Comforting Coconut-Apple-Ginger Dal

Quick, cheap and easy plant-based meal full of flavour and nourishing ingredients. Easy to use what you have on hand.



Yield: 4 servings

Ingredients

2 Tbsp. olive oil

1 tsp. ground cumin

1 tsp. ground turmeric

1 tsp. curry powder

1 onion, finely chopped

4 garlic cloves, finely chopped

1 - 3" piece ginger, peeled, finely chopped (tip – freeze it and grate it with a microplane)

1-2 large apple (unpeeled), grated on the large holes of a box grater

1½ cups red lentils

1 can coconut milk

2 ½ cups broth (vegetable or chicken)

Frozen or fresh spinach (frozen about a ½ cup frozen pressed spinach, fresh 2 big handfuls)

2 Tbsp. fresh lime juice

Kosher salt, freshly ground pepper

Optional toppings: Plain yogurt, cilantro leaves, toasted unsweetened coconut flakes

Directions

1. Heat oil in a large pot over medium. Warm spices, stirring, until fragrant, about 1 minute.
2. Add onion, garlic, and ginger and cook, stirring, until softened, about 3 minutes.

3. Add apple and lentils and stir to coat in mixture. Stir in coconut milk, 2½ cups of broth, and bring to a boil. Reduce heat and simmer, stirring occasionally, until lentils are completely soft and dal is thick, about 20 minutes.
4. Add spinach and stir well until wilted (if using frozen, thaw and drain first).
5. Once cooked add lime juice and season with salt and pepper.
6. Divide dal among bowls and top with yogurt, cilantro, and coconut flakes as desired; season with more pepper. Serve over coconut rice.

Adapted from: Bon Appétit

Fragrant Coconut Rice

An easy and delicious side dish! Enjoy the rich, fragrant rice plain, or season it with lime and cilantro for a fresher flavor.

Yield: 4 cups

Ingredients:

2 cups jasmine rice, rinsed and drained

1 can of coconut milk

1 ½ cups water

1 Tbsp sugar

1 tsp salt

Toasted sesame seeds, for garnish (optional)

Directions:

1. Rinse and drain your rice.
2. In a large pot over medium heat, combine rice, coconut milk, water, sugar and salt. Bring to a boil, then reduce heat, and let it simmer, covered, 18-20 minutes or until rice is tender.
3. Remove from heat and let sit covered 10 minutes, then fluff with fork and serve.

French Carrot Salad

Simple and fresh! Chickpeas are optional but recommended. Great way to use up garden surplus

Yield: 4 servings

Ingredients

Carrot salad

- 1 pound carrots, peeled
- 2 tbsp finely snipped chives or chopped green onions
- 2 tbsp finely chopped fresh parsley (or add 1 tbsp dried to dressing)
- Optional: 1 can chickpeas, rinsed and drained (or 1 ½ cups cooked chickpeas)



Dressing

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 2 teaspoons honey
- 1 teaspoon Dijon mustard
- ½ teaspoon ground cumin
- ¼ teaspoon salt

Instructions

1. To prepare the carrots: You can grate them on the large holes of a box grater, or process them in a food processor fitted with a grating attachment. You'll end up with about 3 cups grated carrots.
2. Place the carrots in a medium serving bowl. Add the chives, parsley and chickpeas.
3. To make the dressing, whisk all of the ingredients together in a small bowl until completely blended.
4. Pour the dressing over the carrot mixture and stir until the mixture is evenly coated in dressing. For best flavor, allow the salad to marinate for 20 minutes before serving. Toss again before serving. This salad keeps well in the refrigerator, covered, for about 4 days.

Source: https://cookieandkate.com/french-carrot-salad-recipe/

CENTRE DE SANTÉ Univi HEALTH CENTRE

Chai Black Tea Concentrate

Flavorful and "spicy" chai concentrate is a wonderful warm drink on a cold day. Simply add milk and serve hot. Keeps for a week in the fridge!



Ingredients

- 4 cups of water
- 4 bags of black tea or 2 tablespoons loose black tea (regular or decaf)
- 2 cinnamon sticks or 1 teaspoon ground cinnamon
- 8–10 cardamom pods, crushed or 1 teaspoon ground cardamom
- 1 inch fresh ginger, thinly sliced or 1 teaspoon ground ginger
- 1/2 teaspoon black peppercorns or 1/4 teaspoon ground black pepper
- 1/4 cup of honey or white sugar (feel free to leave this out if you prefer to sweeten your chai when you make it or use an no-sugar sweetener)

Directions

1. In a medium-sized saucepan over medium heat, bring 4 cups of water to a boil.
2. Prepare the spices and tea by crushing the whole spices like cinnamon sticks, cardamom pods, and fresh ginger to release their flavors; skip this step if using ground spices.
3. Add the black tea, cinnamon, cardamom, ginger, and black peppercorns to the boiling water. Simmer the mixture over low heat for about 10 minutes.
4. After 10 minutes, turn off the heat and carefully strain the mixture through a fine-mesh sieve or cheesecloth to remove the tea and spices.
5. Stir in the honey or sugar while the mixture is still hot to dissolve it easily.
6. Allow the concentrate to cool to room temperature, then store it in the refrigerator in an airtight container for up to one week.
7. Serve the chai concentrate by mixing it with an equal amount of milk or a milk alternative, either hot or poured over ice.

Source: Clean Eating Kitchen – tazo chai tea concentrate starbucks copycat recipe

Michelle 's Healthy You Recipe Challenge – Berry Bran Muffins

Yield: 12 muffins **Ready in 20 minutes**

Ingredients:

1 ½ cups wheat bran

½ cup all purpose flour

½ cup wheat germ

1 tsp baking powder

½ tsp baking soda

½ cup lightly packed brown sugar

2 eggs, beaten

1 cup 1% milk

¼ cup canola oil

¼ cup molasses

1 cup berries (fresh or frozen)



Directions:

1. Preheat oven to 350°F
2. Combine bran, flour, wheat germ, baking powder and baking soda in a large bowl.
3. In a medium bowl, whisk together brown sugar, eggs, milk, oil and molasses until blended.
4. Pour wet mixture over flour mixture and stir until just combined.
5. Fold in berries.
6. Divide batter evenly among prepared muffin cups.
7. Bake in preheated oven for 15-17 minutes or until tops are firm to the touch and a tester inserted in the center of a muffin comes out clean. Let cool in pan on a wire rack for 10 minutes, then transfer to rack to cool completely.

These muffins will boost your fibre intake. You can substitute in any of your favourite fruits! From Dietitians of Canada website