



## Getting healthy food on the table

Providing the tools to help young people  
plan and prepare six nutritious meals  
by the age of 16.

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## Six by Sixteen Recipe Guide

There's a very clear link between healthy eating habits and lifelong health. Six by Sixteen wants to ensure the next generation knows how to make healthy, nutritious food choices. That's food literacy. Six by Sixteen will help young people learn to plan and prepare six nutritious, locally sourced meals by the time they are sixteen years old. This site will help arm them with lifelong skills, lifelong health and they'll be supporting local farmers, food processors and our economy.

Make food literacy fun - get your kids in the kitchen to cook with the help of these Six by Sixteen recipes. All Six by Sixteen recipes included in the guide have been developed and approved by a Registered Dietitian.

### Black Bean and Salsa Soup

Prep time: 10 mins

Cook time: 10 mins

Serves: 4

#### Ingredients

- 2 (15 oz.) cans black beans, drained and rinsed\*
- 1 ½ cups vegetable/chicken/beef broth
- 1 cup chunky salsa
- 1 teaspoon ground cumin
- 4 tablespoons sour cream
- 2 tablespoons thinly sliced green onion
- Tortilla or nachos for dipping
- Optional: baked sweet potato cubes for added sweetness/fiber

#### Directions

1. In an electric food processor or blender, combine beans, broth, salsa, and cumin. Blend until fairly smooth\*\*
2. Heat the bean mixture in a saucepan over medium heat until thoroughly heated.
3. Ladle soup into 4 individual bowls and top each bowl with 1 tablespoon of the sour cream and ½ tablespoon green onion.
4. Enjoy by dipping into it with nachos or a baked tortilla or simply on its own

\* Rinsing canned beans is an important step.

\*\* If you don't have a food processor or blender, you can simply boil the soup in the saucepan for a longer period of time until the ingredients soften naturally with heat.



## One Pot Meal Pasta

Prep time: 15 mins

Cook time: 20 mins

Serves: 8

### Ingredients

- ½ lb. ground beef (turkey, chicken, sausage) (optional)
- ½ onion, diced
- ¼ cup peppers, diced
- ¼ cup celery, diced
- 2 cups broth or stock
- 1 can beans of choice
- 1 can tomato soup, vegetable soup, or your choice of soup
- 1 can diced tomatoes or tomato soup
- Any other canned, leftover or frozen vegetables you like to use
- 1 cup uncooked pasta of choice (aim for whole wheat/brown rice for higher fiber)
- parmesan cheese for topping

### Directions

1. Place 1 tablespoon oil in large Dutch oven over medium heat. Add chopped onions, celery, and peppers to the pot. Add ground beef and combine well. Cook until crumbly and browned, about five minutes.
2. Add the broth and all of the cans. Stir well and allow to heat through, about 10 minutes.
3. Add noodles and bring to a low boil, just until done, about 5-7 minutes.
4. Turn heat to low and simmer until ready to serve.
5. Top with Parmesan cheese and enjoy!



## Spinach Salad with Pork and Nectarines

Prep time: 10 mins

Cook time: 20 mins

Serves: 6

### Ingredients

- 1 (1 lb.) pork tenderloin, trimmed (or chicken/turkey breast)
- 3 nectarines, halved
- Oil for cooking (grapeseed, olive oil, canola oil)
- 12 oz. fresh baby spinach
- ¼ cup light balsamic vinaigrette & ¼ cup olive oil (combine both)
- ¼ cup (1 oz.) crumbled feta cheese
- Fresh ground black pepper (optional)

### Directions

1. Cut pork horizontally through center of meat, but do not cut fully through. Do the same to the other side, using a sharp knife.
2. Place pork and nectarine halves, on grill rack or frying pan coated with 1 tablespoon of cooking oil.
3. Grill pork 5 minutes on each side or until a thermometer shows 160°F. Grill nectarine halves 4 to 5 minutes on each side or until thoroughly heated. Remove pork and nectarine halves from grill/pan. Let pork rest 10 minutes.
4. Slice nectarine halves. Thinly slice pork.
5. Combine spinach and oil & vinaigrette mixture in a large bowl; toss gently to coat all ingredients
6. Divide spinach mixture evenly on all 6 plates. Top each serving evenly with nectarine slices and pork slices.
7. Sprinkle with cheese. Sprinkle with pepper, if desired.



## Vegetarian Lasagna

Prep time: 10 mins

Cook time: 45 mins

Serves: 8

### Ingredients

- 6 cups spaghetti sauce  
(aim for a low sodium blend)
- ½ cup grated carrot
- ½ teaspoon oregano or Italian seasoning
- 6 cooked lasagna noodles
- 16 oz. (2 cups) ricotta cheese
- 16 oz. (2 cups) frozen chopped spinach, thawed and well drained or fresh raw spinach
- 2 eggs
- 1 ½ cups thinly sliced zucchini
- 1 cup sliced fresh mushrooms
- 3 cups shredded mozzarella cheese
- ½ cup grated fresh Parmesan cheese (optional)

### Directions

1. Mix carrots, oregano, and spaghetti sauce together
2. Mix Ricotta, spinach, and eggs together in separate bowl.
3. Spread ½ cup spaghetti sauce in bottom of 9 x 13 inch baking dish.
4. Layer 3 lasagna noodles, ½ remaining sauce, ½ Ricotta mixture, ½ sliced zucchini, ½ sliced mushrooms, ½ mozzarella, and ½ Parmesan.
5. Repeat layers with remaining ingredients.
6. Bake in oven at 350°F for about 45 minutes.



## Sweet Potato Shepherd's Pie

Prep time: 25 mins

Cook time: 15 mins

Serves: 4

### Ingredients

#### Pie Filling:

- 1 lb. ground beef/turkey/chicken/lamb
- 2 medium carrots (peel and chop)
- 1 small red pepper, chopped
- 1 small onion, chopped
- 1 cup mushrooms, diced
- 2 cloves garlic, chopped
- ½ teaspoon dried Italian herb mix
- ½ teaspoon salt or to taste
- ¼ teaspoon black pepper
- 3 oz. tomato paste (about 6 tablespoons)
- ¼ cup water or broth

#### Sweet Potato Topping:

- 2 large sweet potatoes, peeled and cubed (~5 cups cubed)
- 1 tablespoon butter
- ½ teaspoon chili powder
- ¼ teaspoon sea salt

### Directions

1. Preheat oven to 375°F
2. Turn the stove up to medium heat.
3. In a skillet add the ground meat, chopped carrots, onions, peppers, mushrooms and minced garlic.
4. Cook until carrots are soft for about 12-15 minutes.
5. Make the topping while the filling cooks
6. Once the carrots are soft, stir in tomato paste, water, or broth seasonings, salt and pepper.
7. Topping: Steam or bake (at 375°F) the sweet potatoes until they're able to be softened with a fork.
8. Add the remaining topping ingredients to a blender or food processor (or if you don't have either, mash with a hand-held masher) until smooth.



9. Final step: place the meat filling in a casserole dish (9 x 9 inch) or 10 inch cast iron skillet and top the meat filling with the sweet potato mash.
10. Dash with sea salt and chili powder.
11. Bake for 10 minutes. Remove from oven.
12. Serve and enjoy!



## Gluten-Free Sesame Chicken and Vegetable Stir Fry

Prep time: 15 mins

Cook time: 20 mins

Serves: 5

### Ingredients

- 2 cups chicken broth
- 2 tablespoons gluten-free cornstarch
- 2 tablespoons gluten-free soy sauce
- 1 tablespoon packed brown sugar
- 1 clove garlic, minced  $\frac{3}{4}$  teaspoon
- $\frac{1}{4}$  teaspoon ginger powder or minced fresh ginger
- 2 tablespoons oil for cooking (grape-seed, canola, coconut)
- 1 lb. boneless skinless chicken breasts, cut into strips
- 1 cup broccoli florets
- 1 cup sliced onion
- 1 cup thinly sliced red bell pepper
- 1 cup snow or other green vegetable of choice
- 2 teaspoons sesame seed, toasted
- Optional: cashews to top off the stir fry

### Directions

1. Mix broth, cornstarch, soy sauce, sugar, garlic, ginger and red pepper in small bowl
2. Heat oil in large skillet on medium-high heat. Add chicken in batches; stir fry 5 minutes or until cooked through. Remove chicken from skillet.
3. Add vegetables to skillet and stir fry 3 minutes until tender-crisp.
4. Return chicken to skillet.
5. Add soy sauce mixture from step to skillet and stir constantly. Bring mixture to a boil on medium heat for 1 minute or until the sauce is thickened slightly.
6. Sprinkle with sesame seed.
7. Serve with cooked rice or Thai rice noodles, if desired.



## Fish Tacos

Prep time: 20 mins

Cook time: 5 mins

Serves: 6-8

### Ingredients

- 1 lb. firm white fish (tilapia, snapper, cod, mahi mahi)
- 2 medium limes, halved
- 1 medium garlic clove, finely chopped
- ¼ teaspoon ground cumin
- ¼ teaspoon chili powder
- 2 tablespoons cooking oil (olive, grapeseed, coconut, canola)
- Salt and pepper to taste
- ½ small head or 1 ½ cups of green or red cabbage, cored and thinly sliced
- ½ medium red onion, thinly sliced
- 6 to 8 soft or hard corn tortillas
- Optional:
  - ¼ cup coarsely chopped fresh cilantro
  - Sliced avocado, for garnish
  - Guacamole, for garnish
  - Salsa, for garnish
  - Sour cream, for garnish
  - Grated cheese of choice

### Directions

1. In a baking dish, squeeze the juice of half a lime. Add garlic, cumin, chili powder, and 1 tablespoon of the oil. Add a pinch of salt and pepper to your liking.
2. Add the fish to this mixture and turn the fish around in the marinade until it's fully coated. Refrigerate and let marinate at least 15 minutes.
3. Make the slaw:
  - a. Combine the cabbage, onion, and cilantro in a large bowl and squeeze half a lime over it.
  - b. Add the remaining 1 tablespoon of oil, season with salt and pepper.
  - c. Taste and add more salt and pepper, if necessary. Set this aside in a separate bowl.
4. Warm the tortillas (or negate this step if you're using hard taco shells):
  - a. Heat a medium frying pan over medium-high heat.
  - b. Add 1 tortilla at a time, flipping to warm both sides for about 5 minutes in total.



- c. Wrap the warm tortillas in a clean dishcloth and set aside while you prepare the fish. (Tip: this keeps them from drying out)
5. Cook the fish & marinade:
  - a. Remove the fish from the marinade and place in a skillet on medium-high heat.
6. Cook without moving until the underside of the fish is white and opaque on the bottom for about 3 minutes.
7. Flip and cook the other side until white and opaque, for about 2-3 minutes.
8. Transfer the fish to a separate dish.
9. Construct the taco:
  - a. Break up the cooked fish and place it in a warm tortilla/taco shell. Top it with slaw and any optional garnishes.
  - b. Slice up the remaining wedges and spritz over the taco for a finishing touch or add a spritz into a glass of water for some delicious and refreshing flavoured water.



# Apple Crumble

Prep time: 15 mins

Cook time: 40 mins

Serves: 6-8

## Ingredients

### Filling:

- 5 cups sliced and peeled apples of choice (about 4-5 medium apples)
- 2-3 tablespoons honey or 2-3 tablespoons granulated brown sugar (use less if you're using sweet apples like honey crisp)
- 1 teaspoon (5ml) ground cinnamon
- Optional: 1/8 cup raisins

### Topping:

- 1 cup rolled oats
- 1/4 cup flour of choice (use almond flour for some added protein)
- 1/4 cup brown sugar or honey (can also substitute this ingredient with 1/8th cup of honey to reduce sugar content)
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract or almond extract (almond extract gives it a very unique flavour)
- 1/4 cup nut of choice (options - pecans and walnuts mixed!)
- 1/3 cup unsalted butter, melted (Tip: if you don't want to use butter, you can replace butter in baking with unsweetened applesauce. Just reduce the amount by half: so, in this case, use 1/3 apple sauce).

## Directions

1. Preheat oven to 375°F or 350°F if using honey.\*
2. Put all the filling ingredients in a 9 inch baking dish
3. In a medium bowl, mix together the oats, flour and brown sugar/honey. Add in the melted butter/applesauce and stir until it is moistened.
4. Sprinkle the topping ingredients over the filling
5. Bake for 40-45 minutes until the apples are tender and bubbling.

\*If using honey, reduce the oven temperature to 350°F and keep a watchful eye on the baking process as honey burns faster than brown sugar.