

Cooking at home helps you learn new skills, save money, eat fewer highly processed foods and explore new foods. It's a great way to choose healthy ingredients that have more fibre and less sugar, saturated fat and sodium.

Plan It Out

You may be more likely to cook at home when you have a plan.

- Choose your main meals for the week. Include vegetables, whole grains and protein in each meal.
- Switch it up and try new recipes.
- Cook extra to use for leftovers.
- Reinvent your leftovers. Add leftover vegetables to a salad, use mashed potatoes to top a shepherd's pie or serve chili over whole grain pasta.
- Make cooking fun! Include your family in planning and preparing meals.

Stock Up

Life is busy and you may not always have a plan. Stock your kitchen with a variety of foods for fast meals. Get started with staples such as:

- Pre-chopped, fresh, frozen or canned vegetables and fruit
- Canned proteins such as beans, lentils, tuna or salmon
- Whole grain bread, rice and pasta
- Nuts, seeds and nut butters
- Eggs



Food of the Month

Soup



Making homemade soup is an easy and delicious way to enjoy a balanced meal. Cook a pot and voilà, leftovers!

- Look for lower sodium or no salt added broth, or make your own.
- Load up on vegetables.
- Toss in whole grains such as pot barley, quinoa or brown rice.
- Complete your soup by adding protein such as poultry, seafood, beans or lentils.
- Freeze extras and enjoy later.
- If you are buying canned soup, choose one with less sodium.

Curried Sweet Potato & Pear Soup

Serves 6

Ingredients:

2 tsp	Canola oil
½ cup	Onion, chopped
2 cloves	Garlic, minced
2 tsp	Curry powder
3 cups	Sweet potato, cubed
2 cups	Chicken broth
2 cups	Water
½ cup	Apple juice
2 cups	Pears, cored, chopped

Directions:

1. Heat oil in a pot, sauté onions and garlic until soft. Add curry powder and cook one minute.
2. Add sweet potato, broth, water, juice and pears. Bring to a boil. Reduce heat to low, cover and simmer for 15 minutes.
3. Transfer to a blender or food processor or use an immersion blender. Purée until smooth.

Nutrition Information per Serving:

Calories	153
Fat	2 grams
Carbohydrate	33 grams
Fibre	5 grams
Protein	3 grams
Sodium	249 milligrams

Did you know?

Food safety is important!
Reheat your leftovers to 74°C (165°F).

In Your Kitchen

Try these simple ideas for a balanced meal when you're short on time:

- Whole wheat toast, hard-boiled egg and fruit
- Omelet with spinach, tomato, feta cheese and whole grain toast
- Fish tacos with guacamole, lettuce and salsa on a tortilla
- Quinoa, lentils, tomatoes and cucumbers mixed with Greek salad dressing
- Chicken, vegetables and salad dressing in a pita
- Baked sweet potato topped with vegetables, black beans and cheese



Ask a Sobeys Dietitian

Q: I cook at home but still enjoy eating out. How can I choose healthy foods away from home?

A: Eating out can be part of a healthy diet. Enjoy smaller portions or pack up half of your meal for leftovers the next day. Choose vegetables as your appetizer or side. Pick foods that are grilled, broiled, baked, poached, stir-fried or steamed, not fried. Have water with your meal instead of a soft drink.

Eating out is a fun and social thing to do. Eat slowly and enjoy every bite!



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