

RECIPES



**simcoe
muskoka**
DISTRICT HEALTH UNIT

Adapted with permission from Niagara Public Health, 2018

Blueberry grunt

This "dessert" is healthy and delicious. It is fun to try to figure out why it is called "grunt"!

Makes: 4 servings

Ingredients: sauce

- 1 litre (4 cups) fresh blueberries, or 1 600 g bag frozen
- 15ml (1 tbsp) sugar
- 2 ml (½ tsp) cinnamon
- 1 ml (¼ tsp) allspice
- juice of 1 orange, fill measuring cup to 125ml (½ cup) with water if orange does not juice this amount

Ingredients: dumplings

- 175 ml (¾ cup) whole wheat flour
- 30ml (2 tbsp) sugar
- 7 ml (1 ½ tsp) baking powder
- 1 ml (¼ tsp) salt
- 15 ml (1 tbsp) vegetable oil
- 1 egg
- 60 ml (¼ cup) skim milk (or make by mixing 15 ml (1 tbsp) powdered milk with 60 ml (¼ cup) water)
- 2 ml (½ tsp) vanilla extract

Instructions:

1. Pre-heat skillet to medium-high.
2. Start with the sauce. Add blueberries, sugar, spices, and juice to skillet and cook for about 5 minutes, or until blueberries are soft and juicy. Turn off heat.
3. In a medium bowl, combine flour, sugar, baking powder and salt. Add vegetable oil and cut or rub in using whisk or dry, clean hands.
4. In a small bowl, combine egg with milk and vanilla. Stir into flour.
5. Drop batter by the spoonful on top of blueberry sauce, avoiding the edge of the pan. Do not stir.
6. Cover with tight-fitting lid and cook over medium-low heat for about 15 minutes, or until dumplings are cooked through - no peeking!
7. When dumplings have puffed and cooked through, serve topped with sauce.

Equipment list:

- Electric skillet
- Wooden spoon
- Whisk
- Dry measuring cups
- Measuring spoons
- Liquid measuring cup
- Cutting board
- Rubber spatula
- Tablespoon
- Small bowl
- Medium bowl
- Serving spoon
- Knife
- Individual bowls (16)

Chickpea and cauliflower curry

A spicy vegetarian dish. Try serving it with rice.

Makes: 4 servings

Ingredients:

- 1 onion
- 2 garlic cloves (or substitute 1 tsp powdered garlic)
- 1 head of cauliflower
- 250 ml (1 cup) frozen green peas
- 45 ml (3 tbsp) vegetable oil
- 20 ml (1 ½ tbsp) curry powder
- 5 ml (1 tsp) cinnamon
- 2 ml (½ tsp) paprika
- 2 ml (½ tsp) cayenne pepper
- 1 dried bay leaf
- 30 ml (2 tbsp) fresh ginger root or 2 ml (½ tsp) ground ginger
- Pinch salt
- 1 - 540ml can chickpeas
- 175 ml (¾ cup) water
- 175 ml (¾ cup) canned coconut milk
- 60 ml (¼ cup) fresh cilantro (optional)

Instructions:

1. Peel and dice onion. Peel and mince garlic. Cut cauliflower into small florets. Measure out frozen peas. If using fresh ginger, peel and grate.
2. Heat 45 ml (3 tbsp) vegetable oil in skillet over medium heat. Add the onion and garlic and sauté until golden and softened.
3. Stir in spices (curry powder, cinnamon, paprika, cayenne, whole bay leaf, ginger and salt) and cook until fragrant (about 2 minutes).
4. Open the can of chickpeas and place in a strainer. Drain and rinse.
5. Add chickpeas, cauliflower and peas to the skillet. Stir in water and coconut milk. Bring to a boil then reduce heat to simmer for 20 - 25 minutes, or until cauliflower is cooked through.
6. Remove from heat and remove bay leaf. Top with chopped cilantro.

Equipment list:

- Electric skillet
- Liquid measuring cup
- Measuring spoons
- Dry measuring cups
- Chef's knives (2)
- Paring knives (2)
- Cutting boards (4)
- Can opener
- Colander
- Small bowls (3)
- Grater
- Wooden spoon
- Ladle
- Individual bowls (16)

Every day omelet

Omelets make a great, fast meal and can be eaten at any time of the day and with any of your favourite ingredients.

Makes: 4 servings

Ingredients:

- 500 ml (2 cups) vegetables (choose any, e.g. tomato, spinach, red onion, mushrooms, asparagus, bell peppers)
- 15 ml (1 tbsp) vegetable oil (optional)
- 250 ml (1 cup) cheese (choose any, e.g. mozzarella, cheddar, feta, swiss, etc.)
- 6 eggs
- 60 ml (¼ cup) water
- salt and pepper to taste
- 2 ml (½ tsp) each, dried oregano, basil and/or parsley
- non-stick cooking spray

Instructions:

1. Chop vegetables. If cooking vegetables, heat vegetable oil in electric skillet. Add vegetables and cook until soft, stirring often. Remove from skillet and place in small bowl. If not cooking the vegetables, place chopped vegetables in a small bowl.
2. Grate or crumble cheese.
3. Crack eggs into a large bowl. Add water, herbs and salt and pepper, to taste. Whisk to combine.
4. Coat the skillet with cooking spray, and preheat over medium heat.
5. Add the egg mixture to the skillet. As mixture sets at the edges, gently push the cooked portions from the edges with a spatula, allowing the uncooked egg to flow underneath. Cook until bottom of omelet is set and the top surface is thickened (almost set).
6. Add the vegetable mixture and cheese onto one side of the omelet. Carefully fold the omelet in half.
7. Cover skillet with lid and cook until cheese has melted (about 1 minute).

Equipment list:

- | | |
|------------------------|-----------------------------------|
| • Electric skillet | • Measuring spoons |
| • Spatula | • Dry measuring cups |
| • Paring knives (3) | • Small bowls (1) |
| • Cutting boards (3) | • Large bowl |
| • Liquid measuring cup | • Flipper/egg lifter |
| • Whisk | • Individual plates or bowls (16) |

Fan favourite meatless chili

This chili is a fast, one-pot meal and is full of protein and fibre from beans and lentils.

Makes: 4 servings

Ingredients

- 15 ml (1 tbsp) vegetable oil
- 1 large onion
- 3 garlic cloves (or substitute 1 ½ tsp of powdered garlic)
- 3 celery stalks
- 1 zucchini
- 1 green bell pepper
- 2 - 540 ml (19 oz) cans of legumes (e.g. pinto beans, kidney beans, lentils, black beans)
- 1 - 540 ml (19 oz) can diced tomatoes
- 1 - 175 ml (6 oz) can tomato paste
- 250 ml (1 cup) water
- 7 ½ - 15 ml (½ - 1 tbsp) chili powder
- 5 ml (1 tsp) ground cumin
- 1 ml (¼ tsp) cayenne pepper
- salt and pepper, to taste
- 250 - 500 ml (1 - 2 cups) shredded cheese (e.g. cheddar, mozzarella, Monterey jack), optional

Instructions:

1. Peel and chop the onion. Peel and mince the garlic. Dice the celery, zucchini and green pepper.
2. Heat 15 ml (1 tbsp) vegetable oil in skillet over medium heat. Add onion, garlic and celery and sauté until the onions are transparent - about 5 minutes.
3. Open canned legumes and place in a strainer. Drain and rinse.
4. Stir in spices (chili powder, cumin, and cayenne pepper) and cook for 1 minute.
5. Add zucchini, green bell pepper, legumes, tomato paste, tomatoes and 250 ml (1 cup) of water to the skillet. Stir to combine and break up tomatoes with the back of a spoon.
6. Cover the skillet and bring to a boil. Once boiling, reduce heat to medium-low and simmer for 10 - 15 minutes for the flavours to combine.
7. Season with salt and pepper and sprinkle with shredded cheese if desired.

For a crunch and flavour burst:

- Add 250 ml (1 cup) frozen corn kernels when adding the canned legumes in step 5.

Equipment list:

- | | | | |
|---------------------|----------------------|----------------------|--------------------|
| • Electric skillet | • Dry measuring cups | • Cutting boards (2) | • Medium bowl |
| • Wooden spoon | • Can opener | • Grater | • Serving spoon |
| • Paring knives (2) | • Colander | • Measuring spoons | • Individual bowls |
| • Chef's knife | | | |

Greek salad

This is a great fresh tasting salad that you can make all summer with tasty local tomatoes, peppers, cucumbers and onions!

Makes: 6 servings

Ingredients: (salad)

- 1 romaine lettuce head
- 1 red onion
- 175 g (6 oz) can pitted black olives
- 1 green bell pepper
- 2 tomatoes
- 1 cucumber
- 250 ml (1 cup) feta cheese

Ingredients: (dressing)

- 80 ml ($\frac{1}{3}$ cup) vegetable oil
- 5 ml (1 tsp) dried oregano or
15 ml (1 tbsp) fresh oregano
- juice of 1 lemon
- black pepper to taste

Instructions:

1. Wash the lettuce leaves under cold water. Pat them dry with paper towel.
2. Break or chop lettuce leaves into bite-sized pieces. Place in large bowl.
3. Peel and slice the onion. Chop the green pepper, tomato and cucumber. Open the can of olives and slice.
4. Add prepared vegetables and crumbled feta cheese to the lettuce.
5. Place all dressing ingredients in a small bowl and whisk to combine.
6. Pour dressing over the salad and toss to combine.

Equipment list:

- Cutting boards (4)
- Chef's knife
- Paring knives (4)
- Measuring spoons
- Dry measuring cups
- Whisk
- Small bowl
- Large bowl
- Serving spoon or tongs
- Can opener
- Paper towel
- Individual plates or bowls (16)

Ground Up Frog Smoothie

This smoothie recipe won 1st place in the 2011 Kids Recipe Challenge. It is easy to make and a great way to try leafy greens at breakfast time!

Makes: 4 servings

Ingredients:

- 375 ml (1 and ½ cups) vanilla soy beverage
- 250 ml (1 cup) lightly packed spinach
- 1 ripe banana
- 125 ml (½ cup) fresh or frozen raspberries
- 125 ml (½ cup) fresh or frozen blueberries
- 2 ice cubes (optional)

Instructions:

1. In a blender, combine soy beverage, spinach, banana, raspberries, blueberries and ice cubes.
2. Cover with the lid and puree until smooth.
3. Pour into cups and enjoy.

Equipment list:

- Blender
- Measuring cups
- Spoon or spatula
- Measuring spoons
- Individual drinking cups or small bowls for serving.

**This recipe is being used with permission from Dietitians of Canada. Get easy to understand information on food, healthy eating and disease prevention along with more aware winning recipes at www.unlockfood.ca.*

Minestrone soup

This classic soup is ready quickly and can be made from whatever vegetables are available in your fridge!

Makes: 8 servings

Ingredients:

- 1 onion
- 4 celery stalks
- 4 carrots
- 2 garlic cloves
- 30 ml (2 tbsp) vegetable oil
- 5 ml (1 tsp) dried basil
- 5 ml (1 tsp) dried oregano
- 1 ml (¼ tsp) pepper
- 1 - 796 ml (28 oz) can diced tomatoes
- 1.8 L (7 cups) low-sodium chicken or vegetable broth
- 1 - 540 ml (19 oz) can red kidney beans
- 125 ml (½ cup) small pasta (shells or wheels)
- 500 ml (2 cups) leafy greens, chopped (swiss chard, collard greens, kale or spinach)

Instructions:

1. Peel and mince garlic.
2. Peel and dice onion, celery and carrots.
3. Heat 30 ml (2 tbsp) vegetable oil in large soup pot over medium heat.
4. Add onion and garlic. Sauté until onions are translucent, about 4 minutes.
5. Add celery and carrot. Cook until they begin to soften, about 5 minutes, stirring occasionally.
6. Stir in dried basil, dried oregano and pepper. Cook for 1 minute to warm the herbs.
7. Open canned tomatoes. Add tomatoes and broth to the large soup pot. Cover and bring to a boil. Once boiling, reduce heat and simmer 10 minutes.
8. Open the can of kidney beans. Drain and rinse.
9. Stir in kidney beans and pasta. Cook until pasta is al dente, about 5 - 8 minutes.
10. Stir in leafy greens and heat until just wilted.

Equipment list:

- Large pot with lid and stove top, or hot plate
- Paring knives (4)
- Chef's knives (2)
- Cutting boards (4)
- Vegetable peeler
- Liquid measuring cup
- Dry measuring cups
- Measuring spoons
- Can opener
- Wooden spoon
- Colander
- Small bowl
- Medium bowl
- Ladle
- Individual bowls (16)

Moroccan couscous

This dish is filled with vegetables and has a tasty blend of sweet and savoury spices.

Makes: 4 servings

Ingredients:

- 250 ml (1 cup) whole wheat couscous (uncooked)
- 375 ml (1 ½ cups) water
- 1 onion
- 2 garlic cloves (or substitute 1 tsp powdered garlic)
- 15 ml (1 tbsp) vegetable oil
- 7 ml (1½ tsp) ground cumin
- 5 ml (1 tsp) ground coriander
- 1 ml (¼ tsp) cinnamon
- 1 ml (¼ tsp) cayenne pepper
- salt and pepper, to taste
- 3 tomatoes
- 2 zucchinis
- 125 ml (½ cup) raisins
- 1 - 540 ml (19oz) can chick peas
- 125 ml (½ cup) water

Instructions:

1. Prepare couscous according to package directions in a skillet or pot.
2. Peel and dice onion. Peel and mince garlic.
3. Heat 15 ml (1 tbsp) vegetable oil in skillet over medium heat. Sauté onions and garlic until softened, about 3-4 minutes.
4. Stir in spices (ground cumin, ground coriander, cinnamon, cayenne pepper, salt and pepper) and cook for 1 minute.
5. Chop tomato and zucchini into small pieces and add to the skillet along with the raisins.
6. Open the can of chick peas and pour into a colander. Drain and rinse and add to the skillet.
7. Add 125 ml (½ cup) water to skillet and stir. Increase heat and bring to a boil. Once boiling, reduce heat to simmer and cook until most of the liquid has evaporated.
8. Spoon topping over couscous.

Equipment list:

- Electric skillet
- Wooden spoon
- Paring knives (3)
- Cutting boards (3)
- Liquid measuring cup
- Measuring spoons
- Dry measuring cups
- Can opener
- Colander
- Small bowls (2)
- Large bowl
- Serving spoon
- Individual plates or bowls (16)

Polenta with black bean salsa

Polenta is a cornmeal mixture that can be eaten baked, fried or as a porridge. Enjoy polenta browned in this fresh tasting recipe.

Makes: 4 servings

Ingredients:

- 15 ml (1 tbsp) vegetable oil
- 1 onion
- ½ jalapeño
- 2 ml (½ tsp) ground cumin
- 2 tomatoes
- 1 - 540ml (19 oz) can black beans
- 1 mango, fresh, or 500 ml (2 cups) frozen
- juice of 1 lime or 4 tbsp lime juice
- salt and pepper, to taste
- 750 ml (3 cups) water
- 175 ml (¾ cup) instant polenta

Instructions:

1. Mince the onion and jalapeño. Dice the tomatoes. Peel and dice the mango. Juice the lime.
2. Heat 15 ml (1 tbsp) vegetable oil in skillet over medium heat. Add the onion and jalapeño. Sauté until the onion is translucent.
3. Add the cumin to warm the spice (about 1 minute).
4. Open the can of black beans and place in a strainer. Drain and rinse.
5. Add the tomato, black beans and mango to the skillet. Stir to combine and warm (about 5 minutes).
6. Season with lime juice, salt and pepper.
7. Remove from heat, cover and set aside until polenta is ready.
8. Add polenta and water to a saucepan or skillet. Bring to a boil.
9. Once boiling, reduce heat to medium and cook, stirring constantly, about 5 minutes. The final texture should be like soft scrambled eggs.
10. Spread onto bottom of a serving platter and top with warmed salsa.

Kick it up!

- For extra spicy: add 1 full jalapeño, minced (step 2).
- For extra zesty: add the zest of 1 lime and the juice of 2 limes, instead of 1 (step 6).

Chef's Tip: Jalapeños contain oils that can burn your skin or eyes. Consider wearing gloves or wash your hands well after preparing them.

Equipment list:

- Electric skillet
- Pot/saucepan (optional)
- Chef's knives (2)
- Paring knives (3)
- Cutting boards (3)
- Measuring spoons
- Serving platter
- Can opener
- Wooden spoon or spatula/flipper
- Colander
- Dry measuring cups
- Small bowls (3)
- Serving spoon
- Individual plates (16)

Southwest quesadilla

This great snack is crisp, cheesy, and loaded with colourful peppers.

Makes: 4 servings

Ingredients:

- 45 ml (3 tbsp), vegetable oil, divided
- 2 garlic cloves (or substitute 1 tsp powdered garlic)
- 1 - 540 ml (19 oz) can pinto beans
- 1 can whole kernel corn
- 5 ml (1 tsp) cumin
- 5 ml (1 tsp) chili powder
- 2 green onions
- juice of 1 lime (or 2 tbsp lime juice)
- 2 bell peppers (e.g. green, red, yellow or orange)
- 500 ml (2 cups) cheese (choose any e.g. cheddar, marble, monterey jack, etc.)
- 1 package large, whole grain tortillas
- juice of 1 lime (or 2 tbsp lime juice)
- salt and pepper, to taste

Instructions:

1. Heat 30 ml (2 tbsp) vegetable oil in skillet over medium heat. Remove the skins from the garlic cloves and place in the hot oil. When brown on both sides, mash garlic cloves with a fork (about 4 - 5 minutes).
2. Open the can of beans and place in a strainer. Drain and rinse.
3. Stir beans, cumin, chili powder, and salt into the mashed garlic. Cook until beans are heated, about 5 minutes.
4. Use a potato masher to mash the bean mixture to your desired texture. Squeeze lime juice over top and stir to combine.
5. Chop peppers and green onions into small pieces.
6. Open the can of corn kernels and pour into a strainer. Drain and rinse.
7. Heat 15 ml (1 tbsp) vegetable oil in skillet over medium heat. Add peppers and cook until soft, stirring often.
8. Spread the beans over half of the tortillas. Layer with grated cheese, green onions, corn and cooked peppers. Fold tortillas in half.
9. Fry quesadillas in skillet until lightly browned on the outside and cheese is melted (about 2 - 3 minutes).

Equipment list:

- Electric skillet
- Paring knives (3)
- Cutting boards (3)
- Dry measuring cups
- Wooden spoon
- Measuring spoons
- Potato masher
- Grater
- Can opener
- Flipper
- Spreading knife
- Small bowl

Super fruity pancakes

Filled with fruit, these pancakes are tasty and healthy!

Makes: 3 servings

Ingredients:

- 1 L (4 cups) fresh berries or 1-600 g bag frozen, mixed berries
- 30 ml (2 tbsp) cornstarch
- 30 - 60 ml (2-4 tbsp) water
- non-stick cooking spray
- 2 eggs
- 425 ml (1 $\frac{3}{4}$ cups) milk
- 60 ml ($\frac{1}{4}$ cup) vegetable oil
- 60 ml ($\frac{1}{4}$ cup) unsweetened applesauce
- 5 ml (1 tsp) vanilla extract
- 250 ml (1 cup) whole wheat flour
- 125 ml ($\frac{1}{2}$ cup) ground flaxseed
- 60 ml ($\frac{1}{4}$ cup) wheat germ
- 60 ml ($\frac{1}{4}$ cup) all-purpose flour
- 20 ml (4 tsp) baking powder
- 15 ml (1 tbsp) sugar
- 1 ml ($\frac{1}{4}$ tsp) cinnamon
- 1 ml ($\frac{1}{4}$ tsp) salt
- 1 overripe banana
- 1 - 398 ml can sliced peaches

Instructions:

1. Add berries to a pan or skillet. Add cornstarch and enough water to cover the bottom of the pan/skillet.
2. Cook the berries over medium heat, stirring occasionally, until they begin to break down and the sauce thickens slightly, about 15 minutes. This is the fruit topping.
3. In a large bowl, whisk together the eggs, milk, vegetable oil, applesauce and vanilla.
4. In another large bowl, whisk together the whole wheat flour, ground flax seed, wheat germ, all-purpose flour, baking powder, sugar, cinnamon and salt.
5. Add the dry ingredients (step 4) to the wet ingredients (step 3). Stir until just combined.
6. Peel and mash the banana. Open and drain the canned peaches and cut into smaller pieces. Gently stir the banana and peaches into the batter.
7. Coat the skillet with cooking spray, and preheat for over medium heat. Use a ladle to spoon a small amount of batter onto the hot skillet in small circles. Cook until undersides are lightly browned, then flip and cook the other side.
8. Serve pancakes with the fruit topping.

Equipment list:

- Electric skillet
- Liquid measuring cup
- Large bowl
- Wooden spoon
- Can opener
- Medium bowls (2)
- Paring knife
- Whisk
- Small bowl
- Cutting board
- Fork
- Serving spoon
- Measuring spoons
- Flipper
- Potato masher
- Dry measuring cups
- Ladle
- Individual plates (16)

Tex mex black bean salad

This salad is a zesty way to try something new and healthy.

Makes: 8 servings

Ingredients:

- 125 ml (½ cup) olive oil
- juice of 3 limes (90 ml or 6 tbsp)
- zest of 1 lime (20 ml or 2 tsp)
- 15 ml (1 tbsp) sugar
- 5 ml (1 tsp) salt
- 1 ml (¼ tsp) cayenne pepper
- 2 - 540 ml cans black beans
- 500 ml (2 cups) frozen corn or 3 ears fresh cooked corn
- 2 bell peppers (e.g. red, orange or yellow)
- 2 garlic cloves
- 1 medium shallot or onion
- 125 ml (½ cup) fresh cilantro, plus more for garnish
- 2 avocados (optional)

Instructions:

1. Zest 1 lime and juice 3 limes. Add to small bowl.
2. Add the olive oil, sugar, salt and cayenne pepper to the lime zest and juice. Whisk to combine.
3. If using fresh corn, cook and set aside to cool.
4. Open the can of black beans and place in a strainer. Drain and rinse.
5. Chop peppers and cilantro. Peel and mince garlic and shallot or onion.
6. Add black beans, red peppers, cilantro, garlic, shallot/onion and corn to large bowl (if using frozen corn that has been defrosted, it can be added right into the bowl without cooking).
7. Pour dressing over the salad and toss to combine.
8. When ready to serve, chop avocados and mix gently into the salad. Be careful not to mash avocados.

Equipment list:

- Grater for zesting
- Chef's knives (2)
- Paring knives (2)
- Cutting boards (2)
- Dry measuring cups
- Liquid measuring cup
- Measuring spoons
- Can opener
- Wooden spoon
- Mesh strainer
- Whisk
- Small bowls (2)
- Large bowls (2)
- Serving spoon
- Individual bowls or plates (16)

Veggie fried rice

Use leftover rice to make this great hot lunch.

Makes: 4 servings

Ingredients:

- 500 ml (2 cups) uncooked instant brown rice
- 30 ml (2 tbsp) vegetable oil
- 1 - 227g package of mushrooms, sliced (2 ½ cups of sliced mushrooms)
- 4 eggs
- 2 carrots, shredded
- 1 bell pepper, chopped
- 250 ml (1 cup) frozen peas
- 30 ml (2 tbsp) reduced-sodium soy sauce
- 4 green onions

Instructions:

1. Prepare rice according to package directions in a microwave or on a stovetop (if available). Electric skillet can be used as well.
2. Slice the mushrooms.
3. Heat 30 ml (2 tbsp) vegetable oil in skillet over medium heat. Add sliced mushrooms and cook, stirring occasionally, for about 5 minutes or until the mushrooms have released their liquid.
4. Crack the eggs into a small bowl and beat with a whisk or fork until yolk is broken and mixed into the egg white. Add the egg to the skillet and let stand for a few seconds then stir.
5. Peel and shred the carrots using a grater/shredder. Chop the green onions. Cut the bell peppers into strips and then chop them into bite size pieces.
6. Add shredded carrot, pepper, peas and cooked rice to the pan. Stir to combine.
7. Add soy sauce and cook until heated through, about 5 minutes.
8. Sprinkle with green onions.

Kick it up! Optional

- Add 30 ml (1 tbsp) minced, fresh ginger root and 3 cloves of garlic, minced, when adding the mushrooms (step 3).
- Add 5 ml (1 tsp) sesame oil and 2 ml (½ tsp) red chili flakes when adding soy sauce (step 7).

Equipment list:

- Electric skillet
- Paring knives (3)
- Cutting boards (3)
- Whisk
- Wooden spoon
- Measuring spoons
- Pot or saucepan
- Grater/shredder
- Dry measuring cups
- Small bowl
- Medium bowl
- Serving spoon
- Individual plates or bowls (16)

Veggie pita and hummus

Hummus and pita taste great together! This meal is delicious and includes all four food groups!

Makes: 4 servings

Ingredients for hummus:

- 1 can chickpeas
- 30 ml (2 tbsp) vegetable oil
- 1 tbsp lemon juice
- 30 - 60 ml (2 - 4 tbsp) water
- 1 - 2 garlic cloves (or ½-1 tsp powdered garlic instead)
- salt, to taste

Ingredients for pitas:

- ½ cucumber
- 1 tomato
- 1 cup chopped broccoli
- 1 carrot
- 250 ml (1 cup) low fat cheddar cheese
- 4 small whole grain pitas

Instructions for hummus:

1. Add chickpeas, vegetable oil, and 2 tbsp of water, lemon juice, garlic and salt to the blender. Blend until smooth.
2. If needed, add additional water to thin the hummus out to desired texture.
3. Add salt to taste to your preference.

Instructions for pitas:

1. Rinse cucumber and tomato under cool tap water; cut into very thin slices. Set aside.
2. Wash and grate carrots using the large sized holes on a grater. Wash and finely chop broccoli. Set aside.
3. Grate cheese and set aside.
4. Spread hummus on top of pita. Cover with grated cheddar cheese and top with vegetables.

Equipment list:

- Blender
- Can opener
- Strainer/colander
- Cutting board
- Paring knives (3)
- Measuring spoons
- Spatula
- Medium bowl
- Spreading knife
- Chef's knife
- Grater
- Small bowls (4)
- Individual plates (16)

Zesty bulgur and lentil salad

Bulgur is a form of wheat that is considered a whole grain, making it high in healthy fibre!

Makes: 6 servings

Ingredients:

- zest and juice of 2 lemons
- 15 ml (1 tbsp) grated fresh ginger or ¼ tsp dried, powdered ginger
- 5 ml (1 tsp) dijon mustard
- 10 ml (2 tsp) honey
- salt and pepper, to taste
- 250 ml (1 cup) dry bulgur
- 500 ml (2 cups) water
- 1 - 540 ml (19 oz) can lentils
- 4 stalks celery
- 1 bell pepper (e.g. red, yellow or orange)
- 3 green onions
- 1 apple or pear

Instructions:

1. Zest and juice the lemons. Add to small bowl.
2. Peel ginger using a vegetable peeler. Grate using the small hole side on a grater. Add to the small bowl.
3. Add the mustard, honey and salt and pepper to the lemon zest, juice and ginger. Whisk to combine.
4. Add water and bulgur to a pot. Bring to a boil. When boiling, cover, reduce to low and simmer for 12 minutes. Remove from heat and fluff with a fork.
5. Open the can of lentils and place in a strainer. Drain and rinse.
6. Finely chop celery, red bell pepper, green onions and the apple or pear. Place in large bowl. Add lentils and bulgur.
7. Pour dressing over the salad and toss to combine.

Equipment list:

- | | |
|-----------------------------|-----------------------------------|
| • Electric Skillet with lid | • Measuring spoons |
| • Grater for zesting | • Wooden spoon |
| • Vegetable peeler | • Colander/strainer |
| • Medium pot with lid | • Whisk |
| • Chef's knives (2) | • Small bowls (2) |
| • Paring knives (2) | • Large bowls (2) |
| • Cutting boards (2) | • Serving spoon |
| • Dry measuring cups | • Fork |
| • Liquid measuring cup | • Individual bowls or plates (16) |
| • Can opener | |

Glossary of cooking terms

Chop: To cut food into small, bite-size pieces with a sharp knife on a cutting board

Beat: To stir or mix ingredients with a whisk, spoon or a mixer until smooth

Dice: To cut food into small 6 mm (¼ inch) cube-shaped pieces

Fold: To gently mix ingredients by moving food from the center and lifting towards the edge of the bowl

Mince: To cut food as small as you can

Purée: To grind or mash food through a sieve or blender so that the food becomes a smooth, thick consistency

Sauté: To cook food quickly in a small amount of oil in a pan over direct heat

Set: To allow a food to become solid or semi-solid

Simmer: To heat liquids in a saucepan on low heat so that the small bubbles appear on the surface around the sides of the liquid

Slice: To cut foods such as apples, carrots, tomatoes, meat or bread into thin sections or pieces, using a sharp knife

Stiff peaks: Egg whites whipped until the peaks formed stay upright

Stir: To mix two or more ingredients with a spoon, using a circular motion

Toss: To turn pieces of food over several times, until the ingredients are mixed together

Whisk: To mix together by beating with a whisk or mixer