

# Everyday Healthy SERIES



## **Roasted Chickpeas**

These are an addictive snack that gives a crunch and saltiness that most chips and nuts give you-but without all the fat!

2 cans (14 oz/) Yves garbanzo beans, drained and rinsed  
2 tbsp (25 mL) Spectrum extra virgin or canola oil  
1/2 tsp (2 mL) salt  
Pinch cayenne or other favourite spice

1. In large bowl, toss chickpeas with oil, salt and cayenne. Spread in single layer onto large baking sheet.
2. Bake in 400F oven for about 40 minutes, shaking pan a couple of times during cooking or until golden. Let cool completely.

Makes about 3 cups.

Tip: You can add more salt or other spices if you would like to change up the flavour of the chickpeas.

## **Fresh Fruit Bowl**

Keep this in the fridge and scoop up bowlfuls for an afternoon snack or after dinner pick me up. This is a great salad to pack up and bring to the office to enjoy on your afternoon break.

2 oranges  
1 small mango, peeled and sliced  
1 cup (250 mL) halved strawberries  
1 cup (250 mL) red or green seedless grapes  
1 cup (250 mL) blueberries or raspberries  
2 kiwis, peeled and sliced  
1 star fruit, sliced (optional)  
1 tbsp (25 mL) sugar substitute or honey  
2 tsp (10 mL) lemon juice  
Pinch ground ginger

1. Using serrated knife cut both ends off oranges. Using sawing motion cut peel and pith off oranges. Cut sections between membranes over a large bowl. Squeeze any juice into another small bowl from reserved membranes; set aside.
2. Add mango, strawberries, grapes, blueberries, kiwi and star fruit, if using to oranges. Toss to combine.
3. Add sugar substitute, lemon juice and ginger to reserved orange juices. Pour over fruit.

Makes 4 cups, enough for 4 servings.

Storage: Cover and refrigerate for up to 2 days.

Tip: You can sprinkle your bowlful with sliced almonds or dollop with yogurt if desired.

## **Sage and Tomato White Bean Spread**

This spread is great smeared over a turkey sandwich instead of mayonnaise. It is also tasty served up with vegetables instead of your regular dip. Store it in the refrigerator and dip into it whenever the craving hits.

1 can (14oz/) Yves white kidney beans, drained and rinsed  
2 tbsp (25 mL) chopped sundried tomatoes  
1/4 cup (50 mL) boiling water  
2 tbsp (25 mL) Spectrum extra-virgin olive oil  
1/2 tsp (2 mL) salt  
Pinch pepper

1 tbsp (15 mL) chopped fresh sage or 1/2 tsp (2 mL) dried sage leaves  
1 small clove garlic, minced

1. Place tomatoes in boiling water; let stand for 10 minutes. Drain and reserve water.
2. In food processor, puree together beans, tomatoes, oil, salt and pepper and 2 tbsp (25 mL) of the reserved water until smooth. Pulse in sage and garlic.

Makes 1 1/2 cups (375 mL).

Storage: Keep in airtight container, refrigerated for up to 2 weeks.

## **Blueberry Bars**

This is a spin off of the tons of breakfast bars available out on the market and similar to a date square. These have added fibre and you can make these on the weekend and be ready for the week of snack attacks.

1 cup (250 mL) large flake oats  
3/4 cup (175 mL) whole-wheat flour  
3/4 cup (175 mL) wheat bran  
1/2 cup (125 mL) brown sugar substitute  
1/4 tsp (1 mL) baking soda  
1/2 cup (125 mL) soft non-hydrogenated margarine  
3 tbsp (45 mL) liquid egg

Blueberry Filling:

2 1/2 cups (625 mL) frozen blueberries  
1/4 cup (50 mL) water  
2 tbsp (25 mL) sugar substitute  
1/2 tsp (2 mL) grated lemon rind  
2 tsp (10 mL) lemon juice  
1 tbsp (15 mL) cornstarch

1. Blueberry Filling: In saucepan, bring blueberries, water, sugar substitute, lemon rind and juice and cornstarch to boil over medium heat. Cook and stir for about 2 minutes or until thickened and bubbly. Let cool.
2. In bowl, combine oats, flour, bran, brown sugar substitute and baking soda. Using wooden spoon mix in margarine until mixture resembles coarse crumbs. Add liquid egg and stir until moistened. Reserve 3/4 cup (175 mL) of the mixture for the top. Press remaining mixture into the bottom of parchment paper lined 8-inch baking pan. Spread with blueberry filling. Sprinkle with reserved oat mixture.
3. Bake in 350 F oven for about 30 minutes or until golden and blueberry filling is bubbly at edges. Let cool completely before cutting into bars.

Makes 24 bars.

Storage: Place bars in airtight container and keep refrigerated for up to 5 days or freeze for up to 2 weeks.

### **Curried Sweet Potato Rounds and Dip**

Okay when they say that chips are addictive they are not kidding. These yummy sweet potato rounds are a perfect accompaniment to your light meal for a curried flavour hit. If you want a really crisp chip you will need to slice your potatoes on a mandolin and watch them turn into golden rounds in the oven.

2 sweet potatoes, about 2 lb/1 kg  
2 tbsp (25 mL) Spectrum canola oil  
2 tsp (10 mL) mild curry paste  
1/2 tsp (2 mL) cumin seeds  
1/2 tsp (2 mL) salt  
1/4 tsp (1 mL) pepper

Mango Chutney Coriander Dip:

1/3 cup (75 mL) Spectrum canola mayonnaise  
2 tbsp (25 mL) Major Grey mango chutney  
1 tsp (5 mL) mild curry paste  
1/2 tsp (2 mL) coriander seeds, crushed  
1 tbsp (15 mL) chopped fresh coriander

1. Preheat oven to 450 F (250 C).
2. Scrub potatoes well. Thinly slice them crosswise into 1/8-inch (3 mm) thick slices and place them in a large bowl. Add oil, curry paste, cumin seeds, salt and pepper and using your hands toss potatoes gently to coat evenly.
3. Spread potato slices in a single layer over 2 large parchment paper lined baking sheets. Bake, turning once and rotating pans for about 20 minutes or until potatoes are golden brown and tender. Let cool slightly.
4. Mango Chutney Coriander Dip: Whisk together mayonnaise, chutney, curry paste and coriander seeds until combined. Sprinkle with fresh coriander. Serve with sweet potatoes.

Serves 4.

Option:

Make dip and serve with Terra Veggie Chips for a super quick and easy snack.

