

BAKED POTATO & BLACK BEAN

TOPPING

INGREDIENTS

Baked Potato

¼ tsp canola oil

3 medium baking potatoes

Black Bean Topping

2¼ cup canned black beans, rinsed and drained

1 cup medium salsa

1½ tsp ground coriander

⅔ cup grated cheese

Serves: 6

Serving Size: ½ potato

DIRECTIONS

- 1. Grease the sheet pan with canola oil*
- 2. Wash potatoes and cut each potato in half, lengthwise. Lay the potato halves face side down on the sheet pan*
- 3. Bake for 45 minutes to an hour, until a fork inserts easily into the centre*
- 4. While the potatoes are cooking, heat beans and salsa. Stir in the coriander*
- 5. Remove potatoes from the oven once cooked. Serve cut size up, topping each potato with ¾ cup of bean and salsa mixture and 2 tbsp of the cheddar cheese*

1 Serving Vegetables

½ Milk & Alternatives

½ Meat & Alternatives

Serve with a roll to make this a complete meal



SPECTACULAR GARDEN SQUARES

INGREDIENTS

1 tsp non hydrogenated margarine
4 cups spinach, packed
1 tsp canola oil
1 cup grated mozzarella cheese
1/3 cup thinly sliced green onions
8 eggs, beaten
1 tsp paprika
¼ tsp ground black pepper
½ tsp salt



SPICY MEXICAN

Serves: 8

Serving Size: 4½" x 3¼"
square

DIRECTIONS

- 1. Preheat oven to 375 °F. Lightly grease a 9"x13" baking dish with 1 tsp margarine*
 - 2. Heat oil in a large frying pan. Add spinach and stir until the spinach is wilted (about 2 minutes)*
 - 3. Spread spinach evenly over the baking dish. Layer mozzarella cheese and sliced green onions on top of the spinach*
 - 4. In a bowl, beat eggs with paprika, pepper, and salt*
 - 5. Pour egg mixture evenly over spinach, cheese, and green onions. Using a fork, gently stir the ingredients until evenly combined*
 - 6. Bake for 35 minute. Let cool for 5 minutes, then cut into 8 squares*
- ½ Serving Vegetables ½ Serving Milk & Alternatives ½ Serving Meat & Alternatives**
Serve with a slice of toast to make this a complete meal

TRIANGLES

INGREDIENTS

3 6-inch whole wheat tortillas

1 tsp canola oil

½ cup onion, chopped

2 cups refried brown beans

Pinch chili powder

½ cup fresh tomato, diced

1 cup salsa

1 cup grated cheddar or mozzarella cheese



Serves: 9

Serving Size: 2 triangles

DIRECTIONS

1. *With a pizza cutter, cut each tortilla into 6 pie shaped triangles. Place on the baking sheet and bake in the oven for 10 minutes. Cool.*

2. *Heat the oil in a large pan on top of the stove. Add the onion and cook until soft.*

3. *Add the refried beans and chili powder; mix thoroughly*

4. *Place the tomato in a bowl and add the salsa/ mix thoroughly*

5. *Spread 2 tbsp of the bean/onion mixture on each tortilla triangle. Top with 1 tbsp of the tomato/salsa mixture. Sprinkle the top of each tortilla triangle with 1 tbsp of grated cheese*

6. *Bake for 10-15 minutes, until the cheese is melted and the beans are heated through*

½ Serving Grains ½ Serving Milk & Alternatives ½ Serving Meat & Alternatives

Serve with a vegetable of your choice to make this a complete meal