

## Canada's food guide **Recipes**

Check out these healthy and delicious recipes.

- [Breakfast](#)
- [Lunch/Dinner](#)
- [Snacks](#)



## Breakfast



### **Simple breakfast soup**

Make a batch of this soup then pack it up into 3 mason jars or airtight containers so you've got breakfast or lunch sorted for many days. Each morning you'll just warm up a portion of this vegetable goodness.



### **Multigrain Congee with Shiitake, Ginger and Scallion**

Congee is a staple food in many countries around the world and can be prepared in different ways. It is eaten at any time of the day, but perhaps most popularly served at breakfast.



### **Caprese muffin-tin frittatas**

This recipe is convenient for breakfast, lunch or dinner. Make a large batch and freeze them for busy days. Serve alongside fresh fruit and whole grain toast!



### **Classic overnight oats**

A fantastic grab-and-go breakfast that is easy and incredibly versatile.



### **Egg and veggie scramble**

Loaded with veggies, this egg scramble comes together quickly and easily to make a tasty meal.



### **Apple pie oatmeal**

Enjoy the sweet aroma of apple pie at breakfast with this creamy, whole grain oatmeal.



### **Savoury broccoli and cheese muffins**

This must-try recipe is perfect for breakfast on the run. A soon-to-be favourite, these muffins can do double duty as lunch, as a nice change from sandwiches.



### **Good morning egg roll-up**

Feel the need for speed in the morning? This super, quick breakfast cooks up in a flash. Prep your veggies the night before to cut down on prep time. Or make the egg mixture the night before, and warm it



### **Strawberry pancakes**

Strawberries are a sweet addition to these easy pancakes. Whip up a batch on the weekend to enjoy through the week for quick breakfasts. Mixing whole wheat flour with allpurpose

up on your tortilla in the morning. So simple, so good!

flour is an easy way to bump up the fibre in your recipes.



### **French toast sticks with pineapple orange topping**

Wake up to this delicious French toast. Using bran flakes adds a creative crunch to traditional French toast.



### **Classic poached eggs**

Want to add a real wow factor to your next brunch? With a few simple steps, you can whip up your very own restaurant-worthy poached eggs in five minutes flat.



### **Baked cheese stratas**

These individual stratas are sure to become a favourite.



### **Eat your greens frittata**

You can't go wrong with eggs at breakfast, lunch or dinner. For a flavour twist, use different peppers or other greens like arugula or kale.



### **Marvellous muffins**

With a hint of cinnamon and a burst of sweetness from raisins, these wholesome and moist muffins are a nourishing way to start your day.

## Lunch/Dinner



### **Za'atar chicken sheet pan dinner**

Making a sheet pan dinner is a simple way to get dinner on the table and reduce food waste by transforming wilting veggies into a delicious meal. Experiment with different vegetables, protein foods, and seasonings!



### **Chicken fried rice**

This recipe helps you make use of leftover bits of food and is a perfect dish to make when you're cleaning out the fridge. Add your favourite vegetable and serve with a drizzle of chili oil.



### **Three Sisters tacos**

Squash, corn, and beans grow well together in the ground, and taste just as good on the plate. These tacos include all three and are deeply satisfying.



### **Cajun lentil soup**

Dried lentils, root vegetables, and Cajun seasoning make this recipe



### **Chicken and spring vegetable soup**



### **Hot and sweet curried squash**

a simple and wholesome soup with a kick!

A bowl of this chicken and vegetable soup is sure to warm you up on a chilly day. Try it using any vegetables you have at home.

Squash is a versatile vegetable that can take on any flavour. Try this sweet and savoury recipe as a colourful side dish or over brown rice as a tasty main course.



### **Turkey stir-fry**

This stir-fry uses turkey instead of the usual chicken or beef. Try adding any vegetables you have on hand.



### **Trout with roasted vegetables and low bush cranberry relish**

A quick marinade adds flavour to lean fish such as trout or whitefish. In this recipe, fish is marinated and served with seasoned vegetables and Indigenous-inspired low bush cranberry relish.



### **Okroshka (cold summer soup)**

This vegetarian version of Russian Okroshka is prepared with kefir and is perfect for those hot summer days.



### **Slow-cooker burrito bowls**

This wholesome meal is perfect for a crowd! Serve with a salad or a raw veggie platter.



### **Lentil nuggets**

These lentil nuggets make the perfect finger food for dipping into a dip like tzatziki, and make a great addition to any meal or snack!



### **Easy peasy fish tacos**

Who said fish tacos needed to be complicated? These delicious tacos are easy to prepare and really fun to eat! Cabbage also works well to replace lettuce if you prefer.



### **Sizzlin' sesame greens**

Pair these tasty greens with a protein food (like chicken, beef, fish, tofu) and a whole grain food (like quinoa or whole grain pasta)!



### **Carrot potato pancakes**

Whip up a batch on the weekend to enjoy throughout the week for a quick breakfast, dinner or snack.



### **Cheesy broccoli toast**

These cheesy broccoli toasts are quick, easy and super delicious!



### **Coleslaw**

This coleslaw will keep for one week in the refrigerator.



### **Mighty Minestrone Soup**

A delicious, hearty soup. You can use any type of canned or dried beans in this recipe.



### **Mujadarrah (lentils, onions and rice)**

A Middle Eastern dish that is both delicious and budget-friendly!



**Lunch box tuna salad wrap**

This simple recipe is great to pack in your lunch for school or work



**Carrot ginger lentil soup**

This flavourful, bright soup makes for a comforting lunch or delicious starter.



**Colourful quinoa salad**

Get a healthy dose of delicious with this colourful salad. Look for quinoa in the grains, organic or natural section of your grocery store. Store this whole grain in the freezer to keep it fresh for a long time.



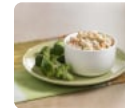
**Spiced-up butternut squash soup**

A hint of curry and cilantro takes this soup up a notch, making it a hands down favourite. This go-to recipe is versatile, so sub in other vegetables to transform it into a brand new soup.



**Hearty chicken noodle soup**

This version is sure to please as it's simple and fast for a weeknight meal. Moist, succulent chicken thighs take this great tasting soup to a whole new level of comfort.



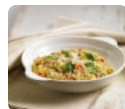
**Mac and cheese with a veggie twist**

Give mac and cheese a makeover by adding bite-sized vegetables into the creamy sauce. This ooey goey recipe is sure to be a favourite. Don't have time to cut the vegetables into small pieces? No worries. Cook larger pieces a bit longer until they are tender.



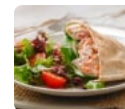
**Pork and apple skillet dinner**

Apples, with their touch of sweetness, are a perfect complement to pork chops. This is a delicious weeknight meal that comes together with little fuss. Serve these pork chops with mashed sweet potatoes or brown rice.



**Quinoa and veggie casserole**

Get a plateful of colour from this comforting casserole made with quinoa and vegetables. The melted cheese topping with its crispy edges makes it simply irresistible.



**Turkey and veggie stuffed pita**

This sandwich gives leftovers a new lease on life with some serious crunch factor. Use the turkey mixture to make an equally delicious salad. Add a splash of rice vinegar and enjoy.

**Crunchy turkey fingers with fries**



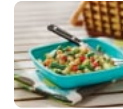
**Lip smacking BBQ drumsticks**

**The ultimate mixed bean**



This tasty recipe is a fun finger food. Using high-fibre breakfast cereal adds the right amount of crunch to the turkey fingers.

These delicious drumsticks are coated in heavenly homemade barbecue sauce. Sweetened with Medjool dates, this is



This version is sure to please with a fresh taste and colourful hue. Let this salad a day ahead to let the dressing soak into the beans.

guaranteed to be your go-to sauce. Use it with grilled meats and turn up the heat factor if you like things extra spicy.



### **Open face egg salad sandwiches**

Transform an all-time lunch favourite with a little extra colour and crunch. Keep hard-cooked eggs handy in the fridge to whip up these easy sandwiches.



### **Fish and fresh herb veggie packets**

Make the packets the night before or in the morning before going to work. That way, they're ready to place on the grill when you come home.



### **Grilled flank steak with BBQ veggies**

You can't go wrong with this sizzling combination of steak and veggies. Slice it thinly across the grain so that every bite melts in your mouth. Balsamic vinegar gives beef a rich flavour.



### **Greek-style chicken sandwiches**

The fresh taste of lemon elevates this chicken sandwich to a whole new level. The taste sensation continues with crisp red pepper and fresh cilantro. This lunch standby goes from ho-hum to hello there.



### **Orange soy tofu pockets**

Add some magic to tofu with this punchy citrus marinade. For an inspired twist to everyday foods, tuck the grilled tofu into a sandwich, serve it up on a bed of greens or add it to soup or pasta salad. The options are endless.



### **Terrific tuna and tomato salad**

A perfect way to use tomatoes, this refreshing salad is versatile enough to enjoy for lunch, on a picnic, or dinner on the patio with family and friends. Serve it over lettuce leaves for added colour and crunch.



### **Fresh avocado and bean lettuce wrap**

Creamy and colourful, these wraps come together in very little time.



### **Toasted barley and wild rice salad**

Jump on the whole grain wagon with this flavourful salad. Barley's chewy texture and the nuttiness of wild rice make this salad a win.



### **Crowd-pleasing chickpea and carrot salad**

This flavourful, colourful salad can be enjoyed any time of year. It's sure to be an instant hit at any picnic or potluck.

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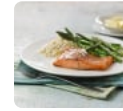
**Beef fajitas with lime sour cream**

These fajitas are so flavourful and fresh.



**Red lentil and mushroom soup**

This flavourful soup is perfect for those rainy days.



**Honey grilled salmon and asparagus**

Enjoy the sweet hint of honey and fresh thyme in this easy salmon grill with asparagus.



**Spaghetti and turkey meatballs**

Get your comfort food craving filled with this meal. Get ready for your kitchen to be filled with the rich, mouthwatering aroma of simmering tomato sauce!



**Greek style couscous and egg wrap**

Using hard cooked eggs in sandwiches adds protein and a creamy texture to this filling. Switch up your cheese.



**Creamy clam chowder**

This east coast favourite makes for a delicious starter. Or pair it with a salad for a satisfying lunch.



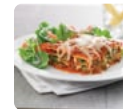
**Curried vegetable lentil stew**

Fill your kitchen with the fragrant aroma of Indian spices and dig into this hearty vegetarian stew.



**Mediterranean tomato and ricotta pasta**

No one will guess that the secret ingredient in this creamy pasta dish is ricotta. Packed with colourful vegetables, this tasty meal will be a hit.



**Slow-cooked lasagna**

Let your slow cooker do the work and come home to this heartwarming meal.



**Fun flatbread pizza**

Change up pizza night by using whole grain tortillas. Tortillas bake up nice and crispy, and are sure to become a favourite.



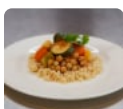
**Turkey chili**

This must-try chili is so versatile, the possibilities are endless. It can be enjoyed on its own or transformed into other dishes.



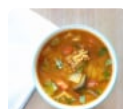
**West coast snapper burritos**

These burritos are a great way to enjoy fish. Everyone will love customizing their burrito with colourful veggies.



**Couscous with vegetables**

Here's a fun and colourful recipe! This customizable dish is a tasty and healthy



**Eggplant lentil curry**

The smell in your kitchen will be enough to have the



**Moose stew**

Complete the field to table experience with this easy to make hearty stew.

meal that is sure to please.



### **Moroccan stew (Harira)**

The warm aromatic spices will bring the whole family running into the kitchen for dinner.

neighbours running over for dinner.



### **Pineapple ginger chicken**

This chicken dish is tender and full of flavor. Serve it over brown rice or quinoa

with a fresh, green salad for a great evening meal.



### **Corn, bean and squash soup (Three Sisters soup)**

Corn, beans and squash make this a hearty soup to keep you warm on those cold nights.



### **Tofu and vegetable stir fry**

The ginger and sesame flavour of this stir-fry will work well with a variety of vegetables.



### **Vietnamese inspired beef noodle soup**

This makes a tasty meal year round.



### **Shepherd's pie**

This shepherd's pie is made with ground turkey and lentils.



### **Shakshouka**

This dish is made with simple ingredients and is a fun twist on eggs.



### **Vegetable curry**

This curry is loaded with vegetables and is great for lunch or dinner, especially on a chilly day.

## Snacks



### **Creamy smoothie**

This smoothie packs vegetables and fruits, protein and whole grain foods. Enjoy it all on its own or alongside some whole grain toast with natural nut or seed butter!



### **Cauliflower and bean dip**

Roasted cauliflower gives a fresh twist to this dip. Serve it with vegetables, whole grain pita or crackers for a delicious snack.



### **Open-faced applewichees**

Set up an assembly line of toppings and go for it! These fun and naturally sweet applewichees are a hit with all ages. They make for the perfect after-school snack, but can be served anytime.



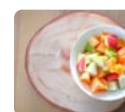
### **Oat and pumpkin no-bake bites**

These oat and pumpkin no-bake bites are the perfect snack for on the go, busy days, or lunch kits. With



### **Flourless yogurt blender muffins**

Blender muffins are the best – just throw all of the ingredients into your blender and you're just



### **Fun Fruit Salad**

This flavourful fruit salad is sure to satisfy your sweet tooth and makes a great, healthy snack or dessert.

only a few ingredients needed to prepare these, they will surely become a family favourite!

about there! Grab one as part of your breakfast or as a snack.



### **Crispy chickpeas**

These chickpeas are full of crunch and flavour



### **Apple berry crisp**

Apples and blueberries are the stars in this irresistible recipe. Enjoy it warm on its own or with a small dollop of yogurt. Perfect for dessert or as a snack with a glass of water, white milk or unsweetened fortified soy beverage.



### **Creamy dreamy hummus**

This dip is perfect to enjoy as a snack with vegetables or whole grain crackers. Use it as a sandwich spread instead of mayonnaise or mustard for an extra hit of protein and fibre.



### **Fruit kebabs with maple cinnamon yogurt dip**

There's nothing like fruit kebabs to amp up the fun factor. Wow everyone's tastebuds by whipping up a creamy yogurt dip spiked with maple syrup.



### **Fruit and yogurt granola parfaits**

Crunchy granola with a hint of maple is sure to satisfy your sweet tooth! While this irresistible recipe makes 10 servings, there's no need to dish it out all at once. Simply make the granola ahead of time, and store in an airtight jar. When you're craving a quick snack, serve up with Greek yogurt and berries.



### **Zesty bean dip and chips**

This recipe takes dip and chips to a whole new level. Pack the dip and chips separately for an on-the-go snack that is out of this world.



### **Savoury pear and cheese scones**

These tasty scones are great on the run or at home for breakfast or as a snack.



### **No bake toasted oat granola bars**

Enjoy the natural sweetness of dates in this recipe. Toasting the oats delivers big flavour with little effort.