

# AHGM

A Healthier Gros Mecatina

A Nutrition North Education Initiative

# Recipe Book

**a collection of recipes from past A Healthier Gros  
Mecatina activities and events**

**Vol. 1**

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# Avocado With Black Bean Salad

Serves 4

## Ingredients

- 1 Tbsp lime juice
- 1 1/2 Tbsp olive oil
- 1 can (15 ounces) black beans, drained
- 1/4 green bell pepper, finely chopped
- 1 garlic clove, minced
- 1/2 tsp salt
- 1/8 tsp ground black pepper
- 1/8 tsp ground red pepper (optional)
- 1 1/2 tsps chopped cilantro
- 1 avocado, quartered

## Directions

1. PLACE the lime juice or vinegar in a large bowl and gradually whisk in the oil. Stir in the beans, bell pepper, garlic, salt, black pepper, and red pepper. Taste and add more lime juice or vinegar if you like. Stir in the cilantro.
2. PLACE the avocado, cavities up, on 4 plates. Spoon the bean mixture into the cavities so it overflows onto the plate.



## Tomato and Avocado Sashimi Salad

### Ingredients

- 1 1/2 lb tomatoes, thinly sliced
- 1 avocado, thinly sliced
- 1 Tbsp fresh lime juice
- 1 Tbsp extra virgin olive oil
- 2 Tbsp fresh cilantro leaves

### Directions

1. Layer tomatoes and avocado on platter.
2. Drizzle lime juice and oil over top.
3. Sprinkle with cilantro and salt to taste.



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## Chocolate Avocado Shake

Serves 2

### Ingredients:

- 1/2 ripe Hass avocado
- 2 Tbsp brown sugar
- 1 Tbsp cocoa powder
- 1 tsp vanilla extract
- 1 1/2 c skim milk

### Directions

1. Place all ingredients in a blender and blend until smooth.
2. Serve over ice.



# Secret Broccoli Brownies

## Ingredients

- 3 ounces semisweet chocolate, chopped
- 1 cup broccoli (pureed)
- 1/2 cup firmly packed brown sugar
- 1/4 cup unsweetened cocoa powder
- 2 tablespoons butter
- 2 teaspoons vanilla extract
- 2 egg whites
- 3/4 cup flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt

## Directions

1. Preheat oven to 350 degrees.
2. Mix brown sugar, cocoa powder, flour, baking powder and salt together.
3. Add broccoli puree, butter, vanilla, egg whites to flour mixture, stirring until combined. Add chopped semisweet chocolate and stir to incorporate.
4. Grease an 8x8 pan before adding brownie batter.
5. Cook for 35-40 minutes.
6. Cool for a few minutes, cut and eat!



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## Broccoli Bites

### Ingredients

- 1 cup quick cooking oats
- 1/3 cup toasted shredded coconut
- 1/2 cup of any nut butter
- 1/4 cup broccoli
- 1/2 cup raisins or dried cranberries
- 1/3 cup honey
- 1 teaspoon vanilla extract



### Directions

1. Stir all ingredients together in a medium-sized bowl until thoroughly mixed. Cover and let chill in the refrigerator for half an hour.
2. Once chilled, roll into balls of 1" in diameter. Store in an airtight container and keep refrigerated for up to 1 week.

# Duck & Vegetable Stir-Fry

## Ingredients

- 3 tablespoons chilli-garlic sauce
- 1 tablespoon white vinegar
- 2 teaspoons reduced-sodium soya sauce
- 1 teaspoon cornstarch
- 2 tablespoons water
- 2 teaspoons canola oil
- 4 cloves garlic, finely chopped
- 2 tablespoons fresh ginger finely chopped
- 3 cups broccoli florets, (1 large head)
- 3 cups sliced collard greens
- 1 cup sliced mushrooms
- 2 cups cooked dark poultry meat, such as duck, goose or turkey thighs

## Directions

1. Stir together chilli-garlic sauce, vinegar, soy sauce, cornstarch and water in a small bowl.
2. Heat oil in a large skillet over high heat. Add half of chilli garlic sauce, ginger stir and fry until fragrant (30 seconds).
3. Add broccoli and collard greens and cook until broccoli turns a bright green (2 minutes)
4. Add mushrooms and continue cooking (1 minute)
5. Add your meat and stir until heated through.
6. Add the reserved chilli-garlic mixture and stir until slightly thickened.



# Chicken Broccoli Salad with Buttermilk Dressing

## Ingredients

- 3 cups matchstick-cut stems of broccoli
- 2 cups coarsely chopped cooked chicken breast
- ½ cup dried cherries
- ⅓ cup thinly sliced celery
- ¼ cup finely chopped red onion
- ⅓ cup buttermilk
- ⅓ cup light mayonnaise
- 1 tablespoon honey
- 1 tablespoon cider vinegar
- 1 teaspoon dry mustard
- 4 cups fresh baby spinach

## Directions

1. In a large bowl combine broccoli, chicken, dried cherries, celery and red onion
2. In a small bowl whisk together buttermilk, mayonnaise, honey, vinegar, dry mustard, salt and pepper.
3. Pour the mixture over the broccoli mix: toss gently.
4. Cover and chill at least 2 hours or up to 24 hours before serving.
5. Just before serving add baby spinach and toss gently.



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## Quick Broccoli Slaw

### Ingredients



- ¼ cup low-fat plain yogurt
- ¼ cup mayonnaise
- 3 tablespoons cider vinegar
- 1 teaspoon sugar
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 3 cups matchstick-cut stems from 1 large head broccoli
- 1 cup shredded red cabbage
- 1 cup shredded carrot (1 medium)
- ½ cup dried cranberries
- ¼ cup chopped green onion

### Directions

1. Whisk yogurt, mayonnaise, vinegar, sugar, salt and pepper together in a large bowl. Add broccoli slaw (or hand-cut stems), cabbage, carrot, cranberries and scallions; toss to coat.

## Buffalo Cauliflower Bites

Serves 8-10

### Ingredients

- 2/3 cup Buffalo sauce
- 1 head Cauliflower
- 1 tsp Garlic powder
- 1 cup Flour
- 1 Pepper
- 1 tbsp Olive oil
- 2/3 cup Panko bread crumbs
- 1 cup Milk



### Directions

1. Preheat oven to 450 degrees.
2. Cut cauliflower into bite sized pieces discarding the core.
3. Combine milk, flour, garlic powder, pepper and olive oil in a large bowl. Place batter and cauliflower in a large Ziploc bag and toss until cauliflower is coated.
4. Pour cauliflower into a large strainer letting any excess batter drip off. Sprinkle with Panko breadcrumbs and gently toss.
5. Place on a foil lined pan and bake 15 minutes. Remove from the oven and gently toss with buffalo sauce. You want the cauliflower coated but not soaked.
6. Place back on the pan and bake an additional 5-10 minutes or until cauliflower is tender crisp.

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## Roasted Italian Cauliflower

Prep: 10 min Cook: 20 min Total: 30 min

### Ingredients

- 1 small head cauliflower, cut into medium-size florets (about 4 cups)
- 1/2 cup grape tomatoes, halved
- 3 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 2 cloves garlic, thinly sliced
- 1/4 lemon
- 2 tablespoons chopped fresh parsley

## Directions

1. Adjust an oven rack to the top position and preheat the oven to 475 degrees F.
2. Toss together the cauliflower, tomatoes, olive oil, 1/2 teaspoon salt, a few grinds of pepper and the garlic on a baking sheet.
3. Roast until the cauliflower browns in some spots and is tender, tossing about halfway through, about 20 minutes.
4. Toss with a squeeze of lemon and the parsley. Serve warm.



## Mini Cauliflower Pizzas

### Ingredients:

- 1 head cauliflower, chopped
- 1 large egg
- 1/3 cup shredded mozzarella cheese
- 2 tablespoons freshly grated Parmesan
- 1 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- Kosher salt and freshly ground black pepper, to taste

### Toppings

- 1/3 cup of marinara sauce
- 1/2 cup mozzarella cheese
- Any favourite pizza toppings!

## Directions

1. Preheat oven to 425 degrees F. Line a baking sheet with parchment paper
2. To make the cauliflower crust, add cauliflower to the bowl of a food processor and pulse until finely ground, yielding about 2-3 cups.
3. Transfer to a microwave-safe bowl. Cover loosely and place into microwave for 4-5 minutes, or until softened; let cool.
4. Using a clean dish towel or cheese cloth, drain cauliflower completely, removing as much water as possible.
5. Transfer cauliflower to a large bowl. Stir in egg, mozzarella, Parmesan, basil, oregano, garlic powder and onion powder; season with salt and pepper, to taste.
6. Using an ice cream scoop, spread cauliflower mixture into a circle for each pizza and place onto the prepared baking sheet. Spray lightly with nonstick spray and bake for 10-12 minutes, or until golden.
7. Add marinara and toping to each pizza crust. Place into oven and cook until the cheese has melted, about 3-4 minutes.

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## Cauliflower muffins

### Ingredients

- 3 cups finely pulsed raw cauliflower florets (cauliflower should be pulsed until resembling coarse crumbs; 3 cups will be about 1/2 of a large head)
- 2 large eggs
- 1/2 cup + 1/2 cup shredded cheddar cheese
- 1/4 cup flour
- 1/2 tsp baking powder
- 1/2 tsp dry Italian seasoning blend
- 1/4 tsp onion powder and garlic powder

### Directions:

1. Preheat oven to 375F. Line a cupcake/muffin pan with cupcake liners. Parchment cupcake liners are good as the muffins will not stick to them at all.
2. Combine cauliflower, eggs, 1/2 cup cheese, flour, baking powder, Italian seasoning, onion powder and garlic powder. Mix with a large spoon or spatula until smooth.
3. Using an ice cream scooper, scoop batter into muffin cups, about 2/3 full. You should be able to fill 11 liners. Sprinkle remaining cheese over muffins.
4. Bake for 20-25 minutes until muffins are completely cooked and no longer wet to the touch.



# Roasted Cauliflower Lasagna

Prep: 20 min Cook: 1 hr 20 min Total: 1 hr 40 min

## Ingredients

- 8 cups cauliflower florets (from 1 head cauliflower; about 2 1/2 pounds)
- 2 tablespoons olive oil, plus more for coating the lasagna noodles
- Kosher salt
- One 28-ounce can no-salt added whole plum tomatoes
- 5 cloves garlic, 4 sliced and 1 chopped
- 1 large red bell pepper, diced
- 2 tablespoons tomato paste
- 1 cup fresh basil leaves
- 8 ounces whole-wheat lasagna noodles (about 10 noodles)
- 1 cup part-skim ricotta
- 1 large egg
- 1 cup shredded part-skim mozzarella
- 1/4 cup grated Parmesan
- 2 tablespoons fresh parsley leaves, chopped

## Directions

1. Preheat the oven to 425 degrees F.
2. Toss the cauliflower in a bowl with 1 tablespoon of the olive oil and 1/2 teaspoon salt.
3. Spread the florets in an even layer on a baking sheet and roast, tossing once, until tender and golden brown in spots, 30 to 35 minutes. Cool slightly.
4. Put the tomatoes in a medium bowl and use your hands to crush them. Rinse the can with 1 1/2 cups water and add it to the bowl of tomatoes.
5. Heat the remaining tablespoon of oil with 4 cloves sliced garlic and 1/2 teaspoon salt in a small Dutch oven over medium heat until the garlic begins to sizzle and becomes aromatic, about 2 minutes. Add the bell pepper and cook, stirring, until soft, about 8 minutes. Add the tomato paste and stir to incorporate, about 30 seconds. Add the crushed tomatoes with their juice and 4 large leaves of basil. Bring to a boil, reduce the heat and simmer, stirring occasionally, until the sauce is thickened, about 40 minutes. You should have about 3 3/4 cups of sauce.
6. Meanwhile, bring a large pot of water to a boil. Drop the lasagna noodles one at a time into the pot. Cook according to the package directions until al dente. Drain the noodles in a colander.

7. Add 1 to 2 teaspoons oil to the noodles, tossing to coat to prevent them from sticking, and drape over the side of a large bowl.
8. Combine the ricotta, egg, 1 1/2 cups of the roasted cauliflower and 1 chopped clove garlic in a food processor and pulse until evenly pureed.
9. Tear the remaining basil into small pieces, add to the food processor and pulse 3 to 4 more times to chop the basil finely, but not puree. Transfer the mixture to a medium bowl.
10. Assemble the lasagna: Spread a thin layer of sauce (around 1/4 cup) on the bottom of a 9-by-13-inch baking dish. Lay 4 of the noodles on the bottom, without overlapping, cutting to fit, if necessary. Spread with half of the cauliflower-ricotta mixture, followed by half of the roasted cauliflower, one-third of the tomato sauce, one-third of the mozzarella and one-third of the Parmesan.
11. Loosely fit 3 more noodles on top of the cheese without overlapping. Spread with the remaining cauliflower-ricotta mixture, followed by the remaining roasted cauliflower, one-third more of the tomato sauce, one-third more of the mozzarella and one-third more of the Parmesan. Top with the remaining 4 lasagna noodles, cutting just to fit. Then add the remaining tomato sauce, mozzarella and Parmesan.
12. Cover with foil and bake until bubbly and hot, about 20 minutes. Remove the foil and cook until the cheese begins to brown, about 10 minutes more. Allow to rest for 10 minutes so the lasagna will cut more easily. Garnish with the parsley.



# Papaya Oat Muffins

## Ingredients

- 1/4 cup raisins
- 1 cup flour (use whole wheat if you prefer)
- 1 cup oatmeal
- 1 teaspoon baking soda
- 2 teaspoon baking powder
- 1 1/2 teaspoons cinnamon
- 1/2 teaspoon clove
- 3/4 teaspoon salt
- 1/4 cup vegetable oil
- 1/2 cup milk
- 1/3 cup honey
- 2 cups papayas, chopped
- 1/2 cup nuts, chopped



## Directions

1. Preheat oven to 350°F.
2. Lightly grease or spray muffin cups or line with papers.
3. In a large bowl, mix dry ingredients.
4. Make a well, and add oil, milk, and honey.
5. Mix just until combined and moistened (Do not over mix).
6. Stir in fruit, nuts, and raisins.
7. Drop the batter into muffin tins.
8. Bake for 25-30 minutes, testing with toothpick to see if they're done.

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# Seared Scallops with Spicy Papaya Sauce

## Ingredients

- 1 small papaya, peeled, seeded & chopped
- 1 red bell pepper chopped
- 1/2 red onion chopped
- 2 tbsp lime juice
- 1 tbsp fresh cilantro chopped
- 1 tsp minced jalapeno pepper
- 1 tsp salt
- 1 tbsp olive oil
- 2 tbsp flour
- 1/8 tsp ground black pepper
- 1 pound of scallops

## Directions

1. In a medium bowl, combine papaya, red pepper, jalapeño onion, lime juice, cilantro, and 1/4 teaspoon salt. Set aside.
2. In a large sealable bag, combine flour, black pepper, and remaining 3/4 teaspoon salt. Add scallops, and shake to coat.
3. In a large skillet, heat oil over medium heat. Add scallops; cook and stir until golden. Serve scallops over papaya sauce.



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## Papaya Salsa

Prep time: 10 min

Yield: 4 Servings

## Ingredients

- 1/4 cup finely chopped red onions
- 3 tablespoons lime juice
- 2 tablespoons chopped fresh cilantro
- 2 teaspoons honey
- 1 medium papaya, peeled, seeded, and cut into small dice
- Salt and freshly ground black pepper



## Directions

1. Gently mix together the onions, lime juice, cilantro, honey and papaya in a bowl. Season with salt and pepper.
2. Allow flavours to combine in fridge for a few hours prior to serving

Can be served with fish, chicken, steak or on corn chips as a dip.

# Papaya Bars

Prep Time: 20 min Cook Time: 35 min

## Ingredients

- 3/4 cup all-purpose flour
- 1/4 teaspoon salt
- 2 tablespoons brown sugar
- 3 tbsp unsalted butter (very cold, diced)
- 1/2 cup white sugar
- 1 1/2 tablespoons all-purpose flour
- 3/4 cup papaya (puree)
- 2 large eggs
- 2 teaspoons lemon juice
- 2 tablespoons honey



## Directions

1. Preheat the oven to 350 degrees F. Prepare the baking dish by buttering it, placing a piece of parchment on the bottom of the dish and then flouring it. Set aside.
2. To the jar of a food processor, add the flour, salt and dark brown sugar. Pulse until combined. Add the butter and then pulse once more until the mixture resembles a coarse meal with a few larger chunks throughout. Transfer the flour mixture to the prepared baking dish and press firmly so the layer is even. Place in the oven to bake for about 15 minutes, and until the edges are set.
3. To medium bowl, add the sugar, flour and salt, and mix. Whisk in the papaya puree, eggs, lemon juice and honey. The filling should appear glossy and smooth.
4. Pour the filling over the hot crust and transfer back to the oven for a remaining 20-25 minutes. You'll know the papaya bars are done when the filling appears set. Cool in the pan on a cooling rack until it reaches room temperature.
5. Run a sharp knife along the sides and gently lift the parchment

# Roasted Chicken with Honey Pears

Yield: 6-8 Total Time: 45 minutes Prep Time: 15 minutes Cook Time: 30 minutes

## Ingredients

- 4 whole chicken breasts, cut in half (4 pounds)
- 1 medium sweet onion, chopped
- Olive oil
- 1 strip bacon, chopped
- salt and freshly ground black pepper
- 1 cup white wine
- 4 T. fresh thyme, finely chopped
- 1/2 cup honey
- 2 Barlett pears, cut in chunks (leave skin on)



## Directions

1. Preheat the oven to 400°F. Rinse the chicken, then dry it very well with paper towels, cutting the breasts in half. Salt and pepper each piece.
2. Heat 2 tablespoons olive oil in a pan over medium heat, adding the chopped onions and bacon and sautéing for 3-4 minutes. Add the wine and cook for another 2 minutes. Remove the onions and bacon from the pan and set aside.
3. In the same pan, add a few tablespoons of olive oil and fry the chicken breast on each side for 2 minutes, or until golden brown.
4. In a separate bowl, toss the pears, honey, 1 tablespoon of freshly chopped thyme, and salt and pepper. Drizzle the mixture with olive oil. Mix and set aside.
5. Place the onion mixture on the bottom of a roasting pan, with chicken breasts on top. Sprinkle with 1 tablespoon freshly chopped thyme, and place the pan in the hot oven. Roast the chicken for 20 minutes.
6. The last 10 minutes, remove the chicken from the oven and pour the pear mixture with the juices over the top. Bake another 10 minutes.
7. Remove from the oven and serve right away on a bed of polenta, mashed potatoes, mashed sweet potatoes, or arugula. Garnish with fresh thyme.

## Fresh Pear Salsa

Prep time: 30 mins Cook time: 3 hours Total time: 3 hours 30 mins

### Ingredients

- 4 1/2 cups peeled chopped tomato (approx 5 tomatoes)
- 3 cups peeled chopped pear (approx 4 pears)
- 1 cups onion
- 1 green peppers
- 1 red peppers
- Jalapeño pepper seeded and minced (optional)
- 2 cloves of garlic, minced
- 1/4 cup of sugar
- 1/4 cup of vinegar
- 1/2 tbsp. salt
- 1 tsp. paprika
- 1/2 tsp. oregano
- 1/2 tsp. dry mustard
- 1/2 tsp. red pepper flakes
- Dash of Tabasco to taste

### Directions

1. Add all ingredients to a large pot
2. Bring to a rapid boil, reduce heat to medium high and continue to boil for 20 mins.
3. Reduce heat to medium low and simmer for 1 hour until pears have softened, but still maintain their shape.
4. Allow to cool and serve



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## Pear Oatmeal Bars

Prep time: 10 mins Cook Time: 25 min Total Time: 35 min

### Ingredients

- 4 medium pears, divided
- 1/2 cup apple sauce
- 1/2 cup almond butter, cashew butter, or peanut butter
- 2 teaspoons pure vanilla extract
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 1/2 teaspoon salt
- 3/4 cup oat flour
- 1/2 cup rolled oats
- 3/4 teaspoon baking powder

### Directions

1. Preheat the oven to 350 degrees. Line an 8X8 inch pan with parchment paper with overhang or aluminum foil and lightly oil the foil.

2. Make a pear puree by blending 2 pears. If your blender isn't powerful you may want to peel them first. You should have 1 cup pear puree.
3. In a medium bowl, mix together 1 cup pear puree, the apple sauce, nut butter, and vanilla.
4. Stir in the cinnamon, ginger, cloves, salt, flour, oats, and baking powder. Mix until combined.
5. Peel and dice the two remaining pears. Stir in the diced pears.
6. Pour the mixture into the prepared pan.
7. Bake in the preheated oven until a toothpick inserted into the centre comes out clean, 25-30 minutes.
8. Allow to cool completely before cutting into bars. Enjoy!



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## Cinnamon Pear Chips

Prep Time: 10 min Cook Time: 2 hours Total Time: 2 hours 10 minutes

### Ingredients

- 2 pears
- 3 tbsp cinnamon & sugar mixture

### Directions

1. Preheat oven to 200 degrees.
2. Spray baking pan lightly with cooking spray.
3. Slice your pears very thin & lay on pan in single layer
4. Sprinkle with cinnamon/sugar mixture
5. Bake 2 hours - turning pears over half way through.
6. Transfer to wire rack to cool.



## Easy Pear Butter

Prep Time: 10 mins Cook Time: 50 mins Total Time: 1 hour

### Ingredients:

- 3 lbs. ripe pears, peeled, cored and diced
- 3 Tbsp. honey
- 1 Tbsp. lemon juice
- 1 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/4 tsp. salt
- pinch of ground nutmeg
- pinch of ground cloves



### Directions:

1. Stir all ingredients together in a medium saucepan, and bring to a boil over medium-high heat. Reduce heat to medium low and simmer for about 50 minutes, covering so that the lid is slightly open, and stirring occasionally. Keep an eye on the mixture so that the bottom does not burn.
2. Once it has reduced slightly and thickened, remove from heat and transfer to a food processor. Pulse until smooth. (Or you can skip this step and keep the pear butter chunky.)
3. Transfer to canning jars or a heat-proof container, seal, and refrigerate until ready to use. Keep for up to a week.

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## Cinnamon & Pear Oatmeal Cookies

Prep time: 10 min Cook Time: 10 min Total Time: 20 min

### Ingredients

- 1/4 cup oil
- 1/2 cup brown sugar
- 1 large egg
- 1 tsp vanilla extract
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1 tsp. cinnamon, ground
- 3/4 cup whole wheat flour
- 1 1/2 cup old fashion oats
- 1 cup pear, peeled, cored, diced small (1 large pear)

## Directions

1. Preheat oven to 350 degrees.
2. Line 2 baking sheets with parchment paper; set aside.
3. In a large bowl; add oil, brown sugar, egg and vanilla extract. Mix with a spoon, until well combined.
4. Add to the same bowl, baking soda salt, cinnamon and whole wheat flour; mix until well combined. Stir in pear and oatmeal.
5. With a large cookie scoop, scoop out the dough and pat it into the scoop to form a firm cookie. Place onto prepared baking sheet, spaced about 2" apart. Pat the top of the cookie to flatten a bit and to make sure it is held together.
6. Bake in oven for 10 minutes, until bottom of cookie turns lightly brown. Let cool on cookie sheet for 5 minutes; place on cookie rack until completely cooled.



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## Baked Pears

Prep Time: 15 min Cook Time: 35 Total Time: 50 min Serves: 8

## Ingredients

- 4 ripe pears
- 1/4 c. melted butter
- 1 tbsp. cinnamon sugar
- 1 c. old-fashioned rolled oats
- 1/2 c. Finely Chopped Almonds
- 1/3 c. brown sugar
- 1 tsp. ground cinnamon
- kosher salt

## Directions

1. Preheat oven to 400°. Halve pears and scoop out some of the center to fit the oatmeal crumble. Brush insides of pears with 2 tablespoons melted butter and sprinkle with cinnamon sugar.
2. In a medium bowl, combine oats, almonds, brown sugar, cinnamon, and a pinch of salt. Pour remaining melted butter into bowl and combine until fully coated.
3. Spoon into pear halves.
4. Bake until pears are soft, 35 to 40 minutes.



# Bell Pepper Salad

## INGREDIENTS

- 1 orange bell pepper, thinly sliced into rings
- 1 yellow bell pepper, thinly sliced into rings
- 1 small onion, thinly sliced into rings
- 1 cup halved grape tomatoes
- 3/4 cup chopped fresh basil
- 1/2 cup chopped fresh parsley
- 2 tablespoons olive oil
- 3 tablespoons balsamic vinegar
- 1/4 cup sunflower kernels
- Lemon zest for garnish
- salt and black pepper to taste



## Directions

1. Toss the bell peppers, onion, tomatoes, olive oil, and balsamic vinegar in a large bowl; season with salt and pepper. Let sit for 5-10 minutes.
  2. Just before serving, toss with the sunflower kernels, parsley and basil. Garnish with Lemon Zest and serve.
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# Homemade Salsa

## Ingredients:

- 3 cups chopped tomatoes
- 1/2 cup chopped green bell pepper
- 1 cup onion, diced
- 1/4 cup minced fresh cilantro
- 2 tablespoons fresh lime juice
- 4 teaspoons chopped fresh jalapeño pepper (including seeds)
- 1/2 teaspoon ground cumin
- Salt and pepper to taste

## Directions:

1. Mix all ingredients together well. Refrigerate for a few hours or overnight before serving.



# Easy Oven Fajitas

Prep Time: 15 min Cook Time: 45 Min

Makes 8 Fajitas

## Seasoning

- 1 Tbsp chili powder
- 1/2 Tbsp paprika
- 1/2 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 tsp cumin
- 1/8 tsp cayenne pepper
- 1 tsp sugar
- 1/2 tsp salt

## Fajitas

- 2 small or 1 large onion
- 3 bell peppers, any colour
- 1 lb. chicken breast
- 2 Tbsp vegetable oil
- 1 medium lime
- 8 6-inch tortillas
- 1/2 cup sour cream (optional)
- 1/4 bunch cilantro (optional)

## Directions

1. Preheat the oven to 400 degrees. Mix all of the spices for the fajita seasoning in a small bowl and set aside (chili powder, paprika, onion powder, garlic powder, cumin, cayenne pepper, sugar, and salt).
2. Cut the onion and bell peppers into 1/4-inch wide strips. Place them in a large 13x15-inch casserole dish or a large baking sheet. Slice the chicken breast into very thin strips and add it to the casserole dish with the vegetables.
3. Drizzle the vegetable oil over the chicken and vegetables, then sprinkle the fajita seasoning mix over top. Use your hands to toss the ingredients until everything is well coated in oil and seasoning. Bake in the preheated oven for 35-40 minutes, stirring once half way through. Squeeze the juice from half of the lime over top of the meat and vegetables after they come out of the oven.



4. While the fajita mix bakes, toast each tortilla in a dry skillet over medium-low heat, until lightly browned on each side. Scoop a small amount of meat and vegetables into the centre of each tortilla.

5. Top with a few sprigs of cilantro, a dollop of sour cream, and an extra squeeze of lime if desired.

# Red Pepper-Tomato Sauce

Prep Time: 5 mins Cook Time: 25 mins Total Time: 30 mins

Yield 2 cups



## Ingredients

- 2 red bell peppers, stemmed and seeded, diced to yield about 2 cups
- 2 tomatoes, diced to yield about 2 cups
- kosher salt and pepper to taste
- 1/4 cup loosely packed fresh basil leaves
- 2 tablespoons butter, room temperature
- 2 tablespoons olive oil

## Instructions

1. Place peppers and tomatoes in a medium-sized saucepan or pot. Pour in 1/2 cup water and turn heat to high. Season with 1 teaspoon kosher salt and pepper to taste. Bring to a simmer, then, turn heat down to medium high. Set a timer for 25 minutes.
2. After about five minutes, the tomatoes and peppers will begin to release their juices, and the whole mixture should be bubbling. Adjust the heat if necessary so that the mixture stays at a constant bubble – medium to medium-high should do it. Stir every five minutes or so to make sure the tomatoes and peppers are not sticking to the bottom of the pan. If they are, add water by the 1/4 cup.
3. When the peppers and tomatoes are tender and nearly all of the liquid has evaporated and the tomatoes and peppers are beginning to stick to pot, add the basil, butter, and oil to the pot, give it a stir, then transfer the contents of the pot to a food processor or blender. Blend until smooth. Taste. Adjust seasoning with more salt and pepper as necessary.
4. Serve with your choice of pasta, optional toppings include fresh herbs, grated cheeses, cooked mushrooms, or sausage.

# Healthier Stuffed Peppers

Prep Time: 15 min Cook Time 1 hr 45 min Ready in 2 hr

## Ingredients

- 1/2 cup brown rice
- 1 cup water
- 1 pound lean ground beef
- 2 cloves garlic, minced
- 1 onion, chopped
- 2 green bell peppers
- 2 red bell peppers
- 2 yellow bell peppers
- 1 (8 ounce) can natural tomato sauce
- 1 tablespoon Worcestershire sauce
- salt and ground black pepper to taste
- 1 (8 ounce) can natural tomato sauce
- 1 teaspoon Italian seasoning
- 1/4 cup grated Parmesan cheese, optional



## Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Bring brown rice and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until rice is tender and liquid has been absorbed, 45 to 50 minutes.
3. Cook and stir beef, garlic, and onion in a skillet over medium heat until meat is evenly browned and onion is softened, about 5 minutes.
4. Remove and discard the tops, seeds, and membranes of the green, red, and yellow bell peppers. Arrange peppers in a baking dish with the hollowed sides facing upward. Slice the bottoms off the peppers if necessary so that they stand upright.
5. Mix the browned beef, cooked rice, 1 can tomato sauce, Worcestershire sauce, salt, and pepper in a bowl. Spoon an equal amount of the mixture into each hollowed pepper. Mix the remaining tomato sauce and Italian seasoning in a bowl, and pour over the stuffed peppers.
6. Bake in the preheated oven, basting with sauce every 15 minutes, until the peppers are tender, about 1 hour. Sprinkle the peppers with grated Parmesan cheese after baking.

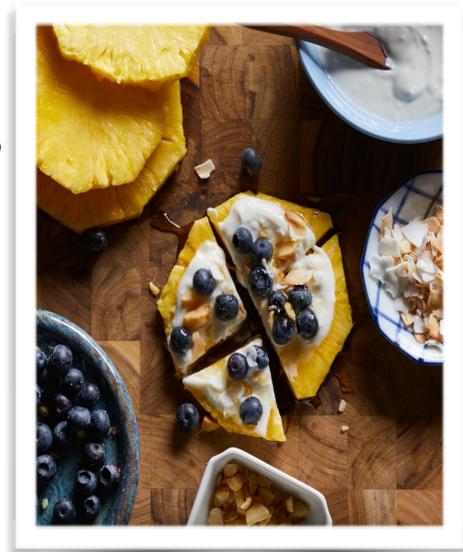
## Mini Pineapple Fruit Pizzas

### Ingredients

- 1 medium fresh pineapple, trimmed and sliced into 8 slices
- 1 cup coconut, vanilla or plain yogurt
- ½ cup blueberries
- ¼ cup chopped macadamia nuts, lightly toasted
- ¼ cup coconut chips (large flakes), lightly toasted

### Directions

1. Core and peel pineapple. Slice pineapple into eight half inch slices.
2. Spread each slice of pineapple with 2 tablespoons yogurt. Top with blueberries, macadamia nuts and coconut. Drizzle with honey.



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## Pineapple Whip

Yield: Makes 4-6 servings



### Ingredients

- 1 pineapple, peeled, cored, cut into chunks and frozen (6.5-7 cups)
- ½ cup coconut milk, almond milk or 3.25 % (more as needed)
- 1-3 tablespoons honey or maple syrup

### Directions

1. Peel, core and cut one fresh ripe pineapple into chunks. Spread chunks on a lined baking sheet and freeze until solid (for at least 24 hours).
2. Place frozen pineapple chunks in a food processor together with ½ cup of milk. Process until the mixture is smooth and creamy. Scrape down the sides and add more milk as needed to achieve a smooth consistency.
3. Taste the pineapple whip and add sweetener to your liking. If the pineapple wasn't super ripe and sweet add a little honey or maple syrup. Process once more to incorporate the sweetener.

# Thai Pineapple Fried Rice

Prep Time: 5 min Cook Time: 15 minutes Servings: 3

## Ingredients

- 1 cup Basmati rice (equals 3 cups cooked rice)
- 1 onion chopped
- 3 cloves of garlic chopped
- 1 tbsp oil
- 2 carrots cut into thin sticks
- ½ red pepper
- ½ cup frozen peas
- ½ cup cashews
- 1 tbsp soy sauce
- 1 tbsp curry powder
- 1 cup pineapple cut in small pieces
- 2 green onion cut into rings
- Salt to taste
- Black pepper to taste
- Red pepper flakes (optional)
- Fresh Cilantro (optional)



## Directions

1. Cook the rice according to instructions on package
2. Cook the frozen peas for 7 minutes.
3. In a large pan heat the oil and sauté the onion for about 3 minutes. Then add the garlic, carrots and red pepper. Cook for 3 minutes
4. Stir in the cooked rice and season with the curry powder and soy sauce.
5. Next , add the pineapple, peas, green onion and cashews.
6. Season with salt, black pepper and red pepper flakes (optional). Stir until combined and serve. Top with fresh cilantro (optional).

# Hawaiian Chicken Kabobs

## Ingredients

- 1 pineapple cut into 2 inch pieces
- 3 Tablespoons Soy Sauce
- 3 Tablespoons Brown Sugar
- 3 Tablespoons Sherry
- 1 Tablespoon Sesame Oil
- ¼ Teaspoon Ground Ginger
- ¼ Teaspoon Garlic Powder
- 8 Skinless, boneless Chicken breasts-cut in 2 inch pieces

## Directions

1. In a shallow glass dish, mix the soy sauce, brown sugar, sherry, sesame oil, ginger, and garlic powder.
2. Stir the chicken pieces and pineapple into the marinade until well coated. Cover, and marinate in the refrigerator at least 2 hours.
3. Preheat grill to medium-high heat.
4. Thread chicken and pineapple alternately onto skewers.
5. Lightly oil the grill grate. Grill 15 to 20 minutes, turning occasionally, or until chicken juices run clear.



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# Whipped Yogurt with Pineapple and Fruit



## Ingredients

- 2 cups plain Greek yogurt
- 2/3 cup cream
- 2 tablespoons honey
- 1 teaspoon finely grated lime zest
- 2 cups coarsely chopped fresh pineapple
- Sliced dried fruits, such as papayas, plums, and strawberries
- Unsweetened shredded coconut, toasted, for serving
- Freshly grated nutmeg,(optional)

## Directions

1. Whisk together yogurt, cream, honey, and zest in a bowl until mixture thickens and holds soft peaks.
2. Divide yogurt mixture into 8 serving bowls, top with pineapple, dried fruits, coconut, and nutmeg and serve.

# Pineapple Chicken Salad Pitas

Makes 8 servings

## Ingredients

- 2 1/2 cups chopped cooked chicken breast
- 1/2 cup matchstick-cut carrots
- 1/3 cup sliced almonds, toasted
- 1/3 cup mayonnaise
- 1/4 cup finely chopped green onions
- 1/4 cup plain yogurt
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon garlic powder
- Salt & black pepper
- 8-ounce crushed pineapple
- 4 (6-inch) whole wheat pitas, each cut in half
- 8 Romaine lettuce leaves



## Directions:

1. To a large bowl add chicken, carrots, almonds, green onions and pineapple
2. In another bowl combine mayonnaise, yogurt, Worcestershire, garlic, salt and pepper.
3. Add sauce mix into bowl with chicken, and toss to coat.
4. Cut each pita in half, stuff each half with a lettuce leaf and fill with chicken mixture.

# Pumpkin Muffins

Makes 12 standard size muffins

## Ingredients

- 1/3 cup extra-virgin olive oil
- 1/2 cup maple syrup or honey
- 2 eggs
- 1 cup pumpkin purée
- 1/4 cup milk
- 1 teaspoon baking soda
- 1/2 teaspoon cinnamon, plus more for sprinkling on top
- 1/2 teaspoon ground ginger
- 1/4 teaspoon nutmeg
- 1/4 teaspoon allspice or cloves
- 1 3/4 cups whole wheat flour
- 1/3 cup old-fashioned oats, plus more for sprinkling on top



## Directions

1. Preheat oven to 325 degrees Fahrenheit (165 degrees Celsius). If necessary, grease all 12 cups of your muffin tin
2. In a large bowl, beat the oil and maple syrup or honey together with a whisk. Add the eggs, and beat well. Mix in the pumpkin purée and milk, followed by the baking soda, vanilla extract, salt, cinnamon, ginger, nutmeg and allspice.
3. Add the flour and oats to the bowl and mix with a large spoon, just until combined.
4. Divide the batter evenly between the muffin cups. Sprinkle the tops of the muffins with a small amount of oats, followed by a sprinkle of cinnamon. Bake muffins for 22 to 25 minutes, or until a toothpick inserted into a muffin comes out clean.
5. Place the muffin tin on a cooling rack to cool. These muffins are delicate until they cool down You might need to run a butter knife along the outer edge of the muffins to loosen them from the pan.

# Pumpkin Oatmeal Breakfast Cakes

## Ingredients

- 2 1/2 cup rolled oats
- 1 1/4 cup pumpkin puree
- 1 tsp cinnamon
- 1/2 tsp pumpkin pie spice, or additional cinnamon
- 1/2 tsp salt
- 2 1/2 tbsp pure maple syrup
- 1 cup plus 2 tbsp water
- 2 tbsp oil
- 1 tsp pure vanilla extract
- Chocolate chips or dried fruit as desired

## Directions

1. Preheat the oven to 380 F. Line a muffin tin.
2. In a large bowl, stir together all dry ingredients (rolled oats, cinnamon, pie spice, salt)
3. Add remaining ingredients ( pumpkin puree, maple syrup, water, oil, vanilla)
4. Pour into the liners, and bake 21 minutes on the centre rack.
5. Take out and let cool. (Note: If you let the cupcakes sit overnight, the liners peel off easily the next day.)



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# Pumpkin Pancakes

## Ingredients

- 1 1/2 cups milk
- 1 cup pumpkin puree
- 1 egg
- 2 tablespoons vegetable oil
- 2 tablespoons vinegar
- 2 cups all-purpose flour
- 3 tablespoons brown sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger



## Directions

1. In a bowl, mix together the milk, pumpkin, egg, oil and vinegar.
  2. In a separate bowl, combine the flour, brown sugar, baking powder, baking soda, allspice, cinnamon and ginger.
  3. Stir into the pumpkin mixture just enough to combine.
  4. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides
- .....

## Impossible Pumpkin Pie

Prep Time: 5 min Cook Time: 35min

### Ingredients

- 2 tsp cinnamon
- 2 tsp baking powder
- 1 tsp pumpkin pie spice
- 1/2 tsp salt
- 1/3 cup flour white or whole wheat
- 1/3 cup maple syrup
- 1 (15-oz) can pumpkin puree
- 3/4 cup + 2 tbsp milk
- 2 tbsp oil
- 2 1/2 tsp vanilla extract
- 2 tsp cornstarch

### Directions

1. Preheat the oven to 400 F. Grease a 9-inch round pan.
2. In a large bowl, stir together all of the ingredients.
3. Smooth into the prepared pan.
4. Bake on the centre rack 35 minutes - it will be soft after baking, which is what you want.
5. Allow to cool completely before transferring, uncovered, to the fridge to "set" for at least 6 hours. Slice and serve.

Store leftovers covered in the fridge for 3-4 days.

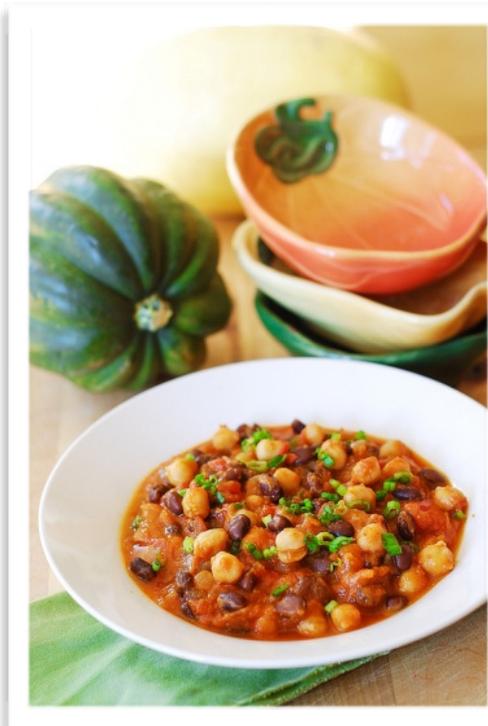


# Pumpkin Chilli with Black Beans and Chickpeas

Prep Time: 10 min Cook Time: 35 min

## Ingredients

- 1 tablespoon olive oil
- 1 onion , chopped
- 4 garlic cloves , minced
- 1 cup pumpkin puree , from the can or homemade
- 1 cup tomatoes , from the can
- 1 cup vegetable stock or water
- 15 oz black beans from the can
- 7.5 oz chickpeas from the can
- 1 tablespoon cumin powder (start with half the amount, and add more, to taste)
- 2 tablespoons chilli powder (start with 1 tablespoon, reduce or add more, depending on your tastes and also on how spicy your chilli powder is)
- Salt and pepper



## Directions

1. In a large pot or skillet, cook chopped onion and minced garlic in olive oil for about 5 minutes on medium heat until soft.
2. Add pumpkin, canned tomatoes (chop them up into smaller chunks), vegetable stock (or water), black beans and chickpeas. Add half the cumin and half the chilli powder, stir everything well, and season with salt and pepper.
3. Taste your chilli, season some more with salt and pepper if needed. Add the remaining cumin (or more) and remaining chilli powder (or more), if desired. Bring to boil, make sure to stir all ingredients well together to combine flavours and spices. Reduce to simmer and cook for 20 minutes on simmer.

## Cabbage Salad with Radishes

Serves 6

### Ingredients

¼ cup white wine vinegar  
2 tbsp sugar  
4 or 5 radish thinly sliced into matchsticks  
1 tbsp fresh chives  
2 tbsp Dijon mustard  
½ head cabbage, cored and shredded  
½ cup golden raisins  
Coarse salt and fresh ground pepper



### Directions

1. Whisk together vinegar, mustard, and sugar. Toss together cabbage, radishes, golden raisins, and chives. Drizzle dressing over salad. Season with salt and pepper.

## Cinnamon Sugar Radish Chips

### Ingredients

- 10-15 radishes
- 1 tbs. olive oil
- 1/2 tbs. honey
- 1-2 tbs. cinnamon sugar mixture
- 



### Directions

1. Preheat your oven to 350°F. Slice the radishes approximately 1/4 inch thick and put them in a microwave safe bowl. microwave for about 30 seconds to soften them up. Drain any liquid, and add them to a larger bowl.
2. Add the olive oil, honey, and cinnamon sugar. Mix well to coat. Spread on a baking sheet lined with parchment paper.
3. Cook for 15 minutes at 350, then remove the radishes and flip them over. Reduce oven temperature to 225 and bake for another 20 minutes.

# Sticky Pork & Radish Noodles

Serves 4

## Ingredients

- 2 tbsp honey
- 2 limes, zest and juice
- 450g pork fillet, thinly sliced
- 4 cups medium egg noodles
- 5-6 radish, thinly sliced
- 2 cups snap peas or snow peas
- 1 large carrot cut into matchsticks
- small bunch of coriander roughly chopped
- 2 tbsp oil



## Directions

1. Whisk the honey and lime zest and juice together in a large bowl and season. Add the pork and mix well to coat in the marinade. Cover and chill for 10 mins.
2. Cook the noodles in a pan of boiling water for 4 mins.
3. Mix together the radishes, snow peas, carrot and coriander in a serving bowl.
4. Heat the oil in a large non-stick frying pan. Remove the pork from the marinade and add to the pan. Stir-fry for 3-5 mins, until golden and cooked through. Add the marinade to the pan and allow to bubble for 1 min.
5. Drain the noodles and divide them between serving plates.
6. Spoon the pork and all the pan juices over the vegetables and gently mix. Serve the noodles with the pork and vegetables.

# Butternut Squash Cornbread Muffins

Serves: 12 muffins Prep time: 10 min Cook time: 15 min Total time: 25 min

Delicious served with soup and chilli!

## Ingredients

- 1 cup all purpose flour
- 1 cup cornmeal
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 large egg
- 3 tablespoons brown sugar\*
- 1 cup buttermilk (I used low fat)\*
- ⅓ cup canola oil
- ¾ cup butternut squash puree



## Directions

1. Preheat the oven to 400 degrees. Line a standard muffin pan with paper liners, or spray the muffin cavities with cooking spray. Set aside.
2. In a large bowl, whisk together the flour, cornmeal, baking powder, baking soda, and salt. Set aside.
3. In a medium bowl, beat the egg lightly. Add the brown sugar, buttermilk, canola oil, and puree, and whisk until combined. Pour into the dry ingredients and stir together until just incorporated. Pour into the prepared muffin pan and bake on the middle rack of the oven for 15 minutes or until lightly golden on top and the muffins spring back when gently pressed. Cool on a wire rack in the pan for 10 minutes, then remove from the pan and cool completely, or enjoy warm! Store in an airtight container at room temperature.

## Notes

If using paper liners, the liners will stick to the muffins if they're not warm. If you microwave them for a few seconds, the paper will come right off.

No buttermilk? Simply place regular milk in a measuring cup with 1 tablespoon of lemon juice and let stand at room temperature for 15-20 minutes. Instant buttermilk!

## Butternut Squash Slaw

### Ingredients

- 2 Tbsp maple syrup
- 2 Tbsp vegetable oil
- 3 Tbsp sherry vinegar
- 1 lb(s) butternut squash, peeled, grated on box grater
- ½ bunch flat-leaf parsley, leaves chopped
- 2 Tbsp dried cherries, chopped
- ¼ cup sunflower seeds, toasted
- Kosher salt and coarsely ground black pepper



### Directions

1. Whisk together the maple syrup, vegetable oil and sherry vinegar in a large bowl.
  2. Add the squash, parsley, dried cherries and sunflower seeds; toss well. Season to taste with salt and pepper.
  3. Let sit for 30 minutes at room temperature or 1 hour in the refrigerator before serving.
- .....

## Holiday Butternut Squash with Apple and Cranberries

### Ingredients

- ¼ cup (60ml) margarine, melted
- 1 medium butternut squash (about 1-3/4 lbs or 0.8kg), cut into 1/2-inch cubes
- 1 medium apple, cubed
- ½ cup (125 ml) dried cranberries
- ¼ tsp (1 ml) ground cinnamon
- ¼ tsp (1 ml) ground nutmeg
- 2 Tbsp (30 ml) firmly packed brown sugar



### Directions

1. Preheat oven to 425°F (220°C). Combine margarine and all ingredients in 1½-quart (1.5 L) baking dish.
2. Season, if desired, with salt. Cover and bake 30 minutes. Remove cover and bake an additional 15 minutes or until squash is tender.

# Chicken with Acorn Squash and Tomatoes

Prep Time: 20 min Total Time: 45 min Serves: 4

## Ingredients

- 1 acorn squash (about 1 1/2 pounds), halved, seeded, and sliced 1/4 inch thick
- 1 pint grape tomatoes, halved
- 4 cloves garlic, sliced
- 3 tablespoons olive oil
- kosher salt and black pepper
- 4 6-ounce boneless, skinless chicken breasts
- 1/2 teaspoon ground coriander
- 2 tablespoons chopped fresh oregano



## Directions

1. Heat oven to 425° F.
2. On a large rimmed baking sheet, toss the squash, tomatoes, and garlic with 2 tablespoons of the oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
3. Roast the vegetables until the squash is tender, 20 to 25 minutes.
4. Meanwhile, heat the remaining tablespoon of oil in a large skillet over medium heat.
5. Season the chicken with the coriander, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Cook until golden brown and cooked through, 6 to 7 minutes per side.
6. Serve the chicken with the squash and tomatoes and sprinkle with the oregano.

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# One Pan Baked Salmon with Butternut Squash

Yield: 4 servings

## Ingredients

- 16-20 ounces salmon fillet
- 12 ounces butternut squash, cubed (about 2 cups)
- 1 cup cherry tomatoes
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 lemon, finely sliced



## Directions

1. Preheat the oven to 350°F. Line a baking sheet with aluminum foil.
  2. Lay the salmon fillet, skin side down, on a baking sheet and pat dry with a piece of paper towel.
  3. Place the butternut squash pieces and cherry tomatoes around the salmon. Drizzle the olive oil over the salmon and vegetables.
  4. Sprinkle the salt and pepper over the salmon and vegetables, then lay the lemon slices over the salmon and bake for 30 minutes. Turn off the heat and leave the pan in the oven for 5 minutes, then remove the pan from the oven and enjoy.
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## ROASTED BUTTERNUT SQUASH

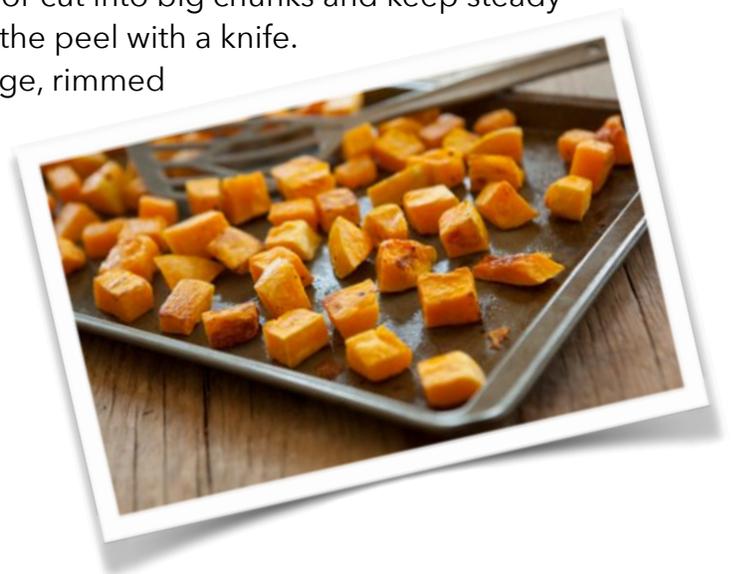
Prep Time: 5 min Cook Time: 30 min Total Time: 35 min

### Ingredients

- 1 medium butternut squash (about 2 pounds)
- 1 tablespoon extra-virgin olive oil
- Salt and ground black pepper to taste

### Directions

1. Preheat oven to 400°F.
2. Halve the squash lengthwise. Using a spoon, scoop out and discard seeds. If desired, peel with a vegetable peeler or cut into big chunks and keep steady on the cutting board while cutting off the peel with a knife.
3. Cut into 1-inch cubes. Transfer to a large, rimmed baking sheet. Toss with oil, salt and pepper and spread out in a single layer.
4. Roast tossing occasionally, until just tender and golden brown, about 30 minutes.



# Shepherd's Pie with "Squashed" Potatoes

## Ingredients

### Meat and Vegetables

- 1 ½ lb(s) (680 g) extra-lean ground beef
- 1 cup chopped yellow onions
- 2 tsp minced garlic
- 1 tsp paprika
- ½ tsp dried thyme
- 1 cup frozen peas-and-carrots blend
- 1 cup frozen or canned corn
- ⅔ cup reduced-sodium beef broth
- 2 Tbsp chilli sauce (such as Heinz)
- 1 ½ Tbsp all-purpose flour
- 1 Tbsp Worcestershire sauce
- ¼ tsp each salt and freshly ground black pepper

### Potato Topping

- 2 lb(s) (908 g) Yukon Gold potatoes, peeled and cut into large chunks
- 2 cup (about 1/2 lb / 250 g) peeled and chopped butternut squash
- ½ cup light (3% to 5 %) sour cream
- ½ cup + 2 tbsp freshly grated Parmesan cheese
- ¼ tsp salt
- Dash nutmeg
- Chopped fresh parsley for garnish, optional

## Directions

1. Cook beef, onions, and garlic in a large pot or skillet over medium-high heat until meat is no longer pink and onions are tender. Stir in paprika and thyme. Cook 1 more minute. Add peas and carrots and corn. Mix well.
2. In a medium bowl or measuring cup, whisk together broth, chilli sauce, flour and Worcestershire sauce. Add to meat mixture in pot, along with salt and pepper. Reduce heat to medium-low. Let simmer, uncovered, for 5 minutes. Mixture will thicken slightly. Remove from heat, cover and keep warm.
3. Bring potatoes to a boil. Add squash. Cook until both potatoes and squash are tender, about 12 to 14 minutes. Drain potatoes and squash in a colander. Return to pot. Sprinkle ½ cup Parmesan over vegetables. Cover with lid and let stand 1 minute for cheese to melt. Add sour cream, salt and dash nutmeg. Mash well.
4. Spread meat mixture evenly over the bottom of a 2-quart casserole dish. Top with potato/squash mixture. Sprinkle remaining 2 tbsp Parmesan over potatoes. Bake at 375°F for 25 minutes, until bubbly around edges and completely heated through.



# Grilled Salmon with Strawberry Salsa

## Ingredients

- 4 salmon fillets
- 1 pound fresh strawberries, diced
- 1 jalapeño, seeded, deveined and finely diced
- 1/2 cup loosely packed cilantro leaves, chopped
- 1/3 cup red onion, diced
- Juice of a lime
- Salt and black pepper to taste

## Directions

1. In a large bowl combine all of the ingredients except the salmon, and stir together until combined.
2. Preheat grill to medium high heat.
3. Season the salmon fillets with salt and pepper.
4. Oil the grill grates or spray them with cooking spray then place the salmon fillets on and grill each side for approximately 3-4 minutes or until desired degree of doneness is reached.
5. Top the salmon with the strawberry salsa



# Homemade Strawberry Lemonade

Makes 1 large pitcher

## Ingredients

- 1 1/2 cup lemon juice (from 7-8 lemons)
- 1 pound strawberries, tops removed and chopped
- 6 cups water
- 1 1/4 cups honey or agave nectar

## Directions

1. In a large blender (or in batches) blend together all ingredients well.
2. Optional: Strain with a cheesecloth.
3. Chill before serving. Enjoy!



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# 5-Minute Healthy Strawberry Frozen Yogurt

Prep: 5 minutes Yield: 4 servings



## Ingredients

- 4 cups frozen strawberries
- 3 Tablespoons honey
- 1/2 cup plain yogurt \*
- 1 Tablespoon fresh lemon juice

## Directions

1. Add the frozen strawberries, honey, yogurt and lemon juice to the bowl of a food processor. Process until creamy, about 5 minutes.
2. Serve the frozen yogurt immediately or transfer it to an airtight container and store it in the freezer for up to 1 month.

\*Alternative is to exclude the honey and make it with Vanilla Yogurt instead of plain.

# Strawberry Oatmeal Bars

Prep Time: 20 minutes Cook time: 35 minutes

## Ingredients:

- 1 cup old-fashioned rolled oats
- 3/4 cup white whole wheat flour (or substitute all-purpose flour)
- 1/3 cup light brown sugar
- 1/4 teaspoon ground ginger
- 1/4 teaspoon kosher salt
- 3 tablespoons unsalted butter, melted
- 2 cups small-diced strawberries (about 10 ounces), divided
- 1 teaspoon cornstarch
- 1 tablespoon freshly squeezed lemon juice (from about 1/2 small lemon)
- 1 tablespoon granulated sugar, divided
- 1/2 cup powdered sugar, sifted
- 1/2 teaspoon pure vanilla extract
- 1 tablespoon milk

## Directions

1. Place a rack in the centre of oven and preheat to 375 degrees F. Line an 8×8-inch baking pan with parchment paper so that the paper overhangs two sides like handles.
2. In a medium bowl, combine the oats, flour, brown sugar, ginger, and salt. Pour in the melted butter and stir until it forms clumps and the dry ingredients are evenly moistened. Set aside 1/2 cup of the crumble mixture, then press the rest into an even layer in the bottom of the prepared pan.
3. Scatter half of the strawberries over the crust. Sprinkle the cornstarch evenly over the top, then sprinkle on the lemon juice and 1/2 tablespoon of the granulated sugar. Scatter on the remaining berries, then the remaining 1/2 tablespoon sugar. Sprinkle the reserved crumbs evenly over the top.
4. Bake the bars for 35 to 40 minutes, until the fruit is bubbly and the crumb topping smells toasty and looks golden. Place the pan on a wire rack to cool completely.
5. While the bars cool, prepare the glaze: In a medium bowl, briskly whisk together the powdered sugar, vanilla, and milk until smooth. Feel free to add more milk if a thinner consistency is desired. Using the parchment-paper handles, lift the bars from the pan. Drizzle with glaze, slice, and serve.



# Strawberry Banana Oatmeal Cookie

Prep: 10 Min Total Time: 35 Min

## Ingredients

- 1 cup oats
- $\frac{3}{4}$  cup whole wheat flour
- 1  $\frac{1}{2}$  tsp baking powder
- 1 tsp cinnamon
- 2 tbsp coconut oil or unsalted butter (melt & cool)
- $\frac{1}{4}$  cup mashed banana
- 1 tsp vanilla
- $\frac{1}{2}$  cup honey
- $\frac{3}{4}$  cup fresh strawberries diced small (may use frozen strawberries also)

## Directions

1. Preheat oven to 325 F .
2. Line a baking sheet with parchment paper
3. Whisk together the oats, flour, baking powder and cinnamon in a bowl.
4. In a separate bowl whisk together the coconut oil, mashed banana and vanilla. Stir in the honey.
5. Add to flour mixture, stirring until just moistened.
6. Fold in the strawberries. Let dough rest for 10 minutes.
7. Drop the cookie dough onto prepared sheet and flatten slightly with spatula.
8. Bake for 12-14 minutes.



# Grilled Zucchini Roll-Ups

Prep Time: 30 min Cook Time: 24 min

Makes 16

## Ingredients

- 3 small zucchini (about 1/2 pound each), cut lengthwise into 1/4-inch-thick slices
- 1 tablespoon olive oil
- 1/8 teaspoon salt, plus more to taste
- 1/16 teaspoon of freshly ground black pepper, plus more to taste
- 1 1/2 ounces light cheese
- 1 tablespoon chopped fresh parsley
- 1/2 teaspoon fresh lemon juice
- 2 ounces bagged baby spinach (2 cups lightly packed)
- 1/3 cup basil leaves



## Directions

1. Preheat grill or grill pan to medium heat.
2. Discard the outermost slices of zucchini; brush the rest with oil on both sides. Sprinkle the zucchini slices with salt and pepper. Grill until tender, about 4 minutes per side. You can prepare the zucchini a day ahead and store it in an airtight container in the refrigerator.
3. In a small bowl, combine the cheese, parsley, and lemon juice, mashing together with a fork.
4. Put 1/2 teaspoon of the cheese mixture about 1/2 inch from the end of a zucchini slice. Top with a few spinach leaves and a small (or half of a large) basil leaf. Roll up and place seam side down on a platter. Repeat with remaining zucchini slices. You can make these up to a day in advance; store in an airtight container in the refrigerator.

# Zucchini Salad

## Ingredients

- 2 Tbsp vegetable oil
- 2 Tbsp white vinegar
- 2 tsp honey
- ¼ tsp red pepper flakes
- Kosher salt and coarsely ground black pepper
- 20 grape tomatoes, halved
- 2 large zucchini, at least 1 1/2-inches thick,
- 2 ears yellow corn, kernels cut off cobs
- 1 large carrot, at least 1 1/2-inches thick,
- ¼ cup crumbled feta cheese
- ½ bunch fresh basil



## Directions

1. Whisk together the oil, vinegar, honey, red pepper flakes and salt and pepper to taste in a small bowl to make a vinaigrette.
2. In a large bowl, combine the tomatoes, zucchini, corn and carrots.
3. Pour the vinaigrette over the vegetables and stir to combine. Add the feta and basil and season with salt and pepper.
4. Allow to sit for at least 30 minutes or up to 2 hours in the refrigerator before serving.

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# Zucchini Pancakes

## Ingredients

- 2 medium zucchini (about 3/4 lb)
- 2 Tbsp grated red onion
- 2 extra-large eggs, lightly beaten
- 6 - 8 Tbsp all-purpose flour
- 1 tsp baking powder
- 1 tsp kosher salt
- ½ tsp freshly ground black pepper
- Unsalted butter and vegetable oil



## Directions

1. Preheat the oven to 300°F.
  2. Grate the zucchini into a bowl using the large grating side of a box grater. Immediately stir in the onion and eggs. Stir in 6 tablespoons of the flour, the baking powder, salt, and pepper. (If the batter gets too thin from the liquid in the zucchini, add the remaining 2 tablespoons of flour.)
  3. Heat a large (10 to 12-inch) sauté pan over medium heat and melt 1/2 tablespoon butter and 1/2 tablespoon oil together in the pan. When the butter is hot but not smoking, lower the heat to medium-low and drop heaping soup spoons of batter into the pan. Cook the pancakes about 2 minutes on each side, until browned. Place the pancakes on a sheet pan and keep warm in the oven. Wipe out the pan with a dry paper towel, add more butter and oil to the pan, and continue to fry the pancakes until all the batter is used. The pancakes can stay warm in the oven for up to 30 minutes. Serve hot.
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## Mini Zucchini Pizzas with Pepperoni

Prep Time: 20 mins Cook Time: 15 mins Total Time: 35 mins

### Ingredients

- Zucchini slices
- Pizza sauce
- Shredded cheese
- Pepperoni
- Tomato (seeds removed)
- Red onion
- Basil

### Directions

1. Cut your zucchini slices about half an inch thick.
2. To remove moisture, generously salt both sides and allow to rest in a colander for 10 to 15 minutes
3. Preheat oven to 400F°.
4. After the zucchini has rested, wipe off salt and squeeze between paper towel to remove any excess moisture.
5. Place zucchini on baking sheet. Spread a spoonful of pizza sauce on each slice, followed by some shredded cheese ,a slice or two of pepperoni, some tomato slices with seeds removed, and some slices of red onion.
6. Bake for 10 to 15 minutes until cheese is melted and the top of the zucchini pizzas start to brown.



# Buttery Garlic Herb Chicken with Zucchini

Prep time: 10 min Cook time: 20 min

## Ingredients

- 3 tablespoons butter
- 4 garlic cloves, minced
- ¼ cup oregano
- 1 teaspoon rosemary
- 1 teaspoon fresh thyme, chopped
- 1 pound boneless skinless chicken thighs, or breasts
- salt and pepper
- 2 medium sized zucchini, sliced

## Directions

1. In a medium sized skillet over medium high heat add the butter until melted. Add the garlic, oregano, rosemary and thyme.
2. Add the chicken and cook for 4-5 minutes on each side or until chicken is no longer pink and 165 degrees. Remove chicken and set aside on plate.
3. Add the zucchini to the pan and salt and pepper. Sauté for 2-3 minutes or until tender.
4. Add chicken back to the pan for a minute or so and serve.



# ZUCCHINI BREAD

Yields: 1 loaf

Prep Time: 15 min Cook Time: 1 hr 10 min

## Ingredients

- 1 1/2 cups all-purpose flour
- 3/4 cup sugar
- 2 1/4 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/2 cup walnuts, chopped
- 2 large eggs
- 1/3 cup vegetable oil
- 1 1/2 cups shredded zucchini (1 medium)
- 1/2 teaspoon freshly grated orange peel



## Directions

1. Preheat oven to 350 degrees F. Grease 8 1/2" by 4 1/2" metal loaf pan. In large bowl, stir together flour, sugar, baking powder, salt, cinnamon, and walnuts.
2. In medium bowl, with whisk or fork, mix eggs, oil, zucchini, and orange peel. Stir zucchini mixture into flour mixture just until flour is moistened.
3. Pour batter into prepared loaf pan. Bake 1 hour 10 minutes, or until toothpick inserted in center of loaf comes out clean. Cool loaf in pan on wire rack 10 minutes; remove from pan.

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**For supporting the Nutrition North Education program and allowing us to prepare and present these great recipes to your members, participants, customers, students and staff.**

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