



## Recipe Ratings - YTC Recipe Collection 1

Recipe	Unfamiliar ingredients	Skills needed	Equipment Needed	Time Commitment (Prep & cook)	Potential Challenges	Recipe Modifications	Rating
<b>Southwest vegetable quesadillas</b>	Refried beans	Mash, juice, chop, sauté, grate	Induction burner, electric skillet	30 mins	Mashing beans to an even consistency	Use canned refried beans	Intermediate
<b>Vegetable fried rice</b>	Bean sprouts	Slice, crack eggs, whisk, peel, shred, chop,	Induction burner, electric skillet	20 mins			Intermediate
<b>Fan favourite meatless chili</b>	Zucchini, beans	Peel, chop, mince, dice, sauté, grate	Electric skillet	30 mins	Making sure it doesn't burn		Intermediate
<b>Super fruity pancakes</b>	Cornstarch, flaxseed, wheat germ	Whisk, crack eggs, combining wet & dry ingredients	Induction burner, electric skillet	40 mins	Stirring to prevent lumpy topping Knowing when to flip pancakes		Intermediate
<b>Everyday omelet</b>		Chop, sauté, grate, crack eggs, whisk, cooking eggs	Electric skillet	25 mins	Cooking egg properly		Intermediate
<b>Chickpea &amp; cauliflower curry</b>	Cauliflower, chickpeas, cilantro, coconut milk, fresh ginger, spice combination	Peel, dice, mince, grate, chop, sauté,	Electric skillet	40 mins	Cooking cauliflower to doneness	Ground ginger for fresh ginger	Intermediate
<b>Moroccan couscous</b>	Couscous, zucchini, cilantro, spice combination	Peel, dice, mince, chop, sauté, boil, simmer	Electric skillet, induction burner	30 mins	Patience to let liquid evaporate		Intermediate
<b>Polenta with black bean salsa</b>	Mango, polenta, cilantro, jalapeno pepper	Mince, dice, juice, sauté, boil, stirring, sauté,		30 mins	Cooking polenta Handling jalapeno safely		Intermediate
<b>Greek salad</b>	Feta cheese, black olives	Chop, peel, slice, crumble, juice, whisk, toss		20 mins			Beginner
<b>Tex-mex black bean salad</b>	Avocado, cilantro, shallots	Zest, juice, chop, mince, toss		30 mins	Mashing avocado when tossing salad	Use frozen or canned corn instead of fresh	Beginner



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						Green onions instead of shallots	
<b>Zesty bulgur &amp; lentil salad</b>	Bulgur, fresh ginger, lentils, green onions	Zest, juice, peel, grate, whisk, boil, simmer, fluff, chop, toss		20 mins		Cook lentils from dry	Beginner
<b>Italian minestrone soup</b>	Leafy greens	Peel, dice, mince, sauté, boil, simmer,	Electric skillet	40 mins	Cooking pasta al dente		Beginner
<b>Banana parfait</b>	Dates	Peel, slice, chop, layer		15 mins			Beginner
<b>Strawberry-banana smoothie</b>		Use blender/food processor	Blender/food processor	6 mins		Any fresh or frozen fruit could be used	Beginner
<b>Cheddar apple wrap</b>		Slice, cut cheese		10 mins	Not slicing apple and cheese thin enough	Could grate cheese instead of slice	Beginner
<b>Veggie pita</b> (make hummus pg 34)	Broccoli, hummus	Slice, grate, chop		15 mins			Beginner
<b>Pizza frittata</b>		Chop, sauté, whisk, grate, cooking egg,	Electric skillet	20 mins	Cooking egg mixture		Intermediate
<b>Blueberry grunt</b>		Rub* margarine into flour, separate egg, thicken	Electric skillet	25 mins	Separating egg, doneness of dumplings, lifting lid before dumplings done		Intermediate
<b>Vegetable quinoa salad</b>	Quinoa, cilantro	Rinse, boil, fluff, chop, whisk, juice	Electric skillet	20 mins	Doneness of quinoa		Beginner
<b>Spicy African yam soup</b>	Zucchini, sweet potato, cilantro, jalapeno, chickpeas	Test for doneness of vegetables Chop, peel, dice, mince, sauté, boil, simmer, juice	Electric skillet	40 mins Make salsa while soup cooking	Doneness of veggies	Vegetable broth instead of chicken broth	Intermediate
<b>Jollof rice</b>	Spice mix, fresh rosemary	Peel, chop, sauté, simmer, cube	Electric skillet	45 mins	Doneness of veggies & rice		Intermediate

\*How to rub butter into flour: <https://www.youtube.com/watch?v=Y3sDNw0rNTc>