



Great Food

for Northern Cooks

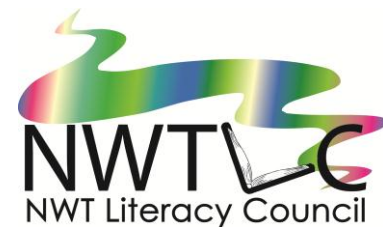
Clear and
Easy
Recipes



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Introduction

We developed this cookbook for northern cooks. We chose tasty recipes that use ingredients that you can find in any NWT community.

The recipes use many graphics to describe the steps and ingredients. Each recipe includes some options for ingredients.

We hope you enjoy trying these recipes and eating the healthy foods that you cook yourself.

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If you would like this information in another official language, call us.

Si vous voulez ces informations en français, contactez-nous.

TŁJCHQ YATI K'ĒĒ . DI WEGODI NEWQ DÈ, GOTS'O GONEDE.

ʔERIHTŁ'ÍS DĒNE SÚLINÉ YATI T'A HUTS'ELKĒR XA BEYÁYATI THEʔA ʔAT'E,
NUWE TSĚN YÓŁTI.

(867) 873-7425

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Cooking Vocabulary

Cooking Equipment

- The utensils you need for the recipes in this cookbook.

Methods to Prepare Food

- Different ways to get food ready for cooking.

Methods to Cook Food

- Different ways to cook food.

Common Cooking Measurements

- Common ways to measure cooking ingredients in standard or metric amounts.

Stove and Oven Settings

- The temperature needed to cook your food.

Cooking Equipment

Measuring spoons



Measuring cups



Knives



Pots with lids



Fry pan



Colander



Peelers



Mixing bowls



Grater



Cooking Equipment

Soup ladle



Oven mitts



Timer



Masher



Rubber scraper



Egg beater



Flipper



Large spoons



Whisk



Cooking Equipment

Roasting pan covered



Bread or loaf pan



Roasting pan open



Muffin tin



Cookie sheet



Cake pan



Pastry cutter



Casserole dish



Garlic press



Methods to Prepare Food

Beat

- Whip with an egg beater, fork, or whisk. Example: beat eggs for scrambled eggs.



Shred

- Cut into very narrow strips with a knife. Example: shred cabbage to make coleslaw.



Chop or Dice

- Cut into small pieces, about the same size. Example: onions, potatoes, and carrots for stew. Dice means cut into very small pieces.



Grate

- Use a grater to shred the food. Example: grate carrots for a salad or cheese for a pizza.



Peel

- Take the outer skin off fruit or veggies. Use a peeler, knife, or fingers. Example: peel carrots, apples, or onions.



Slice

- Cut into thin, flat pieces. Example: slice cucumber for a salad or pepperoni for pizza.



Methods to Prepare Food

Make Dough

- Combine flour and other dry ingredients with a small amount of water or other liquid.
- Makes a very stiff and thick mixture.
- Make dough for bread, bannock, cookies, or pastry.



Make Batter

- Combine flour and other dry ingredients with a larger amount of water or other liquid.
- Makes a mixture that is runnier and thinner than dough.
- Make thin batter for pancakes or thicker batter for muffins or cake.



Knead

- Mix dough with your fists. Pick up the far side and press the dough down and push it away from you. Turn the dough and repeat. Example: knead dough for bread or pizza crust.



Stir

- Mix with a spoon or fork, going round and round. Example: stir flour, baking powder, and salt together when you start to make bannock.



Roll Out

- Use a rolling pin to flatten dough. Example: roll out dough for pizza or pie crust.



Cut In

- Use your fingers, two knives, or a pastry cutter to mix margarine or butter with flour and salt. This is the first step to make pastry dough for pie or tarts.



Methods to Cook Food

In the oven



Bake

Cook things in an oven. Example: bake desserts or sweet things such as pies, cookies, or cakes; bake meat dishes such as chicken or fish.

Poach

Slowly cook food in a liquid, just long enough to cook it through. Example: poach fish in the oven.

Roast

Slowly cook meat, poultry, fish, or vegetables, uncovered, in the oven. Works best with large cuts of meat, whole poultry or fish, or hard vegetables such as potatoes, beets, carrots, sweet potatoes, and onions.

Use the drippings from the bottom of the roasting pan to make gravy.

Methods to Cook Food

On the stove



Boil

Heat a liquid until it gets very hot. Lots of bubbles break the surface and steam rises. Example: boil water to make tea or to cook noodles.

Simmer

Cook food in gently bubbling hot liquid. Usually boil the food first and turn down the heat. Example: simmer soup.

Fry

Cook food at medium-high to high heat. Usually in a bit of fat: oil, butter or margarine. Example: fry eggs, pancakes, or a steak.

Stir Fry

Cook meat and veggies at medium-high to high heat. Usually in a bit of sauce. Example: stir fry beef and broccoli.

Stew

Slowly cook a mix of meat and veggies in a thick, flavourful liquid. Example: caribou stew.




Steam

Put food in a metal basket that sits over simmering or boiling water. Food cooks in the steam. Example: steamed vegetables.

Common Cooking Measurements

Standard	Abbreviation	Metric	Abbreviation
1 cup		240 millilitres	240 ml
$\frac{3}{4}$ cup		180 millilitres	180 ml
$\frac{1}{2}$ cup		120 millilitres	120 ml
$\frac{1}{3}$ cup		80 millilitres	80 ml
$\frac{1}{4}$ cup		60 millilitres	60 ml
4 cups		0.95 litre	0.95 L
1 Tablespoon	1 Tbsp	15 millilitre	15 ml
1 teaspoon	1 tsp	5 millilitre	5 ml
$\frac{1}{2}$ teaspoon	$\frac{1}{2}$ tsp	2 $\frac{1}{2}$ millilitre	2 $\frac{1}{2}$ ml
$\frac{1}{4}$ teaspoon	$\frac{1}{4}$ tsp	1 $\frac{1}{4}$ millilitre	1 $\frac{1}{4}$ ml
1 pound	1 lb	454 grams	454 gm

Stove and Oven Settings

Stove		Oven		
Low <ul style="list-style-type: none">Turn the burner dial to “Low” or “Min” or between 1 and 2.		Degrees (°) Farenheit	Degrees (°) Celcius	Gas Mark
		250°	120/130°	1 / 2
Medium <ul style="list-style-type: none">Turn the burner dial to “Med” or between 4 and 6.		300°	150°	2
		350°	180°	4
		400°	200°	6
High <ul style="list-style-type: none">Turn the burner dial to “Max” or “Hi” or between 9 and 10.		450°	230°	8
		475°	240°	9

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Chicken Soup

This recipe takes 2 hours to make.
6 to 8 servings

Step 1: Make the broth

- Put chicken bones, water, salt, and bay leaf in a big pot.
- Put the pot on the stove, lid on. Turn the burner to high. Bring to a boil.
- As soon as it boils, turn the burner to low. Simmer for 60 minutes. Stir a few times.



Chicken bones



8 cups water



1 tsp salt



1 bay leaf



Step 2: Take the meat off the bones

- Turn off the stove burner. Take the pot off the stove.
- Strain the bones; let them cool.
- Pick the meat off the bones. Put the meat back into the broth.



Ingredients

tsp = teaspoon

- Chicken bones
- 8 cups water
- 1 bay leaf (optional)
- 1 tsp salt
- 1 onion, chopped
- 3 carrots, chopped
- 2 stalks celery, chopped
- 1 cup uncooked rice
- 1 cup frozen mixed vegetables
- 1 tsp thyme
- Black pepper

Options

- Use turkey bones instead of chicken.
- Use noodles instead of rice.
- Add mushrooms, garlic, peppers, or other veggies.

Step 3: Add other ingredients

- a) Chop 1 onion, 3 carrots, and 2 celery stalks.
- b) Add to the broth in the pot:
 - Chopped onion, carrots, celery
 - 1 cup uncooked rice
 - 1 cup frozen mixed vegetables
 - 1 tsp thyme
 - Pepper to taste



Step 4: Cook the soup

- a) Put the pot back on the stove, lid on. Turn the burner to high. Bring to a boil.
- b) When the soup boils, turn the burner to low so the soup simmers. Simmer until the rice and vegetables cook, about 30 minutes.
- c) Stir a few times while it cooks.



Enjoy chicken soup for lunch or supper. Serve with:

- Bannock
- Salad



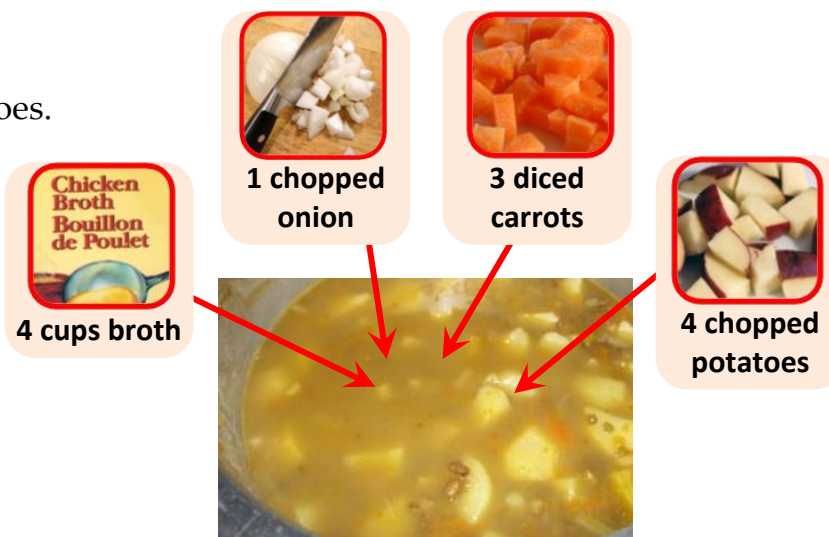


Fish Chowder

This recipe takes 45 minutes to make.
6 servings

Step 1: Chop vegetables

- Chop 1 onion and 4 potatoes. Dice 3 carrots.
- Put vegetables in a large pot with 4 cups of chicken broth.



Ingredients

Tbsp = tablespoon

- 1 onion, chopped
- 4 potatoes, chopped
- 3 carrots, diced
- 4 cups chicken broth
- 2–3 cups fish pieces
- 1 can evaporated milk (354 ml or 1 1/2 cups)
- 2 Tbsp butter
- Salt and pepper

Options

- Use fresh or powdered milk instead of evaporated milk.
- Add corn, celery, peppers, garlic, or mushrooms.
- Add parsley, thyme, or other herbs you like.

Step 2: Cook vegetables until tender

- Put the pot on the stove, lid on. Turn burner to high. Bring to a boil.
- As soon as it boils, turn burner to low. Simmer until vegetables are tender, about 30 minutes.



Step 3: Add other ingredients

- a) Leave the pot on the stove. Take the lid off. Turn the burner to medium.
- b) Add to the pot:
 - 2—3 cups of fish pieces
 - 1 can evaporated milk
 - 2 Tbsp butter
 - Salt and pepper to taste



Step 4: Cook the fish

- a) Leave the lid off. Keep the burner on medium and bring to a boil.
- b) Boil until the fish cooks, about 5 minutes.
- c) Stir.



Enjoy fish chowder for lunch or supper. Serve with:

- Bannock
- Salad





Ham & Corn Chowder

This recipe takes 30 minutes to make.
6 servings

Step 1: Cook onion

- Chop 1 onion.
- Turn burner to medium. In a large heavy pot, melt 1 Tbsp margarine.
- Add chopped onion. Cook about 5 minutes.



Step 2: Add potatoes and water

- Dice 2–3 potatoes.
- Turn burner to high. Add 1 cup water and diced potatoes. Put the lid on.
- As soon as it boils, turn burner to low. Simmer until potatoes cook, about 15 minutes.



Ingredients

Tbsp = tablespoon

tsp = teaspoon

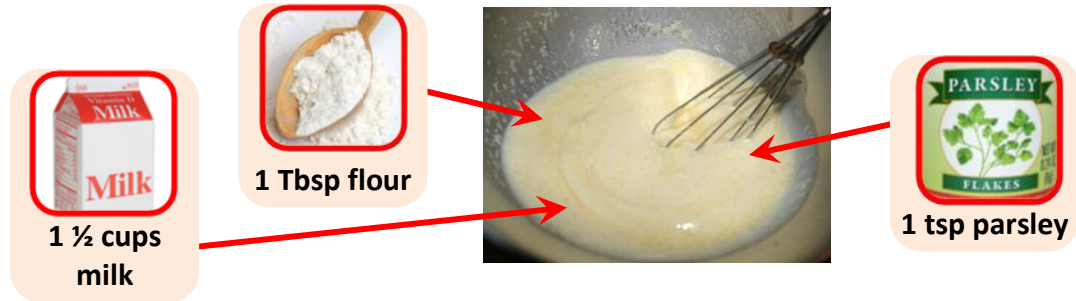
- 1 onion, chopped
- 1 Tbsp margarine
- 2–3 potatoes, diced
- 1 cup water
- 1 $\frac{1}{2}$ cups milk
- 2 tsp parsley
- 1 Tbsp flour
- 1 can cream style corn (19 oz/540 ml)
- 1 can flaked ham (170 g)
- Salt and pepper to taste

Options

- Add garlic, mushrooms, celery, or peppers.
- Chop fresh ham and use that instead of canned.
- Use oil instead of margarine.

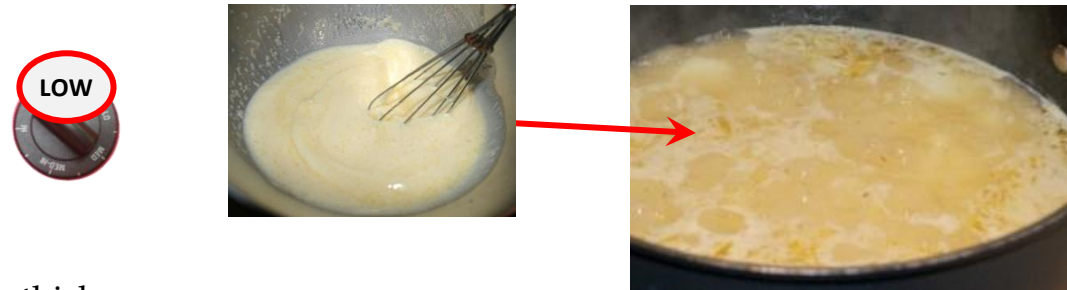
Step 3: Make the flour mixture

- While the potatoes cook, mix 1 ½ cups milk, 1 Tbsp flour, and 1 tsp parsley in a bowl.
- Whisk until smooth.



Step 4: Add flour mixture to pot

- Take the lid off the pot and leave the pot on the stove. Add the flour mixture to the vegetables in the pot.
- Stir constantly. The mixture will become thick.



Step 5: Add corn and ham

- Leave the lid off. Keep the burner at low.
- Add 1 can cream style corn, 1 can flaked ham, salt and pepper to taste.
- Stir until hot, about 10 minutes.



Enjoy ham and corn chowder for lunch or supper. Serve with:

- Bannock
- Salad





Hamburger Soup

This recipe takes 1 ½ hours to make.
10 servings

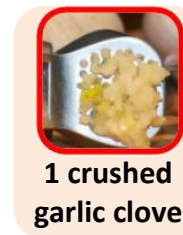
Step 1: Cook the ground meat

- Turn the burner to medium-high and heat up a large pot.
- Cook the ground meat. This takes about 15 minutes. Keep stirring as it cooks.
- Drain off the fat.



Step 2: Add onions and garlic

- As meat cooks, chop 1 onion and crush 1 garlic clove.
- Turn burner to low. Add onions and garlic to the ground meat.
- Cook until onions get soft, about 15 minutes.



Ingredients

tsp = teaspoon

lb = pound

- 1 lb ground meat
- 1 onion, chopped
- 1 clove garlic, crushed
- 3 carrots, sliced
- 1 cup cabbage, chopped
- 1 can tomatoes (19 oz/ 540ml)
- 1 can tomato soup (10 oz/284 ml)
- 6 cups water
- 1 tsp Worcestershire sauce
- 4 beef bouillon cubes
- 1 cup frozen corn
- ½ cup macaroni
- Salt and pepper

Options

- Add mushrooms, celery, peppers, peas, or beans.

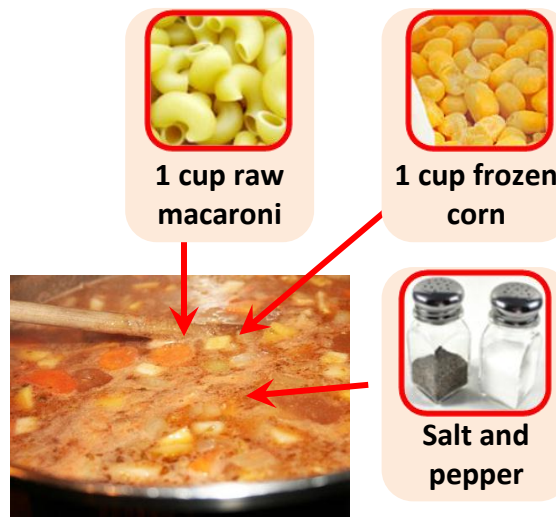
Step 3: Add other ingredients

- a) Slice 3 carrots and chop 1 cup cabbage.
- b) Add to the pot:
- Carrots and cabbage
 - 1 can tomatoes
 - 1 can tomato soup
 - 6 cups water
 - 1 tsp Worcestershire sauce
 - 4 cubes beef bouillon
- c) Put lid on. Turn burner to high. Bring to a boil.
- d) When it boils, turn burner to low and simmer for 30 minutes.



Step 4: Add corn and macaroni

- a) Add 1 cup corn, 1 cup macaroni, salt and pepper to taste.
- b) Leave burner on low. Put the lid on. Simmer another 30 minutes.



Enjoy hamburger soup for lunch or supper. Serve with:

- Bannock
- Salad





Split Pea & Tomato Soup

This recipe takes 2 to 2 ½ hours to make.
6 servings

Step 1: Start split peas

- Rinse 2 cups split peas and drain.
- Put split peas and 4 cups of water in large heavy pot.
- Turn stove to high. Bring to boil and cook 2 minutes.
- Turn stove off and let stand 30 minutes.



2 cups split peas



4 cups water



Step 2: Cook peas with onion and celery

- Chop 1 onion and 1 celery stalk. Add to pot with split peas.
- Turn burner to medium-high. Stir until it boils.
- Turn heat to low. Simmer until peas get tender, about 60 to 90 minutes. If needed, add more water and stir.



1 chopped onion



1 chopped celery stalk



Ingredients

Tbsp = tablespoon

- 2 cups split peas dried—green or yellow or both
- 4 cups water
- 1 onion, chopped
- 1 celery stalk, chopped
- 2 ½ cups tomato juice
- 1 Tbsp flour
- 1 Tbsp margarine
- Salt and pepper to taste

Options

- Cook a ham bone or pork hocks with the split peas, celery, and onions.
- Add garlic and grated carrots.

Step 3: Add tomato juice

- Mash cooked peas with masher.
- Add 2 1/2 cups tomato juice. Stir.
- Turn heat to medium.



Step 4: Mix flour and margarine

- In a small bowl, mix 1 Tbsp of flour with 1 Tbsp of margarine to make a paste.



Step 5: Finish soup

- Add the flour and margarine paste to the soup. Stir and cook to thicken, about 5 to 7 minutes.
- Add salt and pepper to taste.



Enjoy split pea and tomato soup for lunch or supper. Serve with:

- Bannock
- Salad





Tomato Bean Soup with Cheddar

This recipe takes 20 minutes to make.
4 servings

Step 1: Combine ingredients in a pot

a) Put into a pot:

- 1 can tomatoes
- 1 can beans in tomato sauce
- 1 cup water
- 1 tsp basil
- 1 tsp parsley

b) Stir together.



Ingredients

tsp = teaspoon

- 1 can tomatoes (19 oz/540 ml)
- 1 can beans in tomato sauce (14 oz/398 ml)
- 1 cup water
- 1 tsp basil
- 1 tsp parsley
- $\frac{1}{2}$ cup cheddar cheese, grated

Options

- Add frozen or canned corn, garlic, onions, celery, or carrots.
- Use different kinds of cheese as a topping.
- Add sour cream or yogurt as a topping with the cheese.

Step 2: Cook the soup

- a) Put the pot on the stove, lid on.
Turn the burner to medium-high.
Bring to a boil.
- b) As soon as it boils, turn burner
to low. Take the lid off.
- c) Simmer for 15 minutes.
Stir a few times.



Step 3: Add grated cheddar cheese

- a) Sprinkle the grated
cheddar cheese on top of
the soup when you serve
it.

Enjoy tomato bean soup for lunch
or supper. Serve with:

- Bannock
- Salad



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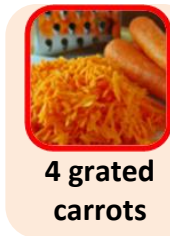


Carrot Raisin Salad

This recipe takes 20 minutes to make.
8 to 10 servings

Step 1: Put carrots and raisins in a bowl

- a) Grate 4 carrots.
- b) Put in a bowl:
 - 4 grated carrots
 - $\frac{3}{4}$ to $1\frac{1}{2}$ cups raisins



Ingredients

Tbsp = Tablespoon

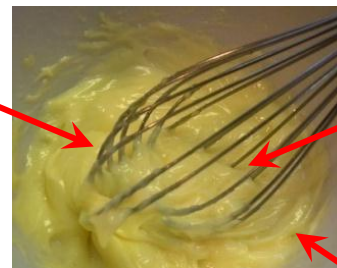
- 4 large carrots, grated
- $\frac{3}{4}$ to $1\frac{1}{2}$ cups raisins
- $\frac{1}{4}$ cup mayonnaise
- 1 Tbsp sugar
- 2 to 3 Tbsp milk

Options

- Add chopped nuts or sunflower seeds.
- Add canned pineapple or chopped celery, oranges, or apples.
- Use yogurt instead of mayonnaise.

Step 2: Mix the dressing

- a) Put in a small bowl:
 - $\frac{1}{4}$ cup mayonnaise
 - 1 Tbsp sugar
 - 2 to 3 Tbsp milk
- b) Whisk until completely mixed.



Step 3: Add dressing to carrots and raisins



Step 4: Mix salad and dressing together



Enjoy carrot raisin salad for lunch or supper. Serve with:

- Soup or bannock
- Fish, chicken, or meat



Coleslaw

This recipe takes 30 minutes to make.
12 to 14 servings

Step 1: Prepare carrots, cabbage, and onions

- a) Grate 3 carrots. Shred 1 small cabbage. Chop 1 onion.
- b) Put them in a bowl.



3 grated carrots



1 shredded cabbage



1 chopped onion

Step 2: Mix the dressing

- a) Put in a small bowl:
 - $\frac{1}{4}$ cup oil
 - $\frac{1}{4}$ cup vinegar
 - Salt and pepper to taste
- b) Whisk until completely mixed.



$\frac{1}{4}$ cup vinegar



$\frac{1}{4}$ cup oil



Salt and pepper

Ingredients

- 3 carrots, grated
- 1 small cabbage, shredded
- 1 onion, chopped
- $\frac{1}{4}$ cup oil
- $\frac{1}{4}$ cup vinegar (red wine, balsamic, cider, or white)
- Salt and pepper to taste

Options

- Add some shredded purple cabbage for colour and flavour.
- Add raisins or nuts.
- Add chopped celery, apples, or peppers.
- Use lemon juice instead of vinegar.

Step 3: Combine the dressing with cabbage mixture

- a) Add dressing to the cabbage mixture.
- b) Stir to mix completely.



Step 4: Cover and put in fridge

- Keep in the fridge for up to one week.
- After one day, the coleslaw becomes softer and more mellow tasting.



Enjoy coleslaw for lunch or supper. Serve with:

- Bannock
- Soup



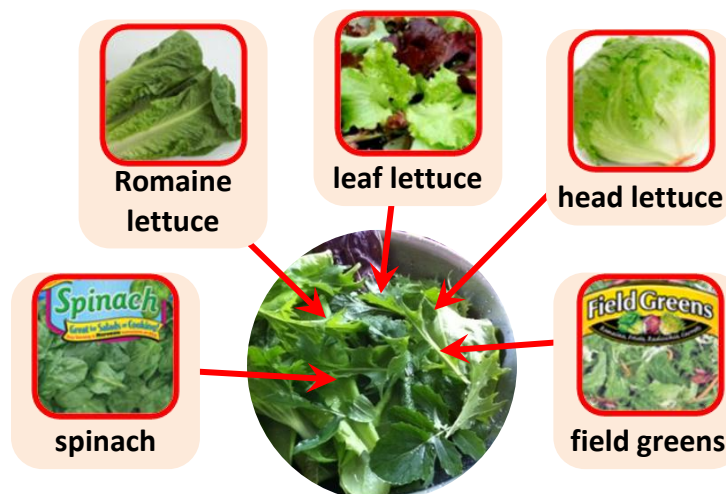


Green Salad with Oil and Vinegar Dressing

This recipe takes 20 minutes to make.
4 to 6 servings

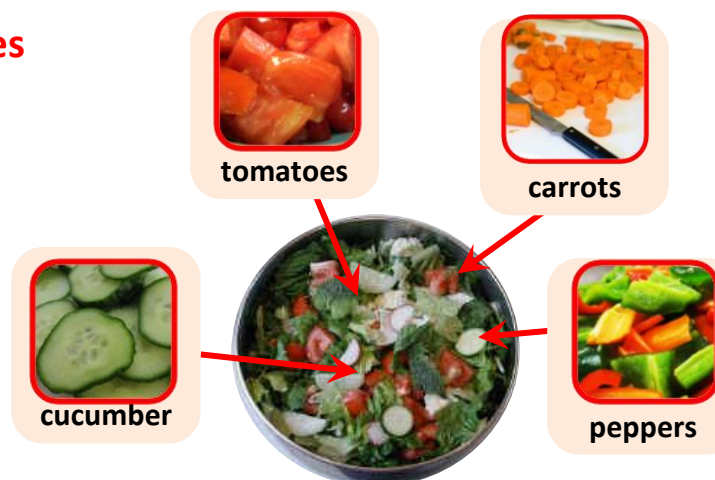
Step 1: Prepare greens

- Chop 4 cups of greens in bite-sized pieces. Use a mix of what you have.
- Put greens in a bowl.



Step 2: Prepare other vegetables

- Chop 1 1/2 cups of other vegetables in bite-sized pieces. Use a mix of what you have.
- Add other vegetables to the bowl.



Ingredients

Tbsp = Tablespoon

tsp = teaspoon

- 4 cups chopped lettuce, spinach, mixed greens
- 1 1/2 cups chopped raw vegetables: tomatoes, carrots, cucumber, peppers
- 2 Tbsp oil
- 1 clove garlic, crushed
- 2 Tbsp vinegar
- 1 tsp sugar
- 1 tsp lemon juice
- 1/2 tsp oregano
- 1/4 tsp pepper

Options

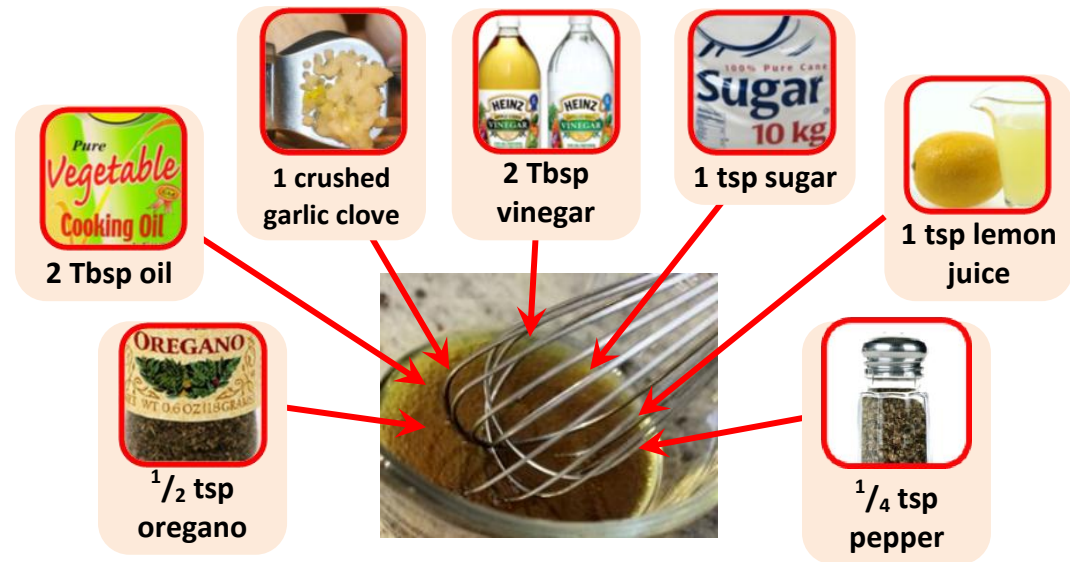
- Add feta cheese, tuna, hard boiled eggs, dried cranberries, chopped nuts, avocado, apples, or mushrooms.

Step 3: Mix the dressing

a) Put in a small bowl:

- 2 Tbsp oil
- 1 clove crushed garlic
- 2 Tbsp vinegar
- 1 tsp sugar
- 1 tsp lemon juice
- 1/2 tsp oregano
- 1/4 tsp pepper

b) Whisk to mix completely.



Step 4: Add dressing to salad

a) Mix well.



Enjoy green salad for lunch or supper. Serve with:

- Fish or chicken
- Soup or stew





Mixed Bean Salad

This recipe takes 30 minutes to make.
10 to 12 servings

Step 1: Mix the beans

- a) Drain and rinse, and put in a bowl:
 - 1 can kidney beans
 - 1 can chick peas
 - 1 can yellow beans
 - 1 can green beans
- b) Mix together.



Step 2: Prepare onion and green pepper

- a) Chop 1 onion and 1 green pepper.
- b) Put them in the bowl with the beans and mix.



Ingredients

tsp = teaspoon

- 1 can kidney beans (19 oz/540 ml)
- 1 can chick peas (19 oz/540 ml)
- 1 can yellow wax beans (14 oz/398 ml)
- 1 can green beans (14 oz/398 ml)
- 1 onion, chopped
- 1 green pepper, chopped
- $\frac{2}{3}$ cup vinegar
- $\frac{1}{3}$ cup vegetable oil
- $\frac{1}{4}$ cup sugar
- $\frac{1}{2}$ tsp basil (optional)
- Salt and pepper

Options

- Use different beans.
- Cook beans instead of using canned.

Step 3: Make the dressing

a) Put in a small bowl:

- $\frac{2}{3}$ cup vinegar
- $\frac{1}{3}$ cup vegetable oil
- $\frac{1}{4}$ cup sugar
- $\frac{1}{2}$ tsp basil (optional)
- Salt and pepper to taste

b) Whisk to mix completely.



Step 4: Add dressing to salad

a) Mix well.



Enjoy bean salad for lunch or supper. Serve with:

- Bannock
- Soup



Potato Salad

This recipe takes 45 minutes to make.
10 to 12 servings

Step 1: Boil and chop potatoes and eggs

- Boil 6 potatoes until soft enough to stick with a fork. Take out of the pot to cool. Chop.
- Boil 3 eggs. (Cover with water and boil for 10 minutes.) Cool and chop.



Ingredients

Tbsp = Tablespoon

tsp = teaspoon

- 6 potatoes, chopped
- 3 eggs
- 1 cup celery, diced
- 2 Tbsp green onion, chopped fine
- 2 Tbsp onion, chopped fine
- 1 tsp parsley
- 1 $\frac{1}{2}$ cups whipped dressing
- $\frac{1}{3}$ cup milk
- 1 tsp mustard
- 1 tsp sugar
- 1 tsp salt
- $\frac{1}{4}$ tsp pepper

Options

- Add radishes, chives, or dill pickles.
- Use yogurt instead of whipped salad dressing.

Step 2: Combine ingredients

- Chopped potatoes
- Chopped eggs
- 1 cup diced celery
- 2 Tbsp finely chopped green onion
- 2 Tbsp finely chopped onion
- 1 tsp parsley



6 chopped potatoes



1 cup diced celery



2 Tbsp green onions



1 tsp parsley



3 chopped hard-boiled eggs



2 Tbsp chopped onion

Step 3: Make the dressing

a) Put in a small bowl:

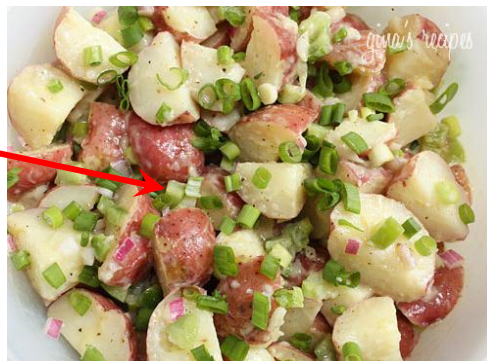
- 1 1/2 cups whipped dressing
- 1/3 cup milk
- 1 tsp mustard
- 1 tsp sugar
- 1 tsp salt
- 1/4 tsp pepper

b) Mix well.



Step 4: Add dressing to salad

a) Mix well.



Enjoy potato salad for lunch or supper. Serve with:

- Fish, chicken, or meat
- Soup



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Beef Barley Stew

This recipe takes 1 ½ hours to make.
4 to 6 servings

Step 1: Brown the meat

- Turn the stove burner to medium-high and heat up a large pot.
- Cook the ground meat. Keep stirring as it cooks.
- When the meat is done, drain off the fat.



Step 2: Add the onion

- As the meat cooks, chop 1 onion.
- Turn the burner to low. Add the onion to the ground meat (fat drained).
- Cook until onions get soft, about 15 minutes.



Ingredients

tsp = teaspoon

lb = pound

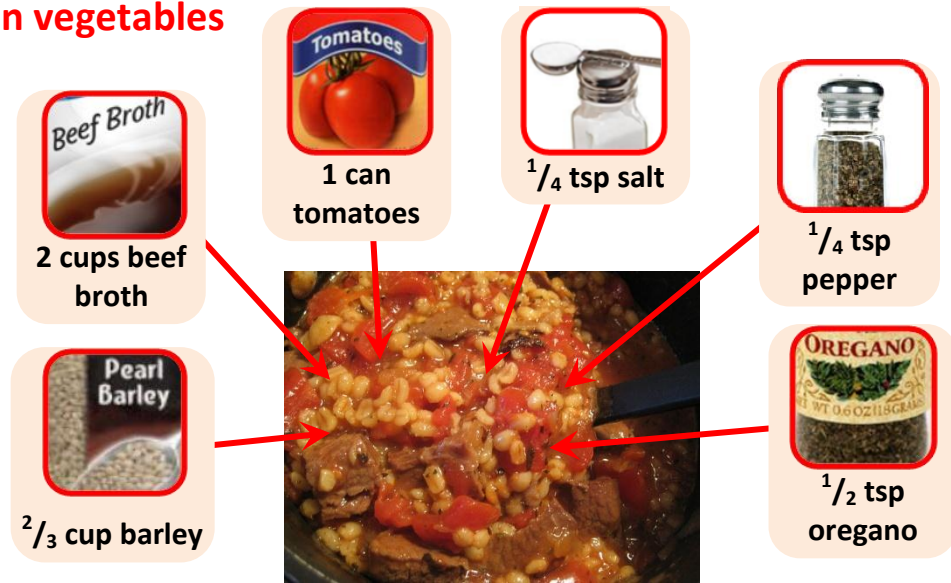
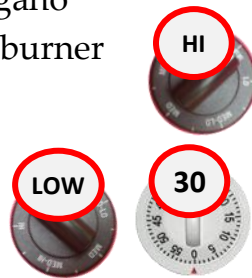
- 1 lb ground beef
- 1 onion, chopped
- 2 cups beef broth
- $\frac{2}{3}$ cup uncooked barley
- 1 can tomatoes (19 oz/540 ml)
- $\frac{1}{4}$ tsp salt
- $\frac{1}{4}$ tsp pepper
- $\frac{1}{2}$ tsp oregano
- 1 $\frac{1}{4}$ cups frozen mixed vegetables

Options

- Use ground caribou or other meat.
- Add garlic.
- Make broth with water and bouillon cubes.
- Add chopped celery, turnip, or carrots.

Step 3: Add other ingredients, except frozen vegetables

- Add to the pot:
 - 2 cups beef broth
 - $\frac{2}{3}$ cup barley
 - 1 can tomatoes
 - Salt, pepper, and oregano
- Put the lid on. Turn the burner to high. Bring to a boil.
- When it boils, turn burner to low. Simmer for 30 minutes.



Step 4: Add frozen vegetables

- Add $1\frac{1}{4}$ cups frozen mixed vegetables to the pot.
- Put the lid back on. Simmer for another 30 minutes.



Enjoy beef barley stew for lunch or supper. Serve with:

- Bannock
- Salad





Beef, Macaroni and Cheese

This recipe takes 45 to 60 minutes to make.
4 servings

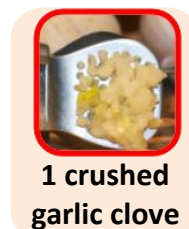
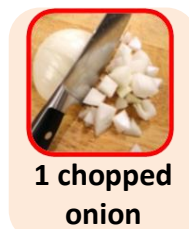
Step 1: Brown the meat

- Turn the stove burner to medium-high and heat up a large pot.
- Cook the ground meat. Keep stirring as it cooks.
- When the meat is done, drain off the fat.



Step 2: Add onion and garlic

- As the meat cooks, chop 1 onion and crush 3 cloves of garlic.
- Turn the burner to low. Add the onion and garlic to the ground meat.
- Cook until the onions get soft, about 15 minutes.



Ingredients

Tbsp = Tablespoon

tsp = teaspoon

lb = pound

- 1 lb ground beef
- 1 onion, chopped
- 1 garlic clove, crushed
- 1 can tomatoes (19 oz/540 ml)
- 1 Tbsp basil
- 1 tsp oregano
- 1 cup macaroni
- $\frac{1}{2}$ cup grated Parmesan cheese

Options

- Use ground caribou or other meat.
- Add celery, peppers, or other vegetables.
- Use other kinds of cheese.
- Use other kinds of pasta.

Step 3: Add tomatoes, basil, oregano

a) Add to the pot:

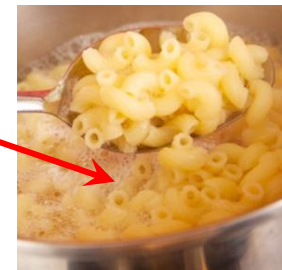
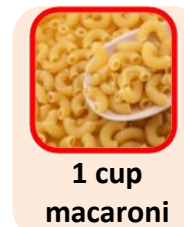
- 1 can tomatoes
- 1 Tbsp basil
- 1 tsp oregano

b) Leave the burner on low and simmer another 15 minutes.



Step 4: Cook macaroni

- a) In a separate pot, cook 1 cup of macaroni. Follow the directions on the box.
- b) Drain the cooked macaroni.



Step 5: Mix macaroni with other ingredients

a) Add the drained macaroni to the pot and mix together.



b) Add ½ cup of grated parmesan cheese.



Enjoy this macaroni dish for lunch or supper. Serve with:

- Salad
- Fruit dessert





Beef with Broccoli

This recipe takes 45 minutes to make.
4 to 6 servings

Step 1: Prepare meat

- Mix in a bowl:
 - 1/4 cup soy sauce
 - 1 Tbsp cornstarch
 - Garlic and ginger
- Pour over the meat strips and mix together.



Step 2: Cook the meat

- In a frying pan, heat 1 Tbsp oil over high heat.
- Add the meat and stir-fry until the meat is brown.
- Remove the meat from the pan and set it aside.



Ingredients

Tbsp = Tablespoon

tsp = teaspoon

lb = pound

- 1/4 cup soy sauce + 1 Tbsp
- 1 Tbsp cornstarch + 1 Tbsp
- 2 cloves of garlic, crushed
- 1/2 tsp ginger powder
- 1 lb beef strips
- 1 Tbsp oil + 1 Tbsp
- 2 onions, sliced thick
- 3 large carrots, sliced
- 1 head broccoli, chopped
- 1 cup water + 1/4 cup
- 1 tsp sugar

Options

- Use caribou or other meat.
- Use frozen broccoli.
- Add mushrooms or peppers.

Step 3: Stir-fry vegetables

- In the same frying pan, heat 1 Tbsp oil.
- Add onions and stir-fry one minute.
- Add carrots, broccoli and 1 cup water.
- Put the lid on and steam for 4 minutes.



1 Tbsp oil



2 onions,
sliced thick



1 head
chopped
broccoli



4 sliced
carrots



1 cup water



Step 4: Add sauce and meat

- Mix in a bowl:
 - 1 Tbsp soy sauce
 - 1 Tbsp cornstarch
 - $\frac{1}{4}$ cup water
 - 1 tsp sugar
- Add the sauce to the pan. Cook until smooth and thick.
- Add the meat and heat thoroughly.



1 Tbsp
soy sauce



1 Tbsp
cornstarch



1 tsp sugar



$\frac{1}{4}$ cup
water



Enjoy beef with broccoli for lunch or supper. Serve with:

- Rice or noodles
- Green salad



Caribou Stew

This recipe takes 45 to 60 minutes to make.
6 to 8 servings

Step 1: Brown the meat

- Cut the meat into small chunks.
- Turn burner to medium-high. In a pot, heat 1 Tbsp oil.
- Add the meat and cook until brown. Stir now and then.



1 Tbsp oil



1 1/2 lb
caribou chunks



Step 2: Add onion

- Chop 1 onion.
- Add onion to the pot with the meat. Fry until the onions get golden brown. If needed, add a bit more oil.



1 chopped
onion



Ingredients

Tbsp = Tablespoon

lb = pound

- 1 1/2 lb caribou meat
- 1 Tbsp oil
- 1 onion, chopped
- 2 celery stalks, chopped
- 1 1/2 cup turnip, chopped
- 3 carrots, chopped
- 2 potatoes, chopped
- 3 cups water + 1/2 cup
- 1 can soup: tomato or cream of mushroom
- 2 Tbsp all-purpose flour
- Salt and pepper

Options

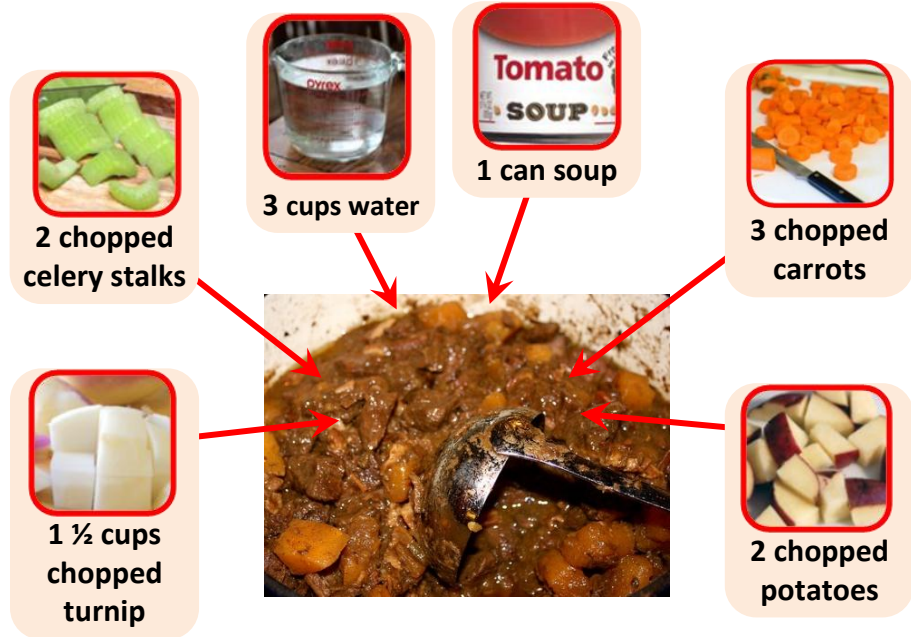
- Add garlic or mushrooms.

Step 3: Add other ingredients

- a) Add to the pot:
- 2 chopped celery stalks
 - 1 ½ cups chopped turnip
 - 3 chopped carrots
 - 2 chopped potatoes
 - 3 cups water
 - 1 can tomato soup

- b) Put the lid on and turn burner to high.

- c) As soon as it boils, turn to low. Simmer for 30 minutes or more.



Step 4: Thicken the stew

- a) Mix 1 Tbsp flour and ½ cup cold water in a bowl.
- b) Add the flour/water paste to the stew. Stir well until the stew thickens.
- c) Add salt and pepper to taste.



Enjoy caribou stew for lunch or supper. Serve with:

- Bannock
- Salad





Chili

This recipe takes 60 minutes to make.
15 servings

Step 1: Brown the meat

- Turn the stove burner to medium-high and heat up a large pot.
- Cook the ground meat. Keep stirring as it cooks.
- When the meat is done, drain off the fat.



3 lb ground meat



Step 2: Add vegetables

- Add to the meat in the pot:
 - 3 chopped onions
 - 3 crushed garlic cloves
 - 3 chopped celery stalks
 - 2 grated carrots
- Cook until vegetables are soft.



2 grated carrots



3 chopped celery stalks



3 chopped onions



3 crushed garlic cloves

Ingredients

Tbsp = Tablespoon

tsp = teaspoon

lb = pound

- 3 lb lean ground meat
- 3 onions, chopped fine
- 3 cloves garlic, crushed
- 3 celery stalks, chopped
- 2 carrots, grated
- 3-6 Tbsp chili powder
- 2 tsp cumin
- 1 tsp salt
- ½ tsp pepper
- 2 cans tomatoes (28 oz/796 ml)
- 2 cans kidney beans (14 oz/398 ml)
- 2 cups frozen corn

Options

- Add peppers or mushrooms.
- Add different beans.

Step 3: Add spices

a) Add spices to the pot:

- 2 tsp cumin
- 3-6 Tbsp chili powder—
how spicy do you like it?
- 1 tsp salt
- 1/2 tsp pepper

b) Stir well to mix the spices in
with the meat and vegetables.



2 tsp cumin



3-6 Tbsp
chili powder



1 tsp salt



1/2 tsp
pepper

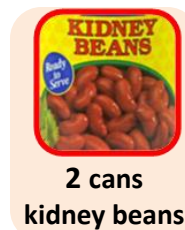
Step 4: Add other ingredients

a) Add to the pot:

- 2 cans tomatoes
- 2 cans kidney beans
- 2 cups frozen corn

b) Stir. Bring to a boil
with burner on
medium-high.

c) Turn burner to low.
Simmer 30 minutes.



2 cans
kidney beans



2 cans
tomatoes



2 cups
frozen corn



Enjoy chili for lunch or supper.
Serve with:

- Bannock
- Salad





Everybody's Favourite Pork Chops

This recipe takes 30 minutes to make.
4 servings

Step 1: Cook pork chops

- Turn the burner to high.
- Heat 1 Tbsp oil in a frying pan.
- Cook the pork chops until they get brown on both sides.



1 Tbsp oil



4 pork chops



Step 2: Add salt and pepper to taste

- Sprinkle salt and pepper on both sides of each pork chop.



Salt and pepper



Ingredients

Tbsp = Tablespoon

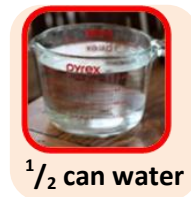
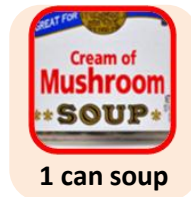
- 1 Tbsp oil
- 4 pork chops
- Salt and pepper
- 1 can (10 oz/284 ml) cream of mushroom soup
- $\frac{1}{2}$ can water

Options

- Use cream of celery or cream of chicken soup instead of cream of mushroom soup.
- Add fresh mushrooms.

Step 3: Add soup and water

- a) Mix in a small bowl:
- 1 can cream of mushroom soup
 - 1/2 can water
- b) Add to the frying pan and stir.



Step 4: Finish cooking pork chops

- a) Cook on medium heat until the sauce is hot and the pork chops are done, about 20 minutes.



Enjoy pork chops for lunch or supper. Serve with:

- Potatoes or rice
- Vegetables or salad





Homemade Burgers

This recipe takes 45 minutes to make.
4 servings

Step 1: Mix the ingredients

a) Measure into a large bowl:

- 1 lb ground meat
- 1/4 cup bread crumbs
- 1/2 tsp salt
- 1 egg
- 1 Tbsp Worcestershire
- 1 1/2 tsp mustard
- 1/2 tsp garlic powder
- 1/2 tsp onion powder

b) Mix together with your hands.



Ingredients

Tbsp = Tablespoon

tsp = teaspoon

lb = pound

- 1 lb lean ground meat
- 1/4 cup bread crumbs
- 1/2 tsp salt
- 1 egg
- 1 Tbsp Worcestershire sauce
- 1 1/2 tsp mustard
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- Buns and trimmings

Options

- Add finely chopped onions.
- Use quick rolled oats instead of bread crumbs.
- Cook the burgers on the BBQ.

Step 2: Form the burgers

- a) Divide the meat into four equal pieces.
- b) With your hands, form each piece into a ball.
- c) Flatten each piece.



Step 3: Cook the burgers

- a) Turn the burner to medium-high.
- b) Heat the frying pan for about one minute.
- c) Cook the hamburgers for about 5 to 6 minutes each side (10 to 12 minutes total). Make sure the burgers are no longer pink inside.



Enjoy burgers for lunch or supper.
Serve with:

- Salad
- Smoothies





Pizza with Bannock Crust

This recipe takes 1 hour to make.
8 servings

Step 1: Prepare the toppings

- Grate 2 cups mozzarella cheese.
- Slice $\frac{1}{2}$ cup pepperoni.
- Chop $\frac{1}{2}$ cup each of onions, peppers, and mushrooms.



2 cups
mozzarella



$\frac{1}{2}$ cup
pepperoni



$\frac{1}{2}$ cup
onions



$\frac{1}{2}$ cup
mushrooms



$\frac{1}{2}$ cup green
peppers

Ingredients

tsp = teaspoon

Tbsp = Tablespoon

- 2 cups mozzarella cheese, grated
- $\frac{1}{2}$ cup pepperoni, sliced
- $\frac{1}{2}$ cup onions, chopped
- $\frac{1}{2}$ cup mushrooms, chopped
- $\frac{1}{2}$ cup green peppers, chopped
- 1 cup all-purpose flour
- 2 tsp baking powder
- $\frac{1}{2}$ tsp salt
- 1 Tbsp oil
- $\frac{1}{4}$ to $\frac{1}{2}$ cup water
- Tomato sauce

Options

- Use any other toppings you like.

Step 2: Mix dry ingredients

- Put in a bowl:
 - 1 cup flour
 - 2 tsp baking powder
 - $\frac{1}{2}$ tsp salt
- Mix together.



1 cup flour



$\frac{1}{2}$ tsp salt



2 tsp baking
powder

Step 3: Add wet ingredients

- Make a hole in the middle of the dry ingredients and add 1 Tbsp oil. Mix well with a fork or your hands.
- Add $\frac{1}{4}$ cup water and stir. Add more water, if needed. Stir and then knead the mixture until it holds together. It will make a stiff dough.



Step 4: Roll out crust and pre-bake

- Preheat oven to 375°F.
- On a floured surface, roll out the crust to $\frac{1}{4}$ inch thick. Put it on a baking sheet.
- Bake for 10 minutes. Take out of oven.



Step 5: Add toppings and bake

- Spread sauce on crust.
- Add toppings and cheese.
- Bake 15 to 20 minutes, until the edges get nicely brown.



Toppings from Step 1

Pepperoni, mushrooms, onion, peppers, cheese



Enjoy pizza for lunch or supper. Serve with:

- Salad





Shepherd's Pie

This recipe takes 1 1/2 hours to make.
8 servings

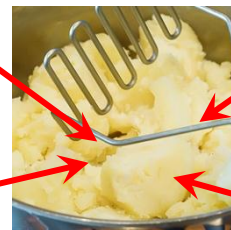
Step 1: Brown ground meat

- Turn the stove burner to medium-high and heat up a large pot.
- Brown the ground meat. When it is done, drain off the fat.



Step 2: Prepare potatoes

- Put 4 diced potatoes in a pot with water, burner on high.
- Boil potatoes until they get soft, about 10 to 15 minutes.
- Drain and mash. Add:
 - 1 1/2 Tbsp margarine
 - 1/2 tsp salt
 - 1/4 tsp pepper
 - 1/4 cup milk



Ingredients

tsp = teaspoon

Tbsp = tablespoon

lb = pound

- 1 lb ground meat
- 4 potatoes, peeled and diced
- 1 1/2 Tbsp margarine
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 cup milk
- 1 onion, chopped
- 1 tsp Italian seasoning
- 1/4 tsp garlic powder
- 1 can tomatoes (14oz/398 ml)
- 1 can tomato sauce (14 oz/398 ml)
- 1 can tomato paste (5.5 oz/156 ml)
- 1 cup frozen mixed vegetables

Step 3: As potatoes cook, add other ingredients to pot

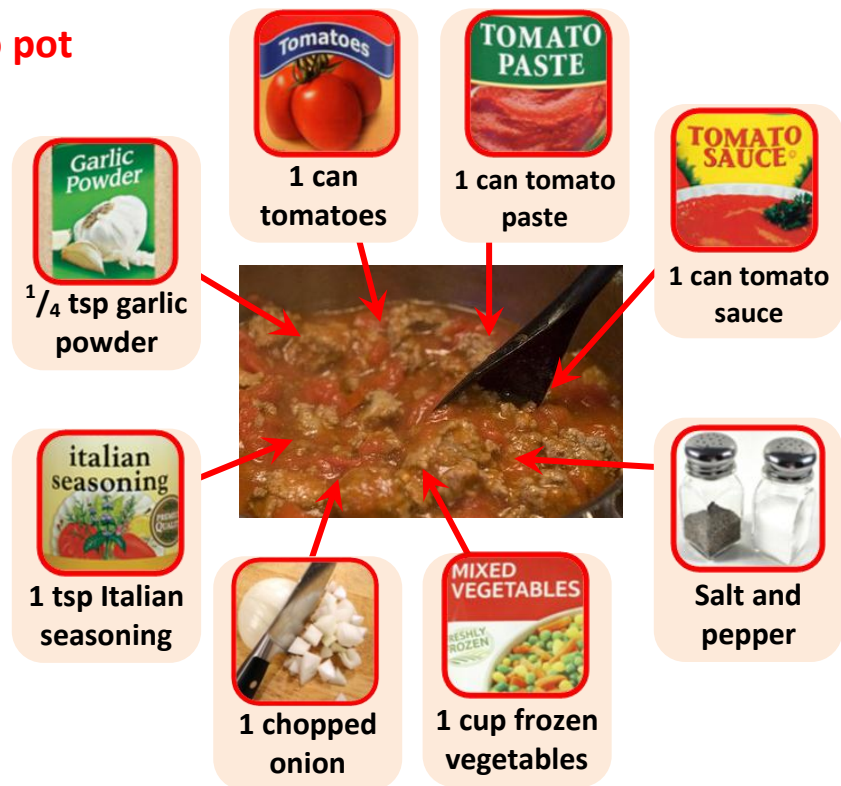
a) Add to the pot with the cooked meat:

- 1 chopped onion
- 1 tsp Italian seasoning, $\frac{1}{4}$ tsp garlic powder, salt and pepper to taste
- 1 can tomatoes
- 1 can tomato sauce
- 1 can tomato paste

b) Turn burner to high and bring to a boil.

c) As soon as it boils, turn burner to low and simmer for about 15 minutes.

d) Add 1 cup frozen vegetables and simmer another 5 minutes.



Step 4: Combine meat and potatoes

a) Put the sauce in the bottom of a 9 inch X 13 inch pan.

b) Spread mashed potatoes on top.

c) Bake 350°F for 30 minutes. Or store in the fridge and bake later for 45 minutes.



Enjoy shepherd's pie for lunch or supper. Serve with:

- Salad





Spaghetti and Meat Sauce

This recipe takes 45 minutes to make.
6 to 8 servings

Step 1: Brown the ground meat

- Turn the stove burner to medium-high and heat up a large pot.
- Brown the ground meat.
- When it is done, drain off the fat.



1 lb ground meat



Step 2: Chop 1 cup vegetables

- Chop 1 cup mixed vegetables. Choose one or more of:
 - Green pepper
 - Celery
 - Carrots
 - Zucchini
 - Mushrooms
- Set aside to add to the pot.



Carrots



Mushrooms



Green pepper



Zucchini



Celery



Ingredients

tsp = teaspoon

lb = pound

- 1 lb lean ground meat
- 1 cup vegetables: green pepper, celery, carrot, zucchini, mushrooms
- 1 onion, chopped
- 1 can tomatoes (28 oz/796 ml)
- 1 cup water
- 1 can tomato paste (5.5 oz/156 ml)
- 2 bay leaves
- 1 tsp oregano
- 1 tsp basil
- 1 clove garlic, crushed

Options

- Use caribou, beef, or other meat.
- Add beans or chickpeas.
- Use frozen vegetables.

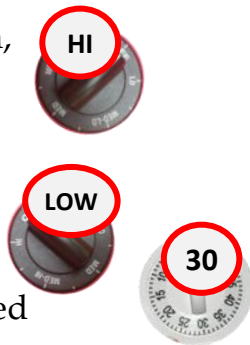
Step 3: Add all the other ingredients

- a) Add to the pot:
- 1 chopped onion
 - 1 can tomatoes
 - 1 cup water
 - 1 can tomato paste
 - 2 bay leaves
 - 1 tsp oregano
 - 1 tsp basil
 - 1 crushed garlic clove
- b) Add 1 cup chopped vegetables from Step 2.



Step 4: Cook spaghetti sauce

- a) With burner on high, bring to a boil. Stir.
- b) Turn burner to low. Simmer with the lid on for 30 minutes.
- c) Serve over hot cooked spaghetti noodles.



Enjoy spaghetti for lunch or supper. Serve with:

- Salad
- Grated cheese



Chicken and Fish Dishes

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Baked Whitefish

This recipe takes 1 hour to make.
2 to 4 servings

Step 1: Cut fillets

- a) Cut fillets into serving sized pieces. If the fillets are small, leave them whole.



Step 2: Prepare fillets for baking

- a) Place fish in baking dish. Sprinkle with lemon pepper.
- b) Put $\frac{1}{2}$ teaspoon of margarine or butter on each piece of fish.
- c) Put a slice of lemon on each piece of fish.



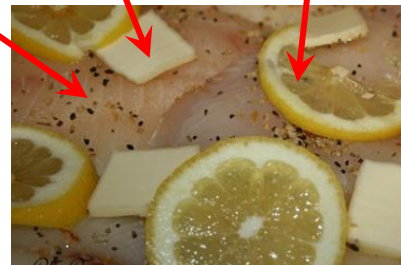
Lemon pepper



Margarine



Lemon slices



Ingredients

- 2 whitefish fillets
- Lemon pepper
- Margarine or butter
- $\frac{1}{2}$ lemon, sliced
- 4 potatoes, diced
- 2 cups frozen mixed vegetables

Options

- Use trout fillets, or other kinds of fish.
- Use different kinds of herbs, such as dill.
- Serve with rice instead of potatoes.
- Serve with different vegetables.

Step 3: Cook fish

- Preheat oven to 350°F.
- Place the pan in the oven and bake for about 20 minutes.



Step 4: At the same time, cook potatoes

- As the whitefish cooks, boil 4 diced potatoes until they get soft, about 15 minutes.
- Drain the water.



4 diced potatoes



Step 5: At the same time, cook vegetables

- As the whitefish and potatoes cook, boil 2 cups mixed frozen vegetables for about 5 minutes.
- Drain the water.



2 cups frozen vegetables



Enjoy baked whitefish for lunch or supper. Serve with:

- Salad and bannock



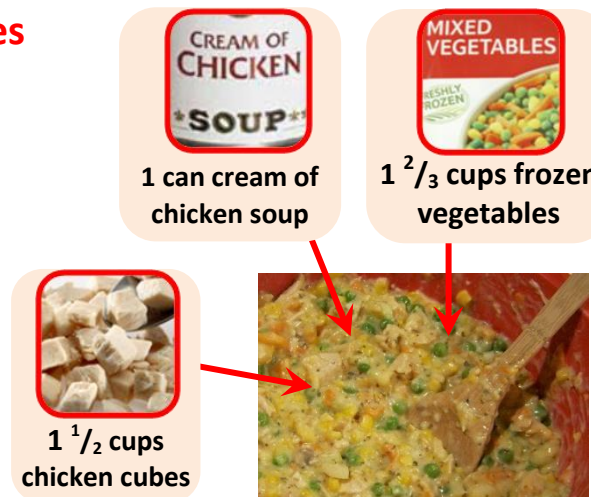


Chicken with Vegetables in a Flash

This recipe takes 45 minutes to make.
4 servings

Step 1: Prepare chicken and vegetables

- a) In a large bowl combine:
 - 1 1/2 cups cooked chicken cubes
 - 1 can cream of chicken soup
 - 1 2/3 cups frozen mixed vegetables
- b) Mix well.



Ingredients

- 1 1/2 cups cooked chicken, cut in cubes
- 1 can cream of chicken soup (10 oz/284 ml)
- 1 2/3 cups frozen mixed vegetables
- 1 cup bread, cut into small cubes
- 1/2 cup cheddar cheese

Options

- Use fresh or canned chicken or other meat.
- Add broccoli or mushrooms.
- Add garlic or other herbs you like.

Step 2: Put chicken mixture in casserole dish

- a) Lightly grease a casserole dish.
- b) Pour the chicken mixture into the casserole dish.



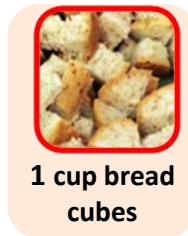
Step 3: Bake the casserole

- a) Preheat oven to 350°F.
- b) Put the chicken casserole in the oven and bake for 15 to 20 minutes.



Step 4: Make the topping

- a) Put in a small bowl:
 - 1 cup bread cubes
 - 1/2 cup grated cheddar cheese
- b) Mix well.



Step 5: Finish baking

- a) Take the casserole out of the oven and add the topping.
- b) Put the casserole back in the oven.
- c) Bake another 15 minutes.



Enjoy chicken with vegetables for lunch or supper. Serve with:

- Salad
- Rice or potatoes





Easy Chicken Stir-Fry

This recipe takes 30 minutes to make.
4 to 6 servings

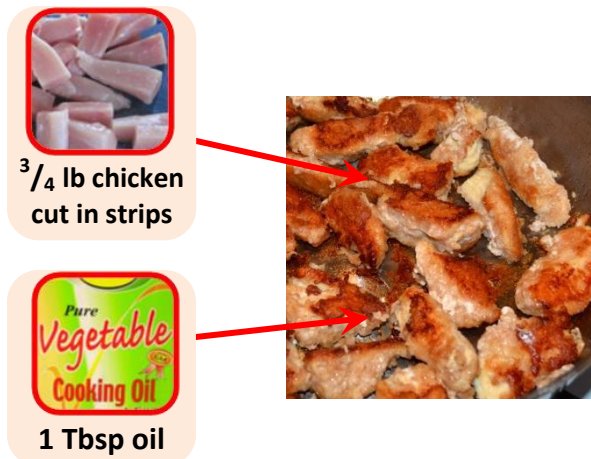
Step 1: Make sauce

- a) Put in a small bowl:
 - $\frac{2}{3}$ cup chicken broth
 - 2 Tbsp soy sauce
 - 1 tsp sugar
 - 2 tsp cornstarch
- b) Mix well. Set aside.



Step 2: Stir-fry the chicken

- a) Cut $\frac{3}{4}$ lb chicken breasts into thin strips.
- b) With burner on high, heat 1 Tbsp oil in frying pan.
- c) Stir-fry the chicken until browned and well done.
- d) Remove from pan and set aside.



Ingredients

Tbsp = Tablespoon

tsp = teaspoon

lb = pound

- $\frac{2}{3}$ cup chicken broth
- 2 Tbsp soy sauce
- 1 tsp sugar
- 2 tsp cornstarch
- $\frac{3}{4}$ lb chicken breasts, cut in strips
- 2 Tbsp oil
- 1 onion, sliced thick
- 2 carrots, sliced thin
- 2 cups broccoli, chopped
- 2 cloves garlic, crushed or $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{4}$ tsp ginger powder

Options

- Use any boneless meat.
- Add peas, peppers, or mushrooms.
- Use frozen vegetables instead of fresh.

Step 3: stir-fry vegetables

- a) As the chicken cooks, slice onion and carrots. Chop broccoli.
- b) After you take the chicken out of the frying pan, add 1 Tbsp oil to the hot pan.
- c) Add onions, carrots, ginger, and garlic. Stir-fry for 3 minutes.
- d) Add the broccoli and stir-fry another 2 minutes.



Step 4: Add chicken and sauce

- a) Add the chicken and stir-fry 1 minute to heat through.
- b) Add the sauce. Stir constantly as it gets hot and thick.



Enjoy stir-fry chicken for lunch or supper. Serve with:

- Noodles or rice
- Salad





Potato and Chicken Dinner

This recipe takes 1 hour to make.
4 servings

Step 1: Prepare vegetables

- a) Cut 1 onion into thick slices.
- b) Chop 2 potatoes.
- c) Chop 1 green or red pepper.



1 sliced
onion



2 chopped
potatoes



1 chopped
green pepper

Step 2: Prepare chicken pieces

- a) Pat chicken pieces dry with paper towel.
- b) Place chicken in 13 inch X 9 inch baking dish.



Ingredients

Tbsp= Tablespoon

tsp = teaspoon

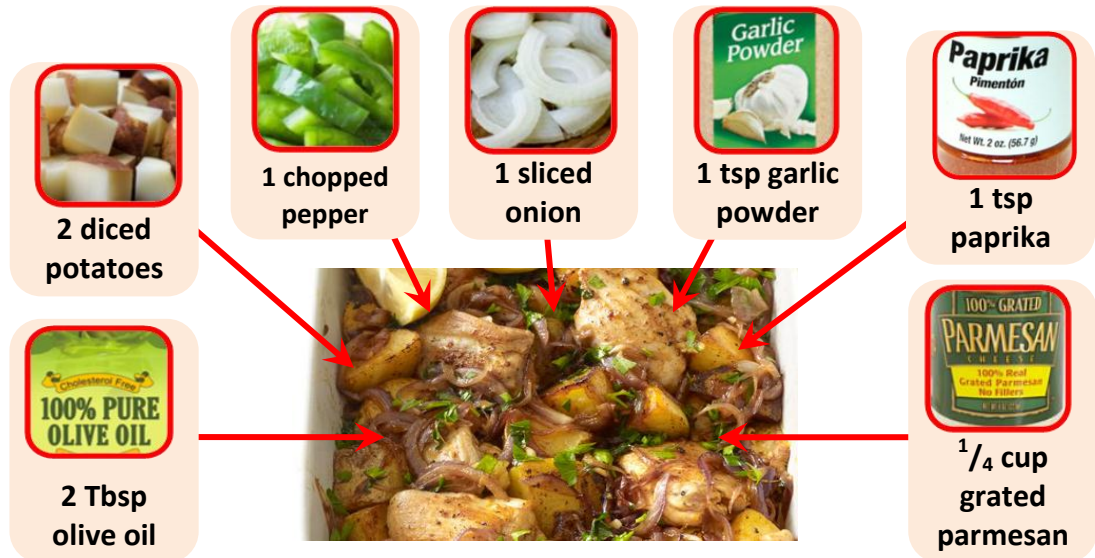
- 1 onion, sliced thick
- 2 potatoes, chopped
- 1 green pepper, chopped
- 4 - 6 chicken pieces
- 1 tsp garlic powder
- 1 tsp paprika
- 2 Tbsp olive oil
- $\frac{1}{4}$ cup grated parmesan cheese

Options

- Use chicken legs, thighs or breasts.
- Add carrots or mushrooms.

Step 3: Add vegetables to the dish

- Put the potatoes, peppers, and onions in the middle of the dish.
- Drizzle olive oil over the chicken and vegetables.
- Sprinkle with garlic powder, paprika, and parmesan cheese.



Step 4: Bake

- Preheat the oven to 400°F.
- Put the pan in the oven and bake for 40 to 45 minutes.



Enjoy potato and chicken for lunch or supper. Serve with:

- Salad
- Carrots





Stove-Top BBQ Chicken

This recipe takes 45 minutes to make.
4 servings

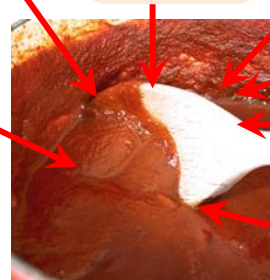
Step 1: Fry onion

- Turn burner to medium-high. Heat 1 tsp oil in large frying pan.
- Add onion and cook until soft, about 5 minutes.



Step 2: Make sauce

- Add to the frying pan:
 - 1/2 cup ketchup
 - 1/2 cup water
 - 2 Tbsp vinegar
 - 2 Tbsp brown sugar
 - 1 1/2 tsp Worcestershire
 - 1 tsp parsley
 - 1/2 to 1 tsp chili powder
- Heat the sauce until it boils.



Ingredients

Tbsp = Tablespoon

tsp = teaspoon

- 1 tsp vegetable oil
- 1/2 cup onion, chopped
- 1/2 cup ketchup
- 1/2 cup water
- 2 Tbsp vinegar
- 2 Tbsp brown sugar
- 1 1/2 tsp Worcestershire sauce
- 1 tsp parsley
- 1/2 to 1 tsp chili powder
- 4 chicken legs, skin off
- 1 Tbsp cornstarch
- 1 Tbsp cold water

Options

- Use pork chops or chicken breasts instead of chicken legs.

Step 3: Add chicken legs and cook

- Remove skin from 4 chicken legs.
- Put chicken legs into the sauce. Spoon sauce over them.
- Turn burner to low. Put the lid on and simmer for 30 minutes.
- Turn chicken over and cook another 15 minutes.
- Put chicken in a bowl. Leave sauce in the pan.



Step 4: Thicken the sauce

- In a small bowl, mix 1 Tbsp cornstarch and 1 Tbsp cold water.
- Add to sauce.
- Cook and stir until the sauce boils and thickens.
- Pour sauce over chicken.



1 Tbsp
cornstarch



1 Tbsp
water



Enjoy stove-top BBQ chicken for supper. Serve with:

- Rice or pasta
- Salad





Tasty Fishcakes with Tartar Sauce

This recipe takes 60 minutes to make.
4 servings

Step 1: Make mashed potatoes

- a) Boil 1 cup chopped potatoes on high heat until soft, about 15 minutes.

- b) Mash.

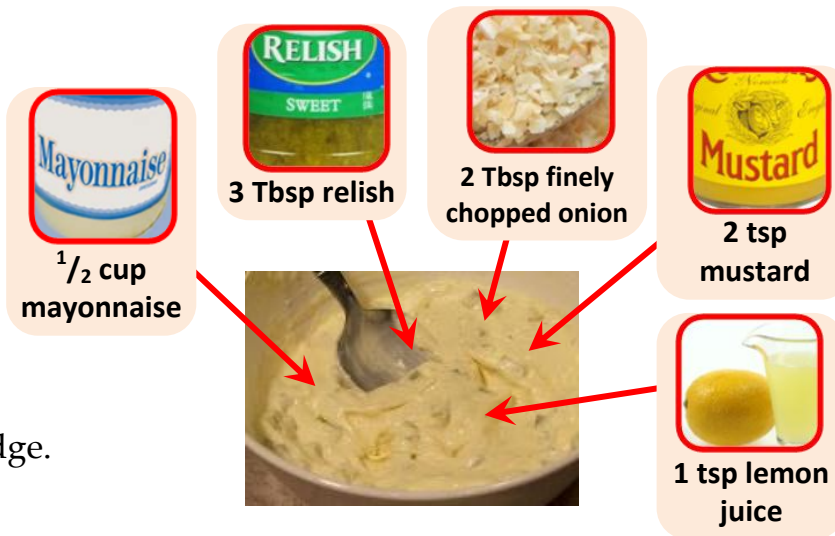


Step 2: Mix tartar sauce

- a) Put in a bowl:

- 1/2 cup mayonnaise
- 3 Tbsp relish
- 2 Tbsp finely chopped onion
- 2 tsp mustard
- 1 tsp lemon juice

- b) Stir well. Keep in the fridge.



Ingredients

Tbsp = Tablespoon

tsp = teaspoon

- 1 cup potatoes, peeled and chopped
- 1/2 cup mayonnaise
- 3 Tbsp relish
- 2 Tbsp onion, finely chopped
- 2 tsp mustard
- 1 tsp lemon juice
- 1 can salmon (7 1/2 oz)
- 1/4 cup green onion, chopped
- 1/4 cup red pepper, chopped
- 1 Tbsp dill
- 3 Tbsp milk
- Salt and pepper
- 1 egg, beaten
- Cooking spray

Options

- Use fresh fish instead of canned.

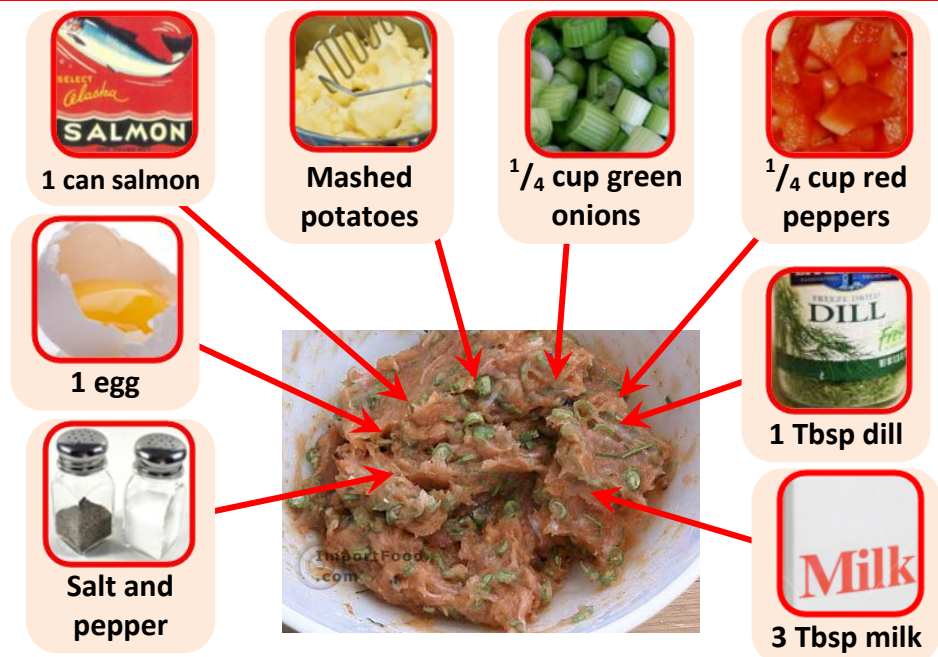
Step 3: Mix fish cakes

a) Put in a bowl:

- 1 can salmon
- 1 cup mashed potatoes
- $\frac{1}{4}$ cup green onions, chopped
- $\frac{1}{4}$ cup red peppers, chopped
- 1 Tbsp dill
- 3 Tbsp milk
- Salt and pepper
- 1 beaten egg

b) Mix well.

c) Cover and put in fridge for 30 minutes or more.



Step 4: Cook fish cakes

a) Form 4 fish cakes, each about $\frac{3}{4}$ inches thick.

b) Turn burner to medium-high and heat a large frying pan. Spray with cooking spray.

c) Cook fish cakes about 2 minutes each side, until brown.



Enjoy fishcakes with tartar sauce for lunch or supper. Serve with:

- Salad
- Rice and veggies



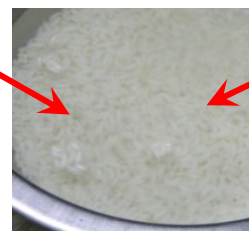


Tuna Rice Casserole

This recipe takes 1 hour to make.
4 servings

Step 1: Cook rice

- Turn burner to high.
- Put 1 cup rice and 2 cups water in a pot. Bring to a boil.
- As soon as it boils, turn burner to low and simmer until rice cooks, about 20 minutes.



Step 2: Make sauce as rice cooks

- Turn another burner to medium. Heat a pot. Melt 2 Tbsp margarine.
- Add 1/2 cup chopped onion and cook about 5 minutes.
- Add 3 Tbsp flour and mix it in.
- Slowly add 1 1/2 cups milk and 1 tsp Worcestershire sauce. Stir constantly as it gets thick.



Ingredients

T = Tablespoon

tsp = teaspoon

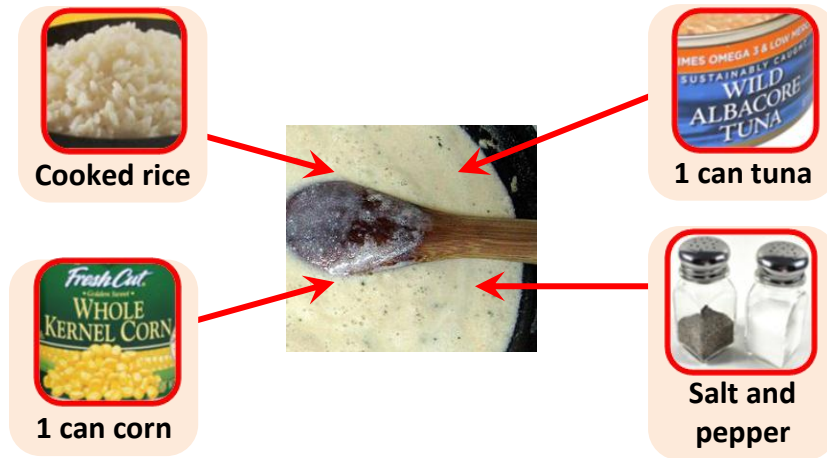
- 1 cup rice
- 2 cups water
- 2 Tbsp margarine
- 1/2 cup onion, chopped
- 3 Tbsp all-purpose flour
- 1 1/2 cups milk
- 1 tsp Worcestershire sauce
- 1 can tuna (170 g)
- 1 can corn (12 oz/341 ml)
- Salt and pepper
- 1/2 cup grated cheddar cheese

Options

- Use canned chicken or ham instead of tuna.
- Use 1 1/2 cups frozen corn instead of canned corn.

Step 3: Combine ingredients

- a) Take the sauce off the stove and add:
 - Cooked rice
 - 1 can tuna
 - 1 can corn
- b) Mix well.
- c) Add salt and pepper to taste.



Step 4: Bake casserole

- a) Preheat oven to 375°F.
- b) Lightly grease a square baking pan. Put the tuna and rice mixture in the pan.
- c) Sprinkle $\frac{1}{2}$ cup grated cheddar cheese on top.
- d) Bake for 25 minutes.



$\frac{1}{2}$ cup
cheddar
cheese



Enjoy tuna rice casserole for lunch or supper. Serve with:

- Salad
- Carrots or turnips



Vegetable, Egg and Cheese Dishes

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Broccoli and Cauliflower with Cheese Sauce

This recipe takes 45 minutes to make.
6 to 8 servings

Step 1: Prepare the vegetables for cooking

- Chop into bite-sized pieces:
 - 1 head broccoli
 - 1 head cauliflower
- Put in a pot with some water, ready for steaming.



Chopped broccoli



Chopped cauliflower

Step 2: Start the sauce

- In a pot, melt 2 Tbsp butter over medium heat.
- Add 3 Tbsp flour and stir for 2 minutes.
- Gradually whisk in 1 1/2 cups milk. Stir and cook for 15 minutes, until it gets thick.



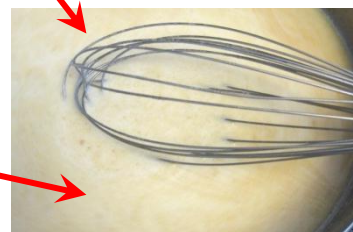
2 Tbsp butter



3 Tbsp flour



1 1/2 cups milk



Ingredients

Tbsp = tablespoon

tsp = teaspoon

- 1 head broccoli, chopped
- 1 head cauliflower, chopped
- 2 Tbsp butter
- 3 Tbsp all-purpose flour
- 1 1/2 cups milk
- 1 cup cheddar cheese, grated
- Dash hot pepper sauce - optional
- 1/4 tsp salt
- 1/4 tsp pepper

Options

- Use frozen broccoli or cauliflower.
- Steam other vegetables, such as carrots, celery, or peppers.

Step 3: Finish the sauce

- a) Take the pot of sauce off the burner.
- b) Add 1 cup grated cheddar cheese. Stir until it melts.
- c) Add hot pepper sauce, salt, and pepper.



Step 4: Cook the vegetables

- a) Turn the burner to high and put the pot on. Bring to a boil. As soon as it boils, turn the burner to low.
- b) Steam the broccoli and cauliflower for about 5 minutes.



Step 5: Combine the sauce and vegetables

- a) Drain the water from the broccoli and cauliflower.
- b) Put them into a bowl.
- c) Pour the cheese sauce over the vegetables.



Enjoy broccoli and cauliflower with cheese sauce for lunch or supper. **Serve with:**

- Meat, rice or potatoes



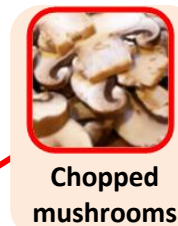


No-Crust Quiche

This recipe takes 60 minutes to make.
4 to 6 servings

Step 1: Prepare steamed vegetables

- Chop 1 cup vegetables (mix and match):
 - Mushrooms
 - Broccoli
 - Onions
- Put in a pot with some water.
- Turn burner to high and bring to a boil. Steam vegetables for 5 minutes.



Step 2: Prepare oven and pan

- Turn on the oven to 350°F.
- Grease a deep 10-inch pie plate or baking dish.



Ingredients

Tbsp = tablespoon

- 1 cup steamed vegetables (mushrooms, broccoli, onions)
- 6 eggs
- 2 Tbsp all-purpose flour
- 1 cup cheddar cheese, grated
- 1 cup cottage cheese
- 1 green onion, chopped

Options

- Use frozen or canned vegetables instead of fresh.
- Use mozzarella instead of cheddar.
- Add cooked Romano or pinto beans to steamed vegetables.

Step 3: Prepare egg mixture

a) Mix in a blender or whisk together:

- 6 eggs
- 2 Tbsp flour
- 1 cup grated cheddar cheese
- 1 cup cottage cheese

b) Add 1 chopped green onion.



Step 4: Prepare and cook the quiche

a) Pour half the egg mixture into the pie plate.

b) Spread the steamed vegetables over the egg mixture.

c) Pour the rest of the egg mixture on top.

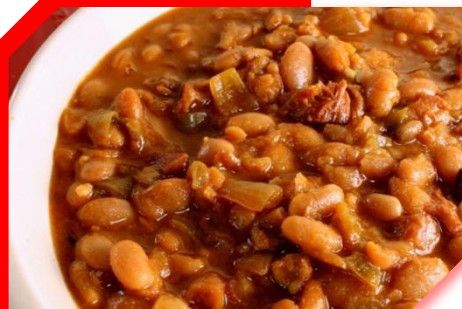
d) Bake at 350°F for 35 minutes.



Enjoy no-crust quiche for lunch or supper. Serve with:

- Biscuits or muffins
- Salad



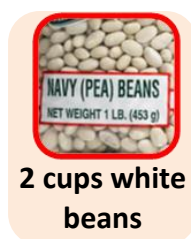


Old-Fashioned Baked Beans

This recipe takes 1 1/2 days to make (includes soaking overnight).
8 servings

Step 1: Soak beans overnight

- Rinse 2 cups white beans.
- In a large pot, cover them with cold water and soak them overnight.



Step 2: Cook beans the next day

- In the morning, drain the beans and return to the pot.
- Add 5 cups water.
- Turn burner to high and bring to a boil, lid on.
- As soon as it boils, turn burner to low. Simmer for about 30 minutes, lid on.
- Drain.



Ingredients

Tbsp = tablespoon

tsp = teaspoon

- 2 cups white beans
- 5 cups cold water
- 1 onion, sliced
- 1/2 Tbsp salt
- 2 tsp cider vinegar
- 1 Tbsp brown sugar
- 1/2 tsp mustard
- 1/4 cup molasses
- 1/2 cup ketchup
- Pinch black pepper
- 5 slices of bacon

Options

- Use different kinds of beans.
- Add canned tomatoes.
- Use a slow cooker instead of baking in the oven.

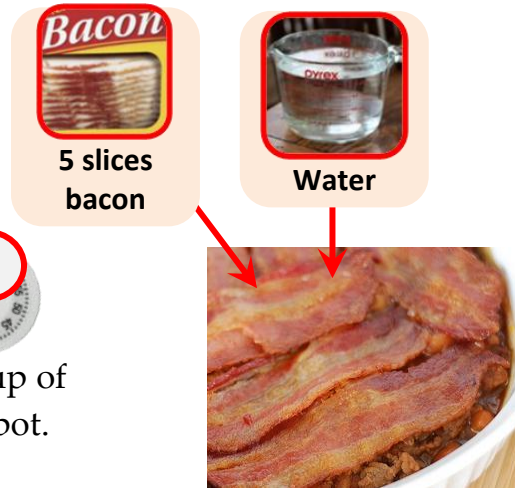
Step 3: Combine ingredients

- a) In a 6-quart casserole dish, mix beans with the rest of the ingredients.



Step 4: Bake bean mixture

- a) Place bacon slices on top.
b) Add enough water to cover the mixture.
c) Bake at 250°F for 7 hours, lid on.
d) When beans are tender, remove 1 cup of beans and mash. Stir back into the pot.
e) Cover and keep baking. Remove lid for last hour of baking.



Enjoy baked beans for lunch or supper. Serve with:

- Salad
- Bannock





One-Pot Macaroni and Cheese

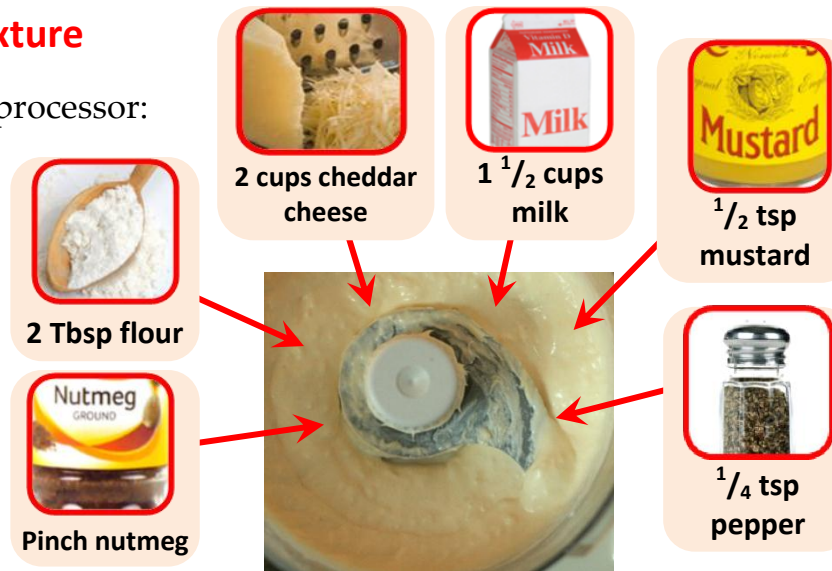
This recipe takes 20 minutes to make.
4 to 6 servings

Step 1: Make cheese mixture

a) Put in a blender or food processor:

- 2 cups grated cheddar cheese
- 1 1/2 cups milk
- 2 Tbsp flour
- 1/2 tsp mustard
- 1/4 tsp pepper
- Pinch nutmeg

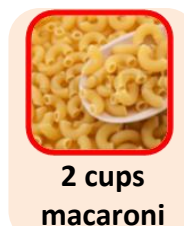
b) Mix until smooth.



Step 2: Cook macaroni

a) Turn burner to high. In a large pot, boil 4 cups water with some salt.

b) Add 2 cups macaroni and cook for 7 minutes, until just tender, but still firm.



Ingredients

Tbsp = tablespoon

tsp = teaspoon

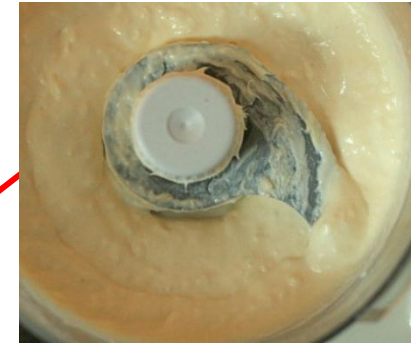
- 2 cups cheddar cheese, grated
- 1 1/2 cups milk
- 2 Tbsp all-purpose flour
- 1/2 tsp mustard
- 1/4 tsp pepper
- Pinch nutmeg
- 2 cups macaroni

Options

- Try a different kind of cheese.
- Use different kinds of pasta.

Step 3: Combine cheese mixture and macaroni

- a) When pasta is done, drain the water.
- b) Put the pasta back in the pot.
- c) Add the cheese mixture and stir.



Step 4: cook

- a) Turn the burner to medium. Put the pot on the burner.
- b) Cook for about 5 minutes, until it gets thick and creamy. Stir constantly.
- c) Serve it right away.



Enjoy macaroni and cheese for lunch or supper. Serve with:

- Salad
- Meat, chicken or fish



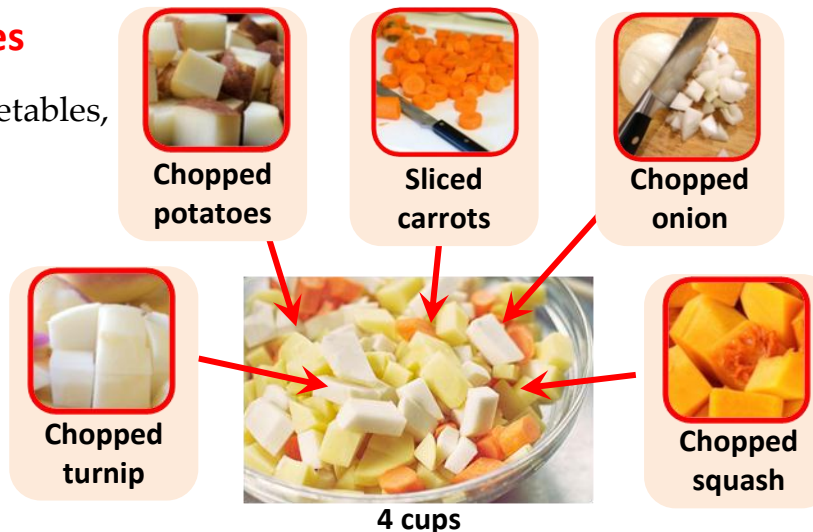


Roasted Vegetables

This recipe takes 1 1/2 hours to make.
4 servings

Step 1: Prepare vegetables

- a) Prepare 4 cups mixed vegetables, cut into 1-inch pieces.
 - Potatoes
 - Carrots
 - Onions
 - Squash
 - Turnip
- b) Mix together in a bowl.



Ingredients

Tbsp = tablespoon

tsp = teaspoon

- 4 cups mixed vegetables (potatoes, carrots, onions, squash, turnip)
- 2 Tbsp oil
- 1 tsp thyme
- 1 tsp mustard

Options

- Use rosemary or basil instead of thyme.
- Include zucchini, peppers, mushrooms, and other vegetables.

Step 2: Prepare oil mixture

- a) Measure into a bowl:
 - 2 Tbsp oil
 - 1 tsp thyme
 - 1 tsp mustard
- b) Mix well.



Step 3: Mix vegetables with oil

- a) Spread mixed vegetables out on a baking sheet.
- b) Spread the oil mixture over the vegetables.
- c) Stir together. Make sure the oil mixture covers all the vegetables.



Step 4: Bake vegetables

- a) Turn oven to 400°F.
- b) Bake vegetables for 45 to 60 minutes, until tender.
- c) Stir once or twice as they bake.



Enjoy roasted vegetables for supper. Serve with:

- Meat, chicken or fish
- Salad





Scalloped Potatoes

This recipe takes 1 ¹/₂ hours to make.
8 servings

Step 1: Prepare vegetables

- Peel and cut 2 pounds potatoes into thin slices.
- Cut 4 carrots into thin slices.
- Cut 2 onions into thin slices. Separate rings.



2 lb sliced potatoes



4 sliced carrots



2 sliced onions

Step 2: Cook vegetables

- Turn burner to high. Boil a large pot of water.
- Put sliced vegetables into the pot. Cook for 10 minutes.
- Drain.



Ingredients

Tbsp = tablespoon

tsp = teaspoon

lb = pound

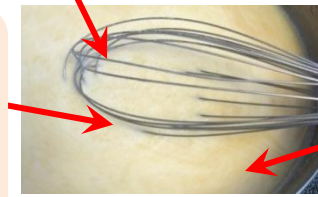
- 2 lb potatoes, peeled and sliced thin
- 4 carrots, sliced thin
- 2 onions, sliced thin
- 3 Tbsp butter or margarine
- 2 Tbsp flour
- 1 tsp salt
- ¹/₂ tsp pepper
- 1 ¹/₂ cups milk
- 1 ¹/₂ cups cheddar cheese, grated

Options

- Use Swiss cheese instead of cheddar.
- Use sweet potatoes instead of carrots.
- Add garlic.

Step 3: Make cheese sauce

- a) On medium heat, melt 3 Tbsp butter in a pot.
- b) Add 2 Tbsp flour, 1 tsp salt, $\frac{1}{2}$ tsp pepper. Cook and stir 1 minute.
- c) Gradually stir in $1\frac{1}{2}$ cups of milk. Heat and cook for 5 minutes, until it gets thick. Stir constantly.
- d) Turn burner to low. Add $1\frac{1}{2}$ cups grated cheddar cheese. Mix well.



Step 4: Combine sauce and vegetables and bake

- a) Spread half the vegetables in the bottom of greased 13 inch x 9 inch baking dish.
- b) Cover with half the cheese sauce.
- c) Repeat the two layers.
- d) Bake at 350°F for 30 minutes, covered with foil.
- e) Bake another 30 minutes, without cover.



Enjoy scalloped potatoes for lunch or supper. Serve with:

- Ham
- Salad





Sweet Potato Fries

This recipe takes 45 minutes to make.
6 to 8 servings

Step 1: Prepare yams or sweet potatoes

- a) Peel sweet potatoes or yams.
- b) Cut into strips.
- c) Put them in a bowl.



Ingredients

Tbsp = tablespoon

lb= pound

- 4 sweet potatoes or 1 lb yams
- 2 Tbsp oil
- Salt and pepper

Options

- Add your favourite herbs to the oil.
- Add other veggies (peppers, beets, mushrooms).
- Add parmesan cheese to the fries after they bake.

Step 2: Mix yams or sweet potatoes with oil

- Add 2 Tbsp oil and salt and pepper to the yams or sweet potatoes.
- Stir or toss together so that all the strips get coated with oil.



Step 3: Bake fries

- Spread on a baking sheet.
- Bake at 450°F for 15 minutes.
- Turn the fries over and bake for another 15 minutes, until slightly crispy.



Enjoy sweet potato fries for lunch or supper. Serve with:

- Fish or meat
- Salad



Bannock, Muffins and Pancakes

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Bannock in the Oven

This recipe takes 60 minutes to make.
16 servings

Step 1: Prepare oven and cookie sheet

- Preheat oven to 350° F.
- Grease a cookie sheet.



Step 2: Prepare flour mixture

- Measure dry ingredients into a bowl. Mix together.
- Add margarine to flour mixture.
- Use a pastry cutter or your fingers to work in margarine until it looks and feels like fine bread crumbs.



Ingredients

Tbsp = tablespoon

tsp = teaspoon

- 4 cups all-purpose flour
- 3 Tbsp baking powder
- 1 tsp salt
- $\frac{1}{2}$ cup margarine
- $2\frac{1}{2}$ cups milk

Options

- Add raisins, nuts, or grated cheese.
- Use 1 cup of oats in place of 1 cup of flour.
- Add milk powder to dry ingredients and use water instead of milk.
- Divide the dough in two or more pieces to bake.

Step 3: Add milk to flour mixture

- a) Make a hole in the middle of the flour mixture. Add 2 ½ cups milk.
- b) Mix with a fork just enough to get the dry ingredients wet.



Step 4: Knead the dough

- a) Place the dough on a flour-covered surface.
- b) Knead a few times.
- c) Roll or pat to ¾ inch thick.



Step 5: Bake

- a) Put the dough on a greased cookie sheet. Use a fork to poke air holes right through the dough.
- b) Bake at 350° F for 30 to 40 minutes.
- c) Check it at 30 minutes. It is done when the top is golden brown and it sounds a bit hollow when you tap it.



Enjoy bannock for breakfast or lunch. Serve with:

- Soup
- Smoothies





Cheddar Cornbread Tops

This recipe takes 30 to 45 minutes to make.
8 servings

Step 1: Prepare oven and cookie sheet

- Preheat oven to 400°F.
- Grease a cookie sheet.



Step 2: Mix dry ingredients

- Measure dry ingredients into a bowl. Mix together.
- Add $\frac{2}{3}$ cup grated cheddar cheese. Stir to cover the cheese with flour.



Ingredients

tsp = teaspoon

Tbsp = tablespoon

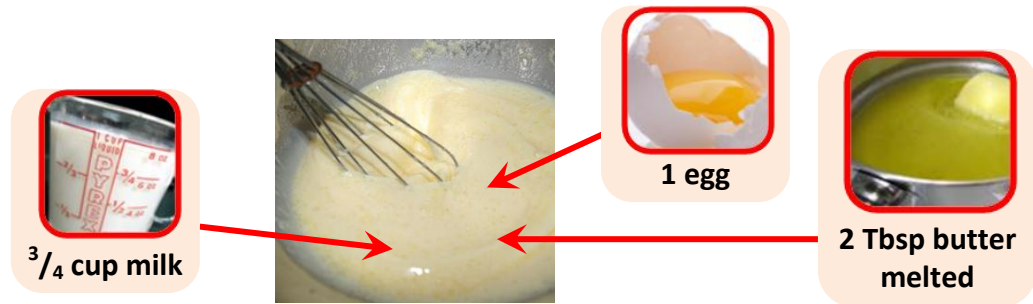
- 1 cup all-purpose flour
- $\frac{1}{2}$ cup cornmeal
- $1\frac{1}{2}$ tsp baking powder
- $\frac{1}{2}$ tsp salt
- $\frac{2}{3}$ cup cheddar cheese, grated
- $\frac{3}{4}$ cup milk
- 1 egg
- 2 Tbsp butter or margarine, melted

Options

- Use other kinds of cheese instead of cheddar.
- Use oil instead of melted butter or margarine.
- Add herbs like dill weed, parsley, or basil.

Step 3: Mix wet ingredients

- In a separate bowl, put 1 egg, $\frac{3}{4}$ cup milk, and 2 Tbsp melted butter.
- Whisk together.



Step 4: Add wet ingredients to dry ingredients

- Pour wet ingredients over dry ingredients.
- Stir just enough to get all the dry ingredients wet. Do not stir too much.



Step 5: Bake

- Drop dough in 8 mounds onto the greased cookie sheet.
- Bake at 400°F for 12 minutes, until the tops are golden brown.



Enjoy cheddar cornbread tops for lunch or supper. Serve with:

- Soup
- Salad





Cinnamon Apple Oatmeal Muffins

This recipe takes 1 hour to make.
12 servings

Step 1: Prepare oven and muffin tin

- Preheat oven to 350°F. Use the middle rack.
- Grease muffin tin or use paper liners.



Step 2: Mix dry ingredients

- Measure dry ingredients into a bowl.
- Mix together.



Ingredients

tsp = teaspoon

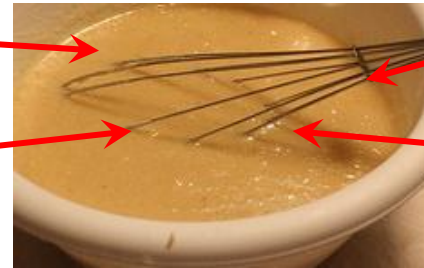
- 1/2 cup bran cereal
- 1 1/2 cups all-purpose flour
- 1 cup milk powder
- 1/4 cup brown sugar
- 1 tsp baking powder
- 1 cup oats
- 1/2 tsp salt
- 1 tsp cinnamon
- 1 cup milk
- 1 tsp vanilla
- 1/4 cup oil
- 3 apples, peeled and grated

Options

- Add milk powder and water instead of milk.
- Use grated carrots instead of apples.
- Add raisins or nuts.

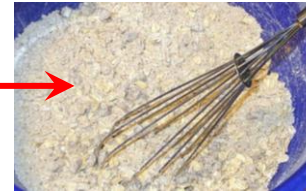
Step 3: Mix wet ingredients

- a) In a separate bowl, measure wet ingredients.
- b) Whisk together.



Step 4: Combine wet and dry ingredients

- a) Add wet ingredients to dry ingredients.
- b) Stir slowly to mix together, just enough to get the dry ingredients wet. Do not mix too much or too fast.



Step 5: Fill muffin tin and bake

- a) Fill each cup in the greased muffin tin about two-thirds full.
- b) Bake for 15 to 20 minutes, until muffins are golden brown.



Enjoy muffins for breakfast or lunch. Serve with:

- Smoothies



Raisin Bran Muffins

This recipe takes 1 hour to make.
12 servings

Step 1: Prepare oven and muffin tin

- Preheat oven to 375°F.
- Grease the muffin tin or use paper liners.



Step 2: Mix dry ingredients

- Measure raisins and dry ingredients into a bowl.
- Mix together.



Ingredients

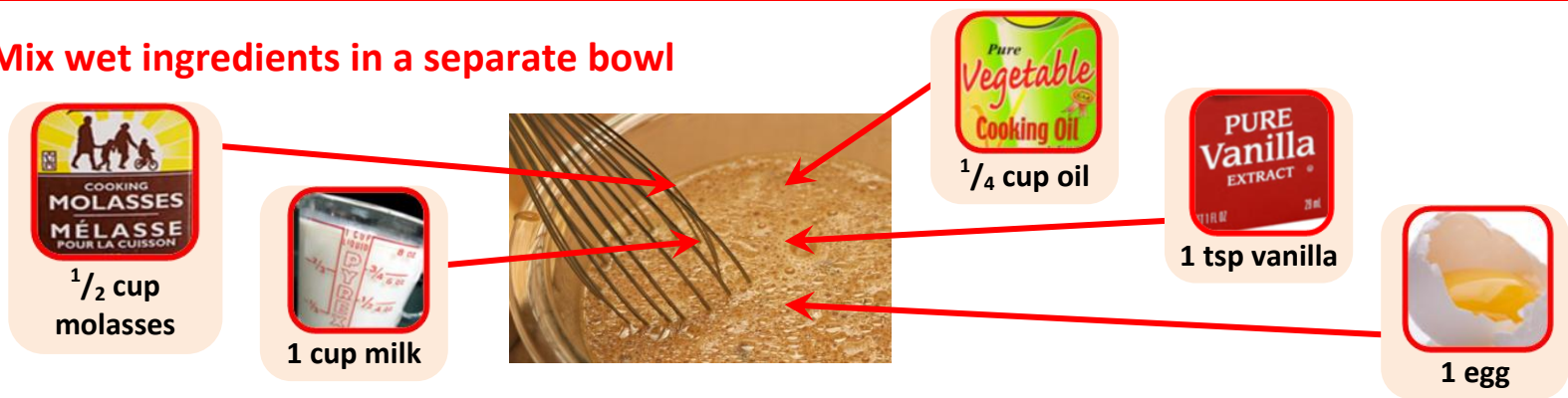
tsp = teaspoon

- $\frac{3}{4}$ cup raisins
- $\frac{1}{2}$ tsp salt
- 2 cups bran cereal
- 1 cup all-purpose flour
- 1 tsp baking powder
- 1 tsp baking soda
- $\frac{2}{3}$ cup brown sugar
- $\frac{1}{2}$ cup molasses
- 1 cup milk
- $\frac{1}{4}$ cup oil
- 1 egg
- 1 tsp vanilla

Options

- Add milk powder to dry ingredients and use water instead of milk.
- Use dates instead of raisins.
- Use yogurt or buttermilk instead of milk.

Step 3: Mix wet ingredients in a separate bowl



Step 4: Add wet ingredients to dry ingredients

- Make a well in the middle of the dry ingredients.
- Pour in the wet ingredients. Stir slowly to mix together, just enough to get the dry ingredients wet. Do not mix too much or too fast.



Step 5: Fill muffin tin and bake

- Fill each cup in the greased muffin tin about two-thirds full.
- Bake for 15 to 20 minutes, until muffins are golden brown.



Enjoy muffins for breakfast or lunch. Serve with:

- Smoothies
- Fruit and yogurt





Pancakes with Fruit Sauce

This recipe takes 30 minutes to make.
4 servings

Step 1: Mix dry ingredients

- Measure dry ingredients into a bowl.
- Mix together.



Step 2: Mash 1 banana



Fruit Sauce next recipe

Ingredients

tsp = teaspoon

Tbsp = Tablespoon

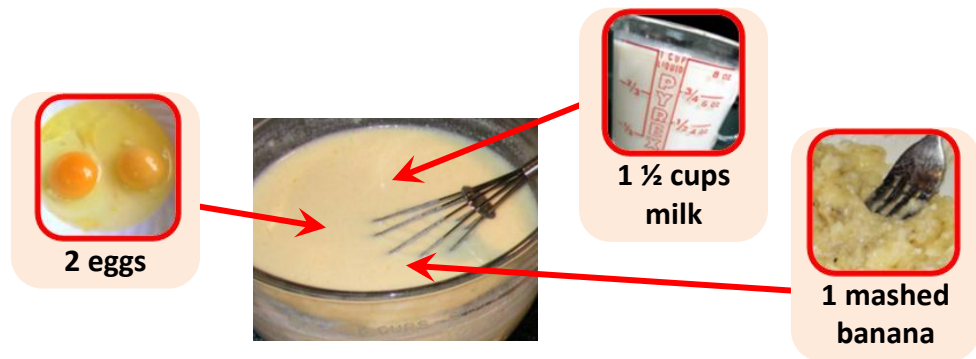
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- $\frac{1}{2}$ cup oats
- $\frac{1}{2}$ tsp salt
- 1 Tbsp sugar
- 1 Tbsp baking powder
- 1 banana, mashed
- $1\frac{1}{2}$ cups milk
- 2 eggs

Options

- Use grated apples instead of mashed banana.
- Use powdered milk and water instead of fresh milk.

Step 3: Mix wet ingredients

- a) In a separate bowl, beat 2 eggs.
- b) Add 1 1/2 cups milk and whisk together.
- c) Add mashed banana and whisk again.



Step 4: Combine wet and dry ingredients

- a) Make a well in the dry ingredients.
- b) Add the wet ingredients. Stir slowly to mix together, just enough to get the dry ingredients wet. Do not mix too much or too fast.



Step 5: Cook pancakes

- a) Heat a non-stick frying pan on a medium-high burner.
- b) When the pan is hot, pour about 1/2 cup of batter in the pan for each pancake.
- c) Cook until little holes appear on the surface and the edges look a bit dry.
- d) Flip it over and cook the other side.



Enjoy pancakes with fruit sauce for breakfast or lunch.

- Fruit sauce is next recipe.





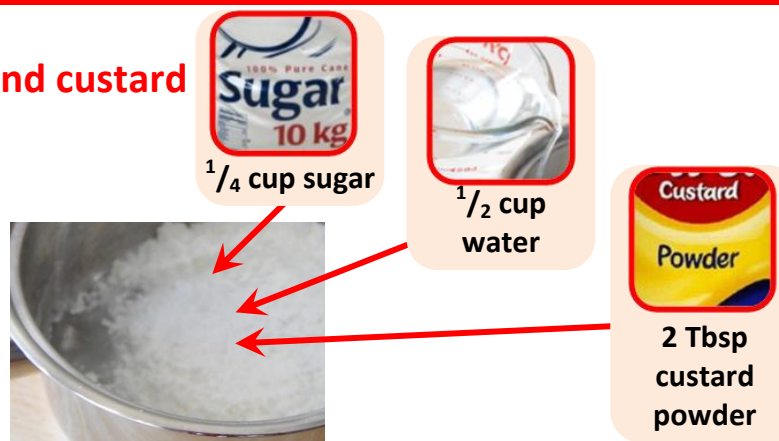
Fruit Sauce

This recipe takes 10 minutes to make.
4 servings

Step 1: Mix water, sugar, and custard

a) Mix together in a pot:

- 1/2 cup water
- 1/4 cup sugar
- 2 Tbsp custard powder



Step 2: Add 2 cups berries to the pot

a) Add 2 cups fresh or frozen berries. Mix and match. Use the berries you have on hand.



Saskatoons



Raspberries



Cranberries



Strawberries



Blueberries

Ingredients

Tbsp = tablespoon

- 1/2 cup water
- 1/4 cup sugar
- 2 Tbsp custard powder
- 2 cups berries—fresh or frozen

Options

- Use cornstarch instead of custard powder.
- Use honey instead of sugar.
- Add or substitute other kinds of fruit: rhubarb, apples, pears, peaches, nectarines, apricots.

Step 3: Cook the fruit sauce

- a) Put the pot on the stove, lid on.
- b) Turn the burner to high. Bring to a boil.
- c) As soon as it boils, turn burner to low and simmer for 3 to 5 minutes until thick.



Step 4: Serve fruit sauce on pancakes



Enjoy fruit sauce for breakfast or lunch. Serve with:

- Pancakes or muffins
- Yogurt



Desserts

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Applesauce Carrot Cake

This recipe takes 1 1/2 hours to make.
12 servings

Step 1: Prepare oven and pan

- Preheat oven to 350°F.
- Grease a 9-inch cake pan.



Step 2: Make flour mixture

- In a large bowl, combine:
 - 1 1/3 cup flour
 - 1 cup whole wheat flour
 - 2 tsp baking powder
 - 1 tsp baking soda
 - 2 tsp cinnamon
 - 1/4 tsp nutmeg
 - 1/4 tsp salt
- Mix together.



Ingredients

tsp = teaspoon

- 1 1/3 cup all-purpose flour
- 1 cup whole wheat flour
- 2 tsp baking powder
- 1 tsp baking soda
- 2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp salt
- 2 cups carrots, grated
- 1 cup applesauce
- 1/2 cup brown sugar
- 1/2 cup raisins
- 1/3 cup oil
- 2 eggs, beaten

Options

- Add nuts.
- Top with icing sugar or your favourite icing.

Step 3: Make carrot mixture

a) In another bowl, beat:

- 1/2 cup brown sugar
- 1/3 cup oil
- 2 beaten eggs

b) Add other ingredients and mix well.

- 2 cups grated carrots
- 1 cup applesauce
- 1/2 cup raisins



Step 4: Combine mixtures and bake

a) Add the carrot mixture to the flour mixture. Mix well.

b) Pour into greased cake pan.

c) Bake at 350°F for 60 minutes. Cake is done you stick a toothpick into the middle and it comes out clean.



Enjoy applesauce carrot cake for dessert, for lunch or supper.

- Or for a snack.





Banana Chocolate Chip Loaf

This recipe takes 1 1/2 hours to make.
16 servings

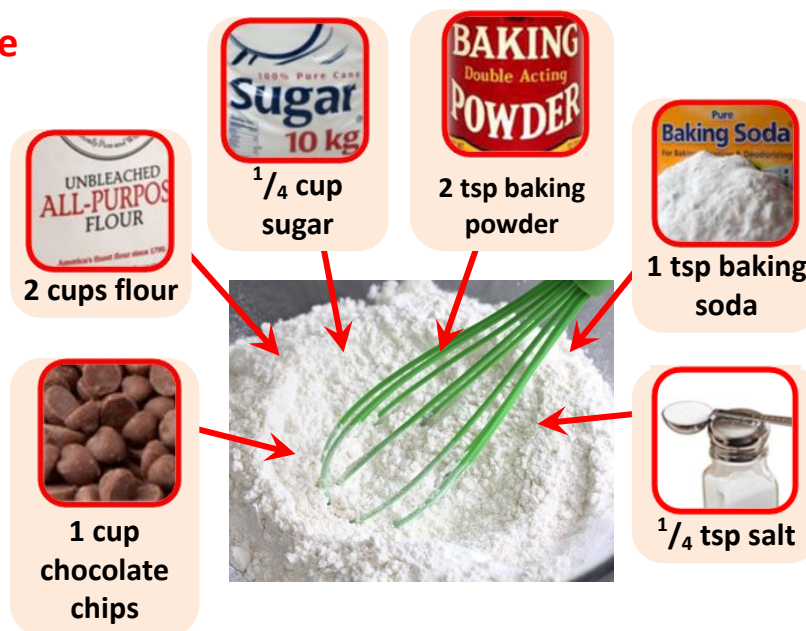
Step 1: Prepare oven and pan

- Preheat oven to 350°F.
- Grease 9 inch X 5 inch loaf pan (metal or glass).



Step 2: Make flour mixture

- In a large bowl, combine:
 - 2 cups flour
 - 1/4 cup sugar
 - 2 tsp baking powder
 - 1 tsp baking soda
 - 1/4 tsp salt
 - 1 cup chocolate chips
- Mix together.



Ingredients

tsp = teaspoon

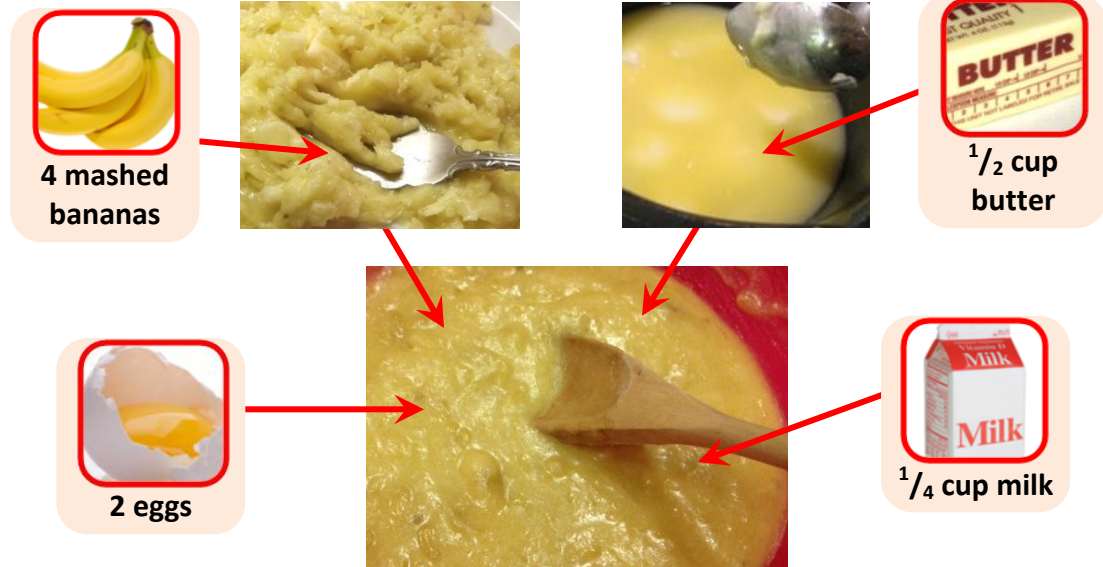
- 2 cups all-purpose flour
- 1/4 cup sugar
- 2 tsp baking powder
- 1 tsp baking soda
- 1/4 tsp salt
- 1 cup chocolate chips
- 2 cups banana, mashed
- 1/2 cup butter or margarine, melted
- 1/4 cup milk
- 2 eggs

Options

- Use whole wheat or other whole grain flour.
- Make 12 muffins instead of a loaf (bake 25 minutes).
- Make two mini loaves (bake 40 minutes).

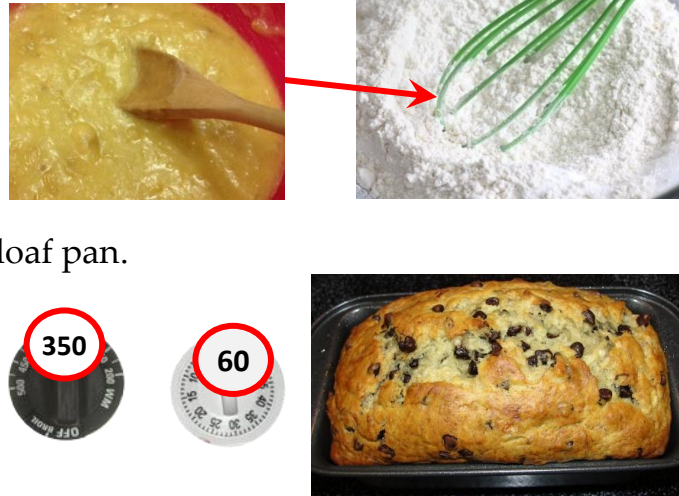
Step 3: Make banana mixture

- a) Mash 4 bananas (about 2 cups).
- b) Melt $\frac{1}{2}$ cup butter or margarine.
- c) In another bowl, beat together:
 - 4 mashed bananas (about 2 cups)
 - $\frac{1}{2}$ cup melted butter
 - $\frac{1}{4}$ cup milk
 - 2 eggs



Step 4: Combine mixtures and bake

- a) Add banana mixture to the flour mixture.
- b) Stir just enough to blend together.
- c) Spread batter in greased loaf pan.
- d) Bake at 350°F for 50 to 60 minutes. Loaf is done when you stick a toothpick in the centre and it comes out clean.



Enjoy banana chocolate chip loaf for dessert, for lunch or supper.

- Or for a snack.





Creamy Rice Pudding

This recipe takes 45 minutes to make.
4 to 6 servings

Step 1: Cook rice

- If you have 2 cups of leftover cooked rice, skip this step.
- Combine in a pot:
 - 1 cup rice
 - 2 cups water.
- Turn burner to high and bring to a boil, lid on.
- As soon as it boils, turn burner to low. Simmer for 20 minutes with the lid on until the rice is cooked.



1 cup rice



2 cups water



2 cups cooked rice

Ingredients

tsp = teaspoon

- 2 cups cooked rice
- 1 $\frac{1}{2}$ cups water
- 1 cup skim milk powder
- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ cup raisins
- $\frac{1}{2}$ tsp cinnamon
- $\frac{1}{4}$ tsp salt
- 1 $\frac{1}{2}$ tsp vanilla

Options

- Add chopped apples or other dried fruit.
- Use honey or maple syrup instead of sugar.

Step 2: Combine ingredients

- a) Put into a medium-sized pot:
- 2 cups cooked rice
 - 1 1/2 cups water
 - 1 cup skim milk powder
 - 1/4 cup sugar
 - 1/4 cup raisins
 - 1/2 tsp cinnamon
 - 1/4 tsp salt
- b) Mix well.



Step 3: Cook the pudding

- a) Turn the burner to low and put the pot on the burner.
- b) Cook until the pudding gets creamy, about 20 minutes.
- c) Stir in 1 1/2 tsp vanilla.



Enjoy rice pudding for dessert, for lunch or supper.

- Sprinkle a little cinnamon on each bowl.



Date Squares

This recipe takes 60 minutes to make.
25 servings







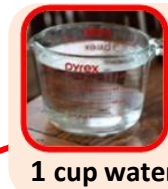
Step 1: Prepare oven and pan

- Preheat oven to 350°F.
- Grease 8 inch square cake pan (glass or metal).



Step 2: Cook dates

- Turn the burner to medium. 
- Put 2 cups chopped, pitted dates and 1 cup water in a pot. 
- Heat the pot until it boils. 
- As soon as it boils, turn the burner to low.
- Simmer about 10 minutes, until the dates get thick. 
- Turn off the burner and set the dates aside.



Ingredients

tsp = teaspoon

- 2 cups pitted dates, chopped
- 1 cup water
- 1 $\frac{1}{4}$ cups all-purpose flour
- 1 tsp baking powder
- $\frac{1}{2}$ tsp baking soda
- $\frac{3}{4}$ cup margarine
- 1 $\frac{1}{4}$ cups rolled oats
- $\frac{3}{4}$ cup brown sugar

Options

- Add raisins or other dried fruit to the date mixture.
- Add chopped nuts or spices to the crumb mixture.

Step 3: Prepare crumb mixture

- Mix in a large bowl:
 - 1 $\frac{1}{4}$ cups flour
 - 1 tsp baking powder
 - $\frac{1}{2}$ tsp baking soda
- Use a pastry blender to cut in $\frac{3}{4}$ cup margarine. Keep cutting until the mixture gets crumbly.
- Stir in 1 $\frac{1}{4}$ cup oats and $\frac{3}{4}$ cup brown sugar.



Step 4: Layer ingredients and bake

- Press half the crumb mixture in the bottom of the pan.
- Spread cooked dates evenly over the crumb mixture.
- Spread the rest of the crumb mixture on top.
- Bake at 350°F for 25 minutes.



Enjoy date squares for dessert, for lunch or supper.

- Or for a snack.





No-Crust Pumpkin Pie

This recipe takes 60 minutes to make.
6 to 8 servings

Step 1: Prepare oven and pan



- Preheat oven to 400°F.
- Lightly grease a 9-inch glass pie plate.



Step 2: Start the pumpkin mixture

- Measure into a large bowl:

- 1 can pumpkin puree
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ tsp ginger
- 1 tsp cinnamon
- $\frac{1}{4}$ tsp nutmeg
- $\frac{1}{4}$ tsp cloves

- Mix well.



Ingredients

tsp = teaspoon

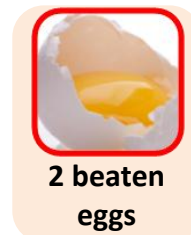
- 1 can pumpkin puree (14 oz/398 ml)
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ tsp ground ginger
- 1 tsp cinnamon
- $\frac{1}{4}$ tsp nutmeg
- $\frac{1}{4}$ tsp ground cloves
- 2 eggs
- 1 can evaporated milk (13 oz/385ml)

Options

- Use fresh milk instead of evaporated milk.
- Use squash instead of pumpkin.

Step 3: Finish the pumpkin mixture

- a) In a small bowl, beat 2 eggs.
- b) Add to pumpkin mixture:
 - 2 beaten eggs
 - 1 can evaporated milk
- c) Stir until smooth.



Step 4: Bake the pie

- a) Pour pumpkin mixture into the greased pie plate.
- b) Bake at 400°F for 40 minutes.
- c) The pie is done when you stick a knife in the centre and it comes out clean.



Enjoy pumpkin pie for dessert, for lunch or supper.

- Serve with ice cream, whipped cream or vanilla yogurt.





Oatmeal and Raisin Cookies

This recipe takes 60 minutes to make.
36 servings

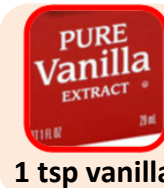
Step 1: Prepare oven and cookie sheet

- Preheat oven to 350°F.
- Lightly grease a cookie sheet.



Step 2: Mix wet ingredients

- With an electric mixer, cream together:
 - 1 cup soft butter
 - $\frac{3}{4}$ cup brown sugar
 - $\frac{3}{4}$ cup white sugar
- Add 2 large eggs and 1 tsp vanilla.
- Mix well. The mixture gets a bit fluffy.



Ingredients

tsp = teaspoon

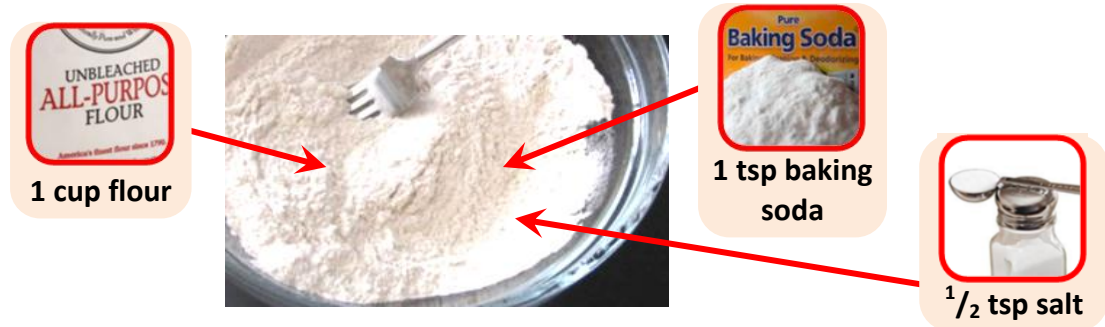
- 1 cup butter or margarine (soft)
- $\frac{3}{4}$ cup brown sugar
- $\frac{3}{4}$ cup white sugar
- 2 large eggs
- 1 tsp vanilla
- 1 cup all-purpose flour
- 1 tsp baking soda
- $\frac{1}{2}$ tsp salt
- 2 cups rolled oats
- 1 cup raisins

Options

- Add nuts.
- Include your favourite spices: cinnamon, ginger, or nutmeg.

Step 3: Mix dry ingredients

- Measure into a bowl:
 - 1 cup flour
 - 1 tsp baking soda
 - $\frac{1}{2}$ tsp salt
- Stir well.



Step 4: Combine ingredients

- Combine dry ingredients and wet ingredients.
- Add 2 cups oats and 1 cup raisins.
- Mix well.



Step 5: Bake cookies

- Drop spoonfuls of dough on the cookie sheet. Space them a few inches apart.
- Bake at 350°F for 10 to 13 minutes.
- Cool on a rack.



Enjoy oatmeal raisin cookies for dessert, for lunch or supper.

- Or as a snack.





Peanut Butter Cookies

This recipe takes 45 minutes to make.
12 servings

Step 1: Prepare oven and pan

- a) Preheat oven to 325°F.
- b) Lightly grease a cookie sheet.



Ingredients

tsp = teaspoon

- 1 cup peanut butter
- $\frac{1}{2}$ cup sugar
- 1 egg

Step 2: Combine ingredients

- a) In a bowl, combine:
 - 1 cup peanut butter
 - $\frac{1}{2}$ cup sugar
 - 1 egg
- b) Mix with a large spoon to blend well.



1 cup peanut butter



1 egg



$\frac{1}{2}$ cup sugar

Options

- Use crunchy peanut butter instead of smooth.

Step 3: Prepare cookies

- a) Roll the dough into 24 balls.
- b) Place them 4 inches apart on the cookie sheet.
- c) Flatten with a fork.



Step 4: Bake cookies

- a) Bake at 325°F for 20 minutes.
- b) Cool on a rack.



Enjoy peanut butter cookies for dessert for lunch or supper.

- Or for a snack.



Smoothies

This recipe takes 5 to 10 minutes to make.
1 to 2 servings

To make Orange Smoothie

- a) Put into a blender:
- 1 cup orange juice
 - 1/2 cup vanilla yogurt
 - 1 banana

b) Blend well.

c) Pour into glasses and enjoy!



Ingredients

- Orange juice
- Yogurt
- Bananas
- Crushed pineapple
- Ice
- Milk
- Skim milk powder
- Frozen berries

Options

- Use plain yogurt or any flavour you like.
- Use any kind of fresh, canned, or frozen fruit you like.

To make Pineapple Smoothie

- a) Put into a blender:
- 1 cup orange juice
 - 1 cup crushed pineapple
 - 2 bananas
 - 1 cup yogurt
 - Ice cubes

b) Blend well.

c) Pour into glasses and enjoy!



To make **Banana Smoothie**

- a) Put into a blender:
- 2 ripe bananas
 - 2 cups milk
 - $\frac{1}{4}$ cup skim milk powder
 - $\frac{1}{2}$ tsp vanilla
 - Ice cubes
 - Fresh or frozen berries (optional)
- b) Blend well.
- c) Pour into glasses and enjoy!



To make **Banana Berry Smoothie**

- a) Put into a blender:
- 3 cups vanilla or flavoured yogurt
 - 1 banana
 - 2 cups frozen berries
 - $\frac{1}{2}$ cup milk
- b) Blend well.
- c) Pour into glasses and enjoy!



Enjoy smoothies for breakfast, lunch, or supper. Serve with:

- Muffins or sandwiches.
- Any meal for dessert.

