



SMART SHOPPER TIPS & RECIPES

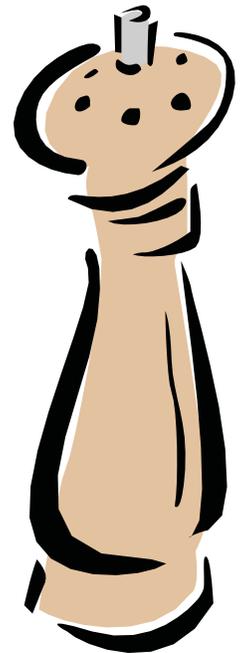
Simple Side Dishes

Are you bored with your vegetables? Try something new to spice things up!

Using a foil bag is an easy way to bake vegetables and even whole meals! Here's how to make a great side dish and save time:

Easy-Bake Veggies

- Preheat oven to 400°F.
- On the counter, place a piece of foil large enough to hold the vegetables you are cooking.
- Chop your favorite vegetables into bite size pieces (e.g. carrots, cauliflower, zucchini, onion, etc)
- In a medium bowl, mix the cut vegetables. Drizzle 1-2 Tbsp of vegetable oil so the vegetables are lightly coated. Add spices of choice. (See chart)
- Place the vegetables in the middle of the foil.
- Fold the sides of the foil into the middle like you're wrapping a present.
- Take one open end of the foil and roll or fold it up toward the middle to create a seal. Repeat on the other end.
- Place the foil package on a baking sheet. Poke a few holes in the top of the foil bag to let steam out. Bake for 20 minutes, or until tender.



⚠ Use caution when opening the bag, as the steam is very hot.

Tips for Spicing Up Meals

SPICE	TIPS	EXAMPLES
Ground spices	Release their flavour quickly Best for short cooking times For meals that take longer, add near the end	Basil Parsely Oregano
Whole spices	Need a longer time to release their flavour Work well in longer-cooking recipes Great for soups and stews	Sage Bay Leaves Thyme
Seeds	Toasting the seeds will bring out their flavour Here's how: add spice/seeds to a dry, non-stick pan and heat until you can smell the flavour	Sesame Seeds Cumin Seeds White Peppercorns

Canada's Food Guide to Healthy Eating recommends 5 to 10 servings per day of
For tips and practical suggestions visit www.5to10aday.com

Stuffed Bell Peppers

Serves 4

2 Bell Peppers

Vegetables of choice

Vegetable oil or salad dressing



Preheat oven to 400°F.

- Chop 2 bell peppers in half (lengthwise) to make 4 bowls. Clean out seeds. Place in the center of foil, which will be made into a foil bag and set aside.
- Chop vegetables of choice into ½ inch pieces, which will be used to fill the pepper bowl. Examples: onions, mushrooms, carrots, celery, broccoli.
- In a medium size bowl, toss the vegetables together.
- Drizzle vegetable oil or your favorite oil-based salad dressing over the vegetables. Add spices or salt and pepper to taste.
- Mix the vegetables so they are lightly coated.
- Place vegetable mixture in the cut bell peppers. Sprinkle with parmesan cheese if desired.
- Wrap to make foil bag. Poke a few holes in foil to let steam out.
- Bake in oven for 30 minutes, or until vegetables are tender.

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Spice It Up!

Premixed seasonings are usually high in salt.

Using spices instead will help reduce your salt intake and still add flavour.

Sprinkle on Spices

Spice Common Use

Basil	pizza, pesto, cheese, tomato dishes
Chives	stir-fry, cheese, dip, potatoes
Cilantro	salsa, salad, dip, beans, soup, fajita
Coriander	lentils, beans, onion, potatoes, chili, stew
Dill	fish and shellfish, cottage cheese, tomato juice
Marjoram	lamb, beef, pork, chicken, fish, tomato dishes, stuffing, bread, salad dressing, chowder
Oregano	pizza, spaghetti/pasta, anything with tomato, chili
Paprika	chili, barbeque
Parsley	egg, soup, stew, stock, adds color to dishes
Rosemary	chicken, lamb, potatoes, good with garlic
Sage	chicken, fish
Thyme	stuffing, meat, stew, fish, and game

More Ideas

Mix whole grain cooked rice with vegetables. Place in pepper.

You can also cook your meat, fish, and poultry in the foil bag with your vegetables.

Place foil bag on the barbeque instead of in the oven.