

Let's Get Cookin'!



Recipes

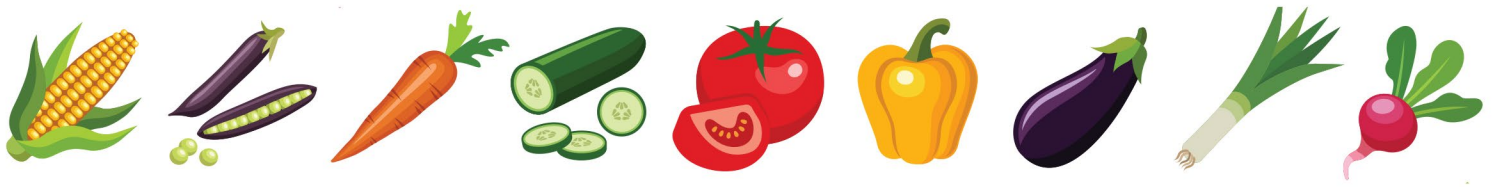


Table of Contents

Introduction	2
Food Safety	3
Knife Safety	3
Reading a Recipe	4
Common Measurements & Abbreviations	4
Delectable Bugs	5
Green Smoothie	6
Pepper Nachos	7
Cheddar Apple Wraps	8
Everyday Omelet	9
Southwest Vegetable Quesadillas	10
Tex-Mex Black Bean Salad	11
Bean Dippin' Dip	12
Gotta Try it Guac	13
DIY Veggie Pita Pockets	14
Sweet Potato and Cauliflower Curry	15
Quinoa Salad with Pears, Feta and Herbs	16
Speedy Meatless Chili	17
Banana Oatmeal Pancakes	18
Sweet Berry Sauce	19
Rice Paper Veggie Rolls	20
Blueberry Bliss	21
Fruit Salad with Orange Honey Yogurt	22

Let's Get Cookin'!



This book is designed for people like you who have started the adventure into improving your cooking skills. In this book you will find 17 recipes that you can try at home. These recipes are delicious, nutritious, and fun to make! Better yet, they give you the opportunity to practice what you learned in the Let's Get Cookin'! classes. Before you start cooking, make sure you have your parent/guardian's permission and they are around to supervise you.

The first few pages will cover some safety tips when working in the kitchen, a quick lesson on how to read recipes, and some tables with common measurement conversions and abbreviations.

The rest of the book is full of recipes for you to try at home! So Let's Get Cookin'!

Let's Get Cookin'!

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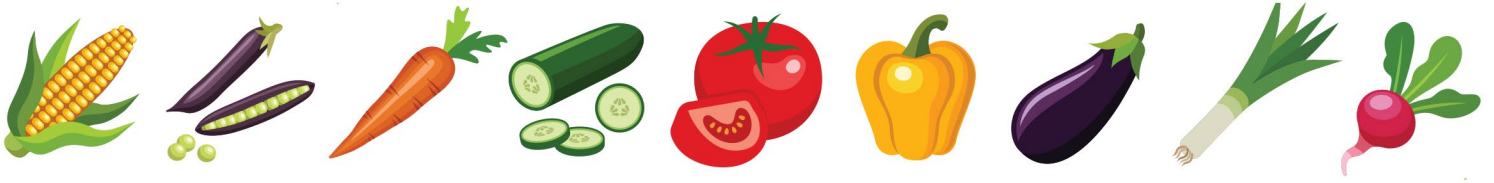
Food Safety

- Keep long hair tied back
- Remove dangling jewellery, watches, & rings
- Wear an apron (recommended)
- Do not cook when unwell
- Cover any cuts and wounds with a band-aid
- Wash your hands:
 - Before touching food
 - Before and after eating
 - After using the bathroom
 - After coughing, sneezing, blowing your nose, or touching your hair or face

Knife Safety

- Use the right knife for the job and make sure it's sharp.
- Dry your hands before using a knife to prevent it from slipping.
- Use a cutting board or flat surface. Put a damp cloth under cutting boards to prevent it from sliding.
- Curl your fingers and cut away from your body.
- If you are interrupted when using a knife, place the knife down, do not continue cutting while distracted.
- Don't use knives for other purposes (i.e., to open bags, boxes, cans, etc.)
- When carrying a knife, keep it to your side with the point down and cutting edge away from you.
- When passing a knife to someone, put the knife down on a clean work surface and let them pick it up.
- Don't try to catch a knife if it falls.
- Don't leave knives near the edges of tables.
- Store knives securely, blade down, in designated areas.
- Do not drop put a knife in a sink full of water. It is dangerous to search of the knife.

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Reading a Recipe

Reading a recipe is step #1 when it comes to cooking. Knowing which parts to look for will help you understand how much you're going to make, what ingredients you need, and how to make it!

A recipe has four parts:

- **Name:** The name tells you the name of the recipe that you are preparing.
- **Yield and Preparation Time:** The yield tells you how many people you can expect to serve from a recipe. The preparation time tells you how long it will take to prepare the recipe.
- **Ingredients:** Tells you what you need and how much.
- **Instructions:** Tells you what to do with the ingredients.

Common Measurements

We use different units of measurement and short forms in the kitchen. Practice your math skills by converting, adding, and subtracting different measurements!

IMPERIAL	METRIC
1/4 teaspoon (tsp)	1 mL
1/2 tsp	2 mL
tsp	5 mL
1 tablespoon (tbsp.)	15 mL
1/4 cup (c)	40 mL
1/3 cup	75 mL
1/2 cup	125 mL
2/3 cup	150 mL
3/4 cup	175 mL
1 cup	250 mL
4 cups	1000 mL or 1 Litre (L)

tsp	teaspoon
tbsp.	tablespoon
oz.	ounce
lb.	pound
mL	millilitre
g	gram
kg	kilogram

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Delectable Bugs

Ingredients

YIELDS: 10 servings PREP TIME: 15 minutes

- 1 apple
- 1 orange
- 1 small bunch of grapes
- 1 cucumber
- 10-15 cherry tomatoes
- 1 bunch celery
- Strawberry cream cheese
- Hummus
- Raisins



EQUIPMENT: 4 cutting boards / 4 knives / 2 spoons / strainer / large plate for serving / small plates for sampling

Directions

- 1) This recipe depends on your creativity!
- 2) Thoroughly wash all produce under cool running water.
- 3) Using the images above, cut the fruit into small shapes.
- 4) Using about one third to a half of a celery stalk, place cream cheese or hummus in the curved portion of the celery.
- 5) Add the fruit to the cream cheese.
- 6) The raisins (2) can be used on one end (to look like eyes!)

..... *Chef's Tip*



These cute critters make veggies and fruit fun to eat!

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Green Smoothie

Ingredients

YIELDS: 4 servings PREP TIME: 6 minutes

- 1 cup (250 mL) spinach or kale
- 2 medium bananas, very ripe
- 1 cup (250mL) frozen light-coloured fruit (mango, peaches, pineapple)
- 1 cup (250mL) white milk or unsweetened fortified soy beverage
- 1 cup (250mL) plain yogurt



EQUIPMENT: strainer / blender / dry measuring cup / liquid measuring cup / large spoon / cups for sampling

Directions

- 1) Thoroughly wash spinach or kale under cool running water. Discard any spoiled leaves.
- 2) Peel bananas and break into pieces. Place in blender.
- 3) Measure frozen fruit, milk and yogurt. Add into blender. Secure lid and blend until smooth (1-2 minutes).
- 4) Pour into glasses and serve immediately.

..... *Chef's Tip*



To ensure a bright green smoothie, avoid adding dark-coloured fruit like berries.

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Pepper Nachos

Ingredients

YIELDS: 10 servings PREP TIME: 10 minutes

- 1 of each: red, yellow, green pepper
- 2 avocados
- ½ cup (125mL) Plain Greek yogurt
- 2 tomatoes
- ½ cup (125mL) Cheddar cheese



EQUIPMENT: cheese grater / 4 cutting boards / 4 knives / 2 spoons / large plate for serving / small plates for sampling

Directions

- 1) Thoroughly wash all produce under cool running water.
- 2) Grate the cheddar cheese.
- 3) Cut the pepper into small triangles, discard all seeds.
- 4) Add plain Greek yogurt to each pepper triangle.
- 5) Cut the avocado in half, carefully scoop out the green part, cut into small pieces, and add to the pepper triangle.
- 6) Chop the tomatoes into small pieces and add to the pepper triangle.
- 7) Sprinkle each triangle with cheddar cheese.

..... *Chef's Tip*



Salsa is a great addition to this veggie-packed snack!

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Cheddar Apple Wraps

Ingredients

YIELDS: 5 servings PREP TIME: 20 minutes

- 2 large apples (e.g., Cortland or Empire variety)
- 1 cup (250 mL) plain Greek yogurt
- ½ tsp (5mL) vanilla extract
- 5 large whole-wheat tortillas
- 1 ¼ cups (300 mL) cheddar cheese



EQUIPMENT: Cheese grater / 2 cutting boards / 2 knives / large plates for serving / mixing bowl (medium) / liquid measuring cup / set of measuring spoons / small plates for sampling / 2 spoons / strainer

Directions

- 1) Wash apples thoroughly under cool running water.
- 2) Cut apples into matchstick pieces. Do not peel.
- 3) Shred the cheddar cheese using a grater.
- 4) Add vanilla extract to the yogurt and stir well.
- 5) In a medium sized mixing bowl, combine apple matchstick pieces, grated cheddar cheese and the yogurt.
- 6) Lay the tortilla out on a cutting board.
- 7) Place the apple yogurt mixture down the centre of each tortilla, dividing it equally between the tortillas.
- 8) Roll the tortilla (try to roll it as tight as possible).
- 9) Cut into quarters.
- 10) Arrange on a plate and enjoy!

Chef's Tip



Matchstick pieces is a term that means chopping vegetables into thin, even strips. Julienne is another word to describe this chopping technique.

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Everyday Omelet

Ingredients

YIELDS: 5 servings PREP TIME: 30 minutes

- 2 cups (500 mL) mixed vegetables: (tomato, spinach, onion, bell peppers)
- 1 tbsp. (15 mL) canola oil
- 1 cup (250 mL) cheese: mozzarella, cheddar or feta
- 6 eggs
- Pinch of salt and pepper
- 1/2 tsp (2 mL) each dried oregano, basil and/or parsley



EQUIPMENT: Cheese grater / 2 cutting boards / electric skillet / 2 knives / whisk / spatula / flipper / large plate for serving / liquid measuring cup / mixing bowl (large) / 2 mixing bowls (small) / set of dry measuring cups / set of measuring spoons / small plates for sampling / strainer

Directions

- 1) Thoroughly wash all produce under cool running water.
- 2) Dice the onion, bell peppers and tomato. Roughly chop the spinach into small pieces.
- 3) Grate the cheese or crumble feta, if using.
- 4) Heat oil in electric skillet and sauté the onions and peppers until soft, stirring often.
- 5) Remove from skillet and place in a small bowl add the additional vegetables (e.g., spinach and tomatoes to the bowl.
- 6) Crack eggs into large bowl and add herbs, salt and pepper to taste. Wash hands carefully after handling raw eggs. Whisk to combine.
- 7) Add 1 tbsp. of canola oil to skillet and preheat over medium heat.
- 8) Add the egg mixture to the skillet. As the egg mixture sets at the edges, gently push the cooked portions from the edges towards the centre with a spatula, allowing the uncooked egg to flow underneath. Cook until bottom of omelet is set and the top surface is thickened and set.
- 9) Add the vegetable mixture and cheese onto one side of the omelet. Carefully fold the omelet in half.
- 10) Cover skillet with lid and cook until cheese has melted (about 1 minute).

Chef's Tip



Eggs need to be handled in a safe manner to prevent illness. Occasionally, eggs can be contaminated with salmonella.

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Southwest Vegetable Quesadillas

Ingredients

YIELDS: 8 servings PREP TIME: 30 minutes

- 3 tbsp. (45 mL) canola oil, divided
- 1 clove of garlic
- 2-540 mL cans pinto beans
- 1 tsp (5mL) ground cumin
- 1 tsp (5mL) chili powder
- Pinch of salt and pepper
- Juice of 2 limes
- 2 bell peppers (green, red, yellow or orange)
- 2 green onions
- 2 cups (500 mL) cheese
- 8 large whole grain tortillas
- Salsa (optional)
- Low fat sour cream or plain Greek yogurt (optional)



EQUIPMENT: Can opener / cheese grater / 2 cutting boards / electric skillet / fork / 2 knives / large plate for serving / mixing bowl (medium) / pizza cutter / potato masher / set of measuring cups / set of measuring spoons / small plates for sampling / 4 spoons / strainer / flipper

Directions

- 1) Remove skins from garlic cloves and mince.
- 2) Rinse tops of bean cans. Thoroughly rinse and drain beans using strainer.
- 3) Heat 2 tbsp. of oil in skillet
- 4) Add beans, minced garlic, cumin, chili powder, salt and pepper to the skillet. Cook until heated (~5 minutes).
- 5) Turn skillet off. Add 2-3 tbsp. of warm water and juice of 2 limes to bean mixture.
- 6) Transfer to a medium bowl and use potato masher to mash the bean mixture to desired texture.
- 7) Thoroughly wash bell peppers and green onions under cool running water. Chop into small uniform pieces.
- 8) Heat 1 tbsp. of oil in skillet over medium heat. Add peppers and cook until tender-crisp, stirring often.
- 9) Shred cheese using grater.
- 10) Use spoons to spread the refried beans over half of each tortilla. Top with green onions, cooked peppers, and grated cheese. Fold tortillas in half.
- 11) Cook quesadillas in skillet until lightly browned on the outside and cheese is melted (2-3 minutes).
- 12) Cut into quarters and serve with salsa and sour cream/plain yogurt if desired.

Chef's Tip



Instead of making the refried beans, use 1- 540 mL can of prepared refried beans.

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Tex-Mex Black Bean Salad

Ingredients

YIELDS: 8 servings PREP TIME: 25 minutes

Salad:

- 2-540 mL cans black beans
- 2 cups (500 mL) frozen corn
- 2 bell peppers (green, red, yellow or orange)
- 1 green onion
- 1/2 cup (125 mL) fresh cilantro, plus more for garnish
- 2 avocados

Dressing:

- 1 tbsp. (15 mL) canola oil
- 1 small white onion
- 2 tsp (10 mL) ground cumin
- 1/4 tsp (1 mL) chili powder
- 1/3 cup (60 mL) apple cider vinegar
- 2 tsp (10 mL) fresh lime juice
- 1 tsp (5 mL) pasteurized honey
- 1/4 tsp (1 mL) black pepper



EQUIPMENT: Can opener / 3 cutting boards / 3 knives / mixing bowl (large) / mixing bowl (small) / set of measuring cups / set of measuring spoons / strainer / spoon / whisk / small plates for sampling

Directions

- 1) Rinse tops of bean cans. Thoroughly rinse and drain beans using strainer. Place in large bowl.
- 2) Thoroughly wash all produce under cool running water.
- 3) Chop peppers, green onion, white onion and cilantro.
- 4) Add peppers, green onion, cilantro and corn to large bowl (if using frozen corn, it can be added right into the bowl without cooking)
- 5) Dressing: Juice lime, add 2 tsp of juice to finely chopped white onion and other dressing ingredients in small bowl. Whisk to combine.
- 6) Add dressing to the salad and toss to combine.
- 7) When ready to serve, chop avocados and cilantro, mix gently into the salad. Be careful not to mash avocados.

Chef's Tip



Canned products like canned lentils, chickpeas, and black beans are often preserved with salt. Always drain and thoroughly rinse in a strainer before use.

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Bean Dippin' Dip

Ingredients

YIELDS: PREP TIME: 15 minutes

- 1 – 19 oz. (540 mL) can black beans, drained and rinsed
- 1/2 cup (125 mL) salsa
- 1 clove garlic, chopped
- 1 tsp (5 mL) ground cumin
- 1/8 tsp ground black pepper pinch



EQUIPMENT: Blender / fork or potato masher for beans / can opener / cutting board / knife / liquid measuring cup / mixing bowl (large) / mixing bowl (medium) / set of measuring spoons / spoon / strainer

Directions

- 1) Rinse tops of bean cans. Thoroughly rinse and drain beans using strainer.
- 2) In a blender, combine beans, salsa, garlic and spices and process until smooth. All ingredients can also be combined with the use of a fork or potato masher if a blender is not available. Mash until smooth.
- 3) Transfer to medium bowl for serving.

Chef's Tip



Choose a salsa with a spice level that is right for your group. Spicy salsas will heat up the bean dip while a milder choice will result in a milder flavoured dip!

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Gotta Try it Guac

Ingredients

YIELDS: 3 cups PREP TIME: 15 minutes

- 2 ripe avocados
- ½ medium onion
- 1 small tomato
- Juice of 1-2 lime(s)
- 2 tbsp. (60 mL) fresh cilantro
- ¼ tsp (1 mL) garlic powder



EQUIPMENT: 1 cutting board / fork / 3 knives / mixing bowl (medium) / set of measuring spoons/ small bowl for serving/ spoon

Directions

- 1) Thoroughly wash all produce under cool running water.
- 2) Cut avocados in half and using a spoon, carefully remove the pit and scoop out green flesh.
- 3) In a mixing bowl, mash avocados with a fork.
- 4) Chop onion, tomato, and cilantro into small pieces and add to mashed avocado.
- 5) Add lime juice, cilantro, and garlic powder to the large bowl, mix all ingredients together.

Chef's Tip



A ripe avocado should yield to firm, gentle pressure, but shouldn't feel overly soft or mushy.

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DIY Veggie Pita Pockets

Ingredients

YIELDS: 5 servings

PREP TIME: 30-40 minutes

- 1 cucumber
- 2 large tomatoes
- 1 head of broccoli
- 1 large carrot
- 2/3 cup (150 mL) cheddar cheese
- 1 recipe of Gotta have it Guac
- 1 recipe of Bean Dippin' Dip
- 5 whole-wheat pitas, cut in half



EQUIPMENT: 2 cheese graters / 3 cutting boards / 4 knives / 5 mixing bowls (small) / set of dry measuring cups / 4 large plates for serving / small plates for sampling / 5 spoons / vegetable peeler

Directions

- 1) Peel the carrots.
- 2) Thoroughly wash all vegetables under cool running tap water.
- 3) Slice the cucumber and tomatoes into small uniform slices.
- 4) Shred the carrots using a grater.
- 5) Cut the broccoli florets into small pieces.
- 6) Place each prepared vegetable into separate bowls.
- 7) Shred the cheese using a grater.
- 8) Make the Gotta have it Guac (recipe below).
- 9) Make the Bean Dippin' dip (recipe below).
- 10) Arrange the ingredients buffet-style, starting with the plates and pitas.
- 11) Students can build their own pita pockets selecting the ingredients that they want to use.

Chef's Tip



Change up the vegetables depending on what you have available and what is in season. You can also change up the spreads (e.g. use hummus). Switch it up!

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Sweet Potato & Cauliflower Curry with Lentils

Ingredients

YIELDS: 5 servings PREP TIME: 30 minutes

- 1 tbsp. canola oil
- 2 cloves garlic
- 1 tbsp. fresh ginger
- 1 medium onion
- 3 tbsp. Indian curry paste (mild or Madras)
- 2 medium sweet potatoes
- 1 can (19 oz./540 mL) brown lentils
- 1 can (400 mL) coconut milk
- 1 cup (250 mL) water
- 1 small cauliflower (approx. 4 cups)
- 1/4 tsp salt and pepper
- 1/2 cup (125 mL) fresh cilantro leaves



EQUIPMENT: Can opener / 2 cutting boards / electric skillet / 3 knives / liquid measuring cup / set of measuring spoons / large plate for serving / small plates for sampling / strainer / spoon / vegetable peeler

Directions

- 1) Thoroughly wash all produce under cool running water.
- 2) Mince garlic and ginger into very small pieces, chop onion.
- 3) Peel sweet potatoes and cut into ½ inch (1 cm) pieces. Chop cauliflower into small florets.
- 4) Rinse and drain lentils using a strainer.
- 5) Heat oil in electric skillet on medium-low heat. Add garlic, ginger and onion and sauté until softened, 2 to 3 minutes.
- 6) Add curry paste, stirring thoroughly into ingredients; cook for another 2 to 3 minutes.
- 7) Add sweet potatoes; stir and cook for 2 to 3 minutes.
- 8) Stir in cauliflower, lentils, coconut milk, water, salt and pepper; cover and bring to boil over high heat. Reduce heat and simmer, covered, for 10-15 minutes, until the vegetables are tender.
- 9) Remove from heat; stir in cilantro.

Chef's Tip



Electric skillets have a large cooking surface and there is a tendency for liquid to evaporate. If a dish gets too thick add small amounts of water.

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Couscous Salad with Pears, Feta & Herbs

Ingredients

YIELDS: 8 servings PREP TIME: 25 minutes

- 1 cup uncooked (250 mL) whole wheat couscous
- 1 green bell pepper
- 2 green onions
- 1/4 cup (60 mL) fresh herbs (mint, cilantro or parsley)
- 3/4 cup (175 mL) feta cheese (pasteurized)
- 2 Bartlett pears (or canned pears)
- 1/4 cup (60 mL) canola oil
- Juice of 1 lemon
- 1 clove of garlic
- 1/2 tsp dried oregano leaves
- 1/4 tsp pepper



EQUIPMENT: 3 cutting boards / electric skillet / 3 knives / 2 mixing bowls (large) / 2 mixing bowls (small) / set of measuring cups / set of measuring spoons / small plates and forks for sampling / 2 spoons / strainer / whisk

Directions

- 1) Boil 1 cup (250 mL) of water
- 2) Place uncooked couscous in heat proof bowl
- 3) Carefully pour boiling water over couscous and stir
- 4) Cover bowl with cutting board and let stand for 10 minutes. After 10 minutes, uncover and fluff with fork
- 5) Thoroughly wash bell peppers, green onions, pears and herbs under cool running water.
- 6) Dice green pepper, thinly slice green onion, chop herbs, and core and chop pears.
- 7) Crumble feta cheese.
- 8) Mince garlic.
- 9) In small bowl, whisk together oil, lemon juice, garlic, oregano, and pepper.
- 10) Add green pepper, green onions, feta, herbs and pears to cooled couscous. Add dressing and mix to combine.

Chef's Tip ..



Couscous is easy to cook and very versatile! It can be served hot or cold, and used in sweet or savory dishes.

Let's Get Cookin'!



Speedy Meatless Chili

Ingredients

YIELDS: 8 servings PREP TIME: 30 minutes

- 1 tbsp. (15 mL) canola oil
- 2 stalks celery
- 1 onion
- 1 zucchini
- 1 green bell pepper
- 1 cup (250 mL) frozen corn
- 1 can (540 mL) lentils
- 1 can (540 mL) kidney beans
- 1 can (796 mL) diced tomatoes
- 1/2 tsp (2 mL) chili powder
- 1/2 tsp (2 mL) pepper
- 1/2 tsp (2.5 mL) garlic powder
- 2/3 cup (150 mL) cheddar cheese



EQUIPMENT: Can opener / cheese grater / 4 cutting boards / electric skillet / 4 knives / set of measuring cups / set of measuring spoons / small plates, bowls, and forks for sampling / spoon / strainer

Directions

- 1) Thoroughly wash all vegetables under cool running water.
- 2) Dice celery, onion, zucchini and bell pepper into small uniform pieces.
- 3) Heat oil in skillet to medium-high heat.
- 4) Add onion and celery to skillet and sauté for a few minutes, until softened.
- 5) Add bell pepper and zucchini and sauté for a few more minutes.
- 6) Add full can of diced tomatoes (do not drain). Break up tomatoes with the back of a spoon.
- 7) Drain and rinse lentils and kidney beans using a strainer.
- 8) Add lentils, kidney beans, corn and spices to the skillet and stir. Simmer for approximately 15 minutes.
- 9) Shred cheese using grater. Sprinkle cheese on top of chili.

Chef's Tip



This chili recipe is very versatile. Extra vegetables can easily be added or substituted. E.g., sweet potatoes, carrots, squash and different colours of bell peppers.

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Banana Oatmeal Pancakes

Ingredients

YIELDS: 10 servings

PREP TIME: 20-30 minutes

- 1 cup (250 mL) rolled oats
- 1 cup (250 mL) all-purpose flour
- 1/4 cup (60 mL) brown sugar
- 1 tsp (5 mL) baking powder
- 1 tsp (5 mL) baking soda
- 1/4 tsp (1 mL) salt
- 1/2 cup (125 mL) skim milk
- 1 banana
- 2 eggs
- 1 cup (250 mL) plain yogurt
- 1/2 tsp (2.5 mL) vanilla
- 1/4 cup (60 mL) + 2 tsp (10 mL) canola oil



EQUIPMENT: electric skillet / flipper / 2 forks / large plate for serving / liquid measuring cup / 2 mixing bowls (large) / mixing bowl (small) / set of dry measuring cups / set of measuring spoons / set of plates and cutlery for sampling / spatula / 2 spoons / whisk

Directions

- 1) Combine the oats, flour, brown sugar, baking powder, baking soda, and salt in a large bowl and mix.
- 2) Crack eggs in a bowl. Wash hands after handling raw eggs. Add yogurt, milk, vanilla and 1/4 cup canola oil.
- 3) Add the wet ingredients to the dry ingredients. Mix until just moistened (do not over mix).
- 4) Peel the bananas and place in a small bowl. Mash bananas with a fork until a pureed consistency and gently fold into the batter.
- 5) If the batter appears too thick, add small amounts of additional milk.
- 5) Add 1-2 tsp of canola oil to skillet and set skillet to medium heat.
- 6) Spoon a small amount of batter onto the hot skillet.
- 7) Cook until small bubbles begin to appear in the pancake and the edges begin to brown, flip and cook other side. Cook until the batter in the middle is cooked and set.
- 8) Serve immediately, topped with the sweet berry sauce.

Chef's Tip



Make the pancakes "inside out!" Use a banana and peaches for the topping, and add 1 cup of berries to the pancake mix.

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Sweet Berry Sauce

Ingredients

YIELDS: 10 servings PREP TIME: 10 minutes

- 1/3 cup (75 mL) orange juice
- 1 tbsp. (15 mL) cornstarch
- 1/4 cup (50 mL) sugar
- 2 cups (500 mL) mixed berries, fresh or frozen



EQUIPMENT: electric skillet / liquid measuring cup / mixing bowl (small) / set of dry measuring cups / set of measuring spoons / spatula / spoon

Directions

- 1) Add orange juice to liquid measuring cup, add cornstarch and mix until smooth. Add to skillet.
- 2) Add sugar then mix well.
- 3) Add berries and cook over medium heat, stirring often, until berries have softened and sauce has thickened.
- 4) Pour sauce into a bowl and let cool.

Chef's Tip



Make the pancakes "inside out!" Use a banana and peaches for the topping, and add 1 cup of berries to the pancake mix.

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Rice Paper Veggie Rolls

Ingredients

YIELDS: 10 servings

PREP TIME: 20-30 minutes

- 1 package of rice paper sheets
- 4 carrots
- 1 large English cucumber
- 1 red pepper
- 1 green pepper
- 1 head of romaine lettuce
- 1 1/2 cups (374 mL) cheddar cheese
- Sweet chili sauce



EQUIPMENT: Cheese grater / 5 cutting boards / 5 knives / mixing bowl (large) / large plate for serving / set of plates for sampling / strainer / vegetable peeler

Directions

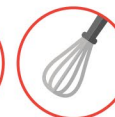
- 1) Thoroughly wash all vegetables under cool running water.
- 2) Peel carrots. Slice all vegetables into long, thin, strips (julienne).
- 3) Wash the lettuce well, pat dry and tear or cut into strips.
- 4) Grate the cheese.
- 5) In a large bowl, add warm water.
- 6) One at a time, place rice paper sheet in the bowl of warm water for 5 to 10 seconds or until soft.
- 7) Place rice paper on a flat clean surface (e.g. cutting board).
- 8) Fill rice paper with your favourite combination of vegetables and lettuce. Add cheese as desired. Be sure to leave a border around all sides of the wrap.
- 9) Fold in both ends and then roll up tightly like a burrito.
- 10) Cut the rolls in half and serve with sweet chili sauce to dip.

Chef's Tip



*Rolling veggies into little packages makes them fun to eat!
If packing for lunch, wrap them in a damp paper towel so they don't dry out.*

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Blueberry Bliss

Ingredients

YIELDS: 5 servings PREP TIME: 40 minutes

Blueberries

- 4 cups blueberries, fresh or frozen
- 1/3 cup (75 mL) sugar
- 1/2 tsp cinnamon
- 1/2 cup (125 mL) orange or grape juice

Batter

- 3/4 cup (175 mL) all-purpose flour
- 1/4 cup (50 mL) sugar
- 1 1/2 tsp baking powder
- 1/4 tsp salt
- 1 tbsp. (15 mL) soft non-hydrogenated margarine
- 1 egg
- 1/4 cup (60 mL) milk
- 1/2 tsp vanilla extract



EQUIPMENT: Electric skillet with lid / liquid measuring cup / mixing bowl (large) / mixing bowl (small) / set of dry measuring cups / set of measuring spoons / set of bowls/plates and cutlery for sampling / spatula / spoon

Directions

- 1) Pre-heat skillet to medium.
- 2) Add the blueberries, sugar, cinnamon, and orange juice to the skillet and cook for 5 minutes, or until blueberries are soft and juicy.
- 3) Turn off heat.
- 4) In a medium bowl, combine flour, sugar, baking powder, and salt.
- 5) Add margarine and cut margarine into the flour mixture with a fork.
- 6) Crack egg into a medium bowl. Wash hands after handling raw egg. Combine egg with milk and vanilla. Stir into flour.
- 7) Drop batter by the spoonful on top of blueberries. Evenly distribute the batter over the top of the blueberries, don't place it too close to the edge of the pan. Be sure not to place the batter all in one area of the pan or it will not cook properly.
- 8) Cover and cook over medium-low heat for 15 minutes, or until biscuit topping is cooked through.

Chef's Tip



Depending upon the type of skillet you are using, the distribution of heat over the surface of the skillet may vary. Start with the skillet on medium heat and monitor closely, adjust temperature as needed.

Let's Get Cookin'!



Fruit Salad with Orange Honey Yogurt

Ingredients

YIELDS: 5 servings PREP TIME: 10 minutes

Fruit Salad

- 5 cups (1¼ L) fresh fruit (melon, bananas, grapes, oranges, berries) or other seasonal fruits

Orange Honey Yogurt Sauce

- 1¼ cup (300 mL) low-fat vanilla yogurt
- 1 orange
- 1 tbsp. + 1 tsp (20 mL) orange juice
- 3 tbsp. (45 mL) honey
- 1/2 tsp vanilla extract



EQUIPMENT: 4 cutting boards / 4 knives / liquid measuring cup / mixing bowl (large) / mixing bowl (small) / set of measuring spoons / grater / set of bowls and spoons for sampling / spoon

Directions

Fruit Salad

- 1) Thoroughly wash all fruit under cool running water.
- 2) Peel and cut fresh fruit into bite-size pieces.
- 3) Place in a large bowl and mix to combine.

Orange Honey Yogurt Sauce

- 4) Using grater, grate orange skin to create zest. Add remainder of orange to fruit salad.
- 5) In a small bowl, combine yogurt, orange zest, honey, and vanilla. Mix well.

- 6) Portion the fresh fruit onto individual serving plates and drizzle approximately 2-3 tbsp. of yogurt sauce onto the fruit. Alternatively, the orange honey yogurt sauce can be added to the bowl of fruit and gently mix together.

Chef's Tip



Any kind of fresh fruit works well in a fruit salad.
For information on what is in season visit
www.ontario.ca/foodland/page/availability-guide

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