



FOOD

Project Recipe Book



www.4h.ab.ca



The 4-H Motto

"Learn to Do by Doing"

The 4-H Pledge

I pledge

My **Head** to clearer thinking,
My **Heart** to greater loyalty,
My **Hands** to larger service,
My **Health** to better living,
For my club, my community, and my country.

The 4-H Grace

(Tune of Auld Lang Syne)

We thank thee, Lord, for blessings great
on this, our own fair land.
Teach us to serve thee joyfully,
with head, heart, health and hand.



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Introduction

The 4-H Foods Project Recipe Book is to be used with the 4-H Foods Project Reference Book. The reference book has section called “Now You’re Cookin!” that has suggested recipes for each topic.

Feel free to use your own recipes if you find them appropriate for a topic.

Contact commodity groups for recipes using their food products; Flax Council of Canada, Pulse Canada, Manitoba Pork Council, Canola Council of Canada, etc. The numbers and websites are located in the resources section of the reference book.

Make sure you review the recipes and activities for any food that cause your members problems.

Make sure to give a copy of the recipe to each member.

Tips for preparing recipes

- Purchase non-perishable ingredients in bulk at the beginning of your 4-H project.
- Purchase perishable items in quantities as listed in activities/recipes before each cooking session.
- Review the recipe with the members and introduce any new cooking terms, foods and utensils they will be using.
- Have the members or you assemble the equipment and ingredients required on trays or on the table.
- Give each member and group a copy of the recipe to follow.
- Make sure you review the recipes and activities for any food that cause your members problems.

Food Safety

Hand-washing is one of the best ways to prevent the spread of foodborne illness.

Have the members wash their hands for at least 20 seconds with soap and warm water before, during and after food preparation.

Personal Hygiene

Members with long hair should keep it tied back.

Members should properly cover wounds or cuts with either Band-Aids™ or by rubber gloves during food preparation.

Tasting is an important part of the cooking experience, but can potentially spread bacteria; have members use spoons, wooden sticks or tongue depressors for tasting but stress that they should only be used once.

Do not let the members use their fingers when tasting.

Practice safe food handling: cook, chill, separate and clean all the time.

Teach members to cough or sneeze into their sleeves or into a tissue followed by proper hand-washing before returning to the food.

Snacks

Yoghurt Dip

INGREDIENTS	1/4 cup (60 mL) peach or apricot preserve 1 cup (250 mL) vanilla yoghurt 1/8 tsp (1 mL) ground cinnamon
DIRECTIONS	Slice fresh fruit. Combine preserve, vanilla yoghurt and cinnamon. Mix well: chill for at least 1 hour. Serve with fresh fruit wedges.
YIELD	1 1/4 cups (300 mL)

Granola

INGREDIENTS	2 cups (500 mL) slow-cooking rolled oats 1/2 cup (125 mL) wheat germ 3/4 cup (175 mL) finely flaked coconut 2 Tbsp (30 mL) shelled sunflower seeds 2 Tbsp (30 mL) sesame seed 1/4 tsp (1 mL) salt 1 Tbsp (15 mL) milk 1/2 cup (125 mL) canola oil 1/3 cup (75 mL) liquid honey
DIRECTIONS	Preheat the oven to 300°F (150°C). Prepare a baking sheet by spraying with canola cooking spray. In a large bowl combine oats, wheat germ, coconut, sunflower seeds, sesame seeds and salt. Add milk, canola oil and honey, stirring constantly. Spread on the baking sheet about 1/4 inch thick. Bake for 20 - 30 minutes until browned, stirring two or three times during cooking. Cool and store in tightly covered container in the refrigerator for up to one week. Serve as a cereal with milk and fruit or eat by the handful as a snack.
YIELD	8 half-cup (125 mL) servings

Granola Snack Bars

INGREDIENTS	<p>1/4 cup (60 mL) margarine 4 cups (1 L) miniature marshmallows 1 cup (250 mL) rolled oats 1 cup (250 mL) crushed graham crackers 1/2 cup (125 mL) flax seed 1/2 cup (125 mL) raisins, chopped 1/4 cup (60 mL) raw sunflower seeds, shelled 1/4 cup (60 mL) unsweetened fine coconut</p>
DIRECTIONS	<p>In a large saucepan, over low heat, melt margarine. Add marshmallows, cook, stirring constantly until marshmallows are melted and mixture is smooth. Remove from heat.</p> <p>Stir in oats, graham crumbs, flax seed, raisins, sunflower seeds and coconut until thoroughly coated. Press into a greased 9 x 13 inch (22 x 33cm) pan. Let cool. Cut into 6 rows lengthwise and 4 crosswise. Dried fruit may be added.</p>
YIELD	24 bars

Apple Peanut Butter Wraps

INGREDIENTS	<p>1 small (6") whole-wheat tortilla 1 Tbsp (15 mL) peanut butter 1 Tbsp (15 mL) raisins or dried cranberries 1 apple, chopped</p>
DIRECTIONS	<p>Spread peanut butter on tortilla. Sprinkle with raisins and apples. Roll and enjoy!</p> <p>Fun Ideas:</p> <ul style="list-style-type: none"> · Spice up this recipe with a sprinkle of cinnamon · Substitute the apple with a chopped banana · Add chopped nuts instead of dried cranberries
YIELD	1 serving

Fruity Nut Mix

INGREDIENTS 1/2 cup (125 mL) sunflower seeds
 1/2 cup (125 mL) raisins
 1 cup (250 mL) dried banana chips
 1/2 cup (125 mL) shredded coconut
 1 cup (250 mL) unsalted almonds
 1 cup (250 mL) dried apricot, chopped

DIRECTIONS Place all of the ingredients into a bowl and mix.

Guacamole

INGREDIENTS 2 ripe avocados
 2 – 3 garlic cloves, crushed
 1/2 lemon, squeezed
 1 small onion, chopped
 1/2 tomato, chopped

DIRECTIONS Cut the avocados in half, pop out the pit and scoop out the flesh with a spoon into a bowl.
 Crush the garlic with a knife and combine with the avocado.
 Add lemon juice. Mash the mixture together until smooth.
 Add onion and tomato and stir.
 Refrigerate for at least 1 hour before serving.

Pita Chips

INGREDIENTS 1 small pita bread
 1 Tbsp (15 mL) oil
 1 tsp (5 mL) italian seasoning
 1 tsp (5 mL) garlic powder
 1 tsp (5 mL) onion powder
 1 tsp (5 mL) basil
 1 tsp (5 mL) parsley

DIRECTIONS Preheat oven to 450°F (230°C).
 Cut pita bread into 6 - 8 triangles.
 Brush both sides of pita bread with oil.
 Sprinkle with seasonings.
 Put pita pieces on a cookie sheet and bake for 5 minutes or until golden brown.
 Cool and dip into freshly made salsa. Enjoy.

YIELD 1 serving

Hummus

INGREDIENTS	<p>1 can (15 to 16 ounces) chickpeas, drained and liquid reserved</p> <p>1/2 can sesame seeds</p> <p>1 garlic clove, cut in half</p> <p>3 Tbsp (45 mL) lemon juice</p> <p>1 tsp (15 mL) salt</p> <p>Pita bread wedges, crackers or raw vegetables if desired</p>
DIRECTIONS	<p>Place pea liquid, sesame seeds and garlic all in the blender. Cover and blend on high speed until mixed.</p> <p>Add peas, lemon juice and salt. Cover and blend on high speed, stopping blender to occasionally scrape down the sides.</p> <p>Spoon into serving dish and serve with pita wedges or vegetables.</p> <p>Serve this Middle Eastern favourite as a dip, spread, sandwich filling or as a salad.</p>
YIELD	2 cups (500 mL)

Breakfast

Yoghurt Parfait

INGREDIENTS	<p>1/2 cup (125 mL) fruit-flavoured yoghurt (you can use any of your favourite fruits; frozen, fresh or canned)</p> <p>1/2 cup (125 mL) drained, sliced canned peaches</p> <p>1 Tbsp (15 mL) granola</p>
DIRECTIONS	<p>Spoon half of yoghurt into a clear glass or dessert bowl.</p> <p>Top with half of fruit.</p> <p>Repeat layers.</p> <p>Sprinkle with granola.</p> <p>Enjoy.</p>

Banana-Berry Wake-Up Shake

INGREDIENTS	<p>1 banana 1 cup fresh, canned or frozen berries (any combination) 1 cup (250 mL) milk or vanilla-flavoured soy beverage 3/4 cup (175 mL) yoghurt (vanilla or other flavour that complements berries)</p>
DIRECTIONS	<p>In a blender liquefy fruit with a small amount of the milk.</p> <p>Add remaining milk and yoghurt; blend until smooth. If shake is too thick, add extra milk or soy beverage to achieve desired consistency.</p> <p>Tip: Frozen sliced bananas work well in these shakes and help make them creamy. When bananas start to get brown, pop them in the freezer and take out as needed.</p>
YIELD	4 servings

Breakfast in a Jiffy

Recipe Adapted from: www.eggs.ca

INGREDIENTS	<p>2 eggs 2 Tbsp (30 mL) milk 2 Tbsp (30 mL) shredded cheddar cheese 1 tsp (5 mL) chopped parsley Pinch of dried basil or Italian seasoning</p>
DIRECTIONS	<p>Beat together eggs, milk and seasonings in a microwaveable mug. Cover loosely with plastic wrap, turning it back slightly to vent.</p> <p>Microwave on medium-high 1 to 1-1/2 minutes. Remove plastic and stir. Sprinkle with cheese and parsley; cover and let stand 1 minute.</p> <p>Variations/Tips:</p> <ul style="list-style-type: none"> · After beating eggs, add any of the following: chopped green onion or chopped green, red or yellow peppers, or chopped cooked vegetables or meats. Substitute shredded mozzarella, Monterey jack, Colby or Swiss cheese for cheddar cheese. For a breakfast on the go, cut a whole-wheat pita bread in half and spoon egg mixture into both pockets.
YIELD	1 serving

Breakfast Muesli to Go

INGREDIENTS	1 cup (250 mL) large flake or 3 minute oats (non-instant) 1 cup (250 mL) low-fat plain yoghurt 1/2 cup (125 mL) skim milk 1 tsp (5 mL) liquid honey or maple syrup 1 cup (250 mL) assorted berries (fresh or frozen) 1 large banana
DIRECTIONS	In a plastic container, combine oats, yoghurt, milk and honey. Gently fold in berries. Add banana before serving or add to sealable container before taking muesli on the go. Enjoy.
YIELD	2 servings [2 cups (500mL) per 1 serving]

Pancakes

INGREDIENTS	1 1/2 cups (375 mL) all-purpose flour 3 Tbsp (45 mL) granulated sugar 2 tsp (10 mL) baking powder 1/2 tsp (2 mL) baking soda 1/2 tsp (2 mL) salt 1 cup (250 mL) milk 2 large eggs 3 Tbsp (45 mL) canola oil
DIRECTIONS	Heat electric griddle to 325°F (160°C). Sift flour, sugar, baking powder, baking soda and salt in a medium bowl. Whisk milk, eggs and canola oil in a separate bowl. Pour wet ingredients into the dry and whisk. Do not over mix. Oil electric griddle with canola oil. Pour 1/4 cup (60 mL) batter onto griddle to make pancakes. Cook until light brown and then flip and cook other side until light brown. Tips: <ul style="list-style-type: none">· To add a unique flavour to your morning pancakes use one of the toppings or simply mix directly into the pancake batter.· Toppings: blueberries, saskatoons, bananas, granola, yoghurt, chocolate chips, raisins, walnuts, strawberries, peaches, whipped cream or maple syrup.
YIELD	12 pancakes

Classic Belgian Waffles

INGREDIENTS	<p>2 cups (500 mL) all-purpose flour 1/4 cup (60 mL) granulated sugar 2 tsp (10 mL) baking powder 1/2 tsp (2 mL) baking soda 1/2 tsp (2 mL) nutmeg 1/2 tsp (2 mL) cinnamon Pinch of salt 2 large eggs 1 cup (250 mL) milk 1 cup (250 mL) buttermilk 1/4 cup (60 mL) canola oil</p>
DIRECTIONS	<p>Warm up waffle iron.</p> <p>In a large bowl sift together flour, sugar, baking powder, baking soda, nutmeg, cinnamon and salt.</p> <p>In a small bowl whisk together eggs, milk, buttermilk and canola oil. Pour over flour mixture and stir together. Do not over mix.</p> <p>For each waffle, lightly spray or brush waffle iron with canola oil. Pour in about 1/2 cup (125 mL) of batter and spread to edges with a knife. Cook for 30 seconds with lid open. Close lid and cook for about 4 minutes or until golden brown.</p> <p>Serve with your favourite topping – like maple syrup, toasted nuts, syrup.</p>
YIELD	12 waffles

Lunch

Muffuletta

INGREDIENTS	<p>1 Italian-style crust bun cut in half horizontally 1 1/2 Tbsp (20 mL) Italian dressing 4 tomato slices 2 mozzarella cheese slices 2 lean ham (or beef) slices (about 2 oz/57g) 1/3 cup (60 mL) alfalfa sprouts (or shredded lettuce)</p>
DIRECTIONS	<p>Pull out bits of bread from the soft centre of both bun halves, making a shallow centre.</p> <p>Put dressing into a cup. Use the pastry brush to spread about 1/2 Tbsp (7mL) dressing on each bun half.</p> <p>Layer 2 slices of tomato, 1 slice of cheese and 1 slice of ham on the bottom half of the bun. Brush the remaining dressing on the ham. Top with sprouts, remaining cheese slice and remaining tomato slices. Cover with the top half of the bun.</p>
YIELD	1 sandwich

Lunch Bag Wrap

INGREDIENTS	6 very thin slices of leftover ham (or roast beef or chicken) 6 whole-wheat tortilla wraps 6 small carrot sticks 6 red pepper slivers 2 baby dills, quartered lengthwise 6 light sharp cheddar cheese sticks 2 Tbsp (30 mL) salad dressing (or mayonnaise), optional 2 Tbsp (30 mL) prepared mustard, optional
DIRECTIONS	Spread 1 side of each ham slice with salad dressing and mustard. Divide and layer remaining 4 ingredients across 1 end of ham slice. Roll up, jellyroll style. This recipe can also be made with leftover meat from the night before, tuna or egg salad or with different vegetables! Try using hummus or tzatziki sauce instead of salad dressing.
YIELD	6 wraps

Grains

A Grain of Truth – Sunflower Cookies

INGREDIENTS	1/4 cup (60 mL) soft non-hydrogenated margarine 6 Tbsp (90 mL) brown sugar 6 Tbsp (90 mL) white sugar 1 egg 1/4 tsp (1 mL) vanilla extract 1/4 tsp (1 mL) baking soda 1 tsp (5 mL) hot water 1/2 cup (125 mL) unsalted, shelled sunflower seeds 1/4 cup (60 mL) all-purpose flour 1/4 cup (60 mL) whole-wheat flour 1/4 cup (60 mL) large-flake rolled oats 1/4 cup (60 mL) chocolate chips 1/4 cup (60 mL) raisins 3 Tbsp (45 mL) natural wheat bran 3 Tbsp (45 mL) wheat germ
DIRECTIONS	Preheat oven to 350°F (175°C). In large bowl, cream margarine, brown sugar and white sugar until fluffy. Stir in beaten egg, vanilla and baking soda dissolved in hot water. Add sunflower seeds, flours, oats, chocolate chips, raisins, bran, and wheat germ. Combine ingredients thoroughly. Drop one spoonful of batter at a time onto non-stick or lightly greased cookie sheets. Bake in 350°F (175°C) oven for about 10 minutes.
YIELD	18 cookies

Baked Mushroom Rice

INGREDIENTS	<p>2 cups (500 mL) uncooked white rice 1 (10 oz/284 mL) can condensed cream of mushroom soup 1 cup (250 mL) vegetable broth 1/2 cup (125 mL) chopped onion 1/4 cup (60 mL) fresh chopped mushrooms 1 tsp (5 mL) dried parsley 1 tsp (5 mL) dried oregano 1/4 cup (60 mL) butter, melted Salt and pepper to taste</p>
DIRECTIONS	<p>Preheat oven to 400°F (200°C).</p> <p>In a large bowl, stir together the white rice, cream of mushroom soup and vegetable broth. Blend in the onion, mushrooms, parsley, oregano, melted butter, salt and pepper. Transfer to a 2 quart (2 L) baking dish and cover with a lid or aluminum foil.</p> <p>Bake for 35 - 40 minutes in the preheated oven. If the rice is looking dry before it is tender, pour in a little water and continue cooking until rice is tender.</p>
YIELD	6 servings

Eggs

Egg and Salsa Burritos

Recipe Adapted From: www.eggs.ca

INGREDIENTS	<p>8 eggs 1/4 cup (60 mL) 1 green onion, finely chopped 1 Tbsp (30 mL) butter 8 flour tortillas, heated 8 small lettuce leaves 1/2 cup (125 mL) salsa 1 cup shredded cheddar cheese</p>
DIRECTIONS	<p>Beat together eggs, milk, green onion, salt, pepper and hot pepper sauce. Heat medium non-stick skillet over medium-high heat. Add butter. When melted, pour in egg mixture and immediately reduce heat to medium-low.</p> <p>As mixture begins to set, gently move spatula across bottom and sides of skillet to form large, soft curds. Cook until eggs are thickened and no visible liquid egg remains, but they are still moist.</p> <p>Place a lettuce leaf over each tortilla. Spoon egg mixture evenly onto centre of each tortilla. Top with salsa, sour cream and cheese. Roll up. Secure with toothpick. Garnish to taste. Serve hot or cold.</p>
YIELD	8 burritos

Fruit Saucers

Recipe Adapted from: www.eggs.ca

INGREDIENTS	<p>3 egg whites 1/8 tsp (1 mL) cream of tartar or 1 tsp (5mL) of lemon juice 3/4 cup (175 mL) sugar 1/8 tsp (1 mL) almond extract</p> <p>Citrus Sauce: 1 cup (250 mL) plain yoghurt 3 egg yolks 3 Tbsp (34 mL) granulated sugar Zest of one lemon</p>
DIRECTIONS	<p>In large bowl beat egg whites, cream of tartar or lemon juice, and salt until soft peaks form. Gradually beat in sugar, one spoonful at a time, until mixture will hold stiff glossy peaks. Beat in extract. Line a baking sheet with brown paper.</p> <p>With a spoon, drop mixture into 6 mounds and shape each into a round circle making the sides higher than the centre.</p> <p>Bake at 250°F (120°C) for 1 1/4 hours or until dry and crisp. Turn oven off and cool in oven 1 hour with door slightly open.</p> <p>To make citrus sauce: In saucepan or microwaveable container, whisk yoghurt, egg yolks, sugar and zest together. Cook over low heat or in microwave oven on medium until just thickened, stirring frequently. Do not allow to boil. Chill until serving time.</p> <p>To garnish: Melt chocolate over low heat or in microwave oven on low. Drizzle chocolate over meringues. Fill with fruit and top with sauce.</p>
YIELD	6 servings

Layered Egg and Broccoli Casserole

INGREDIENTS	<p>8 eggs 1/2 cup (125 mL) milk 1 Tbsp (30 mL) fresh parsley, chopped Salt and pepper to taste 1 large onion, chopped 1 1/2 cups (375 mL) fresh mushrooms, chopped 2 cups (500 mL) chopped cooked broccoli 1 cup (250 mL) shredded low-fat cheese</p>
DIRECTIONS	<p>Beat eggs with milk, parsley and vegetable seasoning; season with salt and pepper. Set aside. Spray a large non-stick skillet with cooking spray. Heat skillet over medium-high heat.</p> <p>Sauté onion and mushrooms for 3 minutes or until liquid has evaporated. Pour egg mixture over onion and mushrooms and reduce heat to medium-low.</p> <p>As mixture begins to set, gently move spatula across bottom and sides of skillet to form large, soft curds. Cook until eggs are just partially set. Remove from heat. Spray a 2-quart (2 L) baking dish with cooking spray.</p> <p>Spoon half of the scrambled eggs into baking dish. Sprinkle with half the broccoli and cheese. Repeat layers. Bake in a 325°F (160°C) oven for 15 minutes or until hot.</p>
YIELD	4 servings

Vegetable Frittatas

INGREDIENTS	2 cups (500 mL) fresh, canned or frozen mixed vegetables, cut into bite-size pieces 3 eggs 1/4 tsp (1 mL) each, salt and dried basil Pepper to taste 1 Tbsp (5 mL) vegetable oil 1 small onion, sliced
DIRECTIONS	In a saucepan, bring 2 cups (500 mL) water to boil. Add vegetables and cover. When water returns to a boil, drain vegetables. Beat eggs with salt, basil and pepper. Heat the oil in a non-stick skillet over medium heat. Add onion and sauté for 3 minutes. Add vegetables and sauté until hot. Pour eggs over. Reduce heat to medium-low. Cover and cook until set.
YIELD	2 servings

Poultry

Baked Chicken Nuggets

INGREDIENTS	3 skinless, boneless chicken breasts 1 cup (250 mL) Italian seasoned bread crumbs 1/2 cup (125 mL) grated parmesan cheese 1 tsp (5 mL) salt 1 tsp (5 mL) dried thyme 1 Tbsp (15 mL) dried basil 1/2 cup (125 mL) butter, melted
DIRECTIONS	Preheat oven to 400°F (200°C). Cut chicken breasts into 1 1/2 inch (4 cm) size pieces. In a medium bowl, mix together the bread crumbs, cheese, salt, thyme and basil. Mix well. Put melted butter in a bowl or dish for dipping. Dip chicken pieces into the melted butter first, then coat with the bread crumb mixture. Place well coated chicken pieces on a lightly greased cookie sheet in a single layer, and bake in the preheated oven for 20 minutes.
YIELD	6 servings

Rolled and Stuffed Turkey Breast

INGREDIENTS

1/3 cup (75 mL) canola margarine
1/2 cup (125 mL) onion, finely chopped
1 garlic clove, chopped
1/2 tsp (2 mL) crumbled sage
1/2 tsp (2 mL) marjoram
1 1/2 cups (375 mL) mushrooms, sliced
1/3 cup (75 mL) hazelnuts, chopped
1/3 cup (75 mL) fresh or frozen Saskatoon berries
1/4 cup (60 mL) chopped parsley
1 tsp (5 mL) salt
1 tsp (5 mL) granulated sugar
1/4 tsp (1 mL) pepper
4 cups cubed 1/2 inch (1 cm) day old flax bread
2-3 lbs (1-1.5kg) whole boneless turkey breast
1 tsp (5 mL) canola margarine
Salt and pepper to taste

DIRECTIONS

In a large skillet, melt margarine over low heat.

Add onion, garlic, sage and marjoram; stir and cook 5 minutes.

Add mushrooms, hazelnuts, saskatoons, parsley, salt, sugar and pepper. Increase heat to medium; cook 3 minutes.

Mix in bread cubes; stir well. Remove from heat and let cool.

Lay breast butterfly style, skin side down on a sheet of parchment or wax paper. Slide a sharp knife under loose fillet, cutting almost to the edge, fold flap back to lie on the counter, making breast surface larger. Cover with a sheet of parchment or waxed paper.

Pound turkey with a flat meat mallet to an even thickness.

Spoon dressing over breast. Roll up jellyroll fashion, starting at the short end. Tie around roll at 2 inch (5 cm) intervals.

Drizzle with margarine and season with salt and pepper. Insert a meat thermometer in the thickest part of the roll and loosely cover with foil.

Roast in a preheated 325°F (160°C) oven, removing foil after 1 hour.

Roast until thermometer registers 185°F (85°C) about 20 - 60 minutes more, depending on size of roll. Cut into 1 inch (2.5 cm) slices.

YIELD

6 servings

Turkey and White Bean Chili

DIRECTIONS

In a large frying pan, scramble-fry:

- 1- 1 1/2 lb ground turkey meat
- 1 tsp (5 mL) salt
- 1 Tbsp (15 mL) olive oil
- 1 tsp (5 mL) lemon pepper

Once cooked, remove the turkey from large frying pan and put in a casserole dish for baking later. Preheat your oven to 350°F (175°C).

In the same pan, sauté, until soft:

- 2 chopped onions
- 4 garlic cloves, minced

Now add these to the turkey in the casserole dish.

Stir in the remaining 9 ingredients to the casserole dish:

- 1 can (19 oz.) white kidney beans, drained
- 1 can (14 oz.) diced tomatoes, with juice
- 1 green pepper, diced
- 1/4 cup (60 mL) fresh parsley
- 1 Tbsp (15 mL) chili powder
- 2 tsp (10 mL) basil
- 1 tsp (5 mL) white sugar
- 1/8 tsp (1 mL) cumin
- 1/8 tsp (1 mL) cayenne pepper

Bake uncovered for 45 minutes. Open oven to stir twice while chili is cooking. Serve with plain yoghurt to cool your mouth!

YIELD

8 cups (2 L)

Chicken Fiesta Salad

INGREDIENTS

- 2 skinless, boneless chicken breast halves
- 1 (2.50 oz/72 g) packet dry fajita seasoning (split in two halves)
- 1 Tbsp (15 mL) canola oil
- 1 can (14 oz/398 mL) black beans, rinsed and drained
- 1 can (11 oz/312 mL) Mexican-style corn
- 1/2 cup (125 mL) salsa
- 1 package (10 oz/284 mL) mixed salad greens
- 1 onion, chopped
- 1 tomato, cut into wedges

DIRECTIONS

Rub chicken evenly with 1/2 the fajita seasoning. Heat the oil in a skillet over medium heat and cook the chicken 8 minutes on each side, or until juices run clear; set aside.

In a large saucepan, mix beans, corn, salsa and other 1/2 of fajita seasoning. Heat over medium heat until warm.

Prepare the salad by tossing the greens, onion and tomato. Top salad with chicken and dress with the bean and corn mixture.

YIELD

6 servings

Beef

Make-Ahead Homemade Burgers

After stocking these yummy burgers in the freezer, you may never go back to those thin, pre-made patties. This recipe works well for meatballs too!

INGREDIENTS

4 lb (2 kg) ground beef
1 cup (250 mL) dry bread crumbs
1 cup (250 mL) minced onion
4 eggs, lightly beaten
Salt and pepper to taste

DIRECTIONS

Combine all ingredients, stirring lightly, seasoning with salt and pepper.

Gently form into sixteen 3/4 inch (2 cm)-thick patties. Place patties in a single layer onto several plastic wrap-lined baking trays; cover loosely with plastic wrap and freeze just until meat is firm (1 - 2 hours). Wrap patties tightly in heavy foil or place them into freezer bags and freeze for up to 3 months.

Cook frozen patties over medium-high heat on a lightly oiled grill. Cook in closed barbecue for 10 - 12 minutes per side, testing doneness with a digital rapid-read thermometer inserted sideways into centre of each patty – burgers are completely cooked when thermometer reads at least 160°F (70°C), regardless of meat colour.

Make-Ahead Meatballs

Form burger mixture into 1 inch (2.5 cm) meatballs. Bake on lightly oiled foil-lined baking tray in 400°F (200°C) oven for 15 minutes, until digital rapid-read thermometer inserted into centre of several meatballs reads at least 160°F (71°C).

Place cooked meatballs in a single layer onto several foil-lined baking trays; cover loosely with plastic wrap and freeze just until meat is firm (about 1 hour). Place meatballs into freezer bags; freeze for up to 3 months. Thaw cooked meatballs in the fridge or microwave before using.

YIELD

16 servings or about 120 meatballs

M-M-Marvelous Mushroom Burgers

INGREDIENTS	<p>1 lb (500 g) extra lean or lean ground beef 1 egg, beaten 1/4 cup (60 mL) dried bread crumbs 1/4 cup (60 mL) finely chopped mushrooms 1 medium onion, finely diced 3 garlic cloves, minced 1 tsp (5 mL) dried oregano 1 tsp (5 mL) basil 1/4 tsp (1 mL) salt 1/4 tsp (1 mL) pepper</p>
DIRECTIONS	<p>Combine ground beef, egg, bread crumbs, mushrooms, onion, garlic, oregano, basil, salt and pepper. Mix lightly and shape into 4-6 patties, 3/4 inch (2 cm) thick.</p> <p>Grill, broil or pan-fry using medium-high heat for 5 - 7 minutes per side, until digital rapid-read thermometer inserted sideways into centre of each patty reads at least 160°F (70°C). At this temperature, patties are cooked regardless of colour.</p> <p>Serve burger patties on toasted whole-wheat buns with low-fat toppings like shredded lettuce, sliced tomatoes, dill pickle slices, mustard and ketchup.</p>
YIELD	4 servings

Bison Barley Stew

INGREDIENTS	<p>2 garlic cloves, chopped 1 small onion, chopped 1 Tbsp (15 mL) olive oil 2 Tbsp (30 mL) flour 1 lb (450 g) bison stew meat, cubed 2 cups (500 mL) water 1 bay leaf 1 can (28 oz/796 mL) crushed tomatoes 3 potatoes, cut into 1 inch (2.5 cm) cubes 3 carrots, cut into 1 inch (2.5 cm) cubes 1/4 cup (60 mL) barley</p> <p>Optional additions: 1 turnip, cut into 1 inch (2.5 cm) cubes 1 green pepper, cut into pieces 1 zucchini, cut into 1 inch (2.5 cm) cubes</p>
DIRECTIONS	<p>Over medium high heat, sauté garlic and onion in olive oil until onion is clear.</p> <p>Sprinkle flour over bison meat and toss to coat. Add floured meat to onion and garlic and brown over medium heat. Transfer browned meat, onions, and garlic into a 6 quart (6L) pot. Add remaining ingredients and bring to a boil.</p> <p>Reduce heat and simmer 2 1/2 hours until meat is tender. Serve with homemade biscuits or corn bread.</p>
YIELD	5 - 7 servings

Hearty Fall Pot Roast Dinner

INGREDIENTS

1 Tbsp (15 mL) dried thyme
1 Tbsp (15 mL) rosemary
1/2 tsp (2 mL) salt
1/2 tsp (2 mL) pepper
3-4 lb (1.5-2kg) boneless beef pot roast (e.g. cross rib, blade or top blade)
3 Tbsp (45 mL) vegetable oil
1 red onion, cut into wedges
4 carrots cut into 1 inch (2.5 cm) chunks
1 lb (500 g) mini red potatoes, scrubbed and cut in half
1 lb (500 g) brussels sprouts, trimmed
1 head of garlic, separated into cloves and peeled
1/2 tsp (2 mL) salt
1/2 tsp (2 mL) pepper
2 Tbsp (30 mL) all-purpose flour
2 1/2 cups (625 mL) beef stock
2 Tbsp (30 mL) Worcestershire sauce
1 Tbsp (15 mL) brown sugar
2 bay leaves
2 Tbsp (30 mL) fresh parsley, minced

DIRECTIONS

Combine thyme, rosemary and 1/2 tsp (2 mL) each salt and pepper. Pat beef dry; rub seasoning mixture all over roast to coat. In large deep Dutch oven, heat 2 Tbsp (25 mL) of canola oil over medium-high heat; brown beef all over, turning with tongs, for about 10 minutes.

Remove and set aside. Reduce heat to medium.

Add remaining canola oil to pan if necessary; cook onion, carrots, potatoes, brussels sprouts, garlic cloves and remaining salt and pepper, stirring, for about 4 minutes or until just golden.

Sprinkle with flour, cook, stirring for 1 minute. Add beef stock, Worcestershire sauce, brown sugar and bay leaves; bring to boil, stirring and scraping up brown bits from bottom of pan.

Return meat and any juices to pan. Cover and simmer over medium-low heat or in 325°F (160°C) oven, turning beef occasionally, for about 3 hours or until fork-tender. Transfer roast to cutting board; tent with foil and let stand for 15 minutes before carving thinly across the grain.

Meanwhile, remove vegetables to platter. Discard bay leaves. Skim fat from sauce and stir in parsley. Serve sauce with roast and vegetables.

YIELD

6 - 8 servings

Dairy

Poppy Seed Yoghurt Dressing

INGREDIENTS	1/2 cup (125 mL) plain yoghurt 1 Tbsp (15 mL) honey 2 tsp (10 mL) lime juice 1/2 tsp (2.5 mL) vanilla extract 1/2 tsp (2.5 mL) poppy seed
DIRECTIONS	Place all ingredients except fruit in small bowl and stir until well combined. Serve with fruit or as a dressing for chicken and fish.

Yoghurt Smoothie

INGREDIENTS	1 cup (250 mL) frozen strawberries or blueberries 1/2 cup (125 mL) milk 1 cup (250 mL) vanilla yoghurt 1 Tbsp (15 mL) honey
DIRECTIONS	Place fruit in blender followed by the milk, yoghurt and honey. Blend until it is a smooth consistency, adding more milk if necessary. Taste and add more fruit or honey if needed.
YIELD	1 serving

Fruits and Vegetables

Spinach and Orange Salad

INGREDIENTS

1 bunch of spinach rinsed well and patted dry
1 bunch of fresh asparagus cut in 1" pieces
2 cups (500 mL) orange wedges, peeled
1/2 cup (125 mL) cranberries, dried
1/4 cup (60 mL) almonds, sliced

Dressing:

1/4 cup (60 mL) orange juice
1 Tbsp (15 mL) lime juice
2 Tbsp (30 mL) extra virgin olive oil
2 Tbsp (30 mL) honey

DIRECTIONS

In a small bowl combine all the dressing ingredients and chill for 5 minutes. Blanch asparagus in boiling water for 3 - 5 minutes keeping it crisp but a little tender. Drain and rinse in cold water.

In a large bowl mix the spinach, orange wedges, dried cranberries, and asparagus and toss with the dressing. Sprinkle the sliced almonds on top and serve immediately.

YIELD

4 servings

Broccoli Salad

Program: Livin it up! Recipe adapted from: Lindsay, A. (1991). Lighthearted Everyday Cooking., Macmillan Canada, Toronto, Ont.

INGREDIENTS	<p>3 cups (675 mL) broccoli florets (about 1 bunch) 1/2 cup (125 mL) chopped red onion 1/4 cup (60 mL) sunflower seeds 1/2 cup (125 mL) raisins 1/2 cup (125 mL) light feta cheese, crumbled</p> <p>Dressing: 1/2 cup (125 mL) plain yoghurt 1/4 cup (60 mL) light mayonnaise 2 Tbsp (30 mL) granulated sugar 1 Tbsp (15 mL) lemon juice Pinch of salt and pepper</p>
DIRECTIONS	<p>In salad bowl, combine broccoli, onion, sunflower seeds, raisins and cheese. For a colourful spin, add grated carrots.</p> <p>In measuring cup, stir together yoghurt, mayonnaise, sugar and lemon juice; pour over salad and toss to mix. If desired, season with salt or pepper.</p> <p>Cover and refrigerate for 2 hours or up to 2 days.</p>
YIELD	6 servings

Apple Grape Salad

INGREDIENTS	<p>10 red or green seedless grapes, halved 1/4 cup (60 mL) walnuts, chopped 1/4 cup (60 mL) celery, thinly sliced 1 small apple, cored and chopped 2 Tbsp (30 mL) salad dressing (or mayonnaise) 1 tsp (5 mL) granulated sugar 1 tsp (5 mL) lemon juice</p>
DIRECTIONS	<p>Mix the first 4 ingredients in a medium bowl.</p> <p>Stir the remaining 3 ingredients in a small bowl. Pour over the fruit mixture. Toss to coat.</p>
YIELD	1 1/2 cups (375 mL)

Roasted Vegetables

INGREDIENTS

1 small butternut squash, cubed
2 red bell peppers, seeded and diced
1 sweet potato, peeled and cubed
3 potatoes, cubed
1 red onion, quartered
1 Tbsp (15 mL) fresh thyme, chopped
2 Tbsp (30 mL) fresh rosemary, chopped
1/4 cup (60 mL) olive oil
2 Tbsp (30 mL) balsamic vinegar
Salt and freshly ground black pepper to taste

DIRECTIONS

Preheat oven to 475°F (245°C).

In a large bowl, combine the squash, red bell peppers, sweet potato and potatoes. Separate the red onion quarters into pieces and add them to the mixture.

In a small bowl, stir together thyme, rosemary, olive oil, vinegar, salt and pepper. Toss with vegetables until they are coated. Spread evenly on a large roasting pan.

Roast for 35 - 40 minutes in the preheated oven, stirring every 10 minutes, or until vegetables are cooked through and browned.

YIELD

12 servings

It's the Big Dipper – Vegetable Party with Dilly Dip

INGREDIENTS

Dip

1 cup (250 mL) cottage cheese

1/2 cup (125 mL) plain yoghurt

1 green onion

1/4 tsp (1 mL) dried dill weed

1/4 tsp (1 mL) lemon juice

Pinch of salt

Pinch of pepper

Vegetables

Cucumber, carrots, celery, broccoli, mushrooms, red or green pepper

DIRECTIONS

Finely chop green onion.

Mix together green onion, cottage cheese, yoghurt and spices in a bowl.

Wash the vegetables.

Peel the carrots.

Cut the carrots, celery and red pepper into strips.

Cut the broccoli into florets.

Slice the cucumber; the mushrooms can be left whole.

Organize vegetables on plates surrounding the bowl of dip.

Enjoy.

YIELD

3 servings

Hot, Hot, Hot! (or Not, Not, Not) – Salsa

INGREDIENTS

1 tomato

1/6 green pepper

1 Tbsp (15 mL) onion

1 tsp (5 mL) garlic, minced

1 tsp (5 mL) tomato paste

Pinch of dried jalapeno peppers (optional)

DIRECTIONS

Wash vegetables.

Chop tomatoes, green pepper and onion into tiny pieces.

Mince garlic using a butter knife.

Combine all ingredients in a bowl.

Add tomato paste and dried jalapeno peppers (optional).

Mix together.

Pork

Pork Cordon Bleu

INGREDIENTS

4 boneless pork chops (each about 4 oz/125g)
2 oz (55 g) prosciutto or wafer-thin ham
2 oz (55 g) Swiss cheese, cut into 2 x 1/4 inch (5 x 1 cm) rectangles
1 tsp (5 mL) dried thyme leaves
1/2 cup (125 mL) flour
1 egg, beaten with 1 tsp (5 mL) water
1/2 cup (125 mL) fine dry bread crumbs
2 tsp (10 mL) butter
Lemon wedges to garnish
Parsley sprigs to garnish

DIRECTIONS

Slice each chop lengthwise almost in half to butterfly. Between two pieces of plastic wrap, pound each butterfly chop to 1/8 inch (3 mm) thickness.

On half of each chop, place 1/2 oz (15 g) prosciutto, 1 piece of cheese and 1/4 tsp (1 mL) of thyme. Roll chops to enclose filling. Coat with flour, dip in egg wash and roll in bread crumbs.

In large frying pan, melt butter. Add pork and cook 10 - 12 minutes, turning frequently until cooked through and browned on all sides.

Garnish with lemon wedges and parsley sprigs.

YIELD

4 servings

Fish

Tuna Noodle Casserole From Scratch

INGREDIENTS

1 Tbsp (15 mL) butter
1 package (8 oz/250 g) uncooked medium egg noodles
1 Tbsp (15 mL) butter
1/2 medium onion, finely chopped
1 stalk celery, finely chopped
1 clove garlic, minced
8 oz (250 mL) button mushrooms, sliced
4 Tbsp (60 mL) butter
1/4 cup (60 mL) all-purpose flour
2 cups (500 mL) milk
Salt and pepper to taste
2 (6 oz/170 g) cans tuna, drained and flaked
1 cup (250 mL) frozen peas, thawed
2 Tbsp (30 mL) butter, melted
3 Tbsp (45 mL) bread crumbs
1 cup (250 mL) shredded cheddar cheese

DIRECTIONS

Preheat oven to 375°F (190°C). Butter a medium baking dish with 1 Tbsp (15 mL) butter.

Bring a large pot of lightly salted water to a boil. Add egg noodles, cook for 8 - 10 minutes, until al dente, and drain.

Melt 1 Tbsp (15 mL) butter in a skillet over medium-low heat. Stir in the onion, celery and garlic, and cook 5 minutes until tender. Increase heat to medium-high and mix in mushrooms. Continue to cook and stir 5 minutes, or until most of the liquid has evaporated.

Melt 4 Tbsp (50 mL) butter in a medium saucepan, and whisk in flour until smooth. Gradually whisk in milk, and continue cooking 5 minutes until sauce is smooth and slightly thickened. Season with salt and pepper. Stir in tuna, peas, mushroom mixture and cooked noodles. Transfer to the baking dish. Melt remaining 2 Tbsp (25 mL) butter in a small bowl, mix with breadcrumbs, and sprinkle over the casserole. Top with cheese.

Bake 25 minutes in the preheated oven, or until bubbly and lightly browned.

YIELD

6 servings

Honey Mustard Salmon Fillet

INGREDIENTS	1 lime 2 tsp (10 mL) liquid honey 1 tsp (5 mL) dijon or 1 Tbsp (15 mL) honey mustard 2 salmon fillets or salmon steaks, at least 1 inch (2.5 cm) thick
DIRECTIONS	<p>Preheat oven broiler or barbecue. Finely grate a little peel from lime, about 1/4 tsp (1 mL). Stir with honey and mustard. Spread over surface of salmon but not on skin. Fish can be cooked right away or refrigerated for up to 2 hours.</p> <p>When ready to cook, if broiling, line a baking sheet with foil for easy cleanup.</p> <p>Place coated steak on a greased rack and place on foil-covered baking sheet. Or lightly oil foil and place coated steaks directly on foil. Then broil about 4 inches (10 cm) from element until sizzling, 10 minutes for fillets or 5 minutes each side for steaks. If barbecuing, place coated fish on an oiled grill on preheated barbecue.</p> <p>Barbecue for 5 - 6 minutes each side. Then squeeze lime juice over hot steaks.</p>
YIELD	2 servings

Sautéed Fish Fillets (Sole)

INGREDIENTS	8 skinless fish fillets (about 3/4 inches thick) 2 tsp (10 mL) margarine or butter 1 Tbsp (15 mL) olive oil 1 whole lemon, squeezed 4 garlic cloves, minced 3 cups (750 mL) chopped tomatoes (use canned if tomatoes are too expensive) Pinch of salt and pepper
DIRECTIONS	<p>Rinse fish under cold running water and pat dry with a paper towel.</p> <p>Sprinkle fillets with salt and pepper.</p> <p>Chop the tomatoes and garlic.</p> <p>In a large skillet (non-stick), over medium-high heat, melt the margarine and olive oil. Add the garlic.</p> <p>Add the sole fillets to skillet. Do not place them too close together or they may be soggy.</p> <p>Cook for about 2-3 minutes per side. Add the tomatoes last.</p> <p>Serve immediately and sprinkle with a lemon wedge.</p>
YIELD	8 servings

Shell Pasta Salad with Salmon

Program: Livin it up! Recipe adapted from: Lindsay, A. (1988). The Lighthearted Cookbook. Key Porter Books, Toronto, Ont.,

INGREDIENTS	<p>1/4 lb pasta shells or macaroni 1 cup (250 mL) green beans cut into 1 1/2 inch lengths 2 Tbsp (30 mL) cottage cheese 2 Tbsp (30 mL) plain yoghurt 1/2 Tbsp (7.5 mL) lemon juice 1/4 cup (60 mL) coarsely chopped fresh dill or 1 Tbsp (15 mL) dried dill 1 can salmon, drained Ground pepper</p>
DIRECTIONS	<p>In a large pot of boiling water, cook pasta until al dente (tender but firm). Drain and rinse under cold water; drain again and set aside.</p> <p>Cut green beans into 1 1/2 inch lengths and blanch in boiling water for 2 minutes. Drain and rinse under cold water; drain thoroughly and set aside.</p> <p>In food processor or sieve, purée cottage cheese.</p> <p>Combine with yoghurt and lemon juice; mix well.</p> <p>In bowl, combine pasta, green beans, yoghurt mixture and dill; stir to mix. Break salmon into chunks; add to salad and stir gently to mix. Add pepper to taste.</p>
YIELD	4 servings

Pulses

Ev's Baked Beans

INGREDIENTS	<p>3 cups (750 mL) Great Northern Beans, soaked overnight 9 cups (2.25 L) water 1 onion, chopped 1 cup (250 mL) ketchup 1 cup (250 mL) brown sugar 1 cup (250 mL) water 2 tsp (10 mL) molasses 1 tsp (5 mL) seasoned salt 1 cup (250 mL) chopped ham</p>
DIRECTIONS	<p>Drain beans. In a large saucepan or Dutch oven, combine beans and water. Bring to a boil, reduce heat, cover and simmer 30 minutes. Remove from heat and let stand 1 1/2 hours. Drain.</p> <p>Preheat oven to 300°F (150°C).</p> <p>Place beans in a 4 quarts (4 L) casserole dish. Add onion, ketchup, brown sugar, water, molasses, salt and ham. Stir well.</p> <p>Bake, covered, 5 - 6 hours. Stir occasionally and add water if mixture becomes too dry.</p>
YIELD	16 servings

Chickpea Burgers

INGREDIENTS	1/2 cup (125 mL) pecans 2 cups (500 mL) cooked chickpeas or 1-19 oz (540 ml) can, drained and rinsed 3 Tbsp (45 mL) canola oil 1 clove garlic, minced 1 egg 1/4 cup (60 mL) bread crumbs 1 cup (250 mL) green onion, chopped 1/2 cup (125 mL) fresh parsley, finely chopped 1 tsp (5 mL) dried rosemary 1 Tbsp (15 mL) grated lemon rind 2 drops hot sauce 1 tsp (5 mL) Worcestershire sauce Canola oil for brushing burger Cheddar cheese, sliced (optional) 4 whole-wheat buns, halved
DIRECTIONS	Spread pecans on a baking sheet and bake for 5-8 minutes at 350°F. Let cool. Purée chickpeas, pecans, canola oil, garlic and egg in food processor until smooth. Transfer into large bowl and stir in bread crumbs. Stir green onions, parsley, rosemary, lemon rind, hot sauce and Worcestershire sauce into mixture. Form into 8 patties. Brush patties with oil and fry over medium heat for 3 minutes per side. Place each patty on bun half and top with cheese, lettuce or other fixings. Serve open-faced.
YIELD	8 servings

Bean Salad

Program: Livin it up! Recipe adapted from Four Weeks of Healthy Menus from the Winnipeg Regional Health Authority and Health Canada.

INGREDIENTS	1 can of mixed beans, drained 1/4 cup (60 mL) onion, chopped 2 Tbsp (30 mL) canola oil 2 Tbsp (30 mL) vinegar 1/2 Tbsp (7 mL) sugar Pinch salt
DIRECTIONS	Open and drain beans. Remember to rinse them under water to get rid of excess salt. Cut up onion. Mix oil, vinegar, sugar and salt together and shake. Mix all together and refrigerate for 1 to 2 hours before serving. You can substitute the beans for chickpeas, lentils, or any of your favourite beans.
YIELD	2 servings

Lentil Chili

INGREDIENTS

1 tsp (5 mL) olive oil
1 cup (250 mL) each diced onion, diced celery, diced green bell pepper and diced carrots
1 clove garlic, minced
1 Tbsp (15 mL) chili powder
2 tsp (10 mL) ground cumin
1 1/2 tsp (7.5 mL) dried oregano
1/4 tsp (1 mL) ground cinnamon
1 can diced tomatoes, undrained
1 can cooked lentils, drained and rinsed
1 cup (250 mL) tomato sauce
1/2 cup (125 mL) unsweetened pineapple juice
1/4 cup (60 mL) chili sauce
1 Tbsp (15 mL) brown sugar
1/4 cup fresh cilantro, chopped

DIRECTIONS

Heat olive oil in large pot over medium heat. Add onions, celery, green pepper, carrots, and garlic. Cook and stir for 5 minutes, until vegetables soften.

Add chili powder, cumin, oregano, and cinnamon. Cook and stir for one more minute. Add all remaining ingredients, except cilantro. Bring to a boil. Reduce heat to medium low.

Cover and simmer for 15 minutes, stirring occasionally. Stir in cilantro. Remove from heat and serve.

YIELD

6 servings

Oilseeds

Flax Bannock Biscuits

Program: Livin it up! Recipe adapted from Four Weeks of Healthy Menu from the Winnipeg Regional Health Authority and Health Canada.

INGREDIENTS

- 1 1/2 cups (375 mL) all-purpose flour
- 1 cup (250 mL) whole-wheat flour
- 1/4 cup (60 mL) ground flax
- 1 1/2 Tbsp (22 mL) baking powder
- 1/4 tsp (1 mL) salt
- 2 Tbsp (30 mL) sugar
- 1/4 cup (60 mL) canola oil
- 1 cup (250 mL) milk
- 1/3 cup (75 mL) dried cranberries (optional)

DIRECTIONS

Preheat oven to 400°F (200°C).

Combine ingredients into a bowl and mix.

Knead on a hard surface until smooth.

Shape dough into 16 small circles.

Place on top of a well-greased baking sheet.

Bake for 20 minutes or until golden brown.

YIELD 16 servings

Dill Sauce

Recipe adapted from: Canola Harvest: The Right Choice Recipe Book

INGREDIENTS

- 2 Tbsp (30 mL) canola oil
- 2 Tbsp (30 mL) onions, finely chopped
- 1 Tbsp (15 mL) flour
- 2 Tbsp (30 mL) white wine vinegar
- 1 tsp (5 mL) dill weed
- 1 1/2 tsp (7 mL) sugar
- 1/2 tsp (2 mL) salt
- 1 cup (250 mL) sour cream

DIRECTIONS

Sauté the onions in the canola oil until partially cooked. Add flour, white wine vinegar, dill weed, sugar and salt.

Stir until well blended. Whisk sour cream into mixture until creamy. Whisk well for 2 - 3 minutes.

Do not boil. Serve over fish or vegetables.

YIELD 1 cup (250 mL)

Raspberry and Spinach Salad

Recipe adapted from: Canola Harvest: The Right Choice Recipe Book

INGREDIENTS	<p>Salad:</p> <p>1 lb (500 g) fresh spinach 2 cups (500 mL) fresh raspberries</p> <p>Dressing:</p> <p>1/4 cup (60 mL) sugar 1 1/2 Tbsp (25 mL) poppy seeds 1/4 tsp (1 mL) paprika 1/4 cup (60 mL) canola oil 1/4 cup (60 mL) raspberry vinegar 2 tsp (10 mL) red onion, finely chopped 1/4 tsp (1 mL) Worcestershire sauce</p> <p>Almond Topping</p> <p>1/2 cup (125 mL) almonds, slivered 1/4 cup (60 mL) granulated sugar 1 tsp (5 mL) water</p>
DIRECTIONS	<p>Combine all dressing ingredients in a container with a tight fitting lid. Shake well to blend again before using.</p> <p>Combine topping ingredients into a frying pan. Cook over medium heat stirring constantly, until sugar melts to a golden brown and coats the almonds (about 5 minutes).</p> <p>Turn out onto waxed paper; cool and break into small pieces.</p> <p>Wash and dry spinach and place into a large salad bowl. Add the raspberries. Add the dressing and toss. Add the almonds and toss lightly. Serve immediately.</p>
YIELD	3 to 4 servings

Potato Wedges

INGREDIENTS	<p>2 lbs baking potatoes, scrubbed and cut into wedges 3 Tbsp (45 mL) canola oil 2 Tbsp (30 mL) garlic and herb blend spices Canola oil for baking pans</p>
DIRECTIONS	<p>In a large bowl, combine potatoes, seasonings and canola oil. Toss to coat.</p> <p>Spread potatoes in a single layer on an oiled baking pan. Bake in 400°F (200°C) oven for 40-45 minutes, turning halfway through the cooking time.</p> <p>Serve with a variety of sauces such as salsa.</p>

Breads

Big Soft Pretzels

INGREDIENTS	<p>2/3 cup (150 mL) very warm (but not hot) water 1 tsp (5 mL) granulated sugar 1/2 tsp (2.5 mL) quick rise yeast 1 Tbsp (15 mL) olive oil 1/2 tsp (2.5 mL) fine sea salt (or table salt) 1 3/4 cups (425 mL) all-purpose flour (spoon in, level) 1/4 cup (60 mL) milk 1/4 tsp (1 mL) coarse kosher salt 1/4 cup (60 mL) cheddar cheese (1 oz/30 g), coarsely grated 50 mL honey mustard for dipping, if you wish</p>
DIRECTIONS	<p>Line a baking sheet with parchment paper.</p> <p>Put the water, sugar and yeast in a cup and jiggle it to blend. Do not stir. Let stand at least 10 minutes to get foamy.</p> <p>Pour the foamy yeast into a large bowl. Stir in the olive oil and fine salt (not the kosher salt). Gradually add the flour, stirring it in with a baking spatula or wooden spoon. When the dough is too stiff to stir, squeeze in the rest of the flour with your hands. Pull and squeeze the dough a few times, until it is smooth and stretchy.</p> <p>Dust your work table with flour. Put the dough on it. Cover with a damp cloth or paper towel and let it sit for 10 minutes.</p> <p>Pat down the dough to about 1 inch (2.5 cm) thick. Use a dinner knife or pizza cutter to cut the dough into 7 equal pieces.</p> <p>Preheat oven to 425°F (220°C).</p> <p>Roll each piece of dough into a 1/2 inch (1 cm) thick rope about 15 inches (38 cm) long. The dough is springy, but keep rolling it. To make the pretzel shapes, overlap the ends of each rope, lay it on the lined sheet and shape into a wide circle with the ends inside the circle.</p> <p>Use a pastry brush to brush the pretzels with milk, then sprinkle with kosher salt and grated cheese. Bake 15 - 20 minutes, or until the pretzels are golden and the cheese is bubbling and crisp. Dip in honey mustard, if you wish.</p>
YIELD	7 Big Soft Pretzels.

Pizza from Scratch

INGREDIENTS**Dough:**

3/4 cup (175 mL) warm water
1 tsp (5 mL) sugar
1 Tbsp (15 mL) yeast
2 cups (500 mL) all-purpose flour
1/4 cup (60 mL) canola oil
2 tsp (10 mL) salt

Topping:

1/4 cup (60 mL) tomato sauce
1 cup (250 mL) grated mozzarella cheese
Pepperoni, ham slices, pineapple pieces, mushrooms, onions, etc.

DIRECTIONS

In a mixing bowl, stir together the water and sugar. Add the yeast. Stir. Let stand for 10 minutes or until bubbly. Add the flour, oil and salt. Mix well.

Turn the dough out on a floured surface and knead for 5 - 8 minutes or until dough is smooth.

Clean and lightly oil the mixing bowl. Place the dough in it and turn the dough over so oil covers all sides. Cover the bowl with a damp tea towel.

Put bowl in a warm spot for 1 hour or until the dough is twice its original size. With a clean fist, punch down the dough so the air escapes. Knead briefly on a floured surface.

Heat the oven to 425°F (220°C). Grease pizza pan or cookie sheet with oil.

Sprinkle cornmeal over oil to help keep crust from sticking.

Rub some oil onto your palms. Press dough with your fingers out to the edge of the pan.

Use the back of a spoon to spread the tomato sauce on the crust, leaving about 1/2 inch (1 cm) at the edges. Sprinkle with your favourite topping and grated cheese.

Bake for 20 minutes or until dough is brown and cheese is melted.

YIELD

12 servings

White Bread

Recipe Adapted from: Webber, H. & Woolsey, M. (1994). Blueberries and Polar Bears. Centax Books. Regina, Saskatchewan

INGREDIENTS	5 cups (1.25 L) water 6 Tbsp (90 mL) white sugar 1 Tbsp (15 mL) salt 1/2 cup (125 mL) vegetable oil 13 cups (3.25 L) flour 2 Tbsp (30 mL) instant yeast
DIRECTIONS	<p>In a large mixing bowl, combine water, sugar, salt and oil. If you don't have an automatic mixer, use a wire whisk and mix well.</p> <p>Add 4 cups (1 L) of flour and the yeast. Mix well.</p> <p>Switch to a dough hook if you have one, and add to the rest of the flour, gradually. Knead until dough isn't too sticky to handle. If kneading by hand, add as much flour as you can in the bowl, then turn out onto a floured surface and work in the rest of the flour by hand, using a kneading motion. It may take more or less flour. Just knead the dough until it feels soft but not sticky, and bounces back when pressed, 8-10 minutes.</p> <p>Shape dough into a ball, place in a large, well-greased bowl, turning dough to grease surface. Cover with a cloth. Put in a warm place and let rise until doubled in size, about 1 hour.</p> <p>Punch dough down; turn out onto a greased surface and cut into 5 equal pieces.</p> <p>Shape dough into loaves, using a kneading motion. (It takes practice to get a smoothly shaped loaf. Don't get discouraged the first time, it won't affect the taste).</p> <p>Place loaves in well-greased 3" x 4" x 8" (7 x 10 x 20 cm) bread pans. Cover with a cloth. Let rise until bread has risen an inch (2.5 cm) above the pan, about an hour.</p> <p>Remove cloth and bake loaves in a preheated 350°F (180°C) oven for 30 minutes.</p> <p>Remove baked loaves from oven and turn out of pans onto a cooling rack. Loaves should be brown on the bottom and sides as well as on the top.</p>
YIELD	5 loaves

Brown Bread

Recipe Adapted from: Webber, H. & Woolsey, M. (1994). Blueberries and Polar Bears. Centax Books. Regina, Saskatchewan

INGREDIENTS

5 cups (1.25 L) water
6 Tbsp (90 mL) white sugar
1 Tbsp (15 mL) salt
1/2 cup (125 mL) vegetable oil
3 cups (750 mL) whole-wheat flour
2 cups (500 mL) rolled oats
8 cups (2 L) white flour
2 Tbsp (30 mL) instant yeast

DIRECTIONS

In a large mixing bowl, combine water, sugar, salt and oil. If you don't have an automatic mixer, use a wire whisk and mix well.

Add 2 cups (500 mL) whole-wheat flour, the rolled oats and yeast. Mix well.

Switch to a dough hook if you have one, and add to the rest of the flour, gradually. Knead until dough isn't too sticky to handle. If kneading by hand, add as much flour as you can in the bowl, then turn out onto a floured surface and work in the rest of the flour by hand, using a kneading motion. It may take more or less flour. Just knead the dough until it feels soft but not sticky, and bounces back when pressed, 8 - 10 minutes.

Shape dough into a ball, place in a large, well-greased bowl, turning dough to grease surface. Cover with a cloth. Put in a warm place and let rise until doubled in size, about 1 hour.

Punch dough down; turn out onto a greased surface and cut into 5 equal pieces.

Shape dough into loaves, using a kneading motion. (It takes practice to get a smoothly shaped loaf. Don't get discouraged the first time, it won't affect the taste).

Place loaves in well-greased 3" x 4" x 8" (7 x 10 x 20 cm) bread pans. Cover with a cloth. Let rise until bread has risen an inch (2.5 cm) above the pan, about an hour.

Remove cloth and bake loaves in a preheated 350°F (180°C) oven for 30 minutes.

Remove baked loaves from oven and turn out of pans onto a cooling rack. Loaves should be brown on the bottom and sides as well as on the top.

YIELD

5 loaves

Nuts

Sweet and Spicy Pecans

INGREDIENTS	5 cups (1.25 L) pecans or walnut halves 1/2 cup (125 mL) granulated sugar 2 Tbsp (30 mL) canola oil 1 Tbsp (15 mL) ground cumin 1 tsp (5 mL) chili powder 1 tsp (5 mL) ground coriander 3/4 tsp (4 mL) salt 1/2 tsp (2 mL) ground ginger 1/4 tsp (1 mL) each cinnamon, cloves and cayenne pepper
DIRECTIONS	<p>Blanch pecan halves in boiling water for 1 minute; drain well.</p> <p>Transfer immediately to large bowl. Sprinkle with sugar and drizzle with oil; toss to coat well. Let stand for 10 minutes.</p> <p>Spread in single layer on greased foil-lined, rimmed baking sheet. Bake in 325°F (160°C) oven, turning every 5 minutes for about 25 minutes or until nuts are crisp and slightly darkened.</p> <p>Meanwhile, in metal cake pan or other heatproof pan, combine cumin, chili powder, coriander, salt, ginger, cinnamon, cloves and cayenne. Toast in oven alongside nuts for 5 minutes.</p> <p>Dump nuts into large bowl; sprinkle with spices and toss to coat well. Spread in single layer on baking sheet to cool.</p> <p>Store in airtight container for up to two weeks.</p>
YIELD	10 servings

Creamed Spinach with Pine nuts

INGREDIENTS	<p>20 ounces fresh or frozen spinach</p> <p>If the spinach is fresh, pick off the larger stems and wash out the sand and dirt. In a pot large enough to hold all that spinach, bring 2 cups (500 mL) water to a rapid boil. Add spinach. Simmer, covered, for about 20 minutes. Drain; blend or chop. That was the long part. Indeed, if you're using frozen spinach this is really quick. Just thaw it by setting the box in hot water for a few minutes.</p> <p>2 - 4 Tbsp (30-60 mL) oil 1 Tbsp (30 mL) flour 1/2 cup (125 mL) pine nuts 1/2 cup (125 mL) cream 1 tsp (15 mL) sugar Salt Black pepper Onion, chopped (optional)</p>
DIRECTIONS	<p>Heat oil over medium heat in skillet and add onion. Cook for 1 minute or until golden. Stir in flour. Add pine nuts. Slowly stir in cream and add sugar. Add spinach; stir and cook for 3 minutes. Add salt and pepper to taste.</p>
YIELD	5 servings

Banana Nut Bread

INGREDIENTS	<p>1 1/2 cups (375 mL) whole wheat flour 1 1/2 cups (375 mL) ripe, mashed bananas (3 large) 1/2 cup (125 mL) walnut pieces 1/2 cup (125 mL) honey 1/4 cup (60 mL) butter or margarine 2 eggs, beaten 2 tsps (30 mL) baking powder 1/4 cup light vegetable oil 1/2 tsp (7.5 mL) salt 1/2 cup (125 mL) dates or apricots, chopped (optional)</p>
DIRECTIONS	<p>Mix all dry ingredients together. Mash the ripe bananas. Cream the honey and butter/oil and blend in the bananas. Preheat the oven to 350°F (160°C).</p> <p>Grease and flour dust a 4" x 8" loaf pan.</p> <p>Little by little fold the dry mixture, honey mix, and beaten eggs together in a bowl. When fairly uniform pour into the pan and level the batter.</p> <p>Bake 70 minutes or longer until the crust is golden brown and a toothpick comes out dry. Storing the wrapped bread in the cupboard for a few days develops a richer flavour.</p>
YIELD	1 loaf

Herbs and Spices

Salt-Free Seasoning

INGREDIENTS	2 Tbsp (30 mL) mustard powder 2 Tbsp (30 mL) garlic powder 2 Tbsp (30 mL) onion powder 2 Tbsp (30 mL) paprika 1 Tbsp (15 mL) pepper 2 tsp (10 mL) thyme 2 tsp (10 mL) basil
DIRECTIONS	Add all ingredients and blend well. Spoon into a shaker and use on food dishes instead of salt. Sprinkle on meat, chicken, fish, vegetables, etc.

Chicken Fajita Stir-fry

INGREDIENTS	3/4 lb (350 g) boneless, skinless chicken thigh or breast 1 Tbsp (15 mL) canola oil 2 cloves garlic, minced 1/4 cup (60 mL) lemon juice 1/2 tsp (2 mL) chili powder 1/2 tsp (2 mL) oregano 1/4 tsp (1 mL) thyme 1/4 tsp (1 mL) cumin 1/4 tsp (1 mL) pepper 3/4 cup (175 mL) red onion, sliced into strips 1 sweet red pepper, sliced into strips 1/2 tsp (2 mL) Tabasco sauce
DIRECTIONS	Cut chicken into thin strips approximately 2 x 1/4 inch (5x0.6 cm). In a non-stick skillet or wok, heat canola oil over high heat. Add garlic. Add meat. Sauté for 2 - 3 minutes to brown chicken. Add lemon juice, seasonings, onion and pepper. Cook for 2 - 3 minutes stirring constantly. Add Tabasco sauce and mix well. Serve immediately over rice, or as fajitas in soft tortillas.
YIELD	4 servings

Worldly Cuisine

Layered Mexican Salad

INGREDIENTS

Salsa Dressing:

1/2 cup (125 mL) salsa
1/2 cup (125 mL) water
2 Tbsp (30 mL) canola oil
2 Tbsp (30 mL) lime juice
1 Tbsp (15 mL) minced cilantro
1 tsp (5 mL) granulated sugar
1 garlic clove, crushed

Salad:

6 cups (1.25 L) head lettuce, shredded
1/2 cup (125 mL) onion, diced
1 (12 oz/341 mL) kernel corn, drained
1 green pepper, roasted, peeled and chopped
2 tomatoes, diced
1/2 cup (125 mL) cheddar cheese, shredded
1/2 cup (125 mL) corn chips, crushed

DIRECTIONS

To prepare dressing: combine salsa, water, canola oil, lime juice, cilantro, sugar and garlic in container with tight fitting lid. Shake well.

Line a large serving platter with shredded lettuce. Layer onion, corn, roasted green pepper and tomatoes. Drizzle dressing over salad and top with cheese and corn chips.

To roast pepper: Arrange oven rack so that green pepper will sit about 3 -4 inches (7.5 - 10 cm) below broiler. Place pepper on oven rack: broil until skin blisters and turns black. Keep rotating until all sides are done.

Remove with tongs. Put in paper bag to sweat. When cool enough to handle, peel off skin.

YIELD

6 servings

Chimichangas

INGREDIENTS	1 lb (500 g) lean ground beef 1 tsp (5 mL) canola oil 1 small onion, chopped 1 can (10 oz/284 mL) tomatoes with green chilies, drained 1 tsp (5 mL) chili flakes 1 garlic clove, minced 1 tsp (5 mL) oregano 12 (8 inch/20 cm) flour tortillas
DIRECTIONS	<p>In a skillet, brown ground beef in first amount of canola oil. Drain. Add onion. Cook 2 minutes. Add tomatoes, chili flakes, garlic and oregano.</p> <p>Simmer 5 minutes. Spoon 3 Tbsp (45 mL) of meat near one edge of a tortilla. Fold nearest edge over meat; fold both ends in like an envelope. Roll tortilla and secure with toothpicks.</p> <p>Deep fry in hot canola oil until golden on each side. Drain on paper towels. Serve on a bed of shredded lettuce with salsa.</p> <p>Variations:</p> <ul style="list-style-type: none">· Chimichangas can also be made with roast pork or cooked chicken.
YIELD	12 servings

Taco Soup

INGREDIENTS	1 lb (500 g) ground beef 1 onion, chopped 1 can (16 oz/455 mL) chili beans, with liquid 1 can (14 oz/398 mL) kidney beans with liquid 1 can (15 oz/427 mL) whole kernel corn, with liquid 1 can (8 oz/250g) tomato sauce 2 cups (500 mL) water 2 cans (14oz/398 mL) peeled and diced tomatoes 1 can (4 oz/114 mL) green chili peppers, diced 1 package (1.25 oz/36g) taco seasoning mix
DIRECTIONS	<p>In a medium skillet, cook the ground beef until browned over medium heat. Drain, and set aside.</p> <p>Place the ground beef, onion, chili beans, kidney beans, corn, tomato sauce, water, diced tomatoes, green chili peppers and taco seasoning mix in a large pot. Mix to blend. Let cook for 20 - 30 minutes.</p>
YIELD	6 - 8 servings

Chicken Enchiladas

INGREDIENTS	<p>4 skinless, boneless chicken breast halves</p> <p>1 onion, chopped</p> <p>1 cup (250 mL) sour cream</p> <p>1 cup (250 mL) cheddar cheese, shredded</p> <p>1 Tbsp (15 mL) dried parsley</p> <p>1/2 tsp (2 mL) dried oregano</p> <p>1/2 tsp (2 mL) ground black pepper</p> <p>1 can (15 oz/427 mL) tomato sauce</p> <p>1/2 cup (125 mL) water</p> <p>1 Tbsp (15 mL) chili powder</p> <p>1/3 cup (75 mL) chopped green bell pepper</p> <p>1 garlic clove, minced</p> <p>8 (10 inch/25 cm) flour tortillas</p> <p>1 jar (12 oz/341 mL) taco sauce</p> <p>3/4 cup (175 mL) cheddar cheese, shredded</p> <p>1/2 tsp (2 mL) salt (optional)</p>
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DIRECTIONS	<p>Preheat oven to 350°F (175°C).</p> <p>In a medium, non-stick skillet over medium heat, cook chicken until no longer pink and juices run clear. Drain excess fat. Cube the chicken and return it to the skillet. Add the onion, sour cream, cheddar cheese, parsley, oregano and ground black pepper. Heat until cheese melts. Stir in salt, tomato sauce, water, chili powder, green pepper and garlic.</p> <p>Roll even amounts of the mixture in the tortillas. Arrange in a 9 x 13 inch (22 x 33 cm) baking dish. Cover with taco sauce and 3/4 cup (175 mL) cheddar cheese. Bake uncovered in the preheated oven 20 minutes. Cool 10 minutes before serving.</p>
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YIELD	8 servings
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Tzatziki Sauce

Program: Livin it up! Recipe adapted from: Podleski, J. and G. (1997). Looneyspoons Low-fat food made fun! Granet Publishing Inc., Waterloo, Ont.,

INGREDIENTS	<p>1 cup (250 mL) plain yoghurt</p> <p>3/4 cup (180 mL) peeled, seeded and finely chopped English cucumber</p> <p>1 Tbsp (15 mL) fresh dill, chopped</p> <p>1 garlic clove, minced</p>
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DIRECTIONS	<p>In a small bowl, combine all ingredients. Add salt for taste, if desired</p> <p>Cover and refrigerate for at least 1 hour.</p> <p>Tip:</p> <ul style="list-style-type: none"> · Substitute 1 tsp (5 mL) dried dill for fresh
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Greek Lentil Salad

INGREDIENTS	<p>2 cups (500 mL) lentils or black beans, cooked</p> <p>1 cup (250 mL) cucumber, chopped</p> <p>1/2 cup (125 mL) red onion, chopped</p> <p>2 tomatoes, chopped</p> <p>1 yellow pepper, chopped</p> <p>1 cup (250 mL) cauliflower, chopped</p> <p>1/2 cup (125 mL) parsley, chopped</p> <p>1/4 cup (60 mL) feta cheese, crumbled</p> <p>1/2 cup (125 mL) black olives, sliced</p> <p>Greek Salad Dressing:</p> <p>2 Tbsp (30 mL) lemon juice</p> <p>1/2 tsp (2 mL) salt</p> <p>1/2 tsp (2 mL) sugar</p> <p>1 Tbsp (15 mL) red wine vinegar</p> <p>2 cloves of garlic, minced</p> <p>2 tsp (10 mL) dry oregano, crumbled</p> <p>2 tsp (10 mL) dry parsley or mint, crumbled</p> <p>2 tsp (10 mL) dry basil, crumbled</p> <p>1 tsp (5 mL) Greek seasoning</p> <p>1/3 cup (75 mL) canola oil</p>
DIRECTIONS	<p>Combine salad ingredients.</p> <p>In a separate bowl, combine dressing ingredients. Pour over salad mixture. Tastes even better the next day!</p>
YIELD	16 servings

Vegetarian

Salad Greens with Tofu

INGREDIENTS	1 bunch salad greens, spinach, romaine, or spring mix 2 oz feta cheese, crumbled (any flavour) 8 oz tofu, extra firm 2 ripe tomatoes, seeded and chopped Flour for coating tofu 1 Tbsp (30 mL) vegetable oil 2 Tbsp (30 mL) extra virgin olive oil 2 Tbsp (30 mL) vinegar, balsamic or cider 1 clove garlic, minced Salt and pepper to taste 1 tsp (5 mL) spicy brown mustard (optional)
DIRECTIONS	Drain tofu and cut into cubes. Coat lightly with flour and brown in 1 Tbsp of oil over medium heat. Season as desired. In a salad bowl, combine greens, chopped tomatoes, feta cheese. Add tofu. In a small bowl combine olive oil, vinegar, garlic and mustard. Whisk until blended and season to taste. Drizzle over salad.
YIELD	4 servings

Tofu Stir-fry

INGREDIENTS	1 package tofu, extra firm 2 cups (500 mL) of brown rice 1 green pepper 1 red pepper 2 cups (500 mL) of broccoli 1 cup (125 mL) celery 2 cups (500 mL) peas, frozen 1 garlic clove, minced 2 Tbsp (30 mL) olive oil Soy sauce to taste 2 cups (500 mL) spinach (optional)
DIRECTIONS	Drain tofu and chop into small cubes. Heat olive oil in a frying pan over medium heat. Add garlic and stir for about 30 seconds. Toss tofu in. Fry tofu until mostly browned. Toss in the veggies. Flavour with soy sauce to taste. Cook for about 10 to 15 minutes.
YIELD	6 servings

Vegetarian Chili

Recipe adapted from: www.becelcanada.com

INGREDIENTS	<p>1 Tbsp (15 mL) canola oil 1 chopped onion 3 cloves garlic 1 green pepper 2 stalks celery, chopped 3 medium carrots, chopped 2 cups (500 mL) mushroom, sliced (fresh or canned) 1 Tbsp (15 mL) parsley 1 Tbsp (15 mL) vegetable bouillon 1 tsp (5 mL) chili powder 1 tsp (5 mL) cumin 2 tsp (10 mL) oregano 1 can (14 oz) black beans Hot pepper flakes to taste Brown rice 1 can (28 oz) diced tomatoes</p>
DIRECTIONS	<p>Cook onion and garlic in oil in a large saucepan until tender. Cook brown rice according to directions.</p> <p>Add peppers, celery, carrots and mushrooms. Cook on medium-high, stirring often for about 5 minutes.</p> <p>Stir in diced tomatoes, bouillon, parsley, chili powder, cumin, oregano, salt and hot pepper flakes. Cover and vigorously simmer for 10 minutes.</p> <p>Add black beans. Cook uncovered for 20 minutes, stirring occasionally. Serve over brown rice.</p>
YIELD	4 - 5 servings

Vegetarian Lasagna

INGREDIENTS

1 medium onion, chopped
1 Tbsp (15 mL) of oil (canola or olive)
1 garlic clove, chopped
2 small zucchini, chopped with skin
1 small can tomato paste (5 oz)
1 cup (250 mL) spinach
1 can tomato/pasta sauce (680 mL or 2 1/2 cups)
1/4 cup (60 mL) water
1/2 tsp (2.5 mL) basil
1/2 tsp (2.5 mL) oregano
1/4 tsp (2.5 mL) salt
2 eggs (beaten)
2 cups (500 mL) cottage cheese
1 1/2 cups (375 mL) mozzarella cheese, grated
12 cooked lasagna noodles (3 layers with 4 noodles)

DIRECTIONS

Preheat oven to 375°F (175°C).

In a frying pan over medium-high heat, add oil, onions and garlic. Cook until onions become clear.

Wash the spinach and tear off stems.

Add to a sauce pan: tomato sauce, tomato paste, water, basil and oregano. Bring all to a boil and then turn down temperature and let simmer for 10 minutes. Add spinach last as it cooks very fast.

Cook lasagna noodles according to package instructions.

In a bowl, mix together the cottage cheese and egg. Set bowl aside. Grate 1 cup of mozzarella cheese and set aside for later use.

Spoon 1/3 of sauce into the bottom of a 12 x 8 baking pan (or glass dish). Cover with 4 noodles, some will overlap. Spread another 1/3 of the sauce over the noodles and cover with 4 noodles. Spread cottage cheese and egg mixture over the noodles and cover with the final 4 noodles. Spoon the final 1/3 tomato sauce on the noodles and top with mozzarella cheese.

Bake uncovered for 20 - 25 minutes. Let cool for 5 - 10 minutes before cutting. Enjoy!

YIELD

8 servings

Fondue

Basic Chocolate Fondue

INGREDIENTS	1 cup (250 mL) whipping cream 8 oz (250 mL) premium chocolate, chopped
DIRECTIONS	Over low flame, heat cream until warm (DO NOT BOIL). Slowly add chocolate while stirring. Mixture will become smooth. To Dip: Strawberries, bananas, apple slices, pound cake, angel food cake, pretzels, pineapple chunks and marshmallows.
YIELD	2 cups (500 mL) chocolate sauce

Bourguignon Fondue

DIRECTIONS	Fill fondue pot half full with canola oil. Heat oil to 325-375°F (165-190°C). NOTE: ONCE OIL IS HOT, DO NOT MOVE THE POT. Spear small piece of vegetable or cubed meat of your choice with skewer, pushing skewer through so it protrudes 1/2 inch (1 cm) at the other end. The skewer can now rest on the bottom of the pot, thus preventing food from sticking. Cook until desired doneness. Remove food from fondue fork. Using dinner fork, dip cooked food in variety of sauces. Enjoy!
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Slow Cooker

Slow Cooker Beef Stroganoff

INGREDIENTS	1 lb (500 g) cubed beef stew meat 1 can (10 oz/284 mL) condensed golden mushroom soup 1/2 cup (125 mL) onion, chopped 1 Tbsp (15 mL) Worcestershire sauce 1/4 cup (60 mL) water 1 (4 oz/125g) cream cheese
DIRECTIONS	In a slow cooker, combine the meat, soup, onion, Worcestershire sauce and water. Cook on low setting for 8 hours, or on high setting for about 5 hours. Stir in cream cheese just before serving.
YIELD	4 servings

Freezer

Freezer Salsa

INGREDIENTS

10 - 12 very ripe tomatoes
1 Tbsp (15 mL) vegetable oil
2 large cooking onions or 2 medium Spanish onions
8 minced garlic cloves
8 jalapeno peppers or 1 can (4.5 oz/127g) diced green chilies
2 - 3 sweet green peppers
2 cans (5.5 oz/156 mL) tomato paste
1/4 cup (60 mL) white or cider vinegar or lime juice
1 Tbsp (15 mL) paprika
2 tsp (10 mL) granulated sugar
1 1/2 tsp (7 mL) salt
1/2 tsp (2.5 mL) cayenne pepper (optional)

DIRECTIONS

Core, seed and coarsely chop tomatoes. You should have 10 cups (2.5 L). Peel and finely chop onions.

Heat oil in a large wide saucepan over medium heat. When hot, add onions and garlic. Cook, stirring often until onions have softened, from 7 - 10 minutes. Meanwhile, seed, and very finely chop jalapenos. Seed and coarsely chop sweet peppers.

When onions are softened, stir in tomato paste. Then add tomatoes, peppers, vinegar, paprika, sugar and salt. If using canned diced green chilies, stir in contents of can without draining. For extra spicy hit, stir in cayenne. Bring to a boil, stirring often. Adjust heat, so that the mixture gently bubbles, and cook uncovered and stirring occasionally, until thickened, about 30 minutes.

Store covered salsa in the refrigerator for up to 1 week or freeze. Flavour improves with overnight refrigeration.

YIELD

10 cups (2.5 L)

Strawberry Freezer Jam

INGREDIENTS	<p>2 cups (500 mL) crushed fresh strawberries 4 cups (1 L) granulated sugar 3/4 cup (175 mL) water 1 pkg (2 oz/55 g) powdered pectin</p>
DIRECTIONS	<p>In a large bowl mix together strawberries and sugar. Allow to stand 10 minutes.</p> <p>Mix water and pectin in small saucepan, bring to a boil and boil 1 minute, stirring constantly. Remove from heat and stir into fruit mixture. Continue stirring for 3 minutes.</p> <p>Pour into sterile jars or scalded freezer containers. Leave 1/2 inch (1 cm) headspace if using jars. Cover at once with sterile tight lids. Let stand at room temperature until set (up to 24 hours). Label and date. Store in freezer up to 1 year or in refrigerator for up to 3 weeks.</p>
YIELD	3 - 5 pint size jars of jam

Freezer Spaghetti Sauce

INGREDIENTS	<p>4 onions, chopped 4 cloves garlic, minced 1 green bell pepper, chopped 1/2 cup (125 mL) vegetable oil 16 cups (3.8 L) tomatoes, chopped 2 Tbsp (30 mL) dried oregano 2 Tbsp (30 mL) dried basil 1/4 cup (60 mL) parsley, chopped 1/4 cup (60 mL) granulated sugar 2 Tbsp (30 mL) salt 3/4 tsp (4 mL) ground black pepper 1 can (6 oz/170 g) tomato paste</p>
DIRECTIONS	<p>In a slow cooker sauté together the onion, garlic, green pepper and vegetable oil. Cook until onion is clear.</p> <p>Add the chopped tomatoes, oregano, basil, parsley, sugar, salt and ground black pepper. Cook for 2 - 3 hours on low heat. Stir frequently.</p> <p>Let sauce cool. Pour sauce into freezer containers and store in freezer.</p> <p>When ready to use sauce, let thaw and then stir in can of tomato paste.</p>
YIELD	32 servings

Outdoor Cooking and Grilling

Foil Dinner Wrap

DIRECTIONS

Place all ingredients from one of the variations below in the centre of the aluminum foil, shiny side in, spray with non-stick spray to prevent sticking.

Create foil packets by wrapping foil around food using a drug-store wrap:

Use foil 3 times the width of the food. Fold sides up, creasing foil at edge of food. Keeping edges together, make a 1/2-1 inch (1-2.5 cm) fold and crease. Fold 2 - 3 times, leaving enough room in packet for food expansion and steaming during cooking. Smooth ends flat, make 4 small triangle folds on each end from edge of food to the edge of foil. Fold ends of foil in using 1/2 inch (1 cm) folds.

Place wrap directly on coals. Turn every 10 minutes. Cook approximately 30 minutes or until vegetables are tender.

VARIATIONS

Oriental Chicken: Place 1 boneless, skinless chicken breast, sliced in strips, and 1 cup (250 mL) frozen vegetables in centre of foil. Combine 2 tsp (10 mL) soy sauce, dash garlic salt, sprinkle cayenne pepper (optional) and 1 Tbsp (15 mL) brown sugar. Drizzle over chicken and vegetables, wrap.

Breakfast Nest: Prepare one thin sausage patty made from lean country sausage, place on foil; add 3/4 - 1 cup (175 - 250 mL) frozen hash browns, creating a nest in centre; add one egg to the nest, wrap. Sprinkle with grated cheese just before serving.

Glazed Ham: Place one carrot, thinly sliced or cut into thin julienne strips, on foil, salt and pepper to taste; place 1/2 inch (1 cm) slice of ham on top of carrots; place a slice of pineapple on ham; drizzle with 1 Tbsp (15 mL) honey, wrap. Try substituting sliced sweet potato for the carrot.

Ranch Chicken: Dip one boneless, skinless chicken breast in melted butter, then in 1 (0.4 oz/11.3 g) packet ranch dressing mixed with 3/4 cup (175 mL) corn flake crumbs and 3/4 cup (175 mL) grated Parmesan cheese, place on foil. Add sliced strips of summer squash and bell peppers, wrap. Sprinkle with grated cheese just before serving. (NOTE: One packet dressing mixed as above will coat 4 - 6 chicken breasts).

Traditional Foil Dinner: Place thin hamburger patty in centre of foil. Add thinly sliced carrots, potato cubes, and rings of onion, salt and pepper to taste, wrap.

Sprinkle with grated cheese just before serving.

SEASONING VARIATIONS

Try one or more of the following: garlic salt, season salt, lemon pepper, 2 - 3 Tbsp (25-45 mL) cream mushroom soup, Italian seasoning, BBQ sauce, sprinkle Worcestershire sauce, chili powder, curry, steak sauce, etc.

Tin Can Dinner

Recipe Adapted from: Girl Guides of Canada (1992). Friendship Grows From Us to You. Derksen Printers Ltd. Steinbach, Manitoba

INGREDIENTS	Use a clean can (approximately. 19 fl. oz can) Hashbrowns Frozen vegetables Raw hamburger meat Cream of mushroom soup, or variation
DIRECTIONS	Layer ingredients into the can. Top with a couple of Tbsps of soup. Cover with tin foil. Cook on grate over coals until hamburger meat is done. Approximate cooking time is a 1/2 hour.
YIELD	1 serving

Gifts from the Kitchen

Bath Bombs

INGREDIENTS	1/4 cup (60 mL) baking soda 2 Tbsp (30 mL) cornstarch 1 1/2 Tbsp (20 mL) canola oil 2 drops food colouring 1/4 tsp (1 mL) essential or fragrance oil Light mist of water 2 Tbsp (30 mL) citric acid Mold for shaping bombs
DIRECTIONS	Mix the baking soda and cornstarch together. Add the canola oil, the drops of food colouring and the essential/fragrance oil. Using a water mister, mist the mixture lightly one time. Mix well until there are no lumps and the colour is well blended. Add the citric acid. Heap as much of the mixture as possible into a mold. Press down very firmly packing the mixture well. Do not add more mixture to the mold after firmly packing it, as it will not create a cohesive bath bomb. Let the bath bomb air dry for 1 - 2 days on a baking rack.
VARIATION	Use lavender essential oil as well as 1/2 tsp (2mL) of dried lavender blossoms. Add the lavender blossoms when mixing the baking soda and cornstarch together.

YIELD Depends on the size of mold you are using.

Chocolate Cookie Mix in a Jar

INGREDIENTS 1 3/4 cups (425 mL) all-purpose flour
 1 tsp (5 mL) baking powder
 1 tsp (5 mL) baking soda
 1/4 tsp (1 mL) salt
 3/4 cup (175 mL) dark brown sugar
 1/2 cup (125 mL) granulated sugar
 1/4 cup (60 mL) cocoa powder
 1/2 cup (125 mL) pecans, chopped
 1 cup (250 mL) semi-sweet chocolate chips

DIRECTIONS Combine all-purpose flour, baking powder, baking soda and salt. Set aside.
 In a 1 quart (1 L) wide mouth canning jar, layer dark brown sugar, granulated sugar, cocoa, chopped pecans and chocolate chips. Pack everything down firmly before you add flour mixture. It will be a snug fit!

Attach a tag with the following instructions:

Chocolate Cookie Mix in a Jar:

- Preheat oven to 350°F (175°C)
- Empty cookie mix into large bowl. Thoroughly blend mixture with hands. Mix in 3/4 cup (175 mL) softened butter or margarine, 1 egg, slightly beaten, and 1 tsp (5 mL) vanilla. Shape into walnut size balls, and place 2 inches (5 cm) apart on a parchment lined baking sheet.
- Bake for 11 - 13 minutes. Cool 5 minutes on baking sheet, then move to wire racks.

YIELD 3 dozen cookies

Baking

“Going Camping” Cookies

INGREDIENTS	1 cup (250 mL) whole wheat flour 1 tsp (5 mL) baking soda 1/2 tsp (2 mL) salt 2 cups (500 mL) rolled oats 1/4 cup (60 mL) Red River™ cereal 3/4 cup (175 mL) canola-based margarine 1 1/2 cups (375 mL) brown sugar 2 eggs 1 tsp (5 mL) vanilla 3/4 cup (175 mL) raisins 1/2 cup (125 mL) sunflower seeds
DIRECTIONS	<p>In a bowl combine whole wheat flour, baking soda, salt, rolled oats and Red River™ cereal; set aside.</p> <p>In another bowl cream together margarine, brown sugar, eggs and vanilla.</p> <p>Add flour mixture, raisins and sunflower seeds to creamed mixture. Mix well.</p> <p>Refrigerate dough for about 1 hour. Drop by the Tbspful, shape and flatten slightly on to a non-stick cookie sheet. Bake for 12 - 15 minutes in a 350°F (180°C) oven.</p>
YIELD	2 dozen cookies

Chocolate Chip Zucchini Loaf

Recipe adapted from: Podleski, Janet. and Greta. (1999). Eat Shrink and Be Merry. Grant Publishing Inc., Waterloo, Ontario.

INGREDIENTS

1 1/2 cup (375 mL) all purpose flour
1 cup (250 mL) whole wheat flour
1/2 cup (125 mL) unsweetened cocoa powder
1 tsp (5 mL) baking soda
1 1/2 tsp (7.5 mL) baking powder
1 tsp (5 mL) cinnamon
3/4 tsp (3 mL) salt
1 1/2 cups (375 mL) sugar
2 whole eggs, 1 egg white
1/3 cup (75 mL) canola oil
1/2 cup (125 mL) apple sauce
2 tsp (10 mL) vanilla
2 cups (500 mL) zucchini, grated
1/2 cup (125 mL) heaping cup mini chocolate chips

DIRECTIONS

Preheat oven to 350°F (175°C). Spray two 8 x 4-inch loaf pans with non-stick spray (or coat with thin layer margarine). Set aside.

In a large bowl, combine flour, cocoa, baking powder, baking soda, cinnamon and salt. Set aside.

In a medium bowl, whisk together sugar, eggs, apple sauce, oil and vanilla. Stir in zucchini. Add wet ingredients to dry ingredients. Stir just until dry ingredients are moistened. Fold in chocolate chips.

Spread batter evenly in prepared pans. Bake 45 minutes, or until a toothpick inserted in centre of loaf comes out clean. Cool for 5 minutes in pans. Remove from pans and let cool on a wire rack before serving.

YIELD

2 loaves

Organic

Roasted Garden Vegetable and Hummus Sandwich

Recipe Adapted from Planet Organic: www.planetorganic.ca

INGREDIENTS	(Choose all organic products if possible) 1/2 small red onion, chopped 1/4 medium red pepper, chopped 1/4 medium yellow pepper, chopped 1/2 medium zucchini, quartered and cut into bite sized chunks 3 sundried tomatoes, chopped fine 3 olives, chopped fine 1 handful fresh spinach, washed and spun dry 1/2 cup (125 mL) hummus, store bought or make your own 2 Tbsp (30 mL) balsamic vinegar 1 Tbsp (30 mL) olive oil 1/2 tsp (2.5 mL) sea salt 1/8 tsp (1 mL) black pepper Multigrain or whole wheat bread (or any bread you like best)
DIRECTIONS	Toss vegetables with oil, vinegar, salt, and pepper. Bake at 350°F for about 20 minutes. Set aside. Spread hummus over one side of bread. Sprinkle chopped olives and sundried tomatoes over hummus. Place vegetables on next, followed by spinach. Top with second slice of bread. Bake in oven for 5 – 10 minutes if desired or enjoy as is.
YIELD	1 serving

Canadian Cuisine

Cape Breton Scones

Recipe Adapted from: <http://www.razzledazzlerecipes.com/canada/index.htm>

INGREDIENTS	2 cups (500 mL) flour 1 cup (250 mL) raisins or currants 2 Tbsp (30 mL) sugar 1/2 cup (125 mL) sour cream 1 Tbsp (15 mL) baking powder 1/4 cup (60 mL) canola oil 1 tsp (5 mL) salt 1 egg, slightly beaten 1/4 tsp (1 mL) baking soda 3 Tbsp (45 mL) milk
DIRECTIONS	<p>Sift together dry ingredients and stir in the raisins. Blend the remaining ingredients and stir in the flour mixture until the dough is well mixed.</p> <p>Toss on a lightly floured surface until no longer sticky. Knead a few times. Divide the dough in half then pat each ball of dough into a 6" circle with the top slightly rounded.</p> <p>Brush the tops with milk and sprinkle with sugar. Cut each circle into 6 wedges. Place 2 inches apart on a cookie sheet.</p> <p>Bake at 425°F (220°C) for 10 to 12 minutes or till golden. Serve hot with butter and jam or flavoured butter or honey.</p>
YIELD	6 servings

Nanaimo Bars

INGREDIENTS**Bottom Layer**

1/2 cup (125 mL) butter or margarine
1/4 cup (60 mL) granulated sugar
5 Tbsp (75 mL) cocoa powder
1 egg, beaten
1 3/4 cups (400 mL) graham wafer crumbs
3/4 cup (175 mL) fine coconut
1/2 cup (125 mL) chopped nuts

Second Layer

1/2 cup (125 mL) butter or margarine
3 Tbsp (45 mL) milk
2 Tbsp (30 mL) vanilla custard powder
2 cups (500 mL) icing sugar

Third Layer

4 squares semi sweet chocolate
2 Tbsp (30 mL) butter or margarine

DIRECTIONS

Bottom Layer: Melt first 3 ingredients in top of double boiler or in heavy saucepan. Add beaten egg and stir to cook and thicken. Remove from heat. Stir in crumbs, coconut and nuts. Press firmly into ungreased 9 x 9 inch (22 x 22 cm) pan.

Second Layer: Cream together butter, milk, custard powder and icing sugar. Beat until light. Spread over bottom layer.

Third Layer: Melt squares and butter over low heat. Cool. When cool but still runny, spread over second layer. Chill in refrigerator. Use a sharp knife to cut.

YIELD

36 squares

Candy

Candied Apples

INGREDIENTS

12 Red Delicious apples
12 wooden ice cream sticks
4 1/2 cups (1125 mL) sugar
3/4 cup (175 mL) light corn syrup
1 tsp (5 mL) red food colouring
1 1/2 cups (375 mL) water
1 cup (250 mL) peanuts, chopped

DIRECTIONS

Line a baking sheet with parchment paper. Set aside. Wash and dry the apples. Insert a stick through the stem of each, leaving about 2 inches of the stick for gripping.

Place the chopped peanuts in a deep bowl large enough to roll apples in.

Place the sugar, corn syrup, food colouring and water in a heavy saucepan over medium heat. Bring slowly to a boil while stirring constantly and cook until the ingredients are dissolved.

Insert a candy thermometer into the liquid and continue cooking, without stirring, until the temperature reaches 290°F (140°C). This should take about 20 minutes.

Remove the syrup from the heat and dip the apples, one by one, coating each evenly. Work quickly so the sauce doesn't harden. As you finish dipping an apple, roll it in the peanuts to coat evenly. Place each apple standing on the prepared cookie sheet. Let the apples cool for at least 1 hour before serving.

YIELD

12 servings

Peanut Brittle Deluxe

INGREDIENTS

2 cups (500 mL) granulated sugar
1 cup (250 mL) light corn syrup
1/4 cup (60 mL) water
1 1/2 cups (375 mL) raw peanuts
4 Tbsp (60 mL) butter
2 Tbsp (30 mL) baking soda
1 tsp (5 mL) vanilla extract

DIRECTIONS

Line 2 baking sheets with lightly buttered aluminum foil. Set aside.

Combine the sugar, corn syrup and water in a heavy 3-quart saucepan. Cook over medium heat, stirring constantly, until the sugar is dissolved. Continue cooking, stirring occasionally, until the mixture reaches the soft crack stage (285°F – 140°C) or when small amount of mixture dropped in cold water separates into hard but not brittle threads.

Add the peanuts and butter. Cook, stirring constantly, to the hard crack stage (300°F – 150°C) or until small amount of mixture dropped in cold-water separates into hard, brittle threads. Remove from the heat.

Quickly stir in the baking soda and vanilla (mixture will foam up). Turn the mixture onto prepared baking sheets. Spread out with a metal spatula as thinly as possible (warmed pans help to spread mixture thinner).

Cool completely, invert pan and peel off foil; break into serving pieces. Keep in tightly covered container at room temperature.

YIELD

Makes about 2 pounds of brittle

