



Nutrition Month: Get Inspired to Cook

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AT GEORGINA NURSE PRACTITIONER LED CLINIC

Happy Nutrition Month! Get inspired this month to cook up some delicious and healthy meals for you and your family. Got a budget? Interested in eating more plant-based meals? Want to try different cultural cuisines? No problem. Here are five websites that will help you create the perfect meal.

Cookspiration

Cookspiration is created by Dietitians of Canada so you know you're going to be whipping up a healthy meal. The website is easy to navigate via images of all its recipes. Find recipes using prompts on the home page based on time of day, or explore recipes by genre. You can even use the Menu Planner option to create a healthy meal plan based on your personal goals - from budget friendly to more specific dietary needs.

BudgetBytes

With our rising food prices, this is the website to help you stay within your food budget without giving up on taste! Find recipes by browsing through categories such as slow cooker meals, one pot meals, under \$10 and more! Each recipe also comes with a cost breakdown so you know exactly how much each recipe or each serving costs. For \$6-12, you can also purchase meal plans with various themes such as 30 minute meals, freezer friendly meals, and \$10 dinners.

Ontario Bean Growers & Lentils.org

If you're interested in plant-based eating, then these two websites are the one of the best places to start. As the names imply, the information and recipes on these sites focus on using beans and lentil ingredients, a great lower cost alternative to meat. Not sure how to start? Check out the simple preparation and storage instructions first. Once you're ready to try out some recipes, explore the wide range of recipes not only for soups and entrees, but even baked goods, smoothies, dips and more! Recipes that include meats are still plentiful if you're a meat lover, but you can also browse for vegetarian options if you prefer.

Oldways

For more adventurous cooks in the kitchen, check out Oldways' recipes for traditional diets of various cuisines. Here you can find health information and recipes for Mediterranean, African, Latin American, and Asian Heritage diets, along with vegetarian and vegan diets.



Black Bean Sheet Pan Quesadillas

4 SERVINGS

Ingredients for Yogurt Lime Crema:

1/2 cup	Plain 2% Greek yogurt
1/2 tsp	Lime zest
1 tbsp	Fresh lime juice
1 tbsp	Minced jalapeño or to taste
1	Small garlic clove, minced
Pinch	Salt

Ingredients for Quesadilla:

4	Small whole wheat tortillas (approx 7 in)
1/2 tsp	Canola oil
1 1/2 cup	Canned drained and rinsed black beans
1/2 cup	Diced sweet red pepper
2	Green onions, thinly sliced
1/2 tsp	Lime zest
1 1/2 tbsp	Minced jalapeño or to taste
1	Small garlic clove, minced
1/4 tsp	Chili powder
1/4 tsp	Ground cumin
1/2 cup	Shredded Mozzarella
1/2 cup	Shredded Cheddar cheese

Directions:

1. Yogurt Lime Crema: In a small bowl, combine yogurt, lime zest, lime juice, jalapeño, garlic and pinch of salt. Cover and refrigerate until ready to serve.
2. Quesadilla: Preheat oven to 425°F.
3. Brush one side of each tortilla with oil, place oiled side down on a large nonstick baking sheet and set aside.
4. In a medium bowl, with fork or masher, coarsely mash half of the beans, stir in remaining beans, red pepper, green onions, lime zest, jalapeño, garlic, chili powder and cumin.
5. Divide Mozzarella cheese over half of each tortilla. Top with bean mixture and Cheddar cheese, dividing equally. Fold unfilled half of tortilla over bean mixture; press together firmly. Bake for 8 minutes. Flip; bake for 6 minutes or until crisp. Cut in wedges. Serve with Lime Crema.

Sources:

1. Recipe and image by Dairy Farmers of Canada, retrieved from <https://www.cookspiration.com/recipe.aspx?perma=c6d03a0e5e8&d=56&i=6&s=4>