



# A Healthier Gros Mecatina



**Recipe Book Volume Two  
2019-2020**

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# Blueberry & Mushroom Balsamic Pot Roast

## Ingredients

1 whole (3 to 4 lbs) Chuck Roast  
Salt To Taste  
Pepper To Taste  
2 tablespoons olive oil  
2 whole Onions  
1 heaping cup of baby carrots or 6  
carrots, cut into 2" pieces  
1 cup mushrooms, sliced thick

4 cloves garlic, sliced thin  
1/2 cup balsamic vinegar  
1/2 cup beef broth  
1/4 cup tomato sauce  
2 cup fresh blueberries  
2 tbsp fresh thyme, or more to taste  
2 tbsp fresh rosemary, or more to taste

## Directions

On a plate drizzle olive oil over the roast and rub with salt and pepper.

Preheat your oven to 275F

Heat a large pot or a Dutch oven over med-high heat. Add 2-3 tbsp olive oil. Cut 2 peeled onions in quarters and carrots

When the oil in the pot is very hot add the onions. Brown them and then remove. Next add the carrots to the same pot. Toss them until slightly brown and remove. Add a little more oil if necessary and add the mushrooms and sliced garlic. Toss to brown and remove.

Place the meat in this same pot and sear for about a minute on all sides. Remove from pot.

Next put the balsamic vinegar and beef broth in the pot. Scrape the bottom of the pot with a whisk.

Add the tomato sauce and blueberries. Bring to a boil and lower heat to simmer. Mash some of the blueberries with your spoon.

Place the roast back into the pot; add back in the onion, mushroom, garlic and carrots. Also add some rosemary and thyme.

Put the lid on and roast in a 275F oven for about 3 hours.





# Chicken Skewers with Blueberry-Balsamic Salsa

## Ingredients

1 garlic clove	1/2 teaspoon salt, divided
1/4 cup chopped fresh flat-leaf parsley	4 skinless, boneless chicken thighs, each cut into 6 pieces
1/4 cup chopped fresh basil	1 cup blueberries, divided
1/4 cup chopped fresh cilantro (optional)	2 tablespoons balsamic vinegar
2 tablespoons olive oil	1/2 teaspoon honey
1/2 teaspoon grated lemon rind	2 tablespoons finely chopped red onion
1 tablespoon fresh lemon juice	1 teaspoon minced jalapeño pepper
1/4 teaspoon ground black pepper	

## Directions

Chop garlic with a food processor. Add parsley, basil, cilantro, oil, lemon rind and lemon juice. Process until finely chopped. Add 1/8 tsp salt; pulse to combine.

Combine herb mixture and chicken in a medium bowl. Cover and refrigerate at least 1 hour. Wipe out food processor.

Combine 1/2 cup blueberries, vinegar, and honey in a small saucepan over medium heat. Bring to a boil; reduce heat to low, and cook 10 minutes or until thickened, pressing with a spoon to break up blueberries. Place blueberry mixture in a medium bowl. Add remaining 1/2 cup blueberries to food processor; pulse 5 times. Combine chopped blueberries, 1/8 teaspoon salt, onion, and jalapeño pepper with blueberry vinegar mixture.

Preheat grill to medium-high heat.

Thread 6 chicken pieces evenly onto each of 4 (8-inch) skewers. Sprinkle with remaining 1/4 teaspoon salt. Place chicken on grill rack coated with cooking spray; grill 10 minutes, turning occasionally. Serve with blueberry salsa.



# Blueberry Barbecue Sauce



## Ingredients

- 2 tbsp olive oil
- 1 large red onion , finely diced
- 1 shallot , minced
- 3 cloves garlic
- 3½ cups fresh or frozen blueberries
- 1 large apple diced
- 1 tbsp grated fresh ginger
- 3 tbsp Worcestershire Sauce
- ½ cup strong black coffee
- ½ cup apple juice
- 1 cup ketchup
- ¼ cup brown sugar
- ¼ cup maple syrup
- ½ cup balsamic vinegar
- ½ tsp black pepper & salt
- ¼ tsp ground cumin
- 1 tbsp paprika
- ½ tsp cinnamon

## Directions

In a medium sized sauce heat oil and cook the onion, shallot and garlic over medium low heat until softened but not browned. Add all the other ingredients, stir well and simmer over low heat for about 45-60 minutes, stirring occasionally, until the mixture has reduced, the apples have softened and the mixture begins to thicken.

Let the sauce cool before pureeing until smooth in a food processor or blender.

Store in airtight container in the fridge if you are using it within a week or so or freeze it in airtight containers. Properly preserving it in mason jars will make it last all summer.

## Blueberry Fruit Dip

### Ingredients

1 tub blueberries, rinsed  
3 tbsp maple syrup  
1 cup raw cashews (soaked overnight,  
drained)  
1/2 cup plain yogurt

1 tbsp fresh lemon juice (more or less to  
taste)  
1 to 2 tsp apple cider vinegar  
1 tsp salt

### Directions

In a small nonstick saucepan add blueberries and maple syrup. Simmer over medium heat for about 5 to 7 minutes, until the blueberries begin to break down. Remove from heat and allow to cool.

In a food processor, add the cooked blueberries, cashews, yogurt, lemon juice, vinegar and salt. Blend until the mixture is very smooth. Season with additional maple syrup if desired. Transfer into an airtight container and keep refrigerated.



## Blueberry Muffin Smoothie

### Ingredients

1/2 cup milk  
4 – 6oz vanilla Greek yogurt  
1/2 cup frozen blueberries  
1/2 frozen banana (or a whole banana if you like your smoothies sweeter)  
1/4 cup raw oats  
1/4 teaspoon lemon zest  
1/2 cup ice cubes

### Directions

Add ingredients to blender in the order listed above then blend until very smooth, about 2 minutes





# Blueberry Zucchini Muffins

## Ingredients

1 1/2 cups whole wheat flour  
1/2 tsp salt  
1 tsp baking powder  
1/4 tsp baking soda  
1 1/2 tsp cinnamon  
zest of 1 lemon  
1/2 cup sugar  
2 eggs  
2 tsp vanilla  
1/2 cup Greek yogurt  
1 1/2 cups zucchini, shredded  
1 1/2 cups blueberries

## Directions

Preheat oven to 350°

In a small bowl, stir together the flour, baking powder, baking soda, salt, and cinnamon.

In another small bowl, stir the lemon zest into the sugar.

In a large bowl, beat together the eggs, Greek yogurt, and vanilla, until smooth. Add the sugar mixture and stir until smooth. Slowly stir in the flour mixture until just incorporated. Fold in the zucchini and blueberries.

Scoop 1/4 cup of batter into a lined muffin tin. Bake at 350°F for 25-30 minutes, until a toothpick comes out clean. Cool slightly in the pan, then remove to a wire rack to cool.





## Blueberry Yogurt Pops

### Ingredients

2 cups fresh blueberries  
2 tablespoons sugar  
6 tablespoons honey  
1/3 cup water  
2 (2-in.) lemon rind strips  
2 1/4 cups plain yogurt

### Directions

Place berries and sugar in a small saucepan over medium. Cook for 10-12

minutes, stirring occasionally and pressing, to break up berries. Cool completely.

Meanwhile, place honey, 1/3 cup water and rind in a small saucepan. Cover and bring to a boil over medium-high. Remove from heat; let stand 15

Stir together syrup and yogurt in a bowl. Spoon the yogurt mixture and blueberry mixture alternately into 10 (3-ounce) ice-pop molds, beginning and ending with yogurt mixture. Swirl gently. Freeze until solid, 4 hours or overnight.

## Blueberry Cantaloupe Breakfast

### Ingredients

1 cantaloupe  
1 quart fresh blueberries  
1/4 cup fresh squeezed lemon juice  
1 tablespoon real maple syrup  
1 teaspoon cinnamon

### Directions

Slice cantaloupe in half, remove seeds and stringy insides.

Cube into 1 inch squares.

Wash and rinse blue berries.

Combine cantaloupe and berries in medium size mixing bowl.

Add remaining ingredients and gently mix together.



## Carrot Ribbon Salad

### Ingredients

3-5 large carrots (about 12 ounces)  
2 tablespoons orange juice  
2 tablespoons vinegar  
1 tablespoon soy sauce  
1 teaspoon toasted sesame oil  
1 teaspoon honey  
 $\frac{1}{4}$  teaspoon garlic powder  
3 green onion, sliced  
2 tablespoons toasted sesame seeds



### Directions

Using a vegetable peeler, make long thin strips of carrot (8 cups).

Whisk orange juice, vinegar, soy sauce, oil, honey and garlic powder in a large bowl. Add the carrot ribbons and green onion and toss well to coat. Let stand 5 minutes, toss again.

Sprinkle with sesame seeds before serving.

## Carrot and Apple Salad

### Ingredients

1 tablespoons honey  
1 teaspoon oil  
2 tablespoons fresh lemon juice  
1 green apple, cored and thinly sliced  
2 carrots, peeled and cut into coins  
 $\frac{1}{2}$  cup walnut pieces, toasted

### Directions

In large bowl, whisk honey, oil and lemon juice; season with salt and pepper.

Toss apple and carrots with dressing. Sprinkle with nuts





## Maple Roasted Carrots

### Ingredients

1½ pounds carrots, sliced  $\frac{1}{4}$  inch thick on the diagonal  
1 tablespoons melted butter  
2 tablespoons pure maple syrup  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon ground pepper  
2 teaspoons snipped fresh chives (optional)

### Directions

Preheat oven to 400°F.

Stir carrots, butter, maple syrup, salt and pepper together in a large bowl.

Spread evenly on a large rimmed baking sheet and roast, tossing once, until tender, 20 to 25 minutes. Sprinkle with chives, if desired.



## Carrot Apple Ginger Smoothies

### Ingredients

2 cups ice  
1 cup carrot juice  
 $\frac{3}{4}$  cup apple juice  
 $\frac{1}{2}$  cup plain yogurt  
 $\frac{1}{2}$  teaspoon grated fresh ginger

### Directions

In a blender, puree ice, carrot juice, apple juice, yogurt and ginger, until smooth.



## Carrot Cake Breakfast Cookies

### Ingredients

1 cup instant oats  
 $\frac{3}{4}$  cup whole wheat flour  
 $1\frac{1}{2}$  tsp baking powder  
 $1\frac{1}{2}$  tsp ground cinnamon  
 $\frac{1}{4}$  tsp ground nutmeg  
 $\frac{1}{4}$  tsp salt  
2 tbsp oil

1 large egg white, room temperature  
1 tsp vanilla extract  
 $\frac{1}{4}$  cup pure maple syrup, room temperature  
5 tbsp milk, room temperature  
 $\frac{3}{4}$  cup freshly grated carrot (about 1 medium carrot)

### Directions

In a medium bowl, whisk together the oats, flour, baking powder, cinnamon, nutmeg, and salt.

In a separate bowl, whisk together the oil, egg white, and vanilla. Stir in the maple syrup and milk. Add in the flour mixture, stirring just until incorporated. Gently fold in the carrots. Chill the cookie dough for 30 minutes.

Preheat the oven to 325°F, and line a baking sheet with a silicone baking mat or parchment paper. Drop the cookie dough into 15 rounded scoops onto the prepared sheet, and flatten to the desired thickness and width with a spatula. Bake at 325°F for 10-13 minutes. Cool on the pan for 10 minutes before transferring to a wire rack.



## Carrot Oatmeal Bites

### Ingredients

1 1/2 cups rolled oats  
1/2 cup shredded carrots (packed)  
1/2 cup peanut butter  
1/3 cup raisins  
1/3 cup chopped pecans  
1/4 cup honey

1/2 teaspoon vanilla extract  
1/2 teaspoon ground cinnamon  
1/8 teaspoon ground nutmeg  
1/8 teaspoon ground ginger

### Directions

In a large bowl, stir together all of the ingredients until well mixed. Using your hands, shape into 1-inch balls. Refrigerate for 1 hour. Serve cold.



## Roasted Carrots and Turnip

Roasted veggies are always an easy weeknight side dish.

### Ingredients

1 large turnip or rutabaga  
3-4 medium carrots  
 $\frac{1}{4}$  cup maple syrup  
1 tbsp chopped fresh thyme

### Directions

Preheat oven to 425°

Cube rutabaga and 3-4 carrots and toss in olive oil. Turn out on a sheet pan and sprinkle with salt.

Roast for 25 minutes

Drizzle with maple syrup and sprinkle with thyme, tossing to coat. Return to oven for 10 minutes.

Garnish with fresh thyme and serve.





# Cherry Chicken

## Ingredients

3 tablespoons vegetable oil  
1 (4 pound) whole chicken, cut into 8 pieces  
salt and pepper to taste  
1/2 cup all-purpose flour for dusting  
1 (15 ounce) can pitted dark cherries packed in water  
1/4 cup white sugar  
1 tablespoon cornstarch  
1 orange - with peel, quartered and thinly sliced  
1/2 cup slivered almonds, toasted

## Directions

Heat the oil in a large skillet over medium-high heat. Season the chicken with salt and pepper, then coat with flour. Fry in the hot oil until browned, turning as needed.

Reduce heat to medium, cover and cook for about 25 minutes or until meat is tender and juices run clear.

Remove the chicken from the pan, and pour off all but 1/4 cup of the drippings. Return to medium heat and stir in the cherries, reserving some of the cherry liquid for later. Stir in sugar and bring to a boil.

Dissolve the cornstarch in the reserved cherry liquid, stir into the pan. Cook, stirring gently, until thickened.

Add orange slices and almonds to the skillet; return the chicken pieces to the skillet. Spoon sauce over the chicken to coat, and simmer over low heat for 5 to 10 minutes before serving.



## Carrots with Dried Cherries

### Ingredients

5 carrots sliced  
1 Tbsp butter  
1  $\frac{1}{2}$  Tbsp honey  
 $\frac{1}{4}$  cup dried cherries

### Directions

Bring one inch of water in a medium saucepan to a boil. Add carrots and cook until tender, about 10 minutes. Drain and set aside.



In the same pan, melt the butter over medium heat. Stir in the honey until dissolved. Add the cherries and simmer over low heat for one minute. Remove from heat and stir in carrots until completely coated.

## Mixed Green Salad with Cherries



### Ingredients

6 cups of mixed salad greens  
1 cup fresh cherries, pitted and sliced  
 $\frac{1}{2}$  cup chopped walnuts  
6 oz of feta cheese, crumbled  
Balsamic Vinaigrette, 6 tbsp, or as desired

### Directions

Divide salad greens onto six salad plates. Top with the fresh cherries, walnuts and feta cheese. Drizzle with balsamic or white balsamic vinaigrette.

## Cherry Muffins

### Ingredients

1 banana peeled and mashed  
1 egg  
 $\frac{3}{4}$  cup milk  
2 Tbsp vegetable oil  
 $\frac{1}{2}$  cup applesauce unsweetened  
2 cup flour  
1 Tbsp brown sugar  
 $\frac{3}{4}$  Tsp baking powder  
 $\frac{1}{2}$  cup dried cherries or fresh cherries



### Directions

Preheat oven to 400 degrees F. Lightly grease or line a 12-cup muffin tin with paper liners.

In a large bowl blend the banana, egg, milk, oil and applesauce together. Stir in the flour, brown sugar, baking powder and salt. Mix until just moistened then stir the cherries in.

Pour batter into the prepared muffin tin, filling each cup  $\frac{2}{3}$  full.  
Bake at 400 degrees F for 30 minutes.



## Fruit & Nut Popcorn Trail Mix

### Ingredients

1 cup air-popped popcorn  
2 tablespoons salted shelled pistachios  
1 tablespoon dried cherries or cranberries

### Directions

Combine popcorn, pistachios and dried cherries in medium bowl.



# Cherry Apple Cranberry Oatmeal Cookies

## Ingredients

$\frac{1}{4}$  cup soft butter  
 $\frac{3}{4}$  Tsp cinnamon  
 $\frac{3}{4}$  Tsp baking soda  
 $\frac{1}{2}$  cup brown sugar  
1 cup unsweetened applesauce  
1 cup flour  
3 cups rolled oats  
 $\frac{3}{4}$  cup dried cherries  
 $\frac{3}{4}$  cup dried cranberries



## Directions

Cream butter, cinnamon, baking soda, and brown sugar. Mix in applesauce. Gradually blend in flour, and then oats. Stir in dried berries. Let dough sit for one hour.

Drop by teaspoonful onto ungreased baking sheet.

Bake at 350 degrees F for 10 to 12 minutes, or until edges are slightly browned. Cool on wire rack.

# Chunky Cucumber and Tomato Gazpacho Pasta Salad

## Ingredients

1 package (375 g) whole wheat rotini pasta  
4 tomatoes, seeded and chopped  
1 English cucumber, diced  
1 large clove garlic, minced  
1/4 cup (50 mL) diced sweet onion  
3 tbsp (45 mL) chopped fresh cilantro or parsley  
3 tbsp (45 mL) chopped fresh basil  
5 tbsp (75 mL) red wine vinegar  
1/2 tsp (2 mL) hot pepper sauce  
1/2 cup (125 mL) crumbled light feta cheese



## Directions

In a pot of boiling water, cook pasta for about 8 minutes or until tender but firm. Drain well and rinse with cold water; drain again. Set aside.  
In a large bowl, combine tomatoes, cucumber, garlic, onion, cilantro, basil, vinegar and hot pepper sauce. Let stand for 10 minutes.  
Add pasta and feta; toss to combine. Let stand for 10 minutes before serving.

# Cucumber Finger Sandwiches

## Ingredients

8 slices whole wheat sandwich bread  
1/2 English cucumber, peeled and thinly sliced  
1/4 cup mayonnaise  
1 tablespoon finely chopped chives  
1 teaspoon yellow mustard  
Kosher salt and freshly ground black pepper



## Directions

Arrange a single layer of cucumber slices on 4 of the bread slices. Stir together the mayonnaise, chives, mustard and some salt and pepper in a small bowl. Spread a thin layer of the mayonnaise mixture over the cucumbers. Top with the remaining slices of bread. Cut off the crusts and cut each sandwich into three fingers.

## Ranch Cucumber Bites

### Ingredients

1 package (8 oz) cream cheese, softened  
2 tablespoons dried parsley  
2 teaspoons dried dill  
1  $\frac{1}{2}$  teaspoons garlic powder  
1  $\frac{1}{2}$  teaspoons onion powder  
1 teaspoon dried chives  
 $\frac{1}{2}$  teaspoon salt, plus more to taste  
 $\frac{1}{2}$  teaspoon black pepper  
1-4 tablespoons buttermilk  
2 large cucumbers, sliced into 2 dozen  
1/4-inch thick rounds  
12 cherry tomatoes, halved  
Fresh chives, for garnish

### Directions

In a medium-size bowl, mix together the softened cream cheese, parsley, dill, garlic powder, onion powder, chives, salt and black pepper until well combined.

Add in the buttermilk, 1 tablespoon at a time, until the cream cheese is thin enough to easily spread or pipe onto the cucumber slices, about 2 tablespoons. Taste for seasoning, and add more salt if necessary.

Spread or pipe 1 heaping tablespoon of the cream cheese mixture onto each cucumber slice. Top each slice with half a cherry tomato and garnish with fresh chives.



## Easy Tzatziki

### Ingredients

1 cup Greek whole milk yogurt  
1 English cucumber, seeded, finely grated and drained  
2 cloves garlic, finely minced  
1 teaspoon lemon zest plus 1 tablespoon fresh lemon juice  
2 tablespoons chopped fresh dill  
salt and freshly cracked black pepper

### Directions

In a medium bowl, whisk together the yogurt, cucumber, garlic, lemon zest, lemon juice and dill. Season with salt and pepper. Chill.

For some extra flavor, add some olive oil and some coarsely chopped fresh mint.



# Cucumber Bread

## Ingredients

1 1/4 cups flour  
1/2 cup sugar  
1/2 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1/2 teaspoon ground cloves  
1/8 cup chopped walnuts (optional)  
1 1/4 pounds fresh cucumbers  
1/2 cup vegetable oil  
2 eggs



## Directions

Preheat oven to 325°; grease and lightly flour a loaf pan.

Wash, peel and coarsely shred cucumbers into a colander. Apply light pressure to the shredded cucumbers, squeezing out additional moisture until the cucumbers are moist, but not overly drippy. Set aside.

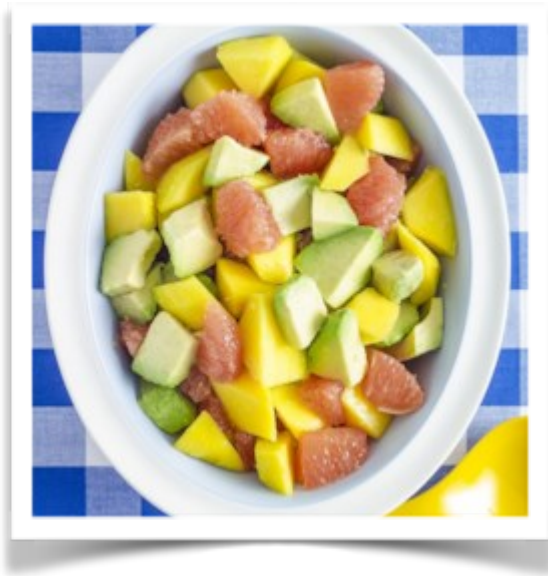
Combine all dry ingredients and walnuts in a large mixing bowl. Add 1 1/2 cups shredded cucumber, oil and eggs. On medium speed, beat ingredients until thoroughly combined, approximately 2 minutes.

Because cucumbers have an high moisture content, the consistency of the batter will be thinner than a typical cake batter. Look for a consistency similar to pancake batter, adding additional flour if needed.

Pour batter into the pan and bake at 325° for 60 minutes or until the cake passes the 'clean toothpick' test. Remove from oven and let cool.

Serve plain or with a light drizzled glaze. Makes a great dessert or breakfast snack!





## Three Amigos Salad

### Ingredients

- 1 Avocado cut in bite-size pieces
- 1 mango cut in bite size pieces
- 1 Ruby Red grapefruit cut in bite-size pieces
- $\frac{1}{2}$  lime

### Directions

Place the avocado, mango, and grapefruit into a mixing bowl. Squeeze the lime over the fruit, and stir gently until mixed.

## Strawberry-Grapefruit Smoothie

### Ingredients

- 1 Red Grapefruit peeled, seeded and chopped
- 1 Honey Crisp apple cored and chopped
- 2 cups of frozen strawberries
- 1 inch piece of ginger peeled and chopped
- 1 cup water

### Directions

Combine all ingredients in a blender and process until smooth. Leftovers? Freeze extra smoothie into Popsicle molds!



## Warm Grapefruit Tea

### Ingredients

- ½ cup water
- 2 cups Ruby red grapefruit juice (2 grapefruit)
- 1 cinnamon stick
- 2 to 4 tbsp honey
- ½ tsp whole allspice berries

### Directions

In a medium saucepan combine all ingredients and bring to a boil over high heat. Strain and discard solids.

Serve with a grapefruit segment



## Roasted Halibut with Grapefruit Salsa

### Ingredients

- 2 large red or pink grapefruits
- 1 red jalapeño
- 3 tbsp diced red onion
- 2 tbsp basil leaves
- 1 tsp thyme
- 4 1-inch-thick halibut fillets
- vegetable oil
- salt & Pepper

### Directions

Heat oven to 450 degrees F. Cut away the peel and pith from 2 large red or pink grapefruit; cut segments into a bowl; snip segments into smaller pieces. Add juice from membranes, jalapeno, onions, basil, and thyme.

Brush the halibut fillets with vegetable oil and season with salt and pepper. Roast on a baking sheet lined with parchment paper or nonstick foil 10 to 12 minutes, until cooked through. Spoon salsa over fish.



# Broiled Lobster and Grapefruit Salad

## Ingredients

2 Ruby red grapefruit  
1 tsp olive oil  
 $\frac{1}{4}$  tsp pepper  
4 ounces spinach leaves  
2 lobster tails in shell, thaw if frozen  
 $\frac{1}{2}$  tsp salt  
1 medium head lettuce, torn in large pieces  
 $\frac{1}{4}$  cup chives in 1 inch pieces

## Vinaigrette

1 tsp grated Ruby Red grapefruit zest  
1 Ruby Red grapefruit, juiced (about  $\frac{1}{4}$  cup)  
1 tbsp thinly sliced mint (optional)  
2 tsp olive oil  
2 tsp sugar  
1 tsp white wine vinegar  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{4}$  tsp pepper

## Directions

Preheat broiler with rack as close as possible to heat source.

Cut ends off grapefruits. Using a paring knife, remove peel, pit and outer membranes, following the curve of the fruit.

Separate the sections and transfer to a small bowl.

Squeeze juice from the outside membranes and reserve

Cut along the length of each lobster tail shell. Using a knife make a shallow cut in the meat leaving tail intact. Do not remove meat from shell

Arrange tails and grapefruit segments on a rimmed baking sheet in a single layer. Rub lobster meat with oil, salt and pepper. Drizzle reserved grapefruit juice on top.

Broil until lobster tails are not transparent and the edges of grapefruit are browned, 5 to 6 minutes (Watch the meat closely so it's not over cooked). Let it cool slightly about 10 minutes. Remove the meat from the shell. Cut the lobster in half lengthwise, then into  $\frac{1}{2}$  diagonal slices

Toss the lettuce, spinach and chives in a large serving bowl

Make the vinaigrette

Add lobster meat and vinaigrette to lettuce mixture and toss to coat. Gently fold in broiled grapefruit segments. Serve immediately.



## Melon with Honeyed Yogurt

### Ingredients

1 Honeydew melon seeded and cut  
3 cups Greek Yogurt  
 $\frac{1}{4}$  cup Honey  
 $\frac{1}{8}$  cup Mint or Marjoram or Rosemary

### Directions

Arrange melon on a platter.

Whip together yogurt and honey and top with herb of choice.

Serve melon with the yogurt and drizzle with honey.



## Honeydew Cucumber Summer Salad

### Ingredients

1 Honeydew Melon – peeled, seeded and cut in bite-size pieces  
1 large Cucumber- peeled and cut in Bite-size pieces  
 $\frac{1}{2}$  cup diced Red onion

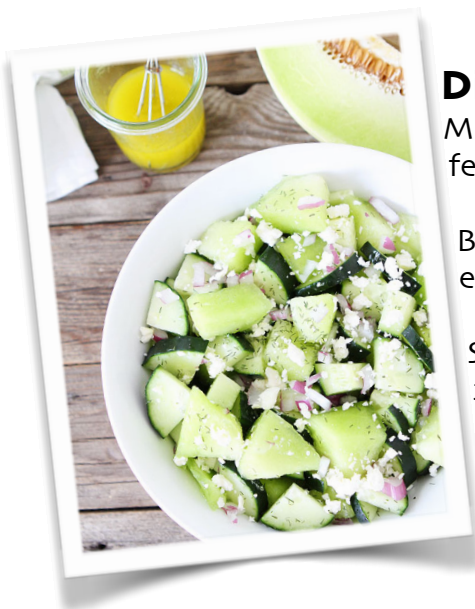
$\frac{1}{2}$  cup sliced Almonds  
1 (4oz) crumbled Feta Cheese  
 $\frac{1}{3}$  cup heavy whipping cream  
2 Tbsp Olive Oil  
2 Tbsp Poppy Seeds

### Directions

Mix honeydew melon, cucumber, red onion, almonds and feta cheese together in a bowl

Beat cream, olive oil and poppy seeds in a bowl using an electric mixer until thickened.

Stir dressing into salad; refrigerate until flavours blend, 2 hours to overnight.





## Melon and Chicken Pasta Salad

### Ingredients

1 clove garlic, minced  
¼ teaspoon salt  
½ cup milk  
¼ cup mayonnaise  
1 tablespoon dried tarragon  
1 tablespoon vinegar  
8 ounces (about 3 cups) whole-wheat bowtie pasta  
2 cups cubed honeydew melon  
2 cups thinly sliced baby spinach  
2 cups cubed or shredded cooked chicken  
¼ cup dried cranberries  
¼ cup chopped ham  
Freshly ground pepper to taste

### Directions

Dressing: Mash garlic and salt in a medium bowl with the back of a spoon into chunky paste. Add milk, mayonnaise, tarragon and vinegar. Whisk until combined

Pasta salad: Cook pasta in a large pot of boiling water. Drain and transfer to a large bowl and let cool. Add melon, spinach, chicken, cranberries, ham, pepper and the dressing. Toss to coat



## Grilled Scallops with Honeydew-Avocado Salsa

### Ingredients

zest of 1 lime  
2 tbsp. fresh lime juice  
1 tbsp. extra-virgin olive oil  
1 1/2 lb. honeydew melon  
1 avocado  
Salt and freshly ground black pepper  
2 lb. large sea scallops



### Directions

Light a grill.

In a large bowl, combine the lime zest and juice with the 1 tablespoon of olive oil. Gently fold in the diced honeydew melon and avocado. Season with salt and black pepper.

Drizzle the scallops with olive oil and season with salt and pepper. Grill over moderately high heat, turning once, until nicely charred and just cooked through, 3 to 4 minutes per side. Transfer the scallops to plates, spoon the salsa alongside, and serve.

# Poached Shrimp with Honeydew Melon

## Ingredients

- 1 Piece fresh ginger ( 3 1/2 ")
- 5 Tbsp Lemon juice
- 1 Tsp Soy Sauce
- 1 piece Honeydew Melon (5oz) with the rind removed and thinly sliced lengthwise
- 1 Tbsp Black Peppercorn whole
- ¾ pound ( 12) large whole Shrimp unpeeled
- 1 Tbsp Olive Oil
- 2 Large Green Onions thinly sliced
- ½ cup Radish thinly shaved
- ½ cup Crisp Green Apple or Celery thinly shaved

## Directions

Finely grate ginger to yield ½ tsp –set aside, cut remaining ginger into ¼ inch slices.

Bring 5 cups water, sliced ginger, peppercorns and 3 tbsp lemon juice to a boil. Reduce heat to low and add shrimp. Cover and poach until just cooked through. Stir occasionally about 4 minutes (do not let the liquid boil).

Drain and discard ginger and peppercorns. Place shrimp in a bowl of ice water for 5 minutes. Drain. Peel and cut shrimp in half horizontally. Set aside.

Whisk together the remaining 2 tbsp lemon juice with the grated ginger, soy sauce and oil in a large bowl. Add shrimp, melon, radish and half of green onion and toss well. Add apple or celery and gently toss.



Serve and season with coarse ground pepper and garnish with the remaining green onion.

# Mango Loaf

Servings: 10

## Ingredients

1/4 cup butter  
3/4 cup sugar  
2 medium very ripe, soft mangos, peeled and pitted (1 1/2 mangos pureed and 1/2 mango diced)  
1 large egg, slightly beaten  
1 teaspoon pure vanilla extract  
2 tablespoons lime juice  
1 1/2 cup all purpose flour  
1/2 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon ground cinnamon  
1 cup chopped walnuts



## Directions

To prepare batter, in a large mixing bowl cream the butter and sugar. Add the mango puree, egg, vanilla and lime juice.

In a separate large bowl, combine the flour, baking powder, baking soda and cinnamon. Add the mango mixture to the flour mixture, stirring until the dry ingredients are just moistened. Stir in the walnuts and diced mango.

To bake the mango bread, preheat the oven to 350°F. Coat a 9x5x3 inch pan with cooking spray. Pour the batter into the prepared loaf pan.

Bake for 40 minutes, or until a toothpick inserted in the centre comes out clean. Cool in the pan for 10 minutes before removing from the loaf pan. Allow to cool for 1 hour on a rack before serving.

## Wild Mango KidKebabs

Servings: 4

### Ingredients

- 4 wooden skewers
- 4 large strawberries, hulled
- 1 teaspoon store-bought vanilla frosting
- 8 mini chocolate chips
- 1 large ripe mango, peeled, pitted, cut into 1-inch cubes
- 4 brownies, cut into 1-inch cubes or another fruit that you prefer
- 12 green grapes



### Directions

Cut a slit in each strawberry head and add a very small piece of mango for the tongue. Place two dots of vanilla frosting on the top of each strawberry head. Put two mini chocolate chips in the centre of the white dots for the eyes.

Thread the strawberry head on the wooden skewers and alternate threading the mango and brownie cubes behind it. Thread three grapes on the end of each skewer for the snake tail.

## Mango and Banana Smoothie

### Ingredients

- 3 mangos (about 3 pounds), peeled, pitted and chopped
- $\frac{3}{4}$  cup low-fat milk
- 1 cup ice
- $\frac{1}{2}$  banana
- 1 teaspoon honey

### Directions

Combine all ingredients in blender. Pulse until desired consistency. For a thicker smoothie, add more ice.





## Mango Salsa

### Ingredients

2 large mangos, diced  
1 jalapeño, finely diced  
1/3 cup red onion, finely diced  
1 small handful cilantro, finely chopped  
1 lime, juiced

### Directions

Combine all ingredients, mix, and serve. Store in the refrigerator in an airtight container for 3-5 days.



## Vanilla-Mango Fruit Dip

Makes 1 cup

### Ingredients

1 cup plain yogurt  
3/4 cup diced ripe mango  
1 ounce cream cheese  
1 tablespoon honey  
1/2 teaspoon vanilla paste or extract

### Directions

In a blender or food processor, combine all ingredients. Puree until smooth and creamy. Serve with fresh fruit or graham crackers.



# Orange & Honey Glazed Pork Chop

## Ingredients

2 oranges ( 1 zested & juiced and 1 cut into 8 wedges)  
 $\frac{3}{4}$  cup honey  
 $\frac{1}{4}$  cup white wine vinegar  
salt & pepper  
5 sprigs rosemary  
4 pork chops with bone in

## Directions

In a bowl, whisk together orange zest and juice, vinegar, honey, and 1/4 teaspoon pepper. Place pork, orange wedges, and rosemary in a shallow dish or zip-top bag and coat with marinade. Refrigerate pork at least 2 hours or up to overnight.

Remove pork, orange wedges, and rosemary from marinade; transfer pork and oranges to a wire rack set on a foil-lined rimmed baking sheet. Season pork chops with salt and pepper. Transfer marinade to a small saucepan, simmer over medium until reduced by half, about 5 minutes.

Heat broiler with the rack in upper third of the oven. Broil pork and oranges 3 minutes, then flip pork, brush with reduced marinade, and add rosemary. Broil until pork is lightly charred and cooked through, 5 to 7 minutes. Brush with more reduced marinade and serve.



## Pan Fried Mackerel with Orange Salsa

### Ingredients

4 boneless Mackerel fillets, thaw if frozen  
½ tsp paprika  
2 oranges segmented  
1 large shallot very thinly sliced  
18 to 20 pitted black olive, roughly chopped  
3 tbs of chopped flat-leaf parsley  
1 tbs olive oil  
cooked new potatoes and green beans to serve



### Directions

Rub the fillets on both sides with the paprika and a little salt, then set aside. Mix the orange segments with the shallot, olives, parsley and a good grinding of black pepper.  
Heat the oil in a large frying pan and fry the mackerel on both sides for 2-3 mins. Serve with the salsa and some new potatoes and green beans, if you like.

## Orange Carrot Cranberry Muffins

### Ingredients

2 cup – flour, whole wheat	1/4 cup – orange juice
2 teaspoon – baking powder	1 large – egg
1/2 teaspoon – salt	3/4 cup – buttermilk
1/4 cup packed – brown sugar	2 teaspoon – vanilla extract
1/4 cup – honey	1/2 cup – oil
1 1/4 cup grated – carrot	1/2 cup – cranberries, dried
1 tbs – orange zest	



### Directions

Preheat oven to 400 degrees.  
In a large bowl, combine flour, baking powder and salt.  
In a separate bowl combine brown sugar, honey, grated carrots, orange zest, orange juice, egg, buttermilk, vanilla extract and oil.  
Pour liquid ingredients into flour mixture and add cranberries. Stir just until combined.  
Line muffins tins with 12 cupcake liners and fill evenly. Bake for 15-20 minutes or until the tops spring back when you touch them.

## Orange-Vanilla Frozen Custard

### Ingredients

1 tablespoon cornstarch  
1 1/2 cups whole milk  
3 large eggs  
1 cup sugar  
1/4 teaspoon salt

1 1/2 cups heavy cream  
2 teaspoons vanilla extract  
2/3 cup frozen orange juice concentrate, thawed  
4 teaspoons grated orange zest

### Directions

Whisk the cornstarch and 1/2 cup milk in a small bowl until smooth. Whisk the eggs, sugar and salt in a medium saucepan; whisk in the cornstarch mixture and the remaining 1 cup milk until smooth.

Cook the mixture over low heat, stirring, until thick enough to coat a spoon, 7 to 8 minutes (do not boil). Pour through a fine-mesh sieve into a bowl, then set the bowl in a larger bowl of ice water. Add the cream and stir until cool. Remove from the ice bath; stir in the vanilla, orange juice concentrate and orange zest. Cover and chill until cold.

Freeze the custard in an ice cream maker according to the manufacturer's directions. Scrape into a pastry bag fitted with a large star tip and pipe into cups.



## Fruit Salad with Citrus Dressing

### Ingredients

1 cup – strawberries  
1 medium – kiwi  
2 medium – orange  
1 cup – pineapple

1 medium – banana  
1/4 cup – coconut milk  
1 medium – orange  
1 teaspoon – vanilla extract



### Directions

Cut strawberries, kiwi, slice oranges, and pineapple. Mix together in a bowl.

In a food processor, blend banana, coconut milk, orange slices, and vanilla extract. Pour dressing over fruit salad



# Roasted Salmon with Citrus Salsa Verde

## Ingredients

1 shallot, very thinly sliced into rings  
Finely grated zest from 1 orange, divided  
Finely grated zest from 1 lemon, divided  
1 Tbsp. plus  $\frac{1}{2}$  cup extra-virgin olive oil  
1 lb. salmon fillet  
Kosher salt  
 $\frac{1}{2}$  cup chopped cilantro  
 $\frac{1}{2}$  cup chopped parsley  
1 small garlic clove, finely grated  
 $\frac{1}{2}$  tsp. smoked paprika  
Fresh juice from 1 orange  
Fresh juice from 1 lemon

## Directions

Preheat oven to 250°. Combine shallot, half of orange zest, half of lemon zest, and 1 Tbsp. oil in a small baking dish just large enough to fit salmon. Season salmon with salt and coat with zest mixture. Bake fish until fillet is just opaque in the centre and flakes with a fork, 30–35 minutes.

Meanwhile, mix cilantro, parsley, garlic, paprika, remaining zests, and  $\frac{1}{2}$  cup oil in a medium bowl. Stir in orange and lemon juice and season citrus salsa verde with salt just before spooning over fish.



# Baked Mashed Potato Bites

Yield: 24

## Ingredients

1 1/4 lb little Potatoes  
5 garlic cloves, peeled  
3 tbsp olive oil  
1/2 tsp ground pepper  
1/4 tsp salt  
2 green onions, thinly sliced  
3 tbsp finely grated Parmesan cheese  
2 tbsp minced parsley + garnish  
Salt and pepper, to taste  
Yogurt for garnish, if desired



## Directions

Preheat the oven to 375 degrees F. Lightly coat a mini muffin pan with cooking spray.

Bring a large saucepan of water to a boil. Cut the potatoes in half. Add the potatoes and garlic cloves to the boiling water. Cook until the potatoes are tender, 25 to 30 minutes. Scoop out and reserve 1/4 cup of the cooking water. Drain the potatoes and garlic into a colander. Transfer to a large bowl.

Mash the potatoes and garlic cloves with the olive oil, pepper and salt until combined. They won't be completely smooth because of the potato skins. If the potatoes are a little dry, mash in some of the reserved cooking water.

Stir the green onions, Parmesan cheese and parsley into the mashed potatoes. Taste and season with additional salt and pepper, if necessary.

Using a spoon, place 1 1/2 tablespoons of the mashed potato mixture into each muffin tin. Lightly press down the mixture.

Bake until the potato bites are browned around the edges and starting to brown on top, 25 to 30 minutes. Let rest for 5 minutes. Using a small metal spatula, remove the potato bites from the muffin tin and transfer to a serving platter. Garnish with yogurt and parsley, if desired.

# Greek Potato Wedges

## Ingredients

3 large russet potatoes  
1/4 cup extra-virgin olive oil  
2 tsp. garlic powder  
1 tsp. dried oregano  
Salt  
Freshly ground black pepper  
1/2 cup Greek yogurt  
Juice of 1/2 lemon  
2 tbsp. chopped fresh parsley, divided  
A pinch of crushed red pepper flakes  
1/2 cup crumbled feta  
1/4 cup Chopped fresh dill  
1/2 cup olives, coarsely chopped  
1/2 cup chopped cucumber  
1/2 cup halved cherry tomatoes



## Directions

Preheat oven to 375°. Cut potatoes into wedges and place on a baking sheet, then drizzle with olive oil and sprinkle with garlic powder and oregano. Season with salt and pepper and toss until fully coated. Arrange wedges in a single layer, skin side down, and bake until deeply golden and crispy, 38 to 40 minutes.

Meanwhile, make dip: In a small bowl, combine Greek yogurt, lemon juice, 1 tablespoon parsley and red pepper flakes. Whisk to combine.

Top baked potato wedges with feta, tomatoes, dill, remaining tablespoon parsley, olives, and cucumber.

# Potato Salad with Sugar Snap Peas

## Ingredients

3 lb. small red potatoes  
1 tbsp. salt  
2 tbsp. white vinegar  
1/2 cup plain Greek yogurt  
1/4 cup mayonnaise  
3 green onions (green and light-green parts only)  
1/4 cup packed fresh parsley  
1 tbsp. fresh marjoram  
1 clove garlic  
Freshly ground pepper  
4 oz sugar snap peas  
1 small red bell pepper

## Directions

In a large pot over medium-high heat, bring potatoes, 1 tablespoon salt, and enough water to cover by 1 inch to a boil. Cook potatoes at a gentle boil until tender, about 20 minutes, then drain. Transfer to a large bowl and sprinkle potatoes with vinegar. Let cool to room temperature, about 15 minutes.

Meanwhile, in a food processor, add yogurt, mayonnaise, green onions, parsley, marjoram, and garlic and blend until smooth. Season with salt and pepper.

Add sugar snap peas and bell pepper to potatoes. Gently mix the dressing into potatoes until all ingredients are evenly distributed and potatoes are well coated. Refrigerate for 1 hour before serving.





## Caesar Potato Salad

Can't decide between Caesar and potato salad? With this inventive recipe, you won't have to.

### Ingredients

3 pounds (8 to 10) medium red potatoes, scrubbed  
1/4 cup olive oil  
1 minced small garlic clove  
2 tablespoons lemon juice  
1 cup grated Parmesan  
1 1/2 cups shredded romaine  
Salt and pepper



### Directions

In a large pot, bring potatoes to a boil in salted water over high. Reduce to a simmer and cook until tender when pierced with a knife, 15 to 20 minutes. Drain and let cool completely. Cut potatoes into 1 1/2-inch pieces.

In a large bowl, combine olive oil, garlic, lemon juice, and Parmesan. Add potatoes and toss to combine. Season with salt and pepper. Add romaine hearts just before serving. To store, cover and refrigerate up to 1 day.

## Sweet Potato Pancakes

### Ingredients

1 small sweet potato (about 1/2 cup mashed)  
3 Tbsp flour  
2 eggs  
1/2 tsp baking powder  
1/4 tsp cinnamon  
Pure maple syrup, for serving



### Instructions

Begin by boiling 1 small sweet potato in water until soft. Remove skin. Mash smooth with a fork.

Beat eggs in a large mixing bowl. Add sweet potato, flour, baking powder and cinnamon. Whisk with a fork until smooth.

Heat a large non stick skillet over medium heat. Scoop 1/3 cup of pancake batter and pour into the skillet. Cook 2-3 minutes. Use a spatula to flip and cook an additional 3 minutes. Serve hot with maple syrup.

## Sweet Potato Cookies

### Ingredients

2 cups cooked pureed sweet potato  
1 cup flour  
1/2 cup maple syrup  
1 1/2 tsp cinnamon  
1/4 tsp nutmeg  
3 Tbsp chocolate chips



### Directions

Preheat oven to 350.

In a food processor, combine all the ingredients except the chocolate chips and process until smooth. The dough will be pretty sticky. Add the chocolate chips and pulse a few times to get them mixed in well.

Using a cookie scoop drop cookies onto a lined baking sheet. Bake for 15-17 minutes.

Let the cookies cool before transferring them to a container. These should last a couple weeks in the fridge. You may also freeze them. Enjoy!

# Cinnamon Spice Sweet Potato Bread

## Ingredients

$\frac{1}{2}$  cup Flour  
1  $\frac{1}{2}$  teaspoon Cinnamon  
 $\frac{1}{2}$  teaspoon Nutmeg  
 $\frac{1}{2}$  teaspoon Cloves  
 $\frac{1}{2}$  teaspoon Baking Powder  
 $\frac{1}{2}$  teaspoon Baking Soda  
 $\frac{1}{4}$  teaspoon Salt  
1 cup Cooked & Mashed Sweet Potato or Yam  
(about 1 large or 2 small)  
4 Large Eggs  
 $\frac{1}{3}$  cup Maple Syrup  
3 Tablespoons Melted Coconut Oil (measure  
in melted state)  
1  $\frac{1}{2}$  teaspoon Vanilla Extract



## Directions

Preheat oven to 350 degrees F. Spray an 8.5x4.5-inch loaf pan with nonstick cooking spray and line with wax paper. Set aside.

In a small bowl, whisk to combine Coconut Flour, Cinnamon, Nutmeg, Cloves, Baking Powder, Baking Soda, and Salt. Set aside.

In another large mixing bowl, whisk Eggs. Add in Mashed Sweet Potato/Yam, Maple Syrup, Coconut Oil, and Vanilla, and whisk very well to combine. There may be some small lumps from the sweet potato, and this is ok.

Pour dry ingredients into the bowl of wet ingredients, and stir well to combine. Pour batter into the prepared loaf pan, and smooth out the top with a spoon or knife.

Bake for 38-42 minutes, uncovered, until a toothpick inserted into the center comes out clean or with a few moist crumbs attached.

Allow bread to cool in the pan, on a wire rack for about 20 minutes before removing to a wire rack to cool completely.

# Chicken Cacciatore

## Ingredients

4 tbsp canola oil	1 cup Mushrooms, sliced
1 lb. bone-in skin-on chicken legs	2 cloves garlic, minced
1/2 lb. chicken thighs	1 14.5-oz. can diced tomatoes
1/2 tsp. salt	1 cup chicken broth or water
1/2 tsp. Freshly ground black pepper	1 tbsp. fresh basil leaves, roughly chopped
1/2 onion, minced	
1/2 red bell pepper, finely chopped	

## Directions

In a large skillet with high edges, heat 2 tablespoons of oil over medium-high heat, swirling to coat the bottom of the pan. Season the chicken with salt and pepper and place in pan. Sear chicken until golden brown, about 3 minutes per side.

Remove the chicken from the pan and set aside. With the same pan still on medium-high heat, add the remaining 2 tablespoons oil, onions, and peppers and sauté for 2 to 3 minutes, until the onion becomes translucent.

Add mushrooms and continue to cook, stirring for 2 minutes. Add garlic and stir until aromatic, about 1 minute, then add diced tomatoes.

Return chicken to pan and cover everything with chicken broth or water. Reduce heat to medium and bring everything to a simmer.

Turn the heat down to low and continue to simmer (not boil) until the chicken reaches an internal temperature of 160°, about 30 minutes.



## Quick and Easy Tomato Sauce

### Ingredients

2 tbsp Olive Oil  
4 cloves garlic minced  
3 tbsp dry red wine  
 $\frac{1}{2}$  tsp basil  
 $\frac{1}{2}$  medium sized red onion, minced  
14 ounces ( 1 can) diced tomatoes in juice  
 $\frac{1}{2}$  tsp oregano  
Salt to taste



### Directions

In a medium skillet heat the oil over medium heat. Add onion and garlic; cook, stirring frequently, until softened.

Stir in tomatoes and juice, wine, oregano and basil. Simmer 8 minutes or until slightly thickened. Season with salt to taste.

## Tomato and Carrot Salad

### Ingredients

600g mixed ripe tomato such as red and yellow cherry, plum and medium vine  
2 medium carrots, peeled and finely shredded or grated  
bunch of green onions finely chopped  
1 red chili, deseeded and finely chopped  
 $\frac{1}{4}$  cup pumpkin seed  
3 tbsp extra virgin olive oil  
2 tbsp balsamic vinegar



### Directions

Chop the large tomatoes, halve the cherry ones and tip into a large serving bowl. Add the carrots, green onions, chilli and pumpkin seeds, and toss together.

Mix the extra virgin olive oil with the balsamic, a pinch of salt and a good grinding of black pepper. Pour over the tomatoes and toss together.



# Roasted Tomato Basil Pesto Pasta

## Ingredients

large grape tomatoes, sliced in half lengthwise (enough tomatoes for 2  $\frac{1}{2}$  cups)  
1/2 cup almonds, toasted  
2 garlic cloves  
1 cup tightly packed basil + more for garnish  
1/4 cup extra virgin olive oil + more for drizzling on tomatoes  
salt & freshly ground black pepper, to taste

## Directions

Preheat oven to 400F and line a baking sheet with parchment. Place sliced tomatoes on the sheet and drizzle with oil, salt, and pepper. Roast for about 1 hour and 10 mins at 400F. Watch closely during the last 15 minutes of roasting.

Reduce oven heat to 325F and toast almonds for 8-10 minutes. Add 1/3 cup into food processor and process until finely chopped. Remove and set aside.

With processor turned on, add 2 garlic cloves and let it whirl around until finely chopped. Now add in the basil and process until finely chopped.

Add in the oil and 1.5 cups of roasted tomatoes (you will have tomatoes left over). Process until smooth. Add in 1/3 cup toasted almonds. Season the pesto generously with salt and pepper.

Add pesto to pasta or pizza, serve on toasted baguette or cracker.



## Herb Roast Tomatoes

Serves as many as you have tomatoes.

### Ingredients

1 sprig fresh thyme per tomato  
2 cloves garlic per tomato  
1 tsp (5 mL) your best olive oil per tomato  
a sprinkle each of salt and freshly ground pepper  
a splash or two of balsamic vinegar



### Directions

Preheat your oven to 400°F. Ready a baking dish or oven-proof sauté pan just large enough to snugly fit the tomatoes.

Using a sharp or serrated knife, cut an X into each tomato, through its stem end and down to just below the “equator.” Lay a sprig of fresh thyme through the middle of each tomato one way, and stuff the garlic into the 2 remaining ends the other way.

Drench with great olive oil and season lightly with salt and pepper. Cram the tomatoes together into the pan. Roast for at least 60-80 minutes. The tomatoes will be soft and caramelized and full of intense flavour. Drizzle with the balsamic vinegar. Serve.

## Tomato Cake

### Ingredients

1 cup brown sugar	1 teaspoon salt
¼ cup butter	2 cups fresh ripe tomatoes, peeled, seeded, and chopped
2 eggs	½ cup nuts, chopped
3 cups flour	½ cup dates, chopped
2 teaspoons baking powder	½ cup raisins
1 teaspoon baking soda	
1 teaspoon nutmeg	

### Directions

Cream sugar and butter. Add in eggs.

Add sifted dry ingredients, mixing well.

Stir in tomatoes, nuts, dates, and raisins.

Put into prepared 9x13 inch baking pan or Bundt pan. Bake in preheated 350 F oven for 35 minutes, or until cake tests done.



## Black Bean and Grilled Corn Salsa

Serve this salsa on its own with tortilla chips or as a topping for fish kebabs.

### Ingredients

1 jalapeno pepper  
1 red bell pepper  
4 fresh ears of corn, shucked  
1/4 cup lime juice (about 2 limes)  
1 can (15 ounces) black beans, drained and rinsed  
1/2 cup loosely packed fresh flat-leaf parsley, leaves coarsely chopped  
1/4 cup finely chopped red onion  
1/2 teaspoon minced garlic  
1 tablespoon olive oil  
1/4 teaspoon cayenne pepper  
1/2 teaspoon salt  
1/4 teaspoon freshly ground pepper

### Directions

Heat grill to medium hot. Place peppers on grill, and cook, turning, until skin is black all over, 5 to 10 minutes for jalapeño and 10 to 15 minutes for red pepper. Place grilled peppers in a brown paper bag; let stand about 10 minutes. Remove peppers from bag, and peel away and discard charred skin; rinse your fingers from time to time under cool running water, if necessary, but do not rinse the peppers. Remove and discard stems and seeds. Mince jalapeño, and transfer to a large bowl. Cut red pepper into 1/4-inch pieces, add to jalapeño, and set aside.

Place ears of corn directly on grill. Cook until brown and tender, turning often, about 10 minutes. Remove from grill, and let cool slightly. Use a sharp knife to cut the kernels off the cob; add to peppers.

Add lime juice, black beans, parsley, red onion, garlic, olive oil, and cayenne to corn and pepper mixture, and toss well. Season with salt and pepper, and serve.



## Pesto-Yogurt Roast Chicken

Marinating chicken in Greek yogurt keeps the meat nice and moist, while basil pesto gives it tons of fresh flavour.

### Ingredients

Coarse salt and ground pepper  
2 garlic cloves  
1 tablespoon extra-virgin olive oil  
1 1/2 cups greek yogurt  
1/2 cup basil pesto  
3 1/2 to 4 pounds chicken drumsticks

### Directions

On a cutting board, sprinkle 1/4 teaspoon salt over garlic and roughly chop. Drag the blade at an angle across mixture until a paste forms. Transfer garlic paste to a large bowl and whisk in oil and Pesto-Yogurt Sauce; season with pepper. Add chicken pieces and toss to coat. Cover and refrigerate 1 hour (or up to overnight).

Preheat oven to 425 degrees. Line a baking sheet with foil, then top with parchment paper. Arrange chicken in a single layer on sheet. Bake until skin is crisp and chicken is cooked through, 25 to 30 minutes, turning halfway through.



## Spicy-Sweet Glazed Shrimp

Chilli sauce and honey are all you need for major flavour. The glaze caramelizes on the grill for even more complexity. Also try it with bone-in chicken pieces or beef kebabs.

### Ingredients

Vegetable oil, for grill  
2 tablespoons spicy chili sauce or Sriracha  
1/3 cup honey  
2 pounds extra-jumbo shrimp (about 32 total), peeled and deveined (tails left on)  
Salt and pepper



### Directions

Heat a grill or grill pan to high. Clean and lightly oil hot grill.

Stir together chilli sauce and honey. Assemble kebabs (using 2 long skewers for each, threading 1 skewer through head end of shrimp and 1 through tail end); season with salt and pepper.

Grill until shrimp begin to turn opaque, 2 to 3 minutes. Flip, brush liberally with glaze, and cook until opaque throughout, 3 to 4 minutes. Brush with more glaze and serve.

## Chocolate Banana Ice Cream

### Ingredients

4 bananas chopped and frozen  
2 tablespoon cocoa powder or raw cacao powder

### Directions

Peel the bananas and cut them into small pieces. Freeze them for 1 or 2 hours on a plate lined with parchment paper.

Put the frozen bananas into a food processor or blender and pulse until smooth. Scrape down the sides as necessary. When the mixture is smooth, add the cocoa powder and process until incorporated.

For a soft ice cream, serve immediately. For a firm chocolate banana ice cream, transfer it back to the freezer for at least an hour.







## Extra Refreshing Honey Berry Lemonade

### Ingredients

8 lemons, halved, plus one sliced for garnish  
1 cup of sugar  
1 cup of honey berries  
10 fresh mint sprigs for garnish

### Directions

Juice lemons into a pitcher

Combine sugar and 1 cup of water in a saucepan, bring to a simmer and add lemon rinds from 4 of the halved lemons, continue to simmer for about 12 minutes. Strain mixture and allow to cool before adding to the pitcher.

Meanwhile puree honey berries and  $\frac{1}{4}$  cup of water using a blender or food processor, then press berries into a sieve to remove any skins (optional)

Pour berry juice into pitcher, and add 4 cups of cold water\*. Stir until combined. Serve with ice and garnish with sliced lemon and a sprig of mint if desired.

\*Alternative add only  $3\frac{1}{2}$  cups of water and blend with ice for a slushy treat.

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