

# CAMP MED 2021 RECIPE BOOK

WHAT DID THE WALNUT SAY TO THE PECAN?



WE'RE FRIENDS BECAUSE WE'RE BOTH NUTS!

HEALTHY NUTRITIOUS MEALS

# Gluten-Free Banana Muffins with Chocolate Chips

Great snack for people on the go. Good for people with celiac disease.

## INGREDIENTS:

- 1½ cups gluten-free flour (may sub all-purpose flour of choice)
- ½ cup organic brown sugar (may sub coconut sugar)
- 1 teaspoon baking soda
- ½ teaspoon fine salt
- 3 medium ripe bananas (bananas with speckled black spots work best), about 1 heaping cup
- 2 large eggs
- ¼ cup oil (avocado oil or olive oil)
- 1 teaspoon pure vanilla extract
- ¾ cup chocolate chips plus extra for sprinkling on topping

## INSTRUCTIONS:

- Preheat the oven to 375°F. Line a muffin tin with paper liners and spray each liner with cooking spray to prevent sticking.
- In a bowl, combine the flour, sugar, baking soda, and salt. In a second bowl, mash the bananas. Add the eggs, oil, and vanilla; mix well.
- Stir banana egg mixture into the dry ingredients just until moistened.
- Fold in chocolate chips.
- Fill each muffin well 1/2 full with batter.
- Top each muffin with a few extra chocolate chips.
- Bake at 375°F for 15-20 minutes or until a toothpick inserted in the center comes out clean. Time will vary depending on the kind of pan used.
- Allow to cool for 5-10 minutes, then remove muffins from pan to a wire rack to cool completely.

REFERENCE: <https://therealfoodrds.com/gluten-free-banana-chocolate-chip-muffins/>

# Summer Watermelon Mango Salad with Herb Vinaigrette

Sweet tasting salad perfect for the summer. Good for people with diabetes, and/or who are gluten free and/or vegan.

## Ingredients (salad):

- 1 cup (250 mL) quinoa
- 1 cup (500 mL) watermelon, diced
- 2 ripe mangoes, diced
- 1 English cucumber, diced
- 1 cup (250 mL) shelled edamame
- ½ cup (125 mL) crumbled feta cheese
- ¼ cup (75 mL) shredded fresh mint

## Ingredients (vinaigrette):

- ¼ cup (75 mL) canola oil
- 1 tsp (5 mL) fresh oregano, chives, thyme or basil
- 3 tbsp (45 mL) lemon juice
- 1 tsp (5 mL) Dijon mustard
- 2 tsp (10 mL) liquid honey

## Instructions:

1. In a saucepan, bring quinoa and 2 cups (500 mL) water to boil; reduce heat, cover and simmer for 12 minutes. Fluff with fork; transfer to a large bowl and let cool.
2. Stir in watermelon, mango, cucumber, edamame, feta cheese and mint.
3. Whisk together oil, herbs, lemon juice, mustard and honey, salt and pepper; pour over quinoa mixture and stir to coat.

Reference: <https://www.diabetes.ca/managing-my-diabetes/recipes/summer-watermelon-mango-salad-with-herb-vinaigrette>

# Zucchini Curry

## Ingredients

- 1 tbsp (30 mL) canola oil
- 1 small onion, sliced
- 1 tomato, chopped
- 2 cloves garlic, minced
- ¼ tsp (1 mL) turmeric
- Pinch red chili flakes
- 1 tsp (5 mL) ground coriander
- ½ tsp (2 mL) cumin seeds
- 1 small green pepper, sliced
- 2 medium green zucchini
- 1 tbsp (30 mL) lemon juice

## Instructions

- In a non-stick skillet, heat canola oil over medium heat; cook onions until golden, about 7 minutes.
- Add tomatoes and garlic; cook for 2-3 minutes.
- Stir in turmeric, red chili flakes, ground coriander, cumin seeds, green pepper and zucchini; reduce heat.
- Simmer for about 20 minutes, stirring often or until zucchini is soft.
- Remove from heat, add lemon juice and stir. Serve hot or at room temperature.

## Nutritional Information

Per 1 cup (250 mL) curry

Amount	% Daily Value
<b>Calories</b> 210	
<b>Fat</b> 15 g	<b>23 %</b>
Saturated 1.5 g + Trans 0.3 g	<b>9 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 25 mg	<b>1 %</b>
<b>Carbohydrate</b> 19 g	<b>6 %</b>
Fibre 5 g	<b>20 %</b>
Sugars 10 g	
<b>Protein</b> 4 g	

REFERENCE: <https://www.diabetes.ca/nutrition---fitness/recipes/zucchini-curry>

# Breakfast for people with **diabetes and/or who are vegetarian**

## Nutritional Information

Per 1/4 of recipe

Amount	% Daily Value
<b>Calories</b> 163	
<b>Fat</b> 1 g	2 %
Saturated 1 g + Trans 0 g	5 %
<b>Cholesterol</b> 7 mg	
<b>Sodium</b> 341 mg	14 %
<b>Carbohydrate</b> 21 g	7 %
Fibre 2 g	8 %
<b>Protein</b> 16 g	

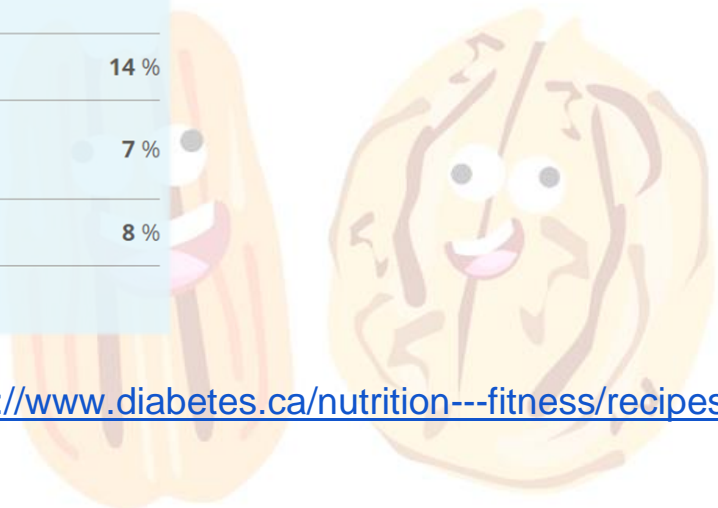
## Ingredients

- 1 cup skim milk 250 mL
- ½ cup frozen unsweetened strawberries 125 mL
- ¼ cup 1% cottage cheese or plain low-fat yogurt 60 ml
- 1 tsp vanilla extract 5 mL
- Artificial sweetener (optional)

## Instructions

- In blender, combine milk, strawberries, cottage cheese and vanilla.
- Blend on high speed for 1 minute or until smooth.
- Sweeten to taste with sweetener, if desired.

REFERENCE: <https://www.diabetes.ca/nutrition---fitness/recipes/strawberry-instant-breakfast>



# Bistro Chicken Pasta Salad

This dish makes a great lunch or light dinner which is heart healthy.

## INGREDIENTS:

- 1/3 cup (75 mL) balsamic vinegar
- 1 tbsp (15 mL) Dijon mustard
- 2 tsp (10 mL) canola oil
- 1 garlic clove, minced
- 2 cups (500 mL) whole wheat penne pasta, cooked
- 3 boneless, skinless chicken breasts, grilled or cooked, cut into cubes
- 1/4 cup (50 mL) grated or shaved Parmesan cheese
- 12 cherry tomatoes, sliced in half
- 1/2 small red onion, sliced in rings
- 1/4 tsp (1 mL) ground oregano
- 1/4 tsp (1 mL) freshly ground black pepper
- 1/2 cup (125 mL) freshly chopped basil

## INSTRUCTIONS:

1. In a small bowl, whisk together balsamic vinegar, Dijon mustard, canola oil and garlic. Set aside.
2. In a large bowl, combine pasta, chicken, Parmesan, tomatoes, onion, oregano and pepper, tossing gently. Stir in balsamic mixture and basil, tossing gently again. Serve immediately or cover and refrigerate up to two days.

## REFERENCE:

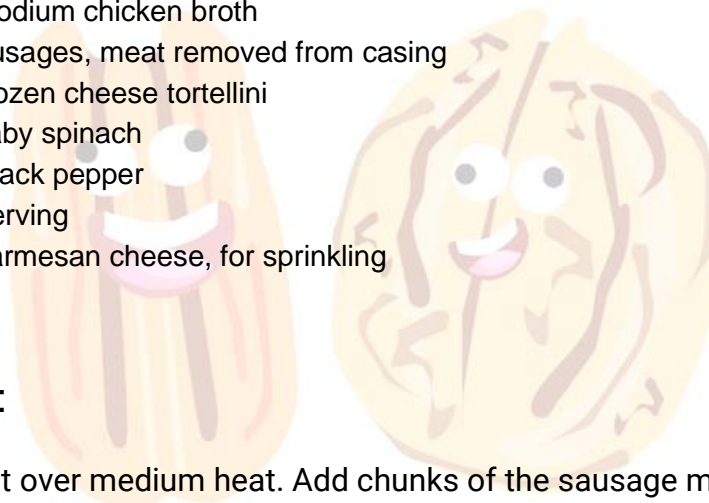
<https://www.heartandstroke.ca/healthy-living/recipes/poultry/bistro-chicken-pasta-salad>

# Tortellini Soup: Easy recipe for iron deficiency

Pasta is a surprising source of iron, especially if you substitute white flour noodles for a whole grain variation. Spinach, another rich source of iron, is readily absorbed in this meal thanks to the vitamin C from whole tomatoes.

## INGREDIENTS:

- 1 Tbsp extra virgin olive oil
- 1 small onion, finely chopped
- 1 stalks celery, thinly sliced
- 1 clove garlic, minced
- 1 Tbsp oregano
- 1 tsp dried thyme
- 1 pinch dried red chili flakes
- 1 ½ cup white kidney beans, drained and rinsed
- 1 28 oz tin whole peeled tomatoes, crushed
- 4 cups reduced sodium chicken broth
- ½ lb(s) turkey sausages, meat removed from casing
- 3 cups fresh or frozen cheese tortellini
- 2 cups packed baby spinach
- Freshly ground black pepper
- Fresh basil, for serving
- Freshly grated Parmesan cheese, for sprinkling



## INSTRUCTIONS:

1. Heat oil in a large pot over medium heat. Add chunks of the sausage meat and cook until it begins to brown. Add the onion, celery and garlic; stir until softened, about 4 minutes. Add the oregano, thyme and chili flakes; stir for 1 minute.
2. Add the white kidney beans, stock and tomatoes; stir to combine. Bring the mixture to a boil and reduce the heat to a simmer. Add the tortellini, spinach and pepper. Simmer for 15-20 minutes until tortellini are cooked and spinach has wilted.
3. Serve with freshly torn basil and Parmesan cheese.

REFERENCE: <https://www.foodnetwork.ca/recipe/tortellini-soup/13410/>

# Caramelized Banana and Almond “Nice Cream”

A lactose free ice cream dessert! (Makes about 2 cups)

## INGREDIENTS:

- 2 tablespoons virgin coconut oil
- 3 large ripe but firm bananas, peeled
- 1 tablespoon dark brown sugar
- ¼ teaspoon kosher salt
- ¼ cup coconut cream or coconut milk
- ¼ cup almond butter

## INSTRUCTIONS:

1. Heat oil in a medium nonstick skillet over medium. Add bananas and cook, undisturbed, until dark brown underneath, about 3 minutes. Turn and continue to cook, turning occasionally, until caramelized around the edges but still mostly firm, 2-3 minutes more. Add brown sugar and salt and toss just to coat bananas.
2. Transfer bananas (along with any liquid) to a small silpat-lined rimmed baking sheet (or a baking sheet coated lightly with nonstick spray). Freeze until hard, about 3 hours.
3. Let bananas soften just until you're able to break them into large clumps (they should still be mostly frozen so this is really just a few minutes) and transfer to a food processor. Pulse until finely chopped, scraping down occasionally, then continue to pulse until a smooth paste forms, about 2 minutes. Add coconut cream and pulse until smooth and creamy, about 1 minute more. Add almond butter and pulse just until combined.
4. Transfer nice cream to an airtight container and freeze until firm, at least 3 hours.

REFERENCE: <https://www.bonappetit.com/recipe/caramelized-banana-and-almond-nice-cream>