



***Healthy Eating in Municipal & Physical Activity
Recreation Sport Settings***

Toolkit

Sample Canteen Menu Recipes



Sample Canteen Menu Template

Daily Specials

From the Kettle

Hearty Chili
Vegetable Barley Soup

From the Grill

Chicken Wrap or Veggie Wrap
Grilled Turkey Burger

From the Oven

Baked Sweet Potato Wedges
English muffin Pizza
Baked Potatoes
Whole Wheat Mac n' Cheese
Bean Burritos
Breakfast Sandwich

Snacks

Fruit Smoothie
Hummus or Yogurt Dip with Veggie Sticks & Pita Bread
Bran muffins
Fruit Kabobs
Fruit and Yogurt Parfaits
Tossed Salad

Snack Menu Items

(Some of these items can also be listed on a canteen menu as breakfast selections)

- Fruit Kabobs
- Fruit and Yogurt Parfaits
- Fruit Sushi
- Fruit Smoothies
- Hummus with Veggie Sticks & Pita Bread
- Yogurt Dip with Assorted Veggie Cup
- Bran muffins

Snack Menu Recipes

Fruit Kabobs (5-6 pcs. per kabob):

- Assortment of colorful fruit
- Pineapple juice
- Wooden skewers

Directions

1. Start with a variety of fresh, colorful fruit (e.g. pineapple, seedless grapes, watermelon, cantaloupe, strawberries, blueberries, star fruit, apples, pears, bananas, oranges, kiwi, and peaches).
2. Wash fruit well. Peel if necessary and cut fruit into medium size pieces. Drizzle with pineapple juice to prevent browning.
3. Thread fruit onto skewers. Place five to 6 pieces of fruit onto skewers, alternating colors and shapes. Leave space at each end of skewer for easy handling.
4. Serve fresh, stacked on a platter or in a plastic bag or even as a fruit kabob bouquet. Cover with plastic wrap and refrigerate until ready to serve.

Source: www.healthyalberta.com

Fruit & Yogurt Parfait (Yield: 1 serving):

- ½ cup plain or flavored, low fat yogurt
- ½ cup assorted fruit, chopped
- 1/3 cup low fat granola

Directions

1. In a clear cup, layer all ingredients, starting with yogurt first - Yogurt, fruit, granola; repeat twice.

Tip: if using flavored yogurt, to cut down on sugar content, try mixing ½ plain and ½ flavored.

Source: www.healthyalberta.com

Fruit Sushi (Yield: 1 serving):

- Low-fat granola bar (not chocolate covered)
- Fresh fruit, sliced (kiwi, strawberries, blueberries)
- Light cream cheese

Directions

1. Cut granola bar into 1/3rds.
2. Spread thin layer of cream cheese on top of granola bar
3. Arrange sliced fruit in an attractive method on top of cream cheese

Source: www.healthyalberta.com

Fruit Smoothies (Yield: 1 serving):

- 3/4 cup skim milk
- 2 tbsp frozen pineapple or orange juice concentrate
- 1 banana
- 2 strawberries
- 4 ice cubes (omit if using frozen fruit)

Directions

1. If using fresh fruits, wash strawberries and remove the stem
2. Peel banana, and break into pieces
3. Add all ingredients to a blender, and blend on high until smooth
4. Pour into cup and serve

Adapted from Manitoba's "Making the Move to Healthy Choices" –Tournament/Competition Menu Items.

Hummus (Yield: 1.5 cups)

- 1 can (540 ml/19 oz) chickpeas
- 3 tbsp lemon juice
- 2 tbsp canola or olive oil
- 1 tsp ground cumin
- 2 garlic cloves, chopped
- Salt and pepper to taste

Directions

1. Drain chickpeas, and rinse. Place in blender or food processor.
2. Add remaining ingredients, except salt and pepper.
3. Blend on high until smooth – add small amounts of water if needed to achieve spreadable consistency.
4. Add salt and pepper to taste.

Snack tip: serve 1/3 cup of hummus with carrot and celery sticks.

Adapted from Newfoundland's "Making the Move to Healthy Choices" –Quick and Healthy Recipes section.

Yogurt Dip (Yield: 3 cups)

- 3 cups plain yogurt
- 2 tsp dried oregano
- 2 tsp dried dill
- 2 tsp dried onion powder

Directions

1. Mix all ingredients together
2. Refrigerate until ready to serve

Snack tip: serve with a variety of fresh vegetables including carrots and celery sticks, grape tomatoes, broccoli/cauliflower florets, and/or whole wheat pita or flatbread.

Adapted from Newfoundland's "Making the Move to Healthy Choices" –Quick and Healthy Recipes section.

Bran Muffins (Yield: 12 muffins)

- ½ cup whole wheat flour
- ½ cup all-purpose flour
- 1 tsp baking soda
- ½ tsp salt
- 2 cup wheat bran
- ½ cup raisins
- 1 cup low-fat milk (skim or 1%)
- 1/3 cup molasses
- 1/4 cup brown sugar
- 1 egg; beaten
- 2 Tbsp canola oil

Directions

1. Preheat the oven to 400°F (205°C). Mix the flours, bran, baking soda and salt in a bowl.
2. Add the raisins and mix. In another bowl, mix the milk, molasses, sugar, beaten egg and oil.
3. Add the wet ingredients to the dry. Stir just enough to moisten. Don't over mix.
4. Fill small muffin tins about two thirds full. Bake for 15-20 minutes.

Adapted from Winnipeg Regional Health Authority – Four weeks of Healthy Menus;

<http://www.wrha.mb.ca/extranet/nutrition/files/fourweeksofhealthymenus.pdf>

Canteen Menu Items

Oven items:

- Baked Sweet Potato Wedges
- English Muffin Pizza
- Baked Potatoes
- Whole Wheat Mac n' Cheese
- Bean Burritos

Grill Items:

- Chicken Wrap and Veggie Wrap
- Grilled Turkey Burger

Stove top Items:

- Hearty Chili
- Vegetable Barley soup

Breakfast items and other:

- Breakfast Sandwiches
- Tossed Salad

Canteen Menu Recipes

Oven Baked Sweet Potato wedges (Yield: 2 servings)

- 1 Large sweet potato; peeled and cut into wedges
- 2 tsp canola oil
- 1/8 tsp cayenne pepper
- Salt and pepper to taste

Directions

1. Preheat oven to 450 °F.
2. Toss sweet potato wedges with oil, cayenne pepper, and salt and pepper.
3. Spread the wedges out on a rimmed baking sheet.
4. Bake until browned and tender, turning once, about 20 minutes total.

Serve with yogurt dip and/or salsa.

Adapted from EatingWell : www.eatingwell.com/recipe/249209/oven-sweet-potato-fries/

Hearty Chili (Yield: 8 servings)

- 1 lb. lean or extra lean ground beef or ground turkey
- 1 cup diced white onion
- 1 cup diced green bell pepper
- 1 cup sliced mushrooms
- 2 cloves garlic, chopped
- 1 can (796 ml) reduced sodium diced tomatoes
- 1 can (796 ml) reduced sodium tomato sauce
- 2 cans (540ml) mixed beans, rinsed and drained
- 3 Tbsp chili powder
- 2 Tbsp ground cumin

Directions

1. In a large saucepan, over medium heat, cook ground meat. Drain off any remaining fat.
2. Add in onions, green pepper, mushrooms and garlic, cook until softened (about 5 minutes).
3. Add tomatoes, tomato sauce, kidney beans, chili powder, and cumin powder.
4. Reduce heat and simmer, covering and stirring occasionally for 20-30 minutes.

Adapted from Great Food Fast, Dietitians of Canada.

Baked Potato (Yield: 1 Serving)

- 1 medium Russet potato; scrubbed and pierced.

Directions

1. Place the potatoes in the microwave and cook on Medium, turning once or twice, until soft, about 20 minutes. (Or use the “potato setting” on your microwave and cook according to the manufacturer’s directions.) Alternatively, bake potatoes directly on the center rack in a 400°F oven until tender, 45 to 60 minutes.

Tip: you can choose to individually wrap each potato in aluminum foil prior to baking- this foil wrapper can be used as the potato’s serving vessel.

Toppings can include: Salsa, plain low-fat Greek yogurt, low-fat cottage cheese, chopped scallions, low-sodium refried beans, shredded low-fat cheddar cheese.

Adapted from Great Food Fast, Dietitians of Canada.

Bean Burritos (2 servings)

- 2 Whole wheat flour tortillas (8'-10')
- 14 oz can kidney beans, drained and rinsed (or any other canned bean you have on hand – black beans, pinto beans etc.)
- 1/4 tsp chili powder
- ½ cup salsa
- ¼ cup low-fat cheddar cheese, shredded
- 1 green scallion, chopped
- ¼ cup low-fat plain Greek yogurt

Directions

1. Preheat the oven to 350°F (180°C).
2. In a bowl, mash the beans with a potato masher. Add the chili powder and half of the salsa, and mix well.
3. Spoon half of the bean mixture onto each tortilla, down the centre but not to the edge.
4. Sprinkle half of the cheese and half of the green onions on each tortilla.
5. Fold up the bottom of each tortilla, then the sides, and then fold down the top.
6. Place on an ungreased cookie sheet, seam side down.
7. Bake in the oven for 10-15 minutes, or until heated thoroughly.
8. Remove and top with sour cream and salsa.

Tip: As an alternative to baking, you can also place finished burritos on a grill or Panini *press to heat through*.

Adapted from Winnipeg Regional Health Authority – Four weeks of Healthy Menus:

<http://www.wrha.mb.ca/extranet/nutrition/files/fourweeksofhealthymenus.pdf>

English Muffin Pizza (Yield: 1 serving)

- 1 Whole wheat English muffin
- ¼ cup tomato sauce
- ½ green scallion, finely chopped
- ¼ green bell pepper, finely chopped
- 2 mushrooms, sliced
- ¼ cup low-fat mozzarella cheese
- Sprinkle of dried oregano

Directions

1. Preheat the oven to 350°F (180°C).
2. Place the English muffin halves on a baking sheet.
3. Spread tomato sauce on each half of the muffin. Sprinkle with basil.
4. Put the green onion, green pepper and mushrooms on top of each muffin half. Sprinkle with cheese.
5. Bake until hot and bubbly, about 10-15 minutes.

Substitutions:

- Use whole wheat pita bread instead of English muffins.
- Try other toppings such as ham, pineapple, tomato slices, olives, broccoli or onions.

Adapted from Winnipeg Regional Health Authority – Four weeks of Healthy Menus:

<http://www.wrha.mb.ca/extranet/nutrition/files/fourweeksofhealthymenus.pdf>

Whole Wheat Mac n' Cheese (Yield: 6 Servings)

- 1 ½ cup dried whole wheat elbow macaroni pasta
- 3 Tbsp non-hydrogenated soft margarine (e.g.- Becel®)
- 3 Tbsp all-purpose flour
- ¼ tsp salt
- 2 cups low-fat milk (2%, 1%, or skim)
- 2 cups low-fat cheddar cheese (medium or sharp style cheese)
- ½ cup dry whole wheat bread crumbs

Directions

1. Preheat oven to 350°F. Grease 11 x 7 inch (2 L) baking dish.
2. Cook macaroni pasta according to package directions until tender. Drain.
3. Meanwhile, in a large heavy saucepan, melt margarine over medium heat. Whisk in flour and salt to make a smooth paste. Whisk in milk, ½ cup at a time, whisking out all lumps before adding each additional ½ cup. Cook, stirring frequently until sauce thickens, about 5 minutes.
4. Remove from heat, and stir in pepper. Stir in cheese until melted, and then stir in macaroni until well coated in sauce.
5. Transfer macaroni and cheese to prepared baking dish. Sprinkle with bread crumbs.
6. Bake in preheated oven for about 15 minutes or until topping is golden brown.

Adapted from Great Food Fast, Dietitians of Canada.

Grilled Turkey Burger (Yield: 12 Servings)

- 3 lbs lean or extra-lean ground turkey
- 1 cup grated zucchini
- ¼ cup whole wheat bread crumbs
- ¼ cup finely diced white onion
- 2 eggs whites, lightly beaten
- ¼ cup chopped fresh parsley
- 1 clove garlic, minced
- 1 tsp salt
- ¼ tsp pepper
- 12 whole wheat hamburger buns

Directions

1. Mix ground turkey, zucchini, seasoned bread crumbs, onion, egg whites, parsley, garlic, salt, and pepper in a large bowl. Form into 12 patties.
 2. Heat a skillet over medium heat; arrange patties in skillet and cook until no longer pink in the center and juices run clear, about 4 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- Serve on whole wheat hamburger buns with lettuce, tomato slices, sliced red onion, and honey mustard or salsa.

Adapted from Cook!, Dietitians of Canada.

Vegetable Barley Soup (Yield: 12 Servings)

- 1 ½ cans (540 ml/19 oz) diced tomatoes
- 2L and 1 cup (2250 ml) reduced sodium vegetable broth
- ¾ diced sweet potato
- ¾ cup diced onion
- ¾ cup diced celery
- ¾ cup diced carrot
- ¾ cup diced turnip
- ¾ cup barley
- pepper to taste

Directions

1. In a large stock pot over medium heat, combine broth, sweet potato, onion, celery, carrot, turnip, barley and pepper.
 2. Bring to a boil.
 3. Reduce heat, cover and simmer 1 hour, until veggies are tender and barley is soft.
- Serve with whole wheat pita bread or dinner roll.

Adapted from Cook!, Dietitians of Canada.

Chicken Wrap (4 servings)

- 4 (8'-10') whole wheat flour tortillas
- 2 cooked chicken breasts; thinly sliced
- 8 leaves green lettuce
- 1 cup carrot; grated
- ¼ cup red onion; thinly sliced
- 1 cup bell peppers (red, green, orange, yellow); thinly sliced
- ½ cup low-fat cheese (any variety); shredded
- ¼ dressing (low-fat ranch, hummus, yogurt dressing, Tzatziki, BBQ sauce)

Directions

1. For each tortilla, spread 1 tbsp of chosen dressing/sauce, ½ chicken breast sliced, 2 leaves of lettuce, ¼ cup carrot, 1 tbsp red onion, ¼ cup peppers, and 2 tbsp of cheese.
2. Fold up the bottom of each tortilla, then the sides, and then fold down the top.
3. Wrap in parchment paper, and slice the wrapped sandwich in half.

To make a vegetarian wrap: omit the chicken and add beans (black or kidney, for example), or leave with just veggies.

Tip: If you're in possession of a Panini press, you can grill the wraps prior to serving.

Adapted from Manitoba's Making the Move to Healthy Choices Tournament/Competition Menu Items.

Breakfast Sandwiches (Yield: 1 serving)

- 1 whole wheat English muffin
- 1 tsp non-hydrogenated margarine
- 1 egg, fried
- 1 leave green lettuce
- 1 slice tomato
- 1 tbsp low-fat cheddar cheese; shredded

Directions

1. Toast the English muffin, spread $\frac{1}{2}$ tsp of margarine on each side
2. Meanwhile, spray a non-stick skillet with cooking spray, and fry the egg; breaking the yolk.
3. Assemble the sandwich: place the cheese, egg, lettuce, and tomato on one half of the English muffin, then top with remaining muffin half.
4. Wrap sandwich in parchment paper.

Adapted from Manitoba's "Making the Move to Healthy Choices" – For Grill or Microwave items Menu.

Tossed Salad (1 serving (1 serving = 1 cup or 250 ml))

- 6 romaine lettuce leaves, torn or sliced into bite sized pieces
- ½ tomato, chopped
- ¼ cucumber, sliced
- 2 mushrooms, sliced
- 1 green scallion, chopped

Directions

1. Combine all ingredients in a bowl and toss lightly. Serve with calorie reduced or low-fat dressing on the side.

Tip: Use any type of lettuce instead of Romaine lettuce.

Add or use other types of vegetables such as bell peppers, red onions, and/or olives.

Adapted from Winnipeg Regional Health Authority – Four weeks of Healthy Menus

