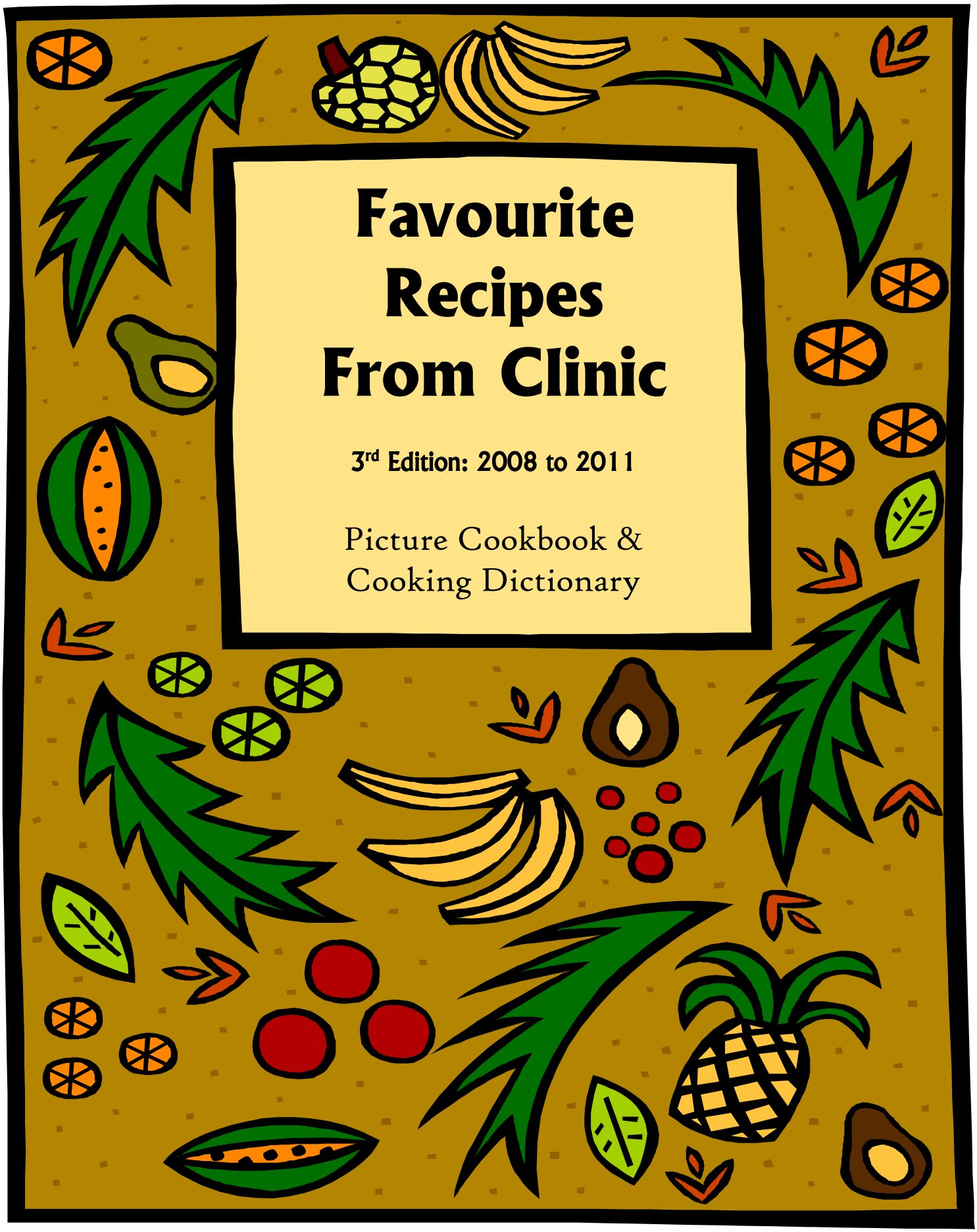
Favourite
Recipes
From Clinic
3rd Edition: 2008 to 2011
Picture Cookbook &
Cooking Dictionary

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and Woolwich Community Health Centre

How to Use this Cookbook…

1. How much…
Look at Page 5

2. What is in it…

3. How to…
Look at Pages 6 and 7
*You can find the words in **Bold***

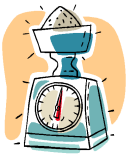
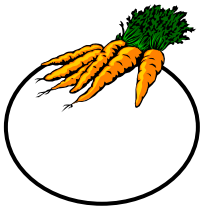
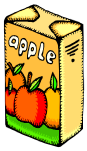
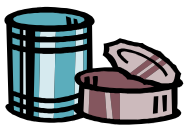
Corn Chowder (Soup)

Serves 4

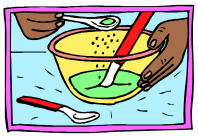
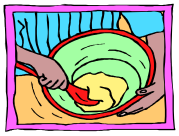
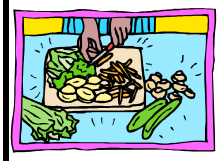
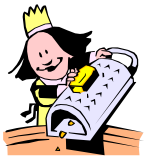
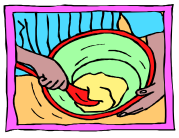
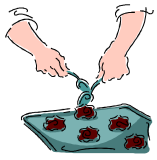
300 g package	Frozen corn	
1 large	Potato, peeled	
1 medium	Onion, chopped	
1 small	Red pepper, chopped	
10 oz can	Broth, Chicken	
1 cup	Milk	
¼ cup	Apple juice	
½ tsp	Cumin	
	Salt and pepper	

1. **Mix** all ingredients in a large pan.
2. Bring to a **boil**.
3. **Simmer**, **covered**, for 10 minutes (until potato is cooked)
4. **Blend** with hand blender.
5. **Cook** and **stir** until hot.

How Much?
(Measurements)

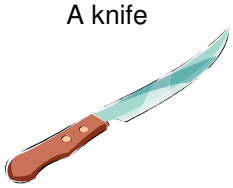
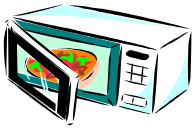
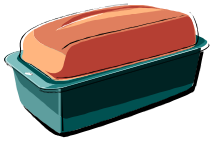
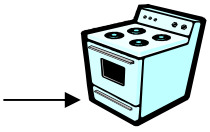
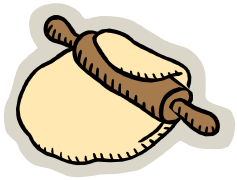
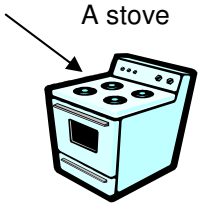
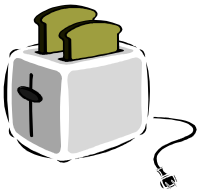
Cup **250 mL**	Tbsp = tablespoon **15 mL**	tsp = teaspoon **5 mL**
Quart = 4 cups Or 1 Litre Or 1000 mL	lb = pound 	Oz = ounce (16 oz = 1 pound)
Large 	Medium 	Small
Clove 	Jar 	Slices
Pinch 	Bunch 	Handful
Pkg = package 	Cans 	Container = package = can

How to…

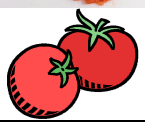
Add 	Bake	Beat 	Blend	Boil
Chop	Cook	Cool	Cover	Cream
Cut 	Drain	Freeze	Fry	Grate 
Grease	Heat	Layer	Knead	Mash
Melt	Microwave	Mix 	Peel	Pour
Preheat	Remove	Rinse	Roll	Shake
Simmer	Slice	Soak	Spoon onto 	Spread
Spray	Sprinkle	Stir	Stir-fry	Tear

Toast	Toss	Wash	Whisk	

What to use…

A baking dish	A blender	A bowl	A cookie sheet
A colander	A fork	A kettle	A knife 
A ladle	A microwave 	A mixture	A pan 
A pot	Plates	An oven 	A rolling pin 
A spoon	A stove 	A toaster 	A whisk

Salads…

Fall Salad			Serves 6 to 8
2 cups	Tomatoes, chopped		1. **Chop** tomatoes and pepper. **Pour** in a bowl. 2. **Add** corn and beans. 3. **Sprinkle** basil and garlic powder into a small bowl. 4. **Add** olive oil and lime juice. 5. **Stir**. 6. Salad can be eaten right away or eaten with tortillas and cheese to make quesadillas.
1	Green pepper, chopped		
2 cups	Corn		
2 cups	Cooked pinto or black beans		
½ tsp	Basil		
1	Garlic clove, minced OR ¼ tsp garlic powder		
2 Tbsp	Olive oil		
2 Tbsp	Lime juice		

Broccoli Coleslaw with Cranberries — Serves 8

1	16 oz package broccoli coleslaw	
½ cup	Dried cranberries	
¼ cup	Green onions, chopped	
¼ cup	Pecans, chopped	
2 tsp	Balsamic vinegar	
1	Garlic clove, minced (OR ¼ tsp garlic powder)	
1 tsp	Dijon mustard	
½ cup or less	Olive oil	
1 tsp	Maple syrup	
½ tsp	Lemon zest, grated	
To taste	Salt & pepper	

1. **Whisk** together in a medium bowl, the vinegar, mustard, garlic and lemon zest. **Add** in oil.

2. **Combine** the broccoli slaw, dried cranberries and onion in a large bowl. **Pour** dressing over and **toss** to coat evenly. **Chill** for at least 15 minutes. **Sprinkle** pecans before serving.

Mandarin Orange Salad with Almonds

1. In a large bowl**, mix:**

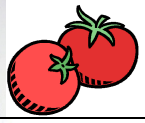
8 cups	Romaine and spinach leaves, torn	
½ cup	Celery, sliced	
2	Green onions, chopped	
1 can	Mandarin oranges, drained	
¼ cup	Sliced almond, toasted	

1. In a small bowl**, mix:**

2 tbsp.	Vinegar	
4 tsp.	Oil	
1 tbsp.	Parsley, fresh, chopped (or 1 tsp. dried)	
2 tsp	Sugar	
¼ tsp.	Hot pepper sauce	
¼ tsp.	Salt	
	Pepper	

2. **Pour** dressing over salad**. Stir.**
3. **Sprinkle** toasted almonds over top**.**

Spinach and Vegetable Salad

Spinach, torn	
Peppers, chopped	
Tomatoes, chopped	
Green onions, chopped	
Carrots, diced	
Cheddar cheese, grated	

Dressing		
2 Tbsp	Olive oil	
1 Tsp	Lemon juice	
1 Tbsp	Maple syrup	
1 Tbsp	White vinegar	
½ tsp	Dijon mustard	
Pinch	Dried Basil	
	Salt and pepper	

1. **Prepare** vegetables and put in a large bowl.
2. **Pour** all dressing ingredients in a jar. **Shake** until mixed.
3. **Pour** dressing over vegetables. **Stir** until mixed.

Strawberry and Avocado Salad			
5 cups	Baby greens <u>OR</u> romaine lettuce		
1	Avocado (peeled and chopped)		
1 package (16 ounces)	Strawberries (sliced)		
½ cup	Red onion (sliced)		
Dressing:			
½ cup	Low-fat Mayonnaise		
2 Tbsp	White sugar		
½ Tbsp	White vinegar		
½ Tbsp	Poppy seeds		

1) In a large bowl, **combine** baby greens, avocado, strawberries and onion.
2) In a small bowl, **stir** together mayonnaise, white sugar, white vinegar and poppy seeds.
3) **Pour** the small bowl over the large bowl. Toss to coat the salad.

Texas Bean Salad			10 servings
1/2	Green Bell Pepper, **chopped**		
1/2	Red Bell Pepper, **chopped**		
Bunch	Green Onion, **chopped**		
1/2	Red Onion, **chopped**		
1 pint	Cherry Tomatoes, **cut** in half		
1 can	Black Beans, canned		
1	Jalapenos, **chopped**		
1 clove	Garlic, minced		
½ Bunch	Cilantro, **chopped**		
1 can	Black-Eyed Peas, canned		
1 can	Corn, canned		
½ Container	Italian Salad Dressing		

1. **Mix** green bell pepper, red bell pepper, green onion, red onion, tomatoes, black beans, Jalapenos, garlic, corn and Italian Salad dressing.
2. **Put** in the fridge for at least 2 hours.
3. When ready to eat, **add** black-eyed peas and cilantro.

Broccoli, Bacon and Cranberry Salad

4 – 5 cups	Broccoli, chopped.	
1 cup	Dried Cranberries	
¼ cup	Red onion, chopped	
10 strips	Bacon, chopped	
1 cup	Sunflower seeds	
Dressing:		
1/3 cup	Low fat mayonnaise	
3 Tbsp	Sugar	
1 Tbsp	Vinegar	

1. In a **large bowl**, **pour** broccoli, cranberries, onion, bacon and sunflower seeds. **Stir**.
2. In a **small bowl**, **stir** mayonnaise, sugar and vinegar.
3. **Stir** dressing into salad.

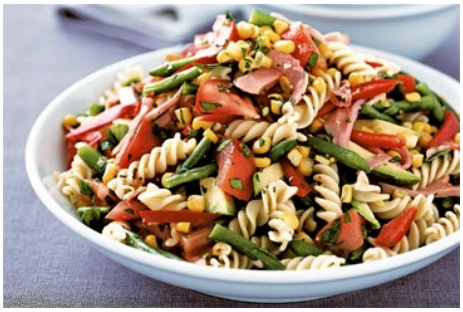
This salad can be made ahead and put in the fridge.

Caesar Pasta Salad

Serves 4

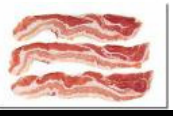
225 g	Spiral pasta	
1 cup	Broccoli florets	
1 cup	Cauliflower florets	
½ cup	Cucumber, cut into large pieces	
½	Red pepper, cubed	
1 cup	Caesar dressing	
1/3 cup	Parmesan cheese, grated	
8	Cherry tomatoes, halved	
2 Tbsp	Lemon juice	

1. **Boil** pasta according to package directions. Drain. **Put** in a large bowl. **Set aside** to cool.
2. **Cook** broccoli and cauliflower until tender crisp. **Rinse** under cold water. **Drain** well.
3. **Add** broccoli and cauliflower to pasta. Add cucumber and pepper. **Add** salad dressing and parmesan cheese. **Toss**.
4. Just before serving, **add** lemon juice and tomatoes.



Soups…

Jane's Corn Chowder — Serves 3 to 4

1	Chopped onion	
2 or 3 medium	Chopped potato	
1 can	Creamed corn	
1 can	Fat-free or 2 % evaporated milk	
To taste	Parsley	
To taste	Pepper	
About ½ tsp	Chicken or vegetable bouillon powder	
If you have it	Chopped ham or bacon	 

1. **Boil** onion and potato in a small amount of water until they are soft. About 10 minutes. Do not drain the water.
2. **Add** evaporated milk, parsley, pepper and chicken bouillon. **Mix.**
3. **Add** ham or bacon if you are using them.
4. **Heat** until hot.

Lynette's Vegetable and Cheese Soup — Serves 12

½ cup	Onion, chopped	
1 cup	Celery, chopped	
1 cup	Carrots, chopped	
1 head	Broccoli, chopped	
2 cups	Water	
Cheese sauce:		
½ cup	Soft margarine	
½ cup	Flour	
1 tsp	Salt	
¼ tsp	Pepper	
4 cups	Milk	
To taste	Tabasco sauce	
4 cups	Cheese, grated	
2 cups	Ham, chopped	

1. In a **large pot, mix** onion, celery, carrots and water. **Cook** until half done. **Add** broccoli and **cook** about 4 or 5 minutes. Keep the water. **
2. In another **large pot, melt** margarine. **Stir** in flour, salt and pepper. **Add** milk. **Cook** and **stir** until mixture thickens.
3. **Add** Tabasco sauce, if you like it.
4. **Stir** in the cheese and cook until melted.
5. **Add** ham and vegetables (with their cooking water). **Stir**.

** To keep broccoli bright green, let some of the steam come out of the pot.

Creamy Chicken Noodle Soup

1 Tbsp	oil	
1	medium onion, chopped	
1	Carrot, grated	
1 tsp	Dried oregano	
1 tsp	Dried basil	
5 cups	Chicken stock	
2 tsp	Dijon mustard	
1 cup	Spaghetti, broken	
2 cups	Celery, sliced	
2 cups	Cooked chicken, chopped	
2 Tbsp	Flour	
3 ½ cups	Milk	
1 tsp	Salt	
¼ tsp	pepper	

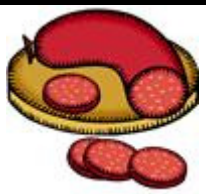
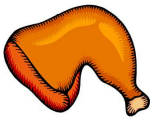
1. **Heat** oil in a large pot over medium heat.
2. **Add** onion, carrot, basil and oregano and **stir** for 5 minutes or until onion is soft.
3. **Add** chicken stock and mustard. Bring to a **boil**.
4. **Stir** in spaghetti and celery. **Cook** until noodles are almost done.
5. **Add** chicken and cook until noodles are done.
6. **Whisk** flour into milk. **Add** milk to soup while stirring.
7. **Cook** until a little thicker. **Add** salt and pepper.

Spring Chicken and Barley Soup — Serves 4 to 6

1 tbsp.	Olive Oil	
1/2 Cup	Onion, finely chopped	
1/2 cup	Celery, finely chopped	
2	Cloves of Garlic, crushed	
6 cups	Reduced sodium chicken broth	
1 large	Bone in chicken breast, skinned and trimmed	
1/3 cup	Pearled barley	
1 can	Diced tomatoes	
1 cup	Asparagus, diagonally sliced	
1 cup	Peas, fresh or frozen	
1/2 tsp.	Coarsely ground salt	
To taste	Ground pepper	

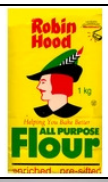
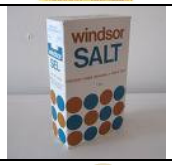
1. **Heat** oil in a large saucepan over medium heat
2. **Add** onion and celery and cook, stirring, until soft
3. **Crush** 1 clove garlic and add to mixture.
4. Stir mixture continuously, until fragrant, about 1 minute.
5. **Add** chicken broth, chicken and barley.
6. **Cover and simmer** until the chicken is cooked through, about 20 minutes.
7. **Remove** the chicken to a plate with a slotted spoon.
8. Return mixture to simmer and **cook** until the barley is tender, 20 to 30 minutes.
9. While mixture is cooking, **cut** the chicken into bite-size pieces and **discard** the bone.
10. When the barley is done, **add** the chicken, tomatoes and juice, asparagus, peas, salt and a grinding of pepper;
11. Return mixture to simmer. **Cover and cook** over low heat until the asparagus is tender, about 5 minutes.

Italian Peasant Soup — Serves 11

1 pound	Italian sausage, sliced	
2 medium	Onions, chopped	
6	Garlic cloves, chopped	
1 pound	Cooked chicken, chopped	
2 cans (15 oz each)	Beans, any kind	
4 cups	Chicken broth	
2 cans	Tomatoes, chopped	
1 tsp	Basil	
1 tsp	Oregano	

1. In a large pot, **cook** sausage over medium heat until cooked. **Drain** fat.
2. **Add** onions and garlic. **Cook** until soft.
3. **Add** chicken. **Cook** and **stir** until no longer pink.
4. **Add** beans, broth, tomatoes, basil and oregano.
5. **Cook** uncovered for 10 minutes.

Cream of Asparagus Soup — Serves 4

2 Tbsp	Oil	
¼ cup	Chopped onions	
2 Tbsp	Flour	
½ tsp	Salt	
¼ tsp	Pepper	
2 cups	Milk	
1 tsp	Chicken bouillon	
1 cup	Hot water	
2 cups	Asparagus	
	Parmesan or Cheddar Cheese	

1. **Cook** onions in a large pot until soft.
2. **Whisk** in flour, salt and pepper.
3. **Add** chicken bouillon to hot water. **Add** it and milk. **Cook** and **stir** until it **boils** and thickens.
4. **Cook** asparagus in very little water. **Drain**. **Add** to milk mixture.
5. **Pour** into **blender** and run until smooth.
6. **Serve** hot and **sprinkle** with cheese if you would like.

Turkey Tomato Soup — Serves 6 to 8

2 Tbsp	Oil	
2	Onions chopped	
2	Green or red peppers, chopped	
4 cups	Hot water	
4 tsp	Chicken bouillon	
2 cups	Canned tomatoes	
2 cups	Chopped turkey or chicken	
2 tsp	Parsley	
To taste	Salt and Pepper	
2 cups	Cooked rice	

1. **Cook** onions and peppers in a large pot until soft.
2. **Add** water, chicken bouillon, tomatoes, turkey and parsley.
3. **Simmer** for 15 minutes. **Add** salt and pepper until it tastes good to you.
4. **Add** rice and cook until hot.

Anna's Caldo Ranchero

Serves 8

1 lb	Cubed beef	
2	Onions	
5	Zucchinis	
5	Carrots	
6	Jalapenos	
3	Garlic cloves	
4	Celery sticks	
1 qt	Tomato juice	
2 (10 ¾ oz) cans	Cream of tomato soup	
½ tsp	Oregano	
½ tsp	Chili powder	
1 bunch	Cilantro	
1 cup	Rice, cooked	
2 Tbsp	Tomato bouillon	
2 Tbsp	Chicken bouillon	

1. **Cook** beef until almost done.
2. **Add** all the ingredients.
3. **Boil** until carrots are tender.

Beef Barley Soup

Makes about 22 cups or 5 litres

6 cups	Water	
6	Beef bouillon cubes	
Can: 28oz/ 796 ml	Tomatoes, diced, canned, no salt added	
2 small cans	Tomato paste	
2 cups	Carrots, sliced	
2 cups	Potatoes, diced	
1 ½ cups	Onions, chopped	
1 cup	Celery, chopped	
½ cup	Pot barley	
6 cups	Water	
1 tbsp	Parsley flakes	
1 tsp	Sugar	
¼ tsp	Pepper	
¼ tsp	Thyme	
2-3 cups	Cooked roast beef, chopped	
OR		
2 lbs/1 kg	Cooked ground beef	

1. **Heat** first amount of water and bouillon cubes in large pot. **Stir** to dissolve.
2. **Add** remaining ingredients except beef. Bring to **boil**. **Cover** and **simmer** slowly for about 1 ½ hours.
3. **Add** beef and **simmer** ½ hour more.

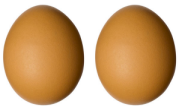
Main Meals…

Low-Fat Fried Rice

1 Tbsp	Oil	
1 clove	Garlic, minced	
1 small	Onion, chopped	
1 medium	Green pepper, chopped	
Leftover	Cooked chicken, chopped	
1	Egg	
2 cups	Cooked rice (about 2/3 cup uncooked)	
1 Tbsp	Soy sauce	

1. **Heat** the oil in a large **frying pan** on medium-high heat.
2. **Add** onions, garlic, vegetables and chicken. Stir-fry until onions are soft.
3. Push the vegetables aside. **Pour** the egg into the skillet and **stir** it until cooked.
4. **Stir** in the rice. **Add** the soy sauce. **Stir** until heated.

Baked Chili Rellenos Casserole — Serves 6 to 8

1 cup	Evaporated Milk	
2	Eggs	
1/3 cup	Flour	
1 ½ cups (12 ounces)	Green Chili Peppers, chopped	
¾ cup	Cheddar Cheese, grated	
¾ cup	Monterey Jack Cheese, grated	
1 cup	Tomato Sauce	

1. **Preheat** oven to 350F.
2. **Beat** evaporated milk, eggs. **Add** flour slowly and stir until smooth.
3. In a medium casserole dish layer:
   a. ½ chili peppers
   b. ½ cup cheese
   c. ½ egg mixture
4. Repeat the layers.
5. Slowly **pour** the tomato sauce on top. **Sprinkle** with rest of cheese.
6. **Bake** for 1 ¼ hours, until firm.

Tex Mex Lasagna — Serves 12

1 can (16oz)	Refried beans	
1 can (16oz)	Kidney beans,	
1 can (15 oz)	Black beans, drained and rinsed	
½ cup	Corn, frozen thawed	
1	Jalapeno pepper, seeded and chopped	
1 envelope	Taco seasoning	
1 can (15 oz)	Tomato sauce, divided	
2 ½ cups	Salsa	
12	Lasagna noodles, oven ready	
1 ½ cups (6 oz)	Monterey Jack cheese, shredded	
1 ½ cups	Cheddar cheese, shredded	

1. **Preheat** oven to 350F.
2. In a large nonstick skillet, **stir** in the beans, corn, jalapeno, taco seasoning and ¾ cup tomato sauce
3. **Combine** salsa, diced tomatoes and remaining tomato sauce.
4. **Spray** 13X9 inch baking pan with non-stick cooking spray. **Spread** ¼ cup salsa mixture in bottom.
5. **Layer** with 4 noodles, half of the bean sauce, 1 cup salsa mix, ½ cup Monterey Jack cheese and ½ cup cheddar cheese. **Repeat** layers. **Top** with the remaining noodles, salsa mixture and cheeses
6. **Cover** and **bake** at 350 for 45-50 minutes or until edges are bubbly and cheese is melted. **Let stand** for 10 minutes before cutting.

Bean Quesadillas — Serves 4

1 can (19 oz)	Black beans (or Romano beans)	
1 cup	Salsa	
4	Flour tortillas (10 inch)	
4	Green onions, chopped	
1 1/3 cups	Monterey Jack cheese, shredded	

1. **Drain** and **rinse** beans.
2. **Mash** beans with ½ cup salsa. A potato masher works well.
3. **Spread** bean mixture evenly over tortillas. Leave approx. ½ inch border.
4. **Sprinkle** with onions and cheese.
5. **Fold** tortilla over and press gently.
6. Place on cookie sheet. **Broil** until crisped. Serve with remaining salsa.

Spaghetti Squash Chili

Serves 4

540mL	**Kidney Beans, canned**	
2 Tbsp.	**Oil (Olive or Canola)**	
1/2 pound	**Ground Beef**	
1/2 cup	**Onion, chopped**	
1/2 cup	**Green Pepper, Chopped**	
1/2	**Spaghetti Squash**	
2 cups	**Canned Tomatoes**	
211mL	**Tomato Sauce, canned**	
1 Tsp.	**Chili Powder**	
1/2 Tsp.	**Salt**	
Dash	**Cayenne Pepper**	

1. **Drain** and **Rinse** the Kidney Beans and **cut** the vegetables as directed
2. In a large pot, **heat** the oil and **cook** the onions and green pepper together until soft
3. **Add** ground beef and **cook** until browned
4. **Add** canned tomatoes, tomato sauce, chili powder, salt, sugar and cayenne in the pot
5. Bring to **boil**, reduce the heat and **simmer** covered for 45 minutes
6. **Cut** Spaghetti Squash in half and scrape out seeds from the center
7. **Microwave** one half of squash for 15 minutes or until flesh feels tender
8. With a fork, **scrape** out the flesh into spaghetti like strands
9. When chili has finished simmering, **mix** in the squash strands and kidney beans
10. **Cook** for a few more minutes to blend the flavor

Macaroni and Cheese

2 cups	Macaroni, uncooked	
2 Tbsp	Margarine, soft	
2 Tbsp	Flour	
1 ½ cups	Milk	
3 cups	Cheddar cheese, grated	
1 tsp	Worcesters hire sauce	
	Salt and pepper	

1. **Preheat** oven to 325F. Put large pot of water on to boil.
2. **Melt** the margarine slowly in a large saucepan. **Stir** in the flour. Let the mixture bubble. **Add** the milk and cook, **stir**ring constantly, until the sauce is smooth and thickened.
3. **Add** 2 1/2 cups of the grated cheese and the Worcestershire sauce. **Stir** until the cheese is melted. Remove from the heat and set aside. **Add** salt and pepper to taste.
4. **Cook** noodles according to package directions. **Drain**.
5. **Add** the cheese sauce to the hot noodles and **mix** together. **Pour** in to **grease**d pan.
6. **Sprinkle** the remaining grated cheese over the top. **Bake** for ½ hour or until the mixture bubbles and the top is golden brown.

Mango Salsa (great on fish or chicken) — Serves 4-6

1 large	Mango, peeled and diced	
2/3 cup	Red pepper, minced	
½ cup	Red onion, minced	
1	Jalapeno pepper, minced	
2 Tbsp	Lime juice	
2 Tbsp	Fresh cilantro, chopped	
2 tsp	Sugar	
1 tsp	Olive oil	
¼ tsp	Ground cumin	
¼ tsp	Salt	

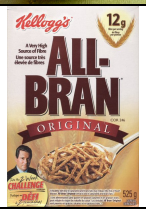
2. **Mix** all ingredients in a **medium** bowl.
3. **Cover** and **chill** for 30 minutes before serving.
4. Serve as a topping for **baked** or **grilled** fish or chicken.
5. **Refrigerate** any leftovers.

French Toast with Peach Sauce — Serves 6

1 1/3 cup	Milk	
8	Eggs, large	
4 Tbsp	Maple Syrup (or sugar)	
2 tsp	Vanilla	
12 slices	Bread (stale is best)	
Serve with:		
1 can	Peaches, in juice	
1 tub	Yogurt, vanilla	

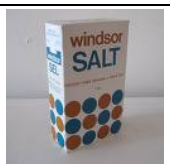
1. **Whisk** the first 4 ingredients together.
2. One at a time, **dip** the bread into the mixture. **Soak** the bread thoroughly.
3. In a non-stick pan, over medium heat, **cook** the bread until bottom side is golden-brown. **Turn** the bread and cook second side the same.
4. **Keep warm** in 200F oven while you cook the rest.
5. <u>To make peach sauce:</u> **drain** the canned peaches. With a hand blender blend the peaches.
6. Serve warm with peach sauce and yogurt and any other fruit you like.

Creamy Salmon Quiche — Serves 6

¼ cup	Dry bread crumbs	
1 Tbsp	All bran cereal, crushed	
1, 213 gram can	Salmon	
¼ cup	Chopped onion	
¼ cup	Cubed light cream cheese	
3	eggs	
1 Tsp	Dried parsley	
1 ¼ cup	milk	
-	salt & pepper to taste	
-	Paprika to taste	

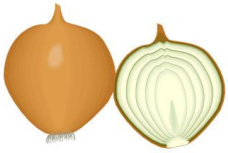
1. **Mix** crumbs and cereal; **sprinkle** over greased pie plate.
2. **Layer** chunks of salmon over crumbs.
3. **Mix** cream cheese and eggs. Lay the cream cheese and parsley on top of salmon.
4. **Whisk** together, the milk, salt and pepper. **Pour** over salmon. Sprinkle lightly with paprika.
5. **Bake** at 350 F oven for 40 minutes or until done.

Quiche with Potato Crust — Serves 6

1 lb	Potatoes, peeled & cut into large chunks	
1/4 cup	Milk	
1/2 tsp	Salt	
1 tbsp	Oil	
2 cup	Broccoli, coarsely chopped & cooked	
1 cup	Cheddar cheese, grated	
3	Eggs	
1 cup	Milk	
-	Salt & pepper to taste	
2	green onions, chopped	

1. In a large pot of boiling water; **cook** potatoes for about 20 minutes or until tender. **Drain** well. **Add** milk and salt; **mash**.
2. **Brush** a deep dish pie plate with half of oil. **Add** mashed potatoes and **press** down firmly. **Brush** with remaining oil.
3. **Bake** crust in preheated 375 F (190 C) oven for 25 to 30 minutes or until potatoes are golden brown. **Reduce heat** to 350 F (180 C).
4. **Arrange** broccoli on top of potato crust. **Sprinkle** cheese on top.
5. In a medium bowl; **whisk** together eggs, milk, salt and pepper. **Pour** over broccoli and cheese. **Sprinkle** with green onions.
6. **Bake** for 25 to 30 minutes or until slightly puffed, browned and just set. Allow to **cool** for 10 minutes for slicing.

Roast Chicken Dinner

Chicken	
Water	
Onion, sliced	
Potatoes, peeled and cut in half	
Carrots, peeled and chopped	
Salt and pepper	
Seasonings	

1. **Rinse** chicken with water.
2. **Place** in roasting pan with an inch of water.
3. **Put** sliced onion inside and around the chicken.
4. **Put** the potatoes and carrots around the outside of the chicken.
5. **Bake** at 350 F for 2 ½ - 3 hours until cooked well. The leg should come off easily and internal temperature of 185 F or 85 C.

Cream Chicken

2 to 3 cups	Chicken (approx. 3 breasts), diced	
¼ cup	Margarine	
1 cup	Onion, chopped	
½	Red pepper, chopped	
¼ cup	Flour	
2 cups	Chicken broth	
1 cup	Milk	
	Salt and pepper to taste.	
1 cup	Peas, frozen	

1. **Cut** the chicken into small pieces. **Cook** it in a non-stick pan until the juices run clear. Set aside.
2. **Chop** the vegetables.
3. **Heat** margarine in a heavy saucepan.
4. **Add** onion and red pepper. **Cook** until soft.
5. **Add** flour. **Stir** and **cook** until bubbly.
6. **Add** chicken broth, milk, salt and pepper.
7. **Cook** stirring constantly, until smooth and thickened.
8. **Add** cooked chicken and frozen peas.
9. **Heat** through and serve over rice, noodles or mashed potatoes.

Baked Chicken with Jelly Sauce — Serves 4-6

1 cup	Grape jelly	
¾ cup	Ketchup	
1 cup	Onions, minced	
2 Tbsp	White vinegar	
1 tsp	Dry mustard	
3 pounds	Chicken thighs, without skin	

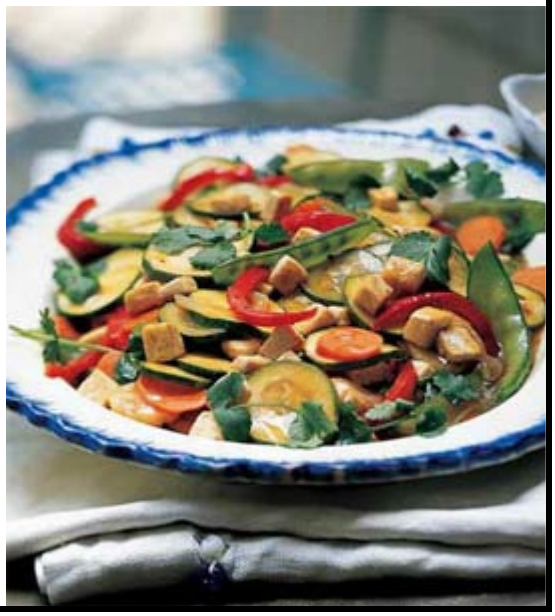
1. **Preheat** oven to 350 F.
2. In a small glass bowl, **stir** together the jelly, ketchup, onions, vinegar and dry mustard.
3. **Microwave** on HIGH 2-3 minutes until mixture boils and jelly is melted.

   OR: Use a small saucepan to **boil** mixture and melt jelly.
4. **Place** chicken thighs in a 13 x 9 baking dish.
5. **Pour** sauce over chicken and turn pieces to coat both sides.
6. **Bake** uncovered for 1 hour or until chicken is cooked well.

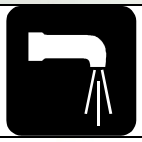
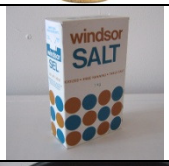
Chinese Stir Fry — Makes 4 servings

½ cup	Chicken or vegetable stock	
2 Tbsp.	Soy sauce	
1 Tbsp.	Cornstarch	
1 tsp.	Sugar	
2 cloves	Garlic, finely chopped	
¾ lb. (350g)	Chicken, beef or pork, thinly sliced	
1	Medium Onion, in thin wedges	
3 cups	Vegetables, cut in bite sized pieces: carrots, broccoli, cauliflower, celery, mushrooms, green or red pepper, green beans, green peas, snow peas or bean sprouts	
2 Tbsp.	Vegetable oil	

1. To make the sauce: **mix** together the stock, cornstarch, soy sauce and sugar. Set aside.
2. **Cut** the meat, garlic and vegetables as directed. Keep ingredients separated from each other.
3. In a large frying pan **heat** 1 Tbsp. of the oil over medium heat. Swirl gently to coat the sides of the frying pan. **Add** the meat and **stir-fry** for 4 to 5 minutes until cooked through. Remove and set aside.
4. **Add** the remaining oil and **heat** as before. **Add** the garlic and onion and **stir-fry** 1-minute. **Add** the other vegetables. **Stir fry** 1 to 2 minutes between each group of vegetables.
5. **Add** the meat and sauce to the stir-fry. Continue to **cook** until the sauce is clear and thickened. Serve immediately.



Lisa's Barbecue Chicken

4 cups	Pineapple juice	
Juice from 5	Limes	
4 cups	Water	
½ cup	White vinegar	
4 cloves	Garlic, minced	
1 tsp	Garlic powder	
1 tsp	Salt	
3 lbs	Skinless chicken legs or thighs	

1. **Mix** all ingredients.
2. Put chicken in a large dish. **Pour** marinade over; **cover** and **refrigerate** for at least 24 hours or up to 48 hours. **Turn** once or twice.

3. Barbecue or **bake** chicken until well cooked and juices are clear.

Low Fat Fettuccine Alfredo — Makes 6 servings

1 small package	Fettuccine	
2 Tbsp	Oil	
2 cloves	Garlic, minced	
1 ½ cups	Milk	
1 ½ Tbsp	Flour	
1/3 cup	Parmesan cheese	
½ tsp	Dried basil	
¼ tsp	Pepper	
1 ½ cups	Chopped ham**	
	** OR use tuna	**OR cooked chicken
¼ cup	Low fat sour cream	
¾ cup	Frozen peas	
To taste	Dried parsley	

1. **Boil** fettuccine until tender. **Drain**, rinse and return to pot. Set aside.
2. **Pour** oil in another pot. **Add** garlic and cook for 1 minute.
3. **Mix** flour and milk together well. **Add** to pot. Increase heat. **Cook** and **stir** until mixture is bubbly and thick.
4. Lower heat. **Stir** in Parmesan cheese, basil and pepper. **Cook** until cheese is melted.
5. **Stir** in ham, sour cream and peas. **Cook** until hot.
6. **Pour** sauce over fettuccine and stir. **Sprinkle** parsley over top.

Boil

Drain

Easy Pasta with Beef and Veggie Sauce — Serves 8+

1 package (900g)	Rotini noodles	
1 lb	Lean ground beef	
1 can	Pasta sauce (no name tastes great)	
½ package	Arctic Gardens Spaghetti Vegetable Mix (frozen)	
Sprinkle	Parmesan Cheese, grated	

1. Bring large pot of water to **boil**.
2. **Boil** noodles for about 10 minutes.
3. **Brown** ground beef
4. **Add** pasta sauce to cooked meat
5. **Add** frozen vegetables to meat sauce. **Heat**.
6. **Mix** noodles with sauce.
7. **Sprinkle** parmesan cheese on top.

Roast Beef Dinner

Water	
Roast beef	
Potatoes, peeled and cut in large pieces	
Carrots, peeled and cut in large pieces	
Turnip, peeled and sliced	
Onion, sliced	
Spices you like	

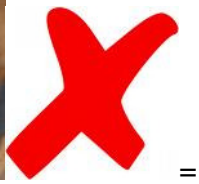
1. **Fill** roasting pan or slow cooker with water about 1 inch deep.
2. **Place** roast beef and vegetables in pan.
3. **Sprinkle** spices over all.
4. OVEN: **Bake** at 350 F for 2 – 3 hours depending on size.

OR

SLOW COOKER: **cook** on high for 4 hours or on low for 8 hours.

5. **Cut** roast beef to see if cooked through and tender.

= tender



= tough

1) Eye of round roast beef:			
	☐ Tender ☐ Higher fat	 	
2) Round rump roast beef:			
	☐ Tougher ☐ Lower fat		

Meatloaf Muffins with Barbecue Sauce

Serves 6

1 Tbsp	Oil	
850 g	lean ground beef	
1 medium	chopped onion	
2 ribs	celery	
1	Green pepper	
1	Large egg	
1 tbsp	milk	
1 cup	Smoky BBQ sauce	
1 tsp	Worcesters hire sauce	
½ cup	salsa	
1 cup	Plain bread crumbs	
2 tbsp	Grill seasoning spice (Montreal Steak seasoning)	

1. **Preheat** oven to 375 F. Brush a 12 cup muffin tin with oil
2. Finely **cho**p onion, celery & pepper (a food processor may be used)
3. **Place** ground beef in a large bowl. **Add** egg beaten with milk, bread crumbs and grill seasoning to the bowl.
4. **Mix** together the BBQ sauce, salsa and the Worcestershire sauce together
5. **Pour** half the sauce mixture into the meatloaf mix & combine well.
6. **Scoop** meat mixture into tins (ice cream scoop works well) **Top** each meat loaf with an extra spoon full of sauce. **Bake** uncovered in 375F oven for about 30 minutes until thoroughly cooked.

Meatballs — Makes 20 meatballs

1. **Preheat** oven to 350F.
2. In a large bowl, **beat** together:

1	**egg**	
¼ cup	**bread crumbs**	

3. **Stir** in:

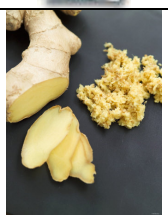
1 small	**onion, finely chopped**	
½ tsp	**salt**	
¼ tsp	**pepper**	

4. **Add** the meat and **knead** with wet hands until well blended

1 lb	**ground beef**	

5. Make meatballs: **Pinch** off 1 large Tbsp of meat mixture and form into a ball. **Place** on a cookie sheet until you have 20 meatballs.
6. **Bake** for 25 minutes or until browned and no longer pink inside.

Ginger-Garlic Marinade

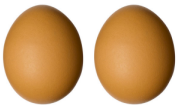
2 Tbsp	Cider vinegar	
1 Tbsp	Vegetable oil	
1 Tbsp	Water	
1 tsp	sugar	
1 Tbsp	Grated fresh gingerroot	
1tsp	Minced garlic	
1 pound	Round steak	

1. **Mix** all ingredients.

2. Put steak in a shallow dish. **Pour** marinade over; **cover** and **refrigerate** for at least 2 hours or up to 48 hours. **Turn** once or twice.

3. Barbecue or grill steak until done.

Mexican Lasagna — Serves 8

1.5 lb	Ground beef	
1 package	Taco seasoning	
1 tsp	Salt	
1 cup	Tomatoes, chopped	
2 cans	Tomato sauce	
1 can	Green chilies, diced	
1 cup	Cottage cheese	
2	Eggs, beaten	
10	Corn tortillas	
2.5 cups	Monterey jack cheese, grated	

1. **Cook** ground beef and pour off fat.
2. **Add** Taco Seasoning, salt, tomatoes, tomato sauce and chilies and **mix** well.
3. Bring to a **boil**. Reduce heat and **simmer** for 10 minutes.
4. In a small bowl **mix** cottage cheese and eggs.
5. In bottom of a 9X13 baking pan, **layer** as below:
   - **Spread** ½ of the meat mixture
   - Put 5 tortillas on top
   - **Spread** ½ of cottage cheese mixture over tortillas
   - Then **add** ½ of grated cheese.
   - Repeat all four layers
6. **Bake** uncovered, in 350F oven for 20 to 30 minutes or until hot and bubbly.
7. Let stand 10 minutes before cutting into squares.

Shepherd's Pie — Serves 6

1 Tbsp	Oil	
750 g	Lean ground beef	
1 cup	Onion, chopped	
1 Tbsp	Flour	
1 ½ tsp	Salt	
¼ tsp	Pepper	
¼ cup	Milk	
1 Tbsp	Ketchup	
1 tsp	Worcestershire sauce	
2 cups	Mixed vegetables, frozen	
4 medium	Potatoes, peeled	
	Boiling salted water	
1 Tbsp	Margarine	
3 Tbsp	Milk	
½ tsp	Seasoned salt	
2 Tbsp	Margarine, melted	

1. **Cook** potatoes in **boiling** salted water until tender. **Drain** and **mash**. **Add** 1 Tbsp margarine and 3 Tbsp milk and seasoned salt.
2. **Heat** cooking oil in frying pan. **Add** ground beef and onion. **Cook** until lightly browned.
3. **Sprinkle** with flour, salt and pepper. **Mix** well. **Stir** in first amount of milk until it **boils**.
4. **Add** next 5 ingredients. **Pour** into a 9X13 pan.
5. **Spread** mashed potatoes over the meat.
6. Brush with melted butter. **Sprinkle** with paprika. **Bake** uncovered near top of 350F oven about 30 minutes until hot and lightly browned.

Side Dishes…

Two Potato Mash — Serves 6

4 medium	Potatoes, peeled and cut	
2 small	Sweet potatoes, peeled and cut	
1 cup	Milk	
1 cup	Cheddar cheese, Grated	
½ cup	Sour cream	
2 tbsp	Chopped onions	
pinch	Salt	
pinch	Nutmeg	

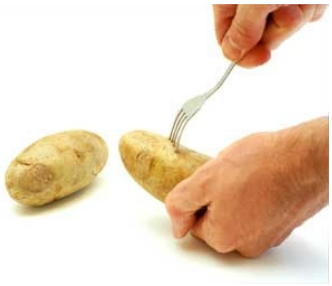
1. **Peel** and **cut** potatoes and sweet potatoes.
2. In a **large pot**, cover potatoes with water. Bring to a **boil** and **cook** for about 5 minutes.
3. **Add** sweet potatoes. **Cook** another 15 minutes or until done. **Drain** well.
4. **Mash** potatoes until smooth.
5. **Stir** in milk. **Stir** in cheese, sour cream, onion, salt and nutmeg.

Lynette's Baked Potatoes

Potatoes, washed	
TOPPINGS:	
Cheese, Grated	
Low fat sour cream	
Chopped onions or chives	
Chili	
Salsa	
Broccoli and cauliflower, cooked	

1. **Wash** potatoes
2. Wrap potatoes in foil.

3. Poke potatoes all over with a fork.



4. **Bake** potatoes at 350 F for 1 hour or until soft.
5. **Cut** open and put on toppings that you like.

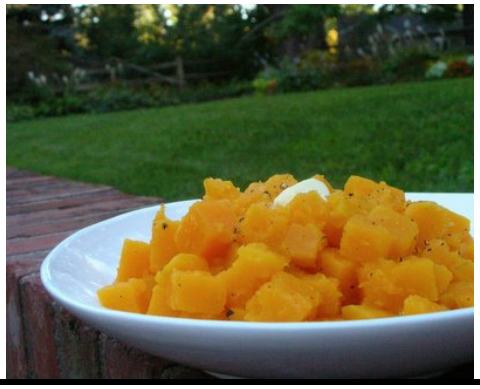
Thymely Zucchini

2 Tbsp	oil		1. In a heavy skillet melt margarine; **cook** and **stir** onion, pepper and celery until onion is transparent. 2. **Add** zucchini, sprinkle with thyme, cover and **cook** until zucchini is just tender; **stir** occasionally. 3. **Add** tomatoes, **cover** and **cook** over low heat for several minutes until tomatoes are heated through. Serve immediately.
1 medium	Onion, chopped		
½ cup	Green pepper, chopped		
½ cup	celery, chopped (optional)		
4 small	zucchini, sliced		
¼ tsp	thyme, dried and crushed		
1 medium	tomato, quartered		

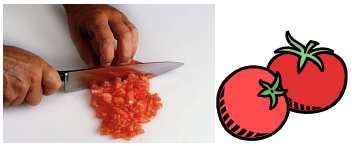
Baked Tomatoes

Tomatoes, cut in half		1. Slice tomatoes in half. 2. sprinkle with grated cheese and basil 3. Broil in oven until cheese is melted and tomatoes are hot.
Shredded cheese		
Dried basil		

Oven Roasted Squash

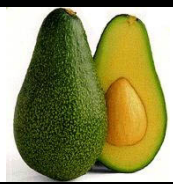
1 medium	Butternut squash	 	1. **Peel** and **cube the squash**. 2. In a large bowl, **mix** the oil and bouillon mix. 3. **Put** squash into the bowl. **Mix** until squash is covered in oil. 4. **Put** on large baking dish. **Bake** at 400 F for 45 minutes or until squash is soft. **Stir** occasionally. 
2 Tbsp	Olive oil		
1 tsp	Vegetable or chicken bouillon mix		

Bruschetta Bread

Tomatoes, chopped	
Onions, chopped	
Feta cheese	
Basil	
Garlic powder or garlic clove, minced	
Olive oil	
Crusty bread	

1. **Chop** tomatoes and onions. Put in a bowl.
2. **Crumble** feta cheese and **add** to tomatoes and onions.
3. **Sprinkle** a small amount of basil and garlic powder into the bowl.
4. **Add** a couple of tablespoons of olive oil to bowl.
5. **Stir**.
6. **Cut** bread in half lengthwise.
7. **Spread** mixture over the length of bread.
8. **Broil** the bread in oven until hot and bread is crispy and brown. About 5 minutes.

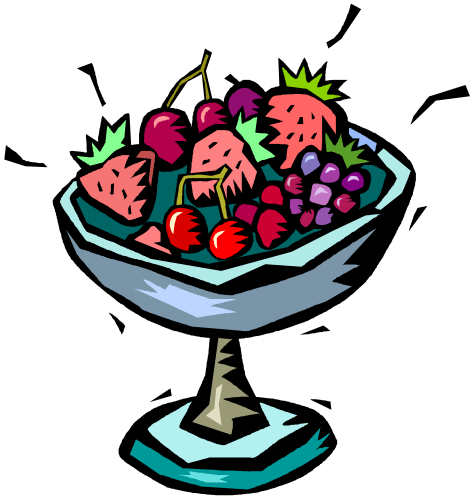
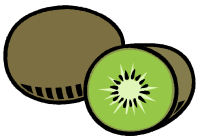
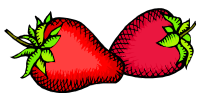
Guacamole Dip

avocado	
Juice from one lime	
50 ml (1/4 cup) light sour cream	
½ finely chopped tomato	
Salt & Pepper to taste	

1. **Peel** avocado, **take out** pit & **cut** up pulp.
2. **Squeeze** out juice from lime.
3. **Mash** avocado in bowl together with lime juice, sour cream, salt & pepper.
4. **Add** chopped tomatoes
5. Serve with nacho chips

Desserts…

Fruit Salad

Chopped bananas		1. **Mix** together OR Put each in a bowl and have each person choose their favourite. 2. Use any fruit you like. 
Chopped canned pears in juice		
Chopped canned peaches in juice		
Chopped kiwi		
Unsweetened frozen berries	  	

Fruit Salsa with Cinnamon Tortilla

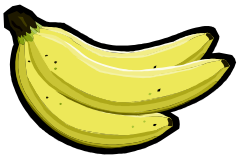
Serves 6-8

Fruit Salsa		
2	Apples, peeled and chopped	
1 cup	Strawberries, sliced	
2	Kiwi, Peeled and chopped	
2	Bananas, chopped	
1 Tbsp	Lime Juice	
1-2 Tbsp	Sugar	
½ tsp	Cinnamon	
½ tsp	Nutmeg	
Cinnamon Tortilla		
6	Whole Wheat Tortilla	
½ cup	Margarine or Canola Oil	OR
3 Tbsp	Sugar	
1 Tbsp	Cinnamon	

1. **Preheat** oven to 350F.
2. In a medium bowl, **combine** apple, strawberries, kiwis, bananas, lime juice, white sugar, cinnamon and nutmeg.
3. **Cover** and **set aside** in the fridge for 20 min.
4. **Lightly brush** tortilla with melted margarine or canola oil.
5. **Slice** tortilla into triangles and **place** them on a baking sheet.

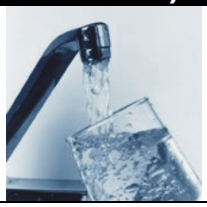
6. In a small bowl, **combine** cinnamon and sugar.
7. **Sprinkle** tortilla triangles with cinnamon and sugar.
8. **Bake** tortilla in the oven at 350F for 10-12 min.

Frozen Banana Treats

3 small bananas	
6 wooden popsicle sticks	
4 squares semi-sweet chocolate	
1 Tbsp Butter	
½ cup peanut butter	
Chopped nuts, candy sprinkles, coconut	

1. **Peel & cut** 3 Bananas in half. **Insert** popsicle stick into each banana piece & **freeze** until firm
2. Put nuts, coconut or candy sprinkles on small plates.
3. **Mix** together chopped chocolate, butter & peanut butter in microwaveable bowl.
4. **Melt** chocolate mixture in microwave on HIGH for 1 ½ minutes; **stir** until smooth.
5. **Remove** bananas from the freezer
6. **Cover** bananas with melted chocolate mixture using a pastry brush
7. **Roll** chocolate coated bananas in nuts, coconut or candy sprinkles

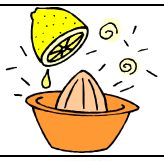
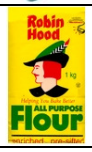
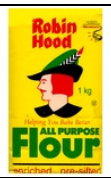
Berry Grunt (Stovetop Fruit Dessert)

1 cup	Water	
½ cup	Brown sugar	
3 cups	Frozen berries (or canned fruit)	
½ cup	Flour	
½ cup	Whole wheat flour	
2 Tbsp	Sugar	
2 tsp	Baking powder	
¼ tsp	Salt	
1 Tbsp	Oil	
2/3 cup	milk	

1. In a large pot, **mix** water, brown sugar and berries.
2. **Cover** and **simmer** for 5 minutes.
3. In a small bowl, **mix** flour, white sugar and baking powder. **Add** milk and oil. **Mix** only until moist.
4. **Drop** by spoonful into hot berries. **Cover** and **simmer** 15 minutes. Do not take lid off.

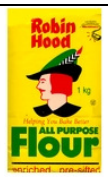
Blueberry Peach Crisp

Serves 9

Fruit Mixture:		
4 cups	Sliced peaches	
2 tsp	Lemon juice	
3 cups	Fresh or frozen blueberries	
3 Tbsp	Flour	
¼ cup	sugar	
Topping:		
¼ cup	Brown sugar	
¼ cup	oatmeal	
2 Tbsp	flour	
½ tsp	Cinnamon	
1/8 tsp	nutmeg	
2 Tbsp	Margarine	

1. **Preheat** oven to 350 F.
2. In an ungreased square baking dish, **mix** peaches and lemon juice gently.
3. **Add** blueberries, 3 Tbsp flour and sugar. **Mix** gently.
4. In a small bowl, **mix** brown sugar, oatmeal, 2 Tbsp flour, cinnamon and nutmeg.
5. With a fork, **cut in** margarine until crumbly.
6. **Sprinkle** topping over fruit mixture.
7. **Bake** for 30 minutes or until golden brown and bubbly.

Saucy Rhu-Berry Cake — Serves 9

¼ cup	Margarine, melted	
1 cup	Flour	
½ cup	Sugar	
2 tsp	Baking powder	
½ cup	Milk	
2 cups	Rhubarb, chopped (fresh or frozen)	
1 cup	Blueberries (fresh or frozen)	
¾ cup	Water, hot	
½ cup	Sugar	
	Cinnamon	

1. **Preheat** oven to 350F
2. **Pour** margarine evenly into 9-inch square pan.
3. In medium bowl, **combine** flour, ½ cup sugar and baking powder. **Mix** well.
4. **Stir** in milk.
5. **Spoon** batter into prepared pan. Top with rhubarb and berries. Do NOT Mix.
6. In small bowl or measuring cup, **combine** hot water and ½ cup sugar. **Stir** until sugar is dissolved. **Pour** over fruit.
7. **Sprinkle** with cinnamon.
8. **Bake** at 350F for 45 to 55 minutes or until golden brown.

Strawberry Marble Angel Food Cake — Serves 8 - 12

1 pkg	Angel Food Cake mix	
1 ¼ cups	cold water	
2 tsp	vanilla	
1 pkg (300 g)	frozen unsweetened strawberries, thawed and drained	
	Red food colouring	
	Frozen yogurt	

1. In a blender, **puree** strawberries. Set aside.
2. In a large bowl (NOT plastic), **mix** cake mix with water. Use low speed on a mixer or use a whisk for 30 seconds.
3. **Scrape** bowl and then **beat** on medium speed for 1 more minute.
4. **Pour** ½ the batter into another bowl. **Fold** in vanilla.
5. **Fold** ¼ cup of strawberry puree into the other batter. Add food colouring to make it light pink.
6. Spoon batter alternating colours into ungreased tube pan or 9 x 13 pan. To mix the colours a bit: cut a knife through the batter. Smooth the top.
7. **Bake** at 350 F for 40 – 45 minutes or until top is golden brown and cracks feel dry.
8. Right away, turn pan upside-down to cool completely.
9. To serve, cut with a serrated knife. Pour some pureed strawberries over a slice and add a scoop of frozen yogurt.

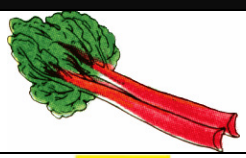
Healthier Pie Crust

Makes 2, double crust pies

3 cups	flour	
1 tsp	salt	
1 tsp	baking powder	
1 cup	Non-hydrogenated margarine	
1	egg	
1 Tbsp	Vinegar	
	Water	

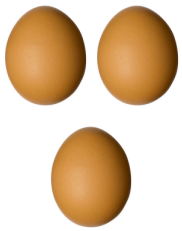
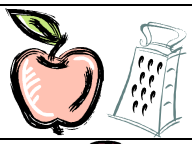
1. **Mix** flour, salt and baking powder.
2. **Cut** in margarine until there are small lumps.
3. **Beat** egg in a measuring cup. **Add** vinegar. **Add** water to fill to ¾ cup.
4. **Add** liquid to dry ingredients. Stir with a fork. Knead until smooth.
5. Use right away or refrigerate until ready to use.

Rhubarb Pie

4 cups	Chopped rhubarb	
1/4 cup	Flour	
1 ½ cups	Sugar	

1. In a **large bowl**, **mix** chopped rhubarb, flour and sugar.
2. **Pour** into pie shell. Cover with top crust.
3. **Bake** at 425 F for the first 10 minutes. **Bake** at 350 F for 30 minutes or until pastry is golden and rhubarb is soft.

Morning Glory Muffins — Makes 24 muffins

¾ cup	Oil	
2 tsp	vanilla	
3	Eggs	
2 cups	Shredded Apples	
2 cups	Shredded Carrots	
½ cup	Raisins	
½ cup	Shredded Coconut	
1 ¾ cup	Whole wheat flour	
¾ cup	Wheat bran	
1 cup	Sugar	
2 tsp	Baking soda	
½ tsp	salt	
1 tsp	Ground cinnamon	

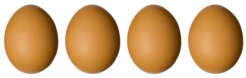
1. In a **large** bowl**, beat** oil, vanilla and eggs.
2. **Add** apples, carrots, raisins and coconut.
3. In a **medium** bowl, **mix** whole wheat flour, wheat bran, sugar, baking soda, salt and cinnamon.
4. **Mix** dry ingredients into wet ingredients. **Stir** only until just mixed.
5. **Spoon** into 24 greased muffin cups.
6. **Bake** at 350 F for 15 - 20 minutes.

Esther's Bran Muffins

1. Preheat oven to 350F
2. In a large bowl mix:

3 cups		Bran Flake cereal
3 cups		100% Bran
2 cups		boiling water

3. In another large bowl mix:

1 cup		oil
1 1/2 cup		white sugar
1 1/2 cup		brown sugar
4		eggs
1/3 cup		molasses
1 litre		buttermilk

4. Stir in cereal mixture.
5. In another large bowl mix:

2 ½ cups		Whole wheat flour
2 ½ cups		All-purpose flour
2 Tbsp		baking soda
1 Tbsp		baking powder
1 tsp		salt

6. Add to wet mixture. Stir until just mixed. (Mixture keeps in fridge for up to 4 weeks.)
7. Bake about 23 minutes

Apple Spice Muffins — Makes 9 muffins

¼ cup	Oil	
¾ cup	White sugar	
½ tsp	vanilla	
1	Egg	
½ cup	All purpose flour	
½ cup	Whole wheat flour	
1 tsp	Baking soda	
¼ tsp	salt	
½ tsp	Ground cinnamon	
¼ tsp	Ground nutmeg	
1 ½ cups	Apples, chopped	
1 Tbsp	Milk	
½ cup	Icing sugar	
1 Tbsp	Apple sauce	

1. **Beat** oil and sugar in a large bowl.
2. **Add** egg.
3. In a **small** bowl, **mix** all purpose flour, whole wheat flour, baking soda, cinnamon and nutmeg,
4. **Mix** dry ingredients into wet ingredients. **Stir** only until just mixed.
5. Gently **mix** in apples and cream. Batter will be thick.
6. **Spoon** into 9 muffin cups.
7. **Bake** at 350 F for 20-25 minutes.
8. **Stir** icing sugar and apple sauce to make a glaze.
9. **Pour** a small amount over each muffin while still warm.

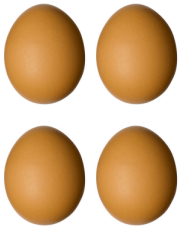
Zucchini Chocolate Chip Muffins

Makes 12 muffins

1 cup	Quick oats	
1 cup	Whole wheat flour	
1 tbsp	Baking powder	
½ tsp	Cinnamon	
1/3 cup	Sugar	
1 cup	Zucchini, shredded and packed	
2 tbsp	Canola oil	
1	Egg	
¾ cup	Milk	
½ cup	Chocolate chips	
¼ cup	Flax seed, ground	

1. Turn oven on to 400F
2. Put paper muffin cups into muffin pan
3. In a **bowl**, stir oats, flour, baking powder, cinnamon and sugar
4. In a different **bowl**, put in zucchini, canola oil, **lightly beaten** egg and milk
5. **Mix** the 2 bowls together in 1 bowl and **stir** until all dry ingredients are wet.
6. **Add** chocolate chips to bowl and **stir** again.
7. Use a **spoon** to put batter into muffin tin.
8. **Bake** for 20 minutes

Low Fat Mini Cheesecakes			Serves 12
12	Vanilla wafer cookies		1. **Preheat** oven to 325 F. Put paper cups into a 12-cup muffin tin. Put one cookie into the bottom of each paper cup. 2. **Put** cream cheese and condensed milk into a medium bowl. **Mix** with an electric mixer. 3. **Add** egg, vanilla extract and lemon zest, and **mix** until well blended. 4. **Pour** about about 3 tablespoons of the mixture into each paper cup. 5. **Bake** for 15-18 minutes until top is not sticky. Cool. Top each cheesecake with a few berries. 6. Put in the fridge until eaten.
250 grams/1 container	Light cream cheese		
½ cup	Fat free sweetened condensed milk		
1	egg		
1 tsp	Vanilla extract		
1 tsp	Lemon zest		

Bean Brownies			20 Brownies
1 can	Romano Beans, canned		1. **Drain** Romano Beans. 2. **Rinse** the Romano Beans. 3. **Pour** all ingredients in a bowl in the order given. 4. **Beat** on low speed until smooth. 5. **Grease** a large **baking dish**. 6. **Pour** batter in pan. 7. **Bake** at 350°F (180°C) for 30 minutes. 8. **Cool** for 10 minutes before serving. 9. **Sprinkle** with icing sugar.
¾ cup	Flour		
1 tsp	Salt		
2 cups	Sugar		
½ cup	Cocoa		
½ tsp	Vanilla		
¾ cup	Vegetable oil		
4	Eggs		
½ cup	Walnuts		

Lemon Zucchini Yogurt Bars

1 cup	All purpose flour	
1 cup	Whole Wheat flour	
1 cup	Sugar	
1 tsp	Baking soda	
¼ tsp	Salt	
½ cup	Plain or lemon yogurt	
¼ cup	Oil	
1 tablespoon	Lemon juice	
1 Tbsp	Grated lemon peel	
1 cup	Shredded zucchini	
1 tablespoon	Icing sugar	

1. **Preheat** oven to 350F. **Spray** 9-inch square pan with nonstick cooking spray.
2. In **large bowl**, combine flour, sugar, baking soda and salt; **mix** well.
3. In **small bowl mix** yogurt, oil, lemon peel and lemon juice. Stir well.
4. **Add** to dry ingredients. **Stir** just until moistened. **Stir** in zucchini. It will be quite dry. **Pour** batter in pan.
5. **Bake** at 350F for 30-40 minutes or until done. Cool completely. **Sprinkle** with icing sugar.

Chewy Granola Bars — Makes 9 X 13 pan

½ cup	Brown sugar	
2/3 cup	Peanut butter	
½ cup	Honey	
¼ cup	Oil	
2 tsp	Vanilla	
2 ½ cups	Oatmeal	
½ cup	Coconut	
½ cup	Raisins (or Craisins)	
½ cup	Sunflower seeds	
1/3 cup	Wheat germ	
¼ cup	Sesame seeds	
¼ cup	Flax seeds	
¼ cup	Skim milk powder	
½ cup	Chocolate chips	

1. **Preheat** oven to 350 F
2. **Mix** the first 5 ingredients.
3. **Add** in the remaining ingredients except chocolate chips and **mix** well.
4. **Add** chocolate chips stirring to distribute.
5. **Press** into a 9 x 13 pan (I like to use a large lifter to press it smooth)
6. **Bake** for 20 minutes, until golden brown around the edges.

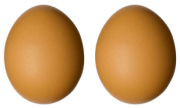
Best-Ever Chocolate Cookies

Makes 36 Cookies

1 cup	Flour	
½ cup	Cocoa powder	
1 tsp	Baking soda	
¼ tsp	Salt	
2	Eggs, large	
½ cup	Margarine (non-hydrogenated)	
¾ cup	Brown sugar, packed	
1 ½ cups	Quick cook Rolled Oats	
1 cup	Bran cereal (<u>not</u> flakes)	
¾ cup	Chocolate chips	

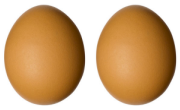
1. **Preheat** oven to 350F.
2. In a small bowl, **sift** flour, cocoa powder, baking soda and salt.
3. In a large bowl, **beat** eggs, margarine and brown sugar. **Fold in** flour mixture. **Stir** in oats, bran cereal and chocolate chips.
4. **Drop** by heaping Tablespoonfuls, about 2 inches apart, onto baking sheets.
5. **Bake** for 7 to 9 minutes or until just crisp. Let **cool** on baking sheets on a wire rack for 5 minutes, then remove to rack to cook completely.

Oatmeal Jam Crispies

1 cup	Margarine	
1 cup	Brown sugar	
1 cup	Sugar	
2	Eggs	
1 tsp	Vanilla	
¾ cup	White flour	
¾ cup	Whole wheat flour	
1 tsp	Salt	
1 tsp	Baking soda	
3 cups	Oatmeal	
2 cups	Jam or Apple Butter	

1. **Cream** margarine and sugars together.
2. **Add** eggs and vanilla
3. In another bowl, **mix** flours, salt, baking soda and oatmeal.
4. **Combine** margarine mixture with flour mixture.
5. **Chill** a few hours, or overnight in fridge.
6. **Shape** dough into 1” to 2” logs. (Use more flour if needed to form the logs.)
7. **Roll** in wax paper and freeze.
8. **Slice** in ¼” or less circles. Put on cookie sheet.
9. **Bake** at 350F for 10 to 15 minutes.
10. Put together with jam or apple butter as a filing.

Aganetha Bergen's Healthy Cookies

1 cup	Brown Sugar	
½ cup	White Sugar	
1 ½ cups	Whole Wheat Flour	
1 2/3 cup	Quick Oats	
1 tsp	Baking soda	
½ tsp	Salt	
1 ½ tsp	Ground Cinnamon	
1 cup	Raisins	
2	Eggs	
¼ cup	Milk	
½ cup	Vegetable Oil	

1. **Preheat** oven to 350F.
2. **Mix** dry ingredients in a large bowl.
3. In a separate bowl, **mix** eggs, milk, and oil.
4. **Combine** both bowls together. **Mix.**
5. **Make small balls** of the dough.
6. **Press** down onto a cookie sheet.
7. **Bake** until done – approximately 10 minutes.

Other…

Homemade Taco Seasoning Mix

Makes enough for 3 packets

2 Tbsp	Chili Powder	
2 Tbsp	Paprika	
1 ½ Tbsp	Cumin	
1 Tbsp	Onion Powder	
½ tsp	Garlic Powder	
1/8 tsp	Cayenne Pepper	
1 tsp	Salt	
½ tsp	Black Pepper	

1. Mix spices.
2. Store in a sealed container.
3. Use in place of pre-packaged taco seasoning packets (7 teaspoons).

7 teaspoons Mix = 1 packet Taco Seasoning

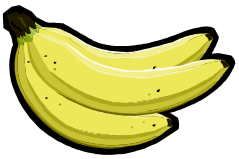
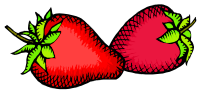
Sandra's Homemade Yogurt

Serves 3 to 4

1 bag or 1 L	Milk	OR
½ cup	Plain Yogurt (2% fat or more)	

1. **Preheat** oven to 150 F. Once warm, turn off.
2. **Pour** milk in a glass bowl. **Heat** in microwave until hot.
3. **Pour** milk into a pot on the stove.
4. **Heat** milk until boiling. **Stir** constantly until there are bubbles on top.
5. **Fill** sink half full with cold water. **Put** pot into the water. **Stir** milk until it cools to warm.
6. **Mix** ½ cup of the milk with the yogurt. **Add** this mixture into the pot. **Stir** well.
7. **Pour** milk into canning jars with lids. **Put** into the oven overnight to set.
8. **Put** in the fridge the next morning. Use with in 2 weeks.

Fruit Smoothie

1 or 2	Bananas	
½ cup	Berries, fresh or frozen (e.g. strawberries, raspberries &/or blueberries) *Many other fruits can also be used*	 
½ cup	Yogurt (vanilla or plain o*r* both)	
1 cup	100% fruit juice	
1 Tbsp	Honey (optional)	
1 tsp	Vanilla (optional)	

1. Place bananas, berries (or any fruit you like!), yogurt & juice in blender; puree until smooth.
2. Use honey and vanilla to taste.
3. Use more or less liquid depending on the thickness you like.