

TASTY SWAPS

RECIPES

FOR HEALTHIER MEALS



Guelph Family
Health Study

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This cookbook was made with the contribution of Health Canada.

Introduction

By the age of five or six, your kids will form eating, physical activity, and sleep habits that can last a lifetime. The Guelph Family Health Study is testing ways for kids to learn healthy habits early—habits that can significantly lower your child’s risk for disease, now and in the future.

Parents in the Guelph Family Health Study asked for kid-friendly and healthy recipes that they can serve to their families at home. The Study researchers responded by creating a series of cookbooks intended to make it a little easier to enjoy healthy and tasty foods made at home with your family.

To help Canadians make informed choices, Health Canada has introduced a nutrition symbol for the front of prepackaged foods that are high in sodium, sugars, or saturated fat. Evidence is clear that high intakes of these nutrients can contribute to various diseases, such as heart disease, type 2 diabetes, and obesity.

The food industry has been given until January 1, 2026, to update their food labels. However, you may have started seeing the front-of-package nutrition symbol earlier. Examples of prepackaged



Learning healthy habits early can significantly lower your child’s risk for disease, now and in the future.

foods that may display a front-of-package nutrition symbol include highly processed products, such as some jarred sauces, condiments, salad dressings, frozen entrees, bakery products, frozen desserts, and more.

The Guelph Family Health Study developed the *Tasty Swaps for Healthier Meals* mini-cookbook to help you and your family build important food skills and learn how to make homemade, convenient and delicious recipes without excess sodium, sugar, and saturated fat.

Making small changes in your diet can have a positive impact on your health. We hope these recipes will help you and your family develop healthy habits early on by providing practical and delicious alternatives to highly processed foods!

Acknowledgments



The GFHS would also like to thank the following for their support, and for helping us to continue to improve the health of children and families:

- **George Brown College's Food Innovation and Research Studio (FIRSt)**
- **Health Canada's Office of Nutrition Policy and Promotion**

Our partnership with George Brown College's Food Innovation and Research Studio was invaluable for this project, and without them we would not have been able to deliver easy-to-follow recipes for this collection.

Finally, to all our GFHS team members who made this cookbook possible, thank you! Our faculty leadership, Jess Haines, David Ma, and Kathryn Walton and supporting members Anisha Mahajan, Rahbika Ashraf, Angela Annis, and Madeline Nixon.

Please check out the incredible work of our collaborating organizations:



Clicking on the logos above will bring you to their websites.

Graphic Design: Lind Design

Food Photography: Social by Nature

Foreword

Canada's food guide provides recommendations on nutritious food choices, behaviours and food skills to build a foundation for healthy eating. Healthy eating is about more than what we eat — it's also about when, where, why, and how we eat.

Canada's food guide recommends limiting highly processed foods. Highly processed foods contribute excess sodium, sugars, or saturated fat to the diet. This can increase the risk of chronic diseases such as type 2 diabetes, heart disease and some types of cancer.

As the cost of food rises, Canadians look for quick and easy meals to prepare at home. However, the healthy choice is not often the easy choice as highly processed foods are widely available, convenient, palatable, and heavily promoted.

Health Canada wants to help make healthy eating choices easier for individuals and families. We are pleased to collaborate with the Guelph Family Health Study and George Brown College to develop new recipes that will help families cook more often, increase food skills,



and reduce reliance on highly processed foods. The *Tasty Swaps for Healthier Meals* cookbook provides families with healthy eating tips and recipes that are nutritious, convenient and made using home ingredients you know and love.

Health Canada commends the Guelph Family Health Study team for developing delicious recipes that will inspire people to cook more often.

For more information about healthy eating visit canada.ca/foodguide.

Saskia Ramsay
Director, Health Canada

**GET ALL THE FREE
FAMILY-FRIENDLY COOKBOOKS!**

To download and view for free on your phone or tablet, go to

guelphfamilyhealthstudy.com/cookbooks



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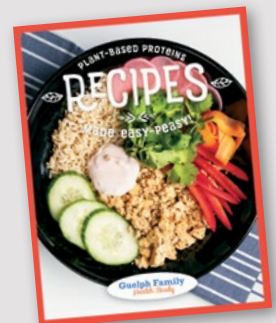
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FIND RECIPES QUICKLY

- Click on a recipe name to go to the recipe.
- Use Acrobat Reader's Bookmarks function to view a list of recipes from anywhere in this document.

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Make a healthy choice



The Foundation of Healthy Eating

Canada's food guide recommends eating a variety of healthy foods each day, such as:

- ✓ Plenty of vegetables and fruits
- ✓ Whole grain foods
- ✓ Protein foods, including plant-based protein foods more often
- ✓ Foods that contain mostly healthy fats
- ✓ Water instead of sugary drinks

You can take simple actions each day to build healthy eating habits. Try:

- ✓ Cooking at home more often to build food skills, confidence in the kitchen and help you limit highly processed foods
- ✓ Involving kids in planning and preparing meals
- ✓ Using food labels when grocery shopping; compare the nutrition facts table on foods to choose products that are lower in sodium, sugars, or saturated fat

Understanding Food Labels

Most food labels must have a nutrition facts table and a list of ingredients:

The nutrition facts table shows:

- serving size
- calories and nutrients
- % daily value (%DV)

Percent daily value (%)

The % daily value (% DV) tells you if a food product has a little or a lot of a certain nutrient:

- 5% DV or less is a little
- 15% DV or more is a lot

Use the % DV to compare different food products to help you make informed food choices.



Make a healthy choice

Choose foods that have little to no added sodium, sugars, or saturated fat.

List of Ingredients

The list of ingredients shows all the ingredients in a food product in order of weight. This means that the food product contains:

- more of the ingredients found at the beginning of the list
- less of the ingredients at the end of the list

What's new in the ingredient list?

Sugar-based ingredients added to prepackaged foods appear in the list of ingredients:

- in brackets after the name 'sugars'
- in descending order based on weight

This will help you:

- ✓ see that sugars have been added to the food
- ✓ understand how much sugars are added to the food compared to other ingredients

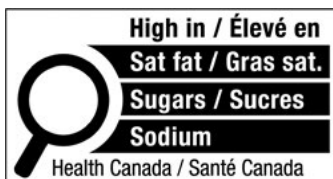
In the below example, you can tell by the order of ingredients that there is more:

- sugars in the food by weight than any other ingredient

Ingredients: Sugars (fancy molasses, brown sugar, sugar) • Flour • Vegetable oil shortening • Liquid whole egg • Salt • Sodium bicarbonate • Spices • Allura red.
Contains: Wheat • Egg.

Front-of-Package Nutrition Symbol

The front-of-package nutrition symbol can help you easily and quickly identify food products high in sodium, sugars, or saturated fat. Eating too much sodium, sugars, or saturated fat can increase your risk of chronic disease.



How to Make It Homemade

Canada's food guide recommends cooking at home more often. This can help limit highly processed foods. Think of a highly processed food your family eats. Could you make it at home?

Below are some examples of healthy swaps you can make in your kitchen:

Swap...	With...	Try these recipes...
Store-bought sauce	Homemade sauce made with fresh ingredients like vegetables, herbs, and spices	<ul style="list-style-type: none"> ✓ Tofu pasta primavera (page 27) ✓ Butter chicken (page 23)
Pre-packaged frozen desserts (popsicles, freezies)	Homemade frozen fruit treats	✓ Sweet and sour grapes (page 29)
Store bought salad dressing and marinades	Homemade dressings and marinades	<ul style="list-style-type: none"> ✓ Cobb salad and ranch dressing (page 11) ✓ Citrus and herb marinated pork tenderloin (page 25)
Frozen French fries	Homemade root vegetable fries	<ul style="list-style-type: none"> ✓ Loaded fries (page 13) ✓ Fish and chips (page 15)

Tips to Take to the Grocery Store

Stick to your list. Plan your meals before you head to the grocery store so that you only buy the ingredients you need. Include vegetables and fruits, whole grain foods and protein foods. Choose protein foods that come from plants more often.

Dare to compare. Do you always buy a specific brand of sauce, yogurt, or bread? Next time you are at the grocery store, compare the food labels on products to help you make the healthier choice.

Use the Nutrition Facts table to help you compare and choose. A food with 5% DV (daily value) or less of a nutrient per serving is considered to have 'a little' of that nutrient, whereas a food with 15% DV or more of a nutrient is considered to have 'a lot' of that nutrient.

Use Front-of-Package nutrition symbols to help you easily identify foods high in sodium, sugars, or saturated fat.

Skip extra items at the cash register. Many items sold at store checkouts are highly processed foods and drinks. They are also often foods you don't really need. Buying them makes it harder to stick to your budget.

part TWO
RECIPES

COBB SALAD

and Ranch Dressing

This salad is anything but boring; it's packed with flavour and protein, and topped with a delicious homemade ranch dressing.



Cobb Salad and Ranch Dressing



SERVINGS



PREP TIME



COOK TIME

Ingredients

Ranch dressing

125 mL (½ cup) 0% plain Greek yogurt

30 mL (2 tbsp) water

10 mL (2 tsp) white vinegar

2 mL (½ tsp) garlic powder

2 mL (½ tsp) onion powder

4 mL (¾ tsp) dried dill

2 mL (½ tsp) dried parsley

1 mL (¼ tsp) dried chives

1 mL (¼ tsp) black pepper

Pinch salt (optional)

7 mL (½ tbsp) lemon juice (about ¼ lemon)

Salad

1 can (540 mL/19 oz) chickpeas, drained and rinsed

22 mL (1½ tbsp) vegetable oil

2 mL (½ tsp) paprika

4 eggs

1 L (4 cups) lettuce, chopped

1 avocado, diced

250 mL (1 cup) tomatoes, diced

60 mL (¼ cup) diced red onion

125 mL (½ cup) corn

80 mL (⅓ cup) shredded lower fat cheddar cheese

Instructions

1. Prepare the ranch dressing: Combine Greek yogurt, water, white vinegar, garlic powder, onion powder, dill, parsley, chives, black pepper, salt (optional), and lemon juice together in a small bowl. Let sit for 10 minutes.
2. Preheat oven to 176°C (350°F), and line a baking sheet with aluminum foil.
3. Prepare the salad: Mix chickpeas together with vegetable oil and paprika. Bake for 20 to 25 minutes or until chickpeas are golden.
4. Place eggs in a small pot and cover with water. Bring to a simmer and cook for 10 minutes. Drain and cover with cold water to cool.
5. Once cool enough to handle, peel eggs, halve and set aside.
6. In the serving bowls assemble salad with lettuce on the bottom then top with avocado, tomatoes, red onion, corn, cheddar cheese, and two egg halves a bowl.
7. Drizzle with dressing and toss gently.



CHEF'S TIP

Dressing is a great dipping sauce for kid's lunchboxes. Just be sure to keep it cool.



KIDS IN THE KITCHEN

Get kids involved in making this recipe by washing and drying the greens, cracking and peeling the cooled eggs or measuring ingredients for the dressing.

LOADED FRIES

Cozy-up with this comfort food! Transform ordinary fries into a family favourite dish with your choice of toppings. Great to share with others!



Loaded Fries



SERVINGS



PREP TIME



COOK TIME

Ingredients

Oven fries

1		sweet potato, cut into strips
2		parsnips, cut into strips
5 mL	(1 tsp)	vegetable oil
2 mL	(½ tsp)	chili powder

Roasted chicken

227 g	(½ lb)	chicken breast
7 mL	(½ tbsp)	Italian seasoning
2 mL	(½ tsp)	paprika

Tzatziki sauce

250 mL	(1 cup)	lower fat plain Greek yogurt
125 mL	(½ cup)	grated cucumber
5 mL	(1 tsp)	lemon juice
2 mL	(½ tsp)	dried oregano

To assemble

1		tomato, diced
125 mL	(½ cup)	sliced red onion
125 mL	(½ cup)	pitted and sliced black olives (optional)
80 mL	(⅓ cup)	crumbled lower fat feta cheese

Instructions

1. Preheat oven to 220°C (425°F) and line a baking sheet with parchment paper. Set aside.
2. Prepare oven fries: Combine sweet potato and parsnip strips in a large bowl. Add oil and chili powder. Toss to coat evenly and spread in a single layer onto one prepared baking sheet.
3. Bake for 25 to 30 minutes or until potatoes and parsnips are tender.
4. Prepare the roasted chicken: In a separate bowl, toss chicken breast with Italian seasoning and paprika. Place into a baking dish and cover with aluminium foil. Bake for 20 to 25 minutes or until an inserted [digital food thermometer](#) reaches an internal temperature of 74°C (165°F). Remove from oven and shred using 2 forks.
5. Prepare tzatziki sauce: Place grated cucumber in a clean dish towel and squeeze out any excess water. Place into a bowl and mix together with yogurt, lemon juice and dried oregano. Set aside.
6. Arrange fries onto oven safe serving platter and top with tomatoes, red onions, olives, feta cheese and shredded chicken breast. Place into oven for 10 minutes or until warmed through.
7. Serve with tzatziki sauce.



CHEF'S TIP

Bake a double batch of the fries and store in the freezer. Lay cooked fries on a parchment-lined baking sheet and place in the freezer. Once frozen, transfer to a storage container. To reheat, place in 350°F (176°C) oven for 15 minutes.

BAKED FISH AND CHIPS

Dive into this delightful dish! Baked almond-crusted fish with a side of root vegetable fries — the perfect pair.



Baked Fish and Chips



SERVINGS



PREP TIME



COOK TIME

Ingredients

Oven fries

1		sweet potato, cut into strips
2		parsnips, cut into strips
5 mL	(1 tsp)	vegetable oil
2 mL	(½ tsp)	chili powder

Almond crusted fish

125 mL	(½ cup)	whole almonds
180 mL	(¾ cup)	whole grain breadcrumbs
10 mL	(2 tsp)	dried oregano
1		egg
30 mL	(2 tbsp)	water
60 mL	(¼ cup)	whole wheat flour
10 mL	(2 tsp)	paprika
454 g	(1 lb)	tilapia fillets
2 mL	(½ tsp)	salt (optional)
2 mL	(½ tsp)	black pepper
1		lemon, cut into wedges



MIX IT UP

Use your family's favourite fresh or frozen fish. Shop around for the best deal!

You could also use peanuts, hazelnuts, or pecans if you don't have almonds on hand.

Instructions

1. Preheat oven to 220°C (425°F) and line 2 baking sheets with parchment paper. Set aside.
2. Prepare oven fries: Combine sweet potato and parsnip strips in a large bowl. Add oil and chili powder. Toss to coat evenly and spread in a single layer onto one prepared baking sheet.
3. Bake for 25 to 30 minutes or until potatoes and parsnips are tender.
4. For the fish, place almonds in the middle of a clean kitchen towel and wrap into a bundle. Using a meat mallet or rolling pin, crush almonds until finely crushed.
5. Pour almonds into a large plate or tray and mix with whole grain breadcrumbs and oregano. Set aside.
6. In another plate, create egg wash by whisking together egg with water. Set aside.
7. In a third plate, mix flour together with paprika and set aside.
8. Cut each fish fillet in half and season with salt (optional) and black pepper.
9. To bread the fish, coat with flour and shake off any excess. Dip into egg wash and place into seasoned almond and breadcrumb mixture. Press down gently to adhere crumb coating.
10. Place fish onto the second prepared baking sheet and bake for 10 to 12 minutes or until golden brown. Use a [digital food thermometer](#) to check that fish has reached an internal temperature of 70°C (158°F).
11. Serve with lemon wedge.

BBQ BEEF BOWL

A bowl full of deliciousness, great tastes, and textures for your family.



BBQ Beef Bowl



SERVINGS



PREP TIME



COOK TIME

Ingredients

250 mL (1 cup) uncooked brown rice

BBQ beef

30 mL (2 tbsp) lower sodium soy sauce

45 mL (3 tbsp) hoisin sauce

5 mL (1 tsp) sesame oil

60 mL (¼ cup) unsweetened applesauce

15 mL (1 tbsp) ginger, minced

6 cloves garlic, minced

60 mL (¼ cup) water

10 mL (2 tsp) cornstarch

454 g (1 lb) extra lean ground beef

125 mL (½ cup) sliced green onion

Toppings

256 g (1 pkg) spinach

180 mL (¾ cup) frozen corn

15 mL (1 tbsp) vegetable oil

6 eggs

80 mL (⅓ cup) kimchi

180 mL (¾ cup) grated carrots

Instructions

1. Prepare brown rice according to the package instructions. Set aside.
2. In a small bowl, mix together soy sauce, hoisin sauce, sesame oil, applesauce, ginger, garlic, water and cornstarch. Stir until cornstarch is dissolved and set aside.
3. Place extra lean ground beef in a large pan over medium heat. Cook for 6 to 8 minutes or until nicely browned.
4. Pour in prepared sauce and cook, for 2 minutes or until sauce has reduced by half.
5. Stir green onions into cooked beef and remove from the pan.
6. In the same pan over medium- high heat, add washed spinach and stir while cooking to wilt. Cook until water has evaporated and remove from pan.
7. Again, in the same pan, add corn and cook for 3 to 4 minutes or until golden brown.
8. Prepare the eggs: Bring a small pot of water to a boil. Carefully lower eggs into pot and return to a rolling boil. Cover and continue cooking for 7 minutes. Carefully remove eggs from pot and place into an ice bath. Once cool enough to handle, peel eggs and set aside.
9. To assemble: Place 125mL (½ cup) rice into each bowl. Top each bowl with cooked spinach, corn, kimchi, grated carrots, cooked beef, and an egg.



PLAN IT OUT

Kimchi may be found in the refrigerated or health food section of your grocery store.



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WHOLE WHEAT FLOUR TORTILLA

Embrace the art of homemade goodness in every fold
using simple pantry staples.



Whole Wheat Flour Tortilla



SERVINGS



PREP TIME



COOK TIME

Ingredients

625 mL	(2½ cups)	whole wheat flour
1 mL	(¼ tsp)	salt (optional)
10 mL	(2 tsp)	baking powder
250 mL	(1 cup)	hot water
60 mL	(¼ cup)	vegetable oil
As needed		whole wheat flour (for dusting)

Instructions

1. In a large bowl, mix whole wheat flour, salt, and baking powder together.
2. Add hot water and vegetable oil. Stir well with a spoon until a dough begins to form.
3. When dough is cool enough to handle, turn onto a clean counter and knead dough by hand by continuously folding and pressing the dough onto itself until all the flour comes together into a ball. Knead for about 5 minutes or until the dough is smooth.
4. Divide dough into 8 even pieces and form into balls.
5. Using a rolling pin, roll each ball into very thin tortillas, about 20 cm in diameter, dusting with flour to prevent dough from sticking to the counter and rolling pin.
6. Heat a large pan or skillet over high heat.
7. Cook tortilla for 20 seconds and flip. Cook for an additional 15–20 seconds or until tortillas are lightly browned. Remove from pan and wrap in a clean towel to cool.



PLAN IT OUT

Double the batch and freeze to have extra on hand for our black bean enchilada recipe.



KIDS IN THE KITCHEN

Let kids have fun with kneading dough, an important food skill.



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BLACK BEAN ENCHILADA

Welcome to an explosion of flavours in this zesty spice-filled dish!
Perfect for any meal.



Black Bean Enchilada



SERVINGS



PREP TIME



COOK TIME

Ingredients

8 whole wheat flour [tortillas](#)

Sauce

30 mL (2 tbsp) vegetable oil

30 mL (2 tbsp) whole wheat flour

4 mL (¾ tsp) cumin

5 mL (1 tsp) garlic powder

5 mL (1 tsp) onion powder

15 mL (1 tbsp) paprika

1 mL (¼ tsp) salt (optional)

30 mL (2 tbsp) tomato paste

500 mL (2 cups) lower sodium vegetable broth

7 mL (½ tsp) vinegar

125 mL (½ cup) water

Filling:

5 mL (1 tsp) vegetable oil

1 can (540 mL/19 oz) black beans, drained and rinsed

1 red bell pepper, diced

10 mL (2 tsp) cumin

30 mL (2 tbsp) onion powder

15 mL (1 tbsp) garlic powder

125 mL (½ cup) water

To assemble

250 mL (1 cup) grated lower fat mozzarella cheese

Instructions

1. Prepare whole wheat flour tortilla recipe and set aside. Preheat oven to 190°C (375°F).
2. Prepare the sauce: In a medium-sized pot, over medium heat, add 2 tbsp oil and whole wheat flour. Add cumin, garlic powder, onion powder, paprika, salt (optional) and tomato paste. Stir for 10 seconds, or until spices are toasted and fragrant. Be careful not to burn the spices.
3. Whisk in vegetable broth and vinegar. Bring to a simmer and cook for 10 minutes or until thickened. Add water, 30 mL (2 tbsp) at a time, if necessary, to adjust sauce consistency. Set aside.
4. Prepare the filling: Place a small pot over medium heat and heat 1 tsp of vegetable oil. Add black beans, peppers, cumin, onion powder and garlic powder. Toast spices for 1 minute.
5. Pour in water, stir, and cook for 2 to 4 minutes, or until reduced by half.
6. Remove from heat and using a potato masher, gently mash beans. Set aside.
7. In an oven safe 23 cm × 33 cm. dish, add ½ cup (125 mL) of the prepared sauce and set aside.
8. To assemble the enchiladas, evenly divide bean filling onto each tortilla and top with 15 mL (1 tbsp) mozzarella cheese.
9. Roll enchiladas and place in the prepared baking dish with sauce.
10. Pour remaining sauce onto enchiladas and sprinkle with remaining shredded cheese.
11. Cover with foil and place in the oven for 20 minutes or until cheese has melted.

BUTTER CHICKEN

This flavourful and irresistible recipe is packed with chicken and tomatoes and infused with deliciously warm spices.



Butter Chicken



SERVINGS



PREP TIME



COOK TIME

Ingredients

500 mL (2 cups)	uncooked brown rice
45 mL (3 tbsp)	vegetable oil
1	onion, finely chopped
4 cloves	garlic, minced
22 mL (1½ tbsp)	ginger, grated
2 mL (½ tsp)	salt (optional)
5 mL (1 tsp)	chili powder
5 mL (1 tsp)	cumin
5 mL (1 tsp)	coriander
5 mL (1 tsp)	garam masala
900 g	chicken thighs, diced in 2½ cm/ 1-inch cubes
1 can (796 mL/28 oz)	diced tomatoes
250 mL (1 cup)	water
125 mL (½ cup)	light coconut milk
250 mL (1 cup)	cilantro, chopped



SERVING SUGGESTION

Instead of brown rice, try serving this with whole-wheat flour [tortilla](#).

Instructions

1. Prepare brown rice according to the package instructions. Set aside.
2. In a large saucepan, heat oil on medium heat. Add onions and cook slowly for 4 to 5 minutes or until golden brown.
3. Add the garlic and ginger and continue cooking for 2 minutes or until fragrant.
4. Add spices and salt (optional) to the pan. Cook while stirring, being careful not to burn.
5. Stir in chicken and coat well with spices for 2 minutes.
6. Add diced tomato and water to the pan and stir to combine. Bring to a simmer and cook uncovered for 20 minutes or until an inserted [digital food thermometer](#) reaches an internal temperature of 74°C (165°F).
7. Remove from heat and stir in coconut milk and cilantro.



CHEF'S TIP

This is a great sauce to make ahead of time and freeze. On a busy night, just thaw and add your desired cooked meat, tofu, or legumes.



KIDS IN THE KITCHEN

Use this recipe to teach kids about various spices that add delicious flavours to food.



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CITRUS AND HERB MARINATED PORK TENDERLOIN

A citrus-infused delight, perfect for any occasion.
The homemade marinade elevates the pork to another level.



Citrus and Herb Marinated Pork Tenderloin



SERVINGS



PREP TIME



PASSIVE PREP



COOK TIME

Ingredients

454 g (1 lb) pork tenderloin

Marinade

1 orange, juiced

15 mL (1 tbsp) lemon juice

15 mL (1 tbsp) mustard

15 mL (1 tbsp) vegetable oil

6 cloves garlic, crushed

5 mL (1 tsp) dried thyme

10 mL (2 tsp) black pepper

1 mL (¼ tsp) salt (optional)

2 mL (½ tsp) chili flakes (optional)

Instructions

1. Trim fat and silver skin from pork tenderloin and place into a container with a tight-fitting lid.
2. Pour orange juice, lemon juice, mustard, vegetable oil, garlic, thyme, black pepper, salt (optional), and chili flakes (optional) into the container.
3. Mix well to coat, cover the container, and place into the refrigerator. Marinate for at least 30 minutes.
4. Preheat oven to 190°C (375°F).
5. Place marinated pork into a baking dish and bake for 30 to 35 minutes or until an inserted [digital food thermometer](#) reaches an internal temperature of 71°C (160°F).
6. Let rest for 5 minutes before carving.



SERVING SUGGESTION

Add your family's most-liked veggies and pair with your favourite whole grain food to complete the meal.



CHEF'S TIPS

Allow at least 30 minutes for the marinade to enhance the flavour.



MIX IT UP

This citrus and herb marinade may also be used for tofu or chicken.

TOFU PASTA PRIMAVERA

Wholesome pasta made with colourful veggies, hearty tofu, and a delicious homemade sauce. Easy to enjoy year-round.



Tofu Pasta Primavera



SERVINGS



PREP TIME



COOK TIME

Ingredients

225 g		whole wheat penne pasta
30 mL (2 tbsp)		vegetable oil
750 mL (3 cups)		tomatoes, diced
3 cloves		garlic, crushed
125 mL (½ cup)		diced onion
1 lb 454 g		medium-firm tofu, diced
7 mL (½ tsp)		dried basil
2 mL (½ tsp)		salt (optional)
500 mL (2 cups)		lower sodium vegetable broth
375 mL (1½ cups)		mixed frozen vegetables
60 mL (¼ cup)		grated parmesan cheese (optional)

Instructions

1. Bring a large pot of water to a boil and prepare pasta according to the package instructions. Drain and set aside.
2. In a large pan, heat vegetable oil over high heat. Add tomatoes and cook while stirring for 5 minutes or until tomatoes begin to soften.
3. Stir in garlic and onions and cook for 2 minutes or until softened while stirring.
4. Using a potato masher, gently smash the tomatoes to create a sauce.
5. Stir in tofu, basil, salt (optional), and vegetable broth. Bring to a simmer and cook for 10 minutes or until sauce has reduced by half.
6. Pour in frozen vegetables and cook for 6 to 8 minutes or until warmed through. You may add some water, 30 mL (2 tbsp) at a time to adjust the sauce to your desired consistency.
7. Add cooked penne to the pan and stir to coat with sauce. Top with parmesan cheese (optional).



KIDS IN THE KITCHEN

Let kids take charge and help with mashing the tomatoes to make the sauce.



MIX IT UP

If you have cherry tomatoes on hand, use those instead of dicing tomatoes. They make a great substitution and save you some prep time.



CHEF'S TIP

Try this recipe with fresh spring vegetables like asparagus and peas. If these ingredients are not available, some of our favourite frozen vegetable blends are beans and broccoli or peas, carrots, and corn!

SWEET AND SOUR GRAPES

A simple way for kids to learn to make a healthy snack.



Sweet and Sour Grapes



SERVINGS



PREP TIME



FREEZING TIME

Ingredients

250 mL (1 cup)	grapes
1 mL (¼ tsp)	citric acid or 1 tbsp lemon juice

Instructions

1. Wash grapes and cut in half, lengthwise.
2. Place grapes in a container with a tight-fitting lid.
3. Add citric acid, close container, and shake well to coat.
4. Place in the freezer for about an hour or until frozen through.
5. Serve frozen.



KIDS IN THE KITCHEN

Older kids can practice their knife skills and slice grapes. Kids can help by shaking the container.



MIX IT UP

Looking for a less sour treat or can't find citric acid? Instead, use 1 tbsp (15 mL) of lemon juice.



CHEF'S TIP

Cutting grapes in half lengthwise makes it safer for little ones to eat.



DID YOU KNOW?

Citric acid is the all-natural acid that's found in oranges, lemons, and limes. It's what makes you pucker! Find it in bulk food stores, online, and supermarkets.

CHOCOLATE BERRY OVERNIGHT OATS

Who doesn't love waking up to breakfast already made?
Especially one that tastes like chocolate!



Chocolate Berry Overnight Oats



SERVINGS



PREP TIME



PASSIVE PREP



COOK TIME

Ingredients

335 mL (1⅓ cups)	rolled oats
250 mL (1 cup)	skim milk or unsweetened fortified plant-based beverages
85 mL (⅓ cup)	0% plain Greek yogurt
1	ripe banana, mashed (about 125 mL/½ cup)
20 mL (4 tsp)	maple syrup or brown sugar
15 mL (1 tbsp)	cocoa powder
250 mL (1 cup)	fresh or frozen raspberries

Instructions

1. In a medium bowl, whisk together all ingredients except for raspberries. Spoon equally into 4 small jars or airtight containers.
2. Refrigerate for at least 4 hours, preferably overnight, before eating.
3. When ready to serve, top with raspberries.



KIDS IN THE KITCHEN

Have your kids help you mix ingredients and distribute the mixture into the jars.



MIX IT UP

Use your favorite seasonal fruit. In the summer, try peaches, plums, or any type of berries.



CHEF'S TIP

In the morning, add crunchy toppings: fruits, unsalted nuts/seeds, or cereal.



SERVING SUGGESTION

Eat overnight oats cold or warm. If you prefer it warm, add a bit more milk and heat up in the microwave before eating.

Canada's
food guide

Recipe provided by
Canada.ca/foodguide

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