

ADVENTURES IN COOKING

A HANDS-ON COOKING PROGRAM



The Adventures in Cooking program is designed for use with children aged 8 to 12 years.



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**ADVENTURES
IN COOKING**

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The Adventures in Cooking manual was originally designed by the Thunder Bay District Health Unit and jointly updated by the North Bay Parry Sound District Health Unit, Public Health Sudbury & Districts, and the Thunder Bay District Health Unit.

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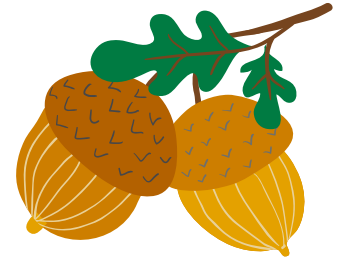


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WELCOME TO ADVENTURES IN COOKING!



In today's world, we are surrounded by convenience foods and many families don't cook homemade meals anymore. Cooking skills are not being handed down to our kids the way they were in the past, which is why it's so important to give kids the opportunity to learn basic cooking skills in a fun and safe environment.

As you work with your group of kids to pass on the basic skills of preparing food, you are also reinforcing the importance of healthy eating.

The Adventures in Cooking program was designed for use with children aged 8 to 12 years (or grade 4 to 7). We recommend groups of five children per fearless leader. Each cooking session can be tailored to your needs (e.g., budget, time available, group size).

The sessions are designed to meet the following objectives:

Provide children with an opportunity to learn:

- The skills to prepare homemade meals and snacks
- How to use a variety of kitchen tools and equipment
- Simple cooking terms and techniques
- Food safety basics
- Kitchen safety basics
- Discover traditional dishes of various cultures

Encourage healthy eating with a focus on vegetables and fruit

Inspire children with new flavours

Have fun!



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TIPS FOR LEADERS

Review the Manual

Before starting out, we recommend that you review this manual to get a feel for the program and to find out what you will need.

Leading a cooking class for kids can be a bit hectic at times, but the program is designed to make the process as easy and fun as possible.

Advertise Your Program

In the *Helpful Extras*, you will find a sample poster and registration form that you can adapt for your program.

Equipment and Ingredients

The program's recipe collection uses common kitchen equipment. You can find the full list in the *Helpful Extras*. Each recipe also lists what equipment is needed and suggests options if more than one piece of equipment can be used to perform a task.

The selected ingredients for the recipe collection are ones you can find in grocery stores. Please remember you might have to substitute ingredients sometimes. Every store has a different selection. In the *Helpful Extras*, you can find an ingredient substitution list that can help guide you. You can also utilize other tools like the internet to find substitution ideas.

Foods from the land, water and sky

In Northern Ontario, the use of wild caught, foraged, and hunted foods play an important role in the culture of Indigenous and non-Indigenous people. Throughout this program's recipe collection, there are opportunities to include these foods.

For example:

- Moose, venison or bison instead of beef
- Partridge or grouse instead of chicken
- Lake trout instead of salmon
- Dandelion greens instead of lettuce
- Haskap or Saskatoon berries instead of blueberries

It is important to cook any meat to the appropriate internal temperature including wild game; see temperature chart in the *Helpful Extras*.



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Setting Up

- Make copies of the recipes for children to take home. Consider putting them in a folder or binder for each participant.
- Plan to be in the kitchen at least 30 minutes before the children arrive. It's important to have the room set up ahead of time so your session runs smoothly.
- Wash, rinse and sanitize all cooking surfaces, sinks, and counters before cooking. You can sanitize with:

Bleach and water at a concentration of 100 ppm;

Mix 1 tsp (5 mL) plain household bleach and 3 cups of water in a spray bottle

Quaternary ammonia "Quat" sanitizer solutions at a concentration of 200 ppm; or

Other sanitization products may be considered. Please consult with your local public health unit before use.

- Use sanitizer test strips to check the concentration of the sanitizer solution. Do not mix detergent with sanitizing solutions as cleaning and sanitizing are two separate steps.
- If space allows, set up one table with all the equipment needed for the day's lesson and another one with the ingredients.
- Ensure there is one table to work at for each group of 2–5 children.
- Lay out copies of the recipes. Consider using plastic page protectors for easy clean up and to save on paper and copying costs.
- Consider preparing a snack that kids can eat when they arrive.
- As children come into the kitchen, make sure hair is confined (e.g., long hair is tied back, hairnets are put on) before they wash their hands.

Learning by Doing

The sessions are designed for kids to work together to make each recipe. This way, everyone gets a chance to do everything from cutting to measuring to cooking.

Many children do not know the names of simple cooking tools and preparation terms. These sessions are a great way to learn cooking terms and practice using different kitchen equipment. See the list of cooking terms and their meanings as well as a visual equipment list in the Helpful Extras.

Give participants more independence as they go through the sessions so they can gradually improve their skills, while you remain present to supervise and help out where needed.

At the end of your session(s), give each participant a certificate to congratulate them on their hard work and skill development. You can find the certificate in the *Helpful Extras*.



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Learning by Playing

Cooking is a fun activity. Make it even more fun by including other activities during your session. Here is a list of the program's Activities and what recipe(s) we suggest doing them based on relevance and time.

- The Balloon and Yeast Experiment
 - » Pizza Party
- Draw Your Favourite Meal
 - » Grab n' Go Granola, Quiche Muffins, Blueberry Crisp
- Food Clues
 - » Morning Glory Muffins, Chicken Cacciatore, Wild Rice and Berry Salad
- Guess the Spice
 - » Seasoned Baked Chicken, Green Bean Sides, Crispy Chickpeas
- Mystery Bag
 - » Fruit Salad, Great Greek Salad, Sloppy Joes
- Nutrition Categories
 - » Roasted Vegetables, Three Bean Veggie Chili, Lasagna Roll Ups
- Oil & Cinnamon Handwashing Game
 - » Mini Salmon Patties, Cranberry Bison Meatballs, Sunny Energy Bites

Talking about Food in a Positive Way

Try to not talk about foods as healthy or unhealthy, since this sends the message that some foods are good and some are bad. All foods fit in a healthy eating pattern. Instead of focusing on the health benefits of a food, encourage kids to explore the food using their five senses, talk about how the food is grown or produced, and discuss what recipes can be made with the food.

Creating an Inclusive Space

The focus of Adventures in Cooking is on cooking and exploring food. However, the subject of weight and dieting often comes up when talking about food. Conversations or comments about dieting and weight should be steered back towards a focus on healthy living, for example, exploring new foods, eating meals and snacks with others, getting enough sleep, and doing activities that you enjoy. It's important to emphasize that healthy bodies come in different shapes and sizes. Do your best to create a kitchen where all bodies are accepted and making comments about appearance is not tolerated.

Learning and Teaching Moments

Each recipe includes various tips that can be shared with the kids during recipe preparation. These tips are meant to provide further information to enhance kids' learning and experience. These are also meant to guide kids when they recreate the recipes at home.

As conversations take place while cooking and eating, you can use this time to ask open-ended questions to the kids. This will further discussion and allow kids to learn from each other. Be sure to redirect the conversation if discussions start to bring judgement or shame. Remember food and cooking is very personal to each individual and family for a variety of reasons.

Meals and snacks

Do you have a favourite meal?

Do you have a favourite snack?

Does your family eat meals together and where do they like to eat?

Do you have any traditions around family meals that you would like to share?



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Food literacy skills

Why do you think it is important to know how to cook?

Do you ever go grocery shopping with your parent/guardian?

Do you help with the dishes at home?

Do you like cooking or baking with a particular person?

Cultural dishes

Do you have a favourite cultural dish?

Who prepares it and do you ever help out?

Hunger and thirst cues

How do you know when your body is hungry?

How do you know you are thirsty?

How do you know when your body is full?

Food Allergies

Pay close attention to the registration form and any food allergies that are listed. We recommend that you discuss any food allergies with the child's caregiver. If you are unsure about certain ingredients, you can contact a dietitian at your local health unit.

Kitchen Safety

Reduce the likelihood of accidents taking place in the kitchen by following these tips.

Fire Safety

- Know where the exits and fire extinguisher are in the building where you will be cooking.
- If there is a small fire on the stove or in the oven, smother the flames by covering the pot with a metal lid or closing the oven door. Use a fire extinguisher if possible.
- If the fire is big, get the children out of the building and call 911.

Fire Extinguisher Use

1. Pull the pin to release the lock and allow the extinguisher to discharge.
2. Aim at the base of the fire in order to extinguish the fuel of the fire.
3. Squeeze the lever slowly to release the extinguishing agent.
4. Sweep from side to side, back and forth until fire is completely out, while staying a safe distance back.

Prevent Fires

- Never leave cooking food unattended.
- Clean grease from stovetops and ovens.
- Keep flammable objects away from heat sources.
- Make sure pilot lights on gas stoves are working.

Prevent Burns

- Always use oven mitts or pot holders to lift hot things.
- Never use oven mitts or pot holders if they are wet.
- Keep pot handles turned to the center of the stove.
- When walking past people carrying a "hot pot" yell, "hot stuff coming through".
- Wear an apron to keep clothing close to your body and away from heat sources.
- Never put water on a grease fire.



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Prevent Cuts

- A knife safety demonstration can be found in the Helpful Extras. We recommend doing it before starting the first cooking session.
- Use the right knife for the job and cut on a proper cutting surface (i.e., cutting board).
- Always use a sharp knife, a dull one may slip.
- Hold the knife firmly by the handle for greater control.
- Cut away from your body.
- When chopping, mincing and dicing, keep the tip to the knife blade on, or as close to the cutting board as possible.
- If you need to leave what you are doing or stop cutting, place the knife at the top of the cutting board, blade facing away from you.
- To carry a knife: hold it by your side, firmly by the handle, tip pointing down.
- If a knife begins to fall, step back and let it fall – never try to catch it.
- Wash knives separately from other dishes. Never leave a knife in a sink of water where others may not see it.
- Store knives safely in their proper place.
- Sweep up large pieces of broken glass into a dustpan, pick-up smaller pieces with a wet paper towel.
- Knives are not the only sharp tool that needs extra caution. Warn children that cheese graters, food processor blades, mandolines, and blender blades are very sharp and can also cause cuts.

Prevent Choking

- Chew foods well.
- Sit up straight and don't talk while eating.

Prevent Falls

- Walk, don't run.
- Clean up dropped food and spills right away.

Prevent Shocks and Injury from Equipment

- Never use electrical equipment near water, or with wet hands.
- Be sure an appliance is turned off before plugging it in.

First Aid

When emergencies happen, always reassure the child that things will be okay and tell caregivers about any injuries that have occurred during the class. Be sure to have a well-stocked First Aid Kit in the cooking area. It is recommended that at least one adult running a food program have up to date First Aid certification.

Cleaning Up Body Fluids

Avoid direct contact with body fluids (e.g., urine, feces, vomit, blood), as they all have the potential to spread germs. Germs in vomit and diarrhea may travel through the air, so it is very important to clean it up quickly.

The following is a good procedure to use:

1. Put on disposable gloves.
2. Remove all the visible material, including foods that may have become contaminated, working from the least to the most soiled areas, using paper towel or a single-use cloth. If you are cleaning up feces or vomit, be careful not to agitate the material, so that virus particles do not become airborne. Put all material in a waterproof bag for disposal.
3. Clean the area using soap or detergent, again working from the least to the most soiled areas.



4. Disinfect the area using a 1:10 bleach solution. Make the solution by mixing 2 Tbsp (30 mL) bleach in 1 cup (250 mL) water or 2 cups (500 mL) bleach in a 1 gallon (4 L) water. Always make a fresh solution daily. Because of the level of contamination, this bleach solution is much stronger than the solution used for regular sanitizing. The bleach must contact the affected area for a minimum of 10 minutes.
5. Food contact surfaces that were disinfected require a potable water rinse after the ten-minute contact time has been achieved.
6. Discard gloves and other cleaning articles in a plastic bag. You can dispose of liquid wastes in the toilet or down the utility sink drain.
7. Wash your hands after removing the gloves.
8. Wash the non-disposable cleaning equipment (e.g., mops, buckets) thoroughly with soap and water and then rinse with a bleach solution.

Food Safety

We strongly encourage all leaders get their Food Handler Training certificate before delivering Adventures in Cooking. If you are receiving training from the health unit to deliver this program, the fee for Food Handler's training may be covered.

Please notify the Environmental Health Department at your local public health unit about your program. They can provide a consultation to ensure your cooking facility is equipped to run the program.

Follow these four food safety basics: clean, separate, cook, chill.

Clean

Hand washing is one of the best ways to prevent the spread of food-borne illness. Wash your hands often with soap and water. Lather for at least 15 seconds. Wash your hands before and after handling food and after using the bathroom, after touching your face and mouth, and when you switch from handling meat and eggs to another food item.

Sanitizing reduces bacteria and can prevent food-borne illness.

Any of the following sanitizing solutions can be used:

- Combine 5 mL (1 tsp) of bleach with 750 mL (3 cups) of water in a labeled spray bottle.
- Quaternary ammonia "Quat" sanitizer solutions at a concentration of 200 ppm

Make sure countertops are clean and sanitized by cleaning with soap and water, rinsing with clean water, spraying the sanitizer solution, and then allowing to air dry.

To clean and sanitize utensils*, it is preferred to submerge them in soapy water to wash, rinse them with clean water and then submerge them in a sanitization solution.

**Using a commercial sanitizing dishwasher is also acceptable.*

Rinse fresh fruit and vegetables under running tap water, including those with skins and rinds that are not eaten.

Rub firm-skin fruit and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.



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Separate

Cross-contamination is how harmful germs can spread. When handling raw meat, keep these foods and their juices away from ready-to-eat foods.

Avoid cross-contamination by having separate cutting boards. Use one cutting board for fresh produce and a different cutting board for raw meats, poultry, and seafood.

Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart and grocery bags. Place your raw meat in a leak-proof container (e.g., pan or cookie sheet) on the bottom shelf of the fridge.

Never place cooked food on a plate that was previously used for raw meat, poultry, seafood or eggs without washing and sanitizing it first.

Cook

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause food-borne illness. Don't rely on sight, smell or taste to determine if your food is safe to eat. Ensuring foods reach a safe minimum internal temperature is the only reliable way to ensure safety. Use a probe thermometer to measure the internal temperature of cooked foods. A digital thermometer is a great addition to your kitchen equipment and will help to keep your food safe.

Refer to the safe cooking temperature chart in the Helpful Extras for safe internal cooking temperatures.

Bring sauces, soups, and gravy to a boil when reheating. Heat leftovers thoroughly before eating.

Chill

Refrigerate foods quickly, because cold temperatures slow the growth of harmful germs. Do not over-stuff the refrigerator. Cold air must circulate to help keep food safe. Keeping a constant refrigerator temperature of 4°C (40°F) or colder is one of the most effective ways to reduce the risk of food-borne illness. The freezer should be kept at a temperature that ensures all foods are kept in a frozen state.

Refrigerate or freeze meat and other perishable foods as soon as you get home from the store. Never let raw meats, cooked foods, fresh cut fruit or vegetables sit at room temperature for more than 2 hours before refrigerating or freezing them.

Never defrost food at room temperature. Food must be kept at a safe temperature during thawing. There are 3 safe ways to defrost food:

- in the refrigerator
- in cold water
- in the microwave

Food thawed in cold water or in the microwave should be cooked immediately.

Always marinate foods in the refrigerator.

Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.



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SESSION OUTLINE

Preparation

Select a session theme (for example, Beary Best Breakfasts) and pick the recipes from the recipe bank(s). Themes could be based on seasonal ingredients, celebrations and important dates, recipe types, or mealtimes. If you wish, use the Planning Worksheet in the *Helpful Extras* to guide you through the process of preparing for your session. Use it as a quick reference for your shopping list, equipment needed, dietary restrictions of participants, and teaching points for the selected recipes.

Set Up

1. Before the children arrive, prepare a snack and put out cups with a pitcher of water to have available during the session.
2. Set up equipment and ingredients according to your selected recipes.
3. Print recipes to send home with children.
4. Have hair elastics or hairnets available for children to confine hair. They can also use their own ball cap or bandana.

Snack Time and Ground Rules

While the children eat their snack and get settled, set ground rules to create a positive and safe environment. Post them in the kitchen to refer to if participants need a reminder. Ask participants what they think should be included.

Examples may include:

- Everyone has something to learn and something to contribute
- Listen to the leaders
- Be kind to one another
- Always treat food and kitchen equipment with respect
- Wash your hands often
- No running in the kitchen
- Keep hands to yourself
- Have fun!

Recipe Review

As a group, review the selected recipes in detail. If necessary, divide children into groups depending on the number of recipes, participants and allocated time for your session.

Let's Cook!

Have the participants:

1. Confine their hair with an elastic or hair net. They can also use their own ball cap or bandanna.
2. Wash their hands. Refer to the *Activities* for a handwashing game.
3. Put on an apron after hands are clean.
4. Divide into their recipe groups (if dividing them up).
5. Start cooking!



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Let's Eat!

Ensure that children wash their hands before handling clean dishes. Teach the children how to set the table (see Table Setting Placemat in the *Helpful Extras*) and discuss the importance of table manners.

Have everyone sit down and enjoy the meal together (including leaders!). Let the conversation flow naturally or try using a talking stone (whoever has the stone can speak, while the others listen). You can also use this time to discuss key learnings from the day's theme or recipes.

Although kids are more likely to try new foods and recipes when they have been a part of preparing them, please do not put any pressure on them to taste anything. Kids gain eating competence by being able to decide how much or whether they want to eat.

Let's Clean Up!

As the children finish eating, ask them to bring their own dishes to the dishwashing area. If needed, assign tasks for clean-up. Duties include washing, rinsing and sanitizing dishes, wiping the table and counters, sweeping the floor and putting away ingredients, equipment, and clean dishes. Try to clean and sanitize as you go to prevent a pile of dishes at the end.

Emphasize that cleaning up is part of cooking too and it can be just as fun! Try singing a song, telling jokes or simply get to know your participants while you work together.



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BEARY BEST BREAKFASTS

Recipe Bank

Messy Scrambled Eggs

Breakfast Burritos

Roasted Vegetables

Quiche Muffins

French Toast

Easy Overnight Oatmeal

Best Ever Banana Blueberry Muffins

Fruit Smoothies

Hard-Boiled Eggs

Grab n' Go Granola

Buried Treasure Parfaits

Berrylicious Pancakes

Veggie Frittata

Fruit Salad

Morning Glory Muffins

Shakshuka

Blueberry Crisp



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MESSY SCRAMBLED EGGS

Makes 6 Servings

Ingredients

1		Small onion
1		Small tomato
½		Green pepper
10		Eggs
⅓ cup	(75 mL)	Milk
¾ cup	(175 mL)	Grated cheese
2 tsp	(10 mL)	Vegetable oil

Equipment

- Large mixing bowl
- Fork or whisk
- Dry and liquid measuring cups
- Measuring spoons
- Knife
- Cutting board
- Grater
- Large frying pan
- Spatula

Directions

- 1 Peel and mince the onion.
- 2 Wash and dice green pepper and tomato.
- 3 Grate cheese.
- 4 Crack eggs into the large bowl and whisk with the milk until well blended and starting to foam. Gently stir in the cheese and tomatoes and set aside.
- 5 Add oil to frying pan and heat on medium.
- 6 Add the onion and green pepper. When they've been sizzling for a few minutes, pour in the egg mixture.
- 7 Allow the eggs to cook for about 2 minutes, then begin to scramble the mixture by gently running the spatula along the bottom of the pan back and forth. Continue to scramble for about 5 minutes. When all areas of the eggs are cooked, remove from the skillet and serve.



Environment Tip Swap the vegetables for what is in season or what you have in the fridge, like mushrooms, zucchini, broccoli or asparagus.



Culinary Tip Frying the onion and green pepper first gives them more flavour and a better texture than just adding them to the egg mixture raw because they take a bit longer to cook.



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BREAKFAST BURRITOS

Makes 6 Servings

Ingredients

6 large whole wheat tortilla wraps

Messy Scrambled Eggs (previous recipe)

Any desired toppings such as spinach, salsa, ketchup, black beans or more cheese

Equipment

- Plates
- Spoons

Directions

- 1 Place a wrap on a plate.
- 2 Put eggs in a line in the middle of the wrap, taking care not to have them too close to the edge.
- 3 Add desired toppings on top of the eggs.
- 4 Fold in the sides of the wrap and roll it up. Cut in half and enjoy!



Nutrition Tip Breakfast burritos are filling and they include all three food groupings

What does a burrito say when it finishes doing something?
That's a wrap.



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ROASTED VEGETABLES

Makes 6 Servings

Ingredients

4	medium sized potatoes
3	carrots
3 tbsp (45 mL)	vegetable oil
½ tsp (2.5 mL)	salt

Equipment

- Scrub brush or peeler
- Chef's knife
- Cutting board
- Large mixing bowl
- Large baking sheet
- Large spoon
- Oven mitts

Directions

- 1 Preheat the oven to 400°F.
- 2 Wash the potatoes and carrots. Scrub with brush or peel vegetables.
- 3 Chop into 1 inch (2 cm) pieces until you have about 6 cups. Do your best to get them the same size, so they cook evenly.
- 4 Place the potatoes and carrots in a bowl and add the oil and salt. Mix well.
- 5 Spread onto a baking sheet in a single layer. Bake for 30–45 minutes, or until well roasted, stirring halfway through.



Creativity Tip Other vegetables that work well in this recipe are beets, turnip, parsnips, sweet potatoes, butternut squash, and onion!



Environment Tip Store leftovers in the fridge and reheat as a side dish with many different meals.



Meal Idea Serve with Messy Scrambled Eggs and toast.



Cooking Term Roast means to cook food in an uncovered pan or dish in the oven. This way of cooking browns the outside of food and adds flavour.



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QUICHE MUFFINS

Makes 12 Muffins

Ingredients

1		Medium onion
2 ½ cups	(590 mL)	Frozen broccoli, thawed
½ cup	(125 mL)	Grated Parmesan cheese
6		Eggs
3 tbsp	(45 mL)	Vegetable oil
1 ¼ cups	(310 mL)	All-purpose flour
1 tbsp	(15 mL)	Baking powder
1 tsp	(5 mL)	Dried oregano
1 tsp	(5 mL)	Dried thyme
¼ tsp	(1 mL)	Garlic powder

Equipment

- Knife
- Cutting board
- Frying pan
- Spatula
- Large bowl
- Medium bowl
- Mixing spoons
- Dry measuring cups
- Measuring spoons
- Fork or whisk
- Muffin tin(s)
- Oven mitts



Culinary Tip Rubbing (or crushing) dried herbs between the palms of your hands brings out their flavour.



Meal Idea These are a great grab and go breakfast to have on hand, or they can be added to a school lunch.



Freezer-Friendly

Directions

- 1 Preheat oven to 375°F.
- 2 Finely dice the onion and broccoli.
- 3 In a medium bowl, beat eggs until foamy. Blend in vegetable oil.
- 4 Then add the onion, broccoli and Parmesan cheese. Stir to combine and set aside.
- 5 Add the flour, baking powder, oregano, thyme, and garlic powder to the large bowl. Stir to combine.
- 6 Make a well in the center of the dry ingredients, then pour in the egg mixture. Stir just until ingredients are combined. Don't overmix.
- 7 Pour into greased muffin tins.
- 8 Bake for 20–25 minutes or until lightly browned. Test for doneness with a toothpick. If the toothpick comes out clean, they're done. If it's gooey, the muffins need a few more minutes.
- 9 Serve warm or cold.



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FRENCH TOAST

Makes 6 Servings

Ingredients

6		Eggs
¼ cup	(60 mL)	Milk or fortified soy beverage
1 tsp	(5 mL)	Vanilla
12 slices		Whole grain bread
4 tsp	(20 mL)	Vegetable oil

Cinnamon, maple syrup, yogurt and fruit for serving

Equipment

- Liquid measuring cup
- Measuring spoons
- Large mixing bowl
- Fork or whisk
- Spatula
- Large frying pan



Culinary Tip This recipe is a great way to transform bread that is going stale into a delicious meal.

Directions

- 1 Crack eggs into a large bowl. Add in the milk and vanilla. Mix well with a fork or whisk.
- 2 Place three slices of bread into the egg mixture, ensuring each side of the bread is moistened. Allow to soak for 10–20 seconds.
- 3 While the bread is soaking, heat the frying pan over medium heat. Put 1 tsp oil in the pan.
- 4 Remove the bread from the egg mixture one slice at a time, letting the excess liquid drip off. Place bread slices on the hot frying pan. If three slices don't fit in your frying pan, just do one or two at a time.
- 5 Cook until the bottom is golden brown. Carefully flip and cook the other side until lightly browned.
- 6 Repeat until all the slices of bread are cooked, adding 1 tsp oil to the frying pan with each new batch of bread.
- 7 Serve immediately with toppings such as sprinkled cinnamon, maple syrup, yogurt, and chopped fruit or berries.

Variations

French Toast Sticks: Cut French toast into strips and serve with maple syrup and/or yogurt for dipping for a breakfast finger food.

French Toast Kebobs: Chop the French toast into cubes and place onto wooden skewers, alternating with chopped fruit or berries for a fun breakfast snack.



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ADVENTURES
IN COOKING

EASY OVERNIGHT OATMEAL

Makes 1 Serving

Ingredients

½ cup (125 mL)	Large flake oats
½ cup (125 mL)	Milk or plant-based beverage

Equipment

- Container or Mason jar
- Spoon
- Dry measuring cups
- Measuring spoons
- Liquid measuring cup
- Knife
- Cutting board



Culinary Tip There are different kinds of oats—instant, quick, large flake and steel cut. They all have different textures and cooking times.



Creativity Tip Flavoured single packages of oatmeal are more expensive than plain oatmeal. Make it homemade and flavour your oatmeal the way you like it!

Directions

- 1 Add oats and milk to a jar or container. Stir to combine.
- 2 Prepare and add toppings of your choice, such as:

Nut Butter and Jam

- 1 tbsp (15 mL) jam
- 2 tbsp (30 mL) peanut butter or other nut/seed butter
- 2 tbsp (30 mL) chopped nuts (optional)

Apple Pie

- 1 tbsp (15 mL) brown sugar
- ¼ cup (60 mL) plain yogurt
- ¼ tsp (2 mL) cinnamon
- ½ cup (125 mL) diced apple

Chocolate Banana

- ½ tbsp (8 mL) cocoa powder
- 1 tbsp (15 mL) brown sugar
- Sliced, ripe banana

- 3 Stir to mix the ingredients. Refrigerate overnight or for at least 5 hours.
- 4 Before eating, stir once more. Serve cold or heated in the microwave, in a microwave safe container.



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BEST EVER BANANA BLUEBERRY MUFFINS

Makes 12 Muffins

Ingredients

3		Ripe bananas
1		Egg
1/3 cup	(80 mL)	Margarine, butter or oil
1/2 cup	(125 mL)	Sugar
1 tsp	(5 mL)	Vanilla
1 tsp	(5 mL)	Baking powder
1 tsp	(5 mL)	Baking soda
3/4 cup	(175 mL)	Whole wheat flour
3/4 cup	(175 mL)	All-purpose flour
1/4 tsp	(1 mL)	Salt
1/2 cup	(125 mL)	Fresh or frozen blueberries

Equipment

- Muffin tin
- Muffin liners (optional)
- 2 mixing bowls
- Potato masher or fork
- Mixing spoon
- Dry measuring cups
- Measuring spoons
- Spoon
- Oven mitts
- Toothpicks
- Cooling rack (optional)

Directions

- 1 Preheat the oven to 375°F.
- 2 Line a muffin pan with liners or grease the pan with some cooking oil.
- 3 Mash bananas in a large bowl. Mix in egg, margarine, sugar and vanilla and stir until well combined.
- 4 In another bowl, mix the baking powder, baking soda, whole wheat flour, all-purpose flour, and salt until well blended.
- 5 Add the flour mixture to the banana mixture, mixing until just blended. Gently fold in the blueberries, taking care not to overmix which can make the muffins tough.
- 6 Scoop the batter into the muffin pan. Try to get an even amount of batter in each muffin spot so they cook evenly.
- 7 Bake for about 15–20 minutes or until golden brown on top. Remove the muffins from the oven and test for doneness by poking a few of the muffins with a toothpick. If the toothpick comes out clean, they're done. If it's gooey, the muffins need a few more minutes in the oven.
- 8 Allow the muffins to cool for a few minutes in the pan and then remove to a cooling rack or a plate to cool completely. Store in an airtight container.



Freezer-Friendly These muffins freeze well! Put some in the freezer to grab for a quick addition to your school lunch.

Why did the banana go to the doctor?

Because it wasn't peeling well.



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ADVENTURES
IN COOKING

SMOOTHIE TIME!

Makes 2 Servings

Ingredients

Green Monster Smoothie

1 cup	(250 mL)	Milk or fortified soy beverage
1 cup	(250 mL)	Vanilla yogurt
2		Ripe bananas
A big handful of fresh spinach		

Sunset Smoothie

1 cup	(250 mL)	Milk or fortified soy beverage
1 cup	(250 mL)	Vanilla yogurt
2 cups	(500 mL)	Frozen fruit such as strawberries, mango or mixed berries

Equipment

- Blender
- Spoons
- Glasses
- Liquid and dry measuring cups

Directions

- 1 Combine all ingredients in a blender, adding the milk and yogurt first.
- 2 Blend on high speed for one minute or until smooth. If it seems too thick, add ½ cup of milk.
- 3 Pour into glasses and serve.

Kitchen Safety Tip The blade on the blender is very sharp. Don't touch the blade and make sure the blender is not plugged in when putting ingredients in and when cleaning it.

Cooking Term *Blend* means to mix two or more ingredients together, until they are combined into one mixture.

Why aren't bananas lonely?
They hang out in bunches.



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HARD-BOILED EGGS

Makes 6 Servings

Ingredients

6 Eggs

Equipment

- Medium sized pot
- Timer
- Colander

Directions

- 1 Place the eggs in the pot.
- 2 Fill the pot with water so it covers the eggs by about 1 inch (2.5 cm).
- 3 Put the pot on the stove and bring the water to a boil on high heat.
- 4 As soon as the water is boiling, turn off the burner and remove the pot from the heat. Set the timer for 12 minutes.
- 5 When 12 minutes is up, gently pour the eggs into the colander in the sink and rinse with cold water. Allow to cool slightly before peeling.
- 6 Crack the eggshell gently by tapping it on the counter and peeling it off. Rinse with water if needed.
- 7 If the eggs aren't going to be eaten right away, don't peel them and place them in the fridge.



Meal Idea Try hard-boiled eggs mashed on toast, sliced on salad or a cracker, or whole with a meal or snack. Or use them in 'Eggcellent' Pasta Salad or Egg Salad Sandwiches, both in the Lunch section.



Cooking Term *Boil* means to heat liquid (usually water) until many bubbles appear on the surface.



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GRAB N' GO GRANOLA

Makes 5 Cups

Ingredients

4 cups	(1 L)	Quick cooking oats
½ cup	(125 mL)	Mixed sesame seeds, sunflower seeds or pumpkin seeds
1 tsp	(5 mL)	Cinnamon
1 tbsp	(15 mL)	Warm water
¼ cup	(60 mL)	Maple syrup
1 tsp	(5 mL)	Vanilla
½ cup	(125 mL)	Raisins or dried cranberries

Equipment

- Large mixing bowl
- Small bowl
- Mixing spoon
- Dry measuring cups
- Measuring spoons
- Large baking sheets
- Oven mitts

Directions

- 1 Preheat the oven to 300°F. Lightly grease 2 baking sheets.
- 2 In a large bowl, stir oats with cinnamon and seeds.
- 3 In a small bowl, stir warm water with maple syrup and vanilla.
- 4 Pour the liquid mixture onto the oat mixture and stir to moisten the oats.
- 5 Spread out the mixture on the pans. Bake in the oven, carefully stirring every 10 minutes to ensure even cooking.
- 6 Cook until the granola is golden brown, about 30—40 minutes.
- 7 Remove granola from the oven. Carefully scoop into a bowl and mix in the dried fruit. Allow it to cool.
- 8 Store in airtight containers for up to three weeks or freeze for up to 3 months.



Culinary Tip If you only have one baking sheet, you can cook the granola in batches.



Meal Idea Serve with milk, yogurt or as a part of a Buried Treasure Parfait!



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ADVENTURES
IN COOKING

BURIED TREASURE PARFAITS

Makes 6 Parfaits

Ingredients

1 cup	(250 mL)	Grapes or other seasonal fruit
1 cup	(250 mL)	Berries (fresh or frozen)
3		Bananas
3 cups	(750 mL)	Vanilla or fruit yogurt
2 cups	(500 mL)	Grab n' Go Granola or granola cereal

Equipment

- Colander
- Paring knife
- Cutting board
- Mixing bowls
- Mixing spoon
- Dry measuring cups
- Spoons
- Clear glasses or bowls

Directions

- 1 Place the grapes and berries into the colander and wash under running water.
- 2 Cut the grapes in half.
- 3 Peel and cut up the banana into bite sized pieces.
- 4 Put all the fruit into a large mixing bowl and mix.
- 5 Place yogurt and granola into separate mixing bowls.
- 6 Assemble the parfaits with $\frac{1}{2}$ cup fruit on the bottom, then $\frac{1}{2}$ cup yogurt, and $\frac{1}{4}$ cup granola on top. Enjoy!



Creativity Tip Use seasonal fruit like chopped peaches, melon or pears. Be creative!

Why are the Knights of the Round Table so cheap?

They are always cutting corners!



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BERRYLICIOUS PANCAKES

Makes 6 Servings

Ingredients

1 cup	(250 mL)	Whole wheat flour
1 cup	(250 mL)	All-purpose flour
2 tbsp	(30 mL)	Sugar
2 tsp	(10 mL)	Baking powder
½ tsp	(2.5 mL)	Salt
3 tbsp	(45 mL)	Vegetable oil
2		Eggs
2 cups	(500 mL)	Milk
1 ½ cups	(375 mL)	Blueberries or other berries
1 tbsp	(15 mL)	Canola oil for each time you add batter to the frying pan

Maple syrup, yogurt, sunflower seed butter, or other toppings of choice

Equipment

- Liquid and dry measuring cups
- Measuring spoons
- Large mixing bowl
- Medium mixing bowl
- Mixing spoon
- Whisk or fork
- Large frying pan or griddle
- Ladle or ¼-cup measuring cup
- Spatula

Directions

- 1 In a large bowl, combine flours, sugar, baking powder and salt. Set the bowl aside.
- 2 Crack eggs into a medium sized bowl, then add the milk and oil. Whisk together until well mixed.
- 3 Add the egg mixture to the flour mixture. Whisk together until just blended, taking care not to overmix. Gently fold in the berries.
- 4 Heat frying pan on medium heat. Add oil. Repeat this step each time you add new batter.
- 5 Ladle about ¼ cup of batter into the pan for each pancake.
- 6 Cook pancakes until small bubbles appear on top and the edges are dry. Use a spatula to see if the pancakes are light brown on the bottom. When they are, flip them over with the spatula and cook for 1–2 minutes more.
- 7 Remove pancakes when they are golden brown on both sides and put on a plate to enjoy.

Creativity Tip You can experiment with making different sized pancakes. Try making some small ones and some BIG ones! Which do you like best?



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VEGGIE FRITTATA

Makes 6 Servings

Ingredients

1		Small onion
6		Mushrooms
½		Head of broccoli
2 tbsp	(30 mL)	Cooking oil
10		Eggs
½ cup	(125 mL)	Milk
¾ cup	(175 mL)	Grated cheese
½ tsp	(2.5 mL)	Salt

Equipment

- Grater
- Knife
- Cutting board
- Measuring spoons
- Liquid and dry measuring cups
- Frying pan
- Spatula
- Large bowl
- Whisk or fork
- 9x13-inch baking pan
- Oven mitts



Culinary Tip *How to grease a pan:*

Place a few drops of oil or a small amount of margarine or butter onto a paper towel and rub it all around the pan. This prevents food from sticking to the pan.



Environment Tip To reduce food waste, use the broccoli florets and stalk in this recipe. To prepare the stalk, peel the outside layer and cut away the tough parts.

Directions

- 1 Preheat the oven to 350°F.
- 2 Grease the baking pan. Set aside.
- 3 Grate the cheese. Set aside.
- 4 Wash mushrooms and broccoli. Peel onion. Dice the onion, mushrooms, and broccoli.
- 5 Heat the frying pan over medium high heat and add the oil. Add the onion, mushrooms and broccoli, and sauté until soft and just starting to brown. Remove from the heat.
- 6 Spread the sautéed vegetables around the bottom of the baking pan.
- 7 Mix the eggs, milk, cheese and salt in a large bowl until well combined. Pour over the vegetables into the baking pan.
- 8 Bake for about 25 minutes. Keep an eye on it and take it out of the oven when the middle is set. Take care not to overbake.
- 9 Allow to cool for 5 minutes and then serve.



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FRUIT SALAD

Makes 6 Servings

Ingredients

2	apples
2	pears
2	plums
½	honeydew melon or cantaloupe
¼ cup (60 mL)	orange juice (optional)

Equipment

- Knife
- Cutting board
- Liquid measuring cup
- Large bowl
- Large spoon

Directions

- 1 Wash all fruit.
- 2 Quarter and core the apples and pears. Coarsely chop and put into a large bowl.
- 3 Cut the plums in half, remove the pits and slice. Add to the bowl.
- 4 Scoop out the seeds from the melon and cut off the skin. Coarsely chop. Add to the bowl.
- 5 If using, pour orange juice over the chopped fruit and stir to combine. Fruit salad will keep in the fridge for 2 days.



Meal Idea Serve fruit salad on the side with your breakfast or as a dessert.



Creativity Tip Fruit salad can be made with any fresh fruit. Use what you have on hand or pick your favourites from the grocery store to combine into a sweet, tasty salad.

What food
always travels
in twos?

Pears.



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ADVENTURES
IN COOKING

MORNING GLORY MUFFINS

Makes 18 Muffins

Ingredients

1 cup	(250 mL)	Raisins
2 cups	(500 mL)	Warm water
1 cup	(250 mL)	Whole wheat flour
1 cup	(250 mL)	All-purpose flour
1 tbsp	(15 mL)	Baking powder
2 tsp	(10 mL)	Baking soda
1 tsp	(5 mL)	Salt
1 tsp	(5 mL)	Cinnamon
4		Eggs
½ cup	(125 mL)	Vegetable oil
½ cup	(125 mL)	Applesauce
¾ cup	(175 mL)	Brown sugar
4 or 5		Carrots, grated to equal 3 cups (750 mL)

Equipment

- Muffin pan
- Muffin liners (optional)
- Liquid and dry measuring cups
- Measuring spoons
- Small bowl
- Colander
- Grater
- 2 large bowls
- Mixing spoon
- Oven mitts
- Toothpicks
- Scrub brush or peeler



Cooking Term Fold means to mix ingredients together very gently.

Directions

- 1 Preheat oven to 350° F. Grease the muffin pan or line it with muffin liners.
- 2 Combine raisins and water in a small bowl. Let soak for 10 minutes. Drain raisins and set them aside.
- 3 Wash the carrots. Scrub with brush or peel.
- 4 Grate the carrots until you have 3 cups (750 mL). Set aside.
- 5 In a large bowl, mix flours, baking powder, baking soda, salt and cinnamon.
- 6 In a separate bowl, combine eggs, oil, applesauce and brown sugar. Beat well.
- 7 Combine egg mixture and flour mixture. Mix just until moistened.
- 8 Fold in carrots and (drained) raisins. Spoon into the muffin pan.
- 9 Bake for 20–30 minutes or until a toothpick inserted in the centre comes out clean.



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SHAKSHOUKA

Makes 6 Servings

Ingredients

1		Yellow onion
1		Bell pepper
4 cloves		Garlic
1 can	(796 mL/28 oz)	Diced tomatoes
1 tsp	(5 mL)	Cumin
2 tsp	(10 mL)	Paprika
½ tsp	(2.5 mL)	Ground coriander
¼ tsp	(1.25 mL)	Red pepper flakes (optional)
2		Eggs
Parsley (optional)		

Equipment

- Cutting board
- Knife
- Oven safe skillet
- Measuring spoons
- Small bowl
- Spoon
- Can opener



Culinary Tip In a hurry: Instead of cooking the Shakshouka in the oven, simply cover the skillet and cook it on the stove over medium-low heat for 10 minutes. Just keep an eye on the eggs, so they don't overcook.



Cultural Tip Shakshouka is a classic North African and Arab dish. It is typically enjoyed at breakfast, but can be eaten at any meal of the day.

Directions

- 1 Preheat the oven to 375°F.
- 2 Peel and dice the onion. Dice the bell pepper. Peel and mince the garlic.
- 3 Lightly coat a large oven-safe skillet with cooking spray or oil and heat over medium-high heat. Add diced onions and cook for 3 minutes, stirring frequently. Add bell pepper and garlic and continue to cook for 2 minutes.
- 4 Add canned tomatoes and all of the spices to the skillet and bring to a boil. Reduce the heat to medium - low and simmer for 10 minutes.
- 5 In a small bowl, crack one egg. Using a small spoon, move the simmering tomato mixture to create a small hole for the egg. Pour the egg into the hole. Repeat until all eggs are in the skillet.
- 6 Turn off the heat and move the skillet from the stovetop to the preheated oven. Cook for 10–15 minutes until eggs are set but still jiggle in the centre when you move the skillet. They will continue to cook once removed from the oven.
- 7 Remove the skillet from the oven. Add a handful of chopped parsley, if desired, and serve.



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ADVENTURES
IN COOKING

BLUEBERRY CRISP

Makes 6 Servings

Ingredients

4 cups	(1 L)	Fresh or frozen blueberries
¼ cup	(60 mL)	Honey
Juice and zest of 1 lemon		
2 tbsp	(30 mL)	All-purpose flour
½ cup	(125 mL)	Brown sugar
½ cup	(125 mL)	Rollled oats
½ cup	(125 mL)	All-purpose flour
1/3 cup	(75 mL)	Unsalted butter, softened
1 tsp	(5 mL)	Ground cinnamon

Equipment

- Zester
- Baking dish (6 cup/1.5 L)
- Large mixing bowl
- Medium mixing bowl
- Pastry blender (or two butter knives)
- 2 mixing spoons
- Liquid and dry measuring cups
- Measuring spoons
- Oven mitts



Cultural Tip Wild blueberries originated on Turtle Island and have been harvested for food and medicine for centuries by Indigenous Peoples. Fruit like blueberries and cranberries are eaten fresh but also dried and added to meat, stews and other traditional dishes.



Creativity Tip Try using other types of fruit and/or berries that are in season for the filling.

Directions

- 1 Preheat oven to 375°F.
- 2 Combine the blueberries, honey, lemon juice, lemon zest, and first amount of flour in a large bowl.
- 3 Pour into a greased baking dish.
- 4 Combine the remaining 5 ingredients in a medium bowl. Use a pastry blender to break up butter into small pieces. Pour over the berry base.
- 5 Bake for 25 to 30 minutes or until berries are bubbly. Serve warm or at room temperature.



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LOVELY LUNCHES

Recipe Bank

Chicken Noodle Soup

Chickpea Salad Sandwich

Great Greek Salad

Minestrone Soup

Veggie Mac and Cheese

Mixed Bean Salad

'Eggcellent' Pasta Salad

No-Cook Smashed Lettuce Wraps

Rainbow Black Bean Couscous Salad

Vegetable and Black Bean Quesadilla

Tasty Tomato Soup

Zucchini and Corn Frittata

Egg Salad Sandwiches

Bear Hug Wraps

Homemade Hummus

Sunflower Chip Cookies

Spiced Carrot Cookies

Greek Style Bean Pitas

Wild Rice and Berry Salad

Vegetable Latkes

Three Sisters Soup



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ADVENTURES
IN COOKING

CHICKEN NOODLE SOUP

Makes 6 Servings

Ingredients

1 lb (450 g) or 6	Boneless skinless chicken thighs
8 cups (2 L)	Chicken broth
1	Onion
2 stalks	Celery
2	Carrots
1 clove	Garlic
1 cup (250 mL)	Whole grain egg noodles (or other whole grain pasta)
1 cup (250 mL)	Frozen peas
2–3 sprigs	Fresh parsley or 2 tsp (5 mL) dried parsley

Equipment

- Knife
- Cutting board
- Large pot
- Food thermometer
- Peeler or scrub brush
- Tongs
- Liquid and dry measuring cups
- Measuring spoons



Cooking Term *Peel* means to remove the skin from a fruit or vegetable.



Food Safety Tip To check the internal temperature of the chicken, stick your food thermometer into the thickest part of the thigh. Leave the thermometer in for 30 seconds before reading the temperature.

Directions

- 1 Peel and dice the onion. Peel and mince the garlic.
- 2 Wash the carrots. Scrub with brush or peel. Chop carrots.
- 3 In a large pot, add the broth, onion, celery, carrots, garlic and chicken thighs and bring to a boil.
- 4 Reduce heat to a simmer. Cook for about 15 minutes; until chicken reaches an internal temperature of 165°F.
- 5 While the soup is cooking, chop the parsley.
- 6 Using tongs, remove chicken thighs to a clean cutting board. Let cool slightly and chop into bite-sized pieces.
- 7 Return chopped chicken with noodles, peas, and parsley to broth; cook for about 5 minutes or until noodles are tender.



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CHICKPEA SALAD SANDWICH

Makes 6 Servings

Ingredients

1 can (19 oz/540 mL)	Chickpeas
2 stalks	Celery
1	Carrot
½	Bell pepper
¼ cup (60 mL)	Dill pickles
¼ cup (60 mL)	Hummus
2 tsp (10 mL)	Mustard
¼ tsp (1.25 mL)	Garlic powder
¼ tsp (1.25 mL)	Dried dill
3 tbsp (45 mL)	Pepitas (shelled pumpkin seeds), optional

Whole grain bread

Equipment

- Knife
- Cutting board
- Dry measuring cups
- Measuring spoons
- Can opener
- Colander
- Potato masher or fork
- Scrub brush or peeler
- Grater
- Large mixing bowl
- Mixing spoon

Directions

- 1 Drain and rinse the chickpeas and add them to a large bowl. Mash with a potato masher or fork until texture appears flaked, almost like tuna salad.
- 2 Wash vegetables.
- 3 Finely chop the celery and bell pepper. Scrub with brush or peel the carrot and shred using a grater. Finely chop the pickles. Add to the bowl with the chickpeas.
- 4 Add the hummus, mustard, garlic powder and dill. Stir well.
- 5 Mix in the pepitas if using.
- 6 Serve the filling on whole grain bread.



Meal Idea This recipe can be used in tortillas, pitas, and lettuce wraps or as a dip for whole grain crackers.



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GREAT GREEK SALAD

Makes 6 Servings

Ingredients

Salad

1	Romaine lettuce head
1	Red onion
½ cup (125 mL)	Pitted black olives
1	Green bell pepper
2	Tomatoes
1	English cucumber
1 cup (250 mL)	Feta cheese

Dressing

¼ cup (60 mL)	Olive oil
1 tsp (5 mL)	Dried oregano
3 tbsp (45 mL)	Lemon juice
Black pepper to taste	

Equipment

- Salad spinner
- Dry and liquid measuring cups
- Knife
- Cutting board
- Large mixing bowl
- Small bowl
- Fork or whisk



Meal Idea Try making a Greek Chicken Wrap! Serve this salad in a whole grain tortilla or pita with Seasoned Baked Chicken (see recipe in Supper section).

Directions

- 1 Wash and dry lettuce leaves. Tear leaves into bite-sized pieces and place into a large mixing bowl.
- 2 Peel and thinly slice red onion. Slice olives.
- 3 Wash all other vegetables.
- 4 Chop green pepper, tomatoes, and cucumber.
- 5 Crumble feta.
- 6 Add all salad ingredients to the large mixing bowl.
- 7 Whisk together the dressing ingredients in a small bowl. Pour dressing over salad, toss and serve.

What do you say to a rotten lettuce?
You should have your head examined!



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MINESTRONE SOUP

Makes 6 Servings

Ingredients

1		Onion
4 stalks		Celery
4		Carrots
2		Garlic cloves
2 tbsp	(30 mL)	Vegetable oil
1 tsp	(5 mL)	Dried basil
1 tsp	(5 mL)	Dried oregano
¼ tsp	(1.25 mL)	Pepper
1 can	(28 oz/796 mL)	Diced tomatoes
7 cups	(1.75 L)	Lower sodium chicken or vegetable broth
1 can	(19 oz/540 mL)	Red kidney beans
1 cup	(250 mL)	Small whole grain pasta
2 cups	(500 mL)	Leafy greens (e.g., swiss chard, kale, spinach)

Equipment

- Knife
- Cutting board
- Liquid and dry measuring cups
- Measuring spoons
- Large pot
- Can opener
- Colander
- Scrub brush or peeler

Directions

- 1 Peel and dice the onion. Wash and dice the celery. Wash, peel or scrub and dice the carrots. Peel and mince the garlic.
- 2 Heat oil in large soup pot over medium heat and add onion and garlic. Sauté until onions are clear, about 4 minutes.
- 3 Add celery and carrot. Cook until they begin to soften, about 5 minutes.
- 4 Stir in dried basil, dried oregano and pepper. Cook for 1 minute to warm the herbs.
- 5 Open canned tomatoes. Add tomatoes and broth to the large soup pot. Cover and bring to a boil. Once boiling, reduce heat and simmer 10 minutes.
- 6 Open the can of kidney beans. Drain and rinse.
- 7 Stir in kidney beans and pasta. Cook until pasta is al dente, about 5–8 minutes.
- 8 Wash and chop the leafy greens. Stir in and heat until just wilted.



Cooking Term Cooking pasta until *al dente* means until it's tender but firm.

What do you call a drawing of pasta?
A noodle doodle



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VEGGIE MAC AND CHEESE

Makes 6 Servings

Ingredients

2 cups (500 mL)	Whole grain macaroni
2 tsp (10 mL)	Margarine
1	Small onion
2 cloves	Garlic
2	Carrots
1	Red bell pepper
1	Small zucchini
2 tbsp (30 mL)	All-purpose flour
2 cups (500 mL)	Milk
½ tsp (2.5 mL)	Dried thyme leaves
1 cup (250 mL)	Shredded cheddar cheese
1 tsp (5 mL)	Dijon mustard
Pinch	Fresh ground pepper

Equipment

- Pot
- Colander
- Mixing spoon
- Knife
- Cutting board
- Measuring spoons
- Liquid and dry measuring cups
- Grater
- Large frying pan
- Scrub brush or peeler

Directions

- 1 In a pot, bring water to boil. Add macaroni and cook for 5–8 minutes or until pasta is tender but firm. Drain and set aside.
- 2 Peel and mince the onion and garlic. Wash the bell pepper, carrot and zucchini. Chop the carrot and bell pepper; grate the zucchini. Grate the cheese.
- 3 In a large frying pan, heat margarine over medium heat. Cook onion and garlic for 1 minute. Add carrot, red pepper and zucchini and cook, for about 5 minutes while stirring or until softened.
- 4 Stir in flour and cook, stirring until flour is absorbed. Pour in milk slowly and stir until smooth. Add thyme. Cook, for about 5 minutes while stirring or until starting to bubble.
- 5 Stir in cheese, mustard and pepper. Remove from heat and stir until melted and smooth. Stir in cooked macaroni until well coated.



Creativity Tip To use frozen vegetables instead of fresh, use 2 cups mixed frozen vegetables in the sauce instead of the carrots, red pepper and zucchini. Add them to the sauce when you add the cheese.



Cooking Term *Mince* means to cut up food into very, very small pieces.



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MIXED BEAN SALAD

Makes 6 Servings

Ingredients

Salad

1 can	(19 oz/540 mL)	Black beans
1 can	(19 oz/540 mL)	Chickpeas
1 can	(19 oz/540 mL)	Red kidney beans
1 can	(12 oz/341 mL)	Corn (or 1 cup frozen corn, thawed)
1		Green or red pepper
1 bunch		Green onions
2 stalks		Celery

Dressing


¼ cup	(60 mL)	Olive oil
2 tbsp	(30 mL)	Apple cider vinegar
2 cloves		Garlic
3 tbsp	(45 mL)	Lime juice + zest of 1 lime (if using real lime for juice)

Equipment

- Can opener
- Colander
- Knife
- Cutting board
- Large mixing bowl
- Small bowl
- Liquid measuring cup
- Measuring spoons

Directions

- 1 Rinse and drain beans and corn in colander.
- 2 Wash and chop the bell pepper, green onions and celery.
- 3 In a large bowl, combine all ingredients (except dressing ingredients).
- 4 Peel and mince the garlic. Place in a small bowl. Add the rest of the dressing ingredients. Mix. Pour over salad, toss, and serve.

 **Creativity Tip** Try swapping different types of beans, to find the version you like best and to get more variety! Try white beans, yellow beans, green beans, lima beans or shelled edamame (soybeans).



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'EGGCELLENT' PASTA SALAD

Makes 6 Servings

Ingredients

Salad

2 cups (500 mL)	Whole grain pasta of your choice
1	Cucumber
1	Green pepper
1	Tomato
2	Green onions
4	Hard-boiled eggs
1 cup (250 mL)	Grated cheddar cheese (optional)

Dressing

2 tbsp (30 mL)	Vegetable oil
1 clove	Garlic
2 tbsp (30 mL)	Vinegar (any type)
1 tsp (5 mL)	Sugar
1 tsp (5 mL)	Lemon juice
½ tsp (2.5 mL)	Dried oregano
¼ tsp (1.25 mL)	Pepper

Equipment

- Pot
- Colander
- Mixing spoon
- Knife
- Cutting board
- Dry measuring cups
- Measuring spoons
- Grater
- Large mixing bowl
- Small bowl

Directions

- 1 Cook pasta according to package directions, drain and allow to cool.
- 2 While the pasta is cooking, prepare other ingredients:
 - a Hard-boil eggs. Find the recipe for Hard-Boiled Eggs in the Breakfast section. Peel and cut into wedges or slices.
 - b Wash and dice cucumber, green pepper and tomato.
 - c Wash and slice green onions.
 - d Grate cheese (if using).
 - e Peel and mince the garlic.
- 3 To make the dressing, mix the oil, garlic, vinegar, sugar, lemon juice and spices in a small bowl.
- 4 In a large bowl, combine all ingredients.

Creativity Tip Making your own salad dressing is an easy way to customize the flavour of your salad. Try using different types of vinegar, herbs and seasonings to kick up the flavour!

What do you call a mischievous egg?
A practical yolker!



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NO-COOK SMASHED LETTUCE WRAPS

Makes 6 Servings

Ingredients

Smashed Beans

1 can	(19 oz/540 mL)	Black beans
4 oz	(115 g)	Cheddar or Monterey Jack cheese
1 tsp	(5 mL)	Chili powder
1 tsp	(5 mL)	Cumin
½ tsp	(2 mL)	Salt
		Zest & juice of 1 lime

Lettuce Wraps

6	Large leaves of Bibb or leaf lettuce, whole (don't tear)
Few spoonfuls	Sour cream
Few spoonfuls	Salsa

Equipment

- Colander
- Can opener
- Salad spinner
- Grater
- Vegetable scrub brush
- Zester
- Potato masher
- Fork
- Mixing bowl
- Measuring spoons
- Spoons
- Paring knife
- Cutting board

Directions

- 1 Pour black beans into a colander and rinse with cool water. Drain.
- 2 Wash and spin lettuce. Shred cheese.
- 3 Scrub the skin of the lime with a vegetable brush, then zest. Using a zester, lightly remove the outside of the lime peel, making sure not to go too deep (you just want the green skin and not the white part underneath). Then, cut lime in half and carefully pierce one half with the fork. Wiggle fork around in the flesh while squeezing lime over your bowl, to remove juice. Repeat with the other half.
- 4 In a medium bowl, stir together the beans, cheese, chili powder, cumin, salt, lime zest and lime juice. Smash all ingredients together with a potato masher or fork, to combine flavours.
- 5 To make wraps, hold a lettuce leaf in one hand and spoon in the black bean filling.
- 6 Add sour cream and salsa. Roll up or close lettuce leaf around filling. Don't overfill because the lettuce will tear.



Meal Idea Use any leftover bean mixture as a dip for cut-up veggies or pita bread



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RAINBOW BLACK BEAN COUSCOUS SALAD

Makes 6 Servings

Ingredients

Salad

1 box (340 g)	Whole wheat couscous
1 can (12 oz/341 mL)	Corn
1	Orange pepper
1 container	Cherry tomatoes
1 can (19 oz/540 mL)	Black beans
1 bunch	Green onions
2 stalks	Celery

Dressing

4 tbsp (60 mL)	Lime juice
6 tbsp (90 mL)	Olive oil
1 ½ tsp (7.5 mL)	Salt
1 tsp (5 mL)	Black pepper

Equipment

- Small pot
- Can opener
- Fork or whisk
- Knife
- Cutting board
- Measuring spoons
- Dry measuring cups
- Colander
- Small bowl
- Large mixing bowl
- Mixing spoon



Nutrition Tip Aim for a rainbow of vegetables! Choose a variety of colours when possible, to get the nutrients your body needs.



Cooking Term *Dice* means to cut food into small cubes with a knife.

Directions

- 1 Measure the amount of couscous in the box. Bring that same amount of water to a boil in a small pot. Pour couscous into the pot. Take pot off the heat, cover with lid, and let couscous cook for 5 minutes. Fluff the couscous with a fork and let cool.
- 2 Drain and rinse corn and black beans. Pour into a large bowl.
- 3 Wash and dice the orange pepper. Add it to the large bowl.
- 4 Wash and cut the cherry tomatoes into quarters. Add them to the bowl.
- 5 Wash and chop the green onions and celery. Add them to the bowl.
- 6 In a small bowl, add lime juice, olive oil, salt and black pepper. Mix well.
- 7 Add the cooled couscous to the large bowl. Stir all ingredients together with a large spoon.
- 8 Pour the dressing on top and mix well.

Knock knock!
Who's there?
Bean.
Bean who?
Bean a while since
I last saw ya!



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VEGETABLE AND BLACK BEAN QUESADILLA

Makes 6 Servings

Ingredients

1		Bell pepper
1		Tomato
2		Green onions
4		Mushrooms
2 cups	(500 mL)	Grated cheddar cheese
1 can	(19 oz/540 mL)	Black beans
6		Large whole grain tortillas
		Salsa and sour cream (optional)

Equipment

- Knife
- Cutting board
- Large mixing bowl
- Can opener
- Colander
- Grater
- Frying pan
- Spatula
- Baking sheet
- Oven mitts

Directions

- 1 Wash and chop bell pepper, tomato, green onions, and mushrooms into small pieces. Add them to a large mixing bowl.
- 2 Drain and rinse the can of black beans. Add them to the large bowl. Mix well.
- 3 Divide the filling between the tortillas and place on one side of each tortilla.
- 4 Shred cheese and sprinkle over the vegetable filling. Fold over the other side of each tortilla to close.
- 5 In a frying pan over medium heat, cook the quesadillas one at a time, until cheese has melted and tortilla is crisp on both sides.
- 6 Set your oven to the lowest temperature it will go.
- 7 Transfer to a baking sheet and keep warm in an oven at low heat until the remaining quesadillas are done. Cut into wedges and serve with salsa and sour cream if desired.



Creativity Tip Other vegetables work great in this recipe too—try corn, zucchini, or cooked sweet potato!



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TASTY TOMATO SOUP

Makes 6 Servings

Ingredients

1 ½ tbsp (22.5 mL)	Canola oil
1	Onion
2 cloves	Garlic
2	Carrots
1 can (28 oz/796 mL)	Diced tomatoes
1 tbsp (15 mL)	Tomato paste
½ cup (125 mL)	Red lentils
1 ½ cups (375 mL)	Vegetable or chicken broth
1	Bay leaf
¼ tsp (1.25 mL)	Salt
¼ tsp (1.25 mL)	Freshly ground black pepper
3 tbsp (45 mL)	Milk
1 tsp (5 mL)	Dried basil leaves

Equipment

- Large pot
- Knife
- Cutting board
- Peeler
- Can opener
- Liquid and dry measuring cups
- Measuring spoons
- Mixing spoon
- Immersion blender or standard blender



Culinary Tip Red lentils break down when cooked and add a creamy texture to this recipe.

Directions

- 1 Peel and dice the onion. Peel and mince the garlic. Wash, peel and chop the carrots.
- 2 Heat the oil in a large pot and sauté the onion and carrots for 5 minutes. Add the garlic and sauté for one minute.
- 3 Add the tomatoes, tomato paste, red lentils, broth, bay leaf, salt and pepper, and bring to a boil. Reduce the heat, cover and simmer for 20 minutes.
- 4 Remove the bay leaf.
- 5 For a smooth soup, transfer to a standard blender or use an immersion blender in the pot. Blend soup until smooth.
- 6 Return the soup to the pan. Add the milk and basil and reheat. Serve.



Kitchen Safety Tip If you're using a standard blender to blend the soup, be sure to follow these safety tips:

- Don't fill the blender more than half full of soup. You may need to blend the soup in a few small batches.
- Remove the centre piece of the blender lid and cover the hole with a dish towel.
- Hold the dish towel in place and start blending at a low speed.

What's a vampire's favourite soup?

Scream of tomato



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ADVENTURES
IN COOKING

ZUCCHINI AND CORN FRITTATA

Makes 6 Servings

Ingredients

1 tbsp (15 mL)	Vegetable oil
2 cloves	Garlic
1	Medium zucchini
3	Small tomatoes or one large tomato
1 cup (250 mL)	Frozen corn kernels
1 tsp (5 mL)	Cumin
½ tsp (2.5 mL)	Salt
¼ tsp (1.25 mL)	Black pepper
6	Large eggs
½ cup (125 mL)	Milk
½ cup (125 mL)	Shredded cheese

Equipment

- Knife
- Cutting board
- Frying pan
- Spatula or mixing spoon
- Large mixing bowl
- Whisk or fork
- Square baking dish (9x9 inch)
- Liquid and dry measuring cups
- Measuring spoons
- Oven mitts



Culinary Tip *How to grease a pan:* Place a few drops of oil or a small amount of margarine or butter onto a paper towel and rub it all around the pan. This prevents food from sticking to the pan.



Creativity Tip A frittata is a great way to use up extra veggies you have in your fridge. Substitute the vegetables in this recipe for any vegetables you have on hand!

Directions

- 1 Preheat the oven to 350°F.
- 2 Peel and mince the garlic. Wash and dice the zucchini and tomatoes.
- 3 Add the oil, garlic, zucchini, tomatoes, and corn kernels to a frying pan. Add the cumin, salt, and black pepper. Sauté over medium heat until the tomatoes have broken down.
- 4 In a large bowl, whisk together eggs and milk.
- 5 Once the vegetables have cooked down and most of their juices have evaporated from the pan, transfer them to a greased baking dish.
- 6 Add the cheese and egg mixture. Move the vegetables around slightly with a fork or spoon to let the egg run underneath them.
- 7 Bake for about 40 minutes, or until the top is golden brown and puffy.



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ADVENTURES
IN COOKING

EGG SALAD SANDWICHES

Makes 6 Servings

Ingredients

6	Hard-boiled eggs
4 stalks	Celery
1/3 cup (75 mL)	Plain yogurt
1 tsp (5 mL)	Mustard
1/2 tsp (2.5 mL)	Salt
1/4 tsp (1.25 mL)	Black pepper
1 1/2 tsp (7.5 mL)	Dried dill
Whole grain bread or tortillas	
Lettuce (optional)	
Tomato (optional)	

Equipment

- Pot
- Mixing spoon
- Large mixing bowl
- Knife
- Potato masher or fork
- Cutting board
- Dry measuring cups
- Measuring spoons

Directions

- 1 Hard-boil eggs (see recipe in Breakfast section). Peel eggs and place in a large mixing bowl. Mash eggs with potato masher or squish with a fork.
- 2 Wash and dice the celery. Add celery, yogurt, mustard, salt, pepper and dill to the large mixing bowl. Stir to combine.
- 3 Serve egg salad mixture on bread (can toast if desired) or in a tortilla as a wrap. If using lettuce and tomato as toppings, wash and slice before using.



Meal Idea Chop up extra celery sticks to serve on the side with a piece of fruit.

Why did the
mama bread get
mad at her kids?
*They were always
loafing around!*



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BEAR HUG WRAPS

Makes 6 Servings

Ingredients

½ cup (125 mL)	Homemade Hummus (see next recipe)
2	Carrots
1	Small head romaine lettuce
1	Tomato
1	Small cucumber
2 cups (500 mL)	Shredded cheese
6	Large whole grain tortillas

Equipment

- Knife
- Cutting board
- Peeler or scrub brush
- Grater
- Salad spinner

Directions

- 1 Wash the vegetables. Scrub with brush or peel carrots.
- 2 Grate the carrots; tear the lettuce into smaller pieces; slice the tomato; cut the cucumber into thin slices.
- 3 Shred the cheese.
- 4 Take a tortilla and spread 1 Tbsp of hummus down the middle. Fill with cheese and vegetables.
- 5 Roll up the wrap, with the bottom folded 2 inches up and the sides folded in.

What's a mummy's favourite music?

A wrap!



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HOMEMADE HUMMUS

Makes 2 Cups

Ingredients

1 can (19 oz/540 mL)	Chickpeas	Juice of 1 lemon or ¼ cup (60 mL) bottled lemon juice
2 cloves	Garlic	
½ tsp (2.5 mL)	Ground cumin	
½ tsp (2.5 mL)	Salt	
½ tsp (2.5 mL)	Pepper	
¼ cup (125 mL)	Plain yogurt	
2 tbsp (30 mL)	Olive oil	

Directions

- 1 Drain and rinse the can of chickpeas.
- 2 In a food processor or blender, puree the chickpeas.
- 3 Add lemon juice and blend.
- 4 Continue adding each ingredient and blending until all the ingredients have been added.

Equipment

- Food processor or blender
- Can opener
- Colander
- Measuring spoons
- Dry measuring cups



Meal Idea Serve hummus on a wrap, sandwich, or as a dip for vegetables.



Cooking Term *Puree* means to grind or mash food until it's completely smooth. This is most often done in a food processor or a blender.



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SUNFLOWER CHIP COOKIES

Makes 3 dozen cookies

Ingredients

¾ cup	(175 mL)	Whole wheat flour
½ cup	(125 mL)	Wheat germ
2 tbsp	(30 mL)	Dry milk powder
½ tsp	(2.5 mL)	Baking soda
½ cup	(125 mL)	Butter, softened (or ¼ cup (60 mL) softened butter and ¼ cup (60 mL) sunflower butter)
½ cup	(125 mL)	Brown sugar, packed
1		Egg
½ tsp	(2.5 mL)	Vanilla extract
1 cup	(250 mL)	Chocolate chips
½ cup	(125 mL)	Sunflower seeds
1		Apple (optional)

Equipment

- Medium and large mixing bowls
- Wooden spoon
- Dry measuring cups
- Measuring spoons
- Metal teaspoon
- Baking sheets
- Grater
- Oven mitts
- Electric beaters (optional)

Directions

- 1 Preheat oven to 350°F.
- 2 In a medium mixing bowl, mix the first four dry ingredients. Set aside.
- 3 Wash, peel and finely shred the apple until you have ½ cup, if using.
- 4 In a large bowl, cream together butter and brown sugar until light and fluffy. Mix in egg and vanilla.
- 5 Add the dry ingredients to the creamed mixture and mix before stirring in chocolate chips, sunflower seeds and apple, if using.
- 6 Drop by rounded teaspoons on greased baking sheets. Bake for 8-12 minutes.



Creativity Tip Substitute finely shredded carrot for the apple and consider swapping out the chocolate chips for raisins or currents.



Cooking Term *Cream* means to blend ingredients together to make a smooth, lightweight paste.



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SPICED CARROT COOKIES

Makes 36 cookies

Ingredients

¾ cup (175 mL)	Cooked or canned white beans
3 tbsp (45 mL)	Hot water
1 tbsp (15 mL)	Vegetable oil
¾ cup (175 mL)	Brown sugar, packed
2	Eggs
3–4	Carrots
2 cups (500 mL)	Whole wheat flour
1 tsp (5 mL)	Baking powder
½ tsp (2 mL)	Baking soda
1 tsp (5 mL)	Cinnamon
½ tsp (2 mL)	Allspice

Equipment

- Food processor
- Colander
- Can opener
- Peeler
- Grater
- Dry measuring cups
- Measuring spoons
- 2 mixing bowls
- Mixing spoon
- Baking sheet
- Oven mitts



Cooking Term Packed means pressed into a measuring cup. This is often used to describe how to measure brown sugar so that the sugar is squished to the bottom, allowing more to fit in the measuring cup.



Culinary Tip White beans include Great Northern, navy, cannellini, white kidney or white pea beans.

Directions

- 1 Preheat oven to 350°F. Grease a baking sheet or line it with parchment paper.
- 2 Peel and grate carrots, until you have 1 ½ cups.
- 3 Drain and rinse beans in colander. Place beans in food processor with the hot water. Puree until mixture is smooth and the consistency of canned pumpkin. Add additional water 1 Tbsp at a time to reach desired consistency.
- 4 Remove bean puree from food processor and place in a medium sized bowl. Add canola oil, brown sugar and eggs and cream together until smooth.
- 5 Add in carrots.
- 6 In another bowl, mix flour, baking powder, baking soda and spices. Stir to combine.
- 7 Add dry ingredients to wet ingredients and mix just until combined.
- 8 Drop by the spoonful onto baking sheet. Bake for 10–12 minutes or until cookie springs back when pressed lightly in center.
- 9 Let cool slightly. Remove from cookie sheet. Cool completely on wire racks.



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GREEK STYLE BEAN PITAS

Makes 6 servings

Ingredients

1 can	(19 oz/540 mL)	White navy beans
1		English cucumber
1		Large tomato
1		Red pepper
½ cup	(125 mL)	Crumbled feta cheese
½		Red onion
¼ cup	(60 mL)	Pitted black olives
2 tbsp	(30 mL)	Red wine vinegar
1 ½ tsp	(2 mL)	Dried oregano
¼ tsp	(1 mL)	Pepper
6		Whole wheat pitas
Tzatziki (optional)		

Equipment

- Can opener
- Colander
- Knife
- Cutting board
- Bowl
- Dry measuring cups
- Measuring spoons
- Spoons

Directions

- 1 Rinse and drain beans in colander.
- 2 Dice the cucumber, tomato, red pepper, and red onion. Chop the olives.
- 3 Combine all ingredients except pitas and tzatziki in a bowl. The filling can be made ahead of time and stored in the fridge.
- 4 Cut pita in half and open up pocket.
- 5 Spoon filling inside the pocket.
- 6 Spoon some tzatziki onto your fillings.



Culture Tip Tzatziki is a sauce with a base of yogurt and cucumbers. It's commonly enjoyed in the Mediterranean and Middle East. Find a recipe for tzatziki in the Snacks section!



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WILD RICE AND BERRY SALAD

Makes 6 servings

Ingredients

Salad

¾ cup (175 mL)	Wild rice or wild rice blend
1 cup (250 mL)	Fresh raspberries
1 cup (250 mL)	Fresh blueberries

Dressing

2 tbs (30 mL)	Maple syrup, or to taste
---------------	--------------------------

Equipment

- Pot
- Measuring spoons
- Mixing spoon
- Large mixing bowl
- Liquid and dry measuring cups
- Colander

Directions

- 1 Cook the rice in the pot according to package directions, until the water is absorbed.
- 2 Remove from the heat. Transfer to a large mixing bowl and refrigerate until cooled.
- 3 Wash the berries in a colander.
- 4 Pour the maple syrup over the rice and fold in the berries gently. Serve cold.



Culinary Tip If using straight wild rice, be sure to start it before participants arrive as it usually takes more than an hour to cook. Follow directions on package.



Creativity Tip You can use other types of fruit depending on what you have available or your preferences. Try Saskatoon berries, blackberries, strawberries or apples.



Cultural Tip Wild rice is the only grain native to Canada. It isn't actually rice, but a seed from aquatic grass. The Ojibwe people call this plant manoomin.



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ADVENTURES
IN COOKING

VEGETABLE LATKES

Makes 6 servings

Ingredients

2		Medium zucchini
1		Large yellow onion
2		Large potatoes
2		Eggs
3-4		Carrots
¼ tsp	(1 mL)	Pepper
1 tsp	(5 mL)	Salt
¼ cup	(60 mL)	Flour

Oil for frying

Equipment

- Knife
- Peeler or scrub brush
- Cutting board
- Large bowl
- Small bowl
- Fork or whisk
- Griddle or heavy skillet
- Grater
- Pastry brush
- Wooden spoon
- Spatula
- Large dish
- Paper towel

Directions

- 1 Wash carrots and zucchini. Scrub with brush or peel carrots. Shred carrots and zucchini.
- 2 Finely chop the onion.
- 3 Wash and peel potatoes. Coarsely shred the potato.
- 4 Combine the above vegetables in a large bowl.
- 5 Combine eggs, salt and pepper. Stir into vegetable mixture.
- 6 Sprinkle flour over top. Stir to mix.
- 7 Heat griddle or heavy skillet to medium-high. Brush with oil.
- 8 Drop batter by heaping tablespoons onto griddle. Flatten slightly. Cook until browned. Turn and brown other side, adding a little oil as needed.
- 9 Drain on paper towels and keep warm until ready to serve.



Meal Idea Serve with applesauce or sour cream for dipping.



Cultural Tip Latkes originated in Eastern European countries like Poland, Germany, Austria and Russia. They are also often eaten during the Jewish holiday Hanukkah.



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THREE SISTERS SOUP

Makes 12 servings

Adapted with their permission from Chef Hiawatha's recipe in Good Food, Good Medicine; Minopgwad Mijim, Mino-Mshkikiwan

Ingredients

8 cups (2 L)	Vegetable stock
2 cups (500 mL)	Yellow corn (fresh, frozen, or canned)
1 cup (250 mL)	Cooked hominy corn (optional)
1 can (540 mL/19 oz)	Kidney or black beans
1	Small onion
1	Stalk celery
2 cups (500 mL)	Winter squash (e.g., butternut, acorn, pie pumpkin), cooked and diced
5	Fresh sage leaves or ½ tsp (2.5 mL) dried sage
½ tsp (2.5 mL)	Curry powder
Salt and ground black pepper	

Equipment

- Large pot with lid
- Cutting board
- Knife
- Can opener
- Colander
- Ladle
- Measuring cups
- Measuring spoons
- Liquid measuring cup



Culinary Tip This recipe calls for cooked and diced winter squash. We suggest buying pre-cut frozen winter squash. If you are buying a fresh one, poke holes in it with a fork and microwave it to make it softer and easier to peel and cut.

Directions

- 1 Bring vegetable stock to a slow boil.
- 2 Peel and dice onion. Wash and dice celery.
- 3 Open cans of beans. Drain and rinse beans in a colander.
- 4 Add corn, hominy (if using), beans, onion and celery to pot of vegetable stock. Boil for 10 minutes. Add salt and pepper to taste.
- 5 Add sage leaves, curry, and squash. Simmer on medium-low heat for 20 minutes.



Environment Tip This recipe makes a large pot of soup. We suggest asking participants to bring a reusable container to take leftovers home in.



Kitchen Wisdom with Chef Hiawatha

In a three sisters garden, beans, corn and squash are planted together, helping each other grow strong. The beans grow up the corn, which supports the beans, and the squash covers the ground and protects the sisters.



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ADVENTURES
IN COOKING

SUPER SUPPERS

Recipe Bank

Chicken Cacciatore

Chicken Fajitas

Three Bean Veggie Chili

Egg Roll in a Bowl—2 Ways

Terrific Tacos

Mini Salmon Patties

Seasoned Baked Chicken

Sloppy Joes

Turkey Broccoli Casserole

Vegetable Fried Rice

Pineapple Black Bean Salad

Lime Roasted Sweet Potato Fries

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Grilled Salmon

Italian Marinara Sauce

Lasagna Roll-ups

Harira (Moroccan Stew)

Cranberry Bison Meatballs

Hungarian Paprika Chicken

Baked Walleye

Cabin Fever Stew



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ADVENTURES
IN COOKING

CHICKEN CACCIATORE

Makes 6 Servings

Ingredients

10–15	Mushrooms
1	Green pepper
1 can (28 oz/796 mL)	Diced tomatoes
1 ½ tsp (7.5 mL)	Dried oregano
1 ½ tsp (7.5 mL)	Dried basil
6	Boneless, skinless chicken pieces

Equipment

- Can opener
- Large pot
- Knife
- Cutting board
- Measuring spoons
- Food thermometer
- Tongs or fork

Directions

- 1 Wash and slice the mushrooms. Wash and dice the green pepper.
- 2 In a large pot, combine undrained tomatoes, mushrooms, green pepper, oregano, and basil. Bring to a boil.
- 3 Add chicken pieces. Cover and simmer over low heat for 30 minutes.
- 4 Turn the chicken over. Continue cooking for 10 minutes.
- 5 Check the internal temperature of the chicken. Once the chicken is fully cooked and reaches an internal temperature of 165°F, remove the chicken.
- 6 Boil sauce uncovered for another 5–10 minutes until thickened. Pour over the chicken to serve.



Meal Idea Serve over whole grain pasta, brown or wild rice, or polenta.



Food Safety Tip Immediately after handling raw chicken, make sure to wash your hands. This prevents transferring germs from the raw chicken to other surfaces and ingredients.



Food Safety Tip To check the internal temperature of the chicken, stick your food thermometer into the thickest part. Leave the thermometer in for 30 seconds before reading the temperature.



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CHICKEN FAJITAS

Makes 6 Servings

Ingredients

2 tbsp (30 mL)	Vegetable oil
2	Bell peppers
1	Red onion
2 cloves	Garlic
1 ½ tsp (7.5 mL)	Chili powder
1 tsp (5 mL)	Cumin
	Juice of 1 lime (optional)
1 lb (450 g)	Boneless, skinless chicken breasts
6	Whole grain tortillas
Optional toppings:	Shredded cheese, salsa, lettuce and guacamole

Equipment

- Knife
- Cutting board
- Large skillet
- Measuring spoons
- Food thermometer
- Baking dish or frying pan
- Mixing spoon or tongs
- Grater (if using cheese)

Food Safety Tip Immediately after handling raw chicken, make sure to wash your hands. This prevents transferring germs from the raw chicken to other surfaces and ingredients.

Food Safety Tip To check the internal temperature of the chicken, stick your food thermometer into the thickest part. Leave the thermometer in for 30 seconds before reading the temperature.

Directions

- 1 Peel and slice the onion; peel and mince the garlic; wash and slice the bell peppers.
- 2 Cut the chicken into strips.
- 3 In large skillet, heat oil over medium-high heat. Sauté garlic and onion about 3 minutes or until softened.
- 4 Add chili powder and cumin to skillet. Sauté chicken about 5 to 6 minutes or until no longer pink. Test with food thermometer to ensure internal temperature reaches 165° F.
- 5 Toss in pepper strips. Squeeze in juice of one lime, if using. Cook, stirring, for 2–3 minutes.
- 6 Warm the tortillas by placing them in the oven in a baking dish for 10 minutes. Otherwise, you can warm them individually in a frying pan and cover until ready to serve.
- 7 Spoon about ½ cup of the mixture down centre of each tortilla; roll up. If desired, sprinkle with shredded cheese, and serve with salsa, lettuce and guacamole.



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THREE BEAN VEGGIE CHILI

Makes 6 Servings

Ingredients

1 tbsp (15 mL)	Vegetable oil
1	Medium onion
3 cloves	Garlic
1	Red pepper
1	Green pepper
5	Mushrooms
2 cans (28 oz/796 mL)	Diced tomatoes
1 can (13 oz/398 mL)	Tomato sauce
1 can (19 oz/540 mL)	Red kidney beans
1 can (19 oz/540 mL)	Black beans
1 can (19 oz/540 mL)	Chickpeas
1 cup (250 mL)	Frozen corn
2 tbsp (30 mL)	Chili powder
1 tsp (5 mL)	Ground cumin
Pepper to taste	

Equipment

- Large pot
- Knife
- Cutting board
- Can opener
- Colander
- Dry measuring cups
- Measuring spoons
- Mixing spoon

Directions

- 1 Peel and dice the onion; peel and mince the garlic; wash and dice the bell peppers; wash and slice the mushrooms.
- 2 Drain and rinse the beans and chickpeas in a colander.
- 3 In a large pot, heat oil over medium-high heat.
- 4 Add onion, garlic, red and green pepper, and mushrooms. Cook until slightly tender.
- 5 Add tomatoes, tomato sauce, beans, chickpeas, corn, chili powder, cumin and pepper.
- 6 Simmer for 20–30 minutes.



Cooking Term *Simmer* means to cook food in a heated liquid so that it bubbles gently. This is usually done by heating something over medium-high heat, then turning the heat down to low once it starts to bubble.

What happened when they opened a restaurant on the moon?

It lacked atmosphere



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ADVENTURES
IN COOKING

EGG ROLL IN A BOWL PORK VERSION

Makes 6 Servings

Ingredients

1 tbsp (15 mL)	Vegetable oil
2 cloves	Garlic
	Small piece of fresh ginger
1 lb (450 g)	Ground pork
1 tbsp (15 mL)	Sesame oil
1	Small onion
2	Carrots
½	Small green cabbage
3 tbsp (45 mL)	Low sodium soy sauce

Equipment

- Large skillet
- Knife
- Spoon
- Cutting board
- Mixing spoon
- Measuring spoons
- Grater
- Peeler or scrub brush



Culinary Tip Try using a spoon to peel the ginger! Hold the ginger close to the base of the bowl of the spoon. Then run the inward curved side of the spoon down the knob, scraping off the skin.

Directions

- 1 Peel and mince the garlic; peel and thinly slice the onion.
- 2 Wash, scrub with brush or peel, and grate the carrot; wash and thinly slice the cabbage.
- 3 Peel and grate the ginger.
- 4 In a large skillet over medium heat, heat vegetable oil. Add garlic and ginger and cook until fragrant, 1 to 2 minutes. Add pork and cook until no pink remains.
- 5 Add sesame oil, onion, carrot, cabbage, and soy sauce. Stir to combine with meat. Cook until cabbage is tender, about 10 minutes.

How did the pig go to the hospital?
The hambulance



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ADVENTURES
IN COOKING

EGG ROLL IN A BOWL TOFU VERSION

Makes 6 Servings

Ingredients

1 tbsp (15 mL)	Vegetable oil
2 cloves	Garlic
	Small piece of fresh ginger
1 block (350 g)	Extra firm tofu
1 tbsp (15 mL)	Sesame oil
1	Small onion
2	Carrots
½	Small green cabbage
3 tbsp (45 mL)	Low sodium soy sauce

Equipment

- Large skillet
- Knife
- Spoon
- Cutting board
- Mixing spoon
- Measuring spoons
- Grater
- Peeler or scrub brush

Directions

- 1 Prepare the vegetables for cooking. Peel and mince the garlic. Peel and thinly slice the onion.
- 2 Wash, scrub with a brush or peel, and grate the carrot. Wash and thinly slice the cabbage.
- 3 Peel and grate the ginger.
- 4 Drain, pat dry with paper towel and grate the block of tofu.
- 5 In a large skillet over medium heat, heat vegetable oil. Add garlic and ginger and cook until fragrant, 1 to 2 minutes. Add tofu and cook until it starts to change colour.
- 6 Add sesame oil, onion, carrot, cabbage, and soy sauce. Stir to combine with tofu. Cook until cabbage is tender, about 10 minutes.



Meal Idea Serve with brown or wild rice, or whole wheat couscous



Culinary Tip To drain tofu, wrap in a tea towel or paper towel. Place a chopping board on top, and weigh it down with something heavy such as a pan of water.

How did the farmer fix his jeans?
With a cabbage patch!



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ADVENTURES
IN COOKING

TERRIFIC TACOS

Makes 6 Servings

Ingredients

1 lb	(450 g)	Lean ground meat (e.g., beef, turkey, chicken)
1 tbsp	(15 mL)	Vegetable oil
1		Small onion
2 cloves		Garlic
1 can	(14 oz/398 mL)	Diced or stewed tomatoes
1 cup	(250 mL)	Dried green lentils or 1 can (19 oz/540 mL) lentils
2 tsp	(10 mL)	Chili powder
½ tsp	(2.5 mL)	Cumin
6		Whole grain tortillas
Possible toppings:		Grated cheese, shredded lettuce, chopped tomatoes, corn, salsa, guacamole, or sour cream

Equipment

- Medium pot
- Large frying pan
- Mixing spoon or spatula
- Knife
- Cutting board
- Can opener
- Colander
- Measuring spoons
- Dry measuring cups
- Grater (if using cheese)



Culinary Tip Dried lentils can double in size when cooking, so be sure to use a large enough pot for this recipe.

Directions

- 1 If using dried lentils, add lentils and 2 cups of water into a pot. Bring to a boil. Reduce heat and simmer, stirring occasionally, for 30-40 minutes, or until the lentils are tender and most of the liquid has been absorbed. Add a little more water if it seems too dry. If it seems too wet, continue cooking until the excess moisture has been cooked off.
- 2 While lentils are cooking, peel and chop the onion; peel and mince the garlic.
- 3 In a large pan, cook meat over medium-high heat, breaking up with a spatula until no longer pink. Once fully cooked, drain any excess fat from the pan and set meat aside.
- 4 In the same large pan, heat oil over medium-high heat. Add the onion and cook for 4–5 minutes, until soft and starting to turn golden around the edges.
- 5 Add the garlic and cook for another minute.
- 6 Add chili powder, cumin, and tomatoes. If using dried lentils, add them when they are fully cooked. If using canned lentils instead of dried, drain and rinse them and add them now.
- 7 Cook for 10 minutes to heat up the mixture.
- 8 Serve the lentil and meat filling in tortillas with your desired toppings.



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ADVENTURES
IN COOKING

MINI SALMON PATTIES

Makes 12 Small Patties

Ingredients

2 tbsp (30 mL)	Vegetable oil
1	Small onion
1 stalk	Celery
1 clove	Garlic
2 cans (7 ½ oz/213g)	Salmon
2	Eggs
½ cup (125 mL)	Whole grain breadcrumbs
1 tsp (5 mL)	Lemon juice
½ tsp (2.5 mL)	Dried dill
½ tsp (2.5 mL)	Pepper

Equipment

- Large skillet
- Mixing spoon
- Knife
- Cutting board
- Can opener
- Fork or whisk
- Dry measuring cup
- Measuring spoons
- Medium mixing bowl

Directions

- 1 Peel and dice onion; peel and mince garlic; wash and dice celery.
- 2 Drain cans of salmon.
- 3 In a skillet, heat 1 Tbsp of oil over medium heat. Add onions and celery. Cook for 8 minutes.
- 4 Add minced garlic and cook for another 2 minutes. Remove from heat and let cool slightly.
- 5 In a bowl, combine onion mixture with the salmon, eggs, breadcrumbs, lemon juice, dill and pepper.
- 6 Take 2 Tbsp of the salmon mixture and shape into a patty. Continue for the rest of the salmon mixture.
- 7 Heat 1 Tbsp of oil in the same skillet and cook patties for 4–6 minutes per side, until they are golden brown with a slightly crispy coating.



Creativity Tip Try other flavour combinations like oregano and basil or ginger and a dash or two of hot sauce.



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SEASONED BAKED CHICKEN

Makes 6 Servings

Ingredients

6	Chicken thighs
¼ cup (60 mL)	Vegetable oil
3 cloves	Garlic
1 ½ tsp (7.5 mL)	Ground cumin
1 ½ tsp (7.5 mL)	Chili powder
1 ½ tsp (7.5 mL)	Oregano
¼ tsp (1.25 mL)	Salt
½ tsp (2.5 mL)	Pepper

Equipment

- Baking sheet
- Cutting board
- Knife
- Large mixing bowl
- Tongs or mixing spoon
- Measuring spoons
- Food thermometer
- Oven mitts

Directions

- 1 Preheat the oven to 425°F and grease a baking sheet or line with parchment paper.
- 2 Peel and mince garlic.
- 3 In a large mixing bowl, combine chicken pieces, oil, garlic and spices including salt and pepper.
- 4 Toss well to coat each piece of chicken with the spice mix.
- 5 Arrange chicken on baking sheet, and roast for about 25 minutes. Chicken is ready when juices run clear, is no longer pink inside and reaches the internal temperature of 74°C or 165°F.
- 6 Remove from oven and enjoy.



Culinary Tip *How to grease a pan:*

Place a few drops of oil or a small amount of margarine or butter onto a paper towel and rub it all around the pan. This prevents food from sticking to the pan.



Food Safety Tip To check the internal temperature of the chicken, stick your food thermometer into the thickest part of the thigh. Leave the thermometer in for 30 seconds before reading the temperature.



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ADVENTURES
IN COOKING

SLOPPY JOES

Makes 12 Servings

Ingredients

1	Onion
1	Carrot
1	Green pepper
5	Mushrooms
1 pound (450 g)	Ground meat (e.g., turkey, chicken, beef)
1 can (28 oz/796 mL)	Crushed tomatoes
1 can (8 oz/250 mL)	Tomato sauce
¼ cup (60 mL)	Barbecue sauce
12	Whole grain buns or English Muffins

Equipment

- Large pot or skillet
- Mixing spoon
- Knife
- Cutting board
- Peeler or scrub brush
- Grater
- Can opener
- Dry measuring cups

Directions

- 1 Peel and dice onion; wash, scrub with brush or peel and grate carrot; wash and chop bell pepper, wash and slice mushrooms.
- 2 Sauté onions, carrots, green pepper, and mushrooms in a large pot or skillet over medium-high heat for 5 minutes. Add ground meat and break up into small pieces with a wooden spoon or spatula and cook the meat until no longer pink and the juices run clear.
- 3 Add crushed tomatoes, tomato sauce and barbecue sauce to meat mixture.
- 4 Bring to a boil. Reduce heat and simmer for 15–20 minutes or until thick, stirring occasionally.
- 5 Toast buns if desired. Spoon Sloppy Joe mixture onto buns. Enjoy!



Freezer Friendly This recipe freezes well. Freeze leftovers or make a double batch to freeze for a future meal.



Environment Tip Instead of ground meat, feel free to use a block of firm tofu, crumbled or a can of lentils, drained.

Where did the hamburger go to dance?
To the meatball



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TURKEY BROCCOLI CASSEROLE

Makes 6 Servings

Ingredients

2 tsp	(10 mL)	Vegetable oil
1 lb	(450 g)	Ground turkey
2 tsp	(10 mL)	Dried oregano leaves
¼ tsp	(1.25 mL)	Fresh ground pepper
3 cups	(750 mL)	Broccoli florets
1		Bell pepper
1 cup	(250 mL)	Shredded cheese
1 ½ cups	(375 mL)	Salsa

Equipment

- Large skillet or frying pan
- Mixing spoon
- Pot
- Colander
- Knife
- Cutting board
- Measuring spoons
- Dry measuring cups
- Grater
- Baking dish (8x8 inch)
- Oven mitts

Directions

- 1 Preheat oven to 375°F.
- 2 In a large skillet, heat oil over medium high heat and brown turkey with oregano and pepper.
- 3 Meanwhile, wash and chop the broccoli. Boil a pot of water. Cook the broccoli for 2–3 minutes in boiling water, just until it turns bright green. Remove from heat, drain, and set aside.
- 4 Wash and chop the bell pepper. Shred the cheese.
- 5 Spread turkey into baking dish. Spread half of the salsa over the turkey.
- 6 Top with broccoli and pepper. Spread the remaining salsa and sprinkle with cheese.
- 7 Bake for about 30 minutes or until heated through and the cheese is melted.



Environment Tip Try substituting ground turkey for black beans, chickpeas or crumbled tofu for a plant-based protein version!



Cooking Term *Brown* means to cook quickly over high heat, causing the outside of the food to turn brown while the inside stays moist. This gives food an appetizing colour and a rich flavour.



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VEGETABLE FRIED RICE

Makes 6 Servings

Ingredients

2 cups (500 mL)	Rice of your choice
1	Red pepper
1	Green pepper
2	Green onions
1 tbsp (15 mL)	Vegetable oil
4	Eggs
2 cups (500 mL)	Frozen mixed vegetables (e.g., peas, carrots, corn, broccoli, cauliflower)
2 tbsp (30 mL)	Low sodium soy sauce

Equipment

- Pot
- Mixing spoon
- Bowl
- Knife
- Cutting board
- Large skillet or pot
- Small bowl
- Whisk or fork
- Measuring spoons
- Dry measuring cups



Culinary Tip Remember to check cooking time on your package of chosen rice, since cooking times can vary.



Creativity Tip To kick up the flavour, try adding minced garlic (3 cloves) and fresh, minced ginger (1 Tbsp) when cooking the peppers and onions



Cooking Term *Scramble* means to cook eggs that have been whisked in a frying pan. While they are cooking, the eggs are stirred until they form several small pieces of cooked egg.

Directions

- 1 Prepare the rice according to package directions. When rice is cooked, set aside in a bowl.
- 2 Rinse the peppers and onions under cool tap water; peel onion; chop vegetables into small pieces.
- 3 Heat large skillet to medium-high heat, measure oil and add to skillet. Add chopped peppers and onions in pan and cook for about 1 minute, make sure to stir regularly to prevent sticking or burning.
- 4 Add the frozen vegetables and cook until heated through, about 4 minutes, while stirring.
- 5 Crack the eggs into a small bowl and beat with a wire whisk or fork until yolk is broken and mixed into the egg white. Make a space in the pan, by moving vegetables to one side. Add egg into that space and scramble until set (about 1–2 minutes).
- 6 Add the cooked rice and soy sauce to the skillet. Stir the entire mixture. Once the vegetables and rice are warm, the dish is ready to eat.



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ADVENTURES
IN COOKING

PINEAPPLE BLACK BEAN SALAD

Makes 6 Servings

Ingredients

Salad

1 ½ cups (375 mL)	Bulgur
1 can (14 oz/398 mL)	Pineapple tidbits in juice
½	Bunch cilantro
1 can (19 oz/540 mL)	Black beans

Lime Vinaigrette

3 tbsp (45 mL)	Lime juice
2 tbsp (30 mL)	Olive oil
1 tbsp (15 mL)	Honey
½ tsp (2.5 mL)	Cumin
¼ tsp (1.25 mL)	Garlic powder
¼ tsp (1.25 mL)	Salt

Equipment

- Pot
- Dry measuring cups
- Mixing spoon
- Knife
- Shallow dish or pan
- Cutting board
- Small bowl
- Can opener
- Fork
- Colander
- Whisk
- Large mixing bowl
- Measuring spoons



Cooking Term *Juice* means to squeeze the liquid out of a fruit or vegetable (e.g., citrus fruit). Cut lime into halves or wedges, then squeeze out the juice over a bowl.

Directions

- 1 Cook the bulgur according to the package directions. Allow to cool completely. If needed, place the bulgur in a shallow dish or pan and refrigerate to speed up the cooling.
- 2 Juice the lime.
- 3 Prepare the dressing by whisking together the lime juice, olive oil, honey, cumin, garlic powder, and salt. Set the dressing aside.
- 4 Drain the pineapple tidbits and chop the pineapple into slightly smaller pieces.
- 5 Rinse and dry the cilantro. Chop the leaves and stems.
- 6 Rinse and drain the black beans.
- 7 Combine all of the ingredients in a bowl and toss the ingredients together until everything is evenly mixed. Serve immediately or refrigerate until ready to serve.



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LIME ROASTED SWEET POTATO FRIES

Makes 6 Servings

Ingredients

4		Medium sweet potatoes
2 tbsp	(30 mL)	Vegetable oil
1 tsp	(5 mL)	Cumin
¼ tsp	(1.25 mL)	Salt
1		Lime

Equipment

- Peeler
- Knife
- Cutting board
- Measuring spoons
- Tongs or spatula
- Zester
- Oven mitts
- Baking sheet
- Scrub brush

Directions

- 1 Preheat the oven to 425°F.
- 2 Scrub the sweet potatoes under running water to remove any dirt. Peel and slice into ½-inch wide sticks. Place the sweet potatoes on a large baking sheet and drizzle with oil. Sprinkle the cumin and salt over top. Mix until coated.
- 3 Roast the sweet potatoes in the oven for 20 minutes. Stir and return to the oven. Roast for about 15 minutes more, or until the sweet potatoes are blistered and browned on the edges.
- 4 After roasting, wash the lime and squeeze the fresh lime juice over top. Add lime zest if you would like more lime flavour. Serve warm.



Cooking Term *Preheat* means to heat cooking equipment before starting to cook. Preheating makes sure that the food starts cooking right away and that it cooks properly, at the right temperature.

Why do potatoes make good detectives?
Because they keep their eyes peeled.



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PIZZA PARTY

Makes 2 Large Pizzas or 6 Small Pizzas

Ingredients

Dough

1 ½ cups (355 mL)	All-purpose flour
1 cup (250 mL)	Whole wheat flour
1 tbsp (15 mL)	Quick rise yeast
1 tsp (5 mL)	Sugar
½ tsp (2.5 mL)	Salt
1 cup (250 mL)	Warm water
1 tbsp (15 mL)	Olive oil

Toppings

1 can (7.5 oz/213 mL)	Pizza sauce
3 cups (750 mL)	Grated cheese

Topping ideas:

- Seasoned Baked Chicken (see recipe in Supper Section)
- Tomatoes, sliced or diced
- Mushrooms, thinly sliced
- Bell peppers, thinly sliced
- Black olives, sliced
- Pineapple tidbits or rings, diced
- Red onion, thinly sliced
- Fresh herbs such as basil and oregano

Equipment

- Large bowl
- Dry and liquid measuring cups
- Measuring spoons
- Clean tea towel
- Pizza pan
- Rolling pin
- Knife
- Cutting board
- Grater
- Can opener
- Oven mitts

Directions

- 1 In a large bowl, combine the flours, yeast, sugar, and salt.
- 2 Stir in warm water and oil until blended.
- 3 Turn dough onto lightly floured surface.
- 4 Knead for about 10 minutes, until dough is smooth and elastic.
- 5 Add flour as needed to keep dough from sticking.
- 6 Cover the dough with a clean tea towel and let rest for 10 minutes.
- 7 Roll out dough with a rolling pin until it is about ½ inch (1 cm) thick.
- 8 Place the dough on a pan and stretch it into the shape of your chosen pan.
- 9 Preheat oven to 425°F.
- 10 Grate cheese and prepare all toppings.
- 11 Spread the pizza sauce on each crust and add all desired toppings.
- 12 Bake for 10–12 minutes or until cheese is melted and bubbly.



Cooking Term *Knead* means to press, fold and turn dough. To knead, fold the dough over toward you, press it with the heels of both hands, give it a quarter turn, and repeat.



Creativity Tip If you're short on time, you can build mini pizzas on pita bread, naan, tortillas or English muffins.



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ADVENTURES
IN COOKING

GREEN BEAN SIDES

Makes 6 Servings

Ingredients

1.5 lb (750 g) Green beans

Desired toppings (see directions)

Equipment

- Pot
- Frying pan
- Spatula
- Colander
- Measuring spoons
- Knife
- Cutting board



Environment Tip To save time and reduce food waste, you can leave on the skinny, tapered end of the green bean. They are tender and tasty!



Cooking Term *Season* means to flavour foods with herbs, spices, condiments, salt or pepper to improve their taste.

Directions

Cooking the Green Beans:

- 1 Wash and trim off the ends of green beans. Cut the beans into 1-inch (2.5-cm) pieces.
- 2 Cook in small amount of water until crisp-tender, about 5 minutes. Drain and add one of the options below.

Parsley-lemon option:

In 1 Tbsp butter or oil, lightly sauté 2 cloves minced garlic and 2 Tbsp finely chopped fresh parsley. Add the cooked beans, season to taste with salt and pepper. Stir gently and heat through. Sprinkle with the juice of 1 lemon and serve.

Mint option:

In 1 Tbsp butter or oil, sauté ¼ cup (60 mL) minced onion. Add 2 Tbsp minced fresh mint. Add cooked beans and season to taste with salt and pepper. Serve.

Basil-tomato option:

In 1 Tbsp oil, sauté ¼ cup (60 mL) minced onion and 1 clove minced garlic. Add 2 Tbsp minced fresh basil, 1 cup (250 mL) chopped tomatoes and cooked green beans. Cover and cook about 5 minutes. Season to taste and serve.



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WINTER SQUASH BARS

Makes 24 bars

Ingredients

2 cups (500 mL)	Pumpkin puree (canned or cooked)
1 cup (250 mL)	Granulated sugar
¾ cup (175 mL)	Vegetable oil
4	Eggs
1 tsp (5 mL)	Vanilla
½ tsp (2.5 mL)	Salt
1 cup (250 mL)	All-purpose flour
1 cup (250 mL)	Whole wheat flour
2 tsp (10 mL)	Baking powder
1 tsp (5 mL)	Baking soda
1 tsp (5 mL)	Cinnamon

Topping

1 ½ tbsp (22 mL)	Granulated sugar
1 tsp (5 mL)	Cinnamon

Equipment

- 2 mixing bowls
- Small bowl
- Liquid and dry measuring cups
- Measuring spoons
- Wooden spoon
- Can opener
- Baking sheet (11 x 17-inch)
- Electric mixer or hand mixer (optional)
- Oven mitts
- Toothpicks



Culinary Tip If using canned pumpkin, be sure to use pumpkin puree and not pumpkin pie filling. Alternatively, you can also use fresh cooked pumpkin or winter squash in this recipe.

Directions

- 1 Preheat oven to 350°F. Lightly grease a baking dish.
- 2 In a large mixing bowl, beat together the pumpkin puree, sugar, oil, eggs, vanilla, and salt.
- 3 In a medium mixing bowl, combine the flours, baking powder, baking soda, and cinnamon. Stir.
- 4 Mix the dry ingredients into the wet ingredients and stir just until combined. Don't overmix. Pour into the baking sheet and spread evenly in the pan with the back of your spoon.
- 5 In a small bowl, combine granulated sugar and cinnamon for the topping. Sprinkle over the bars.
- 6 Bake for 25–30 minutes or until a toothpick inserted in the centre comes out clean. Cool completely and cut into bars.



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ADVENTURES
IN COOKING

CHOCOLATE TOFU CAKE

Makes 10 Servings

Ingredients

1 pkg	10.5 oz (300 g)	Silken tofu
½ cup	(125 mL)	Soft margarine
½ cup	(125 mL)	Brown sugar
1 tsp	(5 mL)	Vanilla extract
¾ cup	(175 mL)	All-purpose flour
½ cup	(125 mL)	Whole wheat flour
1/3 cup	(75 mL)	Cocoa powder
1 tbsp	(15 mL)	Baking powder
1 tsp	(5 mL)	Baking soda
1 tsp	(5 mL)	Cinnamon

Equipment

- 9-inch cake pan
- Blender
- 2 medium mixing bowls
- Mixing spoon
- Dry measuring cups
- Measuring spoons
- Cooling rack
- Oven mitts
- Sieve or sifter



Culinary Tip Silken tofu is a type of tofu that has a high water content and a custard-like texture. It works well in creamy and blended foods like smoothies, puddings, sauces, and dips.



Cooking Term *Sift* means to pour a dry ingredient through a sieve or sifter to remove lumps and add air.

Directions

- 1 Preheat oven to 350°F. Grease pan.
- 2 Puree tofu in blender. In a medium mixing bowl, cream margarine and sugar together. Add vanilla and pureed tofu. Set aside.
- 3 In another medium mixing bowl, sift together the remaining ingredients. Pour tofu mixture into the flour mixture and stir until blended, but don't overmix. Pour cake mixture into greased pan.
- 4 Bake for 30–35 minutes or until a toothpick comes out clean when inserted into the center of cake. Remove from oven and cool on wire rack.
- 5 Garnish the cake slices with sifted icing sugar and fresh seasonal fruit. Serve.



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ADVENTURES
IN COOKING

INDIAN RICE AND DAL

Makes 6 Servings

Ingredients

Dal

1 tbsp	(15 ml)	Butter
1 large		Onion
2 cloves		Garlic
2 tsp	(10 mL)	Curry powder
1 cup	(250 mL)	Red lentils
3 cups	(750 mL)	Water
½ tsp	(2 mL)	Salt

Rice

1 tbsp	(15 mL)	Butter
1 large		Onion
2 cloves		Garlic
1 cup	(250 mL)	White or brown basmati rice
2 cups	(500 mL)	Water
½ tsp	(2 mL)	Sea salt
Lots of freshly ground pepper		
Handful of chopped fresh cilantro (optional)		

Equipment

- Knife
- Cutting board
- Liquid and dry measuring cups
- Measuring spoons
- Wire sieve
- Medium pot with lid
- Small pot with lid
- Wooden & metal spoon
- Colander



Culinary Tip Make sure you use red lentils in this recipe. Red lentils break down when cooked and become smooth, unlike green and brown lentils.



Cultural Tip In India, the lentil is known as dal or daal. Lentils have been found in Egyptian tombs dating as far back as 2400 BC.

Directions

For the Dal

- 1 Peel and dice the onion and mince the garlic.
- 2 Wash and drain the cilantro, if using. Chop and set aside.
- 3 Place lentils in a wire sieve, rinse with cool water and drain.
- 4 Melt the butter in a medium pot over medium-high heat, then toss in the onions and garlic. Stir mixture, lightly browning and softening the onions, for 3 or 4 minutes.
- 5 Sprinkle in the curry powder and stir for a minute to brighten the flavour.
- 6 Add the lentils and water. Bring to a boil, then reduce the heat to the slowest, steadiest simmer possible. Continue cooking according to package directions until the lentils are tender.
- 7 Once cooked, season with salt and stir the mixture until lightly mashed.

For the Rice

- 8 Finely mince the onion and garlic cloves.
- 9 Melt and sizzle the butter in a small pot over medium-high heat. Add the onions and garlic and cook, just like before, until the onions are soft and lightly browned.
- 10 Add the uncooked rice and stir for a few minutes to lightly toast the grains.
- 11 Pour in the water and sprinkle in the salt and pepper. Bring to a boil, then reduce the heat to the slowest, steadiest simmer possible. Cover and cook for the time stated in the package directions. Let it rest with the lid on for 5 minutes or so, as the grains finish absorbing the moisture.
- 12 Serve the dal over the rice, topped with lots of chopped cilantro.



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ADVENTURES
IN COOKING

GRILLED SALMON

Makes 6 Servings

Ingredients

1 lbs	(900 g)	Wild salmon or trout fillets
½ cup	(125 mL)	green onions
2 tbsp	(30 mL)	Low sodium soy sauce
2 tsp	(10 mL)	Sesame oil
1 clove		Garlic
1 tbsp	(15 mL)	Fresh ginger root or ¼ tsp ground ginger

Equipment

- Knife
- Cutting board
- Measuring spoons
- Dry measuring cup
- Parchment paper or aluminum foil
- Small bowl
- Whisk or fork
- Baking sheet
- Oven mitts

Directions

- 1 Preheat the oven to 350°F.
- 2 Place salmon in the middle of a large piece of aluminum foil or parchment paper and turn up sides of foil (or paper) to make a boat.
- 3 Wash and chop green onions, sprinkle evenly over the salmon.
- 4 Peel and mince garlic. Peel and mince ginger.
- 5 In a small bowl, whisk together the garlic, ginger, soy sauce, and sesame oil and pour evenly over salmon.
- 6 Bring sides of the foil or parchment paper together and seal the edges. Place on baking sheet.
- 7 Cook fish for 20 minutes. Fish is done cooking when it reaches 70°C (158°F) and is opaque and easily flakes with a fork.



Cultural Tip Salmon is eaten by Indigenous Peoples across Turtle Island, but is a staple food for the Coast Salish Peoples in British Columbia. Salmon is also a very important part of the Coast Salish people's culture and identity.



Culinary Tip A very general rule of thumb when cooking fresh fish is 10 minutes of cooking time for every inch thickness of fish. Frozen fillets will need longer so be sure to follow package directions. Fish is cooked when it turns completely opaque and easily flakes with a fork.



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ITALIAN MARINARA SAUCE

Makes 6 Cups (1.5 L)

Ingredients

2 cans (28 oz/796 g)	Crushed tomatoes
1	Medium onion
3 cloves	Garlic
3 tbsp (45 mL)	Olive oil
1 can (5.5 oz/156 g)	Tomato paste
1 tbsp (15 mL)	Dried basil
½ tbsp (7 mL)	Dried oregano
2	Bay leaves
1 tbsp (15 mL)	Brown sugar
2 tbsp (30 mL)	Balsamic vinegar (optional, see directions)

Equipment

- Knife
- Measuring spoons
- Cutting board
- Can opener
- Large pot
- Wooden spoon



Culinary Tip The sugar in pasta sauce helps to balance out the high acidity of the tomatoes.



Cultural Tip “Marinara” means “seafaring” in Italian because it was the preferred meal of Italy’s merchants during long expeditions at sea.

Directions

- 1 Peel and finely chop the onion and garlic cloves.
- 2 Cook onion and garlic in a large pot with olive oil until very soft and slightly golden brown.
- 3 Add the rest of the ingredients to the pot. Simmer on low for one hour. Be careful of the splattering sauce! Leave a lid on the pot, but put it slightly ajar to allow steam to escape.
- 4 Taste the sauce after a half hour or so and adjust spices and seasoning to your liking. The proportions listed above yield a slightly sweet and tangy sauce. If you like savory sauces, leave out the balsamic vinegar and reduce the sugar to 1 tsp.



Meal Idea This recipe is great on the Lasagna Roll ups (next recipe). Consider making a double batch of sauce. The day you make it, serve over cooked whole grain pasta. Freeze the remaining sauce and use at another session where you can prepare the lasagna roll ups. Be sure to remember to take your sauce out of the freezer the night before your session and thaw in the refrigerator for the next day.



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LASAGNA ROLL-UPS

Makes 6 Servings

Ingredients

1 lb	(454 g)	Lasagna noodles
15 oz	(425 g)	Ricotta cheese
1 cup	(250 mL)	Mozzarella cheese
¼ cup	(60 mL)	Grated Parmesan
1		Large egg
1 tsp	(5 mL)	Dried oregano or basil
1 tsp	(5 mL)	Dried parsley
1 pkg	(10 oz/284 g)	Frozen spinach
2 ½ cups	(625 mL)	Marinara sauce
		Salt and pepper to taste

Equipment

- Grater
- Dry measuring cups
- Large pot
- Large spoon
- Mixing spoon
- Colander
- 2 medium bowls
- 9 x 13-inch glass baking dish
- Aluminum foil
- Oven mitts



Cultural Tip Lasagna originated in Italy, in the region of Emilia-Romagna around the 14th century. Traditionally, the dough was prepared in Southern Italy with semolina and water and in the northern regions, where semolina was not available, with flour and eggs.

Directions

- 1 Shred the mozzarella cheese.
- 2 Get a large pot of water boiling with a dash of salt. When it comes to a full boil, add the lasagna noodles and cook according to package directions. Drain.
- 3 Prepare the filling. Thaw the package of frozen spinach in the microwave then squeeze out as much excess liquid as possible. Combine the spinach in a bowl with the ricotta, mozzarella, parmesan, egg, oregano, parsley, pepper and salt. Mix until well combined.
- 4 When the noodles and filling are ready to go, preheat the oven to 400°F. Grease a glass casserole dish.
- 5 On a clean surface, lay out a few noodles at a time. Place a few tablespoons of filling on each noodle and spread to cover from edge to edge. The filling does not need to be thick. Make sure to spread the filling all the way to the edges of the noodles.
- 6 Roll the noodles up and place in the prepared casserole dish. Repeat until all the filling is gone. There may be some noodles left over, these are “back ups” in case any of the others rip.
- 7 Pour the marinara sauce over the rolled noodles making sure to cover all surfaces.
- 8 Cover the dish in foil and bake for 30 minutes. Serve hot.

What bird can be heard at mealtimes?
A swallow!



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HARIRA (MOROCCAN STEW)

Makes 6 Portions

Ingredients

2 tsp (10 mL)	Canola oil
1	Medium onion
2 tsp (10 mL)	Ground cinnamon
2 tsp (10 mL)	Ground cumin
2 tsp (10 mL)	Ground coriander
Pinch	Chili flakes (optional)
2 cloves	Garlic
1 large or 2 small	Sweet potatoes
1 ½ cups (375 mL)	Peas, frozen
1 can (796 mL/28 oz)	Crushed tomatoes
3 cups (750 mL)	Vegetable broth
1 can (540 mL/19 oz)	Chickpeas

Equipment

- Cutting board
- Knife
- Medium pot
- Measuring spoons
- Dry measuring cups
- Liquid measuring cup
- Can opener
- Colander
- Scrub brush or peeler

Directions

- 1 Prepare vegetables for cooking. Peel and dice the onion. Peel and mince the garlic. Wash, scrub with brush or peel, and chop the sweet potato into ½ inch pieces.
- 2 In a medium pot, heat oil over medium heat and cook onion for 3 minutes or until softened. Add cinnamon, cumin, coriander, chili flakes (optional) and garlic and stir, cooking over low heat for about another 2 minutes.
- 3 Add sweet potatoes, frozen peas and tomatoes and stir to coat vegetables in spices and oil.
- 4 Add the vegetable broth. Bring to a boil, reduce heat and simmer until the sweet potatoes are tender (about 25 minutes).
- 5 Drain and rinse the chickpeas. Stir in the chickpeas and simmer another 5 minutes or until the sweet potatoes are soft with a fork.



Meal Idea Serve with brown rice or quinoa for a tasty meal.



Cultural Tip Harira is traditionally served to break the fast at Ramadan.



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CRANBERRY BISON MEATBALLS

Makes 6 Servings

Ingredients

1		Egg
¼ cup	(60 mL)	Dried cranberries
2 tbsp	(30 mL)	Olive oil
½ tsp	(2 mL)	Ground allspice
½ tsp	(2 mL)	Salt
¼ tsp	(1 mL)	Pepper
1 lb	(500 g)	Medium ground bison, moose, venison, or lean ground beef
1 cup	(250 mL)	Canned whole cranberry sauce
¼ cup	(60 mL)	Barbecue sauce
1 tsp	(5 mL)	White or apple cider vinegar
¼ tsp	(1 mL)	Pepper

Equipment

- Large mixing bowl
- Measuring spoons
- Liquid and dry measuring cups
- Food thermometer
- Baking sheet with sides
- Large frying pan



Cultural Tip The Plains Cree Peoples depended on bison for many things such as food, clothing, and building materials. Often referred to as buffalo, bison are not the same species. Bison originated in North America and Europe, while buffalo came from Asia and Africa.

Directions

- 1 Preheat oven to 375°F.
- 2 Combine egg, dried cranberries, oil, allspice, salt and first amount of pepper in large bowl.
- 3 Add ground meat and mix well.
- 4 Roll into ¾ -inch (2-cm) balls. Arrange in single layer on greased baking sheet with sides.
- 5 Bake for about 15 minutes. Check the internal temperature with a thermometer. The meatballs are cooked when they reach an internal temperature of 165°F.
- 6 For the glaze, combine cranberry sauce, barbecue sauce, vinegar and remaining pepper in large frying pan.
- 7 Heat and stir on medium until boiling. Add meatballs. Heat and stir for about 1 minute until glazed.



Food Safety Tip To check the internal temperature of the meatballs, stick your food thermometer into the center of the largest meatball. Leave the thermometer in for 30 seconds before reading the temperature.



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HUNGARIAN PAPRIKA CHICKEN

Makes 6 Servings

Ingredients

6		Chicken legs
		Salt and pepper
1 tbsp	(15 mL)	Vegetable oil
1		Large red pepper
1		Medium onion
2 cloves		Garlic
1		Small fennel bulb (optional)
2		Large tomatoes
1 tbsp	(15 mL)	Paprika
1 cup	(250 mL)	Chicken or vegetable broth
1		Bay leaf
3 tbsp	(45 mL)	Sour cream

Equipment

- Knife
- 2 cutting boards (one for chicken, one for vegetables)
- Measuring spoons
- Liquid measuring cups
- Wooden spoon
- Large frying pan with lid
- Aluminum foil
- Serving platter



Cooking Term *Deglazing* a pan means to add liquid to a hot pan after you've already cooked something in it, which allows the caramelized bits of food stuck to the bottom to release and add flavour to the liquid.



Cultural Tip Hungary is a major source of commonly used paprika and it is used in many of the country's most delicious dishes. Paprika can range from hot and spicy to sweet and flavorful.

Directions

- 1 Wash and cut the red pepper into long thin strips. Peel and slice the onion. Peel and mince the garlic. Wash and finely chop the fennel bulb, if using. Wash and chop the tomatoes.
- 2 Cut chicken legs in half, so you're left with thighs and drumsticks. Season with salt and pepper.
- 3 Heat the oil in a large frying pan and, working in batches, brown the meat on all sides.
- 4 Drain off all but a tablespoon of oil from the pan.
- 5 Lower the heat and add the pepper, onion, fennel, and paprika. Cook until soft about 12 minutes, adding the garlic for the final minute.
- 6 Deglaze the pan with the broth. Add the tomatoes and bay leaf. Put the chicken back in.
- 7 Cover the pan, and cook, turning the meat occasionally, until tender, about 30 minutes.
- 8 Remove the chicken to a serving platter and cover with foil to keep warm.
- 9 Turn the heat to medium-high and bring the sauce in the pan to a boil. Boil down to thicken.
- 10 Turn off the heat, stir in the sour cream, check the seasonings and pour over chicken to serve.



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BAKED WALLEYE

Makes 8 Portions

Adapted with permission from Chef Hiawatha's recipe in Good Food, Good Medicine; Minopgwad Mijim, Mino-Mshkikiwan

Ingredients

4		Walleye fillets (or other fish that is locally available)
½ cup	(75 mL)	Butter, melted
1 tbsp	(15 mL)	Lemon juice
4–5		Mushrooms
¼		Onion
¼		Green pepper
1		Stalk celery
1 tbsp	(15 mL)	Dried parsley flakes
1		Clove garlic
½ tsp	(2.5 mL)	Pepper
½ tsp	(2.5 mL)	Salt

Equipment

- Microwave-safe bowl or small pot
- Knife
- Cutting board
- Saucepan
- Spoon
- Baking pan
- Oven mitts



Cooking Term *Sauté*: To cook food quickly in a small amount of fat in a pan over medium-high temperatures. Foods that are often sautéed include onion, garlic and other vegetables such as bell peppers, broccoli and mushrooms.



Culinary Tip If your fish has been locally caught and filleted, keep an eye out for bones as you're eating it.

Directions

- 1 Preheat oven to 350°F.
- 2 Melt butter in the microwave or on the stove. If you choose the microwave, add butter to a microwave-safe bowl and heat for 30–45 seconds. If you choose the stovetop, add butter to a small pot and let it melt over medium heat. Once the butter is melted, take off the heat and add in salt, pepper, and lemon juice.
- 3 Dip fish in melted butter, salt, pepper and lemon juice. Place fillets into shallow greased baking pan.
- 4 Wash and slice mushrooms. Peel and finely chop onion. Wash and chop green pepper and celery. Peel and mince garlic.
- 5 In a saucepan, sauté mushrooms, onions, peppers, celery and garlic until vegetables are crisp-tender, stirring occasionally. Season with parsley, salt and pepper.
- 6 Pour vegetable mixture over the fish, then spoon any remaining butter mixture over fish. Cover and bake at 350°F for 15 to 20 minutes or until fish flakes easily with a fork.



Kitchen Wisdom with Chef Hiawatha

Ogaaway (walleye) are the largest member of the perch family and the biggest walleye ever caught in Ontario was caught in 1943 and weighed a whopping 22 pounds and 4 ounces!



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CABIN FEVER STEW

Makes 6-8 Servings

Ingredients

2 lbs (908g)	Stewing beef (or other stewing meat), cut into ½ inch (2 cm) cubes
2 tbsp (30 mL)	Oil
1	Yellow onion
1	Stalk celery
2 cloves	Garlic
3 cups (750 mL)	Reduced sodium beef broth (3 tsp (15 mL) bouillon powder and 3 cups (750 mL) water)
2 tbsp (30 mL)	Tomato paste
2	Bay leaves
1 tsp (5 mL)	Thyme
½ tsp (2.5 mL)	Pepper
½ tsp (2.5 mL)	Salt
5-6	Potatoes
4	Large carrots
1 cup (250 mL)	Frozen peas
2 tbsp (30 mL)	Cornstarch

Equipment

- Large pot
- Measuring spoons
- Measuring cups
- Liquid measuring cup
- Cutting board
- Knife
- Peeler
- Small bowl
- Spoon



Cooking term *Brown:* To cook quickly over high heat, causing the outside of the food to turn brown while the inside stays moist. This gives food an appetizing colour and a rich flavour.

Directions

- 1 Peel and dice onion. Wash and dice celery. Peel and mince garlic.
- 2 Pat the beef dry with paper towels. Sprinkle beef lightly over with salt and pepper. Heat 1 tbsp oil in a large pot over medium-high heat. Add the beef cubes (cut smaller if necessary to make bite-sized) and cook, turning occasionally until all sides are lightly browned.
- 3 Remove beef from pot and keep warm. Set aside.
- 4 Reduce heat to medium. Add onions, celery and garlic to the same pot (you may add some beef broth to prevent sticking). Cook until the onions are clear. Add beef broth, tomato paste, bay leaves, thyme, salt and pepper.
- 5 Bring to boil.
- 6 Wash, peel, and chop potatoes into ½ inch (2 cm) cubes. Wash, peel or scrub, and chop carrots into 1/2 inch (2 cm) thick half-moons.
- 7 Add potatoes, carrots and browned meat. Return to boil. Then, reduce heat to low, stir, cover and simmer for 1 hour, 15 minutes. (Make sure low simmer so it will not burn.)
- 8 Add peas to the pot.
- 9 In a small bowl, mix cornstarch with 2 tbsp water until smooth. Add to stew. Mix well and continue to cook until stew is bubbly and has thickened.

How did the farmer patch his jeans?

With a cabbage patch!



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SCRUMPTIOUS SNACKS

Recipe Bank

Moose Droppings

Ants on a Log

Watermelon Pizza

Honey Apple Trail Mix

Bean Dip

Sunny Energy Bites

Tzatziki

Crispy Chickpeas

Tea Biscuits

Lebanese Inspired Tabbouleh



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**ADVENTURES
IN COOKING**

MOOSE DROPPINGS

Makes 15–20 Dates

Ingredients

1 pkg	(250–340g)	Dried dates
1 cup	(250 mL)	Cocoa powder
1 cup	(250 mL)	Liquid honey

Equipment

- 3 small mixing bowls
- 3 spoons or tongs
- 1 tray or baking sheet

Directions

- 1 Pour the dates, honey and cocoa into their own bowls.
- 2 Dip dates into the honey then roll in cocoa.
- 3 Place on tray. Enjoy!



Creativity Tip Try other types of dried fruit like figs or apricots!

Why did the banana go out with the prune?
Because he couldn't find a date!



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ANTS ON A LOG

Makes 6 Servings

Ingredients

3 stalks	Celery
½ cup (125 mL)	Sunflower seed butter, smooth plain cottage cheese, yogurt or cream cheese
¼ cup (60 mL)	Raisins

Equipment

- Cutting board
- Knife
- Butter knife
- Dry measuring cups
- Serving tray or plate
- Small spoon

Directions

- 1 Wash celery stalks. Cut each stalk in half.
- 2 Spread your chosen topping into the groove of each celery stalk.
- 3 Sprinkle on some raisins.



Creativity Tip This recipe is easily adapted to suit tastes. Try replacing the raisin 'ants' with sunflower seeds, blueberries or other dried fruit cut into small pieces.



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WATERMELON PIZZA

Makes 6 Servings

Ingredients

1		Watermelon
1 cup	(250 mL)	Greek yogurt (any flavour)
1 cup	(250 mL)	Blueberries
2		Kiwis
1 can	(8 oz/227 g)	Crushed pineapple

Equipment

- Large cutting board
- Knife
- Dry measuring cups
- Spoon
- Colander

Directions

- 1 Wash the outside of the watermelon.
- 2 With the help of an adult, cut the watermelon in half. Carefully cut the watermelon into a 1-inch (2.5 cm) round slab.
- 3 Prepare the fruit. Rinse the blueberries. Rinse, peel and chop the kiwi. Open the can of crushed pineapple and drain.
- 4 Spread yogurt on the watermelon “crust”, then top with fruit.
- 5 Cut into six equal slices and serve immediately.

Kitchen Safety Tip Place a damp cloth under the cutting board to prevent the board from slipping.

Environment Tip This recipe only uses part of the watermelon. With the rest of it, cut it up and use in a fruit salad, add to a smoothie, or eat it as is!



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HONEY APPLE TRAIL MIX

Makes 6 Servings

Ingredients

1 cup	(250 mL)	Plain rice cakes
1 cup	(250 mL)	Pretzel sticks
1 cup	(250 mL)	Whole wheat cereal squares
1 cup	(250 mL)	Small dried fruit (e.g., raisins, cranberries)
½ tsp	(2.5 mL)	Garlic powder
½ tsp	(2.5 mL)	Chili powder
1 tbsp	(15 mL)	Brown sugar
¼ tsp	(1 mL)	Salt
1/3 cup	(75 mL)	Unsweetened applesauce
2 tbsp	(30 mL)	Butter
2 tbsp	(30 mL)	Honey

Equipment

- Large mixing bowl
- Liquid and dry measuring cups
- Measuring spoons
- Mixing spoon
- Small pot
- Baking sheet
- Oven mitts

Directions

- 1 Preheat oven to 325°F. Grease a baking sheet.
- 2 Break up rice cakes into bite-sized pieces.
- 3 Fill a mixing bowl with a combination of rice cakes, pretzels, wheat cereal squares, and dried fruit. Stir until thoroughly mixed.
- 4 Add brown sugar, garlic powder, chili powder and salt into the cereal mixture.
- 5 In small pot, heat together applesauce, butter and honey over medium-low heat until butter is melted, about 2 minutes. Stir into cereal mixture, tossing to coat. Spread on baking sheet.
- 6 Bake, stirring occasionally, until wheat squares are deep golden, 18 to 20 minutes. Let cool.



Meal Idea This trail mix is a great snack for school since it doesn't contain any nuts.

What do you call an apple that you eat before supper?

An apple-tizer



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BEAN DIP

Makes 6 Servings

Ingredients

1 can	(19 oz/540 mL)	Black beans
½ cup	(125 mL)	Salsa
1 clove		Garlic
1 tsp	(5 mL)	Cumin
Pinch		Pepper

Equipment

- Medium mixing bowl
- Can opener
- Potato masher or fork
- Colander
- Knife
- Cutting board

Directions

- 1 Drain and rinse black beans in the colander.
- 2 Peel and mince garlic.
- 3 In a bowl, combine beans, salsa, garlic, cumin and pepper.
- 4 Use a fork or potato masher to mash the ingredients. You can keep it chunky, or mash it more to make a smoother dip.



Meal Idea Serve with cut up vegetables or whole grain pita wedges.



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SUNNY ENERGY BITES

Makes 24 Energy Balls

Ingredients

1 cup (250 mL)	Large flake oats
1/2 cup (125 mL)	Ground flax
1/2 cup (125 mL)	Dark chocolate chips
1/2 cup (125 mL)	Sunflower seed butter or other nut butter substitute
1/3 cup (75 mL)	Honey
1/3 cup (75 mL)	Dried cranberries
1 tsp (5 mL)	Vanilla

Equipment

- Plate
- Spoons
- Liquid and dry measuring cups
- Measuring spoons
- Mixing spoon
- Mixing bowl



Culinary Tip Using mini chocolate chips may make it easier to roll the energy balls and help them keep their shape.

Directions

- 1 In a bowl, stir together oats, flax, chocolate chips, sunflower butter, honey, cranberries and vanilla until well combined.
- 2 Scoop up a tablespoon (15 mL) of dough, roll into a ball and place on plate. Continue until the dough is gone. Energy bites can be stored in the refrigerator for up to 2 weeks.



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TZATZIKI

Makes 4 Cups

Ingredients

2	English cucumbers
½ tsp (2 mL)	Salt
2 small cloves	Garlic
3 cups (750 mL)	Plain Greek yogurt
½ cup (125 mL)	Lemon juice
4 tsp (20 mL)	Olive oil
Salt and pepper to taste	

Equipment

- Cutting board
- Knife
- Spoon
- Grater
- Colander or wire sieve
- Paper towel
- 2 medium mixing bowls

Directions

- 1 Wash cucumbers. Slice cucumber in half and remove seeds with a spoon. Grate the cucumber and toss it with the salt. Place cucumber in a colander (over a mixing bowl) and push down on it gently to drain.
- 2 Peel and mince garlic.
- 3 Let cucumber drain while mixing yogurt, garlic, lemon juice and oil in separate bowl.
- 4 Pat the cucumbers dry with a paper towel and add them to yogurt mixture. Stir.
- 5 Serve immediately or let sit in fridge overnight to let flavours mix.



Culinary Tip Salt helps to draw water out of the cucumber. This makes the tzatziki thicker and more delicious!



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CRISPY CHICKPEAS

Makes 2 Cups

Ingredients

1 can	(19 oz/540 mL)	Chickpeas
1 tbsp	(15 mL)	Canola oil
1 tsp	(5 mL)	Herbs or spices (e.g., thyme & pepper, cayenne & garlic powder, curry powder & salt)

Equipment

- Can opener
- Colander
- Tea towel
- Small bowl
- Measuring spoons
- Mixing spoon
- Spatula
- Baking sheet
- Oven mitts



Culinary Tip Make sure your chickpeas are dry before baking them because the drier they are, the more they will crisp up when baking.

Directions

- 1 Preheat oven to 350°F.
- 2 Drain and rinse chickpeas.
- 3 Dry the chickpeas by rolling them between two ends of a clean towel.
- 4 Toss the dried chickpeas in canola oil and spread them out evenly on a baking sheet.
- 5 Bake for 25 minutes. Remove pan from the oven. At this point, add your desired herbs and spices. Flip the chickpeas. Place back in the oven.
- 6 Bake for another 15–20 minutes or until chickpeas are golden brown and crispy.
- 7 Remove from the oven and let them cool.

What do you call
an angry pea?
Grump-pea



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ADVENTURES
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TEA BISCUITS

Makes 6 Servings

Ingredients

1 cup	(250 mL)	All-purpose flour
1 cup	(250 mL)	Whole wheat flour
4 tsp	(20 mL)	Baking powder
¼ tsp	(1 mL)	Salt
3 tbsp	(45 mL)	Sugar
½ cup	(125 mL)	Plain yogurt
½ cup	(125 mL)	Milk
2 tbsp	(30 mL)	Butter

Equipment

- Liquid and dry measuring cups
- Measuring spoons
- 2 mixing bowls
- Mixing spoon
- Rolling pin (optional)
- Cookie cutter or drinking glass
- Baking sheet
- Oven mitts
- Fork or pastry blender



Cooking Term *Knead* means to press, fold and turn dough. To knead, fold the dough over toward you, press it with the heels of both hands, give it a quarter turn, and repeat.

Directions

- 1 Preheat oven to 400°F.
- 2 Mix flours, baking powder, sugar, and salt together in a mixing bowl.
- 3 In a separate mixing bowl, stir together the yogurt, and milk.
- 4 Cut the fat (butter or margarine) into the flour mixture using a fork or a pastry blender. Press down on the pieces of fat repeatedly with a fork or pastry blender, so that the fat gets broken into smaller and smaller pieces. Keep going until the fat is in pea-sized pieces.
- 5 Add the wet ingredients to the flour mixture, stirring gently and just until everything is blended. Be careful not to overmix or the biscuits will be tough.
- 6 Turn the dough out onto a lightly floured surface. Knead the dough 3 or 4 times. Pat down or roll gently with rolling pin until around 1 inch (2.5 cm) thick.
- 7 Cut out shapes with a floured cookie cutter or drinking glass. Place biscuits onto a greased baking pan.
- 8 Bake for 10–15 minutes until biscuits are golden brown. Let cool. Enjoy!



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LEBANESE INSPIRED TABBOULEH

Makes 6 Servings

Ingredients

1 cup (250 mL)	Bulgur
2	Green onions
½ cup (125 mL)	Fresh cilantro, parsley or mint
2	Tomatoes
1	Cucumber
3 tbsp (75 mL)	Lemon juice
3 tbsp (75 mL)	Olive oil
Salt and freshly ground pepper	

Equipment

- Pot with lid
- Wire sieve
- Fork
- Dry measuring cups
- Measuring spoons
- Colander
- Knife
- Whisk
- Cutting board
- Mixing bowl

Directions

- 1 Rinse bulgur and cook according to package directions. Fluff lightly with fork. Let cool.
- 2 Wash all vegetables and herbs.
- 3 Finely chop the green onions. Chop herbs. Dice tomatoes and cucumber.
- 4 Add all the vegetables and herbs to a medium sized bowl. Add the bulgur to the bowl.
- 5 For the salad dressing, whisk lemon juice and olive oil in a small bowl and pour over salad.
- 6 Gently toss all ingredients. Season with salt and pepper to taste.



Cooking Term Toss means to gently mix the ingredients of a salad.



Cultural Tip Tabbouleh comes from the Arabic word tabil, meaning “to spice” and was eaten over 4000 years ago in the mountains of Lebanon and Syria.



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RECIPE SOURCES

The recipes included in this manual were sourced from the following places:

Manuals

You're the Chef, Niagara Region, 2017

Adventures in Cooking, 2012

NBPSDHU Community Kitchen Manual Recipes, 2015

Sudbury Community Food Advisor Recipes

Booklets

Pulses: Cooking with Beans, Peas, Lentils and Chickpeas. (2010). Retrieved from Alberta Pulse: <https://albertapulse.com/wp-content/uploads/2017/06/Cooking-with-Beans-Peas-Lentils-Chickpeas.pdf>

Your Culinary Adventure Starts with Beans. (n.d.). Retrieved from Ontario Bean Growers: <https://ontariobeans.on.ca/wp-content/uploads/2020/06/4249-OBG-RecipeBook-LRZ.pdf>

Recipes for Student Nutrition Programs. (2017). Retrieved from BrightBites: https://brightbites.ca/wp-content/uploads/Recipes-for-SNP_Revised-May-2017.pdf

Cookbooks

Canadian Public Health Association. (2011). *The Basic Shelf Cookbook.*

Chef Hiawatha from Hiawatha's Restaurant and Marina from Good Food, Good Medicine: *Minopgwad Mijim, Mino-Mshkikiiwan.*

Lepin, G. (2014). *First Nations Recipes.* Eschia Books.

Mississippi, D. (1981). *The Pick of the Crop: A Collection of Recipes.* North Sunflower PTA.

Smith, M. (2014). *Family Meals.* Penguin.

Websites

AllRecipes – www.allrecipes.com

Budget Bytes – www.budgetbytes.com

Canada's Food Guide – <https://food-guide.canada.ca>

Food Network – www.foodnetwork.ca

Unlock Food – www.unlockfood.ca



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ADVENTURES IN COOKING

Registration Form

Adventures in Cooking is a fun, hands-on program that teaches 8–12 year olds how to cook and get comfortable in the kitchen. The program builds the child's skills and confidence to prepare a variety of meals and snacks and helps encourage a love of food and healthy eating.

Please register your child/dependent using this form and return it to your Adventures in Cooking leader.

Contact Information

Child's First and Last Name:

Child's Pronouns (e.g., she/her, they/them):

Date of Birth: _____

Address: _____

Parent/Guardian Name:

Phone (Cell): _____

(Work): _____

(Other): _____

Other Parent/Guardian's Name:

Phone (Cell): _____

(Work): _____

(Other): _____

Emergency Contact Name

(in case we can't reach the above):

Phone (Cell/Work/Other):

Health

Do you have any special instructions for leaders regarding the child's diet, health and/or behaviour?

Yes No

If yes, please explain:

Does the child have any food allergies? Yes No

If yes, please explain:

Are there any medications the child should carry with them (e.g., EpiPen, inhaler)? Yes No

If yes, please explain:

Informed Consent for Participation in Adventures in Cooking

During a regular Adventures in Cooking session, your child will participate in activities, supervised by their leader which may include, but are not limited to:

- Use of cooking and food preparation equipment (e.g., knives, stoves, ovens, blenders)
- Preparing and eating a variety of foods

If your child does not feel comfortable performing certain cooking tasks, we will try our best to find an alternate way to perform the task or assign another recipe/kitchen task. Children will not be permitted to cook if they are feeling unwell.

I have read and understand the information provided on this form. I also understand that there is a degree of risk involved in some activities. After considering the risks involved and having confidence that reasonable precautions will be taken for the safety and well-being of my child/ward, I authorize my child/ward to participate in the activities at Adventures in Cooking sessions as described above.

Signature of Parent/Guardian:

Print Name of Parent/Guardian:

Relationship to Child/Dependent:

Date: _____

COOKING TERMS

Al dente: To cook pasta until it is tender but firm. This helps the pasta hold its shape when placed in pasta sauce.

Bake: To cook food in the oven. Foods that are often baked include bread, muffins, biscuits, cookies or cake.

Beat: To mix ingredients very well with an electric mixer, a whisk or a fork. This also adds air into the mixture, which makes it light and fluffy.

Blanch: To cook a food in boiling water for a short amount of time. As soon as the vegetable or fruit comes out of the boiling water, it should be put in cold water to stop the cooking process. Blanching is usually done to vegetables and fruit before you freeze them to help keep the flavour, colour, and texture intact while frozen.

Blend: To mix two or more ingredients together, until they are combined into one mixture. This is done by hand, with a blender, or by using an electric mixer.

Boil: To heat a liquid (usually water) until many bubbles appear on the surface. This is usually done in a pot on the stove, but water can also be boiled in a kettle.

Brown: To cook quickly over high heat, causing the outside of the food to turn brown while the inside stays moist. This gives food an appetizing colour and a rich flavour.

Brush: To apply a layer of something to a food, such as a marinade, sauce, melted butter or oil.

Chop: To cut a food into small pieces that don't need to be the same size.

Cream: To blend ingredients together to make a smooth, lightweight paste. This is often done with sugar and butter when starting to make a cake or cookie recipe. Electric beaters work very well to do this.

Deglaze: To add liquid to a hot pan after you've already cooked something in it, which allows the caramelized bits of food stuck to the bottom to release and add flavour to the liquid.

Dice: To cut food (e.g., onion) into small cubes with a knife.

Fold: To mix ingredients together very gently. This is often done when an ingredient was whipped, so that it doesn't lose the fluffiness from the air whipped into it.

Grate: To reduce a large piece of food (e.g., cheese) into tiny shreds by rubbing it against a rough metal surface called a grater. Another word for grate is shred.

Grease: To put a small amount of oil or fat such as butter on the inside or on the surface of a dish, to prevent food from sticking to it during cooking.

Juice: To squeeze the liquid out of a fruit or vegetable (e.g., citrus fruit). To juice, cut lemons and limes into halves or wedges, then squeeze out the juice over a bowl.

Knead: To press, fold and turn dough. To knead, fold the dough over toward you, press it with the heels of both hands, give it a quarter turn, and repeat.

Mince: To cut up food (e.g., garlic) into very, very small pieces.

Mix: To combine two or more ingredients together.

Packed: Pressed into a measuring cup. This is often used to describe how to measure brown sugar so that the sugar is squished to the bottom, allowing more to fit in the measuring cup.



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COOKING TERMS

Peel: To remove the skin from a fruit or vegetable (e.g., potato).

Preheat: To heat cooking equipment before starting to cook, such as the oven or a frying pan. Preheating makes sure that the food starts cooking right away and that it cooks properly, at the right temperature. This is especially important when baking.

Puree: To grind or mash food until it's completely smooth. This is most often done in a food processor or a blender.

Roast: To cook food in an uncovered pan or dish in the oven. This way of cooking browns the outside of food and adds flavour.

Sauté: To cook food quickly in a small amount of fat in a pan over medium-high temperatures. Foods that are often sautéed include onion, garlic and other vegetables such as bell peppers, broccoli and mushrooms.

Scramble: To cook eggs that have been whisked in a frying pan. While they are cooking, the eggs are stirred until they form several small pieces of cooked egg.

Season: To flavour foods with herbs, spices, condiments, salt or pepper to improve their taste.

Sift: To pour a dry ingredient (like flour or sugar) through a sieve or sifter to remove lumps and add air.

Simmer: To cook food in a heated liquid so that it bubbles gently. This is usually done by heating something over medium-high heat, then turning the heat down to low once it starts to bubble.

Skin: To take the skin off a food before or after cooking. Foods that are often skinned include poultry and fish.

Slice: To cut away a thin piece of food with a knife from the larger part, for example, to slice bread or to slice an apple.

Steam: To cook a food using the heat from steam. The food to be steamed is often put in a basket or rack above boiling water in a covered pan.

Stir: To move a spoon, spatula or other utensil in a circular motion, to mix together ingredients or a liquid.

Toss: To gently mix the ingredients of a salad.



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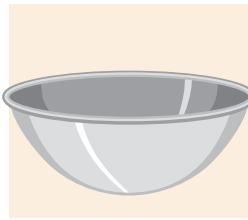
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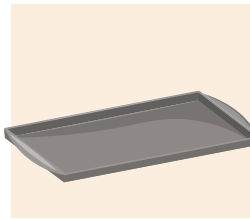
EQUIPMENT LIST



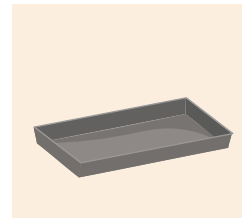
Oven Mitts



Mixing Bowl



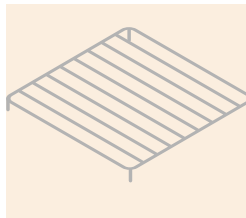
Baking Sheet



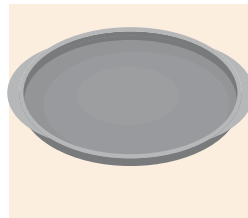
Baking Pan
(e.g., 9 x 13" pan
with sides)



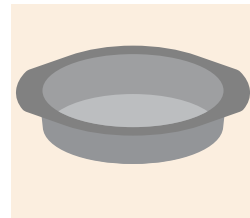
Muffin Tin



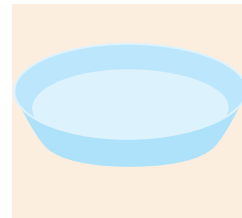
Cooling Rack



Pizza Pan



Cake Pan



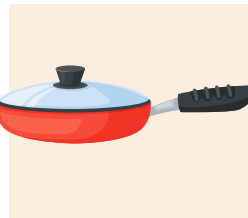
Pie Pan



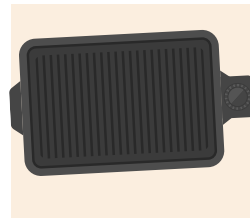
Frying Pan



Pot



Skillet (has lid)



Griddle



Dry Measuring
Cups



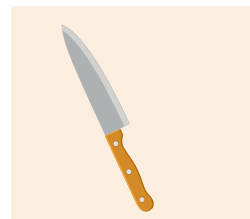
Liquid Measuring
Cups



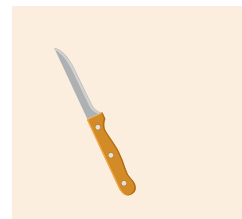
Measuring
Spoons



Bread Knife



Chef's Knife



Paring Knife



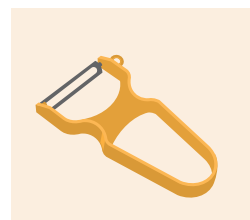
Cutting Board



Spatula
(Turner/Flipper)



Scrub Brush



Peeler



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ADVENTURES
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EQUIPMENT LIST



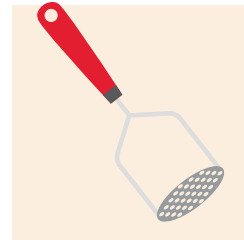
Whisk



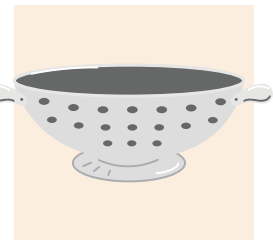
Grater



Mixing Spoon



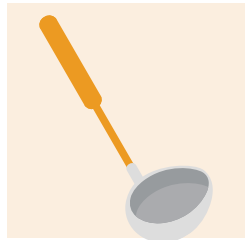
Potato Masher



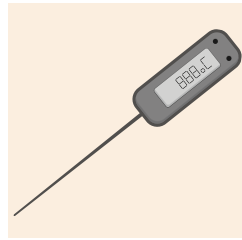
Colander



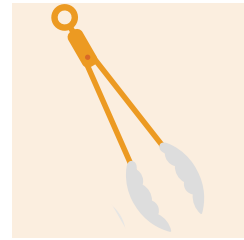
Wire Sieve



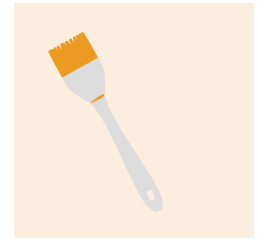
Ladle



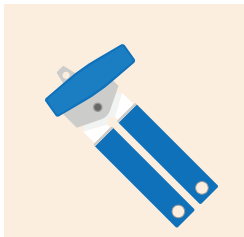
**Food
Thermometer**



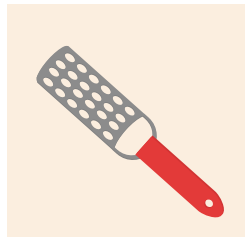
Tongs



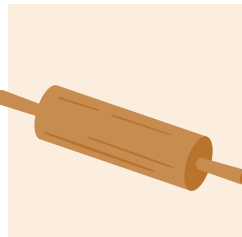
Pastry Brush



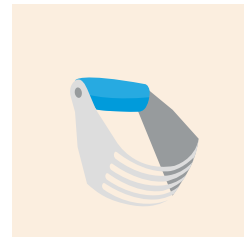
Can Opener



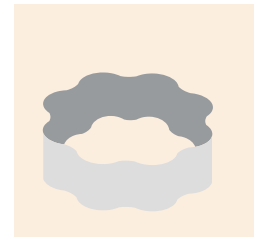
Zester



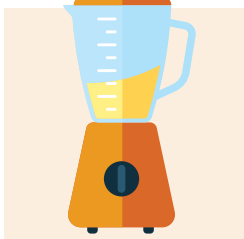
Rolling Pin



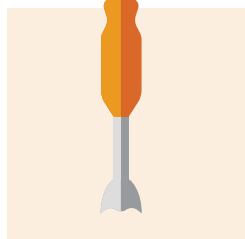
Pastry Blender



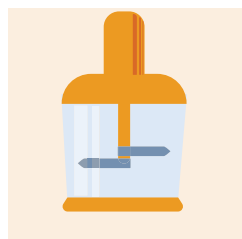
Cookie Cutter



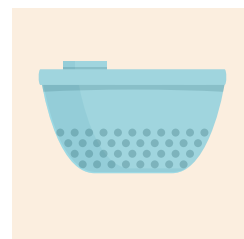
Blender



**Immersion
Blender**



Food Processor



Salad Spinner



Electric Mixer



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**ADVENTURES
IN COOKING**

SAFE COOKING TEMPERATURE CHART

Poultry, Game Birds/Waterfowl

(chicken, wild turkey, duck, goose, partridge, and pheasant)

Whole	82°C (180°F)
Breasts and Roasts	74°C (165°F)
Thighs and Wings	74°C (165°F)
Ground	74°C (165°F)

Beef, veal, lamb, or goat

Ground and meat mixtures	71°C (160°F)
Pieces and whole cuts	Medium-rare 63vC (145°F) Medium 71°C (160°F) Well done 77°C (170°F)

Game Meats

Ground meat, meat mixtures, ground venison and sausage	74°C (165°F)
Deer, elk, moose, caribou/reindeer	74°C (165°F)
Large Game (bear, bison, etc.)	74°C (165°F)
Small Game (rabbit, muskrat, beaver, etc.)	74°C (165°F)

Pork

Whole, ground, products, or pieces	71°C (160°F)
------------------------------------	--------------

Seafood

Fish	70°C
Shellfish	74°C (165°F)

Source: Canada, H. (2020, May 29). Safe Cooking Temperatures - Government of Canada. Retrieved March 20, 2024, from <https://www.canada.ca/en/health-canada/services/general-food-safety-tips/safe-internal-cooking-temperatures.html>.



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INGREDIENT SUBSTITUTIONS

Are you about to dive into preparing a meal and suddenly realize you're missing one or more of the ingredients? Don't panic because in many cases there is something you can use instead. Here is a handy chart to get you started.

I'm out of...	Replace it with...	Notes
Any fresh herb, finely cut (1 Tbsp)	1 tsp dried leaf herb or ½ tsp ground dried herb	This is a general rule but sometimes you might want a little more or a little less depending on your taste preference.
Fresh garlic (1 clove)	1/8 tsp garlic powder or ¼ tsp garlic granules	
Fresh ginger: 1 Tbsp grated 1-inch piece, fresh	Dried: 1/8 tsp ground ginger 1 ¼ tsp ground	This one is not so straight forward. Need to experiment to your taste.
Brown sugar, packed (1 cup)	1 cup granulated sugar	
Egg (1 large)	1 Tbsp ground flaxseed + 3 Tbsp water	This combination will not work in recipes where eggs provide structure (e.g., meringues, souffles, sponge cake).
Mustard, prepared (1 Tbsp)	1 tsp dried mustard powder	This is for cooked mixtures.
Sour cream (1 cup)	1 cup plain yogurt	
Tomato sauce (1 cup)	½ cup tomato paste + ½ cup water	



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KNIFE SAFETY

Materials

- Variety of knives (e.g., bread, paring, chef's)
- Cutting board
- Cucumber (can use other fruit or vegetable as available)
- Damp cloth or paper towel

Directions

1. Show the different types of knives

- Look at the shape of the blades
- Show the sharp edge vs. the top edge
- Discuss what each type of knife is used for
 - » Paring knife for detailed tasks (e.g., taking the tops off strawberries, coring tomatoes)
 - » Chef's knife for most kitchen tasks (e.g., dicing onion, slicing meat)
 - » Bread knife for slicing bread

2. Discuss carrying of knives

- Always point the blade to the ground
- Walk slowly
- Give warning to others that a sharp knife is coming through

3. Discuss storing of knives

- Never leave a knife near the edge of a counter where it could be knocked off
- When not in use, leave knives at the top of the cutting board
- Always store knives in a protective sleeve or with the sharp end of the blade facing down in a drawer or knife block

4. Discuss washing of knives

- Never leave knives in a sink of soapy water; place beside the sink away from the edge of the counter where they can be seen
- Wash with the sharp edge away from your hand
- Start from the bottom of the knife and slide up, then start at the bottom again
- Dry a knife the same way that you wash it (see above)

5. Discuss cutting techniques with different knives

- Sawing motion with a serrated knife
- Straight down motion to slice and dice
- Rocking motion to mince
- Bridge and claw techniques to keep hands and fingers safe

6. Cutting demonstration

- Show demonstration of using the bridge and claw technique with a cucumber
- Place a wet cloth/paper towel under board to prevent board from moving



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PLANNING WORKSHEET

Theme: _____

Dietary restrictions/food allergies: _____

Leaders/volunteers: _____

Number of participants: _____

Equipment required:

Recipes:

Timing of recipes:

Groceries to purchase:

Teaching points:

Pantry/food items available on hand:



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ADVENTURES IN COOKING



CERTIFICATE OF ACHIEVEMENT

has successfully completed Adventures in Cooking

Leader

Date



ADVENTURES IN COOKING

A HANDS-ON COOKING PROGRAM

We are inviting kids aged 8–12 to join us for Adventures in Cooking!

This fun and hands-on cooking program will give kids the skills they need to prepare a variety of meals and snacks.



Where:

For more information or to register your child, please contact:

When:



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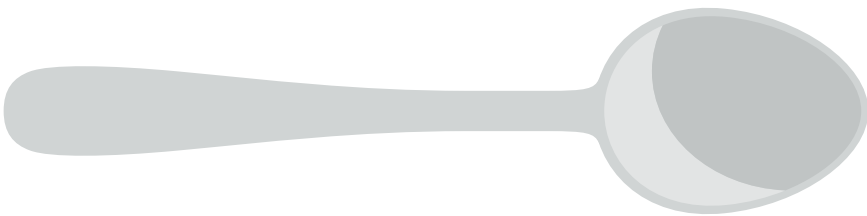
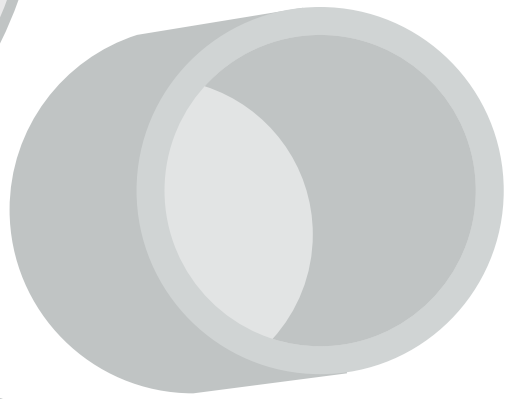
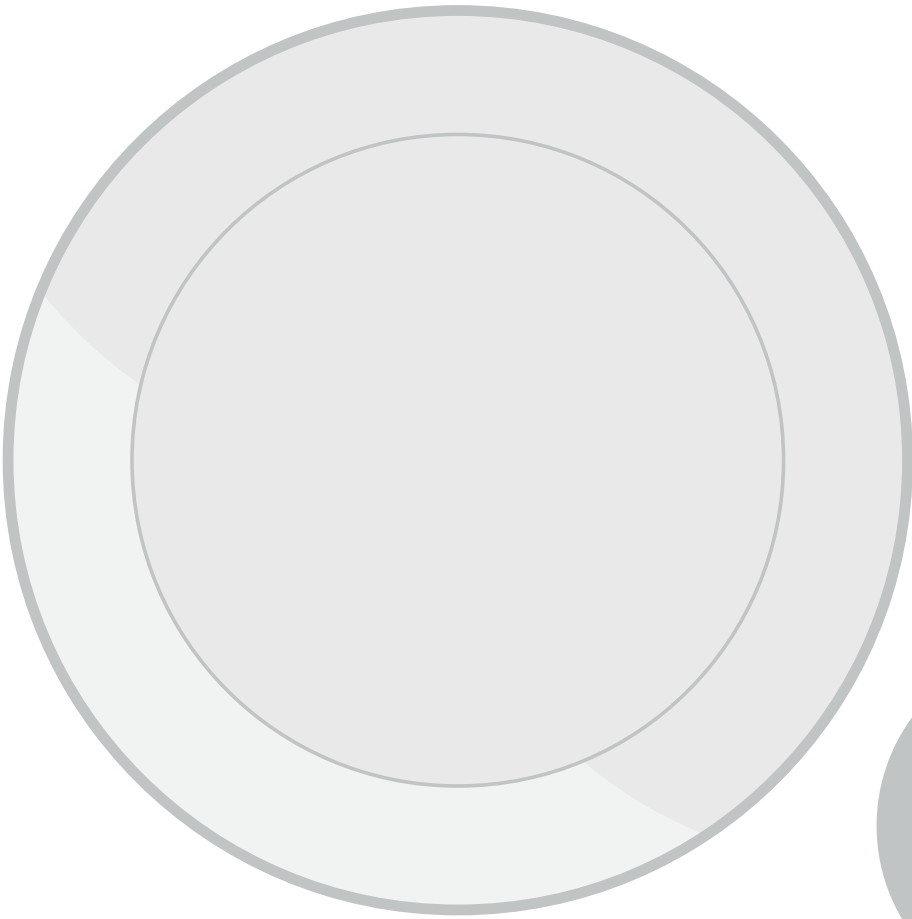
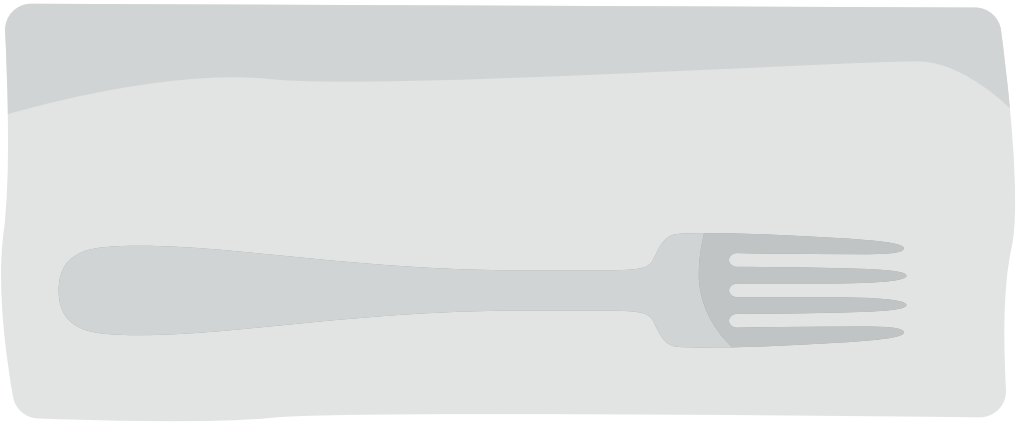
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ADVENTURES
IN COOKING



THE BALLOON & YEAST EXPERIMENT

Time 30 Minutes

Objective

Children will learn all about yeast and why it is important when making foods such as bread!

Supplies

- A packet of yeast
- 1—473 mL clear empty bottle
- 1 teaspoon of sugar
- Warm water
- Balloon

Location

Any location

Preparation Talking Points

- 1 Yeast is a living microorganism.
- 2 Yeast eats sugar and releases a gas called carbon dioxide.
- 3 The yeast creates tiny gas bubbles and that is why bread has so many holes!
- 4 Ask the group, what do you think is going to happen to the balloon? Listen to a few of their ideas. If needed, you can explain that the carbon dioxide should start to fill up the balloon!

Directions

- 1 Fill the bottle up with about one inch of warm (not hot) water.
- 2 Add the whole packet of yeast to the bottle and gently swirl for a few seconds.
- 3 As the yeast dissolves, it comes to life!
- 4 Add the sugar and swirl it around some more.
- 5 Blow up the balloon a few times to stretch it out then place the neck of the balloon over the neck of the bottle.
- 6 Let the bottle sit in a warm place for about 20 minutes.
- 7 The balloon should start to inflate.

Optional

If you have extra supplies, you can follow the above steps again but don't add in the sugar. This balloon should not inflate and it can be used as a control to show how important the energy (sugar) is in this experiment.



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DRAW YOUR FAVOURITE MEAL

Time 15–20 Minutes

Objective

To give children a chance to be creative, while showing off their favourite meals that they commonly eat or dishes they enjoy at special celebrations or holidays.

Supplies

- Draw Your Favorite Meal handout for each student (attached)
- Colouring materials

Location

An area with tables for the children to colour

Preparation Talking Points:

- 1 The types of foods or meals we eat are impacted by many things. For example, some of us may buy all our food from a store, while others might grow a lot of their own food or maybe hunt, fish, and gather wild food.
- 2 Our culture can impact our favourite foods and dishes. When thinking about your favourite meal, feel free to think about a meal you like to eat often or one that you only get to eat at special celebrations or holidays.
- 3 Remember to be respectful of what others draw as their favourite meal. If you haven't tasted it before, ask kind questions like "can you describe what it tastes like?" or "who in your family normally prepares this dish?" or "when do you get to eat this meal?"

Directions

- 1 Hand out the Draw Your Favourite Meal handout to each child.
- 2 Give the kids 10–15 minutes to colour their favourite meal.
- 3 Ask for 3 volunteers to share their picture with the group and explain what they drew and why they enjoy eating this meal!



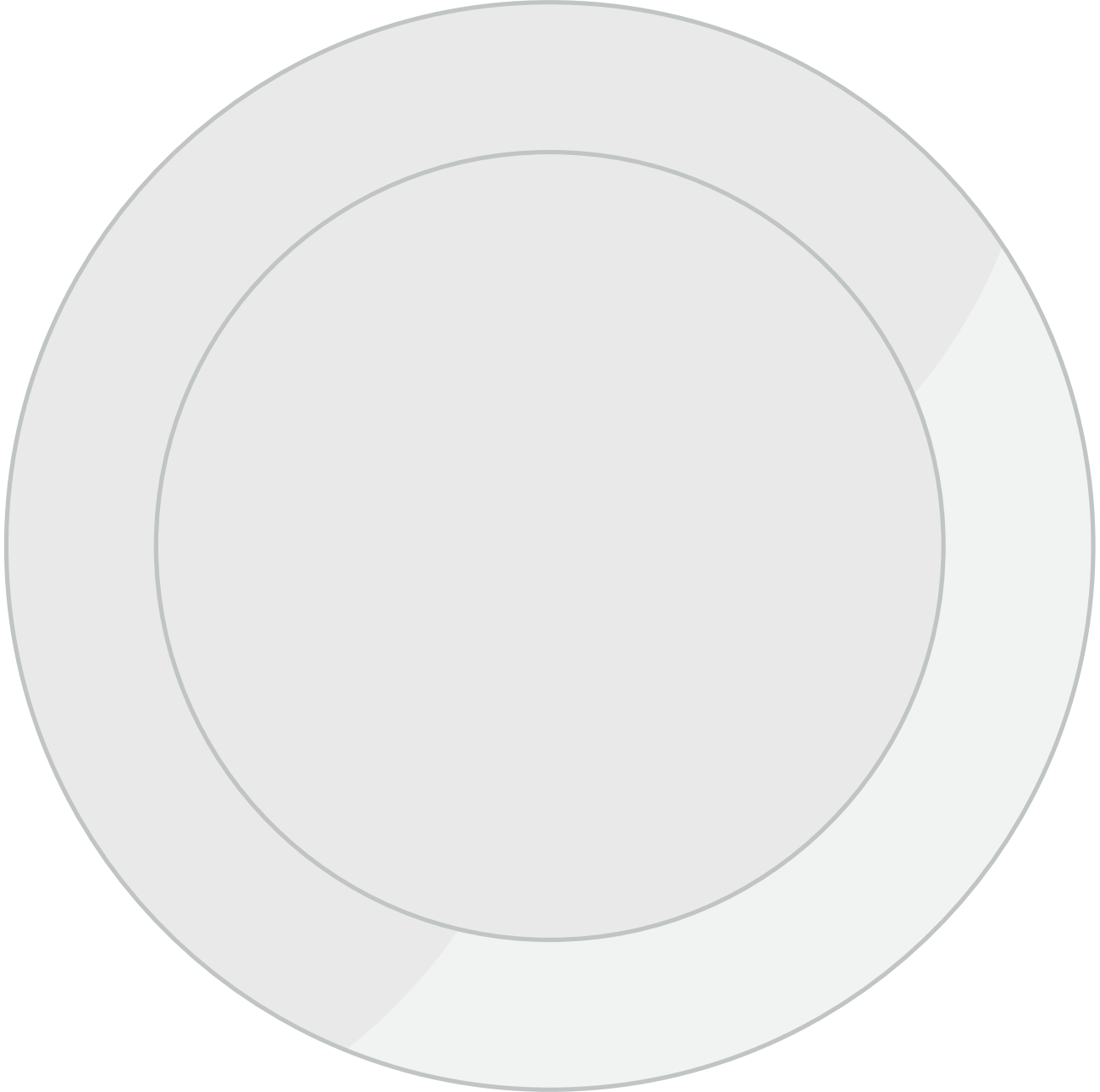
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FOOD CLUES

Time 15–20 Minutes

Objective

To get children to think about types of foods, where foods grow, colours of foods and how foods are eaten.

Supplies

- Food Clues Handout (attached)
- 10 small pieces of paper for groups to write their answers on
- 1 pen per group

Location

Any location

Directions

- 1 Gather the group and have them sit in front of the presenter in groups of 3–5
- 2 Explain the following rules to the group:
 - a There are 5 clues for each food item
 - b The clues get more specific as they go on
 - c Thirty seconds will be given between each clue to discuss your answer as a group
 - d Your group can choose to guess after any clue BUT you can only guess once per food item. Remember the more clues that have been presented, the easier it is to guess!
 - e To guess, write down your answer and bring it to the presenter
- 3 Explain the scoring to the group:
 - a 0 points if you guess wrong
 - b 1 point if guess after clue 5
 - c 2 points if guess after clue 4
 - d 3 points if guess after clue 3
 - e 4 points if guess after clue 2
 - f 5 points if guess after clue 1
- 4 Start playing! Look at each guess as they come in. Keep track of each group's score on a piece of paper or on a whiteboard.
- 5 The team with the most points at the end wins!



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Onion

Clues

- 1 I am a vegetable
- 2 I grow under the ground
- 3 I can be yellow, white, purple or green
- 4 You can peel me back layer by layer
- 5 I come in many varieties such as sweet, green, red, white and Spanish

Chickpea

Clues

- 1 I am in the legume family
- 2 I grow above ground
- 3 I can be bought in a can or dried in a bag
- 4 I am round and beige in colour
- 5 I am used to make hummus

Basil

Clues

- 1 I am a herb
- 2 I grow above ground
- 3 I am green and have rounded leaves
- 4 I am often used fresh and added at the very end of the recipe
- 5 I can be used to make pesto

Chocolate

Clues

- 1 My key ingredient grows in a tree
- 2 My key ingredient is a bean/ seed
- 3 I come in many varieties such as dark and milk
- 4 Some ways you can buy me include in chips and bars
- 5 I am a popular ice cream, cake and brownie flavour

Grape

Clues

- 1 I grow on a vine
- 2 I am a fruit
- 3 I come in many colours such as green and purple
- 4 I am round
- 5 Some like to eat me fresh while others like to eat me as jam/jelly

Peanuts

Clues

- 1 I am in the legume family
- 2 I grow underground
- 3 I am beige and come from inside a shell
- 4 Many people are allergic to me
- 5 I can be spread on bread or found in foods like trail mix



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Hamburger

Clues

- 1 I am a food with lots of protein
- 2 I come from a cow
- 3 I am often barbequed or served at fast food restaurants
- 4 I am usually served on a bun
- 5 People love to put lots of toppings on me such as ketchup and mustard

Flour

Clues

- 1 I am often made from wheat but I can also be made from almonds, buckwheat, rice etc.
- 2 I am made in a mill
- 3 People do not eat me on my own
- 4 I am used to make lots of foods such as bread and desserts
- 5 I can be bought in many varieties such as all purpose, cake/pastry and self-rising

Bread

Clues

- 1 There is a whole aisle for me in the grocery store
- 2 Ingredients such as flour and water are used to make me
- 3 I come in many shapes and colours
- 4 I come in varieties such as white, whole grain, cinnamon raisin and sourdough
- 5 Many people enjoy me toasted

Cucumber

Clues

- 1 I grow on a vine
- 2 I am a vegetable
- 3 I am green and long
- 4 I come in varieties such as English and pickling
- 5 I am used to make pickles



GUESS THE SPICE

Time 10–15 Minutes

Objective

To help children become aware of some different spices that can be used in cooking to add unique flavours to their meals

Supplies

- 10 different spices in small clear cups or jars
- Guess the Spice Game Sheet (attached)
- Pen or pencil for each participant

Location

- 1 Any location with a table to display the spices and an area for the children to write down their answers
- 2 Preparation Talking Points
- 3 Spices can be used to add unique and fun flavours to meals.
- 4 Cooking with spices can help add flavour without the need for additional salt.

Directions

- 1 Pick 10 spices to be displayed.
- 2 Pour each spice into a separate clear cup or jar and label them #1–10. Make sure you record what spice goes with each numbered label, to be used as your answer sheet.
- 3 Place the labelled cups of spices on a table where the children can reach them.
- 4 Cut the Guess the Spice Game sheet (attached) in quarters.
- 5 Hand out the Guess the Spice Game sheet (attached) and a pen or pencil to each child and have them form a line or gather around the table.
- 6 Instruct the children that they can look and smell but not taste the spices.
- 7 Then instruct the children to guess the spice and record their answer on their Guess the Spice Game sheet. If you think that this will be too challenging you can provide a word bank.
- 8 Review the answers as a group! Ask the group if they can think of any ideas on how they could use each spice while cooking.



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Guess the Spice

You can look and smell but do not taste!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Guess the Spice

You can look and smell but do not taste!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Guess the Spice

You can look and smell but do not taste!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Guess the Spice

You can look and smell but do not taste!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

MYSTERY BAG

Time 10–15 Minutes

Objective

To get children to use their senses to identify a food

Supplies

- Bag you can't see through
- A food

Location

Any location

Preparation Talking Points

- 1 Exploring foods using our senses can help us feel more comfortable with new foods.
- 2 Ask the group what our five senses are (taste, touch, sight, smell, sound).

Directions

- 1 Choose any food to put into the bag. Make sure children do not see you putting the food in the bag.
- 2 Ask the children to feel the food, describe the shape, size and texture, and guess what it might be. If there are many children participating, ask them to save their guess for when everyone has had a chance to feel the food.
- 3 Remove the food from the bag. Ask the children to identify the food and ask them what can be made using this food.
- 4 Cut the food to observe the inside (e.g., seeds, pits, core).
- 5 Prepare the food in a dish, serve, and enjoy.



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NUTRITION CATEGORIES

Time 15–20 Minutes

Objective

To get children thinking about different foods and kitchen products

Supplies

- Categories Handout (attached)
- 1 pen or pencil for each group

Location

Any area with a hard surface for groups to write on

Preparation Talking Points

- 1 Review the example attached below

Directions

- 1 Divide participants into groups of two or three.
- 2 Give each group a categories handout (attached).

- 3 Have the Instructor pick any letter from the alphabet and tell the class.
- 4 Instruct participants to complete Round 1 by filling in words that start with the letter that was picked.
- 5 Give groups enough time to finish.
- 6 Compare answers at the end and add up the points.
 - a You receive 1 point for every unique answer! This means a group only receives a point if they were the only ones to pick that answer.

Example: Two groups say “sushi” and 1 group says “salmon”. Only the group that said salmon would receive a point as their answer was unique.
 - b The group with the most points at the end wins.
- 7 Repeat steps 3–6 for rounds 2 and 3.

	Category	Answer	Points
Sample Round	Fruit	Blueberries	
	A food that grows in a tree	Brazil nuts	
	A food that grows on the ground	Beans	
	A food with a nutrition facts table	Baba ghanouj	
	Type of soup	Barley	
	Cooking term	Boiling	
	Type of sandwich	Bacon, lettuce and tomato sandwich	



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Round 1	Category	Answer	Points
	Orange snack food		
	Vegetable		
	Fruit		
	A food that grows in a tree		
	A food that grows on the ground		
	A food with a nutrition facts table		
	Type of soup		
	Breakfast food		
Lunch food			

Round 2	Category	Answer	Points
	Supper food		
	Food that is cold		
	Food that is hot		
	Something in freezer		
	Something in fridge		
	Type of salad		
	A canned good		
	A food that grows underground		
A type of spice			

Round 3	Category	Answer	Points
	Whole grain food		
	Vegetable or fruit		
	Protein food		
	Dessert		
	Cooking utensil		
	Kitchen appliance		
	Type of drink		
	Condiment		
Pasta shape			

OIL & CINNAMON HANDWASHING GAME

Time 10 Minutes

Objective

To explain that improper handwashing allows bacteria and viruses to grow and get into our bodies, which can make us sick.

Supplies

Oil and cinnamon

Location

Any location with a handwashing sink

Preparation Talking Points

- 1 Bacteria and viruses are like teeny tiny bugs that run all over your hands that we need to wash off.
- 2 Improper handwashing allows these germs to grow and get into our bodies, which can make us get an upset stomach or pick up a cold or flu.
- 3 Everyone needs to wash their hands before working with food, before handling clean dishes, after going to the bathroom, after blowing your nose or coughing into hands, before and after eating or drinking, after handling raw food, after shaking hands or touching your face or hair, and after touching any surface that has not been sanitized.
- 4 The handwashing sink is only for washing hands, not for food or dishes.
- 5 You need soap and warm water to wash hands correctly.
- 6 Be sure to scrub between and around fingers, wrists and the fronts and backs of hands.
- 7 You can sing the “Happy Birthday” song twice, as this should take the appropriate 20 seconds, while washing hands with soap and water.
- 8 When you are done washing your hands, you should dry your hands with a paper towel.

Directions

- 1 Gather the children together. Pour a few drops of oil into each of their hands and have them rub their hands together and fully coat them with oil.
 - a Instruct them to not to touch anything else.
 - b Tell them that this represents the oil from their bodies.
- 2 Choose two children and sprinkle a bit of cinnamon on their hands.
 - a Tell them that this represents the germs on your hands that we pick up from coughing and touching surfaces like doorknobs.
- 3 To see how germs (cinnamon) are spread, have them shake all the other children's hands as they introduce each other and mention what their favourite food is.
 - a For example, “Hi, I’m Sammy...nice to meet you! My favourite food is pizza”. This is a great icebreaker or a way of helping the children get to know each other better.
 - b Look at everyone’s hands and see how the cinnamon has spread!
- 4 Have everyone line up at the handwashing sink and wash their hands for 20 seconds with soap and water.
- 5 Have children dry their hands with a paper towel.



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The Adventures in Cooking manual was originally designed by the Thunder Bay District Health Unit and jointly updated by the North Bay Parry Sound District Health Unit, Public Health Sudbury & Districts, and the Thunder Bay District Health Unit.

Published 2024



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