

# ***n*SCC**

Pictou Campus

## **HIGH NUTRITION/LOW BUDGET COOKBOOK**



This Cookbook was created by the NSCC  
ALP 4 class of 2006!

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\*Created in 2006

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**Thank you to Pictou Landing Band Council for their  
contribution to our cookbook.**

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Thank you to everyone who contributed recipes to our book. The purpose of the cookbook is to help those who want to eat a healthier diet but are unsure how to get started. Of course, our delicious recipes will appeal to everyone but we have attempted to put together mainly low cost options. This is in response to students complaints that eating a healthy diet on a strict budget is extremely difficult. We have set out to prove that it is possible with a little planning and taking advantage of items on sale. The benefit is a healthier lifestyle for all.

Thank you, enjoy

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# Thank you!

We would like to thank the following sponsors:

## **Adult Learning Program (ALP)**

Mike Smith, Dean of Access

Audrey Arsenault, Academic Chair, Access

Sandra Anderson, Academic Assistant

\* For more information on the Adult Learning Program contact Scott MacGillivray: 755-7290



## **Kinsmen Club of New Glasgow**

We are pleased to be able to support the production of this cookbook through a monetary donation. We have been active in New Glasgow since 1943 and are part of the all-Canadian service organization “KIN Canada” (founded in 1920). Kin Canada is a dynamic volunteer organization enriching our communities through service while embracing national pride, positive values, personal development and lasting friendships. Our motto is “Serving the Community’s Greatest Need”. The production of this cookbook is considered a worthwhile project that fits well within the goals of our organization. Well done to the Adult Learning Program students at NSCC - Pictou Campus for their hard work and dedication in producing this cookbook!

## **NSCC STUDENT ASSOCIATION**

The NSCC Student Association is made up of students from all programs and is involved in all aspects of student life as well as Community service.

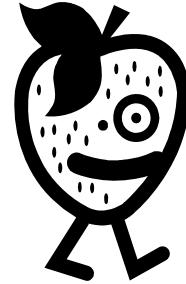
# Tips & Hints For Food Shopping

## Plan ahead:

1. Shop with a list.
2. Avoid impulse buying
3. Do not shop when hungry or rushed.
4. If your children influence you, shop alone.
5. Try to buy items you use regularly when they are on sale
6. Some recipes will tenderize a tougher cut of meat. Use the cheaper cuts for these.
7. Instead of buying expensive, unhealthy frozen foods—cook extra and freeze in single serving containers
8. Use flyers to comparison shop. If you're too busy to visit more than one grocery store, shop at the one with the most sales for your weekly plan.
9. Instead of buying sugar loaded drink boxes—purchase pure juice in larger containers and put in plastic single serving containers. **Caution:** be sure to wash containers well between uses.
10. No Name Brands can often save you money and are comparable in quality.



# Healthy and Unhealthy Habits



## Healthy:

- Plan for the entire week and make a list of needed items
- Purchase things such as veggies, breads, etc. for the week at one time
- Buy in bulk and on sale when possible and keep extra on hand (pasta, rice)
- buy a whole chicken and ground beef in large enough quantity to last the week with leftovers
- Prepare veggies at the beginning of the cycle so cooking supper will be less of a chore

## Unhealthy

- Meals were decided on impulse when hungry
- Foods purchased only for one day
- No preparation ahead of time so that cooking each day is a chore
- Food goes bad and is thrown out because of lack of planning.
- Eating on impulse - Plan snacks as well as meals

# Comparing Prices

## Good Week

## Bad Week

(\*Comparison prices of healthy eating for a family of four.  
Prices are approximate)

Chicken dinner W. veg/potatoes	\$30.00	Chicken nuggets/ fries	\$9.00
Soup/Sand	\$ 5.00	Deep fried chicken burger/fries	\$28.00
Stir Fry or Wrap	\$ 5.00	Prepackaged stir-fry frozen	\$8.00
Pasta w. ground beef sauce	\$ 10.50	Kraft dinner/hot dogs	\$6.00
Mini Pizzas	\$ 5.00	X-large take out pizza	\$22.00
Fish/potatoes/salad	\$ 6.50	Frozen fish/potatoes/ salad	\$6.00
Rice casserole	\$ 5.50	Frozen dinners	\$12.00
Total Cost:	\$67.50	Total Cost:	\$91.00



\*Sample Only!

## Weekly Planner 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Turkey - or- Chicken Dinner with Dressing with Veggies with Potatoes	Turkey Soup with Biscuits -or- Hot Tur- key Sand- wiches	Stir- Fry -or- Wraps -or- Fajitas	Pasta -or- Homemade Mac & Cheese	Home- made Pizzas With Salad	Fish	Casserole With Whole grain bread
<u>Pantry:</u>		<u>Shopping list:</u>		<u>Alternatives:</u>		
Potatoes Rice Pasta noodles Can Goods -tomatoes -soups -mushrooms Barley Bread Oil Crackers Oatmeal Flour Tomato sauce Tomato paste Spices		Carrots Broccoli Turnip Cauliflower Lettuce Tomatoes Cucumber Celery Onions Turkey Chicken Ham Cabbage Hamburger Roast Sausages Eggs Cheese Salmon Tuna Apples (fresh fruit)		Stew Pack (veggies)		

## Recipes to Follow

\*Sample Only!

## Weekly Planner 2

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Ham -or- Pork Dinner with Scal- loped potatoes, Biscuits, Veggies	Western Sand- wich With Potato salad	Roast Beef Dinner with Pota- toes, Veg- gies	Roast Beef Sand- wiches With Tossed salad	Pork and Rice Dish	Beef stir-fry With Veggies, Rolls	Stuffed fish With Veggies -or- Chowder With Veggies, Pasta
<b><u>Pantry:</u></b>		<b><u>Shopping list:</u></b>		<b><u>Alternatives:</u></b>		
Rice Powdered potatoes Potatoes Flour Onions Bread		Roast Beef Pork Minced Beef Fish Cabbage Green and Red Pep- pers Carrots Eggs Mushrooms Tomatoes Lettuce Celery Peas Broccoli Turnip Cauliflower				

## Recipes to Follow

# Weekly Planner

(blank copy)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<u>Pantry:</u>		<u>Shopping list:</u>			<u>Alternatives:</u>	
•		•			•	

# Healthy Breakfast Options

<u>Cereal</u>	<u>Eggs</u>	<u>Meats</u>	<u>Fruits</u>	<u>Other</u>
Oatmeal	*Scrambled	Bacon - (Try the low sodium brand)	Banana Blueberries Oranges Grapefruit Strawberries (Try a new one every week— shop the sale wagon in the produce sec- tion!)	Muffin Bagel Pancake (add oat- meal, blue- berries, whole wheat or other nu- tritious items)
Red River	Poached			
Cream of wheat	Boiled	Ham		
Whole grain cereals	*Omelet (add lots of healthy things)	Sausage (try chicken or low fat)		Buns (hot crossed, multigrain, whole wheat)
Whole grain toast	French toast (whole wheat) Benedict		Smoothies	Biscuit Yogurt Hash browns (home made is best)
				*Sandwich



**\*Recipe to follow**

# Healthy Lunch Options

## Quick lunches

Tossed salad

Soup (chicken noodle, tomato, cream of mushroom, etc.)

Homemade is best!

Leftovers:

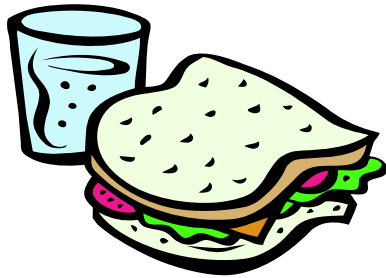
homemade macaroni and cheese

Rice

Spaghetti

homemade pizza

Cut up veggies and dip



## Sandwiches

Tuna

Egg

Salmon

Toasted Cheese

Peanut butter and jelly

Cucumber

Veggie

Can use any left over meats to make a sandwich.

For example:

- Chicken
- Turkey
- Roast beef
- Ham

\*To make a healthier sandwich you can add lettuce, tomato, or any other veg you prefer.

-OR-

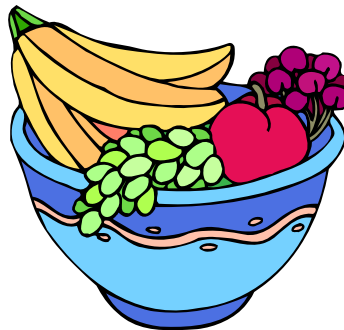
Add salad to the side

-OR-

Fresh cut veggies with low fat dip on the side.

# Healthy Snack Options

- \* Peanut Butter Granola Clusters
- \*Granola bar - choose carefully
- \*Fruit salad (apple, orange, grapes, pears, etc.)
- \*Yogurt (add fruit of choice)
- Pudding (low calorie)
- Apple, Orange, Mango
- Banana, Grapes
- Veggie sticks (carrots, celery, broccoli, cauliflower )
- Tossed salad
- Cottage cheese
- Leftover homemade pizza
- Cheese or Peanut butter and crackers
- Ice cream & fruit
- Whole grain cereal
- Trail mix
- Raisins
- Nuts or seeds



**\*Recipe to follow**

## **Breakfast Sandwich (serves one)**

*Source: Al Young*



### **Ingredients:**

1	English Muffin	3 slice	Canadian back Bacon
1	Large Egg	1 slice	Process Swiss Cheese
Dash	Italian no-salt seasoning	optional	Salt, pepper, and butter (on muffin)

### **Directions:**

- 1.** Heat Muffin halves, cut side down, in hot frying pan on medium until muffin halves are toasted.
- 2.** Fry the bacon in a frying pan until cooked light brown. You can use this frying pan later for your egg. Once bacon is cooked to your liking, then leave to drain off the fat on paper towel.
- 3.** If you are using the same pan as you used with the bacon, it is recommended to drain the fat out of the pan before cooking your egg. Bake the egg in a lightly greased frying pan. You can break your yoke if you prefer. Add seasoning, by taking a dash and sprinkling it over the egg, as it is cooking. Cook egg until it is done.
- 4.** Layer cheese, bacon, and egg onto the bottom half of the English muffin, then add the top half of muffin.

Some people add ketchup or mayonnaise. You can add other ingredients as well.

### **Optional:**

To make it lower in fat:

Cook the egg in the microwave, instead of in the frying pan.

Add some vegetables, like lettuce, or tomatoes.

## **Egg Scrambled Deluxe**

Source: N/A



### **Ingredients:**

8	Large eggs	6 1/2 oz.	Ham , cut up or canned flakes of ham
3 tbsp.	Water		Pepper
1/2 c.	Grated sharp Cheddar Cheese	1 tsp.	Butter or margarine
1/4 tsp.	Worcestershire sauce		

### **Directions:**

Beat eggs and water together in medium bowl.

Add cheese, Worcestershire sauce, ham flakes with liquid, and pepper. Stir together well.

Melt margarine in large non-stick frying pan. Add egg mixture. Scramble-fry constantly until softly set. Serves 8.

### **Additions:**

Chopped onion, peppers, mushrooms.

To decrease fat use low fat cheese

### **Use a low fat cheese.**

### **1 serving:**

Calories	1643
Fat	12.3 g
Protein	12 g
Sodium	350 mg
Carbs	1 g
Fiber	0 g



## **Potato Omelette**

*Source: Helen Hebert*



### **Ingredients:**

5	Potatoes, cooked and diced	3 tbsp	Vegetable oil
8	Eggs		Salt and pepper, to taste
1/8 cup	Water		

### **Directions:**

Heat oil in skillet and fry potatoes over medium heat until golden. In small bowl, crack the eggs and beat them gently. Mix in water, salt and pepper. Pour egg mixture over potatoes and cook as a normal omelet.

### **Optional:**

May add ham or cheese as well for flavor.

## **Fruit Plate with Dip**

*Source: N/A*



### **Ingredients:**

2	Red apples	2	Kiwi
2	Green apples	2 lg	oranges
2 lg	Bananas		Dip:
1	Cantaloupe	175 g	Container strawberry yogurt
		2 cups	Cool whip (or no name brand)

### **Directions:**

Cut all ingredients into bite size chunks. Put into bowl and mix with Yogurt. Serve chilled.

### **Optional:**

- Other flavors of yogurt can be used
- Add a sprinkle of Wheat Germ for increased nutrition
- Fruit can be cut up and frozen ahead of time
- Take advantage of sales and buy well-ripened fruit on sale then cut it up and freeze.

## **Fruit Brochettes**

*Source: Chef Gillis Godin NSCC Cooking Class*



### **Ingredients:**

2 med	Apples, quartered (soak in ½ cup lemon juice)	¼ cup	Apple juice
2	Banana's	1 tbsp	sugar
2	Kiwi, quartered		Minted orange cream
1 can	Pineapples chunks	¼ cup	Plain yogurt, low fat
12	Grapes, seedless	2 tbsp	Fresh mint ,finely chopped
	Mint sprigs	1 1/2 tsp	honey
	Fruit coulis	1 tsp	Frozen orange juice concentrate, thawed
1 cup	Fresh berries (or frozen berries, thawed)		

### **Directions:**

Alternatively thread apples, bananas, kiwi, pineapple and grapes onto 8 skewers; cover or place in plastic bag and chill. Make fruit coulis by pureeing berries, apple juice and sugar. Cover and chill. To make orange cream, mix in a bowl the yogurt, mint, honey and orange juice concentrate; cover and chill. Serve and garnish with coulis, orange cream and mint sprigs.

## **Peanut Butter Granola Clusters**

*Source: Chef Gillis Godin NSCC Cooking Class*



### **Ingredients:**

1/3 cup	100% natural peanut butter	1 tsp	Pumpkin pie spice
1/3 cup	Maple syrup, light (no sugar added)	2 ½ cups	Raisin and almond granola
2	Egg whites		

### **Directions:**

Preheat oven to 250°F. Grease 12 muffin tins. In a medium bowl, beat together peanut butter and maple syrup on medium speed of electric mixer. Add egg whites and pumpkin pie spice and beat until smooth. Stir in granola and divide mixture evenly among muffin cups. Bake on middle rack of oven for 45 minutes. Remove from oven and cool completely on a wire rack before removing clusters from pan. Store in an air tight container.

## **Granola**

*Source: Helen Hebert*



### **Ingredients:**

8 cups	Rolled oats	2 cups	Bran
1 ½ cup	Wheat germ		Dash salt
1 ½ cup	Sunflower seeds or nuts	½ cup	Vegetable oil
2 cups unsweetened	Coconut	¾ cup	Honey
1 tbsp	Cinnamon	2 tsp	Vanilla

### **Directions:**

Combine dry ingredients in large bowl. Mix together wet ingredients and pour over dry mixture.

Toss until crumbly. Bake until golden, about 1 ½ hours in a 250<sup>o</sup>f oven. Stirring every 20 minutes. Turn off oven and allow granola to remain in oven until cooled. Store in airtight container. It can be frozen.

### **Optional:**

Raisins can be used.

You can substitute honey for corn syrup and ½ cup brown sugar to dry ingredients.

Recipe can be cut in half. If reducing recipe bake for only 1 hour.

## **Homemade Yogurt**

*Source: Sandra MacDonald-Anderson*



### **Ingredients:**

3 cups	Skim Milk powder	1 tin	Evaporated Milk
3 1/4 cups	Tepid Water	2 tins full	Tepid water
1	Envelope Plain Gelatin	1 small	Plain yogurt
1 tsp	Sugar		
1/2 cup	Warm Water		

### **Directions:**

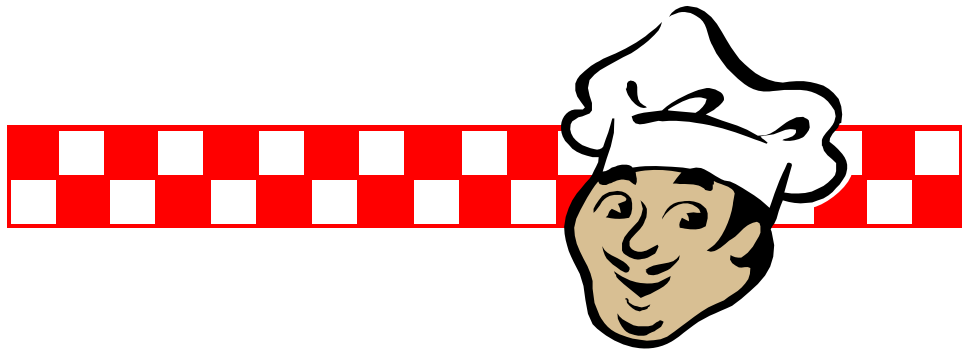
Pre heat the oven to 275°F. Using a metal bowl (stainless steel pot) with lid combine the following in the order given:

1. Combine 3 cups skim milk powder with 3 cups tepid water;
2. Dissolve 1 envelope plain gelatin with ¼ cup tepid water then add 1 tsp sugar and ½ cup warm water;
3. Add above to first mixture;
4. Add 1 tin evaporated milk and fill tin twice with tepid water and add to bowl;
5. Add 1 small plain yogurt and mix well;
6. Put in oven and turn off heat and leave overnight or 10 hour;
7. Place in smaller containers once thickened for storage in fridge.

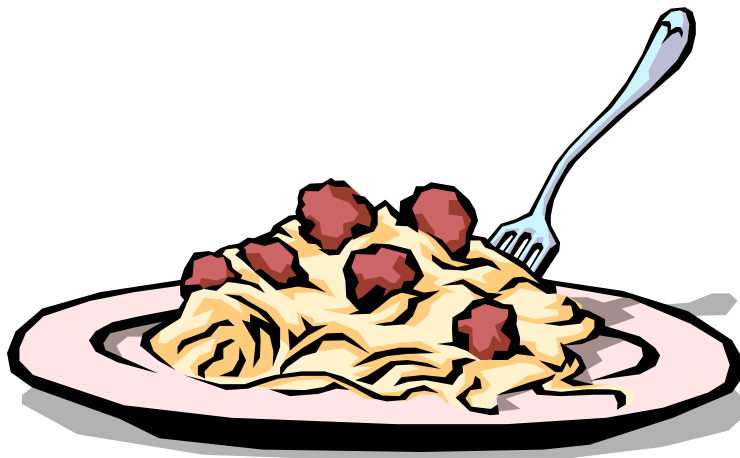
Use a small container of this yogurt to start another batch.

### **Optional:**

To sweeten use equal or twin and add a little of your favorite jam or granola mix.



# Healthy Meal Options





# Chicken/ Turkey Dinners





## **Sun Dried Tomatoes and Fresh Basil Meatballs**

*Source: Mary Kurgan*



### **Ingredients:**

2 lbs	Ground chicken	1	Bunch of fresh basil
1 cup	Julienne cut sun dried tomatoes	1 tsp	Minced garlic
¾ cup	Grated parmesan cheese	1 tsp	Salt
1	Egg	1 tsp	Pepper
½ cup	Italian seasoned bread crumbs	1 small	Diced onion

### **Directions:**

Preheat oven to 350°F. In large mixing bowl chop your onion and basil and give your sun dried tomatoes and a rough chop.

Add ground chicken, minced garlic, salt, pepper and diced onion to mixing bowl. Mix together with hands, and add egg. Combine bread crumbs and parmesan cheese together and slowly add while mixing meat together.

Add sun dried tomatoes and fresh basil and gently mix.

Form balls. They will hold there shape while cooking. Spray baking dish with non-stick spray and then add meatballs. Put into oven and let cook for 30 minutes.

For a low fat dish serve with your favorite marinara sauce.

### **Optional:**

Instead of regular pasta substitute with whole grain pasta  
May also use Alfredo sauce over bow tie pasta

## **Honey Garlic Chicken**

*Source: Helen Hebert*



### **Ingredients:**

2-3 lb	Chicken, cut up	1 tsp	Salt
1 cup	Brown sugar, packed	1 tsp	pepper
1tsp	Dry mustard	2 tbsp	Honey
1 ½ tsp	Garlic powder	2-3 tbsp	Soya sauce

### **Directions:**

Mix brown sugar, mustard, garlic powder, salt and pepper together. Pour ½ of brown sugar mixture into pan. Place chicken over top. Add remaining brown sugar mixture over chicken. Let stand for 1 hour. Add honey and Soya sauce. Bake at 325°f for 2-2 ½ hours.

## **Herb Baked Chicken**

*Source: Helen Hebert*



### **Ingredients:**

4	Chicken legs, skin removed and fat trimmed off	1 tbsp	Parsley
½ cup	Milk	1 tsp	Italian seasoning
1/3 cup	Fine dry bread crumbs	¼ tsp	Ground pepper
1/3 cup	Parmesan cheese		

### **Directions:**

Place chicken legs into medium bowl. Pour milk over chicken legs and let soak for 5 minutes. Turn over and let soak for 10 minutes longer. Drain chicken legs. Do not save milk.

Stir bread crumbs, cheese, parsley, Italian seasoning and pepper together in a medium bowl. Dip chicken legs, one at a time, into bread crumb mixture. Be sure each piece covered all over. Turn on oven to 375°F. Lightly grease a baking pan and place the chicken legs into the pan. Bake about 45 minutes, or until chicken is well baked.

## **Harvest Vegetable with Chicken and Penne**



*Source: N/A*

### **Ingredients:**

2 tbsp	Canola oil	1 medium	Red pepper, sliced
1 ½ lb	Chicken breasts, boneless, skinless	1 medium	Zucchini, sliced
1 clove	Garlic, minced	1 can	Tomato-based pasta sauce
1 medium	Onion, chopped	2 cups	Penne rigate
1 medium	Green pepper, sliced	1/3	Parmesan cheese, light

### **Directions:**

Preheat oven to 350<sup>0</sup>F. Lightly grease a 9x13-inch baking dish.

In a large non-stick skillet, heat 2 tsp of the oil over medium-heat; sear chicken on both sides. Remove chicken and place in dish.

Add remaining oil in skillet; add garlic, onion, peppers and zucchini; sauté until softened. Spoon the mixture over chicken.

Pour pasta sauce over top, cover and bake for 20 minutes.

Uncover and bake for 10 minutes longer or until chicken is tender and no longer pink inside.

Meanwhile, in saucepan of boiling water, cook penne according to package directions. Drain.

Serve chicken mixture over penne. Sprinkle with parmesan cheese.

## **Elegant Chicken**

*Source: N/A*



### **Ingredients:**

3 to 4	Boneless chicken breasts		Small container of sour cream
	Black forest ham	1 can	Cream of chicken soup

### **Directions:**

Preheat oven to 350<sup>0</sup> f.

Wrap chicken with ham and secure with a toothpick. Mix sour cream and soup and pour over chicken. Cook uncovered, on a greased baking dish for 1 to 1 ½ hours.

### **Optional:**

May wrap chicken in other flavored ham or chicken meat.

## **Chicken Fajitas**

\*Makes 4 servings.

Source: Scott MacGillivray NSCC Student Success



### **Ingredients:**

4	Boneless skinless chicken breasts	$\frac{1}{4}$ cups	Chicken Stock (50 ml)
2 tbsp	Lime juice (25 ml)	2	Cloves garlic, minced
1 tsp	Cumin (5 ml)	$\frac{1}{2}$ tsp	Ground coriander (2 ml)
$\frac{1}{4}$ tsp	Pepper (1 ml)	4	Flour tortillas (8 inches/20 cm)
2 tbsp	Vegetable oil (25ml)	1	Onion, thinly sliced
1	Small sweet red pepper, cut in thin strips	1	Hot banana pepper, cut into thin strips
Dash	Salt	1	Tomato, chopped
	Salsa or taco sauce (optional)		Sour Cream

### **Directions:**

Slice chicken crosswise into  $\frac{1}{2}$ -inch wide strips. In bowl, combine stock, lime juice, garlic, cumin, coriander and pepper. Add chicken and stir to coat; set aside. Wrap tortillas in foil and warm in 350°F (180°C) oven for about 10 minutes or until heated through. Meanwhile, in skillet, heat 1 tbsp (15 ml) of the oil over high heat. Drain chicken, reserving marinade. Pat chicken dry and add to skillet; stir-fry for 4 to 5 minutes or until no longer pink inside. Remove and set aside. Add remaining oil to skillet; stir-fry onion and red and banana peppers for 1 minute. Pour in reserved marinade; cook, stirring, for 30 seconds or until most of the liquids has evaporated. Return chicken to skillet and heat through. Season with a dash of salt.

**GARNISH:** Spoon salsa (if using) and tomato over each warm tortilla; top with chicken mixture. Fold up tortilla and garnish filling with dollop of sour cream.

### **Optional:**

If a fresh hot banana pepper is unavailable, substitute a few dashes of hot pepper sauce.

## **Chicken with Cranberry Stuffing**

*Source: Chef Gillis Godin NSCC Cooking Class*



### **Ingredients:**

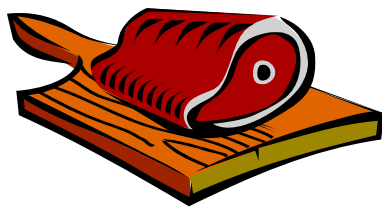
4	Chicken breasts, boneless, skinless	2	Bread slices, cubed in small pieces
1 tbsp	Non-hydrogenated margarine	1 tbsp	Parsley, fresh, chopped
2	Cloves, garlic, finely chopped	1 tbsp	Thyme, fresh, chopped
¼ cup	Onion, chopped	1 tbsp	Rosemary, fresh, chopped
1tbsp	Onion zest, chopped	½ cup	Orange juice
¼cup	Pine nuts, toasted		to taste; salt and pepper
½ cup	Dried cranberries, rehydrated		

### **Directions:**

Slice chicken breasts from one side to create a pocket. In a skillet, heat margarine and add garlic and onion. Cook for 10 minutes. Add orange zest, pine nuts, cranberries, bread and herbs. Add enough orange juice until the stuffing mixture holds together, season with salt and pepper. Spray an oven- safe dish with oil. Lay chicken breasts in dish and pour remaining mixture over chicken. Bake at 425<sup>0</sup>F for 15 minutes or until done.



# Beef Dinners





## **Sweet and Sour Meatballs**

*Source: Helen Hebert*



### **Ingredients:**

	Meatballs:		Sauce:
1	Egg, beaten	2 tbsp	margarine
¼ cup	Milk	½ cup	Ketchup
1 cup	Soft bread crumbs	1/3 cup	Frozen concentrated orange juice
2 tbsp	Chopped onion	½ cup	Honey
¾ tsp	Salt	2 tbsp	Lemon juice
1 lb	Ground beef	½ tsp	Ground ginger
		2 tbsp	Soya sauce

### **Directions:**

In bowl, combine egg and milk. Stir in bread crumbs, onion and salt. Add ground beef, mixing well. Shape beef mixture into 1 inch meatballs. Place meatballs into shallow baking pan; bake at 375°F for 25-30 minutes.

Sauce: melt margarine in saucepan. Stir in ketchup, orange juice, honey, Soya sauce, lemon juice and ginger; bring to a boil. Reduce heat; simmer, uncovered, 5 minutes.

Combine the sauce and the meatballs in a casserole dish; heat at low heat for 20-30 minutes.

The sauce can be stored alone in refrigerator for up to 2 weeks.

## **Salisbury Steak**

*Source: N/A*



### **Ingredients:**

½ cup	Dry Bread Crumbs	75 mL	Milk
½ tsp	Salt	2 tsp	Soy Sauce
1/8 tsp	Pepper	1 tsp	Beef Bouillon Powder
2 tbsp	Finely Minced Onion	1 lb	Lean Ground Beef

### **Directions:**

Measure breadcrumbs, salt, pepper, onion, milk, soy sauce and bouillon powder into bowl. Stir.

Add ground beef. Mix well. Shape into four small oval patties ¾ inch (2cm) thick. Broil 8-10 minutes per side until browned and cooked through.

Makes 4 “steaks”.

### **One Patty:**

Calories 299

Fat 18 g

Protein 24 g

Sodium 818 mg

## **Jenny's Meatloaf**

*Source: Lori NSCC Cafeteria*



### **Ingredients:**

½ lb	Ground beef	2 tsp	salt
2	Medium eggs	¼ tsp	Black pepper
1	Chopped onion	¼ cup	Grated raw carrots
1 cup	Grated cheddar cheese	3 slices	Bread crumbled

### **Directions:**

Mix together and pat firmly into loaf pan cover with a mixture of ¼ cup brown sugar, ¼ cup ketchup, tablespoon prepared mustard. Bake at 350°F for 90 minutes.

### **Optional:**

Whole grain bread

Mushrooms

Garlic (crushed)

Low fat cheese

## **Hamburger Noodle Supper**

*Source: Helen Hebert*



### **Ingredients:**

1 lb	Ground beef	10 oz	Can sliced mushrooms, drained
1	Onion, chopped	3 cup	Uncooked egg noodles
28 oz	Can tomatoes	½ tsp	oregano
4 oz	Can tomato sauce	1tsp	Basil
½ cup	Chopped green pepper	1tsp	Parsley
			Salt and pepper for taste

### **Directions:**

Cook egg noodles in boiling water until tender but firm; drain. Cook ground beef in a skillet; drain. Add egg noodles and remaining ingredients to the ground beef in the skillet. Simmer until hot; serve.

### **Optional:**

Any kind of noodles

Red Peppers

Left over vegetables

Eggplant

Zucchini

## Easy Taco Supper

*Source: N/A*



### Ingredients:

1 lb	Lean ground beef	6 ½ oz	Leftover macaroni and cheese or packaged macaroni and cheese
½ cup	Chopped onion	1 cup	Diced tomato
1½ cup	Chopped green pepper	½ cup	Non-fat sour cream
2 ½ cup	Hot water	¼ cup	Thinly sliced green onion (optional)
1x1 ¼ oz	Enveloped taco seasoning mix	2 cup	Shredded lettuce (optional)

### Directions:

Scramble-fry ground beef, onion and green pepper in large non-stick frying pan for about 5 minutes until onion is soft and beef is no longer pink drain.

Stir in hot water and taco seasoning mix. Bring to a boil. Add leftover macaroni and cheese **or** stir in macaroni from package. Cover. Simmer, stirring occasionally, for 7 to 8 minutes until macaroni is tender.

Add reserved cheese-flavored packet (if using packaged) and tomato. Stir well.

Serve immediately with sour cream, green onion and lettuce. Serves 6

### Optional:

Instead of diced tomato, try salsa.

### 1 serving

Calories	275
Fat	8.1 g
Protein	20 mg
Carbs	31 g
Dietary fiber	1 g
Sodium	691 mg

## **Beefy Rice**

*Source: N/A*



### **Ingredients:**

1 tbsp	Cooking Oil	½ cup	Sliced Fresh Mushrooms
½ lb	Lean Ground Beef	1 ½ cup	Boiling Water
1/3 cup	Chopped onion	1 ½ cup	Instant Rice
¼ cup	Chopped Celery	2 tsp	Beef Bouillon Powder
¼ cup	Grated Carrot	2 tbsp	Soy Sauce

### **Directions:**

Heat cooking oil frying pan. Add Ground beef, onion, celery, carrot and mushrooms. Sauté until no pink remains in beef and veggies are soft.

Add remaining 5 ingredients. Stir. Cover. Simmer slowly for 1-2 minutes. Serve over rice.

Makes 4 Cups /1 Liters

### **Optional:**

For higher nutrition use brown rice or whole grain rice mix. These take approx. 45 min so start rice before cooking the beef.

**1 cup (250 ml)**

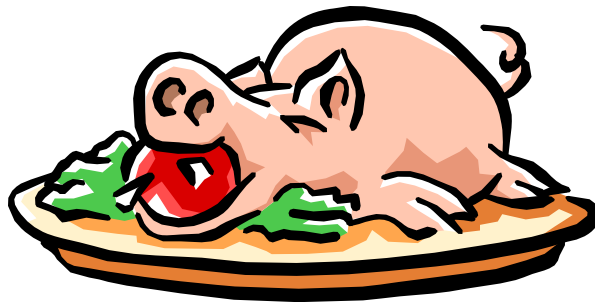
Left over beef gravy can be used rather than beef bouillon.

Left over roast beef, diced steak, chicken, or pork can be used rather than ground beef.

Calories	317
Fat	12.3 g
Protein	15 g
Sodium	869 mg



# Pork Dinners



## Pork and Rice Dish

*Source: N/A*



### Ingredients:

6	Pork Chops or leftover pork	1 cup	Uncooked long grain white rice
2 tsp	Cooking oil	2x24 oz.	Canned stewed tomatoes, with juice, broken up
sprinkle	pepper		TOPPING:
½ cup	Boiling water	2 tbsp	Butter or hard margarine
1 tbsp	Beef bouillon powder	½ cup	Dry bread crumbs
1 tsp	Granulated sugar	¾ cup	Grated cheese
1 tbsp	Onion flakes or chopped fresh onion		

### Directions:

Brown pork chops on both sides in cooking oil in large frying pan. Sprinkle with pepper. Pour boiling water into large bowl. Add bouillon powder, sugar, pepper and onion flakes. Stir together well. Add rice and tomatoes with juice. Stir. Pour into ungreased 9X13 inch (22x33 cm) pan. Arrange pork chops over top. Cover with foil or lid and bake in 350°F (175°C) oven for 45 to 60 minutes. Topping: Melt margarine in small saucepan. Add bread crumbs and cheese. Stir. Sprinkle over all. Cover and return to oven for about 15 minutes until pork is very tender and rice is cooked.

Serves 6.

### 1 serving

Calories	456
Fat	17.1 g
Protein	30 mg
Carbs	45 g
Dietary fiber	2 g
Sodium	450 mg

### Optional:

Leftover veggies or grated veggies can be added to increase nutritional value. Leftover, cooked potatoes can be used for topping instead of bread crumbs.



## **Sweet and Sour Spareribs**

*Source: Helen Hebert*



### **Ingredients:**

2 lb	Pork side ribs ,cut into pieces	½ c	Ketchup
1 c	Water	2 tbsp	Soya sauce
1 c	Brown sugar	2 tbsp	Cornstarch
½ c	Vinegar	½ c	water

### **Directions:**

Place ribs in large baking dish and brown in oven at 375°F Fahrenheit

Combine next 5 ingredients in a saucepan and cook over medium heat until it reaches a boil. Gradually thicken sauce with cornstarch mixed with ½ cup cold water. Continue cooking 1 minute, stirring constantly. Pour sauce over browned ribs and simmer 1 hour in 350°F oven.

### **Optional:**

This mixture can be use for any other meats.

Take advantage of sales and make this recipe in large quantities and freeze in serving size containers.

Instead of ketchup try other seasoning sauces.

## **Quick Fix Meal**

*Source: N/A*



### **Ingredients:**

4	Pork chops (3/4 inch thick) trimmed of fat	1	Medium onion, sliced
3	Medium potatoes , thickly sliced	14 oz	Canned tomatoes cut up, with juice
2	Medium parsnips, quartered	1 x 1 ½ oz	Envelope dry soup mix
1 cup	Frozen kernel corn		

### **Directions:**

Layer pork chops in ungreased baking dish large enough to hold in single layer. Cover pork with potato. Add layers of parsnip, corn and onion.

Stir tomatoes with juice and dry soup mix together in small bowl. Pour over top. Cover and bake at 350 °f for 1 ½ to 2 hours until pork is very tender.

### **Optional:**

For an extra touch brown pork chops in 2 tsp. cooking oil before layering in casserole.

Can be made in a slow cooker pot.  
Try to find low sodium soup mixes.

## **Tomato Pork Chops and Rice**

*Source: Wendy McInnis*



### **Ingredients:**

2-3	Pork Chops	3	Carrots (chopped)
To taste	Salt, pepper, and other seasoning	3	Celery stalks (chopped)
1 lg	Onion (diced)	1 lg can	Tomatoes (mashed, with liquid)
1 can	Mushrooms (drained)	1 cup	Brown Rice

### **Directions:**

Place 2-3 Pork chops in a small or medium sized roast pan. Shake some salt and pepper or other seasonings on the meat. Add diced Onion mushrooms, carrots, celery stalks, tomatoes, and brown rice. Cover the pan and place in oven at 350°F. Bake for 1 hour (you may have to add some water at the 1/2 hour point)

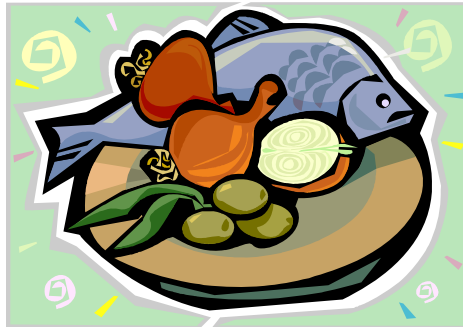
### **Optional:**

Other vegetables can be added if desired.

Try Montreal steak spice instead of salt.



# Fish Dinners



## **Baked Salmon Curry**

*Source: Helen Hebert*



### **Ingredients:**

6 ½ oz can	Salmon, drained (save juice)	½ tsp	Curry powder
½ cup	Thinly sliced onion	1 ½ cup	Cooked rice
½ cup	Diced celery	½ cup	Liquid (from salmon plus milk)
1 cup	Thinly sliced carrots	½ tsp	salt
1 tbsp	Melted margarine	1/8 tsp	pepper

### **Directions:**

Drain and flake salmon; save liquid. Combine onion, celery and carrots in melted margarine; cook over low heat until tender. Sprinkle with curry powder; mix well. Combine salmon, vegetables, rice, liquid, salt and pepper. Turn into greased 1 ½ quart casserole. Cover and bake at 350 for 30 minutes.

### **Optional:**

Plan ahead, cook whole grain rice in larger quantities and freeze in small containers to use in other recipes.

## **Speedy Fish Chowder**

*Source: N/A*



### **Ingredients:**

1 lb	White fish	2 (5 oz)	Cans baby clams
1 tbsp	margarine	160 ml	Can evaporated milk
1	Onion, chopped	10 oz	Can cream of mushroom soup
2 stalks	Celery, chopped	¼ tsp	basil
3	Potatoes, diced		Salt and pepper, to taste
¼ c	Grated carrot		

### **Directions:**

Cube thawed fish and place into a skillet. Add enough water to barley cover. Simmer on stove to cook fish. Remove from stove when fish is cooked; drain. Check for bones with fork. Set aside.

Cut vegetables and sauté in margarine in the bottom of a large pot. Add water to cover the vegetables by about 2-3 inches. Bring to a boil. Cook until potatoes are cooked through. Add fish, evaporated milk, soup, seasonings and clams. Continue to simmer for 15 to 20 minutes. Do not boil. Taste and adjust seasonings as necessary.

### **Optional:**

Instead of seasoning with salt use oregano, thyme, or other spices. Look for low fat, low sodium soups.

## **Stuffed Fish**

*Source: Helen Hebert*



### **Ingredients:**

4 lb	Whole whitefish or salmon	2 tbsp	Lemon juice
1 tsp	Salt	1 tsp	Parsley flakes
	Stuffing:	½ tsp	Salt
½ c	Margarine	¼ tsp	Pepper
¾ c	Chopped celery	¼ c	Hot water
¼ c	Finely chopped onion	1 tbsp	margarine
3 c	Cracker crumbs		

### **Directions:**

Scale fish and remove head, tail and fins. Wash and pat fish dry, especially cavity. Rub cavity with salt. Combine first 8 stuffing ingredients, tossing to mix. Lightly pile stuffing into fish cavity. Close cavity using skewers and string. Melt 1 tbsp margarine in hot water. Baste fish with margarine mixture. Bake in 400°F oven for 20-25 minutes.

### **Optional:**

Substitute margarine with butter.

Garlic

Sweet Green, Red , or Yellow Pepper

## **Saucy Fish Fillets**

*Source: Helen Hebert*



### **Ingredients:**

1 lb	Cod fillets	1 tsp	Pepper
3 tbsp	Margarine	1 small	Onion, finely chopped
3 tbsp	All-purpose flour	½ c	Bread crumbs
1 cup	Milk	½ c	Grated cheddar cheese
1 tsp	Salt		

### **Directions:**

Place cod fillets on greased baking dish. In saucepan, melt margarine. Stir in flour until smooth. Remove from heat. Gradually stir in ½ of milk. Return to heat; heat until smooth. Add remaining milk, salt and onion. Cook, stirring, until smooth and thickened. Pour sauce over fish; sprinkle with bread crumbs and cheese. Bake at 375°F for 15-20 minutes.

### **Optional:**

Note: if you do not have any cheese, try adding 1 tsp curry powder or dill weed.

Other white fish can be used.



## **Salmon Noodle Casserole**

*Source: Helen Hebert*



### **Ingredients:**

5 oz	Uncooked noodles	1 tsp	Salt
6 ½ oz can	Salmon, well drained	¼ tsp	pepper
1 cup	Plain yogurt	2 tbsp	Parmesan cheese
½ cup	milk	1 tbsp	Melted margarine
1 tbsp	Melted margarine	¼ cup	Fine dry bread crumbs
10 oz. can	Sliced mushrooms	1	Onion chopped
1 Stalk	Celery chopped	1 cup	Diced carrots

### **Directions:**

Drain and flake salmon; save liquid. Combine onion, celery and carrots in melted margarine; cook over low heat until tender. Sprinkle with curry powder; mix well. Combine salmon, vegetables, rice, liquid, salt and pepper. Turn into greased 1 ½ quart casserole. Cover and bake at 350°F for 30 minutes

### **Optional:**

Garlic

Sweet peppers

## **Fish Fantastic**

Company's Coming one dish meals

Source: N/A



### **Ingredients:**

¾ c	Long grain white/brown rice	1 tsp	Lemon juice
1 ½ c	Water	1 tbsp	Onion flakes
½ tsp	Salt	½ tsp	Curry powder
10 oz	Condensed cream of mushroom soup	2 ¼ c	Frozen chopped broccoli thawed and drained
½ c	Light salad dressing (mayo)	1 lb	Fish fillets (your choice) cut bit size
½ c	Milk		

### **Directions:**

Cook rice in water and salt in covered medium saucepan for 15 to 20 minutes until tender or water is absorbed. Transfer to ungreased 9x 9 inch (22x22cm) pan.

Mix next 6 ingredients in medium bowl until fairly smooth.

Add broccoli and fish. Stir lightly. Pour over rice. Cover. Bake 350°F (175°C). Oven for 30 to 40 minutes until fish flakes when tested with fork. Serves 4

### **1 serving**

Calories	438
Fat	15.3 g
Protein	28 mg
Carbs	47 g
Dietary fiber	4 g
Sodium	1291 mg

### **Optional:**

Use asparagus rather than broccoli.

## **Baked Fish Loaf**

*Source: Helen Hebert*



### **Ingredients:**

6 ½ oz can	Tuna or salmon	½ c	Rolled oats
½ cup	milk	¼ tsp	salt
1 tsp	Finely chopped onion	1/2tsp	Prepared mustard
¼ tsp	Pepper	1 tsp	vinegar
1	egg		

### **Directions:**

Flake fish and combine with remaining ingredients. Mix well and pack into a greased loaf pan or casserole. Bake at 350°F until firm and lightly browned, approximately 35 minutes.

### **Optional:**

Use rolled crackers instead of rolled oats.

Add any cooked left over vegetables.

Garlic



# Pasta Dinners



## **Pasta Ham Salad**

*Source: N/A*



### **Ingredients:**

2 cups	Elbow macaroni	6 c.	Shredded lettuce
3 qts.	Boiling water		Dressing:
2 tsp.	salt	1 c.	Light salad dressing (or mayonnaise)
2 cups	Diced cooked ham	1tblsp.	White vinegar
¾ c.	Thinly sliced celery	1 tbsp.	Granulated sugar
1/3 c.	Grated carrot	¼ c.	Sweet pickle relish
1/3 c.	Chopped green onion		

### **Directions:**

Cook pasta in boiling water, cooking oil and salt in large uncovered pot or Dutch oven for 5 to 7 minutes, stirring occasionally, until tender but firm. Drain. Rinse with cold water. Drain Turn into large bowl.

Add ham, celery, carrot and green onion. Stir together.

Dressing: Stir all 4 ingredients together in small bowl. Pour over salad. Toss to coat. Scatter lettuce on 6 plates or on 1 large platter. Divide salad over top. Serves 6

### **1 serving**

### **Optional:**

Chicken or pork could replace the ham in this recipe.

Add green or red peppers, olives, grated turnip.

Calories	350
Fat	13.5 g
Protein	16 g
Carbs	41 g
Dietary fiber	2 g
Sodium	1030 mg

## **Italian Spaghetti**

*Source: Sarah Clark*



### **Ingredients:**

1 pound	Hamburger	1 large	Onion, chopped (about 1 cup)
1 clove	Garlic, crushed	1 cup	Water
1_tsp.	salt	½ tsp.	pepper
1_tsp.	Dried basil leaves	1 tsp	Dried oregano leaves
1	Bay leaf	2 (16oz.)cans	Tomatoes
1 can	(8 ounces) tomato paste	4 cups	Hot cooked spaghetti

### **Directions:**

Cook and stir hamburger, onion and garlic in 10 inch skillet until hamburger is light brown; drain. Stir in remaining ingredients except spaghetti. Heat to boiling; reduce heat. Cover and simmer, stirring occasionally, for 1 hour. Serve sauce over hot spaghetti. Sprinkle with grated Parmesan cheese if desired. 6 servings

### **Optional:**

Chicken spaghetti: Omit hamburger. Cover and simmer sauce, stirring occasionally, 30 minutes. Stir in 2 cups of 1 inch pieces cooked chicken. Cover and simmer, stirring occasionally, 30 minutes.

### **Do-ahead Tip:**

After simmering, sauce can be covered and refrigerated no longer than 2 days or frozen no longer than 4 months. To serve, cover and heat frozen over medium heat, turning occasionally, until thawed, 20 to 30 minutes. Reduce heat; cook uncovered for 10 minutes.

## **Lasagne**

*Source: N/A*



### **Ingredients:**

1 ½ lb	Hamburger, brown and drain fat		Seasoning:
1	Small Onion, finely chopped	1 tsp	Garlic
1 can	Tomato soup	½ tsp	Italian seasoning
5 ½ oz	Can tomato paste	9	Noodles
12 oz can	Tomato sauce		Mozzarella cheese

### **Directions:**

Simmer all ingredients on stove for a couple of hours. In a 9x12 inch pan layer as follows: noodles, meat sauce, noodles, mozzarella cheese, meat sauce, noodles, and mozzarella cheese. Bake in oven at 350<sup>0</sup> f for 45 minutes or until lightly brown.

### **Optional:**

Can use Gouda, or other cheese that you prefer.

Mushrooms

Zucchini

Sweet peppers

Cottage cheese

Chicken or sausage can replace hamburger

## **Baked Macaroni and Cheese**

*Source: Helen Hebert*



### **Ingredients:**

3tbsp	margarine	1/2tsp	Worcestershire sauce
3tbsp	Flour	1/2tsp	Prepared mustard
1 tsp	Salt	2 c	Uncooked macaroni
1/2 tsp	Pepper	1/2c	Bread crumbs
3 c	Milk	2 tbsp	Grated cheddar cheese
2 c	Grated cheddar cheese		

### **Directions:**

Cook macaroni in large pot of boiling water until tender but firm; drain and rinse. Melt margarine in saucepan. Blend in flour, salt and pepper. Add milk; cook, stirring constantly, until thickened. Remove from heat. Add 2 cups grated cheddar cheese, Worcestershire sauce and mustard; stir until smooth. Add macaroni to sauce. Pour mixture into casserole dish or small roasting pan.

Sprinkle with bread crumbs and 2 tablespoons grated cheddar cheese. Bake at 375°F for about 20 minutes.

### **Optional:**

Add tuna or flakes of ham, etc.

May substitute the bread crumbs with crushed up crackers.



## **Vegetable Fried Rice**

*Source: N/A*



### **Ingredients:**

2 cups	Water	½ cup	Thinly sliced carrot
1 cup	Long grain rice	½ cup	Thinly sliced green pepper
1 tsp	Salt	2	Eggs, beaten
1 tsp	Vegetable oil	1 to 2 tbsp	Soya sauce
½ cup	Thinly sliced celery		Salt and pepper for taste
½ cup	Thinly sliced onion		

### **Directions:**

Turn on stove to high heat. Combine water, dice and salt in medium saucepan. Heat to a boil. Turn down heat, cover and simmer until rice is tender. This will take about 20 minutes and all the water will be absorbed. When rice is cooked, set aside.

Turn stove to medium-high heat. Heat oil in large frying pan. Add celery, onion, carrot and green pepper; stir-fry until vegetables are tender crisp, about 6 to 8 minutes. Add eggs to vegetable mixture. Cook and stir to scramble eggs. While eggs are still runny, stir in rice and Soya sauce. Continue to cook and stir just until the mixture is hot. Add salt and pepper, to taste.

### **Optional:**

May add meat (pork, beef or chicken), for flavor.

## **Oven Rice**

*Source: N/A*



### **Ingredients:**

4cups	water	1 can	Can mushrooms
2cups	Long grain rice	1pack	Onion soup mix
1/4cup	oil	1	Celery stalk chopped fine
1/4cup	Soya sauce		

### **Directions:**

Combine all liquids in small roaster.

Add dry ingredients, cover, bake in oven at 350°F for 1 hour, stir after ½ hour.

### **Optional:**

Can make in large quantities and freeze.

Sweet peppers

Garlic

## **Spanish Lasagne**

*Source: Chef Gillis Godin NSCC Cooking Class*



### **Ingredients:**

2	eggs	3 cups	Roasted Portobello mushroom and garlic pasta sauce
1 package	Ricotta cheese	10	Lasagna noodles, oven ready whole wheat
1 package	Spinach, frozen, chopped, thawed and squeezed dry	¼ cup	Parmesan cheese, light
1 cup	Mozzarella cheese, partly skimmed, shredded		

### **Directions:**

Preheat oven to 350<sup>0</sup> F. lightly grease 9x13'' baking dish or spray with non-stick cooking spray. In a bowl, beat eggs. Blend in ricotta cheese, spinach and mozzarella cheese. Cover bottom of dish with 2 cups sauce. Top with 5 noodles; trim to fit. Spread half of the cheese mixture over top.

Repeat layers once. Top with 1 cup sauce. Arrange remaining 5 noodles over sauce. Top with remaining sauce. Sprinkle with parmesan cheese.

Bake, uncovered, for 45 to 55 minutes or until bubbling. Let stand for 10 minutes.



# Soup Dinners



## **Vegetable Soup**

*Source: N/A*



### **Ingredients:**

2 tbsp	Vegetable oil	2 (19oz)	Cans tomatoes
2 tbsp	Margarine	2 tbsp	Parley
1 med.	Turnip, peeled and chopped	2 tbsp	Chopped, fresh chives
6 med.	onions chopped	6	Beef cubes
8 med.	Carrots, sliced	2 tbsp	Sugar
1 bunch	Celery, chopped	2 tsp	Salt
2 tbsp	Chopped green pepper	2 tbsp	Pepper

### **Directions:**

In a large pot ,sauté vegetables gently in margarine and oil. Add remaining ingredients and enough water to cover vegetables. Simmer soup, uncovered, until vegetables are tender.

### **Optional:**

6 tbsp undiluted consommé

Serve with hot whole grain rolls

Oregano, basil, thyme, chili powder, cayenne, paprika, or curry

## **Beef and Barley Soup**

*Source: Dale Henderson*



### **Ingredients:**

¾ lb	Stew beef	19 ounce can	Diced tomatoes
3 cups	Beef broth	3 med	Carrots (diced)
1 cup	Mushrooms	¼ cup	Barley
1 cup	Chopped onions	1 tsp.	Sugar
¾ tsp.	Thyme	1	Bay leaf
½ tsp	Pepper	2 large	Potatoes (diced)
2 tbsp	Flour	2 tbsp	Oil

### **Directions:**

Roll beef in flour. Place in large heavy pot. Cook in hot oil until brown. Add beef broth, vegetables, & other ingredients. Cook on low until vegetables are tender.

\*Remove bay leaf before serving.

### **Optional:**

Left over roast beef can be used.  
Any left over vegetables can be added.  
Garlic

## **Tomato Turkey Soup**

*Source: Dale Henderson*



### **Ingredients:**

6 cups	Chicken or turkey stock	1/3 cups	Quick cooking barley
2 cans	Diced tomatoes, un-drained (14 ½ ounces each)	1 tbsp	Dried parsley flakes
1 tsp	salt	½ tsp	Garlic powder
½ tsp	Dried oregano	½ tsp	Dried basil
¼ tsp	pepper		
2 cups	Cubed cooked turkey (or chicken)	1 ½ cups	Sliced carrots
1 ½ cups	Sliced celery	1 med	Onion chopped
1 cup	Chopped green pepper	1 pkg.	Frozen chopped okra (10 ounces)

### **Directions:**

In a large saucepan or Dutch oven, combine the first nine ingredients.

Bring to a boil.

Reduce heat; cover and simmer for 50 minutes.

Add turkey and vegetables.

Cover and simmer 50 minutes longer or until vegetables are tender.

### **Optional:**

Add to it with your choice of vegetables.

Leftover turkey (chicken) or vegetables can be used.

## Soup Sandwiches

Source: Helen Hebert



### Ingredients:

1 can	cream of chicken soup (284ml)	1 loaf	white or whole wheat bread (whole wheat is more nutritional)
	Butter (to spread on bread		

### Directions:

Butter outside of bread then spread 1tbsp. soup on inside of bread.  
Close and cook like grilled cheese sandwich until golden brown.

**NOTES:** to decrease fat and calories try using a non-hydrogenated margarine or spray pan lightly with cooking oil in place of butter.

- To decrease carbohydrates try using a whole grain pita instead of bread.
- instead of soup try left over spaghetti sauce.
- look for low sodium/low fat soups

### Optional:

Can add:

Red/green peppers

Left over chicken or turkey  
lettuce

onion

mushrooms  
cheese



## **Homemade Chicken/Turkey Soup**

*Source: Helen Herbert*



### **Ingredients:**

2 cups	Elbow macaroni	6 c.	Shredded lettuce
3 qts.	Boiling water		Dressing:
2 tsp.	salt	1 c.	Light salad dressing (or mayonnaise)
2 cups	Diced cooked ham	1tblsp.	White vinegar
¾ c.	Thinly sliced celery	1 tbsp.	Granulated sugar
1/3 c.	Grated carrot	¼ c.	Sweet pickle relish
1/3 c.	Chopped green onion		

### **Directions:**

Place turkey/chicken carcass into a large pot and add water so that the carcass is almost covered. Bring to a boil and simmer for 1 to 1 ½ hours. Remove carcass onto a plate and take off meat when cooled. To be added to soup later.

Bring soup broth to a boil once again and add all vegetables, except potatoes. Boil 10 minutes then add potatoes and seasonings. Continue boiling for another 10-15 minutes or until potatoes and all vegetables are tender. Add turkey to soup; adjust seasonings as necessary.

### **Optional:**

Add other vegetables, if desired.

Instead of adding salt to your soup, you can add a can of cream of chicken soup to the pot.

Noodles can be used instead of potatoes. About 1 cup of dry noodles. Add at the same time you would add your potatoes.

## **Curried Pumpkin Soup**

*Source: Chef Gillis Godin NSCC Cooking Class*



### **Ingredients:**

1 tbsp	non-hydrogenated margarine	1 tsp	Curry powder
½ cup	Onion, finely chopped	1 can (14oz)	Pumpkin or 2 cups cooked fresh pumpkin
1 clove	Garlic, chopped	1tbsp	Honey
½ lb	Mushrooms, sliced	To taste	Freshly nutmeg, grated
2tbsp	Flour	2 cups	1% milk

### **Directions:**

1. In a large saucepan, melt margarine over medium high heat; cook onion, garlic, and mushrooms until softened. Stir in flour and curry powder; cook for 1 minute over low heat, stirring until well blended.
2. Gradually add stock, whisking until smooth. Stir in pumpkin and honey; season with nutmeg to taste. Cook over low heat for 15 minutes, stirring occasionally. Add milk and heat until hot.

## **Chili #1**

*Source: Leanne Lowe*



### **Ingredients:**

1 LB	Hamburger (Lean)	1 CAN	Heinz Condensed Soup
1CUP	Onion (chopped)	1 CAN	Crushed Tomatoes
½ C	Green pepper (bell)	1 TPS	Salt to taste
2	Cloves Garlic (crushed)		Pepper to taste
1 CAN 15 OZ	Kidney Beans (and sauce)	2-3 TBS	Chili Powder to taste

### **Directions:**

Cook and stir hamburger, onion and garlic in 3- quart saucepan until hamburger are light brown; drain. Stir in tomatoes (with liquid), chili powder, salt, pepper and crushed peppers. Heat to boiling; reduce heat. Cover and simmer 1 hour.

Stir in beans. Heat to boiling; reduce heat. Simmer uncovered until hot, about 15 minutes. (For thicker chili, continue simmering, stirring occasionally, until desired consistency.)

### **Optional:**

Canned tomatoes or condensed tomato soup

## **Chicken Salsa Soup**

*Source: North Nova Cooking Class*



### **Ingredients:**

1 ½ cup	Chicken (can use a small roaster)	1 bottle	Sante fe style salsa (650 ml)
2 cans	Stewed tomato (chunky style)	2	Cloves garlic
1 can	Peaches and cream corn nibblets	1 large	Green pepper
1 large	Onion	Small package	Fresh Mushrooms

### **Directions:**

Sauté the green pepper, onion, and fresh mushrooms.

Combine all ingredients in a slow cooker.

Leave on high for 2 or 3 hours.

### **Optional:**

Can add kidney beans.

## **The Soup**

*Source: N/A*



### **Ingredients:**

2 Cans	Tomato soup	1 bunch	celery
3 lg	onions	2 cans	Green beans
1 lg can	Beef broth or chicken	2	Green peppers
1 pkg	Lipton soup mix (chicken or onion)	2 lbs	Mini carrots

### **Directions:**

Season with salt and pepper to taste.

Cut veggies in small to medium pieces

Cover with water and boil fast for 10 minutes

Reduce heat to simmer and continue cooking until veggies are tender.

\*This soup can be eaten any time you're hungry during the week. Eat as much as you want, whenever, you want. This soup will not add calories. Take a thermos with you if you will be away during the day for a healthy snack.

## **Corn Chowder**

*Source: N/A*



### **Ingredients:**

3	Potatoes, diced	1 ½ cups	Whole kernel corn nibblets
1	Onion, grated	4 cups	Milk
1 cup	Water		Salt and pepper, to taste
1/4 cup	Margarine		

### **Directions:**

Peel and dice potatoes. Grate onion. Place potatoes and onion into saucepan with water and margarine. Simmer until vegetables are tender. Add corn and milk. Simmer 15 minutes. Season with salt and pepper.

### **Optional:**

If desired, decorate with chopped chives  
Garlic, celery, sweet red pepper (also adds color)

## **Curried Squash Soup**

*Source: Chef Gillis Godin NSCC Cooking Class*



### **Ingredients:**

2 tsp	Olive oil	4 cups	Squash, diced
1 small	Onion, chopped	1 can	Chicken broth, sodium reduced
2	Cloves garlic, chopped	3 cups	Water
1 tbsp	Curry powder	Pinch	Pepper
1 large	Carrot, chopped	¼ cup	Plain yogurt, low fat
1 large	Potato, peeled and diced		

### **Directions:**

Heat sauce pan and oil. Toss in onion and garlic; sauté. Add curry powder, carrot, potato, squash, chicken broth and water. Bring to a boil, reduce heat and cook until vegetables are tender. Purée soup in a blender or food processor; season with pepper. Drizzle yogurt on top.

## **Chili #2**

Source: N/A



### **Ingredients:**

2 lbs	Hamburg (lean)	1 c	Red pepper (bell)
3 cans 16 oz	Tomatoes (diced with sauce)	1 c	Yellow pepper (bell)
1 can (small)	Tomato paste	1 lg	Onion chopped
3	Cloves garlic (crushed)	1 can	Kidney beans in sauce (red)
¼ tsp	Red pepper (ground)	1 can	White beans
3-4 tbsp	Chili powder		Salt to taste
1 c	Green pepper (bell)		Pepper to taste

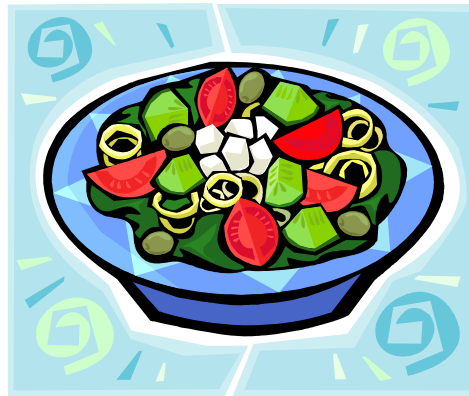
### **Directions:**

Bring tomatoes in liquid and tomato paste to a boil in a crock pot (slow cooker), reduce heat and simmer. Stir in onions, garlic and salt and pepper. Leave to simmer for about an hour. Stir occasionally. Cook and stir hamburger in skillet until light brown; drain. Stir hamburger in tomato sauce and cover, let simmer for about an hour. Stir in the peppers green, red, and yellow, cover and let simmer for about half hour. Stir in spices chili powder, red pepper and cover, leave to simmer for an hour. Stir in the beans. Unused portions can be frozen up to 4 months.





# Salad Dinners



## **Bacon, Lettuce, and Tomato Salad**

*Source: N/A*



### **Ingredients:**

½ lb	Bacon	1 tbsp	Vegetable oil
4 slices	Firm, whole wheat bread		Dressing:
1 small	Bunch romaine lettuce	5 tbsp	Vegetable oil
2	Tomatoes	2 tbsp	Red wine vinegar
6	Thin slices red or white onion	2 tsp	White sugar
2 tbsp	Parmesan cheese		Dash salt and pepper, to taste

### **Directions:**

Cook bacon in microwave or frying pan until crisp; drain on paper towel.

Cut bread into ½ inch cubes and toss with oil. Cook bread cubes in frying pan until golden and crisp.

Wash and dry lettuce, then tear into small pieces. Place into large salad bowl. Cut tomatoes into thin wedges and add to lettuce. Crumble bacon and add to lettuce.

Dressing: combine all ingredients in small jar; shake vigorously.

Pour dressing over salad and add parmesan cheese. Toss all ingredients together. Top with fried bread cubes and serve right away.

## **Carrot Salad**

*Source: N/A*



### **Ingredients:**

1 ½ lb.	Carrots, sliced	½ tsp	Salt
1 lg.	Green pepper, cut up	½ can	(10 1/2oz) tomato soup
1 lg.	Onion, thinly sliced	½cup	Vegetable oil
	sauce	½ tsp	Dry mustard
½ cup	Sugar		Dash pepper
¼ cup	Vinegar		

### **Directions:**

Cook carrots until tender (just barely done); drain and cool. Add onion and green pepper.

Sauce: combine ingredients. Pour over vegetables; mix. Put into the fridge overnight.

## **French Egg and Potato Salad**

*Source: N/A*



### **Ingredients:**

6	Medium potatoes, cooked and diced	1tsp	Dijon mustard
2	Hard-boiled eggs, peeled and chopped	½tsp	Salt
2	Green onions, chopped	¼ tsp	pepper
3 tbsp	Vegetable oil		Paprika, to garnish
3tbsp	Vinegar, or to taste		

### **Directions:**

In bowl, toss together cooked potatoes, eggs and green onions. In small jar with lid, shake together remaining ingredients, except paprika. Pour vinegar mixture over potato mixture; toss gently until well mixed. Add more seasonings, to taste. Spoon into serving bowl; sprinkle top with paprika. Cover and refrigerate. Remove from fridge 15 minutes before serving for best flavor.

### **Optional:**

Celery, zucchini, peas, carrots, sweet corn

## **Gourmet Spinach Salad**

*Source: Chef Gillis Godin NSCC Cooking Class*



### **Ingredients:**

2 tsp	Lemon juice	4 cups	Spinach leaves
1 tsp	Olive oil	2	Tomatoes, chopped
2 tbsp	White wine vinegar	1/4cup	Goat cheese, crumbled
To taste	Salt	1 tbsp	Pine nuts, toasted
To taste	Pepper		

### **Directions:**

Whisk lemon juice, oil and vinegar together. Add salt and pepper to taste. In a large bowl, toss spinach leaves. Pour dressing over spinach. Add the tomatoes and goat cheese, mix gently to flavor entire salad. Sprinkle with pine nuts.

### **Optional:**

Garnish with sliced hard boiled egg, bacon, or chopped green onion.

## **Dutch Potato Salad**

*Source: N/A*



### **Ingredients:**

1 tsp	All-purpose flour	8	Potatoes, cooked and diced
2 tbsp	Brown sugar	6 strips	Bacon, cooked and crumbled
½ cup	Water	3	Hard-boiled eggs
¼ cup	Vinegar		Green onion or regular onion, to taste
1 cup	Low fat mayonnaise or miracle whip		

### **Directions:**

Combine first 4 ingredients in top of double boiler. Stir in mayonnaise or miracle whip and cook until slightly thickened.

Combine diced potatoes, bacon, eggs and onion. Pour hot dressing mixture over potato mixture and mix. Add salt and pepper , to taste. Chill in refrigerator until ready to serve

### **Optional:**

Peas, corn, zucchini, chopped tomato

Garlic

Oregano

## **Garden Fresh Pasta Toss**

*Source: Chef Gillis Godin NSCC Cooking Class*



### **Ingredients:**

½ cup	Red peppers, chopped	¼ cup	Sun-dried tomatoes, finely diced
1 cup	Spaghetti, whole-wheat	Pinch	salt
8 oz	Beef sirloin, cut in strips	pinch	pepper
¼ cup	Pesto	2 tbsp	Pine nuts, toasted (optional)
1 tbsp	Balsamic vinegar	½ cup	Cheddar cheese, light, shredded
1 tsp	Lemon zest		

### **Directions:**

Roast red peppers by placing peppers on grill, skin side down. Grill until black. Cool and peel off skins. Set aside. Cook spaghetti in boiling water for 10 to 12 minutes or until al dente. Drain well. Sauté beef strips in non-stick skillet for 5 to 7 minutes or until done. In large bowl, stir pesto with vinegar and lemon zest. Add spaghetti, red peppers and sun-dried tomatoes and beef. Toss to combine. Add salt and pepper. Garnish with toasted pine nuts and cheese.

## **Citrus Quinoa Salad**

*Source: Chef Gillis Godin NSCC Cooking Class*



### **Ingredients:**

1cup	Quinoa or brown rice	2 tbsp	Coriander, fresh, chopped
2 cups	Water		Dressing:
1 cup	Cucumber, unpeeled, diced	1 tsp	Lemon, zest of
½ cup	raisins	3 tbsp	Lemon, juice of
½ cup	Mandarin oranges, canned, drained	1 tbsp	Sesame oil
¼ cup	Sun flower seeds, shelled	1 tsp	Sugar
2	Green onions, diced	¼ tsp	Cumin, ground

### **Directions:**

Rinse quinoa under cold water, drain. In a saucepan, boil water and stir in quinoa. Reduce heat, cover and simmer until water is absorbed.

Drain and let cool. In a bowl, combine quinoa, cucumber, raisins, mandarins, sunflower seeds, onions, and coriander.

Dressing: in a small bowl, mix lemon zest and juice, oil, sugar and cumin. Pour over salad and mix period



## **Salad**

*Source: Debi Rutledge*



### **Ingredients:**

	Choose from the list below or come up with your own combinations:		Dressing:
	Lettuce (romaine, leaf, mixed, etc) or baby spinach	1 tbsp.	Brown sugar or maple syrup
	Tomatoes    cucumber	2 tbsp.	Oil (Canola, olive)
	Celery    carrots	3 tbsp.	Vinegar (wine, Balsamic, Raspberry, etc)
	Green onions    zucchini	1 clove	Chopped garlic (optional)
	Sweet peppers		
	Cheese bits (cheddar, Asiago, mozzarella , feta, etc.)		

### **Directions:**

Mix salad veggies in bowl. Add dressing just before serving. Sprinkle with cheese bits, bacon, pine nuts etc. if desired

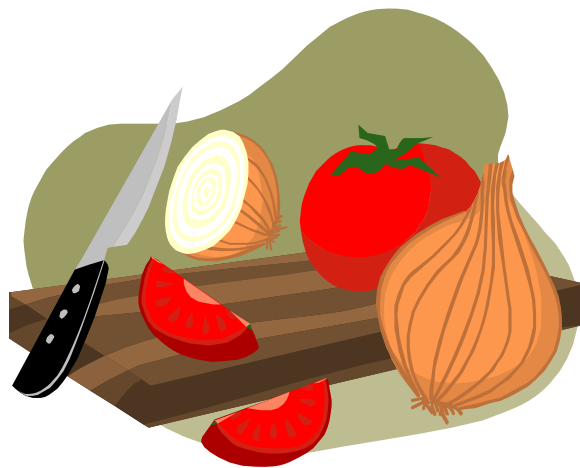
Dressing:

Mix ingredients in a microwave safe bowl. Stir well. Microwave for 20 seconds. Stir well again and pour over salad just before serving.

NOTE: Your vinegar/oil combinations can vary depending on the meal you are eating with the salad.



# Vegetable Dinners



## **Veggie Beef Casserole**

*Source: N/A*



### **Ingredients:**

1 cup	Diced bacon	1 ½ cups	Frozen cut green beans
1 ½ lbs	Lean ground beef	3 cups	Noodles, your choice of style
2	Medium onions, chopped	½ tsp	Salt
1 ½ cups	Thinly sliced potato	2x10oz cans	Condensed cream of mushroom soup
1 ½ cups	Thinly sliced carrot	½ cup	Water
½ cup	Thinly sliced celery	2x10oz cans	Tomato soup
1 cup	Thinly sliced zucchini, with peel		

### **Directions:**

Scramble-fry bacon, ground beef and onion in large frying pan until onion is soft and beef is no longer pink. Drain and turn into ungreased 4 quart casserole or small roaster.

Add next 7 ingredients. Stir together.

Stir mushroom soup and water together in small bowl. Add to beef mixture and stir.

Empty tomato soup into small bowl. Stir vigorously. Spoon over all. Make sure pasta is underneath soup. Cover and bake in 350<sup>0</sup> f oven for 1 ½ to 2 hours until vegetables are tender.

### **Optional:**

Use no yolk noodles.

## **Old Fashioned Scalloped Potatoes**

*Source: Helen Hebert*



### **Ingredients:**

8 med.	Potatoes	2 cups	Hot milk
1	Onion, thinly sliced	1 cup	Grated cheddar cheese, optional
2 tbsp	All-purpose flour		Salt and pepper
2 tbsp	margarine		

### **Directions:**

Slice potatoes into thin, coin shaped pieces. Slice onion into slices as well.

Layer 1/3 of potatoes in bottom of roasting pan. Cover with 1/3 of onion. Dot with margarine and sprinkle with 1/3 of flour. Sprinkle salt and pepper and 1/3 of cheddar cheese. Repeat layers until all ingredients are layered. Pour hot milk over all ingredients; place into uncovered pan in the oven. Bake at 350°F for 1 hour, or until potatoes are baked through.

### **Optional:**

You can use whole wheat flour.

Butter

## **Oven-Roasted Vegetables**

*Source: Chef Gillis Godin NSCC Cooking Class*



### **Ingredients:**

1 1/2 cups	Parsnip, peeled and cut into chunks	1tbsp	Non-hydrogenated margarine
1 1/2 cups	Turnip, peeled and cut into chunks	1 tsp	Rum extract
1	Potato, peeled and cut into chunks	½ tsp	Ground nutmeg
1 ½ cups	Carrots, peeled and cut into chunks	Pinch	Salt
2	Onions, quartered	Pinch	pepper

### **Directions:**

Place parsnips, turnip, potato, carrots and onions in a casserole dish. Combine margarine, rum extract, nutmeg, salt and pepper. Drizzle over vegetables. Cover and bake at 400°F for 45 minutes or until vegetables are tender.

## **Potato Chowder**

*Source: N/A*



### **Ingredients:**

6	Bacon slices, diced	½ tsp	pepper
1 cup	Onion, finely chopped	1	Bay leaf
½ cup	Celery, thinly sliced	2 cups	Milk
2 cups	Water	1 cup	Frozen kernel corn
2 cups	Unpeeled, diced potato	½ cup	Milk
1 tsp	Seasoned salt	3 tbsp	Flour
½ tsp	Salt	1 ½ tbsp	Chopped parsley or chives, for garnish

### **Directions:**

Sauté bacon, onion and celery in medium frying pan until onion is soft. Drain and set aside.

Combine next 6 ingredients in large saucepan. Cook for about 20 minutes until potato is tender. Remove and discard bay leaf.

Add first amount of milk and corn. Add bacon mixture. Bring to a simmer. Simmer for about 3 minutes until corn is tender.

Stir second amount of milk into flour in small bowl until smooth. Gradually stir into potato mixture. Heat and stir until boiling and thickened.

Sprinkle individual servings with parsley. Makes 6 cups

### **Optional:**

Can use all-purpose or whole wheat flour.

## **Tuna Stuffed Baked Potatoes**

*Source: N/A*



### **Ingredients:**

6 lrg	Baked potatoes	6 ½ oz can	Flaked tuna in water
3 tbsp	margarine		Salt and pepper, to taste
¾ c	Hot milk		Sprinkle paprika
1 tbsp	Minced onion		

### **Directions:**

Cut baked potatoes and scoop out insides. Mash potatoes and add margarine, milk, salt, pepper, onion and tuna. Beat until creamy and spoon mixture into potatoes shells. Sprinkle with paprika. Bake at 450<sup>0</sup> F for 10 minutes.

### **Optional:**

Garlic

Minced celery

Salmon or ham rather than tuna

## **Meatless Chili**

*Source: Barb Leck*



### **Ingredients:**

1 (28 oz) can	Tomatoes	3 cloves	Garlic (chopped)
1/2 cup	Bulgar	2 tsp	Chili powder
3 tbsp	oil	2 tsp	Cumin
2 lg	Onions (chopped)	2 tsp	Oregano
2	Green peppers (chopped)	19 oz can	Red Kidney beans (drained)
19 oz. can	Black beans (drained)	1 cup	Kernel corn (canned or frozen)
1 small can	Tomato paste	1/2 cup	water

### **Directions:**

Stir bulgar into juices from tomatoes. Simmer 5 min. Combine the following and cook until onions are soft: oil, onion, garlic, chilli powder, cumin, and oregano. Stir in tomatoes and bulgar mixture plus the following: green peppers, red kidney beans (rinsed well), black beans (rinsed well), kernel corn, tomato paste, water. Cover and simmer 20 - 30 min, stirring occasionally.

### **Optional:**

Tabasco Sauce

Any other vegetables you might like.





# **Stir-Fry, Wraps, & Taco Dinners**



## **Teriyaki Chicken Stir-Fry**

*Source: Helen Hebert*



### **Ingredients:**

½	chicken bouillon cube	2-3 tbsp	Soya sauce
½ cup	Boiling water	1 tbsp	Vegetable oil
¼ c	Soya sauce	2	Cloves garlic, minced
2 tbsp	Ketchup	3	Chicken quarters
1 tbsp	Brown sugar	2 c	Broccoli stems and flowerettes
1 tbsp	cornstarch	1 lg	Carrot, thinly sliced diagonally
1 tbsp	Ground ginger	1	Onion, chopped

### **Directions:**

Make chicken stock by dissolving bouillon cube with boiling water. In a small bowl, whisk together stock, Soya sauce, ketchup, brown sugar, cornstarch, ginger and garlic. Set aside. Take the skin off the chicken quarters and slice the chicken into bite size pieces.

In a wok or very large skillet, heat oil over medium- high heat. Add onion, broccoli and carrot; stir-fry until tender crisp, about 6 to 8 minutes. Remove vegetables from wok and set aside. Add chicken to wok and stir-fry until cooked. Add vegetables back to wok along with sauce. Mix until heated. Serve over a bed of rice or Chinese noodles.

### **Optional:**

Save the bones to make chicken stock, if you desire.

## **Meal In a Wrap**

*Source: Debi Rutledge*



### **Ingredients:**

Pkg	Multi Grain Wraps	<u>Selection of Veggies:</u> Red or green pepper      Mush-rooms Green onion      Red onion Carrot sticks      Zucchini Celery      Garlic
3 tbsp	Cooking oil	<u>Selection of Sauces:</u> Mayonnaise, mustard Salsa, sweet & sour sauce, BBQ sauce Also try: Mayo. With some red pepper, celery or Onion pureed into it *preferably Olive or Canola

### **Directions:**

Heat oil in a large pan on top of the stove. Add garlic and sauté for 1 minute. If using carrots stir fry them first for 2-3 minutes. Add other veggies and sauté until just tender-crisp (approximately 3-4 minutes depending on the pan being used).

Meanwhile place wraps on a microwave safe plate and cover with a damp towel. Warm in microwave for about 1 minute.

Divide veggies among wraps and add 1-2 tbsp sauce. Wrap up and enjoy.

Leftover chicken, beef, bacon, pork, etc. can also be added if desired. Add to the pan during the last minute of cooking to warm.

Notes: Shop the “specials” table in the produce section for low cost veggies.

## **Stir-fried Beef and Vegetables**

*Source: Helen Hebert*



### **Ingredients:**

1 lb.	Lean beef	2	Beef bouillon cubes
½	Bunch broccoli	1 ½ cups	Boiling water
2-3	Carrots	1/2cup	Soya sauce
1	Onion	½ tsp	Garlic powder
3	Stalks celery	¼ tsp	Ginger
2 tbsp	Vegetable oil	1tbsp	cornstarch

### **Directions:**

Slice beef into thin strips across the grain. Add ¼ cup Soya sauce and ½ cup beef broth (made from bouillon cubes and water) to the beef; allow to sit while slicing vegetables.

Cut broccoli into flowerettes and slice celery stalks. Slice carrots diagonally. Cut onions into large chunks. Mix remaining sauce ingredients in a small bowl.

Heat skillet on high until hot, then add 1 tbsp vegetable oil. Add carrots and stir-fry until partially cooked.

Add broccoli and stir-fry some more, then add onion and celery. Stir-fry until all vegetables are cooked. Set vegetables aside on a plate.

Add a bit more oil to the skillet. Add beef mixture and stir-fry until thoroughly cooked. Add vegetables back to skillet; mix. Add sauce mixture to skillet and stir until sauce thickens slightly.

### **Optional:**

Other vegetables that could be add if you wish (mushrooms, green peppers, bean spouts, and cabbage) etc. Any other inexpensive cut of meat.

## **Soft Shelled Tacos**

*Source: Mary Kurgan*



### **Ingredients:**

2 c	Shredded cheddar cheese	1	Head of lettuce
1 tbsp	Olive oil	2 lg	tomatoes
1 lb	Ground turkey or chicken breast	2 lg	White onions
1 pkg	10 in. tortillas	¼ c	water
1 pt	Low fat cream		

### **Directions:**

Dice onions and tomatoes into small pieces. Cut head of lettuce in half place, cut side down and shred. Heat pan on medium heat and add olive oil, half of the diced onion, add the ground turkey or chicken breast. Cook and stir frequently until meat is cooked.

Add packet of taco seasoning with ¼ cup of water, lower heat and stir often, allow seasoning to mix with meat and then remove from heat.

Take the tortilla and lay flat, add a layer of meat to lower half, top with shredded cheese, sour cream, lettuce, tomatoes and onion.

Start from the bottom and roll in upwards motion making sure none of the toppings fall out of the roll.

These tacos could be served with a side Spanish or Mexican rice.

### **Optional:**

Other toppings include Refried beans and guacamole. You may substitute with whole grain tortillas. You may also use ground beef.

## **Oriental Egg Wraps**

*Source: Chef Gillis Godin NSCC Cooking Class*



### **Ingredients:**

8	Eggs	3 tbsp	Corn starch
¼ cup	Dried cherry (optional)	3 tbsp	Water, cold
2 tbsp	Sugar	2 2/3 cups	Oriental vegetables, steamed
½ tsp	Salt		

### **Directions:**

In a large bowl, beat together eggs, cherry, sugar and salt; set aside. In a small bowl, blend together corn starch and water. Combine corn starch mixture with egg mixture. Grease a 9 inch non stick skillet. Heat over medium heat. Pour 1/3 cup of egg mixture into skillet. Rotate pan several times so batter covers the bottom of the pan. Cook for about 1 minute: or until top is set. Loosen edges; turn over and cook for few seconds longer. Remove onto wire rack to cool. Repeat procedure until all batters is used. Fill wrap with about 1/3 cup of vegetables. Roll and serve.

## **Beef and Vegetable Stir-Fry**

*Source: Laura*



### **Ingredients:**

1-½ cups	Minute Rice Brand Rice, uncooked	1 lb	Beef flank steak, cut into thin strips
¼ cup	Lite soy sauce	2 tsp	cornstarch
2 Tbsp	Kraft Calorie-Wise Catalina Dressing	1 bag (750g)	Frozen oriental mixed vegetables, thawed, drained
¾ tsp	Ground ginger	¼ cup	Dry roasted peanuts

### **Directions:**

**PREPARE** rice as directed on package. Meanwhile, mix soy sauce, dressing and ginger until well blended; set aside.

**TOSS** steak with cornstarch. Spray large nonstick skillet with cooking spray; heat on medium-high heat. Add steak mixture; cook and stir 3 min. or until steak is cooked through. Add vegetables and soy sauce mixture; cook and stir 3 min. or until sauce thickens and vegetables are heated through.

**SERVE** steak mixture over rice; top with peanuts.

### **Optional:**

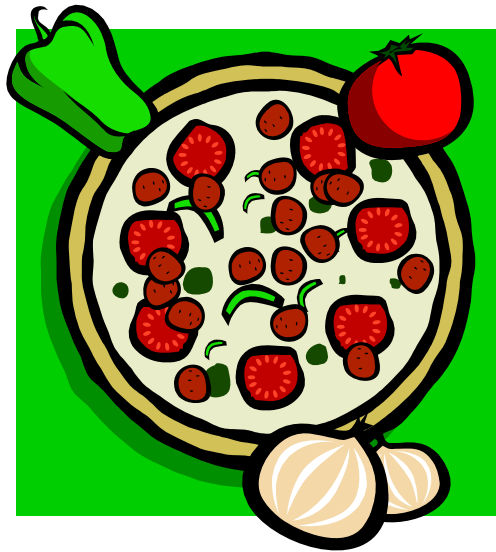
Use brown rice instead of quick cooking rice to increase nutritional value. It requires 20-25 minutes to cook so start it first. It will be ready by the time you finish your stir fry. Cook rice in low-fat broth to increase flavor and nutrition.

### **Nutrition (per serving)**

Calories	440
Total fat	13 g
Saturated Fat	3.5 g
Cholesterol	45 mg
Sodium	740 mg
Carbs	48 g
Dietary Fibre	5 g
Sugars	6 g
Protein	31 g
Vitamin A	0% DV
Vitamin C	70% DV
Calcium	4% DV
Iron	30% DV



# Pizza Dinners





## **Mini Pizzas**

*Source: Helen Hebert*



### **Ingredients:**

6	English muffins, cut in half	¼ cup	Canned sliced mushrooms
1 ½ cup	Home style tomato sauce with herbs	1 cup	Grated cheese
¼ cup	Finely chopped onion		Basil and oregano, to taste
¼ cup	Finely chopped green pepper		Salt and pepper, to taste also

### **Directions:**

Preheat oven to 350°F. Place English muffins onto baking sheet. Spread tomato sauce on each muffin half. Sprinkle with basil, oregano, salt and pepper. Put onion, green pepper and mushrooms over top of each muffin half. Sprinkle with cheese. Bake until hot and bubbly, about 20-25 minutes

### **Optional:**

Cheese options are cheddar/mozzarella/ or marble

You may desire to add pepperoni or even salami

## **Baby Pizza**

*Source: Al Young*



### **Ingredients:**

2	Hamburger buns	½	Green pepper (small)
¼ cup	Pizza sauce	½ cup	Chopped mushrooms
3 slices	Bacon	½ cup	Grated mozzarella cheese

### **Directions:**

Cook bacon in a lightly greased frying pan until crisp.

Drain off the fat and let bacon lay on paper towel.

Once cooled enough break up bacon strips into little chunks.

You can chop the mushrooms, green pepper, and grade the cheese while the bacon is frying.

Arrange bun halves on an un-greased baking tray.

Put about a tablespoon of pizza sauce on each bun half.

Scatter bacon bits over the pizza sauce.

Sprinkle on the green pepper, mushrooms and cheese, after the bacon.

Broil about 4 inches from the heat for about 2 min, until hot and cheese is melted.

Serves 2

## **Garden Ranch Pizza**

*Source: N/A*



### **Ingredients:**

1 pkg.	Refrigerated pizza or bread dough	1 cup	Broccoli, chopped
¼ cup	Mayonnaise	¼	Red pepper, chopped
¼ cup	Ranch salad dressing	1	Medium carrot, chopped
1	Clove garlic, crushed	¼ cup	Pitted ripe olives, sliced
8 oz.	Shredded mozzarella	1 oz	Parmesan cheese

### **Directions:**

Preheat oven to 400<sup>0</sup> f.

Prepare dough.

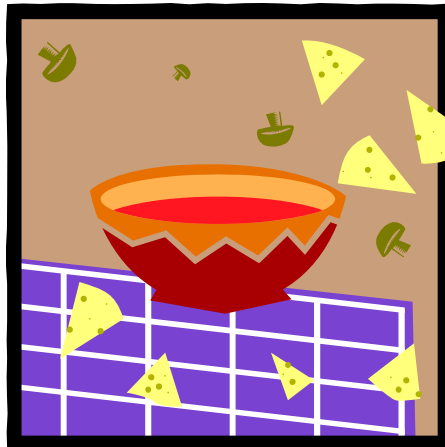
In a bowl combine mayonnaise, ranch dressing, and garlic. Mix well. Spread evenly over crust. Top with ½ the mozzarella cheese. Sprinkle vegetables and olives over pizza. Top with remaining mozzarella cheese and parmesan cheese. Bake for 20 to 24 minutes or until edges are golden brown.

### **Optional:**

You can add other vegetables that you prefer that what is mentioned.



# Misc Dinners



## **Never Fail Biscuits**

*Source: Charlotte Boates*



### **Ingredients:**

2 cups	All-purpose flour	½ cup	Shortening or 3tbsp of mayonnaise (cold)
3 tsp	Baking powder	1 cup	Water or milk
	Pinch of salt		

### **Directions:**

Put flour, baking powder, salt into a mixing bowl. Cut in shortening until size of small peas (hands work better for mixing but do not over mix or biscuits will be tough).

Add water or milk and mix lightly. Form into a ball and roll out on a floured board or counter. Cut out and place on a baking sheet. Put in 400° f oven for 10-12 minutes.

### **Optional:**

Whole wheat flour

Butter rather than shortening

## **Warm Chickpea Dip**

*Source: Chef Gillis Godin NSCC Cooking Class*



### **Ingredients:**

1 tbsp	Canola oil	½ cup	Chicken stock, sodium-reduced
1	Onion, chopped	1	Lemon, zest of
2 cloves	Garlic, crushed	To taste	Salt
½ tsp	Ginger root, finely chopped	To taste	Pepper
1 can	Chickpeas	To garnish	Cilantro, fresh, chopped

### **Directions:**

Heat oil and sauté onion, garlic and ginger for approximately 2 minutes. Add chickpeas and heat through. Add stock and lemon zest. Blend in a food processor. Season with salt and pepper. Serve warm. Garnish with cilantro.

## **Pumpkin Corn Cakes**

*Source: N/A*



### **Ingredients:**

2 ½ cups	Yellow cornmeal	1 2/3 cups	All-purpose flour
1 2/3 cups	1% buttermilk	1 tbsp	Baking powder
14 oz	Can of pumpkin (without spices)	¾ tsp	Baking soda
1/3 cup	Hard margarine (or Butter), melted	½ tsp	Salt
1/3 cup	Maple-flavored syrup	½ tsp	Ground cardamom
2	Large eggs, fork beaten		

### **Directions:**

Combine first 6 ingredients in large bowl.

Combine flour, baking powder, baking soda, salt and cardamom in medium bowl. Add to cornmeal mixture. Stir until just moistened. Place 1/3 cup batter into each of 24 greased muffin cups. Bake in 375 °f oven for 20 minutes. Makes 24 corn cakes.

### **Optional:**

Omit muffin cups. Place batter in 2 greased 8 x 8 inch round cake pans. Bake in 350 °f oven for about 30 minutes. Makes 2 cakes.

## **Dip for Nachos**

*Source: Laura Jackson*



### **Ingredients:**

1 cup	Philadelphia cream cheese	1 large	Cut up tomato
1 cup	Mayonnaise	1 cup	Cut up mushrooms
1 can (284ml)	Pizza sauce	½	Head lettuce, chopped small
1 cup	Cut up pepperoni	2 cups	Cheddar cheese, shredded

### **Directions:**

Whip first 2 ingredients with beaters. Spread over plate then add remaining ingredients by layering as given. Then serve with nachos.



## **Tessa's Confetti Dip**

*Source: Sandra MacDonald-Anderson*



### **Ingredients:**

3 tsp	Vinegar	250 mg	Philadelphia Cream Cheese
3 tsp	Sugar	2 tbsp	Diced each:
3	Eggs		Green Pepper, Red Pepper, and Onion
1	Drop Tabasco Sauce		

### **Directions:**

Beat eggs, sugar, and vinegar. Cook and stir until thickened. Blend in cream cheese, Tabasco sauce. Let cool. Add diced vegetables and refrigerate until needed.



# Desserts



## **Pumpkin Mousse Pie**

*Source: Chef Gillis Godin NSCC Cooking Class*



### **Ingredients:**

2 cups	Graham wafers crumbs	2 cups	Pumpkin, canned
¼ cup	Non-hydrogenated margarine	1 tbsp	Pumpkin pie spice
2 package	Instant vanilla pudding	1 cup	Whipped topping, light, thawed
2 cups	Skim milk		

### **Directions:**

Melt margarine and mix with graham wafer crumbs. Press into 9" pie plate. Bake crust at 350°F or until golden brown. Blend pudding mix and milk. Stir in the pumpkin and spice until smooth. Stir in the whipped topping lightly, until blended. Pour into a crust. Serve and chill.

## **Oatmeal Raisin Cookies**

*Source: N/A*



### **Ingredients:**

1 cup	All-purpose flour	1 tsp	Cinnamon
1 cup	Rolled oats	2	Eggs
½ cup	Sugar	1/3 cup	Corn syrup
½ tsp	Baking powder	1 tsp	Vanilla
½ tsp	Baking soda	¾ cup	Raisins
½ tsp	Salt		

### **Directions:**

In a large bowl, combine first ingredients. Add remaining ingredients stirring until all ingredients are moistened. Dough will be thick. Drop by rounded spoonful onto cookie sheet sprayed with nonstick cooking spray. Bake in preheated 350° f oven for 8 to 10 minutes, or just until set. Do not over bake. Cool 5 minutes on cookie sheet; remove to wire rack to cool.

### **Optional:**

May add nuts if you wish

## **Healthy Oat and Raisin Cookies**

*Source: Helen Hebert*



### **Ingredients:**

1 cup	All-purpose flour	1 ½ cup	Brown sugar, lightly packed
1 tsp.	Baking soda	2	eggs
½ tsp	Salt	1 tsp	Vanilla
2 cups	Rolled oats	¾ cup	Coconut
½ cup	Wheat germ	¾ cup	raisins
¾ cup	Margarine		

### **Directions:**

Combine first 5 ingredients together. Cream margarine, brown sugar, eggs and vanilla together. Add oat mixture; mix well. Stir in coconut, raisins and nuts.

Drop dough by teaspoonful onto lightly greased baking sheets. Flatten slightly with hands or floured fork. Bake at 350<sup>0</sup>f for 12 to 15 minutes or until golden.

### **Optional:**

½ cup chopped nuts

## **Microwave Applesauce**

*Source: Samantha Acorn*



### **Ingredients:**

3 ½ cups	Peeled, cored and sliced cooking apples (about 3 large Spy, Spartan, or McIntosh)	¼ tsp.	Ground cinnamon
¾ cups	Water		

### **Directions:**

In a 6 cup microwave dish, combine apple slices and water. Cover and microwave on high (100%) for 8-9 minutes or until apples are tender. Stir once. Stir in cinnamon. Serve warm or at room temperature.

Yield: 4 servings (2 cups) Each serving: ½ cups. 1 fruits and vegetables choice

Preparation: 10 min. Cook: 8-9 min.

NOTE: Warm applesauce, one of life's greatest comfort foods!

## **Spider Web Dip**

*Source: Chef Gillis Godin NSCC Cooking Class*



### **Ingredients:**

1 3/4cups	Black bean dip	1 cup	Cheddar cheese
1cup	guacamole	1/2cup	Tomato, chopped
1/4cup	Sour cream fat free		Tortilla chips, baked
1cup	Lettuce shredded		

### **Directions:**

1. Spread bean dip onto centre of a large platter, leaving 1 to 2 inches around the edge.
2. Carefully spread bean dip with guacamole. Spoon sour cream into a Ziplock bag. Snip off corner and pipe sour cream into 4 circles onto guacamole. Drag toothpick or knife through sour cream from centre outward to make spider web design.
3. Layer lettuce, cheese, and tomatoes on edge of platter. Serve with baked tortilla chips.

## Elegant Bread Pudding



### Ingredients:

½ cup	Finely chopped dried apricots	¾ cups	Granulated sugar
½ cups	Golden raisins	1 tsp	vanilla
1/3 cup	Apricot jam	4	Large eggs
12	½ inch French bread slices	1/8 tsp	salt
4 cups	Homogenized milk		

### Directions:

Combine apricot, raisins and liqueur in small bowl. Let stand for 15 minutes. Spoon ½ of apricot mixture into greased 2 ½ quart casserole. Spread evenly. Spread apricot jam on 1 side of each bread slice. Cut each slice into 3 equal pieces. Arrange pieces, jam side –up and slightly overlapping, in casserole. Spoon remaining apricot mixture evenly over bread. Measure milk and sugar into medium saucepan. Split vanilla bean in half lengthwise. Scrape seeds from pod into milk mixture. Add pod halves. Heat and stir on medium until bubbles form around edge and sugar is dissolved. Remove from heat. Let stand for 20 minutes. Remove and discard pod halves. Beat eggs and salt with fork in large bowl. Slowly add milk mixture, beating constantly, until well combined. Pour evenly over bread. Let stand for 10 minutes. Cover. Place casserole in large pan. Bake in 325 ° f oven for 1 ½ hours. Remove cover. Bake for about 20 minutes until knife inserted in centre of pudding comes out clean. Carefully remove casserole from water in pan. Let stand on wire rack for 15 minutes.

### Optional:

3 tbsp liqueur. Vanilla instead of vanilla bean



## **Cold Maple Mousse**

*Source: Chef Gillis Godin NSCC Cooking Class*



### **Ingredients:**

1 envelope	Gelatin, with unflavored	1 pinch	Salt
2 tbsp	Water, cold	2 cups	Desert topping mix
1 cup	Maple syrup, light	¼ cup	Almonds, slivered, toasted (optional)
1	Egg, beaten		

### **Directions:**

In a small bowl, soak gelatin in cold water. Meanwhile, in a double boiler over medium-low heat, whisk together maple syrup, egg and salt; cook, stirring constantly, for 5 to 8 minutes or until slightly thickened. Remove from heat and whisk in gelatin. Refrigerate mixture until cool.

In a large bowl and using electric mixer, whip cream until stiff. Add one third of the cream to maple mixture; beat until well blended. (This gives the mousse a bit more volume).

Gently fold in the remaining cream. Pour into soufflé dish. Chill until set. If using almonds, toast in a non-stick skillet or oven until brown. Use as garnish.

## **Chocolate Squares**

*Source: Laura Jackson*



### **Ingredients:**

1 pack- age	Chocolate chips	½ cup	Butter
½ cup	Peanut butter	1 bag	Mini marshmallows

### **Directions:**

Melt first 3 ingredients on medium heat. Stir while melting. Take off heat let stand 3 minutes, and add marshmallows. Put in 8x8 inch pan, cool. Cut into squares.

## **Brown Betty**

*Source: N/A*



### **Ingredients:**

2 apples	Cooking apples, peeled and sliced	¼ cup	Brown sugar, packed
¼ cup	Granulated sugar	¼ cup	All-purpose flour
3 tbsp	OPTPING		Salt, Just a Pinch

### **Directions:**

Layer apple slices with sugar in an ungreased 7 ¾ X 3 ¾ X 2 1/8 inch (19.5 x 9.5 x 5.5 cm) foil loaf pan.

Topping: Melt butter in saucepan. Stir in brown sugar, flour and salt. Sprinkle over apples. Pat smooth. Bake in 350<sup>0</sup> F (175<sup>0</sup> C) oven for about 30 minutes until apples are tender.

Serves 2.

### **1 serving**

Calories	500
Fat	18.1 g
Protein	2 g
Sodium	188 mg

## **Chocolate Fruit Mousse**

*Source: Chef Gillis Godin NSCC Cooking Class*



### **Ingredients:**

2 cups	Strawberries or fresh fruit	½ oz	Chocolate, unsweetened, melted
1 package	White chocolate desert mix		

### **Directions:**

Arrange strawberries evenly among 6 desert dishes. Prepare mousse according to package; spoon evenly over fruit. Drizzle melted chocolate on top of each desert, swirling with knife to create an attractive pattern. Chill.

## **Apple Crisp**

*Source: Helen Hebert*



### **Ingredients:**

4 cups	Sliced apples	½ tsp	Salt
1/3 cup	Sifted all-purpose flour	1 tsp	Cinnamon
1 cup	Rolled oats	1/3 cup	Melted butter or margarine
1 cup	Brown sugar		

### **Directions:**

Arrange sliced apples in greased 9x9 inch pan. Combine dry ingredients and add melted margarine. Mix until crumbly. Sprinkle crumb mixture over top of apples. Bake at 350 °f for 30 minutes.

### **Optional:**

Can add other berries or fruit and adjust seasonings

## **Banana Cake**

*Source: Helen Hebert*



### **Ingredients:**

½ cup	Margarine	½ tsp	Cloves
1 cup	Sugar	1 ½ tsp	cinnamon
1	Egg	1 tsp	Ginger
1 cup	Mashed banana	½ tsp	Salt
1 ¾ cup	All-purpose flour	½ cup	Sour milk
1 tsp	Baking soda	2 tsp	Vanilla

### **Directions:**

Cream margarine until smooth. Blend in sugar and egg. Add mashed bananas. Mix dry ingredients in bowl. Add dry ingredients to banana mixture alternately with sour milk (to make sour milk add 1tbsp of vinegar to milk). Add vanilla. Pour into 8x8 inch greased pan. Bake at 350<sup>o</sup>f for 1 hour.

### **Optional:**

Can switch all-purpose flour with whole wheat flour

