

Eating Well

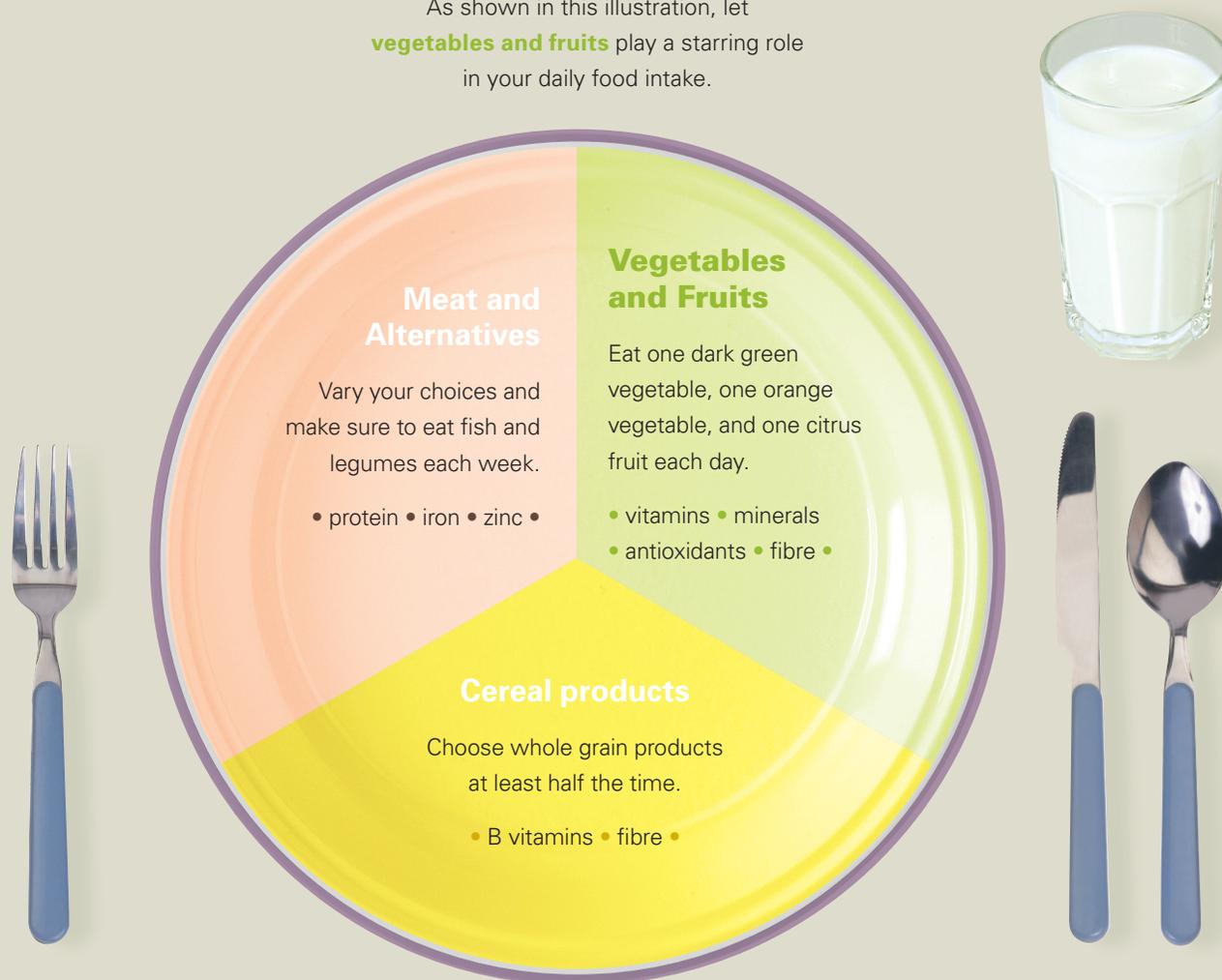
on a Small Budget



Good nutrition favours and maintains good health. Healthy eating includes choosing a variety of foods from each of the four food groups of Canada's Food Guide: **vegetables and fruits**, **meat and alternatives**, **cereal products**, and **milk and alternatives**. Although a challenge, eating well on a small budget is possible. To do so, one needs a little planning, some creativity and basic cooking skills. Everyone can do it.

A Nutritious Meal

As shown in this illustration, let **vegetables and fruits** play a starring role in your daily food intake.



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The Montreal Diet Dispensary

Nutritious Food Basket

A Nourishing and Economical Food Order

Use this shopping guide to make your family's weekly food order.

- 1) Using the table, highlight each family member according to sex and age, and the corresponding column underneath.
- 2) For each food category, add up the necessary amounts for each family member and enter this number in the column under "TOTAL".
- 3) To create your weekly shopping list use the amounts entered in the "TOTAL" column for each food category.

Food category	Unit	Child	Male Individuals							Female Individuals							Pregnancy			Lactation			TOTAL
		1 to 3	4 to 8	9 to 13	14 to 18	19 to 30	31 to 50	51 to 70	≥ 71	4 to 8	9 to 13	14 to 18	19 to 30	31 to 50	51 to 70	≥ 71	≤ 18	19 to 30	31 to 50	≤ 18	19 to 30	31 to 50	
Milk 3.25% m.f.	Litre	5	—	—	—	—	—	—	—	—	—	—	—	—	—	—	7	7	7	7	7	7	
Milk 2% m.f.	Litre	—	6	7	7	6	5	—	—	6	7	7	5	5	—	—	—	—	—	—	—	—	
Milk 1% m.f.	Litre	—	—	—	—	—	—	5	5	—	—	—	—	—	5	5	—	—	—	—	—	—	
Meat	kg	0.21	0.48	0.48	0.75	0.75	0.75	0.75	0.68	0.42	0.42	0.60	0.60	0.60	0.60	0.48	0.60	0.60	0.60	0.60	0.60	0.60	
Fish	kg	0.12	0.18	0.24	0.30	0.30	0.30	0.30	0.30	0.18	0.24	0.24	0.30	0.30	0.30	0.30	0.30	0.30	0.30	0.30	0.30	0.30	
Liver	kg	0.03	0.06	0.09	0.09	0.09	0.09	0.09	0.09	0.06	0.09	0.09	0.09	0.09	0.09	0.06	0.09	0.09	0.09	0.09	0.09	0.09	
Eggs	unit	3	3	4	7	7	4	4	3	3	4	4	4	3	3	3	7	7	7	7	7	7	
Cheese	g	60	120	120	210	180	150	150	120	90	120	150	150	150	150	120	150	150	150	150	150	150	
Peanut butter	g	70	140	210	210	140	140	140	105	105	105	105	105	105	105	105	105	105	105	105	105	105	
Legumes*	g	60	100	180	240	240	200	200	200	100	150	150	200	200	200	200	200	200	200	200	200	200	
Citrus	kg	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	2	2	2	2	2	2	
Other fruits	kg	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
Vegetables	kg	1	1.5	2.5	2.5	2.5	2.5	2.5	2.5	1.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	
Potatoes	kg	0.5	1	1.5	2	1.75	1.75	1.5	1.25	1	1.25	1.25	1.25	1.25	1.25	1.25	1.25	1.25	1.25	1.25	1.25	1.25	
Bread	sl.**	14	21	35	42	35	35	28	28	21	28	21	21	21	21	21	35	28	28	28	28	28	
Rice, pasta, flour, etc.	g	105	210	315	630	630	630	630	525	210	315	315	525	525	420	315	420	420	315	420	420	315	
Breakfast cereals	g	210	280	420	420	420	420	420	420	210	315	420	420	315	210	210	420	315	315	315	315	315	
Butter/Margarine	g	70	70	105	105	105	105	105	105	70	105	105	70	70	70	70	105	70	70	105	70	70	
Other fats	g	35	105	140	210	140	140	105	105	105	105	105	105	105	105	105	105	105	70	105	105	105	
Sugar	g	35	105	105	210	105	105	105	105	70	70	105	105	70	70	70	105	105	70	105	105	70	
Other sweets	g	35	105	105	210	105	105	105	105	70	105	105	105	70	70	70	105	105	70	105	105	70	
Flax seed	g	—	—	49	49	49	49	49	49	—	49	49	49	49	49	49	49	49	49	49	49	49	
Baby cereal	g	105	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	

* dried beans or peas (30 g = 125 ml or ½ cup cooked)

** slice (= 30 g)

Reference Prices



In January 2016, the cost of the Diet Dispensary food basket was \$8.70 per person per day.

Use the opposite list of reference prices to find the best buys at the grocery store.

- 1) On the package, or on the shelf label, locate the price of the food. Ensure that you are comparing the same unit as that in the table.
- 2) Compare the food price with that in the table to check if it costs more, less or about the same.
- 3) Good "economical" choices will now be clear to you!

Food categories	Reference price (\$) / unit *
Milk 2%	1.55 / L
Meat**	11.72 / kg
Fish**	14.94 / kg
Eggs	3.39 / dozen
Cheese	12.37 / kg
Peanut butter	4.99 / 500 g
Legumes	5.10 / kg
Potato	1.10 / kg
Vegetables (other than potato)**	4.30 / kg
Citrus	2.51 / kg
Fruits (other than citrus)**	3.54 / kg
Breakfast cereals	5.63 / kg
Bread	2.99 / 675 g
Rice / pasta / flour	2.90 / kg

* Based on the January 2016 prices of the Diet Dispensary food basket

** Average price to match for the food category

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The Chefs'

Recipes

Here are four healthy, economical, savoury recipes created by the chefs who participated in the "Challenge":

•
Sœur Angèle

•
Pasquale Vari

•
Nicole-Anne Gagnon

•
Stelio Perombelon

•
Bon appetit!

Sœur Angèle

Warm Bean Salad

8 servings

- 1 $\frac{2}{3}$ cups cooked dried beans (400 mL)
of your choice
or 1 can 14 oz (398 mL) mixed beans
- $\frac{1}{4}$ cup vegetable oil (60 mL)
- 1 yellow or red onion, chopped
- 2 garlic cloves, minced
- 2 celery stalks, chopped
- 1 can 12 oz (341 mL) corn kernels
- 2 fresh tomatoes, diced
- $\frac{1}{4}$ cup soy sauce (60 mL)
- 1 tbsp prepared mustard (15 mL)
- 1 tbsp dry basil (15 mL)
- $\frac{1}{2}$ tsp ground cinnamon (2 mL)
- $\frac{1}{2}$ tsp cumin (2 mL)
- $\frac{1}{2}$ tsp chili powder (2 mL)
- 2 cups broccoli florets, blanched (500 mL)
- 1 cup frozen diced mixed vegetables (250 mL)
- 1 tbsp lemon juice (15 mL)
- Pepper to taste

Instructions

1. Drain and rinse beans well.
2. Heat oil in a saucepan; sauté onion, garlic and celery until onion is transparent.
3. Drain corn. Add to saucepan with all other ingredients, except the beans.
4. Bring to a boil and then add the beans.
5. Heat through and serve.

The salad may also be made ahead of time, chilled, and served cold.



Sœur Angèle

Mediterranean Style Chicken Thighs

4 servings

- 4 chicken thighs
- 2 cups homemade chicken broth,
boiling (500 mL)
- 1 cup white or brown rice, uncooked (250 mL)
- 1 small cabbage, quartered

Marinade

- $\frac{1}{2}$ cup dressing sauce (Miracle Whip style) (125 mL)
- 2 tbsp honey (30 mL)
- 1 tsp dried thyme (5 mL)
- 1 tbsp lemon juice (15 mL)
- 2 garlic cloves, minced

Instructions

1. Mix together the ingredients to prepare the marinade.
2. Place chicken thighs in marinade and refrigerate for two hours.
3. Preheat oven to 350°F (180°C).
4. Remove chicken thighs from marinade, drain and put aside.
5. In a saucepan, simmer marinade for 2 to 5 minutes, then remove from pan and set aside.
6. In the same saucepan, brown chicken thighs over medium heat, about 2 minutes per side.
7. In a 9 x 13-inch (22 x 33-centimetre) oven-proof casserole, place chicken thighs and pour the reserved marinade overtop. Cook dish in oven for 15 minutes.
8. Add boiling hot chicken broth, place rice and cabbage quarters around chicken thighs, cover and bake another 20 minutes.



Sœur Angèle

Pork Liver Sauté

4 servings

- 1 onion, chopped
- 2 garlic cloves, minced
- 4 tbsp oil (60 mL)
- 2 tbsp butter (30 mL)
- 1 lb pork liver, cut in small strips (454 g)
- ½ cup all-purpose flour (125 mL)
- ¼ cup tomato juice (60 mL)
- 1 tbsp lemon juice (15 mL)
- 2 tsp dried basil (10 mL)
- Lemon or orange zest
- Salt and pepper to taste

Instructions

1. Over medium heat, fry onion and garlic in 2 tbsp of oil and 1 tbsp of butter.
2. Set aside and keep warm.
3. Toss liver strips in flour and sauté in remaining oil and butter, about 5 minutes until browned. Be sure not to overcook. Remove from the pan.
4. Deglaze pan with tomato juice and lemon juice. Add reserved liver strips, onion and garlic to pan, mix and heat about 3 minutes.
5. Add basil, zest, salt and pepper to taste.

Serve immediately with mashed potatoes and carrots.



Sœur Angèle

Caramelized Apples on Whole Wheat Toast

4 servings

- 3 tbsp butter or non-hydrogenated margarine (45 mL)
- ½ cup brown sugar (125 mL)
- 2 tbsp honey (30 mL)
- 2 tbsp white vinegar (30 mL)
- 8 apples, peeled, seeded and cut into quarters
- 1 tbsp Worcestershire sauce (15 mL)
- 4 slices toasted whole wheat bread
- 1 tbsp ground cinnamon (15 mL)
- Cocoa powder, to taste

Instructions

1. In a pan, melt the butter or margarine with the brown sugar and honey.
2. Let caramelize, add the vinegar, the apples and the Worcestershire sauce. Coat the apples well with the mixture.
3. Place the toasts on a plate and spoon the apples on top.

Sprinkle with cinnamon and cocoa powder.



Nicole-Anne Gagnon

chef at ITHQ



Baked Sole Niçois

4 servings

- 1 garlic head
- 2 tbsp vegetable oil (30 mL)
- 1¼ lb frozen filets of sole (560 g)
- 1 onion, finely sliced into rings
- 1 fresh tomato, diced
- ½ tsp dry mustard powder (2 mL)
- ½ tsp crushed dried thyme (2 mL)
- 3 hard boiled eggs
- 5 finely sliced potatoes
- 3 tbsp vegetable oil (45 mL)
- Salt and pepper to taste

Instructions

1. Preheat oven to 350°F (180°C).
2. Cut top off garlic head and drizzle top with one teaspoon oil.
3. Wrap garlic head in aluminium foil and bake in oven for 30 minutes. Let cool and press out two or three cloves.*
4. Meanwhile, cut sole filets into strips. Mix the sole, onion rings, diced tomatoes, one teaspoon oil, mustard powder, thyme and the two or three baked garlic cloves.
5. Add salt and pepper if desired and place in an ovenproof dish.
6. Slice or cube the hard boiled eggs and add to the dish.
7. Cover with potato slices. Drizzle with remaining oil. Salt to taste.
8. Cook in oven at 375°F (190°C) for 30 minutes or until potatoes are tender and golden.
9. Serve with a green vegetable.

Variation: Replace sliced potatoes with mashed potatoes. Cover with aluminium foil before placing in oven.

* *The rest of the garlic can be conserved for a few days in the fridge. This step can be done in advance while cooking another dish.*

Nicole-Anne Gagnon

chef at ITHQ



Curried Chicken Stew

4 servings

- 4 chicken thighs
- ½ medium onion, chopped
- 1 bay leaf
- Water to cover
- 4 carrots, julienned
- ½ rutabaga, julienned
- 2 tsp curry powder (10 mL)
- 1 14 oz (398 mL) can of green beans, drained and rinsed
- 2 tbsp corn starch (30 mL)
- ½ cup cold water
- Salt and pepper, to taste

Barley pilaf

- 1 tbsp vegetable oil (15 mL)
- ½ onion, finely chopped
- ½ cup barley (125 mL)
- 2 cups chicken broth, reserved from cooking (500 mL)
- Salt and pepper to taste

Instructions

1. Place chicken thighs, onion and bay leaf in a big saucepan and cover with water. Bring to a boil, then simmer for 45 minutes.
2. Remove chicken thighs to cool.
3. Set aside 2 cups (500 mL) of chicken broth for barley pilaf. Keep the remaining broth.
4. Prepare the barley pilaf (see below).
5. De-bone chicken thighs, coarsely chop the meat and set aside.
6. Put the remaining broth in a saucepan and add carrots, rutabaga and curry powder. Salt to taste.
7. Bring to a boil and simmer for 10 minutes, until vegetables are tender. Add chopped chicken and green beans, heat for 2 minutes.
8. Dilute corn starch in the cold water. Add to the stew, stir and bring to a boil.

Barley pilaf

1. In a pot, heat oil and sauté onion until tender. Add barley and chicken broth and bring to a boil. Cover and simmer one hour, stirring once in a while.

Serve the curried chicken stew with the barley pilaf.

Nicole-Anne Gagnon

chef at ITHQ



Salmon Rolls on Stewed Tomatoes *à la Provençale*

4 servings

- 6 cups fresh spinach (1.5 L), about one bag
- 2 cans 7½ oz (213 g) of salmon
- 1 egg, large
- ⅓ cup grated mozzarella cheese (80 mL)
- ½ medium onion, grated
- 1 tbsp vegetable oil (15 mL)
- 1 19 oz (540 mL) can diced tomatoes
- 2 cloves of garlic, chopped
- ½ tsp dried basil (2 mL)
- ½ tsp dried oregano (2 mL)
- Salt and pepper to taste

Instructions

1. Sort the spinach leaves and put aside the 24 largest ones.
2. Fill a large pot with water and bring to a boil. Using a large slotted spoon, blanch each large spinach leaf for one second. Remove from water and set aside.
3. Put the remaining spinach into boiling water 2 seconds. Remove from water, pat down to remove excess water and chop.
4. On a flat surface, overlap 6 of the 24 reserved spinach leaves to form a large leaf. Repeat to make three more. These four large leaves will be used to wrap the rolls. Put aside.
5. Mix salmon, slightly drained and flaked apart, with egg, mozzarella cheese and the grated onion. Season to taste. Add remaining chopped spinach.
6. Spread the salmon filling over the reserved spinach leaves, forming four tight rolls. Keep cool.
7. In a pan, soften garlic in oil. Add tomatoes and herbs. Bring to a boil and let simmer for 30 to 45 minutes, until tomatoes begin to break apart. Season to taste.
8. Pour the tomato sauce in an oven-proof dish and place the salmon rolls on top.
9. Cover with aluminium foil and place in a preheated oven at 400°F (200°C) for 15 to 20 minutes or until the salmon rolls are heated through.
10. Serve with rice.

Pasquale Vari

chef at ITHQ



Exotic Chicken and Vegetable Fricassee

4 servings

- 3 medium carrots
- 4 chicken thighs
- 2 onions, chopped
- 2 garlic cloves, minced
- ¼ cup vegetable oil (60 mL)
- 2 cans 19 oz (540 mL) whole tomatoes
- 1 tsp curry powder (5 mL) – more, if desired
- 1 tsp ground cumin (5 mL)
- 2 cups frozen green beans (500 mL)
- Salt and pepper to taste

Instructions

1. Peel and cut carrots, julienne style (narrow sticks).
2. Remove skin from chicken thighs.
3. In a saucepan or Dutch oven, sauté onion and garlic in oil.
4. Add chicken and cook for 4 minutes.
5. Chop tomatoes coarsely and add to chicken mixture.
6. Add spices, salt and pepper.
7. Bring to a boil. Reduce heat and simmer for at least 35 minutes.
8. Add carrots and green beans. Simmer a few more minutes until carrots are tender.
9. Serve the fricassee with cooked macaroni.

Pasquale Vari

chef at ITHQ



Baked Haddock Timbale

4 servings

- 6 cups fresh spinach (1.5 L), about one bag
- 2 tbsp butter, softened (30 mL)
- 4 potatoes
- ¼ tsp ground nutmeg (1 mL)
- 2 tbsp vegetable oil (30 mL)
- 1 clove of garlic, chopped
- 1 tomato, diced
- 1 cup milk (250 mL)
- 1 pound frozen haddock filets (450 g), cut in big pieces
- 1 cup grated cheddar cheese (250 mL)
- Salt and pepper to taste

Instructions

1. Preheat the oven to 350°F (175°C).
2. Chop spinach.
3. Butter a 9 x 9 x 2 inch (22 x 22 x 5 cm) oven-proof dish.
4. Peel potatoes, cut in thin slices and place at bottom of oven-proof dish with the milk.
5. Season with salt, pepper and nutmeg and bake 45 minutes.
6. In the meantime, heat oil in a pan.
7. Add garlic and cook on medium heat.
8. Add spinach, cook 2 minutes, season and put aside.
9. Cover potatoes with cooked spinach, diced tomatoes and pieces of haddock. Season with salt and pepper.
10. Garnish with grated cheese and bake at 350°F (175°C) for 10 minutes, then broil for 5 minutes.
11. Remove from oven and let stand 10 minutes before serving.

Stelio Perombelon



Caramelized Beef on Apple, Carrot and Spinach Salad with Honey Dressing

4 servings

- 1 lb round steak (500 g)
- ½ cup broccoli florets (125 mL)

- Marinade**
- 1 tsp dry mustard powder (5 mL)
 - 1 tsp ground ginger (5 mL)
 - 1 tbsp soy sauce (15 mL)
 - 1 tsp honey (5 mL)
 - 1 garlic clove, minced

- Dressing**
- 2 tsp honey (10 mL)
 - 2 tbsp white vinegar (30 mL)
 - ⅔ cup canola oil (150 mL)
 - 1 tbsp dried basil (15 mL)
 - Salt and pepper to taste

- Salad**
- 2 cups fresh spinach (500 mL)
 - 2 cups lettuce (500 mL)
 - 4 grated apples
 - 4 grated carrots

Instructions

1. Mix ingredients to make marinade.
2. Cut beef into strips and marinate for 15 minutes.
3. To make dressing mix honey and vinegar in a bowl. Warm for a few seconds to dissolve (can be done in microwave oven). Let cool and add oil, basil, salt and pepper.
4. To prepare salad cut spinach and lettuce into fine strips. Add grated apples and carrots. Set aside.
5. Heat a bit of oil in a non-stick frying pan. Stir-fry marinated beef strips allowing strips to caramelize on each side (about 1½ minutes) before flipping. Once cooked, drain using a colander.
6. In the same pan, add a bit of oil and sauté broccoli, keeping it crunchy.

To serve:

1. Toss salad ingredients with dressing and divide onto 4 plates.
2. Cover with beef strips and broccoli and serve.

Stelio Perombelon

Pork Chops in Mustard Crust, Potato Croquettes with Herbs and Sweet Peas

4 servings

6	medium size potatoes
2 tbsp	butter (30 mL)
1 tbsp	dried parsley (15 mL)
1 tbsp	dried oregano (15 mL)
2 tbsp	white flour (30 mL)
2 tbsp	canola oil (30 mL)
6	bread slices
2 tbsp	prepared mustard (30 mL)
1 tbsp	honey (15 mL)
4	pork chops
	Salt and pepper
1.1 pound	frozen green peas (500 g)
1 tbsp	butter (15 mL)

Instructions

Potato Croquettes

1. Peel potatoes and cook in boiling salted water (about 25 minutes).
2. Mash potatoes. Add butter, parsley, oregano, flour, salt and pepper. Mix well.
3. Shape into 4 patties.
4. Brown patties on medium heat in a non-stick pan for at least 2 minutes on each side. Place on a baking sheet and put aside.

Chops

1. Toast bread slices and cut into small cubes.
Season chops. In a non-stick pan over high heat, brown chops on both sides. Place on baking sheet with potato croquettes.
2. Season chops. In a non-stick pan over high heat, brown chops on both sides. Place on baking sheet with potato croquettes.
3. Mix mustard, honey and a pinch of salt.
4. Spread mustard mixture on chops and cover with bread croutons. Put in the oven at 425°F (220°C) and allow chops to cook 4 minutes. Ensure that croutons do not burn.

Meanwhile, in a pan on medium heat, warm peas in one tbsp of butter and a few drops of water. Serve with chops and potato croquettes when ready.



Stelio Perombelon

Vegetable Lasagna

8 servings

$\frac{3}{4}$	12.5 oz (375g) box of lasagna noodles
1 cup	grated mozzarella cheese

Béchamel Sauce	$\frac{1}{2}$	medium onion, chopped
	4 cups	fresh spinach, coarsely chopped (1 litre)
	4 cups	milk (1 litre)
	5 tbsp	butter (75 mL)
	4 tbsp	flour (60 mL)
	$\frac{1}{4}$ tsp	ground nutmeg (1 mL)
		Salt and pepper to taste

Vegetable Sauce	1 tbsp	olive or canola oil
	$\frac{1}{2}$	medium onion, chopped
	2	cloves garlic, chopped (15 mL)
	1	19 oz (540 mL) can diced tomatoes
	1.1 lb	frozen mixed vegetables (500 g)
	1 tsp	dried parsley (5 mL)
	1 tsp	dried thyme (5 mL)
		Salt and pepper to taste

Instructions

1. Cook the lasagna following the instructions on the box. Put aside.

Béchamel Sauce

1. Sauté onion in a tbsp of butter and add spinach. Mix and then cover for 30 seconds. Put aside.
2. In the same cooking pan, melt remaining butter and add flour. Mix well.
3. Gradually whisk in milk, to prevent lumps from forming. Season with nutmeg, salt and pepper. Cook for 15 minutes while mixing every so often. Once cooked, mix with sautéed spinach.

Vegetable Sauce

1. Sauté onion and garlic in a tablespoon of oil for 2 minutes on medium heat.
2. Add tomatoes and cook for another 2 minutes.
3. Add mixed vegetables and fine herbs. Reduce heat to a gentle boil and cook for 10 minutes.

Assembly

1. Pour half of the Bechamel sauce into an oven-proof 9 x 13-inch (22 x 33-cm) dish and cover with a layer of noodles.
2. Pour half of the vegetable sauce on top, then cover with another layer of noodles.
3. Repeat step 2 with the remainder of the vegetable sauce.
4. Top with the rest of Béchamel sauce.
5. Sprinkle the cheese evenly over the lasagna and bake at 350°F (175°C) for 35 minutes.

