

# COOK IT UP HEALTHY!



Dietitians of Canada  
Les diététistes du Canada

## Time saving techniques

**TIME, TIME, TIME, TIME,** – we all want more of it but the fact remains that we can't make more hours in a day. We CAN however, find ways to use time wisely to make healthy and tasty food that you and your families will enjoy. Take one minute; read our tips below – you're sure to find solutions that work for you.

Make '**PLANNED EXTRAS**': Different from leftovers, PLANNED EXTRAS are on purpose! Get the most out of your time by cooking more food than you need. The extra can be used for another meal within the next couple of days. Below are some great 'Planned Extra' ideas.



### Great planned extras

### Suggestions for the second meal

**Cook an extra chicken breast or pork tenderloin**

Cut into strips and use as a topping for pizza with added barbecue sauce; add to whole wheat pasta with leftover vegetables

**Roast a whole chicken**

Use in recipes, such as casseroles, that call for cooked chicken; make chicken salad for lunches

**Cook beef brisket in a slow cooker**

Slice and use for beef sandwiches or add small cubes to a vegetable soup

**Grill extra salmon fillets**

Make fish cakes, salmon salad or place on top of a salad

**Bake a lean ham**

Make pizza using a pre-baked crust, canned tomato sauce, ham and pineapple slices

**Cook a double batch of brown rice**

Make stir-fried rice; add to soup; make rice pudding

**Roast an extra batch of vegetables**

Use in frittata, vegetable soup or wrap in a tortilla with hummus spread

### Cook it up healthy! It's quick and easy.

Visit our website for quick and time saving food solution and recipes at [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell)



**Dietitians** provide food and nutrition information you can trust. Find a dietitian in your area at [www.dietitians.ca/find](http://www.dietitians.ca/find) or call 1-888-901-7776.



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## Use convenience foods to your advantage:

- Try the new selections of washed and **ready-to-eat** produce items such as broccoli slaw or romaine lettuce; the salad will be ready in a flash
- A **rotisserie chicken** might be the perfect occasional time saver for a dinner entree
- **Pre-shredded cheese** can make quick work of pasta dishes, pizza toppings or for sprinkling on salads and using in wraps
- **Canned fruit** in its own juice can jump start a fruit salad
- **Frozen, partially baked whole grain bread** can be popped into the oven
- A **peeled and cored pineapple** can be the perfect healthy and refreshing dessert
- **Frozen vegetables** are nutritious and ready to help round out your meal; steam them lightly to keep great crunch and flavor
- **Frozen fruits** are great in a smoothie, on cereal or in a fruit crisp



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### Standing the test of time:

#### Big-Batch it!

Weekends can be a great time to prepare big batches of food that can be refrigerated or frozen for later use. Get together with the family, friends or neighbors and share the work. Foods such as soups, stews, chili, casseroles, muffins, loaves and pancakes are perfect foods to 'big-batch'.



Consider a pressure cooker: A pressure cooker will help you make delicious stocks, soups, stews and bean dishes which taste like slow cooked, but in a fraction of the time. Technology has advanced so that they now come with many safety features.

#### Make your freezer your friend!



Many standard recipes can be doubled or tripled and frozen in meal-sized airtight containers or re-sealable freezer bags that can be quickly defrosted on nights when time is tight.

#### Go for SLOW:



A slow cooker is a great kitchen appliance that can help you have a hot dinner on the table without much fuss. Simply follow your slow cooker recipe and go about your busy day. The food cooks slowly and safely.

## HERE'S A DELICIOUS MENU USING TIME SAVING TECHNIQUES

### Salmon Cakes

Steamed Brown Rice (PLANNED EXTRA)

Mixed Vegetables (FROZEN)

Salad Greens (READY-TO-EAT) with

Blueberry Vinaigrette

#### RECIPE FOR SALMON CAKES:

Use 'PLANNED EXTRA' salmon and mashed potatoes to make these tasty cakes.

**Preparation time:** 10 minutes

**Chilling time:** 30 minutes

**Cooking time:** 4 minutes

**Makes 4 servings**

#### **Preparation:**

1. In a medium bowl, combine salmon, potatoes, green onion, red pepper, dill and milk. Season to taste with salt and pepper. Gently stir in egg. Form mixture into four 3/4-inch (1.5 cm) thick cakes. Cover and refrigerate for at least 30 minutes or overnight to let flavour develop.
2. Heat a large nonstick skillet over medium heat. Spray with vegetable cooking spray. Add fish cakes and cook for about 2 minutes per side, or until browned on both sides and hot in the center.

#### **Tip**

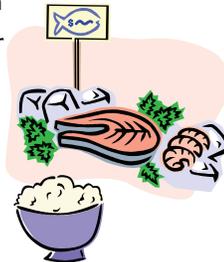
- These cakes can be made the night before, so they are ready to cook when you get home.

#### **Variation**

- Vary the flavour by using 6 oz (175 g) cooked haddock, crab or diced shrimp instead of salmon. Change the herbs and veggies depending on the fish or seafood you choose.

#### **Ingredients:**

- **1 can** (7-1/2 oz/213 g) salmon, drained, skin and large bones removed (or 6 oz/175 g) leftover cooked salmon
- **1 cup** (250 mL) puréed or mashed potatoes
- **1/4 cup** (50 mL) finely chopped green onion
- **1/4 cup** (50 mL) finely diced red bell pepper
- **3 tbsp** (45 mL) chopped fresh dill
- **3 tbsp** (45 mL) milk
- Salt and freshly ground black pepper
- **1 egg**, beaten
- Vegetable cooking spray



#### RECIPE FOR BLUEBERRY VINAIGRETTE:

**Preparation time:** 15 minutes

**Makes 10 servings**

#### **Preparation:**

1. In a small bowl, mash blueberries with a fork. Whisk in honey, vinegar, oil and water.

#### **Tip**

- If you prefer, you can prepare the vinaigrette in a blender. Simply add all the ingredients and purée until smooth. **Keeps in the refrigerator for up to 5 days.**



#### **Ingredients:**

- **1/2 cup** (125 mL) fresh or thawed frozen blueberries
- **1/3 cup** (75 mL) liquid honey
- **1/4 cup** (50 mL) balsamic vinegar
- **2 tbsp** (25 mL) vegetable oil
- **2 tbsp** (25 mL) water

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