



## For the Love of Seniors Food Box

With many thanks to Emily Johnson-Martin, chef and nutritionist, who originally agreed to do a one hour information presentation on Healthy Nutrition for Seniors at Crossroads Wellness Program – and ended up cheerfully and generously preparing all the recipes and accompanying grocery list for the Crossroads For The Love of Seniors Food Box. Emily, you are truly AMAZING! Thank You!

So, from Emily –

Here are more than 20 recipes for simple fresh homemade meals and some advice for shopping:

Canned and frozen foods are your best friends. Canned food has a significantly longer shelf life and can be a great source of protein, carbohydrates, and vitamins. Frozen fruit and vegetables have the same nutritional content as fresh.

- Canned fish: a great source of high-quality protein, iron, and heart-healthy omega-3 fatty acids.
- Canned beans: excellent sources of fiber, folate, plant protein, plant iron, vitamin B1, and minerals such as magnesium, phosphorus, potassium, and copper. Be sure to rinse all your canned beans well with water before including in the recipe and buy low sodium versions if available.
- Frozen vegetables: great sources of complex carbohydrates and vitamins and far lower in sodium than their canned versions.
- Frozen Fruit: great sources of antioxidants, vitamins, and fibre.

Note:

This is a list of nutrient rich recipes, structured for two people, not a daily meal plan for breakfast, lunch and dinner. If you are a household of one you have 42 meals (HUZZAH!) Some of these recipes may feel to be a too large portion for that day and some are designed specifically to have leftovers like the soups. Who doesn't love having some frozen homemade soup when you don't feel like cooking? Some of the meals I would recommend still making the full recipe and freezing the remainder while others like the pastas you may want to cut in half.



You may notice there are some repeats of ingredients or some glaring omissions. There is a method to this madness. The repeat of onions and garlic and the inclusion of such veggies as cabbage or cauliflower is purposeful. These “farty” vegetables contain sulfur which promotes the elimination of toxins from the body supporting your immune function. They are also locally grown, always available no matter the season, cost effective and have a long shelf life. As a Registered Nutritionist I always recommend eating as many fresh dark leafy greens as possible but this may not be logistically possible when asked to grocery shop as infrequently as possible. For this reason I have included recipes with other nutrient dense veggies that have a longer shelf life or can easily be bought frozen.

The grocery list makes every recipe once with some leftover ingredients. You will have some frozen goods left. The grocery list also assumes you have some pantry items. If you don't have these things on hand add to the attached Crossroads For The Love of Seniors grocery list.

Salt

Pepper

Dried thyme

Dried rosemary

Dried bay leaves

Dried Oregano

Dried parsley

Dried dill

Coriander

Chili Powder

Paprika

Cumin

Dijon mustard

Curry powder

Garam masala – this is an Indian spice blend which includes cinnamon, cloves, nutmeg and cardamom (If you don't have it and can't find it you can use curry powder or chili powder)

Cocoa Powder

Cinnamon



- . Make sure you have staples like pasta, rice, grains, and canned tomatoes and dried beans.
- . Oats are a great source of important vitamins, minerals, fiber, and antioxidants. Grown in Canada, very well priced, it lowers your cholesterol to boot!
- . It's important to have protein, so besides meat, try nut and seed butters and high protein grains like quinoa and spelt

## RECIPES

### 1. Fruit Parfait

2 servings

Make the night before and refrigerate covered

#### Ingredients:

2 cups plain Greek yogurt

1 cup frozen mix berries

1/2 cup granola

1 teaspoon honey, optional

#### Directions:

In a bowl, mix the Greek yogurt and honey, if using, and stir to combine. Place half of the yogurt mixture in the bottom of two large glasses or bowls, and top with half of the granola and half the frozen berries. Top with remaining yogurt mixture, berries, and optional honey.

#### Note:

Consider adding any roasted seeds or healthy trail mix instead of granola.

#### Nutrition Facts:

1 serving: 436 calories, 16g fat (2g saturated fat), 48g carbohydrate, 12g fiber, 34g protein.



## 2. Sweet Potato and Egg Skillet

2 servings

### Ingredients:

- 1 tbsp olive oil
- 1 large sweet potato, peeled and shredded (about 3 cups).
- 1 garlic clove, minced or ½ tsp of jarred
- 1/4 teaspoon salt, divided
- A pinch dried thyme
- 2 cups fresh or ½ box of frozen spinach (let thaw and squeeze out excess moisture)
- 4 large eggs
- A pinch coarsely ground pepper

### Directions:

In a large cast-iron or other heavy skillet, heat the olive oil over low heat. Add sweet potatoes, garlic, ½ the salt and thyme; cook, covered, until potatoes are almost tender, 4-5 minutes, stirring occasionally. If using fresh spinach, stir in spinach until just wilted, 2-3 minutes. If using frozen spinach, thaw and squeeze excess moisture out before adding, then stir in to combine.

With the back of a spoon, make 4 wells in potato mixture. Break an egg into each well. Sprinkle eggs with pepper and remaining salt. Cook, covered, on medium-low until egg whites are completely set and yolks begin to thicken but are not hard, 5-7 minutes.

### Kitchen Tips:

- Use a food processor for sweet potato shredding ease.
- If you like your eggs sunny-side up, leave the pan uncovered while they cook.
- Break the eggs into a small dish before adding to the pan. It's easier to remove stray shell pieces if they get into the egg.

### Health Tip:

- With sweet potatoes and spinach, this dish meets the daily requirement for vitamin A.

### Nutrition Facts:

1 serving: 224 calories, 11g fat (5g saturated fat), 201mg cholesterol, 433mg sodium, 24g carbohydrate (10g sugars, 3g fiber), 8g protein.



### **3. Overnight Oats 4 ways**

2 servings

#### **Ingredients:**

1 cup old-fashioned rolled oats  
1 cup milk or milk alternative  
2 tbsp honey or maple syrup

#### **Directions:**

In a small bowl, combine oats, milk, and honey. Refrigerate, covered, overnight. In the morning add toppings.

#### **1. Berry Blast**

½ cup frozen berries, thawed  
¼ cup granola (optional)

#### **2. Apple Pie**

1 small apple, diced  
½ tsp cinnamon or apple pie spice

#### **3. Chocolate Berry**

2 tbsp unsweetened cocoa powder  
½ cup frozen berries, thawed  
Some might find this needs a little more honey or maple syrup added

#### **4. Banana Nut**

1 banana, sliced into coins  
¼ cup granola

#### **Nutrition Facts**

1 serving: 350 calories, 12g fat (2g saturated fat), 4mg cholesterol, 53mg sodium, 55g carbohydrate (31g sugars, 5g fiber), 10g protein.



#### 4. Pepper and Onions Frittata

2 servings

##### Ingredients:

4 large eggs  
1/2 cup milk or water  
1 tablespoons lemon juice (optional)  
1/4 teaspoon salt  
1/8 teaspoon pepper  
1 tablespoon olive oil  
1/8 cup Parmesan cheese  
1 small yellow onion, sliced  
½ sweet pepper, sliced

##### Directions:

Preheat oven to 350°. In a large bowl, whisk eggs, milk or water, lemon juice, salt and pepper. In a 8-in. ovenproof skillet, heat oil over medium heat. Add onion and red peppers; cook and stir 6-8 minutes or until onion and pepper are tender. Remove from heat; stir in egg mixture. Bake, uncovered, 15-20 minutes or until eggs are completely set. Remove from oven, sprinkle on cheese. Let stand 5 minutes. Cut into wedges.

**Note:** feel free to add any extra vegetables or meat like ham or bacon. Or try topped with salsa!  
Eat with your favourite breakfast side like toast or fruit

##### Nutrition Facts

1 wedge: 130 calories, 8g fat (3g saturated fat), 192mg cholesterol, 240mg sodium, 5g carbohydrate (3g sugars, 1g fiber), 9g protein.



## 5. Calico Scrambled Eggs with Potato

2 servings

### Ingredients:

- 1 large potato, diced
- 3 large eggs
- 1/8 cup milk or water
- 1/8 teaspoon dill weed (optional but use any of your dried herbs that you love)
- 1/8 teaspoon salt
- 1/8 black pepper
- 2 tbsp olive oil
- 1 plum tomato, diced
- ½ small yellow onion, diced
- ½ sweet pepper, diced

### Directions:

In a sauce pan boil diced potato in salted water until tender. Drain and set aside. Meanwhile, in a bowl, whisk the eggs, water or milk, dill, salt and pepper until blended. Then in a large nonstick skillet, heat olive oil over medium heat. Add peppers, onion and potato; smush the potato with the back of your spoon against the skillet so the skin breaks but not until the it completely comes apart, although if it does it doesn't matter. Cook, stirring occasionally until onions and peppers are tender and potatoes are browning. In same pan, pour in egg mixture; cook and stir over medium heat until eggs begin to thicken. Add fresh tomato; cook until heated through and no liquid egg remains, stirring gently.

**Note:** Serve with your favourite breakfast side

### Nutrition Facts:

709 calories, 44.8g fat (13.6g saturated fat), 801mg cholesterol, 515mg sodium, 47.2g carbohydrate(8.2g sugars, 6.1g fiber), 31.2g protein.



## 6. 20 Minute Black Bean Soup

6 servings!

### Ingredients:

1 tablespoon olive oil  
1 medium onion diced  
4 cloves garlic minced or 2 tbsp jarred minced garlic  
1 796mL canned diced tomatoes  
4 398 mL cans black beans, (2 undrained and 2 drained and rinsed)  
1 carton vegetable broth (900 mL)  
1 cup frozen corn  
1 1/2 teaspoons cumin  
1 teaspoon chili powder  
1 tablespoon fresh squeezed lime juice  
fresh chopped cilantro for serving if desired

### Directions:

Add two cans of undrained black beans to a food processor and pulse until thickened. Set aside. Heat oil in a large dutch oven or pot. Stir in onion and sauté for 3-4 minutes or until most of the moisture is gone. Add in garlic and cook for an additional minute. Stir in the tomatoes, all of the black beans, vegetable broth, corn, cumin and chili powder. Bring to a simmer and cook for 10-15 minutes. If the soup is too thick add more vegetable broth. If you would like it thicker, puree some of the soup in a blender or food processor. Remove from the heat and stir in fresh squeezed lime juice. Season with salt and pepper to taste. Serve with fresh chopped cilantro if desired.

**Note:** freeze the extra. This is a recipe that is difficult to make in small batches but it freezes beautifully.

### Nutrition Facts

Calories 64, Fat 3g, Saturated Fat 1g, Sodium 32mg, Potassium 125mg, Carbohydrates 10g, Fiber 2g, Sugar 1g, Protein 1g, Vitamin A 49IU, Vitamin C 6mg, Calcium 12mg, Iron 1mg





## 7. The Best Lentil Soup

2 servings

### Ingredients:

1 tbsp Olive oil

1 large yellow onions, diced

2 cloves of garlic, minced or 1 tbsp jarred minced garlic

Pinch of salt

1/2 tbsp cumin

½ 796 ml canned diced tomatoes (reserve the other half for another recipe)

1 small lemon, sliced

½ cup red lentil, rinsed well

½ a 900ml carton of vegetable stock

Maple syrup or honey (optional)

Fresh cilantro (optional)

### Directions:

Heat oil in a medium pot, add onions, garlic, and ginger and sauté for about 5 minutes, until soft. Add the pinch of salt, and cumin and stir to combine. Add the tomatoes, 1 slice of the lemon and the lentils. Then add the vegetable stock and stir well. Cover the pot and bring the mixture to a boil. Reduce heat and simmer for 30 minutes, until the lentils are soft. Add a little maple syrup or honey (like 1 tsp) to balance the flavour if you find it too lemony. Serve warm with cilantro, spring onion or parsley and top with a lemon slice.

**Note:** this recipe is a slight variation of Sarah Britton's recipe "4 Corners Lentil Soup". Sarah is a Chef and Nutritionist known for her amazing plant-based cook books and her website 'My New Roots'. I highly recommend checking her out. This is also a great recipe that can easily be double or tripled.

### Nutrition Facts:

309 calories, 8g fat (1.1g saturated fat), 0mg cholesterol, 597mg sodium, 46.3g carbohydrate (9.4g sugars, 18.7g fiber), 15.5g protein.



## 8. Salad Nicoise (“nee-swahz”)

2 servings

### Ingredients:

1 large potato, diced, boiled and chilled

1 boiled egg, chilled, peeled and cut in 1/4s

20 (approx) steamed green beans, chilled

10 Olives (preferably ‘Nicoise’ Olives) but kalamata or Spanish green also work

1 plum tomato, diced

1 can of Tuna, drained

**Note:** – boil the potatoes and eggs together and steam the beans on top

Divide all ingredients on to two plates, topping with the canned tuna and drizzle generously with dressing



## 9. Shallot or Onion Dressing

1 small yellow onion, minced or 2 shallots, finely minced  
1 clove of garlic, minced or 1 ½ tsp jarred minced garlic  
2 tbsp lemon juice  
7 tbsp olive oil  
½ tsp of Dijon or 1/2 tsp dried mustard  
salt and pepper to taste

Sauté the shallot/onion and garlic in 1 tbsp of the olive oil over medium heat. Allow to brown but not burn. Remove from heat and set aside. In a small bowl mix together the lemon juice and mustard powder, slowly drizzle in the remaining oil. When cooled add the now caramelized and sweet shallot/garlic mix into the dressing. Drizzle on salad

**Note:** Salade Nicoise is a salad that originated in the French city of Nice. Many Chefs say it is the best salad ever.

### **Nutrition Facts:**

Calories 630, Fat 36g, Carbs 39g, Dietary Fiber 10g, Sugar 7g, Fat 36g, Saturated 6g, Polyunsaturated 23g, Monounsaturated 5g, Trans 0g, Protein 39g, Sodium 926mg



## 10. Colourful Quinoa Salad

Serves 2 with leftovers

### Ingredients:

- ¼ cup raw unsalted sunflower seeds or buy roasted unsalted
- ¼ cup raw unsalted pumpkin seeds or buy roasted unsalted
- 1 cup water
- 1 tsp sea salt, divided
- ½ cup quinoa, rinsed
- 1/8 cup fresh lime juice
- 1/8 cup fresh lemon juice
- ¼ cup extra virgin olive oil
- ½ cup chopped fresh cilantro
- ¼ cup thinly sliced red onion
- 1 398mL can mixed beans, drained and rinsed
- ½ sweet pepper, diced
- 1 small carrot, grated
- 1-2 stalks of celery, finely diced
- 1/8 cup dried unsweetened cranberries

### Directions:

Preheat the oven to 375°F (190°C). Spread the seeds on a baking sheet lined with parchment paper. Toast in the oven for 8 minutes, or until golden brown. Pour them into the bowl and set aside to cool.

In a saucepan over high heat, bring water, 1/2 tsp (2 mL) of salt and quinoa to a boil. Reduce heat to low, cover and simmer for 15 minutes, or until all of the water has been absorbed. Let stand for 5 minutes and fluff with a fork. Transfer cooked quinoa to a large bowl.

In a medium-sized mixing bowl, combine the lime and lemon juice, oil, cilantro, chives, and remaining ½ tsp (2 mL) salt. Whisk well. Pour on top of quinoa. Stir to combine.

Add the toasted seeds, mixed beans, sweet pepper, carrot and dried cranberries to the quinoa. Mix well and refrigerate for at least 20 minutes.



**Note:**

- Any of the raw vegetables can be easily switched depending on what you have on hand. I have used diced onion, shredded beets, shredded raw zucchini (although I recommend to squeeze out the excess liquid), and even added in leftover roasted veggies. This is a wonderful side dish to any meat dish for dinner.
- Quinoa (pronounced keen-wa) is a seed that is cooked and eaten like a grain. It contains all of the essential amino acids, making it a complete protein. Quinoa is also a good source of fiber, B-vitamins, calcium, potassium, magnesium, tryptophan and selenium.
- Quinoa contains a natural substance called saponin, which has a bitter taste. Most (but not all) packaged quinoa has been rinsed to remove this coating. If quinoa has not been pre-rinsed, simply rinse it under cold water in a fine-mesh strainer until the water runs clear.
- Quinoa is a good source of trace minerals—specifically manganese and copper—that are important in turning carbohydrates into energy.

**Nutritional Facts:**

1 cup (250 ml) 400 calories, Fat 22 g, Saturated fat 3 g, Sodium 597 mg, Carbs 42 g, Fibre 7 g, Sugars 9 g, Protein 12 g.



## 11. Curry Sweet Potato Soup

6 servings. Freeze the rest

### Ingredients:

2 tbsp Olive oil  
1 lg onion, diced or 1 cup frozen chopped onion  
a knob of ginger, peeled and minced or 1 ½ tbsp jarred ginger purée  
3-4 garlic cloves, minced or 1 ½ tbsp jarred minced garlic  
1 tbsp garam masala or curry powder  
2 tsp curry powder  
3 lg sweet potatoes, peeled and diced  
1 400 ml tin of coconut milk  
a handful of minced cilantro  
the juice of one lime  
salt and pepper  
1 900 ml carton vegetable broth

### Directions:

In a soup pot, saute the onion in the olive oil over medium low heat. Once softened add the garlic, ginger and spices. Stir to combine and heat through, about 1 minute. Add the sweet potatoes, stock and enough water to almost cover the contents and bring to a boil. Decrease heat to simmer and let cook until the potatoes are tender.

Now blend the soup until smooth. If you need to use your blender wait until the soup is cooler but if you have a stick/hand blender you can do it right away. Blend until it is very smooth. Add the can of coconut milk, cilantro and the lime juice and salt and pepper to taste.

### Nutrition Facts

Calories 113.7, Fat 2.8 g, Cholesterol 0.4 mg, Sodium 21.1 mg, Potassium 244.8 mg,  
Carbohydrate 20.6 g, Fiber 3.1 g, Sugars 0.1 g, Protein 2.4



## 12. I Don't Feel like Cooking Green Pea Soup

2 servings

### Ingredients:

1 tbsp olive oil and a little more to drizzle  
1 medium yellow onion, diced  
Pinch of salt  
2 cloves of garlic, minced or 1 tbsp jarred minced garlic  
1 cup frozen green peas  
1 ½ cups vegetable broth  
½ tsp dried or fresh dill  
Zest of ½ lemon  
½ tsp lemon juice or more if desired

### Directions:

In a medium sauce pan heat 1 tbsp of olive oil over medium heat. Add the onions and a pinch of salt. Sauté until onions have softened, about 5 minutes. Add the garlic and stir, cooking for another 2 minutes

Add the peas and vegetable broth. Cook until the peas are bright green and no longer frozen but not longer. It only takes a couple of minutes and the soup may only be warm.

Use a stick/immersion blender or very carefully ladling the soup into a blender, add the dill, lemon zest and juice and blend until completely smooth.

Transfer back to the pot if you used a blender and heat until hot. Serve with a drizzle of olive oil if desired.

### Nutrition Facts

Calories 235, Fat 7.4g, Cholesterol 0 mg, Sodium 597 mg, Potassium 269 mg, Carbohydrate 34.6 g, Fiber 11 g, Sugars 18.4g, Protein 4.7g



### 13. Chicken Cacciatore

2 servings

#### Ingredients:

1 tbsp Olive Oil (divided)

2 boneless, skinless chicken thighs, or breasts sliced into strips and salt and peppered

½ 796 canned diced tomatoes (reserve the other half a tin for another recipe)

1 medium yellow onion, diced

1 sweet pepper, diced

½ cup vegetable broth, water or red wine

2 cloves of garlic or 1 tbsp of jarred minced garlic

1/2 tsp dried thyme

1/2 cup quinoa

1 cup water

Salt and pepper to taste

Pinch cayenne (optional) if you like a little heat

#### Directions:

In a large pan over medium high heat sauté the onions and peppers in 1/2 tbsp of the olive oil. Just as they soften add the garlic being careful not to let it burn. Once soft remove from pan. Add the remainder of the oil and add the chicken. Let the chicken sear and brown a little. This will save it from falling apart when the liquid is added in later. Once all the chicken has changed colour but without letting it cook through, add back in the onions, peppers and garlic and 1/2 cup of the vegetable stock, water or red wine. Bring to a simmer and add the tomatoes and thyme. From here let it simmer until the quinoa is ready.

In a saucepan over high heat, bring 1 cup of water, 1/2 tsp (2 mL) of salt and quinoa to a boil. Reduce heat to low, cover and simmer for 15 minutes, or until all of the water has been absorbed. Let stand for 5 minutes and fluff with a fork.

#### Nutrition Facts

3/4 cup chicken mixture with 3/4 cup rice: 394 calories, 13g fat (2g saturated fat), 63mg cholesterol, 527mg sodium, 40g carbohydrate (3g sugars, 2g fiber), 27g protein.





## 14. Shepherd's Pie

4 servings

### Ingredients:

1 lb ground beef or any other ground meat. (If using a ground poultry, chicken or turkey, you are going to have to add some more fat when browning because less will be rendered from the meat during cooking.)

2 tbsp olive oil

1 small yellow onion

½ sweet pepper

1 carrot

1-2 celery stocks

1/2 cup frozen corn niblets

3 cloves of garlic, minced or 1 tbsp jarred minced garlic

1/2 cup vegetable stock

½ tsp dried thyme

Salt and Pepper

2 lg sweet potatoes, peeled and cubed

½ medium fresh cauliflower head, cut in ½

### Instructions:

Preheat oven 350

In a large pot bring the cubed sweet potato and the cauliflower to a boil in salted water. Turn down heat and simmer until potato and cauliflower soften but not mushy, about 4 minutes (this depends on how large your cubes are). Drain and let steam off excess moisture

In a large cast iron or oven proof pan sauté over medium high heat the onions, carrots, sweet pepper, celery, and garlic in the olive oil. When the vegetables start to soften, about 4 minutes, add the thyme, and salt and pepper. Stir to combine. Crumble the ground beef into the vegetables breaking up any larger pieces. When the meat is almost completely browned add stock scraping up any brown bit stuck to the bottom of the pan.

Turn the heat down, add the corn and let this simmer until the liquid cooks down by about half. When the cauliflower has cooled enough to be handled chop it into bit size pieces.



When the filling is ready, make sure it is evenly distributed in the pan and top with the potatoes and cauliflower. Put in the oven until bubbling and potatoes are completely soft.

**Note:** Freeze extras

**Nutritional Facts:**

Calories 260, Total Fat 12g, Saturated Fat 2.5g, Cholesterol 40 mg, Sodium 650 mg, Carbs 21g, Dietary Fiber 1g, Sugars 3g, Protein 18g



## 15. Pasta Primavera

2 servings

### Ingredients:

170 g whole wheat (generally a box of pasta is 5 servings – 85g per serving)  
1/4 cup extra-virgin olive oil, plus more for drizzling  
1 sm onion, diced  
2 cloves garlic, minced or 1 tbsp jarred minced garlic  
½ sweet pepper, diced  
10 green beans, cut into thirds  
2 tbsp frozen corn  
2 tbsp frozen sweets peas  
1 plum tomato, diced  
1 cup of fresh spinach or ½ a box of frozen (thaw and squeeze out excess liquid)  
1/4 to 1/2 teaspoon red pepper flakes (optional)  
1/4 cup grated parmesan cheese or any cheese you have

### Directions:

Bring a medium pot of salted water to a boil. Add the pasta and cook as the label directs. Add the green beans and frozen vegetables to the boiling water during the last 2 minutes of cooking. Reserve 1/2 cup cooking water, then drain the pasta and vegetables.

Meanwhile, heat the olive oil in a large skillet over medium heat. Add the onions, peppers and garlic and cook until soft, about 2 minutes. Add the tomatoes, red pepper flakes and 1/2 teaspoon salt; cook until the tomatoes begin to wilt, about 2 minutes. Stir in 1/4 cup of the reserved cooking water. Add the spinach and then the pasta and vegetables. Add the cheese and toss to combine. Season with salt. Divide the pasta among bowls. Drizzle with olive oil.

### Nutritional Fact:

Calories 220, Fat 5.1g, Carbs 45g, Fibre 10g, Protein 15g



## 16. Greek Yogurt & Lemon Pasta

2 servings

### Ingredients:

½ cup plain, Greek yogurt  
3 tablespoons grated Parmesan, divided  
Juice of 1 lemon  
Zest of 1 lemon  
¾ teaspoon ground black pepper, divided  
¾ teaspoon salt, divided  
170 g whole wheat pasta  
2 tablespoons olive oil  
2 boneless, skinless chicken thighs or breasts, sliced into ½-inch pieces  
2 cloves garlic, minced or 1 tsp jarred minced garlic  
2 cups baby spinach

### Instructions:

In a bowl, mix the Greek yogurt, 2 tablespoons parmesan, the lemon juice, the lemon zest, ½ teaspoon pepper, and ½ teaspoon salt. Heat the olive oil over medium heat in a pot. Once the oil begins to shimmer, add the chicken and cook until it begins to brown, about 3 minutes. Add remaining salt and pepper, garlic, and spinach, and cook for 1 minute. Remove the pot from the heat, add pasta and the prepared sauce, and stir to combine. Garnish with remaining parmesan cheese.

### Nutrition Facts:

Calories 335, Fat 10g, Saturated fat 2g, Carbs 46g, Fibre 8g, Protein 20g



## 17. One Pan Lemon Chicken and Veggies

2 servings

### Ingredients:

- 1 small package Cole Slaw Mix
- ½ 398 ml canned chickpeas, drained and rinsed (reserve the other half for another recipe)
- 4 tablespoons olive oil
- 2 lemons, thinly sliced and deseeded
- 4 cloves garlic, minced or 2 tbsp jarred minced garlic
- 2 tsp dried thyme
- 2 tsp dried rosemary
- 1 tsp salt, plus more to season
- 1/2 tsp ground black pepper, plus more to season
- 2 boneless, skinless chicken thighs (or breasts)
- 1/2 teaspoon paprika

### Directions:

Preheat oven to 375°F (190°C). In a large bowl, add the Cole Slaw Mix, chickpeas, olive oil, lemon slices, garlic, thyme, rosemary, salt and pepper and toss to combine. Transfer to a parchment paper-lined sheet tray and place the chicken on top. Season the chicken with paprika and additional salt and pepper. Bake until chicken is cooked through and cole slaw is tender, about 20 minutes.

### Nutrition Facts

Calories 587, Fat 33g, Sat Fat 5g, Carbs 40g, Fibre 12g, Protein 38g



## 18. Sheet Pan Mediterranean Cod

2 servings

### Ingredients:

4 frozen cod or white fish fillets (depending on the type of white fish these will shrink during cooking, some more than others)

5 cups spinach leaves (spinach cooks down to almost nothing so you can go crazy here) or 2 boxes of frozen spinach

2 tbsp olive oil

2 whole plum tomatoes, diced

1/2 cup pitted olives, whole, halved + chopped

2 cloves of garlic, minced or 1 tbsp jarred minced garlic

1 pinch salt

1 pinch black pepper

1/2 tsp oregano

### Directions:

Pre-heat oven to 400F degrees.

In a large sheet pan lined with parchment paper, cover the bottom with a bed of spinach. If using frozen spinach, let thaw and squeeze out excess liquid before putting on sheet pan. Place the cod on top of spinach. In a small bowl combine the diced tomatoes, chopped olives, garlic, oregano, olive oil, salt and pepper and stir to combine. Spread over the fish and spinach.

Bake for 20-22 minutes.

### Nutritional Facts:

Calories 356, Fat 17.7g, Saturated Fat 2.1g, Cholesterol 110mg, Sodium 400mg, Carbohydrates 6.7g, Fiber 2.5g, Sugar 2g, Protein 42.9g



## 19. Cauliflower and Chickpea Curry

2 servings

### Ingredients:

½ medium fresh cauliflower, trimmed and cut into small florets  
1 tbsp olive oil  
1 lg yellow onion, diced  
2 cloves of garlic, minced or 1 tbsp jarred minced garlic  
½ tbsp minced ginger, fresh or jarred  
1 tsp ground coriander  
1 tsp ground cumin  
½ (400g or 398mL) tin of chickpeas, drained and rinsed  
½ 796 ml canned diced tomatoes (reserve the other half can for another recipe)  
1 tsp garam masala or curry powder  
Chopped cilantro if desired  
Salt and pepper

### Instructions:

Put the cauliflower in a large pot and cover with cold water. Add a pinch of salt and bring to a rolling boil. As soon as it reaches a boil remove from heat and drain. This is to only partially cook the cauliflower.

Heat the oil in a medium sauce pan over medium heat. Add the onions, garlic, and ginger and sauté stirring often until onions are translucent. Add the ground coriander, cumin, garam masala or curry powder and a pinch of salt and pepper. Combine and let the mixture get fragrant but not burn.

Add the tomatoes with their juice, chickpeas and cauliflower, stir well. Add enough cold water to almost but not completely cover everything and bring to a simmer. Simmer for 5-10 minutes, stirring once or twice until cauliflower is tender.

Meanwhile, in a saucepan over high heat, bring 1 cup of water, 1/2 tsp (2 mL) of salt and quinoa to a boil. Reduce heat to low, cover and simmer for 15 minutes, or until all of the water has been absorbed. Let stand for 5 minutes and fluff with a fork.

### Nutrition Facts:

Calories 527g, Fat 13.7g, Cholesterol 0 mg, Sodium 77 mg, Potassium 1868 mg, Carbohydrate 83.4 g, Fiber 24.8 g, Sugars 22.3 g, Protein 24.7



## 20. Portuguese Fish Stew

2 servings

### Ingredients:

4 frozen cod or white fish fillets  
1 lg yellow onion, peeled and thinly sliced into coins  
½ sweet pepper, thinly sliced  
2 plum tomatoes, thinly sliced into coins  
1 large potato, thinly sliced into coins  
2 tbsp olive oil (divided)  
1 tbsp dried parsley  
2 bay leaves

### Directions:

Pre-heat oven to 375F degrees.

This dish is all about prep time and very little else. Once all your vegetables are ready the rest is easy.

In an oven proof dish sauté the onions in 1 tbsp of the olive oil over low heat until soft and sweet. Meanwhile, parboil the potatoes in a saucepan of boiling salted water for about 3 minutes and then drain.

Remove half the onions from the pan and spread out the remaining onions into a nice layer. Top with a layer of half the tomatoes, half the peppers, and half the potatoes, then the fish on top of that. Sprinkle the fish with parsley and drizzle with ½ tbsp of the olive oil. Then repeat the vegetable layer on top of the fish starting with onions and finishing with potato. Drizzle the remaining oil on top and season with salt and pepper if desired. Poke the bay leave in through the layers

Cover tightly with tin foil and bake for 30 mins or until the potatoes are cooked through. Serve alone or with some bread.

### Nutritional Facts:

Calories 312, Fat 6g, Saturated Fat 0.9g, Carbohydrates 26g, Fiber 4.2g, Sugar 10g, Protein 35.2g





## Crossroads For the Love of Seniors Food Box - GROCERY LIST

### Produce

7	Plum tomatoes
1	Bunch fresh cilantro
1	Small Red Onion
3	Lg potatoes
30	Green Beans (or small bag)
1	Small bag Cole Slaw Mix
2 inch knob	Fresh ginger
312 g	Fresh spinach or 900g total in frozen boxed spinach
1	Small bunch celery
1	Head of cauliflower
11	Yellow onions
6	Large Sweet Potatoes
4	Sweet peppers (any colour)
1	2lbs bag carrots
3	Heads of garlic or jarred

### Dairy

1	1L tub plain Greek Yogurt
12	Lg Eggs
2	Litre Milk
1	Sm shaker or block of Parmesan

### Meat

6	Boneless/skinless Chicken Thighs or breasts if not available
1lb	Medium Ground Beef

### Frozen Foods

1	Frozen Berry Blend
1	Small bag frozen green peas
1	Small bag frozen corn niblets
8	Frozen Cod or White Fish Fillets

### Canned Goods—low sodium if possible

1	170 g Canned water packed Tuna
1	398 mL Canned 6 Bean Medley (not herbed)
1	400mL canned coconut milk
3	796mL canned diced tomatoes (not herbed)
1	398mL canned chick peas
4	398mL canned black beans

### Bulk Goods

1/4 cup	Raw unsalted Pumpkin seeds
1/4 cup	Raw unsalted Sunflower Seeds
1/8 cup	Dried Unsweetened Cranberries

### Fruit

1	3lbs bagged apples
1	Bunch 7-10 bananas
6	Lemons
3	Limes

### Jarred Goods

250g	Honey
750ml	Olive oil
1 small	Jar olives (not canned)
1 medium	Jarred minced garlic (if not buying the fresh)

### Odds and Sods—low sodium if possible

3	900mL Vegetable Broth
1	Loaf whole grain bread

### Dry Goods

1	454g box Whole Wheat Pasta
1 sm bag	Dried Red lentils
1 sm bag	Quinoa
1 sm bag	Old Fashioned Rolled Oats
1 sm box	Granola