

Cooking From a Food Bank

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



Windsor Essex Community Health Centre
Centre de santé communautaire de Windsor Essex

weCHC
Healthcare for You
Des soins de santé pour vous

January 2023



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BREAKFAST

03





Easy Overnight Oats

 1 serving  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



Swap the berries for any fruit you have on hand! Try draining a can of peaches, sprinkling some dried fruit on top or slicing up a banana. The combinations are endless!

Banana Oat Pancakes

 1 serving  15 minutes

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!

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.

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

1 6oz 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

 1 servings  5 minutes

Ingredients

1 package instant oatmeal

Milk or milk substitute

Toppings:

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

Directions

1. 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 and 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!

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!

Microwave Shakshuka

 1 servings  10 minutes

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



LUNCH





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

Directions

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!

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.



Whole Chicken Three Ways

 Serves 10  60 minutes

Ingredients

Pasta Salad

1/3 cooked chicken
450g rotini pasta
Mixed vegetables
1 cup Greek dressing

Lettuce Cups

1/3 cooked chicken
6 bibb butter lettuce leaves
1/2 cup shredded carrots
3 tbsp sweet & sour sauce

Chicken Salad

1/3 cooked chicken
1 bag raw coleslaw
1/3 cup sesame dressing
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. Pasta salad: 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. Lettuce Cups: 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. Chicken Salad: 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

 2 servings  15 minutes

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

Directions

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.

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!

Chickpea Salad

 4 servings  20 minutes

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.

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.
3. 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!

Ingredients

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



DINNER

14





Lentil & Veggie Pasta

 2 servings  60 minutes

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

Directions

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. Pour sauce over pasta and enjoy!

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.

Easy & Filling Burritos

 Serves 10  30 minutes

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

 2 servings  15 minutes

Ingredients

Tuna Casserole

1 can cream soup
1 can tuna
1 bag pasta
1 can vegetables

Sweet & Sour Spam

1/2 cup brown sugar
2 tsp corn starch
1 can pineapple chunks
1 can spam

Corned Beef Hash

1 can corned beef
5 medium potatoes
1/2 onion chopped
1 can vegetables

Directions

1. Tuna Casserole: 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!



Salmon Patties

 2 servings  20 minutes

Ingredients

- 1 can of salmon drained
- 1/4 cup onion diced
- 1/4 cup breadcrumbs or crushed crackers
- 1 egg or 1 tbsp mayo
- Salt and pepper to taste
- 2 tbsp tomato paste

Directions

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.

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!

Pantry Chili

 4 servings  45 minutes

Directions

1. Cook onions and garlic with a small amount of oil over medium heat until fragrant.
2. 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



Choose physical activity more often. Park further away, walk or bike instead of driving, get outdoors instead of watching television or stand instead of sitting while you work. It may seem small, but these choices add up!

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



SNACKS





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!

Zucchini Loaf

 Serves 10  60 minutes

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



2 servings



15 minutes

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

Directions

1. 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.

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!

Black Bean & Corn Salsa

 6 servings  15 minutes

Ingredients

1 can black beans rinsed and drained	1 bell pepper diced
1 can corn rinsed and drained	1 avocado diced (optional)
1 can diced tomatoes	1 juice of one lime
1 small red onion diced	1 tbsp olive oil
	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?





Oatmeal and Pumpkin Bites



36 bites



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

Directions


1. 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!


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.

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



27 — PANTRY STAPLES & MONEY SAVING TIPS



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 Foods

- Garlic
- Onions
- Lemon/lime fresh or juice
- In-season fruit
- In-season vegetables

Freezer

- Frozen fruit
- Frozen vegetables
- Bread, tortillas, buns
- Frozen meats & fish
- Nuts & seeds

Pantry

- Salt & black pepper
- Favorite spice blends
- Neutral oil like olive
- Honey or maple syrup
- Broth

Fridge

- Milk or milk substitute
- Eggs
- Butter
- Cheese
- Plain yogurt or substitute

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"!



Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty
of vegetables
and fruits

Eat protein
foods

Make water
your drink
of choice



Choose
whole grain
foods

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

TH

Teen Health

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

DW

Diabetes Wellness

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

SH

Street Health

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

L

Leamington

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

P

Pickwick

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

S

Sandwich

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

Windsor Essex Community Health Centre
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Healthcare for You
Des soins de santé pour vous

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



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