

**HEALTH  
WISE**

# HEALTHWISE FLIGHTIE COOKBOOK



# WELCOME TO OUR FIRST GLOBAL FCTG INSPIRED COOKBOOK!

Staff from all over the world have submitted their favourite recipes that might be healthy(ish), fast, delicious, traditional and/or EASY!

This cookbook is not for sale. All submissions are either created by FCTG staff or referenced in the copy.

Hope you find something new to try and a massive THANK YOU to all of our Flighties who have submitted recipes for this first edition.

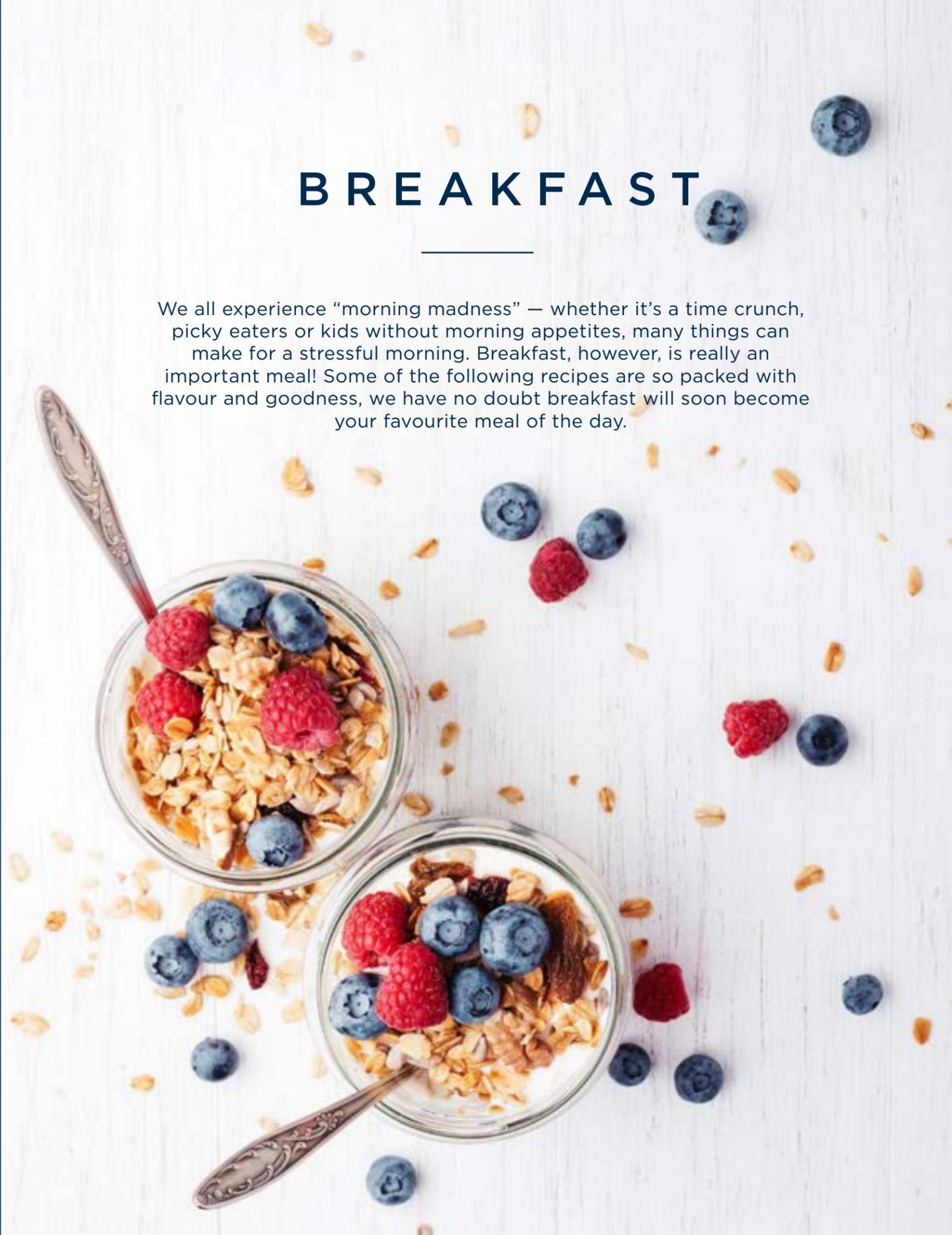
Enjoy!!

**Your Healthwise Global Team**

## BREAKFAST

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We all experience “morning madness” — whether it’s a time crunch, picky eaters or kids without morning appetites, many things can make for a stressful morning. Breakfast, however, is really an important meal! Some of the following recipes are so packed with flavour and goodness, we have no doubt breakfast will soon become your favourite meal of the day.



## Morning Swim Menu

Ryan Cresswell - USA

### PRE SWIM:

2 gel blocks with 25mg of Caffeine and maybe half of a pro bar if I'm going in the morning.

### POST WORKOUT SMOOTHIE/SHAKE INGREDIENTS

- 1 scoop Amazing Grass Chocolate Peanut Butter Protein
- 1 scoop Amazing Grass Greens
- 1/2 frozen banana
- handful of frozen blueberries
- 1 spoonful of peanut or almond butter

Blend all ingredients in a high speed blender and enjoy!

## Chocolate Almond Smoothie

Michelle Docherty - Canada

This smoothie follows nutritionist Kelly Leveque's philosophy of the Fab Four which includes a portion of Fat, Fiber, Protein and Greens into every meal. It will also keep you full for 4-6 hours!

### INGREDIENTS

- 1 1/2 - 2 cups almond milk (or any dairy free milk)
- 1 scoop chocolate protein powder (20g of protein)
- 2 tbsp almond butter (can sub for any nut butter)
- 2 tbsp chia seeds (can sub for ground flax seeds, or 1/4 of a ripe avocado)
- 1/4 cup frozen cauliflower rice (can sub for any frozen veggie. may change the colour of the smoothie)

Blend all ingredients in a high speed blender and enjoy!

## Strawberry Delight Smoothie

Sharon Smith - Australia

### INGREDIENTS

- 1 cup of strawberries
- 1/2 banana
- 1 cup of oat milk
- 1 tbsp avocado
- 1 tbsp chai seeds
- 1 tbsp of pumpkin seeds
- Handful of ice

Blend all ingredients in a high speed blender and enjoy!

## Citrus Green Smoothie

Michelle Docherty - Canada

The green smoothie you want to drink! This smoothie also follows the Fab Four philosophy.

### INGREDIENTS

- 1 1/2- 2 Cups almond milk (or any dairy free milk)
- 1 Scoop vanilla protein powder (20g of protein)
- Squeeze of fresh lemon juice
- 1/4 Ripe avocado
- 2 Tbsp chia seeds (can sub for ground flax seeds, or another 1/4 of a ripe avocado)
- Handful of spinach (i like to buy the spinach/kale mix in the produce section and store it in the freezer)

Blend all ingredients in a high speed blender and enjoy!

## Dr Libby's Think Shake (oldie but a goodie)

Jeannie Milne - USA

### INGREDIENTS

- Frozen blueberries
- 1 tbsp unsweetened cocoa powder
- Half an avocado (or whole depending on your calorie/macro needs)
- 1/4 cup maple syrup
- Frozen or fresh baby spinach
- Couple of scoops of any flavor vegan protein powder.

Blend all ingredients in a high speed blender and enjoy!

## Spiced Smoothie

Sharon Smith - Australia

### INGREDIENTS

- 2 dates (pitted)
- 1 cup coconut water
- 1 tbsp of hemp seeds
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1 banana
- 1 handful spinach

Blend all ingredients in a high speed blender and enjoy!



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## Chocolate Peanut Butter Oats

Steve Cormack - Australia

TIP: Prepare the night before!

### INGREDIENTS

- 1/3 cup plain Greek yoghurt
- 1/3 cup rolled oats
- 2/3 cup unsweetened almond milk
- 1 tbsp chia seeds
- 1/2 tbsp vanilla extract
- 2 tbsp natural peanut butter
- 2 tbsp unsweetened cocoa powder
- Pinch of salt
- 1 tsp honey or maple syrup

### METHOD

- Mix all ingredients together in a mixing bowl.
- Spoon into a jar or airtight container and refrigerate for at least 4 hours or overnight.

Enjoy cold, or to serve warm, heat in the microwave for 1-2 minutes.

## Zucchini Slice

Sharon Smith - Australia

SERVES 12

### INGREDIENTS

- 6 large eggs
- 1 cup plain flour
- 1 tsp baking powder
- 1/4 onion
- 1 cup grated cheese
- 100g good quality bacon or ham
- 500g zucchini grated

### METHOD

- Preheat oven to 180c
- Whisk eggs in bowl
- Add flour and baking powder and whisk
- Add onion and mix
- Add bacon or ham and mix
- Add zucchini and cheese and mix
- Pour into a loaf tin lined with baking paper
- Bake for 50 mins until golden

## Banana Protein Pancakes

Samantha Towne - USA

### INGREDIENTS

- 2 egg whites (or 1 whole egg)
- 1 scoop protein powder (I use vanilla or chocolate!)
- 1 ripe mashed banana
- 1/4 tsp. baking soda

### METHOD

- Combine mixture until light and airy (mixture gets bubbles).
- On a medium skillet or frypan, add a small amount of organic butter and cook pancake evenly each side

Serve with Almond or cashew butter or lemon juice and fresh berries (or your preferred topping)



## Sheet Pancakes (Keto friendly)

Karen Careng - Canada

<https://alldaydreamaboutfood.com/keto-sheet-pan-pancakes/>

These easy keto sheet pan pancakes will be the highlight of your morning. Great for meal prep and they come together in 30 minutes. Made with almond flour so they are totally grain-free.

### INGREDIENTS

- 5 large eggs
- 1 cup almond, coconut, or hemp milk
- 6 tbsp butter, melted and cooled
- 2 tsp vanilla extract
- 3 cups almond flour
- 6 tbsp Swerve Sweetener
- 2 tbsp coconut flour (can sub another 1/3 cup almond flour)
- 1 tbsp baking powder
- 1/2 tsp salt
- 1/3 cup sugar-free chocolate chips (or go for it and treat yourself to real chocolate chips!!)

### INSTRUCTIONS

1. Preheat the oven to 400F and grease an 11x17 inch baking pan. Line the pan with parchment and grease the parchment paper.
2. In a blender, combine the eggs, almond milk, butter, and vanilla extract. Blend briefly to combine.
3. Add the almond flour, sweetener, coconut flour, baking powder, and salt and blend again until smooth. Let the batter sit a few minutes to thicken.
4. Pour the batter into the prepared baking pan and spread to the edges with an offset spatula. Sprinkle the top with chocolate chips.
5. Bake 12 to 15 minutes, until the edges are golden and the center is firm to the touch. Remove and let cool a few minutes, then cut into 15 large squares.
6. Serve with butter and your favorite low carb pancake syrup.

## Chocolate Protein Rice

Ross Larsen - NZ

Here is my Chocolate Protein Rice recipe, photo doesn't do it justice so may need to add a google one to make it look pretty in the recipe book.

### INGREDIENTS

- 1/2 - 1 cup of cooked white or basmati rice
- 1 scoop of vanilla or chocolate whey protein powder
- 1 tbsp cocoa powder
- 2-4 tbsps of your choice of milk
- Optional: sweetener

### METHOD

Warm rice in the microwave or blend cold if you prefer. Blend all ingredients together. Add more liquid if you like a runny consistency. Serve with some berries or eat it as it is.

## Easy Peasy Breakfast Jars

Carmen Bishop - Canada

### INGREDIENTS

- 1/2 cup rolled oats
- 1/2 milk of your choice
- 1 tbsp chia seeds
- 1 tbsp Greek yogurt
- 1 tsp maple syrup
- Splash of vanilla extract
- Cinnamon
- Yields one 8 oz jar

Choose your own adventure by adding nut butters, cocoa powder, berries, apples, pears, walnuts, pecans, jams or anything your heart desires.

These are great to make up on Sunday night and store in the fridge for your breakfast all week!

## Tortitas de Elote

Chris Frnka - Mexico

I'd like to share my favorite breakfast dish from quarantine, Tortitas de Elote (corn cakes):

### INGREDIENTS

- 1c corn kernels (thawed frozen, or fresh)
- 1/2 c masa harina, or 1/4c masa harina and 1/4c all purpose flour. Recommend all masa harina for more fiber and flavor
- 1 egg
- 1/4c water (approx.)
- Chopped cilantro and chile to taste
- Optional: mild cheese such as Oaxaca or Mozerella, cubed.
- Dash of soy sauce or maggi seasoning
- Salt & pepper to taste.

### METHOD

1. Mix the corn kernels, chile, cilantro and cheese if using with the dry ingredients so they're totally coated.
2. Add egg and soy sauce and mix thoroughly.
3. Add water a little at a time until the mixture comes together into a uniform dough, then form little cakes with your hands.
4. Pan fry over medium heat until well browned and cooked through. Serve with eggs and fresh salsa.

NB: masa harina is finely ground cornmeal which has been prepared with lime. If not available in your area, fine cornmeal can be used, but in that case I would recommend using all purpose flour as well.

Thanks, and all the best from Mexico!

## Banana Pancakes

Tanya Alders, Canada/Australia

<https://www.onceuponachef.com/recipes/banana-pancakes.html>

Fluffy on the inside, crispy on the outside and delicately flavored with bananas.

Servings: Makes twelve 4-inch pancakes

### INGREDIENTS

- 1-1/2 cups all purpose flour
- 2 tbsps sugar
- 2-1/2 tsp.s baking powder
- 1/2 tsp. salt
- 1 small, over-ripe banana, peeled
- 2 large eggs
- 1 cup plus 2 tbsps low fat milk
- 1/2 tsp. vanilla extract
- 3 tbsps unsalted butter, melted
- Vegetable oil + Unsalted butter for cooking
- Confectioners' sugar (optional)
- Sliced bananas (optional)

### METHOD

1. In a medium bowl, whisk together the flour, sugar, baking powder and salt.
2. In a small bowl, mash the banana with a fork until almost smooth. Whisk in the eggs, then add the milk & vanilla and whisk until well blended. Pour the banana mixture and the melted butter into the flour mixture. Fold the batter gently until just blended; do not over-mix. The batter will be thick and lumpy.
3. Set a griddle or non-stick pan over medium heat. Put a pad of butter and one tbsp oil onto the griddle. Drop 1/4-cupfuls of batter onto the griddle, spacing about 2 inches apart. Cook until a few holes form on top of each pancake and the underside is golden brown, approx 2 mins. Flip the pancakes and cook until golden brown and the top is puffed, 1 to 2 mins more.
4. Wipe the griddle clean, add more butter and oil, and repeat with the remaining batter.
5. Serve the pancakes while still hot with maple syrup, sliced bananas and confectioners' sugar if desired.

**Freezer-Friendly Instructions:** The pancakes can be frozen for up to 3 months. After they are completely cooled, place a sheet of parchment or wax paper between each pancake and stack together. Wrap the stack of pancakes tightly in aluminum foil or place inside a heavy-duty freezer bag. To reheat, place them in a single layer on a baking sheet and cover with foil. Bake in a 375°F oven for about 8 to 10 minutes, or until hot.

## Tomato Confit on Toast

Danielle Clement - Canada

Inspired by [What's Gaby Cooking's Saffron Tomato Confit](#)

Who doesn't love a good toast in the morning? This is one of my favourite things to make on a Sunday morning since it makes the kitchen smell amazing and is so simple, but takes times. It's the perfect recipe for those pints of cherry tomatoes you bought that are about to spoil. It's also great if you're having people over for brunch as you can make the confit ahead and have everything ready to just poach the eggs and toast your bread right as everyone arrives. This recipe can also be made without the saffron if you're having trouble finding it or don't feel like splurging on this pricey spice! (although a small container of saffron should last you a long time!)

### INGREDIENTS

#### Tomato Confit:

- 1 pint cherry tomatoes (or really as many as you can fit in a single layer in your skillet!)
- 1/4 c Extra virgin olive oil
- 20 threads of saffron
- Kosher Salt + Pepper

#### Toast:

- Sourdough loaf (whole so you can cut it to your desired thickness)
- Softened goat cheese
- Poached eggs
- Fresh Basil

### METHOD

1. In a skillet, combine all ingredients on medium-high heat. (I prefer to keep the tomatoes whole as they will burst throughout the cooking process anyways.) Once the tomatoes begin to blister, turn the heat down to medium-low and cook, stirring occasionally, for about 45 min or until you reach your desired consistency. Remove from the element and allow to cool to room temperature.
2. While waiting for your tomatoes to cool; poach your eggs to your desired consistency (3.5 minutes if you ask me!). Slice your sourdough into thick slices and brush lightly with olive oil. Toast in the oven on high for about 3 minutes OR throw it on the grill if you have one.
3. Once everything is ready, spread a healthy tbsp of goat cheese on your sourdough, top with a big spoonful of tomato confit and a poached egg. Finish with some freshly torn basil.

Enjoy!



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## Super Egg Vegan Tofu Scramble

Heidi Lebedoff - Canada/USA/Mexico

<https://lovingitvegan.com/vegan-tofu-scramble/#tasty-recipes-7239>

### DESCRIPTION

High protein and super egg vegan tofu scramble! This hearty and satisfying vegan breakfast is super close to scrambled eggs in taste without actually being scrambled eggs, which is super cool! Perfect for vegans who miss eggs and those who just want a hearty healthy breakfast.

### INGREDIENTS

- 8oz (-220g) Extra Firm Tofu
- 1 Tbsp Vegan Butter
- 2 Tbsp Nutritional Yeast
- 1/2 tsp Turmeric
- 1/2 tsp Paprika
- 1 tsp Dijon Mustard
- 1/2 tsp Garlic Powder
- 1/4 tsp Black Salt (Kala Namak)\*
- 1/4 tsp Onion Powder
- 1/3 cup (80ml) Soy Milk

#### FOR SERVING:

- Black Pepper
- Chopped Chives
- Fried Tomatoes
- Sliced Avocado

### METHOD

1. Mash the tofu with a fork but leave some nice big chunks.
2. Add the nutritional yeast, turmeric, paprika, dijon mustard, garlic powder, black salt and onion powder to a bowl. Then add the soy milk and whisk it in so you have a nice sauce.
3. Add the vegan butter to a frying pan and heat until hot. Add the tofu and fry it until lightly browned, being careful not to break it up too much when moving it around the pan.
4. Add the sauce and fold it in. Fry it until you've achieved desired consistency, the tofu will absorb the sauce so you can have it as wet or as dry as you like.
5. Top with some black pepper and chopped chives and serve with some fried tomatoes and sliced avocado.

\*You can switch the black salt for regular salt if you don't want to use it/can't get hold of it but I do recommend you get some and try it! You just won't believe the egg flavor it brings!

## Chickpea Omelette - The Best Vegan Omelette

Heidi Lebedoff - Canada

<https://thehiddenveggies.com/chickpea-omelette-the-best-vegan-omelette/>

A gluten free, soy free, and vegan omelette using chickpea flour and fried in a skillet.

### INGREDIENTS

- 1/4 cup chickpea flour
- 1/3 cup water
- 1 tbsp nutritional yeast (optional)
- 1/4 tsp salt (black salt for a more egg like flavor)
- 1/4 cup vegetables of choice
- 1 tbsp oil for frying

### METHOD

1. Mix chickpea flour, nutritional yeast, salt and water and stir until there are no lumps.
2. Dice up whatever veggies you want to add to your omelette. (about 1/4 cup of veggies per omelette).
3. Add oil to a well-seasoned iron skillet or a non-stick frying pan and sauté the veggies on medium-low for about 3-5 minutes until they become tender.
4. Remove the veggies and add them to the batter and give the batter another stir.
5. Turn up the heat to medium and pour the batter in the skillet like you would a large pancake and cook for about 5 minutes until the top of the omelette no longer looks wet. (You can put a lid on the frying pan for a minute or two to help it cook evenly.)
6. Carefully loosen up the omelette with a spatula and flip the omelette to the other side and cook for 3-5 more minutes until it is no longer soft in the middle. (Make sure there is no wet batter left in the center).
7. Top with cheese and fold over so that the cheese is in the middle.

## Balsamic Fig and Strawberry Jam

Alesha Campbell - Canada

### INGREDIENTS

- 1 pound strawberries (chopped)
- 1 pound fresh figs (chopped)
- 1/2 cup honey
- Zest and juice from one lemon
- Splash of balsamic vinegar

### METHOD

1. Wash figs and strawberries, cut stems off, and slice into fourths.
2. Toss figs, strawberries, lemon zest, lemon juice, and honey (choose amount of honey according to your taste) into a pot.
3. Bring to a boil over medium-high heat.
4. Boil for 20-30 minutes, stirring often, until it thickens. As figs soften, use a potato masher, or a whisk, to mash the figs.
5. About 15 minutes into the thickening, add a generous splash of balsamic vinegar.
6. Once the mixture thickens to your liking, remove from heat and cool. Jam is finished when the volume has reduced by 1/3 to 1/2.
7. Optional: if you prefer the jam to be less chunky, process in a food processor for a few pulses.
8. Store in the fridge for up to a month!

# SALADS



## Tangy Carrot Slaw

Margaret Kosmack - Canada

<https://www.thekitchn.com/recipe-tangy-carrot-slaw-247252>

One of my go-tos: Pair this carrot slaw with pulled pork in the slow cooker (maybe from Banno's BBQ?!), throw it on a corn tortilla, add your fave hot sauce, and you have just about the most delicious tacos out there!

### INGREDIENTS

- 1/4 cup Dijon mustard
- 1/4 cup olive oil
- 3 tbsp red wine vinegar or freshly squeezed lemon juice
- 1 tsp. kosher salt
- Freshly ground black pepper
- 2 pounds carrots, peeled + shredded (about 6 cups)
- 1/4 cup thinly sliced scallion

### METHOD

1. Place the mustard, oil, vinegar or lemon juice, salt, and a few generous grinds of pepper in a large bowl and whisk to combine. Add the carrots and scallions and toss well to evenly coat.
2. Cover and refrigerate for at least 30 minutes or overnight to allow the flavors to meld. Taste and season with more salt + pepper as needed before serving.

Storage: Leftovers can be stored in an airtight container in the refrigerator for up to 3 days.



## Corn and Zucchini Salad with Feta

Nealy Kernighan - Canada

### INGREDIENTS

- 4 ears of corn, husked (can use canned corn)
- Kosher salt
- 4 small zucchini (about 1 1/2 pounds), thinly sliced lengthwise on a mandoline
- 8-10 zucchini blossoms, torn into large pieces (optional)
- 1/4 cup coarsely chopped fresh basil
- 1/4 cup coarsely chopped fresh flat-leaf parsley
- 1/3 cup olive oil
- 1/4 cup white wine vinegar
- 1/2 tsp. crushed red pepper flakes
- Freshly ground black pepper
- 4 ounces feta, crumbled (about 1 cup)

### METHOD

1. Cook corn in a large pot of boiling salted water until bright yellow and tender, about 3 minutes; transfer to a plate and let cool.
2. Cut kernels from cobs and place in a large bowl. Add zucchini, zucchini blossoms (if using), basil, parsley, oil, vinegar, and red pepper flakes and toss to combine; season with salt and pepper. Serve topped with feta.
3. Do ahead: Corn can be cooked 1 day ahead. Cut kernels from cobs; cover and chill. Bring to room temperature before using.

## Swirley's Salad

Ryan Cresswell - USA

### INGREDIENTS

- Kale
- Quinoa
- 1 hard boiled egg or sub grilled chicken or baked yam
- Spoonful of chickpeas
- Black beans
- Olive oil
- Any type of vinaigrette
- Watermelon radish
- Ground fresh mint
- Jalapeno
- Grilled asparagus
- Optional - blueberries, peaches, pears, zucchini.

Mix all together and enjoy!

## The Secret Ingredient (Curry): Coronation Chicken Salad

Nealy Kernighan - Canada

<https://www.serious-eats.com/recipes/2011/05/these-cret-ingredient-curry-coronation-chicken.html>

### INGREDIENTS

- 1/2 cup mayonnaise
- 1 tbsp milk
- 1/2 tsp. curry powder
- 2 tbsp chopped fresh cilantro
- Juice 1/4 lemon
- Kosher salt
- Freshly ground black pepper
- 2 ribs celery, diced
- 2 breasts from a rotisserie chicken, skin discarded, meat shredded

### METHOD

In a large bowl, whisk together mayonnaise, milk, curry powder, cilantro, lemon juice, salt and pepper until well combined. Gently toss the celery and chicken in the curry sauce.

## Southwestern Chopped Chicken Salad

Nealy Kernighan - Canada

### INGREDIENTS

#### FOR THE SALAD:

- 2 cups shredded chicken
- 1 green bell pepper diced
- 1 can black beans rinsed
- 1 can sweet yellow corn or 1 cup frozen corn, thawed
- 2 roma tomatoes diced
- 4 green onions sliced
- 1 head iceberg lettuce washed and chopped
- 1/4 cup cilantro chopped
- 2 ripe avocados diced
- 1 cup crushed tortilla chips

#### DRESSING

- 1/2 cup mayonnaise
- 2/3 cup Greek yogurt
- 1 tbsp ranch seasoning
- 1 tbsp taco seasoning

### METHOD

1. In a large bowl, combine all salad ingredients together, excluding the tortilla chips.
2. In a small bowl stir all dressing ingredients together.
3. Pour dressing over salad, starting with about half of the dressing.
4. Toss to combine, then gradually add more dressing until it is dressed to your liking.
5. Top with tortilla chips. Enjoy!



HEALTHWISE FAVOURITE

## Asian Infused Quinoa Salad

Adam Dicker - UK/Europe

SERVES 4

### INGREDIENTS

#### FOR THE SALAD

- 1/2 cup quinoa
- 1 1/2 cups water
- 1 tbsp rice wine vinegar
- 1/4 tsp salt
- 2 tbsp chopped green onion
- 1/4 cup shredded cabbage
- 1 tbsp sesame seeds
- 1 red capsicum
- 1/4 tsp grated ginger
- 1/2 cup shredded chili
- Salt + pepper to taste

#### FOR THE DRESSING

- 1 large diced cucumber
- Add water, quinoa and salt to a saucepan and bring to the boil over medium heat. Boil for 5 minutes. Turn to low and simmer for about 15 minutes or until water is absorbed. Remove from heat and fluff with a fork.

### METHOD

2. Place quinoa in a large bowl and add cabbage, red pepper, carrots, cucumber and set aside.
3. Place all dressing ingredients in a small jar with a screw-top lid and shake to combine.
4. Pour the dressing over the quinoa salad, stir to combine and serve.
5. Add a serve of protein to create a personalized meal.

## Greek Orzo Salad

Nealy Kernoghan - Canada

<https://www.justataste.com/greek-orzo-salad-recipe/>

### INGREDIENTS

#### FOR THE ORZO SALAD:

- 1 1/2 cups uncooked orzo pasta
- 1 1/2 cups diced cucumbers
- 1 1/2 cups halved cherry tomatoes
- 2/3 cup diced red onions
- 2/3 cup sliced black olives
- 1 cup crumbled feta cheese

#### FOR THE VINAIGRETTE:

- 1/3 cup red wine vinegar
- 2 tsp. fresh lemon juice
- 2 tsp. minced fresh garlic
- 2 tsp. dried oregano
- 1 tsp. sugar
- 1/2 cup olive oil

### METHOD

1. Bring a large pot of salted water to a boil. Add the orzo and cook it until al dente, 8 to 10 minutes. Drain the orzo and add it to a large bowl.
2. Add the cucumbers, tomatoes, onions, olives and feta cheese to the bowl.

#### MAKE THE VINAIGRETTE:

3. In a separate small bowl, whisk together the red wine vinegar, lemon juice, garlic, oregano and sugar. While whisking, stream in the olive then taste and season the dressing with salt and pepper.
4. Add the dressing to the pasta and toss to combine. Enjoy the salad immediately at room temperature or cover it with plastic wrap and refrigerate it until ready to serve.

**KELLY'S NOTE:** This salad is best if you give it an hour or two to marinate in the fridge before serving. It can also be made up to one day in advance and stored, covered with plastic wrap, in the fridge.

## Taco Salad

Carolyn Menard - Canada

It's my version of a taco salad. You can't taste the carrot with the meat and not only is it more economic but it's healthier as well!

### INGREDIENTS

- 1 head lettuce
- 1 - 2 tomatoes
- 1/2 cup salsa
- 1/2 cup balkan or 2% plain yogurt
- 1 clove garlic
- 500g extra lean ground beef/chicken/turkey
- 2 tsp salt
- 2 tsp paprika
- chili powder (to taste)
- 1 tbsp pepper

### METHOD

1. Grate carrot and finely chop onion
2. Cook onion, carrot, and meat in pan on medium for 20 minutes, mincing meat as it cooks
3. Add garlic, paprika, chili powder, salt + pepper to meat mix - cook for another 10 minutes
4. Chop lettuce + tomato
5. Remove meat (30 minutes cooking time total) - let cool 3-5 minutes
6. Serve on bed of lettuce, garnish with tomatoes, salsa and yogurt!

## Roasted Beet Salad

Kerry Ann Thompson - USA

### INGREDIENTS

- 3 roasted beets
- 4 tsp white balsamic vinegar
- 1 tbl fresh lemon juice
- 2 tsp grainy Dijon mustard
- 1/4 cup EVOO
- 2 1/2 oz baby arugula
- 1 small zucchini shaved lengthwise
- 1/2 cup crumbled feta
- 2 tbl pistachios

### METHOD

1. Thinly slice beets
2. Whisk white balsamic vinegar, lemon juice and Dijon mustard.
3. Whisk in EVOO.
4. Toss with arugula and zucchini.
5. Top with feta, pistachios and beets.



HEALTHWISE FAVOURITE

## Sweet Potato Spinach Salad

Anna Fisher - Canada/USA/Mexico

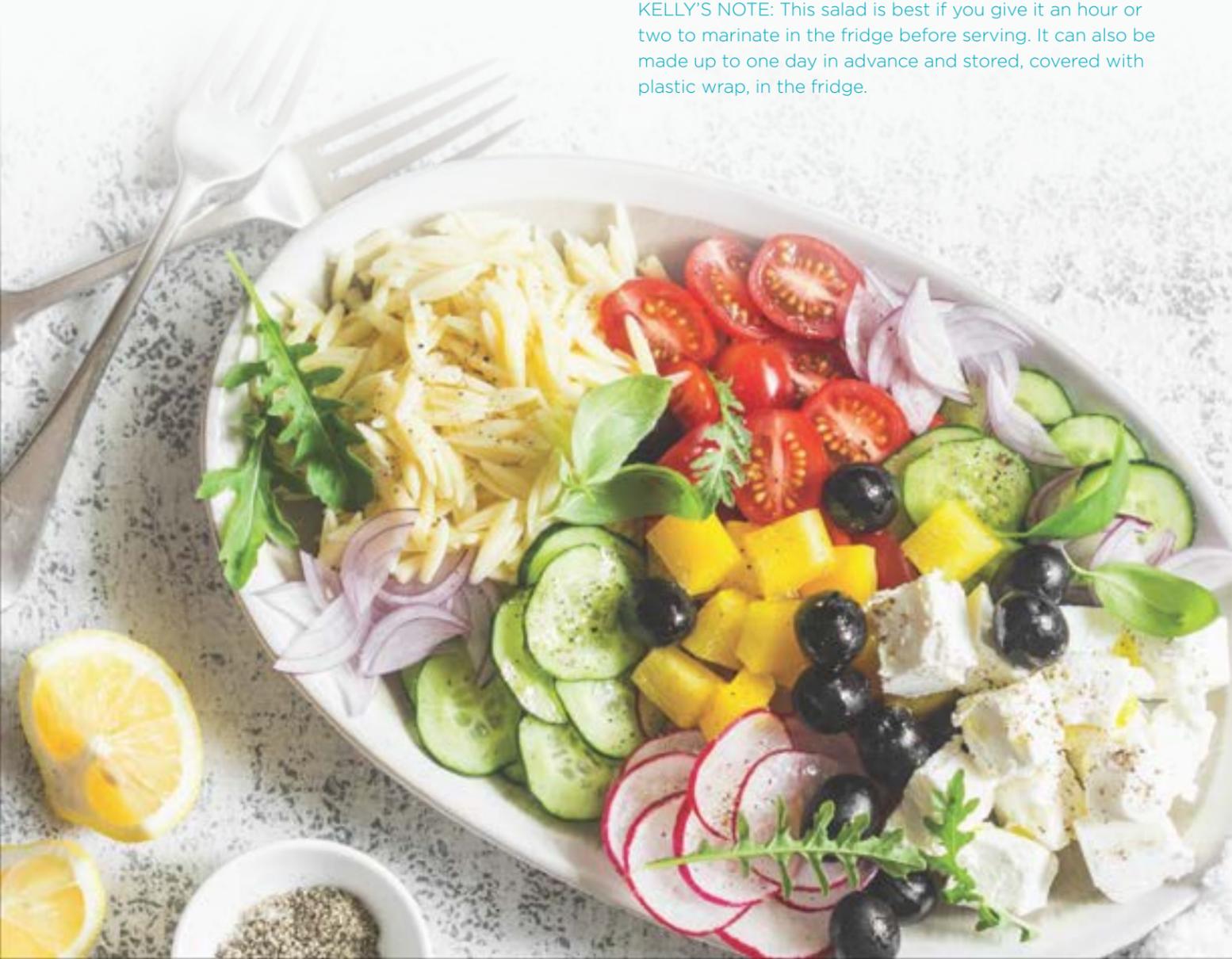
SERVES 2

### INGREDIENTS

- 1 large sweet potato
- 300g baby spinach (a few handfuls)
- A few hunks of goat's cheese
- 1/4 cup pumpkin seeds
- 4 tbsp olive oil
- 2 tbsp red wine vinegar
- 1 tsp Dijon mustard

### METHOD

1. Preheat oven to 200°C. Line a baking tray with non-stick baking paper. Cut sweet potato into 1 cm strips. Combine sweet potato and half the olive oil in a large bowl. Season with salt and pepper and toss to coat.
2. Place on a tray and roast for 30 minutes or until golden and tender.
3. Set aside to cool.
4. Meanwhile, heat a non-stick frying pan over medium-low heat. Add pumpkin seeds. Cook, shaking pan for 2 minutes or until lightly toasted.
5. Allow to cool.
6. Whisk red wine vinegar, mustard, remaining olive oil, salt and pepper in a cup.
7. Toss spinach and sweet potato in a bowl, drizzle dressing and sprinkle pumpkin seeds and serve.
8. Add a serve of protein to create a personalized meal.





## Vietnamese Lemongrass Beef and Noodle Salad

Nealy Kernaghan – Canada

<https://cooking.nytimes.com/recipes/1016865vietnamese-lemongrass-beef-and-noodle-salad>

### INGREDIENTS

#### FOR THE DIPPING SAUCE:

- 4 tbsp Demerara or granulated light brown sugar
- 3 tbsp rice vinegar
- 4 tbsp lime juice, from 2 large limes
- 4 tbsp best quality fish sauce, such as Red Boat
- 2 garlic cloves, minced
- 1 1-inch length ginger, peeled and minced
- 1 medium-hot red chile, such as Fresno, chopped

- 1 hot red or green bird chile, thinly sliced **FOR THE**

#### STIR-FRY:

- 12 ounces rice vermicelli noodles
- 1 pound beef skirt steak or sirloin, in thin 1/4-inch slices
- 2 tbsp best quality fish sauce, such as Red Boat
- 1 tbsp Demerara or granulated light brown sugar
- 3 garlic cloves, minced
- 3 tbsp finely chopped lemongrass, tender centers only
- 1 head lettuce, such as butter lettuce or Little Gems, tender center leaves separated
- 2 tbsp vegetable oil
- 4 scallions, slivered
- 1 medium carrot, cut in 3-inch lengths, julienned (1 cup)
- 1 small cucumber, 3-inch lengths, julienned (about 1 cup)
- 1 3-inch length daikon radish, julienned (about 1 cup)

- Mixture of cilantro sprigs, mint leaves, basil leaves and small perilla (shiso) leaves, about 3 cups
- 4 tbsp crushed roasted peanuts
- 4 tbsp fried shallots, available in Asian groceries (or make your own using this recipe)
- Small handful bean sprouts or sunflower sprouts (optional)

### METHOD

1. Make the dipping sauce: In a small bowl combine sugar, rice vinegar and lime juice and stir to dissolve. Add fish sauce, garlic, ginger, chiles and 1/2 cup water and stir together. Let sit for 15 minutes for flavors to meld. (May be prepared a day ahead and refrigerated.)
2. Bring a large pot of water to the boil. Add rice noodles, stir and turn off heat. Let noodles soften (5 to 8 minutes, depending on brand), then drain and rinse with cold water. Leave in colander at room temperature.
3. Meanwhile, combine beef, fish sauce, sugar, garlic and lemongrass in a bowl. Massage seasoning into beef and let sit for 15 minutes.
4. Line a serving bowl or four individual large wide soup bowls with a few lettuce leaves and top with noodles.
5. Heat the oil in a wok over high heat. When wok is nearly smoking, add beef and quickly stir-fry until lightly browned and just cooked, about 2 minutes. Work in batches if necessary so meat browns and doesn't steam. (If you do not have a wok, you may use a cast iron skillet and work in batches.)
6. Top noodles with cooked beef, scallions, carrot, cucumber and daikon. Sprinkle with herbs, crushed peanuts and fried shallots (add sprouts if using). Drizzle lightly with dipping sauce and pass remaining sauce at table.

## South Western Kale Salad

Carmen Bishop - Canada

(This seems like a lot of work, but it is pretty easy - and delicious)

### INGREDIENTS

#### Sweet Potatoes:

- 2 medium sweet potatoes
- 2 TBSP olive oil
- 2 tsp cumin
- 1 tsp paprika
- 1 1/2 tsp salt

#### Quinoa & Kale:

- 1 cup quinoa
- 1 bunch of kale
- 2 TBSP olive oil
- 1 medium lime, juiced
- 1/2 tsp salt

#### Avocado Dressing:

- 2 avocados
- 2 limes, juiced
- 1 medium jalapeno
- 2 TBSP olive oil
- 1 handful of cilantro (optional)
- 1/2 cumin

#### Everything Else:

- Salt to taste
- 1 can black beans
- 1/3 cup of feta
- 1/4 cup pumpkin seeds

### METHOD

1. Cook quinoa and set aside or in the fridge.
2. Cut the sweet potatoes in small squares, add olive oil, cumin, paprika, salt and pepper. Mix and place on a cookie sheet and bake for 50 mins at 400 degrees. Set aside to cool.
3. Chop kale and mix with olive oil, lime and salt. Toss to coat and set aside.
4. Combine all ingredients for avocado dressing into a food processor or blender. Blend well and season with salt to taste. Dressing can be thinned a little with a little bit of water, if desired.
5. Once quinoa has cooled, pour into bowl of kale and toss to combine. Top with sweet potatoes, black beans, avocado dressing, feta and pumpkin seeds.

## No Mayo Potato Salad

Carmen Bishop – Canada

### INGREDIENTS

- 3 pounds of red potatoes
- 5 tbsp white wine vinegar
- 1/2 cup olive oil
- 2 tsp Dijon mustard
- 1 tsp salt
- 1/2 small red onion chopped or sliced (about 1 cup)
- 2 tbsp (each) minced fresh dill, fresh basil and Italian parsley
- 1 cup of peas

### METHOD

1. Put potatoes in a medium pot with water and 1 tsp of salt. Cook potatoes until tender (do not over cook or they will be mushy!) and drain well. Once potatoes have cooled, put them into a large mixing bowl.
2. In a small mixing bowl combine the white wine vinegar, olive oil, Dijon mustard and salt and whisk until all ingredients are mixed.
3. Add dressing, onion, peas and herbs to the potatoes and mix gently. Add salt to taste.
4. Serve immediately or serve chilled. Can be refrigerated for up to 4 days.



## Spring Asparagus And Rocket Salad With Goat's Cheese And Pomegranate

Michaela Connor - Bangkok, Thailand

You can add Salmon and tuna for extra protein to it. (I normally would have a salmon fillet with it). It's delicious!!!  
Serves 2 as a light meal or 4 as a side dish.

### INGREDIENTS

- 2 Tbsp ghee, butter or olive oil
- 2 bunches of asparagus
- 3 large handfuls of fresh rocket
- Half a block of goat's cheese (about 125g), broken into pieces
- Seeds of one pomegranate
- A good drizzle of extra virgin olive oil
- Juice of half a lemon
- Sea salt and pepper

### METHOD

1. Trim the rough, woody ends of the asparagus, and then slice the spears at an angle.
2. Heat the ghee, butter or olive oil in a large skillet over high heat.
3. Add the asparagus, and grill for 2-3 minutes, while tossing, until slightly charred
4. Leave to cool slightly, and then add to a large salad bowl along with the rocket and goat's cheese.
5. Add a good drizzle of extra virgin olive oil, the lemon juice, and a generous pinch of sea salt and pepper, toss until coated in the dressing.
6. To serve, sprinkle with the pomegranate seeds.

## Italian Sausage Salad

Michelle MacMillan - Canada

<https://www.foodandwine.com/recipes/italian-sausage-salad>

### INGREDIENTS

- 1/3 cup red wine vinegar
  - 1/3 cup canola oil
  - 1 tsp. dried oregano, preferably Mexican
  - 1 tsp. sugar
  - 1 tsp. garlic powder
  - Pinch of crushed red pepper
  - Kosher salt
  - Freshly ground black pepper
  - 2 medium carrots, thinly sliced\*
  - 1 large seedless cucumber, cut into 1/2-inch chunks
  - 1 pound hot or sweet Italian sausages
  - 1 small head of iceberg lettuce, chopped (8 cups)
  - 16 peperoncini—stemmed, seeded and sliced (1 cup)
- \* Instead of coining the carrot, we use a peeler to make the carrot into ribbons

### METHOD

1. Preheat a grill pan. In a very large bowl, whisk the vinegar, oil, oregano, sugar, garlic powder, red pepper and a pinch each of salt and black pepper. Stir in the carrots and cucumber and let stand for at least 30 minutes.
2. Meanwhile, grill the sausages over moderately low heat for about 30 minutes, until charred and cooked through. Transfer to a cutting board and cut into 1-inch chunks.
3. Toss the sausage with the marinated vegetables, lettuce and peperoncini. Season with salt and black pepper and serve.



## Panzanella Salad

Danielle Clement - Canada

Serves 2 people

I'll preface this recipe by saying that this is not a "true" Panzanella salad since I do add lettuce to mine, but I prefer it this way to make it into more of a meal. As well, this is a guideline to how much of each ingredient to use. It should be based on your personal preference and what you have fresh in the kitchen! This is simply my favourite way to make this salad based on ideas I've picked up from other published recipes. The key, in my opinion, is the quick-pickled red onions to add flavour while removing some of the onion's acidity.

### INGREDIENTS

- 1 small red onion sliced thinly
- 2 tbsp red wine vinegar
- 1.5 litres boiling water
- 1 tsp sugar
- 1/2 Ciabatta loaf
- 4 tbsp of Extra virgin olive oil (divided)
- Kosher Salt + Pepper
- 1 tsp dried oregano
- 1 garlic clove minced
- 1 tbsp crushed capers (mostly drained with a little brine)
- 1/2 cucumber, cubed
- Handful of torn basil
- 1/2 pint halved cherry tomatoes (multi-colour heirloom tomatoes for an even prettier salad!)
- 1 head of red leaf lettuce, chopped
- 1 c fresh mozzarella cubes (optional)
- Seared herb-crusted chicken breast (with dried basil + oregano) (optional)

### METHOD

1. Preheat oven to 375°F
2. Quick-pickled red onions: Place your sliced red onion in a colander and slowly pour the boiling water over the onions (leaving about ¼ c of water). Add the onions to a bowl and mix with red wine vinegar and sugar. Once the remaining boiling water has cooled a bit, add the water to your onion mixture and set aside. \*The longer your onions sit the more "pickled" they become so it's your preference as to how you like them. I usually find that I have extra which I'll keep on hand in the fridge for other salads throughout the week.
3. Ciabatta croutons: I think the key to making these "croutons" is to use fresh bread. Cut (or tear) bread into equal sized cubes, larger than your typical croutons. Toss bread with half of the olive oil and sprinkle with 1/2 tsp dried oregano, a pinch of salt and pepper. Roast on a baking sheet in the oven for about 10 minutes or until golden (bread should still be a bit soft). Remove from oven and sprinkle with salt.
4. Dressing: Add your pickled red onions to your salad bowl and keep the remaining liquid. Add garlic, 1/2 tsp of oregano, olive oil, a pinch of salt and pepper and your crushed capers. Give it a good mix and of course taste to see if it's to your liking!
5. Assembly: Add cucumber, cherry tomatoes, and croutons to the onion already in the bowl. Add dressing and combine. Serve on a bed of chopped lettuce and top with torn basil.

Enjoy!

## Cold Soba Noodle Salad With Smoked Salmon

Lucy Kopic - Canada

So good on a hot summer day...

### INGREDIENTS

- 12 oz soba noodles
  - 1/3 cup fresh mint leaves, whole or coarsely chopped
  - 1/3 cup fresh basil leaves, whole or coarsely chopped
  - 1/3 cup fresh cilantro leaves, whole or coarsely chopped
  - 1/2 cup finely chipped green onion
  - 1/2 cup finely shaved red cabbage
  - 1/4 cup toasted sesame seeds
  - 2 tbsp poppy seeds
  - 8 oz smoked salmon (cold or hot)
- DRESSING:**
- 1/4 cup mirin
  - 1/4 cup Soy Sauce
  - 1 tbsp rice wine vinegar
  - 1 tbsp sesame oil
  - 1 tbsp grated ginger
  - 1 garlic clove, grated
  - Black pepper to taste
- PICKLED CUCUMBER**
- 1/2 cup rice wine vinegar
  - 2 tbsp sugar
  - 1 medium English cucumber, very thinly sliced
  - 1 lime, zest and juice
  - 1s tsp chili flakes, or to taste

### METHOD

#### DRESSING

1. In a bowl, whisk mirin, soy sauce, rice wine vinegar, sesame oil, garlic and ginger. Season with black pepper. Set aside (will keep for 3 days in the fridge)

#### PICKLED CUCUMBERS

2. In a small saucepan, combine rice wine vinegar and sugar. Simmer over medium heat until sugar is dissolved. Remove from saucepan and refrigerate until cool, about 10-15 mins.
3. Meanwhile, in a medium bowl, combine cucumber, lime zest and juice and chili flakes.
4. Pour cooled syrup over cucumbers and mix well to combine. Set aside. Can be made up to 1 day in advance and kept in the fridge.

#### NOODLES

5. Boil noodles according to package instructions, then strain and add to a big bowl of cold water with ice. (Soba noodles are best when REALLY cold for this recipe) Strain again after 10 minutes, shake of excess water and place noodles in a serving bowl.
6. Stir prepared dressing through noodles to coat. Add mint, basil, cilantro, green onion, sesame seeds, poppy seeds, and pickle cucumber. Toss to combine and top with red chili flakes and smoked salmon. Serve immediately or chill for up to 2 hours, covered.

ENJOY! P.S. - goes really well with Pinot Noir or a Riesling!

## The Easiest, Sexiest Salad In The World

Michelle MacMillan - Canada

<https://www.jamieoliver.com/recipes/fruit-recipes/the-easiest-sexiest-salad-in-the-world/>

\*Great salad to put on the table as a sharable among tapas

### INGREDIENTS

- 4 ripe figs
- 4 slices quality Parma ham or prosciutto
- 1 lemon
- Buffalo mozzarella cheese
- 1 bunch of fresh green or purple basil
- Extra virgin olive oil
- 1 tbsp runny honey

### METHOD

1. One thing I do is to criss-cross the figs but not quite to the bottom. Then, using your thumbs and forefingers, squeeze the base of the fig to expose

the inside. At this point you'll think, 'Oooh, that looks nice, I think I'm quite clever ...' or at least I do. More importantly, it allows your dressing to get right into the middle of the fig. All these little things really help to make a salad special.

2. Simply place the figs in a dish, weave around 1 slice of Parma ham or prosciutto per fig, throw in some slices of buffalo mozzarella and rip over some green or purple basil.
3. Mix 6 tbsps of oil, half the lemon juice, honey and some sea salt and freshly ground black pepper together in a bowl and drizzle everything with this dressing. As far as salads go, it's pretty damn sexy.

Tip: It's a good idea to have some spare bread on the table to mop up the juices - always a treat.

# MAINS

Cooking for yourself and your family encourages you to lead a healthier lifestyle. By making your own meals, you acquire a greater appreciation for food and all of the wonderful benefits it can have on your well-being. Enjoy!



## Broccoli Corn Haloumi Fritters

**Eric Lewis - Australia**

At the beginning of lockdown my flatmate, who doesn't normally cook, did a big panic grocery shop online. Unsure of the quantities he was ordering, we ended up with way too much of some things. I found this recipe was a great way to use up some of the broccoli which after a while had become rather sad looking. Great as a breakfast / brunch dish with an egg or salad, or as a veggie burger, or as a dinner accompaniment.

### INGREDIENTS

- 1/2 large head (about 150g) broccoli
- 75g (1/2 cup) self-raising flour
- 1 egg
- 80ml (1/3 cup) milk.
- 300g can corn kernels, rinsed, drained. (I used 2 x 125g cans instead)
- 100g haloumi, coarsely grated
- 2 tbs chopped fresh chives (not essential, could use spring onion or leave out entirely)
- 1 tsp finely grated lemon rind. (juice the lemon so it doesn't dry out and keep, maybe to make a simple dressing)

### METHOD

1. Use a large sharp knife to cut broccoli into large pieces, including the stem. Place in a food processor. Pulse, scraping down the side occasionally, until finely chopped.
2. Place the self-raising flour and egg in a large bowl. Gradually pour in the milk, whisking, until mixture is well combined and smooth.
3. Add the broccoli, corn, haloumi, chives and lemon rind to the flour mixture. Season. Use a wooden spoon to stir until well combined.
4. Heat 1 tbs oil in a large non-stick frying pan over medium heat. Add 1/4 cupfuls of the fritter mixture. Use the back of a spoon to flatten slightly.
5. Cook the fritters for 2 minutes or until golden. Use an egg lifter to carefully turn and cook for a further 2 minutes or until golden and cooked through.
6. Transfer to a plate lined with paper towel. Repeat in 2 more batches with remaining oil and mixture to make 8 fritters in total.

## One Pot Mexican Quinoa

**Iza Lusty - Canada**

### INGREDIENTS

- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 jalapeno, minced
- 1 cup quinoa
- 1 cup vegetable broth
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (14.5 oz) can fire-roasted diced tomatoes
- 1 cup corn kernels, frozen, canned or roasted
- 1 tsp. chili powder
- 1/2 tsp. cumin
- Kosher salt and freshly ground black pepper, to taste
- 1 avocado, halved, seeded, peeled and diced
- Juice of 1 lime
- 2 tbsps chopped fresh cilantro leaves
- Chicken (optional)

### METHOD

1. Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeno, and cook, stirring frequently, until fragrant, about 1 minute.
2. Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder and cumin; season with salt and pepper, to taste. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. Stir in avocado, lime juice and cilantro.
3. Serve immediately.



## Pesto

**Alesha Campbell - Canada**

Mix and match homemade pesto recipe

### INGREDIENTS

- 2 to 3 garlic cloves, peeled
- 2 to 3 cups packed greens (kale, spinach, basil, oregano, arugula, mint, parsley, cilantro, etc.) \*\*My favourite blend is spinach, baby kale + basil.
- 1/4 cup nuts (pine nuts, almonds, walnuts, pistachios, etc.)
- 1/4 cup extra virgin olive oil, plus additional
- 1/2 cup grated Parmesan cheese
- Salt + pepper
- Juice from 1/2 a lemon (optional but I consider mandatory!)
- Red pepper Flakes (optional)

### METHOD

1. In a food processor, process the garlic. Add the greens and process.
2. Add the nuts and process.
3. While processing, pour in the olive oil.
4. Add in the Parmesan cheese and briefly process.
5. Add salt and pepper to taste. If desired, stir in lemon juice - highly recommended.
6. Add additional olive oil OR water from the boiling pasta to desired consistency of pesto.
7. Sprinkle with red pepper flakes (optional) and additional Parmesan cheese. And serve with hot pasta, base for a pizza sauce, drizzle in tomato soup etc.
8. Keep extra pesto in a sealed container in the fridge for 5-6 days. Note the color may brown a bit.

## Little Ghosts - a fave with the Kids

**Amara White - Canada**

Poppy loves these - and I make them for the daycare as well and they call them "Little Ghosts" ¼

If I'm felling particularly super-mom-pinteresty, I sprinkle poppy seeds on top in the shapes of numbers, letters, smileys etc. Best part, you don't really need to measure it and you can freeze them and then just pop them straight into the oven for 40 minutes and ta-da! Dinner on a Tuesday when I can't be arsed.

### INGREDIENTS

- 250gms ish of frozen spinach, defrosted and all the water squeezed out
- 500gms ish of ricotta
- Filo pastry
- 1 egg yolk (or milk)
- Salt and pepper
- Optional: poppy or sesame seeds (or paprika, or chili flakes etc etc)

### METHOD

1. In a bowl, mix together the spinach, ricotta, salt and pepper.
2. Spoon blobs of the mixture into the filo pastry and fold into squares, triangles, rolls, circles, whatever shape you like
3. Beat the egg yolk and brush over the shapes, topping with the seeds
4. Cook in a 180°C oven for 20-25 minutes, or until slightly browned

I serve it with sliced cucumber and capsicums for Pops and salad and sweet chili sauce for Andy and I.



## Spanakopita

**Alesha Campbell - Canada**

Makes about 24 triangles, but it depends a lot on how full you stuff them. I usually get 18.

### INGREDIENTS

- 1 large onion, minced (could use a very large shallot)
- 1/4 cup butter
- 1 tbsps dill (fresh, minced)
- 1 tbsps oregano (also fresh and minced)
- 2 tbsps minced garlic
- 1/2 tsp. mint (guess what, fresh and minced)
- 1/2 cup white wine (could use chicken broth but why?)
- 2 packages frozen chopped spinach (thawed and drained of all liquid, squeeze out the liquid)
- 2 cups feta cheese, crumbled
- 2 eggs
- 1/4 cup fresh lemon juice
- A pinch of nutmeg (optional)
- 1 pack phyllo pastry (may not use all the sheets, I use the extra sheets to make a phyllo wrapped salmon or chicken the next day or double the spanakopita to freeze extras!)
- 1/2 cup melted butter\*\*
  - \* you may need a bit more butter than this.

### METHOD

1. Melt the butter in a large skillet over medium heat and add the onion; saute until they're translucent. Add the herbs and garlic and cook for 3-4 more minutes. Add the wine and cook on medium-high heat until the liquid is about 90% reduced. Remove from heat and put in a large bowl. Let it cool before adding more ingredients.
2. Add spinach, eggs, feta and lemon juice (and if using the pinch of nutmeg) to the bowl with the shallots. Mix it all up.
3. Make a stack of four sheets of phyllo, brush each sheet with melted butter before putting the next sheet on top. Cut the stack into four strips. Work with one strip and cover the other three on the side with a tea towel. Take the first strip and spoon around two large tbsp of the spinach filling in the bottom corner. Fold the end in half diagonally, encasing the filling in a triangle. Continue folding the triangle over until you've used the whole strip.
4. Repeat with the next strip and keep going until all the filling is used up! Place triangles on a baking sheet and bake at 350 for 20-25 minutes or until golden on top.
5. These freeze really well! Freeze them unbaked and just put them straight in the oven when you want some, don't let them thaw first.

## Asian Baked Chicken

**Sharon Smith - Australia**

A delicious easy and healthy recipe

### INGREDIENTS

- 1kg chicken thighs
- 1/2 cup soy sauce
- 2 tbsp hoisin sauce
- 1 tbsp sweet chilli sauce
- 1 tbsp ginger
- 1/2 tsp garlic

### METHOD

1. Mix all marinade ingredients together and combine with chicken- if possible marinade overnight
2. Pan fry chicken for a few mins on each side, then transfer chicken and marinade to an ovenproof dish
3. Cover with foil
4. Bake for 20 mins on 180c
5. Remove foil and bake for a further 25 mins
6. Serve with brown or basmati rice

## Pasta With 15-Minute Burst Cherry Tomato Sauce

**Tammy Asis - Canada**

Serves 4-6

### INGREDIENTS

- 1 pound pasta + salt for water
- 1/2 cup olive oil
- 2 large garlic cloves, finely chopped
- 3 pints cherry tomatoes
- 1/2 tsp. freshly ground black pepper
- 1 cup coarsely chopped fresh basil
- Freshly grated Parmesan (for serving)
- Add ground beef or turkey if you want to add a little more protein into the dish

### METHOD

1. Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente; drain and transfer to a large bowl.
2. Meanwhile, heat oil in a 12" skillet or wide heavy saucepan over medium-high. Add garlic, then tomatoes, pepper, sugar, and 1 tsp. salt. Cook, stirring occasionally, until tomatoes burst and release their juices to form a sauce, 6-8 minutes.
3. Toss pasta with tomato sauce and basil. Top with Parmesan.

## Baked Chicken Parmesan (A Family Favourite)

**Michelle Docherty - Canada**

Yield: 8 Servings, Serving Size: 1 piece

This is my go to Chicken Parm.... Kids love it!

We all love this dish in my home, it's perfect for a weeknight yet good enough to serve to company. This is also how I bake my chicken cutlets if you want it without the cheese and sauce. Kid friendly and delicious, make this tonight!! An Italian classic, lightened up. Baking the cutlet as opposed to frying really lightens this dish up while remaining moist and full of flavor. Serve this over pasta or with a large salad to keep it on the lighter side.

### INGREDIENTS

- 4 (about 8 oz each) chicken breast, fat trimmed, sliced in half to make 8
- 3/4 cup seasoned breadcrumbs (I used whole wheat)
- 1/4 cup grated Parmesan cheese
- 2 tbsp butter, melted (or olive oil)
- 3/4 cup reduced fat mozzarella cheese (I used Polly-o)
- 1 cup marinara or Filetto di Pomodoro
- Cooking spray

### METHOD

1. Preheat oven to 450°. Spray a large baking sheet lightly with spray.
2. Combine breadcrumbs and parmesan cheese in a bowl. Melt the butter in another bowl. Lightly brush the butter onto the chicken, then dip into breadcrumb mixture. Place on baking sheet and repeat with the remaining chicken.
3. Lightly spray a little more oil on top and bake in the oven for 25 minutes.
4. Remove from oven, spoon 1 tbsp sauce over each piece of chicken and top each with 1 1/2 tbsp of shredded mozzarella cheese.
5. Bake 5 more minutes or until cheese is melted.

## Ottolenghi Turkey Courgette Burgers

or in my house the Otto's Turkey Zucchini Meatballs.

<https://ottolenghi.co.uk/recipes/turkey-courgette-burgers-with-spring-onion-cumin-a>

### INGREDIENTS

- 500g minced turkey
- 1 large courgette, coarsely grated (about 200g in total)
- 40g spring onions, thinly sliced
- 1 medium free-range egg
- 2 tbsp chopped mint
- 2 tbsp chopped coriander
- 2 garlic cloves, crushed
- 1 tsp ground cumin
- 1 tsp salt
- 1/2 tsp coarse ground black pepper
- 1/2 tsp cayenne
- About 100ml of sunflower oil for searing
- Soured cream & sumac sauce:
- 100g soured cream
- 150g Greek yoghurt
- 1 tsp grated lemon zest
- 1 tbsp lemon juice
- 1 small garlic clove, crushed
- 1 1/2 tbsp olive oil
- 1 tbsp sumac
- 1/2 tsp salt
- 1/4 tsp black pepper

### METHOD

1. First make the soured cream sauce by placing all the ingredients in a small bowl. Stir well and set aside or chill until needed.
2. Preheat the oven to 220°C/200°C Fan/Gas Mark 7. In a large bowl mix together all the ingredients for the meatballs, bar the sunflower oil. Once evenly mixed, shape into burgers, about 45g each, making about 18.
3. Pour enough sunflower oil into a large frying pan so you get a thin layer at the bottom, about 2mm thick. Heat up well and sear the meatballs in batches on medium heat from all sides. Cook them for about 4 minutes, adding oil as needed, until golden brown.
4. Carefully transfer the seared meatballs into an oven tray lined with greaseproof paper and place in the oven 5-7 minutes, or until just cooked through. Serve warm or at room temperature, with the sauce on the side.

## Honey Mustard Aioli and Halloumi Burgers With Onion Jalapeno Jam

Nicholas Wege

### INGREDIENTS

- Burgers (Prime rib is my favourite)
- Halloumi
- Honey Dijon mustard
- Mayonnaise
- Garlic
- Red Onion
- Honey
- White Wine Vinegar
- Water
- Lettuce
- Tomatoes
- jalapenos
- butter
- Buns
- Salt + Pepper

### METHOD

1. Mise En Place – Mince the garlic, Medium to small dice the Halloumi, Slice the Red Onion into ¼' rounds and separate the rings, Tear off or cut small lettuce leaves, Slice the Tomatoes into rounds, thinly slice the Jalapenos into rounds.
2. Make the Burgers or prepare store bought as necessary. (ground beef, minced garlic and onion, stale bread broken into small crumbs, seasonings, salt and pepper)
3. Prepare the aioli - Combine the Honey Dijon Mustard, garlic, Mayonnaise, salt and pepper to taste. Set aside.
4. Make the Onion Jalapeno Jam – Heat a small pan on medium high and add a drizzle of olive oil. When at temperature add the slices of Red Onion and Jalapenos. Cook until onions are translucent. Add the honey and cook for another 1-2 minutes. Add a splash of white wine vinegar and 1 tsp of water. Cook until mostly evaporated and thick in consistency.
5. Cook the burgers – Heat a pan on medium and add a drizzle of olive oil. When at temperature add the burgers to the pan and add a small cube of butter to the top. Cover with a lid and cook. About 5 minutes. Flip over and continue to cook until done, covered.
6. Fry the Halloumi – While the burgers cook, heat another pan on medium high and add a drizzle of olive oil. When at temperature add the slices or cubes of Halloumi. Cook each side until golden brown and soft to the touch.
7. Toast the Buns and divide the aioli between each side. Top with the burger, Onion Jalapeno Jam, Fried halloumi, lettuce, tomato.

## Prawns Saganaki

Alesha Campbell - Canada

Inspired from Whitewater Cooks Cookbook.

### INGREDIENTS

- 1 kilo prawns (thawed, peeled, and head & tail off, and deveined)... BC spot prawns are best
- 3 tbsp olive oil
- 1 onion, thinly sliced
- 4 cloves garlic, crushed
- 1 red pepper, thinly sliced
- 1 yellow pepper, thinly sliced
- 1/2 tsp. chili flakes
- 6 medium tomatoes, diced
- 1/2 cup Ouzo - this is a must but you could use white wine in a pinch.
- 1/2 cup fresh basil, chopped
- 1 tsp. oregano
- 1 tsp. pepper
- 1 tsp. salt
- 1 lemon, juiced
- 1/2 cup feta cheese, crumbled
- 1 cup Saganaki Cheese - OR grated mozzarella - I actually omit this if I don't have saganaki, and use a bit more feta.
- 1 package pita bread - cut into quarters and heated in oven or a fresh flatbread or baguette.

### METHOD

1. Heat oil in oven-proof wok or sauté pan
2. Add onion, garlic red & yellow peppers
3. Saute until soft (about 5 min)
4. Add chili flakes & tomatoes sauté another 2-3 minutes
5. Add Ouzo & cook until slightly reduced & thick --- about 10 min.
6. Add basil, oregano, pepper, sale & lemon juice.
7. Place prawns in saucepan, stir to combine.
8. Mix in crumbled Feta cheese (I got goat instead of feta by mistake but it worked out)
9. Top with grated Saganaki cheese (or mozzarella)
10. Place in 350 degree oven 15 minutes, or until prawns are pink & cheese is slightly melted
11. Remove from oven, set on cutting board & serve HOT, right out of dish - surrounded by warm pita quarters - AND kalamata olives. Dig in family style!



## Shrimp Tacos

Michelle MacMillan - Canada

<https://www.chatelaine.com/recipe/seafood/shrimp-tacos-recipe/>

\* Make with pineapple salsa

### INGREDIENTS

- 1 red onion
- 2 tbsp canola oil
- 400g pkg frozen raw large shrimp, thawed and peeled
- 4 soft corn or flour tortillas

### METHOD

1. PREHEAT barbecue to medium-high.
2. PEEL onion and cut into 8 wedges, keeping the core intact to hold each wedge together. Toss onion and shrimp with oil in a large bowl. Season with fresh pepper. Oil grill. Barbecue onion wedges, lid open, until charred on 1 side, about 3 min. Flip, then add shrimp. Barbecue until shrimp turn pink and onions are tender, about 2 min per side. Transfer shrimp to a plate and onions to a cutting board. Coarsely chop onions.
3. SERVE shrimp and onions on tortillas.

## Baked Turkey Meatballs

Alannah Pontone - Canada

<https://www.wellplated.com/baked-turkey-meatballs/>

Easy to make, tender, and absolutely delicious! Serve with spaghetti, buns, or over zucchini noodles.

### INGREDIENTS

#### FOR THE BAKED TURKEY MEATBALLS:

- 1/3 cup grated Parmesan cheese — plus additional for serving
- 1/3 cup Italian-seasoned breadcrumbs — whole wheat if possible
- 3 tbsps finely chopped fresh herbs — basil, parsley, or chives a combo, plus additional for serving
- 1 tsp. kosher salt
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/2 tsp. dried oregano
- 1/4 tsp. black pepper
- 1/4 tsp. red pepper flakes — optional
- 1 pound 93% lean ground turkey — keep in your refrigerator until the last possible second
- 1 large egg
- 1 1/2 tbsps extra-virgin olive oil — plus more as needed

#### FOR SERVING:

- Prepared pasta sauce
- Cooked whole wheat pasta or zucchini noodles
- Creamy Polenta
- Split and toasted hoagie buns
- Prepared brown rice

### METHOD

1. Preheat your oven to 375 degrees F. Line a rimmed baking sheet with aluminum foil and coat with nonstick spray.
2. In a large mixing bowl, add the cheese, bread crumbs, herbs, salt, garlic powder, onion powder, oregano, pepper, and red pepper flakes and stir well to combine. Add the turkey. In a small bowl, beat the egg, then add it to the meat mixture. With a fork or your fingers, mix just until combined, being careful not to compact the meat.
3. With a scoop or spoon, scoop the meat and shape into 1 1/2-inch meatballs. Arrange on the prepared baking sheet. You will have about 20 meatballs total. Brush the tops of the meatballs with the olive oil.

4. Bake for 15 minutes, or until the meatballs reach an internal temperature of 165 degrees F on an instant-read thermometer. As an alternate way to check, a meatball in the center of the baking sheet should be fully cooked through when cut in half.
5. While the meatballs cook, warm the sauce and any other items you'd like to serve them with (pasta, hoagie buns, rice, etc.). Serve the meatballs hot, topped with the sauce, cheese, herbs, and any other additions.

## Honey Curried Chicken

Heather Dunmore - Canada

I picked a recipe that my mom has been making from Canadian living for as long as I can remember. I always make this one with rice and peas and when I'm feeling a bit homesick.

<https://www.canadianliving.com/food/recipe/honey-curry-chicken-4>

### INGREDIENTS

- 3 lbs chicken breasts about 6 or 7 pieces
- 1/3 cup butter melted
- 1/3 cup honey
- 1/4 cup Dijon mustard
- 4 tsp.s curry powder
- 1 pinch cayenne pepper

### METHOD

1. Line a 13x9-inch gresed pan with wax paper. Arrange chicken skin down.
2. Combine butter, honey, Dijon mustard, curry powder and cayenne pepper; pour over chicken. Cover and refrigerate if preparing ahead.
3. Bake chicken uncovered at 350F for 20 min. Turn over after another 20 minutes.



## Asian Lettuce Wraps

Heather Baker - Canada

<https://yumyumner.com/asian-chicken-lettuce-wraps/>

### INGREDIENTS

#### SAUCE

- 1/3 cup hoisin sauce
- 2 tbsp rice vinegar
- 2 tsp reduced-sodium soy sauce
- 1 tsp sesame oil
- 1 tsp minced garlic
- 1 tsp fresh grated ginger root

#### FILLING

- 2 tsp olive oil
- 1 lb ground chicken
- 1/2 cup diced onions

### METHOD

1. In a small bowl or measuring cup, whisk together all sauce ingredients and set them aside to mingle while you prepare the filling
2. Heat olive oil in a 10 inch, non-stick skillet over medium-high heat. Add chicken. Cook and stir until chicken is lightly browned, breaking apart any large chunks of chicken as it cooks.
3. Add onions, zucchini and mushrooms. Cook and stir until vegetables are tender about 3-4 mins. Stir in water chestnuts and reserved sauce. Cook & stir until sauce is heated through. Remove chicken mixture from heat.
4. To serve place several spoonfuls of filling onto a lettuce leaf. ( layer 2 leaves if they are on the small side) Top with garnishes.

Makes approx. 12 lettuce wraps.

## Korean Beef Bowl

Jennifer Cairns - Canada

I use ground chicken, and onions on the adults, and then goes good with a green side of veggies.

Tastes like Korean BBQ and is on your dinner table in just 15 min from start to finish! Seriously. It doesn't get any easier than this!

### INGREDIENTS

- 1/4 cup brown sugar, packed
- 1/4 cup reduced sodium soy sauce
- 2 tsp.s sesame oil
- 1/2 tsp. crushed red-pepper flakes, or more to taste
- 1/4 tsp. ground ginger
- 1 tbsp vegetable oil
- 3 cloves garlic, minced
- 1 pound ground beef
- 2 green onions, thinly sliced
- 1/4 tsp. sesame seeds

### METHOD

1. In a small bowl, whisk together brown sugar, soy sauce, sesame oil, red pepper flakes and ginger.
2. Heat vegetable oil in a large skillet over medium high heat. Add garlic and cook, stirring constantly, until fragrant, about 1 minute. Add ground beef and cook until browned, about 3-5 minutes, making sure to crumble the beef as it cooks; drain excess fat.
3. Stir in soy sauce mixture and green onions until well combined, allowing to simmer until heated through, about 2 minutes.
4. Serve immediately, garnished with green onion and sesame seeds, if desired.

## Creamy Tuscan Chicken

Austinlee Bowen – USA

<https://www.delish.com/cooking/recipe-ideas/a19636089/creamy-tuscan-chicken-recipe/>

These are just the proteins, so I recommend pairing with your favorite sides like veggies or rice.

### INGREDIENTS

- 1 tbsp. extra-virgin olive oil
- 4 boneless skinless chicken breasts
- Kosher salt
- Freshly ground black pepper
- 1 tsp. dried oregano
- 3 tbsp. butter
- 3 cloves garlic, minced
- 1 1/2 c. cherry tomatoes, halved
- 3 c. baby spinach
- 1/2 c. heavy cream
- 1/4 c. freshly grated Parmesan
- Lemon wedges, for serving

### METHOD

1. In a skillet over medium heat, heat oil. Add chicken and season with salt, pepper, and oregano. Cook until golden and no longer pink, 8 minutes per side. Remove from skillet and set aside.
2. In the same skillet over medium heat, melt butter. Stir in garlic and cook until fragrant, about 1 minute. Add cherry tomatoes and season with salt and pepper. Cook until tomatoes are beginning to burst then add spinach and cook until spinach is beginning to wilt.
3. Stir in heavy cream and parmesan and bring mixture to a simmer. Reduce heat to low and simmer until sauce is slightly reduced, about 3 minutes. Return chicken to skillet and cook until heated through, 5 to 7 minutes.
4. Serve with lemon wedges.

## Honey Lime Garlic Butter Salmon

Austinlee Bowen – USA

<https://cafedelites.com/honey-lime-garlic-butter-salmon/>

This is one of the recipes that I've fallen in love with during quarantine. These are just the proteins, so I recommend pairing with your favorite sides like veggies or rice.

### INGREDIENTS

- 1/3 cup unsalted butter
- 1/4 cup honey
- 4 large cloves garlic , crushed
- 2 limes , juiced
- 2 1/2 pound (1.2 kg) side of salmon
- Sea salt , to taste
- Cracked pepper , to taste (optional)
- Lime slices (to serve)
- 1/4 cup fresh chopped parsley , divided

### METHOD

1. Position a rack in the middle of the oven. Preheat oven to 375°F | 190°C. Line a baking sheet with a large piece of foil, or 2 long pieces of foil over lapping each other lengthways if your salmon is wide.
2. In a small saucepan, melt the butter over low-medium heat. Add the honey, garlic and lime juice, and whisk until the honey has melted through the butter and the mixture is well combined.
3. Place the salmon onto lined baking sheet. Evenly pour the honey-lime mixture over the salmon. Sprinkle with a good amount of salt (about 2 tsp.s), cracked pepper, and 2 tbsps of parsley. Fold the sides of the foil up beside the salmon to keep the sauce under the fillet.
4. Bake until cooked through (about 15-18 minutes, depending on the thickness of your fish and your preference of doneness). Then, change oven setting to broil (or grill) for 2-3 minutes on medium heat to caramelize the top. Garnish with remaining parsley and serve immediately.



HEALTHWISE  
FAVOURITE

## Seafood Risotto

Katina Karydas – Australia

### INGREDIENTS

- 550g of mixed seafood
- 2 cups of Arborio rice
- 1 brown onion, finely diced
- 1 clove of garlic, crushed
- 3 whole tomatoes, de-seeded and chopped
- 4 cups of chicken or vegetable stock
- 1/2 cup of white wine
- 1/4 cup grated parmesan
- Pinch of saffron
- Himalayan salt and pepper to taste

### METHOD

1. Over a medium-high heat bring stock and saffron to a gentle simmer.
2. Heat a splash of olive oil in a large saucepan over a medium heat and cook onion until soft.
3. Add garlic and stir for another minute. Add rice and stir for 2-3 minutes making sure rice is coated and translucent. Add the wine and stir until it has been absorbed. Using a ladle add 1/2 cup of hot stock to rice mixture and stir with a wooden spoon until liquid is absorbed.
4. Add another 1/2 cup of stock, stirring constantly and allowing liquid to be absorbed before adding the next 1/2 cup.
5. Once rice is tender but still firm, add seafood and tomato and cook for around 5 minutes or until seafood is cooked. Serve topped with freshly grated parmesan.

## Lemon Infused Roast Chicken

Andy Connor – Bangkok, Thailand

<https://www.jamieoliver.com/recipes/chicken-recipes/roast-chicken-with-lemon-and-rosemary-roast-potatoes/>

Not sure if it's healthy enough but turns out bloody good! Lemon infused roast chicken. Basically stolen from Jamie Oliver but here in short.

### INGREDIENTS

- Large free-range chicken
- sea salt
- freshly ground black pepper
- 1.5 kg potatoes, peeled
- 1 large lemon, preferably unwaxed
- 1 whole bulb garlic, broken into cloves
- 1 handful fresh thyme
- olive oil
- 1 handful fresh rosemary sprigs , leaves picked
- 8 rashers smoked streaky bacon (optional)

### METHOD

1. Set oven to 180 degrees Celsius
2. Use a free-range chicken to keep any unnecessary toxins out of your body!
3. Boil a lemon until it's heated through, stabbing it 6-10 times to let the juice out. Put it in the cavity of the chicken.
4. Unhealthy alert: but it makes it so good is to separate the breast from the skin being careful not to pierce the skin. Add a couple of bits of butter on each side. Also can put in chopped up herbs with a touch of olive oil.
5. Rub the chicken with a small amount of salt and pepper. Must rub with love though! No need to close your eyes though.
6. Tie the chicken legs together to keep the lemon juices in as much as possible and makes the chicken look a good shape, not that looks are everything!
7. Put into oven for 1 1/4 to 1 1/2 hours.
8. Once cooked, the thigh and leg should be pulling off, juices clear, with a subtle smell of lemon.
9. Serve up with your favourite salad or favourite healthy sides (I'll be honest, I love roast potatoes, yams, green peas, and a good spoonful of gravy!)



## Vegan Chicken Nuggets

Jo Coleiro – Canada/Australia

<https://jessicainthekitchen.com/vegan-tofu-nuggets-crispy-crunchy/>

### INGREDIENTS

- 1 lb block tofu pressed and drained of liquid
- 1 cup gluten free flour or regular flour

### MARINADE

- 1/4 cup liquid aminos or sub coconut aminos\* + 1 tbsp of low-sodium soy sauce or tamari
- 1/2 cup filtered water
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. smoked paprika
- 1 tbsp nutritional yeast (optional)

### BATTER

- 1/3 cup any nut milk or ANY vegan milk (I used unsweetened almond milk)
- 1 1/2 tsp.s apple cider vinegar or regular vinegar

### CRUMB MIXTURE

- 1 1/4 cup gluten free breadcrumbs or regular breadcrumbs
- 3 tsp.s smoked paprika
- 3 tsp.s nutritional yeast
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. Italian seasoning
- 1 tsp. sea salt
- 1/4 cup of oil if pan-frying

### METHOD

1. Take your pressed tofu and slice it in half length wise. Tear the tofu into 1 inch cubes.
2. In a bowl, add all the marinade ingredients and stir to combine. Taste it, you can add more liquid aminos if you want yours saltier, or more water. Add in tofu and stir to combine so all the tofu is coated. Marinate for at least 15 minutes or overnight. While marinating, prepare your bowls with the flour, the buttermilk, and the crumbs.

### BATTER & CRUMB MIXTURE

1. In a bowl, add the nut milk and the apple cider vinegar. Stir to combine and let sit for about 2 minutes. This is your buttermilk mixture.
2. Add the flour to its own bowl and line up side by side.
3. In a bowl add all the crumb mixture ingredients. You can use gluten free panko breadcrumbs or make your own by food processing 1 1/4 cups of brown rice krispies. Line up in a bowl beside the buttermilk. Use a lined baking tray for placing your tofu pieces before pan-frying or for baking.

### PUTTING IT ALL TOGETHER

1. Take one tofu piece from the marinade. Dip it into the flour, shaking off all the excess flour, then into the buttermilk. Shake off the excess buttermilk, then repeat, shaking off all the excess again. Then dip into the crumb mixture, roll around, and place on the baking sheet.

2. Once you get the hang of it, you can add several pieces at a time (I do like 10 pieces maximum at a time). This battering process is very forgiving!
3. When you're done all the pieces, it's time to cook them.

### COOKING THE TOFU

1. Heat 1/4 cup of oil in a baking over medium high heat. When oil is hot, add one piece of tofu. Cook for 1 1/4 minutes on each side (check for browning) or until golden brown, then flip and cook for another 1 1/4 minutes on the other side. Remove to a paper towel to absorb the excess oil.
2. Continue to cook the rest, but you can now add several pieces of tofu now that you've tested that the oil is hot and you have your cooking time figured out. Don't overcrowd the pan since it'll reduce the temperature the oil, making them not as crispy. It's best to leave enough space between each piece of tofu.
3. Continue until you've cooked all of the tofu. Allow to cool slightly, then serve immediately by itself, or with a dipping sauce. You can also add these to tacos, sandwiches and many other uses!
4. To BAKE these: Preheat the oven to 400F/200C. Line the battered and breaded tofu pieces on the baking sheet and spray with some cooking oil on both sides. Bake for 25 minutes, flipping once way at the halfway mark. Serve and enjoy!

## Tofu Bolognese (Vegan)

Jo Coleiro – Canada/Australia

<https://itdoesnttastelikechicken.com/tofu-bolognese/> a delicious alternative to spag bol – this is from a European who was brought up with the traditional meat version)

This Tofu Bolognese recipe is to die for. Quick, easy, healthy, vegetarian, vegan, gluten-free, hearty, and lick the bowl scrumptious. Just like traditional bolognese but better!

### INGREDIENTS

- 2 tbsps nutritional yeast
- 1 tbsp soy sauce (gluten-free if preferred)
- 1 tbsp olive oil
- 1 tsp. chili powder
- 1/2 tsp. garlic powder
- 1/4 tsp. liquid smoke
- 1 block (350g) extra-firm tofu, drained (no need to press it)
- 3 cups tomato sauce (700ml jar or homemade)
- 1 pound spaghetti or pasta of choice (gluten-free if preferred)

### METHOD

1. Preheat your oven to 350F (180C). Line with parchment paper or lightly grease a large baking sheet.
2. Mix the nutritional yeast, soy sauce, olive oil chili powder, garlic powder, and liquid smoke together in a large bowl. It will make a brown paste-like texture.
3. Crumble the block of tofu with your fingers into the bowl along with the seasoning. Mix the tofu crumbles with the seasoning making sure all of the tofu is evenly coated. Spread the tofu crumbles evenly over the pan. Bake for 35 to 45 minutes, stopping to stir the tofu every now and then. Keep a close eye on it towards the end so that it doesn't burn. You want the tofu to be nice and browned. The smaller crumbles will be darker than the larger crumbles, and that's ok because it will provide a variety of texture.
4. In the meantime heat the tomato sauce, and cook pasta according to package directions. Stir the tofu into the sauce, and heat through. If you find the sauce is too thick, stir in a bit of water until desired consistency is reached. Serve over hot pasta with a sprinkle of Parmesan.

**Recipe note:** Leftover sauce keeps the perfect texture so this dish can be made ahead of time and reheated as needed.

## Quick Creamy Vegan Coconut Chickpea Curry

Jo Coleiro - Canada/Australia

<https://delish.foodrecipes.today/2019/09/quick-creamy-vegan-coconut-chickpea.html?m=1>

A creamy and filling vegan coconut chickpea curry. Super quick and easy to make, done in about 30 minutes.

### INGREDIENTS

- 2 tsp.s avocado oil or other neutral oil
- 1 large onion diced
- 3 cloves garlic pressed or minced
- 2 tsp.s garam masala
- 1 tbsp curry powder
- Shake of cayenne pepper to taste
- 1 15-oz. can chickpeas drained
- 1 15-oz. can crushed tomatoes undrained, option diced tomatoes
- 1 13.5-oz. can coconut cream or full-fat coconut milk see notes
- 2-3 tsp.s maple syrup
- Sea salt
- Juice of 1-2 limes
- 1/4 cup cilantro chopped, plus more for garnish
- lime wedges for garnish

### METHOD

1. Heat oil in a large skillet over medium heat. Add the onion and sauté until translucent, about 5 minutes. Add garlic and cook, stirring constantly, until fragrant, about 30-60 seconds.
2. Add the spices and cook, stirring constantly, until fragrant, about 1-2 minutes.
3. Add the drained chickpeas and crushed tomatoes and simmer 5 minutes.
4. Add in the coconut cream, maple syrup, and plenty of salt. Simmer 5 minutes.
5. Stir in the lime juice and cilantro. Serve over cauliflower or basmati rice with more chopped cilantro for garnish.

**Recipe note:** I highly, highly recommend using unsweetened coconut cream in this recipe, as it enriches this recipe beautifully. However, you can use regular coconut milk, if you prefer. Try to not use light coconut milk, though, as it will not produce the richness that makes this recipe so good!



## Pita Pizza/ Naan Bread Pizza

Michelle Suggett - Canada

We are also a fan of the pita pizza in our household .. not sure if that's too basic for the book but it's the fastest way to get food in belly. We love it because everyone can make one with their own favourite toppings!

### INGREDIENTS

- Naan bread or tortillas
- Tomato sauce
- Favourite spices
- Cheddar & feta
- My new favourite toppings of the moment are asparagus & onion ... so yummy!

### METHOD

1. Cook for approx 12-15 minutes at 425 degrees.
2. Serve with salad and boom - 15 minute dinner

## Roasted Tomato Soup with Parmesan Wafers

Nealy Kernoghan - Canada

<https://www.epicurious.com/recipes/food/views/roasted-tomato-soup-with-parmesan-wafers-108481>

### INGREDIENTS

- 4 lb tomatoes, halved lengthwise
- 6 garlic cloves, left unpeeled
- 3 tbsps olive oil
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1 medium onion, finely chopped
- 1/2 tsp. dried oregano, crumbled
- 2 tsp.s sugar
- 2 tbsp unsalted butter
- 3 cups chicken stock or low-sodium broth
- 1/2 cup heavy cream
- Accompaniment: Parmesan wafers
- Garnish: fresh oregano sprigs

### METHOD

1. Put oven rack in middle position and preheat to 350°F.
2. Arrange tomatoes, cut sides up, in 1 layer in a large shallow baking pan and add garlic to pan. Drizzle tomatoes with oil and sprinkle with salt and pepper. Roast tomatoes and garlic 1 hour, then cool in pan on a rack. Peel garlic.
3. Cook onion, oregano, and sugar in butter in a 6- to 8-quart heavy pot over moderately low heat, stirring frequently, until onion is softened, about 5 minutes. Add tomatoes, garlic, and stock and simmer, covered, 20 minutes.
4. Purée soup in batches in a blender (use caution when blending hot liquids), then force through a sieve into cleaned pot, discarding solids. Stir in cream and salt and pepper to taste and simmer 2 minutes.
5. Divide soup among 8 bowls and float 1 wafer in center of each.

**Recipe note:** Soup can be made 1 day ahead and cooled, uncovered, then chilled, covered. Reheat just before serving.

## Easy Vegetarian Pie

Carolyn Exelby - Canada/NZ

### INGREDIENTS

- 3/4 cup cooked brown rice
- 2 grated zucchini
- 1 grated carrot
- 225g grated cheese
- 1 finely diced onion
- 150g corn kernels
- 200g plain unsweetened yoghurt
- 3 beaten eggs
- 4 tbsp cashews, pepitas or sunflower seeds
- salt & pepper

### METHOD

1. Preheat oven to 400°F / 180°C
2. Mix all ingredients together in a large bowl.
3. Spread into a greased glass or ceramic baking dish.
4. Bake 40-50 mins until firm and lightly browned.

## Simplest and Most Delicious Chicken Ever

Kim McArthur - Canada

### INGREDIENTS

- Chicken breasts
- Keg steak spice or Clubhouse steak spice.

### METHOD

1. Put the chicken in a large ziplock bag, add the steak spice and put in the fridge from even as little as 1/2 hr to 2 days. I do this with pork chops too.
2. Enjoy on the BBQ or put on a raked pan with water in the bottom in the oven at 425 for an hour.

## Turkey Meatloaf Mini's

Samantha Towne - USA

### INGREDIENTS

- 1 pound ground turkey
- 1/4 cup of brown rice crumbs (or any compliment breadcrumb substitutes)
- 1 egg
- Diced onion (brown slightly in pan first)
- Garlic
- 1/4 cup of ketchup (sugar free)
- Diced celery & zucchini (add any veg!)
- Oregano (or any herbs)
- Chili flakes
- Salt
- Topping - 2 tblsp ketchup mixed with 2 tblsp Worcestershire sauce (to spoon on top)

### METHOD

1. Brown the onion in a pan slightly
2. Add remainder of ingredients and mix together
3. Use cupcake liners and add mixture
4. Spoon the topping mix over each one
5. Bake for approx 30-40 mins at 380.

## Unstuffed Peppers with Shredded Chicken

Audrianna Sorrentino - USA

This is one of my favorite healthy dishes. You can add or omit anything you like. I like to use cooking spray instead of olive oil to keep it nice and lite. This dish is high in protein, fiber and vitamins A and C. Its also delicious!

### INGREDIENTS

- 1 red bell pepper, seeded and chopped
- 1 green bell pepper, seeded and chopped
- 1 yellow bell pepper, seeded and chopped
- 1/4 large onion chopped
- 1 can of low sodium black beans, drained and rinsed
- 1/4 cup of farro (dry)
- 1 can of petite diced tomatoes
- 6 chicken thighs cooked and shredded
- Taco seasoning

### METHOD

1. Start by preparing your chicken thighs. You can bake them in the oven or boil them in some chicken stock or water until they are cooked through.
2. Shred your chicken and set aside. Hot tip- you can buy a pre-cooked rotisserie chicken from the grocery store and just shred the meat if you want to skip the first step
3. Cook your farro. The ratio is 1 part grain to 2 1/4 parts water. (you can use water or chicken stock)
4. While you farro is cooking, chop bell peppers & onion and set aside
5. Spray a large skillet with olive oil cooking spray and set to medium heat
6. Add pepper and onions to skillet and cook until just soften
7. Add your black beans (drained and rinsed), diced tomatoes and farro
8. Season with some taco seasoning and stir until everything is combined
9. Continue to cook on medium heat for a few more minutes
10. Serve with shredded cheese of your choice (you can skip the cheese if you like. Its delicious either way)

## Lee Family Dumplings

Suyin Lee, Discova Singapore

My mother has been making dumplings or wontons for as long as I can remember and they are the go-to comfort food for our family. Delicious steamed, deep fried or cooked with noodles in hot broth, you can make a big batch for quick meals as they freeze well. Try dipping them in soya sauce, black vinegar with ginger or chilli oil.

### INGREDIENTS

- 400g pork mince or chopped green prawns (you can combine half and half)
- 1 packet of round dumpling wrappers
- 1 egg
- 1 tsp salt
- 1 tsp sugar
- 1 tsp cornflour
- 1 tbsp soya sauce
- 2 tbsp sesame oil
- White pepper to season
- 1 tsp shaoxing wine or Chinese rice wine (optional)
- Small bunch of coriander, chopped
- Small bunch of green onions, chopped

### METHOD

1. Combine all ingredients together and mix well. Place in fridge for 1 hour.
2. To make the dumplings, place a tsp. of mixture in the centre of your wrapper and fold the wrapper in half so it is the shape of a half moon. Do not overfill the dumpling or it will burst during cooking. Seal the edges with a little bit of water and press out any air bubbles. Crimp the edge of the wrapper, bringing the folds into the centre of the wonton. If your folds are not holding together, just dampen with a little water and press the folds down.
3. To cook the wontons, you can steam them in a steamer for 15-20 minutes or until cooked through. If you are frying them, fill your wok or pot until its about a third full, heat oil well before you drop your wontons in for about 3-4 minutes. Ensure you let the oil heat up again between batches. I prefer to cook my wontons in a soup broth, just drop them in when your broth is boiling and cook until they float.

For variety, I sometimes add chopped black fungus (cloud ear fungus) or some chopped water chestnuts (tinned) for crunch. Both are available in Asian supermarkets.



HEALTHWISE  
FAVOURITE

## Beef & Cashew Stir-fry

Craig Harding - Australia

### INGREDIENTS

- 1 tbsp olive oil
- 500g beef rump steak, cut into thin slices
- 1 brown onion, cut into thin wedges
- 1 red capsicum, deseeded, cut into thin strips
- 1 bunch broccolini, cut into 4cm lengths
- 1 tsp ginger, fresh grated
- 1 tsp garlic, fresh crushed
- 1 tsp red chilli, finely chopped (leave seeds in if you like it spicier)
- 1/4 cup hoisin sauce
- 1 1/2 tbsp oyster sauce
- 1 1/2 tbsp soy sauce
- 2/3 cup raw cashews
- Steamed brown rice pre cooked packet, to serve

### METHOD

1. Heat half the oil in a large wok over a high heat and cook the beef in batches for 1-2 minutes until browned.
2. Remove from the wok and set aside. Heat the remaining oil in the wok over a medium-high heat. Add the onion, capsicum, broccolini, ginger, garlic and chilli. Cook for 3-4 minutes or until just tender. Return the beef to the wok with the cashews and sauces. Toss until well combined and heated through.
3. Serve with steamed rice.



## Stuffed Baby Bell Peppers

Kerry Ann Thompson - USA

### INGREDIENTS

- 3 tbl extra-virgin olive oil
- 1 lb assorted baby bell peppers (about 24)
- 1 small diced onion
- 1 poblano chili pepper, seeded and diced
- 3 cloves garlic, minced
- 1/2 tsp ground cumin
- 1/2 tsp dried oregano
- 1/2 tsp ancho chili powder
- 1/2 tsp chipotle chile powder
- Kosher salt
- 1/2 lb ground pork
- 1/2 cup chopped fresh cilantro
- 3 oz muenster cheese, diced (about 1/4 cup)
- Lime wedges, for serving

### METHOD

1. Heat oil in a large nonstick skillet over medium heat. Add the baby bell peppers in a single layer and cook, turning until the skins blister and start browning, about 8 minutes. Transfer to a plate.
2. Add the onion, poblano, garlic, cumin, oregano, ancho and chipotle chile powders and 1 tsp of salt to the skillet. Cook, stirring until the onion and poblano are tender, about 8 minutes. Increase the heat to medium high and add the pork. Cook, breaking up the meat until no longer pink, about 6 minutes. Remove from the heat; let cool.
3. Meanwhile, preheat the oven to 425. Make a slit in each baby bell pepper, cutting from stem to tip.
4. Stir in the cilantro and cheese.
5. Stuff 2-3 tsp of the meat mixture into each pepper; transfer to a baking sheet.
6. Bake until the peppers are hot and the cheese melts, about 10 minutes. Serve with lime wedges.

## Slow-Cooker Santa Fe Chicken

Kerry Ann Thompson - USA

### INGREDIENTS

- 14.4 oz of chicken stock
- 1 can low sodium black beans, rinsed and drained
- 2 cups (8oz) frozen corn kernels
- 1 can diced tomatoes with mild green chiles
- 1/4 cup chopped fresh cilantro
- 3 scallions, chopped
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 1/2 tsp roasted ground cumin
- 1 tsp cayenne pepper
- 1/4 tsp kosher salt
- 1 1/2 pounds boneless, skinless chicken breast

### METHOD

1. Combine chicken broth, beans, corn, tomatoes, cilantro, scallions, garlic powder, onion powder, cumin, cayenne pepper in the crock pot.
2. Season chicken breast with salt and lay on top.
3. Cook on low for 10 hours or on high for 6 hours. Half hour before serving, remove chicken and shred.
4. Return chicken to slow cooker and stir in.
5. Serve over rice or in a whole wheat tortilla.
6. Top with 1/2 cup scallions and 1/4 cup chopped fresh cilantro. Or slightly less healthy, top with sour cream and Monterey Jack cheese.

## Unstuffed Cabbage Roll Casserole

Jodie Tiller - Canada

### INGREDIENTS

- 1lb ground meat (beef, turkey, chicken, ground round)
- 1 onion chopped
- 1 cup rice, uncooked
- 1/2 head of cabbage, shredded
- 1 8oz can tomato paste
- 2 cups water
- 1 14oz can diced tomatoes
- Top with shredded cheddar cheese

### METHOD

1. Brown meat and onion. Add everything else
2. Boil then reduce to medium low and cover/simmer for 20-30 minutes
3. Top with cheese.

## Cauliflower Fried Rice

Suyin Lee, Discova Singapore

This is a fast, healthy and delicious meal with minimal carbs. Prep time around 20 minutes to chop up the cauliflower and 10 minutes to fry. Serves 4 to 6 people.

### INGREDIENTS

- 1 head of cauliflower
- 1 small onion, diced
- 1 cup frozen peas
- 1 egg (skip if you are vegan)
- 3 rashers of bacon, chopped (skip if you are vegan/vegetarian, replace with a cup of diced tofu, carrots or any chopped vegetable)
- 2 tbsp olive oil
- 3-4 tbsp oyster sauce (or enough to season the whole dish)
- White pepper

### METHOD

1. Break up your cauliflower into smaller pieces and put in a food processor. Pulse for a few seconds until your cauliflower is processed into small bits resembling rice grains. Don't over process as there will be too much moisture. The cauliflower should still have texture and look like grains, not a puree.
2. Heat the oil in a wok on medium heat and add the bacon, fry until the fat starts to render and then add the onion. Continue frying until the onion softens slightly. Add peas and oyster sauce, stir for a minute and then add your cauliflower. Note: if you are cooking the vegetarian version, start with frying your onion in a bit of oil, then add carrots/tofu followed by the peas and oyster sauce. Make sure your carrots have softened enough before you add the cauliflower.
3. Combine well to ensure the sauce is mixed through the cauliflower. Add a little more oyster sauce or a bit of soya sauce if you need more seasoning. Stir fry for 3-4 minutes to cook the cauliflower (should be al dente). Be careful not to cook for too long or the cauliflower will release too much moisture and become soggy.
4. Make a little well in the middle of your wok, crack an egg into it and stir. Let it cook slightly and then stir the egg through your cauliflower. Ensure the egg is cooked, season with some white pepper and then serve!

## Fresh Crockpot Stuffed Peppers with Homemade Sauce

Tracy Giuffre - USA

I attached my personal recipe for Fresh Crockpot Stuffed Peppers. It's my husband's favorite and he loves them in the winter but lately he loves them year round.

### INGREDIENTS

#### FOR THE SAUCE

- 4 cans of crushed tomato (Tuttorosso)
- 1 can tomato sauce
- 2 cans stewed tomatoes (Italian Style)
- 1/2 Stick Butter
- 2 cups Water
- 1/4 cup fresh basil
- 1/4 cup fresh oregano
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 4 cloves of sliced thin fresh garlic

- 1/2 cup of parmesan cheese (good parmesan, not container cheese)
- 1 tbsp of olive oil
- 1/4 cup of sugar

#### FOR THE PEPPERS

- 6 large green bell peppers
- 1-1.25lbs of ground chopped meat
- 1 large yellow onion
- 2 garlic cloves
- 1 cup cooked rice
- 1/4 cup of mozzarella cheese

### METHOD

1. Pour all cans of sauce into large pot. Take stewed tomatoes and put them in a blender (I use the ninja) with the fresh basil and oregano, blend high for a few seconds and pour into the pot. Add butter, water, sugar, parmesan cheese, salt and pepper. Take the olive oil in a small frying pan with the garlic and cook it until the garlic is brown (add more olive oil if needed) and pour it into the sauce.
2. Stir and let simmer on very low for a few hours with pot cover, stirring occasionally
3. Clean out the peppers and until they are hollow. I mince my onion and garlic in the ninja and mix it with the chopped meat and rice until one big mixture. Take a small spoon of the sauce and put it on the bottom of the pepper, add mixture to all 6 peppers.
4. Fill the crockpot a little less than half with some sauce and water. Drizzle some sauce over the peppers and sprinkle a little mozzarella on the top of the peppers once mixture has settled. Cook on low in a crockpot for 10 hours.

## Delicious Turmeric Bowls

**Carmen Bishop - Canada**

(THESE ARE MY FAVOURITE!!!)

### INGREDIENTS

#### MASHED SWEET POTATOES:

- 2 large sweet potatoes, cut into chunks
- 1 TBSP olive oil
- 1-2 tsp turmeric

- 2 cloves garlic - minced
- 2 cups vegetable broth

#### LEMON HERB DRESSING:

- 1/4 cup lemon juice
- 1/3 cup olive oil

- 1 clove garlic
- 2 tsp honey
- 1/2 cup parsley
- 1/2 tsp salt

#### BOWLS:

- Poached or fried eggs
- Quinoa
- Arugula or Spinach
- Pumpkin Seeds

### METHOD

1. Heat sweet potatoes with olive oil in a skillet over medium to high heat. Add turmeric and toss to coat. Add garlic and vegetable broth. Simmer until potatoes are soft and liquid is mostly absorbed.
2. Transfer to a small bowl and mash. Set aside.
3. Pulse all ingredients in a blender or food processor.
4. Cook quinoa and put into bowls. Add arugula, pumpkin seeds, sweet potatoes and eggs. Drizzle dressing to taste and ENJOY!

## Shrimp Tacos

**Monica Gauthier - Quebec, Canada**

### INGREDIENTS

- 1 cup Shrimp
- 1/2 cup of fresh cilantro
- 1 Tbl spoon of red onions
- 1/2 cup of fresh pineapple (1 tbl spoon of the juice )
- 1 Tbl spoon of olive oil
- 1Tea spoon of fish sauce
- 1Tbl spoon of fresh ginger
- Salt and pepper

Serve with corn chips

Bon appétit

HEALTHWISE



HEALTHWISE  
FAVOURITE

## Chilli Con Veggie

**Jack Wardingly - UK/Europe**

### INGREDIENTS

- 1 medium onion, finely chopped
- 2 cloves garlic, finely chopped
- 1 leek, finely chopped
- 1/2 fresh chilli, finely chopped
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1 tbsp smoked paprika
- 1 tsp ground cinnamon
- 1 tsp dried oregano
- 1 tbsp nutmeg
- 1 tbsp tomato paste
- 250g lentils, drained and rinsed
- 1 can red kidney beans
- 1 can black beans
- 1 can chopped tomatoes
- 600ml vegetable stock
- Lime, fresh coriander leaves (optional)
- Sour cream (optional)

### METHOD

1. Using a large non-stick fry pan, heat oil over medium heat. Add onions, garlic, leek and chilli. Cook for 4 mins.
2. Continually stirring until soft. Add spices and dried herbs and stir in for 2 minutes. If mixture is dry add a splash of water. Stir in tomato paste and cook for a further 2 minutes. Add lentils, beans, chopped tomatoes and stock and bring to the boil then reduce to a lower simmer for 45 minutes or until thickened and reduced. Stir every 15 minutes and season if needed.
3. Top with fresh coriander leaves, lime wedges and a dollop of sour cream on the side if desired.

## Chris' Favourite Butter Chicken

**Tanya Alders - Canada**

Chris said this is possibly the BEST meal I have EVER cooked for him, but butter chicken is his favourite meal ever. Also, this website has ridiculously good recipes, I have never had a fail from her site! (Tanya)

<https://www.recipetineats.com/butter-chicken/>

This is a Chef recipe and is one of the easiest Indian curries to make. The Butter Chicken Sauce is so good that you will want it on tap! Many restaurants take it over the top by adding copious amounts of ghee or butter into the sauce, but you'll find this rich enough as it is with the rich, creamy sauce!

### INGREDIENTS

#### MARINADE

- 1/2 cup plain yoghurt, full fat
- 1 tbsp lemon juice
- 1 tsp tumeric powder
- 2 tsp garam masala (Note 1)
- 1/2 tsp chilli powder or cayenne pepper powder (Note 2)
- 1 tsp ground cumin
- 1 tbsp ginger, freshly grated
- 2 cloves garlic, crushed
- 1.5 lb / 750 g chicken thigh fillets, cut into bite size pieces

#### CURRY

- 2 tbsp (30 g) ghee or butter, OR 1 tbsp vegetable oil (Note 3)
- 1 cup tomato passata (aka tomato puree) (Note 4)
- 1 cup heavy / thickened cream (Note 5)
- 1 tbsp sugar
- 1 1/4 tsp salt

#### TO SERVE - CHOOSE

- Basmati rice or White rice
- Coriander/cilantro (optional)

### METHOD

1. Optional blitz: for an extra smooth sauce, combine the Marinade ingredients (except the chicken) in a food processor and blend until smooth. (I do not do this)
2. Marinade: Combine the Marinade ingredients with the chicken in a bowl. Cover and refrigerate overnight, or up to 24 hours (minimum 3 hrs).
3. Cook chicken: Heat the ghee (butter or oil) over high heat in a large fry pan. Take the chicken out of the

Marinade but do not wipe or shake off the marinade from the chicken (but don't pour the Marinade left in the bowl into the fry pan).

4. Place chicken in the fry pan and cook for around 3 minutes, or until the chicken is white all over (it doesn't really brown because of the Marinade).
5. Sauce: Add the tomato passata, cream, sugar and salt. Turn down to low and simmer for 20 minutes. Do a taste test to see if it needs more salt.
6. Garnish with coriander/cilantro leaves if using. Serve with basmati rice.
7. The Butter Chicken is pictured with my very easy No Yeast Flatbread and no-fry papadums (Note 5).

### RECIPE NOTES:

1. Garam Masala is a spice mix that is readily available at supermarkets nowadays. You will find it in the spice section and it costs around the same as other spices.
2. Pure chilli powder - This is not chili powder as Americans know it! American Chili Powder contains things other than ground dried chili. Use pure chili powder or cayenne pepper to add a spice kick. The spiciness is very mild.
3. Ghee is a clarified butter used in Indian cooking (see this Movie Popcorn Butter recipe for more info). For this recipe, it can be substituted with butter or almost any neutral flavoured cooking oil.
4. Tomato passata is pureed tinned tomatoes. Nowadays it is readily available in supermarkets, usually alongside pasta sauces. It costs just a tiny bit more, sometimes the same, as canned tomatoes. Called Tomato Puree in America. If you can't find it, puree canned tomatoes using a blender. This will also work with what is called "Tomato Sauce" in America (Australia! Don't use what we call Tomato Sauce!)
5. For a lighter version, use OR for a lighter version use 3/4 cup light cream + 1/4 cup milk (full fat or low fat)
6. No Fry Quick Papadums - Place store bought raw papadums (which are really cheap - around \$1 for a packet) in the microwave on the edge of the turntable. Then microwave for 45 seconds to 1 minute, or until puffed up. They will crisp up when they cool.

## Smash Burger Alfresco

Tanya Alders - Canada

<https://www.copymethat.com/r/hwJB8kX/smash-burger-alfresco/>

The sauce on this is so good & it's so easy! As long as you have the chipotles in adobo sauce in the cupboard, lol. - Tanya

### INGREDIENTS

- 1 cup finely chopped dill pickles
- 1/2 cup mayonnaise
- 2 Tbsp. ketchup
- 2 Tbsp. sauce from a can of chipotles in adobo
- 1/2 tsp. kosher salt, plus more
- 1 1/2 lb. ground beef (20% percent fat)
- 4 potato rolls
- 1/2 head of iceberg lettuce, leaves separated, torn into pieces about the size of the buns
- 1 white onion, very thinly sliced into rings on a mandoline
- 4 thin tomato slices (optional)
- 2 Tbsp. vegetable oil
- 8 slices American cheese

### METHOD

1. Prepare a grill for high heat. Place a cast-iron griddle, flat side up, on grate; heat until very hot, at least 20 mins.
2. Mix together pickles, mayonnaise, ketchup, adobo sauce, and 1/2 tsp. salt in a medium bowl; set special sauce aside.
3. Divide beef into eight 3-oz. portions (don't form into patties). Place 4 portions between 2 sheets of parchment paper, spacing 6" apart, and, using a meat mallet or skillet, firmly smash to create thin patties, about 5" across. Transfer to a baking sheet. Repeat with remaining portions and fresh parchment paper.
4. Wrap all the buns together in a large sheet of foil to make a packet (this will keep buns soft and from getting too toasted on the grill). Place packet on grate and grill, turning once, until buns are warmed through, about 1 minute. Spread sauce over cut sides of buns. Place 3-4 pieces of lettuce on bottom buns and top each with some onion and a tomato slice, if using.
5. Drizzle oil and use paper towels to evenly coat surface. The oil needs to be hot. Season patties lightly with salt. Place 4 on griddle, seasoned side down, and season top sides lightly with salt. Cook, undisturbed, until outer edges are brown and undersides are very crisp, about 2 mins. Flip and place a slice of cheese on each patty. Cook until cheese is melted. Transfer patties to buns with toppings, stacking 2 patties on each bun. Repeat with remaining 4 patties, scraping off any cheese stuck to griddle in between batches.

## Instant Pot Pork Ragu With Orecchiette Pasta

Tanya Alders - Canada

<https://www.krumpli.co.uk/instantpot-pork-ragu-with-orecchiette/>

Pork Ragu that tastes like it has been slow cooked for 24 hours in an hour or so thanks to the Instant Pot served with hearty Orecchiette Pasta.

### INGREDIENTS

- 300 g Pork Shoulder
- 2 Tbsp Cooking Oil
- 1 Onion, Approximately 75-100g finely diced
- 2 Garlic Cloves, Finely Sliced
- 1 Tbsp Red Wine Vinegar
- 175 ml Tomato Passata, Tomato Sauce in the US
- 1/2 Tsp Dried Oregano
- 1 Bay Leaf
- 175 g Orecchiette Pasta
- 2 Tsp Capers, To Taste

### METHOD

1. Set your InstantPot to Saute mode and when hot add half of the cooking oil along with the onions and saute for 5 minutes, stirring occasionally.
2. Meanwhile heat the remaining oil in a frying pan over a high heat, then season the pork with salt and pepper and brown on all sides. You can do this in the InstantPot if you like but my preference is to use a frying pan.
3. When the onions have been cooking for 5 minutes add the garlic and stir for a further minute.
4. Now add in the red wine vinegar, it should pretty much evaporate straight away, then turn off saute mode.
5. Add the pork.
6. Then add in the tomato passata, oregano and bay leaf along with a really generous grind of black pepper.
7. Close and cook on manual mode at high pressure for 40 minutes, with a 10 minute natural pressure release.
8. Putting the pasta on to cook with 2-3 minutes left in the InstantPot should be perfect timing to bring the dish together.
9. When released, remove the pork from the InstantPot and flip over to saute mode and reduce the remaining liquid by half.
10. Shred with two forks before returning back to the pan along with any juices, it would of course be rude to not check for seasoning again now.
11. Add the capers and the cooked Orecchiette pasta and stir to combine.

Note: Sprinkle with some freshly shredded basil to serve.



## Sweet Pea Fish Pie

Jack Wardingly - UK

<https://www.jamieoliver.com/recipes/fish-recipes/sweet-pea-fish-pie/>

### INGREDIENTS

- 1 kg potatoes
- 400 g frozen peas
- 1 lemon
- 40 g unsalted butter
- 2 carrots
- 2 onions
- Olive oil
- 500 ml semi-skimmed milk
- 2 x 150 g frozen salmon fillets , sustainably sourced
- 2 x 100 g frozen white fish fillets , sustainably sourced
- 65 g plain flour
- 100 g frozen spinach
- 125 g frozen cooked peeled prawns , sustainably sourced
- 1 heaped tsp. English mustard
- 40 g Cheddar cheese
- sea salt
- freshly ground black pepper

### METHOD

1. Preheat the oven to 180°C/350°F/gas 4.
2. Peel the potatoes and cut into large even-sized chunks, then cook them in a large pan of boiling salted water for 15 minutes, or until soft, adding the peas for the last 2 minutes. Drain and mash well with a pinch of sea salt and freshly ground black pepper, the zest from the lemon and the butter. Set aside.
3. Peel and chop the carrots and onions, then fry them in a large ovenproof pan (roughly 30cm in diameter) with 1 tbsp of oil over a medium heat for 15 minutes, or until softened but not coloured, stirring occasionally.

4. Meanwhile, heat the milk in a pan on a medium heat. Once simmering, add all the frozen fish fillets and cook for around 10 minutes, or until cooked through, then use a slotted spoon to transfer them to a plate, taking the pan off the heat.
5. Stir the flour into the carrots and onions, then gradually add the warm milk, a ladleful at a time, stirring continuously until you have a smooth sauce. Stir in the spinach until thawed and incorporated, then season to perfection.
6. Flake in the cooked fish fillets (carefully remove and discard any skin or bones), add the prawns and mustard, along with the juice of half the lemon, grate in the Cheddar, and stir gently to combine.
7. Top with the pea-spiked mash and smooth out, scuffing it up slightly with a fork to give it texture that will crisp up. Bake for 30-40 minutes, or until beautifully golden. Serve with a good old helping of baked beans (if you like). Delicious!

### RECIPE NOTES

1. I've used a mixture of frozen salmon, white fish and prawns in this recipe, but you can use whatever you've got in the freezer - just aim for the same total weight, about 600g.
2. Don't worry if you don't have any frozen spinach - leave it out this time and pick some up next time you're shopping. It's great in so many dishes.
3. When buying fish, look out for MSC-approved labels, or speak to your fishmonger about what's responsibly sourced.

## Shrimp in Garlic Sauce

Michelle MacMillan – Canada

<https://www.foodandwine.com/recipes/shrimp-in-garlic-sauce---qfs>

Based on a popular Spanish tapa, or appetizer, this dish is delicious enough to serve as a main course. You just sauté the shrimp in garlicky, spicy olive oil and then toss them with sherry, lemon juice and a handful of parsley. The shrimp will be equally good hot or at room temperature.

### INGREDIENTS

- 1/3 cup olive oil
- 4 cloves garlic, cut into thin slices
- 1 bay leaf
- 1/4 tsp. dried red-pepper flakes
- 2 pounds large shrimp, shelled
- 1 1/4 tsp.s salt
- 1/4 tsp. fresh-ground black pepper
- 3 tbsps dry sherry
- 2 tbsps lemon juice
- 3 tbsps chopped fresh parsley

### METHOD

1. In a large frying pan, heat the oil over moderate heat. Add the garlic, bay leaf, and red-pepper flakes and cook for 3 minutes, stirring occasionally.
2. Add the shrimp, salt, and black pepper to the pan and stir to combine. Cook, stirring occasionally, until the shrimp are just done, 4 to 5 minutes. Stir in the sherry, lemon juice, and parsley.

### NOTES

- Fish Alternatives Squid would be delicious with the garlic sauce. Cook it quickly (for about two minutes), or it will become tough and rubbery. Sea scallops are another alternative; cook them for about two minutes per side, without stirring, so they brown nicely.
- Deveining Shrimp: Dark shrimp veins are usually removed for aesthetic purposes. We find that it's not essential to take them out, especially if you're pressed for time.

### SUGGESTED PAIRING

Bold Mediterranean flavors welcome an easygoing wine such as a dry Rosé from Spain or the south of France. If you prefer a wine with a bit more sweetness, try a White Zinfandel from California.

## Halloumi & Honey-Zaatar Roasted Carrot Bowls

Carney Kilian – Canada

### INGREDIENTS

- 200g Carrots
- 1/2 Bunch of kale
- 30ml Red wine vinegar
- 14g Honey
- 165g Multicoloured pearl couscous
- 114g Hummus
- 125g Halloumi
- 10g Za'atar spice blend (sesame seeds, oregano, basil, thyme, savory, lemon peel, marjoram, kosher salt)

### METHOD

1. Preheat the oven to 450°F. Bring a medium pot of salted water to a boil. Peel and halve the carrots lengthwise. On a lined sheet pan, toss carrots with a drizzle of oil; season with ¼ the spice blend and S&P. Arrange in a single, even layer. Roast in the oven, turning halfway through, 17 to 20 minutes, until tender when pierced with a fork. Remove from the oven and drizzle with ¼ the honey. Set aside in a warm spot.
2. While the carrots roast, add the couscous to the pot of boiling water and cook, 8 to 12 minutes, until tender. Thoroughly drain the couscous and transfer to a bowl. Drizzle with oil; season with all but a pinch of the remaining spice blend and S&P, and toss to combine. Set aside in a warm spot.
3. While the couscous cooks, cut the halloumi into ¼ inch slices. Remove the kale leaves from the stems; thinly slice the leaves into ribbons. In a large bowl, combine the kale and a drizzle of olive oil; season with the remaining pinch of spice blend and S&P to taste. Using your hands, massage the kale 1 to 2 minutes, until wilted.
4. In a medium pan, heat a drizzle of oil on medium. Add the halloumi and cook, 1 to 2 minutes per side, until golden brown.
5. While the halloumi cooks, in a small bowl, combine the vinegar, remaining honey and 2 tbsp olive oil (double for 4 portions); season with S&P to taste to create a vinaigrette.
6. Divide the finished couscous between your bowls. Top with the seasoned kale, halloumi, roasted carrots and hummus. Drizzle the vinaigrette over the dish.

## Chicken Delight

Cathy Schneckenberg - USA

I simplified and adapted one of my childhood favorite recipes to make in the crockpot (it is a bit torturous smelling it cook all day!)

### INGREDIENTS

- 2 lbs boneless skinless chicken breast ( I cut them into about 3" x 3" pieces)
- 1 large onion, sliced
- 1 envelope Onion soup mix
- 1/2 cup vegetable broth (or chicken)
- 1 cup red wine (I prefer Cabernet Sauvignon)
- Salt & pepper

### METHOD

1. Put everything in the crock pot, set to low for 6 hours. Turn chicken at approximately 3 hours just to make sure all sides are coated and to move the onions around leaving some on top of the chicken.
2. Turn off heat after 6 hours, add an additional ¼ cup of red wine, cover and let sit while for about ¼ hour. (This is a perfect time to make mashed potatoes which are a complete MUST so that the wonderful gravy has a place to snuggle.)
3. Remove the chicken and gravy serve with mashed potatoes.



HEALTHWISE  
FAVOURITE

## Healthy Tuna Pasta

Ross Larsen – New Zealand

### INGREDIENTS

- 1 tbsp olive oil
- 250g wholemeal pasta, spiral or penne
- 1 cup frozen peas
- 2 spring onion, finely sliced
- 2 cloves garlic, crushed
- 400g tin chopped tomatoes
- 250g cherry tomatoes, halved
- Handful of fresh basil, roughly chopped
- 2 cups rocket
- 400g tuna, drained
- Salt & Pepper
- 1/2 cup cheese, grated

### METHOD

1. Preheat oven to 180°C.
2. Place a large saucepan of salted water over a high heat to the boil and cook pasta until tender. Add peas for the last minute of cooking time. Drain pasta and peas, reserving 1/3 cup of the water.
3. Heat oil in a large pan over medium-high heat and cook spring onion and garlic stirring for 3-5 minutes or until softened.
4. Add chopped tomatoes and cook for 3-4 minutes or until mixture slightly thickens. Add the pasta, peas, cherry tomatoes, basil, rocket, tuna and reserved cooking liquid and combine. Season with salt and pepper. Pour pasta mixture into a lightly oiled baking dish and sprinkle with cheddar cheese.
5. Bake in the oven for 20 minutes or until cheese is golden brown.



## Show-Stopping Beef Wellington

Kayla Jacobs - Canada

<https://tasty.co/recipe/show-stopping-beef-wellington>

### INGREDIENTS

- 3 lb center-cut beef tenderloin
- 2 lb cremini mushroom, minced
- Kosher salt and black pepper, to taste
- 5 cloves garlic, minced
- 2 tbsps canola oil
- 1/2 lb prosciutto, thinly sliced, or ham
- 1/4 cup English mustard
- 1 tbsp butter
- 1 sheet puff pastry
- 2 shallots, minced
- 2 eggs, beaten

### METHOD

1. Let the beef tenderloin come to room temperature. Season with kosher salt and pepper on all sides.
2. Add canola oil to a large pan on high heat. Once the oil is hot, add the tenderloin. Without moving the tenderloin, cook until a dark brown crust forms, about 3 minutes per side. Repeat searing on all sides, including the tenderloin ends.
3. Remove the tenderloin from the pan and transfer to a cutting board or wire rack and remove ties.
4. Brush the mustard on all sides of the meat while it's still warm. Let the meat rest for while making the duxelle (mushrooms cooked and reduced until dry).
5. To the same pan, add the butter, mushrooms, minced shallot, and minced garlic over medium-high heat. Cook, stirring occasionally, until all the liquid evaporates and the mushroom mixture becomes a thick 25-30 minutes, dry-like paste. Season with salt and pepper to taste.

6. Remove the mushrooms from the pan and let cool completely.
7. Place a large layer of overlapping sheets of plastic wrap on your work surface that is twice the length and width of the tenderloin.
8. Lay overlapping strips of prosciutto on the plastic into an even square layer.
9. Spread a layer of the mushrooms evenly over the prosciutto.
10. Tightly and evenly wrap the tenderloin with the prosciutto, using the plastic wrap to wrap it even tighter and seal ends. Tie the ends of the plastic wrap together to hold the Wellington's shape. Place in the refrigerator for 15 minutes.
11. Preheat oven to 400°F (200°C).
12. Place a new layer of plastic wrap on the work surface and lay a sheet of puff pastry over it. Unwrap the prosciutto-wrapped beef tenderloin onto the puff pastry, wrapping until the ends meet. Cut off any extra puff pastry, making sure there is no overlap.
13. Wrap the puff pastry in plastic wrap, tying the ends together to form a log shape. Place in the refrigerator for 15 minutes.
14. Place the beef Wellington on a greased, parchment paper-lined baking sheet. Brush the surface with the beaten eggs. With a fork, score a decorative design onto the surface of the puff pastry.
15. Decorate with additional pastry (optional). Sprinkle with kosher salt.
16. Bake for 40 minutes or until the puff pastry is a dark golden brown and the internal temperature of the beef is 135°F (57°C) for medium-rare.
17. Enjoy!

## Baked Mexican Haddock

Nancy Lilly - USA

### INGREDIENTS

- 1 1/2lb fresh haddock fillets
- 3 tbsp Monterey Jack cheese, shredded (i use Mexican 4 cheese blend)
- Vegetable cooking spray
- 1/3 cup salsa
- 1/3 tsp black pepper
- 3 tbsp light mayonnaise

### METHOD

1. Coat the haddock fillets with veg spray and place in a baking dish
2. Mix together the remaining ingredients and spread on top of the fish
3. Bake at 400 degrees for aprox 15 - 20 minutes or until the fish flakes when tested with a fork

## Cauliflower Broccoli Soup

Nancy Lilly - USA

### INGREDIENTS

- 3 cups chopped up cauliflower, bite size
- 3 cups milk
- 3 cups chopped up broccoli, bite size
- 3 cups vegetable stock (i use chicken stock)
- 1 cup finely chopped onion
- 1 tsp salt, 1 tsp pepper
- 1 cup shredded carrot
- 1 cup milk, 1/2 cup flour
- 1 stick butter
- 1-2 cups grated/cubed/shredded cheese (fontina & cheddar recommended)

### METHOD

1. In a large pot (6 quart size), saute the cauliflower, broccoli, carrot, and onion in the butter for 10-15 minutes. "The vegetables should be crisp/tender-ish."
2. Add 3 cups milk, 3 cups stock, bring to a boil over medium to medium-high heat. "Not too Hot" or you'll scorch the milk. Stir occasionally until the veg are sufficiently tender.
3. Mix remaining cup of milk with 1/2 cup of flour until smooth and add to the pot. Bring to a low boil again until thickened - 5 min or so.
4. Stir in cheese until melted.
5. Adjust seasonings and serve!



HEALTHWISE  
FAVOURITE

## Chicken Quinoa Casserole

Kate Laird - Australia

This one is great for the family!

### INGREDIENTS

- 2 cups chicken stock
- 450g chicken breast, sliced
- 1 cup milk, divided
- 1/2 cup flour
- 1 tsp chicken seasoning
- 2 cups water
- 2 tsp all round seasoning
- 1 cup uncooked quinoa
- 1/2 cup shredded swiss cheese
- 1/4 cup cooked bacon, roughly chopped
- 3 cups of broccoli

### METHOD

1. Preheat oven to 200°C and grease a 30cm x 22cm casserole dish.
2. In a large saucepan bring chicken stock and 1/2 cup milk to low boil.
3. In a bowl whisk 1/2 cup of milk with chicken seasoning and flour; add to boiling liquid and whisk until a smooth creamy sauce forms. Remove from heat.
4. Add quinoa, bacon and water, stir to combine. Pour the mixture in casserole dish, lay chicken breast strips over the top of quinoa mixture; sprinkle with all round seasoning. Bake uncovered for 30 minutes.
5. Place broccoli in boiling water for 1 minute until it turns bright green, strain and run under cold water.
6. Set aside.
7. Remove casserole from oven, lightly stir mixture in the dish and it has not thickened bake for an additional 10-15 minutes for the right consistency. Add broccoli and top with cheese; bake for 5 minutes or until cheese has melted

## 5-Ingredient Green Curry

Heidi Lebedoff - Canada

<https://pinchofyum.com/green-curry>

5-Ingredient Green Curry! packed with tons of veggies, an easy green curry sauce, and finished with golden raisins and cilantro.

### INGREDIENTS

#### FOR THE GREEN CURRY:

- 12 ounces firm tofu
- a swish of olive oil + a sprinkle of salt
- 2 sweet potatoes, peeled and cubed
- 4 tbsps green curry paste (I used Thai Kitchen which can be ordered on Amazon and also often found in the Asian section of many mainstream grocery stores)

- 3 14-ounce cans coconut milk
- 3-or-so cups broccoli florets

#### OPTIONAL EXTRAS:

- a handful of chopped fresh cilantro
- a handful of golden raisins
- just a lil fish sauce (trust me!) and brown sugar to taste

### METHOD

1. Tofu: Press the tofu with paper towels to remove water. Cut tofu into cubes. In a large soup pot, heat the olive oil over medium high heat. Add the tofu, sprinkle with salt, and pan fry for 10-15 minutes, until golden brown. Remove and set aside.
2. Veggies: Add sweet potatoes, coconut milk, and curry paste to the soup pot. Simmer for 5-10 minutes until potatoes are fork-tender. Add broccoli and tofu. Simmer for 3-5 minutes until broccoli is bright green.
3. Finishing it off: I like to add a handful of golden raisins and cilantro (I know, I know, lots of levels of weird going on here) and I pinky promise that a quick swish of fish sauce and a sprinkle of brown sugar will take this over the top.



HEALTHWISE  
FAVOURITE

## Green Wellbeing Soup

Viv Avenell - Australia

### INGREDIENTS

- 1 tbsp coconut oil
- 1 onion, chopped
- 2 tbsp minced garlic
- 1 zucchini chopped
- 4 stalks celery, chopped
- 1 head of broccoli, chopped
- 1 bunch of asparagus, chopped
- 2 cups spinach leaves
- 2 cups kale, chopped
- 1/2 lt of vegetable stock
- 2 tsp white pepper
- Pinch of salt to taste

### METHOD

1. Use a large pot. Over a medium heat add oil and onions. Stir for a couple of minutes until translucent, add garlic and saute. Add stock and all vegetables except kale and spinach leaves. Bring to the boil and reduce heat to a gentle simmer, add white pepper and stir through. Once vegetables are soft, add kale and spinach leaves.
2. When leaves have withered remove from heat and allow to rest for 10 minutes, add water if consistency is too thick.
3. Using a ladle add a small amount of soup into a blender and blend until a smooth consistency.
4. Place in a saucepan and reheat for 5 minutes, season with salt and pepper to taste and serve.

## Thai Peanut Noodles

Bethany Dickey - Canada

<https://www.noracooks.com/peanut-noodles/>

20 minutes is all it takes to make Thai Peanut Noodles! This dish is loaded with colorful vegetables and packed with flavor. Gluten free.

### INGREDIENTS

#### FOR THE PEANUT SAUCE:

- 1/2 cup natural peanut butter, smooth
- 1/2 cup water
- 1/4 cup low sodium soy sauce, (tamari for gluten free)
- 2 cloves garlic, minced
- 2 tbsps fresh lime juice (1 lime)
- 3 tbsps pure maple syrup
- 1 tsp. Sriracha hot sauce

#### FOR THE REST:

- 7 ounces brown rice stir fry noodles
- 2 cups cabbage or Trader Joe's cruciferous crunch
- 2 carrots, peeled and chopped into matchsticks
- 1 red bell pepper, thinly sliced
- 2 green onions, chopped
- 1/4 cup chopped cilantro
- 1/4 cup chopped peanuts

### METHOD

1. Make the Peanut Sauce: In a medium bowl, whisk together all sauce ingredients until smooth. Set aside.
2. Prepare the noodles: Bring a large pot of water to a boil. Once boiling, add the noodles and cook for 1 minute, then remove from heat and let soak for 5 minutes. Drain and rinse well. (If using other noodles, prepare according to package instructions.)
3. Cook the veggies: In the same pot you boiled the noodles in, add a few tbsps of water (or olive oil). Add the cabbage, carrots, red pepper and green onions and cook for about 1 minute, stirring constantly.
4. Mix it all together: Now add the noodles and peanut sauce. Mix until warm and combined. Serve immediately with cilantro and chopped peanuts on top, and more hot sauce if desired. Enjoy!

## Baked Buffalo Cauliflower Wings

Heidi Lebedoff - Canada

<https://gimmedelicious.com/baked-buffalo-cauliflower-wings/#wprm-recipe-container-13093>

### INGREDIENTS

- 1 head of cauliflower approx. 4 cups of florets
- 1/2 cup water
- 1/2 cup milk for vegan: use water or almond or soy milk
- 1 cup all-purpose flour can sub gluten-free rice flour
- 2 tsp garlic powder
- 1 tsp cumin
- 1 tsp of paprika
- 1/4 tsp salt
- 1/4 tsp ground pepper
- 1 cup Frank's red hot sauce
- 1 tbsp butter for vegan: use earth balance buttery spread

### METHOD

1. Line baking sheet(s) with parchment paper or grease very well with oil. Preheat your oven to 400-425 F depending on your oven.
2. Wash and cut cauliflower head into bite-sized pieces/florets.
3. Mix the milk/water/flour and spices in a medium mixing bowl (set aside the hot sauce and butter for later). Mix until the batter is thick and is able to coat the cauliflower without dripping.
4. Dip the cauliflower in the batter. You can do this one by one or in batches. shake off excess batter before placing cauliflower on the baking sheet. Lay the cauliflower single layer on the baking sheet.
5. Bake for 20 minutes until golden brown, flipping the florets over halfway through to get all sides golden brown and crispy.
6. While the cauliflower is baking, get your buffalo wing sauce ready. In a small saucepan low heat, melt butter and mix in hot sauce. Remove from the heat just as it starts to melt. Stir together and set aside.
7. Once the cauliflower is done its first bake in the batter, remove them from the oven and put all the baked florets into a mixing bowl with the wing sauce and toss to coat evenly. Return cauliflower to the baking sheet and bake in the oven for another 10-15 minutes or until reached desired crispness. Serve with ranch, blue cheese, or your favorite dipping sauce. Enjoy!



# DESSERTS

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Do you enjoy something sweet after dinner? Not all desserts have to be unhealthy, so it is ok to treat yourself!! One of the healthiest chocolate options is 70% + cocoa. Dark chocolate is a powerful source of antioxidant and has great healthy benefits.

Quality and quantity is the key!

## 30 Minute Vegan Masala

Heidi Lebedoff - Canada

<https://simple-veganista.com/chana-masala/>

In this recipe, we'll cook the chickpeas with garlic, ginger, onion, tomatoes and spices to create a savory chickpea curry main dish.

### INGREDIENTS

- 2 cans of chickpeas, but fresh cooked is great too. If using fresh garbanzo beans, 3 - 4 cups will do perfectly.
- 1 can (28oz) diced tomatoes with the juices. If you prefer fresh, use 2 medium tomatoes (chopped) or 1 + 1/2 cups halved cherry tomatoes instead.
- 2 tbsp fresh ginger, grated or minced, about 1 + 1/2 inch knob of ginger.
- Onion (can use any type)
- 4 - 5 cloves of garlic, or 1 giant clove of elephant garlic
- 1 serrano pepper, or 2 if you like. In a pinch 1 jalapeno will work too.
- Add a flavorful blend of 2 tsp. garam masala and 1 tsp. each coriander, turmeric and cumin. Plus, a stick of cinnamon for just a hint of this warming spice.
- Add citrus such as lime or lemon juice adds a slight sour flavor found in most Indian dishes and helps balance the spices. I prefer adding my lemon at the end of cooking.
- Garnish with a few fresh ingredients such as chopped cilantro, cherry tomatoes and/or a handful of arugula.

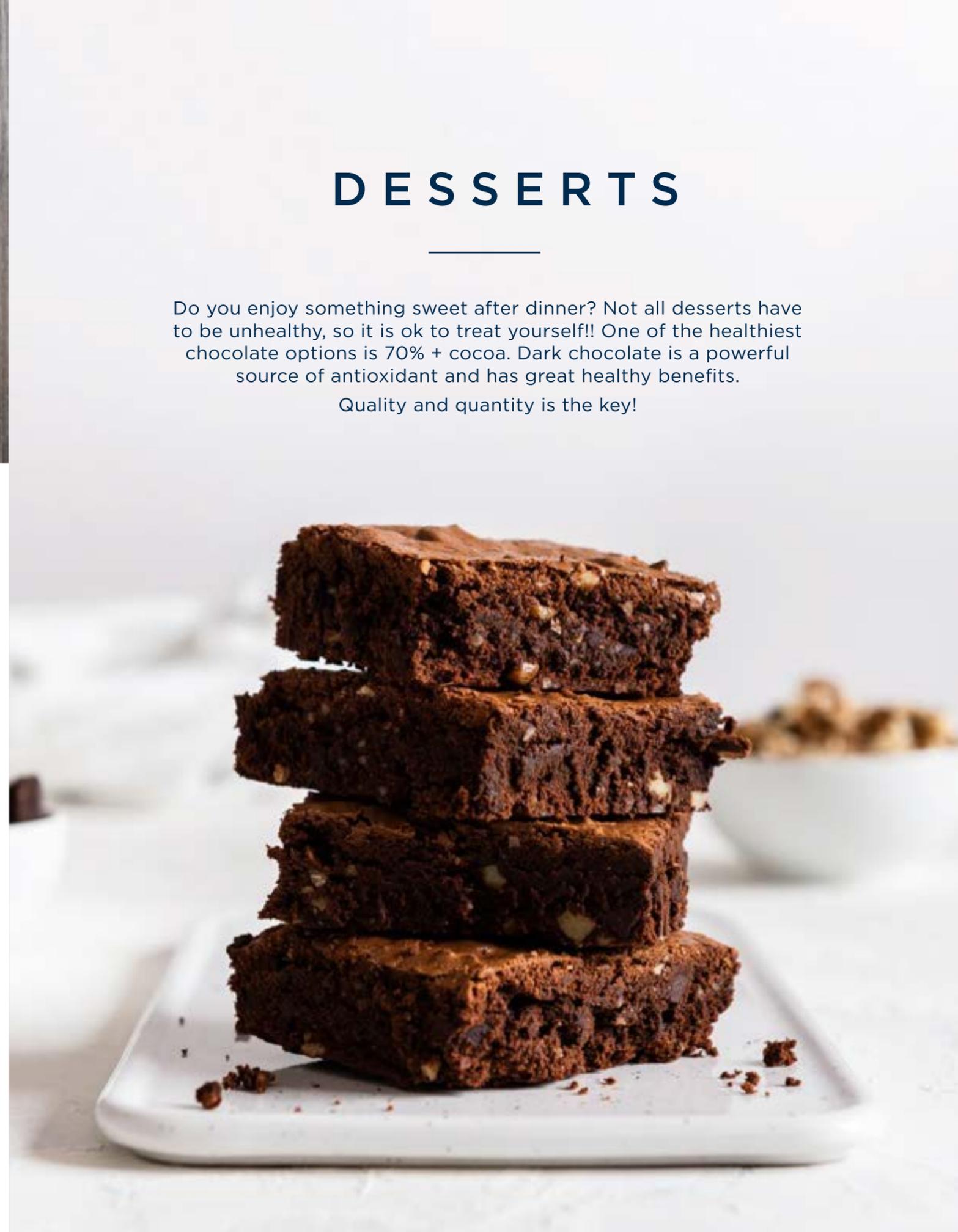
### WHAT IF I DON'T HAVE ALL THE SPICES?

Indian cuisine is full of spices which can be a little intimidating. I know most kitchens may not stock garam masala unless you cook with it often, but you can still pull off a flavorful chana masala using these other pantry staples.

- In place of garam masala use 1 + 1/2 tsp cumin and 1/2 tsp all-spice.
- In place of a cinnamon stick use a pinch of cinnamon, about 1/8 tsp.
- If you don't have turmeric, it's fine to leave it out of the recipe.

### METHOD

1. Start with chopping, dicing and mincing the onion, garlic, ginger and serrano chili (shown above left). This is pretty much the most work you'll have to do. I grated my ginger using this handy fine grater (affiliate link), but simply mincing your ginger is great too.
2. In a dutch oven, heat oil over medium and saute the onions until translucent, add the garlic, ginger, chili and spices and saute for 30 seconds to 1 minute.
3. Add the chickpeas, tomatoes, cinnamon stick and 1/4 cup of water.
4. Mix well (shown above), turn heat to low and simmer at a gentle boil for 15 - 20 minutes, stirring occasionally. Add a little more water if you prefer a saucier chickpea stew. Remove cinnamon stick and stir in the lemon juice.



## Three Ingredient Brownie

Anna Fisher – Canada

<http://wellnourished.com.au/three-ingredient-brownie/>

There's nothing better than a simple recipe that ticks both the taste and nutrition boxes. Plus, it seriously doesn't get any quicker or easier than this.

### INGREDIENTS

- 6 medium sized, very ripe bananas (2 cups approx.)\*
- 250g (1 cup) nut butter (any kind you like, such as peanut butter, almond butter, hazelnut butter etc;)
- 60g (1/2 cup) cacao powder (you can use less if you prefer a less intense chocolate flavour)

### METHOD

1. Preheat your oven to 180¼ and line a small brownie tin with baking paper.
2. Mix all of the ingredients together in a powerful blender or food processor (Thermomix, 15sec, speed 5).
3. Pour into the lined tin and bake for 25-30 minutes or until firm to touch.
4. Allow to cool and slice into squares. These can be frozen for up to a month.

\*The more ripe the bananas, the sweeter these will be. As there are no other sweeteners ripe bananas are a must.

Also – I use crunchy peanut butter to make it seem like there are nuts in there

## Summer Sorbet

Sharon Smith – Australia

### INGREDIENTS

- 300g frozen mango
- 200g frozen berries
- 1 cup almond milk
- 2 tbsps maple syrup

### METHOD

1. Handful pan toasted shredded coconut ¼ mix together all frozen fruit in a nutribullet or similar
2. Add almond milk and maple syrup
3. Put in freezer, ready to serve in an hour
4. Sprinkle with toasted coconut

## Gluten Free Pumpkin Bread

Sharon Smith – Australia

### INGREDIENTS

- 3/4 cup coconut flour
- 2 tbsp arrowroot powder
- 1 tsp baking powder
- 1/2 tsp bicarbonate of soda
- 1/2 tsp salt
- 1/2 cup of raw sugar
- 1 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 7 eggs separated
- 3/4 cup pumpkin fresh or canned
- 1/4 cup coconut oil
- 1/2 tbsp vanilla extract

### METHOD

1. Preheat the oven to 165c
2. Mix all dry ingredients together
3. Whisk the egg whites and salt until peaks are formed
4. Mix the egg yolks, pumpkin purée, coconut oil and vanilla essence
5. Mix dry ingredients with pumpkin mixture and then fold in the egg whites
6. Pour into a lined loaf tin. Put in oven for 30 mins, covered with tin foil.
7. Take the tin foil off and cook for a further 20 mins
8. Turn the oven off and leave in oven for a further 30 mins, this cooks the inside of the loaf

## Chocolate Chip Monkey Muffins

Heather Baker – Canada

Not sure where I came across these but they have been getting good use with all the bananas that get ripe! LOL

### INGREDIENTS

- 3 ripe bananas
- 1/2 cup packed brown sugar
- 1/3 cup milk
- 1/4 cup coconut oil
- 1 egg
- 1 tsp vanilla
- 1 3/4 cup flour
- 3 tsp baking powder
- 1/2 tsp salt
- 1 cup chocolate chips
- 1/2 cup coconut

### METHOD

1. Pre heat oven to 375. Spray muffin liners w/pam or similar cooking spray
2. Beat together bananas, brown sugar, milk, coconut oil, egg & vanilla. Then stir in flour, baking powder & salt. Fold in chocolate chips & coconut
3. Divide batter into muffin tins and bake for 14-18 mins

## Healthy Double Chocolate Zucchini Muffins

Anna Fisher – Canada

<http://www.ambitiouskitchen.com/2014/07/healthy-double-chocolate-zucchini-muffins/>

Chocolate muffins get a healthy makeover! Made with whole wheat flour and no butter or refined sugars. You're going to love these perfectly moist, insanely delicious muffins!

### INGREDIENTS

- 1 1/4 cup whole wheat pastry flour or white whole wheat flour
- 1/3 cup unsweetened cocoa powder
- 1 tsp. baking soda
- 1/4 tsp. salt
- 2 tbsps coconut oil, melted and cooled
- 1/3 cup honey or agave nectar
- 1 tsp. vanilla
- 1 egg
- 1 egg white
- 1 cup shredded zucchini (about 1 medium)
- 1/4 cup unsweetened applesauce (you can also use greek yogurt!)
- 1/2 cup Almond Breeze Unsweetened Almond Milk
- 1/2 cup regular or mini chocolate chips

### METHOD

1. Preheat oven to 350 degrees F. Line 12 cup muffin tin with cupcake liners and generously spray inside of liners with nonstick cooking spray.
2. Squeeze shredded zucchini of excess water with a paper towel. This is important, so don't forget!
3. In a medium bowl, whisk together flour, cocoa powder, baking soda, and salt; set aside.
4. In the bowl of an electric mixer, add coconut oil, honey, vanilla, egg and egg white; mix on medium-low until smooth and well combined. Add in zucchini, applesauce, and almond milk; mix again. Slowly add in dry ingredients and mix until just combined. Gently fold in chocolate chips.
5. Evenly divide batter into prepared liners. Bake 22-25 minutes or until toothpick inserted into middle comes out clean. After 5 minutes, remove muffins and transfer to wire rack to finish cooling. Enjoy!

Notes: To keep muffins dairy free, use dairy free chocolate chips. I love adding a few extra chocolate chips (2-3) on top of each muffin before baking to make them look pretty, but it's up to you!



## Healthy 3 Ingredient Popsicles

Zoe Allen – Canada

Makes 10 (3oz) popsicles

### INGREDIENTS

- 12oz fresh ripe strawberries
- 2 cups full-fat plain Greek yogurt
- 1/4 cup honey

### SPECIAL EQUIPMENT NEEDED:

- Popsicle mold with sticks
- Blender (Not required, but good if you have it)

### METHOD

1. Blend strawberries on high speed until puree like consistency. Add yogurt and honey, and continue to blend until incorporated.
2. Pour the mixture into popsicle molds, insert the stick and freeze for 5 hours or overnight
3. Run popsicle molds under warm water until the pops loosen, and then remove.

Notes:

If you don't have a blender, I chopped my strawberries up really finely and just mixed everything together. You can use any berries, or a mix of your favourites. If your molds don't come with sticks, you can freeze the pops until partially frozen (about 2 hours) and then slide the stick into the centre of the pop (if should stand on its own) and then return to freezer until completely frozen

## “Healthier” Banana Bread

Heather Baker - Canada

### INGREDIENTS

- 2 cups whole wheat flour
- 1 tsp baking soda
- 1/4 tsp salt
- 1/2 cup sugarfree applesauce
- 3/4 cup honey
- 1 egg, beaten
- 3 mashed ripened bananas
- 1 cup chocolate chips

### METHOD

1. Preheat oven to 350 degrees.
2. In a large bowl combine flour, baking soda and salt. In a separate bowl mix together applesauce & honey. Stir in egg and mashed bananas until well blended. Stir banana mixture into flour mixture. Fold in chocolate chips.
3. Pour into prepared loaf pan (9x5). Bake for 60-65 minutes. Cool bread on wire rack when done.



## Braised Spiced Rhubarb

Alesha Campbell - Canada

### INGREDIENTS

- 1 1/2 lb rhubarb, trimmed, cut into 2” pieces on an angle
- 1 cup fresh orange juice
- 1/4 cup honey
- 1/2 tsp. kosher salt
- 8 pods green cardamom
- 2 whole star anise
- 1 vanilla bean, split lengthwise, seeds scraped and reserved
- 1 (1/2-inch) piece ginger, peeled and thickly sliced crosswise
- Yogurt or vanilla ice cream, for serving.

### METHOD

1. Heat oven to 400°.
2. Mix together rhubarb, orange juice, honey, salt, cardamom, star anise, vanilla bean and seeds, and ginger in a 9” x 13” baking dish.
3. Bake, stirring occasionally, until rhubarb is tender, 14-16 minutes. Let cool to room temperature.
4. Serve over yogurt or ice cream, if you like. Or make sure you take out the pods, anise and bean and pulse blend for an amazing jam on toast or mix in a splash of Balsamic vinegar and serve with cheese. We divide 4 ways and use some as a yogurt topping, some as a jam and some as the rhubarb for oatmeal rhubarb muffins!

## Caramel Apple Dip

Michelle Docherty - Canada

This dip offers the best combo of tart and sweet. It’s always a hit! Every time I make it, I get asked for the recipe. It’s easy to make, and can be prepared in advance.

### INGREDIENTS

- Shallow dish for serving (always need 2 packages)
- 1-2 Packages Cream Cheese (I serve this dip in a glass pie plate so I
- Caramel Sauce
- Skor Toffee Bits
- 6-8 Granny Smith Apples

### METHOD

1. Using a handheld blender, whip the cream cheese until softened and spread evenly across the bottom of the dish you are using.
2. Pour the caramel sauce to cover the cream cheese
3. Pour the Skor Toffee Bits on top of the caramel. You want to make sure every single inch of it is covered.
4. Keep in the refrigerator until ready to serve
5. Cut apples into slices.

## No Bake Vegan Brownies

Jeannie Milne - USA

<https://poosh.com/gluten-free-and-vegan-no-bake-brownies/>

### INGREDIENTS

#### BROWNIE BASE:

- 15 medjool dates
- 2 tbsps cacao powder
- Splash of your choice of milk
- 1/3 cup monk fruit sugar (optional)
- 1 cup rolled oats (or sunflower seeds for a keto option)
- 1/2 cup keto maple syrup/sticky sweetener of choice
- Pinch of Himalayan pink salt

- Optional add-in: maca powder for caramel-like flavor

#### FOR THE TOP:

- 1/2 cup vegan chocolate chips, melted (add 1 tsp. coconut oil to thin out the chocolate)

### METHOD

1. Blend base ingredients together and press into a lined 8x8 tray. The consistency should be sticky and sand-like. If the mixture is too wet, add more oats or seeds. If the mixture is too dry, add more maple syrup.
2. Melt the chocolate chips and pour over the brownie base.
3. Freeze for 30 minutes before serving.

## Flourless Banana Chocolate Chip Mini Muffins

Andrea Lacroix Dennehy - Canada

<http://www.eatingwell.com/recipe/269493/flourlessbanana-chocolate-chip-mini-muffins/>

I have been having these to satisfy my sweet tooth.

### INGREDIENTS

- 1 1/2 cups rolled oats (see Tip)
- 1 tsp. baking powder
- 1/4 tsp. baking soda
- 1/4 tsp. salt
- 2 large eggs
- 1 cup mashed ripe banana (about 2 medium-large)
- 1/3 cup packed brown sugar
- 3 tbsps canola oil
- 1 tsp. vanilla extract
- 1/2 cup mini chocolate chips

### METHOD

1. Preheat oven to 350 degrees F. Coat a 24-cup mini muffin tin with cooking spray.
2. Pulse oats in a blender until finely ground. Add baking powder, baking soda and salt; pulse once or twice to blend. Add eggs, banana, brown sugar, oil and vanilla; puree until smooth. Stir in chocolate chips. Fill the prepared muffin cups.
3. Bake until a toothpick inserted in the center comes out clean, 15 to 17 minutes. Cool in the pan on a wire rack for 5 minutes, then turn out to cool completely.



## Kefir & Manuka Honey Ice Cream

**Jeannie Milne - USA**

Recipe lifted from here; with the addition of Manuka Honey:  
<https://thethingswellmake.com/kefir-ice-cream-frozen-kefir-with/>

I was looking to add in more food with probiotics - apparently the way you freeze Kefir and Honey doesn't disrupt the majority of their health benefits (just don't cook them when you're making the custard...let that cool down first then mix the rest in).

### INGREDIENTS

- 1 egg
- 3/4 cup heavy cream
- 1 1/4 cup milk kefir
- 1/4 cup honey or to taste
- 1 tsp. vanilla extract

### METHOD

1. Mix the egg with the heavy cream and cook in a small saucepan over low to medium heat, stirring constantly until you obtain a somewhat thick custard.
2. Remove from the heat, and allow to cool.
3. Mix in the milk kefir, vanilla extract, and honey to taste.
4. Chill the mixture.
5. Freeze in your ice cream maker, according to the directions for your particular machine.
6. When finished, transfer to another container and place it in the freezer for a couple of hours to harden it a bit more, giving it the consistency of ice cream.
7. Serve and enjoy!

### NOTES

- If you are using granulated honey, consider adding the honey to the custard mix at the end of the heating process so that the heat will liquefy it again. If using

liquid honey, add it with the kefir and vanilla extract while cool. Adding them to the cool custard helps retain the beneficial qualities of these ingredients.

- Honey can be substituted with maple syrup, stevia liquid, or erythritol. The latter 2 will lower the sugar and carb count. Regular sugar can also be used, but it should be added to the cream and egg at the beginning so that the heat will dissolve the sugar crystals.
- To make a vegan kefir ice cream, make kefir with coconut milk instead of dairy. Use coconut cream instead of whipping cream, and leave the egg out. Use one of the other sweeteners listed above. To make a fluffier ice cream, whip the coconut cream to incorporate air into it. Fold the other ingredients into the thickened whipped coconut cream.
- This can be made without an ice cream maker. To make a no-churn frozen kefir, pour the finished mixture into a freezable container and place in the freezer. Remove from the freezer every 20-30 minutes, and mix the ingredients, scraping off the frozen mixture from the sides of the container and incorporating them into the rest of the mixture. Return it to the freezer, and repeat until you achieve the desired texture.
- Once you have a frozen dessert of a "soft-serve" consistency, you can either serve it right away, or let it get a bit harder in the freezer. I have found it is best to move it to a new container before sticking it into the freezer. Not only does that help with not letting more ice crystals form, but it keeps your bowl free for a new flavor!
- Store uneaten frozen kefir in the freezer. If it is too hard, soften it by removing it from the freezer for a little while before serving. (Around 30 minutes if stored in the fridge, or 10 minutes at room temperature.)

## Chocolate Banana Bread

**Joselynn Alderson- Canada & USA**

[www.twopeasandtheirpod.com/chocolate-banana-bread/](http://www.twopeasandtheirpod.com/chocolate-banana-bread/)

\*I made a few tweaks: Instead of the oil and butter I added 1/2 cup unsweetened apple sauce and instead of sugar I used 1/2 cup maple syrup.

### INGREDIENTS

- 1 cup all-purpose flour
- 1/2 cup Dutch process cocoa
- 1 tsp. baking soda
- 1/2 tsp. sea salt
- 3 large brown bananas (1 1/2 cups mashed)
- 1/4 cup unsalted butter, melted and slightly cooled
- 1/4 cup canola vegetable oil, or melted coconut oil
- 3/4 cup packed light brown sugar
- 1 large egg, at room temperature
- 1 tsp pure vanilla extract
- 1 cup semisweet chocolate chips, divided

### METHOD

1. Heat your oven to 350°F. Grease a 9-by-5-inch loaf pan with nonstick cooking spray and set aside.
2. In a medium bowl, whisk together the flour, cocoa powder, baking soda, and sea salt. Set aside.
3. In a large bowl, mash bananas with a fork. Add the melted butter, oil and stir until combined. Stir in the brown sugar, egg, and vanilla extract. Stir until smooth.
4. Stir the dry ingredients into the wet ingredients, don't overmix. Stir in 3/4 cup of the chocolate chips.
5. Pour batter into prepared pan. Sprinkle the remaining 1/4 cup of chocolate chips over the top of the bread. Bake for 50-65 minutes, or until a toothpick inserted into the center of the bread comes out mostly clean, you might have some melted chocolate chips on the toothpick and that is fine. You just don't want a lot of gooey batter. Check at 50 minutes, just to be safe. Oven times vary.
6. Remove the pan from the oven and set on a wire cooling rack. Let the bread cool in the pan for 15 minutes. Run a knife around the edges of the bread and carefully remove from the pan. Let the bread cool on the wire cooling rack until slightly warm. Cut into slices and serve.

Note: the bread will keep on the counter, wrapped in plastic wrap, for up to 4 days. This bread also freezes well. To freeze, cool the bread completely and wrap in plastic wrap and aluminum foil. Freeze for up to 1 month. Defrost before slicing.

## Best Banana Bread

**Michelle Suggett - Canada**

<https://www.food.com/amp/recipe/best-banana-bread-2886>

### INGREDIENTS

- 1/2 cup butter, softened
- 1 cup granulated sugar
- 2 eggs, beaten
- 3 bananas, finely crushed (for serious and extreme moist and delicious, try 4 bananas)
- 1 1/2 cups all-purpose flour
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1/2 tsp. vanilla (optional)

### METHOD

1. Remove odd pots and pans from oven.
2. Preheat oven to 350° / 180°.
3. Cream together butter and sugar.
4. Add eggs and crushed bananas.
5. Combine well.
6. Sift together flour, soda and salt. Add to creamed mixture. Add vanilla.
7. Mix just until combined. Do not overmix.
8. Pour into greased and floured loaf pan.
9. Bake at 350° / 180° for 55 minutes.
10. Keeps well, refrigerated.

## One Bowl Vegan Banana Bread

Vegan, nut-free, refined sugar-free, soy-free

**Jo Coleiro - Canada/Australia**

<https://ohsheglows.com/2016/10/07/vegan-banana-bread/>

I love this made it a few times (stopped making it cause I ended up eating the last one all by myself)

This vegan banana bread is delicious, wholesome, naturally sweetened, and takes 10 minutes to throw together. What could be better when you have some overripe bananas to use up? Nothing, my friends, absolutely nothing! Whip this into the oven before guests arrive to fill the house with a delectable banana bread aroma. For a fun twist, try adding cinnamon and nutmeg into the dough before baking, or even stir in some chocolate chips or chopped dark chocolate for a more decadent loaf. I love it topped with both sliced banana (which enhances the sweetness and banana flavour) and crunchy walnuts. This recipe is adapted from my Blissful Banana Blueberry Muffins.

### INGREDIENTS

#### FOR THE WET INGREDIENTS

- 1 1/3 cups (320 g) mashed very ripe banana (about 4 medium or 3 large)
- 2 tbsps (15 g) ground flaxseed
- 1/3 cup (80 mL) plant-based milk (I like almond milk)
- 1/3 cup (80 mL) coconut oil, melted\*
- 2 tbsps (30 mL) pure maple syrup\*\*
- 2 tsp.s (10 mL) pure vanilla extract

#### FOR THE DRY INGREDIENTS

- 1/4 cup plus 2 tbsps (60 g) coconut sugar\*\*\*
- 1/2 cup (50 g) rolled oats
- 1 tsp. baking soda
- 1/2 tsp. baking powder
- 1/2 tsp. fine sea salt
- 1 1/2 cups (210 g) light/white spelt flour or wholegrain spelt flour\*\*\*\*
- Sliced banana, chopped walnuts, and/or chocolate chips, for topping (optional)

### METHOD

1. Preheat the oven to 350°F (180°C). Lightly spray a 9x5-inch loaf pan with oil and set aside.
2. In a large bowl, mash the banana until almost smooth, and make sure you have 1 1/3 cups.

3. Stir the wet ingredients (ground flax, milk, melted oil, maple syrup, and vanilla) into the banana until combined.
4. Stir the dry ingredients (sugar, oats, baking soda, baking powder, salt, and flour) into the wet mixture, one by one, in the order listed. Stop stirring when there are no flour patches at the bottom of the bowl.
5. Spoon the dough into the loaf pan and spread out evenly. Add your desired toppings and gently press them into the dough to adhere.
6. Bake the loaf, uncovered, for 45 to 55 minutes (I bake for 47 to 48 minutes, but your time may vary), until lightly golden and firm on top. The top of the loaf should slowly spring back when touched.
7. Place the loaf pan on a cooling rack for 30 minutes. Then, slide a knife around the loaf to loosen it and gently remove it from the pan, placing it directly onto the cooling rack until completely cooled (or to hasten the cooling process, transfer to the fridge for 45 mins).
8. Slice the loaf once cooled. I love to spread it with vegan butter or coconut oil. The loaf will keep in the fridge tightly wrapped for 3 to 4 days, or it can be frozen for 4 to 6 weeks.

### NOTES

\*I have not tried it yet, but you can probably swap melted vegan butter for the coconut oil.

\* If you don't have any maple syrup on hand, feel free to swap in another 2 tbsps of coconut sugar. The loaf won't be quite as moist, but it'll still work.

\* Coconut sugar can probably be swapped for natural cane sugar.

\* I tried this recipe with light/white spelt flour, all-purpose white flour, and whole-grain spelt flour. My preference is light/white spelt flour because it lends a great flavour while still feeling quite light in texture. The whole-grain spelt flour version is my second favourite; it is heartier in texture than the light/white spelt flour version (and cracks more on the top of the loaf), with a slightly earthier flavour. It doesn't rise as much, though, and is more dense. If your whole-grain spelt flour is quite coarse, I recommend sifting it prior to use for the best results.



## Watermelon Granita

**Monica Gauthier - Quebec City, Canada**

Fresh dessert on a hot summer day

### INGREDIENTS

- 1 pound of watermelon (no seeds)
- 3 tbsp powder sugar (or less or more)
- 2 tbsp lemon juice & zest

### METHOD

1. Put all the ingredients in a blender until the mixture liquefies. Put in a large glass pan and into the freezer for about 3 hours or more.
2. When ready to serve, break up the frozen mixture with a fork - it should be slushy and crunchy. Serve in a verrine, with mint.

Bon appétit

## Banana Ice Cream

**Samantha Towne - USA**

(2 servings)

### INGREDIENTS

- 2 frozen bananas,
- 1 tbsp almond butter
- Splash of almond milk

### METHOD

Use a mixer to combine ingredients

\*\*\* Add anything you like to this recipe like nuts or fruit

## Paleo Banana Bread

**Samantha Towne - USA**

### INGREDIENTS

- 3 pasture-raised eggs, at room temperature
- 2 ripe bananas (about 1 cup banana)
- 2 tbsps liquid coconut oil
- 1/3 cup creamy nut butter
- Splash of vanilla extract
- 2 cups almond flour or almond meal\*
- 1 tsp. cinnamon
- 1 tsp. baking powder

### METHOD

1. Preheat oven to 350 degrees and line a bread dish with parchment paper + grease
2. In a large bowl, mix together the eggs, banana, oil, nut butter and vanilla until creamy
3. Mix in the flour, cinnamon and baking powder until smooth (you can also mix in some chocolate chips or chopped nuts if desired!)
4. Add to bread dish and bake for about 40-45 minutes (or until toothpick comes out clean!)
5. Allow the bread to cool then slice and enjoy



## Banana Chocolate Chip Muffins

Meredith Kelly - Canada

### INGREDIENTS

- 1 3/4 cups flour
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 2 large overripe banana, mashed
- 1 cup brown sugar
- 2 eggs
- 1/2 cup canola oil
- 1/2 cup plain yogurt
- 1 1/2 tsp vanilla
- 1/2 cup chocolate chips

### METHOD

1. Preheat oven to 375 degrees.
2. In a small bowl, mix flour, baking powder, baking soda, salt.
3. In a medium bowl, mash bananas. Add sugar, eggs, oil, yogurt, vanilla. Stir until smooth. Add flour mixture and stir until just mixed. Add chocolate chips.
4. Bake about 18 minutes. Cool in pan for 10 minutes then remove and cool completely.

## Lemon Raspberry Yogurt Muffins

Carmen Bishop - Canada

### INGREDIENTS

- 1 3/4 cups whole wheat flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp sea salt
- 1/3 cup melted coconut oil or a vegetable oil
- 1/2 cup honey or maple syrup
- 2 eggs at room temperature
- 1 cup plain Greek yogurt
- 2 tsp vanilla extract
- Zest of 1 medium lemon
- 1 1/2 cups frozen raspberries
- 1 tbsp raw sugar - to sprinkle on top

### METHOD

1. Heat oven to 350 degrees. Grease muffin tin with butter, coconut oil or a cooking spray.
2. In a large bowl, combine flour, baking powder, baking soda and salt.
3. In a medium bowl combine oil and honey or maple syrup and beat with a whisk. Add eggs and beat well. Add yogurt, vanilla and lemon zest. Mix well. If the coconut oil solidifies in contact with cold ingredients, gently warm the mixture in the microwave for 15 sec bursts.
4. Pour the wet ingredients into the dry and mix with a wooden spoon until combined. Gently fold the raspberries into the batter. The mixture will be a little thick, which is okay.
5. Evenly divide the batter into the muffin cups and sprinkle the tops with the raw sugar. Bake for 22-24 minutes or until the muffins are golden on top. Insert a toothpick or fork to ensure it comes out clean.
6. Place muffins on a cooling rack. If you don't eat them all at once, store them at room temperature for 2 days or up to 5 days in the fridge. They can also be frozen for up to 3 months.

Carmen's notes: The yogurt can also be vanilla or raspberry to add extra zing! Or you can use orange zest instead of lemon...both are super tasty



## Strawberry Rhubarb Crisp

Natalie Wieder - Canada

<https://www.onceuponachef.com/recipes/strawberry-rhubarb-crisp.html>

Gorgeous red fruit bubbling away beneath a crunchy oat streusel topping — this strawberry rhubarb crisp is one of the easiest and best desserts I know.

### INGREDIENTS

#### FOR THE FILLING

- 1 lb rhubarb stalks, trimmed & sliced 1/2 inch thick
- 1/2 pound strawberries, hulled and quartered
- 1/2 cup granulated sugar
- 1-1/2 tbsp cornstarch
- 1 tsp. vanilla extract

#### FOR THE TOPPING

- 3/4 cup all-purpose flour, spooned into measuring

### METHOD

1. Preheat the oven to 350°F.
2. In a large bowl, combine the rhubarb, strawberries, sugar, cornstarch, and vanilla. Stir until the fruit is evenly coated with the sugar mixture, and the sugar mixture is no longer white.

cup and leveled-off with a knife

- 1/2 cup packed light brown sugar

- 2 tbsp granulated sugar

- 1/4 tsp. salt

- 6 tbsp unsalted butter, cut into 1/2-inch cubes

- 3/4 cup old fashioned rolled oats

- 1/2 cup chopped pecans

3. Transfer the fruit mixture to a 2-quart or 8-inch baking dish (no need to butter it) and set aside while you prepare the topping.
4. In the bowl of a food processor, combine the flour, brown sugar, granulated sugar and salt. Process until well combined, about 30 secs. Add the cold butter and pulse until the mixture resembles coarse crumbs, with a few pea-sized clumps of butter within. Transfer to a medium bowl and stir in the oats and chopped pecans.
5. Spoon the topping evenly over the fruit without packing down. Bake for 45-55 minutes, until the fruit is bubbling around the edges and the topping is golden brown. Cool for 20 minutes before serving. Spoon into shallow bowls and serve with vanilla ice cream.

### NOTES

- If your baking dish is shallow, place it on top of a foil-lined sheet pan to catch any spills that might bubble over the edges.

Don't be tempted to increase the strawberries in the recipe, or you'll end up with fruit soup (they release a lot of juice). Freezer-Friendly Instructions: The crisp can be frozen tightly covered for up to 3 months. Before serving, reheat it, uncovered, in a 300°F oven until heated through and crisp on top.

## Dark & Stormy Night Chocolate Almond Cake (Gluten Free)

Carolyn Exelby - Canada/NZ

Not sure if this one makes the cut on "healthy" but its divine!! This is from a New Zealand cookbook. It is a bit of effort but if you love chocolate it is worth it. It makes a great dessert for special occasions and keeps well in the fridge.

### INGREDIENTS

#### CAKE

- 200g butter
- 250g dark chocolate chips
- 2 whole eggs
- 6 eggs separated
- 1 cup caster sugar (berry sugar in Canada, superfine sugar in the US)
- 2 tbsp caster sugar
- 2 cups ground almonds
- 1 tsp vanilla essence
- 3/4 cup cocoa

#### GANACHE ICING

- 375g dark chocolate chips
- 100ml cream

### METHOD

1. Preheat the oven to 150°C/300°F.
2. Line a 23cm cake tin with non-stick baking paper. If you have a springform tin (one where the sides can be separated from the base) this is best.
3. Melt butter and chocolate together and stir gently to mix.
4. Beat together 2 whole eggs, 6 egg yolks and 1 cup caster sugar until pale and creamy.
5. Mix in the butter/chocolate mixture, almonds, vanilla and cocoa.
6. Beat 6 egg whites until stiff. Add the 2 tbsp caster sugar and beat well.
7. Gently fold into the chocolate mixture.
8. Pour into the cake tin and bake for 40-50 mins until just firm in the centre. This cake does not rise all that much so do not worry.
9. When it is done, leave in the tin to cool.
10. Melt the ganache ingredients together and pour over the cake while still in the tin.
11. Chill to set the ganache then remove from the tin.
12. Use a hot knife to cut the cake. Serve with whipped cream and raspberries.



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## Chocolate Crackle

Kim Decher - Australia

### INGREDIENTS

- 200g dark chocolate, melted
- 1/2 cup sunflower seeds
- 1/2 cup pumpkin seeds
- 1/2 cup sultanas
- 1/2 cup goji berries
- 1/2 cup cranberries
- 3 cups puffed rice

### METHOD

1. To melt chocolate over the stove, use a glass bowl that will sit over the top of a saucepan. Fill the saucepan 1/3 with water and bring to the boil.
2. Break up chocolate into small pieces and into the glass bowl. Sit the bowl over the top of the saucepan and continually stir while the chocolate melts.
3. Mix dried fruits, seeds and puffed rice into melted chocolate until they are well coated. Spread mixture evenly into a lined tray, press down so mixture firmly sticks together and place into the fridge.
4. Once set break up into bite size pieces and enjoy.

This is from a New Zealand cookbook. It is a bit of effort but if you love chocolate it is worth it. It makes a great dessert for special occasions and keeps well in the fridge.

# SNACKS

Some Healthwise Favourite Simple Snacks to kick off this section:

1 cup cottage cheese topped with chopped seasonal fruits  
1 banana & handful of almonds/walnuts

Protein shake - blend protein powder, berries & water (or milk)

Wholegrain pita pockets, cut, toasted and spread with hummus

Crackers (quinoa/multigrain) with avocado, thin slice of tomato + tuna

Crackers (quinoa/ multigrain) with light cream cheese and smoked salmon

Vegetable chips

Apple slices with nut butter

Natural yogurt

Boiled egg

Celery sticks with salsa  
Carrot & celery sticks with hummus

Raw broccoli & cauliflower with hummus

Chopped fresh fruits with yoghurt & swirl of honey

Handful of raw nuts



## No-Bake Energy Bites

Nealy Kernoghan - Canada

<https://www.gimmesomeoven.com/no-bake-energy-bites/>

These delicious little no bake energy bites are the perfect healthy snack!

### INGREDIENTS

- 1 cup (dry) oatmeal (I used old-fashioned oats)
- 2/3 cup toasted coconut flakes
- 1/2 cup peanut butter
- 1/2 cup ground flax seeds
- 1/2 cup semisweet chocolate chips (I use the minis)
- 1/3 cup honey or agave nectar
- 1 tbsp chia seeds (optional)

- 1 tsp. vanilla extract

### METHOD

1. Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and let chill in the refrigerator for half an hour.\*
2. Once chilled, roll into balls of whatever size you would like. (Mine were about 1¼ in diameter.)
3. Store in an airtight container and keep refrigerated for up to 1 week.
4. Makes about 20-25 balls.

## Cacao & Peanut Butter Protein Balls

Sharon Smith - Australia

If you want a yummy protein hit, try these

### INGREDIENTS

- 3 cups of oats
- 3 Tbsp cacao
- 1.5 cups peanut butter
- 1 scoop protein powder
- 1/2 cup shredded coconut for rolling
- 3 Tbsp pumpkin seeds
- 1/2 cup water

### METHOD

1. Blend everything together except coconut in a food processor
2. Roll into balls and roll in the coconut
3. Put in fridge to set



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## Cashew Butter Balls

Tod Horton - Australia

MAKES 12

### INGREDIENTS

- 1 cup raw cashews
- 1 cup desiccated coconut
- 1/4 cup rice malt syrup
- Pinch of pink salt
- 1 tbsp cashew or almond butter
- 1 tbsp coconut oil
- Extra desiccated coconut for rolling

### METHOD

1. Line a tray with baking paper.
2. Add the cashews, salt and coconut to a food processor and blend until smooth. Add the rice malt syrup, nut butter and coconut oil and blend well.
3. Roll mixture into balls in roll in the extra desiccated coconut, then refrigerate before serving
4. Tod's tip - add some chocolate chips to make this a real treat!

## Oatmeal Energy Balls

Carolyn Exelby - Canada

These are a super easy versatile recipe. You can use whatever fruit, nuts, or crunchy cereal you have in the cupboard. It is easy to make it vegan by using maple syrup rather than honey. I have suggested some flavor combinations below but feel free to add your own!

### INGREDIENTS

- 1 1/4 cup rolled oats
- 2 tbsp flax/chia seeds (or use crushed cereal)
- 1/2 cup nut butter
- 1/3 cup maple syrup or honey
- 1 tsp vanilla extract
- 1/4 tsp salt
- 1/2 cup fillings of your choice

### METHOD

#### BASIC RECIPE

1. Mix all ingredients together in a bowl.
2. Chill for 30mins.
3. Roll into tsp. sized balls.
4. Roll in a coating of your choice.

#### CHOOSE YOUR FAVOURITE FLAVOR

- Apricot & Coconut - Substitute 1/4 cup rolled oats for ¼ cup unsweetened coconut. Your filling is small dice dried apricots. Roll in coconut.
- Chocolate & Almond - Add 1/4 of chopped and toasted almonds and ¼ cup of chocolate chips. Roll in cocoa powder.
- Oatmeal & Raisin - Add 1/2 cup raisins and 1/4 tsp cinnamon.
- Pina Colada - Substitute 1/4 cup rolled oats for 1/4 cup unsweetened coconut. Your filling is small dice dried pineapple. Roll in coconut.
- S'mores - Add 1/4 of finely chopped marshmallows and 1/4 cup of chocolate chips. Roll in graham crumbs.

## Hummus and Pita Chips

Amara White - Canada

This has been my go to this whole time:

### HUMMUS

#### INGREDIENTS

- 1/3 cup good-quality tahini (without added nasties)
- 2-4 tbsps cold water, or more if needed
- 2 tbsps extra virgin olive oil
- 1/2 tsp. ground cumin
- 3/4 tsp. salt (either kosher or fine sea salt)
- 2 medium cloves garlic, peeled and smashed
- juice of 1 lemon (2-3 tbsps)
- 1 (15 ounce) can chickpeas, rinsed and drained

### METHOD

Throw everything except the chickpeas in a food processor and whiz until smooth. Then add the chickpeas. Serve with olive oil and paprika.

### PITA CHIPS

#### INGREDIENTS

- 2-3 Pita breads
- Generous couple of glugs of olive oil
- Generous sprinkle of zaatar

### METHOD

- Cut or tear the pita breads into chunks.
- Put them in a bowl and pour on the olive oil and toss with a couple of spoons to cover the pitas in the oil. Sprinkle over the zaatar and toss.
- Put on a baking sheet and cook for about 7 minutes at 425.

[Serve the pitas with the hummus and enjoy!](#)



## Zucchini & Walnut Muffins

Carolyn Exelby - Canada/ NZ

### INGREDIENTS

- 1 cup plain flour
- 3/4 cup wholewheat flour
- 1/2 cup brown sugar
- 1tsp baking powder
- 3/4 tsp cinnamon
- 1/4 tsp salt
- 1 cup grated zucchini
- 3/4 cup milk
- 1/2 cup melted butter
- 2 eggs
- 1 cup raisins
- 1 cup walnut pieces

### METHOD

1. Preheat the oven to 375°F / 190°C.
2. Combine flours, baking powder, sugar, cinnamon & salt in a large bowl.
3. In another bowl whisk together eggs, milk & butter.
4. Add zucchini, walnuts & raisins to the dry ingredients.
5. Pour in wet ingredients and stir until just combined.
6. Spoon into greased muffin cups and bake for 20mins.

## Gloriously Good Garlic Tahini Dressing

Stephanie Gilson - Canada

Use on salads, or meats as a marinade

### INGREDIENTS

- 1 cup Olive Oil
- 1/2 cup Nutritional Yeast
- 1/3 cup Apple Cider Vinegar
- 1/4 cup Tamari/Soy Sauce
- 1/4 cup Water \*\*omit if you want a thicker result
- 3 tbsps Tahini
- An obscene amount of garlic - enough so a vampire will steer clear of you after consumption

### METHOD

1. Shake well or blend
2. Store in fridge

BE CAREFUL! IT'S ADDICTING!

## Charoset

Abby Blecker - USA

What it is: A Jewish side dish, almost like a dip, typically eaten stand-alone or with Matzah at Passover.

### INGREDIENTS

- 3 gala apples
- 1 cup walnuts
- 1/2 T brown sugar
- 1 T cinnamon
- 1-2 T sweet red wine (King David's wine or Manichevits) - optional

### METHOD

1. Grind the walnuts in food processor and dump into large bowl.
2. Next, peel and dice the apples into semi-large chunks and throw into food processor until apples are ground into small chunks. Add ground apples to the bowl.
3. Add cinnamon and brown sugar and mix. Add additional brown sugar or 1-2 T of sweet wine for sweeter taste.

Note: This will taste best once you let it sit in the fridge for a few hours or overnight. Tastes great on its own, or with matzah or another crunchy bread/chip for additional crunch. Stays fresh for about a week.

## Mushrooms on Toast

Michelle MacMillan - Canada

<https://cooking.nytimes.com/recipes/1018716mushrooms-on-toast>

\*Originally we used the recipe from Jillian Harris's cookbook, however, it is not available online; this NYTimes recipe is super similar!

### INGREDIENTS

- 2 tbsp unsalted butter, more as needed
- 1 pound thinly sliced portobello or cremini mushrooms
- 1 tsp chopped thyme
- 2 small garlic cloves, minced
- Salt and pepper
- Splash of sherry or Marsala (optional)
- 1/4 cup crème fraîche
- 2 thick slices country bread, for toasting
- 2 tbsp chopped parsley

### METHOD

1. Heat a wide skillet over high heat and add butter, swirling pan. When butter begins to sizzle, add mushrooms and cook, stirring, until lightly browned, 6 to 8 minutes.
2. Add thyme and garlic, and stir to coat. Season well with salt and pepper and continue to sauté for a minute more, then add sherry, if using. Add crème fraîche and let mixture simmer 2 minutes.
3. Meanwhile, toast bread slices until golden. Lightly butter them and place on individual warm plates.
4. Spoon mushrooms and juices over toasted bread. Top with chopped parsley.

Note: We slice baguette into appy size, brush on some oil, put it on a baking sheet and toast in the oven; meanwhile sautee mushrooms with butter, garlic and thyme (optional: chopped kale); pull the bread out and spread with peppered goats cheese, top with sauteed mushrooms



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