

Recipes for an Empty Wallet

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HEALTHY MEALS ON A TIGHT BUDGET

STUDENT VERSION

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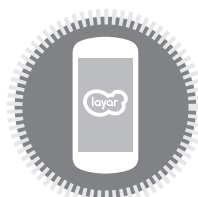
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Welcome to Food Cents

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The Food Cents program was developed to engage and assist our student body in food planning on a budget of around \$8.00 per day, roughly the OSAP budget for meals.

The recipes were costed and produced a minimum of three times each, by various culinary students to ensure that they work! We also based the menus on ingredients bought over the period of a year from various commercial grocers in the Kingston area, so the ingredients should not be difficult to find. Remember, costs will fluctuate based on the season, but many of the staple items go on sale frequently

The Food Cents Cookbook covers four basic areas:

- 1 Stocking a dry goods pantry
- 2 Stocking your fridge
- 3 Providing simple and healthy recipes with a variety of options
- 4 Reducing salt, sugar and fat intakes by providing buying guides and recipes to reflect a more healthy and varied diet

The recipes yield between 2 to 6 servings that can be easily divided down into single portions, if desired, with individual meals costing, on average, between \$4 to \$6 per serving. The serving sizes are appropriate to the recommendations of the Canada Food Guide for proteins, carbohydrates, dairy and vegetables.

Living on a food budget is not easy, but it is doable with a little effort and planning.

~Chef Thomas Elia



You can help put this cookbook in the kitchens of more people by donating at www.givetosl.ca/foodcents.

You will receive a tax receipt for your donation.

100% of all proceeds will go towards Food Cents initiatives.

YOUR FRIDGE BASICS

Milk — Low fat milk, soy beverages or rice beverage

Coffee cream — 10% or 5%

Butter — If you buy margarine buy only brands that are non hydrogenated, low in trans fat and sodium – Becel or other Heart Smart products are best

Plain yogurt — make sure that it contains an active or live yogurt culture – buy low fat and low sugar for snacking – full fat for baking or cooking

Condiments — Your favourite ketchup, mustard, low fat mayo and hot sauce

(do not buy “salad dressing” as they are very high in salt and preservatives)

Cheese — not easy on a budget as it can be expensive – but it is frequently on sale – avoid cheese slices, processed “cheese food” and products containing powdered cheese sauces as they are very high in sodium, preservatives, and MSG

Apples — granny smith, macs, delicious, matsu

Pears — bosc or anjou

Citric Fruits — Oranges, grapefruits, lemons, limes – get mandarins and tangerines when in season in the late fall and early winter

Vegetables — Whenever possible, purchase dark green and brightly coloured vegetables like: carrots, celery broccoli, kale, Swiss chard, winter greens, spinach, green and red cabbage, bell peppers, green and yellow zucchini, green and yellow beans, Asian greens, tomatoes and radishes.

You should eat at least one dark green vegetable per day – a minimum of 1 ½ cups should be consumed.

Fruits — grapes, mangoes, berries, papaya, Asian pears and kiwi

Whenever possible, purchase fresh fruit when it comes on sale

Like your root vegetables — and if you don't, you may want to give them another try!

Eat them as often as possible as they are loaded with nutrients, vitamins and fibre and are very filling and versatile.

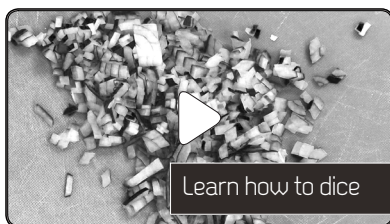
They can be roasted for maximum flavour and sweetness by tossing them in a little EVOO (Extra Virgin Olive Oil), salt, pepper and dried thyme and rosemary and bake in a 350F oven for 45 minutes to 1 hour.

Try vegetables like sweet potatoes, yams, edos, plantain, turnips, rutabaga, celeriac, beets, parsnips and hard skinned squashes like butternut, acorn and pepper squash.

FRESH IS BEST

FROZEN IS GREAT

CANNED IS FINE BUT USE ONLY AFTER RINSING OFF THE CAN JUICES WITH RUNNING COLD WATER



HOW TO SHOP FOR GROCERIES

Rule #1 — Do not shop when you are hungry – eat before you go. This reduces impulse buying – the budget buster!

Rule #2 — PLAN what meals that you are going to make and then PLAN what you are going to buy and stick to it. Leave a little wiggle room to allow yourself to take advantages of sales or feature items.

Rule #3 — In general, buy only what you need in the appropriate quantities. This reduces repetitive eating of meals. Bulk buying is NOT always the most cost-effective way to go. Bulk buying can increase the likelihood of food spoilage and waste.

Rule # 4 — Buy ON SALE as much as possible. Take advantage of flyer specials and features (be careful though because deals are not always what they seem to be, coupons and 2 for 1 specials).

Rule # 5 — Know your grocery store, your green grocer or butcher. This reduces shopping time and allows you to develop a relationship with the retailer.

Rule # 6 — You may want to discuss with your housemates ways of pooling some of your grocery money for some of your bulk purchases and for stocking the pantry with items that everyone can use. This is a great way to stretch scarce grocery money and opens up more communication lines with all of your housemates. It also involves everyone in making and enjoying the meals together.

Did you know that you actually eat slower and eat less when you dine with others instead of alone or in front of the computer or TV? Meal making and consumption is quality social time with housemates, friends and family.

KITCHEN ESSENTIALS

While you probably have a stove and a fridge in your house when you rent for college, the kitchen rarely comes outfitted with the essentials.

This list will help you make your kitchen work and ease your preparation for making meals.

You MUST have:

- 2 sauté pans
- 1 nonstick sauté pan
- 1 nonstick baking sheet
- 1 oven proof casserole dish (3-5 litres) with a lid
OR
- 1 Dutch oven
- 2 pots – 1 large, 1 medium sized
- 1 lasagna pan or 9 x 13 baking dish
- 1 pair metal tongs

- 1** egg flipper or lifter
- 1 set** measuring cups
- 1 set** measuring spoons
- 1** spatula
- 1 small** food processor
- 2** wooden spoons
- 1** boning knife
- 1** all purpose chef's knife

Some GREAT additions would be:

- 1** hand blender
- 1** soup ladle
- 1 medium** crock pot or slow cooker
- 1** toaster oven or toaster
- 1** vegetable peeler
- 1** strainer
- 1** wok
- 1** 4 sided box grater
- 1** wire whisk

YOUR PANTRY BASICS

Sugar — white and brown sugar or Splenda

Oats — unflavoured quick cook or steel cut

Flour — all-purpose flour and corn/potato/rice starch

Oils — canola or Grapeseed oil, EVOO – avoid corn or palm oils

Un-sugared cereals — corn flakes, bran flakes, puffed rice, shredded wheat

Dried fruit — raisins, apricots, cranberries, coconut and unsalted nuts

Canned tomatoes — low sodium if possible

Beans — black beans, kidney beans, chick peas, split peas, lentils.

Canned and/or dried beans and pulses

Grains — millet, quinoa, whole wheat couscous

Rice — converted and/or basmati – white or brown

Yeast — dry active or instant yeast

Canned fruit — peaches, pears, pineapple, applesauce

Without sugar or syrup

Sauces — low sodium soy sauce, Tamari or ponzu

Dried herbs and spices — basil, thyme, cumin garlic powder (do not by garlic salt), salt (kosher or sea is best), pepper, cinnamon, ginger, crushed chilies, rosemary, coriander and any spice blend that DOES NOT contain salt – add your favourites as well

Dried pasta — assorted varieties and shapes including whole wheat and enhanced whole grain products – Try and buy name brand pastas when they go on sale as they are made with better quality ingredients like pure semolina – avoid packaged pasta products as they are extremely high in preservatives, sodium and MSG

Specialties — baking powder, baking soda / plain bran muffin mix/ condensed and evaporated milk

Your favourite soups — low sodium and low fat. Avoid soup mixes, as they are very high in preservatives, sodium and MSG

Boxed chicken and beef stock — low sodium and no sodium products are available and are excellent products

Potatoes, onions, garlic — fresh

Bananas — buy them green and once they get too ripe and soft, freeze them whole. They make great smoothies, can be used in many recipes and can be used as a fat or sugar substitute in many recipes

Coconut Milk — canned or boxed coconut milk or coconut cream

ABOUT MILLET

Millet has been used as a diet staple for thousands of years by ancient Indians, Egyptians, Chinese, Africans, and the Hunzas of the Himalayas who have remarkable longevity. This hardy grain will grow in poor, dry soil but remains high in nutrients. Millet is a budget-friendly ingredient for any kitchen. It can be purchased in health food stores, bulk food stores and many major grocery stores. It is priced at about 25 cents per 100 grams (g). This compares very favourably to dry cereals, which range from \$1 to \$2 for 100g.

Health Benefits of Millet

Millet is a source of high quality protein, vitamins including the B complex range; rich in iron, potassium, calcium, and other minerals. Millet is gluten free making it suitable for many kinds of dietary needs.

How to cook millet

- 1 In a pot, add 1 cup of millet with 2 - 3 cups water.
- 2 Simmer for 30 - 40 minutes, this will provide enough food for two people.

Alternate method:

- Putting the millet in a wide mouth thermos with the proportionate amount of boiling water and sealing the thermos overnight will make the morning rush much easier. Adding a little cream or milk, brown sugar or honey and/or cinnamon will provide a healthy meal which can keep you going from breakfast to lunch if you are not a lumberjack.

Including millet in your diet

Millet can be added to many of your favourite dishes or try a new recipe today.

- 1 Use millet as a substitute for rice or couscous
- 2 Add millet to stews, chili or casseroles
- 3 Pan-fry cooked millet as a pancake

4 Use millet for porridge

Special thanks to Fred Pentney for his help in this project.

Sources: <http://www.quitehealthy.com/nutrition-facts/cereal/434831.html>

The Wholefood Catalog, Nava Atlas, 1988, Fawcett Columbine; Hunza Health Secrets, Rene Taylor, 1964, Award Books; <http://en.wikipedia.org/wiki/Millet>

VEGETABLES & LEGUMES

About Lentils

Did you know that Canada is the world's leading producer of lentils? This nutritious, tasty and easy to use legume is found in dishes from across the world. Lentils come in a wide variety of colours and are very versatile. Make lentils a budget-friendly addition to your kitchen.

Health Benefits of Lentils

Lentils are full of nutrients that everyone needs. Lentils are gluten free, known as a heart-smart food and are appropriate for a diabetic diet. Lentils are a great source of protein, fibre, potassium and iron.

One serving of lentils (100g) can provide you with:

- 1 A whole day's worth of fibre
- 2 More potassium than a banana
- 3 50% of your daily iron needs
- 4 25 grams of protein

Split Red Lentils	
Nutrition Facts	
Per 100 g, dry	
Amount	% Daily Value
Calories 360	
Total Fat 1.5g	2%
Saturated Fat 0.2g	
Trans Fat 0g	1%
Polyunsaturated Fat 0.8g	
Omega-6 0.7g	
Omega-3 0.2g	
Monounsaturated Fat 0.3g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 990mg	28%
Carbohydrate 60g	20%
Fibre 18g	72%
Sugars 1g	
Protein 28 g	
Vitamin A	0%
Vitamin C	0%
Calcium	4%
Iron	50%

Large Green Lentils	
Nutrition Facts	
Per 100 g, dry	
Amount	% Daily Value
Calories 360	
Total Fat 1.5g	2%
Saturated Fat 0.2g	
Trans Fat 0g	1%
Polyunsaturated Fat 0.8g	
Omega-6 0.6g	
Omega-3 0.2g	
Monounsaturated Fat 0.4g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 900mg	26%
Carbohydrate 62g	21%
Fibre 28g	112%
Sugars 1g	
Protein 25 g	
Vitamin A	0%
Vitamin C	4%
Calcium	8%
Iron	50%

How to cook Lentils

It's easy to cook dried lentils. Just rinse, boil, and enjoy!

Split Lentils	Whole Lentils
Rinse lentils under running water	Rinse lentils under running water
In a pot, add 2 cups of water for 1 cup of split lentils. (Use a pot that is big enough – lentils will grow in size as they cook)	In a pot, add 3 cups of water for 1 cup of whole lentils. (Use a pot that is big enough – lentils will grow in size as they cook)
Bring to a boil, cover with a lid, reduce heat and simmer	Bring to a boil, cover with a lid, reduce heat and simmer
Cook for 5 – 15 minutes, until tender	Cook for 20 – 30 minutes until tender

Including lentils in your diet

There are lots of fun, creative and tasty ways to include lentils in your diet. Try different colours of lentils and experiment with seasonings to add colour and variety. Add lentils to one of your favourite dishes or try a new recipe!

Add lentils to soup, stew or chili
Add lentils to a salad
Puree lentils and serve as a dip
Serve lentils in a wrap

Source: www.Lentils.ca

Chicken, Broccoli and Cheddar Salad

Ingredients:

½ cup	fat free plain yogurt
2 tbsp	fat free sour cream
2 tbsp	orange juice or lemon juice
2 tbsp	paprika
¼ cup	fresh parsley, chopped
¼ cup	fresh basil, chopped
2 tsp	black pepper
2 cup	broccoli florets — cooked, cooled and peeled stems
1 cup	cucumber, cubed
1 cup	grape or cherry tomatoes, cut in half
1	green or yellow pepper, cut into strips
4	green onions, chopped
500g	chicken breast or leg meat, coarsely chopped
½ cup	thawed frozen corn kernels
½ cup	grated, shredded or cubed old cheddar cheese
1 ¼ cup	spinach leaves or chopped romaine lettuce

Directions:

- 1 Combine yogurt, sour cream, juice, paprika, parsley, basil and pepper and whisk together until smooth.
- 2 Line a large platter with the spinach leaves or romaine lettuce.

- 3 Combine the remaining ingredients (except the cheese) with the dressing and toss together.
- 4 Place on top of the salad leaves and finish with the shredded cheese.

Substitutions:

- Broccoli can be replaced with cooked cauliflower florets or raw sugar snap peas.
- Cheese can be replaced with a non-dairy cheese product or eliminated altogether.
- Chicken can be replaced with whole wheat pasta, cooked turkey or firm cubed tofu.

Mexican Cheese and Potato Torta

This is a hearty dish that tastes like a cheese quiche without the pastry crust. Great hot or cold and makes a great snack food! Serve with your favourite salsa.

Ingredients:

200g – 250g	leftover baked potatoes (about 3)
1 small	onion, thinly sliced into rings
1 small	red or green pepper, thinly sliced into rings
2	jalapeños, seeded and chopped
1 tbsp each	granulated garlic, chili powder
1 tsp	salt
2 tbsp	olive oil
150g	shredded cheddar or Monterey Jack cheese
6	eggs, beaten with 1 tbsp of milk or water
	fresh cilantro, chopped
	salsa

Directions:

- 1 Preheat oven to 400F.
- 2 Slice potatoes into ¼ thick slices, leaving skin on. Brush both sides with the olive oil and sprinkle with the salt, chili powder and granulated garlic. Bake in the oven for 15-20 minutes or until they begin to brown. Remove from the oven.
- 3 Dish layer the potatoes, alternately with the cheese, onions, red or green pepper, chopped jalapeños and cheese (making cheese

the top layer) in a large skillet or oven proof casserole. Beat the eggs and pour over the ingredients in the casserole dish, shaking it slightly to make sure that all of the egg mix is used.

- 4 Bake in 400F oven for 20 – 25 minutes or until the eggs are fully set. Remove from the oven and let stand 15 minutes before cutting into wedges.
- 5 Serve topped with your favourite salsa and chopped fresh cilantro. For a meal, serve with salad and refried beans.

Greek Style Chickpea Salad

Ingredients:

- 1 can** chickpeas
— well rinsed under cold water and drained
- 1** English cucumber, cubed
- 5** Roma tomatoes, cut into bite size pieces
- 1** small red onion, chopped
- 1 each** red and green pepper
— seeded and cut into bite size pieces
- 1 jar** artichoke hearts, well drained – DO NOT rinse
- ½ cup** black and green olives
— rinsed under cold water and drained
- 1 jar** sundried tomatoes in oil, sliced
- 1 cup** fresh parsley, chopped
- ½ cup** fresh mint and fresh dill, chopped
- 4 cloves** garlic, finely chopped
- ½ cup** olive or canola oil
- ⅓ cup** red wine vinegar or cider vinegar
- 1 cup** crumbled feta cheese

Salt and pepper to taste (use as little salt as possible because of the olives, artichokes and feta cheese).

Use chopped lettuce or spinach as a base for the salad.

Directions:

- 1 Toss all ingredients together gently in a large bowl, EXCEPT the feta cheese.
- 2 Let the salad sit at room temperature for 20 – 30 minutes tossing twice. This allows the dressing to penetrate the other ingredients for best flavour.
- 3 Put some chopped lettuce or spinach leaves onto a plate and top with the Greek chickpea salad. Top with crumbled feta cheese.

Serves 4 – 6. Serve with pita bread.

This salad can also be served as a side dish with oven roasted chicken breast or chicken legs, grilled burgers, meatloaf, baked pork chops, baked tilapia or roasted salmon.

Hummus

This is better than the store bought stuff and cheaper too!

Ingredients:

2 cans	chick peas — rinsed under cold water and drained well
½ cup	onion, chopped
1 ⅓ tbsp	ground cumin, ground coriander
1 tsp each	salt, black pepper
7 cloves	garlic, chopped
½ cup	olive oil (or half olive oil and half canola oil) juice of 2 lemons cold water to thin the mixture if needed

Directions:

Place all of the ingredients into a food processor and blend until very smooth. IF the mixture is too thick, add small amounts of cold water to thin the mixture. After blending, add ½ cup of freshly chopped parsley or cilantro (both can be used for best flavour).

Serve with toasted pita bread, sliced cucumbers and carrot sticks. Can also be used as a healthy sandwich filling with sliced cucumbers, sliced tomatoes, hot peppers and lettuce.

Variations:

Red Pepper Hummus

Add 1 small jar of roasted red peppers. Rinse under cold water, pat dry and puree with the rest of the ingredients.

Hummus bi Tahini

Add ½ cup of tahini (sesame seed paste) and puree with the rest of the ingredients.

Pesto Hummus

Add ½ cup of store bought pesto or sun dried tomato pesto and puree with the rest of the ingredients.

Hot Pepper Pesto

Add 2 tbsp of Sriracha or Sambal Oelek to the Red pepper OR Pesto Hummus.

Lentil and Chicken Salad

Ingredients – Salad:

- 2 cup** green lentils
- 1 can** mandarin oranges, drained (reserve liquid)
- ½ cup** raisins
- sunflower seeds
- dried cranberries
- ½ cup** chopped fresh parsley
- chopped green onions
- chopped fresh basil
- chopped celery
- 2** cooked chicken breasts – bone in, skin on
- 1 cup** shredded carrot
- 2** green apples or pears, peeled, cored and chopped

Ingredients – Dressing:

- 2 tbsp** olive or canola oil
- 2 tsp** fresh ginger, grated
- 2 cloves** garlic, finely minced
- 1 tbsp** honey
- 2 tsp** Dijon mustard (optional)
- juice and zest of ½ lemon
- reserved mandarin orange liquid
- Combine dressing ingredients and set aside.

Directions:

- 1** Bring 2 liters of water to a boil. Add lentils and cook for 20 minutes or until just tender. Drain and run under cold water to stop the cooking. Drain well.
- 2** Remove the skin and bones from the chicken and discard. Chop into bit sized pieces.

3 Combine salad ingredients in a large bowl and pour over the prepared dressing and toss gently but thoroughly.

Ready to serve. Serve on a bed of lettuce or spinach with tomatoes and cucumbers.

Substitutions

- Chicken can be replaced with firm tofu that has been cubed; cooked chicken thighs that have been cubed; canned tuna that has been well rinsed and drained; fresh salmon that has been poached or baked; low sodium, lean ham that has been cut into small cubes; leftover turkey that has been cubed; or left over roast pork that has been cut into small cubes.
- Sunflower seeds can be replaced with toasted pumpkin seeds, pecans or walnuts
- Any combination of chopped dried fruit or even trail mix can be used in this salad.
- Salad will last for 3 days in the fridge as long as it has been dressed.
- Make sure that poultry has been cooked to an internal temperature of 160F–170F

Millet or Quinoa Croquettes

These little pan fried patties are excellent – high in protein, easy to make and you can make so many variations from the basic recipe below. The mixture can be kept in the fridge for up to 3 days so that you can make them fresh in a snap!

Ingredients:

- 2 cup** millet or quinoa
 - cooked and cooled , mashed so that the grains are of a “lumpy” mashed potato consistency
- 1 small** carrot, grated
- 1 small** zucchini grated and squeezed dry
- 1 bunch** green onion, finely chopped
- 1 tbsp each** dried thyme, ground coriander
- ¼ cup each** fresh parsley and fresh basil, chopped
- ½ cup** grated parmesan or finely crumbled feta cheese
- 1 tsp** black pepper
- 1** egg (optional) DO NOT use for a vegetarian option
- vegetable spray

Directions:

- 1 Preheat oven to 400F. Prepare a non-stick baking sheet with a vegetable spray.
- 2 Combine the grain, vegetables, dried and fresh herbs, cheese and black pepper and mix well. If using, add the optional beaten egg at this time and mix well.
- 3 Form into patties and place onto the prepared baking sheet. Spray the tops of the patties with vegetable spray.
- 4 Place on the bottom rack of the preheated oven and bake for 6-8 minutes. Gently turn the patties over and bake for an additional 6-8 minutes. Remove from oven and sprinkle with a little salt.

Ready to serve with a little warmed tomato sauce and a side salad.

Optional Cooking Method

- These patties can also be fried. To make them this way, heat 2 tbsp of butter and canola oil in a skillet over medium high heat. Fry the patties for 3-4 minutes per side and drain on paper towel before serving.

Millet or Quinoa Lettuce Wraps

Healthy, low in fat, easy to make and very fresh tasting

Ingredients:

1 cup	cooked and cooled millet or quinoa
½ cup	shitake or button mushrooms, thinly sliced
½ cup	thawed frozen corn
2 cloves	garlic, finely chopped
¼ cup	red onion, thinly sliced
1 small	tomato, seeded and chopped
½ cup	broccoli slaw (available in most supermarkets)
	OR
½ cup	English cucumber, cut into thin sticks
⅓ cup	crumbled feta cheese
⅓ cup	plain yogurt or low fat sour cream
2 tbsp each	fresh basil
	fresh parsley
	fresh cilantro, chopped
1 tbsp	canola oil

- 1 small** bibb lettuce leaves
OR
iceberg lettuce leaves, washed and dried

Your favourite salad dressing, hot sauce or vinaigrette for dipping.

Directions:

- 1 Heat a skillet over medium high heat and add the canola oil. Add the onions, mushrooms and garlic and cook together, stirring frequently, for 2-3 minutes. Remove from pan and cook – drain off any accumulated juices.
- 2 Combine cooked mushroom and onions mixture with the cooked millet or quinoa, tomato, slaw or cucumber, feta cheese, thawed corn and herbs. Mix to combine and then stir in the yogurt or sour cream. Season mixture with a little salt and pepper to taste.
- 3 Divide the mixture up and wrap the filling in the lettuce leaves. Serve with your favourite dressing or vinaigrette. Add hot sauce to taste.

The mixture holds well in the fridge and you can wrap it in the lettuce when you wish.

Alternative Use:

- To turn the filling into a hot meal – try the following:
- Cut 2 green zucchini in half lengthwise and hollow out the middle to make a zucchini boat. Pack the mixture into the zucchini boats and top with a little tomato sauce. Bake in a 350F preheated oven, on a baking sheet, for 30 minutes. Serve with a side of spaghetti squash or a side salad
- Cut the tops off of 2 bell peppers and remove the seeds. Pack the mixture into the peppers and top with tomato sauce. Place into a casserole dish and bake, covered, in a preheated 350F oven for 45-50 minutes. Serve with additional tomato sauce and a side salad.

Millet Tabbouleh

This is a fantastic dish that is usually made with cracked wheat. This is a gluten free version made with millet. You can also use wheatberries, red or yellow quinoa, bulghar or buckwheat groats. It stores well and is best served the day after it is made to achieve the fullest flavour. Great as a meal or as a side dish for grilled or roasted meats.

Ingredients:

2 cup	cooked and cooled millet (or other grain)
3	tomatoes, seeded and diced
1	English cucumber, diced
1 small	fennel, topped and diced
½ small	red onion, finely chopped
1 small	green zucchini, diced
1 small	red pepper, seeded and diced
4 cloves	garlic, finely minced
½ cup	flat leaf parsley, finely chopped
⅓ cup	fresh dill, finely chopped
¼ cup	fresh lemon juice
⅓ cup	virgin olive oil
	salt and pepper to taste

Directions:

- 1 Combine all of the vegetables, herbs and millet together.
- 2 Stir in the lemon juice and olive oil and toss to coat. Season with salt and pepper to taste. For a little heat, add a hot sauce or chopped pickled jalapeños to taste.

Additions:

- Feta cheese, sundried tomatoes, cooked cubed chicken, canned chunk tuna, cubed celery, chopped beet greens, chopped and cooked yellow beets.

Substitutions:

- Lemon juice can be replaced with orange or tomato juice.
- Can be served on a bed of salad greens

Molettes

Ingredients:

4	whole wheat hot dog buns
30 g	butter or non- hydrogenated margarine
2	cooked chicken breasts, shredded
225 g	can, refried beans
2 tbsp	chopped pickled jalapeños
150 g	shredded cheddar cheese

75 g salad greens or shredded iceberg lettuce
salsa
low fat sour cream

Directions:

- 1** Warm the refried beans over low heat in a nonstick skillet.
- 2** Divide butter or margarine and spread onto the whole wheat hot dog buns and toast under the broiler or in a toaster oven.
- 3** Assemble the molettes:
- 4** Spread the refried beans onto the buns
- 5** Top with chopped jalapeños
- 6** Top with the shredded chicken, salsa, sour cream and
- 7** Lettuce
- 8** Enjoy!

Substitutions:

- Shredded chicken breast can be replaced with low sodium sliced ham, leftover chicken, turkey or roast beef or with tofu dogs.
- Sour cream can be replaced with low fat Greek yogurt or low fat cottage cheese.

Moroccan Chicken with Chick Peas and Couscous

Ingredients:

- 3** Yukon Gold potatoes — scrubbed and quartered
- 2** green zucchini, quartered
- 2** red bell peppers, seeded and quartered
- 12** chicken thighs and/or drumsticks
— rinsed and dried
- 2 tsp** ground cumin
ground coriander
dried thyme
- ¼ tsp** ground nutmeg or cinnamon
black pepper
- ¼ cup + 1 tbsp** canola oil
- 2** jalapeños — seeded and chopped
- 1** small onion — chopped

- 2 tbsp** fresh ginger — grated
- 4** garlic cloves — chopped
- 1 tsp** red wine vinegar or cider vinegar
- 1 tsp** salt
- 1 cup** can of low sodium tomatoes
- ½ cup** no sodium chicken or vegetable stock
- 540 ml can** chick peas
— rinsed under cold running water and drained
- ¼ cup** chopped fresh parsley
- 2 tbsp** chopped fresh cilantro
- 1 lt** cooked couscous
— cook according to package directions
- plain low fat yogurt
- honey

Directions:

- 1** Combine the chicken, potatoes, red bell peppers and zucchini in a large bowl. Add ground cumin, ground coriander, dried thyme, cinnamon (or nutmeg), black pepper and ¼ cup canola oil. Toss to coat everything in the spice mixture. Wrap with plastic wrap and store for a minimum of 3 hours. (This can be prepared early in the morning or the night before.)
- 2** After marinating time, spread out the chicken and vegetables onto nonstick baking sheets. Roast in a pre-heated 350F oven for 1 hour. After one hour, remove the baking sheet from the oven and transfer chicken and vegetables to a prepared casserole dish or Dutch oven.

While the chicken and vegetables are roasting, you can make the sauce.

- 3** In a sauté pan over medium high heat, add 1 tbsp of canola oil along with the salt, onion, jalapeños, fresh ginger and garlic. Cook over medium heat for 5 minutes.
- 4** Add vinegar, chick peas, tomatoes and stock to the pan and bring to a boil. Simmer covered with a lid for 15 minutes and keep warm.

Assemble and Finish the Dish

- 1** Once the chicken and vegetables have been put into the casserole dish or Dutch oven, pour the sauce over the top. Put the lid on the Dutch oven or casserole dish and bake in the 350F oven for 45 minutes.
- 2** Remove lid from casserole dish or Dutch oven and garnish the top of the dish with the chopped fresh parsley and cilantro. Spoon over prepared couscous and serve with plain low fat yogurt sweetened with a little honey.

Serves 4 – 6

Substitutions:

- Chicken can be substituted with pork chops or lamb chops – increase second cooking time to 75 minutes.
- Other vegetables such as eggplant, sweet potatoes, squash, cauliflower or fennel can be used instead of the potatoes.
- For some additional texture, dice some cucumber into the yogurt for a nice crunch!

Roasted Beet and Orange Salad

Hearty, healthy and simply delicious. Roasted beets are very sweet and are perfectly paired with the tart finish of the oranges and the creaminess of the goat cheese.

Ingredients – Beets:

500 g red, yellow or candy cane beets
2 tsp canola oil

Directions:

Rub beets with oil and place them on a large piece of foil. Wrap the beets in the foil making sure the foil is sealed. Place sealed packet onto a baking sheet and place into a preheated 350F oven for 75 minutes. After the cooking time, remove the beets from the oven and leave rest in the foil for 30 minutes. Peel the skin off of the beets, and slice into thick slices under cold running water.

Ingredients – Dressing:

2 cloves garlic, finely chopped
1 tbsp fresh thyme, finely chopped
1 tbsp fresh parsley, finely chopped
1 tsp ginger, grated
1 orange — juiced and zest
1 tsp Dijon mustard
2 tsp honey or brown sugar
2 tbsp rice, cider, sherry or white wine vinegar
3 tbsp olive oil
pepper to taste

Combine all ingredients into a bowl and mix together. Pour over the beets and toss the beets in the dressing.

Ingredients – Orange Salad:

- 2 cup** salad greens
- ½** red onion, thinly sliced
- 1** head fennel, thinly sliced
- 4** oranges, peeled and cut into segments
- ½ cup** crumbled goat cheese or feta cheese
- ⅓ cup** pecans or hazelnuts (optional)
- ½ cup** parsley leaves

Directions:

- 1** On a large platter, layer the salad greens then the fennel followed by the onions.
- 2** Distribute the dressed beets over the salad.
- 3** Top with orange segments, nuts (optional), cheese and parsley leaves. Pour remaining dressing over the salad.

This salad is a meal on its own or can be served as a hearty side dish for grilled or roasted meat or fish.

Substitutions:

- Oranges can be replaced by red grapefruit or canned mandarin oranges.
- Fennel can be replaced by thinly sliced zucchini or cucumber.

Spicy Root Vegetable Gratin

This is a great side dish, or can be served as a meal with a green salad. One of the best ways to get your root veggies!

Ingredients:

- 2** sweet potatoes
 - peeled and thinly sliced into rounds
- 2** russet potatoes with skin
 - washed and sliced thinly into rounds
- 1** butternut squash
 - peeled and the top only, sliced into rounds
 - keep the rest for soup
- 1** small celery root (celeriac)

- peeled and sliced into thin rounds
- 1** small red onion, sliced into thin rings
- 2 tbsp** butter or non-hydrogenated margarine
- 2 tsp** each yellow curry powder, coriander, chili powder
- 1 tsp** each turmeric, cayenne pepper
- 2/3 cups** half and half or coffee cream
- 2/3 cups** low fat milk
- 2/3 cups** grated mozzarella cheese

Directions:

- 1** Slice all of the vegetables as thinly as possible and place into water while slicing so that none of the vegetables begin to brown.
- 2** Mix together the milk and half and half. Set aside in fridge.
- 3** Melt the butter in a small pot over low heat. Add all of the spices and cook for 3 minutes. Pour into a large bowl.
- 4** Drain and pat dry all of the vegetables and then add them to the butter mixture. Toss to ensure that the butter and spice mixture coats all of the vegetables.
- 5** Use a vegetable oil spray to coat a Dutch oven or a large casserole dish. Begin to layer the vegetables, seasoning with a little salt and pepper between each layer. Half way through the layering, add half of the cheese and half of the milk and cream. Add the remaining cheese to the top layers and pour over the rest of the cream and milk mixture.
- 6** Cover the casserole dish or Dutch oven and bake in a preheated 350F oven for 50 minutes. Remove the lid after 50 minutes and cook for an additional 35 minutes. Remove from the oven and let stand for 15 minutes before serving.

Serves 6

Substitutions:

- You can use any combination of root vegetables. In addition to the above or as replacements, you can use rutabaga, white turnips, parsnips, carrots, heritage carrots, yellow beets, taro root or yams.
- Cow milk can be replaced with goat milk or an unflavoured dairy substitute.
- Cheese can be eliminated or can be replaced with cheddar, blue cheese, goat cheese or parmesan cheese.

Stuffed Bell Peppers

Old fashioned comfort food but with a spicier flavour. Served with salad, this makes a great meal. Easy to freeze and reheat as well.

Ingredients:

1 each	large green and large red bell pepper, — cut in half lengthwise and seeded
⅓ cup	onion, chopped
1 tbsp	canola oil
1 tbsp each	ground cumin ground coriander dried oregano chili powder black pepper paprika
3 cloves	garlic, finely chopped
1	egg
1 cup	cooked brown rice
1 cup	ground beef, pork, lamb, chicken or turkey
2 cup	low sodium or no sodium canned tomatoes
½ cup	white wine or orange juice
1-384 ml	jar favourite salsa
½ cup	grated cheddar cheese low fat sour cream and extra salsa, to taste for each serving

Directions:

- 1 Preheat oven to 375F.
- 2 Add the oil and onions in a skillet and sauté for 3 minutes over medium high heat. Add ground meat and spices and cook the ground meat thoroughly. Drain off all of the fat. Cool the meat.
- 3 Prepare an ovenproof casserole dish by adding the canned tomatoes to the bottom of the dish. Add the water or juice as well.
- 4 Combine the cooled meat with the rice and garlic in a bowl. Add the egg and mix through. Stuff the peppers with the meat and rice mixture.
- 5 Top the stuffed pepper with the salsa.
- 6 Bake in the preheated oven for 40 minutes. Top the peppers with the cheese and bake a further 10 minutes or until the cheese has melted.

- 7 Serve the peppers topped with low fat sour cream, extra salsa and for a spicy hit, some chopped pickled jalapeños.

Serves 4

Serve with a salad and corn chips – the low sodium variety of course!

Substitutions:

- The peppers can be replaced with hollowed out zucchini halves, small eggplant halves or large tomatoes that have been topped and the flesh scooped out.
- The ground meat can be replaced with Textured Vegetable Protein or by using leftover roasted beef, chicken, pork or lamb that had been finely chopped.
- Brown rice can be replaced with whole wheat couscous or other cooked grains.

Thai Curried Steak Salad

This is a great way to serve an expensive item as the steak is more of a garnish. One 300 gram striploin steak (about \$10) will easily serve 2 people.

Ingredients:

1 – 300g	striploin or rib eye steak
1 tbsp	low sodium soy sauce or Tamari
1 tbsp	red or green Thai curry paste
1 tsp	each ginger, garlic, finely minced
1 tbsp	canola oil
2 cups	salad greens of choice
1 cup	fresh bean sprouts
1 small	red or yellow or orange pepper — thinly sliced into strips
1 cup	carrots, shredded
4	green onions, thinly sliced into strips
1	tomato, cut into wedges

Dressing

3 tbsp	rice vinegar
1 tbsp	canola oil
1 tbsp	honey or brown sugar
1 tbsp	low sodium soy sauce or Tamari
Pinch	chili flakes or hot sauce
½ cup	cilantro leaves, kept whole

Directions

- 1 Combine soy sauce, curry paste, ginger and garlic. Rub into the steak and set aside at room temperature for 15 minutes.
- 2 Combine the liquid ingredients and chili flakes to make the dressing.
- 3 Heat a skillet over medium high heat. Once hot add 1 tsp of canola oil – sauté steak for 3-4 minutes per side for medium rare. Remove from the pan and place on cutting board. Let sit for 5 minutes and then slice thinly.
- 4 Combine salad ingredients and toss with the dressing. Plate the salad and top with the sliced steak and whole cilantro leaves.

Substitutions:

- Steak can be replaced with chicken breast, pork tenderloin or fresh salmon – follow the marinade instructions and cook chicken, pork or salmon until it reaches an internal temperature of 150F. Any salad greens can be used such as romaine, leaf lettuce, spring mix, baby salad spinach, shredded napa or bok choy. Other vegetables like cooked broccoli, bagged broccoli slaw, celery, water chestnuts or bamboo shoots can also be added or used.

Vegetable Frittata with Feta Cheese

Like pizza? This is a baked omelet that tastes like a pizza. Served with salad and roasted potatoes, you have a great meal! This recipe serves 4 with the sides.

Ingredients:

- 6 eggs beaten
 - with 2 tbsp of water and a pinch of salt & pepper
- 1 tsp each dried thyme, dried oregano
- 2 tbsp canola oil
- 1 tomato, seeded and chopped
- ½ zucchini, thinly sliced
- ½ red pepper, cut into thin strips
- ⅓ cup mushrooms, thinly sliced
- ⅓ cup grated parmesan cheese
- ⅓ cup shredded mozzarella cheese
- 2 tbsp fresh chopped basil
- 2 tbsp fresh chopped chives

Directions:

- 1 Preheat a large, nonstick skillet over medium high heat. At the same time, preheat the oven to 400F.
- 2 Beat the eggs with water and the dried spices. Add the oil to the pan and get the oil hot. Pour the eggs into the skillet and scramble lightly. Make sure that eggs form an omelet in the pan.
- 3 Spread the vegetables over the eggs and top with the cheese.
- 4 Bake in the preheated oven for 15 minutes. Remove from the oven and top with the fresh herbs.
- 5 Cut into wedges and serve with toast, roasted potatoes and salad.

Substitutions:

- Egg beaters or another egg alternative may be used to replace the whole eggs.
- Be creative – use any combination of vegetables and cheeses that you like!

BEEF & HAMBURGER

Asian Beef and Broccoli Salad

This recipe also uses a strip loin steak that while expensive, can easily serve 2 people with leftovers for under \$7.50 per person! Lots of veggies and a satisfying meal.

Ingredients – The Steak

- 300 g** striploin, sirloin or rib eye steak
— sliced into thin strips
- 1 tsp each** granulated garlic, powdered ginger, black pepper
- 2 tsp** canola oil
- 2 tsp** low sodium soy sauce or Tamari

Toss these ingredients together in a bowl and set aside at room temperature for 15 minutes. In a hot wok, stir fry the beef for 3-5 minutes and remove to a plate to cool.

Ingredients – The dressing

- 2 cloves of garlic, minced
- 2 tsp fresh ginger, grated
- 1 tbsp soy sauce
- 1 tbsp hoisin sauce
- 2 tsp rice vinegar
- 2 tsp canola oil
- 2 tsp Sambal Oelek or other hot sauce
- 1 tsp sesame oil
- 1 orange juice only

Combine all of the dressing ingredients together and whisk until smooth.

Ingredients – The salad

- 2 cup nappa cabbage, thinly sliced
- 2 cup salad spinach leaves
- 1 each red and yellow pepper, cut into strips
- 1 carrot, shredded
- 2 cup fresh bean sprouts
- 1 cup chick peas, well rinsed and drained
- 1 broccoli, small florets and peeled and sliced stalks
- 3 celeries stalks
- ½ cup fresh cilantro, coarsely chopped
- ½ cup peanuts, sesame seeds
or water chestnuts (optional)

Combine ingredients together in a large bowl.

To assemble and finish

- 1 Add the dressing to the salad ingredients and toss together.
- 2 Add the reserved sliced steak and the juices and toss through the salad.
- 3 Adjust seasonings with black pepper and serve!

Substitutions:

- The steak can be replaced with leftover cooked roast beef, roast pork, roast chicken or roast turkey. Chicken breast or legs can also be cooked and sliced for this recipe.
- The meat can be removed and replaced with cubed firm tofu; or increase the amount of chick peas used for a vegetarian option.

- Add other veggies like chopped bok choy or other Asian greens, green or yellow beans, sliced fennel, zucchini, snow peas or sugar snap peas.
- Nuts can be replaced or eliminated as per your choice.

Beef and Black Bean Burgers

The original recipe was developed for the Heart and Stroke Foundation. They are low in fat and high in fibre. They are also delicious!

Ingredients:

2 cup	canned black beans
	— rinsed under cold running water and well drained
1 cup	red onion, chopped
1 tsp each	granulated garlic, cumin, coriander, black pepper
½ cup	large flake oats (plain oatmeal can also be used)
1	egg
500 g	lean or extra lean ground beef
	whole wheat hamburger buns
	lettuce
	salsa
	low fat sour cream
	grated cheddar cheese
	hot sauce

Directions:

- 1 Place the black beans, red onions, spices and oats into a food processor. Using the pulse button, process down; but do not puree. Transfer to a bowl.
- 2 Add ground beef and the egg and mix to fully incorporate with the other ingredients. Divide into 8 – 10 patties and place on a non-stick baking sheet.
- 3 Bake in 350F oven for 20 minutes. Serve on a whole wheat hamburger bun with the toppings. Sides could be a green salad, cucumber and tomato salad, Greek salad or coleslaw.

Makes 8 – 10 servings

These patties freeze well after they have been cooked. To reheat, use a microwave and enjoy again!

Best Ever Meatloaf

You won't need to groan about this meatloaf! It is very tasty hot and great sliced cold in a sandwich the next day.

Ingredients:

450 g	lean or extra lean ground beef
300 g	lean ground veal, pork, turkey or chicken
½ cup	breadcrumbs
1 small pkg	instant plain oatmeal
1 small can	tomato paste
1	onion, finely chopped
½ cup	fresh parsley, finely chopped
2 stalks	celery, finely chopped
2 tbsps each	granulated garlic, dried thyme, dried basil, hot sauce
1 tsp each	salt, pepper
1	egg
1 pkg	frozen spinach, thawed and squeezed dry (optional)

Directions:

- 1 Preheat oven to 350F.
- 2 In a large bowl, mix all of the ingredients together thoroughly.
- 3 Pack mixture firmly into a loaf pan. Place onto an aluminum lined baking sheet.
- 4 Place into the centre of the preheated oven and bake for 75 minutes or until the internal temperature reaches 165F.
- 5 Remove from oven and immediately drain off all of the accumulated fat.
- 6 Let rest out of the oven for 10 minutes before slicing.

Serves 6. Serve with mashed potatoes, baked potato, baked potato wedges, baked sweet potato and your favourite vegetables.

For a sandwich: When cold, slice the meatloaf thinly. Place a few slices onto a slice of whole wheat bread; spread with Dijon mustard. Top with thinly sliced red onion, tomato, cucumber and lettuce. Top with another slice of bread; spread with mayonnaise.

Lemon Ginger Beef and Broccoli

Ingredients:

1 cup	no sodium beef stock
2 tbsp	cornstarch
2 tbsp	low sodium soy sauce
1 tbsp	hoisin sauce
1 tbsp	honey or brown sugar
2 x 2 tsp	canola oil
2 tbsp	freshly grated ginger
2 cloves	garlic, minced
500 g	tenderized hip steak, cut into strips
500 g	broccoli pieces — include peeled broccoli stems cut into pieces
1	small onion cut into thin slices
1	lemon — juiced and zested
1 tsp	hot sauce OR hot pepper flakes to taste

Directions:

- 1 Bring a pot of water to a boil. Add broccoli and cook for 2 minutes. Drain and run under cold water to cool. Drain again and pat dry.
- 2 In a bowl add a little of the stock with the cornstarch in a bowl and whisk until smooth. Add remaining stock, soy sauce, hoisin sauce, lemon zest, honey or brown sugar and stir together. Set aside. (If you want to have the heat, add your pepper flakes or hot sauce to this liquid mixture).
- 3 Heat a wok or large skillet over medium high heat. Add 2 tsp of the canola oil and stir fry beef for 2 minutes; remove from wok and set aside.
- 4 Add remaining oil to wok/skillet and stir fry onion for 1 minute. Add broccoli, garlic and ginger to the wok. Whisk the liquid ingredients together and add to wok/skillet and bring to a boil, stirring constantly until thickened.
- 5 Return beef and the accumulated juices to the wok and stir. Add lemon juice to taste.

Ready to serve – **Serves 4**

Substitutions:

- Beef can be replaced with chicken thighs, chicken breast or cubed firm tofu.
- You can also use left-over roast beef, roast chicken, roast lamb, roast pork or roast turkey.
- The beef stock can be replaced with no sodium chicken or vegetable stock.
- You can add other vegetables such as carrots, fennel, asparagus, green beans or any Asian green vegetable such as bok choy, long beans or nappa cabbage.

Ground Beef Kebabs

Ingredients:

500 g	lean or extra lean ground beef
1 tbsp	breadcrumbs
2 tbsp	fresh parsley, finely chopped
2 tbsp	fresh cilantro, finely chopped
1 tsp each	ground cumin, garlic powder, pepper, ketchup
½ tsp	salt
12	small white mushrooms, whole
12	cherry or grape tomatoes, whole
6	bamboo skewers soaked in water choose your favourite bbq sauce

Directions:

- 1 Combine beef, breadcrumbs, parsley, cilantro, cumin, garlic powder, pepper, salt and ketchup in a large bowl and mix until well incorporated.
- 2 Divide into 24 meatballs and skewer. Using 4 meatballs, 2 mushrooms and 2 tomatoes per skewer.
- 3 Place onto a non-stick baking sheet and brush with your favourite bbq sauce.
- 4 Bake in a 350F oven for 15-20 minutes.

Serves 6. With a green or cabbage salad and brown rice.

Substitutions

- Ground beef can be replaced with lean ground chicken, turkey, pork, lamb or salmon.

- Other vegetables that can be used are zucchini, pearl onions, brown mushrooms, eggplant, or fennel.

All ground meat products should be thoroughly cooked to an internal temperature of 160F or until the juices run clear with no pink colour to the juices.

Hamburger Helper Anyone?

While Hamburger Helper is perfectly economical and alright once in a while, this homemade recipe is healthier as you can control the sodium and fat content and increase the fibre by using a whole grain or whole wheat pasta.

Ingredients:

500 g	lean or extra lean ground beef
1 tbsp	canola oil
1	onion, chopped
2 stalks	celery, chopped
1	zucchini, cubed
1	carrot, chopped
1	green bell pepper
1 cup	frozen corn, peas or mixed vegetables
125 g	white or brown mushrooms, sliced
398 ml can	canned tomatoes
	— no salt or low sodium, chopped (with juice)
½ cup	no salt or low sodium tomato sauce
2 tsp each	dried thyme, granulated garlic, dried basil, dried oregano, black pepper
¼ tsp	salt
¼ cup	fresh parsley, chopped
3 cups	pasta — shells, macaroni or penne, cooked
	— small whole wheat or whole grain

Directions:

- 1 Add the canola oil in a large skillet or Dutch oven over medium high heat. When the oil is hot; add the ground beef and cook until browned, stirring frequently to break up the meat. Remove meat with a spoon onto paper towel, and pour off all of the remaining fat in the pan/pot.
- 2 Turn heat down to medium. Add celery, onion and carrot and cook, stirring frequently for about 5 minutes.

- 3 Add mushrooms, zucchini and green pepper and all of the spices. Cook for 5 more minutes. Return drained beef to the pot and stir.
- 4 Add tomatoes, tomato sauce and frozen vegetables and bring to the boil.
- 5 Simmer on medium heat for 5 minutes and add cooked pasta. Heat through and you are ready to serve. Season with salt and pepper using as little salt as possible.

Serves 4 - 6. Serve with a green salad or sliced cucumbers.

Substitutions:

- The ground beef can be replaced with lean or extra lean ground chicken, turkey, pork or lamb.
- TVP (Textured Vegetable Protein) can also be used. Soak the TVP in no sodium vegetable stock before using.
- Any of your favourite vegetables can be added or substituted. Add fresh spinach, kale or Swiss chard to increase vitamin and mineral content. If using these types of greens, add to the dish when you add the cooked pasta.

You can top the dish with many options: low fat sour cream or plain yogurt, grated cheese, chopped fresh herbs, chopped green onions, hot sauce or salsa, sliced avocado.

Kafka

This is a dish that originates from Lebanon using ground beef and lamb with spices formed onto metal skewers and grilled over hot coals. They are great baked or barbecued! They can be shaped into hamburger patties or rolled in log shapes and served on their own or in a whole wheat hamburger or hot dog bun with your favourite toppings.

Ingredients:

- 300 g** lean or extra lean ground beef
— lean or extra lean ground lamb
- ½ cup** breadcrumbs
- ½ cup** fresh chopped parsley,
fresh chopped mint
fresh chopped cilantro
crumbled feta cheese
chopped slivered almonds
- 1 tbsp** ground cumin coriander
fried oregano

- black pepper
- 1** red, green or yellow pepper, finely chopped
- 1** large jalapeño, seeded and finely chopped
- ½** small red or white onion, finely chopped
- 1 ⅓ tbsp** baking powder
- 1** egg

Directions:

- 1** Place all ingredients into a large bowl and mix well. Divide into 6 – 8 portions and shape into patties or into logs.
- 2** Place onto a non-stick baking sheet and bake in oven at 350F for 18-20 minutes.
- 3** Drain well and serve!

These can be placed onto whole wheat buns with hummus, lettuce, sliced tomato, onion and sliced cucumber.

The traditional way to serve would be with toasted pita bread, green salad, hummus and Greek style yogurt or tzatziki.

These patties freeze well after cooking.

Substitutions

- Replace ground lamb and beef with any other lean or extra lean ground meat.
- Almonds can be removed without affecting the recipe.
- Pickled jalapeños can be used instead of the fresh one.
- Use 1 tbsp of the pickled jalapeños to replace the fresh one.

Spaghetti “Pie”

This is a great party dish as it will feed 6-8 people. Served with salad and garlic bread. Makes great leftovers; portioned once cooked can be frozen.

Ingredients:

- 500 g** cooked and cooled whole wheat spaghetti
- 500 g** lean ground beef, pork, turkey, chicken or lamb
- 1** green pepper, roughly chopped into cubes
- 1** red pepper, roughly chopped into cubes
- 1** zucchini, chopped into 1 inch pieces
- 4** green onions, chopped into ½ inch pieces
- 1 tbsp each** dried basil, dried thyme,
- granulated garlic, brown sugar

- 1lt** jar low sodium pasta sauce
- 2/3 cups** sour cream
- 2/3 cups** shredded cheddar cheese
- 3/4 cup** soft cream cheese
- 1** egg

Directions:

- 1 Coat an ovenproof baking dish with cooking spray or olive oil. Add the pasta to the bottom of the prepared dish. Preheat oven to 350F.
- 2 Cook the ground meat in a large skillet, over medium high heat. Drain off the fat.
- 3 Add peppers, zucchini, dried spices and pasta sauce to the cooked ground meat. Bring to a boil and simmer for 10 minutes.
- 4 While sauce is cooking combine the sour cream, soft cream cheese and the egg and combine until smooth. Pour this mixture over the pasta in the baking dish.
- 5 Pour the pasta sauce and ground meat mixture over the cream cheese mix the pasta in the baking dish. Top with the shredded cheddar cheese. Cover the dish with a lid or with foil.
- 6 Bake for 30 minutes. Remove the lid and cook for another 5-10 minutes or until the cheese is bubbly.
- 7 Remove from the oven and let stand at room temperature for 15 minutes before cutting the “pie” into wedges.

Substitutions:

- Any pasta noodle may be used. Any combination of your favourite vegetables can be used. Add a layer of cooked spinach, kale or other hearty greens to increase the vitamin and antioxidant content of the dish. It is best to use low fat or no fat sour cream, cream cheese and cheddar.

Serve with a Caesar or green salad with some garlic bread and enjoy with your friends and housemates. Portions can be wrapped and frozen for eating at a later date.

Sunday Pot Roast

This will take a little time, but it is worth it. A great dish to make when you are at home cramming, studying, writing that term paper.

You can share this meal with friends and study buddies if feeling generous, or charge them \$5 bucks each for a fantastic meal and you stay on budget!

Ingredients:

1 kg piece	boneless blade, chuck or round eye beef roast
10	garlic cloves, whole and peeled
1 tbsp	dried rosemary
	dried thyme
	black pepper
2 tsp	ground fennel seeds
	onion powder
3 tbsp	tomato paste or ketchup
2	onions, quartered
3 stalks	celery, washed, dried and whole
1 lt	no sodium beef stock
1 cup	red wine, beer or ginger ale

Directions:

- 1 Preheat oven to 350F.
- 2 Combine all of the spices with the tomato paste or ketchup and rub all over the roast. Place into a large Dutch oven or roasting pan ON TOP of the whole celery stalks.
- 3 Roast in the oven, uncovered for 45 minutes. Remove from oven and add the garlic cloves, onions, stock and either red wine, beer or ginger ale. Cover Dutch oven or roasting pan and place back into the oven. Turn heat down to 300F. Let the roast cook for 2 hours.

Garnishes for Pot Roast

- | | |
|---------------|---|
| 3 | Yukon Gold potatoes, peeled and quartered |
| 4 | large carrots, peeled and quartered |
| 1 head | fennel, topped and quartered |
| 1 | small rutabaga (turnip) peeled and cut into 3" chunks |
| 2 | red, orange or yellow peppers, seeded and quartered |
- 4 After the roast has been cooking, covered for 2 hours, add all of the vegetables around the roast. Place back into the oven, covered, and cook for an additional 75 minutes.
 - 5 Remove the roast and vegetables to a warm serving dish and cover with aluminum foil. Pour the juices from the pan into a pot.
 - 6 Place the pot on the stove and bring the juices to a boil. Combine 1 $\frac{1}{3}$ tbsp of cornstarch or flour and $\frac{1}{2}$ cup of water or red wine in a small bowl. Add this to the pot slowly, stirring with a whisk. Reduce heat to medium and let the mixture thicken. Season with salt and pepper and you now have gravy.
 - 7 Slice the pot roast and serve with the veggies and gravy for a very hearty and delicious "family" dinner!

Substitutions:

- The beef pot roast can be substituted with a boneless pork shoulder roast or loin, boneless leg of lamb or a whole chicken. Cooking times will change slightly as follows:
- Boneless pork shoulder roast and the boneless lamb leg roast – Secondary cooking after the initial roasting time is reduced to 1.5 hours and reduced again to 60 minutes after the vegetables have been added.
- Loin of pork and whole chicken - Secondary cooking time after the initial roasting time is reduced to 1 hour and reduced again to 60 minutes after the vegetables have been added.

Leftovers can be turned into: hot beef sandwiches with a side salad, cut down and remade/cooked as a stew, veggies and gravy can be reheated and served over rice, noodles or couscous with a side salad.

Tuna or Salmon Burgers

Ingredients:

2 cans	flaked tuna in water, well rinsed and drained OR
2 small cans	pink salmon, bones removed and mashed
1	green onion, minced
¼ cup	fresh parsley, finely chopped
1	red or yellow pepper, seeded and finely chopped
1 clove	garlic, finely minced
2 tsp	dried thyme
1 tbsp	breadcrumbs
1 tbsp	Dijon mustard (optional)
¼ or ⅓ cup	low fat mayonnaise
4	whole wheat hamburger buns, wraps or pita pocket
	sliced cucumbers, tomatoes
	lettuce
	onion or alfalfa sprouts

Directions:

- 1 Mix all ingredients thoroughly together in a bowl.
- 2 Divide into 4 patties.
- 3 Bake on a greased baking sheet in a 350F oven for 15 – 20 minutes.

- 4 Assemble burgers and serve with oven baked French fries or sweet potato fries.

Burgers freeze well once baked. To reheat, thaw overnight in the fridge and then microwave on medium heat until heated through - about 3 minutes.

CHICKEN

Caribbean Curried Chicken

Ingredients:

- 1.5 kg** chicken thighs, skin on, bone in
- 2** onions, chopped
- 1 tbsp** canola or olive oil
- 3** carrots, cut into 1" rounds
- 3 stalks** celery, cut into 1" pieces
- 1 tbsp** ground allspice
- dried thyme
- black pepper
- ground coriander
- dried oregano
- 2 tbsp** brown sugar
- 2 tbsp** ground ginger
- 3 tbsp** yellow curry powder
- 3 tbsp** ketchup
- 1 tsp** salt
- 1 lt** no sodium chicken stock
- 1 cup** frozen peas or green beans
- 1/3 cup** fresh chopped parsley, cilantro or chives



Directions:

- 1 Preheat oven to 350F. Salt and pepper chicken thighs and place onto a nonstick baking sheet and bake for 20 minutes. Remove chicken from the oven and turn heat down to 325F.
- 2 While the chicken is baking...

- 3 Heat the oil and onions in a large skillet or pot over medium high heat. Cook, stirring frequently for 5 minutes.
- 4 Add curry powder, brown sugar, ground ginger, allspice, thyme, pepper, coriander and oregano and cook for 2 minutes.
- 5 Add stock, ketchup, carrots and celery to the pot and bring to the boil.

To Assemble and Cook the Dish

- 1 Place chicken into an oven proof casserole dish or Dutch oven. Do not add the fat from the baking pan. IF you want to reduce the fat content of this dish, remove the skin from the chicken thighs before placing into the casserole dish.
- 2 Pour the stock and vegetable mixture over the chicken stir together with the chicken. Cover the casserole dish or Dutch oven.
- 3 Preheat oven to 325F, and place the dish into the oven and bake for 60 minutes. Remove pot from oven and stir in frozen peas and fresh herbs.
- 4 The dish is now ready to serve with brown rice or whole wheat couscous and a side salad.

Serves 4 – 6

Substitutions:

The chicken thighs can be replaced with stewing beef, cubed goat meat, cubed lamb or cubed pork. Cooking times will change as follows:

Stewing beef:

Bake meat for 30 minutes on a baking sheet. When baking the casserole, reduce heat to 300F and cook covered for 2.5 hours before adding peas and herbs

Goat or Lamb:

Bake meat for 30 minutes on a baking sheet. When baking the casserole, reduce heat to 300F and cook covered for 2 hours before adding peas and herbs

Pork:

Bake meat for 20 minutes on a baking sheet. When baking the casserole, reduce heat to 325F and cook covered for 1.5 hours before adding peas and herbs

Chicken and Snap Pea Pasta

This is a very light dish that makes a great lunch to share with housemates. It is also very easy to make.

Ingredients:

300 g	chicken thighs, skinless and boneless — cut into large chunks
1 1/3 tbsp	olive oil
300 g	fresh sugar snap pea pod or snow peas, trimmed
3	green onions
1/3 cup	fresh parsley, chopped fresh basil, chopped
1 tsp	chili flakes
3	garlic cloves, finely chopped
1 cup	no sodium chicken stock
2 tsp	lemon juice
2 tsp	butter
250 g	linguine or spaghetti — whole wheat salt and pepper to taste

Directions:

- 1 Bring a large pot of water to the boil and add pasta. Cook for 8-10 minutes and drain.
- 2 Add the olive oil and cook the chicken until done in a large skillet, over medium high heat. Remove from the pan and keep warm.
- 3 Add the chicken stock, chili flakes, garlic and lemon juice to the chicken pan and bring to the boil.
- 4 Add the chicken, herbs and vegetables and heat through. Add the pasta and toss to coat the noodles in the sauce. Season to taste with salt and pepper.

Substitutions:

Chicken thighs can be replaced with chicken breast, pork tenderloin, or fresh salmon or if you are feeling rich; add some shrimp or scallops for an extra special treat!

Easy Chicken Tikka Masala

This is so easy and delicious. Serve with pappadam and basmati rice.

Ingredients:

500 g	chicken thighs, bone in, skin off
¾ cup	plain thick yogurt
2 tbsp each	ground coriander
	ground cumin
	granulated garlic
	yellow curry powder
	chili powder
	ketchup or tomato paste
1 tbsp each	ground ginger, paprika, turmeric, lemon or lime juice
1 tsp each	salt, pepper

Directions - Step 1 – The Chicken

Mix the above ingredients together in a bowl making sure that the chicken is well coated. Cover with plastic wrap and place in the fridge for a minimum of 5 hours or a maximum of overnight. Cooking instructions are below.

Directions - Step 2 – The Sauce

1 small can	coconut milk
1	carrot, thinly sliced
1 large	onion, thinly sliced
1 small	red or green pepper, chopped
2 tsp	canola oil
2 tsp	yellow curry powder
1 tbsp	brown sugar
	marinade from the chicken

- 1 After the chicken has been marinated, pre-heat oven to 300F. Prepare a nonstick baking sheet by covering it with foil and using a spray. Coat the foil. Remove the chicken from the marinade, shaking off excess (reserve all of the remaining marinade for the sauce. Place chicken thighs onto the baking sheet; and bake in the preheated oven for 30 – 40 minutes.
- 2 Begin to prepare the sauce about 20 minutes into the chicken cooking time.
- 3 Heat the oil over medium high heat in a Dutch oven or large cooking pot. Add the onion and carrots and turn the heat down to medium. Cook for 3-5 minutes or until the onions begin to soften.

Add the green or red pepper and the curry powder, and cook for another 3-5 minutes.

- 4 Add the coconut milk and sugar, and bring to a boil. Once boiling, add the chicken from the oven and the reserved yogurt marinade, and stir to incorporate. Turn the heat down to medium low. Cover the dish and simmer, covered for 30 minutes, stirring often. After 30 minutes, remove the pot lid and turn the heat up to medium and let the sauce thicken. Season to taste with salt and pepper.

Serves 4 with rice, pappadum and a cucumber salad tossed with a touch of vinegar, sugar and fresh chopped cilantro.

Substitutions:

- Chicken thighs can be replaced with chicken breasts, drumsticks or pork chops.
- Other vegetables such as frozen peas or green beans can be used as substitutions or additions.
- If you do not want to go to the trouble of making the marinade from scratch, replace the spices with 3 tbsp of tikka curry paste available in most grocery stores.

General Tsao Chicken

Directions - Step 1 – Marinating the Chicken

500 g	skinless chicken thighs, deboned and cut into cubes
½ cup	cornstarch
¼ cup	low sodium soy sauce
2 tsp	cayenne pepper
1 tbsp	ground ginger
	garlic powder
	tomato paste or ketchup
1	egg beaten

Mix together the above ingredients in a medium sized bowl. Cover with plastic wrap and set in the fridge for a minimum of 1 hour. This can also be done the day before you make the dish.

Directions - Step 2 – Making the Sauce

½ cup	no sodium chicken stock
1 tbsp each	tomato paste (or ketchup), low sodium soy sauce rice vinegar brown sugar hoisin sauce sesame oil (optional) cornstarch
2 tbsp	Sambal Oelek (Indonesian hot pepper sauce)
2	cloves of fresh garlic, minced

Mix the cornstarch with a little of the stock and whisk until smooth in a bowl. Add the remaining ingredients and stir together. Set aside.

Directions - Step 3 – Making the Dish

3	green onions, thinly sliced
2 tsp	canola oil
1 tbsp	fresh ginger, grated marinated chicken

Sauce Instructions:

- 1** Heat a wok or large skillet over medium high heat. Add canola oil. Add marinated chicken and stir fry to 4 - 5 minutes.
- 2** Add sauce ingredients and bring to a boil stirring constantly until sauce has thickened. Add green onion prior to serving.

Ready to Serve – **Serves 4**

Serve with cooked brown or white long grain rice or cooked lo-mien noodles and a side dish of steamed Asian vegetables.

Note: This is a non-traditional way of making this dish as the chicken would normally be deep fried.

Substitutions:

Chicken thighs can be replaced with chicken breast or cubed firm tofu.

Jamaican Jerk Chicken Legs with Yellow Rice and Beans

It is perfectly alright to buy prepared jerk seasoning for this dish, but the spice mixture is easy to make if you have the ingredients, and you can control the amount of salt in the recipe or eliminate it altogether. This makes quite a bit of the seasoning, and it can be stored in a covered jar in the cupboard for further use.

Spice Ingredients

¼ cup	ground allspice
1 tbsp	dried thyme
	dried oregano
	paprika
	ground coriander
2 tsp	cayenne pepper
	granulated garlic
	onion powder, salt
	black pepper
	chili flakes
1 tsp each	turmeric, ground cinnamon

Combine all ingredients together. You can reduce the salt to 1 tsp or remove it for asodium free spice powder.

To prepare the chicken

4	chicken legs with thighs attached with the skin on
	OR
24	chicken wings
1 tbsp	olive or canola oil
¼ cup	jerk seasoning

Directions:

- 1** Toss the chicken with the olive or canola oil to coat. Then add the jerk seasoning and rub it on the chicken to evenly coat
- 2** Place chicken onto a nonstick baking sheet in one layer and bake in a 350F preheated oven to 30 – 45 minutes or until the internal temperature reaches 165F.

Ingredients for the yellow rice and beans

2 tbsp	canola or olive oil
2 tbsp	whole cumin seeds
1 tsp	turmeric

- 1** onion, finely chopped
- 2 cup** converted long grain rice
- 2 cup** low or no sodium chicken stock or vegetable stock
- 1 ¼ cup** water
- 1 tsp** salt
- 384 ml can** romano beans or red kidney beans or pigeon peas
— well rinsed under cold running water and drained
- ½ cup** fresh chopped parsley
- ⅓ cup** fresh chives or cilantro, chopped

Directions:

- 1** Add the canola or olive oil, onions and cumin seed and cook for 5 minutes in a large pot or Dutch oven heated over medium high heat. Add turmeric and cook for 1 additional minute.
- 2** Add chicken or vegetable stock and water to the pot. If you are going to add the salt, add it now. Bring the pot to the boil.
- 3** Once pot is at the boil, add the rice and stir. Cover pot and turn heat down to low and cook for 15-18 minutes or until all of the liquid is absorbed and the rice is cooked.
- 4** Add beans and stir through to heat the beans. Once beans are hot, add the fresh herbs. It is now ready to be served with your jerk chicken.

Serves 4. Add a green salad or spinach salad to complete the meal.

Substitutions:

The spice mixture can be rubbed onto any cuts of pork, chicken, lamb or beef.

If you do not like beans, you can replace with frozen mixed vegetables, frozen peas, frozen green beans or frozen corn. You can also use fresh green or yellow beans.

Parmesan Chicken

This dish is delicious and quick – it is a low fat, low carb alternative to the traditional chicken parmesan served in restaurants or the pre-made versions that are available from many grocers. The chicken stays very moist with a nice crunchy topping.

Ingredients:

4 X 150g	portions chicken breasts, bone in, skin off
½ cup	low fat mayonnaise or low fat ranch dressing
1 tbsp	fresh parsley and chives — finely chopped
⅔ cups	breadcrumbs
½ cup	grated parmesan cheese
30-3 tbsp	olive oil
⅓ cup	flour
2 tsp	dried thyme
	dried marjoram
	granulated garlic
	black pepper
	dried basil
	cooking spray

**Directions:**

- 1 Preheat oven to 375F.
- 2 Combine mayonnaise or ranch dressing with the fresh chives and parsley in a bowl. Thin out with a little water or white wine – about ⅓ cup
- 3 Combine breadcrumbs, parmesan cheese and dried herbs and mix well in a separate bowl. Slowly add just enough olive oil to lightly moisten the mixture.
- 4 Place flour into a resealable plastic bag. Place the chicken breasts into the bag and coat with the flour.
- 5 Dip the flour-coated chicken into the mayo or ranch dressing mixture, then coat with the breadcrumb-parmesan mixture.
- 6 Place prepared chicken breasts onto a nonstick baking sheet lined with foil or parchment. Spray the foil or parchment with cooking spray before placing the chicken onto the sheet.
- 7 Spray the top of the prepared chicken with cooking spray. Bake in the preheated oven for 30-45 minutes or until the internal temperature reaches 160F or the juices run clear when the chicken is poked with a knife.
- 8 Place chicken onto serving plates and serve a side of whole wheat pasta tossed with either tomato sauce or with butter and herbs and a side Caesar or cucumber and tomato salad.

Serves 4

Substitutions:

The chicken can be replaced with tilapia or cod fillets, pickerel fillets or pork chops. The flour can be replaced with potato or rice flour.

Quick and Easy Pad Thai

Ingredients:

- 1 pkg** rice noodles
- 1 tbsp** canola oil

Directions - Step 1

Soak 1 package of rice noodles in hot tap water. Let noodles sit in water for 30 minutes then drain

Mix Together:

- 2** thinly sliced boneless, skinless chicken breasts
- 1 tbsp** brown sugar
- 2** finely chopped garlic cloves

Set aside in fridge while getting the remaining ingredients together

Directions - Step 2

Mix Together:

- 1 tbsp** rice vinegar
- water
- low sodium soy sauce,
- fish sauce
- 1/3 cup** no sodium chicken or vegetable stock
- 2 tbsp** ketchup

Directions - Step 3

Mix Together:

- 2** eggs, beaten
- 1 tsp** cayenne pepper
- 1 tbsp** Sambal Oelek (Indonesian hot pepper sauce)

Directions - Step 4

Mix Together:

- 500 g** bean sprouts

- 1 cup** shredded carrot
- ½ cup** green onions, thinly sliced
- ¼ cup** fresh cilantro leaves

Cooking Directions

- 1** Add 2 tsp of canola oil in a large wok or pot over medium high heat. When hot, scramble the egg mixture and remove from wok/pot and set aside on paper towel.
- 2** Add 1 tsp of canola oil to the wok/pot and stir fry chicken for 4-5 minutes. Remove from wok/pot and set aside with the scrambled eggs.
- 3** Add 1 tsp of canola oil to the wok/pot and stir fry vegetables for 2-3 minutes. Add softened rice noodles and stir fry for 2-3 minutes.
- 4** Add reserved chicken and eggs and toss through. Add sauce ingredients all at once and stir for a further 2 minutes.

Serve topped with extra fresh cilantro leaves and chopped peanuts

Ready to Serve – **Serves 4**

Substitutions

Firm cubed tofu can be substituted for the chicken. Both chicken and tofu can be used to increase the protein content of the dish. If using both chicken and tofu, double the sauce ingredients in Step 2

Quickie Cassoulet

Beans are high in fibre and are often overlooked as a starch instead of potatoes or rice.

Ingredients:

- 3** hot Italian sausages or chorizo sausage,
— each sausage cut in half
- 3** chicken legs — bone in, skin off
- 3** chicken thighs — bone in, skin off
- 1 ⅓ tbsp** canola oil
- 1 tsp** dried thyme
- oregano
- granulated garlic
- black pepper

Ingredients 2

- 1** large sweet potato — peeled and quartered
- 1** red onion — thickly sliced
- 1** red pepper — cut into thick strips
- 3** ribs celery — cut into 3' long chunks
- 1 ¼ cup** chicken stock — salt free
- 1 ¼ cup** canned tomatoes — low sodium
- 2 cup** canned white kidney beans
— well rinsed and drained
- 10** cloves garlic, whole
- 2 tsp** each dried thyme, dried oregano
- 1 pkg** fresh spinach leaves
- ½ cup** parmesan cheese

Directions - Step 1

Preheat oven to 350F. Combine the meats in a bowl with the spices and oil. Toss to coat. Place meats onto a nonstick baking sheet and bake for 30 minutes. Remove from oven and place into a large casserole dish or Dutch oven.

Directions - Step 2

- 1** Place vegetables (except spinach) and garlic on top of the meat in the casserole dish. Add spices, beans, tomatoes and stock.
- 2** Cover the casserole dish tightly with a lid and bake in oven for 350F for 60 – 75 minutes.
- 3** Remove the casserole dish from the oven. Stir in the fresh spinach and Parmesan cheese.

Serves 4 – 6 people with bread and a side salad.

Substitutions:

Any canned bean like red kidney beans, Romano beans, or chickpeas can be used instead of the white kidney beans.

Any combination of vegetables will be acceptable.

Try adding carrots, fennel, zucchini, eggplant chunks, fresh green beans or even frozen vegetables.

Sausages can be replaced with ham, a smoked turkey thigh or smoked pork knuckle.

FISH

Japanese Inspired Baked Salmon

Ingredients:

2 x 250g	salmon fillets, skin off
¼ cup	orange juice concentrate
2 tsp	canola oil
⅓ cup	low sodium soy sauce or Tamari
2 tbsp	tomato paste or ketchup
1 tbsp	grated fresh ginger
	finely chopped garlic
1 tsp	lemon juice
	Dijon mustard
2	green onions, finely chopped

Directions:

- 1 Combine all of the ingredients together, except the green onions. Massage the salmon steaks in the marinade. Cover and place in the fridge for a minimum of 1 hour and a maximum of 6 hours.
- 2 Preheat oven to 400F.
- 3 Remove salmon from the marinade and place onto a nonstick baking sheet lined with parchment or foil that has been brushed with oil or coated with a pan spray.
- 4 Bake in the preheated oven for 8 minutes. Remove and brush with more of the marinade and return to the oven for another 5 minutes.
- 5 Remove the salmon filets to serving plates and top with green onions.

Serves 2 – Serve with rice and a stirfry of Asian vegetables like snow peas and Asian greens like bok choy, gailin or nappa cabbage.

Substitutions:

- The salmon can be replaced with skinless chicken breasts, pork chops, pork tenderloin, cod tails or

catfish. Cooking times may need to be adjusted.

- The salmon also tastes fantastic when cooked on a grill or barbecue!

Tilapia Piccata

Easy, Fast and Tasty!

Ingredients:

2	tilapia fillets
½ tsp each	salt
	black pepper
	dried thyme
	granulated garlic
½ cup	flour
¼ cup	canola oil
⅓ cup	white wine
2 tbsp	lemon juice
¼ cup each	red pepper — green onions — fresh parsley, — finely chopped
¼ cup	butter

Directions:

- 1 Combine the flour with the dried spices, salt and pepper. Mix well.
- 2 Preheat a large skillet over medium high heat and add 2 tbsp of the canola oil. Let the oil get quite hot.
- 3 Dredge the tilapia in the flour mix and shake off excess flour. Place coated fish into the hot skillet and fry for 3 minutes per side. Remove the fish and keep warm. Repeat the procedure for the next fish fillet.
- 4 Turn off the heat and drain off the remaining fat in the pan. Add the white wine, lemon juice, red pepper, green onion and parsley to the pan and stir. Add the butter and stir until butter is melted. Pour over the fish and serve.

Serves 2.

Serve with fresh vegetables and rice for a delicious and healthy meal.

Substitutions:

- Tilapia can be replaced with sole, salmon, catfish, perch or pickerel.
- Flour can be replaced with rice flour or potato flour for those concerned with gluten.
- Lemon can be replaced with lime or orange juice. Add some fresh chilies or pickled capers for a different flavor profile.



Pulled Pork with Broccoli Slaw

This takes time to make, but it is worth the effort. Great for parties or study groups. This is another recipe to share with friends, housemates and study buddies. Great for a pot luck supper as well where everyone brings a few of the ingredient or other dishes like potato or macaroni salad, a green salad or even better a Greek salad. Enjoy!

Ingredients – Pulled Pork

1 kg piece	boneless pork shoulder roast
3 cups	ginger ale or cola (do not use a diet soda)
½ cup	red wine or cider vinegar
3 stalks	celery, washed and whole
1 ⅓ tbsp each	ground ginger — granulated garlic — dried thyme, onion powder — ground cumin — ground coriander, black pepper — brown sugar
1 tsp each	salt — cinnamon — chili powder
1 ¼ cup	barbecue sauce
2 tbsp	hot sauce
2	onions, finely chopped
8 cloves	garlic, finely chopped

Directions:

- 1 Preheat oven to 350F.
- 2 Combine all of the spices and rub all over the roast. Place into a large Dutch oven or roasting pan ON TOP of the whole celery stalks.
- 3 Roast in the oven, uncovered for 45 minutes. Remove from oven and add the remaining ingredients. Cover Dutch oven or roasting pan and place back into the oven. Turn heat down to 300F. Let the roast cook for 4 hours.
- 4 Remove the roast from the oven and take out the roast. Put the roast into a large bowl and cover with aluminum foil.
- 5 Remove as much of the fat as possible from the pan drippings. Remove and discard the celery. Remove 1 cup of the de-fatted pan juices and set aside. Place the remaining pan drippings into a pot. Bring to a boil and simmer over low heat until reduced by half. This becomes your bbq sauce.



- 6 Uncover the roast and pour over the 1 cup of reserved pan drippings. With 2 forks “pull” apart the pork stirring it into the pan juices. You now have pulled pork.

Ingredients for the Broccoli Slaw

340g bag	broccoli slaw
1	carrot, shredded
2	green onions, shredded
2	green apples
	— peeled, quartered and chopped or shredded
2 tbsp	low fat mayonnaise
3 tbsp	low fat sour cream or yogurt
2 tbsp	cider vinegar or lime juice
1 tbsp	honey or brown sugar

Directions:

Place all ingredients into a bowl and mix thoroughly.
Season lightly with salt and pepper if needed.

To Assemble

Take some of the pulled pork (125 g) and mix with some of the bbq sauce. Place the pork onto a large whole wheat hamburger bun or ciabatta roll and top with ½ cup of the broccoli slaw.

Messy but delicious !!!!! Makes 8-10 servings and freezes well. Freeze in portions. To thaw, place into a microwave dish with a little of the bbq sauce and microwave on medium heat until heated through – about 5 minutes, stirring every minute or so.

Substitutions:

- The pork can be replaced with a whole chicken or a 1 kg piece of beef chuck or blade.
- The secondary cooking time for the beef is the same as for the pork.
- The secondary cooking time for the chicken is reduced to 2.5 – 3 hours.
- Replace the bag of broccoli slaw with green or nappa cabbage. Follow the above instructions to make the slaw.

`Baked Hot Italian Sausages with Patatas Bravas

You can use fresh chorizo sausage, merguez (lamb sausage) or sweet Italian sausages instead of the hot ones. REMEMBER – Commercial sausages contain gluten. Gluten free sausages are available usually from a local butcher. Patatas Bravas, a dish originating in Chile, is a fantastic – spicy, tasty and delicious!!

Sausages:

4 hot or sweet Italian sausages

1 tsp canola oil

Brush sausages with oil. Place into a nonstick baking sheet and bake in 350F oven for 20 minutes. Make sure juices run clear or the sausage reaches an internal temperature.

Ingredients for Patatas Bravas

500 g red skinned or white skinned new potatoes,
— quartered

3 tbsp olive or canola oil

1 ½ cup canned tomatoes — low sodium or no sodium
— chopped with the juice

½ red or white onion, chopped

1 red or green pepper, seeded and chopped

2 jalapeño pepper, seeded and chopped

5 cloves garlic, chopped

2 tbsp Sambal Oelek or other hot sauce
red wine or cider vinegar

1 tbsp each brown sugar,
ground coriander
black pepper
dried oregano
dried thyme

1 tsp salt

½ cup fresh parsley or cilantro, chopped

Directions:

- 1 Preheat oven to 350F. Place the potatoes in a bowl and toss with 2 tbsp of the olive or canola oil. Sprinkle with salt.
- 2 Place the potatoes onto a nonstick baking sheet and bake in the preheated oven for 45 minutes or until cooked and browned.

- 3 While the potatoes are cooking ... add the remaining 1 tbsp of oil in a large skillet over medium high heat. Add the onion, red pepper and jalapeños. Cook, stirring often until the onions are softened, about 5 – 8 minutes.
- 4 Add the garlic, dried herbs and spices and brown sugar. Reduce heat to medium and cook for another 3-5 minutes.
- 5 Add the tomatoes and hot sauce. Bring mixture to a boil and simmer, covered for 15 minutes. Adjust seasonings for salt and “heat” level (more hot sauce???).
- 6 Once potatoes are roasted, toss in the sauce with the cilantro or parsley, and its ready to serve with your sausages.

Serves 4.

Add a green salad, spinach salad or a tomato and cumber salad to complete the meal.

Sweet and Sour Pork

Directions - Step 1 – Marinating the Pork

500g	pork tenderloin or boneless pork chops — thinly sliced
½ cup	cornstarch
1 tsp	each ground ginger garlic powder pepper & salt
2 tbsp each	low sodium soy sauce apple or pineapple juice ketchup
1	egg, beaten

Mix together the above ingredients in a medium sized bowl. Cover with plastic wrap and set in the fridge for a minimum of 1 hour. This can also be done the day before you make the dish.

Directions - Step 2 - Making the Sauce

1 cup	apple or pineapple juice
½ cup	chicken or vegetable stock — no sodium
¼ cup	honey or brown sugar
¼ cup	rice vinegar

- 2 tbsp each** grated fresh ginger — minced garlic
 — low sodium soy sauce
- ¼ cup** ketchup
- 2 tbsp** cornstarch

Mix the cornstarch with a little of the juice and whisk until smooth in a bowl. Add the remaining ingredients and stir together. Set aside.

Directions - Step 3 – Making the Dish

- 1** small can diced pineapple
- 1** green bell pepper, cut into cubes
- 1** small carrot, thinly sliced
- ½** small red onion, thinly sliced
- 1 ⅓ tbsp** canola oil

Cooking Directions:

- 1** Heat a wok or large skillet over medium high heat. Add 2 tsp canola oil. Add marinated pork and stir fry to 3-4 minutes. Remove from the wok/skillet and set aside.
- 2** Add remaining oil to the wok. Add vegetables and pineapple and stir fry until onions are starting to soften. Add pork and accumulated juices and stir fry for 1 more minute.
- 3** Add sauce ingredients and bring to a boil stirring constantly until sauce has thickened.

Ready to Serve – **Serves 4**

Serve with cooked brown or white long grain rice or cooked lo-mien noodles.

Substitutions:

- Pork can be substituted with firm cubed tofu (marinate without the egg)
- Pork can be substituted with sliced tenderized hip steak, sliced skinless chicken breast or chicken thighs
- Red and Yellow bell peppers can be used as well.
- You can substitute canned pineapples with fresh.

Thai Pork Burgers with Spicy Asian Slaw

A great and tasty variation of the hamburger!

Ingredients for the Burgers:

- 600 g** lean ground pork
- 2 tsp** lemongrass paste*
- 2 tsp** freshly grated ginger
- 200 g** mushrooms, finely chopped
- 1 tbsp** fish sauce (optional)
- 3** garlic cloves, finely chopped
- 3** green onions, finely chopped
- 2 tbsp** basil, finely chopped
- 3 tbsp** cilantro, finely chopped
- 1** jalapeño pepper, finely chopped
- 4** whole wheat hamburger buns
- tomato slices, thinly sliced into rounds
- cucumber slices, thinly sliced into rounds

Ingredients for Spicy Asian Slaw:

- ½** napa cabbage, finely shredded
- 1** carrot, shredded
- 1** red pepper, cut into thin strips
- ½** red onion, thinly sliced
- 2** garlic, cloves, finely minced
- 2 tbsp** Sriracha Sauce or Sambal Oelek**
— or your favourite hot sauce
- 2** limes, both zest and juice
- 2 tbsp** honey or brown sugar
- 1 tbsp** salt
- ½ cup** low fat mayonnaise

**Lemongrass paste can be purchased from most grocery stores and from any Asian grocery. **Sambal Oelek and Siraccha are both hot sauces and can be purchased from any Asian grocer.*

Directions – Slaw:

Combine the entire ingredients together and let stand, covered in the fridge for ½ hour before using.

Directions – Burgers:

Combine all of the ingredients together until well mixed. Divide into 4 patties and place onto non-stick baking sheets and bake in 350F oven for 10 – 12 minutes or until juices run clear. Place on heated or toasted buns with the sliced cucumbers and tomatoes. Serve with the slaw.

Substitutions:

- The ground pork can be replaced with lean ground beef, turkey, chicken or salmon.
- You can really spice up the slaw with different types of chilies and of course, you can add different veggies.
- Mayonnaise can be replaced with low fat yogurt or sour cream.

Asian Stir-fry Sauce

Ingredients:

1 cup	low sodium/no sodium chicken stock
1/3 cup	hoisin sauce
3 tbsp	soy sauce or Tamari
2 tbsp	grated fresh ginger (or 1 tsp ground dried ginger)
1 tbsp	grated fresh garlic (or 1 tsp dried granulated garlic)
1 tbsp	orange: juice concentrate

Optional Ingredients:

15-2 tbsp	Sambal Oelek or hot sauce
1 tsp	Thai fish sauce

Directions:

Combine all of the ingredients and mix well. Use as required.

If covered, this sauce will last in the fridge for up to 3 weeks. Use the hoisin sauce mixture combined with cornstarch and add when you have stir-fried your ingredients

BATTER & DOUGH

Basic Muffin and Quick Bread Batter

Ingredients:

2 cups	all purpose flour
1 cup	sugar
4 tsp	baking powder
½ tsp	salt
¾ tsp	cinnamon
4	eggs
⅓ cup	margarine — low sodium, fat reduced
1 cup	skim milk
¾ cup	apple sauce — no sugar added
3 tbs	canola oil
2 tsp	vanilla extract
1 ¼ cups	blueberries, cranberries, strawberries, chopped banana, chopped peeled apples, chopped peeled pears, blackberries, pineapple or any other fresh or frozen fruit

Method:

- 1 Preheat oven to 350F.
- 2 Stir together all of the dry ingredients in a large bowl.
- 3 In another bowl, mix together the eggs, applesauce, milk, margarine and vanilla.
- 4 Add the fruit to the dry ingredients and toss to coat in the flour mixture.
- 5 Add wet ingredients to dry and mix – batter should be lumpy.

To make muffins:

Line a muffin pan with muffin cups. Fill cups $\frac{3}{4}$ full and bake in the middle rack of the oven for 18-22 minutes.

To make a quick or breakfast bread:

Grease a standard loaf pan and fill $\frac{3}{4}$ full with batter. Bake for 35-40 minutes in the lower third of the oven. To test, slide a toothpick into the centre of the loaf; and the pick should come out clean and dry.

Basic Cookie Doughs

All Purpose Drop Cookies

- 1 cup** margarine or unsalted butter — no fat, low sodium
— room temperature
- $\frac{1}{2}$ cup** sugar
- $\frac{1}{2}$ cup** brown sugar
- 1** egg
- 1 cup** all purpose flour
- $\frac{1}{2}$ tsp** baking soda
- pinch** salt
- 1 cup** milk, dark or white chocolate chips
OR butterscotch chips
OR Skor bar pieces
OR any chocolate substitute
- $\frac{1}{2}$ cup** any chopped nut, dried fruits or dried coconut

Method:

- 1 Preheat oven to 350F.
- 2 Combine brown and white sugar, margarine and egg in a bowl and beat until smooth.
- 3 Add flour, baking soda and salt and mix until smooth.
- 4 Add any combination of dried fruits, nuts and chocolate pieces up to a total of $1 \frac{1}{2}$ cups and stir in.
- 5 Drop cookies onto a greased cookie sheet and bake on the middle rack of the preheated oven for 10-12 minutes. Cool on cookie sheet for 10 minutes and remove to a rack to finish cooling.

All Purpose Oatmeal Cookie Dough

- $\frac{3}{4}$ cup** margarine or unsalted butter — no fat, low sodium,
— at room temperature
- $\frac{3}{4}$ cup** packed brown sugar
- $\frac{1}{4}$ cup + 1 tbs** sugar
- 2** eggs

- 1 cup** all purpose flour
- 1 tsp** baking powder
- 1 tsp** baking soda
- 1 tsp** salt
- ¾ cup** oats
- 1 tsp** cinnamon or allspice
- 1 cup** milk, dark or white chocolate chips
OR butterscotch chips
OR Skor bar pieces
OR any chocolate substitute
- ½ cup** any chopped nut, dried fruits or dried coconut

Method:

- 1** Preheat oven to 325F.
- 2** Combine sugar, margarine and eggs in a bowl and beat until smooth.
- 3** Add flour, oats baking soda, baking powder, cinnamon and salt and mix until smooth.
- 4** Add any combination of dried fruits, nuts and chocolate pieces up to a total of **1 ½ cups** and stir in.
- 5** Drop cookies onto a greased cookie sheet and bake on the middle rack of the preheated oven for 10-12 minutes. Cool on cookie sheet for 10 minutes and remove to a rack to finish cooling.

Splenda and “brown sugar” Splenda can be used to replace the sugars for a diabetic or lower calorie option. Use the same measurements for the sugar substitutes.

SAUCES

Basic Cream/Milk Sauce (Béchamel)

1 litre	low fat milk
2 tsp	dried thyme
1 tsp	granulated garlic
1 tsp	salt
½ tsp	white or black pepper
½ cup	soft unsalted butter
	all purpose flour

Directions:

- 1** Combine milk and spices and slowly bring up to the boil in a non reactive pot over medium heat.
- 2** In a small bowl, combine butter and flour until very smooth with no lumps.
- 3** Once the milk has come to the boil, add the butter/flour paste and stir rapidly with a whisk until thickened.
- 4** Pour into a bowl and cover with plastic wrap placed in contact with the surface of the sauce and chill in the fridge.

This sauce will last for up to 5 days in the fridge or can be frozen for up to 3 months.

Variations using the Béchamel:

Parmesan Cream Sauce (pasta sauce or white sauce for pizza, chicken, pork):

- 1 cup** béchamel sauce (above)
- ½ cup** 10% or 35% cream
- ½ cup** grated parmesan

Combine béchamel and cream and slowly bring to the boil. Add cheese and whisk until smooth.

Cheese Sauce (vegetables, pasta, chicken):

- 1 cup** béchamel sauce (above)
- ½ cup** 10% or 35% cream
- ½ cup** shredded cheddar or Swiss cheese
- 1 tsp** Dijon mustard
- 1 tbsp** parsley
- 1 tsp** hot sauce

Combine béchamel and cream and slowly bring to the boil. Add cheese and whisk until smooth.

Citrus – Herb Cream Sauce (for chicken, pork or fish):

- 1 cup** béchamel (above)
- ⅓ cup** 10% or 35% cream
- ½ cup** dry white wine
- 1** lemon, juiced and grated zest
- OR
- 1** large orange, juiced and grated zest
- OR
- 2** limes, juiced and grated zest
- 1 tsp** salt
- ½ tsp** pepper
- ½ cup** your favourite chopped fresh herbs
 - parsley, dill, fennel, cilantro, chives

- OR
- 1 tbsp + 2 tsp** your favourite dried herbs
— thyme, marjoram, dill, chives

Combine all ingredients and slowly bring to a boil.

Basic Curry Sauce

Ingredients:

- 2** large onion, chopped
- 4** cloves garlic, finely chopped
- 4** stalks celery, chopped
- 1 tbsp** each dried thyme, cumin, salt, pepper
- 3** 384 ml cans coconut milk
- 3 tbsp** sugar
- 1lt** boxed chicken or vegetable stock
- 384 ml** jar Pataks Tikka curry paste
- 2 tbsp** canola oil

**** To significantly reduce the fat content of this sauce, substitute 3 cans of low fat evaporated milk instead of using the coconut milk, or use 2 cans of evaporated milk and 1 can coconut milk.**

Directions:

- 1** Heat a large pot over medium heat with oil.
- 2** Add onion, celery and garlic, and cook over medium heat for 5 minutes, stirring constantly.
- 3** Add herbs, salt, pepper spices, sugar and curry paste. Stir constantly for 2 more minutes.
- 4** Add stock and either coconut or evaporated milk. Bring to a boil and then cover.
- 5** Simmer for 30 minutes.
- 6** Pour into storage containers and let cool. Either freeze or place in fridge.

The sauce will be quite thin. You will need to thicken the sauce when making any of the following variations. To thicken sauce, combine 1 tbs. cornstarch with 3 tbs. cold water. Add thickener at the end of the preparation a little at a time until sauce coats the back of a spoon. Curry sauce will last in the fridge for up to 3 days. Can be frozen and

used for up to 3 months. When making the following variations, make sure that you simmer the sauce with a lid on. Serve with your favourite basmati or regular rice. Serve with a green salad for a nutritious and tasty dinner.

Chicken and Mushroom Curry:

2 tbsp	canola oil
500 g	cubed skinless and boneless chicken thighs
500 g	quartered white or shiitake mushrooms
1 tbsp	salt and pepper each
2 tsp	dried basil
1 each	chopped onion, green pepper, zucchini, carrot
⅓ cup	raisins
2 cup	basic curry sauce

Directions:

- 1 Brown the chicken in a pot or skillet with the canola oil.
- 2 Add the rest of the ingredients into the pot or skillet.
- 3 Once the ingredients have been cooked, pour off the excess grease.
- 4 Add 2 ½ cups of the curry sauce and simmer for 15 minutes.
- 5 Thicken with the corn starch and water mixture to desired consistency.

Vegetable Curry:

2 tbsp	canola oil
1	diced onion
2	diced carrots
2	stalks diced celery
2	bunch broccoli florets
1	small cauliflower into florets
1	can chickpeas (drained and rinsed)
1	diced green and red pepper
1	diced zucchini
1 tsp each	dried basil, salt, pepper
2	cloves minced garlic.
2 cup	basic curry sauce

Directions:

- 1 Sauté all the ingredients together in a large pot or skillet with 2 tbs. canola oil.
- 2 Add 3 cups of curry sauce and simmer for 20 minutes. Thicken to desired consistency.

Beef and Peanut Curry:

Ingredients:

- 2 tbsp canola or olive oil
- 4 cloves crushed garlic
- 1 onion, diced
- 2 stalks celery, chopped
- 500 g cubed beef (called stewing beef in grocery stores)
- 1 cup water
- 384 ml can diced tomatoes
- 1 diced green pepper
- 3 diced carrots
- 1 cup roasted peanuts
- 2 diced potatoes (peeled)
- 2 cup curry sauce

Directions:

- 1 Add 2 tbs. canola or olive oil in a large skillet or pot.
- 2 Add the garlic, onions, celery and stewing beef together.
- 3 Once beef is well browned, add water and can of diced tomatoes.
- 4 Cover and simmer on low heat for 1.5 hours.
- 5 Add the green peppers, carrots, roasted peanuts and potatoes.
- 6 Cook over high heat for 10 minutes, stirring constantly.
- 7 Add 2 cups curry sauce and simmer over low heat, covered for another 20 minutes. Thicken to desired consistency.

Root Vegetable and Dried Fruit Curry:

Ingredients:

- 2 large Yukon Gold potatoes
 - peel and cut into 8 pieces
- 1 small rutabaga
 - cut into pieces the same size as your potatoes.
- 2 large sweet potatoes and cut into 8 pieces
 - quarter lengthwise and cut each quarter in half

- 4** carrots
- 4** parsnips
- 1** large onion
 - quarter it lengthwise and each quarter in half
- 1** small onion
- 4** cloves garlic
- 1/3 cup** raisins
- 1/3 cup** chopped apricots
- 1/3 cup** coconut
- 1/3 cup** dried cranberries
- 1 tbsp** salt
- 1 tbsp** black pepper
- 1 tbsp** dried ginger
- 3/4 lt** basic curry sauce

Directions:

- 1** Fill a large bowl with cold water. As you prepare the vegetables, hold them in the cold water until ready to cook. Peel the potatoes, rutabaga, sweet potatoes, quarter carrots and parsnips. Cut a large onion into 8 pieces.
- 2** Finely chop small onion and garlic. Combine with raisins, chopped apricots, coconut, dried cranberries, salt, black pepper, and 1 tsp. dried ginger. Place these ingredients into a large pot and cover with curry sauce. Bring to the boil over high heat.
- 3** Drain root vegetables. Add to the pot and cover to bring back to a boil. Simmer and cook for 30 minutes over low heat. Thicken to desired consistency.

These are just a few ideas. Use your imagination and have some fun with tomato based pasta sauces. Each one of these recipes will easily serve 6-8 people with rice and a green salad.

Basic Tomato Sauce

1 large	onion, chopped
4 cloves	garlic, chopped fine
2 stalks	celery, chopped
1 tbs.	dried thyme
	basil
	salt
	pepper
3 cans	diced tomatoes
1 can	crushed tomatoes
2 tbs.	olive or canola oil

Directions:

- 1 Heat up a large pot over medium heat with the oil.
- 2 Add the onions, celery and garlic and cook over medium heat for 5 minutes, stirring constantly
- 3 Add herbs, salt, pepper and all of the tomatoes.
- 4 Bring to a boil and then cover.
- 5 Simmer for 30 minutes
- 6 Pour into storage containers and when cooled, either freeze or place in fridge.

NOTE: Tomato sauce will last in the fridge for up to 5 days only. Will freeze for use up to 6 months. When making the following variations, make sure that you simmer the sauce with a lid on. Add sauce to your favourite pasta noodle and top with the cheese of your choice. Serve with a green salad for a nutritious and tasty dinner.

VARIATIONS

Meat Sauce:

Ingredients:

2 tbs.	canola or olive oil
1 lb	lean ground beef, chicken or turkey
4 cups	tomato sauce
1 tsp.	red chillies, crushed

- 1 tsp.** salt, pepper, dried basil
- 1 chopped** onion
- carrot

Directions:

- 1** In a large pot or skillet with canola or olive oil, brown off the lean ground beef, chicken or turkey with red chillies, salt, pepper, dried basil, onions and carrots.
- 2** Pour off the excess grease.
- 3** Add the tomato sauce and simmer for ½ hour.

Vegetable Sauce:

Ingredients:

- 2 tbs.** canola or olive oil
- 1 diced** onion
- 2 diced** carrots, celery stalks
- 2 bunchs** broccoli florets
- 1 diced** green and red pepper
- 1 diced** zucchini
- 1 tsp.** chilli flakes
- dried basil
- dried thyme
- salt
- pepper
- 2 cloves** minced garlic
- 4 cups** tomato sauce

Directions:

- 4** With canola or olive oil sauté onions, carrots, celery stalks, broccoli florets, green and red pepper, zucchini with chili flakes, dried basil, dried thyme, salt, pepper and cloves of minced garlic in a large pot or skillet.
- 5** Add the tomato sauce and simmer for ½ hour.

Vodka-Tomato Cream Sauce:

Ingredients:

- 2 tbs.** canola or olive oil
- 1 chopped** onion
- 2 stalks** chopped celery
- 1 diced** green pepper

4 cloves	of crushed garlic
½ cup	vodka
3 cups	tomato sauce
1 cup	35% cream
1 tsp. each	salt and pepper

Directions:

- 1 With 2 tbs. canola or olive oil sauté onions, chopped celery, green peppers and cloves of crushed garlic for 5 minutes in a large skillet or pot. Add ½ cup vodka and simmer for 2 minutes
- 2 Add tomato sauce and 35% cream
- 3 Add salt and pepper. Simmer for 20 minutes.

Sausage Ragu:

Ingredients:

1 pkg	hot Italian sausages
2 tbs.	olive or canola oil
1 chopped	onion
4 cloves	crushed garlic
1 diced	green pepper
¼ cup	chopped fresh parsley
1 tbs.	dried rosemary
	thyme
4 cups	tomato sauce
½ cup	pitted black olives

Directions:

- 1 Remove the casings from package of hot Italian sausages.
- 2 Brown off the sausage with the chopped onion, crushed garlic cloves, diced green pepper, fresh parsley chopped, dried rosemary and thyme in a large pot or skillet with olive or canola oil.
- 3 Drain off the excess fat.
- 4 Add tomato sauce and pitted black olives. Simmer for 30 minutes.

These are just a few ideas. Use your imagination and have some fun with tomato based pasta sauces.

Catfish with a Creamy Yogurt Dill Sauce

Ingredients:

- 2** large cat fish fillets, skinless
- 1** carrot, thinly sliced
- 1** zucchini, thinly sliced
- 1** lemon, thinly sliced
- 4** green onions, left whole
- 1 tsp** each black pepper, dried thyme, dried marjoram
- 2 tsp** olive oil
- 2 x 2 tsp** butter
- aluminum foil

Sauce Ingredients:

- ½ cup** Greek yogurt, plain, low or no fat
- ¼ cup** low fat sour cream (optional)
- ⅓ cup** fresh dill, finely chopped
- 2 tbsp** honey
- 2 tbsp** fresh lemon juice
- Pinch** salt and pepper

Directions:

- 1** Combine sauce ingredients together in a small bowl. Cover and place in fridge.
- 2** Preheat oven to 400F
- 3** Using 2 large sheets of foil, brush the centre of the foil with a little olive oil. Place the lemon slices on top of the pot with the olive oil in one layer. Then place one layer of carrots and one layer of zucchini. Top with the whole green onions.
- 4** Season both sides of the catfish with the dried herbs and black pepper. Place on top of the vegetables and place the butter on top of the fish.
- 5** Bring the edges of the can foil up and form a sealed package. Place the packages onto a nonstick baking sheet.
- 6** Bake in the preheated oven for 15-20 minutes. Remove the packets from the oven and open carefully.
- 7** Using a lifter or a spatula, remove the contents of the foil packet to a plate and pour over the juices from the packet.
- 8** Top the fish with the creamy dill sauce.

9 Serves 2 – Serve with brown rice or other prepared grain and a side salad of cucumbers sprinkled with lemon juice and olive oil.

Substitutions:

- Any fresh fish can be substituted for the catfish.
- Other vegetables like spinach, Swiss chard, collard greens, green or yellow beans, leeks, white turnips, bell peppers can be used as well inside of the foil packet.
- Yogurt can be replaced with low fat or no fat sour cream.

SOUPS

Black Bean and Corn Soup

Ingredients:

- 1** onion — chopped
- 1** carrot — chopped
- 1 stalk** celery — chopped
- 2** green peppers — seeded and chopped
- 1** red pepper — seeded and chopped
- 2** jalapeños — seeded and chopped
- 4** garlic cloves — chopped
- 2 cup** can low sodium tomatoes — with juice, chopped
- 500 g** can black beans,
— well rinsed under cold water and drained
- 2 cup** no sodium chicken, beef or vegetable stock
- 1 tbsp** ground cumin
- ground coriander
- salt, pepper
- dried thyme
- dried oregano
- 2 cup** frozen corn
- 2 tsp** canola oil

low fat sour cream OR plain low fat yogurt
cilantro leaves
chopped green onions

Directions:

- 1 Over medium heat in a large pot, add oil, onion, carrot and celery and cook, stirring frequently for 5 minutes.
- 2 Add red, green peppers, jalapeños, garlic and all of the spices. Cook, stirring frequently for another 5 minutes.
- 3 Add stock, black beans and can tomatoes with juice. Bring to a boil and then simmer, with a lid over low heat for 45 minutes.
- 4 Remove 2 cup of solids and broth from the pot and put into a blender or food processor. Using the “pulse” setting, break down the solids. Add back to the soup pot.
- 5 Add corn. Simmer soup, covered with a lid for another 15 minutes.
- 6 Adjust seasoning with salt, pepper and hot sauce to taste.

Serve in a bowl topped with soup with low fat sour cream or plain low fat yogurt topped with cilantro leaves and chopped green onions.

Makes 4 – 6 servings

Easy Won Ton Soup

The recipe below is for the won ton soup broth and the vegetables that would be used. For the won ton, you can buy your favourite ones from most major grocery stores, and they are very inexpensive. There are many types, including ones that are vegetarian. Certain specialty grocers also sell won ton that are gluten free, but they can be very expensive.

Ingredients – Broth

- 1 lt no sodium chicken, beef or vegetable broth
- ½ cup water
- ⅓ cup sliced fresh ginger
- ½ cup low sodium soy sauce
- ½ cup sweet-hot Thai chili sauce
- ¼ cup hoisin sauce
- 8 garlic cloves, whole

Directions:

- 1** Place all ingredients into a crockpot and bring to a boil. Simmer with a lid on the pot over low heat for 30 minutes. Remove the garlic and ginger. The broth is now ready to use.
- 2** To do this, bring the won ton broth to the boil and add all of the won ton noodles at once. When using the store bought won tons, it is important to cook them from a frozen state. Immediately add ½ cup of cold water and reduce heat to medium. Bring slowly back to the boil with a lid on the pot and simmer for 3-4 minutes. It is now ready to serve.
- 3** If you want to turn this soup into a hearty and delicious meal, add any or all the following vegetables:

1 cup	quartered baby bok choy
1 cup	bean sprouts
½ cup	shredded nappa cabbage
½ cup	shredded carrot
½ cup	frozen or fresh green beans

Add the vegetables to the won ton soup after the won tons have simmered for 3-4 minutes. Simmer the soup for an additional 3-4 minutes after adding the vegetables.

Makes 2 – 4 servings – The more vegetables added, the more servings you will have.

Fantastic Chicken Tortilla Soup

This soup is a variation of the Mexican classic that uses hominy. This soup is excellent, a little spicy and very healthy!

Ingredients:

2 tbsp	olive oil
1	red onion, chopped
6 cloves	garlic, thinly sliced
1	large jalapeño pepper, seeded and chopped
1 each	red and green epper, seeded and chopped
1	carrot, peeled and chopped
2 ribs	celery, chopped
1 can	black beans, well rinsed and drained
2 cup	frozen corn
4	chicken legs with thighs attached, skin off

- ½ cup** white wine or water
- 1 lt** no sodium chicken stock
- 2 cup** canned no sodium tomatoes, chopped
- 2 tbsp** ground cumin
- ground coriander
- 1 tbsp** black pepper
- chili powder
- dried oregano
- salt
- 2 limes** juice and zest

Low sodium tortilla chips and chopped fresh cilantro to garnish the soup

Directions:

- 1** Add the canola oil and cook the red onion, garlic, jalapeño pepper, celery, carrots and bell peppers for 5-8 minutes or until onions become transparent in a large pot over medium heat. Add the spices and cook for 2 more minutes.
- 2** Add the wine (or water), lime zest, tomatoes, chicken stock and the chicken legs to the pot. Cover and bring to the boil. Simmer for 1 hour. Remove the chicken from the pot and put onto a plate.
- 3** Add the corn and black beans to the pot.
- 4** Remove the chicken from the bone, and using 2 forks, shred the chicken and add back to the pot.
- 5** Cover the pot and simmer for 30 minutes. Correct the seasonings with salt and pepper, and add lime juice to taste. Ladle soup into bowls. Top with crushed low sodium tortilla chips and fresh chopped cilantro.

Substitutions:

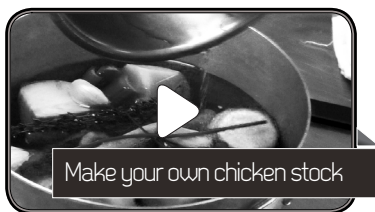
Chicken legs and thighs can be replaced with chicken breasts or leftover cooked chicken or turkey



Sweet Butternut Squash Soup

Ingredients:

- 1** onion, quartered
- 1** carrot, chopped
- 1** yellow pepper, chopped
- 2** large butternut squash
— peeled, seeded and chopped
- 3** garlic cloves, chopped
- 1 tbsp** ground dried ginger
- salt
- pepper
- dried thyme
- dried marjoram,
- ground cinnamon
- 3 cups** apple juice
- 2 cup** no sodium chicken stock



Directions:

- 1** Place all ingredients into a large pot. Bring to a boil over high heat then turn the pot down to a low heat setting. Cover pot with a lid and simmer for 1 hour or until the squash is very soft.
- 2** Using a hand blender or immersion blender, puree the soup until very smooth. Correct seasonings with salt and pepper.

OPTIONAL STEP

This soup is now known as a “puree” one of the healthiest kinds of soup to eat as it has no added fat and lots of fibre. After blending, add ½ cup of 35% cream (liquid whipping cream) and simmer for an additional 5 minutes to turn this into a cream soup. This will make the soup very silky. If allergic or sensitive to dairy, 125 of silken tofu can be blended into the soup with the stick blender until smooth.

Substitutions

- Fresh butternut squash can be replaced with other types of squash like acorn or hubbard. You can also purchase frozen squash. Make sure that you use at least 1 kg of any other kind of squash for the substitution. You can also make this soup out of sweet potatoes. Again, use 1 kg of peeled and chopped sweet potatoes for this recipe.

Tom Yum Gung

This is an exotic, spicy soup from Thailand. The lemon grass, lime leaves and Thai chilies are inexpensive and can be bought at most Asian grocers. Pureed lemon grass is available frozen or in tubes.

Ingredients to make the broth:

- 1 lt** non sodium chicken or vegetable stock
- 2 cup** water
- 2 stalks** fresh lemon grass
 - top removed and stalk roughly chopped
- 8** lime leaves
- 6** Thai chilies, halved lengthwise
 - very hot** – use gloves or wash hands thoroughly with soap and water after dealing with chilies
- 2 tbsp** fish sauce

Place all ingredients into a soup pot and bring to the boil. Simmer with a lid over low heat for 30 minutes. Strain out the solids and discard. The broth is now ready to use.

Note: If using frozen lemon grass or the tubed puree, you will need 2 tbsp to replace the whole lemon grass stalks.

To make the soup

- 2** boneless, skinless chicken breasts — thinly sliced
- 10** shitake mushrooms — stem removed and caps sliced
- 10** small white mushrooms — quartered
- 100 g** firm tofu — cut into small cubes
- 2** tomatoes,
 - each cut into 8 wedges and seeds removed
- 2 tbsp** honey or brown sugar
- 1/3 cup** whole cilantro leaves
- juice of 2 limes
- broth from above recipe

Directions:

- 1** Bring the broth to a boil. Turn heat down to medium, and add the honey (or sugar). As for the chicken, simmer and cover with a lid, for 5 minutes.
- 2** Add mushrooms and tofu, and simmer for 2-3 minutes.

- 3 Add tomatoes and lime juice, and simmer 2-3 more minutes.
The soup is now ready to serve.
- 4 Ladle soup into hot bowls, and top with cilantro leaves.

If you want the soup to be saltier, add drops of fish stock to taste If you want the soup to be sweeter, add drops of honey to taste If you want the soup to be more sour, add drops of lime juice.

Substitutions

- Chicken can be completely replaced with firm tofu.
- Chicken can be replaced with a cubed firm white fish like halibut, cod or tilapia – If you do this, only allow the fish to cook for a maximum of 5 minutes.
- Chicken or tofu can be replaced with peeled and deveined shrimp – ensure shrimp is raw and thawed, and follow the same directions as if you were using the chicken.



Enactus SLC

Our mission is to reduce poverty by creating comprehensive solutions to issues within our greater community.

Established in 2009, the Enactus SLC team, formerly known as SIFE SLC, is a group of students from St. Lawrence College Kingston who create and deliver projects that reduce hunger, promote entrepreneurship, financial literacy and environmental sustainability. This cookbook is the next evolution of our work with Sandy Singers and the Partners in Mission Food Bank, in Kingston Ontario and the Food Cents program, developed with culinary professor Chef Thomas Elia.

The Ontario Student Assistance Program (OSAP) allocates only \$7.49 for food each day. This cookbook helps students and Food Bank patrons alike manage their food budget and cook healthy, delicious meals.

The recipes for this cookbook were developed by St. Lawrence College students under the supervision of Chef Thomas Elia. We would also like to thank Ricardo B. Giuliani and Chef Eveline Kipping for their contribution to this project and helping to make our vision come to life.

Many thanks to the team members and faculty advisors, who over time, have played a significant role in the evolution of Food Cents. Special thanks to team members Steve Tripp, Jodi Kipping, Megan Healy, Kimlee Santos and Victoria Stinson for their dedication in the service of others, and to faculty advisors Pam Bovey Armstrong, John Pirrie and Kathy Patterson for their ongoing support.

We invite you to view our recipe videos on our YouTube Channel. Upload your own recipe videos and hashtag us #FoodCentsSLC and @EnactusSLC

Bon Appetit!

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