

# Batch Cooking Tips and Recipes

## **Breakfast**

### **Muffin Tin Frittatas**

Great for freezing - can sub in turkey for ham if desired and switch up the cheese and veg to keep it interesting)

<http://www.myrecipes.com/recipe/mini-frittatas-with-ham-cheese>

### **Steelcut Oats**

Cook 1 - 2 cups dry steel cut oats (25 mins)

Chop up 5-7 pitted dates

Just before all the water is absorbed, add the dates and any other fruits (ie. frozen berries, peaches, banana slices etc) and cinnamon

Let it simmer for another few minutes. The sweetness from the dates will disperse through the oats so you don't need to add brown sugar/syrup.

For added protein, top with some nuts/seeds and/or a scoop of greek yogurt or milk/almond/soy

Making 1-2 cups dry gives you a healthy breakfast for the week. Store in the fridge in ziplock container. Lasts for a week and reheats in the micro with a bit of milk/water.

### **Hardboiled Eggs**

Make 6-12 HB eggs on the weekend and label so you know where they are in your fridge. These make amazing, high protein, quick pack breakfasts, lunches, and snacks on the go.

## **Dinners and Lunch left overs**

### **Chicken breasts**

Never make single servings.

Roast 5-6 Chicken breasts at a time. Do it on parchment to save the mess. I like to sprinkle a handful of cherry tomatoes on the pan as well. They come out yummy and add flavour to the chicken. Store in the fridge in an airtight container. These should last in the in fridge for 4 days. Can also freeze. Great for quick dinners and to use in salads and wraps for lunches during the week (a better alternative to eating out and healthier than deli meats)

You can season the chicken minimally if you plan to re-purpose through the week  
Here are some other flavour ideas:

- Season with garlic powder, 1 tbsp olive oil, salt, pepper, and dried herbs
- Use chipotle powder for a mexican taste
- Mix dijon mustard, olive oil, thyme, lemon juice/zest and pinch of brown sugar
- Try it asian style with hoisin, soy sauce, garlic and sesame oil

Chicken breasts can be re-purposed to make a variety of meals that don't all taste the same. For example:

- Shred into tacos and top with salsa and veg,
- Dice up and throw into stirfrys
- Slice into salads, Quinoa bowls, Bean salads, homemade pizza toppers, pastas

### **Chilis, Meat sauces and Meat loaf**

Sub in ground turkey/chicken to any meat sauce recipe to decrease the calories. If you're making a big batch you can always do a mix of that with extra lean ground beef to decrease the fat but still have a beefy flavour.

Add Beans and corn, tomatoes/canned tomatoes, and take the opportunity to hide a host of other veg inside (carrots, zucchini, mushrooms, shredded spinach etc)

This can be stored in the fridge for a few days, freezes well - thaw and dinner is ready.

Serve on top of quinoa, brown rice, whole grain pasta, spaghetti squash, in tacos, or on top of a bed of lettuce with a slice of whole grain bread. Grab a thermos and pack for lunches.

Tip: For 2 different flavours, cook all the meat together and then separate into 2 pots and season the 2 dishes differently. This is an easy way to make a Mexican style chili and an Italian style meat sauce at one time.

<http://www.myrecipes.com/recipe/slow-cooker-turkey-chili>

<http://www.myrecipes.com/recipe/whole-grain-spaghetti-veggi-fied-meat-sauce>

<http://www.myrecipes.com/recipe/turkey-meatloaf-0>

### **Veggies, Beans and Grain Salads**

**Frozen veggies** are a good choice as all the nutrients are retained and they are pre washed and chopped. They can be thrown into any side dish, stirfrys, soups and sauces easily. You can also steam in the microwave in minutes and season up as you like.

**Fresh veggies** are great too. Wash and chop once weekly and then you have them for the week. Get yourself some good tupperware to store your batch cookeries and pre-prepped produce. If you need to, you can buy pre washed and even pre chopped stuff to save time.

Set aside an hour to prep your veggies for the week. They can be packed quick or thrown in to salads, lunches and snacks on the go and ready for dinner dishes without having to do the prep. This is a sure way to ensure you increase your F &V intake daily.

Easy things are to buy are:

Grape tomatoes

Broccoli (fresh, frozen, pre-washed)

Baby spinach

Baby Carrots  
Cucumbers  
Celery  
Bell Peppers (half a bell pepper sliced is 1 serving of veg!)  
Frozen peas, carrots, stir fry mixes, edamame beans (high in protein)

**Canned beans** rinsed and drained make a great snack, lunch or dinner. No fuss way to get protein and fibre and long lasting healthy carbs. Super filling! Make a bean salad and it will last undressed for a few days in the fridge.

<http://www.myrecipes.com/recipe/white-bean-tomato-green-bean-salad>

### **Grains**

Whole grains is the key.

Short list of whole grains includes:

- Barley
- Brown rice
- Bulgar
- Farro
- Freekeh
- Quinoa
- Wheat berries
- Whole wheat couscous
- Wild rice

Cook once and have for the week. Never do single servings!

Cook up 1-3 cups dry and store in air tight containers. Can do this with broth or water.

Like the chicken you can choose to keep it simple so you can re-purpose for different meals and flavour profiles. It's easy to flavour later. Or make a large batch pilaf style with all the veg and other fixings.

Stores in the fridge for the week no problem. Do this and your lunches and side dishes are already prepared. Pair with meat, fish, tofu, beef, serve on top of salads, or eat on it's own. Whole grains are more nutritious - full of fibre, healthy carbs, and more vitamins, minerals and protein. Quinoa is high in protein so can be considered a complete meal if you add in the veg.

Add ins include:

Feta cheese, Veggies, Nuts/seeds

Healthy Recipe Website Links

<https://www.eatrightontario.ca/en/recipes.aspx>

<http://www.cookinglight.com/>

<http://www.cookspiration.com/>

<http://www.superhealthykids.com/>

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/basics-base/index-eng.php>

<http://healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/tips-conseils/recipes-recettes/index-eng.php>