

# Nourishing Notes

## Quick and Nutritious Recipes

Healthy, quick and tasty foods can be made from just a few ingredients. Healthier choices are lower in fat and higher in fibre. Listed below are easy recipes that are healthier and cheaper than fast food.

### Spinach Frittata in a Pita

4	Eggs	4
1 Tbsp	Water	15 mL
1 tsp	Olive Oil	5 mL
1/4 cup	Chopped onions	50 mL
1/2 tsp	Minced garlic	2 mL
2 cups	Packed chopped spinach	500 mL
1 Tbsp	Chopped fresh basil (or 1/2 tsp/2 mL dried)	25 mL
1/4 cup	Grated Parmesan cheese	50 mL
2	Small 6-inch (15 cm) pita breads	2



#### Method:

1. In a small bowl, whisk together eggs and water. Set aside.
2. In a small 8-inch (20 cm) nonstick skillet, heat oil over medium-high heat. Add onions and garlic; cook for 1 to 2 minutes. Stir in spinach and basil (it will cook down); cook for 3 to 4 minutes or until spinach is wilted. Remove from pan; set aside.
3. Over medium heat, add half the spinach mixture and half the egg mixture. Cook for 3 to 5 minutes or until browned on the bottom with some of the top still not set; sprinkle with cheese. Flip frittata over; cook for 1 to 2 minutes or until browned and completely set. Remove from pan and cut in half. Repeat procedure with remaining ingredients to make second frittata.
4. Cut pitas in half; place frittata halves inside each half.

#### Nutrition Tips:

- Experiment with other greens, such as collard greens, kale, mustard greens, dandelion greens, swiss chard, and rapini.
- Add more colour, flavour, and nutrients by adding other vegetables including red pepper, broccoli, and tomato.

## Lima Bean and Basil Dip

### Ingredients:

14 oz. can	Lima Beans (drained and rinsed)	400 g
2	Garlic cloves (minced)	2
1 Tbsp	Olive Oil	15 mL
2 tsp	Lemon Juice	10 mL
pinch	Black pepper	pinch
1/2 cup	Fresh basil leaves	25 g

### Nutrition Tips:

- Aside from assisting to maintain regularity, fibre-rich diets have other health benefits too. For instance, higher fibre foods help lower blood cholesterol particularly if it's too high.
- Beans are an excellent source of soluble fibre, which helps control blood sugar and lower blood cholesterol.

## Peach and Granola Crisp

### Ingredients:

1 29-ounce can	Peaches (in own juice)	
1 Tbsp	Cinnamon	15 mL
1 cup	Low-fat granola clusters	250 mL
1/2 tsp	Nutmeg	2.5 mL

### Nutrition Tips:

- Use fruit as an alternative to other high fat and high sugar desserts.
- Eating 5 to 10 servings of vegetables and fruit per day as part of a healthy diet can help reduce your risk of cancer, heart disease and stroke.

### Method:

1. Place all the ingredients, except the basil, in a blender or food processor and blend until you have a texture that is still slightly rough – don't over-blend.
2. Add the basil leaves, fork them through, and blend for 2 more seconds. Check the seasoning.



### Method:

1. Pour peaches into a microwave safe dish.
2. Sprinkle cinnamon, nutmeg and low-fat granola on top.
3. Heat in microwave for 2 minutes, rotating once during cooking.

