



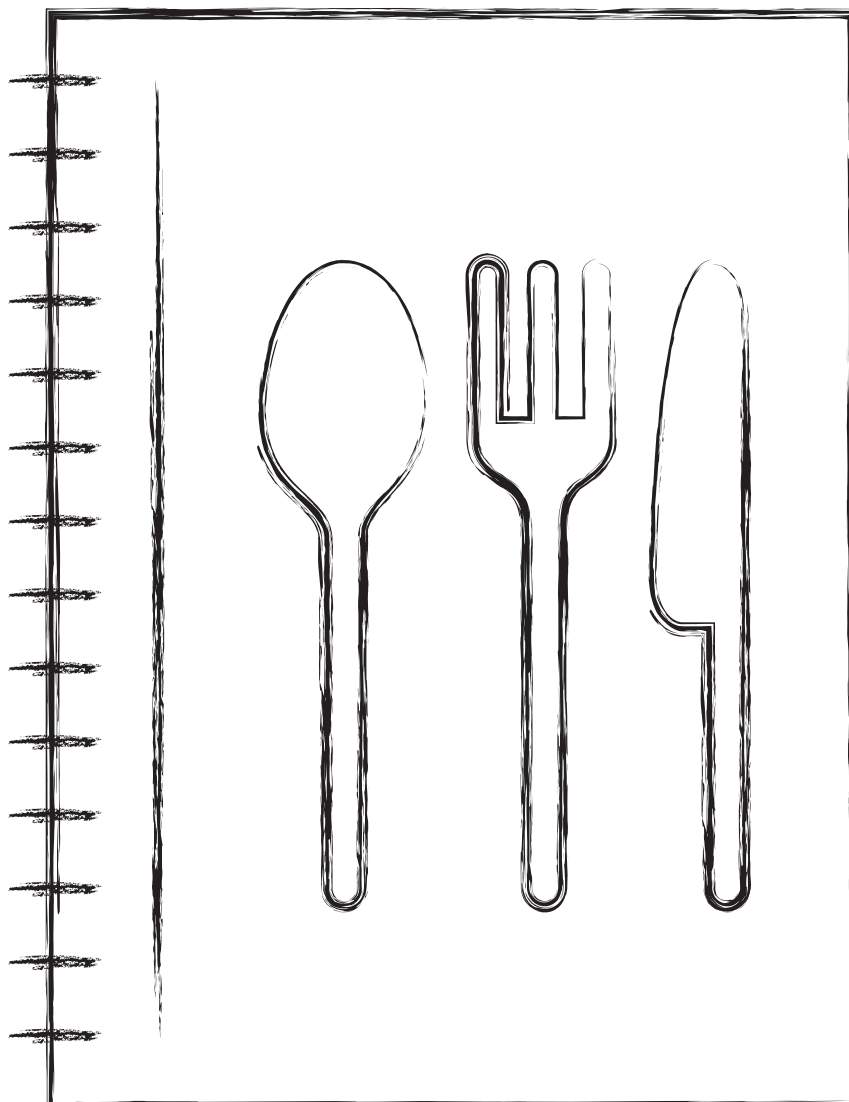
Canadian  
Cancer  
Society

Healthy  
Workplaces

Powered  
by



*In collaboration with*



# RECIPES DAY 5

# RECIPES



Canadian  
Cancer  
Society

Healthy  
Workplaces

Powered  
by



In collaboration with



## Breakfast Day 5: Avocado Toast with Watermelon

### INGREDIENTS

#### 2 servings

- 1/4 cup Avocado mashed and mixed with 1/2 tsp of lemon juice
- 2 slices Whole Grain Artisan Bread, toasted
- 1/4 cup Watermelon, diced
- 2 tsp mint fresh, chopped
- 1/2 tsp Lemon Zest
- 2 tbsp Low-Fat Feta Cheese, crumbled



### INSTRUCTIONS

1. Spread half the avocado on each slice of the toasted bread.
2. Top with half of the watermelon and cheese.
3. Sprinkle with half of the mint leaves and lemon zest.



# RECIPES



Canadian  
Cancer  
Society

Healthy  
Workplaces

Powered  
by



In collaboration with



## Lunch Day 5: Potato Bean Medley Tacos

### INGREDIENTS

#### 2 servings

- 1/2 Potato, peeled and diced
- 1 1/2 tbsp Vegetable Broth
- Pinch of Smoked Paprika
- 1/2 tsp Canola Oil
- 1/4 Onion, chopped
- 1/2 clove Garlic, minced
- 1/4 cup beans of your choice
- 1 1/2 tbsp salsa
- 1/2 tsp Fresh Cilantro, chopped
- 2 Hard Taco Shells
- Tomato and Avocado, chopped



### INSTRUCTIONS

1. In a skillet, combine the potatoes, vegetable broth and smoked paprika. Bring to a simmer; cover and cook for 8 minutes or until tender. Remove to a bowl.
2. Return skillet to medium heat; add oil. Cook the onion, garlic and sausage for 5 minutes or until softened. Stir in the potato and cook for 5 minutes or until starting to become golden. Stir in salsa and cilantro to warm through.
3. Spoon potato mixture into tacos and top with tomato and avocado.

# RECIPES



Canadian  
Cancer  
Society

Healthy  
Workplaces

Powered  
by



In collaboration with



## Dinner Day 5: Mexican-Inspired Stuffed Zucchini Boat Bites

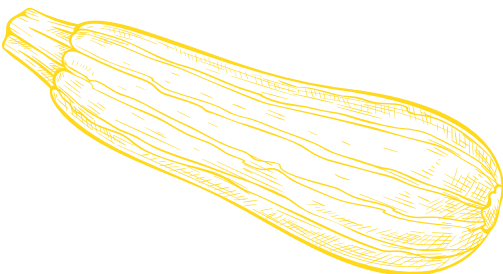
### INGREDIENTS

#### 2 servings

- 3 medium sized Zucchini cut in half lengthwise
- Salt and pepper to taste

#### Filling

- 1 tbsp olive oil
- 1 1/4 cups Brown, Black or Red Lentils
- 1 1/4 cups Quinoa
- 1 tbsp Chili Powder
- 1/4 each Red and Yellow Pepper, diced
- 1 medium sized Plum Tomato, deseeded and diced
- 1/2 small Yellow Onion, diced
- 1 clove Garlic, minced
- 3/4 cup salsa
- 1/2 tsp Salt
- 1/4 tsp Black Pepper
- 3/4 cup Cheddar cheese, shredded (2 tbsp reserved for garnish)
- 1/3 cup Cilantro or Parsley fresh, minced



### INSTRUCTIONS

1. Preheat oven to 400 F. Cook lentils and quinoa each according to package directions.
2. Slice zucchini in half lengthwise, then scoop out the flesh. Place on a parchment-lined baking sheet, then season with salt and pepper. Bake for 8 min until zucchini is just tender.
3. Meanwhile, heat olive oil in a large frying pan on med-high heat. Add all filling ingredients except for cheese and cilantro. Saute for 5-6 min, then remove from heat, stirring in cheese and cilantro.
4. Remove zucchini from oven and stuff with filling, then sprinkle with remaining 2 tbsp cheese. Bake for another 2 min until cheese is melted.
5. Remove from oven, then cut each zucchini boat into four different pieces. Serve immediately and enjoy!