

Everyday Healthy SERIES



Steak and Tomato Soup

Buy a small lean steak to create a full meal soup for two. Chock full of vegetables and beef this soup tastes fresh and delicious with little effort to get it on the table.

Makes 2 to 3 servings.

- 1 beef grilling steak, about 6 oz/175 g (such as rib eye, striploin or tenderloin)
- 2 cloves garlic, minced
- 1 tsp (5 mL) dried oregano
- 1/4 tsp (1 mL) hot pepper flakes
- 1 tbsp (15 mL) Spectrum canola oil
- 1 onion, thinly sliced
- 1 stalk celery, thinly sliced
- 3 cups (750 mL) Imagine low sodium chicken or beef stock
- 1 1/2 cups (375 mL) diced canned tomatoes with juices
- 2 cups (500 mL) frozen mixed vegetables
- 1 tbsp (15 mL) Worcestershire sauce

1. Trim visible fat from steak and discard. Thinly slice steak and place in bowl. Add garlic, oregano and hot pepper flakes and toss to coat; set aside.
2. In nonstick skillet heat half of the oil over medium high heat and brown steak on both sides, reserving any garlic and herbs for onions. Remove to plate.
3. Add remaining oil to soup pot over medium heat and add onion, celery and any remaining garlic and herbs from steak and cook, stirring for 7 minutes or until softened. Add stock, tomatoes, vegetables and Worcestershire sauce and bring to a boil. Add browned steak; reduce heat and simmer for 15 minutes for flavours to develop.

Tip: Use frozen diced vegetables like carrots, peas and corn or green beans for the vegetables. Any small vegetable mixes will work well too.

Chicken and Chickpea Salad

Moist chickpeas are a favourite legume to match up with lean chicken and in this tangy dressing you can enjoy it on lettuce or with some lettuce and tomato in half a whole wheat pita for lunch on the run. An easy way to get lean protein for lunch!

Makes 4 servings.

2 tsp	Spectrum canola oil
1/4 cup	chopped fresh flat leaf parsley
1/2 tsp	ground cumin
1/2 tsp	each salt and pepper
2	boneless skinless chicken breasts
1	can (400 mL) Yves garbanzo beans, drained and rinsed
1/2 cup	chopped celery
1/2 cup	each chopped red and green bell pepper
2	green onions, chopped
2 cups	shredded romaine or leaf lettuce
1/4 cup	Spectrum mayonnaise
3 tbsp	plain nonfat yogurt
1/4 tsp	grated lemon rind
1 tbsp	lemon juice
2 tsp	granulated sugar or sugar substitute
2 tsp	chili powder
1	small clove garlic, minced

1. In bowl, combine oil, 2 tbsp of the parsley, cumin and half each of the salt and pepper. Add chicken and toss to coat evenly. Place breasts on greased grill over medium high heat and cook for about 10 minutes or until no longer pink inside. Remove to plate and set aside.

2. In large bowl, combine chickpeas, celery, red and green peppers, onions and lettuce. In small bowl whisk together mayonnaise, yogurt, lemon rind and juice, sugar substitute, chili powder and garlic. Add remaining parsley, salt and pepper. Pour over chickpea mixture and stir to combine.

3. Chop chicken into bite size pieces and add to salad. Toss to combine.

Helpful Hint: You can use leftover chicken for the chicken breasts. You will need 1 1/2 cups chopped.

Turkey Option: You can use turkey for the chicken.

Pepper Option: If you don't want to use red or green peppers use 1 cup chopped cucumber.

Pork Fried Rice

Chinese fried rice can be packed with fat and not nearly enough lean protein and fibre to keep you full. This version is colourful and filled with all of the above.

Makes 4 servings.

1 1/2 cups	Imagine low sodium chicken stock
3/4 cup	brown rice
Pinch	salt
1 tsp	Spectrum sesame oil
2	lean boneless pork loin chops, chopped
1 cup	sliced mushrooms
2	green onions, chopped
1	large carrot, diced
1/2 cup	sliced celery
1 cup	Yves canned cooked chickpeas
1/4 cup	light soy sauce
2 cups	bean sprouts

1. In saucepan, bring 1 1/4 cups of the chicken stock, rice and salt to boil. Reduce heat to low, cover and cook for 25 minutes or until liquid is absorbed. Fluff with fork and set aside.

2. In large nonstick skillet heat sesame oil over medium high heat and cook pork and mushrooms for about 8 minutes or until pork has a hint of pink inside. Add green onions, carrot, celery, chickpeas and cooked rice. Cook, stirring for 2 minutes to combine.

3. Add remaining chicken stock and soy sauce and cook for 5 minutes. Add bean sprouts and toss to combine.

Vegetarian Fried Rice Option: Use Imagine low sodium vegetable stock for the chicken stock and omit chicken breasts. Use 1 pkg Yves Veggie Ground Round for the chicken.

Helpful Hint: You can use 2 cups of cooked chicken instead of cooking chicken for the recipe.

Egg Option: Omit chicken and use 3/4 cup liquid egg. In nonstick skillet heat 1 tsp Spectrum canola oil over medium heat and scramble egg for about 2 minutes or until no longer runny. Add to rice mixture with bean sprouts.