

5 X 5 Pantry Recipe Collection



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Oatmeal

Power Bars

Makes 12 bars using an 8"x11" pan
From 'Good and Cheap', by Leanne Brown

Ingredients	Quantity
Rolled oats Or rolled oats with rice crispy cereal	3 cups Or 2 cups oats + 1 cup cereal
Peanut butter	½ cup
Jam or jelly	½ cup
Hot water	¼ cup
Salt	¼ tsp
Additions:	½ chopped nuts, ½ coconut, ½ cup chopped dried fruit

1. Preheat oven to 350°F.
2. Grease an 8x11 inch baking dish.
3. Pour the oats into a large bowl.
4. Place a small saucepan over low heat and add peanut butter, half of jelly, water and salt and any additions. Stir until smooth, about 2 minutes.
5. Pour the heated mixture into the oats and mix well. Dump the mixture into a buttered pan and press into an even layer.
6. Spread remaining jelly/jam over top.
7. Cook in oven for 25 minutes or until edges are golden and crispy.
8. Leave the bars in pan until cooled about 1 hour. Slice and store in a sealed container.

Crumble-Crisp Topping

Makes topping to cover 8"x8" pan. Serves 6
From 'The Basic Shelf Cookbook', 2011 Edition

Ingredients	Quantity
Whole wheat flour	1 ¼ cups
Rolled oats	1 ¼ cups
Lightly packed brown sugar	⅔ cup
Margarine	⅔ cup
Ground cinnamon	½ tsp

1. Put flour, oats and brown sugar in a large bowl. Use a pastry blender or 2 knives to cut margarine in until it looks like crumbs.
2. Use as a topping mix over 3-4 sliced cored apples or a can of fruit (drained).
3. Bake in a 350 oven for 35-45 minutes.

Basic Oatmeal for 2

From 'Good and Cheap' by Leanne Brown

Ingredients	Quantity
Rolled oats	1 cup
Water OR water + milk	2 cups Or 1 cup water +1 cup milk
Salt	¼ tsp

1. Add the oats, water and salt to a small pot and bring to a boil over medium heat. Reduce heat to low, place lid on. Stir occasionally.
2. Cook for 5 minutes until the oats are soft and liquid absorbed. You can add more water/milk to make it the consistency you like.

Pumpkin Oatmeal for 2

From 'Good and Cheap' by Leanne Brown

Ingredients	Quantity
Rolled oats	1 cup
Water	1 ¼ cup
Salt	¼ tsp
Canned pumpkin puree	½ cup
Milk (try almond or soy milk)	¾ cup
Brown sugar	2 tbsp
Cinnamon	1 tsp
Additions:	¼ tsp nutmeg, ginger or cloves, drizzle of maple sugar

1. Whisk the pumpkin, milk, water in a pot. Add the oats, salt, brown sugar and spices.
2. Cook over medium-low heat until the mixture just comes to a boil about 2-5 minutes.
3. Decrease heat to low and cook another 5 minutes.
4. If desired, serve with maple sugar or sugar to taste.



Baked Oatmeal for 4

From 'Quick and Easy Breakfasts & Lunches' module

Ingredients	Quantity
Rolled oats	1 cup
Brown sugar	½ cup
Cinnamon	1 tsp
Baking powder	1 tsp
Salt	½ tsp
Milk	½ cup
Egg	1
Butter, melted	¼ cup
Vanilla	1 tsp
Dried cranberries	⅓ cup

1. Preheat oven to 350°F.
2. In a large bowl mix together oats, brown sugar, cinnamon. Baking powder and salt. Beat in egg, melted butter and vanilla. Stir in dried cranberries.
3. Spread into an 8x8 inch baking dish.
4. Bake in preheated oven for 35-40 minutes or until golden brown and knife inserted in the center comes out clean.



Oatmeal Raisin Cookies

Makes 24 cookies

From 'The Basic Shelf Cookbook', 2011 Edition

Ingredients	Quantity
Rolled oats	1 $\frac{3}{4}$ cups
Whole wheat flour	$\frac{1}{2}$ cup
Ground cinnamon	1 tsp
Baking soda	$\frac{1}{2}$ tsp
Margarine	$\frac{1}{3}$ cup
Lightly packed brown sugar	$\frac{3}{4}$ cup
Egg	1
Vanilla	1 tsp
Raisins	$\frac{1}{2}$ cup
Water	$\frac{1}{4}$ cup

1. Turn oven to 350°F.
2. Mix oats, flour, cinnamon and baking soda in a medium bowl. Set aside.
3. Put margarine in large bowl. Mash with back of spoon to soften. Add sugar and beat well.
4. Add egg and mix well. Stir in vanilla. Add dry ingredients. Mix well. Stir in raisins and water.
5. Drop 12 teaspoons full of dough onto the baking sheet and press each one down slightly. Bake until golden about 12-15 minutes.
6. Lift baked cookies off the baking sheet and cool. Repeat with remaining cookie dough.



Date Squares

Makes 25 squares in 8x8 pan

From 'The Basic Shelf Cookbook', 2011 Edition

Ingredients	Quantity
Packed, chopped, pitted dates	2 cups
Water (or try cold coffee for a deeper flavour)	1 cup
Orange zest or orange juice (optional)	1 tsp
All-purpose flour	1 ¼ cups
Baking powder	1 tsp
Baking soda	½ tsp
Salt	½ tsp
Margarine	¾ cup
Rolled oats	1 ¼ cups
Lightly packed brown sugar	¾ cup

1. Preheat oven to 350°F. Lightly grease an 8x8x2 pan (2L).
2. Turn burner to medium. Put dates and water in a small saucepan. Heat to boiling. Then turn burner to low. Simmer uncovered until mixture is thick, this takes about 10 minutes.
3. Put flour, baking powder, baking soda and salt in a large bowl. Mix. Cut in margarine until crumbly. Stir in oats and sugar.
4. Press half the crumbs into the bottom of the pan. Spread the date mixture evenly over the crumb base. Sprinkle remaining crumbs over the top, pressing slightly into the dates.
5. Bake in oven about 25 minutes until lightly browned. Cool in pan. Cut into squares.d



Oatmeal Muffins

Makes 12

From 'North Bay Multicultural Centre' Cookbook

Ingredients	Quantity
Yogurt- plain or any flavour	1 cup
Oatmeal	1 cup
Brown sugar	1/3 cup
Vegetable oil	¼ cup
Egg	* ½ cup
All-purpose flour	1 cup
Baking powder	½ tsp
Baking soda	½ tsp
Additional fresh or dry fruits- optional	
Salt	

1. Combine yogurt and oatmeal, stir and set aside.
2. Preheat oven to 375°F.
3. To the yogurt & oatmeal add brown sugar, oil and egg and any optional fruits. Stir to combine well.
4. In another bowl combine the dry ingredients.
5. Stir the dry ingredients into the wet and stir just to moisten. Spoon batter into muffin tins (lightly coat with vegetable oil or butter). Makes 9 large muffins or 12 smaller portion muffins.
6. Bake about 15 minutes or until golden. Let cool in muffin pan a few minutes before removing to finish cooling.



Lean Ground Beef

(With extenders)

*Can easily substitute with moose meat when available

If using moose or game meats

- remove any fat or membranes from moose or venison meat before grinding to decrease any 'gamey' taste

Potential Meat Extenders

- bread crumbs
- cooked rice
- Tofu, broken up chunks (available in the refrigerated/cool section at many grocery stores)
- TVP (textured vegetable protein from the bulk store) to be an extender to stretch your meat from 4 servings to 6 servings. Try using 3 parts meat and 1 part extender- your diners may never notice the difference! ($\frac{3}{4}$ meat + $\frac{1}{4}$ extender like TVP or Tofu etc.)

Textured Vegetable Protein (TVP)

Textured vegetable protein is actually made from soy beans! TVP is a defatted soy flour that has a high protein content. It can be made into various textures from large chunks to small flakes. It is low cost, easy to store and cook. Simply rehydrate the flakes in broth, tomato juice or water for several minutes then add to your recipe or sauce. TVP is a popular food with backpackers and also used by vegetarians and vegans. TVP is often found in the bulk food section of larger grocery stores or at a bulk food store.



Sloppy Joes for 4

From 'The Basic Shelf Cookbook', 2011 Edition

This is a quick and easy family favourite. Use ground chicken, ground turkey or ground pork (moose or venison) for a change in flavour.

Ingredients	Quantity
Ground beef	½ lb
Onion, finely chopped	1
Celery stock, finely chopped	1
Tomato sauce with herbs (basil, oregano)	1 cup
Worcestershire sauce	½ tsp
Corn starch	2 tbsp
Cold water	2 tbsp
Hamburger buns, split, toasted	2
Salt and pepper	

1. Cook and stir beef to break up over medium high heat. Add onion and celery and cook all until softened. When the meat is no longer pink, drain off the fat.
2. Stir in tomato sauce and herbs and Worcestershire sauce.
3. Continue to cook and stir until mixture boils. Turn heat to low. Simmer and stir uncovered 15 -20 minutes or until vegetables are tender.
4. Combine cornstarch and water in a small bowl. Stir into beef mixture. Cook and stir until sauce thickens, about 2-3 minutes. Add salt and pepper to taste.
5. Put the toasted bun halves on plates. Spoon mixture over buns and serve.



Italian Style Meatballs

2-3 servings

From 'The Basic Shelf Cookbook', 2011 Edition

Ingredients	Quantity
Ground beef	½ lb.
Rolled oats	¼ cup
Ketchup	1 tbsp
Finely chopped onion	2 tbsp
Egg, beaten	1
Italian seasoning	½ tsp
Pepper	¼ tsp
Vegetable oil	2 tsp
Water	¼ cup
Dry mustard	1 tsp
Ketchup	2 tbsp
Salt	

1. Put beef, oats, ketchup, onion, egg, Italian seasoning, pepper and salt in a large bowl. Mix well.
2. Shape meat mixture into 10 small balls.
3. Turn on stove to medium-high. Put oil in a small frypan. Add the meatballs. Cook and gently turn until browned on all sides. Turn heat to low. Cover and cook 10-15 minutes. Drain off any fat.
4. Mix water, mustard and ketchup in a small bowl. Pour over meat balls. Cover and cook 5 minutes longer.



Spaghetti and Meat Sauce

Serves 4

From 'The Basic Shelf Cookbook', 2011 Edition

This recipe tastes just as good with ground chicken, ground turkey or ground pork. Try grated carrots instead of zucchini.

Ingredients	Quantity
Ground beef	½ lb.
Onion, finely chopped	1
Sliced zucchini (about 2 zucchini)	3 cups
Stewed tomatoes	1 can (19 oz / 540mL)
Dried oregano	1 tsp
Salt and pepper	
Hot cooked spaghetti	

1. Turn on stove to medium heat. Cook and stir ground beef and onion in a large frying pan until the beef has browned. Drain off fat.
2. Add zucchini, tomatoes and oregano to the frypan. Heat to boiling. Lower heat, cover and simmer 25-30 minutes. Stir several times.
3. Add salt and pepper to taste.
4. Serve with hot cooked spaghetti.



Basic Chili

Serves 4

From 'The Basic Shelf Cookbook', 2011 Edition

Ingredients	Quantity
ground beef	1 lb.
large onion, chopped	1
kidney beans, drained and rinsed	2 cans (14 oz / 398 mL)
stewed tomatoes	1 can (19 oz / 540 mL)
chili powder	1 or 2 tsp
vinegar	1 tsp

1. Turn on stove to medium heat. Cook and stir ground beef in a medium saucepan until the beef is a safe internal temperature. Drain off fat.
2. Stir in onions, beans, tomatoes, chili powder and vinegar. Add salt to taste. Heat all to boiling.
3. Turn heat down to low. Simmer uncovered for 35- 40 minutes. Stir chili several times until it cooks.

Variations:

- Add more veggies like diced green or red peppers, diced or grated carrots, corn or celery.
- Try another bean combination like chick peas or black eyed peas.
- Like more heat? Add diced fresh chili peppers like jalapenos or add some hot sauce or Sriracha sauce. Also chili with lime (zest and juice) is another popular combination.



Classic Sheppard's Pie for 4

From 'The Basic Shelf Cookbook', 2011 Edition

Try frozen or other canned vegetables such as carrots or peas, or use leftover vegetables. Leave the skins on the potatoes for extra nutrition.

Ingredients	Quantity
Medium potatoes, washed and eyes removed	4
Ground beef (use a healthy extender like tofu, TVP or oatmeal)	1 lb.
Onion, chopped	1
Milk	½ cup
Margarine	2 tbsp
Whole kernel corn niblets, drained and rinsed	1 can (12 oz / 341 mL)
Paprika	
Salt and pepper	

1. Turn on stove to medium high heat. Put potatoes in a large saucepan, cover with water and heat to boiling. Lower heat, cover saucepan and boil potatoes until tender.
2. While potatoes are cooking, turn on another burner to medium heat. Cook and stir beef and onion in a large frypan until beef is browned. Drain off any fat. Place meat mixture in an 8x8x2 inch (2L) baking dish.
3. Drain potatoes. Put potatoes back in saucepan. Use a potato masher and mash potatoes with milk and margarine. Add salt and pepper. Set aside.
4. Turn on oven to 350°F.
5. Pour corn on top of meat. Spread mashed potatoes over corn layer. Sprinkle lightly with paprika.
6. Bake for 30 minutes or until heated through.

Variations: Be creative add more spices to the meat mixture and another layer of veggies. Many cooks add a tin of sodium reduced condensed mushroom soup or tomato soup to get a saucier meat base. Or try this recipe with 'skinny' mashed potato topping using sodium reduced chicken broth instead of milk.



Cabbage

Cabbage Roll Casserole

Serves 6, deconstructed from classic cabbage rolls into an easy to assemble casserole

From 'Eat Well on \$4/Day Good and Cheap' by Leanne Brown

Ingredients	Quantity
Butter	1 tbsp
Ground beef OR fresh sausage	¼- ½ lb.
Onion, chopped	1
Cloves garlic, finely chopped	4
Small or ½ cabbage, cored and chopped	1
Cooked rice	3 cups (1 cup dried + 2 ¼ cups water)
Cooked lentils	2 cups (1 can: 19 oz / 540 mL)
Pureed canned tomatoes (use immersion blender to turn whole canned tomatoes into a delicious puree)	3 ½ cups (1 can: 28 oz / 796 mL tomato)
Salt and pepper to taste	

1. Preheat the oven to 350°F. Lightly oil a large casserole dish.
2. If using beef, crumble and stir beef over medium heat. Cook until browned then spoon into another large bowl.
If using pork: Melt the butter in a large pan over medium heat. Slide the casing off the sausage and crumble the raw meat into the pan. Sauté the meat until it is no longer pink, about 5 minutes.
3. Add the onion and garlic to the pan with the sausage drippings and sauté. Once the onion turns translucent about 3 minutes, add the cabbage and sauté until it is tender enough to jab easily with a fork, 5-7 minutes. Season generously with salt and pepper.
4. While the cabbage cooks, mix the cooked rice and lentils with the beef/sausage in the bowl. Add salt, pepper and any other spices you'd like. Taste as you season. If both parts of the casserole are tasty, your casserole will be delicious (Under seasoning will result in a bland casserole).
5. Spread half the lentil-rice and meat mixture in an even layer in the casserole dish. Next spread half the cabbage mixture on top. Carefully pour half of the pureed tomatoes over these layers. Repeat the layers and sprinkle with salt and pepper.
6. Bake until the casserole is hot and bubbly, about 30 minutes.

Variations: Swiss chard, kale or collards also work instead of cabbage.

Coleslaw with Apples and Cranberries

Serves 4

From Slow Cooker Recipes Module

Ingredients	Quantity
Cabbage, thinly sliced	3 cups
Medium carrot, diced	1
Red pepper, finely chopped	½ cup
Green onions, diced	2
Apple, unpeeled and diced	½ cup
Cranberries or raisins	½ cup
Sunflower seeds	½ cup

Dressing

Ingredients	Quantity
Plain yogurt	¼ cup
Light mayonnaise	2 tbsp
Lemon juice	2 tbsp
Honey	1 tsp
Plain yogurt	¼ cup

1. Using a food processor with a slicing blade, slice/grate cabbage. Or slice cabbage by hand using a knife with a sharp blade.
2. Dice or chop carrot, red pepper, onions and apple.
3. In a large bowl, mix cabbage, carrot, red pepper, green onions, apple, cranberries/raisins and sunflower seeds together.
4. In a small bowl mix together all dressing ingredients. Add to coleslaw. Toss to coat. Store any leftovers in the fridge.



Chick Peas or Lentils

Hummus

Serves 4

From 'Eat Well on \$4 Day Good and Cheap' by Leanne Brown

Ingredients	Quantity
Cooked chickpeas	2 cups or 1 can (19 oz / 540 mL)
Tahini (sesame seed paste)	1 tbsp
Lemon juice	1 tbsp
Clove garlic, finely chopped	1
Olive oil	1 tbsp
Salt and pepper to taste	

If making by hand:

1. Warm the chickpeas in the microwave for 30 seconds. Mash with a fork or a potato masher.
2. In a smaller bowl mix together the tahini, lemon juice, garlic, olive oil, salt and pepper.
3. Slowly add $\frac{1}{4}$ cup water to mashed chickpeas a bit at a time until the mixture is smooth, creamy and light, takes about 5 minutes. Add Tahini mixture. Taste and adjust. Add more oil and tahini to make it richer.

If making with a food processor:

1. Add all the ingredients to the processor with 2tbsp of water.
2. Buzz all until smooth.
3. For a lighter hummus add a bit more water. For a richer taste, add more oil.

Variations: Use the basic hummus recipe and add any puree things you like- any cooked, mashed veggies work (sweet potato, carrot, roasted squash, avocado). Experiment with other cooked beans or lentils for another flavour.

Flavours: Add lemon juice instead of water, balsamic vinegar, or a favourite vinaigrette salad dressing!

Add tomato puree, roasted red peppers, chipotles peppers, jalapeno, Sriracha sauce, more garlic...

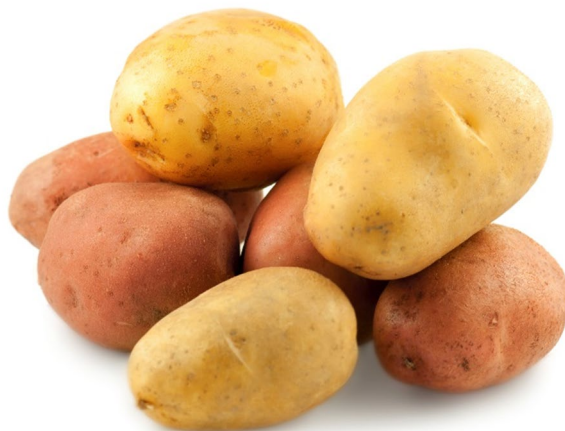
Chickpea and Potato Curry

Serves 3-4

Adapted from 'The Cooking of India'

Ingredients	Quantity
Large onion, diced	1
Oil	1 tbsp
Cloves garlic, minced	2
Curry powder	2 tbsp
Cayenne	$\frac{3}{4}$ tsp
Cumin (optional)	1 tsp
Potatoes, cut into $\frac{1}{2}$ cubes	2 cups
Chick peas, drained and rinsed	1 can (19 oz / 540 mL)
Diced tomatoes	1 can (19 oz / 540 mL)
Chicken broth	2 cups
Green onions, thinly sliced	2
Parsley for garnish	

1. In a large pot heat oil on medium high. Add onion and sauté until soft, about 5 minutes. Add garlic and stir.
2. Add curry powder, cayenne and cumin. Stir to coat onions. Add potatoes, tomatoes and broth. Bring to a boil then reduce heat to medium low and simmer about 15 minutes. Add chick peas and cook another 5-10 minutes. Cook all until potatoes are tender.
3. Taste and adjust seasoning. Garnish with green onions and parsley. (Serve with a spoonful of yogurt and some warm flat bread).



Chickpea Bruschetta

Serves 4-6 as appetizers

From 'Heart Smart Cooking' by Bonnie Stern

Ingredients	Quantity
Olive oil	2 tbsp
Small onion, chopped	1
Hot red pepper flakes	Pinch
Chickpeas or white beans, drained and rinsed	1 can (19 oz / 540mL)
Each of rosemary, thyme	¼ tsp
Parsley, chopped	2 tbsp
Lemon juice	1 tbsp
Pepper	½ tsp
Water or chicken or vegetable stock	½ cup
16 inch baguette cut into ½ inch slices	1

1. Heat 1 tbsp oil in a large skillet on medium high heat. Add onions, garlic and red pepper flakes. Stir and cook for a few minutes until tender.
2. Add chickpeas, rosemary, thyme, parsley, lemon juice and pepper. Cook for a few minutes. Add water and bring to a boil.
3. Mash the chickpea mixture with a potato masher until chunky but spreadable.
4. Brush one side of bread slices with remaining oil. Grill or broil bread on each side until lightly browned. Spread each slice with 1 tbsp of chickpea mixture. Serve warm.



Chickpea Burgers

4 servings

From 'The Basic Shelf Cookbook', 2011 Edition

Ingredients	Quantity
Chickpeas, drained and rinsed	1 can (19oz / 540 mL)
Green onions, trimmed and sliced	4
Egg	1
All-purpose flour	2 tbsp
Dried oregano	½ tsp dried or 1 tbsp fresh
Ground cumin	½ tsp
Salt	¼ tsp
Vegetable oil	2 tbsp
Pita breads or use hamburger buns	2

1. Place chickpeas, green onion, egg, flour, oregano, cumin and salt in a big bowl. Use a potato masher or fork to mash the ingredients. The mixture will be moist and should hold together when presses. Form into 4 patties.
2. Heat oil in a large non-stick pan over medium-high heat. Add patties and cook until golden and beginning to crisp about 4-5 minutes. Carefully flip and cook until golden brown, another 2-4 minutes.
3. Cut the pitas (or buns) in half and warm them up. Place one patty in each pita (bun) half. Serve with tahini sauce.

Tahini Sauce for a Middle East flavour

Ingredients	Quantity
Plain yogurt	½ cup
Tahini (or use peanut butter)	2 tbsp
Lemon juice	1 tbsp
Chopped parsley	⅓ cup
Salt	¼ tsp

1. Mix all ingredients. Refrigerate until ready to use.

Bean and Barley Salad

Serves 6

Adapted from 'Complete Canadian Diabetes Cookbook'

Ingredients	Quantity
Stock (vegetable or chicken)	3 cups
Pearl barley	$\frac{3}{4}$ cup
Corn niblets, drained	1 cup
Black beans or chickpeas, drained and rinsed	1 cup or $\frac{1}{2}$ can (19 oz / 540 mL)
Chopped red peppers	$\frac{3}{4}$ cup
Chopped green peppers	$\frac{1}{2}$ cup
Chopped green onion	$\frac{1}{2}$ cup

Dressing

Ingredients	Quantity
Medium salsa	$\frac{1}{2}$ cup
Plain Greek style yogurt	3 tbsp
Lime or lemon juice	2 tbsp
Minced garlic	1 tsp

1. In a saucepan over high heat bring stock to a boil. Add barley, reduce heat to medium low. Simmer covered for 40 minutes or until barley is tender and liquid is absorbed. Transfer to a serving bowl, cool to room temperature. Add corn, beans/peas, red peppers, green peppers and green onion.
2. In a bowl combine salsa, yogurt lime juice and garlic. Pour dressing over salad, toss to coat well.

Chickpea Cookies

Ingredients	Quantity
Chickpeas	1 can (19 oz / 540 mL)
Honey or maple syrup	¼ cup (or less)
***Natural peanut butter (must be natural for this recipe)	½ cup + 2 tbsp
Baking powder	1 tsp
Chocolate chips	½ cup
Salt	Pinch (if peanut butter doesn't have salt added)
Vanilla extract	2 tsp

1. Preheat your oven to 350°F / 175°C. Combine all the ingredients, except for the chocolate chips, in a food processor and process until very smooth. Make sure to scrape the sides and the top to get the little chunks of chickpeas and process again until they're combined.
2. Add the chocolate chips and stir it if you can, or pulse it once or twice. The mixture will be very thick and sticky.
3. With wet hands, form into 1 ½" balls. Place onto a piece of parchment paper. If you want them to look more like normal cookies, press down slightly on the balls. They don't do much rising.
4. Bake for about 10 minutes. The dough balls will still be very soft when you take them out of the oven. They will not set like normal cookies.
5. Store in an airtight container.

Potatoes

Here is a versatile veggie. Many consider it a staple in their pantry. Potatoes go well with any root vegetable (rutabaga, turnip, carrots, parsnip). If you like the flavor of celery try a potato and celery root (celeriac) mash. You can dress up a baked potato with toppings like salsa, yogurt, low fat sour cream and chives, grated cheese etc.

Lemony Potatoes

Serves 8

Ingredients	Quantity
Potatoes- Yukon gold	3 lbs.
Dried rosemary	½ tsp
Salt	½ tsp
Pepper	¼ tsp
Water or chicken stock	1 ½ cups
Lemon juice	⅓ cup

1. Preheat oven to 400° F.
2. Peel or scrub potatoes. Cut into 2 inch chunks. Place in a 13x9 inch baking dish and sprinkle with rosemary, salt and pepper.
3. Combine water and lemon juice and pour over potatoes.
4. Bake in the oven for 1 ½ - 2 hours, stirring occasionally until potatoes are tender, tops are crispy and brown and most of the liquid has evaporated.

Easy Oven Roasted Potato Pieces

Serves 8

From 'Good Food Box Newsletter'

Ingredients	Quantity
Potatoes, scrubbed and some peel removed	2 lbs.
Olive oil	1 tbsp
Salt	½ tsp
Pepper	¼ tsp
Dried herb like rosemary or a no salt added blend	½ tsp

1. Cut potatoes into 1 inch chunks. Toss in a large bowl with oil, salt, pepper and any additional herb/spice blend.
2. Place in a single layer on a baking sheet with parchment paper (for easy clean up).
3. Roast in a preheated 400°F oven for 45-50 minutes or until browned.

Potato Corn Chowder

Serves 4 or 5

From 'Complete Canadian Diabetes Cookbook'

Ingredients	Quantity
Corn niblets (canned or fresh)	2 cups or 1 can (12 oz / 341 mL)
Margarine	1 ½ tsp
Chopped onions	1 cup
Chopped red pepper	½ cup
Crushed garlic	1 tsp
Diced, peeled potato	1 cup
Chicken stock or water	1½ cups
All-purpose flour	2 tbsp
Milk	1 ½ cups
Worcestershire sauce	¼ tsp
Pepper	

1. In a food processor, process 1 cup or ½ of the corn until pureed; add to the remaining corn and set aside.
2. In a large nonstick saucepan melt margarine, sauté onions, red pepper and garlic for 5 minutes. Add potato and stock, simmer covered until potato is tender, about 15 minutes.
3. Add corn mixture to soup, cook for 5 minutes. Stir in flour and cook for 1 minute. Add milk, Worcestershire sauce and pepper to taste. Cook on medium heat for about 5 minutes or until just thickened.
4. You can make ahead of time and refrigerate. Reheat gently adding more stock or milk if too thick.



Salmon and Potato Strata

Serves 4

From 'Complete Canadian Diabetes Cookbook'

Ingredients	Quantity
Red sockeye salmon	1 can (7 ½ oz / 213 g)
Celery, sliced	2 stalks
Onion, chopped	1
Eggs	4
Milk	1 ⅓ cup
Paprika	¾ tsp
Salt	¾ tsp
Pepper	½ tsp
Dried tarragon	½ tsp
Potatoes, peeled and thinly sliced	4
Bread crumbs	½ cup
Fresh parsley	¼ cup
Margarine, cut in bits	2 tbsp

1. In a large bowl mash salmon with juices (can leave bones in for extra calcium). Stir in celery, onion, eggs, milk, paprika, salt, pepper and tarragon until well mixed.
2. In a greased 8 cup casserole dish, arrange half of the potato slices. Pour salmon mixture over top, layer with remaining potato slices.
3. Stir together crumbs and parsley then sprinkle over potatoes. Dot with margarine. Bake uncovered in a 350°F oven for 1 hour and 15 minutes until potatoes are tender.

Chicken

Learn how to use a whole chicken to get several meals plus use the bones and discarded bits to make a soup stock. Your leftover chicken can be used in sandwiches, wraps, salads, quesadillas, tacos and more! Buying a whole chicken is actually cheaper than buying the parts separately (breast, thighs, wings).

Roasted Chicken

Serves 4-6

Ingredients	Quantity
Whole chicken- about 3- 4 pounds	1
Pepper, salt	Dash
Cloves- garlic optional	2
Lemon-optional	1

1. Preheat the oven to 400°F.
2. Remove the giblets from inside the chicken. Keep the giblets to make a broth for either gravy making or use to moisten your stuffing. You can also freeze and save giblets to use when making a homemade stock.
3. Pat the bird dry with a paper towel. Sprinkle lightly with pepper and a dash of salt.
4. Optional- you can place smashed garlic cloves and 1/2 of the lemon in the body cavity. This will infuse a slight 'fresh' flavour to your chicken.
5. Place the chicken breast side up in a roasting pan. Place the lid on or tent with foil. Transfer to the oven and cook for 1 hour. Cooking with the skin on will keep the meat moist. (Peel off the skin before serving to reduce fat and calories.)
6. After 1 hour lift the lid to check on the cooking progress, the skin will have browned and have shrunk exposing a bit of the leg bone. If you have a meat thermometer insert it into the thickest part of the bird making sure that the probe does not touch bone, gristle or fat. Check to see if the chicken has reached an internal temperature of 180°F or 82°C to be fully cooked. (Reference: Food Safety matters at community special events).
7. Once the chicken has cooked, remove it from the oven and allow it to "rest" covered with a foil tent or tea towel for 10-15 minutes before carving for serving.

*Save the bones for a homemade stock! See the recipe on page 28.

Shredded Chicken Meat

Idea 1: Quesadillas are a quick snack that can have almost any filling. Just layer ingredients you like over a tortilla. Try combinations of hummus, salsa, green chilies, cooked, shredded chicken or fish, top with grated cheese and top with another tortilla. Heat in a non-stick pan over medium heat to toast it, flip to heat the other side, about 1 minute. Remove from pan, cut into triangles and serve with salsa and sour cream.

Idea 2: Use any left-over shredded chicken in a favourite **soup or pasta dish**.

Idea 3: Make a shredded chicken salad **sandwich filling** or a simple chicken **melt**.

Idea 4: Make a **homemade stock** with the chicken bones and carcass.

Chicken Stock

Use up those bones and carcass! Stock for 1 recipe of soup.

Adapted from 'The Basic Shelf Cookbook'

Ingredients	Quantity
Vegetable oil	1 tbsp
Large onions, chopped	2
Celery, chopped	4 stalks, roughly chopped
Carrots, chopped	3
Bones and bits of 1 chicken	
Water	4-6 cups
Peppercorns	1 tbsp
5 sprigs fresh thyme or 1 tbsp ground thyme	
5 sprigs fresh parsley or 1 tbsp dried parsley	
Bay leaf	

1. Turn on stove to medium heat. Heat oil in a large pot. Add onions, celery and carrots. Cook and stir until vegetables start to soften-8 to 10 minutes. Cooking gives a richer flavour!
2. Add the chicken parts and water into the soften veggies. Add peppercorns, thyme, parsley and bay leaf. Bring to a boil. Turn down to a simmer. Skim off the scum that rises to the top and discard. Simmer and skim for half an hour. Simmer uncovered for about 1 hour, adding water as needed to replenish the water level.
3. Strain into a pot or other heatproof container. Throw away the used bones, herbs and vegetables. Cool, cover and refrigerate your stock.
4. The fat in the stock will form a hard layer on top. Use a spoon to scoop off this layer of fat and throw away. You now have a defatted soup stock. Store in the refrigerator for 3 days or freeze up to 4 months. Use the stock to make a homemade soup or use in any recipe.

Chicken Salad Melt

Serves 3-4

Adapted from 'The Basic Shelf Cookbook', 2011 Edition

Ingredients	Quantity
Deboned cooked chicken	3 oz (about 1 cup)
Grated cheese (cheddar, Monterey Jack, marble etc.)	1 cup
Celery, finely chopped	½ cup
Onion, finely chopped onion	¼ cup
Mayonnaise	2 tbsp
Pepper	
6 slices of bread- try whole wheat or split apart 3 English muffins	

1. Turn Oven to 375°F.
2. Mix chicken, cheese, celery, onion and mayonnaise in a medium bowl. Add pepper to taste.
3. Put bread slices on a baking sheet.
4. Put equal amounts of tuna mixture on each bread slice or English muffin and spread out evenly.
5. Bake in oven until the cheese melts, about 10 minutes.
6. Cut slices into halves. Serve right away. If you like tomato, top with a fresh slice and serve.

Quesadillas for 2

Adapted from 'Eat Well on \$4/day Good and Cheap' by Leanne Brown

Ingredients	Quantity
Tortillas	4
Shredded, deboned cooked chicken	2- 3 oz
Salsa	½ cup
Grated sharp cheese like Cheddar	½ cup

1. Place tortillas on a cutting board and thinly spread with salsa. Sprinkle with grated cheese and chicken. Top with tortilla to make it a quesadilla.
2. Place a large nonstick pan over medium heat. Once it is hot add the quesadilla and toast until it browns about 1 minute. Flip over to brown the other side.
3. Cook the remaining quesadillas. Slice into triangles. Enjoy with more salsa and low fat sour cream.

Pasta Salad with Chicken

Serves 8

Adapted from 'The Basic Shelf Cookbook', 2011 Edition

Ingredients	Quantity
Cooked whole wheat pasta (elbow, fusilli, rotini)	4 cups cooked (2 cups dried pasta)
Chicken, cooked, deboned, shredded	2 cups
Grated cheese- cheddar, marble, mozzarella	1 cup
Green onions, thinly sliced	¼ cup
Green pepper, chopped	½
Carrot, chopped	1
Tomato, chopped	1

All Purpose Dressing

Ingredients	Quantity
Vegetable oil	4 tbsp
Clove garlic, minced	2
Vinegar	4 tbsp
Sugar	2 tsp
Lemon juice	2 tsp
Dried oregano	1 tsp
Pepper	½ tsp

1. Mix all dressing ingredients together. Wisk in small bowl or shake up in a jar with a lid. Set aside to use with the pasta dish.
2. In a large bowl combine cooked pasta, chicken, cheese, onions, green pepper, carrot and tomato. Toss.
3. Add the All Purpose Dressing. Toss to coat all ingredients, serve and enjoy.

Whole Wheat Flour

Banana Pancakes

Serves 4, makes 10-15 pancakes

From 'Eat Well on \$4 Day Good and Cheap' by Leanne Brown

Ingredients	Quantity
Whole wheat flour	1 cup
All-purpose flour	1 cup
Brown sugar	¼ cup
Baking powder	2 tsp
Baking soda	1 tsp
Salt	1 tsp
Bananas – mash 2, use 2 for slices	4
Eggs	2
Milk	1 ½ cups
Vanilla extract	1 tsp

1. Combine flours, brown sugar, baking powder, baking soda and salt in a medium bowl. Mix thoroughly with a spoon.
2. In another medium bowl, mash 2 bananas with a fork. Add eggs, milk and vanilla and mix well to combine.
3. Add dry ingredients to banana mixture to just mix.
4. Let mixture sit for 10-15 minutes. Meanwhile slice 2 remaining bananas.
5. Preheat oven to lowest setting (for keeping pancakes warm).
6. Place nonstick pan on medium heat or use a griddle at 350°F. Once hot melt a small amount of butter in the skillet and ladle in batter ¼ to 1/3 cup. Place 3-4 banana slices on top.
7. Once edges are dry and the middle of the pancake starts to bubble, carefully flip it and cook until browned.
8. Stack finished pancakes on a plate in the warmed oven. Serve with butter and syrup.



Pizza Dough

For 1 large pizza

From 'Budget Friendly Family Meals Module'

Ingredients	Quantity
Whole wheat flour	1 cup
All-purpose flour	1 cup
Quick rise yeast	1 tbsp
Salt	1 tsp
Sugar	½ tsp
Olive oil	1 tsp
Warm water	¾ cup

1. In a large bowl combine flours, yeast salt and sugar.
2. Mix together oil and room temperature water in a measuring cup.
3. Use a wooden spoon to mix dough. Gradually pour water and oil into dry ingredients. Mix until dough forms a ball (add more water 1 tbsp at a time if dough is too dry).
4. Continue to mix for 1 minute.
5. Turn dough onto a lightly floured surface and knead for 5 minutes or until smooth and elastic.
6. Add more flour if necessary.
7. Cover with a tea towel or plastic wrap and let rest for 10 minutes.
8. On a lightly floured surface, roll out dough into 12 inch circle (dough will rise during baking. Use thumb and forefinger to pinch a lip edge on the crust).
9. Transfer dough to a pan and place in a slightly warm oven on lowest setting for 15 minutes while you prepare the toppings (red or green pepper, sliced mushrooms, onions, olives, ham or pineapple tidbits).

Pizza Sauce

Mix together Pizza Sauce (enough for 4 pizzas so you will need to store extras in the refrigerator).

Ingredients	Quantity
Tomato sauce	1 can (15 oz)
Tomato paste	1 can (6 oz)
Oregano	1 tbsp
Garlic powder	1 tsp

1. Spread ½ cup sauce on crust base. Cover with toppings and cheese.
2. Bake 12-15 minutes in a 425°F oven or until the crust has browned and the cheese is bubbly.

Tea Scones

Makes 10-12 scones

From 'Smart Cooking' by Anne Lindsay

Ingredients	Quantity
All-purpose flour	1 cup
Whole wheat flour	1 cup
Sugar- reserve 1 tsp for sprinkling	3 tbsp
Baking powder	1 tbsp
Cinnamon	1 ½ tsp
Nutmeg	½ tsp
Salt	½ tsp
Margarine	⅓ cup
Eggs, lightly beaten	2
Milk	⅓ cup
Raisins	½ cup

1. In a large mixing bowl combine flours, sugar, baking powder, cinnamon, nutmeg and salt.
2. With a pastry blender or 2 knives, cut in margarine until mixture resembles coarse crumbs.
3. Reserve 1 tbsp of beaten eggs (for glaze). Stir remaining eggs, milk and raisins into the flour mixture and mix lightly.
4. Turn out dough onto a floured counter, knead lightly about 5 times. Pat into a circle about ¾ inch thick. Gently cut into 8 wedges and place slightly apart on a greased baking sheet.
5. Brush reserved beaten egg over each wedge and sprinkle with reserved sugar.
6. Bake in 425°F oven for 18- 20 minutes or until browned.



Whole Wheat Orange Ginger Scones

Makes 10 scones

From Unlockfood.ca

Ingredients	Quantity
Whole wheat flour	1 cup
Oat bran	½ cup
Sugar	1 tbsp
Baking powder	2 tsp
Grated peel from 1 medium orange	
Ground ginger	½ tsp
Margarine (non-hydrogenated)	3 tbsp
1 % milk	3 tbsp
Egg	1

1. Preheat oven to 425°F.
2. In a large bowl, combine flour, oat bran, sugar, baking powder, grated orange peel and ginger. Using a fork work in the margarine evenly into the flour mixture.
3. In a small bowl whisk in the egg and milk. Add to the dry mixture.
4. Cover a baking sheet with parchment paper and drop the scone batter onto the sheet by the spoonful to make 10 scones.
5. Bake for about 12 minutes.

Bannock

1 large loaf, makes 12 large servings

From 'Adventures in Cooking Part II'

Ingredients	Quantity
Whole wheat flour	2 cups
All-purpose flour	3 cups
Baking powder	3 tbsp
Vegetable oil	¼ cup
Water	1 ½ - 2 cups

1. Preheat oven to 400°F.
2. In a large bowl combine flours and baking powder.
3. In a small bowl combine vegetable oil and water.
4. Pour liquid little by little. Stir to blend and make a soft dough ball.
5. Place dough ball on a baking sheet. Poke top with 8 fork holes.
6. Bake for 40 minutes. Makes 1 large loaf.
7. Cool then cut into 12 pieces.