

Mini pizzas

English muffin or pita bread (whole wheat if available or use bread slices or buns)

Tomato Sauce (low salt if available – make your own sauce from tomato paste, water and Italian spices)

Chopped vegetables – peppers, onion, mushrooms, broccoli, pineapple

Cooked meat (optional)

Shredded mozzarella cheese

Assemble pizzas by spreading English muffin or pita with tomato sauce and topping with vegetables and meat and cheese. Bake in oven or microwave until the cheese has melted.

Healthy Spaghetti Sauce

1 onion, chopped

1 lb lean or extra lean ground beef (can also use ground chicken or turkey for an extra healthy option)

1 can low sodium diced tomatoes

1 small can tomato paste

2 large carrots, diced

1 red bell pepper, diced

1 Tbsp vinegar

2 tsp Italian spices or 1 tsp dried basil and 1 tsp dried oregano

Salt and pepper (use salt sparingly)

Put chopped onion and ground beef in a large sauce pan on medium high heat. Cook until the meat is brown and the onion is soft and transparent (cooking the meat and the onion together saves time and you don't have to add oil to cook the onion). Add diced tomatoes and tomato paste. Add diced carrot and bell pepper*. Add vinegar and spices. Simmer for 15 or 20 minutes until vegetables are cooked.

*If you prefer, you can cook the carrots and bell pepper separately, puree them and add them to the sauce. It's a great way to hide vegetables – nobody will know!

Chicken Strips

2 chicken breasts

½ c low fat plain yogurt

1 cup dry plain bread crumbs (make your own with whole wheat bread – let the bread dry and blend in a food processor until the crumbs are fine)

2 Tbsp parmesan cheese

1 tsp oregano

1 tsp chilli powder

Pinch of salt

Mix bread crumbs, cheese and spices together in a bowl or in a pie plate (for easy dipping). Cut chicken breasts into two inch long strips. Dip each strip in yogurt, then in the crumb mixture. Place on a cookie sheet lined with tin foil. Bake at 350 degrees for 15 minutes or until strips are no longer pink in the middle. Eat them hot or cold.

Home Baked Fries

2 medium potatoes, peel and slice thin or cut into French fry shapes

2 Tbsp olive oil or vegetable oil.

3 tsp spices – choose one or several of the following – try different mixes! Oregano, basil, rosemary, chilli powder, onion or garlic powder.

Pinch of salt

Combine oil and spices in a large bowl. Add sliced potato and toss. Pour mixture onto a tin foil-lined baking sheet and spread evenly. Bake at 425 degrees for 20 minutes or until potatoes are golden brown, flipping the potatoes half way through.

Hint – thinly sliced potatoes don't have the French fry taste but may turn out crunchier.

This recipe also works with sweet potatoes or yams.

Smoothies

1 cup 100% juice. Orange juice works well

1 cup plain or flavoured yogurt

1 cup fresh or frozen fruit – berries, peaches, pears, banana, kiwi

OR If you use plain yogurt and milk instead of juice, you can add 1-2 Tbsp cocoa powder, 1 Tbsp sugar and have a delicious chocolate fruit smoothie.

Put all ingredients in a blender and blend until smooth. If it's too thick, add more milk, juice or water.

Fruit and yogurt parfait

½ cup your favourite flavour of yogurt

½ cup your favourite fresh, frozen or canned fruit (if frozen, thaw a little in the microwave or on the counter)

¼ cup low fat granola.

Spoon the yogurt and fruit into a clear glass or bowl in layers. Sprinkle the granola on top and enjoy!

Whole Wheat Banana Chocolate Chip Muffins

2 ripe bananas
1/3 cup vegetable oil
½ cup brown sugar
2 eggs

¾ cup white flour
1 cup whole wheat flour
1 tsp baking powder
1 tsp baking soda
½ tsp salt
½ c chocolate chips

1 Tbsp white sugar
1 tsp cinnamon

In a blender, mix bananas, oil, sugar and eggs until smooth (if you don't have a blender, mash the bananas with a fork and mix in the oil, sugar and eggs). In a bowl, mix together white flour, whole wheat flour, baking powder, baking soda, salt and chocolate chips. Pour the banana mixture into the flour and stir until just mixed. Spoon batter into greased muffin tins. In a small bowl mix together white sugar and cinnamon. Sprinkle cinnamon sugar over each muffin. Bake at 350F for 12-15 minutes or until muffins are springy when pressed in the middle.