

Bites for Bones Recipe Package



This class is set up to allow you to cook the dishes during the presentation if you like. In order to be ready to “cook along” with our team, please review the preparation, equipment and grocery list(s) included.

Program Provider:

The Dr. David Hanley Osteoporosis Centre
Calgary in partnership with the South Health
Campus Wellness Kitchen



Vegetable Chowder



Sautéed Bok Choy



Cheddar, Onion and Sundried
Tomato Microwave Scramble

Cook Along: Preparation to Do Ahead of Time

- Familiarize yourself with the recipes! We will be preparing them in this order:
 - a. **Vegetable Chowder**
 - b. **Sautéed Bok Choy**
 - c. **Cheddar, Onion and Sundried Tomato Microwave Scramble**
- Shop for groceries ahead of time (see grocery list on page 4)
- Pre-prepare ingredients.
 - a. Peel (as needed) and dice:
 - Onion 1 medium (chowder)
 - Celery 2 medium stalks (chowder)
 - Carrots 2 medium (chowder)
 - Potatoes 2 medium (chowder)
 - b. Grate:
 - Cheddar cheese 1/4 cup (scramble) and 1/3 cup (chowder, optional)
 - c. Mince:
 - Sundried tomatoes 2 (scramble)
 - Green onions 2 (scramble)
 - Garlic 2 cloves (bok choy)
 - Fresh ginger 1 inch piece (bok choy)
 - d. Rinse and trim:
 - Bok choy 4 bunches or approximately 1 1/2 lbs (650 - 700 g)
 - e. Drain:
 - Canned corn 1 can (341 ml)
 - e. Drain and rinse:
 - Canned navy beans Approximately 1 cup (half of a 541 ml can)
- Set out your equipment (see equipment list on page 3)
- Place your device (laptop, tablet, or iPhone) in a good viewing position so you can work in front of your cutting board and stovetop, and see the presentation.

Cook Along: Equipment Needed

- Cutting board
- Chef's knife
- Large pot with lid
- Small pot with lid
- Sauté pan with lid
- High heat spatula (flipper/turner)
- Heat proof spoon
- Measuring cups
- Measuring spoons
- Small bowl
- Liquid measuring cup
- Large shallow microwave safe bowl with lid (such as a plate or silicone cover)
- Sieve or strainer
- Fork
- Tongs & heat proof spatula
- Rubber spatula
- Whisk
- Can opener
- Garlic press (optional)
- Cheese grater
- Microplane or zester (optional)

Please note: If you wish to only cook select recipes go directly to the recipe(s) of choice for individual ingredient and equipment lists.



Cook Along: Groceries

Produce

- Onion – 1 medium
- Celery – 2 medium stalks
- Carrots – 2 medium carrots
- Potatoes – 2 medium potatoes
- Bok choy – 4 bunches (approx. 1 1/2 lbs)
- Garlic – 2 cloves
- Fresh ginger – 1 Tbsp
- Green onions – 2 stems

Dairy

- Butter – 4 Tbsp. (57 g)
- Cheddar cheese – small block (200 g)
- Eggs – 2

Grocery

- Canola oil – 2 Tbsp.
- Sesame oil – 1 Tbsp. (optional)
- Cooking spray – 170 g can
- Soy sauce, reduced sodium – 1 Tbsp.
- Flour – 2 Tbsp.
- Sesame seeds – 1 Tbsp. (optional)
- Vegetable broth (no salt added) – 1 L carton
- Canned corn, whole kernel or niblets (no salt added) – 1 can (341 ml)
- Canned navy beans (cannellini, white kidney beans, or navy) – 1 can (540 g)
- Sundried tomatoes – 2 dry (125 g dried package)
- Evaporated milk 2% – 1 can (354 ml)

Spices

- Salt
- Pepper
- Bay leaves – 2
- Thyme – 1 tsp
- Red pepper flakes - 1/4 tsp (optional)

Frozen Foods

- Frozen kale – 500 g bag (2 cups) (fresh kale can be substituted)

Vegetable Chowder

Yield: Serves 3 (6 Cups)

Ingredients:

- Butter 1 Tbsp.
 - Onion, diced 1 medium
 - Celery, diced 2 medium stalks
 - Carrots, diced 2 medium
 - Potatoes, diced 2 medium
 - Bay leaves 2
 - Thyme 2 tsp
 - Salt 1/2 tsp
 - Vegetable broth, no salt added 2 cups
 - Canned corn, whole kernel or niblets, no salt added, drained 1 can (341 ml)
 - Canned navy beans, drained and rinsed Approx. 1 cup (half of a 540 ml can)
 - Frozen kale* 2 cups
- Optional Garnish
- Cheddar cheese, grated 1/3 cup

Roux

- Butter 2 Tbsp.
- Flour 2 Tbsp.
- Evaporated milk, 2% MF 1 can (354 ml)

**Note: This recipe uses frozen kale, but fresh can be substituted if preferred*

Nutrition Facts

Per 2 cups (1/3 recipe) without garnish
 20 g Protein • 425 mg Calcium
 583 mg Sodium (25% DV) • 176 IU Vitamin D

Instructions:

1. In a large pot heat butter over medium-low heat.
2. Add onion and sauté until softened, translucent, and fragrant.
3. Add celery and carrots and sauté until softened.
4. Add potatoes, bay leaves, thyme, salt, and vegetable broth. Cover, turn heat to high and bring to a boil.
5. Reduce heat to low, and simmer 10-15 minutes until potatoes are fork tender.
6. Meanwhile, melt butter for the roux in a small pot over medium-low heat.
7. Whisk in flour. Whisk continually while the flour cooks, until it reaches a golden caramel colour.
8. Begin to add the evaporated milk a little at a time while whisking until smooth after each addition. When all the evaporated milk has been added simmer 2-3 minutes more until smooth and thick.
9. Add the roux into the soup, stirring to combine.
10. Add corn, kale, and canned beans. Simmer until heated through.
11. Serve warm, topped with shredded cheese as desired.



Sautéed Bok Choy

Yield: Serves 2



Ingredients:

- Canola oil 2 Tbsp.
 - Garlic, minced 2 cloves
 - Fresh ginger, minced 1 Tbsp.
 - Red pepper flakes (optional) 1/4 tsp or to taste
 - Bok choy, rinsed and root end trimmed 4 bunches (approx. 1 1/2 lbs)

 - Soy sauce, reduced sodium 1 Tbsp.
 - Vegetable broth, no salt added 1 Tbsp.
- Optional Garnish
- Sesame oil 1 Tbsp.
 - Sesame seeds 1 Tbsp.

Instructions:

1. Roughly chop the bok choy into one inch pieces. Separate leaves from stems. Set aside.
2. In a large non-stick skillet heat canola oil over medium heat until it starts to shimmer.
3. Add garlic, ginger, and red pepper flakes. Sauté until fragrant (about 1 minute).
4. Add bok choy stems and stir carefully to coat with oil.
5. Add soy sauce and broth. Cover and cook until steam starts to escape from under the lid of the pan (about 2 minutes).
6. Uncover. Add bok choy leaves, and stir.
7. Continue to sauté until liquid is mostly evaporated, and stalks are bright green and softened (about 3 minutes more).
8. Remove from heat. Garnish with sesame oil and sesame seeds. Serve warm.

Nutrition Facts

Per 1 cup serving without garnish
 1 g Protein • 200 mg Calcium
 250 mg Sodium (10.4% DV) • 0 IU Vitamin D

Cheddar, Onion and Sundried Tomato Microwave Scramble

Yield: Serves 1



Ingredients:

- Cooking spray
- Eggs, whisked 2
- Sundried tomatoes, minced 2
- Cheddar cheese, grated 1/4 cup
- Green onions, minced 2
- Salt & pepper to taste

Instructions:

1. Spray a large, shallow, microwave safe bowl with cooking spray.
2. Pour in eggs and sundried tomatoes.
3. Cover with microwave safe lid such as a plate or silicone cover.
4. Microwave for approximately 1 minute**
5. Sprinkle with cheese and green onions, re-cover.
6. Microwave 1 minute more**
7. Swirl any uncooked egg from the bottom of the dish to the top; re-cover.
8. Microwave final 30 seconds - 1 minute.
9. Let sit 30 seconds in the microwave to finish cooking. Eggs should be firm and uniformly cooked through, with no uncooked egg at the bottom of the dish.
10. Remove with a rubber spatula.
11. Season with salt & pepper to taste.

*** Heating times may vary depending on the microwave*

For a balanced meal: serve warm with a side of fruit and whole grain toast

Nutrition Facts

Per recipe
 20 g Protein • 275 mg Calcium
 290 mg Sodium (12.6% DV) • 60 IU Vitamin D

Citrus Salmon Cakes

Yield: 4 Patties



Ingredients:

- Canned salmon, with skin and bones, drained* 1 can (213 g)
- Egg, whisked 1
- Dijon mustard 1 tsp
- Garlic, minced 2 cloves
- Fresh ginger, minced 1 tsp
- Lemon, zest and juice 1/2 lemon
- Green onion, minced 2
- Fresh dill or parsley, minced 1/8 cup
- Cayenne (optional) 1/8 tsp or, to taste
- Dry breadcrumbs 1/8 cup
- Salt & pepper to taste
- Olive oil, extra virgin 1 Tbsp.

For the coating (optional)

- Panko 1 cup
(Japanese-style breadcrumbs)
- Cooking spray

**Look for versions with skin and bones that list calcium on the nutrition facts table*

Instructions:

1. Drain the salmon, bones and skin thoroughly, discarding the liquid. Place the drained salmon, bones and skin in a large bowl. Flake with a fork into small pieces.
2. Add the whisked egg, Dijon mustard, garlic, ginger, lemon zest and juice, green onion, dill or parsley, and cayenne. Stir to combine.
3. Stir in the dry breadcrumbs, salt and pepper.
4. Using your hands or an ice cream scoop, portion mixture into patties. If the mixture is too moist to hold the patty shape, add more breadcrumbs. If it is too dry, moisten with additional lemon juice or water. Form patties of similar size and shape for uniform cooking. Smaller patties are easier to work with and cook more quickly. Set aside.
5. In a non-stick pan, heat the olive oil over medium heat.
6. Pour panko on a plate or shallow dish. Coat each patty in panko and then lightly spray with cooking spray.
7. Add patties to pan and gently flatten. Sear for approximately 3 minutes each side, until golden brown and firm.
8. If patties are brown but not yet firm, reduce heat to low, cover, and cook for another few minutes.

For a balanced meal: serve warm with a dollop of savory ranch dip, sautéed bok choy and a cooked whole grain.

Nutrition Facts

Per 2 patties (1/2 recipe) with coating
30 g Protein • 260 mg Calcium • 308 mg Sodium (13.4% DV) • 305 IU Vitamin D

Culinary Notes:

- Many varieties of canned salmon do not include the bones and skin. For this dish to be a good source of calcium look for versions with skin and bones listed on the label, and that list Calcium on the nutrition facts table.
- This recipe can be served in a variety of ways, and works great as ‘plan-overs’ (planned leftovers). Try salmon cakes crumble on salad, served slider-style on buns, rolled up in a wrap, or even chopped up and stirred into a casserole or soup.

Recipe Source:

Adapted from BC Dairy Association
 “Salmon Croquettes”

Equipment List:

- Cutting board
- Chef’s knife
- Non-stick pan
- Measuring cups
- Measuring spoons
- Can opener
- Fork
- Mixing spoon
- Ice cream scoop (optional)
- Garlic press (optional)
- Citrus juicer (optional)
- Microplane or zester
- Rubber spatula
- Heat proof spatula or flipper
- Large bowl
- Plate (for coating patties)

Serving Equipment






- Dinner plate
- Knife
- Fork

Notes:

Please rate this recipe

from 1 star (very dissatisfied) to 5 star (very satisfied)

Check one box that applies.

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Cheddar, Onion and Sundried Tomato Stovetop Scramble

Yield: Serves 2



Ingredients:

- Eggs, whisked* 4 medium
- Butter 1 1/2 Tbsp. (divided)
- Greek Yogurt 1 Tbsp.
- Cheddar cheese, shredded 1/3 cup
- Green onions, minced 3
- Sundried tomatoes, minced 3
- Salt & pepper to taste

**This recipe works best when starting with an unheated pan, and chilled eggs and butter*

Instructions:

1. Add whisked eggs, sundried tomatoes, and half a tablespoon of butter to an unheated pan.
2. Place over medium high heat.
3. Begin to stir and fold eggs and butter together, making sure to scrape to the bottom of the pan.
4. After about 30 seconds, take the pan off the heat. Continue stirring and folding.
5. After about 10-20 seconds, return the pan back on the heat and add another half tablespoon of butter.
6. Continue stirring and folding.
7. Again, after about 30 seconds, remove the pan from the heat. Continue stirring and folding.
8. Then, after about 10-20 seconds, return the pan back on the heat again and add the final half tablespoon of butter.
9. The eggs will continue to firm up throughout this process. When the eggs reach a creamy custard consistency and are still shiny, remove from the heat and turn off the element.
10. Stir in the cheese. Once melted, stir in yogurt to stop the cooking process.
11. Garnish with sundried tomatoes and green onions, season with salt and pepper, and serve warm.

For a balanced meal: Serve warm with a side of fruit and whole grain toast

Nutrition Facts

Per 2 eggs (1/2 recipe)
 20 g Protein • 300 mg Calcium
 310 mg Sodium (13.5% DV) • 60 IU Vitamin D

Culinary Notes:

- This method tempers the eggs so they are thoroughly cooked without becoming rubbery or dry.
- Any plain yogurt can be used for this recipe. Greek and Skyr yogurts offer more protein per serving.
- Sundried tomatoes can be found packed in oil or in dried format. Because this dish carries some liquid, dried versions do not need to be rehydrated before use. If the sundried tomatoes are very brittle and dry, rehydrate with 1/4 cup boiling water before use, discarding the water before adding them to the eggs.

Recipe Source:

Adapted from <https://www.gordonramsayrestaurants.com/recipes/scrambled-eggs/>

Equipment List:

- Cutting board
- Chef's knife
- Whisk
- Medium bowl
- Non-stick pan
- Heat proof spatula or flipper
- Measuring cups
- Measuring spoons
- Cheese grater

Serving Equipment


- Plate
- Knife
- Fork

Notes:

Please rate this recipe

from 1 star (very dissatisfied) to 5 star (very satisfied)

Check one box that applies.

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Baked Bean Biscuits

Yield: 15 Biscuits



Ingredients:

Bean Purée

- White beans, drained & rinsed Approx. 1 cup
(half of a 540 ml can)
- Milk* 1/4 cup & 3 Tbsp.
(divided)

Biscuits

- All-purpose flour 2 cups & 1/4 cup
(divided)
- Baking powder 1 Tbsp.
- Granulated sugar 1 Tbsp.
- Salt 1/2 tsp
- Margarine 1/4 cup
- Bean purée 3/4 cup
- Any hard cheese, finely grated 1/3 cup
- Milk* 2/3 cup

* Note: if preferred substitute with an unsweetened plant-based beverage, like unsweetened soymilk.

Instructions:

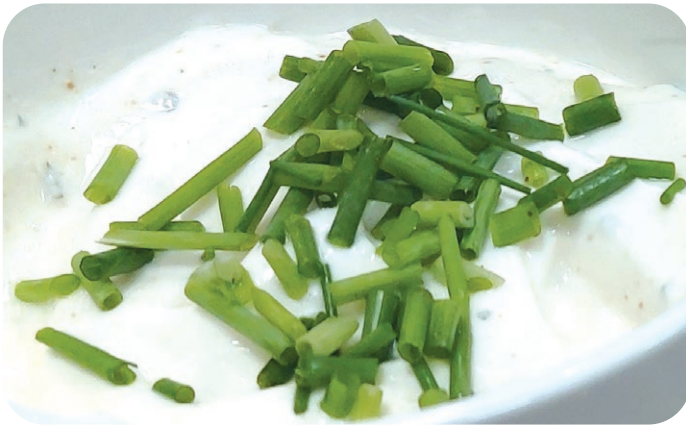
1. Preheat oven to 425°F (220°C).
2. Prepare the bean purée: combine beans and 1/4 cup of milk in food processor. Purée until the mixture is smooth, scraping down the bowl as needed.
3. Add additional milk one tablespoon at a time to reach the desired consistency, similar to canned pumpkin. Set aside
4. In a large bowl, combine 2 cups flour, baking powder, sugar, and salt.
5. Cut margarine into mixture and add bean purée. Cut until the mix resembles coarse oatmeal.
6. Stir in cheese.
7. Add 2/3 cup milk. Fold into mixture until ingredients are just incorporated.
8. Turn out dough onto a lightly floured surface. Knead remaining flour bit by bit into the dough until it reaches a smooth and elastic texture.
9. Using a rolling pin, roll into a sheet that is one-and-a-half to two inches thick.
10. Cut out biscuits with a two-inch biscuit cutter.
11. Place biscuits on baking sheet at least one inch apart.
12. Bake for 14-16 minutes, or until golden and cooked through. Serve warm.

Nutrition Facts

Per biscuit
 4 g Protein • 52 mg Calcium
 128 mg Sodium (5% DV) • 36 IU Vitamin D

Savoury Ranch Dip

Yield: 1 Cup



Ingredients:

- | | |
|------------------------|---------|
| • Greek yogurt, plain | 1 cup |
| • Garlic powder | 3/4 tsp |
| • Onion powder | 1/2 tsp |
| • Dried dill | 1/2 tsp |
| • Salt | 1/4 tsp |
| • Worcestershire sauce | 1/4 tsp |
| • Cayenne pepper | 1/8 tsp |

Optional Garnish

- Fresh chives, minced

Instructions:

1. Add yogurt, garlic powder, onion powder, dill, salt, Worcestershire sauce, and cayenne to a small bowl.
2. Stir to combine.
3. Garnish with fresh chives and serve cold.

Use this dip to take in more vegetables!

Try with fresh, steamed or roasted vegetables. Carrots, celery, cucumber sticks, broccoli, cauliflower, mushrooms, zucchini, tomatoes, or even sweet potatoes! Consider as a side to a meal or a quick and tasty nourishing snack.

Nutrition Facts

Per 1/4 cup portion

6 g Protein • 100 mg Calcium*

176 mg Sodium (7.7% DV) • 0-27 IU Vitamin D

*Note calcium will vary depending on yogurt used.

Culinary Notes:

- Any plain yogurt can be used for this dip. Greek and Skyr yogurts offer more protein per serving. Along with the nutrition, the consistency and taste of plain yogurts differ. Depending on the yogurt used in the recipe, adjust other ingredients to taste.
- To allow the flavours to combine, this dip can be made ahead and stored in an airtight container in the refrigerator for up to three days.
- Savoury dips are versatile. Try this recipe paired with any vegetable; other dipping items like pita bread, crackers; or as refreshing side to a main meal. It can also be used as a marinade or spread. Or thinned down to be used as a sauce or dressing.
- To prepare a sauce or dressing version of this recipe: decrease to 1/2 cup plain Greek Yogurt and add in 1/2 cup milk. Whisk to combine. Add remaining ingredients per instructions above.

Recipe Source:

Adapted from <https://www.wellplated.com/greek-yogurt-ranch-dip/>

Please rate this recipe

from 1 star (very dissatisfied) to 5 star (very satisfied)

Check one box that applies.

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Equipment List:

- Measuring cup
 - Measuring spoons
 - Small bowl
 - Spoon
 - Cutting board
 - Chef's knife
- Serving Equipment
- Serving bowl

Notes:

Creamsicle Dip

Yield: 1 Cup



Ingredients:

- Greek yogurt, plain 1 cup
- Honey or maple syrup 1 Tbsp.
- Orange juice 1 Tbsp.
- Vanilla 1/2 tsp

Optional Garnish

- Orange zest

Instructions:

1. Add yogurt, honey or maple syrup, orange juice, and vanilla to a small bowl.
2. Stir to combine.
3. Garnish with orange zest and serve cold.

Use this dip to take in more fruits! Try it with cut apples, pears, kiwis, bananas, berries or grapes. Top with granola, nuts or seeds for an added crunch. Consider as a side to a meal or a quick tasty and nourishing snack.

Nutrition Facts

Per 1/4 cup portion
6 g Protein • 100 mg Calcium*
22 mg Sodium (1% DV) • 0-27 IU Vitamin D

*Note calcium will vary depending on yogurt used.

Culinary Notes:

- Any plain yogurt can be used for this dip. Greek and Skyr yogurts offer more protein per serving. Along with the nutrition, the consistency and taste of plain yogurts differ. Depending on the yogurt used in the recipe, adjust other ingredients to taste.
- To allow the flavours to combine, this dip can be made ahead and stored in an airtight container in the refrigerator for up to three days.
- Try this recipe paired with any fruit, or blended with added fruit to make a smoothie.

Recipe Source:

Adapted from Dietitians of Canada (2002) Cook Great Food. Robert Rose Inc; Illustrated edition.

Equipment List:

- Measuring cup
- Measuring spoons
- Small bowl
- Spoon
- Microplane or zester (optional)

Serving Equipment






- Serving bowl

Notes:

Please rate this recipe

from 1 star (very dissatisfied) to 5 star (very satisfied)

Check one box that applies.

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Chia Pudding

Yield: Serves 2 (1 1/2 Cups)



Ingredients:

- Milk* 1 cup
- Chia seeds 1/4 cup
- Vanilla extract 1/2 tsp
- Maple syrup 1-2 tsp

Optional Garnish

- Berries (fresh or frozen) 1 cup
- Nuts or seeds 1/4 cup

** Note: if preferred substitute with an unsweetened plant-based beverage, like unsweetened soymilk.*

Instructions:

1. Combine milk, chia seeds, vanilla extract, and maple syrup in an airtight jar or container.
2. Refrigerate overnight to set.
3. When ready to serve, portion into serving dishes and top with garnishes.

Nutrition Facts

Per 3/4 cup (1/2 recipe), without garnish
 9 g Protein • 340 mg Calcium
 35 mg Sodium (1.5% DV) • 50 IU Vitamin D

Nutritious Nightcaps: Vanilla Steamed Milk

Yield: 1 Cup



Ingredients:

- Milk* 1 cup
- Vanilla or almond extract 1/4 tsp
- Brown sugar 1 tsp or to taste

** Note: if preferred substitute with an unsweetened plant-based beverage, like unsweetened soymilk.*

Instructions:

1. In a microwave safe mug, heat milk in microwave for approximately 2 minutes.**
2. Stir all remaining ingredients into milk until dissolved.
3. Serve warm.

**Heating time may vary depending on the microwave.

Nutrition Facts

Per 1 cup serving
9 g Protein • 300 mg Calcium
70 mg Sodium (3% DV) • 100 IU Vitamin D

Nutritious Nightcaps:

Hot Turmeric Milk

Yield: 1 Cup



Ingredients:

- Turmeric 1/4 tsp
- Black pepper 1/8 tsp
- Ground cardamom 1/4 tsp
- Ground ginger 1 pinch
- Ground cloves 1 pinch
- Ground allspice 1 pinch
- Milk* 1 cup
- Honey 1/2 tsp or to taste
- Vanilla extract 1/8 tsp

** Note: if preferred substitute with an unsweetened plant-based beverage, like unsweetened soymilk.*

Instructions:

1. Whisk turmeric, black pepper, cardamom, ginger, cloves and allspice together in a small bowl. Set aside.
2. Heat milk in microwave for approximately 2 minutes.**
3. Stir honey and vanilla into milk until dissolved.
4. Whisk spice mixture into milk mixture
5. Serve warm.

**Heating time may vary depending on the microwave.

Nutrition Facts

Per 1 cup serving
 9 g Protein • 300 mg Calcium
 70 mg Sodium (3% DV) • 100 IU Vitamin D

Culinary Notes:

- This aromatic spiced drink is the perfect evening option for a warming boost of calcium and protein. When selecting a milk it is important to look for versions fortified with calcium and that have at least 8 g of protein per cup.
- The quantities given in this recipe are one suggestion but can be adjusted depending on preference. For extra heat, add a pinch of cayenne or ground chilies.

Recipe Source:

Adapted from
<https://www.allrecipes.com/recipe/236294/haldi-ka-doodh-hot-turmeric-milk/>





Equipment List:

- Small bowl
- Spoon
- Whisk
- Measuring spoons
- Liquid measuring cup
- Microwave safe mug

Notes:

Please rate this recipe
 from 1 star (very dissatisfied) to 5 star (very satisfied)

Check one box that applies.

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