



THE
Guelph
Student
Cookbook



in collaboration with the CSA Food Bank



All proceeds go to the CSA Food Bank

GUELPH STUDENT COOKBOOK

To our professors and the University of Guelph community who taught us that we are capable of change, then charged us to go and bring about change.



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WHY A COOKBOOK?

“Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime.” - Proverb

Whether we knew it or not at the time, this was the philosophy behind the Guelph Student Cookbook. As University students, we have all come to know the power of knowledge and education in changing lives. Like many good ideas, the idea for this cookbook was born in a classroom. As a part of the Food Security course (in the Applied Human Nutrition program), Ivy Lam had a chance to become involved with the CSA Food Bank during the Winter Semester of 2009. It was here that she learned of the concerns of the food bank, one of which was that there are numerous food items in the food bank that are left on the shelves because students lacked the knowledge on how to use them. Sometimes students ask for recipes and the recipes simply are not there. Consequently, a solution, in the form of a cookbook, was proposed. The goal of this cookbook is to provide food bank users with the knowledge and skills needed to make healthy choices and prepare nutritious food with limited food choices and budget, and to fundraise for food bank.

A few semesters passed and there was still no cookbook. In the summer of 2010, Ivy finally approached Molly McManus (the 2010-2011 Food Bank Coordinator) and decided to take on the Cookbook Project. With the help of Shaylin Aarssen, cookbook co-author, a team of 40 dedicated and creative student volunteers from the Applied Human Nutrition program, the Arts and Science Community Initiative course (under Professor Anne Milne), and students from the Canadian Association of Food Professionals Guelph Student Branch (under faculty advisor Alison Crerar). Together, the team created a survey for current food bank users to assess their needs and preferences. Survey results showed that the largest barriers were time and budget, and the greatest needs are quick, tasty, and affordable recipes based on items at the food bank.

Endless hours of volunteering work were poured into our Taste Tests, to make sure each recipe tastes great and is written so that students can understand it. Each of our recipes went through these rigorous tests before they were included in the book. Time also went into the nutrient analysis (the nutrition values that you see at the end of the book was the hard work of Laura French and others) to inform students about the contents of what they eat – a very important skill. Knowing that there are students with unique diets on campus (e.g. gluten-free, vegan), we have also tried to have a variety of recipes to meet their needs.

Despite numerous setbacks and obstacles along the way, we are proud to say that we persevered to bring you what you are now holding in your hands: the Guelph Student Cookbook. Shaylin Aarssen, cookbook co-author, has been both creative and courageous in approaching different sponsors and holding fundraisers to help us meet the budget to put this cookbook to print. Special mention goes to Monica Bashaw, Ashleigh Callan, Leah Labranche (and every SLG leader/staff who tried and reviewed our “creations” - good or bad), Courtney Laurie, Vivian Pang, Christianne Patry, Heather Reid, Emily Robins, Melanie Simard, and Sau Yau, who continued with us through the summer to see the book to completion. We also thank Laura Simon, the current CSA Food Bank coordinator, for her work with us in these last few months, especially for designing our cover! Of course, none of this would have been possible without the sweat and tears (literally) of every one who has helped out with the cookbook – student volunteers (see full list on p.76, 77), faculty members, community partners, University staff – thank you for making this cookbook a reality.

We hope that you enjoy the innovative, resourceful, and scrumptious recipes inside these pages – because we sure did!

Happy Eating,

The CSA Food Bank Cookbook Team

{THANK YOU !}

As I put together the final touches on the book, I’m filled with gratitude for the amazing team that I had a chance to work with throughout the past year. Thank you for your diligence in responding to emergency (!!!) e-mails, your humor when we were exhausted, your understanding and flexibility in meeting deadlines, your support and encouragement when things didn’t go as planned... But most of all, thank you for your faith in this project - for believing in it when it was just an idea, and for sticking with it all the way through. It was a privilege working with all of you!

Thank you also to the faculty and staff of the University of Guelph and the Guelph community for offering valuable suggestions and continued support throughout the process.

None of this would have been possible without each and every single one of you.
Thank you!



Ivy Lam

Cookbook Team Coordinator/Editor



CSA Food Bank

About.

In an effort to combat hunger and poverty on campus and in the greater Guelph community, the Central Student Association Food Bank provides graduate and undergraduate University of Guelph students and their dependents access to emergency fresh, frozen and non-perishable foods, anti-poverty resources, and referrals to other food security, anti-poverty and financial assistance groups. This service is always confidential.

History.

The CSA Food Bank, started and funded by students, began in the fall of 2004. Since then, we have seen the scope of our work increase dramatically as the real and often hidden issues of hunger and impoverishment become more evident. We have helped hundreds of people in need, and held a series of events that focused on raising awareness about and hunger and resistance to poverty in our communities. With more and more students accessing emergency food services in the Guelph community, the need for the CSA Food Bank could not be greater.

For more information:

foodbank@uoguelph.ca

www.csaonline.ca

Navigating Through the Cookbook

V

Vegan: includes no animal products including meat, eggs, and dairy

GF

Gluten Free: Gluten is a protein present in wheat and some other grains. These recipes do not include any wheat or grain that has gluten.*

P

Party-Sized: This indicated that a recipe provides more than 6 servings and is perfect for potlucks and dinner parties.

*These recipes are based on gluten-free items. However, you will still need to **check the ingredient list** on the label to see that the item you use is completely gluten-free. Make sure you check the ketchup, soy sauce, mayonnaise, baking powder, and any other item that you are unsure about before using it for the recipe. If in doubt, it may be safest not to use it.

CSA Food Bank Food List

These are items that are usually available at the food bank, but may change depending on season and availability. It's a good idea to review this list so you know what ingredients you need to get when using recipes from this cookbook.

- Baking soda
- Bread (white and brown)
- Canned Beans: black, kidney, chick peas, green beans, yellow beans, mixed bean salad
- Canned soup: ALWAYS cream of mushroom; chicken noodle, tomato, and vegetable
- Canned vegetables: mixed veggies, peas, carrots, mushrooms, potatoes, tomatoes (crushed, puree, or diced), corn and cream corn
- Canola Oil
- Cereal: usually cornflakes or cheerios
- Chef Boyardee pasta bits
- Chicken and beef broth
- Couscous
- Flour
- Frozen peas, carrots and corn
- Ketchup
- Kraft Dinner
- Lentils: red and green
- Margarine
- Milk, soy milk
- Mustard
- Pasta - usually macaroni and spaghetti or Penne rarely if ever, lasagna
- Pancake Mix
- Perogies
- Rice - White, brown

- Salt
- Soy Sauce
- Sugar- Brown, Granulated
- Syrup
- Tomato paste
- Vegan Bouillon cubes
- Vinegar
- Waffles

Vegetables

Fall:

- Apples
- Carrots
- Potatoes
- Rutabaga/Turnip
- Squash- usually only butternut

Winter:

- Apples
- Onions
- Potatoes

Food Sustainability

The introduction of this cookbook focuses on sustainability; so you may be wondering, what exactly do we mean by sustainability? We mean meeting needs for the present, while not compromising future generations and their ability to meet their own needs. Now, how does this relate to food? Food sustainability involves providing healthy, accessible food to everyone in a population without harming the environment. Since the environment includes everything that surrounds us, including ourselves, food cannot be sustainable if the majority of the world's population is affected badly by food consumption, such as eating too much or too little. Not having access to enough food is called food insecurity, and it is the reason we need food banks. The goal of the University of Guelph's food bank is to provide food for all whom need it, make food easily accessible, and also provide its users with healthy choices. It also aims to educate the public to be knowledgeable consumers to create healthy, balanced meals with the materials provided! The following introduction includes information on sustaining and preserving food, as well as safe and affordable eating.

How you can be sustainable

- Shop smart!
- Buy local when you can- farmers markets
- Buy in season
- Keep an eye out for Fairtrade symbol- meaning that the producer paid a price to certify that sustainable practices were used
- Take a re-usable bag out when you go shopping
- Create your own garden at home!

Buying Local

- Guelph Farmers' Market
- Guelph Centre for Urban Organic Farming

Ontario Fruits and Vegetables Seasonal Availability

All Season:

Apples
Cabbage (not in May)
Carrots (not in June)
Cucumber- greenhouse
Lettuce- greenhouse
Mushrooms
Onions
Rutabaga
Sprouts
Sweet potatoes

Fall (September - November):

Beans (green/ wax)
Beets
Broccoli
Brussel sprouts
Cauliflower
Celery
Corn
Eggplant
Field cucumbers
Field tomatoes
Garlic
Green onions
Leeks
Pears
Plums
Potatoes
Squash

Winter (December - February):

Beets
Garlic
Leeks
Potatoes
Squash

Spring (March - May):

Asparagus
Rhubarb
Strawberries

Summer (June - August):

Apricots
Asparagus
Beans (green/wax)
Blueberries
Broccoli
Cauliflower
Celery
Cherries
Corn
Green onions
Field peppers
Field cucumbers
Field tomatoes
Garlic
Lettuce
Plums
Potatoes
Raspberries
Spinach
Strawberries
Zucchini

(From Foodland Ontario's Availability Guide)

Eating on a Budget

TIPS FOR COOKING:

Cooking with whole ingredients will almost always be cheaper than buying pre-prepared foods and it goes a lot farther. One handmade dish can feed you for several meals but prepared foods almost always are gone in one sitting. But you have to find the time to cook so:

- Set aside a small time each week to do a big cook. Make food in large batches. You could even do this with friends or housemates to save on ingredient costs.
- Store the food you make in meal sized containers (old yogurt, sour cream container, pasta jars, etc.) so that you can take them each day when you go to school or work. That way you're less tempted to buy fast food or go to a restaurant on the run. Most things can be frozen so you don't have to worry about how long you've had them and they're easy to grab quickly. There are microwaves in the cafeterias around campus and you can grab their utensils and condiments if you need them.
- As much as possible try to always carry a small bit of food with you, like apples or trail mix. You won't get really hungry while you're out and be forced to head home early or eat out.
- Take advantage of cheaper staple foods and use them to make a batch of food go farther. Some of these are potatoes, carrots, apples, pasta, rice, other grains, bananas, and beans. These foods are usually the most versatile too. If you usually like baked potatoes, then try making other kinds like hash browns, potato pancakes, scalloped potatoes, and mashed.
- Buy local and buy seasonal. Almost always local seasonal food is cheaper than imported grocery store produce. Check out the farmer's market.

Food Safety Guidelines

(from Health Canada)

Separate:

Separate raw meat, poultry, fish and seafood from other foods in your grocery cart and in your refrigerator. This is to make sure that there is no cross-contamination of your foods. Although heat and proper cooking can kill bacteria on food, fruits and vegetables are often consumed raw and may still have some harmful bacteria on them.

***What is cross-contamination?** It is the spread of harmful bacteria from one kind of food to another. For example, if your raw chicken touches your raw carrots in your refrigerator, your carrots now have the bacteria from the chicken on them.

Tips to keep food separate while shopping:

- Buy cold or frozen foods at the end of your shopping
- Keep raw meat, poultry, fish and seafood away from other food in your grocery cart
- Pack raw foods in individual plastic bags (like the ones you can find in the produce section)
- When using reusable grocery bags or bins, label a bag or a bin just to carry raw meat, poultry, fish and seafood

In the refrigerator:

- Keep your raw meat, poultry, fish and seafood separate by storing them in different containers
- Place raw meat, poultry, fish and seafood on the bottom shelf of your refrigerator so that the juices don't drip onto other foods.

Clean:

It is very important to clean your hands, kitchen surfaces and utensils, fruits, vegetables, and reusable grocery bags to help eliminate bacteria and reduce your risk of food borne illness.

Kitchen surfaces and utensils:

- When you have used a plate or utensil to handle raw food, do not use it again until you have washed them in warm soapy water or in the dishwasher.

Food:

- Always clean fruits and vegetables before eating, especially if they are going to be eaten raw.
- It is not necessary to use anything other than water to wash your produce.
- Consider using a vegetable scrub brush on produce that have a firm skin such as carrots, potatoes, melons and squash.

Living Gluten Free - Tips

Individuals with gluten sensitivity are allergic to a protein found in wheat, barley and rye. Living gluten-free would be easy if these things weren't hidden in many processed foods. It takes time to learn what foods are safe and what foods are not, but this cookbook includes some things that are definitely not safe, and also a list of things for which needs to be checked with the manufacturer. The internet is a difficult place to find accurate information on the gluten status of foods, but the company's website may provide some guidance on the gluten status of the product. The gluten status of many foods can change without warning, and something that is gluten-free today may not be tomorrow. "Living Without" is a great magazine with gluten free and dairy free recipes.

Ingredients to Avoid:

- Brewer's Yeast
- Bulgur
- Couscous
- Durum
- Einkorn
- Kamut
- Rye
- Semolina
- Spelt
- Triticale
- Wheat
- Wheat Protein
- Anything that is malted in barley (Maltodextrin is OK if food is Canadian, otherwise the source must be checked)

Red Flags on Labels:

- Artificial Flavour
- Natural Flavour
- Garlic Powder, Onion Powder
- Plant Protein
- Spice
- Vegetable Protein

**Note these labels are ambiguous and do not state their source. They may not have gluten, but you must always contact the manufacturer to confirm.*

Items Allowed:

- Corn starch
- Wine; distilled alcohols and cordials (check labels for preservatives and dyes); gluten-free beers
- Flavor extracts (like vanilla extract)
- Vanilla
- Vinegar (except malt)

Unfortunately some people who are sensitive to gluten also develop lactose intolerance. For some, this may be temporary the lactose-intolerance will disappear once the villi regenerate. This cookbook also provides some gluten-free and dairy-free (vegan) recipes to help you out.

Helpful Terms to Know

Basic Cooking Terms

Cubed: To chop food into small, uniform, cube shapes. About $\frac{1}{2}$ inch in size.

Diced: To chop foods into smaller, uniform cubes. About $\frac{1}{8}$ to $\frac{1}{4}$ inch in size.

Drained: To pour off excess liquid or fat from food such as water from pasta or fat from ground beef.

Minced: To finely chop foods into very tiny pieces so they are distributed throughout the dish

Sauté: A high heat quick cooking method that uses a small amount of butter, oil or fat in a flat pan to brown meat or vegetables. Grab the handle of the pan and use a quick, jerking motion to “toss” or “stir” items in the pan.

Simmer: To cook food in hot liquid just below the boiling point. You should see tiny bubbles forming and gently rising to the surface.

Tbsp: Tablespoon (15 ml)

Tsp: Teaspoon (5 ml)

Basic Nutrition Terms

Calories: the amount of energy in food. Carbohydrates, fat, and protein are nutrients that provide calories.

Carbs: Short for “Carbohydrate” this nutrient is the body’s main source of energy and can be found in many foods including breads, cereals, beans, and fruits. One gram of carbohydrate provides 4 calories

Fat: an important nutrient the body needs for energy, growth, development and to absorb vitamins A, D, E and K. Keep in mind the type and the amount of fat you eat. Saturated and trans fat are the kinds you want less of. One gram of fat provides 9 calories

Fibre: a non-digestible carbohydrate found in nuts, seeds, fruits, vegetables, legumes and whole grains

Protein: a nutrient that helps build and repair your body’s tissues. Sources of protein include nuts, legumes, chicken, and beef.

Sodium: a mineral found in foods and table salt. Canadian adults need 1500mg of sodium each day. One gram of protein provides 4 calories

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CHAPTER

1

BASICS & SIDES

BRIGHTEN-UP BAKED BUTTERNUT SQUASH

This delicious and nutritious dish will wow your taste buds!

1. Cut squash into small cubes and place into large bowl.
2. Mix oil, syrup, salt and pepper together, pour over squash and toss gently until coated. Place onto greased baking sheet.
3. Bake at 450°F (230°C) for 20-25 minutes. Stir mixture halfway through.

PER SERVING:

150 calories | 300 mg sodium | 4 g fibre
7 g fat | 2 g protein | 23 g carbs

SERVES 4

TOTAL TIME: 35 MIN

INGREDIENTS

- 1 butternut (winter) squash, peeled and cut into small chunks
- 2 tbsp vegetable oil
- 1 tbsp maple or corn syrup
- Pinch of salt and pepper

V | GF

STUDENT TIPS:

- How to cut a butternut squash: Using a sharp knife, cut one inch from the top and the bottom of the squash
- Peel away skin until you reach deeper orange flesh by using a knife or a peeler
- Cut squash in half length-wise
- Remove all seeds and membrane from the inside using a spoon.
- Chop into small chunks (about 1/2inch)

SKIN-IN MASHED POTATO

SERVES 6

TOTAL TIME: 1 HR

INGREDIENTS

- 5 large potatoes (red or Yukon gold), cubed
- 2 tsp salt
- 1 cup milk
- 1/4 cup margarine, at room temperature
- 4 cloves garlic, minced
- 2 tsp dried oregano (optional)
- Salt and pepper (to taste)

If you have a bit of time on hand and want to have that soft, fluffy, REAL mashed potato, this recipe is a MUST. The left-in potato skin also adds in color to brighten up the dish.

1. In a large pot of water, add salt and bring water to boil.
2. Carefully add in potatoes and cook until slightly soft, about 35-45 minutes. Remove from heat and drain. Add in milk, margarine, garlic, salt, and oregano (if using).
3. Mix with potato masher or fork. Season with salt and pepper.

PER SERVING:

257 calories | 140 mg sodium | 4 g fibre
9 g fat | 6 g protein | 40 g carbs

GF

PARTY'S ON BLACK BEAN DIP

SERVES 8

TOTAL TIME: 15 MIN

INGREDIENTS

- 1 (19 oz.) can black beans
- 3 tsp cider vinegar
- 1/2 tsp salt, pepper, garlic powder, and onion powder
- Dash of hot sauce

This is a great dish to share with friends, or to keep handy in the fridge for a healthy snack. This recipe can easily be doubled to share with others. Serve with corn chips, veggies, or pita bread!

1. Drain beans, reserve liquid in a small bowl. In a medium bowl, mash beans well with fork until smooth.
2. Stir in 2 tbsp of the canned liquid and cider vinegar. Add in more of the canned liquid if needed, and stir until smooth and softened.
3. Stir in remaining ingredients.
4. Keep dip chilled in refrigerator until ready to serve.

STUDENT TIP:

- Topping: sprinkle with 1/4 cup grated cheddar cheese and 1 tbsp ground walnuts over top.

PER SERVING:

66 calories | 381 mg sodium | 5 g fibre
1 g fat | 4 g protein | 12 g carbs

V | GF | P

EASY GUACAMOLE

Serve this as a dip with tortilla chips, or use as a spread to add a creamy texture to wraps and sandwiches.

1. In a medium bowl, mash together the avocados with a fork.
2. Add in lime juice. Stir in onions, tomatoes, garlic and ground hot pepper.
3. Serve immediately or for a more intense flavor, chill in refrigerator for one hour before serving.

PER SERVING:

170 calories | 301 mg sodium | 7 g fibre
15 g fat | 2g protein | 11 g carbs

SERVES 4

TOTAL TIME: 10 MINS

INGREDIENTS

- 2 avocados, pitted and peels removed
- 1 tbsp lime juice
- 1/4 cup onions, diced
- 1/4 cup tomatoes, diced, seeds removed
- 1 clove garlic, minced
- 1/2 tsp salt
- Pinch of ground hot pepper, chili flakes or Tabasco sauce

V | GF

STUDENT TIP:

- Put guacamole in a resalable container with one of the pits from the avocado to prevent browning.
- Substitute 1 tsp garlic powder for fresh garlic

MMM... SWEET POTATO HUMMUS

SERVES 12
(2 TBSP EACH)
TOTAL TIME: 40 MIN

INGREDIENTS

- 1 sweet potato, peeled, cut into 2 inch cubes
- 2 cloves garlic, peeled
- 2 tbsp olive oil, divided
- 1 can (19 oz/540 mL) chickpeas (garbanzo beans), rinsed
- 1 tbsp lemon juice or vinegar

1. Preheat oven to 375 °F (190°C).
2. Toss potatoes and garlic with 1 tbsp of olive oil.
3. Spread potatoes out on baking sheet and bake for 30 to 35 minutes, or until potatoes are soft.
4. Let potatoes cool for 10 minutes.
5. Place potatoes in food processor or in a bowl to hand blend/mash. Add remaining ingredients and process until well blended.
6. Serve with fresh cut vegetables, crackers or pita wedges.

PER SERVING:

101 calories | 139 mg sodium | 3 g fibre
3 g fat | 3 g protein | 17 g carbs

V | GF | P

FABULOUSLY FUN FRUIT DIP

SERVES 12
(1/4 CUP EACH)
TOTAL TIME: 1HR 5 MIN

INGREDIENTS

- 3 cups plain yogurt
- 1 package instant vanilla pudding mix
- 1 tsp cinnamon

An easy and delicious dip for fruit of all kinds. To jazz it up, sprinkle nuts, granola, or additional cinnamon on top before serving.

1. Fold pudding mix into yogurt.
2. Mix in cinnamon.
3. Let it chill in the fridge for one hour.

PER SERVING:

91 calories | 187 mg sodium | 0 g fibre
2 g fat | 5 g protein | 14 g carbs

GF | P

STUDENT TIPS:

- Try adding a pinch of nutmeg with the cinnamon for more of a punch!
- Serve with fresh seasonal fruit.

SUPER BOWL BEAN & CORN SALSA

Forget the greasy, cheesy nacho dips or salty salsas. This delicious bean salsa is sure to be a favorite at any party. It's so good that you just might forget the tortilla chips and start eating it on its own!

1. In a large bowl, combine black beans, corn, onion, green onions, tomatoes, and cilantro.
2. In a separate bowl, stir together lemon juice, olive oil, garlic, salt and pepper. Pour into bean and corn mixture; mix well. Cover, and refrigerate overnight to blend flavors.
3. Serve with low-sodium corn tortilla chips, or as a side salad.

SERVES 8 -10

TOTAL TIME: Overnight

INGREDIENTS

- 1 (540mL/19 oz) can black beans, rinsed and drained
- 1 (15 oz) can whole kernel corn, drained
- 1 cup (about 1 medium) onion, diced
- 3 stalks green onions, chopped
- 3 large tomatoes, diced
- 1/4 cup (~ 1 handful) cilantro, minced
- 1/4 cup lemon juice
- 3 tbsp olive oil
- 3 cloves garlic, minced
- 2 tsp salt
- 2 tsp pepper

PER SERVING:

145 calories | 682 mg sodium | 6 g fibre

5 g fat | 5 g protein | 23 g carbs

V | GF | P

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CHAPTER 2 SALADS & SOUPS

PICNIC-READY BEAN SALAD

This unbelievably easy and refreshingly sweet salad is a great option when going to a potluck or summer picnic. It is very high in fibre, and stays tasting great for almost a week!

1. In a large bowl, combine all salad ingredients.
2. In a separate bowl, combine all dressing ingredients and stir well.
3. Add dressing to salad, mix, cover and refrigerate for 24 hours. Serve chilled.

SERVES 6-8

TOTAL TIME: 24 HR 10 MIN

INGREDIENTS

Salad:

- 2 white onions, cut into rings
- 3 (398mL) cans green beans, drained
- 3 (398mL) cans yellow beans, drained
- 1 (398mL) can kidney beans, drained
- 1 green pepper, cut into strips

Dressing:

- 1 cup white vinegar
- 1 cup white sugar
- 1/2 cup vegetable oil
- 1 1/2 tsp salt
- 1 1/2 tsp pepper

PER SERVING:

170 calories | 437 mg sodium | 3 g fibre
7 g fat | 3 g protein | 7 g carbs

V | GF | P

GRANDMA'S WARM CABBAGE SALAD

SERVES 6

TOTAL TIME: 1 HR

INGREDIENTS

- 1 green cabbage
- 2 tbsp vegetable oil
- 2 tbsp margarine
- 1 small red onion, peeled and finely sliced
- 1/2 tsp salt
- Pepper, to taste

1. Rinse cabbage. Cut cabbage in half and remove and discard central core. Finely slice leaves into 2-inch long strips (1/4 inch thick).
2. In a large saucepan, heat the oil and butter over medium heat. Add onion and salt then reduce the heat to low.
3. Stir occasionally until the onions begin to soften (about 20 minutes). This step can be done several hours before serving. Leave onions in the pan then reheat before continuing.
4. Add the sliced cabbage, stir well, and cook for about 25 minutes, until the cabbage is very soft. Add a little water during cooking, if necessary to keep the cabbage moist. Serve with cracked black pepper to taste.

PER SERVING:

105 calories | 437 mg sodium | 3 g fibre
9 g fat | 2 g protein | 7 g carbs

V | GF

CREAMY POTATO SALAD

Simple and filling – you can make this the night before and pack it for a scrumptious lunch the next day!

1. In a large pot of water (about 2/3 full), add 1 tsp of salt and bring to a boil. Add potatoes and cook until tender but still firm, about 15 -20 minutes. Drain and set aside.
2. In a separate pot, gently place in eggs and fill pot with cold water (about 2/3 full). Bring water to a boil and immediately remove from heat. Cover pot and let eggs stand in hot water for 9 to 11 minutes. Remove from hot water, rinse egg in cool water and remove shells. Cut eggs up into small pieces.
3. In a large bowl, combine eggs, potatoes, green onion and celery. Add mayonnaise, salt and pepper. Refrigerate for one hour or overnight before serving.

SERVES 4

TOTAL TIME: 1 HR

INGREDIENTS

- 4 large potatoes, peeled and cubed
- 3 eggs
- 3 stalks green onions, finely chopped
- 1/2 stalk celery, finely chopped
- 1 cup light mayonnaise
- 1 tsp salt (for boiling water)
- 1 tsp salt (for salad)
- 1 tsp pepper

PER SERVING:

380 calories | 1069 mg sodium | 3 g fibre
20 g fat | 8 g protein | 35 g carbs

GF

STUDENT TIPS:

- For a more filling salad, chop or slice up 1/2 cup of ham (or other meat) and add it in to step 3 (before the mayo) – delicious!

ITALIANO MINISTRONE SOUP

SERVES 6

TOTAL TIME: 50 MIN

A colorful, rich and cheesy soup to warm you up on a cold day!

INGREDIENTS

- 1 can (284mL) tomato soup
- 3 cups vegetable broth
- 1 can (540ml) kidney beans, drained
- 1/2 cup pasta or instant rice
- 1 tsp salt
- 1 tbsp Italian dressing
- 1/2 cup grated parmesan cheese

1. In a large pot, on medium-high heat, combine tomato soup and chicken broth (look at can labels for how much water to add).
2. Stir in beans, rice, salt and dressing and bring to a boil; lower heat to medium and let simmer for 40 minutes, stirring occasionally.
3. Stir in parmesan cheese and let simmer for 3 minutes. Serve immediately.

Adapted from Kraftcanada.com

PER SERVING (with low-sodium options):

220 calories | 463 mg sodium | 6 g fibre

4 g fat | 15 g protein | 33 g carbs

STUDENT TIPS:

- Chop up some vegetables (1/2 cup each: onion, celery, carrots), add 3 tbsp of oil in the pan and stir-fry them for about 5 minutes and add them to Step 2. Then add cheese and serve – healthy and delicious.
- Pasta: If you have extra cooked pasta on your hands, add in 1 cup of cooked pasta instead of the rice to switch it up.
- If you don't have parmesan cheese, try using 1/4 cup milk, or 2 tbsp cream cheese as substitutes

LUSCIOUS LENTIL SOUP

1. In a large pot, put in vegetable oil and sauté onions and carrot until onions are clear, about 3-5 minutes.
2. Add in vegetable broth, lentils, pepper, thyme and salt. Reduce heat to a simmer.
3. Cover and cook until lentils are soft, about 45 minutes. Stir in lemon juice before serving.

SERVES 4

TOTAL TIME: 1 HR 5 MIN

INGREDIENTS

- 2 tsp vegetable oil
- 1 medium onion, diced
- 1 carrot, diced (or 1 cup frozen carrots)
- 4 cups vegetable broth
- 1 cup dry red lentils
- 1/2 tsp pepper
- 1/2 tsp dried thyme (optional)
- 1 tsp lemon juice

PER SERVING:

252 calories | 780 mg sodium | 6 g fibre
4 g fat | 18 g protein | 37 g carbs

V | GF

CURRIED CHICKPEA STEW

SERVES 4

TOTAL TIME: 25 MIN

INGREDIENTS

- 1 can chickpeas (540ml), rinsed
- 1 can stewed tomatoes (796ml), with liquid
- 1 red pepper, chopped (optional)
- 1/2 onion, chopped
- 2 cloves of garlic, minced
- 2 teaspoons curry powder
- 2 teaspoons cumin (optional)
- 1/2 tsp red pepper flakes, to taste
- 2 tsps lime juice

A quick and easy meal will be sure to win you over. Spice it up with more red pepper flakes if desired. Also a great source of Vitamin A and C!

1. Cook enough rice for 4 people.
2. Rinse chickpeas and pour them into a medium pot with the entire can of stewed tomatoes.
3. Stir in red pepper, onion, garlic, cumin, curry powder, red pepper flakes and lime juice.
4. Bring to a boil and then simmer for 10-15 minutes until onion and red pepper are tender. Serve over warm rice.

PER SERVING:

243.7 calories | 851 mg sodium | 9.5g fibre

3 g fat | 10 g protein | 50 g carbs

V | GF

PERFECT AUTUMN BUTTERNUT SQUASH SOUP

The perfect bowl of soup for warming up at the end of a cold day. Bright, delicious, creamy, and beautifully simple. Fit for any season (as long as you have squash)!

1. In a medium pot, heat oil on medium-high, and sauté onions until clear, about 3 minutes. Stir in garlic, ginger and cayenne pepper and sauté for 2 minutes.
2. Add squash and broth. Bring to a boil and reduce heat to medium and simmer for 30-40 minutes or until squash is tender. Remove from heat and transfer to electric blender or use a handheld mixer to get a smooth texture.
3. Pour into bowls to serve. Serve warm with salt and pepper.

PER SERVING (using reduced-sodium broth):
126 calories | 529 mg sodium | 2 g fibre
7 g fat | 4 g protein | 13 g carbs

SERVES 4

TOTAL TIME: 1 HR

INGREDIENTS

- 2 tbsp vegetable oil
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1 tsp grounded ginger
- 1 tsp cayenne pepper
- 2 cups (~1 medium) butternut squash, cubed
- 1 container (32 oz/946mL) vegetable broth
- Salt and pepper, to taste

V | GF

STUDENT TIPS:

- If the skin is too hard to peel off, place squash on a cookie sheet, and baking it in the oven at 190°C (375°F) for about an hour. The skin will practically peel off on its own this way!

ROCKIN' MOROCCAN- STYLE CHICKEN STEW

SERVES 4

TOTAL TIME: 1 HR

INGREDIENTS

- 1 tbsp vegetable oil
- 1/2 lb boneless skinless chicken breast
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tbsp curry powder
- 1 tsp cinnamon
- 1 cup each sweet potato, parsnip, turnip, carrot, rutabaga, cut into 1/2" pieces
- 1/4 cup raisins (optional)
- 2 cups chicken broth
- 1 (14-oz) can diced tomatoes, drained
- 1 tbsp lemon juice

This stew is so filling and delicious. It's also great because you can use whatever root vegetables you have on hand!

1. In a large pot, heat oil over medium-high heat. Sprinkle chicken with salt and pepper. Add in chicken and sauté until light golden but not cooked through, about 1 minute. Transfer chicken to bowl.
2. Add onion to pot and sauté until golden, about 4 minutes. Add garlic and stir 1 minute.
3. Stir in curry powder and cinnamon. Add sweet potatoes, parsnips, turnips, carrot, rutabaga, broth and raisins. Cover and simmer until vegetables are tender, about 20 minutes.
4. Add tomatoes, lemon juice, and chicken to pot. Simmer until chicken is cooked through and flavors blend, about 5 minutes longer. Serve over couscous or rice.

PER SERVING:

327 calories | 776 mg sodium | 9 g fibre
8 g fat | 17 g protein | 51 g carbs

GF



SUPER-BOWL BEAN & CORN SALSA
[p.17]

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**“Food is our common ground, a
universal experience.”**

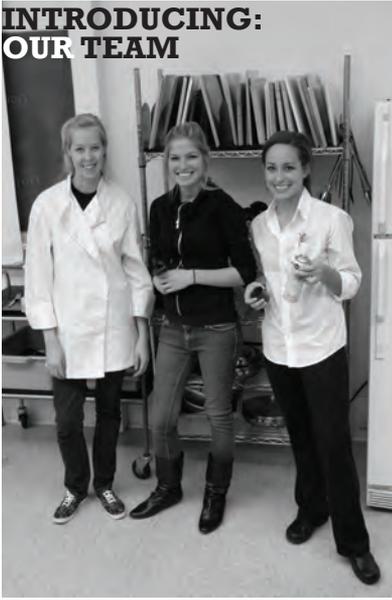
- James Beard

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CHAPTER 3 MAINS

**INTRODUCING:
OUR TEAM**



BACK-TO-SCHOOL SLOPPY JOES

SERVES 4

TOTAL TIME: 30 MINS

INGREDIENTS

- 1 lb lean ground beef
- 1/2 cup onion, chopped
- 1/2 cup water
- 1 tbsp flour
- 1/2 tsp garlic powder
- 1 teaspoon mustard
- 1/4 cup ketchup
- 1 cup barbeque sauce
- 4 hamburger or hotdog buns

These delicious sloppy joes will bring you back to the days of delicious and warm school lunches!

1. In a medium pan, brown the ground beef and onion over medium heat (about 10-15 minutes, or until meat is no longer red). Drain off liquids and return to stove.
2. In a small bowl mix together water and flour, and stir into pan.
3. Stir in the garlic powder, mustard, ketchup, and barbecue sauce; mix well. Reduce heat, and simmer for 10 minutes, stirring occasionally.
4. Season with salt and pepper. Spoon mixture over bottom of buns and cover with top bun.

Adapted from Abs Diet Cookbook.

PER SERVING: (Using low-sodium sauces)

439 calories | 371 mg sodium | 2 g fibre

13 g fat | 27 g protein | 51 g carbs

TOSS & TASTE

PITA PIZZA

So easy to make and so good to eat, it almost feels like cheating!

1. On a cookie sheet, place pita and evenly spread marinara sauce over top. Toss on spinach and mushrooms, and sprinkle on cheese.
2. Add a dash of salt and pepper to taste.
3. Bake at 375°F (190°C) for 5-7 minutes or until cheese is melted.

MAKES 1 PIZZA

TOTAL TIME: 1 HR 40 MINS

INGREDIENTS

- 3 tbsp marinara sauce
- 1 large pita/flatbread
- 1/3 cup frozen spinach, thawed and drained
- 1/4 cup shredded mozzarella cheese
- 1/2 cup button mushrooms, sliced
- Salt and pepper (to taste)

PER PIZZA:

333 calories | 785 mg sodium | 7g fibre
9 g fat | 17 g protein | 48 g carbs

STUDENT TIPS:

- If you want more protein in this pizza, sub in 3/4 cup chopped cooked chicken breast instead
- Choose a whole wheat pita for a more filling meal
- Switch up the cheese and use feta for a stronger taste

TOP 'N' TOAST ENGLISH MUFFIN PIZZA

SERVES 1

TOTAL TIME: 10 MINS

INGREDIENTS

- 1 English muffin
- 2 tbsp tomato or pizza sauce
- 1/4 cup shredded cheese (mozzarella, cheddar, marble)
- 2 tbsp diced toppings

Toppings to choose from:

- Pepperoni
- Tomato
- Pineapple
- Green pepper
- Onion
- Mushrooms
- Olives
- Cooked turkey
- Ham
- Cooked chicken

These foolproof “pizzas” are not just for kids! Use this recipe as a guideline to customize your own with all your favourite toppings. Perfect as a snack or pair with a green salad for a quick lunch or dinner solution.

1. Preheat oven to 350°F (175°C). Line baking sheet with aluminum foil.
2. Slice English muffin in half. Place each half flat on baking sheet.
3. Spread each half with; 1 tbsp tomato/pizza sauce, 1 tbsp diced toppings, and 2 tbsp of shredded cheese.
4. Bake for 5-8 minutes or until cheese is golden brown.

Adapted from Canadian Living Magazine.

PER SERVING (with pepperoni topping)

400 calories | 1166 mg sodium | 5 g fibre

21 g fat | 21 g protein | 33 g carbs

STUDENT TIPS:

- Substitute pita or bagel for English muffin. For a more nutritious snack, try whole wheat or a whole-grain variety.
- Add a dash of Italian seasoning, oregano, or basil to the sauce for a flavour boost.
- Don't want to wait for the oven? Prepare these “pizzas” and zap'em in the microwave for 20-30 seconds or until cheese is melted.

SOUTHERN-STYLE VEGAN BLACK BEAN BURGER

Looks and tastes great! Delicious choice for a vegan burger!

1. In a medium pan, add 2 tsp oil and sauté onions till soft, about 3-5 minutes.
2. In a large bowl, mash the beans until almost smooth.
3. Add sautéed onions and the rest of the ingredients, except the oil, adding the flour a few tablespoons at a time to combine well, using hands if necessary to knead paste into a smooth consistency. Mixture will be thick.
4. Form bean mixture into patties, approximately ½ inch thick and fry patties in a small amount of oil until slightly firm.

SERVES 6

TOTAL TIME: 20 MINS

INGREDIENTS

- 1/2 onion, diced
- 1 can black beans, well drained
- 1/2 cup flour
- 2 slices soft bread, torn
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp cumin
- 1 tsp chili powder
- 1/2 tsp salt
- Oil for frying

PER SERVING:

294 calories | 25 mg sodium | 11 g fibre
1 g fat | 17 g protein | 55 g carbs

V



DINER-STYLE “TUNA” MELT [p.35]

“I refuse to believe that trading recipes is silly. Tuna fish casserole is at least as real as corporate stock.”

- Barbara Grizzuti Harrison

DINER-STYLE “TUNA” MELT

Tired of the same old tuna sandwich? Try this “tuna” melt instead! Goopy cheese melted over fresh tomatoes, warm filling and crunchy toast – pair with a warm bowl of soup for a perfect finish on a chilly day. And you won’t even miss the tuna!

1. Preheat oven broiler.
2. Spoon “Tuna” spread onto bread, and top with tomato and cheese. Broil for 4 minutes, or until cheese is melted.

PER SERVING (with whole wheat bread):

104 calories | 737 mg sodium | 3 g fibre
3 g fat | 4 protein | 16 g carbs

V

STUDENT TIPS:

- For a tuna sandwich, spoon spread onto a slice of bread, add on lettuce/tomato/cheese, and top with another slice of bread.

VEGETARIAN “TUNA” SPREAD

Whether or not you’re vegetarian, you’re sure to like this new twist to the staple tuna sandwich!

1. Mash chickpeas in a blender or fork.
2. In a large bowl, stir together mashed chickpeas, mayonnaise, mustard, relish, chopped green onions, red onion, salt and pepper. Refrigerate if not using immediately.

Adapted from Allrecipes.com

PER SERVING (2 tbsp):

92 calories | 694 mg sodium | 3 g fibre
3 g fat | 3 g protein | 15 g carbs

STUDENT TIPS:

- Chickpeas are a great source of vegetable protein. Pair with grain products (like whole wheat bread) to make it a complete protein!

MAKES 3 CUPS

TOTAL TIME: 15 MINS

INGREDIENTS

- 1 (19 oz) can chickpeas (garbanzo beans), drained
- 1/4 cup mayo
- 2 tsp mustard
- 1 tbsp relish
- 1 tbsp (~1 stalk) green onions, chopped
- 1/4 cup red onion
- 2 tsp salt
- 2 tsp pepper

V | GF | P

DON'T-MESS-WITH-TEXAS CHILI

SERVES 7

TOTAL TIME: 35 MINS

A quick and comforting chili recipe that is sure to warm you up, even on the coldest of days!

INGREDIENTS

- 2 cups fresh cooked or frozen corn, thawed
- 1 large onion, diced
- 2 (19-oz) cans black beans, drained and rinsed
- 1 (28-oz) can diced plum tomatoes
- 3 cloves garlic, minced
- 1 tbsp dried oregano
- 2 tsp chili powder
- 2 tsp cumin
- 2 tsp coriander
- 1 tsp dried basil
- 1 tsp pepper
- 1/2 cup apple juice
- 1 tbsp olive (or vegetable) oil

1. Heat a large pot over medium heat. Add the corn and onion. (Don't add any oil because you want to burn the onion and corn) stir occasionally for 5 minutes, or until the corn and onion begin to turn dark brown.
2. Add the black beans, tomatoes, garlic, oregano, chili powder, cumin, coriander, basil and pepper. Stir well.
3. Bring to a boil. Reduce heat and cover. Simmer for 20 minutes, stirring occasionally.
4. Remove from heat, stir in apple juice and olive oil.

PER SERVING:

240 calories | 520 mg sodium | 13 g fibre

4 g fat | 12 g protein | 41 g carbs

V | GF | P

STUDENT TIPS:

- You can add 1 cup of tofu (cubed), or 1 lb of lean ground chicken, turkey or beef if you want to add meat to the chili.

CLASSIC BEAN BURRITO

Canned black beans make this a quick and easy recipe that is great for breakfast, lunch, or dinner!

1. Heat oil in a frying pan, over medium heat, and scramble eggs. Cook for 3 minutes.
2. When eggs are cooked, place half egg mixture along the center of each tortilla
3. Microwave beans in microwave safe bowl for 90 seconds, or until warm.
4. Top eggs with warm beans, guacamole and cheese. Wrap tortilla and enjoy!

PER SERVING:

472 calories | 391 mg sodium | 7 g fibre
24 g fat | 24 g protein | 40 g carbs

STUDENT TIPS:

- Add extra flavour with salsa or sour cream
- Try whole grain tortillas for extra fibre or corn tortillas for an authentic experience

SERVES 2

TOTAL TIME: 5 MINS

INGREDIENTS

- 1 tbsp vegetable oil
- 2 eggs, beaten
- 1 cup black beans, canned
- 2 soft tortillas
- 1/4 cup cheddar cheese, grated
- 4 tbsp guacamole (see recipe on p.15)

SKINLESS GARLIC BAKED POTATO

New to cooking, but need a delicious side dish to go with your meal? Try this baked potato with a twist that will leave you wanting more!

1. In a large mixing bowl, combine potatoes, garlic, onion, margarine or butter, olive oil, and seasoning.
2. Mix with a wooden spoon and place on a large piece of tinfoil (shiny side up).
3. Close tinfoil, and place into oven at 350°F(175°C) and bake for 20 minutes
4. Check with fork to see if potatoes are soft. If not, return to oven.
5. Check every 5 minutes. When soft, remove from oven and enjoy!

PER SERVING:

287 calories | 116 mg sodium | 5 g fibre
12 g fat | 5 g protein | 41 g carbs

SERVES 3

TOTAL TIME: 35 MINS

INGREDIENTS

- 4 cups of diced potatoes, diced into small cubes (canned or fresh)
- 3 garlic cloves, chopped
- 1/2 medium onion, chopped
- 2 tbsp margarine (or butter)
- 1 tbsp vegetable oil
- 1 tsp cajun spice or paprika (optional)

V | GF

LOADED-AND-READY “BAKED” POTATO

SERVES 1

TOTAL TIME: 10 MINS

INGREDIENTS

- 1 large Russet potato (or any variety you have on hand)
- 2 tsp margarine
- Pinch of salt and pepper to taste

STUDENT TIPS:

Try one of the following stuffing options:

- **Beans and cheese:** Heat a can of baked beans in the microwave for about 1 minute or in a pan until warm. Grate a few tablespoons of your favourite cheese.
- **Tuna salad and cheese:** Finely chop $\frac{1}{4}$ of a red onion and place in a bowl with a drained can of tuna. Mix in some mayonnaise and season with freshly ground black pepper or herbs. This makes enough for 2 potatoes. Top with grated cheese or parmesan for extra flavour.

Looking for a new way to enjoy leftovers? Let this quick simple “baked” (microwaved, actually) potato recipe inspire you. Good as a side dish to share or as a meal on its own. Use the Stuffing options provided below as a guide or get creative and make your own!

1. Scrub potato and pierce with fork several times around. Place potato on microwave safe plate and heat on HIGH power in the microwave for 5 minutes.
2. Turn potato over and cook an additional 3 minutes or until potato is soft enough you can poke a fork through it. While potato is cooking, prepare stuffing mixture of your choice (See “Student Tips” or make your own).
3. Once potato is cooked, cut an “X” on the top of the potato using a knife - be careful it is hot!
4. Use a spoon to scoop out inside of potato and create a small cavity. Place the inside of the potato in a small bowl. Add butter, salt and pepper to the bowl and mash the potato using a fork.
5. Mix the stuffing you have prepared into the bowl with the potato and fill the potato with stuffing mixture. Top off the potato with your choice of grated cheese, sour cream or both and enjoy!

*Adapted from “Ten Ideas for Jacket Potatoes”
by StudentCook.*

PER SERVING:

(Bean and Cheese option)

480 calories | 890 mg sodium | 11 g fibre
13 g fat | 19 g protein | 78 g carbs

GF

CAN'T STOP AT JUST ONE SCALLOPED POTATOES

Absolutely creamy and delicious, and great to pack the leftovers for lunch the next day... Too bad that there probably won't be leftovers!

SERVES 4

TOTAL TIME: 1 HR 40 MINS

INGREDIENTS

- 4 large potatoes (Red-skinned or Yukon Gold), thinly sliced (about 0.5 cm) [peeling is optional]
- 1 large onion, diced
- 1-1/4 cups vegetable broth
- 3 tbsp margarine
- 1/4 cup all-purpose flour
- 3 tbsp mayonnaise
- 1 tsp salt
- 1/2 tsp pepper

1. Grease a 2L casserole or baking dish. Add 1 layer of potatoes (fallen domino-like), and evenly sprinkle on a layer of onions. Add another layer of potato, followed by onions. Repeat and end with a layer of potatoes on top.
2. In a saucepan, melt the margarine on medium heat; gradually stir in flour until smooth (keep stirring to avoid mixture from burning). Slowly stir in broth, mayonnaise, salt and pepper.
3. Cook and stir for 2 minutes or mixture thickens until thickens and begins to simmer (small bubbles). Pour over potatoes.
4. Cover and bake at 325°F (160°C) for 1 1/2 hours or until potatoes are tender.

STUDENT TIPS:

- If you don't have vegetable broth, you can use 1 piece concentrated bouillon with 1 ¼ cup water instead of the vegetable broth)
- If you want a stronger flavor, heat 2 tsp oil in a medium frying pan and sauté the onions for 5 minutes (medium-high heat) before adding them to the dish.

PER SERVING:

216 calories | 696 mg sodium | 2 g fibre
9 g fat | 4 g protein | 31 g carbs

CRISPY CARROT & POTATO CREPE

SERVES 4

TOTAL TIME: 15 MINS

INGREDIENTS

- 1 tbsp vegetable oil
- 4 eggs
- 2 cups finely grated carrot (use cheese grater)
- 2 cups finely grated potato (use cheese grater)
- 3 tbsp finely chopped onion
- 2 tbsp flour, white or whole wheat
- 1 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp baking powder
- Oil for greasing pan

For pancake lovers and non-pancake lovers alike, these yummy crêpe creations are cheap and easy to make.

1. In a small bowl, beat eggs.
2. In a large bowl, combine all other ingredients and drain excess moisture, then add in egg mixture.
3. In a large frying pan, heat oil on medium-high heat. Pour about 1/4 cup of the mixture from the bowl and spread out like a pancake.
4. Cook pancakes for two minutes on each side.
5. Remove pancake and place on a plate. Cover plate with a clean towel or tin foil to keep pancake warm.
6. Repeat the process with the remaining mixture, adding a bit more oil or cooking spray each time.
7. Keep pancakes in refrigerator for 4 days. Use microwave or toaster oven to reheat.
8. If you would like, sour cream, ketchup or pasta sauce make great dipping sauce.

Adapted from a recipe from The Basic Shelf Cookbook by City of York Health Unit

PER SERVING:

120 calories | 200 mg sodium | 3 g fibre
6 g fat | 4 g protein | 14 g carbs

EASY CRUSTLESS QUICHE

Have some leftovers you don't know what to do with? Use them to make a real easy (and delicious) quiche – without the crust (it makes its own while it bakes)! Great for breakfast or lunch!

1. Preheat oven to 350°F (175°C). Grease 1- 10-inch deep pie plate
2. In a large bowl, combine the eggs, pancake mix, and milk.
3. Add the ham, vegetables, 1/2 cup of the grated cheese, salt and pepper. Stir until everything is combined.
4. Pour mixture into your greased pan. Sprinkle the rest of your grated cheese on top (you can add more if you want).
5. Bake in the oven for 45-50 minutes until the top and edges of the quiche are a golden brown and a knife inserted in the centre comes out clean.
6. Let stand for 10 minutes to set before cutting. Serve immediately.

SERVES 6

TOTAL TIME: 1 HR

INGREDIENTS

- 3 large eggs
- 1/2 cup pancake mix
- 1 1/2 cups milk
- 1 cup ham, chopped
- 1 1/2 cups any vegetable(s), cooked
- 1 1/2 cups marble or cheddar cheese, grated
- Salt and pepper to taste

STUDENT TIPS:

- For a healthier option, try using a low-sodium ham, or 1 cup of any cooked meat you may have hanging around in your fridge (turkey, chicken, beef, etc)
- You can use either frozen or fresh vegetables in this dish - just make sure they are thawed / partially cooked before you put them in!
- Want breakfast-on-the-go? Grease a 12-cup muffin pan, pour in the egg mixture and bake for 25-30 minutes till set. Heat this up in a jiffy and take it with you on the run for a delicious (and healthy) breakfast
- To fancy this dish up a bit, place slices of tomato on top of the cheese before you bake it
- Quiche pairs very well with a light spring salad to make it a complete meal

PER SERVING:

326 calories | 938 mg sodium | 2 g fibre
18 g fat | 22 g protein | 19 g carbs

COUNTRY COMFORT SHEPHERD'S PIE

SERVES 6

TOTAL TIME: 50 MINS

INGREDIENTS

Potato Topping:

- 3 cups mashed potato flakes
- 1/2 cup onion, minced

Filling:

- 1 tbsp canola oil
- 1 garlic clove, chopped
- 1 medium yellow onion, chopped
- 1 lb lean ground beef
- 1 tbsp ketchup
- 1 tsp black pepper
- 2 cups frozen mixed vegetables, defrosted
- 1/2 cup vegetable broth
- 1/4 cup cheddar cheese, shredded (optional)

A delicious way to get that traditional and country-comfort feeling – in a Shepherd's Pie that's so good, you'll forget why you were missing home in the first place!

1. Preheat oven to 375° F (190°C). Grease one medium casserole dish.
2. In a medium pot, cook mashed potatoes according to package instructions (or use our Skin-in Mashed Potatoes recipe on p.14). Add in 1/2 cup of onions to mashed potatoes. Stir until light and fluffy.
3. In large frying pan, heat canola oil, add garlic and onion and cook for 5 minutes. Add ground beef and black pepper, cook for 5-7 minutes, and drain liquid. Add vegetables, broth, and ketchup to pan and simmer for 4-5 minutes.
4. Spread ground beef evenly on bottom of baking dish. Then evenly spread mashed potatoes mixture on top of meat. Sprinkle with cheese (if using). Bake in preheated oven for 25-30 minutes, or until golden brown.

PER SERVING:

216 calories | 696 mg sodium | 2 g fibre
9 g fat | 4 g protein | 31 g carbs

GF

STUDENT TIPS:

- If you have cooked mashed potatoes on hand, feel free to substitute 3 1/2 cups cooked mashed potatoes instead of the 3 cups of mashed potato flakes

SECRETLY CREAMY ALFREDO PASTA

Alfredo sauce is usually very high in fat because it is made with heavy cream, but this recipe is low fat and just as delicious! This recipe is easy to make, and goes well with any type of pasta.

1. In a medium pan over moderate heat, bring evaporated milk to a simmer, stirring constantly, about 7 minutes.
2. Add in parmesan cheese, green onion, parsley, and stir.
3. Once the cheese is melted, and the sauce is smooth and creamy, pour directly onto pasta.

Adapted from GroupRecipes.com.

PER SERVING:

114 calories | 216 mg sodium | 0.8 g fibre
3.6 g fat | 6.4 g protein | 4.8 g carbs

SERVES 4

TOTAL TIME: 10 MINS

INGREDIENTS

- 1 cup evaporated milk
- 1/2 cup fresh parsley
- 1/4 tsp pepper
- 1/2 cup grated parmesan cheese
- 2 tbsp (1 stalk) green onions, sliced
- Cooked pasta for 4 people

STUDENT TIPS:

- This sauce can go on any type of pasta!
- For additional thickness, try adding flour into the sauce

EVERYDAY FIESTA RICE BOWL

This dish is super easy to make! Feel free to experiment by throwing in some of your favourite veggies or trying different dressings!

1. In a medium sized microwaveable bowl, combine rice and dressing. Cover with plastic wrap vented at one corner. Microwave on high for 1 minute.
2. Add corn, black beans, and tomato. Mix well.
3. Sprinkle with ground cumin or ground red pepper.

Adapted from Kraft Canada.

PER SERVING:

717 calories | 501 mg sodium | 18.1 g fibre
11 g fat | 30 g protein | 131 g carbs

SERVES 1

TOTAL TIME: 3 MINS

INGREDIENTS

- 1/2 cup cooked instant white rice
- 2 tbsp Sundried Tomato Salad Dressing (can substitute with other dressings)
- 1/2 cup corn
- 1/2 cup black beans, rinsed and drained
- 1/2 cup chopped tomato
- Ground red pepper or ground cumin (optional)

GF

BOWL-LESS COUSCOUS STUFFED PEPPERS

SERVES 2-4

TOTAL TIME: 40 MINS

INGREDIENTS

- 4 tbsp olive oil, divided
- 1 cup couscous
- 2 large bell peppers, top cut off and pith (white membrane) removed
- 2 cloves of garlic, minced
- 2 stalks of celery, diced
- 1 carrot, diced
- 1/2 yellow squash, diced (optional)
- 1/2 onion, diced
- 2 tsp thyme (optional)
- 1/2 cup grated parmesan cheese (optional)
- 2 tsp salt
- 1 tsp pepper
- Chipotle Tabasco sauce, to taste

Eating couscous in a pepper not only makes a fun bowl, but is also a great way to add more vegetables to any diet!

1. In a large pot, heat 2 tablespoons of olive oil over medium-high heat. Add couscous and stir until lightly toasted, about 3 minutes. Add 2 1/4 cups of water and cover.
2. Once water boils, turn heat to low and cook until completely dissolved.
3. Scoop couscous into a large bowl and set aside.
4. Rinse the same pot and add about 2 inches of water. Place bell peppers on a wire rack above water and steam with cover on for 7-10 minutes.
5. In a large skillet, heat remaining olive oil over medium heat. Add garlic, and sauté for about 10 seconds. Add remaining vegetables and sauté until soft. Salt and pepper to taste.
6. Add vegetables, thyme and parmesan cheese (if using) to couscous. Add salt, pepper and Tabasco sauce to taste.
7. Fill the drained peppers with the couscous mixture and bake in a preheated 350°F (175°C) oven for about 15 minutes.

PER SERVING:

383.1 calories | 214.5 mg sodium | 3.8 g fibre
18 g fat | 12 g protein | 44 g carbs

V

FLASH-IN-THE-PAN PEANUT TOFU STIR-FRY

For all you peanut butter fans: this one is for you! You can't go wrong with this quick and easy stir-fry with a twist. It even tastes great with chunky peanut butter! Feel free to substitute the tofu with chicken or add in different vegetables. It can also be served over couscous.

1. Cook enough rice or macaroni according to package directions.
2. In a large bowl, stir in vegetable broth, peanut butter, soy sauce, sesame oil until combined.
3. In a separate large frying pan, heat canola oil over medium heat, about 1 minute, and add in tofu and minced garlic. Cook until lightly browned, about 6 minutes. Add bell pepper and cook until slightly tender, about 3 minutes. Pour in sauce mixture and continue cooking, stirring occasionally, for another 5 - 7 minutes or until sauce simmers (bubbles) and liquids begin to reduce.
4. Remove from heat and pour sauce over rice (or macaroni) and serve immediately.

SERVES 4

TOTAL TIME: 20 MINS

INGREDIENTS

- 1 cup (8 oz) rice or elbow macaroni (uncooked)
- 1 package of medium or firm tofu, cut into cubes (1cm)
- 1 clove garlic, minced
- 1/2 cup vegetable broth
- 1/4 cup light peanut butter
- 1 tbsp soy sauce
- 1 tbsp sesame oil
- 1 tbsp canola oil
- 1 red bell pepper, sliced
- Pinch of red pepper flakes (optional)

PER SERVING:

308 calories | 249 mg sodium | 2 g fibre
17 g fat | 15 g protein | 26 g carbs

V

NONNA'S BEST SPAGHETTI PIE

SERVES 4

TOTAL TIME: 45 MINS

A fun twist on an old favourite: spaghetti and meat sauce! It is SO much easier than it sounds!

INGREDIENTS

- 12 oz lean ground beef
- Half onion, chopped
- 1 cup sliced mushrooms
- 1 carrot, shredded
- 1 zucchini, shredded
- 2 garlic cloves, minced
- 1 tsp dried basil
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 can (14 oz) tomato sauce
- 8 oz spaghetti
- 1 tsp olive oil
- 1/2 cup shredded part-skim mozzarella cheese

1. In a large, nonstick skillet, brown beef over medium heat, breaking up with spoon. Remove to plate. Drain fat from pan. Add onion, mushrooms, carrot, zucchini, garlic, basil, salt and pepper; cook, stirring occasionally, until onion is softened, about 5 minutes.
2. Return beef to pan. Add tomato sauce and bring to boil; reduce heat and simmer, uncovered, for 15 minutes. (Make ahead: let cool for 30 minutes; refrigerate in airtight container for up to 2 days)
3. Meanwhile, in large pot of boiling salted water, cook spaghetti until tender but firm, about 8 minutes. Drain and toss with oil. Transfer to deep 9-inch pie plate, pressing over bottom and up side to form pie "crust" with 8-inch centre.
4. Spoon sauce into pasta "crust"; sprinkle with cheese. Cover loosely with foil; bake in 350°F (175°C) oven until golden and bubbly, about 20 minutes. Uncover and bake for 5 minutes. Cut into wedges.

STUDENT TIPS:

- Try whole wheat spaghetti for a healthier option
- Try making up to step 2 the night before if in a rush the day of

Adapted from Canadian Living

PER SERVING:

490 calories | 880 mg sodium | 5 g fibre
15 g fat | 32 g protein | 56 g carbs

MEDITERRANEAN TUNA PASTA

A deliciously colourful and simple recipe using on-hand ingredients. This pasta dish has bold flavour and is favourite for family dinners and potlucks. It keeps well in the refrigerator or freezer for easy leftovers.

1. In a large skillet, heat oil over medium heat; add onion, garlic, bell pepper, and Italian seasoning, stirring occasionally, until softened, about 5 minutes. On a separate burner, put a large pot of salted water on high heat for pasta.
2. Squeeze spinach to remove all excess water. With a spoon, break up tomatoes. Add tomatoes and spinach to pan with other vegetables. Add olives (if using) and salt, bring to boil.
3. Reduce heat and simmer until thickened, about 10 minutes. Break tuna into chunks; add to sauce.
4. Cook pasta in the large pot of boiling water until tender but firm, 8-10 minutes; drain and return to pot. Add sauce and toss to coat. Serve sprinkled with cheese if desired.

SERVES 6

TOTAL TIME: 25 MINS

INGREDIENTS

- 2 tbsp vegetable oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1/4 cup red bell pepper, chopped
- 1 tsp Italian dressing
- 1 pkg (10oz/ 284g) frozen chopped spinach, thawed
- 1 can (28 oz) stewed tomatoes
- 1/4 cup sliced olives (optional)
- 1 tsp salt
- 2 cans (6oz/170g) tuna, drained
- 4 cups uncooked penne or macaroni pasta (12 oz)

PER SERVING:

409 calories | 463 mg sodium | 6 g fibre
7 g fat | 19 g protein | 68 g carbs

AUTHENTIC PAD THAI

SERVES 8

TOTAL TIME: 40 MINS

INGREDIENTS

Sauce:

- 1/2 cup white sugar
- 2 tbsp lime (or lemon) juice
- 2 tbsp soy or tamarind sauce
- 1 can (5.5 oz/156 mL) tomato paste
- 1 cup water

Noodles:

- 1 (12 oz.) package dried (long, flat) rice noodles
- 4 cups water
- 2 tbsp vegetable oil (peanut and sesame oil can be used for more authentic flavor)
- 3 cloves garlic, minced
- 2 eggs
- 1 (12 oz.) package firm tofu, cubed (1/2inch)
- 1 tsp chili powder
- 1/2 cups (3 stalks) green onion, diced
- 1 tsp salt
- 1 cup bean sprouts (optional)
- 1/2 cup peanuts, crushed (optional)

Ok, so this recipe is a little bit longer, but it's delicious and definitely worth a try! It's also a great gluten-free option (make sure the soy sauce is wheat and gluten-free!)

- 1. Sauce:** in a medium saucepan over medium heat, blend sugar, lime juice, soy sauce, tomato paste, and water. Simmer for 3-5 minutes and set aside.
- 2. Pad Thai Noodles:** In a large pot, bring 6 - 8 cups water to boil, and remove from heat. Soak rice noodles in boiled water until soft (8-10 min) and drain immediately. Noodles are done when they appear translucent and will continue to soften in pan.
- 3.** In a large pan or wok, heat 2 tbsp oil over medium heat. Add in garlic, and chopped tofu. Fry for 2-3 minutes. Add eggs to wok and scramble. Add cooked noodles to the wok and pour sauce over noodles. Use two spatulas to "lift and turn" the noodles (like tossing a salad) and mix in with egg and tofu.
- 4.** Remove wok from heat and sprinkle with salt, green onions and chili powder.
- 5.** Serve with bean sprouts.

STUDENT TIPS:

- For a more authentic flavor, replace salt in the noodle mixture with 1 tbsp fish sauce

PER SERVING:

374 calories | 562 mg sodium | 3 g fibre
11 g fat | 11 g protein | 61 g carbs

V | GF | P

TASTE-TEST DAY



“Hunger: One of the few cravings that cannot be appeased with another solution.”

- Irwin Van Grove

CLASSIC GLAZED MEATLOAF

SERVES 9

TOTAL TIME: 1 HR 40 MINS

INGREDIENTS

Loaf:

- 2 lbs. ground beef, thawed
- 1 cup milk
- 2 cups soft bread crumbs
- 1 tsp salt
- 1/2 tsp pepper
- 1/2 cup grated raw carrots
- 1/2 cup finely chopped onion
- 2 eggs

Topping:

- 1/2 cup ketchup
- 2 tbsp brown sugar
- 2 tbsp prepared mustard

In a hurry? No time to cook? It's time to bring meatloaf back into the spotlight! This can even be prepared the day before and cooked the next day. The topping adds just a touch of sweetness to this savory dish. Serve with potatoes and vegetables to make this a classic meal tradition.

1. Preheat oven to 325°F (160°C). Grease a large loaf pan.
2. In a very large bowl, pour milk over bread crumbs to soak. Let stand until milk is absorbed
3. Add beef, salt, pepper, carrot onion and eggs to bread mixture. Mix thoroughly. Turn into loaf pan. Set aside.
4. Mix together ketchup, brown sugar and mustard. Spread evenly over-top of loaf.
5. Bake in the oven for 1 1/2 hours
6. Let stand for 10 minutes to set before cutting. Serve immediately.

PER SERVING:

449 calories | 751 mg sodium | 2 g fibre
23 g fat | 34 g protein | 26 g carbs

P

STUDENT TIPS:

- If you don't want to grate the carrots, try cooking and mashing them before adding them into the mixture
- **Kid-friendly option:** grease a 12-cup muffin pan and spooning in the mixture. Sprinkle the top with either cheese or topping mixtures. Bake for 45-50 minutes till the edges are brown.
- If the meatloaf seems a little dry to you, next time add some ketchup to the mixture to moisten it up (and give even more of a flavour boost!)

RUTABAGA AND APPLE CASSEROLE

This dish is a great way to make use of rutabaga. It tastes like apple crisp... you won't know if it's a dessert or a side dish!

1. Heat oven to 350°F(175°C).
2. In a medium pot, place rutabaga with enough boiling water to cover the rutabaga. Return water to a boil, reduce heat and simmer, uncovered, for 20 minutes until tender. Be careful rutabaga does not boil dry. Add more water if necessary.
3. Drain and mash rutabaga.
4. Gently toss together apple slices and brown sugar.
5. Arrange half the mashed rutabaga on the bottom of a greased baking dish. Arrange all of the sliced apples on top of rutabaga and then top with remaining rutabaga.
6. **Topping:** using a pastry blender or a fork, mix together flour, brown sugar, and melted margarine until crumbly. Sprinkle on top of rutabaga.
7. Bake uncovered about 20-30 minutes, until hot and bubbly.

PER SERVING:

96 calories | 22 mg sodium | 1 g fibre
2 g fat | 1 g protein | 20 g carbs

SERVES 6

TOTAL TIME: 1 HR

INGREDIENTS

- 1/2 large rutabaga, peeled and cut in 2cm chunks
- 1 large apple, peeled and sliced (just less than 1 cm thick)
- 5 tsp brown sugar

Topping:

- 3 tbsp + 1 tsp flour
- 3 tbsp + 1 tsp brown sugar
- 2 tsp margarine/butter

- 53 No-Yeast Pizza Crust
- 54 PB & Banana Muffins
- 54 Apple & Cinnamon Muffins
- 55 Crispy Crust Cornbread
- 56 On-the-Go Pancakes
- 58 Better Batter Beer Pancake
- 59 Fancy French Toast
- 60 Best Ever Banana Bread

CHAPTER

4

BREADS & MUFFINS

NO-YEAST PIZZA CRUST

This is a very fast and easy recipe to make. Not only does it look great, but you can use this recipe and use it into dinner rolls and other breads!

1. Preheat oven to 425°F (220°C) and oil the baking sheet.
2. In a large bowl, stir together flour, baking powder, spices and salt. Stir in soy milk, oil, and egg until well mixed.
3. Place the dough on a baking sheet and shape to fit sheet (put flour on your hands if it gets sticky).
4. Bake for 5-7 minutes, add toppings, and bake again for 10 minutes.

MAKES 1 PIZZA CRUST
TOTAL TIME: 30 MINS

INGREDIENTS

- 1 1/2 cups flour
- 1 tsp baking powder
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1/2 tsp salt
- 1/2 cup soy milk, plain
- 1/4 cup oil
- 1 egg

PER SERVING:

344 calories | 424 mg sodium | 2 g fibre
17 g fat | 8 g protein | 40 g carbs

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STUDENT TIPS:

- Be creative and turn this pizza crust into small dinner rolls. Brush with melted margarine or butter for a glossy finish!

PB & BANANA MUFFINS

MAKES 12 MUFFINS
TOTAL TIME: 30 MINS

INGREDIENTS

Dry ingredients:

- 2 cups all-purpose flour
- 1/2 cup brown sugar
- 1 tbsp baking powder
- 1/4 tsp salt

Wet ingredients:

- 1/2 cup peanut butter
- 2 tbsp vegetable oil
- 2 eggs
- 3/4 cup milk
- 2 medium bananas

PER SERVING:

242 calories | 213 mg sodium | 3 g fibre
9 g fat | 7 g protein | 34 g carbs

A scrumptious, protein-filled snack to get you through the day!

1. In a large bowl mix together the dry ingredients.
2. In another bowl blend the wet ingredients.
3. Stir in wet ingredients to dry, until just moistened. Spoon batter into greased muffin pan. Bake at 375°F (190°C) for 20 minutes.

STUDENT TIPS:

- Try whole wheat flour for a healthier option
- The riper the bananas, the better they taste!

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APPLE & CINNAMON MUFFINS

MAKES 12 MUFFINS
TOTAL TIME: 35 MINS

INGREDIENTS

Dry ingredients:

- 1 3/4 cups all-purpose flour
- 1/2 cup brown sugar
- 2 tsp baking powder
- 1/4 tsp salt
- 1/2 tsp cinnamon

Wet ingredients:

- 1 egg
- 1 1/4 cup applesauce
- 1/4 cup vegetable oil

PER SERVING:

242 calories | 213 mg sodium | 3 g fibre
9 g fat | 7 g protein | 34 g carbs

A delicious combination of sugar and spice that provides a nutritious snack and a heartwarming scent.

1. Grease or lightly butter muffin tray that makes twelve muffins.
2. In a bowl, mix together the dry ingredients.
3. Combine the wet ingredients in a separate bowl, and then add it to the dry ingredients. Stir until moistened.
4. Bake at 400°F (200°C) for about 20 minutes.

Adapted from "The Pratt Family Dairy-Free Cookbook"

P

CRISPY CRUST CORNBREAD

Pair it with soups or chilies or eat it on its own! This will keep well for two days, but we doubt it would last that long...

1. Preheat oven to 400°F (200°C). Grease a 8x8 inch loaf or baking pan.
2. In a small bowl, stir in cornmeal and milk (alternating between the two). Mix well and set aside.
3. In a medium bowl, evenly combine flour, baking powder, salt, and sugar. Add in cornmeal mixture, egg, and margarine. Mix until smooth for about 5 minutes. Pour mixture into greased pan.
4. Bake for 30-35 minutes, or until sides turn golden brown and a toothpick inserted into the middle of the cornbread comes out clean.

Adapted from "Allrecipes.com"

PER SERVING (with 1/2 cup whole wheat flour):

216 calories | 399 mg sodium | 2 g fibre
8 g fat | 5 g protein | 30 g carbs

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SERVES 8

TOTAL TIME: 45 MINS

INGREDIENTS

- 3/4 cup cornmeal
- 1-1/4 cup milk (or soymilk)
- 1 cup all-purpose flour
- 2 tsp baking powder
- 1 tsp salt
- 1/3 cup white sugar
- 1 egg
- 1/3 cup margarine (melted)

STUDENT TIPS:

- Add extra fibre by replacing 1/2 cup all-purpose flour with whole wheat flour.

ON-THE-GO PANCAKES

MAKES 8 PANCAKES
TOTAL TIME: 15 MINS

INGREDIENTS

- Batter for 6 pancakes
- 1/4 cup (60 mL) cooked oatmeal
- 1/4 cup (60 mL) water
- 1 tsp (5 g) cinnamon (optional)
- 1 tsp (5 mL) vanilla extract (optional)
- 1/4 cup (60 g) chocolate chips (optional)
- Oil for greasing pan

Can you have oatmeal and pancakes for breakfast? Why, yes! Soft and filling – perfect way to start your morning! Make and freeze a batch in advance, and pop them in the microwave to have them on-the-go!

1. Grease and preheat frying pan on medium heat.
2. In a large bowl, combine batter, oatmeal, water, cinnamon, vanilla extract, and chocolate chips (if using) and mix well.
3. Spoon batter using a large spoon (a tablespoon or ice cream scoop would do) onto centre of pan. Cook for 1 minute or until bubbles are set on pancake. With a spatula, flip pancake and let cook for 20 seconds. Repeat with remaining batter.
4. To make POP-pancakes, freeze unfinished pancakes in re-sealable plastic bags or containers. To reheat, pop pancakes into microwave for 15 -20 seconds. Serve immediately with a honey and butter, or spread peanut butter and jam, then fold together (like a taco), and have it on-the-go!

PER SERVING:

78 calories | 199 mg sodium | 1 g fibre
1.3 g fat | 3 g protein | 13 g carbs

V | P

ON-THE-GO PANCAKES
[p.56]



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“One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating.”

- Luciano Pavarotti

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BETTER BATTER BEER PANCAKES

MAKES 5 PANCAKES
TOTAL TIME: 15 MINS

A twist to regular pancakes and a good way to use up leftover beer!

INGREDIENTS

Dry ingredients:

- 1 3/4 cups all-purpose flour
- 1 tsp baking powder
- 1/2 tsp salt

Wet ingredients:

- 1 cup beer (fruit-flavored beers work well, too)
- 1 egg
- 3 tbsp vegetable oil
- 1 tbsp honey
- 1 tbsp margarine, melted

- Oil for greasing pan

1. In a large bowl, mix together the dry ingredients. In another bowl, stir together beer, egg, oil, honey, and margarine with fork.
2. Add the wet ingredients to dry ingredients stir just until smooth. The batter will be slightly thick.
3. Lightly oil a medium nonstick skillet, and place it over medium heat until hot. Pour 1/4 cup of batter at a time into the skillet. Cook pancakes until the bottoms are golden brown and tops begin to bubble. Flip over, and cook until undersides are golden brown.
4. Serve with maple syrup or corn syrup.

PER SERVING:

273 calories | 235 mg sodium | 5.4 g fibre
10 g fat | 8 g protein | 38 g carbs

STUDENT TIPS:

- Don't have beer? Try using 1 cup of pop (e.g. cream soda) instead!

FANCY FRENCH TOAST

Tired of toast every morning? Try this delicious alternative instead! Peanut butter and egg adds additional protein to keep you fuller for longer!

1. Spread cream cheese on 1 bread slice, drizzle with honey, and sprinkle with cinnamon. Spread peanut butter on remaining bread slice and combine both slices to make a sandwich.
2. In medium pan, heat oil over medium heat.
3. In a bowl, whisk egg and water, and transfer to a plate. Dip both sides of sandwich in egg mixture until sandwich soaks up all liquid.
4. Place in pan and brown both sides (about 3-5 minute each side). Serve with honey or syrup, and a pat of margarine.

SERVES 1

TOTAL TIME: 5 MINS

INGREDIENTS

- 1 tbsp cream cheese
- 2 slices bread
- 1 tsp honey (or syrup)
- 1 tsp cinnamon
- 1 tbsp peanut butter
- 1 tbsp oil
- 1 egg
- 2 tbsp water

PER SERVING:

536 calories | 515 mg sodium | 7 g fibre
34 g fat | 20 g protein | 41 g carbs

BEST EVER BANANA BREAD

MAKES 9X5 INCH LOAF
TOTAL TIME: 45-50 MINS

INGREDIENTS

- 2 large eggs
- 1/2 cup applesauce or vegetable oil
- 3/4 cup brown sugar
- 1 tsp vanilla extract
- 3 ripe bananas
- 1 1/4 cup all-purpose flour
- 1 tsp baking soda
- 1/4 tsp salt

STUDENT TIPS:

- For a healthier option, try replacing all-purpose flour with whole-wheat flour.
- Turn this into an even more kid-friendly treat by adding 1/4 cup semi-chocolate chips.
- If you're trying to bake a big batch and need to wait for a few more ripe bananas, freeze the already ripened ones first. Overripe bananas work best!
- Remember not to over-mix the batter, or else you might end up with tough loaf instead of a light and moist bread.

Left those bananas on the hanger for a bit too long? Don't throw them out just yet! Good for breakfast, lunch or dessert, this banana bread will have you purposely aging your bananas! Apple sauce makes the bread moist and delicious! These are soooooo good!

1. Preheat oven to 350°F (175°C). Grease one 9x5 inch loaf pan, or three mini pans.
2. In a large bowl, combine the eggs, applesauce, sugar, and vanilla extract and blend well with an electric mixer (about 3 min). Next, place the peeled bananas in a shallow bowl and mash them with a fork. Add the mashed bananas to the batter and mix until well combined.
3. In a separate bowl, sift together the flours, baking soda, and salt (dry ingredients). Add the flour mixture to the wet mixture and blend for 1 minute, until the batter becomes uniform in colour and texture.
4. Pour the batter into the loaf pan(s) and bake for 45-50 minutes (large loaf), or 25 to 30 minutes (mini loaves), until a toothpick inserted into the center comes out clean. Enjoy!

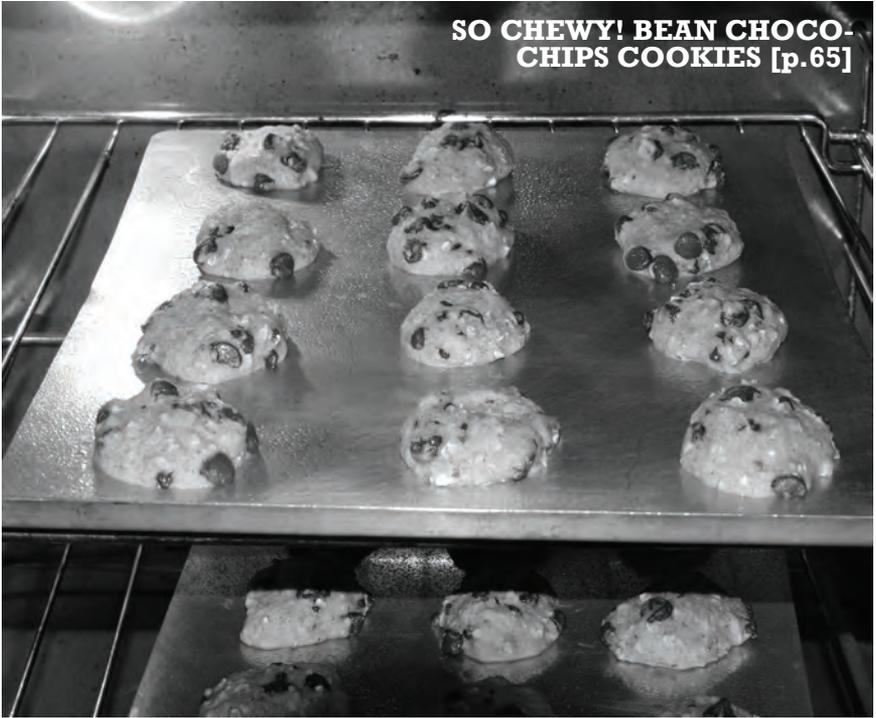
Adapted from "Something Warm from the Oven" by Eileen Goudge

PER SERVING:

220 calories | 256 mg sodium | 2 g fibre
2 g fat | 4 g protein | 49 g carbs

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**SO CHEWY! BEAN CHOCO-
CHIPS COOKIES [p.65]**



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“Chili represents your three stages of matter: solid, liquid, and eventually gas.”

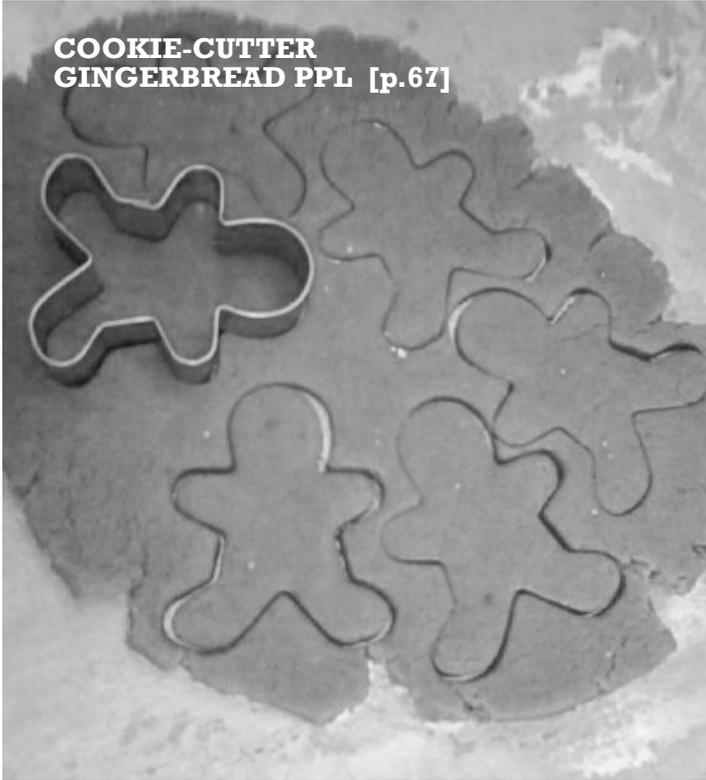
– Roseanne Barr

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- 64 Too-Much-Chocolate Black Bean Brownies
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CHAPTER 5 DESSERTS

**COOKIE-CUTTER
GINGERBREAD PPL [p.67]**



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“A recipe has no soul. **You, as **the cook**, must bring soul to the recipe.”**
-Thomas Keller

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TOO MUCH CHOCOLATE BLACK BEAN BROWNIES

MAKES 9 SQUARES
TOTAL TIME: 55 MINS

INGREDIENTS

- 1 can (19 oz) black beans, drained
- 3 eggs, beaten
- 1 tbsp margarine
- 1 tbsp yogurt
- 1/2 cup sugar
- 1/2 cup cocoa powder
- 1 tbsp instant coffee
- 1 tsp vanilla extract

Don't let the name of these brownies scare you—they are packed with a chocolate punch guaranteed to satisfy your chocolate craving and without the guilt!

1. Preheat oven to 350°F (175°C). Grease 8" X 8" square dish with light cooking oil spray.
2. Drain the can of black beans
3. Mash the black beans (in blender or with a fork).
4. In a large bowl, mix together black beans and eggs until egg is incorporated.
5. Add in the remainder of ingredients. Mix until the mixture has an even, brown consistency.
6. Pour the mixture into the baking dish, and bake for 35-40 minutes or until toothpick comes out clean. (For a crispier top, turn the oven on the 'broil' setting for the last 5 - 10 minutes).

PER SERVING:

164 calories | 51 mg sodium | 5 g fibre
4 g fat | 7 g protein | 26 g carbs

GF | P

STUDENT TIPS:

- For chili chocolate flavor, add a tsp of chili powder to the mix.
- For a chocolate orange variation add a zest of orange (not the juice) with a tsp of orange extract.
- Peanut butter craving? Add 2 tbsp peanut butter.

SO CHEWY! BEAN CHOCO-CHIPS COOKIES

These delectable treats fill your sweet tooth and your empty belly! Unlike most chocolate chip cookies, you will not be hungry soon after because these treats are high in fibre and protein.

1. Mash beans by hand, in a blender or food processor (add a little bean juice to help mash the beans).
2. Mix wet ingredients in a large bowl.
3. Mix dry ingredients in a large bowl separate from wet ingredients.
4. Mix dry and wet ingredients and stir to combine.
5. Drop from a spoon onto greased cookie sheet.
6. Bake for 15 minutes in an oven for 375°F (190°C).
7. Store in sealed container in the refrigerator for up to 4 days or store part of the batch in the freezer.

Adapted from “The Ontario White Bean Producers: The Supreme Bean II”

SERVES 4

TOTAL TIME: 1 HR 40 MINS

INGREDIENTS

Wet ingredients:

- 1 can of beans, mashed
- 1/2 cup margarine
- 1/2 cup unsweetened applesauce
- 1 cup brown sugar
- 1 tsp vanilla
- 2 eggs, beaten

Dry ingredients:

- 1 cup all purpose flour
- 1/2 cup whole wheat
- 1 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 2 cups semi-sweet chocolate chips

PER SERVING (2 cookies):

189 calories | 167 mg sodium | 2 g fibre
8 g fat | 4 g protein | 27 g carbs

PEANUT BUTTER & CHOCOLATE COOKIES

MAKES 24 COOKIES
TOTAL TIME: 30 MINS

INGREDIENTS

- 1 cup light peanut butter
- 1/2 cup white sugar
- 1 egg, beaten
- 1/2 cup chocolate chips

Super easy to make, these cookies are quick and tasty. They're extra convenient because you don't need flour, baking powder, or anything too specific of baking!

1. Turn on oven to 325°F (160°C).
2. In a large bowl, mix in all the ingredients.
3. Roll the dough between palms into 1-inch balls.
4. Place 2 inches apart on baking sheets. Flatten with fork.
5. Bake for 15 minutes. Let stand on baking sheets for 5 minutes. Remove and place on wire racks to let cool completely.

Adapted from Kraft Canada.

PER SERVING:

89 calories | 52 mg sodium | 1 g fibre
6 g fat | 3 g protein | 7 g carbs

GF | P

COOKIE-CUTTER GINGERBREAD PPL

Do you love gingerbread cookies, but hate the sticky molasses syrups, and the tiring kneading? We have got the solution for you! Try our short-cut gingerbread recipe for the best gingerbread cookies you have ever tasted. Great gifts for Christmas!

1. In a medium bowl, cream together the dry butterscotch pudding mix, butter, and brown sugar until smooth. Stir in the egg.
2. Combine the flour, baking soda, ginger, and cinnamon; stir into the pudding mixture.
3. Cover and chill the dough until firm for about an hour.
4. Preheat the oven to 350°F (175°C). Grease baking sheets. On a floured board, roll the dough out to about 1/8 inch thickness, and use a cookie cutter for shapes. Place cookies 2 inches apart on the prepared baking sheets.
5. Bake for 10 to 12 minutes in the oven, until cookies are golden at the edges. Cool on wire racks.

MAKES 20 COOKIES
TOTAL TIME: 40 MINS

INGREDIENTS

- 1 (3.5 oz) package butterscotch pudding mix
- 1/2 cup butter
- 1/2 cup packed brown sugar
- 1 egg, beaten
- 1 1/2 cups all-purpose flour
- 1/2 tsp baking soda
- 1 1/2 tsp ground ginger
- 1 tsp ground cinnamon

STUDENT TIPS:

- Turn these cookies into fancy edible gifts! On a floured surface, roll the dough into 1/4-inch thickness. Cut the flattened dough into 2 x 2 inch squares and place on (greased) baking sheet. Decorate with sliced almonds or other nuts of your choice. Bake for 8 – 10 minutes. Pack it into clear plastic bags, tie with a ribbon, and you have delicious gifts on-the-go!

PER SERVING:

78 calories | 73 mg sodium | 0 g fibre
3 g fat | 1 g protein | 12 g carbs

P

HOP (BUTTER)SCOTCH CLUSTERS

MAKES 24

TOTAL TIME: 30 MINS

This recipe is so easy and delicious! This is the perfect treat to indulge in with your family and friends!

INGREDIENTS

- 2 cups butterscotch chips
- 1 cup peanut butter
- 3 cups cornflakes
- 2 cups mini-marshmallows

1. Melt butterscotch chips and peanut butter in a microwave safe bowl.
2. Stir in cornflakes and mini-marshmallows.
3. Pour into a square baking pan.
4. Chill in refrigerator until firm (approximately 15 minutes).
5. Cut into 24 squares.

PER SERVING:

281 calories | 92 mg sodium | 1 g fibre
11 g fat | 3 protein | 21 g carbs

V | P

MELLOW JELLO MOUSSE

A twist on the classic Jello snack this makes for a great light dessert or a refreshing afternoon treat! This show-stopper is great to look at, and even better to eat!

1. Add boiling water to gelatin powder and stir for 2 minutes until it is completely dissolved.
2. Add the whipped topping, stir with a whisk until the whipped topping is completely melted and mixture is well blended.
3. Pour into 10 glasses, 6-cup mold or glass bowl sprayed with cooking spray.
4. Refrigerate for overnight and serve cold.

Adapted from Kraft Canada.

PER SERVING:

96 calories | 67 mg sodium | 0 g fibre
4 g fat | 1 g protein | 15 g carbs

GF | P

SERVES 10

TOTAL TIME: Overnight

INGREDIENTS

- 3 cups boiling water
- 2 pkg (85 g each) strawberry gelatin powder
- 2 cups thawed whipped topping

STUDENT TIPS:

- During refrigeration, the jelly mixture will separate into two layers- a creamy layer and a clear jelly layer.
- If the whipped topping is still frozen, follow the recipe as directed ensuring that you are stirring the jelly mixture until the whipped topping is completely melted before pouring it into the prepared mould.
- Substitute a different flavor of jelly for a different experience each time you make this!

SURPRISE! BANANA CREAM PASTRY

SERVES 10

(Makes 1-9x13 pan)

TOTAL TIME: Overnight

INGREDIENTS

- 1 Box Unsalted Soda Crackers (Large box)
- 1 pkg (4 serving size) Banana Instant Pudding
- 1 (8oz) pkg light Whipped Topping (e.g. Cool Whip) (defrosted)
- 2 ripe bananas, cut into slices
- 1/2 cup jam (optional, for drizzling)

Great for parties and potlucks - delicious, yet so easy to make! You will be in for a surprise as the crackers turn into flaky layers, while the cool and creamy pudding and whipped topping sweetens the deal!

1. Prepare pudding as directed on package.
2. In 9x13 pan, spread 1/3 of Cool Whip on bottom. Add 1 layer of crackers. Layer 1/2 pudding on crackers. Add 1 layer bananas (from 1 banana). Add 1 layer of crackers.
3. Repeat step 2. End with spread remaining 1/3 of Cool Whip. Top with pie filling.
4. Cover and let set overnight (or 12 hrs) in fridge and serve cold

PER SERVING:

329 calories | 740 mg sodium | 2 g fibre
7 g fat | 6 protein | 59 g carbs

P

FINGER-LICKING LEMON SQUARES

Everyone asks for the recipe for these! These zesty lemon squares are perfect for potlucks! Or wrap and freeze them to savour on your own!

1. Preheat oven to 350F (180C). Line 8×8 baking pan with parchment paper
2. **Prepare Crust:** In a large bowl, cream softened butter with mixer, and mix in icing sugar. Slowly add in 1/2 cup flour and mix well, and add in the other 1/2 cup and mix until incorporated. Stir in lemon zest. Evenly press dough onto bottom of baking pan, making the edges a bit higher (so the filling won't seep into bottom). Bake in oven for 15 minutes or until edges are lightly browned. Remove from oven and let cool. (To speed up process, can put the pan in freezer when cool enough to touch)
3. **The Filling:** In a large bowl, combine eggs, granulated sugar, flour, lemon juice, and remaining lemon zest. Using an electric mixer on low speed, blend well. Slowly pour over cooled crust, and bake for 25 minutes, or until slightly set. When cooled, dust with icing sugar and cut into squares. Enjoy!

Adapted from "Something Warm from the Oven" by Eileen Goudge.

PER SERVING:

124 calories | 43 mg sodium | 0 g fibre
6 g fat | 2 g protein | 17 g carbs

SERVES 20

TOTAL TIME: 50 MINS

INGREDIENTS

Crust

- 1/2 cup butter, softened
- 1/3 cup icing sugar
- 1 cup all-purpose flour
- Zest of 1/2 lemon

Filling

- 3 large eggs, beaten
- 3/4 cup granulated sugar
- 1 tbsp all-purpose flour
- Juice of 1 lemon (~6 tbsp)
- Zest of 1/2 lemon
- 2 tbsp icing sugar, for dusting

P

JUST-LIKE-GRANDMA'S CREAMY RICE PUDDING

SERVES 4

TOTAL TIME: 45 MINS

INGREDIENTS

- 3/4 cup uncooked, white rice
- 2 cups milk, divided
- 1/3 cup white sugar
- 1/4 tsp salt
- 1 egg, beaten
- 2/3 cup raisins
- 1 tsp butter
- 1 tsp vanilla extract

It may sound old-fashioned, but give this rich, creamy and oh-so-delicious pudding a try. Serve up this classic dessert warm or cold and you won't be disappointed,

1. In a medium size pot, bring 1 1/2 cups water to a boil. Add rice and stir. Reduce heat and simmer for 20 minutes or until rice is cooked. Drain excess water if necessary.
2. In a saucepan, combine cooked rice, 1 1/2 cups milk, sugar and salt.
3. Cook over medium heat for 15-20 minutes or until thick and creamy.
4. Stir in remaining 1/2 cup milk, beaten egg, and raisins. Cook for an additional 2 minutes and stir constantly.
5. Remove pan from heat, and stir in butter and vanilla. Serve warm.

Adapted from Allrecipes.com.

STUDENT TIPS:

- Sprinkle a pinch of cinnamon or nutmeg for extra flavor
- For reduced calories, use skim milk
- Speed up the cooking process by using instant rice instead

PER SERVING:

378 calories | 239 mg sodium | 2 g fibre
6 g fat | 9 protein | 74 g carbs

GF

GRANNY SMITH'S APPLE CRISP

Do you love apple pie but think you should take a break from that flaky and oily crust? Why not try an apple crisp instead? The warm and luscious apple filling accompanied with the goodness of crumbly oats - the perfect snack after your classes.

1. Preheat oven to 350° F (175°C). Grease 8x12-inch baking pan or large casserole dish.
2. To make the filling, cut apples into 1/4 inches slices and place in a baking pan. Stir in white sugar, 2 teaspoons of flour, and cinnamon, pour over the sliced apples. Mix until evenly coated. Pour water over mixture.
3. To make the crumble, combine the rest of the ingredients in a large bowl.. Using your hands, mix and comb through the mixture until it resembles small crumbs (about the size of the nail on your pinky finger). Evenly sprinkle crumble mixture over the apple mixture.
4. Bake at 350° F (175°C) for about 45 minutes.
5. Enjoy on its own, or with a cold scoop of vanilla frozen yogurt!

(If not eating immediately, let cool and package in re-sealable container. Crisp will keep fresh up to 2 weeks in the freezer. Reheat by microwaving, or put in the oven at 250°F (120°C) for 25 - 30 minutes.)

Adapted from Allrecipes.com

PER SERVING:

273 calories | 180 mg sodium | 3 g fibre
9 g fat | 3 g protein | 48 g carbs

SERVES 12

TOTAL TIME: 1 HR 5 MINS

INGREDIENTS

Filling:

- 6 apples, peeled and cored
- 1/2 cup granulated sugar
- 2 tsp all-purpose flour
- 1 tsp ground cinnamon
- 1/2 tsp nutmeg (optional)
- 2 tbsp water

Crumble:

- 2 cup quick oats
- 2 cup all-purpose flour
- 1-1/2 cup brown sugar
- 1 tsp baking powder
- 3/4 cup margarine, room temperature

STUDENT TIPS:

- **To add some color and texture:** Toss in 1/2 cup of dried cranberries into the apple mixture.
- **To keep apples fresh for longer:** Remove any apples that may have bruises, cuts or are over ripe. These apples will release a gas that will cause the other apples to ripen too quickly.

V | P

RUSTIC BAKED APPLES

SERVES 2

TOTAL TIME: 45 MINS

INGREDIENTS

- 2 large apples
- 1 tbsp brown sugar
- 2 tbsp raisins and/or dried cranberries
- 2 tbsp chopped walnuts and/or almonds, pecans, cashews
- 1 tbsp cinnamon

STUDENT TIPS:

- Adding water to the apples keeps them moist while baking.

Make your own personalized apple crisp inside:

- Combine 1/4 cup flour, 1/3 cup oats, 1/4 cup brown sugar and 1 tsp cinnamon in a small bowl.
- Add 2 tbsp butter to the oat mixture. Combine them until it resembles a course meal.
- Fill the apples with the mixture and bake as directed above.

The delicious aroma of these apples baking cheers up any autumn day. Bake them for dessert and eat the leftovers for breakfast!

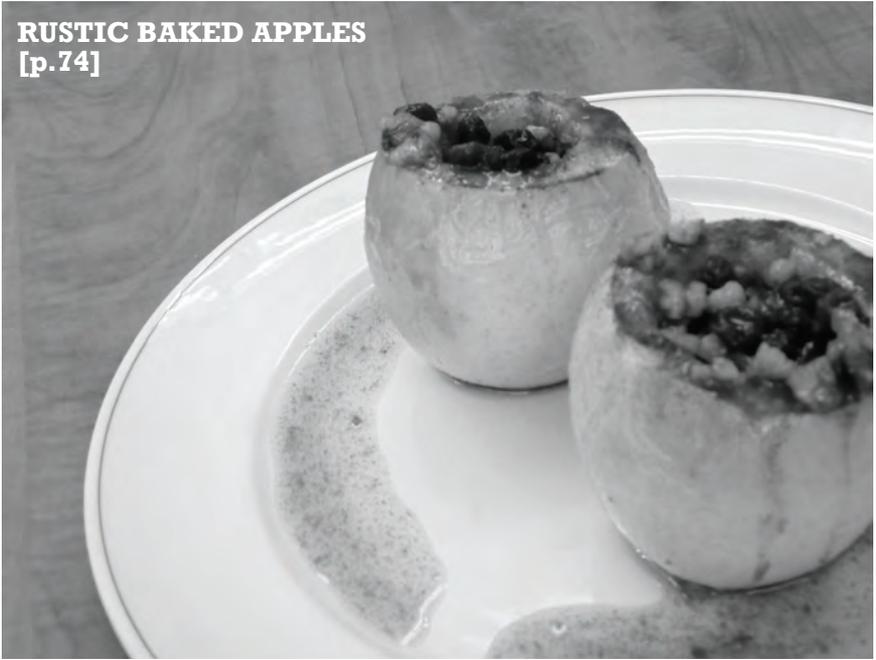
1. Preheat the oven to 400°F (205°C).
2. Remove the core from each apple with a spoon. Do not cut through the bottom, as you are trying to make a hole large enough to accommodate the filling.
3. Shave off a 1.5 -inch strip of peel around the top of each apple.
4. Combine the remaining ingredients in a bowl.
5. Fill the apples with the mixture and add a few spoonfuls of water.
6. Place apples in a small glass baking pan and fill the pan with 1/2 inch of water.
7. Bake apples for 15 minutes or until they are soft.

PER SERVING:

176 calories | 6 mg sodium | 5 g fibre
5 g fat | 2 g protein | 37 g carbs

V | GF

RUSTIC BAKED APPLES
[p.74]



**“Cheese - milk’s leap toward
immortality.”**

- Clifton Fadiman

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Molly McManus
Emily Mills
Prof Anne Milne
Angie Ng
Vivian Pang
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Travis Pines
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Melanie Simard
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Janet Song
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NOTES

NOTES

METRIC CONVERSION CHART

Volume Measurements (Dry)

1/8 teaspoon	= 0.5 mL
1/4 teaspoon	= 1 mL
1/2 teaspoon	= 2 mL
3/4 teaspoon	= 4 mL
1 teaspoon	= 5 mL
1 tablespoon	= 15 mL
2 tablespoons	= 30 mL
1/4 cup	= 60 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
2 cups = 1 pint	= 500 mL
3 cups	= 750 mL
4 cups	= 1 quart = 1L

Volume Measurements (Fluid)

1 fluid ounce (2 tablespoons)	= 30 mL
4 fluid ounces (1/2 cup)	= 125 mL
8 fluid ounces (1 cup)	= 250 mL
12 fluid ounces (1-1/2 cups)	= 375 mL
16 fluid ounces (2 cups)	= 500 mL

Weights (Mass)

1/2 ounce	= 15 g
1 ounce	= 30 g
3 ounces	= 90 g
4 ounces	= 120 g
8 ounces	= 225 g
10 ounces	= 285 g
12 ounces	= 360 g
16 ounces = 1 pound	= 450 g

Dimensions

1/16 inch	= 2 mm
1/8 inch	= 3 mm
1/2 inch	= 1.5 cm
3/4 inch	= 2 cm
1 inch	= 2.5 cm

Oven Temperatures

250°F	= 120°C
275°F	= 140°C
300°F	= 150°C
325°F	= 160°C
350°F	= 180°C
375°F	= 190°C
400°F	= 200°C
425°F	= 220°C
450°F	= 230°C



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