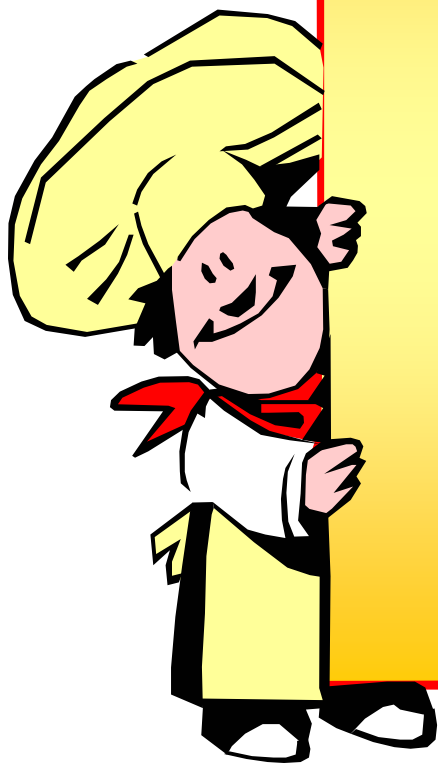


Beginner's Cooking Club

Additional Recipes

2008





Chicken, Hummus & Sautéed Veggie Wraps

Preparation and cooking time: 30 minutes

Ingredients	4 servings	8 servings	12 servings
Small boneless skinless chicken thighs	4 (500 g)	8 (1 kg)	12 (1.5 kg)
Salt	1 ml (¼ tsp.)	2 ml (½ tsp.)	5 ml (1 tsp.)
Black pepper	1 ml (¼ tsp.)	2 ml (½ tsp.)	5 ml (1 tsp.)
Vegetable cooking spray	Minimum	Minimum	Minimum
Olive Oil	15 ml (1 tbsp.)	30 ml (2 tbsp.)	45 ml (3 tbsp.)
Cloves garlic, minced	2	4	6
Bell peppers, any colour, julienned	3	6	9
Onion, cut into thin strips	1	2	3
Carrots, julienned	2	4	6
Water	125 mL (½ cup)	250 mL (1 cup)	375 mL (1½ cup)
Chili powder	10 - 15 mL (2 -3 tsp.)	20-25 mL (4-5 tsp.)	30-40 mL (6-8 tsp.)
Spicy Hummus (recipe provided)	125 ml (½ cup)	250 ml (1 cup)	375 ml (1½ cup)
10-inch (25 cm) whole wheat tortillas	4	8	12

Directions:

1. Season chicken thighs with salt and pepper.
2. Heat a large skillet over medium heat. Spray with vegetable cooking spray. Cook chicken, turning once, for 5 minutes per side **or** until chicken is no longer pink inside and has reached an internal temperature of 170°F (77°C). Remove to a clean plate and let cool. Cut into strips.
3. In the same skillet, heat olive oil over medium-high heat. Sauté garlic, green, red and yellow peppers, onion and carrots, stirring frequently, until beginning to brown, about 5 minutes. Add water and chili powder; season to taste with salt and pepper. Reduce heat to medium and cook until vegetables are tender-crisp and water has evaporated, about 5 minutes.
4. Spread 2 tablespoons Spicy Hummus up the middle of each tortilla. Top with chicken and vegetables. Roll up tortillas.

Equipment for Chicken, Hummus & Sauteed Veggie Wraps:

- Non-stick Skillet
- French knife
- Serated knife
- Small utility knife
- Garlic press (optional)
- Cutting boards
- Spatula
- Wooden spoon
- Measuring spoons and cups



Sweet Potato & Bean Wraps

Preparation and cooking time: 15 – 25 minutes

Ingredients	6 servings	12 servings	18 servings
Sweet potato	1	2	3
10-inch (25 cm) flour tortillas	6	12	16
Low-fat refried beans	1 can (398 mL)	2 cans	3 cans
Lightly packed spinach leaves	500 ml (2 cups)	1 L (4 cups)	1.5 L (6 cups)
Avocado, sliced in 6 parts	1	2	3

Directions:

1. Pierce sweet potato with a fork. Microwave on High for 5 minutes or until tender. Slice lengthwise, scoop out flesh and mash in a bowl. Divide flesh into 6 equal parts of mash (or equally by the number of servings being prepared).
2. Rinse spinach under cool running water and pat dry. Remove any tough stems.
3. To release flesh from the avocado: slice around the avocado to split in half (do not try to slice through the pit); twist the avocado until one half separates from the pit; stab French knife into pit, hold the flesh and twist the pit from the other half of the avocado. Slowly release the flesh of avocado into a medium sized bowl by using a spoon to separate flesh from the skin. Divide each half of avocado flesh into 3 slices.
4. On the bottom third of each tortilla, place one-sixth each of the sweet potato, refried beans, spinach (75 mL or $\frac{1}{3}$ cup for each wrap) and avocado. Fold in the 2 sides, then fold the bottom of the wrap up over the filling and roll until tight.
5. Microwave wraps on High for 45-seconds or until heated through.

Equipment for Sweet Potato and Bean Wraps:

- Microwave
- Fork
- Colander
- French knife
- Spoon
- Measuring cups
- Small bowl for mashing
- Dish towels or paper towels
- Can opener



Raisin-Apple Tortilla Roll-Ups

This is a great breakfast recipe. It includes 2 food groups, and can be enjoyed with a glass of low-fat milk to make a balanced meal with 3 out of 4 food groups from Canada's Food Guide!

Preparation and cooking time: 10-15 minutes

Ingredients	4 servings	8 servings	12 servings
Apple	1	2	3
Low-fat cream cheese, softened	30 ml (2 tbsp.)	60 ml (4 tbsp.)	90 ml (6 tbsp.)
Liquid honey	10 ml (2 tsp.)	20 ml (4 tsp.)	30 ml (2 tbsp.)
Raisins	250 ml (½ cup)	250 ml (1 cup)	375 ml (1½ cups)
6-inch (15 cm) whole wheat tortillas	4	8	12
Ground cinnamon	1 ml (¼ tsp.)	2 ml (½ tsp.)	5 ml (1 tsp.)
Granulated sugar	2 ml (½ tsp.)	5 ml (1 tsp.)	7 ml (1½ tsp.)

Directions:

1. Wash apples under cool running water and pat dry. Core apple and chop finely.
2. Measure out cream cheese and honey and combine them in a small bowl. Measure out raisins and stir in. Stir in apples. Divide cream cheese mixture evenly among tortillas and spread using a butter knife or spreader. Sprinkle each with a tiny pinch of cinnamon and sugar.
3. Roll up tortillas and secure with toothpicks, if necessary.
4. OPTIONAL: Place tortillas seam side down, one at a time, on a microwave-safe plate. Microwave each roll on Medium (50%) for 1 minute or until warmed through.

Equipment for Raisin Apple Tortilla Roll-Ups:

- Paring knife
- Small bowl
- Toothpicks (optional)
- Measuring spoons
- Butter knife or spreader



Spicy Hummus

Preparation and cooking time: 10-15 minutes

Ingredients	6 servings	12 servings	18 servings
Canned chickpeas, drained and rinsed	1 can (540 mL)	2 cans	3 cans
Cloves garlic	2	4	6
Ground cumin	1 mL (¼ tsp.)	2 mL (½ tsp.)	5 mL (1 tsp.)
Ground coriander	1 mL (¼ tsp.)	2 mL (½ tsp.)	5 mL (1 tsp.)
Hot pepper sauce	1 mL (¼ tsp.)	2 mL (½ tsp.)	5 mL (1 tsp.)
Fresh lemon	1	2	3

Directions:

1. In blender or food processor, on medium speed, blend chickpeas, garlic, cumin, coriander and hot pepper sauce for 30 seconds or until finely chopped.
2. Half the lemon and squeeze all of juice from both halves. Add lemon juice to chickpea mixture and blend until smooth.

Note: A potato masher can be used as a substitute for the blender or food processor, however, the end result of the hummus may be a chunkier consistency. This is still an excellent option. The garlic would need to be minced or pressed if a potato masher was being used.

Alternate Directions:

1. In a small bowl with a flat bottom, mash the chickpeas with a potato masher until very soft and few lumps remain.
2. Finely mince garlic and add to chickpeas.
3. Add spices, pepper sauce to chickpeas.
4. Half the lemon and squeeze all of juice from both halves. Add lemon juice to chickpea mixture and mash until smooth.

Equipment for Spicy Hummus:

- Blender or potato masher
- Garlic press
- French knife
- Small bowl
- Lemon reamer or juicer
- Can opener
- Cutting board
- Measuring spoons



Asian Vinaigrette

Preparation and cooking time: 10 minutes

Serving size: 25 mL (1-½ tablespoons vinaigrette)

Ingredients	4 servings	8 servings	12 servings
Green onions, finely chopped	1	2	3
Rice wine vinegar	50 ml (¼ cup)	125 ml (½ cup)	175 ml (¾ cup)
Unsweetened apple juice	30 ml (2 tbsp.)	50 ml (¼ cup)	75 ml (⅓ cup)
Sesame oil	15 ml (1 tbsp.)	30 ml (2 tbsp.)	45 ml (3 tbsp.)
Reduced-sodium soy sauce	15 ml (1 tbsp.)	30 ml (2 tbsp.)	45 ml (3 tbsp.)
Grated gingerroot	5 ml (1 tsp.)	15 ml (1 tbsp.)	25 ml (5 tsp.)
Granulated sugar	2 ml (½ tsp.)	5 ml (1 tsp.)	7 ml (1½ tsp.)

Directions:

1. In blender, on high speed, blend green onions, vinegar, apple juice, sesame oil, soy sauce, ginger and sugar until well combined.

Note: A whisk can be used as a substitute for the blender in this recipe, however, the end result of the vinaigrette dressing will be more course. This is still an excellent option.

Alternate Directions:

1. With a wire whisk, blend all ingredients of the vinaigrette in a large bowl. Whisk quickly to incorporate the ingredients until well combined.

Equipment for Asian Vinaigrette:

- Cutting board
- Measuring cups
- Box grater
- Large bowl
- French knife
- Measuring spoons
- Blender or whisk



Garden Patch Spinach Salad

Preparation and cooking time: 20 minutes

Ingredients	4 servings	8 servings	12 servings
Avocado, peeled, pitted and diced	1	2	3
Baby spinach, rinsed and patted dry	500 mL (2 cups)	1 L (4 cups)	1.5 L (6 cups)
Carrot, grated	1	2	3
Red bell pepper, julienned	1	2	3
Grape tomatoes, halved	125 mL (½ cup)	250 mL (1 cup)	375 mL (1½ cups)
Canned chickpeas, drained and rinsed	125 mL (½ cup)	250 mL (1 cup)	375 mL (1½ cups)
Lower-fat dressing of your choice	50 mL (¼ cup)	125 mL (½ cup)	175 mL (¾ cup)

Directions:

1. To release flesh from the avocado: slice around the avocado to split in half (do not try to slice through the pit); twist the avocado until one half separates from the pit; stab French knife into pit, hold the flesh and twist the pit from the other half of the avocado. Slowly release the flesh of avocado onto a cutting board by using a tablespoon to separate flesh from the skin. Dice each avocado half carefully so it does not mash.
2. In a large salad bowl, place spinach in bottom of bowl. Top spinach with avocado, carrot, pepper, tomatoes, and chickpeas. Serve with dressing on the side (about 1½ teaspoons per person).

Equipment for Cabbage Patch Spinach Salad:

- French knife
- Tablespoon
- Box grater
- Measuring cups
- Cutting board
- Large bowl
- Colander



Whole Wheat Pasta with Rapini, Grape Tomatoes and Mushrooms

Preparation and cooking time: 30 minutes

Ingredients	4 servings	8 servings	12 servings
Short-cut whole wheat pasta (such as rotini or penne), cooked	500 mL (2 cups)	1 L (4 cups)	1.5 L (6 cups)
Head rapini (broccoli raab, or rape), large bottom stems trimmed off	1	2	3
Extra-virgin olive oil	30 mL (2 tbsp.)	50 mL ($\frac{1}{4}$ cup)	75 mL ($\frac{1}{3}$ cup)
Green onions, finely chopped	2	4	6
Sliced mushrooms	500 mL (2 cups)	1 L (4 cups)	1.5 L (6 cups)
Grape tomatoes, halved	250 mL (1 cup)	500 mL (2 cups)	750 mL (3 cups)
Freshly grated Parmesan cheese	50 mL ($\frac{1}{4}$ cup)	125 mL ($\frac{1}{2}$ cup)	175 mL ($\frac{3}{4}$ cup)
Chopped fresh basil, chives or parsley (optional)	30 mL (2 tbsp)	50 mL ($\frac{1}{4}$ cup)	75 mL ($\frac{1}{3}$ cup)

Directions:

1. Rinse rapini and chop into small “tree-like” stems.
2. Cook pasta according to package directions. When pasta is 3 minutes from being cooked, add rapini. Cook until pasta is al dente (tender to the bite) and rapini is tender-crisp. Drain.
3. Meanwhile, in a large skillet, heat olive oil over medium-high heat. Sauté green onions and mushrooms for 4 minutes. Stir in pasta and rapini; cook, stirring constantly, to reheat pasta. Stir in tomatoes.
4. Serve sprinkled with Parmesan and basil, if using.

Equipment for Whole Wheat Pasta with Rapini, Grape Tomatoes & Mushrooms:

- Large pot with lid
- Cutting boards
- Measuring cups
- Box grater
- Large wooden spoon
- French knife
- Measuring spoons
- Colander
- Large skillet



Simple Stir-Fried Kale

Preparation and cooking time: 13-15 minutes

Ingredients	4 servings	8 servings	12 servings
Vegetable Oil	15 mL (1 tbsp.)	30 mL (2 tbsp.)	45 mL (3 tbsp.)
Sesame Oil	5 mL (1 tsp.)	15 mL (1 tbsp.)	25 mL (5 tsp.)
Julienned kale (tough centre rib removed first)	1 L (4 cups)	2 L (8 cups)	3 L (12 cups)
Leeks (white and light green parts only), julienned	2	4	6
Tahini	15 mL (1 tbsp.)	30 mL (2 tbsp.)	45 mL (3 tbsp.)
Hot pepper sauce	10 mL (2 tsp.)	20 mL (4 tsp.)	30 mL (2 tbsp.)
Soy sauce	10 mL (2 tsp.)	20 mL (4 tsp.)	30 mL (2 tbsp.)
Freshly ground black pepper	Pinch	Pinch	Pinch

Directions:

1. In a wok or large skillet, heat vegetable oil and sesame oil over high heat. Add kale and leeks; stir-fry for 3 to 5 minutes or until limp.
2. Combine tahini, hot pepper sauce and soy sauce; pour over vegetables. Season to taste with pepper. Serve warm.

Note: Tahini is a tasty sesame seed paste that can be found in the international section of most supermarkets. It can be substituted with peanut butter IF there are no peanut sensitivities or allergies. If not available, tahini can be omitted and sesame seeds sprinkled on top of the kale.

Equipment for Simple Stir-Fried Kale:

- Large skillet
- Large French knife
- Measuring cups
- Measuring spoons
- Cutting boards
- Wooden spoon



Texan Zucchini

Preparation and cooking time: 25-30 minutes

Ingredients	4 servings	8 servings	12 servings
Small green or yellow zucchini, cubed	2	4	6
Frozen corn kernels	250 mL (1 cup)	500 mL (2 cups)	750 mL (3 cups)
Chunky salsa	250 mL (1 cup)	500 mL (2 cups)	750 mL (3 cups)
Freshly grated Parmesan cheese (optional)	30 ml (2 tbsp.)	50 mL (1/4 cup)	75 mL (1/3 cup)
Garlic powder (optional)	2 ml (1/2 tsp.)	5 mL (1 tsp.)	7 mL (1 1/2 tsp.)

Directions:

1. In a small saucepan or skillet, over medium-high heat, bring 1/2 cup water to a boil. Add zucchini and corn; cook for 5 to 7 minutes or until zucchini is tender-crisp.
2. Drain zucchini and corn mixture and place back in pot or skillet. Add salsa, Parmesan (if using) and garlic powder (if using). Reduce heat and simmer for 15 to 20 minutes or until zucchini is soft.

Equipment for Texan Zucchini:

- Cutting boards
- Small saucepan with lid
- Measuring spoons
- Colander
- French knife
- Measuring cups
- Box grater



Potato Cakes with a Greek Twist

These cakes are great served with a low-fat Greek tzatziki sauce and colourful Greek salad full of tomatoes, cucumbers and bold green lettuce.

Preparation and cooking time: 40 minutes

Ingredients	6 servings	12 servings	18 servings
Egg, beaten	1	2	3
Mashed potato	250 mL (1 cup)	500 mL (2 cups)	750 mL (3 cups)
Mashed sweet potato	250 mL (1 cup)	500 mL (2 cups)	750 mL (3 cups)
Crumbled feta cheese	125 mL (½ cup)	250 mL (1 cup)	375 mL (1½ cups)
Vegetable cooking spray	Minimal	Minimal	Minimal

Directions:

1. To prepare mashed potatoes, peel outside skin from potatoes, cut each potato in quarters and put into a pot of cool water. Cover pot and bring water to a boil. Turn heat down to a simmer and cook for 7-8 minutes or until potatoes are tender enough to pierce with a fork. Drain water from pot and mash potatoes while still hot.
2. In a medium bowl, combine egg, mashed potatoes and mashed sweet potatoes. Mix to combine well. Stir in feta cheese.
3. Heat a skillet over medium heat and spray with cooking spray. Spoon 125 mL (½ cup) potato mixture into the pan and cook until bottom is golden. Flip and cook until bottom is golden and cake is heated through. Remove to a plate and repeat until all potato mixture is used, spraying pan as needed between batches.

Equipment for Potato Cakes with a Greek Twist:

- Medium bowl
- Small covered pot
- Potato masher
- Large skillet
- Spatula
- Potato peeler
- Paring knife
- Strainer or colander
- Measuring cups
- Large stirring spoon



Couscous with Currants and Carrots

Preparation and cooking time: 25 minutes

Ingredients	6 servings	8 servings	12 servings
Chicken broth	500 mL (2 cups)	750 mL (3 cups)	1L (4 cups)
Carrot, diced	1	2	3
Olive oil	50 mL (¼ cup)	75 mL (⅓ cup)	125 mL (½ cup)
Grated gingerroot	15 mL (1 tbsp.)	20 mL (1 ½ tbsp.)	30 mL (2 tbsp.)
Ground turmeric	1 mL (¼ tsp.)	2 mL (½ tsp.)	2 mL (½ tsp.)
Ground cinnamon	1 mL (¼ tsp.)	2 mL (½ tsp.)	2 mL (½ tsp.)
Ground cumin	1 mL (¼ tsp.)	2 mL (½ tsp.)	2 mL (½ tsp.)
Couscous	250 mL (1 cup)	375 mL (1½ cups)	500 mL (2 cups)
Currants	125 mL (½ cup)	175 mL (¾ cup)	250 mL (1 cup)

Directions:

1. In a medium saucepan, over medium-high heat, bring broth to a boil. Add carrot, oil, ginger, turmeric, cinnamon and cumin. Boil until carrot is tender-crisp, about 5 minutes.
2. Remove pot from heat and stir in couscous and currants. Cover and let stand for 10 minutes, until couscous is softened and has absorbed most of the water. Fluff with a fork.

Equipment for Couscous with Currants and Carrots:

- Cutting boards
- Large French knife
- Stirring spoon
- Medium saucepan with lid
- Measuring cups
- Measuring spoons



Triple B Health Muffins

(Banana, Blueberry, Bran Muffins)

Preparation and cooking time: 40-45 minutes

Makes 12 muffins, 1 Serving = 1 muffin

Ingredients	12 servings (1 per serving)	24 servings
Whole wheat flour	250 mL (1 cup)	500 mL (2 cups)
Wheat bran or oat bran	250 mL (1 cup)	500 mL (2 cups)
Fresh or frozen blueberries	250 mL (1 cup)	500 mL (2 cups)
Baking soda	5 mL (1 tsp.)	10 mL (2 tsp.)
Baking powder	5 mL (1 tsp.)	10 mL (2 tsp.)
Ripe bananas, mashed (about 1 cup)	2	4
Egg, lightly beaten	1	2
Granulated sugar	125 mL (½ cup)	250 mL (1 cup)
Milk	125 mL (½ cup)	250 mL (1 cup)
Vegetable oil	50 mL (¼ cup)	125 mL (½ cup)
Vanilla	5 mL (1 tsp.)	10 mL (2 tsp.)

Directions:

1. Preheat oven to 400°F.
2. 12-cup muffin tin, lightly greased or lined with paper cups.
3. In a medium bowl, combine flour, wheat bran, blueberries, baking soda and baking powder.
4. In a large bowl, combine bananas, egg, sugar, milk, oil and vanilla. Fold in the flour mixture into the wet ingredients until just combined.
5. Divide batter evenly among prepared muffin cups, fill each cup two-thirds full.
6. Bake in preheated oven for 20 to 25 minutes or until tops are firm to the touch and a tester inserted in the center of a muffin comes out clean. Let cool in tin for 10 minutes, then remove to a wire rack to cool completely.

Equipment for Triple B Health Muffins:

- 12 cup muffin tin
- Measuring spoons
- Stirring spoons
- 1 Medium mixing bowl
- Measuring cups
- 1 Large mixing bowl
- Spatula
- Muffin liners (if using)



Baked Granola Apples

Preparation and cooking time: 32 minutes

Ingredients	4 servings	8 servings	12 servings
Apples	4	8	12
Low-fat granola	175 mL (¾ cup)	350 mL (1½ cups)	525 mL (2¼ cups)
Margarine	30 mL (2 tsp.)	60 mL (4 tsp.)	90 mL (6 tsp.)
Low-fat plain yoghurt	125 mL (½ cup)	250 mL (1 cup)	375 mL (1½ cups)
Pure maple syrup	15 mL (1 tbsp.)	30 mL (2 tbsp.)	45 mL (3 tbsp.)

Directions:

1. Preheat oven to 350°F.
2. 9-inch glass pie plate, ungreased.
3. Core apples, creating a large hollow. Firmly pack with granola and dot with margarine. Place on pie plate.
4. Bake, uncovered, in preheated oven for 30 minutes or until apples are tender.
5. Meanwhile, in a small bowl, combine yogurt and maple syrup; set aside.
6. Place each apple in a dessert bowl and top with 30 ml (2 tbsp.) maple-flavored yoghurt.

Equipment for Baked Granola Apples:

- Paring knives
- Measuring spoons
- Small bowl
- Glass pie plate
- Measuring cups
- Stirring spoon



Pears in Tosca Sauce

This recipe uses canned pear halves, though fresh pears that have been peeled and cored would be even more delicious when in season!

Preparation and cooking time: 30 minutes

Ingredients	6 servings	8 servings	12 servings
Packed brown sugar	75 mL ($\frac{1}{3}$ cup)	125 mL ($\frac{1}{2}$ cup)	150 mL ($\frac{2}{3}$ cups)
Milk	75 mL ($\frac{1}{3}$ cup)	125 mL ($\frac{1}{2}$ cup)	150 mL ($\frac{2}{3}$ cups)
Unsalted butter or margarine	30 mL (2 tbsp.)	45 mL (3 tbsp.)	50 mL ($\frac{1}{4}$ cup)
All-purpose flour	15 mL (1 tbsp.)	25 mL ($1\frac{1}{2}$ tbsp.)	30 mL (2 tbsp.)
Vanilla	5 mL (1 tsp.)	7 mL ($1\frac{1}{2}$ tsp.)	10 mL (2 tsp.)
Can (796 mL) pear halves, drained	1	2	2

Directions:

1. Preheat oven to 350°F.
2. In a small saucepan, over medium-high heat, combine brown sugar, milk, butter, flour and vanilla. Bring to a boil and cook until sauce thickens, about 5 minutes.
3. Place pears in an 8-inch square glass baking dish (ungreased) and pour sauce over top.
4. Bake in preheated oven until browned on top, about 15 minutes.

Equipment for Pears in Tosca Sauce:

- 8-inch square baking dish
- small saucepan
- measuring spoons
- can opener
- measuring cups
- small pot to melt butter



Dessert Nachos

Note that these dessert nachos are served with a fruit salsa. Make you own fruit salsa by finely dicing strawberries, peaches, pineapple, green apples and grapes. Keep all the juices as you put the fruit into a bowl...and add a squeeze of lemon juice to keep the fruit flavours fresh!

Preparation time: 20 minutes
Cooking Time: 4 to 5 minutes per batch

Ingredients	4 servings	8 servings	12 servings
Granulated sugar	50 mL (¼ cup)	125 mL (½ cup)	175 mL (¾ cup)
Ground cinnamon	20 mL (1½ tbsp.)	45 mL (3 tbsp.)	75 mL (4½ tbsp.)
10-inch whole wheat flour tortillas	2	4	6
Fresh fruit salsa	500 mL (2 cups)	1 L (4 cups)	1.4 L (6 cups)
Low-fat fruit-flavored yogurt	500 mL (2 cups)	1 L (4 cups)	1.4 L (6 cups)

Directions:

1. Preheat oven to 450°F.
2. Baking sheets, lightly greased.
3. On a large flat plate, mix sugar and cinnamon. Dip each tortilla in water. Shake off excess and dip one side into the sugar and cinnamon mixture. Stack tortillas on top of each other as they are dipped. When completed, cut the stack into 8 triangular wedges.
4. Spread tortilla wedges in a single layer on prepared baking sheets, without overlapping, and bake in batches in preheated oven for 4 to 5 minutes per tray or until golden and crisp.
5. Place on a large platter with a bowl of fruit salsa and another of yogurt.

Equipment for Dessert Nachos:

- Baking sheets
- Measuring cups
- Large French knife
- measuring spoons
- large flat plate
- 2 bowls



Fruity Oatmeal Cookies

Preparation and cooking time: 20 minutes

Ingredients	36 servings (1 per serving)
Old-fashioned rolled oats	500 mL (2 cups)
Whole wheat flour	300 mL (1¼ cups)
Semisweet chocolate chips	250 mL (1 cup)
Dried fruit	250 mL (1 cup)
Ground flaxseed	175 mL (¾ cup)
Baking soda	15 mL (1 tsp.)
Salt	2 mL (½ tsp.)
Large bananas, mashed	2
Liquid honey	175 mL (¾ cup)
Margarine	125 mL (½ cup)

Directions:

1. Preheat oven to 350°F.
2. Lightly grease 2 baking sheets or line with parchment paper.
3. In a large bowl, combine oats, flour, chocolate chips, dried fruit, flaxseed, baking soda and salt.
4. In another large bowl, combine bananas, honey and margarine. Fold in oats mixture.
5. Drop dough by tablespoonfuls (15 mL), about 2 inches (5 cm) apart, onto prepared baking sheets. Flatten with a fork.
6. Bake in preheated oven for about 10 minutes or until lightly browned. Let cool on baking sheets on a wire rack for 5 minutes, then remove to rack to cool completely.

Equipment for Fruity Oatmeal Cookies:

- Baking sheets
- Measuring cups
- Potato masher or fork
- 2 large bowls
- measuring spoons



Charlie & Emma's Favorite Carrot Cookies

Preparation and cooking time: 20-25 minutes

Ingredients	24 servings (1 per serving)	48 servings
Whole wheat flour	250 mL (1 cup)	500 mL (2 cups)
Quick-cooking rolled oats	175 mL ($\frac{3}{4}$ cup)	325 mL (1 $\frac{1}{2}$ cups)
Ground flaxseed	125 mL ($\frac{1}{2}$ cup)	250 mL (1 cup)
Ground cinnamon	5 mL (1 tsp.)	10 mL (2 tsp.)
Baking soda	2 mL ($\frac{1}{2}$ tsp.)	5 mL (1 tsp.)
Egg	1	2
Lightly packed brown sugar	175 mL ($\frac{3}{4}$ cup)	325 mL (1 $\frac{1}{2}$ cups)
Margarine	125 mL ($\frac{1}{2}$ cup)	250 mL (1 cup)
Vanilla	5 mL (1 tsp.)	10 mL (2 tsp.)
Grated carrots	250 mL (1 cup)	500 mL (2 cups)

Directions:

1. Preheat oven to 350°F.
2. Lightly grease baking sheets or spray with cooking oil.
3. In a medium bowl, combine flour, oats, flaxseed, cinnamon and baking soda.
4. In a large bowl, using an electric mixer**, beat egg, brown sugar, margarine and vanilla until smooth. Fold in flour mixture. Stir in carrots.
5. Drop dough by heaping tablespoonfuls (15 mL), about 2 inches (5 cm) apart, onto prepared baking sheets.
6. Bake in preheated oven for 10 to 15 minutes or until lightly browned. Let cool on baking sheet on a wire rack for 5 minutes.

Equipment for Favourite Carrot Cookies:

- Baking sheets
- Measuring spoons
- Parchmet paper (if using)
- Measuring cups
- **Electric mixer or whisk
- Box grater

** If you don't have an electric mixer, some hard work with a whisk will be fine.



Chicken Tabbouleh

Chicken thighs are used in this recipe. They are much tastier than breasts and are less expensive. Cook them in a skillet over a medium heat for 8 minutes per side, cool and cube for this recipe.

Preparation and cooking time: 20-35 minutes

Ingredients	6 servings	8 servings	12 servings
Water	3 cups	4 ½ cups	6 cups
Bulgur wheat	1 cup	1 ½ cups	2 cups
Boneless, skinless chicken thighs, cooked and cubed	3 cups	4 cups	6 cups
Fresh parsley, chopped	1 cup	1 ½ cups	2 cups
Scallions (green onions), chopped	1 cup	1 ½ cups	2 cups
Dried currants	1/3 cup	½ cup	2/3 cups
Frozen orange juice concentrate	¼ cup	1/3 cups	½ cups
Fresh lemon juice	2 tsp.	3 tsp.	4 tsp.
Extra-virgin olive oil	1 tbsp.	1 ½ tbsp.	2 tbsp.
Ground cumin	1 tsp.	1 ½ tsp.	2 tsp.
Cayenne pepper, or to taste	1 mL (¼ tsp.)	2 mL (½ tsp.)	2 mL (½ tsp.)
Salt, or to taste	1 mL (¼ tsp.)	2 mL (½ tsp.)	2 mL (½ tsp.)
Freshly ground black pepper, or to taste	1 mL (¼ tsp.)	2 mL (½ tsp.)	2 mL (½ tsp.)

Directions:

1. In a saucepan, bring water to a boil. Add bulgur and remove from heat. Let stand until most of the water is absorbed, 20 to 30 minutes.
2. Drain bulgur well, squeezing out excess moisture. Transfer to a bowl. Add chicken, parsley, scallions and currants.
3. In a small bowl, whisk orange-juice concentrate, lemon juice, oil, cumin and cayenne until blended. Season with salt and pepper. Toss with bulgur mixture. Adjust seasoning with salt and pepper and serve.

Equipment for Chicken Tabbouleh:

- Small skillet
- Cutting boards
- Measuring cups
- Large bowl
- Serving spoon
- Small saucepan
- French chef's knives
- Measuring spoons
- Small bowl



Zucchini Lasagna

Preparation and cooking time: 40-50 minutes

Ingredients	8 servings
Uncooked lasagna noodles	8 oz
Carton of partly skimmed ricotta cheese	15 oz
Grated Parmesan cheese	$\frac{1}{4}$ cup
Finely chopped fresh parsley	2 tbsp.
Pepper	$\frac{1}{8}$ tsp.
Egg, slightly beaten	1
Tomato Sauce	4 cups
Zucchini, thinly sliced	2 cups
Partly skimmed mozzarella cheese, shredded	4 oz

Directions:

1. Heat the oven to 400°F (220°C)
2. Cook the noodles to desired doneness as directed on package, drain.
3. In a small bowl, combine the ricotta cheese, Parmesan cheese, parsley, pepper and egg. Set aside.
4. In a 13 x 9 inch pan, layer $\frac{1}{4}$ of the tomato sauce, $\frac{1}{3}$ of the cooked lasagna noodles, $\frac{1}{3}$ of the cheese mixture and $\frac{1}{3}$ of the sliced zucchini. Repeat layers two more times.
5. Spoon the remaining $\frac{1}{4}$ of the tomato sauce over top. Sprinkle with mozzarella cheese. Cover with foil.
6. Bake at 400°F for 15 minutes. Remove foil, bake an additional 20 to 25 minutes or until hot and bubbly around edges.
7. Let stand for 10 minutes before serving.

Equipment for Zucchini Lasagna:



Hot Brown Rice

Preparation and cooking time: 30 minutes

Ingredients	6 servings	8 servings	12 servings
Brown rice (whole grain)	375 mL (1½ cups)	500 mL (2 cups)	750 mL (3 cups)
Water	750 mL (3 cups)	1 L (4 cups)	1.5 L (6 cups)

Directions:

1. Put brown rice and water together in a pot with a lid.
2. Set the heat to maximum and bring the rice/water to a boil uncovered.
3. Then put the lid on the pot, and reduce the heat to low/simmer. If your lid has a steam valve, keep it closed.
4. Let the rice simmer for 30 – 35 minutes.
5. Turn off the heat, and let the rice sit in the covered pot for another 10 minutes.

Equipment for Hot Brown Rice (Whole Grain):

- Measuring cups
- Pot with lid to hold amount of rice



Grilled Tomato and Cheese Sandwich

Preparation and cooking time: minutes

Ingredients	4 servings	8 servings	12 servings
Slices of Low-fat Cheddar or Low-fat Swiss cheese	8	16	24
Whole Wheat Bread	8	16	24
Tomato, thinly sliced	2	4	6
Margarine	8 tsp.	16 tsp.	24 tsp.

Directions:

1. Put the cheese and tomato between the slices of bread.
2. Heat $\frac{1}{2}$ teaspoon of margarine per sandwich in a skillet or grill. When melted add the sandwich.
3. Gently press down with a spatula once or twice during the grilling.
4. When one side is golden, add the remaining $\frac{1}{2}$ teaspoon of margarine per sandwich, turn the sandwich over and brown.

Equipment for Grilled Tomato and Cheese Sandwich:

- Serrated knife to cut tomato
- Knife for slicing cheese
- Cutting boards
- Measuring spoons
- Small skillet
- Spatula



Greek Veggie Kabob

Preparation and cooking time: 5 minutes

Ingredients	4 servings	8 servings	12 servings
Grape or cherry tomatoes	4	8	12
½ -inch (1 cm) slices English cucumber	8	16	24
½ -inch (1 cm) cubes low-fat feta cheese (Canadian is less salty)	8	16	24
½ -inch (1 cm) squares red bell pepper	8	16	24
Black olives, pitted	4	8	12
Low-fat *Tzatziki sauce	50 mL (¼ cup)	75 mL (⅓ cup)	125 mL (½ cup)

Directions:

1. Thread ingredients onto skewers in the following order: 1 tomato, 1 slice of cucumber, 1 cube cheese, 1 square red pepper, 1 slice cucumber, 1 cube cheese, 1 square red pepper, 1 olive.
2. Serve with low-fat *Tzatziki sauce for dipping.

Equipment for Greek Veggie Kabob:

- Kabob skewers
- Cutting boards
- French chef knives
- Measuring cups

* To make your own Tzatziki sauce: Mince one garlic clove very finely, add 50 mL (¼ cup) grated seeded English cucumber to 175 mL (¾ cup) plain low-fat yoghurt. Stir well to combine and let sit in fridge for one hour for flavours to combine.



Berry Crisp

Preparation and cooking time: 30-40 minutes

Ingredients	6 servings	12 servings
Mixed berries, fresh or frozen	750 mL (3 cups)	1.5 L (6 cups)
Oatmeal	125 mL ($\frac{1}{2}$ cup)	250 mL (1 cup)
White flour	75 mL ($\frac{1}{3}$ cup)	150 mL ($\frac{2}{3}$ cup)
Wheat germ	75 mL ($\frac{1}{3}$ cup)	150 mL ($\frac{2}{3}$ cup)
Brown sugar	75 mL ($\frac{1}{3}$ cup)	150 mL ($\frac{2}{3}$ cup)
Shredded coconut	75 mL ($\frac{1}{3}$ cup)	150 mL ($\frac{2}{3}$ cup)
Cinnamon	2 mL ($\frac{1}{2}$ tsp.)	5 mL (1 tsp.)
Soft tub margarine	50 mL ($\frac{1}{4}$ cup)	125 mL ($\frac{1}{2}$ cup)

Directions:

1. Place berries in the bottom of 8" x 8" baking pan or 9" x 11" if making 12 servings.
2. In a medium bowl, combine the oatmeal, flour, wheat germ, brown sugar, coconut, and cinnamon.
3. Cut in the margarine until crumbly. Spread evenly over berry mixture.
4. Bake at 350°F for 30 minutes (40 minutes if using frozen berries).

Equipment for Berry Crisp:

- Measuring cups
- Large or small baking pan
- Pastry cutter or knives
- Measuring spoons
- Spatula
- Medium bowl



Pasta with Roasted Vegetables

This dish is a great way to increase your vegetable intake. Any vegetables can be roasted to bring out their sweet flavour. When choosing vegetables for roasting, select those with darker colours of red, orange and green; they are the richest in nutrients and phytochemicals. Try beets, sweet potatoes and yellow peppers next time!

Revised from the *Cook Great Food Cookbook*, by the Dietitians of Canada, ©2006.

Preparation and cooking time: 30-40 minutes

Ingredients	4 servings	8 servings	12 servings
Cubed zucchini, skin on	4 cups (1 L)	8 cups	12 cups
Diced carrot, peeled	2 cups (500 mL)	4 cups (1 L)	6 cups (1.5 L)
Coarsely chopped red bell peppers	2 cups (500 mL)	4 cups (1 L)	6 cups (1.5 L)
Coarsely chopped green bell peppers	2 cups (500 mL)	4 cups (1 L)	6 cups (1.5 L)
Cubed sweet potato, peeled	1 large	2 large	3 large
Red onion, coarsely chopped	1	2	3
Olive or vegetable oil	2 tbsp. (30 mL)	4 tbsp.	6 tbsp.
Italian Seasoning	1½ tsp.	1 tbsp. (15 mL)	4 ½ tsp. (20 mL)
Penne, rotini or other pasta	250 g (½ lb) (¼ of package)	500 g (1 lb)	750 g
Fresh basil leaves, ripped into small bits	4	8	12
Lower fat Parmesan cheese	Sprinkle	Sprinkle	Sprinkle

Directions:

1. Preheat oven to 400°F (220°C).
2. Combine zucchini, carrots, peppers, sweet potatoes and onions in a large bowl. Add oil and Italian seasoning; toss to coat.
3. Place vegetables in a single layer on prepared baking sheet; roast in preheated 400°F (220°C) oven, stirring every 10 minutes for 30 minutes or until vegetables are golden and slightly softened.
4. Meanwhile, bring a large pot of water to a rolling boil. Cook pasta according to package directions or until tender but firm; drain.
5. Toss vegetables with pasta in a very large serving bowl or platter. Rip basil leaves over top and sprinkle with Parmesan cheese if desired.

Equipment List for Pasta and Roasted Vegetables:

- Large missing bowl
- Large pot with lid
- Measuring cups
- Large Serving Bowl
- Large rimmed baking sheet
- Measuring spoons
- Cutting boards and knives