

# SUPER SUPPERS

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restaurant/take-out meals all the time, learning skills that you can continue to use as you get older, and learn how to make meals that give us energy and make us feel good and strong.

## Children will learn:

- The benefits of cooking meals at home
- The importance of limiting distractions at mealtimes
- Fun, easy supper ideas
- Cooking skills including knife skills and using the oven and stovetop

## Key Messages

**Discussion prompt:** *Why do you think it's important to learn cooking skills and how to prepare meals that you can make at home?*

Ideas: Don't have to rely on packaged foods and

**Discussion prompt:** *What are some things people tend to do during mealtimes that may be a distraction from eating and talking with the people we are eating with?*

Ideas: Watching TV, checking their phone, or eating while in the vehicle/on the go

**Discussion prompt:** *Why might we want to avoid doing these things while eating?*

Ideas: Not paying attention to how our bodies are feeling (if we are still hungry, if we are getting full), takes away from the social aspects of mealtimes, like talking with others and enjoying the tastes, smells, and pleasures of the food we are eating.

It's important to try to take time to eat and be mindful when eating. It can be common to eat quickly and to eat while distracted, which can cause you not to pay attention to how your body is feeling during mealtimes. When it comes to mealtimes, try to set aside time to eat, eat slowly and thoughtfully, eat without distractions and pay attention to what your body is telling you. Eating meals with others can also be a great time to connect, talk about our day and can be a good time to learn about family traditions.

# CHICKEN CACCIATORE

Makes 6 Servings

## Ingredients

10–15	Mushrooms
1	Green pepper
1 can (28 oz/796 mL)	Diced tomatoes
1 1/2 tsp (7.5 mL)	Dried oregano
1 1/2 tsp (7.5 mL)	Dried basil
6	Boneless, skinless chicken pieces

## Equipment

- Can opener
- Large pot
- Knife
- Cutting board
- Measuring spoons
- Food thermometer
- Tongs or fork

## Directions

- 1 Wash and slice the mushrooms. Wash and dice the green pepper.
- 2 In a large pot, combine undrained tomatoes, mushrooms, green pepper, oregano, and basil. Bring to a boil.
- 3 Add chicken pieces. Cover and simmer over low heat for 30 minutes.
- 4 Turn the chicken over. Continue cooking for 10 minutes.
- 5 Check the internal temperature of the chicken. Once the chicken is fully cooked and reaches an internal temperature of 165°F, remove the chicken.
- 6 Boil sauce uncovered for another 5–10 minutes until thickened. Pour over the chicken to serve.



**Meal Idea** Serve over whole grain pasta, brown or wild rice, or polenta.



**Food Safety Tip** Immediately after handling raw chicken, make sure to wash your hands. This prevents transferring germs from the raw chicken to other surfaces and ingredients.



**Food Safety Tip** To check the internal temperature of the chicken, stick your food thermometer into the thickest part. Leave the thermometer in for 30 seconds before reading the temperature.

# CHICKEN FAJITAS

Makes 6 Servings

## Ingredients

2 tbsp (30 mL)	Vegetable oil
2	Bell peppers
1	Red onion
2 cloves	Garlic
1 ½ tsp (7.5 mL)	Chili powder
1 tsp (5 mL)	Cumin
	Juice of 1 lime (optional)
1 lb (450 g)	Boneless, skinless chicken breasts
6	Whole grain tortillas
Optional toppings:	Shredded cheese, salsa, lettuce and guacamole

## Equipment

- Knife
- Cutting board
- Large skillet
- Measuring spoons
- Food thermometer
- Baking dish or frying pan
- Mixing spoon or tongs
- Grater (if using cheese)

**Food Safety Tip** Immediately after handling raw chicken, make sure to wash your hands. This prevents transferring germs from the raw chicken to other surfaces and ingredients.

**Food Safety Tip** To check the internal temperature of the chicken, stick your food thermometer into the thickest part. Leave the thermometer in for 30 seconds before reading the temperature.

## Directions

- 1 Peel and slice the onion; peel and mince the garlic; wash and slice the bell peppers.
- 2 Cut the chicken into strips.
- 3 In large skillet, heat oil over medium-high heat. Sauté garlic and onion about 3 minutes or until softened.
- 4 Add chili powder and cumin to skillet. Sauté chicken about 5 to 6 minutes or until no longer pink. Test with food thermometer to ensure internal temperature reaches 165° F.
- 5 Toss in pepper strips. Squeeze in juice of one lime, if using. Cook, stirring, for 2–3 minutes.
- 6 Warm the tortillas by placing them in the oven in a baking dish for 10 minutes. Otherwise, you can warm them individually in a frying pan and cover until ready to serve.
- 7 Spoon about ½ cup of the mixture down centre of each tortilla; roll up. If desired, sprinkle with shredded cheese, and serve with salsa, lettuce and guacamole.

# THREE BEAN VEGGIE CHILI

Makes 6 Servings

## Ingredients

1 tbsp (15 mL)	Vegetable oil
1	Medium onion
3 cloves	Garlic
1	Red pepper
1	Green pepper
5	Mushrooms
2 cans (28 oz/796 mL)	Diced tomatoes
1 can (13 oz/398 mL)	Tomato sauce
1 can (19 oz/540 mL)	Red kidney beans
1 can (19 oz/540 mL)	Black beans
1 can (19 oz/540 mL)	Chickpeas
1 cup (250 mL)	Frozen corn
2 tbsp (30 mL)	Chili powder
1 tsp (5 mL)	Ground cumin
	Pepper to taste

## Directions

- 1 Peel and dice the onion; peel and mince the garlic; wash and dice the bell peppers; wash and slice the mushrooms.
- 2 Drain and rinse the beans and chickpeas in a colander.
- 3 In a large pot, heat oil over medium-high heat.
- 4 Add onion, garlic, red and green pepper, and mushrooms. Cook until slightly tender.
- 5 Add tomatoes, tomato sauce, beans, chickpeas, corn, chili powder, cumin and pepper.
- 6 Simmer for 20–30 minutes.

## Equipment

- Large pot
- Colander
- Knife
- Dry measuring cups
- Cutting board
- Measuring spoons
- Can opener
- Mixing spoon



**Cooking Term** *Simmer* means to cook food in a heated liquid so that it bubbles gently. This is usually done by heating something over medium-high heat, then turning the heat down to low once it starts to bubble.

What happened when they opened a restaurant on the moon?  
*It lacked atmosphere*

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# EGG ROLL IN A BOWL PORK VERSION

Makes 6 Servings

## Ingredients

1 tbsp (15 mL)	Vegetable oil
2 cloves	Garlic
	Small piece of fresh ginger
1 lb (450 g)	Ground pork
1 tbsp (15 mL)	Sesame oil
1	Small onion
2	Carrots
½	Small green cabbage
3 tbsp (45 mL)	Low sodium soy sauce

## Equipment

- Large skillet
- Knife
- Spoon
- Cutting board
- Mixing spoon
- Measuring spoons
- Grater
- Peeler or scrub brush



**Culinary Tip** Try using a spoon to peel the ginger! Hold the ginger close to the base of the bowl of the spoon. Then run the inward curved side of the spoon down the knob, scraping off the skin.

## Directions

- 1 Peel and mince the garlic; peel and thinly slice the onion.
- 2 Wash, scrub with brush or peel, and grate the carrot; wash and thinly slice the cabbage.
- 3 Peel and grate the ginger.
- 4 In a large skillet over medium heat, heat vegetable oil. Add garlic and ginger and cook until fragrant, 1 to 2 minutes. Add pork and cook until no pink remains.
- 5 Add sesame oil, onion, carrot, cabbage, and soy sauce. Stir to combine with meat. Cook until cabbage is tender, about 10 minutes.

How did the pig go to the hospital?  
*The hambulance*

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# EGG ROLL IN A BOWL TOFU VERSION

Makes 6 Servings

## Ingredients

1 tbsp (15 mL)	Vegetable oil
2 cloves	Garlic
	Small piece of fresh ginger
1 block (350 g)	Extra firm tofu
1 tbsp (15 mL)	Sesame oil
1	Small onion
2	Carrots
½	Small green cabbage
3 tbsp (45 mL)	Low sodium soy sauce

## Equipment

- Large skillet
- Knife
- Spoon
- Cutting board
- Mixing spoon
- Measuring spoons
- Grater
- Peeler or scrub brush

## Directions

- 1 Prepare the vegetables for cooking. Peel and mince the garlic. Peel and thinly slice the onion.
- 2 Wash, scrub with a brush or peel, and grate the carrot. Wash and thinly slice the cabbage.
- 3 Peel and grate the ginger.
- 4 Drain, pat dry with paper towel and grate the block of tofu.
- 5 In a large skillet over medium heat, heat vegetable oil. Add garlic and ginger and cook until fragrant, 1 to 2 minutes. Add tofu and cook until it starts to change colour.
- 6 Add sesame oil, onion, carrot, cabbage, and soy sauce. Stir to combine with tofu. Cook until cabbage is tender, about 10 minutes.



**Meal Idea** Serve with brown or wild rice, or whole wheat couscous



**Culinary Tip** To drain tofu, wrap in a tea towel or paper towel. Place a chopping board on top, and weigh it down with something heavy such as a pan of water.

How did the farmer fix his jeans?  
*With a cabbage patch!*

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# TERRIFIC TACOS

Makes 6 Servings

## Ingredients

1 lb	(450 g)	Lean ground meat (e.g., beef, turkey, chicken)
1 tbsp	(15 mL)	Vegetable oil
1		Small onion
2 cloves		Garlic
1 can	(14 oz/398 mL)	Diced or stewed tomatoes
1 cup	(250 mL)	Dried green lentils or 1 can (19 oz/540 mL) lentils
2 tsp	(10 mL)	Chili powder
½ tsp	(2.5 mL)	Cumin
6		Whole grain tortillas
Possible toppings:		Grated cheese, shredded lettuce, chopped tomatoes, corn, salsa, guacamole, or sour cream

## Equipment

- Medium pot
- Large frying pan
- Mixing spoon or spatula
- Knife
- Cutting board
- Can opener
- Colander
- Measuring spoons
- Dry measuring cups
- Grater (if using cheese)



**Culinary Tip** Dried lentils can double in size when cooking, so be sure to use a large enough pot for this recipe.

## Directions

- 1 If using dried lentils, add lentils and 2 cups of water into a pot. Bring to a boil. Reduce heat and simmer, stirring occasionally, for 30-40 minutes, or until the lentils are tender and most of the liquid has been absorbed. Add a little more water if it seems too dry. If it seems too wet, continue cooking until the excess moisture has been cooked off.
- 2 While lentils are cooking, peel and chop the onion; peel and mince the garlic.
- 3 In a large pan, cook meat over medium-high heat, breaking up with a spatula until no longer pink. Once fully cooked, drain any excess fat from the pan and set meat aside.
- 4 In the same large pan, heat oil over medium-high heat. Add the onion and cook for 4–5 minutes, until soft and starting to turn golden around the edges.
- 5 Add the garlic and cook for another minute.
- 6 Add chili powder, cumin, and tomatoes. If using dried lentils, add them when they are fully cooked. If using canned lentils instead of dried, drain and rinse them and add them now.
- 7 Cook for 10 minutes to heat up the mixture.
- 8 Serve the lentil and meat filling in tortillas with your desired toppings.



# MINI SALMON PATTIES

Makes 12 Small Patties

## Ingredients


2 tbsp (30 mL)	Vegetable oil
1	Small onion
1 stalk	Celery
1 clove	Garlic
2 cans (7 ½ oz/213g)	Salmon
2	Eggs
½ cup (125 mL)	Whole grain breadcrumbs
1 tsp (5 mL)	Lemon juice
½ tsp (2.5 mL)	Dried dill
½ tsp (2.5 mL)	Pepper

## Equipment

- Large skillet
- Fork or whisk
- Mixing spoon
- Dry measuring cup
- Knife
- Measuring spoons
- Cutting board
- Medium mixing bowl
- Can opener

## Directions

- 1 Peel and dice onion; peel and mince garlic; wash and dice celery.
- 2 Drain cans of salmon.
- 3 In a skillet, heat 1 Tbsp of oil over medium heat. Add onions and celery. Cook for 8 minutes.
- 4 Add minced garlic and cook for another 2 minutes. Remove from heat and let cool slightly.
- 5 In a bowl, combine onion mixture with the salmon, eggs, breadcrumbs, lemon juice, dill and pepper.
- 6 Take 2 Tbsp of the salmon mixture and shape into a patty. Continue for the rest of the salmon mixture.
- 7 Heat 1 Tbsp of oil in the same skillet and cook patties for 4–6 minutes per side, until they are golden brown with a slightly crispy coating.

 **Creativity Tip** Try other flavour combinations like oregano and basil or ginger and a dash or two of hot sauce.

# SEASONED BAKED CHICKEN

Makes 6 Servings

## Ingredients

6	Chicken thighs
¼ cup (60 mL)	Vegetable oil
3 cloves	Garlic
1 ½ tsp (7.5 mL)	Ground cumin
1 ½ tsp (7.5 mL)	Chili powder
1 ½ tsp (7.5 mL)	Oregano
¼ tsp (1.25 mL)	Salt
½ tsp (2.5 mL)	Pepper

## Equipment

- Baking sheet
- Cutting board
- Knife
- Large mixing bowl
- Tongs or mixing spoon
- Measuring spoons
- Food thermometer
- Oven mitts



**Culinary Tip** *How to grease a pan:* Place a few drops of oil or a small amount of margarine or butter onto a paper towel and rub it all around the pan. This prevents food from sticking to the pan.



**Food Safety Tip** To check the internal temperature of the chicken, stick your food thermometer into the thickest part of the thigh. Leave the thermometer in for 30 seconds before reading the temperature.

## Directions

- 1 Preheat the oven to 425°F and grease a baking sheet or line with parchment paper.
- 2 Peel and mince garlic.
- 3 In a large mixing bowl, combine chicken pieces, oil, garlic and spices including salt and pepper.
- 4 Toss well to coat each piece of chicken with the spice mix.
- 5 Arrange chicken on baking sheet, and roast for about 25 minutes. Chicken is ready when juices run clear, is no longer pink inside and reaches the internal temperature of 74°C or 165°F.
- 6 Remove from oven and enjoy.

# SLOPPY JOES

Makes 12 Servings

## Ingredients

1	Onion
1	Carrot
1	Green pepper
5	Mushrooms
1 pound (450 g)	Ground meat (e.g., turkey, chicken, beef)
1 can (28 oz/796 mL)	Crushed tomatoes
1 can (8 oz/250 mL)	Tomato sauce
¼ cup (60 mL)	Barbecue sauce
12	Whole grain buns or English Muffins

## Equipment

- Large pot or skillet
- Peeler or scrub brush
- Mixing spoon
- Grater
- Knife
- Can opener
- Cutting board
- Dry measuring cups

## Directions

- 1 Peel and dice onion; wash, scrub with brush or peel and grate carrot; wash and chop bell pepper, wash and slice mushrooms.
- 2 Sauté onions, carrots, green pepper, and mushrooms in a large pot or skillet over medium-high heat for 5 minutes. Add ground meat and break up into small pieces with a wooden spoon or spatula and cook the meat until no longer pink and the juices run clear.
- 3 Add crushed tomatoes, tomato sauce and barbecue sauce to meat mixture.
- 4 Bring to a boil. Reduce heat and simmer for 15–20 minutes or until thick, stirring occasionally.
- 5 Toast buns if desired. Spoon Sloppy Joe mixture onto buns. Enjoy!



**Freezer Friendly** This recipe freezes well. Freeze leftovers or make a double batch to freeze for a future meal.



**Environment Tip** Instead of ground meat, feel free to use a block of firm tofu, crumbled or a can of lentils, drained.

Where did the hamburger go to dance?  
*To the meatball*

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# TURKEY BROCCOLI CASSEROLE

Makes 6 Servings

## Ingredients

2 tsp (10 mL)	Vegetable oil
1 lb (450 g)	Ground turkey
2 tsp (10 mL)	Dried oregano leaves
¼ tsp (1.25 mL)	Fresh ground pepper
3 cups (750 mL)	Broccoli florets
1	Bell pepper
1 cup (250 mL)	Shredded cheese
1½ cups (375 mL)	Salsa

## Equipment

- Large skillet or frying pan
- Mixing spoon
- Pot
- Colander
- Knife
- Cutting board
- Measuring spoons
- Dry measuring cups
- Grater
- Baking dish (8x8 inch)
- Oven mitts

## Directions

- 1 Preheat oven to 375°F.
- 2 In a large skillet, heat oil over medium high heat and brown turkey with oregano and pepper.
- 3 Meanwhile, wash and chop the broccoli. Boil a pot of water. Cook the broccoli for 2–3 minutes in boiling water, just until it turns bright green. Remove from heat, drain, and set aside.
- 4 Wash and chop the bell pepper. Shred the cheese.
- 5 Spread turkey into baking dish. Spread half of the salsa over the turkey.
- 6 Top with broccoli and pepper. Spread the remaining salsa and sprinkle with cheese.
- 7 Bake for about 30 minutes or until heated through and the cheese is melted.



**Environment Tip** Try substituting ground turkey for black beans, chickpeas or crumbled tofu for a plant-based protein version!



**Cooking Term** *Brown* means to cook quickly over high heat, causing the outside of the food to turn brown while the inside stays moist. This gives food an appetizing colour and a rich flavour.

# VEGETABLE FRIED RICE

Makes 6 Servings

## Ingredients

2 cups (500 mL)	Rice of your choice
1	Red pepper
1	Green pepper
2	Green onions
1 tbsp (15 mL)	Vegetable oil
4	Eggs
2 cups (500 mL)	Frozen mixed vegetables (e.g., peas, carrots, corn, broccoli, cauliflower)
2 tbsp (30 mL)	Low sodium soy sauce

## Equipment

- Pot
- Mixing spoon
- Bowl
- Knife
- Cutting board
- Large skillet or pot
- Small bowl
- Whisk or fork
- Measuring spoons
- Dry measuring cups

## Directions

- 1 Prepare the rice according to package directions. When rice is cooked, set aside in a bowl.
- 2 Rinse the peppers and onions under cool tap water; peel onion; chop vegetables into small pieces.
- 3 Heat large skillet to medium-high heat, measure oil and add to skillet. Add chopped peppers and onions in pan and cook for about 1 minute, make sure to stir regularly to prevent sticking or burning.
- 4 Add the frozen vegetables and cook until heated through, about 4 minutes, while stirring.
- 5 Crack the eggs into a small bowl and beat with a wire whisk or fork until yolk is broken and mixed into the egg white. Make a space in the pan, by moving vegetables to one side. Add egg into that space and scramble until set (about 1–2 minutes).
- 6 Add the cooked rice and soy sauce to the skillet. Stir the entire mixture. Once the vegetables and rice are warm, the dish is ready to eat.



**Culinary Tip** Remember to check cooking time on your package of chosen rice, since cooking times can vary.



**Creativity Tip** To kick up the flavour, try adding minced garlic (3 cloves) and fresh, minced ginger (1 Tbsp) when cooking the peppers and onions



**Cooking Term** *Scramble* means to cook eggs that have been whisked in a frying pan. While they are cooking, the eggs are stirred until they form several small pieces of cooked egg.

# PINEAPPLE BLACK BEAN SALAD

Makes 6 Servings

## Ingredients

### Salad

1 ½ cups (375 mL)	Bulgur
1 can (14 oz/398 mL)	Pineapple tidbits in juice
½	Bunch cilantro
1 can (19 oz/540 mL)	Black beans

### Lime Vinaigrette

3 tbsp (45 mL)	Lime juice
2 tbsp (30 mL)	Olive oil
1 tbsp (15 mL)	Honey
1/2 tsp (2.5 mL)	Cumin
1/4 tsp (1.25 mL)	Garlic powder
1/4 tsp (1.25 mL)	Salt

## Equipment

- Pot
- Dry measuring cups
- Mixing spoon
- Knife
- Shallow dish or pan
- Cutting board
- Small bowl
- Can opener
- Fork
- Colander
- Whisk
- Large mixing bowl
- Measuring spoons



**Cooking Term** *Juice* means to squeeze the liquid out of a fruit or vegetable (e.g., citrus fruit). Cut lime into halves or wedges, then squeeze out the juice over a bowl.

## Directions

- 1 Cook the bulgur according to the package directions. Allow to cool completely. If needed, place the bulgur in a shallow dish or pan and refrigerate to speed up the cooling.
- 2 Juice the lime.
- 3 Prepare the dressing by whisking together the lime juice, olive oil, honey, cumin, garlic powder, and salt. Set the dressing aside.
- 4 Drain the pineapple tidbits and chop the pineapple into slightly smaller pieces.
- 5 Rinse and dry the cilantro. Chop the leaves and stems.
- 6 Rinse and drain the black beans.
- 7 Combine all of the ingredients in a bowl and toss the ingredients together until everything is evenly mixed. Serve immediately or refrigerate until ready to serve.

# LIME ROASTED SWEET POTATO FRIES

Makes 6 Servings

## Ingredients

4		Medium sweet potatoes
2 tbsp	(30 mL)	Vegetable oil
1 tsp	(5 mL)	Cumin
¼ tsp	(1.25 mL)	Salt
1		Lime

## Equipment

- Peeler
- Zester
- Knife
- Oven mitts
- Cutting board
- Baking sheet
- Measuring spoons
- Scrub brush
- Tongs or spatula

## Directions

- 1 Preheat the oven to 425°F.
- 2 Scrub the sweet potatoes under running water to remove any dirt. Peel and slice into ½-inch wide sticks. Place the sweet potatoes on a large baking sheet and drizzle with oil. Sprinkle the cumin and salt over top. Mix until coated.
- 3 Roast the sweet potatoes in the oven for 20 minutes. Stir and return to the oven. Roast for about 15 minutes more, or until the sweet potatoes are blistered and browned on the edges.
- 4 After roasting, wash the lime and squeeze the fresh lime juice over top. Add lime zest if you would like more lime flavour. Serve warm.



**Cooking Term** *Preheat* means to heat cooking equipment before starting to cook. Preheating makes sure that the food starts cooking right away and that it cooks properly, at the right temperature.

Why do potatoes make good detectives?  
*Because they keep their eyes peeled.*

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# PIZZA PARTY

Makes 2 Large Pizzas or 6 Small Pizzas

## Ingredients

### Dough

1.5 cups (355 mL)	All-purpose flour
1 cup (250 mL)	Whole wheat flour
1 tbsp (15 mL)	Quick rise yeast
1 tsp (5 mL)	Sugar
½ tsp (2.5 mL)	Salt
1 cup (250 mL)	Warm water
1 tbsp (15 mL)	Olive oil

### Toppings

1 can (7.5 oz/213 mL)	Pizza sauce
3 cups (750 mL)	Grated cheese

#### Topping ideas:

- Seasoned Baked Chicken (see recipe in Supper Section)
- Tomatoes, sliced or diced
- Mushrooms, thinly sliced
- Bell peppers, thinly sliced
- Black olives, sliced
- Pineapple tidbits or rings, diced
- Red onion, thinly sliced
- Fresh herbs such as basil and oregano

## Equipment

- Large bowl
- Dry and liquid measuring cups
- Measuring spoons
- Clean tea towel
- Pizza pan
- Rolling pin
- Knife
- Cutting board
- Grater
- Can opener
- Oven mitts

## Directions

- 1 In a large bowl, combine the flours, yeast, sugar, and salt.
- 2 Stir in warm water and oil until blended.
- 3 Turn dough onto lightly floured surface.
- 4 Knead for about 10 minutes, until dough is smooth and elastic.
- 5 Add flour as needed to keep dough from sticking.
- 6 Cover the dough with a clean tea towel and let rest for 10 minutes.
- 7 Roll out dough with a rolling pin until it is about ½ inch (1 cm) thick.
- 8 Place the dough on a pan and stretch it into the shape of your chosen pan.
- 9 Preheat oven to 425°F.
- 10 Grate cheese and prepare all toppings.
- 11 Spread the pizza sauce on each crust and add all desired toppings.
- 12 Bake for 10–12 minutes or until cheese is melted and bubbly.



**Cooking Term** *Knead* means to press, fold and turn dough. To knead, fold the dough over toward you, press it with the heels of both hands, give it a quarter turn, and repeat.



**Creativity Tip** If you're short on time, you can build mini pizzas on pita bread, naan, tortillas or English muffins.



# GREEN BEAN SIDES

Makes 6 Servings

## Ingredients

1.5 lb (750 g) Green beans

Desired toppings (see directions)

## Equipment

- Pot
- Frying pan
- Spatula
- Colander
- Measuring spoons
- Knife
- Cutting board



**Environment Tip** To save time and reduce food waste, you can leave on the skinny, tapered end of the green bean. They are tender and tasty!



**Cooking Term** *Season* means to flavour foods with herbs, spices, condiments, salt or pepper to improve their taste.

## Directions

### Cooking the Green Beans:

- 1 Wash and trim off the ends of green beans. Cut the beans into 1-inch (2.5-cm) pieces.
- 2 Cook in small amount of water until crisp-tender, about 5 minutes. Drain and add one of the options below.

#### ***Parsley-lemon option:***

In 1 Tbsp butter or oil, lightly sauté 2 cloves minced garlic and 2 Tbsp finely chopped fresh parsley. Add the cooked beans, season to taste with salt and pepper. Stir gently and heat through. Sprinkle with the juice of 1 lemon and serve.

#### ***Mint option:***

In 1 Tbsp butter or oil, sauté ¼ cup (60 mL) minced onion. Add 2 Tbsp minced fresh mint. Add cooked beans and season to taste with salt and pepper. Serve.

#### ***Basil-tomato option:***

In 1 Tbsp oil, sauté ¼ cup (60 mL) minced onion and 1 clove minced garlic. Add 2 Tbsp minced fresh basil, 1 cup (250 mL) chopped tomatoes and cooked green beans. Cover and cook about 5 minutes. Season to taste and serve.

# WINTER SQUASH BARS

Makes 24 bars

## Ingredients

2 cups (500 mL)	Pumpkin puree (canned or cooked)
1 cup (250 mL)	Granulated sugar
¾ cup (175 mL)	Vegetable oil
4	Eggs
1 tsp (5 mL)	Vanilla
½ tsp (2.5 mL)	Salt
1 cup (250 mL)	All-purpose flour
1 cup (250 mL)	Whole wheat flour
2 tsp (10 mL)	Baking powder
1 tsp (5 mL)	Baking soda
1 tsp (5 mL)	Cinnamon

## Topping

1 ½ tbsp (22 mL)	Granulated sugar
1 tsp (5 mL)	Cinnamon

## Equipment

- 2 mixing bowls
- Small bowl
- Liquid and dry measuring cups
- Measuring spoons
- Wooden spoon
- Can opener
- Baking sheet (11 x 17-inch)
- Electric mixer or hand mixer (optional)
- Oven mitts
- Toothpicks



**Culinary Tip** If using canned pumpkin, be sure to use pumpkin puree and not pumpkin pie filling. Alternatively, you can also use fresh cooked pumpkin or winter squash in this recipe.

## Directions

- 1 Preheat oven to 350°F. Lightly grease a baking dish.
- 2 In a large mixing bowl, beat together the pumpkin puree, sugar, oil, eggs, vanilla, and salt.
- 3 In a medium mixing bowl, combine the flours, baking powder, baking soda, and cinnamon. Stir.
- 4 Mix the dry ingredients into the wet ingredients and stir just until combined. Don't overmix. Pour into the baking sheet and spread evenly in the pan with the back of your spoon.
- 5 In a small bowl, combine granulated sugar and cinnamon for the topping. Sprinkle over the bars.
- 6 Bake for 25–30 minutes or until a toothpick inserted in the centre comes out clean. Cool completely and cut into bars.

# CHOCOLATE TOFU CAKE

Makes 10 Servings

## Ingredients

1 pkg	10.5 oz (300 g)	Silken tofu
½ cup	(125 mL)	Soft margarine
½ cup	(125 mL)	Brown sugar
1 tsp	(5 mL)	Vanilla extract
¾ cup	(175 mL)	All-purpose flour
½ cup	(125 mL)	Whole wheat flour
1/3 cup	(75 mL)	Cocoa powder
1 tbsp	(15 mL)	Baking powder
1 tsp	(5 mL)	Baking soda
1 tsp	(5 mL)	Cinnamon

## Equipment

- 9-inch cake pan
- Blender
- 2 medium mixing bowls
- Mixing spoon
- Dry measuring cups
- Measuring spoons
- Cooling rack
- Oven mitts
- Sieve or sifter



**Culinary Tip** Silken tofu is a type of tofu that has a high water content and a custard-like texture. It works well in creamy and blended foods like smoothies, puddings, sauces, and dips.



**Cooking Term** *Sift* means to pour a dry ingredient through a sieve or sifter to remove lumps and add air.

## Directions

- 1 Preheat oven to 350°F. Grease pan.
- 2 Puree tofu in blender. In a medium mixing bowl, cream margarine and sugar together. Add vanilla and pureed tofu. Set aside.
- 3 In another medium mixing bowl, sift together the remaining ingredients. Pour tofu mixture into the flour mixture and stir until blended, but don't overmix. Pour cake mixture into greased pan.
- 4 Bake for 30–35 minutes or until a toothpick comes out clean when inserted into the center of cake. Remove from oven and cool on wire rack.
- 5 Garnish the cake slices with sifted icing sugar and fresh seasonal fruit. Serve.