

ADVENTURES IN COOKING MENU

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Adventures in Cooking

Lesson #1

Supersnacking

BEAR HUG WRAPS

Ingredients

2 cups	Homemade Hummus (see recipe)
2	carrots
1 small head	romaine lettuce
1 can (540 ml)	black beans, rinsed and drained
1	tomato
1 small	cucumber
1 400 g	block of cheese
6 large	10" whole wheat tortillas

Directions

1. Wash the vegetables.
2. Grate the carrots.
3. Tear the lettuce into smaller pieces.
4. Slice the tomato.
5. Peel the cucumber and cut into thin slices.
6. Grate the cheese.
7. Take a tortilla and spread 2 teaspoons of hummus in a thin layer on one side.
8. Fill with black beans, cheese and vegetables.
9. Fold up the wrap, with the bottom folded 2 inches up and the sides folded in.
10. Enjoy!

Makes 6 wraps.



HOMEMADE HUMMUS

Ingredients

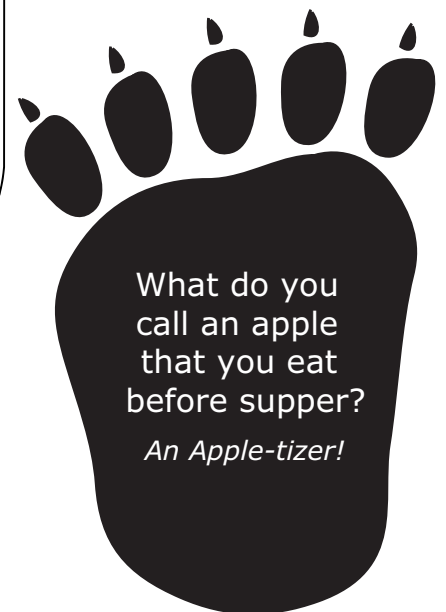
1 can (19 oz/540 mL)	chickpeas, drained
1	lemon, (or ¼ cup lemon juice)
2 cloves	garlic
½ tsp.	ground cumin
½ tsp.	salt
½ tsp.	pepper
¼ cup	plain yogurt
2 tbsp.	olive oil

Directions

1. In a food processor or blender, puree the chickpeas.
2. Add lemon juice and blend.
3. Continue adding each ingredient and blending until all the ingredients have been added.
4. Serve with vegetable sticks or on sandwiches and wraps.
5. Enjoy!

Makes 2 cups

Source: Recipe adapted from "Busybodies" - creative food and play ideas for you preschoolers (ages 3-5). Nutrition Resource Centre, February 2007.



BELLYBUTTON SOUP

Ingredients

2 cups (454 g)	tortellini (meat or cheese)
4 cups	stock (chicken or vegetable)
2 cups	mixed vegetables (frozen or fresh)
1 can (19 oz/540 mL)	beans (kidney, black, or fava)
1 can (28 oz/796 mL)	diced tomatoes
1 tsp.	oregano or Italian seasoning
1 clove	garlic, minced (optional)
1	bay leaf
½ cup	Parmesan cheese (grated)

Directions

1. Mix all ingredients together in a large pot (except Parmesan cheese and tortellini).
2. Put the pot on the stove and bring to a boil.
3. Add tortellini and simmer until the tortellini and veggies are tender.
4. Remove the bay leaf.
5. Turn the stove off.
6. Serve in bowls and sprinkle with Parmesan cheese.
7. Enjoy!

Makes 6-8 servings

Source: Source: Peel Public Health, 2007



BURIED TREASURE PARFAITS

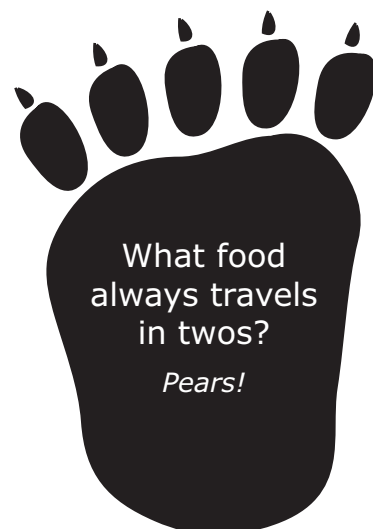
Ingredients

1 cup	grapes
1	banana
1 cup	berries (fresh or frozen)
1 750 mL tub	fruit yogurt
3	granola bars (peanut-free) OR
2 cups	granola cereal (peanut-free)

Directions

1. Wash the grapes and berries (if using fresh berries) under running water.
2. Cut up the banana into bite sized pieces.
3. Cut the grapes in half.
4. Assemble all the fruit into a large mixing bowl and mix.
5. Break up the granola bars (if you are using them) into a small bowl.
6. Assemble the parfaits with a ½ cup of fruit on the bottom, then ½ cup of yogurt and 3 tablespoons of granola or cereal on top.
7. Enjoy!

Makes 6 parfaits



Adventures in Cooking

Lesson #2

Veggies & Fruit

CAMP-OUT CHILI

Ingredients

1 tbsp.	vegetable oil
1 large	onion
2 stalks	celery
1	green pepper
1 can (19 oz/540 mL)	lentils
1 can (19 oz/540 mL)	kidney beans
1 can (19 oz/540 mL)	diced tomatoes
½ tsp.	chili powder
¼ tsp.	pepper
1 200 g block	cheddar cheese

Directions

1. Heat oil in skillet on medium-high heat.
2. Peel and dice onion.
3. Wash and dice celery.
4. Wash and dice the green pepper.
5. Cook onion and celery in skillet until softened.
6. Open cans of lentils and beans. Drain into a colander and rinse under cool water. Add lentils and beans to the skillet.
7. Open can of tomatoes but do not drain. Add the tomatoes and their juice to the skillet.
8. Add spices to the skillet and stir.
9. Simmer for 5 minutes.
10. Shred cheese.
11. Turn the stove off.
12. Serve chili in bowls and sprinkle shredded cheese on top.
13. Enjoy!

Serves 6.

Recipe adapted from the Niagara Region Public Health Department's "You're the Chef Leader's Manual". 2006.



SARA'S SHORELINE TEA BISCUITS

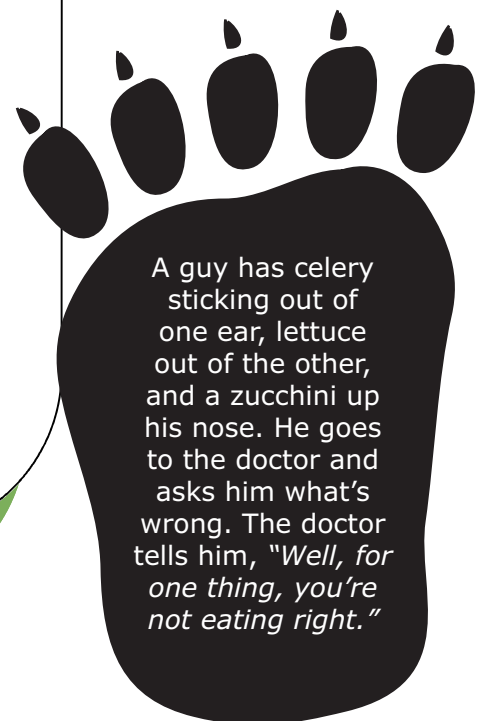
Ingredients

1 cup	all-purpose flour
1 cup	whole wheat flour
4 tsp.	baking powder
1 dash	salt
3 tbsp.	sugar
½ cup	plain yogurt
½ cup	milk
2 tbsp.	butter or margarine

Directions

1. Preheat the oven to 400 degrees.
2. Mix flour, baking powder, sugar and salt together in a mixing bowl.
3. In a separate mixing bowl stir together the yogurt, milk and butter or margarine.
4. Add the wet ingredients to the flour mixture, stirring gradually.
5. Mix until well blended. Be careful not to over-mix or the biscuits will be tough.
6. Turn the dough out onto a floured surface. Knead the dough 3 or 4 times. Pat down or roll gently with rolling pin until about one-inch thick.
7. Cut out shapes with a floured cutter or use a three-inch wide glass.
8. Place biscuit shapes onto an ungreased cookie sheet.
9. Bake in the oven for 10-15 minutes until biscuits are golden brown.
10. Take the biscuits out and turn the oven off.
11. Enjoy!

Serves 6.



NORTHERN LIGHTS

NACHOS WITH FRUIT SALSA

Ingredients

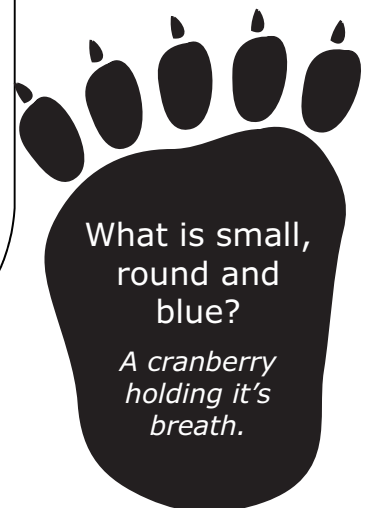
½ cup	brown sugar
2 tbsp.	ground cinnamon
4 large	10" whole wheat tortillas
2 tbsp.	butter or margarine
4 cups	fruit salsa*
2 cups	fruit flavoured yogurt
2 cups	water

*Your choice of fruits could include canned pineapple, fresh or frozen berries, oranges or bananas. Choose enough fruit so that when everything is cut up it will amount to 4 cups.

Directions

1. Preheat oven to 450 degrees.
2. On a large, flat plate, mix sugar and cinnamon.
3. Place water into a large bowl.
4. Quickly dip each tortilla in water and shake off the excess.
5. Dip one side of the tortilla into the brown sugar and cinnamon mixture.
6. Stack tortillas on top of each other as they are dipped.
7. Cut the stack into 8 triangular wedges.
8. Grease a cookie sheet with the butter or margarine.
9. Spread wedges out in a single layer on the cookie sheet.
10. Bake in batches for 4 to 5 minutes per tray or until golden and crisp.
11. Place the nachos on a large platter.
12. Turn off the oven.
13. Wash the fruit under cool running water, including the fruits that will be peeled.
14. Cut your chosen fruits into small diced pieces.
15. Mix in a bowl.
16. Spoon yogurt into a small bowl.
17. Serve the fruit salsa and yogurt with the Northern Lights Nachos.
18. Enjoy!

Makes 28 nachos and 4 cups of salsa.



Adventures in Cooking

Lesson #3

Brainy Breakfasts

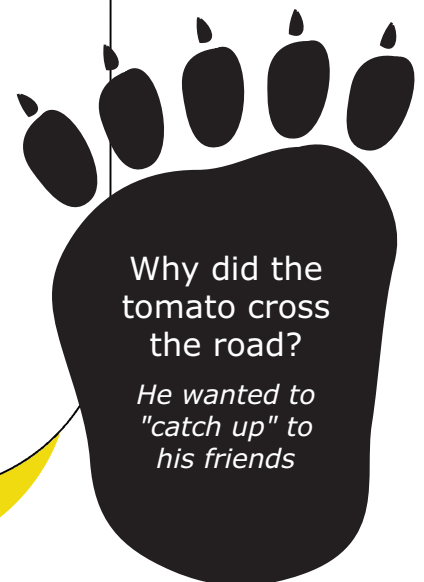
PRESTO PIZZA

Ingredients

pizza dough	(see recipe)
¼ cup	all-purpose flour
¼ cup	cornmeal
1 tbsp.	olive oil
500 g block	mozzarella cheese
1 can (19 oz/540 mL)	tomato sauce
1	green pepper
1	tomato
150 g	roasted chicken
1 small can	pineapple tidbits
1 small jar	sliced green olives
1 small	onion

Directions

1. Preheat the oven to 425 degrees.
2. Cut up the onion.
3. Grate the mozzarella cheese.
4. Take olives out of the jar.
5. Dice the green pepper.
6. Dice the tomato.
7. Chop the chicken into bite sized pieces.
8. Cut up the pineapple.
9. Sprinkle the cornmeal on a pizza pan or cookie sheet.
10. Divide dough into the number of pizzas you want to make.
11. Sprinkle a thin layer of flour on the table and on the rolling pin.
12. Roll the dough out with the rolling pin until it is about ½ inch thick.
13. Place the dough on a pan, and stretch it into a circle, or the shape that you want. Turn up the edges a bit.
14. Rub olive oil over the dough.
15. Spoon a thin layer of tomato sauce over the dough.
16. Sprinkle with a small amount of cheese.
17. Add the toppings you like – mushrooms, green pepper, olives, pineapple, tomato, etc.
18. Add the remaining cheese.
19. Bake for 20 minutes or until the dough is browned and the cheese is melted.
20. Remove the pizza from the oven and turn the oven off.
21. Enjoy!



PRESTO PIZZA DOUGH

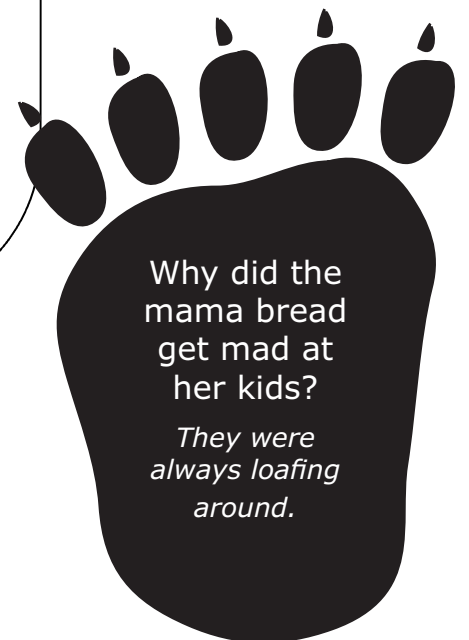
Ingredients

1 ½ cups	all-purpose flour
1 cup	whole wheat flour
1 tbsp.	quick-rise yeast
1 tsp.	sugar
½ tsp.	salt
1 cup	warm water

Directions

1. In a large bowl combine the two flours, yeast, sugar and salt.
2. Stir in water and oil until blended.
3. Turn dough onto lightly floured surface.
4. Knead for 8 to 10 minutes until dough is smooth and elastic.
5. Add more flour to keep dough from sticking.
6. Cover the dough with a clean tea towel and let rest for 10 minutes.
7. Use dough to make the pizza recipe.

Makes enough dough for 2 large pizzas or 6 small pizzas.



Why did the
mama bread
get mad at
her kids?

*They were
always loafing
around.*

THE BIG DIPPER

(VEGGIES AND DIP)

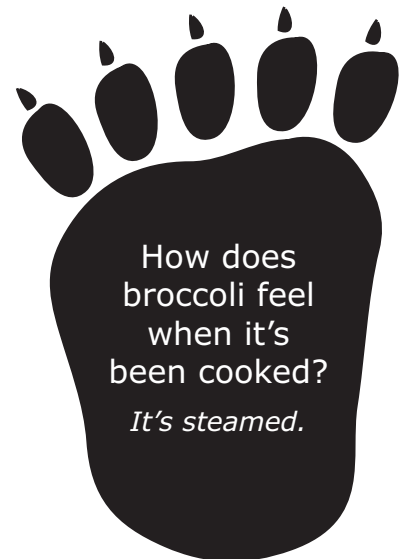
Ingredients

1 cup	plain yogurt
½ cup	mayonnaise
½ tsp.	garlic powder
1 tbsp.	dill
1 tsp.	dried minced onion

Directions

1. Combine all ingredients in a bowl.
2. Stir until well blended.
3. Serve with a variety of fresh vegetables of your choice, such as carrots, celery, red or green peppers, broccoli or cauliflower, that have been washed and cut to bite-sized pieces.
4. Enjoy!

Makes 1½ cups of dip.



SUNSET SMOOTHIES

Ingredients

1 cup milk
2 cups frozen fruit (raspberries,
blueberries, strawberries)
1 tub (750 mL) yogurt

Directions

1. Combine all ingredients in a blender.
2. Blend for one minute.
3. Pour into glasses.
4. Enjoy!



Adventures in Cooking

Lesson #4

Cooking Lean

SUPER SPAGHETTI & MEAT SAUCE

Ingredients

1 lb (500g)	lean or extra lean ground beef
3 tbsp.	olive oil—to generously coat bottom of pan
1 large jar or can	pasta sauce of your choice
1 can (19 oz/540 mL)	diced tomatoes
1	large onion
3 cloves	garlic
3	bay leaves
4 tbsp.	basil

Directions

1. Place the ground beef in the pan.
2. Turn the stove on to medium-high heat. Use a wooden spoon to break the beef into small pieces.
3. Brown the beef until no longer pink.
4. Pour cooked beef into colander and rinse with hot water to remove fat.
5. Set aside.
6. Dice the onion.
7. Mince the garlic.
8. Add olive oil, onions and garlic to the pan and cook until the onions are clear.
9. Add the pasta sauce, diced tomatoes, bay leaves and basil.
10. Add the cooked ground beef and stir.
11. Turn the stove temperature to low and simmer for ½ hour.
12. Turn the stove off.
13. Remove the bay leaves.
14. Serve over prepared whole wheat pasta.
15. Enjoy!



RABBIT'S SALAD

Ingredients

1 head	romaine lettuce
2	fresh tomatoes
1	cucumber

Directions

1. Remove any damaged outer leaves from the romaine lettuce and throw away.
2. Separate the lettuce leaves.
3. Wash lettuce in cold water.
4. Dry the lettuce with a clean tea towel or paper towel.
5. Tear the lettuce into bite-sized pieces and put into a salad bowl.
6. Wash and dry the tomato and cucumber.
7. Cut up the tomatoes.
8. Peel and slice the cucumbers (peeling is optional for an english cucumber).
9. Add cucumber and tomato to the lettuce.
10. Add the salad dressing and toss the salad just before eating.
11. Enjoy!

Serves 6.

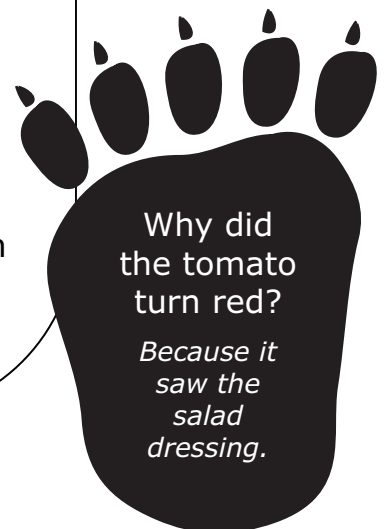
SALAD DRESSING

Ingredients

1/3 cup	red wine vinegar (or white vinegar or a flavoured vinegar of your choice)
2/3 cup	olive oil or sunflower oil
2 tbsp.	sugar
1 tsp.	salt
to your taste	pepper

Directions

1. Combine all ingredients in a liquid measuring cup.
2. Stir fast.
3. Set aside until just before serving the salad. Give the dressing a quick stir and pour $\frac{1}{4}$ to $\frac{1}{2}$ of the dressing on the salad. Be careful not to add too much dressing or it will wilt the lettuce.
4. Save any leftover dressing in the fridge for another day.



BEAR PAW COOKIES

(CHOCOLATE CHIP OATMEAL RAISIN COOKIES)

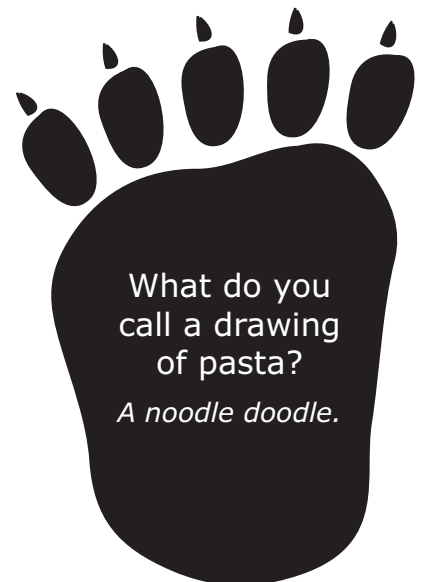
Ingredients

1 cup	margarine or butter
1 cup	brown sugar
1 large	egg
1 tsp.	vanilla
1½ cups	flour
1 tsp.	baking soda
1 tsp.	cinnamon
¼ tsp.	salt
1 ¼ cup	quick-cooking rolled oats
½ cup	chocolate chips
½ cup	raisins

Directions

1. Preheat the oven to 350 degrees.
2. Use an electric beater to cream together margarine and brown sugar in a large bowl.
3. Add egg and vanilla.
4. Beat until smooth.
5. Combine flour, baking soda, cinnamon and salt in a small bowl.
6. Add to margarine mixture in 2 additions.
7. Add oats, raisins, chocolate chips.
8. Mix well.
9. Grease a cookie sheet.
10. Drop the batter in one tablespoon amounts about 2 inches apart on the cookie sheet.
11. Bake for 8–10 minutes until golden brown.
12. Let the cookies rest for 5 minutes before taking them off the cookie sheet.
13. Turn the oven off.
14. Enjoy!

Makes about 3½ dozen cookies.



Adventures in Cooking

Lesson #5

Final Feast

DANCING CHICKEN DRUMSTICKS

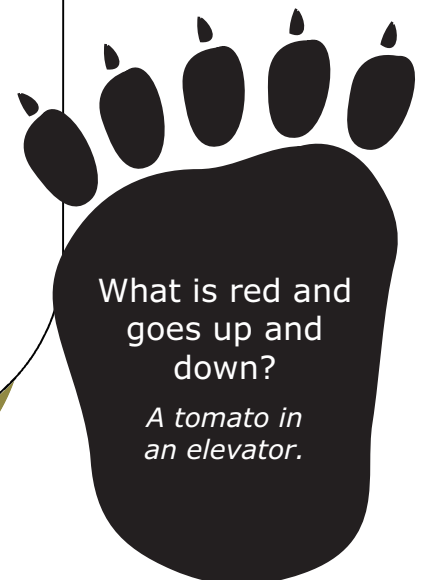
Ingredients

6	chicken pieces with leg and thigh attached
1 cup	flour
1 cup	seasoned bread crumbs
½ tsp.	thyme
2 tbsp.	salt
1 tbsp.	sweet basil
1 tbsp.	celery salt
1 tsp.	oregano
1 tbsp.	black pepper
2 tbsp.	garlic powder
1 tsp.	ginger
2 tbsp.	dry mustard
4 tbsp.	paprika
1	egg
¼ cup	milk
1-2 tbsp.	olive oil

Directions

1. Preheat the oven to 400 degrees.
2. Measure flour and seasonings into a bowl.
3. Mix thoroughly.
4. In a separate bowl mix the egg and milk together.
5. Line a cookie sheet with aluminum foil.
6. Lightly coat the foiled sheet with the olive oil.
7. Take chicken from package and pull the skin off each piece.
8. Dip each piece of chicken in the egg and milk mixture.
9. Then dip each piece into the seasoned flour.
10. Place the seasoned chicken on the foiled cookie sheet.
11. Bake for 20 - 30 minutes until the juices of the chicken run clear.
12. Remove the pan from the oven and turn the oven off.
13. Enjoy.

Serves 6.



HOMEY HOME FRIES

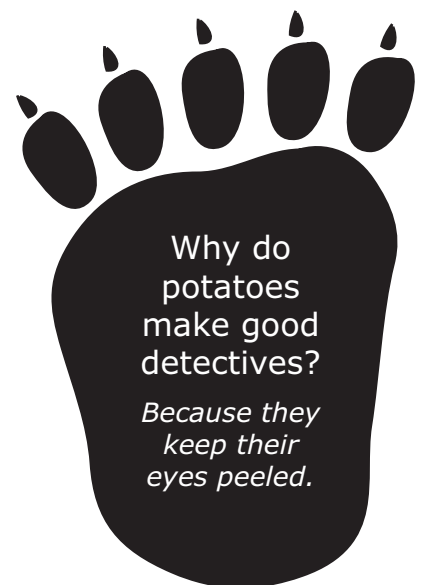
Ingredients

6	potatoes – (a mixture of sweet and regular potatoes)
¼ tsp.	salt
¼ tsp.	pepper
3 tbsp.	olive oil

Directions

1. Preheat the oven to 400 degrees.
2. Scrub the potatoes well under running water with a vegetable brush.
3. Cut the potatoes into strips to make fries, leaving the skins on.
4. Place the potatoes in a large bowl and coat with olive oil, salt and pepper.
5. Toss the potatoes to coat evenly.
6. Place potatoes on cookie sheet and bake until tender and golden brown.
Check for doneness with a fork.
7. Remove the fries from the oven and turn the oven off.
8. Enjoy!

Please Note: The sweet potato fries will cook more quickly. You may have to take these fries off the pan earlier if they look like they are getting overdone.



STEAMED VEGETABLES

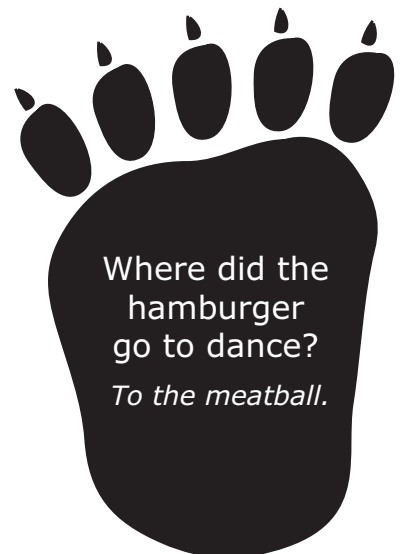
Ingredients

3 cups fresh or frozen mixed vegetables (broccoli, celery, zucchini, cauliflower, green beans or others!)

about 1 cup water

Directions

1. Wash and cut vegetables into same sized pieces.
2. Place in a medium pot with a lid.
3. Add the water (about 1/2 to 1 inch on the bottom of the pot).
4. Bring the water to a boil.
5. Turn the heat down to low, cover and simmer until the vegetables are tender (about 5 to 10 minutes).
6. Keep checking to make sure the pot does not boil dry (add more water if needed).
7. Once soft, turn off the stove and drain any excess water.
8. Enjoy!



YUMMY YOGURTY FONDUE

Ingredients

Your choice of fresh fruit for dipping that could include bananas, apples, pears, pineapple, strawberries, oranges or grapes. Choose enough fruit so that when everything is cut up it will amount to 6 cups.

2 cups (500 ml)	plain yogurt
3 tbsp (45 ml)	honey
1 tsp (5 ml)	ground cinnamon

Directions

1. Wash the fruit under running water.
2. Chop the fruit into bite-sized pieces and mix in a bowl. Set aside.
3. Pour water into a small pot and place on the stove.
4. Place a glass on top of the pot to create a double-boiler.
5. Turn the stove on medium-low heat.
6. Let the water come to slow simmer.
7. Turn off the heat.
8. Place the chocolate chips in the glass bowl, allowing them to melt.
9. Stir in the cream, adding just enough to create a smooth consistency for dipping the fruit.
10. Serve with the cut-up fruit.
11. Enjoy!

Serves 6.



Adventures in Cooking

Lesson #6

Breakfast Anytime

BERRYLiCiOUS PANCAKES

Ingredients

1 cup whole wheat flour
1 cup all purpose flour
2 tbsp. sugar
2 tsp. baking powder
1/2 tsp. salt
3 tbsp. butter
2 eggs
2 cups milk
1 1/2 cups blueberries
1 tbsp. canola oil for cooking

Directions

1. In a large bowl, combine together flour, sugar, baking powder and salt. Set the bowl aside.
2. Melt the butter in a small saucepan.
3. Crack the eggs into a medium size bowl, then add the milk and melted butter.
4. Whisk together the egg mixture until it is well mixed.
5. Add the flour mixture to the egg mixture. Whisk together until just blended. Gently stir in blueberries.
6. Preheat a lightly oiled griddle or frying pan to medium.
7. Pour a 1/4 cup of batter into the pan for each pancake.
8. Cook your pancakes on medium heat until small bubbles appear on top and the edges are dry.
9. Use a spatula to see when your pancakes are light brown on the bottom. When they are, flip them over with the spatula and cook for 1-2 minutes longer.
10. Remove pancakes when they are brown on both sides and put them on a plate to enjoy.

Serves 6



MESSY SCRAMBLED EGGS

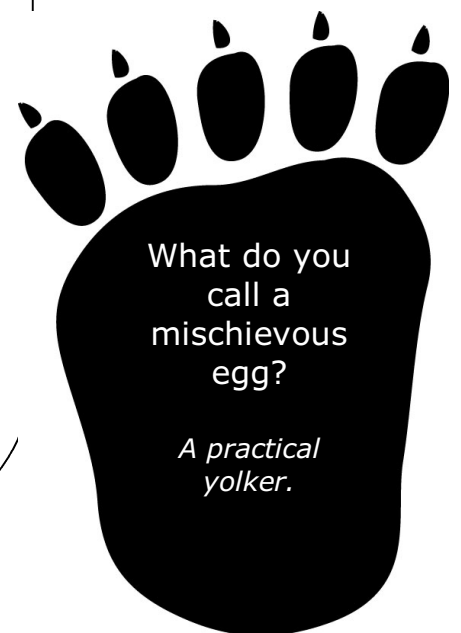
Ingredients

10	eggs
1/3 cup	milk
1/2 cup	onion
1/2 cup	tomato
1/2 cup	green pepper
125g block	cheddar cheese
2 tsp.	canola oil

Directions

1. Peel and mince onion.
2. Wash and dice tomato and green pepper.
3. Grate cheese (about 3/4 cup).
4. Whisk eggs and milk until they start to foam, approximately 3 minutes.
5. Add a couple of teaspoons canola oil to skillet and heat on low.
6. Mix the vegetables and cheese into the egg mixture. Pour the mixture into the pan.
7. Cook over medium-low heat for about 2 minutes, then begin to scramble the mixture in the pan using a spatula. Continue to scramble for about 5 minutes and make sure all areas of the eggs are cooked.
8. Remove from skillet and serve.

Serves 6



PEACHY PARTY PARFAITS AND TOASTED OATS

Ingredients

4 cups	rolled oats
1/2 cup	raisins or dried cranberries
1/2 cup	sesame seeds, sunflower seeds or pumpkin seeds
1 tsp.	cinnamon
1 tbsp.	warm water
1 tbsp.	maple syrup
1/2 tsp.	vanilla
750 mL	vanilla or fruit flavoured yogurt
3 medium	peaches or 1 can (28 oz./796 mL) peach halves packed in light syrup or juice

Directions

1. Preheat the oven to 300°F. Lightly oil 2 baking sheets.
2. In a large bowl, stir oats with spices (and seeds if using). In a small bowl, stir warm water with syrup and vanilla.
3. Pour the liquid mixture into the oat mixture, evenly coat.
4. Spread out the mixture on to the pans. Bake in oven, stirring every 10 minutes to prevent burning.
5. Cook until the granola is golden brown, about 30 minutes.
6. Pit and slice fresh peaches or drain and slice canned peaches. Place in bowl.
7. Remove granola from oven and immediately add raisins. Cool and place in a bowl.
8. Assemble parfaits with 1/2 cup fruit on the bottom, then 1/2 cup yogurt and a tablespoon of granola on top.

Serves 6



Adventures in Cooking

Lesson #7

Colour it Up

CANOE-DLES AND CHEESE

Ingredients

2 cups 1% milk	2 tbsp. parmesan cheese
3 tbsp. all-purpose flour	5 cups cooked macaroni (2 1/2 cups dry)
1/2 tsp. each dry mustard and salt	1/4 cup breadcrumbs (optional)
1/4 tsp. paprika and black pepper	
1 200g block cheddar cheese	
1/4 cup minced onions	
1 cup broccoli	
2 carrots	
2 celery stalks	

Directions

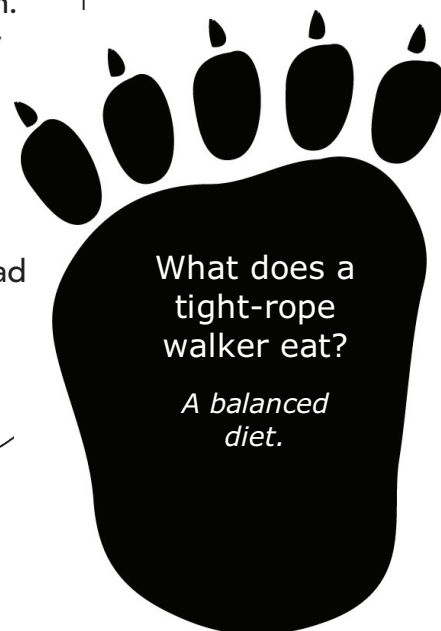
1. Fill a medium saucepan with water, turn to high heat.
2. Wash and chop vegetables into bite sized pieces.
3. Grate cheese (about 1 1/2 cups).
4. When water is boiling, add pasta. Stir occasionally as it cooks. Add chopped vegetables when pasta is beginning to soften, but still slightly hard (about 5 minutes left of cooking).
5. Continue to cook until pasta has fully softened. Have a child taste to see if it is no longer chewy.
6. In a medium saucepan, combine the milk and flour until smooth. Continue to stir over medium-high heat, until mixture is bubbly and thickened, about 7-8 minutes.
7. Stir in dry mustard, salt, paprika, pepper, onion and cheeses. Continue to cook until cheeses are completely melted.
8. Combine cheese sauce with cooked, drained, macaroni. Serve immediately or follow baking directions below.
9. Transfer macaroni to a large casserole dish. Mix 1/4 cup of bread crumbs with 1 tbsp. parmesan cheese. Sprinkle over macaroni. Bake at 350°C, uncovered for 30 minutes. Serve immediately.

Serves 6

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Thunder Bay District
Health Unit



What does a
tight-rope
walker eat?

*A balanced
diet.*

SIZZLING SNOWDAY CHICKEN

Ingredients

8	chicken thighs, bone in, skin on
1/4 cup	vegetable oil
3 cloves	garlic, minced
2 tsp.	ground cumin
2 tsp.	chili powder
2 tsp.	oregano
1/4 tsp.	salt
1/2 tsp.	pepper

Directions

1. Preheat the oven to 425°F, grease a baking sheet.
2. In a large mixing bowl, combine chicken pieces, oil, garlic and spices including salt and pepper.
3. Toss well to coat each piece of chicken with the spice mix.
4. Arrange chicken on baking sheet, and roast for 25 minutes. Chicken is ready when juices run clear and chicken is crispy and brown.
5. Remove from oven and enjoy.

Serves 8



PUMPKIN PATCH MUFFINS

Ingredients

1/4 cup	canola oil
3/4 cup	sugar
2	eggs
3/4 cup	pumpkin, cooked fresh or canned
1/4 cup	water
1 1/2 cups	whole wheat flour
3/4 tsp.	baking powder
1/2 tsp.	baking soda
1/2 tsp. each	ground cloves and cinnamon
1/4 tsp.	ground nutmeg

Directions

1. Preheat the oven to 400°F.
2. Grease muffin tins or put in paper liners.
3. Mix sugar, oil and eggs in a medium sized mixing bowl. Add pumpkin and water.
4. In a separate larger mixing bowl mix together the flour, baking powder, baking soda, and spices.
5. Add wet mixture to dry mixture, until just mixed, and stir in chocolate chips.
6. Fill muffin tins 2/3 full. Bake in oven 20-25 minutes until toothpick comes out clean.
7. Remove from oven, let cool and enjoy.

Makes 12



Adventures in Cooking

Lesson #8

Creative Culture

TERRIFIC TACOS AND TORTILLAS

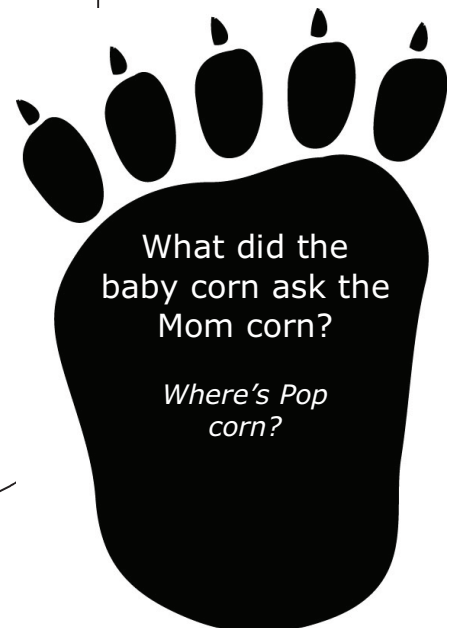
Ingredients

6 large	whole wheat tortillas
2 lbs	lean or extra lean ground beef or turkey
1 tsp.	olive oil
2	onions
2 stalks	celery
1 tsp.	minced garlic or 1/2 tsp. garlic powder
1 tsp.	salt
1/2 tsp.	each ground coriander, cumin and chili powder
1 cup	tomato sauce
1/2 head	lettuce
2	tomatoes
112g block	Cheddar Cheese
1 cup	salsa
1 cup	low fat sour cream

Directions

1. In a large saucepan, cook meat over medium high heat, breaking up with spatula until no longer pink.
2. Put cooked meat in a colander and drain off fat. Rinse meat with hot water to further drain off fat. Set aside.
3. Add olive oil to pan with onions, celery, and garlic. Brown vegetables slightly.
4. Add meat and seasonings to the pan. Add tomato sauce let simmer for 2-3 minutes.
5. Cut up lettuce and place in a bowl. Dice tomatoes and put in a bowl. Pour salsa and sour cream into bowls. Grate cheese (about 1 cup) and place in a bowl.
6. Fill tortilla with meat and toppings of choice.

Serves 6



GOOEY GREEN GUACAMOLE

Ingredients

2	ripe avocados
1/2	tomato
1 tbsp.	lime juice or juice from half a lime
1/4 tsp.	salt
2 cloves	garlic (optional)

Directions

1. Cut each avocado in half lengthwise around the seed in the middle of the avocado.
2. Scoop the seed out of the middle with a spoon.
3. Use the spoon to scoop the avocado flesh into a bowl. Add the lime juice and mash the avocado with a fork until smooth.
4. Dice the tomato.
5. Mince the garlic.
6. Add the tomato, garlic and salt to the mashed avocado and mix until well combined.

*Hint: Avocados must be ripe before they can be used for guacamole. The skin of a ripe avocado is black and slightly soft when touched.

Serves 6



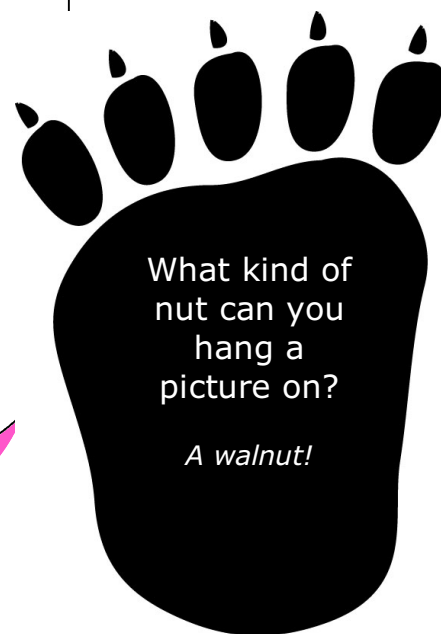
MARVELOUS MANGO LASSI

Ingredients

- 2 ripe mangos (or 2 cups frozen mango)
- 1 cup plain yogurt
- 1 cup milk
- 1 cup ice cubes

Directions

1. Slice and peel mango (if using fresh).
2. Place all ingredients in a blender.
3. Blend on high until smooth (about 1 minute).
4. Pour into glasses.
5. Enjoy!



Adventures in Cooking

Lesson #9

Super Soup n' Quesadilla Combo

MEXi SUNSET DiP

Ingredients

1/2 cup mild salsa
1/2 cup hummus
2 tbsp plain yogurt

Directions

1. Stir salsa, hummus and yogurt together in a small bowl. Serve with carrot sticks and cucumber circles.

Serves 6



VEGGIE AND BLACK BEAN QUESADILLAS

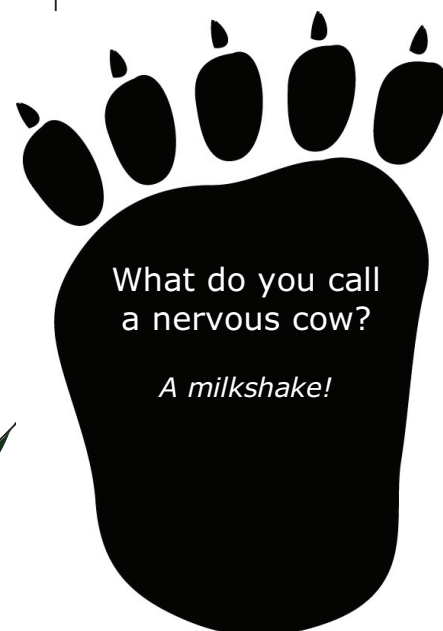
Ingredients

4 cups	vegetables (try bell peppers, tomato, corn, mushrooms, onion, broccoli or carrots)
1 can (540 ml)	black beans
2 cups	cheddar cheese
8 large	whole wheat tortillas

Directions

1. Preheat oven to 350 degrees.
2. Wash and chop all vegetables into small pieces.
2. Grate cheese and set aside.
3. Open can of beans. Drain in a colander and rinse under cool water.
4. Using two baking sheets, place 2 tortillas on each sheet.
5. Sprinkle half of the grated cheese evenly over the 4 tortillas.
6. Place the vegetables and black beans evenly on top of the cheese.
7. Sprinkle with the other half of the cheese and top with the remaining 4 tortillas.
8. Bake for about 10 minutes or until the surface is crisp and cheese is melted.
9. Cut each quesadilla into wedges and serve.

Serves 6



TASTY TOMATO SOUP

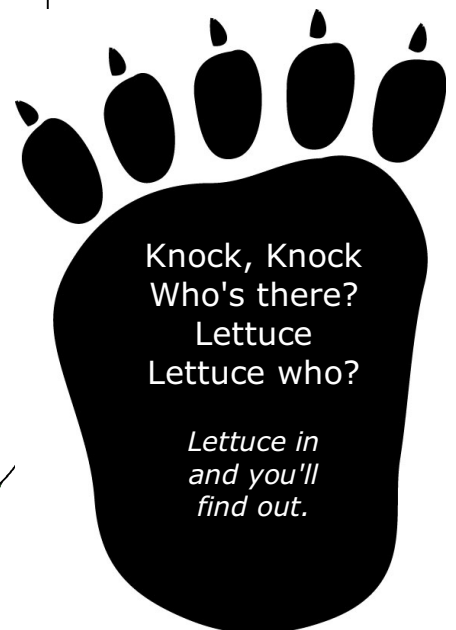
Ingredients

1 1/2 tbsp.	canola oil
1	onion chopped
2	carrots peeled and chopped
1 clove	garlic, minced
1 can (19oz./540mL)	diced tomatoes
1 tbsp.	tomato paste
1/2 tsp.	sugar
1 1/2 cup	vegetable or chicken stock
1/4 tsp.	salt
1/4 tsp.	freshly ground black pepper
1	bay leaf
3 tbsp.	2% milk
1 tsp.	dried basil leaves (optional)
1/2 cup	red lentils

Directions

1. Heat the oil in a saucepan and sauté the onion and carrots for 5 minutes. Add the garlic and sauté for one minute.
2. Add the tomatoes, tomato paste, lentils, sugar, broth, bay leaf and seasonings and bring to a boil. Reduce the heat, cover and simmer for 20 minutes.
3. Remove the bay leaf.
4. For a smooth soup, transfer to a blender or use a hand-held immersion blender in the pot. Blend until smooth.
5. Return the soup to the pan. Add the milk and basil (if using) and reheat.

Serves 6



ZANY KABOBS AND ZiNGY DiP

Ingredients

4 cups fresh fruit, (whatever is in season)
strawberries, cantaloupe, honeydew melon,
grapes, apples, bananas

Citrus Dip

1/2 cup mayonnaise
1/2 cup plain yogurt
2 tbsp. orange juice
1 tbsp. liquid honey
1/4 tsp. ground cinnamon

Directions

1. Wash the fruit. Remove stems from strawberries or grapes.
2. Cut up fruit into bite sized pieces.
3. Spear fruit onto skewers.
4. To make dip put the mayonnaise, yogurt, orange juice, honey and cinnamon in a medium size bowl. Mix together thoroughly with a spoon.
5. Place small amount of dip on plate and dip kabobs!

Serves 6



Adventures in Cooking

Lesson #10

Northern Feast

CABIN FEVER STEW

Ingredients

2 lbs. (908 g)	stewing beef, (cut into 1/2 inch cubes)
1 tsp.	pepper
2 tbsp.	olive oil
1 1/2 cups	medium yellow onions
1 stalk	celery
2 cloves	garlic
3 cups	reduced sodium beef broth (3 tsp. bouillon powder and 3 cups water)
2 tbsp.	tomato paste
2	bay leaves
1 tsp.	thyme
1 tsp.	pepper
1/2 tsp.	salt
5-6	potatoes
4	large carrots

Directions

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

Serves 6—8



How did the
farmer fix
his jeans?

*With a cabbage
patch!*

HAPPY BELLY BANNOCK

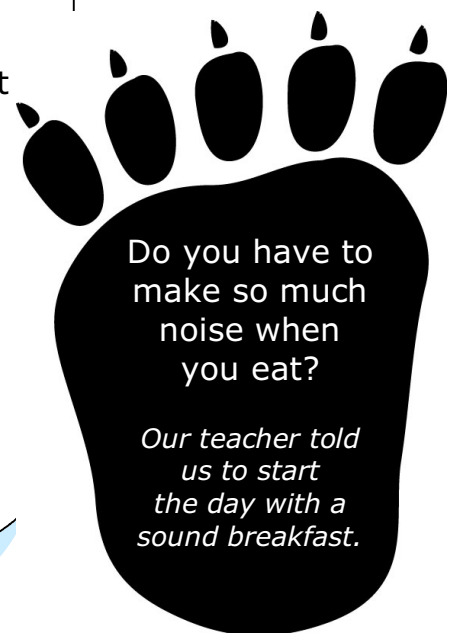
Ingredients

2 cups	whole wheat flour
3 cups	all-purpose flour
3 tbsp.	baking powder
1/4 cup	canola oil
1 1/2—2 cups	warm water

Directions

1. Preheat oven to 400°F.
2. In a large bowl, combine flours and baking powder.
3. In a small bowl combine vegetable oil and water.
4. Pour water and oil, little by little, stirring until evenly blended in the large bowl with the rest of the ingredients. You will have a large ball of soft dough after everything is blended in.
5. Stir with a spoon and make a ball. Place on baking sheet. Poke holes in the top of the dough with a fork, about eight times.
6. Bake at 400°F for 40 minutes. You can tell if the bannock is done by poking a clean toothpick into the loaf. If the toothpick comes out clean (no moist dough sticking to the toothpick) the bannock is ready! The loaf will also be golden-brown in colour when it is done.
7. Cut the loaf into 12 pieces.

Makes 1 loaf



RAINBOW GOESLAW

Ingredients

1/4 cup	olive oil
1/4 cup	mayonnaise
1/2 cup	white vinegar
1 tsp.	Dijon mustard
2 tsp.	honey or sugar
1/2 tsp.	ground pepper
3 cups	green cabbage, thinly sliced
2 cups	carrots, peeled, grated
1/2	small white onion, grated or minced

Directions

1. Combine olive oil, mayonnaise, vinegar, mustard, honey and pepper in a small bowl and whisk together.
2. In a large bowl, toss together cabbage, carrots and onion. Pour vinaigrette over cabbage mixture and toss well to coat the slaw completely with the vinaigrette.
3. Refrigerate until ready to serve.

Serves 6-8



BANANA LOAF

Ingredients

- 2 ripe bananas
- 1 cup sugar
- 3 1/2 tsp. baking soda
- 1/8 tsp. salt
- 1 tsp. vanilla
- 2 eggs
- 1 1/2 cups whole wheat flour
- 1/2 cup buttermilk
- 1/4 cup canola oil

Directions

1. Pre-heat the oven to 350°F.
2. Mash bananas, mixing with sugar, oil, vanilla and buttermilk. Add eggs.
3. Mix together dry ingredients flour, baking soda and salt.
4. Add flour mixture to the banana mixture; mix until just combined.
5. Grease loaf pan. Pour batter into loaf pan.
6. Bake until bread is golden brown and a small knife inserted into the centre comes out clean, about 45-50 minutes. Let cool for 5 minutes in pan on a wire rack. Invert bread to unmold and let cool on rack.

Makes 1 loaf, 6—8 pieces

