

Recipes for an Empty Wallet

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HEALTHY MEALS ON A

TIGHT BUDGET

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The Brown's Food Services organization is proud and excited to support the Enactus team from St. Lawrence College.

Brown's and St. Lawrence College share a passion for our community and, in particular, a passion for youth.

It was at St. Lawrence College in Kingston that I received my training as a newly minted driver for the then Brown's Automatic Vending Company.

Like St. Lawrence, Brown's is continually innovating to maintain a leadership position in the market place.

We are proud of our position as Canada's largest, privately owned, business serving cafeteria dining clients and a wide range of other clients providing nutritional needs to their employees, students, guests, and residents.

We are a community focused company that sees a bright future in today's youth as evidenced through the St. Lawrence College Enactus Team.

One only has to witness their passion and creativity to see that St. Lawrence College is educating the youth that will lead Canada in the future.

I urge you to support the St. Lawrence Enactus team or the Enactus team in your community to help them thrive.

Brown's Fine Food Services Inc.



Phillip J. Brown
President & CEO



We have a passion for your cafeteria dining and nutritional needs.

Education – Business & Industry – Sports Arenas – Long Term Care
Remote Camp Services – Catering & Special Events

FOOD CENTS

Recipes for an Empty Wallet Healthy Meals on a Tight Budget

Recipes by:

Chef Professor Thomas Elia

in conjunction with:

Enactus St. Lawrence College

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WELCOME TO FOOD CENTS

VIEW WITH **layar**



Food Cents is a program that combines a cookbook, Recipes for an Empty Wallet, a series of videos and online or in person seminars that are designed to teach and mentor those who live on fixed incomes (students, low income groups, seniors and others) in cooking meals that are more healthy, nutritious and most importantly, tasty!

It is hard to live on a budget, but we all have to in some ways. One of the hardest budgets to stick to is the one for the foods that we buy to prepare our meals. It is very easy to impulse buy when we shop and many of us buy too many processed products. While processed foods may be easy to prepare by tossing into the microwave or by adding a packaged product to boiling water, many are high in sodium, fat and trans fats, preservatives and chemicals. These products are alright once in a while and can seem to be very budget friendly, but they lack the nutritional value of many home cooked foods.

Making the time to cook at home is easier than many think. It is important to know what is going into your body.

Food not only provides our body with the fuel it needs. We learn and work more effectively, have more energy, feel better mentally and physically and even sleep better when we have a balanced and nutritious diet.

Learning how to shop, how to stock your fridge and pantry, how to make basic sauces and nutritious foods that are versatile and easy to prepare is what FOOD CENTS is all about.

Testimonial

“Food Cents recipe book, Recipes for an Empty Wallet, is really helpful for students! The recipes are simple for those students coming straight out of high school with little experience in the kitchen. I personally enjoy that Food Cents focuses on healthy foods and how to prepare easy and quick meals that are not terrible for your body. As someone who has been out of high school and on their own for a few years, I really enjoy that Food Cents gives a “How To” on grocery shopping. The book not only gives recipes and grocery shopping advice, but gives nutritional information on foods and a list of possible substitutions for recipes. ”

Janice Scott, St. Lawrence College Student

YOUR FRIDGE BASICS

Milk — low-fat milk, soy beverages or rice beverage

Coffee cream — 10% or 5%

Butter — If you buy margarine buy only brands that are non hydrogenated, low in trans fat and sodium – Becel or other Heart Smart products are best

Plain yogurt — Make sure that it contains an active or live yogurt culture – buy low-fat and low sugar for snacking – full fat for baking or cooking

Condiments — Your favourite ketchup, mustard, low-fat mayo and hot sauce

(Do not buy “salad dressings” as they are very high in salt and preservatives)

Cheese — difficult on a budget as it can be expensive. Luckily, it is often on sale – avoid cheese slices, processed “cheese food”, and products containing powdered cheese sauces, as they are very high in sodium, preservatives, and MSG.

Apples — Granny Smith, Macs, Red Delicious, Mutsu

Pears — Bosc or Anjou

Citric Fruits — oranges, grapefruits, lemons, limes – get mandarins and tangerines when in season, in the late fall and early winter.

Vegetables — Whenever possible, purchase dark green and brightly coloured vegetables such as carrots, celery broccoli, kale, Swiss chard, winter greens, spinach, green and red cabbage, bell peppers, green and yellow zucchini, green and yellow beans, Asian greens, tomatoes, and radishes.

You should eat at least one dark green vegetable per day – a minimum of 1 ½ cups should be consumed.

Fruits — grapes, mangoes, berries, papaya, Asian pears and kiwi.

Whenever possible, purchase fresh fruit when it comes on sale

Like your root vegetables — and if you don't, you may want to give them another try!

Eat them as often as possible, as they are loaded with nutrients, vitamins, and fibre, and are also very filling and versatile.

They can be roasted for maximum flavour and sweetness by tossing them in a little extra virgin olive oil, salt, pepper and dried thyme and rosemary and bake in a 350 °F oven for 45 minutes to 1 hour.

Try vegetables like sweet potatoes, yams, eddoes, plantain, turnips, rutabaga, celeriac, beets, and parsnips, as well as hard skinned squashes like butternut, acorn and pepper squash.

FRESH IS BEST

FROZEN IS GREAT

CANNED IS FINE, BUT USE ONLY AFTER RINSING OFF THE JUICES WITH COLD WATER

HOW TO SHOP FOR GROCERIES

Rule #1 — Do not shop when you are hungry; eat before you go. This reduces impulse buying – the budget buster!

Rule #2 — PLAN the meals that you are going to make and then PLAN what you are going to buy, and stick to it. Leave a little wiggle room for sale or feature items.

Rule #3 — In general, buy only what you need, in the appropriate quantities. This reduces repetitive eating. Bulk buying is NOT always the most cost-effective way to go; it can increase the likelihood of food spoilage and waste.

Rule #4 — Buy ON SALE as much as possible. Take advantage of flyer specials and features (be careful though because deals are not always what they seem to be, coupons and 2 for 1 specials).

Rule #5 — Know your grocery store, your green grocer, and butcher. This reduces shopping time while allowing you to develop a relationship with the retailer.

Rule #6 — You may want to discuss ways of pooling some of your grocery money for bulk purchases, and for stocking the pantry with items that everyone can use, with your housemates. This is a great way to stretch scarce grocery money and opens up more communication lines with all of your housemates. It also involves everyone in making, and enjoying, the meals together.

Did you know that you actually eat more slowly, and eat less, when you dine with others, instead of alone or in front of the computer or TV? Meal making and consumption is quality social time with housemates, friends, and family.

KITCHEN ESSENTIALS

While you probably have a stove and a fridge in your house, when you rent for college, the kitchen rarely comes outfitted with the essentials.

This list will help you make your kitchen work and ease your preparation for making meals.

You MUST have:

- 2 sauté pans
- 1 non-stick sauté pan
- 1 non-stick baking sheet
- 1 oven proof casserole dish (3-5 litres) with a lid
- OR
- 1 Dutch oven
- 2 pots – 1 large, 1 medium sized
- 1 lasagna pan or 9 x 13 baking dish
- 1 pair** metal tongs
- 1 egg flipper or lifter
- 1 set** measuring cups
- 1 set** measuring spoons
- 1 spatula
- 1 small** food processor
- 2 wooden spoons
- 1 boning knife
- 1 all purpose chef's knife

Some GREAT additions would be:

- 1 hand blender
- 1 soup ladle
- 1 medium** crock pot or slow cooker
- 1 toaster oven or toaster
- 1 vegetable peeler
- 1 strainer
- 1 wok
- 1 4 sided box grater
- 1 wire whisk

YOUR PANTRY BASICS

Sugar — white and brown sugar or Splenda

Oats — unflavoured quick cook or steel cut

Flour — all-purpose flour and corn/potato/rice starch

Oils — Canola or Grapeseed oil, extra virgin olive oil – avoid corn or palm oils

Unsugared cereals — corn flakes, bran flakes, puffed rice, shredded wheat

Dried fruit — raisins, apricots, cranberries, coconut and unsalted nuts

Canned tomatoes — low sodium if possible

Beans — black beans, kidney beans, chick peas, split peas, lentils.

Canned and/or dried beans and pulses

Grains — millet, quinoa, whole wheat couscous

Rice — converted and/or basmati – white or brown

Yeast — dry active or instant yeast

Canned fruit — peaches, pears, pineapple, applesauce

Without sugar or syrup

Sauces — low sodium soy sauce, Tamari or Ponzu

Dried herbs and spices — basil, thyme, cumin garlic powder (do not by garlic salt), salt (kosher or sea is best), pepper, cinnamon, ginger, crushed chilies, rosemary, coriander, and any spice blend that DOES NOT contain salt – add your favourites as well.

Dried pasta — assorted varieties and shapes, including whole wheat and enhanced whole grain products – try and buy name brand

pastas when they go on sale, as they are made with better quality ingredients, such as pure semolina – avoid packaged pasta products as they are extremely high in preservatives, sodium, and MSG.

Specialties — baking powder, baking soda/plain bran muffin mix/condensed and evaporated milk.

Your favourite soups — low sodium and low-fat. Avoid soup mixes, as they are very high in preservatives, sodium and MSG.

Boxed chicken and beef stock — low sodium and no sodium products are available and are excellent products.

Potatoes, onions, garlic — fresh

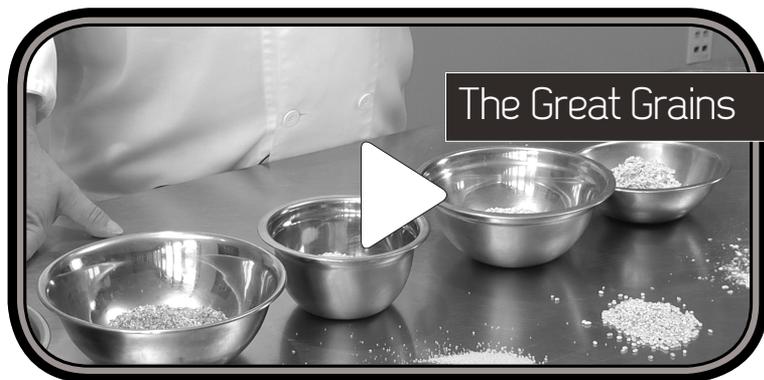
Bananas — buy them green and, once they get too ripe and soft, freeze them whole. They make great smoothies, can be used in many recipes, and can be used as a fat or sugar substitute in many recipes.

Coconut Milk — canned or boxed coconut milk or coconut cream

Coffee and assorted teas — gotta love the smell

MILLET

VIEW WITH **layar**



Many of you may not have seen, or used, this seed before, but for people on low incomes, millet is an excellent source of many vitamins and micro-minerals. It is also very low in fat and is highly nutritious when cooked. Millet is a seed that provides a complete protein when consumed – this is unusual, as most grains are not complete proteins.

In its natural state, the taste of millet is very bland, but it also has a unique cooking property – it will absorb almost any flavor that you want to give it, making the cooked seed highly versatile. It is also very inexpensive and, when properly bought and stored, it can last for months in your pantry. It can be purchased from health stores, bulk food stores, and many major grocery stores. It is priced at about 25 cents per 100 grams (g). This compares very favourably to dry cereals, which range from \$1 to \$2 for 100g.

Health Benefits

Millet is a source of high quality protein and vitamins, including the B complex range. It is also rich in iron, potassium, calcium, and other minerals. Millet is gluten free, making it suitable for various dietary needs.

Including Millet in Your Diet

Millet can be added to many of your favourite dishes! Or, try a new recipe today.

- 1 Use millet as a substitute for more expensive grains, such as rice and couscous.
- 2 Add millet to stews, chilies or casseroles.
- 3 Pan-fry cooked millet to make pancakes.

How to Cook and Use Millet in Recipes

Millet is cooked very much like regular rice, with a bit of a twist!

- 1 cup** uncooked millet
- 2 cups** room temperature liquid
- 1 tbsp.** unsalted or low sodium margarine
- ½ tsp.** salt (optional)

Instructions:

- 1** Heat a medium sized pot over medium-high heat; add margarine and let melt.
- 2** Add the millet to the pot and stir constantly for 2-3 minutes or until the grain begins to brown slightly.
- 3** Add the 2 cups of liquid and stir well. Bring to a boil and turn pot down to a simmer. Cover and cook for 10 minutes only. After 10 minutes, remove the pot from the stove – DO NOT PEEK. Let the pot sit off of the heat, covered, for another 10 minutes.
- 4** Gently fluff the millet with a fork – It is now ready to use.

When cooked this way, millet can be used as a substitute for rice, potatoes or pasta. Just add a little more margarine and some fresh chopped parsley, chives or cilantro.

Now, Let's Get Creative with Millet!

Millet can be cooked in a wide variety of liquids instead of water. When cooked using flavoured liquids, the millet will absorb the taste of that liquid. This makes it a great food additive to extend the protein portion of your meal. This can make many meals cheaper to prepare and can feed more people or make more meal options without sacrificing flavor or the health benefits of eating millet. Not only will “fill” you up more, but that feeling of being “full” will last longer.

To use in beef recipes or an additive to ground beef:

- 1 cup** uncooked millet
- 2 cups** room temperature unsalted beef broth**
- 1 tbsp.** unsalted or low sodium margarine
- ½ tsp.** salt (optional)

Follow the above directions for cooking.

To use in chicken, pork or turkey recipes or an additive to ground chicken or turkey or pork:

- 1 cup** uncooked millet
- 2 cups** room temperature unsalted chicken broth**
- 1 tbsp.** unsalted or low sodium margarine
- ½ tsp.** salt (optional)

Follow the above directions for cooking.

To use in vegetarian recipes or as a “soup” or salad grain:

- 1 cup** uncooked millet
- 2 cups** room temperature unsalted vegetable broth***
- 1 tbsp.** unsalted or low sodium margarine
- ½ tsp.** salt (optional)

Follow the above directions for cooking.

To use in dessert recipes such as pies and crumbles:

- 1 cup** uncooked millet
- 2 cups** room temperature natural juice
or low sugar fruit juice****
- 1 tbsp.** unsalted or low sodium margarine
- ½ tsp.** salt (optional)

Follow the above directions for cooking.

*****You can also use low sodium beef or chicken bouillon cubes.
***You can also use low sodium vegetable bouillon cubes,
watered down tomato juice (half juice, half water) or the left over
vegetable water from cooking carrots or frozen corn kernels.
****You can use watered down (half juice, half water) apple juice,
pineapple juice, orange juice or any juice that matches the fruit that
you are going to use in the recipe.***

BEEF

Millet can be used in meatloaf, meatballs, hamburger patties, chilies, stews, beef pot pie, shepherd's pie, and hamburger casseroles such as "Sloppy Joe's" and "Hamburger Helper".

For every pound of ground beef, use 1 ½ to 2 cups of cooked, beef flavoured millet.

CHICKEN / TURKEY /PORK

Millet can be used in meatloafs, meatballs, chicken-burger patties, white chili, chicken pot pie, and casseroles, using ground chicken, turkey or pork.

For every pound of ground chicken, pork or turkey, use 1 ½ to 2 cups of cooked, chicken flavoured millet

VEGETARIAN

Millet can be used in vegetable and bean chili, vegetable lasagna or vegetable pasta sauce, homemade veggie “burger” patties, soups, and cold salads

DESSERTS

Millet cooked in apple juice can be added to apple pie, apple crumble, or pear crumble.

Millet cooked in pineapple juice can be used in pineapple crumble, pineapple pudding or pineapple upside down cake.

Millet cooked in orange juice can be used in orange spoon cake, peach pie or peach crumble.

For every 2 ½ cups of fruit, use ¾ cup fruit juice cooked millet.

You can also chill the millet that has been cooked in vegetable or fruit juices in salad. There will be recipes for some of these dishes further on in the cookbook

COOKING WITH MILLET

Millet or Quinoa Croquettes

These little pan fried patties are excellent – high in protein, easy to make, and you can make so many variations from the basic recipe below. The mixture can be kept in the fridge for up to 3 days so that you can make them fresh in a snap!

Ingredients:

- 2 cups** millet or quinoa, cooked, cooled, and mashed so that the grains are of a “lumpy” mashed potato consistency
- 1 small** carrot, grated
- 1 small** zucchini grated and squeezed dry
- 1 bunch** green onion, finely chopped
- 1 tbsp.** dried thyme
- ground coriander
- ¼ cup** fresh parsley, chopped
- fresh basil, chopped
- ½ cup** grated Parmesan or finely crumbled feta cheese
- 1 tsp.** black pepper
- 1** egg (optional) DO NOT use for a vegetarian option
- Vegetable spray

Directions:

- 1** Preheat oven to 400 °F. Prepare a non-stick baking sheet with a vegetable spray.
 - 2** Combine the grain, vegetables, dried and fresh herbs, cheese, and black pepper and mix well. If applicable, add the optional beaten egg at this time, and mix well.
 - 3** Form into patties and place onto the prepared baking sheet. Spray the tops of the patties with vegetable spray.
 - 4** Place on the bottom rack of the preheated oven and bake for 6-8 minutes. Gently turn the patties over and bake for an additional 6-8 minutes. Remove from oven and sprinkle with a little salt.
- Ready to serve with a little warmed tomato sauce and a side salad.

Optional Cooking Method

- These patties can also be fried. To make them this way, heat 2 tbsp. of butter and Canola oil in a skillet over medium-high heat. Fry the patties for 3-4 minutes per side and drain on paper towel before serving.



Millet or Quinoa Lettuce Wraps

Ingredients:

- 1 cup** cooked and cooled millet or quinoa
- ½ cup** shiitake or button mushrooms, thinly sliced
- ½ cup** thawed frozen corn
- 2 cloves** garlic, finely chopped
- ¼ cup** red onion, thinly sliced
- 1 small** tomato, seeded and chopped
- ½ cup** broccoli slaw (available in most supermarkets)
OR
- ½ cup** English cucumber, cut into thin sticks
- ⅓ cup** crumbled feta cheese
- ⅓ cup** plain yogurt or low-fat sour cream
- 2 tbsp.** fresh basil
- fresh parsley
- fresh cilantro, chopped
- 1 tbsp.** Canola oil
- 1 small head** Bibb lettuce,
OR
iceberg lettuce, washed and dried

Your favourite salad dressing, hot sauce or vinaigrette for dipping.

Directions:

- 1 Heat a skillet over medium-high heat and add the Canola oil. Add the onions, mushrooms, and garlic, and cook together, stirring frequently, for 2-3 minutes. Remove from pan and cook – drain off any accumulated juices.
- 2 Combine cooked mushroom and onions mixture with the cooked millet or quinoa, tomato, slaw or cucumber, feta cheese, thawed corn, and herbs. Mix to combine and then stir in the yogurt or sour cream. Season mixture with salt and pepper to taste.
- 3 Divide the mixture up and wrap the filling in the lettuce leaves. Serve with your favourite dressing or vinaigrette. Add hot sauce to taste.

The mixture holds well in the fridge and you can wrap it in the lettuce when you wish.

Alternative Use:

To turn the filling into a hot meal – try the following:

- Cut 2 green zucchini in half, lengthwise, and hollow out the middle to make a zucchini boat. Pack the mixture into the zucchini boats and top with a little tomato sauce. Bake in a 350 °F preheated oven, on a baking sheet, for 30 minutes. Serve with a side of spaghetti squash or a side salad
- Cut the tops off of 2 bell peppers and remove the seeds. Pack the mixture into the peppers and top with tomato sauce. Place into a casserole dish and bake, covered, in a preheated 350 °F oven for 45 to 50 minutes. Serve with additional tomato sauce and a side salad.

Millet Tabbouleh

This is a fantastic dish that is usually made with cracked wheat. This is a gluten free version made with millet. You can also use wheatberries, red or yellow quinoa, Bulgur or buckwheat groats. It stores well and is best served the day after it is made to achieve the fullest flavour. Great as a meal or as a side dish for grilled or roasted meats.

Ingredients:

2 cups	cooked and cooled millet (or other grain)
3	tomatoes, seeded and diced
1	English cucumber, diced
1 small	fennel, topped and diced
½ small	red onion, finely chopped
1 small	green zucchini, diced
1 small	red pepper, seeded and diced
4 cloves	garlic, finely minced
½ cup	flat leaf parsley, finely chopped
⅓ cup	fresh dill, finely chopped
¼ cup	fresh lemon juice
⅓ cup	virgin olive oil
	Salt and pepper to taste

Directions:

- 1 Combine all of the vegetables, herbs, and millet together.
- 2 Stir in the lemon juice and olive oil, and toss to coat. Season with salt and pepper to taste. For a little heat, add a hot sauce or chopped pickled jalapeños to taste.

Additions:

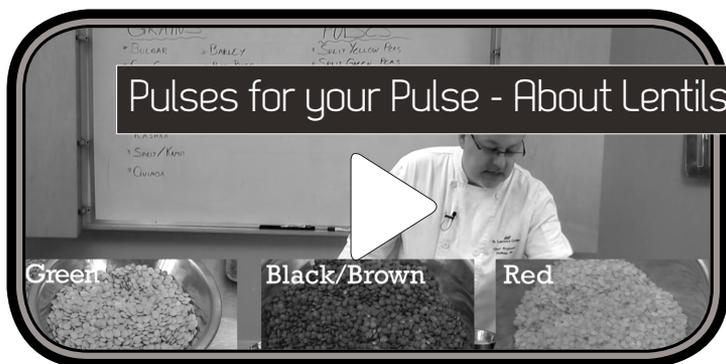
- Feta cheese, sun-dried tomatoes, cooked cubed chicken, canned chunk tuna, cubed celery, chopped beet greens, chopped and cooked yellow beets.

Substitutions:

- Lemon juice can be replaced with orange or tomato juice.
- Can be served on a bed of salad greens.

LENTILS

VIEW WITH **layer**



Did you know that Canada is the world's leading producer of lentils? This nutritious, tasty, and easy to use legume is found in dishes from across the world. Lentils come in a wide variety of colours and are very versatile. Make lentils a budget-friendly addition to your kitchen.

Health Benefits of Lentils

Lentils are full of nutrients that everyone needs. They are gluten free, known as a heart-smart food, and are appropriate for a diabetic diet. Lentils are a great source of protein, fibre, potassium, and iron.

One serving of lentils (100g) can provide you with:

- 1 A whole day's worth of fibre
- 2 More potassium than a banana
- 3 50% of your daily iron needs
- 4 25 grams of protein

Split Red Lentils

Nutrition Facts

Per 100 g, dry

Amount	% Daily Value
Calories 360	
Total Fat 1.5g	2%
Saturated Fat 0.2g	
Trans Fat 0g	1%
Polyunsaturated Fat 0.8g	
Omega-6 0.7g	
Omega-3 0.2g	
Monounsaturated Fat 0.3g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 990mg	28%
Carbohydrate 60g	20%
Fibre 18g	72%
Sugars 1g	
Protein 28 g	
Vitamin A	0%
Vitamin C	0%
Calcium	4%
Iron	50%

Large Green Lentils

Nutrition Facts

Per 100 g, dry

Amount	% Daily Value
Calories 360	
Total Fat 1.5g	2%
Saturated Fat 0.2g	
Trans Fat 0g	1%
Polyunsaturated Fat 0.8g	
Omega-6 0.6g	
Omega-3 0.2g	
Monounsaturated Fat 0.4g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 900mg	26%
Carbohydrate 62g	21%
Fibre 28g	112%
Sugars 1g	
Protein 25 g	
Vitamin A	0%
Vitamin C	4%
Calcium	8%
Iron	50%

How to cook lentils

It's easy to cook dry lentils. Just rinse, boil, and enjoy!

Split Lentils	Whole Lentils
Rinse lentils under running water	Rinse lentils under running water
In a pot, add 2 cups of water for 1 cup of split lentils. (Use a pot that is big enough – lentils will grow in size as they cook).	In a pot, add 3 cups of water for 1 cup of whole lentils. (Use a pot that is big enough – lentils will grow in size as they cook).
Bring to a boil, cover with a lid, reduce heat and simmer.	Bring to a boil, cover with a lid, reduce heat and simmer.
Cook for 5 – 15 minutes, until tender.	Cook for 20 – 30 minutes until tender.

Including lentils in your diet

There are lots of fun, creative, and tasty ways to include lentils in your diet. Try different colours of lentils and experiment with seasonings to add colour and variety. Add lentils to one of your favourite dishes or try a new recipe!

Add lentils to soup, stew or chili

Add lentils to a salad

Puree lentils and serve as a dip

Serve lentils in a wrap

Source: www.Lentils.ca

LENTILS, CHICKPEAS & BEANS

Lentil and Chick Pea Burgers

*A great vegetarian alternative to a meat burger – use like you would a burger patty.
Serve on a bun, in a wrap or on their own with a Greek or garden salad.*

Ingredients:

- 125ml** brown rice
- 4** green onion, chopped
- 4 cloves** garlic, minced
- 125ml** grated carrot
- 125ml** grated green zucchini, squeezed dry
- 125ml** mushrooms, thinly sliced
- 125ml** celery, finely minced
- 30ml** tomato paste
- 15ml each** ground cumin, coriander, chili powder
- 60ml each** fresh parsley and cilantro, chopped
- 540ml can** green lentils, rinsed and drained
- 300ml** canned chick peas, rinsed, drained and mashed with a fork
- 125ml** breadcrumbs
- Hot sauce to taste
- Salt and pepper

Directions

- 1 Bring 400ml of water to the boil. Add brown rice and stir. Cover the pot and simmer for 30 minutes or until the water is absorbed. IT IS IMPORTANT TO OVERCOOK the rice – make sure that the rice is very soft. As the rice cools, mash it with a potato masher until it looks like thick porridge.
- 2 In a large bowl, combine all of the ingredients together. If the mixture is too wet and will not form patties, adjust using more breadcrumbs.
- 3 Divide the mixture into 6 portions and form into patties. Place onto a lightly greased baking sheet.
- 4 Bake in 350 °F preheated oven for 25 minutes. Flip the patties and bake for a further 20 minutes. Ready to serve.

Tori's Lentil Curry

Ingredients:

- 1 onion, diced
- 1 large carrot, chopped
- 4 cloves garlic, minced
- 30ml fresh ginger, grated
- 5ml curry powder
- Garam masala
- cumin
- coriander
- 1 can coconut milk
- 1 pkg frozen spinach, chopped
- 75ml tomato paste
- 125ml raisins or other dried fruit like cranberries, cherries or apricots
- 250ml frozen peas or green beans
- 500ml dried green lentils
- OR
- 2 – 540ml cans lentils, rinsed and drained
- 30ml Canola or olive oil
- Salt and pepper
- Chopped cilantro for serving

Directions

- 1 If using dry lentils, rinse well under cold water and drain. Bring 1.5 lts of water to the boil – add lentils and cook until tender. Drain and set aside.

- 2 In a large heavy bottomed pot, heat oil over medium heat. Add carrots, onions, and ginger. Cook for 3-5 minutes, stirring frequently, until the onions begin to soften.
- 3 Add garlic, raisins, spices, and tomato paste, and cook, stirring frequently, for another 2 minutes.
- 4 Add coconut milk and lentils and stir well. Bring to the boil and simmer for 15 minutes.
- 5 Add peas or green beans and the spinach. Heat through and allow to thicken naturally. Season with salt and pepper.

Serve over brown rice or whole wheat couscous or with naan or pita bread.

Lentil Hummus

While usually made with chick peas, it can also be made with lentils and other pulses. Lentil hummus is very flavourful and lighter in both taste and texture

Red Lentil Hummus - Ingredients

540ml can	red lentils, rinsed under cold water and drained
2 cloves	garlic
2	green onions, chopped
75ml	fat free ranch dressing or buttermilk
10ml	ground cumin
	ground coriander
10ml	yellow curry powder
15ml	olive oil
	salt and pepper

Green Lentil Hummus – Ingredients

540ml can	green lentils, rinsed under cold water and drained
2 cloves	garlic
125ml	spinach leaves
125ml	parsley leaves
10ml	ground cumin
	ground coriander
10ml	pickled jalapeños
45ml	olive oil
	Lime juice
	Salt and pepper

Directions

Place all of the ingredients into a food processor and blend until very smooth. If the mixture is too thick, add small amounts of cold water to thin it.

Serve with toasted pita bread and sliced cucumbers and carrot sticks. Can also be used as a healthy sandwich filling with sliced cucumbers, sliced tomatoes, hot peppers, and lettuce.

Baked Lentil Biscuits

This is a fantastic recipe for picky eaters, as the lentils are hidden! This recipe was developed for the Hidden Healthy™ recipe collection, published by Lentils.ca. Great for breakfast, a study snack or a treat before bedtime.

Ingredients:

425ml	all purpose flour
15ml	baking powder
30ml	table sugar
75ml	unsalted margarine
200ml	cooked red lentils, pureed
150ml	buttermilk or skim milk

Directions

- 1 Rinse and drain the canned red lentils and puree.
- 2 Preheat oven to 425 °F
- 3 In a medium bowl combine the flour, sugar and baking powder
- 4 Add the cold margarine and, using your hands, break up the margarine into the dry ingredients. Add the lentil puree and continue to break down the lentils and margarine until the mixture resembles lumpy oatmeal.
- 5 Add the milk and fold in until the ingredients are incorporated.
- 6 Turn out the dough onto a lightly floured surface and pat down to 1.5 "es thick. Cut out with a cookie cutter.
- 7 Place biscuits into a baking sheets and bake for 14-16 minutes or until golden brown.

These freeze very well.

Serve warm with your favorite jam or preserves. You can even top with ham and cheese for a quick snack! The possibilities are endless.

Lentil and Oatmeal Pancakes with Banana

These pancakes have an awesome texture and are very filling. Instead of bananas, you could use mango, cooked squash or shredded apples.

Ingredients:

- 60ml** dry red lentils cooked in boiling water until tender drained
- 250ml** flaked oats
- 250ml** whole wheat flour
- 6ml** baking soda
- 15ml** baking powder
- 60ml** brown sugar
- 5ml** dried ground nutmeg, Garam masala or cinnamon
- 185ml** plain yogurt
- 185ml** buttermilk or skim milk
- 2 large** eggs
- 5ml** vanilla
- 2** overripe bananas
- OR
- 1 cup** mashed mango, cooked squash or shredded apples
- Canola oil – as needed
- Maple or pancake syrup

Directions

- 1** Place dry ingredients (oats, flour, baking soda, baking powder, brown sugar, and spices) into a bowl and stir well.
- 2** In another bowl, whisk together the wet ingredients (eggs, buttermilk, yogurt, and vanilla).
- 3** Add the wet ingredients to the dry ingredients, along with the mashed banana (or other fruit) and lentils and stir until combined.
- 4** In a large heavy bottomed skillet, heat 1 tbsp. of Canola oil over medium heat. Make sure the bottom of the pan is coated. Using a large kitchen spoon, drop about 125ml of the batter at a time onto the pan. Cook for a few minutes, until bubbles begin to break through the surface, and the bottom is golden.
- 5** Using a spatula, flip the pancake and cook until golden on the other side. Remove from the pan and keep warm in the oven.
- 6** Repeat procedure until the batter is used up. Serve with maple or pancake syrup.

These pancakes freeze well and can be reheated in the microwave or toaster oven

Greek Style Chickpea Salad

Ingredients:

- 1 can** chickpeas, well rinsed under cold water and drained
 - 1** English cucumber, cubed
 - 5** Roma tomatoes, cut into bite size pieces
 - 1** small red onion, chopped
 - 1** red pepper, seeded and cut into bite size pieces,
green pepper, seeded and cut into bite size pieces
 - 1 jar** artichoke hearts, well drained – DO NOT rinse
 - ½ cup** black and green olives, rinsed under cold water and drained
 - 1 jar** sun-dried tomatoes in oil, sliced
 - 1 cup** fresh parsley, chopped
 - ½ cup** fresh mint and fresh dill, chopped
 - 4 cloves** garlic, finely chopped
 - ½ cup** olive or Canola oil
 - ⅓ cup** red wine vinegar or cider vinegar
 - 1 cup** crumbled feta cheese
- Salt and pepper to taste (use as little salt as possible because of the olives, artichokes and feta cheese).

Use chopped lettuce or spinach as a base for the salad.

Directions:

- 1** Toss all ingredients together gently in a large bowl, EXCEPT the feta cheese.
- 2** Let the salad sit at room temperature for 20 to 30 minutes, tossing twice. This allows the dressing to penetrate the other ingredients for best flavour.
- 3** Put some chopped lettuce, or spinach leaves, onto a plate and top with the Greek chickpea salad. Top with crumbled feta cheese.

Serves 4 – 6. Serve with pita bread.

This salad can also be served as a side dish with oven roasted chicken breast or chicken legs, grilled burgers, meatloaf, baked pork chops, baked tilapia or roasted salmon.

Hummus

This is better than the store bought stuff and cheaper too!

Ingredients:

- 2 cans** chickpeas, rinsed under cold water and drained
- ½ cup** onion, chopped
- 1 ⅓ tbsp.** ground cumin, ground coriander
- 1 tsp.** salt and pepper
- 7 cloves** garlic, chopped
- ½ cup** olive oil (or half olive oil and half Canola oil)
- Juice of 2 lemons
- Cold water to thin the mixture if needed

Directions:

Place all of the ingredients into a food processor and blend until very smooth. If the mixture is too thick, add small amounts of cold water to thin it. After blending, add ½ cup of freshly chopped parsley or cilantro (both can be used for best flavour).

Serve with toasted pita bread and sliced cucumbers and carrot sticks. Can also be used as a healthy sandwich filling with sliced cucumbers, sliced tomatoes, hot peppers and lettuce.

Variations:

Red Pepper Hummus

Add 1 small jar of roasted red peppers. Rinse under cold water, pat dry, and puree with the rest of the ingredients.

Hummus bi Tahini

Add ½ cup of tahini (sesame seed paste) and puree with the rest of the ingredients.

Pesto Hummus

Add ½ cup of pesto or sun dried tomato pesto and puree with the rest of the ingredients.

Hot Pepper Pesto

Add 2 tbsp. of Sriracha or Sambal Oelek to the Red pepper OR Pesto Hummus.

Lentil and Chicken Salad

Ingredients – Salad:

- 2 cups** green lentils
- 1 can** mandarin oranges, drained (reserve liquid)
- ½ cup** raisins
- sunflower seeds
- dried cranberries
- ½ cup** fresh parsley, chopped
- green onions, chopped
- fresh basil, chopped
- celery, chopped
- 2** cooked chicken breasts – bone-in, skin on
- 1 cup** shredded carrot
- 2** green apples or pears, peeled, cored and chopped

Ingredients – Dressing:

- 2 tbsp.** olive or Canola oil
- 2 tsp.** fresh ginger, grated
- 2 cloves** garlic, finely minced
- 1 tbsp.** honey
- 2 tsp.** Dijon mustard (optional)
- juice and zest of ½ lemon
- Reserved mandarin orange liquid

Combine dressing ingredients and set aside.

Directions:

- 1** Bring 2 lts of water to a boil. Add lentils and cook for 20 minutes or until just tender. Drain and run under cold water to stop the cooking. Drain well.
- 2** Remove the skin and bones from the chicken and discard. Chop into bit sized pieces.
- 3** Combine salad ingredients in a large bowl and pour over the prepared dressing and toss gently but thoroughly.

Ready to serve. Serve on a bed of lettuce or spinach with tomatoes and cucumbers.

Substitutions

- Chicken can be replaced with firm tofu that has been cubed; cooked chicken thighs that have been cubed; canned tuna that has been well rinsed and drained; fresh salmon that has been poached or baked; low sodium, lean ham that has been cut into small cubes; leftover turkey that has been cubed; or left over roast pork that has been cut into small cubes.
- Sunflower seeds can be replaced with toasted pumpkin seeds, pecans or walnuts
- Any combination of chopped dried fruit, or even trail mix, can be used in this salad.
- Salad will last for 3 days in the fridge, as long as it has been dressed.
- Make sure that poultry has been cooked to an internal temperature of 160 °F to 170 °F.

Molettes

Ingredients:

4	whole wheat hot dog buns
30g	butter or non-hydrogenated margarine
2	cooked chicken breasts, shredded
225g can	refried beans
2 tbsp.	pickled jalapeños, chopped
150g	cheddar cheese, shredded
75g	salad greens or iceberg lettuce, shredded
	Salsa
	Low-fat sour cream

Directions:

- 1 Warm the refried beans over low heat in a non-stick skillet.
- 2 Divide butter or margarine and spread onto the whole wheat hot dog buns and toast under the broiler or in a toaster oven.

Assemble the molettes:

- 1 Spread the refried beans onto the buns.
- 2 Top with chopped jalapeños.
- 3 Top with the shredded chicken, salsa, sour cream, and lettuce.
- 4 Enjoy!

Substitutions:

- Shredded chicken breast can be replaced with low sodium sliced ham, leftover chicken, turkey or roast beef or with tofu dogs.
- Sour cream can be replaced with low-fat Greek yogurt or low-fat cottage cheese.

Moroccan Chicken with Chick Peas and Couscous

Ingredients:

- 3 Yukon Gold potatoes, scrubbed and quartered
- 2 green zucchini, quartered
- 2 red bell peppers, seeded and quartered
- 12 chicken thighs and/or drumsticks, rinsed and dried
- 2 tsp. ground cumin
- ground coriander
- dried thyme
- ¼ tsp. ground nutmeg or cinnamon
- black pepper
- ¼ cup + 1 tbsp. Canola oil
- 2 jalapeños, seeded and chopped
- 1 small onion, chopped
- 2 tbsp. fresh ginger, grated
- 4 garlic cloves, chopped
- 1 tsp. red wine vinegar or cider vinegar
- 1 tsp. salt
- 1 cup can of low sodium tomatoes
- ½ cup no sodium chicken or vegetable stock
- 540ml can chick peas, rinsed under cold running water and drained
- ¼ cup fresh parsley, chopped
- 2 tbsp. fresh cilantro, chopped
- 1 lt cooked couscous, according to package directions
- Plain low-fat yogurt
- Honey

Directions:

- 1 Combine the chicken, potatoes, red bell peppers, and zucchini in a large bowl. Add ground cumin, ground coriander, dried thyme, cinnamon (or nutmeg), black pepper, and ¼ cup Canola oil. Toss to coat everything in the spice mixture. Wrap with plastic wrap and store for a minimum of 3 hours. (This can be prepared early in the morning or the night before).
- 2 After marinating time has passed, spread out the chicken and vegetables onto non-stick baking sheets. Roast in a preheat, 350 °F oven, for 1 hour. After 1 hour, remove the baking sheet from the oven and transfer chicken and vegetables to a prepared casserole dish or Dutch oven.

While the chicken and vegetables are roasting, you can make the sauce.

- 3** In a sauté pan, over medium high heat, add 1 tbsp. of Canola oil along with the salt, onion, jalapeños, fresh ginger, and garlic. Cook over medium heat for 5 minutes.
- 4** Add vinegar, chick peas, tomatoes, and stock to the pan and bring to a boil. Simmer covered with a lid for 15 minutes and keep warm.

Assemble and Finish the Dish

- 1** Once the chicken and vegetables have been put into the casserole dish or Dutch oven, pour the sauce over the top. Put the lid on the Dutch oven, or casserole dish, and bake in the 350 °F oven for 45 minutes.
- 2** Remove lid from casserole dish or Dutch oven and garnish the top of the dish with the chopped fresh parsley and cilantro. Spoon over prepared couscous and serve with plain low-fat yogurt sweetened with a little honey.

Serves 4 – 6

Substitutions:

- Chicken can be substituted with pork chops or lamb chops – increase second cooking time to 75 minutes.
- Other vegetables such as eggplant, sweet potatoes, squash, cauliflower or fennel can be used instead of the potatoes.
- For some additional texture, dice some cucumber into the yogurt for a nice crunch!

VEGETABLES & SALADS

Roasted Beet and Orange Salad

Hearty, healthy and simply delicious. Roasted beets are very sweet and are perfectly paired with the tart finish of the oranges, and the creaminess of the goat cheese.

Ingredients – Beets:

- 500g** red, yellow or candy cane beets
- 2 tsp.** Canola oil

Directions:

Rub beets with oil and place them on a large piece of foil. Wrap the beets in the foil making sure the foil is sealed. Place sealed packet onto a baking sheet and place into a preheated 350 °F oven for 75 minutes. After the cooking time, remove the beets from the oven and leave rest in the foil for 30 minutes. Peel the skin off of the beets, and slice into thick slices under cold running water.

Ingredients – Dressing:

- 2** cloves garlic, finely chopped
- 1 tbsp.** fresh thyme, finely chopped
- 1 tbsp.** fresh parsley, finely chopped
- 1 tsp.** ginger, grated
- 1** orange, juiced and zest
- 1 tsp.** Dijon mustard
- 2 tsp.** honey or brown sugar
- 2 tbsp.** rice, cider, sherry or white wine vinegar
- 3 tbsp.** olive oil
- Pepper to taste

Combine all ingredients into a bowl and mix together. Pour over the beets and toss the beets in the dressing.

Ingredients – Orange Salad:

- 2 cups** salad greens
- ½** red onion, thinly sliced
- 1** head fennel, thinly sliced
- 4** oranges, peeled and cut into segments

- ½ cup** crumbled goat cheese or feta cheese
- ⅓ cup** pecans or hazelnuts (optional)
- ½ cup** parsley leaves

Directions:

- 1 On a large platter, layer the salad greens then the fennel followed by the onions.
- 2 Distribute the dressed beets over the salad.
- 3 Top with orange segments, nuts (optional), cheese and parsley leaves. Pour remaining dressing over the salad.

This salad is a meal on its own or can be served as a hearty side dish for grilled or roasted meat or fish.

Substitutions:

- Oranges can be replaced by red grapefruit or canned mandarin oranges.
- Fennel can be replaced by thinly sliced zucchini or cucumber.

Spicy Root Vegetable Gratin

This is a great side dish, or can be served as a meal with a green salad. One of the best ways to get your root veggies!

Ingredients:

- 2** sweet potatoes, peeled and thinly sliced into rounds
- 2** russet potatoes with skin, washed and sliced thinly into rounds
- 1** butternut squash, peeled and sliced into rounds (top only). Keep the rest for soup
- 1** small celery root (celeriac), peeled and sliced into thin rounds
- 1** small red onion, sliced into thin rings
- 2 tbsp.** butter or non-hydrogenated margarine
- 2 tsp.** yellow curry powder
- coriander
- chili powder
- 1 tsp.** Turmeric
- cayenne pepper
- ⅔ cup** half and half or coffee cream
- ⅔ cup** low-fat milk
- ⅔ cup** grated mozzarella cheese

Directions:

- 1 Slice all of the vegetables as thinly as possible and place into water while slicing so that none of the vegetables begin to brown.
- 2 Mix together the milk and half and half or coffee cream. Set aside in fridge.
- 3 Melt the butter in a small pot over low heat. Add all of the spices and cook for 3 minutes. Pour into a large bowl.
- 4 Drain and pat all of the vegetables dry, and then add them to the butter mixture. Toss to ensure that the butter and spice mixture coats all of the vegetables.
- 5 Use a vegetable oil spray to coat a Dutch oven or a large casserole dish. Begin to layer the vegetables, seasoning with salt and pepper between each layer. Half way through the layering, add half of the cheese and half of the milk and cream. Add the remaining cheese to the top layers and pour over the rest of the cream and milk mixture.
- 6 Cover the casserole dish or Dutch oven and bake in a preheated 350 °F oven for 50 minutes. Remove the lid after 50 minutes and cook for an additional 35 minutes. Remove from the oven and let stand for 15 minutes before serving.

Serves 6

Substitutions:

- You can use any combination of root vegetables. In addition to the above, or as replacements, you can use rutabaga, white turnips, parsnips, carrots, heritage carrots, yellow beets, taro root or yams.
- Cow's milk can be replaced with goat's milk or an unflavoured dairy substitute.
- Cheese can be eliminated or replaced with cheddar, blue cheese, goat cheese or Parmesan cheese.

Stuffed Bell Peppers

Old fashioned comfort food, but with a spicier flavour. Served with salad, this makes a great meal. Easy to freeze and reheat as well.

Ingredients:

- 1 large green bell pepper, cut in half lengthwise, seeded
- 1 large red bell pepper, cut in half lengthwise, seeded
- 1/3 cup onion, chopped
- 1 tbsp. Canola oil
- 1 tbsp. ground cumin
- ground coriander
- dried oregano
- chili powder

	black pepper
	paprika
3 cloves	garlic, finely chopped
1	egg
1 cup	cooked brown rice
1 cup	ground beef, pork, lamb, chicken or turkey
2 cups	low sodium or no sodium canned tomatoes
½ cup	white wine or orange juice
384ml	jar of your favourite salsa
½ cup	cheddar cheese, grated
	Low-fat sour cream
	Extra salsa, to taste

Directions:

- 1 Preheat oven to 375 °F.
- 2 Add the oil and onions in a skillet and sauté for 3 minutes over medium-high heat. Add ground meat and spices, and cook the ground meat thoroughly. Drain off all of the fat. Cool the meat.
- 3 Prepare an ovenproof casserole dish by adding the canned tomatoes to the bottom of the dish. Add the water or juice as well.
- 4 In a bowl, combine the cooled meat with the rice and garlic. Add the egg and mix through. Stuff the peppers with the meat and rice mixture.
- 5 Top the stuffed pepper with the salsa.
- 6 Bake in the preheated oven for 40 minutes. Top the peppers with the cheese and bake for an additional 10 minutes, or until the cheese has melted.
- 7 Serve the peppers topped with low-fat sour cream, extra salsa and, for a spicy hit, some chopped pickled jalapeños.

Serves 4

Serve with a salad and corn chips – the low sodium variety of course!

Substitutions:

- The peppers can be replaced with hollowed out zucchini halves, small eggplant halves or large tomatoes that have been topped and the flesh scooped out.
- The ground meat can be replaced with textured vegetable protein (TVP) or by using leftover roasted beef, chicken, pork or lamb that had been finely chopped.
- Brown rice can be replaced with whole wheat couscous or other cooked grains.

Mexican Cheese and Potato Torta

This is a hearty dish that tastes like a cheese quiche without the pastry crust. Great hot or cold and makes a great snack food! Serve with your favourite salsa.

Ingredients:

- 200g - 250g** leftover baked potatoes (about 3)
- 1 small** onion, thinly sliced into rings
- 1 small** red or green pepper, thinly sliced into rings
- 2** jalapeños, seeded and chopped
- 1 tbsp.** granulated garlic
chili powder
- 1 tsp.** salt
- 2 tbsp.** olive oil
- 150g** cheddar or Monterey Jack cheese, shredded
- 6** eggs, beaten with 1 tbsp. of milk or water
- Fresh cilantro, chopped
- Salsa

Directions:

- 8** Preheat oven to 400 °F.
- 9** Slice potatoes into ¼ thick slices, leaving skin on. Brush both sides with the olive oil and sprinkle with the salt, chili powder, and granulated garlic. Bake in the oven for 15-20 minutes or until they begin to brown. Remove from the oven.
- 10** Alternate between layers of the potatoes and of the cheese, onions, red or green pepper, chopped jalapeños, and cheese (making cheese the top layer) in a large skillet or ovenproof casserole. Beat the eggs and pour over the ingredients in the casserole dish, shaking it slightly to make sure that all of the egg mix is used.
- 11** Bake in 400 °F oven for 20 - 25 minutes or until the eggs are fully set. Remove from the oven and let stand 15 minutes before cutting into wedges.
- 12** Serve topped with your favourite salsa and chopped fresh cilantro. For a meal, serve with salad and refried beans.

Thai Curried Steak Salad

This is a great way to serve an expensive item as the steak is more of a garnish. One 300g strip loin steak (about \$10) will easily serve 2 people.

Ingredients:

- 300g** strip loin or rib eye steak
- 1 tbsp.** low sodium soy sauce or Tamari
- 1 tbsp.** red or green Thai curry paste
- 1 tsp.** ginger, finely minced
- garlic, finely minced
- 1 tbsp.** Canola oil
- 2 cups** salad greens of choice
- 1 cup** fresh bean sprouts
- 1 small** red or yellow or orange pepper, thinly sliced into strips
- 1 cup** carrots, shredded
- 4** green onions, thinly sliced into strips
- 1** tomato, cut into wedges

Dressing :

- 3 tbsp.** rice vinegar
- 1 tbsp.** Canola oil
- 1 tbsp.** honey or brown sugar
- 1 tbsp.** low sodium soy sauce or Tamari
- Pinch** chili flakes or hot sauce
- ½ cup** cilantro leaves, kept whole

Directions

- 1** Combine soy sauce, curry paste, ginger, and garlic. Rub into the steak and set aside at room temperature for 15 minutes.
- 2** Combine the liquid ingredients and chili flakes to make the dressing.
- 3** Heat a skillet over medium-high heat. Once hot, add 1 tsp. of Canola oil – sauté steak for 3-4 minutes per side for medium rare. Remove from the pan and place on cutting board. Let sit for 5 minutes and then slice thinly.
- 4** Combine salad ingredients and toss with the dressing. Plate the salad and top with the sliced steak and whole cilantro leaves.

Substitutions:

- Steak can be replaced with chicken breast, pork tenderloin or fresh salmon – follow the marinade instructions and cook chicken, pork or salmon until it reaches an internal temperature of 150 °F. Any salad greens, such as romaine, leaf lettuce, spring mix, baby salad spinach, shredded Napa cabbage or bok choy, can be used. Other vegetables, such as cooked broccoli, bagged broccoli slaw, celery, water chestnuts or bamboo shoots, can also be added.

Vegetable Frittata with Feta Cheese

Like pizza? This is a baked omelette that tastes like a pizza. Served with salad and roasted potatoes, you have a great meal! This recipe serves 4 with the sides.

Ingredients:

- 6** eggs beaten with 2 tbsp. of water and a pinch of salt and pepper
- 1 tsp.** dried thyme
- 1 tsp.** dried oregano
- 2 tbsp.** Canola oil
- 1** tomato, seeded and chopped
- ½** zucchini, thinly sliced
- ½** red pepper, cut into thin strips
- ⅓ cup** mushrooms, thinly sliced
- ⅓ cup** Parmesan cheese, grated
- ⅓ cup** mozzarella cheese, chopped
- 2 tbsp.** fresh basil, chopped
- 2 tbsp.** fresh chives, chopped

Directions:

- 1** Preheat a large, non-stick skillet over medium-high heat. At the same time, preheat the oven to 400 °F.
- 2** Beat the eggs with water and the dried spices. Add the oil to the pan and get the oil hot. Pour the eggs into the skillet and scramble lightly. Make sure that eggs form an omelette in the pan.
- 3** Spread the vegetables over the eggs and top with the cheese.
- 4** Bake in the preheated oven for 15 minutes. Remove from the oven and top with the fresh herbs.
- 5** Cut into wedges and serve with toast, roasted potatoes, and salad.

Substitutions:

- Egg beaters, or another egg, alternative may be used to replace the whole eggs.
- Be creative – use any combination of vegetables and cheeses that you like!

BEEF & HAMBURGER

Asian Beef and Broccoli Salad

This recipe also uses a strip loin steak that, while expensive, can easily serve 2 people, with leftovers, for under \$7.49 per person! Lots of veggies and a satisfying meal.

Ingredients – The Steak

- 300g** strip loin, sirloin or rib eye steak, sliced into thin strips
- 1 tsp.** granulated garlic
- powdered ginger
- black pepper
- 2 tsp.** Canola oil
- 2 tsp.** low sodium soy sauce or Tamari

Toss these ingredients together in a bowl and set aside, at room temperature, for 15 minutes. In a hot wok, stir fry the beef for 3-5 minutes and remove to a plate to cool.

Ingredients – The dressing

- 2** cloves of garlic, minced
- 2 tsp.** fresh ginger, grated
- 1 tbsp.** soy sauce
- 1 tbsp.** Hoisin sauce
- 2 tsp.** rice vinegar
- Canola oil
- Sambal Oelek or other hot sauce
- 1 tsp.** sesame oil
- 1** orange juice only

Combine all of the dressing ingredients together and whisk until smooth.

Ingredients – The salad

- 2 cups** Nappa cabbage, thinly sliced
- 2 cups** salad spinach leaves
- 1** red pepper, cut into strips
- yellow pepper, cut into strips
- 1** carrot, shredded
- 2 cups** fresh bean sprouts
- 1 cup** chick peas, well rinsed and drained
- 1** broccoli, small florets, peeled and sliced stalks
- 3** celery stalks
- ½ cup** fresh cilantro, coarsely chopped
- ½ cup** peanuts, sesame seeds or water chestnuts (optional)

Combine ingredients together in a large bowl.

To assemble and finish

- 1** Add the dressing to the salad ingredients and toss together.
- 2** Add the reserved sliced steak and the juices, and toss through the salad.
- 3** Adjust seasonings with black pepper and serve!

Substitutions:

- The steak can be replaced with leftover cooked roast beef, roast pork, roast chicken or roast turkey. Chicken breast, or legs, can also be cooked and sliced for this recipe.
- The meat can be removed and replaced with cubed firm tofu; or increase the amount of chick peas used for a vegetarian option.
- Add other veggies, such as chopped bok choy or other Asian greens, green or yellow beans, sliced fennel, zucchini, snow peas or sugar snap peas.
- Nuts can be replaced, or eliminated.

Beef and Black Bean Burgers

The original recipe was developed for the Heart and Stroke Foundation. They are low in fat, high in fibre, and delicious!

Ingredients:

- 2 cups** canned black beans, rinsed under cold running water and well drained
- 1 cup** red onion, chopped
- 1 tsp.** granulated garlic
- cumin
- coriander
- black pepper

- 1/3 cup** large flake oats (plain oatmeal can also be used)
- 1** egg
- 500g** lean or extra lean ground beef
- Whole wheat hamburger buns
- Lettuce
- Salsa
- Low-fat sour cream
- Grated cheddar cheese
- Hot sauce

Directions:

- 1** Place the black beans, red onions, spices, and oats into a food processor. Using the pulse button, process down, but do not puree. Transfer to a bowl.
- 2** Add ground beef and the egg, and mix to fully incorporate with the other ingredients. Divide into 8–10 patties and place on a non-stick baking sheet.
- 3** Bake in 350 °F oven for 20 minutes. Serve on a whole wheat hamburger bun with the toppings. Sides could be a green salad, cucumber and tomato salad, Greek salad or coleslaw.

Makes 8–10 servings

These patties freeze well after they have been cooked. To reheat, use a microwave and enjoy again!

Best Ever Meatloaf

You won't need to groan about this meatloaf! It is very tasty hot and great sliced cold in a sandwich the next day.

Ingredients:

450g	lean or extra lean ground beef
300g	lean ground veal, pork, turkey or chicken
½ cup	breadcrumbs
1 small pkg	instant plain oatmeal
1 small can	tomato paste
1	onion, finely chopped
½ cup	fresh parsley, finely chopped
2 stalks	celery, finely chopped
2 tbsp.	granulated garlic
	dried thyme
	dried basil
	hot sauce
1 tsp.	salt and pepper
1	egg
1 pkg	frozen spinach, thawed and squeezed dry (optional)

Directions:

- 1 Preheat oven to 350 °F.
- 2 In a large bowl, mix all of the ingredients together thoroughly.
- 3 Pack mixture firmly into a loaf pan. Place onto an aluminum lined baking sheet.
- 4 Place into the centre of the preheat oven and bake for 75 minutes or until the internal temperature reaches 165 °F.
- 5 Remove from oven and immediately drain all of the accumulated fat.
- 6 Let rest, out of the oven, for 10 minutes before slicing.

Serves 6.

Serve with mashed potatoes, baked potato, baked potato wedges, baked sweet potato and your favourite vegetables.

For a sandwich:

When cold, slice the meatloaf thinly. Place a few slices onto a slice of whole wheat bread; spread with Dijon mustard. Top with thinly sliced red onion, tomato, cucumber, and lettuce. Top with another slice of bread; spread with mayonnaise.

Lemon Ginger Beef and Broccoli

Ingredients:

- 1 cup** no sodium beef stock
- 2 tbsp.** cornstarch
- 2 tbsp.** low sodium soy sauce
- 1 tbsp.** Hoisin sauce
- 1 tbsp.** honey or brown sugar
- 2 x 2 tsp.** Canola oil
- 2 tbsp.** freshly grated ginger
- 2 cloves** garlic, minced
- 500g** tenderized hip steak, cut into strips
- 500g** broccoli pieces, include broccoli stems, cut into pieces
- 1 small** onion, cut into thin slices
- 1** lemon, juiced and zested
- 1 tsp.** hot sauce OR hot pepper flakes to taste

Directions:

- 1** Bring a pot of water to a boil. Add broccoli and cook for 2 minutes. Drain and run under cold water to cool. Drain again and pat dry.
- 2** In a bowl, add a little of the stock with the cornstarch and whisk until smooth. Add remaining stock, soy sauce, Hoisin sauce, lemon zest, and honey or brown sugar, and stir together. Set aside. (If you want to have the heat, add your pepper flakes or hot sauce to this liquid mixture).
- 3** Heat a wok, or large skillet, over medium-high heat. Add 2 tsp. of the Canola oil and stir fry beef for 2 minutes. Remove from wok and set aside.
- 4** Add remaining oil to wok/skillet and stir fry onion for 1 minute. Add broccoli, garlic, and ginger to the wok. Whisk the liquid ingredients together and add to wok/skillet and bring to a boil, stirring constantly until thickened.
- 5** Return beef and the accumulated juices to the wok and stir. Add lemon juice to taste.

Ready to serve – **Serves 4**

Substitutions:

- Beef can be replaced with chicken thighs, chicken breast or cubed firm tofu.
- You can also use leftover roast beef, roast chicken, roast lamb, roast pork or roast turkey.
- The beef stock can be replaced with no sodium chicken or vegetable stock.
- You can add other vegetables, such as carrots, fennel, asparagus, green beans, bok choy, long beans or Nappa cabbage.

Ground Beef Kebabs

Ingredients:

- 500g** lean or extra lean ground beef
- 1 tbsp.** breadcrumbs
- 2 tbsp.** fresh parsley, finely chopped
- 2 tbsp.** fresh cilantro, finely chopped
- 1 tsp.** ground cumin
- garlic powder
- pepper
- ketchup
- ½ tsp.** salt
- 12 small** white mushrooms, whole
- 12** cherry or grape tomatoes, whole
- 6** bamboo skewers soaked in water, choose your Favourite BBQ sauce

Directions:

- 1 Combine beef, breadcrumbs, parsley, cilantro, cumin, garlic powder, pepper, salt, and ketchup in a large bowl, and mix until well incorporated.
- 2 Divide into 24 meatballs and skewer; use 4 meatballs, 2 mushrooms and 2 tomatoes per skewer.
- 3 Place onto a non-stick baking sheet and brush with your favourite BBQ sauce.
- 4 Bake in a 350 °F oven for 15-20 minutes.

Serves 6. With a green or cabbage salad and brown rice.

Substitutions

- Ground beef can be replaced with lean ground chicken, turkey, pork, lamb or salmon.
- Other vegetables that can be used are zucchini, pearl onions, brown mushrooms, eggplant, or fennel.

All ground meat products should be thoroughly cooked to an internal temperature of 160 F or until the juices run clear with no pink colour to the juices.

Hamburger Helper, Anyone?

While Hamburger Helper is perfectly economical and acceptable once in a while, this homemade recipe is healthier, as you can control the sodium and fat content, as well as increase the fibre content, by using a whole grain or whole wheat pasta.

Ingredients:

500g	lean or extra lean ground beef
1 tbsp.	Canola oil
1	onion, chopped
2 stalks	celery, chopped
1	zucchini, cubed
1	carrot, chopped
1	green bell pepper
1 cup	frozen corn, peas or mixed vegetables
125g	white or brown mushrooms, sliced
398ml can	tomatoes no salt or low sodium, chopped (with juice)
½ cup	no salt or low sodium tomato sauce
2 tsp.	dried thyme
	granulated garlic
	dried basil,
	dried oregano
	black pepper
¼ tsp.	salt
¼ cup	fresh parsley, chopped
3 cups	pasta (small noodles), whole wheat, cooked

Directions:

- 1 In a large skillet or Dutch over medium-high heat, add the Canola oil. When the oil is hot, add the ground beef and cook until browned, stirring frequently to break up the meat. When cooked, spoon meat onto a paper towel, and discard all of the remaining fat in the pan/pot.
- 2 Turn heat down to medium. Add celery, onion, and carrot and cook, stirring frequently for about 5 minutes.
- 3 Add mushrooms, zucchini and green pepper and all of the spices. Cook for 5 more minutes. Return drained beef to the pot and stir.
- 4 Add tomatoes, tomato sauce, and frozen vegetables and bring to the boil.

- 5 Simmer on medium heat for 5 minutes and add cooked pasta. Heat through and you are ready to serve. Season with salt and pepper to taste.

Serves 4 - 6.

Serve with a green salad or sliced cucumbers.

Substitutions:

- The ground beef can be replaced with lean or extra lean ground chicken, turkey, pork or lamb.
- Textured vegetable protein (TVP) can also be used. Soak the TVP in no sodium vegetable stock before using.
- Any of your favourite vegetables can be added or substituted. Add fresh spinach, kale or Swiss chard to increase vitamin and mineral content. If using these types of greens, add to the dish when you add the cooked pasta.

You can top the dish with many options: low-fat sour cream or plain yogurt, grated cheese, chopped fresh herbs, chopped green onions, hot sauce or salsa, sliced avocado.

Kafka

This is a dish that originates from Lebanon. It uses ground beef and lamb with spices formed onto metal skewers and grilled over hot coals. They are great baked or barbecued! They can be shaped into hamburger patties or rolled into log shapes and served on their own or in a whole wheat hamburger or hot dog bun with your favourite toppings.

Ingredients:

- 300g** lean or extra lean ground beef
- 300g** lean or extra lean ground lamb
- ½ cup** breadcrumbs
- ½ cup** fresh parsley, chopped
- fresh mint, chopped
- fresh cilantro, chopped
- crumbled feta cheese
- slivered almonds, chopped
- 1 tbsp.** ground cumin coriander
- fried oregano
- black pepper
- 1** red, green or yellow pepper, finely chopped
- 1 large** jalapeño, seeded and finely chopped

- ½ small red or white onion, finely chopped
- 1 ⅓ **tbsp.** baking powder
- 1 egg

Directions:

- 1 Place all ingredients into a large bowl and mix well. Divide into 6–8 portions and shape into patties or logs.
- 2 Place onto a non-stick baking sheet and bake in oven at 350 °F for 18 to 20 minutes.
- 3 Drain well and serve!

These can be placed onto whole wheat buns with hummus, lettuce, sliced tomato, onion, and sliced cucumber. The traditional way to serve would be with toasted pita bread, green salad, hummus, and Greek style yogurt or Tzatziki. These patties freeze well after cooking.

Substitutions

- Replace ground lamb and beef with any other lean or extra lean ground meat.
- Almonds can be removed without affecting the recipe.
- Pickled jalapeños can be used instead of the fresh one.
- Use 1 **tbsp.** of the pickled jalapeños to replace the fresh one.

Spaghetti “Pie”

This is a great party dish as it will feed 6–8 people when served with salad and garlic bread. Makes great leftovers; portions, once cooked, can be frozen.

Ingredients:

- 500g** cooked and cooled whole wheat spaghetti
- 500g** lean ground beef, pork, turkey, chicken or lamb
- 1** green pepper, roughly chopped into cubes
- 1** red pepper, roughly chopped into cubes
- 1** zucchini, chopped into 1 “ pieces
- 4** green onions, chopped into ½ “ pieces
- 1 tbsp.** dried basil
- dried thyme,
- granulated garlic
- brown sugar
- 1 lt jar** low sodium pasta sauce
- 2/3 cup** sour cream
- 2/3 cup** cheddar cheese, shredded
- 3/4 cup** soft cream cheese
- 1** egg

Directions:

- 1** Coat an ovenproof baking dish with cooking spray or olive oil. Add the pasta to the bottom of the prepared dish. Preheat oven to 350 °F.
- 2** Cook the ground meat in a large skillet, over medium-high heat. Drain the fat.
- 3** Add peppers, zucchini, dried spices, and pasta sauce to the cooked ground meat. Bring to a boil and simmer for 10 minutes.
- 4** While sauce is cooking, combine the sour cream, soft cream cheese, and the egg, and combine until smooth. Pour this mixture over the pasta in the baking dish.
- 5** Pour the pasta sauce and ground meat mixture over the cream cheese mix the pasta in the baking dish. Top with the shredded cheddar cheese. Cover the dish with a lid or with foil.
- 6** Bake for 30 minutes. Remove the lid and cook for an additional 5-10 minutes, or until the cheese is bubbly.
- 7** Remove from the oven and let stand, at room temperature, for 15 minutes before cutting the “pie” into wedges.

Substitutions:

- Any pasta noodle may be used. Any combination of your favourite vegetables can be used. Add a layer of cooked

spinach, kale or other hearty greens to increase the vitamin and antioxidant content of the dish. It is best to use low-fat or no fat sour cream, cream cheese, and cheddar.

Serve with a Caesar salad or green salad and with garlic bread. Enjoy with your friends and housemates. Portions can be wrapped and frozen for eating at a later date.

Sunday Pot Roast

This will take a little time, but it is worth it. A great dish to make when you are at home, cramming for an exam, doing homework or writing that term paper.

You can share this meal with friends and study buddies, if feeling generous, or charge them \$5 each for a fantastic meal that keeps you on budget!

Ingredients:

1 kg piece	boneless blade, chuck or round eye beef roast
10	garlic cloves, whole and peeled
1 tbsp.	dried rosemary
	dried thyme
	black pepper
2 tsp.	ground fennel seeds
	onion powder
3 tbsp.	tomato paste or ketchup
2	onions, quartered
3 stalks	celery, washed, dried and whole
1 lt	no sodium beef stock
1 cup	red wine, beer or ginger ale

Directions:

- 1 Preheat oven to 350 °F.
- 2 Combine all of the spices with the tomato paste or ketchup and rub all over the roast. Place into a large Dutch oven or roasting pan on top of the whole celery stalks.
- 3 Roast in the oven, uncovered, for 45 minutes. Remove from oven and add the garlic cloves, onions, stock, and either red wine, beer or ginger ale. Cover Dutch oven or roasting pan and place back into the oven. Turn heat down to 300 °F. Let the roast cook for 2 hours.

Garnishes for Pot Roast

3	Yukon Gold potatoes, peeled and quartered
4	large carrots, peeled and quartered
1 head	fennel, topped and quartered
1	small rutabaga (turnip) peeled and cut into 3" chunks
2	red, orange or yellow peppers, seeded and quartered

- 4 After the roast has been cooking covered for 2 hours, add all of the vegetables around the roast. Place back into the oven, cover, and cook for an additional 75 minutes.
- 5 Remove the roast and vegetables from oven, place onto a warm serving dish and cover with aluminum foil. Pour the juices from the pan into a pot.
- 6 Place the pot on the stove and bring the juices to a boil. Combine 1 $\frac{1}{3}$ tbsp. of cornstarch or flour and $\frac{1}{2}$ cup of water or red wine in a small bowl. Add this to the pot slowly, stirring with a whisk. Reduce heat to medium and let the mixture thicken. Season with salt and pepper and you now have gravy.
- 7 Slice the pot roast and serve with the veggies and gravy for a very hearty and delicious “family” dinner!

Substitutions:

- The beef pot roast can be substituted with a boneless pork shoulder roast or loin, boneless leg of lamb or a whole chicken. Cooking times will change slightly as follows:
- Boneless pork shoulder roast and the boneless lamb leg roast - Secondary cooking after the initial roasting time is reduced to 1.5 hours and reduced again to 60 minutes after the vegetables have been added.
- Loin of pork and whole chicken - Secondary cooking time after the initial roasting time is reduced to 1 hour and reduced again to 60 minutes after the vegetables have been added.

Leftovers can be turned into: hot beef sandwiches with a side salad, cut down and remade/cooked as a stew, veggies and gravy can be reheated and served over rice, noodles or couscous with a side salad.

Tuna or Salmon Burgers

Ingredients:

- 2 cans** flaked tuna in water, well rinsed and drained
OR
- 2 small cans** pink salmon, bones removed and mashed
- 1** green onion, minced
- ¼ cup** fresh parsley, finely chopped
- 1** red or yellow pepper, seeded and finely chopped
- 1 clove** garlic, finely minced
- 2 tsp.** dried thyme
- 1 tbsp.** breadcrumbs
- 1 tbsp.** Dijon mustard (optional)
- ¼ or ⅓ cup** low-fat mayonnaise
- 4** whole wheat hamburger buns, wraps or pita pocket
- Sliced cucumbers and tomatoes
- Lettuce
- Onion or alfalfa sprouts

Directions:

- 1** Mix all ingredients thoroughly together in a bowl.
- 2** Divide into 4 patties.
- 3** Bake on a greased baking sheet in a 350 °F oven for 15 to 20 minutes.
- 4** Assemble burgers and serve with oven baked French fried or sweet potato fries.

Burgers freeze well once baked. To reheat, thaw overnight in the fridge and then microwave on medium heat until heated through - about 3 minutes.

CHICKEN

VIEW WITH **layar**



Caribbean Curried Chicken

Ingredients:

- 1.5 kg** chicken thighs, skin on, bone in
- 2** onions, chopped
- 1 tbsp.** Canola or olive oil
- 3** carrots, cut into 1" rounds
- 3 stalks** celery, cut into 1" pieces
- 1 tbsp.** ground allspice
- 1 tbsp.** dried thyme
- 1 tbsp.** black pepper
- 1 tbsp.** ground coriander
- 1 tbsp.** dried oregano
- 2 tbsp.** brown sugar
- 2 tbsp.** ground ginger
- 3 tbsp.** yellow curry powder
- 3 tbsp.** ketchup
- 1 tsp.** salt
- 1 lt** no sodium chicken stock
- 1 cup** frozen peas or green beans
- 1/3 cup** fresh parsley, cilantro OR chives, chopped

Directions:

- 1 Preheat oven to 350 °F. Salt and pepper chicken thighs and place onto a non-stick baking sheet and bake for 20 minutes. Remove chicken from the oven and turn heat down to 325 °F.

While the chicken is baking...

- 2 Heat the oil and onions in a large skillet or pot over medium-high heat. Cook, stirring frequently, for 5 minutes.
- 3 Add curry powder, brown sugar, ground ginger, allspice, thyme, pepper, coriander, and oregano, and cook for 2 minutes.
- 4 Add stock, ketchup, carrots, and celery to the pot and bring to the boil.

To Assemble and Cook the Dish

- 1 Place chicken into an ovenproof casserole dish or Dutch oven. Do not add the fat from the baking pan. If you want to reduce the fat content of this dish, remove the skin from the chicken thighs before placing into the casserole dish.
- 2 Pour the stock and vegetable mixture over the chicken stir together with the chicken. Cover the casserole dish or Dutch oven.
- 3 Preheat oven to 325 °F and place the dish into the oven. Bake for 60 minutes. Remove pot from oven and stir in frozen peas and fresh herbs.
- 4 The dish is now ready to serve with brown rice or whole wheat couscous and a side salad.

Serves 4 – 6

Substitutions:

The chicken thighs can be replaced with stewing beef, cubed goat meat, cubed lamb or cubed pork. Cooking times will change as follows:

Stewing beef:

Bake meat for 30 minutes on a baking sheet. When baking the casserole, reduce heat to 300 °F and cook covered for 2.5 hours before adding peas and herbs

Goat or Lamb:

Bake meat for 30 minutes on a baking sheet. When baking the casserole, reduce heat to 300 °F and cook covered for 2 hours before adding peas and herbs

Pork:

Bake meat for 20 minutes on a baking sheet. When baking the casserole, reduce heat to 325 °F and cook covered for 1.5 hours before adding peas and herbs

Chicken and Snap Pea Pasta

This is a very light dish that makes a great lunch to share with housemates. It is also very easy to make.

Ingredients:

- 300g** chicken thighs, skinless and boneless, cut into large chunks
- 1 1/3 tbsp.** olive oil
- 300g** fresh sugar snap pea pod or snow peas, trimmed
- 3** green onions
- 1/3 cup** fresh parsley, chopped
- fresh basil, chopped
- 1 tsp.** chili flakes
- 3** garlic cloves, finely chopped
- 1 cup** no sodium chicken stock
- 2 tsp.** lemon juice
- 2 tsp.** butter
- 250g** linguine or spaghetti — whole wheat
- Salt and pepper to taste

Directions:

- 1** Bring a large pot of water to the boil and add pasta. Cook for 8-10 minutes and drain.
- 2** Add the olive oil and cook the chicken until done in a large skillet, over medium-high heat. Remove from the pan and keep warm.
- 3** Add the chicken stock, chili flakes, garlic, and lemon juice to the skillet and bring to the boil.
- 4** Add the chicken, herbs, and vegetables and heat through. Add the pasta and toss to coat the noodles in the sauce. Season to taste with salt and pepper.

Substitutions:

Chicken thighs can be replaced with chicken breast, pork tenderloin, or fresh salmon or, if you are feeling rich, add some shrimp or scallops for an extra special treat!

Easy Chicken Tikka Masala

This is so easy and delicious. Serve with papadam and basmati rice.

Ingredients:

- 500g** chicken thighs, bone in, skin off
- ¾ cup** plain thick yogurt
- 2 tbsp.** ground coriander
- ground cumin
- granulated garlic
- yellow curry powder
- chili powder
- ketchup or tomato paste
- 1 tbsp.** ground ginger
- paprika
- turmeric
- lemon or lime juice
- 1 tsp.** salt and pepper

Directions - Step 1 – The Chicken

Mix the above ingredients together in a bowl ensuring that the chicken is well coated. Cover with plastic wrap and place in the fridge for a minimum of 5 hours or a maximum of overnight. Cooking instructions are below.

Directions - Step 2 – The Sauce

- 1 small can** coconut milk
- 1** carrot, thinly sliced
- 1 large** onion, thinly sliced
- 1 small** red or green pepper, chopped
- 2 tsp.** Canola oil
- 2 tsp.** yellow curry powder
- 1 tbsp.** brown sugar
- Marinade from the chicken

- 1** After the chicken has been marinated, preheat oven to 300 °F. Prepare a non-stick baking sheet by covering it with foil and using a spray. Coat the foil. Remove the chicken from the marinade, shaking off excess (reserve all of the remaining marinade for the sauce). Place chicken thighs onto the baking sheet and bake in the preheated oven for 30–40 minutes.
- 2** Begin to prepare the sauce about 20 minutes into the chicken cooking time.

- 3 Heat the oil over medium-high heat in a Dutch oven or large cooking pot. Add the onion and carrots and turn the heat down to medium. Cook for 3-5 minutes or until the onions begin to soften. Add the green or red pepper and the curry powder, and cook for another 3-5 minutes.
- 4 Add the coconut milk and sugar, and bring to a boil. Once boiling, add the chicken from the oven and the reserved yogurt marinade, and stir to incorporate. Turn the heat down to medium-low. Cover the dish and simmer, covered for 30 minutes, stirring often. After 30 minutes, remove the pot lid and turn the heat up to medium and let the sauce thicken. Season to taste with salt and pepper.

Serves 4 with rice, papadum and a cucumber salad tossed with a touch of vinegar, sugar and fresh chopped cilantro.

Substitutions:

- Chicken thighs can be replaced with chicken breast, drumsticks or pork chops.
- Other vegetables, such as frozen peas or green beans, can be used as substitutions or additions.
- If you do not want to make the marinade from scratch, replace the spices with 3 tbsp. of tikka curry paste (available in most grocery stores).

General Tsao Chicken

Directions - Step 1 – Marinating the Chicken

500g	skinless chicken thighs, deboned and cut into cubes
½ cup	cornstarch
¼ cup	low sodium soy sauce
2 tsp.	cayenne pepper
1 tbsp.	ground ginger
	garlic powder
	tomato paste or ketchup
1	egg beaten

Mix together the above ingredients in a medium sized bowl. Cover with plastic wrap and set in the fridge for a minimum of 1 hour. This can also be done the day before you make the dish.

Directions - Step 2 – Making the Sauce

½ cup	no sodium chicken stock
1 tbsp.	tomato paste (or ketchup),
	low sodium soy sauce
	rice vinegar

- brown sugar
- Hoisin sauce
- sesame oil (optional)
- cornstarch
- 2 tbsp.** Sambal Oelek
- 2** cloves of fresh garlic, minced

In a bowl, mix the cornstarch with a little of the stock and whisk until smooth. Add the remaining ingredients and stir together. Set aside.

Directions - Step 3 – Making the Dish

- 3** green onions, thinly sliced
- 2 tsp.** Canola oil
- 1 tbsp.** fresh ginger, grated
- Marinated chicken

Sauce Instructions:

- 1** Heat a wok or large skillet over medium-high heat. Add Canola oil. Add marinated chicken and stir fry for 4-5 minutes.
- 2** Add sauce ingredients and bring to a boil, stirring constantly until sauce has thickened. Add green onion prior to serving.

Ready to Serve – **Serves 4**

Serve with cooked brown or white long grain rice or cooked lo-mien noodles and a side dish of steamed Asian vegetables.

Note: This is a non-traditional way of making this dish as the chicken would normally be deep fried.

Substitutions:

- Chicken thighs can be replaced with chicken breast or cubed firm tofu.

Jamaican Jerk Chicken Legs with Yellow Rice and Beans

It is perfectly acceptable to buy prepared jerk seasoning for this dish, but the spice mixture is easy to make if you have the ingredients. This way, you can control the salt content in the recipe or eliminate it altogether. This makes quite a bit of the seasoning, and it can be stored in a covered jar, in the cupboard, for further use.

Spice Ingredients

- ¼ cup** ground allspice
- 1 tbsp.** dried thyme
- dried oregano
- paprika
- ground coriander
- 2 tsp.** cayenne pepper
- granulated garlic
- onion powder, salt
- black pepper
- chili flakes
- 1 tsp.** Turmeric
- ground cinnamon

Combine all ingredients together. You can reduce the salt to 1 tsp. or remove it for a sodium free spice powder.

To prepare the chicken

- 4** chicken legs with thighs attached and skin on
- OR
- 24** chicken wings
- 1 tbsp.** olive or Canola oil
- ¼ cup** jerk seasoning

Directions:

- 1** Toss the chicken with the olive or Canola oil to coat. Then add the jerk seasoning and rub it on the chicken ; coat evenly.
- 2** Place chicken onto a non-stick baking sheet in one layer and bake in a 350 °F preheated oven to 30–45 minutes or until the internal temperature reaches 165 °F.

Ingredients for the yellow rice and beans

- 2 tbsp.** Canola or olive oil
- 2 tbsp.** whole cumin seeds
- 1 tsp.** Turmeric
- 1** onion, finely chopped

- 2 cup** converted long grain rice
- 2 cup** low or no sodium chicken stock or vegetable stock
- 1 ¼ cup** water
- 1 tsp.** salt
- 384ml can** romano beans or red kidney beans or pigeon peas, well rinsed under cold water and drained
- ½ cup** fresh parsley, chopped
- ⅓ cup** fresh chives or cilantro, chopped

Directions:

- 1** In a large pot or Dutch oven, add the Canola or olive oil, onions, and cumin seed, and cook for 5 minutes over medium high heat. Add turmeric and cook for 1 additional minute.
- 2** Add chicken or vegetable stock and water to the pot. If you are going to add the salt, add it now. Bring the pot to the boil.
- 3** Once the pot is at boil, add the rice and stir. Cover pot and turn heat down to low; cook for 15-18 minutes or until all of the liquid is absorbed and the rice is cooked.
- 4** Add beans and stir through to heat the beans. Once beans are hot, add the fresh herbs. It is now ready to be served with your jerk chicken.

Serves 4.

Add a green salad or spinach salad to complete the meal.

Substitutions:

- The spice mixture can be rubbed onto any cut of pork, chicken, lamb or beef.

If you do not like beans, you can replace with frozen mixed vegetables, frozen peas, frozen green beans or frozen corn. You can also use fresh green or yellow beans.

Chicken, Broccoli and Cheddar Salad

Ingredients:

- ½ cup** fat free plain yogurt
- 2 tbsp.** fat free sour cream
- 2 tbsp.** orange juice or lemon juice
- 2 tbsp.** paprika
- ¼ cup** fresh parsley, chopped
- ¼ cup** fresh basil, chopped
- 2 tsp.** black pepper
- 2 cups** broccoli florets, cooked, cooled, and peeled stems
- 1 cup** cucumber, cubed
- 1 cup** grape or cherry tomatoes, cut in half
- 1** green or yellow pepper, cut into strips
- 4** green onions, chopped
- 500g** chicken breast or leg meat, coarsely chopped
- ½ cup** frozen corn kernels, thawed
- ½ cup** old cheddar cheese, grated, shredded, or cubed
- 1 ¼ cups** spinach leaves or romaine lettuce, chopped

Directions:

- 1** Combine yogurt, sour cream, juice, paprika, parsley, basil, and pepper and whisk together until smooth.
- 2** Line a large platter with the spinach leaves or romaine lettuce.
- 3** Combine the remaining ingredients (except the cheese) with the dressing and toss together.
- 4** Place on top of the salad leaves and finish with the shredded cheese.

Substitutions:

- Broccoli can be replaced with cooked cauliflower florets or raw sugar snap peas.
- Cheese can be replaced with a non-dairy cheese product or eliminated altogether.
- Chicken can be replaced with whole wheat pasta, cooked turkey or firm cubed tofu.

Parmesan Chicken

This dish is delicious and quick – it is a low-fat, low carb alternative to the traditional chicken Parmesan served in restaurants or the ready-made versions that are available at many grocery stores. The chicken stays very moist with a nice crunchy topping.

Ingredients:

4 x 150g	portions chicken breasts, bone in, skin off
½ cup	low-fat mayonnaise or low-fat ranch dressing
1 tbsp.	fresh parsley and chives, finely chopped
⅔ cup	breadcrumbs
½ cup	Parmesan cheese, grated
30 - 3 tbsp.	olive oil
⅓ cup	flour
2 tsp.	dried thyme
	dried marjoram
	granulated garlic
	black pepper
	dried basil
	Cooking spray

Directions:

- 1 Preheat oven to 375 °F.
- 2 In a bowl, Combine mayonnaise or ranch dressing with the fresh chives and parsley. Thin out with water or white wine – about ⅓ cup.
- 3 Combine breadcrumbs, Parmesan cheese, and dried herbs, and mix well in a separate bowl. Slowly add just enough olive oil to lightly moisten the mixture.
- 4 Place flour into a resealable plastic bag. Place the chicken breasts into the bag and coat with the flour.
- 5 Dip the flour-coated chicken into the mayo or ranch dressing mixture, then coat with the breadcrumb-Parmesan mixture.
- 6 Place prepared chicken breasts onto a non-stick baking sheet lined with foil or parchment. Spray the foil or parchment with cooking spray before placing the chicken onto the sheet.
- 7 Spray the top of the prepared chicken with cooking spray. Bake in the preheated oven for 30-45 minutes or until the internal temperature reaches 160 °F or the juices run clear when the chicken is poked with a knife.
- 8 Place chicken onto serving plates and serve a side of whole wheat pasta tossed with either tomato sauce or with butter and herbs and a side Caesar or cucumber and tomato salad.

Ready to Serve - **Serves 4**

Substitutions:

- The chicken can be replaced with tilapia or cod fillets, pickerel fillets or pork chops. The flour can be replaced with potato or rice flour.

Quick and Easy Pad Thai

Ingredients:

- 1 pkg** rice noodles
- 1 tbsp.** Canola oil

Directions - Step 1

Soak 1 package of rice noodles in hot water. Let noodles sit in water for 30 minutes, then drain.

Mix together:

- 2** thinly sliced boneless, skinless chicken breasts
- 1 tbsp.** brown sugar
- 2** finely chopped garlic cloves

Set aside in fridge while getting the remaining ingredients together

Directions - Step 2

Mix together:

- 1 tbsp.** rice vinegar
- water
- low sodium soy sauce,
- fish sauce
- 1/3 cup** no sodium chicken or vegetable stock
- 2 tbsp.** ketchup

Directions - Step 3

Mix together:

- 2** eggs, beaten
- 1 tsp.** cayenne pepper
- 1 tbsp.** Sambal Oelek

Directions - Step 4

Mix together:

- 500g** bean sprouts

- 1 cup** shredded carrot
- ½ cup** green onions, thinly sliced
- ¼ cup** fresh cilantro leaves

Cooking Directions

- 1** Add 2 tsp. of Canola oil in a large wok or pot over medium-high heat. When hot, scramble the egg mixture and remove from wok/pot. Set aside on paper towel.
- 2** Add 1 tsp. of Canola oil to the wok/pot and stir fry chicken for 4 to 5 minutes. Remove from wok/pot and set aside with the scrambled eggs.
- 3** Add 1 tsp. of Canola oil to the wok/pot and stir fry vegetables for 2-3 minutes. Add softened rice noodles and stir fry for 2 to 3 minutes.
- 4** Add reserved chicken and eggs, and toss through. Add sauce ingredients all at once and stir for an additional 2 minutes.

Ready to Serve – **Serves 4**

Serve topped with extra fresh cilantro leaves and chopped peanuts.

Substitutions

- Firm cubed tofu can be substituted for the chicken. Both chicken and tofu can be used to increase the protein content of the dish. If using both chicken and tofu, double the sauce ingredients in Step 2

Quickie Cassoulet

Beans are high in fibre, but are often overlooked as a starch in lieu of potatoes or rice.

Ingredients:

- 3** hot Italian sausages or Chorizo sausage, each sausage cut in half
- 3** chicken legs, bone in, skin off
- 3** chicken thighs, bone in, skin off
- 1 ½ tbsp.** Canola oil
- 1 tsp.** dried thyme
- oregano
- granulated garlic
- black pepper

Ingredients 2:

- 1** large sweet potato, peeled and quartered
- 1** red onion, thickly sliced
- 1** red pepper, cut into thick strips
- 3** ribs celery, cut into 3' long chunks
- 1 ¼ cup** no sodium chicken stock
- 1 ¼ cup** canned tomatoes, low sodium
- 2 cups** canned white kidney beans, well rinsed and drained
- 10** cloves garlic, whole
- 2 tsp.** dried thyme
- 2 tsp.** dried oregano
- 1 pkg** fresh spinach leaves
- ½ cup** Parmesan cheese

Directions - Step 1

Preheat oven to 350 °F. Combine the meats in a bowl with the spices and oil. Toss to coat. Place meats onto a non-stick baking sheet and bake for 30 minutes. Remove from oven and place into a large casserole dish or Dutch oven.

Directions - Step 2

- 1** Place vegetables (except spinach) and garlic on top of the meat in the casserole dish. Add spices, beans, tomatoes, and stock.
- 2** Cover the casserole dish with a lid and bake in oven at 350 °F for 60–75 minutes.
- 3** Remove the casserole dish from the oven. Stir in the fresh spinach and Parmesan cheese.

Serves 4 – 6 people with bread and a side salad.

Substitutions:

- Any canned bean such as red kidney beans, Romano beans, or chickpeas, can be used instead of the white kidney beans.
- Any combination of vegetables is acceptable. Try adding carrots, fennel, zucchini, eggplant chunks, fresh green beans or even frozen vegetables.
- Sausages can be replaced with ham, a smoked turkey thigh or smoked pork knuckle.

FISH

Japanese Inspired Baked Salmon

Ingredients:

- 2 x 250g** salmon fillets, skin off
- ¼ cup** orange juice concentrate
- 2 tsp.** Canola oil
- ⅓ cup** low sodium soy sauce or Tamari
- 2 tbsp.** tomato paste or ketchup
- 1 tbsp.** grated fresh ginger
- 1 tsp.** finely chopped garlic
- 1 tsp.** lemon juice
- 1 tsp.** Dijon mustard
- 2** green onions, finely chopped

Directions:

- 1** Combine all of the ingredients together, except for the green onions. Massage the salmon steaks in the marinade. Cover and place in the fridge for a minimum of 1 hour and a maximum of 6 hours.
- 2** Preheat oven to 400 °F.
- 3** Remove salmon from the marinade and place onto a non-stick baking sheet lined with parchment or foil that has been brushed with oil or coated with a pan spray.
- 4** Bake in the preheated oven for 8 minutes. Remove and brush with more of the marinade and return to the oven for another 5 minutes.
- 5** Remove the salmon fillets to serving plates and top with green onions.

Serves 2

Serve with rice and a stir fry of Asian vegetables like snow peas and Asian greens like bok choy or Nappa cabbage.

Substitutions:

- The salmon can be replaced with skinless chicken breasts, pork chops, pork tenderloin, cod tails or catfish. Cooking times may need to be adjusted.
- The salmon also tastes fantastic when cooked on a grill or barbecue!

Tilapia Piccata

Easy, fast and tasty!

Ingredients:

- 2** tilapia fillets
- ½ tsp.** salt
- black pepper
- dried thyme
- granulated garlic
- ½ cup** flour
- ¼ cup** Canola oil
- ⅓ cup** white wine
- 2 tbsp.** lemon juice
- ¼ cup** red pepper
- green onions
- fresh parsley, finely chopped
- ¼ cup** butter

Directions:

- 1** Combine the flour with the dried spices, salt and pepper. Mix well.
- 2** Preheat a large skillet over medium high heat and add 2 tbsp. of the Canola oil. Let the oil get quite hot.
- 3** Coat the tilapia with the flour mix and shake off excess. Place coated fish into the hot skillet and fry for 3 minutes per side. Remove the fish and keep warm. Repeat the procedure for the next fish fillet.
- 4** Turn off the heat and drain off the remaining fat in the pan. Add the white wine, lemon juice, red pepper, green onion and parsley to the pan and stir. Add the butter and stir until butter is melted. Pour over the fish and serve.

Serves 2.

Serve with fresh vegetables and rice for a delicious and healthy meal.

Substitutions:

- Tilapia can be replaced with sole, salmon, catfish, perch or pickerel.

- Flour can be replaced with rice flour or potato flour for those concerned with gluten.
- Lemon can be replaced with lime or orange juice. Add some fresh chilies or pickled capers for a different flavor profile.



Pulled Pork with Broccoli Slaw

This takes time to make, but it is worth the effort. Great for parties or study groups. This is another recipe to share with friends, housemates and study buddies. Great for a pot luck supper as well where everyone brings a few of the ingredient or other dishes like potato or macaroni salad, a green salad or even better a Greek salad. Enjoy!

Ingredients – Pulled Pork

1 kg piece	boneless pork shoulder roast
3 cups	ginger ale or cola (do not use a diet soda)
1/3 cup	red wine or cider vinegar
3 stalks	celery, washed and whole
1 1/3 tbsp.	ground ginger
	granulated garlic
	dried thyme,
	onion powder
	ground cumin
	ground coriander,
	black pepper
	brown sugar
1 tsp.	salt

- cinnamon
- chili powder
- 1 ¼ cup** barbecue sauce
- 2 tbsp.** hot sauce
- 2** onions, finely chopped
- 8 cloves** garlic, finely chopped

Directions:

- 1** Preheat oven to 350 °F.
- 2** Combine all of the spices and rub all over the roast. Place into a large Dutch oven or roasting pan on top of the whole celery stalks.
- 3** Roast in the oven, uncovered, for 45 minutes. Remove from oven and add the remaining ingredients. Cover Dutch oven or roasting pan and place back into the oven. Turn heat down to 300 °F. Let the roast cook for 4 hours.
- 4** Remove the roast from the oven and take out the roast. Put the roast into a large bowl and cover with aluminum foil.
- 5** Remove as much of the fat as possible from the pan drippings. Remove and discard the celery. Remove 1 cup of the pan juices and set aside. Place the remaining pan drippings into a pot. Bring to a boil and simmer over low heat until reduced by half. This becomes your BBQ sauce.
- 6** Uncover the roast and pour over the 1 cup of reserved pan drippings. With 2 forks “pull” apart the pork stirring it into the pan juices. You now have pulled pork.

Ingredients for the Broccoli Slaw

- 340g bag** broccoli slaw
- 1** carrot, shredded
- 2** green onions, shredded
- 2** green apples, peeled, quartered and chopped or shredded
- 2 tbsp.** low-fat mayonnaise
- 3 tbsp.** low-fat sour cream or yogurt
- 2 tbsp.** cider vinegar or lime juice
- 1 tbsp.** honey or brown sugar

Directions:

Place all ingredients into a bowl and mix thoroughly. Season lightly with salt and pepper if needed.

To Assemble

Take some of the pulled pork (125g) and mix with some of the BBQ sauce. Place the pork onto a large whole wheat hamburger bun or Ciabatta roll and top with $\frac{1}{3}$ cup of the broccoli slaw.

Messy but delicious !!!!! Makes 8-10 servings and freezes well. Freeze in portions. To thaw, place into a microwave dish with a little of the BBQ sauce and microwave on medium heat until heated through – about 5 minutes, stirring every minute or so.

Substitutions:

- The pork can be replaced with a whole chicken or a 1 kg piece of beef chuck or blade.
- The secondary cooking time for the beef is the same as for the pork.
- The secondary cooking time for the chicken is reduced to 2.5 to 3 hours.
- Replace the bag of broccoli slaw with green or Nappa cabbage. Follow the above instructions to make the slaw.

Baked Hot Italian Sausages with Patatas Bravas

You can use fresh Chorizo sausage, merguez (lamb sausage) or sweet Italian sausages instead of the hot ones. REMEMBER: commercial sausages contain gluten. Gluten free sausages are available usually from a local butcher. Patatas Bravas, a dish originating in Chile, is a fantastic – spicy, tasty and delicious!!

Sausages:

4 hot or sweet Italian sausages

1 tsp. Canola oil

Brush sausages with oil. Place into a non-stick baking sheet and bake in 350 °F oven for 20 minutes.

Ingredients for Patatas Bravas

500g red skinned or white skinned new potatoes, quartered

3 tbsp. olive or Canola oil

1 $\frac{1}{2}$ cup canned tomatoes, low sodium or no sodium, chopped, with the juice

$\frac{1}{2}$ red or white onion, chopped

1 red or green pepper, seeded and chopped

2 jalapeño pepper, seeded and chopped

5 cloves garlic, chopped

2 tbsp. Sambal Oelek or other hot sauce

- 1 tbsp.** red wine or cider vinegar
- 1 tbsp.** brown sugar,
- ground coriander
- black pepper
- dried oregano
- dried thyme
- 1 tsp.** salt
- ½ cup** fresh parsley or cilantro, chopped

Directions:

- 1** Preheat oven to 350 °F. Place the potatoes in a bowl and toss with 2 tbsp of the olive or Canola oil. Sprinkle with salt.
- 2** Place the potatoes onto a non-stick baking sheet and bake in the preheated oven for 45 minutes or until cooked and browned.
- 3** While the potatoes are cooking, add the remaining 1 tbsp. of oil in a large skillet over medium high heat. Add the onion, red pepper, and jalapeños. Cook, stirring often, until the onions are softened, about 5–8 minutes.
- 4** Add the garlic, dried herbs, and spices and brown sugar. Reduce heat to medium and cook for an additional 3-5 minutes.
- 5** Add the tomatoes and hot sauce. Bring mixture to a boil and simmer, covered for 15 minutes. Adjust seasonings for salt and “heat” level.
- 6** Once potatoes are roasted, toss in the sauce with the cilantro or parsley, and its ready to serve with your sausages.

Serves 4.

Add a green salad, spinach salad or a tomato and cucumber salad to complete the meal.

Sweet and Sour Pork

Directions - Step 1 – Marinating the Pork

- 500g** pork tenderloin or boneless pork chops, thinly sliced
- ½ cup** cornstarch
- 1 tsp.** ground ginger
- garlic powder
- salt and pepper
- 2 tbsp.** low sodium soy sauce
- apple or pineapple juice
- ketchup
- 1** egg, beaten

Mix together the above ingredients in a medium sized bowl. Cover with plastic wrap and set in the fridge for a minimum of 1 hour. This can also be done the day before you make the dish.

Directions - Step 2 - Making the Sauce

- 1 cup** apple or pineapple juice
- ½ cup** no sodium chicken or vegetable stock
- ¼ cup** honey or brown sugar
- ¼ cup** rice vinegar
- 2 tbsp.** fresh ginger, grated
- garlic, minced
- low sodium soy sauce
- ¼ cup** ketchup
- 2 tbsp.** cornstarch

Mix the cornstarch with a little of the juice and whisk until smooth in a bowl. Add the remaining ingredients and stir together. Set aside.

Directions - Step 3 – Making the Dish

- 1 small can** diced pineapple
- 1** green bell pepper, cut into cubes
- 1** small carrot, thinly sliced
- ½** small red onion, thinly sliced
- 1 ⅓ tbsp.** Canola oil

Cooking Directions:

- 1** Heat a wok or large skillet over medium high heat. Add 2 tsp. Canola oil. Add marinated pork and stir fry to 3-4 minutes. Remove from the wok/skillet and set aside.
- 2** Add remaining oil to the wok. Add vegetables and pineapple and stir fry until onions are starting to soften. Add pork and accumulated juices and stir fry for 1 more minute.
- 3** Add sauce ingredients and bring to a boil stirring constantly until sauce has thickened.

Ready to Serve – **Serves 4**

Serve with cooked brown or white long grain rice or cooked Lo mein noodles.

Substitutions:

- Pork can be substituted with firm cubed tofu (marinate without the egg)

- Pork can be substituted with sliced tenderized hip steak, sliced skinless chicken breast or chicken thighs
- Red and yellow bell peppers can be used as well.
- You can substitute canned pineapples with fresh ones.

Thai Pork Burgers with Spicy Asian Slaw

A great and tasty variation of the classic hamburger!

Ingredients for the Burgers:

- 600g** lean ground pork
- 2 tsp.** lemongrass paste*
- 2 tsp.** ginger, freshly grated
- 200g** mushrooms, finely chopped
- 1 tbsp.** fish sauce (optional)
- 3** garlic cloves, finely chopped
- 3** green onions, finely chopped
- 2 tbsp.** basil, finely chopped
- 3 tbsp.** cilantro, finely chopped
- 1** jalapeño pepper, finely chopped
- 4** whole wheat hamburger buns
- Tomato slices, thinly sliced into rounds
- Cucumber slices, thinly sliced into rounds

Ingredients for Spicy Asian Slaw:

- ½** Nappa cabbage, finely shredded
- 1** carrot, shredded
- 1** red pepper, cut into thin strips
- ½** red onion, thinly sliced
- 2** garlic, cloves, finely minced
- 2 tbsp.** Sriracha Sauce or Sambal Oelek**
— or your favourite hot sauce
- 2** limes, both zest and juice
- 2 tbsp.** honey or brown sugar
- 1 tbsp.** salt
- ½ cup** low-fat mayonnaise

**Lemongrass paste can be purchased from most grocery stores or from any Asian grocery. **Sambal Oelek and Sriracha are both hot sauces and can be purchased from any Asian grocer.*

Directions – Slaw:

Combine all of the ingredients together and let stand, in the fridge, covered, for ½ hour before using.

Directions – Burgers:

Combine all of the ingredients together until well mixed. Divide into 4 patties and place onto non-stick baking sheets and bake in 350 °F oven for 10 to 12 minutes or until juices run clear. Place on heated or toasted buns with the sliced cucumbers and tomatoes. Serve with the slaw.

Substitutions:

- The ground pork can be replaced with lean ground beef, turkey, chicken or salmon.
- You can really spice up the slaw with different types of chilies and of course, you can add different veggies.
- Mayonnaise can be replaced with low-fat yogurt or sour cream.

Asian Stir-fry Sauce

Ingredients:

- 1 cup** low sodium or no sodium chicken stock
- ½ cup** Hoisin sauce
- 3 tbsp.** soy sauce or Tamari
- 2 tbsp.** fresh ginger, grated (or 1 tsp. ground dried ginger)
- 1 tbsp.** fresh garlic, grated (or 1 tsp. dried granulated garlic)
- 1 tbsp.** orange juice concentrate

Optional Ingredients:

- 15-2 tbsp.** Sambal Oelek or hot sauce
- 1 tsp.** Thai fish sauce

Directions:

Combine all of the ingredients and mix well. Use as required.

If covered, this sauce will last for up to 3 weeks in the fridge. Use the Hoisin sauce mixture, combined with cornstarch, and add when you have stir-fried your ingredients

BATTER & DOUGH

Basic Muffin and Quick Bread Batter

Ingredients:

- 2 cups** all purpose flour
- 1 cup** sugar
- 4 tsp.** baking powder
- ½ tsp.** salt
- ¾ tsp.** cinnamon
- 4** eggs
- ⅓ cup** margarine, low sodium, fat reduced
- 1 cup** skim milk
- ¾ cup** apple sauce, no sugar added
- 3 tbsp.** Canola oil
- 2 tsp.** vanilla extract
- 1 ¼ cups** blueberries, cranberries, strawberries, chopped banana, chopped peeled apples, chopped peeled pears, blackberries, pineapple OR any other fresh or frozen fruit

Directions:

- 1** Preheat oven to 350 °F.
- 2** Stir together all of the dry ingredients in a large bowl.
- 3** In another bowl, mix together the eggs, applesauce, milk, margarine, and vanilla.
- 4** Add the fruit to the dry ingredients and toss to coat in the flour mixture.
- 5** Add wet ingredients to dry and mix – batter should be lumpy.

To make muffins:

Line a muffin pan with muffin cups. Fill cups $\frac{3}{4}$ full and bake, on the middle rack of the oven, for 18 to 22 minutes.

To make a quick or breakfast bread:

Grease a standard loaf pan and fill $\frac{3}{4}$ full with batter. Bake for 35 to 40 minutes in the lower third of the oven. To test, slide a toothpick into the centre of the loaf; the pick should come out clean and dry.

Basic Cookie Doughs

All Purpose Drop Cookies:

Ingredients:

- 1 cup** margarine or unsalted butter, no fat, low sodium, at room temperature
- $\frac{1}{2}$ cup** sugar
- $\frac{1}{2}$ cup** brown sugar
- 1** egg
- 1 cup** all purpose flour
- $\frac{1}{2}$ tsp.** baking soda
- Pinch** salt
- 1 cup** milk, dark or white chocolate chips
OR butterscotch chips
OR Skor bar pieces
OR any chocolate substitute
- $\frac{1}{2}$ cup** any chopped nut, dried fruits or dried coconut

Method:

- 1** Preheat oven to 350 °F.
- 2** In a bowl, combine brown and white sugar, margarine, and egg and beat until smooth.
- 3** Add flour, baking soda, and salt. Mix until smooth.
- 4** Add any combination of dried fruits, nuts, and/or chocolate pieces, (no more than 1 $\frac{1}{2}$ cups) and stir in.
- 5** Drop cookies onto a greased cookie sheet and bake, on the middle rack of the preheated oven, for 10 to 12 minutes. Cool on cookie sheet for 10 minutes and move to a rack to finish cooling.

All Purpose Oatmeal Cookie Dough

Ingredients:

- ¾ cup** margarine or unsalted butter, no fat, low sodium, at room temperature
- ¾ cup** packed brown sugar
- ¼ cup + 1 tbsp.** sugar
- 2** eggs
- 1 cup** all purpose flour
- 1 tsp.** baking powder
- 1 tsp.** baking soda
- 1 tsp.** salt
- ¾ cup** oats
- 1 tsp.** cinnamon or allspice
- 1 cup** milk, dark or white chocolate chips
OR butterscotch chips
OR Skor bar pieces
OR any chocolate substitute
- ½ cup** any chopped nut, dried fruits or dried coconut

Directions:

- 1** Preheat oven to 325 °F.
- 2** In a bowl, combine sugar, margarine, and eggs and beat until smooth.
- 3** Add flour, oats, baking soda, baking powder, cinnamon, and salt and mix until smooth.
- 4** Add any combination of dried fruits, nuts, and/or chocolate pieces (no more than 1 ½ cups) and stir in.
- 5** Drop cookies onto a greased cookie sheet and bake, on the middle rack of the preheated oven, for 10 to 12 minutes. Cool on cookie sheet for 10 minutes and move to a rack to finish cooling.

Splenda and "brown sugar" Splenda can be used to replace the sugars for a diabetic or lower calorie option. Use the same measurements for the sugar substitutes.

SAUCES

Basic Cream/Milk Sauce (Béchamel)

- 1 lt** low-fat milk
- 2 tsp.** dried thyme
- 1 tsp.** granulated garlic
- 1 tsp.** salt
- ½ tsp.** white or black pepper
- ½ cup** soft unsalted butter
- All purpose flour

Directions:

- 1** Combine milk and spices together, and slowly bring up to a boil in a non reactive pot, over medium heat.
- 2** In a small bowl, combine butter and flour until very smooth (no lumps).
- 3** Once the milk has come to a boil, add the butter/flour paste and stir rapidly, with a whisk, until thickened.
- 4** Pour into a bowl and cover with plastic wrap placed in contact with the surface of the sauce and chill in the fridge.

This sauce will last for up to 5 days in the fridge or can be frozen for up to 3 months.

Variations using the Béchamel:

Parmesan Cream Sauce (pasta sauce or white sauce for pizza, chicken, pork):

- 1 cup** béchamel sauce (above)
- ½ cup** 10% or 35% cream
- ½ cup** Parmesan, grated

Combine béchamel and cream together. Slowly bring to a boil. Add cheese and whisk until smooth.

Cheese Sauce (vegetables, pasta, chicken):

- 1 cup** béchamel sauce (above)
- ½ cup** 10% or 35% cream
- ½ cup** shredded cheddar or Swiss cheese
- 1 tsp.** Dijon mustard
- 1 tbsp.** parsley
- 1 tsp.** hot sauce

Combine béchamel and cream and slowly bring to the boil. Add cheese and whisk until smooth.

Citrus – Herb Cream Sauce (for chicken, pork or fish):

- 1 cup** béchamel (above)
- ⅓ cup** 10% or 35% cream
- ½ cup** dry white wine
- 1** lemon, juiced and grated zest
- OR
- 1** large orange, juiced and grated zest
- OR
- 2** limes, juiced and grated zest
- 1 tsp.** salt
- ½ tsp.** pepper
- ½ cup** your favourite chopped fresh herbs
— parsley, dill, fennel, cilantro, chives
- OR
- 1 tbsp. + 2 tsp.** your favourite dried herbs
— thyme, marjoram, dill, chives

Combine all ingredients and slowly bring to a boil.

Basic Curry Sauce

Ingredients:

- 2 large onions, chopped
- 4 cloves garlic, finely chopped
- 4 stalks celery, chopped
- 1 tbsp. dried thyme
- cumin
- salt and pepper
- 3 x 384ml cans coconut milk
- 3 tbsp. sugar
- 1 lt boxed chicken or vegetable stock
- 384ml jar Pataks Tikka curry paste
- 2 tbsp. Canola oil

**** To significantly reduce the fat content of this sauce, substitute the coconut milk with 3 cans of low-fat, evaporated milk, or use 2 cans of evaporated milk and 1 can coconut milk.**

Directions:

- 1 Heat a large pot over medium heat with oil.
- 2 Add onion, celery, and garlic, and cook over medium heat for 5 minutes, stirring constantly.
- 3 Add herbs, salt, pepper spices, sugar, and curry paste. Stir constantly for 2 more minutes.
- 4 Add stock and coconut milk and/or evaporated milk. Bring to a boil and cover.
- 5 Simmer for 30 minutes.
- 6 Pour into storage containers and let cool. Either freeze or place in fridge.

The sauce will be quite thin. You will need to thicken it when making any of the following variations. To thicken sauce, combine 1 tbsp. of cornstarch with 3 tbsp. of cold water. Slowly incorporate thickener at the end of the preparation, until sauce coats the back of a spoon. Curry sauce will last up to 3 days in the fridge. Can be frozen and used for up to 3 months. When making the following variations, make sure that you simmer the sauce with the lid on. Serve with your favourite basmati or regular rice. Serve with a green salad for a nutritious and tasty dinner.

Chicken and Mushroom Curry:

Ingredients:

- 2 tbsp.** Canola oil
- 500g** skinless and boneless chicken thighs, cubed
- 500g** white or shiitake mushrooms, quartered
- 1 tbsp.** salt and pepper
- 2 tsp.** dried basil
- 1** onion, chopped
- 1** green pepper, chopped
- 1** zucchini, chopped
- 1** carrot, chopped
- 1/3 cup** raisins
- 2 cups** basic curry sauce

Directions:

- 1** In a pot or a skillet, brown the chicken with the Canola oil.
- 2** Add the rest of the ingredients into the pot or skillet.
- 3** Once the ingredients have been cooked, pour off the excess grease.
- 4** Add 2 1/2 cups of the curry sauce and simmer for 15 minutes.
- 5** Thicken with the cornstarch and water mixture to desired consistency.

Vegetable Curry:

- 2 tbsp.** Canola oil
- 1** onion, diced
- 2** carrots, diced
- 2** celery stalks, diced
- 2** bunches broccoli florets
- 1** small cauliflower, into florets
- 1 can** chickpeas, drained and rinsed
- 1** green pepper
- 1** red pepper, diced
- 1** zucchini, diced
- 1 tsp.** dried basil
- 1** salt and pepper
- 2 cloves** minced garlic.
- 2 cups** basic curry sauce

Directions:

- 1 In a large pot or skillet, sauté all of the ingredients together with 2 tbsp. Canola oil.
- 2 Add 3 cups of curry sauce and simmer for 20 minutes. Thicken to desired consistency.

Beef and Peanut Curry:

Ingredients:

- 2 **tblsp.** Canola or olive oil
- 4 **cloves** garlic, crushed
- 1 onion, diced
- 2 celery stalks, chopped
- 500g cubed beef (called stewing beef in grocery stores)
- 1 **cup** water
- 384ml **can** diced tomatoes
- 1 green pepper, diced
- 3 carrots, diced
- 1 **cup** roasted peanuts
- 2 potatoes, peeled and diced
- 2 **cups** curry sauce

Directions:

- 1 In a large pot or skillet, add 2 tbsp. Canola or olive oil .
- 2 Add the garlic, onions, celery, and stewing beef together.
- 3 Once beef is well browned, add water and can of diced tomatoes.
- 4 Cover and simmer on low heat for 1.5 hours.
- 5 Add the green peppers, carrots, roasted peanuts, and potatoes.
- 6 Cook over high heat for 10 minutes, stirring constantly.
- 7 Add 2 cups curry sauce and simmer over low heat, covered for another 20 minutes. Thicken to desired consistency.

Root Vegetable and Dried Fruit Curry:

Ingredients:

- 2 large Yukon Gold potatoes, peeled and cut into 8 pieces
- 1 small rutabaga, cut into pieces the same size as your potatoes.
- 2 large sweet potatoes, cut into 8 pieces
— quarter lengthwise and cut each quarter in half
- 4 carrots
- 4 parsnips

- 1 large** onion, quarter it lengthwise and each quarter in half
- 1 small** onion
- 4 cloves** garlic
- 1/3 cup** raisins
- 1/3 cup** apricots, chopped
- 1/3 cup** coconut
- 1/3 cup** dried cranberries
- 1 tbsp.** salt
- black pepper
- 1 tbsp.** dried ginger
- 3/4 lt** basic curry sauce

Directions:

- 1** Fill a large bowl with cold water. As you prepare the vegetables, keep them in the cold water until ready to cook. Peel the potatoes, rutabaga, sweet potatoes and quarter carrots and parsnips. Cut a large onion into 8 pieces.
- 2** Finely chop small onion and garlic. Combine with raisins, chopped apricots, coconut, dried cranberries, salt, black pepper, and 1 tsp. dried ginger. Place these ingredients into a large pot and cover with curry sauce. Bring to a boil, over high heat.
- 3** Drain root vegetables. Add to the pot and cover to bring back to a boil. Simmer and cook for 30 minutes over low heat. Thicken to desired consistency.

These are just a few ideas. Use your imagination and have some fun with tomato based pasta sauces. Each one of these recipes will easily serve 6-8 people with rice and a green salad.

Basic Tomato Sauce

Ingredients:

- 1 large** onion, chopped
- 4 cloves** garlic, finely chopped
- 2 stalks** celery, chopped
- 1 tbsp.** dried thyme
- basil
- salt
- pepper
- 3 cans** diced tomatoes
- 1 can** crushed tomatoes
- 2 tbsp.** olive or Canola oil

Directions:

- 1 Heat up a large pot over medium heat with the oil.
- 2 Add the onions, celery, and garlic and cook over medium heat for 5 minutes, stirring constantly
- 3 Add herbs, salt, pepper, and all of the tomatoes.
- 4 Bring to a boil and then cover.
- 5 Simmer for 30 minutes
- 6 Pour into storage containers and when cooled, either freeze or place in fridge.

NOTE: Tomato sauce will last no more than 5 days in the fridge. Freeze for use for up to 6 months. When making the following variations, make sure that you simmer the sauce with the lid on. Add sauce to your favourite pasta noodles and top with the cheese of your choice. Serve with a green salad for a nutritious and tasty dinner.

Variations:

Meat Sauce:

Ingredients:

- 2 tbsp.** Canola or olive oil
- 1 lb** lean ground beef, chicken or turkey
- 4 cups** tomato sauce
- 1 tsp.** red chillies, crushed
- 1 tsp.** salt and pepper
- dried basil
- 1** onion, chopped
- carrot, chopped

Directions:

- 1 In a large pot or skillet, using the Canola or olive oil, brown lean ground beef, chicken or turkey with red chillies, salt, pepper, dried basil, onion, and carrot.
- 2 Pour off the excess grease.
- 3 Add the tomato sauce and simmer for ½ hour.

Vegetable Sauce:

Ingredients:

- 2 tbsp.** Canola or olive oil
- 1** onion, diced
- 2** carrots, diced
- celery stalks, diced
- 2 bunches** broccoli florets
- 1** green pepper, red pepper, and zucchini, diced
- 1 tsp.** chili flakes
- dried basil
- dried thyme
- salt and pepper
- 2 cloves** minced garlic
- 4 cups** tomato sauce

Directions:

- 4** In a large pot or skillet, using Canola or olive oil, sauté onions, carrots, celery stalks, broccoli florets, green and red pepper, and zucchini with chili flakes, dried basil, dried thyme, salt, pepper, and cloves of minced garlic.
- 5** Add the tomato sauce and simmer for $\frac{1}{2}$ hour.

Vodka-Tomato Cream Sauce:

Ingredients:

- 2 tbsp.** Canola or olive oil
- 1** onion, chopped
- 2** celery stalks, chopped
- 1** green pepper, diced
- 4 cloves** garlic, crushed
- $\frac{1}{2}$ cup** vodka
- 3 cups** tomato sauce
- 1 cup** 35% cream
- 1 tsp.** salt and pepper

Directions:

- 1** In a large pot or skillet, using 2 tbsp. Canola or olive oil, sauté onions, celery, green peppers, and crushed garlic for 5 minutes. Add $\frac{1}{2}$ cup vodka and simmer for 2 minutes
- 2** Add tomato sauce and 35% cream

3 Add salt and pepper. Simmer for 20 minutes.

Sausage Ragù:

Ingredients:

- 1 pkg** hot Italian sausages
- 2 tbsp.** olive or Canola oil
- 1** onion, chopped
- 4 cloves** garlic, crushed
- 1 diced** green pepper
- ¼ cup** fresh parsley, chopped
- 1 tbsp.** dried rosemary
- 1** thyme
- 4 cups** tomato sauce
- ½ cup** pitted black olives

Directions:

- 1 Remove the casings from package of hot Italian sausages.
- 2 Brown the sausage with the onion, garlic, green pepper, parsley, rosemary, and thyme in a large pot or skillet with olive or Canola oil.
- 3 Drain off the excess fat.
- 4 Add tomato sauce and pitted black olives. Simmer for 30 minutes.

These are just a few ideas. Use your imagination and have some fun with tomato based pasta sauces.

Catfish with a Creamy Yogurt Dill Sauce

Ingredients:

- 2** large cat fish fillets, skinless
- 1** carrot, thinly sliced
- 1** zucchini, thinly sliced
- 1** lemon, thinly sliced
- 4** green onions, left whole
- 1 tsp.** black pepper
- 1** dried thyme
- 1** dried marjoram
- 2 tsp.** olive oil
- 2 x 2 tsp.** butter
- 1** Aluminum foil

Sauce Ingredients:

- ½ cup** Greek yogurt, plain, low or no fat
- ¼ cup** low-fat sour cream (optional)
- ⅓ cup** fresh dill, finely chopped
- 2 tbsp.** honey
- 2 tbsp.** fresh lemon juice
- Pinch** salt and pepper

Directions:

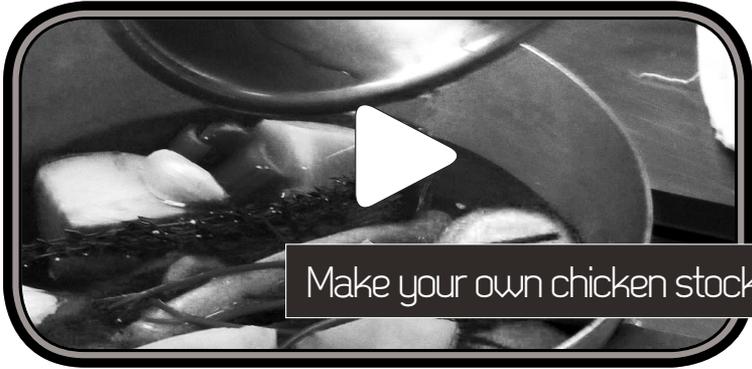
- 1** Combine sauce ingredients together in a small bowl. Cover and place in fridge.
- 2** Preheat oven to 400 °F.
- 3** Brush the centre of 2 large pieces of aluminum foil with a little olive oil. Place the lemon slices on top of the foil with the olive oil in one layer. Then place one layer of carrots and one layer of zucchini. Top with the whole green onions.
- 4** Season both sides of the catfish with the dried herbs and black pepper. Place on top of the vegetables and place the butter on top of the fish.
- 5** Bring the edges of the aluminum foil up to form a sealed package. Place the packages onto a nonstick baking sheet.
- 6** Bake in the preheated oven for 15-20 minutes. Remove the packets from the oven and open carefully.
- 7** Using a lifter or a spatula, remove the contents of the foil packet to a plate and pour over the juices from the packet.
- 8** Top the fish with the creamy dill sauce.

Serves 2

Serve with brown rice or other prepared grain and a side salad of cucumbers sprinkled with lemon juice and olive oil.

Substitutions:

- Any fresh fish can be substituted for the catfish.
- Other vegetables, such as spinach, Swiss chard, collard greens, green or yellow beans, leeks, white turnips, and bell peppers can be used.
- Yogurt can be replaced with low-fat or no fat sour cream.



Make your own chicken stock

Black Bean and Corn Soup

Ingredients:

- 1 onion, chopped
- 1 carrot, chopped
- 1 stalk** celery, chopped
- 2 green peppers, seeded and chopped
- 1 red pepper, seeded and chopped
- 2 jalapeños, seeded and chopped
- 4 cloves** garlic, chopped
- 2 cups** canned, low sodium tomatoes, with juice, chopped
- 500g** canned black beans, well rinsed under cold water and drained
- 2 cups** no sodium chicken, beef or vegetable stock
- 1 tbsp.** ground cumin
- ground coriander
- salt and pepper
- dried thyme
- dried oregano
- 2 cups** frozen corn
- 2 tsp.** Canola oil
- Low-fat sour cream OR plain low-fat yogurt
- Cilantro leaves
- Green onions, chopped

Directions:

- 1 In a large pot, add oil, onion, carrot, and celery and cook over medium heat, stirring frequently for 5 minutes.
- 2 Add red, green peppers, jalapeños, garlic, and all of the spices. Cook, stirring frequently, for an additional 5 minutes.
- 3 Add stock, black beans, and canned tomatoes with juice. Bring to a boil and then simmer, with the lid, over low heat, for 45 minutes.
- 4 Remove 2 cups of solids and broth from the pot and put into a blender or food processor. Using the “pulse” setting, break down the solids. Add back to the soup pot.
- 5 Add corn. Simmer soup, covered, for another 15 minutes.
- 6 Adjust seasoning with salt, pepper and hot sauce to taste.

Makes 4 - 6 servings

Serve in a bowl topped with soup with low-fat sour cream or plain low-fat yogurt topped with cilantro leaves and chopped green onions.

Easy Won Ton Soup

The recipe below is for the won ton soup broth and accompanying vegetables. For the won ton, you can buy your favourite ones from most major grocery stores; they are very inexpensive. There are many types, including ones that are vegetarian. Certain specialty grocers also sell gluten-free won ton noodles but those can be very expensive.

Ingredients – Broth

- 1 lt** no sodium chicken, beef or vegetable broth
- ½ cup** water
- ⅓ cup** fresh ginger, sliced
- ½ cup** low sodium soy sauce
- ½ cup** sweet-hot Thai chili sauce
- ¼ cup** Hoisin sauce
- 8 cloves** garlic, whole

Directions - Broth:

Place all ingredients into a slow cooker and bring to a boil. Simmer covered, over low heat, for 30 minutes. Remove the garlic and ginger. The broth is now ready to use.

Directions - Soup

Bring the won ton broth to a boil and add all of the won ton noodles at once. When using the store bought noodles, it is important to cook them from a frozen state. Immediately add ½ cup of cold water and reduce heat to medium. Bring slowly back to a boil, covered, and simmer for 3 to 4 minutes. It is now ready to serve.

If you want to turn this soup into a hearty and delicious meal, add any or all the following vegetables:

- 1 cup** baby bok choy, quartered
- 1 cup** bean sprouts
- ½ cup** Nappa cabbage, shredded
- ½ cup** carrots, shredded
- ½ cup** frozen or fresh green beans

Add the vegetables to the won ton soup after the noodles have simmered for 3-4 minutes. Simmer the soup for an additional 3-4 minutes after adding the vegetables.

Makes 2 – 4 servings – *The more vegetables you add, the more servings you will have.*

Fantastic Chicken Tortilla Soup

This soup is a variation of the Mexican classic that uses hominy. This soup is excellent, a little spicy, and very healthy!

Ingredients:

- 2 tbsp.** olive oil
- 1** red onion, chopped
- 6 cloves** garlic, thinly sliced
- 1 large** jalapeño pepper, seeded and chopped
- 1** red pepper, seeded and chopped
- 1** green pepper, seeded and chopped
- 1** carrot, peeled and chopped
- 2 ribs** celery, chopped
- 1 can** black beans, well rinsed and drained
- 2 cups** frozen corn
- 4** chicken legs, with thighs attached, skin off
- ½ cup** white wine or water
- 1 lt** no sodium chicken stock
- 2 cups** canned, no sodium tomatoes, chopped
- 2 tbsp.** ground cumin
- 2 tbsp.** ground coriander
- 1 tbsp.** black pepper
- 1 tbsp.** chili powder
- 1 tbsp.** dried oregano

- salt
- 2** limes, juice and zest
- Low sodium tortilla chips
- Fresh cilantro, chopped

Directions:

- 1** Add the Canola oil to a large pot and cook the red onion, garlic, jalapeño pepper, celery, carrots, and bell peppers over medium heat for 5-8 minutes or until onions become transparent. Add spices and cook for 2 more minutes.
- 2** Add the wine or water, lime zest, tomatoes, chicken stock, and chicken legs to the pot. Cover and bring to a boil. Simmer for 1 hour. Remove the chicken from the pot and put onto a plate.
- 3** Add the corn and black beans to the pot.
- 4** Remove the chicken from the bone and, using 2 forks, shred the chicken, then add back to the pot.
- 5** Cover the pot and simmer for 30 minutes. Correct the seasonings with salt and pepper, and add lime juice to taste. Ladle soup into bowls. Top with crushed, low sodium tortilla chips and fresh chopped cilantro.

Substitutions:

- Chicken legs and thighs can be replaced with chicken breasts or leftover cooked chicken or turkey

Sweet Butternut Squash Soup

Ingredients:

- 1** onion, quartered
- 1** carrot, chopped
- 1** yellow pepper, chopped
- 2 large** butternut squash, peeled, seeded, and chopped
- 3 cloves** garlic, chopped
- 1 tbsp.** dried ginger, ground
- salt and pepper
- dried thyme
- dried marjoram,
- ground cinnamon
- 3 cups** apple juice
- 2 cups** no sodium chicken stock

Directions:

- 1 Place all ingredients into a large pot. Bring to a boil over high heat then turn heat down to a low setting. Cover pot with a lid and simmer for 1 hour or until the squash is very soft.
- 2 Using a hand blender or immersion blender, puree the soup until very smooth. Correct seasonings with salt and pepper.

OPTIONAL STEP

This soup is now known as a “puree”, one of the healthiest kinds of soup to eat as it has no added fat and lots of fibre. After blending, add ½ cup of 35% cream (liquid whipping cream) and simmer for an additional 5 minutes to turn this into a cream soup. This will make the soup very silky. If allergic or sensitive to dairy, 125g of silken tofu can be blended into the soup, with the stick blender, until smooth.

Substitutions

- Fresh butternut squash can be replaced with other types of squash such as Acorn or Hubbard. You can also purchase frozen squash. Make sure that you use at least 1 kg of any other kind of squash for the substitution. You can also make this soup out of sweet potatoes. Again, use 1 kg of peeled and chopped sweet potatoes for this recipe.

Tom Yum Gung

This is an exotic, spicy soup from Thailand. The lemon grass, lime leaves, and Thai chilies are inexpensive and can be bought at most Asian grocers. Pureed lemon grass is available frozen or in tubes.

Ingredients to make the broth:

- 1 lt** non sodium chicken or vegetable stock
- 2 cups** water
- 2 stalks** fresh lemon grass, top removed and stalk roughly chopped
- 8** lime leaves
- 6** Thai chilies, halved lengthwise
- very hot** – use gloves or wash hands thoroughly with soap and water after dealing with chilies
- 2 tbsp.** fish sauce

Place all ingredients into a soup pot and bring to the boil. Simmer with a lid over low heat for 30 minutes. Strain out the solids and discard. The broth is now ready to use.

Note: If using frozen lemon grass or the tubed puree, you will need 2 tbsp. to replace the whole lemon grass stalks.

To make the soup

- 2 boneless, skinless chicken breasts, thinly sliced
- 10 shiitake mushrooms, stem removed and caps sliced
- 10 small white mushrooms, quartered
- 100g firm tofu, cut into small cubes
- 2 tomatoes, cut into 8 wedges and seeded
- 2 tbsp. honey or brown sugar
- 1/3 cup whole cilantro leaves
- Juice of 2 limes
- Broth from above recipe

Directions:

- 1 Bring the broth to a boil. Turn heat down to medium, and add the honey (or sugar). As for the chicken, simmer and cover with a lid, for 5 minutes.
- 2 Add mushrooms and tofu, and simmer for 2 to 3 minutes.
- 3 Add tomatoes and lime juice, and simmer 2 to 3 more minutes. The soup is now ready to serve.
- 4 Ladle soup into hot bowls and top with cilantro leaves.

If you want the soup to be saltier, add drops of fish stock to taste. If you want the soup to be sweeter, add drops of honey to taste. If you want the soup to be more sour, add drops of lime juice.

Substitutions

- Chicken can be completely replaced with firm tofu.
- Chicken can be replaced with a cubed firm white fish like halibut, cod or tilapia – If you do this, only allow the fish to cook for a maximum of 5 minutes.
- Chicken or tofu can be replaced with peeled and deveined shrimp – ensure shrimp is raw and thawed, and follow the same directions as if you were using the chicken.

USING YOUR SLOW COOKER

It is important to read the directions included with your slow cooker so that you know how to properly use it. While all slow cookers have a dial displaying an “off”, “low”, and “high” setting, some have a few more options. It is important that you follow the instructions as outlined by the manufacturer.

- Keep your slow cooker well cleaned and maintained.
- Make sure that the surface on which you place the slow cooker is stable, heat resistant, level, and secure.
- If using an extension cord, make sure that it is grounded and far from all water and/or heating sources. Also, make sure that it is safely positioned so as to avoid potential injuries and/or to avoid upsetting the slow cooker.
- Do not immerse the electrical components and/or slow cooker frame into water; the only part that is fully water resistant is the porcelain or metal “crock” inside of the unit
- Always unplug the electric cord from the wall socket as well as from the slow cooker when not in use.
- ALWAYS follow the cooking times and temperature settings indicated in the recipes that you prepare.

A few extra tips:

- Some recipes may result in the production of a thin liquid rather than a sauce. IF you want to make it thicker: after the instructed cooking time, increase the slow cooker’s heat setting to “high” and let the temperature rise for 15 minutes. Mix 30ml of cornstarch with 125ml of water and slowly incorporate it into the liquid. Stir well and cook until the liquid thickens into a sauce.
- Once you are fully familiar with both your slow cooker and a particular recipe, you can decrease the amount of liquid used. DO NOT adjust the cooking time or temperature
- You can prepare more than a single meal (or serving) at a time in a slow cooker. Do this by choosing 2 recipes with similar cooking times and temperatures. Encase the servings in aluminum foil and wrap tightly. Place the packets in the slow cooker, either side by side or one on top of the other, cover, and follow the cooking directions.

If you live in residence during the school year, talk to your floor mates about a food exchange program – food is always better when you share!

USING YOUR ELECTRIC SKILLET

Electric skillets are a great piece of equipment to have, especially in on-campus housing. Most of the recipes in this cookbook can be easily prepared in an electric skillet. NOTE: electric skillets are NOT slow cookers, so caution must be used. Certain skillets can reach temperatures of up to 500 °F. – left unattended, it can catch fire!!!!!!

It is important to read the directions before using your electric skillet. Electric skillets have a temperature dial similar to that of a stove or range top. It may be in degrees Celsius or Fahrenheit, or have number settings that correspond to a temperature range as outlined in the provided user guide – it is important that you follow the dial settings as outlined by the manufacturer.

- Keep your electric skillet well cleaned and maintained.
- Make sure that the surface on which you place the electric skillet is stable, heat resistant, level, and secure.
- If using an extension cord, make sure that it is grounded and far from all water and/or heating sources. Also, make sure that it is safely positioned so as to avoid potential injuries and/or to avoid upsetting the skillet
- Do not immerse the electrical components of the skillet into water.
- Always unplug the electric cord from the wall socket as well as from the slow cooker when not in use.
- ALWAYS follow the cooking times and temperature settings indicated in the recipes that you prepare.
- When using the electric skillet DO NOT LEAVE IT UNATTENDED on any setting (other than its lowest one) for any extended period of time

A few extra tips:

- Some of the recipes may result in the production of a thin liquid rather than a sauce. IF you want to make the sauce thicker: after the instructed cooking time has elapsed, increase the cooking temperature to the “high” setting until the liquid begins to boil. Mix 15ml of cornstarch with 75ml water and slowly mix into the liquid. Stir well and cook until the liquid thickens into a sauce
- A benefit of using an electric skillet as opposed to a slow cooker is that you can sear or brown the surfaces of meats before braising them. You also have more control over the temperature at which you cook the dishes.

- An electric skillet can be used for making stir frys, stews, and pasta sauces, as well as for pan frying meats (pork chops, steaks, ground meats or fish fillets). You can even use it as a shallow pot for steaming vegetables or boiling pasta, as long as the unit is ALWAYS ATTENDED.

You can easily prepare an entire meal in the electric skillet. For example:

Pan Fried Salmon, Steamed Vegetables, and Sautéed Potatoes

Cook salmon on one side of the skillet and potatoes on the other. Steam your veggies in a foil packet.

Pan Fried Pork Chop, Asian Fried Rice, and Green Beans

Cook pork chop on one side of the skillet and rice on the other. Steam your beans in a foil packet

When using your electric skillet in a dorm room or in a residence, talk to your floor mates about a food exchange program – Food is always better when you share!

SLOW COOKER RECIPES

Bacon and Mushroom Chicken

A variation of chicken pot pie, this dish contains bacon, mushrooms, and kale combined with bone-in chicken. It takes a little extra work to prepare, but it is worth the effort. Serve with mashed potatoes, steamed Brussels sprouts, and carrots for a balanced meal.

Makes 4 portions (5 qt. slow cooker) **Cooking Time:** 3 to 3.5 hours

Ingredients:

- 250g** cooked bacon, cut into 1 " pieces
- 3** stalks celery, cut into 1 " pieces
- 500g** white or brown mushrooms, cleaned and quartered
- 1** medium onion, cut into large pieces
- 1** store bought rotisserie chicken, quartered and well chilled
- 60ml** all purpose flour
- 6 cloves** garlic, thinly sliced
- 10ml each** dried thyme, black pepper
- 15ml** fresh rosemary, chopped
- 10ml** dried chili flakes
- 4** parsnips, peeled and quartered
- 1 large bunch** kale, stems removed and cut into large pieces
- 150ml** chicken stock, no sodium variety (350ml if not using beer)
- 200ml** dark beer –ale is best (optional)

Directions:

- 1** In a medium bowl, toss the celery, mushrooms, onion, cold quartered chicken, pepper, garlic slices, rosemary, and dried thyme with the flour until well coated.
- 2** Spray the sides, and bottom, of the slow cooker with a vegetable spray. Arrange the parsnips and kale on the bottom of the slow cooker. Pour over the floured ingredients in an even layer
- 3** Using the same bowl, whisk together the chilies, beer, and chicken stock and pour over the slow cooker ingredients. Top with the cooked bacon.
- 4** Turn slow cooker onto low. Cover and cook for 3 to 3.5 hours or until chicken is tender and fully heated through (temperature must reach a minimum of 170 °F).

To serve:

Make some mashed potatoes and serve the dish with a side of vegetables or with a spinach salad.

To reduce the fat content – remove the skin from the chicken before making this dish.

Substitutes:

- Rotisserie chicken can be replaced by cooked chicken thighs, leftover roast turkey, cut into large pieces, or leftover roast pork.
- Kale can be replaced with Swiss chard, collard greens, or mustard greens
- Add fresh herbs, such as chopped parsley, chives, basil or dill, for additional flavor – especially if you grow your own.

Beef Stroganoff

Great comfort food and an excellent party dish!

Makes 6 portions (5 qt. slow cooker) **Cooking Time:** 7 to 7.5 hours

Ingredients:

750g	cubed stewing beef
500g	white or brown mushrooms, halved
1 medium	onion, cut into large pieces
250ml	frozen green peas
4 cloves	garlic, thinly sliced
600ml	beef stock, no sodium variety
3ml	salt
5ml	black pepper
90ml	all purpose flour
30ml	Dijon mustard
5ml	dried thyme
125ml	no fat sour cream
60ml	chopped fresh dill or parsley

Directions:

- 1** Spray the sides and bottom of the slow cooker with a vegetable spray. Place the beef, onions, garlic, and mushrooms into the slow cooker.
- 2** In a small bowl, combine the beef stock, salt, pepper, dried thyme, mustard, and flour, and mix well. Pour over the beef in the slow cooker.
- 3** Turn slow cooker onto low. Cover and cook for 6.5 to 7 hours or until beef is tender. Stir in the frozen peas. Place the lid back on and cook for another 20 minutes.

- 4 Turn off slow cooker. Stir in the sour cream and dill. Your beef stroganoff is ready to serve.

To serve:

Steam some brown rice, whole wheat couscous or quinoa. If you like noodles, cook some egg noodles or penne. Serve the stroganoff over the noodles or grain. Serve with a tomato and cucumber salad, or a garden salad, for a great and easy meal.

For a gluten free alternative, replace the flour with cornstarch or arrowroot powder.

Black Bean and Spinach Enchiladas

Better than most restaurant enchiladas and very low in sodium but high in fiber and nutrients! This is a very easy dish to prepare.

Makes 4 portions (5 qt. slow cooker) **Cooking Time:** 2.5 to 3 hours

Ingredients:

- 350ml canned** black beans, well rinsed under cold water and drained
- 1** red or green pepper, seeded and chopped
- 4** green onion, chopped
- 2 stalks** celery, coarsely chopped
- 10oz** frozen spinach, thawed and squeezed dry of liquid
- 250ml** frozen corn
- 2** jalapeños peppers, seeded and chopped
- 500g** grated cheddar cheese or feta cheese
- 15ml** ground cumin
- 15ml** ground coriander
- 350ml canned** tomatoes, low or no sodium, chopped, with juices
- 8-6"** warmed (in microwave) corn tortillas
- 750ml** jarred tomato salsa or canned chopped tomatoes

Toppings:

Chopped lettuce, chopped tomatoes, cucumbers cut into matchsticks, low-fat sour cream, chopped fresh cilantro, hot sauce or pickled jalapeños

Directions:

- 1 In a large bowl, mash $\frac{1}{2}$ of the black beans. Stir in remaining whole beans with all peppers, green onion, celery, spinach, corn, 250g of the cheese, and spices. Mix well. Set aside.
- 2 Spray the sides and bottom of the slow cooker with a vegetable spray. Spoon $\frac{1}{2}$ of the salsa onto the bottom of the slow cooker.

- 3 Divide the mixture into 8 portions. Place 1 portion into the centre of a warmed corn tortilla and roll up. Place seam side down onto the salsa in the slow cooker. Repeat this procedure until the filling is used up and you have 8 enchiladas in the slow cooker
- 4 Spoon over the remaining salsa to coat the enchiladas and top with the remaining cheese.
- 5 Turn slow cooker onto low. Cover and cook for 2.5 to 3 hours.

To serve:

Remove the enchilada portion from the slow cooker and plate. Top with any of the topping listed above and enjoy!

Substitutes:

- You can use any combination of vegetables that you would like.
- Cheese can be replaced with a non-dairy product or eliminated for lactose intolerance;
- Gluten free tortillas can replace the regular ones for those who cannot consume gluten products.
- Add fresh herbs, such as chopped parsley, chives, basil or dill, for additional flavor – especially if you grow your own.
- If you have left over chicken or beef, shred it up and add to the bean mixture.

Creamy Southern Style “Chicken and Biscuits”

If you like chicken pot pie, this is a great recipe to make. You can make your own tea biscuits if you have the time, but this recipe calls for toasted English muffins as the “biscuits”. Easy and delicious!

Makes 6 portions (5 qt. slow cooker) **Cooking Time:** 6 to 6.5 hours

Ingredients:

4 large	carrots, peeled and cut into 1” pieces
1	red or green pepper, seeded and cut into 1” pieces
3 stalks	celery, cut into 1” pieces
1 medium	onion, coarsely chopped
125ml	frozen corn
	frozen peas
	frozen green beans
2 medium	potatoes, peeled and cut into 1 “ pieces
750g	boneless, skinless chicken thighs, cut into quarters
15ml	poultry seasoning
10ml	dried thyme
	black pepper
5ml	salt
125ml	all purpose flour
125ml	white wine
125ml	chicken stock, no sodium variety
125ml	10% cream (half and half)
6	toasted English muffins

Directions:

- 1** In a medium bowl, toss the carrots, celery, onion, potatoes, salt, pepper, and dried thyme with the flour until well coated. Place on the bottom of the slow cooker.
- 2** Using the same bowl, toss the chicken pieces with the poultry seasoning, peppers and frozen vegetables. Place this mixture on top of the ingredients in the slow cooker.
- 3** Using the same bowl, whisk together the white wine, chicken stock and 10% cream and pour over the slow cooker ingredients
- 4** Turn slow cooker onto low. Cover and cook for 6 to 6.5 hours or until chicken is tender and fully cooked (temperature must reach a minimum of 170 °F). You may also cook this in the slow cooker on high for only 3 hours, but it will need to be stirred about every 45 minutes.

To serve:

Toast ½ English muffin per person. Plate the muffin and top with a serving of the creamy chicken. Sprinkle with chopped fresh herbs (if you have them) and serve with a side salad.

Substitutes:

- You can use any combination of vegetables that you would like; cubed turnip, squash or parsnips would be an excellent addition or substitution.
- Chicken thighs can be replaced with the same amount of cubed pork loin or turkey thigh meat.
- English muffins can be replaced with tea biscuits or even toasted hamburger buns or rolls.
- 450ml of frozen mixed vegetables may be used instead of the individual frozen peas, beans, and corn.
- Add fresh herbs, such as chopped parsley, chives, basil or dill, for additional flavor – especially if you grow your own.

Fish Fillet Packets with Asparagus

This is delicious and so incredibly versatile. Asparagus and fish can be expensive but it is such a nice treat, but this dish can easily be done with a wide variety of vegetables and seafood.

Makes 4 portions (5 qt. slow cooker) **Cooking Time:** 2 hours, on high

Ingredients:

4 pieces	aluminum foil, sprayed with a vegetable spray
4 x 175g	fish fillets, thawed
2 cloves	garlic, finely chopped
2 medium	Yukon Gold potatoes, washed and very thinly sliced
1 large bunch	fresh asparagus, trimmed and cut in half
1 large	lime, sliced
1 large	lemon, or orange, sliced
40ml	lemon juice
4 x 30ml	butter
30ml	fresh dill, coarsely chopped
4 x 10ml	white wine or no sodium chicken or vegetable stock
	salt and pepper

Directions:

- 1 Turn slow cooker onto high heat
- 2 Take 1 piece of greased tin foil. In the center of the foil, place a layer of potatoes and sprinkle with the garlic. Top potatoes with some of the asparagus. Place a fish fillet on top of the asparagus. Season with salt and pepper. Top with citrus slices, dill, and 15ml chunk of butter. Sprinkle 10ml each of the lemon juice and white wine over the fillet. Fold up the packet and seal well. Repeat until packets are done. Stack or place into the preheated slow cooker.
- 3 Place lid on slow cooker and cook on high heat for 2 hours.
- 4 Remove lid and packets. Place a packet onto a plate and open the packet – your meal is complete and ready to eat!

To serve:

Serve with a green salad, Greek salad or spinach salad for a complete meal

Substitutes:

The best fish to buy for this dish:

- Boneless, skinless salmon fillets (on sale often)
- Basa
- Red Snapper (expensive)
- Haddock
- Tilapia
- Cod (expensive)
- Shrimp (expensive)
- Scallops (expensive)

Other vegetables that can be used instead of asparagus:

- Fresh green or yellow beans that have been trimmed
- Green or yellow zucchini cut into ½ “ rounds
- Yellow beets, very thinly sliced
- Celeriac
- Carrots, cut into ½ “ rounds
- Leeks
- Sliced mushrooms
- Red, yellow or orange peppers, seeded and cut into ½ “ thick rings

Other ingredients to use instead of potatoes:

- Thinly sliced white turnip
- Thinly sliced sweet potatoes
- Thinly sliced acorn or butternut squash
- 1 cup cooked brown rice

Ginger Orange Chicken

Like Chinese food? This is a great dish with tons of flavor!

Makes 4 portions (5 qt. slow cooker) **Cooking Time:** 3.5 to 4 hours

Ingredients:

8	skinless chicken thighs, bone-in
125ml	orange juice
125ml	orange marmalade
60ml	light soy sauce or Tamari
4 cloves	garlic, minced finely
45ml	fresh ginger, peeled and grated or minced finely
45ml	tomato ketchup
1 small	onion, coarsely chopped
1	red pepper, seeded and cut into 1" cubes
	green pepper, seeded and cut into 1" cubes
1 head	bok choy, washed and cut into long 4" pieces
1 small can	mandarin oranges, drained of juices
2	green onion, chopped
125ml	all purpose flour

Directions:

- 1 Remove the skin from the chicken thighs and remove visible fat from the meat.
- 2 Spray the sides and bottom of the slow cooker with a vegetable spray. Scatter the onions, garlic and peppers on the bottom of the slow cooker. Lightly coat each chicken thigh in the flour. Shake off any excess flour and place the thighs into the slow cooker.
- 3 In a small bowl, combine the orange juice, marmalade, soy sauce ketchup and ginger and mix well. Pour over the chicken in the slow cooker.
- 4 Turn slow cooker onto low. Cover and cook for 3 to 3.5 hours or until chicken is tender and fully cooked (temperature must reach a minimum of 170 °F).
- 5 Stir the chicken lightly. Top with the cut bok choy. Place the lid back on the slow cooker and continue to cook on low for a further 10 to 15 minutes.
- 6 Once done, turn off slow cooker.

To serve:

Steam some brown rice, whole wheat couscous or quinoa and top with the chicken and bok choy. Garnish with the mandarin oranges and some chopped cilantro.

Substitutes:

- Chicken thighs can be replaced with cubed pork tenderloin or pork loin – same cooking time.
- Chicken thighs can be replaced with cubed stewing beef – follow the above steps but increase cooking time to 4.5 to 5 hours.
- Chicken thighs can be replaced with fresh salmon fillets, cod or haddock – follow the above steps, but lower the cooking time to 2.5 to 3 hours – fish is done at an internal temperature of 160 °F
- For a gluten free alternative, replace the flour with cornstarch or arrowroot powder

Safety Note: Make sure to discard any leftover flour after coating the chicken to ensure food safety.

Meat Sauce for Pasta

A great meat sauce for pasta dishes. Easy to portion and freeze.

Makes 8 portions (5 qt. slow cooker) **Cooking Time :** 3.5 to 4 hours, on high, 7 hours, on low

Ingredients:

500g	lean ground beef
500g	lean ground pork
2	red or green pepper, seeded and coarsely chopped
2	small onions, coarsely chopped
3 stalks	celery, coarsely chopped
6 cloves	garlic, thinly sliced
15ml	dried thyme
	dried oregano
	dried basil
	salt, black
	pepper and crushed red chili flakes
125ml	fresh parsley, chopped
700ml	canned tomatoes, low or no sodium, chopped with juices

Directions:

- 1** Place the vegetables and garlic into the crock pot and crumble the ground meat over the vegetables.
- 2** In a bowl, combine the canned tomatoes, herbs, and spices. Mix well and pour over the meat-vegetable mixture. Stir well.
- 3** Turn slow cooker onto low. Cover and cook for 7 hours or on high for 3.5 to 4 hours.
- 4** After the sauce has cooked for the required time and using a wooden spoon, break up any meat lumps into the desired size.

Safety Note: Make sure that you thoroughly wash your hands after handling ground meat and ensure that utensils and cutting boards are sanitized.

If you are going to do this recipe on high heat in the slow cooker the mixture will need to be stirred several times while the sauce is cooking

Substitutes:

- You can use any combination of vegetables that you would like.
- Ground beef and pork can be replaced with any kind of ground meat or textured vegetable protein (TVP).

Mexican Fish Fillets

This is delicious. The sauce cooks for hours in the slow cooker; the fish goes in when you get home. 30 minutes later, a healthy dinner is ready.

Makes 4 portions (5 qt. slow cooker) **Cooking Time:** 6 hours on low

Sauce Ingredients:

1 medium	onion, coarsely chopped
4 cloves	garlic, finely chopped
3 medium	jalapeños, seeded and coarsely chopped
1 small head	fennel, topped and coarsely chopped
1 large	red or yellow pepper, seeded and coarsely chopped
125ml	parsley, coarsely chopped
1 large	lime, sliced
10ml	dried oregano
	ground coriander
5ml	ground cumin
	paprika
	salt and pepper
125ml	chicken stock, no sodium variety
750ml	canned tomatoes, low sodium variety, chopped, with juices

To Finish:

4 x 175g	fish fillets, thawed if frozen
30 ml	fresh lemon juice
15ml	fresh cilantro, chopped

Directions:

- 1 Spray the bottom and sides of the slow cooker. Place the lime slices into the bottom of the slow cooker and top with the vegetables and garlic.

- 2 In a medium bowl, combine the stock, spices, herbs, and tomatoes. Mix well. Pour over the vegetables in the slow cooker.
- 3 Place lid on slow cooker and cook on low heat for 6 hours.
- 4 Remove lid and stir in the lemon juice. Place the fish fillets on top of the sauce. Return the lid and increase temperature to high. Cook for an additional 20 to 30 minutes, or until the fish is cooked.

To serve:

Spoon out a portion of the fish and sauce. Serve with brown rice and some steamed, dark, leafy greens, such as Swiss chard, kale, spinach or collard greens for an excellent meal!

Substitutes:

The best fish to buy for this dish:

- Boneless, skinless salmon fillets (on sale often)
- Basa
- Red Snapper (expensive)
- Haddock
- Tilapia
- Cod (expensive)
- Shrimp (expensive)
- Scallops (expensive)

This can also be done with:

- Skinless chicken thighs or drumsticks – cook in the sauce at the beginning of the stated cooking time and cook on low heat only for 5 to 6 hours
- Pork tenderloin or pork chops - cook in the sauce at the beginning of the stated cooking time and cook on low heat only for 5 to 6 hours
- Pork, beef or veal meatballs - cook in the sauce at the beginning of the stated cooking time and cook on low heat only for 4.5 to 5.5 hours

Pork and White Bean Cassoulet

A variation on a classical French dish, but this version is much cheaper to make. It is tasty and can feed a crowd.

Makes 6 portions (5 qt. slow cooker) **Cooking Time:** 7 hours, on low

Ingredients:

1	pork tenderloin, cleaned and cut into 2" pieces
3 links	spicy Italian sausages, cut in half
2 medium	carrots, peeled and cut into 1" pieces
6 cloves	garlic, thinly sliced
2 stalks	celery, cut into 1" pieces
1 large	sweet potato, peeled and cut into 2" pieces
4 medium	parsnips, peeled and cut into 1" pieces
3 x 384ml cans	white navy or kidney beans, well rinsed under cold water and drained
10ml	dried thyme
	salt and pepper
5ml	dried rosemary
500ml	canned tomatoes, low sodium variety
350ml	chicken or vegetable stock, no sodium variety

To finish the dish:

125ml	breadcrumbs
125ml	Parmesan cheese, grated
30ml	butter, melted
60ml	fresh parsley, chopped

Directions:

- 1 Place all of the vegetables and garlic into the bottom of the slow cooker. Arrange the tenderloin and sausage over the vegetables.
- 2 In a large bowl, combine beans, tomatoes, stock, and spices and stir well. Pour over the other ingredients in the slow cooker.
- 3 Place lid on slow cooker and cook on low heat for 6.5 to 7 hours.
- 4 Once the vegetables are tender and the meat is cooked, combine the melted butter, breadcrumbs, cheese, and parsley. Stir into the cassoulet. Turn slow cooker off, return lid and let stand for 15 minutes. The cassoulet will thicken because of the breadcrumbs.

To serve:

Spoon out a portion of the cassoulet and serve with a side salad or some steamed, dark, leafy greens, such as kale, Swiss chard, spinach or collard greens.

Shepherd's Pie

A classical comfort food that is tasty and filling.

Makes 8 portions (5 qt. slow cooker) **Cooking Time:** 6 hours, on low

Ingredients:

3 medium	Yukon gold potatoes
1 medium	sweet potato
125ml	skim milk
45ml	butter or low sodium margarine
500g	lean ground beef or turkey
2	small onions, coarsely chopped
2 stalks	celery, coarsely chopped
3 cloves	garlic, thinly sliced
15ml	cornstarch
	tomato ketchup
	dried thyme
	soy sauce
	black pepper
250ml	no sodium beef or chicken stock
125ml	fresh parsley, chopped
500ml	frozen mixed vegetables

Directions:

- 1 Wash and dry the potatoes. Prick the potatoes all over with a fork. Place in microwave and cook on medium-high heat until tender (about 10 minutes).
- 2 In a bowl, mash potatoes, with skins, using a fork. Add the butter or margarine and the milk, and mix. Season with salt and pepper to taste.
- 3 In another bowl, combine ground meat, onions, celery, garlic, pepper, ketchup dried thyme, and soy sauce, and mix well. Combine the cornstarch and cold stock, and whisk together. Add to the meat mixture and stir well.
- 4 Spray the bottom and sides of the slow cooker with a vegetable spray. Loosely spread the meat mixture onto the bottom of the slow cooker. **DO NOT PACK DOWN.**
- 5 Spread the frozen vegetables over the meat and then top with the mashed potatoes. **DO NOT PACK DOWN.**
- 6 Place lid on slow cooker and cook on low heat for 6 hours. The dish is done when the internal temperature of the ground meat mixture reaches a minimum of 170 °F.

Safety Note: Make sure that you thoroughly wash your hands after handling ground meat and ensure that utensils and cutting boards are sanitized.

To serve:

Spoon out a portion of the shepherd's pie and serve with a side salad or with extra veggies.

Substitutes:

- You can use any combination of vegetables that you would like.
- Ground beef or turkey can be replaced with any kind of ground meat or textured vegetable protein (TVP).

Sweet and Sour Chicken

This is a healthier alternative to the dish prepared in restaurants; not only is it lower in fat and sodium, it is also Coeliac friendly.

Makes 4 portions (5 qt. slow cooker) **Cooking Time:** 6 hours, on low

Ingredients:

- 4** chicken legs, skinless and jointed into thighs, and drumsticks
- 1** red pepper, seeded and cut into 1" pieces
- 1** green pepper, seeded and cut into 1" pieces
- 1 large** onion, finely chopped
- 3 cloves** garlic, finely minced
- 2 stalks** celery, cut into 1" pieces
- 1 large** carrot, peeled and cut into ½" thick slices
- 1 – 384ml can** pineapple chunks, drained of juices (reserve juice for sauce)

Sauce Ingredients:

- 125ml** chicken stock, no sodium variety
- 60ml** brown sugar
- 75ml** tomato ketchup
- 125ml** reserved pineapple juice (add water to reserved juice to reach 125ml)
- 45ml** soy sauce
- 30ml** cider or red wine vinegar
- 45ml** fresh ginger, grated
- 45ml** cornstarch

Directions:

- 1 Spray the bottom and sides of the slow cooker. Place the chicken at the bottom and top with the vegetables, garlic, and pineapple.
- 2 In a medium bowl, combine all of the sauce ingredients and mix well. Pour the liquid over the chicken and vegetables.
- 3 Place lid on slow cooker and cook on low heat for 6 hours or until the chicken is tender and the sauce has thickened. It is now ready to serve.

To serve:

Spoon out a portion of the chicken and sauce. Serve with brown rice, a vegetable stir fry or a spinach salad for an excellent meal.

Substitutes:

- Skinless chicken legs and/or drumsticks can be replaced with, pork chops, cubed pork loin, or pork tenderloin, or a small, low sodium, ham (keep whole and slice when cooked). Cooking time will not change.

Thai Red Curry Beef

Like Thai food? This is a great tasting curry that is easy to make.

Makes 4 portions (5 qt. slow cooker) **Cooking Time:** 6 hours, on low

Ingredients:

500g	stewing beef or round steak, cut into 1" pieces
1 large	onion, finely chopped
4 cloves	garlic, finely chopped
15ml	fresh ginger, finely grated
2	Thai green or red chilies, seeded and chopped
60ml	Thai red curry paste
30ml	brown sugar
300ml	coconut milk
30ml	fish sauce (optional)
30ml	fresh lime juice (approx. 2 limes)
125ml	fresh basil leaves, whole
1 medium	bok choy, washed and cut into 2" pieces

Directions:

- 1 Place the beef, onion, and garlic into the bottom of the slow cooker.
- 2 In a large bowl, combine ginger, curry paste, brown sugar, coconut milk, fish sauce, and 15 ml of lime juice, and stir well. Pour over the other ingredients in the slow cooker.

- 3 Place lid on slow cooker and cook on low heat for 5.5 hours or until the beef is fork tender.
- 4 Once the meat is tender, stir in bok choy, red or green chilies, and basil leaves. Cover and cook for a further 15-20 minutes

To serve:

- Spoon out a portion of the curry and serve over cooked basmati or brown rice.

Substitutes:

- Stewing beef can be replaced with skinless chicken thighs, cubed pork loin or cubed turkey thighs. Cooking time will not change.
- Steak can be replaced with salmon fillets or haddock fillets that are cut into very large pieces. Cooking time will then be reduced to 2.5 hours on high heat

Vegetable and Chickpea Curry

This is soooooo good! Great cold as well, especially in a pita or wrap!

Makes 6 portions (5 qt. slow cooker) **Cooking Time:** 5 hours, on high

Ingredients:

- 2 medium** onions, coarsely chopped
- 2 large** carrots, peeled and cut into 1" pieces
- 3 medium** jalapeños, seeded and chopped
- 8 cloves** garlic, thinly sliced
- 3** celery stalks, cut into 1" pieces
- 1** red pepper, seeded and cut into 1" pieces
- 1 large** green pepper, seeded and cut into 1" pieces
- 250ml** sweet potato, peeled and cut into 2" pieces
- 1 bunch** frozen green beans and frozen green peas
- 125ml** kale, stemmed and coarsely chopped
- 2 x 384 ml cans** raisins or other dried fruit
- 15ml** chickpeas, well rinsed under cold water and drained
- curry powder
- ground cumin
- ground coriander
- ground ginger
- paprika
- crushed red chili flakes
- salt and pepper
- OR
- 45ml** curry powder
- 20ml** brown sugar or honey

500ml	canned tomatoes, low sodium variety
250ml	chicken or vegetable stock, no sodium variety
125ml	coconut milk

Directions:

- 1 Place all ingredients, except the coconut milk, peas, and kale into the slow cooker and stir well.
- 2 Place lid on slow cooker and cook on high heat for 5 hours.
- 3 After 5 hours, add the coconut milk, kale, and peas. Stir well. Return lid and cook for an additional 45 minutes to 1 hour.

To serve:

Spoon out a portion of the curry over some cooked brown rice or whole wheat couscous and serve with a side salad.

Substitutes:

- You can use any combination of vegetables that you would like.
- Chickpeas can be replaced with red or white kidney beans, Romano beans or white navy beans – make sure all are well rinsed of the can juices, under cold water.

Vegetable Lasagna

Simple, easy, and delicious this dish can feed a multitude! Portions are easy to freeze and reheat in a toaster oven or microwave. Served with a salad, you have a very filling and nutritious meal.

Makes 6 portions (5 qt. slow cooker) **Cooking Time:** 3.5 to 4 hours

Ingredients:

- 500g** frozen pureed squash, thawed and drained
- 2** red or green pepper, seeded and sliced into rings
- 4** green onion, chopped
- 1** green zucchini, coarsely chopped
- 1 bag** spinach, stemmed and chopped
- 350g** low fat ricotta cheese
- 150g** mozzarella, shredded
- 30ml** Italian seasoning, no salt added
- 350ml** canned tomatoes, low or no sodium, chopped, with juices
- 12** whole wheat lasagna noodles

Directions:

- 1** In a bowl, combine squash puree with green onion, zucchini, and mozzarella cheese. Mix well and set aside.
- 2** In another bowl combine, chopped spinach, Italian seasoning, and ricotta cheese. Mix well and set aside.
- 3** Spray the bottom and sides of your slow cooker with a vegetable oil spray.
- 4** Spread $\frac{1}{2}$ of the squash mixture on the bottom of the slow cooker and top with green pepper rings and three of the lasagna noodles (break to fit, as needed).
- 5** Top the lasagna noodles with $\frac{1}{2}$ of the spinach/ricotta mixture. Top this layer with 3 more lasagna noodles.
- 6** Top layer with the remaining squash mixture, followed by 3 more lasagna noodles.
- 7** Top layer with the remaining spinach/ricotta mixture, followed by the remaining lasagna noodles.
- 8** Pour over the canned tomatoes and spread to cover the top layer of noodles.
- 9** Turn slow cooker on to low heat. Cover and cook until the noodles are tender. This will take between 3.5 and 4 hours.

If you like very cheesy lasagna and your budget can allow for it, top with more mozzarella cheese or Parmesan cheese once cooking time has elapsed. Place the lid back on, with the slow cooker turned off. Let rest 15 minutes or until the cheese has melted.

Substitutes:

- You can use any combination of vegetables that you would like.
- Chopped eggplant can replace the zucchini.
- Pumpkin puree, turnip puree or any other variety of squash can be used.
- Swiss chard, kale, collard greens or any other dark leafy green can be used instead of spinach.
- Cheese can be replaced with a non-dairy product or eliminated for lactose intolerance;
- Gluten-free pasta can replace the lasagna noodles.
- Add fresh herbs, such as chopped parsley, chives, basil or dill, for additional flavor – especially if you grow your own.

Warm Spiced Apple Pork Chops

A great way to spice up good ol' fashion pork chops!

Makes 4 portions (5 qt. slow cooker) **Cooking Time:** 6 hours, on low

Ingredients:

4 x 225g	bone-in pork chops, trimmed of excess fat
4 medium	granny smith apples, peeled, quartered, and cored
1 large	onion, finely chopped
1 small	green cabbage, cored, quartered, and thinly sliced
400ml	chicken stock, no sodium variety
60ml	brown sugar
5ml	salt
	cinnamon
3ml	black pepper
	ground ginger
15ml	cider or red wine vinegar

Directions:

- 1 Place the thinly sliced cabbage into the bottom of the slow cooker. Sprinkle over the onions.
- 2 In a medium bowl, combine spices and brown sugar. Using this mixture, rub the surfaces of the pork chops and place on top of the cabbage. Using the same bowl, add the stock. Mix together, picking up any of the remaining pork chop rub. Pour the liquid down the side of the slow cooker so that you do not remove the rub from the pork chops.
- 3 Toss the apples in the vinegar and arrange over the pork chops.
- 4 Place lid on slow cooker and cook on low heat for 6 hours or until the pork chops are tender. It is now ready to serve.

To serve:

Spoon out a portion of the pork chops with the cooked apples and cabbage. Serve with a baked potato, mashed potatoes or brown rice for an excellent meal

Substitutes:

- Pork chops can be replaced with skinless chicken thighs or drumsticks, cubed pork loin, or pork tenderloin or a small, low sodium ham (keep whole and slice when cooked). Cooking time will not change.



Enactus SLC

Our mission is to reduce poverty by creating comprehensive solutions to issues within our greater community.

Established in 2009, the Enactus SLC team, formerly known as SIFE SLC, consists of a group of students from St. Lawrence College Kingston who create and deliver projects that help to reduce hunger and that promote entrepreneurship, financial literacy, and environmental sustainability. This cookbook is the next step in the evolution of our work with Sandy Singers and the Partners in Mission Food Bank of Kingston, and with the Food Cents program, developed with Chef professor Thomas Elia.

The Ontario Student Assistance Program (OSAP) only allocates \$7.49 per day for food to its recipients. This cookbook helps both students and food bank patrons manage their food budget and cook healthy, delicious meals.

All recipes were created by St. Lawrence College students, under the supervision of Chef professor Thomas Elia. We would like to thank Mr. Ricardo B. Giuliani and Chef Evelyn Kipping for their contributions to this project and for helping to turn our vision into a reality.

Many thanks to the team members and faculty advisors who have played a vital role in the growth of Food Cents. A special thanks to team members Steve Tripp, Jodi Kipping, Megan Healy, Kimlee Santos, Noémie Hallé-Ducasse, Emilie McIntosh, Victoria Stinson, Kevin Perkin, and Kate Armstrong for their dedication in the service of others, as well as to faculty advisors Pam Bovey Armstrong, John Pirrie, and John Conrad for their ongoing support.

We invite you to view the “how-to” videos on our YouTube channel. Upload your own videos, recipes, and pictures and tag Enactus St. Lawrence #FoodCentsSLC
Give us your feedback by taking our online survey!

Bon Appétit!