

PLANT-BASED

TWISTS ON TRADITIONAL RECIPES FROM AROUND THE GLOBE

Cultural food selections can be incorporated into your food choices while maintaining a healthier, plant-based diet. A traditional cultural dish can often be made vegetarian and/or vegan. Consider trying the following tips and recipes for plant-based twists on traditional recipes from around the globe:



Use tofu or tempeh
instead of meat or fish



LEMON HERB GRILLED TOFU &
VEGGIE KABOBS



Use beans instead of
meat or fish



EASY VEGAN
BLACK BEAN TACOS



Replace dairy or
butter in cooking
with a plant-based
alternative



FALAFEL SALAD
WITH TAHINI DRESSING

HERE ARE A FEW MORE
PLANT-BASED TAKES ON
POPULAR GLOBAL RECIPES:





PREP TIME:
15 minutes



COOKING TIME:
20 minutes



SERVINGS:
4 servings

NUTRITION: AMOUNT PER SERVING

Calories	382
Fat	20g
Saturated Fat	6.7g
Trans Fat	0.3g
Protein	18g
Sodium	300mg

SHAKSHUKA

Shakshuka is a delicious, simple, and nutritious brunch option that is native to North African and Middle Eastern cuisines. This dish typically features simmered tomatoes, garlic, an array of spices, and gently poached eggs. Many variations of this dish can be made as the ingredients pair very well with so many flavour profiles. Use this recipe as a base and get creative with it and the ingredients you have on hand. You are encouraged to tweak away and experiment with Shakshuka any time of the day!

INGREDIENTS:

3 SWISS CHARD LEAVES
2 TBSPS OLIVE OIL OR BECEL®
AVO PLUS OIL
1 MEDIUM RED ONION
CHOPPED (CAN SUBSTITUTE
YELLOW ONION)
1 RED BELL PEPPER CHOPPED
3 CLOVES GARLIC CHOPPED
SALT & PEPPER TO TASTE
1 TSPS SWEET PAPRIKA
¾ TSPS CUMIN
½ TSPS CORIANDER
1 TSPS ZA'ATAR
2 TBSPS TOMATO PASTE
28 OUNCES CANNED
CRUSHED TOMATOES OR
DICED TOMATOES (NO SALT
ADDED)
1 CAN OF NO SALT ADDED
CHICKPEAS
4 EGGS
¾ CUP FETA CHEESE CUBED
OR BROKEN UP INTO CRUMBS
(~90 GRAMS) (OPTIONAL)
PARSLEY TO TASTE (OPTIONAL)

INSTRUCTIONS:

1. Preheat the oven to 375°F
2. Chop Swiss chard leaves into bite-sized pieces.
3. Heat olive oil in a large cast iron pan on medium heat. Add the onion and cook for 5 minutes or until the onion becomes translucent.
4. Add the red bell pepper and garlic into the pan. Add the spices and tomato paste.
5. Pour in the can of crushed or diced tomatoes.
6. Add in can of no salt added chickpeas. Stir the mixture well for 1-2 minutes. Throw Swiss chard leaves in.
7. With a large spoon, create 4 wells. Crack 1 egg in each well.
8. Transfer the cast iron pan into the preheated oven. Bake for 8-12 minutes. Check the eggs at 8 minutes. See if the egg whites have turned white and if the yolk is still a little bit jiggly. If the egg whites haven't completely turned opaque, bake a little longer.
9. Once the eggs are done to your liking, take the cast iron pan out of the oven. Finish the dish off with some parsley and feta (optional).



PREP TIME:
30 minutes



COOKING TIME:
10-20 minutes
(depending on
vegetable cooking
preferences)



SERVINGS:
4 servings

NUTRITION:
AMOUNT PER SERVING
(WITHOUT EGG)

Calories	547
Fat	23g
Saturated Fat	2.5g
Trans Fat	0.1g
Carbohydrate	76g
Fibre	10g
Protein	13g
Sodium	578mg

BIBIMBAP

Korean cuisine has increased in popularity over the past few years. A favourite rice dish, bibimbap, can easily be created at home. The dish is quite colourful and is a beautiful sight for the eyes. Although a fair amount of chopping is involved, the impressive end result is well worth the effort! Of all the dishes you make at home, how many recipes incorporate at least seven different types of vegetables?

INGREDIENTS:

FOR VEGETABLE MARINADE:

3 TBSPS LOW SODIUM SOY SAUCE
1 TBSP SESAME OIL
1 TBSP MINCED GARLIC
½ TBSP OF HONEY OR WHITE SUGAR OR BROWN SUGAR

FOR BIBIMBAP:

1 CUP JULIENNED CARROTS
 (~2-3 AVERAGE SIZED CARROTS)
1.5 CUPS RED PEPPER (SLICED THINLY)
1 LARGE YELLOW OR GREEN ZUCCHINI (CUT INTO HALF MOONS)
1 CUP SLICED SHITAKE MUSHROOMS
1 TSPS SESAME SEEDS
3 CUPS BLANCHED SPINACH
¼ C AVOCADO OIL OR BECEL® AVO PLUS OIL
½ CUCUMBER (SLICED INTO HALF MOONS)
1 TBSP GREEN ONION
4 EGGS (ONE EGG PER SERVING) (OPTIONAL)
1 CUP BEAN SPROUTS, BLANCHED
4 CUPS COOKED BROWN OR WILD RICE

FOR GARNISH

1 HEAPING TABLESPOON GOJUCHANG (KOREAN CHILI PASTE)
1 TSPS SESAME SEEDS
HANDFUL OF CHOPPED GREEN ONION PIECES (WHITE PART NOT INCLUDED; JUST CHOP THE GREEN PART)
1 SHEET SEAWEED (JULIENNED INTO 2' STRIPS)





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(WITHOUT EGG)

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BIBIMBAP

DIRECTIONS:

VEGETABLE MARINADE:

In a small bowl, combine soy sauce, sesame oil, garlic, and sugar of choice (i.e. honey OR white sugar OR brown sugar) until sugar is dissolved.

BIBIMBAP:

In a small bowl, pour 1 tbsp (15 mL) vegetable marinade over carrots. Toss to combine. Repeat process in separate bowls for red peppers, zucchini, and mushrooms.

In a second small bowl, pour 1 tbsp (15 mL) marinade and 2 tsp (10 mL) sesame seeds on the spinach; mix to combine. Set aside. Reserve remaining marinade.

In a medium frying pan over medium heat, add 2 tsp (10 mL) oil or Becel® Avo Plus oil. Add carrots; cook 2-3 minutes, until tender crisp. Remove from pan, set aside. Wipe out pan. Repeat process with red peppers, zucchini, and mushrooms.

Heat 2 tsp (10 mL) oil in pan and sauté cucumber until just softened, about 3-4 minutes. Remove from pan and combine with reserved marinade and 1 tbsp (15 mL) green onion. Set aside. Heat 2 tsp (10 mL) oil in pan, add eggs and fry to desired doneness.

To serve, divide rice into 4 bowls. Arrange sautéed vegetables, spinach, and bean sprouts over rice.

GARNISH:

Place egg on top (optional), garnish with a dollop of Gochujang, sprinkle of sesame seeds, green onion, seaweed, and a drizzle of sesame oil.

HAPPY COOKING AND ENJOY!



ROWENA LEUNG

Rowena Leung is a Registered Dietitian and Certified Diabetes Educator who holds a Bachelor of Science (Human Ecology) Honours, Food and Nutrition from Western University. She is the pioneer retail dietitian for Loblaw Companies Ltd. in Toronto, Canada specializing in providing the public with practical nutrition tips. She is also very active in the Chinese community and regularly accepts media interview requests from OMNI TV in both Mandarin and Cantonese. She is passionate about community nutrition and has been a long standing contributing member/presenter for the annual Heart and Stroke Symposium (Chinese Chapter) now known as Chinese Canadian Heart and Brain Association for over 10 years. Rowena is a content contributor to the Becel Centre for Heart Health.

