

Recipes



PublicHealth
WELLINGTON-DUFFERIN-GUELPH
Stay Well.

Adapted with permission from Niagara Region Public Health (2018)

Southwest vegetable quesadillas

Ingredients

Serves:    

- 45 ml (3 tbsp), canola oil, divided
- 2 garlic cloves
- 2-540 ml cans pinto beans
- 5 ml (1 tsp) ground cumin
- 5 ml (1 tsp) chili powder
- Salt and pepper, to taste
- Juice of 1 lime
- 2 bell peppers (e.g. green, red, yellow or orange)
- 2 green onions
- 500 ml (2 cups) grated cheese (e.g. cheddar, marble, Monterey jack, etc.)
- 8 large whole grain tortillas



Directions

- 1 Heat 30 ml (2 tbsp) canola oil in skillet over medium heat. Remove the skins from the garlic cloves and place in the hot oil. When brown on both sides, mash garlic cloves with a fork (about 4-5 minutes).
- 2 Open the cans of beans and place in a strainer. Drain and rinse.
- 3 Stir beans, cumin, chili powder, and salt into the mashed garlic. Cook until beans are heated, about 5 minutes.
- 4 Use a potato masher to mash the bean mixture to your desired texture. Squeeze lime juice over top and stir to combine. Transfer to a small bowl.
- 5 Chop peppers and green onions into small pieces.
- 6 Heat 15 ml (1 tbsp) canola oil in skillet over medium heat. Add peppers and cook until soft, stirring often.
- 7 Spread the refried beans over half of the tortillas. Layer with grated cheese, green onions, and cooked peppers. Fold tortillas in half.
- 8 Cook quesadillas in skillet until lightly browned on the outside and cheese is melted (about 2 -3 minutes).



CHEF'S TIP

Instead of making the refried beans, use 1-540 ml can of prepared refried beans



Vegetable fried rice

Ingredients

Serves: 

- 500 ml (2 cups) uncooked instant brown rice
- 30 ml (2 tbsp) vegetable oil
- 1-227 g package of cremini mushrooms
- 4 eggs
- 2 carrots
- 500 ml (2 cups) bean sprouts
- 250 ml (1 cup) frozen peas
- 30 ml (2 tbsp) reduced-sodium soy sauce
- 4 green onions



Directions

- 1 Prepare rice according to package directions in a microwave or on a stovetop.
- 2 Slice the mushrooms.
- 3 Heat 30 ml (2 tbsp) vegetable oil in skillet over medium heat. Add sliced mushrooms and cook, stirring occasionally, for about 5 minutes or until the mushrooms have released their liquid.
- 4 Crack the eggs into a small bowl and beat with a whisk or fork until yolk is broken and mixed into the egg white. Add the egg to the mushrooms and let set for about 1 minute before mixing them in.
- 5 Peel and shred the carrots using a grater/shredder. Chop the green onions.
- 6 Add shredded carrot, bean sprouts, peas and cooked rice to the pan. Stir to combine.
- 7 Add soy sauce and cook until heated through, about 5 minutes.
- 8 Sprinkle with green onions.



CHEF'S TIP

Vegetables (carrots, peas and bean sprouts) can be replaced by a 750 g bag of frozen, mixed vegetables

Kick it up!

- Add 30 ml (1 tbsp) minced, fresh ginger root and 3 cloves of garlic, minced, when adding the mushrooms (step 2).
- Add 5 ml (1 tsp) sesame oil and 2 ml (½ tsp) red chili flakes when adding soy sauce (step 7).

Fan favourite meatless chili

Ingredients

Serves: 

- 15 ml (1 tbsp) canola oil
- 1 large onion
- 3 garlic cloves
- 3 celery stalks
- 1 zucchini
- 1 green bell pepper
- 2-540 ml cans of legumes (e.g. pinto beans, kidney beans, lentils, black beans)
- 1-796 ml can diced tomatoes
- 1-175 ml can tomato paste
- 250 ml (1 cup) water
- 7 ½ -15 ml (½- 1 tbsp) chili powder
- 5 ml (1 tsp) ground cumin
- 1 ml (¼ tsp) cayenne pepper



- Salt and pepper, to taste
- 250-500 ml (1-2 cups) grated cheese (e.g. cheddar, mozzarella, Monterey Jack), optional

Directions

- 1** Peel and chop the onion. Peel and mince the garlic. Dice the celery, zucchini and green bell pepper.
- 2** Heat 15ml (1 tbsp) canola oil in skillet over medium heat. Add onion, garlic and celery and sauté until the onions are transparent - about 5 minutes.
- 3** Open canned legumes and place in a strainer. Drain and rinse.
- 4** Stir in spices (chili powder, cumin, and cayenne pepper) and cook for 1 minute.
- 5** Add zucchini, green bell pepper, canned legumes, tomato paste, canned tomatoes and 250 ml (1 cup) of water to the skillet. Stir to combine and break up tomatoes with the back of a spoon.
- 6** Cover the skillet and bring to a boil. Once boiling, reduce heat to medium-low and simmer for 10-15 minutes for the flavours to combine.
- 7** Season with salt and pepper and sprinkle with shredded cheese, if desired.

Kick it up!

For a crunch and flavour burst: add 250 ml (1 cup) frozen corn kernels when adding the canned legumes (step 5).

Super fruity pancakes

Ingredients

Serves: 

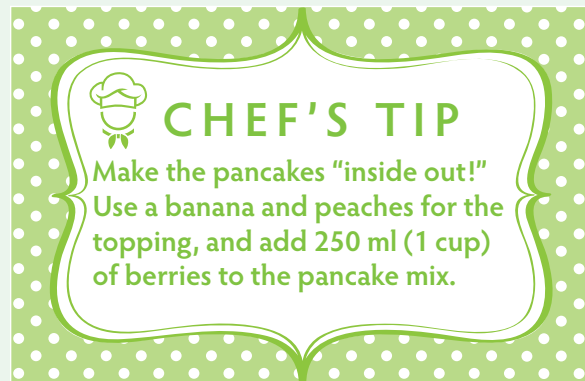
- 1 litre (4 cups) fresh berries or 1-600 g bag frozen, mixed berries
- 30 ml (2 tbsp) cornstarch
- Non-stick cooking spray
- 2 eggs
- 425 ml (1 $\frac{3}{4}$ cups) milk
- 60 ml ($\frac{1}{4}$ cup) canola oil
- 60 ml ($\frac{1}{4}$ cup) unsweetened applesauce
- 5 ml (1 tsp) vanilla extract
- 250 ml (1 cup) whole wheat flour
- 125 ml ($\frac{1}{2}$ cup) ground flaxseed
- 60 ml ($\frac{1}{4}$ cup) wheat germ
- 60 ml ($\frac{1}{4}$ cup) all-purpose flour
- 20 ml (4 tsp) baking powder
- 15 ml (1 tbsp) sugar



- 1 ml ($\frac{1}{4}$ tsp) cinnamon
- 1 ml ($\frac{1}{4}$ tsp) salt
- 1 banana (overripe if going inside)
- 1-398 ml can sliced peaches

Directions

- 1 Add berries to a pan or skillet. Add cornstarch and enough water to cover the bottom of the pan/skillet.
- 2 Cook the berries over medium heat, stirring occasionally, until they begin to break down and the sauce thickens slightly, about 15 minutes.
- 3 In a large bowl, whisk together the eggs, milk, canola oil, applesauce and vanilla.
- 4 In another large bowl, whisk together the whole wheat flour, ground flax seed, wheat germ, all-purpose flour, baking powder, sugar, cinnamon and salt.
- 5 Add the dry ingredients (step 4) to the wet ingredients (step 3). Stir until just combined.
- 6 Peel and mash the banana. Open and drain the canned peaches and cut into smaller pieces. Gently stir the banana and peaches into the batter.



- 7 Coat the skillet with cooking spray, and preheat for over medium heat. Use a ladle to spoon a small amount of batter onto the hot skillet in small circles. Cook until undersides are lightly browned, then flip and cook the other side.
- 8 Serve pancakes with the fruit topping.

Every day omelet

Ingredients

Serves: 

- 500 ml (2 cups) mixed vegetables (e.g. tomato, spinach, red onion, mushrooms, asparagus, bell peppers)
- 15 ml (1 tbsp) canola oil (optional)
- 250 ml (1 cup) cheese (e.g. mozzarella, cheddar, feta, Swiss, etc.)
- 6 eggs
- 60 ml (¼ cup) water
- Salt and pepper to taste
- 2 ml (½ tsp) each, dried oregano, basil and/or parsley
- Non-stick cooking spray



Directions

- 1 Chop vegetables. If cooking vegetables, heat canola oil in electric skillet. Add vegetables and cook until soft, stirring often. Remove from skillet and place in small bowl. If not cooking the vegetables, place chopped vegetables in a small bowl.
- 2 Grate or crumble cheese.
- 3 Crack eggs into a large bowl. Add water, herbs, salt and pepper, to taste. Whisk to combine.
- 4 Coat the skillet with cooking spray, and preheat over medium heat.
- 5 Add the egg mixture to the skillet. As mixture sets at the edges, gently push the cooked portions from the edges with a spatula, allowing the uncooked egg to flow underneath. Cook until bottom of omelet is set and the top surface is thickened (almost set).



CHEF'S TIP

Mix it up! Scramble the eggs instead of setting them into an omelet. Add to whole grain tortillas and roll up for breakfast burritos.

- 6 Add the vegetable mixture and cheese onto one side of the omelet. Carefully fold the omelet in half.
- 7 Cover skillet with lid and cook until cheese has melted (about 1 minute).

LET'S COOK



Chickpea and cauliflower curry

Ingredients

Serves: 

- 1 onion
- 2 garlic cloves
- 1 head of cauliflower
- 250 ml (1 cup) frozen green peas
- 45 ml (3 tbsp) canola oil
- 20 ml (1 ½ tsp) curry powder
- 5 ml (1 tsp) cinnamon
- 2 ml (½ tsp) paprika
- 2 ml (½ tsp) cayenne pepper
- 1 dried bay leaf
- 30 ml (2 tbsp) fresh ginger root or 2 ml (½ tsp) ground ginger
- Pinch salt
- 1-540ml can chickpeas
- 175 ml (¾ cup) water



- 175 ml (¾ cup) canned coconut milk
- 60 ml (¼ cup) fresh cilantro

Directions

- 1** Peel and dice onion. Peel and mince garlic. Cut cauliflower into small florets. Measure out frozen peas. If using fresh ginger, peel and grate. Chop cilantro.
- 2** Heat 45 ml (3 tbsp) canola oil in skillet over medium heat. Add the onion and garlic and sauté until golden and softened.
- 3** Stir in spices (curry powder, cinnamon, paprika, cayenne, whole bay leaf, ginger and salt) and cook until fragrant (about 2 minutes).
- 4** Open the can of chickpeas and place in a strainer. Drain and rinse.
- 5** Add chickpeas, cauliflower and peas to the skillet. Stir in water and coconut milk. Bring to a boil then reduce heat to simmer for 20-25 minutes, or until cauliflower is cooked through.
- 6** Remove from heat and remove bay leaf. Top with chopped cilantro.

Moroccan couscous

Ingredients

Serves: 

- 250 ml (1 cup) whole wheat couscous (uncooked)
- 375 ml (1 ½ cups) water
- 1 onion
- 2 garlic cloves
- 15 ml (1 tbsp) canola oil
- 7 ml (1½ tsp) ground cumin
- 5 ml (1 tsp) ground coriander
- 1 ml (¼ tsp) cinnamon
- 1 ml (¼ tsp) cayenne pepper
- Salt and pepper, to taste
- 3 tomatoes
- 2 zucchinis
- 125 ml (½ cup) raisins



- 125 ml (½ cup) water
- 60 ml (¼ cup) fresh cilantro

Directions

- 1 Prepare couscous according to package directions in a skillet or pot.
- 2 Peel and dice onion. Peel and mince garlic. Chop cilantro.
- 3 Heat 15 ml (1 tbsp) canola oil in skillet over medium heat. Sauté onions and garlic until softened, about 3-4 minutes.
- 4 Stir in spices (ground cumin, ground coriander, cinnamon, cayenne pepper, salt and pepper) and cook for 1 minute.
- 5 Chop tomatoes and zucchinis into small pieces and add to the skillet along with the raisins.
- 6 Add 125 ml (½ cup) water to skillet and stir. Increase heat and bring to a boil. Once boiling, reduce heat to simmer and cook until most of the liquid has evaporated.



- 7 Spoon topping over couscous and top with chopped cilantro.

Polenta with black bean salsa

Ingredients

Serves: 

- 15 ml (1 tbsp) vegetable oil
- 1 onion
- ½ jalapeño pepper
- 2 ml (½ tsp) ground cumin
- 2 tomatoes
- 1-540ml (19 oz) can black beans
- 1 mango, fresh, or 500 ml (2 cups) frozen
- Juice of 1 lime
- Salt and pepper, to taste
- 125 ml (½ cup) fresh cilantro
- 750 ml (3 cups) water
- 175 ml (¾ cup) instant polenta



Directions

- 1 Mince the onion and jalapeño. Dice the tomatoes. Peel and dice the mango. Juice the lime. Chop the cilantro.
- 2 Heat 15 ml (1 tbsp) vegetable oil in skillet over medium heat. Add the onion and jalapeño. Sauté until the onion is translucent.
- 3 Add the cumin to warm the spice (about 1 minute).
- 4 Open the can of black beans and place in a strainer. Drain and rinse.
- 5 Add the tomato, black beans and mango. Stir to combine and warm (about 5 minutes).
- 6 Season with lime juice, salt and pepper
- 7 Cover and set aside until polenta is ready
- 8 Add polenta and water to a saucepan or skillet. Bring to a boil.
- 9 Once boiling, reduce heat to medium and cook, stirring constantly, about 5 minutes. The final texture should be like soft scrambled eggs.



CHEF'S TIP

Jalapeños are hot to handle! They contain oils that can burn your skin or eyes. Always wear gloves when preparing, or wash your hands well after preparing them.

Kick it up!

- **For extra spicy:** add 1 full jalapeño, minced (step 2)
- **For extra zesty:** add the zest of 1 lime and the juice of 2 limes (instead of 1) (step 6)
- **For a little crunch:** Top with unsalted pumpkin or sunflower seeds when adding the cilantro

- 10 Spread onto bottom of a serving platter and top with warmed salsa and chopped cilantro.



Greek salad

Ingredients

Serves: 

- 1 head of romaine lettuce
- 1 red onion
- 1 green bell pepper
- 2 tomatoes
- 1 English cucumber
- 175 g (6 oz) can pitted black olives
- 250 ml (1 cup) feta cheese
- 75 ml ($\frac{1}{3}$ cup) olive oil
- 5 ml (1 tsp) dried oregano or 15 ml (1 tbsp) fresh oregano
- Juice of 1 lemon
- Black pepper, to taste



Directions

- 1** Break or chop lettuce leaves into bite-sized pieces. Place in large bowl.
- 2** Peel and slice the onion. Chop the green pepper, tomato and cucumber. Open the can of olives and slice.
- 3** Add prepared vegetables and crumbled feta cheese to the lettuce.
- 4** For the dressing, place olive oil, oregano, lemon juice and pepper in a bowl and whisk to combine.
- 5** Pour dressing over the salad and toss to combine.

Tex-Mex black bean salad

Ingredients

Serves: 

- 125 ml (½ cup) olive oil
- Juice of 3 limes (90ml or 6 tbsp)
- Zest of 1 lime
- 15 ml (1 tbsp) sugar
- 5 ml (1 tsp) salt
- 1 ml (¼ tsp) cayenne pepper
- 2-540 ml (19 oz) cans black beans
- 500 ml (2 cups) frozen corn or 3 ears fresh cooked corn
- 2 bell peppers (e.g. red, orange or yellow)
- 2 garlic cloves
- 1 medium shallot
- 125 ml (½ cup) fresh cilantro, plus more for garnish
- 2 avocados



Directions

- 1** Zest 1 lime and juice 3 limes. Add to small bowl.
- 2** Add olive oil, sugar, salt and cayenne pepper to the lime zest and juice. Whisk to combine.
- 3** If using fresh corn, cook and set aside to cool.
- 4** Open the can of black beans and place in a strainer. Drain and rinse.
- 5** Chop peppers and cilantro. Mince garlic and shallot.
- 6** Add black beans, red peppers, cilantro, garlic, shallot and corn to large bowl (if using frozen corn, it can be added right into the bowl without cooking).
- 7** Pour dressing over the salad and toss to combine.
- 8** When ready to serve, chop avocados and mix gently into the salad. Be careful not to mash avocados.



CHEF'S TIP

How to cook fresh corn:

On a stovetop: Bring large pot of water to a boil. Remove husks and rinse corn cobs under cold water. Carefully add corn cobs to boiling water. Cook for about 5 minutes then remove.

In the microwave: Remove husks and rinse corn cobs under cold water. Wrap each husk in a moist paper towel. Microwave on high for 5 minutes.

Cool before cutting kernels off the cob.



Zesty bulgur and lentil salad

Ingredients

Serves: 

- Zest and juice of 2 lemons
- 15 ml (1 tbsp) grated fresh ginger
- 5 ml (1 tsp) Dijon mustard
- 10 ml (2 tsp) honey
- Salt and pepper, to taste
- 250 ml (1 cup) dry bulgur
- 500 ml (2 cups) water
- 1-540 ml can lentils
- 4 stalks celery
- 1 bell pepper (e.g. red, yellow or orange)
- 3 green onions
- 1 apple or pear



Directions

- 1** Zest and juice the lemons. Add to small bowl.
- 2** Peel ginger using a vegetable peeler. Grate using the small holes on a grater/shredder. Add to the small bowl.
- 3** Add mustard, honey, salt and pepper to the lemon zest, lemon juice and grated ginger. Whisk to combine.
- 4** Add water and bulgur to a pot. Bring to a boil. When boiling, cover, reduce to low and simmer for 12 minutes. Remove from heat and fluff with a fork.
- 5** Open the can of lentils and place in a strainer. Drain and rinse.
- 6** Finely chop celery, red bell pepper, green onions and the apple or pear. Place in large bowl. Add lentils and bulgur.
- 7** Pour dressing over the salad and toss to combine.



CHEF'S TIP

Want to try a hand at cooking lentils? Dry lentils will cook in about the same amount of time as bulgur. 250 ml (1 cup) of dry lentils will yield enough for this recipe. Cook according to package directions.

Italian minestrone soup

Ingredients

Serves: 

- 1 onion
- 4 celery stalks
- 4 carrots
- 2 garlic cloves
- 30 ml (2 tbsp) olive oil
- 5 ml (1 tsp) dried basil
- 5 ml (1 tsp) dried oregano
- 1 ml (¼ tsp) pepper
- 1-796 ml (24 oz) can diced tomatoes
- 1.8 L (7 cups) low-sodium chicken or vegetable broth
- 1-540 ml (19 oz) can red kidney beans
- 125 ml (½ cup) small pasta (shells or wheels)
- 500 ml (2 cups) leafy greens, chopped (Swiss chard, collard greens, kale or spinach)



Directions

- 1** Peel and dice onion, celery and carrots. Mince garlic.
- 2** Heat 30 ml (2 tbsp) olive oil in large soup pot over medium heat and add onion and garlic. Sauté until onions are translucent, about 4 minutes.
- 3** Add celery and carrot. Cook until they begin to soften, about 5 minutes.
- 4** Stir in dried basil, dried oregano and pepper. Cook for 1 minute to warm the herbs.
- 5** Open canned tomatoes. Add tomatoes and broth to the large soup pot. Cover and bring to a boil. Once boiling, reduce heat and simmer 10 minutes.
- 6** Open the can of kidney beans. Drain and rinse.
- 7** Stir in kidney beans and pasta. Cook until pasta is al dente, about 5-8 minutes.
- 8** Stir in leafy greens and heat until just wilted.

LET'S COOK



Breakfast parfait

This breakfast can be eaten on the go!

Ready in: 15 minutes

Makes: 4 servings

Ingredients:

- 500 ml (2 cups) fresh mixed berries (raspberries, strawberries, or 600 g bag frozen blackberries, etc.)
- 2 bananas
- 150 ml ($\frac{2}{3}$ cup) pitted dates
- 1- 398 ml can pineapple tidbits
- 750 ml (3 cups) low fat vanilla yogurt
- 125 ml ($\frac{1}{2}$ cup) Kellogg's® All Bran® Buds (or other crunchy whole grain cereal)

Directions:

1. If using fresh berries, rinse well under tap water. Set aside.
2. Peel and slice the bananas. Set aside.
3. Chop the dates into bite-sized pieces. Set aside.
4. Open canned pineapple tidbits and drain the juice out. Place pineapple in the bottom of a serving bowl or into single-serving dishes.
5. Add a layer of berries on top of the pineapple. Layer with yogurt and cereal. Top with slices of bananas and dates. Continue to layer until all ingredients are used.
6. Scoop out a serving of the Breakfast parfait into a smaller bowl, or enjoy one of the single-servings.

Strawberry-banana smoothie

Smoothies are like milkshakes made with fruit, juice and yogurt. Smoothies make a quick breakfast or snack.

Ready in: 6 minutes

Makes: 3 servings

Ingredients:

- 2 overripe bananas
- 375 ml (1½ cups) frozen strawberries
- 500 ml (2 cups) cold orange juice
- 375 ml (1½ cups) low fat vanilla yogurt
- 20 ice cubes (optional)

Directions:

1. Peel bananas, and break or chop into small pieces using your fingers or paring knife. Put pieces into a blender or food processor.
2. Add strawberries, orange juice, yogurt and ice cubes (if using). Secure lid and blend ingredients until smooth (about 1 - 2 minutes).
3. Pour into glasses and serve immediately.

Cheddar apple wrap

Cheese and apples taste great together.

Ready in: 10 minutes

Makes: 4 servings

Ingredients:

- 2 apples
- 250 g (8 oz) cheddar cheese
- 4 large whole grain tortillas
- 250 ml (1 cup) low fat vanilla yogurt

Directions:

1. Wash apples under cool tap water. Cut the apples into thin pieces (do not peel).
2. Cut the cheddar cheese into thin slices.
3. Layer each tortilla with equal amounts of apple, cheese and yogurt.
4. Fold sides of tortilla over fillings, and enjoy!

Veggie pita

These whole grain pitas are topped with cheddar cheese and crunchy vegetables.

Ready in: 15 minutes

Makes: 4 servings

Ingredients:

- 1/2 English cucumber
- 1 tomato
- 1 broccoli stalk
- 1 carrot
- 250 ml (1 cup) cheddar cheese
- 125 ml (½ cup) hummus
- 4 small whole grain pitas

Directions:

1. Rinse cucumber and tomato under cool tap water; cut into very thin slices. Set aside.
2. Wash and grate carrots using the large sized holes on a grater. Wash and finely chop broccoli. Set aside.
3. Grate cheese and set aside.
4. Spread hummus on top of pita. Cover with grated cheddar cheese and top with vegetables.



Pizza frittata

Who needs to order out! Make your own "egg" pizza using your favourite vegetable toppings.

Ready in: 15 minutes

Makes: 4 servings

Ingredients:

- few sprays non-stick cooking spray
- 1 small onion
- 2 mushrooms
- 1 small red, green, orange or yellow pepper
- 1 tomato
- 15 ml (¼ cup) mozzarella cheese
- 6 eggs
- 60 ml (¼ cup) water
- 15 ml (1 tbsp) fresh parsley
- 2 ml (½ tsp) salt
- 2 ml (½ tsp) dried oregano
- 2 ml (½ tsp) dried basil
- 2 ml (½ tsp) ground black pepper
- 30 ml (2 tbsp) pizza sauce

Directions:

1. Spray electric skillet with non-stick cooking spray; heat to medium-high.
2. Wash onion, mushrooms, and peppers and chop finely for pizza topping.
3. Measure and heat oil in electric skillet. Add onions, mushrooms, and peppers, and cook until soft, stirring often. Remove cooked vegetables from skillet and place in small bowl.
4. Chop tomato into small pieces.
5. Grate cheese and set aside.
6. Whisk eggs, water, and seasonings together in a bowl.
7. Pour whisked eggs into hot skillet. As mixture sets at the edges, gently lift cooked edges with spatula to allow uncooked egg to flow underneath. Cook until bottom of frittata is set and top is almost set. Turn off the heat.
8. Spread pizza sauce over the frittata. Garnish with cooked vegetable toppings and chopped tomato. Sprinkle with mozzarella cheese.
9. Cover skillet with lid and allow cheese to melt and frittata to cook for another minute.
10. Once cheese has melted and frittata has cooked through, serve and enjoy!

Blueberry grunt

Try to figure out why this is called a "grunt".

Ready in: 25 minutes

Makes: 4 servings

Ingredients: Sauce

- 1 litre (4 cups) fresh blueberries, or 1 - 600 g bag frozen
- 75 ml ($\frac{1}{3}$ cup) sugar
- 2 ml ($\frac{1}{2}$ tsp) cinnamon
- 1 ml ($\frac{1}{4}$ tsp) allspice
- 125 ml ($\frac{1}{2}$ cup) orange juice

Ingredients: Topping

- 175 ml ($\frac{3}{4}$ cup) whole wheat flour
- 60 ml ($\frac{1}{4}$ cup) sugar
- 7 ml ($1\frac{1}{2}$ tsp) baking powder
- 1 ml ($\frac{1}{4}$ tsp) salt
- 15 ml (1 tbsp) soft, margarine
- 1 egg white
- 60 ml ($\frac{1}{4}$ cup) skim milk
- 2 ml ($\frac{1}{2}$ tsp) vanilla extract

Directions:

1. Pre-heat skillet to medium-high.
2. Start with the sauce. Add blueberries, sugar, spices, and juice to skillet and cook for about 5 minutes, or until blueberries are soft and juice. Turn off heat.
3. In a medium bowl, combine flour, sugar, baking powder and salt. Add margarine and rub into flour with clean hands.
4. In a small bowl, combine egg white with milk and vanilla. Stir into flour.
5. Drop batter by the spoonful on top of blueberry sauce, avoiding the edge of the pan. Do not stir.
6. Cover with tight-fitting lid and cook over medium-low heat for about 15 minutes, or until dumplings are cooked through - no peeking!
7. When dumplings have puffed and cooked through, serve topped with sauce.



Vegetable quinoa salad

Quinoa (pronounced keen-wa) is an ancient grain from South America that is a source of protein and fibre. It can be used in any recipe in which you would use rice, and can be served hot or cold.

Ready in: 20 minutes

Makes: 8 servings

Ingredients: Quinoa and topping

- 250 ml (1 cup) quinoa
- 625 ml (2 ½ cups) cold water
- 2 tomatoes
- 2 sprigs fresh cilantro
- ¼ cucumber
- 75 ml (1/3 cup) chopped red, green or yellow peppers

Ingredients: Vinaigrette

- 45 ml (3 tbsp) extra-virgin olive oil
- 30 ml (2 tbsp) freshly squeezed lemon juice
- 7 ml (1 ½ tsp) hot pepper flakes (optional)
- 2 ml (½ tsp) salt
- 2 ml (½ tsp) ground black pepper

Directions: Quinoa

1. Measure out quinoa into a fine mesh strainer, and rinse under cool tap water for 30 seconds.
2. In the electric skillet, over medium heat, bring quinoa and water to a boil. Reduce heat, cover and boil gently for 10 - 15 minutes or until the white germ separates from the seed. Cover, turn off the heat and let stand for 5 minutes. Remove lid, let cool and fluff with a fork. Place in a large bowl.
3. Wash all vegetables and chop into bite-sized pieces. Place into a large bowl.
4. Rinse cilantro (if using) and chop. Add to bowl containing chopped vegetables.
5. Stir in cooled quinoa.

Directions: Vinaigrette

1. In a small bowl, measure out ingredients and whisk together olive oil, lemon juice, hot pepper flakes (if using), salt, and pepper.
2. Pour vinaigrette over salad and toss to coat.

Spicy African yam soup

This mix of simple ingredients makes a spicy, tasty soup that is ready in less than 45 minutes!

Ready in: 40 minutes

Makes: 4 servings

Ingredients: Fresh tomato salsa (makes 500 ml (2 cups))

- 1 tomato
- 1 small green pepper
- ½ large onion
- 3 - 4 sprigs fresh cilantro
- juice of 1 lime
- 2 jarred jalapeño slices
- 1 ml (¼ tsp) ground cumin
- 1 ml (¼ tsp) salt
- 1 ml (¼ tsp) ground black pepper

Ingredients: Soup

- 15 ml (1 tbsp) vegetable oil
- ½ large onion
- 1 large sweet potato
- 1 garlic clove
- 1 litre (4 cups) low sodium liquid chicken broth
- 5 ml (1 tsp) dried thyme
- 2 ml (½ tsp) ground cumin
- 250 ml (1 cup) salsa prepared from recipe
- 1 - 540 ml (19 oz) can chickpeas
- 1 zucchini
- 60 ml (¼ cup) uncooked instant whole grain brown rice

Directions:

1. Heat skillet to medium-high heat, measure oil and add to skillet. Finely chop onion, peel and dice sweet potato, and mince garlic. Add onion, sweet potato and garlic into skillet and sauté until onion is translucent and soft. Turn down heat as necessary to prevent any burning.
2. Measure out and add chicken broth, thyme and cumin into skillet and heat for 2 minutes.
3. Measure out rice and add to skillet. Bring to a boil, cover and simmer for 15 minutes.
4. While soup is simmering, wash and dice zucchini and prepare salsa.
5. Wash and chop tomato and pepper. Peel and dice onion. Wash and mince cilantro. Juice lime and chop jalapeño.
6. Measure out seasonings for salsa. Mix all salsa ingredients and set aside.
7. Open can of chickpeas and rinse under tap water in colander. Stir into soup.
8. Measure out 250 ml (1 cup) of salsa. Add salsa and diced zucchini into simmering soup.
9. Simmer until vegetables are tender (about 15 minutes).
10. Refrigerate remaining salsa and use within a few days.

Jollof rice

A popular and spicy West African dish. This is a one pot meal with rice, green beans, onions and carrots stewed together with fresh rosemary, red pepper flakes and nutmeg.

Ready in: 40 - 45 minutes

Makes: 8 servings

Ingredients:

- 15 ml (1 tbsp) vegetable oil
- 1 large onion
- 750 ml (3 cups) fresh or frozen green beans
- 2 carrots
- 1 - 796 ml can stewed tomatoes
- 1 - 156 ml can tomato paste
- 250 ml (1 cup) uncooked instant whole grain brown rice
- 5 ml (1 tsp) salt
- 1 ml ($\frac{1}{4}$ tsp) ground black pepper
- 1 ml ($\frac{1}{4}$ tsp) cayenne pepper
- 1 ml ($\frac{1}{4}$ tsp) red pepper flakes
- 15 ml (1 tbsp) Worcestershire sauce
- 5 ml (1 tsp) fresh rosemary
- 500 ml (2 cups) water
- 1 ml ($\frac{1}{4}$ tsp) ground nutmeg

Directions:

1. Heat skillet to medium-high heat, measure oil and add to skillet. Peel and finely chop onion and cook in electric skillet until soft.
2. Open stewed tomatoes and tomato paste and stir into cooked onions.
3. Wash and chop fresh rosemary.
4. Measure out salt, black pepper, cayenne pepper, red pepper flakes, Worcestershire sauce and rosemary. Add all measured spices, herbs, and seasonings to skillet and stir into tomato and onion mixture.
5. Cover and bring to a boil. Add water and rice, and stir together. Let it simmer for 25-30 minutes with the cover on.
6. While rice is simmering, wash and peel carrots. Dice into small cubes. If using fresh green beans, wash, trim (cut/snap off stem end) and break beans into 2 cm pieces.
7. Measure out nutmeg and stir into rice mixture. Add diced carrots and green beans. Bring to a boil, and then reduce heat to low. Cover and simmer until everything is cooked, about 10 minutes.

Glossary of cooking terms

Chop: To cut food into small, bite-size pieces with a sharp knife on a cutting board

Beat: To stir or mix ingredients with a whisk, spoon or a mixer until smooth

Dice: To cut food into small 6 mm (¼ inch) cube-shaped pieces

Fold: To gently mix ingredients by moving food from the center and lifting towards the edge of the bowl

Mince: To cut food as small as you can

Purée: To grind or mash food through a sieve or blender so that the food becomes a smooth, thick consistency

Sauté: To cook food quickly in a small amount of oil in a pan over direct heat

Set: To allow a food to become solid or semi-solid

Simmer: To heat liquids in a saucepan on low heat so that the small bubbles appear on the surface around the sides of the liquid

Slice: To cut foods such as apples, carrots, tomatoes, meat or bread into thin sections or pieces, using a sharp knife

Stiff Peaks: Egg whites whipped until the peaks formed stay upright

Stir: To mix two or more ingredients with a spoon, using a circular motion

Toss: To turn pieces of food over several times, until the ingredients are mixed together

Whisk: To mix together by beating with a whisk or mixer