

# Yummy School Lunches 101



Learn how to  
cook for your  
whole family.

Pack a lunch  
you and your  
parents will  
love!

Yummy  
Lunch  
Club





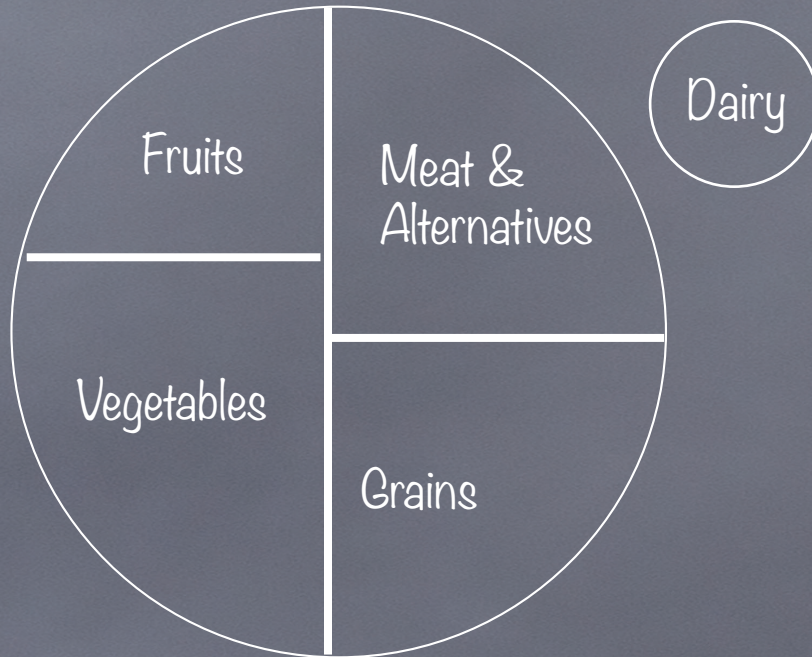
# Back to School Lunches 101: Recipes and More

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# FOOD GROUPS TO PACK IN YOUR LUNCH



## Food Safety

You can't see, taste, smell or feel bacteria, but millions live all around us. Some bacteria is good and some is really bad and can make people sick. Sometimes bad bacteria invades food products, kitchen surfaces, knives and other utensils. But you have the power to Fight back by using the four core practices for food safety:

**CLEAN**- Wash hands and surfaces often

**SEPARATE**- Don't cross-contaminate

**COOK**- Cook to the safe internal temperature


**CHILL**- Refrigerate promptly







## Italian Beef & Turkey Meatball Bombs

 30 minutes

 20 minutes

 24 meatball bombs

2 tbsp (25 mL) canola oil, divided  
1 cup (250 mL) diced onions  
1 cup (250 mL) diced mushrooms  
2 cloves garlic, minced  
1/4 tsp (1 mL) **each** salt and pepper  
1/2 lb (250 g) extra lean ground turkey  
1/2 lb (250 g) extra lean ground beef

1/4 cup (60 mL) chopped parsley  
1 cup (250 mL) pizza sauce  
12 oz (340 g) whole-wheat pizza dough  
1/2 cup (125 mL) shredded mozzarella cheese

### Let's Make Lunch!

Meatball Bombs  
Grape tomatoes and bocconcini kebabs  
Apple slices sprinkled with cinnamon  
Water

1. Preheat oven to 425°F (218°C). In a medium-sized skillet heat 1 tbsp (15 mL) canola oil over medium-high heat. Add onions, mushrooms, garlic, salt and pepper. Cook, stirring often for 5 minutes, set aside to cool. In a medium-sized bowl mix mushroom mixture together with turkey, beef and parsley. Take 2 tbsp (25 mL) of the meat mixture and roll into a ball. Repeat until the entire mixture has been used. Heat 1 tbsp (15 mL) canola oil in a large skillet over medium-high heat and brown meatballs on all sides, about 3 minutes. Pour pizza sauce over top and stir until meatballs are coated.

2. In a greased non-stick muffin pan, place about 2 tbsp (25 mL) of the pizza dough into each cup. Make a cut in the center, half way through the dough with scissors and press a meatball into the center of each pizza dough cup. Bake for 15 minutes, sprinkle each cup with cheese and bake for another 5 minutes. Enjoy hot or cold or freeze for up to three months. Remove from the freezer and microwave for 1 minute and 30 seconds or until heated through.



**Nutrition Facts per meatball bomb** : 75 calories; 6 g protein; 3 g fat; 8 g carbohydrate (1 g fibre; 1 g sugars; 0 g added sugars); 141 mg sodium






## Turkey Fajita Pocket Pops

 30 minutes

 20 minutes

 8 pocket pops

22 oz (750 g) whole-wheat pizza dough  
1/2 cup (125 mL) whole-wheat flour  
1/2 cup (125 mL) cornmeal  
2 tbsp (25 mL) canola oil, divided  
1 cup (250 mL) sliced onion  
1 cup (250 mL) sliced green peppers  
1/4 cup (60 mL) frozen corn

1/4 cup (60 mL) salsa  
2 tbsp (25 mL) taco seasoning  
1 cup (250 mL) cooked and shredded turkey breast  
1/2 cup (125 mL) shredded cheddar cheese  
1/2 cup (125 mL) sour cream  
1/4 cup (60 mL) sliced green onions

### Let's Make Lunch!

Turkey Fajita Pocket Pops  
Grated carrot-raisin-apple salad  
Sliced fruit with vanilla Greek yogurt dip  
Water

1. Preheat oven to 425°F (218°C). Knead together pizza dough, flour and cornmeal until just combined. Divide dough in half. On a floured surface, roll half of dough into a 10" x 20" rectangle. Cut into 8 smaller squares. Repeat with second half of dough to total 16 small squares.
2. Heat 1 tsp (5 mL) canola oil in a large skillet over medium-high heat. Add onions and green peppers and cook for 2 minutes. Stir in corn and cook for an additional 3 minutes. Stir in salsa, taco seasoning and turkey. Set aside to cool slightly.
3. Place 1/4 cup (60 mL) of the turkey mixture into the centre of one of the small rectangles and sprinkle with 1 tbsp (15 mL) of cheddar cheese. Place another rectangle on top and press to close on all sides with a fork. Place pocket pop on a large parchment-lined baking sheet, brush with the remaining canola oil and bake for 20 minutes. Enjoy immediately or store pocket pops in an airtight container in the fridge for 2 days or freeze for up to 3 months. To reheat from frozen, bake in a toaster oven for around 8 minutes or microwave for 2 minutes. Serve with sour cream and sliced green onions.



**Nutrition Facts per pocket pop:** 312 calories; 15 g protein; 5 g fat; 52 g carbohydrate (5 g fibre; 2 g sugars; 0 g added sugars); 572 mg sodium



# Ontario Apple Growers



## Nutritious and Fresh

There are a multitude of reasons why apples are a healthy eating choice. Apples are extremely high in pectin – a soluble fibre – and are packed with flavonoids such as quercetin. Flavonoids are compounds that help give the colorful pigment to fruits and vegetables and research suggest that they may assist with reducing the risk of heart disease, cancer, stroke, asthma, and Type-2 diabetes.

**Apple Lunch Tip:** Kids love fruit and they will eat more when it is cut up. Try apples in: mini pancakes, muffins, granola bars, sandwiches, wraps, chunky apple sauce and even soups.

## Varieties

The top seven varieties in Ontario (based on acreage planted) are McIntosh, Gala, Empire, Red Delicious, Northern Spy, Honeycrisp, and Ambrosia.

## Handling and storage

Look for firm apples that are well shaped and have smooth skin that is free of wrinkles and bruises. To keep the crunch in Ontario apples, store them in perforated plastic bags in your refrigerator crisper. Cold, humid storage ensures that apples maintain their crispness, juicy texture and full flavour.

## Beef

### Protein Packed

Packed with nutrients like iron, zinc, protein and B vitamins, beef is one powerful protein. Calorie for calorie, beef is a delicious way to meet your nutritional needs. And since it pairs up perfectly with traditional sides like vegetables and whole grains, beef makes it easy to have a balanced diet, in line with Canada's Food Guide.

One serving of beef (75g at 184 calories) has the same amount of protein as about 3.5 servings of almonds (104 almonds at 728 calories). Beef is very high in protein and protein helps build and repair body tissues, helps build antibodies and helps build strong muscles.

## ThinkBeef.ca

Thinkbeef.ca is dedicated to spreading the word about the taste, nutrition and goodness of beef!


- Cool recipes and blogs
- What's in a burger anyway
- How to eat well
- Videos and more







## Soft Apple Pie Breakfast Cookies

 15 minutes

 15 minutes

 18 cookies

2 cups (500 mL) quick-cooking rolled oats  
1 cup (250 mL) whole-wheat flour  
2 tsp (10 mL) ground cinnamon  
1 tsp (5 mL) baking powder  
3 eggs

1/2 cup (125 mL) packed brown sugar  
3 cups (750 mL) peeled, finely chopped Ontario apples\*  
1 cup (250 mL) applesauce  
2 tbsp (25 mL) canola oil

### Let's Make Lunch!

Apple Cookies  
Hearty bean & beef minestrone soup  
Half cheese sandwich  
Water

1. Preheat oven to 375°F (190°C). In a large bowl, stir together oats, flour, cinnamon and baking powder. In a separate medium-sized bowl stir together eggs, sugar, apples, applesauce and canola oil. Mix wet ingredients into dry.

2. On two parchment-lined baking sheets, drop 1/4 cup (60 mL) batter for each cookie spacing two inches apart. Bake for 15 minutes. Allow breakfast cookies to cool and enjoy! Store in airtight container in the refrigerator for up to one week or freeze for up to three months. Pack frozen cookies in lunches and they will thaw by lunchtime. You can also microwave for one minute to reheat.

\*Variety Tip: Use Ontario Gala, Empire, McIntosh or Ambrosia apples



**Nutrition Facts per cookie:** 127 calories; 3 g protein; 3 g fat; 22 g carbohydrate (2 g fibre; 11 g sugars; 7 g added sugars); 43 mg sodium



# Canola Eat Well



## Be inspired in your kitchen

We love food! Canola Eat Well is about inspiring you in the kitchen and connecting you to the farm with Canada's oil, canola oil. We're here to encourage you to cook and bake in your kitchen with the best Canadian ingredients. After all, combining great ingredients can create the most fantastic results. We are passionate about what we do and love to hear about what drives you.

## Be connected to farmers

Canola Eat Well is connected to a broad network of farmers. Our farmers represent farm families, many who come from multi-generational farms, who are continually educating themselves on the best, current farm practices.

We share stories about our farm community: where they farm, why farming is important and how they grow food for our tables. We visit their farms to experience first-hand where our food comes from.

We want to continue to build farm connections and grow the #farmtofood conversation. How are you connected to the farm? We're here to help.

## Turkey Farmers of Ontario



Enjoy the great taste of turkey more often, with less time and hassle than you think. It's as simple as picking up some fresh parts or ground turkey at your local supermarket and preparing one of our quick and delicious recipes. Ontario Turkey is your home for everything turkey with not only great recipes, but also nutritional info and tips on preparing turkey for the oven or BBQ. We've even got instructions on brining and deep frying! Check it out at [Makesitsuper.ca](http://Makesitsuper.ca)

## It's time to think about turkey in a whole new way

High in flavour, low in fat, and packed with nutrients, you can use turkey for delicious, healthy meals throughout the year. It's an easy switch and a delicious way to break out of the ordinary.

## Delicious and Nutritious

Turkey is such a nutritional powerhouse, it has been labeled a superfood. It's the tasty, lean protein that makes any meal super.





## Cheeseburger Roll Ups



20 minutes



5 minutes



24 roll ups

1 tbsp (15 mL) canola oil, divided  
1 cup (250 mL) diced mushrooms  
1 cup (250 mL) diced onions  
1/4 tsp (1 mL) each salt and pepper  
1 cup (250 g) cooked & minced roast  
beef or cooked extra lean ground beef  
1/4 cup (60 mL) diced dill pickles

1/2 cup (125 mL) shredded cheddar  
cheese  
1/2 cup (125 mL) ricotta cheese  
4-8" whole-wheat tortillas  
1/4 cup (60 mL) ketchup  
1 tbsp (15 mL) prepared mustard

### Let's Make Lunch!

Cheeseburger Roll Ups  
Ontario apple slices  
Sliced cucumber with dip  
Yogurt cup

1. In a large saucepan heat 2 tsp (10 mL) canola oil over medium-high heat. Add mushrooms, onions, salt and pepper. Cook and stir until brown and excess liquid is gone, around 6 minutes. In a medium-sized bowl mix together the cooked beef, mushroom mixture, dill pickles, cheddar cheese and ricotta cheese.

2. Lay out two of the tortillas so that they overlap by half. Spread half of the beef mixture over the two tortillas and roll them up to make one tortilla log. Slice log into 2-inch-thick rounds or "roll ups". Repeat rolling and slicing with the remaining tortillas and beef mixture.

3. In a large skillet heat 1 tsp (5 mL) canola oil over medium heat. Fry roll ups on each side for 30 seconds, carefully flipping them over. Cook in batches if needed. In a small bowl, mix together ketchup and mustard to dip the rounds in.



**Nutrition Facts per roll up:** 67 calories; 4 g protein; 3 g fat; 6 g carbohydrate (1 g fibre; 1 g sugars; 1 g added sugars); 151 mg sodium





## Beef and Apple Samosas with Apple Chutney Dip



30 minutes



15 minutes



45 mini samosas

### Samosas:

2 tbsp (25 mL) canola oil, divided  
 1 cup (250 mL) peeled and finely diced  
 Ontario apples\*  
 1 1/2 cups (375 mL) frozen peas & carrots  
 1 cup (250 mL) diced onion  
 1 tbsp (15 mL) curry powder  
 1 tbsp (15 mL) masala or curry paste  
 1/4 tsp (1 mL) salt  
 1 cup (250 mL) cooked & pulled beef pot roast

45 wonton wrappers

### Chutney:

2 cups (500 mL) peeled and diced Ontario apples\*  
 1/2 cup (125 mL) diced onion  
 Pinch **each** salt and ground ginger  
 3 tbsp (45 mL) cider vinegar  
 1 tbsp (15 mL) honey  
 1/4 cup (60 mL) chopped cilantro

### Let's Make Lunch!

Samosas with Apple Chutney  
 Pepper strips with dip  
 Cheese cubes  
 Plum

1. Samosa Filling: Preheat oven to 375°F (191°C). In a non-stick skillet heat 1 tsp (5 mL) canola oil over medium-high heat. Cook apples, peas, carrots and onions for 3 minutes. Stir in curry powder, masala paste, salt and beef and cook for 1 minute.

2. Place 1 tbsp (15 mL) of filling in the centre of each wonton wrapper. Moisten edges of wrapper with water. Fold in half to form triangles and press edges together to seal. Place on a parchment-lined baking sheet and brush with remaining canola oil. Bake for 10 minutes or until golden and crisp. Serve warm or pack in lunch with ice pack.

3. Chutney: In a medium-sized pot over medium-high heat stir together apples, onion, salt, ginger, cider vinegar and honey. Simmer for 5 minutes. Set aside to cool and stir in cilantro if desired. \*Variety Tip: Use Ontario Ambrosia, Empire or Honeycrisp apples



**Nutrition Facts per samosa with chutney:** 48 calories; 2 g protein; 1 g fat; 7 g carbohydrate (1 g fibre; 2 g sugars; 0 g added sugars); 54 mg sodium





## Cheddar Apple Turkey Sliders

 20 minutes

 8 minutes

 14 sliders

1 cup (250 mL) canned chickpeas, drained and rinsed  
1 lb (500 g) extra lean ground turkey  
1 tsp (5 mL) poultry seasoning  
1 cup (250 mL) peeled and finely diced Ontario apples\*  
2 green onions, sliced  
1/4 tsp (1 mL) **each** salt and pepper

1 tbsp (15 mL) canola oil  
1/2 cup (125 mL) peeled and thinly sliced Ontario apples\*  
7 slices of cheddar cheese, quartered  
14 slider buns (try to find whole-wheat)

### Let's Make Lunch!

Turkey Slider  
Coleslaw with grated apples  
Vanilla Greek yogurt  
Berries  
Water

1. In a food processor or blender, pulse chickpeas until pea size or smaller, about 30 seconds. In a large bowl mix chickpeas with turkey, poultry seasoning, apples, green onions, salt and pepper. Scoop 1/4 cup (60 mL) of the turkey mixture into your hand and form into a 1-inch thick burger. Repeat until the entire mixture has been used.

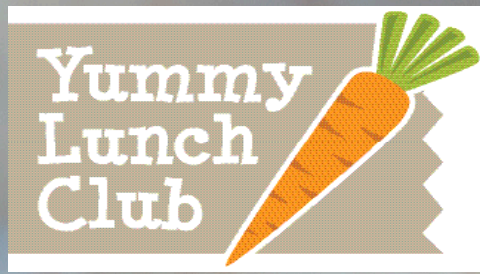
2. Heat oil in a large skillet over medium heat. Cook the burgers, 3 minutes on each side or until cooked through. Add apple slices and cheddar cheese to the tops of the burgers and cover with a lid for one minute or until the cheese is melted. Serve on slider buns or wrapped in boston lettuce and enjoy.

\*Variety Tip: Use Ontario Empire, Gala, McIntosh or Ambrosia apples



**Nutrition Facts per slider:** 152 calories; 12 g protein; 6 g fat; 14 g carbohydrate (2 g fibre; 2 g sugars; 0 g added sugars); 234 mg sodium





[yummylunchclub.ca](http://yummylunchclub.ca)



[Makesitsuper.ca](http://Makesitsuper.ca)



[canolaeatwell.com](http://canolaeatwell.com)



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