

ANDREW FLECK CHILDREN'S SERVICES

Fresh & Healthy Eats



DELICIOUSLY HEALTHY RECIPES FROM
THE AFCS KITCHEN

Message from the Executive Director

Lunch and snack time are important parts of our day and an important part of your child's experience with us – there is laughter, conversations happen, and memories are formed! Our cooks put a lot of thought into their menus and take their responsibility seriously; they consider not only different textures, temperatures, and food group options, but also what might expand a child's food experience and palate. We've heard from parents that children are more adventuresome when with us, often it is this experience of sharing a meal with peers that inspires willingness to try something new.

We hope that by sharing these recipes you are able to replicate the wonderful experiences we have had serving your children healthy, diverse foods and that your table is full of laughter, conversation and memories too!

Kim Hiscott, RECE
Executive Director



CONTENTS



1 Chefs of AFCS

2 Biographies

6 Quick Dietary Tips

7 Soups & Salads

14 Lite Bites

28 Mains

49 Desserts

D

Dairy

V

Vegetarian

M

Meat

Tbsp. - tablespoon

Tsp - teaspoon

g - grams

lbs - pounds

oz - ounces

Contributions from the AFCS Chefs

Capital Childcare

Kelly Murphy

Carleton Heights

Afaf Ahmed

Colonel By

Ken McDonell

Garderie Tunney's

Ward Woolner

George Street

Kyoko Morikawa

Overbrook

Ferial Farhat

Sunflower

Bahaa Alashi

Stittsville

Erlinda Gacula

Wellington

Julie Henry

Home Childcare

Awa Fadiga

Melissa Trottier

Hala Makhoul

Biographies



Afaf Ahmed

About me I am an ECE assistant as well as a Chef at AFCS's Carleton Heights center. I have a lot of experience teaching as I was a teacher back in my homeland, Kuwait (1993-1995). I started in 2015 as a supply teacher throughout many of the AFCS sites such as Charles H. Hulse, Overbrook and George Street. In 2019 I was given the privilege to be a part of the Carleton Heights' team. I love working at Carleton Heights as it has such amazing people and you are given the opportunity to grow, explore and learn new things every day.

I enjoy reading, gardening as well as cooking many multi-cultural dishes. My favorite thing to do is learn new things being a mother of four children. I love spending time around kids and helping them grow and discover their passions.

Ferial Farhat



About me I am the cook at Overbrook Daycare. I am a graduate of the Early Childhood Assistant program at ICAN College and I also keep my Food Handlers Certificate up to date.

I keep up with my on-going professional learning through workshops, meetings and the internet. My main focus in the kitchen is ensuring the children are provided with healthy meals and snacks which meet or exceed the Canadian Food Guide. I'm a mother myself and understand the importance of providing a healthy and nutritious meal. I like to incorporate recipes from around the world to expand our cultural diversity, it also encourages the children to try new foods that they may not have experienced before.

Outside of work, I enjoy gardening, nature walks and listening to birds singing in the early morning. I love spending quality time with my daughters.



Kyoko Morikawa

About Me

I am honored to have the opportunity to cook meals for your child(ren) here at Andrew Fleck Children's Services. I have been professionally cooking for over 20 years in various settings such as restaurants, hotels, healthcare facilities, and now at a childcare centre. I am excited to be cooking again for the children and hope I can help ease some of your worries regarding the care they would be receiving at this exceptional time.

We keep our two George St. buildings egg-free and nut-free to ensure a safe environment particularly for children who have food restrictions or allergies. We only serve Halal beef and chicken for meat, and white fish for seafood. We also do not serve gelatin.

Please do not hesitate to contact us should you have any concerns, questions or preferences. We will do our best for your loved one(s) to be safe and to have enjoyable days.

Bahaa Alashi



About Me

To me, cooking is a talent beside profession. For me, it means a satisfaction of taste. With all of my experience in cooking I find foodies are not like the kids, they can't hide their feelings. That's my challenge every day; making them happy with tasty healthy meals.



Julie Henry

About Me

I have worked at Wellington for almost 32 years. I started as a preschool teacher and have been the cook for the last 13 years. Wellington has always been a vegetarian center.

I strive to introduce the children to a wide variety of ethnic dishes, prepared in accordance with the Canada food guide. I use as much locally produced and fresh produce as possible. The kitchen is located in the center of the daycare, and one of the highlights of my day is when the children stop by the door to ask me what I am cooking. Prior to this last year, I would often include the children in meal preparation; making applesauce, cookies etc.

I believe it is important for children to know what they are eating and to see how it is prepared. It is a wonderful learning opportunity for them and great source of joy for me.

Ward Woolner



About Me

My name is Ward Woolner. I am the cook at Tunney's Pasture Daycare. I have been cooking for over thirty years for children between the ages of four months, up to five years of age. I have developed a good understanding of the foods children love to eat, and the nutrition they need. Of course, through a wide variety of foods that I will offer them, children do have their preferences, and are always excited to be served their favorites. It is through a wide variety of foods that we are making sure our children's nutritional needs will be met. It has always been a great pleasure to cook for children knowing you are offering meals they will enjoy, made from high quality, fresh ingredients.

I do hope you will try out some recipes of mine, and of the other cook's from this collection.

Happy Cooking!



Ken McDonell

About Me

I have worked in several restaurants and one hotel, mostly in Ottawa, over a 25 year period. Some of that was part time as I worked towards a Political Science degree at Carleton University. I spent the longest period with the Ritz 3 Restaurant group which blended northern Italian cuisine with Californian influences. That experience had the largest impact on my cooking style.

I began cooking in a daycare as a supply but quickly landed my present position at Colonel By, where I have worked for over 12 years. I now live in on the Quebec side, very close to Gatineau Park. I have two boys, ages 11 and 13.



Erlinda Gacula

About Me

Hi! My name is Erlinda Gacula, the jolly cook in this facility, Andrew Fleck. I have been a licensed Public Elementary Grade School teacher and taught for 18 years in my home country, The Philippines. I took Bachelor of Science in Industrial Education, and Bachelor's Degree in Elementary Education. I have been in Canada for fourteen years working different jobs such as Live-in Caregiver, Nursing/ Retirement Homes Dietary Aide, Private Daycare teacher, Daycare Supply teacher and Daycare Cook. It is the love of children and passion for cooking that urged me to be in this job permanently.

Quick Dietary Tips

You are what you eat, as they say. Most of us already know that it's important to stay active and to follow a balanced diet to meet daily needs.

PROTEIN

Increase your protein intake! Protein is often referred to as the king of nutrients, and it does seem to have some superpowers. Due to its ability to affect your hunger and satiety hormones, it's the most filling of the macronutrients.

What's more, protein helps you retain muscle mass, which determines the rate of your metabolism. A high protein intake may increase the number of calories you burn by 80–100 per day.

Good food sources include, legumes, tofu, unsweetened dairy or soy products, eggs, chicken, fish and lean meats.

VITAMIN-D

Vitamin D is a fat-soluble vitamin that is very important for bone health and the proper function of your immune system. In fact, every cell in your body has a receptor for Vitamin D, indicating its importance.

Vitamin D is found in very few foods, but fatty seafood generally contains the highest amounts.

The main sources of Vitamin D are fortified dairy products and sun exposure.

Tips

Set a goal to try out a new seasonal fruit and veg every week to keep it interesting. Experimenting with a new recipe can be fun!



Italian Wedding Soup



Ingredients:

- 1 Tbsp. olive oil
- 1 1/4 cups 1/4-inch diced carrots
- 1 1/4 cups diced yellow onion
- 3/4 cup 1/4-inch diced celery
- 4 cloves garlic, minced (1 1/2 Tbsp.)
- 5 (14.5 oz) cans low-sodium chicken broth or vegetable broth.
- 1 cup dry acini de pepe or orzo pasta
- 6 oz fresh spinach, chopped
- Finely shredded parmesan, for serving

M

Process:

- Heat 1 Tbsp olive oil in a large pot over medium-high heat. Add carrots, onions and celery and saute until veggies have softened about 6 - 8 minutes, add garlic and saute 1 minute longer.
- Pour in chicken broth, season soup with salt and pepper to taste and bring mixture to a boil. Add in pasta, reduce heat to light boil (about medium or medium-low).
- Cover and cook, stirring occasionally until pasta is tender, have cooked through, about 10 minutes, while adding in spinach during the last minute of cooking.
- Serve warm, sprinkle each serving with parmesan cheese. (In Italy they would add meatballs).

Tomato Barley Soup



M

Ingredients:

- 2 Tbsp. olive oil
- 2 large onions, diced
- 2 cloves garlic, minced
- 2 stalks celery, diced
- 4 cups CAMPBELL'S® Ready to Use Chicken Broth
- 2 cans diced tomatoes, including juices
- 1/2 cup pearl barley
- 2 Tbsp. fresh parsley, chopped

Process:

- In large saucepan, heat oil over medium heat; sauté onions, garlic and celery for about 2 minutes or until slightly softened.
- Stir in chicken broth, tomatoes with juices and barley; reduce heat to low. Cover and cook for about 15 minutes or until barley is tender; stir in parsley.

Broccoli Soup



Ingredients:

- 1 bunch broccoli
- 1 onion
- 1 clove garlic
- 2 cups potatoes
- 1 1/2 cups vegetable broth or water
- 1/2 tsp dried thyme
- 1/4 tsp pepper
- 1 1/2 cups canned evaporated milk
- Salt to taste

V

D

Directions:

- In a large saucepan, combine broccoli, onions, potatoes, garlic, stock, thyme and pepper.
- Bring to a boil. Reduce heat, cover and simmer for 10 mins or until potatoes are very tender.
- Use immersion blender or food processor to puree until smooth and then return to pan.
- Add milk; heat through but do not boil.
- Season with salt.
- Add some crackers/bread chunks to crunch up the bowl.

By Julie Henry

Three Grain Vegetable Soup



Ingredients:

- 1 large onion, chopped
- 3 cloves garlic, chopped
- 1 med. potato, diced
- 1 stalk celery, diced
- 1 lg. carrot, diced
- 1 cup green cabbage thinly sliced
- 6 cups chicken, or vegetable stock
- 2 Tbsp. barley
- 2 Tbsp. bulgur
- 2 Tbsp. brown rice
- 2 Tbsp. red, or brown lentils
- 2 tsp dried basil
- 1/4 cup parsley, chopped
- Salt and pepper to taste



Directions:

- Caramelize onion with garlic.
- Add stock, all grains, and chopped vegetables, excluding parsley. Bring to boil. Reduce heat, and simmer for 20 to 30 minutes until grains are tender. Add parsley, salt, and pepper.
- Serve with buttered grain bread for dipping...YUMMY!

By Ward Woolner

AFCS Garderie Tunney's

Cauliflower-Cheese Soup



Ingredients:

- 3 cups potatoes (peeled and diced)
- 1 large cauliflower (chopped)
- 1 medium carrot (peeled and chopped)
- 3 cloves garlic (peeled)
- 1 1/2 cups chopped onion
- 1 1/2 tsp salt
- 4 cups water or stock
- 2 cups cheddar cheese (grated)
- 3/4 cup milk warmed or can of evaporated milk

V

D

Directions:

- Pepper place potatoes, cauliflower, carrot, garlic, onion, salt and water in a large saucepan.
- Bring to boil, then simmer until all the vegetables are tender.
- Puree with immersion blender or use a food processor, adding the milk as you blend.
- Add grated cheese and pepper. Heat gently and serve.
- You can top with a little more cheese... This is great served with biscuits for dipping.

Potato & Green Pea Soup

Ingredients:

- ¼ cup Oil
- 1 onion
- 1 small carrot
- 1 clove of garlic
- 1/8 tsp basil or your herb of choice
- 3 medium potatoes
- 1 cup cooked chick peas
- 2 cups green peas
- Salt & pepper
- 2 quarts stock

V



Directions:

- Start with onions. Always start with onions. Vegetables that don't contain too much starch (potato) or liquid (zucchini) like carrots and sweet peppers can join the onions. Sauté these until you get a little browning of the veggies and the bottom of the pot.
- If you are making a purée, you don't need to take care of how you cut the vegetables. If it saves time, you can use a food processor slicing attachment.
- Next, add the liquid. This may be chicken or beef stock, it may be vegetable stock, it may be water and flavor cubes or powder.
- I started as I outlined above. I then peeled and diced some potatoes and let them cook in the stock along with the chick peas, herbs, onion etc. Once the potatoes are soft, add the green peas.
- After letting them cook for 5 minutes, turn off the heat and get the food processor out. A hand blender will do but won't give you as fine a purée, which means a bit more work straining.
- I should mention, if you want to do a purée that involves no straining, substitute the peas with carrots, or substitute both potatoes and peas with squash or yams.
- If you're still with me, its time to transfer the soup to a bowl or something, so you can put a wire basket over your soup pot.
- Put enough soup into the food processor to fill it to the 2/3 mark and hit the start button. Put the purée into the wire basket and stir it through with a rubber spatula until what is left is fairly dry. Throw that away and repeat the process.
- When you have the smooth purée back in your pot, warm it up and adjust the flavor with salt and pepper.

By Ken Mcdonell

Fish Chowder



M

D

Ingredients:

- one small bag of new potatoes
- 1 cup of frozen corn
- two cans of salmon
- two frozen fillet of salmon
- two onions
- three stalks of celery
- 1 cup of edamame (optional)
- 2 cups of any stock
- 2 cups of cream
- salt and pepper to taste

Directions:

- The secret to this chowder is the roasting of the new potatoes before adding them to the soup. Do this before starting step one.
- Chop and saute the onion and celery until soft
- Add salmon and saute for 5 min with onion mixture
- Season to taste
- Add the rest of the ingredients and simmer for 15 minutes Viola!!

By Kelly Murphy

Oatmeal Raisin Balls

Ingredients:

- 1/2 cup soy butter or any seed/nut butter
- 1/4 cup honey or agave
- 1 and 1/2 cups old fashioned rolled oats
- 2 Tbsp. chia seeds
- 1/2 tsp cinnamon
- 1 pinch salt
- 1 tsp vanilla
- 1/2 cup raisins

Process:

- In a saucepan over medium heat, whisk together the soy butter and honey until melted.
- Pour into a bowl and add chia seeds, cinnamon, salt, vanilla until well blended.
- Fold in the raisins
- Refrigerate for 30 mins to firm
- Shape mixture into small sized balls
- Refrigerate until ready to eat and voila!!



V

Black Bean and Barley Salad



V

Ingredients:

- 1 can (19 oz) drained and rinsed black beans
- 1 cup cooked barley
- Juice of one sweet orange
- 1 Tbsp. brown sugar
- 2 green onions finely chopped
- Salt to taste

Process:

- Mix well and cool in fridge.
- You can add cooked pasta to this to make it a complete meal.
- Sprinkle Cheddar Fish crackers on top to make it fun for the kids.

Arepa



Ingredients:

- 1 cup pre-cooked corn meal
- ½ tsp salt
- 1~1 ¼ cup warm water

Process:

- In a bowl place warm water and salt. Add cornmeal and knead for three minutes to make a soft smooth dough.
- Shape in ½" thick round medallions with wet hands. Wrap in cheese for cheesy arepa.
- Cook in greased frying pan for 5 min. each on both sides. Crispy outside, soft and dense inside.
- Serve warm with your favorite filling.

Filling suggestions

Cheese, avocado, tomato, black beans, grilled vegetables, salad, pulled meat, PB&J, just butter ...

Tofu Balls

Tofu Balls- Ingredients

- 1 block firm tofu, drained and mashed
- ½ cup bread crumbs 1 ½ Tbsp. tahini
- 3 Tbsp. soya sauce
- ¼ cup parsley, finely diced
- 1 small onion, minced or finely diced
- ½ tsp dry mustard
- pinch of black pepper

Process:

- Mix all ingredients and form into small balls. Bake on cookie sheet, lined with parchment paper. 350 for about ½ an hour. Serve with spaghetti and tomato sauce.

Tomato Vegetable Sauce- Ingredients

- 2 Tbsp. olive oil
- 1 clove garlic, finely chopped 1 onion, chopped
- 2 carrots, shredded
- 2 stalks celery, diced
- 1 pepper, diced
- 796 ml can diced tomatoes
- 2 Tbsp. tomato paste
- Pinch of brown sugar
- 1 tsp dried basil
- 1 tsp dried oregano

Process:

- In a deep saucepan, heat oil and add onion. Cook gently over medium low heat. Add the other vegetables and garlic. Cook gently until softened. Add tomatoes, paste, spices and sugar. Simmer for 20 minutes. You can blend this or serve chunky.

V



By Julie Henry

Roasted Potato

Ingredients:

- 3 large potatoes or sweet potatoes
- $\frac{3}{4}$ cup oil
- 1 tsp dry herbs or 1 $\frac{1}{2}$ fresh herbs chopped
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp pepper

Process:

- Pre heat the oven to 400 degrees. Wash the potatoes. I haven't tried using unpeeled sweet potato but as for regular potatoes, I only peel them for the infants.
- Dice them and toss them in a large bowl along with the other ingredients. Mix, then pour everything onto a lightly oiled pan. Bake for 30 minutes. Roll them with a flat edged utensil (like an egg lifter or squared wooden spoon) after 15 minutes then again after 10 minutes to get even browning. They are done when soft and lightly browned.



V

All Purpose Loaf Recipe

These standard ingredients can be used to team up with almost any type of loaf you want to bake. It could be banana, carrot, pumpkin, zucchini, apple sauce, potato etc.

Ingredients:

- One Loaf
- 1 and 3/4 cup flour. All purpose, whole wheat, mixture of both. Your choice.
- 1 tsp baking powder
- 1/3 tsp baking soda
- 1/2 tsp salt
- 2 eggs
- 1/2 cup melted butter, margarine, or oil of your choice.
- 1/2 cup to 1 cup brown sugar
- 1/3 cup molasses
- 1 cup of your choice of above mentioned fruit, or vegetable.



Directions:

- Depending on your choice, you can add spices such as cinnamon, nutmeg, and ginger, in no more than 1/2 tsp quantities.
- One can make this as sweet as they want by adjusting the sugar amount.
- Dates, and nuts can also be added. 1/2 cup in quantity.
- Mix well all dry ingredients together in bowl. Mix well all wet ingredients together in larger bowl. Add dry ingredients to wet, and mix well. Put into non stick bread pan. Bake at 350 degrees on center rack for approx. 35 - 40 min.



Oven Baked Lentil Patties



Ingredients:

- 1 can (19 oz) brown lentils
- 2 eggs
- 1 clove minced garlic
- 1/2 tsp crushed fennel seed
- salt and pepper to taste
- 1/4 cup bread crumbs
- 1/4 cup small flake rolled oats

V

Process:

- Mix all ingredients well. Taste for seasoning at this point before putting in oven on baking sheet lined with parchment. Bake at 375 degrees approx. 20 minutes.
- Makes two large patties good for a bun, or smaller patties to serve on salad, and, or with grain.
- Tzatziki or sour cream pairs well with this dish.

Mussels and Garlic Toast

Ingredients:

- 1 bag Mussels (usually comes in 2 lb. bag)
- 1 Green pepper
- 1 can Beer (or ½ cup white wine) (optional)
- 2 cloves garlic
- 1 baguette
- Oil
- Mayonnaise
- Parsley

Process:

- For garlic bread, mix mayonnaise and grated garlic. Slice the baguette in half, and spread the mayonnaise with minced garlic, bake in the oven.
- Dice green pepper. Wash mussels in cold water discarding opened or cracked ones.
- On a deep pan, fry green pepper with oil and minced garlic over medium heat. When peppers become soft, turn heat to high, add beer or wine (optional) and mussels all at once, cover with a lid. Shake the whole pan several times or stir once using a spatula. Keep the lid on until fully cooked. Mussels cook very fast. When they are open, this means they are done. Do not overcook. Toss in chopped parsley (optional).
- Dip the garlic bread in rich mussel juice. Mussels will be steamed with its own water or you can use heavy cream for richer taste.



M

Stuffed Zucchini Boats

Ingredients:

- 4 medium zucchini
- 1/2 teaspoon dried Italian seasoning
- salt and pepper to taste
- 2 teaspoons olive oil
- 1 pound mild Italian sausage casings removed
- 1/2 cup onion finely diced
- 1 teaspoon minced garlic
- 2 cups marinara sauce
- 3/4 cup shredded mozzarella cheese
- 1 tablespoon chopped parsley
- cooking spray

Process:

- Preheat the oven to 400 degrees F. Coat a large rectangular baking pan with cooking spray.
- Cut the zucchini in half lengthwise, then trim off the stem ends. Use a spoon to carefully scoop the flesh out of the zucchinis.
- Sprinkle the Italian seasoning, salt and pepper over the zucchini shells. Arrange the zucchini in the baking dish.
- Heat the olive oil in a large pan over medium high heat.
- Add the sausage and cook for 4-5 minutes, breaking up the meat with a spatula.
- Add the onion and cook for an additional 4 minutes or until the onion is softened. Add the garlic and cook for 30 seconds.
- Season the sausage and vegetable mixture with salt and pepper.
- Pour the marinara sauce into the pan and bring to a simmer; cook for 5 minutes.
- Spoon the meat mixture evenly into the zucchini shells, then top with the shredded cheese.
- Bake for 25 minutes, or until zucchini is tender and cheese is melted and golden brown.
- Sprinkle with parsley, then serve.



D

M

By Afaf Ahmed

Salmon and Potato Croquettes



Ingredients:

- 2 cans of your favorite salmon 340 grams
- 2 med. size cooked, and mashed potato
- 2 eggs
- 1/2 cup bread crumbs
- 1 sprig green onion, finely chopped
- Salt and pepper to taste
- Fresh dill can be added if desired

M

Process:

- Mix all ingredients together. Form into small balls (8-12) and place on baking sheet with parchment. Brush with melted butter. Bake at 350 degrees for approx. 20 minutes. You can also make larger patties for burgers.
- Kids will like these plain, but we adults can pair them with our favorite condiment.
- Serve with rice, and green vegetable to complete the meal.

By Ward Woolner

Salsa



Ingredients:

- 1 x 700 ml Canned tomato
- 1 Roasted pepper
- 2 Roasted garlic (or 1 raw if you want a sharper garlic flavor)
- ¼ Medium raw diced onion or 3 green onion chopped
- ¼ tsp Dried basil or 2 large leaves fresh
- ¼ tsp Cumin
- 1 Tbsp. Lemon juice
- 1 Tbsp. Balsamic vinegar
- Salt & pepper
- Optional: Cilantro, chopped

V

Process:

- Put all ingredients (except salt and pepper which you can add to taste at the end) in a food processor and pulse until just slightly chunky.
- Taste to see if you want more acid (lemon and/or balsamic).
- Serve with low salt Corn chips (Que Pasa is a good brand) or cut up some pita, toss in a bit of oil and bake until lightly browned.

Sweet Potato Quesadillas

Ingredients:

- 4-6 soft tortilla wraps
- 1 lg cooked sweet potato
- 1 Tbsp. fresh chopped coriander
- 1/2 cup shredded mozzarella cheese
- 1/2 cup shredded cheddar cheese
- 1 finely chopped caramelized onion
- 1 clove minced garlic
- 1 tsp ground cumin
- 1/4 tsp cinnamon



Process:

- Mix all ingredients together. Check seasoning, and correct to taste.
- Spread mixture on one half of tortilla shell. You can judge for yourself how thick you would like the shell to be.
- Fold other half over onto half with mixture. Place on baking sheet with parchment paper. Bake at 350 degrees for approx. 15 minutes.
- The texture of these is soft, and easy for younger children to chew.
- Serve with sour cream, or plain yogurt for dipping.
Goes well served with coleslaw, or any other crunchy salad.



Rice noodle salad

Unlike Italian pasta, vermicelli is dried COOKED RICE FLOUR. It doesn't require much cooking to have it edible. Aim for the softness in which it doesn't stick together but still soft. Mushy noodle is too difficult to handle. Rice noodle is gluten free. This salad can be gluten free / vegan. Soy sauce usually has wheat in it, play with nutritious yeast or other seasonings if soy sauce is not your choice.

Ingredients:

- 100 g dry rice vermicelli dressing
- 1 Tbsp. soy sauce (add fish sauce or oyster sauce if you are not vegetarian)
- 2 Tbsp. apple cider vinegar
- 1 Tbsp. tahini sesame paste
- 1 Tbsp. olive oil
- 1 Tbsp. miso
- ½ teaspoon grated ginger
- ¼ teaspoon grated garlic
- 1 teaspoon maple syrup
- salt
- Vegetable options: corn, avocado, pepper, onion, lettuce, spinach, tomato, cucumber
- Protein options: pan-fried-tofu, chickpea, soy meat, fried egg, tuna, chicken, beef, shrimp
- Garnish with green onion, cilantro, mint, fried onion, garlic chips, seed, nuts



Process:

- Toss prepared vermicelli and dressing.
- Add vegetable and protein, finish with garnish.



How to prepare rice vermicelli in 2 ways.

- Fold vermicelli and break the length in half. Place the noodle in a bowl and cover with hot water. Wait until it gets soft. It takes 6 to 10 minutes.
- Drain and wash in water.
- Drain and SQUEEZE out the water by hand.
- If it is too hard, microwave it for a minute.
- Place vermicelli in a bowl and cover with hot water. Wait for 3 min and loosen it.
- Boil in hot water for 1 min or so until it gets soft but mushy. Wash in cold water and drain.
- Dry on tea towel or strainer to cut excess water. Cut noodle if it is too long.

Pasta Salad



Ingredients:

- 900 g. dry Rotini macaroni, cooked, rinsed, and drained
- 1/3 cup diced celery
- 1/4 cup minced red onion
- 1/2 cup shredded carrots
- 1/4 cup sliced black olives
- 1/2 cup diced assorted bell peppers
- 1 Tbsp. Parsley flakes
- 1 tsp Oregano leaves
- 1/2 cup prepared mayonnaise
- 2 Tbsp. lemon juice
- 1 tsp salt, plus more to taste
- 1/2 tsp ground black pepper
- Optional: 1/2 cup sun-dried tomato, diced



Directions:

- In a large bowl, combine the macaroni, celery, onion, parsley and dried tomato, if using. In a small bowl, whisk together the mayonnaise, parsley, oregano, black pepper, lemon juice and salt. Pour the dressing over the salad and stir to combine. Season with salt and pepper to taste. Serve. Store covered in the refrigerator.

Chicken Curry



M

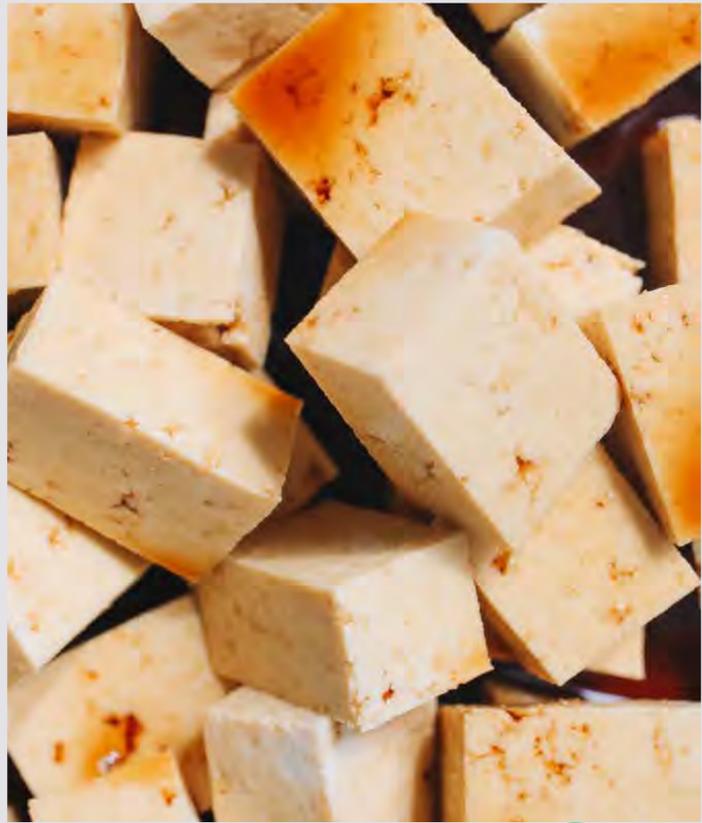
Ingredients:

- 4 chicken drumsticks
- 1 ½ cup onion, diced
- ½ cup carrot, diced
- ½ cup celery, diced
- 1 bay leaf
- 1 ½ cup potato, diced (or cooked chickpeas)
- 2 cups canned diced or crushed tomato
- 1 cup water
- 1 cup spinach
- 4 tsp fresh grated ginger
- 2 tsp fresh grated garlic
- 4 tsp curry powder (or curry paste)
- 1 tsp paprika
- ¼ tsp turmeric
- 2 tsp coriander powder
- 1 tsp cumin powder
- Salt, pepper and oil
- 1 Tbsp. soy nut butter
- Canned coconut milk or heavy cream (option)

Process:

- In a heavy saucepan, heat oil and brown chicken. Add onion, carrot, celery and a pinch of salt.
- When vegetables are becoming tender, add potato. Cook until the oil is coated around the potato.
- Push away all the mixture on one side of the pan. Add generous amount of oil and slowly cook ginger and garlic.
- Add all the spices except for salt and pepper. Stir the spice, bring up the aroma.
- Add tomato and water. Scrape the bottom of the pan well and simmer until all becomes tender. Bone the chicken. Stir in spinach and soy nut butter.
- Adjust the taste with salt. Pepper if needed. Stir in coconut milk or cream (option).

TAMARI MARINATED TOFU



Ingredients:

- 1 Extra Firm Tofu
- ½ cups low sodium Tamari (soy) sauce
- 1 Tbsp. rice wine vinegar
- 1 crushed garlic
- 1 tsp crushed or 2 tsp shredded ginger
- 1 cup water
- ¾ cup oil (an additional 1 Tbl of sesame oil is a good option)

V

Process:

- To cube the tofu, place it with the narrowest side up, then with a sharp knife, cut it in three equal pieces. Holding it in one piece, turn it so an uncut side faces up. Cut it length-wise in half, then each half in half again (quarters, of course). Then turn it, if convenient, to cut it width-wise. Make the same cuts as in the previous step but with one extra division (so, into eighths).
- Put the tofu cubes and the rest of the ingredients into a bowl or large flat bottomed storage container and leave it in the fridge anywhere from a couple hours to over night.
- When you are ready to cook it, preheat the oven to 400 degrees and put the tofu into a colander to drain into a bowl.
- Toss the tofu in the oil and put it in an oiled baking pan. Bake for 30 minutes. You want the tofu browned, but more or less evenly so you will have to roll them with a flat edged utensil (like an egg lifter or squared wooden spoon) after 15 minutes then again after 10 minutes.
- The tofu is then ready to serve as-is but if you want a sauce, take the marinade that you strained out, add water until it is at a desirable strength in taste. Heat it up in a sauce pan and thicken it with a cornstarch mixed with cold water. Two teaspoons of cornstarch in 2 tablespoons of water should do. Add it in slowly until it has the thickness of heavy (whipping) cream.

Mexican Rice Recipe



V

Ingredients:

- 3 Tbsp. margarine
- 3 Tbsp. vegetable oil
- 4 ½ cups brown rice
- 1 ½ cups onions, finely chopped
- 2 red peppers, finely chopped
- 3 cloves garlic, minced
- 6 cups water
- 3 cans low-sodium tomatoes, diced or crushed
- 1 Tbsp. chili powder
- 1 tsp salt
- 1/2 tsp Black pepper
- 2 Bay leaves

Process:

- In a large pot, heat oil and margarine over medium high heat.
- Add the rice, onions, peppers, and garlic. Cook until the rice is browned and the vegetables are tender.
- Stir in the water, tomatoes, chili powder, black pepper, salt and bay leaves. Bring to a boil.
- Reduce heat and cover. Simmer under the rice is tender, about 15 – 17 minutes.

Serving Suggestion:

Sprinkle with grated cheese..

By Bahaa Alashi

Shish tawook

Ingredients

The Meat

- 2 lb chicken breast, cut into 1-1 ½ inch pieces

For The Marinade

- 1 lemon, juiced (roughly ¼ c)
- 6 garlic cloves, minced
- ¼ cup plain yogurt, or Greek yogurt
- 2 Tbsp. olive oil
- 1 tsp ground thyme
- 1 tsp paprika
- 1 tsp salt
- 2 tsp tomato paste
- ¼ tsp ground black pepper

For the Skewers

- 6-7 wooden skewers, soaked in water for 10 minutes

Instructions

- In a small bowl, mix all the marinade ingredients together.
- Place the cubed chicken into a flat, sealable container and pour the marinade over the chicken. Mix the chicken with the marinade to be sure all the pieces are well-coated.
- Cover the container and let marinate in the refrigerator for at least 4 hours, up to overnight.
- Preheat your grill to a medium heat, roughly 350F. (You should be able to hold your hand about 3 inches from the cooking grate for 6-7 seconds.)
- Thread the chicken pieces onto the soaked skewers, pressing the pieces up against each other.
- Grill the chicken skewers for 8-10 minutes a side, until the chicken is firm and golden.
- Serve the shish tawook with pita bread (get our pita bread recipe here) and sliced tomatoes or with rice and grilled vegetables.



M

Curried Chickpea and Sweet Potato



V

D

Ingredients

- 1 19 oz can Chickpeas, well rinsed. You can always cook your own Chickpeas from dry product.
- 1 sm. diced onion
- 1 med. half inch diced sweet potato
- 2 cups fresh chopped spinach
- Approx. 1 cup tomato sauce
- Approx. 1/2 cup veg. stock
- 1 lg. clove minced garlic
- 1 tsp ground coriander
- 1 Tbsp. chopped fresh coriander
- 1 tsp. ground cumin
- 1/2 tsp ground ginger
- 1/2 tsp ground cinnamon
- Salt to taste
- 2 Tbsp. butter

Instructions

- Caramelize onions with garlic, then add ground spices, and stir in well with onions.
- Add 1/2 of the vegetable stock...mix well keeping on low heat.
- Add chickpeas, spinach, and tomato sauce.
- Let simmer slowly on low heat...approx. 20 min.
- Add salt to taste.
- Add remaining vegetable stock, and butter..stir in well.
- Garnish with fresh coriander when in serving bowl.
- Make this dish as spicy as desired by adding ground chili, and/or black pepper to taste.
- Great served with Basmati Rice, and plain high fat yogurt.

Butternut Squash Dal



Ingredients:

- 1 cup dried red lentils
- 1 1/2 cup vegetable broth
- 1 Tbsp. olive oil
- 1 onion chopped
- 2 cloves garlic
- minced 2 Tbsp. grated fresh ginger
- 1 Tbsp. mild curry paste or powder
- 3 cups chopped, peeled butternut squash
- 1 can coconut milk
- Fresh cilantro
- chopped and rinsed lentils- stir into broth and set aside

V

Instructions:

- In a large saucepan , heat oil over medium heat; saute onion for 3 minutes or until starting to soften.
- Add garlic, ginger and curry. Saute for 2 mins.
- Add lentils in broth, squash and coconut milk.
- Bring to a boil, stirring often. Cover leaving lid ajar, reduce heat and simmer stirring occasionally for 25 minutes or until squash and lentils are soft and tender.
- Remove from heat and mash with potato masher or use an immersion blender.
- Sprinkle with cilantro.
- Serve with rice and naan.

By Julie Henry

AFCs Wellington Centre

Tofu Vegetable Stir-Fry Recipe

Ingredients:

- ½ cup vegetable oil
- 5 (1 lb.) blocks firm tofu
- heads broccoli, cut into small florets
- 5 carrots, peeled and sliced
- 4 stalks celery, sliced
- 4 red or green peppers,
- 1 bunch green onions, sliced

Marinade & Sauce

- 2 cups reduced-sodium soy sauce
- 2 cups water
- 8 cloves garlic, minced
- 1 Tbsp. fresh ginger, grated

Thickener

- ½ cup water
- ¼ cup cornstarch
- Optional: Mushrooms, Bok choy, Cauliflower & Snow peas

Directions:

- Combine marinade/sauce ingredients and blend with an immersion blender (or regular blender).
- Dice tofu into small cubes. Pour half of the marinade/sauce onto tofu and marinate for 2 – 3 hours or overnight. Drain and discard liquid.
- Heat half of the oil in a large frying pan over medium-high heat. In small batches, brown tofu. Reserve in a covered stainless steel bowl in the oven, until all tofu is cooked.
- Meanwhile, heat remaining oil in a wok or large frying pan/pot. Add broccoli and sauté for 5 minutes. Add sauce and stir to distribute.
- Add carrots, green onions, and peppers and continue to cook until broccoli is bright green and tender.
- In a small bowl, combine cornstarch and water. Add to pan and stir until thickened. Add tofu and toss to coat with sauce

Serving Suggestion:

Serve with rice or noodles .. Enjoy!



BEEF (OR LENTIL) AND MUSHROOM PIE



M

Ingredients:

- 1 Pie shell pre-made
- 400 grams ground meat or 3 cups cooked lentils
- $\frac{3}{4}$ cup diced potato or frozen diced squash
- 1 onion
- 200 grams mushroom
- 2 cloves garlic
- $\frac{1}{4}$ tsp oregano
- Salt and pepper to taste

Process:

- Thaw the pie shell. Once soft enough, poke holes on the bottom about a dozen times with a fork and bake at 350 degrees F. until lightly brown.
- Cook the beef or lentils. Dice and boil the potato (unless you are using the prepared frozen squash) or use frozen diced potato.
- Roughly chop the onion then put it in a food processor with the mushroom, oregano and garlic. Cook this mixture in $\frac{1}{4}$ cup of oil then mix it into the beef or lentil. Also mix in the potato and salt & pepper.
- Put the mixture in the pie shell and re-heat but be careful not to over-cook the pie shell.

Spinach Quiche



V

D

It takes about an hour in a regular oven. If using a toaster oven, its best to set it at 350 degrees and allow for another 20 minutes or the top will brown too much.

In any event, you need to check to make sure the egg mixture is firm and dry on top. Let it sit 10 minutes before cutting into it.

Ingredients:

- 150 gram frozen spinach (or cooked broccoli, asparagus, etc.) (My son suggested less spinach next time. Everyone's a critic.)
- 1/4 medium onion diced
- 1/4 tsp dried thyme leaves
- 1 pie shell (gluten-free shells are available. That is what I used for this demo)
- 100 grams of cream cheese (the blocks you buy are 250 grams)
- 50 grams of Monterey Jack (or Edam, Cheddar, Havarti, etc.) shredded
- 4 eggs
- 1 cup milk
- 1/4 tsp salt and a dash of pepper
- Optional: 1/2 tsp corn starch and 1/2 tsp baking soda

Process:

- Saute the diced onion with the thyme in a bit of oil until the onions are translucent. Then add the frozen spinach.
- Cook the spinach mixture until most of the water from the spinach evaporates. If you had the foresight to put the spinach in the fridge the night before, you can just squeeze out the water.
- Pre-heat the oven to 400 degrees.
- Next, put a prepared pie shell on a baking sheet and add blobs of cream cheese. Here I've used about 100 grams.
- Whisk together the milk, eggs and the rest and add it to the pie shell. Don't over-fill or it will be difficult to move it to the oven without spilling.

Chicken Shawarma



M

Ingredients:

- 5lb Chicken breast (Boneless, Skinless) cut thin strips
- 1 Tbsp. Allspice Ground
- 1 Tbsp. Paprika
- 1 Tbsp. Ground Coriander
- 1 Tbsp. Ground Cumin
- 1/4 Tbsp. Turmeric Powder
- 1/2 Tbsp. Ground Black Pepper
- 1/2 Tbsp. Garlic Powder
- 1 Tbsp. Ground Cinnamon
- 1/4 Tbsp. Ground Nutmeg
- 1 Tbsp. Salt
- 2 Bay leaves
- 2 Tbsp. fresh garlic paste
- 1/2 Cup of lemon juice
- 1 Tbsp. White Vinegar
- 1 Cup Canola Oil

Process:

- Mix the spices with all liquids in a large bowl.
- Combine with the chicken and leave it in the fridge for one night.
- Preheat oven to 385 degrees F.
- Put the chicken on a baking tray with parchment paper.
- Cook in the oven for 45 min, take off the tray and carefully remove the water (chicken juice).
- Broil it in the oven for 8min.

Serving Suggestion:

- Serve with rice or in pita bread, green salad, pickles and garlic mayo sauce. Enjoy it

By Bahaa Alashi

CREAMY CROCKPOT CHICKEN



D

M

Ingredients:

- 1 lb Chicken tenderloins or boneless chicken breast
- 1 Family sized can of Cream of Chicken Soup
- 1 cup water or broth Optional in crock-pot version but not optional in Instant Pot Creamy Chicken version.
- $\frac{2}{3}$ cup of sour cream
- 1 tablespoon minced garlic
- $\frac{1}{2}$ cup shredded sharp cheddar cheese
- Assorted vegetables for convenience I used a prepackaged bag with carrots, broccoli and cauliflower
- salt and pepper to taste
- 1 Tbsp. onion powder
- 12 oz. egg noodles for a side

Process:

- Combine in a crockpot cream of chicken soup, water, sour cream, minced garlic, cheese and salt and pepper.
- Add chicken into sauce mixture, make certain to cover chicken with sauce.
- Cover and turn crock pot on low. Cooking times will depend on how thick chicken is. Because I used chicken tenderloins which are thinner, chicken was done after 4 $\frac{1}{2}$ hours. If using a thicker chicken breast, continue in the crock pot until fully cooked.
- Add the vegetables on top of sauce and then add salt, pepper, and onion powder to taste to the vegetables.
- Before you are ready to serve, prepare egg noodle according to directions on bag.
- Stir sauce in crock pot prior to serving.
- Serve over egg noodles.
- Enjoy.

Chilli Beans

Ingredients:

- 1/4 cup vegetable oil
- 3 onions, minced
- 6 cloves garlic, minced
- 1 cup coriander, fresh chopped
- 4 red peppers, diced
- 4 carrots, diced
- 6 stalks celery, diced
- 4 cups kidney beans, cooked OR canned beans, rinsed and drained
- 4 cups chickpeas, cooked OR canned chickpeas, rinsed and drained
- 4 cups black beans, cooked OR canned beans, rinsed and drained
- 4 cans low sodium tomatoes, crushed or diced
- 2 small cans tomato paste
- 4 cups corn, frozen whole kernel
- 3 Tbsp. chili powder
- 2 tsp cumin, ground
- 2 tsp coriander, ground
- 1 tsp salt



V

Process:

- Heat oil in a large pot over medium – high heat. Add onion and cook until soft.
- Add garlic and cook for 2 minutes
- Add red pepper, celery, coriander and carrots and cook until tender (approx. 10 minutes).
- Add tomatoes, tomato paste, beans, corn, chili powder, cumin, coriander and salt.
- Simmer for 30 – 45 minutes

Serving Suggestion:

- Sprinkle with grated cheese before serving. Serve with rice.. Enjoy!

Potato Stew



M

D

Ingredients:

- potatoes
- cooked chicken
- crushed tomatoes
- carrots
- mushrooms
- onions
- 4 cups of water (10-15 potatoes)
- butter
- Knorr cube
- oil
- salt

Process:

- In a pot, add oil, Knorr cube, onions, carrots, and mushrooms.
- Cook for 2 minutes.
- Add tomatoes and cook for 2 minutes.
- Add water, potatoes and salt.
- Boil for 15-20 minutes.
- Add chicken and simmer for 10 minutes.
- Then turn off stove and add butter when ready to serve.

PS: I use cooked chicken or smoked

Tofu Balls and Tomato Vegetable Sauce



V

For Tofu Balls

- 1 block firm tofu, drained and mashed
- ½ cup bread crumbs
- 1 ½ Tbsp. tahini
- 3 Tbsp. soya sauce
- ¼ cup parsley, finely diced
- 1 small onion, minced or finely diced
- ½ tsp dry mustard
- Pinch of black pepper

Process:

- Mix all ingredients and form into small balls. Bake on cookie sheet, lined with
- parchment paper. 350 for about ½ an hour. Serve with spaghetti and tomato sauce.

Tomato Vegetable Sauce

- 2 Tbsp. olive oil
- 1 clove garlic, finely chopped
- 1 onion, chopped
- 2 carrots, shredded
- 2 stalks celery, diced
- 1 pepper, diced
- 796 ml can diced tomatoes
- 2 Tbsp. tomato paste
- Pinch of brown sugar
- 1 tsp dried basil
- 1 tsp dried oregano

Process:

- In a deep saucepan, heat oil and add onion. Cook gently over medium low heat.
- Add the other vegetables and garlic. Cook gently until softened.
- Add tomatoes, paste, spices and sugar. Simmer for 20 minutes. You can blend this or serve chunky.

By Julie Henry

& Hala Makhoul

AFCS Home & Wellington Centre

Pasta & White Bean Casserole



V

D

Ingredients:

- ½ cup chopped onion.
- 2 gloves garlic, minced.
- 2 cans (15 ounce) white beans, rinsed and drained.
- 3 cups cooked Penne pasta.
- 1 can (8 ounces) tomato sauce. 2. tsp Italian seasoning.
- ½ tsp Salt
- ½ Black pepper
- 1 cup (4 ounces) Shredded Nacho cheese
- 2 tpls Dried Parsley

Process:

- Preheat oven to 350. Spray 2-quart casserole with non-stick cooking spray.
- Cook and stir onion and garlic in oil in large skillet over medium-high heat for 3-4 minutes or until onion is tender.
- Add beans, pasta, tomato sauce, Italian seasoning, salt and pepper; mix well.
- Transfer to prepared casserole; sprinkle with cheese and parsley.
- Bake 20 minutes or until cheese is melted

Quinoa Burgers



D

V

Ingredients:

- 1/2 cup quinoa
- 1 carrot (peeled and chopped)
- 2 green onions (chopped)
- 1 can white kidney beans (drained and rinsed)
- 1/4 cup-1/2 cup breadcrumbs
- 1 egg
- 1 Tbsp. cumin
- 1/4 tsp pepper oil
- Plain yogurt
- Pita bread
- Cucumbers
- Tomatoes
- Lettuce

Process:

- In a pot, bring 3/4 cup water to boil.
- Add quinoa, cover and reduce heat to low.
- Cook until water is absorbed , 12-14 mins.
Remove lid and let cool.
- In a food processor, finely chop carrot. Add kidney beans, green onions, egg, cumin and pepper.
- Scrape into large bowl and stir in bread crumbs until a good consistency for patties.
- Form into small patties.
- Heat oil in large frying pan. Cook patties until golden and then flip.
- Serve with yogurt, pita bread, sliced tomatoes, cucumbers and lettuce.

By Julie Henry

AFCS Wellington Centre

Shrimp and Tomato Dinner



M

Ingredients:

- 2 cups rice
- 1 bunch kale
- 1 bag (400 g) frozen raw shrimp
- 1~2 pints mini tomatoes
- Oil
- Oyster sauce
- Fresh herb (option: garlic, ginger)

Process:

- Wash rice. Wash kale and cut to 1" with scissors. Place the rice with 2 1/2 or 3 cup water in a heavy pot. Place kale on top, set aside for 30 minutes.
- Thaw shrimp under the running water. It won't take much time. Drain and pat dry.
- Cook rice. Cover the pot, bring it to boil. Reduce to low heat and cook for 10 min. Remove from the heat. Wait another 10 minutes with the cover on. Fluff rice.
- Heat oil in a frying pan. Fry tomatoes, garlic / ginger, add shrimp, season with 1 Tbsp. each oyster sauce and soy sauce. Cut herb on top of the pan with scissors. Toss it.

Moroccan Spiced Vegetable Couscous

Ingredients:

- 5 cups whole wheat couscous
- 8 cups water or low-sodium broth
- ¼ cup vegetable oil
- 1 onion, diced
- 2 Garlic cloves, minced
- 8 stalks celery, diced
- 6 carrots, finely diced
- 3 red peppers, diced
- 1 can chickpea (drained)
- 1 cup frozen peas
- ¼ cup parsley flakes
- 1 tsp salt
- 1 tsp Ground Coriander
- ½ tsp Ground Cumin
- ¼ tsp Ground turmeric
- ⅛ tsp Ground Cinnamon
- ½ tsp Paprika
- ½ tsp Black pepper
- 2 Bay leaves

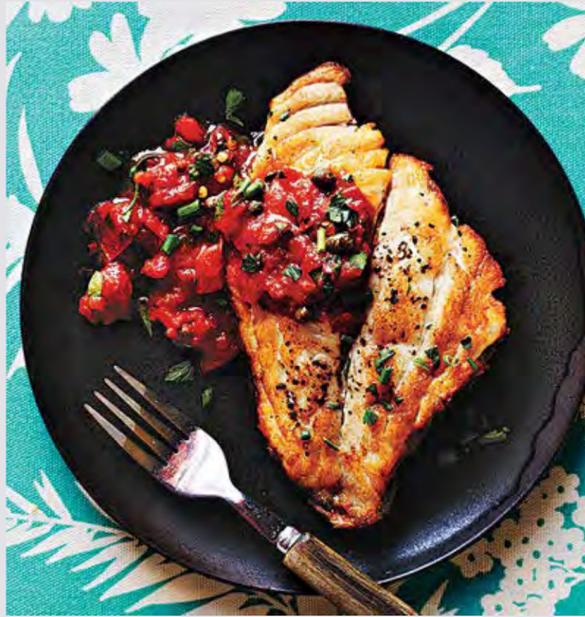


V

Process:

- In a medium saucepan, bring broth or water to a boil. Stir in couscous
- Remove from heat, cover and let stand for 5 minutes. Fluff with a fork
- Meanwhile, heat oil in large pan. Sauté onions and garlic until soft
- Add remaining vegetables and sauté until tender
- Mix in the salt & pepper, paprika, ground coriander, turmeric, cumin ground and cinnamon. Stir-fry until fragrant (about a minute)
- Add the frozen peas, parsley and cook briefly. Stir in the chickpeas. Followed by the stock, scraping any brown bits from the bottom of the pan
- Combine couscous and sautéed vegetables. Season with salt (and pepper, if using).
- Let stand 5 minutes or until liquid is absorbed. Fluff and serve.

Basa with Tomato Vinaigrette



M

Basa

Ingredients:

- Frozen Basa fillet
- Olive oil
- Lemon juice
- Thyme
- Paprika
- Garlic
- Salt

Process:

1. Thaw Basa in the fridge overnight.
2. Pat the fish with paper towel and cut into the size you like.
3. Marinate the fish with the rest of the ingredients. Make a tomato vinaigrette (see right)
4. Dust the marinated fish with flour. Pat off excess flour very well.
5. Pan fry with generous amount of oil. Flip fish only once when it is mostly cooked. The formula for pan frying time for fish is 7 : 3 = first side : second side.
6. Serve hot with a tomato vinaigrette.

Tomato vinaigrette

Ingredients:

- 2 Tbsp. red wine vinegar
- Salt and pepper
- 6 Tbsp. olive oil
- 3 tomatoes (about 1 LB total)
- 1 Tbsp. fresh chive, chopped

Process:

1. Peel tomatoes. Give tomatoes scars so that it will be easy to peel later. Pour boiling water from a kettle over the tomato. Peel, seed and chop in small dice.
2. In a bowl, whisk vinegar, salt and pepper until the salt is dissolved. Gradually add the oil, whisking constantly so the dressing emulsifies and thickens slightly.
3. Stir in tomato and chives. Taste and adjust the seasoning. Rest it an hour before using.

Tips:

For oven bake, no need to dust with flour. Bake at 400 F.

For “Cajan” taste, add oregano, onion powder and a dash of cayenne pepper, use large amount of paprika. Dust with <cornmeal + flour> and deep fry.

Frittata



Ingredients:

- Ingredients
- 10 Eggs
- 5ml Baking powder
- 750 ml Shredded cheese
- 1 Chopped Zucchini or Bell Pepper
- 6 Chopped green onion
- 30 ml Butter or soft margarine
- 125 ml Flour
- 500 ml Cottage cheese
- Salt and Pepper to taste

V

D

Process:

- Lightly beat eggs; add to remaining ingredients
- Pour into a lightly greased baking dish (12x8)
- Bake at 180 C (350 F) until golden brown (35-40 min)
- Serve immediately

By Ferial Farhat

Hidden Veggie Mac and Cheese



Ingredients:

- 3 cups brown rice macaroni noodles
- 1 cup cauliflower florets
- 1 cup frozen butternut squash
- 1 cup carrots, chopped
- 1 cup milk
- 2 cups grated cheddar cheese
- 4 ounces (1/2 cup) cream cheese
- sea salt and ground pepper

Process:

- Bring a large pot of salted water to a boil. Add the macaroni and cook until al dente. Drain and set aside.
- Add cauliflower, butternut squash, and carrots to a steamer. Let steam until veggies are tender, approx 10-15 minutes.
- Blend veggies until smooth in a blender. Return veggie mixture to a medium pot. Add in milk, shredded cheese, and cream cheese. Let simmer on medium-high heat, and stir until cheese melts.
- Add macaroni to the pot and mix together. Cover with a lid and let simmer for an extra 10 minutes. This mac and cheese is served best while still warm.

Fruit and Yogurt Muffins or Loaf



Ingredients:

- 2 cups all purpose flour
- 1 cup sugar
- 1 tsp baking soda
- 1 tsp baking powder
- 8 oz container vanilla yogurt
- 1 egg
- 4 tbsp butter, melted
- 2 cup field berries

Process:

Preheat oven to 350 F/ Grease pan or line with parchment paper

- 1. In large mixing bowl, stir together flour, sugar, baking soda and baking powder.
- 2. In separate bowl, combine yogurt, egg, butter and berries
- 3. Add yogurt mixture into flour, stirring just until combined.
- 4. Spoon into prepared pans

Muffins- 25minutes. It makes 12muffin

Loaf 50/60minutes. Test center for readiness. Makes 1 Loaf

V

D

Orange Cake

Ingredients:

- 4 eggs (room temperature)
- 1 1/2 cups sugar
- 1 cup of oil or unsalted butter
- ½ cup of orange juice
- ½ cup of milk
- 2 cups of and 2 spoons of flour
- 1 1/2 tsp of baking powder
- 1/4 teaspoon salt
- 1 1/2 teaspoons (3 grams) orange zest
- ½ tsp vanilla

D

FOR THE ORANGE SYRUP: (OPTIONAL, BUT RECOMMENDED FOR ADDED MOISTURE & DEEPER ORANGE FLAVOR)

- 2 tablespoons freshly squeezed orange juice
- 1 1/2 (18 grams) tablespoons granulated sugar

FOR THE CREAM CHEESE GLAZE: (OPTIONAL)

- 2 tablespoons (28g) cream cheese, softened (I used 4 squares of Kiri)
- 3/4 cup (85g) powdered sugar
- 1 to 2 tablespoons heavy cream

Process:

- Adjust oven rack to lower middle position and preheat the oven to 350F/180C (325F/160C if using a dark pan).
- Mix the eggs with sugar, add vanilla, oil, milk, orange juice, zest and mix them all together using the mixer.
- Mix the flour with baking powder, add the salt, then add them to the first mixture.
- Bake for 30 minutes, or until the center of the cake springs back when lightly touched, and wooden skewer inserted between the tube and sides comes out clean or with a few cooked crumbs attached.

Orange Cake continued...

TO MAKE THE ORANGE SYRUP:

In a tiny saucepan over very low heat, bring together the orange juice and sugar to a simmer until the sugar is dissolved. Remove from the heat once it reaches a simmer. Using a thin skewer, poke tiny holes all over the cake. Brush the surface of the cake with about one-third of the syrup.

Let the cake cool in the pan for 10 minutes, then invert onto a serving platter. Brush the top and sides of the cake with the remaining syrup. Allow the cake to cool slightly before serving, or wait until it's barely warm before glazing (if using); at least 40 more minutes.

TO MAKE THE CREAM CHEESE GLAZE:

In a medium bowl, whisk the cream cheese until smooth. Add in the powdered sugar, and whisk together until no longer lumpy. Whisk in enough heavy whipping cream to get the mixture to a thick, yet pourable consistency.

Pour the glaze all over the cake then give it enough time to set. Garnish with strands of orange peel, if desired.

Cut into slices and serve. Store leftovers in an airtight cake dome at room temperature for 3 to 4 days.



By Afaf Ahmed

AFCs Carleton Heights

Crispy Cookies

Ingredients:

- 1 cup butter or margarine
- 1 1/2 cup brown sugar
- 2 eggs (beaten)
- 1 Tbsp. vanilla
- 2 cups whole wheat flour
- 1 tsp baking soda
- 1/2 tsp baking powder
- 2 Tbsp. ground flaxseed (optional)
- 2 cups rolled oats
- 2 cups rice crispies
- 1 1/4 cup sunflower seeds



D

Process:

- In a large bowl, cream together butter and sugar. Beat in eggs and vanilla.
- In separate bowl, mix together flour, baking powder and baking soda and flaxseed. Stir into creamed mixture.
- Blend in oats, rice crispies and sunflower seeds. Form into 1 inch balls and place on parchment lined baking sheet.
- Flatten with floured fork in a crisscross.
- Bake at 350 F for 12 -15 mins.

All purpose flour can be substituted for whole wheat. Flaxseeds are a good source of fibre and are also a rich source of a heart healthy omega-3 fatty acid.

Vegan Cake



Ingredients:

- 1.5 Cup flour
- 1/5 Cup Sugar
- 1/5 Cup oil
- 3/4 Cup of warm water
- 1/4 Cup Cocoa powder
- 1 tspn backing powder
- 1 tspn baking soda
- 1 tspn Vinegar
- 2 tspn Vanilla extract
- Optional: you can add raisins or cranberries ..



Process:

- Preheat oven to 365 F
- In medium bowl, mix together the dry ingredients
- In separate bowl, whisk together the wet ingredients
- Add wet ingredients to dry ingredients. Stir until just combined.
- Bake for approx. 25 min.

Pumpkin Spice Tea Biscuits



D

Ingredients:

- 3/4 cup cooked, mashed pumpkin. Canned pumpkin works fine.
- 1/2 cup whole milk
- 1 1/4 cups flour
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 2 tbs. white sugar
- 1 tbs. baking powder
- 1 tsp. salt
- 6 tbs. cold unsalted butter, cut in small pieces

Process:

- Mix flour, salt, sugar, and baking powder in bowl. Add butter and blend until butter, and flour form crumbly texture. Now add sweet potato, and milk and blend together until just mixed.
- Spoon onto baking sheet lined with parchment paper. Make to desired size. Eight to twelve biscuits.
- Great served fresh out of the oven, with butter, and honey alongside a hot soup.

Recipe adapted from Paula Deen's Southern Cooking Bible

Creamy Chia pudding



D

Ingredients:

- ½ cup plant-based milk
- 2 tablespoons chia seed
- ¼ cup banana flavor yogurt
- 8 oz (1 cup) size Mason jar

Process:

- Place milk and chia seed in a Mason jar. Put a lid on and shake.
- Refrigerate.
- After 10 min, shake it again.
- Leave it in the fridge overnight.
- Mix in yogurt.

Tips

- Can store up to 5 days in the fridge.
- For vegan version, use vegan yogurt, coconut milk or fruit puree to substitute yogurt.
- Play with any milk, yogurt or sweetener.

Pierre Herme's Hot chocolate



D

This recipe came from the world famous chocolatier Pierre Herme. This hot chocolate isn't vegan, however, with plant milk would work as he mentions adding cream bothers the aroma of the chocolate. Use good quality cocoa and chocolate. Indulge yourself with this gorgeous treat.

Ingredients:

- 15g cocoa powder
- 15g sugar
- 50g water
- 200g milk
- 50g chopped chocolate

Process:

- In a milk pan, mix 15g cocoa powder and 15g sugar. This step helps cocoa to dissolve in water.
- Add 50g water and stir until it gets smooth.
- Pour 200g milk, heat until just before boiling. Remove from heat and throw in 50g chopped chocolate. Stir as needed.
- Emulsify the liquid with a milk foamer (or a blender, mixer, hand immersion blender, whisk).

Sugarfree Banana Popsicle



V

Ingredients:

- Banana
- Unsweetened shredded coconut
- Coconut Oil
- Soy Nut Butter

Directions:

Cut a banana in half. Insert a popsicle stick and freeze for two hours. Toast unsweetened shredded coconut in oven (or pan fry with coconut oil.). Coat the frozen banana with soy nut butter then dust with toasted coconut.

Banana Plantain Pudding



Ingredients:

- banana (preferably plantains), needs to be really yellow-ripen
- wow butter or other nut butters
- squash
- water (1/2 L for 4-5 bananas)

Process:

- Slice bananas and squash in small pieces.
- Pour water in a pot, add bananas, squash and wow butter and cook for 20 minutes.
- After everything blends together, mix (preferably with a hand mixer) to make it smooth, the same consistency as pudding. Let cool for 10-15 minutes in fridge and serve

V

*Thank
You*

