

# **FAMILY PLACE FAVOURITES**



*Nutritious Recipes  
for You and Your Family*

*Over the years, it has been a vision for the Salt Spring Island Family Place to create a cookbook for the many families who attend our programs.*

*We have chosen healthy recipes which have been tried and true by children and parents alike; one new recipe for each day of the month and the list is growing!!*

*We have included budget and family friendly meals, recipes that can be prepared in a ½ an hour or less for your busy households. Each dish is for 4-6 people.*

*We also wanted to include recipes that you can have your children help you with, be it measuring, mixing or whisking.*

*A number of these recipes use mainly ingredients that can be ordered through the weekly Food Bank, and most of the others are ones that we have used in our Community Kitchen programs. Others are soups that have been enjoyed at our Salt Spring Island Stay and Play.*

*Sitting around the dinner table together sharing wholesome meals is an important part of family life. Magic can happen over a bowl of delicious soup, delight in finding something new that everyone enjoys, learning about manners and taking turns, or having conversations about what matters most to us.*

*The main source of nutrition and secret ingredient that goes into preparing food is of course, the love that is put into it. We hope that you will find pleasure in preparing some of these dishes and sharing them with your family.*



[www.saltspringcommunityservices.ca](http://www.saltspringcommunityservices.ca)

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## Beet Borscht

1 bunch of beets and greens, approx. 3-4 beets

½ head of a small green cabbage, shredded

1 medium onion, chopped

2 medium carrots, grated

2-3 potatoes, chopped

1 bay leaf

1 small bunch of fresh dill, chopped ( cook ½ and add the rest near the end)

1 can of diced tomatoes

1 small can of tomato paste

(beef bones optional)

Salt and pepper to taste.

Grate carrots and beets, shred cabbage, and dice potatoes and onion into small bitesize pieces. Grating by hand is definitely possible, using a Cuisinart will save a lot of time! Make sure the greens are very well washed and chop them too.

Put everything into a large pot, cover in water, add your canned tomatoes, bring to a boil, then simmer for several hours until everything is well cooked and the flavours have blended. Stir occasionally. A small amount of sugar 1-2 tsp. will cut the acidity of the tomatoes. Serve hot or cold with a dollop of sour cream.

Freezes well.

## Black Bean Soup

1 1/2 tbsp. oil, preferably olive oil

1 large onion, chopped

1 large carrot, chopped

1 red bell pepper

1 jalapeño, minced

2-4 cloves garlic, minced

1 litre vegetable or chicken broth

1 large can diced tomatoes

2 cups of corn, frozen or canned (rinse and drain)

2 small or 1 large can of black beans

1 tbsp. lime juice

½ bunch of cilantro, chopped

2 ½ tsp. cumin

2 ½ tsp. chili powder

Saute onions and garlic in oil, add spices, add bell pepper, carrot, and jalapeño, sauté another 1-2 minutes.

Add tomatoes, broth, corn and bring to a boil

Add beans, simmer 5 minutes

Add lime juice and chopped cilantro

Optional add ins: cooked ground beef or shredded chicken,

Optional garnishes: sour cream, avocado, grated cheese.

## Butternut Carrot Ginger Soup

1 medium butternut squash

4 carrots chopped

1 medium onion diced

1 tbsp. grated ginger

2 clove garlic finely minced

1 tbsp. olive oil

¼ tsp salt

1 tsp. turmeric

4 cups vegetable or chicken broth

Peel and cut squash in half lengthwise, de- seed and cut into 1 inch cubes.

Sauté onion, carrots, ginger and garlic in olive oil.

Add squash, turmeric and salt and sauté until fragrant.

Add broth and simmer until squash and carrots are tender. Purée or mash until desired consistency.

Variations: add 2 tsp. curry powder, top with chili flakes, Add diced seasoned chicken.

## Lentil Soup

1 tbsp. vegetable oil

½ - 1 medium onion, chopped

1 clove garlic minced

3 carrots, chopped

1 potato, peeled and chopped

1 tbsp. tomato paste (optional)

1tbsp. mild curry paste and/or cumin, turmeric and curry powder)

2-1/2 cups (625 mL) vegetable or chicken stock

2-1/2 cups (625 mL) water ---you can use all water to replace stock

2 cup (250 mL) dried lentils

2 cups (500 mL) packed fresh baby spinach or kale

In large saucepan, heat oil over medium heat; sauté chopped onions, garlic, carrots and potato, stirring occasionally, until onions are softened, about 4 minutes. Stir in spices and optional tomato paste.

Add stock/ water and lentils, bring to boil. Reduce heat, cover and simmer until lentils are tender, about 20 minutes. Stir in kale or spinach in the last 5 minutes.

Add salt only after the lentils are cooked.

Serves 6. Prep time- 1 hour including cooking

This soup freezes well.

## Minestrone Soup

1 can- diced tomatoes

1 small can- tomato paste

1 can- green beans – drain and rinse

1 can- corn- drain and rinse

1 can kidney beans and/or

1 can chick peas drain and rinse

1 onion, chopped

2 carrots, chopped

1-2 cloves of garlic, minced

2 Tbsp. dried herbs, oregano, basil to taste.

Fresh green veggies such as zucchini, kale, chopped, fresh herbs

2 cups of rotini or macaroni- cook al dente separately before adding near the end.

Add water if needed.

Simmer for 45 minutes -1 hour until raw veggies are cooked and flavours are blended. Stir occasionally so doesn't stick to bottom of pot.

Salt and pepper to taste.

Optional: grated cheese on top.



## Salmon Chowder

3 tbsp. butter or margarine

3/4 cup chopped onion (1 medium onion)

1/2 cup chopped celery (1 stalk celery)

2 cups diced potatoes

2 carrots, diced

2 cups chicken broth or water

1 clove fresh garlic minced

1 tsp. salt

1 tsp. ground black pepper

1 tsp. dried dill weed or fresh dill

(16 ounce) can of salmon

1 1/2 cups of milk

(15 ounce) can creamed corn or corn niblets.

1 cup cheddar cheese, shredded (optional)

### Directions

1. Melt butter or margarine in a large pot over medium heat. Sauté onion, celery, and garlic powder until onions are tender. Stir in potatoes, carrots, broth, salt, pepper, and dill. Bring to a boil, and reduce heat. Cover, and simmer 20 minutes.
2. Stir in salmon, corn, milk and cheese if using. Cook until heated through.

## Split Pea Soup

2 cups green split peas- lay out on a plate and pick through for stones, then rinse

8 cups cold water

1 large carrot, diced

1 large celery rib, diced

1 medium onion, diced

2 cloves of garlic minced

1 bay leaf, 1 tsp. paprika

Optional additions:

Small ham hock or hambone, or cooked and chopped bacon

1 tsp. thyme or cumin to taste

Add salt and pepper to taste. Do not add salt until the peas are well cooked and soft, otherwise the peas will stay hard.

Combine in a large pot, split peas, cold water, bay leaf, (and ham bone)

Bring to a boil, reduce heat and simmer for 1 hour

Stir in diced veggies and herbs

Simmer until the peas (and ham hock) are tender. Stir frequently, to avoid sticking to bottom of pot.

Remove from heat, and remove the ham bone or hock. Discard the bone, dice meat and return to soup. Continue simmering to desired consistency.

\*Soaking the peas the night before, will speed up the cooking time the next day, as well as reduce gassiness. Add salt and pepper at the very end.

## Butter Chicken

6-8 boneless skinless chicken thighs or other chicken pieces

8 oz. can diced tomatoes- ( aprox. 2 cups)

1 c. cream

1T. oil

4 Tbsp. butter

2 tsp. garam masala

1 tsp paprika

1 tsp. turmeric

1 tsp. cayenne

1 tsp. cumin

1 tsp. salt

1 tsp. fresh ginger, minced or grated

2-5 cloves of garlic, minced

Cut chicken into 1 "cubes and lightly brown in oil, remove from pan.

On medium heat melt butter, add herbs, spices and sauté until fragrant.

Add chicken back to pan and add tomato sauce. Simmer for 20-30 minutes Add

Cream, but do not boil.

## Cabbage Roll Casserole

1 lb. ground beef  
1 cup rice  
1 medium onion  
3 cloves garlic  
1 tsp paprika  
¼ tsp cayenne (optional)  
2 cups tomato sauce (1 large can)  
2 cups beef broth (canned or made from bouillon cube)  
1 medium green cabbage  
1 cup cheddar cheese

Preheat oven to 350

Grease a 9" x13" casserole pan

Brown ground beef, when almost completely browned, add onions and garlic. Drain fat.

Add paprika, cayenne, tomato sauce, broth and rice and cover. Turn mixture to low, cover and simmer 20 minutes or until rice is tender.

Chop cabbage into bite size pieces (approx. 1").

Sauté cabbage in a Tbsp. of olive oil, until slightly tender 5-10 minutes.

Spread ½ the cabbage over the bottom of the casserole dish. Spread ½ the beef and rice mixture over the cabbage, add the rest of the cabbage and top with remaining beef mixture. Sprinkle cheese over the top, cover with foil and bake 20 minutes. Remove foil and bake an additional 20 minutes or until cheese is browned and bubbly.

## Cauliflower Alfredo

1 medium/large cauliflower cut into florets

2-6 cloves of garlic minced

2 tablespoons butter

2+ cups veggie or chicken broth

½ - 1 cup milk (unsweetened nut milk alternative)

1 teaspoon of salt

Pepper to taste

Sauté the minced garlic in butter in a large skillet over low heat.

Cook for several minutes or until the garlic is soft and fragrant but not browned. Remove from heat and set aside.

Bring the broth to a boil in a large pot. Add the cauliflower and cook, covered, until cauliflower is very tender. Do not drain.

Transfer cauliflower pieces to a blender (or use an immersion blender) Add 1 cup broth, sautéed garlic/butter, salt, pepper, and milk.

Blend or puree for several minutes until the sauce is very smooth, adding more broth or milk depending on how thick you want the sauce.

You may have to do this in batches depending on the size of your blender.

Serve over fettuccine noodles or your favourite pasta.

## **“HaTuna Matata”**

### **( Tuna Rice Casserole)**

1 1/2 cups of uncooked white or brown rice

3 cups of water, pinch of salt

1 can mushroom soup

2 cans tuna

1 cup frozen peas

1 cup grated cheese

Bring 3 cups of water to a boil, add rice, turn heat down to low or off, keep lid on. aprox. 20 minutes to cook.

Meanwhile, drain tuna well, grate cheese, prep other ingredients.

When the rice is cooked take it from the pot and put in a mixing bowl along with the drained tuna, mushroom soup and frozen peas. Mix together well until all is evenly distributed.

You may add another ½ tin of mushroom soup or up to ½ a cup of milk or cream.

You want it to be moist and firm, not soupy.

Put the mixture into a deep casserole dish.

Cover with grated cheese, bake at 350 for 20 minutes-1/2 hour

## Korean Ground Beef Bulgogi

1/4 cup brown sugar, packed

1/4 cup reduced sodium soy sauce

2 teaspoons sesame oil

1/2 teaspoon crushed red-pepper flakes, or more to taste

1/4 teaspoon ground ginger

1 tablespoon vegetable oil

3 cloves garlic, minced

1 pound ground beef

2 green onions, thinly sliced

1/4 teaspoon sesame seeds

Whisk together ginger, brown sugar, soy sauce, sesame oil, red pepper flakes.

Heat vegetable oil in a large skillet over medium high heat. Add garlic and cook, stirring constantly, until fragrant, about 1 minute. Add ground beef and cook until browned, about 3-5 minutes, making sure to crumble the beef as it cooks; drain excess fat.

Stir in soy sauce mixture and green onions until well combined, allowing to simmer until heated through, about 2 minutes.

Serve immediately, garnished with green onion and sesame seeds, if desired.

Serve over rice, white or brown. 20 minutes prep time from start to finish!

## Lasagna

1lb. ground beef

2-4 cloves of garlic, minced

1 med. onion, chopped

1 tsp. salt

2 Tbsp. Italian seasoning or 1Tbsp of basil and 1Tbsp. oregano.

1 pkg. frozen chopped spinach (thawed) or 2 bunches of fresh spinach, steamed and chopped.

1 egg (beaten)

1 large container Cottage or Ricotta cheese

3 cups tomato sauce

12 Lasagna noodles- 1 package

1 1/2 cups Mozzarella cheese grated

Preheat oven to 350.

Brown the beef with garlic, onion and herbs.

Once browned add tomato sauce and let simmer until a nice thick consistency, about 30 minutes. Stir occasionally while putting together your other ingredients. Add 1tsp. of sugar and salt to taste. The sugar will balance the acidity of the tomato sauce.

Boil and cook noodles until al dente. Drain and let sit in cool tap water until lasagna is ready to assemble.

Drain and squeeze excess water from spinach. Make sure you have really gotten as much water out as possible; otherwise your lasagna will be runny. In a large bowl combine & mix spinach, cottage cheese, egg and salt.



Assemble Lasagna:

Add enough sauce to cover bottom of 9" x 13" pan, place 3-4 noodles to cover, add another layer of sauce.

Follow with a layer of 1/2 of the cottage cheese /spinach mixture.

Then top with 1/3 of the mozzarella cheese.

Repeat: noodles, sauce, cottage cheese/spinach mix and mozzarella. Add the last layer of noodles and remaining sauce, top with the remaining mozzarella.

Bake for 30-45 minutes, let sit for 15 minutes before serving.

## Meat Loaf

1lb Lean Ground Beef  
¼ cup ketchup + 3tbsp.  
1 Egg  
¼ cup bread crumbs  
¼ tsp Italian seasoning  
¼ tsp onion or garlic powder  
¼ tsp salt  
¼ tsp pepper

Preheat oven to 350

Mix all ingredients except 3tbs ketchup. Press well into a loaf pan and bake 30 minutes

Top with remaining 3tbs ketchup and bake an additional 15 minutes or until a meat thermometer reads 160f

Let stand 5 minutes

## Palak Paneer

2 tsp. oil

3-5 cloves garlic finely minced

2 tsp. minced Ginger

1 Serrano chili de-seeded and finely minced, (optional)

1 lb. spinach, well rinsed.

1 large onion, chopped

2 tomatoes diced

2 tsp. cumin

¼ tsp. cayenne powder

2 tsp. garam masala

1 tsp. turmeric

1 tsp. salt

½ cup water

1 ½ cups paneer cut into cubes

In a large pot over medium heat add oil, spices and onion.

Sauté until onion is translucent and spices are fragrant.

Add diced tomatoes and stir. Add water and slowly add spinach as it wilts. Once spinach has all been added simmer until most of the water has evaporated. Add cubed paneer and heat through.

## Quiche

1 pie shell (use frozen pastry)

6 large eggs, lightly beaten

1 medium onion, leek or bunch of green onions, chopped

½ cup cheese grated

½ cup milk or cream

Salt and pepper

Preheat oven to 400 degrees, cook pie shell until light brown, approx. 10 minutes. Sauté onion or leek in a small amount of oil until it is transparent over a medium heat.

Line the bottom of the pie with the cooked onion, add grated cheese.

Beat eggs lightly, stir in cream or milk until well blended and pour over the cheese and onion.

Bake at 375 for 50-60 minutes until puffed up and golden brown. It should rise up to 2 inches.

Try adding any of the following:

Chopped crispy bacon or shrimp pieces

Chopped vegetables, such as broccoli, red peppers, mushrooms.

Fresh herbs, such as thyme or oregano.

Sauté the vegetables before adding to the pie shell/egg mixture

## Red Lentil Dahl

1 ½ cups- dry red lentils

1 large carrot- finely diced

1 small red pepper finely diced

1 med. onion chopped

2-4 cloves of garlic, minced

1 tbsp. ginger, minced

½ tsp. vegetable oil or coconut oil

3 cups water or vegetable broth

1 can coconut milk

1 1/2 tsp. cumin

1 tbsp. curry powder

1 tsp. turmeric

1 tsp. paprika

Salt and pepper to taste

Sweetener of choice 1-2 tsp.

Put dried lentils on a plate and check for stones, then rinse under cold water Chop onions, carrot and red pepper, mince garlic and ginger

Heat oil in pot, sauté onions for 3-4 minutes, add veggies, garlic and ginger

Add spices, sweetener, lentils and 3 cups water or veg. broth.

Bring to a boil, and then simmer 10 minutes

Finally add coconut milk and simmer for another 5 minutes until desired thickness.

Add salt and pepper adjust spices as desired, serve with chopped cilantro

(optional)

# Spanakopita

3 Tbsp. olive oil

1 large onion, 2 cloves of garlic

2 pounds fresh spinach or 2 packages of frozen spinach

½ cup fresh parsley, chopped

2 eggs lightly beaten

½ cup ricotta or cottage cheese

1 cup crumbled feta cheese

¼ cup fresh dill or 2 tbsp. dried dill (oregano works well to replace)

8 sheets of phyllo pastry

¼ cup melted butter

Preheat oven to 350, lightly oil a 9 x 13 baking pan.

At medium heat, sauté onion and garlic in 3 tbsp. of olive oil

Add chopped fresh spinach and parsley, sauté until limp approx. 2 minutes.

Set aside to cool and make sure all liquid is drained well.

\*If you are using frozen spinach, make sure you have thawed it out ahead of time and squeezed out all of the liquid, letting it drain in a collander.\*

In a medium sized bowl, mix eggs, cheeses, and dill. Stir in well drained spinach mixture.

Lay 1 sheet of phyllo pastry in the bottom the pan and brush lightly with melted butter. (You can use ½ butter and ½ olive oil) Lay another sheet of pastry on top, brush with butter and repeat until you have 4 layers on the bottom of the pan.

Spread the spinach/cheese mix into the pan and fold any overhanging pastry over the filling. Layer the remaining 4 sheets of phyllo, brushing each with the melted butter. Tuck in any overhanging dough, to seal.

Bake in preheated oven for 30-40 minutes, until golden brown. Cut into squares and serve. Spanakopita reheats well at a low heat and also can be frozen.

## Vegetarian Shepherd's Pie

2 tbsp. oil or butter

1 large onion, finely chopped

¾ cup celery stalks, finely chopped (2-3 stalks)

3 carrots, chopped, approx. 1 cup

1 tsp. fresh rosemary, chopped finely

1/2 tsp. dried thyme

400 grams mushroom (approx. 1 lb.)

1 cup brown lentils, cook until soft and drain

1/3 cup tomato paste

2 tbsp. flour

1 1/2 cups frozen peas

1 1/2 cups vegetable broth or mushroom broth

1/2 teaspoon salt (adjust as per taste) ¼ tsp pepper or

### For Mashed Potato

5-7 large potatoes (around 2 pounds)

1/3 cup butter

1/2 cup cream

Salt to taste

Wash, peel, and cube potatoes. Cook in salted water until tender. Drain and mash potato with a potato ricer or masher. While still warm, mix in cream and butter. Adjust seasoning. Mix until it is creamy.

### **For Vegetable Filling**

Heat the oil in a pan. Add chopped onion, garlic, celery, chopped carrot, bay leaf and herbs. Sauté for 1minute.

Add Sliced Mushrooms and sauté for another 1-2 minutes.

Add cooked lentil, tomato paste and flour. Cook for 1-2 minutes.

Add vegetable stock. Mix well, season with salt and pepper. Let it cook on medium heat until the gravy starts to thicken.

Switch off the flame. Stir in frozen peas.

In an oven-proof pan (9" x 13") put the vegetable filling and gravy mixture. Top with mashed potato in an even layer.

Bake for 20-22 mins @ 350 F. For a crispy brown top, towards the end, set the oven to low broil for 5 minutes.



## Hummus

You'll need a blender or Cuisinart to make this.

2 cups of chick peas, drained, rinsed—canned or cooked

1/3 cup of water

Juice of ½ lemon or less to taste

1 med. clove of garlic

½ tsp. salt, pinch of paprika, cayenne, or cumin (optional)

¼ cup of tahini

Up to a 1/4 cup of light olive oil, or other light oil

Blend chick peas in blender or Cuisinart with the water, garlic, lemon juice then add tahini and oil.

## Mediterranean 3 Bean Salad

1- 15 oz. can kidney beans drained and rinsed

1- 15- oz. can green beans drained and rinsed

1 -15- oz. can garbanzo beans chickpeas, drained and rinsed

1 green bell pepper cored and chopped

1 red bell pepper cored and chopped

1/2 English cucumber diced

1 cup chopped red onions

1 1/2 tbsp. capers (optional)

1 cup chopped fresh parsley (optional)

10-15 fresh mint leaves torn or gently chopped (optional)

10-15 fresh basil leaves torn or gently chopped or dried basil

### Garlic Dijon Vinaigrette

1-2 garlic cloves minced

1/2 tbsp. Dijon mustard

2 tbsp. lemon juice

1 tsp. sugar

1/4 cup extra virgin olive oil

Make sure you rinse and drain the canned beans.

This will refrigerate well for 3-4 days in a covered container.

## Potato Latkes

4 medium potatoes	1 tsp. baking
1 onion	powder $\frac{3}{4}$ tsp. salt
2 eggs	oil for frying
1/3 cup of flour	

Peel potatoes and grate either by hand or in the Cuisanart.

Place grated potatoes in a colander, rinse under cold water to remove starch (this will keep the potatoes from turning dark) Drain well, squeeze out extra moisture.

Grate or dice onion

Mix all ingredients together in a bowl.

Pour oil about 1/8" thick in a large frying pan. When hot, drop in large spoonfuls to form pancakes. Flatten slightly with the back of spoon. Brown well on both sides. Drain on paper towel.

Serve with sour cream and applesauce.

Making potato latkes takes a lot of oil for frying, use a light oil such as safflo or canola. Use an electric frying pan If you have one. Substituting other veggies, such as yams or zuchinni is also delicious.

Potato Latkes, once cooked can be frozen on a cookie sheet, put saran, wax paper or foil between the layers, don't stack them on top of each other directly.

Reheat frozen on a low broil for 10-15 minutes until sizzling.

This is a traditional dish served at Hanukah.

## Quinoa Mushroom Risotto

1 cup quinoa  
2 cups of water, mushroom or chicken stock  
1 tbsp. olive oil  
3 cups mushrooms, thinly sliced  
4 garlic cloves minced  
½-1 tsp. thyme  
1 tbsp. butter  
1 lemon juice and zest  
⅓ cup grated parmesan  
cheese salt and pepper to  
taste

Rinse the quinoa: Pour the quinoa into a fine mesh colander and rinse under running water for at least 30 seconds. Drain well. This step removes any bitterness on the outside of the quinoa.

Combine the rinsed quinoa and liquid in a saucepan. Bring the mixture to a boil over medium-high heat, then decrease the heat a bit to maintain a gentle simmer. Cook until the quinoa has absorbed all of the water, about 10 to 20 minutes (small amounts of quinoa will be ready closer to 10 minutes; larger amounts between 15 to 20 minutes.) Reduce heat as time goes on to maintain a gentle simmer.

Remove the pot from heat, cover, and let the quinoa steam for 5 minutes. This step gives the quinoa time to pop open into little curlicues, so it's nice and fluffy. Remove the lid and fluff the quinoa with a fork.

In a large skillet, heat olive oil over medium high heat, add mushrooms, garlic and thyme and cook until tender. Add lemon juice and zest and season with salt and pepper to taste.

Add quinoa, butter and parmesan cheese and gently stir in until combined. Garnish with parsley/chives (optional).

## Spinach Basil Pesto

2 cups spinach

1 cup- basil

$\frac{3}{4}$  cup, lightly roasted sun seeds, walnuts or almonds

$\frac{1}{2}$  cup light olive oil

$\frac{1}{4}$  cup parmesan cheese

2-4 cloves garlic

3 T lemon juice

Mince garlic

Rough cut spinach and basil

Lightly roast sun seeds

Put garlic and part of the spinach and basil and pulse in blender in batches, add parmesan and oil until desired consistency, lemon juice at end to brighten flavor and keep from discoloring.

If using regular olive oil, try  $\frac{1}{2}$  canola or grapeseed, as the heavier olive oils can be bitter tasting.

Stores well in fridge for up to 3 days, also freezes well.

You can replace the spinach with all basil, or some arugula and parsley.

## Thai Peanut Sauce

### Ingredients

4 tablespoons all-natural peanut butter

1 teaspoon sesame oil

3 tablespoons tamari soy sauce

A pinch of chili flakes (optional)

1 inch piece of ginger (grated)

½ a lime juiced

1 teaspoon sambal oelek or sriracha

A pinch of pepper

Water to thin out the consistency

To prepare the sauce, simply whisk all the ingredients together in a bowl and add the water until the perfect creamy consistency is achieved. Serve with chicken, tofu, on stir fry vegetables, grains or noodles.

If desired, thin out the consistency even more and use as a salad dressing!

## Banana Bread

2 overripe bananas, mashed

1/3-1/2 cup granulated sugar

1 tsp. cinnamon

½ cup vegetable oil

2 eggs

2 tsp. vanilla extract

1 ¼ cups all-purpose flour

1 tsp. baking soda

Preheat oven to 350 degrees. Grease a 9" x 5" baking pan.

In a large bowl combine bananas, sugar, cinnamon and salt.

Beat in the oil, eggs and vanilla extract.

Add flour and baking soda and gently stir until incorporated. Do not overmix.

Pour batter into pan.

Bake 30 minutes, then remove from oven and cover loosely with foil. This prevents the crust from burning. Or simply turn the oven down to 325!

Bake 15-20 minutes more until a toothpick inserted in the centre comes out clean.

Cool in the pan for 10 minutes then remove to cool completely.

## Breakfast Cookies

2 eggs

1 cup rolled oats

½ cup flour

1 teaspoons ground cinnamon

½ teaspoon salt

½ teaspoon baking soda

¼ cup unsweetened shredded

coconut ¼ cup pumpkin seeds

¼ cup sunflower seeds

¼ cup chocolate chips

¼ cup melted coconut oil or veggie oil

¼ cup smooth, well-stirred peanut butter

⅓ cup brown sugar

1 ½ teaspoons vanilla extract

Optional: replace the seeds, coconut and/or chocolate chips with other combinations of seeds, nuts or dried fruit.

Preheat oven to 325°F. Grease or line a large baking sheet with parchment paper or a silicone mat.

In a large bowl, combine the rolled oats, flour, cinnamon, salt, baking soda, coconut, pumpkin seeds, sunflower seeds, and chocolate chips. Stir to combine.

In a medium bowl combine the oil, peanut butter, brown sugar, vanilla, and eggs. Mix until thoroughly combined and creamy.



Add the oil mixture to the dry ingredients in the large bowl. Using a spatula, stir until you have a thick dough and all ingredients are thoroughly combined. Using a ¼ cup measure, scoop and form a ball with hands, gently flatten each ball of dough with your palm, shaping the cookie.

Bake for 15-20 minutes, or until golden brown and slightly firm. Let cool thoroughly before storing.

## Cheese Twists

2 ¼ tsp. quick rising dry yeast (1 packet)

1 1/3 cups of warm water

1 tbsp. sugar

2 tbsp. oil, preferably olive

¾ tsp. salt

¼ tsp. garlic powder (optional)

¼ pound of butter, melted

¼ cup parmesan (optional)

1 cup of cheddar cheese, grated

Mix sugar and water

Sprinkle the yeast on water and let bubble approx. 5 minutes.

Add flour, salt, olive oil and cheddar. Mix until it comes together

Knead for approx. 10 minutes until smooth and elastic

Shape into a ball and place into an oiled bowl, let rise 1 hour in a warm place.

Preheat oven to 375.

Punch dough down to get the air out and divide into 2 balls

Roll each ball, 1 at a time into a rectangle and cut into strips

Twist and brush with melted butter, sprinkle with parmesan and bake approx. 20 min. until golden.

## Corn Bread

1 cup **cornmeal**

1 cup **all-purpose flour or gluten free flour mix.**

1 teaspoon **baking powder**

1/2 teaspoon **baking soda**

1/8 teaspoon **salt**

1/2 cup (115g) **unsalted butter**, melted and slightly cooled

1/3 cup (67g) packed light or dark **brown sugar**

2 Tablespoons (30ml) **honey**

1 large **egg**, at room temperature

1 cup (240ml) **buttermilk**, at room temperature\*

Preheat oven to 400°F (204°C). Grease and lightly flour an 8 or 9-inch square baking pan. Set aside.

Mix dry ingredients in a large bowl. Set aside. In a medium bowl, whisk the melted butter, brown sugar, and honey together until completely smooth and thick. Then, whisk in the egg until combined. Finally, whisk in the buttermilk. Pour the wet ingredients into the dry ingredients and mix lightly until combined. Avoid over-mixing.

Pour batter into prepared baking pan. Bake for 20 minutes or until golden brown on top and the center is cooked through. Use a toothpick to test. Edges should be crispy at this point. Allow to slightly cool before slicing and serving. Serve cornbread with butter, honey, jam, or whatever you like.

Wrap leftovers up tightly and store at room temperature for up to 1 week. Cornbread freezes well for up to 3 months!

**Buttermilk:** If you don't have any, you can make a DIY sour milk by adding 2 tsp. fresh lemon juice or white vinegar to a liquid measuring cup. Then add whole milk to make 1 cup total. Stir and let sit for 5 minutes before using. Use whole milk for moistest, richest texture, you can use lower fat or non- dairy milk. (You can make cornbread without buttermilk but it is best with it!)

**Optional add-ins:** 1-2 chopped jalapeño peppers, 1 cup blueberries, 1 cup total dried cranberries and walnuts, 1 cup shredded cheddar cheese, or 1/2 cup bacon crumbles.

## Eatmore Bars

These, surprisingly taste like the original chocolate bars but are a much healthier version. Get your kids to help you make these.

1cup of peanut butter

1 cup of honey

1 cup of cocoa

½ cup of raisins

½ cup of coconut

1 cup of sun seeds

1 cup sesame seeds

Blend together well. Press into a lightly greased 9" x 9" pan. Chill for an hour. Cut into bars.

## Family Place Play Dough

4 cups flour (up to 1 more cup for later)

1 cup salt

4Tbsp. oil

4Tbsp. alum

Food dye.

3 1/2 - 4 cups boiling water

Mix dry ingredients- hold back the extra cup of flour

Add oil and drops of food dye until you have the desired colour. Work in additional flour until just right.

## Focaccia Bread

1 ½ cup warm water

2 tsp. sugar or honey

1 (0.25 ounce) package active-dry yeast

3 1/2 cups all-purpose flour

1/4 cup extra virgin olive oil, plus 1-2 tbsp. more for drizzling

2 tsp. sea salt

1 tsp coarse salt for sprinkling (optional)

2 sprigs fresh rosemary/2 tsp. Italian seasoning

Mix warm water and sugar in a bowl and stir to combine. Sprinkle the yeast on top of the water. Give the yeast a gentle stir to mix it in with the water. Let it sit for 5 minutes until the yeast is foamy. Add olive oil to wet ingredients.

Mix flour and salt, add gradually to wet ingredients until the dough forms a rough ball. Knead the dough on the counter for five minutes and the dough is smooth and elastic. Place dough in an oiled bowl and cover to rise for 45-60 minutes in a warm spot. The dough will almost double in size.

Liberally oil a baking sheet. Turn dough out onto a baking sheet, flattening it into a rectangle that is stretched and patted to the corners of the sheet. Let the dough rise for another 20 minutes.

Preheat the oven to 400°F. Use your fingers to poke deep dents all over the surface of the dough. Drizzle a tablespoon or two of olive oil evenly all over the top of the dough, and sprinkle evenly with the fresh rosemary / Italian seasoning and sea salt.

Bake for 20 minutes, or until the dough is slightly golden and cooked through. Remove from the oven, and drizzle with a little more olive oil if desired. Cut into squares/rectangles, and serve warm.



## Fruit Crisp

2 cans of peaches or pears, chopped . and/or 2-3 apples, peeled and sliced thin.

1 cup rolled and/or flaked oats

1 cup flour

½ -1 cup brown sugar

1 tsp. cinnamon (add more to taste)

½ cup of softened butter or margarine

Drain canned fruit, chop into pieces

A mixture of canned fruit and fresh fruit makes a very tasty crisp.

In a separate bowl, stir together dry ingredients thoroughly.

Chop the softened butter/margarine into small pieces and work into the dry ingredients with your (cleaned) hands until you have a crumble consistency.

Lightly grease a 8-9 inch glass baking pan, put the mixed fruit in first

Cover with the crumble topping.

Bake 350 for 20 minutes - 1/2 hour until the top is golden and the fruit starts bubbling through.

(Part way through baking you can add little pieces of chopped butter on the top to give it an extra golden crisp and keep from drying out)

Prep time: 20 minutes Baking time: 20 minutes-1/2 hour

## Gingerbread Cookies

¼ cup butter

½ cup brown sugar

½ cup molasses

3 ½ cups of flour

1 tsp. baking soda

¼ tsp. ground cloves

½ tsp. ground ginger

½ tsp. salt

¼ cup water

Preheat oven to 350

Beat softened butter and brown sugar until creamy

Beat in molasses

Combine dry ingredients

Add dry ingredients to butter mixture in 3 parts alternating with the water

On a floured surface, roll the dough to your preferred thickness, (recipe makes 8-16 cookies)

Use cookie cutters, place on lightly greased cookie sheet.

Bake 8-10 minutes, depending on thickness.

Decorate.

## Scones

3 cups flour

3 tsp baking Powder

1 ½ tsp baking soda

1 ½ tsp salt

1 tbsp. sugar

½ cup butter

1 ½ cups milk or milk alternative

Preheat oven to 350 degrees and grease baking sheet.

Mix dry ingredients together.

Mix butter into dry ingredients using pastry blender, a fork or your fingers! The butter should be pea sized once incorporated.

Make well in dry ingredients and slowly mix in milk to form dough. The dough will be sticky but not wet with some dry flour in bowl.

Mix dough lightly, approximately 10 times to incorporate any remaining flour. Pat the dough into a circle, about an inch thick, on the baking sheet.

Cut the circle into 6 wedges, but do not separate the pieces.

Bake for 25-45 minutes. Check for doneness by slightly separating one wedge, it should not be gooey.

Variations: Add 1 cup cheese and 2 tsp. dill to flour and butter mixture.

Other savory suggestions: olives, sun dried tomatoes, feta cheese, jalapenos.

Some sweet add ins: ½ cup dried cranberries, ½ cup white chocolate and the zest of 1 lemon to flour and butter mixture.

1 cup of fresh blackberries and 2 Tbsp. chopped fresh lavender.

Or use 1 cup frozen blueberries/ other frozen berries to flour and butter mixture.

## Scottish Oatcakes

½ a cup of butter	1 tsp vanilla (optional)
½ a cup of margarine	1 tsp. baking soda in ¼ cup boiling water
1 ½ cup of flour	½ tsp. salt
3 cups rolled oats	1 cup brown sugar

Have the butter and margarine at room temperature, cut up into small cubes and blend together with a hand - beater or Cuisinart. If you need to blend the butter by hand, stir /whip it until a creamy consistency. You can also substitute ½ of your fats with room temperature coconut oil or margarine.

Blend the brown sugar and vanilla in with the butter/margarine.

Meanwhile, measure the baking soda into a cup and pour the boiling water over it, don't stir it, let it bubble up on it's on.

Combine dry ingredients, flour, rolled oats, and salt. If using steel cut oats, blend until a bit finer consistency or use quick oats or a combo. Adding soft shredded coconut is a delicious variation, you can substitute up to a ½ a cup of the oats.

Stir in the butter mix and baking soda/water into the dry ingredients until you can form a dough ball. Do not over mix. Place in bowl, cover and refrigerate for 20 minutes.

Lightly flour your rolling pin and roll out the dough on a lightly floured surface. Dough should be ½-¾ " thick. Use a cookie cutter or a glass to press out circles.

Place on an ungreased baking sheet, at 350 for 20 minutes or until golden.