

The St. Giles Preschool Cookbook

2010 - 2011

The Parents of St Giles Preschool

The St. Giles Preschool Cookbook: 2010 - 2011

The Parents of St Giles Preschool



This is a Leanpub book which is for sale at <http://leanpub.com>. Leanpub helps you connect with readers and sell your ebook, while you're writing it and after it's done.

TABLE OF CONTENTS

Introduction 1

Appetizers and Snacks 3

Nut Free Energy Balls 3

Sebastian's Alumni Guacamole 5

Smoked Salmon Mousse 6

Cheese Straws 7

Granola Bars 8

Breakfast 11

Granola 12

Carrot Pancakes 14

Spelt or Brown Rice Pancakes 15

Patton Pancakes 16

Banana Pecan Pancakes with Maple-Honey Butter 18

Amelia and Julien's Puffy Pancake 20

Blueberry Sauce 21

Avocado and Egg 22

Soups 23

Simple Tomato Soup 23

Broccoli Cheese Soup 24

Natasha's Chicken Soup 26

Kale, Butternut Squash and White Bean Soup 28

Won Ton Soup 29

Salads 31

Edamame Salad 31

Black Bean and Corn Salad 32

Mango and Tomato Salad with Basil Curry Dressing 33

Sides 35

Risotto with Butternut Squash, Gorgonzola and Toasted Pecans 35

Ham and Pea Risotto 37

Beans and Rice 38

Guatemalan Black Beans 39

Mains 41

Chorizo Beans with Rice 41

Easy pizza dough 43

Best Pizza 45

Fettuccini With Sausage and Kale 47

Pork with Camembert 48

Vegetarian Chilli 49

Santa Fe Chicken 51

Indian Curried Tilapia 52

Salmon Burgers 53

Pesto Meatball Pasta 54

Curried Cauliflower and Chickpea Stew 55

Sausage Tomato Bake 56

Easy Spanish Rice 57

Spinach Mushroom Frittata 58

Cornish Hens with Garlic and Rosemary	59
Shoyu Chicken	60
Sadie's Salmon Sauce	62
Quick and Easy Meatballs	63
Sneaky Meatballs	64
Zucchini Feta Casserole	65

Baking 67

Savory Scones	67
Cornbread	69
The best homemade bread	70
Super Quick Cinnamon Buns	71
Toblerone Shortbread	72
"Twinkle" Cookies	73
Icing Cookies	75
Zucchini Chocolate Cake	77
Gingerbread Dough	78
Double Chocolate Oatmeal Cookies	79
Pumpkin Muffins	80
Almost Healthy Banana Bread	82
Cranberry Oat Muffins	83
Heavenly Chocolate Macaroons	84
Talia's Favourite Blueberry Cake Muffins	85
Ginger Spice Cookies	87
Quick Cocoa Cake	88
Vegan Banana Carob Almond Coconut Muffins	89

Kids Recipes 91

Play Dough 91

Introduction 93

Mains 95

Chorizo Beans with Rice 95

Best Pizza 97

Pork with Camembert 99

Vegetarian Chilli 100

Spinach Mushroom Frittata 102

Shoyu Chicken 103

Sadie's Salmon Sauce 105

Quick and Easy Meatballs 106

Sneaky Meatballs 107

Zucchini Feta Casserole 108

Baking 111

Savory Scones 111

Toblerone Shortbread 113

Icing Cookies 114

Gingerbread Dough 116

Double Chocolate Oatmeal Cookies 117

Ginger Spice Cookies 118

Vegan Banana Carob Almond Coconut Muffins 119

Kids Recipes 121

Play Dough 121

Introduction



A Parent Participation Preschool attracts a certain type of parent. When I told my mother, a retired preschool teacher, that I was thinking about sending my oldest daughter to a PPP, she said "you'll fit right in there" (and I swear there was a muttered, but loving, comment of "with those hippie PPP types!"). And she was right, our family fit right in. St Giles PPP is an amazing, nurturing, loving place. Our youngest is now in her final year at St. Giles, and we're going to miss it next year as we move on to our adventures at elementary school.

One thing that's no different between our parents and everyone else is that we worry about what our kids eat. And we're busy. Oh my are we busy.

The recipes here reflect that. Some are quick. Some are for those days when you have enough extra energy to cook something special. But all are great, nutritious, kid-tested recipes. Give them a shot -- these are our family favourites, and some of them are destined to become part of your family as well.

Enjoy!



Appetizers and Snacks



Nut Free Energy Balls

These are a little fussy to mix up, but worthwhile in a large batch. They are perfect for peanut-free school lunches, and are a tasty way to include seeds in your kids' meals.

- 1 1/2 cups dried apricots
- 1 1/2 cups dried apple
- 8 brown rice cakes
- 2 cups unsweetened coconut

- 2/3 cups sunflower butter
- 1 cup pumpkin seeds
- 2/3 cups sesame seeds
- 1 cup rolled oats
- 1 1/4 cups agave syrup (honey or maple syrup might also work but I haven't tried them)
- 1 cup tahini

Pulse in a food processor in batches. First pulse together apricot, apples and rice cakes. Empty to a separate bowl. Then pulse together coconut, seeds and oats. Mix everything together and chill 1 hour or more. Finally, form the dough into balls about 1 inch diameter, and roll them in sesame seeds or coconut. Toasting the sesame seeds adds flavour, but is not necessary. Refrigerate.

Sebastian's Alumni Guacamole



- 2 ripe Hass avocados
- 1-2 limes
- Dash of cumin
- $\frac{1}{4}$ teaspoon salt
- Optional: chopped green onion, chopped tomato, $\frac{1}{2}$ cup mild to medium salsa

Cut open avocados, remove pit, and scoop insides into a medium bowl.

Mash well with a fork.

Squeeze in the juice from 1 to 2 limes, to taste.

Add in a dash of cumin and $\frac{1}{4}$ teaspoon salt. Adjust to taste.

Serve with baked tortilla chips, nachos, cut up veggies or add to burritos & tacos.

Smoked Salmon Mousse

- 1 cup melted sweet butter
- 1/4 cup lemon juice
- 1 lb smoked salmon
- 1 c sour cream

Blend butter, lemon juice and salmon in blender or food processor. Fold in sour cream. Serve with capers, lemon slices and spanish onion on black rounds of cocktail bread - or with slices of baguette.

Expensive, feeds an army, may be halved or doubled, and freezes very well.

Cheese Straws

Very easy and very tasty- makes around 25 straws

1 cup cheddar cheese 1 cup parmesan cheese (set a little aside for sprinkling) 2 cups flour 1 cup butter 1tbsp olive oil 1 tsp salt fresh ground pepper pinch of mustard 1 egg (beaten)

Pre heat Oven to 375F/180 C

Mix together flour and cheese in a bowl. Add the butter, oil and other ingredients. Rub mixture with fingertips and then press together into ball, add water or milk if needed. Lightly dust surface and roll out pastry to 1/2 inch thick. Cut out straws into desired length and place on greased baking sheet. Sprinkle a little parmesan on top of each straw. Coat each straw with beaten egg mixture using brush. Bake for 15 minutes or until golden brown.

Granola Bars

- 2 cups old fashioned oats
- 1 cup sunflower seeds
- 1 cup shredded coconut
- 1/2 cup toasted wheat germ or bran
- 3 tbsp unsalted butter
- 2/3 cup honey
- 1/4 cup packed brown sugar
- 1 1/2 ts ps v anilla
- 1/4 ts p salt
- 1/2 cup chopped pitted dates
- 1/2 cup chopped dried apricots
- 1/2 cup dried cranberries

Preheat oven to 350 degrees.

Butter an 8x12 baking dish and line with parchment paper.

Toss oats, sunflower seeds and coconut together on a baking sheet and bake for 10-12 minutes, stirring occasionally until lightly browned. Transfer the mixture to a large mixing bowl and stir in the wheat germ or bran.

Reduce oven temperature to 300 degrees.

Place the butter, honey, brown sugar, vanilla and salt in a small saucepan and bring to a boil over medium heat. Cook and stir for a minute, then pour over the toasted oatmeal mixture. Add the dates, apricots and cranberries and stir well.

Pour the mixture into the prepared pan. Wet your fingers and lightly press the mixture evenly into the pan. Bake for 25 to 30 minutes until

light golden brown. Cool for at least 2 to 3 hours before cutting into squares.

Tip-- carefully rub or spray cooking oil onto your knife blade before chopping dried fruit. It makes it a lot less of a sticky job!

This is a recipe I developed in order to send granola bars to school with my son Sebastian without sending anyone to the hospital. It's fast, easy and tastes better than store-bought granola bars. The three different dried fruits may be varied to include dried blueberries, dried cherries, dried pineapple, or whatever will appeal to your family.

Breakfast



Breakfast is an important start to your day. And, according to our recipe submissions, pancakes are the best way to do it! But that's not all we eat for breakfast at St. Giles. We've got some yummy granola, a quick and easy avocado and egg for those mornings when you don't have much time but need to keep the kids going 'til lunch, and some blueberry sauce for those pancakes.

Granola



- 6 - 7 cups rolled oats (not quick oats)
- 1 cup pumpkin seeds
- 1-1/2 cups chopped almonds
- 1-1/3 cups unsweetened grated coconut (medium)
- 1/2 cup oil
- 3/4 cup liquid honey (gently heated if it's hard or grainy)
- 1-1/2 cups currants

You can get the all of the ingredients pretty cheaply at Famous Foods.

In a large bowl, mix every thing except the oil, honey and currants.

Slowly add the oil and then the honey while stirring constantly.

Put the mixture in a lightly oiled 10"x 15" pan. Bake for 10 minutes at 400°F.

Stir the granola thoroughly, then bake for 15-20 more minutes, stirring every 5 minutes. The key to good granola is to get it really nice and brown, so you may want to bake it for an extra few minutes at the end.

Remove from the oven and stir in the currants.

Stir thoroughly. Stir every once and a while as it's cooling to avoid clumps.

Carrot Pancakes

- 3/4 cups whole wheat flour
- 1/2 cup white flour
- 2 tsp baking powder
- 1/2 tsp cinnamon
- 1/4 tsp salt
- 3 tbsp brown sugar
- 3/4 cup milk or buttermilk
- 1 tbsp canola or vegetable oil
- 1 tsp vanilla extract
- 2 eggs, whisked
- 1 1/2 cups carrots, shredded fine (about 3 small carrots)
- butter or oil for cooking

Place the first 5 ingredients in a bowl and stir to combine.

In another bowl, mix sugar, milk, oil, vanilla, carrot and eggs together.

Add the dry ingredients to the wet and mix.

Heat a large skillet over medium heat and lightly coat with butter or oil.

Spoon about 1/4 cup of batter onto the skillet and cook for 2 minutes on each side or until golden. My kids love these with homemade maple yogurt (plain Greek yogurt with maple syrup added). We also love these for lunch or snacks. Turn your leftovers pancakes into pancake sandwiches using cream cheese or jam for the filling. So yummy!

Spelt or Brown Rice Pancakes

- 1 cup spelt flour or 1 cup brown rice flour plus 1/4 cup tapioca flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp sea salt
- Optional pinch of cinnamon
- 1 egg (To replace 1 egg: 1 heaping tablespoon of ground flaxseed to 3 tablespoon of boiling water. Mix until sticky consistency.)
- 1-2 tablespoon melted butter or clarified butter
- 1- 1 1/4 goats milk, oat milk, almond milk or cow's milk
- 1 tablespoon pure maple syrup

Mix dry ingredients together. Wisk the wet ingredients, except the milk, in a separate bowl. Add the wet ingredients to the dry and slowly add milk until batter is a slightly thick consistency.

Heat stainless steel skillet over medium heat. At butter or clarified butter for cooking. When pan is hot add one of batter.

Cook for about 1-2 minutes or until top begins to bubble, flip and cook for a minute or so on the other side.

Patton Pancakes



While you can make pancakes from a mix, these taste waaaaaay better and are still fast and easy to make before your morning coffee has kicked in.

Dry Ingredients

- ½ cup all purpose flour
- ½ cup whole wheat flour
- 2 tsp baking powder
- ½ tsp salt
- 2 Tbsp sugar

Wet ingredients

- 2 Tbsp vegetable oil
- 1 egg
- 1 cup milk

Optional Extras

- Chopped up soft fruit of any kind; 1 banana, apple, pear
- Chocolate chips
- Dash of cinnamon
- ½ tsp vanilla

Sift together dry ingredients.

In a separate small bowl (or a large enough measuring cup), combine oil, egg and milk and mix well with fork.

Mix dry and wet ingredients together and stir until combined.

Heat fry pan or griddle to medium-hot.

Pour batter into pan. For “Patton-style” pancakes, make small for the kids, medium for moms, and HUGE for Dads.

Enjoy topped with butter, peanut butter and maple syrup.

Banana Pecan Pancakes with Maple-Honey Butter

Mmmmm. Carmalised bananas. Go for a long walk afterwards :)

Maple Honey Butter

- 1 c unsalted butter, softened
- 1/4 c pure maple syrup
- 2 T honey

Banana-Pecan Pancakes

- 2 c buttermilk
- 3 eggs
- 1 t pure vanilla extract
- 2 c all purpose flour
- 3 T sugar
- 1 1/2 t baking powder
- 1/4 t salt
- 1/2 c pecans, toasted and finely ground
- 4 T unsalted butter, melted
- 3 bananas, peeled and sliced in 1/4" circles

In mixing bowl, mash softened butter with maple syrup and honey until well blended. Chill the butter in fridge for 30 mins.

Whisk buttermilk, eggs, and vanilla together until lightly beaten. In separate bowl, stir dry ingredients together. Mix the wet ingredients into the dry to combine. Fold in pecans and melted butter, and whisk until smooth.

Heat griddle or skillet over medium-low heat and swirl around a little melted butter to keep pancakes from sticking. Pour batter into pan. Cook on one side until they set and then lightly press the bananas into the batter. When small bubbles appear on the uncooked surface, flip and cook until golden on both sides, about 8 mins. Keep warm in a low oven (200 F) while making the rest. Slice the maple-butter and layer between the stack of pancakes to melt.

Serves 4.

Amelia and Julien's Puffy Pancake

- 2 eggs
- ½ cup milk
- ½ cup flour
- ¼ tsp. salt
- 1-2 tablespoons butter
- lemon juice
- dash of cinnamon

Preheat oven to 400 degrees F. Mix together eggs, milk, flour, salt and cinnamon in a mixing bowl. Put one of the tablespoons of butter in a 9" pie plate (preferably glass) into the oven for a minute until the butter melts. Remove from oven and rotate pie plate around to spread the butter to cover pie plate's bottom and sides.

Pour batter into pie plate and bake in oven for 20 minutes. The pancake should rise and puff up. Remove from oven and lightly spread the rest of the butter on the pancake. Also, sprinkle icing sugar and squeeze lemon over the pancake and put back in the oven for 3 more minutes.

Serve with strawberries, bananas or your favorite fruit.

Serves 2-4

Blueberry Sauce

Cook frozen blueberries over medium low heat until melted and bubbling. Mash if needed. Optional to add 1-2 teaspoon syrup to sweeten if berries are sour.

Serve over pancakes.

Avocado and Egg

- 4 eggs – soft or hard boiled depending on how you like them
- 1 avocado - cubed
- Olive oil
- Salt & pepper

Peel eggs and roughly chop. Place egg & avocado into bowl and drizzle with olive oil. Season with salt & pepper.

Delicious served with cream cheese toast!

Soups

Simple Tomato Soup

- 1 medium tomato
- 1 clove of garlic
- 1-2 tbsp olive oil
- 1 C of small pasta (ditali lisci – small tubes)
- 4 C of chicken broth
- Salt & pepper to taste

Puree tomato and garlic in a food processor. In a medium sauce pan, heat olive oil. Add pasta and stir until lightly brown. Add tomato puree and stir. Add broth, salt & pepper. Cook for 8 minutes or until pasta is soft.

Great with cheese toast.

Broccoli Cheese Soup

- 1 medium large potato, peeled and diced
- 2 large stalks of broccoli, cut up (including peeled stems)
- 1 medium carrot, peeled and chopped
- 3 medium cloves garlic, peeled
- 1 1/2 cups chopped onion
- 1 1/2 tsp salt
- 4 cups water
- 2 cups packed, grated sharp cheddar cheese (plus extra for garnishing)
- 3/4 cup milk
- 1 tsp dill, optional
- black pepper, to taste

Place potato, broccoli, carrot, garlic, onion, salt and water in large saucepan. Bring to boil, then simmer until all vegetables are tender (check in 10 minutes). Cool so you don't melt the blender, then puree.

Add cheese, milk, dill and pepper. Heat gently until cheese melts. Serve with a bit of cheese on the top.

Yield: 6 or more servings.

Variation: replace broccoli with 1 large cauliflower, cut or broken into florettes.

Variation: This recipe has been known to end up with rubber cheese glued to spoon, bowl, pot - everything. My theory is that to prevent that, one could create a cheese sauce by cooking together 2 Tbsp butter and 2 Tbsp flour, then adding the milk, stirring til thickened, and then adding the cheese. Dump that into the pureed veggies, and voila!

The cheese should be bound by the roux, and it won't clump itself together on every utensil you care to name.

Natasha's Chicken Soup



Serves 6

- 2 tsp vegetable oil
- 1-2 cloves garlic, minced
- 1 onion, chopped
- 1 leek, sliced
- 3 carrots, chopped
- 2 stalks celery, chopped
- 5 cups vegetable or chicken stock
- 2 thin skinned potatoes, peeled and chopped (not the Russet/Idaho baking kind)
- 1 tsp dried basil

- 1 tsp dried oregano
- 3 – ½ breasts of skinless, boneless chicken breast,
- cut into bite-size pieces
- A handful of chopped fresh parsley

In a nonstick skillet, heat oil over medium heat. Add garlic, onions, leeks, carrots and celery; cook about 4 minutes or until onions soften, stirring occasionally. Add stock, potatoes, basil and oregano; bring to a boil. Cover and reduce heat to low and simmer for 20 minutes or until potatoes are tender.

Add chicken. Cover and cook for 5-10 minutes or until chicken is cooked through. Stir in parsley. Add salt and pepper to taste.

Tips

Leave a little bit of chicken fat on to add flavour to the soup.

Always simmer soup covered

Leeks hide a lot of dirt, slice in half lengthwise and clean under running water. Chop and use only the white and light green part.

Kale, Butternut Squash and White Bean Soup

- 2 large onions
- 10 cups vegetable or chicken stock
- 1 cup diced tomatoes
- 2 tsp marjoram
- 1/2 tsp salt
- black pepper
- 2 cups diced butternut squash
- 2 cups cooked or canned white beans (rinse well if canned)
- 1/2 lb kale (or frozen chopped spinach can be handy in the freezer)
- optional: a couple of spicy sausages, cooked, drained and sliced (can also be kept handy in the freezer to toss in)

Saute onions until tender. Stir in stock, tomatoes, marjoram, salt and pepper. Bring to a boil, add butternut squash and simmer 30 minutes or until squash is tender. Add the beans and kale and cook another 15 minutes.

Won Ton Soup

We usually make this as part of our Chinese New Years celebrations at the school.

Prep Time: 15 minutes Cook Time: 15 minutes

- 18-24 won ton wrappers

Filling

- ½ pound boneless lean pork, chopped finely
- 1 tablespoon soy sauce
- 1 tablespoon oyster sauce
- a few drops sesame oil
- 1 teaspoon sherry
- ½ teaspoon sugar
- 1 green onion, finely minced
- 1 teaspoon cornstarch
- 2 dashes of white pepper

Other

- Water for boiling won tons
- 4 ½ - 5 cups chicken stock
- green onion, thinly sliced, as desired
- a few drops sesame oil (optional)

Combine all the filling ingredients in a bowl, mixing well. Lay one won ton wrapper in front of you. Cover the remaining won ton wrappers with a damp towel to keep them from drying out.

Filling the won tons

Moisten all the edges of the won ton wrapper with water. Place a heaping teaspoon of the won ton filling in the centre.

Fold the won ton wrapper in half lengthwise, making sure the ends meet. Press down firmly on the ends to seal. Use thumbs to push down the edges of the filling to center it. Keeping thumbs in place, fold over the won ton wrapper one more time. Push the corners up and hold in place between your thumb and index finger. Wet the corners with your fingers. Bring the two ends together so that they overlap. Press to seal. The finished product should resemble a nurses' cap.

Repeat with the remaining won tons.

Alternate method

Place the teaspoon of filling in the middle of the wrapper and twist to seal. The final result should resemble a money bag or drawstring purse.

Boiling the won tons

Bring a large pot of water to a boil. Add the won tons, making sure there is enough room for them to move about freely. Let the won tons boil for 5-8 minutes, until they rise to the top and the filling is cooked through. Remove from pot with a slotted spoon.

Making the soup

Bring the chicken stock to a boil. Add the won tons and bring the soup back to a boil. Add the green onion, remove the pot from the heat and add the sesame oil, stirring. Ladle into soup bowls, allowing 6 won tons per person.

Salads

Edamame Salad

- 1 lb frozen shelled edamame
- 3 cups frozen corn
- 1 chopped red pepper
- 3/4 cup sliced green onion
- 1/4 cup finely chopped red onion (*optional)(can be over-powering if you put too much or don't chop it fine enough)
- 1/4 cup chopped fresh parsley
- 1/3 cup lemon juice
- 2 tablespoons dijon mustard
- 2 tablespoons olive oil
- 1 tsp salt
- Thaw edamame beans
- Mix edamame, corn, red bell pepper, green onion, red onion, and parsley.
- In a large bowl, whisk lemon juice, mustard, olive oil, and salt.
- Add veggies to bowl and toss to coat.
- Refrigerate until ready to serve.

Black Bean and Corn Salad

- 1 can (14oz) black beans, drained and rinsed
- 2 cups frozen corn kernels
- 1 small red pepper, seeded and chopped
- ½ red onion, chopped
- 1 ½ teaspoons ground cumin
- 2 teaspoons Tabasco sauce
- 1 lime, juiced
- 2 tablespoons vegetable or olive oil

Combine all ingredients in a bowl and let stand for 15 minutes. Serve and enjoy.

Mango and Tomato Salad with Basil Curry Dressing

For an intensely summer experience... So good with barbequed chicken and a bagette...

- 4 ripe plum tomatoes
- 1 large ripe mango (NB: an under-ripe mango will not have enough flavour to balance the tomato and basil)
- 1 1/2 T EV olive oil
- 1 t rice wine vinegar
- pinch curry powder (although I like a generous pinch...)
- 4-6 large basil leaves
- salt and freshly ground pepper to taste

Core tomatoes and cut into 1/2" wedges. Cut mango from the pit in 1/2" slices and remove skin. Arrange alternating slices of mango and tomato on a plate.

Using a mortar and pestle (or mini chopper), combine olive oil, vinegar, curry powder, basil leaves, salt and pepper, pulverising the basil leaves. Drizzle dressing over the mangoes and tomatoes and serve immediately.

Serves 4.

Sides

Risotto with Butternut Squash, Gorgonzola and Toasted Pecans

- 4 cups low-sodium chicken or vegetable stock
- 2 tablespoons extra-virgin olive oil
- 1/2 small onion , finely chopped
- 1 cup arborio rice
- 2 cloves small garlic , finely chopped
- 1 medium butternut squash (about 1 1/2 pounds), peeled, seeded, and cut into 1/2-inch cubes
- 8 large sage leaves , chopped
- 2 teaspoons salt
- Freshly ground pepper
- 1/3 cup crumbled Gorgonzola
- 1/4 cup chopped toasted pecans

In a saucepan, bring the stock to a boil. Then reduce heat to low.

In a large, heavy-bottomed saucepan over a medium to high heat, heat the olive oil. Add the onion and sauté for 2 minutes. Add the rice; stir until well coated, about 1 minute. Add the garlic and squash and continue to stir another 1 minute. Lower the heat to medium and add 1/2 cup hot stock. With a wooden spoon, stir until the liquid is absorbed but the rice isn't sticking to the pan. Continue adding 1/2 cup stock at a time and stirring until the stock is absorbed, about 30 minutes, or until the rice is tender.

Remove from heat; add the sage and salt. Season with pepper. Stir to combine. Place risotto in a serving bowl and top with Gorgonzola and pecans.

Ham and Pea Risotto

- 2 tablespoons olive oil
- 1 onion finely chopped
- 1 ½ cups Arborio Rice
- ½ cup dry white wine (optional)
- 5 ½ cups chicken broth, warmed
- 4-6 sliced back bacon (or ham steak)
- 1 cup peas (if using frozen thaw)
- ½ cup fresh finely grated parmesan cheese

Place chicken broth in a pan and warm (keep warm throughout the cooking process). In another medium-large sauce pan, heat olive oil over medium heat. Saute onions until translucent (approx 3 minutes). Add rice and wine and cook until wine evaporates. Make sure to stir continuously. Add chicken broth ¼ cup at a time and stir until absorbed, then add the next ¼ cup. Continue until the rice is tender (will likely use between 5 and 5 ½ cups). Remove rice from heat. Heat up back bacon, then add to rice along with the peas and cheese. Stir until well blended. Let sit for 5 minutes before serving.

Beans and Rice

- 1 cup chicken broth
- 1 Tbsp fresh lime (or lemon) juice
- ¼ tsp sugar (optional)
- ¼ tsp kosher salt
- ½ cup dry long-grain white rice
- ½ Tbsp butter (optional)
- 1 can black beans, drained and rinsed
- ¼ cup chopped fresh cilantro

Boil broth, lime juice, sugar and salt in a saucepan. Add in rice, stir and cover. Reduce heat to low and cook for 15 minutes. Liquid should be all absorbed. Remove from heat and add butter, black beans and cilantro.

Guatemalan Black Beans

We learned this recipe in Antigua Guatemala while learning spanish. We use this in tortillas and as a base for tex mex dip. In my opinion, this blows refried beans out of the water.

I've never made this without a pressure cooker, but I'm sure you could do it with some experimentation.

- 4 cups black turtle beans
- 2 medium onions, peeled and halved
- 4 cloves of garlic, peeled
- 3 tbsp. salt
- 2 tbsp powdered cumin
- 2 tbsp powdered coriander

Rinse and wash the beans thoroughly. Put them in the pressure cooker and add water until the beans are covered by about three inches of water. Bring the pressure pot up to pressure. When the steam starts coming out, turn the burner off and let the pressure pot come back to atmospheric.

Once the pressure is gone in the pot, drain the beans and rinse with fresh water until the water is mostly clear. The liquid contains a lot of the proteins that we can't digest, so it really helps if you get rid of most of the black liquid. After the final rinse, add the cumin and coriander and mix it in. Add the onion and garlic, pushing them below the surface. There's no need to chop them, as they'll get cooked to mush in the next step and then blended. Level the beans, then add water until the level of the water is 1 to 1-1/2 inches below the top of the beans.

Bring the pressure pot back up to pressure. When steam starts coming out, let it cook on medium for a minute and then turn the heat off. Let the pressure pot come back to atmospheric.

Once the pressure is gone, add salt and whirl it up in a blender. It's really important to not add the salt until this last step. If you add salt before the beans are cooked, the skin on the beans will never get cooked properly.

Mains

Chorizo Beans with Rice



Makes 4 generous servings

- 2 c. brown & wild rice mixture
- 2 c. chicken stock
- 1 tbsp. olive oil
- 5 c. water
- 1 pkg. (6 links) chorizo sausage
- 1 19 oz. can kidney beans (or two 14 oz. cans for higher bean ratio)
- 2 red bell peppers, chopped
- 2 stalks celery, chopped
- 1/2 medium onion, sliced
- 4 cloves garlic, pressed or finely chopped
- 2 cups sliced mushrooms
- 1 19 oz. can tomato sauce
- 1/4 c. chopped fresh parsley
- 2 tbsp. chopped fresh or 2 tsp. dried oregano
- 1 tbsp. chopped fresh or 1 tsp. dried rosemary
- 2 tsp. salt

- 1/2 tsp. pepper

In rice cooker or saucepan, combine rice, stock, oil and water and cook while preparing sausage & beans mixture.

In a large, heavy-bottomed pot, fry the sausages in just enough oil or cooking spray to keep from sticking. Remove sausages and let cool.

In pan drippings, sauté peppers, celery, onion and garlic on medium heat for 5 minutes, or until they begin to soften. Rinse and drain beans, then add to pot. Add mushrooms, tomato sauce, herbs, and spices, and simmer, covered, for 10 minutes, stirring occasionally. Slice sausages and return to pot for 10 more minutes.

Serving suggestion: press 1/4 of the rice firmly into a small bowl or round-bottomed cup. Invert bowl quickly over the middle of a plate and lift it so that the rice forms a small dome in the plate's centre. Ladle 1/4 of sausage mixture carefully around the rice dome (like a moat). Repeat for other three servings.

Easy pizza dough



- 2 1/4 teaspoons of yeast
- 1 cup warm water
- 1 1/2 cups wholewheat flour
- 1 cup white flour
- 1 tsp honey
- 1 tsp salt
- 2 tbsp olive oil
- cornmeal

Preheat oven to 400. In a bowl, add the yeast and warm water and stir until the yeast dissolves. Add the flour, salt, honey, and olive oil and stir with a wooden spoon until combined. Let dough rest for 10 minutes.

Sprinkle cornmeal onto a walled baking sheet and press dough into it until thin. Add your favourite toppings and bake for 20-25 minutes until pizza crust is golden and cheese is bubbly.

Best Pizza



combine the following:

- 3-1/2 cups flour (1 cup wholewheat, 2 1/2 cups white flour)
- 1 teaspoon salt
- 1 tablespoon olive oil

In a separate bowl, combine:

- 1 cup warm water
- 3 teaspoons yeast
- 1 TBLS brown sugar

Let proof.

Preheat oven to 500 degrees with pizza stone on center rack.

Combine yeast and flour mixtures together. Add an additional 3/4 cups warm water. The dough will be very sticky. Gradually mix with hand wetting your hand with very cold water. Punch 100 times. The dough will still be very sticky but pulls away from the bowl. Let rise 45min-1 hour in warm setting.

Divide dough into 3 balls. Let rise 10 minutes.

Put a little flour on pizza board and flatten out ball..gradually work it out . I like to use a rolling pin to push it out further to size of pizza stone. Make sure there is enough flour under dough so doesn't stick. Move quickly and add a few tablespoons of crush tomatoe sauce. Add 1 tablespoon of pesto and spread over sauce. Add minimal amount of toppings 2 plus cheese. Slide onto pizza stone and cook about 13 minutes until crust looks crispy and golden. Voila! Now you can make 2 more and eat now or save for later.

Fettuccini With Sausage and Kale

- 3 tbsp olive oil
- 1lb hot turkey or pork sausage, casings discarded and sausage crumbled
- ½ lb kale, tough stems & centre ribs discarded and leaves coarsely chopped
- ½ lb dried egg fettuccine
- 2/3 C reduced-sodium chicken broth
- 1 oz finely grated Pecorino Romano (1/2 C) plus additional for serving

Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then cook sausage, breaking up any lumps with a spoon, until browned, 5-7 minutes.

Meanwhile, blanch kale in a 6-quart pot of boiling salted water, uncovered, 5 minutes. Remove kale with a large sieve and drain. Return cooking water in pot to a boil, then cook pasta in boiling water, uncovered, until al dente. Reserve 1 cup pasta-cooking water, then drain pasta in a colander.

While pasta cooks, add kale to sausage in skillet and sauté, stirring frequently, until just tender, about 5 minutes. Add broth, stirring and scraping up any brown bits from bottom of skillet, then add pasta and ½ cup reserved cooking water to skillet, tossing until combined. Stir in cheese and thin with additional cooking water if desired.

Serve immediately, with additional cheese on the side.

Serves 4-6.

Pork with Camembert

- 1 pound pork fillet
- 1 Tbsp butter
- 3 Tbsp white wine or sparkling dry cider
- 1/2 to 3/4 cup whipping cream or creme fraiche
- 1 Tbsp chopped fresh mixed herbs (e.g. marjoram, thyme and sage - I use just sage)
- 4 ounces camembert cheese, rind removed, sliced (brie works fine too)
- 1 1/2 tsp dijon mustard
- freshlyground black pepper
- fresh parsley, to garnish (if you have it)

Slice pork fillet crossways into small steaks about 3/4 inches thick. Place between two sheets of greaseproof paper or clear film and pound with the flat side of a meat mallet or roll with a rolling pin to flatten to a thickness of 1/2 inch. (I invariably pound this much thinner than 1/2 an inch, and it's still fine as long as I cook it for less time.)

Melt butter in heavy frying pan over medium-high heat until it begins to brown, then add the meat. Cook 5 minutes, turning once, or until just cooked through and the meat is springy when pressed. Transfer to warmed dish and cover to keep warm.

Add wine or cider and bring to boil, scraping the base of the pan (small whisk works well). Stir in the cream and herbs and bring back to the boil.

Add cheese and mustard and any accumulated juices from the meat. Add a little more cream if needed and adjust the seasoning. Serve the pork with the sauce and garnish with parsley.

Vegetarian Chilli

This recipe makes a double batch of chili. I make extra so that I can get 2 dinners out of each batch. The chili lasts about 5 days in the fridge. Serve with fresh crusty bread.

- 2 tablespoons vegetable oil
- 4 medium onions, chopped
- 6 cloves garlic
- 1 tablespoon salt
- 1/4 cup chili powder
- 6 stalks celery, chopped
- 8 medium tomatoes, diced or 3 (28 ounce) cans diced tomatoes
- 6 medium carrots (optional... leave these out if you plan to freeze the left-overs)
- 1 package Yves veggie ground round (or two packages if you like a lot of "meat" in your chili)
- 1 gigantic can (1.36L) of red kidney beans, drained
- 1 can (540 mL) of black beans, drained
- 1 1/2 cups frozen corn
- grated cheddar, sour cream, and chopped parsley for topping.

Heat the oil in a very large pot over medium heat.

Stir in the onion and garlic.

When tender, mix in the celery.

When vegetables are heated through, add the diced tomatoes, chili powder, veggie ground round and salt.

Simmer, covered, for about an hour. Stir a few times during cooking.

Add the kidney beans, black beans, and corn. Cook about 5 more minutes.

Serve. Sprinkle each serving with grated cheddar, sour cream and parsley if desired.

Santa Fe Chicken

This is a crock pot recipe but I think you can do it in your oven also. I love my crock pot and this one is easy.

- Chicken (I use skinless boneless thighs, but I also use whatever I have on hand)
- 1 cup salsa (or sometimes just tomatoes)
- 1 cup frozen corn
- 1 cup black beans (or whatever beans you have and your family likes)

Place in the slow cooker on high for 4 hours or high for about 6-8 hours. I am sure if place all the ingredients in a casserole and cook for 1 hour at 350 degrees that would work also.

Serve it with wraps and rice and more salsa, guacamole and shredded cheese. The kids make burritos with the casserole and eat it in a roll-up, but I tend to like it served over rice with a salad. See how it evolves in your family.

Indian Curried Tilapia

This recipe came from Gallery Cafe in Kampala, Uganda- a restaurant that was owned and operated by two Canadian women living there. It was one of my favourites!

You can substitute any white fish for the tilapia.

- 1.5 kg tilapia
- 125 ml lemon juice
- 5ml salt
- 25ml butter
- 2 medium onions, chopped
- 2 cloves garlic, minced
- 2.5 cm chopped ginger
- 1 chili chopped (optional)
- 15ml turmeric
- Salt and pepper to taste
- 50ml fresh dill, chopped
- 85 ml fish stock or water

Marinate fish fillets in lemon juice and salt not more than 1.5 hours: lemon juice will cook fish if left too long. In pan sauté onions, garlic, chilli, ginger and turmeric in butter, cook slowly over low heat until onions are soft. Add salt, pepper and stock: simmer 5 minutes. Add the dill and remove from heat. On greased baking sheet, bake the fish about 8-10 minutes at 350F (180C) until fish is flaky. Transfer to serving dish. Spoon onion mixture over top of fillets. Serve with rice.

Serves 6.

Salmon Burgers

- 2 cans of salmon (6 oz each), drained
- ½ cup bread crumbs
- 2 eggs lightly beaten
- 2 Tablespoons mayonnaise
- ½ cup finely chopped celery
- ½ cup finely chopped onion
- 1 Tablespoon fresh lemon juice
- 1 clove garlic, minced
- ¼ teaspoon black pepper
- 2 Tablespoons olive oil

Add all ingredients in a bowl, except for the olive oil. Mix well. Form 4-6 patties (or more if making smaller patties). Heat oil in a frying pan, keeping the heat medium to low. Cook patties in the pan on each side until golden brown.

Pesto Meatball Pasta

- 3-4 large sausages, uncooked (e.g. italian, honey-garlic)
- 300 g short pasta (e.g. scoobi-doo, penne, rotini)
- 1/2 cup pesto
- 1 bell pepper (yellow or red)
- 1 pint cherry tomatoes
- salt and pepper, to taste.

Julienne bell pepper and halve cherry tomatoes - set aside.

Take sausages out of casing and form into small meatballs (about the size of a large cherry).

Cook meatballs in a large non-stick pan on medium heat, about 10 minutes.

While meat is cooking, boil pasta in large pot. When done, drain pasta then return to pot.

Add pesto, cooked meatballs, bell pepper and tomatoes to pot. Season with salt and pepper. Cook on medium heat for 1-2 minutes.

Curried Cauliflower and Chickpea Stew

Easy, fast, and tasty - the best combination. Served best over basmati rice, but quinoa, couscous or barley also work.

- 2 T vegetable oil
- 2 1/2 c chopped onions
- 5 t curry powder
- 6 c small cauliflower florets (from 1 medium head)
- 2 - 15 1/2 oz cans chickpeas, drained and rinsed
- 2 - 10 oz cans diced tomatoes (with green chiles optional)
- 1 - 14 oz can unsweetened coconut milk
- 1/2 c chopped fresh cilantro

Heat oil in large skillet over high heat. Add onions and saute until golden brown, about 8 mins. Add curry powder; stir 20 secs. Add cauliflower and chickpeas; stir 1 min. Add diced tomatoes (with chiles optional), then coconut milk; bring to boil. Reduce heat to medium-low, cover, and boil gently until cauliflower is tender and liquid thickens slightly, stirring occasionally, about 16 mins. Season to taste with salt and pepper. Stir in cilantro; serve.

Serves 4.

Sausage Tomato Bake

This is a super easy meal to cook when you don't have much time. It takes 2 minutes to put it all together and then it just bakes in the oven for between 45 minutes and 1 hour. I often use this recipe when we have friends coming over for dinner and I'm not sure if the kids will like the meal I'm cooking. So I throw this in the oven as a back up for the kids to eat! I usually serve with mashed potatoes and a salad.

Ingredients

- 1.5 kg of ripe cherry tomatoes
- 2 sprigs each of fresh thyme, rosemary and bay leaves
- 1 tablespoon dried oregano
- 3 cloves of garlic, peeled and chopped
- 12 coarse Italian pork sausages (or 18 smaller pork sausages)
- olive oil
- balsamic vinegar
- sea salt and freshly ground black pepper

Preheat the oven to 380F. Put the tomatoes in one layer in a large roasting pan with the herb sprigs, oregano and garlic. Lay the sausages on top of the tomatoes. Drizzle the olive oil and balsamic vinegar over the tray and add salt and pepper. Toss it together and put it in the oven for 30 minutes. After 30 minutes turn the sausages over and put it back in the oven for another 15-30 minutes. If you like your tomatoes soft and sauce-like, take it out of the oven earlier. Of you like your tomatoes sort of caramelized, leave it in longer.

Easy Spanish Rice

- 1 lb Ground Meat Turkey/beef
- 1 jar of salsa - pineapple or mango
- 1 medium zucchini, shredded
- 1-2 carrots, shredded
- 1 small onion
- 1 1/2 cups rice
- 2 1/2 cups water or broth
- 1 cup grated cheese

You can increase or decrease these amounts according to the rice and amount you want to cook

Brown turkey/beef in a large skillet, add diced onion. Add carrots and zucchini with salsa to meat and cook 2-3 minutes. Stir in desired and liquid. Bring to a boil in the skillet and then turn to low heat and cover. Let rice cook, stir to check. Once cooked, sprinkle on cheese and let melt. Kids also like to add cheese at the table.

Spinach Mushroom Frittata

- 8 eggs
- 1/2 cup parmesan cheese
- pinch tumeric
- tsp salt
- 6 tbsp olive oil
- 2 tbsp low sodium vegetable/chicken broth
- 1 large shallot
- 1 1/2 cups shiitake mushrooms
- 2 cups fresh spinach coarsely chopped
- 1 tbsp cilantro or parsley, finely chopped
- 3-4 medium red potatoes, thinly sliced

Beat together eggs, tumeric and salt. Set aside

In a large skillet, heat 3 tbsps olive oil and broth over medium heat. Add shallot and stir often until soft (5mins) Add mushrooms and saute until tender. Stir in spinach and cilantro and saute 2 minutes, then add egg mixture

In a large skillet, heat remaining oil over medium heat, fully coating bottom of skillet. Spread red potatoes over bottom in one thin layer and cook for 5 minutes. Pour egg and vegetable mixture over potatoes, turn down heat to low and cover. Cook for about 20 minutes, checking if eggs are firm. When done run rubber spatula around edge of frittata, cut in wedges and serve.

Serves 4

Cornish Hens with Garlic and Rosemary

- 2 Cornish game hens
- salt and pepper to taste
- 1/2 lemon, cut into 2 pieces
- 2 sprigs fresh rosemary
- 2 tablespoons olive oil
- 12 cloves garlic
- 1/4 cup white wine
- 1/4 cup low-sodium chicken broth
- 2 sprigs of fresh rosemary for garnish

Preheat oven to 450 degrees F.

Rub hens with 1 tablespoon of the olive oil. Lightly sprinkle hens with salt and pepper. Place 1 lemon wedge and 1 sprig rosemary in cavity of each hen. Put in a large, heavy roasting pan, and arrange garlic cloves around hens. Roast in preheated oven for 25 minutes.

Reduce oven temperature to 350 degrees F. In a mixing bowl, whisk together wine, chicken broth, and remaining 1 tablespoons of oil; pour over hens. Continue roasting about 25 minutes more, or until hens are golden brown and juices run clear.

Transfer hens to a platter, pouring any cavity juices into the roasting pan. Transfer pan juices and garlic cloves to a medium saucepan and boil until liquids reduce to a sauce consistency, about 5 minutes. Cut hens in half lengthwise and arrange on plates. Spoon sauce and garlic around hens. Garnish with rosemary sprigs, and serve.

Shoyu Chicken



- 1 ½ lbs of chicken wings/drumettes - (appetizer) or chicken thighs large pack – (family meal)
- 3 green onions
- 3 tsp dry sherry
- ¼ cup of kikkoman light soya sauce or dark soya sauce
- 2 tbsp of sugar
- 1 tsp of sesame seeds

please note: for the family meal if you like more sauce make double the amount of sauce ingredients

1. If using chicken wings/ drumettes you can remove the tips from the wings by cutting at the joint or leave whole
2. If using chicken thighs keep the skin on.
3. Place green onions in large wok or pan on medium heat stir in sherry and soya sauce.
4. Add sugar and bring to a full boil.
5. Reduce heat and place chicken in mixture.
6. Cover and simmer over low heat for 20 minutes, turning occasionally or until done.

7. Sprinkle sesame seeds if desired.

8. Eat and enjoy!

Serve over Cooked sushi rice.

makes 8-10 servings

Sadie's Salmon Sauce



- 2/3 cup mayo
- 1/3 cup of yogurt
- 1 tbsp vinegar
- 1 tbsp honey
- 1 tsp dried or fresh dill weed
- squeeze of lemon
- salt and pepper

Mix ingredients until smooth. Serve with salmon as a sauce. Refrigerate to thicken.

Quick and Easy Meatballs

- 2 lbs ground beef
- ½ onion, chopped
- 2 eggs, lightly beaten
- ½ package chilli mix
- Breadcrumbs

Mix together first 4 ingredients. Add some fine bread crumbs to bring it to a good consistency (maybe ¼ cup or so). Form into meatballs and place onto a baking sheet. Bake at 400 degrees for about 15 minutes.

Serves 6-8.

Sneaky Meatballs

Graeme is a meat eater and avoided green things so we snuck them into the meatballs.

- 1 lb of ground round (beef, turkey or a mix – sometimes I add the inside of a mild Italian sausage, just cut the casing and squeeze it out)
- 1/3 cup of bread crumbs (or for the gluten free option I add quinoa flakes or oat flakes)
- 1/3 cup finely grated zucchini (or carrots or cooked sweet potatoes)
- 1/3 cup hummus
- An egg
- Salt and pepper

Mix well and roll into balls. Sometimes we fry these in the pan with some olive oil, but I have found an even more low maintenance way.

Place into a baking dish cover with jar/can of tomatoes or tomato sauce place in the oven for 20-30 min at 350 degrees.

Zucchini Feta Casserole

- 3/4 cup bulgar
- 3/4 cup boiling water
- 2 1/2 tbsp vegetable oil
- 2 cups sliced onion
- 4 garlic cloves minced or pressed
- 6 cups thinly sliced zucchini rounds
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried marjoram
- 1/8 teaspoon black pepper
- 2 eggs
- 1 cup grated feta cheese(5 oz)
- 1 cup cottage cheese
- 1/2 to 1 cup chopped fresh parsley
- 2 tbsp tomato paste
- 1 tbsp tamari soy sauce
- 1 cup grated cheddar cheese(3 oz)
- 2 medium tomatoes, thinly sliced
- 1 1/2 tbsp sesame seeds (optional)

Place the bulgur in a bowl and pour the boiling water over it. Cover and set it aside until it has absorbed the water and become soft and chewable.

Saute the onions and garlic in the oil until the onions are just translucent. (A wok might be good, cuz this is an AWFUL lot to put in the frying pan.) Add the zucchini, dried herbs, and black pepper and

continue to saute on medium to low heat until the zucchini is tender, but not falling apart.

In a bowl, lightly beat the eggs. Mix in the feta and cottage cheese.

Add the chopped parsley, tomato paste, and soy sauce to the bulgur and mix well.

Assemble the casserole in an oiled 9X9 inch casserole dish. Layer first the bulgur mixture, next the sauteed vegetables, and then the feta mixture. Top the casserole with grated cheddar cheese, tomato slices, and a light sprinkling of sesame seeds.

Bake covered at 350° for 45 minutes. For crustier cheese, uncover the casserole for the final 15 minutes of baking. This casserole can be more easily served after it sits for 5 or 10 minutes.

Baking



Kids love baking. They love eating the results too. We do a lot of baking in the school, and it's always a popular activity. When you're making these recipes with your kids, just picture yourself making them with seven or eight preschoolers crowded around you trying to "help". You'll feel much calmer in comparison.

Savory Scones

- $\frac{1}{4}$ C crisp bacon or ham
- 3 C all purpose flour
- 1 tbsp baking powder
- 1 tbsp sugar
- 1 $\frac{1}{2}$ tsp salt

- ½ C unsalted butter, cut into pieces
- 1 ½ C shredded sharp cheddar cheese
- ½ C thinly sliced green onions
- ½ tsp black pepper
- 1 C heavy cream
- Preheat oven to 400F
- In a large bowl, sift together the flour, baking powder, sugar and salt. Cut in the butter, cheese, green onions, and pepper with a pastry blender or fork. Work it until it just starts to form lumps and comes together. Add the bacon. Add cream and work just until it becomes a sticky dough, being careful not to overwork.
- Turn dough out onto a lightly floured surface and pat until it comes together. Form into 2 large circles (7" diameter and ¾" thick) and cut each circle into 8 wedges. Place on baking sheet and bake until golden brown, 22-23 minutes. Cool slightly on baking sheet and serve warm.

Cornbread

This recipe is quite versatile. You can switch out the flour for spelt and use $\frac{1}{4}$ cup of honey or agave syrup instead of sugar. Also, I've used yogurt thinned with soy or rice milk instead of buttermilk. Just to make it even more confusing, you could use a $\frac{1}{4}$ cup of applesauce instead of oil!

- $\frac{3}{4}$ cup Cornmeal
- 1 $\frac{1}{4}$ cup Buttermilk
- 1 cup All-Purpose Flour
- $\frac{1}{3}$ cup Sugar
- 1 tbsp Baking Powder
- $\frac{1}{2}$ tsp Salt
- 1 Egg
- $\frac{1}{4}$ cup Vegetable Oil

Preheat your oven to 400 degrees.

Combine cornmeal and buttermilk, and let it stand for 20 minutes.

In a large bowl, whisk your dry ingredients together to combine well, and in a measuring cup, measure your oil, and then add the egg and combine.

After 20 minutes, add the cornmeal/milk mixture to the dry ingredients, along with the oil/egg mixture and stir with a spatula until just combined.

Pour into a greased 8"x8" baking dish, and bake until done -- approximately 25 minutes.

The best homemade bread

- 1 1/4 cups water
- 2 tablespoons honey
- 2 tablespoons butter at room temperature
- 1 tsp salt
- 1 1/2 cups wholewheat flour
- 1 1/2 cups white flour
- 1/2 cup rolled oats
- 1 tablespoons brown sugar
- 1 tsp cinnamon
- 2 1/4 tsp active dry yeast (we use fresh yeast which makes this bread so much better)

Pour warm water, honey, sugar, and yeast into a bowl. Whisk until well combined and mixture is frothy, set aside for 10 minutes.

In a separate bowl stir together, flour, butter, salt, rolled oats, and cinnamon.

Pour yeast mixture into flour mixture, and mix until thoroughly combined. Use your hands, kids love this part!

Place dough into a lightly oiled bread pan. Cover with a damp towel and leave in a warm spot to rise for about an hour. Punch down dough and let rise a second time for 45 minutes, covered with a damp towel.

Preheat oven to 350 degrees F. Bake for 20-25 minutes.

Super Quick Cinnamon Buns

These are cinnamon buns made with biscuit dough, so they do not need to rise. They are similar in effort to making pancakes.

- 1/4 cup butter (for dairy free, oil will work - I like grapeseed oil the best)
- 2 cups flour (any of white wheat flour, whole wheat, whole spelt, refined spelt, and kamut will work)
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 tsp baking powder
- 1/3 cup yogurt
- 2/3 cup milk (for dairy free, use 1 cup of soy or almond milk instead of yogurt and cow)

You will also need butter or oil, brown sugar, cinnamon and maple syrup to dress the biscuits up.

Blend butter into the flour and white powders. Add liquid and mix up. Turn out onto a well floured board and roll or hand flatten to a large oblong, 1/4 to 1/2 inch thick. Spread with softened butter or oil, as thick a layer of brown sugar as you like, and a liberal sprinkling of cinnamon.

Roll from the longer edge to make a long jellyroll. Slice to 12 equal portions (slice in half, then each half into thirds, then divide each third in half again.) Grease a muffin tin and drop a toonie sized bit of maple syrup into each muffin spot. Place each bun in a muffin spot, sideways so you can see the swirl. Bake 10-15 minutes at 350F. Dried fruit or chopped nuts could also be added to the brown sugar layer.

Toblerone Shortbread

- 1 large toblerone bar
- 1 lb butter, softened
- 1 cup white sugar
- 3 1/4 cups flour
- 1/2 cup rice flour
- icing sugar to sprinkle on top

Let butter soften overnight

Preheat oven to 300 F.

Whip butter and sugar in mixer for 5 -10 mins

chop toblerone bar into large chunks (36-40) for top and smaller bits or shavings for the inside of the cookies.

Mix in flours and chocolate along with whipped butter and sugar.

Spoon balls onto cookie sheets and press large chunk of chocolate into centre.

Bake for about 20-25 minutes and sprinkle with icing sugar once out of the oven.

"Twinkle" Cookies



Makes about 3 dozen

- ½ lb bittersweet chocolate – chopped
- 3 tbsp butter at room temperature – cut into small pieces
- 2 eggs
- 1 tbsp honey
- 1/3 C sugar, plus more for rolling
- ¾ C ground almonds
- 2 tsp cocoa powder
- Pinch of salt
- Powder sugar for garnish

Melt chocolate on a double boiler. Remove from heat and add butter, mix until incorporated.

Beat eggs with electric mixer and gradually add sugar and honey until light and the mixture falls in thick, smooth ribbons from the beaters (about 10 minutes). Fold into the chocolate mixture. 3. Add the cocoa powder and salt to the ground almonds and mix; gently add to the chocolate mixture. Cover and refrigerate overnight.

Preheat oven to 325C. Line a baking sheet with parchment paper. Use an ice cream scoop to form the dough into 1" balls. Working quickly, roll the balls in granulated sugar. Place on baking sheet about 2" apart.

Bake for 12 minutes, until the centres are moist, but not wet. Cool slightly. Dust lightly with powdered sugar.

Icing Cookies

Cookies

- 1 cup butter, softened
- 1 cup packed brown sugar
- 1 egg
- 1 tsp vanilla
- 2 cups all purpose flour
- 1/2 tsp baking powder
- 1/4 tsp nutmeg
- pinch salt

Line baking sheets with parchment paper or leave ungreased

In bowl beat butter until light and fluffy.

Gradually beat in brown sugar.

Beat in egg and vanilla.

In a separate bowl stir together flour, baking powder and nutmeg and salt, using wooden spoon, stir butter into mixture.

Divide dough into quarters, flatten slightly. Wrap each in plastic wrap and refrigerate for at least 1 hour or up to 24 hours.

On a lightly floured surface, roll out each portion of dough to 1/4 inch thickness. Using cookie cutters, cut out shapes, carefully place 1 inch apart on baking sheets.

Bake in 375 oven for 10-12 minutes or until light golden on bottom and edges. Let cool for 1 minute and then transfer to racks. Let cool completely.

Icing

- 2 3/4 cups icing sugar
- 2 egg whites
- food colouring

In bowl, beat icing sugar with egg whites until thick and smooth. Divide among small bowls, stir in food colouring. Decorate cookies as desired.

Makes about 36 cookies.

Zucchini Chocolate Cake

- 1/2 cup margarine
- 1/2 cup oil
- 1 1/4 cup sugar
- 2 eggs
- 1 tsp vanilla
- 1/2 cup sour cream
- 2 cups grated zucchini
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp cinnamon
- 4 tbsp cocoa
- 2 1/2 cups flour
- 1 cup choc chips

Preheat oven to 350F.

Cream margarine, oil, eggs, and sugar, add sour cream and the rest of ingredients.

Bake in a 9 x 13 pan for 30 - 35 mins.

Gingerbread Dough

- 1 cup shortening
- 1 cup granulated sugar
- 2 eggs
- 3/4 cup fancy molasses
- 1/2 cup cooking molasses
- 5 1/2 cups all purpose flour
- 2 tsp ground ginger
- 1 tsp each baking soda, salt, cinnamon, cloves

In a large bowl, beat shortening with sugar until light and fluffy, beat in eggs, fancy and cooking molasses.

In separate bowl, whisk flour, ginger, baking soda, salt, cloves and cinnamon. Using wooden spoon stir into molasses mixture in 2 additions. Mix well blending with hands if necessary.

Divide in plastic wrap. Refrigerate for at least 2 hrs or until firm (refrigerate for up to 1 week or overwrap with foil and freeze for up to 2 weeks).

Makes 1 batch.

Double Chocolate Oatmeal Cookies

- 1 cup packed brown sugar
- 1 cup granulated sugar
- 1 cup butter, softened
- 2 eggs
- 1 tsp vanilla extract
- 3 cups quick oats
- 1/2 cup flour
- 1/2 cup cocoa powder
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 cup wheat germ
- 2 cups chocolate chips

Preheat oven to 350 degrees F.

Combine sugars, butter, eggs and vanilla in mixing bowl. Beat until fluffy.

Combine oats, flour, cocoa, baking soda, baking powder and wheat germ in another large bowl.

Add oat mixture to butter mixture slowly until just combined.

Stir in chocolate chips.

Place heaping tablespoons of dough on cookie sheet, 2-3 inches apart.

Bake for 13 minutes or until just set.

Makes about 5 dozen. Note: This recipe can be halved or the dough can be frozen.

Pumpkin Muffins



- 2 eggs
- 1 1/2 c milk
- 1 c. pumpkin
- 1c. oil
- 4 c. whole wheat flour
- 2/3 c. sugar
- 6 tsp. baking powder
- 2 tsp salt

Mix wet ingredients and dry ingredients separately, then fold together until just barely mixed. Spoon batter into muffin tins.

Bake @ 400 degrees for 20 minutes.

Almost Healthy Banana Bread

- 1 cup each flour and whole wheat
- flour
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- ½ cup softened unsalted butter
- ½ cup sugar
- 2 eggs
- 1 tsp vanilla extract
- 3 medium-large bananas, peeled
- ½ cup sour cream (or yoghurt)

Heat oven at 325 F. Line or grease a 5 x 9 inch loaf pan.

Combine flour, baking powder, baking soda and salt into a mixing bowl. In another large mixing bowl cream the butter. Add sugar gradually. Don't forget to scrape the sides of the bowl down if needed. Add the eggs one at a time, mixing after each. Add vanilla and blend.

Mash bananas in a separate bowl (approx. 1 cup bananas is ideal). Add sour cream to bananas and mix.

Blend 1/3 dry mixture into the butter mixture. Next combine ½ banana and blend, followed by ½ remaining dry mixture, and then repeat to use up remaining dry mixture and banana mixture. If you want to add nuts or cranberries do so at this point.

Put batter into prepared pan and bake on centre rack for 70 to 75 minutes (for mini muffins about 25 minutes). Cool pan before removing loaf.

Cranberry Oat Muffins

- 1 cup oats
- 1 cup buttermilk
- 1 cup flour
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- ¾ cup brown sugar
- 1 egg, beaten
- ¼ cup melted butter
- 1 cup fresh cranberries, chopped

Combine the oats and buttermilk in bowl. In another mixing bowl, combine flour, baking powder, baking soda, salt and brown sugar until well blended. Add egg and melted butter to oat mixture. Stir well. Add dry ingredients stirring just until moistened. Gently fold in cranberries.

Bake at 375 F for 20-25 minutes or until tops spring back. For mini muffins cook 15 minutes

Heavenly Chocolate Macaroons

No flour, no eggs, no dairy!

- 2 ¼ cups shredded coconut
- 4 tbsp. cocoa powder
- 1 ½ cups ground almonds
- 5 tbsp. coconut butter
- ½ cup maple syrup
- 2 tsp. vanilla
- ¼ tsp. agave nectar
- Pinch of salt

Mix dry ingredients and then blend in the coconut butter – this works well with just your clean hands – my kids like to feel this texture and it's a fun way to make cookies.

Add the rest of the wet ingredients. Shape into balls, place on ungreased trays. Bake at 225 degrees for 10 – 12 minutes or until the desired crunchiness is achieved. Let them cool completely out of the oven. Note you do not have to cool these cookies, your choice.

Talia's Favourite Blueberry Cake Muffins



Makes about 2 dozen muffins

Ingredients

1 1/2 sticks softened butter 1 1/2 cups sugar 3 extra-large eggs 1 1/2 teaspoons vanilla extract 1 cup sour cream 1/4 cup milk 2 1/2 cups all-purpose flour 2 teaspoons baking powder 1/2 teaspoon baking soda 1/2 teaspoon salt 2 cups fresh or frozen blueberries

Directions

Preheat the oven to 350 degrees F. Place paper liners in muffin pans.

Using an electric mixer, cream the softened butter and sugar together until light and fluffy, about 2 minutes. With the mixer on low speed, add the eggs 1 at a time. Add the vanilla, sour cream, and milk.

In a separate bowl, sift together the flour, baking powder, baking soda, and salt. With the mixer on low speed add the flour mixture to the batter and beat until just mixed. Gently fold in the blueberries. Make sure the batter is completely mixed.

Scoop the batter into the prepared muffin pans, filling each cup just below or to the top, and bake for 25 to 30 minutes, until the muffins are lightly browned on top and a cake tester comes out clean.

Ginger Spice Cookies

- 1/2 cup melted butter (or 100ml clarified butter)
- 3/4 cup brown sugar
- 1/4 cup molasses
- 1 egg
- 2 cup spelt flour
- 1 tsp cinnamon
- 1/2 tsp ginger powder
- 1/2 tsp cloves
- 2 tsp baking soda
- 1/2 tsp salt

Add dry ingredients to the wet until all combined.

Roll into 1 inch balls. Roll in white sugar (optional). Place on cookie sheet, flatten with fork slightly and bake at 350 celsius for 8 minutes. Place on cooling rack.

Note: If want to make cookie cut outs chill for 30 minutes. Then roll out on some flour until approximately 1 cm thick and then cut.

Quick Cocoa Cake

- 1/2 cup butter
- 1/3 cup cocoa powder
- 1 cup sugar
- 3/4 cup flour
- 2 tsp baking powder
- 1/4 tsp salt
- 1/2 cup milk
- 2 eggs
- 1 tsp vanilla

Preheat oven to 350, grease 8" square cake pan. Melt butter in saucepan over medium heat; stir in cocoa powder. Cook, stirring constantly, until smooth. Cool.

Combine sugar, flour, baking powder and salt in a bowl. Beat eggs, then beat in milk, vanilla then chocolate mixture.

Pour wet ingredients into dry; stir quickly until smooth.

Bake 30-35 mins at 350.

Vegan Banana Carob Almond Coconut Muffins

- 2 cups whole spelt or whole wheat flour (500ml)
- 1 tsp baking powder (5mL)
- 1/2 tsp each baking soda and fine sea salt (2ml)
- 1 tsp cinnamon (5ml)
- 1/2 canola oil or other natural oil (125ml)
- 1/2 cup cane sugar or brown sugar (125ml)
- 1 tsp vanilla extract (5 ml)
- 1 cup vanilla soy milk or almond milk (250ml)
- 1 1/2 cups bananas mashed (3-4 bananas)
- 1 tbsp lemon juice freshly squeezed (15ml)
- 1/2 cup almonds chopped
- 1/2 cup dried medium-sized coconut flakes
- 1/2 carob chips

Heat oven to 350F.

Makes 10-12 muffins.

Prepare muffin tray by lightly oiling each section.

Combine flour, baking powder, baking soda, salt and cinnamon in a medium sized mixing bowl. In another bowl combine oil, sugar, vanilla soy milk and lemon juice and whisk together. Stir in the mashed bananas.

Pour the wet ingredients in the dry ingredients and stir together until combined. Do not over mix. Fold in the almonds, coconut and carob chips. Scoop spoonfuls into the prepared muffin tins.

Put the pan in a prepared oven and cook for 30 minutes. Remove from the oven and let rest for 10-15 minutes before gently lifting the muffins from the tins.

Kids Recipes

Play Dough



- 2 cups flour
- 1 cup salt
- 2 cups water
- 2 tbsp oil
- 4 tsp cream of tartar
- A few drops of food colouring

Place ingredients in a sauce pan over medium heat. Stir and cook for 3-5 mins until it forms into a ball.

Introduction



A Parent Participation Preschool attracts a certain type of parent. When I told my mother, a retired preschool teacher, that I was thinking about sending my oldest daughter to a PPP, she said "you'll fit right in there" (and I swear there was a muttered, but loving, comment of "with those hippie PPP types!"). And she was right, our family fit right in. St Giles PPP is an amazing, nurturing, loving place. Our youngest is now in her final year at St. Giles, and we're going to miss it next year as we move on to our adventures at elementary school.

One thing that's no different between our parents and everyone else is that we worry about what our kids eat. And we're busy. Oh my are we busy.

The recipes here reflect that. Some are quick. Some are for those days when you have enough extra energy to cook something special. But all are great, nutritious, kid-tested recipes. Give them a shot -- these are our family favourites, and some of them are destined to become part of your family as well.

Enjoy!



Mains

Chorizo Beans with Rice



Makes 4 generous servings

- 2 c. brown & wild rice mixture
- 2 c. chicken stock
- 1 tbsp. olive oil
- 5 c. water
- 1 pkg. (6 links) chorizo sausage
- 1 19 oz. can kidney beans (or two 14 oz. cans for higher bean ratio)
- 2 red bell peppers, chopped
- 2 stalks celery, chopped
- 1/2 medium onion, sliced
- 4 cloves garlic, pressed or finely chopped
- 2 cups sliced mushrooms
- 1 19 oz. can tomato sauce
- 1/4 c. chopped fresh parsley
- 2 tbsp. chopped fresh or 2 tsp. dried oregano
- 1 tbsp. chopped fresh or 1 tsp. dried rosemary
- 2 tsp. salt

- 1/2 tsp. pepper

In rice cooker or saucepan, combine rice, stock, oil and water and cook while preparing sausage & beans mixture.

In a large, heavy-bottomed pot, fry the sausages in just enough oil or cooking spray to keep from sticking. Remove sausages and let cool.

In pan drippings, sauté peppers, celery, onion and garlic on medium heat for 5 minutes, or until they begin to soften. Rinse and drain beans, then add to pot. Add mushrooms, tomato sauce, herbs, and spices, and simmer, covered, for 10 minutes, stirring occasionally. Slice sausages and return to pot for 10 more minutes.

Serving suggestion: press 1/4 of the rice firmly into a small bowl or round-bottomed cup. Invert bowl quickly over the middle of a plate and lift it so that the rice forms a small dome in the plate's centre. Ladle 1/4 of sausage mixture carefully around the rice dome (like a moat). Repeat for other three servings.

Best Pizza



combine the following:

- 3-1/2 cups flour (1 cup wholewheat, 2 1/2 cups white flour)
- 1 teaspoon salt
- 1 tablespoon olive oil

In a separate bowl, combine:

- 1 cup warm water
- 3 teaspoons yeast
- 1 TBLS brown sugar

Let proof.

Preheat oven to 500 degrees with pizza stone on center rack.

Combine yeast and flour mixtures together. Add an additional 3/4 cups warm water. The dough will be very sticky. Gradually mix with hand wetting your hand with very cold water. Punch 100 times. The dough will still be very sticky but pulls away from the bowl. Let rise 45min-1 hour in warm setting.

Divide dough into 3 balls. Let rise 10 minutes.

Put a little flour on pizza board and flatten out ball..gradually work it out . I like to use a rolling pin to push it out further to size of pizza stone. Make sure there is enough flour under dough so doesn't stick. Move quickly and add a few tablespoons of crush tomatoe sauce. Add 1 tablespoon of pesto and spread over sauce. Add minimal amount of toppings 2 plus cheese. Slide onto pizza stone and cook about 13 minutes until crust looks crispy and golden. Voila! Now you can make 2 more and eat now or save for later.

Pork with Camembert

- 1 pound pork fillet
- 1 Tbsp butter
- 3 Tbsp white wine or sparkling dry cider
- 1/2 to 3/4 cup whipping cream or creme fraiche
- 1 Tbsp chopped fresh mixed herbs (e.g. marjoram, thyme and sage - I use just sage)
- 4 ounces camembert cheese, rind removed, sliced (brie works fine too)
- 1 1/2 tsp dijon mustard
- freshlyground black pepper
- fresh parsley, to garnish (if you have it)

Slice pork fillet crossways into small steaks about 3/4 inches thick. Place between two sheets of greaseproof paper or clear film and pound with the flat side of a meat mallet or roll with a rolling pin to flatten to a thickness of 1/2 inch. (I invariably pound this much thinner than 1/2 an inch, and it's still fine as long as I cook it for less time.)

Melt butter in heavy frying pan over medium-high heat until it begins to brown, then add the meat. Cook 5 minutes, turning once, or until just cooked through and the meat is springy when pressed. Transfer to warmed dish and cover to keep warm.

Add wine or cider and bring to boil, scraping the base of the pan (small whisk works well). Stir in the cream and herbs and bring back to the boil.

Add cheese and mustard and any accumulated juices from the meat. Add a little more cream if needed and adjust the seasoning. Serve the pork with the sauce and garnish with parsley.

Vegetarian Chilli

This recipe makes a double batch of chili. I make extra so that I can get 2 dinners out of each batch. The chili lasts about 5 days in the fridge. Serve with fresh crusty bread.

- 2 tablespoons vegetable oil
- 4 medium onions, chopped
- 6 cloves garlic
- 1 tablespoon salt
- 1/4 cup chili powder
- 6 stalks celery, chopped
- 8 medium tomatoes, diced or 3 (28 ounce) cans diced tomatoes
- 6 medium carrots (optional... leave these out if you plan to freeze the left-overs)
- 1 package Yves veggie ground round (or two packages if you like a lot of "meat" in your chili)
- 1 gigantic can (1.36L) of red kidney beans, drained
- 1 can (540 mL) of black beans, drained
- 1 1/2 cups frozen corn
- grated cheddar, sour cream, and chopped parsley for topping.

Heat the oil in a very large pot over medium heat.

Stir in the onion and garlic.

When tender, mix in the celery.

When vegetables are heated through, add the diced tomatoes, chili powder, veggie ground round and salt.

Simmer, covered, for about an hour. Stir a few times during cooking.

Add the kidney beans, black beans, and corn. Cook about 5 more minutes.

Serve. Sprinkle each serving with grated cheddar, sour cream and parsley if desired.

Spinach Mushroom Frittata

- 8 eggs
- 1/2 cup parmesan cheese
- pinch tumeric
- tsp salt
- 6 tbsp olive oil
- 2 tbsp low sodium vegetable/chicken broth
- 1 large shallot
- 1 1/2 cups shiitake mushrooms
- 2 cups fresh spinach coarsely chopped
- 1 tbsp cilantro or parsley, finely chopped
- 3-4 medium red potatoes, thinly sliced

Beat together eggs, tumeric and salt. Set aside

In a large skillet, heat 3 tbsps olive oil and broth over medium heat. Add shallot and stir often until soft (5mins) Add mushrooms and saute until tender. Stir in spinach and cilantro and saute 2 minutes, then add egg mixture

In a large skillet, heat remaining oil over medium heat, fully coating bottom of skillet. Spread red potatoes over bottom in one thin layer and cook for 5 minutes. Pour egg and vegetable mixture over potatoes, turn down heat to low and cover. Cook for about 20 minutes, checking if eggs are firm. When done run rubber spatula around edge of frittata, cut in wedges and serve.

Serves 4

Shoyu Chicken



- 1 ½ lbs of chicken wings/ drummettes - (appetizer) or chicken thighs large pack – (family meal)
- 3 green onions
- 3 tsp dry sherry
- ¼ cup of kikkoman light soya sauce or dark soya sauce
- 2 tbsp of sugar
- 1 tsp of sesame seeds

please note: for the family meal if you like more sauce make double the amount of sauce ingredients

1. If using chicken wings/ drumettes you can remove the tips from the wings by cutting at the joint or leave whole
2. If using chicken thighs keep the skin on.
3. Place green onions in large wok or pan on medium heat stir in sherry and soya sauce.
4. Add sugar and bring to a full boil.
5. Reduce heat and place chicken in mixture.
6. Cover and simmer over low heat for 20 minutes, turning occasionally or until done.

7. Sprinkle sesame seeds if desired.

8. Eat and enjoy!

Serve over Cooked sushi rice.

makes 8-10 servings

Sadie's Salmon Sauce



- 2/3 cup mayo
- 1/3 cup of yogurt
- 1 tbsp vinegar
- 1 tbsp honey
- 1 tsp dried or fresh dill weed
- squeeze of lemon
- salt and pepper

Mix ingredients until smooth. Serve with salmon as a sauce. Refrigerate to thicken.

Quick and Easy Meatballs

- 2 lbs ground beef
- ½ onion, chopped
- 2 eggs, lightly beaten
- ½ package chilli mix
- Breadcrumbs

Mix together first 4 ingredients. Add some fine bread crumbs to bring it to a good consistency (maybe ¼ cup or so). Form into meatballs and place onto a baking sheet. Bake at 400 degrees for about 15 minutes.

Serves 6-8.

Sneaky Meatballs

Graeme is a meat eater and avoided green things so we snuck them into the meatballs.

- 1 lb of ground round (beef, turkey or a mix – sometimes I add the inside of a mild Italian sausage, just cut the casing and squeeze it out)
- 1/3 cup of bread crumbs (or for the gluten free option I add quinoa flakes or oat flakes)
- 1/3 cup finely grated zucchini (or carrots or cooked sweet potatoes)
- 1/3 cup hummus
- An egg
- Salt and pepper

Mix well and roll into balls. Sometimes we fry these in the pan with some olive oil, but I have found an even more low maintenance way.

Place into a baking dish cover with jar/can of tomatoes or tomato sauce place in the oven for 20-30 min at 350 degrees.

Zucchini Feta Casserole

- 3/4 cup bulgar
- 3/4 cup boiling water
- 2 1/2 tbsp vegetable oil
- 2 cups sliced onion
- 4 garlic cloves minced or pressed
- 6 cups thinly sliced zucchini rounds
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried marjoram
- 1/8 teaspoon black pepper
- 2 eggs
- 1 cup grated feta cheese(5 oz)
- 1 cup cottage cheese
- 1/2 to 1 cup chopped fresh parsley
- 2 tbsp tomato paste
- 1 tbsp tamari soy sauce
- 1 cup grated cheddar cheese(3 oz)
- 2 medium tomatoes, thinly sliced
- 1 1/2 tbsp sesame seeds (optional)

Place the bulgur in a bowl and pour the boiling water over it. Cover and set it aside until it has absorbed the water and become soft and chewable.

Saute the onions and garlic in the oil until the onions are just translucent. (A wok might be good, cuz this is an AWFUL lot to put in the frying pan.) Add the zucchini, dried herbs, and black pepper and

continue to saute on medium to low heat until the zucchini is tender, but not falling apart.

In a bowl, lightly beat the eggs. Mix in the feta and cottage cheese.

Add the chopped parsley, tomato paste, and soy sauce to the bulgur and mix well.

Assemble the casserole in an oiled 9X9 inch casserole dish. Layer first the bulgur mixture, next the sauteed vegetables, and then the feta mixture. Top the casserole with grated cheddar cheese, tomato slices, and a light sprinkling of sesame seeds.

Bake covered at 350° for 45 minutes. For crustier cheese, uncover the casserole for the final 15 minutes of baking. This casserole can be more easily served after it sits for 5 or 10 minutes.

Baking



Kids love baking. They love eating the results too. We do a lot of baking in the school, and it's always a popular activity. When you're making these recipes with your kids, just picture yourself making them with seven or eight preschoolers crowded around you trying to "help". You'll feel much calmer in comparison.

Savory Scones

- $\frac{1}{4}$ C crisp bacon or ham
- 3 C all purpose flour
- 1 tbsp baking powder
- 1 tbsp sugar
- 1 $\frac{1}{2}$ tsp salt

- ½ C unsalted butter, cut into pieces
- 1 ½ C shredded sharp cheddar cheese
- ½ C thinly sliced green onions
- ½ tsp black pepper
- 1 C heavy cream
- Preheat oven to 400F
- In a large bowl, sift together the flour, baking powder, sugar and salt. Cut in the butter, cheese, green onions, and pepper with a pastry blender or fork. Work it until it just starts to form lumps and comes together. Add the bacon. Add cream and work just until it becomes a sticky dough, being careful not to overwork.
- Turn dough out onto a lightly floured surface and pat until it comes together. Form into 2 large circles (7" diameter and ¾" thick) and cut each circle into 8 wedges. Place on baking sheet and bake until golden brown, 22-23 minutes. Cool slightly on baking sheet and serve warm.

Toblerone Shortbread

- 1 large toblerone bar
- 1 lb butter, softened
- 1 cup white sugar
- 3 1/4 cups flour
- 1/2 cup rice flour
- icing sugar to sprinkle on top

Let butter soften overnight

Preheat oven to 300 F.

Whip butter and sugar in mixer for 5 -10 mins

chop toblerone bar into large chunks (36-40) for top and smaller bits or shavings for the inside of the cookies.

Mix in flours and chocolate along with whipped butter and sugar.

Spoon balls onto cookie sheets and press large chunk of chocolate into centre.

Bake for about 20-25 minutes and sprinkle with icing sugar once out of the oven.

Icing Cookies

Cookies

- 1 cup butter, softened
- 1 cup packed brown sugar
- 1 egg
- 1 tsp vanilla
- 2 cups all purpose flour
- 1/2 tsp baking powder
- 1/4 tsp nutmeg
- pinch salt

Line baking sheets with parchment paper or leave ungreased

In bowl beat butter until light and fluffy.

Gradually beat in brown sugar.

Beat in egg and vanilla.

In a separate bowl stir together flour, baking powder and nutmeg and salt, using wooden spoon, stir butter into mixture.

Divide dough into quarters, flatten slightly. Wrap each in plastic wrap and refrigerate for at least 1 hour or up to 24 hours.

On a lightly floured surface, roll out each portion of dough to 1/4 inch thickness. Using cookie cutters, cut out shapes, carefully place 1 inch apart on baking sheets.

Bake in 375 oven for 10-12 minutes or until light golden on bottom and edges. Let cool for 1 minute and then transfer to racks. Let cool completely.

Icing

- 2 3/4 cups icing sugar
- 2 egg whites
- food colouring

In bowl, beat icing sugar with egg whites until thick and smooth. Divide among small bowls, stir in food colouring. Decorate cookies as desired.

Makes about 36 cookies.

Gingerbread Dough

- 1 cup shortening
- 1 cup granulated sugar
- 2 eggs
- 3/4 cup fancy molasses
- 1/2 cup cooking molasses
- 5 1/2 cups all purpose flour
- 2 tsp ground ginger
- 1 tsp each baking soda, salt, cinnamon, cloves

In a large bowl, beat shortening with sugar until light and fluffy, beat in eggs, fancy and cooking molasses.

In separate bowl, whisk flour, ginger, baking soda, salt, cloves and cinnamon. Using wooden spoon stir into molasses mixture in 2 additions. Mix well blending with hands if necessary.

Divide in plastic wrap. Refrigerate for at least 2 hrs or until firm (refrigerate for up to 1 week or overwrap with foil and freeze for up to 2 weeks).

Makes 1 batch.

Double Chocolate Oatmeal Cookies

- 1 cup packed brown sugar
- 1 cup granulated sugar
- 1 cup butter, softened
- 2 eggs
- 1 tsp vanilla extract
- 3 cups quick oats
- 1/2 cup flour
- 1/2 cup cocoa powder
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 cup wheat germ
- 2 cups chocolate chips

Preheat oven to 350 degrees F.

Combine sugars, butter, eggs and vanilla in mixing bowl. Beat until fluffy.

Combine oats, flour, cocoa, baking soda, baking powder and wheat germ in another large bowl.

Add oat mixture to butter mixture slowly until just combined.

Stir in chocolate chips.

Place heaping tablespoons of dough on cookie sheet, 2-3 inches apart.

Bake for 13 minutes or until just set.

Makes about 5 dozen. Note: This recipe can be halved or the dough can be frozen.

Ginger Spice Cookies

- 1/2 cup melted butter (or 100ml clarified butter)
- 3/4 cup brown sugar
- 1/4 cup molasses
- 1 egg
- 2 cup spelt flour
- 1 tsp cinnamon
- 1/2 tsp ginger powder
- 1/2 tsp cloves
- 2 tsp baking soda
- 1/2 tsp salt

Add dry ingredients to the wet until all combined.

Roll into 1 inch balls. Roll in white sugar (optional). Place on cookie sheet, flatten with fork slightly and bake at 350 celsius for 8 minutes. Place on cooling rack.

Note: If want to make cookie cut outs chill for 30 minutes. Then roll out on some flour until approximately 1 cm thick and then cut.

Vegan Banana Carob Almond Coconut Muffins

- 2 cups whole spelt or whole wheat flour (500ml)
- 1 tsp baking powder (5mL)
- 1/2 tsp each baking soda and fine sea salt (2ml)
- 1 tsp cinnamon (5ml)
- 1/2 canola oil or other natural oil (125ml)
- 1/2 cup cane sugar or brown sugar (125ml)
- 1 tsp vanilla extract (5 ml)
- 1 cup vanilla soy milk or almond milk (250ml)
- 1 1/2 cups bananas mashed (3-4 bananas)
- 1 tbsp lemon juice freshly squeezed (15ml)
- 1/2 cup almonds chopped
- 1/2 cup dried medium-sized coconut flakes
- 1/2 carob chips

Heat oven to 350F.

Makes 10-12 muffins.

Prepare muffin tray by lightly oiling each section.

Combine flour, baking powder, baking soda, salt and cinnamon in a medium sized mixing bowl. In another bowl combine oil, sugar, vanilla soy milk and lemon juice and whisk together. Stir in the mashed bananas.

Pour the wet ingredients in the dry ingredients and stir together until combined. Do not over mix. Fold in the almonds, coconut and carob chips. Scoop spoonfuls into the prepared muffin tins.

Put the pan in a prepared oven and cook for 30 minutes. Remove from the oven and let rest for 10-15 minutes before gently lifting the muffins from the tins.

Kids Recipes

Play Dough



- 2 cups flour
- 1 cup salt
- 2 cups water
- 2 tbsp oil
- 4 tsp cream of tartar
- A few drops of food colouring

Place ingredients in a sauce pan over medium heat. Stir and cook for 3-5 mins until it forms into a ball.

