



Community Kitchen

Quick and Easy

Breakfasts and Lunches

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Here are some great recipes and tips to making healthy, simple and fast meals to fit into your busy lives. You'll be saving money, time and be eating much healthier when you use these recipes instead of buying pre-packaged meals or takeout meals. Enjoy!

Objectives

- ✓ To provide the tools and resources for clients to expand their cooking abilities.
- ✓ Prepare meals without using excess salt for seasoning.
- ✓ Demonstrate safe food storage, dishwashing, and food handling.
- ✓ Provide an opportunity for people to share a meal and socialize.

Materials Needed

- ✓ Module: Community Kitchen– Quick and Easy Breakfasts and Lunches
- ✓ Groceries
- ✓ Kitchen Tools
- ✓ Copies of recipes and handouts

Set-up time: 30 minutes

Total workshop time: 2.5 hours

- Intro to the workshop and welcome (10 minutes)
- Ice breaker (see Appendix B) (10 minutes)
- Review of kitchen safety and hand washing (10 minutes)
- Smoothie demo (10 minutes)
- Helpful Tips on quick and healthy breakfasts and lunches (10 minutes)
- Split into 3 work stations and begin recipes. (1 hour 10 minutes)
- Clean as you go

Cook station 1: Burrito wraps (breakfast or lunch)

Cook station 2: Baked fish

Cook station 3: Chickpea salad

- Eat together (30 minutes)
- Clean up and pack up

Preparation

Intro and Welcome

- ✓ Start by introducing yourself and welcome the participants.
- ✓ Discuss “What is a community kitchen?” and “Why start a community kitchen?”
- ✓ Tell the group where to find washrooms, first aid kit, etc.

Ice Breaker

(10 minutes)

- Please select one of the ice breakers in Appendix B in Facilitator Manual to complete with the group.

Food Safety

(10 minutes)

- Hand washing demonstration
- Food storage
- Food preparation
- Dishwashing
- Review *Cook, Clean, Chill, Separate* Handout found in *Facilitator and Participant Manual*

Together we'll make 3 super fast and easy recipes. There will be 3 workstations, 1 for each of the 3 recipes we're making.

- #1 will be chili rice and bean burrito. This recipe could be for breakfast or lunch. If you were eating them for breakfast you could add scrambled eggs into the burrito for a quick breakfast burrito. Even quicker if you're using the leftovers from another day's lunch. We'll also make homemade Mexican seasoning to use in this recipe and you can take home the rest!
- #2 will be baked fish. This is a very easy dish that you can whip up in less than 20 minutes. You can have this ready over your lunch hour and still have time to go for a walk.
- #3 will be chickpea salad. You can eat this salad on its own, in a wrap, mixed with diced chicken, or on top of a green salad to add some protein.

After we make these 3 tasty recipes, we'll sit down to share a meal together.

[Depending on the size of the group, there will also be some food to bring home to the participants' families].

Speaker's Points

Healthy Breakfasts and Lunches

Eating healthy breakfasts and lunches (and dinners too!), helps keep our bodies healthy. Eating healthy is the one thing we CAN control when it comes to our health.

Community Kitchens are a great opportunity to help people learn about healthy eating and making food for their family. As a facilitator you can make this happen! When using this module you can share these key messages with participants:

Aim to fill your plate with mostly vegetables, whole grains and plant-based proteins

- This could mean a lunch that is made up of: a meal-sized salad with chickpeas and salad dressing on it, a whole grain bun and a bowl of yogurt with fruit on top. Or a breakfast that is whole grain oatmeal, with pumpkin seeds and walnuts sprinkled on top, and sliced peaches.

Get your vegetables

- Fill half of your plate with vegetables. This means fresh, frozen or canned vegetables. When vegetables are in season, they are more affordable to buy fresh. When vegetables aren't in season, it might make more sense to buy them frozen.

Timing

- Try not to leave any more than 4-6 hours between meals
- If you eat breakfast at 7am, a morning snack at around 10 am may help you stay focused until lunch.

At home

- Research shows that if healthy food is available in the home and easy to get to, your intake increases. Try having healthier food choices at home that are available, accessible and visible like fruit in a fruit bowl on the counter, or keep cut up carrots and celery in a bowl of water in the fridge to make healthy eating the easy and convenient choice.

Avoid sugary drinks

- Add a glass of water or milk to your meal to stay hydrated; avoid sugary juices or pop. Too much sugar can raise your blood sugar levels, body weight, and the triglycerides (or fats) found in your blood.

Here are some ideas for easy Breakfasts and Lunches:

- ✓ Have a fresh fruit cup in the fridge ready to go
- ✓ Keep boiled eggs in the fridge, ready to grab and go
- ✓ Prepare pancakes, waffles or French toast and freeze them individually, then pop them in the toaster in the morning to heat it up
- ✓ Toast 2 slices of bread and spread peanut or almond butter on one and jam on the other. Put them together for a toasted PB & J sandwich and take on the go
- ✓ Toast a whole grain bagel and add a few slices of cheddar cheese
- ✓ Set out your breakfast cereal and spoon the night before, then just add milk in the morning
- ✓ Make an oatmeal bake on Sunday and take a slice for breakfast each day that week!

Smoothie Demo

Prep

- ✓ Show the group how to make their own smoothies. Smoothies are an easy way to get a lot of fruit, and vegetables too, in one delicious drink.
- ✓ It is best to have this station set up before participants arrive. Set up on a table or counter that is easy for most people to see.

Ingredient List

Ingredients	For 2	For 4	For 8	For 12
Banana	1	2	4	6
Fresh or frozen berries	1 cup	2 cups	4 cups	6 cups
Milk (soy, cows or almond)	1 cup	2 cups	4 cups	6 cups
Yogurt, lower fat (0%, 1% or 2%)	$\frac{3}{4}$ cup (175mL)	1 $\frac{1}{2}$ cups (350mL)	3 cups (700mL)	4 $\frac{1}{2}$ cups (1050mL)

Equipment List

Blender (and extension cord, if needed), Measuring cups (1c, $\frac{3}{4}$ c)
Spoon
Rubber spatula (to help scoop out the smoothie)
Cups
Damp cloth (for spills)

Ingredients and Instructions

1. In a blender, liquefy the fruit with a bit of the milk.
2. Add the rest of the milk and the yogurt and blend until smooth. If it is too thick, add more milk.
3. Pour evenly into small cups for participants to sample.

****Did you know?***

TIP to boost your PROTEIN: Add a tablespoon of peanut or almond butter!
Use Greek yogurt instead of regular yogurt.

Variations

You can make many variations of this recipe by changing the flavour of yogurt and the type of frozen fruit. You can even try out almond or soy milk instead of cow's milk!

- Smoothies are a great quick breakfast, but if you can, try adding some type of protein to them or to eat with a hardboiled egg, cheese, nuts or seeds, etc
- Protein will help you feel full longer



Here are some ideas, but feel free to try out your own:

Type of fruit	Yogurt flavour
Raspberries	Lemon
Mango	Vanilla
Banana	Strawberry
Kiwi	Strawberry
Blackberry	Cherry
Blueberries	Blueberry

What have you tried before? Any other ideas?

Work Stations - Hands on Cooking

Station #1: Chili rice and bean burrito

Work Station Prep

Place recipes at work stations. You'll need the homemade Mexican Seasoning recipe to use in this burrito recipe as well.

This burrito could be for breakfast or lunch. If you were eating them for breakfast you could add scrambled eggs into the burrito for a quick breakfast burrito.

Ingredient List

See grocery list with prices and amounts page 15.

Rice	Corn or whole wheat tortillas/wraps
Kidney beans	Cheddar cheese (optional)
Corn	Spices: Chili powder, onion powder,
Tomatoes	ground cumin, paprika, oregano, garlic
Green pepper	powder, salt, sugar
Onion	

Equipment List

Measuring cups	Cheese grater (if using cheese)
Measuring spoons	Sieve (if using canned beans)
Knives	Can opener (if using canned beans)
Cutting boards	125 mL mason jars with lids (for the
Pot for boiling rice	spice recipe)

Ingredients and Instructions

Mexican Seasoning

Ingredients
2 tbsp chili powder
1 tbsp onion powder
2 tsp ground cumin
2 tsp paprika
2 tsp oregano
2 tsp garlic powder
1 tsp salt
1 tsp sugar

Place all ingredients in a small 125 mL jar, cover with lid, and shake to combine.

This seasoning could be used in place of any recipe that calls for store-bought taco or fajita seasoning. Not only does it have less salt, but it costs less than the pre-made packages!

Burritos

Ingredients	For 2	For 4	For 8	For 12
Cooked rice	1 cup	2 cups	4 cups	6 cups
Kidney beans (540mL/19oz can)	¾ cup (half the can rinsed drained)	1 ½ cups (1 full can rinsed, drained)	3 cups (2 full cans rinsed, drained)	4 ½ cups (3 full cans rinsed, drained)
Frozen corn	½ cup	1 cup	2 cups	3 cups
Tomato, chopped	About 1 fresh tomato (or ¾ cup chopped)	2 tomatoes (or 1 ½ cups chopped)	4 tomatoes (or 3 cups chopped)	6 tomatoes (4 ½ cups chopped)
Green pepper, diced	¼ cup	½ cup	1 cup	1 ½ cups
Onion, finely chopped	2tbsp	¼ cup	½ cup	¾ cup
Mexican Seasoning	1 tsp	2 tsp	1 tbsp	2 tbsp
Whole wheat tortillas	2	4	8	12
Optional: shredded cheddar cheese as topping				

1. Combine all ingredients in a microwavable bowl or container.
2. Microwave for 2-3 minutes, loosely covered. Stir and place mixture in center of tortilla wrap. Sprinkle with cheese if you would like. Fold one end of the wrap up towards the center and roll the sides to keep the mixture in. Enjoy.

Station #2: Parmesan Herb Baked Fish

Work Station Prep

Place recipe at work station; gather ingredients and equipment.

Ingredients

See grocery list with prices and amounts on page 16.

Fish fillets	Red pepper
Light mayonnaise	Whole wheat bread crumbs
Parmesan cheese	Dried basil
Green onions	Black pepper

Equipment List

Measuring cups	Spoons
Measuring spoons	Small bowl
Knives	Oven- microwave and regular oven
Cutting boards	Baking dish

Ingredients and Instructions

Ingredients	For 4	For 8	For 10	For 12
Fish fillets (if frozen thaw and pat dry)	1 lb (~454g)	2 lbs (~900g)	2 ½ lbs (~1.14 kg)	3 lbs (~1.4kg)
Light mayonnaise	¼ cup	½ cup	⅔ cup	¾ cup
Parmesan cheese, grated	¼ cup	½ cup	⅔ cup	¾ cup
Green onions, chopped	2 tbsp	¼ cup	Just over ¼ cup	¼ cup plus 2 tbsp
Red pepper, chopped	1 tbsp	2 tbsp	2 ½ tbsp	3 tbsp
Bread crumbs	½ cup	1 cup	1 ¼ cups	1 ½ cups
Basil, dried	½ tsp	1 tsp	1 ¼ tsp	1 ½ tsp
Black pepper to taste				

1. Preheat oven to 350°F. Place fish fillets in a single layer in the bottom of a baking dish.
2. In a small bowl, stir together mayonnaise, parmesan, onions and red pepper. Spread this evenly over the fish.
3. In a separate bowl, mix bread crumbs, basil and pepper; sprinkle over top of the fish.
4. Bake 15-20 minutes or until fish flakes easily with a fork.

****Did you know?***

You can whip this up in less than 20 minutes! With the time you've saved, try going for a 15 minute walk

Station #3: Chickpea Salad

Work Station Prep

- Place recipe at work station; gather ingredients and equipment.

Ingredients

See grocery list with prices and amounts on page 17.

Chickpeas	Lime or lemon juice
Tomatoes	Olive oil
Celery	Garlic salt
Green onions	

****Try is as...***
A salad on its own, in a wrap, mixed with diced chicken, or on top of a green salad to add some protein.

Equipment List

Measuring cups	Spoons
Measuring spoons	Small bowl
Knives	Large bowl
Cutting boards	

Ingredients and Instructions

Ingredients	For 4	For 8	For 10	For 12
Chickpeas	1 can sized 540mL/19oz (about 1 ½ cups of cooked chickpeas)	2 cans sized 540mL/19oz (3 cups of cooked chickpeas)	2 ½ cans sized 540mL/19oz (3 ¾ cups of cooked chickpeas)	3 cans sized 540mL/19oz (4 ½ cups of cooked chickpeas)
Tomatoes, chopped	½ cup	1 cup	1 ¼ cup	1 ½ cups
Celery, chopped	½ cup	1 cup	1 ¼ cup	1 ½ cups
Carrots, shredded or grated	½ cup	1 cup	1 ¼ cup	1 ½ cups
Green onions, chopped	¼ cup	Just under ½ cup	½ cup	¾ cup
Lime or lemon juice	2 tbsp	¼ cup	⅓ cup	¼ cup plus 2 tbsp
Olive oil	1 tbsp	2 tbsp	2 ½ tbsp	3 tbsp
Garlic salt	½ tsp	1 tsp	1 ¼ tsp	1 ½ tsp
Salt and pepper to taste				

- Drain and rinse the chickpeas. Place into a large bowl.
- Cut up vegetables of your choice and add to the bowl of chickpeas.
- In a small bowl, mix the lime/lemon juice, oil and garlic. Pour dressing over the vegetables and mix well. Add salt and pepper if you'd like.

Speaker's Points

Hands on Cooking

- **Check – In**
 - ✓ Move from station to station while groups are cooking
 - ✓ Provide guidance and demonstrate techniques as needed
 - ✓ Ask if the group has any questions
- **Promote Team Work**
 - ✓ Ask participants to work together as they prepare the recipe
 - ✓ Encourage them to carefully read and follow all steps in the recipe
- **Clean as you go**
 - ✓ Encourage participants to clean up as they cook. This will make for a faster “wrap-up” at the end of the community kitchen, and will keep the space from getting too crowded and cluttered

Enjoy Meal Together

Points for Reflection

Consider asking participants the following questions during your shared meal.

Encourage them to share with the group:

- Did you learn anything new about food today?
- How might you use this recipe or ingredients in the future?
- Do you like the recipes that the group prepared?

Some participants may be shy. Do not put anyone on the spot.

Wrapping Up

Ask participants to help with the clean-up. Any help is appreciated!

- ✓ Distribute the leftovers evenly between participants
- ✓ Thank everyone for coming and for participating!
- ✓ Let them know of the next community kitchen session topic and date.
- ✓ Have a sign-up sheet ready in case they decide to sign up.

**Give yourself a pat on the back
for a great session!**

Grocery List – Burrito

Ingredients	Estimated Price (Sobey's, July 2014)	For 8	Cost for 8	Cost For 10	Cost for 12
Bag brown rice	\$2.99/900 g (1/4 cup = 45 g)	1 1/3 cups uncooked	\$0.80	\$0.99	\$1.20
Kidney beans (540mL/ 19oz can)	\$0.99/can	2 cans	\$1.98	\$2.44	\$2.97
Frozen corn	\$3.49/750 g bag (3/4 cup = 85 g)	2 cups	\$1.05	\$1.32	\$1.58
Tomato	\$1.49/lb 1 tomato = 0.25 lb	4 tomatoes	\$1.49	\$1.86	\$2.23
Green pepper	\$1.99/lb 1 pepper= ~0.44 lbs	1 cup	\$0.88	\$1.09	\$1.31
Onion	\$2.99/7 1 onion = 1 cup chopped	1/2 cup	\$0.21	\$0.27	\$0.32
Chili powder	\$3.15/155 g (1/2 tsp = 1 g)	1 tsp-2tsp	\$0.06	\$0.08	\$0.10
Corn or Whole wheat tortillas	\$3.39/package of 10	8	\$2.71	\$3.39	\$4.07
Total:			\$9.18	\$11.44	\$13.78

Cost/serving = \$1.15

Grocery List - Baked fish

Ingredients	Estimated Price (Sobey's, July 2014)	For 8	Cost for 8	Cost for 10	Cost for 12
Fish fillets	Sole: \$4.49/400g Tilapia: \$8.49/lb	2 lbs (~900g)	\$10.10	\$12.80	\$15.72
Light mayonnaise	\$4.35/445 g	½ cup	\$1.20	\$1.53	\$1.77
Parmesan cheese	\$3.99/125 g	½ cup	\$1.60	\$2.04	\$2.30
Green onions	\$0.99/bunch (~12/bunch)	¼ cup	\$0.16	\$0.20	\$0.25
Red pepper	\$3.99/lb (1 pepper = 0.24 lb)	2 tbsp	\$0.23	\$0.29	\$0.35
Bread crumbs	\$1.89/227 g (1/2 c = 60 g)	1 cup	\$1.00	\$1.25	\$1.50
Basil, dried	\$2.09/42 g (0.5 g = ½ tsp)	1 tsp	\$0.05	\$0.06	\$0.07
Black pepper	\$5.75/145 g (1/4 tsp = 0.5 g)				
Total price:			\$14.34	\$18.17	\$21.96

Cost/serving = \$1.81

Grocery List - Chickpea Salad

Ingredients	Estimated Price (at Sobey's, July 2014)	For 8	Cost for 8	Cost for 10	Cost for 12
Chickpeas (540mL/19oz can)	\$0.99/can	2 cans (3 cups of cooked chickpeas)	\$1.98	\$2.44	\$2.97
Tomatoes	\$1.49/lb 1 tomato = 0.25 lb	1 cup	\$0.75	\$0.94	\$1.12
Celery	\$2.49/bunch (4 stalks = 1 cup; 12 stalks/bunch)	1 cup	\$0.83	\$1.04	\$1.25
Carrots	\$2.49/3 lb (~4 cups chopped carrots/lb)	1 cup	\$0.21	\$0.28	\$0.35
Green onions	\$0.99/bunch (~12/bunch)	Just under ½ cup	\$0.28	\$0.33	\$0.50
Lemon juice	\$2.49/443 mL	¼ cup	\$0.34	\$0.45	\$0.41
Olive oil	\$10.15/750 mL	2 tbsp	\$0.41	\$0.51	\$0.61
Garlic salt	\$2.99/245g (1/4 tsp = 1 g)	1 tsp	\$0.05	\$0.06	\$0.07
Salt and pepper	Salt: \$1.99/350g (1/4 tsp = 1.3 g) Pepper: \$5.75/145 g (1/4 tsp = 0.5 g)				
Total Price:			\$4.80	\$6.05	\$7.28

Cost/serving = \$0.61