



Learn to... **LUNCH**

Week 4: Dips & Chips

*Menu: Broccoli Pesto Dip, Chocolate Chip Cookie Dough Hummus,
Hummus Dip, and Greek Yogurt Ranch Dip.*



Broccoli Pesto Dip



Ingredients

3 cups raw broccoli, cut into small florets and stems	⅓ cup parmesan cheese
3 medium garlic cloves. peeled	2 Tbsp fresh lemon juice
⅔ cup sliced or slivered almonds, toasted (can substitute sunflowers to make school safe)	¼ cup olive oil
	½ cup ricotta cheese

Directions

- 1 Cook the broccoli by pouring 3/4 cup water into a large pot and bringing it to a simmer. Add a big pinch of salt and stir in the broccoli. Cover and cook for a minute, just long enough to take the raw edge off. Transfer the broccoli to a strainer and run under cold water until it stops cooking.
 - 2 Add broccoli, garlic, almonds, parmesan cheese, salt, and lemon juice in a food processor. Drizzle in the olive oil while machine is running, once blended and ricotta cheese and pulse until smooth.
- * Recommended Dippers- Veg of your choice, Bread(pumpernickel), Naan, Pita chips

Nutrition Info:

Broccoli - vitamin c, helps iron absorption

Almonds - rich in many nutrients, magnesium, vitamin E, fiber, antioxidants.

Ricotta Cheese - lower sodium than some cheeses, calcium, protein source

Lemon - antioxidant, high vitamin c, immune booster

Chocolate Chip Cookie Dough Hummus

Ingredients

1 ½ cup chickpea (14oz can)
⅓ cup nut butter (can use wow butter or tahini to make school safe)
¼ cup maple syrup (sugar or honey)
2 tsp vanilla
½ tsp salt (omit if using canned chickpeas with salt)
1 pack instant oatmeal
1 tbsp ground flax
¼ cup chocolate chips
¼ cup Milk/non dairy milk

Directions

- 1 Combine all ingredients except chocolate chips in food processor or blender *see note about hand masher, blend until smooth.
 - 2 Sample and add more maple syrup if needed
 - 3 Fold in chocolate chips
- * Hand mashing will create a more textured hummus. Removing the skins by rolling the chickpeas in between two paper towels will help to create a smoother texture.
- * Recommended Dippers- apple slices, graham crackers, as a spread on bread of choice

Nutrition Info:

Chickpea - high in protein, high fiber

Nut Butter (can use wow butter or tahini) - healthy fats, protein source (specifically depends on what type of nut butter you use)

Flax - helps aid digestion and high fiber, high in omega 3's

Oatmeal - helps keep your blood sugar levels maintained, fiber, keep you full longer, good for gut health

Hummus Dip



Ingredients

½ cup tahini (roasted, not raw)	½ cup water
¼ cup extra virgin olive oil (plus more for garnishing)	½ teaspoon kosher salt
2 garlic cloves, mashed and roughly chopped	Garnishes: a sprinkling of paprika, a swirl of olive oil, toasted pine nuts, and/or chopped parsley
2 (15-ounce) cans of chickpeas (garbanzo beans), drained	
¼ cup lemon juice, freshly squeezed	

Directions

- 1 In a food processor, combine the tahini and olive oil and pulse until smooth.
- 2 Add the garlic, beans, lemon juice, water, and salt- the longer you pulse in the food processor, the smoother it will be.
- 3 Serve with crackers, raw dip vegetables such as carrots or celery, or with toasted pita bread.
- 4 To toast pita bread, cut the pita bread into triangles, brush with olive oil and toast for 10 minutes in a 375°F oven, turning them over half-way through the cooking.

Nutrition Info:

Chickpea - high in protein, high fiber

Lemon - antioxidant, high vitamin c, immune booster

Garlic - boosts immune system, antibiotic properties

Greek Yogurt Ranch Dip

Ingredients

1 cup plain greek yogurt	½ tsp garlic powder
1 Tbsp extra	¼ tsp dill
1 Tbsp apple cider vinegar	2 tsp nutritional yeast
2 tsp honey	1 Tbsp dried chives
2 tsp dried parsley	½ -1 tsp sea salt
1 tsp onion powder	Pepper to taste

Directions

- 1 In a mixing bowl, whisk the yogurt, oil, vinegar and honey together until smooth. Then add all the spices to the yogurt mixture and continue to whisk until everything is smooth and well combined.
- 2 Serve immediately or keep in the fridge until ready to use. Keeps for about 3 days.
- * *Recommended Dippers – Chips/tortilla/pita, Carrots, Cucumbers, Peppers, any veg of your choice

Nutrition Info:

Apple Cider Vinegar - maintains blood sugar levels, increase insulin sensitivity

Nutritional Yeast - good source for vegans who are craving cheese, fiber, B vitamins

Chives - antioxidant, anti-inflammatory effects, vitamin K,

Tips to maintain healthy balanced eating habits

Why is Lunch so important and how does it help us perform mentally/physically?

Food is energy! That's why!

A balanced meal is based around the three main core food groups: carbohydrates, protein, and veggies/fruit (veggie preferably). Eating well mid-day keeps your brain going-helps mental energy and focus, helps you make more rational decisions, keeps your blood sugar level even, your metabolism active and helps you perform your best!

Being Mindful Of Your Eating Habits

How you ate?

- did you eat slowly?
- were you distracted?
- did you eat with others?

Why you ate?

- were you hungry?
- was it offered to you?

What you ate?

- what did you have to eat and drink?

When you ate?

- what time was it?
- how long had it been since the last time you ate?

Where you ate?

- were you in a space meant for eating?

How much you ate?

- how much food and drink did you have?

Benefits Of Enjoying Your Food

- tasting the flavours
- being open to trying new foods
- developing a healthy attitude about food

Try a variety of healthy foods to help you find new foods to enjoy. Trying new foods can appeal to a sense of wonder and even adventure.

Cook More Often

Cooking and preparing food can support healthy eating habits.

Cooking allows you to:

- learn new skills
- rely less on highly processed foods
- control the amount of sauces and seasonings
- make foods that you and your family like and will eat
- save money by avoiding extra money spent on meals eaten out

Choose healthy ingredients like:

- fruits
- vegetables
- whole grain foods
- protein foods
- choose protein foods that come from plants more often

Eat Meals With Others

When you eat with others, it's important to remember to:

- Take your time. Don't feel the need to rush. Enjoy your food and the social aspect of being together.
- Put away distractions like the TV or electronics. This can help you be mindful of your food choices.
- Use it as a chance to connect. Talk to those around you and share what is going on in everyone's life.

Enjoying your food includes:

- socializing at mealtime
- enjoying shopping for food
- preparing and cooking food
- growing or harvesting your own food
- getting to know the people that grow or produce your food
- being involved in meal planning, preparation and clean up

Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty
of vegetables
and fruits

Eat protein
foods

Make water
your drink
of choice



Choose
whole grain
foods

Discover your food guide at

Canada.ca/FoodGuide