice, marjoram, paprika, parsley, tarragon, thyme
POULTRY	Basil, cranberry sauce, ginger, paprika, parsley, sage, thyme, lemon juice, poultry seasoning
BEEF	Mustard, horseradish, garlic, green and black peppercorns, pepper, sage, thyme
PORK	Apple juice, applesauce, garlic, marjoram, sage, onion, paprika
TOFU	Garlic, curry, fruit juices, ginger, pepper, Hoisin sauce, soy sauce
Vegetables	
SQUASH	Ginger, basil, onion, garlic, lemongrass, maple syrup, cinnamon
BROCCOLI	Lemon juice, pepper, sesame seeds
GREEN BEANS	Lemon juice or zest, nutmeg, marjoram, onion, chives, garlic, soy sauce, balsamic vinegar
RED CABBAGE	Apple, cider vinegar, caraway seeds, honey
CAULIFLOWER	Nutmeg, onion, garlic
PEAS	Mint, chervil, chives, lemon juice, onion, mushroom, parsley
TOMATOES	Basil, onion, garlic, oregano, sugar, parsley, rosemary
SWEET POTATOES	Cinnamon, nutmeg, apples, brown sugar, maple syrup

Toss in:

- ground bran or flax seed to casseroles, meatloaf, stews, loaves, muffins, breads, cereals or cookies
- chopped nuts or dried fruits to salads, quick breads, cereals and cookies
- beans or lentils (whole or pureed) to tomato based sauces
- red lentils to rice pilaf or soup
- tofu, chopped nuts or seeds and/or extra vegetables to stir-fries
- evaporated skim milk or regular fluid milk to soups, casseroles or sauces
- yogurt to dips, salad dressings or mashed potatoes

Top:

- pizza with black beans or chick peas along with other toppings
- your favorite whole grain cereal with fruit and yogurt
- beef, turkey or chicken burgers with cheddar cheese, sliced tomatoes and lettuce
- your favorite green salad with leftover salmon or chicken, grated cheese, cooked lentils or peas



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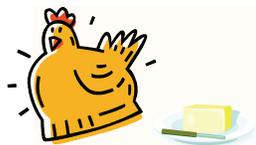


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Chicken in Butter Sauce



Preparation time: 15 minutes

Marinating time: 1 hour

Cooking time: 35-45 minutes

Makes 8 Servings

Main Ingredients:

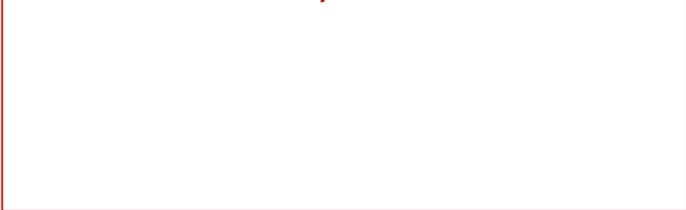
- **3 tbsp** (45 mL) tandoori paste (see tip, at right)
- **2 tbsp** (25 mL) freshly squeezed lemon juice
- **2 tbsp** (25 mL) plain yogurt
- **1 1/2 lbs** (750 g) boneless skinless chicken breasts, cut into 1-inch (2.5 cm) chunks

Sauce Ingredients:

- **1/4 cup** (50 mL) tomato paste
- **1/2 cup** (125 mL) water
- **1 1/2 inch** (2.5 cm) cube gingerroot, very finely grated
- **1** fresh green chili pepper, seeded and finely chopped
- **4 tsp** (20 mL) lemon juice
- **1 tbsp** (15 mL) chopped fresh cilantro
- **1 tsp** (5 mL) of each, ground cumin and garam masala (store-bought or see recipe)
- **3/4 tsp** (4 mL) salt
- **1/4 tsp** (1 mL) of each granulated sugar and chili powder
- **1 tbsp** (15 mL) unsalted butter
- **1 cup** (250 mL) half-and-half (10%) cream



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Preparation:

1. In a large bowl, combine tandoori paste, lemon juice and yogurt. Add chicken and stir well to coat. Cover and refrigerate for at least 1 hour or overnight.
2. Preheat oven to 350°F (180°C).
3. Arrange chicken in a single layer in an 11- by 7-inch (2 L) baking pan and pour in marinade. Bake for 20 to 25 minutes or until no longer pink inside.
4. **Meanwhile, prepare the sauce:** In a small bowl, combine tomato paste and water. Stir in ginger, chili pepper, lemon juice, cilantro, cumin, garam masala, salt, sugar and chili powder.
5. In a large saucepan, melt butter over medium heat. Stir in sauce and bring to a simmer. Add cooked chicken and any juice from the baking pan; simmer for about 10 minutes to combine flavors. Add cream and cook for 3 minutes to heat through (*do not boil*).



Serve over steamed basmati rice, garnished with chopped **fresh cilantro**. Accompany with steamed green beans or asparagus.

Tip

- **Tandoori paste** is available in the ethnic food aisle of most supermarkets, usually on the shelf with Indian sauces.

Garam Masala

This traditional spice blend from Northern India usually combines ground cumin, coriander, cardamom, black peppercorns, cloves, bay leaf and cinnamon. If you cannot find it locally, create your own with this simple recipe:

Ingredients:

- **1 2-inch** (5 cm) cinnamon stick, broken
- **1/4** whole nutmeg
- **1 tbsp** (15 mL) cardamom seeds
- **1 tsp** (5 mL) of each cumin seeds, whole cloves and black peppercorns

Preparation:

Place all spices in a clean coffee grinder and grind for about 40 seconds or until spices are fully ground. Store at room temperature in an airtight jar for up to 3 months.

