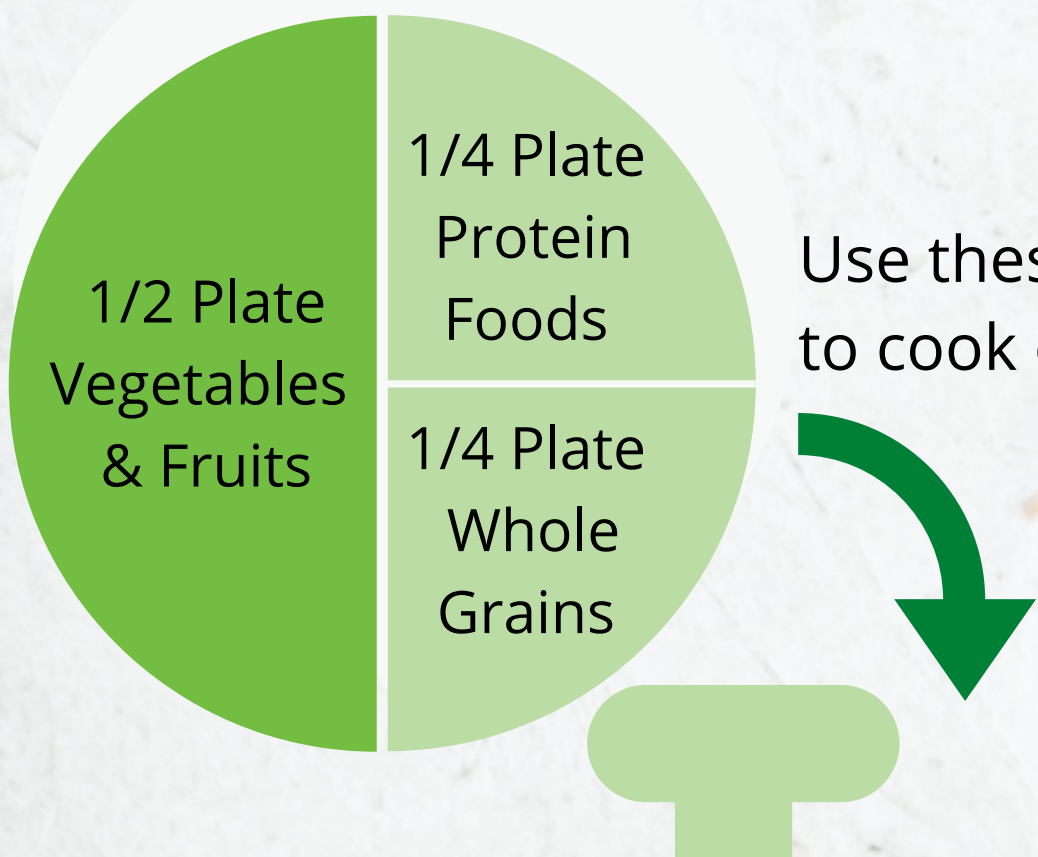




COOKING BALANCED ONE-POT MEALS



Use these proportions to cook one-pot meals

Benefits of One-pot meals

- Bulk meals for families/ groups
- Bulk meals for leftovers/ freezing
- Use rescued and imperfect food
- Fewer dishes!

Choose ingredients from the following categories:
Makes 4 Servings

Vegetables 2-4 cups	Protein Foods 1-2 Cups	Whole Grains 1-2 Cups
Onion/Garlic/Ginger Tomatoes Peppers Zucchini/Squash Eggplant/Mushrooms Corn/Peas Spinach/Kale/Bok Choy Choose fresh, seasonal, frozen, canned, imperfect, and rescued produce	Chicken/Turkey Tofu/Tempeh Chickpeas/Black Beans Lentils/Split Peas Tuna/Shrimp/Salmon Eggs Low Fat Dairy Choose proteins low in saturated fat	Brown Rice Quinoa Bulgur/Barley Whole Wheat Pasta Whole Grain Bread Choose whole grains more often than refined
Liquid 2-4 cups	Healthy Fats 1/4 cup	Seasonings/ Toppings To taste
Water No-Sodium Broth/Bouillon Low Fat/No-Sodium Soups No-Sodium Tomato Sauces Canned, Crushed Tomatoes	Canola Oil/Olive Oil Avocado Low Fat Cheese Chopped Nuts/Seeds	Dried/Fresh Herbs and Spices Lemon/Lime Juice Vinegars Mustards Low Sodium Soy Sauce Hot Sauce
Choose ingredients low in saturated fat, salt, and added sugars.		

Adapting Your Favourite Recipes

Replace:
SATURATED FAT
(butter/coconut oil /palm oil)

Use:
Unsaturated fat
(olive or canola oil, nuts and seeds, avocado)

Use less:
SALT
/salty ingredients

Use:
Fresh herbs
(parsley, basil, cilantro)
Aromatic vegetables
(onions, garlic, ginger)
Acidic foods
(lemon/ lime juice/ vinegars)

Use less:
ADDED SUGARS
sugar/ honey/ syrups

Use:
1/2 Preferred sweetener
or add unsweetened apple sauce to replace 1/2 sweetener

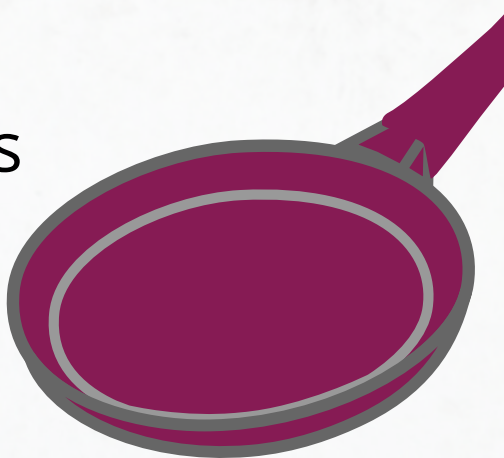
Preparing Your Dish

Soup
Stew
Chili



- Examples:
- Chickpea Curry
 - Moroccan Stew
 - 3-Bean and Turkey Chili
 - Sweet Potato Lentil Soup

Stir fry
Noodle Dishes



- Examples:
- Stir Fry with Quinoa
 - Shakshuka or Omelette
 - Healthy Fried Rice
 - Mexican Rice and Bean Skillet

Potato/Pasta/Rice Bakes
Baked Fish/Poultry



- Examples:
- Tuna/Fish Pasta Casserole
 - Broccoli Chicken and Potato Bake
 - Brown Rice and Bean Bake
 - Muffin Tin Omelettes