



YTC

You're the Chef

**RECIPE
BOOKLET #2**



PublicHealth
WELLINGTON-DUFFERIN-GUELPH
Stay Well.

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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 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?
(www.wdgpUBLICHEALTH.ca/yourhome/food-safety-home)

Banana Berry Wake Up Shake

Servings: 4

Ready in 10 minutes

Ingredients:

1 banana

1 cup (250 mL) fresh or frozen berries

1 cup (250 mL) milk or soy beverage

$\frac{3}{4}$ cup (175 mL) plain or vanilla yogurt

Equipment:

- ☐ Blender
- ☐ Cutting board
- ☐ Paring knife
- ☐ Dry measuring cups
- ☐ Liquid measuring cups

Cooking Tip:

If you have too many ripe bananas on hand, freeze them whole in their skin in a plastic bag or container. 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.

Directions:

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

Golden Blueberry Pancakes

Servings: 36 pancakes

Ready in 20 minutes

Ingredients:

3 cups (750 mL) whole wheat flour

1 tbsp (15 mL) sugar

1 tbsp (15 mL) baking powder

½ tsp (2 mL) baking soda

½ tsp (2 mL) salt

3 eggs

3 cups (50 mL) milk

½ cup (125 mL) plain yogurt

¼ cup (125 mL) vegetable oil

2 cups (500 mL) fresh or frozen blueberries

1 tsp (5 mL) vegetable oil (for cooking)

Maple syrup

Equipment:

☐ Electric skillet or large frying pan

☐ Liquid measuring cup

☐ Large mixing bowl

☐ Measuring spoons

☐ Pancake flipper

☐ Wooden spoon

☐ Dry measuring cups



Directions:

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.

Pumpkin Apple Muffins

Servings: 24 muffins

Ready in 45 minutes

Ingredients:

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

Equipment:

<input type="checkbox"/> Mixing bowls	<input type="checkbox"/> Measuring cups
<input type="checkbox"/> Wooden spoon	<input type="checkbox"/> Liquid measuring cup
<input type="checkbox"/> Cutting board	<input type="checkbox"/> Muffin tins
<input type="checkbox"/> Chef's knife	<input type="checkbox"/> Oven mitts
<input type="checkbox"/> Whisk	
<input type="checkbox"/> Measuring spoons	



Directions:

1. Preheat oven to 350°F and lightly grease 24 muffin cups.
2. In large bowl, mix whole wheat flour, white flour, salt, baking soda, cinnamon, nutmeg, cloves and allspice.
3. In another large bowl, mix pumpkin, oil, milk, sugar and eggs.
4. Add flour mixture to pumpkin mixture stirring until combined.
5. Fold in apples and fill muffin tins ¾ full.
6. Bake muffins for 20 minutes or until tester comes out clean.
7. Cool muffins in pans for 15 minutes, remove from pans and cool completely on rack.

Berry Crumble Oatmeal

Servings: 4

Ready in 10 minutes

Ingredients:

TOPPING:

½ cup (125 mL) rolled oats (quick cooking or old fashioned)

1/3 cup (75 mL) brown sugar, firmly packed

½ tsp (2.5 mL) ground cinnamon

OATMEAL

3 cups (750 mL) milk or soy beverage

1 ½ tsp (7 mL) ground cinnamon

2 cups (500 mL) rolled oats (quick or old fashioned)

1 cup (250 mL) blueberries or mixed fruit, frozen (do not thaw)

Equipment:

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



Directions:

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.

Breakfast Burrito

Servings: 2 burritos

Ready in 15 minutes

Ingredients:

2 eggs

2 tbsp (30 mL) milk

½ onion, minced

½ small sweet green pepper, diced

Pinch each salt and pepper

1 tsp (5 mL) vegetable oil

2 tbsp (30 mL) shredded Cheddar cheese

2 small flour tortilla

2 tbsp (30 mL) salsa

Equipment:

☐ Colander

☐ Cutting board

☐ Chef's knife

☐ Mixing bowl

☐ Whisk

☐ Measuring cups

☐ Liquid measuring cup

☐ Grater

☐ Skillet

☐ Spatula

Directions:

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. Fold up the bottom and then the sides to enclose filling.

Minestrone Soup

Servings: 6

Ready in 40 minutes

Ingredients:

1 tbsp (15 mL) vegetable oil
1 medium onion, chopped
4 medium carrots, sliced
1 celery stalk, sliced
2 cloves garlic, minced
6 cups (1.5 L) vegetable broth
1-28 oz can (796 mL) tomatoes, diced – low sodium
½ cup (125 mL) small whole wheat pasta (e.g., shell or wheels)
½ tsp (2.5 mL) dried basil
½ tsp (2.5 mL) dried oregano
1-19 oz can (540 mL) white kidney bean, drained and rinsed

Equipment:

<input type="checkbox"/> Electric skillet or large saucepan	<input type="checkbox"/> Liquid measuring cup
<input type="checkbox"/> Cutting board	<input type="checkbox"/> Dry measuring cups
<input type="checkbox"/> Chef's knife	<input type="checkbox"/> Measuring spoons
<input type="checkbox"/> Wooden spoon	<input type="checkbox"/> Ladle
<input type="checkbox"/> Can opener	



Directions:

1. Heat oil in skillet and sauté 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.

Rustic Red Lentil Soup

Servings: 6

Ready in 35 minutes

Ingredients:

1 tbsp (15 mL) vegetable oil

1 small onion, diced

1 stalk celery, diced

1 medium carrot, diced

4 cups (1000 mL) vegetable broth

1 cup (250 mL) dried red lentils

¼ tsp (1 mL) dried thyme

Salt and pepper to taste

Equipment:

☐ Skillet or large
saucepan

☐ Blender

☐ Cutting board

☐ Chef's knife

☐ Measuring spoons

☐ Wooden spoon

☐ Dry measuring
cups

☐ Liquid measuring
cup

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.

Directions:

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 potato masher. If too thick, add water to desired consistency.

Velvety Carrot-Ginger Soup

Servings: 8

Ready in 45 minutes

Ingredients:

3 cloves garlic, minced
1 large onion, chopped
2 tbsp (30 mL) olive oil
6 large carrots, diced
1 large or 2 small parsnips, diced (optional)
1 tbsp (15 mL) ginger, minced
1 ½ tsp (7 mL) ground cumin
½ tsp (2 mL) salt
¼ tsp (1 mL) ground nutmeg
2-900 mL tetra pack vegetable broth

Equipment:

<input type="checkbox"/> Blender	<input type="checkbox"/> Dry measuring cups
<input type="checkbox"/> Electric skillet or large saucepan	<input type="checkbox"/> Liquid measuring cup
<input type="checkbox"/> Chef's knife	<input type="checkbox"/> Rubber spatula
<input type="checkbox"/> Cutting board	<input type="checkbox"/> Wooden spoon
<input type="checkbox"/> Measuring spoons	

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.

Directions:

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.

Crowd Pleasing Vegetarian Chili

Servings: 6

Ready in 30 minutes

Ingredients:

1 tbsp (15 mL) vegetable oil
1 onion, chopped
1 red pepper, chopped
2 cloves garlic, minced
2 stalks celery, finely chopped
4 carrots, grated
1 tbsp (14 mL) chili powder
2 tsp (10 mL) ground cumin
1-28 oz can (796 mL) tomatoes, diced – low sodium
1-19 oz can (540 mL) red kidney beans, rinsed and drained
1 cup (250 mL) grated cheddar cheese

Equipment:

<input type="checkbox"/> Electric skillet or large saucepan	<input type="checkbox"/> Can opener
<input type="checkbox"/> Cutting board	<input type="checkbox"/> Liquid measuring cup
<input type="checkbox"/> Chef's knife	<input type="checkbox"/> Dry measuring cups
<input type="checkbox"/> Wooden spoon	<input type="checkbox"/> Measuring spoons
<input type="checkbox"/> Grater	<input type="checkbox"/> Ladle

Directions:

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.

One Pot Veggie Pasta

Servings: 6

Ready in 35 minutes

Ingredients:

1 jar (650 mL) tomato sauce

1 jar full (700 mL) water

1 ½ cup (375 mL) bite-size whole wheat pasta, dry (e.g. macaroni)

1 red pepper, diced

1 cup (250 mL) mushrooms, sliced

2 cups (500 mL) frozen mixed vegetables

1 cup (250 mL) grated cheddar cheese

Equipment:

- ☐ Electric skillet or large saucepan
- ☐ Cutting board
- ☐ Chef's knife
- ☐ Wooden spoon
- ☐ Grater
- ☐ Liquid measuring cup
- ☐ Dry measuring cups
- ☐ Ladle

Directions:

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.

Easy Fajitas

Servings: 8 fajitas

Ready in 30 minutes

Ingredients:

1 tbsp (15 ml) vegetable oil

2 red peppers, thinly sliced

2 onions, thinly sliced

1 cup (250 mL) mushrooms, thinly sliced

1 cup (250 mL) grated cheddar cheese

1 cup (250 mL) salsa

8 small whole wheat flour tortillas

Equipment:

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

Cooking Tip:

You may use any vegetables that you like.

Directions:

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. Add 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.

Rice Vermicelli with Greens

Servings: 6

Ready in 30 minutes

Ingredients:

8oz (250 g) uncooked rice vermicelli or any cooked whole wheat pasta e.g. spaghetti

¼ cup (60 ml) soy sauce

2 tsp (10 mL) white sugar

2 tsp (10 mL) sesame oil

2 tbsp (30 mL) ginger, minced

3 cloves, garlic, minced

1 medium carrot, julienned

3 cups (750 mL) broccoli, chopped into small florets

½ cup (125 mL) red pepper

1 cup (250 mL) bok choy

2 tbsp (30 mL) vegetable oil

Equipment:

☐ Electric skillet or large frying pan

☐ Electric kettle or saucepan

☐ Large mixing bowl

☐ Colander

☐ Cutting board

☐ Chef's knife

☐ Spatula

☐ Grater

☐ Liquid measuring cup

☐ Measuring spoons

Directions:

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 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 pepper 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.

Easy Chickpea Curry

Servings: 6

Ready in 30 minutes

Ingredients:

1 tbsp (15 mL) vegetable oil
2 onions, thinly sliced
4 cloves garlic, minced
1 tsp (5 mL) chili powder
1 tsp (5 mL) salt
1 tsp (5 mL) turmeric
1 tsp (5 mL) paprika
1 tbsp (15 mL) ground cumin
1 tbsp (15 mL) ground coriander
2-19 oz can (540 mL) chickpeas, rinsed and drained
1-28 oz can (796 mL) tomatoes, diced, low sodium
4 cups (1000 mL) spinach, lightly packed
1 tsp (5 mL) garam masala (spice)

Equipment:

- ☐ Electric skillet or large saucepan
- ☐ Cutting board
- ☐ Chef's knife
- ☐ Wooden spoon
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Can opener

Directions:

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 for 1 minute.
 4. Add chickpeas and undrained tomatoes. Stir until combined. Simmer, covered, over low heat for 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.

Broccoli and Cheddar Frittata

Servings: 6

Ready in 30 minutes

Ingredients:

1 tbsp (15 mL) vegetable oil
2 cups (500 mL) broccoli, chopped into small florets
1 onion, sliced
1 sweet red pepper, sliced
2 cloves garlic, minced
1/2 tsp (5 mL) each salt and pepper
8 eggs
1/4 cup (50 mL) milk
1/2 cup (125 mL) grated Cheddar cheese

Equipment:

<input type="checkbox"/> Electric skillet	<input type="checkbox"/> Measuring spoons
<input type="checkbox"/> Cutting board	<input type="checkbox"/> Spatula
<input type="checkbox"/> Chef's knife	<input type="checkbox"/> Mixing bowl
<input type="checkbox"/> Wooden spoon	<input type="checkbox"/> Paring knife
<input type="checkbox"/> Dry measuring cups	<input type="checkbox"/> Grater
<input type="checkbox"/> Liquid measuring cup	<input type="checkbox"/> Whisk

Cooking Tip:

You can make individual frittatas by pouring the egg & cooked vegetable mixture into well-greased muffin tins and baking at 350°F for 20 minutes.

Directions:

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.

30-Minute Coconut Curry

Servings: 6

Ready in 30 minutes

Ingredients:

1 tbsp (15 mL) vegetable oil, divided
½ lb. firm tofu, cubed
1 small onion, diced
4 cloves garlic, minced
1 tbsp (15 mL) fresh ginger, minced
2 tbsp (30 mL) curry powder
3 cups (750 mL) broccoli, chopped into small florets
2 carrots, diced
1 cup (250 mL) snow peas or green beans
1/2 tsp (2 mL) salt
1 tsp (5 mL) sugar
1-14 oz (398 mL) can coconut milk
½ cup (125 mL) water

Equipment:

<input type="checkbox"/> Electric skillet or large saucepan	<input type="checkbox"/> Strainer
<input type="checkbox"/> Cutting board	<input type="checkbox"/> Can opener
<input type="checkbox"/> Chef's knife	
<input type="checkbox"/> Wooden spoon	
<input type="checkbox"/> Dry measuring cups	
<input type="checkbox"/> Liquid measuring cup	
<input type="checkbox"/> Measuring spoons	
<input type="checkbox"/> Spatula	

Directions:

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 of cooking to heat through.
- Serve with rice or noodles.

Fresh Tomato Sauce with Pasta

Servings: 6

Ready in 30 minutes

Ingredients:

1 tbsp olive oil

2 cloves garlic, minced

2 -28 oz. (2-795 mL) tomatoes, pureed with juices

1 tsp (5 mL) sugar

1 tsp (5 mL) pepper

Salt to taste

Chopped fresh basil (or 10 mL (2 tsp) dried basil)

1 lb. (500 g) penne or other tube pasta

½ cup (125 mL) grated Parmesan cheese

Equipment:

☐ Electric skillet or large saucepan

☐ Liquid measuring cup

☐ Large saucepan

☐ Measuring spoons

☐ Cutting board

☐ Ladle

☐ Chef's knife

☐ Can opener

☐ Wooden spoon

☐ Dry measuring cups

Directions:

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.

Egg and Veggie Sushi Rolls

Servings: 6

Ready in 45 minutes

Ingredients:

1 cup (250 mL) converted brown rice
(cooks more quickly than regular brown rice)

2 eggs

1 red bell pepper, sliced

½ cucumber, sliced horizontally

1 avocado, sliced

3 tbsp (45 mL) rice vinegar

2 tbsp (30 mL) sugar

3 nori seaweed sheets

Wasabi and Japanese soy sauce, optional

Equipment:

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

Directions:

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.
 2. Place eggs (in shell) 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 pepper, cucumber, avocado, and egg about 4 cm from the edge, closest 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 6-8. Arrange sushi rolls on a plate to serve.
- Optional: Mix a small amount of wasabi and soy sauce as a dipping sauce.

Cucumber and Tomato Salad

Servings: 4

Ready in 15 minutes

Ingredients:

1 cup (250 mL) English cucumber, chopped

1 cup (250 mL) grape tomatoes, cut in half

2 tbsp (30 mL) olive oil

2 tbsp (30 mL) balsamic vinegar

Pinch dried basil (or fresh basil to taste)

½ cup (125 mL) feta cheese, cut into squares or crumbled, optional

Salt and pepper to taste

Equipment:

- ☐ Cutting board
- ☐ Chef's knife
- ☐ Wooden spoon
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Colander
- ☐ Mixing bowl

Directions:

1. Wash and cut cucumbers and tomatoes and place in bowl.
2. Mix 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

Servings: 6

Ready in 40 minutes

Ingredients:

1 cup (250 mL) whole wheat fusilli pasta
1/2 cup (125 mL) red, yellow and orange peppers, diced
1/4 cup (60 mL) onion, thinly sliced
1/4 cucumber, sliced and chopped in halves
10 cherry tomatoes
1/3 cup (75 mL) feta cheese, crumbled
1/4 cup (60 mL) olive oil
1/4 cup (60 mL) Dijon mustard
2 tbsp (30 mL) honey
1 tsp (5 mL) dried oregano
Salt and pepper to taste

Equipment:

<input type="checkbox"/> Large saucepan	<input type="checkbox"/> cups
<input type="checkbox"/> Cutting board	<input type="checkbox"/> Measuring spoons
<input type="checkbox"/> Chef's knife	<input type="checkbox"/> Colander
<input type="checkbox"/> Wooden spoon	<input type="checkbox"/> Mixing bowl
<input type="checkbox"/> Dry measuring cups	
<input type="checkbox"/> Liquid measuring	

Directions:

1. Fill a saucepan with water. Bring to a boil.
2. While the water is coming to a boil, 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 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

Servings: 6

Ready in 40 minutes

Ingredients:

1 ½ cup (375 mL) uncooked quinoa
2 cups (500 mL) cherry tomatoes, cut in half
2 cups (500 mL) broccoli, chopped into small florets
2 carrots, grated
1 – 19oz. (540 mL) can chickpeas, rinsed and drained
2 tbsp (30 mL) olive oil
2 tbsp (30 mL) rice vinegar
½ juice and zest of fresh lemon
½ cup (125 mL) fresh parsley, chopped
¼ cup (60 mL) fresh basil, chopped

Equipment:

<input type="checkbox"/> Cutting board	<input type="checkbox"/> Colander
<input type="checkbox"/> Chef's knife	<input type="checkbox"/> Mixing bowl
<input type="checkbox"/> Wooden spoon	<input type="checkbox"/> Saucepan
<input type="checkbox"/> Dry measuring cups	<input type="checkbox"/> Can opener
<input type="checkbox"/> Liquid measuring cups	
<input type="checkbox"/> Measuring spoons	

Cooking Tip:

You can substitute barley, rice or pasta for the quinoa. Dried herbs will also work in place of fresh herbs.

Directions:

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 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.

Herbed Cheese and Veggie Wrap

Servings: 8

Ready in 15 minutes

Ingredients:

1 clove garlic
1/2 cup (125 mL) packed fresh basil leaves
1/4 cup (60 mL) chopped green onion (green tops only)
1 cup (250 mL) cottage cheese
1/2 cup (125 mL) feta cheese
1 red pepper, cut into strips
1/2 cucumber
4 cups (1000 mL) baby spinach
8 small, whole grain tortillas
Pepper to taste, optional

Equipment:

<input type="checkbox"/> Cutting board	<input type="checkbox"/> Measuring spoons
<input type="checkbox"/> Chef's knife	<input type="checkbox"/> Mixing bowl
<input type="checkbox"/> Dry measuring cups	<input type="checkbox"/> Spatula
<input type="checkbox"/> Liquid measuring cups	<input type="checkbox"/> Blender

Cooking Tips:

Any vegetable combination would work. Try tomatoes, grated carrot or zucchini.

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

Directions:

1. In the blender, combine garlic, basil and green onion tops and process until finely chopped.
2. Add cottage cheese and feta cheese, 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, then fold bottom up, then complete wrap by folding in second side.

Black Bean, Corn & Lime Salad

Servings: 8

Ready in 25 minutes

Ingredients:

1/3 cup (80 mL) fresh lime juice
1/4 cup (60 mL) olive oil
1 clove garlic, minced
1/2 tsp (2 mL) salt
2 tsp (10 mL) sugar
2 - 19 oz (540 mL) cans black beans, rinsed and drained
1 1/2 cups (375 mL) frozen corn
1 ripe mango, diced
1 ripe avocado, pitted and diced
1 red bell pepper, chopped
2 tomatoes, chopped
1/3 cup (75 mL) red or green onions, minced
1/2 cup (125 mL) fresh cilantro, chopped, optional

Equipment:

<input type="checkbox"/> Cutting board	<input type="checkbox"/> Mixing bowl
<input type="checkbox"/> Chef's knife	<input type="checkbox"/> Colander
<input type="checkbox"/> Dry measuring cups	<input type="checkbox"/> Wooden spoon
<input type="checkbox"/> Liquid measuring cups	<input type="checkbox"/> Can opener
<input type="checkbox"/> Measuring spoons	<input type="checkbox"/> Small mason jar with lid

Cooking Tips:

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

Directions:

1. Place lime juice, olive oil, garlic, salt and sugar in mason 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, if using.
3. Shake lime dressing and pour it over the salad. Stir salad to coat vegetables and beans with dressing.

Zesty Zucchini Soup

Servings: 4

Ready in 30 minutes

Ingredients:

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

Equipment:

<input type="checkbox"/> Medium saucepan	<input type="checkbox"/> Wooden spoon
<input type="checkbox"/> Cutting board	<input type="checkbox"/> Ladle
<input type="checkbox"/> Chef's knife	<input type="checkbox"/> Immersion blender
<input type="checkbox"/> Dry measuring cups	
<input type="checkbox"/> Liquid measuring cups	
<input type="checkbox"/> Measuring spoons	

Cooking Tips:

This soup can be served hot or cold.

Directions:

1. In a medium saucepan, 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 for 1 minute.
3. Add the broth and zucchini; 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 puree the soup. Return to medium heat and stir in the milk. Adjust the seasoning to taste.
5. To serve, ladle into large cups or bowls. Garnish with cilantro and pumpkin seeds, if using.

Bean Dip with Wedges & Veggies

Servings: 6

Ready in 10 minutes

Ingredients:

1 - 19 oz (540 mL) can black beans,
drained and rinsed

½ cup (125 mL) salsa

1 clove garlic, minced

1 tsp (5 mL) ground cumin

1/8 tsp (pinch) ground black pepper

2 whole wheat pitas

2 large carrots

1 medium cucumber

2 medium celery stalks

Equipment:

- ☐ Cutting board
- ☐ Chef's knife
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Colander
- ☐ Can opener
- ☐ Blender

Directions:

1. In a blender, combine beans, salsa, garlic and spices. Process until smooth. If the dip is too thick, add a little 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.

Hummus

Servings: 6**Ready in** 10 minutes**Ingredients:**

1 - 19 oz (540 mL) can chickpeas, drained and rinsed

1 clove garlic, minced

2 tsp (10 mL) ground cumin

1/2 tsp (2 mL) salt

1/2 tsp (2 mL) black pepper

¼ cup (60 mL) olive oil

3 tbsp (45 mL) lemon juice

water

Equipment:

- | | |
|---|--|
| <input type="checkbox"/> Cutting board | <input type="checkbox"/> Colander |
| <input type="checkbox"/> Chef's knife | <input type="checkbox"/> Can opener |
| <input type="checkbox"/> Dry measuring cups | <input type="checkbox"/> Blender or food processor |
| <input type="checkbox"/> Measuring spoons | |

Cooking Tips:

For a sweet addition, try adding ½ cup (125 mL) roasted red pepper or caramelized onions.

Directions:

1. In a blender or food processor, combine chickpeas and garlic.
2. Add remaining ingredients and blend until smooth.
3. Serve with raw vegetables or crackers.

Roasted Red Pepper Dip

Servings: 6

Ready in 15 minutes

Ingredients:

1 - 19 oz (540 mL) can cannellini beans
(white kidney), drained and rinsed

1 - 8 oz (250 mL) jar roasted red peppers,
drained and rinsed

¼ cup (60 mL) fresh basil, chopped

3 tbsp (45 mL) freshly grated Parmesan
cheese

2 tbsp (30 mL) freshly squeezed lemon
juice

2 cloves garlic, roughly chopped

1/2 tsp (2 mL) salt

1/2 tsp (2 mL) black pepper

2 tbsp (30 mL) olive oil

Equipment:

- | | |
|---|-------------------------------------|
| <input type="checkbox"/> Cutting board | <input type="checkbox"/> Colander |
| <input type="checkbox"/> Chef's knife | <input type="checkbox"/> Can opener |
| <input type="checkbox"/> Dry measuring cups | <input type="checkbox"/> Blender |
| <input type="checkbox"/> Measuring spoons | <input type="checkbox"/> Spatula |

Cooking Tips:

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

Directions:

1. In a blender or food processor, combine beans, red pepper, basil, Parmesan cheese, lemon juice, garlic, salt, pepper and olive oil.
2. Blend until pureed and smooth.

Guacamole

Servings: 6**Ready in 15 minutes**

Ingredients:

2 avocados

1 plum tomato, diced

1 juice of lime

¼ cup (60 mL) red onion, diced

1 cloves garlic

¼ cup (60 mL) cilantro, chopped

Pinch of salt

Equipment:

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Cutting board | <input type="checkbox"/> Wooden spoon |
| <input type="checkbox"/> Chef's knife | <input type="checkbox"/> Fork |
| <input type="checkbox"/> Dry measuring cups | <input type="checkbox"/> Mixing bowl |

Cooking Tips:

Buy avocados at least 3 days or more in advance to allow time to ripen.

Directions:

1. Cut avocados in half. Remove the seed. Score and scoop out flesh and place into a mixing bowl.
2. Mash avocado with fork into a paste (the more you mix the smoother it will be).
3. Add remaining ingredients and combine.
4. Serve with pita bread or baked tortilla chips.

Pizza-Dillas

Servings: 4 pizza-dillas

Ready in 10 - 20 minutes

Ingredients:

4 small whole wheat tortillas

¼ cup (60 mL) tomato sauce

1 cup (250 mL) grated mozzarella cheese

½ cup (125 mL) green peppers, chopped

Equipment:

- | | |
|---|---|
| <input type="checkbox"/> Electric skillet or large frying pan | <input type="checkbox"/> Measuring spoons |
| <input type="checkbox"/> Cutting board | <input type="checkbox"/> Grater |
| <input type="checkbox"/> Chef's knife | <input type="checkbox"/> Flipper |
| <input type="checkbox"/> Dry measuring cups | <input type="checkbox"/> Spoon |

Cooking Tips:

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



Directions:

1. Lay tortillas on counter. With a spoon, spread half of each tortilla with 1 tbsp tomato sauce, ¼ 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.

Bruschetta

Servings: 8 slices

Ready in 20 minutes

Ingredients:

2 large tomatoes, chopped

1 to 2 cloves garlic, minced

1 small onion, chopped

1 tsp (5 mL) dried basil or oregano

1 tbsp (15 mL) olive oil

Salt and pepper to taste

1 loaf Italian crusty bread

¼ cup (60 mL) Parmesan cheese, grated

Equipment:

- | | |
|--|---|
| <input type="checkbox"/> Oven with broiler | <input type="checkbox"/> Cookie sheet |
| <input type="checkbox"/> Large mixing bowl | <input type="checkbox"/> Wooden spoon |
| <input type="checkbox"/> Cutting board | <input type="checkbox"/> Dry measuring cups |
| <input type="checkbox"/> Chef's knife | <input type="checkbox"/> Measuring spoons |
| <input type="checkbox"/> Serrated knife | <input type="checkbox"/> Oven mitts |



Directions:

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

Veggie Fries

Servings: 6

Ready in 45 minutes

Ingredients:

2 medium potatoes, peeled

1 parsnip, peeled

1 sweet potato, peeled

2 carrots, peeled

2 tbsp (30 mL) vegetable oil

1 tsp (5 mL) salt

Equipment:

- | | |
|--|---|
| <input type="checkbox"/> Oven | <input type="checkbox"/> Flipper |
| <input type="checkbox"/> Colander | <input type="checkbox"/> 2 cookie sheets |
| <input type="checkbox"/> Large mixing bowl | <input type="checkbox"/> Wooden spoon |
| <input type="checkbox"/> Cutting board | <input type="checkbox"/> Measuring spoons |
| <input type="checkbox"/> Chef's knife | <input type="checkbox"/> Oven mitts |

Directions:

1. Preheat oven to 425 °F (220 °C).
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 sheets.
4. Bake for 40 minutes until crisps and lightly browned. Turn the fries over halfway through the baking.
5. Serve immediately.

Yummy Banana Muffins

Servings: 12 muffins

Ready in 40 minutes

Ingredients:

1 cup (250 mL) whole wheat flour
2 ½ tsp (12 mL) baking powder
¼ tsp (1 mL) baking soda
¾ cup (175 mL) quick cooking rolled oats
½ cup (125 mL) sugar
1/4 cup (60 mL) brown sugar
2 ripe bananas
1 large egg
½ cup (125 mL) 1% milk
3 tbsp (45 mL) vegetable oil

Equipment:

<input type="checkbox"/> Oven	<input type="checkbox"/> cups
<input type="checkbox"/> 1 large mixing bowl	<input type="checkbox"/> Measuring spoons
<input type="checkbox"/> 1 medium mixing bowl	<input type="checkbox"/> Wooden spoon
<input type="checkbox"/> Liquid measuring cup	<input type="checkbox"/> Fork
<input type="checkbox"/> Dry measuring	<input type="checkbox"/> Muffin pan
	<input type="checkbox"/> Oven mitts

Cooking Tip:

If you have too many ripe bananas on hand, freeze them whole in their skin in a plastic bag. They will turn black, 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.

Directions:

1. Preheat oven 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 banana with a fork in another mixing 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 non-stick cooking spray 12 large muffins cups. Put the muffin batter into muffin cups.
5. Bake in oven until tops are firm when lightly touched with your finger, about 18 to 20 minutes. Remove muffin from oven and let cool 5 minutes before removing muffins from the tin.

Baked Apples

Servings: 6

Ready in 45 minutes

Ingredients:

6 medium MacIntosh apples (unpeeled)

1/3 cup (80 mL) packed brown sugar

½ tsp (2 mL) cinnamon

1 tbsp (15 mL) margarine

Equipment:

- | | |
|---|--|
| <input type="checkbox"/> Oven | <input type="checkbox"/> Measuring spoons |
| <input type="checkbox"/> Small mixing bowl | <input type="checkbox"/> Spatula |
| <input type="checkbox"/> Cutting board | <input type="checkbox"/> Apple corer |
| <input type="checkbox"/> Paring knife | <input type="checkbox"/> 10" glass pie plate |
| <input type="checkbox"/> Dry measuring cups | <input type="checkbox"/> Oven mitts |

Cooking Tip:

Serve with homemade granola on page 39.



Photo by victomar on Freeimages.com

Directions:

1. Preheat oven 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 mixing bowl, combine brown sugar and cinnamon; spoon into centre of each apple. Top each apple with ½ tsp (2mL) margarine. Add ¼ cup (50 mL) water to pie plate.
4. Bake, uncovered, for 45 minutes or until apples are tender.

Strawberry-Apple Salsa with Cinnamon Crisps

Servings: 6

Ready in 20 minutes

Ingredients:

Cinnamon Crisps

5 small (8-inch, 20 cm) whole wheat tortillas

1 tbsp (15 mL) white sugar

½ tsp (2 mL) cinnamon

Strawberry-Apple Salsa

1 cup strawberries, hulled

1 medium tart apple, diced (e.g. Granny Smith)

2 tbsp (30 mL) honey or brown sugar

Equipment:

- | | |
|---|---|
| <input type="checkbox"/> Oven | <input type="checkbox"/> Measuring spoons |
| <input type="checkbox"/> Medium mixing bowl | <input type="checkbox"/> Spatula |
| <input type="checkbox"/> Cookie sheet | <input type="checkbox"/> Pastry brush |
| <input type="checkbox"/> Cutting board | <input type="checkbox"/> Fork |
| <input type="checkbox"/> Chef's knife | <input type="checkbox"/> Wooden spoon |
| | <input type="checkbox"/> Oven mitts |

Directions:

1. Preheat oven 400°F.
2. **Cinnamon Crisps:** Brush tortillas lightly with water; sprinkle with white 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 or brown sugar. Stir well to blend. Serve with Cinnamon Crisps.

The Perfect Parfait

Servings: 6

Ready in 15 minutes

Ingredients:

2 cups (500 mL) fresh fruit, any kind

2 cups (500 mL) plain or flavoured yogurt

½ cup (125 mL) granola or crunchy high fibre cereal

Equipment:

- | | |
|---|---|
| <input type="checkbox"/> Clear plastic cups | <input type="checkbox"/> Chef's knife |
| <input type="checkbox"/> Colander | <input type="checkbox"/> Dry measuring cups |
| <input type="checkbox"/> Mixing bowl | <input type="checkbox"/> Measuring spoons |
| <input type="checkbox"/> Cutting board | |

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 juice.
- Frozen fruit can be used too but let it thaw for about 30 minutes before using.
- See the Homemade Granola recipe on page 39. Granola can be made in advance and stored in an airtight container.

Directions:

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 cup.
4. Cover the fruit with 2 tbsp of the yogurt.
5. Sprinkle ½ 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.

Homemade Granola

Servings: 10

Ready in 40 minutes

Ingredients:

2 tbsp (30 mL) canola oil
1/3 cup (80 mL) brown sugar
1/3 cup (80 mL) honey
3 cups (750 mL) large flake rolled oats
1/2 cup (125 mL) wheat bran
1/4 cup (60 mL) unsweetened coconut
1/4 cup (60 mL) pumpkin seeds
1 tsp (5 mL) cinnamon
1/2 cup (125 mL) raisins/craisins

Equipment:

<input type="checkbox"/> Parchment paper or foil	<input type="checkbox"/> Measuring spoons
<input type="checkbox"/> Cookie sheet	<input type="checkbox"/> Large saucepan
<input type="checkbox"/> Large mixing bowl	<input type="checkbox"/> Wooden spoon
<input type="checkbox"/> Dry measuring cups	<input type="checkbox"/> Spatula

Cooking Tips:

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

Directions:

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. Once sugar is dissolved, remove from 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 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 at room temperature in an airtight container.

Fantastic Fruit Crisp

Servings: 8

Ready in 45 minutes

Ingredients:

5 cups (1.25 L) apples, washed, peeled and sliced or fresh or frozen mixed berries

1 tbsp (15 mL) brown sugar (for apples)

3/4 cup (180 mL) quick oats

1/2 cup (125 mL) whole wheat flour

1/3 cup (80 mL) brown sugar (for topping)

1/4 cup (60 mL) margarine

1 tsp (5 mL) cinnamon

Equipment:

☐ 8-inch square baking dish

☐ Dry measuring cups

☐ Cutting board

☐ Measuring spoons

☐ Chef's knife

☐ Wooden spoon

☐ 2 mixing bowls

☐ Oven mitts

Directions:

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

Blueberry Lemon Muffins

Servings: 12 muffins

Ready in 40 minutes

Ingredients:

1 cup (250 mL) all purpose flour
1 cup (250 mL) whole wheat flour
1 tbsp (15 mL) baking powder
½ cup (125 mL) white sugar
½ tsp (2 mL) salt
1 large egg, beaten
1 cup (250 mL) skim or 1% milk
1 lemon, zest and juice
¼ cup (60 mL) oil
1 tsp (5 mL) vanilla
1 cup (250 mL) blueberries, fresh or frozen (not thawed)

Equipment:

<input type="checkbox"/> Muffin pan	<input type="checkbox"/> Liquid measuring cup
<input type="checkbox"/> Cutting board	<input type="checkbox"/> Grater
<input type="checkbox"/> Chef's knife	<input type="checkbox"/> Spatula
<input type="checkbox"/> 2 mixing bowls	<input type="checkbox"/> Whisk
<input type="checkbox"/> Dry measuring cups	<input type="checkbox"/> Oven mitts
<input type="checkbox"/> Measuring spoons	

Cooking Tip:

These wonderful muffins have lots of flavour and could be made with almost any fruit.

Directions:

1. Preheat oven to 375 °F.
2. Lightly grease or spray with non-stick cooking spray 12 muffin-cup pan.
3. In a large bowl, mix flours, baking powder, sugar and salt.
4. In another bowl, combine beaten egg, milk, lemon zest and 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 toothpick inserted into the centre of the muffin comes out clean, about 20 to 25 minutes.

Lemon Zucchini Muffins

Servings: 12 muffins

Ready in 40 minutes

Ingredients:

1 ½ cup (250 mL) whole wheat flour
1/3 cup (80 mL) white sugar
1 tsp (5 mL) baking soda
1 tsp (5 mL) cinnamon
½ tsp (2 mL) salt
1 large egg, beaten
¼ cup (60 mL) oil
1 apple grated (leave the skin on)
¼ cup (60 mL) milk
1 lemon, zest and juice (2 tbsp)
1 tsp (5 mL) vanilla
1 cup (250 mL) zucchini, shredded with skin on, excess moisture squeezed out

Equipment:

<input type="checkbox"/> Muffin pan	<input type="checkbox"/> Liquid measuring cup
<input type="checkbox"/> Cutting board	<input type="checkbox"/> Grater
<input type="checkbox"/> Chef's knife	<input type="checkbox"/> Spatula
<input type="checkbox"/> 2 mixing bowls	<input type="checkbox"/> Whisk
<input type="checkbox"/> Dry measuring cups	<input type="checkbox"/> Oven mitts
<input type="checkbox"/> Measuring spoons	

Directions:

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

Fresh Veggie Spring Rolls

Servings: 8

Ready in 30 minutes

Ingredients:

3 oz (80 g) dry rice vermicelli noodles
1 tbsp (15 mL) low sodium soya sauce
1 tsp (5 mL) sugar
1 tbsp (15 mL) lime juice
16 8-inch round rice paper wrappers
1 cucumber, julienned
2 carrots, julienned
1 mango, julienned
1 red pepper, julienned
1 cup (250 mL) baby spinach
½ cup (125 mL) fresh cilantro, optional
Dipping Sauce (optional)
¼ cup (60 mL) hoisin sauce
1 tbsp (15 mL) hot sauce

Equipment:

<input type="checkbox"/> Cutting board	<input type="checkbox"/> Measuring spoons
<input type="checkbox"/> Chef's knife	<input type="checkbox"/> Colander
<input type="checkbox"/> 2 mixing bowls	<input type="checkbox"/> Saucepan or electric kettle
<input type="checkbox"/> Dry measuring cups	

Cooking Tip:

Rice paper wrappers can be found in the Asian section of most grocery stores. They are crisp and when you soak them in water they will soften.

Directions:

1. In a bowl, cover the dry rice vermicelli noodles 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 slices of cucumber, carrot, mango and red pepper. Add spinach and cilantro, if using. 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 . Repeat the process with the remaining rice paper wrappers.
7. To serve, cut diagonally in half and serve with dipping sauce.

Local Harvest Muffins

Servings: 12

Ready in 40 minutes

Ingredients:

1 ½ cups (375 mL) whole wheat flour
½ cup (125 mL) brown sugar
1/3 cup (80 mL) oatmeal (quick oats or old-fashioned oats)
2 ½ tsp (12 mL) cinnamon
1 ½ tsp (7 mL) baking powder
1/4 tsp (1 mL) salt
¼ tsp (1 mL) baking soda
2/3 cup (150 mL) milk
1/3 cup (80 mL) vegetable oil
2 eggs, beaten
1 tsp (5 mL) vanilla
2 medium apples (unpeeled), finely chopped
2 medium carrots, peeled and finely grated

Equipment:

<input type="checkbox"/> Cutting board	<input type="checkbox"/> Whisk
<input type="checkbox"/> Chef's knife	<input type="checkbox"/> Wooden spoon
<input type="checkbox"/> 2 large mixing bowls	<input type="checkbox"/> Grater
<input type="checkbox"/> Dry measuring cups	<input type="checkbox"/> Peeler
<input type="checkbox"/> Measuring spoons	<input type="checkbox"/> Muffin pan
	<input type="checkbox"/> Oven mitts

Directions:

1. Preheat oven to 400 °F.
2. In a bowl, mix flour, sugar, oatmeal, cinnamon, baking powder, salt and baking soda. Set aside.
3. In another bowl, whisk together milk, oil, egg 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 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 minutes. Remove muffins from pan and cool completely on wire rack. Refrigerate or freeze leftovers.