



**Quick and Easy
Breakfast and Lunch
Recipe Collection
Community Kitchens**



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Key Messages: Healthy Breakfasts and Lunches

- ✓ Fill half your plate with fruit and vegetables.
- ✓ Choose whole grains. Choose protein foods that come from plants more often.
- ✓ Try not to leave more than 4-6 hours between meals.
- ✓ Add water to your meal to stay hydrated; avoid sugary juices or pop.



Tips to Make Breakfast Quick and Easy

- Have a fresh fruit cup in the fridge ready to go.
- Keep boiled eggs in the fridge, ready to grab.
- Prepare pancakes, waffles or French toast and freeze them individually, then pop them in the toaster in the morning to heat it up.
- Toast 2 slices of bread and spread peanut or almond butter on one and jam on the other. Put them together for a toasted PB & J sandwich and take on the go.
- Toast a whole grain bagel and add a few slices of cheddar cheese.
- Set out your breakfast cereal and spoon the night before, then just add milk in the morning.

Quick and Easy Breakfasts

Smoothie

*You can make many variations of this recipe by changing the flavour of yogurt and the type of frozen fruit. You can even try out almond, or soy milk instead of cow's milk!

Ingredients	For 2	For 4	For 8	For 12
Banana	1	2	4	6
Fresh or frozen berries	1 cup	2 cups	4 cups	6 cups
Milk	1 cup	2 cups	4 cups	6 cups
Yogurt, lower fat	$\frac{3}{4}$ cup (175mL)	1 $\frac{1}{2}$ cups (350mL)	3 cups (700mL)	4 $\frac{1}{2}$ cups (1050mL)

1. In a blender, liquefy the fruit with a bit of the milk.
2. Add the rest of the milk and the yogurt and blend until smooth. If it is too thick, add more milk.



Here are some ideas, but feel free to try out your own:

Type of fruit	Yogurt flavour
Raspberries	Lemon
Mango	Vanilla
Banana	Strawberry
Kiwi	Strawberry
Blackberry	Cherry
Blueberries	Blueberry

Microwave Oatmeal

Ingredients	For 1	For 2	For 4
Water	½ cup	1 cup	2 cups
Milk	½ cup	1 cup	2 cups
Salt	Pinch	Pinch	Pinch
Rolled oats	½ cup	1 cup	2 cups
Optional: Cinnamon	¼ tsp	½ tsp	1 tsp
Raisins	2 tbsp	¼ cup	½ cup

1. In a large microwavable bowl (that holds about 4 cups or 1 liter), mix all ingredients and microwave for about 2 minutes, or until oatmeal has thickened.
2. Remove oatmeal and stir. Let stand and cool before eating. Top with more milk if you'd like the mixture to be creamier.



Baked Oatmeal

Ingredients	For 4	For 8
Rolled oats	1 cup	3 cups
Brown sugar	1/3 cup	1 cup
Ground cinnamon	1 tsp.	2 tsp
Baking powder	1tsp.	2 tsp
Salt	½ tsp	1 tsp
Milk	½ cup	1 cups
Eggs	1 egg	2 eggs
Butter, melted	¼ cup	½ cup
Vanilla extract	1 tsp	2 tsp
Dried cranberries	6 tbsp	¾ cup

1. Preheat oven to 350°F.
2. In a large bowl, mix together oats, brown sugar, cinnamon, baking powder, and salt. Beat in milk, eggs, melted butter, and vanilla extract. Stir in dried cranberries. Spread into a 9 x13 inch baking dish when serving for 8. Use a 9 x 9 inch baking dish when making the recipe for 4.
3. Bake in preheated oven for 35 - 40 minutes or until golden brown and knife inserted in the centre comes out clean.

Fluffy Pancakes

Ingredients	To make 15 pancakes	To make 30 pancakes
All purpose flour	1 ¼ cup	2 ½ cups
Whole wheat flour	¾ cup	1 ½ cups
Sugar	2 tbsp	¼ cup
Baking powder	1 tbsp	2 tbsp
Salt	¼ tsp	½ tsp
Egg	1	2
Milk	1 ¾ cups (425mL)	3 cups + 100mL (850mL)
Blueberries and / or finely diced apple, peach or banana (optional)	½ cup	1 cup
Canola oil	1 tbsp	2 tbsp
Cooking spray or oil		

1. Heat a non-stick frying pan over medium heat while you mix the ingredients.
2. In a large bowl, combine all-purpose flour, whole wheat flour, sugar, baking powder and salt.
3. In a medium bowl, whisk together egg, milk and oil. Add this liquid mix to the flour mix. Stir to combine.
4. If using berries or fruit, fold into batter.
5. Note: Add a bit of cooking spray or oil to the pan before pouring in batter so they don't stick to the cooking surface.
6. For each pancake, pour about ¼ cup (60mL) of batter into the pan. Cook for about 2 minutes (or until golden brown), flip, and continue cooking for about 1 more minute (or until golden brown). Remove from heat and place on plate to eat immediately, or keep them in the oven to keep warm if you aren't eating right away.



Mini Quiches

Ingredients	For 4	For 8	For 12
Eggs	3	7	11
Milk	2 tbsp	¼ cup	6 tbsp (90mL)
Dry mustard	¼ tsp	½ tsp	1 tsp
Pepper	Pinch	¼ tsp	¼ tsp
Optional: other seasonings like chili powder, dried basil or garlic powder	¼ tsp	½ tsp	¾ tsp
Optional filling: finely chopped peppers, mushrooms, onions, spinach, tomatoes etc	½ - 1 tbsp	1-2 tbsp	1 ½ - 3 tbsp
Optional: grated cheese for topping	Small sprinkle on each mini quiche		

1. Preheat oven to 350°F.
2. In a medium bowl, whisk together all ingredients, except cheese.
3. Place about 2 tbsp (30ml) of mixture into each greased muffin cup and divide up any leftovers evenly. Top with cheese (if using).
4. Bake in preheated oven for 20 minutes or until a knife inserted into the centre comes out clean.



Quick and Easy Lunches

Super Salmon Sandwiches

Ingredients	For 4	For 8	For 12
Salmon, canned	1 can	2 cans	3 cans
Mayonnaise	¼ cup	½ cup	¾ cup
Onion, finely chopped	3 tbsp	½ cup	¾ cup
Lemon juice	2 tsp	4 tsp	2 tbsp
Whole wheat English muffins, toasted	4	8	12
Salt and pepper to taste			

1. Empty contents of canned salmon into a small bowl. Remove and discard skin, and or remove bones. (Optional: mash bones with salmon to get as much calcium as a small glass of milk!) . Flake remaining salmon.
2. Stir in the rest of the ingredients and spread over toasted English muffin; cut in half and serve.

Chicken Salad

Ingredients	For 4	For 8	For 12
Cooked chicken, cubed or shredded	1 cup	2 cups	3 cups
Apple, finely diced	½	1	1 ½
Dried cranberries, finely chopped	2 tbsp	¼ cup	¼ cup plus 2 tbsp
Green onion, finely chopped	2 tbsp	¼ cup	¼ cup plus 2 tbsp
Light mayonnaise	¼ cup	½ cup	¾ cups
Cider vinegar	1 tsp	2 tsp	3 tsp

1. In a bowl, combine all of the ingredients and mix well. Season with salt and pepper if you would like.
2. Serve in a whole wheat wrap, on a whole wheat bun or bread or on top a salad.

Mexican Rice and Bean Casserole

Ingredients	For 4	For 8	For 12
Vegetable oil	½ tsp	1 tsp	1 ½ tsp
Water	⅓ cup	⅔ cup	1 cup
Onion, chopped	1	2	3
Garlic, minced	1 clove	2 clove	3 cloves
Mushrooms, sliced	1 cup	2 cups	3 cups
Green peppers	1 ½	3	4
Brown rice	½ cup	1 cup	1 ½ cups
Cooked kidney beans	2 ¼ cups (1 ½ cans sized 19oz/ 540mL rinsed and drained)	4 ½ cups (3 cans sized 19oz/ 540mL rinsed and drained)	~7 cups (just under 5 cans sized 19oz/ 540mL rinsed and drained)
Diced tomatoes	1 ¾ cups (approx 1 can- 14.5oz or 411g)	3 ½ cups (approx 2 cans-14.5oz each)	5 ¼ cups (about 3 cans-14.5oz each)
Chili powder	¾ tbsp	1 ½ tbsp	~2 tbsp
Cumin	1 tsp	2 tsp	1 tbsp
Cayenne pepper	¼ tsp	½ tsp	¾ tsp
Shredded mozzarella cheese	¾ cup	1 ½ cups	2 ¼ cups

1. Preheat oven to 350°F.
2. In a large pan, heat water and oil over medium heat. Add onions, garlic, mushrooms and green peppers and simmer for about 10 minutes, stirring often.
3. Add rice, beans, tomato, chili powder, cumin and cayenne; cover and simmer for 25 minutes or until rice is tender and most of the liquid is absorbed.
4. Transfer to a baking dish and sprinkle with cheese. Bake at 350°F for 15 minutes or until cheese is melted.



Veggie Roll

Ingredients	For 4	For 8	For 12
Whole wheat hot dog buns	4	8	12
Romaine lettuce, finely chopped	1 cup	2 cups	3 cups
Red onion, finely chopped	¼ cup	½ cup	¾ cup
Tomatoes, chopped	1 cup	2 cups	3 cups
Cucumber, finely diced	1 cup	2 cups	3 cups
Light mayonnaise	¼ cup	½ cup	¾ cup
Milk	1 tbsp	2 tbsp	3 tbsp
Mustard	2 tsp	1 tbsp	2 tbsp
Honey	1 tsp	2 tsp	3 tsp
Salt and pepper to taste			

1. In a medium bowl, combine lettuce, onion, tomatoes and cucumber.
2. In a small bowl, whisk together mayonnaise, milk, mustard, honey, salt and pepper. Add to vegetables and mix well.
3. Optional: heat hot dog buns in a toaster oven or frying pan, or use buns at room temperature. Divide the vegetables among the buns and serve.



Parmesan Herb Baked Fish Fillets

Ingredients	For 4	For 8	For 10	For 12
Fish fillets (if frozen thaw and pat dry)	1 lb (~454g)	2 lbs (~900g)	2 ½ lbs (~1.14 kg)	3 lbs (~1.4kg)
Light mayonnaise	¼ cup	½ cup	⅔ cup	¾ cup
Parmesan cheese, grated	¼ cup	½ cup	⅔ cup	¾ cup
Green onions, chopped	2 tbsp	¼ cup	Just over ¼ cup	¼ cup plus 2 tbsp
Red pepper, chopped	1 tbsp	2 tbsp	2 ½ tbsp	3 tbsp
Bread crumbs	½ cup	1 cup	1 ¼ cups	1 ½ cups
Basil, dried	½ tsp	1 tsp	1 ¼ tsp	1 ½ tsp
Black pepper to taste				

1. Preheat the oven to 350°F.
2. Place fish fillets in a single layer in the bottom of a baking dish.
3. In a small bowl, stir together mayonnaise, parmesan, onions and red pepper. Spread this evenly over the fish.
4. In a separate bowl, mix bread crumbs, basil and pepper; sprinkle over top of the fish.
5. Bake 15-20 minutes or until fish flakes easily with a fork.



Chili Rice and Bean Burrito

*Use this recipe in a wrap or eat this by itself or use it as a topping for your green salad to make it a meal!

Ingredients	For 2	For 4	For 8	For 12
Cooked rice	1 cup	2 cups	4 cups	6 cups
Kidney beans	¾ cup (half the 19oz/ 540mL can rinsed, drained)	1 ½ cups (1 full 19oz/ 540mL can rinsed, drained)	3 cups (2 full 19oz/ 540mL cans rinsed, drained)	4 ½ cups (3 full 19oz/ 540mL cans rinsed, drained)
Frozen corn	½ cup	1 cup	2 cups	3 cups
Tomato, chopped	About 1 fresh tomato (or ¾ cup chopped)	2 tomatoes (or 1 ½ cups chopped)	4 tomatoes (or 3 cups chopped)	6 tomatoes (4 ½ cups chopped)
Green pepper, diced	¼ cup	½ cup	1 cup	1 ½ cups
Onion, finely chopped	2tbsp	¼ cup	½ cup	¾ cup
Mexican seasoning (*see recipe below)	1 tsp	2 tsp	1 tbsp	2 tbsp
Whole wheat or corn tortillas	2	4	8	12
Optional: shredded cheddar cheese as topping				

1. Combine all ingredients in a microwavable bowl or container.
2. Microwave for 2-3 minutes, loosely covered. Stir and place mixture in center of tortilla wrap. Sprinkle with cheese if you would like. Fold one end of the wrap up towards the center and roll the sides to keep the mixture in. Enjoy.

*Mexican Seasoning

Ingredients
2 tbsp chili powder
1 tbsp onion powder
2 tsp ground cumin
2 tsp paprika
2 tsp oregano
2 tsp garlic powder
1 tsp salt
1 tsp sugar

Place all ingredients in a small 125 mL jar, cover with lid, and shake to combine.



Chickpea Salad

*You can use your favourite vegetables in this salad - spinach, red peppers, mushrooms- whatever you like!

Ingredients	For 4	For 8	For 10	For 12
Chickpeas	1 can sized 540mL/19oz (about 1 ½ cups of cooked chickpeas)	2 cans sized 540mL/19oz (3 cups of cooked chickpeas)	2 ½ cans sized 540mL/19oz (3 ¾ cups of cooked chickpeas)	3 cans sized 540mL/19oz (4 ½ cups of cooked chickpeas)
Tomatoes, chopped	½ cup	1 cup	1 ¼ cup	1 ½ cups
Celery, chopped	½ cup	1 cup	1 ¼ cup	1 ½ cups
Carrots, shredded or grated	½ cup	1 cup	1 ¼ cup	1 ½ cups
Green onions, chopped	¼ cup	Just under ½ cup	½ cup	¾ cup
Lime or lemon juice	2 tbsp	¼ cup	⅓ cup	¼ cup plus 2 tbsp
Olive oil	1 tbsp	2 tbsp	2 ½ tbsp	3 tbsp
Garlic salt	½ tsp	1 tsp	1 ¼ tsp	1 ½ tsp
Salt and pepper to taste				

1. Drain and rinse the chickpeas. Place into a large bowl.
2. Cut up vegetables of your choice and add to the bowl of chickpeas.
3. In a small bowl, mix the lime/lemon juice, oil and garlic. Pour dressing over the vegetables and mix well. Add salt and pepper if you'd like.



Quick Macaroni and Cheese

Ingredients	For 4	For 8	For 12
Whole wheat macaroni	2 cups (uncooked)	4 cups (uncooked)	6 cups
Margarine or butter	¼ cup	½ cup	¾ cup
Flour	¼ cup	½ cup	¾ cup
Dry mustard	½ tsp	1 tsp	1 ½ tsp
Milk	2 cups (500mL)	4 cups (1000mL or 1 L)	6 cups (1500mL or 1.5L)
Grated cheddar cheese	2 cups	4 cups	6 cups
Salt and pepper to taste			

1. Place large pot with water on stove top at high heat. Heat until it boils. Add the pasta and cook until it is tender (boiling for about 10 – 12 minutes). Drain the pasta and set aside.
2. Melt margarine or butter in a medium saucepan. Stir in the flour and mustard. Slowly add the milk, stirring constantly. Keep stirring until the mixture boils and gets thicker.
3. Turn the stove to low heat. Add cheese and stir until cheese is melted and the sauce is smooth.
4. Add the macaroni and mix gently. Stir over low heat until mixture is hot. Add salt and pepper if you'd like.



Pasta and Tuna Salad

Ingredients	For 4	For 8	For 12
Whole wheat pasta (fusilli, macaroni, penne, etc)	1 cup, uncooked (1 cup uncooked = 2 cups cooked)	2 cups, uncooked	3 cups, uncooked
Flaked tuna, can	1	2	3
Red onion, finely chopped	½ cup	1 cup	1 ½ cups
Frozen peas, thawed	1 cup	2 cups	3 cups
Cherry tomatoes, cut in half or in quarters	1 cup	2 cups	3 cups
Dill pickles, chopped	1-2	2-3	4-5
Low fat plain yogurt	½ cup	1 cup	1 ½ cups
Light mayonnaise	¼ cup	½ cup	¾ cup
Lemon juice	¼ cup	½ cup	¾ cup
Salt and pepper to taste			

1. Fill a large pot with water and bring to a boil. Add the pasta and cook until it is tender, about 10 minutes. Drain the pasta, place in bowl and refrigerate.
2. Once pasta is cooled, mix it with the tuna, onion, peas, tomatoes and dill pickles.
3. In a separate bowl, mix the yogurt, mayonnaise, lemon juice, salt and pepper. Pour as much as you prefer over the tuna and macaroni mixture, and mix until sauce is evenly distributed.
4. Chill and serve.



References

Adapted from:

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