



*Healthy Start Model Menu  
Recipe Book*

*Westcoast Child Care  
Resource Centre*

*Costed Menu Project*

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***NOTE: The number of servings provided by each recipe is an estimate.***

***Recipe book compiled by Margaret Broughton MSc, RD November 2006***



# Apple Crisp

Serving Size : 16

Categories : Crisp and Cobblers

Amount	Measure	Ingredient -- Preparation Method
6		apples -- peeled and sliced
1	tablespoon	lemon juice -- freshly squeezed
1	teaspoon	ground cinnamon
1	tablespoon	flour
1	cup	old fashioned rolled oats
1	cup	brown sugar (less sugar may be used)
½	cup	flour
¼	cup	butter

Arrange apples in a casserole dish. Mix together lemon juice, cinnamon and flour. Spoon over apples and coat well. In another bowl mix together rolled oats, brown sugar, flour and butter together. Rub together with fingertips to form crumbs. Spoon crumbs over apple mixture and bake in oven at 350°F for 30 minutes.

Source: "Recipes to the Rescue"



# Applesauce With Granola

Serving Size : 4  
Categories : Breakfast

Amount	Measure	Ingredient -- Preparation Method
1	cup	applesauce
½	cup	tasty granola
1	pinch	cinnamon

Spoon applesauce into a mixing bowl; mix in granola and cinnamon. Serve.

Source: "Whole Foods" website



# Baked Apples

(See alternative: Pear with Raspberry Sauce)

Serving Size : 18

Categories : Fruit Dessert

Amount	Measure	Ingredient -- Preparation Method
6	medium	apples
2	tablespoons	butter
¼	cup	syrup
1 ¼	cups	raisins

Cut apples in half. Scoop out core with a melon ball scoop. Place in a baking dish and put a pat of butter and some raisins into the centre of each apple. Drizzle on syrup.

Pour an inch of water into the bottom of the dish. Bake at 350°F for 30 minutes.

Source: "Making a Balance and Kickin' It Up"  
– A Cycle Menu for Montana Child Care



# Baked Spaghetti and Meat Sauce

Serving Size : 12-16

Amount	Measure	Ingredient -- Preparation Method
8	ounces	spaghetti
1	large	egg
½	cup	milk
½	teaspoon	salt
1	pound	ground beef
1	small	onion -- chopped
1	10 ounce can	spaghetti sauce
⅓	cup	mozzarella cheese – grated

Cook spaghetti, drain and rinse. In a large bowl, beat the egg, milk and salt; add spaghetti and toss to coat. Transfer to a greased 9" x 13" baking dish.

Cook ground beef with chopped onion. Drain off fat. Add spaghetti sauce and mix well. Spoon over noodles and bake uncovered at 350°F for 20 minutes. Sprinkle with mozzarella cheese and bake 10 more minutes.

Source: "Making a Balance and Kickin' It Up"  
– A Cycle Menu for Montana Child Care





# Baked Vegetable Frittata

Serving Size : 1  
Categories : Breakfast

Amount	Measure	Ingredient -- Preparation Method
½	cup	broccoli -- cooked and chopped
½	cup	stale whole wheat bread – cubed
4		eggs
¼	cup	milk
	pinch	salt
	pinch	pepper
½	cup	cheddar cheese -- grated
	pinch	dried basil

Preheat oven to 350°F. In a bowl combine broccoli and bread cubes, then sprinkle mixture evenly over bottom of 8" square baking pan. In a small bowl, whisk together eggs, milk, salt and pepper. Pour over vegetable mixture. Sprinkle with cheese and basil. Bake in preheated oven for 20 minutes or until knife inserted in centre comes out clean.

Source: Better Food for Kids, page 127



# Banana Cake

Serving Size : 10

Categories : Quick Breads

Amount	Measure	Ingredient -- Preparation Method
4	tablespoons	butter -- softened
$\frac{3}{4}$	cup	brown sugar
$\frac{1}{2}$	cup	buttermilk
3		eggs
3		bananas -- over ripe
2	teaspoons	lemon zest
1	tablespoon	lemon juice
2	cups	flour
1 $\frac{1}{2}$	teaspoons	baking soda
1	tablespoon	granulated sugar

Preheat oven to 350°F. Grease an 8" x 8" baking pan. In a large bowl, beat butter until creamy. Beat in brown sugar and buttermilk until combined. Beat in eggs. Mash bananas in a separate bowl. Add lemon zest and lemon juice to bananas. Fold banana mixture into batter, and then fold in flour and baking soda until just combined. Spoon the batter into prepared pan. Sprinkle granulated sugar on top and cook for 30 minutes or until tester comes out clean.

Source: "Recipes to the Rescue"



# Banana-Berry Shake

Serving Size : 4  
Categories : Breakfast

Amount	Measure	Ingredient -- Preparation Method
1		banana
1	cup	frozen berries
1	cup	milk or vanilla-flavoured soy beverage
$\frac{3}{4}$	cup	lower-fat yogurt -- vanilla or other flavour

In a blender, liquefy fruit with a small amount of the milk. Add remaining milk and yogurt; blend until smooth. If shake is too thick, add extra milk or soy beverage to achieve desired consistency.

Source: Cook Great Food



# Bannock

Serving Size : 10  
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
3	cups	flour
1	tablespoon	baking powder
1	teaspoon	salt
1	tablespoon	sugar
¼	cup	margarine or butter -- melted
1	cup	skim milk

In a large bowl, mix together the flour, baking powder, salt and sugar. Mix the melted butter with the milk. Add this mixture to the flour. Mix with a spoon to make soft dough. Put this on a floured board or table. With your hands, flatten and shape it until it is a 9-inch round piece. Put on a non-stick cookie sheet. Bake bannock in a 350°F oven for 20 minutes or until lightly browned. Cut into 10 pieces.



# Basic Salad Dressing

Serving Size : 12  
Categories : Salad

Amount	Measure	Ingredient -- Preparation Method
2	tablespoons	white wine vinegar
2	teaspoons	Dijon mustard
1	teaspoon	honey
6	tablespoons	extra virgin olive oil
		Salt and pepper -- to taste

In a small bowl whisk together vinegar, mustard and honey; gradually whisk in oil and season with salt and pepper.

(Hint: Use a food processor and make 3 times the recipe for use during the week. Add fresh herbs and garlic, to taste.)



# Bean Dip

Serving Size : 10

Categories : Dips and Spreads

Amount	Measure	Ingredient -- Preparation Method
1	14 fl oz can	refried beans
1/3	cup	plain yogurt
2		green onions -- chopped
2	tablespoons	cilantro(or parsley) -- chopped
1	teaspoon	chili powder
1		clove garlic -- minced

Combine all ingredients together. Serve with crackers, bread or vegetables.



# Black Bean Burritos

Serving Size : 16

Categories : Vegetarian Wrap

Amount	Measure	Ingredient -- Preparation Method
2	tablespoons	vegetable oil
1		clove garlic -- minced
½	medium	red onion -- chopped
1		green pepper -- chopped
1		red pepper -- chopped
1	cup	black beans, canned -- rinsed and drained
3		carrots -- shredded
½	cup	broccoli -- chopped small
1	tablespoon	chili powder
1	teaspoon	ground cumin
½	cup	water
¼	cup	red wine vinegar
1	tablespoon	brown sugar
8		soft whole wheat tortilla shells -- 8 inch in size

In a large saucepan, heat oil over medium-high heat. Add garlic, onion, and peppers; sauté for about 5 minutes or until softened. Stir in beans, carrots, broccoli, chili powder, cumin, vinegar, water and brown sugar. Increase heat to high and cook for 5 minutes or until vegetables are tender.

Heat tortilla shells microwave or oven until warm.

Assembly: Place ½ cup bean mixture into middle of tortilla and fold all sides over to enclose.

Source: Better Food for Kids



# Breakfast Cheese Melts

Serving Size : 4  
Categories : Breakfast

Amount	Measure	Ingredient -- Preparation Method
2		English Muffin -- halved
2	slices	ham
2	slices	pineapple
4	slices	Swiss or mozzarella cheese

Place muffins cut-side up on a baking sheet. Cook under broiler until golden brown.

Top toasted muffin with ham, pineapple and cheese. Return to broiler and cook until cheese is bubbly and melted.

Source: Better Food for Kids





# Broccoli Salad

Serving Size : 16  
Categories : Salad

Amount	Measure	Ingredient -- Preparation Method
5	cups	fresh broccoli -- cut into florets
1	cup	raisins
$\frac{1}{8}$	cup	red onion -- diced
$\frac{1}{2}$	cup	mayonnaise
$\frac{1}{4}$	cup	sugar
$\frac{1}{2}$	tablespoon	cider vinegar
$\frac{1}{2}$	tablespoon	milk

In a large bowl combine broccoli, raisins and red onions. In another bowl combine mayonnaise, sugar, vinegar and milk. Mix well. Add to broccoli and mix. Chill before serving.

Source: "Making a Balance and Kickin' It Up:  
– A Cycle Menu for Montana Child Care"

Optional: Add white kidney beans, sliced grapes or cheese cubes.



# Butterscotch Pudding

Serving Size : 8

Categories : Dessert

Amount	Measure	Ingredient -- Preparation Method
1	cup	brown sugar
2	tablespoons	cornstarch
¼	teaspoon	salt
2	cups	2 % milk
2		egg yolks
1	tablespoon	butter
1	teaspoon	vanilla

In a saucepan combine brown sugar, cornstarch and salt. Place over medium heat and whisk in milk gradually. Cook 15 minutes or until thick and bubbly.

In a separate bowl, beat yolks. Add ½ cup of milk mixture to yolks and stir. Add this mixture back to saucepan and cook an additional 2 minutes. Remove from heat and add butter and vanilla. Stir until butter is melted.

Pour pudding into serving bowl. Cover and let cool 1 hour.

Source: "Food to Grow On"



# Cabbage Roll Casserole

Serving Size : 16

Amount -----	Measure -----	Ingredient -- Preparation Method -----
1	teaspoon	oil
1	pound	ground beef
2	teaspoons	oil
1	large	onions -- chopped
1	clove	garlic -- minced
1	28 fl oz can	tomatoes with juice
2	tablespoons	tomato paste
1	teaspoon	Worcestershire sauce
1		bay leaf
1	cup	cooked rice
1	tablespoon	brown sugar
		salt and pepper -- to taste
4	cups	cabbage -- shredded

Preheat oven to 350° F. In a large Dutch oven, heat 1 teaspoon oil over medium high heat. Sauté ground beef until no longer pink, about 7 minutes. Remove ground beef and set aside. Add 2 teaspoons oil to same pot and sauté onions and garlic over medium heat until soft about 5 minutes. Add tomatoes with juice, tomato paste, Worcestershire sauce, bay leaf, cooked rice and brown sugar. Simmer on stove for 10 minutes. Season with salt and pepper.

In a greased 9" X 13" X 2" pan spread ½ cabbage on bottom. Spread ½ meat mixture on top. Repeat. Cover with tin foil and bake in oven for 50 minutes.

Source: "Making a Balance and Kickin' It Up"  
– A Cycle Menu for Montana Child Care"



## Caesar Salad with Spinach and Romaine

Serving Size : 16  
 Categories : Salad

Amount	Measure	Ingredient -- Preparation Method
1	head	Romaine lettuce – washed and tear into bite-size
1	bunch	spinach -- washed and dried
1	tablespoon	red wine vinegar
1	tablespoon	lemon juice
2	cloves	garlic
1	teaspoon	anchovy paste
½	teaspoon	Dijon mustard
½	teaspoon	Worcestershire sauce
¼	cup	olive oil
½	cup	cottage cheese -- or ricotta cheese
¼	cup	milk
		salt and pepper
¼	cup	Parmesan cheese -- grated
½	cup	croutons

In a blender, combine vinegar, lemon juice, garlic, anchovy paste, Dijon mustard, Worcestershire sauce, olive oil, cottage cheese, milk, and blend until smooth. Refrigerate for 1 hour to blend flavours.

Place romaine and spinach into a large bowl and toss with enough dressing to coat, add Parmesan cheese, salt and pepper and toss. Top with croutons and serve.

Source: The New Canadian Basics Cookbook



# California Rolls

Serving Size : 8  
Categories : Wrap

Amount	Measure	Ingredient -- Preparation Method
4	sheets	toasted nori sea vegetable -- cut into 5" x 8" pie
$\frac{3}{4}$	cup	cooked jasmine rice
$\frac{1}{8}$	cup	wasabi powder -- mixed with enough water to
make		paste
$\frac{1}{2}$	cup	crabmeat or imitation crab -- cooked and
chilled		
$\frac{1}{2}$	cup	cucumber -- shredded
4	slices	avocado
4	teaspoons	sesame seeds

Place one nori sheet on flat surface with shiny side down and coarse side up. Place the rice  $\frac{1}{2}$ " from the bottom, 2" from the top,  $\frac{1}{2}$ " thick and completely covering the nori from side to side. Spread some wasabi paste across the centre of the rice from side to side. Spread the crab, cucumber and sesame seeds across the wasabi.

Fold the bottom of the nori towards the center, just so the ingredients are covered. Roll. Seal the roll by placing 4 grains of rice along the top edge of the nori and press together. Slice roll into 4 pieces. Serve with pickled ginger and soy sauce.

Source: "Whole Foods" website



## Carrot and Apple Salad

Serving Size : 6

Categories : Salad

Amount	Measure	Ingredient -- Preparation Method
2	medium	carrots -- grated
1	medium	apple -- grated
2	tablespoons	raisins
1 ½	tablespoons	olive oil
1	tablespoon	fresh lemon juice

Mix together carrot, apples and raisins. Mix in olive oil and lemon juice.

Source: "Whole Foods" website

Option: Use a honey Dijon dressing with tarragon instead of the olive oil and lemon juice.



## *Carrot, Apple Muffins*

Serving Size : 8  
 Categories : Muffins

Amount	Measure	Ingredient -- Preparation Method
1 ¼	cups	whole wheat flour
¼	cup	sugar
1	teaspoon	cinnamon
1	teaspoon	vanilla
½	teaspoon	baking powder
½	teaspoon	baking soda
¼	teaspoon	salt
1	cup	carrots -- grated
½	cup	unsweetened applesauce
2	large	eggs
¼	cup	milk
¼	cup	canola oil

Preheat oven to 350° F. Line muffin tin with muffin papers. In a large bowl combine dry ingredients. In a separate bowl, combine carrots, applesauce and remaining ingredients. Add half the wet to the dry, stir until blended then add the rest. Spoon into muffin cups and bake about 20 minutes or until a toothpick in the centre comes out clean.

Source: "Whole Foods" website



# Cheddar Cheese Corn Bread

Serving Size : 12

Categories : Quick Breads

Amount	Measure	Ingredient -- Preparation Method
1	cup	yellow cornmeal
½	cup	all-purpose flour
1	teaspoon	baking powder
½	teaspoon	baking soda
1	teaspoon	salt
1 ¼	cups	buttermilk
2	large	eggs -- slightly beaten
3	tablespoons	butter -- melted
1 ½	cups	frozen corn
1	cup	cheddar cheese -- grated

Combine all dry ingredients in a bowl. In a separate bowl, combine all wet ingredients. Add to dry ingredients with corn and cheese. Stir until combined. Spoon into 8" square baking pan. Bake at 350°F for 30 minutes or until tester comes out clean.

Source: "Making a Balance and Kickin' It Up"  
– A Cycle Menu for Montana Child Care"





# Cheese Strata

Serving Size : 24  
 Categories : Breakfast

Amount	Measure	Ingredient -- Preparation Method
-----	-----	-----
12	slices	whole wheat bread
¼	cup	butter
1 ½	cups	Cheddar cheese
6		green onions -- optional
6		eggs
1	cup	milk
½	teaspoon	salt
½	teaspoon	pepper
½	teaspoon	dry mustard
½	cup	Cheddar cheese -- grated

Butter bread slices. Place 6 slices of bread on the bottom of a 9" x 13" x 1" pan. Cover bread with 1 ½ cups cheese and onions. Place remaining bread slices on top.

Beat eggs with milk and season with salt, pepper and dry mustard. Sprinkle with remaining ½ cup cheese. Bake for 1 hour. When done, knife inserted in the center will come out clean.

Source: "Food Flair for Childcare"

Option: Instead of the 9"x13" pan, use one 5"x7" pan or pyrex dish per table served.



# Chicken Drumsticks

Serving Size : 16  
Categories : Chicken

Amount	Measure	Ingredient -- Preparation Method
2	pounds	small drumsticks
½	cup	brown sugar
¼	cup	Soy sauce
2	tablespoons	cider vinegar
1	clove	garlic -- minced
¼	cup	chicken stock
		salt and pepper

Preheat oven to 325°F. Wash and pat dry drumlets and place in a 13" x 9" rectangle baking dish. In a small bowl combine sugar, Soy sauce, vinegar, garlic, chicken stock and salt and pepper. Pour over wings, cover and bake, basting occasionally for 1 hour. Serve warm or cold.

Source: "Making a Balance and Kickin' It Up"  
– A Cycle Menu for Montana Child Care"



# Chicken Noodle Soup

Serving Size : 10  
Categories : Soup

Amount	Measure	Ingredient -- Preparation Method
1	tablespoon	oil
1	small	onion -- diced
2	medium	carrots -- peeled and diced
2	stalks	celery -- diced
5	cups	chicken broth
2	cups	water
1		bay leaf
2	cups	broad egg noodles
½	teaspoon	dried thyme
1	pound	cooked chicken -- diced
		salt and pepper -- to taste

Heat a large Dutch oven over medium-high heat. Add onions, carrots, and celery. Sauté vegetables until soft, about 5 minutes. Add chicken both, water, bay leaf, and thyme. Reduce heat and simmer 20 minutes. Add noodles and chicken. Cook until tender about 8 minutes. Season with salt and pepper.

Source: "Quick Cook's Illustrated", page 169

Option: Add two more vegetables eg. zucchini and red pepper



# Chicken Pita Pocket

Serving Size : 8  
Categories : Chicken

Amount	Measure	Ingredient -- Preparation Method
2 ½	cups	chicken breast -- cooked, diced
½	cup	Mozzarella cheese -- shredded
2		green onions – chopped
½	cup	ranch dressing
½	teaspoon	salt
1	clove	garlic -- minced
4	6-inch	whole wheat pita bread rounds

In a mixing bowl, combine chicken, cheese, green onion, ranch dressing, salt and garlic. Mix well. Cut each pita bread round in half. Put ⅛ of mixture into each pita half.

Source: “Making a Balance and Kickin’ It Up”  
– A Cycle Menu for Montana Child Care”



# Chili in a Baked Potato

Serving Size : 8

Categories : Vegetarian

Amount	Measure	Ingredient -- Preparation Method
1	teaspoon	oil
1		onion -- chopped
1-2	clove	garlic -- minced
1	28 fl oz can	tomatoes -- with juices
1	can	kidney beans -- rinsed and drained
1	cup	cooked rice
2	teaspoons	Worcestershire sauce
1	tablespoon	chili powder
1	teaspoon	cocoa
	pinch	cinnamon
4		baked potatoes
		Cheddar cheese – grated, optional

In a large pot heat oil over medium-high heat. Add onions and garlic, sauté until soft, about 6 minutes. Add tomatoes and juices, crushing tomatoes with back of spoon. Add beans, rice and spices. Bring to a boil and simmer until and thick, about 20 minutes or longer. If too thick add a little water. Slice open baked potatoes. Spoon chili on top of potato. Serve passing cheddar cheese.

Source: "Making a Balance and Kickin' It Up"  
– A Cycle Menu for Montana Child Care"



# Chocolate Tapioca Pudding

Serving Size : 8  
Categories : Dessert

Amount	Measure	Ingredient -- Preparation Method
4	cups	milk
4	tablespoons	cocoa powder
½	cup	sugar
1		egg
½	cup	Minute tapioca
¼	teaspoon	salt
1	teaspoon	vanilla

In a medium-sized saucepan add milk, cocoa powder, sugar, egg, tapioca and salt. Whisk together. Heat over a medium low heat until it comes to a gentle boil, stirring constantly, for about 10 minutes. Remove from heat. Stir in vanilla. Serve either warm or cold.

Source: "Making a Balance and Kickin' It Up"  
– A Cycle Menu for Montana Child Care"



## Comforting Lentil Soup

Serving Size : 8  
 Categories : Soup

Amount -----	Measure -----	Ingredient -- Preparation Method -----
1	tablespoon	vegetable oil
1	small	onion -- chopped
1	clove	garlic -- minced
1	large	carrot -- chopped
1 ½	cups	lentils -- rinsed
⅓	cup	brown rice
4	cups	chicken stock
4	cups	water
2	sprigs	thyme or (½ t dry
0		
1	teaspoon	dried basil
½	teaspoon	dried oregano
1	tablespoon	Soy sauce
		salt and pepper -- to taste
		Parmesan cheese -- grated, optional

In a medium-size pot, heat oil at medium high heat. Add onions and garlic, sauté until soft about 5 minutes. Add carrot, lentils, rice, stock, water, thyme, basil, and oregano. Bring to a boil and simmer for 45 minutes. Add Soy sauce and salt and pepper to taste. Serve passing the Parmesan cheese.

Source: Recipes to the Rescue

Variation: Use fresh rosemary and pot barley for a lentil barley stew.



## Cottage Cheese Waffle Topping

Serving Size : 12-16

Categories : Breakfast

Amount	Measure	Ingredient -- Preparation Method
1	cup	cottage cheese
2	tablespoons	brown sugar
1	teaspoon	cinnamon
½	teaspoon	vanilla

Mix all in a blender until smooth.





## Cucumber and Dill Dipping Sauce

Serving Size : 12-16

Categories : Dips and Spreads

Amount	Measure	Ingredient -- Preparation Method
1	cup	plain yogurt
$\frac{1}{3}$	cup	English cucumber -- grated
$\frac{1}{2}$	teaspoon	fresh dill -- chopped
$\frac{1}{4}$	teaspoon	salt

Mix all ingredients together.

Hint: Drain yogurt in a coffee filter.

Source: "Food to Grow On"



# Deviled Tofu Sandwiches

Serving Size : 24  
Categories : Lunch

Amount	Measure	Ingredient -- Preparation Method
1 $\frac{1}{3}$	pounds	tofu (medium)
$\frac{1}{2}$	cup	mayonnaise
2	stalks	celery -- finely chopped
2		green onions -- finely chopped
2	teaspoons	onion -- grated
2	tablespoons	vinegar
$\frac{1}{4}$	teaspoon	dry mustard
$\frac{1}{2}$	teaspoon	turmeric -- optional
1	clove	garlic -- minced

Press tofu with paper towel to remove water. Put tofu, mayonnaise in food processor and blend until soft. Mix in all other ingredients. Chill. Use as a dip for breadsticks or vegetables.

Source: "Food Flair for Childcare"



## Egg Salad Sandwich

Serving Size : 6

Categories : Lunch

Amount	Measure	Ingredient -- Preparation Method
3		eggs -- hard boiled, shelled
2		green onions -- chopped
1	stalk	celery -- diced
		mayonnaise -- just enough to moist
		salt and pepper -- to taste

Mix all ingredients together and place between two pieces of whole wheat bread.

Source: The New Canadian Basics Cookbook



## *Fish Sticks with Pickle Mayo*

Serving Size : 8  
 Categories : Fish

Amount -----	Measure -----	Ingredient -- Preparation Method -----
3	cups	corn flakes, cornmeal or crumbs
1	small	lemon -- zest
1		egg white -- slightly beaten
1		tablespoon water
1 ¼	pounds	snapper -- cut crosswise into 1" pieces

### *Pickle Mayonnaise:*

⅓	cup	mayonnaise
1		dill pickle -- chopped fine
1	tablespoon	fresh lemon juice

Heat oven to 450°F. Grind cornflakes and lemon zest in a food processor until fine crumbs. Transfer to a small bowl. Combine egg white and water in a small bowl. Season fish with salt and pepper. Dip fish pieces into egg white, then roll in cornflakes, coating completely. Arrange fish on a baking sheet lined with parchment paper. Bake until fish is cooked through, about 10 minutes. While fish is cooking, combine mayonnaise, dill pickle and lemon juice together. Serve fish sticks on plate, passing pickle mayo.

Source: "Making a Balance and Kickin' It Up"  
 – A Cycle Menu for Montana Child Care"

Hint: For best freshness cook the fish on the day you buy it.



# Fluffy Cottage Cheese Pancakes

Serving Size : 6

Categories : Breakfast

Amount	Measure	Ingredient -- Preparation Method
1	cup	all-purpose flour
½	teaspoon	baking soda
¼	teaspoon	salt
2	tablespoons	sugar
4		eggs
1	cup	cottage cheese
½	cup	milk
2	tablespoons	canola oil

In a large mixing bowl, blend the flour, baking soda, salt and sugar. In a separate mixing bowl, whisk together the eggs, cottage cheese, milk and oil. Add the flour mixture to the liquid ingredients, whisking until completely blended.

Heat a non-stick skillet to medium heat. Drop batter by the quarter cup onto the hot skillet. Flip when browned and continue to cook on the other side until nicely browned.

Source: "Whole Foods" website

**Variation: add wheat germ or oat bran or ½ whole wheat flour.**



# Fruit Yogurt Popsicles

Serving Size : 4

Categories : Kid Friendly

Amount	Measure	Ingredient -- Preparation Method
1	cup	plain whole milk yogurt -- stirred
1	cup	mixed frozen fruit
2	tablespoons	honey
4	Popsicle sticks	
4	5-ounce	paper cups
	aluminum foil	

Place yogurt, fruit, and honey in a blender. Blend to desired consistency. Pour into paper cups, filling them 3/4 full. Cover the cups with foil. Make slits in the center of the foil covers and insert the Popsicle sticks. Put in the freezer for about 5 hours or until frozen. When ready, peel off the paper cup and eat.

Source: "Whole Foods" website



# Fruity Spread

Serving Size : 24  
Categories : Kid Friendly

Amount	Measure	Ingredient -- Preparation Method
3	cups	cottage cheese
½	cup	orange juice, from frozen concentrate
1	teaspoon	cinnamon
½	teaspoon	nutmeg -- optional

Blend all ingredients together until smooth. Chill.

Source: "Food Flair for Childcare"



# Grate Salad

Serving Size : 16  
Categories : Salad

Amount	Measure	Ingredient -- Preparation Method
5	cups	purple cabbage -- shredded
2	cups	apple with skins on -- shredded
$\frac{1}{3}$	cup	raisins -- optional
1	tablespoon	lemon juice
$\frac{1}{3}$	cup	mayonnaise
$\frac{1}{3}$	cup	plain yogurt

Mix cabbage, apple, raisins and lemon juice together. Add mayonnaise, yogurt and salt just before serving.

Source: Food Flair for Child Care





# Graham Cookies

Serving Size : 16  
 Categories : Cookies

Amount -----	Measure -----	Ingredient -- Preparation Method -----
3/4	cup	pecans or walnuts -- toasted, coarsely chopped
1 3/4	cups	whole wheat flour
1 1/2	teaspoons	baking powder
1	teaspoon	baking soda
3/4	teaspoon	cinnamon
1/2	teaspoon	salt
1/2	cup	butter -- softened
1	cup	sugar
1		egg
1	tablespoon	molasses
1	tablespoon	honey
1/2	teaspoon	vanilla

Preheat oven to 350°F. In a medium bowl, combine flour, baking powder, baking soda, cinnamon and salt. In another bowl cream butter and sugar with an electric mixer on high speed. Add egg and beat until fluffy. Beat in half of dry ingredients until just combined. Beat in molasses, honey and vanilla. Add pecans and remaining dry ingredients, stir until just combined. Roll 1 tablespoon of dough into walnut-sized balls and place on non-stick baking sheet. Press with moistened fingers to flatten. Bake for 8 minutes or until golden.

Alert: This recipe contains nuts. They can be omitted.



# Granola

(see also Homemade Granola and Tasty Granola)

Serving Size : 12  
Categories : Breakfast

Amount	Measure	Ingredient -- Preparation Method
2	cups	old fashioned oats
¼	cup	brown sugar -- packed
½	cup	apple juice
1	tablespoon	vegetable oil
¼	cup	honey
¼	teaspoon	salt
1	teaspoon	cinnamon
1	teaspoon	vanilla
½	cup	seedless raisins

Preheat oven to 250°F. In a small saucepan, combine brown sugar, apple juice, oil, honey, salt, cinnamon and vanilla. Stir well to dissolve sugar. Simmer over medium heat for 5 minutes. Measure oats into a mixing bowl. Pour brown sugar mixture over oats. Toss well to evenly coat. Spread granola evenly on a non-stick cookie sheet. Bake for 60 - 75 minutes, until granola is crunchy and lightly browned. While granola is hot, add raisins and stir to blend. Cool thoroughly before storing.

Options: The brown sugar can be omitted.

Make 4 times the recipe and store in an airtight container for convenient use.



# *Greek Beef Meatballs*

(Alternate for Hamburger BBQ Cups)

Serving Size: 10-16

Amount	Measure	Ingredient -- Preparation Method
1	pounds	lean ground beef
2	tablespoons	oregano -- chopped
2	tablespoons	mint -- chopped
½	cup	parsley -- chopped
3	cloves	garlic -- minced
12	ounces	red bell pepper -- roasted (1 jar)
2	teaspoons	pepper
2	teaspoons	salt
1	cup	feta cheese -- crumbled
2	teaspoons	lemon juice

Preheat the oven to 350° F. Mix the ground beef, oregano, mint, parsley, garlic, red peppers, lemon pepper, salt, feta cheese, and lemon juice together in a large bowl, blending in cheese until no large crumbles remain. Use a 2-ounce scoop (2 tablespoons) to measure, roll into 16 balls and place on a large baking pan. Bake for about 25 minutes or until the outside of the meatballs brown and the center is cooked through.

Source: "Whole Foods" website



# Homemade Granola

Serving Size : Makes 5 cups

Amount -----	Measure -----	Ingredient -- Preparation Method -----
3	cups	nonstick cooking spray
		rolled oats
$\frac{3}{4}$	cup	toasted wheat germ
$\frac{3}{4}$	cup	walnut -- coarsely chopped
$\frac{1}{2}$	cup	apple juice, frozen concentrate
$\frac{1}{4}$	cup	brown sugar -- packed
2	tablespoons	vegetable oil
$\frac{1}{2}$	cup	raisins -- chopped

Preheat oven to 300°F. Lightly coat 9" x 13" baking pan with cooking spray. Add oats, wheat germ, and walnuts, stirring to combine. Bake until oats are lightly toasted, about 25 minutes, stirring halfway through. Raise oven temperature to 350°F.

In a liquid measuring cup or small bowl, stir together apple juice, sugar, and oil. Pour over oat mixture, stir to combine. Return to oven and bake until oats are crisp, about 30 minutes, stirring halfway through.

Cool in pan, about 25 minutes. Toss with raisins. Transfer to a container with a tight-fitting lid. Store, covered, at room temperature for up to 1 month.

Source: "Martha Stewart Everyday Food"

**Alert: This recipe contains nuts. They can be omitted.**



# Hamburger BBQ Cups

(See alternative: Greek Beef Meatballs)

Serving Size : 8  
Categories : Ground Beef

Amount	Measure	Ingredient -- Preparation Method
1	pound	ground beef
½	cup	Barbecue sauce
1	tablespoon	onion -- chopped
2	tablespoons	brown sugar (can be omitted)
1	tube	biscuit dough (in tube)
1	cup	Cheddar cheese

Heat oven to 350°F. Grease 10 muffin cups. Cook ground beef and drain. Stir in BBQ sauce, onions and brown sugar. Cook 1 minute to blend flavours, stirring constantly. Separate dough into 10 biscuits and place each one in a muffin cup. Firmly press into bottom and up sides. Spoon about ¼ cup meat mixture into each biscuit lined cup. Sprinkle with cheese. Bake for 12 minutes or until edges are golden brown.

Source: "Making a Balance and Kickin' It Up"  
– A Cycle Menu for Montana Child Care"



# Hamburger Soup

(See alternative Hearty Minestrone Soup)

Serving Size : 8  
Categories : Soup

Amount	Measure	Ingredient -- Preparation Method
1	pound	ground beef
1	medium	onion -- chopped
1	clove	garlic -- minced
1	19 fl oz can	tomatoes
1	10 fl oz can	tomato soup
1	teaspoon	Worcestershire sauce
1/8	teaspoon	pepper
4	cups	water
4	cubes	beef bouillon mix
3	medium	carrots -- peeled and sliced
1	cup	cabbage -- chopped
1	cup	canned or frozen kernel corn
1/4	cup	dry macaroni

Brown the hamburger meat. Drain off as much fat as you can. Add onions and garlic, and cook at medium heat until onions are soft. Add the tomatoes, tomato soup, and Worcestershire sauce, pepper, water and bouillon mix. Bring to a boil, cover and simmer for 30 minutes. Add vegetables and macaroni. Cover and simmer for another 30 minutes.

Source: "Meals for Good Health", page114



# Hearty Minestrone Soup

(See Alternative Hamburger Soup)

Serving Size: 16

Amount	Measure	Ingredient -- Preparation Method
2	tablespoons	olive oil
4	cloves	garlic -- minced
1		onion -- chopped
6	cups	vegetable stock
1	20 fl oz can	crushed tomatoes
½	cup	tomato paste
1		carrot -- peeled and sliced
2	large stalks	celery -- sliced
1	cup	cabbage -- thinly sliced
¼	cup	parsley -- chopped
1	tablespoon	basil -- chopped
1		bay leaf
1	15 fl oz can	white beans
1	cup	chickpeas
1	cup	fusilli -- dry pasta
		salt and pepper
¾	cup	Parmesan cheese -- grated

In a large stockpot, heat olive oil and sauté garlic and onion until translucent. Add stock, tomatoes, tomato past, carrots, celery, cabbage, parsley, basil and bay leaf. Cook for 30-40 minutes until vegetables are tender. Add beans, chickpeas and pasta and simmer for another 20 minutes. Season with salt and pepper. Serve with Parmesan cheese sprinkled on top.

Source: "Whole Foods" website



# Honey Curry Chicken

Serving Size : 8

Amount	Measure	Ingredient -- Preparation Method
1	lb	chicken
2	tablespoons	olive oil
1	tablespoons	grated fresh ginger
1	clove	garlic -- minced
2	tablespoons	butter
½	cup	honey
¼	cup	Dijon mustard
1	tablespoon	curry powder salt and pepper

Preheat oven to 350°F. Place chicken in a 9" x 13" x 1" baking dish. In a small skillet, heat olive oil over medium-high heat. Add ginger and garlic and sauté for 1 minute. Add butter, honey, Dijon and curry powder. Stir until butter is melted. Season with salt pepper. Pour sauce over chicken, turn chicken to coat well. Bake 40 minutes or until chicken is cooked.

Source: "Making a Balance and Kickin' It Up"  
– A Cycle Menu for Montana Child Care"





# Indian Dal

(Alternative for Meatloaf)

Serving Size : 16

Amount	Measure	Ingredient -- Preparation Method
2	cups	red lentils
2	tablespoons	onion -- chopped
1	teaspoon	cumin seeds
¼	ground	cardamom
4	cloves	garlic -- minced
4	cups	vegetable broth
1 ½	cups	tomato -- chopped with juice
⅓	cup	cilantro -- chopped
2	tablespoons	fresh ginger -- chopped
1		jalapeno pepper – minced, optional
1	teaspoon	turmeric
1	teaspoon	salt

Place the lentils on a clean, flat surface, preferably light in colour to visually aid in sorting. Sort through the lentils and discard any pebbles or chaff. Place the sorted lentils in a fine mesh strainer and rinse with cold running water, drain.

Heat the oil in a large heavy bottom 5-quart pan over medium-high heat, and sauté the onion until golden brown, about 5 minutes. Add the cumin seeds, cardamom, and garlic to the pan and stir until the spices are just fragrant, about 2 minutes. Add the broth, tomatoes, lentils, cilantro, ginger, jalapeno pepper, turmeric and salt. Bring to a boil over high heat; reduce the heat to low, cover and simmer, stirring often, until lentils become soft, about 15 minutes.

For a less spicy dish, remove the white membrane and seeds inside the jalapeno pepper before mincing.

Serving Idea: This is a quick nutritious recipe. Serve over a bed of brown rice.

Source: "Whole Foods" website



# Instant Banana Pudding

Serving Size : 4

Categories : Kid Friendly

Amount	Measure	Ingredient -- Preparation Method
1	small	banana
½	cup	applesauce
2	teaspoons	plain yogurt
½	teaspoon	cinnamon

Mash the banana with a potato masher. Add the applesauce, yogurt and cinnamon. Serve immediately.



## Kermit's Dip

Serving Size : 12  
Categories : Dips and Spreads

Amount	Measure	Ingredient -- Preparation Method
1		ripe avocado
½	cup	yogurt
2	teaspoons	lemon juice
½	teaspoon	cumin
½	teaspoon	hot sauce

Cut avocado in half; remove the pit, spoon out the pulp from the skin and place in a medium bowl. Add the yogurt, lemon juice, spice and hot sauce. Mash the avocado mixture with a fork or potato masher. Cover with plastic wrap and refrigerate for 1 hour so flavors meld.



## *Kid Friendly Hummus Dip*

Serving Size : 8

Categories : Dips and Spreads

Amount	Measure	Ingredient -- Preparation Method
1	19 fl oz can	chickpeas
1	cup	low-fat plain yogurt
1/8	cup	lemon juice
1 1/2	teaspoons	olive oil
		hot pepper sauce -- optional

Blend chickpeas, yogurt, lemon juice, olive oil and hot sauce in a blender until smooth.

Variation: Add fresh parsley and 1-2T chopped onion.



# Lentil Chili

Serving Size : 8  
 Categories : Chili, Vegetarian

Amount	Measure	Ingredient -- Preparation Method
1	tablespoon	olive oil
2		carrots -- diced
2	small	zucchini -- diced
1		eggplant -- diced
1	large	onion -- chopped
1		red bell pepper -- diced
1	clove	garlic -- minced
1	teaspoon	dried oregano
1	teaspoon	cumin powder
1	tablespoon	chili powder
1		bay leaf
2	28 fl oz cans	tomatoes -- with juice
2 ½	cups	vegetable stock
1 ½	cups	dried lentils
		grated Cheddar cheese

Heat oil in a large pot over medium heat. Add carrots, zucchini, eggplant, onion, red pepper, and garlic. Sauté until tender, about 7 minutes. Add oregano, cumin, chili powder and bay leaf. Stir 1 minute. Add tomatoes, stock and lentils. Bring to a boil, reduce heat and simmer until tender, about 40 minutes. Season with salt and pepper. Serve passing the cheddar cheese.

Source: "Making a Balance and Kickin' It Up"  
 – A Cycle Menu for Montana Child Care"



# Macaroni Salad

Serving Size : 12

Categories : Pasta, Salad

Amount	Measure	Ingredient -- Preparation Method
1	pound	whole wheat elbow pasta
½	cup	celery -- diced
½	cup	frozen peas -- thawed
¼	cup	olive oil
¼	cup	mayonnaise
1	tablespoon	apple cider vinegar
1	tablespoon	honey
3		green onions -- chopped
		salt and pepper -- to taste

Cook pasta according to package directions.

Combine pasta, celery, and peas in a large serving bowl. In a separate bowl, whisk together the oil, mayonnaise, vinegar, honey, green onion, salt and pepper. Toss into the salad. Season with salt and pepper.

Source: "Whole Foods" website



# Make-Ahead French Toast

Serving Size : 8

Categories : Breakfast

Amount	Measure	Ingredient -- Preparation Method
8	slices	whole wheat bread -- slightly stale
4		eggs
1	cup	milk
2	tablespoons	granulated sugar
1	teaspoon	vanilla
¼	teaspoon	salt

Arrange bread slices in single layer in 13" x 9" glass dish or a 15"x20" baking sheet. In a bowl, whisk together eggs, milk, sugar, vanilla and salt. Pour over bread; let stand for 5 minutes. Turn slices over. Cover with plastic and refrigerate overnight.

To Bake: Place slices on greased baking sheet. Bake in 400°F oven for 10 minutes. Turn slices over and bake for about 7 minutes longer or until slightly puffy and golden. Serve immediately.

Source: The New Canadian Basics Cookbook, page 148



# Meatloaf

Serving Size : 16

Categories : Ground Beef

Amount	Measure	Ingredient -- Preparation Method
1 ½	pounds	ground beef
⅓	cup	milk
3		eggs
⅔	cup	breadcrumbs
⅓	cup	onion -- minced
1	teaspoon	salt
1	teaspoon	pepper
1	tablespoon	Worcestershire sauce
¾	cup	ketchup

Blend all ingredients together. Add more ketchup if needed. Pack into a loaf pan. Bake at 350°F. for approximately 1 hour.

Source: "Food Flair for Childcare"





## Moroccan Squash and Lentil Stew

Serving Size : 8

Categories : Vegetarian

Amount	Measure	Ingredient -- Preparation Method
1	tablespoon	oil
1		onion -- chopped
1	clove	garlic -- minced
1		butternut squash -- peeled, seeded, cut
1	cup	carrots -- sliced 1/4" thick
1	cup	tomatoes, fresh or canned -- chopped
1/2	cup	lentils
1/4	cup	rice
5	cups	water or stock or combination
1	can (28 oz)	garbanzo beans -- rinsed
1		bay leaf
1	teaspoon	ground cumin
1 1/2	teaspoons	paprika
3	tablespoons	fresh lemon juice
1/2	teaspoon	salt
		pepper -- to taste

In a big pot, add oil and heat at medium-high heat. Add onion and garlic and sauté until onions begin to soften, about 5 minutes. Add squash and carrots, sauté 3 minutes. Add all other ingredients and mix well. Bring to a boil, lower temperature and simmer covered for 30 minutes, stirring occasionally. Season with salt and pepper.

Hint: Wash the butternut squash, pierce it in many places and cook in the microwave for 5 minutes. Let it cool and then peel it.



## Orange Cream

Serving Size : 6  
Categories : Fruit Dessert

Amount	Measure	Ingredient -- Preparation Method
1/3	package	Silken Tofu
3	tablespoons	sugar
1	tablespoon	orange juice, frozen concentrate
1	tablespoon	plain yogurt
1/2	teaspoon	orange rind zest

Combine silken tofu, sugar, orange juice concentrate, yogurt and orange zest .  
Mix well with hand blender. Serve over fruit dessert.

Source: "Cooking For Your Life"



# Oven Baked French Fries

Serving Size : 4

Categories : Vegetables

Amount	Measure	Ingredient -- Preparation Method
2	large	potatoes -- peeled
1	medium	sweet potato -- peeled
2	tablespoons	vegetable oil
		salt -- to taste

Cut potatoes into ½" thick sticks. Place all potatoes in a large bowl; toss with oil until coated. Spread out in single layer on baking sheet (preferably nonstick).

Bake in 450°F oven for 40 minutes on a 15"x20" baking sheet, turning every 10 minutes, until crisp and golden brown. Remove and sprinkle lightly with salt.

Source: The New Canadian Basics Cookbook



# Pear with Raspberry Sauce

(See alternative Baked Apple)

Serving Size : 8

Categories :

Amount	Measure	Ingredient -- Preparation Method
2	tablespoons	butter
$\frac{1}{3}$	cup	sugar
$\frac{1}{2}$	teaspoon	ground ginger
$\frac{1}{8}$	teaspoon	ground cloves
$\frac{1}{8}$	teaspoon	ground nutmeg
4		pears -- halved and cored
3	tablespoons	cream
1	cup	raspberries, frozen

Preheat oven to 375°F. In an oven-proof skillet, combine butter, sugar, ginger, cloves, and nutmeg. Add pears, cut side down; cover with foil. Bake, turning pears over halfway through, until tender when pierced with the tip of a paring knife, about 25 minutes.

Lift pear halves with a slotted spoon, allowing any juices to drip back into the skillet, and divide among four serving plates. Bring liquid in skillet to a boil over medium heat. Add cream; cook until slightly thickened, 1 minute. Stir in raspberries.

Spoon sauce over pears and serve.



# Pineapple Tofu Smoothie

Serving Size : 6

Categories : Breakfast

Amount	Measure	Ingredient -- Preparation Method
4	cubes	ice
1	cup	soft tofu
½	cup	frozen strawberries
½	cup	apple juice
½	cup	banana -- sliced
½	cup	pineapple chunks in light syrup

Blend together all ingredients in a blender. Add water if needed. Serve.

Source: "Cooking For Your Life"



# Pita Crisps

Serving Size : 48

Categories : Snacks

Amount	Measure	Ingredient -- Preparation Method
3	tablespoons	olive oil
	pinch	salt
3		whole wheat pita bread -- cut into 8 wedges

Lightly brush olive oil over "inside" surface of each triangle and place brushed side up on baking sheet. Preheat oven to 350°F. Bake 12 minutes or until crisp and golden brown.

Source: Better Food for Kids

Variation: substitute the salt with a salt free seasoning mix



# Pizza Pals

Serving Size : 4  
Categories : Kid Friendly

Amount	Measure	Ingredient -- Preparation Method
1		whole wheat English muffin -- split in two
2	tablespoons	pizza sauce
2	slices	cheddar cheese -- slices
2	tablespoons	red bell pepper, chopped

Preheat broiler. Lightly toast both English muffin halves and spread with the pizza sauce. Place a slice of cheese on top. Decorate with red pepper. Cook under the broiler just until the cheese melts about 1 minute. Watch carefully so the cheese does not burn. Serve

Source: "Whole Foods" website



# Potato and Egg Salad

Serving Size : 8  
Categories : Salad

Amount	Measure	Ingredient -- Preparation Method
4	medium	red potato
3		eggs -- hard boiled, chopped
¼	cup	celery -- diced
¼	cup	green onion -- chopped
1		dill pickle -- chopped
1	teaspoon	Dijon mustard
1	tablespoon	white wine vinegar
½	cup	mayonnaise
		salt and pepper -- to taste
		paprika -- for the top garnish - optional

Cook potatoes in boiling water until tender when pierced with a fork. Drain and set aside until cool. Chop the potatoes with the peel into bite-sized pieces. Add the eggs, celery, green onion and pickles. Mix the mustard in a separate bowl with the mayonnaise. Gently mix into the potato salad. Season with salt and pepper. If desired, sprinkle paprika over the top before serving.

Source: "Whole Foods" website





# Potato Pockets

Serving Size 16  
 Categories : Vegetarian, Wrap

Amount	Measure	Ingredient -- Preparation Method
2		potatoes -- or 2 cups mashed
2	teaspoons	oil
2		green onions -- thinly sliced
¼	teaspoon	ground ginger -- optional
½	teaspoon	salt
¼	teaspoon	ground cumin -- optional
¼	teaspoon	ground coriander -- optional
	pinch	cayenne
½	cup	frozen mixed vegetables
2	tablespoons	plain yogurt
	squeeze	lemon juice
8		flour tortillas or pita pockets
1	small	tomato – chopped
		plum sauce

Peel and dice potatoes into ½” pieces. Place in a pot, cover with cold salted water and bring to the boil. Cook, covered, 10 minutes until potatoes are very tender. Drain well and mash but not too thoroughly.

Heat oil in a saucepan over medium heat. Add onion and seasoning. Cook 1 minute, then add frozen vegetables and 2 tablespoons water. Stir till hot. Return potato mixture to pan and heat. Add yogurt and lemon juice.

Place ¼ cup of warm potato mixture on one end of tortilla. Sprinkle with tomato, if using, then roll and fold to enclose filling in square packets. Cut in half diagonally to make open-sided triangles. Serve with a dipping sauce such as plum.

Source: “Kids and Carbs” website

Variation: Serve with tamarind sauce or cucumber raita, add chick peas



# Pumpkin Loaf

Serving Size : 12  
Categories : Quick Breads

Amount	Measure	Ingredient -- Preparation Method
1 ½	cups	whole wheat flour
½	cup	oats
2	teaspoons	baking powder
1	teaspoon	baking soda
½	teaspoon	salt
2	teaspoons	cinnamon
½	teaspoon	nutmeg
¼	teaspoon	allspice
1	teaspoon	ground ginger
½	cup	brown sugar
¼	cup	molasses
¼	cup	oil
2		eggs
2	tablespoons	orange juice
2	teaspoons	orange zest
1	cup	pumpkin puree

Preheat oven to 350°F. Prepare 1 loaf pan. In a large mixing bowl combine flour, oats, baking powder, baking soda, salt, cinnamon, nutmeg, allspice and ginger. In a separate bowl combine brown sugar, molasses, oil, eggs, orange juice, orange zest and pumpkin. Combine liquids with dry ingredients and mix until just combined. Pour into loaf pan and cook 50 minutes or until tester comes out clean



## Pumpkin Raisin Bars

Serving Size : 8-10  
 Categories : Bars and Squares

Amount -----	Measure -----	Ingredient -- Preparation Method -----
2	cups	all purpose flour
1 ½	cups	sugar
2	teaspoons	baking powder
1	teaspoon	baking soda
1	teaspoon	cinnamon
½	teaspoon	all-spice
½	teaspoon	salt
1	cup	oil
3		eggs
1	cup	pumpkin puree
½	cup	walnuts -- coarsely chopped
½	cup	raisins

*Icing:*  
 (Optional)

⅓	cup	butter
4	ounces	cream cheese
2	cups	icing sugar
2	teaspoons	milk
1	teaspoon	vanilla

Preheat oven to 350°F. Prepare an 8" x 8" baking pan. In a large bowl combine all ingredients. Stir until Combined. Spread into prepared pan and bake until set, about 25 minutes. Remove and cool.

Icing: In a bowl, combine butter, cream cheese, sugar, milk and vanilla. Beat until smooth. Spread on cake when cooled.

Source: "Recipes to the Rescue" **Alert: This recipe contains nuts. They can be omitted.**



## Pumpkin Waffles (or Pancakes)

Serving Size : 12  
 Categories : Breakfast

Amount	Measure	Ingredient -- Preparation Method
1 ½	cups	buttermilk
¾	cup	pumpkin puree
2		eggs – separated
2	tablespoons	oil
3	tablespoons	sugar
½	teaspoon	cinnamon
⅛	teaspoon	nutmeg -- optional
2	cups	all-purpose flour
2 ½	teaspoons	baking powder
½	teaspoon	baking soda
¼	teaspoon	salt

In a bowl blend buttermilk, pumpkin puree, egg yolks, oil, sugar, cinnamon and nutmeg until well combined. In another bowl, combine flour, baking powder, baking soda, and salt. Add into pumpkin mixture. In a separate bowl, beat egg whites until they hold a stiff peak. Fold into batter. Cook in a waffle iron.

Source: "Recipes to the Rescue"



# Rice and Meatball Congee

Serving Size : 8  
 Categories : Soup

Amount	Measure	Ingredient -- Preparation Method
4	cups	water
1	cup	sticky rice -- rinsed
6	cups	chicken stock
¼	cup	fresh ginger -- peeled, thinly slice
4	cloves	garlic -- peeled
3		green onions -- thinly sliced
2	tablespoons	soy sauce
1	tablespoon	fresh cilantro – chopped

### *Pork Meatballs:*

1	cup (250 g)	lean ground beef, chicken or turkey
2	cloves	garlic -- minced
1	tablespoon	fresh cilantro -- chopped
½	tablespoon	soy sauce
	pinch	pepper

In a saucepan bring water and rice to boil. Reduce heat and cook partially covered stirring occasionally, until rice is tender about 25 minutes. Meanwhile, in a large pot, bring chicken stock, ginger and garlic to boil.

### *Pork Meatballs:*

In a bowl, combine pork, ginger, cilantro, soy sauce and pepper. Drop pork mixture by teaspoons into chicken broth mixture. Return to a simmer for 5 minutes. Gently pour in cooked rice adding green onions, soy sauce and cilantro. Stir to combine well. Return to the boil, stirring occasionally until rice is very tender, about 10 minutes.

NOTE : This is a typical Asian breakfast.



# Salmon Cakes

Serving Size : 16  
Categories : Fish

Amount	Measure	Ingredient -- Preparation Method
2	7.5 fl oz cans	salmon
1	cup	onion -- finely chopped
¼	cup	lemon juice
1	tablespoon	fresh dill -- chopped
½	teaspoon	Tabasco sauce -- optional
4		egg whites
1	cup	milk
1 ½	cups	bread crumbs
½	teaspoon	salt
½	teaspoon	pepper

Mix all ingredients together. Shape into patties. Place on an oiled baking sheet. Bake in a 250°F oven for 20 minutes or until cooked through.

Source: "Food Flair for Childcare"



## Sheppard's Pie

Serving Size : 8  
 Categories : Beef, Casserole

Amount	Measure	Ingredient -- Preparation Method
3	large	russet potatoes
¼	cup	butter
½	cup	milk
1	teaspoon	salt
1	pound	ground beef
1	tablespoon	oil
½	large	onion -- chopped
1	clove	garlic -- minced
½	cup	carrots -- diced
½	cup	frozen peas
2	teaspoons	flour
1	cup	beef stock
2	tablespoons	Worcestershire sauce
1	tablespoon	tomato sauce
¼	teaspoon	ground thyme
¼	teaspoon	ground sage -- optional
		salt and pepper -- to taste

In a large pot of boiling water cook potatoes until soft. Drain and add butter, milk and salt. Mash with a potato masher. Heat a large skillet to medium high heat. Add ground beef and sauté until cooked through and no longer pink. Spoon into a separate bowl, and set aside. Return skillet to heat and add oil. Sauté onions and garlic for four minutes. Add carrots and sauté until soft. Add peas and flour. Cook one minute. Add beef stock, Worcestershire sauce, tomato sauce, thyme, sage and salt and pepper. Simmer a few minutes. Spoon into a casserole bowl and spread mashed potatoes on top. Place in 350°F oven for 20 minutes, or until heated through. Serve.



# Spaghetti with Bolognese Sauce

(Alternative for Baked Spaghetti and Meat Sauce)

Serving Size : 16

Catagories:

Amount	Measure	Ingredient -- Preparation Method
1	tablespoon	olive oil
2		onions -- finely chopped
3		carrot -- finely chopped
6	cloves	garlic -- minced
1.5	pounds	ground beef
¼	cup	tomato paste
1	can (28 oz)	tomatoes, canned -- crushed
1	cup	milk
12	ounces	spaghetti
½	cup	Parmesan cheese -- grated

Make sauce: In a Dutch oven (or 5 quart saucepan), heat oil over high heat. Add onions, carrots, and garlic; cook stirring, until slightly softened, about 2 minutes. Add beef; cook, breaking up meat with a spoon, until no longer pink, about 5 minutes. Stir in tomato paste and cook 1 minute. Season with salt and pepper.

Add wine and tomatoes. Bring sauce to a simmer; cook, partially covered, stirring occasionally, until thickened, about 1 hour. Add milk; simmer until completely absorbed, about 15 minutes more.

When sauce is almost done, cook pasta in a pot of boiling water until softened, according to package directions. Toss pasta with meat sauce. Service sprinkled with cheese.

Source; "Martha Stewart Everyday Food"





# Stir-Fry Chicken Chow Mein

Serving Size : 8  
 Categories : Chicken

Amount	Measure	Ingredient -- Preparation Method
2	tablespoons	soy sauce
1	teaspoon	vegetable oil
1	teaspoon	honey
1	clove	garlic -- minced
400	grams	chicken, cut in strips
170	gram bag	chow mein noodles

## Sauce:

1	tablespoon	cider vinegar
2	teaspoons	honey
2	tablespoons	soy sauce
½	teaspoon	sesame oil
2	teaspoons	cornstarch
2	teaspoons	fresh ginger root -- minced
1	clove	garlic -- minced
1	cup	broccoli florets
2	medium	carrots -- sliced
1	handful	green beans, trimmed, -- cut 1" pieces
½	cup	bean sprouts

Combine soy sauce, vegetable oil, honey and garlic together in a small bowl. Add chicken strips, mix well, cover and place in fridge. In a large pot of boiling water, cook chow mein noodles 3 minutes. Drain and rinse under cold water, set aside. In a small bowl combine cider vinegar, honey, soy sauce, sesame oil and cornstarch. Set aside. Heat wok over medium-high heat. Remove chicken from marinade and stir-fry until chicken is cooked through. Remove chicken; add ginger and garlic in wok, stir-fry 1 minute, add vegetables. Stir-fry until tender about 5 minutes, adding a little water if bottom gets dry. Add sauce, bean sprouts, chow mein noodles and chicken, stir until thickens, serve.

Source: "Recipes to the Rescue"



# Tasty Granola

Serving Size : 20

Categories : Breakfast

Amount	Measure	Ingredient -- Preparation Method
5	cups	rolled oats
1	cup	wheat germ
1	cup	wheat or rye flakes
1	cup	sunflower seeds -- raw, hulled
1	cup	unsweetened coconut
1	cup	almonds -- raw
½	cup	sesame seeds -- raw
1	cup	liquid honey
½	cup	oil
2	cups	raisins

Mix all ingredients together. Spread evenly on a large cookie sheet. Bake at 325°F for 45 minutes, turning mixture every 10 minutes so that all sides are evenly toasted. Cool and add raisins.

Source: "Food to Grow On", page 226



## *Tasty Salmon Noodle Casserole*

Serving Size : 6-8

Categories : Fish

Amount	Measure	Ingredient -- Preparation Method
5	ounces	egg noodles
1	7.5 fl oz can	salmon -- well drained
1	cup	plain yogurt
½	cup	milk
1	cup	frozen peas
1	teaspoon	salt
¼	teaspoon	pepper
2	tablespoons	Parmesan cheese -- grated
1	tablespoon	butter or margarine
⅓	cup	fine dry breadcrumbs

Cook noodles as directed on package. Return drained noodles to a large pan. Stir in salmon, yogurt, milk, peas, salt and pepper. Pour into ungreased, 2-quart casserole dish. Bake uncovered 35 to 40 minutes at 350°F.

Source: "100 Meals Under a Loonie Per Serving"



# Teriyaki Chicken Bits

Serving Size : 6-8  
Categories : Chicken

Amount	Measure	Ingredient -- Preparation Method
400	grams	chicken -cut into 2" cubes
1/3	cup	honey
2	tablespoons	soy sauce
1	tablespoon	rice vinegar or lime juice

## *Dipping Sauce:*

1/4	cup	smooth peanut butter
1/4	cup	Hoisin sauce

Preheat oven to 350°F. In a bowl combine honey, soy sauce and rice vinegar. Place cubes of chicken in bowl and marinate for 30 minutes at room temperature or longer in refrigerator. Line a baking sheet with parchment paper and bake chicken bits 10 minutes, turn and bake another 10 minutes.

## Dipping Sauce:

In a small bowl combine peanut butter and Hoisin sauce. Serve dipping sauce with chicken bits.

Alert: This recipe contains nuts. An alternative is a plum or honey mustard sauce.

Variation: Add 1T minced ginger and cilantro for garnish.



# Thousand Island Vegetable Dip

Serving Size : 6

Categories : Dips and Spreads, Salad

Amount	Measure	Ingredient -- Preparation Method
-----	-----	-----
½	cup	mayonnaise
2	tablespoons	ketchup
2	tablespoons	sweet pickle or relished -- minced
1	tablespoon	green onion -- minced

Mix all ingredients together.

Source: The New Canadian Basics Cookbook



# Tofu Scrambled Eggs

Serving Size : 6

Categories : Breakfast

Amount	Measure	Ingredient -- Preparation Method
3		eggs
½	cup	firm tofu -- mashed
¼	teaspoon	dried basil
1	teaspoon	oil
	pinch	salt
	pinch	turmeric -- optional

Beat together eggs, tofu, basil, salt and turmeric, if using. Heat a medium skillet on medium-high heat. Add oil to skillet. When hot add egg mixture and scramble until firm. Serve.



# Tuna Melts

Serving Size : 8  
Categories : Lunch

Amount	Measure	Ingredient -- Preparation Method
2	cans	light chunk tuna -- drained
1		dill pickle -- finely chopped
¼	cup	mayonnaise
2	teaspoons	lemon juice
2	tablespoons	celery -- chopped
		salt and pepper -- to taste
4		whole wheat English muffins
8	oz	Cheddar cheese -- sliced

Preheat broiler. In a bowl combine tuna, pickle, mayonnaise, lemon juice and celery. Season with salt and pepper. Separate English muffins and spread tuna mixture on top. Place slice of cheddar cheese on top. Place on baking sheet. Place under broiler for 30 seconds or until cheese melts.



# Vietnamese Salad Roll

Serving Size : 16 small  
Categories : Wrap

Amount	Measure	Ingredient -- Preparation Method
8	ounces	rice vermicelli
8	pieces	rice paper
8		lettuce leaves
1	cup	carrot -- grated
1	cup	cooked chicken -- shredded
8		green onions -- trimmed
		Hoisin sauce -- optional

Bring pot of water to a boil, add vermicelli, turn off heat and let noodles soak for 5 minutes. Rinse with water and drain. Set aside. Fill a large bowl with warm water. Immerse one sheet of rice paper in water for 5 seconds, or until softened.

Remove and place on a flat surface. Fold over the bottom  $\frac{1}{3}$  of paper. Put one or two lettuce leaves on the folded paper and about 1 oz vermicelli on top. Fold up slightly. Place about 2 tablespoons of carrots and 1 ounce of chicken on the lettuce. Add the green onion in front of the vermicelli so that it will protrude from the finished roll. Roll the folded bottom edge away from you, enveloping the ingredients and making a tight roll. Repeat with the remaining sheets. Keep in a cool, moist place until serving time. Serve with Hoisin sauce.

Source: "Food To Grow On", page 242

Variation: Serve with slices of papaya, jicama and pea shoots.





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