

SUPER SUPPERS

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CHICKEN CACCIATORE

Makes 6 Servings

Ingredients

10–15	Mushrooms
1	Green pepper
1 can (28 oz/796 mL)	Diced tomatoes
1 ½ tsp (7.5 mL)	Dried oregano
1 ½ tsp (7.5 mL)	Dried basil
6	Boneless, skinless chicken pieces

Equipment

- Can opener
- Large pot
- Knife
- Cutting board
- Measuring spoons
- Food thermometer
- Tongs or fork

Directions

- 1 Wash and slice the mushrooms. Wash and dice the green pepper.
- 2 In a large pot, combine undrained tomatoes, mushrooms, green pepper, oregano, and basil. Bring to a boil.
- 3 Add chicken pieces. Cover and simmer over low heat for 30 minutes.
- 4 Turn the chicken over. Continue cooking for 10 minutes.
- 5 Check the internal temperature of the chicken. Once the chicken is fully cooked and reaches an internal temperature of 165°F, remove the chicken.
- 6 Boil sauce uncovered for another 5–10 minutes until thickened. Pour over the chicken to serve.



Meal Idea Serve over whole grain pasta, brown or wild rice, or polenta.



Food Safety Tip Immediately after handling raw chicken, make sure to wash your hands. This prevents transferring germs from the raw chicken to other surfaces and ingredients.



Food Safety Tip To check the internal temperature of the chicken, stick your food thermometer into the thickest part. Leave the thermometer in for 30 seconds before reading the temperature.



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CHICKEN FAJITAS

Makes 6 Servings

Ingredients

2 tbsp (30 mL)	Vegetable oil
2	Bell peppers
1	Red onion
2 cloves	Garlic
1 ½ tsp (7.5 mL)	Chili powder
1 tsp (5 mL)	Cumin
	Juice of 1 lime (optional)
1 lb (450 g)	Boneless, skinless chicken breasts
6	Whole grain tortillas
Optional toppings: Shredded cheese, salsa, lettuce and guacamole	

Equipment

- Knife
- Cutting board
- Large skillet
- Measuring spoons
- Food thermometer
- Baking dish or frying pan
- Mixing spoon or tongs
- Grater (if using cheese)

Food Safety Tip Immediately after handling raw chicken, make sure to wash your hands. This prevents transferring germs from the raw chicken to other surfaces and ingredients.

Food Safety Tip To check the internal temperature of the chicken, stick your food thermometer into the thickest part. Leave the thermometer in for 30 seconds before reading the temperature.

Directions

- 1 Peel and slice the onion; peel and mince the garlic; wash and slice the bell peppers.
- 2 Cut the chicken into strips.
- 3 In large skillet, heat oil over medium-high heat. Sauté garlic and onion about 3 minutes or until softened.
- 4 Add chili powder and cumin to skillet. Sauté chicken about 5 to 6 minutes or until no longer pink. Test with food thermometer to ensure internal temperature reaches 165° F.
- 5 Toss in pepper strips. Squeeze in juice of one lime, if using. Cook, stirring, for 2–3 minutes.
- 6 Warm the tortillas by placing them in the oven in a baking dish for 10 minutes. Otherwise, you can warm them individually in a frying pan and cover until ready to serve.
- 7 Spoon about ½ cup of the mixture down centre of each tortilla; roll up. If desired, sprinkle with shredded cheese, and serve with salsa, lettuce and guacamole.



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THREE BEAN VEGGIE CHILI

Makes 6 Servings

Ingredients

1 tbsp	(15 mL)	Vegetable oil
1		Medium onion
3	cloves	Garlic
1		Red pepper
1		Green pepper
5		Mushrooms
2 cans	(28 oz/796 mL)	Diced tomatoes
1 can	(13 oz/398 mL)	Tomato sauce
1 can	(19 oz/540 mL)	Red kidney beans
1 can	(19 oz/540 mL)	Black beans
1 can	(19 oz/540 mL)	Chickpeas
1 cup	(250 mL)	Frozen corn
2 tbsp	(30 mL)	Chili powder
1 tsp	(5 mL)	Ground cumin
Pepper to taste		

Directions

- 1 Peel and dice the onion; peel and mince the garlic; wash and dice the bell peppers; wash and slice the mushrooms.
- 2 Drain and rinse the beans and chickpeas in a colander.
- 3 In a large pot, heat oil over medium-high heat.
- 4 Add onion, garlic, red and green pepper, and mushrooms. Cook until slightly tender.
- 5 Add tomatoes, tomato sauce, beans, chickpeas, corn, chili powder, cumin and pepper.
- 6 Simmer for 20–30 minutes.

Equipment

- Large pot
- Knife
- Cutting board
- Can opener
- Colander
- Dry measuring cups
- Measuring spoons
- Mixing spoon



Cooking Term *Simmer* means to cook food in a heated liquid so that it bubbles gently. This is usually done by heating something over medium-high heat, then turning the heat down to low once it starts to bubble.

What happened when they opened a restaurant on the moon?

It lacked atmosphere



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EGG ROLL IN A BOWL PORK VERSION

Makes 6 Servings

Ingredients

1 tbsp	(15 mL)	Vegetable oil
2 cloves		Garlic
		Small piece of fresh ginger
1 lb	(450 g)	Ground pork
1 tbsp	(15 mL)	Sesame oil
1		Small onion
2		Carrots
½		Small green cabbage
3 tbsp	(45 mL)	Low sodium soy sauce

Equipment

- Large skillet
- Knife
- Spoon
- Cutting board
- Mixing spoon
- Measuring spoons
- Grater
- Peeler or scrub brush



Culinary Tip Try using a spoon to peel the ginger! Hold the ginger close to the base of the bowl of the spoon. Then run the inward curved side of the spoon down the knob, scraping off the skin.

Directions

- 1 Peel and mince the garlic; peel and thinly slice the onion.
- 2 Wash, scrub with brush or peel, and grate the carrot; wash and thinly slice the cabbage.
- 3 Peel and grate the ginger.
- 4 In a large skillet over medium heat, heat vegetable oil. Add garlic and ginger and cook until fragrant, 1 to 2 minutes. Add pork and cook until no pink remains.
- 5 Add sesame oil, onion, carrot, cabbage, and soy sauce. Stir to combine with meat. Cook until cabbage is tender, about 10 minutes.

How did the pig go to the hospital?
The hambulance



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EGG ROLL IN A BOWL TOFU VERSION

Makes 6 Servings

Ingredients

1 tbsp (15 mL)	Vegetable oil
2 cloves	Garlic
	Small piece of fresh ginger
1 block (350 g)	Extra firm tofu
1 tbsp (15 mL)	Sesame oil
1	Small onion
2	Carrots
½	Small green cabbage
3 tbsp (45 mL)	Low sodium soy sauce

Equipment

- Large skillet
- Knife
- Spoon
- Cutting board
- Mixing spoon
- Measuring spoons
- Grater
- Peeler or scrub brush

Directions

- 1 Prepare the vegetables for cooking. Peel and mince the garlic. Peel and thinly slice the onion.
- 2 Wash, scrub with a brush or peel, and grate the carrot. Wash and thinly slice the cabbage.
- 3 Peel and grate the ginger.
- 4 Drain, pat dry with paper towel and grate the block of tofu.
- 5 In a large skillet over medium heat, heat vegetable oil. Add garlic and ginger and cook until fragrant, 1 to 2 minutes. Add tofu and cook until it starts to change colour.
- 6 Add sesame oil, onion, carrot, cabbage, and soy sauce. Stir to combine with tofu. Cook until cabbage is tender, about 10 minutes.



Meal Idea Serve with brown or wild rice, or whole wheat couscous



Culinary Tip To drain tofu, wrap in a tea towel or paper towel. Place a chopping board on top, and weigh it down with something heavy such as a pan of water.

How did the farmer fix his jeans?
With a cabbage patch!



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TERRIFIC TACOS

Makes 6 Servings

Ingredients

1 lb	(450 g)	Lean ground meat (e.g., beef, turkey, chicken)
1 tbsp	(15 mL)	Vegetable oil
1		Small onion
2 cloves		Garlic
1 can	(14 oz/398 mL)	Diced or stewed tomatoes
1 cup	(250 mL)	Dried green lentils or 1 can (19 oz/540 mL) lentils
2 tsp	(10 mL)	Chili powder
½ tsp	(2.5 mL)	Cumin
6		Whole grain tortillas
Possible toppings:		Grated cheese, shredded lettuce, chopped tomatoes, corn, salsa, guacamole, or sour cream

Equipment

- Medium pot
- Large frying pan
- Mixing spoon or spatula
- Knife
- Cutting board
- Can opener
- Colander
- Measuring spoons
- Dry measuring cups
- Grater (if using cheese)



Culinary Tip Dried lentils can double in size when cooking, so be sure to use a large enough pot for this recipe.

Directions

- 1 If using dried lentils, add lentils and 2 cups of water into a pot. Bring to a boil. Reduce heat and simmer, stirring occasionally, for 30-40 minutes, or until the lentils are tender and most of the liquid has been absorbed. Add a little more water if it seems too dry. If it seems too wet, continue cooking until the excess moisture has been cooked off.
- 2 While lentils are cooking, peel and chop the onion; peel and mince the garlic.
- 3 In a large pan, cook meat over medium-high heat, breaking up with a spatula until no longer pink. Once fully cooked, drain any excess fat from the pan and set meat aside.
- 4 In the same large pan, heat oil over medium-high heat. Add the onion and cook for 4–5 minutes, until soft and starting to turn golden around the edges.
- 5 Add the garlic and cook for another minute.
- 6 Add chili powder, cumin, and tomatoes. If using dried lentils, add them when they are fully cooked. If using canned lentils instead of dried, drain and rinse them and add them now.
- 7 Cook for 10 minutes to heat up the mixture.
- 8 Serve the lentil and meat filling in tortillas with your desired toppings.



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MINI SALMON PATTIES

Makes 12 Small Patties

Ingredients

2 tbsp	(30 mL)	Vegetable oil
1		Small onion
1 stalk		Celery
1 clove		Garlic
2 cans	(7 ½ oz/213g)	Salmon
2		Eggs
½ cup	(125 mL)	Whole grain breadcrumbs
1 tsp	(5 mL)	Lemon juice
½ tsp	(2.5 mL)	Dried dill
½ tsp	(2.5 mL)	Pepper

Equipment

- Large skillet
- Mixing spoon
- Knife
- Cutting board
- Can opener
- Fork or whisk
- Dry measuring cup
- Measuring spoons
- Medium mixing bowl

Directions

- 1 Peel and dice onion; peel and mince garlic; wash and dice celery.
- 2 Drain cans of salmon.
- 3 In a skillet, heat 1 Tbsp of oil over medium heat. Add onions and celery. Cook for 8 minutes.
- 4 Add minced garlic and cook for another 2 minutes. Remove from heat and let cool slightly.
- 5 In a bowl, combine onion mixture with the salmon, eggs, breadcrumbs, lemon juice, dill and pepper.
- 6 Take 2 Tbsp of the salmon mixture and shape into a patty. Continue for the rest of the salmon mixture.
- 7 Heat 1 Tbsp of oil in the same skillet and cook patties for 4–6 minutes per side, until they are golden brown with a slightly crispy coating.



Creativity Tip Try other flavour combinations like oregano and basil or ginger and a dash or two of hot sauce.



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SEASONED BAKED CHICKEN

Makes 6 Servings

Ingredients

6	Chicken thighs
¼ cup (60 mL)	Vegetable oil
3 cloves	Garlic
1 ½ tsp (7.5 mL)	Ground cumin
1 ½ tsp (7.5 mL)	Chili powder
1 ½ tsp (7.5 mL)	Oregano
¼ tsp (1.25 mL)	Salt
½ tsp (2.5 mL)	Pepper

Equipment

- Baking sheet
- Cutting board
- Knife
- Large mixing bowl
- Tongs or mixing spoon
- Measuring spoons
- Food thermometer
- Oven mitts



Culinary Tip *How to grease a pan:*

Place a few drops of oil or a small amount of margarine or butter onto a paper towel and rub it all around the pan. This prevents food from sticking to the pan.



Food Safety Tip To check the internal temperature of the chicken, stick your food thermometer into the thickest part of the thigh. Leave the thermometer in for 30 seconds before reading the temperature.

Directions

- 1 Preheat the oven to 425°F and grease a baking sheet or line with parchment paper.
- 2 Peel and mince garlic.
- 3 In a large mixing bowl, combine chicken pieces, oil, garlic and spices including salt and pepper.
- 4 Toss well to coat each piece of chicken with the spice mix.
- 5 Arrange chicken on baking sheet, and roast for about 25 minutes. Chicken is ready when juices run clear, is no longer pink inside and reaches the internal temperature of 74°C or 165°F.
- 6 Remove from oven and enjoy.



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ADVENTURES
IN COOKING

SLOPPY JOES

Makes 12 Servings

Ingredients

1	Onion
1	Carrot
1	Green pepper
5	Mushrooms
1 pound (450 g)	Ground meat (e.g., turkey, chicken, beef)
1 can (28 oz/796 mL)	Crushed tomatoes
1 can (8 oz/250 mL)	Tomato sauce
¼ cup (60 mL)	Barbecue sauce
12	Whole grain buns or English Muffins

Equipment

- Large pot or skillet
- Mixing spoon
- Knife
- Cutting board
- Peeler or scrub brush
- Grater
- Can opener
- Dry measuring cups



Freezer Friendly This recipe freezes well. Freeze leftovers or make a double batch to freeze for a future meal.



Environment Tip Instead of ground meat, feel free to use a block of firm tofu, crumbled or a can of lentils, drained.

Directions

- 1 Peel and dice onion; wash, scrub with brush or peel and grate carrot; wash and chop bell pepper, wash and slice mushrooms.
- 2 Sauté onions, carrots, green pepper, and mushrooms in a large pot or skillet over medium-high heat for 5 minutes. Add ground meat and break up into small pieces with a wooden spoon or spatula and cook the meat until no longer pink and the juices run clear.
- 3 Add crushed tomatoes, tomato sauce and barbecue sauce to meat mixture.
- 4 Bring to a boil. Reduce heat and simmer for 15–20 minutes or until thick, stirring occasionally.
- 5 Toast buns if desired. Spoon Sloppy Joe mixture onto buns. Enjoy!

Where did the hamburger go to dance?
To the meatball



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ADVENTURES
IN COOKING

TURKEY BROCCOLI CASSEROLE

Makes 6 Servings

Ingredients

2 tsp	(10 mL)	Vegetable oil
1 lb	(450 g)	Ground turkey
2 tsp	(10 mL)	Dried oregano leaves
¼ tsp	(1.25 mL)	Fresh ground pepper
3 cups	(750 mL)	Broccoli florets
1		Bell pepper
1 cup	(250 mL)	Shredded cheese
1 ½ cups	(375 mL)	Salsa

Equipment

- Large skillet or frying pan
- Mixing spoon
- Pot
- Colander
- Knife
- Cutting board
- Measuring spoons
- Dry measuring cups
- Grater
- Baking dish (8x8 inch)
- Oven mitts



Environment Tip Try substituting ground turkey for black beans, chickpeas or crumbled tofu for a plant-based protein version!



Cooking Term *Brown* means to cook quickly over high heat, causing the outside of the food to turn brown while the inside stays moist. This gives food an appetizing colour and a rich flavour.

Directions

- 1 Preheat oven to 375°F.
- 2 In a large skillet, heat oil over medium high heat and brown turkey with oregano and pepper.
- 3 Meanwhile, wash and chop the broccoli. Boil a pot of water. Cook the broccoli for 2–3 minutes in boiling water, just until it turns bright green. Remove from heat, drain, and set aside.
- 4 Wash and chop the bell pepper. Shred the cheese.
- 5 Spread turkey into baking dish. Spread half of the salsa over the turkey.
- 6 Top with broccoli and pepper. Spread the remaining salsa and sprinkle with cheese.
- 7 Bake for about 30 minutes or until heated through and the cheese is melted.



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VEGETABLE FRIED RICE

Makes 6 Servings

Ingredients

2 cups (500 mL)	Rice of your choice
1	Red pepper
1	Green pepper
2	Green onions
1 tbsp (15 mL)	Vegetable oil
4	Eggs
2 cups (500 mL)	Frozen mixed vegetables (e.g., peas, carrots, corn, broccoli, cauliflower)
2 tbsp (30 mL)	Low sodium soy sauce

Equipment

- Pot
- Mixing spoon
- Bowl
- Knife
- Cutting board
- Large skillet or pot
- Small bowl
- Whisk or fork
- Measuring spoons
- Dry measuring cups



Culinary Tip Remember to check cooking time on your package of chosen rice, since cooking times can vary.



Creativity Tip To kick up the flavour, try adding minced garlic (3 cloves) and fresh, minced ginger (1 Tbsp) when cooking the peppers and onions



Cooking Term *Scramble* means to cook eggs that have been whisked in a frying pan. While they are cooking, the eggs are stirred until they form several small pieces of cooked egg.

Directions

- 1 Prepare the rice according to package directions. When rice is cooked, set aside in a bowl.
- 2 Rinse the peppers and onions under cool tap water; peel onion; chop vegetables into small pieces.
- 3 Heat large skillet to medium-high heat, measure oil and add to skillet. Add chopped peppers and onions in pan and cook for about 1 minute, make sure to stir regularly to prevent sticking or burning.
- 4 Add the frozen vegetables and cook until heated through, about 4 minutes, while stirring.
- 5 Crack the eggs into a small bowl and beat with a wire whisk or fork until yolk is broken and mixed into the egg white. Make a space in the pan, by moving vegetables to one side. Add egg into that space and scramble until set (about 1–2 minutes).
- 6 Add the cooked rice and soy sauce to the skillet. Stir the entire mixture. Once the vegetables and rice are warm, the dish is ready to eat.



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ADVENTURES
IN COOKING

PINEAPPLE BLACK BEAN SALAD

Makes 6 Servings

Ingredients

Salad

1 ½ cups (375 mL)	Bulgur
1 can (14 oz/398 mL)	Pineapple tidbits in juice
½	Bunch cilantro
1 can (19 oz/540 mL)	Black beans

Lime Vinaigrette

3 tbsp (45 mL)	Lime juice
2 tbsp (30 mL)	Olive oil
1 tbsp (15 mL)	Honey
½ tsp (2.5 mL)	Cumin
¼ tsp (1.25 mL)	Garlic powder
¼ tsp (1.25 mL)	Salt

Equipment

- Pot
- Dry measuring cups
- Mixing spoon
- Knife
- Shallow dish or pan
- Cutting board
- Small bowl
- Can opener
- Fork
- Colander
- Whisk
- Large mixing bowl
- Measuring spoons



Cooking Term *Juice* means to squeeze the liquid out of a fruit or vegetable (e.g., citrus fruit). Cut lime into halves or wedges, then squeeze out the juice over a bowl.

Directions

- 1 Cook the bulgur according to the package directions. Allow to cool completely. If needed, place the bulgur in a shallow dish or pan and refrigerate to speed up the cooling.
- 2 Juice the lime.
- 3 Prepare the dressing by whisking together the lime juice, olive oil, honey, cumin, garlic powder, and salt. Set the dressing aside.
- 4 Drain the pineapple tidbits and chop the pineapple into slightly smaller pieces.
- 5 Rinse and dry the cilantro. Chop the leaves and stems.
- 6 Rinse and drain the black beans.
- 7 Combine all of the ingredients in a bowl and toss the ingredients together until everything is evenly mixed. Serve immediately or refrigerate until ready to serve.



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LIME ROASTED SWEET POTATO FRIES

Makes 6 Servings

Ingredients

4		Medium sweet potatoes
2 tbsp	(30 mL)	Vegetable oil
1 tsp	(5 mL)	Cumin
¼ tsp	(1.25 mL)	Salt
1		Lime

Equipment

- Peeler
- Knife
- Cutting board
- Measuring spoons
- Tongs or spatula
- Zester
- Oven mitts
- Baking sheet
- Scrub brush



Cooking Term *Preheat* means to heat cooking equipment before starting to cook. Preheating makes sure that the food starts cooking right away and that it cooks properly, at the right temperature.

Directions

- 1 Preheat the oven to 425°F.
- 2 Scrub the sweet potatoes under running water to remove any dirt. Peel and slice into ½-inch wide sticks. Place the sweet potatoes on a large baking sheet and drizzle with oil. Sprinkle the cumin and salt over top. Mix until coated.
- 3 Roast the sweet potatoes in the oven for 20 minutes. Stir and return to the oven. Roast for about 15 minutes more, or until the sweet potatoes are blistered and browned on the edges.
- 4 After roasting, wash the lime and squeeze the fresh lime juice over top. Add lime zest if you would like more lime flavour. Serve warm.

Why do potatoes make good detectives?
Because they keep their eyes peeled.



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PIZZA PARTY

Makes 2 Large Pizzas or 6 Small Pizzas

Ingredients

Dough

1 ½ cups (355 mL)	All-purpose flour
1 cup (250 mL)	Whole wheat flour
1 tbsp (15 mL)	Quick rise yeast
1 tsp (5 mL)	Sugar
½ tsp (2.5 mL)	Salt
1 cup (250 mL)	Warm water
1 tbsp (15 mL)	Olive oil

Toppings

1 can (7.5 oz/213 mL)	Pizza sauce
3 cups (750 mL)	Grated cheese

Topping ideas:

- Seasoned Baked Chicken (see recipe in Supper Section)
- Tomatoes, sliced or diced
- Mushrooms, thinly sliced
- Bell peppers, thinly sliced
- Black olives, sliced
- Pineapple tidbits or rings, diced
- Red onion, thinly sliced
- Fresh herbs such as basil and oregano

Equipment

- Large bowl
- Dry and liquid measuring cups
- Measuring spoons
- Clean tea towel
- Pizza pan
- Rolling pin
- Knife
- Cutting board
- Grater
- Can opener
- Oven mitts

Directions

- 1 In a large bowl, combine the flours, yeast, sugar, and salt.
- 2 Stir in warm water and oil until blended.
- 3 Turn dough onto lightly floured surface.
- 4 Knead for about 10 minutes, until dough is smooth and elastic.
- 5 Add flour as needed to keep dough from sticking.
- 6 Cover the dough with a clean tea towel and let rest for 10 minutes.
- 7 Roll out dough with a rolling pin until it is about ½ inch (1 cm) thick.
- 8 Place the dough on a pan and stretch it into the shape of your chosen pan.
- 9 Preheat oven to 425°F.
- 10 Grate cheese and prepare all toppings.
- 11 Spread the pizza sauce on each crust and add all desired toppings.
- 12 Bake for 10–12 minutes or until cheese is melted and bubbly.



Cooking Term *Knead* means to press, fold and turn dough. To knead, fold the dough over toward you, press it with the heels of both hands, give it a quarter turn, and repeat.



Creativity Tip If you're short on time, you can build mini pizzas on pita bread, naan, tortillas or English muffins.



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GREEN BEAN SIDES

Makes 6 Servings

Ingredients

1.5 lb (750 g) Green beans

Desired toppings (see directions)

Equipment

- Pot
- Frying pan
- Spatula
- Colander
- Measuring spoons
- Knife
- Cutting board



Environment Tip To save time and reduce food waste, you can leave on the skinny, tapered end of the green bean. They are tender and tasty!



Cooking Term *Season* means to flavour foods with herbs, spices, condiments, salt or pepper to improve their taste.

Directions

Cooking the Green Beans:

- 1 Wash and trim off the ends of green beans. Cut the beans into 1-inch (2.5-cm) pieces.
- 2 Cook in small amount of water until crisp-tender, about 5 minutes. Drain and add one of the options below.

Parsley-lemon option:

In 1 Tbsp butter or oil, lightly sauté 2 cloves minced garlic and 2 Tbsp finely chopped fresh parsley. Add the cooked beans, season to taste with salt and pepper. Stir gently and heat through. Sprinkle with the juice of 1 lemon and serve.

Mint option:

In 1 Tbsp butter or oil, sauté ¼ cup (60 mL) minced onion. Add 2 Tbsp minced fresh mint. Add cooked beans and season to taste with salt and pepper. Serve.

Basil-tomato option:

In 1 Tbsp oil, sauté ¼ cup (60 mL) minced onion and 1 clove minced garlic. Add 2 Tbsp minced fresh basil, 1 cup (250 mL) chopped tomatoes and cooked green beans. Cover and cook about 5 minutes. Season to taste and serve.



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WINTER SQUASH BARS

Makes 24 bars

Ingredients

2 cups	(500 mL)	Pumpkin puree (canned or cooked)
1 cup	(250 mL)	Granulated sugar
¾ cup	(175 mL)	Vegetable oil
4		Eggs
1 tsp	(5 mL)	Vanilla
½ tsp	(2.5 mL)	Salt
1 cup	(250 mL)	All-purpose flour
1 cup	(250 mL)	Whole wheat flour
2 tsp	(10 mL)	Baking powder
1 tsp	(5 mL)	Baking soda
1 tsp	(5 mL)	Cinnamon

Topping

1 ½ tbsp	(22 mL)	Granulated sugar
1 tsp	(5 mL)	Cinnamon

Equipment

- 2 mixing bowls
- Small bowl
- Liquid and dry measuring cups
- Measuring spoons
- Wooden spoon
- Can opener
- Baking sheet (11 x 17-inch)
- Electric mixer or hand mixer (optional)
- Oven mitts
- Toothpicks



Culinary Tip If using canned pumpkin, be sure to use pumpkin puree and not pumpkin pie filling. Alternatively, you can also use fresh cooked pumpkin or winter squash in this recipe.

Directions

- 1 Preheat oven to 350°F. Lightly grease a baking dish.
- 2 In a large mixing bowl, beat together the pumpkin puree, sugar, oil, eggs, vanilla, and salt.
- 3 In a medium mixing bowl, combine the flours, baking powder, baking soda, and cinnamon. Stir.
- 4 Mix the dry ingredients into the wet ingredients and stir just until combined. Don't overmix. Pour into the baking sheet and spread evenly in the pan with the back of your spoon.
- 5 In a small bowl, combine granulated sugar and cinnamon for the topping. Sprinkle over the bars.
- 6 Bake for 25–30 minutes or until a toothpick inserted in the centre comes out clean. Cool completely and cut into bars.



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ADVENTURES
IN COOKING

CHOCOLATE TOFU CAKE

Makes 10 Servings

Ingredients

1 pkg	10.5 oz (300 g)	Silken tofu
½ cup	(125 mL)	Soft margarine
½ cup	(125 mL)	Brown sugar
1 tsp	(5 mL)	Vanilla extract
¾ cup	(175 mL)	All-purpose flour
½ cup	(125 mL)	Whole wheat flour
1/3 cup	(75 mL)	Cocoa powder
1 tbsp	(15 mL)	Baking powder
1 tsp	(5 mL)	Baking soda
1 tsp	(5 mL)	Cinnamon

Equipment

- 9-inch cake pan
- Blender
- 2 medium mixing bowls
- Mixing spoon
- Dry measuring cups
- Measuring spoons
- Cooling rack
- Oven mitts
- Sieve or sifter



Culinary Tip Silken tofu is a type of tofu that has a high water content and a custard-like texture. It works well in creamy and blended foods like smoothies, puddings, sauces, and dips.



Cooking Term *Sift* means to pour a dry ingredient through a sieve or sifter to remove lumps and add air.

Directions

- 1 Preheat oven to 350°F. Grease pan.
- 2 Puree tofu in blender. In a medium mixing bowl, cream margarine and sugar together. Add vanilla and pureed tofu. Set aside.
- 3 In another medium mixing bowl, sift together the remaining ingredients. Pour tofu mixture into the flour mixture and stir until blended, but don't overmix. Pour cake mixture into greased pan.
- 4 Bake for 30–35 minutes or until a toothpick comes out clean when inserted into the center of cake. Remove from oven and cool on wire rack.
- 5 Garnish the cake slices with sifted icing sugar and fresh seasonal fruit. Serve.



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INDIAN RICE AND DAL

Makes 6 Servings

Ingredients

Dal

1 tbsp	(15 ml)	Butter
1 large		Onion
2 cloves		Garlic
2 tsp	(10 mL)	Curry powder
1 cup	(250 mL)	Red lentils
3 cups	(750 mL)	Water
½ tsp	(2 mL)	Salt

Rice

1 tbsp	(15 mL)	Butter
1 large		Onion
2 cloves		Garlic
1 cup	(250 mL)	White or brown basmati rice
2 cups	(500 mL)	Water
½ tsp	(2 mL)	Sea salt
Lots of freshly ground pepper		
Handful of chopped fresh cilantro (optional)		

Equipment

- Knife
- Cutting board
- Liquid and dry measuring cups
- Measuring spoons
- Wire sieve
- Medium pot with lid
- Small pot with lid
- Wooden & metal spoon
- Colander



Culinary Tip Make sure you use red lentils in this recipe. Red lentils break down when cooked and become smooth, unlike green and brown lentils.



Cultural Tip In India, the lentil is known as dal or daal. Lentils have been found in Egyptian tombs dating as far back as 2400 BC.

Directions

For the Dal

- 1 Peel and dice the onion and mince the garlic.
- 2 Wash and drain the cilantro, if using. Chop and set aside.
- 3 Place lentils in a wire sieve, rinse with cool water and drain.
- 4 Melt the butter in a medium pot over medium-high heat, then toss in the onions and garlic. Stir mixture, lightly browning and softening the onions, for 3 or 4 minutes.
- 5 Sprinkle in the curry powder and stir for a minute to brighten the flavour.
- 6 Add the lentils and water. Bring to a boil, then reduce the heat to the slowest, steadiest simmer possible. Continue cooking according to package directions until the lentils are tender.
- 7 Once cooked, season with salt and stir the mixture until lightly mashed.

For the Rice

- 8 Finely mince the onion and garlic cloves.
- 9 Melt and sizzle the butter in a small pot over medium-high heat. Add the onions and garlic and cook, just like before, until the onions are soft and lightly browned.
- 10 Add the uncooked rice and stir for a few minutes to lightly toast the grains.
- 11 Pour in the water and sprinkle in the salt and pepper. Bring to a boil, then reduce the heat to the slowest, steadiest simmer possible. Cover and cook for the time stated in the package directions. Let it rest with the lid on for 5 minutes or so, as the grains finish absorbing the moisture.
- 12 Serve the dal over the rice, topped with lots of chopped cilantro.



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GRILLED SALMON

Makes 6 Servings

Ingredients

1 lbs	(900 g)	Wild salmon or trout fillets
½ cup	(125 mL)	green onions
2 tbsp	(30 mL)	Low sodium soy sauce
2 tsp	(10 mL)	Sesame oil
1 clove		Garlic
1 tbsp	(15 mL)	Fresh ginger root or ¼ tsp ground ginger

Equipment

- Knife
- Cutting board
- Measuring spoons
- Dry measuring cup
- Parchment paper or aluminum foil
- Small bowl
- Whisk or fork
- Baking sheet
- Oven mitts

Directions

- 1 Preheat the oven to 350°F.
- 2 Place salmon in the middle of a large piece of aluminum foil or parchment paper and turn up sides of foil (or paper) to make a boat.
- 3 Wash and chop green onions, sprinkle evenly over the salmon.
- 4 Peel and mince garlic. Peel and mince ginger.
- 5 In a small bowl, whisk together the garlic, ginger, soy sauce, and sesame oil and pour evenly over salmon.
- 6 Bring sides of the foil or parchment paper together and seal the edges. Place on baking sheet.
- 7 Cook fish for 20 minutes. Fish is done cooking when it reaches 70°C (158°F) and is opaque and easily flakes with a fork.



Cultural Tip Salmon is eaten by Indigenous Peoples across Turtle Island, but is a staple food for the Coast Salish Peoples in British Columbia. Salmon is also a very important part of the Coast Salish people's culture and identity.



Culinary Tip A very general rule of thumb when cooking fresh fish is 10 minutes of cooking time for every inch thickness of fish. Frozen fillets will need longer so be sure to follow package directions. Fish is cooked when it turns completely opaque and easily flakes with a fork.



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ITALIAN MARINARA SAUCE

Makes 6 Cups (1.5 L)

Ingredients

2 cans	(28 oz/796 g)	Crushed tomatoes
1		Medium onion
3 cloves		Garlic
3 tbsp	(45 mL)	Olive oil
1 can	(5.5 oz/156 g)	Tomato paste
1 tbsp	(15 mL)	Dried basil
½ tbsp	(7 mL)	Dried oregano
2		Bay leaves
1 tbsp	(15 mL)	Brown sugar
2 tbsp	(30 mL)	Balsamic vinegar (optional, see directions)

Equipment

- Knife
- Cutting board
- Large pot
- Measuring spoons
- Can opener
- Wooden spoon



Culinary Tip The sugar in pasta sauce helps to balance out the high acidity of the tomatoes.



Cultural Tip “Marinara” means “seafaring” in Italian because it was the preferred meal of Italy's merchants during long expeditions at sea.

Directions

- 1 Peel and finely chop the onion and garlic cloves.
- 2 Cook onion and garlic in a large pot with olive oil until very soft and slightly golden brown.
- 3 Add the rest of the ingredients to the pot. Simmer on low for one hour. Be careful of the splattering sauce! Leave a lid on the pot, but put it slightly ajar to allow steam to escape.
- 4 Taste the sauce after a half hour or so and adjust spices and seasoning to your liking. The proportions listed above yield a slightly sweet and tangy sauce. If you like savory sauces, leave out the balsamic vinegar and reduce the sugar to 1 tsp.



Meal Idea This recipe is great on the Lasagna Roll ups (next recipe). Consider making a double batch of sauce. The day you make it, serve over cooked whole grain pasta. Freeze the remaining sauce and use at another session where you can prepare the lasagna roll ups. Be sure to remember to take your sauce out of the freezer the night before your session and thaw in the refrigerator for the next day.



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LASAGNA ROLL-UPS

Makes 6 Servings

Ingredients

1 lb	(454 g)	Lasagna noodles
15 oz	(425 g)	Ricotta cheese
1 cup	(250 mL)	Mozzarella cheese
¼ cup	(60 mL)	Grated Parmesan
1		Large egg
1 tsp	(5 mL)	Dried oregano or basil
1 tsp	(5 mL)	Dried parsley
1 pkg	(10 oz/284 g)	Frozen spinach
2 ½ cups	(625 mL)	Marinara sauce
		Salt and pepper to taste

Equipment

- Grater
- Dry measuring cups
- Large pot
- Large spoon
- Mixing spoon
- Colander
- 2 medium bowls
- 9 x 13-inch glass baking dish
- Aluminum foil
- Oven mitts



Cultural Tip Lasagna originated in Italy, in the region of Emilia-Romagna around the 14th century. Traditionally, the dough was prepared in Southern Italy with semolina and water and in the northern regions, where semolina was not available, with flour and eggs.

Directions

- 1 Shred the mozzarella cheese.
- 2 Get a large pot of water boiling with a dash of salt. When it comes to a full boil, add the lasagna noodles and cook according to package directions. Drain.
- 3 Prepare the filling. Thaw the package of frozen spinach in the microwave then squeeze out as much excess liquid as possible. Combine the spinach in a bowl with the ricotta, mozzarella, parmesan, egg, oregano, parsley, pepper and salt. Mix until well combined.
- 4 When the noodles and filling are ready to go, preheat the oven to 400°F. Grease a glass casserole dish.
- 5 On a clean surface, lay out a few noodles at a time. Place a few tablespoons of filling on each noodle and spread to cover from edge to edge. The filling does not need to be thick. Make sure to spread the filling all the way to the edges of the noodles.
- 6 Roll the noodles up and place in the prepared casserole dish. Repeat until all the filling is gone. There may be some noodles left over, these are “back ups” in case any of the others rip.
- 7 Pour the marinara sauce over the rolled noodles making sure to cover all surfaces.
- 8 Cover the dish in foil and bake for 30 minutes. Serve hot.

What bird can be heard at mealtimes?
A swallow!



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HARIRA (MOROCCAN STEW)

Makes 6 Portions

Ingredients

2 tsp	(10 mL)	Canola oil
1		Medium onion
2 tsp	(10 mL)	Ground cinnamon
2 tsp	(10 mL)	Ground cumin
2 tsp	(10 mL)	Ground coriander
Pinch		Chili flakes (optional)
2 cloves		Garlic
1 large or 2 small		Sweet potatoes
1 ½ cups	(375 mL)	Peas, frozen
1 can	(796 mL/28 oz)	Crushed tomatoes
3 cups	(750 mL)	Vegetable broth
1 can	(540 mL/19 oz)	Chickpeas

Equipment

- Cutting board
- Knife
- Medium pot
- Measuring spoons
- Dry measuring cups
- Liquid measuring cup
- Can opener
- Colander
- Scrub brush or peeler

Directions

- 1 Prepare vegetables for cooking. Peel and dice the onion. Peel and mince the garlic. Wash, scrub with brush or peel, and chop the sweet potato into ½ inch pieces.
- 2 In a medium pot, heat oil over medium heat and cook onion for 3 minutes or until softened. Add cinnamon, cumin, coriander, chili flakes (optional) and garlic and stir, cooking over low heat for about another 2 minutes.
- 3 Add sweet potatoes, frozen peas and tomatoes and stir to coat vegetables in spices and oil.
- 4 Add the vegetable broth. Bring to a boil, reduce heat and simmer until the sweet potatoes are tender (about 25 minutes).
- 5 Drain and rinse the chickpeas. Stir in the chickpeas and simmer another 5 minutes or until the sweet potatoes are soft with a fork.



Meal Idea Serve with brown rice or quinoa for a tasty meal.



Cultural Tip Harira is traditionally served to break the fast at Ramadan.



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CRANBERRY BISON MEATBALLS

Makes 6 Servings

Ingredients

1		Egg
¼ cup	(60 mL)	Dried cranberries
2 tbsp	(30 mL)	Olive oil
½ tsp	(2 mL)	Ground allspice
½ tsp	(2 mL)	Salt
¼ tsp	(1 mL)	Pepper
1 lb	(500 g)	Medium ground bison, moose, venison, or lean ground beef
1 cup	(250 mL)	Canned whole cranberry sauce
¼ cup	(60 mL)	Barbecue sauce
1 tsp	(5 mL)	White or apple cider vinegar
¼ tsp	(1 mL)	Pepper

Equipment

- Large mixing bowl
- Measuring spoons
- Liquid and dry measuring cups
- Food thermometer
- Baking sheet with sides
- Large frying pan



Cultural Tip The Plains Cree Peoples depended on bison for many things such as food, clothing, and building materials. Often referred to as buffalo, bison are not the same species. Bison originated in North America and Europe, while buffalo came from Asia and Africa.

Directions

- 1 Preheat oven to 375°F.
- 2 Combine egg, dried cranberries, oil, allspice, salt and first amount of pepper in large bowl.
- 3 Add ground meat and mix well.
- 4 Roll into ¾ -inch (2-cm) balls. Arrange in single layer on greased baking sheet with sides.
- 5 Bake for about 15 minutes. Check the internal temperature with a thermometer. The meatballs are cooked when they reach an internal temperature of 165°F.
- 6 For the glaze, combine cranberry sauce, barbecue sauce, vinegar and remaining pepper in large frying pan.
- 7 Heat and stir on medium until boiling. Add meatballs. Heat and stir for about 1 minute until glazed.



Food Safety Tip To check the internal temperature of the meatballs, stick your food thermometer into the center of the largest meatball. Leave the thermometer in for 30 seconds before reading the temperature.



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HUNGARIAN PAPRIKA CHICKEN

Makes 6 Servings

Ingredients

6		Chicken legs
		Salt and pepper
1 tbsp	(15 mL)	Vegetable oil
1		Large red pepper
1		Medium onion
2 cloves		Garlic
1		Small fennel bulb (optional)
2		Large tomatoes
1 tbsp	(15 mL)	Paprika
1 cup	(250 mL)	Chicken or vegetable broth
1		Bay leaf
3 tbsp	(45 mL)	Sour cream

Equipment

- Knife
- 2 cutting boards (one for chicken, one for vegetables)
- Measuring spoons
- Liquid measuring cups
- Wooden spoon
- Large frying pan with lid
- Aluminum foil
- Serving platter



Cooking Term *Deglazing* a pan means to add liquid to a hot pan after you've already cooked something in it, which allows the caramelized bits of food stuck to the bottom to release and add flavour to the liquid.



Cultural Tip Hungary is a major source of commonly used paprika and it is used in many of the country's most delicious dishes. Paprika can range from hot and spicy to sweet and flavorful.

Directions

- 1 Wash and cut the red pepper into long thin strips. Peel and slice the onion. Peel and mince the garlic. Wash and finely chop the fennel bulb, if using. Wash and chop the tomatoes.
- 2 Cut chicken legs in half, so you're left with thighs and drumsticks. Season with salt and pepper.
- 3 Heat the oil in a large frying pan and, working in batches, brown the meat on all sides.
- 4 Drain off all but a tablespoon of oil from the pan.
- 5 Lower the heat and add the pepper, onion, fennel, and paprika. Cook until soft about 12 minutes, adding the garlic for the final minute.
- 6 Deglaze the pan with the broth. Add the tomatoes and bay leaf. Put the chicken back in.
- 7 Cover the pan, and cook, turning the meat occasionally, until tender, about 30 minutes.
- 8 Remove the chicken to a serving platter and cover with foil to keep warm.
- 9 Turn the heat to medium-high and bring the sauce in the pan to a boil. Boil down to thicken.
- 10 Turn off the heat, stir in the sour cream, check the seasonings and pour over chicken to serve.



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BAKED WALLEYE

Makes 8 Portions

Adapted with permission from Chef Hiawatha's recipe in Good Food, Good Medicine; Minopgwad Mijim, Mino-Mshkikiwan

Ingredients

4		Walleye fillets (or other fish that is locally available)
½ cup	(75 mL)	Butter, melted
1 tbsp	(15 mL)	Lemon juice
4–5		Mushrooms
¼		Onion
¼		Green pepper
1		Stalk celery
1 tbsp	(15 mL)	Dried parsley flakes
1		Clove garlic
½ tsp	(2.5 mL)	Pepper
½ tsp	(2.5 mL)	Salt

Equipment

- Microwave-safe bowl or small pot
- Knife
- Cutting board
- Saucepan
- Spoon
- Baking pan
- Oven mitts



Cooking Term *Sauté*: To cook food quickly in a small amount of fat in a pan over medium-high temperatures. Foods that are often sautéed include onion, garlic and other vegetables such as bell peppers, broccoli and mushrooms.



Culinary Tip If your fish has been locally caught and filleted, keep an eye out for bones as you're eating it.

Directions

- 1 Preheat oven to 350°F.
- 2 Melt butter in the microwave or on the stove. If you choose the microwave, add butter to a microwave-safe bowl and heat for 30–45 seconds. If you choose the stovetop, add butter to a small pot and let it melt over medium heat. Once the butter is melted, take off the heat and add in salt, pepper, and lemon juice.
- 3 Dip fish in melted butter, salt, pepper and lemon juice. Place fillets into shallow greased baking pan.
- 4 Wash and slice mushrooms. Peel and finely chop onion. Wash and chop green pepper and celery. Peel and mince garlic.
- 5 In a saucepan, sauté mushrooms, onions, peppers, celery and garlic until vegetables are crisp-tender, stirring occasionally. Season with parsley, salt and pepper.
- 6 Pour vegetable mixture over the fish, then spoon any remaining butter mixture over fish. Cover and bake at 350°F for 15 to 20 minutes or until fish flakes easily with a fork.



Kitchen Wisdom with Chef Hiawatha

Ogaaway (walleye) are the largest member of the perch family and the biggest walleye ever caught in Ontario was caught in 1943 and weighed a whopping 22 pounds and 4 ounces!



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ADVENTURES
IN COOKING

CABIN FEVER STEW

Makes 6-8 Servings

Ingredients

2 lbs	(908g)	Stewing beef (or other stewing meat), cut into ½ inch (2 cm) cubes
2 tbsp	(30 mL)	Oil
1		Yellow onion
1		Stalk celery
2 cloves		Garlic
3 cups	(750 mL)	Reduced sodium beef broth (3 tsp (15 mL) bouillon powder and 3 cups (750 mL) water)
2 tbsp	(30 mL)	Tomato paste
2		Bay leaves
1 tsp	(5 mL)	Thyme
½ tsp	(2.5 mL)	Pepper
½ tsp	(2.5 mL)	Salt
5-6		Potatoes
4		Large carrots
1 cup	(250 mL)	Frozen peas
2 tbsp	(30 mL)	Cornstarch

Equipment

- Large pot
- Measuring spoons
- Measuring cups
- Liquid measuring cup
- Cutting board
- Knife
- Peeler
- Small bowl
- Spoon



Cooking term *Brown:* To cook quickly over high heat, causing the outside of the food to turn brown while the inside stays moist. This gives food an appetizing colour and a rich flavour.

Directions

- 1 Peel and dice onion. Wash and dice celery. Peel and mince garlic.
- 2 Pat the beef dry with paper towels. Sprinkle beef lightly over with salt and pepper. Heat 1 tbsp oil in a large pot over medium-high heat. Add the beef cubes (cut smaller if necessary to make bite-sized) and cook, turning occasionally until all sides are lightly browned.
- 3 Remove beef from pot and keep warm. Set aside.
- 4 Reduce heat to medium. Add onions, celery and garlic to the same pot (you may add some beef broth to prevent sticking). Cook until the onions are clear. Add beef broth, tomato paste, bay leaves, thyme, salt and pepper.
- 5 Bring to boil.
- 6 Wash, peel, and chop potatoes into ½ inch (2 cm) cubes. Wash, peel or scrub, and chop carrots into 1/2 inch (2 cm) thick half-moons.
- 7 Add potatoes, carrots and browned meat. Return to boil. Then, reduce heat to low, stir, cover and simmer for 1 hour, 15 minutes. (Make sure low simmer so it will not burn.)
- 8 Add peas to the pot.
- 9 In a small bowl, mix cornstarch with 2 tbsp water until smooth. Add to stew. Mix well and continue to cook until stew is bubbly and has thickened.

How did the farmer patch his jeans?

With a cabbage patch!



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