

Nourish & Flourish

FOOD HUB LOCATIONS

OAKVILLE

7-871 Equestrian Court
905-847-3206

Open weekdays 8:30am-4:30pm
Food for Life delivery each
Wednesday afternoon

BURLINGTON

760 Brant Street, Ste. 705A
905-333-4814

Open weekdays 8:30am-4:30pm
Food for Life delivery each
Tuesday at noon

Nourish & Flourish also supports community gardens and
kitchens throughout the Halton Region.



Let's Nourish and Flourish Together through Cooking

Nourish & Flourish (N&F) is a program offered through Summit Housing and Outreach Programs with funding from the Halton Region Community Investment Fund (HRCIF). Together with community partners (e.g. Food for Life, Halton Food Council, Halton Environmental Network, Greening Social Spaces), N&F enhances mental health through three main components: community gardens, kitchens/cooking groups, and community good hubs/food banks. N&F has a holistic approach; incorporating enhanced food security and access, nutrition information, life skills building, social inclusion, food literacy, and improved wellness.

This recipe book has been put together through experiences with clients and volunteers in our community kitchens and is dedicated to them. It is a small-step towards addressing the need for simple recipes that can be created with healthy, easily-accessible ingredients and using low-tech kitchen equipment as much as possible. It recognizes that not all clients have access to microwaves, fancy blenders, and complex ingredients. Many of the recipes have been successfully “test-cooked” by clients in our community kitchens and pronounced a success!

At its heart, this book is all about the simple joy of cooking and eating together while supporting one another in the community. Our hope is that this recipe collection will be an ongoing project, so ideas and suggestions for future recipes are very gratefully received! If you are interested in finding out more about *Nourish & Flourish* or would like to submit a recipe idea, please get in touch -

SUMMIT HOUSING AND OUTREACH PROGRAMS IS BASED IN OAKVILLE, ONTARIO.
871 EQUESTRIAN COURT, UNIT #7
905.847.3206, WITH ADDITIONAL OFFICES IN BURLINGTON, ACTON AND MILTON;
WEBSITE: www.summit-housing.ca

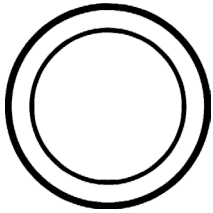
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Part One

KITCHEN TIPS & TRICKS

KITCHEN ESSENTIALS



1 plate per person



1 bowl per person



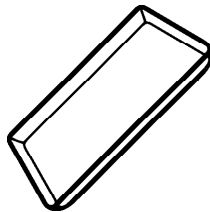
1 large pot
1 small pot



1 large skillet
1 small skillet



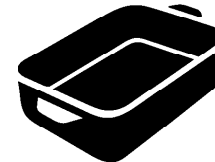
a pack of silverware



1 rimmed baking sheet



a few storage containers
(small, medium, large)



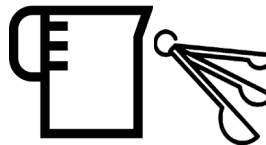
1 baking dish
(glass or ceramic)



1 cup per person



1 coffee cup
per person



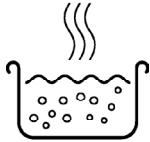
measuring cups
and spoons



knives and
cooking utensils

DIFFERENT WAYS TO COOK

Boiling



Food is cooked in deep boiling liquid (water, stock, wine, etc.) in an open or covered saucepan.

Simmering



Like boiling, but the liquid is kept just below boiling point in an uncovered pot.

Steaming



Food is placed on a container and cooked in the steam from boiling water in a covered pan or steamer.

Stewing



Cooking food in its own juices with a little additional liquid, in a covered pan, at simmering point.

Sautéing



Cooking small/thin pieces of food in a little amount of very hot oil or fat. The frying pan is shaken constantly to stop the food

Deep-frying



Frying pieces of food in a deep pot or fryer with plenty of hot oil or fat.

Pan-frying



Frying food in a little oil or butter using a frying pan over moderate heat.

Broiling/grilling



Cooking food like steak or fish over or under open heat, e.g. under the oven grill, or on top of a barbecue or hot plate.

Roasting



Cooking food like meat or poultry with some fat in a hot oven.

Baking



Cooking food like cakes, pies, bread, etc. in a closed oven.

VEGGIE COOKING GUIDE

VEGGIE	BOILED	STEAMED	BAKED	MICROWAVE
Zucchini	3-5 min	4-6 min	12-15 min at 450°F	2-3 min
Asparagus	10-15 min	8-10 min	8-10 min at 400 °F	2-4 min
Green Beans	6-8 min	5-8 min	12-15 min at 425°F	3-4 min
Broccoli Florets	10-15 min	5-6 min	15-18 min at 425°F	4-6 min
Brussels Sprouts	5-7 min	8-10 min	20 min at 400°F	4-6 min
Cabbage (shredded)	5-10 min	5-8 min	30 min at 400°F (wedges)	5-6 min
Carrots (sliced)	5-10 min	4-5 min	20-30 min at 400°F (baby carrots)	4-5 min
Cauliflower	5-10 min	5-10 min	25-30 min at 400°F	2-3 min
Corn on the Cob	5-8 min	4-7 min	30 min at 350°F (with husks)	2 min
Eggplant	5-10 min	5-6 min	25-30 min at 400°F	2-4 min
Mushrooms	3-4 min	4-5 min	25 min at 400°F	2-3 min
Peas	8-12 min	3-5 min	20 min at 400°F	2-3 min
Bell Peppers	4-5 min	2-4 min	15 min at 450°F	2-3 min
Potatoes (cut)	15-20 min	10-15 min	20 min at 425°F	6-8 min
Spinach	2-5 min	5-6 min	3-6 min at 450°F	1-2 min
Sweet Potato (cubes)	20-30 min	4-6 min	12-15 min at 450°F	2-3 min

FOOD STORAGE

Fridge

- | | |
|----------------------------------|--------------------|
| - Apricots* | - Asparagus |
| - Cantaloupe* | - Brussels Sprouts |
| - Figs | - Grapes |
| - Honeydew | - Green Beans |
| - Blackberries | - Herbs |
| - Blueberries | - Spinach |
| - Raspberries | - Kale |
| - Strawberries | - Green Onions |
| - Cherries | - Lettuce |
| - Broccoli | - Sprouts |
| - Carrots | - Summer Squash |
| - Cauliflower | - Yellow Squash |
| - Corn | - Zucchini |
| - Peas | - Leeks |
| - Radishes | - Beets |
| - Mushrooms (store in paper bag) | - Celery |

High Ethylene Producers

keep away from other fresh
produce to slow down ripening

Countertop

- | | |
|-------------|----------------|
| - Bananas* | - Oranges |
| - Tomatoes* | - Peppers |
| - Cucumbers | - Pineapple |
| - Eggplant | - Pomegranates |
| - Garlic | - Watermelon |
| - Ginger | - Mangoes |
| - Lemons | - Grapefruit |
| - Limes | - Basil |

Cool, Dry Place

- | | |
|--------------------|--------------------|
| - Acorn Squash | - Spaghetti Squash |
| - Butternut Squash | - Sweet Potatoes |
| - Onions* | - Winter Squash |
| - Potatoes | - Pumpkins |

Counter/Fridge

Ripen on Counter, Then Refrigerate

- | | |
|--------------|-----------|
| - Avocados | - Kiwi |
| - Nectarines | - Apples* |
| - Peaches | - Pears |
| - Plums | |

MEASUREMENT CONVERSIONS

BASIC KITCHEN CONVERSIONS & EQUIVALENTS

DRY MEASUREMENTS CONVERSION CHART:

3 teaspoons = 1 tablespoons = 1/16 cup
6 teaspoons = 2 tablespoons = 1/8 cup
12 teaspoons = 4 tablespoons = 1/4 cup
24 teaspoons = 8 tablespoons = 1/2 cup
36 teaspoons = 12 tablespoons = 3/4 cup
48 teaspoons = 16 tablespoons = 1 cup

*

teaspoon= tsp
tablespoon= tbsp

LIQUID MEASUREMENTS CONVERSION CHART:

8 ounces = 1 cup = 1/2 pint = 1/4 quart
1 6 ounces = 2 cups = 1 pint = 1/2 quart
3 2 ounces = 4 cups = 2 pints = 1 quart = 1/4 gallon
1 2 8 ounces = 1 6 cups = 8 pints = 4 quarts = 1 gallon

METRIC TO US COOKING CONVERSIONS

OVEN TEMPERATURES:

120°C = 250°F
160°C = 320°F
180°C = 350°F
200°C = 400°F
220°C = 425°F

WHAT DOES 1 CUP EQUAL?

1 cup = 8 fluid ounces
1 cup = 16 tablespoons
1 cup = 48 teaspoons
1 cup = 1/2 pint
1 cup = 1/4 quart
1 cup = 1/16 gallon
1 cup = 240 milliliters

EATING SEASONALLY



Celery	Pomegranate
Kale	Radishes
Broccoli	Turnips
Potatoes	Carrots
Sweet Potatoes	Onions
Brussels Sprouts	Citrus



Zucchini	Mushrooms
Tomatoes	Swiss Chard
Rhubarb	Arugula
Artichoke	Fennel
Asparagus	Spinach



Limes	Blueberries
Garlic	Blackberries
Shallots	Strawberries
Lemons	Watermelon
Apricots	Nectarines
Peppers	Cherries
Avocados	Peaches
Cucumber	Mango



Corn	Cranberries
Leeks	Eggplant
Beets	Apples
Parsnips	Prunes
Cabbage	Plums
Pumpkin	Melon
Cauliflower	Pears

Part Two

RECIPES: BREAKFAST





BANANA PANCAKES

Breakfast



SERVES

4



TOTAL TIME

15 MIN

ingredients

1 banana

1 egg

2 tbsp flour

1. Mash the banana using a fork. The riper your banana, the easier it will be to mash and the more flavour it will have.
2. Whisk in the egg using a fork. Stir well until fully combined.
3. Whisk in the flour and stir until just combined. Do not overmix.
4. Heat a non-stick skillet over medium heat. Spray with cooking spray and add the batter. Cook for 2-3 minutes per side. Flip when bubbles begin to pop and edges begin to brown.
5. Serve hot with your favourite toppings.



<https://www.slenderkitchen.com/recipe/three-ingredient-banana-and-egg-pancakes>

PUMPKIN OATMEAL

Breakfast



SERVES

4



TOTAL TIME

10 MIN

ingredients

1 cup old fashioned rolled
oats

1 and 1/2 cup almond milk
(or milk of choice)

1/4 cup pumpkin puree

1 tbsp maple syrup or
honey

1/4 tsp cinnamon

1/8 tsp cloves

1/8 tsp nutmeg

TO MAKE PUMPKIN OATMEAL ON STOVETOP:

1. Add the oats to a small pot and add the milk. Cook over medium heat and bring to a simmer.
2. Add in the pumpkin puree, cinnamon, nutmeg, cloves and maple syrup. Stir to combine.
3. Cook for about 7-10 minutes. Just until the oats are softened and cooked.
4. Top with additional maple syrup, nutmeg and a small amount of heavy cream for an ultimate breakfast treat.

TO MAKE PUMPKIN OATMEAL IN MICROWAVE:

1. Add the oats, and milk to a microwave safe bowl.
2. Microwave for about 2 minutes or until oats are cooked through.
3. Stir in the pumpkin puree, your choice of honey/maple syrup, cinnamon, cloves, and nutmeg.



<https://houseofyumm.com/pumpkin-oatmeal/>

OVERNIGHT OATS

Breakfast



SERVES
1



directions:

Using a medium sized mason jar, add oats and milk; layer with desired toppings. Refrigerate overnight; serve cold.

start with your base:

1/2 cup old fashioned oats
1/2 cup milk

Using a mason jar, add oats and milk; layer with desired toppings. Refrigerate overnight; serve cold.

CHOOSE YOUR TOPPINGS:

STRAWBERRIES AND CREAM

1/2 cup strawberries, chopped
1/4 cup vanilla yogurt
1 tbsp mini chocolate chips

TROPICAL DELIGHT

2 tbsp diced kiwi
2 tbspdiced pineapple
1/4 cup plain Greek yogurt
1 tbsp toasted coconut flakes

BLUEBERRY LEMON CHEESECAKE

2 tbsp blueberry yogurt
1/4 cup plain Greek yogurt
1/4 cup blueberries
1 tsp lemon zest
1 tsp honey

PUMPKIN PIE

2 tbsp pumpkin puree
1/4 cup plain Greek yogurt
2 tbsp pecans, chopped
1 tsp maple syrup

PB&J

1 tbsp strawberry jam
2 tbsp peanut butter
1/2 tsp chia seeds
2 tbsp peanuts, crushed

APPLE PIE

1/4 cup plain Greek yogurt
1/4 cup diced apples
1/4 tsp ground cinnamon
1 tsp maple syrup





EASY BLUBERRY MUFFINS

Breakfast



SERVES
12



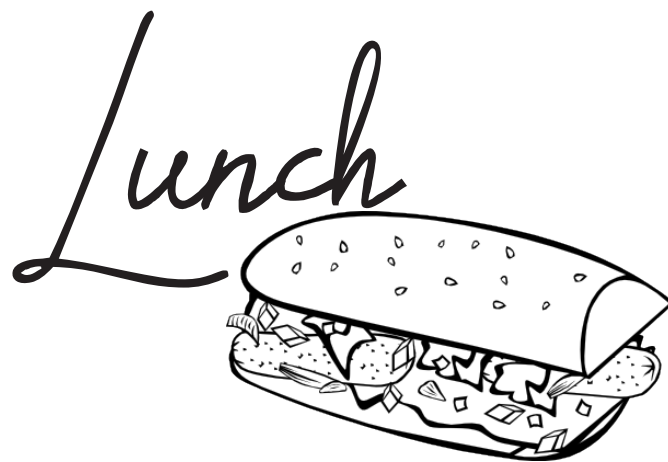
TOTAL TIME
30 MIN

ingredients

2 cups all purpose flour
(spooned and leveled)
3/4 cup granulated sugar
2 tsp baking powder
1/4 tsp salt
1 cup milk
2 large eggs (room
temperature is best)
1 tsp vanilla extract
1/2 cup butter, melted and
cooled slightly (1 stick)
2 cups blueberries (fresh
or frozen)

1. Preheat oven to 375°F. Prepare a 12 cup muffin pan with non-stick cooking spray or paper liners, and set aside.
2. In a large bowl, whisk together the flour, sugar, baking powder, and salt.
3. In a 2-3 cup liquid measuring cup, whisk together the milk, eggs, vanilla extract, and melted butter
4. Pour the wet ingredients into the dry ingredients and mix gently just until combined, being careful not to over mix.
5. Gently fold the blueberries into the batter.
6. Fill the muffin cups up to the top with batter. Bake in preheated oven for 15-20 minutes, until slightly golden brown. To check if they are done stick a toothpick through the centre, if it comes out clean they are ready!





VEGETABLE QUINOA SOUP

Lunch



**FREEZE
EXTRA!**



**TOTAL TIME
50 MIN**

ingredients

2 tbsp olive oil
1 yellow onion diced
1 carrot chopped
2 celery stalks thinly sliced
3 cloves garlic minced
1 sweet potato chopped
2 cups chopped butternut squash
3 bay leaves
4 cans vegetable broth
2 cans diced tomatoes
1 can chickpeas, rinsed and drained
1 cup quinoa
2 tsp thyme
2 tsp rosemary
2 cups chopped kale ribs and stems removed
Salt & black pepper to taste

1. Heat olive oil in a large stockpot over medium heat. Add onion, carrot, and celery and cook until onions are translucent, about 5 minutes.
2. Add the garlic, sweet potato, butternut squash, and bay leaves. Cook until vegetables are tender, about 10 minutes. Stir occasionally so they don't stick to the bottom of the pan.
3. Add the vegetable broth, tomatoes, and chickpeas. Stir in the quinoa and season with rosemary and thyme. Cook for 15 minutes or until quinoa is soft. Stir in the kale and cook for an additional 5 minutes. Season with salt and black pepper, to taste.
4. Note-this soup freezes well. To freeze, cool completely and pour into a freezer container. When ready to eat, defrost and reheat on the stove or in the microwave.



<https://quinta.ca/2016/11/29/fall-vegetable-quinoa-soup/>

TOFU THAT TASTES GOOD!

Lunch



SERVES

2



TOTAL TIME

60 MIN

ingredients

stir-fry:

- 1 package firm or extra-firm tofu
- 2 cups chopped green beans
- 1 cup diced carrots or red pepper
- 2 tbsp toasted sesame oil for sautéing (or sub peanut or coconut)

sauce:

- 1/4 cup low-sodium soy sauce
- 1 tbsp fresh grated ginger
- 2 tbsp brown sugar
- 1 tbsp agave or maple syrup (or honey)
- 1 tbsp cornstarch

TOFU STIR-FRY

1. Preheat oven to 400°F and begin drying your tofu. Drain, remove it from the package and place between two thick towels folded into the shape of the tofu. Then place a plate or bowl on top and top it with something heavy like a book or skillet.
2. Let it dry for about 15 minutes, changing your towels if they get too wet. Once dry, unwrap, chop tofu into roughly 1-inch cubes or rectangles.
3. Arrange tofu on a lightly greased or parchment-lined baking sheet to prevent sticking and bake for a total of 25-35 minutes, flipping once halfway through to ensure even cooking. This will dry out the tofu and help give it a more meat-like texture. If you want a tougher texture, cook it for 30-35. For a slightly more tender texture, pull it out at 20-25 minutes to check.
4. Once it's golden brown and a bit tough and firm, remove from the oven set it out to dry a bit more while you prep your vegetables. Ideally, it would set out another 45 minutes or even longer.
5. If serving over rice, start the rice at this point.



6. In a small mixing bowl, whisk together all of the sauce ingredients then set aside.
7. To a large skillet over medium-high heat, add sesame oil and swirl to coat. Then add veggies and toss to coat. Cook for 5-7 minutes, stirring often. When the vegetables have some colour and have softened a bit, add the sauce and stir. It should bubble and thicken. Next, add the tofu and stir to coat.
8. Cook the mixture for 3-5 minutes, stirring often. When veggies are cooked to your preferred doneness, remove from heat. Serve as is or over rice for a more filling meal. Best when eaten fresh, though will keep well in the refrigerator for a couple days.



POTATO AND LEEK SOUP

Lunch



SERVES

4



TOTAL TIME

60 MIN

ingredients

1 leek

2 large baking potatoes

3 stalks of celery

2 medium carrots

1 medium yellow onion

4 cup of chicken stock or
veggie broth

1 bay leaf

2 sprigs of thyme

Salt and pepper

1. Peel the potatoes and carrots.
2. Roughly chop leek - only the white part, potatoes, carrots, celery and onion (make sure the peices are cut fairly small to make it easier later).
3. Put veggies and chicken stock or veggie broth into a pot and bring to a boil. Add bay leaf and thyme. Let simmer for 30 minutes (or until veggies fall apart tender).
4. Turn off the heat, remove the bay leaf, and strain the soup through a fine colander into a second pot.
5. Take wooden spoon and mash veggies in the colander until you reach your desired consistency.
6. Salt and pepper to taste and return to stove for 10 more minutes, then serve.

[https://overexposedme.wordpress.com/2013/02/23/
recipe-potato-and-leek-soup-without-using-a-food-processor-or-
blender](https://overexposedme.wordpress.com/2013/02/23/recipe-potato-and-leek-soup-without-using-a-food-processor-or-blender)



CHICKPEA PASTA SALAD

Lunch



SERVES

1



TOTAL TIME

10 MIN

ingredients

1/4 very small onion,
finely chopped
1 tbsp apple cider vinegar
2 tbsp olive oil
Salt and pepper
1/4 cup canned chickpeas,
rinsed
1 cup grape tomatoes,
halved
2 tbsp kalamata olives,
halved (optional)
1 cup cooked spiral pasta
1 1/2 cup baby arugula,
chopped
2 tbsp crumbled feta

1. Cook pasta as per instructions outlined on package.
2. In a mason jar, shake onion, vinegar, and oil, and a pinch of salt and pepper. Add chickpeas and gently shake to coat.
3. Top with tomatoes, pasta, arugula, olives and feta (if using). When ready to serve, turn upside down and let sit for 2 minutes for the dressing to run over the rest of the ingredients.



<https://www.goodhousekeeping.com/food-recipes/easy/a28639122/chickpea-pasta-salad-recipe/>

LEMON CHICKEN WRAP

Lunch



SERVES

4



TOTAL TIME

50 MIN

ingredients

1/4 cup plus 2 tbsp extra-virgin olive oil
juice of 3 lemons
2 cloves garlic, minced
1 tsp Italian seasoning
salt & pepper
1 pound boneless skinless chicken breasts
1/2 cup plain yogurt
1/2 tsp paprika
hot sauce, to taste
pita bread
lettuce
sliced tomatoes

1. Make marinade: In a small bowl, whisk together 1/4 cup oil, juice of 2 lemons, garlic, Italian seasoning, salt and pepper. To a large ziploc bag, add chicken breasts and marinade and toss to coat. Let marinate for at least 30 minutes and up to 4 hours.
2. In a large skillet over medium-high heat, heat remaining two table spoons oil. Add chicken breasts and cook until golden and cooked through, about 8 minutes per side. Remove from pan and let rest a few minutes, then slice.
3. Make spicy yogurt sauce: In a small bowl, mix together yogurt, hot sauce, remaining lemon juice, and season with paprika and more salt.
4. Assemble wraps: To a piece of pita, add lettuce, tomato, chicken slices, and drizzle with spicy yogurt sauce. Wrap in a piece of parchment and serve.



<https://www.delish.com/cooking/recipe-ideas/a22999106/lemon-chicken-wraps-recipe/>

LENTILS AND RICE WITH CARAMELIZED ONIONS

Lunch



SERVES

4



TOTAL TIME

60 MIN

ingredients

caramelized onions:

1 medium red onion, sliced
1 tbsp olive oil

lentils & rice:

3 ½ cups water
½ medium red onion, diced
2 cloves garlic, minced
1 tbsp olive oil
1 cup green lentils
1 cup long grain rice
1 tsp salt
1 tsp cumin
½ tsp cinnamon
1 bay leaf

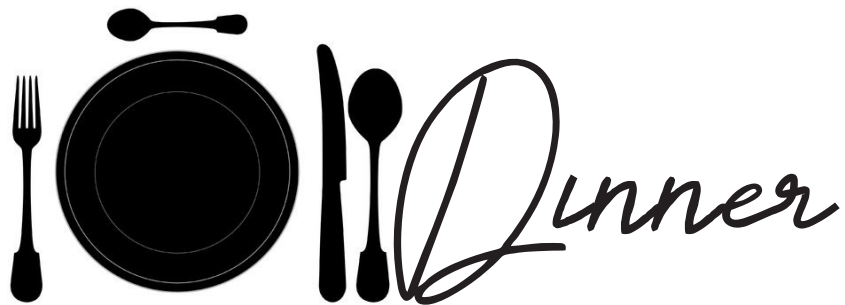
garnish: (optional):

1 bunch fresh parsley
1 lemon
½ cup greek yogurt

1. In a large pot, sauté the diced red onion and minced garlic in 1 tbsp of olive oil until translucent, about 5 minutes.
2. Add the water, green lentils, and salt to the large pot. Bring to a boil.
3. Cover with lid and simmer for 10 minutes.
4. To make the caramelized onions, heat a tbsp of olive oil over low heat and add the onion slices, stirring occasionally until completely soft, dark brown, and caramelized. NOTE: This will take about 30 minutes. The onions should become very dark and tacky when finished. Stir often to avoid burning.
5. Add the rice, cumin, cinnamon, and bayleaf to the lentils. Stir.
6. Cook covered for about 15 minutes, or until rice is cooked.
7. Serve lentils and rice topped with the caramelized onions, chopped fresh parsley, lemon wedges, and Greek yogurt if desired.



<https://tasty.co/recipe/lentils-and-rice-with-caramelized-onions>



ONE POT WINTER CHILI

Dinner



SERVES

4



TOTAL TIME

60 MIN

ingredients

1 pound ground beef or
ground chicken
1 large onion
1 can kidney beans
1 can chickpeas
1 can mixed beans
1 can Aylmers chili (you
can substitute for more
chili seasoning, an extra
can of tomatoes and some
peppers if you do not
have this in your local
grocery store)
2 carrots
2 celery stalks
1 tbsp chili seasoning

1. Cut up onion and place with olive oil in a large pot.
2. Cook the onions until soft and translucent.
3. Place the ground beef into the pot and cook until done.
4. While the ground beef is cooking, chop the carrots and celery.
5. Once the ground beef is done, place the carrots, celery, cans of beans, Aylmer chili can, diced tomatoes and chili seasoning in the pot.
6. Cook for 45 minutes on low-medium heat (just enough for a soft boil), stirring every 15 mins.



<https://www.thebestideasforkids.com/one-pot-winter-chili-recipe/>

CAULIFLOWER RICE AND CHICKEN

Dinner



SERVES

4



TOTAL TIME

15 MIN

ingredients

1 head of cauliflower

4 chicken breasts
(boneless, skinless)

1/2 cup flour

1 tsp sea salt

1/4 tsp black pepper

1 tsp garlic powder

1 tsp onion powder

2 tsp Italian seasoning

2 tbsp olive oil

HOW TO MAKE CAULIFLOWER RICE:

1. Remove leaves and core of cauliflower. Cut the head into florets and cut off the thicker ends.
2. Grate cauliflower using box grater or food processor. Use the larger hole side.
3. You should get about 6 cups of cauliflower “rice” from a medium head.
4. To cook: heat up a tbsp or so of olive oil in a saucepan and cook 2½ cups of cauliflower rice for about 5 minutes, stirring often. Season with salt and pepper and serve.

Cauliflower rice is a healthy alternative to regular rice. Plus it's super nutritious!



[https://www.skinnytaste.com/
roasted-cauliflower-rice-with-garlic-and-lemon/](https://www.skinnytaste.com/roasted-cauliflower-rice-with-garlic-and-lemon/)



EASY PAN-SEARED CHICKEN IS EASILY PREPARED RIGHT IN THE SKILLET WITH A CRUNCHY CRUST AND LOTS OF FLAVOR FROM ITALIAN SEASONING.

1. Paper towel dry the chicken. In a large bowl, combine flour, salt, black pepper, garlic powder, onion powder and Italian Seasoning. Stir well to blend.
2. Using a fork or tongs, coat the chicken breasts in the flour mixture and set aside.
3. Heat 2 tbs of olive oil in a large skillet over medium-high heat. Once the skillet is hot, place flour coated chicken breasts in the skillet and cook for 4 to 5 minutes on each side, until golden brown on both sides and cooked through, turning once between cooking, about 8-10 minutes.
4. Remove chicken from pan and serve!



STUFFED BELL PEPPERS

Dinner



SERVES

6



TOTAL TIME

60 MIN

ingredients

1 pound lean ground beef
(optional)
4 mushrooms chopped
3 ears of fresh corn kernels or 1
1/2 cups frozen corn
2 ribs of celery chopped
1 medium onion chopped
2 cloves garlic minced
2 x 14.5 ounce canned diced
tomatoes with juice
2 tbsp tomato paste
2 tbsp basil
1 tbsp oregano
1/2 tsp red pepper flakes
Salt and ground black pepper
to taste
1 1/2 cups cooked long grain
rice
1/4 cup chopped Italian parsley
6 bell peppers
1 cup shredded fontina cheese
or monterey jack cheese

1. Preheat the oven to 350°F.
2. Brown the ground beef in a large fry pan over medium-high heat for 5 minutes or until cooked almost through. Add the mushrooms, corn kernels, chopped celery, onion and garlic and cook until vegetables are softened. Stir in the diced tomatoes, tomato paste, basil, oregano and red pepper flakes. Season with kosher salt and ground pepper to taste and cook for 15-20 minutes. Stir in cooked rice and chopped parsley and cook for another 5 minutes or until the rice is warmed through.
3. Meanwhile, cut off the tops of the peppers and spoon out the ribs and seeds, then rinse. Lightly sprinkle the inside of the peppers with kosher salt and place in a microwave safe dish with 1/4 cup water. Cover with plastic wrap and microwave for 5 minutes or until they start to soften.
4. Transfer to a 3 quart baking dish and fill the peppers with the hot meat and rice mixture. Sprinkle the tops with cheese and bake for 20 minutes or until peppers are tender and cheese is browned. Serve hot.



<https://www.foodiecrush.com/stuffed-bell-peppers-recipe/>

BAKED TILAPIA

Dinner



SERVES

4



TOTAL TIME

17 MIN

ingredients

4 tilapia

5 tbsp butter, melted

2 cloves garlic, minced

salt & pepper

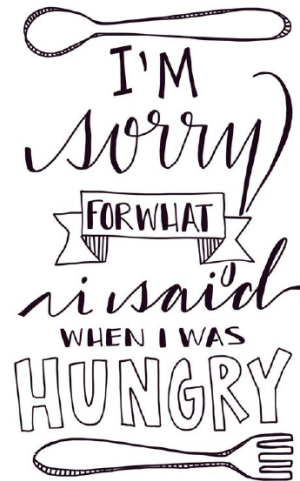
1/4 tsp red pepper flakes

juice and zest from 1/2 a
lemon

1 lemon, sliced into rounds

chopped parsley, for garnish

1. Preheat oven to 400°F. Season tilapia with salt and pepper and place on small baking sheet.
2. Mix together butter, garlic, red pepper flakes, lemon juice, and zest then pour over tilapia. Place lemon rounds on top and around tilapia.
3. Bake tilapia for 10 to 12 minutes or until fish is fork-tender.



<https://www.delish.com/cooking/recipe-ideas/a19665918/oven-baked-tilapia-recipe/>

LEMON ASPARAGUS PASTA

Dinner



SERVES

4



TOTAL TIME

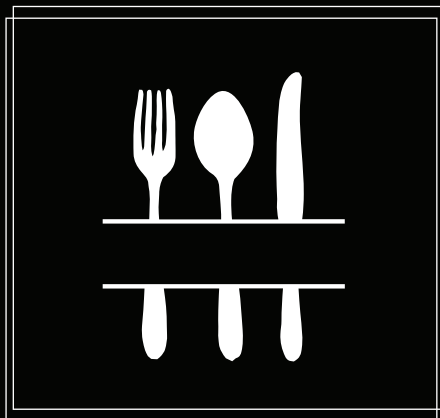
30 MIN

ingredients

1 bunch asparagus
(trimmed)
salt & pepper
2 medium lemons (sliced
thinly)
3 1/2 tbsp olive oil
(divided)
3-4 large cloves garlic
(minced)
5 cups bow tie pasta
2 1/2 cups milk or
unsweetened plain
almond milk
3-4 tbsp all-purpose flour
1-2 tbsp parmesan or
nutritional yeast (if dairy
free)

CREAMY LEMON ASPARAGUS PASTA

1. Preheat oven to 400°F. Add asparagus to a baking sheet and toss with 1/2 tbsp olive oil and a pinch each of salt and pepper. Top with several thin slices of lemon and bake for 20-25 minutes. Once finished cooking, remove from oven and roughly chop into thirds.
2. In the meantime, bring a pot of water to a boil and salt generously. While the water's heating, bring a large skillet to medium heat. Once hot, add 3 tbsp olive oil and garlic. Whisk and continue cooking for 1-2 minutes or until garlic is just starting to brown.
3. Add 3 tbsp flour and whisk. Cook for 30 seconds, then whisk in milk 1/2 cup at a time. TIP: Use a large flat spatula to smash down the bits of garlic and flour to properly incorporate. Add a healthy pinch salt and pepper and whisk. Slightly lower heat and continue cooking to thicken, stirring occasionally.
4. Add pasta to boiling water and cook according to package instructions. Then drain and set aside.
5. For extra creamy sauce, add sauce to a blender to blend. Add parmesan or nutritional yeast and another pinch of salt and pepper. If it looks runny, add remaining flour. Mix until creamy and smooth, using the "puree" or "liquify" setting if using a blender. Taste and adjust seasonings as needed, then add back to pan and continue cooking over medium to medium-low heat to thicken.



LEMON ASPARAGUS PASTA

6. Once your sauce has reached desired thickness, add the juice of half a lemon and stir.
7. Add 3/4 of the chopped asparagus and the cooked pasta to the sauce and toss to coat.
8. Divide between 4 serving plates and top with remaining asparagus. Serve with a lemon wedge and parmesan.
9. Store leftovers in the refrigerator for up to a few days.



SNAP PEA & MUSHROOM SAUTE

Dinner



SERVES

2



TOTAL TIME

20 MIN

ingredients

1 tbsp vegetable oil
5 ounce cremini mushrooms, trimmed and sliced
1.5 cups of sugar snap peas, trimmed
2 scallions, white and light green parts, cut into 2-inch pieces (about 1 1/2 cups)
2 cloves garlic, minced
1 tbsp low-sodium soy sauce
crushed red pepper

1. Warm oil in a large skillet over medium-high heat until simmering. Add mushrooms, snap peas and scallions and cook, stirring constantly, until snap peas are bright green and mushrooms have released their liquid, 3 to 4 minutes. Add garlic and cook, stirring, until golden, about 30 seconds.
2. Add soy sauce and cook for 3 to 4 minutes more, stirring, until snap peas are crisp-tender. Sprinkle with red pepper, if desired. Serve.



GARLIC BUTTER PAN FRIED STEAK

Dinner



SERVES

2



TOTAL TIME

15 MIN

ingredients

1 steak of your choice 12-16
ounce

1/2 tsp pepper & 1/2 tsp salt

1 tbsp olive oil

garlic butter topping:

4 oz butter softened to room
temperature

1 tbsp parmesan cheese

¼ tsp minced garlic

1 tsp black pepper

crushed red pepper for garnish,
optional

1. Lightly coat your entire steak with oil. Sprinkle the salt and pepper over the entire steak. If you are cooking a thicker steak and will be finishing it off in the oven, make sure to preheat your oven to 400°F.
2. Heat your skillet to medium/medium-high heat. Once heated, add steak and cook for 5 minutes on each side. If you have a thicker steak, you can also cook on each of the long sides for 1 minute.
3. To make the Garlic Butter, combine the butter, parmesan cheese, garlic and butter in a small bowl. Place in the refrigerator to cool and harden.
4. Finish cooking thick/ large steaks in a 400°F oven for 2-5 minutes. This is where a cast iron skillet comes in handy, you can put the skillet in the oven without having to transfer the steak to an oven safe dish.
5. Remove from heat and top with garlic butter. Let rest for a few minutes, while loosely tented with aluminum foil.



<https://butterwithasideofbread.com/garlic-butter-pan-fried-steak/>

CRISPY BAKED GARLIC FRIES

Dinner



SERVES

4



TOTAL TIME

35 MIN

ingredients

3-4 medium potatoes
(scrubbed clean and
dried)

1/4 cup olive or avocado
oil

1 pinch each sea salt &
black pepper

1 tsp garlic powder

3 cloves garlic (minced)

fresh rosemary
(optional)

1. Preheat oven to 450°F.
2. Chop potatoes into matchsticks by halving, halving once more, then cutting into wedges and then strips.
3. Line two baking sheets with parchment paper (updated from foil, which sticks more) and generously spray with nonstick spray.
4. Add fries plus a generous drizzle of oil and sea salt, pepper, and garlic powder. Toss to coat.
5. Arrange fries in a single layer making sure they aren't touching too much. This will help them crisp up and cook evenly.
6. Bake for 25-35 minutes, tossing/flipping at least once to ensure even baking.
7. In the last 10 minutes of cooking, heat a small saucepan over medium heat and add 1-2 tbsp olive oil (amount as original recipe is written // adjust if altering batch size) and the minced garlic.
8. Sauté, stirring frequently, until slightly brown to wake up the flavor.
9. Remove from heat and set aside.
10. When the fries are finished, remove from oven, sprinkle again with sea salt, and spoon the warm garlic on top. Toss to coat and serve immediately.
11. You can also add more flavor by tossing the fries with rosemary.



<https://minimalistbaker.com/crispy-baked-garlic-matchstick-fries/>

CLASSIC SMASH BURGER

Dinner



SERVES

4



TOTAL TIME

10 MIN

ingredients

1/2 tsp vegetable oil

16 to 20 ounces ground
beef, divided into four

salt & ground black pepper

cheese slices (if desired)

toppings and condiments as
desired

4 toasted burger buns

- 1 Add oil to a 12-inch stainless steel or cast iron skillet and wipe around with a paper towel. Set skillet over medium heat and allow to preheat for about 5 minutes. Meanwhile, gently form each portion of ground beef into a cylindrical puck about 2 inches tall, pressing together just until meat holds its shape without falling apart. Season generously on all sides with salt and pepper.
2. Increase heat to high until skillet is smoking. Add pucks to skillet and using a firm, stiff metal spatula, press down on each one until they're roughly 4 to 4 1/2-inches in diameter and 1/2-inch thick. It helps to use a second spatula to apply downward pressure to the first if you are having trouble smashing them hard enough.
3. Cook without moving until a golden brown crust develops, about 1 1/2 minutes. Use the edge of the spatula to carefully scrape up and flip the patties one at a time, making sure to get all browned bits removed from the skillet. If using cheese, add now.
4. Continue to cook until patties are cooked to desired doneness—about 30 seconds longer for medium rare. Top buns or patties as desired, transfer patties to buns, close burgers, and serve.



<https://www.serious-eats.com/recipes/2012/09/classic-smashed-burgers-recipe.html>

Snacks



2 MINUTE BROWNIE FOR ONE

Snacks



SERVES

1



TOTAL TIME

3 MIN

ingredients

4 tsp flour

4 tsp sugar

2 tsp unsweetened cocoa
powder

2 tsp oil

1/4 tsp vanilla

2 tsp water

chocolate chips (optional)

1. Mix all of the ingredients together with a fork in a tiny bowl or small mug, then throw a few chocolate chips on top, if you wish.
2. Microwave on high for 30-40 seconds.
3. Enjoy alone or top with a dollop of ice cream and/or peanut butter.



<https://listotic.com/easy-5-minute-brownie-in-a-mug/>

IRISH SODA BREAD

Snacks



SERVES

6



TOTAL TIME

10-30 MIN

ingredients

6 oz (170g) self- raising
wholemeal flour*

6 oz (170g) plain flour*

1/2 tsp salt

1/2 tsp bicarbonate of
soda

1 cup buttermilk

*6oz is equal to 0.75
cups

This is a simple recipe for making homemade bread. Many people find the action of making bread calming and meditative. You'll learn to knead, which is simply pushing the dough so that the gases formed by the yeast come out evenly. Gather the dough into a pile on a floured surface, form it into a ball and then press it down and reshape it. Sprinkle a little more flour onto your hands or on the work surface if you need to. Press the heels of your hands into the dough and push it forward a bit. Fold it back to you, turn it, and just keep doing that until it doesn't feel lumpy anymore. Cutting a cross in the top allows the bread to expand as the heat rises.

Equipment Needed:

oven
large mixing bowl
wooden or other large spoon for mixing
baking sheet
measuring cup
measuring spoons
wire rack for cooling



1. Preheat oven to 400° F.
2. Tip the flours, salt and bicarbonate of soda into a large mixing bowl and stir with a large spoon.
3. Make a well (hole) in the centre and pour in the buttermilk, mixing quickly with a large fork to form a soft dough. (If the dough seems too stiff, add a little more milk, but not so much that it becomes very wet or sticky.)
4. Take a baking sheet and sprinkle some flour onto it and turn out the mixture from the bowl. Knead briefly.
5. Form into a round and flatten the dough slightly.
6. Cut a cross on the top and bake for about 30 minutes or until the loaf sounds hollow when tapped. Cool on a wire rack.



RHUBARB AND STRAWBERRY PIE

Snacks



SERVES
8



TOTAL TIME
70 MIN

ingredients

1 cup white sugar

½ cup all-purpose flour

1 pound fresh rhubarb,
chopped

2 pints fresh strawberries

1 9 inch double crust pie
shell

2 tbsp butter

1 egg yolk

2 tbsp white sugar

1. Preheat oven to 400°F.
2. In a large bowl, mix flour and sugar. Add strawberries and chopped rhubarb. Toss with sugar and flour and let stand for 30 minutes.
3. Pour filling into pie crust. Dot top with butter, and cover with top crust. Seal edges of top and bottom crust with water.
4. Apply yolk to top of pie, using a pastry brush. Sprinkle with sugar. Cut small holes in top to let steam escape.
5. Place in oven and bake for 35 to 40 minutes at 400°F, or until bubbly and brown. Cool on rack.



<https://www.allrecipes.com/recipe/12612/rhubarb-and-strawberry-pie/>

CINNAMON BAKED PEARS

Snacks



SERVES
8



TOTAL TIME
50 MIN

ingredients

4 ripe pears
1/2 cup melted butter
1 tbsp cinnamon sugar
1 cup old-fashioned rolled
oats
1/2 cup finely chopped
almonds
1/3 cup brown sugar
1 tsp ground cinnamon
salt

1. Preheat oven to 400°F. Halve pears and scoop out some of the center to fit the oatmeal crumble. Brush insides of pears with 2 tbsp melted butter and sprinkle with cinnamon sugar.
2. In a medium bowl, combine oats, almonds, brown sugar, cinnamon, and a pinch of salt. Pour remaining melted butter into bowl and combine until fully coated.
3. Spoon into pear halves.
4. Bake until pears are soft, 35 to 40 minutes.
5. Top with a small scoop of vanilla ice cream and serve warm.



<https://www.delish.com/cooking/recipe-ideas/recipes/a51029/cinnamon-baked-pears-recipe/>

APPLE CRISP

Snacks



SERVES
8



TOTAL TIME
60 MIN

ingredients

Filling:

1/2 cup granulated sugar
2 tbsp cornstarch
1 tsp ground cinnamon
2 pounds granny smith apples,
peeled, cored and sliced 1/4-
inch thick
1 tbsp freshly squeezed lemon
juice

Topping:

1 1/2 cups rolled oats
1 cup all-purpose flour
1/2 cup packed light brown
sugar
1/2 tsp salt
12 tbsp (1 1/2 sticks) unsalted
butter, melted and cooled, plus
more for the baking dish
1 tsp pure vanilla extract

FOR THE FILLING:

1. Arrange a rack in the middle of the oven. Heat the oven to 350°F. Coat a 9-inch square glass baking dish with butter; set aside.
2. Make the fruit filling. Whisk the sugar and cornstarch together in a large bowl to break up any lumps. Add the apples and lemon juice and toss gently to coat. Transfer to the baking dish and spread into an even layer.

FOR THE TOPPING:

3. Make the crisp topping. Place the oats, flour, brown sugar, and salt in a medium or large bowl — it can be the bowl that was just used for the apples — and stir until combined. Drizzle the butter and vanilla over the oat mixture and stir to combine.
4. Top the crisp. Scatter the crisp topping evenly over the fruit mixture, leaving large clumps intact.
5. Bake the crisp for 50 to 60 minutes. Bake until the fruit juices are bubbling around the edges of the baking dish and the topping is golden and firm to the touch.
6. Cool the crisp. Let the crisp cool on a wire rack for at least 15 minutes before serving. If transporting to a picnic or party, let the crisp cool completely to give the fruit filling time to set.



RECIPE NOTES:

Make ahead: the crisp topping can be made in advance. Store in the fridge for up to 3 days or freeze for up to a month.

Storage: the cooled crisp can be covered and refrigerated for up to 1 week. Serve cold, room temperature, or re-warmed in a low oven for 20 minutes.

TIP:

Apple choice matters. Since we aren't pre-cooking the apples (an extra step many recipes call for), the type of apple you choose will greatly affect the texture of the finished crisp. Granny Smith is our first choice, since its tartness holds up against the sweetness of the crisp topping, and they always bake up tender but not mushy. Cortlands, Pink Cripps, Honeycrisps and Jonagolds are also good options.



EGGPLANT CHIPS

Snacks



SERVES

2



TOTAL TIME

20 MIN

ingredients

olive oil spray

2 Japanese eggplants or 1
regular eggplant, 1 lb. total
weight, unpeeled

1/2 tsp salt

1/4 tsp black pepper

1/2 tsp garlic powder

1. Preheat oven to 450°F. Line 2 large rimmed baking sheets with foil and spray the foil with olive oil spray.
2. Using a sharp knife, slice the eggplants very thinly, into 1/8-inch-thick slices.
3. Arrange the eggplant slices in a single layer on the prepared baking sheets. Spray them with olive oil, then sprinkle with salt, black pepper, and garlic powder.
4. Bake the eggplant chips in the preheated oven for 10 minutes.
5. Remove from the oven, turn the eggplant slices to the other side, and bake 10 more minutes, until browned and crispy. Watch them carefully after 5 minutes to make sure they don't burn.



<https://healthyrecipesblogs.com/eggplant-chips/>

Resources:

Banana Pancakes.....<https://www.slenderkitchen.com/recipe/>
Pumpkin Oatmeal.....<https://houseofyumm.com/pumpkin-oatmeal/>
Overnight Oats.....<https://damndelicious.net/2017/01/26/easy-overnight-oats/>
Blueberry Muffins.....<https://thesaltymarshmallow.com/easy-blueberry-muffins>
Vegetable Quinoa Soup.....<https://quinta.ca/2016/11/29/fall-vegetable-quinoa-soup/>
Tofu That Tastes Good.....<https://minimalistbaker.com/tofu-that-tastes-good-stir-fry/>
Potato & Leek Soup.....<https://overexposedme.wordpress.com/2013/02/23/>
Chickpea Pasta Salad.....<https://www.goodhousekeeping.com/food-recipes/easy/a28639122/>
Lemon Chicken Wrap.....<https://www.delish.com/cooking/recipe-ideas/a22999106/>
Lentils and Rice.....<https://tasty.co/recipe/lentils-and-rice-with-caramelized-onions>
One Pot Winter Chili.....<https://www.thebestideasforkids.com/one-pot-winter-chili-recipe/>
Cauliflower Rice & Chicken.....<https://whatsintheplan.com/easy-pan-seared-chicken/>
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Lemon Asparagus Pasta.....<https://minimalistbaker.com/creamy-vegan-lemon-asparagus-pasta/>
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Garlic Butter Pan Fried Steak.....<https://butterwithasideofbread.com/garlic-butter-pan-fried-steak/>
Crispy Baked Garlic Fries.....<https://minimalistbaker.com/crispy-baked-garlic-matchstick-fries/>
Classic Smash Burger.....<https://www.seriousseats.com/recipes/2012/09/>
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Irish Soda Bread.....www.bbc.co.uk/food/recipes/irishsodabread_67445
Rhubarb and Strawberry Pie.....<https://www.allrecipes.com/recipe/12612/rhubarb-and-strawberry-pie/>
Cinnamon Baked Pears.....<https://www.delish.com/cooking/recipe-ideas/recipes/a51029/cinnamon-baked-pears-recipe/>
Apple Crisp.....<https://www.thekitchn.com/apple-crisp-261648>
Eggplant Chips.....<https://healthyrecipesblogs.com/eggplant-chips/>