

# Everyday Healthy SERIES



## Toasted Couscous Vegetable Pilaf

- 1 cup (250 mL) Casbah organic whole wheat couscous
- 1 cup (250 mL) Imagine Organic Vegetable stock
- 1/2 cup (125 mL) orange juice
- 1 small clove garlic, minced
- 1/4 tsp (1 mL) saffron threads
- 1 small zucchini, grated
- 1 small red pepper, diced
- 2 tbsp (25 mL) chopped fresh Italian parsley

In non-stick skillet, set on medium heat toast couscous, stirring often for about 5 minutes or until golden.

In a small saucepan bring stock, orange juice, garlic and saffron to boil. Add toasted couscous, zucchini and red pepper. Stir, cover and remove from heat. Let stand for 5 minutes or until liquid is absorbed. Sprinkle with parsley and fluff with fork.

Makes 4 servings

## Chicken and Arugula Sandwich

Sandwiches sometimes need a zip for flavour so try out the combination of sundried tomatoes and mustard for your next sandwich. In this sandwich it brings a brightness to roast chicken and smoked cheese.

1 cup (250 mL) baby arugula leaves  
8 oz (250 g) oven roasted chicken breast, sliced  
8 slices mozzarella cheese  
2 roasted red peppers, sliced

### Sundried Tomato Mayonnaise:

1/4 cup (50 mL) Spectrum Canola mayonnaise  
2 tbsp (25 mL) chopped sundried tomatoes in oil, drained  
1 tsp (5 mL) Dijon mustard  
1/2 tsp (2 mL) dried oregano  
4 small ciabatta or kaiser buns, halved

Sundried Tomato Mayonnaise: In small bowl, stir together mayonnaise, sundried tomatoes, mustard and oregano. Spread over inside of each bun.

Top bottom of buns with arugula, then chicken, cheese and top with roasted red peppers. Top with other half of bun and serve.

Makes 4 sandwiches.

Tip: Check out the Grilled Pepper Bruschetta on how to roast your own peppers. No time? Simply pull out a jar of roasted red peppers and use 2 larger peppers from the jar. Pat them dry before slicing.

You can substitute baby spinach, mizuna or small romaine leaves for the arugula.

Look for other buns in the bakery that you might enjoy. Using flatter style buns and moist fillings will help create a fresh tasting sandwich.

Smoked mozzarella is available in the deli. If there is a small chunk available, simply bring it to the deli counter and ask for it to be sliced. They will gladly help you out!

Veggie Option: Panfry Yves Garden Vegetable Patties and stuff them into the bun for a filling sandwich.

### Noodle Soup

Serve this quick soup up in big bowls for dinner or heat it up the next day for lunch. Sprinkle soup with more Parmesan if desired and a sprinkle of hot pepper flakes for added kick.

6 cups (1.5 L) Imagine Low Sodium Chicken broth

4 oz (125 g) spaghetti, broken

1 red pepper, diced

1/4 cup (50 mL) grated Parmesan cheese

1/3 cup (75 mL) chopped fresh Italian parsley

In saucepan, bring chicken broth to boil. Add spaghetti and simmer for about 5 minutes or until pasta is al dente.

Stir in pepper, cheese and parsley. Reduce heat and simmer for 5 minutes.

Makes 4 servings.

Egg and Noodle Soup Option: Omit pepper. In bowl, using fork beat 4 eggs with Parmesan cheese and parsley. Very slowly pour egg mixture into simmering stock, stirring constantly and cook for 2 minutes or until eggs are set.

Chicken and Noodle Soup Option: Dice 2 boneless skinless chicken breasts and add to soup with pepper, cheese and parsley and cook for about 8 minutes or until chicken is no longer pink inside.