



Ingredients

113 grams roast turkey

½ green bell pepper

113 grams ham

113 grams tomatoes

230 grams romaine lettuce

1 egg

113 grams cheddar cheese

15 mL dressing of choice

Chef's Salad Bowl

SERVINGS: 2
SERVING SIZE: 500 ML



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Chef's Salad Bowl

SERVINGS: 2 | SERVING SIZE: 500 ML

Directions

- 1 Chop lettuce into bite-sized pieces. Portion into individual salad bowls, 115 grams per bowl.
- 2 Cut meat and cheese into thin strips, and arrange half of the turkey, ham and cheese on top of the lettuce in each bowl.
- 3 Cut green pepper into rings. Cut tomatoes into bite-sized wedges. Cut hard-boiled egg into quarters. Garnish each salad with 1 green pepper ring, 2 tomato wedges and 2 egg quarters. Serve dressing on the side.



Ingredients

30 mL chicken marinade

113 grams chicken breast

113 grams seasonal
fresh fruit

113 grams 50/50
iceberg and romaine
salad mix

Chicken and Fresh Fruit Salad

SERVINGS: 2
SERVING SIZE: 250 ML

Chicken and Fresh Fruit Salad

SERVINGS: 2 | SERVING SIZE: 250 ML

Directions

- 1 Prepare marinade according to recipe instructions below. Cover chicken breast in marinade and marinate.
- 2 Grill chicken breast on well-oiled grill preheated to 175°C for 3-5 minutes per side or until internal temperature is 74°C. Allow chicken to cool enough to handle, then slice or chop into bite-sized pieces.
- 3 Chop lettuce into bite-sized pieces. Prepare fruit as necessary into bite-sized pieces. Arrange salads.
- 4 Proportions per salad: ~56 grams chicken slices, ~56 grams lettuce, ~56 grams fruit.

Chicken Marinade

SERVINGS: 1 | SERVING SIZE: 30 ML

Ingredients

62.5 mL green onions	3.75 mL lemon juice	1.25 mL thyme
31 mL red wine vinegar	1.25 mL fresh garlic	1.25 mL salt
31 mL Worcestershire sauce	31 mL oil	1.25 mL pepper

Directions

- 1 Finely chop green onions. Mince garlic.
Combine all ingredients.



Ingredients

1 pie shell, 25 cm

1.25 mL salt

1.25 mL pepper

125 mL shredded
Swiss cheese

62.5 mL grated
Parmesan cheese

3 eggs

75 mL half-and-half

15 grams frozen spinach

Quiche Florentine

SERVINGS: 6
SERVING SIZE: 1 SLICE

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Quiche Florentine

SERVINGS: 6 | SERVING SIZE: 1 SLICE

Directions

- 1 Prebake pie shell according to package directions, and use pie weights or dry beans on top of parchment or foil in the bottom of the crust. Remove from oven and set aside. Adjust oven to 175°C.
- 2 Beat eggs. Add half-and-half, salt, and pepper. Set aside.
- 3 Sprinkle baked pie shell with 125 mL Swiss cheese. Spoon thawed, well-drained spinach over Swiss cheese.
- 4 Pour egg mixture into the pie shell, allowing egg mixture to thoroughly combine with spinach.
- 5 Bake in oven for 15 minutes. Sprinkle top with 62.5 mL Parmesan cheese. Bake an additional 35-40 minutes, until set in center. Allow to stand 10 minutes before serving. Cut quiche into 6 slices.



Ingredients

250 mL yogurt, flavour of choice

30 mL granola

Yogurt and Granola

SERVINGS: 2
SERVING SIZE: 125 ML

Yogurt and Granola

SERVINGS: 2 | SERVING SIZE: 125 ML

Directions

- 1 Sprinkle 15 mL granola per 125 mL yogurt.



Honey Granola

SERVINGS: 10

Ingredients

125 mL canola oil

125 mL honey

2.5 mL ground cinnamon

2.5 mL salt

750 mL old-fashioned
rolled oats

250 mL sliced almonds

250 mL raisins

Honey Granola

SERVINGS: 10

Directions

- 1 Arrange rack in the middle of the oven and preheat the oven to 150°C. Line a rimmed baking sheet with parchment paper.
- 2 Place the oil, honey, cinnamon and salt in a large bowl and whisk to combine.
- 3 Add the oats and almonds to mix and stir to coat. Don't worry if you add a little more oats or almonds – granola is very forgiving.
- 4 Transfer the mixture to the prepared baking sheet and spread into an even layer. If the granola is clumpy, use a spatula to press it into the pan.
- 5 Bake for 20 minutes, stirring halfway through. The granola is ready when golden-brown and the almonds have toasted – it will still feel wet coming out of the oven but will dry as it cools.
- 6 Remove from the oven. Sprinkle on the raisins. If you want clumps of granola, tamp down the granola before it cools, which helps it stick together. Cool completely before storing.
- 7 For long-term storage, transfer the cooled granola to an airtight container and store at room temperature.