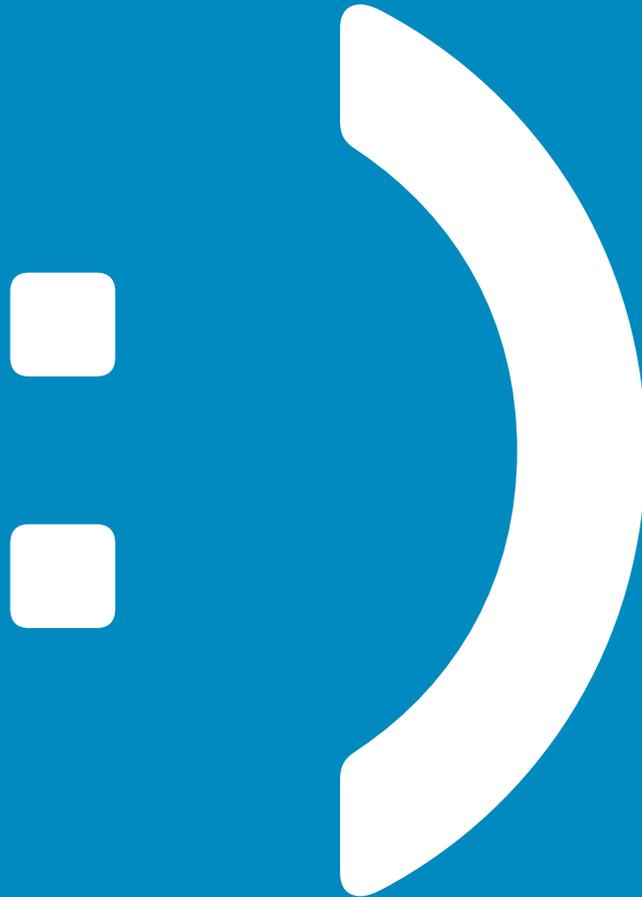


GIVING BACK STARTS WITH A SMILE



S T R E T C H I N G

Your Food Budget

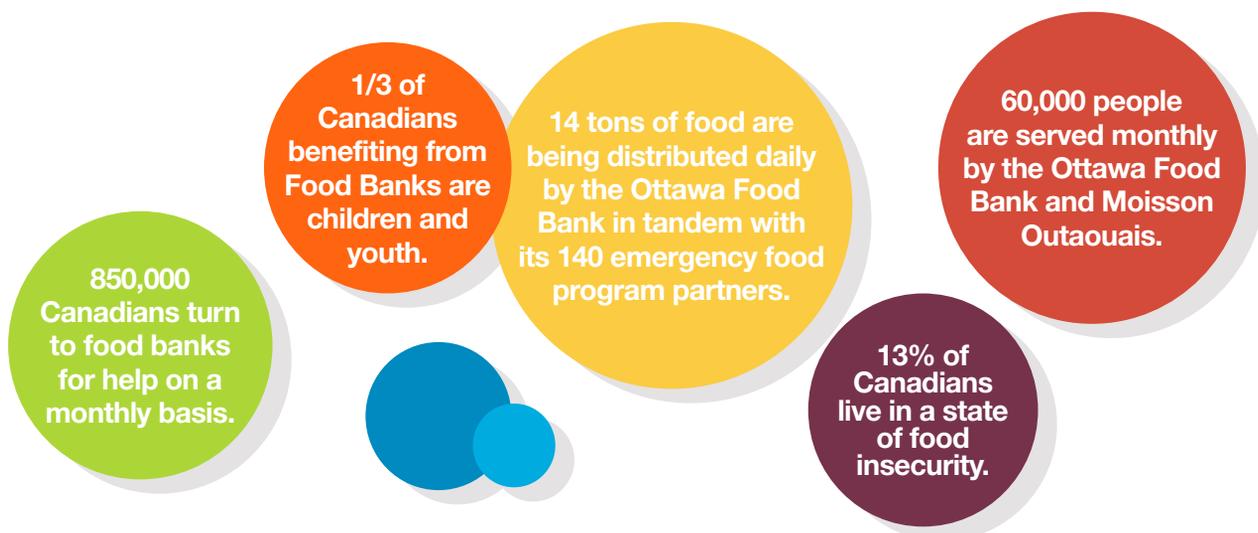
IDEAS & RECIPES

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Shaw) Centre

Food banks and Canadians

We all know that hunger and a lack of food security is a reality for many in our communities. While we have grown accustomed to requests for donations to food banks and soup kitchens, the problem of food security in our own community has become a constant presence in the background of our lives. Food is a communal issue. It sustains life and shapes communities. We bond over preparing and sharing food. We ensure a healthy and sustainable future by thoughtfully raising and distributing it. We believe it's time to bring together a passion for food and a concern for those who are hungry, malnourished, or in short supply of quality food.



The sad reality is that fresh and whole foods can appear more expensive, causing many people to rely heavily on processed foods, which may provide temporary respite from hunger but also contribute to a host of health issues. Aside from being lower in nutrients and fibre, processed foods are typically high in sugar, salt and fat, leading causes of both obesity and heart disease. In addition, some of the chemicals commonly found in processed foods are known carcinogens.

In fact, a diet consisting primarily of home-prepared foods can be significantly less expensive than one based on processed or pre-prepared foods. A recent study indicates that the average daily cost for an adult to consume a healthy, home-cooked diet of 1800 calories is about \$7.50 whereas a diet based on less-healthy, convenience foods costs over \$15.00 per day and consists of a whopping 2700 calories.

Recipes

Up to 75% of children from at-risk populations fail to meet recommended daily intake for grains, vegetables, fruits, and dairy products. Providing nutritional staple foods and easy to prepare recipes is one practical solution to helping families who rely on their local food bank improve their diets.

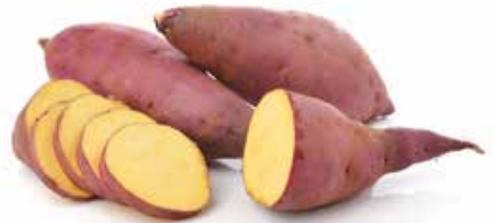
Chefs Geoffrey Morden of Ottawa's Shaw Centre and Ottawa At Home Food Editor, Paula Roy have joined forces to deliver some delicious, economical inspiration.

Enjoy!



Chef Morden

The Shaw Centre's Executive Chef, Geoffrey Morden, is an Ottawa native and graduate of Stratford Chefs School. His culinary philosophy is rooted in treating ingredients fairly simply; he also likes to explore the boundaries of different cuisines and different flavour profiles. International travel continues to expand his sources of inspiration, but he is also an avid proponent of sourcing and serving local food. No matter what he is preparing, whether a simple meal at home for his family or an elaborate banquet for thousands at the Shaw Centre, he always thinks first about freshness and letting the ingredients shine.



Sweet Potato & Chipotle Chili Soup



Preparation time - 1 hour

Makes 10 servings

Cost : approximately \$10

EQUIPMENT REQUIRED

- Cutting board
- Kitchen knife
- 4 quart soup/sauce pot
- Household blender
- Measuring cups and spoons
- Soup ladle

INGREDIENTS

- 1 medium diced white onion
- 2 pounds peeled and diced fresh sweet potato or yam (approximately 2 large sweet potatoes)
- 3 tablespoons pure olive oil or canola oil or vegetable oil
- 2 tablespoons minced fresh ginger
- 1 minced chipotle chili (add 2 if you like spicy soup!)
- 2 tablespoons brown sugar
- 4 cups water
- Juice of a fresh lime
- Salt and pepper to taste

METHOD

- 1 In a large sauce pot, heat the oil over medium heat.
- 2 Add the minced ginger and onion to the pot and sauté over medium heat for 5-8 minutes, until the onions are soft and translucent.
- 3 Add the sweet potatoes and chipotle chili to the onions and ginger and sauté over medium heat for an additional 5 minutes, stirring frequently.
- 4 Add the water, brown sugar and a pinch of salt and pepper. Bring to a simmer.
- 5 Simmer soup until the sweet potatoes are very tender.
- 6 Remove from the stove and allow to cool slightly.
- 7 Blend the soup in two or three batches in a household blender until very smooth.
- 8 Return the pureed soup to the pot and add the lime juice. Season with salt and pepper to taste. Adjust consistency if soup is too thick with a little warm water.
- 9 Place the soup over medium heat and all to return to a simmer.
- 10 Serve and enjoy.



Chickpea & Green Lentil Salad



Preparation time - 30 minutes

Makes 6 servings

Cost : approximately \$13

EQUIPMENT REQUIRED

- Large stainless steel mixing bowl
- Kitchen knives
- Cutting board
- Can opener

INGREDIENTS

- 1 cup drained cooked green lentils (red lentils can be substituted)
- 2 cups drained cooked chickpeas
- 1 large fresh tomato diced
- ½ fresh cucumber diced
- 1 stalk celery diced
- ½ fresh jalapeno pepper minced (remove seeds and stem prior to mincing)
- Small red onion diced
- 2 tablespoons chopped fresh mint
- 2 tablespoons chopped fresh parsley
- Juice of 2 lemons
- ½ cup olive oil
- Salt and pepper to taste

METHOD

- 1** In a large stainless steel mixing bowl, mix all ingredients except for the salt and pepper.
- 2** Allow to marinate for one hour.
- 3** Taste and adjust seasoning with salt and pepper according to your personal taste.
- 4** Serve and enjoy.



Paula Roy

Ottawa At Home Food Editor Paula Roy loves to play with words and with food. Paula loves simple dishes prepared with passion and is always seeking new methods and inspiration to make food as fun and flavourful as possible, regardless of one's tastes or budget. An enthusiastic presenter and teacher, Paula regularly leads cooking and baking workshops at the Parkdale Food Centre, where she has also established a cookbook library for the food bank's clientele.



Paula Roy's Tuna Pasta Salad



Preparation time - 25 minutes
Makes 3 – 4 servings
Cost : approximately \$9



This easy to prepare salad is ideal for a fast dinner; it's also great as a packable lunch option. Feel free to add in any other vegetables you like; sliced fresh zucchini or tomatoes and frozen peas are all terrific. You can top it with grated cheese or chopped nuts for additional protein. The recipe can easily be doubled.

EQUIPMENT REQUIRED

- Large stainless steel mixing bowl
- Kitchen knives
- Cutting board
- Can opener



INGREDIENTS

- 1/2 cup fresh or frozen green beans
- 1/2 cup thinly sliced fresh carrot
- 2 cups (125 g) dry short pasta (macaroni, shells, etc.)
- 4 teaspoons fresh lemon juice or cider or rice vinegar (or a bit more, to taste)
- 3 tablespoons canola or olive oil
- 1/2 teaspoon dried basil
- Pinch sugar
- Salt, pepper to taste
- 1 can (170 g) water packed tuna, drained and flaked with a fork
- 1/2 red onion, finely sliced (optional)
- 1 apple, cored and diced

METHOD

- 1 Drop the green beans and carrots into a pot of boiling water and let cook 1 minute then drain. Run the vegetables under cold water immediately, until they feel cool to the touch. Pat dry with a clean towel and set aside.
- 2 Cook pasta in a large pot of boiling, salted water until it is just tender. Drain and rinse under cold water.
- 3 While pasta cooks, whisk together the lemon or vinegar, oil, basil, sugar, salt and pepper. Taste and adjust seasoning if needed. Set aside.
- 4 In a large bowl, combine the cooked pasta, beans, carrots, tuna, onion (if using) and apple. Drizzle with vinaigrette then toss gently and serve. Be sure to refrigerate any leftovers.



Paula Roy's Lentil-Barley Stew



*Preparation time - 35 minutes
Makes 4 – 6 servings
Cost : approximately \$8*



This thick soup is so delicious it turns skeptics into lentil lovers. While it is a vegetarian dish that can easily be made vegan by using oil instead of butter, it's hearty enough to appeal to meat eaters too. It's also a very economical recipe that can easily be doubled and freezes beautifully.

EQUIPMENT REQUIRED

- Large saucepan
- Kitchen knives
- Cutting board
- Can opener



INGREDIENTS

- 1/4 cup butter, canola or olive oil
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1/3 cup pot or pearl barley
- 1/2 cup dried red lentils, picked over for stones and rinsed well
- 1 can (28 oz) diced tomatoes
- 3 tablespoons tomato paste
- 3 cups water
- 1/2 teaspoon salt
- 1/4 teaspoon fresh ground pepper
- 1/2 teaspoon ground rosemary
- 1/2 cup grated carrot
- 1 small zucchini, sliced thin (optional but delicious)

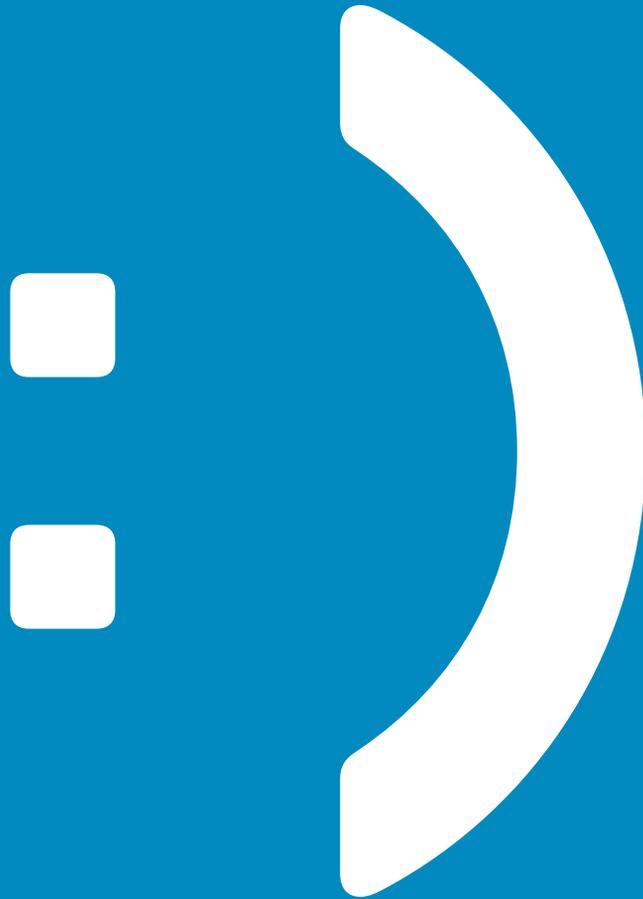
METHOD

- 1 In a large, heavy saucepan, melt butter (or add olive oil) and sauté onion until tender.
- 2 Add celery and cook 5 minutes longer, stirring occasionally.
- 3 Add lentils, barley, diced tomatoes, tomato paste, seasonings and water. Stir to blend well.
- 4 Bring to a boil, cover and simmer gently for 25 minutes, stirring occasionally.
- 5 If it seems thicker than you prefer, add a bit more water.
- 6 Add carrots and zucchini just before serving and cook 5 minutes longer.
- 7 If you are making the stew ahead of time, it will continue to thicken as the barley and lentils absorb moisture, so add a little more water to make it the consistency you like when you are reheating it.

Tips For Stretching Your Food Dollar

- Try to make a weekly meal plan and stick to it, to make your trip to the grocery store more cost-effective. By planning out all of your week's meals, you can make a strategic shopping list, potentially taking advantage of items on special. Once you get the hang of planning you may find it a relief not to have to think about making food decisions every single day. When you're making a plan, be sure to include all the food your family will consume – breakfasts, lunches, dinners and even snacks – to help avoid impulse purchases of convenience foods.
- Go it alone. If you can go grocery shopping by yourself, you're less likely to be distracted (particularly by hungry children), giving you time to compare prices and make cost-effective selections. When shopping, remember that stores often stock less-popular but better-value items higher or lower on the shelves, and avoid the 'eye-level' trap.
- Eat local and in season when possible. Local produce is so much fresher than items that have been trucked many thousands of kilometres and they will also last longer. You'll enjoy better flavour and will likely lose very little due to spoilage.
- Eat more dried beans, lentils, barley and frozen vegetables. Eat less pasta, meat and fish. Rethinking what you need to satisfy your family's hunger can save a lot of money while still providing filling, nutritious meals.
- Skip the deli counter. Cook up a ham, chicken or roast on the weekend and slice up the leftovers to use in packed lunches.
- A little preparation can go a long way. Rather than purchasing pre-cut fruit or vegetables, you can invest a little time once or twice each week into preparing them in your own kitchen. Make enough to last a couple of days and the whole family can enjoy them as 'grab and go' foods. For freezable prepared foods like grated cheese, buy a couple of blocks when your favourite variety of cheese is on sale, then grate, tuck into zippered storage bags and freeze.
- Purchase more economical cuts of meat and gently roast them in the oven or a slow cooker to bring out their flavour and tenderness.
- Make big batches of soup, stew and pasta sauce (which can be served over lentils or barley for a more nutritious meal) and tuck them in the freezer. You'll find you're less likely to reach for processed or pre-prepared foods because you've got a delicious, home-cooked meal already on hand.
- Waste not, want not. Slightly past their prime fruits and vegetables can still be used for other purposes, even if they're not perfect for eating out of hand. Chop up wrinkled tomatoes, beans or carrots and freeze them; the next time you make soup or pasta sauce, add them in. Brown bananas can be tossed in the freezer in their skins and used for baking or smoothies.

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