

HEALTHY ON A BUDGET

cook once, eat twice



One of the biggest barriers to cooking is time – we’re all short on it. Consider adding some *cook once, eat twice* recipes to your menu plan! The idea is to double your recipe and transform it into two different and delicious meals, so leftovers on day 2 are anything but boring. Below are a few healthy recipes to try. Meal #2 is based on leftovers, but feel free to double the recipe if you’ll need a bigger portion to feed your family. Enjoy!

Black Bean Soup

Serves 4-6

Ingredients

- 4 cans (15 oz) black beans
- 1 can (15 oz) corn, drained
- 1 cup salsa
- 2 tsp chili powder
- 2 tsp cumin
- 5 tbsp chopped green onions
- 4 tbsp chopped cilantro
- Salt and pepper, to taste
- Optional toppings: sour cream, cheddar cheese, tortilla

Instructions

- 🔪 In a 6-quart slow cooker, combine beans, corn, salsa, chili powder, and cumin. Cook on low for 4-6 hours.
- 🔪 30 minutes before serving, gently mash some of the beans. You can also remove about 1 cup of the soup and puree it in a blender, then return it to the slow cooker.
- 🔪 Add cilantro and green onions and continue to cook for 20-30 minutes. Season with salt and pepper.
- 🔪 Cook Once Eat Twice: Reserve at least 2 cups of soup.



Black Bean Enchiladas

Serves 4

Ingredients

- Leftover soup (at least 2 cups)
- 8 corn tortillas
- Enchilada sauce, canned or homemade
- 2-3 green onions, chopped
- Optional toppings: feta cheese, black olives, salsa

Instructions

- 🔪 Preheat oven to 350°F. Spray a 9x9 baking pan with non-stick cooking spray.
- 🔪 Gently heat enchilada sauce in a skillet over medium heat. Meanwhile, drain leftover soup in a colander.
- 🔪 Warm corn tortillas one by one in the warmed enchilada sauce for about 20 seconds. Remove with tongs and set on a plate. Top with a small portion of the bean mixture, and add green onions and other toppings. Roll up the enchilada and place it in the prepared pan. Continue until all enchiladas are rolled and in the pan.
- 🔪 Pour remaining sauce over rolled enchiladas. Top with cheese. Bake for 10-15 minutes until heated through.



Nutrition Facts per serving: 680 Calories | 11g Fat (2g Saturated) | 2840mg Sodium | 39g Carbohydrates | 12g Sugar | 107g Protein

Recipes from www.aroundmyfamilytable.com



Mint Parsley Lemon Chicken

Serves 8

Ingredients

- 8 boneless, skinless chicken breasts
- 1/4 cup canola oil
- 1 tbsp grated lemon zest
- 1/4 cup fresh lemon juice
- 1 tbsp dried oregano
- 4 garlic cloves, minced
- 1/2 cup chopped fresh mint (or cilantro)
- 1/4 cup chopped fresh parsley
- 1/8 tsp dried pepper flakes

Instructions

- ✂ Flatten chicken to 1/2-inch thick and place in a large resealable plastic bag. Set aside.
- ✂ In a small bowl, combine oil, lemon zest and juice, oregano, and garlic. Whisk until blended. Pour half of the mixture over the chicken. Seal bag and shake to coat chicken. Refrigerate for at least 8 hours or overnight. Refrigerate remaining lemon juice mixture until needed.
- ✂ Heat grill or grill pan coated in cooking spray over medium-high heat. Remove chicken from marinade, discard marinade, and cook chicken 5-6 minutes per side or until no longer pink in the centre.
- ✂ Meanwhile, combine the reserved lemon juice mixture with mint, parsley, and pepper flakes.
- ✂ Cook Once Eat Twice: Reserve 4 chicken breasts and half of the mint mixture.
- ✂ Serve the remaining chicken topped with mint mixture.

Chicken and Feta Grain Bowl

Serves 4

Ingredients

- Reserved Mint Parsley Lemon Chicken and mint mixture
- 2 cups cooked brown rice
- 1 cup grape tomatoes, halved
- 1/2 cup slivered almonds, toasted
- 1/4 cup crumbled reduced-fat feta cheese
- 1 lemon, halved

Instructions

- ✂ To toast almonds, heat a large skillet over medium-high heat. Cook for 2-3 minutes or until almonds begin to lightly brown, stirring frequently. Remove from skillet immediately.
- ✂ Chop reserved chicken and set aside. Add cooked rice to a medium-sized bowl. Add mint mixture and toss well to combine.
- ✂ Spoon rice mixture into the bottom of 4 bowls. Spoon equal amounts of the chicken into the centre of each bowl. Arrange tomatoes, almonds, and feta around the chicken. Squeeze lemon juice evenly over the 4 servings.

Recipes from www.heartandstroke.ca

Nutrition Facts per serving: 240 Calories | 12g Fat (1.5g Saturated) | 55mg Sodium | 3g Carbohydrates | 0g Sugar | 27g Protein

Nutrition Facts per serving: 460 Calories | 20g Fat (3g Saturated) | 240mg Sodium | 36g Carbohydrates | 2g Sugar | 36g Protein

Pork & Peppers with Ginger Hot Sauce

Serves 8

Ingredients

2 pkg (8 oz) multi-coloured petite bell peppers
2 tbsp canola oil, divided
8 boneless centre-cut loin pork chops, trimmed of fat
1 tsp ground cumin
3/4 tsp salt, divided
1 tsp black pepper
2 limes, halved
2 tbsp honey
1 tbsp sriracha hot sauce
1 tbsp grated ginger root
2 tsp cider vinegar

Instructions

- Heat a grill coated with cooking spray over medium-high heat. Place peppers in a large bowl and toss with 1 tbsp canola oil until well coated. Place on grill and cook for 4 minutes.
- Meanwhile, brush both sides of pork chops with 1 tbsp canola oil and sprinkle with cumin, 1/2 tsp salt, and pepper.
- Once the peppers have cooked for 4 minutes, place pork chops on the grill and cook with the peppers for 4 minutes on each side or until pork reaches an internal temperature of 160°F.
- Meanwhile, combine honey, sriracha sauce, ginger, vinegar, and 1/4 tsp salt in a small bowl. Set aside.
- Cook Once Eat Twice: Reserve 4 pork chops, half of the peppers, half of the sauce, and 2 lime halves. Cool and refrigerate.
- Serve remaining peppers alongside pork, squeeze the juice of 1 lime over the pork, and drizzle with sauce.



Nutrition Facts per serving: 280 Calories | 9g Fat (1.5g Saturated) | 350mg Sodium | 9g Carbohydrates | 7g Sugar | 41g Protein

Pork Long Leaf Lettuce Wraps

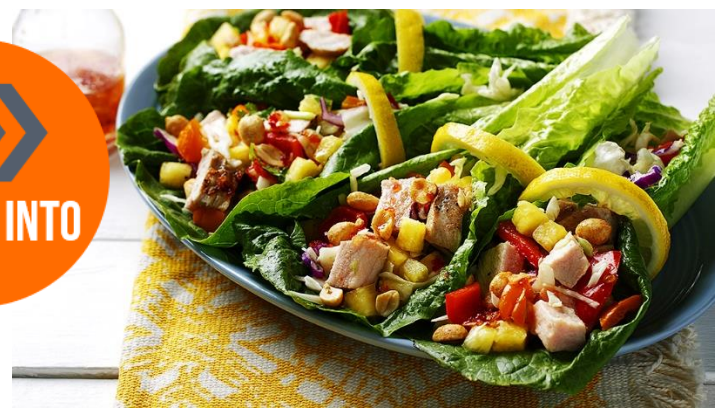
Serves 4

Ingredients

Reserved Pork & Peppers with Ginger Hot Sauce
Reserved lime halves
2 cups coleslaw mix
1 cup fresh or frozen (thawed) pineapple chunks, diced
1/2 cup chopped fresh cilantro
1 tbsp canola oil
1 tbsp cider vinegar
1/8 to 1/4 tsp dried pepper flakes
1/4 tsp salt
12 romaine or large bib lettuce leaves
1/2 cup unsalted dry-roasted peanuts

Instructions

- Chop pork and set aside.
- Chop peppers and place in a bowl along with coleslaw, pineapple, and cilantro.
- In a small bowl, whisk together the reserved sauce with canola oil, vinegar, pepper flakes, and salt.
- Onto each lettuce leaf, spoon equal amounts of the coleslaw mixture and chopped pork. Squeeze the lime juice on top, drizzle with sauce, and sprinkle with the peanuts.



Nutrition Facts per serving: 430 Calories | 26g Fat (4g Saturated) | 250mg Sodium | 21g Carbohydrates | 13g Sugar | 29g Protein

TURN IT INTO

Recipes from www.canolainfo.org



Simple Roast Chicken with Lemon and Herbs

Serves 4

Ingredients

- 1 chicken (about 4 pounds)
- 2 ½ tsp salt
- 1/2 tsp black pepper
- 2 tbsp chopped fresh chives
- 2 tbsp chopped fresh thyme
- 2 tbsp chopped fresh chervil
- 1 tbsp chopped fresh flat-leaf parsley
- 1 tbs chopped fresh tarragon
- 2 garlic cloves, finely chopped
- 3 tsp finely grated lemon zest
- 1/4 cup extra-virgin olive oil

Instructions

- Preheat oven to 450°F. Pat chicken dry and season the inside and outside with salt and pepper.
- In a small bowl, combine chives, thyme, chervil, parsley, and tarragon. Transfer half of the herb mixture to another small bowl and set aside. Add garlic, lemon zest, and olive oil to the remaining mixture and use it to coat the chicken.
- Place chicken on a rack in a roasting pan and transfer to the oven. Roast until the skin is well browned and a thermometer inserted into the thickest part of the thigh (away from the bone) reads 165°F – about 50-60 minutes.
- Transfer chicken to a carving board, cover loosely with foil and let rest for 10 minutes. Carve chicken, sprinkle with remaining herb mixture, and serve immediately.
- Cook Once Eat Twice: Reserve leftover deboned chicken.

Chopped Salad & Lemon-Chipotle Dressing

Serves 4

Ingredients

- Reserved chicken
- 2 tbsp Dijon mustard
- 2 tbsp fresh lemon juice
- 6 tbsp olive oil
- 1/3 cup minced fresh basil
- 1 shallot, minced
- 1 to 1 ½ tsp minced canned chipotle chilies in abodo sauce
- Salt and pepper, to taste
- 2 cucumbers, cut into 1/2-inch pieces
- 2 tomatoes, diced
- 1 red bell pepper, seeded and diced
- 1 to 2 romaine hearts, trimmed and chopped
- 1 large avocado, pitted, peeled, and diced

Instructions

- Cut the chicken into bite-sized pieces and transfer to a large bowl.
- In a small bowl, combine mustard and lemon juice and whisk to blend. Gradually whisk in olive oil. Mix in basil, shallot, and chipotle chilies with their sauces. Season the dressing with salt and pepper. Stir 1/4 cup of the dressing into the chicken and let marinate while preparing the remaining ingredients.
- Mix cucumbers, tomatoes, and bell pepper in with the chicken, then mix in lettuce. Add enough dressing to lightly coat the ingredients. Taste and add salt and pepper in needed. Gently stir in avocado and serve immediately.

Recipes from www.williams-sonoma.com

Nutrition Facts per serving: 299 Calories | 23g Fat (4.7g Saturated) | 1518mg Sodium | 2.7g Carbohydrates | 0.2g Sugar | 21.1g Protein

Nutrition Facts per serving: 417 Calories | 34.7g Fat (5.2g Saturated) | 853mg Sodium | 25g Carbohydrates | 12.4g Sugar | 4g Protein