

The Ultimate Breakfast Burrito

Ingredients

- 6 8-inch whole wheat tortillas
- 3 medium sweet potatoes
- 1 (15 oz) can black beans,
rinsed & drained
- ½ tsp cumin
- ¼ tsp chili powder
- 6 large eggs
- 1 avocado, diced
- ½ cup shredded cheese
of choice
- optional: cilantro, red peppers,
hot sauce*



Instructions

Cook sweet potatoes by: (1) piercing with a fork several times, then microwaving on high for 4-6 minutes, or (2) roasting in oven at 375°C for 45 mins or until fork tender. Once potatoes are cooked, remove skin and mash in a medium bowl.

In a separate bowl, mix black beans, cumin, and chili powder; stir to combine.

In a separate bowl, beat eggs; cook eggs over medium-low heat until fluffy, folding every few minutes.

Slightly warm the tortillas, then spread mashed sweet potatoes. Add eggs, diced avocado, black beans, and cheese evenly across the potatoes. Add optional ingredients and season with salt and pepper. Tuck end in, wrap and enjoy!

Freeze extra burritos for an easy breakfast on the go.

Creamy Heart Yogurt Bites



Ingredients

- 1 cup Greek yogurt
- 1 cup berries of choice
- 1 tbsp honey
- 1 tsp vanilla
- 4 tsp mini chocolate chips
- optional: heart-shaped molds,
sticks (popsicle, paper, or toothpicks)*

Instructions

Blend ingredients together until mixed thoroughly. Spoon mixture into molds, or place dollops of mixture on a pan covered with wax paper. If desired, add popsicle sticks, paper straws or toothpicks. Freeze until solid. Remove from wax paper or mold immediately after removing from freezer. Serve immediately and enjoy!

Breakfast Burrito

Ingredients

- 2 eggs
- 1 tbsp milk of choice
- 2 green onions, chopped
- half a green or red pepper, diced
- ¼ cup shredded cheese
- 2 small whole wheat tortillas
- salt and pepper to taste



"I love making a batch of breakfast burritos to keep in the fridge for a grab-and-go breakfast option! To get the best results, reheat in a toaster oven or on the stovetop for a crunchy shell. For a little kick, add some sriracha, chipotle mayo, or your favourite hot sauce!"

-Marlee Mount, 3rd year NIC Bachelor of Science in Nursing student completing a placement with 19 Wing Health Promotion

Instructions

In a bowl, whisk together eggs and milk. Stir in onion, pepper, and salt and pepper. Spray a small non-stick skillet with cooking spray and heat over medium-low heat. Pour egg mixture, as egg begins to set, use a spatula to gently push cooked portions to the centre.

Tilt pan to allow uncooked eggs to flow into empty spaces. Sprinkle with cheese and cook for 1 minutes or until eggs are set and cheese is melted. Divide egg in two and place in tortillas.

Roll up! Serve and enjoy!

Strawberry Frozen Yogurt



"With just a few ingredients and a blender, you can have a healthy treat to satisfy everyone's dessert craving! This strawberry frozen yogurt was a big hit with everyone in the family, but I think that Charlotte enjoyed it the most! Try it out with your favourite berries or other frozen fruit - the possibilities are endless! "

-Marlee Mount, 3rd year NIC Bachelor of Science in Nursing student completing a placement with 19 Wing Health Promotion

Ingredients

- 4 cups strawberries (fresh or frozen)
- 3 tbsp honey or maple syrup
- ½ cup plain Greek Yogurt
- 1 tbsp lime juice

Instructions

Put all the ingredients into a blender. Blend until smooth. If you use fresh strawberries, after blending, freeze until desired consistency is reached. Top with your favourite nuts or treats. Try different flavours by swapping out the strawberries for your favourite fruit! Serve and enjoy!

Chicken Parmigiana with Spaghetti Squash

Ingredients

- 1 spaghetti squash, halved and seeded
- ½ tbsp olive oil
- ½ cup whole grain flour
- 1 tbsp dried oregano
- ¾ cup whole grain bread crumbs
- ½ tsp black pepper
- 1 egg, whisked
- 4 chicken breasts, pounded until ½ inch thick
- 2 cups favourite marinara sauce
- ¼ cup fresh grated Parmesan cheese
- ½ cup fresh basil, chopped (optional)



Instructions

Preheat oven to 400°F. Brush squash with oil and place flesh side down on baking sheet. Bake for 40 mins or until tender. While squash is baking combine flour and oregano in a shallow bowl. In second bowl, combine bread crumbs and pepper. In a third bowl whisk egg. Dip chicken into flour mixture, then egg, then bread crumbs, shaking off excess with each step. Bake for 15 minutes on an oiled or lined baking sheet. Top with marinara and cheese, bake 15 mins or until cheese is melted. Once squash is cooked, pull fork through flesh, creating spaghetti. Place chicken on top of spaghetti squash and sprinkle with basil. Serve and enjoy!

Vegetarian Egg Fried Rice

Ingredients

3 cups cooked brown rice, a day old if possible
4 large eggs, divided
2 tbsp water
¼ tsp paprika
¼ tsp tumeric
3 tbsp olive or canola oil, divided
1 medium carrot, diced
1 medium onion, diced
1 red bell pepper, diced
1 cup frozen peas, thawed
2 tbsp unseasoned rice vinegar
¼ tsp sugar
2 scallions, chopped
salt and pepper to taste
optional: hot sauce



Instructions

In a large bowl, break rice clumps into individual grains. Beat 2 eggs in a small bowl until frothy; add water, paprika and tumeric; stir. Beat the remaining 2 eggs separately in another small bowl. Set both bowls aside. Heat wok or large pan over medium-high heat. Add 2 tbsp oil and swirl to coat bottom of pan. Add the 2 beaten eggs (without the added spices); cook, stirring until scrambled, about 1 min. Transfer to a plate. Add the remaining oil to the pan, heat over high. Add carrots, onions, and bell pepper; cook, stirring until vegetables are tender, about 2-3 mins. Stir in rice and cook, breaking up any clumps, until the rice is hot, about 2 mins. Take the egg mixture, that has had the spices added, and pour it over rice and veggies; cook for 1 min. Add peas, cook until peas are hot, about 1 min. Add rice vinegar, sugar, scallions and reserved cooked eggs; cook for 1 min. Salt and pepper to taste and add hot sauce if desired. Serve and enjoy!

Signature Garden Veggie Bowl

Ingredients

Bowl Base

- 2 cups cooked brown rice
- 1 cup cooked black or green lentils
- 3 tbsp chopped dill
- salt and pepper to taste
- 2 cups thinly sliced baby spinach
- 1 cup thinly sliced red peppers
- 1 cup grated carrots
- 1 cup of your favourite sliced mushrooms
- ½ cup pumpkin seeds

Tahini Dressing.

- 3 tbsp tahini (sesame paste)
- 3 tbsp rice vinegar
- 3 tbsp olive oil
- 1 tsp grated ginger
- 1 garlic clove, minced
- 3 tbsp boiling water
- salt and pepper to taste



Instructions

For tahini dressing: whisk together tahini, vinegar, oil, ginger, and garlic until smooth. Add boiling water to thin out. Season with salt and pepper to taste. *For bowl base:* toss cooked rice and lentils with dill in a bowl. Season with salt and pepper to taste. Portion rice and lentil mixture equally among serving bowls. Divide spinach, red peppers, carrots, mushrooms and pumpkin seeds on top of the lentil blend. Drizzle dressing on top of veggies. Serve and enjoy!

Black Bean Tacos

Ingredients

For the beans:

1 tbsp olive oil

½ small yellow onion, diced

1 garlic clove, minced

1 15-oz can black beans, drained and rinsed

½ tsp cumin

¼ tsp smoked paprika

⅛ tsp cayenne pepper

1 tbsp tomato paste

1 tsp water

salt and pepper to taste

For the tacos:

8 tacos of choice

1 avocado, mashed
juice from 1/2 a lime

½ cup shredded cheese

1 tomato, diced

1 cup of your favourite greens (shredded lettuce, spinach, kale)

optional toppings: corn, cilantro, salsa



Instructions

Preheat oven and cook taco shells according to package directions. While cooking, heat a large skillet over medium heat. Add oil and onion and saute 2-3 mins until translucent. Add garlic, saute 30 sec, add beans, spices, tomato paste and water; mix until combined. Cook for 3 minutes. In a small bowl, mix mashed avocado, lime juice, salt and pepper.

Assemble the tacos; serve and enjoy!

Feel Good Bar

Ingredients

1½ cups mashed bananas (3 large)

1 tsp vanilla

2 cups rolled oats

½-¾ cup of your favourite dried fruit (e.g., cranberries, cherries, blueberries)

½ cup walnuts, chopped

½ cup sunflower seeds

½ cup pumpkin seeds

½ cup sliced almonds

¼ cup hemp hearts

1 tsp cinnamon

¼ tsp salt

optional: sprinkle of chocolate chips



Instructions

Preheat oven to 350°F. Grease and line a 9x13 baking dish with two pieces of parchment paper (one going each direction, overhanging, so the bars are easier to remove). In a large bowl, mash banana until smooth, stir in vanilla. Place oats into a food processor (or blender at lowest speed) and pulse until coarsely chopped. Stir oats into the banana mixture. Stir in dried fruit, nuts, seeds, hemp hearts, cinnamon, and salt. Mix until thoroughly combined; dough will be heavy and wet. Spoon mixture into baking dish, press and smooth until uniform and compacted. Bake for 22-26 mins, until firm and lightly golden along edges. Let cool for 10 mins, then remove from dish. Once completely cool, slice into bars. Serve and enjoy!
(Bars can be individually wrapped and stored up to 6 weeks in freezer)

Fuel Up Veggie Wrap



Ingredients

2 medium whole grain tortillas
4 tbsp of hummus
cucumber slices
half a pepper, sliced
pinch of sprouts
half a tomato, chopped
4 mushrooms, diced
2 handfuls of lettuce or spinach
Optional: cheese of choice,
sliced or shredded

Instructions

Spread 1-2 tbsp of hummus on each tortilla. Place desired number of cucumber slices and pepper slices on hummus. Add a pinch of sprouts, chopped tomatoes and diced mushrooms. Add a slice of your favourite cheese, then finish by adding desired amount of lettuce or spinach. Wrap tightly. Serve and enjoy!

HEALTH PROMOTION

19 Wing Comox

Summer Veggie Bowl

Ingredients

- ¼ red cabbage, shredded
- 2 large carrots, shredded
- 1 cup cherry tomatoes, halved
- 1 cup cooked quinoa
- ¼ cup cooked yams
- ¼ cup roasted chickpeas
- ½ avocado, cubed
- pinch of sprouts
- favourite dressing

Spice Blend

- 2 tbsp sweet paprika
- 1 tbsp allspice
- 2 tsp cumin
- 2 tsp turmeric
- 1 tsp cinnamon
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp ground ginger



Instructions

Pre-heat oven to 425°F. Toss rinsed and drained chickpeas with oil; add 2 tsp of spice blend, mix well. Bake chickpeas on a parchment-lined baking sheet for 35 mins or until crispy, stirring once. Peel and cut yams into small cubes. Toss with oil and 1 tsp spice blend in a bowl. Place on baking sheet. Bake for 30 mins or until soft, turning once. While chickpeas and yams bake, wash and cut veggies and cook quinoa according to package directions. Once everything is cooked, add together in a bowl and top with your favourite dressing. Serve and enjoy!

Homemade Fruit Popsicles



Ingredients

- $\frac{3}{4}$ cups Greek yogurt
- 2 $\frac{1}{2}$ cups fruit of choice
- 2 tbsp honey
- $\frac{1}{4}$ tsp vanilla extract
- $\frac{1}{2}$ tsp lemon juice

Tip: don't have popsicle moulds? Use freezer-safe cups with tin foil and a popsicle stick.

Instructions

Add all ingredients into a blender; blend until the mixture is smooth. Evenly distribute into 6 popsicle moulds or cups. Secure lids, or cover with tin foil and add popsicle sticks. Freeze overnight or 8 hours. Remove molds by running under warm water to release popsicle. Serve and enjoy!

Summer Fresh Veggie Pasta

Ingredients

Servings: 2

- 2 cups favourite pasta, cooked
- 1 bell pepper, halved
- 1 zucchini, sliced
- 5 cherry tomatoes, halved
- ½ can chickpeas, rinsed & drained
- 1 tbsp favourite pesto sauce
- salt and pepper to taste
- oil, *as needed*
- optional: parmesan cheese*
- meat or veggie sausage*



Instructions

Preheat oven to 375°F. Drain and rinse chickpeas. Season lightly with salt and pepper and place on a baking sheet. Cook for 30-40 mins, turning once, until toasted. Wash and cut all produce; cut pepper in half and slice zucchini into 2 inch long strips. Brush with oil until lightly covered. Place on baking sheet and cook in oven for 20 mins, or until soft. While veggies cook, wash and slice cherry tomatoes. Cook sausages (if making) and pasta to package directions. Once pasta is done, drain and place back into the large pot. Add pesto (and parmesan if desired). Once veggies finish cooking in oven, cut peppers and zucchini into 1 inch cubes. Add veggies and chickpeas to pasta. Warm pasta mixture on low heat if desired.

Mix well. Serve and enjoy!

Warm-Me-Up Vegetarian Stew

Ingredients

Servings: 4

- 1 tbsp olive oil
- 1 medium white or yellow onion, chopped
- 6 cloves garlic, minced
- 2 tsp cumin
- 1 tsp cinnamon
- 1 tsp ground turmeric
- ¼ tsp cayenne pepper
- 1 can (28 oz) crushed tomatoes
- 2½ cups low sodium vegetable broth
- 1 can (15 oz) chickpeas, rinsed and drained
- 4 cups cubed butternut squash
- 1 cup green or red lentils, rinsed
- juice of ½ lemon
- ⅓ cup chopped cilantro
- salt and pepper to taste
- optional: basil leaves, chopped*



Instructions

Heat oil in a large pot over medium-high heat. Add onion and garlic, cook until onions are soft. Stir in cumin, cinnamon, turmeric, & cayenne; cook for 30 seconds or until fragrant. Add tomatoes, broth, chickpeas, squash, lentils and salt & pepper; bring to boil, cover and reduce heat to low. Simmer for 20 mins or until squash is soft and lentils are fully cooked. Stir in lemon juice and sprinkle with cilantro (& basil). Serve and enjoy!

To add more flavour serve with a dollop of your favourite yogurt.

Butternut Squash Soup

Ingredients

Servings: 6-8

- 1 tbsp olive oil
- 1 medium white onion, diced
- 4 cloves garlic, minced
- 2 cups low-sodium vegetable broth
- 1 carrot, peeled and chopped
- 1 Granny Smith apple, cored and chopped
- 1 medium butternut squash, peeled, seeded and diced
- 1 sprig fresh sage
- $\frac{1}{8}$ tsp cayenne
- pinch of cinnamon and nutmeg
- $\frac{1}{2}$ cup unsweetened coconut milk
- salt and pepper, to taste
- optional: smoked paprika*
- optional toppings: cheese, nuts, herbs, arugula*



Instructions

Heat oil in a large pot over medium-high heat. Add onion and sauté for 5 minutes. Add the garlic and sauté for another 2 minutes. Once the onions are soft, add vegetable broth, carrot, apple, butternut squash, sage, cinnamon and nutmeg and stir to combine. Continue cooking until soup reaches a simmer. Cover, reduce heat to medium-low, simmer for 20-30 mins until vegetables are all tender and mash with a fork. Remove and discard the sage; stir in coconut milk. Purée the soup using an immersion or regular blender. Serve with your favourite topping and enjoy!

Holiday Bark

Ingredients

Servings: 4

½ cup 100% unsweetened cocoa powder

½ cup coconut oil, melted

2 tbsp quinoa, uncooked

2½ tbsp maple syrup

¼ cup dried cranberries

¼ cup shelled pistachios,
roughly chopped

½ tsp salt

*optional: 2 tbsp candied oranges
diced small, 2 tbsp chopped
peanuts, 2 tbsp melted white
chocolate*



Instructions

In a small saucepan, toast raw quinoa over medium-high heat until slightly browned with a nutty aroma; stir continuously to avoid burning.

In a small bowl, mix together cocoa powder and melted coconut oil. Stir in toasted quinoa and maple syrup.

Pour mixture onto a plate or baking sheet lined with parchment paper or wax paper. Sprinkle pistachios, dried cranberries, salt and your favourite toppings over the melted chocolate mixture. For added flair, drizzle melted white chocolate over and use a toothpick to create a swirl effect if desired.

Freeze for 1 hour.

Break into pieces and enjoy!

Store leftovers in the freezer for up to 3 months.