

You're the Chef

Recipe Collection



Banana berry wake-up shake

Having fruit smoothies is a great way to kick start the morning. This can be a good snack any-time of the day too!

Ready in: 10 minutes

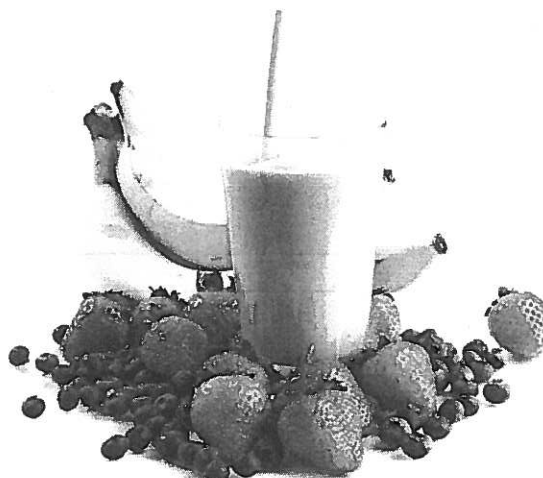
Servings: 4 - 1/2 cup servings

1	banana	1
1 cup	fresh or frozen berries	250 mL
1 cup	milk or soy beverage	250 mL
3/4 cup	low fat vanilla yogurt ($\leq 2\%$ M.F.)	175 mL

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

Cooking tip

- If you have too many ripe bananas on hand, freeze them whole in their skin. They will turn black and look odd but they really keep well this way. When you are ready to make the smoothie, peel and add frozen banana to the blender.



Source: Gallagher B., and Robin L. Great Food Fast, Robert Rose, 2002.



Golden blueberry pancakes

Make these pancakes on the weekend when mornings are not so rushed. Freeze leftover pancakes and quickly toast or microwave them for a busier day. For school, take leftover pancakes with a side of yogurt and fruit for your lunch.

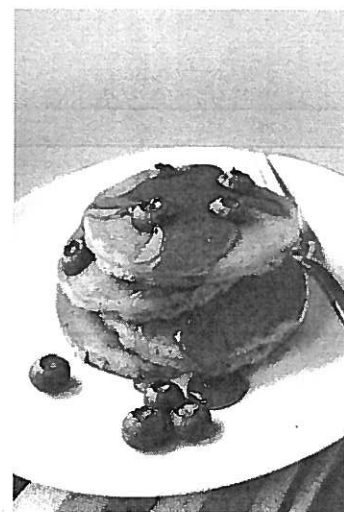
Ready in: 20 minutes

Servings: 36 small pancakes

3 cups	whole wheat flour	750 mL
1 tbsp	granulated sugar	15 mL
1 tbsp	baking powder	15 mL
1/2 tsp	baking soda	2 mL
1/2 tsp	salt	2 mL
3	eggs	3
2 1/2 cups	milk	625 mL
1/2 cup	low fat plain yogurt ($\leq 2\%$ M.F.)	125 mL
1/4 cup	vegetable oil	50 mL
2 cups	fresh or frozen blueberries	500 mL
1 tsp	vegetable oil (for cooking)	5 mL
	maple syrup (optional)	

1. In a large bowl, whisk together whole wheat flour, sugar, baking powder, baking soda and salt. In a separate bowl, whisk eggs, milk, yogurt and oil; pour over dry ingredients and sprinkle with blueberries. Stir gently just until combined - a few lumps should remain.
2. In a large non-stick skillet, heat oil over medium heat. Ladle about 1/4 cup (50 mL) batter per pancake into skillet. Cook for about 2 minutes or until bubbles break in batter but do not fill in; turn and cook for 1 to 2 minutes longer or until golden and puffed. Repeat with remaining batter, adjusting heat as necessary to prevent burning.

Source: Cooking Up Some Fun! Nutrition Services, York Region Community and Health Services, 2006.



Pumpkin apple bread

The pumpkin and apple in this recipe team up to make a moist and flavourful slice of bread or muffin.

Ready in: 45 to 60 minutes

Servings: 2 loaves or 24 muffins

3 cups	whole wheat flour	750 mL
3/4 tsp	salt	3 mL
2 tsp	baking soda	10 mL
1 1/2 tsp	cinnamon	7 mL
1 tsp	nutmeg	5 mL
1 tsp	ground cloves	5 mL
1/4 tsp	ground allspice	1 mL
2 cups	pumpkin puree	500 mL
1/2 cup	vegetable oil	125 mL
1/4 cup	skim or 1 % milk	50 mL
2 cups	white sugar	500 mL
4	large eggs, beaten lightly	4
3	medium apples, peeled, cored & finely chopped	3
Topping:	(optional)	
2 tsp	all-purpose flour	10 mL
3 tbsps	white sugar	45 mL
1/2 tsp	cinnamon	2 mL
2 tsp	margarine, softened	10 mL

1. Preheat oven to 350°F and lightly grease two 9" x 5" (2L) loaf pans (or 24 muffin tins).
2. In large bowl, mix together flour, salt, baking soda, cinnamon, nutmeg, cloves and allspice.
3. In another large bowl, mix together pumpkin, oil, milk, sugar and eggs. Add flour mixture to pumpkin mixture, stirring until combined. Fold in apples and divide batter between pans or fill muffin tins 3/4 full.
4. To make topping: blend flour, sugar, cinnamon and margarine until the mixture resembles crumbs.
5. Sprinkle topping over each loaf or muffin. Bake loaves for 50 minutes or until tester comes out clean (bake muffins for about 25 minutes). Cool loaves in pans, on rack, for 15 minutes, remove from pans and cool completely before slicing. Refrigerate leftovers.

Source: Fat Factor, Diet and Breast Cancer Prevention Study, 1997.



Berry crumble oatmeal

A bowl of hot cereal is a great way to kick start the morning! This recipe is packed with wholesome goodness in every bite.

Ready in: 10 minutes

Servings: 8 - 1/2 cup servings

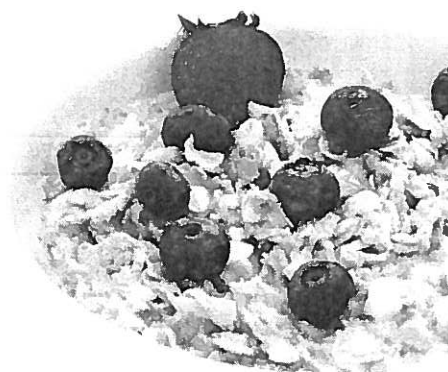
Topping: (optional)

1/2 cup	rolled oats (quick cooking or old fashioned)	125 mL
1/3 cup	brown sugar, firmly packed	75 mL
1/2 tsp	ground cinnamon	2.5 mL

Oatmeal:

3 cups	skim milk or low fat soy beverage	750 mL
1 1/2 tsp	ground cinnamon	7 mL
2 cups	rolled oats (quick or old fashioned, uncooked)	500 mL
1 cup	blueberries or mixed fruit, frozen (do not thaw)	250 mL

1. Preheat skillet to 250°F.
2. For topping, cook oats over medium-low heat 4 to 6 minutes, stirring occasionally, until lightly browned and toasted. Cool completely. In small bowl, combine brown sugar and cinnamon. Add oat to mixture; mix well.
3. For oatmeal, bring milk and cinnamon to a boil in the skillet over medium heat (250°F) stir in oats. Cover and return to a boil; reduce heat to 200°F. Cook 1 minute for quick oats, 5 minutes for old fashioned oats, stirring occasionally. Gently stir in blueberries.
4. Spoon oatmeal into cereal bowls. Sprinkle topping over oatmeal.



Source: The Quaker Oats Company, 2008.



Creamy vegetable soup

This is a wonderful creamy soup that uses milk and can be made with all kinds of vegetables.

Ready in: 20 minutes

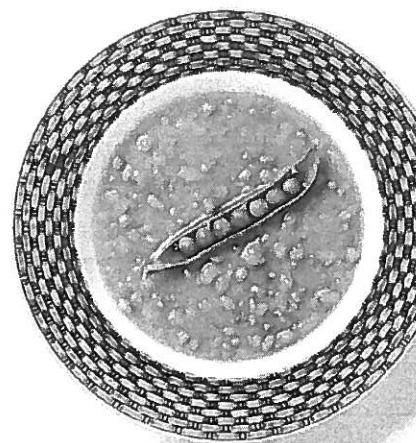
Servings: 8 - 1/2 cup servings

2 tbsp	butter or margarine	30 mL
3 tbsp	all-purpose flour	45 mL
2 cups	vegetable broth	500 mL
2 cups	chopped cooked vegetables (e.g. broccoli, peas or carrots)	500 mL
1 cup	2% milk	250 mL

1. In a large saucepan or skillet, melt butter over medium heat. Add flour and cook, stirring, for 2 minutes or until bubbly. Gradually whisk in broth; cook until smooth and thickened.
2. Add cooked vegetables. Remove from heat and transfer soup in batches to food processor or blender. Puree until smooth. Return to saucepan. Slowly stir in milk and heat to serving temperature.

Cooking tip

- A variety of vegetables such as broccoli, carrots, cauliflower or green peas will work with this recipe.



Source: Saab, J., and Kalnins, D. Better Food for Kids, Robert Rose, 2002.



Minestrone soup

Filled with colorful vegetable, pasta and beans, this hearty soup makes a perfect hot lunch.

Ready in: 40 minutes

Servings: 8 - 1/2 cup servings

6 cups	vegetable broth	1.5 L
1	medium onion, chopped	1
4	medium carrots, sliced	4
1	celery stalk, sliced	1
2	cloves garlic, minced	2
1 - 28 oz can	tomatoes, diced - low sodium	796 mL
1/2 cup	small whole wheat pasta (e.g. shell or wheels)	125 mL
1/2 tsp	dried basil	2.5 mL
1/2 tsp	dried oregano	2.5 mL
1 - 19 oz can	white kidney beans, drained and rinsed	540 mL

1. Bring broth to a boil in the skillet over medium heat (250°F). Add onion, carrots, celery and garlic. Cover and simmer for 30 minutes.
2. Add tomatoes, pasta and spices; simmer, covered, 5 minutes or until pasta is al dente. Add kidney beans and continue to simmer until hot.



Source: Fat Factor, Diet and Breast Cancer Prevention Study, 1997.



Crowd-pleasing vegetarian chili

This is a nutrient-packed chili with loads of vegetables and fibre.

Ready in: 30 minutes

Servings: 8 - 1/2 cup servings

1 tbsp	vegetable oil	15 mL
1	onion, chopped	1
1	red pepper, chopped	1
2 cloves	garlic, minced	2 cloves
2 stalks	celery, finely chopped	2 stalks
4	carrots, grated	4
1 tbsp	chili powder	15 mL
2 tsp	ground cumin	10 mL
1 - 28 oz can	tomatoes, diced - low sodium	796 mL
1 - 14 oz can	red kidney beans, rinsed and drained	398 mL
1 cup	grated low fat cheddar cheese	250 mL

1. In the skillet, heat oil over medium heat. Add onion, pepper, garlic, celery and carrots; cook until vegetables are tender. Stir in chili powder and cumin; cook for 1 minute.
2. Add tomatoes, breaking up with spoon. Stir in beans; bring to boil. Reduce heat, cover and simmer for 5 minutes. Serve sprinkled with cheese.



Source: Callaghan, B., and Rolin L. Great Food Fast, Robert Rose, 2000.



One pot veggie pasta

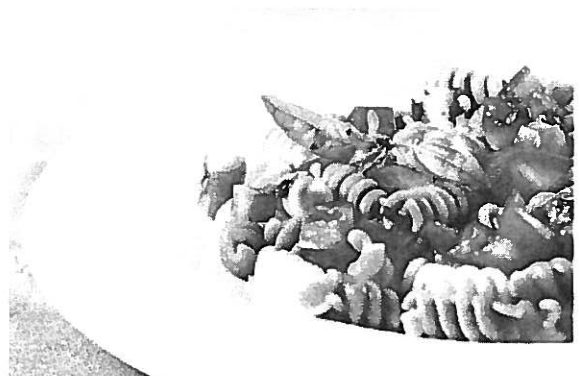
A complete meal in one pot! For a quick lunch idea, reheat leftovers in the microwave on a school morning and pack in a hot thermos; round out the lunch with a piece of fresh fruit

Ready in: 35 minutes

Servings: 8 - 1/2 cup servings

1 jar	tomato sauce	700 mL
1 jar full	water	700 mL
1 1/2 cups	bite-size whole wheat pasta, dry (e.g. macaroni)	375 mL
1	red pepper, diced	1
1 cup	mushrooms, sliced	250 mL
2 cups	frozen mixed vegetables	500 mL
1 cup	grated part-skim mozzarella or low fat cheddar cheese	250 mL

1. Preheat electric skillet on medium heat (250°F).
2. Add tomato sauce, water, and pasta. Cover. Bring to a boil and simmer on 150°F for 15 minutes. Add vegetables and cook 10 minutes more.
3. Stir in 1 cup grated cheese.



Source: Callaghan, B., and Rolin L. Great Food Fast, Robert Rose, 2000.



Easy fajitas

Fajitas are fun to put together as well as to eat! It is a great way to include servings of vegetables into your diet.

Ready in: 30 minutes

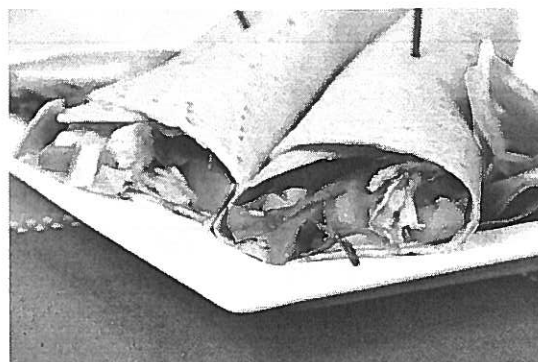
Servings: 8 - 1/4 cup servings

1 tbsp	vegetable oil	15 mL
2	red peppers, thinly sliced	2
2	onions, thinly sliced	2
1 cup	mushrooms, thinly sliced	250 mL
1 cup	grated low fat cheddar cheese	250 mL
1 cup	salsa	250 mL
8 small	whole wheat flour tortillas	8

1. Heat the skillet on medium heat. Add vegetable oil, peppers, onion and mushrooms. Stir fry until the vegetables are tender.
2. Each person can make their own fajita, adding the cooked ingredients and topping with salsa and grated cheese onto the centre of a tortilla.
3. Roll or fold the tortilla to contain all ingredients.

Cooking Tips

- You can easily add chicken, beef or shrimp to this recipe. It's a great way to use leftover meat.
- You may also use any vegetables that you like.



Source: Adapted from 'Cooking Up Some Fun!' booklet, Nutrition Services, York Region Community and Health Services, 2006.



Rice vermicelli with greens

This is a basic Chinese noodle dish that is easy to make at home. You can switch up the recipe by using your favorite noodles and vegetables.

Ready in: 30 minutes

Servings: 8 - 1/2 cup servings

8 oz	uncooked rice vermicelli or any cooked whole wheat pasta noodles e.g. spaghetti	250 g
1/4 cup	soy sauce	60 mL
2 tsp	white sugar	10 mL
2 tsp	sesame oil	10 mL
1 tbsp.	ginger, minced	15 mL
3 cloves	garlic, finely chopped	3
1	medium carrot, fine matchsticks	1
1/2 cup	red pepper, sliced	125 mL
3 cups	broccoli, chopped	750 mL
1 cup	bok choy, chopped	250 mL
2 tbsp	vegetable oil	25 mL

1. Place the vermicelli in a large bowl and cover with boiling water. Soak for 5 minutes or until tender. Drain and set aside. Mix together the soy sauce, sugar and sesame oil and set aside.
2. Prepare the ginger, garlic and vegetables. Keep ingredients separated from each other.
3. In the skillet, heat the vegetable oil over medium heat (250°F). Swirl gently to coat the sides of the skillet. Cook the ginger and garlic in the hot oil for 10 seconds.
4. Add the carrots and stir fry for 2 to 3 minutes. Add the red peppers and stir fry for an additional 2 minutes.
5. Add the green vegetables, vermicelli and soy sauce mixture and toss together. Stir fry until heated through. Serve immediately.

Cooking Tips

- Rice vermicelli noodles can be found in many grocery stores in the Asian specialty section/aisle.
- For a main meal, you can add 1 lb of thinly sliced chicken or beef, seafood or firm tofu. Stir fry meat, seafood or tofu before step 2 and set aside.

Source: Adapted from Cooking Healthy Together, Toronto Public Health, Revised December 1998.



Easy chickpea curry

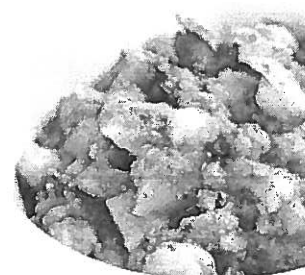
This is a popular Indian dish that is easy to make and also great for lunches. Just by adding rice, naan or pita bread to this meal, you have included food from each of the four *Food Groups*.

Ready in: 30 minutes

Servings: 8 - 1/2 cup servings

1 tbsp	vegetable oil	15 mL
2	onions, thinly sliced	2
4	cloves garlic, minced	4
1 tsp	chili powder	5 mL
1 tsp	salt	5 mL
1 tsp	turmeric	5 mL
1 tsp	paprika	5 mL
1 tbsp	ground cumin	15 mL
1 tbsp	ground coriander	15 mL
2 - 19 oz can	chickpeas, drained	2 - 540 mL
1 - 28 oz can	tomatoes, diced - low sodium	796 mL
1 tsp	garam masala (spice)	5 mL

1. Heat oil in a medium pan.
2. Add onion and garlic to pan; cook over medium heat, stirring until soft.
3. Add the chili powder, salt, turmeric, paprika, cumin and coriander. Stir over heat for 1 minute.
4. Add chickpeas and undrained tomatoes. Stir until combined. Simmer, covered, over low heat 20 minutes, stirring occasionally.
5. Stir in garam masala. Simmer, covered for another 10 minutes. Serve with rice, chappatis, pita or naan breads.



Source: Cooking Up Some Fun!, Nutrition Services, York Region Community and Health Services, 2006.



This is a bright and colourful soup! It's a great way for kids to try a new food like beets.

Ready in: 45 minutes

Servings: 8 - 1/2 cup servings

1 tbsp	vegetable oil	15 mL
1	onion, chopped	1
2	cloves garlic, minced	2
3	large beets, peeled and chopped (about 500 g/1 lb)	3
3	carrots, peeled and chopped	3
6 cups	vegetable broth	1.5 L
2 cups	green cabbage, shredded	500 mL
2	stalks celery, diced	2
2 cups	tomato juice - low sodium	500 mL
1 can	navy beans, drained and rinsed	398 mL/14 oz
2 tbsp	fresh lemon juice	25 mL
1 tsp	dried dill weed (or 15 mL/1 tbsp fresh fill)	5 mL
1/2 tsp	salt	2 mL
1/4 tsp	pepper	1 mL
1 tbsp	sour cream (optional)	15 mL

1. In a large pot, heat oil over medium heat and cook onions and garlic for about 3 minutes or until softened.
2. Add beets, carrots and broth and bring to a boil. Reduce heat and simmer for about 10 minutes or until beets are almost tender.
3. Add cabbage and celery and simmer for about 15 minutes or until vegetables are tender.
4. Add tomato juice, beans and lemon juice and cook, stirring for about 5 minutes or until heated through.
5. Stir in dill, salt and pepper.
6. Swirl about 15 mL (1 tbsp) of light sour cream in each bowl of soup when serving to help cool the soup and create a cool pink colour.



Source: EatRight Ontario, 2011.

Speedy lentil and bean casserole

This recipe is easy to make and a great dish to include more legumes.

Ready in: 20 minutes

Servings: 4 servings

1 tbsp	vegetable oil	15 mL
1	large onion, chopped	1
2	stalks celery, sliced	2
1 - 19 oz can	kidney beans, rinsed and drained	540 mL
1 - 19 oz can	lentils, rinsed and drained	540 mL
1 - 28 oz can	tomatoes - low sodium	796 mL
1/2 tsp	dried rosemary or thyme	2 mL
	pepper to taste	
1 1/2 cups	grated low fat cheddar or part-skim mozzarella cheese	375 mL

1. In a skillet, heat oil over medium heat; cook onion and celery until onion is softened.
2. Add beans, lentils, tomatoes, rosemary and pepper to taste; stir and break up tomatoes with back of spoon. Bring to a simmer for about 5 minutes.
3. Transfer into a casserole dish and sprinkle with cheese.
4. Broil in the oven until the cheese is bubbly and browned.



Source: Fat Factor, Diet and Breast Cancer Study, 1997.

Velvety carrot-ginger soup

This carrot soup is beautiful in colour and is a crowd pleaser!

Ready in: 45 minutes

Servings: 8 - 1/2 cup servings

3	garlic cloves, minced	3
1	large onion, chopped	1
2 tbsps	olive oil	30 mL
6	large carrots, diced	6
1	large or 2 small parsnips, diced (optional)	1
1 tsp	grated fresh ginger	5 mL
1 1/2 tsp	ground cumin	7 mL
1/2 tsp	salt	2 mL
1/4 tsp	ground nutmeg	1 mL
2 - 900 mL tetra pack	vegetable broth	2 - 900 mL

1. Heat oil in a large saucepan over medium heat. Add garlic and onion and stir until soft, 5 min. Add carrots, parsnips, ginger to the onion mixture. Sprinkle with cumin, salt and nutmeg. Stir in vegetable broth. Cover and bring to a boil. Reduce heat to medium-low. Simmer, stirring often, until vegetables are very tender, 30 minutes.
2. Ladle about one-third of soup into a food processor or hand blender. Whirl until pureed, scraping down inside of bowl as needed. Repeat remaining soup in 2 more batches. Soup will keep well, covered and refrigerated for 3 days or freeze up to 1 month.
3. When ready to serve, heat soup over medium-high, stirring often until hot.

Cooking Tips

- Wrap fresh ginger and store in the freezer. Then when a recipe calls for it, you will always have a supply on hand. There is no need to thaw before grating.



Source: Chatelaine Magazine, December, 2003.

Chickpea and potato curry with spinach

This is an easy and flavorful recipe and a great dish to explore different flavours

Ready in: 50 minutes

Servings: 8 - 1/2 cup servings

1 tbsp	vegetable oil	15 mL
1	onion, chopped	1
2	cloves garlic, minced	2
2 tsp	mild Indian curry paste	10 mL
2 tsp	fresh ginger, minced	10 mL
1/4 tsp	freshly ground black pepper	1 mL
pinch	salt	pinch
1 - 28 oz can	tomatoes, diced - low sodium	796 mL
1/2 cup	vegetable broth or water	125 mL
2 tbsp	tomato paste	30 mL
1 lb	mini potatoes, quartered	454 g
2 cups	canned chickpeas, rinsed and drained	500 mL
4 cups	lightly packed baby spinach leaves	1000mL

1. In a large non-stick skillet, heat oil over medium heat. Sauté onion and garlic for 3 minutes. Stir in curry paste, ginger, pepper and salt; sauté for 2 minutes until onion is softened.
2. Add tomatoes, broth and tomato paste; bring to a boil. Stir in potatoes and chickpeas. Reduce heat to low, cover and simmer for about 40 minutes or until potatoes are tender. Stir in spinach, cover and simmer for 5 minutes.

Cooking Tips:

- Wrap fresh ginger and store in the freezer. Then when a recipe calls for it, you will always have a supply on hand. There is no need to thaw before grating.



Source: Chatelaine Magazine, December, 2003.

Bean dip with wedges and raw vegetables

This zippy dip is a snap to make! You can pull this out from the fridge as an after-school snack or pack it for lunch the next day.

Ready in: 10 minutes

Servings: 8 cups

1 - 19 oz can	black beans, drained and rinsed	540 mL
1/2 cup	salsa	125 mL
1	clove garlic, minced	1
1 tsp	ground cumin	5 mL
1/8 tsp	ground black pepper	pinch
2	whole wheat pitas	2
2	large carrots	2
1	medium cucumber	1
2	medium celery stalks	2

1. In a blender, combine beans, salsa, garlic and spices. Process until smooth. If the dip is too thick, add a little bit of water and process again.
2. Wash and prepare raw vegetables for dipping. The carrots and celery can be cut into strips. The cucumber can be cut into coins. Cut each pita into 8 wedges. Serve with bean dip.



Source: Chatelaine Magazine, December, 2003.

Pizza-dillas

These pizzas can be a healthy anytime all-in-one meal or snack and you can make them in only 10 minutes!

Ready in: 10 minutes

Servings: 2 pizzas - cut into 4 wedges each

2	large whole wheat tortillas	2
2 tbsp	pizza sauce	25 mL
1/2 cup	part-skim mozzarella, grated	125 mL
1/4 cup	green peppers, chopped	50 mL

1. Lay tortillas on counter. With a spoon, spread half of each tortillas with 1 tbsp pizza sauce, 1/4 cup cheese and 2 tbsp green peppers. Fold uncovered half over filling.
2. Heat skillet to 250°F or non-stick pan on medium-high heat. Place tortilla on hot pan for about 2 minutes per side or until sides are lightly browned and cheese is slightly melted.
3. Cut tortillas in quarters and serve.



Cooking Tip:

- Add any vegetable toppings you like to this (e.g. mushrooms, onions, red peppers)



Source: Recipe adapted from www.kraftcanada.com, Kraft Canada.

Bruschetta

Bruschetta is a perfect easy afternoon snack, especially in the summertime when the tomatoes are fresh and tasty.

Ready in: 20 minutes

Servings: 8 slices

2	large tomatoes, chopped	2
1 to 2	cloves garlic, minced	1 to 2
1	small onion, finely chopped	1
1 tsp	dried basil or oregano	5 mL
1 tbsp	vegetable oil	15 mL
	salt and pepper to taste	
1 loaf	Italian crusty bread	1
1/4 cup	parmesan cheese, grated	50 mL

1. Preheat the broiler. Prepare vegetables as directed.
2. Mix together the tomato, garlic, onion, basil, oil, salt and pepper to taste.
3. Slice the bread into 8 slices. Toast both sides of each slice of bread under the broiler. Watch carefully to avoid burning.
4. Spoon the tomato mixture over the top.
5. Sprinkle the parmesan cheese over the tomato mixture.
6. Heat under the broiler until the cheese is lightly browned. Serve immediately.



Source: Cooking Healthy Together, Toronto Public Health, 1997.

Veggie fries

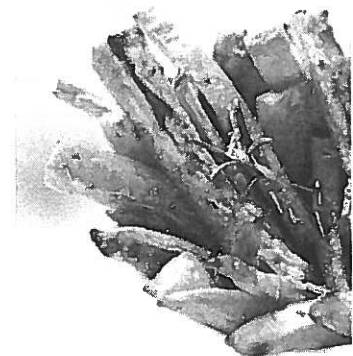
These homemade fries are delicious and nutritious. Best of all, these are simple to make!

Ready in: 45 minutes

Servings: 8 - 1/3 cup servings

2	medium potatoes, peeled	2
1	Parsnip, peeled	1
2 tbsp	vegetable oil	30 mL
1	sweet potato, peeled	1
2	Carrots, peeled	2
1 tsp	salt	5 mL

1. Preheat oven to 425°F (220°C). Lightly oil 2 baking sheets.
2. Cut the clean and peeled vegetables into 1/8" thick wedges of the same size. Place in a bowl, add the oil, salt and toss.
3. Spread the vegetables in an even layer on the baking sheets.
4. Bake for 40 minutes until crisp and lightly brown. Turn the fries over half way through the baking.
5. Serve immediately.



Source: Adapted from 'Cooking Up Some Fun!' booklet, Nutrition Services, York Region Community and Health Services, 2006.

Yummy in the tummy banana muffins

Make this recipe on the weekend and then freeze them individually for snacks. Grab one from the freezer before you leave for school and by recess they will be thawed and ready to eat.

Ready in: 30 minutes

Servings: 12 muffins

1 cup	whole wheat flour	250 mL
2 1/2 tsp	baking powder	12 mL
1/4 tsp	baking soda	1 mL
3/4 cup	quick cooking rolled oats	175 mL
1/2 cup	white sugar	125 mL
1/4 cup	lightly packed brown sugar	50 mL
2	ripe bananas	2
1	large egg	1
1/2 cup	1% milk	125 mL
3 tbsp	vegetable oil	45 mL

1. Preheat oven to 375°F (190°C).
2. Mix the whole wheat flour, baking powder and baking soda in a large bowl. Stir in oats, sugar, and brown sugar. Set aside.
3. Mash bananas in a medium bowl. Add egg, milk and oil. Mix well. Stir banana mixture into the dry ingredients until blended. Do not over-mix.
4. Lightly grease 12 large muffin cups. Put the muffin batter into muffin cups. Bake in oven until tops are firm when lightly touched with your finger, about 18 or 20 minutes. Remove muffins from the tin and cool.

Cooking tip

- If you have too many ripe bananas on hand, freeze them whole in their skin. They will turn black and look odd but they really keep well this way. When you are ready to make these muffins, thaw out the two bananas on a plate, cut off one end and squeeze out the banana.



Source: Adapted from 'Cooking Up Some Fun!' booklet, Nutrition Services, York Region Community and Health Services, 2006.

Carrot cookies

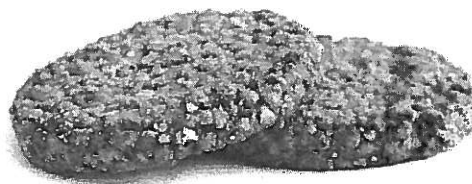
These cookies are delicious for a snack. The carrots provide a colorful appeal and additional nutritional value!

Ready in: 30 minutes

Servings: 40 cookies

1/2 cup	margarine	125 mL
1 cup	brown sugar, firmly packed	250 mL
1	egg	1
1 cup	finely grated carrots (about 2 medium)	250 mL
1 1/2 cup	all-purpose flour	375 mL
1 cup	whole wheat flour	250 mL
1 tsp	ground cinnamon	5 mL
1 tsp	baking powder	5 mL
1/2 tsp	salt	2 mL

1. Preheat oven to 400°F.
2. In a large bowl with a wooden spoon, cream together margarine with sugar until light and fluffy. Beat in egg and carrots .
3. In another bowl, combine flours, cinnamon, baking powder, and salt. Gradually stir into creamed mixture, blending well after each addition.
4. Drop cookies on baking sheets; press down with a moistened fork. Bake in a preheated oven for 15 minutes or until cookies are golden and crisp. Allow cookies to cool on wire racks.



Source: Saab, J. and Kalnins, D. Better Baby Food, Robert Rose, 2001.

Baked apples

Baked apples make a great after school snack or a quick delicious desert.

Ready in: 45 minutes

Servings: 6 servings (will need to be cut for sample size)

6	medium McIntosh apples (unpeeled)	6
1/3 cup	packed brown sugar	75 mL
1/2 tsp	cinnamon	2 mL
1 tbsp	soft margarine	15 mL

1. Lightly grease 10-inch (25 cm) glass pie plate or spray with non-stick cooking spray.
2. Core apples; score around middle with sharp knife. Place in pie plate.
3. In small bowl, combine brown sugar and cinnamon; spoon into centre of each apple. Top each apple with 1/2 tsp (2 mL) margarine. Add 1/4 cup (50 mL) of water to pie plate.
4. Bake, uncovered, at 350°F (180°C) for 45 to 55 minutes or until apples are tender.

Cooking tip:

Serve with homemade granola.



Source: Gallagher B., and Roblin L. Suppertime Survival, MacMillian Canada, 1996.

Herbed cheese dip

This chunky cheese spread is delicious served with vegetable sticks, crackers or any type of bread.

Ready in: 15 minutes

Servings: 8 - 2 tbsp servings

1	large clove garlic	1
1 cup	packed fresh basil leaves or parsley	250 mL
1/4 cup	chopped green onion tops	50 mL
1 cup	1 % cottage cheese	250 mL
1/2 cup	feta cheese, crumbled	125 mL

1. In the blender, combine garlic, basil and green onion tops and process until finely chopped. Add cheeses; process just until blended, but still chunky.
2. Cover and chill until ready to serve.



Source: Fat Factor, Diet and Breast Cancer Study, 1997.

Strawberry-apple salsa with cinnamon crisps

Fruit salsa is a refreshing snack for any time of the year. This salsa also makes a delicious topping for vanilla or plain yogurt.

Ready in: 20 minutes

Servings: 8 - 1/4 cup servings

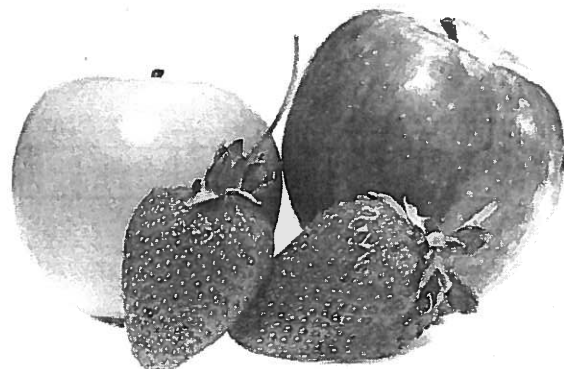
Cinnamon Crisps

5	small (8-inch [20 cm]) flour whole wheat tortillas	5
1 tbsp	white sugar	15 mL
1/2 tsp	cinnamon	2 mL

Strawberry-Apple Salsa

1 cup	strawberries, hulled	250 mL
1	medium tart apple, peeled and diced (e.g. Granny Smith apple)	1
2 tbsp	honey or brown sugar	25 mL

1. Preheat oven to 400°F.
2. Cinnamon Crisps: Brush tortillas lightly with water; sprinkle with sugar and cinnamon. Cut into wedges. Place on baking sheet and bake for 5 minutes or until golden and crisp.
3. Salsa: In a medium bowl, mash strawberries; add apple and honey. Stir to blend well. Serve with Cinnamon Crisps.



Source: Gallagher B., and Roblin L. Great Food Fast, Robert

Guacamole

This is a classic Mexican dip that is sure to be a big hit with everyone.

Ready in: 15 minutes

Servings: 8 - 2 tbsp servings

2	avocados	2
1	plum tomato, diced	1
1	juice of lime	1
1/4 cup	red onion, diced	60 mL
1	clove garlic, minced	1
1/4 cup	cilantro, chopped	60 mL
pinch	salt	pinch
1 pkg	whole wheat pita	1 pkg

1. Cut avocados in half. Remove seed. Score and scoop out flesh from avocado and place into a mixing bowl. Mash avocado with fork into a paste (the more you mix, the smoother it will be).
2. Add remaining ingredients and combine. Best served with pita bread or baked tortilla chips, or served along with fajitas.

Cooking Tip:

- Purchase the avocados in advance to allow time to ripen and soften up.
- Best served with pita bread or baked tortilla chips.



Source: Gallagher B., and Roblin L. Great Food Fast, Robert Rose, 2002.