



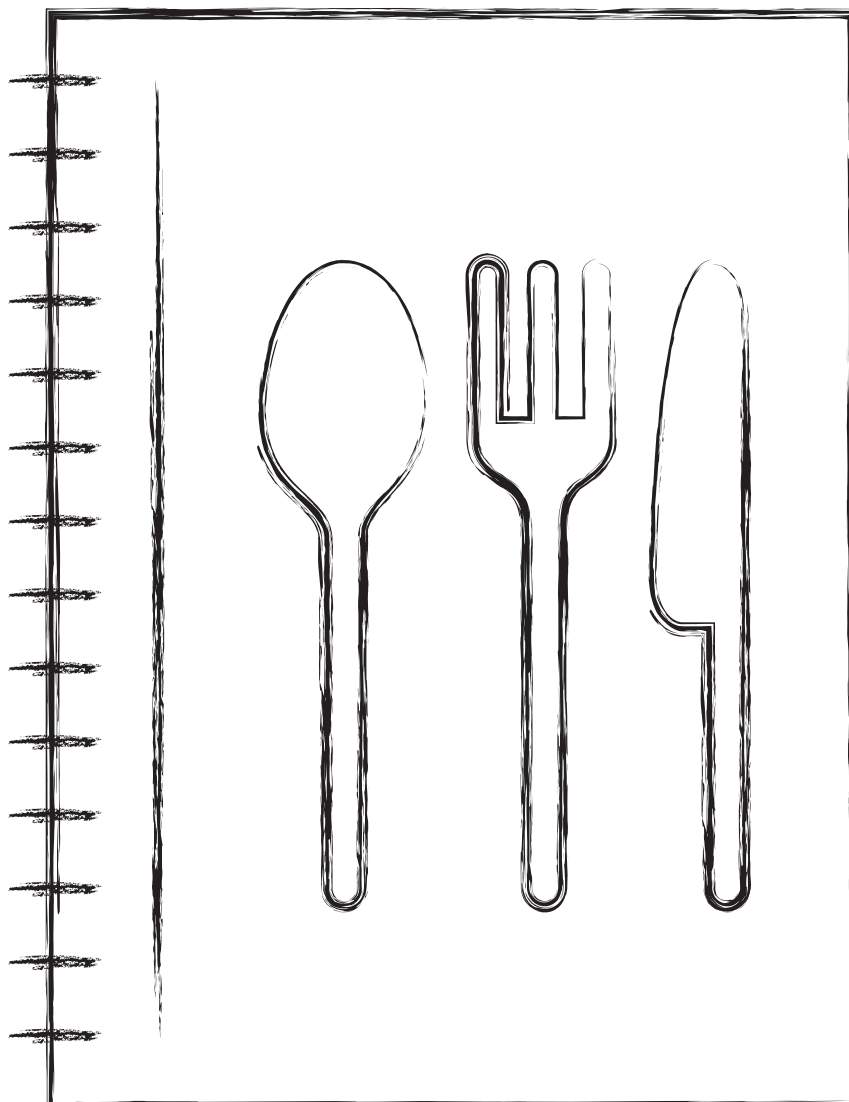
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RECIPES

DAY 4

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Breakfast Day 4: Egg Shakshuka

INGREDIENTS

2 servings

- 1 tbsp Extra Virgin Olive Oil
- 1/2 Sweet Onion, diced
- 1 cloves garlic, chopped
- 1/2 Red Pepper, diced
- 1/2 Red Chili Pepper, seeded and chopped finely
- 2-3 Heirloom Tomatoes, drained and diced
- 1/2 tsp Smoked Paprika
- 1/2 tsp cumin
- Salt and pepper to taste
- Fresh Cilantro
- 2 Eggs, poached



INSTRUCTIONS

1. In a hot skillet, sauté the onion until caramelized. Lower the heat and add the garlic and peppers; cook until tender.
2. Add the tomatoes and spices, cook until the tomatoes are starting to dissolve.
3. Top with poached eggs and fresh cilantro and serve with a side crostini or bread of your preference.

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Lunch Day 4: Summer BBQ Halloumi Veggie Toss

INGREDIENTS

2 servings

Marinade

- 2 tbsp olive oil
- 1 tsp Oregano fresh, chopped
- 1 tsp Thyme fresh, chopped
- 1 clove Garlic, minced
- Pinch of Red Chili Peppers
- Salt and pepper to taste

Halloumi

- 2 slices halloumi
- 1/2 tsp Lemon Pepper
- Salt to taste
- Grape Tomatoes fresh, halved (optional)
- Féta crumbled for topping (optional)
- Fresh Herbs topping, optional

Veggies

- 1/2 Zucchini quartered and large dice
- 1/2 medium Onion sliced into rings
- 1/2 bunch Asparagus ends, broken off and discarded, cut into 1 1/2" pieces

INSTRUCTIONS

1. Season halloumi and set aside.
2. Mix marinade ingredients together and toss vegetables in the marinade. Heat BBQ to medium. Grill veggies in a BBQ wok or wire mesh grill for 10-12 min. or until it's almost done.
3. Add the halloumi in, toss and continue to cook for 3-4 min. Serve immediately, topped with feta, tomatoes and fresh herbs if desired.



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Dinner Day 4: Eggplant Sweet Potato Coconut Curry

INGREDIENTS

2 servings

- 1 1/2 Asian Eggplants or small eggplants, chopped in 1 inch pieces
- 1/2 Onion, chopped
- 2 tbsp Canola Oil, divided
- 1/2 bunch Green Onions, chopped
- 1/2 stalk Celery, chopped
- 1 Red Thai Chilies
- 1/2 tbsp Curry Powder
- 1 1/2 tbsp Tomato Paste
- 1/2 can Coconut Milk
- 1/4 cup Vegetable Broth
- 1/2 large Sweet Potato, peeled and chopped
- 2 tbsp Fresh Cilantro, coarsely chopped
- Cooked Rice



INSTRUCTIONS

1. In a large nonstick skillet, heat 5 tbsp (75 mL) of the oil over medium high heat. Brown the eggplants and onion for about 8 minutes and remove to a bowl.
2. Return skillet to medium heat and add remaining oil. Cook the green onions, celery, chilies and curry powder for 2 minutes. Stir in the tomato paste until coated.
3. Add the sweet potato, coconut milk and vegetable broth; bring to a boil. Reduce heat; cover and simmer gently for 10 minutes.
4. Stir in eggplant; cover and cook for 10 minutes or until sweet potato is very tender.
5. Sprinkle with cilantro and spoon over rice to serve.