



Easy and Fast

Recipes

for the entire
family!

Look inside for delicious and healthy recipes!

Information provided by:

Sehat Program | South Asian Health Institute | Fraser Health
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Breakfast Recipes

Sehat Dalia

Serves: 1

Ingredients

- ¼ cup dalia
- ¼ cup water
- ½ apple, chopped (or fruit of choice)
- ½ tsp cinnamon
- ½ cup milk or unsweetened soy beverage

Directions

In a non-stick pot over medium heat, combine dalia, water, and milk. Add in chopped apples and stir often. Cook for about 10-15 minutes, or until almost all of the liquid is gone and the dalia is creamy. Serve with your choice of toppings.

Fun Toppings

Nuts / Seeds: Almonds, chia seeds, walnuts, pumpkin seeds or pistachios

Fruits: Apples, banana, blueberries, dried fruits or strawberries

Others: Dark chocolate, cinnamon, or coconut

Sehat smoothies

Serves: 1

Fruity oatmeal

- 1 cup milk
- ½ cup frozen mixed berries
- 2 tbsp rolled oats

Directions: In a blender, combine all ingredients and blend until smooth.



Berry sunrise

- 1 cup milk
- 1 medium banana
- ½ cup fresh or frozen strawberries

Directions: In a blender, combine all ingredients and blend until smooth.

Peanut banana

- 1 cup milk
- ½ frozen banana
- 1 tbsp natural peanut butter

Directions: In a blender, combine all ingredients and blend until smooth.

Sweet greens

- 1 cup milk
- ½ cup frozen raspberries
- ½ cup spinach or kale

Directions: In a blender, combine all ingredients and blend until smooth.



Breakfast Recipes

Parfait

Serves: 1

Ingredients

- ¾ cup plain greek yogurt
- ¼ cup granola or whole grain cereal
- ¼ cup fresh or frozen mixed berries

Directions

To assemble parfait, layer yogurt with the berries and top with granola or whole grain cereal.

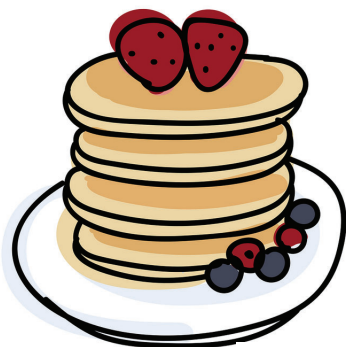


Sehat Pancakes

Makes: Six 4 inch pancakes

Ingredients

- 1 cup Buttermilk Pancake Mix
- 2/3 cup 2% Milk
- 2 tbsp Ground Flaxseed
- Cooking Spray



Directions

In a bowl, mix pancake flour with milk and flaxseed. Combine until slightly lumpy being careful not to overmix. Let batter rest for 5 minutes.

Heat skillet or non-stick pan over medium heat. If needed, lightly oil the surface with cooking spray. Scoop ¼ cup of the mixture onto the warm skillet. Cook for 2 to 3 minutes until small bubbles form on the pancake surface. Flip and cook on the other side for 1 to 2 minutes or until golden brown.

Serve hot.

Snack Recipes

Banana bread

Ingredients

- 1 $\frac{3}{4}$ cup whole wheat flour
- $\frac{1}{3}$ cup vegetable oil such as olive oil
- $\frac{1}{2}$ cup honey
- 2 eggs
- 2 large ripe bananas, peeled and mashed
- $\frac{1}{4}$ cup milk
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{2}$ cup chopped walnuts (optional)



Directions

Preheat oven to 325°F and grease a 9 x 5-inch loaf pan. In a large bowl, whisk together the oil and honey. Add in eggs and mix well. Add in the mashed banana and milk. Mix in baking soda, vanilla, salt, and cinnamon. Slowly fold in flour and mix. If desired, add in walnuts until combined. Pour mixture into loaf pan. Bake for 60 minutes or until a toothpick inserted into the center comes out clean.

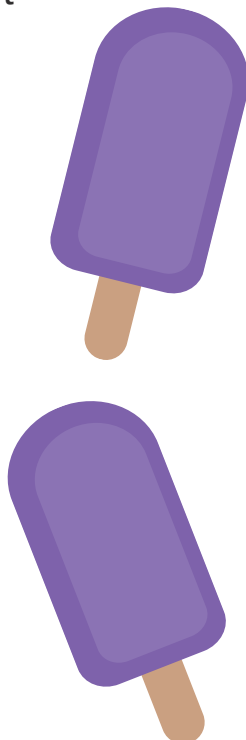
Sehat Popsicle

Ingredients

- 2 cups Vanilla Greek yogurt
- 2 tbsp. Honey
- 2 cups Blueberries

Supplies Needed:

- 1) Popsicle mold
- 2) Wooden popsicle sticks



Directions

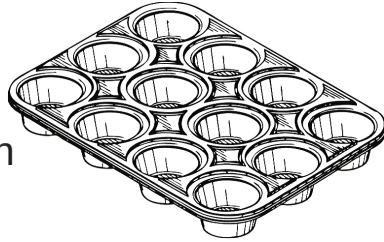
Blend the blueberries until they have a smoothie consistency. Pour the blueberry liquid into a bowl. Stir in honey. Add the yogurt and mix everything together. Pour mixture evenly into each popsicle mold. Freeze for 2 hrs and add a wooden stick in the middle of each popsicle. Continue to freeze for another 4-6 hrs or overnight.

Snack Recipes

Egg-Free Muffins

Ingredients

- 1 ½ cups whole wheat flour
- ½ cup all purpose flour
- ¾ cup brown sugar, packed
- 1 tbsp baking powder
- 2 tsp baking soda
- 2 tsp ground cinnamon
- ½ tsp nutmeg
- ½ tsp salt
- ¾ cup unsweetened applesauce
- ½ cup canola oil
- 1 apple, peeled, and shredded
- ½ cup unsweetened coconut flakes
- 1 tbsp vanilla extract
- 2 cups grated carrot (~ 3 medium carrots)
- ½ cup walnuts, chopped
- ½ cup raisins



Directions

Preheat oven to 400 degrees Fahrenheit. Grease a muffin tin or line with paper liners. In a large bowl add all flour, sugar, baking powder, baking soda, cinnamon, ginger, and salt, and mix well. Whisk in the applesauce, oil, apple and vanilla. Fold in the carrot, raisins, coconut, and walnuts and mix. Divide batter evenly into the muffin cups. Bake for 10 minutes then reduce heat to 350 degrees and bake for an additional 10 minutes, or until a toothpick inserted in the center comes out clean.

Gajar Halwa Laddoos

Ingredients

- 1 tbsp. butter
- 1/2 tsp. ground cardamom
- 2 cups grated carrot
- 1/2 tsp. grated ginger
- 2 tbsp. sugar
- 4 tbsp. coconut (plus some extra for rolling)
- 2 tbsp. almonds, grated
- 1/4 cup skim milk powder



Directions

In a non stick pot add butter and melt. Add cardamom and cook until fragrant. Add carrots and cook until soft. Add ginger, sugar, coconut, and grated almonds. Continue to cook for 3-5 minutes. Remove pot from heat and add skim milk powder. Form 12 balls and roll in coconut.

Snack Recipes

Nut-free trail mix

Serving size = 1 tablespoon

Ingredients

- ½ cup raw pumpkin seeds
- ½ cup raw sunflower seeds
- ½ cup raisins
- 60 pretzel sticks



Directions

Combine all ingredients in a bowl and mix well. Store in an airtight container for up to 2 weeks.



Protein pinni

*Makes about 24 pinnis

Ingredients

- 1 cup rolled oats
- 2/3 cup unsweetened coconut flakes
- 1/2 cup peanut butter or *nut free butter
- 1/4 cup ground flaxseed
- 1/4 cup hemp seeds
- 1/3 cup honey
- 1 tbsp chia seeds
- 1 tsp vanilla extract



Directions

In a large bowl, combine all ingredients. Let it set in the fridge for 30 minutes. Roll into small balls (about 1-inch size).

Store in an airtight container in the fridge.

*WowButter or NoNut Butter

Roasted masala chickpeas

Ingredients

- 1 can (540 mL) no-salt-added chickpeas, drained and rinsed
- 1 tbsp olive oil
- ½ tsp paprika
- ½ tsp garlic powder
- 1 tsp garam masala

Directions

Preheat oven to 350°F. Combine chickpeas, olive oil, garlic powder, paprika, and garam masala and mix well. Evenly spread chickpeas onto a non-stick baking sheet and bake for about 45 minutes or until chickpeas are crisp. Stir chickpeas occasionally.



Lunch Recipes

Garlicky Tofu Stir Fry

Ingredients

For the stir-fry:

- 1 pound extra firm tofu
- 2 garlic cloves, peeled and minced
- 2 inch (5 cm) piece of ginger root, grated
- 3 cups broccoli, roughly chopped into small pieces
- 2 cups shredded carrot
- 2 cups green bell pepper, chopped
- 1 medium yellow onion, chopped



For the garlic stir fry sauce:

- 1 tbsp low sodium soy sauce
- 2 tbsp lemon juice
- ½ cup no salt added vegetable broth or homemade broth.
- ½ tbsp corn starch
- 1 tbsp olive oil
- Cilantro (optional)

Directions

In a small bowl, whisk all sauce ingredients together and set aside. Heat wok or a large skillet over medium-high heat. Add oil and swirl to coat wok. Sauté onions, garlic, ginger, and tofu for about 10 minutes, or until tofu turns light brown. Add broccoli, carrots, and green bell pepper. Sauté for about 5 minutes. Stir in sauce mixture and cook for a full 3 minutes to allow the corn starch to thicken the sauce. Once cooked, garnish with cilantro if desired.

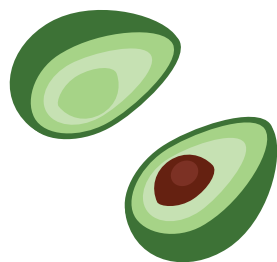
Tip: To complete your meal, serve your stir fry on top of brown rice, whole grain spaghetti noodles or quinoa. Prepare this recipe in bulk on the weekend and enjoy lunch for the next week. Store leftovers in the fridge.

Note: Stir fry sauce is not spicy.

Avocado prantha

Ingredients

- 1 avocado, big
- 1 cup whole wheat flour
- 1 teaspoon lemon juice
- ½ tsp ground cumin
- ¼ tsp red chili powder
- ¼ tsp carom seeds (or ajwain seeds)
- 2 tbsp coriander, chopped
- Salt, to taste



Directions

In a bowl, add flour and set aside. In a small bowl mash avocado using a fork and mix in cumin, salt, red chili powder, carom seeds, lemon juice, and coriander. Add avocado mixture to the flour. Knead dough until smooth. If needed use a small amount of water to knead dough

Tip: Enjoy with a side of plain Greek yogurt!

Lunch Recipes

Sehat pizza

Serves: 1

Ingredients

- 1 whole wheat pita or whole wheat naan
- 1 ½ tbsp tomato Sauce
- 1 tsp Italian herb blend
- ½ cup mozzarella or marble cheese, shredded

Directions

Preheat oven to 350°F. Place whole wheat pita or whole wheat naan on to a baking sheet. Spread tomato sauce on top. Sprinkle with Italian herb blend. Top with your choice of pizza toppings and cheese. Bake for 10-12 minutes, or until cheese melts. Enjoy!

Choose at least 2 Toppings:

- Mushrooms, sliced
- Tomato, sliced
- Spinach, shredded
- Green pepper, cut up
- Onions, diced
- Pineapple, cut up



Southwestern Penne Pasta Salad

Ingredients

- ½ pound whole wheat penne pasta (or any pasta of your choice)
- ½ 15-oz can black beans, drained and rinsed (about 1 cup)
- ½ cup chopped red bell pepper
- ½ cup small red onion, diced (about 1 small onion).
- ½ cup frozen corn (defrosted)
- 2 teaspoons lime juice
- 1 tbsp olive oil
- 1/3 cup crumbled feta cheese

Directions

Cook the pasta using the package directions. Drain and set aside. Make the dressing by mixing together lime juice, and olive oil. In a bowl, toss together warm cooked pasta, beans, pepper, corn, and dressing. Top with feta cheese.



Lunch Recipes

Thermos Friendly Vegetable Soup

Ingredients

8 cups water or low sodium vegetable broth
1 tbsp olive oil, extra virgin
1 medium onion, chopped
3 large garlic cloves, minced
2 carrots, shredded
2 celery stock, diced
15 oz can diced tomatoes, low sodium
½ cup quinoa, uncooked
1 large potato, cubed
1 ½ tsp salt
1 tsp, dried basil
1 cup corn
¼ tsp black pepper
1/3 cup parsley, chopped



Directions

Heat a large skillet on medium heat and add oil. Add onions and garlic. Saute until translucent, stirring occasionally. Add in carrots and celery and cook for about 5 minutes, be sure to stir occasionally. Transfer mixture to a large pot, add in the water or vegetable broth, diced tomatoes, quinoa, potatoes, salt, and bring to boil on high heat. Once the mixture has boiled, reduce heat to low, cover pot, and cook for about 15 minutes. Turn off heat. Stir in corn, basil, and black pepper.

Key to this recipe is to use vegetables you have in your kitchen. Ask your child what some of their favourite vegetables are and include them into the soup!

Lunch Recipes

Chickpea Salad sandwich

Ingredients

15-oz can chickpeas, drained and rinsed
2 stalks celery, chopped
1 small red onion, chopped
1 ½ tsp yellow mustard
1 ½ tsp lemon juice
2 tbsp parsley
1 garlic clove, peeled and minced



Directions

In a large bowl, mash the chickpeas with a potato masher until flaky texture. Stir in the celery, green onions, garlic, and mayonnaise until combined. Stir in mustard, lemon juice. Serve with whole grain toast, crackers, wraps, or on top of a leafy green salad

Eggless mayonnaise

* Makes 8 2 tbsp. portions

Ingredients

15 oz can chickpeas
1 Garlic clove, peeled
2 tbsp lemon juice
1 tsp mustard
1/3 cup extra virgin olive oil
Pinch of salt.

Directions

Combine ½ liquid from the can of chickpeas, chickpeas, garlic, lemon juice, and mustard in blender. Blend on high until the mixture becomes smooth.

Lunch Recipes

Balanced Quinoa Salad

Ingredients

For Dressing:

- 1/4 cup olive oil
- 1/4 cup lemon juice (from 2-3 lemons)
- 1 tablespoon apple cider vinegar
- 2 cloves garlic, minced

For Salad:

- 1 cup uncooked cooked quinoa
- 2 cups water
- 1 can (15 ounces) chickpeas drained and rinsed, or 1 ½ cups cooked chickpeas
- 1 medium cucumber, chopped
- 1 medium red bell pepper, chopped
- 1 small red onion, chopped
- 1 cup finely chopped fresh cilantro
- Black pepper, to taste
- 1/4 cup crumbled feta cheese



Directions

To cook the quinoa: Combine the rinsed quinoa and the water in a medium sauce pan. Bring the mixture to a boil over medium-high heat, then decrease the heat to simmer. Cook for about 15 minutes or until the water has gone. Remove from heat, cover pan, and let the quinoa rest for 5 minutes, to give it time to fluff up.

In a large serving bowl, combine chickpeas, cucumber, bell pepper, onion and cilantro and set aside.

In a small bowl, whisk together olive oil, lemon juice, apple cider vinegar and garlic.

Once quinoa has cooled, add it to the serving bowl, and drizzle the dressing on top. Season with black pepper, to taste. For best flavour, let the salad rest for 5 to 10 minutes before serving. Be sure to mix well. Top with feta cheese.

Note: This salad keeps well in the refrigerator, covered, for about 4 days.

Lunch Recipes

Whole-wheat veggie wrap

Ingredients

- 1 whole wheat tortilla
- 2 tablespoons hummus
- 2 tablespoons shredded cheddar cheese
- 1 cup sliced fresh vegetables of your choice

Directions

Lay tortilla flat on the counter. Spread hummus evenly onto the tortilla. Add your choice of vegetables and sprinkle with cheese. Roll the bottom of the tortilla over the top, tuck each of the ends in tightly and continue rolling. Cut the wraps in halves and serve.

Choose at least two of the following vegetables:

- Chopped cucumbers
- Chopped bell peppers
- Lettuce
- Shredded carrots
- Chopped tomatoes
- Mashed avocado



Baked Paneer Tikka

Ingredients

For the paneer:

- 2 cups paneer, cubed into 1-inch pieces
- 1 medium white onion, cut into 1-inch cube
- 1 green bell pepper, cut into 1-inch cube
- 1 red bell pepper, cut into 1-inch cube
- ½ lime

For the marinade:

- 2 tbsp mustard oil
- 2 garlic cloves, minced
- 1 inch piece of ginger, grated
- ½ cup plain greek yogurt
- 2 tsp paprika
- 1 tbsp coriander powder or cumin
- 1 tsp garam masala
- 1 tsp kasuri methi



Directions

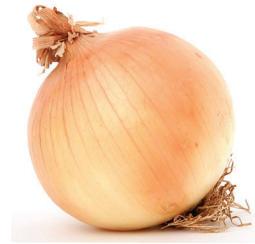
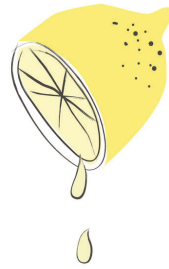
Mix all marinade ingredients into a large bowl. Add paneer and toss well ensuring an even coat. Cover and set aside for minimum 1 hour. Preheat oven to 430 degrees Fahrenheit. To make skewers, alternate paneer cubes, onion, peppers, and paneer. Place skewers onto a cooling rack and bake for 15 minutes, turning the skewers half way. For slightly charred tikka skewer broil for 2 to 3 minutes. Remove from oven and squeeze lime juice on top. Enjoy!

Lunch Recipes

Sehat Chaat

Ingredients

- 1 small green chilli, minced
- 1 ½ cups chopped roma tomatoes
- 1 cup chopped cucumber
- 1 chopped bell pepper (any colour)
- 1 cup mint leaves, finely chopped
- ½ cup drained and rinsed canned chickpeas
- ½ cup minced onion
- 2 tsp freshly squeezed lemon juice
- ¼ tsp salt and pepper



Directions

Combine all ingredients in a large bowl and enjoy!

Fun Tip:

Add a pinch of chaat masala and a splash of lemon juice and dahi





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