

Eat Local!

A practical guide to shopping and cooking
with Canadian-grown and raised food





QUALITY FOOD

Our Canadian food system is designed to ensure that good-quality food makes its way to the tables of all Canadians and other people around the world.

Eat local and love it!



Want to support Canadian farmers, producers, and our economy?

This practical guide makes it easy (and delicious!) to spot, shop, and cook with Canadian food.

You'll learn how to identify truly local products at the store, stretch your grocery dollars with smart shopping tips, and whip up tasty recipes featuring homegrown ingredients. Plus, you'll discover fun food facts and why supporting Canadian farmers matters.

HOW TO SPOT Canadian Food

Choosing Canadian grown and raised food is a powerful way to support local farmers and our economy — but it's not always easy to tell what's truly local. Here are 3 tips to help you spot Canadian grown and raised food so you know what you're really buying.

1

Your best bet to support Canadian farmers is to buy food labelled “Product of Canada” or “100% Canadian”.

2

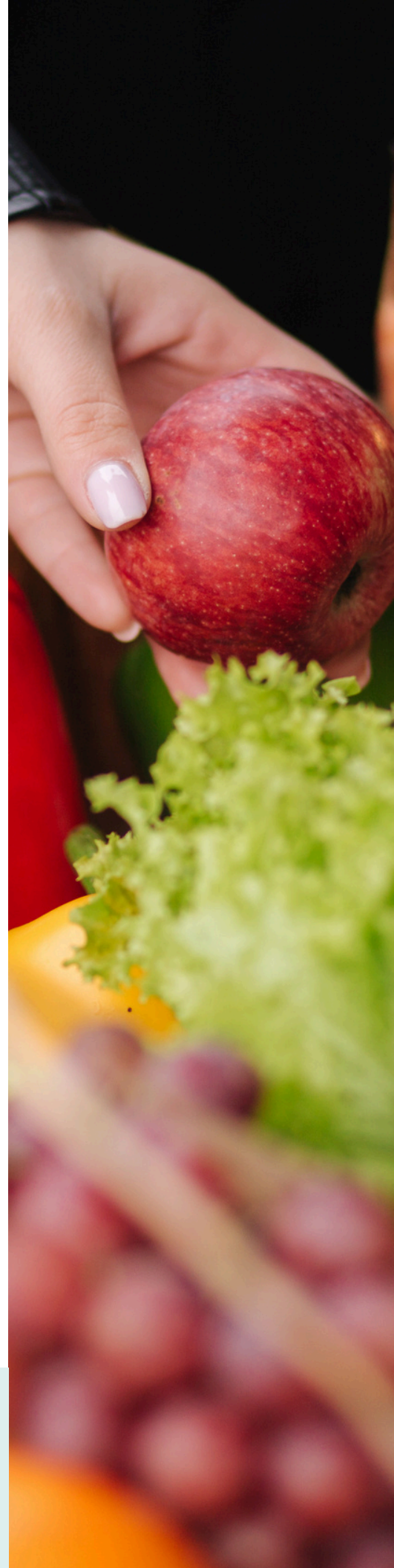
Don't assume a maple leaf always means Canadian — this symbol is not regulated.

3

“Made in” or “Packaged in” or “Canada Organic” tells you about how a food is processed or produced, not where it is grown. Check the label to determine if ingredients are from Canada, imported, or a combination of both.



Watch this [short video](#) from the Canadian Food Inspection Agency to learn more about how to choose Canadian food and what different label claims mean.



HOW TO SPOT Canadian Food

Here are some examples for how to spot homegrown goodness in the grocery store — from pork or beef to oats, and eggs to mushrooms.



How to Spot...

Canadian Pork

Proudly support Canadian pork by looking for the Verified Canadian Pork logo, provincial pork logos, or a maple leaf on packaging, signage, or labels. If you're unsure, ask a member of the meat department.



How to Spot...

Canadian Beef

Look for a maple leaf, province name, or Canadian grade (Canada Prime, AAA, or AA) on the package, flyer, or in-store signage — or simply ask the retailer.



How to Spot...

Canadian Eggs

Eggs sold in Canada are proudly produced by Canadian farmers. To identify Canadian eggs, look for the Egg Quality Assurance™ EQA® mark—no matter the type, Canadian eggs are a nutritious and delicious choice.



How to Spot...

Canadian Mushrooms

Canadian farmers grow mushrooms year-round—so they're always fresh and in season. Look for “Product of Canada” on labels to spot Canadian mushrooms.



How to Spot...

Canadian Oats

Oats thrive in cool climates, making Canada a top global producer and the world's largest exporter of high-quality oats! When you purchase oats in Canada, it's incredibly likely that they are grown right here at home!

Show Canadian Pride: Celebrate Food Day Canada!

Food Day Canada, a national celebration held yearly on the first Saturday every August, recognizes Canadian-grown and raised food, ingredients, and culinary talent. Founded by Anita Stewart, it encourages everyone to shop, cook, and dine Canadian, highlighting the richness of Canadian cuisine.



The Importance of Food Day Canada:

- Celebrates local food
- Supports farmers and producers
- Brings Canadians together to share a meal



Idea to Celebrate:

Host a BBQ featuring mostly Canadian-grown or raised ingredients. How about beef burgers or pulled pork with tasty sides like corn on the cob, grilled portabella mushrooms, devilled eggs, and lentil salad? For dessert? Summer berry crisp with an oat and flax crumble. Yum!

Eat Well, Support Local, and Spend Less:

5 Strategies to Save on Groceries

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Rising food prices have you watching your wallet? These simple, budget-friendly tips help you save and eat well — all while supporting local foods.



Eat In More Often

Cooking at home helps stretch the food budget and support health goals.

- Add it up: Tally your weekly takeout costs — it may surprise you.
- Start simple: Try easy recipes with just a few steps and ingredients.
- Batch it: Cook once, eat twice — leftovers are your wallet's best friend.



Shop Your Kitchen First

Reduce food waste and save cash.

- Do a fridge, freezer & pantry check before hitting the store. You may find you spend less time shopping, too!
- Combine what you've already got with what's on sale for quick meals like curries, stir-fries, salads, pastas, nourish bowls and frittatas.

3

Shop the Specials

Small savings add up to big savings over time.

- Use flyers and apps (e.g. [Flipp](#)) to plan meals and snacks around what's on sale and/or marked down.
- Compare unit prices to beat shrinkflation (same price, smaller packages). Unit pricing isn't mandatory, but when provided is typically on the price signage.
- Buy markdowns and freeze what you won't use right away.

4

Waste Less Food

Wasted food is wasted money.

- Don't throw out food unnecessarily just because of the "best before" date. It's about quality, not food safety. "Best before" does not mean "bad after."
- Keep a "use me first" bin in your fridge for items to use them up before they go bad.
- Store food properly to keep it fresh longer and reduce waste. Find tips [here](#).

5

Make Nourishing Swaps

Get more nutrition for your food dollar. Cut back on nutrient-poor foods with easy homemade swaps, like:

- Stovetop popcorn instead of chips
- Overnight oats instead of sugary cereal
- Homemade pita pizza (leftover veggies/meat) instead of takeout pizza

USE UP THOSE VEGGIES!

Canadian farmers work hard to bring fresh, high-quality vegetables to our tables. Once they're in our fridge, we can do our part by using them up before they spoil. It's an easy way to honour the value of our food, reduce waste, save money, and enjoy more vegetables



GOT SOFT, REALLY RIPE TOMATOES? EXTEND THEIR LIVES!

Cut off the spoiled parts and chop up the rest of the tomatoes. Toss in a little oil, salt and pepper (add herbs, and garlic cloves, if you have them). Roast at 400°F until cooked through, about 20 minutes. Stores for three to five days in the fridge or up to 10 months in the freezer.

For delicious variations, use the roasted tomatoes in pasta sauces or in warm power bowls, or use as a topper for toast.

GOT POTATO AND CARROT PEELS? MAKE VEGGIE CRISPS.

Toss well-washed peels with oil to coat; sprinkle with salt, garlic powder and a pinch of chili flakes. Spread over a parchment-lined baking sheet and bake at 400°F (200°C) until crisp and golden, about 15 minutes, stirring half-way through. Enjoy as a flavourful snack or as a salad topper.

For a change from ketchup, dip crisps in pureed roasted tomatoes (add a pinch of salt and garlic powder).



GOT CABBAGE? ROAST IT!

Cut cabbage into 1½-inch (3-cm) wedges, keeping the core intact to hold the wedges together. Arrange on a lightly greased baking sheet. Drizzle with oil and sprinkle with your favorite spices, such as garlic powder, curry powder or smoked paprika, and a little salt and pepper. Roast in a 450°F (230°C) oven, turning once, until golden and tender, about 25 minutes.

Ramp up the pizzazz factor by drizzling roasted cabbage with lemon juice or tahini or adding a dollop of sriracha mayo.



GOT BROCCOLI STALKS? THEN IT'S STIR-FRY TIME.

Don't compost those sturdy stalks. They're full of vitamins and minerals (and they're tender once peeled). Peel away the tough outer skin and slice thinly. Stir-fry in a little oil over medium-high heat, adding a clove or two of pressed garlic and a pinch of salt. Yum!

Add a pinch of chili flakes in the last 30 seconds of cooking for a pop of serious flavour!



6 FOOD & FARMING

Good-to-Know Facts

Discover What Makes Canadian Food So Remarkable

Ever wonder where your food comes from? Canada is home to passionate farmers and world-class food producers who grow and raise some of the safest, highest quality, and most nourishing foods in the world. Here are five facts to help you learn more about Canadian food and the people behind it.

01

Bobolinks, burrowing owls and... beef cattle? Beef ranching and farming in Canada plays a vital role in wildlife conservation, providing 74% of nesting and 55% of feeding habitat across agricultural lands. Cattle share and support these ecosystems. Watch [Homes on the Range](#), a short video highlighting how ranchers and farmers help protect the landscapes that wildlife depends on.



02

Brown or white—both eggs offer the same nutrition! The only difference is the hen: white-feathered hens lay white eggs, and brown-feathered hens lay brown eggs. Nutritionally, both brown and white eggs are identical unless the feed has been enhanced. Discover egg benefits and explore 500+ recipes at eggs.ca!



03

Nutritious, budget-friendly, and versatile, Canadian mushrooms are a valuable and flavourful addition to any meal. Eight kinds of mushrooms are grown and harvested seven days/week, 365 days/year, making them readily available and easy to buy. Visit mushrooms.ca for delicious recipes and mushroom tips.





04

Good to Know! Canadians save up to \$6,665/year on groceries because farmers can use pesticides and biotech crops to grow stronger and healthier plants more efficiently, reducing food loss and waste. Learn more about how our food is grown, including the difference between organic and non-organic foods, and more [here](#).

05

Canadian pork is delicious, budget-friendly, and packed with high-quality protein plus 14 essential nutrients. Raised without added hormones and produced under strict quality standards of the Canadian Pork Excellence program, it's a safe, trusted choice for your family. Discover nutrition tips, recipes, and cooking inspiration at [PickPork.ca](https://www.pickpork.ca).



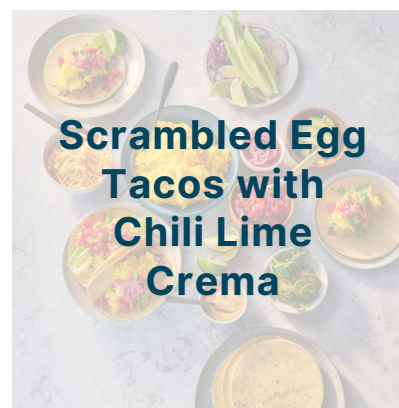
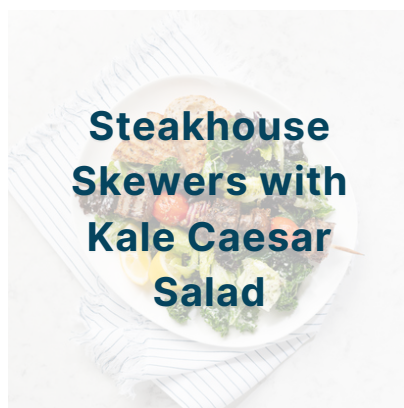
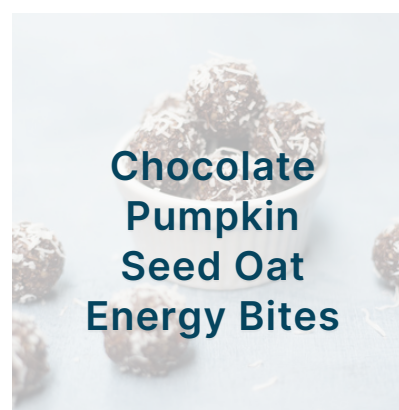
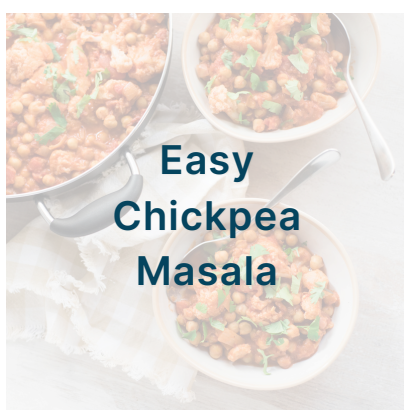
06

Canadian oats come in a surprising variety of forms (including gluten-free) — each with its own texture, cooking time, and best use in the kitchen! From steel-cut oats to large flake, quick-cooking and instant oats, plus oat flour, there are many options. Find lots of recipes on everything from meatballs to risotto to cakes at OatsEveryday.com.



Canadian Food-Forward Recipes

These delicious recipes celebrate Canadian ingredients produced coast-to-coast. While not every ingredient is local, each recipe is built around foods grown, raised, or made right here in Canada whenever possible. Enjoy cooking meals that support Canadian farmers and taste great too!





Easy Chickpea Masala

TOTAL TIME: 25 MINS

MAKES: 4 SERVINGS

The easy curry sauce in this recipe is perfect with budget and pantry-friendly canned chickpeas and super-convenient frozen veggies. It's so tasty, you'll want to put it on everything! Try it over Canadian-grown barley. Bonus? With just one pan to clean up, it's a time-saving winner.

INGREDIENTS

- 2 tbsp (30 mL) canola oil
- 4 cloves garlic, minced
- 1 onion, chopped
- 1 tbsp (15 mL) minced fresh ginger root
- 3 tbsp (45 mL) tomato paste
- 2 tsp (10 mL) garam masala
- 1 tsp (5 mL) ground cumin
- 1 can (796 mL) whole tomatoes, undrained
- $\frac{3}{4}$ cup (175 mL) water
- 2 cans (19 oz/540 mL each) chickpeas, drained and rinsed
- 1 pkg (500 g) frozen cauliflower florets
- 2 tbsp (30 mL) smooth or crunchy peanut butter
- 1 tbsp (15 mL) apple cider vinegar
- $\frac{1}{4}$ cup (60 mL) chopped fresh cilantro (optional)

GOOD TO KNOW

You can feel good about choosing Canadian grown and raised foods; Canada's food system is considered one of the safest in the world.

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Easy Chickpea Masala

DIRECTIONS

1. In a large, deep non-stick skillet, heat oil over medium-high heat. Add garlic, onion, and ginger; cook, stirring for about 5 minutes or until starting to brown. Add tomato paste, garam masala, and cumin; cook, stirring until slightly darkened, about 1 minute.
2. Stir in tomatoes and water, breaking up tomatoes with a spoon. Add chickpeas; bring to a simmer. Reduce heat to medium-low, cover, and simmer until thickened, about 8 minutes.
3. Stir in cauliflower, peanut butter, and vinegar. Increase heat to medium-high and bring to a boil. Reduce heat to maintain a gentle simmer and cook, stirring occasionally, until cauliflower is tender, about 5 minutes. Sprinkle with cilantro, if using.

NEAT TO KNOW NUTRITION TIP

This tasty chickpea masala dish is chock full of gut-friendly fibre, thanks to the tomatoes, chickpeas, and cauliflower. With a whopping 16 grams of fibre per serving, this dish gives you about half your daily fibre needs!

STORAGE TIP

Don't let extra tomato paste go to waste! Drop it by tablespoonfuls onto a parchment-lined baking sheet and freeze until firm. Transfer frozen tomato pucks to an airtight container. Freeze for up to two months. Thaw pucks in the fridge before using.

REDUCE WASTE

Swap in chopped fresh veggie odds and ends from the fridge. Try bits of broccoli or sliced carrots. Be sure to simmer until veggies are heated through.



Vibrant Vegetable and Mushroom Stir Fry

TOTAL TIME: 25 MINS

MAKES: 6 SERVINGS

Loaded with colourful vegetables and meaty mushrooms, this quick stir-fry is coated in a delicious sweet and savoury sauce. This recipe features crimini mushrooms, but feel free to swap in any of your other favourite Canadian-grown mushrooms.

INGREDIENTS

Sauce

- 1/2 cup (125 mL) chicken (or vegetable) broth
- 1/4 cup (60 mL) reduced-sodium soy sauce
- 3 cloves garlic, minced (about 15 mL)
- 3 tbsp (45 mL) brown sugar
- 1 tbsp (15 mL) cornstarch
- 1 tsp (5 mL) minced ginger
- 1 tsp (5 mL) sesame oil

Stir Fry

- 1 tbsp (15 mL) canola oil
- 1 package (227 g) sliced crimini mushrooms
- 1 large red bell pepper, sliced
- 1 small zucchini, quartered
- 1 small red onion, sliced
- 2 cups (500 mL) broccoli florets
- 1 cup (250 mL) sugar snap peas
- 1 cup (250 mL) carrots, sliced
- 1 cup (250 mL) baby corn
- Optional Garnish: Chopped green onions, sesame seeds

GOOD TO KNOW

Mushrooms are an excellent source of potassium, an important mineral many Canadians don't get enough of. In fact, one portabella mushroom contains more potassium than a small banana.**

Shared thanks to:



mushrooms.canada



Vibrant Vegetable and Mushroom Stir Fry

DIRECTIONS

1. **Sauce:** In a medium bowl, whisk together chicken broth, soy sauce, garlic, brown sugar, cornstarch, ginger and sesame oil. Set aside.
2. **Stir Fry:** Heat oil in a large nonstick wok or skillet over medium-high heat. Add mushrooms, bell pepper, zucchini, onion, broccoli, peas, carrot and baby corn. Sauté 6-8 minutes until vegetables are almost tender.
3. Pour sauce over sautéed vegetables and cook until sauce has thickened; about 2-3 minutes. Garnish with green onions and sesame seeds, if desired.

MEAL PREP LIKE A PRO

To ensure the vegetables cook at the same rate, cut them into similar sized pieces.

BALANCE IT

For a balanced meal, top this veggie-filled stir fry with a protein food of your choice, such as grilled salmon, crispy tofu, or soft-cooked eggs.

CLEANING TIP

Prior to use, wipe mushrooms with a damp cloth or give them a quick rinse in cold water and pat dry with a clean cloth.



Chocolate Pumpkin Seed Oat Energy Bites

TOTAL TIME: 20 MINS

MAKES: 24 ENERGY BITES

Power up with whole-grain oats, pumpkin seed butter, pumpkin seeds, and chia! These bites deliver energy, protein, and fibre to help you crush cravings and manage munchies. If you don't have pumpkin seed butter, you can swap in natural peanut butter or almond butter.

INGREDIENTS

- 1¼ cups (300 mL) large-flake rolled oats
- ⅔ cup (150 mL) pumpkin seed butter
- ⅓ cup (75 mL) honey
- ¼ cup (60 mL) medium unsweetened coconut flakes, plus more for rolling (optional)
- ¼ cup (60 mL) cocoa powder
- ¼ cup (60 mL) pumpkin seeds, finely chopped
- 2 tbsp (30 mL) chia seeds
- 1 tsp (5 mL) vanilla extract
- ¼ tsp (1 mL) salt

GOOD TO KNOW

Oats are a nutritional powerhouse, rich in gut-friendly and heart-healthy fibre. Plus, they're affordable, versatile, and grown in Canada. Enjoy oats in pancakes, smoothies, muffins, or even mini meatloaves!

Shared thanks to:





Chocolate Pumpkin Seed Oat Energy Bites

DIRECTIONS

1. In a medium bowl, stir all ingredients together with a wooden spoon until combined. With damp hands, mix together completely.
2. Scoop out a tablespoon of mixture and form into a ball. Repeat with remaining mixture. Roll each ball in coconut flakes if desired. Store energy bites in an airtight container in the refrigerator for up to 1 week.

OH CANADA!

Oats thrive in cool climates, making Canada a top global producer and the world's largest exporter of high-quality oats! When you purchase oats in Canada, it's incredibly likely that they are grown right here at home!

WHAT ARE LARGE FLAKE OATS?

Large-flake oats are whole oats that have been toasted, hulled, steamed, and then rolled. They're also called rolled oats or old-fashioned oats.

ENERGY BAR OPTION

Firmly press mixture into a parchment-lined 8×8-inch baking pan. Cover and chill for 1 hour, then slice into bars.



Veggie, Tuna & Barley Salad

TOTAL TIME: 40 MINS

MAKES: 6 SERVINGS

Looking for a fresh twist on tuna salad? This colourful recipe features Canadian-grown barley and plenty of vegetables for a fibre-rich, satisfying meal that's perfect for dinner or a packed lunch.

INGREDIENTS

- 2 cups (500 mL) uncooked pearled barley
- 2 cups (500 mL) chopped cucumber
- 2 large tomatoes, cored and diced
- 2 medium carrots, peeled and grated
- 2 green onions, sliced
- 3 cans (170 g each) light tuna, drained and flaked
- 12 cups (3 L) lightly packed torn or chopped romaine lettuce
- ½ cup (125 mL) crumbled feta cheese (optional)
- ⅓ cup (75 mL) shelled unsalted sunflower seeds (optional)

Vinaigrette

- ½ cup (125 mL) canola oil
- ⅓ cup plus 1 tbsp (80 mL) red wine vinegar
- 3 tbsp (45 mL) water
- 4 tsp (20 mL) liquid honey
- 1 large clove garlic, pressed
- 1½ tsp (7 mL) dried oregano
- 1 tsp (5 mL) Dijon mustard
- 1 tsp (5 mL) salt
- ½ tsp (2 mL) pepper
- ¼ tsp (1 mL) crushed red pepper flakes (optional)

GOOD TO KNOW

Barley is a Canadian-grown grain that has a delicious nutty flavour and a satisfyingly chewy texture. And it's rich in heart-healthy fibre, helping to reduce cholesterol.

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Veggie, Tuna & Barley Salad

DIRECTIONS

1. Cook barley according to package instructions, omitting salt; drain and let cool, or rinse under cold water to cool quickly.
2. **Vinaigrette:** In a small bowl or jar, whisk or shake together oil, vinegar, water, honey, garlic, oregano, Dijon mustard, salt, and pepper.
3. In a large bowl, gently toss cooled barley, cucumber, tomatoes, carrots, onions and tuna with three quarters of the dressing until coated.
4. Divide lettuce evenly among plates and drizzle with remaining dressing. Top with barley mixture and sprinkle with feta cheese and sunflower seeds, if using.

Note: look for Canadian-processed tuna in the grocery store.

GO FOR FARRO

No barley on hand? Canadian-grown farro is a great substitute. This hearty whole grain has a nutty taste, cooks much like barley, and adds fibre and a bit of protein to your meal.

GRAINS ON REPEAT

Batch cook whole grains like farro, barley or quinoa on the weekend and refrigerate them for easy meals all week. Add to salads and soups, or use as a hearty base for grain bowls.

SAME SALAD, BUT CHICKPEAS INSTEAD

Trying to enjoy more legumes? Swap the tuna for 2 cans (540mL/19 oz) of drained and rinsed chickpeas, another great Canadian crop. You'll get a fibre-packed salad that's still super satisfying, with less protein but plenty of flavour and texture.



Steakhouse Skewers with Kale Caesar Salad

TOTAL TIME: 45 MINS
MAKES: 4 SERVINGS

You'll love this flavour-packed meal! These tasty beef-veggie skewers pair well with the leafy greens tossed in a tangy Caesar salad dressing made with creamy silken tofu. Serve with whole grain garlic toast, if desired.

INGREDIENTS

Salad

- 1 pkg (150g) soft (silken) tofu (approx. $\frac{3}{4}$ cup / 175 mL)
- $\frac{1}{4}$ cup (60 mL) canola oil
- 2 tbsp (30 mL) grated Parmesan cheese
- 2 tbsp (30 mL) lemon juice
- 1 tbsp (15 mL) red wine vinegar
- 1 tsp (5 mL) **each** Dijon mustard and Worcestershire sauce
- 2 cloves garlic, chopped
- 2 anchovy filets, chopped (optional)
- $\frac{1}{4}$ tsp (1 mL) **each** salt and freshly ground black pepper
- 6 cups (1.5 L) shredded kale
- 4 cups (1 L) torn romaine lettuce

Skewers

- $\frac{3}{4}$ lb (375g) Beef Kabob cubes or Grilling Steak (e.g. Top Sirloin or Strip Loin), cut into 1-inch cubes
- 12 cremini or button mushrooms
- 12 cherry or grape tomatoes
- 1 small red onion, cut into chunks
- 2 tbsp (30 mL) **each** canola oil and grainy Dijon mustard
- 1 tbsp (15 mL) Montreal steak spice

GOOD TO KNOW

Beef contains 7 of the nutrients that many Canadians need more of in their diets – iron, zinc, magnesium, potassium, and the B vitamins, B12, B6 and thiamin. *

Adapted from:





Steakhouse Skewers with Kale Caesar Salad

DIRECTIONS

1. **Salad:** Place tofu, canola oil, Parmesan, lemon juice, vinegar, mustard, Worcestershire sauce, garlic, anchovies (if using), salt and pepper in a blender. Blend until smooth and well combined. Toss $\frac{3}{4}$ cup dressing with kale (reserve remaining dressing). Cover both and chill for 30 minutes.
2. **Skewers:** Preheat grill to medium-high heat; grease grate well. Alternate threading steak, mushrooms, tomatoes and onion onto soaked wooden or metal skewers. Whisk canola oil with mustard and steak spice; brush over skewers. Grill, turning at least twice, for 8 to 10 minutes for medium-rare doneness.
3. Add romaine lettuce and remaining dressing to kale salad. Toss to combine well. Divide salad evenly among 4 plates and top with skewers.

INDOOR COOKING OPTION

Skewers can be cooked indoors as well by searing in a cast iron skillet set over medium-high heat and finishing under the broiler.

SIMPLE SWAPS

This recipe dressing is delicious and definitely worth making. If you're time-strapped, you can use your favourite prepared Caesar dressing instead.

COOK SMART

Double up on the skewer ingredients. Making extra skewers takes just a few extra minutes and can save you time on busy days ahead. Store leftovers in an airtight container in the fridge and enjoy within 3 days. Make a few mini skewers too—they're perfect for a quick, protein-packed snack.



Scrambled Egg Tacos with Chili Lime Crema

TOTAL TIME: 35 MINS
MAKES: 4 SERVINGS

Quick and easy to prepare, and even easier to assemble. Just put out all ingredients and let everyone prepare their tacos just the way they like them. Perfect for Taco Tuesdays or any night!

INGREDIENTS

Chili Lime Crema

- ½ cup (125 mL) plain Greek yogurt
- 1 tsp (5 mL) smoked chipotle powder
- 2 tsp (10 mL) freshly squeezed lime juice
- Salt and pepper to taste

Tacos

- 8 eggs
- ½ tsp (2.5 mL) **each** kosher salt and pepper
- 1 tbsp (15 mL) butter
- 8 6-inch (15 cm) soft corn or flour tortillas, warmed
- 1 avocado, halved and thinly sliced
- 2 cups (500 mL) red cabbage, thinly shredded
- 1 small romaine heart, chopped
- 1 cup (250 mL) shredded cheddar cheese
- ¼ cup (60 mL) chopped green onions
- ½ cup (125 mL) pico de gallo
- ½ cup (125 mL) fresh cilantro sprigs
- Hot sauce, pickled jalapenos or pickled onions (optional)

GOOD TO KNOW

Eggs are packed with good nutrition. Two eggs offer 13 grams of high-quality protein and almost half the protein is in the yolk along with all of the vitamins and minerals—so be sure to eat the whole egg.

Shared thanks to:





Scrambled Egg Tacos with Chili Lime Crema

DIRECTIONS

1. To make the chili lime crema: In a small serving bowl, stir together the yogurt, chipotle powder and lime juice. Season to taste with salt and pepper.
2. Crack the eggs into a large bowl, season with salt and pepper, and whisk to combine. Melt the butter in a large non-stick skillet over medium-high heat. When the skillet is hot, pour in the eggs. As the eggs begin to set around the edges, with a spatula, gently push the eggs from the edge of the skillet toward the centre, forming soft curds. Stir gently until the eggs are cooked but still soft and fluffy. Remove the scrambled eggs from the heat and transfer to a serving plate.
3. To assemble, place a warm tortilla on a plate. Lay a couple of slices of avocado in the centre. Add some red cabbage, romaine, a heaping spoonful of scrambled eggs, a sprinkle of Cheddar cheese, and green onion. Top with a spoonful of pico de gallo, a dollop of chili lime crema and a sprinkling of cilantro. If desired, kick up the heat with your favourite fiery hot sauce, pickled jalapenos or pickled onions. Fold up to eat.
4. To serve the tacos, place the warmed tortillas and bowls of filling ingredients on the table for everyone to assemble their own.

QUICK-COOK MEETS QUICK-PREP

Eggs are already one of the fastest, budget-friendly proteins to cook. Save even more time by using convenient toppings like pre-shredded cheese, prepared pico de gallo, and bagged coleslaw mix. Fast, fresh, and delicious.



Grilled Pork and Peach Panzanella Salad

TOTAL TIME: 30 MINS

MAKES: 4 SERVINGS

Sweet meets savoury in this vibrant all-Canadian summery salad. Smokey grilled lean pork tenderloin pairs perfectly with sweet ripe peaches, crisp peppery arugula, and toasty whole-grain croutons for a meal that's refreshing, colourful, and full of contrasts.

INGREDIENTS

- 1lb (454 g) pork tenderloin
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper
- Oil for grilling
- 4 fresh ripe but firm peaches, halved and pitted
- 2 slices whole-grain bread
- 6 cups (1.5 L) loosely packed baby arugula
- 1 cup (250 mL) mini bocconcini
- 1/4 cup (60 mL) thinly sliced red onion

Dressing:

- 3 tbsp (45 mL) canola oil
- 2 tbsp (30 mL) white balsamic vinegar
- 2 tsp (10 mL) honey
- 1 tsp (5 mL) grainy mustard
- 1 clove garlic, minced
- 1/4 tsp (1 mL) salt

GOOD TO KNOW

Canadian pork is budget-friendly, protein-packed, and nutrient-dense, providing 31 grams of high-quality protein and 14 essential nutrients for about 190 calories per serving!*

Shared thanks to:

**PICK
PORK**



Grilled Pork and Peach Panzanella Salad

DIRECTIONS

1. Preheat barbecue to 450°F (230°C).
2. Season tenderloin all over with salt and pepper. On a well-oiled grill over direct heat, sear tenderloin for 90 seconds per side. Move to indirect heat (unlit side of grill) and continue cooking for 15 to 20 minutes, until internal temperature reaches 155°F (70°C). Remove, cover, and rest for 10 minutes.
3. Meanwhile, cut peach halves into 4 wedges each. Brush with some oil and place on grill over direct heat. Grill for about 2 minutes, turning once, until grill marked. Remove and set aside. Brush both sides of bread with some oil and grill on direct heat, turning once, for about 2 minutes or until grilled marked. Let cool slightly and chop bread into 1-inch (2.5-cm) pieces.
4. **Dressing:** In a small bowl, whisk together oil, vinegar, honey, mustard, garlic, and salt.
5. Make the salad by layering arugula, bocconcini, red onion, peaches, and croutons. Slice the tenderloin into 3/4-inch (1.5-cm) thick slices and place in the centre of the salad platter. Drizzle with dressing and serve.

SWEET N' FRUITY SWAPS

Not peach season? No problem! Use frozen peach slices for that just-picked summer flavour. Or switch things up with whatever's in season—strawberries, nectarines, or blueberries all bring a fresh, juicy twist to this pork panzanella salad.

MEAL PREP MAGIC

Grill an extra pork tenderloin while you're at it! Slice and refrigerate the extra tenderloin for quick, protein-packed meals all week long. Add it to sandwiches, salads, wraps, or cold noodle bowls for an easy lunch or no-fuss dinner in minutes.



Sweet Potato Black Bean Chili

TOTAL TIME: 50 MINS

MAKES: 8 SERVINGS

This tasty chili is sure to become a family favourite. It features black beans, an ingredient grown right here in Canada. Make a batch on the weekend so you've got a nourishing, ready-to-go meal for busy weekdays.

INGREDIENTS

- 4 tsp (20 mL) canola oil
- 1 large onion, diced
- 3 cloves garlic, minced
- 1/4 cup (60 mL) tomato paste
- 4 cups (1 L) peeled, chopped sweet potatoes
- 1 large sweet orange pepper, chopped
- 2 tbsp (30 mL) chili powder
- 2 tsp (10 mL) ground cumin
- 2 tsp (10 mL) dried oregano
- 1 can (796 mL) no salt added diced tomatoes (with juice)
- 3 cups (750 mL) drained and rinsed black beans (see Note)
- 2 cups (500 mL) water
- 3 cups (750 mL) baby spinach
- Juice of 1/2 lime (or more to taste)
- 1/2 tsp (2 mL) **each** salt and freshly ground pepper
- Optional garnishes:** Plain Greek yogurt, diced jalapeno, chopped fresh cilantro, sliced avocado

GOOD TO KNOW

Canned black beans are a Canadian pantry hero—affordable, convenient, and packed with nutrition. A 1/2-cup serving provides about 8 grams of protein and 9 grams of fibre.

created by:

Spark
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Sweet Potato Black Bean Chili

DIRECTIONS

1. In a large pot, heat oil over medium-high heat. Add onion; sauté until starting to soften. Stir in garlic and tomato paste; cook for 1 minute, stirring constantly.
2. Add sweet potatoes, orange pepper, chili powder, cumin, and oregano; sauté for 2 minutes.
3. Stir in black beans, diced tomatoes, and water; increase heat to high and bring to a boil. Reduce heat and simmer, stirring occasionally, until sweet potatoes are tender, about 15 minutes.
4. Stir in spinach and cook just until slightly wilted. Stir in lime juice, salt, and pepper.
5. Serve with Greek yogurt, jalapeno, cilantro, and avocado (as desired).

Note: Refrigerate leftover beans in a covered container to add to salads, tacos, or soups.

EASY SWAP

No black beans? Canadian-grown pinto, red, or dark kidney beans are great alternatives. They offer similar nutrition and versatility, helping you make a hearty, fibre-rich chili with what you already have on hand.

HOW TO STORE SWEET POTATOES

Store raw sweet potatoes in a cool, dark, well-ventilated place in a loosely covered bag or basket. They'll keep for about 1–2 weeks at room temperature, or up to 1 month in a cooler (but not refrigerated) spot. Avoid refrigerating, as this can cause a hard centre and off-flavours.

Thanks for flipping through!

Let this guide inspire you to choose and enjoy Canadian-grown and raised foods more often. Every time you buy local, you're supporting Canadian farmers, producers, and our food system. There's so much homegrown goodness to enjoy.

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You can feel good about choosing Canadian grown and raised foods; Canada's food system is considered one of the safest in the world.

