

# Eat Better, Spend Less

Advice and Easy Recipes



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Adapted with permission from Government of Canada “Healthy eating on a budget”, 2022. Copy of the version available at: [food-guide.canada.ca/en/tips-for-healthy-eating/healthy-eating-budget](https://food-guide.canada.ca/en/tips-for-healthy-eating/healthy-eating-budget)

Adapted with permission from *The Basic Shelf Cookbook*, published by the Canadian Public Health Association, 2011. [publications.cpha.ca](https://publications.cpha.ca)

## Some advice



### Make a budget.

Determine how much you'll spend per week or per month on groceries.

### Watch for specials.

Check flyers (paper or online) and mobile apps for the items on your grocery list before planning which local grocery stores you'll visit.

### Make a meal plan and grocery list.

- Plan your meals according to the specials.
- Make an inventory of the food you have in your cupboards, refrigerator and freezer.
- Make a grocery list before leaving home and stick to it.



### Look for fruits and vegetables in season.



Fruits and vegetables are usually less expensive when they're in season. To support the local economy, you can buy these from grocery stores, farmers' markets or local producers.

Canned or frozen fruits and vegetables are also healthy choices. They're usually less expensive than fresh fruits and vegetables not in season.

### Try to eat at least one meat-free meal per week.

Opt for recipes containing less expensive meat alternatives such as legumes, eggs, tofu, peanut butter or canned fish.



### Check out special offers and programs.

Take advantage of loyalty programs offered by different grocery stores to help pay part of your grocery bill.

Some grocery stores also offer discounts to seniors and students on certain days. Check whether grocery stores offer such discounts.

## Avoid doing groceries while on an empty stomach.

If you're doing groceries while you're hungry, you could be tempted to buy foods you don't need.

## Compare prices.

- At the grocery store, **use a calculator** to add up your shopping cart so you stick to your budget.
- If possible, **avoid shopping in convenience stores**, where prices are higher.
- To find the least expensive format, **compare prices by the unit of measure** (e.g. grams or millilitres) found on labels. The price by unit of measure is usually found in small print under the price for the item.  
*Example:*

### Canned tomatoes (540 mL)

Price: \$1.09

Price per unit of measure: **\$0.202/100 mL**

### Canned tomatoes (796 mL)

Price: \$1.69

Price per unit of measure: **\$0.212/100 mL**

- Before choosing, compare the prices of the **brand-name products and in-house products** to see if there's a difference.
- **Familiarize yourself with how much things cost.** Make note of the typical price of foods. This strategy will tell you which grocery stores offer the best prices.
- **Check the shelves at all levels.** Some companies pay more for their products to be placed at eye level.
- Individual portion sizes are sometimes more expensive. **Opt for the large or family format** and then divide up the product yourself.
- **Buy in bulk to save.** Bulk bins allow you to only buy what you need.



## Look for items that have been reduced.

Products that are close to their "best before date" or that are misshapen or slightly bruised are sometimes reduced in price. These products are just as healthy as other products. For example, day-old bread is perfect for making toast. Buying these products also helps reduce food waste.

# Eat Better, Spend Less

## Stock up.

Take advantage of discounts to stock up on food you eat often.

You can extend the shelf life of discounted items by freezing them. The following foods can be frozen:



Fresh fruits and  
vegetables



Bread



Fish, meat & poultry



Cheese and milk



## Opt for home-cooked meals.

- Opt for home-cooked meals as much as possible. They're less expensive than ready-to-eat prepared foods.
- Highly processed foods contain few vitamins and minerals and can be more expensive.
- Although they save time, prepared foods, such as grated cheese and seasoned meat, are more expensive.

## Cook up large quantities.

Double up a recipe when you find the ingredients on sale. Freeze the extra for a future meal.



## Use up leftovers.

For example, use up leftover chicken to make sandwiches. You can also add leftover rice, pasta or vegetables to your favorite dishes.



# Baked Mixed Vegetable Casserole

## Ingredients

- 2 cans (14.5 oz ea.) cut green beans, drained
- 1 can (14.5 oz) cream style corn
- 1 can (14.5 oz) mixed vegetables, drained
- ¼ cup plain yogurt or sour cream
- 1 can (11 oz) cream of mushroom soup
- 1 small onion, minced
- Salt and pepper to taste
- 1 cup shredded mozzarella cheese
- 32 low salt crackers, crumbled (approximately)



## Accessories needed



## Directions

1. Preheat the oven to 350 °F.
2. Mix the cans of vegetables together in a casserole dish.
3. Add in the yogurt or sour cream, cream of mushroom, onion, salt and pepper, and ½ cup of mozzarella cheese. Mix together.
4. Top the casserole with the remaining mozzarella cheese and the cracker crumbs.
5. Cook for 15 minutes to melt the mozzarella cheese and brown the crackers.

Makes 8 servings

*When buying canned produce, look for products low in salt. You can also rinse your vegetables under cold water to remove excess salt.*

## Other ways to use canned vegetables

1. Add canned corn, peas and/or tomatoes to a stir-fry.
2. Add canned mushrooms to chili.
3. Add canned corn when making quesadillas.



# Corn Chowder

## Ingredients

- 1 tablespoon margarine
- 3 medium potatoes, peeled and diced
- 1 onion, diced
- 2 cans (14 oz/398 ml) cream style corn
- 1 ½ teaspoon salt
- Black pepper, to taste
- 1 cup water
- 2 cups milk



## Accessories needed



Stove



Saucepan



Knife and cutting board



Can opener



Measuring cups



Measuring spoons



Peeler or small knife



Wooden spoon



Ladle



Utensils

Makes 6 servings

## Directions

1. Melt margarine in a large saucepan, over medium heat.
2. Add potatoes and onions, cook for about 5 minutes.
3. Add cream style corn, salt, pepper and water.
4. Bring to a boil then reduce heat to medium.
5. Simmer for 20 minutes, stirring often, until potatoes are soft.
6. Turn heat to low, add milk.
7. Stir until heated through (about 5 to 10 minutes).

## Ways to use - Canned Corn

1. Add to soups, chilis, or salads.
2. Combine with cooked ground beef and top with mashed potatoes to make a shepherd's pie.



RECIPE ADAPTED FROM THE BASIC SHELF COOKBOOK

Source: *Healthy Eating Toolkit for Food Banks*, developed by Horizon Health Network Public Health dietitians, in collaboration with the New Brunswick Department of Social Development, Wellness Branch, 2019.

# Quick Chili

## Ingredients

- 454 grams (1 pound) ground beef
- 1 large onion, diced
- 1 can (19 oz/540 ml) kidney beans, drained and rinsed
- 1 can (28 oz/796 ml) diced tomatoes
- 1-2 tablespoons chili powder
- 1 teaspoon salt



## Accessories needed



Stove



Saucepan



Knife and cutting board



Can opener



Measuring spoons



Wooden spoon

## Directions

1. In a medium saucepan, cook the onions on medium heat until soft, about 5 to 7 minutes.
2. Add ground beef to the onion and cook until beef is no longer pink.
3. Add the kidney beans, tomatoes, chili powder and salt. Bring to a boil.
4. Turn heat down to low. Simmer uncovered for 35 to 40 minutes.
5. Stir chili several times while it cooks.

Makes 4 to 6 servings



## Ways to use - Canned Kidney Beans

1. Mix with other types of beans and Italian salad dressing to make a simple bean salad.
2. Mix with cooked ground beef to make tacos or burritos.
3. Add to soup.

RECIPE ADAPTED FROM THE BASIC SHELF COOKBOOK

Source: *Healthy Eating Toolkit for Food Banks*, developed by Horizon Health Network Public Health dietitians, in collaboration with the New Brunswick Department of Social Development, Wellness Branch, 2019.

# Chicken Marinades

## Ingredients

### Teriyaki

- 1 tablespoon sesame oil
- ¼ cup soy sauce
- 1 tablespoon rice vinegar
- 1 green onion, thinly sliced
- ½ teaspoon ginger powder
- 2 cloves garlic, minced

### Cilantro Lime

- ¼ cup olive oil
- 2 limes, zested and juiced
- ¼ cup cilantro leaves, chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- ½ teaspoon chili powder
- 1 teaspoon salt
- ½ teaspoon pepper

### Italian

- ¼ cup olive oil
- 2 tablespoons white wine vinegar
- 2 teaspoons Italian seasoning
- 2 cloves garlic, minced
- ½ teaspoon red pepper flakes
- ½ teaspoon salt

### Greek Lemon

- ¼ cup olive oil
- 1 lemon, juiced
- 2 cloves garlic, minced
- 2 teaspoons dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon mustard
- 1 teaspoon salt
- ½ teaspoon pepper

### Honey Mustard

- 2 tablespoons olive oil
- 3 tablespoons mustard
- 2 teaspoons apple cider vinegar
- 3 tablespoons honey
- 1 clove garlic, minced
- 1 teaspoon salt
- ½ teaspoon pepper

## Accessories needed



Medium bowl



Whisk



Glass container

Makes 2-3 servings

## Directions

1. In a medium bowl whisk together all marinade ingredients.
2. Place the chicken breasts in a container. Pour the marinade over the chicken, making sure it is covered. Let the chicken marinate in the refrigerator for 30 minutes to 8 hours.



RECIPE ADAPTED FROM  
RECIPES BY DOWNSHIFTOLGY

# Chicken Fajitas

## Ingredients

### Fajita filling

- 3 boneless, skinless chicken breasts
- 1 onion, thinly sliced
- 3 bell peppers, thinly sliced
- 2 tablespoons olive oil
- 1 tablespoon lime juice
- 6 tortillas

### Chicken marinade

- ¼ cup olive oil
- 2 tablespoons lime juice
- 1 clove garlic, minced
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon paprika
- 1 teaspoon salt
- ½ teaspoon pepper



## Accessories needed



Stove



Non-stick pan



Medium bowl



Knife and cutting board



Plate



Wooden spoon



Measuring spoons



Fork

Makes 6 servings

## Directions

1. Mix the marinade ingredients in a medium bowl, then add the chicken and let sit for 30 minutes.
2. Heat the oil in a non-stick pan. Sear the chicken breasts for about 7-8 minutes on each side.
3. While your chicken is cooking, cut the bell peppers and onion into thin slices.
4. When the chicken is cooked, remove it from the pan and set it on a plate. Add the peppers and onions to the same pan and sauté for 4-5 minutes.
5. When the peppers and onions are done, slice the chicken breasts into strips and add them back to the pan. Then add the lime juice and stir together.
6. Serve immediately with tortillas.



## Other ways to use chicken

1. Add cooked chicken to any salad to add some protein.
2. Mix a little mayonnaise with cooked chicken and make a chicken salad sandwich.
3. Added cut-up chicken and scrambled eggs to fried rice.



RECIPE ADAPTED FROM RECIPES BY *DOWNSHIFTOLGY*

# Fish Cakes

## Ingredients

- 2 cans of tuna or salmon, drained
- 1-2 teaspoons mustard
- ½ onion, diced
- Pepper, to taste
- 4 plain crackers, crushed
- 1 egg
- 2 cloves garlic, minced
- 2 tablespoons vegetable oil



## Accessories needed



Stove



Large non-stick pan



Knife and cutting board



Can opener



Wooden spoon



Spatula



Measuring spoons



Large bowl



Plate



Paper towels

Makes 6 cakes

## Directions

1. In large bowl, mix together canned fish, onions, crushed crackers, garlic, mustard and pepper.
2. Stir in the egg until mixed well.
3. Shape fish mixture onto 6 patties.
4. Over medium heat, add 1 tablespoon of oil to a large non-stick pan.
5. Add 2 fish cakes to the pan and cook for 2 minutes on each side, or until golden brown. Remove from pan and put on a paper towel covered plate to absorb any excess oil.
6. Cook the remaining fish cakes the same way, adding the remaining oil to the pan as needed.

## Ways to use - Canned Fish

1. Make a tuna melt by mixing tuna with mayonnaise and spread on toast. Top with cheese, and heat under the broiler.
2. Mix canned salmon with mayonnaise and black pepper, put on top of crackers.
3. Add canned fish to a garden salad.



RECIPE ADAPTED FROM THE NOVICE CHEF

Source: *Healthy Eating Toolkit for Food Banks*, developed by Horizon Health Network Public Health dietitians, in collaboration with the New Brunswick Department of Social Development, Wellness Branch, 2019.

# Mexican Rice Casserole

## Ingredients

- 1 cup rice, uncooked
- 1 tablespoon vegetable oil or margarine
- 2 cloves garlic, minced
- 1 onion, diced
- 1 can (19 oz/540 ml) corn, drained
- 1 can (28 oz/796 ml) diced tomatoes, drained
- 1 can (19 oz/540 ml) black beans, rinsed and drained
- 1-2 teaspoons chili powder
- ½ teaspoon cumin
- Salt and pepper, to taste
- 1 cup shredded cheese
- Optional: fresh cilantro



## Accessories needed



Stove



Saucepan



Knife and cutting board



Can opener



Measuring cups



Measuring spoons



Wooden spoon

Makes 4 to 6 servings

## Directions

1. Cook rice according to package directions.
2. Heat oil in a large saucepan over medium heat.
3. Add garlic and onions, cook for about 2-3 minutes or until soft.
4. Add corn, diced tomatoes, cooked rice, black beans, chili powder, cumin, salt and pepper. Stir ingredients together and cook over medium heat for 10 minutes.
5. Stir in cheese until melted.

**Optional:** top with fresh cilantro.

## Ways to use - Canned Black Beans

1. Use instead of kidney beans in recipes like chili.
2. Mix with cooked ground beef to make tacos or burritos.
3. Add to vegetable soup.



RECIPE ADAPTED FROM TODAY.COM

Source: *Healthy Eating Toolkit for Food Banks*, developed by Horizon Health Network Public Health dietitians, in collaboration with the New Brunswick Department of Social Development, Wellness Branch, 2019.

# Microwave Omelet

## Ingredients

- 2 eggs
- 1 tablespoon milk
- 1 tablespoon grated cheese
- 1 pinch of salt
- 1 pinch of pepper
- Optional ingredients to taste: diced green pepper, mushrooms, tomato, onions, spinach, ham



## Accessories needed



Makes 1 serving

## Directions

1. In a microwave-safe mug combine all the ingredients plus any optional ingredients that you like.
2. Stir well and microwave for about 1½ - 2 minutes (stir every 30 seconds) or until cooked through.

**Note:** all microwaves cook at different speeds so cook times may vary.

## Ways to use - Eggs

1. Combine scrambled eggs with vegetables, cooked rice, and soy sauce to make homemade fried rice.
2. To make a breakfast sandwich, put a cooked egg on a toasted English muffin with a slice of cheese.
3. Add sliced hard-boiled eggs to salads.



RECIPE ADAPTED FROM SIMPLY RECIPES

Source: *Healthy Eating Toolkit for Food Banks*, developed by Horizon Health Network Public Health dietitians, in collaboration with the New Brunswick Department of Social Development, Wellness Branch, 2019.

# Tuna and Tomato Pasta

## Ingredients

- 2-3 tablespoons vegetable oil
- ½ onion, diced
- 1 can (12 oz) diced tomatoes (about 4 tomatoes diced)
- 2 cans tuna
- 1 tablespoon dried oregano
- Salt and pepper to taste
- 454 grams of your choice of pasta, cooked according to directions on package



## Accessories needed



Stove



Large non-stick pan



Large saucepan



Knife and cutting board



Wooden spoon



Can opener



Measuring spoon

Makes 4-6 servings

## Directions

1. Heat the oil in a large non-stick pan.
2. Add the onions and tomatoes, cook on medium heat for about 8-10 minutes or until soft.
3. Add the tuna, mix well, and cook for another 5 minutes. Add the oregano, salt, and pepper.
4. Stir in the cooked pasta and serve.



## Other ways to use canned fish

1. Add canned salmon or tuna to cooked rice.
2. Create dips and spreads by combining canned tuna or salmon with plain Greek yogurt or mayonnaise and spices.
3. Make fish tacos with sautéed onions, tomatoes and canned tuna or salmon.



# Chickpea, Tomato and Potato Salad

## Ingredients for the salad

- 5 cups potatoes, cubed
- 2 cans (16 oz ea.) diced tomatoes
- 4 tablespoons olive oil
- 1 teaspoon salt
- 2 tablespoons dried parsley
- 1 cup onions, minced
- 2 cans chickpeas

## Ingredients for the dressing

- 1/3 cup olive oil
- 1/4 cup apple cider vinegar
- 2 tablespoons mustard
- 2 tablespoons maple syrup
- 1 teaspoon salt
- 1/2 teaspoon pepper



## Accessories needed



Stove



Knife and cutting board



Cooking sheet



Spoon



Measuring cups



Measuring spoons



Can opener



Large bowl



Small bowl



Oven mitts



Whisk

Makes 4-6 servings

## Directions

1. Preheat oven to 375 °F. Place tomatoes and potatoes on the baking sheet. Drizzle with 4 tablespoons olive oil and sprinkle with 1 teaspoon salt. Place the pan in the oven and bake for about 45 minutes.
2. Place the other salad ingredients in a large bowl.
3. Place all the dressing ingredients in a small bowl, and whisk to combine.
4. Once potatoes and tomatoes are roasted, add them to the large bowl. Pour on the dressing. Mix well and serve.

## Other ways to use chickpeas

1. Mash them with mayonnaise, relish or BBQ sauce to make a chickpea salad sandwich.
2. Mix chickpeas with sautéed greens.
3. Use chickpeas as topping for tacos; sauté them with seasoning for a taco filling.



# Easy Tomato Sauce

## Ingredients

- 1 tablespoon vegetable oil
- 1 onion, diced
- 1 can (28 oz/796 ml) tomatoes
- 3 tablespoons tomato paste
- 2 teaspoons sugar
- 3 teaspoons Italian seasoning
- Salt and pepper, to taste
- 1 box (500 g) of pasta (macaroni, spaghetti, etc.)



## Accessories needed



Stove



2 saucepans



Knife and cutting board



Can opener



Measuring spoons



Wooden spoon

Makes 4 to 6 servings

## Directions

1. Cook pasta according to package directions.
2. Turn on stove to medium heat. Heat oil in medium saucepan.
3. Add the onions and cook until soft, about 5-7 minutes.
4. Stir in tomatoes, tomato paste, sugar, Italian seasoning and salt and pepper.
5. Heat to boiling then turn down heat, cover and simmer for 40 minutes. Stir a few times.
6. Add the sauce to the pasta.



This sauce can be used as a pasta sauce, pizza sauce, to make lasagna, sloppy joes and more!

## Ways to use - Canned Tomatoes

1. Top chicken with canned tomatoes and cheese. Bake in the oven.
2. Cook canned tomatoes, onions, ground beef and add to cooked macaroni.
3. Add to canned soups and stew.

RECIPE ADAPTED FROM THE BASIC SHELF COOKBOOK

Source: *Healthy Eating Toolkit for Food Banks*, developed by Horizon Health Network Public Health dietitians, in collaboration with the New Brunswick Department of Social Development, Wellness Branch, 2019.

# Mushroom Lentil Soup

## Ingredients

- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- ½ medium onion, diced
- 1 can (284 ml) of sliced mushrooms drained and rinsed
- ¾ teaspoon salt
- ½ teaspoon ground pepper
- 1 teaspoon dried thyme
- 4 cups (or 900 ml container) of vegetable, chicken or beef broth
- 1 can (19 oz/540 ml) lentils, drained and rinsed



## Accessories needed



Stove



Saucepan



Knife and cutting board



Can opener



Measuring cups



Measuring spoons



Wooden spoon



Makes 6 to 8 servings

## Directions

1. Heat the oil over medium-high heat in a large saucepan.
2. Once heated, add the garlic and onions. Cook for 2 to 3 minutes.
3. Add the mushrooms, salt, pepper and thyme and cook another 5 to 7 minutes.
4. Add the broth and lentils. Bring to a boil. Cover, and turn down the heat.
5. Simmer for a few minutes.



## Ways to use - Canned Lentils

1. Mix with cooked rice.
2. Use instead of ground beef in spaghetti sauce.
3. Add to soups or stews.

RECIPE ADAPTED FROM [INSPIRED GATHERING.COM](http://INSPIREDGATHERING.COM)

Source: *Healthy Eating Toolkit for Food Banks*, developed by Horizon Health Network Public Health dietitians, in collaboration with the New Brunswick Department of Social Development, Wellness Branch, 2019.

# Chickpea Noodle Soup

## Ingredients

- 2 tablespoons vegetable oil
- 4 cloves garlic, minced
- 1 onion, diced
- 4 carrots, thinly sliced
- 1 teaspoon dried thyme
- 6 cups of broth (vegetable, chicken or beef)
- 1 cup noodles, uncooked
- 1 can (19 oz/540 ml) chickpeas, drained and rinsed
- 1½ teaspoon salt
- Black pepper, to taste



## Accessories needed



Stove



Saucepan



Knife and cutting board



Can opener



Measuring spoons



Measuring cups



Wooden spoon

Makes 6 servings

## Directions

1. Heat oil in a large pot over medium heat.
2. Add the garlic, onions, carrots and thyme. Cook for 5 minutes.
3. Add the broth and bring to a boil.
4. Add the noodles, chickpeas, salt and pepper. Continue to boil until the noodles are cooked.



## Ways to use - Canned Chickpeas

1. Add to salads.
2. Roast in the oven with a small amount of oil and spices like chili powder.
3. Add to soups or chilis.

RECIPE ADAPTED FROM KITCHN

Source: *Healthy Eating Toolkit for Food Banks*, developed by Horizon Health Network Public Health dietitians, in collaboration with the New Brunswick Department of Social Development, Wellness Branch, 2019.

# Peanut Butter Bites

## Ingredients

- 1 cup peanut butter
- ½ cup table syrup
- 2 cups rolled oats (oatmeal)



## Accessories needed



Microwave



Baking sheet



Microwave-safe bowl



Measuring cups



Spoon



Wooden spoon



Wax paper



Refrigerator and freezer

Makes 24 - 36 bites

## Directions

1. Line a baking sheet with wax paper.
2. In a microwave-safe bowl, combine the peanut butter and syrup.
3. In the microwave oven, heat for 20 seconds at a time until mixture starts to dry out (about 4 to 7 times), mixing each time.
4. Add oats to the peanut butter mixture. Stir well.
5. Using a tablespoon, scoop and roll into balls.
6. Place the balls on the baking sheet and chill in the freezer for 15 to 25 minutes, until firm.

**Note:** Store peanut butter bites in the refrigerator.

## Ways to use - Peanut Butter

1. Add 1 to 2 spoonfuls to a bowl of cooked oatmeal.
2. Use as a dip for apples.
3. Add to smoothies.

RECIPE ADAPTED FROM BEAMING BAKER  
Source: *Healthy Eating Toolkit for Food Banks*, developed by Horizon Health Network Public Health dietitians, in collaboration with the New Brunswick Department of Social Development, Wellness Branch, 2019.



# Black Bean Brownies

## Ingredients

- 1 can (540 ml) black beans, rinsed and drained
- 3 large eggs
- ¼ cup vegetable oil
- ½ cup sugar
- ¼ cup cocoa powder
- 1 teaspoon vanilla
- ¼ cup wheat flour



## Accessories needed



Stove



Rectangular baking pan (9 in x 6 in)



Blender



Can opener



Measuring cups



Measuring spoon

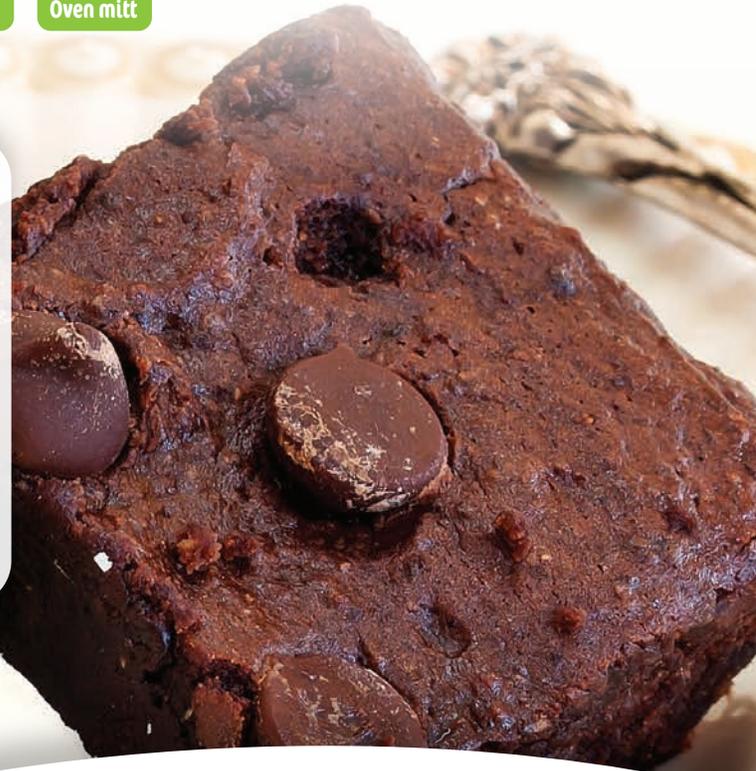


Oven mitt

Makes 24 brownies

## Directions

1. Preheat the oven to 350 °F. Line a rectangular pan with parchment paper (about 9 inches by 6 inches).
2. Using a blender, puree the black beans with the eggs, oil, sugar, cocoa powder, and vanilla. Blend until smooth.
3. Add the flour to the blender and pulse a few times.
4. Pour the mixture into the rectangular pan.
5. Bake on the middle rack of the oven for about 40 minutes or until a toothpick inserted in the centre comes out clean. Let cool before removing from pan.



## Other ways to use canned black beans

1. Mix with cooked ground beef to make nachos.
2. Add to cooked rice for a Mexican side dish.
3. Puree with spices to make a delicious dip.

RECIPE ADAPTED FROM A RECIPE BY CAROLINE CLOUTIER, RD

# Peach Crumble

## Ingredients

- 1 can (28 oz/796 ml) peach slices, well drained
- 2 tablespoons white sugar
- ¼ teaspoon ground cinnamon
- 1 ¼ cups whole wheat flour
- 1 ¼ cups rolled oats (oatmeal)
- ⅔ cup brown sugar
- ⅔ cup margarine



## Accessories needed



Stove



Square pan  
(8 in x 8 in)



Bowls



Can opener



Measuring  
cups



Measuring  
spoons



2 knives



Wooden  
spoon



Oven mitt

Makes 6 to 8 servings

## Directions

1. Preheat oven to 350 °F.
2. Put peaches, sugar and cinnamon in a medium bowl. Combine and put aside.
3. In a large bowl, mix the flour, oats (oatmeal) and brown sugar. Use 2 knives to cut margarine into the mixture until it looks like crumbs. Divide the oat mixture in half.
4. Lightly press half of the oat mixture into an 8 in x 8 in baking pan. Spoon peach mixture over oat base and sprinkle the remaining oats on top.
5. Bake for about 45 to 50 minutes, until hot and browned on top.

## Ways to use - Canned Fruits

1. Mix with yogurt.
2. Use in a smoothie.
3. Add to hot or cold cereal.

RECIPE ADAPTED FROM THE BASIC SHELF COOKBOOK

Source: *Healthy Eating Toolkit for Food Banks*, developed by Horizon Health Network Public Health dietitians, in collaboration with the New Brunswick Department of Social Development, Wellness Branch, 2019.



# Overnight Apple Oats

## Ingredients

- ½ cup oatmeal
- ½ cup milk
- ¼ cup vanilla yogurt
- ½ cup apple, chopped
- ⅛ teaspoon ground cinnamon
- 1 teaspoon honey or syrup



## Accessories needed



Makes 1 to 2 servings

## Directions

1. Put oats (oatmeal) in a jar or another container with a lid.
2. Pour milk and yogurt into the jar.
3. Add a layer of chopped apples and top with cinnamon and honey or syrup.
4. Place in the refrigerator and enjoy a few hours later or the next morning.



## Ways to use - Oatmeal

1. In recipes that call for bread crumbs, use oats (oatmeal) instead.
2. Add uncooked oats to pancake mixes.
3. Add to smoothies.

RECIPE ADAPTED FROM QUAKER OATS

Source: *Healthy Eating Toolkit for Food Banks*, developed by Horizon Health Network Public Health dietitians, in collaboration with the New Brunswick Department of Social Development, Wellness Branch, 2019.

# Banana Oat Protein Muffins

## Ingredients

- 3 very ripe bananas, mashed
- 1/2 cup peanut butter
- 2 eggs
- 2 tablespoons sugar
- 2/3 cup milk
- 1 teaspoon vanilla
- 2 cups rolled oats
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/4 teaspoon salt



## Accessories needed



Stove



Muffin pan



Muffin liners



Medium bowl



Fork



Wooden spoon



Measuring cups



Measuring spoons

Makes 12 muffins

## Directions

1. Preheat oven to 350 °F. Line a 12-cup muffin pan with muffin liners.
2. In a medium bowl, mix the mashed bananas, peanut butter, eggs, sugar, milk, and vanilla until smooth and well combined.
3. Then stir in the dry ingredients: rolled oats, baking powder, cinnamon, and salt; stir well to combine.
4. Evenly distribute oatmeal batter between muffin cups and bake for 20-25 minutes.



## Other ways to use rolled oats

1. Replace some of the flour with rolled oats in bread, muffin and cookie recipes.
2. Add rolled oats to pie crusts.
3. Add rolled oats (instead of breadcrumbs) to recipes for meatballs or chicken tenders, for example.

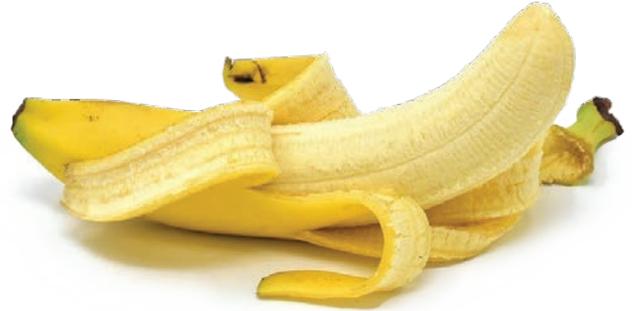


RECIPE ADAPTED FROM A RECIPE BY *AMBITIOUS KITCHEN*

# Banana Bread

## Ingredients

- 2 cups all-purpose flour
- $\frac{2}{3}$  cup skim milk powder
- 2 teaspoons baking powder
- $\frac{1}{2}$  teaspoon ground cinnamon
- 2 eggs
- 2 cups very ripe bananas, mashed (about 4 bananas)
- 1 cup sugar
- $\frac{1}{2}$  cup vegetable oil



## Accessories needed



Stove



Loaf pan



Large bowl



Medium bowl



Fork, spoon and butter knife



Wooden spoon



Measuring cups



Measuring spoons



Oven mitt



Paper towels

Makes 1 loaf

## Directions

1. Preheat oven to 350 °F. Grease a loaf pan.
2. Combine flour, skim milk powder, baking powder and cinnamon in a medium bowl.
3. Mix eggs, bananas, sugar and oil in a large bowl. Gradually stir flour mixture. Spoon into loaf pan.
4. Bake for 60 to 65 minutes or until a knife inserted in the centre comes out clean.
5. Cool for 10 minutes then remove from pan to cool completely.



## Ways to use - Skim Milk Powder

1. Add to hot cereal such as oatmeal or cream of wheat.
2. Add to homemade smoothies.
3. Add to mashed potatoes.



RECIPE ADAPTED FROM VERY BEST BAKING

Source: *Healthy Eating Toolkit for Food Banks*, developed by Horizon Health Network Public Health dietitians, in collaboration with the New Brunswick Department of Social Development, Wellness Branch, 2019.



