

Enjoy
Healthy Eating

with

ActiFry®



**NUTRITIOUS
& DELICIOUS™**



PROUD SUPPORTER OF THE



Visit diabetes.ca/proudsupporter

T-fal®



Enjoy
Healthy Eating
with
ActiFry®

T-fal®

Contents

Innovating to improve health	4
The pleasure of eating with ActiFry	5
Eating healthy meals, enhances a healthy lifestyle!	6
Eating well with Canada's Food Guide	8
Making nutritious choices	11
Potatoes : a nutritious choice	12
A healthy perspective on fat	14
Gourmet cuisine with ActiFry	16
Love your ActiFry	17
Examples of balanced menus	18
French fries and potato Wedges	22
Sauces and dips	34
Gourmet poultry and meat recipes	42
Gourmet seafood recipes	56
Gourmet vegetable recipes	64
Gourmet fruit recipes	72
Cooking times	80
Index	82



“ ActiFry's unique process provides a healthier alternative to the traditional method of deep-frying your favourite foods.

If you want to have the special treat of the taste of fried foods, ActiFry will allow you to indulge in a healthier way. ”

Sharon Zeiler, BSc, MBA, RD,
Senior Manager, Nutrition Initiatives and Strategies,
Canadian Diabetes Association

PROUD SUPPORTER OF THE



Visit diabetes.ca/proudsupporter

T-fal shares the vision of the Canadian Diabetes Association, and its partnership with them as proud supporter is based on a shared view that regular activity along with healthy food choices helps people living with diabetes manage their condition and optimize the quality of their daily life.





Innovating To

Healthy eating is not just about ingredients but bringing the best out of the foods we cook. And because not all cooking appliances are created equal, **T-fal** has developed Nutritious & Delicious, a range of ingenious culinary appliances that help home cooks to cook food in ways that preserve nutritional integrity and allow the taste of ingredients to be fully appreciated.

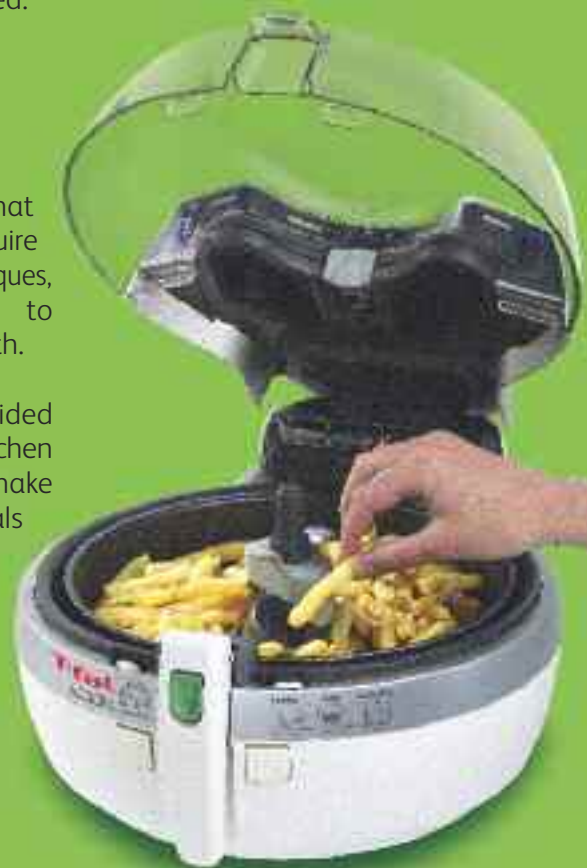
+ Proven Results

T-fal is proud to be at the forefront of culinary research and development. We invest in innovation to develop unique cooking solutions that deliver nutritional advantages, which are validated by scientific studies.

+ Made for You

T-fal understands that although busy lifestyles require fast and easy cooking techniques, many consumers want to improve their general health.

T-fal has always provided practical solutions in the kitchen and now our focus is to make nutritious and tasty meals accessible to everyone.



Improve Health

The pleasure of eating with ActiFry

ActiFry, part of the **T-fal** Nutritious & Delicious appliance line, can help you to achieve dietary balance without sacrificing culinary pleasure.

At its best, eating should be a pleasurable experience, one that combines sharing food and friendship while providing the nourishment that is vital to maintain general good health and well-being.

+ Well-being and healthy food

Studies have repeatedly shown that healthy eating plays a key role in the prevention of serious conditions such as heart disease, diabetes, obesity and even some cancers. Following a healthy diet can also help you and your loved ones to stay fit by providing the nutrients needed to fuel activity and keep your body healthy.

+ A revolutionary appliance

Every ActiFry recipe meets MyPyramid guidelines and uses

unique preparation techniques that control fat content. A team of professional home economists and nutritionists created and tested this roster of great tasting, easily prepared recipes to help you maintain a balanced diet.

+ A balanced diet without compromising on taste

Using ActiFry, you'll prepare delicious, nutritious meals with less added fat. When used with our nutritionally analyzed recipes, ActiFry is a terrific tool that can help you to enjoy your

meals while reducing your risk of heart disease and excess weight gain.

+ A sophisticated technology

ActiFry's unique cooking method uses sophisticated technology to create lower fat versions of the foods we all love including family favorites such as French fries! This versatile appliance can also be used to cook healthy entrées prepared with lean meat, poultry and fish as well as nutritious vegetable side dishes and yummy fruit desserts.



Eating enhances a

Maintaining a healthy diet involves more than eating just one nutritious meal a day; it requires eating well regularly. Since planning ahead can ensure that you eat well all week, we've included helpful menu plans (see pages 18 to 21) that incorporate a variety of recipes from this booklet. Using ActiFry with these plans and recipes, you'll enjoy delicious and nutritious meals that are fast and easy to prepare!

+ Breakfast

Considered by many health experts as the most important meal, a balanced breakfast refuels the body with necessary nutrients to provide energy after a night of fasting. Choosing breakfast options that include slowly released energy sources such as complex carbohydrates and protein leads to lasting satisfaction and reduces cravings for mid-morning snacks.

A balanced breakfast includes:

- High fibre carbohydrates such as whole grain cereals or breads.
- A serving of fruits or vegetables such as oranges, berries, bananas, apples, spinach or tomatoes.
- A protein source such as eggs,

low-fat dairy products, nuts or lean meats.

- A hydrating and nutritious beverage such as orange juice, milk or fortified soy beverage.

+ Lunch

Busy schedules and workday demands can interfere with eating a proper lunch. Studies show that eating a nutritious lunch can improve productivity and prevent splurging later in the day. A balanced lunch contains foods from all four of Canada's Food Guide Groups.

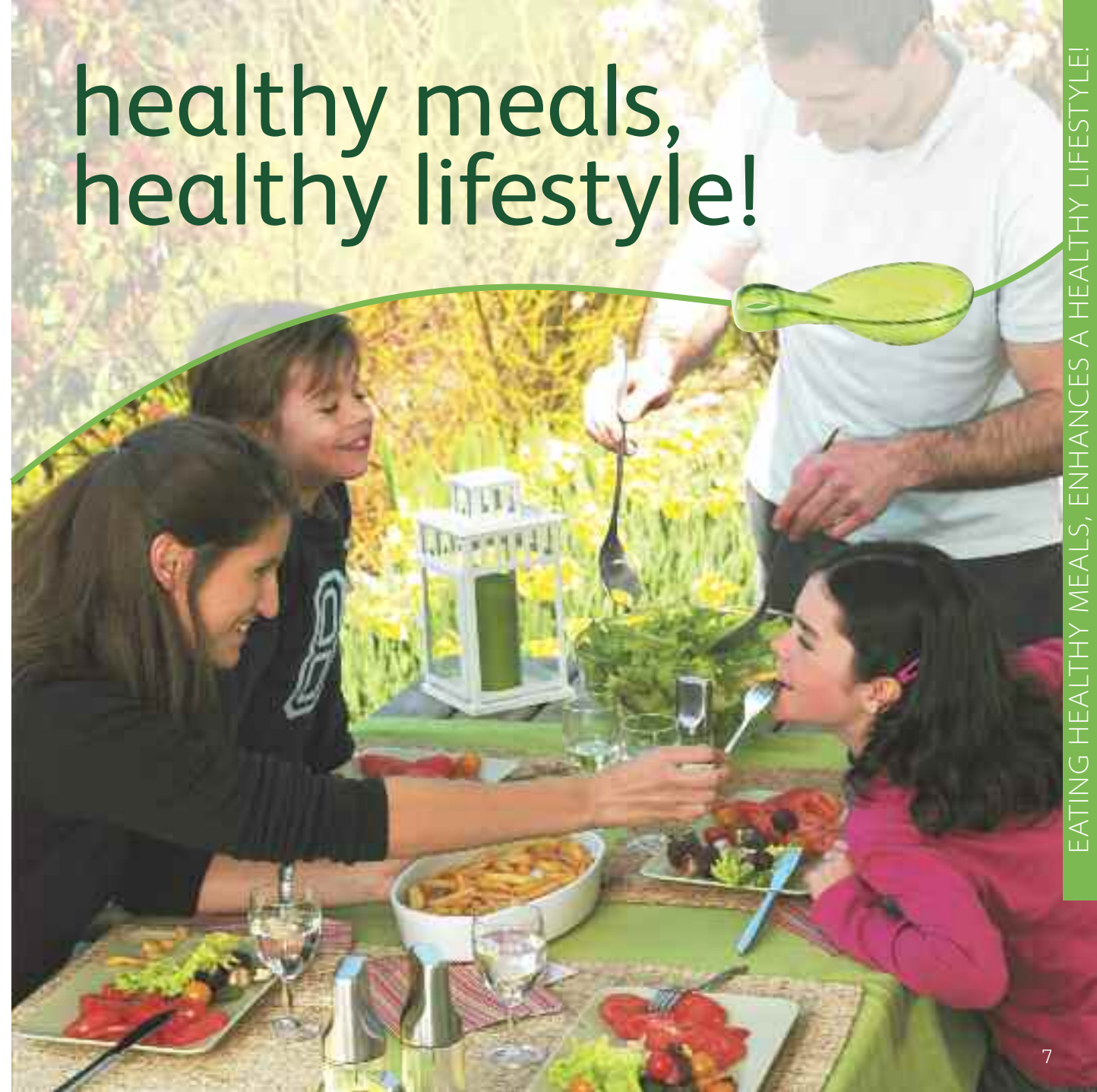
- Vegetables and fruit
- Grain products
- Milk and alternatives
- Meat and alternatives

+ Dinner

Since the evening meal is often a time to sit down and savour your food, it's a perfect opportunity to use the delicious recipes in this booklet. Make old favourites with healthy new benefits; add variety by trying new recipes; or, use our ideas as a springboard for new ways to use your ActiFry.

At the same time, keep portion control in mind. Review Canada's Food Guide to assess the servings you've consumed throughout the day. This review will help you to adjust your dinner menu so that you consume the appropriate amount and variety of foods for your age, weight and sex.

healthy meals, healthy lifestyle!



Eating well with Canada's

Recommended Number of Food Guide Servings per Day

Age in Years	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
Sex	Girls and Boys			Females	Males	Females	Males	Females	Males
Vegetables and fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Product	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-2	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

The chart above shows how many Food Guide Servings you need from each of the four food groups every day. **Having the amount and type of food recommended and following the tips in Canada's Food Guide will help :**

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

© Eating Well With Canada's Food Guide (2007), Health Canada.

Reproduced with the permission of the Minister of Public Works and Government Services Canada, 2008.

Food Guide

What is One Food Guide Serving?
Look at the examples below.

Fresh, frozen or canned vegetables		Leafy vegetables		Fresh, frozen or canned fruits		100% Juice	
125 mL (1/2 cup)		Cooked: 125 mL (1/2 cup) Raw: 250 mL (1 cup)		1 fruit or 125 mL (1/2 cup)		125 mL (1/2 cup)	
Bread	Bagel	Flat breads		Cooked rice, bulgur or quinoa		Cereal	Cooked pasta or couscous
1 slice (35 g)	1/2 bagel (45 g)	1/2 pita or 1/2 tortilla (35 g)		125 mL (1/2 cup)		Cold: 30 g Hot: 175 mL (3/4 cup)	125 mL (1/2 cup)
Milk or powdered milk (reconstituted)		Canned milk (evaporated)		Fortified soy beverage		Yogurt	Kefir
250 mL (1 cup)		125 mL (1/2 cup)		250 mL (1 cup)		175 g (3/4 cup)	175 g (3/4 cup)
Cheese		Cooked fish, shellfish, poultry, lean meat		Cooked legumes		Tofu	Eggs
50 g (1 1/2 oz)		75 g (2 1/2 oz)/125 mL (1/2 cup)		175 mL (3/4 cup)		150 g ou 175 mL (3/4 cup)	2 eggs
Peanut or nut butters		Shelled nuts and seeds		Peanut or nut butters		Shelled nuts and seeds	
30 mL (2 Tbsp)		60 mL (1/4 cup)		30 mL (2 Tbsp)		60 mL (1/4 cup)	

Oils and fats

- Include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.

© Eating Well With Canada's Food Guide (2007), Health Canada.

Reproduced with the permission of the Minister of Public Works and Government Services Canada, 2008.

Make each Food Guide Serving count...
wherever you are – at home, at school, at work or when eating out!

Eat at least one dark green and one orange vegetable each day.

- Go for dark green vegetables such as broccoli, romaine lettuce and spinach.
- Go for orange vegetables such as carrots, sweet potatoes and winter squash.

Choose vegetables and fruit prepared with little or no added fat, sugar or salt.

- Enjoy vegetables steamed, baked or stir-fried instead of deep-fried.

Have vegetables and fruit more often than juice.

Make at least half of your grain products whole grain each day.

- Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.
- Enjoy whole grain breads, oatmeal or whole wheat pasta.

Choose grain products that are lower in fat, sugar or salt.

- Compare the Nutrition Facts table on labels to make wise choices.
- Enjoy the true taste of grain products. When adding sauces or spreads, use small amounts.

Drink skim, 1%, or 2% milk each day

- Have 500 mL (2 cups) of milk every day for adequate vitamin D.
- Drink fortified soy beverages if you do not drink milk.

Select lower fat milk alternatives.

- Compare the Nutrition Facts table on yogurts or cheeses to make wise choices.

Have meat alternatives such as beans, lentils and tofu often.

Eat at least two Food Guide Servings of fish each week.*

- Choose fish such as char, herring, mackerel, salmon, sardines and trout.

Select lean meat and alternatives prepared with little or no added fat or salt.

- Trim the visible fat from meats. Remove the skin on poultry.
- Use cooking methods such as roasting, baking or poaching that require little or no added fat.
- If you eat luncheon meats, sausages or prepackaged meats, choose those lower in salt (sodium) and fat.

* Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to www.healthcanada.gc.ca for the latest information.

© Eating Well With Canada's Food Guide (2007), Health Canada.
Reproduced with the permission of the Minister of Public Works and Government Services Canada, 2008



Making Nutritious Choices

- 1 ActiFry is a valuable tool to control fat content because it uses a cooking method that reduces the amount of fat required for cooking and duplicates the flavours and textures of our favourite fried foods.
- 2 Eat whole grain foods that offer the body valuable nutrients including vitamins, minerals, antioxidants and fibre. Select from the wide variety of available grain products such as whole-wheat pastas and breads, barley, brown rice, oats and corn.
- 3 Drink low-fat milk or fortified soy beverages to supply the body essential calcium and vitamin D.
- 4 Make your protein choices leaner by trimming visible fat from pork and red meats, removing the skin from poultry or fish, or by frequently choosing meatless entrée options such as beans, lentils or tofu.
- 5 Include colourful vegetables such as dark green broccoli or spinach, bright orange carrots or sweet potatoes, red peppers and purple beets in your diet each day.
- 6 Add as little salt as possible during cooking and, whenever possible, buy products that are lower in sodium. Read the Nutrition Facts tables to check the sodium content of prepared products.
- 7 Include a small amount of unsaturated fat in your diet each day to provide essential fatty acids. Moderate servings of nuts, seeds, vegetable oils and fatty fish (such as salmon, sardines and trout) are nutritious sources of essential fats.
- 8 Limit harmful saturated and trans fat in your diet by choosing lean meats, low-fat dairy products and non-hydrogenated spreads.
- 9 Keep hydrated by drinking water, low-fat milk, 100 % fruit juices and other caffeine-free beverages throughout the day. Calorie-free water is the ideal thirst-quenching choice.
- 10 Above all, eat a wide variety of foods in appropriate portion sizes. Learn more about portions and food choices on the following three pages or by visiting Health Canada's website: www.healthcanada.gc.ca/foodguide.



Potatoes: A nutritious Choice

Consumed in moderation, potatoes can be a part of a wholesome, balanced diet. However, many of our favourite potato preparations are cooked and served in ways that provide unwanted calories and fat.

Considered on their own, potatoes are low fat vegetables that contain vitamin C, potassium, folate, fiber and other important nutrients including B vitamins.

Potato lovers can use ActiFry to incorporate potatoes into a healthy meal plan:

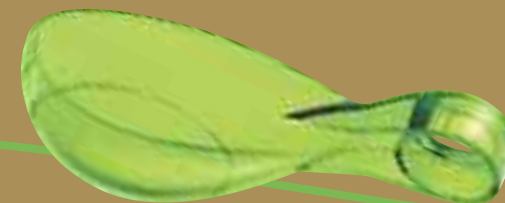
- Use Actifry to make crispy and delicious potato side dishes isn't necessary to add butter and salt at the table.
- Choose potato recipes that include herbs and spices so it isn't necessary to add butter and salt at the table.
- Halved or quartered baby new potatoes develop an oven-roasted texture when cooked in ActiFry.
- Yukon Gold, Russets and other high starch baking potatoes are ideal choices for homemade French fries.
- Yukon gold potatoes have the texture needed to make thicker, wedge-shaped fries.
- Potatoes are typically high on the Glycemic Index (GI), a scale used to determine how foods raise blood sugar levels. Sweet potatoes are lower GI for those looking to control blood sugar levels and can be a nutritious and delicious option to prepare in ActiFry.

Portion Control

All foods can fit into a balanced meal plan when portion control is considered. In addition to reading labels, using visual cues can help to put portion size into proper perspective.

For example:

- One serving of cereal is about the size of a closed fist.
- One serving of cooked rice, pasta or mashed potato is about the size of a tennis ball.
- One serving of salad, raw chopped vegetables and/or fruit is about the size of a baseball.
- One serving of meat (3 oz) is about the size of a deck of cards.
- One serving of fish fillets is about the size of a checkbook.
- Put away your peeler. Potato skin tastes great and contains dietary fibre that can improve digestive and cardio-vascular health as well as promote a feeling of fullness, which curbs snacking urges
- Uniformity is important when cooking in ActiFry so be sure that potatoes cut for French fries are an even width and not too thick (our professional recipe testers recommend fries be less than 13-mm thick on all sides.).
- Rinse prepared, raw potatoes to be cooked in ActiFry in cold water to remove surface starch; drain well and pat completely dry on kitchen or paper towels.





A healthy

All diets need to include some fat. The body requires fat to generate warmth and energy, to absorb fat-soluble vitamins and as a source of essential fatty acids.

That said, managing fat intake is one of the most important aspects of creating a healthy eating plan. Diets high in fat can cause weight gain and negatively affect blood cholesterol levels. Health experts recommend that you limit total fat intake.

Saturated fats

Saturated fats are typically solid at room temperature and are found in foods such as red meats, full-fat dairy products and butter. Saturated fats have been shown to raise the “bad” LDL (low density lipoprotein) cholesterol in the bloodstream, increasing the risk of heart attack and stroke. Choose lean meats, low fat dairy products and non-hydrogenated spreads to reduce your intake of saturated fats. Trimming visible fats from meats, removing the skin from poultry or fish and opting for meatless meals more often can also limit your intake of these harmful fats.

Trans fats

The majority of trans fats are produced when liquid vegetable oils are commercially hydrogenated into a solid form; however, some trans fats occur naturally in dairy and meat products. Trans fats are considered more harmful than saturated fats because while they raise LDL cholesterol, they also decrease “good” HDL (high density lipoprotein) cholesterol. This combined effect increase the risk of cardio-vascular disease. Manufacturers are required to list trans fat content on Nutrition Facts tables. Many many manufacturers are striving to eliminate trans fats entirely from their processed food products.

perspective on fat

Choosing oil for the ActiFry

- Many types of oils can be used in the ActiFry to add flavour and character to your recipes.
- For higher monounsaturated and polyunsaturated content use vegetable oils such as canola, sunflower, safflower, peanut or pure olive oils.
- More refined or aromatic oils such as extra virgin olive oil and toasted sesame seed oil are best added at the end of ActiFry cooking as flavour accents.

(Note: Canola was the reference oil used during the testing of the recipes in this booklet.)

Polyunsaturated fats

A moderate amount of polyunsaturated fats is required to provide essential fatty acids that cannot be produced by our bodies. Essential fatty acids play a crucial role in brain function, proper growth and development, and inflammation reduction.

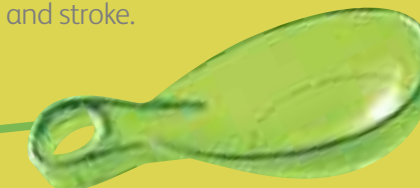
Omega 3 fatty acids

- Studies show that Omega-3 fatty acids can be helpful in treating chronic diseases such as heart disease, arthritis, osteoporosis, depression and macular degeneration.
- ALA (Alpha-linolenic acid) is found in fish, flaxseed, walnuts, pumpkin seeds and vegetable oils such as canola and soybean.

- DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid) can also be attained from eating cold-water fish such as salmon, tuna, mackerel, sardines and herring.

Monounsaturated fats

Monounsaturated fats are found in avocados, almonds and cooking oils such as canola, olive and peanut. When consumed instead of saturated fats, monounsaturated fats raise HDL cholesterol levels in the blood, reducing the risk of diseases associated with high blood cholesterol, namely heart disease and stroke.



Gourmet Cuisine

Prepare classic French fries just the way you like them!



Thanks to our patented technology, French fries are crispy on the outside and tender inside.

How does it work? The ActiFry has a stirring paddle that gently distributes a small amount of oil over the potatoes while hot, forced air creates a delicious French fry. All you need to do is combine potatoes, oil and herbs, spices or other seasonings and let ActiFry do the rest!

Treat your family without guilt!

A ¼ lb portion of fries prepared using ActiFry's cooking method contains only 3 % fat!*

A little goes a long way :

1 tablespoon of oil is all you need!

Add one ActiFry measuring spoon filled with oil to 2 lbs potatoes to make classic French fries!

Using the supplied ActiFry measuring spoon ensures perfect results every time.

Mix it Up!

Since all kinds of oils work in the ActiFry, you can experiment with a variety of flavors each time you make French fries or other ActiFry dishes. Some oils (see page 15) also contain the essential fatty acids your body needs for good health.

Fabulous with Frozen

Many frozen vegetables options are a good alternative to fresh products especially in winter. Not only are frozen products often less expensive than fresh, but the flash-freezing process can lock in nutrients that are lost when products are trucked and stored.

with ActiFry

Love your ActiFry!

Use these cooking tips and tricks to maximize your enjoyment of this innovative new appliance:

- To prevent over-seasoning, add salt to fries and potato wedges just before serving rather than during preparation or cooking.
- When adding dried herbs and spices to ActiFry, blend them with some oil or liquid. Sprinkling dry seasonings directly into the cooking chamber will result in poor flavor distribution since the hot air system will blow these dry ingredients around.
- Use grated or finely chopped garlic instead of crushed to prevent the garlic from sticking to the central paddle.
- Although vividly colored spices may slightly stain the paddle and other parts of the appliance, this color change

will not affect the results of future recipes.

- Never fill the ActiFry beyond the maximum food level mark indicated on the pan.
- High-liquid recipes such as soups or liquid sauces are not recommended for this appliance; using too much liquid may cause messy overflow into the base of the unit.
- When preparing meat and poultry dishes, stop the appliance and stir the pan contents once or twice during cooking so that the food on top does not dry out and to ensure that the cooking juices thicken evenly.
- Chop vegetables to be cooked in the ActiFry into equal, bite-sized shapes to ensure that they cook evenly and thoroughly.



*Based on SEB IS-SUR-TILLE laboratory test reports #'s RE 06-0084 & RE 06-0133. Re: 1000 g fresh potato french fries (13 mm x 13 mm), peeled, washed and cooked to 55 % weight loss.



Examples of balanced menus - week 1

+ Recipes included in the booklet.

Breakfast

Monday

1 cup (250 mL) whole grain cereal with 1 cup (250 mL) low-fat milk
1 hard boiled egg
1/2 cup (125 mL) mixed berries

Lunch

2 cups (500 mL) minestrone soup (reduced sodium)
1 cup (250 mL) vegetable sticks
2 oz (60 g) whole grain crackers
1 oz (30 g) sliced cheese

Dinner

4 oz (125 g) chicken breast
+ Potato Wedges with Herbs and Spices
1 cup (125 mL) steamed broccoli and cauliflower
1 small whole grain roll

Snacks

1 small whole wheat muffin
2 cups (500 mL) plain air-popped popcorn
3/4 cup (175 mL) low-fat yogurt

Tuesday

2 eggs scrambled
1/2 cup (125 mL) sliced tomato
2 slice whole grain toast
1 orange
1 cup (250 mL) low-fat milk

1/2 cup (125 mL) tuna salad in a whole wheat pita
1 cup (250 mL) vegetable sticks
+ Savoury Garlic and Chive Dip

+ Golden Tofu Curry
1/2 cup (125 mL) whole wheat couscous
1 cup (250 mL) tossed green salad
1 cup (250 mL) sliced strawberries

3/4 cup (175 mL) low-fat yogurt
1 oz (30 g) each whole grain crackers and cheese
1 apple or orange

Wednesday

3/4 cup (175 mL) hot oatmeal
1/2 cup (125 mL) low-fat cottage cheese
1/2 cup (125 mL) mixed berries

2 cups (500 mL) spinach salad
1/4 cup (50 mL) almonds
1 oz (30 g) melba toast
1/2 cup (125 mL) unsweetened applesauce

+ Sausage and Bean Cassoulet
1 small whole wheat roll
1 cup (250 mL) steamed green beans
3/4 cup (175 mL) low fat yogurt

1 cup (250 mL) whole-wheat pretzels
1 peach or nectarine
1 cup (250 mL) low-fat milk

Thursday

2 slices whole grain toast
2 tbsp (30 mL) peanut butter
1 banana
1 cup (250 mL) low-fat milk

1/2 cup (125 mL) hummus
1 small pita, cut into wedges
1 cup (250 mL) vegetable sticks
+ Savoury Garlic and Chive Dip

+ Sweet and Saucy Meatballs
1 cup (250 mL) steamed brown rice
2 cups (500 mL) tossed green salad
1 cup (250 mL) cubed melon

1/2 cup (125 mL) mixed berries
1 oz (30 g) melba toast
3/4 cup (175 mL) low fat yogurt

Friday

1 oz (30 g) sliced smoked salmon
1 whole wheat bagel
2 tbsp (30 mL) low-fat cream cheese
1 cup (250 mL) cubed melon

2 oz (30 g) roast turkey with lettuce and tomato sandwich on whole wheat bread
1 cup (250 mL) vegetable sticks
+ Savoury Garlic and Chive Dip

4 oz (125 g) grilled salmon fillet
+ Balsamic Glazed Sweet Potatoes
1 cup (250 mL) steamed broccoli and carrots
1 cup (250 mL) mixed berries

2 cups (500 mL) plain air-popped popcorn
1 banana
1 cup (250 mL) low-fat milk



+ Recipes included in the booklet.

Examples of balanced menus - week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	1 cup (250 mL) whole grain cereal with 1 cup (250 mL) low-fat milk 1 hard boiled egg 1/2 cup (125 mL) mixed berries	2 eggs, scrambled 2 slice whole grain toast 1 orange 1 cup (250 mL) low-fat milk	2 whole wheat waffles 3/4 cup (175 mL) low fat yogurt 1 cup (250 mL) mixed berries	2 slices whole grain toast 2 tbsp (30 mL) peanut butter 1 banana 1 cup (250 mL) milk	3/4 cup (175 mL) hot oatmeal 1/2 cup (125 mL) cottage cheese 1 cup (250 mL) cubed melon
Lunch	1/2 cup (125 mL) salmon salad in a small whole grain tortilla 1 cup (250 mL) vegetable sticks 3/4 cup (175 mL) low-fat yogurt 1 peach or nectarine	2 cups (500 mL) vegetable noodle soup (sodium-reduced) 1 whole grain roll 1/2 cup (125 mL) low-fat yogurt	4 oz (125 g) grilled chicken breast on whole wheat roll with lettuce and tomato 1 cup (250 mL) coleslaw 3/4 cup (175 mL) low-fat yogurt	2 cups (500 mL) spinach salad 1 oz (30 g) pecans 1 oz (30 g) cubed cheese 1 small whole grain roll 1/2 cup (125 mL) unsweetened applesauce	1 roast beef with lettuce and tomato sandwich on whole wheat bread 1 cup (250 mL) vegetable sticks + Savoury Garlic and Chive Dip
Dinner	4 oz (125 g) grilled chicken breast 1 cup (250 mL) whole grain noodles + Tomato and Basil Pasta Sauce 2 cups (500 mL) tossed green salad	+ Turkey with 3 Peppers 1 cup (250 mL) steamed brown rice 1 cup (250 mL) steamed broccoli and carrots 1/2 cup (125 mL) mixed berries	+ Chili Con Carne 1 slice whole grain bread 1 cup (250 mL) steamed green beans 1 cup (250 mL) cubed melon	+ Thai Chicken and Zucchini Stir Fry 1 cup (250 mL) cooked rice noodles 1 peach or nectarine 3/4 cup (175 mL) low-fat yogurt	+ Chili Basil Mussels 1 small whole grain roll 2 cups (500 mL) tossed green salad 1 /2 cup (125 mL) mixed berries
Snacks	1 cup (250 mL) sliced cucumber 2 cups (500 mL) plain air-popped popcorn 1 1/2 oz (30 g) cubed cheese	1/4 cup (50 mL) dry roasted, unsalted nuts 1 banana 1 oz (30 g) each whole grain crackers and cheese	1 cup (250 mL) whole wheat pretzels 1 apple or orange 1 cup (250 mL) low-fat milk	1 cup (250 mL) vegetable sticks 1 oz (30 g) melba toast 1/2 cup (125 mL) cottage cheese	1 apple or orange 1 cup (250 mL) low-milk 2 cups (500 mL) air-popped popcorn



French Fries and Potato Wedges



+ Nutritious

An order of fast food fries that may contain as much as 27 grams of fat for a regular serving. Serve these fries as a healthier treat instead. Leave the skins on for added fibre.

For the crispiest fries, it is essential to thoroughly dry the fries.

181 calories ——— **Nutrients / serving**

[3 g total fat ~ 0 g saturated fat ~ 0 g trans fat ~ 0 mg cholesterol ~ 34 g carbohydrates ~ 3 g fibre ~ 3 g protein ~ 249 mg sodium ~ 881 mg potassium ~ Excellent source of: Folate]

Classic Crispy French Fries

SERVES 4 • PREPARATION 15 min • COOKING 30/40 min for fresh or frozen

- 1 ¾ lbs (875 g) Russet potatoes
- 1  vegetable oil such as canola, corn or sunflower
- ½ tsp (2 mL) salt (approx.)

- 1 Peel the potatoes and cut into fries of equal size, no more than 2/3-inch (13 mm) thick on all sides recommended. Rinse fries thoroughly in water; drain well. Use a clean kitchen towel to thoroughly dry the fries.
- 2 Place the fries in the ActiFry Pan. Drizzle evenly with the oil. Cook for 30 to 40 minutes or until the fries are crisp, golden and cooked through. (The cooking time will vary depending on the thickness of the fries and the variety of potato used.)
- 3 Season fries with salt (adjust to taste).

Variation Substitute a 2 lb (1 kg) bag of frozen fries for the fresh potatoes.

Nutrients / serving ——— **231 calories**

[7 g total fat ~ 1 g saturated fat ~ 0 g trans fat ~ 0 mg cholesterol ~ 40 g carbohydrates ~ 3 g fibre ~ 4 g protein ~ 249 mg sodium ~ 923 mg potassium ~ Excellent source of: Vitamin C]

Serve the fries with sweet curry dip (on page 41) instead of ketchup.

+ Nutritious

Using unpeeled potatoes lowers the GI impact of these fries.

Curry Fries

SERVES 4 • PREPARATION 15 min • COOKING 30/40 min

- 1 ¾ lbs (875 g) Russet potatoes, unpeeled
- ½  curry powder (mild, medium or hot)
- 2  vegetable oil, divided
- ½ tsp (2 mL) salt (approx.)

- 1 Scrub the potatoes and cut into fries of equal size, no more than 2/3 inch (13 mm) thick on all sides recommended. Rinse fries thoroughly in water; drain well. Use a clean kitchen towel to thoroughly dry the fries.
- 2 Place the fries in a bowl. Toss gently with curry powder and half of the oil to coat fries evenly.
- 3 Transfer the fries to the ActiFry pan; drizzle evenly with remaining oil. Cook for 30 to 40 minutes or until the fries are crisp, golden and cooked through. (The cooking time will vary depending on the thickness of the fries and the variety of potato used.)
- 4 Season fries with salt (adjust to taste).

Variation Substitute paprika for the curry powder. Or, toss the potatoes with other seasoning blends such as Montreal steak spice, Tex Mex seasoning or garlic-herb blend.



+ Nutritious

Leave the skins on the potatoes for additional fiber.
Excellent source of: Vitamin C.

187 calories ——— **Nutrients / serving**

[7 g total fat ~ 1 g saturated fat ~ 0 g trans fat ~ 0 mg cholesterol
30 g carbohydrates ~ 2 g fibre ~ 4 g protein ~ 246 mg sodium ~ 686 mg potassium]

Paprika Fries

SERVES **4** • PREPARATION **15** min • COOKING **30/40** min

- 1 ¾ lbs (875 g) baking potatoes such as Yukon gold
- ½ 🥒 paprika
- 2 🥒 vegetable oil
- ½ tsp (2 mL) salt (approx.)

- 1 Peel the potatoes and cut into fries of equal thickness, no more than ¾ inch in square thickness recommended. Rinse fries thoroughly in water; drain well. Use a clean kitchen towel to thoroughly dry the fries.
- 2 Place the fries in a bowl. Toss gently with the paprika and half of the oil to evenly coat the fries.
- 3 Transfer the fries to the ActiFry pan; drizzle evenly with the remaining oil. Cook for 30 to 40 minutes or until the fries are golden and cooked through, (the cooking time will vary depending on the thickness of the fries and the variety of potato used). Season fries with salt (adjust to taste).

Variation Toss the potatoes with any of your favorite seasoning blends such as Montreal steak spice, Tex Mex seasoning or garlic-herb blend.

150 calories ——— **Nutrients / serving**

[2 g total fat ~ 0 g saturated fat ~ 0 g trans fat ~ 0 mg cholesterol ~ 30 g carbohydrates
4 g fibre ~ 2 g protein ~ 207 mg sodium ~ 494 mg potassium ~ Excellent source of: Vitamin A.]

+ Nutritious

Because sweet potatoes are lower GI than regular potatoes, they are a good choice for people looking to control their blood sugar levels.

Sweet Potato Fries

SERVES **6** • PREPARATION **5** min • COOKING **40/45** min

- 1 ¾ lbs (875 g) sweet potatoes
- ½ 🥒 all-purpose flour
- ½ tsp (2 mL) seasoning salt (approx.)
- Chopped fresh parsley leaves (optional)
- 1 🥒 canola oil

- 1 Scrub the sweet potatoes and cut (unpeeled) in half lengthwise. Cut into fries of equal size, no more than 1/2-inch (2 cm) thick on all sides recommended. Place sweet potatoes in a bowl; toss with flour and salt to coat evenly.
- 2 Transfer the sweet potatoes to the ActiFry pan. Drizzle with the oil.
- 3 Cook for 40 to 45 minutes or until golden and cooked through. Adjust seasoning to taste.

Serve these fries with sweet curry dip (on page 41) instead of ketchup.



+ Nutritious

Excellent source of: Vitamin C.

241 calories _____ Nutrients / serving

[7 g total fat ~ 0 g saturated fat ~ 0 g trans fat ~ 0 mg cholesterol
39 g carbohydrates ~ 3 g fibre ~ 5 g protein ~ 251 mg sodium ~ 932 mg potassium]

Potato Wedges with Herbs and Spices

SERVES 4 • PREPARATION 15 min • COOKING 40 min

- 1 ¾ lbs (875 g) Yukon gold potatoes, unpeeled
- ½  Italian seasoning
- ½  paprika
- 2  vegetable oil, divided
- ½ tsp each salt and pepper (approx.)

Cooks tip : If using baby new potatoes, cut the potatoes in half rather than into wedges and proceed with the recipe as directed above.

- 1 Scrub the potatoes and halve lengthwise; cut each half into long, thin wedges. Rinse wedges thoroughly in water; drain well. Use a clean kitchen towel to thoroughly dry the wedges.
- 2 Place the wedges in a large bowl. Toss gently with the seasoning, paprika and half of the oil to coat wedges evenly.
- 3 Transfer the wedges to the ActiFry pan. Drizzle with remaining oil. Cook for 35 to 40 minutes or until the wedges are crisp, golden and cooked through.
- 4 Season wedges with salt and pepper (adjust to taste).

Variation Omit the Italian seasoning and paprika and substitute 1/2 ActiFry spoon Cajun seasoning. Or, substitute any dried herb blend you prefer for the Italian seasoning.

Nutrients / serving _____ 146 calories

[2 g total fat ~ 0 g saturated fat ~ 0 g trans fat ~ 1 g polyunsaturated fat ~ 0 mg cholesterol ~ 30 g carbohydrates
4 g fibre ~ 2 g protein ~ 179 mg sodium ~ 497 mg potassium ~ Excellent source of: Vitamin A]

+ Nutritious

Because sweet potatoes are lower GI than regular potatoes, they are a good choice for people looking to control their blood sugar levels.

Balsamic Basil Sweet Potatoes

SERVES 6 • PREPARATION 5 min • COOKING 25/30 min

- 1 ¾ lbs (875 g) sweet potatoes
- 1  olive oil
- 1  good quality balsamic vinegar
- ½ tsp (2 mL) fresh ground pepper (approx.)
- 2  chopped fresh basil leaves
- ¼ tsp (1 mL) salt (approx.)

- 1 Scrub the sweet potatoes and cut (unpeeled) into 3/4-inch (2 cm) cubes. Rinse cubes thoroughly in water; drain well. Use a clean kitchen towel to thoroughly dry the cubes.
- 2 Stir the oil with the vinegar and pepper in a large bowl. Place the cubes in the bowl; toss to coat evenly. Transfer the cubes to the ActiFry pan. Cook for 25 to 30 minutes or until golden and cooked through.
- 3 Sprinkle with basil. Season with salt (adjust seasonings to taste).

Variation Substitute fresh parsley or mint leaves for the basil.

Drizzle the plate with additional balsamic vinegar and garnish sweet potatoes with a sprig of fresh basil.



334 calories — Nutrients / serving

[13 g total fat ~ 4 g saturated fat ~ 0 g trans fat ~ 20 mg cholesterol ~ 43 g carbohydrates
3 g fibre ~ 14 g protein ~ 551 mg sodium ~ 948 mg potassium Excellent source of: Vitamin C]

Better For You Poutine

SERVES 4 • PREPARATION 15 min • COOKING 30/40 min

- 1 ¾ lbs (875 g) Yukon gold potatoes, unpeeled
- 2  vegetable oil, divided
- ½ tsp (2 mL) each salt and pepper (approx.)
- 1½  all-purpose flour
- 1½ cups (375 mL) beef broth
- Dash Worcestershire sauce
- ½ tsp (2 mL) each salt and pepper (approx.)
- 1 cup (250 mL) cubed part-skim mozzarella cheese



+ Nutritious

A small fast food order of poutine can provide a hefty 710 calories and 38 grams of fat per serving compared to our ActiFry version which makes this recipe a better choice for an occasional splurge.

- 1 Scrub the potatoes and cut into fries of equal size, each about 1/2-inch (1 cm) thick on all sides recommended. Rinse fries thoroughly in water; drain well. Use a clean kitchen towel to thoroughly dry the fries.
- 2 Place the fries in the ActiFry Pan. Drizzle evenly with half the oil. Cook for 40 minutes, or until the fries are crisp, golden and cooked through. Season with half of the salt and pepper (adjust to taste).
- 3 Meanwhile, heat the remaining oil in a small saucepan set over medium heat. Add the flour and cook, stirring for 1 minute or until flour is lightly browned. Whisk in the broth and Worcestershire sauce. Bring to a boil. Cook, stirring often, for 5 minutes or until thickened. Season with remaining salt and pepper (adjust to taste).
- 4 Divide the fries between 4 serving plates. Top each serving with an equal amount of cheese. Drizzle with hot gravy to melt cheese.





Sauces and Dips



38 calories — Nutrients / serving

(2 tbsp/30 mL)

[3 g total fat ~ 1 g saturated fat ~ 0 g trans fat ~ 5 mg cholesterol ~ 2 g carbohydrates
0 g fibre ~ 0 g protein ~ 107 mg sodium ~ 22 mg potassium]

Nutrients / serving — 50 calories

(2 tbsp/30 mL)

[4 g total fat ~ 2 g saturated fat ~ 0 g trans fat ~ 12 mg cholesterol ~ 2 g carbohydrates
0 g fibre ~ 2 g protein ~ 44 mg sodium ~ 75 mg potassium]



Creamy Cocktail Dip

MAKES 1 ½ cups (375 mL) • PREPARATION 5 min

- ½ cup (125 mL) light mayonnaise
- ¼ cup (50 mL) light sour cream
- 2  ketchup (approx.)
- 1 tsp (5 mL) each lemon juice and prepared horseradish
- ½ tsp (2 mL) Worcestershire sauce
- Dash hot pepper sauce (optional)
- Salt and pepper (optional)

- 1 Stir the mayonnaise with the sour cream until well combined. Add the ketchup, lemon juice, horseradish and Worcestershire sauce; stir until well combined.
- 2 Season to taste with hot pepper sauce, salt and pepper (if using). For an attractive garnish, top with an additional drop of ketchup; pull the tip of a knife through the dot to make a swirl shape.

Savory Garlic and Chive Dip

MAKES 1 cup (250 mL) • PREPARATION 5 min

- 1 cup (250 mL) light sour cream
- 2  grated Parmesan cheese
- 1 green onion, finely chopped
- 1  snipped fresh chives (approx.)
- ½ tsp (2 mL) minced garlic
- Salt and pepper (optional)

- 1 Stir the sour cream with the Parmesan cheese, green onion, chives and garlic until combined.
- 2 Season to taste with salt and pepper (if using). Garnish with additional chives.

Variation Stir in 1 tsp (5 mL) finely grated lemon zest to add a fresh, bright flavor.



37 calories ——— **Nutrients / serving**
(2 tbsp/30 mL)

[3 g total fat ~ 1 g saturated fat ~ 0 g trans fat ~ 3 mg cholesterol
2 g carbohydrates ~ 1 g fibre ~ 1 g protein ~ 10 mg sodium ~ 108 mg potassium]

Nutrients / serving ——— **70 calories**
(2 tbsp/30 mL)

[6 g total fat ~ 2 g saturated fat ~ 0 g trans fat ~ 11 mg cholesterol
3 g carbohydrates ~ 0 g fibre ~ 1 g protein ~ 158 mg sodium ~ 39 mg potassium]

Avocado Dip

MAKES **1 ¾ cups** (425 mL) • PREPARATION **10** min

- 1 avocado, peeled and pitted
- 1 tomato, seeded and chopped
- ½ cup (125 mL) light sour cream
- 2  chopped green onion or chopped fresh coriander leaves
- 1  lime or lemon juice
- 1 clove garlic, minced
- Dash hot pepper sauce
- Salt and pepper (optional)

- 1 Combine the avocado, tomato, sour cream, green onion, lime juice, garlic and hot pepper sauce in a food processor. Pulse until well combined but still slightly chunky.
- 2 Season to taste with salt and pepper (if using).



Roasted Red Pepper Dip

MAKES **1 cup** (250 mL) • PREPARATION **5** min

- ½ cup (125 mL) light sour cream
- ½ cup (125 mL) light mayonnaise
- ⅓ cup (75 mL) chopped roasted red peppers
- 2  chopped fresh basil leaves (approx.)
- 1 small clove garlic, minced
- Salt and pepper (optional)

- 1 Combine the sour cream, mayonnaise, red peppers, basil and garlic in a blender or food processor. Pulse until well combined and smooth.
- 2 Season to taste with salt and pepper (if using). Garnish with additional whole or chopped fresh basil leaves.



52 calories ——— **Nutrients / serving**
(2 tbsp/30 mL)

[4 g total fat ~ 2 g saturated fat ~ 0 g trans fat ~ 12 mg cholesterol
2 g carbohydrates ~ 0 g fibre ~ 2 g protein ~ 118 mg sodium ~ 53 mg potassium]

Nutrients / serving ——— **23 calories**
(2 tbsp/30 mL)

[1 g total fat ~ 0 g saturated fat ~ 0 g trans fat ~ 1 mg cholesterol ~ 3 g carbohydrates
0 g fibre ~ 1 g protein ~ 17 mg sodium ~ 97 mg potassium]



Blue Cheese Dip

MAKES **1 ½ cups** (375 mL) • PREPARATION **20** min

- ½ cup (125 mL) crumbled Roquefort cheese
- 1 cup (250 mL) light sour cream
- 2 finely chopped red onion
- 1 snipped fresh chives
- 1 tsp (5 mL) each granulated sugar and red wine vinegar
- Salt and pepper (optional)

- 1 Mash the cheese with half the sour cream until well combined. Stir in the remaining sour cream, red onion, chives, sugar and vinegar until well combined.
- 2 Season to taste with salt and pepper (if using). Let the dip stand for 15 minutes before serving.

Variation Substitute other blue cheeses such as Stilton or Gorgonzola for the Roquefort.

Sweet Curry Dip

MAKES **1 cup** (250 mL) • PREPARATION **20** min

- 1 cup (250 mL) thick yogurt
- 2 mango chutney (approx.)
- 2 chopped fresh cilantro or green onion
- ½ curry paste or powder
- ½ tsp (2 mL) ground cumin
- Salt and pepper (optional)

- 1 Stir the yogurt with the mango chutney, cilantro or green onion, curry paste and cumin until well combined.
- 2 Season to taste with salt and pepper (if using). Let the dip stand for 15 minutes before serving. Garnish with additional mango chutney.





Gourmet Poultry and Meat Recipes



307 calories ————— **Nutrients / serving**

[9 g total fat ~ 1 g saturated fat ~ 0 g trans fat ~ 78 mg cholesterol ~ 26 g carbohydrates
1 g fibre ~ 31 g protein ~ 594 mg sodium ~ 543 mg potassium]

Saucy Chicken with Pineapple

+ Nutritious

For additional color and to provide beneficial nutrients such as vitamins A and C, add chopped fresh red and orange peppers along with the pineapple mixture.
Excellent source of: Niacin, Vitamin B6.

SERVES **4** • PREPARATION **15** min • COOKING **15** min

- | | |
|--|--|
| 1 lb (500 g) boneless, skinless chicken breast, sliced into thin strips | 1 Toss the chicken strips with half of the cornstarch, salt and pepper. Transfer the chicken to the ActiFry pan. Drizzle evenly with the oil. Cook for 5 minutes. |
| 2  cornstarch, divided | 2 Stir pineapple chunks with the ginger, curry powder, soy sauce and remaining salt and pepper until combined. Add pineapple mixture to the ActiFry pan. Let stand, covered, in the ActiFry for 5 minutes to marinate. |
| ½ tsp (2 mL) each salt and pepper | 3 Whisk the water, remaining cornstarch, brown sugar and reserved pineapple juice until combined. Add to the ActiFry pan. Cook for 10 minutes or until chicken is tender and cooked through. |
| 2  vegetable oil | |
| 1 can (398 mL) pineapple chunks, drained (juice reserved) | |
| ½  ground ginger | |
| ½  mild curry powder | |
| 2  reduced-sodium soy sauce | |
| 1 cup (250 mL) cold water | |
| 1  lightly packed brown sugar | |
| 2  reserved pineapple juice | |



Serve over hot, cooked basmati rice or rice noodles.

245 calories ——— Nutrients / serving

[9 g total fat ~ 2 g saturated fat ~ 0 g trans fat ~ 33 mg cholesterol ~ 9 g carbohydrates
1 g fibre ~ 27 g protein ~ 66 mg sodium ~ 535 mg potassium]

 Nutritious

Excellent source of: Vitamin C,
Niacin, Vitamin B6.

Turkey with 3 Peppers

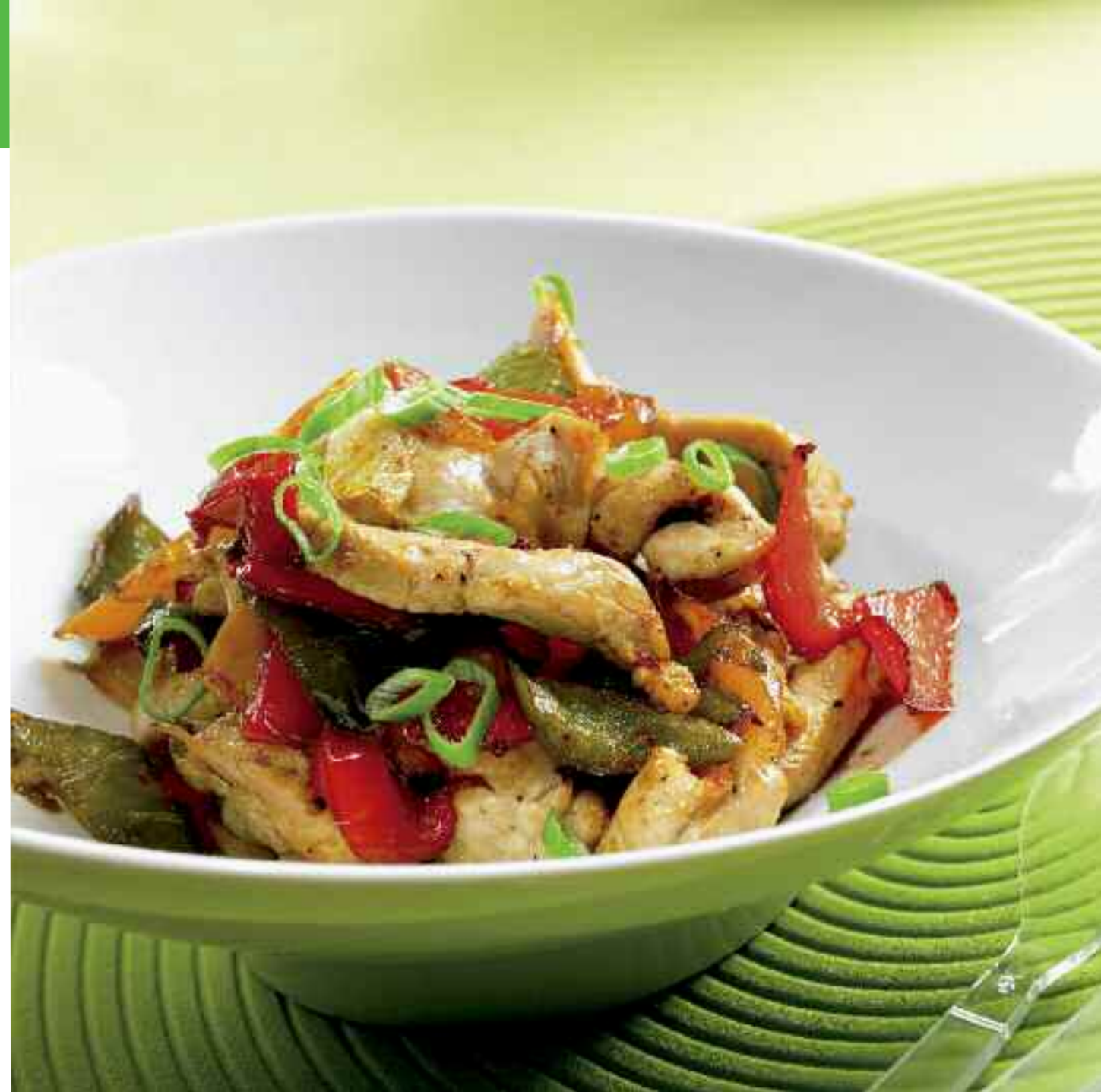
SERVES 4 • PREPARATION 15 min • COOKING 20/25 min

- 1 each red, green and yellow pepper, thinly sliced
- 2  olive oil
- 2 cloves garlic, minced
- 1 red onion, thinly sliced
- 4  port or cooking sherry
- ½  cider vinegar
- 1 tsp (5 mL) cornstarch
- 1 lb (500 g) boneless, skinless turkey breast, sliced into thin strips
- Salt and pepper (optional)

- 1 Place the peppers in the ActiFry pan. Drizzle evenly with the oil. Cook for 5 minutes. Add the garlic and onion to the ActiFry pan. Cook for 5 minutes.
- 2 Whisk the port with the vinegar and cornstarch until combined. Add the turkey breast strips and the port mixture to the ActiFry pan. Cook for 10 to 15 minutes or until the turkey is tender and cooked through. Season to taste with salt and pepper (if using).

Variation Substitute boneless chicken breast or pork tenderloin for the turkey.

Serve with steamed rice, boiled potatoes or egg noodles and steamed green beans or broccoli.





Nutrients / serving — 253 calories

[10 g total fat ~ 4 g saturated fat ~ 0 g trans fat ~ 78 mg cholesterol ~ 8 g carbohydrates
~ 2 g fibre ~ 31 g protein ~ 367 mg sodium ~ 640 mg potassium]

+ Nutritious

Serve the curry over steamed brown rice to make a complete meal. Excellent source of: Niacin, Vitamin C, Vitamin B6

Spicy Thai Chicken Curry

SERVES 4 • PREPARATION 15 min • COOKING 18 min

- 1 lb (500 g) boneless, skinless chicken breast, sliced into thin strips
- 1 tsp (5 mL) minced fresh gingerroot
- ½ tsp (2 mL) each salt and pepper divided
- 1 clove garlic, minced
- 1 small red chili pepper, seeded and chopped
- 1  canola oil, divided
- 1 each red and green pepper, thinly sliced
- 1 medium zucchini, sliced into rounds
- 1 cup (250 mL) lite coconut milk
- 2 tsp (10 mL) cornstarch
- 1 tsp (5 mL) green Thai curry paste
- 2  chopped fresh coriander
- Lime wedges (optional)

- 1 Toss the chicken strips with the gingerroot, chili pepper, garlic and half of each of the oil, salt and pepper; place in the ActiFry pan. Cook for 8 minutes or until browned. Transfer the chicken to a bowl; reserve.
- 2 Add the peppers, zucchini and remaining oil, salt and pepper to the ActiFry pan. Cook for 5 minutes.
- 3 Meanwhile, whisk the coconut milk with the cornstarch and curry paste until smooth. Add this mixture and the reserved chicken to the ActiFry pan. Cook for 5 minutes or until sauce is thickened and chicken is cooked through. Stir in the coriander. Serve with lime wedges (if using).

Variation Substitute turkey breast for the chicken.

To make complete meal, serve the curry over steamed brown rice.

270 calories ——— **Nutrients / serving**
 [11 g total fat ~ 3 g saturated fat ~ 0 g trans fat ~ 60 mg cholesterol ~ 21 g carbohydrates
 ~ 6 g fibre ~ 20 g protein ~ 511 mg sodium ~ 238 mg potassium]

Nutritious

To reduce sodium, use no salt added canned tomatoes.

Sausage, Chicken and Bean Cassoulet

SERVES 4 • PREPARATION 5 min • COOKING 25 min

- 4 boneless, skinless chicken thighs
- 1 sweet pork sausage, thinly sliced
- 1 onion, chopped
- ½  vegetable oil (optional)
- 2 garlic cloves, thinly sliced
- 1  dried herbs de Provence
- 1 ½ cup (375 mL) canned diced tomatoes (with juices)
- 1 cup (250 mL) cooked white kidney, cannellini or navy beans, drained and rinsed
- ⅓ cup (75 mL) dry white wine
- 2  each water and tomato paste
- Chopped fresh parsley (optional)

- 1 Place the chicken, sausage and onion in the ActiFry pan. Drizzle evenly with oil. Cook for 10 minutes.
- 2 Add the garlic and herbs. Cook for 5 minutes. Add the tomatoes and beans. Whisk the wine with the water and tomato paste. Pour into the Actifry pan.
- 3 Cook for 10 minutes or until chicken is cooked through. Garnish with parsley (if using).

To mimic traditional cassoulet crumb crust; toss toasted whole wheat bread crumbs with chopped fresh parsley, minced garlic and a little olive oil to moisten. Sprinkle over the cassoulet before serving.

Nutrients / serving ——— **429 calories**
 [23 g total fat ~ 9 g saturated fat ~ 0 g trans fat ~ 80 mg cholesterol ~ 29 g carbohydrates
 ~ 4 g fibre ~ 27 g protein ~ 423 mg sodium ~ 1133 mg potassium]

Nutritious

Leaving the skins on the potatoes provides additional dietary fibre. Excellent source of: Folate, Vitamin C, Vitamin B12, Vitamin B6, Iron, Zinc

Madagascan Beef Tenderloin

SERVES 4 • PREPARATION 15 min • COOKING 58 min

- 1 lb (500 g) beef tenderloin steak, cubed
- 1  cornstarch, divided
- ½ tsp (2 mL) each salt and pepper (approx.)
- 1  canola oil, divided
- 1 lb (500 g) new baby potatoes, quartered or cut into bite-sized pieces if large
- 2 cups (500 mL) seeded, chopped tomatoes
- 1 onion, thinly sliced
- 1¼ tsp (300 mL) beef broth
- 1  tomato paste
- 2 cloves garlic, minced
- 1  minced fresh gingerroot
- 3 cups (750 mL) baby arugula or spinach leaves

- 1 Toss the beef cubes with half of the cornstarch, the salt and pepper. Place the beef in the ActiFry pan. Drizzle evenly with half of the oil. Cook for 8 minutes or until browned. Transfer the beef to a bowl; reserve.
- 2 Add the remaining oil, potatoes, tomatoes, onion, broth, tomato paste and garlic to the ActiFry pan. Cook for 40 minutes.
- 3 Whisk the remaining cornstarch with enough water to make a smooth paste; stir into the stew and cook for 5 minutes. Add the reserved beef, any accumulated juices and ginger; cook for 5 minutes or until beef is warmed through and potatoes are fork tender.
- 4 Stir in the arugula. Adjust seasoning with additional salt and pepper if necessary.

Serve this stew with whole-wheat crusty rolls.

280 calories ——— Nutrients / serving

[10 g total fat ~ 3 g saturated fat ~ 0 g trans fat ~ 77 mg cholesterol ~ 19 g carbohydrates
~ 2 g fibre ~ 28 g protein ~ 545 mg sodium ~ 663 mg potassium]

Sweet and Saucy Pork Tenderloin

+ Nutritious

For a lower salt version of this recipe, use sodium-reduced soy sauce and no salt added tomato sauce. Excellent source of: Riboflavin, Thiamine, Vitamin B6, Vitamin B12, Zinc

SERVES **4** • PREPARATION **15** min • COOKING **20** min

- 1  olive oil
- 1 onion, thinly sliced
- 1 lb (500 g) pork tenderloin, thinly sliced
- 1  cornstarch, divided
- 1 cup (250 mL) plain tomato sauce
- 1  brown sugar
- 1  each red wine vinegar and soy sauce
- 2 cloves garlic, minced
- 1 tsp (5 mL) each minced ginger and toasted sesame oil
- 2 cups (500 mL) each shredded Napa or Chinese cabbage and thinly sliced shiitake mushrooms

- 1 Place the onion and oil in the ActiFry pan. Cook for 5 minutes. Meanwhile, toss the pork with 1/2 ActiFry spoon cornstarch. Add the coated pork to the ActiFry pan. Cook for 5 minutes. (If necessary, stir the pork with a wooden spoon to separate the slices.)
- 2 Meanwhile, whisk the remaining cornstarch with the tomato sauce; stir in the brown sugar, red wine vinegar, soy sauce, garlic, ginger and sesame oil.
- 3 Add the tomato sauce mixture, cabbage and mushrooms to the ActiFry pan. Cook for 10 minutes or until the pork is tender and the sauce is thickened.

Variation Substitute lean beef, lamb or chicken breast for the pork.

Nutrients / serving ——— 292 calories

[11 g total fat ~ 4 g saturated fat ~ 0 g trans fat ~ 51 mg cholesterol ~ 22 g carbohydrates
~ 7 g fibre ~ 25 g protein ~ 434 mg sodium ~ 316 mg potassium]

+ Nutritious

Excellent source of: Vitamin C, Vitamin B12, Zinc, Iron

Chili Con Carne

SERVES **4/6** • PREPARATION **15** min • COOKING **45** min

- 1 small onion, chopped
- 1 small red pepper, chopped
- 1 to 2 hot chili peppers, seeded and chopped
- 1  olive oil
- 1 lb (500 g) lean ground beef
- 2  tomato paste
- 1 1/3 cups (325 mL) beef broth, divided
- 1 tsp (5 mL) each ground cumin and coriander
- 1 can (398 mL) diced tomatoes with juices
- 1 can (398 mL) kidney beans, drained and rinsed
- Salt and pepper (optional)

- 1 Place the onion, red pepper and hot chili peppers in the ActiFry pan. Drizzle evenly with the oil. Cook for 5 minutes. Crumble the beef into the ActiFry pan. Cook for 5 minutes or until the meat is browned all over.
- 2 Whisk the tomato paste with 1/3 cup (75 mL) of the broth, the cumin, coriander and chili powder. Add the broth mixture and tomatoes with juice to the ActiFry pan. Cook for 25 minutes.
- 3 Add the kidney beans and remaining broth to the ActiFry pan. Cook for 10 minutes or until beans are heated through. Season to taste with salt and pepper (if using).

Variation Substitute mild chili powder for a less spicy version.



Nutrients / serving — 197 calories

[8 g total fat ~ 5 g saturated fat ~ 0 g trans fat ~ 40 mg cholesterol ~ 20 g carbohydrates
~ 2 g fibre ~ 16 g protein ~ 584 mg sodium ~ 522 mg potassium]

+ Nutritious

To control the sodium level of this dish, use homemade meatballs instead of premade meatballs. Excellent source of: Vitamin A, Vitamin C.

Sweet and Sour Meatballs

SERVES 6 • PREPARATION 10 min • COOKING 20 min

- 36 frozen lean beef meatballs
- 1 each red and green pepper, cubed
- 1 cup (250 mL) fresh or frozen mango chunks
- ½ cup (125 mL) water (approx.)
- 4  tomato ketchup
- 1  each prepared mustard and maple syrup or brown sugar
- 1  each cider vinegar and grated onion
- 1 clove garlic, minced
- 1 tsp (5 mL) cornstarch
- Chopped fresh coriander leaves (optional)

- 1 Place the meatballs, peppers and mango in the ActiFry pan.
- 2 Whisk the water, ketchup, mustard, maple syrup, cider vinegar, onion, garlic and cornstarch. Add to the ActiFry pan.
- 3 Cook for 20 minutes or until meatballs are cooked through and sauce is thickened. (Add a couple extra spoonfuls of water if the sauce becomes too thick.) Sprinkle with coriander (if using).

Variation Substitute chopped fresh or frozen pineapple or peaches for the mango chunks. Or, substitute lean turkey meatballs for the beef meatballs.

For a crowd-pleasing appetizer, omit the peppers and serve the saucy meatballs with toothpicks.



Gourmet Seafood Recipes



176 calories ——— **Nutrients / serving**

[5 g total fat ~ 1 g saturated fat ~ 0 g trans fat ~ 129 mg cholesterol
13 g carbohydrates ~ 3 g fibre ~ 20 g protein ~ 444 mg sodium ~ 613 mg potassium]

Crunchy Green Vegetable Stir-Fry with Shrimp

SERVES 4 • PREPARATION 15 min • COOKING 15 min

- 1 onion, thinly sliced
- 1 clove garlic, finely chopped
- 1 hot chili pepper, seeded and sliced (optional)
- 2  vegetable oil
- 2 small zucchinis sliced on an angle
- 1 ½ cups (375 mL) sugar snap peas or snow peas
- ⅓ cup (75 mL) cold water
- 4 oz (125 g) jumbo shrimp, peeled, de-veined with tails on
- 3 green onions thinly sliced
- 4  Asian black bean sauce
- 1  chopped cilantro (approx.)

- 1 Place the onion, garlic and chili pepper (if using) in the ActiFry pan. Drizzle evenly with the oil. Cook for 5 minutes.
- 2 Add the zucchini, snap peas and water to the ActiFry pan; cook for 5 minutes or until the vegetables are tender-crisp.
- 3 Add the shrimp, green onions, black bean sauce, lime juice, remaining water and coriander to the ActiFry pan. Cook for 5 to 7 minutes or until shrimp is opaque. Sprinkle with additional coriander to garnish.

Variation Substitute bean sprouts for the snap peas.

Add a handful of bean sprouts during the last 2 minutes of cooking time for added crunch.



+ Nutritious

Serve the stir-fry over steamed brown rice or noodles for a complete meal. Excellent source of: Folate, Vitamin C, Vitamin A, Vitamin B12, Magnesium, Iron.

Nutrients / serving ——— **217 calories**

[5 g total fat ~ 1 g saturated fat ~ 0 g trans fat ~ 26 mg cholesterol ~ 20 g carbohydrates ~ 4 g fibre ~ 25 g protein ~ 419 mg sodium ~ 859 mg potassium]

+ Nutritious

Excellent source of: Folate, Vitamin C, Niacin, vitamin B12, Vitamin B6

Mediterranean Tuna Sauce

SERVES 4 • PREPARATION 10 min • COOKING 30 min

- 1 red onion, thinly sliced
- 1 leek, washed and thinly sliced
- 1 red pepper, seeded and finely diced
- 1 clove garlic, minced
- 1  olive oil
- 1 ¼ lb (625 g) ripe plum tomatoes, peeled, seeded and chopped
- 4 oz (125 g) mushrooms, sliced
- ¾ cup (175 mL) vegetable broth, heated
- 1  tomato paste
- 1 tsp (5 mL) granulated sugar
- 1 tsp (5 mL) cornstarch
- 2 cans (170 g each) flaked light tuna in water, drained
- Salt and pepper (optional)
- Chopped fresh parsley (optional)

- 1 Place the onion, leek, red pepper and garlic in the ActiFry pan. Drizzle evenly with the oil. Cook for 5 minutes.
- 2 Add the tomatoes, mushrooms, broth, tomato paste and sugar to the ActiFry pan. Cook for 20 minutes. (Stop the ActiFry once or twice to stir with a wooden spoon.)
- 3 Stir the cornstarch with enough water to make a smooth paste; blend into the ActiFry pan mixture. Add the tuna and cook for 5 minutes or until sauce is hot and thickened. Season with salt and pepper (if using). Garnish with parsley (if using).

To make peeling the tomatoes easier, score a shallow «x» in the bottom of each tomato with a sharp paring knife. Drop tomatoes into boiling salted water for 30 seconds. Drain and rinse under cold, running water until cool enough to handle. Skins should slip off.

173 calories ——— Nutrients / serving

[7 g total fat ~ 1 g saturated fat ~ 0 g trans fat ~ 39 mg cholesterol
7 g carbohydrates ~ 0 g fibre ~ 17 g protein ~ 313 mg sodium ~ 260 mg potassium]

 **Nutritious**

Excellent source of: Folate, Iron.

Chili-Basil Mussels

SERVES 2 • PREPARATION 10 min • COOKING 10 min

- 1  olive oil
- 2  finely chopped shallot or onion
- ½ tsp (2 mL) hot pepper flakes
- 1 lb (500 g) fresh mussels, scrubbed and beards removed
- ⅓ cup (75 mL) each white wine and sodium reduced chicken broth
- ¼ tsp (1 mL) pepper
- 2  chopped fresh basil leaves
- 2  finely chopped tomato
- Crusty whole grain bread (optional)

- 1 Add the olive oil, shallot, chili flakes and garlic to the ActiFry pan. Cook for 3 to 5 minutes or until translucent
- 2 Add the mussels, wine, broth and pepper to the ActiFry pan. Cook for 3 to 4 minutes or until the shells have opened. (Discard any unopened shells.)
- 3 Stir the basil and tomato into the cooking liquid left in the ActiFry pan. Cook for 1 minute. Use a slotted spoon to divide the mussels between four serving bowls. Spoon the pan juices evenly over the mussels. Serve with crusty bread (if using).

Variation This recipe is an appetizer portion, as a main course the recipe serves 2. Or, serve a crowd by preparing the mussels in 1 lb (500 g) batches.

When buying fresh mussels, look for shiny, unbroken shells.





Nutrients / serving — 217 calories

[7 g total fat ~ 1 g saturated fat ~ 0 g trans fat ~ 21 mg cholesterol
23 g carbohydrates ~ 2 g fibre ~ 7 g protein ~ 41 mg sodium ~ 618 mg potassium]

 **Nutritious**

Excellent source of: Vitamin C.

Baby New Potatoes with Garlic, Tomato and Shrimp

SERVES 4 • PREPARATION 10 min • COOKING 31 min

- 1 lb baby new potatoes, halved
- 8 cloves garlic, peeled
- 2  olive oil, divided
- 2 plum tomatoes, seeded and chopped
- 12 jumbo shrimp, peeled, de-veined with tails on
- 1  chopped fresh tarragon or parsley leaves
- Salt and pepper (optional)

- 1 Place the potatoes and garlic in the ActiFry pan. Drizzle evenly with half the olive oil. Cook for 25 minutes or until potatoes are fork tender.
- 2 Remove the garlic and mash it with the remaining oil to make a paste. Add the garlic paste, tomatoes and shrimp to the ActiFry pan. Cook for 6 minutes or until shrimp is opaque.
- 3 Season to taste with salt and pepper (if using); stir in the tarragon or parsley.

Serve with a tossed green salad.



Gourmet Vegetable Recipes



189 calories ——— **Nutrients / serving**

[7 g total fat ~ 1 g saturated fat ~ 0 g trans fat ~ 0 mg cholesterol
31 g carbohydrates ~ 7 g fibre ~ 7 g protein ~ 206 mg sodium ~ 212 mg potassium]

+ Nutritious

Excellent source of: Vitamin C.

Mixed Vegetable Medley

SERVES 6 • PREPARATION 15 min • COOKING 25 min

- 1 red pepper, thinly sliced
- 1 red onion, thinly sliced
- 1 vegetable oil
- 2 cups (500 mL) thawed, frozen baby corn cobs
- 1 cup (250 mL) julienned or thinly sliced carrots
- 1 cup (250 mL) sliced mixed mushrooms
- 1 can (8 oz/227 mL) sliced bamboo shoots, drained and rinsed
- 2 cloves garlic, minced
- Pinch ground cardamom
- 1 reduced-sodium soy sauce
- Dash hot sauce (optional)
- 1 cup (250 mL) warm vegetable broth, divided
- ½ cornstarch
- Thinly sliced green onion (optional)

- 1 Place the red pepper and onion in the ActiFry pan. Drizzle evenly with vegetable oil. Cook for 5 minutes.
- 2 Add the corn cobs, carrots, mushrooms, bamboo shoots, garlic, cardamom, soy sauce and hot sauce (if using) to the ActiFry pan. Pour in 2/3 cup (150 mL) of the broth. Cook for 15 minutes. (If necessary, open lid and stir with a wooden spoon to free the vegetables at the side of the pan.)
- 3 Whisk the remaining broth with the cornstarch to make a smooth paste. Stir into the vegetables. Cook for 5 minutes or until the sauce is slightly thickened. Garnish with green onions (if using).

Serve with steamed white or brown rice or cooked rice noodles.



Nutrients / serving ——— **172 calories**

[7 g total fat ~ 1 g saturated fat ~ 0 g trans fat ~ 0 mg cholesterol ~ 27 g carbohydrates
~ 4 g fibre ~ 3 g protein ~ 87 mg sodium ~ 574 mg potassium]

Spiced Root Vegetable Medley

SERVES 6 • PREPARATION 20 min • COOKING 30 min

- 2 lbs (1 kg) assorted root vegetables such as potatoes, sweet potatoes, turnip and parsnips
- 2 cloves garlic, minced
- 1 tsp (5 mL) each chili powder, ground cumin and ground coriander
- 3 light olive oil, divided
- Pinch salt and pepper (approx.)
- 2 chopped fresh coriander leaves (optional)

- 1 Peel and chop the vegetables into 1/2 inch (1 cm) cubes. Rinse the cubed vegetables thoroughly in water; drain well. Use a clean kitchen towel to thoroughly dry the vegetables.
- 2 Place the vegetables in a bowl. Toss gently with garlic, chili powder, cumin, coriander and 2 ActiFry spoons of the olive oil to coat cubes evenly.
- 3 Transfer the vegetables to the ActiFry pan. Drizzle evenly with the remaining oil. Cook for 30 minutes or until the vegetables are tender and browned. Season with salt and pepper (adjust to taste). Garnish with chopped coriander (if using).

Serve as a side dish with grilled or roasted lean beef, pork or chicken.



171 calories ——— **Nutrients / serving**

[11 g total fat ~ 1 g saturated fat ~ 0 g trans fat ~ 0 mg cholesterol
8 g carbohydrates ~ 1 g fiber ~ 11 g protein ~ 152 mg sodium ~ 68 mg potassium]
Excellent source of: Niacin, Vitamin C, Vitamin B6, Iron

+ Nutritious

Excellent source of: Vitamin C.

Golden Tofu Curry

SERVES **4** • PREPARATION **10** min • COOKING **12** min

- 1  olive oil
- 1  mild Indian-style curry paste
- ½ cup each chopped onion and red pepper
- 1 clove garlic, minced
- ½  minced fresh ginger
- 1 lb firm or extra firm tofu, cubed
- ½ cup each frozen peas and vegetable broth
- 2  raisins
- 2  chopped fresh coriander

- 1 Stir the olive oil with the curry paste. Add the oil mixture, onion, red pepper, garlic and ginger to the ActiFry pan. Cook for 3 minutes.
- 2 Add the tofu to the ActiFry pan. Cook for 5 minutes.
- 3 Add the peas, broth and raisins. Cook for 4 minutes or until peas are vibrant green and tender. Sprinkle with coriander.

Serve the curry with warm whole-wheat pitas, naan or cooked brown basmati rice. Serve yogurt and mango chutney on the side.

Nutrients / serving(1/2 cup/125 mL):— 79 calories

[4 g total fat ~ 1 g saturated fat ~ 0 g trans fat ~ 0 mg cholesterol
8 g carbohydrates ~ 1 g fibre ~ 1 g protein ~ 578 mg sodium ~ 353 mg potassium]

+ Nutritious

For a complete meal, spoon warm sauce over cooked fish, poultry or other lean meat or toss the sauce with hot whole-wheat pasta. Reduce the sodium content by using no salt added canned tomatoes.

Tomato and Basil Pasta Sauce

MAKES: **3 CUPS** (750 mL) • PREPARATION **5** min • COOKING **38** min

- 1 small onion, chopped
- 2 cloves garlic, minced
- ½ tsp (2 mL) dried thyme leaves
- ½ tsp (2 mL) each salt and pepper (approx.)
- 2  olive oil
- 2 cans (28 oz/796 mL) diced tomatoes, drained
- ⅓ cup (75 mL) dry red wine
- 1 can (8 oz) sliced bamboo shoots, drained and rinsed
- 2  tomato paste
- 3  chopped fresh basil
- ½ tsp (2 mL) granulated sugar (approx.)

- 1 Place the onion, garlic, thyme, salt and pepper to the ActiFry pan. Drizzle evenly with the oil. Cook for 8 minutes.
- 2 Add the tomatoes, red wine and tomato paste. Cook for 30 minutes or until sauce is thickened.
- 3 Stir in the basil and sugar. Taste and adjust salt, pepper and sugar as needed.

Variation Customize this recipe by adding seasonings such as dried oregano leaves, hot pepper flakes and fennel seed when adding the dried thyme.

Cooks tip : Reserve some of the canned tomato juices so that you can adjust the consistency of the sauce if necessary.



Gourmet Dessert Recipes



94 calories ——— **Nutrients / serving**

[0 g total fat ~ 0 g saturated fat ~ 0 g trans fat ~ 0 mg cholesterol ~ 25 g carbohydrates
2 g fibre ~ 1 g protein ~ 2 mg sodium ~ 177 mg potassium]

Roasted Pineapple with Figs and Honey

SERVES 6 • PREPARATION 5 min • COOKING 15 min

- 3  1 fresh, ripe pineapple
- 4 fresh figs
- 1  lemon juice
- ½ tsp (2 mL) ground cinnamon, ginger or cardamom

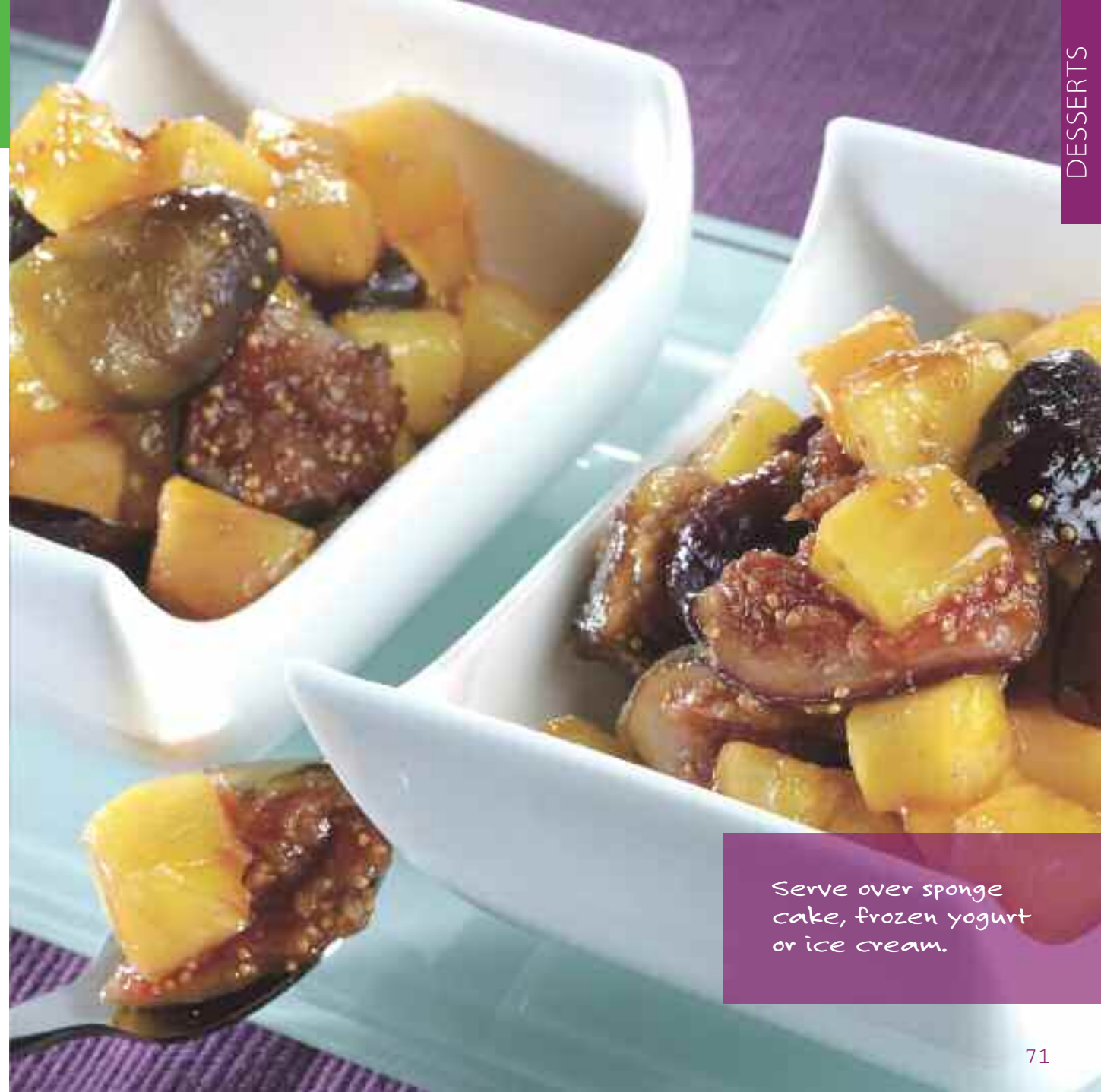


- 1 Cut the top and base from the pineapple. Holding upright, use a sharp knife to cut down the sides of the fruit, removing the peel. Quarter the pineapple lengthwise. Remove and discard the centre core from each quarter; slice crossways into ½ inch (1 cm) thick pieces.
- 2 Place the pineapple in the ActiFry pan. Drizzle with 2 ActiFry spoons of the honey and lemon juice. Cook for 10 minutes.
- 3 Quarter the figs. Add the figs and cinnamon to the ActiFry pan. Drizzle with the remaining honey. Cook for 5 minutes.

Variation Substitute chopped dried figs if the fresh fruit is out of seasons.

+ Nutritious

Figs can be replaced with lower GI fruits such as cherries, raspberries or strawberries; add the pitted or hulled fruit just before serving. Excellent source of: Vitamin C.



Serve over sponge cake, frozen yogurt or ice cream.

160 calories ——— Nutrients / serving

[4 g total fat ~ 0 g saturated fat ~ 0 g trans fat ~ 0 mg cholesterol
34 g carbohydrates ~ 3 g fibre ~ 1 g protein ~ 3 mg sodium ~ 339 mg potassium]

 **Nutritious**

Leave the skin on the apples
for additional fiber content.

Glazed Apple Wedges

SERVES 4 • PREPARATION 10 min • COOKING 20 min

- 4 Granny Smith apples
- 1  vegetable oil
½ cup (125 mL) chopped, dried
apricots
- 2  maple syrup or honey
- 1 tsp (5 mL) ground cinnamon

- 1 Peel and core the apples; cut into wedges. Place the apple wedges in a bowl. Toss the apples with the oil to coat wedges evenly.
- 2 Place the apples in the ActiFry pan. Cook for 10 minutes. Add the apricots, maple syrup and cinnamon. Cook for 8 to 10 minutes or until apples are tender and well-glazed.

Variations Substitute dried cranberries or raisins for the apricots.

Serve the apples topped with frozen yogurt and crumbled granola.



Serve the fruit over creamy vanilla frozen yogurt or ice cream, angel food cake or with fresh cheese such as ricotta.



Nutrients / serving — 223 calories

[0 g total fat ~ 0 g saturated fat ~ 0 g trans fat ~ 0 mg cholesterol ~ 46 g carbohydrates
~ 3 g fibre ~ 1 g protein ~ 10 mg sodium ~ 308 mg potassium]

 **Nutritious**

Good source of Fiber.
Excellent source of Manganese.

Ice Wine Fruit Compote

SERVES 6 • PREPARATION 35 min • COOKING 20 min

- 1 cup (250 mL) halved, dried apricots
- ½ cup (125 mL) dried cranberries or sour cherries
- ¼ cup (50 mL) dried blueberries
- 1 tsp (250 mL) each ice wine or dessert wine and white cranberry or white grape juice
- 1 tsp (5 mL) finely grated orange zest

- 1 Place the apricots, cranberries, blueberries, ice wine and juice in a non-reactive bowl. Soak for 30 minutes.
- 2 Transfer the fruit and all liquid to the ActiFry pan. Cook for 20 minutes or until fruit is plump and liquid is slightly thickened.
- 3 Stir in the orange zest. Serve warm or store in an airtight container in the refrigerator for up to 1 week.

Variations For an alcohol-free version, replace the ice wine with 1 cup (250 mL) of white cranberry juice or white grape juice.



**NUTRITIOUS
& DELICIOUS™**

The cooking times may vary depending on the ripeness, size, total volume and individual preferences. Use these times as a guideline only.

Cooking

Potatoes				
	PREPARATION	QUANTITY	OIL	COOKING TIME
Fries Standard Size 13 mm x 13 mm	Fresh	2 lb (1 kg)*	1 ActiFry spoon	40 - 45 min.
	Fresh	1 1/2 lb (750 g)*	1/2 ActiFry spoon	35 - 40 minutes
	Fresh	1 lb (500 g)*	1/2 ActiFry spoon	28 - 32 minutes
	Fresh	1/2 lb (250 g)*	1/2 ActiFry spoon	24 - 27 minutes
Potatoes Quartered	Fresh	2 lb (1 kg)*	1 ActiFry spoon	40 - 50 minutes
	Frozen	2 lb (1 kg)*	None	23 - 30 minutes
Diced Potato	Fresh	1 1/2 lb (750 g)*	1 ActiFry spoon	45 - 50 minutes
	Frozen	1 1/2 lb (750 g)*	None	30 - 40 minutes
Frozen French Fries	Oil Blanched for Deep Frying	2 lb (1 kg)	None	35 minutes
	Oven Ready	2 lb (1 kg)	1 ActiFry spoon	30 - 40 minutes (depending on thickness)

Meat & Poultry				
	PREPARATION	QUANTITY	OIL	COOKING TIME
Chicken Nuggets	Frozen	12 pieces	None	12 to 15 min.
	Fresh or Frozen	1 1/2 lb (750 g)	None	18 to 20 min.
Chicken Drumsticks	Fresh	4 to 6	None	30 min.**
Chicken Legs	Fresh	2	None	35 min.**
Boneless Chicken Breast	Sliced into strips	1 1/2 lb (750 g)	1 ActiFry spoon	10 to 15 min.
Lamb Chops	1-inch (2.5 cm) thick	2 to 6	None	20 to 25 min.**
Pork Chops	1-inch (2.5 cm) thick	2 to 3	None	18 to 23 min.**
Pork Tenderloin	Sliced into bite-sized pieces	1 1/2 lb (500 g)	1 ActiFry spoon	10 to 15 min.
Sausages	Fresh	4 to 8	None	10 to 15 min. (depending on thickness)
Beef Steak	Sliced into 1/2-inch (1 cm) thick pieces	1 1/4 lb (625 g)	None	20 min.
Ground Beef	Crumbled	1 lb (500 g)	None to 1 ActiFry spoon	Firm white fish
Meatballs	Fresh or Frozen	1 lb (500 g)	None	25 min.
Spring Rolls	Fresh or Frozen	4 to 8 small	1 ActiFry spoon	10 to 12 min.

* Yukon Gold recommended - ** Turn halfway through cooking

Times

Fish & Shellfish				
	PREPARATION	QUANTITY	OIL	COOKING TIME
Breaded Shrimp	Frozen	18 pieces	None	10 min.
Firm white fish (such as monkfish)	Cut into bite-sized pieces	1 lb (500 g)	1 ActiFry spoon	20 to 22 min.
Cooked Shrimp (Medium to Large)	Frozen, thawed	1 3/4 lb (875 g)	None	3 to 5 min.
Jumbo Shrimp	Frozen, thawed	2/3 lb (300 g) or 16 pieces	None	7 to 10 min.

Other Vegetables				
	PREPARATION	QUANTITY	OIL	COOKING TIME
Fresh Zucchini	Sliced	1 1/2 lb (750 g)	1 ActiFry spoon plus 2/3 cup (150 mL) cold water	40 min.
Fresh Sweet peppers	Sliced	1 1/3 lb (650 g)	1 ActiFry spoon plus 2/3 cup (150 mL) cold water	40 min.
Fresh Mushrooms	Quartered	1 1/3 lb (650 g)	1 ActiFry spoon	30 to 40 min.
Fresh Tomatoes	Quartered	1 1/3 lb (650 g)	1 ActiFry spoon plus 2/3 cup (150 mL) cold water	
Fresh Onions	Sliced	1 lb (500 g)	1 ActiFry spoon	

Fruit				
	PREPARATION	QUANTITY	OIL	COOKING TIME
Fresh Zucchini	Sliced	5	1 ActiFry spoon each oil and brown sugar	4 to 6 min.
Fresh Sweet peppers	Pitted	2 lb (1 kg)	1 ActiFry spoon oil plus 1 to 2 ActiFry spoons granulated sugar	12 to 15 min.
Fresh Mushrooms	Hulled and halved or quartered if large	2 lb (1 kg)	1 to 2 ActiFry spoons granulated sugar	5 to 7 min.
Fresh Tomatoes	Cored and cut into wedges	3	1 ActiFry spoon oil plus 1 to 2 ActiFry spoons granulated sugar	15 to 18 min.
Fresh Onions	Coarsely chopped	2 lb (1 kg)	1 to 2 ActiFry spoons granulated sugar	8 to 12 min.
Fresh Onions	Peeled, cored and cut into pieces	1	1 to 2 ActiFry spoons granulated sugar	8 to 12 min.



Classification of

recipes in alphabetical order

A

Almond Crunch Fries 27
Avocado Dip 38

B

Baby New Potatoes with
Garlic, Tomato and Shrimp... 63
Balsamic Basil Sweet
Potatoes 31
Better for You Poutine 32
Blue Cheese Dip 40

C

Cajun Spiced Potato Wedges . 29
Chili Con Carne..... 53
Chili-Basil Mussels 60
Chunky East Coast Seafood
Chowder 62
Classic Crispy French Fries 24
Creamy Cocktail Dip 36

Crunchy Green Vegetable
Stir-Fry with Shrimp 58
Curry Fries 2

G

Glazed Apple Wedges 76
Golden Tofu Curry 71

H

Ice Wine Fruit Compote 79

M

Madagascan Beef tenderloin.. 51
Mediterranean Tuna Sauce.... 59
Mixed Vegetable Medley 66

P

Paprika Fries 26
Potato Wedges
with Herbs and Spices 28

R

Roasted Pineapple
with Figs and Honey 74
Roasted Red Pepper Dip 39

S

Saucy Chicken
with Pineapple 44
Sausage Chicken and Bean
Cassoulet 50
Savory Garlic and Chive Dip 37
Spiced Root vegetable Medley . 67
Spicy Thai Chicken Curry 49
Sweet and Saucy Pork
Tenderloin..... 52
Sweet and Sour Meatballs 55
Sweet Curry Dip 41
Sweet Potato Fries 30

T

Tomato and Basil
Pasta Sauce 68
Turkey with 3 Peppers 46





**NUTRITIOUS
& DELICIOUS™**



Enjoy Healthy Eating
with ActiFry!



www.nutritious-delicious.ca

T-fal®