

# Simply Cook and Enjoy!



## In a hurry? Take a kitchen shortcut with healthier convenience foods.

Healthier convenience foods, combined with fresh ingredients, can help you make tasty meals in minutes. Choose items with less sodium, fat and sugar. Here are 10 convenience foods that make great healthier shortcuts:

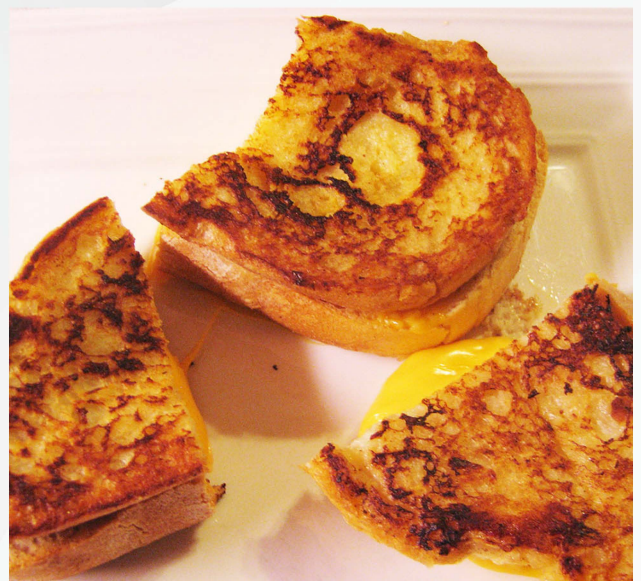
- Light canned tuna or canned salmon
- Pre-cut butternut squash
- Canned legumes such as chickpeas or lentils
- Canned diced tomatoes
- Shredded cheese
- Eggs
- Plain frozen fish fillets
- Frozen vegetables and fruit
- Fresh or frozen whole wheat tortellini
- Whole grain pizza crusts



## Feeling short on time? Enjoy a sandwich for supper.

Cooking doesn't have to be complicated. Sandwiches made with whole grain bread, tortillas or flatbread and filled with delicious, good-for-you ingredients make for a perfect casual supper. Try these tasty sandwiches, served with a side of crisp raw veggies:

- Fresh roasted turkey breast, avocado, tomato and lettuce
- Cheddar cheese, thinly sliced pear and spicy red pepper jelly
- Fresh roast beef, roasted red peppers and red onion
- Hummus, thinly sliced cucumber, shredded carrot and lettuce



Get inspired with recipe ideas from **Cookspiration** and serve up a nutrition tip a day with **eaTipster!**





## Make a no-fuss meal with just six simple ingredients!

You don't need a long list of ingredients to make a healthy, delicious meal. Get inspired with these ideas, which use just six main ingredients:

- **Cheesy Frittata** – eggs, spinach, diced potato, red onion, milk and old cheddar cheese baked together into a fabulous frittata
- **Lemony Pasta** – whole grain pasta tossed with grilled zucchini, cherry tomatoes, roasted garlic, chickpeas and freshly squeezed lemon juice
- **Loaded Sweet Potato** – baked sweet potato topped with black beans, green onion, tomato, cilantro and a spoonful of plain yogurt



## Tools of the trade: A few good kitchen tools can make cooking a lot easier!

Cooking tools don't need to be expensive or fancy. Along with quality pots in different sizes, stock your kitchen with these 5 basic tools. They can help you cook like a pro.

- **Sharp knives** – including a paring knife for small slices
- **Box grater** – for grated vegetables, citrus zest and shredded cheese
- **Immersion (hand-held) blender** – perfect for puréeing vegetable soups right in the pot
- **Steamer basket** – makes cooking tender-crisp veggies a snap
- **Instant-read thermometer** – so you know when food is cooked to safe temperatures (no more guessing!)



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