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Fit Firefighter Meals

Heart-healthy dishes for you and your station

Dear Reader ...

Why Heart-Healthy Meals Matter for Firefighters ...

For firefighters, staying safe not only requires the right training and equipment, but also a proper diet.

What you put in your body before a call is just as important as the personal protection gear you wear when responding. This is especially true since heart disease is known to kill more on-duty firefighters than anything else.¹

Dräger's Global Fire team wants you and your team to stay safe and be the best firefighters you can be, which is why we worked with leading certified nutritionist Danielle Omar to develop the following heart-healthy breakfast, lunch, dinner, snack and dessert recipes.

The recipes are designed to give you and your team a head start in leading a more fit lifestyle. These easy-to-prepare dishes are convenient and can be made for one, or the whole firehouse. Not only will these meals make you feel physically better, they will keep you mentally sharp and ensure you and your team stay energized throughout your shift, all while minimizing your risk for heart disease.*

For more information, visit our Global Fire Facebook page at facebook.com/DraegerFire.

¹ Emergency Duties and Deaths from Heart Disease among Firefighters in the United States

* Consult your doctor before starting new diet or fitness program.



ABOUT THE AUTHOR

Danielle Omar is a registered dietitian in Northern Virginia. She uses an integrative nutrition approach to help hundreds of working professionals realize their health goals.

Recently honored by Washingtonian Magazine as a Top Washington D.C. Nutritionist, Danielle is widely published, including in the New York Times, Washington Post and Food Network. She is also a regular contributor to Washingtonian Magazine's health blog, Well + Being, as well as authors her own food and nutrition blog, Food Confidence.

Danielle also consults for businesses, restaurants, healthcare organizations and community groups in the Northern Virginia and Metro D.C. area. Some of her past clients include Connolly Works, American Legacy Foundation, 2941 Restaurant, National Association of Counties and Fairfax County Public Schools.

To learn more about Danielle, visit foodconfidence.com.



Danielle Omar, Nutritionist and Registered Dietitian





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Southwestern Scramble

INGREDIENTS

Serves 20

3 (15 oz / 425 g) cans black beans, drained and rinsed
 12 whole eggs
 12 egg whites
 2 tbsp / 30 mL olive oil
 2 cup / 480 mL fat free milk
 1½ cup / 150 g mushrooms, chopped
 1 cup / 175 g red or green pepper, chopped
 8 tbsp / 25 g chives, finely chopped
 Fresh tomato salsa
 Salt and pepper, to taste
 20 (6-inch / ~15 cm) whole wheat tortillas

NUTRITION FACTS

PER SERVING (1 BURRITO):

Calories	238
Carbohydrates	29 g
Fiber	5 g
Protein	12 g
Fat	7 g
Saturated Fat	2 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	2 g
Sodium	436 mg
Heart-Healthy Nutrients	Calcium, Niacin, Thiamin, Folate, Potassium

METHOD

- Preheat oven to 350 °F / 180 °C degrees.
 Spray 10 × 13 inch / 33 × 23 cm baking dish with non-stick cooking spray.
- In large pan, sauté mushrooms in olive oil on medium-high heat. Season with salt and pepper. Set aside.
- In a large bowl, beat eggs, milk, salt and pepper until combined. Add black beans, chopped peppers and mushrooms to egg mixture.
- Pour egg mixture into prepared baking dish and bake for 8 minutes. After 8 minutes, use a spatula to stir the eggs, scraping the edges of the pan while stirring. Continue cooking for 8 more minutes and then stir again. Remove from oven.
- Sprinkle eggs with chopped chives. Spread egg mixture into the lower section of a tortilla. Fold the outer left and right sides of the tortilla in and then roll.
- Serve smothered with salsa and a sprinkle of cheese, if desired.

COOKING TIPS

- Add extra flavor to your eggs with diced pieces of turkey bacon or crumbled turkey sausage.
- Stir in some freshly grated Parmesan cheese, feta or reduced fat cheddar for a cheesy bite.
- Wrap each burrito in foil to keep warm, or warm completed burritos in the oven for 5-10 minutes.



Savory Quinoa Breakfast Muffins

INGREDIENTS

Serves 20

3 cups / 510 g quinoa
 4½ cups / 1 L water
 4 whole eggs
 10 egg whites
 2 cups / 480 mL 2% cottage cheese
 3 tbsp / 45 mL olive oil
 6 cups / 600 g mushrooms, chopped small
 4 leeks, washed well and chopped
 4 zucchini, grated
 1 cup / 25 g parsley
 ½ cup / 90 g grated Parmesan cheese
 Salt and pepper to taste

NUTRITION FACTS

PER SERVING (2 MUFFINS):

Calories	196
Carbohydrates	24 g
Protein	12 g
Fat	6 g
Saturated Fat	1 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	2 g
Sodium	197 mg
Heart-Healthy Nutrients	Vitamin A, Vitamin C, Iron, Phosphorus, Potassium, Riboflavin

METHOD

1. Preheat oven to 375 °F / 190 °C. Line muffin tins with liners.
2. Bring water to boil in large pot. Season with salt. Add quinoa and bring to boil. Simmer for 16 – 18 minutes or until most of the water is absorbed. Set aside.
3. In a large skillet, sauté mushrooms in olive oil. Remove from pan and set aside. Add leeks to pan and sauté until softened but not browned.
4. Grate zucchini using a box grater.
5. In a large bowl add cooked quinoa, eggs and whites, zucchini, cottage cheese, cooked mushrooms and leeks, parsley, parmesan cheese, salt and pepper. Mix until just blended.
6. Fill muffin tins generously and bake 25 – 30 minutes, or until nicely browned on top and toothpick inserted in middle comes out clean. Let sit 5 minutes before serving.

COOKING TIP

- For additional flavor, add diced turkey sausage or chopped turkey bacon to mix before baking.



Maple Sweet Potato Hash with Fried Eggs & Kale

INGREDIENTS

Serves 20

- 8 – 10 cups / ~ 1½ kg sweet potato, peeled and diced small (or ½ cup / 90 g per person)
- 20 whole eggs (or 1 egg per person)
- 4 tbsp / 60 mL olive oil
- 4 medium onions, diced
- ¾ cup / 180 mL real maple syrup
- 4 tbsp / 7 g minced fresh rosemary
- 2 tbsp / 10 mL salt
- 10 cups / 670 g fresh / frozen chopped kale, defrosted
- 6 – 12 ounces / 5½ – 11 g reduced-fat feta cheese
- Fresh thyme for garnish

NUTRITION FACTS

PER SERVING (1 EGG, ½ CUP / 100 G HASH):

Calories	260
Carbohydrates	31 g
Dietary Fiber	4 g
Protein	12 g
Fat	10 g
Saturated Fat	3 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	4 g
Sodium	530 mg
Heart-Healthy Nutrients	Vitamin A, Vitamin D, Manganese, Phosphorus, Potassium

METHOD

1. Preheat the oven to 425 °F / 220 °C.
2. In a large bowl, mix sweet potatoes, chopped onion and kale with olive oil, maple syrup, rosemary and salt.
3. Layer the potato mixture into two 10 × 13 inch / 33 × 23 cm baking pans. Roast for 18 – 20 minutes or until tender, tossing halfway through (you can also cook this on the stove using large skillets).
4. Take potatoes out of oven and make holes in the potatoes for the eggs. You should have room for 10 eggs per pan. Crack one egg into each hole.
5. Return baking pans to oven and cook until the whites are set and the edges start to curl up.
6. Remove pans from oven and sprinkle each pan with crumbled feta cheese and fresh thyme before serving.



Turkey Meatballs with Orzo and Greens

INGREDIENTS

Serves 20

For the Meatballs:

- 3 lbs / ~1½ kg lean ground turkey
- 2 whole eggs
- 4 egg whites
- ½ cup / 48 g almond flour
- ½ cup / 30 g breadcrumbs
- 1 cup / 180 g freshly grated Parmesan cheese
- ½ cup / 20 g fresh parsley, finely chopped
- 6 garlic cloves, minced
- 2 tsp / 10 mL salt
- 1 tsp / 5 mL ground black pepper

For the Pasta:

- 4 cups / 800 g orzo pasta
- 3 tbsp / 45 mL olive oil
- 4 medium onions, diced
- 2 cups / 200 g celery, diced
- 2 cups / 300 g carrots, diced
- 2 cups / 270 g parsnip, diced
- 20 (16 oz / 480 mL) containers low-sodium chicken broth

METHOD

1. Preheat the oven to 350 °F / 180 °C. In a large mixing bowl, whisk eggs. Mix in the ground turkey, almond flour, breadcrumbs, Parmesan cheese, parsley, garlic, salt and pepper. Using wet hands, shape mixture into slider-sized meatballs. Place on prepared baking sheet and bake for 15 minutes, or until cooked through.
2. While meatballs are baking, heat olive oil in a large soup pot over medium-high heat. Add onions, celery, carrots, parsnip and thyme.

NUTRITION FACTS

PER SERVING (ABOUT 1 ½ CUPS / ~ 350 G):

Calories	324
Carbohydrates	34 g
Dietary Fiber	4 g
Protein	26 g
Fat	9 g
Saturated Fat	2 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	3 g
Sodium	602 mg
Heart-Healthy Nutrients	Vitamin A, Vitamin C, Vitamin E, Calcium, Folate, Niacin, Potassium

- 3 tbsp / 2½ g chopped fresh thyme
(or 2 tbsp / 2 g dried)
- 2 large bunches of chopped escarole,
kale or baby spinach
- Grated Parmesan cheese for topping
- Salt and pepper to taste

3. Turn heat to low and add greens, stirring until wilted. Add meatballs. Taste and season with salt and pepper. Serve topped with grated Parmesan cheese.



Tuscan Tuna & White Bean Salad

INGREDIENTS

Serves 20

For the Dressing:

6 garlic cloves, minced
 1/3 cup/80 mL fresh lemon juice
 1/4 cup/60 mL olive oil
 1 cup/40 g fresh parsley, finely chopped
 Salt and pepper, to taste

For the Salad:

3 cans cannellini beans, rinsed and drained
 12 (5 oz/140 g) cans low sodium tuna,
 packed in water and drained
 6 cups/900 g sliced cherry tomatoes
 5 avocados, cubed or sliced
 2 cups/200 g celery, finely chopped
 1 cup/150 g red onion, finely chopped
 20 pieces whole wheat pita bread
 3 bunches arugula

METHOD

1. In a medium bowl, whisk together the garlic, lemon juice, oil, parsley, salt and pepper. Taste and add more oil and lemon, as needed.
2. In a large bowl, flake the tuna with a fork, then add the beans, tomatoes, celery, and onion. Stir together until combined.
3. Gently toss in the avocado with the dressing.
4. Spoon mixture into whole grain pitas and stuff with arugula.

NUTRITION FACTS

PER SERVING (ABOUT 1 1/2 CUPS / ~ 310 G):

Calories	430
Carbohydrates	53 g
Fiber	11 g
Protein	31 g
Fat	12 g
Saturated Fat	2 g
Polyunsaturated Fat	2 g
Monounsaturated Fat	7 g
Sodium	503 mg
Heart-Healthy Nutrients	Vitamin A, Vitamin C, Magnesium, Niacin, Potassium, Selenium, Zinc

COOKING TIPS

- Use different types of bread for sandwiches like whole grain rolls, panini, etc.
- Top with baby spinach or wrap in Boston Bibb lettuce or romaine.



Curry Chicken Salad with Grapes & Quinoa

INGREDIENTS

Serves 20

For the Salad:

- 3 lbs / ~ 1½ kg boneless, skinless chicken breast, cooked and shredded
- 3 cups tricolor quinoa
- 4½ cups / 1 L water
- 6 cups / 1 kg red grapes, halved
- 6 – 8 celery stalks, finely chopped
- 2 cups / 250 g toasted walnut pieces
- 1 bunch radishes, sliced
- 3 cups / 200 g fresh/frozen chopped kale, defrosted
- 6 scallions, sliced (white and green parts)
- ¾ cup / 7 g fresh dill, chopped
- 4 – 6 jalapeños (seeded and finely chopped)
- Salt and pepper to taste

For the Dressing:

- 5 – 6 garlic cloves, minced
- 4 tbsp / 60 mL curry powder
- ½ cup / 120 mL white wine vinegar
- ⅓ cup / 80 mL extra virgin olive oil
- 2 tsp / 10 mL sea salt, or to taste

METHOD

1. Preheat the oven to 350 °F / 180 °C. Place chicken breasts on baking pans lined with parchment. Season with salt and pepper. Roast for 18 – 20 minutes. When the chicken is cool enough to handle, shred the meat. Set aside.
2. Bring the water plus a few pinches of salt to boil, add quinoa. Cover and simmer for 16 – 18 minutes or until water is absorbed and quinoa is soft. Set aside to cool.
3. Transfer cooled quinoa to large bowl. Mix in kale, grapes, celery, radishes, scallions, walnuts, dill, jalapeno and shredded chicken.
5. In mixing bowl, whisk together garlic, salt, vinegar, curry and olive oil. Taste and adjust seasonings, as needed.
6. Pour dressing over quinoa salad and toss well to combine.

NUTRITION FACTS

PER SERVING (1 CUP / 145 G):

Calories	360
Carbohydrates	40 g
Fiber	6 g
Protein	23 g
Fat	15 g
Saturated Fat	2 g
Polyunsaturated Fat	7 g
Monounsaturated Fat	4 g
Sodium	455 mg
Heart-Healthy Nutrients	Vitamin A, Vitamin C, Potassium, Selenium



Black Bean & Sweet Potatoe Enchiladas with Mexican Rice

INGREDIENTS

Serves 20

For Mexican Rice:

- 3 cups / 635 g brown rice
- 6 cups / 1½ L low sodium chicken broth
- 3 small yellow onions, finely chopped
- ¼ cup / 60 mL olive oil
- 4 cloves garlic, minced
- ¾ cup / 170 g tomato paste
- 1 cup / 45 g fresh cilantro, chopped
- 2 tbsp / 30 mL cumin
- 1 tsp / 5 mL sea salt

For Sweet Potatoes:

- 6 sweet potatoes, peeled and cubed small
- 2 jalapeños, seeded and finely diced
- 2 tbsp / 30 mL olive oil
- 1 tbsp / 15 mL chili powder
- 1 tsp / 5 mL salt
- ¾ tsp / 4 mL black pepper

METHOD

1. Preheat oven to 425 °F / 220 °C. Mix together sweet potatoes, jalapeños, olive oil, chili powder, salt and pepper. Roast on 10 × 13 inch / 33 × 23 cm baking sheets for 18 – 20 minutes, tossing halfway.
2. Brown onion in olive oil for 4 – 5 minutes. Add garlic and sauté for 1 minute. Add rice, tomato paste, cilantro and cumin for 2 – 3 minutes. Bring to a boil with salt and chicken broth. Cover and simmer for 45 minutes. Remove from heat and leave covered for 10 minutes.
3. Combine sweet potatoes, black beans, cilantro and lime juice.
4. Reduce heat to 350 °F/180 °C. Spray three 10 × 13 glass baking dishes with olive oil and coat the bottom with salsa.
5. Place ¼ cup/60 g of filling into each tortilla. Fold and roll sides.
6. Place into the pans and cover with extra filling, salsa and chopped red onion. Bake for 20 minutes and serve with Mexican rice, sliced avocado and more salsa.

NUTRITION FACTS

PER SERVING (1ENCHILADA WITH ½ CUP RICE):

Calories	403
Carbohydrates	55 g
Fiber	11 g
Protein	15 g
Fat	10 g
Saturated Fat	1.5 g
Polyunsaturated Fat	3 g
Monounsaturated Fat	3 g
Sodium	760 mg
Heart-Healthy Nutrients	Vitamin A, Vitamin C, Magnesium Niacin, Zinc

For Enchiladas:

- 3 (15 oz / 425 g) cans black beans, rinsed and drained
- ¾ cup / 35 g fresh cilantro, chopped
- 2 tbsp / 30 mL fresh lime juice (juice from 3 limes)
- 20 burrito-size whole grain tortillas
- 1 – 2 jars tomato salsa

COOKING TIPS

- Change this recipe up by adding any fillings you have on hand, like sautéed mushrooms or shredded chicken.
- Save time by using instant brown rice or mix it up with quinoa.



Creamy Chicken Pasta with Broccoli

INGREDIENTS

Serves 20

3 lb / ~ 1½ kg boneless, skinless chicken breasts
 2 pounds / 910 g whole wheat pasta
 ¼ cup / 60 mL olive oil
 1 bunch sage leaves, chopped
 8 garlic cloves, minced
 ¼ cup / 10 g fresh parsley, chopped
 1½ tbsp / 2½ g dried basil
 ¾ cup / 40 g sundried tomatoes, chopped
 A dash of cayenne pepper
 3 – 5 cans 2 % or fat free evaporated milk
 2 heads broccoli, florets only
 (or about 7 cups / ~ 1⅓ kg of florets)
 1 cup / 180 g grated Parmesan cheese
 Salt and pepper to taste

NUTRITION FACTS

PER SERVING (ABOUT ½ CUPS / ~ 220 G):

Calories	379
Carbohydrates	43 g
Fiber	6 g
Protein	34 g
Fat	7 g
Saturated Fat	2 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	3 g
Sodium	308 mg
Heart-Healthy Nutrients	Vitamin A, Vitamin C, Calcium Niacin, Magnesium, Selenium, Zinc

METHOD

1. Bring large pot of water to a boil. Generously salt water. Add pasta and cook for 6 minutes. Add broccoli florets and continue to cook until pasta is al dente and broccoli is tender.
2. While pasta is cooking, heat olive oil over medium-high heat in large sauté pan. Season chicken breasts with salt and pepper and cook for 5 – 7 minutes each side, or until browned and cooked through. Transfer to cutting board and chop or thinly slice chicken. Cover to keep warm.
3. Using same pan, toast garlic for about 1 minute. Then add evaporated milk, sage, parsley, basil, sun dried tomatoes and cayenne pepper, if using. Cook until slightly thickened. Season with salt and pepper, to taste.
4. Once thickened, add broccoli and pasta to saucepan, stir well to combine.
5. Add chopped chicken to pan, stir until well combined.
6. Sprinkle with Parmesan cheese before serving.



Lentil Loaf with Maple Apple Glaze

INGREDIENTS

For the Lentil Loaf:

1 can lentils, cooked
 1 cup / 120 g walnuts, finely chopped and toasted
 1 whole egg
 2 egg whites
 1 tbsp / 15 mL olive oil
 3 garlic cloves, minced
 1 cup / 155 g yellow onion, diced
 1 cup / 100 g diced celery
 1 cup / 50 g shredded carrot
 1 small apple, peeled and chopped
 ½ cup / 40 g quick cooking oats
 ½ cup / 50 g almond flour
 ¾ tsp / 4 mL dried thyme
 1 tsp / 5 mL salt
 Fresh ground pepper, to taste

For the Maple Apple Glaze:

½ cup / 120 g ketchup
 4 tbsp / 60 mL pure maple syrup
 4 tbsp / 60 g unsweetened applesauce
 4 tbsp / 60 mL balsamic vinegar

METHOD

1. Preheat oven to 350 °F / 180 °C. In a large bowl, mash lentils slightly with a fork.
2. Using a sauté pan, toast walnuts over low heat until lightly toasted. Set aside.
3. Heat olive oil in a large skillet over medium heat. Sauté the garlic and onion for about 5 minutes. Season with salt. Add in diced celery, carrot and apple. Sauté until softened, about 5 minutes.
4. In a large mixing bowl combine lentils, eggs, oats, almond flour, thyme and onion mixture. Adjust seasonings to taste.
5. Line a loaf pan with parchment paper. Press mixture firmly into pan. Whisk glaze ingredients and then spread half on top of loaf. Bake for 40 – 50 minutes, uncovered. Edges will be lightly brown. Cool in pan for 10 minutes before transferring to a cooling rack. Serve with reserved glaze.

NUTRITION FACTS

PER SERVING (1 SLICE):

Calories	340
Carbohydrates	38 g
Fiber	9 g
Protein	12 g
Fat	16 g
Saturated Fat	2 g
Polyunsaturated Fat	9 g
Monounsaturated Fat	3 g
Sodium	592 mg
Heart-Healthy Nutrients	Vitamin A, Vitamin C, Magnesium, Zinc



Mango Turkey Sliders

INGREDIENTS

Makes 28 – 32 sliders

1½ cups / 250 g fresh/frozen chopped mango
 2 tsp / 10 mL toasted sesame oil
 1 tbsp / 15 mL reduced-sodium soy sauce
 1 tbsp / 10 g grated lemon zest
 1 tbsp / 10 g grated ginger root
 3 lbs / ~ 1½ kg lean ground turkey
 1 cup / 90 g dry unseasoned bread crumbs
 ½ cup / 65 g green onions, sliced
 ¼ cup / 10 g fresh cilantro, chopped
 2 eggs
 1 tsp / 5 mL salt
 ½ tsp / 2½ mL freshly ground black pepper
 Whole-grain slider burger buns

NUTRITION FACTS

PER SERVING (1 SLIDER):

Calories	176
Carbohydrates	22 g
Fiber	1 g
Protein	12 g
Fat	5 g
Saturated Fat	1 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	1 g
Sodium	278 mg
Heart-Healthy Nutrients	Vitamin A, Vitamin C

METHOD

1. Preheat oven to 400 °F / 200 °C.
2. Process mango in blender into a smooth puree.
3. Combine mango puree, sesame oil, soy sauce, lemon zest and ginger root in a bowl. Mix well and set aside.
4. In a large bowl, combine ground turkey, bread crumbs, green onions, cilantro, egg, salt, pepper and ½ cup / 50 g of the mango sauce.
5. Mix gently using your hands, then form mixture into patties.
6. Place patties on trays lined with baking paper and bake for 15 minutes.
7. After 15 minutes, remove burgers from oven and brush with remaining mango sauce. Broil burgers for 2 – 3 minutes longer to caramelize.
8. Serve burgers on lightly toasted buns with cabbage slaw, sliced tomatoes, avocado, lettuce or any of your favorite burger toppings.



Roasted Chickpeas 3 Ways

INGREDIENTS

Makes 24 servings

Turn up the Heat:

- 2 (15 oz / 375 g) cans garbanzo beans, drained and rinsed
- 3 tbsp / 45 mL grapeseed oil
- 1 tsp / 5 mL cayenne pepper
- 1½ tsp / 7½ mL cumin
- 1 tsp / 5 mL turmeric
- 1 tsp / 5 mL ground ginger
- 1 tsp / 5 mL sea salt

Spicy Barbecue:

- 2 (15 oz / 375 g) cans garbanzo beans, drained and rinsed
- 3 tbsp / 45 mL grapeseed oil
- 1 tsp / 5 mL sea salt
- 2 tbsp / 25 g brown sugar
- 2 tbsp / 30 mL lime juice
- 1 tbsp / 15 mL smoked paprika
- 2 tbsp / 15 mL garlic powder
- 2 tbsp / 2 g cilantro, finely chopped

METHOD

1. Preheat oven to 425 °F / 220 °C. Rinse chickpeas under water using a strainer. Using a large kitchen towel, rub the chick peas until mostly dry, removing any loose skins.
2. Pour dried chickpeas onto rimmed baking sheets and roast for 10 minutes. After 10 minutes, remove pan from oven and toss chickpeas. Roast for another 10 minutes and test for doneness. You want them to be crispy on the outside and soft on the inside.

NUTRITION FACTS

PER SERVING (ABOUT ½ CUP / 100 G):

Calories	165
Carbohydrates	27 g
Fiber	7 g
Protein	6.5 g
Fat	5 g
Saturated Fat	0.5 g
Polyunsaturated Fat	3 g
Monounsaturated Fat	1 g
Sodium	565 mg
Heart-Healthy Nutrients	Folate, Manganese, Potassium

Curry It Up:

- 2 (15 oz / 375 g) cans garbanzo beans, drained and rinsed
- 3 tbsp / 45 mL grapeseed oil
- 2 tsp / 10 mL paprika
- 2 tsp / 10 mL ground cumin
- 1 tbsp / 15 mL curry powder
- 1 tsp / 5 mL sea salt
- 2 tbsp / 30 mL lemon zest
- 2 tbsp / 6 g fresh rosemary, finely chopped
- 1 tbsp / 5 g fresh thyme, finely chopped

3. While chickpeas are roasting, place the ingredients for each batch of chick peas into three separate bowls. Test for seasoning. When chickpeas are done, place equal amounts of chick peas into each bowl and toss them into the mixture until well coated.
4. Return to the baking sheets and roast for another 5 – 10 minutes.
5. Remove from oven, let cool for 2 – 3 minutes before serving. Store in an airtight container for up to one week.



Chocolate Quinoa Snack Balls

INGREDIENTS

Serves 20

- 2 cups / 370 g cooked quinoa
- $\frac{2}{3}$ cup / 90 g sunflower seeds
- 2 cups / 310 g quick cooking oats
- $\frac{2}{3}$ cup / 115 g raisins
- $\frac{1}{2}$ cup / 40 g unsweetened coconut
- $\frac{1}{2}$ cup / 120 mL real maple syrup
- 2 tsp / 10 mL vanilla extract
- 4 tbsp / 60 g almond butter
- 1 cup / 170 g dark chocolate chips
- $\frac{1}{2}$ tsp / $2\frac{1}{2}$ mL sea salt, or more to taste

NUTRITION FACTS

PER SERVING (2 BALLS):

Calories	210
Carbohydrates	32 g
Fiber	4 g
Protein	5 g
Fat	8 g
Saturated Fat	2 g
Polyunsaturated Fat	2 g
Monounsaturated Fat	1 g
Sodium	66 mg
Heart-Healthy Nutrients	Vitamin E, Iron, Manganese

METHOD

1. In a large bowl, combine cooled quinoa, sunflower seeds, oats, dried fruit and unsweetened coconut. Mix well.
2. Add maple syrup, vanilla extract and almond butter to bowl, mix again until well combined. Stir in dark chocolate chips and sea salt.
3. Using wet hands, gently roll mixture into golf ball-sized balls. Let chill for 2 hours before eating. Store in fridge.

COOKING TIPS

- Substitute dried cherries, goji berries or raisins for raisins.
- Use peanut butter instead of almond butter.
- Use ground flax seed instead of sunflower seeds.



Strawberry-Ginger Chia Pudding

INGREDIENTS

Serves 20

- 4 containers fresh strawberries, hulled
- 3 (13½ oz) cans/400 mL lite coconut milk
- ¼ cup / 60 mL honey, or to taste
- 3 tbsp / 45 mL vanilla extract
- 2-inch / 5 cm piece ginger, grated
- 3 bananas
- 3 tbsp / 45 mL lime juice
- 1½ cups / 260 g chia seeds

NUTRITION FACTS

PER SERVING (ABOUT 1 CUP / 250 G):

Calories	160
Carbohydrates	16 g
Fiber	7 g
Protein	5 g
Fat	7 g
Saturated Fat	3 g
Polyunsaturated Fat	3 g
Monounsaturated Fat	1 g
Sodium	1 mg
Potassium	202 mg
Heart-Healthy Nutrients	Vitamin C, Calcium, Iron, Magnesium

METHOD

1. Working in two batches, place half the chia seeds, strawberries, ginger, coconut milk, honey, vanilla, banana and lime juice in a blender and blend until well incorporated. Scrape chia seeds off the sides of the blender once during blending. Taste and add more honey, if desired. Repeat with remaining ingredients.
2. Place pudding into a large bowl, cover and refrigerate overnight. Stir the pudding before serving. If the pudding is too thick when serving, whisk in some coconut milk.

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