

# FOOD+FAMILY

Easy meals, nutrition, news + tips

## Rise and shine

They say breakfast is the most important meal of the day, so why not serve up something extra special? From sprouted-grain bread to superfood smoothies, these yummy breakfast staples get the day started right.

**TIP: LOW-SUGAR, PROTEIN-RICH FOODS WILL KEEP THEM FUELLED UNTIL LUNCHTIME.**



1. CROFTER'S JUST FRUIT SPREAD ORGANIC WILD BLUEBERRY, \$5, WELL.CA 2. THE A2 MILK COMPANY 2% PARTLY SKIMMED MILK, \$6, SOBEYS.COM 3. STONEMILL BAKEHOUSE HONEST WELLNESS PLANT-BASED PROTEIN BREAD WITH 11 WHOLE GRAINS, \$4, WALMART.CA 4. SILVER HILLS ORGANIC SPROUTED POWER MULTIGRAIN, \$5, LOBLAWS.CA 5. GOOD DEE'S BLUEBERRY PANCAKE MIX, \$16, SWITCHGROCERY.COM 6. EVIVE SMOOTHIE CUBES TOUK-TOUK, \$11, FORTINOS.CA 7. LA PRESSERIE COLD PRESSED PINK LEMONADE, \$30/PACK OF 6 BOTTLES, LAPRESSERIE.CA 8. NATURE'S PATH ENVIROKIDZ ORGANIC TURTLE SPLASH CEREAL, \$5, LOBLAWS.CA

# THREE WAYS WITH QUINOA

This small but mighty seed is going to be your new favourite pantry staple. Because it's flavourless, kids love it and you can use it to make sweet breakfasts or savoury lunches and dinners packed with protein, iron and amino acids.

## 1 OVERNIGHT MAPLE-ALMOND QUINOA OATS

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## COOKING QUINOA

PREP 5 MIN  
TOTAL 15 MIN

1 cup quinoa, rinsed  
and drained (180 g)

**1.** Combine quinoa with 6 cups water in a pot. Set over medium-high. Bring to a boil, then reduce heat to medium. Gently boil until quinoa has sprouted, about 10 min for white quinoa. For tricoloured, red and black quinoa, cook an additional 5 to 7 min.

**2.** Drain quinoa through a sieve and rinse with warm tap water. Use in recipe or transfer to a resealable container. Cover and refrigerate for up to 3 days or freeze for up to 1 month.

**MAKES 3 CUPS**

### Kitchen tip:

Halve or double recipe as needed. One cup uncooked quinoa will yield 3 cups packed cooked quinoa.



**KITCHEN TIP**

If you would prefer not to roll sushi, you can serve this as a bowl. Cut nori sheets into thin strips. Divide quinoa mixture among four bowls, then top with nori, avocado, cucumbers, carrots and pickled ginger. Drizzle soy sauce overtop.

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**QUINOA  
SUSHI**  
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**QUINOA-STUFFED  
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## OVERNIGHT MAPLE-ALMOND QUINOA OATS



PREP 5 MIN TOTAL 5 MIN  
PLUS OVERNIGHT SOAKING

- ¾ cup unsweetened almond milk
- ½ cup cooked quinoa
- ¼ cup quick-cooking rolled oats
- 1 tbsp chia seeds
- 2 tsp maple syrup
- 2 tsp almond butter (optional)
- ¼ tsp vanilla (optional)

### TOPPINGS

- raspberries
- blueberries
- sliced strawberries
- toasted sliced almonds

1. Whisk almond milk with quinoa, oats, chia seeds, maple syrup, almond butter and vanilla (if using) in a medium bowl. Cover and refrigerate overnight.
2. Serve cold, or warm by microwaving in a microwave-safe bowl for about 1 min. Top with berries and nuts before serving.

**MAKES 1 SERVING** PER SERVING: CALORIES 280, PROTEIN 9 G, CARBS 44 G, FAT 8 G, FIBRE 8 G, IRON 3.5 MG, SODIUM 150 MG

2

## QUINOA SUSHI



PREP 25 MIN TOTAL 25 MIN

- 3 cups cooked quinoa
- ½ cup vegan mayo, such as Hellman's
- 2 tbsp seasoned rice vinegar
- 4 sheets nori (seaweed)
- ¼ cup vegan caviar, such as Ikea Sjörapport (optional)
- 1 ripe avocado, thinly sliced
- 1 red bell pepper, thinly sliced
- 2 mini cucumbers, quartered lengthwise
- 1 cup matchstick carrots
- low-sodium soy sauce (optional)
- pickled ginger (optional)

1. Combine quinoa with mayo and vinegar in a large bowl.
2. To assemble rolls, lay out bamboo mat so the sticks are parallel to you. Place a piece of plastic wrap overtop. Lay one nori sheet, shiny side down, on plastic wrap. Spread ¾ cup of quinoa mixture over sheet to the edges, leaving a 1-in. nori border at the top.
3. Spoon 1 tbsp caviar (if using) in a horizontal line in centre of quinoa. Arrange a row of avocado slices over caviar, followed by peppers, cucumbers and carrots.
4. Roll, lifting the bamboo edge closest to you up and over the filling in the centre. Gently squeeze the sushi and tuck the seaweed edge slightly into the filling to form a tight roll. Dab the top border with water, then continue rolling the sushi upward.
5. Cut rolls into 8 slices and serve with soy sauce and pickled ginger, if desired.

**MAKES 4 SERVINGS** PER SERVING: CALORIES 400, PROTEIN 8 G, CARBS 42 G, FAT 24 G, FIBRE 9 G, IRON 2.5 MG, SODIUM 290 MG.

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## QUINOA-STUFFED PEPPERS



PREP 15 MIN TOTAL 35 MIN

- 2 large red, orange or yellow bell peppers
- 2 tbsp canola oil
- 1 cup chunky mild or medium salsa
- 1 cup cooked quinoa
- 398-mL can low-sodium black beans, drained and rinsed
- ¾ cup frozen corn kernels
- 2 tsp Tex-Mex seasoning, such as Clubhouse
- 1 ripe avocado, thinly sliced
- ½ cup chopped cilantro

1. Position rack in centre of oven, then preheat broiler.
2. Cut peppers in half lengthwise. Remove seeds and membranes. Rub inside and outside of peppers with oil, then place cut-side down in an 8 x 8-in. baking dish. Broil, flipping halfway, until lightly charred and softened, 8 to 10 min. Remove dish from oven. Preheat oven to 400F.
3. Stir salsa with quinoa, beans, corn and seasoning in a large bowl. Season with black pepper. Divide quinoa mixture among cavities of peppers.
4. Bake until peppers are fork tender, 10 to 15 min.
5. Serve peppers topped with avocado and cilantro. Serve with more salsa, if desired.

**MAKES 4 SERVINGS** PER SERVING: CALORIES 370, PROTEIN 12 G, CARBS 49 G, FAT 16 G, FIBRE 16 G, IRON 4 MG, SODIUM 680 MG

# Veggie session

Simple kitchen tasks can build kids' confidence and food knowledge and make them more likely to try new things. Here's how to get your little sous chef cooking.

BY SIMONE OLIVERO PHOTOGRAPHY BY CARMEN CHEUNG

COOKING TOGETHER IS A GREAT WAY TO BOND AS A FAMILY. BONUS: YOU'LL HAVE SOMETHING YUMMY TO EAT FOR DINNER THAT EVERYONE CAN BE PROUD OF.



# Put them to work!

Keep little hands busy with these kid-friendly tasks.

### Mash

Kids are often stronger than they look. Harness that power for your potatoes and get them mashing. Choose a masher with a sturdy handle and ensure potatoes are cooled and contained in a bowl with a rubber or silicone base to prevent it from slipping on the counter.

### Scrub

Kids aren't known for their love of cleaning, but most little ones enjoy the task of scrubbing potatoes or beets (for a few minutes, anyway).

### Chop

Hard plastic knives with blunt tips, serrated edges and rubber grip handles are perfect for newly minted chefs and will help kids cut food with confidence.

### Grate

Worried about grating hands along with the cheese? A rotary grater—the kind with the spinning handle that you often see at restaurants—will help ease the stress.

### Juice

Why squeeze a lemon when you can use a citrus juicer? This is an ideal job for younger helpers who may not be ready to tackle more fine motor-skilled tasks like chopping and grating.

### Peel

A peeler with a learning ring (your kid slips their finger in there) ensures the proper holding and pulling technique that is crucial for perfectly peeled carrots.

### Mix and measure

Let your master chef take the reins when measuring out dry ingredients. It will reinforce fractions and open up interesting conversations, like the difference between baking soda and baking powder.

### Watch the time

Cooking requires a degree of precision. Teach them about numbers, timing and patience (!) with a wind-up timer.



TACKLE RECIPES AS A TEAM WITH EACH MEMBER TAKING ON A ROLE—PEELER, CHOPPER, STIR-FRYER. THE MEAL WILL COME TOGETHER FAST AND EVERYONE WILL FEEL LIKE THEY'VE CONTRIBUTED.

TALK ABOUT THE MEAL WHILE YOU PREP AND COOK. ENCOURAGE THEM TO TRY OUT A RAW VEGGIE OR DIP A FINGER IN THE SAUCE TO SEE WHAT THEY THINK OF THE FLAVOURS.

A HEAVY CUTTING BOARD OR ONE WITH GRIPS PREVENTS SHIFTING WHEN CHOPPING.



SHOW THEM HOW TO PEEL AWAY FROM THEIR BODY TO AVOID CUTS.



## TOOLS OF THE TRADE

7 KID-FRIENDLY GADGETS TO GET YOUR MINI SOUS CHEF READY TO START COOKING

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**NEST MEASURING CUP AND SPOON SET**  
\$17, NEATSPACE.CA
- 

**OPINEL LE PETIT CHEF KITCHEN VEGETABLE PEELER**  
\$31, FRUUGO.CA
- 

**JOIE UPTOWN WAVY CHEESE KNIFE**  
\$4, KITCHENSTUFFPLUS.COM
- 

**SKIP HOP DOUBLE-UP STEP STOOL**  
\$26, SNUGGLEBUGZ.CA
- 

**KIKKERLAND KITCHEN TIMER PENGUIN**  
\$10, WELL.CA
- 

**LEEFE KIDS KNIFE SET WITH CUTTING BOARD**  
\$19, AMAZON.CA
- 

**JOIE MUSHROOM BRUSH AND VEGGIE SCRUBBER**  
\$18, AMAZON.CA