

# What's for Supper Tonight?

## Bean Night

### Beans and Toast

- 2 cans (398 mL) beans in tomato sauce
- 2 tbsp. fancy molasses or maple syrup
- 8 slices whole wheat toast
- 2 stalks celery, cut into sticks
- 2 medium carrots, cut into sticks

- 1) In medium saucepan, simmer beans and molasses over low heat for 5 minutes or until bubbling.
- 2) Serve over toast with celery and carrot sticks on the side.

Makes 4 servings.

### Red Beans and Rice

- 1 tsp. canola oil
- 3 cloves garlic, minced
- 2 onions, chopped
- 1 green sweet pepper, chopped
- 1 stalk celery, chopped
- 1 tsp. thyme
- ½ tsp. oregano
- ½ salt
- ¼ tsp. crushed red chili pepper
- 1 cup beef or vegetable stock
- 2 cups cooked red kidney beans
- 2 cups hot cooked rice

- 1) In nonstick skillet, heat oil over medium heat; cook garlic, onions, green pepper and celery, stirring often, for about 5 minutes or until onion is translucent.
- 2) Stir in thyme, oregano, salt and red chili pepper. Pour in stock.
- 3) With a fork, crush about 1/3 of the beans. Add crushed and whole beans to skillet; stir well. Bring to boil, reduce heat and simmer, stirring occasionally for about 20 minutes or until thickened.
- 4) Spoon over cooked, hot rice.

Makes 4 servings.

### Bean Burritos

- 1 can (398 mL) refried beans
- 1 tsp. chili powder
- 1 tsp. each cumin and oregano
- 8 (8-inch) flour tortillas
- 1 large tomato, diced
- 2 cups shredded part skim mozzarella cheese
- 1 cup salsa
- ½ cup low-fat plain yogurt (1% M.F.)
- shredded lettuce, chopped onions, hot peppers (optional)

- 1) In microwaveable bowl, combine first 3 ingredients; microwave on medium for 2 to 3 minutes or until heated through. Place bowl on table. Place warm tortillas on plate on table.
- 2) Put tomato, cheese, salsa, and any other toppings you choose in separate bowls on the table.
- 3) Let the family make their own burritos.

Makes 4 servings  
(2 burritos per serving).

#### Nutrition Information Per Serving

Fat	3g
Carbohydrate	93g
Fibre	24g

#### Canada's Food Guide

Grain Products	2 servings
Vegetables & Fruit	1 serving
Meat & Alternatives	1 serving

#### Nutrition Information Per Serving

Fat	2g
Carbohydrate	99.2g
Fibre	10g

#### Canada's Food Guide

Grain Products	2½ servings
Vegetables & Fruit	1½ servings
Meat & Alternatives	1 serving

#### Nutrition Information Per Serving

Fat	14g
Carbohydrate	74g
Fibre	8g

#### Canada's Food Guide

Grain Products	3½ servings
Vegetables & Fruit	½ serving
Milk Products	1 serving
Meat & Alternatives	½ serving



## Hearts Alive Eating On The Go

Here's a list of quick meal ideas for those busy nights. These meals include all four food groups from Canada's Food Guide to Healthy Eating.

- Chicken Fajita
- Pudding Cup
- Fruit Juice
- Scrambled Egg in a Pita
- Salsa and Bean Sprouts
- Milk
- Curry Beef in a Pita
- Corn Salad
- Oatmeal Cookies
- Milk
- Grilled Lemon Chicken on a Bun
- Vegetable or Fruit Juice
- Yogurt
- Fruit
- Beans and Toast
- Carrot Sticks
- Milk 'n Peaches
- Lentil Soup
- Wholegrain Bun
- Orange Wedges
- Milk

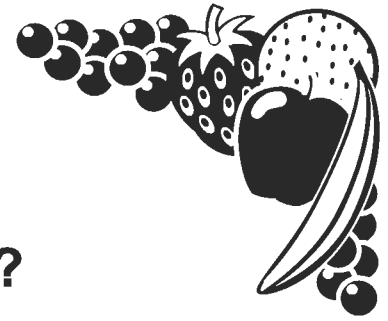
## Hearts Alive Nutrient-Packed Snacks

Keep a variety of these snacks on hand. Snacks can be part of a healthy diet provided the right choices are made.

- raw vegetables and dip
- wholegrain bread, buns or bagels
- pita bread
- wholegrain crackers
- cereal
- fruit
- fruit cups
- unsweetened fruit juice
- vegetable juice
- lower fat milk
- lower fat plain or fruit yogurt
- peanut butter
- lower fat cheese
- oatmeal, bran or wholegrain muffins



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# What's for Supper Tonight?

## Egg Night

### Mexican Scramble

- 1 tsp. soft margarine
- 1 small tomato, chopped
- ¼ cup green pepper, chopped
- ¼ cup green onions, chopped
- 1 tbsp. canned green chilies, chopped
- ¼ tsp. ground cumin
- 6 eggs
- 2 tbsp. low-fat yogurt
- ¼ tsp. salt
- 4 flour tortillas

- 1) Melt margarine in non-stick skillet. Stir in tomato, green pepper, green onions, chilies and cumin and cook until tender.
- 2) In a bowl, beat together eggs, yogurt and salt. Microwave on medium-high for 3 minutes.
- 3) Stir in cooked vegetables. Microwave on medium-high 2 minutes longer or until eggs are set. Stir. Cover and let stand 2 to 3 minutes before serving.
- 4) Wrap in tortillas. Serve with salsa.

Makes 4 servings.

### Eastern Omelette

- 4 eggs, lightly beaten
- ¼ tsp. salt
- ¼ tsp. ginger
- 2 cups bean sprouts, chopped
- 1 can (213g) salmon, drained and flaked
- 2 green onions, finely chopped
- 1 stalk celery, chopped
- 1 tsp. canola oil

- 1) In a bowl, combine eggs, salt, ginger, bean sprouts, salmon, onions, celery and parsley.
- 2) Heat oil in large non-stick skillet. Drop 2 tbsp. of egg mixture into pan. Cook over medium heat, turning once, until lightly browned. Remove from pan; keep warm. Repeat until all mixture is used up.

Makes 4 to 6 servings.

### Baked Eggs Mexicana

- 1 tbsp. canola oil
- 1 medium onion, chopped
- 1 green pepper, chopped
- 1 tbsp. flour
- 1 can (540 mL) stewed tomatoes
- 1 can (340 mL) corn, drained
- 2 tsp. Worcestershire sauce
- 6 eggs
- 1 cup shredded partly skimmed mozzarella cheese

- 1) In electric frypan, heat oil over medium heat; cook onion and green pepper about 3 minutes or until tender. Stir in flour; add tomatoes, corn and Worcestershire sauce; bring to boil.
- 2) Break eggs into tomato mixture. Cover. Cook for 5 to 10 minutes until eggs are partially cooked. Sprinkle with cheese. Cook until eggs are set, 3 to 5 minutes longer.

Makes 6 servings

#### Nutrition Information Per Serving

Fat	8.8g
Carbohydrate	23.8g
Fibre	0.7g

#### Canada's Food Guide

Grain Products	1 serving
Vegetables & Fruit	½ serving
Meat & Alternatives	1 serving

#### Nutrition Information Per Serving

Fat	9g
Carbohydrate	2.0g
Fibre	1.0g

#### Canada's Food Guide

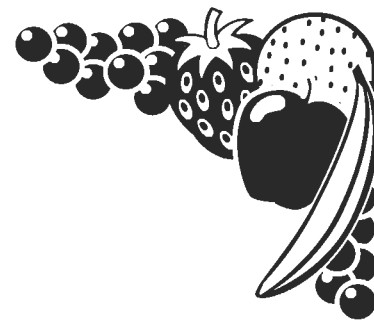
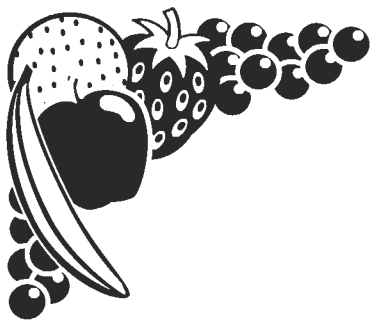
Vegetables & Fruit	½ serving
Meat & Alternatives	1 serving

#### Nutrition Information Per Serving

Fat	15g
Carbohydrate	18.8g
Fibre	2.6g

#### Canada's Food Guide

Vegetables & Fruit	1½ servings
Milk Products	1 serving
Meat & Alternatives	1 serving



## Tips for Lower-Fat Cooking

### **For Starters - Soups, Salads and Dips**

- For cream soup recipes try using 2% or 1% plain low-fat yogurt, milk or buttermilk instead of cream. Or try a fat-free soup thickener: puréed cooked vegetables (squash, potato, carrots); noodles; legumes (use canned if time is short); rice or barley.
- Make soups or stews a day ahead and refrigerate. Skim off any fat that hardens on top.
- Use these high-fat salad ingredients sparingly: salad dressings, avocado, bacon bits, olives, high-fat cheese, nuts and croutons.
- Blend your own salad dressings for less fat and more flavour. Change your favourite recipes by cutting the amount of oil in half. Add a little sugar, orange or apple juice to cut the bite of the vinegar.
- For mayonnaise-based dressings and dips use reduced fat "light" mayonnaise-type dressing and replace half with plain low-fat yogurt or buttermilk.
- Flavoured vinegars (e.g. red wine, balsamic or raspberry) can stand alone as a simple dressing.

### **Moving on to Main Dishes**

- Meat and cheese are a source of fat in the diet. So you may need to cut down on the amount you eat. Whether it's beef, pork, lamb, chicken or fish, plan for no more than 3 ounces or 90 grams per serving at any one meal. One serving of cheese is 2 ounces or 50g.
- Picture what a single serving looks like with these examples: ½ chicken breast, 1 loin pork chop; 2 loin lamb chops; sliced roast beef or a fillet of fish about the size of a deck of cards. A serving of cheese is a 3"x1"x1" cube.

- There are higher and lower-fat choices among all types of meat, fish and poultry. Choose leaner cuts:

**Beef:** sirloin, eye of the round, round steak and roast, rump, strip sirloin, stewing beef, flank steak.

**Veal:** all cuts are relatively lean.

**Pork:** leg butt roast, picnic shoulder roast, loin tenderloin end roast, centre cut loin roast.

**Poultry:** white poultry meat has half the fat of dark poultry meat.

**Fish:** sole, halibut, haddock, cod, whitefish.

- When you can, remove all visible fat from meat and skin from poultry before cooking.

Instead of frying, use a lower-fat cooking method: broiling, baking, grilling. To prevent drying and to add flavour, baste with wine, lemon juice or broth. Poaching and braising are good cooking methods, too.

- For stir fries, omit the oil and steam fry in a little tomato juice, bouillon or chicken stock.
- The next time you make your favourite meat sauce for spaghetti, cut back on the meat and add more vegetables like mushrooms, eggplant or zucchini. When you make chili, add an extra can of kidney beans to make the meat go farther.
- Make more meatless dishes like baked beans, pasta with a chunky tomato vegetable sauce or rice and kidney bean casserole.

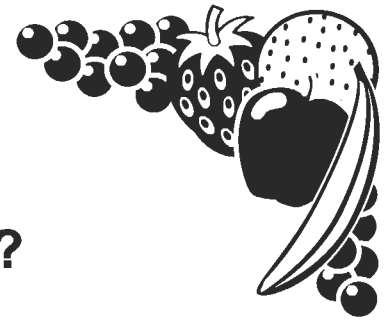
### **Don't Forget the Vegetables**

- Vegetables are naturally lower in fat. Serve vegetables plain or sprinkle them with chives or parsley or a little lemon juice.
- Spoon salsa, lower-fat yogurt or lower-fat sour cream on a baked potato.



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# What's for Supper Tonight?

## Fish Night

### Flake and Bake Fish

- 1 egg
- 1 tbsp. water
- 1/3 cup dry bread crumbs
- 1 tbsp. unprocessed wheat bran
- 1/2 tsp. dried thyme leaves
- pinch of pepper
- 400g fish fillets, defrosted

- 1) Preheat oven to 400°F. Lightly grease 1 cookie sheet or spray with nonstick cooking spray.
- 2) In a bowl, lightly beat egg with water; set aside. In heavy plastic bag, combine bread crumbs, bran, thyme and pepper.
- 3) Dip fish fillets in egg mixture; place fillets one at a time, in bag and shake gently to coat. Place on cookie sheet.
- 4) Bake for 10 to 15 minutes or until fish is opaque and flakes easily with fork.

Makes 4 servings.

### Lemon Fish in the Microwave

- 1 lb. fish fillets, fresh or defrosted (bluefish, cod, haddock or sole)
- 1 tsp. soft margarine
- 2 tsp. lemon juice
- 1 tbsp. chopped herbs
- pepper

- 1) Spray microwaveable 10-cup (2.5L) baking dish with nonstick cooking spray.
- 2) Place fillets in dish; top with margarine, lemon juice, herbs, and pepper to taste.
- 3) Cover and microwave on high for 3½ to 4½ minutes. Let stand for 5 minutes or until fish is opaque and flakes easily when tested with fork.

Makes 4 servings.

### Fish Mediterranean

- 1 lb. red snapper, sole or other fillets

#### Sauce

- 1/2 tsp. olive oil
- 1 tbsp. chopped green onions
- 1/2 tsp. minced fresh garlic
- 3/4 cup drained, canned tomatoes, chopped
- 1/4 tsp. dried basil
- 2 tbsp. chopped black olives
- 1 1/2 tsp. capers
- pepper

- 1) In a skillet of gently simmering water about 1" deep, cover and poach fish over medium heat for 5 minutes or until fish is opaque. Drain well; transfer to platter and keep warm.
- 2) Sauce: Meanwhile, in small saucepan, heat oil over medium heat; cook onion and garlic for 2 minutes. Add tomatoes and basil; simmer for 3 minutes, stirring occasionally. Stir in olive, capers and pepper to taste. Spoon sauce over fish.

Makes 4 servings.

#### Nutrition Information Per Serving

Fat	5.6g
Carbohydrate	2.8g
Fibre	0.4g

#### Canada's Food Guide

Meat & Alternatives 1 serving

#### Nutrition Information Per Serving

Fat	6.3g
Carbohydrate	1.0g
Fibre	0.2g

#### Canada's Food Guide

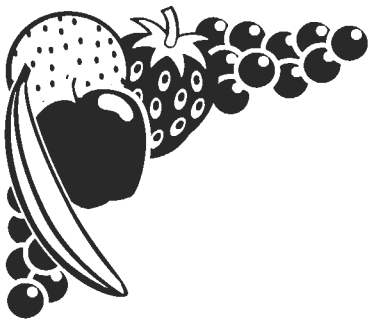
Meat & Alternatives 1 1/2 servings

#### Nutrition Information Per Serving

Fat	6.1g
Carbohydrate	4.4g
Fibre	1.0g

#### Canada's Food Guide

Vegetables & Fruit 1 serving  
Meat & Alternatives 1 serving



## Hearts Alive on the Side

Are you trying to put variety into your suppers? Keep a freezer stocked with seasoned chicken breasts, burgers, meatballs, steaks, fish fillets and pasta entrées like tortellini. On your shelf, add a variety of canned legumes such as pinto beans, black beans, romano beans, kidney beans, chick peas and lentils. Then pick and choose from the ideas below to round out your menu.

### Potato Ideas

- Garlic Mashed Potatoes
- Chili Baked Fries
- Barbequed Potatoes
- Microwave Baked Potatoes
- Rosemary Potatoes
- Oven-Baked Potato Cubes\*

### Vegetables

- Lemon Broccoli
- Sliced Tomato Cucumber and Onion Salad with Vinaigrette
- Broccoli, Cauliflower and Red Pepper Sauté
- Dilled Carrot Coins
- Raw Vegetable Platter & Dip

### Grains

- Orange Couscous
- Saffron Rice
- Lemon Basmati Rice
- Pasta with Marinara Sauce
- Rice, Kidney Beans Tossed with Cajun Spice

Do a quick menu check. Are you serving at least:

- 1 choice of meat & alternatives?
- 1 choice of milk products?
- 1 choice of grain products?
- 2 choices of vegetables & fruit?

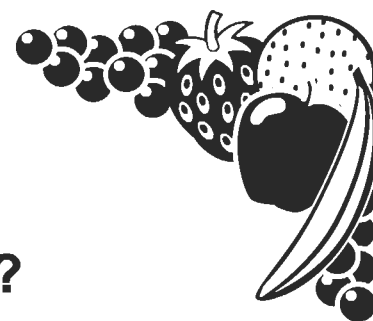
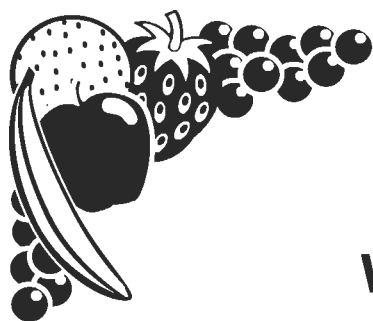
### \*Oven-Baked Potato Cubes

6 large potatoes, peeled or unpeeled cut into 1-inch cubes  
3 tbsp. canola oil  
¼ tsp. garlic powder  
¼ tsp. pepper

- 1) Preheat oven to 400°F.
- 2) Toss potatoes with oil, garlic powder and pepper; place on cookie sheet.
- 3) Bake for 25 minutes or until potatoes are tender and golden.

Makes 8 servings.





# What's for Supper Tonight?

## Pasta Night

### Spaghetti with Marinara Sauce

3 cups (8 oz) pasta, spaghetti, fusilli or penne  
 28 oz can Italian stewed tomatoes  
 1 clove garlic, crushed  
 1 tbsp. olive oil  
 1 tbsp. brown sugar  
 2 tbsp. red wine vinegar (frozen meatballs optional)  
 ¼ cup Parmesan cheese

- 1) In a large saucepan, cook pasta according to package directions; drain.
- 2) Meanwhile, in another large saucepan, mix all other ingredients. Heat through and simmer 5 to 10 minutes.
- 3) If adding meatballs, cook meatballs in the microwave according to package directions. Add to tomato mixture and simmer for 5 to 10 minutes.
- 4) Serve sauce over pasta.
- 5) Sprinkle each serving with Parmesan cheese.

Makes 4 servings.

### Tortellini with Prepared Pasta Sauce

1 pkg (500 g) frozen cheese or beef tortellini  
 1 jar (375 mL) tomato-based pasta sauce  
 ¼ cup grated Parmesan cheese

- 1) In a large saucepan, cook tortellini according to the package directions; drain and return to saucepan.
- 2) Add pasta sauce and simmer over low heat for 3 to 4 minutes or until heated through.
- 3) Sprinkle each serving with Parmesan cheese.

Makes 4 servings.

### Ravioli with Creamy Cheese Sauce

1 pkg (500g) frozen meat ravioli  
 2 tbsp. soft margarine  
 3 tbsp. flour  
 2½ cups skim or 1% milk  
 ¼ cup grated Parmesan cheese

- 1) In a large saucepan, cook ravioli according to package directions; drain.
- 2) Meanwhile, in a medium saucepan, melt margarine over medium heat; add flour and stir until blended. Whisk in milk and cook, stirring until boiling; reduce heat and simmer for 5 to 10 minutes until thickened. Remove from heat. Stir in cheese.
- 3) Pour over ravioli and stir to coat.

Makes 4 servings.

#### Nutrition Information Per Serving

Fat	17.2g*
Carbohydrate	79.6g
Fibre	1.9g

#### Canada's Food Guide

Grain Products	3½ servings
Vegetables & Fruit	2½ servings
Meat & Alternatives	1 serving

\* includes meatballs

#### Nutrition Information Per Serving

Fat	11g
Carbohydrate	75g
Fibre	1.9g

#### Canada's Food Guide

Grain Products	2 servings
Vegetables & Fruit	1 serving
Meat & Alternatives	½ serving
Milk Products	½ serving

#### Nutrition Information Per Serving

Fat	19g
Carbohydrate	60g
Fibre	1g

#### Canada's Food Guide

Grain Products	2 servings
Milk Products	¾ serving
Meat & Alternatives	½ serving

# Rate Your Family's Food Choices

Place a checkmark next to the items your family eats every week and see how your choices measure up.

## Grain Products

- |   |   |
|---|---|
| <input type="checkbox"/> donuts, pastry, cake, or pie | <input type="checkbox"/> bagel, English muffin      |
| <input type="checkbox"/> white bread or rolls         | <input type="checkbox"/> wholegrain bread or rolls  |
| <input type="checkbox"/> sweetened cereals            | <input type="checkbox"/> wholegrain or bran cereals |

## Vegetables & Fruit

- |   |   |
|---|---|
| <input type="checkbox"/> fruit drinks, punch, sweetened juices              | <input type="checkbox"/> unsweetened fruit juice                                |
| <input type="checkbox"/> vegetables with sauce, butter or margarine added   | <input type="checkbox"/> vegetables steamed or microwaved with no fat added     |
| <input type="checkbox"/> raw vegetables with regular salad dressing or dips | <input type="checkbox"/> raw vegetables with reduced-fat salad dressing or dips |

## Milk Products

- |   |   |
|---|---|
| <input type="checkbox"/> whole milk, half & half                                      | <input type="checkbox"/> skim, 1% or 2% milk, buttermilk            |
| <input type="checkbox"/> regular yogurt or creamed cottage cheese (more than 2% M.F.) | <input type="checkbox"/> yogurt or cottage cheese (2% M.F. or less) |
| <input type="checkbox"/> regular cheese   | <input type="checkbox"/> reduced fat cheese                         |

## Meat & Alternatives

- |  |   |
|--|---|
| <input type="checkbox"/> luncheon meats, hot dogs, bacon | <input type="checkbox"/> lean ham, beef, turkey       |
| <input type="checkbox"/> regular ground beef or sausage  | <input type="checkbox"/> lean ground beef (10% fat)   |
| <input type="checkbox"/> deep fried fish                 | <input type="checkbox"/> fresh, frozen or canned fish |
| <input type="checkbox"/> poultry with skin               | <input type="checkbox"/> poultry with skin removed    |

## Other Foods

- |   |   |
|---|---|
| <input type="checkbox"/> potato chips, corn chips, snack crackers   | <input type="checkbox"/> plain popcorn, lower fat crackers          |
| <input type="checkbox"/> regular mayonnaise, regular salad dressing | <input type="checkbox"/> light mayonnaise, lower fat salad dressing |

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**TOTAL Checkmarks**

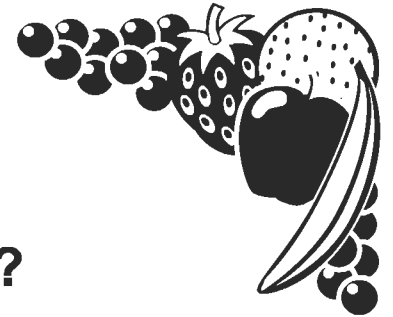
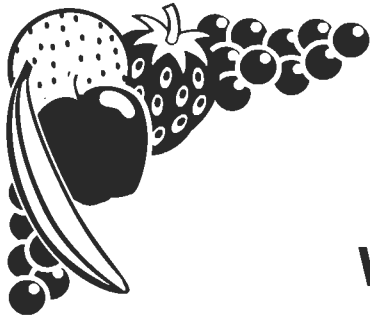
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**TOTAL Checkmarks**

Count the checkmarks in each column. If your family's diet has more checkmarks in the left hand column than in the right, your total diet is probably too high in fat, salt or sugar to be healthy for you. To find out how to eat healthier, pick up all the Hearts Alive nutrition information available by calling the Peterborough County-City Health Unit at (705) 743-1000 or at other "What's For Supper Tonight?" events.



For more information on Healthy Eating and other "What's for Supper Tonight?" recipes, call the Peterborough County-City Health Unit at (705) 743-1000 or drop in to 10 Hospital Dr., Peterborough, ON K9J 8M1.



# What's for Supper Tonight?

## Stir Fry Night

1. **Choose your favourite variation and be sure to use it when doing Steps 5, 6, and 8. Do you prefer Greek, Mexican or Thai tonight?**
2. **Cut 500g (1 lb.) boneless chicken or beef or pork or tofu into bite sized pieces. Prepare vegetables as directed.**
3. **Heat 1 tbsp. ( 15 mL) olive oil in a large nonstick skillet or wok.**
4. **Stir fry the chicken, beef, pork or tofu until golden brown.**

	<b>Greek</b>	<b>Mexican</b>	<b>Zesty Thai</b>
<b>5. Add vegetables and stir fry until tender crisp.</b>	2 large garlic cloves, minced 2 onions coarsely chopped 2 chopped tomatoes 1 English cucumber, cubed	2 large garlic cloves, minced 3 large onions, sliced 2 large green peppers, sliced 2 small carrots, cut into julienne strips	2 garlic cloves, minced 1 tbsp. minced ginger root 4 c. oriental frozen vegetables
<b>6. Combine and add.</b>	1 c. plain yogurt 1 tbsp. lemon juice 1 tsp. dried oregano salt & pepper to taste	1 c. salsa 2 tbsp. lime juice 1 tsp. chili powder	½ c. chicken broth ¼ c. peanut butter ¼ c. soy sauce 1 to 2 tsp. dried, crushed red pepper
<b>7. Serve with</b>	pita bread or rice with yogurt garnish	flour tortillas, guacamole & beans	spaghetti or vermicelli with chopped peanut garnish

8. **Makes 4 servings.**

**Greek**

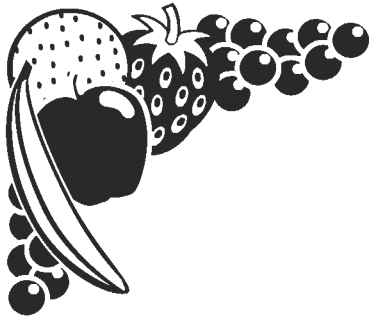
<u>Nutrition Information Per Serving</u>	
Fat	6.9g
Carbohydrate	87.1g
Fibre	2.9g
<u>Canada's Food Guide</u>	
Grain Products	1 serving
Vegetables & Fruit	1½ servings
Meat & Alternatives	1½ "
* includes ½ cup rice	

**Mexican**

<u>Nutrition Information Per Serving</u>	
Fat	6.1g
Carbohydrate	47.1g
Fibre	2.9g
<u>Canada's Food Guide</u>	
Grain Products	1 serving
Vegetables & Fruit	2½ servings
Meat & Alternatives	1½ "
* includes 1 fajita	

**Thai**

<u>Nutrition Information Per Serving</u>	
Fat	13.5g
Carbohydrate	36.4g
Fibre	2.4g
<u>Canada's Food Guide</u>	
Grain Products	1 serving
Vegetables & Fruit	2½ servings
Meat & Alternatives	2 "
* include ½ cup spaghetti	



## Four Steps to Hearts Alive Healthy Meals in Minutes

1. Plan ahead. A simple tool to use is the Hearts Alive Wipe-off Board.

### SAMPLE BOARD

#### 5 Meals For This Week

Meat/Poultry Night	• Chicken Stir Fry
Egg Night	• Spinach Frittata
Pasta Night	• Tortellini with Tomato Sauce
Bean Night	• Three Bean Chili
Fish Night	• Fast Fish in Microwave

On the left side of the wipe-off board, write down the meal planning categories. At the beginning of each week, plan 5 main dishes using the meal planning categories. Keep the wipe-off board on your refrigerator. This is a great way to eat a variety of foods, get meals in minutes and involve the family.

2. Buy whole grain breads and rolls to serve at each meal.
3. Buy a variety of vegetables: fresh, frozen or canned. Add at least two different vegetables to each meal. In a hurry, serve raw vegetables and dip. If you are not a vegetable lover, add more fruit to your meals.
4. Do a quick menu check. Are you serving at least:
  - 1 choice of meat & alternatives?
  - 1 choice of milk products?
  - 1 choice of grain product?
  - 2 choices of vegetables & fruit?

