

Everyday Healthy SERIES



Roasted Sweet Potato and Pepper Toasted Quinoa Salad

An ancient grain that still lives up to its high protein profile and delicious taste in this easy to make salad. A great make ahead for lunch the next day or easy side dish. Add some cooked beans for a vegetarian delight. Be sure to remember to rinse your quinoa before using it, the saponin on the quinoa makes it taste bitter if not rinsed off.

Makes 6 servings.

- 1 cup (250 mL) Casbah quinoa
- 2 cups (500 mL) Imagine low sodium vegetable or chicken broth
- 1 tbsp (15 mL) Spectrum canola oil
- 1 large sweet potato, peeled and chopped
- 1 sweet red pepper, chopped
- 2 green onions, sliced
- 1/4 cup (50 mL) chopped fresh mint or coriander
- Dressing:
 - 2 tbsp (25 mL) light/low sodium soy sauce
 - 1 tbsp (15 mL) Spectrum canola oil
 - 1 clove garlic, minced
 - 1/2 tsp (2 mL) hot pepper sauce (optional)

Place quinoa in fine mesh sieve. Rinse and drain well. Place quinoa in nonstick skillet over medium high heat. Toast, stirring frequently for about 6 minutes or until fragrant and beginning to hear quinoa snapping/popping. Remove from heat.

Toss sweet potato and pepper with oil and place on parchment paper lined baking sheet. Roast in 425 F (220 C) oven for about 20 minutes or until tender. Set aside.

In saucepan, bring stock to boil and add quinoa. Stir and return to boil. Cover, reduce heat to low and simmer for about 20 minutes or until liquid is absorbed. Remove from heat and let stand 5 minutes. Using fork, fluff quinoa and place in large bowl. Let cool slightly. Add sweet potato, pepper, green onions, mint and coriander.

Dressing: In small bowl, whisk together soy sauce, oil, garlic and hot pepper sauce, if using. Drizzle over salad and toss to combine. Serve warm or cold.

Tip: If you do not have light or low sodium soy sauce at home, simply use 1 tbsp (15 mL) regular soy sauce and 1 tbsp (15 mL) water.

Squash and Spinach Skillet Side

Moist and colourful this sidedish will ring bells around fall when you are looking for new ways to incorporate more squash in your meals. A perfect way to add more orange and green vegetables into your diet, as recommended by the Canada Food Guide.

Makes 4 to 6 servings.

1 tbsp (15 mL) Spectrum canola oil
1 large onion, chopped
2 cloves garlic, minced
1 tbsp (15 mL) minced fresh ginger
4 cups (1 L) cubed butternut squash
1 cup (250 mL) Imagine low sodium vegetable or chicken broth or water
1 bag (10 oz/300 g) baby spinach leaves
1/2 tsp (2 mL) hot pepper sauce (optional)
Pinch each cinnamon and cardamom

In large nonstick skillet, heat oil over medium heat and cook onion, garlic and ginger, stirring for about 5 minutes or until softened.

Add squash and stock and bring to a boil. Reduce heat, cover and simmer for about 15 minutes or until squash is tender but firm.

Add spinach, hot pepper sauce, cinnamon and cardamom, cook, stirring for about 5 minutes or until spinach is wilted and squash is very tender.

Tip: For an added kick add more hot pepper sauce before serving.

Smokey Root Vegetable Soup with Red Pepper Salsa

Smoked turkey leg provides a deep smokey flavour to this vegetable soup. Using a mix of root vegetables makes this soup hearty and satisfying for a cold winter's night. The fresh crisp bite of the red pepper salsa balances the tender cooked vegetables in this freezable soup.

Makes 6 to 8 servings.

1 tbsp (15 mL) Spectrum canola oil
1 onion, chopped
2 cloves garlic, minced
1 tsp (5 mL) dried thyme leaves
1 tsp (5 mL) dried sage leaves, rubbed
2 parsnips, chopped
1 carrot, chopped
1 stalk celery, chopped
Half rutabaga, peeled and chopped
1/2 tsp (2 mL) salt (optional)
1/4 tsp (1 mL) pepper
8 cups (2 L) Imagine low sodium chicken broth
1 smoked turkey drumstick or wing
1 can (14 oz) Yves red kidney beans, drained and rinsed
Red Pepper Salsa:
1/2 cup (125 mL) finely diced red pepper
2 tbsp (25 mL) finely chopped green onion
2 tbsp (25 mL) chopped fresh Italian parsley
1 tbsp (15 mL) wine vinegar
Pinch each salt and pepper

In soup pot heat oil over medium heat and cook onion, garlic, thyme and sage for about 3 minutes or until softened. Add parsnips, carrot, celery, rutabaga, salt and pepper and

cook, stirring for about 5 minutes or until coated well. Add chicken broth and turkey and bring to boil.

Cover and reduce heat to simmer and cook for about 1 hour or until vegetables are very tender and turkey meat falls off the bone. Remove turkey from soup and let cool slightly. Cut meat off the bone and chop. Return to soup pot with beans and heat through.

Red Pepper Salsa: Meanwhile, in bowl combine red pepper, green onion, parsley, vinegar, salt and pepper. Ladle soup into soup bowls and top with salsa before serving.