Dietitians of Canada

Cookbook

created by DC Members



Nourishing Recipes To Flourish

Pasta e Ceci made by Shauna Lindzon

Dietitians of Canada
Les diététistes du Canada

NOURISH TO FLOURISH
NUTRITION MONTH 2026

DC Cookbook

Created by DC Members

Our incredible members across Canada have contributed their favourite recipes, highlighting creativity and nutrition expertise.

Nutrition Month celebrates the creativity and expertise of our community, and this cookbook is a great way to showcase the diverse recipes that nourish and inspire us. Whether it's a family favourite, a cultural dish, or a go-to recipe you love to share, we'd be thrilled to include it.



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Recipes for Breakfast





Elizabeth Skelhorn

I am a retired member of DOC. I worked as a clinical dietitian at Hants Community Hospital for 40 years. Then 5 years casual work in diabetes management centres in Central Region in a variety of locations. I rejoined DOC last year after a few years away to continue to have access to PEN and satisfy my curiosity.



Gourmet Granola

Ingredients | Serving Size: 2 Cups

- 2 cups Large flake oatmeal
- Gourmet Granola
- 1/2 cup sliced almonds
- 1/2cup pecans pieces
- 1/4 cup raw pumpkin seeds
- 1/4 cup sesame seeds
- 1/8 cup canola oil
- 1/8 cup honey
- 1/2 cup dried cranberries
- 1/2 cup white raisins

How to Make

1. Heat oven to 275 degrees.
2. Mix oatmeal, nuts and seeds.
3. Heat oil and honey together in microwave. Blend and mix with dry ingredients.
4. Spread mixture evenly on baking sheet (I prefer to use a stone ware pan).
5. Bake in oven for 20 to 25 minutes.
6. Remove from oven and stir in cranberries and raisins.
7. Bottle while still warm.
8. Enjoy on its own, as a topping on cereals or with yogurt.

"This recipe has been a favourite topping for my breakfast cereal with bran flakes and bran buds with psyllium. It was also a hit at an auction to raise funds for a family church camp."



Anar Allidina

I am Registered Dietitian specializing in blood sugar management and metabolic health. I help those with prediabetes, insulin resistance, and PCOS take control of their health without fear or confusion around carbohydrates. Through a real-life, sustainable approach, I help empower busy people to balance blood sugar, boost energy, and reduce cravings while enjoying the foods they love.



Cottage Cheese Pancakes

Ingredients | Serving Size: 3-4

- 1 cup cottage cheese 2%
- 2 eggs
- 1 1/4 cup rolled oats
- 2 tsp vanilla
- 2 tsp baking powder
- Splash of milk

How to Make

1. In a small blender add the ingredients and blend until smooth. If batter is too thick you can add some milk to thin it out.
2. Heat a skillet over medium high heat with a bit of olive oil. Pour 1/4 cup of batter to the warm skillet and cook each side for a few minutes or until golden brown.
3. Serve with fresh fruit or chocolate chips

"I love being a member of DC to stay current in this profession and connect with other RDs."



Elaine Zhang

My name is Elaine, and I'm passionate about sharing practical, evidence-based nutrition information with the public through social media. As a dietitian, I'm proud to be a DC member, and I love creating recipes that make healthy eating both accessible and enjoyable.

Today, I'm turning them into golden, crispy, toasted perfection with just the right hint of coconut.



Coconut Lentil Crunch

Ingredients | Serving Size: 8

- 1 cup raw lentils
- 1/4 cup maple syrup
- 1/4 cup coconut oil
- 1/3 cup unsweetened coconut flakes
- 2 tbsp chia seeds
- 1 cup mixed nuts, chopped or sliced

How to Make

1. Add the lentils and enough water to cover them to a saucepan. Bring to a boil, then reduce the heat and simmer for 3 minutes. Rinse the lentils with cold water, drain well, and pat dry with a paper towel. Set aside to cool briefly.
2. Preheat the oven to 300°F (150°C) and line a baking tray with parchment paper.
3. In a large bowl, combine the lentils, coconut oil, maple syrup, chia seeds, coconut flakes, and mixed nuts. Mix until evenly coated.
4. Spread the mixture in a single, even layer on the prepared baking tray.
5. Bake for 1 hour, stirring 2–3 times during baking to ensure even crisping.
6. Remove from the oven and allow to cool completely. The mixture will continue to crisp as it cools.

"One of my current favorites is this Coconut Lentil Crunch. Lentils are affordable and nutritious—rich in plant-based protein, fiber, iron, and slow-digesting carbohydrates that help keep me full and energized."



Nicole Pin

I have been a Registered Dietitian and DC Member for over 10 years. I love being able to keep up to date through DC networks, events, and publications like the DC Journal and PEN. I am passionate about keeping things simple in the kitchen to reduce stress and create more enjoyment at mealtimes.



Crust-less Zucchini Pie

Ingredients | Serving Size: 4

- 1 medium zucchini, shredded, all liquid squeezed out
- 1/2 cup onion, finely dices
- 1/2 cup shredded cheddar cheese
- 2 tbsp. grated parmesan cheese
- 1/2 cup white whole wheat flour (all purpose or gluten free flour blends also work)
- 1 tsp baking powder
- 2/3 cup milk of choice
- 1 tsp olive oil
- 2 large eggs, beaten
- 1/2 tsp kosher salt
- black pepper, to taste

How to Make

1. Preheat oven to 400° F. Lightly grease a pie dish with cooking spray or olive oil.
2. Combine zucchini, onion and cheese in a bowl.
3. Sift flour and baking powder in a separate bowl. Add remaining ingredients to flour mixture and blend well.
4. Combine with zucchini mixture and pour it into the pie dish.
5. Bake 30-35 minutes or until knife comes out clean from the center. Let it stand at least 5 minutes before serving.

"This Zucchini Pie makes an easy savoury breakfast or lunch. I like to pair it with a slice of wholegrain bread and a handful of arugula for a balanced meal"



Carla Centola

I am a registered dietitian in Vancouver, BC. I am really invested in the power of nuts and seeds. So many of my clients aren't getting enough omega 3, or unsaturated fats into their diet, so this is an easy way to include more. It's a fast snack, or breakfast for when we are in a rush.

Muesli

Ingredients | Serving Size: 4

- 1/2 cup almonds
- 1/2 cup cashews
- 1/2 cup walnuts
- 6 tbsp flaxseed
- 6 tbsp pumpkin seeds
- 6 tbsp sunflower seeds
- 1 cup dried fruit of your choice
- optional: 1/2 cup uncooked, flaked oats
- 4 cups milk

How to Make

1. Mix together all muesli dry ingredients, store for further use when ready to eat.
2. When ready to serve, mix in 1 cup mil per serving.
3. Serve with fresh fruit, or a few scoops of greek yogurt for added protein.



"It's high in fiber, protein and heart healthy fats to keep you full until your next meal!"



Jillian Doiron

I am an undergraduate student, and a member of the Dietitians of Canada Student Network! This granola recipe is my go-to. It's easy, delicious, and nutritious! I've used this recipe during cooking classes with children, so it's a fun one to do with kids!



Granola with Yogurt

Ingredients | Serving Size: 4

- 1 cup oats
- 1/3 cup sunflower seeds
- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon
- 1/8 cup olive oil
- 1/8 cup honey
- 1/4 teaspoon vanilla extract
- 1/4 cup dried cranberries
- 1/3 cup yogurt

How to Make

1. Pre-heat oven to 375°F. Line a large baking sheet with parchment paper.
2. In a large mixing bowl, combine oats, seeds, salt, and cinnamon.
3. Pour olive oil, honey, and vanilla over the oat combination. Mixuntil everything has been evenly coated.
4. Pour granola mixture on to the prepared baking sheet. Spread out evenly.
5. Bake for 21 - 24 minutes, until granola is lightly golden.
6. After allowing time to cool, sprinkle dried cranberries over top of granola.
7. Serve over top of yogurt, and enjoy!



Jolene Rommelaere

Jolene's Homemade Granola

Ingredients

- 4 cups large flake oats
- 1 cup sliced almonds
- 1 cup natural bran or oat bran
- ½ cup pumpkin seeds
- ½ cup sunflower seeds
- ½ cup sesame seeds
- ½ cup chopped pecans or walnuts
- ¼ cup ground flax or psyillum husks
- 1 tsp cinnamon
- ½ cup canola oil
- ½ cup honey
- 1 cup craisins (optional)

How to Make

1. Preheat oven to 325 degrees. Line 2 baking sheets with waxed paper or silicone baking mats. Combine all ingredients, except craisins. Spread granola on baking sheets. Bake for 15-20mins, or until golden (watch it doesn't burn). Halfway through baking, stir granola. Cool. Toss in craisins if desired.
2. Serve with yogurt and fruit!
3. Enjoy!





Sheirry Poposka

I am a member of DC and value being part of a diverse professional community that shares a commitment to nourishing people with simple, wholesome foods. I enjoy highlighting cultural and family recipes that bring people together around the table. The recipe I am sharing comes from my family's cookbook and reflects traditional foodways that are meant to be enjoyed and shared with everyone.



Pinjur

Ingredients | Serving Size: 6

- 1 large eggplant
- 5 medium to large bell peppers (any colour)
- 3 large tomatoes
- 4 cloves garlic, minced(or 1 whole head garlic, stem trimmed, roasted and squeezed)
- 1/2 cup fresh parsley, finely chopped
- 1/3 cup extra virgin olive oil
- Salt and black pepper, to taste
- Optional topping: 1/4 cup crumbled feta cheese (for serving only)

How to Make

1. Wash all vegetables thoroughly. Cut a small cross at the bottom of each tomato to make peeling easier after roasting.
2. Preheat oven to 425°F (220°C).Place eggplant, bell peppers, and tomatoes on a baking sheet. If using whole garlic, trim the stem, wrap in foil, and place on the tray. Roast for 30 minutes, or until vegetables are soft and skins are blistered.
3. Remove vegetables from the oven and allow to cool slightly. Peel the eggplant, tomatoes, and peppers. Cut all vegetables into small cubes. Squeeze roasted garlic from the skins if using whole garlic.
4. Heat olive oil in a skillet over medium-high heat. Add the eggplant and sauté for about 5 minutes, stirring often, until soft and slightly caramelized. Add the bell peppers and cook for another 5 minutes, avoiding steaming. Add the tomatoes and cook for an additional 5 minutes, allowing excess moisture to evaporate.
5. Add garlic, salt, and black pepper. Stir well, then mix in the chopped parsley, allowing it to wilt slightly and incorporate evenly into the mixture. Cook for 2–3 minutes until thick and well combined.
6. Serve warm or at room temperature as a spread or side dish.
7. Sprinkle with crumbled feta cheese just before serving.

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Recipes for Lunch





Kavanagh Danaher

I love this recipe because it's quick and easy. For folks wanting to increase their intake of plant based proteins, it's an easy entry recipe. I always make enough for leftovers and it gets yummier in the fridge after a day.



Curried Chickpea Salad Sandwich

Ingredients | Serving Size: 1

- ¼ chopped onion
- 1 clove of crushed garlic
- 1 Tbsp lemon juice
- 1 can of rinsed chickpeas
- ¼ cup of plain greek yogurt + mayonnaise (e.g. olive oil based mayo) (I use 1/8 C of each)
- 1 tsp curry powder
- Salt + pepper to taste
- Greens of choice (e.g. sprouts, cilantro, parsley, spinach, kale, romaine, etc.)
- 1-2 slices of bread (1 for open face, 2 for closed sandwich)

How to Make

1. Mash chickpeas until roughly mashed (about ½ are still whole)
2. Mix all ingredients in chickpea bowl
3. Spread on slice(s) of bread and top with greens or sprouts of choice
4. Enjoy!

"This recipe it rarely makes it that long because my family loves it!"



Jogy Mathew

My name is Jogy Mathew, and I am a Registered Dietitian and a long-standing member of Dietitians of Canada since 2003. I currently work as a Consulting Dietitian in long-term care homes.
I also operate my professional practice, Jogy Mathew Dietetics Professional Corporation, through which I provide nutrition services and education.



Special Salad Recipe

Ingredients | Serving Size: 4 cups

- Carrot (thinly sliced) – 1 cup
- Cabbage (thinly sliced) – 1 cup
- Red Onion (thinly sliced) – 1 cup
- Apple (thinly sliced) – 1 cup
- Grated Coconut (prefer fresh coconut) – ½ cup
- White Vinegar – 2 tbsp
- Salt – to taste
- Cucumber (thinly sliced) – for garnish

How to Make

1. In a large bowl, combine carrot, cabbage, red onion, apple, and grated coconut.
2. Add white vinegar and salt. Toss gently to mix.
3. Transfer to a serving dish and arrange neatly.
4. Garnish with cucumber slices—get creative with floral or spiral shapes for extra flair.
5. Serve fresh and enjoy!

If you like it spicy, you can add ½ tsp finely chopped green chilli while mixing the ingredients

"This is one of my favourite salads—simple, nourishing, and versatile. It's a dish I enjoy anytime and in any season, and it reflects my approach to food: balanced, enjoyable, and easy to incorporate into everyday life.
I hope you enjoy this recipe as much as I do"



Rachelle Charlebois

This is a great snack for people who like a salty crunchy snack like chips. But the benefit is that it's less salt and fat and it's a source of fibre and it helps you eat more veggies! It keeps well in the fridge.
This is my 'go to' evening snack when I'm craving chips. It also makes a great side dish.

Easy Mixed Vegetables Salad

Ingredients | Serving Size: 6-7 cups

Salad

- 2 carrots
- 4 celery ribs
- 1/4 head of cauliflower
- 1/4 head of broccoli
- 20 snow peas
- 4 radishes
- 1/4 of a sweet onion
- 1 green pepper

Salad Dressing

- 3 Tbsp canola oil
- 1/4 cup Salata vinegar or
- regular white vinegar
- 1 tsp dill
- 1 tsp honey
- A bit of salt and pepper

How to Make

1. Cut all the above vegetables into very small pieces.
2. Add the salad dressing and mix well.
3. Let sit in refrigerator a few hours.



Mandy Megan Conyers-Smith

I'm Mandy Megan Conyers-Smith. I am a member of DC because I love staying connected with other dietitians, staying involved in initiatives that keep up visible, and also, I enjoy the resources and perks! - Thank you



Jerk Turkey Bugers with Caribbean Salsa

Ingredients | Serving Size: 4

Jerk Paste

- 6 green onion (scallion) stems, sliced
- 2 Scotch bonnet peppers (or habanero peppers), coarsely chopped
- 3 tbsp fresh lime juice
- 1 tbsp dark brown sugar
- 1 tbsp fresh ginger root, peeled and minced
- 1 tbsp low-sodium soy sauce
- 1 tbsp canola oil
- 2 cloves garlic, minced
- 1 tsp dried thyme
- 1 tsp ground cloves
- 1/2 tsp ground cinnamon
- 1 tsp black pepper
- 1/4 tsp ground nutmeg

Dish that includes the Jerk Paste: (serving 4)
Jerk Turkey Burgers with Caribbean Salsa

- 454 g extra-lean ground turkey
- 1 tsp black pepper
- 2 tsp extra virgin olive oil
- 1/2 tsp dried thyme leaves
- 4 whole-grain hamburger buns
- Jerk Paste (see recipe)
- 3/4 cup canned pineapple, drained and diced
- 3/4 cup papaya, diced
- 1/2 cup red onion, finely diced
- 1 tbsp fresh cilantro (coriander), finely chopped
- 1 tbsp fresh lime juice
- 4 romaine lettuce leaves

How to Make

Jerk Paste

1. Combine green onions, peppers, lime juice, brown sugar, ginger, soy sauce, oil, garlic, and spices in a food processor. Pulse until a coarse paste forms.

Jerk Turkey Burgers with Caribbean Salsa

1. In a bowl, combine ground turkey, black pepper, olive oil, and thyme until well blended. Divide into four portions and form into patties. Set aside.
2. In a separate bowl, mix pineapple, papaya, red onion, cilantro, and lime juice. Set aside.
3. Preheat a grill or grill pan over medium heat.
4. Brush patties with the prepared jerk paste.
5. Grill burgers, turning once, until fully cooked (approximately 9 minutes total).
6. Lightly toast hamburger buns, cut-side down, on the grill.

Madonna Achkar

I'm Madonna Achkar, a Registered Dietitian and Certified Diabetes Educator now living and working in Nunavut territory. I am passionate about culturally respectful, practical nutrition that supports real life.

As a Dietitians of Canada member, I value the opportunity to access credible resources, continue learning, and connect with colleagues across the country to better serve my communities.

Hummus

Ingredients | Serving Size: 2.5 cups

- 0-2 cloves of garlic, grilled, chopped
- 1 can (540 ml or 19 ounce) garbanzo beans, half the liquid reserved
- 2 small lemon
- 2 tablespoons tahini
- 1 teaspoon salt
- black pepper to taste
- 2 tablespoons olive oil

How to Make

1. In a blender, chop the garlic. Pour garbanzo beans into blender, reserving about a tablespoon for garnish. Place lemon juice, tahini, chopped garlic and salt in blender. Blend until creamy and well mixed.
2. Transfer the mixture to a medium-serving bowl. Sprinkle with pepper and pour olive oil over the top. Garnish with reserved garbanzo beans.



"I shared a simple, nourishing hummus recipe for the cookbook because it's affordable, versatile, and a great way to encourage balanced eating with wholesome ingredients that many families can enjoy."



Caroline Samson

I've been a dietitian for over 30 years and I continue to have a passion for food! Being a member of DC keeps me connected to the profession and to the most up to date resources to support me and my clients. The recipe I've shared for the cookbook is a twist on a classic French onion soup; French onion soup with Caramelized Cabbage.

French Onion Soup with Caramelized Cabbagge

Ingredients | Serving Size: 4-6

- 3-4 tbsp butter or fat of your choice 30-45 ml
- 2 c yellow onions, sliced 500 ml
- 2 c green cabbage, thinly shredded 500 ml
- 1 tsp sugar 5 ml
- 1 tsp salt 5 ml
- 1-2 garlic cloves, minced 1-2
- 6 c broth of your choice (beef, chicken, veg, low sodium) 1.5 L
- *1-2 tbsp Worcestershire sauce 15-30 ml
- *1-2 tbsp of soy/Tamari sauce 15-30 ml
- 1 tsp thyme 5 ml
- 1 bay leaves 1
- 1 tbsp balsamic vinegar 15 ml
- 2-3 c grated cheese (Gruyere, Swiss, Mozzarella) 500-750 ml

Bread

- 4-6 thick slices French bread or baguette 4-6
- 1-2 tbsp olive oil 15-30 ml
- Salt and pepper to taste (optional)

How to Make

1. In a large heavy-bottom pot melt butter over medium-high heat. Sauté onions and cabbage stirring often, until softened caring not to burn them, approximately 10 minutes.
2. Reduce heat to medium-low, stir in the sugar and salt, cook for 30 minutes stirring every 5 minutes or so until onions and cabbage are caramelized.
3. Add in the garlic and cook until fragrant approximately30 seconds. Use a bit of broth to deglaze bottom of the pot if needed to scrape up any stuck brown bits.
4. Add all the broth, Worcestershire sauce, soy/Tamari sauce, thyme, and bay leaf. Simmer gently over medium-low heat uncovered for approximately 20-30 minutes stirring occasionally.
5. Remove the bay leaf and stir in the balsamic vinegar. Taste and season with additional salt and pepper if needed. Cover and reduce heat to low to keep hot.
6. Preheat broiler. Place 4-6 bread slices on a baking sheet. Brush each one with olive oil and season with salt and pepper if desired.
7. Place baking sheet on middle rack and broil for 2-3 minutes turning bread once until nicely toasted on both sides. Remove from heat and leave broiler on.
8. Place 4-6 oven-safe bowls on a baking sheet with a rim and fill each one with about 2/3 c of the hot soup. Top each bowl with 1 slice of toasted bread and sprinkle with 1/2 c of cheese. Broil a few minutes until golden brown. Serve and enjoy!
9. Consider adding 2 tbsp (30ml) of the Worcestershire and soy/Tamari sauce if using chicken or vegetable broth to increase the pleasant savoury flavour known as umami in the broth.



Pamela Hatton

I work in population health and enjoy translating the science of nutrition into actionable advice. DC is a collective voice to advocate and promote the professionalism of Registered Dietitians.

The salad recipe always requested when I bring it to potlucks.

Kale Salad with Balsamic Maple Dressing

Ingredients | Serving Size: 8

- 1 bag or bunch washed kale – trim off hard bits
- 1-2 oranges
- 10-15 strawberries – sliced
- 10-15 cherry tomatoes
- 1 salad/green onion – sliced
- 125mL almonds – toasted and chopped/sliced

Dressing:

- 10 mL Dijon or German mustard
- 15 mL maple syrup or honey
- 75 mL balsamic vinegar
- 200 ml olive oil
- 15 mL poppy seeds (optional)

How to Make

1. Mix all dressing ingredients together in a jar and shake to emulsify. Add a bit of salt & pepper if desired. Ingredient amounts are estimates so adjust to how sweet/oily/tart you like it.
2. Add about 1/2 the dressing to the kale leaves and rub in with hands. The kale softens up after the dressing is added but maintains its shape well making it a good take along salad.
3. Zest one orange peel and add to top of salad. Peel the oranges removing as much pith as possible and cut into pieces. (You can supreme it – hold over the bowl to catch juices- but by cutting out a lot of the membrane you lose lots of volume but it looks nicer).
4. Add other sliced fruit and veg, top with almonds.
5. Add the rest of the dressing before serving and toss all the ingredients together.

"Kale does not get soggy once dressed, making it an easy and robust take along dish. It is versatile with ingredients that can be added or omitted seasonally. The maple syrup can be substituted with honey as well."

Meredith Foley

I'm a registered dietitian and healthcare & life sciences operations executive. I have over 20 years of experience leading global R&D, quality, and operational excellence initiatives in the food and nutritional industries. I'm a proud member of DC because I value being part of a community that celebrates creativity, wellness, and the sharing of knowledge.

Quinoa and Roasted Vegetables Buddha Bowl

Ingredients | Serving Size: 2 cups

- 1 cup quinoa, rinsed
- 2 cups water or vegetable broth
- 1 red bell pepper, chopped
- 1 zucchini, chopped
- 1 cup broccoli florets
- 1 tbsp olive oil
- Salt & pepper, to taste
- 1/2 cup chickpeas, cooked or canned
- 2 tbsp tahini
- 1 tbsp lemon juice
- 1 tsp maple syrup
- Optional: sesame seeds or fresh herbs for garnish

How to Make

1. Preheat oven to 400°F (200°C). Toss bell pepper, zucchini, and broccoli with olive oil, salt, and pepper. Roast for 20–25 minutes until tender.
2. Meanwhile, cook quinoa in water or broth according to package instructions.
3. In a small bowl, whisk together tahini, lemon juice, and maple syrup. Thin with water if needed for drizzling.
4. Assemble bowls: quinoa as the base, roasted veggies and chickpeas on top, drizzle with tahini dressing, and garnish with sesame seeds or herbs.
5. Enjoy a wholesome, vibrant meal!

"This is the dish I prepare at home and love sharing with clients and family. It's nourishing, easy and comforting. I hope it inspires others to enjoy cooking and bringing people together through food!"



Thalie Souliere

Tomato Asparagus and Avocado Salad

Ingredients | Serving Size: 4

- 20-25 asparagus, medium size, cut in bite size
- 15-20 grape tomatoes cut in halves
- 3 green onions, chopped
- 10 black olives or 1/2 cup of feta cheese diced
- 1 whole avocado, medium size, cut into cubes

Dressing:

- 1 tablespoons of parmesan cheese
- 2 tablespoons of lemon juice or balsamic vinegar
- 2 tablespoons of olive oil
- black pepper

How to Make

1. Cook asparagus your favorite way:
    - Roasted in the oven for 10 minutes at 400oF or
    - Blanched (cooked in boiling water for 4 minutes and then plunge them into ice water to stop cooking)
    - Make sure to keep them crunchy.
2. In a large bowl, mix all ingredients for the salad except the avocado.
3. Prepare dressing in a separate bowl.
4. Right before serving your salad, cut the avocado and add cubes to the rest of the vegetables.
5. Add dressing and stir lightly.
6. Enjoy with a protein and some starch to make a balanced meal. An hard boiled egg and whole grain crackers OR Basmati rice and grilled chicken breast would be lovely with this salad.





Marlee Black

I was born and raised in Canada. My partner was born and raised in Argentina during the early parts of his life and I've been exposed to the wonderful culture and food. Recipes I have never seen or heard of before and now I am incorporating it into my cooking life.



Malfatti

Ingredients | Serving Size: 4

Malfatti

- 2 cups whole milk ricotta
- 11/2 cups frozen spinach, thawed
- 2 large eggs
- 3/4 cup grated Parmigiano Reggiano
- 1/2 to 3/4 cup all-purpose flour
- 1 tsp salt
- 1/2 tsp black pepper
- 1/8 tsp nutmeg optional

Tomato sauce

- 2 tbsp olive oil
- 2 cloves garlic, minced
- 2 cups crushed tomatoes
- 1/2 to 1 tsp salt
- Pinch chili flakes and fresh basil optional

For finishing

- 1/4 to 1/2 cup grated Parmigiano Reggiano
- Olive oil

How to Make

1. Evaporate moisture from the spinach: Thaw the frozen spinach completely. Add it to a wide skillet over medium heat with no oil.Spread it out and cook, stirring often, until steam stops rising and the spinach looks dry and crumbly. This takes about 5 to 8 minutes, squeeze once more in a clean towel. Chop finely.
2. Mix the malfatti base. In a large bowl, combine ricotta, spinach, eggs, Parmigiano, salt, pepper, and nutmeg. Mix gently.
3. Mix in ½ cup flour. The mixture should hold a soft mound and not spread. If loose, add flour 1 tbsp at a time up to ¾ cup. Stop as soon as it holds.
4. Cover and refrigerate 20 to 30 minutes to firm up.
5. Heat olive oil in an oven-safe skillet over medium heat. Add garlic and cook about 30 seconds until fragrant. Add tomatoes, salt, and chili flakes if using. Simmer 10 to 15 minutes until slightly thick.Turn heat off.
6. Scoop rough ovals about ¼ cup each using a spoon or scoop. Do not roll tightly.
7. Bring a wide pot of salted water to a gentle simmer. Drop malfatti in batches. Once they float, cook 1 more minute. Lift carefully with a slotted spoon.
8. Nestle malfatti into the tomato sauce. Spoon sauce lightly over the tops. Sprinkle with Parmigiano.
9. Bake uncovered at 400°F for 15 to 20 minutes until set and lightly puffed. Optional broil 1 to 2 minutes.
10. Rest 5 minutes.Finish with more Parmigiano and a drizzle of olive oil or butter.



Elizabeth Zemelman

I love helping people improve their health through realistic, enjoyable changes to the way they eat. I love to travel, and many of my recipes are inspired by places I've visited and food cultures I admire. The recipe grew out of a trip to Morocco and blends Moroccan flavours with one of my favourite cuisines, Indian, for a warm, aromatic, plant-forward dish.



Roasted Cauliflower Carrot and Bean Salad

Ingredients | Serving Size: 5

- 1 medium head cauliflower, cut into bite size florets
- 5 medium-large carrots (about 4 cups)
- 3-4 Tbsp olive oil
- 1 can lentils, rinsed and drained (or 2 cups cooked)
- 1 can chickpeas, rinsed and drained (or 2 cups cooked)
- 1/2 cup Red onion, chopped
- 1/2 cup Cilantro, chopped

Dressing:

- 1/4 cup olive oil
- 3 Tbsp fresh lemon juice
- 1 Tbsp honey
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp turmeric
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cinnamon
- 1/4 tsp salt
- 1 clove garlic, minced
- black pepper to taste

How to Make

1. Preheat the oven to 400°F (200°C).
2. Prep the vegetables: Chop the cauliflower into bite-size florets and slice the carrots into 1/2-inch rounds. Place them on a baking sheet, drizzle with olive oil, sprinkle with salt, and toss to coat. Spread into an even layer.
3. Roast the cauliflower and carrots for 30–35 minutes, or until they're crisp- tender and lightly charred in spots. Remove from the oven and let cool slightly.
4. Make the dressing: While the vegetables roast, combine all dressing ingredients in a small bowl and whisk until smooth.
5. Assemble the salad: In a large bowl, add the chickpeas and lentils. Finely chop the red onion and cilantro and add them to the bowl. Add the roasted cauliflower and carrots, pour over the dressing, and toss gently to combine.
6. Serve and enjoy warm or at room temperature.



Vandana Gujadhur

I have been a member for Dietitians of Canada since I started my profession and I feel it's great to be part of a highly knowledgeable network of Dietitians working in different areas! The recipe I am sharing originates from the place that birthed my dreams of becoming a Dietitian, Mauritius, a tropical Island in the Indian Ocean where I come from.



Tomato Rougaille

Ingredients | Serving Size: 6

- 1-2 Tablespoons of Canola oil
- 1 medium Onion finely chopped
- 3 Garlic cloves crushed
- 1/2 inch chopped ginger
- 1/4 bunch parsley
- 1 tsp Thyme leaves removed from sprigs
- 8 Medium red ripe tomatoes
- 2 Fresh chillies finely sliced
- Salt and pepper

How to Make

1. In a large saucepan fry onion, crushed garlic, chopped ginger over medium heat until soft.
2. Add tomatoes, chillies, salt and pepper to taste and bring to simmer. Reduce heat to low and continue cooking for 20 minutes covered, stirring occasionally & crushing tomatoes whilst stirring.
3. Add all herbs and mix well.
4. Add a protein source to this like tofu, chicken or fish if you feel like.

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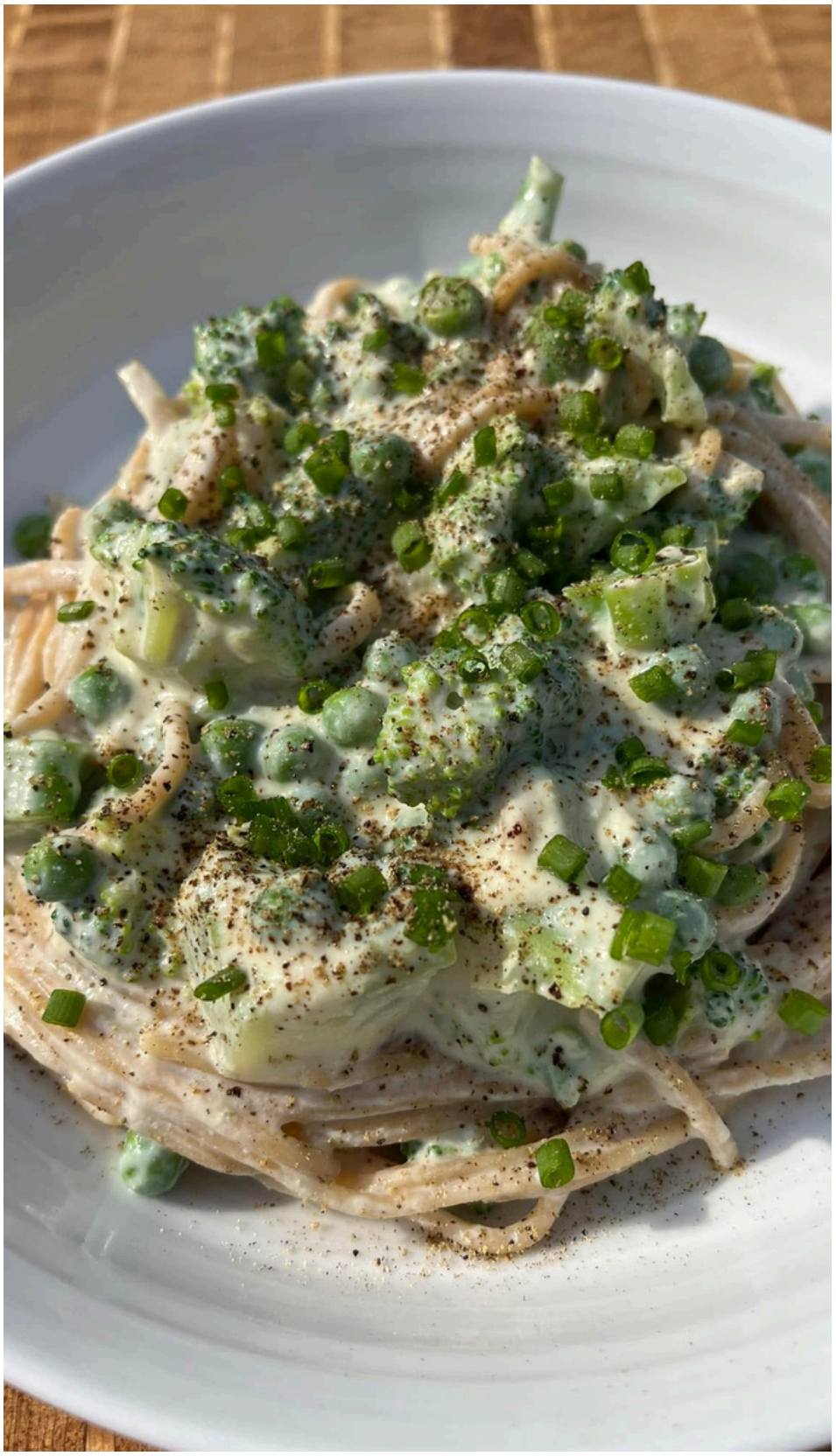
Recipes for Dinner





Geneviève Noël

This dish is called "Caldeirada de peixe", a typical Portuguese dish that translates to "fish stew". Traditionally, Yukon gold potatoes are used, but I replaced them with sweet potatoes to increase the vitamin and dietary fibre content and to bring it a delicious twist!.



Caldeirada de peixe

Ingredients | Serving Size: 4

- Olive oil
- 1 cube of fish or vegetable bouillon, crumbled
- 600 g cod (frozen or fresh)
- 4 medium ripe tomatoes, cubed
- 1 large onion, halved and sliced
- 1 kg sweet potatoes, peeled and cut into 1-inch thick slices
- 1 small red pepper, cut into strips
- 1 small green pepper, cut into strips
- 3 cloves of garlic, sliced
- 1/2 cup white cooking wine
- Pepper (to taste)
- 4 eggs (optional)

How to Cook

1. Cover the bottom of a large saucepan with olive oil and sprinkle the crumbled bouillon cube evenly on the surface.
2. Add the rest of the ingredients (except eggs) in layers as follows: onion, sweet potatoes, cod, tomatoes, peppers, and garlic. Top with black pepper to taste, and cooking wine.
3. Cover the pan with a lid and cook over low heat for about 1 hour and 15 minutes. Remove the lid and crack the eggs (if using), one at a time, on top of the stew in a circular fashion, so that the eggs don't touch each other. Put the lid back on the pan and let it simmer another 5 minutes (or until the eggs are done to your liking).
4. Turn off the heat and serve, adding one egg per serving.

"This recipe was passed down for generations (word of mouth) until my mother in law shared it with me."



Sue Mah

Sue is a multiple award-winning dietitian, Fellow of Dietitians of Canada and former Co-Chair of the Dietitians of Canada (DC) Media Network. She has been a member of DC throughout her career and enjoys the opportunities for professional development.



Beef Barley Soup

Ingredients | Serving Size: 8

- 1 1/2 -2 lbs beef, cut into small 1-inch cubes (I usually use beef shank or sirloin)
- 2 tbsp canola oil
- 1 large onion, diced
- 3 large carrots, diced
- 2-3 ribs celery, diced
- 2/3 to 3/4 cup pearl barley (Use less if you prefer a "soupier" soup; use more if you prefer a thicker, stew-like soup)
- 8 cups reduced sodium broth (I use 4 cups beef broth plus 4 cups chicken broth)
- 1/4 tsp dried thyme
- 1 bay leaf

How to Cook

1. Season the beef with salt and pepper.
2. In a large stock pot or Dutch oven, heat the oil over medium-high heat. Add the onions and sauté for a few minutes until soft.
3. Add the carrots and celery. Cook for about 5 minutes or until the vegetables have softened.
4. Add the beef and cook, stirring occasionally until beef is slightly brown on all sides.
5. Stir in the barley and thyme. Pour in the broth.
6. Cover and bring the soup to boil. Keep covered and reduce to simmer for about 35-40 minutes, stirring occasionally until barley is tender.

"As soon as the cold weather hits, I make this hearty soup on repeat! Barley is packed with heart healthy beta-glucan, a type of fibre which can help reduce blood cholesterol levels."

Chelsea McPherson

I have been a Registered Dietitian for almost 10 years. I love this recipe, its quick, easy, versatile and hearty. It's my go to meal planning recipe when I know it's going to be a busy week. It's great for lunch and dinner!
I personally add more seasoning than the recipe calls for and like to play with the vegetables I add to the mix.

Reference: This is an adaptation from Minimalist Baker Mexican Quinoa Stuffed Peppers

Mexican Quinoa Stuffed Peppers

Ingredients | Serving Size: 4

- 4 large Bell Peppers (or 6 medium), cut in half and seeds and stems removed
- 1 cup of dry quinoa (rinsed)
- 2 cups of vegetable or chicken stock (you can also use just water)
- 1 can (540 mL) black beans
- 1 cup frozen vegetables or corn
- 1 cup of salsa
- 2 tsp of salt free seasoning (e.g. Mrs Dash, Watkins All Purpose Seasoning)
- 1 1/2 tsp chili pepper
- 1 1/2 tsp garlic powder
- shredded cheese to taste (optional)

How to Cook

1. In a large saucepan, combine quinoa and stock or water and bring to a boil over high heat. Once boiling, cover with a lid and reduce the heat to low. Cook for about 15-20 mins until all the liquid is absorbed. Remove from heat and allow to sit for 5 mins and then fluff with fork. Note: See the quinoa directions for cooking time.
2. Preheat oven to 350 F.
3. Place bell pepper halves in a large glass baking dish. Brush the inside of the bell peppers with olive oil.
4. Add the black beans and mixed vegetables to the cooked quinoa.
5. In a small bowl combine the salsa and spices. Adjust the seasoning to taste.
6. Add the salsa seasoning mix to the quinoa, beans and mixed vegetables.
7. Using a spoon, stuff each bell pepper to the top with the quinoa mixture, pressing down with the spoon.
8. Cover with foil and bake for 30 mins at 375 F.
9. At the 30 min mark, remove the foil and increase the oven temperature to 375 F and cook for another 20-25 mins or until top of the quinoa is crispy and the bell peppers are cooked. If you would like to add cheese, you would add it at this point.



Mamta Bhasin

I'm a Registered Dietitian focused on making healthy eating simple and satisfying for my clients. I value my membership with Dietitians of Canada for its commitment to evidence-based practice and the professional community it provides. I'm sharing this recipe because it's a staple in my kitchen; it swaps heavy cream and butter for yogurt and cashews, proving that comforting meals can be both nourishing and healthy.



Cream Chicken

Ingredients | Serving Size: 5

Main:

- Oil – 2 tbsp
- Cumin seeds – 2 tbsp
- Onion, chopped – 3 cups
- Garlic – 1.5 tbsp (3–4 medium-large cloves)
- Chicken breast, cubed – 3 breasts (about 3.5 cups)
- Cashews – 1/2 cup, soaked in warm water for 15mins
- Milk (optional) – 1/2 cup, for extra creaminess

Marinade:

- Greek yogurt – 1/2 cup
- Lemon juice – 2 tbsp
- Ginger, grated or paste – 1–2 tbsp
- Black pepper – 1/2 tsp (adjust to taste)
- Cumin powder – 1 tsp
- Coriander powder – 1 tsp
- Green cardamom, crushed – 4–5 pods
- Green chili, chopped

How to Make

1. Marinate the chicken: In a bowl, combine the chicken with yogurt, lemon juice, ginger, black pepper, cumin powder, coriander powder, crushed cardamom, green chili (if using), and salt. Mix well and set aside for at least 30 minutes, or refrigerate overnight for deeper flavour.
2. Sauté the onions: Heat the oil in a large pan over medium heat. Add the cumin seeds and let them sizzle briefly. Add the chopped onions and a pinch of salt. Cook until soft and translucent, about 10 minutes. Add the garlic and cook for another minute.
3. Blend the sauce base: Drain the soaked cashews. Transfer the cooked onion mixture and cashews to a blender and blend until completely smooth. Allow the mixture to cool slightly if needed, as it will be hot
4. Cook the chicken: Return the pan to medium heat. Add the marinated chicken and cook for a few minutes, stirring, until the outside turns opaque.
5. Add the blended paste: Pour the cashew–onion paste into the pan and stir to combine. Cook over low to medium heat until the chicken is fully cooked and the sauce thickens.
6. Finish the dish: Stir in the milk, if using, for added richness. Simmer briefly, adjust seasoning, and serve warm.

Stephanie Levesque

Proud member of Dietitian of Canada for 20 years! I enjoy motivating people to eat food as mother nature intended. Try Moose !



Beef Roast with a Kick

Ingredients | Serving Size: 5

- ~1 kg Beef or Moose
- 2 tbsp of Garlic
- Pepper to taste
- 2 large onions
- 3 tbsp of Chili Sauce
- 1 cup Beef broth
- 2 tbsp of Worcestershire
- 1 tbsp Brown Sugar

How to Make

1. Rub garlic and pepper on meat.
2. Layer onion above and under meat.
3. Mix all other ingredient and poor over meat in a oven proof container.
4. Cover with and cook at 350F for 2 hours.
5. Add vegetable (diced carrots, turnips, cabbage, beets...) and cook for an extra 1 hour or until meat reach temperature of 77oC/170oF.
6. Take out of the oven and wait 10 minutes before slicing the meat.
7. ENJOY!



Dahlia Abou El Hassan

I'm the registered dietitian at York University. I joined DC to be part of a community that celebrates creativity, collaboration, and growth. I'm excited to share one of my favourite Arabic comfort foods. It's a dish my mom used to make when I was growing up, and over the years I've added my own twist by incorporating lentils for extra protein and heartiness. It has become a staple I now prepare often for my family and friends — a simple, nourishing meal that always brings people together. It's flavourful, budget-friendly, and plant-forward.



Eggplant Lentil Fattah

Ingredients | Serving Size: 4

Bread:

- 2 pieces whole wheat pita bread
- 2 tbsp sumac
- 2 tbsp olive oil

Eggplant Lentil Mixture:

- 1 large eggplant, cut into 1-inch cubes
- 1 tsp sumac
- 2 tbsp olive oil
- Salt and pepper to taste
- 1 can green lentils, rinsed and drained
- ½ lemon, juiced
- 1 tbsp pomegranate molasses
- ½ cup parsley, chopped

Yogurt Sauce:

- 1 cup plain yogurt
- 2 tbsp tahini
- 1 garlic clove, crushed
- ½ lemon, juiced
- Salt to taste

How to Make

1. Cut the pita into 1-inch squares. Toss with sumac and olive oil. Air-fry for 6–8 minutes or until golden and crisp. Set aside.
2. Toss the eggplant cubes with olive oil and sumac. Air-fry for 15–20 minutes or until golden and tender.
3. In a large bowl, combine the cooked eggplant, lentils, lemon juice, pomegranate molasses, salt, pepper, and parsley. Mix gently.
4. In a bowl, mix the yogurt, tahini, garlic, lemon juice, and salt until smooth.
5. Assemble by adding the crispy pita squares just before serving. Spoon the eggplant–lentil mixture over the bread. Drizzle with the yogurt sauce. Garnish with parsley.

Optional: add pomegranate seeds or toasted pine nuts for extra crunch.



Stephanie Wong

I am a dietitian with family roots in Hong Kong, and I am passionate about showcasing how traditional Chinese meals can promote health and wellness. One of my household staples is this simple, one-pan ginger- scallion steamed fish recipe, which reflects the cooking techniques I grew up with. This recipe provides a nutrient-dense meal and is an excellent source of high-quality, complete protein, all while delivering bold and aromatic flavors.



Ginger Scallion Steamed Fish

Ingredients | Serving Size: 2-3

- 1 whole white fish (about 450-600 g), such as sea bass, tilapia, or snapper, cleaned
- 2 tbsp fresh ginger, julienned
- 3 green onions (scallions), thinly sliced
- 1 1/2 tbsp low-sodium soy sauce
- 1 tbsp sesame oil
- 1 tbsp neutral oil (e.g., canola oil)
- 2 cups baby bok choy, halved

Optional garnish: fresh cilantro or additional green onions

How to Make

1. Place the cleaned fish on a heat-proof plate that fits into your steamer or pot. Scatter half of the ginger over the fish.
2. Place a rack in the steamer or pot, and fill with water to a level just below the rack. Bring water to a boil, then place the plate with the fish. Steam the fish for 8-10 minutes, or until the flesh is opaque and flakes easily.
3. 3 In the last 2-3 minutes of cooking, add bok choy to the steamer until tender but still vibrant.
4. Remove the fish from the steamer or pot, and top with the remaining ginger and all the green onions.
5. Heat the neutral oil and sesame oil together until hot. Pour over the ginger and green onions to release their aroma (you should hear a sizzling sound). Drizzle soy sauce evenly over the fish.
6. Serve immediately with steamed bok choy and optional brown rice or quinoa for a balanced meal.



Lucia Weiler

This is a traditional Hungarian comfort food I grew up with, that's simple, economical, and made in one pot, making it practical for busy families. I love this recipe because it's deeply flavourful, brings people together, and can be adapted to meet different nutritional needs without losing the traditions and essence of the dish. It's a perfect reminder that nourishing food can be both meaningful and delicious.



Hungarian Chicken Paprikas

Ingredients | Serving Size: 2-3

- 2 1/2 lbs bone-in chicken pieces (thighs and drumsticks work well)
- 2 Tbsp vegetable oil
- 2 large cooking onions, finely chopped
- 2 cloves garlic, minced
- 2 Tbsp Hungarian ground paprika
- 1/2 tsp ground black pepper
- 2 bell peppers, chopped
- 2 large tomatoes, chopped
- 1 cup water or low-sodium chicken broth
- 1/2 cup sour cream (optional)
- 1 Tbsp all-purpose flour (optional)

How to Make

1. Wash hands with soap and warm water for at least 20 seconds. Clean and dry all food preparation surfaces.
2. Heat oil in a large skillet over medium-high heat. Brown the chicken on all sides, then remove and set aside.
3. Add onions to the skillet and cook gently until golden.
4. Stir in garlic, bell peppers, and tomatoes; cook for about 3 minutes.
5. Turn off the heat and stir in paprika and black pepper (this protects the paprika's flavour).
6. Return chicken to the skillet and mix well.
7. Add water or broth until the chicken is mostly covered.
8. Bring to a boil, then cover, reduce heat, and simmer for 30 minutes.
9. If using, mix sour cream and flour in a small bowl until smooth. Stir into the skillet and simmer gently for 4–5 minutes, until the sauce thickens.

Shirley (Chenyi) Shao

I'm a dietitian with a Chinese background, and I love sharing fun recipes from our culture with the community. This recipe is especially great for younger generations and is perfect for involving children in the kitchen. The chopping and assembly steps are hands-on and enjoyable, making cooking a fun experience for the whole family — and it's absolutely delicious too!



Stuffed Button Mushrooms with Shrimp Paste

Ingredients | Serving Size: 2

- Button mushrooms (white mushrooms): about 10–12 pieces
- Raw shrimp (peeled and deveined): around 8-10 medium raw shrimp
- Cooking oil: 1tbsp
- Salt: a pinch to taste

Sauce mix (all in one bowl):

- Cornstarch: 1 tbsp
- Soy sauce: 1 tbsp
- Dark soy sauce: 1 tsp
- Oyster sauce: 1 tbsp
- Sugar: 1 tsp
- Fill the water to half bowl mark

How to Make

1. Prepare the mushrooms
2. Wash the button mushrooms thoroughly and remove the stems if needed. Set aside.
3. Make the shrimp paste
4. Chop the shrimp finely using a knife until it becomes a sticky shrimp paste. Sprinkle some salt and mix well.
5. Stuff the mushrooms
6. Fill each mushroom cap with the shrimp paste, pressing gently so it holds its shape.
7. Pan-fry
8. Heat a pan with oil over medium heat. Place the stuffed mushrooms shrimp-side down and pan-fry until golden. Then flip to the mushroom side, and pan-fry until golden as well.
9. Simmer
10. Add the prepared sauce mix to the pan and shimmer for ~2 minutes until everything is fully cooked.
11. Garnish and serve
12. Let the sauce reduce slightly, then remove from heat and plate.

Optional: garnish with chopped green onion before serving.



Sheena Landry

I'm a home cook who loves creating simple, nourishing plant-based meals and sharing them with others. I'm a member of DC because I believe in the power of food to support health and enjoy being part of a community that encourages people to cook more and try new things.



Tofu Alfredo Pasta

Ingredients | Serving Size: 4

- 4 cup of whole grain penne or your favorite lentil pasta
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 3 Tbsp olive oil
- 400 g medium-firm or firm tofu
- 1 Tbsp nutritional yeast
- 1 Tbsp lemon juice
- 1/2 cup reserved pasta cooking water, plus more as needed
- 1 tsp salt (adjust to taste)
- 1/4 tsp black pepper
- 1 cup peas
- 1 broccoli cut in florets and dice the stem.

How to Make

1. Bring a large pot of salted water to a boil and cook the pasta according to package directions. Reserve at least 1 cup of the cooking water before draining.
2. Meanwhile, heat the olive oil in a skillet over medium heat. Sauté the onion and garlic until soft and translucent, about 4–5 minutes.
3. Transfer the onion mixture to a blender. Add the tofu, nutritional yeast, lemon juice, salt, pepper, and 1/2 cup of the reserved pasta water. Blend until completely smooth and creamy.
4. Taste and adjust seasoning as needed. Add additional pasta water, a few tablespoons at a time, until the sauce reaches your desired consistency.
5. Return the sauce to the skillet over low heat. Add the peas and warm gently.
6. About 5 minutes before the pasta is done cooking, add the broccoli to the pot. This will steam the broccoli while reducing the number of dishes to wash.
7. Drain the pasta and broccoli, then add them to the skillet with the sauce. Toss until well coated and heated through.

"My daughter suggested that I submit this recipe—Tofu Alfredo Pasta — because it's one we make often at home and one of her favourite."



Shauna Lindzon

Over the years, I have been a food industry consultant, recipe developer and media spokesperson. I have developed cooking demonstrations that combine scientific knowledge with culinary education. They are inspirational, educational, and entertaining. You can find a list of my nutrition classes and a link to my cookbook, A Spoonful of Shauna – Family Favourites.



Pasta e Ceci

Ingredients | Serving Size: 4

- 1/4 cup extra virgin olive oil, plus more for drizzling
- 4 medium sized garlic cloves, smashed
- 1 sprig fresh rosemary
- 1-1/2 tsp kosher salt, divided
- 1/4 tsp red pepper flakes
- 2 Tbsp tomato paste
- 1/2 cup dry white wine
- 2 cans (14 oz/398 g) chickpeas, drained and rinsed, divided
- 4 cups low sodium chicken or vegetable broth, divided
- 1/4 tsp freshly ground black pepper
- 225-gram small tubular pasta (e.g. ditali)
- 1/2 cup grated Pecorino Romano cheese, plus extra for garnish (or garnish with Parmigiano Regianno)

How to Make

1. In a large Dutch oven pot (or non-stick pot), heat oil over medium heat. Add garlic, rosemary, and 1/2 tsp salt and cook for 4-5 minutes, stirring frequently until garlic is softened and turning golden (but make sure that it isn't burning). Add red pepper flakes, cook for 30 seconds, then add tomato paste and continue to cook over medium heat for 1-2 minutes.
2. Stir in wine and cook for 2 minutes, stirring constantly to emulsify the wine into the oil.
3. Remove pot from heat, discard rosemary sprig (it is okay if some of the leaves have fallen off) and add 1 cup of chickpeas and 1 cup of broth. Using an immersion blender, blend the mixture until smooth (you may have to tilt your pot to make sure that it doesn't splash).
4. Add remaining chickpeas and broth along with 1 tsp of salt and 1/4 tsp freshly ground black pepper. Bring mixture to a boil over medium-high heat. Once boiling, add the pasta and cook for until al-dente (it will take about 8-11 minutes). The mixture will be sauce-like and thicken as it sits.
5. Remove from heat and mix in cheese thoroughly. Serve with an extra drizzle of olive oil and cheese if desired.
6. For leftovers, add a little bit of broth or water before reheating.



One Pan Roasted Citrus Tofu with Vegetables

- 2 packages extra firm tofu (14oz, 397gm), with calcium sulphate
- 1/3 cup extra virgin olive oil
- 1/3 cup reduced sodium soy sauce
- 1 garlic clove, minced or 2 tsp garlic powder
- 1 tsp fresh ginger, minced
- 1 medium cauliflower, cut into florets
- 1 medium head broccoli, cut into florets
- 1 medium red pepper, cut into strips
- 5 tbsp cornstarch
- Salt, pepper

Sauce:

- 1 freshly squeezed orange (or approx. 1/4 cup)
- 2 tsp honey or maple syrup
- 2 garlic cloves, minced
- 1/2 cup green onions, minced
- 1/4 cup unsalted nuts (peanuts/cashews)
- 2 tsp hot pepper flakes (optional)
- 1/2 cup chopped fresh cilantro or parsley

How to Make

1. Line 2 large baking sheets with parchment paper. Set aside.
2. Preheat oven to 400F.
3. Remove tofu from package and place a heavy weight on both packages (pot or bowl with water); keep the weight on the tofu blocks for 15 min or so (longer is ok as well).
4. Remove weights. Dry the tofu blocks with paper towel. Cut into cubes - generally 1/2-1" X 1/2-1". Place tofu cubes into a medium ziploc bag.
5. In a small bowl, combine 2 tbsp olive oil, 3 tbsp soy sauce, and minced garlic. Toss around the cubes in the ziploc bag. Let sit on counter for approximately 15 min (can marinate in the fridge).
6. Remove cubes from ziploc bag, and place in a bowl. Toss the cubes with the cornstarch. Ensure cubes are coated evenly. In a single layer, spread the tofu cubes on a baking sheet.
7. On the other baking sheet, spread out the cauliflower & broccoli florets and red pepper strips. Drizzle the vegetables with 1-2 tbsp olive oil and add seasonings as desired.
8. Roast for ~20-30 minutes, flipping tofu and vegetables occasionally. Tofu will be golden and vegetables will be roasted.
9. While tofu & vegetables are roasting, combine sauce ingredients. into a small bowl. Whisk the remaining 2 tbs olive oil, 2 tbsp soy sauce, orange juice, honey, & garlic.
10. Once cooked, toss all vegetables and tofu into a bowl and drizzle with sauce and stir carefully. Top with green onions and nuts as well as red pepper flakes and cilanto, if using.
11. Serve atop of noodles or steamed brown rice.

Filomena Vernace-Inserra

I want to help my clients take the fear out of eating tofu. This recipe show cases flavourful ingredients and is very easy to pull together.
I am a member of Dietitians of Canada because more than ever Registered Dietitians need a unified voice to position factual, evidence-based nutrition messages to guide the public to healthier living. We also need to position ourselves with a stronger voice as leading nutrition experts and can accomplish that together!



Laura Seibel

My name is Laura Seibel and I am a Registered Dietitian working in Long-Term Care in the Toronto region. I was first introduced to this receipe during my fourth year of university at the University of Guelph. We made this recipe during the restaurant course, and I fell in love! This recipe is now a stable in my household.

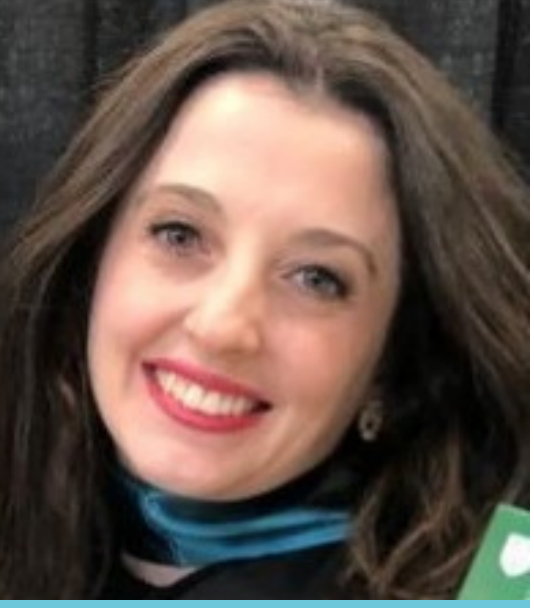
Spiced Chickpea Stew

Ingredients | Serving Size: 4 - 6 servings

- 1/4 cup olive oil, plus more for serving
- 4 garlic cloves, chopped
- 1 large yellow onion, chopped
- 1 (2-inch) piece ginger, finely chopped
- Kosher salt and black pepper
- 1 1/2 teaspoons ground turmeric, plus more for serving
- 1 teaspoon red-pepper flakes, plus more for serving
- 2 (15-ounce) cans chickpeas, drained and rinsed
- 2 (15-ounce) cans full-fat coconut milk
- 2 cups vegetable or chicken stock
- 1 bunch Swiss chard, kale or collard greens, stems removed, torn into bite-size pieces
- 1 cup mint leaves, for serving
- Yogurt, for serving (optional)
- Toasted pita, lavash or other flatbread, for serving (optional)

How to Make

1. Heat 1/4 cup oil in a large pot over medium. Add garlic, onion and ginger. Season with salt and pepper, and cook, stirring occasionally until onion is translucent and starts to brown a little at the edges, 3 to 5 minutes.
2. Add 1 1/2 teaspoons turmeric, 1 teaspoon red-pepper flakes, and the chickpeas, and season with salt and pepper. Cook, stirring frequently, so the chickpeas sizzle and fry a bit in the spices and oil, until they've started to break down and get a little browned and crisp, 8 to 10 minutes. Remove about a cup of chickpeas and set aside for garnish.
3. Using a wooden spoon or spatula, further crush the remaining chickpeas slightly to release their starchy insides. (This will help thicken the stew.) Add coconut milk and stock, and season with salt and pepper.
4. Bring to a simmer, scraping up any bits that have formed on the bottom of the pot. Cook, stirring occasionally, until stew has thickened, 30 to 35 minutes. (Taste a chickpea or two, not just the liquid, to make sure they have simmered long enough to be as delicious as possible.) If after 30 to 35 minutes, you want the stew a bit thicker, keep simmering until you've reached your desired consistency. Determining perfect stew thickness is a personal journey!
5. Add greens and stir, making sure they're submerged in the liquid. Cook until they wilt and soften, 3 to 7
6. minutes, depending on what you're using. (Swiss chard and spinach will wilt and soften much faster than kale or collard greens.) Season again with salt and pepper.
7. Divide among bowls and top with mint, reserved chickpeas, a sprinkle of red-pepper flakes and a good drizzle of olive oil. Serve alongside yogurt and toasted pita if using; dust the yogurt with turmeric if you'd like.



Amanda Goncalves Troyack Vanzan

I am very passionate about nutrition and how food connects people! Cooking has been part of my life since I was younger, and now that I am a registered dietitian, I can apply my knowledge and skills to develop nutritious and delicious recipes! I love spending time in the kitchen testing a new recipe and sharing it with my loved ones. I have been a vegetarian for 9 years, and the walnut red lentil bolognese has been one of my favourites for years.



Walnut Red Lentil Bolognese

Ingredients | Serving Size: 8

- 2 tablespoons olive oil
- 1 cup carrots, shredded
- 1 cup celery. Chopped
- 1 cup yellow onion, chopped
- 6 cloves garlic, finely chopped
- 1 cup walnuts, finely chopped
- 1 cup red lentils, rinsed
- 4 cups water
- 1 jar marinara sauce
- 2 teaspoons garlic powder
- 2 teaspoons Italian seasoning
- 1 teaspoon black paper
- 1 teaspoon salt, plus more to taste
- 190g linguine, dried
- Parmesan for garnish
- Basil for garnish

How to Make

1. Heat the olive oil in a large saucepan over medium heat. Once the oil is hot, sauté the onions and let it cook until they are translucent and fragrant, about 3-5 minutes.
2. Add the garlic and let it cook for about 1 minute.
3. Add the carrots, and celery and cook it for about 5-6 minutes.
4. Add the walnuts and lentils, stir to combine.
5. Add the water, marinara sauce, garlic powder, Italian seasoning, black pepper, and salt. Stir to combine again, then increase the heat to high and bring to a boil.
6. Reduce the heat to low and cook, stirring occasionally, until the sauce thickens and the lentils are cooked to your liking, about 10 minutes.
7. Meanwhile, bring a large pot of water to a boil and salt generously. Add the pasta and cook until just al dente.
8. Serve the bolognese over the pasta, topped with parmesan and basil if desired.



Ali Myers &
Amanda Strang

All-In-Once Chicken Crock Pot Meal

Ingredients | Serving Size: 4-6

- 2 lbs of chicken breasts
- 6 yellow potatoes, peeled and cut into medium sized chunks
- 7 large carrots peeled and sliced
- 2 cups trimmed green beans
- ½ cup soy sauce (or tamari)
- ½ cup maple syrup
- ¼ cup ketchup
- 2 cloves fresh garlic, minced
- 1 tsp dried basil
- 1 tsp dried oregano
- ½ tsp red pepper flakes

How to Make

1. Place chicken breasts on the bottom of the crockpot.
2. Place the potato chunks and carrot slices on top of the chicken.
3. In a small bowl, combine the soy sauce, maple syrup, ketchup, garlic, basil, oregano and red pepper flakes. Mix well and pour over the chicken/veg mixture in the crockpot.
4. Set the crockpot on low and let it cook for 4–5 hours.
5. After 4–5 hours, gently pull apart the chicken with two forks and add in the trimmed green beans to the top of the mixture. Replace the lid and let the mixture cook for another 30 minutes.
6. After the additional 30 minutes is done you can turn the crock pot to warm and serve when ready to eat.

Reference: Recipe adapted from Slow Cooker Honey Garlic Chicken and Veggies from Damn Delicious



Karen Graham

Reference: Recipe from Diabetes Meals for Good Health Cookbook 4th Edition by Karen Graham and Mansur Shomali



Nachos in a Pan

Ingredients | Serving Size: 3-4

- 2 tsp (10 mL) vegetable oil
- 1 medium green pepper (1 cup / 250 mL), chopped
- 1 small zucchini (1 cup / 250 mL), chopped
- 1 cup (250 mL) canned chili beans in chili sauce (undrained)
- ½ cup (125 mL) salsa, thick and chunky
- 30 tortilla chips (90 g)
- 1½ cups (375 mL) cheese (such as mozzarella, Monterey Jack, or Cheddar, or a combination), shredded
- 2 tbsp (30 mL) olives, sliced
- 2 green onions, sliced

How to Make

1. Heat oil in a 12-inch (30 cm) nonstick frying pan over medium heat. Add chopped pepper and zucchini and stir-fry for 5 minutes, or until vegetables are crisp-tender.
2. Stir in beans and salsa and simmer, stirring for several minutes to cook off some of the juice.
3. Remove mixture from the frying pan and place in a bowl. Wipe out juices in the pan with a paper towel.
4. Place tortilla chips in a single layer in the skillet and up the edges. Pour vegetable and bean mixture onto the chips. The tortilla chips will form a soft layer on the bottom. Top with cheese, sliced olives, and green onions.
5. Cover the pan with a lid and cook over medium heat for 3 minutes, or until the cheese is melted.

Dietitians of Canada

Cookbook

created by DC Members







Recipes for Snacks



Alison Ellis

I'm a registered dietitian and the founder of The Toddler Kitchen, where I support parents with feeding their little ones through easy, nourishing recipes and a supportive, evidence-based feeding approach. I'm incredibly passionate about helping families create more enjoyable mealtimes and raise confident, curious eaters. I've been a member of Dietitians of Canada since I was a dietetic student and really value the resources, learning opportunities, and connections that DC provides.



Peanut Butter and Chocolate Chickpea Dip

Ingredients | Serving Size: 2-3

- 1/2 cup chickpeas
- 2 tablespoons peanut butter
- 1 date, pitted
- 1 tsp cocoa powder
- 1/4 tsp cinnamon
- 4 tablespoons milk or plant-based alternative beverage

How to Make

1. Add all of the ingredients to a food processor or a high-powered blender.
2. Blend until completely smooth. If you're using a blender, you may need to stop and scrape down the sides or use a tamper to help everything move around.
3. Once blended, transfer to a bowl and serve with fruit or crackers for dipping.

"I'm sharing a kid-friendly Peanut Butter Chocolate Chickpea Dip. Kids love to dip! This version is simple to make, has a little iron boost from the chickpeas, is full of fibre, and pairs great with apple slices, banana, or crackers."

Claire Nanda

I am a dietitian working with children and youth in Ontario. I like being a member of DC because it is great to feel supported by a group of other dietitians. I have decided to share a chocolate yogurt dip that is one of my more frequent recipes I recommend for my clients and families. I love bringing this dip with fruit to parties or making it as an easy snack to add some protein with my fruit!

Chocolate Yogurt Mix

Ingredients | Serving Size: 2

- 1 cup plain Greek yogurt
- 1/2 cup dark chocolate chips
- 1.5 tsp oil, such as coconut oil or avocado oil (to melt chocolate if needed)
- 1.5 tsp vanilla extract

Optional:

- 2 tbsp peanut butter

How to Make

1. Melt the chocolate chips in the microwave in 30 second increments, stirring in between. Or you can also melt it on a double broiler on the stovetop. To help chocolate melt, you can add some unflavoured oil to the chocolate chips.
2. Mix the melted chocolate into the yogurt. If the chocolate starts to harden, put the mixture in the microwave for 10 seconds, to melt everything together.
3. If using peanut butter, mix in with the chocolate yogurt mix at this point.
4. Serve immediately or put in the fridge to serve chilled. Works well as a dip for fruit!

"It's a great after-school snack for kids and has helped many of the kids I work with have more fun eating fruits."



Christine Mccleary

I love spending time outdoors—snowshoeing, hiking, and trail running. I've been a member of DC since it was officially formed in 1997. I value my membership for the networking opportunities and the support it provides in keeping my practice current.

Reference: Lentils - Cooking Made East with Lentils



Yogurt Topping
Ingredients | Serving Size: 1/2 cup

- 1 cup dried red lentils
- 2 cups water (for boiling lentils)
- 1 tbsp olive oil
- 1 tbsp maple syrup
- 2 tbsp cocoa powder
- 1/4 cup chia seeds
- 1/4 cup ground flax seed
- 1/4 cup hemp seeds
- 1/4 cup pumpkin seeds
- 1/4 cup sunflower seeds
- 1 tsp cinnamon
- 1/2 cup oats (optional)
- 1/2 cup mixed dried fruit (e.g., dried apple slices, raisins, cranberries)

How to Make

1. Cook lentils: Rinse red lentils thoroughly. Place in a pot with 2 cups water, bring to a boil, and cook for 15 minutes. Drain well.
2. Preheat oven: Set oven to 250°F (120°C).
3. Mix ingredients: In a large bowl, combine cooked lentils with olive oil,maple syrup, cocoa powder, chia seeds, flax seed, hemp seeds, sunflower seeds, cinnamon, oats (if using), and dried fruit. Stir until evenly mixed.
4. Prepare baking sheet: Line a cookie sheet with parchment paper. Spread mixture evenly across the pan.
5. Bake: Place in oven and bake for 30 minutes, stirring halfway through.
6. Continue baking for an additional 20 minutes until crisp.
7. Serve: Allow to cool. Enjoy mixed into yogurt, or add to rolled oats for extra texture.

"I've tried many variations of this recipe over the years, and it has become a daily breakfast staple for me, as well as an easy way to incorporate plant-based proteins into my routine."



Jessica Young

I am a foodie, a Celiac, a Mom and Registered Dietitian, always looking for ways to make healthy food taste good for my family, friends and clients. DC has always been a wonderful resource and place to connect throughout my career. There are always bananas that are ripe around so we make these and keep them in the fridge or freezer, great for early morning hockey practice, snacks or a nice treat to finish a meal.

Banana Bread Bites
Ingredients | Serving Size: 10-12

- 1 Tbsp ground flax
- 2.5 Tbsp warm water
- 1 ripe banana
- 1 Tbsp avocado oil
- 1 tsp vanilla extract
- 1 Tbsp coconut sugar or sweetener of your choice (maple syrup, honey, white or brown sugar)
- 1/2 cup almond flour
- 1/2 cup oat flour
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 2 Tbsp chocolate chips

How to Make

1. Preheat oven to 350 and cover a baking sheet with parchment paper, set aside
2. Mix 1 Tbsp ground flax with 2.5 Tbsp warm water in large bowl and allow to thicken for 2-3 minutes
3. Once ground flax has thickened, add banana and mash well with flax mixture
4. To the banana/flax bowl add avocado oil, vanilla and sugar and mix well to combine
5. Add almond flour and oat flour along with baking soda and baking powder and mix well until fully combined
6. Add chocolate chips and mix until even distributed
7. Spoon mixture out as ~1.5 Tbsp scoops onto parchment cover baking sheet leaving space between cookies to expand
8. Bake in the oven for 17 minutes or until golden brown
9. Remove from oven and allow to cool for 2-3 minutes, then remove and place on cooling rack to cool
10. Enjoy!

"I am sharing my banana bread bites recipe as it is a staple in my house!"



Alisha Buttar

I'm Alisha Buttar, Registered Dietitian in the Yukon. I love being a DC member because it allows me to connect, learn, and grow from others. Currently based in a rural healthcare setting, I am very appreciative of the national platform. The "Deep Fried Bannock" recipe holds a special place in our heart in Long Term Care in the Yukon

Reference: Bella Peter. First Nations Liaision Worker, Continuing Care.



Deep Fried Bannocks
Ingredients | Serving Size: 12

- 2 1/2 cups Flour
- 1 tbsp sugar
- 2 heaping tbsp baking powder
- 1/2 tsp salt
- 2 cups warm water
- 2 cups Vegetable oil or 1 lb. shortening

How to Make

1. Heat oil or shortening in a pan on med high heat.
2. Mix all dried ingredients together in a bowl.
3. Mix in water until all dried ingredients are smooth. Do not over mix.
4. Using an ice cream scoop or spoon, gently put scoops of dough in the size of a child's palm in the heated oil and fry until golden brown. flip and cook other side until golden brown.
5. Enjoy your freshly cooked bannock with butter or jam.

"It's the recipe we use every month of our First Nations Feasts which brings connection to culture and joy through food."



Tahireh Mohebati

I work as a certified diabetes educator at a community health centre in Toronto, and I love to cook! I'm a part of DC because it helps me feel connected to other dietitians, new guidance and trendy topics.

Hummus

Ingredients | Serving Size: 2 cups

- 1 can chickpeas (drained)
- 2 tbsp olive oil
- 3 tbsp tahini
- 1 or 2 cloves of garlic
- juice of 1 or 2 lemons
- big pinch salt
- pinch of pepper
- pinch of cumin

How to Make

1. Put all ingredients in a blender/food processor, blend until smooth. You may need to add a bit of water or more olive oil to make it creamier.
2. Taste and add more salt/lemon juice if needed.
3. If you'd like, top with olive oil, paprika, zaatar, roasted garlic... the possibilities are endless.





Jillian Paulmark

I have been an RD for 30 yrs and a member of DC since I graduated. I have been a Certified Diabetes Educator for 27 yrs and was previously a Certified Bariatric Educator for 5 years. I love to cook and share food with friends and family as well as encouraging clients to explore food.



Tomato Salsa

Ingredients | Serving Size: 1-2 cup jars

- 5 cups coarsely chopped tomatoes
- ¾ cup chopped onion
- ¾ cup chopped sweet green pepper
- ½ cup chopped sweet red pepper
- ½ tsp crushed chilies
- 1 large clove garlic, minced
- 1 can tomato paste
- ½ cup vinegar
- 2 Tbsp sugar
- 2 Tbsp lime juice
- 1 1.2 tsp pickling salt
- 1 tsp paprika
- 2 Tbsp chopped parsley
- 1 tsp dried oregano

How to Make

1. Boil all but parsley and oregano for 15 minutes.
2. Add herbs and cook another 10-15 minutes, until thickened.
3. Pour into hot sterile jars, leaving ½ inch head space.
4. Process for 15 minutes for 1 cup jars. Process for 20 minutes for 2 cup jars

"This is a family and friend favourite. I make it every year with fresh tomatoes from the garden. Everyone loves it and asks me to bring this salsa to share at gatherings. My cousin loves it so much, she keeps it to herself and does not let the rest of her family have any."

Jennifer Taylor

I have been a foods and nutrition faculty member at UPEI for over three decades. I live about 15 minutes outside Charlottetown, our capital, with my husband and cat. We are empty nesters. I have a spirited food loving mama who is currently 99 years old. I value my DC membership because the weekly emails always have a resource or event that I am interested and can use in the classroom. I also appreciate their advocacy for dietitians across the country.

Thai Chicken Dip

Ingredients | Serving Size: 2 cups

For a 9x9 pan:

Cream Cheese Layer:

- 1- 8 oz package (250 g) Cream cheese, reg, softened
- 1 T (15 ml) Soy sauce, reduced sodium

Chicken Filling:

- 1 cup (1-1.5 breasts depending on size) Boneless chicken breast OR thighs
- 1 tsp or more Thai curry paste (red or Massaman)
- 1 tsp vegetable oil
- 1/2 cup (125 ml) Carrot, julienned
- 1/4 cup (50 ml) chopped peanuts
- 3 T (45 ml) chopped green onions
- 2 T (30 ml) soy sauce, sodium reduced
- 1 T (15 ml) fresh cilantro, chopped
- 1 tsp (5 ml) sesame seeds, toasted

Sauce:

- 2 T (30 ml) packed brown sugar
- 1.5 tsp (7 ml) cornstarch
- ½ cup (125 ml) water
- 2 T (30 ml) ketchup
- 1.5 tsp (7 ml) Worcestershire sauce
- 2 tsp (2 ml) cider vinegar (or rice or white)
- 2 drops hot pepper sauce

How to Make

1. Combine cream cheese and soy sauce- I find this works best in the stand mixer- or you could use electric beaters. The original recipe called for light cream cheese but it does not blend well with the soy sauce. I only use 1.5 rather than two packages for the 9X13 pan since I don't like it all goopy with cream cheese- but you could use two if you want. Set aside.
2. Chop the chicken breast. Heat oil in a skillet; add curry paste and chicken. Saute until no pink remains. Remove and place in a large bowl. If you don't have Thai curry paste, you can use 1 tsp grated fresh ginger and 2 cloves garlic crushed instead but it won't be as good.
3. Add carrot, green onion, peanuts and cilantro to the chicken. Drizzle with soy sauce. Combine, cover and refrigerate for several hours (I never have time for this. 15 min on the counter while I make the sauce does the trick).
4. Sauce: In the same skillet that you cooked the chicken in, whisk brown sugar and cornstarch. (You can use a fresh saucepan too- I just like using the curry paste/chicken flavor remaining in the skillet). Add the rest of the sauce ingredients and whisk until combined. Bring to a boil, cook and stir for 1-2 min or until thickened. It won't be really thick, but that is okay.
5. Cover cream cheese layer with chicken/carrot mixture. Drizzle with sauce. Sprinkle with sesame seeds if you have them. I never remember. Serve with tortilla chips. Get strong ones- they break in the cream cheese. Note: can make a few hours in advance, but doesn't hold well overnight. I eat it the next day and it is good, but I wouldn't serve it to guests since it gets watery in the spots that have been eaten.

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Recipes for Dessert





Lian Carroll

As a Registered Dietitian and DC member for almost 20 years, she works as a National Corporate RD for a large Long Term Care company. I am also a volunteer for OSNAC - the Ontario Senior Nutrition Advocacy Group. She enjoys running and appreciates the importance of adequate fueling and maintaining my weight to accomplish my running goals and prevent injury.



Cheesecake (aka. Yogurt Cake) Ingredients

Filling:

- 750ml Plain Greek Yogurt 0%
- 4 large eggs
- 1 tsp vanilla extract (optional)
- 1 x 30g package of light instant vanilla pudding

Crust:

- Pre-made ready to use graham cracker crust or make from scratch as per below:
- 1 ½ cups finely ground graham cracker crumbs
- 1/8 cup white sugar
- 6 tablespoons unsalted butter, melted

How to Cook

Crust:

1. Combine graham cracker crumbs, sugar and melted butter in a mixing bowl; mix until well blended.
2. Press mixture into the bottom and up the sides of a 9-inch pie plate.
3. Bake at 350 x 8-10 minutes and let cool.

Filling:

1. Combine all filling ingredients and blend with electric mixer or mixing bowl for 1 minute. Stop and scrape sides of bowl and blend for another minute.
2. Pour filling in cooled crust and bake at 350F for 30-35 minutes.
3. Cool in fridge for minimum of 4 hours prior to serving.
4. Optional to top with berries, whipped cream or shaved chocolate.

“The recipe is so easy that my teenage daughters can make it and have re-named it "Yogurt Cake"!”

Laura Sitko

Yeasted Plum Cake
Ingredients | Serving Size: 16

- 1 package or 2 1/4 teaspoons yeast (active dry)
- 1 cup water, warm
- 1 tsp sugar
- 1 cup milk
- 5 cups all purpose flour, divided
- 2 eggs
- 1/2 cup sugar
- 2 Tablespoons oil
- 1 tsp salt
- 1 Tablespoon orange or lemon zest
- 1 teaspoon vanilla extract
- 2 cups peeled and cored apple, sliced OR plums pitted and cut in half about 12.

Crumble Topping

- 1 cup flour
- 7 Tablespoons butter, cold and cubed
- 1/2 cup sugar

How to Cook

1. Combine yeast, warm water and sugar in a bowl and let sit until foamy.
2. Boil milk and set aside to cool slightly.
3. Add 2 cups flour to yeast mixture and mix by hand. Set aside to rise.
4. Mix together 2 eggs and 1/2 cup sugar and set aside. Add in 2 tbsp oil and the cooled milk. Mix to combine.
5. Add flour and yeast mixture to sugar and egg mixture, fold. Add 3 cups flour and start kneading. If dry then add a small amount of cooled milk. Add lemon/orange zest and vanilla.
6. Placed in an oiled bowl, cover and let rise to double in size. (1-2 hours)
7. Make the crumble: combine flour, sugar and mix in cold cubed butter until sandy texture.
8. Roll out dough onto a greased 9 x13 pan lined with parchment.
9. Add sliced apples or plum halves to top and sprinkle crumble over the top.
10. Bake at 325 F for 45 minutes or until done. Cover with aluminium foil if the top is getting brown.



Zahra Tromsness

I'm a registered dietitian and the founder of The Gut Loving Dietitian, where I support people living with IBS, SIBO, and other digestive challenges in rebuilding trust with food and their bodies through evidence-informed, compassionate care.

Cardamom Kiss Cake
Ingredients | Serving Size: 6

- 3/4 cup (90g) all-purpose flour or gluten-free flour
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cardamom
- 1 cup (115g) almond flour
- 4 tablespoons (57g) unsalted butter, softened
- 1/4 cup (50g) granulated sugar
- 2 large eggs
- 1/4 cup plain organic Greek yogurt
- Zest and juice of 1/4 lemon
- Zest and juice of 1/4 orange
- 2 teaspoons rosewater
- 1/4 cup raisins
- 1/4 cup shredded carrots

Ingredients for the Syrup:

- 1 tablespoon granulated sugar
- Juice of 1/2 lemon
- 2 drops rosewater

Ingredients for the Glaze:

- 1/2 cup (60g) powdered sugar
- Juice of 1/2 lemon
- 1 drop rosewater
- 1 tablespoon dried edible rose petals (optional)
- 1 tablespoon crushed pistachios

How to Cook

Preparing the Cake:

1.Preheat your oven to 350°F (175°C). Grease a 6-inch round cake pan and line the bottom with parchment paper.

2. In a large bowl, sift together the all-purpose flour, baking powder, baking soda, cinnamon, and cardamom. Stir in the almond flour and set aside.

3. Using a stand mixer or hand mixer, beat the butter and sugar until pale, light, and fluffy, about 5 minutes.

4. Beat in the eggs one at a time, ensuring each is fully mixed before adding the next. Stir in the Greek yogurt, citrus zest, juice, and rosewater.

5. Gently fold in the raisins and shredded carrots for a burst of sweetness and texture.

6. Gradually fold in the dry ingredients until a smooth batter forms.

7. Pour the batter into the prepared pan, smooth the top, and bake for about 30 minutes or until a skewer inserted in the center comes out clean.

8. Let the cake rest in the pan for 5 minutes before transferring it to a wire rack to cool completely.

Adding the Syrup:

1. In a small bowl, mix the sugar, lemon juice, and rosewater until dissolved.
2. Poke small holes in the cake using a skewer and drizzle the syrup evenly over the top, letting it soak.

Finishing with the Glaze:

1. Whisk the powdered sugar with just enough lemon juice to form a thick yet pourable glaze.
2. Stir in a drop of rosewater to enhance the floral aroma.
3. Drizzle over the cooled cake, allowing it to flow naturally down the sides.
4. Sprinkle with crushed pistachios and dried rose petals for a stunning presentation.



April Chang

I am a retired dietitian and my cheesecake recipe I developed many years ago. I did many iterations of my recipe to keep lowering the amount of fat and sugar ingredients, and also retain a tasty cheesecake flavour.

April's Double Chocolate Cheesecake Ingredients | Serving Size: 12-16

Crust:

- 1 cup crushed chocolate wafers
- 1 Tbsp vegetable oil

Filling:

- 3 packages (250 g each) lite cream cheese
- 1/4 cup sugar
- 3 large eggs
- 1 tsp vanilla
- 1/4 cup white chocolate chips
- 1/4 cup semi-sweet chocolate chips

Glaze:

- 1/3 cup semi-sweet chocolate chips
- 1/4 cup whipping cream
- 1 Tbsp hazelnut liqueur

How to Make

1. Combine chocolate wafer crumbs and vegetable oil in a small bowl. Transfer the crumb mixture to a 9 inch springform pan and press mixture evenly onto bottom of the pan. Bake at 350 degrees F for 10 minutes. Remove from oven and set aside to cool.
2. In a large bowl, blend cream cheese and sugar using an electric mixer. Add eggs one at a time, mixing well after each addition. Add vanilla and blend well. Remove 1/2 of the batter to another bowl.
3. Put white chocolate chips into a microwaveable container and heat on high setting in microwave for 10 seconds. Remove from microwave & stir. Heat another 5 seconds in microwave if needed, until white chocolate is melted. Set aside.
4. Put semi-sweet chocolate chips into a second microwaveable container, and heat on high setting in microwave for 10 seconds. Remove from microwave & stir. Heat another 5 seconds in microwave if needed, until semi-sweet chocolate is melted. Set aside.
5. Stir melted white chocolate into first 1/2 batter and blend well. To the remaining 1/2 batter, stir in melted semi-sweet chocolate and blend well.
6. Pour semi-sweet chocolate batter into crumb-lined springform pan; spread evenly. Spoon white chocolate batter carefully over top; spread evenly.
7. Bake cake at 425 degrees F for 10 minutes. Reduce heat to 250 degrees F and bake for 20 minutes longer, or until centre of cake is just barely firm. Remove cake from oven and run knife around sides. Let cake cool completely before removing sides of springform pan.
8. Remove cooled cake from springform pan. Put cake on a sheet of waxed paper, on top of a wire rack.
9. To make the glaze, melt semi-sweet chocolate chips with whipping cream in the top of a double boiler over hot water, on stove element; stirring until smooth mixture. Remove it from stove element and add hazelnut liqueur to the melted chocolate-cream mixture, blend well.
10. Pour the glaze over the top of the entire cooled cake. Bang wire rack several times to smooth glaze over sides of the cake. Transfer the glazed cake from sheet of waxed paper to a large round plate.

Mariam Ismail
I am a dietitian and I love cooking!



Homemade Mediterranean Dried Fruit Compote

Ingredients | Serving Size: ¼ Cup (makes 8)

- 1/5 cup Aronia berries (whole chokeberries)
- 1.5-cup Whole dried apricot
- 1 cup granulated white sugar
- 2 cups water
- 1/3 cup chopped walnut
- 1/4 cup sliced almonds
- 1tsp ground cardamom

How to Make

1. Gather the ingredients
2. Rinse the dried aronia berries (whole chokeberries) thoroughly under clean running water to remove any dust or impurities. Drain well.
3. Soak in water for 2-hours.
4. Rinse the dried whole apricots under clean running water to remove any impurities. Drain well.
5. Soak in water for 2-hours.
6. Place the soaked apricots and chokeberries into a medium-sized cooking pot and add 2-cups of water.
7. Add 1-cup of granulated white sugar to the mixture.
8. Sprinkle the nuts and ground cardamom over the fruit mixture.
9. Place the pot on the stove over medium-high heat and cook for approximately 15-20 minutes, until the liquid begins to simmer and thicken.
10. Turn off the heat. Allow the mixture to cool for 30 minutes.
11. Once cooled, portion the mixture into clean jars for storage or small cups for serving.



Bo Tang

I'm a Calgary based dietitian who loves to explore recipes. I joined for nutrition related updates and I felt a calling to share my late mother in laws crowd pleasing vegan gluten free easy mochi skin recipe.

Mochi

Ingredients | Serving Size: 22

Mochi skin

- 1 bag 400g sticky rice flour
- 1 can 400ml coconut milk
- 1 can 400ml warm water
- 5 tbsp tapioca flour
- 50 g sugar (optional)

Filling

- 2-3 cups of toasted black sesame seeds
- 2-3 tbsp berry sugar (adjusted to preferred sweetness)

How to Make

1. Mix everything in a large bowl until all the lumps resolved.
2. Using a ladle to scoop out into a silicone container that has equally divided compartments (~1/2 cups per serving) and steam in a pan filled with water at a low heat for 15 minutes.
3. While waiting for the mochi skin, grind black sesame seeds in food processor. Empty into a bowl and mix berry sugar in.
4. Line a work surface with Saran Wrap. Take the container out from the steaming pan, work the mochi skin while warm. Flatten the skin on the Saran Wrap lined surface, spoon 1 tbsp of black sesame filling and pull the skin towards the centre to create closure.
5. Repeat the above steps. Makes about 22 mochis.

Thank you!

To all dietitians, thank you for the work you do every day to help individuals and communities nourish and flourish.

Your knowledge, compassion, and commitment make a lasting difference — at the table, in healthcare settings, in policy conversations, and beyond. This cookbook is a small celebration of the big impact you make.