



Cooking with the Good Food Box Recipe Book



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Recipes

Breakfast

Morning Glory Muffins

Ingredients

1 cup raisins	1 tsp cinnamon
2 cups warm water	4 eggs
2 cups all purpose flour (*or 1 cup whole wheat flour and 1 cup all-purpose flour)	1 cup vegetable oil
1 tbsp baking powder	¾ cup brown sugar
2 tsp baking soda	3 cups shredded carrots
1 tsp salt	*Optional: ½ cup walnut pieces

Directions

1. Combine raisins and water in a small bowl. Let soak for 15 minutes. Drain raisins and set them aside (discard water).
2. Preheat oven to 350° F (175° C). Grease muffin cups or line with muffin liners.
3. In a large bowl, sift together flour, baking powder, baking soda, salt and cinnamon.
4. In a separate bowl, combine eggs, oil and brown sugar. Beat well.
5. Combine egg mixture and flour mixture. Mix just until moistened.
6. Fold in carrots and drained raisins (and walnuts, if using). Spoon into muffin tins.
7. Bake in preheated oven for 20-30 minutes.

Potato Carrot Pancakes

Ingredients

4 eggs	½ tsp salt
2 cups finely grated potato	½ tsp pepper
2 cups finely grated carrot	½ tsp baking powder
1 tbsp finely grated onion	Vegetable oil
2 tbsp flour	Serving option: Tomato sauce

Directions

1. Beat eggs in a large bowl. Stir in potato, carrot, onion, flour, salt, pepper and baking powder. Mix well.
2. Turn stove on to medium-high heat. Heat a small amount of oil in a large fry pan.
3. Pour about ¼ cup potato-carrot mixture into fry pan. Spread out into a pancake. Repeat until there are as many pancakes in the fry pan as it will hold.
4. Fry pancakes until bottoms are crisp and brown. Turn and cook the other side until vegetables are tender, about 4 - 5 minutes per side.
5. Add a little more oil to the pan as needed. Continue making pancakes until all mixture is used. When pancakes are done, put them on a plate to keep warm.
6. Serve pancakes with warm Tomato Sauce with Herbs, yogurt or sour cream.

Salads

Beet Salad with Onions & Orange Zest

Ingredients

2-3 medium beets, scrubbed and cleaned
1 orange (for zest and juice)
1 onion, quartered and thinly sliced

3 tbsp low fat sour cream or plain yogurt
2 tsp lemon juice

Directions

1. Preheat oven to 425°F.
2. With a paring knife carve an X at the root and stem end of each beet.
3. Wrap in a single layer of aluminum foil. Bake about 1 hour or until tender then unwrap to cool.
4. When cool, peel away skin. Chop finely or grate cooked beets.
5. Add onion slices. Grate 1 tbsp of orange zest and add to the mixture.
6. In a bowl combine orange juice, sour cream or yogurt and lemon juice. Add to the beets and onions.

Serve at room temperature or serve chilled.

Coleslaw

Ingredients

1 small cabbage shredded
2 cups grated carrot
1 large onion, finely chopped
1 diced red pepper

1 diced apple
1 cup raisins or dried cranberries
1 cup sunflower seeds

Dressing

½ cup plain yogurt
¼ cup light mayonnaise

¼ cup lemon juice
2 tsp honey

Directions

1. Combine first 7 ingredients in a large bowl. Set aside.
2. Mix yogurt, mayonnaise, lemon juice and honey in a small bowl.
3. Pour yogurt mixture over cabbage mixture. Mix well.
4. Add salt & pepper to taste. Cover and refrigerate.



Easy Salad topped with Pomegranate Arils

Ingredients

1 small head of romaine lettuce
½ cup thinly sliced celery

¼ cup finely diced onions
Sprinkling of pomegranate arils

Dressing

2 tbsp oil
1 clove garlic, chopped
2 tbsp vinegar (white, cider or Balsamic)
1 tsp sugar

1 tsp lemon juice
½ tsp dried oregano
¼ tsp pepper

Directions

1. Prepare and toss all salad ingredients in a medium bowl.
2. Combine all dressing ingredients and whisk together.
3. Add the dressing and toss with the salad greens.



Garden Potato Salad with Corn Niblets

Ingredients

1 ½ cups cooked corn niblets
2 cups cooked potatoes, diced
½ cup celery, finely chopped

½ cup green pepper finely chopped
¼ cup finely chopped onion

Dressing

3 tbsp vegetable oil
3 tbsp vinegar (white or any flavour)

¼ tsp dry mustard
¼ tsp garlic powder

Directions

1. In a large bowl combine corn, potatoes, celery, green pepper and onion. Set aside and refrigerate while making dressing.
2. Combine oil, vinegar, dry mustard and garlic powder. Stir well.
3. Pour over potato salad. Mix well. Add salt and pepper to taste. Store in fridge until ready to serve.

Garden Salad

Ingredients

- 1 head of lettuce: romaine, red leaf, or green leaf, torn into bite-size pieces
- 1½ -2 cups of your favourite veggies, such as:
 - Tomatoes, sliced or wedges

- zucchini, thinly sliced
- carrots, grated or thinly sliced
- onions, green or red onion slices
- peppers, green or red, sliced

Directions

1. Toss all together and add a salad dressing. Try a ready-made bottled dressing or use the recipe below. Boost this into a meal by adding hard boiled eggs, tuna, nuts and seeds, sliced cooked chicken, drained canned chickpeas or small cubes of cheese.

All Purpose Salad Dressing

Ingredients

- 2 tbsp vegetable oil
- 1 clove garlic, minced or 1/8 tsp garlic powder
- 2 tbsp vinegar (any variety- white, cider etc)
- 1 tsp sugar
- 1 tsp lemon juice
- ½ tsp dried oregano
- ¼ tsp pepper

Directions

1. In a small bowl or jar, mix well the oil, garlic, vinegar, sugar, lemon juice, oregano and pepper.
2. Just before serving, pour dressing over your salad and toss gently. Serve and enjoy.



Spinach and Orange Salad

Ingredients

- 6 cups spinach, stems removed
- 1½ cups thinly sliced mushrooms
- 1 cup thinly sliced red onion rings
- 1 orange, peeled and cut into small chunks

Dressing

- 1 tbsp vegetable oil
- 1 tbsp lemon juice
- 1 clove garlic, minced
- 2 tbsp sugar or honey
- 1 tbsp white vinegar
- ⅛ tsp pepper

Directions

1. Toss together spinach, mushrooms, onion rings and half the oranges in a bowl.
2. Make the dressing. Whisk/blend the rest of the oranges, lemon juice, oil, garlic, sugar, vinegar and pepper. Pour dressing over salad. Toss and serve.

Spinach and Strawberry Salad

Ingredients

6 cups spinach

½ small onion, finely chopped

1 cup strawberries, sliced

½ cup slivered almonds

Dressing

¼ cup vegetable oil

¼ cup apple cider vinegar

3 tbsp sugar

1 tsp Worcestershire sauce

1 tbsp poppy seeds (optional)

Directions

1. Wash spinach well. Tear in to bite-sized pieces and toss with onion, strawberries and almonds.
2. In a small bowl whisk together vegetable oil, vinegar, sugar, Worcestershire sauce and poppy seeds. Pour onto salad. Toss gently.
3. Makes 4 servings. Recipe from Paint Your Plate!



Soups

Hearty Onion Soup

Adapted from Canadian Living

Ingredients

1 tbsp (15 mL) vegetable oil	1/4 tsp (1 mL) each salt and pepper
3 onions, thinly sliced	2 cups (500 mL) croutons
2 carrots, thinly sliced	1 cup (250 mL) shredded cheese (Gruyère, Jarlsberg, mozzarella, Gouda or provolone)
2 cloves garlic, minced	
1/2 tsp (2 mL) dried thyme, or parsley	
6 cups (1.5 L) vegetable stock	

Directions

1. In saucepan, heat oil over medium-high heat. Cook onions and carrots, stirring often until onions are golden. About 15 minutes.
2. Add garlic and thyme. Cook for 3 minutes. Add stock, bring to boil. Reduce heat to medium; simmer for 10 minutes. Add salt and pepper.
3. Place 4 ovenproof soup bowls on baking sheet. Ladle soup into bowls; sprinkle with croutons then cheese. Broil until cheese is bubbly, about 2 minutes.

Minestrone Soup

Ingredients

6 cups chicken stock, or use <i>Oxo</i> cubes	1 cup chopped onion
4 cups chopped cabbage	1 can (28 oz) diced stewed tomatoes
3 cups diced carrots	½ tsp garlic
1 can (19 oz) red kidney beans, drained and rinsed	Parmesan cheese, grated (optional)

Directions

1. Turn on stove to high heat. Put chicken stock in a large pot and heat to boiling.
2. Turn heat to low. Add chopped cabbage, diced carrots and onion. Cover and simmer until veggies are tender, about 20 minutes.
3. Stir in beans, tomatoes, garlic powder, then salt & pepper to taste. Cover and cook 5 minutes longer.
4. Serve in bowls, top with Parmesan cheese.



Squash and Apple Soup

Recipe adapted from Foodland Ontario

Ingredients

- | | |
|-------------------------------------------------------|---------------------------------------|
| 1 butternut squash, peeled and cut into 1 inch pieces | 2 apples, peeled and chopped |
| 1 tbsp butter | 2 ½ cups chicken stock (or Oxo cubes) |
| 1 onion, chopped | ½ tsp dried thyme |
| 1 tsp grated fresh ginger root | Salt and pepper |

Directions

1. Peel squash, chop and measure 3 cups
2. In a large pot, melt butter over medium heat. Add onion and ginger and cook until softened, about 3-4 minutes.
3. Add chopped squash, apples, chicken stock and thyme. Bring to a boil.
4. Reduce heat, cover and simmer until squash is tender about 20 minutes.



*Microwave Method: Pierce squash in several places with a fork after cleaning out the seeds. Microwave on high power for 3 minutes to soften peel. Peel and chop 3 cups. Continue as above.

Three Sisters Soup

Adapted from 'SOADI Food is Our Medicine Making It Sacred Cookbook'

Ingredients

- | | |
|---------------------------------------------------------------------------|------------------------------------|
| 1 lb squash or pumpkin, peeled and cubed into 1 inch pieces, about 4 cups | ¾ cup fresh or frozen corn niblets |
| ¾ cup fresh or frozen green beans, cut into 1 inch pieces | 4 cups chicken or vegetable stock |
| | Salt and pepper |

Directions

1. Place the chicken stock in a pot with the pumpkin. Bring to a boil then lower the heat and cook until the squash is tender about 25 minutes, mash with a fork. (Can add more stock if needed).
2. Add the beans and corn. Cook til soft and heated through.
3. Season with salt and pepper. (Some cooks prefer to add ½ tsp dried savory and thyme).

Supper

Crustless Mini Quiches

Recipe from *Dietitians of Canada Cook!*, 2011 Edition

Ingredients

10 eggs	1 ½ cups chopped broccoli
¼ cup 1% milk	¼ cup finely chopped onion
½ tsp dry mustard	¼ cup diced green or red pepper
½ tsp spices- dried basil, or oregano	½ cup shredded cheese

Directions

1. Turn on oven to 350°F.
2. Lightly oil 12- cup muffin pan.
3. In a large bowl, whisk together eggs, milk, mustard, spices plus a dash of salt and pepper.
4. Divide broccoli, onion and green pepper into each cup.
5. Pour the egg mixture into the veggie filled cups.
6. Top with cheese.
7. Bake for 20- 25 minutes or until a knife inserted in center comes out clean.



Lentil Stuffed Tomatoes

Ingredients

4 firm tomatoes	½ tsp curry powder
¼ cup finely chopped celery	1 cup cooked lentils
1 tbsp finely chopped onion	1 tbsp Parmesan cheese (optional)
1 tbsp finely chopped green bell pepper	

Directions

1. Preheat oven to 400°F
2. Cut a thin slice from top of each tomato and core. Remove the pulp & juice into a fry pan and mash. Place tomatoes shells cut side down on paper towel to drain.
3. Add celery, onion, green pepper and curry to tomato juice and pulp. Cook over medium heat until tender. Add lentils and cook stirring until thickened.
4. Spoon lentil mixture into tomato shells. Sprinkle with cheese. Place stuffed tomatoes in muffin cups, place on a baking sheet. Bake about 10 minutes, or until heated through.



Rice, Onion and Mushroom Pilaf

Recipe from 'The Basic Shelf Cookbook'

Ingredients

- 1 tbsp margarine
- ½ cup finely chopped onion
- 1 cup rice
- 2 cups hot water
- 1 can (10 oz/241 mL) sliced mushrooms, drained & rinsed
- 2 tsp dried parsley
- 1 chicken or beef bouillon cube

Directions

1. Turn on stove to medium heat. Melt margarine in a medium saucepan. Add onion and cook until soft, about 3-5 minutes.
2. Stir in rice, water, mushrooms, parsley and bouillon cube. Heat until boiling. Turn heat to low, cover and simmer until rice is tender, and all the water is absorbed, about 20-25 minutes. Add salt and pepper to taste.



Rice Stuffed Green Peppers

Adapted from 'The Basic Shelf Cookbook'

Ingredients

- 6 medium sized green peppers
- 1 tbsp margarine
- 1 large onion, finely chopped
- ¼ tsp garlic powder
- 1 can (20 oz/796 mL) tomatoes
- 1 cup water
- 1 cup rice
- 2 tsp dried oregano
- 2 tsp dried basil
- Salt and pepper
- Grated cheese (optional)

Directions

1. Cut a thin slice off the tops of the peppers. Carefully remove and discard seeds and white inner ribs. Save the tops and dice them to add to soups or salads.
2. Cook the peppers in a medium saucepan of boiling water for 5 minutes. Drain. Place peppers upright in a small baking dish.
3. Turn on stove to medium heat. Melt margarine in large frying pan. Add onion and garlic powder. Cook until onion is soft, about 3-5 minutes.
4. Stir in tomatoes, water, rice, oregano and basil. Add salt and pepper to taste. Heat to boiling. Turn heat to low, cover and simmer until rice is tender, about 20 minutes.
5. Turn oven to 350°F. Spoon rice mixture into peppers. Bake stuffed peppers for 30 minutes, or until the peppers are tender. If you like, put grated cheese on top and bake until cheese is melted. Another option is to serve with tomato sauce and herbs.

Stir Fry Lemony Kale

Ingredients

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|----------------------------------|--------------------------|
| 1 tbsp olive oil | 2 tsp lemon juice |
| 3 cloves garlic | Pinch of salt and pepper |
| 6 cups kale, torn and de-stemmed | |

Directions

1. In a skillet, heat oil over medium heat. Cook garlic until fragrant, 1 - 2 minutes.
2. Stir in kale, cook until slightly wilted and dark green, about 5 minutes.
3. Stir in lemon juice, salt and pepper.

Hint: Serve as a side dish or use this as an addition to your favourite pasta dish

Vegetable Chili

Ingredients

- | | |
|------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| 2 tbsp vegetable oil | 2 onions, diced |
| 1 can of tomatoes with juice (28oz) | 2 cloves of garlic, minced (OR 2 tsp garlic powder) |
| ½ cup tomato paste | 2 carrots, diced |
| 1 small can (12 oz) of corn kernels, drained (OR 1 ½ cups frozen corn) | 2 celery stalks, diced |
| 1 tbsp chili powder | 1 can (19 oz) of each, drained and rinsed:
black beans, chickpeas, red kidney beans |
| 2 tsp each of oregano, cumin | *optional: add diced red or green peppers |
| ½ tsp pepper | |

Directions

1. In a large saucepan over medium heat, heat oil. Add onions, garlic, chili powder, oregano, cumin and pepper. Stir often and cook until onions are soft (about 10 min)
2. Stir in tomatoes, carrots, celery, corn, (peppers, if using), all of the beans and tomato paste.
3. Cover and simmer for 30 minutes (add water if you wish to thin out the chili).



Sides

All Purpose Cheesy Sauce

Recipe from 'The Basic Shelf Cookbook', First Edition 1994

Ingredients

2 tbsp margarine	1 cup milk
2 tbsp flour	1 cup grated cheese
¼ tsp dry mustard powder	Salt and pepper

Directions

1. Melt butter in a small saucepan over medium heat. Add flour and mustard, mix well.
2. Add milk slowly, stirring all the time. Continue cooking and stirring until mixture is smooth and thickened. Lower heat and add grated cheese. Stir until cheese is melted. Add salt and pepper to taste.

Try this recipe over cooked vegetables like broccoli or cauliflower, or pour over a hot baked potato or freshly cooked pasta.

Corn Cajun Style

Ingredients

4 ears of corn	½ tsp hot pepper flakes
¼ cup melted non-hydrogenated margarine	

Directions

1. Husk ears of fresh corn.
2. Microwave, boil or barbecue until tender (approximately 3-5 minutes)
3. Stir together margarine or butter with hot pepper flakes.
4. Unwrap corn and spread with seasoned margarine or butter. Enjoy!



Easy Tomato Salsa

Ingredients

2-3 fresh tomatoes, finely diced	Juice of 1 lime or 1 tbsp balsamic vinegar
½ cup onions, finely diced	Salt, pepper & hot pepper flakes to taste
1 hot pepper (remove stem & ribs), finely diced	

Directions

1. Mix all ingredients.
 2. Refrigerate unused portions.
- Use salsa for dipping nachos, oven-crisped pita bread, crackers or fresh veggies.

Roasted Sweet Potato Fries

Ingredients

4 cups raw veggies, thick slices or chunks
(sweet potatoes, carrots, potatoes,
rutabaga, parsnip or squash)

1 onion peeled, cut into chunky quarters
2 tbsp canola or olive oil
Salt, pepper, herbs like oregano

Directions

1. Preheat your oven to 400°F
2. Place veggies in a bowl, add oil and toss to coat.
3. Arrange veggies in a layer in a baking dish. Roast for 40 minutes, turning or stirring after 20 minutes. Cook until tender and slightly crispy. Enjoy!



Ruta-Fries

Ingredients

1 medium rutabaga
1 tbsp vegetable oil

1 pinch each of salt, pepper and paprika

Directions

1. Preheat oven to 400°F oven.
2. Cut and peel rutabaga into sticks ½ inch by 3 inches.
3. In a bowl toss rutabaga sticks with oil and spices.



Skillet Zucchini with Tomatoes

Ingredients

1 tsp margarine
2 small onions, chopped
2 small zucchini, thinly sliced

2 medium tomatoes, chopped
Pepper

Directions

1. In a large nonstick skillet or frying pan, melt margarine over medium heat.
2. Add onions and cook, stirring until softened, about 7 minutes.
3. Add zucchini and cook for 2 minutes.
4. Add tomatoes and cook for 3-5 minutes, or until zucchini is tender-crisp.
5. Season to taste with pepper.

Snacks

Guacamole

Adapted from 'The Endless Meal'

Ingredients

2 ripe avocados

1 lime or 1 lemon

1-2 cloves of garlic, finely minced

Pinch of Salt

Optional additions: chopped fresh tomatoes, chopped onion, chili peppers

Directions

1. To cut open avocado, run knife all around from top to bottom and twist in half. Pull out and discard the large pit. Using a spoon, remove the flesh and place in a medium sized bowl.
2. Cut the lime or lemon in half and squeeze the juice from both halves into the bowl with the avocado. Add the garlic, salt and any optional ingredients. Using a fork, gently mash all ingredients together.



Kale Chips

Ingredients

1 bunch kale

1 tbsp olive oil

1 tsp salt or other seasoning of your choice

Directions

1. Preheat oven to 350°F.
2. Carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and dry carefully (use paper towel or a salad spinner).
3. Rub oil onto the leaves and sprinkle some salt on them.
4. Bake until crispy or the edges are just brown, about 10 - 15 minutes.

Enjoy! Better for you than traditional potato chips! Store leftovers in a sealed bag.



Desserts

Apple Crumble

Ingredients

4 cups apples, sliced (about 4-6 apples)
2 tbsp sugar
¼ tsp ground cinnamon
1 ¼ cups whole wheat flour

1 ¼ cups rolled oats (oatmeal)
⅔ cup lightly packed brown sugar
⅔ cup margarine

Directions

1. Put apples, sugar and cinnamon in a bowl. Stir together. Set aside.
2. Put flour, oats and brown sugar in a different large bowl. Use a pastry blender or 2 knives to add in margarine. Keep cutting until the mixture looks like crumbs. Divide oat mixture in half.
3. Turn oven on to 350° F.
4. Put one half of the oat mixture into an 8 x 8 x 2 inch baking pan. Spoon apple mixture over oat mixture. Sprinkle remaining oat mixture on top.
5. Bake in oven until hot and browned on top, about 35 to 45 minutes.



Try this recipe with pears, peaches, pineapple or fruit cocktail.

Frozen Banana Popsicles

Ingredients

2 ripe bananas, mashed
1 cup low fat yogurt (peach or strawberry)

1 cup unsweetened orange juice

Directions

1. Combine all ingredients and blend well.
2. Using popsicle molds or paper cups, pour mixture into molds and insert sticks.
3. Freeze for 4 hours or until solid.



Oatmeal Banana Bread

Adapted from 'The Basic Shelf Cookbook'

Ingredients

- | | |
|-------------------------------------------------------------------------------------|----------------------------------------|
| 1 ⅓ cups all purpose flour OR 2/3 cup all purpose flour + 2/3 cup whole wheat flour | 2 medium bananas, mashed + ¼ cup water |
| 1 ¼ cups oatmeal | ⅓ cup margarine |
| 1 tbsp baking powder | ½ cup sugar |
| | 2 eggs |

Directions

4. Turn on oven to 350°F. Lightly grease a 9 x 5 x 3 loaf pan, set aside.
5. Mix flour, oats and baking powder in a bowl.
6. Mash bananas in a small bowl. Add water and mix. Set aside.
7. Beat margarine and sugar together in a large bowl. Beat until light and fluffy. Then beat in eggs one at a time.
8. Add dry ingredients and banana mixture to the egg mixture. Stir until just blended. *Do not over mix.*
9. Spread batter into loaf pan. Bake on the middle rack of the oven for about 50 - 60 minutes. To check if loaf is baked, put a small knife into middle of loaf. If the knife comes out clean, the loaf is done.
10. Take the loaf out of the oven and cool in pan 10 minutes before removing out of the pan.



Pear Bread Pudding

Ingredients

- | | |
|----------------------------|---------------------------------------------------------|
| 2 cups milk | 5 slices soft whole-wheat bread, cut each slice in half |
| ½ cup sugar | 2 pears, peeled, cored, and cut into eighths |
| 1 tbsp butter or margarine | 1 teaspoon cinnamon |
| ¼ teaspoon salt | |
| 4 eggs | |

Directions

1. Heat oven to 375° F.
2. Butter a 9x9 inch square pan.
3. In a saucepan, heat the milk, sugar, butter, and salt until small bubbles form. In a bowl, whisk together the eggs, then add the warm milk mixture in a slow stream, whisking constantly.
4. Layer the pan with the bread. Top with the pears. Pour the milk and egg mixture into the baking pan and sprinkle with the cinnamon.
5. Bake until golden, about 35 minutes. Serve warm.

Rhubarb Cobbler

Ingredients

4 cups chopped fresh rhubarb	2 tbsp cornstarch
2 cups sliced apples or strawberries	1 tsp orange zest
¾ cup sugar	

Biscuit Topping

1 cup flour	¼ tsp salt
¼ cup sugar	½ cup milk
1 ½ tsp baking powder	1 tsp vanilla
¼ cup cold butter, cut in bits	

Directions

1. Place rhubarb and sliced apples in a 9x9 inch baking dish. Preheat oven to 400° F.
2. In a small bowl, combine sugar, cornstarch and orange zest. Sprinkle over the fruit mixture and gently stir. Bake at 400°F for about 25 minutes, or until bubbles appear around the edges.

Topping

1. In a bowl, combine sugar, baking powder and salt.
2. In another bowl, combine milk and vanilla.
3. Add to dry ingredients all at once and stir quickly to make a soft, sticky dough.
4. Using a large spoon, drop 8 separate spoonfuls of biscuit topping on top of hot fruit.
5. Sprinkle with 2 tsp sugar.
6. Return to oven and bake about 30 minutes, until topping is browned and fruit is bubbling.

