



Low fat



Low salt



Fibre Friendly



Lots of veg and fruit

Poached Pears with Raspberry Sauce

(from Fix It Quick, Favourite Brand Name Slowcooker)

Makes 4-5 servings.

Ingredients:

4 cups cran-raspberry juice cocktail
2 cups Rhice or Riesling wine
¼ cup sugar
2 cinnamon sticks, broken into halves
4-5 Bosc or Anjou pears, peeled and cored
1 package (10 oz) frozen raspberries in syrup, thawed
Fresh berries

Directions:

1. Combine juice, wine, sugar, cinnamon stick halves in slow cooker.
2. Submerge pears in mixture.
3. Cover; cook on LOW for 3 ½ to 4 hours (or until pears are tender).
Remove and discard cinnamon sticks.
4. Process raspberries in food processor or blender until smooth;
strain and discard seeds.
5. Spoon raspberry sauce onto serving plates; place pears on top of
sauce. Garnish with fresh berries.



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Caramel Broccoli

from Angie Cornwell

Makes 4 servings

Ingredients:

- 1 large head of broccoli, chopped into bite sized pieces *(stem peeled and sliced too!)*
- 1 Tbsp cooking oil
- 2 tsp white sugar

Directions:

1. Preheat oven to 400F. Line a cookie sheet with foil and set aside.
2. In a large bowl, mix broccoli pieces with oil to coat well.
3. Sprinkle with sugar and mix again.
4. Dump onto prepared pan and bake for 20-25 minutes, or until the broccoli begins to turn light brown at the tips.



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Chickpea Burgers

from Basic Shelf Cookbook

Makes 4 servings.

Ingredients:

Chickpea Burgers

- 1 can chickpeas, drained and rinsed
- 4 green onions, trimmed and sliced
- 1 egg
- 2 tbsp all purpose flour
- ½ tsp dried oregano
- ½ tsp ground cumin
- ¼ tsp salt
- 2 tbsp vegetable oil
- 2 pita breads (6 ½ inches)

Directions:

1. Place chickpeas, green onions, egg, flour, oregano, cumin and salt in big bowl. Use a potato masher or fork to mash the ingredients. The mixture will be moist and should hold together when pressed. Form into 4 patties
2. Heat oil in a large nonstick pan over medium-high heat. Add patties and cook until golden and beginning to crisp, about 4 to 5 minutes. Carefully flip and cook until golden brown, 2 to 4 minutes more.
3. Cut the pita breads in half and warm them up if you like. Put one chickpea patty in each pita half. Serve with Tahini sauce (optional)

Ingredients:

Tahini Sauce

4. ½ cup plain yogurt
5. 2 tbsp tahini (or peanut butter)
6. 1 tbsp lemon juice
7. 1/3 cup chopped, flat-leaf parsley or about 2 tsp (10 mL) dried parsley
8. ¼ tsp salt

Directions:

1. Combine yogurt, tahini, lemon juice, parsley and salt in a medium bowl. Mix and serve with the chickpea burgers



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High Calcium

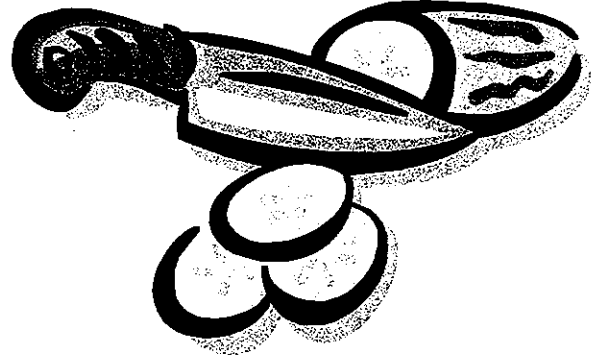
Fast and Easy Greek Salad

(from Great Food Fast)

Makes 6 cups

Ingredients:

2 cups diced tomatoes
 2 cups diced cucumbers
 1 cup cubed feta cheese (about 8 oz)
 ½ cp thinly sliced onions
 ¼ cup black olives
 2 Tbsp white wine vinegar
 2 Tbsp olive oil
 ½ tsp minced garlic
 ½ tsp dried basil
 ½ tsp dried oregano
 black pepper



Directions:

1. In a large bowl, combine tomatoes, cucumbers, cheese, onions, and olives.
2. In a small bowl or measuring cup, whisk together vinegar, oil, garlic and spices.
3. Add dressing to tomato mixture and toss gently to combine.
4. Chill before serving.