

Sample Family Meal Plan Recipes

Use the recipes in this package with our 7-day sample family meal plan.

Sunday

Rhubarb and Apricot Bread Pudding

Preparation Time: 15 minutes

Cooking Time: 45 to 50 minutes

Makes: 8 Servings

A touch of apricot jam makes an interesting sweet accent to the tanginess of the rhubarb. For other variations, try strawberry, cherry or blueberry jam. Drizzle with Devon custard for a smooth, creamy finish.

Ingredients

Chopped (½-inch/1 cm pieces) Ontario Greenhouse Rhubarb	750 mL	3 cups
Apricot jam	175 mL	¾ cup
3 eggs		
Granulated sugar	150 mL	2/3 cup
2% milk	500 mL	2 cups
Vanilla	5 mL	1 tsp.
Cubed day-old French or Italian bread (¾-inch/2 cm cubes)	1.25 L	5 cups
Sliced almonds	50 mL	¼ cup
Topping:		
1 can Devon custard, optional	398 mL	14 oz.
2% milk	45 mL	3 tbsp.

Directions

1. In bowl, mix together rhubarb and jam; set aside. In large bowl, whisk eggs with sugar; whisk in milk and vanilla. Stir in bread cubes. Stir in rhubarb mixture. Pour into lightly greased 9-inch (23 cm) square baking pan. Sprinkle with almonds.
2. Place pan in slightly larger pan; pour boiling water into large pan to come two-thirds up side of smaller pan. Bake in 350 F (180 C) oven for 45 to 50 minutes or until puffed and golden on top.
3. Topping: In small bowl, stir together custard and milk. Drizzle about 3 tbsp. (45 mL) over each serving. Serve hot or cold.

NOTE: Bread cubes should be slightly dried out. Lay out in single layer on baking sheet to dry slightly.

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Wednesday **Minestrone Soup**

Preparation Time: 15 minutes

Cooking Time: 40 minutes

Serves: 4

This is a great soup to make at the end of the week when you have a lot of produce to use up. Any fresh seasonal vegetables can be used in this recipe. This soup freezes well and makes for a great leftover for lunch. Serve with a crusty whole grain bun.

Ingredients

Olive oil	15 mL	1 Tbsp
Onion, diced	250 mL	1 cup
Carrot, diced	250 mL	1 cup
Celery, diced	250 mL	1 cup
Cloves of garlic, chopped	2	2
Fresh parsley, chopped	125 mL	1/2 cup
Sodium reduced chicken stock	1 L	4 cups
Water	500 mL	2 cups
Navy beans, drained and rinsed	540 mL	19 oz
Potato, peeled and diced	250 mL	1 cup
Zucchini, diced	250 mL	1 cup
Savoy cabbage, shredded	250 mL	1 cup
Fresh plum tomatoes, diced	500 mL	2 cups
Bay leaf	1	1
Dried basil	5 mL	1 tsp
Dried oregano	5 mL	1 tsp
Dried thyme	5 mL	1 tsp
Pepper to taste		

Directions

1. Heat oil in a large pot over medium heat. Add onion, carrot and celery and sautee without browning for about 10 minutes.
2. Add the rest of the ingredients, except the cheese, and simmer on medium heat for 30 minutes.
3. Pour into bowls and top with parmesan cheese (if using).

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Thursday

Lightened-Up Guacamole and Chips

Preparation Time: 20 minutes

Cooking Time: 10 to 15 minutes per batch of tortillas

Makes: Serves 10

This recipe was an instant hit with the tasting panel for its great flavor, and it has less fat than commercial guacamole and chips. Kids love it.

Tip: The tortilla chips will keep for up to 2 weeks in an airtight plastic bag at room temperature. Use the baked tortillas as an inexpensive replacement for store-bought crispy flat breads.

Ingredients

Ripe Avocados, peeled and mashed	2	2
Tomato, chopped (optional)	1	1
Clove Garlic, minced	1 clove or 2 mL powder	1 clove or ½ tsp. powder
Fat-free Plain Yogurt	125 mL	½ cup
Tomato salsa (mild, medium or hot)	75 mL	1/3 cup
Chopped Green Onion (optional)	25 mL	2 tbsp.
Freshly Squeezed Lemon Juice	10 mL	2 tsp.
Ground Cumin (or to taste)	5 mL	1 tsp.
Chili Powder (or to taste)	5 mL	1 tsp.
Multigrain or whole wheat tortillas	8 to 10 (25 cm)	8 to 10 (10-inch)
Ripe Avocados, peeled and mashed	2	2

Directions

1. In a large bowl, combine avocados, tomato (if using), garlic, yogurt, salsa, green onion (if using), lemon juice, cumin and chili powder.
2. In batches, place tortillas directly on the middle rack of preheated oven and toast, turning once, for 10 to 15 minutes or until golden brown and starting to crisp (check periodically to make sure they are not getting too brown). Let cool on a wire rack, then break into dipping-size pieces.
3. Serve guacamole in a dish, surrounded by toasted tortilla chips.

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Friday

Reena's Yummy Greek Salad

Preparation Time: 15 minutes

Makes: 8 cups (2 L), serving size 2 cups

Fresh vegetables are always a great option for lunch. With the addition of crisp pita and feta cheese this makes a vibrant and refreshing option for kids.

Ingredients

2 whole wheat pitas, cut into 8 wedges each		
Grape tomatoes, cut in half lengthwise	750 mL	3 cups
6 mini cucumbers, cut into ½ inch (1 cm) slices		
Crumbled light feta cheese	250 mL	1 cup
For dressing:		
Extra virgin olive oil	60 mL	¼ cup
Red wine vinegar	30 mL	2 tbsp.
3 cloves garlic, minced		
Dried oregano leaves	5 mL	1 tsp.
Pinch each salt and freshly ground pepper		

Directions

1. Place pita wedges on baking sheet and bake in preheated 400 F (200 C) oven for about 5 minutes or until golden and crisp. Let cool.
2. Dressing: In a small bowl, whisk together oil, vinegar, garlic, oregano, salt and pepper.
3. In a large bowl, stir together grape tomatoes, cucumber and feta. Add toasted pita and drizzle with dressing. Toss to combine. Let stand 5 minutes before serving for flavours to develop.

Rhubarb Apple Loaf with Brown Sugar-Cinnamon Topping

Preparation Time: 15 minutes

Cooking Time: 1 hour

Makes: 1 loaf, 16 slices or 18 muffins

A moist quick-bread with a crunchy brown sugar-cinnamon topping, this can also be made into muffins. The loaf will keep well, covered, at room temperature for up to 2 days. Or wrap and freeze for up to 3 months.

Ingredients

All-purpose flour	500 mL	2 cups
Granulated sugar	175 mL	3/4 cup
Baking powder	10 mL	2 tsp
Baking soda	5 mL	1 tsp
Salt	2 mL	1/2 tsp
Eggs	2	2
Apple juice	250 mL	1 cup
Butter, melted	75 mL	1/3 cup
Vanilla	5 mL	1 tsp
Chopped fresh Ontario Rhubarb (12 oz/375 g, about 6 stalks)	500 mL	2 cups
Topping:		
Packed brown sugar	30 mL	2 Tbsp
Cinnamon	1 mL	1/4 tsp

Directions

1. In large bowl, stir together flour, sugar, baking powder, baking soda and salt. In medium bowl, beat eggs; stir in apple juice, butter and vanilla; stir into dry mixture just until combined. Stir in rhubarb just until evenly distributed. Spoon into greased 9- x 5-inch (2 L) loaf pan.
2. Topping: In small bowl, combine brown sugar with cinnamon; sprinkle evenly over batter. Bake in 350°F (180°C) oven for 60 to 65 minutes or until toothpick inserted in centre comes out clean. Let cool in pan on wire rack for 10 minutes. Turn out of pan and let cool completely on rack.
3. Variation: Muffins: Spoon batter into 18 greased muffin cups; sprinkle with topping. Bake in 375°F (190°C) oven for 20 to 25 minutes. Let cool as directed.

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Khao Tom (Thai Rice Soup)

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Serves: 3

In Thailand, soup is a staple breakfast item. It is served from street vendors and made from leftover ingredients from last night's dinner.

Ingredients

Chicken stock	500 mL	2 cups
Water	250 mL	1 cup
Shallot, minced	1	1
Piece of lemongrass, whole*	5 cm	1-2 in
Thinly sliced carrot	125 mL	½ cup
Cooked rice	250 mL	1 cup
Diced, cooked pork or chicken	125 mL	½ cup
Fish sauce	5 mL	1 tsp
Fresh cilantro, finely diced	5 mL	1 tsp
Green onion, sliced	1	1

*use the juice of ½ a lemon if you can't find lemongrass

Directions

1. In a medium pot bring the stock and water to a boil. Reduce heat to medium. Add the ginger, shallot, lemon grass and carrot. Simmer for 10 minutes.
2. Add the rice, pork or chicken and fish sauce. Simmer for 10 minutes. Remove and discard the lemon grass.
3. Add the cilantro and green onions and serve immediately.

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Saturday **Beet Hummus**

Preparation Time: 60 minutes

Cooking Time: 15 Minutes

Makes: 2 cups

A great alternative to regular hummus. This recipe makes a low-calorie snack.

Ingredients

Beets, washed, leave the skin on	3 medium	3 medium
Olive oil	5 mL	1 tsp
Diced onion	60 mL	¼ cup
Cloves garlic, finely chopped	2	2
Ground cumin	5 mL	1 tsp
Canned chickpeas, drained and rinsed	250 mL	1 cup
Tahini (ground sesame seeds)	60 mL	¼ cup
Water	60 mL	¼ cup
Lemon juice	60 mL	¼ cup
Raw vegetables to serve		

Directions

1. Cook beets in a large pot of boiling water for 40 minutes or until tender. When cooled, peel beets and roughly chop. Set aside. Can be done 1 day in advance.
2. In a medium frypan, heat oil over medium heat. Add the onion, garlic and cumin and cook, stirring often, until onions are soft, 5-10 minutes.
3. Add beets, onion mixture, chickpeas, tahini, water and lemon juice to a food processor and puree until smooth.
4. Serve immediately or store in an air tight container in the fridge for up to 3 days.

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