



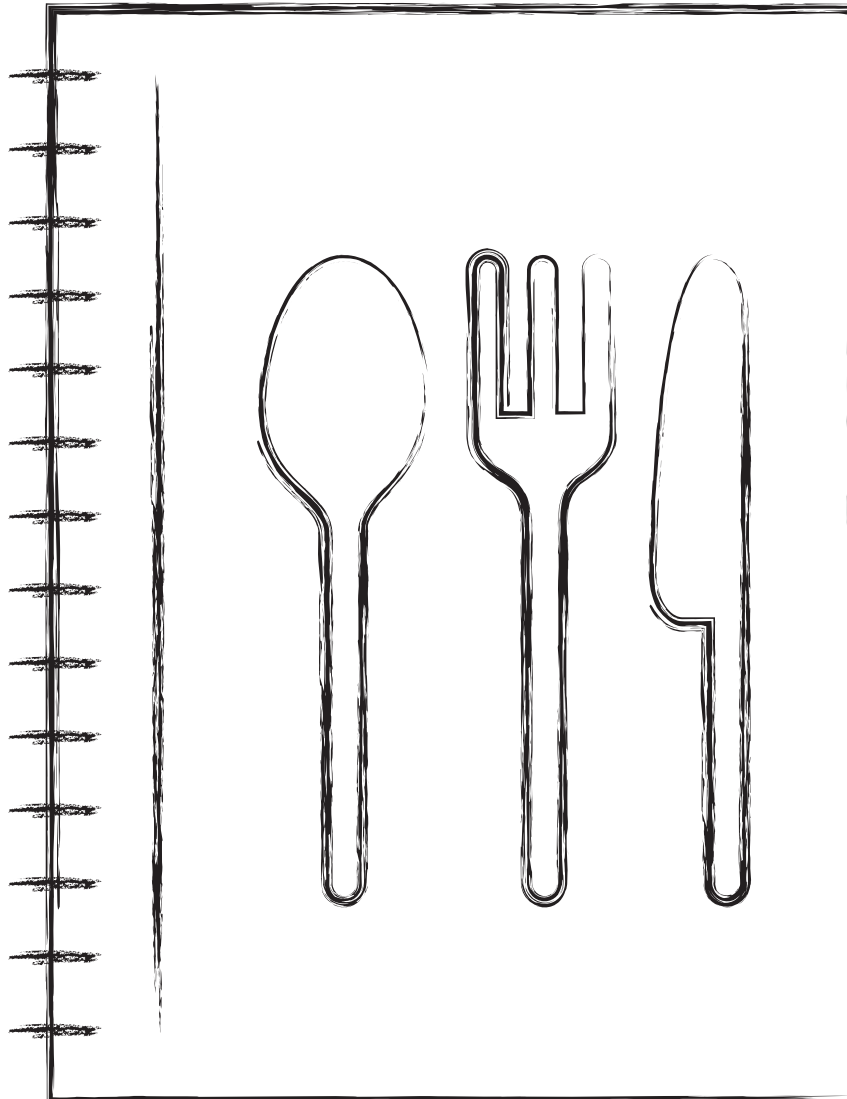
Canadian
Cancer
Society

Healthy
Workplaces

Powered
by



In collaboration with



RECIPES DAY 2

RECIPES



Canadian
Cancer
Society

Healthy
Workplaces

Powered
by



In collaboration with



Breakfast Day 2: Spinach and Tomato Huevos Rancheros

INGREDIENTS

2 servings

- 1/2 tbsp Canola oil
- 1/2 Onion, chopped
- 1 1/2 cloves Garlic, minced
- 1/2 stalk Celery, diced
- 1 tsp Chili Powder
- 1/2 tsp Dried Oregano Leaves
- 2 large Tomatoes, chopped
- 1/2 Green or Yellow Bell Pepper, chopped
- 1/2 Jalapeño Pepper, seeded and minced
- 1/2 container Baby Spinach (5 oz), roughly chopped
- Pinch of Salt
- 2 Eggs



INSTRUCTIONS

1. In a large deep skillet, heat oil over medium heat; cook onion, garlic, celery, chili powder and oregano, stirring for about 5 minutes or until softened. Add tomatoes and peppers; cover and cook for about 5 minutes or until liquid starts to come out of the tomatoes. Uncover and stir in spinach and salt; bring to a simmer.
2. Carefully crack eggs, one at a time into simmering sauce. Cover and cook for about 3 minutes or until whites are set. Remove from heat and serve.

RECIPES



Canadian
Cancer
Society

Healthy
Workplaces

Powered
by



In collaboration with



Lunch Day 2: Summer Watermelon Buddha Bowl

INGREDIENTS

2 servings

Citrus Tahini Dressing:

- 1 1/2 tbsp Tahini
- 2 tbsp Orange Juice, freshly squeezed
- 2 tbsp Rice Vinegar
- 1/2 tsp Soy Sauce
- 1/2 tsp Ginger, freshly grated
- 1/4 tsp Salt

Buddha Bowls:

- 1 cups Watermelon seedless, cubed
- 2 mini Cucumbers, thinly sliced
- 1/2 cup Sweet Cherries, pitted and halved
- 1 Avocado, sliced
- 1 cup Black Rice, cooked
- 1/2 cup Almonds, toasted

INSTRUCTIONS

1. Combine all the dressing ingredients in a bowl and whisk to combine. If the dressing seems thick, add a bit more orange juice or water until you reach the desired consistency.
2. Arrange the Buddha bowls by placing evenly dividing the watermelon, cucumbers, cherries, avocados, and rice between four bowls. Sprinkle with the toasted almonds and drizzle with the dressing. Serve immediately.



RECIPES



Canadian
Cancer
Society

Healthy
Workplaces

Powered
by



In collaboration with



Dinner Day 2: Grilled Eggplant Halloumi Stacks

INGREDIENTS

2 servings

- 1/3 small Eggplant about 1lb/500g each trimmed
- 2 tsp Extra Virgin Olive Oil, divided
- Pinch of Salt and Pepper
- 1/6 pkg Halloumi Cheese
- 2 tbsp Black Olive Tapenade
- 1/3 Tomato vine ripened, sliced
- 2 large Basil fresh, leaves
- Aged Balsamic Vinegar (optional)



INSTRUCTIONS

1. Slice eggplant crosswise into circles. Toss with 1 tbsp (15mL) of the oil, salt and pepper. Place on greased grill over medium high heat and grill for about 10 minutes, turning once until golden and tender. Remove to platter and set aside.
2. Slice halloumi crosswise into 4 slices. Toss gently with remaining oil and place on well greased grill about 3 minutes, turning once or until golden and warmed through.
3. Place half of the eggplant slices onto a plate, spread with some of the tapenade. Top with basil leaf. Place tomato slice and halloumi on top. Spread with remaining tapenade and top with re-maining eggplant slices.
4. Chop remaining basil and sprinkle over top. Drizzle with balsamic to serve, if using.