Cooking From a Food Bank

Simple and healthy recipes made from ingredients commonly found in a food bank.



Des soins de santé pour vous



THE TABLE OF

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Easy Overnight Oats

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1 serving

(1) 10 minutes

Ingredients

1/3 cup old fashioned oats

1/3 cup liquid (water, milk, soy etc.)

1/3 cup applesauce or yogurt

1/2 cup frozen or fresh berries

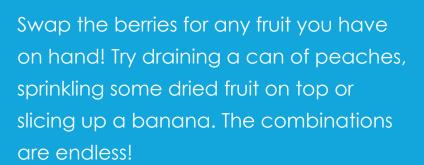
1/2 tsp cinnamon

Optional: dried coconut, or nuts

Directions

- 1. Whisk together all ingredients (except berries, coconut & nuts).
- 2. Spoon into a jar or container with a tight fitting lid.
- 3. Refrigerate for at least 4 hours or overnight before eating.
- 4. Top with strawberries, dried coconut or nuts for a boost in flavor. Enjoy!
- 5. This meal can easily be made in bulk, try prepping a few jars for the week. Overnight oats can last in the refrigerator for up to five days.

Recipe Tip





Banana Oat Pancakes



1 serving 15 minutes

Directions

- 1. Mash the banana with a fork.
- 2. Whisk in eggs, oats, salt and cinnamon until smooth.
- 3. If using, stir the peanut, nut, soy, or seed butter into the batter.
- 4. Heat butter or oil in a non-stick pan over medium-low heat.
- 5. Cook for about 2 minutes, flip and cook the other side for about 30 seconds.
- 6. Eat plain or top with maple syrup, fresh, canned or frozen fruit.

Money Saving Tip

Purchasing frozen fruits and vegetables can be a great, low cost way to add essential vitamins and nutrients to your meals without the risk of wasting fresh produce!

Ingredients

1 ripe banana 2 eggs 1/4 cup oats 1 pinch of salt 1 pinch of cinnamon 1 tbsp oil or butter 1 spoonful of peanut, nut, soy, or seed butter (optional)



Make Ahead Breakfast Wraps

8 servings 30 minutes

Ingredients

16oz breakfast meat or beans 8 large flour tortillas

1 yellow onion diced 1 cup shredded cheese

1 red bell pepper diced Salt and pepper to taste

8 large eggs whisked

Directions

- 1. Cook meat (if using), onion and bell peppers over medium heat breaking up the meat as you go. If using beans cook until veggies are slightly soft.
- 2. When meat is fully cooked, remove from pan and add eggs, cooking until scrambled to your liking.
- 3. Stir meat and eggs together in a large bowl.
- 4. Divide mixture among tortillas, adding about 2 tablespoons of cheese to each.
- 5. Roll the tortillas and serve warm!
- 6. To make ahead, allow wraps to fully cool then place in a freezer bag, and microwave until warm when ready to eat.
- 7. Keep it exciting by switching up your fillings!

Tips for Healthy Living

Getting active is an important part of healthy living! Regular physical activity can boost your energy and mood while helping you to maintain a healthy weight, prevent injury and chronic disease. Adults need 150 minutes of moderate to vigorous physical activity each week and kids need at least 60 minutes per day of moderate to vigorous physical activity.





Dressed-up Instant Oatmeal



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Ingredients

1 package instant oatmeal Milk or milk substitute Toppings:

- -Nuts or seeds
- -Coconut flakes
- -Dried fruit
- -Fresh or frozen fruit
- -Honey
- -Maple Syrup

Recipe Tips

Sometimes a small package of oatmeal isn't quite filling enough. Try adding more protein by using milk, or adding nuts, seeds or their butters. Experiment with spices like cinnamon, nutmeg or chai to mix it up!

- Cook oatmeal according to package directions, substituting water for milk or milk substitute.
- 2. Add any of the toppings listed, get creative!
- 3. If you don't have access to individually packaged oatmeal but still want a quick an easy breakfast, scoop 1/2 cup of instant oats into a sealed jar or microwavable safe container.

 When you're ready to eat, add your liquid of choice and microwave for 60-75 seconds.

 Add your toppings and enjoy!

Microwave Shakshuka





Tips for Healthy Living



Worried about salt? Try using lemon or lime juice on things like chicken, fish, roasted veggies etc. A small squeeze can add a punch of flavor, replacing the need for extra salt!

Directions

- 1. Using cooking spray, butter or oil, coat a small microwave safe bowl.
- 2. Add marinara sauce or tomatoes, chickpeas, red pepper flakes and salt. Stir to combine.
- 3. Make a well in the center of the sauce and crack the egg inside.
- 4. Pierce the center of the egg yolk with a sharp knife.
- 5. Cover the bowl with damp paper towel, microwave at 80% power until the egg white is cooked in 3-4 bursts.
- 6. Serve warm and enjoy!

Ingredients

1/4 cup marinara or canned chopped tomatoes 1/4 cup chickpeas drained and rinsed Pinch of red pepper flakes 1 large egg Salt to taste







Southwestern Sweet Potato Soup

6 servings 40 minutes

Ingredients

- 1 tbsp. olive oil
- 1/2 cup chopped onion
- 2 cups diced & peeled sweet potato
- 1 cup diced and peeled baking potato
- 4 cups chicken or vegetable broth
- 1 cup frozen or fresh corn
- 1 cup chopped bell pepper
- 1 jalapeno pepper (optional)
- 1 can black beans

Recipe Tips

Soup is a great meal to make in bulk and freeze for later. Purchasing and preparing items in bulk can help you save money and ensure you always have fresh, healthy food ready to go.

- 1.In a large saucepan, heat oil over medium heat. Add onion and cook for 3-4 minutes until softened.
- 2. Add sweet and baking potatoes, cook for 2-3 minutes.
- 3. With a blender, food processor or immersion blender, puree the potato mixture.
- 4. Return potato mixture to the pot, add corn, black beans, red pepper and jalapeno pepper.
- 5. Cook for 3-4 minutes.
- 6. Season with salt and pepper to taste.
- 7. Serve with fresh cilantro!

Whole Chicken Three Ways

Serves 10 \(\mathbb{O}\) 60 minutes

Ingredients

Pasta Salad	Lettuce Cups	Chicken Salad
1/3 cooked chicken	1/3 cooked chicken	1/3 cooked chicken
450g rotini pasta	6 bibb butter lettuce leaves	1 bag raw coleslaw
Mixed vegetables	1/2 cup shredded carrots	1/3 cup sesame dressing
1 cup Greek dressing	3 tbsp sweet & sour sauce	1 cup mandarin oranges

Directions

- 1. Season chicken with salt and pepper, roast in the oven at 350F for 20-25 minutes per pound. Allow to cool, then remove skin and shred.
- 2. <u>Pasta salad:</u> Cook pasta according to package directions then allow to cool. Dice and add your favorite veggies like cucumber, tomato, spinach, red onion or bell pepper. Mix with dressing and enjoy!
- 3. <u>Lettuce Cups:</u> Toss cooked chicken in sweet and sour sauce, add to lettuce cups, top with shredded carrot. Feeling fancy? Add chopped cilantro and toasted sesame seed!
- 4. <u>Chicken Salad:</u> Peel and cut mandarins or drain if using canned. Toss all ingredients together and mix. Top with sliced almonds and fresh cilantro.

Tips for Healthy Living

Getting enough sleep is an important part of maintaining good health!

Adults 18+ need 7-9 hours of sleep every day. Sounds tough? Try getting active throughout the day, reducing screen time, establishing and following a routine, manage stress, avoid caffeine and alcohol before bed!



Grilled Vegetable Wraps



Ingredients

- 1/2 cup hummus
- 4 large tortillas
- 1 medium zucchini sliced
- 1 medium yellow squash sliced
- 1 bell pepper cut into 4 slices
- 1 tbsp olive oil
- 1 tsp dried basil

Recipe Tips



Don't have access to fresh veggies? Try frozen or canned produce! No hummus? Check out the snack section for a quick and easy homemade hummus recipe using only a few pantry ingredients!

- 1. Preheat grill or oven to 450F.
- 2. In a large bowl whisk together olive oil, basil, salt and pepper.
- 3. Add sliced zucchini, squash and bell pepper to marinade, let sit for 5 minutes.
- 4. Grill the vegetables for 2-3 minutes per side or roast in the oven for 10-15 minutes until desired doneness.
- 5. Lay out the tortilla and spread about 2 tbsp of hummus, top with 2 slices of zucchini, 2 slices of squash and 1 slice of bell pepper.
- 6. Roll it up and serve immediately or wrap tightly and refrigerate for later.

Chickpea Salad

4 servings 20 minutes

Directions

- 1.In a food processor combine all ingredients, pulse until combined. Or add to a large bowl and mash with a fork.
- 2. Season with salt and pepper to taste.
- Add diced red onion, fresh cilantro, diced carrots and celery if desired.
- 4. Serve over warm toast, on a wrap, or with whole grain crackers and enjoy!

Tips for Healthy Living



Stay hydrated! Staying hydrated helps ensure your body is functioning optimally, aim to drink enough water to adequately quench your thirst throughout the day.

Ingredients

- 1 can of chickpeas drained and rinsed
- 2 tablespoons mayonnaise or plain Greek yogurt
- 1 teaspoon dijon or yellow mustard 2 tbsp lemon juice Salt and Pepper to taste

1 garlic clove







Lentil & Veggie Pasta

2 servings () 60 minuites

Ingredients

- 1 tbsp vegetable oil
- 1 large yellow onion chopped
- 1 large stalk of celery chopped
- 2 cloves of garlic
- 1 cup dried red lentils
- 2 cups broth or water
- 1 can tomato paste
- 1/2 tsp dried oregano, salt and parsley
- 400g of your favorite pasta

Recipe Tips

Add some extra veggies to this recipe with some fresh or frozen spinach, zucchini, eggplant or bell pepper! This sauce is perfect for any recipe, pour over meatballs, chicken breast, or even simmer with your favorite fish.

- 1.In a large saucepan over medium heat, cook onion, celery and garlic for 5 minutes or until tender.
- 2. Add lentils, broth or water and cook over low heat for about 35 minutes or until lentils are tender.
- 3. Add tomato paste, 3/4 cup additional water and seasonings.
- 4. Cook covered for about 15 minutes or until lentils are soft and mushy.
- 5. While the sauce is simmering cook pasta according to package directions.
- 6. Poor sauce over pasta and enjoy!

Easy & Filling Burritos

Serves 10 \(\Q \) 30 minuites

Tips for Healthy Living



Make water your drink of choice! Next time you reach for a sugary beverage like pop or juice, try grabbing water instead. Add fruit or citrus to boost the flavour and keep it fresh.

Directions

- 1. Cook rice according to package directions.
- 2. Add beans, corn and salsa stirring until hot.
- 3. Divide mixture evenly among tortillas, sprinkle with cheese and roll up.
- 4. Serve with extra salsa, cilantro, guacamole or your favorite toppings!
- 5. Need more veggies? Add some jalapeno, bell pepper and onion to your filling, sautéing for a few minutes over medium heat before mixing with the rice.

Ingredients

1 cup rice 1 can kidney or black beans (drained and rinsed) 1 cup canned or frozen corn 3/4 cup salsa 10 large flour tortillas 1 1/4 cups cheese



Vegetarian Cabbage Rolls

6 servings 60 minutes

Directions

- 1. Trim cabbage and remove core. Cover cabbage in a large pot with boiling water for 8-10 minutes or until outer leaves can easily be removed.
- 2. In a large skillet heat oil, add garlic and onion cooking until fragrant, then add carrot and celery, cooking until softened. Add lentils, cooked rice, salt and pepper to taste.
- 3. Scoop filling into cabbage leaves and roll up, folding in at the sides.
- 4. Place into a baking dish and cover with tomato sauce.
- 5. Bake in the oven at 350F for about 1 hour or cover and freeze for later.

Tips for Healthy Living

Choose plant based foods more often! Beans, lentils & legumes are inexpensive foods that provide plenty of protein and fiber while helping to avoid extra fat, cholesterol and calories found in meats.

Ingredients

1 head of cabbage 1 tbsp oil 1 yellow onion diced 2 cloves of garlic 1 cup diced carrot 1 cup diced celery 1 can lentils 2 1/2 cups cooked rice

1 can tomato sauce



Canned Meat 3 Ways



Ingredients

Tuna Casserole	Sweet & Sour Spam	Corned Beef Hash
1 can cream soup	1/2 cup brown sugar	1 can corned beef
1 can tuna	2 tsp corn starch	5 medium potatoes
1 bag pasta	1 can pineapple chunks	1/2 onion chopped
1 can vegetables	1 can spam	1 can vegetables

Directions

- 1. <u>Tuna Casserole:</u> Cook pasta according to package directions. In another pot combine soup, drained vegetables and drained tuna. Mix together and allow to simmer while pasta is cooking, adding water if it becomes too thick. When cooked, add pasta to soup, stir and serve.
- 2. Sweet & Sour Spam: Combine sugar, corn starch, pineapple juice and 1 cup water in a sauce pan. Stir over medium heat until it boils and thickens. Add canned ham and pineapple, heat through and serve over rice.
- 3. Corned Beef Hash: Dice fresh or 2 cans of potatoes, add to a skillet with 1 tbsp of oil and cook until almost soft, add onions and cook until potatoes and onions are soft. Break up corned beef, drain vegetables and add to the pan. Cook until warm adding salt and pepper to taste.

Money Saving Tip

Check out the weekly flyers before heading to the grocery store and create your meal plan for the week based on what foods are on sale. It may not seem like a lot to save a few cents here and there, but the savings can add up quick, especially on more expensive items like meat and produce!

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Salmon Patties



Ingredients

1 can of salmon drained1/4 cup onion diced1/4 cup breadcrumbs or crushedcrackers

1 egg or 1 tbsp mayoSalt and pepper to taste2 tbsp tomato paste

Recipe Tips



Fresh or dried herbs are an inexpensive way to add great flavor to any meal! Try dicing up some fresh dill or adding dried dill to your patties before cooking, or top with some fresh cilantro when serving!

- 1. Sautee onions over medium heat until soft but not browned.
- 2. Add salmon to onions and remaining ingredients.
- 3. Stir together and form into patties
- 4.On a lightly greased pan over medium heat, lightly brown patties on both sides (about 4-5 minutes per).
- 5. Serve warm on a bun or on its own with some fresh lemon juice and tartar sauce.

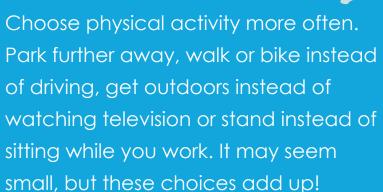
Pantry Chili

4 servings 45 minutes

Directions

- Cook onions and garlic with a small amount of oil over medium heat until fragrant.
- Add remaining ingredients, stir and let simmer for about 30 minutes stirring regularly.
- 3. Serve hot and enjoy!
- 4. This recipe can easily be made in large batches and stored in the fridge or freezer for later.
- 5. Have some jalapenos, bell pepper or ground beef? Cook and toss it in!

Tips for Healthy Living



Ingredients

1 onion diced
2 cloves of garlic minced
2 cans drained and rinsed kidney,
black or pinto beans
1 can of crushed tomatoes
1 large can of diced tomatoes
2 tbsp tomato paste
1 can of corn rinsed and drained
1 package of chili seasoning



Zucchini Loaf

Serves 10 \(\Quad \) 60 minutes



Whole grains are full of essential fiber and nutrients, choose whole grain options more often. Try swapping regular flour for whole wheat flour in this recipe!

Tips for Healthy Living

Directions

- 1. Preheat oven to 350° F.
- 2. In a large bowl, combine flour, cinnamon, baking soda, salt, nutmeg and baking powder.
- 3. In another bowl beat egg; whisk in sugar, oil and milk. Stir in the zucchini, nuts and lemon zest.
- 4. Stir zucchini mixture into dry ingredients.
- 5. Pour batter into a greased loaf pan (8"x4").
- 6. Bake in the oven for about 50 minutes or until a tester inserted into the center comes out clean.
- 7. Let cool and enjoy!

Ingredients

1 1/2 cups flour 1 tsp. ground cinnamon 1/2 tsp baking soda 1/2 tsp. ground nutmeg 1/2 tsp. salt 1/4 tsp baking powder 3/4 cup granulated sugar 1/3 cup vegetable oil 2 tbsp milk 1 cup shredded zucchini 1/2 cup chopped nuts (optional) 1/2 tsp lemon zest (optional)





Hummus



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Ingredients

1 can chickpeas

1/4 cup lemon juice

1 clove of garlic minced

2 tbsp olive oil

2-3 tbsp water

Crackers, bread, or veggies for serving

Money Saving Tips

Not familiar with an item from the food bank? Try searching for recipes online before handing it back. You may be surprised by what you find, it may even be your new favorite recipe!

- Add all ingredients, except for water to a food processor, or blender.
- 2. Blend until smooth.
- 3. Slowly add water until you reach the desired consistency.
- 4. Season with salt and serve!
- 5. Hummus is incredibly versatile, serve plain or add roasted red peppers or eggplant, paprika or cumin, fresh dill. Making hummus is a great opportunity to get creative!
- 6. Serve with cut vegetables, spread on bread or scoop with crackers.

Black Bean & Corn Salsa

6 servings 15 minutes

Ingredients

1 can black beans rinsed and 1 bell pepper diced

drained 1 avocado diced (optional)

1 can corn rinsed and drained 1 juice of one lime

1 can diced tomatoes 1 tbsp olive oil

1 small red onion diced Salt and pepper to taste

Directions

- 1. Combine all ingredients in a bowl, stir well.
- 2. Add salt and pepper to taste, serve immediately or keep refrigerated for up to 3 days, stirring well before serving.
- 3. Serve with nachos, crackers, in a bowl or on a tortilla.
- 4. Feeling fresh? Add one minced garlic clove, or chopped cilantro!

Tips for Healthy Living-Mindful Eating



Mindful eating can help you cultivate a sense of awareness around your eating habits, helping you to make positive changes and healthier choices. To get started consider:

Your environment: This may be different for every meal, but in any environment, make sure the healthy choice is always the easy choice.

Your Senses: Pay special attention to the aromas, textures, flavors and tastes.
Your Eating Habits: How did you eat? Why did you eat? What did you eat?
When did you eat? Where did you eat? How much did you eat?

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Oatmeal and Pumpkin Bites



(1) 10 minutes

Ingredients

3 cups rolled oats

1 cup pumpkin puree

1 cup peanut butter or alternative

1/2 cup maple syrup

1 tsp cinnamon

1/2 tbsp vanilla

77

Recipe Tips

Try adding some frozen berries, dried fruit, chocolate chips, chopped nuts or shaved coconut to change it up! Not a fan of pumpkin? Swap it out for 1 cup of mashed ripe banana.

- Combine all ingredients and mix well.
- 2. If the mixture is too dry, add more nut butter, if it is too wet, add more oats.
- 3. Using a tablespoon, scoop mixture into your hand and shape into 1 inch balls.
- 4. Place on a baking sheet, cover and freeze for one hour before eating!
- 5. Serve on their own, or pair with some fresh fruit for a hearty breakfast!
- 6. Refrigerate for up to 7 days or freeze for up to 3 months!

Crispy Chickpeas

2 cups

🕓 1 hour

Recipe Tips



Swap thyme for any of your favorite seasonings or blends. Serve on their own or toss with a salad, in a wrap or in a stir-fry for some protein and crunch!

Directions

- 1. Preheat the oven to 350 F.
- 2. Spread chickpeas on one end of a clean towel, fold the other side over and roll the chickpeas between the two ends to dry, removing skins as they fall off. The drier they are the better they will crisp while baking.
- 3. Toss chickpeas in oil and spread evenly on a baking sheet.
- 4. Bake for 25 minutes, remove, add seasonings and stir well.
- 5. Return to the oven and bake for 15-20 minutes or until golden brown and crispy.

Ingredients

1 can chickpeas rinsed and drained
1 tbsp vegetable oil
1/2 tsp dried thyme
1/2 tsp ground pepper
1/2 tsp salt





Pantry Staples

Food banks may not be able to provide everything you need. Here is a quick list of pantry staples that can help you turn any food bank donation into a beautiful meal!

Fresh Foo	ds	Pantry
Garlic		Salt & black pepper
Onions		Favorite spice blends
Lemon/lime fre	sh or juice	Neutral oil like olive
In-season fruit		Honey or maple syrup
In-season vege	etables	Broth
Freezer	-	Fridge
Frozen fruit		Fridge Milk or milk substitute
Frozen fruit	oles	Milk or milk substitute
Frozen fruit Frozen vegetak	oles buns	Milk or milk substitute Eggs

Money Saving Tips

Check out these simply ways to make grocery shopping more affordable.

Shop The Sales

Check out the flyers for your local grocery store before heading out and plan some meals around what is on sale that week. Be sure to keep an eye out for your staple products and stock up on a few during a good sale.

Shop the Seasons

In-season produce generally costs less, try meal planning around what foods are in season. If you need something not in-season, try purchasing canned or frozen.

Using Your Freezer

Using your freezer is a great way to save perishables and cook in bulk. Things like fruits, vegetables, nuts, seeds, breads and leftovers can all be stored in the freezer for later, reducing waste and saving money.

Add Flavor for Less

Adding flavor doesn't have to get expensive! Purchasing things like fresh garlic, lemons, limes or herbs like cilantro or parsley can be great ways to add big flavor to any meal for less.

Make it at Home

Items like hummus, guacamole, salads, pasta sauce etc. can all be quite expensive to purchase, but can easily be made at home. Try cooking in bulk to save time!

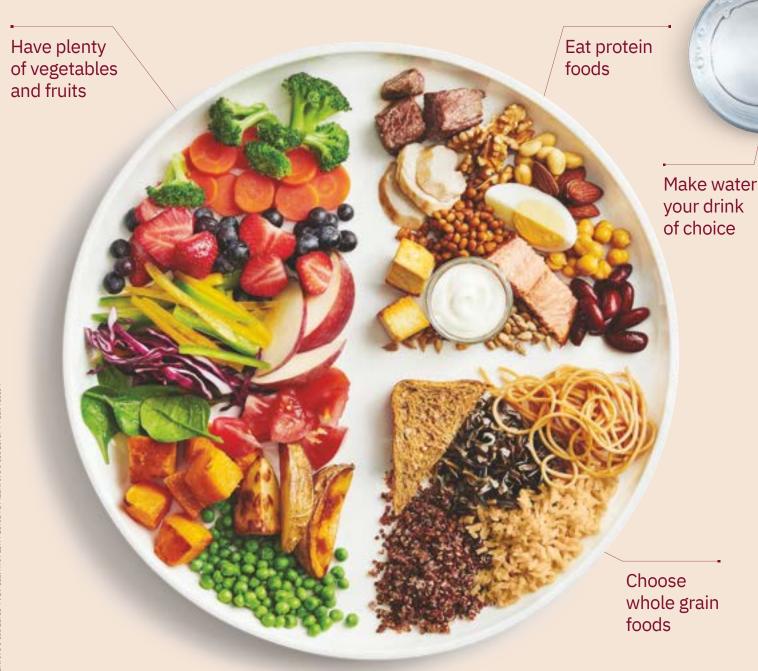
Plan Ahead

Planning your menu before shopping ensures you only buy what you need. You can also plan meals to use up bulk purchases, eliminating waste. For example, Check out "Chicken Three Ways"!

Canada's food guide

Eat well. Live well.

Eat a variety of healthy foods each day



Discover your food guide at Canada.ca/FoodGuide







Eat well. Live well.

Healthy eating is more than the foods you eat



Be mindful of your eating habits



Cook more often



Enjoy your food



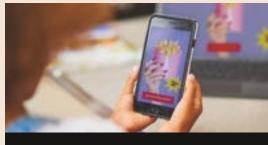
Eat meals with others



Use food labels



Limit foods high in sodium, sugars or saturated fat



Be aware of food marketing









Programs and Services

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Chronic Disease



Medical



Counselling



Nutrition



Health Promotion



Teen Health

1361 Ouellette Avenue, #101, Windsor, ON P: 519-253-8481



Diabetes Wellness

2885 Lauzon Parkway, Unit 107, Windsor, ON P: 519-997-2823



Street Health

711 Pelissier Street, Windsor, ON P: 519-997-2824



Leamington

33 Princess Avenue, Unit 450, Leamington, ON P: 519-997-2828



Pickwick

Pickwick Plaza, 7621 Tecumseh Road East, Windsor, ON P: 519-997-2827



Sandwich

3325 College Avenue, Windsor, ON P: 519-258-6002



Thank you!

Submit your own recipes for the second edition of Cooking From a Food Bank by emailing us at healthpromotion@wechc.org

Check out our events calendar here





