



Butternut Squash Dal

Dal is a mainstay of the Indian subcontinent and refers to either the lentil ingredient or the dish made from it. This butternut squash dal recipe is also a vegetarian dish. How are principles of protein cookery applied to it?

Prep time: 10 minutes

Cooking time: 30 minutes

Yields: 4 servings

Ingredients

- 1 cup (250 ml) dried red lentils
 - 1½ cups (375 ml) low sodium vegetable broth
 - 1 tbsp (15 ml) **butter**
 - 1 chopped onion
 - 2 cloves garlic, minced
 - 2 tbsp (30 ml) minced ginger root or 1½ tsp (7 ml) ground ginger
 - 2 tbsp (30 ml) Indian yellow curry paste or powder
 - ½ tsp (2 ml) salt
 - ¼ tsp (1 ml) pepper
 - 3 cups (750 ml) chopped, peeled butternut squash (about 1 lb/500 g)
 - 1½ cups (375 ml) **milk**
 - ¼ cup (60 ml) chopped fresh cilantro or green onions
- Garam masala to taste (optional)

Instructions

1. Place lentils in a fine sieve and pick through to remove any stones or grit. Rinse well and drain; stir into broth and set aside.
2. In a large, deep saucepan, melt butter over medium heat. Sauté onion for 3 minutes or until it starts to soften.
3. Add garlic, ginger, curry paste (to taste), salt and pepper. Sauté for 2 minutes or until softened.
4. Add lentils, squash and milk to broth. Bring to a simmer, stirring often.
5. Cover, leaving lid ajar, then reduce heat and simmer. Stir occasionally for 25 minutes or until squash and lentils are soft and tender.
6. Remove from heat and mash lightly with a potato masher.
7. Sprinkle with cilantro and garam masala, if using. Serve with papadum, basmati rice or naan.



Watch a video that shows how to make this recipe on the Dairy Farmers of Canada website at [www.dairygoodness.ca/recipes/](http://www.dairygoodness.ca/recipes/butternut-squash-dal-lentils)

[butternut-squash-dal-lentils](http://www.dairygoodness.ca/recipes/butternut-squash-dal-lentils).

Adapted from Dairy Goodness: Dairy Farmers of Canada *Butternut Squash Dal*
www.dairygoodness.ca/recipes/butternut-squash-dal-lentils



Variations

Spicier

- Use a hot curry paste and/or sauté 1½ tsp (7 ml) each whole cumin and coriander seeds and 1 minced fresh hot pepper in 1 tbsp (15 ml) butter. Spoon on top of dal with cilantro.

Tips

- To save time, look for pre-cubed butternut squash in the grocery store.

Nutrients per serving	Food groups per serving
Calories – 333 kcal	Vegetables and Fruit – 1.9
Protein – 20 g	Grain Products – 0
Fat – 6 g	Milk and Alternatives – 0.4
Carbohydrates – 54 g	Meat and Alternatives – 1.2
Fibre – 8.7 g	
Sodium – 398 mg	
Calcium – 237 mg	

1% milk used in analysis

www.eattracker.ca/recipe_analyzer.aspx



Photograph courtesy of Egg Farmers of Canada – www.eggs.ca

Egg Foo Yung

Egg foo yung is an omelette dish found in Chinese cuisine. It is prepared with beaten eggs, like an omelette. What principles of egg cookery apply to this dish?

Prep time: 10 minutes

Cooking time: 12 minutes

Yields: 2 servings

Ingredients

- 2 tsp (10 ml) cornstarch
- ½ cup (125 ml) low sodium beef broth
- 2 tbsp (30 ml) low sodium soy sauce, divided
- 4 **eggs**
- 3 tbsp (45 ml) water
- 1 cup (250 ml) bean sprouts
- ½ cup (125 ml) sliced fresh mushrooms
- 2 green onions, thinly sliced

Instructions

1. Combine cornstarch, beef broth and 1 tbsp (15 ml) soy sauce in small saucepan. Bring to boil, stirring constantly then boil for 1 minute. Remove from heat and keep warm.
2. Whisk eggs, water and remaining soy sauce in medium bowl. Stir in bean sprouts, mushrooms and green onions mixing well.
3. Grease non-stick skillet and heat it over medium heat.
4. Pour in one-third of egg mixture. As mixture sets around edge of skillet, use a spatula to gently lift cooked portion to allow uncooked egg to flow underneath. Cook until bottom is set and top is almost set.
5. Slide omelette onto plate. Invert back into skillet and cook completely for about 1 minute.
6. Keep warm while making two more omelettes.
7. Cut omelettes into wedges and serve with warm sauce.



Revisit the video that shows how to cook the perfect omelette on the Egg Farmers of Canada website at www.eggs.ca/eggs101/view/11/cooking-the-perfect-omelette.

From Adapted from Egg Farmers of Canada Egg Foo Yung
www.eggs.ca/recipes/egg-foo-yung

Nutrients per serving	Food groups per serving
Calories – 262 kcal	Vegetables and Fruit – 1.5
Protein – 21 g	Grain Products – 0
Fat – 11 g	Milk and Alternatives – 0
Carbohydrates – 23 g	Meat and Alternatives – 1.0
Fibre – 1.3 g	
Sodium – 704 mg	
Calcium – 79 mg	

www.eatracker.ca/recipe_analyzer.aspx



Photograph courtesy of Dairy Farmers of Canada

Thai Pork Stir-Fry

A stir-fry is a quick way of cooking that originally developed in China and emphasizes fresh ingredients. How is milk used to create the sauce for this dish?

Prep time: 8 minutes

Cooking time: 20 minutes

Yields: 4 servings

Ingredients

- 1 cup (250 ml) **milk**
- 2 tbsp (30 ml) cornstarch
- 1 tbsp (15 ml) packed brown sugar
- 2 tbsp (30 ml) low sodium soy sauce
- 1 tsp (5 ml) grated lime zest (about 1)
- 1 tbsp (15 ml) **butter**
- 1 lb (500 g) boneless pork loin or leg, cut into thin strips
- 2 garlic cloves, minced
- 1 red bell pepper, cut into thin strips
- 1 green bell pepper, cut into thin strips
- ½ to 1 tsp (2 to 5 ml) Thai green curry paste
- 2 tbsp (30 ml) freshly squeezed lime juice
- 2 tbsp (30 ml) chopped fresh basil

Instructions

1. In a bowl, whisk a little of the milk into cornstarch to make a smooth paste. Whisk in remaining milk, sugar, soy sauce and lime zest then set aside.
2. In a wok or large skillet, melt butter over high heat then stir-fry pork and garlic for 2 to 3 minutes or until pork is browned.
3. Add red and green peppers and green curry paste, and stir-fry for 3 to 4 minutes or until peppers start to soften.
4. Whisk milk mixture and pour into wok. Cook, stirring often, for about 5 minutes or until sauce is thickened.
5. Stir in lime juice and basil.



Watch a video that shows how to make this recipe on the Dairy Farmers of Canada website at www.dairygoodness.ca/recipes/thai-pork-stir-fry.

Adapted from Dairy Goodness: Dairy Farmers of Canada *Thai Pork Stir-Fry*
www.dairygoodness.ca/recipes/thai-pork-stir-fry



Variations

Spicier

Use Thai fish sauce instead of soy sauce, increase curry paste to 1½ tsp (7 ml) and add 2 cups (500 ml) shredded napa cabbage with peppers.

Tips

- Thai green curry paste can be found in jars or packets with the Asian foods at most grocery stores. It is quite spicy so if you are not sure about the heat, start with the lowest amount suggested.

Nutrients per serving	Food groups per serving
Calories – 289 kcal	Vegetables and Fruit – 0.9
Protein – 28 g	Grain Products – 0
Fat – 12 g	Milk and Alternatives – 0.2
Carbohydrates – 16 g	Meat and Alternatives – 1.2
Fibre – 1.3 g	
Sodium – 369 mg	
Calcium – 112 mg	

1% milk used in analysis

www.eatracker.ca/recipe_analyzer.aspx