

SESSION I: VARIETY FOR HEALTHY EATING

MENU

HUMMUS, PITA CHIPS  
& RAW VEGETABLES

SALMON DIP

SPINACH SALAD WITH  
HOMEMADE VINAIGRETTE  
OR MAPLE VINAIGRETTE

ROASTED VEGETABLES

SKILLET LASAGNA

PEACH BERRY COBLER

# HUMMUS

Serves 10 | Serving size: ¼ cup per person

## INGREDIENTS

19 oz/540 mL can chickpeas,  
drained and rinsed  
1 or 2 cloves garlic, minced  
½ cup/125 mL low fat plain yogurt  
dash hot pepper sauce  
½ tsp/2 mL cumin  
freshly ground pepper to taste  
2 tbsp/30 mL lemon juice

## DIRECTIONS

- Blend all ingredients in a food processor or blender.

This recipe is used with permission of the authors and publisher. Marjorie Hollands and Margaret Howard, Choice Menus, page 151, HarperCollins Publishers, Toronto, 2004



## SIDE DISHES

### Pita Chips

- Separate four whole wheat pita breads, into two rounds each. Cut into 8 wedges. Spread in a single layer on a baking sheet and bake in a preheated 400°F/200°C oven for 8 to 10 minutes or until crisp. Makes about 6 cups.

OR

### Raw Veggies

- Wash and remove seeds from green pepper and yellow pepper. Cut into strips. Wash and cut celery into sticks. Wash cherry tomatoes. Wash and cut broccoli and cauliflower into florets. Rinse mini carrots if necessary
- Place hummus in a bowl and put in centre of large serving platter. Arrange vegetables and pita chips around hummus. Serve. Cover and refrigerate leftover hummus and vegetables.

## USEFUL TIPS

- If you have neither a food processor nor a blender, mash ingredients together with a potato masher.
- Choose a variety of vegetables to add colour and crunch and for appearance.

- To reduce the salt content rinse canned beans well before using.
- Hummus is great in a lettuce, tomato and cucumber sandwich.

## MODIFICATIONS

- Try adding a few drops of hot pepper sauce if you like spicy foods.
- This dip is also great with crackers or as a spread for bread.
- Other canned legumes, such as canned lentils, black beans and white beans can be substituted.

## BUDGET CONSIDERATIONS

- This recipe costs about half as much as hummus bought commercially.
- Check prices for the best buy on ingredients.
- Making your own chips is cheaper and just as tasty as prepared chips.

# SALMON DIP

Serves 10 | Serving size: ¼ cup per person

## INGREDIENTS

- 1 can (7 ¾ oz) salmon
- 1 pkg (8 oz) light or fat free cream cheese
- 1 tbsp/15 mL lemon juice
- 2 tbsp/30 mL onion, chopped finely
- 1 tbsp/15 mL horseradish
- dash pepper
- 1 tsp/5 mL liquid smoke (to have a smoked flavour), optional

## DIRECTIONS

- Measure and mix all ingredients together.

Encourage your family to eat more raw vegetables by serving them with dips other than creamy salad dressings.

Try this dip recipe that includes canned salmon which is a good source of protein.



# SPINACH SALAD WITH HOMEMADE VINAIGRETTE

Serves 6

## INGREDIENTS

- 1 to 2 bunches fresh spinach, trimmed
- 2 cloves garlic, minced
- ¼ tsp/1 mL salt
- ½ tsp/2 mL Dijon mustard
- 3 tbsp/45 mL red wine vinegar
- 1 tbsp/15 mL water
- 2 tbsp/30 mL olive oil
- pinch pepper
- 10 oz/284 mL can unsweetened mandarin oranges, drained

## DIRECTIONS

- Wash and thoroughly dry the spinach using a salad spinner or paper towel and gently tear it into large pieces.
- Place peeled garlic on a cutting board and finely mince. Put garlic in bowl and whisk in salt, mustard, vinegar, water and then oil.
- Just before serving, toss spinach thoroughly with half the dressing to coat evenly. Taste to see if more is needed.
- Top with drained mandarins. Season with pepper to taste.

Excerpted from *Anne Lindsay's New Light Cooking*. Balantine Books, 1996. Used with permission of the author.

## USEFUL TIPS

- Wrap spinach in paper towels, then place in a plastic bag and refrigerate for up to one day.
- Make sure spinach is dry before dressing is applied because the dressing will stick better to the salad and won't be diluted by the water.
- Choose cold-pressed, extra-virgin olive oil for its superior flavour.
- Pre-washed spinach can be purchased and used directly out of the bag.
- Making your own salad dressing rather than using store-bought is an easy way to control salt in your diet.

## MODIFICATIONS

- Add extra ingredients, such as chopped, fresh basil, dill, coriander, chives, grated carrots, radishes, bean sprouts, jicama or strawberries. It would also be delicious with the addition of chopped walnuts, almonds or pecans.
- Any kind or combination of greens and lettuces can be used – the darker the colour the more nutritious.
- If you do not have olive oil use canola, peanut or other vegetable oil.
- If you do not have red wine vinegar, try another type of vinegar like balsamic vinegar.

## INDIGENOUS VERSION

- Use locally gathered greens if in season and available. Add pine nuts or any other locally available seeds.
- Most species of wild greens are higher in calcium than cultivated relatives like spinach. Also, serving them with some added fat, in the way of a home-made salad dressing here, but traditionally as fish oil (eg. Ooligan grease which is a fish oil produced by rendering down Ooligan, a smelt-like fish) or other fats such as seal fat, helps your body to absorb additional nutrients available from wild greens such as beta-carotene and Vitamin E.

## BUDGET CONSIDERATIONS

- Use whatever salad greens are on special at the grocery store. Fresh spinach you wash yourself costs less than pre-washed bags.



# MAPLE VINAIGRETTE


Serves 6

## INGREDIENTS

- ½ cup applesauce
- ¾ cup apple cider vinegar
- 1 cup olive oil
- 2 tbsp pure maple syrup

## DIRECTIONS

- Combine all ingredients in a bottle with a tight fitting lid.
- Shake vigorously to incorporate the oils into the vinegar.
- Covered and refrigerated, this vinaigrette will keep for up to 1 week.
- Makes 2<sup>2</sup>/<sub>3</sub> cups.



It's easy to make salad dressing and it's fresh every time. Once you have made a few, it will be easy to be creative and make your own recipe.

Here's another recipe that uses maple syrup – one of the loved foods of the Iroquois that was tapped in the very early spring when the tree saps rise.

# ROASTED VEGETABLES

Serves 6

## INGREDIENTS

2 carrots, peeled and cut into bite-size chunks  
1 parsnip, peeled and cut into bite-size chunks  
1 green pepper cut into 1½ inch (4 cm) chunks  
1 red or yellow pepper cut into 1½ inch (4 cm) chunks  
1 sweet white or red onion cut into chunks  
2 tbsp/30 mL olive oil  
salt and ground black pepper  
1½ tsp/7 mL Italian seasoning (optional)

## DIRECTIONS

- Preheat oven to 425° F (220° C).
- Wash, cut and combine vegetables in a large bowl.
- Add oil and Italian seasoning. Sprinkle lightly with salt and pepper. Toss to coat.
- Place vegetables in a shallow roaster or a cookie sheet lined with foil or parchment paper.
- Bake, stirring occasionally, for 30-40 minutes or until vegetables are golden and slightly brown.

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## USEFUL TIPS

- These vegetables are very versatile! Add them to a spaghetti sauce, stuff them in a pita with tzatziki or try on top of a pizza.
- Vegetables with thicker skins such as sweet potatoes, turnips, beets, parsnips can be heartily scrubbed or peeled.
- Use vegetables that are the same texture so that they will take about the same amount of time to cook, such as zucchini and eggplant or carrots, potatoes and sweet potatoes.

## MODIFICATIONS

- For a change, add cooked pasta, such as rotini or penne, then sprinkle with crumbled goat cheese, Parmesan cheese, or ricotta cheese.
- For a sweet taste, drizzle with honey or maple syrup.
- For a change of seasonings, try rosemary, sage or parsley.
- In the Autumn, use a different combination of vegetables such as potato, turnip, and winter squash. Note: You may need to shorten or lengthen the cooking times depending upon what vegetables you use.

## BUDGET CONSIDERATIONS

- Use vegetables in season or buy what is on special.

# SKILLET LASAGNA

Serves 6

## INGREDIENTS

1 medium onion, diced  
2 cloves garlic, minced  
1 tbsp/15 mL oil, such as canola or olive oil  
1 lb/450 g lean or extra lean ground beef  
10 lasagna noodles, uncooked, broken into 1 inch (2.5 cm) pieces  
2 x 14 oz/398 mL cans of diced tomatoes  
½ cup/125 mL water  
1 tbsp/15 mL dried oregano  
1 cup/250 mL ricotta or cottage cheese  
¼ cup/50 mL Parmesan cheese, grated

### NOTE

Refrigerate any leftovers within two hours and keep for a maximum of three days.

## DIRECTIONS

- Heat oil in a non-stick electric frying pan on medium-high heat. Add the onion and garlic and cook, stirring often, about 5 minutes or until the onion is translucent. Add the ground beef, stir to break up and cook until browned, about 5 minutes. Add noodles, tomatoes, water and seasoning.
- Cover and simmer for 20 minutes. (Check once or twice during the cooking to see if more water is needed. If so, add another approximately ¼ to ½ cup.)
- Drop large spoonfuls of ricotta cheese over the lasagna. Sprinkle Parmesan overtop and let it melt briefly.

## USEFUL TIPS

- An electric frying pan is the best choice to use for this recipe because it has a large flat bottom and a tight fitting lid. If you do not have an electric frying pan any large pot or saucepan with a lid will work.
- To brown the beef use a wooden spoon or flat-sided spatula to scramble-fry. Stir frequently to cook the beef quickly; cook until there is no pink. Use lean beef to reduce fat content in the recipe and drain off excess liquid fat after frying.
- For easier eating, you can break the lasagna noodles into pieces before cooking.
- Do not remove lid repeatedly while cooking noodles because the heat and steam need to be kept in to cook the noodles quickly.

## MODIFICATIONS

- Other herbs that go well with this dish are basil and rosemary.
- To increase fibre, use whole wheat noodles. (May have to increase the water and cooking time.)
- To increase vegetables, fry chopped green or red pepper with the onion and garlic.

- Smaller pasta such as whole wheat rotini can be substituted (about 2 cups uncooked) for the lasagna noodles.
- To reduce the salt content look for canned diced tomatoes with 'no salt added.'
- To reduce fat, use ground game meat (elk, deer) or lean ground turkey or chicken.
- Increase vegetables by adding 1 package (300 g) frozen chopped spinach, defrosted and drained to the tomato sauce.

## BUDGET CONSIDERATIONS

- Leftovers can be frozen in single servings for fast meals to take to work or to eat when you have nothing in the fridge.
- Although the ricotta cheese gives this recipe a gourmet twist, it works as well with cottage cheese. The same can be said about using pre-grated Parmesan instead of grating your own.
- Make the recipe with veggie ground round instead of meat or poultry. In this case you add the ground round after the noodles are cooked and just heat through; no need to cook the veggie ground round. Add the ricotta/cottage and Parmesan cheese as usual.

# PEACH BERRY COBBLER

Serves 6

## INGREDIENTS

- 1 large can/540 mL canned peaches, drained
- 4 cups/1 L mixed fresh or frozen berries
- $\frac{3}{4}$  cup/175 mL whole wheat flour
- $\frac{3}{4}$  cup/175 mL all purpose flour
- 3 tbsp/45 mL sugar
- 2 tsp/10 mL baking powder
- $\frac{1}{2}$  tsp/2 mL salt
- $\frac{1}{2}$  tsp/2 mL grated lemon zest
- 1 tsp/5 mL vanilla extract
- $\frac{1}{4}$  cup/50 mL margarine or butter
- $\frac{1}{2}$  cup/125 mL buttermilk

## DIRECTIONS

- Preheat oven 350°F (180°C).
- Mix peaches and fresh or frozen berries on the bottom of a 9" x 13" (23 cm x 33 cm) pan.
- In a bowl mix together whole wheat flour, all purpose flour, sugar, baking powder, salt, lemon zest and vanilla extract. Blend in margarine or butter until mixture resembles coarse crumbs.
- Add buttermilk to crumb mixture. Stir until batter forms a smooth ball. Break dough into bite-size pieces and place on top of fruit.
- Bake 45 minutes or until dough is cooked and lightly brown.

## USEFUL TIPS

- Cut fruit the same size so they cook evenly.

## MODIFICATIONS

- Crisp Topping: Mix together 1 cup (250 mL) rolled oats, 1 cup (250 mL) brown sugar,  $\frac{1}{2}$  cup (125 mL) flour,  $\frac{1}{4}$  cup (50 mL) butter and a pinch of salt. Rub together with fingertips to form crumbs. Spoon evenly and bake at 350°F (180°C) for 25 minutes to 30 minutes or until top is golden brown.
- Try different flavourings, such as almond extract, nutmeg, pumpkin pie spice, cinnamon or ginger. These can be mixed in with the flour or sprinkled over the fruit before baking.
- To increase fibre, add bran cereal (flakes, buds or all-bran types) or raw bran (oat or wheat) to the flour mixture.
- Any firm, textured fruit can be substituted. Try apples, pears, apricots, plums or berries – canned, frozen or fresh. (Very soft or high-water content fruit, like melons and bananas, are not suitable.)
- Use fresh, peeled peaches in the summer.
- Canned and frozen fruit and vegetables are readily available in Canadian grocery stores. They keep much longer than fresh and are generally just as nutritious. Avoid those packaged with sugary syrups and pre-made sauces

## BUDGET CONSIDERATIONS

- Use fresh seasonal fruit.
- Purchase whole wheat flour from bulk food section.

### *A cobbler or a crisp?*

A cobbler is fruit with a dough-like topping while a crisp has a crunchier layer. Try them both! The crisp recipe appears as the first modification in this recipe.

SESSION 2: FRUITS, VEGETABLES  
AND WHOLE GRAIN GOODNESS

MENU

CAESAR SALAD

CHICKEN STRIPS

BARLEY WITH BLACK BEAN SAUCE

GINGER QUINOA SALAD

WILD RICE MEDLEY

FRUIT SALAD

BLUEBERRY BRAN MUFFINS

INDIAN SUMMER  
CORN BREAD



# CAESAR SALAD

Serves 6

## INGREDIENTS

1 hard-boiled egg  
½ cup/125 mL light mayonnaise  
¼ cup/50 mL water  
2 tbsp/30 mL Parmesan cheese, grated  
4 tsp/20 mL lemon juice  
1 tbsp/15 mL red wine vinegar  
2 cloves garlic, minced  
½ tsp/2 mL Dijon mustard  
½ tsp/2 mL Worcestershire sauce  
pinch pepper  
1 large head of Romaine lettuce, washed, dried and torn

## DIRECTIONS

- Hard boil the egg first. Combine the egg and the next 8 ingredients in a blender or food processor and blend until smooth.
- Hold back on half the dressing. Toss lettuce and dressing in a large bowl until lettuce is evenly coated with dressing. Taste to see if more is needed.
- Sprinkle lightly with additional Parmesan cheese and pepper, if desired. Serve immediately.

This recipe is from *Looneyspoons Low-Fat Foods Made Fun!* by Janet & Greta Podleski and is used with permission of Granet Publishing, Waterloo, 1996.

## USEFUL TIPS

- Chill dressing immediately to help the flavour develop.
- Dressing can be prepared and refrigerated up to 3 days before serving. Pour over salad and mix just before serving.
- Use more garlic if desired.
- Breaking the lettuce into large pieces looks more attractive. Be sure lettuce is dry so dressing will stick to it.

## MODIFICATIONS

- White wine vinegar can be substituted for red wine vinegar.

**Did you know that the average Caesar Salad dressing has 25 grams of fat per serving?**

With this dressing it means that you don't have to give up the great taste of Caesar Salad.

# CHICKEN STRIPS

Serves 4

## INGREDIENTS

1 lb/450g chicken breasts (boneless, skinless)  
1 clove garlic, minced  
1 cup/250 mL bread crumbs  
2 tbsp/30 mL Parmesan cheese, grated  
1 tbsp/15 mL fresh chopped parsley  
½ tsp/2 mL paprika  
¼ tsp/2 mL oregano  
½ tsp/2 mL ground black pepper  
¼ cup/50 mL milk  
  
optional chili sauce

## DIRECTIONS

- Preheat oven to 425°F (220°C).
- Cut each breast crosswise into 1 inch strips.
- Combine garlic, bread crumbs, cheese, parsley, paprika, oregano and pepper in a small bowl.
- Dip chicken into milk and roll in bread crumbs.
- Place in a single layer on a lightly greased baking sheet.
- Bake for 5 minutes.
- Turn and bake 3-5 more minutes or until chicken is cooked.
- Place tray with cooked chicken on a wire rack to cool.
- Serve with chili sauce.

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## USEFUL TIPS

- Set up the 2 bowls for dipping followed by the baking tray so you can work like an assembly line.
- Wear oven mitts when handling hot baking trays.
- One pound of chicken tenders can be used instead of chicken breasts.
- To add vegetables to the meal, serve chicken strips with raw veggies and a dipping sauce, or on top of a salad or with homemade fries.

## MODIFICATIONS

- Try with honey mustard instead of chili sauce (2 tbsp honey and 1 teaspoon Dijon mustard).
- Fish can be used instead of chicken.
- A pinch of different herbs and spices can be added to the bread crumbs such as cumin, chili powder and oregano.

## BUDGET CONSIDERATIONS

- Chicken thighs are less expensive but just as tasty; however, they won't have the same strip-like appearance. They will also require a longer cooking time.
- Purchase a whole chicken and cut into pieces, it may be cheaper than buying chicken breasts. See page 97 in appendices of participant handbook on 'Cutting Up A Whole Chicken'.
- Make your own bread crumbs. Place pieces of bread into a food processor and pulse until crumbs form.

# BARLEY WITH BLACK BEAN SAUCE AND GINGER

Serves 4

## INGREDIENTS

- 1 tbsp/15 mL canola oil
- 1 tbsp/15 mL minced fresh garlic
- 1 tbsp/15 mL chopped green onion, white portion
- 1 tbsp/15 mL minced ginger
- 1 cup/250 mL pot barley
- 3 cups/750 mL water or stock
- 3 tbsp/45 mL black bean sauce (start with ½ the amount)
- 1 green onion top, thinly sliced

## DIRECTIONS

- Rinse the barley in a strainer under running water. Place barley in a medium pot with a lid. Add water or stock. Bring to a boil then turn heat down to simmer.
- While the barley is simmering, heat oil in a small pan. Mince garlic, green onion and ginger. Add to the oil and fry for one minute, stirring.
- Add the garlic mixture to the simmering barley and cover. Simmer for about 40 minutes or until the barley is tender and the liquid is absorbed.
- Stir in the black bean sauce.
- Garnish with green onion on top.

Excerpted from *Anne Lindsay's Light Kitchen*. 1994, MacMillan Canada. Used with permission from the author.

## USEFUL TIPS

- Barley takes longer to cook than white rice but is worth the wait because it is very high in fibre.
- Pearl barley cooks a bit faster than pot barley and is more often used in foods where a smaller kernel size is preferred (e.g., salads, puddings).
- To save time, cook barley a day ahead. Refrigerate it and heat it the next day or freeze it for future use.
- Barley keeps for a long time so there is no need to run out! Keep both pearl and pot varieties on hand.
- Black Bean sauces vary in strength. Add 1 tablespoon to start, taste it, then add more as required.

## MODIFICATIONS

- Barley has a bland flavour so many different spices can be used.
- Bulgur or quinoa are whole grain substitutes for this recipe.
- To increase the vegetables in this recipe fry some diced peppers with the onion. Toss in a favourite vegetable in the final step such as broccoli or carrots that have been steamed until just crisp.

## BUDGET CONSIDERATIONS

- Barley is very reasonable to buy especially when purchased in bulk. Store in an airtight container.

**Barley kernels are polished or pearled to remove the inedible hull part of the grain. Pearl barley is polished more so it is smaller in size than pot barley. Barley is a good source of fibre. It comes in many forms: pearl barley, pot barley, barley flakes, rolled barley and barley flour.**

# QUINOA SALAD

Serves 6-8

## INGREDIENTS

2 cups/500 mL quinoa, rinsed and drained  
1 large tomato, finely chopped  
1 small red bell pepper, minced  
½ cup/125 mL cooked corn kernels  
¼ cup/50 mL fresh mint, minced  
¼ tsp/1 mL salt  
¼ tsp/1 mL black pepper  
1 tsp/5 mL garlic, minced  
3 tbsp/45 mL corn oil  
3 tbsp/45 mL sherry vinegar  
1 lime, juice of  
½ cup/125 mL cilantro, coarsely chopped

## DIRECTIONS

- Bring a large saucepan of water to a boil over high heat and add the quinoa
- Return to a boil, then decrease the heat to medium and simmer for about 10 minutes. The quinoa is cooked when all of the grains appear translucent.
- Drain the quinoa through a fine mesh strainer, transfer to a baking sheet, and spread out with a fork. Allow to cool completely.
- Transfer the quinoa to a bowl and add the tomato, bell pepper, corn, mint, garlic, oil, vinegar, lime juice, salt and pepper. Chop the cilantro finely and serve as an optional add in. Toss well and serve immediately.

Excerpted from "*Foods of the Americas – Native Recipes and Traditions.*" Fernando and Marlene Divina, 2004. Used with permission of the author.

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## BUDGET CONSIDERATIONS

- Couscous can be used instead of quinoa.
- Canola oil can be used instead of Corn oil.
- White wine vinegar can be used instead of sherry vinegar.
- Frozen corn can be used if fresh corn is not available.
- Purchase quinoa in the bulk food section.



# WILD RICE MEDLEY

Serves 6-8

## INGREDIENTS

- 2 cups/500 mL wild rice, cooked
- 4 cups/1 L brown rice, cooked
- 2 tbsp/30 mL olive oil
- 2 tbsp/30 mL onion, minced
- 2 tbsp/30 mL carrots, minced
- 2 tbsp/30 mL celery, minced
- 2 tbsp/30 mL green bell pepper, minced
- 2 tbsp/30 mL red bell pepper, minced
- 2 cloves garlic, minced
- ½ tsp/2 mL cardamom, ground

## DIRECTIONS

- In a frying pan on medium, heat oil and sauté all ingredients, except rice, for 4 minutes, until softened. Add wild and brown rice to mix and toss lightly.

Recipe used with the permission of the publisher.  
"Where People Feast – An Indigenous People's Cookbook"  
– Dolly and Annie Watts, 2007, Arsenal Pulp Press. Vancouver

### Cooked Wild Rice

- 2/3 cups wild rice, uncooked
- 2 cups cold water

Soak and rinse wild rice in three changes of hot water to remove starch. In a sauce pan, on high heat bring rice and water to a boil. Reduce heat to low, cover with lid and let simmer for 20 minutes then drain.

### Cooked Brown Rice

- 2 cups brown rice, uncooked
- 4 cups cold water

Soak and rinse brown rice in three changes of hot water to remove starch. In a sauce pan, on high heat bring rice and water to a boil. Reduce heat to low, cover with lid and let simmer for 20 minutes then drain.



# FRUIT SALAD

Serves 4

## INGREDIENTS

Equivalent to 4 cups

Use an assortment of fresh, frozen or canned fruit

Examples:

- Banana, peel removed and cut into ½ " (1 cm) slices
- Grapes, washed
- Cantaloupe or honeydew melon, peeled and cut into cubes or balls
- Orange, peeled and cut into small wedges
- Fresh or canned pineapple chunks
- Fresh or frozen berries
- Fresh or frozen mango chunks

## DIRECTIONS

- Wash all fruits and peel oranges. Cut fruits into similar bite-sizes. Mix together in a large bowl.
- If using melons, rinse and scrub the full melon then let it soak in cold soapy water for at least 10 minutes before again rinsing, brushing and then cutting for use.

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## USEFUL TIPS

- If adding bananas, add just before eating because they will go brown when exposed to air.
- If using frozen fruit, thaw in the refrigerator 6-8 hours to slow the growth of bacteria. To maintain a better texture and shape do not thaw fruit completely.
- Keep salad in the refrigerator until ready to serve.
- To increase the fibre, eat the peels when possible.
- Make fruit kebobs for lunches by threading fruit pieces on wooden skewers.

## BUDGET CONSIDERATIONS

- Use fruits that are in season.
- Purchase cans of fruit when on sale

## MODIFICATIONS

- Top with granola cereal, add a drizzle of honey or maple syrup or serve with 1 cup vanilla flavoured low fat yogurt mixed with ¼ teaspoon cinnamon and 1 tablespoon honey.
- Add a can of fruit salad, mandarins, peaches or pears if fresh fruit is not available.
- Add 1 tablespoon of fresh squeezed lemon juice to fruit salad.

# BLUEBERRY BRAN MUFFINS

Makes 18 large muffins

## INGREDIENTS

1½ cups/375 mL wheat bran  
¾ cup/175 mL whole wheat flour  
2 cups/500 mL white flour  
½ cup/125 mL brown sugar  
4 tsp/20 mL baking powder  
2 tsp/10 mL baking soda  
pinch cinnamon  
½ cup/125 mL molasses  
¼ cup/50 mL canola oil  
1 egg (or two egg whites)  
2 cups/500 mL buttermilk (or low fat yogurt)  
1½ cups/375 mL blueberries, fresh or frozen

## DIRECTIONS

- Preheat oven to 375°F (190°C).
- In a large bowl, combine wheat bran, flours, brown sugar, baking powder, baking soda and cinnamon. Mix thoroughly. Make a well in the middle of the dry ingredients.
- In another bowl mix molasses, oil, egg and buttermilk. Add wet ingredients into the well of the dry ingredients. Mix ingredients just until moistened. Quickly and carefully stir in berries.
- Spoon batter into 18 large non-stick, lightly oiled or paper-lined muffin cups. Bake 25 minutes.

Excerpted from *More HeartSmart™ Cooking* with Bonnie Stern. Copyright © 1997 by the Heart and Stroke Foundation of Canada and Bonnie Stern Cooking School Ltd. Reprinted by permission of Random House Canada

## USEFUL TIPS

- Use the well method of mixing wet ingredients into dry ingredients.
- Using a wooden spoon or large whisk, mix only until dry ingredients are moistened, also called a “ragged” batter. Be careful not to over-mix as over-mixing makes for a small, tough muffin.

## MODIFICATIONS

- Wheat bran can be added to bread and muffin recipes as it does not absorb much liquid. If oat bran is added to recipes, be sure to reduce the other dry ingredients slightly to compensate (e.g., flour).
- Instead of blueberries use chocolate chips, raisins, dried cranberries or chopped dried dates.
- To increase fibre, whole wheat flour can be partly substituted for all purpose flour. Sprinkle with oat bran or wheat germ for a crunchy topping.
- To reduce fat use oil in place of hard fat.

## BUDGET CONSIDERATIONS

- Purchase whole wheat flour in the bulk food section.
- If you don't have buttermilk use the following as a substitute. Add 1 tablespoon lemon juice or vinegar to a glass measuring cup. Add enough milk to make 1 cup. Let stand 5 minutes before using.
- Homemade muffins are often cheaper and healthier than store bought muffins.

**The muffins in this recipe have much less fat than commercial varieties.**

# INDIAN SUMMER CORNBREAD

Serves 6-8

## INGREDIENTS

1 cup/250 mL yellow cornmeal  
½ cup/125 mL all purpose enriched flour, sifted  
1 tbsp/15 mL granulated sugar  
1 tsp/5 mL baking powder  
1 tsp/ mL salt  
½ tsp/2 mL baking soda  
1 cup fresh or frozen corn  
2 eggs, beaten  
1¼ cups/300 mL buttermilk  
¼ cup/50 mL soft margarine, melted

## DIRECTIONS

- Combine all dry ingredients together, mixing thoroughly. (Sifting dry ingredients together is the best way.) Add corn.
  - Beat egg and blend in buttermilk.
  - Quickly stir in dry ingredients and margarine into buttermilk & egg mixture, leaving a few lumps.
  - Pour into a greased 8" square pan (batter will be rather thin).
  - Bake at 350°F (180°C) for 30 mins. or until nicely browned.
  - Cut into squares. Serves about 6-8.
- \* If you do not have buttermilk, add 1 tbsp of lemon juice or white vinegar to 1 cup of milk. Mix thoroughly and allow to stand for 5 minutes before using.



SESSION 3: MEAT AND ALTERNATIVES,  
MILK AND ALTERNATIVES AND HEALTHY FATS

MENU

SIMPLE STRAWBERRY SMOOTHIE

BLACK BEAN QUESADILLAS

SALMON CHOWDER

THREE SISTERS STEW

SPINACH FRITTATA

CHOCOLATE PUDDING

INDIAN ICE CREAM



# SIMPLE STRAWBERRY SMOOTHIE

Serves 4

## INGREDIENTS

2 cups/500 mL frozen strawberries

3 cups/750 mL strawberry flavoured soy beverage

## DIRECTIONS

- Add all ingredients into blender. Blend until smooth. If the shake is too thick, add a little water or extra soy beverage.

## USEFUL TIPS

- For the best possible flavour and texture, drink your smoothie right away.
- Smoothies are a wonderful food for people who skip breakfast. They are simple to prepare and they are packed with important nutrients. They are a balanced meal in a glass. Smoothies also make an excellent snack.
- Frozen fruits give a frosty and frothy texture.
- The very best smoothies are made from the highest quality fruit.

## MODIFICATIONS

- Use low-fat milk in place of soy beverage.
- For more ideas, see the Smoothie Chart on page 43.



**A health-food craze that began in San Francisco in the 1980s has had blenders working overtime around the world.**

# BLACK BEAN QUESADILLAS

Serves 6

## INGREDIENTS

19 oz/540 mL can black beans, rinsed and drained  
1 tomato, chopped and drained  
1 clove garlic, minced  
1 sweet red pepper, roasted, peeled and chopped  
1 jalapeno pepper, seeded and chopped  
½ cup/125 mL chopped fresh cilantro  
2 tbsp/30 mL green onion, chopped  
2 tbsp/30 mL chopped fresh basil  
1 ½ cups/375 mL light cheddar cheese, grated  
½ cup/125 mL feta cheese, crumbled  
6 10 inch/25 cm whole wheat flour tortillas

## DIRECTIONS

- Preheat broiler.
- Trim, seed and flatten pepper onto a baking sheet lined with a piece of aluminum foil, skin side up. Place under broiler and roast until pepper is charred. Place blackened pepper in a small plastic or paper bag, seal and set aside for 15 minutes. Remove from bag. Peel off charred skin with fingers.
- Drain and rinse beans to remove sodium (salt). Combine black beans, tomato, garlic, red pepper, jalapeno, cilantro, green onion (white and green parts), basil, cheddar cheese and feta cheese.
- Place tortillas on counter in single layer. Spread filling evenly over one half of each tortilla. Fold unfilled half of tortilla over filled side and press together gently.
- Three methods of cooking
  - Bake in single layer on baking sheet in preheated 400°F (200°C) oven for 7 to 10 minutes.
  - Preheat barbecue and grill quesadillas for 2 to 3 minutes per side until lightly browned.
  - Cook for a few minutes per side in a non-stick skillet that has been very lightly brushed with vegetable oil.

Excerpted from *The Best of HeartSmart™ Cooking* by Bonnie Stern. Copyright © 2006 by the Heart and Stroke Foundation of Canada and Bonnie Stern Cooking School Ltd. Reprinted by permission of Random House Canada.

## USEFUL TIPS

- When roasting peppers avoid burns to your hands by using oven mitts when handling tray and by taking the baking tray out of the oven when turning peppers. Canned roasted peppers can be substituted for the homemade roasted peppers.
- Wear rubber gloves when handling jalapeno peppers. Be sure not to touch eyes or face as pepper juice and seeds burn.

## MODIFICATIONS

- This recipe calls for light cheddar cheese because it has less fat (20%M.F. compared to 33%M.F. for regular cheese). Regular feta is used because it only has 22%M.F. Low fat feta cheese is a good low fat option for this recipe.
- To reduce salt check label and use low sodium tortillas. No salt is needed in this recipe because of all the flavours.
- Eat leftovers for next day's lunch or freeze extra quesadillas in freezer bags for another day's meal.
- Extra filling can be served as a salad on top of lettuce.

## BUDGET CONSIDERATIONS

- Cheese can be very expensive – cut back on the amount used.

# SALMON CHOWDER

Makes 9 cups

## INGREDIENTS

2 cups/500 mL low sodium chicken broth  
1 tbsp/15 mL olive oil  
1 large onion, diced  
1 fennel bulb, trimmed and diced  
2 carrots, peeled and diced  
2 tsp/10 mL minced garlic (about 2 cloves)  
1 large russet potato, skin on, diced  
1½ cups/375 mL frozen corn  
1 bay leaf  
½ pound /225 g fresh salmon, cut in half-inch pieces  
2 cups/500 mL low-fat canned milk or fat-free half-and-half  
to taste salt and pepper  
optional fresh thyme or chive

## DIRECTIONS

- Bring the broth to a boil in the microwave. (Skip this step if you're not in a rush.)
- Heat a large pot or Dutch oven on medium high. Add the oil, once it's hot, add the vegetables as they're prepped, stirring well with each addition.
- Add the bay leaf and broth and bring to a boil. Cover, reduce heat to medium and simmer until vegetables are tender, about 10 minutes. (If you're cooking ahead, stop here.)
- Stir in the fish, making sure to submerge so it'll cook through. Cook for 10 minutes or until fish is cooked. Add the half 'n' half and bring to eating temperature but do not allow to boil.
- Season to taste with salt and pepper.
- Top bowls with fresh thyme or chive if desired.

## USEFUL TIPS

- This recipe doubles easily.
- Don't boil the soup vigorously or the milk and cream will curdle.
- Skin and bones can be removed from the salmon prior to cooking.
- To increase fibre, leave the skins on the potatoes, particularly if new potatoes are used.
- Always cook fresh fish 1-2 days after purchasing.

## MODIFICATIONS

- Add other spices such as parsley, dill or tarragon.
- Use a red onion or sweet white onion instead of regular onions.
- This recipe has reduced the fat by using low fat milk products.
- To increase vegetables, add two handfuls of frozen green beans, peas, mixed vegetables or corn.

## BUDGET CONSIDERATIONS

- The most expensive salmon is Sockeye; it has a lovely colour for this soup but all types of salmon will taste good.
- Use canned salmon instead of fresh.

**Purchase fish that smells clean and fresh, it should not smell "fishy." However if fish has been packed in plastic it could have an odor. In this case, remove it from its plastic wrapping, rinse and place in a glass container. Cover loosely and refrigerate. If fish still smells after 1 hour, return it to the store.**

# THREE SISTER STEW

Serves 6

## INGREDIENTS

1 tbsp/15 mL olive oil  
1 large onion, thinly sliced  
1 clove garlic, minced  
1 jalapeno chili, finely chopped  
3 medium tomatoes, chopped  
1 tsp/5 mL dried thyme  
4 cups (~1 large)/1 L peeled, cubed butternut squash  
4 cups (~1 lb.)/1 L sliced yellow summer squash  
4 cups/1 L cubed (1 inch) zucchini  
3 cups (~1 lb.)/750 mL green beans, cut into 1 inch pieces  
1 cup/250 mL frozen whole kernel corn  
2 – 19 oz cans kidney beans, drained and rinsed  
salt and pepper

## DIRECTIONS

- In a large pot, heat oil over medium heat. Add the onion, garlic and chili. Cook, stirring occasionally until onion is tender. Add the tomatoes, thyme and butternut squash. Cover and cook over low heat until the squash starts to soften. Stir in the yellow squash, zucchini and green beans. Cook over low heat for 10 – 15 minutes, stirring frequently, until the yellow squash is tender. Stir in corn and kidney beans. Cover and cook until piping hot. Season to taste.

From *Many Hands: Community Kitchens Share their Best*

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## MODIFICATIONS

- If you want to cut down on the starch in this recipe, rinse the beans before adding to the stew. (You may need to add a bit of salt to taste if you use this modification.)

# SPINACH FRITTATA

Serves 8

## INGREDIENTS

2 lbs/900 g fresh spinach, washed,  
stemmed & coarsely chopped  
5 eggs  
3 cups/750 mL cottage or ricotta cheese  
1 cup/250 mL bread crumbs or crushed corn flakes  
½ cup/125 mL grated Parmesan or Romano cheese  
½ tsp/2 mL salt  
½ tsp/2 mL pepper  
1 tsp/5 mL paprika

## DIRECTIONS

- In a deep pan or pot, cook the spinach until wilted in a small amount of boiling water. Drain well and cool by spreading on a tray or in a large colander (strainer). Squeeze out any water with your hands. (If using frozen spinach – see modifications below).
- Preheat the oven to 350°F (180°C). In a large bowl, beat 3 eggs. Add the spinach, cottage cheese, Parmesan cheese, ¾ cup of bread crumbs and salt and pepper. Mix thoroughly. (Note: you should have 2 eggs and ¼ cup of bread crumbs left over).
- Lightly oil the bottom of a 9" x 9" (23 cm x 23 cm) baking pan and sprinkle the bottom with the remaining ¼ cup of bread crumbs. Place the pan in the oven for 3-5 minutes to lightly brown the crumbs.
- Carefully spread the spinach mixture over the baked bread crumbs. Beat the remaining 2 eggs and pour over the spinach mixture. Sprinkle all over with paprika and bake for 45 minutes.
- Let cool for 10 minutes before cutting into 8 squares.

From *Many Hands: Community Kitchens Share their Best*.  
Community Kitchens Publishing Vancouver Community Kitchen  
Projects. [www.communitykitchens.ca](http://www.communitykitchens.ca)

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## USEFUL TIPS

- Leftovers are great for breakfast or lunch, hot or cold.
- Frozen spinach is easier to chop while it is still slightly frozen.
- To reduce fat use 1% cottage cheese instead of regular cottage cheese.

## MODIFICATIONS

- Use 1 pound frozen spinach, chopped, thawed and drained in place of fresh spinach. It is faster and just as nutritious.
- Top the frittata with sliced tomatoes part way through the baking. Sliced black olives and/or sun dried tomatoes could be added before baking frozen green beans, peas, mixed vegetables or corn.

## BUDGET CONSIDERATIONS

- Cottage cheese is less expensive than ricotta cheese.

# CHOCOLATE PUDDING

Serves 4, ½ Cup Serving Per Person

## INGREDIENTS

½ cup/125 mL sugar  
⅓ cup/75 mL cocoa such as Fry's  
3 tbsp/45 mL cornstarch  
1 tsp/5 mL flour  
pinch salt  
2 cups/500 mL 1% milk  
1 tsp/5 mL vanilla

## USEFUL TIPS

- Stir constantly while cooking as pudding thickens suddenly. Use a whisk and be sure to stir all around the edges of the pan. Failure to stir constantly will result in the pudding burning on the bottom of the pan.
- Premium cocoa, such as Fry's works best in this recipe.
- Refrigerate left-overs.
- Store-bought pudding mixes are higher in salt and sugar compared to homemade pudding.

## DIRECTIONS

- Mix first 5 ingredients in a saucepan. Add 1 cup milk and whisk to dissolve cornstarch. Whisk in remaining milk. Mix thoroughly. Heat mixture over medium heat, constantly stirring until thickened. Remove, add vanilla.
- Cool in refrigerator or enjoy while pudding is still warm.

## MODIFICATIONS

- Try almond extract instead of vanilla (use ½ tsp [2 mL] or to taste).
- Sprinkle with crushed cookie crumbs, chocolate chips or a dollop of whipped cream for an extra treat.
- If you want to further reduce fat use skim milk and this pudding will still be delicious!

## BUDGET CONSIDERATIONS

- This homemade recipe is less expensive than store bought varieties and tastes every bit as good.



# INDIAN ICE CREAM

Serves 8

## INGREDIENTS

4 tsp/20 mL Sopalali puree, mashed berries or juice  
2 cups/500 mL ice water  
16 tsp/80 mL sugar

## DIRECTIONS

- In a stainless steel mixing bowl, mix berries and water, then whip for 1 minute into a delicate pink froth. Add sugar and whip for one more minute. Serve immediately. If the whip stands too long it will separate and you cannot whip it again.

Adapted from - Source: "*Where People Feast – An Indigenous Peoples Cookbook*" – Dolly and Annie Watts, Arsenal Pulp Press, 2007.

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## USEFUL TIPS

- If you don't know how to make the Indian ice cream from soap berries, invite an elder or someone from the community who is good at making the mousse or 'ice cream' from the Sopalali (soap) berry. If you can't find someone to teach you how, take a chance and give the recipe a try.

SESSION 4: PLANNING HEALTHY MEALS,  
SNACKS AND BEVERAGES

MENU

MARVELOUS MINISTRONE

LENTIL VENISON SOUP

FISH WITH FRUIT SALSA

TOFU WITH STIR-FRIED VEGGIES

ELK MEAT WITH STIR-FRIED VEGGIES

LUNCHBOX GRANOLA BAR



# MARVELOUS MINESTRONE

Serves 4

## INGREDIENTS

2 tbsp/30 mL oil  
½ medium onion, finely chopped  
1 clove garlic, minced  
3 cups/750 mL chicken stock, vegetable stock or water  
2 medium carrots, peeled and thickly sliced  
1 x 19 oz/540 mL can of tomatoes, with their juice, chopped  
1 tsp/5 mL dried basil  
½ tsp/2 mL dried sage  
2 small zucchini, thinly sliced  
1 x 14 oz/398 mL can kidney, pinto or navy beans, rinsed and drained  
½ cup/125 mL small pasta  
to taste salt and pepper  
¼ cup/50 mL Parmesan cheese, grated

## DIRECTIONS

- In a large pot, heat the oil over medium heat. Add the onion and garlic and cook until the onion is lightly browned. Add the stock or water, carrots, tomatoes, basil and sage. Bring to a boil. Turn down to a simmer and cook, partially covered, for 15 minutes.
- Add the zucchini, beans and pasta. Cook for 10 minutes longer. Season with salt and pepper.
- Thin the soup out with water if it seems too thick and adjust the seasoning. Sprinkle cooked soup with Parmesan.

Courtesy of *Many Hands - Community Kitchens Share Their Best*.  
Community Kitchens Publishing. Vancouver Community Kitchen  
Project. [www.communitykitchens.ca](http://www.communitykitchens.ca)

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## USEFUL TIPS

- Serve with a whole wheat bun to increase your fibre.
- To lower your salt intake use low sodium chicken stock or make your own stock.

## MODIFICATIONS

- Add a variety of seasonings. This version uses Italian seasonings because it is an Italian soup but a curry version could be made with cumin, turmeric or a curry powder.
- For more vegetables try adding 1 celery stalk thickly sliced and 1 cup shredded cabbage.
- Dried oregano can be substituted for sage.

## BUDGET CONSIDERATIONS

- Make extra and use for another meal during the week or freeze.
- Legumes are an inexpensive source of protein.
- Purchase dried herbs from the bulk food section.

# LENTIL VENISON SOUP

Serves 4

## INGREDIENTS

1 cup/250 mL ground deer, moose or elk meat  
¾ cup/175 mL split lentils, washed  
3 tbsp/45 mL barley  
2 cubes beef bouillon, low salt  
6 cups/1.5 L water  
1 medium onion, chopped  
1 carrot, diced  
1 can/284 mL tomatoes, chopped  
1 bay leaf  
1 clove garlic, crushed  
1 stalk celery, chopped  
pinch thyme & basil each  
dash pepper

## DIRECTIONS

- In a large stockpot, brown the meat & drain off any fat
- Add lentils, barley, bouillon cubes and water.
- Bring to a boil; reduce heat and simmer, covered for 30 minutes.
- Add remaining ingredients and simmer for 1 ½ hours.
- Add pepper to taste.

## USEFUL TIPS

- Make this recipe even healthier by making your own beef stock ahead of time and replacing it for the beef bouillon cubes.

Traditional foods such as wild game, sea mammals, fish and seafood are major sources of protein, iron, and other nutrients including healthy fats. Compared to domesticated animals and their products (bologna, lunch meats and wieners) they are higher in nutrients and often lower in fat.



# GRILLED FISH WITH TROPICAL SALSA

Serves 4

## INGREDIENTS

- 1 pound/450 g fish
- 1 tbsp/15 mL olive oil
- to taste salt and pepper
- 2 cups/500 mL fresh or canned pineapple, cut into small cubes
- 1 cup/250 mL fresh melon, cubed small
- ½ cup/125 mL red bell pepper, diced small
- ½ cup/125 mL red onion, chopped fine
- 2 tbsp/30 mL fresh lime juice
- ½ tsp/2 mL salt
- ¼ tsp/1 mL red pepper flakes (optional)
- ¼ cup/50 mL fresh cilantro, minced

## DIRECTIONS

- In a bowl, combine pineapple, melon, red bell pepper, red onion, lime juice, salt, red pepper flakes. As some people in the group may not like cilantro, serve it on the side.
- Place fish in a single layer on a baking tray or glass dish. Lightly brush fish with olive oil, then sprinkle with salt and pepper. Broil for 6 to 8 minutes or bake at 450°F (230°C) for 7-10 minutes or until opaque and fish will flake with a fork. Serve with tropical salsa.
- The fish can also be barbecued, taking approximately 10 minutes for a 1" thick piece. If microwaving, place fish in a single layer on a microwave-safe plate. Cover with vented plastic wrap and cook on high power for 4-5 minutes or until opaque.

## USEFUL TIPS

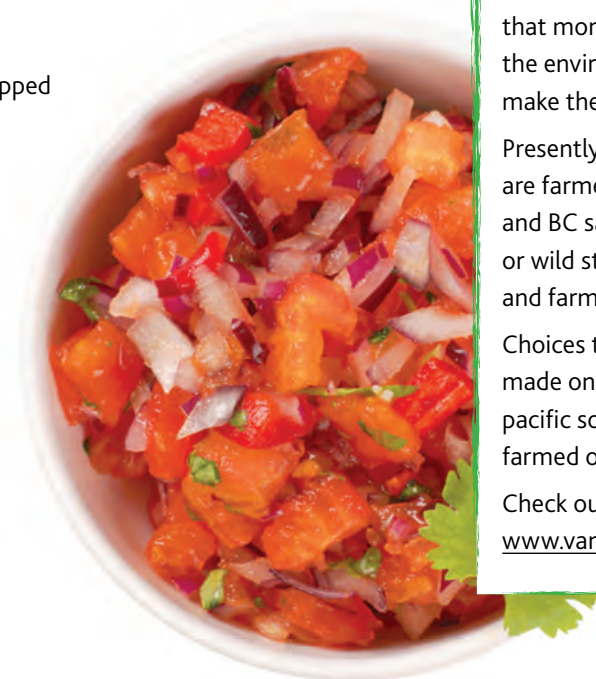
- Homemade salsa has minimal salt compared to store-bought salsa.

## BUDGET CONSIDERATIONS

- Try a tomato salsa for a low cost salsa alternative:

### Tomato Salsa

- 5 roma tomatoes, diced
  - 1 jalapeno pepper, seeded and finely chopped
  - ¼ medium red onion, finely chopped
  - ½ cup fresh cilantro, chopped
  - 1 clove garlic, minced
  - 1 tablespoon fresh lime juice
  - salt and pepper to taste
- Mix all ingredients together and serve



## Sustainable Seafood

Fish is a healthy choice and is recommended to be served at least twice a week. However, there are concerns about overfishing and unsafe chemicals such as mercury that may be found in fish. There are organizations that monitor the fishing industry and the environment to help consumers make the best choice when eating fish.

Presently, sustainable fishing sources are farmed catfish, pacific cod, Alaska and BC sablefish, pacific salmon, farmed or wild striped bass, USA farmed tilapia and farmed trout.

Choices that are not ideal but can be made on occasion are farmed basa, pacific sole/flounder, pacific halibut, farmed or wild striped bass.

Check out [www.seachoice.org](http://www.seachoice.org) and [www.vanaqua.org](http://www.vanaqua.org) for more information.

# STIR-FRIED TOFU WITH VEGETABLES

Serves 4

## INGREDIENTS

### Sauce

- ½ cup/125 mL vegetable stock or water
- 2 tbsp/30 mL soy sauce
- 1 tbsp/15 mL frozen orange juice concentrate
- 1 tbsp/15 mL sherry cooking wine or rice vinegar
- ¼ tsp/1 mL pepper
- 1 tbsp/15 mL corn-starch
- 1 tsp/5 mL sesame oil

### Stir-Fry

- 1 tbsp/15 mL canola oil
- 3 cloves garlic, finely chopped
- 1 tbsp/15 mL fresh ginger root, finely chopped or grated
- 3 green onion, cut ½" (1 cm) pieces
- 1 onion cut in eight pieces
- 1 stalk celery, sliced diagonally, ½" (1 cm) thick
- 1 sweet red pepper, cut into strips ¼" (0.5 cm) thick
- ½ lb/250 g mushrooms, sliced in half
- ¼ lb/125 g snow peas, ends trimmed
- 1 350 g pkg extra-firm tofu, cut in ½" (1 cm) cubes

## DIRECTIONS

- Combine stock, soy sauce, orange juice concentrate, rice vinegar, pepper, cornstarch and sesame oil. Blend well and reserve.
- Heat canola oil on high heat in wok or large non-stick skillet until very hot. Swirl oil around wok to distribute evenly. Add garlic, ginger and green onions. Stir-fry for 10-15 seconds or until fragrant.
- Add onion, celery, red peppers and mushrooms and toss lightly over high heat for 1 minute. Add snow peas. Stir-fry for 30 seconds.
- Stir sauce mixture and add to vegetables. Cook, stirring constantly for about 45 seconds or until thickened.
- Pat tofu dry, cube and add to vegetables. Toss gently and cook for a few minutes to heat and coat with sauce.

### What is tofu?

Tofu or bean curd is curdled soybean milk that has been pressed into a custard-like cake. Look for whole pieces covered with water and check the expiration date before buying. Keep tofu in the refrigerator covered in water. Change the water one a day. Tofu can be kept for 3-4 days. for more information.

## USEFUL TIPS

- Before cooking be sure you have everything ready.
- Cut all ingredients before cooking. Cut vegetables in large pieces, on the diagonal. Group the ingredients to be cooked together and position groups in cooking order
- Canola oil can stand up to the high heat of stir-frying. Use high heat while cooking a stir-fry and stir often but not constantly.
- Extra firm tofu is normally used in stir-fries as it hold its shape
- Have serving dish ready ahead of time, then stir-fry can be placed on the platter when it is hot.
- Brown basmati rice goes well with the stir-fry. Bring 2 cups of water to boil, stir in 1 cup brown basmati rice, when water begins to boil again, stir and cover. Lower heat to simmer and let rice cook 30-35 minutes.

## MODIFICATIONS

- If time does not permit making the sauce, try a little oyster sauce, black bean sauce, teriyaki or chili sauce.
- Use whatever vegetables are available. Be sure to cook the firmer vegetables Use chicken instead of tofu. Add it with the firmest vegetables as it takes a while to cook.

## BUDGET CONSIDERATIONS

- Frozen broccoli, carrots and cauliflower are fairly good in this recipe. Add while still frozen and stir gently so they don't lose their shape.

# STIR-FRIED ELK WITH VEGETABLES

Serves 4

## INGREDIENTS

### Sauce

- ½ cup/125 mL vegetable stock or water
- 2 tbsp/30 mL soy sauce
- 1 tbsp/15 mL frozen orange juice concentrate
- 1 tbsp/15 mL sherry cooking wine or rice vinegar
- 1 tbsp/15 mL sugar
- ¼ tsp/1 mL pepper
- 1 tbsp/15 mL cornstarch
- 1 tsp/5 mL sesame oil

### Stir-Fry

- 2 tbsp/30 mL canola oil
- 1 lb/500 g elk meat, cut into bite size strips
- 3 cloves garlic, finely chopped
- 1 tbsp/15 mL fresh ginger root, finely chopped or grated
- 3 green onions, cut ½" (1 cm) pieces
- 1 onion, cut in eight pieces
- 1 stalk celery, sliced diagonally, ½" (1 cm) thick
- 1 sweet red pepper, cut into strips ¼" (0.5 cm) thick
- ½ lb/250 g mushrooms, sliced in half
- ¼ lb/125 g snow peas, ends trimmed

## DIRECTIONS

- Combine stock, soy sauce, orange juice concentrate, rice vinegar, sugar, pepper, cornstarch and sesame oil. Blend well and reserve.
- Heat 1 tbsp of canola oil on high heat in wok or large non-stick skillet until very hot. Add elk meat strips and stir fry until cooked through. Remove meat and set aside.
- Add remaining 1 tbsp of canola oil to wok or large non-stick skillet and garlic, ginger and green onion. Add onion, celery, red pepper and mushrooms and toss lightly over high heat for 1 minute. Add snow peas. Stir-fry for 30 seconds.
- Stir sauce mixture and add to vegetables. Cook, stirring constantly for about 45 seconds or until thickened.
- Add cooked elk meat to vegetable and sauce mixture. Cook, stirring constantly, for about one minute to heat and mix through.
- Serve with rice, barley, couscous or other grain.

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## USEFUL TIPS

- Before cooking be sure group has a cooking plan.
- Cut all ingredients before cooking. Cut vegetables in large pieces, on the diagonal. Group the ingredients to be cooked together and position groups in cooking order.
- Canola oil can stand up to the high heat of stir-frying. Use high heat while cooking a stir-fry and stir often but not constantly.
- Have serving dish ready ahead of time, then stir-fry can be placed on the platter when it is hot.

## MODIFICATIONS

- If time does not permit making the sauce, try a little oyster sauce, black bean sauce, soy, teriyaki or chili sauce.
- Use whatever vegetables are available. Be sure to cook the firmer vegetables first and add the softest ones last.
- Use chicken instead of elk. Add it with the firmest vegetables as it takes awhile to cook.

## BUDGET CONSIDERATIONS

- Frozen broccoli, carrots and cauliflower are fairly good in this recipe. Thaw before cooking and stir gently so they don't lose their shape.

# LUNCHBOX GRANOLA BARS

Makes 30 bars

## INGREDIENTS

3 cups/750 mL quick cooking oats (not instant)  
1 cup/250 mL crisp rice cereal  
1 cup/250 mL unsalted sunflower seeds  
¼ cup/50 mL sesame seeds  
½ cup/125 mL mini semi-sweet chocolate chips  
1 cup/250 mL finely chopped dried apricots  
1 cup/250 mL chopped dried cranberries  
¾ cup/175 mL soft margarine  
½ cup/125 mL packed brown sugar  
¾ cup/175 mL golden corn syrup  
1½ tsp/7 mL vanilla  
½ tsp/2 mL salt

## DIRECTIONS

- In a large bowl, combine oats, cereal, sunflower seeds, sesame seeds and chocolate chips. Mix well. Add apricots and cranberries, mix well.
- In another large bowl, beat sugar, margarine, corn syrup, vanilla and salt until smooth. Add oat mixture and stir with spoon, then mix with hands until blended. Press evenly into greased 15" x 10" x 1" (38 cm x 25 cm x 2.5 cm) jelly roll pan, then press down firmly with spatula to smooth.
- Bake at 350°F (180°C) 25 minutes or until a light golden colour. Let cool in pan on rack. Cut into 30 bars. (To store: cover pan loosely with foil and store at room temperature for up to 2 days or transfer to airtight container and freeze for up to 2 weeks.)

Recipe from *The Best Cookies And Bars And Christmas Baking*. Courtesy of The Vancouver Sun. 2004. Vancouver. Ruth Phelan and Brenda Thompson.

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## USEFUL TIPS

- Store-bought granola bars are usually high in fat and sugar but homemade bars can have lower levels.
- Freeze leftovers for up to two weeks.
- Cool before cutting to avoid crumbling.

Granola bars are relatively high in fat but this recipe uses non-hydrogenated margarine which is a healthier fat.

## MODIFICATIONS

- Use dried peaches, dates, cherries or blueberries in place of cranberries and apricots.
- Chocolate chips can be omitted.

## BUDGET CONSIDERATIONS

- This recipe contains many ingredients but it will make 30 bars; this is far more than a typical 6 pack box of commercial granola bars.
- Dried fruits can be expensive but less so if buying store brands or from bulk bins.



SESSION 6: CELEBRATION!



## MENU

CELEBRATION PUNCH  
SOPALALI CRANBERRY PUNCH  
COLESLAW FIT FOR COMPANY

BEEF TACOS

WHOLE WHEAT CRUST PIZZA  
HAWAIIAN SMOKED SALMON PIZZA  
OVEN BAKED FRENCH FRIES  
QUICK 'N EASY OVEN FRIED CHICKEN

CARROT CAKE  
BERRY PUDDING



# CELEBRATION PUNCH

Serves 12,  $\frac{3}{4}$  Cup each

## INGREDIENTS

4 cups/1 L cranberry juice, chilled  
1 cup/250 mL lemonade, chilled  
4 cups/1 L soda water, chilled

## DIRECTIONS

- Combine ingredients in a large punch bowl or a deep pot.
- Garnish with lemon slices and frozen cranberries.

## USEFUL TIPS

- Make punch close to serving time so as to not lose the bubbles.
- Freeze juice (with or without small berries added) in ice cube trays and use as a garnish that also keeps the punch cold. Thinly sliced oranges, lemons, strawberries and star fruit or fresh or frozen cranberries will also float and look pretty.

## MODIFICATIONS

- Virtually any fruit juice tastes good when mixed with soda. Avoid very pulpy orange juice as punch should be clear.
- Use “low calorie” fruit beverage to reduce the sugar content. Frozen cranberries make a nice garnish.

# SOPALALI CRANBERRY PUNCH

Serves 10, 1 Cup Each (Or 2 x  $\frac{1}{2}$  Cup Servings)

## INGREDIENTS

$\frac{1}{2}$  tsp/2 mL Sopalali puree  
3  $\frac{3}{4}$  cups/925 mL cranberry juice  
some ice cubes  
1  $\frac{1}{2}$  cups/375 mL soda water, chilled

## DIRECTIONS

- Combine ingredients in a large punch bowl or deep pot.

Recipe used with the permission of the publisher.  
“Where People Feast – An Indigenous People’s Cookbook”  
– Dolly and Annie Watts, 2007, Arsenal Pulp Press. Vancouver.



# COLESLAW FIT FOR COMPANY

Serves 8

## INGREDIENTS

4 cups/1 L finely grated cabbage  
2 large carrots - grated  
½ cup/125 mL minced purple onion  
2 medium apples - diced  
¼ cup/50 mL sunflower seeds  
½ cup/125 mL celery - finely chopped  
½ cup/125 mL plain yogurt  
½ cup/125 mL light mayonnaise  
3 tbsp/45 mL apple cider vinegar  
1 tbsp/15 mL honey  
salt and pepper to taste

## DIRECTIONS

- Mix together yogurt, mayonnaise, apple cider vinegar and honey in a small bowl.
- Combine all other ingredients in a large bowl.
- Toss with half of the dressing and add more if needed. Season with salt and pepper.

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## USEFUL TIPS

- Try the other dressing recipes given in your handbook on page 17.

## MODIFICATIONS

- Also try crushed pineapple, raisins, grated jicama, chopped sweet pickles and other types of cabbage (purple, savoy, Chinese) thinly sliced red or green peppers or a touch of hot banana peppers.

## BUDGET CONSIDERATIONS

- Have left-overs for lunch the next day.
- Purchase sunflower seeds from bulk food section.



# BEEF TACOS

Serves 8

## INGREDIENTS

1 tsp/5 mL canola oil  
1 lb /450 g ground beef  
½ medium onion, chopped fine  
½ red, yellow or green bell pepper, chopped fine  
2 cloves garlic, minced  
3 tsp/15 mL ground cumin  
1 tsp/5 mL paprika  
½ cup/125 mL tomato sauce  
¼ cup/50 mL cilantro, chopped (optional)  
to taste salt and pepper  
10 taco shells  
shredded lettuce  
grated cheddar cheese  
chopped tomatoes  
tomato salsa (optional)  
low fat sour cream (optional)

## DIRECTIONS

- Heat taco shells in a low heat oven until slightly warm, 5-10 minutes.
- In a large skillet heat 1 teaspoon oil over medium high heat add onions, bell pepper and garlic and sauté until soft about 3-5 minutes. Add beef and cook until no longer pink, stirring, about 10 minutes. Drain off any fat. Add cumin and paprika and stir 1 minute. Add tomato sauce and stir. Mix in cilantro if using. Season with salt and pepper.
- Spoon ¼ cup of beef filling into each taco and let everyone layer on their desired toppings.

## USEFUL TIPS

- You can use regular, lean or extra lean ground beef. The only difference will be that there will be less fat drained off (and more cooked beef) from the leaner versions.
- Packaged taco spices and taco kits are high in sodium. Adding your own spices will limit the sodium content.

## MODIFICATIONS

- Instead of taco shells use 6 inch flour tortillas.
- For a vegetarian option use refried beans or a package of Mexican Yves Ground round®.

## BUDGET CONSIDERATIONS

- Double recipe and freeze extra
- Try the tomato salsa recipe on page 64.
- Purchase small quantities of spices in bulk.



# WHOLE WHEAT CRUST PIZZA

Serves 4

## INGREDIENTS

1 cup/250 mL whole wheat flour  
1 cup/250 mL all-purpose flour  
½ tsp/2 mL sugar  
¼ tsp/1 mL salt  
1 ¼ tsp/6 mL instant yeast  
¾ cup/175 mL warm water  
2 tbs/30 mL olive oil  
1 cup/250 mL pizza sauce  
Low fat mozzarella cheese  
Various pizza toppings

Due to the time constraints of this cooking session we will be using a store bought pizza crust. However, we will still learn how to make the crust. When it comes time to mix and knead the dough everyone will have a turn to practice this age-old technique!

## DIRECTIONS

- Put first 5 ingredients into a medium bowl. Stir together well. Add warm water and oil. Mix well until dough leave sides of bowl. Knead on lightly floured surface for 5-8 minutes until smooth and elastic.
- Place dough in large greased bowl, turning once to grease top. Cover with tea towel. Let stand in a warm spot until doubled in volume about 1 hour. Punch dough down. Roll out and press greased 12 inch pizza pan, forming rim around edge.
- Spread pizza dough with commercial sauce and top with sliced vegetables and grate Mozzarella cheese.
- Bake at 425F (220C) for 10 minutes or until cooked through. To test for doneness cut through to dough in centre of pizza. If still wet, return to oven and cook further, testing after every 5 minutes.

Recipe adapted from *Pizza* © Company's Coming Publishing Limited.

## USEFUL TIPS

- If not using instant yeast, add the yeast and warm (not hot) water with the sugar. The yeast needs sugar to produce gas necessary for raising the dough. Hot water will harm the yeast so only use warm.
- If there is only one oven, coordinate cooking times with the other groups.

## MODIFICATIONS

- If short on time buy a pre-made crust or even better for kids, use ½ of an English muffin for each small pizza. Bake the mini pizza for 15-20 minutes at 350 (180C).
- Pizza is adaptable to just about any topping. The classics are mushrooms, pineapple, tomatoes (fresh or sundried), green or red peppers (fresh or roasted), and black olives.
- Feta cheese with tomatoes and black olives give the pizza a Greek flavour.

## BUDGET CONSIDERATIONS

- Making your own crusts is less costly and more nutritious than buying commercially.

# HAWAIIAN SMOKED SALMON PIZZA

Serves 4

## INGREDIENTS

1 small jar smoked salmon, flaked  
½-1 cup/175-250 mL spaghetti sauce  
¼ cup/50 mL green onions, chopped  
¼ cup/50 mL green pepper, thinly sliced  
¾-1 cup /175-250 mL crushed pineapple, canned, partly drained  
to top Mozzarella cheese

## DIRECTIONS

- Prepare crust as per recipe on page 84 and top with ingredients listed.
- Bake at 425°F (220°C) for 10 minutes or until cooked through. To test for doneness cut through to dough in centre of pizza. If still wet, return to oven and cook further, testing after every 5 minutes.



# OVEN BAKED FRIES

Serves 4

## INGREDIENTS

4 medium sized russet potatoes  
1 tbsp/15mL olive oil  
To taste rosemary, salt and pepper

## DIRECTIONS

- Cut potatoes into wedge. Place in large bowl, toss with olive oil, rosemary, salt and pepper.
- Lay potatoes in single layer on baking sheet.
- Bake at 425°F (220°C) for 30 minutes, or until crisp.

Note: another way to coat the potatoes is to put them in a baggie or container and add the tablespoon of oil and herbs to the bag, toss and then spread on the sheet and bake.

## USEFUL TIPS

- Wash well but do not peel the potatoes.
- Yukon Gold potatoes can be used instead of Russet potatoe

## MODIFICATIONS

- Try other flavours by using garlic, basil, oregano, paprika, thyme, Parmesan cheese or Mexican seasonings.
- Yams are also good baked this way. Scrub and wash yams, peel them and slice into wedge. Yams may not require any seasonings as they are quite flavourful on their own.

## BUDGET CONSIDERATIONS

- Canola oil can be substituted for olive oil.
- Purchase large quantities of potatoes when in season and store in a root cellar, or a cool dark basement or garage. Potatoes will keep for 2-4 months.



# QUICK 'N EASY OVEN FRIED CHICKEN

Serves 4 - Choose one of the following

## Parmesan

### INGREDIENTS

- ½ cup/125 mL mayonnaise
- 1 cup/25 mL crushed corn flakes
- ¼ cup/50 mL grated parmesan cheese
- ½ tsp/2 mL each of dried basil and oregano
- 1 clove of garlic, minced
- ¼ tsp/1 mL each of pepper and paprika

### DIRECTIONS

- Brush 900 grams of boneless chicken pieces with mayonnaise.
- Combine corn flakes, grated Parmesan, seasonings and minced garlic and thoroughly coat each chicken piece with the mixture.
- Place chicken on a lightly greased baking sheet. Bake in 375°F (190°C) oven for 25 to 30 minutes or until chicken juices run clear when poked with a fork.

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## Mexican

### INGREDIENTS

- ¼ cup/50 mL ketchup
- 2 tbsp/30 mL chili powder
- 1 clove of garlic, minced
- 1½ cups/375 mL finely crushed corn chips

### DIRECTIONS

- Combine ketchup, chili powder and garlic. Brush 900 grams of boneless chicken pieces with the mixture. Coat each chicken piece with crushed corn chips.
- Place chicken on a lightly greased baking sheet. Bake in 375°F (190°C) oven for 25 to 30 minutes or until chicken juices run clear when poked with a fork.

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## Low Fat Fried Chicken

### INGREDIENTS

- ½ cup/125 mL non-fat yogurt
- 1 cup/250 mL cornflakes or 4 slices of bread crumbs with whatever spices you prefer.

### DIRECTIONS

- Brush 900 grams of boneless chicken pieces with yogurt. Combine spices and corn flake crumbs and thoroughly coat each chicken piece with the mixture.
- Place chicken on a lightly greased baking sheet. Bake in 375°F (190°C) oven for 25 to 30 minutes or until chicken juices run clear when poked with a fork.

# CARROT CAKE

Serves 10

## INGREDIENTS

1 cup/250 mL all purpose flour  
½ cup/125 mL whole wheat flour  
1 tsp/5 mL baking powder  
½ tsp/2 mL baking soda  
1 tsp/5 mL ground cinnamon  
1 tsp/5 mL ground ginger  
½ tsp/2 mL salt  
3 eggs  
½ cup/125 mL canola oil  
1 cup/250 mL lightly packed brown sugar  
2 cups/500 mL grated carrots  
½ cup/125 mL raisins  
1 cup/250 mL pineapple tidbits, drained  
½ cup/125 mL chopped walnuts  
(optional)  
icing sugar (optional)

## DIRECTIONS

- Preheat oven to 350°F (180°C). Lightly grease or line with parchment paper a 13 x 9 inch (3L) baking pan.
- In a small bowl combine flour, whole wheat flour, baking powder, baking soda, cinnamon, ginger and salt.
- In a large bowl, beat eggs, oil and brown sugar until well combined. Fold in dry ingredients. Stir in carrots, raisins, pineapple and walnuts if using. Pour into prepared pan.
- Bake for 30-35 minutes or until tester inserted in the centre comes out clean. Let cool. Dust with icing sugar if using.

## USEFUL TIPS

- Packaged cakes are high in sodium. By making your own, you can control the sodium content.
- This cake uses oil instead of hard fat.
- Unlike a muffin batter, this cake needs to be blended into a smooth batter.
- Test for doneness: insert a toothpick or wooden skewer into the center of the cake then withdraw it to see if it is clean. If clean, cake is done. If toothpick has batter or damp crumbs on it, return to oven and cook 3-4 more minutes.

## MODIFICATIONS

- Vary spices by adding a touch of ginger, cloves or allspice.
- Replace walnuts with sunflower seeds.
- Bake as muffins rather than a cake. Baking time will be shorter – try 20 minutes and test for doneness.



# BERRY PUDDING

Serves 4

## INGREDIENTS

2 quarts/3 cans choke cherries, blueberries (or other berries)  
3 tbsp/45 mL cornstarch  
to taste sugar

## DIRECTIONS

- Put fruit in a kettle, cover with water, bring to a boil.
- Mix cornstarch with enough cold water to make it a good thickener (mixture should be able to pour easily but not be too thin, usually it will take about  $\frac{1}{4}$  cup water for the 3 tbsp of cornstarch).
- When fruit comes to a good boil mix in cornstarch.
- Add sugar to taste, adding one tsp at a time and testing as the berries themselves will release sugars when warm. You may find that  $\frac{1}{2}$  the sugar you generally use works fine.

