



# **Keep it simple: Rediscover the joy of cooking**

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# Keep it simple: Rediscover the joy of cooking!

Add your own simple and healthy meal ideas.  
Trade recipes with your friends.

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## Hot Chicken Sandwich for You on the Run

- Pop a serving of frozen sweet potato or regular French fries in the **toaster oven** and bake at 400°F.
- Meanwhile, defrost and reheat in the microwave frozen pieces of roast chicken or turkey.
- Open a small can of peas and drain excess water.
- In a saucepan combine the drained peas with a small can of your favourite brand of hot chicken sauce and heat well.
- Remove fries from oven and toast 1 or 2 slices of whole-grain bread.
- Place hot chicken between toasted bread, pour hot chicken sauce with peas over the sandwich and enjoy a hearty supper.

## Agequake Shortcuts

### **Instant Salad**

Buy prepared salad in a bag or separate and clean salad greens when you return from the store. Refrigerate greens in tightly sealed plastic container for a healthy and easy salad anytime.

### **Au Gratin in a Flash**

Grate cheese ahead of time and store in a zip-lock bag or buy grated cheese in re-sealable plastic bags for quick access.

Use grated cheese:

- on top of casseroles,
- on open-faced toasted sandwiches,
- to stuff pita pockets,
- in fajita roll ups,
- on soups and then melted in the microwave
- or any way you like!

### **Revive the Roast**

Once a week, while spending a quiet day at home, plan a roast. Maybe you've forgotten how simple they are. Invite a friend over to join you in the feast if you like. Afterwards, freeze the roasted meat or poultry in the right sized plastic bags or air tight containers for use as "planned left-overs" in the coming month. Carefully label and date containers. Check your grocery store flyer for the best roasting deal each week. Alternate between lean cuts of beef, pork, lamb and poultry for greater variety.

### ***Instant Veggies***

Look for pre-cut fresh or frozen vegetables suitable for stirfrys when grocery shopping or prepare veggies ahead of time and refrigerate or freeze until needed to help make meal prep simpler later in the week.

**Try:** Chopping onions once a week and keep refrigerated or frozen until needed.

### **Frozen Meatballs**

While you unpack your groceries divide meat, poultry and seafood into serving sizes suited to your needs. Store in plastic bags or containers and freeze.

**Try:** Shaping ground meat into patties or meatballs before storing in the freezer. Meal prep will be that much simpler when you need them.

### **Increase Your Fridge Space**

Use reconstituted skim milk powder (measure 1/3 cup powder and add water to make 1 cup) instead of fluid milk in all recipes and cut down on the weight of your weekly grocery bag and increase your fridge space. It's cheaper than liquid milk and fat free too.

### **No Fuss Supper**

Whenever possible, make an extra serving of your favourite meals to freeze in an airtight microwave safe container. Swap homemade frozen entrees with friends for greater variety or use the following week for supper on a busy day.

### **Pantry Favourites**

Keep your kitchen well stocked with individual portions of: yogurt, fruit canned in juice or water, applesauce, milk based pudding cups, breakfast bars, yogurt drinks and Carnation Instant Breakfast® envelopes. Use these as nutritious desserts or snacks.

### **This is the Way We Clean the Fridge**

The day before grocery day clean out your refrigerator by making a soup of all the interesting leftovers. Combine together all freshly scrubbed vegetables in a pot of boiling water. Add your favourite brand of soup base powder and let the soup simmer while you do your weekly meal planning. If desired, throw in any leftover servings of rice, pasta, legumes, cooked vegetables, pasta sauce, canned soup, vegetable juice or chunks of meat or poultry. When all the ingredients have simmered long enough to be tender, blend together with a hand blender, season to taste and create a new and surprisingly delicious *Potage aux légumes* each week!

### **Multiple Meal Ideas ...**

- This versatile sauce can be reheated and used over any kind of pasta.
- Top this sauce with a layer of drained canned vegetables, mashed potatoes and grated cheese and baked in individual casserole dishes.
- If you add a spoonful of brown sugar and vinegar to this sauce and serve it hot over toasted hamburger buns you will have *Sloppy Joes* in a hurry.
- You can also thin this sauce with water and pour it under and between layers of no-boil lasagna noodles, add a layer of spinach or zucchini and cottage cheese if desired, and then more noodles and sauce and top with shredded or sliced cheese. Cover pan with aluminum foil and refrigerate a couple of hours or overnight and then bake at 350°F. Enjoy your lasagna with a glass of red wine or milk and don't forget to have a salad on the side.
- Create a recipe of your own!

### **Fast and Easy Sweet and Sour Meatballs for a Busy You**

- Defrost frozen meatballs (try ground pork, turkey or chicken meatballs for a change) and bake in the **toaster oven**.
- Combine together in heavy saucepan 1/2 cup cold orange or pineapple juice with 1 teaspoon cornstarch and a pinch of ginger.
- Add cornstarch mixture to a 1/2 cup of store-bought (eggroll) plum sauce.
- Heat mixture and stir continuously until sauce thickens
- Add hot meatballs, pineapple chunks, chopped green pepper and tomato wedges and serve over steamed brown or wild rice.

## Lentil Pasta Sauce: The Basis for Many Fast and Healthy Meals

Try adding cooked lentils to your usual sauce to increase the fiber content. Prepare this sauce in large quantities and freeze in containers sized to suit your needs.

### Versatile Pasta Sauce

(Yields 2 cups of sauce)

- Simmer 1 cup of dried red or green lentils in enough water to cover and cook until soft.
- Brown 1/2 pound (250 grams) lean ground beef, pork or poultry in a heavy pot or electric frying pan using medium heat.
- Add 1 finely chopped onion, a clove of chopped garlic (or 1 tablespoon prepared garlic if preferred) to meat mixture, simmer until well cooked.
- A 1/2 cup of freshly chopped peppers, celery and/or mushrooms may also be added.
- Drain excess fat from the meat mixture.
- Add to meat mixture:
  - one 14 oz (398 mL) can of tomato sauce,
  - 2 1/2 tablespoons canned tomato paste
  - the cooked lentils
- Continue simmering and season to taste with basil, fine herbs, hot pepper sauce, salt and pepper if desired.
- Divide the seasoned sauce into tightly sealed plastic containers, label and date before freezing.
- Always remember to thaw this sauce safely in the refrigerator or microwave. Defrosted sauce must be eaten within four days, but can safely be kept in the freezer for up to 60 days.

### Pickled Eggs

Similarly, on menu planning day, if you haven't finished the eggs from last week's grocery shopping spree, cover them in water and let them gently hard cook. Cool and peel the eggs and place in a glass jar containing in a mixture of 2/3 vinegar 1/3 water and a dash of salt. Be sure to store pickled eggs in the refrigerator; enjoy them for a quick lunch time treat or healthy evening snack. Remember to reserve one hard cooked egg to make a fresh egg salad sandwich. Eat it at lunch with the "surprise" soup while you write up your grocery list.

### Two Meals in One

When cooking bite-sized pasta for your evening casserole, prepare a cup more than you need. Remove the extra cooked and drained pasta and mix it with a small amount of mayonnaise or plain yogurt. Reserve this pasta mixture in your fridge for a cold pasta salad for tomorrow's lunch. Add cubes of cooked meat, poultry or seafood, chopped scallions, celery, radish and/or fresh peppers and season for a savory yet simple lunch.

### Got a Minute? Have an Omelet

Rediscover the omelet. Beat 2 eggs in a heated frying pan and gently cook over medium heat. Add whatever else you feel like. Try adding diced red or orange bell pepper for extra fiber and flavour, mixed with sharp cheddar for a delicious new taste. Serve with whole-grain toast on the side and a glass of milk or vegetable cocktail.

### Slow Cooker Stews While You Relax

Dust off your slow cooker and begin reusing it again. Mix and match vegetable broth, wine and exotic sauces with meat cubes and chopped veggies. Create a fabulous and tender stew to serve over noodles or rice.

# Agequake Recipes



## One Pot Pasta Dish

- Brown lean ground meat or poultry with chopped onion and garlic in a heavy pot.
- Add equal parts dry pasta, water and ready-to-serve pasta sauce (1 cup per person) to cooked meat.
- Cover and simmer until pasta is tender (about 20 minutes).
- Add sliced vegetables, fresh or frozen, and heat 5 to 7 minutes more.
- Top with grated cheese and enjoy having only one pot to wash after your meal

## Tasty, Tender and Simple Chicken or Seafood Supper for Two

- Empty one can of soup into oven-proof casserole dish: Cream of chicken, mushroom or celery work best; try using a low-sodium soup.
- Mix a small amount of chopped onion with soup.
- Place raw chicken pieces (4 oz / 120 grams per person) on top of soup and gently press chicken into soup.
- Sprinkle with paprika if desired.
- Cover and bake 1 – 1 1/2 hours at 325°F.

This recipe works equally well with frozen fish fillets or seafood, but cooking time should then be reduced to 45 minutes. Serve with baked potatoes or yams and don't forget a side dish of steamed vegetables and a glass of milk!

## Tuna Casserole Revisited

- Combine in a single serving oven proof casserole dish
- 1 cup cooked and drained, bite-sized pasta
- 1/2 cup 2 % evaporated milk
- 1/2 can drained tuna (save the remainder for a sandwich at lunch tomorrow)
- 1/3 cup grated cheese

### Create your own recipe, choose your favourite add-in:

- shake of curry powder + snowpeas and mushrooms topped with slivered almonds
  - pinch of paprika + colourful chopped peppers topped with cracker crumbs
  - 1/3 cup salsa + corn, pinto beans topped with crushed nacho chips (omit milk)
  - replace evaporated milk with 1/2 cup stewed tomatoes + olives and green beans topped with garlic croutons
  - spoonful of Dijon mustard + celery and apples slices topped with walnuts
- Bake uncovered at 350°F for 35 minutes and enjoy this dish that combines the four food groups into one easy meal. Remember, tuna is an excellent source of omega-3 fatty acids.

