



Let's Get Cookin' Recipes



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Introduction

This book is designed for people like you who have started the adventure into improving your cooking skills. In this book you will find 17 recipes that you can try at home. These recipes are delicious, nutritious, and fun to make! Better yet, they give you the opportunity to practice what you learned in the Let's Get Cookin'! classes. Before you start cooking, make sure you have your parent/guardian's permission and they are around to supervise you.

The first few pages will cover some safety tips when working in the kitchen, a quick lesson on how to read recipes, and some tables with common measurement conversions and abbreviations.

The rest of the book is full of recipes for you to try at home! So Let's Get Cookin'!



Food Safety

- Keep long hair tied back
- Remove dangling jewellery, watches, & rings
- Wear an apron (recommended)
- Do not cook when unwell
- Cover any cuts and wounds with a band-aid
- Wash your hands:
 - Before touching food
 - Before and after eating
 - After using the bathroom
 - After coughing, sneezing, blowing your nose, or touching your hair or face

Knife Safety

- Use the right knife for the job and make sure it's sharp.
- Dry your hands before using a knife to prevent it from slipping.
- Use a cutting board or flat surface. Put a damp cloth under cutting boards to prevent it from sliding.
- Curl your fingers and cut away from your body.
- If you are interrupted when using a knife, place the knife down, do not continue cutting while distracted.
- Don't use knives for other purposes (i.e., to open bags, boxes, cans, etc.)
- When carrying a knife, keep it to your side with the point down and cutting edge away from you.
- When passing a knife to someone, put the knife down on a clean work surface and let them pick it up.
- Don't try to catch a knife if it falls.
- Don't leave knives near the edges of tables.
- Store knives securely, blade down, in designated areas.
- Do not drop put a knife in a sink full of water. It is dangerous to search of the knife.



Reading a Recipe

Reading a recipe is step #1 when it comes to cooking. Knowing which parts to look for will help you understand how much you're going to make, what ingredients you need, and how to make it!

A recipe has four parts:

- **Name:** The name tells you the name of the recipe that you are preparing.
- **Yield and Preparation Time:** The yield tells you how many people you can expect to serve from a recipe. The preparation time tells you how long it will take to prepare the recipe.
- **Ingredients:** Tells you what you need and how much.
- **Instructions:** Tells you what to do with the ingredients.

Common Measurements

We use different units of measurement and short forms in the kitchen. Practice your math skills by converting, adding, and subtracting different measurements!

Imperial Units	Metric
¼ tsp	1 mL
½ tsp	2 mL
1 tsp	5 mL
1 tbsp.	15 mL
¼ cup	60 mL
⅓ cup	75 mL
½ cup	125 mL
⅔ cup	150 mL
¾ cup	175 mL
1 cup	250 mL
4 cups	1000 mL or 1 L

Abbreviation	Measurement
tsp	Teaspoon
tbsp.	Tablespoon
oz.	Ounce
lb.	Pound
mL	Millilitre
g	Gram
kg	Kilogram



Delectable Bugs

YIELDS: 10 servings

PREP TIME: 15 minutes

Ingredients

- 1 bunch celery
- Raisins
- Fruit Bugs:
 - 1 of an apple
 - 1 of an orange
 - 1 small bunch of grapes
 - Strawberry cream cheese
- Vegetable Bugs:
 - 1 of a cucumber
 - 10-15 cherry tomatoes
 - Hummus



Figure 1: Delectable Bugs

EQUIPMENT: 4 cutting boards | 4 knives | 2 spoons | 2 dinner knives | strainer | large plate for serving | small plates for sampling

Directions

1. Thoroughly wash all produce under cool running water.
2. Cut celery into sticks (about 10cm in length).
3. Cut remaining fruit and vegetables into small bite pieces or slices (see picture above for inspiration).
4. Using a dinner knife or spoon, spread cream cheese or hummus in the curved portion of the celery.
5. Add cut up fruit to the cream cheese bugs and cut up vegetables to the hummus bugs. Use your creativity to decorate them!
6. Add raisins on one end to look like eyes.



Green Smoothie

YIELDS: 4 servings

PREP TIME: 6 minutes

Ingredients

- 250 mL (1 cup) fresh spinach or kale
- 2 medium bananas, very ripe
- 250 mL (1 cup) frozen light-coloured fruit (mango, peaches, pineapple)
- 250 mL (1 cup) white milk or unsweetened fortified soy beverage
- 250 mL (1 cup) plain yogurt



Figure 1. Green Smoothie

EQUIPMENT: strainer | blender | dry measuring cup | liquid measuring cup | large spoon | cups for sampling

Directions

1. Thoroughly wash spinach or kale under cool running water. Discard any spoiled leaves.
2. Peel bananas and break into pieces. Place in blender.
3. Measure frozen fruit, milk and yogurt. Add into blender. Secure lid and blend until smooth (1-2 minutes).
4. Pour into glasses and serve immediately.

CHEF'S TIP: To ensure a bright green smoothie, avoid adding dark-coloured fruit like berries.



Pepper Nachos

YIELDS: 10 servings

PREP TIME: 10 minutes

Ingredients

- 1 red pepper
- 1 yellow pepper
- 1 green pepper
- 2 avocados
- 2 tomatoes
- 125 mL (½ cup) Plain Greek yogurt
- 125 mL (½ cup) Cheddar cheese
- 2.5 mL (½ tsp) of cumin or chili powder (optional)



Figure 1: Pepper Nacho snacks

EQUIPMENT: 4 cutting boards | cheese grater | 4 knives | 2 spoons | large plate for serving | small plates for sampling

Directions

1. Thoroughly wash all produce under cool running water.
2. Cut the pepper into small triangles, discard all seeds.
3. Grate the cheddar cheese.
4. Cut the avocado in half, remove the pit and carefully scoop out the green part, cut into small pieces, and add to the pepper triangle.
5. Chop the tomatoes into small pieces and add to the pepper triangle.
6. Add about 15 mL (1 tbsp) of plain Greek yogurt to each pepper triangle.
7. Optional: For extra zip, stir cumin or chili powder into the Greek yogurt.
8. Sprinkle each triangle with cheddar cheese.

CHEF'S TIP: Salsa is a great addition to this veggie-packed snack!



Apple Donuts

YIELDS: 20-25 “donuts”

PREP TIME: 20 minutes

Ingredients

- 5 apples
- 500 mL (2 cups) flavoured yogurt
- Assorted toppings (pick your favourites!)
 - Fruit: Blueberries, Mango, Strawberries, Raspberries
 - Oats
 - Granola Cereal
 - Coconut
 - Seeds (sunflower seeds, pumpkin seeds)



Figure 1. Apple Donuts

EQUIPMENT: Colander | Cutting boards | Knives | Apple Corer | Spoons

Directions

1. Thoroughly wash and dry apples.
2. Carefully slice the top and bottom from each apple and discard. Slice the apples into ½ inch circles. Using an apple corer, cut a hole in the centre to make a donut shape.
3. Spread yogurt on the apple slices.
4. Use your creativity to sprinkle or decorate with toppings.

CHEF’S TIP: Matchstick pieces is a term that means chopping vegetables into thin, even strips. Julienne is another word to describe this chopping technique.



Everyday Omelet

YIELDS: 5 servings

PREP TIME: 30 minutes



Figure 1. Everyday Omelet

Ingredients

- 500 mL (2 cups) mixed vegetables: (tomato, spinach, onion, bell peppers)
- 15 mL (1 tbsp.) canola oil
- 250 mL (1 cup) cheese: mozzarella, cheddar or crumbled feta
- 6 eggs
- Pinch of salt and pepper (optional)
- 2.5 mL ($\frac{1}{2}$ tsp) dried oregano
- 2.5 mL ($\frac{1}{2}$ tsp) dried basil and/or parsley

EQUIPMENT: Cheese grater | 2 cutting boards | electric skillet | 2 knives | whisk | spatula | flipper | large plate for serving | liquid measuring cup | mixing bowl (large) | 2 mixing bowls (small) | set of dry measuring cups | set of measuring spoons | small plates for sampling | strainer

Directions

1. Thoroughly wash all produce under cool running water.
2. Dice the onion, bell peppers and tomato. Roughly chop the spinach into small pieces.
3. Grate the cheese or crumble feta, if using.
4. Heat oil in electric skillet and sauté the onions and peppers until soft, stirring often (about 3-5 minutes).
5. Remove from skillet and place in a small bowl add the additional vegetables (e.g., spinach and tomatoes to the bowl).
6. Crack eggs into large bowl and add herbs, salt and pepper to taste. Whisk to combine.
7. Add 1 tbsp (15 mL) of canola oil to the same electric skillet and preheat over medium heat.



Add the egg mixture to the skillet. As the egg mixture sets at the edges, gently push the cooked portions from the edges towards the centre with a spatula, allowing the uncooked egg to flow underneath. Cook until bottom of omelet is set and the top surface is thickened and set.

8. Add the vegetable mixture and cheese onto one side of the omelet. Carefully fold the omelet in half.
9. Cover skillet with lid and cook until cheese has melted (about 1 minute).

CHEF'S TIP: Eggs need to be handled in a safe manner to prevent illness. Occasionally, eggs can be contaminated with salmonella.



Southwest Vegetable Quesadillas

YIELDS: 8 servings

PREP TIME: 30 minutes

Ingredients

Bean Mix

- 30 mL (2 tbsp) canola oil
- 1 clove of garlic
- 2 cans (540 mL each) of pinto beans
- 5 mL (1 tsp) ground cumin
- 5 mL (1 tsp) chili powder
- Pinch of salt and pepper (optional)
- Juice of 2 limes

Other Ingredients

- 2 bell peppers (green, red, yellow or orange)
- 15 mL (1 tbsp) canola oil
- 2 green onions
- 500 mL (2 cups) cheese (grated)
- 8 large whole grain tortillas
- Salsa (optional)
- Sour cream or plain Greek yogurt (optional)

EQUIPMENT: can opener | cheese grater | 2 cutting boards | electric skillet | fork | 2 knives | large plate for serving | mixing bowl (medium) | pizza cutter | potato masher | set of measuring cups | set of measuring spoons | small plates for sampling | 4 spoons | strainer | flipper



Figure 1. Southwest Vegetable Quesadillas



Directions

Make the Bean Mix:

1. Remove skins from garlic cloves and mix.
2. Rinse tops of bean cans. Thoroughly rinse and drain beans using strainer.
3. Heat 30 mL (2 tbsp) of oil in skillet. Add beans, minced garlic, cumin, chili powder, salt and pepper to the skillet. Cook until heated (approximately 5 mins).
4. Turn skillet off. Add 2-3 tbsp. of warm water and juice of 2 limes to bean mixture. Transfer to a medium bowl and use potato masher to mash the bean mixture to desired texture.

Make the Quesadillas:

5. Thoroughly wash bell peppers and green onions under cool running water. Chop into small uniform pieces.
6. Optional: Heat 1 tbsp. of oil in skillet over medium heat. Add peppers and cook until tender-crisp, stirring often.
7. Shred cheese using grater.
8. Use spoons to spread the refried beans over half of each tortilla. Top with green onions, peppers, and grated cheese. Fold tortillas in half.
9. Cook quesadillas in skillet until lightly browned on the outside and cheese is melted and flip halfway through (2-3 minutes).
10. Cut into quarters and serve with salsa and sour cream/plain yogurt if desired.

CHEF'S TIP: Instead of making the refried beans, use 1- 540 mL can of prepared refried beans.



Tex-Mex Black Bean Salad

YIELDS: 8 servings

PREP TIME: 25 minutes

Ingredients

For Dressing:

- 1 small white onion
- 10 mL (2 tsp) fresh lime juice
- 15 mL (1 tbsp.) canola oil
- 10 mL (2 tsp) cumin
- 1 mL ($\frac{1}{4}$ tsp) chili powder
- 60 mL ($\frac{1}{3}$ cup) apple cider vinegar
- 5 mL (1 tsp) pasteurized honey
- 1 mL ($\frac{1}{4}$ tsp) black pepper

For Salad:

- 2 cans (540 mL each) black beans
- 2 bell peppers (green, red, yellow or orange)
- 1 green onion
- 125 mL ($\frac{1}{2}$ cup) fresh cilantro, plus more for garnish
- 2 ripe avocados
- 500 mL (2 cups) frozen corn

EQUIPMENT: can opener | 3 cutting boards | 3 knives | mixing bowl (large) | mixing bowl (small) | set of measuring cups | set of measuring spoons | strainer | spoon | whisk | small plates for sampling



Figure 1. Tex-Mex Black Bean Salad



Directions

1. Thoroughly wash all produce under cool running water.

Make the Dressing:

2. Finely chop white onion and place in a small bowl. Juice lime and add 10 mL (2 tsp) of juice to bowl. Add canola oil, cumin, chili powder, apple cider vinegar, honey and black pepper. Whisk to combine.

Make the Salad:

3. Rinse tops of bean cans. Thoroughly rinse and drain beans using strainer. Place in large bowl.
4. Chop peppers, green onion, and cilantro and add to bowl. Add frozen corn (without cooking) to the bowl.
5. Add dressing to the salad and toss to combine.
6. Cut avocado in half, scoop out the green portion and dice.
7. When ready to serve, gently mix avocados into the salad, being careful not to mash them.

CHEF'S TIP: Canned products like canned lentils, chickpeas, and black beans are often preserved with salt. Always drain and thoroughly rinse in a strainer before use.



Bean Dippin' Dip

YIELDS: about 500 mL (2 cups)

PREP TIME: 15 minutes

Ingredients

- 540 mL (1 – 19 oz. can) black beans, drained and rinsed
- 125 mL (½ cup) salsa
- 1 clove garlic, chopped
- 5 mL (1 tsp) ground cumin
- 0.5 mL (⅛ tsp) ground black pepper



Figure 1. Bean Dippin' Dip

EQUIPMENT: Blender | fork or potato masher for beans | can opener | cutting board | knife | liquid measuring cup | mixing bowl (large) | mixing bowl (medium) | set of measuring spoons | spoon | strainer

Directions

1. Rinse tops of bean cans and open can using a can opener. Thoroughly rinse and drain beans using strainer.
2. In a blender, combine beans, salsa, garlic and spices and process until smooth. All ingredients can also be combined with the use of a fork or potato masher if a blender is not available. Mash until smooth.
3. Transfer to medium bowl for serving.

CHEF'S TIP: Choose a salsa with a spice level that is right for your group. Spicy salsas will heat up the bean dip while a milder choice will result in a milder flavoured dip



Gotta Try it Guac

YIELDS: 750 mL (3 cups)

PREP TIME: 15 minutes

Ingredients

- 2 ripe avocados
- ½ medium onion
- 1 small tomato
- Juice of 1-2 lime(s)
- 30 mL (2 tbsp.) fresh cilantro
- 1 mL (¼ tsp) garlic powder



Figure 1: Gotta Try it Guac

EQUIPMENT: 1 cutting board | fork | 3 knives | mixing bowl (medium) | set of measuring spoons | small bowl for serving | spoon

Directions

1. Thoroughly wash all produce under cool running water.
2. Cut avocados in half and using a spoon, carefully remove the pit and scoop out green flesh.
3. In a mixing bowl, mash avocados with a fork.
4. Dice onion, tomato, and cilantro and add to mashed avocados.
5. Add lime juice and garlic powder to the bowl, mix all ingredients together.

CHEF'S TIP: A ripe avocado should yield to firm, gentle pressure, but shouldn't feel overly soft or mushy.



DIY Veggie Pita Pockets

YIELDS: 5 servings

PREP TIME: 30 to 40 minutes

Ingredients

- 1 cucumber
- 2 large tomatoes
- 1 head of broccoli
- 1 large carrot
- 150 mL ($\frac{2}{3}$ cup) cheddar cheese
- 5 whole-wheat pitas, cut in half
- 1 recipe of **Gotta have it Guac****
- 1 recipe of **Bean Dippin' Dip****



Figure 1: DIY Veggie Pita Pockets

****THIS RECIPE REQUIRES 2 ADDITIONAL RECIPES (included in Session 4: Dinner Delights).**

EQUIPMENT: 2 cheese graters | 3 cutting boards | 4 knives | 5 mixing bowls (small) | set of dry measuring cups | 4 large plates for serving | small plates for sampling | 5 spoons | vegetable peeler

Directions

1. Thoroughly wash all produce under cool running tap water.
2. Peel the carrot.
3. Slice the cucumber and tomatoes.
4. Shred the carrots using a grater.
5. Cut the broccoli florets into small pieces.
6. Place each prepared vegetable into separate bowls.
7. Shred the cheese using a grater.



8. Make the Gotta have it Guac (recipe included).
9. Make the Bean Dippin' dip (recipe included).
10. Arrange the ingredients buffet-style, starting with the plates and pitas.
11. Students can build their own pita pockets selecting the ingredients that they want to use.

CHEF'S TIP: Change up the vegetables depending on what you have available and what is in season. You can also change up the spreads (e.g. use hummus).



Sweet Potato & Cauliflower Curry with Lentils

YIELDS: 5 servings

PREP TIME: 30 minutes

Ingredients

- 2 cloves garlic
- 15 mL (1 tbsp) fresh ginger or
15 mL (1 tsp) ginger powder
- 1 medium onion
- 2 medium sweet potatoes
- 1 small (approx. 4 cups) cauliflower
- 540 mL (1 can) brown lentils
- 15 mL (1 tbsp) canola oil
- 45 mL (3 tbsp) Indian curry paste (mild or Madras)
- 400 mL (1 can) coconut milk
- 250 mL (1 cup) water
- 1 mL ($\frac{1}{4}$ tsp) salt and pepper
- 125 mL ($\frac{1}{2}$ cup) fresh cilantro



Figure 1: Sweet Potato & Cauliflower Curry with Lentils

EQUIPMENT: can opener | 2 cutting boards | electric skillet | 3 knives | liquid measuring cup | set of measuring spoons | large plate for serving | small plates for sampling | strainer | spoon | vegetable peeler

Directions

1. Thoroughly wash all produce under cool running water.
2. Mince garlic and ginger and chop onion.
3. Peel sweet potatoes and cut into $\frac{1}{2}$ inch (1 cm) pieces. Chop cauliflower into small florets.
4. Wash top of lentil can and open can using a can opener. Rinse and drain lentils using a strainer.
5. Heat oil in electric skillet on medium-low heat. Add garlic, ginger and onion and sauté until softened, 2 to 3 minutes.



6. Add curry paste, stirring thoroughly into ingredients; cook for another 2 to 3 minutes.
7. Add sweet potatoes; stir and cook for 2 to 3 minutes.
8. Stir in cauliflower, lentils, coconut milk, water, salt and pepper; cover and bring to boil over high heat. Reduce heat and simmer, covered, for 10-15 minutes, until the vegetables are tender.
9. Remove from heat; stir in cilantro.

CHEF'S TIP: Electric skillets have a large cooking surface and there is a tendency for liquid to evaporate. If a dish gets too thick add small amounts of water as needed.



Couscous Salad with Pears, Feta & Herbs

YIELDS: 8 servings

PREP TIME: 25 minutes

Ingredients

- 250 mL (1 cup) uncooked whole wheat couscous
- 1 green bell pepper
- 2 green onions
- 60 mL (¼ cup) fresh herbs (mint, cilantro or parsley)
- 2 Bartlett pears
- 175 mL (¾ cup) feta cheese (pasteurized)
- 60 mL (¼ cup) canola oil
- Juice of 1 lemon
- 1 clove of garlic
- 2 mL (½ tsp) dried oregano leaves
- 1 mL (¼ tsp) pepper



Figure 1: Couscous Salad

EQUIPMENT: 3 cutting boards | electric skillet | 3 knives | 2 mixing bowls (large) | 2 mixing bowls (small) | set of dry measuring cups | set of measuring spoons | small plates and forks for sampling | 2 spoons | strainer | whisk

Directions

1. Boil 250 mL (1 cup) of water.
2. Place uncooked couscous in heat proof bowl. Carefully pour boiling water over couscous and stir.
3. Cover bowl with a cutting board and let stand for 10 minutes. After 10 minutes, uncover and fluff with fork.
4. Thoroughly wash bell peppers, green onions, pears and herbs under cool running water.
5. Dice green pepper, thinly slice green onion, chop herbs, and core and chop pears.



6. Crumble feta cheese.
7. Make dressing: Mince garlic. In small bowl, whisk together oil, lemon juice, garlic, oregano, and pepper.
8. Add the green pepper, green onions, feta, herbs and pears to cooled couscous. Add dressing and mix to combine.

CHEF'S TIP: Couscous is easy to cook and very versatile. It can be served hot or cold, and used in sweet or savoury dishes.



Speedy Meatless Chili

YIELDS: 8 servings

PREP TIME: 30 minutes

Ingredients

- 2 stalks of celery
- 1 medium onion
- 1 zucchini
- 1 green bell pepper
- 15 mL (1 tbsp.) canola oil
- 796 (1 can) of diced tomatoes
- 540 mL (1 can) of lentils
- 540 mL (1 can) of kidney beans
- 250 mL (1 cup) of frozen corn
- 2 mL (½ tsp) chili powder
- 2 mL (½ tsp) pepper
- 2 mL (½ tsp) garlic powder
- 150 mL (⅔ cup) cheddar cheese



Figure 1: Speedy Meatless Chili

EQUIPMENT: can opener | cheese grater | 4 cutting boards | electric skillet | 4 knives | set of measuring cups | set of measuring spoons | small plates, bowls, and forks for sampling | spoon | strainer

Directions

1. Thoroughly wash all vegetables under cool running water.
2. Dice celery, onion, zucchini and bell pepper into small uniform pieces.
3. Heat oil in skillet to medium-high heat.
4. Add onion and celery to skillet and sauté for a few minutes, until softened.
5. Add bell pepper and zucchini and sauté for a few more minutes.
6. Wash the top of the cans and open cans with a can opener.
7. Add a full can of diced tomatoes (do not drain). Break up tomatoes with the back of a spoon.



8. Drain and rinse lentils and kidney beans using a strainer.
9. Add lentils, kidney beans, corn and spices to the skillet and stir. Simmer for approximately 15 minutes.
10. Shred cheese using grater. Sprinkle cheese on top of chili.

CHEF'S TIP: This chili recipe is very versatile. Extra vegetables can easily be added or substituted. E.g., sweet potatoes, carrots, squash and different colours of bell peppers.



Banana Oatmeal Pancakes

YIELDS: 10 servings

PREP TIME: 20 to 30 minutes

Ingredients

- 250 mL (1 cup) rolled oats
- 250 mL (1 cup) all-purpose flour
- 60 mL (¼ cup) brown sugar
- 5 mL (1 tsp) baking powder
- 5 mL (1 tsp) baking soda
- 1 mL (¼ tsp) salt
- 2 eggs
- 250 mL (1 cup) plain yogurt
- 125 mL (½ cup) milk
- 2.5 mL (½ tsp) vanilla extract
- 70 mL (¼ cup and 2 tsp) canola oil
- 1 banana



Figure 1: Banana Oatmeal Pancakes

EQUIPMENT: electric skillet | flipper | 2 forks | large plate for serving | liquid measuring cup | 2 mixing bowls (large) | mixing bowl (small) | set of dry measuring cups | set of measuring spoons | set of plates and cutlery for sampling | spatula | 2 spoons | whisk

Directions

1. Combine the oats, flour, brown sugar, baking powder, baking soda, and salt in a large bowl and mix.
2. Crack eggs in a bowl. Wash hands after handling raw eggs. Add yogurt, milk, vanilla and 60 mL (¼ cup) canola oil and whisk to combine.
3. Add the wet ingredients to the dry ingredients. Mix until just moistened (do not over mix).
4. Peel the bananas and place in a separate small bowl. Mash bananas with a fork until a pureed consistency and gently fold into the batter.
5. If the batter appears too thick, add small amounts of milk.



6. Add 5-10 mL (1-2 tsp) of canola oil to skillet and set skillet to medium heat.
7. Spoon a small amount of batter onto the hot skillet.
8. Cook until small bubbles begin to appear in the pancake and the edges begin to brown, flip and cook other side. Cook until the batter in the middle is cooked and set.
9. Serve immediately, topped with the sweet berry sauce.

CHEF'S TIP: Make the pancakes “inside out!” Use a banana and peaches for the topping and add 1 cup of berries to the pancake mix.



Sweet Berry Sauce

YIELDS: 10 servings

PREP TIME: 10 minutes

Ingredients

- 75 mL ($\frac{1}{3}$ cup) orange juice
- 15 mL (1 tbsp.) cornstarch
- 60 mL ($\frac{1}{4}$ cup) sugar
- 500 mL (2 cup) mixed berries, fresh or frozen



Figure 1: Sweet Berry Sauce

EQUIPMENT: electric skillet | liquid measuring cup | mixing bowl (small) | set of dry measuring cups | set of measuring spoons | spatula | spoon

Directions

1. Add orange juice to liquid measuring cup, add cornstarch and mix until smooth. Add to skillet.
2. Add sugar then mix well.
3. Add berries and cook over medium heat, stirring often, until berries have softened and sauce has thickened.
4. Pour sauce into a bowl and let cool.
5. Use this sauce for your pancakes, oatmeal or yogurt!

CHEF'S TIP: Did you know that you don't need to wash frozen fruit? However, if you are using fresh fruit, don't forget to wash it before using.



Rice Paper Veggie Rolls

YIELDS: 10 servings

PREP TIME: 20 to 30 minutes

Ingredients

- 1 package of rice paper sheets
- 4 large carrots
- 1 large English cucumber
- 1 red pepper
- 1 green pepper
- 1 head of romaine lettuce
- 375 mL (1 ½ cup) cheddar cheese
- Sweet chili sauce



Figure 1: Rice Paper Veggie Rolls

EQUIPMENT: cheese grater | 5 cutting boards | 5 knives | mixing bowl (large) | large plate for serving | set of plates for sampling | strainer | vegetable peeler

Directions

1. Thoroughly wash all produce under cool running water.
2. Peel carrots. Slice all vegetables into long, thin, matchsticks.
3. Wash the lettuce well, pat dry and tear or cut into strips.
4. Grate the cheese.
5. Fill a large bowl with warm water.
6. One at a time, place rice paper sheet in the bowl of warm water for 5 to 10 seconds or until soft.
7. Place rice paper on a flat clean surface (e.g. cutting board).
8. Fill rice paper with your favourite combination of vegetables and lettuce. Add cheese as desired. Be sure to leave a border around all sides of the wrap.
9. Fold in both ends and then roll up tightly like a burrito.
10. Cut the rolls in half and serve with sweet chili sauce to dip.

CHEF'S TIP: Rolling veggies into little packages makes them fun to eat! If packing for lunch, wrap them in a damp paper towel so they don't dry out.



Blueberry Bliss

YIELDS: 5 servings

PREP TIME: 40 minutes

Ingredients

Blueberries

- 1 L (4 cups) blueberries, fresh or frozen
- 75 mL (⅓ cup) sugar
- 2 mL ½ tsp cinnamon
- 125 mL (½ cup) orange juice

Batter

- 175 mL (¾ cup) all-purpose flour
- 60 mL (¼ cup) sugar
- 7 mL (1 ½ tsp) baking powder
- 1 mL (¼ tsp) salt
- 15 mL (1 tbsp.) non-hydrogenated margarine
- 1 egg
- 60 mL (¼ cup) milk
- 2 mL (½ tsp) vanilla extract

EQUIPMENT: electric skillet with lid | liquid measuring cup | 2 mixing bowls (large) | mixing bowl (small) | set of dry measuring cups | set of measuring spoons | set of bowls/plates and cutlery for sampling | spatula | spoon

Directions

1. Pre-heat skillet to medium.
2. Mix the blueberries, sugar, cinnamon, and orange juice in a large bowl and add to the skillet. Cook for 5 minutes, or until blueberries are soft and juicy.
3. Turn off heat.
4. In a medium bowl, combine flour, sugar, baking powder, and salt.
5. Add margarine and mash margarine into the flour mixture with a fork.



Figure 1: Blueberry Bliss



6. Crack egg into a medium bowl. Wash hands after handling raw egg.
7. In a small bowl, combine the egg with milk and vanilla. Stir into the flour mixture.
8. Drop batter by the spoonful on top of blueberries. Evenly distribute the batter over the top of the blueberries, don't place it too close to the edge of the pan. Be sure not to place the batter all in one area of the pan or it will not cook properly.
9. Cover and cook over medium-low heat for 15 minutes, or until batter is cooked through. Resist the urge to peek as opening the cover will stop it from cooking well!
10. Serve with whipped cream if desired.

CHEF'S TIP: Depending upon the type of skillet you are using, the distribution of heat over the surface of the skillet may vary. Start with the skillet on medium heat and monitor closely, adjust temperature as needed.



Fruit Salad with Orange Honey Yogurt

YIELDS: 5 servings

PREP TIME: 10 minutes

Ingredients



Figure 1: Fruit Salad with Orange Honey

Fruit Salad

- 1250 mL (5 cups) fresh fruit (melon, bananas, grapes, oranges, berries or other seasonal fruits)

Batter

- 310 mL (1 ¼ cups) vanilla yogurt
- 1 orange
- 45 mL (3 tbsp.) honey
- 2 mL (½ tsp) vanilla extract

EQUIPMENT: 4 cutting boards | 4 knives | liquid measuring cup | mixing bowl (large) | mixing bowl (small) | set of measuring spoons | grater | set of bowls and spoons for sampling | spoon

Directions

1. Thoroughly wash all fruit under cool running water.
2. Peel and cut fresh fruit into bite-size pieces.
3. Place in a large bowl and mix to combine.
4. Using grater, grate orange skin to create 15 mL (1 tbsp) of zest. Add remainder of orange to fruit salad.
5. In a small bowl, combine yogurt, orange zest, honey, and vanilla. Mix well.



6. Portion the fresh fruit onto individual serving plates and drizzle approximately 30-45 mL (2-3 tbsp) of yogurt sauce onto the fruit. Alternatively, the orange honey yogurt sauce can be added to the bowl of fruit and gently mix together.

CHEF'S TIP: Any kind of fresh fruit works well in a fruit salad. For information on what is in season visit www.ontario.ca/foodland/page/availability-guide.