

BASKET COOKING

GUIDE

ÉLOÏSE THÉRIAULT, PHÉNIX GERVAIS ET
LAURABEL TREMBLAY

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LEARN THE FOODS IN YOUR BASKET

No meat?
Use veggies or canned tuna!

Legumes

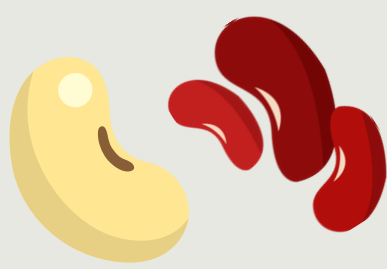
TYPES OF BEANS



Chickpeas



Lentils



Beans

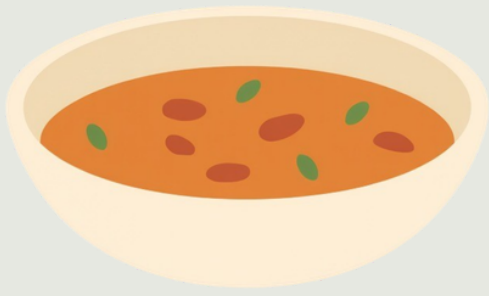


Peas

WHY YOU SHOULD CHOOSE THEM?

- Low-cost foods
- High in protein and fiber
- Long shelf life (can be stored in the pantry)

HOW TO USE THEM?



In soups



In salads



In sandwiches/ wraps



With rice

SIMPLE METHOD

1. Open the can
2. Rinse with cold water
3. Add to a recipe

Canned tuna

WHY YOU SHOULD USE IT?

- Ready to eat!
- Excellent source of protein
- Long shelf life (can be stored in the pantry)
- Great for quick meals with no cooking needed!



Fish is an excellent source of omega-3!

SIMPLE METHOD

1. Open the can
2. Drain
3. Add to a recipe

HOW TO USE IT?



In pasta



With rice



In sandwiches



In salads

Cauliflower



Cauliflower can be eaten cooked or raw!

WHY YOU SHOULD CHOOSE IT?

- *Rich in vitamin C*
- *High in fiber*
- *Easy to cook*
- *Can be added to many recipes*

HOW TO USE IT?



In soups



Oven-roasted



Mashes



Stir-fried with rice

SIMPLE METHOD

1. *Cut into pieces*
2. *Add oil and spices of your choice*
3. *Bake in the oven for 25–30 minutes*

Broccoli

WHY YOU SHOULD CHOOSE IT?

- *Rich in vitamin C*
- *High in fiber*
- *Easily completes a meal*

Broccoli can be eaten cooked or raw!



SIMPLE METHOD

1. *Cut into pieces*
2. *Steam (5–7 minutes) or boil in water (3–5 minutes)*

HOW TO USE IT?



With a dip



In a stir-fry



In soups

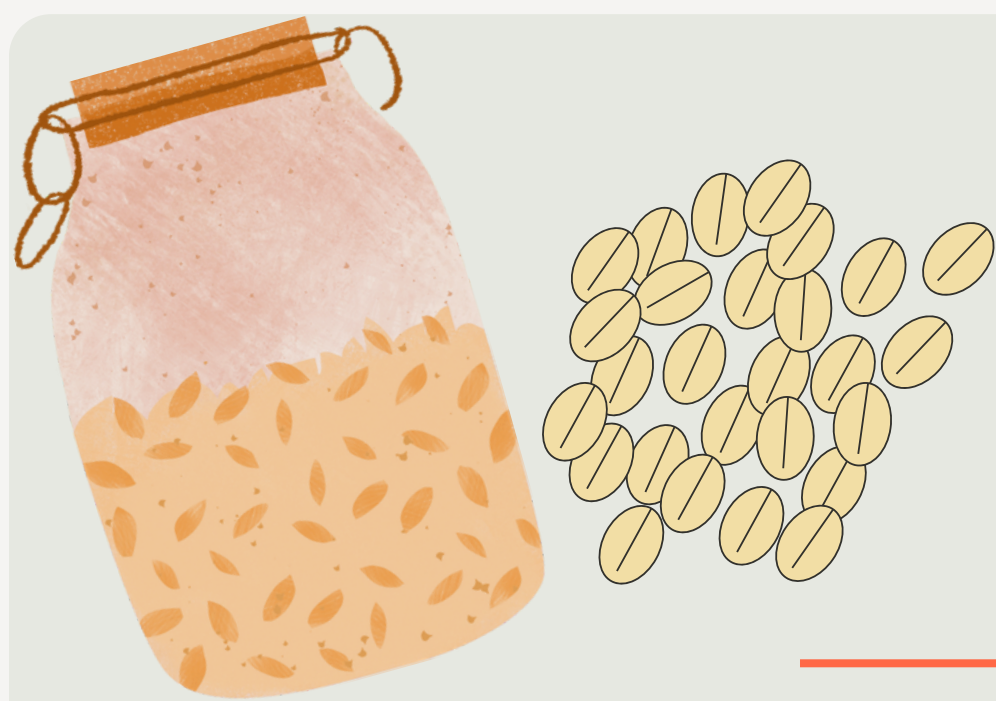


In pasta



Dip your vegetables in ready-to-eat dips that are already available at Le Partage!

Oat



Oats are a whole grain that's easy to prepare and can be used in many recipes.

WHY YOU SHOULD CHOOSE IT?

- *Filling*
- *Easy to prepare*
- *Great for breakfasts and snacks*
- *Many recipe options!*

HOW TO USE IT?



Oatmeal with fruits



In muffins



In cookies

SIMPLE METHOD

1. Add $\frac{1}{2}$ cup of oats to a saucepan.
2. Add 1 cup of water or milk.
3. Bring to a boil, then simmer on low heat for 5 minutes.

Rice

WHY YOU SHOULD IT?

- *Low-cost*
- *Long shelf life*
- *Easily combines with other foods*
- *The base of many meals*

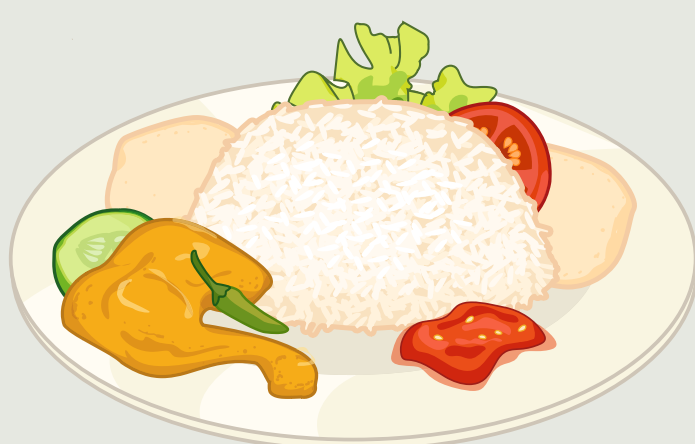
Dry rice keeps well in the pantry. Once cooked, it should be refrigerated quickly and not left at room temperature for more than 2 hours.



HOW TO USE IT?

SIMPLE METHOD

1. Add 1 cup of rice
2. Add 2 cups of water
3. Cook for 15–20 minutes until the water is absorbed.



Side dish for a meal
(Rice + protein + vegetables)



In a stir-fry



In a vegetable soup

TIPS TO REDUCE FOOD WASTE

WHAT TO DO WITH SOME KIND OF FOOD

- 1. Broccoli/Cauliflower**
Grate the stems and add them to a salad or a soup. Add the élavés to soup for extra flavor. You can also eat the stems raw.



- 2. Veggies scraps and leftovers:**
You can use leftover vegetables (peels, leaves, trimmings) to make vegetable broth.
Broth recipe:
1 liter of vegetable scraps + enough water to cover all + a mit of herbes de Provence or any other herbs + salt and pepper.

- 3. Ugly vegetables:**
Use ugly vegetables to make soups, stews, or incorporate them into hot dishes or sauces such as stir-fries, spaghetti sauces, vegetable soups, etc...



- 4. Cooked meat leftovers:**
The cooked meat can be uses in sandwiches, wraps, or tacos. It can also be added to a cold salad or a “clean out the fridge” meal.



PRESERVATION TIPS

Freezing:

1. Blanch, chop and freeze vegetables that are starting to soften for later use in diner or stir-fries.
2. Cut overripe fruits and freeze them for smoothies or later use in recipe.
3. Freeze recipes in individual portions for easy defrosting and to avoid waste.
4. Label frozen food to rotate them easily.
5. Grate or cube cheese be foré freezing



Refrigeration:

1. When vegetables lose their crispness, theycan be stored in a container filled with water in the fridge to restore their original appearance.
2. When storing herbs, it is suggest to keep them in an airtight bag with a piece of paper towel inside

EVERYTHING TO KNOW ABOUT

Homemade freezing



Raw egg
4-9 months



Cooked meat
2-4 months



Raw meat
3-9 months



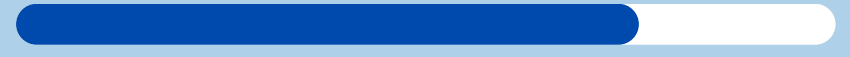
Fish
4-6 months



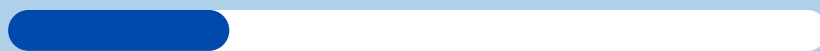
Fruits & vegetables
8-12 months



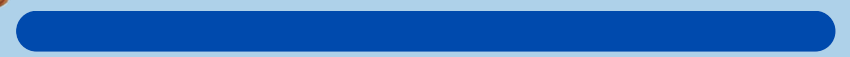
Herbs
6-12 months



Bread
2-3 months



Nuts
12-24 months



Muffins & cookies
2 months



Cooked meals
2-3 months



Cheese
6 months



Butter
3 months



Milk
6 months



Yogurts & ice-cream
2 months



How can we know if it's still safe to consume?

- Has the food changed texture ?
- Has the food changed color ?
- Does the food smell strange ?
- Has the food changed taste?

Important!!

- Raw meat can only be defrosted once. It must be cooked before being returned to the freezer.
- The defrost must be done in the refrigerator or in water.
- Make sure the food is in a properly sealed bag or container.

HOW TO PLAN YOUR MEALS

Before going to the grocery store, it is important to..

3) PICK A SPECIFIC DAY OF THE WEEK

Choose a specific day of the week to plan, go grocery shopping, and prepare some foods to save time.

4) BUY SEASONAL FRUITS AND VEGETABLES.

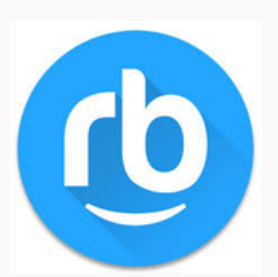
At certain times of the year, some fruits and vegetables are available in large quantities and are less expensive. Refer to the table below to save money!

VEGETABLES	J	F	M	A	M	J	J	A	S	O	N	D
Artichoke												
Asian Vegetables												
Asparagus												
Beans (Green/Wax)												
Beets												
Bok Choy												
Broccoli												
Brussels Sprouts												
Cabbage												
Carrots												
Cauliflower												
Celery												
Corn												
Cucumbers (Field)												
Cucumbers (Greenhouse)												
Eggplant												
Garlic												
Leeks												
Lettuce (Assorted)												
Lettuce (Greenhouse)												
Mushrooms												
Onions (Cooking)												
Onions (Green)												
Onions (Red)												
Parsnips												
Peas (Green)												
Peas (Snow)												
Peppers (Field)												
Peppers (Greenhouse)												
Potatoes												
Radichio												
Radishes												
Rapini												
Rutabaga												
Spinach												
Sprouts												
Squash												
Sweet Potatoes												
Tomatoes (Field)												
Tomatoes (Greenhouse)												
Zucchini												

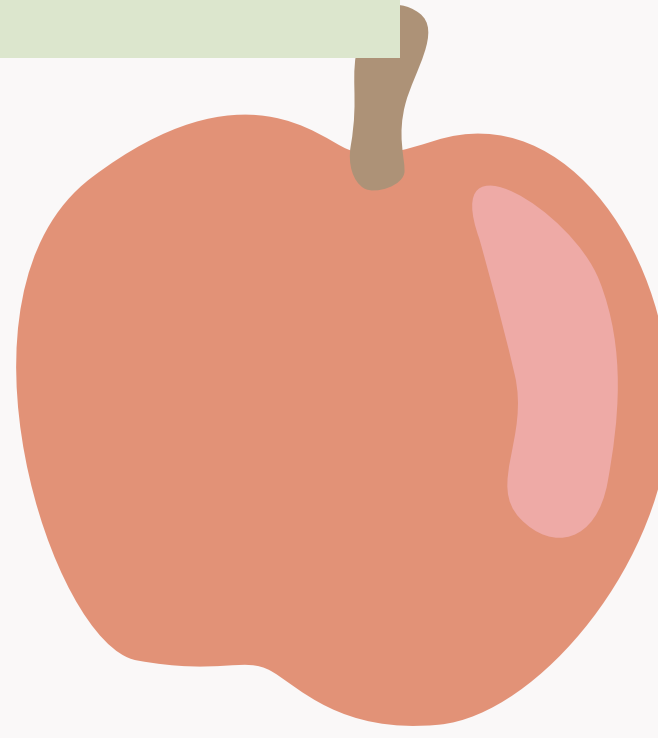
FRUITS	J	F	M	A	M	J	J	A	S	O	N	D
Apples												
Apricots												
Blueberries												
Cherries												
Crabapples												
Cranberries												
Currants (Red/Black)												
Gooseberries												
Grapes												
Muskmelon												
Nectarines												
Peaches												
Pears												
Plums												
Raspberries												
Rhubarb												
Strawberries												
Strawberries (Day Neutral)												
Watermelon												



TIP: YOU CAN USE APPS (E.G., TOO GOOD TO GO OR REEBEE) TO SAVE MONEY AND FIND DEALS!



DID YOU KNOW THAT COOKING HOMEMADE MEALS NOT ONLY HELPS YOU EAT HEALTHIER, BUT ALSO SAVES YOU A LOT OF MONEY!





SIMPLE RECIPE IDEAS

1- TUNA AND LEGUME SALAD

2- TUNA PASTA

3- BASIC MASH

4- MEAT AND LENTIL BOLOGNESE SAUCE

5- OVERNIGHT OATS

6- HOT OATMEAL

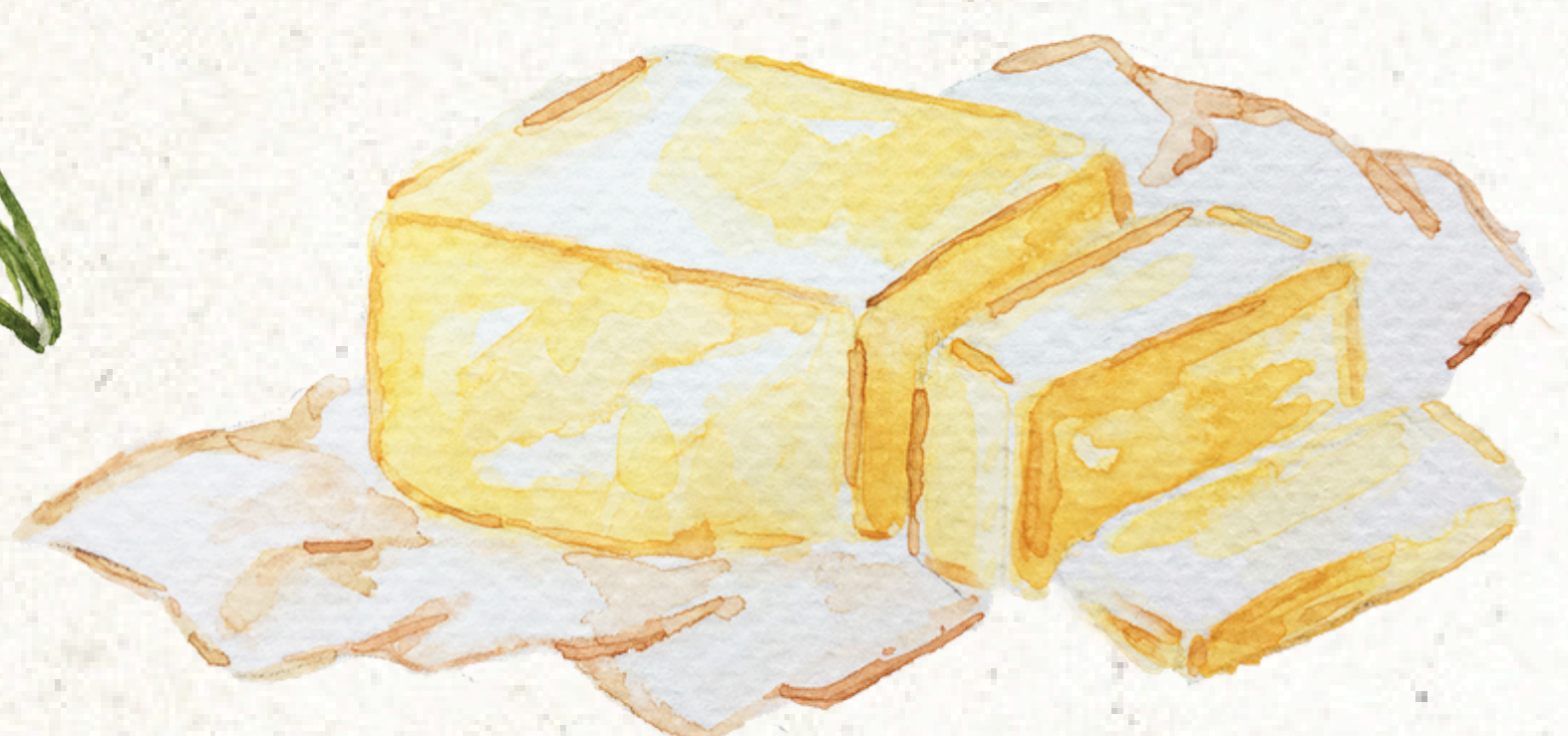
7- STIR-FRIED VEGETABLES

8- VEGETABLE AND LEGUME SOUP

9- BANANA OATMEAL COOKIES

10- SANDWICH FILLING

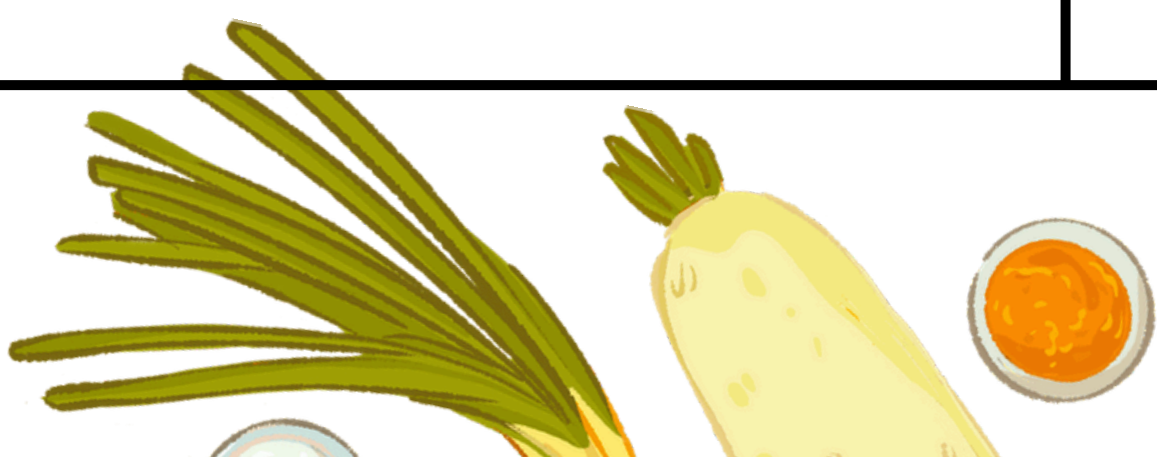
11- ONE-POT MAC AND CHEESE WITH CORN



INGREDIENT SUBSTITUTION IDEAS

IF YOU DON'T HAVE SOME OF THE INGREDIENTS LISTED IN THE RECIPES, FEEL FREE TO SUBSTITUTE THEM!

1 packet of rice (220 g)	1 cup of uncooked white rice or 3 cups of cooked white rice
Shallot	<ul style="list-style-type: none">• Chives• Green onion• Red onion
Canned tuna	Canned legumes or beans
Rice	<ul style="list-style-type: none">• Couscous• Bulgour• Quinoa• Pasta
Sour cream	Plain Greek yogurt
Potato	<ul style="list-style-type: none">• Parsnip• Turnip• Sweet potato• Carrot
Mayonnaise	Plain Greek yogurt
1 cup of granulated sugar	<ul style="list-style-type: none">• $\frac{3}{4}$ cup of maple syrup (reduce the liquids in the recipe by 2–3 tablespoons)• $\frac{3}{4}$ cup of honey (reduce the liquids in the recipe by 2–3 tablespoons)• 1 cup of brown sugar



TUNA AND LEGUME SALAD

6 portions

Ingredients:

- 1 bag of rice 220g (or substitutes: couscous, pasta, etc.)
- 2 cans of tuna
- 1 can of corn
- 1 can of legumes of your choice
- 1 chopped French shallot
- 4 tablespoons of mayonnaise
- Salt and pepper to taste
- Vinaigrette of your choice (e.g. Italian) (optional)



Preparation:

- 1) Prepare the rice according to the package instructions:
 - If the rice is in a pouch: heat it in the microwave according to the indicated time.
 - If the rice is dry: add 2 cups of water and 1 cup of rice to a pot and simmer on low heat for 15–25 minutes (until the water has evaporated).
- 2) Drain and add the canned tuna, corn, and legumes to the rice.
- 3) Add the shallot and mayonnaise to the rice mixture and stir.
- 4) Season with salt and pepper to taste

Preparation:

- 1) Prepare pasta according to package directions (boil water, add pasta, simmer (boil over low heat) and drain (remove water)).
- 2) Add the tomato sauce.
- 3) Drain (remove the water from the can) and add the tuna to the pasta.
- 4) Add vegetables to pasta:
 - Fresh vegetables: dice and cook in a pan until tender.
 - Frozen vegetables: brown for a few minutes in a pan and add.
 - Canned vegetables: drain and add.
- 5) Salt and pepper.

TUNA PASTA

4 portions

Ingredients:

- 450g pasta of your choice
- 2 cans of tuna
- 1 can of tomato sauce 369ml
- 1 chopped French shallot
- 1 cup diced vegetable of your choice or 1 can of drained vegetables
- Salt and pepper to taste



BASIC MASH

4 portions

Ingredients

- 2 to 3 cups of vegetables of your choice (cauliflower, broccoli, carrot, potato, etc.)
- 1/2 cup of milk OR cooking water
- 1 to 2 tbsp of oil or butter
- 1 pinch of salt (optional)

Preparation:

1. Cut

- Wash the vegetables
- Remove the peel (if necessary)
- Cut into small pieces

2. Cook

- Place the vegetable pieces in a pot
- Add enough water to cover
- Bring to a boil
- Cook until soft (10–20 minutes)

3. Drain

- Remove the water
- Put the vegetables back in the pot

4. Mash

- Mash with a fork
- Add the milk and butter

5. Mix and taste

- Mix until smooth
- Add salt

Tip

Pierce with a fork: it should go in easily!



Mash can be made with different vegetables depending on what you have at home. It's the same recipe!



Mashed potatoes



Mashed carrots



Mashed cauliflower

★ LET YOUR CHILDREN TASTE IT (6 MONTHS +)!

MEAT AND LENTIL BOLOGNESE SAUCE



4 to 6 portions

Ingredients

- 1 tbsp. tablespoon of oil
- 1 onion
- 1 clove of garlic (optional)
- 1 package of ground meat (2 cups)
- 1 cup cooked lentils (or ½ cup dried lentils)
- 1 can of diced tomatoes
- 2. tbsp tomato paste (optional)
- 1 cup of water
- 1c. teaspoon of Italian or other spices (optional)
- Salt and pepper to taste



Preparation

1. Brown

- Heat the oil in a saucepan.
- Add the onion and garlic → cook 2-3 minutes

2. Cook the meat

- Add the minced meat to the pan.
- Cook until nicely brown.

3. Add the rest of the ingredients

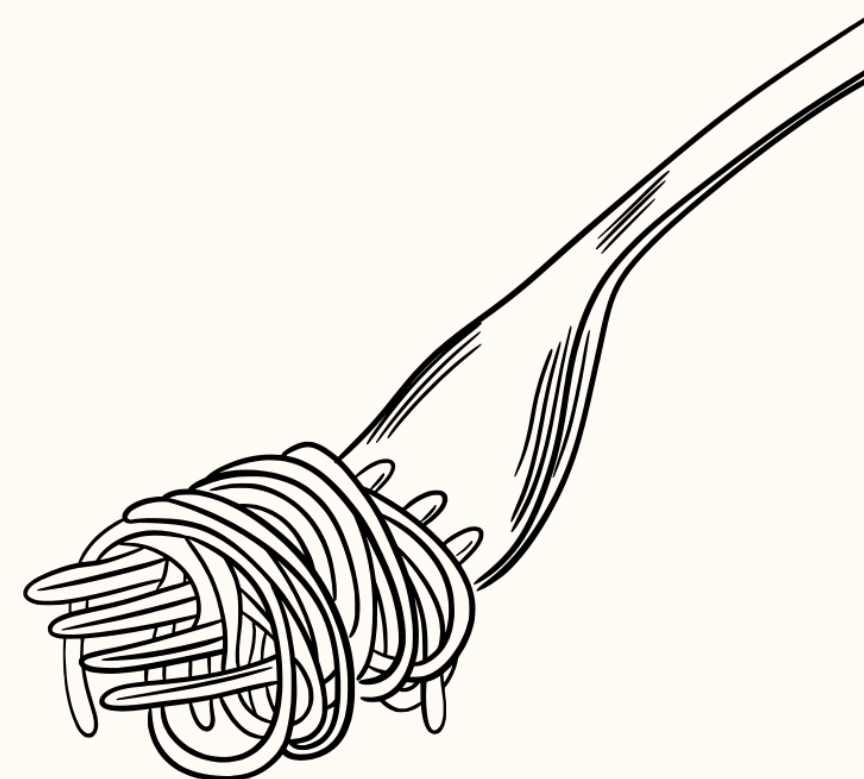
- Add the lentils
- Add the tomatoes, tomato paste and water
- Add the spices

4. Let it simmer

- Mix
- Cook over low heat (20-30 minutes)
- Stir from time to time
- Taste and add salt/pepper to taste

 **THIS RECIPE CAN BE FREEZED!**

This sauce is perfect to put on pasta! Cook your pasta according to the instructions on the box.



RICE AND VEGETABLE STIR-FRY

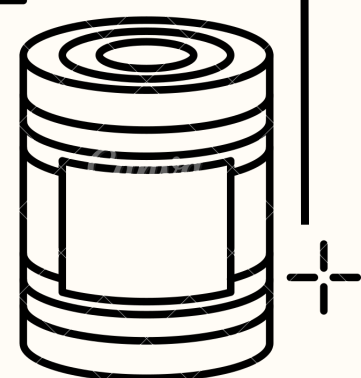


4 portions

Ingredients

- 2 cups of cooked rice (you can use the ready-to-use rice provided at Le Partage!)
- 1 cup of vegetables (broccoli and cauliflower) or vegetables of your choice
- 1 cup of legumes (lentils or chickpeas)
- 1 pack of ground meat (optional)
- 1 tbsp of oil
- 2 tbsp of soy sauce (optional)
- 1 clove of garlic (optional)

You can add canned vegetables!



Preparation

1. Cook the meat
 - Add oil to a pan
 - Add the meat
 - Cook until well browned.
2. Add the vegetables
 - Add the broccoli and cauliflower to the pan.
 - Cook for 5–7 minutes (tender but still slightly crunchy).
3. Add the legumes and mix.
4. Add the cooked rice and mix.
5. Seasoning
 - Add soy sauce and garlic (if desired).
 - Mix for 2–3 minutes



Don't throw away your soft vegetables: use them in this recipe!



OVERNIGHT OATS

1 portion

Ingredients:

- ½ cup of oats
- ½ cup of milk (your choice)
- ½ cup of yogurt (your choice)
- Honey or maple syrup to taste

Customizable:

1. Add banana + peanut butter
2. Add cocoa powder (15 ml)
3. Cinnamon and apple
4. Instant coffee (5 ml) + brown sugar (10 ml)
5. Frozen or canned fruit of your choice
6. Jam and peanut butter



Preparation:

1) The night before, take a sealable container and add:

- The oats
- The milk
- The yogurt
- The sweetener (optional)

2) Close and let sit in the fridge overnight.

3) Customize it to your taste the next morning



HOT OATMEAL

1 portion

Ingredients:

- ½ cup of oats
- ½ cup of water or milk (your choice)
- 1 egg (protein option)
- Honey or maple syrup to taste

Customizable:

1. Add banana + peanut butter
2. Add cocoa powder (15 ml)
3. Cinnamon and apple
4. Instant coffee (5 ml) + brown sugar (10 ml)
5. Frozen fruit of your choice
6. Jam and peanut butter

Preparation:

1) Mix the oats, egg, and milk in a microwave-safe bowl.

2) Microwave for 30 seconds, stirring a few times, until you reach the desired consistency.

3) Add sweetener to taste and customize it!



VEGETABLE AND LEGUME SOUP

6 portions

Ingredients:

- 1 tablespoon of oil
- 1 chopped onion
- 1 chopped garlic clove (optional)
- Spices and dried herbs of Your choice (e.g. Italian seasoning, garlic powder, basil, etc...)
- 4 cups of diced vegetables of your choice
- 1 ½ cup of dried lentils or 2 cans of lentils
- 8 cup of water
- 1 teaspoon of salt
- 1 can of diced tomatoes (optional)



Preparation:

- 1) Heat the oil in a saucepan and add the onion and garlic → cook for 2-3 minutes.
- 2) Add the vegetables (now's the right Time to use any leftover vegetables from your fridge!)
- 3) Add the lentils:
 - Canned: drain and add.
 - Dried: rinse well and add.
- 4) Add the salt, water and diced tomatoes (if desired)
- 5) Let it boil and reduce the heat to low while you let it boil.
- 6) Stir occasionally until and lentils and vegetables are soft (about 30 minutes)
- 7) Adjust the seasoning as you like.



You can keep the soup for 4 to 5 days in the refrigerator!

Quel type de légume utiliser?

- Potatoes, carrots, turnip, sweet potato, beet, celery, parsnip, and squash go well in this soup.
- You can also add broccoli, cauliflower, green beans, and peppers, but it's best to add them during the last 10 minutes of cooking.
- As for leafy green vegetables, add them at the end of cooking.
- You can also use canned vegetables.



BANANA OATMEAL COOKIES

10 to 12 portions

Ingredients:

- 2 bananas (the riper, the better!)
- ½ cup peanut butter
- 3 tablespoons maple syrup (can be replaced with honey or sugar based on substitution guide)
- 2 cups rolled oats
- 1 pinch of salt
- ½ teaspoon cinnamon (optional)
- ½ cup chocolate chips (optional)



Preparation:

- 1) Preheat the oven to 350°F and line a baking sheet with parchment paper.
- 2) Mash the bananas using a fork.
- 3) Add the peanut butter, maple syrup, rolled oats, salt, and cinnamon, then mix. You can add chocolate if desired.
- 4) Form 12 balls and place them on the baking sheet.
- 5) Bake for 12 minutes.
- 6) Remove from the oven and let cool at room temperature.

Don't throw me away if I'm brown!
I'm even better in recipes!



SANDWICH FILLING

Tuna

2 portions

Ingredients:

- 1 can of tuna (170 g)
- 1 tablespoon mayonnaise
- 1 green onion (optional)
- Salt and pepper

Preparation:

1. Open and drain the can of tuna. Place the tuna in a bowl.
2. Add the mayonnaise, green onion, and seasoning to taste.
3. Spread the mixture on slices of bread, crackers, or pitas.



With meat

2 portions

Ingredients:

- About 1 cup of leftover meat (e.g., chicken, ground meat, ham)
- ¼ cup of mayonnaise
- 1 tablespoon of sauce of your choice (e.g., barbecue, hot sauce) (optional)
- Salt and pepper

Preparation:

1. Place the meat in a bowl and cut into small pieces.
2. Add the mayonnaise, the sauce of your choice, salt and pepper.
3. Spread the filling on slices of bread, crackers or pitas.



YOU CAN ADJUST THE AMOUNT OF MAYONNAISE DEPENDING ON THE AMOUNT OF MEAT USED.

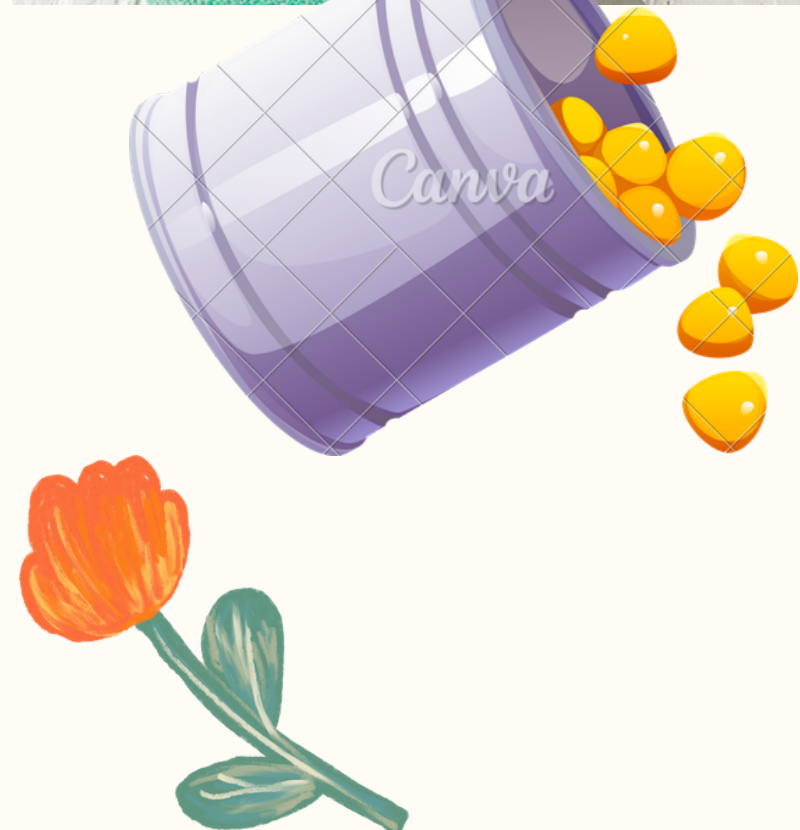


ONE POT CORN MAC AND CHEESE

6 portions

Ingredients

- 3 cups of macaroni
- 1 can of corn kernels (341 ml)
- 1 can of creamed corn (284 ml)
- ⅓ cup of cream 15%
- 2 cups grated cheese
- 3 ½ chicken broth
- Slices of bacon or other meats of your choice (quantity to taste)
- ⅓ cup chopped green onion (optional)



Preparation

1. In a saucepan combine the macaroni, creamed corn, chicken broth and bacon/meat.
2. Bring to the boil, stir then cover for 8 to 10 minutes over medium-low heat until the macaroni is cooked. stir occasionally.
3. Add the cream and cheese, stirring until the cheese is melted.
4. Add salt and pepper.
5. Garnish your plate with green onions if desired.

