

YOU'RE THE CHEF RECIPE COLLECTION



For more information contact Wellington-Dufferin-Guelph Public
Health 1-800-265-7293 ext. 4753
www.wdgppublichealth.com

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Let's Cook

SAFE FOOD HANDLING CHECKLIST

Clean

Do you...

- ☐ have soap and paper towels or clean hand towels at each sink at home
- ☐ wash your hands with warm water and soap for 20 seconds before and after handling food, using the bathroom, playing with your pets, etc.?
- ☐ use cold running water to clean fresh fruit and vegetables?
- ☐ wash your cutting boards, dishes, utensils and countertops with hot soapy water before and after preparing each food item?
- ☐ clean your reusable grocery bags and bins often?



Separate

Do you...

- ☐ place raw meat, poultry and seafood in separate plastic bags in your grocery cart, then place them in separate bags or bins when you take them home?
- ☐ store raw meat, poultry and seafood in containers on the lowest shelf of your refrigerator to prevent raw juices from dripping onto other food?
- ☐ use one cutting board for your raw meat, poultry and seafood and another for your ready-to-eat food?
- ☐ change or wash the plate you used for raw meat before you put cooked meat on it?



Chill

Do you...

- ☐ keep your fridge set at 4°C (40°F) and your freezer at -18°C (0°F) and check them by using an appliance thermometer?
- ☐ thaw your food in the fridge, or under cold running water, or in the microwave, then use it right away? marinate your food in the fridge?
- ☐ chill your leftover food quickly, place it in shallow covered containers, in the fridge, within 2 hours of cooking?



Cook

Do you...

- ☐ use a food thermometer to check that your food is cooked to safe temperatures? read and follow the manufacturer's directions for your food thermometer?
- ☐ know that your food is safely cooked/reheated when it reaches an internal temperature high enough to kill harmful bacteria that cause foodborne illness?
- ☐ have an "Internal Cooking Temperatures" chart to tell when your food is safely cooked? (available at www.wdgppublichealth.ca/yourhome/food-safety-home)





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Bring on Breakfast





BANANA BERRY WAKE UP SHAKE

Having fruit smoothies is a great way to kick start the morning. This can also be a good snack anytime of the day too!

Ready in:

10 minutes

Servings:

4

Equipment needed:

Blender
Cutting board
Paring knife
Dry measuring cups
Liquid measuring cups

1	banana	1
1 cup	fresh or frozen berries	250 mL
1 cup	milk or soy beverage	250 mL
3/4 cup	plain or vanilla yogurt	175 mL

1. In a blender, blend fruit with small amount of the milk.
2. Add remaining milk and yogurt; blend until smooth. If shake is too thick, add extra milk or soy beverage for desired consistency.

COOKING TIP

- If you have too many ripe bananas on hand, freeze them whole in their skin. They will turn black and look odd but they really keep well this way. When you are ready to make the smoothie, peel and add frozen banana to the blender.



GOLDEN BLUEBERRY PANCAKES

Make these pancakes on the weekend when mornings are not so rushed. Freeze leftover pancakes and quickly toast or microwave them for a busy day. For school, take leftover pancakes with a side of yogurt and fruit for your lunch.

Ready in:

20 minutes

Servings:

36 small pancakes

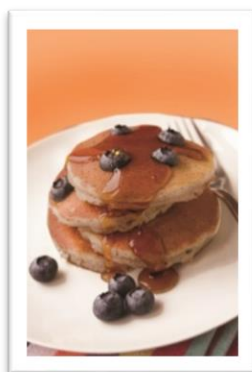
Equipment needed:

Electric skillet or large frying pan
Large mixing bowl
Pancake flipper
Wooden spoon
Dry measuring cups
Liquid measuring cup
Measuring spoons

3 cups	whole wheat flour	750 mL
1 tbsp	sugar	15 mL
1 tbsp	baking powder	15 mL
1/2 tsp	baking soda	2 mL
1/2 tsp	salt	2 mL
3	eggs	3
3 cups	milk	750 mL
1/2 cup	plain yogurt	125 mL
1/4 cup	vegetable oil	125 mL
2 cups	fresh or frozen blueberries	500 mL
1 tsp	vegetable oil (for cooking)	5 mL
	maple syrup	

1. In a large bowl, whisk together whole wheat flour, sugar, baking powder, baking soda and salt.
2. In a separate bowl, whisk eggs, milk, yogurt and oil; pour over dry ingredients and sprinkle with blueberries. Stir gently just until combined, a few lumps should remain.
3. In a large non-stick skillet, heat oil over medium heat.
4. Ladle about 1/4 cup (50 mL) batter per pancake into skillet. Cook for about 2 minutes or until bubbles break in batter but do not fill in; turn and cook for 1 to 2 minutes longer or until golden and puffed. Repeat with remaining batter, adjusting heat as necessary to prevent burning.

Source: Cooking Up Some Fun! Nutrition Services, York Region Community and Health Services, 2006.



PUMPKIN APPLE BREAD

The pumpkin and apple in this recipe team up to make a moist and flavourful slice of bread or muffin.

Ready in:

45 to 60 minutes

Servings:

2 loaves or 24 muffins

Equipment needed:

Mixing bowls
Wooden spoon
Measuring spoons
Measuring cups
Liquid measuring cup
Cutting board
Chef's knife
Whisk
Muffin tins
Loaf pans
Oven mitts

1 ½ cups	whole wheat flour	375 mL
1 ½ cups	white flour	375 mL
¾ tsp	salt	3 mL
2 tsp	baking soda	10 mL
1 ½ tsp	cinnamon	7 mL
1 tsp	nutmeg	5 mL
1 tsp	ground cloves	5 mL
¼ tsp	ground allspice	1 mL
2 cups	pumpkin puree	500 mL
½ cup	vegetable oil	125 mL
¼ cup	milk	50 mL
1 ½ cups	sugar	500 mL
4	large eggs, beaten lightly	4
3	medium apples, peeled, cored & finely chopped	3

1. Preheat oven to 350°F and lightly grease two 9" x 5" (2L) loaf pans (or 24 muffin tins).
2. In large bowl, mix together flour, salt, baking soda, cinnamon, nutmeg, cloves and allspice.
3. In another large bowl, mix together pumpkin, oil, milk, sugar and eggs.
4. Add flour mixture to pumpkin mixture stirring until combined. Fold in apples and divide batter between.
5. pans or fill muffin tins ¾ full.
6. Bake loaves for 50 minutes or until tester comes out clean (bake muffins for about 25 minutes).
7. Cool loaves in pans for 15 minutes, remove from pans and cool completely on rack before slicing.

Source: Adapted from Fat Factor, Diet and Breast Cancer Prevention Study, 1997.



BERRY CRUMBLE OATMEAL

A bowl of hot cereal is a great way to kick start the morning!

Ready in:

10 minutes

Servings:

4

Equipment needed:

Skillet or large saucepan
Measuring cups
Measuring spoons
Liquid measuring cup
Wooden spoon

Topping: (optional)

1/2 cup	rolled oats (quick cooking or old fashioned)	125 mL
1/3 cup	brown sugar, firmly packed	75 mL
1/2 tsp	ground cinnamon	2.5 mL

Oatmeal:

3 cups	milk or soy beverage	750 mL
1 ½ tsp	ground cinnamon	7 mL
2 cups	rolled oats (quick or old fashioned, uncooked)	500 mL
1 cup	blueberries or mixed fruit, frozen (do not thaw)	250 mL

1. Preheat skillet to medium heat (250°F).
2. For topping, cook oats for 4 to 6 minutes, stirring occasionally, until lightly browned and toasted. Cool completely.
3. In a small bowl, combine brown sugar and cinnamon. Add oat to mixture; mix well.
4. For oatmeal, bring milk and cinnamon to a boil in the skillet over medium heat (250°F). Cook 1 minute for quick oats, 5 minutes for old fashioned oats, stirring occasionally. Gently stir in blueberries.
5. Spoon oatmeal into cereal bowls. Sprinkle topping over oatmeal.

Source: The Quaker Oats Company, 2008.



BREAKFAST BURRITO

A rolled-up egg, cheese and salsa burrito is great for breakfast on the go, or this recipe is great for a quick meal.

Ready in:	2	eggs	2
15 minutes	2 tbsp	milk	30 mL
Servings:	½	onion, minced	½
2 burritos	1/2	small sweet green pepper, diced	1/2
		pinch each salt and pepper	
Equipment needed:	1 tsp	vegetable oil	5 mL
Colander	2 tbsp	shredded Cheddar cheese	30 mL
Cutting board			
Chef's knife	2	small flour tortilla	2
Mixing bowl	2 tbsp	salsa	30 mL
Whisk			
Measuring cups			
Liquid measuring cup			
Grater			
Skillet			
Spatula			

1. Whisk eggs, milk, onion, green pepper, salt and pepper in small bowl.
2. Heat skillet oil over medium-high heat until hot.
3. Pour in egg mixture and immediately reduce heat to medium-low. As eggs begin to set, gently move spatula across bottom and side of skillet to form large, soft curds. Cook until eggs are thickened and no visible liquid egg remains, but the eggs are not dry.
4. Sprinkle with cheese.
5. Spoon the eggs in the centre of each tortilla and top with salsa and parsley. Fold up the bottom and then the sides to enclose filling.



Let's Do Lunch & Delicious Dinners



MINESTRONE SOUP

Filled with colourful vegetables, pasta and beans, this hearty soup makes a perfect hot lunch or dinner.

Ready in:	1 tbsp	vegetable oil	15 mL
40 minutes	1	medium onion, chopped	1
Servings:	4	medium carrots, sliced	4
6	1	celery stalk, sliced	1
Equipment needed:	2	cloves garlic, minced	2
Electric skillet or large	6 cups	vegetable broth	1.5L
saucepan	1 – 28 oz can	tomatoes, diced – low sodium	796 mL
Cutting board	1/2 cup	small whole wheat pasta (e.g. shell or wheels)	125 mL
Chef's knife	1/2 tsp	dried basil	2.5 mL
Wooden spoon	1/2 tsp	dried oregano	2.5 mL
Can opener	1 – 19 oz can	White kidney bean, drained and rinsed	540 mL
Liquid measuring cup			
Dry measuring cups			
Measuring spoons			
Ladle			

1. Heat oil in skillet and saute onion, carrots, celery and garlic until beginning to soften.
2. Add broth and bring to a boil in the skillet over medium heat (250°F).
3. Cover and simmer for 25-30 minutes.
4. Add tomatoes, pasta and spices; simmer, covered, 5 minutes or until pasta is al dente.
5. Add kidney beans and continue to simmer until hot.

Source: Fat Factor, Diet and Breast Cancer Prevention Study, 1997.



RUSTIC RED LENTIL SOUP

This lentil soup is incredibly easy to make but is both filling and tasty.

Ready in:	1 tbsp	vegetable oil	15 mL
35 minutes	1 small	small onion, diced	1
Servings:	1	stalk celery, diced	1
6	1	medium carrot, diced	1
Equipment needed:	4 cups	vegetable broth	1000 mL
Skillet or large saucepan	1 cup	dried red lentils	250 mL
Blender	1/4 tsp	dried thyme	1 mL
Cutting board		salt and pepper to taste	
Chef's knife			
Measuring spoons			
Wooden spoon			
Dry measuring cups			
Liquid measuring cup			

1. In a large saucepan, heat oil over medium heat. Add onion, carrot, and celery and stir until soft, about 5 minutes.
2. Add broth, dry lentils and thyme.
3. Bring to a boil. Lower heat, cover and simmer for 20 minutes or until the lentils are soft. Add salt and pepper to taste.
4. Puree the soup with a blender or hand masher. If too thick, add water to desired consistency.

COOKING TIP

You can change the dry red lentils for canned chickpeas, green lentils, or white kidney beans. When using canned legumes, reduce the simmering time to 15 minutes.



VELVETY CARROT-GINGER SOUP

This carrot soup is beautiful in colour and is a crowd pleaser!

Ready in:

45 minutes

Servings:

8

Equipment needed:

Blender
Electric skillet or large
saucepan
Chef's knife
Cutting board
Measuring spoons
Dry measuring cups
Liquid measuring cup
Rubber spatula
Wooden spoon

3	cloves garlic, minced	3
1	large onion, chopped	1
2 tbsp	olive oil	30 mL
6	large carrots, diced	6
1	large or 2 small parsnips, diced (optional)	1
1 tbsp	ginger, minced	15 mL
1 ½ tsp	ground cumin	7 mL
1/2 tsp	salt	2 mL
1/4 tsp	ground nutmeg	1 mL
2 – 900 mL	tetra pack vegetable broth	1800 mL

1. Heat oil in a large saucepan over medium heat (250°F). Add garlic and onion and stir until soft, 3 minutes. Add carrots, parsnips and ginger to the onion mixture. Sprinkle with cumin, salt and nutmeg. Stir in vegetable broth.
2. Cover and bring to a boil. Reduce heat to medium-low. Simmer, stirring often, until vegetables are very tender, 30 minutes.
3. Ladle about one-third of soup into a food processor or use a hand blender. Whirl until pureed, scraping down inside the bowl as needed. Repeat remaining soup in 2 more batches.
4. When ready to serve, heat soup over medium-high, stirring often until hot.

COOKING TIP

Wrap fresh ginger and store in the freezer. Then when a recipe calls for it, you will always have a supply on hand.

Source: Chatelaine Magazine, December 2003.



CROWD PLEASING VEGETARIAN CHILI

This chili is full of vegetables and fibre.

Ready in:

30 minutes

Servings:

6

Equipment needed:

Electric skillet or large
saucepan
Cutting board
Chef's knife
Wooden spoon
Grater
Can opener
Liquid measuring cup
Dry measuring cups
Measuring spoons
Ladle

1 tbsp	vegetable oil	15 mL
1	onion, chopped	1
1	red pepper, chopped	1
2	cloves garlic, minced	1 cloves
2	stalks celery, finely chopped	2 stalks
4	carrots, grated	4
1 tbsp	chili powder	15 mL
2 tsp	ground cumin	10 mL
1 – 28 oz can	tomatoes, diced – low sodium	796 mL
1 – 19 oz can	red kidney beans, rinsed and drained	540 mL
1 cup	grated cheddar cheese	250 mL

1. In the skillet, heat oil over medium heat. Add onion, pepper, garlic, celery and carrots; cook until vegetables are tender. Stir in chili powder and cumin; cook for 1 minute.
2. Add tomatoes, breaking up with spoon. Stir in beans; bring to a boil.
3. Reduce heat, cover and simmer for 5 minutes. Serve with grated cheese.

Source: Callaghan, B., and Roblin L. Great Food Fast, Robert Rose, 2000



ONE POT VEGGIE PASTA

A complete meal in one pot! For a quick lunch idea, reheat leftovers in the microwave on a school morning and pack in a hot thermos; round out the lunch with a piece of fresh fruit.

Ready in:

35 minutes

Servings:

6

Equipment needed:

Electric skillet or large
saucepan

Dry measuring cups

Liquid measuring cup

Wooden spoon

Chef's Knife

Cutting board

Grater

Ladle

1 jar	tomato sauce	650 mL
1 jar full	water	700 mL
1 ½ cup	bite-size whole wheat pasta, dry (e.g. macaroni)	375 mL
1	red pepper, diced	1
1 cup	mushrooms, sliced	250 mL
2 cups	frozen mixed vegetables	500 mL
1 cup	grated mozzarella or Cheddar cheese	250 mL

1. Preheat electric skillet on medium heat (250°F).
2. Add tomato sauce, water, and pasta. Cover. Bring to a boil and simmer on 150°F for 15 minutes.
3. Add vegetables and cook 10 minutes more.
4. Stir in 1 cup grated cheese.

Source: Callaghan, B., and Roblin L. Great Food Fast, Robert Rose, 2000.



EASY FAJITAS

Fajitas are fun to put together as well as to eat! It is a great way to include vegetables in a meal.

Ready in:

30 minutes

Servings:

8 fajitas

Equipment needed:

Electric skillet or large
saucepan
Chef's knife
Cutting board
Wooden spoon
Grater
Liquid measuring cup
Measuring spoons
Tongs

1 tbsp	vegetable oil	15 mL
2	red peppers, thinly sliced	2
2	onion, thinly sliced	2
1 cup	mushrooms, thinly sliced	250 mL
1 cup	grated cheddar cheese	250 mL
1 cup	salsa	250 mL
8	small whole wheat flour tortillas	8

1. Heat the skillet on medium heat (250°F). Add vegetable oil, peppers, onion and mushrooms. Sauté until the vegetables are tender.
2. Each person can make their own fajita, adding the cooked ingredients and topping with salsa and grated cheese onto the centre of a tortilla.
3. Roll or fold the tortilla to contain all ingredients.

COOKING TIPS

- You can easily add leftover chicken, beef or shrimp to this recipe or you can add 1 lb of thinly sliced chicken or beef, seafood for firm tofu. Stir fry meat, seafood or tofu with the vegetables in step 1.
- You may also use any vegetables that you like.

Source: Adapted from Cooking Up Some Fun! booklet, Nutrition Services, York Region Community and Health Services, 2006.



RICE VERMICELLI WITH GREENS

This is a basic Chinese noodle dish that is easy to make at home. You can switch up the recipe by using your favourite noodles and vegetables.

Ready in:

30 minutes

Servings:

6

Equipment needed:

Electric skillet or large frying pan
Large mixing bowl
Colander
Cutting board
Chef's knife
Spatula
Liquid measuring cup
Measuring spoons
Tongs

8 oz	uncooked rice vermicelli or any cooked whole wheat pasta noodles e.g. spaghetti	250 g
1/4 cup	soy sauce	60 mL
2 tsp	white sugar	10 mL
2 tsp	sesame oil	10 mL
2 tbsp	ginger, minced	25 mL
3	cloves garlic, minced	3
1	medium carrot, julienned	1
3 cups	broccoli, chopped into small florets	750 mL
1/2 cup	red pepper, sliced	125 mL
1 cup	bok choy, chopped	250 mL
2 tbsp	vegetable oil	25 mL

1. Place the vermicelli in a large bowl and cover with boiling water. Soak for 5 minutes or until tender. Drain and set aside. Mix together the soy sauce, sugar and sesame oil and set aside.
2. Prepare the ginger, garlic and vegetables. Set aside.
3. In the skillet, heat the vegetable oil over medium heat (250°F). Swirl gently to coat the sides of the skillet. Cook the ginger and garlic in the hot oil for 10 seconds.
4. Add the carrots, broccoli and stir fry for 2 to 3 minutes. Add the red peppers and stir fry for an additional 2 minutes.
5. Add the bok choy, vermicelli and soy sauce mixture and toss together. Stir fry until heated through. Serve immediately.



COOKING TIPS

- Rice vermicelli noodles can be found in many grocery stores in the Asian specialty section/aisle.
- For a main meal, you can add 1 lb of thinly sliced chicken or beef, seafood or firm tofu. Stir fry meat, seafood or tofu before step 2 and set aside.

Source: Adapted from Cooking Healthy Together, Toronto Public Health, Revised December 1998.



EASY CHICKPEA CURRY

This is a popular Indian dish that is easy to make and also great for lunches. Just by adding rice, naan or pita bread you have a meal.

Ready in:	1 tbsp	vegetable oil	15 mL
30 minutes	2	onions, thinly sliced	2
Servings:	4	cloves garlic, minced	4
6	1 tsp	chili powder	5 mL
Equipment needed:	1 tsp	salt	5 mL
Skillet or saucepan	1 tsp	turmeric	5 mL
Measuring spoons	1 tsp	paprika	5 mL
Dry measuring cups	1 tbsp	ground cumin	15 mL
Wooden spoon	1 tbsp	ground coriander	15 mL
Can opener	2 – 19 oz can	chickpeas, rinsed and drained	2 – 540 mL
Chef's knife	1 – 28 oz can	tomatoes, diced – low sodium	796 mL
Cutting board	4 cups	spinach, lightly packed	1000 mL
	1 tsp	garam masala (spice)	5 mL

1. Heat oil in a skillet over medium heat (250°F).
2. Add onion and garlic to pan; sauté over medium heat, stirring until soft.
3. Add the chili powder, salt, turmeric, paprika, cumin and coriander. Stir over heat for 1 minute.
4. Add chickpeas and undrained tomatoes. Stir until combined. Simmer, covered, over low heat 20 minutes, stirring occasionally.
5. Stir in spinach, garam masala. Simmer, covered for another 5 – 10 minutes. Serve with rice, chapattis, pita or naan bread.

Source: Cooking Up Some Fun!, Nutrition Services, York Region Community and Health Services, 2006.



BROCCOLI AND CHEDDAR FRITTATA

This egg dish is perfect anytime of the day, breakfast, lunch or dinner! Leftovers can be eaten cold too.

Ready in:

30 minutes

Servings:

6

Equipment needed:

Dry measuring cups
Liquid measuring cup
Measuring spoon
Electric Skillet
Spatula
Mixing bowl
Cutting board
Chef's knife
Paring knife
Grater
Wooden spoon
Mixing bowl
Whisk

1 tbsp	vegetable oil	15 mL
2 cups	broccoli, chopped into small florets	500 mL
1	onion, sliced	1
1	sweet red pepper, sliced	1
2	cloves garlic, minced	2
1/2 tsp	each salt and pepper	2 mL
8	eggs	8
1/4 cup	milk	50 mL
1/2 cup	grated Cheddar cheese	125 mL

1. In a 10 inch (25 cm) non-stick electric skillet, heat oil over medium heat (250°F). Sauté broccoli, onion, red pepper, garlic, salt and pepper, stirring occasionally, until broccoli is tender-crisp, about 3 minutes.
2. In bowl, whisk eggs with milk; pour over vegetable mixture. Cover and cook over medium-low heat until bottom and side are firm but top is still slightly runny, about 7 minutes.
3. Sprinkle with cheese; cover and cook until centre is set and cheese is melted, about 3 minutes.

COOKING TIPS

- If you are cooking on a stove top and using a non-stick pan with an oven proof handle, you can finish the frittata under the broiler. Once you have sprinkled the cheese over top, broil until centre is set and cheese is melted.
- Alternatively, you can pour the egg mixture into greased muffin tins and bake at 350°F for 20 minutes.

Source: Food Share, 2013.



30-MINUTE COCONUT CURRY

This super simple coconut curry uses a variety of local vegetables. It smells and tastes delicious.

Ready in:

40 minutes

Servings:

6

Equipment needed:

Strainer
Spatula
Skillet or large saucepan
Measuring spoons
Wooden spoon
Dry measuring cups
Liquid measuring cup
Cutting board
Chef's knife
Can opener

1 tbsp	vegetable oil	15 mL
1/2 lb	firm tofu, cubed	225 g
1	small onion, diced	1
4	cloves garlic, minced	4
1 tbsp	fresh ginger, minced	15 mL
2 tbsp	curry powder	30 mL
3 cups (1 bunch)	broccoli, chopped into small florets	750 mL
2	carrots, diced	2
1 cup	snow peas or green beans	250 mL
1/2 tsp	salt	2 mL
1 tsp	sugar	5 mL
1 – 14 oz can	coconut milk	1
1/2 cup	water	125 mL

1. Over medium heat (250°F), add half the oil to a large saucepan or pot. Add tofu and pan fry till slightly brown and set aside.
2. Add remaining oil, onion, garlic, ginger, curry powder and stir fry for about a minute. Add broccoli and carrots. Cook, stirring frequently until softened, about 5 minutes.
3. Add salt, sugar, coconut milk, and water. Bring to a simmer then reduce heat slightly and continue cooking for about 8 – 10 minutes.
4. Add in the snow peas and tofu in the last few minutes for cooking to heat through.
5. Serve with rice or noodles.



FRESH TOMATO SAUCE WITH PASTA

This pasta sauce is a basic tomato sauce that is easy and very quick to make.

Ready in:

30 minutes

Servings:

6

Equipment needed:

Electric skillet or large
saucepan
Large saucepan
Cutting board
Chef's knife
Wooden spoon
Can opener
Liquid measuring cup
Dry measuring cups
Measuring spoons
Ladle

1 tbsp	olive oil	15 mL
6	cloves garlic, finely chopped	6
2 – 28 oz can	tomatoes, pureed with juices	2 – 795 mL
1 tsp	sugar	5 mL
1 tsp	pepper	5 mL
	salt to taste	
1/2 cup	chopped fresh basil (or 2 tsp dried basil)	125 mL
1 lb	penne or other tube pasta	500 g
1/2 cup	grated Parmesan cheese	125 mL

1. Heat oil in large, deep non-stick skillet. Add garlic. Sauté gently until fragrant, but do not brown.
2. Add tomatoes, sugar, pepper and salt and cook for 10 to 15 minutes, or until sauce is medium thick. Add half of fresh basil or all of the dried basil.
3. Bring large pot of water to boil. Add pasta and cook until tender but firm. Drain well and place in large bowl. Before serving, pour sauce over top and sprinkle with remaining basil and cheese. Taste and adjust seasoning if necessary. Serve immediately.

COOKING TIP

You can make this tomato sauce spicy by adding 1/2 tsp of chilli flakes to step 1 while sautéing the garlic.



EGG AND VEGGIE SUSHI ROLLS

This is a delicious, easy recipe that looks great with lots of colours from fresh local vegetables.

Ready in:

45 minutes

Servings:

6

Equipment needed:

Large saucepan
Sushi mat (optional)
Measuring spoons
Wooden spoon
Dry measuring cups
Liquid measuring cup
Cutting board
Chef's Knife

1 cup	brown rice	250 mL
1 ½ cup	water	375 mL
2	eggs	2
1	red bell pepper, sliced	1
1/2	cucumber, sliced horizontally	1/2
1	avocados, sliced	1
3 tbsp	rice vinegar	45 mL
2 tbsp	sugar	30 mL
3	nori seaweed sheets	3
optional	Wasabi and Japanese soy sauce for dipping	

1. Cook rice according to package directions. Note: rice will need time to cool down, cook in advance or you can spread out on cookie tray to cool down if pressed for time.
2. Place eggs in a small saucepan, cover with cold water and bring to a boil over high heat. Turn off the heat and let sit for 10 minutes on the hot burner.
3. While the rice and eggs are cooking, cut red pepper, cucumber, and avocado into small strips.
4. Cool the boiled eggs under cold running water, peel the shell, and slice into thin strips.
5. Mix the sugar and the rice vinegar into the cooled rice, blend well.
6. Lay out one sheet of nori seaweed and spread a thin layer of rice to cover a little more than half of nori sheet.
7. Lay red bell pepper, celery sticks, cucumber, avocado, and egg about 4 cm from the edge closes to you. Roll the nori sheet over top of the vegetables and then roll again.
8. Cut the roll into 6 – 8 pieces using a serrated or sharp knife (wiping the knife clean after each cut).
9. Repeat steps 6 – 9 with a new sheet of nori seaweed. Arrange sushi rolls on a plate to serve.
10. Optional: Mix together a small amount of wasabi and soy sauce as a dipping sauce for the sushi roll.



CUCUMBER AND TOMATO SALAD

This is a quick and colourful salad as a side dish to any meal. It's especially tasty when you can find locally grown fresh tomatoes.

Ready in:

15 minutes

Servings:

4

Equipment needed:

Cutting board
Chef's knife
Colander
Mixing bowl
Wooden spoon
Measuring spoon
Measuring cups
Measuring spoons

1 cup	English cucumber, chopped	250 mL
1 cup	grape tomatoes, cut in half	250 mL
2 tbsp	olive oil	30 mL
2 tbsp	balsamic vinegar	30 mL
pinch	dried basil (or fresh basil to taste)	pinch
1/2 cup	feta cheese, cut into squares or crumbled (optional)	125 mL
	salt and pepper to taste	

1. Wash and cut cucumbers and tomatoes and place in bowl.
2. Mix together oil, vinegar and basil. Pour over vegetables and toss.
3. Cut or crumble feta cheese over the top. Add salt and pepper to taste.



SUMMER FRESH VEGGIE PASTA SALAD

Simply chop up all the vegetables, boil the pasta, and mix it all together with the dressing and VOILA! A delicious dish for any summer barbecue!

Ready in:

40 minutes

Servings:

6

Equipment needed:

Skillet or large saucepan

Strainer

Mixing bowl

Measuring spoons

Wooden spoon

Dry measuring cups

Liquid measuring cup

Chef's knife

Cutting board

1 cup	whole wheat fusilli pasta	250 mL
1/2 cup	red, yellow and orange peppers, diced	125 mL
1/4 cup	onion, thinly sliced	50 mL
1/4	cucumber, sliced and chopped in halves	1/4
10	cherry tomatoes	10
1 – 19 oz can	lentils, drained	1
1/3 cup	feta cheese, crumbled	75 mL
1/4 cup	olive oil	50 mL
1/4 cup	Dijon mustard	50 mL
2 tbsp	honey	30 mL
1 tsp	dried oregano	5 mL
	salt and pepper to taste	

1. Fill a pot with water, put it on the stove and wait for it to boil.
2. While water is boiling, chop and slice all vegetables.
3. Once water is boiling add a pinch of salt to the water and put the pasta in the water. Cook until al dente. Once pasta is cooked, drain and run under cold water.
4. Mix pasta with all vegetables and add crumbled feta cheese.
5. Mix together the olive oil, mustard, honey, and dried oregano. Pour the dressing over the pasta salad and mix well.
6. Add salt and pepper to taste.



CHICKPEA QUINOA SALAD

This colourful salad is great as a main lunch dish!

Ready in:

40 minutes

Servings:

6

Equipment needed:

Measuring spoons
Dry measuring cups
Liquid measuring cup
Colander
Saucepan
Mixing bowl
Cutting board
Chef's knife
Can opener

1 ½ cups	uncooked quinoa	375 mL
2 cups	cherry tomatoes, cut in half	500 mL
2 cups	broccoli, chopped into small florets	500 mL
2	carrots, grated	2
1 – 19 oz can	chickpeas, rinsed and drained	540 mL
2 tbsp	olive oil	30 mL
2 tbsp	rice vinegar	30 mL
1/2	juice and zest of fresh lemon	1/2
1/2 cup	fresh parsley, chopped	125 mL
1/4 cup	fresh basil, chopped	50 mL

1. Fill a medium saucepan with 3 cups water. Bring to a boil. Add quinoa and cook 10 to 12 minutes. Drain and spread out on a large serving plate to cool.
2. Prepare vegetables as directed in recipe and place in a large bowl. Add chickpeas and cool quinoa.
3. In a separate bowl, whisk together olive oil, vinegar, lemon juice and zest. Add fresh herbs and mix.
4. Add the dressing to salad mixture and toss well.

COOKING TIP

You can substitute the quinoa for barley or pasta.

Source: Adapted from Demos for Dietitians, 2012.



HERBED CHEESE AND VEGGIE WRAP

Excellent for a quick lunch or snack, this herb cheese spread is a perfect complement to crunchy vegetables. Any vegetable combinations would work – try tomatoes, grated carrots or zucchini.

Ready in:

10 - 15 minutes

Servings:

8

Equipment needed:

Dry measuring cups
Measuring spoons
Chef's knife
Cutting board
Mixing bowl
Spatula
Blender

1	clove garlic	1
1/2 cup	packed fresh basil leaves	125 mL
1/4 cup	chopped green onion (green tops only)	50 mL
1 cup	cottage cheese	250 mL
1/2 cup	feta cheese	125 mL
1	red pepper, cut into strips	1
1/2	cucumber	1/2
4 cups	baby spinach	1000 mL
8	tortillas, whole grain, small	8
	pepper to taste (optional)	

1. In the blender, combine garlic, basil and green onion tops and process until finely chopped.
2. Add cottage cheese and feta cheese and process just until blended but still chunky. Add pepper to taste, if desired. Cover and chill until ready to serve.
3. Cut vegetables into long strips.
4. Spread cheese and herb mixture down the centre of each tortilla. Over top, line red pepper, cucumber and baby spinach.
5. Fold one side in, and then fold bottom up, then complete wrap by folding in second side.

COOKING TIP

This chunky cheese spread is also delicious served with vegetable sticks, crackers or any type of bread.

Source: Adapted from Fat Factor: Diet and Breast Cancer Prevention Study, 1997.



BLACK BEAN, CORN & LIME SALAD

This is a flavourful and colourful bean salad that's perfect as a side dish or main meal.

Ready in:

25 minutes

Servings:

6 – 8 servings

Equipment needed:

Measuring spoons
Dry measuring cups
Liquid measuring cup
Colander
Mixing bowl
Wooden spoon
Cutting board
Chef's knife
Can opener
Mason jar with lid

1/3 cup	fresh lime juice	75 mL
1/4 cup	olive oil	60 mL
1	clove garlic, minced	1
1/2 tsp	salt	2 mL
2 tsp	sugar	10 mL
2 – 19 oz cans	black beans, rinsed and drained	2 – 540 mL
1 ½ cups	corn kernels	375 mL
1	ripe mango, diced	1
1	ripe avocado – pitted and diced	1
1	red bell pepper, chopped	1
2	tomatoes, chopped	2
1/3 cup	red or green onions, minced	75 mL
1/2 cup	fresh cilantro, chopped	125 mL

1. Place lime juice, olive oil, garlic, salt and sugar in a small jar. Cover with lid and shake until ingredients are well mixed.
2. In a salad bowl, combine beans, corn, mango, avocado, bell pepper, tomatoes, red onions, and cilantro. Shake lime dressing and pour it over the salad. Stir salad to coat vegetables and beans with dressing and serve.

COOKING TIP

Frozen mangos can be substituted for fresh. Some chunks may need to be diced into smaller pieces.



ZESTY ZUCCHINI SOUP

Being able to make soup out of what you have in the fridge is a life skill. This soup is both simple and delicious!

Ready in:

30 minutes

Servings:

4 servings

Equipment needed:

Electric skillet or large
saucepan
Cutting board
Chef's knife
Wooden spoon
Liquid measuring cup
Dry measuring cups
Measuring spoons
Ladle

1 tbsp	vegetable oil	15 mL
1 medium	onion, chopped	1 medium
1 tsp	garlic, minced	5 mL
2 tsp	curry powder	10 mL
1/2 tsp	salt	2 mL
pinch	cayenne	pinch
3 medium	zucchini, trimmed and chopped	3 medium
3 ½ cups	vegetable broth	875 mL
1/2 cup	milk	125 mL
	cilantro, chopped (optional garnish)	
	pumpkin seeds, toasted (optional garnish)	

1. In a medium pot, heat the oil over medium heat. Add the onions and garlic and cook, stirring until soft, about 3 minutes.
2. Add the curry powder, salt, and cayenne, stirring occasionally, until soft, about 3 to 5 minutes.
3. Add the broth and zucchini and bring to a boil. Reduce the heat and simmer until the zucchini is tender, about 20 minutes.
4. Remove from heat. With a hand-held immersion blender, or in batches in a food processor, puree the soup. Return to medium heat and stir in the milk. Adjust the seasoning to taste.
5. To serve, ladle into large cups, garnish with cilantro and pumpkin seeds. This soup may be served hot or cold.

COOKING TIP

To serve chilled, pour into a clean container and refrigerate until well chilled, 4 to 6 hours.

Adapted from: Curried Zucchini Soup, Health.com, accessed 2019.



Sensational Snacks



BEAN DIP WITH WEDGES AND RAW VEGETABLES

This zippy dip is a snap to make! You can pull this out from the fridge as an after-school snack or pack it for lunch the next day.

Ready in:	1 – 19 oz can	black beans, drained and rinsed	540 mL
10 minutes	1/2 cup	salsa	125 mL
Servings:	1	clove garlic, minced	1
4 to 6	1 tsp	ground cumin	5 mL
Equipment needed:	1/8 tsp	ground black pepper	pinch
Blender	2	whole wheat pitas	2
Can opener	2	large carrots	2
Colander	1	medium cucumber	1
Measuring cups	2	medium celery stalks	2
Measuring spoons			
Cutting board			
Chef's knife			

1. In a blender, combine beans, salsa, garlic and spices. Process until smooth. If the dip is too thick add a little bit of water and process again.
2. Wash and prepare raw vegetables for dipping. The carrots and celery can be cut into strips. The cucumber can be cut into coins. Cut each pita into 8 wedges. Serve with bean dip.

Source: Chatelaine Magazine, December 2003.



HUMMUS

Hummus is a popular dish from Middle East. It is a spread/dip made with cooked and pureed chickpeas. This is great to make for an afternoon snack or spread onto wraps and sandwiches.

Ready in:

10 minutes

Servings:

4 to 6

Equipment needed:

Blender
Can opener
Colander
Measuring cups
Measuring spoons
Cutting board
Chef's knife

1 – 19 oz can	chickpeas, drained and rinsed	540 mL
1	clove garlic, crushed	1
2 tsp	ground cumin	10 mL
1/2 tsp	salt	2 mL
1/2 tsp	black pepper	2 mL
1/4 cup	olive oil	60 mL
3 tbsp	lemon juice	45 mL
	water	

1. In a blender or food processor, combine chickpeas and garlic.
2. Add remaining ingredients and blend until smooth.

COOKING TIP

For a sweet addition, try adding 1/2 cup roasted red pepper or caramelized onions.



ROASTED RED PEPPER DIP

This tasty dip is quick to make and is perfect served with vegetables, crackers or as a spread on sandwiches.

Ready in:

15 minutes

Servings:

4 to 6

Equipment needed:

Colander

Cutting board

Chef's knife

Measuring cups

Liquid measuring cup

Measuring spoons

Blender

Spatula

1 – 19 oz can	cannellini beans (white kidney) rinsed and drained	540 mL
1 – 8 oz jar	roasted red peppers, rinsed and drained	250 mL
1/4 cup	fresh basil, chopped	50 mL
3 tbsp	freshly grated Parmesan cheese	45 mL
2 tbsp	freshly squeezed lemon juice	30 mL
2	cloves garlic, roughly chopped	2
1/2 tsp	salt	2 mL
1/2 tsp	freshly ground pepper	2 mL
2 tbsp	olive oil	30 mL

1. In a blender, place the beans, red peppers, basil, Parmesan cheese, lemon juice, garlic, salt, pepper and olive oil. Blend until pureed and smooth.



GUACAMOLE

This is a classic Mexican dip that is sure to be a big hit with everyone.

Ready in:	2	avocados	2
15 minutes	1	plum tomato, diced	1
Servings:	1	juice of lime	1
4 to 6	1/4 cup	red onion, diced	60 mL
Equipment needed:	1	clove garlic	1
Dry measuring cups	1/4 cup	cilantro, chopped	60 mL
Wooden spoon		pinch of salt	
Chef's knife			
Cutting board			
Mixing bowl			
Fork			

1. Cut avocados in half. Remove seed. Score and scoop out flesh from avocado and place into a mixing bowl. Mash avocado with fork into a paste (the more you mix, the smoother it will be).
2. Add remaining ingredients and combine.

COOKING TIPS

- Buy avocados at least three days (or more) in advance to allow time to ripen.
- Best served with pita bread or baked tortilla chips.

Source: Gallagher B., and Roblin L. Great Food Fast, Robert Rose, 2002.



PIZZA-DILLAS

These pizzas can be an anytime all-in-one meal or snack and you can make them in only 10 minutes!

Ready in:

10 - 20 minutes

Servings:

4 pizza-dillas

Equipment needed:

Electric skillet or large
frying pan
Measuring spoons
Dry measuring cups
Cutting board
Chef's knife
Grater
Flipper
Spoon

4	small whole wheat tortillas	4
1/4 cup	tomato sauce	60 mL
1 cup	grated mozzarella cheese	250 mL
1/2 cup	green peppers, chopped	125 mL

1. Lay tortillas on counter. With a spoon, spread half of each tortillas with 1 tbsp tomato sauce, 1/4 cup cheese and 2 tbsp green peppers. Fold uncovered half over filling.
2. Heat skillet to medium heat (250°F). Place tortilla on hot pan for about 2 minutes per side or until sides are lightly browned and cheese is slightly melted.
3. Cut tortillas in quarters and serve.

COOKING TIP

- Add any vegetable topping you like to this (e.g. mushrooms, onion, red peppers).

Source: Adapted from www.kraftcanada.com, Kraft Canada.



BRUSHETTA

Bruschetta is a perfect easy afternoon snack, especially in the summertime when the tomatoes are fresh and tasty.

Ready in:	2	large tomatoes, chopped	2
20 minutes	1 to 2	cloves garlic, minced	1 to 2
Servings:	1	small onion, chopped	1
8 slices	1 tsp	dried basil or oregano	5 mL
	1 tbsp	olive oil	15 mL
Equipment needed:		salt and pepper to taste	
Large mixing bowl	1 loaf	Italian crusty bread	1
Cutting board	1/4 cup	parmesan cheese, grated	50 mL
Chef's knife			
Serrated knife			
Cookie sheet			
Wooden spoon			
Measuring spoons			
Oven mitts			

1. Preheat the broiler.
2. Mix together the tomato, garlic, onion, basil, oil, salt and pepper to taste.
3. Slice the bread into 8 slices. Toast both sides of each slice of bread under the broiler. Watch carefully to avoid burning.
4. Spoon the tomato mixture over the top.
5. Sprinkle the parmesan cheese over the tomato mixture.
6. Heat under the broiler until the cheese is lightly browned. Serve immediately.

Source: Cooking Healthy Together, Toronto Public Health, 1997.



VEGGIE FRIES

These homemade fries are delicious. Best of all, these are simple to make!

Ready in:	2	medium potatoes, peeled	2
45 minutes	1	parsnip, peeled	1
Servings:	1	sweet potato, peeled	1
6	2	carrots, peeled	2
Equipment needed:	2 tbsp	vegetable oil	30 mL
Colander	1 tsp	salt	5 mL
Cutting board			
Chef's knife			
Wooden spoon			
Measuring spoons			
Cookie sheet			
Flipper			
Oven mitts			

1. Preheat oven to 425°F (220°F). Lightly oil 2 baking sheets.
2. Cut the clean and peeled vegetables into 1/8" thick wedges of the same size. Place in a bowl, add the oil, salt and toss.
3. Spread the vegetables in an even layer on the cookie sheet.
4. Bake for 40 minutes until crisp and lightly brown. Turn the fries over half way through the baking.
5. Serve immediately.

Source: Adapted from Cook Up Some Fun! booklet, Nutrition Services, York Region Community and Health Services, 2006.



YUMMY IN THE TUMMY BANANA MUFFINS

Make this recipe on the weekend and then freeze them individually for snacks. Grab one from the freezer before you leave for school and by recess they will be thawed and ready to eat.

Ready in:	1 cup	whole wheat flour	250 mL
30 minutes	2 ½ tsp	baking powder	12 mL
Servings:	1/4 tsp	baking soda	1 mL
12 muffins	3/4 cup	quick cooking rolled oats	175 mL
Equipment needed:	1/2 cup	white sugar	125 mL
2 large mixing bowls	1/4 cup	lightly packed brown sugar	50 mL
Wooden spoon	2	ripe bananas	2
Liquid measuring cup	1	large egg	1
Dry measuring cups	1/2 cup	1% milk	125 mL
Measuring spoons	3 tbsp	vegetable oil	45 mL
Muffin pan			
Oven mitts			
Fork			

1. Preheat oven to 375°F.
2. Mix the whole wheat flour, baking powder and baking soda in a large bowl. Stir in oats, sugar, and brown sugar. Set aside.
3. Mash bananas with a fork in a medium bowl. Add egg, milk and oil. Mix well. Stir banana mixture into the dry ingredients until blended. Do not over-mix.
4. Lightly grease or spray with a non-stick cooking spray 12 large muffin cups. Put the muffin batter into muffin cups. Bake in oven until tops are firm when lightly touched with your finger, about 18 to 20 minutes. Remove muffins from the tin and cool.

COOKING TIP

- If you have too many ripe bananas on hand, freeze them whole in their skin. They will turn black and look odd but they really keep well this way. When you are ready to make these muffins, thaw two bananas on a plate, cut off one end and squeeze out the banana.

Source: Adapted from Cooking Up Some Fun! booklet, Nutrition Services, York Region Community and Health Services, 20



BAKED APPLES

Baked apples make a great after school snack or a quick delicious desert.

Ready in:

45 minutes

Servings:

6

6

1/3 cup

1/2 tsp

1 tbsp

medium MacIntosh apples (unpeeled)

packed brown sugar

cinnamon

margarine

6

75 mL

2 mL

15 mL

Equipment needed:

Dry measuring cups

Spatula

Mixing bowl

Chef's knife

Cutting board

Baking dish

Apple corer

Oven mitts

1. Preheat oven to 350°F. Lightly grease 10-inch (25 cm) glass pie plate or spray with non-stick cooking spray.
2. Core apples; score around middle with sharp knife. Place in pie plate.
3. In small bowl, combine brown sugar and cinnamon; spoon into centre of each apple. Top each apple with 1/2 tsp (2 mL) margarine. Add 1/4 cup (50 mL) of water to pie plate.
4. Bake, uncovered, at 350°F for 45 to 55 minutes or until apples are tender.

COOKING TIP

Serve with homemade granola from You're the Chef recipe collection.

Source: Gallagher B., and Roblin L. Suppertime Survival, MacMillian Canada, 1996.



STRAWBERRY-APPLE SALSA WITH CINNAMON CRISPS

Fruit salsa is refreshing snack for any time of the year but is especially good when the strawberries are local and in season. This salsa also makes a delicious topping for vanilla or plain yogurt.

Ready in:

20 minutes

Servings:

6

Equipment needed:

Dry measuring cups
Wooden spoon
Mixing bowl
Chef's knife
Cutting board
Pastry brush
Spatula
Cookie sheet
Fork

Cinnamon Crisps

5	small (8-inch, 20 cm) flour whole wheat tortillas	5
1 tbsp	white sugar	15 mL
1/2 tsp	cinnamon	2 mL

Strawberry-Apple Salsa

1 cup	strawberries, hulled	250 mL
1	medium tart apple, diced (e.g. Granny Smith)	1
2 tbsp	honey or brown sugar	25 mL

1. Preheat oven to 400°F.
2. Cinnamon Crisps: Brush tortillas lightly with water; sprinkle with sugar and cinnamon. Cut into wedges. Place on cookie sheet and bake for 5 minutes or until golden and crisp.
3. Salsa: In a medium bowl, mash strawberries with a fork; add apple and honey. Stir to blend well. Serve with Cinnamon Crisps.

Source: Gallagher B., and Roblin L. Great Food Fast, Robert Rose, 2002.



THE PERFECT PARFAIT

This is a great and easy breakfast, snack or dessert to put together.

Ready in: 15 minutes	2 cups	fresh fruit, any kind	500 mL
Servings: 6	2 cups	plain or flavoured yogurt	500 mL
Equipment needed: Clear plastic cups Colander Mixing bowl Cutting board Chef's knife Measuring cups Measuring spoons	1/2 cup	homemade granola or crunchy high fibre cereal	125 mL

1. Wash the fruit.
2. Cut and dice fruit into bite size pieces.
3. Place 2 tbsp of cut up fruit at the bottom of each clear plastic cups.
4. Cover the fruit with 2 tbsp of the yogurt.
5. Sprinkle 1/2 tbsp of the granola or cereal on top of each cup.
6. Repeat, layering with the rest of the fruit, yogurt and granola or cereal to each cup.

COOKING TIPS

- Try a mixture using: banana slices, strawberries, blueberries or oranges
- Canned fruit can be used, but look for fruit that is packed in water or juice
- Frozen fruit can be used too but let it thaw for about 30 minutes before using
- See the Homemade Granola recipe. Granola can be made in advance and stored in an airtight container



HOMEMADE GRANOLA

Homemade granola is a great snack on its own or sprinkled on top of a yogurt parfait or baked apples!

Ready in:	2 tbsp	canola oil	30 mL
20 minutes	1/3 cup	brown sugar	75 mL
Servings:	1/3 cup	honey	75 mL
10	3 cups	large flake rolled oats	750 mL
Equipment needed:	1/2 cup	wheat bran	125 mL
Parchment paper	1/4 cup	unsweetened coconut	50 mL
Cookie sheet	1/4 cup	sunflower seeds	50 mL
Measuring spoons	1/2 cup	pumpkin seeds	125 mL
Dry measuring cups	1 tsp	cinnamon	5 mL
Saucepan	1/2 cup	raisin/craisins	125 mL
Mixing bowl			
Wooden spoon			
Spatula			

1. Preheat oven to 325°F.
2. In large saucepan, combine oil, brown sugar and honey and bring them to a simmer over medium heat.
3. In a bowl, combine oats, wheat bran, coconut, sunflower seeds, pumpkin seeds and cinnamon. Stir together until mixed.
4. Pour oat mixture into the saucepan and stir until everything is well coated.
5. Spread the granola onto a large cookie sheet lined with parchment paper or foil.
6. Bake for 10 minutes. Turn and stir the granola and bake for another 10 minutes or until the granola is golden brown. Let cool and then break up granola.
7. Add raisins/craisins to the granola.
8. Makes about 5 cups. Granola can be stored in an airtight container.

COOKING TIPS

- Use sunflower seeds and pumpkin seeds only if the package states it is peanut/nut safe.
- You may substitute for other dried fruit such as dates or apricots.



FANTASTIC FRUIT CRISP

This is a great crisp to make anytime of the year but especially great when fresh fruit is in season and available locally.

Ready in:

45 minutes

Servings:

6 to 8

Equipment needed:

Mixing bowls
Wooden spoon
Dry measuring cups
Liquid measuring cup
Measuring spoons
8" square baking dish
Cutting board
Chef's knife
Oven mitts

5 cups	apples, washed, peeled and sliced or fresh or frozen mixed berries	1.25 L
1 tbsp	brown sugar	15 mL
3/4 cups	quick oats	175 mL
1/2 cup	whole wheat flour	125 mL
1/3 cup	brown sugar	125 mL
1/4 cup	non-hydrogenated margarine	75 mL
1 tsp	cinnamon	5 mL

1. Preheat oven to 350°F.
2. Prepare the apples or berries and place them in a 20 cm (8 inch) square baking dish. Add 15 mL (1 tbsp) brown sugar and mix together.
3. To make the topping, measure the oats, whole wheat flour, brown sugar, margarine and cinnamon into a bowl. Mix together until crumbly.
4. Sprinkle the topping over the fruit.
5. Bake uncovered for 30 minutes or until the fruit is tender or bubbling.



BLUEBERRY LEMON MUFFINS

Warm muffins always make breakfast special. These wonderful muffins have lots of flavour and could be made with almost any fruit.

Ready in:	1 cup	all-purpose flour	250 mL
20 minutes	1 cup	whole wheat flour	250 mL
Servings:	1 tbsp	baking powder	15 mL
12 muffins	1/2 cup	granulated sugar	125 mL
Equipment needed:	1/2 tsp	salt	2.5 mL
Grater	1	large egg, beaten	1
Cutting board	1 cup	skim or 1% milk	250 mL
Chef's knife	1	lemon, zest and juice	1
Dry measuring cups	1/4 cup	oil	50 mL
Liquid measuring cup	1 tsp	vanilla	5 mL
Measuring spoons	1 cup	blueberries, fresh or frozen (not thawed)	250 mL
Mixing bowl			
Spatula			
Whisk			
Muffin tins			
Oven mitts			

1. Preheat oven to 375°F.
2. Lightly grease or spray with non-stick cooking spray 12 muffin cup pan.
3. In large bowl, mix together flour, baking powder, sugar and salt.
4. In another bowl, combine beaten egg, milk, lemon zest and lemon juice, oil and vanilla. Add to dry ingredients, stirring only enough to moisten. Carefully fold in blueberries.
5. Fill prepared muffin cups 2/3 full and bake in oven until a toothpick inserted into the center of a muffin comes out clean, about 20 to 25 minutes.



LEMON ZUCCHINI MUFFINS

These muffins make a perfect on-the-go snack.

Ready in:	1 ½ cups	whole wheat flour	375 mL
50 minutes	1/3 cup	white sugar	75 mL
Servings:	1 tsp	baking soda	5 mL
12 muffins	1 tsp	ground cinnamon	5 mL
Equipment needed:	1/2 tsp	salt	2 mL
Grater	1	egg, slightly beaten	1
Cutting board	1/4 cup	vegetable oil	60 mL
Chef's knife	1	apple grated (leave the skin on)	1
Dry measuring cups	1/4 cup	milk	60 mL
Liquid measuring cup	1	zest of 1 lemon	1
Measuring spoons	2 tbsp	lemon juice	30 mL
Mixing bowl	1 tsp	vanilla extract	5 mL
Spatula	1 cup	zucchini, shredded, excess moisture squeezed out	250 mL
Whisk			
Muffin tins			
Oven mitts			

1. Preheat oven to 350°F.
2. Lightly grease or spray with non-stick cooking spray 12 muffin cup pan.
3. Combine flour, sugar, baking soda, cinnamon, and salt in a large bowl.
4. In a separate bowl mix egg, oil, apple, milk, lemon zest, lemon juice, vanilla extract and zucchini.
5. Stir wet ingredients into dry ingredients until just moistened.
6. Fill prepared muffin cups 2/3 full and bake in oven until a toothpick inserted into the center of a muffin comes out clean, about 20 to 25 minutes.

Adapted from: Zucchini Muffins submitted by: edhoward on All Recipes.com. accessed August 21, 2015.



FRESH VEGGIE SPRING ROLLS

Fresh spring rolls are a Vietnamese staple made with rice paper wrappers and filled with a variety of fresh toppings like rice vermicelli and julienned vegetables.

Ready in:	3 oz	dry rice vermicelli	80 g
30 minutes	1 tbsp	soya sauce	15 mL
Servings:	1 tsp	sugar	5 mL
8	1 tbsp	juice of lime	15 mL
Equipment needed:	16 (8")	round rice paper wrappers	16
Cutting board	1	cucumber, julienned	1
Chef's knife	2	carrots, julienned	2
Mixing bowls	1	mango, julienned	1
Colander	1	red pepper, julienned	1
Measuring spoons	1 cup	baby spinach	250 mL
Measuring cups	1/2 cup	fresh cilantro leaves	125 mL
	Dipping sauce (optional)		
	1/4 cup	hoisin sauce	50 mL
	1 tbsp	hot sauce	1 tbsp

1. In a bowl, cover the dry rice vermicelli with boiling water and let soak for 5 minutes.
2. Combine soya sauce, sugar and lime juice in a small bowl.
3. Drain noodles and toss with soya sauce mixture.
4. Fill a large mixing bowl with warm tap water. Soak one piece of rice paper wrapper in water for about 10 seconds. Remove from the water and place on cutting board.
5. Place 1/8 cup of noodles in the centre of wrap, add a few slice of cucumbers, carrots, mango, red pepper, baby spinach and cilantro leaf, Remember not to over fill.
6. Fold bottom border of wrapper over filling. Then fold left edge and right edge of wrapper. Snuggly tuck filling in as you roll from the bottom to the top (similar to wrapping a burrito). Repeat the process with the remaining rice paper wrappers.
7. To serve, cut diagonally in half and serve with dipping sauce.

COOKING TIPS:

- Rice paper wrappers can be found in the Asian section of most grocery stores. They are crisp and when you soak it in water it will soften.
- As variety of fillings can be used – try adding tofu or cooked chicken or shrimp.



LOCAL HARVEST MUFFINS

Ready in:

40 minutes

Servings:

12

Equipment needed:

2 large mixing bowls

Wooden spoon

Whisk

Liquid measuring cup

Dry measuring cups

Measuring spoons

Muffin pan

Oven mitts

1 ½ cups	whole wheat flour	375 mL
1/2 cup	packed brown sugar	125 mL
1/3 cup	oatmeal (quick oats or old fashioned oats)	75 mL
2 ½ tsp	cinnamon	12 mL
1 ½ tsp	baking powder	7 mL
1/4 tsp	salt	1 mL
1/4 tsp	baking soda	1 mL
2/3 cup	milk	150 mL
1/3 cup	vegetable oil	75 mL
2	eggs, beaten	2
1 tsp	vanilla	5 mL
2 medium	Ontario apples (peeled or unpeeled), finely chopped	2 medium
2 medium	Ontario carrots, finely grated	2 medium

1. Preheat oven to 400°F.
2. In a bowl, mix together flour, sugar, oatmeal, cinnamon, baking powder, salt and baking soda. Set aside.
3. In a bowl, whisk together milk, oil, eggs and vanilla. Stir in apples and carrots. Stir in dry ingredients just until combined.
4. Lightly grease muffin tin. Spoon batter evenly into 12 muffin cups.
5. Bake in preheated oven for 20 – 22 minutes or until firm to the touch or tester comes out clean.
6. Cool muffins in pan, on wire rack for approximately 10 – 15 minutes. Remove muffins from pan and cool completely on wire rack. Refrigerate or freeze leftovers.

COOKING TIPS:

When looking for locally grown fruits and vegetables, visit your local farmers market or look for Foodland Ontario logo and signs to know you are buying local produce.

Adapted from: Carrot Oatmeal Muffins, Canadianliving.com, accessed 2019.

