

LOVELY LUNCHES

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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
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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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