



# Healthy Plates. Inspiring Meals.

Family meals from fabulous foundational foods.





## Healthy Plates. Inspiring Meals.

With families spending more time together in the kitchen, it's important to practice healthy routines. Use foundational foods to cook with more often and share meals together – that's a great start to eating well!

What you'll find here? Questions answered about how to build a healthy balanced plate PLUS recipes for meals that will inspire you to eat well, live well.



Canadian Pork Council  
Conseil canadien du porc



CANADIAN MEAT COUNCIL  
CONSEIL DES VIANDES DU CANADA



CANADIAN VEAL



# Follow the Guide

This picture perfect 'snap shot' inspires us to Eat Well

## Canada's food guide

### Introducing the food guide Eat Well Plate

Serve a variety of nourishing foods in these healthy proportions on the plate:

- 1/2 veggies & fruit** - the more colourful the better
- 1/4 whole grains** like oatmeal, whole grain pasta, brown rice
- 1/4 protein** like lean meat, fish, dairy, beans, nuts, poultry, tofu, eggs, seeds, lentils

Aim to:

- Quench thirst with water.
- Eat 3 meals a day plus healthy snacks.

Source: Government of Canada,  
<https://food-guide.canada.ca/en>



**Is the food guide vegetarian?** Nope – ‘plant-based’ may be the buzz, but the guide dedicates 1/4 of the plate to a variety of powerful proteins like fish, poultry, pork, eggs, beef, dairy foods, along with nuts, seeds and pulses. It was not intended to promote ultra-processed simulated meat, dairy and egg products.



**Are meat and dairy still part of the food guide?** You bet. With lean meats like beef, a champion of iron and vitamin B<sub>12</sub>, and dairy key for calcium and vitamin D, these nourishing foods are definitely still part of the food guide plate.



# What to eat

## No one part of the plate has it all.

Eating a variety of foods from each section of the food guide Eat Well Plate wins the day in the end – wholesome, nourishing foods that offer unique nutrient ‘packages’ for health. And there are food synergy benefits from eating these foods in combinations.

**Vegetables and Fruit:** These foods are the champions for fibre, antioxidants, vitamins C, A, potassium and more. Choose veggies & fruit that have colour pop for the most nutrient rich options. Serve veggies raw to satisfy the ‘crunch-craving’– better crunch than potato chips!



**Whole Grains:** Include whole grains for fibre, energy from carbohydrates, vitamin E and antioxidants. Cook up a batch of grains like brown rice, quinoa and barley on the weekend so they're ready for speedy suppers during the week.



**Proteins:** Include meat, poultry, eggs and fish for iron, zinc, B vitamins, and all the essential amino acids and include legumes, nuts and seeds for fibre boost. Dairy is a complete protein source that champions calcium.



*The guide shows ¼ of an egg, 3 apple slices, 3 cubes of meat – are these recommended servings?* No. These are not servings, but just examples of the types of foods from each portion of the Plate.

# How to eat

Healthy eating is more than just the foods on the plate, it is the healthy eating patterns that make a difference long-term. The food guide offers guidance on how to eat, not just what to eat.

- Eat together as often as possible (without distractions) and take time to savour the food.
- Cook meals at home with a move to rely less on ultra-processed foods and eating out. Amp up the food skills as a family-affair.



**What comes off the plate? Rather than swapping carrots for celery, or peanuts for pork, consider this REALITY CHECK:** Canadian children ages 9 to 13 years are getting a whopping 57% of their calories from ultra-processed foods such as: doughnuts, pop, salty snacks, candy bars, ice cream, French fries and frozen pizza.\*

The result? Children may get too much sodium and added sugar, and may fall short of key nutrients such as protein, calcium, iron, and vitamins.



***How can I get my kids interested in eating well?*** Invite kids to help plan, shop and cook. Meals like tacos and kabobs help get many hands involved. When you cook together, kids are more likely to eat the healthy food served and will learn valuable food skills.

\* *Ultra-processed foods in Canada: consumption, impact on diet quality and policy implications*, December 2017, Heart and Stroke Foundation of Canada

# Egyptian Rice & Protein Bowl

## BEANS

provide a good source of folate for heart health.

## TOMATOES

are an excellent source of vitamin C (26% DV in this recipe).

## CHARD

is an excellent source of vitamin K to help heal wounds, 121% DV per recipe serving.



# Egyptian Rice & Protein Bowl

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## INGREDIENTS

SALSA:	2 tsp ground cumin
1 tbsp olive oil	½ tsp salt
4 tsp white vinegar	½ tsp ground cinnamon
½ tsp sugar	¼ tsp EACH ground allspice and nutmeg
¼ tsp salt	¼ tsp EACH ground ginger and coriander
3 ripe tomatoes, seeded and chopped	3 cloves garlic, minced
1 shallot, thinly sliced	1 cup brown rice
⅓ cup chopped parsley	1 cup no-salt added canned kidney beans or chickpeas, rinsed and drained
	Wilted Greens (recipe below)
RICE & MINCED MEAT:	
1 tbsp olive oil	
1 lb (500 g) 50/50 blend Ground Pork and Ground Beef	

## METHOD


- 1. Salsa:** Whisk oil with vinegar, sugar and ¼ tsp salt until dissolved. Add tomatoes, shallot and parsley. Let stand at room temperature until ready to serve.
- 2. Rice & Minced Meat:** Heat oil in a large, nonstick skillet set over medium-high heat. Crumble in ground meat. Stir in cumin, salt, cinnamon, allspice, nutmeg, ginger, coriander and garlic. Cook, breaking up into small crumbles, for 5 to 7 minutes or until browned.
- 3. Stir** in rice and beans until well combined. Add 3 cups water. Bring to a boil; cover and reduce heat. Cook for 20 to 25 minutes or until liquid is absorbed. Remove from heat. Let stand for 5 minutes. Fluff with a fork. Serve over Wilted Greens and top with salsa.
- 4. Wilted Greens:** Remove ribs and stems from 1 bunch washed Swiss chard or kale. Tear leaves; set aside. Heat 1 tbsp oil with 1 crushed clove garlic in a large skillet set over medium-high heat. Add torn chard or kale. Season with salt and pepper. Cook, stirring occasionally, for 3 to 5 minutes or until wilted.
- Makes 4 servings.**

**Per serving:** 607 calories, 32 g protein, 25 g fat, 69 g carbohydrate, 12 g fibre, 30% DV iron (5 mg), 47% DV zinc (5 mg zinc), 58% DV vitamin B<sub>12</sub> (1 mg), 23% DV sodium (512 mg)



# Marinated Flank Steak

## and Summer Peach & Quinoa Salad



**BEEF**  
provides the most  
protein, while quinoa  
provides some.

**GREENS**  
are an excellent source  
of vitamin A (50%  
DV/recipe serving), key  
for healthy vision.

**QUINOA**  
is a good source of  
magnesium  
which helps control  
blood pressure.



***So what's a healthy way to eat?*** Eating a sit-down meal in the company of others helps you eat better! DYK that those that include meat in their meals also eat more veggies.



# Marinated Flank Steak and Summer Peach & Quinoa Salad

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## INGREDIENTS

### MARINADE/DRESSING:

¼ cup EACH olive oil and balsamic vinegar  
1 tbsp honey  
2 tsp grainy Dijon mustard

1 lb (500 g) **Flank Marinating Steak**  
3 cloves garlic, crushed  
¾ tsp EACH salt and freshly ground black pepper, divided

### SALAD:

2 peaches, cut into wedges  
6 cups mixed greens  
2 cups cherry tomatoes, halved  
1 cup thinly sliced cucumber  
¼ cup thinly sliced red onion  
2 cups cooked red quinoa (approx. 1 cup raw)  
½ cup torn basil leaves  
5 oz burrata cheese, drained (optional)  
2 tbsp sunflower seeds

## METHOD

**1. Whisk** oil with vinegar, honey and mustard. Place half into a plastic re-sealable bag; reserving remaining portion. Pierce steak all over with a fork and add to bag along with crushed garlic; massage to coat. Marinate refrigerated for at least 30 minutes or up to 12 hours.

**2. Remove** steak from marinade; pat dry with paper towel and discard excess marinade. Season steak all over with 1/2 tsp each salt and pepper.

**3. Grill**, over medium-high heat, turning at least twice, for 8 to 10 minutes or until an instant read thermometer registers 145°F (63°C) for medium-rare when inserted sideways into steak. Transfer to a plate. Loosely tent with foil. Rest for 5 minutes.

**4. Meanwhile**, lightly brush peaches with some of the oil. Place in grilling basket; grill for 2 minutes per side or until well-marked but still firm.

**5. Whisk** remaining salt and pepper into reserved dressing. Toss with mixed greens, tomatoes, cucumber and onion until well coated. Add quinoa and basil; toss to combine.

**6. Arrange** salad on a shallow serving platter. Top with grilled peaches, burrata and sunflower seeds. Carve steak, against the grain, into thin slices and serve with salad.

**Makes 4 servings.**

**Per serving (excludes Optional ingredients):** 537 calories, 43 g protein, 22 g fat, 42 g carbohydrate, 8 g fibre, 36% DV iron (7 mg), 113% DV zinc (12 mg), 121% DV vitamin B<sub>12</sub> (3 mg), 26% DV sodium (601 mg)

# Orange Hoisin Pork Chops

Add a colourful **SALAD** to boost your fibre intake.

**PORK** is an excellent source of B vitamins which keep your nerves, muscles and heart working smoothly.



# Orange Hoisin Pork Chops

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## INGREDIENTS

4 Pork Loin or Rib Chops, about 1-inch thick

### MARINADE:

2 tbsp hoisin sauce  
1 tbsp tomato ketchup  
1 tbsp light soy sauce  
1 tbsp rice wine or cider vinegar  
2 tsp orange zest  
¼ cup orange juice  
1 tsp Sriracha sauce  
1 tsp ground cumin  
1 tsp sesame oil  
Zest from an orange

## METHOD

1. **Place** pork chops in resealable plastic bag.
2. **Combine** marinade ingredients in small glass bowl until well-blended. Pour over chops. Seal bag and refrigerate for a minimum of 4 hours, preferably overnight.
3. **Remove** chops from marinade; discard marinade. Pat chops with paper towel to remove excess marinade.
4. **Preheat** barbecue on high; reduce heat to medium. Grill chops 5 to 7 minutes per side or until instant-read thermometer registers 155°F (68°C).
6. **Remove** chops from grill onto a clean plate. Tent loosely with foil and allow chops to rest 3 to 5 minutes before serving. Garnish with orange zest. **Makes 4 servings.**

Per serving (based on 6 oz chop): 298 calories, 27 g protein, 16 g fat, 1 g carbohydrate, 0 g fibre, 6% DV iron (1 mg), 40% zinc (4 mg) zinc, 46% DV vitamin B<sub>12</sub> (1 mg), 8% DV sodium (184 mg)



**Cooking at home** using nourishing foundational foods is a practical way to support healthy eating. It's 'getting-back-to-basics' advice that's worth repeating.



# Beef & Lentil Salad



LENTILS  
are high in fibre to  
aid digestion.

COUSCOUS:  
provides selenium  
which acts like an  
antioxidant to help  
prevent disease.

BEEF  
is an excellent source  
of protein, and is rich in  
zinc, heme-iron and  
vitamin B<sub>12</sub>.

# Beef & Lentil Salad

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## INGREDIENTS

Leftover cooked Roast Beef or Grilling Steak (e.g. Strip Loin or Top Sirloin),  
1 inch thick

SALAD:

½ cup minced red onion

¼ cup EACH olive oil and baby arugula  
or torn fresh basil

2 cloves garlic, minced fresh or roasted  
mashed

2 tbsp red wine vinegar

½ tsp EACH salt and dried oregano

2 to 3 cups assorted grilled  
vegetables (e.g. zucchini, sweet red  
pepper, asparagus, etc.), cut into  
chunks

2 plum tomatoes, seeded and chopped

1 can (540 mL) lentils, drained and  
rinsed

1 jar (170 mL) marinated artichoke  
hearts, drained and coarsely chopped

## METHOD

**1. Carve** leftover cooked beef in thin slices across the grain; set aside.

**2. Whisk** together oil, red onion, garlic, vinegar, basil, salt and oregano in large salad bowl. Add grilled vegetables, tomatoes, lentils and artichoke hearts. Gently toss together and season to taste.

**3. Serve** with beef and a cooked whole grain like brown rice or whole grain couscous.

NOTE: To prepare using a freshly grilled steak instead of leftover cooked beef, season 1 lb (500 g) of 1-inch thick Grilling Steak (e.g. strip loin) all over with 1 tsp EACH Italian seasoning, coarsely ground pepper and salt and ½ tsp garlic powder. Grill over medium-high heat for 4 to 7 minutes, turning at least twice, for medium-rare doneness 145°F (63°C). Let stand for 5 minutes. Carve steak into thin slices; serve with lentil mixture. **Makes 4 servings.**

**Per serving (without couscous):** 565 calories, 47 g protein, 27 g fat, 34 g carbohydrate, 9 g fibre, 39% DV iron (7 mg), 99% DV zinc (11 mg), 100% DV vitamin B<sub>12</sub> (2 mg), 26% DV sodium (608 mg) sodium



***What's plant-based eating?*** It's likely what you already do – eat a variety of foods, that includes plants. The new guide dedicates 3/4 of the plate to veggies/fruit & whole grains and recommends including eating plant-sources of protein often.

# Vietnamese Pork Bun Cha

## NUTS

are heart healthy and calorie rich making them a great garnish.

## LEAN GROUND PORK

has the same maximum fat content as Lean Ground Chicken.

## CULTURAL

food practices should be celebrated.





# Vietnamese Pork Bun Cha

## INGREDIENTS

### MEATBALLS:

1 lb (500 g) **Ground Pork**  
2 cloves garlic, minced  
1 tbsp grated ginger  
2 tbsp soy sauce  
1 tbsp fish sauce  
1 tbsp brown sugar  
1 tsp sesame oil  
3 green onions, diced

### DRESSING:

1 tbsp apple cider vinegar  
2 tsp fish sauce  
3 tbsp water  
¼ cup sweet red chili sauce  
  
½ lb (8 oz) dry vermicelli noodles  
1 cup EACH julienned carrots, bean sprouts, sliced cucumber, butter lettuce

### GARNISH:

¼ cup EACH fresh mint, fresh cilantro, peanuts  
1 lime, sliced

## METHOD

**1. Meatballs:** In a large bowl mix together pork, garlic, ginger, soy sauce, fish sauce, brown sugar, sesame oil and green onions until well combined. Take 2 tbsp (30 mL) of the pork mixture and roll it into a ball using your hands. Place the meatball on a clean plate, flattening the meatball slightly. Repeat this process until all of the pork mixture has been used; makes 16 Bun Cha total. Heat a large grill pan over medium heat. Grilling the bun cha meatballs in 2 batches, cook for 3 minutes on each side or until an internal temperature of 160°F (71°C) has been reached.

**2. Dressing:** In a small bowl, whisk together vinegar, fish sauce, water and red chili sauce. Let sit until ready to serve.

**3. Place** vermicelli noodles in boiling salted water for 2 minutes until tender. Drain and place 1 cup of noodles in the bottom of four separate bowls. Top each bowl with carrots, bean sprouts, cucumber, lettuce and 4 meatballs. Add desired garnishes and drizzle with the dressing. **Makes 4 servings.**

**Per serving:** 517 calories, 29 g protein, 19 g fat, 69 g carbohydrate, 2 g fibre, 18% DV iron (3 mg), 35% DV zinc (4 mg), 46% DV vitamin B<sub>12</sub> (1 mg), 60% DV sodium (1385 mg)



**Are plant foods healthy foods?** It depends how the food is prepared or processed. Be mindful of plant-based claims on foods like cookies or potato chips – calorie-rich, nutrient-poor, made from plants!

# Orange Balsamic Roast beef

## and Fennel with Quinoa Pilaf

**FENNEL**  
provides vitamin K for  
bone health and fibre  
for blood sugar balance  
(2.4 g fibre/recipe  
serving).

**SPINACH**  
is a source of calcium  
to help your heart,  
muscles and nerves  
work properly.

**THIS SERVING  
OF BEEF**  
provides 92% of your  
daily vitamin B<sub>12</sub>  
needs.

**Per serving:** 476 calories, 38 g protein, 21 g fat, 32 g carbohydrates, 8 g fibre, 31% DV iron (6 mg), 77% DV zinc (9 mg), 92% DV vitamin B<sub>12</sub> (2 mg), 35% DV sodium (802 mg)

# Orange Balsamic Roast Beef and Fennel with Quinoa Pilaf

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## INGREDIENTS

### ROAST:

3 lb (1.5 kg) **Beef Eye of Round** or  
**Inside Round Oven Roast**  
Salt and freshly ground black pepper  
2 tbsp EACH olive oil grainy Dijon  
mustard  
1 tbsp balsamic vinegar  
2 tsp finely chopped rosemary  
1 tbsp orange zest

### SIDES:

¼ cup olive oil, divided

2 tbsp balsamic vinegar  
4 cloves garlic, minced  
1 tsp finely chopped rosemary  
1 tsp salt and freshly ground black  
pepper (approx.)  
2 shallots, thinly sliced  
1 small red pepper, finely chopped  
1 cup quinoa  
3 cups baby spinach  
¼ cup grated Parmesan cheese  
2 fennel bulbs, trimmed and fronds  
reserved  
1 tsp finely grated orange zest

## METHOD

**1. Roast:** Preheat oven to 450°F. Season roast all over with salt and pepper. Whisk oil with mustard, vinegar, rosemary and orange zest. Rub all over roast. Place roast on rack in shallow roasting pan. Cook for 10 minutes or until roast is seared on the outside.

**2. Reduce** temperature to 275°F. Cook for about 1 hour and 30 minutes or until meat thermometer reaches 140°F (60°C) for medium-rare. Remove from oven; cover loosely and let stand 20 minutes before slicing.

**3. Sides:** Meanwhile, whisk 3 tbsp oil with vinegar, garlic, rosemary, salt and pepper. Divide into two equal portions. Set aside.

**4. Heat** remaining oil in a large skillet set over medium heat. Cook shallots and red pepper for 5 minutes or until softened but not browned. Stir in quinoa until evenly coated. Add 2 cups water and one portion vinegar mixture; bring to a boil. Cover and reduce heat to medium-low. Cook for 15 minutes or until almost all the liquid has been absorbed. Stir in spinach and Parmesan. Remove from heat. Let stand, covered, for 5 minutes. Keep warm.

**5. After** roast comes out of the oven, increase temperature to 425°F. Cut fennel in half, and each half into 4 wedges. Toss fennel with remaining vinegar mixture until evenly coated. Arrange, in a single layer on a parchment paper-lined baking sheet. Roast for 20 minutes or until tender-crisp and light golden brown around the edges. Toss with orange zest and fennel fronds.

**6. Carve** roast into very thin slices. Drizzle with any pan juices. Serve with warm quinoa pilaf and roasted fennel. **Makes 6 servings.**



# Lettuce Wrapped Swiss Bacon Burger

## VEGGIES

provide fibre and their vitamin C helps to absorb non-heme iron.

## PORK & BEEF

both have all the essential amino acids needed to build and maintain a healthy body.

## BARLEY

fibre helps lower cholesterol, which is a risk factor for heart disease.



# Lettuce Wrapped **Swiss Bacon Burger**

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## INGREDIENTS

1 lb (500 g) **Extra Lean Ground Beef**  
4 strips raw **Bacon** (maple smoked, peppercorn crusted, chipotle), diced  
1½ tsp steak spice blend  
6 slices Swiss cheese  
Green leaf, Boston or Bibb lettuce leaves, washed and dried well  
Sautéed mushrooms and slaw-style salad (optional)

## METHOD

- 1. Mix** beef with bacon and steak spice blend gently in a large bowl. Divide mixture into 6 equal portions; form into ¾-inch thick patties. Make a thumbprint depression in centre of each patty to prevent rounding while grilling.
- 2. Preheat** grill to medium heat; grease grates well. Grill patties for 5 to 7 minutes per side, testing doneness with a digital instant read thermometer inserted sideways into centre of each patty to ensure patties are cooked to 160°F (71°C). Top burgers with cheese slices during the last 2 minutes of grilling, or until melted.
- 3. Place** each burger in a lettuce leaf on 6 serving plates. If desired, top burgers with sautéed mushrooms and serve with a slaw on the side. **Makes 6 servings.**

**Per serving:** 230 calories, 23 g protein, 16 g fat, 0.4 g carbohydrate, 0.2 g fibre, 10% DV iron (2 mg), 36% DV zinc (4 mg), 79% DV vitamin B<sub>12</sub> (2 mg), 13% DV sodium (295 mg)



***How can I reduce food waste?*** Developing skills related to meal planning, storing perishable foods properly, and using up leftovers may help. Almost half of all food waste takes place in the home. Cutting food waste may also cut your grocery bill.

# Steakhouse Skewers

## with Hail Kale Caesar

**TOFU**  
in the dressing is the  
only plant-sourced  
protein that has all  
essential amino acids.

**MUSHROOMS**  
are a source of vitamin  
B<sub>5</sub>, important for  
making blood cells &  
converting food  
into energy.

**KALE**  
is a good source of  
calcium in this recipe  
providing 15% DV  
per serving.



**How do I introduce some 'new foods' into family meals?** Add them to dishes that you typically make - like tofu blended into Caesar dressing, crushed beans into meatballs or combine cooked barley with rice.



# Steakhouse Skewers with Hail Kale Caesar

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## INGREDIENTS

### SALAD:

1 pkg (150 g) soft (silken) tofu  
(approx.  $\frac{3}{4}$  cup)  
 $\frac{1}{4}$  cup olive oil  
2 tbsp grated Parmesan cheese  
(approx.)  
2 tbsp lemon juice  
1 tbsp red wine vinegar  
1 tsp EACH Dijon mustard and  
Worcestershire sauce  
2 cloves garlic, chopped  
 $\frac{1}{4}$  tsp EACH salt and freshly ground  
black pepper (approx.)  
6 cups shredded kale  
4 cups torn Romaine lettuce

### SKEWERS:

2 tbsp EACH canola oil and grainy  
Dijon mustard  
1 tbsp Montreal steak spice  
 $\frac{3}{4}$  lb (375 g) **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

### TOAST:

4 thick slices wholegrain bread  
2 tsp olive oil  
1 clove garlic, halved

## METHOD

**1. Salad:** Place tofu, olive oil, Parmesan, lemon juice, vinegar, mustard, Worcestershire sauce, garlic, salt and pepper in a blender. Blend until smooth and well combined. Toss  $\frac{3}{4}$  cup dressing with kale (reserve remainder). Cover and chill for 30 minutes.

**2. Skewers:** Preheat grill to medium-high heat; grease grate well. Whisk oil with mustard and steak spice. Alternate threading steak, mushrooms, tomatoes and onion onto soaked wooden or metal skewers. Brush all over with spice mixture. Grill, turning at least twice, for 8 to 10 minutes for medium-rare doneness.

**3. Toast:** Brush oil on both sides of each slice of bread. Grill, turning as needed, for 2 to 3 minutes until toasted and well-marked. Cool slightly. Rub warm bread with cut side of garlic.

**4. Add** romaine lettuce and remaining dressing to kale salad. Toss to combine well. Divide salad evenly among 4 plates. Garnish with additional Parmesan cheese and black pepper. Top with skewers and serve with garlic toast. **Makes 4 servings.**

**Per serving:** 622 calories, 38 g protein, 38 g fat, 38 g carbohydrate, 8 g fibre, 45% DV iron (8 mg), 63% DV zinc (7 mg), 100% DV vitamin B<sub>12</sub> (2 mg), 50% DV sodium (1147 mg)



## Palermo Style (Sicilian) Veal Chops



**VEAL**  
is low in  
saturated fat, high in  
iron, zinc and  
vitamin B<sub>12</sub>.

**BROCCOLINI**  
is an excellent source  
of vitamin A to keep  
eyes & skin healthy.

# Palermo Style (Sicilian) Veal Chops

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## INGREDIENTS

4 Rib or Loin Veal Chops

1 tsp EACH salt and ground pepper

MARINADE:

½ cup EACH extra virgin olive oil and  
lemon juice

BREADCRUMB MIXTURE:

1 cup bread crumbs

2 tbsp EACH minced capers and  
chopped parsley

1 tbsp minced garlic

¼ cup grated Parmesan cheese

1 tsp dried oregano

½ cup + 1 tbsp extra virgin olive oil

## METHOD

**1. Arrange** chops in large casserole dish or bowl. Sprinkle with salt and pepper. Combine olive oil and lemon juice and pour over chops; set aside.

**2. Combine** breadcrumbs, capers, parsley, garlic, cheese and oregano. Mix in ½ cup olive oil. Remove chops from the marinade and bread with breadcrumb mixture.

**3. Preheat** oven to 350°F (180°C). Heat remaining tablespoon of olive oil in large nonstick skillet to medium-high; brown chops on both sides, about 1 minute per side. Place chops on baking sheet lined with parchment paper. Finish cooking chops in oven for 7 to 10 minutes, until instant read thermometer inserted sideways into chops reads 160°F (71°C) for medium doneness. **Makes 4 servings.**

**Per serving (based on 8 oz chops):** 780 calories, 62 g protein, 48 g fat, 23 g carbohydrate, 2 g fibre, 22% DV iron (4 mg), 66% DV zinc (7 mg), 92% DV vitamin B<sub>12</sub> (2 mg), 48% DV sodium (1115 mg)



***Do I need to cut back on meat to make room for more veggies?***

Canadians get 5% of their calories from red meat while 50% come from calorie-rich, nutrient-poor ultra-processed foods. Make room for veggies by reducing discretionary foods – not nourishing ones.

# Untold stories: Canadian cattle provide eco-service benefits.

## Raising beef cattle in Canada plays an important role in maintaining healthy grassland ecosystems.

The environmental benefits cattle provide is a powerful untold story that needs to be herd (pun intended). There's a secret life to cattle that doesn't tend to make the headlines...

### Cattle keep grasslands going

Don't take grass for granted. Canada's pasture and prairie store up to 1.5 billion tons of carbon, equal to the emissions from 3.62 million cars annually. Development of these pastures and grasslands for crops or construction can lead to a 30 to 35% loss of soil organic carbon.

### Cattle are key to healthy soil

Healthy soil is the secret to life. Cattle sustain soil with nutrients from manure for healthy grass. Healthy grass protects the soil from blazing sun and pounding rains. Cattle are the ultimate manure spreaders. No bull.

### Cattle help birds

In Canada, cattle maintain 68% of the wildlife habitat capacity that comes from our agricultural lands. Many bird species would lose their habitat to overgrowth without cattle grazing. Keep calm. Graze on.

### Cattle are "upcyclers"

Cattle do amazing things - they eat and digest grasses and crop by-products that we can't eat, turning them into one of nature's most powerful proteins.

**Cattle are a strong fit with Canada's pasture and prairie ecosystems. With 74% of Canada's native grasslands already lost to development, grazing cattle are key to preserving these important spaces.**

**For data references:**  
<https://thinkbeef.ca/the-untold-story>.

