



North York Harvest Food Bank

Nutrition and Health Community Kitchen Program

Week #1- Balanced Eating

Participant Package

Key Messages

Key Message #1: Following Canada's Food Guide can help you to eat a variety of vitamins and minerals

Key Message #2: The Plate Method and Handy Portion Guide can help you balance your meals



Frequently Asked Questions

I have diabetes. Should I still be eating grains and starches?

Grains and starches (like pasta and potatoes) can be part of healthy diet. They provide us with the energy we need to fuel our body. Using The Plate Method and the Handy Portion Guide will help you decide a healthy portion of these foods to eat. For advice specific to your body's needs and your lifestyle, you can also speak with a Registered Dietitian.

How can I use The Plate Method at breakfast?

Although you may not be eating as many vegetables at breakfast as you do at other meals, you can still use The Plate Method. For example, try a 2-egg omelette (meat and alternatives) with spinach and tomatoes (vegetables), a slice of whole grain toast (grain product) and a piece of fruit

I don't like to (or can't) drink milk, what else can I eat or drink?

If you don't like to drink milk, you can try a fortified soy drink that has vitamin D and calcium added. You can also choose to eat other dairy products like yogurt, kefir or cheese.

If you can't drink milk because you are lactose intolerant, you can try "lactose-free" milk, which many people find they can digest. Also, most people that are lactose intolerant can handle a small amount of regular milk, cheese and yogurt.

If you are allergic to milk products, you can try a fortified soy drink that has vitamin D and calcium added.

Recipes



Easy Roasted Chicken Thighs

Adapted from Everyday Food

Yield: 2 Servings

Chicken thighs are a less expensive alternative to chicken breasts and can be used to create quick flavourful meals



Equipment Needed:

- Large bowl
- Plastic wrap
- Measuring cups/ spoons
- Baking dish
- Meat thermometer
- Tongs (to flip chicken)

Ingredients:

- 4 boneless, skinless chicken thighs
- ¼ cup olive oil
- ½ a lemon, juiced
- ½ tablespoon grainy mustard
- ½ to 1 tablespoon honey
- Salt and pepper to taste

Directions:

1. In a bowl, toss chicken thighs with olive oil and lemon juice; season with salt and pepper. Cover with plastic wrap and marinate for 30 minutes
2. Preheat oven to 375°F. Lightly grease a baking dish with oil and roast chicken in dish for 20 to 25 minutes; flip and roast 10 more minutes. Use a meat thermometer to make sure chicken is 165°F or 74°C.
3. Stir together grainy mustard and honey and season with salt and pepper. Brush glaze onto chicken and broil 5 minutes.



Herbed Rice Pilaf

Adapted from Cooking Light Real Family Food

Yield: 2 Servings

Brown rice can be used as a tasty whole grain side dish and goes well with roasted chicken



Equipment Needed:

- Cutting board and chopping knife
- Saucepot (to cook rice)
- Large frying pan/ skillet
- Measuring cups/ spoons
- Spatula (to sauté vegetables)

Ingredients:

¼ cup	uncooked brown rice
1 teaspoon	olive oil
¼ cup	chopped onion
¼ cup	chopped celery
¼ cup	chopped carrot
½ tablespoon	chopped fresh flat-leaf parsley*
¼ teaspoon	chopped fresh thyme*
¼ teaspoon	minced fresh rosemary*
⅛ teaspoon	salt
⅛ teaspoon	freshly ground black pepper

*use dried herbs if fresh herbs are not available

Directions:

1. Cook rice according to package directions
2. While rice cooks, heat a medium skillet over medium-high heat. Add oil; swirl to coat. Add onion, celery, and carrot; sauté 5 minutes or until tender. Remove from heat; stir in parsley and remaining ingredients
3. Add vegetable mixture to cooked rice; fluff with a fork. Serve immediately

Note: Different types of rice need different amounts of water and cooking time. Check the package instructions if you are using a different type of rice than is suggested in this recipe



Simple Spinach Salad

Yield: 2 Servings

This simple salad is loaded vitamins and minerals and included both orange and dark green vegetables



Equipment Needed:

- Cutting board and chopping knife
- Large bowl for salad
- Small bowl for dressing

- Measuring spoons and cups
- Whisk

Ingredients:

Salad:

- 4 cups baby spinach or mixed salad greens
- ¼ cup chopped tomatoes
- ¼ cup chopped orange pepper or carrots
- ¼ cup chopped cucumber

Dressing:

- 2 teaspoons balsamic vinegar
- 2 tablespoons olive oil
- Salt and pepper to taste

Directions:

1. Simply toss spinach and chopped vegetables together in a bowl.
2. Whisk together dressing ingredients in a smaller bowl.
3. Add dressing to salad and enjoy!