



Next are some of Flight Centre Canada's **hard working parent's favourite recipes!**

**Thanks to all that contributed.**

If you guys can do it, it gives us all hope that we can have a balance, come to work & get dinner on the table for the little ones. If you have any favourite recipes please email [anna.fisher@healthwiseglobal.ca](mailto:anna.fisher@healthwiseglobal.ca) and we will add them to our third edition.



## Mini Quiches

These little quiches are awesome for breakfast on the go or to pop in a lunchbox. They are super easy to make, fast - and you can basically use any combo of flavours... ham & swiss, mushroom & cheddar, Spinach with goat cheese and tomato. I like them because you can make a batch or two in 30 mins or less and freeze them, reheat in microwave or oven for when you're short on time. Plus they also taste good cold!!!

### INGREDIENTS

- + 2 sheets frozen puff pastry, defrosted
- + 1 small zucchini, grated
- + 80g ham, diced
- + 1/2 cup (40g) tasty cheese, grated
- + 4 eggs
- + 1/2 cup (125ml) milk

### DIRECTIONS

1. Preheat oven to 210°C (190°C fan-forced).
2. Using a round cutter with an 8cm diameter, cut 9 circles from each sheet of pastry. Press them gently into the rounds of a patty-pan tray. (You will either need two trays or to do this in two batches).
3. Distribute the zucchini, ham and cheese evenly into each pastry case. Whisk eggs and milk in a jug and gently fill the pastry cases. Bake for 14 minutes until puffed and golden.

**Yolanda Moran - VP Leadership Development the Americas**

**It's all about balance.**

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4 SERVINGS

READY IN  
15  
MINS

## Nice & Easy One-Pot Macaroni & Cheese

What's better than a bowl of macaroni and cheese? One that's made with the goodness of milk, the zip of Canadian old Cheddar and all in one pot! This lightened-up version of our 1995 recipe is sure to become an instant classic

### INGREDIENTS

- + 8 oz (250 g) elbow macaroni or 2 cups(500 mL) small pasta shells
- + 2 cups (500 mL) Canadian old, shredded or extra-old Cheddar cheese
- + 1 1/2 cups (375 mL) milk
- + 2 tbsp (30 mL) all-purpose flour
- + 1/2 tsp (2 mL) dry mustard or Dijon mustard
- + 1/4 tsp (1 mL) pepper
- + Pinch nutmeg, ground
- + (optional) Hot pepper sauce
- + (optional) Additional shredded Canadian old, or extra-old Cheddar cheese

### DIRECTIONS

1. In a large pot of boiling, salted water, cook pasta according to package directions until just tender but firm (al dente).
2. Meanwhile, in a blender or food processor (or in a tall container using an immersion blender) combine cheese, milk, flour, mustard, pepper and nutmeg. Process until blended and fairly smooth.

3. When pasta is ready, drain well and return to the pot. Add cheese mixture. Cook over medium heat, stirring constantly, for about 5 min or until sauce is creamy, smooth and thick. Season to taste hot pepper sauce, if desired. Garnish with extra cheddar cheese, if desired. Serve immediately.

### TIPS

Tip for Kids: This is a terrific recipe to introduce whole wheat pasta or one made with vegetables to your kids. Mix a small amount of the different pasta in with regular pasta to start and gradually increase the proportion each time you make it until your family is accustomed to all whole wheat or vegetable pasta.

Add 1/4 cup (50 mL) chopped sun-dried tomatoes when you pour cheese sauce into cooked macaroni. Add 1/4 cup (50 mL) chopped fresh basil just before serving. Replace 1/2 cup (125 mL) of the Canadian old or extra-old Cheddar cheese with Canadian Asiago or aged Provolone cheese

**Jennifer Cairns - ATL Stage & Screen**

**It's all about balance.**

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**8 SERVINGS**

## Baked Chicken Parmesan

We all love this dish in my home, it's perfect for a weeknight yet good enough to serve to company. This is also how I bake my chicken cutlets if you want it without the cheese and sauce. Kid friendly and delicious, make this tonight!!

An Italian classic, lightened up. Baking the cutlet as opposed to frying really lightens this dish up while remaining moist and full of flavor. Serve this over pasta or with a large salad to keep it on the lighter side.

### INGREDIENTS

- + 4 (about 8 oz each) chicken breast, fat trimmed, sliced in half to make 8
  - + 3/4 cup seasoned breadcrumbs (I used whole wheat)
  - + 1/4 cup grated Parmesan cheese
  - + 2 tbsp butter, melted (or olive oil)
  - + 3/4 cup reduced fat mozzarella cheese (I used Polly-o)
  - + 1 cup marinara or Filetto di Pomodoro
  - + cooking spray
3. Lightly spray a little more oil on top and bake in the oven for 25 minutes.
  4. Remove from oven, spoon 1 tbsp sauce over each piece of chicken and top each with 1 1/2 tbsp of shredded mozzarella cheese.
  5. Bake 5 more minutes or until cheese is melted.

### DIRECTIONS

1. Preheat oven to 450°. Spray a large baking sheet lightly with spray.
2. Combine breadcrumbs and parmesan cheese in a bowl. Melt the butter in another bowl. Lightly brush the butter onto the chicken, then dip into breadcrumb mixture. Place on baking sheet and repeat with the remaining chicken.

**Michelle Docherty - The Learning Centre**  
**Assistant Team Leader**



## Cheeseburger Quinoa Bake

This one is hella good! Even my picky eaters like this. Serve with a side of ketchup of course.

### INGREDIENTS

- + 1 cup quinoa, rinsed and drained
- + 1 1/2 cups low-sodium beef broth (Low-sodium chicken broth or water will also work.)
- + 1/3 cup whole-wheat panko breadcrumbs
- + 2 teaspoons sesame seeds (optional)
- + 1 teaspoon smoked paprika, divided
- + 1 tablespoon extra-virgin olive oil
- + 1 medium yellow onion, finely chopped
- + 2 garlic cloves, minced
- + 1 pound 90% lean ground beef

- + 1 1/4 teaspoons kosher salt
- + 3/4 teaspoon coarse black pepper
- + 3 tablespoons tomato paste
- + 2 tablespoons Dijon mustard
- + 2 tablespoons Worcestershire sauce
- + 1 14.5-ounce can diced tomatoes
- + 1 1/4 cups grated sharp cheddar cheese, divided
- + For serving: (optional)
- + 1 cup chopped hearts of romaine or iceberg lettuce
- + 1/2 cup finely chopped bread-and-butter pickles

### DIRECTIONS

1. Combine the quinoa and beef broth in a small saucepan and bring to a boil. Lower to a simmer, cover the saucepan with a lid, and cook for 14 minutes, or until all of the liquid has been absorbed. Let the quinoa rest, covered, for 5 minutes, then fluff with a fork.
2. Pre-heat the oven to 375 degrees.
3. In a small bowl, combine the Panko, sesame seeds and 1/2 teaspoon of the smoked paprika. Set aside.
4. Heat the olive oil in a large, 12-inch ovenproof skillet (I don't have one of these so just mix everything up and throw it in a casserole oven safe dish before baking it) over medium heat. When the oil is hot and shimmering, add the onion and garlic, and cook for 4-5 minutes or until the onion is soft and translucent. Add the beef, salt, pepper, and remaining 1/2 teaspoon of smoked paprika to the skillet. Cook for about 7 minutes, stirring and breaking up the meat into small pieces with a spatula, until no longer pink. Stir in the tomato paste, mustard and Worcestershire and cook for 3 more minutes, then stir in the diced tomatoes.
5. Turn off the heat and fold in the cooked quinoa and 1/2 cup of the cheese. Smooth the top of the filling with a spatula. Add the remaining cheese in an even layer and sprinkle with the panko mix. Bake for 25 minutes until the cheese has melted and the topping is lightly browned.
6. Let your kickass quinoa bake rest for 10 minutes. (Trust me, it will be scary hot.) Serve topped with chopped lettuce and pickles.

**Anna Fisher - Healthwise Canada**



## Vegetarian Tofu Cashew Coconut Curry

### INGREDIENTS

- + 1 tablespoon virgin coconut oil
- + 3 cloves garlic, minced
- + 1 tablespoon freshly grated ginger
- + 1 jalapeño, diced (optional based on age of the kids)
- + 1 medium sweet potato, diced into 1 inch cubes
- + 1/2 head of cauliflower, cut into small florets (about 2-3 cups)
- + 1 bell yellow or orange pepper, diced
- + 2 carrots, thinly diced or chopped
- + 2 tablespoons curry powder
- + 1/2 teaspoon turmeric
- + 1/2 teaspoon cumin
- + 1/8 teaspoon ground cinnamon
- + 1/2 teaspoon salt
- + 1 (15 oz) can lite coconut milk
- + 1/2 cup tomato sauce
- + 1/2 cup vegetarian broth
- + 1/4 cup roasted cashews, ground
- + 1 package firm or extra firm tofu, cubed
- + To garnish: Cilantro and extra cashews

### DIRECTIONS

1. Add coconut oil to a large pot and place over medium high heat. Add in garlic, ginger, jalapeno, sweet potato, cauliflower, bell pepper, and carrots. Saute for 10 minutes, stirring frequently, until carrots start to soften.
2. Next stir in curry powder, turmeric, cumin, cinnamon and salt. Add in coconut milk, tomato sauce, vegetarian broth and ground cashews. Stir until smooth. Gently add in tofu and stir. Simmer on low heat for 20 minutes or until sweet potatoes and carrots are fork tender. Serve immediately with cilantro.

**Dewald Oosthuizen - Leadership and Business Management Developer**



## One Pot Mexican Quinoa

### INGREDIENTS

- + 1 tablespoon olive oil
- + 2 cloves garlic, minced
- + 1 jalapeño, minced
- + 1 cup quinoa
- + 1 cup vegetable broth
- + 1 (15-ounce) can black beans, drained and rinsed
- + 1 (14.5 oz) can fire-roasted diced tomatoes
- + 1 cup corn kernels, frozen, canned or roasted
- + 1 teaspoon chili powder
- + 1/2 teaspoon cumin
- + Kosher salt and freshly ground black pepper, to taste
- + 1 avocado, halved, seeded, peeled and diced
- + Juice of 1 lime
- + 2 tablespoons chopped fresh cilantro leaves

### DIRECTIONS

1. Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeno, and cook, stirring frequently, until fragrant, about 1 minute.
2. Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder and cumin; season with salt and pepper, to taste. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. Stir in avocado, lime juice and cilantro.
3. Serve immediately.

Iza Cierpik - Transformational Change Canada Team



## Little Ghosts

Poppy loves these - and I make them for the daycare as well and they call them "Little Ghosts"

If I'm felling particularly super-mom-pinteresty, I sprinkle poppy seeds on top in the shapes of numbers, letters, smileys etc. Best part, you don't really need to measure it and you can freeze them and then just pop them straight into the oven for 40 minutes and ta-da! Dinner on a Tuesday when I can't be arsed.

### INGREDIENTS

- + 250gms ish of frozen spinach, defrosted and all the water squeezed out
- + 500gms ish of ricotta
- + Filo pastry
- + 1 egg yolk (or milk)
- + Sal and pepper
- + (Optional) poppy or sesame seeds (or paprika, or chili flakes, etc)

### DIRECTIONS

1. In a bowl, mix together the spinach, ricotta, salt and pepper.
2. Spoon blobs of the mixture into the filo pastry and fold into squares, triangles, rolls, circles, whatever shape you like.
3. Beat the egg yolk and brush over the shapes, topping with the seeds.
4. Cook in a 180°C oven for 20-25 minutes, or until slightly browned.

Amara White - Corporate Peopleworks



## Pasta with 15-min burst cherry tomato sauce

### INGREDIENTS

- + 1 pound pasta
- + Salt
- + 1/2 cup olive oil
- + 2 large garlic cloves, finely chopped
- + 3 pints cherry tomatoes ( I love the different colored cherry tomatoes)
- + 1/2 teaspoon freshly ground black pepper or just pepper
- + 1 cup coarsely chopped fresh basil
- + Freshly grated Parmesan (for serving)
- + Add ground beef or turkey if you want to add a little more protein into the dish

### DIRECTIONS

1. Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente; drain and transfer to a large bowl.
2. Meanwhile, heat oil in a 12" skillet or wide heavy saucepan over medium-high. Add garlic, then tomatoes, pepper, sugar, and 1 tsp. salt. Cook, stirring occasionally, until tomatoes burst and release their juices to form a sauce, 6-8 minutes.
3. Toss pasta with tomato sauce and basil. Top with Parmesan.

**Tammy Asis - Leadership and Business Management Developer**



## Zucchini Boats

Take a zucchini & slice it lengthwise in half. Scoop out the soft bits (seeds in the middle).

In a pan, fry the mush (middle of the zucchini), an onion, chopped tomato, salt & pepper. Cook it up & put it back in the zucchini. Add some mozzarella to the the top & bake it in the oven at 370 degrees for 20 minutes (or until soft & cheese is melted).

**Dewald Oosthuizen - Leadership and Business Management Developer**



12 SERVINGS

## Quick salmon patties

These salmon patties are really quick to make and are made from staples already in your pantry. Suitable for kids of all ages, these patties are the perfect dinner when you are short on time. Serve with rice and a salad.

### INGREDIENTS

- + 1 onion
- + 415g can of salmon in springwater (or fresh salmon)
- + 2 1/2 cups wholegrain breadcrumbs
- + 2 eggs, lightly beaten
- + salt and pepper to taste
- + 4 tbsp cilantro, chopped finely (kids may not like this so can substitute parsley)
- + oil for frying

### DIRECTIONS

1. Fry onion in a little oil, allow to cool.
2. Mix with salmon and 1 1/2 cups breadcrumbs, eggs, salt, pepper and parsley.
3. Shape into patties and coat in remaining breadcrumbs.
4. Fry in oil.

**Anna Fisher - Healthwise Canada**



## Corn and Zucchini Salad with Feta

### INGREDIENTS

- + 4 ears of corn, husked (can use can corn)
- + Kosher salt
- + 4 small zucchini (about 1 1/2 pounds), thinly sliced lengthwise on a mandoline
- + 8-10 zucchini blossoms, torn into large pieces (optional)
- + 1/4 cup coarsely chopped fresh basil
- + 1/4 cup coarsely chopped fresh flat-leaf parsley
- + 1/3 cup olive oil
- + 1/4 cup white wine vinegar
- + 1/2 teaspoon crushed red pepper flakes
- + Freshly ground black pepper
- + 4 ounces feta, crumbled (about 1 cup)

### DIRECTIONS

1. Cook corn in a large pot of boiling salted water until bright yellow and tender, about 3 minutes; transfer to a plate and let cool.
2. Cut kernels from cobs and place in a large bowl. Add zucchini, zucchini blossoms (if using), basil, parsley, oil, vinegar, and red pepper flakes and toss to combine; season with salt and pepper. Serve topped with feta.
3. Do ahead: Corn can be cooked 1 day ahead. Cut kernels from cobs; cover and chill. Bring to room temperature before using.

**Nealy Kernighan - Recruitment Canada TL**



## dessert CHOICES

**DESSERT** - let's not forget it! We are sure your kids won't! Dessert doesn't have to be laden with sugar that will make your kids restless when they should be settling down. It doesn't have to mean chocolate biscuits or bowls full of ice cream, and if your kids eat well during the day they shouldn't really crave these foods. Try some natural yogurt with a bit of fresh fruit and cinnamon, or maybe one of these delicious dessert recipes.



## Sugar Free, Vegan Chocolate Mousse

### INGREDIENTS

- + 2 large avocados
- + 1/2 cup agave or maple syrup
- + 1/2 cup Dutch processed cocoa powder
- + 3 T coconut oil
- + 1/4 T salt

### DIRECTIONS

1. Blend all ingredients in a food processor.
2. Enjoy as is, or refrigerate overnight

**Amara White - Corporate Peopleworks**



## Sugar free, vegan Chocolate "Ice-cream"

### INGREDIENTS

- + 2 Frozen Bananas
- + 1/2 C Dutch process cocoa powder

### DIRECTIONS

1. Put them in a food processor and blend until creamy. Poppy eats this like she's never going to eat again her life. You don't need any sweetener as the bananas are so sweet. But you can add a bit of maple syrup if you like.

**Amara White - Corporate Peopleworks**



## Yogurt Dots

The perfect summer treat for tiny fingies!

Fill a plastic zip bag or piping bag with your Little One's fave yogurt flavor.

(If you prefer plain yogurt, making a few batches with food colouring makes them look super cute, or if you want to keep it natural like I do, colour yogurt with beet or blueberry juice.)

Snip the corner of the bag off to create a hole approximately 1/2 inch in diameter.

Pipe small one inch dabs of yogurt in rows on a parchment paper-lined baking sheet. Place in freezer for 2-4 hours.

**Alyssa Daniels - Copywriter - Web Dev Team**



## No-bake energy bites

These delicious little no bake energy bites are the perfect healthy snack!

### INGREDIENTS

- + 1 cup (dry) oatmeal (I used old-fashioned oats)
- + 2/3 cup toasted coconut flakes
- + 1/2 cup peanut butter
- + 1/2 cup ground flax seeds
- + 1/2 cup semisweet chocolate chips (or vegan chocolate chips)
- + 1/3 cup honey or agave nectar
- + 1 tablespoon chia seeds (optional)
- + 1 teaspoon vanilla extract

### DIRECTIONS

1. Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and let chill in the refrigerator for half an hour.\*
2. Once chilled, roll into balls of whatever size you would like. (Mine were about 1.5 in diameter.) Store in an airtight container and keep refrigerated for up to 1 week.
3. Makes about 20-25 balls.

**Nearly Kernoghan - TL Recruitment Canada**



## Healthy Banana Bread

This healthier version of banana bread is something I make every few weeks – for real. I LOVE THIS RECIPE! It's a great addition to the kid's lunch ...easy for them to snack on but not filled with 'crap'.

Once I've baked and cooled the loaf, I slice it and freeze it in individual snack bags...pull out a single slice at night when I'm making Austin's lunch and it's thawed by the time he's eating the next day at school. I also add in shredded zucchini sometimes for an extra dose of veg...or I add in some dark chocolate chips for a treat!

With this healthy banana bread recipe, you're only a few simple ingredients away from the best banana bread ever! It's made with whole wheat flour and naturally sweetened with honey or maple syrup. You can easily make this banana bread vegan or gluten free—check the recipe notes for details. Recipe yields 1 loaf.

### INGREDIENTS

- + 1/3 cup melted coconut oil or extra-virgin olive oil or high quality vegetable oil\*
- + 1/2 cup honey or maple syrup
- + 2 eggs
- + 1 cup mashed ripe bananas (about 2 1/2 medium or 2 large bananas)
- + 1/4 cup milk of choice or water
- + 1 teaspoon baking soda
- + 1 teaspoon vanilla extract
- + 1/2 teaspoon salt
- + 1/2 teaspoon ground cinnamon, plus more to swirl on top
- + 1 3/4 cups white whole wheat flour or regular whole wheat flour
- + (optional) 1/2 cup mix-ins like chopped walnuts or pecans, chocolate chips, raisins, chopped dried fruit, fresh banana slices...

### + DIRECTIONS

1. Preheat oven to 325 degrees Fahrenheit (165 degrees Celsius) and grease a 9x5-inch loaf pan.
2. In a large bowl, beat the oil and honey together together with a whisk. Add the eggs and beat well, then whisk in the mashed bananas and milk. (If your coconut oil solidifies on contact with cold ingredients, simply let the bowl rest in a warm place for a few minutes, like on top of your stove, or warm it for about 10 seconds in the microwave.)
3. Add the baking soda, vanilla, salt and cinnamon, and whisk to blend. Lastly, switch to a big spoon and stir in the flour, just until combined. Some lumps are ok! If you're adding any additional mix-ins, gently fold them in now.
4. Pour the batter into your greased loaf pan and sprinkle lightly with cinnamon. If you'd like a pretty swirled effect, run the tip of a knife across the batter in a zig-zag pattern.
5. Bake for 55 to 60 minutes, or until a toothpick inserted into the center comes out clean (typically, if I haven't added any mix-ins, my bread is done at 55 minutes; if I have added mix-ins, it needs closer to 60 minutes). Let the bread cool in the loaf pan for 10 minutes, then transfer it to a wire rack to cool for 20 minutes before slicing.

### NOTES

**STORAGE SUGGESTIONS:** This bread is moist, so it will keep for just two or three days at room temperature. Store it in the refrigerator for five to seven days, or in the freezer for up to three months or so. I like to slice the bread before freezing and defrost individual slices, either by letting them rest at room temperature or lightly toasting them.

**\*A NOTE ON OILS:** I love coconut oil here. I used unrefined coconut oil and really can't taste it in the final product. Olive oil will lend an herbal note to the bread, if you're into that. Vegetable oil has a neutral flavor, but the average vegetable/canola oil is highly processed, so I recommend using cold-pressed sunflower oil or grapeseed oil if possible.

**MAKE MUFFINS:** Basically, divide the batter into 11 muffin cups (greased or lined with muffin liners, if necessary) and bake at 325 degrees for 23 minutes or so.

**MAKE IT VEGAN:** Use maple syrup instead of honey, replace the eggs with flax eggs and choose non-dairy milk (I used almond milk) or water.

**MAKE IT DAIRY FREE:** Choose non-dairy milk (I used almond milk) or water.

**MAKE IT EGG FREE:** Replace the eggs with flax eggs.

**MAKE IT GLUTEN FREE:** Bob's Red Mill's gluten-free blend works well here.

**MAKE IT LOWER IN FAT:** I would argue that this bread contains a healthy amount of fat, but you can replace the oil with applesauce if you're following a low-fat diet.

**Yolanda Moran - VP Leadership Development  
the Americas**



18 CUPCAKES

## Green Monster Muffins

### NOTES

When you're ready to whip up these gems, have your blender ready. All the wet ingredients get pureed together, so you don't have to worry about mashing the banana or whisking the egg separately.

Then just pour the wet ingredients into a bowl of the dry ingredients, and fold them together gently. It's super quick and easy!

We like the flavor best when the muffins have had some time to cool. We store the leftovers in the refrigerator, where they have never lasted more than a couple of days!!

### INGREDIENTS

+ 18 standard - cupcake liners

### DRY INGREDIENTS:

- + 2 cup - flour, whole wheat
- + 1 1/2 teaspoon - cinnamon
- + 2 teaspoon - baking powder
- + 1/2 teaspoon - baking soda
- + 1/4 teaspoon - salt

### WET INGREDIENTS:

- + 3/4 cup - milk
- + 1/2 cup - honey
- + 1 large - banana
- + 6 ounce - spinach
- + 1/2 cup - butter, unsalted
- + 1 large - egg
- + 1 teaspoon - vanilla extract

### INSTRUCTIONS

1. Preheat oven to 350 F, and line a muffin pan with paper liners (or use silicone muffin cups sprayed with cooking spray).
2. Combine all dry ingredients in a large mixing bowl.
3. Melt butter. Blend the wet ingredients in a blender or food processor until completely pureed.
4. Pour the puree into the dry ingredient bowl, and fold together gently until just combined. (Do not over-mix.)
5. Spoon the batter into the muffin pan, and bake for 18-22 minutes, or until the muffins are firm to the touch on top, but not quite browning.
6. Cool most or all of the way before serving.

<http://www.superhealthykids.com/sweet-spinach-muffins/>

**Tanya Alders - Financial Analyst**



SOME OTHER READING & SITES  
THAT OUR FCTG MOMS & DADS  
RECOMMEND:

<https://www.dairygoodness.ca>

<http://www.superhealthykids.com/>

<http://cookieandkate.com/>

<http://www.kidspot.com.au/>

<http://www.skinnytaste.com/>

<http://domesticate-me.com/>

<http://www.ambitiouskitchen.com/>

<https://www.babble.com> - this one is good for kids with allergies

<http://www.jamieoliver.com/family/nutrition-top-tips/>

IF YOU HAVE ANY  
favourite, family friendly & healthy recipes  
that your family loves please send through to  
[anna.fisher@healthwiseglobal.ca](mailto:anna.fisher@healthwiseglobal.ca) to be  
included in our next edition.

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