



Community Kitchen

Quick and Easy

Suppers

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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 or takeout meals. Enjoy!

Objectives

- ✓ To provide the tools and resources for clients to expand their cooking skills.
- ✓ 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 Suppers
- ✓ 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 in facilitator manual) (10 minutes)
- Review of kitchen safety and hand washing (10 minutes)
- Squash demo (10 minutes)
- Helpful Tips on quick and healthy suppers (10 minutes)
- Split into 3 work stations and begin recipes. (1 hour 10 minutes)
- Clean as you go

Cook station 1: One Pot Mexican Rice

Cook station 2: Salmon Pesto

Cook station 3: Honey Ginger Tofu

- 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?” (for answers, see p.4 *Facilitator Manual*)
- ✓ 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 (p 13) 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* (p.6) and *Participant Manual* (p.3)

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 the **One Pot Mexican Rice**. This recipe is an affordable and healthy alternative to a meat-based casserole! It's great for supper, and the leftovers are easy to bring to work or to school for a next day lunch.
- #2 will be **Salmon Pesto**. This is a very easy dish that you can whip up in less than 20 minutes.
- #3 will be **Honey Ginger Tofu**. Serve this dish with brown rice or whole wheat noodles, and steamed broccoli or green beans.

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 Suppers

Eating healthy suppers help 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.

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 lunch at noon, an afternoon snack at around 3pm may help you feel satisfied and stay focused until supper.

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, and the triglycerides (or fats) found in your blood.

Here are some ideas for easy Suppers:

- ✓ On the weekend, peel, wash and chop vegetables for the next couple of meals
- ✓ Take one day as a “cooking day” to make large batches of recipes and freeze
- ✓ If you only use some of your tomato sauce or tomato paste, pour the rest into ice cube trays, let it freeze and then pop them out and into a Ziploc bag. Now you’ll always have nice sized portions on hand for things like shepherd’s pie, chili or pasta sauce!
- ✓ Unpack and freeze meat in smaller portions for quick meal preparation. Try marinating meat before freezing so it’s ready to be cooked when thawed!
- ✓ Cook a big pot of whole grain barley, rice, pasta or quinoa and use throughout the week, as needed.
- ✓ Only have 20 minutes? Try:
 - Quesadillas filled with black beans, diced sweet peppers, salsa and cheese
 - Shrimp or tofu sautéed with broccoli, garlic, ginger and a pinch of hot pepper flakes served over couscous, rice or quinoa
 - Cheesy frittata with eggs, spinach, red onion, milk and cheddar cheese baked together



Squash Speaking Points

Winter squash is available late fall and winter. Winter squash include Butternut, Acorn, Buttercup, Spaghetti squash and pumpkin. **Summer squash** do not ripen to maturity before they are picked; an example is zucchini.

- With the many varieties of squash available, you can try experimenting with different cooking methods and flavours.

Has anyone tried squash- what kind? How did *you* prepare it?



****Did you know?***

The seeds of squash are edible and delicious! Just rinse them off, coat with a bit of olive oil and roast at 275°F for a 10-15 minutes

Spaghetti Squash Demo

Prep

- ✓ Show the group how to cut up a spaghetti squash for cooking. Also demonstrate how to prepare it for eating. [Option: Watch Youtube video “How to Prepare and Cook Winter Squash” (by Allrecipes) https://www.youtube.com/watch?v=S76_YvOR1JE]
- ✓ 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

1 spaghetti squash

Optional: have an acorn squash and a butternut squash on hand to discuss how to use them

Equipment List

Cutting board

Knife

Fork

Bowl

Baking sheet

Cloth

Instructions

Cutting:

1. Wash off the outside of the squash before cutting.
Tip: You can microwave (poke holes in it first with your knife) or bake the squash whole for a few minutes to help soften it, before cutting.
2. Place the squash on the cutting board or another flat surface.
3. Butternut squash has thin enough skin that you can leave it on and eat it, or use a vegetable peeler to peel the skin. Then it is quite easy to cut through (cut butternut squash where the bulb meets the neck). Most other squash is bumpy and has ridges so a peeler won't work, so cook them with the skin on.
4. Make sure you have a sharp knife. Use a towel to protect your hand. Place the towel on the top of the knife and cut into it by using your hands and body weight (if needed) to push down on the towel and knife to cut through the squash.
5. Last resort for the huge, un-cuttable squash: drop them on the floor to crack them in half. Try placing them in a bag first, to reduce the mess.

Cooking:







1. **Boiling:** Peel the squash and cut into chunks that will fit into your pot of boiling water. Boil until tender when poked with a fork.
2. **Microwaving:** you can place squash in halves, face down on a plate and microwave from 5-10 minutes (depending on size) or until tender. If you cook it whole, pierce the skin with a fork or knife first to allow steam to escape.
3. **Baking in the oven:** leave the skin on.
 - a. Dry roast: Place the squash face up on a baking sheet. Coat the flesh with some butter to keep it moist.
 - b. Steam: Place the squash face down on a baking sheet or face up with foil covering it to keep the moisture in; can add a bit of water to the baking sheet.






Idea: Roast your squash with a touch of butter, cinnamon and applesauce. The soft flesh can then be mashed, cut into cubes and added to rice, pasta and risotto, or pureed into a soup.

*For a special presentation, use the squash shell as an edible bowl or soup serving dish.

- ✓ Choose a squash that feels heavy for its size.
- ✓ Boiling squash is a cooking option but you keep more nutrients by baking in the oven
- ✓ Store squash in a cool, dry place; don't refrigerate. Most will last 2-3 months.

Squash Guide

Name	Photo	Characteristics	How to eat it!
Acorn		Sweet & nutty taste. The rind is edible.	Great roasted, stuffed, steamed or in soups.
Butternut		Very sweet taste. The rind is edible. To make it easier to handle, cut the neck from the body & work with each piece separately.	Roasted, steamed or pureed in soup; can use instead of pumpkin in pumpkin pie. Can use to replace sweet potatoes in recipes.
Buttercup		Medium sweet taste and creamy texture. Dark green rind & it has a circular ridge on the bottom.	Roasted or pureed in soup.
Spaghetti		Slightly sweet. Light yellow colour rind.	Steam or roast. When cooked, the inside of the squash can be scraped out with a fork- it resembles spaghetti & can be used instead of pasta or eaten on its own.
Pumpkin		Very tender & sweet. Looks like a small version of Halloween pumpkin.	Steam, roast or add to soup. A 4lb pumpkin= 1.5 cups cooked, mashed.
Kabocha		Nutty, sweet and earthy taste. The rind can be green or red (the red kabocha is sweeter). Looks like a buttercup squash but has no ridge along the bottom.	Steam, roast or add to soups.

Name	Photo	Characteristics	How to eat it!
Hubbard		Slightly sweet & creamy. Rind can be blue, gray, green or orange. Often lumpy & bumpy (often sold pre-sliced into wedges)	Steam or roast. Thick, firm texture when cooked.
Delicata		Sweet & nutty taste. The thin rind is edible.	Steam or bake. Similar to sweet potato- soft & creamy.
Red Kuri		Sweet with a flavour similar to a chestnut.	Steam, bake or use in soup. Can use in recipes instead of sweet potato
Sweet Dumpling		Very sweet taste; edible rind. Small & compact size. Whitish-yellow & green colour.	Steam, bake, stuff. Very tender & great for stuffing as a personal squash 'bowl'.
Turban		Nutty, mild taste. Has a cap-like 'turban' on one end.	Often used as a decoration, but it is edible. Steam or bake.

Work Stations - Hands on Cooking

Station #1: One Pot Mexican Rice

Work Station Prep

Place recipes at work stations. This dish is inexpensive to make, and healthy too. The beans are high in fibre and protein- making it a great meatless meal.

Ingredient List

See grocery list with prices and amounts page 12.

Black beans	Rice or quinoa
Corn kernels	Taco seasoning
Garlic	Grated cheese
Diced tomatoes	Avocado (optional)
Vegetable/chicken broth	Red and green peppers (optional)

Equipment List

Measuring cups	Can opener
Measuring spoons	Sieve (if using canned beans)
Knives	Can opener (if using canned beans)
Cutting boards	
Cheese grater	

Ingredients and Instructions – One Pot Mexican Rice

One Pot Mexican Rice

Ingredients	For 4	For 8	For 10	For 12
Can of black beans, 15oz	1	2	2 ½	3
Vegetable oil	1 tbsp	2 tbsp	2 ½ tbsp	3 tbsp
Corn kernels	1 cup	2 cups	2 ½ cups	3 cups
Onion, diced	½ cup	1 cup	1 ¼ cup	1 ½ cups
Garlic cloves, minced	2	4	5	6
Can of diced tomatoes (14.5 oz)	1	2	2 ½ cups	3
Vegetable/chicken broth	1 cup	2 cups (500mL)	2 ½ cups (625mL)	3 cups (750mL)
Rice (parboiled or “15 minute rice”) or quinoa	1 cup	2 cups	2 ½ cups	3 cups
Taco seasoning	2 tsp	4 tsp	5 tsp	2 tbsp
Cheese, grated	Sprinkle on top			
Avocado slices (optional)	Place slices on top			
Red or green peppers (optional)	Diced			

1. Heat the oil in a deep pot. Cook onions and garlic, until soft. About 5 minutes
2. Stir in the rice or quinoa, vegetable/chicken broth, corn, peppers (if using), tomatoes, taco seasoning and beans.
3. Bring to boil, reduce heat and simmer until rice or quinoa is done (about 15 minutes).
4. Sprinkle cheese on top just before serving. Optional: Place avocado slices on top of dish before serving.

****Did you know?***

You can whip this up in less than 20 minutes! With the time you've saved, try going for a 10 minute walk while it cooks

Station #2: Salmon Pesto

Work Station Prep

Place recipe at work station; gather ingredients and equipment.

Ingredients

See grocery list with prices and amounts on page 13.

Salmon	Garlic
Vegetable oil	Pesto sauce
Lemon juice	

Equipment List

Measuring cups	Cutting boards
Measuring spoons	Spoons
Knives	Small bowl
Glass baking dish	

Ingredients and Instructions

Ingredients	For 4	For 8	For 10	For 12
Salmon steak or fillet	1lb (454g) cut into 4 pieces	2 lbs (900g) cut into 8 pieces	2 ½ lbs (~1.14 kg) cut into 10 pieces	3 lbs (1.36kg) cut into 12 pieces
Vegetable oil	1 tsp	2 tsp	2 ½ tsp	1 tbsp
Lemon juice	1 tsp	2 tsp	2 ½ tsp	1 tbsp
Garlic, minced	2 cloves	4 cloves	5 cloves	6 cloves
Pesto sauce	¼ cup	½ cup	⅔ cup	¾ cup

1. Preheat oven to 425°F. Place salmon in a glass baking dish, skin side down.
2. In a small bowl combine lemon juice, oil and minced garlic; brush mixture on salmon
3. Spread 1 tbsp of pesto evenly over each piece of salmon
4. Bake for about 15- 20 minutes or until the fish flakes easily when tested with a fork.

****Did you know?***

Pesto is an Italian sauce made of crushed basil leaves, pine nuts, garlic, parmesan cheese and olive oil. It is usually served with pasta.

Station #3: Honey Ginger Tofu

Work Station Prep

Place recipe at work station; gather ingredients and equipment.

Ingredients

See grocery list with prices and amounts on page 14.

Tofu (firm or extra firm)	Honey
Vegetable Oil	Grated Ginger
Soya Sauce	

Equipment List

Paper towel	Cutting boards
Measuring spoons	Spoons
Knives	Frying Pan
Shallow dish	

Ingredients and Instructions

Tofu... Tofu is made from fresh or dried soybeans. The soybeans are soaked, boiled and strained to make a liquid. Either calcium or magnesium is usually added to curdle or “set” the liquid, similar to how cottage cheese is curdled from cow’s milk. The curds are pressed into white blocks. The firmness of the tofu depends on how much liquid has been pressed out of the curds.

What are the different types of tofu?

Fresh tofu can be different textures:

- **Soft or silken tofu** – has the most amount of moisture. It has a custard-like texture and is best used for shakes, smoothies, dips and dressings. Dessert tofu is typically made from soft or silken tofu.
- **Firm tofu** – has less moisture than soft or silken tofu. It can be scrambled or crumbled and used in casseroles.
- **Extra firm tofu** – has the least amount of moisture. It holds its shape the best, and is wonderful in stir-fry dishes and on the grill.

****Try it with...***
Brown rice or whole wheat noodles, and steamed broccoli or green beans

You can usually find tofu in the grocery store, near the produce or near the cheese. It is refrigerated. It may also be in the 'health food' section of the store.

Tofu is:

- a complete protein
- an excellent choice for a meat alternative
- cholesterol-free
- sodium-free, and
- low in saturated fat.

Tofu contains other important nutrients such as calcium, magnesium, iron and zinc. Firm or extra firm tofu is an excellent source of calcium if it has been set with calcium sulphate. Different brands may have different amounts of calcium.

Ingredients	For 4	For 8	For 10	For 12
Package of tofu (either firm or extra firm texture)	1 package	2 packages	2 ½ packages	3 packages
Vegetable oil	2 tsp	4 tsp	5 tsp	2 tbsp
Soy sauce	¼ cup	½ cup	½ cup	⅔ cup
Honey	2 tbsp	¼ cup	⅓ cup	⅓ cup = 1tbsp
Grated ginger	4 tsp	2 tbsp + 2 tsp	¼ cup	¼ cup = 2 tsp

1. Drain liquid from tofu package and pat the tofu dry with a paper towel.
2. Cut the block of tofu into ½ inch slices and then cut each slice half diagonally into triangle-shaped pieces (or just cut into cubes if that's what you prefer!)
3. Mix honey, soy, ginger and oil in a shallow dish. Add tofu and turn to coat each side. Let sit for at least 15 minutes.
4. Heat a frying pan over medium heat. Add tofu and cook until golden brown (2-3 minutes per side), saving some of the marinade to pour over after cooking.

Here are some ideas to help you with planning supper:

- ✓ Plan ahead for the week's big meals
- ✓ Cook more than you need for one meal and save time later! Use the extra food within the next couple of days

Great planned extras	Suggestions for the second meal
Cook an extra chicken breast or pork tenderloin.	Cut into strips and use in quesadillas or soft tacos; add to whole wheat pasta with leftover vegetables.
Roast a whole chicken.	Use in recipes, such as casseroles, that call for cooked chicken or make chicken salad for lunch.
Cook beef brisket in a slow cooker.	Slice and use for beef sandwiches or add small cubes to a vegetable soup.
Grill extra salmon fillets.	Make fish cakes, salmon salad or place on top of a salad.
Cook a double batch of brown rice.	Make stir-fried rice; add to soup or casseroles; make rice pudding.
Roast an extra batch of vegetables.	Use in frittata, vegetable soup or wrap in a tortilla with hummus spread.

- ✓ Write out a grocery list
 - To make things even quicker, write the list out according to where things are in the grocery store. Check out this grocery list on the next page (p. 10) to help you get started

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 a 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?
- Did you cook with or taste a new food or ingredient?
- 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!

- ✓ Offer leftovers to participants to take home for other family and friends to try
- ✓ 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 – One Pot Mexican Rice

Ingredients	Estimated Price (Sobey's, March 2015)	For 8	Cost for 8	Cost For 10	Cost for 12
Can of black beans, 19oz	\$1.49/can	2	\$2.98	\$3.73	\$2.24
Vegetable oil	\$3.99/946mL	2 tbsp	\$0.13	\$0.16	\$0.19
Corn kernels	\$0.99/199mL	2 cups	\$2.00	\$2.50	\$3.00
Onion, diced	\$1.99/lb (1 onion= ~0.5lb)	1 cup	\$1.00	\$1.25	\$1.50
Garlic cloves, minced	\$0.88/5 bulbs	4	\$0.07	\$0.09	\$0.11
Can of diced tomatoes (28 oz)	\$2.49/can	2	\$4.98	\$6.23	\$7.47
Vegetable/chicken broth	\$1.69/900mL	2 cups (500mL)	\$0.94	\$1.18	\$1.41
Rice (parboiled or “15 minute rice”) OR quinoa [*priced for rice]	\$7.29/1.4 kg bag	2 cups (uncooked, 120g)	\$0.62	\$0.78	\$0.93
Taco seasoning	\$1.99/35g package	4 tsp	\$1.14	\$1.42	\$1.71
Cheddar cheese, grated	\$3.99/340g (¼c = 30g)	~1 cup	\$1.41	\$1.76	\$2.11
Avocado slices (optional)	2 for \$4	~1	\$2	\$2.50	\$3.00
Total:			\$17.27	\$21.59	\$25.90

*Taxes not included

Cost/serving = \$2.16

Grocery List – Salmon Pesto

Ingredients	Estimated Price (Sobey's, Feb 2015)	For 8	Cost for 8	Cost for 10	Cost for 12
Salmon steak or fillet	\$8.50/lb frozen (OR \$10.99/lb fresh)	2 lbs (900g) cut into 8 pieces	\$17.00 (frozen)	\$21.25	\$25.50
Vegetable oil	\$3.99/946mL	2 tsp	\$0.04	\$0.05	\$0.06
Lemon juice	\$2.49/946mL	2 tsp	\$0.03	\$0.04	\$0.05
Garlic, minced	\$0.88/5 bulbs	4 cloves	\$0.07	\$0.09	\$0.10
Pesto sauce	\$3.99/218mL	½ cup	\$2.29	\$2.86	\$3.44
Total price:			\$19.43	\$24.29	\$29.15

*Taxes not included

Cost/serving = \$2.43

Grocery List – Honey Ginger Tofu

Ingredients	Estimated Price (at Sobey's, Feb 2015)	For 8	Cost for 8	Cost for 10	Cost for 12
Package of tofu (extra firm texture)	\$2.79/package	2 packages	\$5.58	\$6.97	\$8.37
Vegetable oil	\$3.99/946mL	2 tsp	\$0.04	\$0.05	\$0.06
Soy sauce	\$2.99/450mL	¼ cup	\$0.33	\$0.41	\$0.50
Honey	\$6.39/500g	2 tbsp	\$0.52	\$0.65	\$0.78
Grated ginger	\$2.99/lb	4 tsp	\$0.20	\$0.25	\$0.30
Total Price:			\$6.67	\$8.33	\$10.01

*Taxes not included

Cost/serving = \$0.83