

Amazing young chefs

You are an amazing young chef. Use your skills in the kitchen and tell us about it and you could win prizes! Check out the instructions at the front of this cookbook to learn how you can win great prizes such as sports equipment. We can hardly wait to hear how you've been cooking!



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my amazing little cookbook

This book belongs to:

(your name here)

Dear chef's helper:

Canada Gets Active is a national initiative designed to increase the physical activity involvement of children. As a support to this initiative, the Health Promotion Unit of Yukon Health and Social Services is providing all Grade 5 students with **My Amazing Little Cookbook!** Healthy eating and physical activity are both important for healthy living. This cookbook was designed to teach kids cooking skills, to encourage them to try new and healthy foods and to help them have fun while they're at it.

The kitchen can be a wonderful and magical place for kids. We encourage adults to take every opportunity to try out these recipes with kids. You will be amazed how their skills and confidence grow with every new cooking adventure. The more kids cook with healthy foods, the more likely they are to develop a taste for them.

As an adult, it is up to you to establish safety rules and determine the level of supervision required for each recipe. The recipes in this book cover a variety of skill levels, so you may find that you will need to help kids out with some recipes more than others. Icons indicate the level of difficulty, the need for extra help, and the time required to prepare each recipe. Look for the icons legend on page 4.

Encourage kids to read the entire recipe before they begin. It's disappointing to find out halfway through a recipe that you don't have all the ingredients or equipment needed. While kids should follow the directions, encourage them to be creative in their cooking, too. They can experiment by adding small amounts of extras like ½ cup (125 mL) raisins or grated cheddar cheese to the oatmeal bannock recipe, or experiment with different fruits to find favourite combinations for fruit salads and smoothies. Once they have decided on a favourite recipe or two, remind them to write their comments down. This book is designed for kids to be creative (there is space to write personal notes and comments).

Encourage your kids to experiment with their cooking skills and discover new tastes. And, most importantly, have fun learning together. Whether you are a parent, caregiver, teacher or leader, the kitchen skills you share with kids will last a lifetime.

**Get cooking and win
awesome prizes!**



Hey Grade 5 students,

Do you like a fun challenge? If so, read on to learn about some great sports prizes you could win by heading into the kitchen.

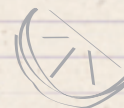
As part of the **Canada Gets Active** initiative, you have received this awesome cookbook. This cookbook contains lots of fun, easy and interesting recipes you can try at home or with your class at school! We've heard that Grade 5 students like to experiment in the kitchen, so go ahead and start cooking. To add even more fun and excitement into the remaining months of the **Canada Gets Active** initiative we are offering a contest to encourage you to try out some recipes and tell us what you think.

The contest is simple, and most importantly fun! Each month from January to April 2010, there will be a different recipe to try out. Prepare the recipe at home or at school and

then visit www.grade5cooking.ca and tell us what you thought of the recipe. Did you make it on your own or with some help? Was the recipe a thumbs up or a thumbs down? Would you make it again, or not in a million years?

On the website, there will be a short set of questions about your recipe making experience. **Answer the questions, click submit and then your name will be entered to win awesome sports equipment, such as roller blades, a hockey stick, a soccer ball, hockey gloves, or a skate board.** Something fun could be yours; simply make the recipe and tell us what you think!

**Turn over to find out
the recipes of the month!**



Cooking contest Recipes of the month

January 2010

Pancakes

Page 10



February 2010

Macaroni and cheese

Page 20



March 2010

Cocoa-flavoured puffs

Page 37



April 2010

Corn cakes

Page 41



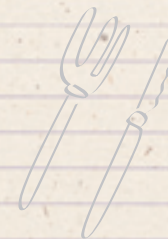
Corn cakes – YG photo by www.arehould.com

Try out these recipes and tell us about it for **your chance to win awesome sports equipment**.
Read the instructions on the previous page, and visit www.grade5cooking.ca to enter!

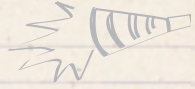
www.grade5cooking.ca

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Are you ready to cook?



Things you should know:

- The secret to being a good cook is preparation.
- Read the whole recipe before you start. Ask for help if you have questions.
- Make sure you have all the equipment and ingredients for the recipe.
- Follow the directions carefully.

Before handling any food, make sure your hands are clean.

1. Get them wet.

Remove all jewelry from your fingers and wrists. Wet your hands with warm water.

2. Get them soapy.

Rub on soap and lather well.

3. Rub them.

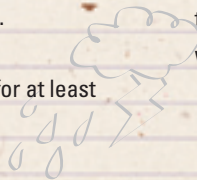
Rub your hands together briskly for at least 20 seconds (about the time it takes to sing Twinkle, Twinkle, Little Star). Make sure to scrub all over, including the backs of your hands, wrists, between your fingers, and under your fingernails.

4. Rinse them.

Rinse your hands under running water for at least 10 seconds.

5. Dry them.

Dry your hands with a clean towel or a paper towel.



Allergy alert. Know which foods you need to avoid.

If you have food allergies, you need to plan ahead:

- When buying ingredients for your recipe, always check the ingredients list on food packages before buying them. Usually you can find a 1-800 number on food packaging that you can call if you have any questions.
- Nine foods cause most allergic reactions. The five recipe ingredients that most commonly cause allergic reactions are wheat (flour), milk, eggs, peanuts and tree nuts (walnuts, pecans, etc.). Most recipes can be changed. If a recipe calls for an ingredient you need to avoid (like peanuts, for example), let creativity take over and simply substitute a different ingredient, like raisins or chopped, dried apricots. For those recipes that require specific ingredients, like eggs, you need to do your homework to find the best substitute. A good place to check out recipe substitutions is the Allergy/Asthma Information Association at www.aaia.ca.

In the kitchen, safety rules.

- Before you start, ask an adult for permission to make a recipe.
- An adult can turn the oven to the right temperature, reach for items in high places and explain any part of the recipe that may not make sense.
- Know where to find the first aid kit.
- If you have long hair, it's always a good idea to tie it back before working in the kitchen. Be sure to do this before washing your hands.
- Never leave the kitchen while cooking.
- Remember to clean up all your spills—so someone doesn't slip and fall.
- Always put the lid on your blender before turning it on.
- Keep all towels away from the stove as they can easily catch on fire.
- Always have dry potholders or oven mitts nearby. If you accidentally touch something hot, immediately hold your hand under cool water.
- Cool your hot cooking or baking dishes on a hot pad or a wire rack.
- Always pick up sharp utensils (such as knives or scissors) by the handle. If you need to walk with a knife, hold it at your side, pointing down.
- Remember to clean up any messes and turn off your stove, oven and any other kitchen equipment after you are done cooking.
- Ask an adult to wash all sharp tools and equipment.

Food safety. Keep your food out of the danger zones.

- Wash your fresh fruits and vegetables with water only (no soap) before eating or preparing them.
- Use two plastic cutting boards—one for fruits and vegetables, and a different one for raw meats. Always wash cutting boards immediately after using them.
- Always wash your hands before and after touching raw meats.
- Don't use cracked or dirty eggs.
- Eating raw eggs can make you sick.
- Thaw frozen foods in the refrigerator, in the microwave, or under cold running water, not on the countertop.
- Keep hot foods hot. Raw eggs, fish, chicken and beef must be cooked well to kill bacteria.
- Keep cold foods cold. Refrigerated foods should be cold to the touch and frozen foods should be very cold and solid.
- Separate large amounts of leftovers into small, shallow containers to help food cool quickly.
- Refrigerate or freeze prepared foods and leftovers within two hours or less of preparation.



Glossary & icons

Drain*



Cooking terms

Bake: To cook food in the oven.

Batter: A mixture of flour and liquid.

Beat: To stir quickly.

Blend: To mix evenly.

Boil: To cook food in water using high heat until bubbles form in the water.

Brown: To cook until the raw color (usually pink or red) has disappeared.

Chop: Cut into ½ inch pieces.

Colander: A utensil with small holes for draining liquid from food.

Dash: A small amount of an ingredient added to the mixture, measured by pinching the ingredient between your thumb and finger.

Dice: To cut into small cubes.

Dissolve: To stir a dry ingredient into a liquid until the dry ingredient disappears.

Drain*: To remove liquid using a strainer or colander.

Fold: To carefully combine two or more foods by stirring gently.

Grate*: To rub an ingredient (such as cheese) across a grater in order to make smaller pieces or shavings.

Grease: To put oil on a pan or baking sheet to prevent food from sticking to it.

Knead*: To push and press into the dough many times, using your hands.

Measure*: To get a specific amount of an ingredient by using measuring cups and spoons.

Melt: To turn a solid into a liquid by heating it.

Mince*: To cut into very small pieces.

Mix: To stir ingredients together.

Mold: To form into a shape.

Peel: To remove the skin from a fruit or vegetable.

Preheat: To turn on the oven a few minutes before baking, so it can warm to the proper cooking temperature.

Preparation time: The amount of time required to prepare the ingredients before baking, cooking or freezing them.

Processing time: The amount of time required to bake, simmer, cook, chill or freeze the combined ingredients, resulting in a final product that is ready to eat.

Rinse: To wash lightly with water.

Sift: To pass ingredients through a sieve (utensil with small holes).

Simmer: To cook at a low temperature.

Spatula: A small kitchen utensil with a thin flexible edge used for spreading, scraping, mixing or flipping.

Sugar: White, granulated sugar or brown sugar.

Whisk: A small kitchen utensil used to mix, whip or fluff up food with a beating motion.

Cooking measurements

L (litre): A unit of measure (metric).

1 L (1000 mL) = approximately 4 cups.

mL (millilitre): A very small unit of measure (metric).

It takes 5 mL to make 1 tsp.

Tbsp (tablespoon): A unit of measure (imperial).

1 Tbsp = 15 mL.

tsp (teaspoon): A unit of measure (imperial).

1 tsp is the same as 5 mL.

Use a measuring spoon or cup to get the right amount in a recipe.

Time increments

> is greater than

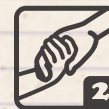
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Be careful in the kitchen. Always ask an adult for help when your recipe requires any chopping, slicing and dicing or when the use of a stove, microwave or oven is needed.



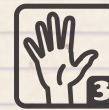
Skill level #1

Minimal supervision required.



Skill level #2

Supervision recommended.



Skill level #3

Supervision required.



Sharp

Use of sharp objects or utensils required.



Stove

Stovetop cooking required.



Microwave

Use of microwave needed.



Oven

Oven use required.



breakfast



Yummy French toast

Not just for breakfast anymore! This French treat makes a great lunch or dinner.



Preparation: < 30 min

Processing: < 30 min

Ingredients:

- 2 eggs
- 1/2 cup (125 mL) milk
- 1/4 tsp (1 mL) salt
- 1 Tbsp (15 mL) butter or non-hydrogenated margarine
- 4 slices bread

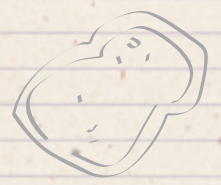
Makes 2 servings (2 slices per serving).

Optional: Serve with powdered (icing) sugar, cinnamon, jam, maple syrup or fruit slices.

Recipe courtesy of the Alberta Egg Producers.

Directions:

1. Break eggs into a mixing bowl. Beat thoroughly with fork. Add milk and salt and beat well.
2. In a frying pan, over medium heat, melt about 1 tsp (5 mL) of the butter or margarine in the pan and spread evenly.
3. Dip one slice of bread at a time into the milk mixture and let soak for 10 seconds. Flip it over and let it soak another 10 seconds.
4. Place dipped bread slices in the prepared pan. Cook until golden in colour (about 3 to 4 minutes). With a spatula, turn bread over and cook the other side until golden. Remove from pan to a serving plate.
5. Repeat with the remaining slices of bread.



DID YOU KNOW?

French toast isn't really French. The first piece of bread dipped in an egg batter and then cooked originated in Rome, Italy.



Notes:

Date Prepared:

My Rating:



Basic crepes

Filled, folded and fantastic.



Preparation: < 30 min

Processing: < 30 min

Ingredients:

3 eggs
¼ cup (60 mL) canola oil
1 cup (250 mL) low-fat milk
¾ cup (175 mL) all-purpose flour
1 Tbsp (15 mL) sugar
¼ tsp (1 mL) salt
canola oil for pan

Directions:

1. In a blender or in a medium-sized bowl, using a whisk, mix eggs, canola oil and milk until well blended.
2. Add flour, sugar and salt. Continue to blend until mixed well.
3. Brush medium frying pan or crepe pan with canola oil. Heat pan on medium high heat.
4. Quickly pour about 3 Tbsp (45 mL) of batter into pan and tilt pan in all directions until it is coated evenly. Cook for about 1 minute, then remove crepe from pan and lay it on wax paper.
5. Place wax paper between each crepe to prevent sticking.
6. Serve warm with a variety of toppings, or prepare ahead and refrigerate for up to 2 days. Crepes may also be frozen for up to 1 month.

Makes 5 servings
(2 crepes per serving,
about 7 inch/17 cm each).

Recipe courtesy of the Alberta Canola
Producers Commission.

TIP

Fresh, frozen and canned fruits make great crepe toppings. For an added treat, try yogurt or frozen yogurt.



Notes:

Date Prepared:

My Rating:



Breakfast-in-a-mug

Microwaveable breakfast magic.



Preparation: < 30 min

Processing: < 30 min

Ingredients:

2 eggs
2 Tbsp (30 mL) milk
2 Tbsp (30 mL) shredded cheddar cheese
dash onion powder (optional)
dash salt and pepper

Directions:

1. Beat eggs, milk and seasonings together in microwaveable mug.
2. Cover with plastic wrap and microwave on MEDIUM-HIGH for 1 to 1 ½ minutes.
3. Remove plastic and stir.
4. Sprinkle cheese on top, cover, and let stand for 1 minute.

Makes 1 serving.

Recipe and Did you know? courtesy of the
Alberta Egg Producers.

DID YOU KNOW?

The average Canadian eats 185 eggs a year. That's about one egg every two days. Are you "average"?



Notes:

Date Prepared:

My Rating:



Pancakes

Pancakes so yummy, they don't need syrup.



Preparation: < 30 min

Processing: < 30 min

Ingredients:

- 1 cup (250 mL) flour
- 1 cup (250 mL) milk, skim or 1%
- 1 Tbsp (15 mL) vegetable oil
- 1/2 tsp (2.5 mL) vanilla
- 1 egg
- 1 tsp (5 mL) sugar
- 1 Tbsp (15 mL) baking powder

Directions:

1. Mix together all ingredients to make a batter.
2. Using a ladle, spoon batter onto hot griddle or frying pan. With a spatula, flip when bubbles start to form on top.
3. Serve with fresh fruit or low-sugar pancake syrup if desired.



Makes 4 servings
(2 pancakes per serving).

Recipe and Tip courtesy of S. Fridham, RN, B.Sc., Willowview Multicare Center, Hobbema, Alberta, First Nations Healthy Choice Recipes. Submitted by Chinook Health Region.

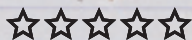
TIP

For a sweet treat, add frozen blueberries to your pancake batter.

Notes:

Date Prepared:

My Rating:



Sunshine toast

Rise and shine to a great breakfast.



Preparation: < 30 min

Processing: < 30 min

Ingredients:

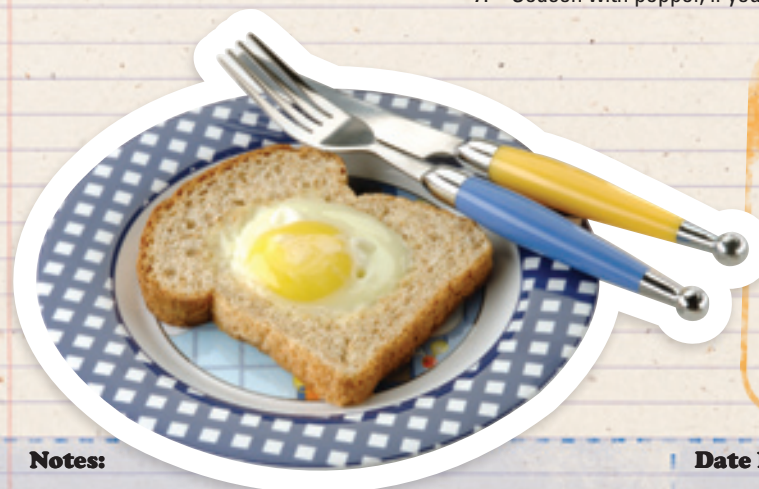
- 1 egg
- 1 slice whole wheat bread
- 1 tsp (5 mL) canola oil
- dash pepper (optional)

Directions:

1. Using a cookie cutter or a water glass, cut a hole (large enough to hold the egg) in the center of the slice of bread.
2. Heat a small nonstick pan on medium heat.
3. Put the bread in the pan.
4. Place the teaspoon of oil in the centre of the hole in the bread.
5. Crack open the shell and carefully pour the egg into the hole in the bread.
6. Reduce heat and cook slowly, until the egg is just cooked through.
7. Season with pepper, if you wish. Enjoy!

Makes 1 serving.

Tip courtesy of the Alberta Egg Producers.



TIP

If you're not sure whether or not an egg has been hard-boiled, try this little trick: spin the egg on a countertop or table. If it spins, it is hard-boiled; if it just wobbles, it is not.

Notes:

Date Prepared:

My Rating:



Egg 'n cheese dog

A top dog in healthy breakfasts.



Preparation: < 30 min

Processing: < 30 min

Ingredients:

- 2 eggs
- 2 Tbsp (30 mL) water
- 1 tsp (5 mL) butter
- salt and pepper, to taste
- 2 slices cheese
- 1 hot dog bun, toasted

Makes 1 serving.

Recipe and Tip courtesy of the Alberta

Egg Producers.

TIP

Say "Yes!" to the yolk. The yolk provides almost half of the protein and riboflavin of a whole egg and is one of the few foods that naturally contain vitamin D.

Notes:

Date Prepared:

My Rating:



Directions:

1. In a small bowl, whisk together eggs, water, salt and pepper.
2. In an 8 inch (20 cm) skillet, melt butter over medium heat, then pour egg mixture into skillet.
3. As mixture begins to set, use a spatula to gently lift the edges of the cooked portion, then tilt the skillet to allow uncooked egg to run underneath the cooked egg, into direct contact with the skillet.
4. When eggs are cooked, slide omelette onto a plate.
5. Place cheese slices in a line close to one end of the omelette; roll up, starting at the end with the cheese.
6. Place rolled omelette in bun.
7. Serve immediately.



Oatmeal bannock

A quick snack you can make in minutes.



Preparation: < 30 min

Processing: < 30 min

Ingredients:

- 5 cups (1250 mL) flour
- 2 ½ cups (625 mL) oatmeal
- 3 Tbsp (45 mL) baking powder
- 2 tsp (10 mL) salt
- ¾ cup (175 mL) powder milk
- ¾ cup (175 mL) vegetable oil
- 2 cups (500 mL) water

Makes 24 servings.

Recipe courtesy of L. Arsenault, Community Dietitian,

Government of Yukon, Health and Social Services.

TIP

Turn off the TV and channel your energy outdoors. Go for a bike ride or take a walk around the neighbourhood.

Notes:

Date Prepared:

My Rating:



Directions:

1. Preheat oven to 400°F (200°C).
2. Mix together flour, oatmeal, baking powder, salt and powdered milk.
3. Blend in vegetable oil until mixture looks crumbly.
4. Add water. Stir until evenly blended.
5. Pour into baking pan (9X13 inch) or pat down on floured surface and cut into rounds.
6. Bake in preheated oven for 20 to 25 minutes.



meal ideas



TIP Always wash your hands, the equipment and the work area with hot, soapy water before and after preparing food.

Chicken fingers

So good you'll forget chickens have wings.



Preparation: > 30 min

Processing: < 30 min

Ingredients:

- 2 individual chicken breasts, boneless & skinless
- 2 Tbsp (30 mL) low-fat yogurt, plain
- 12 soda crackers, crushed
- 2 Tbsp (30 mL) Parmesan cheese
- 1 tsp (5 mL) thyme
- 1 tsp (5 mL) onion powder
- 1 tsp (5 mL) garlic powder
- 1 tsp (5 mL) chili powder
- dash pepper

Makes 4 servings
(4 to 6 strips per serving).

Directions:

1. Preheat oven to 375°F (190°C).
2. Cut each chicken breast into 8 strips, trying to make them all about the same size.
3. In a medium bowl, combine yogurt and chicken strips. Stir gently, coating each strip completely.
4. In a shallow pan, combine the crackers, Parmesan cheese and spices.
5. Using a fork, place the chicken strips in the cracker mixture and coat them evenly.
6. Place coated chicken strips on a rack in a pan or on a cookie sheet lined with tin foil.
7. Bake in preheated oven for 25 minutes. The strips will look golden and crispy when they are done.

Recipe courtesy of The Low Salt, Low Sugar, High Fibre, Low Fat but Big Fun!!! Cookbook, First Nations Healthy Choice Recipes. The Sioux Lookout Diabetes Program, Sioux Lookout, Ontario, Submitted by Chinook Health Region.



Notes:

Date Prepared:

My Rating:



Cheesy Parmesan tomatoes

Totally tasty tomatoes.



Preparation: < 30 min

Processing: < 30 min

Ingredients:

2 medium tomatoes
2 tsp (10 mL) light Parmesan cheese, grated
1/2 tsp (2.5 mL) basil, fresh or dried
dash pepper

Makes 4 servings
(1/2 a tomato per serving).

Directions:

1. Preheat oven to 350°F (175° C).
2. Cut tomatoes in half.
3. Place tomatoes, cut side up, in a small baking dish.
4. In a small bowl, combine cheese, basil and pepper. Sprinkle mixture over the tomatoes.
5. Bake in the preheated oven for 7 minutes, or until heated through. (Cooking time will vary depending on tomato size and ripeness).

Recipe courtesy of *The Low Salt, Low Sugar, High Fibre, Low Fat but Big Fun!!! Cookbook, First Nations Healthy Choice Recipes. The Sioux Lookout Diabetes Program, Sioux Lookout, Ontario. Submitted by Chinook Health Region.*

DID YOU KNOW?

Did you know?
Tomatoes get their red colour from lycopene, which helps keep your heart healthy.



Notes:

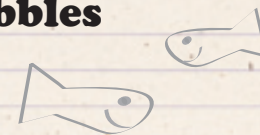
Date Prepared:

My Rating:



Tuna nibbles

Surf's up!



Preparation: > 30 min

Processing: < 30 min

Ingredients:

1 can (6.5 oz/184 g) canned tuna, drained
1 egg
1 tsp (5 mL) minced parsley, fresh or dried (optional)
3/4 cup (175 mL) bread crumbs
1 Tbsp (15 mL) all-purpose flour
canola oil (for brushing)
salt and pepper (for seasoning)

Makes 8 to 10 servings
(2 to 3 pieces per serving).

Directions:

1. Mash the tuna together with the egg, parsley, a pinch of salt, and pepper to taste.
2. Add the bread crumbs and mix well, then add the flour.
3. Divide the mixture into 20 little portions. Shape each portion into a ball and put in the fridge for 15 minutes.
4. While you are waiting, preheat the oven to 375°F (190°C).
5. Brush a nonstick baking sheet with a little bit of oil.
6. Place the tuna balls on the baking sheet, evenly spaced, and brush them with a little more oil.
7. Bake in the preheated oven for 15 to 20 minutes, until golden and crisp.
8. Remove from the oven and place on paper towels to drain. Tuna nibbles can be served warm or cold. .

Notes:

Date Prepared:

My Rating:



DID YOU KNOW?

Fish is high in Omega-3 fatty acids. These are the good fats that keep your heart healthy.



Tortilla roll-up

Healthy fast food you can make in a hurry!



Preparation: < 30 min

Processing: < 30 min



Ingredients:

1 tortilla, 8 inch (20 cm)
1 egg
1 Tbsp (15 mL) cooked chicken,
turkey or ham, diced
2 Tbsp (30 mL) cheese, grated
1 Tbsp (15 mL) salsa
chopped green pepper and/or
mushroom (optional)

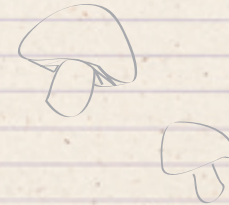
Makes 1 serving.

*Variation: Add a bit of chopped green pepper
and/or mushroom before microwaving your
tortilla roll-up.*

Recipe courtesy of the Alberta Egg Producers.

Directions:

1. Place tortilla on a glass plate. Microwave on HIGH for 10 seconds.
2. Break egg into middle of tortilla. Pierce yolk with fork and gently stir to spread the egg evenly over the tortilla.
3. Place diced ham, chicken or turkey on top of egg.
4. Cover loosely with wax paper and microwave on HIGH for 1 to 1 ½ minutes until egg is cooked.
5. Top with cheese and salsa, then roll up.



TIP

Eat food from all 4 food groups
every day – that's the healthy way!

Notes:

Date Prepared:

My Rating:



Macaroni and cheese

Dinner with the dynamic duo.



Preparation: > 30 min

Processing: > 30 min

Ingredients:

- 2 cups (500 mL) macaroni
- 2 cups (500 mL) milk, skim or 1%
- ¼ cup (60 mL) flour
- ¼ tsp (2 mL) pepper
- 1 Tbsp (15 mL) non-hydrogenated margarine
- 1 cup (250 mL) light cheddar cheese, grated
- 1 can (398 mL) tomatoes, drained and cut up
- 1 small onion, chopped
- ¼ cup (60 mL) bread crumbs

Makes 6 servings (1 cup per serving).

Recipe courtesy of Gertrude Strikes With A Gun, Piikani Elder, Southern Alberta, First Nations Healthy Choice Recipes. Submitted by Chinook Health Region.

Directions:

1. Preheat oven to 375°F (190°C).
2. Fill a large saucepan with water and bring water to a boil.
3. Add macaroni and cook until it is almost soft (slightly undercook it).
4. Drain off the cooking water and rinse macaroni in a colander under cold running water. Drain well and set aside.
5. In a medium saucepan combine the milk, flour, pepper and margarine. Cook over medium heat, whisking constantly, until mixture bubbles and becomes thick.
6. Remove from heat and add cheese, tomatoes and onions. Stir well to combine.
7. Add the cooked macaroni, stir well, and place all ingredients into a 3 quart (3.5 L) casserole dish.
8. Sprinkle the bread crumbs evenly over the top and bake in the preheated oven for 30 minutes, or until browned on top.
9. Cool for 5 minutes and serve.



Notes:

Date Prepared:

My Rating:



Tuna melt

A deep-sea delight.



Preparation: < 30 min

Processing: < 30 min

Ingredients:

- 1 can (6.5 oz/184 g) tuna (chunk, light, packed in water), drained
- ¼ cup (60 mL) light mozzarella cheese, shredded
- 2 Tbsp (30 mL) mayonnaise, low-fat
- ¼ cup (60 mL) celery, chopped
- 1 Tbsp (15 mL) lemon juice
- 4 slices whole wheat bread
- dash pepper

Makes 4 servings
(1 tuna melt per serving).

Recipe courtesy of The Low Salt, Low Sugar, High Fibre, Low Fat but Big Fun!!! Cookbook, First Nations Healthy Choice Recipes. The Sioux Lookout Diabetes Program, Sioux Lookout, Ontario. Submitted by Chinook Health Region.

Directions:

1. Preheat oven to 375°F (190°C).
2. In a small bowl, combine tuna, mozzarella cheese, mayonnaise, celery and lemon juice. Add a dash of pepper.
3. Toast the bread and place on a cookie sheet.
4. Spread about ¼ cup (60 mL) of tuna mixture on each slice of bread and bake in the preheated oven for about 10 minutes, or until bread is lightly browned and cheese is melted.
5. Serve immediately.



Notes:

Date Prepared:

My Rating:



It's easy pizza

All 4 food groups in one tasty slice.



Preparation: < 30 min

Processing: < 30 min



TIP

A slice of cold, leftover pizza makes a GREAT breakfast on the run!



Ingredients:

Dough:

- 1 cup (250 mL) warm tap water
- 1 tsp (5 mL) sugar
- ½ tsp (2 mL) salt
- 2 Tbsp (30 mL) oil
- 1 tsp instant dry yeast
- 2 ½ - 3 cups (625 - 750 mL) all-purpose flour

For pan:

- 1 tsp (5 mL) cornmeal
- 1 tsp (5 mL) oil

Suggested toppings:

- ¼ cup (60 mL) pizza sauce
- 1 cup (250 mL) cheese, grated
- Add any combination of:*
chopped ham, peppers, pineapple, mushrooms, olives, fresh tomatoes

Or, choose your own toppings:

Makes 4 servings (2 slices per serving).

One 12 to 14 inch/30 to 35 cm diameter pizza.

Directions:

1. Preheat the oven to 425°F (220°C).
2. Lightly oil the pizza pan, then sprinkle cornmeal evenly across the surface. Set aside.
3. Combine warm water, sugar, salt and oil in a small bowl. Stir until sugar and salt are dissolved.
4. Place 1 cup (250 mL) of the flour in a large bowl and add the yeast. Mix well.
5. Pour the liquid mixture over the dry ingredients and stir until you have no lumps. The dough will be sticky. Add another cup (250 mL) of flour and mix until there are no lumps or loose flour.
6. Add the last of the flour, ½ cup (125 mL) at a time. You may not need all the flour, so add it gradually.
7. Place the dough on a lightly floured surface and knead until smooth and elastic (about 5 minutes). If the dough becomes sticky, sprinkle a bit more flour over it.
8. Roll out the dough into a circle and place onto the prepared pizza pan. Pinch the edges of the dough to form a ridge.
9. Add your favourite combination of toppings.
10. Place the pizza in the preheated oven and bake for 15 to 20 minutes.
11. Slice into 8 wedges and serve.

Notes:

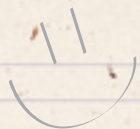
Date Prepared:

My Rating:



Gourmet potatoes

Tater-iffic!



Preparation: < 30 min

Processing: > 30 min

Ingredients:

- 4 cups (1L) leftover mashed potatoes
- ¼ cup (60 mL) non-hydrogenated margarine
- 2 cups (500 mL) shredded cheddar cheese
- ½ cup (125 mL) sour cream
- 1 Tbsp (15 mL) minced onion
- 1 tsp (5 mL) salt
- ¼ tsp (1 mL) pepper
- dash paprika

Directions:

1. Preheat oven to 350°F (175°C).
2. Mix all ingredients together and place in a 2 quart (2 L) casserole dish.
3. Sprinkle with paprika.
4. Bake uncovered in the preheated oven for 45 to 60 minutes, or until potatoes are bubbly and brown on top.

Makes 12 servings (½ cup per serving).

Note: This dish can be prepared a day ahead (up to step #3) and then stored in the fridge until baking time.

Recipe and Tip courtesy of the Potato Growers of Alberta.

TIP

Adding hot milk to potatoes when you are mashing them will make them smooth so they won't become heavy, lumpy or soggy.

Notes:

Date Prepared:

My Rating:



Glazed carrot coins

A sweet veggie treat.



Preparation: < 30 min

Processing: < 30 min

Ingredients:

- 3 or 4 carrots, sliced in thin circles
- 1 Tbsp (15 mL) butter or non-hydrogenated margarine
- 2 Tbsp (30 mL) sugar

Makes 6 servings (½ cup per serving).

Directions:

1. Cook sliced carrots in a little bit of water until they are tender (about 6 to 8 minutes). Drain well.
2. Combine the butter or margarine and the sugar in a microwave-safe container and heat in the microwave for 1 minute, on HIGH. Watch closely and take out the container once you see that the sugar has dissolved.
3. Add carrots to the container and stir to coat all the carrots with the sauce.
4. Serve immediately.

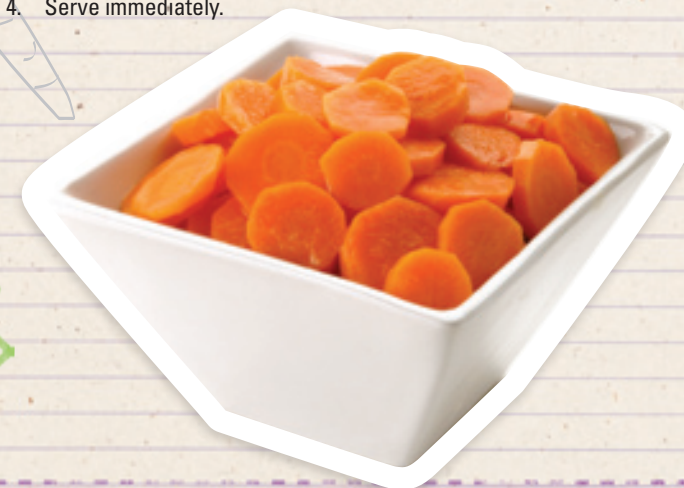
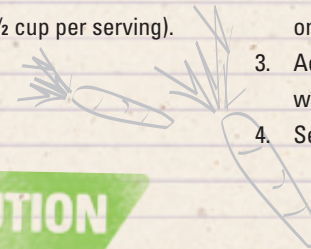
CAUTION

Do not put tin foil or anything metal in the microwave. Ask an adult if you are not sure whether or not something is safe to put in the microwave.

Notes:

Date Prepared:

My Rating:



Hearty beef pizza

Pizza with pizzazz.



Preparation: > 30 min

Processing: < 30 min

Ingredients:

- ¾ lb (375 g) lean ground beef
- 1 large onion, chopped
- 1 Tbsp (15 mL) Worcestershire sauce
- 1 Tbsp (15 mL) dried basil
- 1 cup (250 mL) sliced mushrooms
- 1 can (7 ½ oz/213 mL) pizza sauce
- 1 pre-baked pizza crust (12 to 14 inches/30 to 35 cm)
- 1 cup (250 mL) chopped red or green peppers
- 2 cups (500 mL) grated mozzarella cheese or pizza cheese mixture

Directions:

1. Preheat the oven to 425°F (220°C).
2. In a skillet, brown ground-beef with onion, about 5 minutes. Drain fat, if any.
3. Stir in Worcestershire sauce, basil and mushrooms. Cook for another 2 to 3 minutes.
4. Spread pizza sauce evenly over crust.
5. Layer half the cheese over sauce, then top with beef mixture, peppers and remaining cheese.
6. Place pizza directly on rack in the preheated oven. Bake for 12 to 15 minutes or until cheese is melted and the crust is golden.
7. Remove from oven, cool slightly and cut into 8 slices.

Makes 4 servings (2 slices per serving).

Recipe courtesy of the Alberta Beef Producers.

TIP

If you are allergic to milk products, leave the cheese off. Pizza is just as delicious without the cheese.



Date Prepared:

My Rating:



Broccoli soup

Souper healthy fuel for your body.



Preparation: < 30 min

Processing: > 30 min

Ingredients:

- 4 cups (1 L) broccoli, chopped
- 1 medium potato, peeled & chopped
- 1 cup (250 mL) celery, chopped
- 1 small onion, finely chopped
- 2 cups (500 mL) evaporated skim milk
- 1 cup (250 mL) water
- 1 bay leaf
- 1 cube chicken bouillon, low salt dash pepper

Directions:

1. In a large saucepan, combine broccoli, potato, celery, onion, milk, water, bay leaf, chicken bouillon cube and pepper.
2. Cover and bring to a boil.
3. Reduce heat and simmer for 30 minutes.
4. Remove the bay leaf and discard before serving.

Makes 4 servings (1 cup per serving).

Recipe courtesy of *The Low Salt, Low Sugar, High Fibre, Low Fat but Big Fun!!! Cookbook, First Nations Healthy Choice Recipes. The Sioux Lookout Diabetes Program, Sioux Lookout, Ontario. Submitted by Chinook Health Region.*

DID YOU KNOW?

If you do not have evaporated milk in your cupboard, use 1 or 2% milk instead.

Notes:

Date Prepared:

My Rating:



Egg drop soup

Get crackin'!



Preparation: < 30 min

Processing: < 30 min

Ingredients:

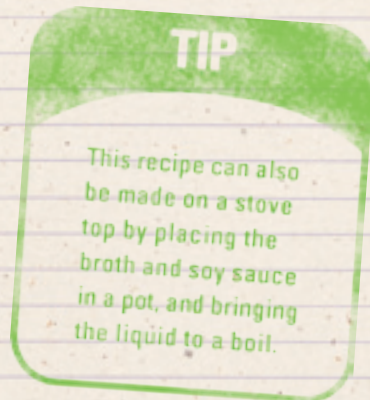
- 4 cups (1 L) chicken broth or vegetable broth
- 2 Tbsp (30 mL) soy sauce
- 1 green onion, thinly sliced
- 2 eggs

Makes 4 servings (1 cup per serving).

Recipe courtesy of the Alberta Egg Producers.

Directions:

1. Combine chicken (or vegetable) broth and soy sauce in a 2 L (2 quart) microwaveable bowl.
2. Microwave on HIGH for 10 to 12 minutes or until boiling.
3. Stir in green onion.
4. In a bowl, beat eggs lightly (just enough to blend whites and yolks).
5. Slowly pour beaten eggs into the broth in a thin stream, stirring gently.
6. Serve immediately.



Notes:

Date Prepared:

My Rating:



Veggie bake

A veggieful delicious dish.



Preparation: < 30 min

Processing: < 30 min

Ingredients:

- 4 cups (1 L) of a variety of cut up vegetables, fresh or frozen (examples: broccoli, cauliflower, carrots)
- 1 can cream soup, 10 oz (284 mL) 50% less fat (examples: cream of mushroom, cream of chicken or cream of celery soup)
- 1/2 cup (125 mL) Parmesan cheese, grated (optional)
- 1 Tbsp (15 mL) butter or non-hydrogenated margarine

Makes 4 to 6 servings (about 1/2 cup per serving).

Directions:

1. Preheat the oven to 350°F (175°C).
2. Cook the vegetables in boiling water until they are soft (about 5 minutes), then drain well.
3. Cover the bottom of a greased 9 inch (23 cm) baking pan with half the can of soup.
4. Place the vegetables in the baking pan, spreading them evenly over the soup.
5. Add the remaining soup and sprinkle the cheese evenly over the top.
6. Cut the butter or non-hydrogenated margarine into chunks and place the chunks evenly over the vegetables.
7. Bake for 20 minutes.



TIP

Use fresh, frozen or canned vegetables and fruit. They are all healthy choices.

Notes:

Date Prepared:

My Rating:



Lentil soup

A hearty gumbo of goodness.



Preparation: < 30 min

Processing: > 30 min

Ingredients:

- 2 cups (500mL) split red lentils, rinsed
- 8 cups (2 L) chicken stock or vegetable stock
- 2 medium onions, chopped
- 1 medium tomato, chopped
- 1 medium carrot, chopped
- 2 Tbsp (30 mL) olive oil
- 2 Tbsp (30 mL) lemon juice
- 2 tsp (10 mL) cumin
- ½ tsp (2 mL) salt
- ½ tsp (2 mL) pepper

Makes 10 servings (1 cup per serving).

Recipe courtesy of the Multicultural Health Brokers, Edmonton.

Directions:

1. Wash lentils in a strainer.
2. Put stock into a 4 to 5 quart (4 to 5 L) pot and bring it to a boil.
3. Set aside 2 Tbsp (30 mL) of the chopped onion.
4. Add the remaining onions, carrot, tomato and lentils to the stock. Lower the heat to simmer, and cook for about ½ hour or until the lentils are tender.
5. Puree the mixture in either a food processor or a blender, and return it to the pot.
6. Cook the 2 Tbsp (30 mL) of chopped onion in the olive oil until they are soft and brown.
7. Add the cooked onions, cumin, lemon juice, salt and pepper to the stock pot. Stir slowly over low heat for about 3 minutes, then serve.



DID YOU KNOW?

Stock is also called broth or bouillon. It can be homemade or purchased at the grocery store.

Notes:

Date Prepared:

My Rating:



Broccoli and cheddar strata

A tasty team.



Preparation: > 30 min

Processing: > 30 min

Ingredients:

- 3 cups (750 mL) broccoli florets
- 2 tsp (10 mL) cooking oil
- ½ cup (125 mL) onion, finely chopped
- 5 eggs
- 2½ cups (625 mL) milk
- 1 Tbsp (15 mL) parsley
- 1 Tbsp (15 mL) dijon or regular mustard
- ½ tsp (2 mL) salt
- pepper to taste
- 1½ cups (375 mL) cheddar cheese, grated
- ½ cup (125 mL) ham or leftover chicken, chopped
- 6 slices whole wheat or multigrain bread, sliced into 1 inch (2.5 cm) cubes

Makes 6 servings.

Recipe adapted from Today's Parent Magazine.

TIP

If needed, frozen thawed broccoli can be used to replace fresh broccoli.

Notes:

Date Prepared:

My Rating:



Directions:

1. Wash the broccoli. On a cutting board, cut the broccoli into bite-size pieces. Boil broccoli for 3 to 5 minutes or until tender-crisp. Drain. Rinse under cold water. Drain again.
2. Heat a frying pan on medium, add oil and cook onion at medium low until soft, about 5 minutes.
3. In a medium bowl, beat eggs. Whisk in milk, parsley, mustard, salt and pepper.
4. Grease a 9 inch (23 cm) baking pan with 2½ inches (6 cm) sides. Arrange half of the bread cubes, all of the broccoli and onions, 1 cup of the cheese and all of the ham in the pan.
5. Pour in two-thirds of the egg and milk mixture. Layer with remaining bread cubes and cheese.
6. Pour in remaining egg mixture. With a spatula, press top layer of bread and cheese down gently to absorb more egg mixture.
7. Cover with plastic wrap and refrigerate 4 to 24 hours.
8. Preheat oven to 350°F (180°C). Remove wrap and place strata on middle rack of oven to bake 55 minutes or until puffy and golden and a cake tester comes out dry from the middle of the strata. Allow to sit 5 to 10 minutes.



snacks & treats

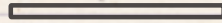


figure 1

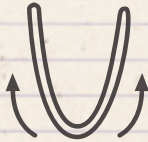


figure 2

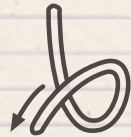


figure 3



figure 4

Pretzels, please!

A new twist on healthy eating.



Preparation: > 30 min

Processing: < 30 min

Ingredients:

1/2 tsp (2 mL) sugar
1 1/2 cups (375 mL) warm water
1 package (8 g envelope) active dry yeast
4 1/2 cups (1.125 L) flour
1 egg yolk
2 Tbsp (30 mL) water
sprinkle coarse salt
sprinkle sesame seeds

Makes 12 servings (1 pretzel per serving).

Tip courtesy of the Alberta Egg Producers.

TIP

It's easier to separate the egg white from the yolk when the raw egg is cold.

Directions:

1. Preheat the oven to 450°F (230°C).
2. In a large bowl, add sugar to the warm water and stir in the yeast. Let stand for 5 minutes until the yeast is dissolved.
3. Add the flour, 1 cup (250 mL) at a time, stirring well after each addition until you have a soft dough that is not sticky. You may not need the last 1/2 cup (125 mL) of flour.
4. Place the dough onto a lightly floured surface and knead for 6 minutes.
5. Let the dough rise in a covered, greased bowl until the dough doubles in size. This will take about 1 hour.
6. Divide the dough into 12 pieces and roll each piece into a long rope, about 18 to 20 inches (45 to 50 cm) long (see figure 1).
7. Bend the rope into a pretzel shape or into sticks, twists or hearts (see figures 2 to 4).
8. Blend together the egg yolk and the water and brush the mixture onto the pretzels. Then sprinkle with coarse salt and/or sesame seeds.
9. Lay the pretzels on a cookie sheet. Bake for 12 minutes, then remove immediately from oven.

Notes:

Date Prepared:

My Rating:



cool

Purple moo cow

It's not just good, it's grape!



Preparation: < 30 min

Ingredients:

- ½ cup (125 mL) frozen 100% grape juice concentrate
- 1 ¼ cup (300 mL) frozen vanilla ice cream
- 1 cup (250 mL) milk
- 1 ¼ tsp (6 mL) lemon juice

Directions:

1. Put the first 3 ingredients into a blender. Blend until smooth (about 10 seconds).
2. Add lemon juice and blend for a few more seconds, until the drink is very smooth. Enjoy.

Makes 2 servings (1 cup per serving).

Variation: Instead of using grape concentrate, try frozen 100% orange juice concentrate or 100% cranberry concentrate.

Recipe courtesy of Georgianna McDavid, PHEC, Alberta Human Ecology and Home Economics Association (AHEA).



TIP

Bone up on your milk drinking by having 2 to 3 cups per day. Milk is an excellent source of calcium and vitamin D, which help build strong, healthy bones.

Notes:

Date Prepared:

My Rating:



Whole grain apple muffins



Preparation: < 30 min

Processing: < 30 min



Ingredients:

- ¾ cup (175 mL) all-purpose flour
- ½ cup (125 mL) quick-cooking rolled oats
- ½ cup (125 mL) bran
- ¼ cup (50 mL) cornmeal
- ½ cup (125 mL) light brown sugar
- 1 Tbsp (15 mL) baking powder
- ¼ tsp (1 mL) cinnamon
- 1 egg
- ½ cup (125 mL) milk
- ¼ cup (50 mL) vegetable oil
- 1 cup (250 mL) grated apple

Directions:

1. Preheat the oven to 400°F (200°C). Grease a 12-cup muffin pan.
2. In a large mixing bowl, stir together the flour, oats, bran, cornmeal, brown sugar, baking powder and cinnamon.
3. In another bowl, beat the egg with the milk and the vegetable oil.
4. Add the egg mixture to the flour mixture and stir until all the ingredients are evenly moistened - don't over mix.
5. Mix in the grated apple, stirring just until combined.
6. Spoon the batter into a well-greased or paper-lined muffin pan, filling the cups all the way to the top.
7. Bake for 18 to 20 minutes, until the muffins are lightly browned and a toothpick poked into the middle of one comes out clean.
8. Remove from pan and place on a rack to cool.

Makes 8-10 muffins

Recipe adapted from Today's Parent Magazine.

TIP

You can grate the apple with the skin on to increase the amount of fibre in the muffins.



Notes:

Date Prepared:

My Rating:



Flax crackers

Crispy goodies you'll love to munch on.



Preparation: > 30 min

Processing: < 30 min

Ingredients:

- ¼ cup (60 mL) whole flax seed
- ¼ cup (60 mL) ground flax seed
- 1½ cups (375 mL) all-purpose flour
- ½ tsp (2 mL) baking powder
- ½ tsp (2 mL) salt
- 4 tsp (20 mL) butter or non-hydrogenated margarine, softened
- ½ cup (125 mL) skim milk

Flavour variations:

Add one of the following in step #2

Onion: Add 1 Tbsp (15 mL) powdered onion soup mix

Cheese: Add 1 cup (250 mL) grated cheddar cheese

Italian: Add 1 Tbsp (15 mL) oregano and 1 cup (250 mL) grated mozzarella cheese

Directions:

1. Preheat oven to 325°F (160°C).
2. In a bowl, combine whole flax seed, ground flax seed, flour, baking powder, salt and butter or margarine. Using a pastry cutter or a mixer on low speed, mix well.
3. Using the mixer, or by hand, stir in milk and mix until mixture forms a soft dough.
4. Wrap dough in plastic wrap and chill in the refrigerator for 10 minutes.
5. Divide the dough into quarters. Place one of the quarters on a lightly floured board and using a rolling pin, roll it into a very thin rectangle, about ¼ inch (2 mm) thick. Cut into 2 ½ inch (6 cm) squares.
6. Transfer to an ungreased baking sheet.
7. Repeat Steps #5 and #6 with the remainder of the dough.
8. Bake in preheated oven for 20 minutes, until crisp and golden.

Makes 8 servings
(24 crackers, 3 crackers per serving).

Recipe courtesy of the Flax Council of Canada.

Notes:



TIP

To prevent the natural oil found in a flax seed from spoiling, you need to store whole or ground flax seed in a refrigerator.

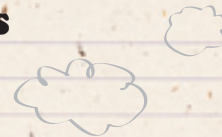
Date Prepared:

My Rating:



Cocoa-flavoured puffs

Fluffy, puffy, good.



Preparation: < 30 min

Processing: > 30 min

Ingredients:

- 1 cup (250 mL) all-purpose flour
- 2 Tbsp (30 mL) sugar
- ¼ cup (60 mL) cocoa or carob powder
- 1 cup (250 mL) hot water
- ½ cup (125 mL) canola oil
- 4 eggs

Makes 8 to 10 servings
(2 small puffs or 1 large puff per serving).

Optional: Serve with cut up fruit or yogurt.

Note: Unfilled puffs can be kept in an air-tight container for up to 2 weeks or stored in the freezer for 3 months.

Recipe courtesy of the Alberta Canola

Producers Commission.

Notes:



Directions:

1. Preheat oven to 400°F (200°C).
2. Sift together flour, sugar and cocoa or carob powder.
3. In medium saucepan, bring water and canola oil to a rolling boil. Add dry ingredient mixture all at once. Stir vigorously until dough pulls away from sides of the pan (about 1 minute). Immediately remove from heat and allow to cool.
4. Add eggs one at a time, beating after each addition until dough no longer looks slippery. Spoon into small mounds on ungreased baking sheet, leaving room between the puffs for them to expand.
5. Bake for 30 to 40 minutes, or until dry and crisp. Remove puffs to a rack and allow them to cool.
6. Remove tops of puffs with a sharp knife. Take out any bits of dough that would prevent you from filling the puff.
7. Fill centres with chopped fruit and/or frozen low-fat yogurt, then return tops to puffs. For a special treat, fill the puffs with your favourite ice cream.
8. Serve immediately.

Date Prepared:

My Rating:



Breakfast cookies

A make-ahead breakfast solution!



Preparation: < 30 min

Processing: > 30 min

Ingredients:

- 1 cup (250 mL) granulated sugar
- ½ cup (125 mL) butter, softened
- ½ cup (125 mL) peanut butter
- ⅓ cup (75 mL) milk
- 1 Tbsp (15 mL) vanilla
- 1 egg
- 1½ cups (375 mL) whole wheat flour
- 1 cup (250 mL) quick-cooking rolled oats (not instant)
- ½ tsp (2 mL) baking soda
- 1 cup (250 mL) raisins or cranberries
- 4 cups (1 Litre) O-shaped breakfast cereal

Makes 24 cookies.

Recipe adapted from Today's Parent Magazine.



Directions:

1. Preheat the oven to 375°F (190°C).
2. In a large mixing bowl, beat together the sugar, butter, peanut butter, milk, vanilla and egg until smooth and creamy.
3. Add the flour, oats and baking soda, mix well.
4. Stir in the raisins and the breakfast cereal. The batter will be stiff, mix until everything sticks together.
5. Working with about 1/3 cup (75 mL) at a time, roll dough by hand into 2 inch (5 cm) diameter balls, and place on an ungreased cookie sheet. Leave at least 2 inch (5 cm) of space between the cookies to allow room to expand. Lightly press down to flatten each ball to about 1 inch (2 cm) thickness.
6. Bake for 13 to 15 minutes, or until lightly browned on the bottom. Let cool for 5 minutes before removing from the cookie sheet.



YG photo by www.archbould.ca.com

Notes:

Date Prepared:

My Rating:



Lip-smacking good smoothies

Create your own smoothie sensation!



Preparation: < 30 min

Ingredients:

- 1 cup (250 mL) fresh, frozen or canned fruit (drained)
- 2 Tbsp (30 mL) 100% frozen fruit juice of your choice
- ½ cup (125 mL) yogurt, flavour of your choice
- ½ cup (125 mL) milk

Possible combinations:

1. Berries, vanilla yogurt and orange juice
2. Peaches, strawberry yogurt, and apricot nectar

Makes 2 servings (1 cup per serving).

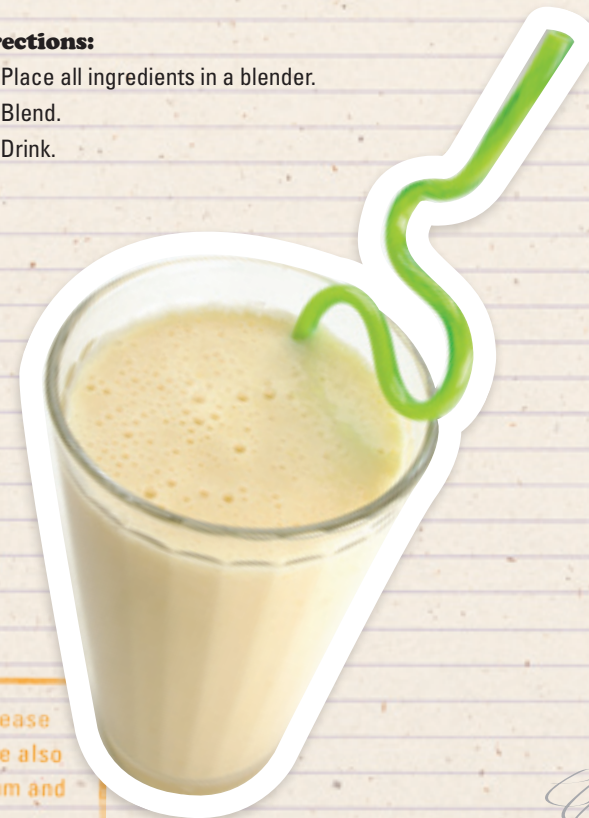
Recipe courtesy of the David Thompson Health Region.

TIP

Smoothies are a good way to increase the amount of fruit you eat. They are also a good way to increase your calcium and Vitamin D intake.

Directions:

1. Place all ingredients in a blender.
2. Blend.
3. Drink.



Notes:

Date Prepared:

My Rating:



38

Frozen delight

Have a freezie frenzy.



Preparation: < 30 min

Processing: > 30 min

Ingredients:

- 1 cup (250 mL) yogurt, plain
- 1 banana, sliced
- 1 tsp (5 mL) vanilla
- 1 cup (250 mL) 100% fruit juice
(ideas: orange, peach, pineapple, grape)

To assemble:

- 7 or 8 small paper cups
(approximately 4 ounces each)
- 7 or 8 plastic spoons or wooden sticks

Makes 7 or 8 servings
(1 small frozen delight per serving).

Directions:

- Put the yogurt, banana, vanilla, and juice in a blender, and blend until smooth.
- Pour liquid into small paper cups.
- Place filled cups into the freezer.
- When the yogurt mixture is half frozen, place a plastic spoon or wooden stick in each cup.
- Return the cups to the freezer and freeze until firm. This will take about 4 to 5 hours.
- To serve, turn cups upside down and run warm water over them until the frozen treats slip out of the paper cups.



TIP

For more flavour, add small chunks of fresh, canned or frozen fruit.

Notes:

Date Prepared:

My Rating:



Corn cakes

A lunch box favourite.



Preparation: < 30 min

Processing: < 30 min

Ingredients:

- 1 cup (250 mL) frozen corn kernels, thawed and drained
- ¼ cup (50 mL) cornmeal
- ¼ cup (50 mL) whole wheat flour
- ¼ tsp (1 mL) salt
- Pinch baking soda
- ¾ cup (175 mL) grated cheddar cheese
- 1 Tbsp onions, chopped (optional)
- 1 egg
- ¼ cup (50 mL) milk
- 1 Tbsp (15 mL) oil

Makes 4 - 5 patties.

Recipe adapted from Today's Parent Magazine.

TIP

Always remember to turn off the stove after you are done cooking.

Directions:

- In a medium bowl, whisk together cornmeal, flour, salt and baking soda. Add cheddar cheese and stir, then mix in corn and onion.
- In a separate small bowl, combine egg and milk, and whisk until frothy. Add to corn mixture and combine well.
- Heat oil in a large frying pan over medium heat. To form patties, scoop batter 1/3 cup (75 mL) (using a measuring cup) at a time and place in hot pan. Flatten patties slightly with the back of a large spoon.
- Fry 5 to 6 minutes, turning halfway through cooking time, until patties are golden brown on both sides.
- Serve on whole wheat buns loaded with tomato slices and lettuce, or on their own as a snack.



Notes:

Date Prepared:

My Rating:



Party punch

A festival of flavour in every glass.

Ingredients:

- 1 can (355 mL) frozen 100% orange juice concentrate
- 1 can (355 mL) frozen 100% apple juice concentrate
- 2 cups (250 mL) ice cubes
- 1 bottle club soda, 2L
- 1 package (454 g) frozen fruits (strawberries, blueberries, peaches)
- 2 peeled and sliced oranges, cut into segments

Makes 12 servings (1 cup per serving).

TIP

Add the frozen fruits just before serving. The frozen fruit will act like ice cubes and keep the drink cold.

Notes:

Date Prepared:

My Rating:



Preparation: < 30 min



Directions:

1. Combine the ingredients into a large punch bowl.
2. Stir gently.
3. Serve immediately.



Granola and cranberry chocolate chip cookies

They're choco-licious!

Ingredients:

- 1 cup (250 mL) all-purpose flour
- 1/2 tsp (2 mL) baking soda
- 1/4 tsp (1 mL) baking powder
- 1/2 tsp (2 mL) salt
- 1/2 cup (125 mL) unsalted butter, softened
- 3/4 cup (175 mL) firmly packed light brown sugar
- 1 large egg
- 1/2 tsp (2 mL) vanilla
- 1 1/2 cups (375 mL) granola – homemade or store bought
- 1/4 cup (50 mL) cranberries, fresh or dried
- 1 cup (250 mL) semi-sweet chocolate chips

Makes 18 servings
(36 cookies, 2 cookies per serving).

Recipe adapted from:
www.epicurious.com

DID YOU KNOW?

Adding dried fruit and nuts is a good way to add variety and extra nutrition to your cookies.

Notes:

Date Prepared:

My Rating:



Preparation: < 30 min

Processing: > 30 min

Directions:

1. Preheat oven to 350°F (175°C)
2. In a bowl whisk together flour, baking soda, baking powder, and salt.
3. In another bowl with an electric mixer cream butter and sugar until light and fluffy.
4. Beat in egg, beating until combined well, and beat in vanilla.
5. Beat in flour mixture and stir in remaining ingredients.
6. Drop dough by rounded tablespoons onto greased baking sheets and bake in batches in middle of oven 12 to 15 minutes, or until golden.
7. Cool cookies on racks.

Yummy



Fruit salad

A fresh treat that can be different every time.

Ingredients:

Use a variety of your favourite fruits (examples: oranges, apples, bananas, peaches, pears, nectarines, strawberries, blueberries).

Option 1 – Fruit salad 'n sauce:

1 cup (250 mL) yogurt,
your favourite flavour
1 cup (250 mL) fruit salad
(made as instructed)

Option 2 – Fruit salad with wobble juice:

1 package unflavoured gelatin
2 cups (500 mL) 100% juice (ideas:
orange, grape, pineapple), divided
1 cup (250 mL) fruit salad
(made as instructed)
4 plastic or glass cups

Options 1 and 2 each make 4 servings
(1 cup per serving).



Notes:



Preparation: < 30 min

Directions:

1. Wash fruit. If necessary, peel fruit and cut it into bite-size pieces.
2. Place fruit pieces into a large bowl, mix gently and cool in the refrigerator for 1 hour.
3. Serve and eat as is, or try one of the following two options.

Option 1 – Fruit salad 'n sauce:

Combine fruit and yogurt. Stir well. Serve chilled.

Option 2 – Fruit salad with wobble juice:

1. In a glass cup, add $\frac{1}{4}$ cup (60 mL) of the juice and sprinkle 1 package of unflavored gelatin over the juice. Stir.
2. In a microwaveable cup, heat $\frac{1}{4}$ cup (60 mL) of the juice in the microwave on HIGH. When the juice begins to boil, in about 30 seconds, take it out of the microwave. (Be careful! The cup might be hot to touch.) Add hot juice to the gelatin mixture. Stir until the gelatin has completely dissolved.
3. Put the remaining $1\frac{1}{2}$ cups (375 mL) of the juice into a bowl and add the dissolved gelatin mixture, stirring well. Put the gelatin in the fridge for 40 minutes.
4. Remove the bowl from the fridge and stir 1 cup (250 mL) of fruit salad into the gelatin mixture. Using a spoon, divide the mixture into 4 plastic or glass cups. Then put the cups into the fridge for 2 hours, to finish setting the gelatin. The mixture will now be firm but wobbly.
5. Take the cups out of the fridge and turn upside down. Shake the fruit salad out of the cups and onto a serving plate. Enjoy the natural flavours without added sugar or artificial flavouring.



Date Prepared:

My Rating:



Notes:



Notes:



Notes:

