



YTC

You're the Chef

RECIPE BOOKLET #1



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Southwest Vegetable Quesadillas

Serves 

Ingredients:

45 ml (3 tbsp), canola oil, divided

2 garlic cloves

2-540 ml cans pinto beans

5 ml (1tsp) chili powder

Salt and pepper, to taste

Juice of 1 lime

2 bell peppers

2 green onions

500 ml (2 cups) grated cheese

8 large whole grain tortillas



Chef's Tip:

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

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. Chop peppers and green onions into small pieces.
5. Heat 15 ml (1 tbsp) canola oil in skillet over medium heat. Add peppers and cook until soft, stirring often.
6. Spread the refried beans over half of the tortillas. Layer with grated cheese, green onions, and cooked peppers. Fold tortillas in half.
7. Cook quesadillas in skillet until lightly browned on the outside and cheese is melted (about 2 -3 minutes).

Vegetable Fried Rice

Serves 

Ingredients:

500 ml (2 cups) uncooked brown rice

30 ml (2 tbsp) vegetable oil

1-227 g package of cremini mushrooms

4 eggs

500 ml (2 cups) bean sprouts

250 ml (1 cup) frozen peas

30 ml (2 tbsp) reduced-sodium soy sauce

4 green onions



Chef's Tip:

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

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.

Fan Favourite Meatless Chili

Serves 

Ingredients:

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. kidney beans, black beans, etc.)
1-796 ml can diced tomatoes
1-175 ml can tomato paste
250 ml (1 cup) water
15 ml (1 tbsp) chili powder
5 ml (1 tsp) ground cumin
1 ml (1/4 tsp) cayenne pepper
Salt and pepper, to taste
250-500 ml (1-2 cups) grated cheese



Chef's Tip:

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

Directions:

1. Peel and chop the onion. Peel and mince the garlic. Dice the celery, zucchini and green 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 pepper, canned legumes, tomato paste, canned tomatoes and 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.

Super Fruity Pancakes

Serves 

Ingredients:

1 litre (4 cups), fresh berries
30 ml (2 tbsp) cornstarch
Non-stick cooking spray
2 eggs
425 ml (1 ¾ cups) milk
60 ml (1/4 cup) canola oil
60 ml (1/4 cup) unsweetened applesauce
5 ml (1 tsp) vanilla extract
250 ml (1 cup) whole wheat flour
125 ml (1/2 cup) ground flaxseed
60 ml (1/4 cup) wheat germ
60 ml (1/4 cup) all-purpose flour
20 ml (4 tsp) baking powder
15 ml (1 tbsp) sugar
1 ml (1/4) cinnamon
1 ml (1/4 tsp) salt
1 banana (overripe if going inside)
1-398 ml can sliced peaches



Chef's Tip:

Make the pancakes “inside out!” Use a banana and peaches for the topping and add 250 ml (1 cup) of berries to the pancake mix.

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.

Everyday Omelet

Serves 

Ingredients:

(500 ml (2 cups) mixed vegetables

15 ml (1 tbsp) canola oil (optional)

250 ml (1 cup) cheese (mozzarella, cheddar, etc.)

6 eggs

60 ml (1/4 cup) water

Salt and pepper to taste

2 ml (1/3 tsp) each, dried oregano, basil, and/or parsley

Non-stick cooking spray



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.

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).
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).

Chickpea and Cauliflower Curry

Serves 

Ingredients:

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 tbsp) curry powder
5 ml (1 tsp) cinnamon
2 ml (1/2 tsp) cayenne pepper
1 dried bay leaf
30 ml (2 tbsp) fresh ginger root or 2 ml (1/2 tsp) ground ginger
Pinch salt
1-540 ml can chickpeas
175 ml (3/4 cup) water
175 ml (3/4 cup) canned coconut milk
60 ml (1/4 cup) fresh cilantro, optional



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

Serves 

Ingredients:

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 (1 ½ tsp) ground cumin

5 ml (1 tsp) ground coriander

1 ml (1/4) cinnamon

1 ml (1/4 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, optional



Chef's Tip:

Slivered almonds are a traditional topping for Moroccan couscous. Unsalted, hulled sunflower seeds could add a nice crunch and keep the recipe nut-free.

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

Serves



Ingredients:

15 ml (1 tbsp) vegetable oil
1 onion
½ jalapeño pepper
2 ml (1/2 tsp) ground cumin
2 tomatoes
1-540 ml (19 oz) black beans
1 mango, fresh, or 500 ml (2 cups) frozen
Juice of 1 lime
Salt and pepper, to taste
125 ml (1/2 cup) fresh cilantro, optional
750 ml (3 cups) water
175 ml (3/4 cup) instant polenta



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.

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

Greek Salad

Serves 

Ingredients:

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 (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, tomatoes, 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

Serves 

Ingredients:

125 ml (1/2 cup) olive oil
Juice of 3 limes (90 ml or 6 tbsp)
Zest of 1 lime
15 ml (1 tbsp) sugar
5 ml (1 tsp) salt
1 ml (1/4 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 (1/2 cup) fresh cilantro, plus more for garnish, optional
2 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.

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.

Zesty Bulgur and Lentil Salad

Serves 

Ingredients:

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



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.

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.
5. 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.

Italian Minestrone Soup

Serves        

Ingredients:

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) oregano
1 ml (1/4 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 (1/2 cup) small pasta (shells or wheels)
500 ml (2 cups) leafy greens, chopped (kale, spinach, etc.)



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.
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, heat until just wilted, and simmer for 10 minutes.

Breakfast Parfait

Serves 

Ingredients:

500 ml (2 cups) fresh mixed berries (raspberries, strawberries) or 600 g bag frozen blueberries, etc.)

2 bananas

150 ml (2/3 cup) pitted dates

1-398 ml can pineapple tidbits

750 ml (3 cups) low fat vanilla yogurt

125 ml (1/2 cup) Kellogg's® All Bran® Buds (or other crunchy whole grain cereal)



Chef's Tip:

Take this for breakfast on the go – or any time of day!

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.

Strawberry-Banana Smoothie

Serves 

Ingredients:

2 overripe bananas

375 ml (1 ½ cups) frozen strawberries

500 ml (2 cups) cold orange juice

375 ml (1 ½ cups) low fat vanilla yogurt

20 ice cubes (optional)



Chef's Tip:

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

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

Serves 

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

Serves 

Ingredients:

½ 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



Chef's Tip:

Choose any vegetables you like or whatever is in the fridge. Any combination works!

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

Serves 

Ingredients:

Non-stick cooking spray
1 small onion
2 mushrooms
1 small red, green, orange, or yellow pepper
1 tomato
60 ml (1/4 cup) mozzarella cheese
6 eggs
60 ml (1/4 cup) water
15 ml (1 tbsp) fresh parsley
2 ml (1/2 tsp) salt
2 ml (1/2 tsp) dried oregano
2 ml (1/2 tsp) dried basil
2 ml (1/2 tsp) ground black pepper
30 ml (2 tbsp) pizza sauce



Chef's Tip:

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

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

Serves 

Ingredients:

1 litre (4 cups) fresh blueberries, or
1-600 g bag frozen

75 ml (1/3 cup) sugar

2 ml (1/2 tsp) cinnamon

1 ml (1/4 tsp) allspice

125 ml (1/2 cup) orange juice

175 ml (3/4 cup) whole wheat flour

60 ml (1/4 cup) sugar

7 ml (1 1/2 tsp) baking powder

1 ml (1/4 tsp) salt

15 ml (1 tbsp) soft, margarine

1 egg white

60 ml (1/4 cup) skim milk

2 ml (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 juicy. 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

Serves



Ingredients:

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



Chef's Tip:

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.

Directions:

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

Spicy African Yam Soup

Serves 

Ingredients:

1 tomato
1 small green pepper
½ large onion
3-4 sprigs fresh cilantro, optional
Juice of 1 lime
2 jarred jalapeño slices
1 ml (1/4 tsp) ground cumin
1 ml (1/4 tsp) salt
1 ml (1/4 tsp) ground black pepper
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 (1/2 tsp) ground cumin
250 ml (1 cup) salsa prepared from recipe
1-540 ml (19 oz) can chickpeas
1 zucchini
60 ml (1/4 cup) uncooked instant whole grain brown rice



Directions:

1. Finely chop onion, peel and dice sweet potato, and mince garlic. Heat skillet to medium-high then add oil to skillet. 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

Serves 

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
5 ml (tsp) salt
1 ml (1/4 tsp) ground black pepper
1 ml (1/4 tsp) cayenne pepper
1 ml (1/4 tsp) red pepper flakes
15 ml (1 tbsp) Worcestershire sauce
5 ml (1tsp) fresh rosemary
250 ml (1 cup) uncooked instant whole grain brown rice
500 ml (2 cups) water
1 ml (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 (1/4 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.
Whisk	To mix by beating with a whisk or mixer.