

Pulse Generator Recipe Book



Volume 3

One Dish Breakfast

Rebecca T. (MCH)

Ingredients

9 slices of bread
6 eggs
3 Cups of milk
½ lb grated cheese
¾ tsp dry mustard
2 cups of diced ham
¾ tsp salt
½ tsp pepper to taste



Directions

1. Butter bread and dice.
2. Line baking dish with diced bread.
3. Place grated cheese and diced ham over bread.
4. Add combined beaten eggs and milk and seasonings.
5. Chill in refrigerator overnight.
6. Bake at 350 degrees for 45 minutes in a 9" x 13" pan.

This serves 8 and is a good meal for a company brunch. Serve with a fruit dessert. Chopped cooked sausages may be used instead of ham.

Quick AM Spinach Frittata and Toast

Amanda C. (ACC)

Ingredients

2 slices bread
2 tsp butter
2 eggs
30g light feta cheese
Handful of baby spinach
Quick spray avocado oil



Directions

1. Spray a pan with avocado oil and put the handful of baby spinach in it. Cook the spinach on medium heat until just wilted.
2. Whisk up the two eggs and feta cheese. Add salt and pepper to taste.
3. Once the spinach is wilted, remove it from the pan and add it to the eggs and mix it together.
4. Pour the mixture back into the hot pan. Cook each side for about 3-4 min.
5. Toast the bread and add 1 tsp butter to each slice.

The Best Tofu Scramble

<https://rainbowplantlife.com/eggy-tofu-scramble/#wprm-recipe-container-11576>

Kevin V. (UAH Staff)

Ingredients

1 14- or 16-ounce (400/454g) block of firm tofu
½ tsp garlic powder
½ tsp onion powder
½ tsp chipotle chile flakes (crushed chipotle chilies)
¼ tsp paprika
¼ tsp ground turmeric
½ tsp kala namak (AKA Indian black salt), plus more to finish
Freshly cracked black pepper
1 generous tablespoon tahini
2 tablespoons nutritional yeast
½ cup (120 mL) full-fat non dairy milk
1 tablespoon olive oil or cooking oil of choice
Sea salt or kosher salt to taste



Directions

1. Drain the tofu by pressing out most of the water. The rest will cook off.
2. Crumble the pressed tofu with your hands into chunks, not too big or too small.
3. Heat a large nonstick frying pan over medium-high heat with the oil. Once the oil is hot, add the tofu to the pan, and fry until it's lightly browned, 5 to 7 minutes. Stir occasionally but not too often to allow the exterior to get lightly browned and to allow for extra moisture to cook off. Break up any large chunks of tofu with your spatula but don't break it up too finely.
4. Whisk together the turmeric, garlic powder, onion powder, paprika, chipotle, kala namak, black pepper, tahini, and nutritional yeast. Pour in the milk gradually and whisk until you have a nice sauce. Do this while tofu is cooking.
5. Once tofu is cooked and slightly browned, remove from heat and set aside.
6. Fry up any extra veggies you want to add to this scramble such as onions, garlic, carrots, peppers, broccoli or chopped greens. When these are cooked up add the tofu back to the pan and stir together.
7. Add the eggy sauce and fold to combine, using a silicone spatula to coat each piece of tofu with the sauce. Continue frying the tofu until you reach your desired texture and consistency.
8. Finish the scramble with a few shakes of kala namak. Taste, and add a pinch of kosher salt or sea salt as needed. Reheat leftovers in a frying pan or in the microwave.

Cheese and Egg Casserole

<https://www.crazyforcrust.com/cheesy-egg-casserole/>

Jo-Ann D. (UAH)

Ingredients

½ cup (113g) unsalted butter, melted
1x 16 ounce container (453g) cottage cheese
2 cups mozzarella cheese (approximately 8 ounces/226g)
¼ cup (31g) all purpose flour
1 tsp baking powder
1 tsp Italian seasoning
½ tsp salt
10 large eggs lightly beaten



Directions

1. Preheat oven to 400°F. Spray a 9×13” pan with nonstick cooking spray.
2. Whisk eggs in a large bowl.
3. Stir in butter, cottage cheese, mozzarella cheese, flour, baking powder, Italian seasoning, and salt (mixture will be lumpy).
4. Pour into prepared baking dish and bake for 30-40 minutes or until browned and set in the middle. Cool 5-10 minutes before slicing and serving.
5. Best served fresh, but it can also be sliced and stored in individual containers and frozen. Defrost in microwave.

Tuna & Bean Salad

Adapted from Every Salad Ever by Greta Podleski

<https://everysaladever.com/tuscan-tuna-and-white-bean-salad/>

Tiffany Lafleur (PG Digital)

Ingredients

Dressing:

1/3 cup olive oil
2 tsp each red wine vinegar and lemon juice
2 tsp lemon zest
2 tsp honey or maple syrup
1 clove garlic, minced
1 tsp Dijon mustard
Salt and pepper to taste

Salad Ingredients:

2 cans drained white kidney beans or navy beans
2 cans tuna
2 tomatoes, diced
1 cucumber, diced
1 bell pepper, diced
¼ cup red onion, finely minced
3 tbsp fresh dill, minced
1 avocado, diced (optional)

Directions

1. In a bowl, mix all dressing ingredients together.
2. In a larger bowl, mix all salad ingredients together.
3. Pour dressing into salad and stir lightly to mix in.
4. Enjoy



Spinach Strawberry Salad

Elizabeth Y. (UAH)

Ingredients & Directions

For the salad:

- 1 full bag of Spinach OR a large bowl of Spinach
- 1 medium purple onion (more or less to taste)
- Small container of fresh strawberries sliced (more or less to taste)
- 1 handful of candied almonds or pecans (more or less to taste)
- ½ cup crumbled feta cheese

For the Dressing:

- 1 Tbsp balsamic vinegar
- 1 tsp Dijon mustard
- 1 tsp honey
- 1 Tbsp raspberry jam
- ½ cup olive oil

Using a handheld mixer, mix the dressing ingredients together. Continue mixing and start adding olive oil slowly as you mix.

Just before serving add the dressing to the salad, toss and serve.



Greek Quinoa Salad

<https://www.spendwithpennies.com/greek-quinoa-salad/>

From Rachel G. (past SCH member)

Ingredients

- 1 cup quinoa uncooked
- 2 cups water or broth
- 1 pint cherry tomatoes diced
- ½ cup diced red bell pepper
- ½ cup diced green bell pepper
- ½ English cucumber diced
- ½ cup sliced black olives
- ¼ cup diced red onion
- 3 ounces crumbled feta cheese
- ⅓ cup Greek salad dressing or homemade below
- 1 Tbsp chopped fresh parsley



Directions

1. Prepare quinoa according to package directions. Cool.
2. In a large bowl, combine tomatoes, red and green peppers, cucumber, olives, red onion and feta cheese and dressing. Toss to coat evenly.
3. Add cooled quinoa and combine.
4. Garnish with fresh parsley on top.

For a homemade dressing whisk together the following:

- ⅓ cup olive oil
- ½ lemon, juiced
- 2 Tbsp red wine vinegar
- 1 pinch sugar
- 1 tsp oregano
- ½ tsp basil

Dill Pickle Soup

<https://sammymontgoms.com/dill-pickle-soup/>

Rachel G. (past member SCH)



Ingredients

2 Tbsp olive oil	3/4 cup dill pickle juice
2 Tbsp unsalted butter	1 cup sour cream
3 garlic cloves, minced	1 Tbsp hot water
2 large carrots, chopped	2 Tbsp flour
2 celery stalks, chopped	1/4 tsp salt, more if you are using an unsalted stock
1 small yellow onion, chopped	1/4 tsp pepper
1½ cups dill pickles, chopped	1/2 tsp ground mustard
4 cups potatoes, russet or yellow, cubed	1/2 cup fresh dill, chopped
7-7½ cups vegetable or chicken stock, salted	

Directions

1. Begin by chopping your vegetables into similar sized pieces and set aside.
2. Chop your fresh dill, pickles and garlic. Set aside.
3. Bring a large pot to medium heat and add your olive oil and butter.
4. Once melted, add your carrots, celery, and onion. Sauté for about 10 minutes or until the veggies become soft.
5. Add your potatoes, garlic and spices and saute for an additional 2-3 minutes.
6. Add your stock and let simmer for 15 to 20 minutes, or until potatoes are cooked through and all vegetables are nice and soft.
7. Once cooked add your pickles, fresh dill and pickle juice.
8. In a small bowl, whisk together your sour cream, flour and hot water. Stir until no clumps remain.
9. Turn your pot to low and slowly pour in your sour cream mixture. Add 1/2 cup to begin with and using a whisk mix continuously to ensure no clumps remain. Add the additional 1/2 cup and continue whisking until the sour cream has been dissolved.
10. Bring to a low boil to allow the soup to thicken slightly. About 3 minutes.
11. Taste here to see if your soup needs any additional seasonings.
12. Serve and top with more pickles and fresh dill.

Lentil Soup

Adapted from Cookie and Kate
Best Lentil Soup

Tiffany Lafleur (PG Digital)



Ingredients

- ¼ cup olive oil
- 1 onion, diced
- 2-3 carrots, peeled and diced
- 4 garlic cloves, minced
- 2 tsp ground cumin
- 1 tsp curry powder
- ½ tsp dried thyme
- 1 can (28 oz) diced tomatoes
- 1 cup green or brown lentils
- 4 cups vegetable or chicken broth
- 1-2 cups water
- ½ tsp salt or to taste
- Pinch of red pepper flakes
- Black pepper to taste
- 1-2 cups spinach or kale
- Juice of one lemon

Directions

1. Heat oil in large pot over medium heat. Add onion and cook until softened
2. Add carrots and cook until they start to soften
3. Add garlic and cumin, curry powder and thyme. Mix until you can smell the flavours.
4. Add tomatoes and cook to deepen flavours. Add red pepper flakes.
5. Add lentils, broth and 1 cup water. Bring to boil and then reduce heat to a simmer. Cook until lentils soften, about 25-30 minutes, adding more water as needed.
6. Season with salt and pepper.
7. Add spinach or kale and heat until wilted. Add lemon juice.

Culinary notes

- For a thicker soup, give a few whirls with an immersion blender or transfer 2 cups of soup to a blender and puree until smooth.
- Add more red pepper flakes for more spice. You could use smoked paprika instead of curry powder to switch up the flavours.
- This soup freezes well for a quick and easy lunch meal.
- Add celery with the carrots to use more veggies
- Can substitute crushed tomatoes for canned or even 2-3 Tbsp tomato paste for a different texture.

Spicy Cabbage Soup

<https://www.allrecipes.com/recipe/269559/spicy-cabbage-soup/>

Luisa Arevalo (GNCH)

Ingredients



- ½ pound bacon, cut into 1/2 inch pieces
- ½ onion, chopped
- 2 cloves garlic, chopped
- 2 quarts low-sodium chicken broth
- ¼ teaspoon cayenne pepper, or to taste
- salt and ground black pepper to taste
- ½ medium head cabbage, cored and coarsely chopped
- 1 (14.5 ounce) can Italian-style stewed tomatoes, undrained, cut up

Directions

1. Heat a stockpot over medium heat. Cook and stir bacon until lightly browned, 3 to 5 minutes. Stir in onion and garlic. Cook, stirring occasionally, until onion is transparent, 5 to 7 minutes. Stir in broth, cayenne pepper, salt, and black pepper. Bring to a boil and cook for about 5 minutes.
2. Stir cabbage into the stockpot. Simmer until cabbage has wilted, 10 to 15 minutes. Stir in stewed tomatoes and liquid. Bring soup to a boil and cook for about 5 minutes. Reduce heat, cover, and simmer, stirring often, for 15 to 30 minutes.

Cheesy Beer Bread

<https://cottagelife.com/general/a-classic-easy-cheesy-beer-bread-recipe/>

From Rachel G. (past SCH member)

Ingredients

- 3 cups all-purpose flour
- ½ cup grated cheddar cheese
- 2 Tbsp chopped fresh dill
- 2 Tbsp sugar
- 4 tsp baking powder
- 1 tsp salt
- 1 tsp dried oregano
- 1 tsp dried thyme
- ½ tsp garlic powder
- 1 can lager beer 12 oz/355 ml
- ½ cup butter melted and divided



Directions

1. Preheat the oven to 375°F (190°C). Grease a 9×5-inch loaf pan and line it with parchment paper, leaving extra to overhang on the sides to make it easier to remove the loaf.
2. In a medium bowl, stir together the flour, cheese, dill, sugar, baking powder, salt, oregano, thyme, and garlic powder. Add the beer and ¼ cup of the melted butter and stir with a rubber spatula just to combine. The dough will be lumpy.
3. Transfer the dough into the prepared loaf pan and bake until golden brown and a toothpick inserted into the centre comes out clean, 50 to 60 minutes. Pour the remaining ¼ cup melted butter evenly over the warm loaf. Remove the loaf from the pan, transfer to a rack, and cool slightly before slicing. Store in a resealable container in the fridge for up to 3 days or in the freezer for up to 1 month.

Crockpot Chicken Mexicana

Tiana L. (YYC Staff)

Ingredients



4 boneless skinless chicken breasts
salt for seasoning chicken
1 cup rice, rinsed
1 can black beans
1 can diced tomatoes
1 cup salsa

½ cup water
1 packet taco seasoning
1 tsp garlic powder
cooking oil or non-stick spray
Optional: paprika, frozen chopped spinach, can adobo chiles

Directions

1. Spray crockpot with non-stick spray.
2. Season chicken breasts with salt (or use seasoned ones). Place chicken at bottom of crockpot.
3. Rinse and drain rice and beans.
4. Mix beans, rice, tomatoes, salsa, optional adobo chiles, water, spices in a bowl, and pour on top of chicken breasts.
5. Cook on Low for 1hr. Then Turn to High for 2-3 hours, stirring occasionally.
6. Using two forks, shred the chicken and stir into the mixture.
7. Cook for another hour on high.
8. Optional: add thawed spinach and/or adobo chiles at the end. Stir to combine.

Maghmour Chickpeas & Eggplant

Regan H. (Calgary Staff)

Ingredients

1.5 cups dried chickpeas + 1 tsp baking soda
2 large eggplants, peeled and cut into medium cubes
Olive oil
1 large yellow onion, sliced into strips
4 garlic cloves, chopped
5 large tomatoes, peeled and diced
1 tsp salt (add more to taste)
1 tsp sugar
2 Tbsp crushed mint



Directions

1. Soak the chickpeas and baking soda in water overnight. Drain and rinse, discarding any bad pieces.
2. Transfer the chickpeas to a pot, cover with water, then bring to a boil. Skim off the white foam that floats to the surface, then cook, covered, on low heat for 45 mins. Uncover and place the lid ajar.
3. You can substitute steps 1 and 2 with 2 cans of chickpeas.
4. Place the eggplant cubes with some olive oil on a large sheet pan lined with parchment paper (make sure slices are spread out and not laying on top of one another) then bake in a preheated oven at 400F for 45 mins or until tender.
5. In a large pot, cook the onion and garlic cloves with olive oil on low/medium heat, stirring occasionally.
6. Add the tomatoes, chickpeas, salt and sugar, then stir to mix. Cook on low heat for ~15 mins.
7. Add the baked eggplant, then fold in.
8. Add crushed mint, mix well, and turn off heat.
9. Let cool before serving. Best served lukewarm or cold out of the refrigerator. Serve with pita bread.

Paprika Chicken with Chickpeas

https://www.simplyrecipes.com/recipes/paprika_chicken_with_chickpeas/

From: Wendy C

Ingredients

2 Tbsp smoked paprika
1 ½ tsp salt
¾ tsp black pepper
½ tsp garlic powder
¼ tsp ground oregano
2 pounds chicken thighs

1 medium sliced onion,
1 (14-oz) can chickpeas
2 Tbsp extra virgin olive oil
1 tsp lemon zest
1 Tbsp lemon juice
¼ cup chopped fresh cilantro or parsley

NOTE: Feel free to add other spices if you have them on hand, like ground cumin, coriander, even a pinch of cinnamon.



Directions

1. Coat chicken with spices: Stir together the smoked paprika, salt, garlic powder, pepper, and ground oregano in a large bowl. Place the chicken thighs in the bowl and toss to coat completely with the spices. You can do this several hours ahead, or right before cooking.
2. Place the thinly sliced onions in the bottom of a casserole dish large enough to hold the chicken pieces with room in between. Toss with about 1 teaspoon of the olive oil and spread out in an even layer at the bottom of the dish.
3. Add drained chickpeas, lemon zest, lemon juice, and remaining olive oil (2 Tbsp minus 1 tsp) to the bowl with the chicken and spices. Toss to coat the chicken evenly with the lemon and oil, coating the chickpeas with the spice mixture.
4. Arrange chicken pieces, skin-side up, on top of the sliced onions in the casserole dish. Arrange the chickpeas between the chicken pieces.
5. Bake uncovered at 350°F for 40 to 45 minutes, or until the internal temperature of the chicken thighs is at least 165°F when tested with a meat thermometer, and the top is lightly browned. Sprinkle with chopped fresh cilantro or parsley. Add more salt and pepper to taste. Serve with a side salad.

Portabello “Steak” Soy & Ginger Marinade

Kevin V. (UAH Staff)

Ingredients

½ cup soya sauce or Tamari
¼ cup maple syrup
6 cloves of garlic minced
1Tbsp fresh grated ginger
1 tsp mustard powder
½ tsp sesame oil
¼ tsp hot pepper sauce or 1 Tbsp Sriracha (to taste)
½ cup beer
4-6 portabello mushrooms



Directions

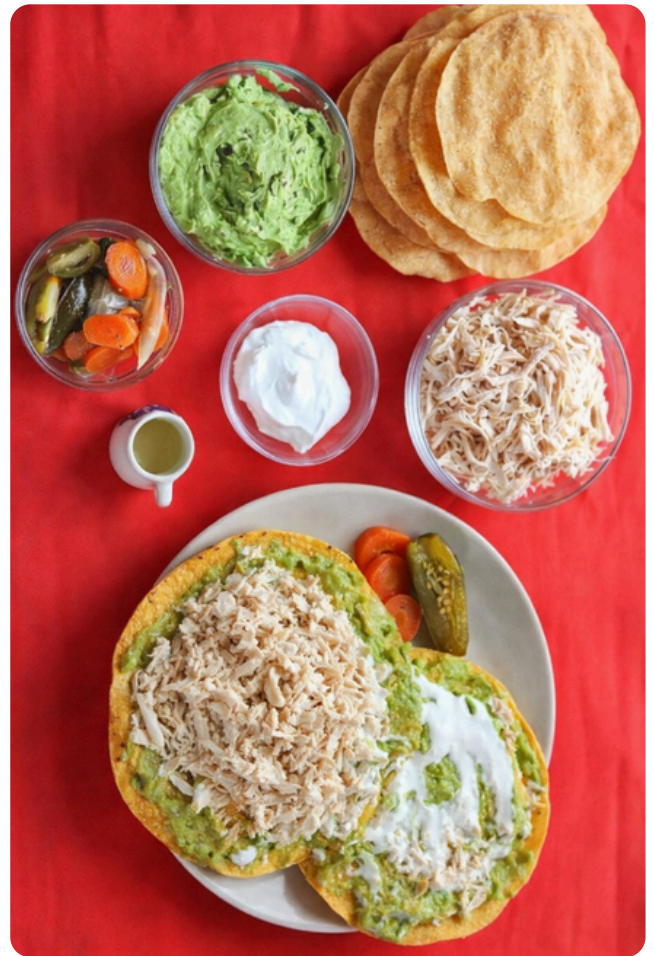
1. Mix all ingredients together and set aside.
2. Prepare mushrooms by removing the stem and then poking a lot of holes all over the front and backside of the mushrooms with a fork.
3. Spoon marinade over both sides of the mushroom and let sit for 30 mins. Spoon more marinade or the excess that has run off over the mushrooms a second time. Let sit another 30 min. Choosing the right dish to let them rest in is important as the mushrooms will soak up the sauce. For a stronger flavor let them sit overnight and continue to baste several times.
4. When ready to cook, use a BBQ or Frying pan and cook on med-high heat for a few minutes each side. The mushrooms will release liquid under heat but use a spoon to keep putting the marinade back on as they cook.
5. Use any extra left over marinade to freshen the mushroom up as they come out of the pan or off the grill.
6. These are great eaten as a side or in replacing a meat burger.

Chicken Tostadas

Heber Reyes-Garcia (ACC)

Ingredients

1 Tbsp oil
1-2 chicken breast (80-160g)
1 spoonful salt
1 pinch black pepper
Onion powder
Garlic powder
3-4 corn tostados
2 avocados
½ lemon
sour cream
pickled carrots and japapenos (optional)
2 litres of water



Directions

Preparation

1. Cook the chicken breast in water seasoned with salt and garlic. Once the chicken is fully cooked, drain it and shred it.
2. In a frying pan, heat the oil over medium-high heat. Add the chicken, and season with garlic, onion, and black pepper.
3. Add 1/3 cup of chicken broth and cook for 5 minutes.

Guacamole

In a bowl, mash the 2 avocados. Add a few drops of lemon juice and salt to taste.

You can also add finely chopped green chiles and garlic powder, if desired.

Assembly

Spread the guacamole over the tostadas, add the shredded chicken, and drizzle with the liquid cream.

Serve with the pickled chiles on the side if feeling daring.

And that's it — enjoy!

Tip: Tightly seal and pack the mashed avocados with plenty of lemon juice to conserve them during the day.

Onion Roasted Potatoes

Theresa B. (UAH)

Ingredients

6 Potatoes
1 envelope Lipton Onion Soup
1/4 cup Olive Oil



Directions

1. Preheat oven 375F
2. Cut potatoes in 1-2 inch pieces (No need to peel potatoes)
3. Place in 9x13 Single Layer!
4. Mix Onion Soup Mix and Olive Oil
5. Pour mixture over potatoes and stir
6. Bake 370F 45 -60 min Stirring once, until tender and golden brown

Great with Steak!

Curried Cauliflower

Theresa B. (UAH)

Ingredients

1 Head Cauliflower
1Tbsp milk
1 10 oz Can Cream of Chicken Soup
(or cream of mushroom soup)
1/4 cup Mayo
1/2 cup Cheddar Cheese Grated
1 tsp Curry Powder
2 Tbsp Butter-melted
1 cup Soda Cracker



Directions

1. Preheat oven to 350F
2. Bake cauliflower until tender crisp in a casserole dish. Once cooked, remove from oven and set aside.
3. Combine Milk, Mayo, Soup, Cheese and Curry Powder
4. Pour mixture over Cauliflower and stir to combine.
5. Crush soda crackers into crumbs
6. Mix melted butter and Soda crackers Sprinkle over the cauliflower
7. Bake again at 350F for 30 min.

Chicken Burrito

Amanda D (UAH)

Ingredients



- 5 tortillas , flour (approx 20cm/8" wide)
- 1 tsp each onion powder, dried oregano, salt
- 2 tsp each dried cumin powder, paprika
- 1/4 tsp black pepper
- 3/4 tsp cayenne pepper
- 600g / 1.2 lb chicken breast , sliced in half horizontally
- 2 Tbsp olive oil , separated
- 1/2 onion chopped
- 2 garlic cloves finely minced
- 1 red capsicum/bell pepper diced
- 400g/14oz can of refried beans
- 1/4 cup water
- 2.5 cups Mexican Red Rice (the best for Burritos!)

Optional Fillings & Sauces

- 14oz canned corn
- 1.5 cups cheese
- ¼ cup chopped cilantro
- avocado
- sour cream
- salsa

Directions

1. Burrito Seasoning - Mix Seasoning ingredients. Drizzle 1 Tbsp oil over chicken, mix to coat. Sprinkle with Seasoning, toss to coat.
2. Cook chicken - Heat 1 Tbsp oil in a large skillet over high heat. Add chicken, cook 2 minutes. Turn and cook 1.5 minutes. Remove, rest 2 minutes then chop.
3. Saute onion - In the same skillet, add onion and garlic, cook 1 minute. Add capsicum, cook 2 minutes until onion is translucent.
4. Finish Filling - Add refried beans, diced chicken and water. Stir and cook for 2 minutes until reduces slightly. Should be thick and juicy, not watery and not dry/stodgy! Let cool 5 minutes.

Assemble burritos:

- Gently warm tortillas in microwave (makes them pliable), lay on work surface.
- Place rice on lower third, top with Chicken Filling, corn, cheese then sprinkle with coriander. Fold up, burrito style.
- Toasting: Either pan fry over medium high heat (no oil) for 2 minutes each side to make tortilla crispy and melt cheese a bit OR wrap tightly in foil and bake in oven 10 minutes at 180°C/350°F.
- Dunk in sauce(s) of choice or douse with hot sauce of choice, and devour!
- Suggestions: Avocado Sauce, Guacamole, sour cream, Restaurant Style Salsa, Queso, Nacho Cheese Dip.

Cauliflower Steaks

Kevin V. (UAH Staff)

Ingredients

1 large head cauliflower
½ cup hummus
½ cup nutritional yeast
3 Tbsp white balsamic vinegar
2 Tbsp Water
2 Tbsp chopped green onions
2 Tbsp chopped cilantro or parsley



Directions

1. Preheat oven to 450F
2. Line sheet pan with parchment paper
3. Remove all leafy bits from the head and then cut in half. Now use each half to cut ½-¾ inch slabs of “steak” from the head. Save any loose smaller pieces that come apart in the process.
4. Make the sauce by combining all ingredients and mixing together. This is a thick sauce. Add water if you need to thin it out to spread easier.
5. Spread the sauce over the steaks and over any other broken pieces as well.
6. Bake for 30 mins. If the steaks are not baked soft enough to your liking, bake a bit longer. You are looking for soft and browned on top and bottom.

Spicy Rice and Beans

From Joan R. (PG Staff)

Borrowed from: "Feed Zone Table, Family-Style Meals to Nourish Life and Sport", Biju Thomas and Allen Lim, Velopress, 2016

Ingredients

- 1 cup minced bacon
- 1 cup smoked sausage (andouille is awesome)
- 1 cup minced onions
- 1 cup celery
- 4 cloves garlic, minced
- 1 Tbsp red pepper flakes
- 2 cups uncooked jasmine rice
- 1 Tbsp Creole Seasoning
- 1 14.5 ounce can tomatoes
- 2 cups water or stock
- 1 15 ounce can red beans
- 2 Tbsp Jalapeno
- Optional Toppings
 - Tabasco Sauce and/or plain yogurt



Directions

1. Brown bacon and sausage in a deep skillet. Drain off excess fat, then add onions, celery, garlic and red pepper flakes and cook until onions are translucent.
2. Add rice and Creole seasoning. Once mixture is evenly combined, reduce heat and add tomatoes, and water or stock.
3. Cover and cook for approximately 15 – 20 minutes until all of the liquid is absorbed and the rice is cooked.
4. Drain and rinse beans. Add beans and jalapeno to the rice mixture and continue to cook for an additional 5 minutes. This does stick to the pan, so continue to scrape the pan.
5. Serve with optional Yogurt or Tabasco sauce.

Grandmother's Oatmeal Cookies

From Joan R. (PG Staff)

Ingredients

- ½ cup butter
- ½ cup plant based butter
- ½ cup each of brown and white sugar
(I use coconut sugar and cane sugar)
- 2 cups rolled oats (not instant oats)
- 2 cups flour (can replace with oat flour)
- ½ tsp salt
- ½ tsp baking soda
- 1 egg or substitute
- maybe a little water, if needed



Directions

1. Cream butter and sugar, add egg and continue to blend.
2. Add flour, salt, baking soda, and oats.
3. Add anything that you want to add to your cookies or they are great just plain.
4. Bake at 350 for 12 – 15 minutes.

Note: This recipe is so easy, quick and versatile. It can easily be adjusted to add a variety of fun things – chocolate, dried fruit, nuts, make it vegetarian with all plant based butter and vegan egg substitute (1Tbsp flax+ 3Tbsp water, or mashed banana or applesauce (1/4 cup for 1 egg) and gluten free by using oat or gluten free flour.

Nut Butter Protein Balls

From Zaina C. (FMC)

Ingredients

1 C hemp seeds
1/2 cup unsweetened coconut
1/4 cup chia
2 Tbsp Sunflower seeds
1 scoop of your favourite protein powder
1/4 tsp cinnamon
1/3 cup honey or maple syrup
1 cup peanut/nut butter + more if needed
*Optional 1/4 cup of mini chocolate chips.

Directions

Mix all ingredients together. If it's too dry, add a tablespoon at a time of peanut/nut butter until you can form it into balls. Use small cookie scoop and roll into balls.

Store covered in fridge.



The Best Non-Baked Cheesecake

Elizabeth Y. (UAH)

Ingredients & Directions



The Base:

1 1/4 cup graham cracker crumbs

1/4 cup sugar

1/4 to 1/2 cup soft butter

Mix with hands and pat down in pan. Bake 325 degrees for 10 minutes. Set aside to cool.

The Middle:

16 oz room temp regular cream cheese (2 pkgs)

1 heaping cup sugar

2 - 4 Tbsp milk

1 Litre whipped cream or a bit less

Beat with mixer until creamy and thick and set aside while whipping the whipped cream.

Mix cream cheese and whipped cream and spread over COMPLETELY COOLED cracker crumbs.

The Top:

2 tins strawberry pie filling OR rhubarb and strawberry mix pie filling

Fresh Strawberries halved or sliced

Spread fruit filling over the cream cheese/whip cream layer

Add fresh strawberries halved for garnish

Chill the above in fridge for 2-3 hours and serve.

Basque Cheesecake

From Nick (Menghao) S. (UAH Staff)

Ingredients

For an 8-inch cake:

- 2 cups (450g) cream cheese, room temperature
- 1 cup (200g) granulated sugar
- 4 large eggs
- 1 1/4 cups (300ml) heavy cream
- 1/4 cup (30g) all-purpose flour
- 1 tsp vanilla extract
- Pinch of salt



Directions

1. Preheat your oven to 400°F (200°C). Line an 8-inch (20cm) springform pan with parchment paper, leaving the paper overhanging the edges.
2. In a large bowl, beat the cream cheese and sugar until smooth and creamy, about 2–3 minutes.
3. Beat in eggs one at a time, fully incorporating each before adding the next.
4. Mix in the heavy cream, vanilla extract, and a pinch of salt until smooth.
5. Sift in the flour and fold until fully combined, taking care not to overmix.
6. Pour the batter into the prepared pan. Bake for 50–60 minutes. The top should be dark brown (almost burnt), and the center should still be slightly jiggly.
7. Let the cake cool in the pan for at least 2 hours at room temperature. The cheesecake will continue to set as it cools.
8. Remove from the pan, peel off the parchment, and slice. Best enjoyed slightly chilled or at room temperature.

Salted Caramel Protein Pudding

From Kelly M. (UAH)

Ingredients

3/4 C cottage cheese

4 dates

1 tsp vanilla

Pinch of Salt

1 Tbsp Honey



Directions

Blend everything in a blender.
You want the dates to be broken up but not fully blended.
This is one serving.

Sweet Potato Chocolate Cake

<https://dreenaburton.com/sweet-potato-chocolate-cake/#recipe>

From Kevin (UAH staff)

Ingredients & Directions



The Cake:

¾ cup cooked and cooled orange sweet potato	⅓ cup coconut sugar
½ cup + 1 Tbsp water	¼ cup chocolate chips
¼ cup maple syrup	½ tsp salt
1 Tbsp balsamic vinegar	¼ cup cocoa powder
2 tsp vanilla extract	1 tsp baking powder
1 cup whole grain flour	1 tsp baking soda

- Preheat oven to 350°F.
- Lightly coat an 8" x 8" brownie/cake pan or a 9" round cake pan with coconut or other oil, and fit the bottom of the pan with a small piece of parchment paper.
- In a blender (or using a handheld blender and a deep cup or vessel), puree the sweet potato, 1/2 cup of the water, maple syrup, balsamic vinegar, and vanilla extract until completely smooth.
- In a large bowl, combine the flour, coconut sugar, chocolate chips, and sea salt, then sift in the cocoa, baking powder, and baking soda.
- Add the wet ingredients to the dry (be sure to scrape out all the blended ingredients with a spatula, and use the remaining 1 tablespoon of water to rinse the blender jar and get out any remaining puree).
- Mix until just well incorporated.
- Transfer to the prepared pan, bake for 21–23 minutes, remove, and let cool on a cooling rack.

The Frosting:

1 cup loosely packed peeled and cooked sweet potato	
⅔ cup coconut sugar	¼ tsp salt
½ cup cocoa powder	2-5 Tbsp non dairy milk
½ cup cashew or almond butter	1 tsp vanilla extract

- Place the sweet potato, coconut sugar, cocoa powder, cashew butter, sea salt, 1–2 tablespoons of the milk, and vanilla extract in a blender or food processor and puree until very smooth.
- It's best to use a blender or processor (versus a stand mixer) if using orange sweet potato, to fully smooth out the potato.
- Taste, and add more sweetener if desired, and also another 2–3 tablespoons of milk if needed to thin to preferred consistency (you may need more milk using yellow sweet potato as they aren't quite as moist as the orange).
- Puree until smooth, scraping down the blender/processor bowl as needed.
- Transfer to a container and refrigerate until ready to use on the Sweet Potato Chocolate Cake. Or, get a spoon and dig in!