

# NUTRITION BITS AND BITES

## Ingredients for a Healthier Tomorrow



### A Note on Food Safety:

- Thaw frozen leftovers in the fridge (not the counter).
- Re-heat leftovers to 165°F – check using a food thermometer
- Only reheat leftovers one time. Do not refreeze thawed leftovers.
- Keep leftovers in the fridge for a maximum of 2-3 days. Freeze if storing longer
- Ensure soups, gravies, sauces are brought to boil before you eat them.

## Lovely Leftovers

Getting creative with leftovers can help you save time, money and help decrease food waste. Planning to use leftovers can help you prioritize key nutrients that we need for good health.

### Vegetables and Fruit:

- Peel & freeze overripe bananas and use in loafs, muffins and smoothies.
- Add any combination of leftover cooked vegetables into a pasta dish, casserole or quiche.
- Use leftover stir-fried vegetables in a wrap or omelette.

### Grains:

- Chill leftover pasta for pasta salad, soups or casseroles
- Use extra quinoa, rice or barley in a grain bowl, soup or casserole
- Make individual sized pizzas using tortillas, English muffins or pita breads for the crust.

### Protein Foods:

- Sauté ground beef, use some in a casserole and freeze the rest for chili, pasta sauce or stuffed peppers
- Bake larger pieces of meat such as whole chicken, ham or beef. Serve hot and use leftovers in stir-fries, soups, casseroles, sandwiches or salads.

Find more at [www.nutritionmonth2022.ca](http://www.nutritionmonth2022.ca)

## Mediterranean Inspired Power Bowl

### Ingredients:

#### Power Bowl:

2 cups	Quinoa, barley or brown rice, cooked
2 cups	Grape tomatoes, halved
2 cups	Sliced, halved English cucumber
1	Sweet yellow pepper cut into bite sized pieces
2 cans each (6 Oz/170g)	Water-packed salmon or tuna drained
1 cup	Small cubed Havarti cheese or pan fried halloumi cheese
¼ cup	Red onion, diced
8	Kalamata olives, halved, pitted

Preparation Time: 15 Minutes

Serves: 4

#### Dressing:

1/3 cup	Oil
1 tsp	Dried oregano
¼ tsp	each salt & ground pepper
1 clove	garlic, pressed

### Directions:

1. Pan fried halloumi cheese (if using): Cut into 1 cm slices. Heat a non-stick pan on medium heat. Add cheese and cook for 1 to 2 minutes on each side until golden brown. (Use a bit of oil if pan is not non-stick.)
2. Dressing: In a small bowl, whisk together oil, lemon juice, oregano, salt, pepper and garlic; set aside
3. Power bowl: Divide quinoa, tomatoes, cucumber, yellow pepper, and salmon (or tuna) among 4 bowls. Top with cheese, onion and olive. Drizzle with dressing

Recipe source: [www.nutritionmonth2022.ca](http://www.nutritionmonth2022.ca)

Cooking with kids at any age can be fun and easy. If your kids get cooking now, chances are they will keep up this good habit as they grow older. In this recipe, kids can help to:

- Measure the ingredients
- Cut vegetables and cheese (age dependent)



**\*\* Refer to the Allergy Newsletter (September issue) for substitution ideas.**

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

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