

# Everyday Healthy SERIES



## Vegetable Frittata

This is an easy way to get the family to eat their vegetables. Use what you have in the fridge to create this perfect lunch or dinner dish.

*2 tsp (10 mL) Spectrum Extra virgin olive oil*  
1 onion, chopped  
2 cloves garlic, minced  
1 yellow bell pepper, chopped  
1 1/2 cups (375 mL) sliced mushrooms  
1 tsp (5 mL) Italian herb seasoning  
Pinch hot pepper flakes  
1 cup (250 mL) fresh or frozen peas  
1 1/4 cups (300 mL) liquid egg  
1/4 tsp (1 mL) each salt and pepper

In nonstick skillet heat oil over medium heat and cook onion, garlic, pepper, mushrooms, Italian herb seasoning and hot pepper flakes for about 8 minutes or until liquid evaporates from mushrooms. Add peas and cook for 2 minutes, stirring constantly.

In bowl, whisk together liquid egg, salt and pepper. Pour into skillet stirring well to combine vegetables and egg mixture. Lift edge around skillet to let egg run underneath to cook. Cook, lifting edge for about 5 minutes or until top is not runny and bottom is golden.

Place plate large enough to cover skillet over top and invert pan to remove frittata. Slide frittata back into skillet and cook for 5 minutes or until golden and knife inserted in centre comes out clean.

Makes 4 to 6 servings.

Helpful Hint: You can serve wedges of frittata open face on whole wheat bread or easy enough to enjoy hot or cold with a salad.

## Wheatberry Apple Cranberry Salad

Grains and fruit are a healthy combination for lunch. With the crunch from the apples and the tender bite of the wheatberry this salad is a surefire winner. Wheatberries are the whole-wheat kernel that is the perfect whole grain that is high in fibre.

1 cup (250 mL) wheat berries  
1 granny smith apples, cored and diced  
2 cups (500 mL) lightly packed baby spinach  
1 can (540 mL) mixed beans, drained and rinsed  
1/2 cup (125 mL) dried cranberries  
3 tbsp (45 mL) orange juice  
2 *tbsp (25 mL) Spectrum unfiltered Apple Cider Vinegar*  
1 *tbsp (15 mL) Spectrum Canola oil*  
1 small clove garlic, minced  
2 tsp (10 mL) Dijon mustard  
1/4 tsp (1 mL) each salt and pepper  
1/4 cup (50 mL) chopped fresh mint or flat leaf parsley

In large pot of boiling water cook wheat berries, covered for about 1 hour or until tender but still slightly chewy. Drain and rinse under cold water until cool. Drain well and place in large bowl. Add apples, spinach, beans and cranberries.

In small bowl whisk together orange juice, vinegar, oil, garlic, mustard, salt and pepper. Pour over wheatberry mixture and toss to coat. Add mint and stir to combine well.

Makes 6 to 8 servings.

Couscous Option: Bring 1 1/2 cups (375 mL) *Imagine Vegetable broth* to boil. Add 1 cup (250 mL) *Casbah instant couscous*. Stir and remove from heat. Cover and let stand for 5 minutes. Fluff with fork and gently add apples, spinach, beans and cranberries. Toss with dressing and mint as above.

## Tuna Salad Boats

Tuna is a popular request for lunch so why not make it interesting. It's a healthy source of protein and easy to prepare. Make it good and make it often.

1 *cup (250 mL) Yves Canned Chick peas, drained and rinsed*  
2 cans (120 g each) chunk tuna packed in water, drained  
1/2 cup (125 mL) diced celery  
1/2 cup (125 mL) diced red bell pepper  
1 dill pickle, finely diced  
1/4 *cup (50 mL) Spectrum mayonnaise- Canola*  
2 *tbsp (25 mL) plain nonfat yogurt*

1 tbsp (15 mL) lemon juice  
1/4 tsp (1 mL) each salt and pepper  
4 small leaves Boston or radicchio lettuce  
Quarter cucumber, thinly sliced  
1 tomato, cut in wedges

In bowl using potato masher, mash chickpeas coarsely. Add tuna, celery, pepper and pickle.

In small bowl, whisk together mayonnaise, yogurt, lemon juice, salt and pepper. Scrape over tuna mixture and stir to combine well. Divide tuna mixture among lettuce leaves and garnish with cucumber slices and tomato wedges.

Makes 4 servings.

Celery Stalk Option: You can use 8 large celery stalks to serve the tuna salad on and cut into smaller pieces for small hands.

Salmon Option: You can use 2 cans (213 g) sockeye salmon, drained for the tuna.

### Pancotta Calabrese (Calabrian Cooked Bread Soup)

This cooked bread soup has tons of flavour from the pancetta and tomatoes. It can be a whole meal with sliced sausage on top and a drizzle of olive oil. Use chicory, rapini, spinach or Swiss chard for the greens. Whichever you choose, make sure it's the freshest!

4 oz (125 g) pancetta, diced  
1 small onion, finely chopped  
2 cloves garlic, minced  
1 stalk celery, finely chopped  
1/4 cup (50 mL) chopped fresh Italian parsley  
4 cups (1 L) *Imagine chicken broth*  
1 can (28 oz/796 mL) diced tomatoes  
4 cups (1 L) thinly sliced greens, lightly packed  
2 thick slices stale Italian bread, chopped  
3 tbsp (50 mL) grated Pecorino Romano cheese  
2 Italian sausages, cooked and sliced, optional

In large saucepan cook pancetta over medium-high heat for about 3 minutes or until beginning to turn golden. Reduce heat to medium and add onion, garlic, celery and parsley and cook for about 5 minutes or until softened. Add stock and tomatoes; bring to boil. Reduce heat and simmer for 15 minutes.

Add greens and bread and stir for about 8 minutes or until greens are tender and bread is soft. Ladle into soup bowls; sprinkle with cheese and top with sliced sausages.

Makes 4 to 6 servings.

Tip: If your pancetta doesn't render off very much fat to cook the onion, add 1 tbsp (15 mL) of extra virgin olive oil to pan before adding onion.

### Arugula and Roasted Pepper Pasta Salad

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Green arugula is crisp and peppery which is a perfect match for sweet roasted red peppers. This salad will last up to 3 days in the refrigerator. Add some chopped cooked chicken or turkey or ham for lunch for the family.

3 cups (750 mL) whole-wheat fusilli or penne pasta  
1 bunch arugula, trimmed  
1 jar (370 mL) roasted red peppers, drained  
1 can (14 oz) artichokes, drained and chopped  
4 green onions, chopped  
2 tomatoes, seeded and chopped  
1/4 cup (50 mL) *Spectrum White Wine Vinegar*  
2 tbsp (25 mL) *Spectrum Extra-virgin olive oil*  
1 small clove garlic, minced  
1 tbsp (15 mL) chopped fresh thyme or 1 tsp dried  
2 tsp (10 mL) Dijon mustard  
1/4 tsp (1 mL) each salt and pepper

In large pot of boiling salted water, cook pasta for about 7 minutes or until al dente. Drain and rinse under cold water until pasta is cool; place in large bowl. Tear arugula into bite size pieces and add to pasta. Slice peppers into thin strips and add to pasta along with artichokes, green onions and tomatoes.

In small bowl, whisk together vinegar, oil, garlic, thyme, mustard, salt and pepper. Pour over salad and toss to coat.

Makes 4 to 6 servings.