Healthy Eating For the Whole Family

A collection of recipes and resources for Muskoka families
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Quotations from:
Strengthening Families for the Future
(A family resiliency program available through the
Centre for Addiction and Mental Health)

This publication is made possible through special one-
time funding from The Muskoka Best Start Initiative in
support of Strengthening Families for the Future, pre-
sented annually in Muskoka through a partnership of:

Muskoka Family Focus and Children’s Place
www.muskokafamilyfocus.com

Centre for Addiction & Mental Health
www.camh.net

Family, Youth & Child Services of Muskoka
www.fycsm.ca
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INFO TO HELP MAKE YOUR LIFE EASIER

**Shopping for Recipes**—Using your recipes to make a shopping list is a great idea. Some of the store measurements are not the same as the recipe measurements. Here is a list that may help you find the right amounts of ingredients to purchase.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Store Measurement</th>
<th>Equivalent Recipe Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flour, 1 kg</td>
<td>Gives you 9 cups</td>
<td>2 l + 250 ml flour</td>
</tr>
<tr>
<td>Rice, 1 kg</td>
<td>Gives you 6 cups</td>
<td>1.5 l uncooked rice</td>
</tr>
<tr>
<td>Sugar, white, 1 kg</td>
<td>Gives you 4 ½ cups</td>
<td>1 l + 125 ml sugar</td>
</tr>
<tr>
<td>Brown Sugar, 500 g</td>
<td>Gives you 2 ½ cups</td>
<td>625 ml brown sugar</td>
</tr>
<tr>
<td>1 lb (450 g) block cheese</td>
<td>Gives you 4 cups</td>
<td>1 l grated cheese</td>
</tr>
<tr>
<td>1 lb (450 g) margarine</td>
<td>Gives you 2 cups</td>
<td>500 ml margarine</td>
</tr>
<tr>
<td>1 lb (450 g) macaroni</td>
<td>Gives you 4 cups</td>
<td>1 l uncooked macaroni</td>
</tr>
</tbody>
</table>

**What You Get**—Sometimes it helps to know in advance how much you’ll get when you process an ingredient.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Store Measurement</th>
<th>Equivalent Recipe Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rice, ½ cup 125 ml uncooked</td>
<td>Gives you 1 cup</td>
<td>250 ml cooked rice</td>
</tr>
<tr>
<td>Pasta, ½ cup 125 ml uncooked</td>
<td>Gives you 1 cup</td>
<td>250 ml cooked pasta</td>
</tr>
<tr>
<td>Spaghetti, 1 lb 450 g dry</td>
<td>Gives you 6 cups</td>
<td>1.5 l cooked spaghetti</td>
</tr>
<tr>
<td>Dried beans, 1 cup 250 ml raw</td>
<td>Gives you 2—2 ½ cups</td>
<td>500—600 ml cooked beans</td>
</tr>
<tr>
<td>Skim milk powder, 1 ¼ cup 300 ml</td>
<td>Gives you 4 cups</td>
<td>1 l skim milk</td>
</tr>
<tr>
<td>Bananas, 1—2 medium size</td>
<td>Gives you 1 cup</td>
<td>250 ml mashed bananas</td>
</tr>
<tr>
<td>Block Cheese, ¼ lb 125 g</td>
<td>Gives you 1 cup</td>
<td>250 ml shredded cheese</td>
</tr>
</tbody>
</table>
## What to do if you don’t have—

If you are missing an ingredient, you may have something on hand that you can use instead. Page the 4 and 5 are from *The Basic Shelf Cookbook by the City of York Health Unit*.

<table>
<thead>
<tr>
<th>If you don’t have.........</th>
<th>Use...</th>
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<tr>
<td>Brown sugar, packed, 1 cup</td>
<td>White sugar, 1 cup</td>
</tr>
<tr>
<td>250 ml</td>
<td>250 ml</td>
</tr>
<tr>
<td>Cornstarch, 1 tbsp</td>
<td>Flour, 2 tbsp</td>
</tr>
<tr>
<td>15 ml</td>
<td>30 ml</td>
</tr>
<tr>
<td>Dried bread crumbs</td>
<td>Crushed cereal or cracker crumbs</td>
</tr>
<tr>
<td>Bouillon cubes</td>
<td>Soup base powder, ie., Bovril or canned broth</td>
</tr>
<tr>
<td>ie., OXO</td>
<td></td>
</tr>
<tr>
<td>Lemon juice, 1 tsp</td>
<td>Vinegar, (\frac{1}{2}) tsp</td>
</tr>
<tr>
<td>5 ml</td>
<td>2 ml</td>
</tr>
<tr>
<td>Garlic powder, (\frac{1}{6}) tsp</td>
<td>Garlic, 1 clove</td>
</tr>
<tr>
<td>5 ml</td>
<td></td>
</tr>
<tr>
<td>Dry mustard, 1 tsp</td>
<td>Prepared mustard, 1 tbsp</td>
</tr>
<tr>
<td>5 ml</td>
<td>15 ml</td>
</tr>
<tr>
<td>Dried herbs, (\frac{1}{2}) tsp</td>
<td>Fresh herbs, 1 tbsp</td>
</tr>
<tr>
<td>2 ml</td>
<td></td>
</tr>
<tr>
<td>Tomato sauce, 2 cups</td>
<td>Tomato paste, (\frac{3}{4}) c + (\frac{1}{4}) c water</td>
</tr>
<tr>
<td>500 ml</td>
<td>175 ml, 250 ml</td>
</tr>
<tr>
<td>Tomato Soup, 1 can 10 oz</td>
<td>Tomato Sauce, 1 c + (\frac{1}{4}) c water</td>
</tr>
<tr>
<td>284 ml</td>
<td>250 ml, 50 ml</td>
</tr>
</tbody>
</table>

### Abbreviations

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Definition</th>
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<tbody>
<tr>
<td>EVOO</td>
<td>Extra Virgin Olive Oil</td>
</tr>
<tr>
<td>tsp</td>
<td>Teaspoon</td>
</tr>
<tr>
<td>tbsp</td>
<td>Tablespoon</td>
</tr>
<tr>
<td>oz</td>
<td>Ounce</td>
</tr>
<tr>
<td>lb</td>
<td>pound</td>
</tr>
<tr>
<td>min</td>
<td>Minute(s)</td>
</tr>
<tr>
<td>qt</td>
<td>Quart</td>
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5
SNACKS, AP’S AND SCHOOL LUNCHES

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Monkey Berry Smoothie

Prep Time: 2 min
Cook Time:
Servings: 4

Ingredients:

1 Banana - Medium
1 handful Fresh or Frozen Berries
1 cup Milk or Vanilla Flavoured Soy Beverage

Preparation:
Mix all ingredients together in a blender. If mixture it too thick, add milk until you reach your desired consistency.

Parents’ Roles:
- Have expectations of your child that are appropriate to his or her age
- Establish consistency
- Use positive ways of disciplining
- Set fair limits and consequences
- Meet your child’s emotional needs
- Show your child that you appreciate him or her as a person
- Provide support
- Help your child do well and get along at school
- Show your child that he or she is important in your life
Spinach Frittata Fingers

**Ingredients:**

- 2 tbsp Olive Oil
- 1 Onion - Chopped
- ½ cup Red Pepper - Chopped
- ¼ lb Mushrooms - Thinly Sliced
- 2 packages Frozen Spinach - Thawed
- 1 tsp Dried Basil
- ½ tsp Ground Nutmeg
- Black Pepper to Taste
- 1 dozen Eggs
- 2 cups Low Fat Cottage Cheese
- 2 cups Old Cheddar - Shredded
- ½ cup All Purpose Flour
- 1 tsp Baking Powder

**Preparation:**

Preheat oven to 350°F (180°C).

Heat oil in a large saucepan. Sauté onions, red pepper and mushrooms until onions are soft.

Drain spinach well and stir in along with basil, nutmeg and pepper. Set aside.

In a large bowl, beat eggs. Stir in cottage and cheddar cheeses, flour and baking powder. Stir into spinach mixture and combine well.

Pour into a well-greased 13” x 9” (33 cm x 23 cm) baking pan. Bake for 35 to 40 minutes, or until firm.

Cool 15 minutes and cut into fingers or squares. Serve warm or at room temperature.
Parmesan and Herb Popcorn

Prep Time: 10 min
Cook Time: 
Servings: 8

Ingredients:

- 8 cups Popped Corn
- 3 tbsp Non-Hydrogenated Margarine - Melted
- ¼ cup Parmesan Cheese - Grated
- 1 ½ tsp Dried Oregano
- 1 tsp Garlic Powder
- Black Pepper to Taste

Preparation:

Put popcorn into a large bowl.

Pour melted margarine slowly over popcorn.

Mix gently.

Add Parmesan cheese, oregano and garlic powder.

Add black pepper to taste. Mix again.

PARENTS:

In every family, good communication and spending time together can make family members feel close to each other and help avoid problems.
Mini Pizzas

Prep Time: 10 min  
Cook Time: 25 min  
Servings: 6

Ingredients:

- 6 Whole Wheat English Muffins - Cut in Half
- 1½ cups Home-Style Tomato Sauce (page 53) or use Store Bought
- ¼ cup Onion - Finely Chopped
- ¼ cup Green Pepper - Finely Chopped
- ¼ cup Mushrooms - Sliced
- 1 cup Low Fat Mozzarella Cheese - Grated
- Dried Basil, Oregano & Black Pepper, To Taste

Preparation:

Preheat oven to 350°F (180°C).

Place English muffin halves on a baking sheet.

Spread tomato sauce on each muffin half.

Sprinkle with basil, oregano and pepper, to taste.

Put onion, green pepper and mushrooms on top of each muffin half.

Sprinkle with cheese.

Bake until hot and bubbly, about 20–25 minutes.

PARENTS:

Understanding one’s own anger response and understanding how to respond to anger displayed by someone else, are important steps in emotional growth.
Roasted Carrot Dip

Prep Time: 20 min  
Cook Time: 50-60 min  
Servings: 2 cups

Ingredients:

1 ½ lbs Carrots - Peeled  
4 Garlic cloves - Peeled  
2 tbsp Canola Oil  
½ cup Plain Yogurt  
¼ cup Light Mayonnaise  
2 tsp White Wine Vinegar  
pinch Sugar and Black Pepper  
¼ cup Water

Serve with pita chips.

Preparation:

Preheat oven to 425°F (220°C).

Slice carrots lengthwise into ½ inch (1 cm) thick widths.

In large bowl, toss together carrots, garlic and oil.

Spread on baking sheet, roast in bottom third of oven for 20–30 minutes.

Remove garlic and set aside. Turn carrots; roast for 20–30 minutes longer or until tender.

In food processor, puree carrots with garlic until smooth.

Add mayonnaise, water, yogurt, vinegar, sugar and pepper, then pulse to blend.

PARENTS:

When one family member experiences stress, all family members are affected in some way.
Black Bean Salsa

Prep Time: 5 min
Cook Time: 
Servings: 2–3 cups

Ingredients:
19 oz can Black Beans - Drained and Rinsed
1 cup Corn - Canned, Drained
1 cup Tomatoes - Diced
1 tbsp Olive Oil - EVOO if Available
2 tbsp Lime Juice
2 tbsp Parsley - Finely Chopped
½ tsp Garlic - Minced
⅛ tsp Pepper - Black

Preparation:
Combine all ingredients in a medium bowl and gently toss together.

PARENTS:
We can better understand how others feel if we try to put ourselves in their place or “walk a mile in their shoes”
Cranberry Salsa

Prep Time: 5 min
Cook Time: 
Servings: 2–3 cups

Ingredients:
1 bag Cranberries - Fresh
1 Jalapeno Pepper - Seeds Out
1 Garlic Clove
1 cup Sugar
1 Juice from Lime
2–3 Green Onions
1 bunch Cilantro/Coriander

Preparation:
Chop cranberries, jalapeno and garlic in a food processor.

Add sugar and lime juice.

Chop green onions and cilantro and add to mixture.

Serve with multi-grain baked tortilla chips.
Italian Seasoning

Ingredients:

1 tbsp Savoury - Dried, Ground
1 tbsp Rosemary - Dried, Ground
1 tbsp Thyme - Dried
1 tbsp Oregano - Dried, Whole
1 tbsp Basil - Dried
2 tsp Sage - Ground
2 tsp Marjoram - Dried
2 tsp Chillies - Dried (optional)

Preparation:

Combine all 8 ingredients in a small bowl.

Spoon into small jar with a tight fitting lid.

This is a welcome addition to a pasta dish, salad, meatloaf or used for bruschetta.

This can also be added to homemade bread.
Tortilla Spinach Roll-Ups

Prep Time: 20 min  
Cook Time: 15 min  
Servings: 60 pieces

Ingredients:

- 1 tsp Olive Oil - EVOO if available
- ½ tsp Small Red Onion - Sliced
- 10 oz Fresh Spinach - Trimmed
- 1 ½ cups Light Cream Cheese
- 3 tbsp Cilantro - Chopped
- 1 tbsp Jalapeño - Minced
- ½ tsp Black Pepper
- 10 Small Whole Wheat Tortillas
- 1 cup Monterey Jack Cheese - Shredded

Preparation:

In skillet (frying pan), heat oil over medium heat. Sauté onion just until softened (about 2 minutes). Remove to bowl.

Rinse spinach, shake off excess water, but leave damp.

In large saucepan, over medium-high heat, cook spinach (stirring occasionally) until wilted (about 5 minutes). Remove to sieve and let cool. Press out moisture, chop and add to onions.

In separate bowl, beat together cream cheese, cilantro, jalapeño and pepper until smooth. Divide among tortillas, spreading evenly. Top with spinach mixture, leaving 2 inches cream cheese uncovered on 1 side.

Sprinkle cheese over spinach. Roll up toward exposed cream cheese; press to seal. Place seam side down, on tray and refrigerate until firm (about 1 hour).

Line rimmed baking sheet with foil. Trim ends of each tortilla. Cut each into 6 slices and place on prepared sheet.

Broil 8 inches (20 cm) from heat until golden and cheese is melted, about 3 minutes.
Crispy Cheese Potatoes

Prep Time: 10 min
Cook Time: 25 min
Servings: 4

Ingredients:
2 Potatoes  - Thinly Sliced
½ cup Cheddar Cheese - Grated
Black Pepper to Taste - Fresh Ground

Preparation:
Pre-heat oven to 400°F (200°C).
Place potato slices on a lightly greased baking sheet.
Do not overlap slices.
Sprinkle with pepper.
Bake in oven 20–25 minutes or until potatoes are tender.
Sprinkle cheese over potato slices.
Return baking sheet to oven and bake until cheese is melted, about 1–2 minutes.
Serve right away while they are still warm and crisp... Enjoy!

PARENTS:
When children are young, their main “job” is to play. They need time for physical play and imaginative play - it is their way of learning skills, developing healthy emotions and relationships with others and finding out about the world around them.
Tuna Melt Bites

Prep Time: 15 min  
Cook Time: 16 min  
Servings: 24 pieces

Ingredients:

- 12 Rye Bread - Slices
- 1 tbsp Olive Oil - EVOO cold pressed if available
- ½ cup Onion - Finely Diced
- ¼ cup Celery - Finely Diced
- ¼ cup Red Sweet Pepper - Finely Diced
- ½ tsp Oregano - Dried
- 6 oz can Tuna - White Flaked - Drained
- ½ cup Mayonnaise - Light
- ¼ tsp Black Pepper - Fresh Ground if available
- ½ cup Cheese - Old Cheddar - Shredded
- 2 tbsp Green Onion or Chives - Thinly Sliced (Green Part Only)

Preparation:

Pre-heat oven to 350°F (180°C).

With 2 inch (5 cm) round cutter, cut 24 circles from bread.

Bake on foil lined baking sheet until golden, about 10 minutes.

**Vegetable mixture:** In skillet, heat oil over medium heat. Cook onion, celery, red pepper and oregano, stirring occasionally, until softened, about 4 minutes.

In bowl, mash tuna. Mix in mayonnaise, pepper to taste and vegetable mixture.

Spread 1 tablespoon (15 ml) tuna mixture to edge of each round toast.

Sprinkle with cheese.

Broil on foil-lined baking sheet until cheese is bubbly, about 1-½ minutes.

Remove from oven, sprinkle with onion and serve.
Salsa and Coriander Vegetable Dip

Prep Time: 5 min  
Cook Time:  
Servings: 4

Ingredients:

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup</td>
<td>Yogurt - Natural</td>
</tr>
<tr>
<td>½ cup</td>
<td>Yogurt Cheese</td>
</tr>
<tr>
<td>1/3 cup</td>
<td>Salsa</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>Coriander - Fresh - Finely Chopped</td>
</tr>
</tbody>
</table>

Preparation:

Combine and mix all ingredients together.

Serve with fresh vegetables or whole wheat breads.

PARENTS:

It is important to distinguish between what children can do, should be doing, are capable of doing and are comfortable doing at their particular age or stage of development.
Cheddar Stuffed Meatballs with Rosemary

Ingredients:

**Sauce**
- ½ cup Cranberry Juice
- ½ cup Cranberries - Fresh or Frozen
- 3 tbsp Maple Syrup
- Black Pepper to Taste - Fresh Ground if available

**Meatballs**
- 1 pound Beef, Chicken or Turkey - Lean Ground
- 1 Egg - Beaten
- 1 slice Bread - Whole Wheat - Crumbled
- 2 tsp Rosemary - Fresh - Chopped
- 5 oz block Cheddar - Medium - Diced into 3/8 Inch Cubes

Preparation:

Preheat oven 450°F (230°C).

In small skillet, bring cranberry juice and fruit to a boil along with maple syrup. Cook for about 8—10 minutes.

Puree cranberries until smooth and add pepper. Set aside, keeping warm or at room temperature.

In a bowl, mix meat, egg, bread crumbs and rosemary. Season generously.

Shape small meatballs by coating the diced cheese with the meat mixture. Cheese cubes should be completely coated.

Arrange meatballs on a baking sheet lined with parchment paper.

Place on top oven rack. Cook 8—10 minutes or until golden and fully cooked.

* Warning ... do not overcook as cheese will melt and seep away.

Serve warm with cranberry sauce as dip.

Prep Time: 15 min  
Cook Time: 15 min  
Servings: Approx 25 pieces
Broccoli and Cheddar Stuffed Mushroom Caps

Prep Time: 20 min  
Cook Time: 20 min  
Servings: 8

Ingredients:
- 2 pounds White Mushrooms - About 25 pieces
- 2 tbsp Olive Oil - EVOO Cold Pressed if Available
- ½ Onion - Finely Diced
- ¾ cup Broccoli - Florets - Finely Chopped
- ½ Garlic Clove - Minced
- ¼ tsp Black Pepper - Fresh Ground if Available
- ½ cup Cheddar Cheese - Old - Shredded
- ¼ tsp Hot Sauce

Preparation:

Pre-heat oven to 450°F (200°C).

Wipe mushrooms clean with damp cloth. Do not rinse.

Remove and finely chop stems and set aside.

Place mushroom caps, hollow side down, on parchment paper-lined or greased rimmed baking sheet. Brush with half of the oil.

Bake until slightly softened, about 8 minutes.

Let cool. Pat dry. Reduce oven heat to 375°F (190°C).

In skillet, heat remaining oil over medium-high heat. Cook onion, broccoli, garlic, chopped mushroom stems and pepper, stirring often, until softened and no liquid remains, about 5 minutes. Let cool.

In bowl, stir together broccoli mixture, cheese and hot sauce.

Spoon 1 tablespoon (15 ml) filling into hollow of each mushroom. Bake on greased or parchment paper-lined baking sheet until golden, about 12 minutes.

Serve warm.
Roast Tomato Caprese Crostini

**Prep Time:** 15 min  
**Cook Time:** 6–8 min  
**Servings:** 24

**Ingredients:**
- 2 cups Cherry Tomatoes - Halved
- 1 tbsp Olive Oil - EVOO Cold Pressed if Available
- ¼ tsp Black Pepper - Fresh Ground if Available
- ¼ tsp Basil - Dried
- 5 oz Mozzarella Cheese
- ¼ cup Basil Pesto - Prepared
- 4 tsp Basil or Chives - Fresh - Thinly Sliced
- 24 slices Focaccia, Baguette or Italian Bread - Whole Wheat

**Preparation:**

Pre-heat oven to 400°F (200°C).

In bowl, toss together tomatoes, oil, pepper and dried basil.

Roast on parchment lined baking sheet, stirring once, until shriveled, about 40 minutes.

On baking sheet, broil Focaccia, turning once, until golden, about 2 minutes. Cut into 2” squares, ½” thick. This makes a Crostini. Increase oven heat to 425°F (220°C).

Cut cheese into 24 thin slices. Pat cheese dry.

Spread each Crostini with ½ teaspoon (2 ml) of pesto. Top with cheese and spoon tomatoes evenly over top.

Bake until cheese is slightly melted, about 6 minutes.

Serve warm.

**PARENTS:**

One of the best rewards for a child is simply for the child's parents to pay attention to him or her in a positive way.
Green Onion Popovers

Prep Time: 15 min  
Cook Time: 18 min  
Servings: 24

Ingredients:

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rye Bread - Slices</td>
<td>12</td>
</tr>
<tr>
<td>Olive Oil - EVOO</td>
<td>1 tbsp</td>
</tr>
<tr>
<td>Finely Diced</td>
<td>½ cup</td>
</tr>
<tr>
<td>Finely Diced</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Finely Diced</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Oregano - Dried</td>
<td>½ tsp</td>
</tr>
<tr>
<td>Tuna - White Flaked</td>
<td>6 oz can</td>
</tr>
<tr>
<td>Drained</td>
<td>½ cup</td>
</tr>
<tr>
<td>Mayonnaise - Light</td>
<td>¼ tsp</td>
</tr>
<tr>
<td>Cheese - Old Cheddar</td>
<td>½ cup</td>
</tr>
<tr>
<td>Shredded</td>
<td>2 tbsp</td>
</tr>
<tr>
<td>Green Onion or Chives</td>
<td>2 tbsp</td>
</tr>
<tr>
<td>Thinly Sliced (Green Part Only)</td>
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</table>

Preparation:

Pre-heat oven to 350°F (180°C).

With 2 inch (5 cm) round cutter, cut 24 circles from bread.

Bake on foil-lined baking sheet until golden, about 10 minutes.

Vegetable mixture:

In skillet, heat oil over medium heat. Cook onion, celery, red pepper and oregano, stirring occasionally, until softened, about 4 minutes.

In bowl, mash tuna. Mix in mayonnaise, pepper to taste and vegetable mixture.

Spread 1 tablespoon (15 ml) tuna mixture to edge of each round toast.

Sprinkle with cheese.

Broil on foil-lined baking sheet until cheese is bubbly, about 1½ minutes.

Remove from oven, sprinkle with onion and serve.
Spinach Casserole

Prep Time: 15 min  
Cook Time: 20 min  
Servings: 4–6

Ingredients:
- 2 packs Leaf Spinach - Frozen
- 1 pound Mushrooms - Fresh
- 1 cup Cheddar Cheese - Grated (May Add More to Taste)
- ¼ cup Onion - Chopped
- ¼ cup Margarine - Non-Hydrogenated
- 1 Garlic Clove - Chopped

Preparation:
Pre-heat oven to 350°F (180°C).

Cook spinach and drain well.

After spinach is cool put on the bottom of a 9” x 13” (2 litre) casserole dish.

Layer, onion, half of the cheese, mushrooms, top with melted margarine, garlic and add the other half of the cheese.

Bake 20 minutes or until golden.

PARENTS:
Communication may be one of the most important parenting skills that parents can learn and use.
Wholesome Orange Cranberry & Ricotta Muffins

Prep Time: 15 min  
Cook Time: 20 min  
Servings: 12

Ingredients:

- ½ cup Orange Juice
- ¼ cup Cranberries - Dried
- 1 cup Flour - All Purpose
- 1 cup Flour - Whole Wheat
- ½ cup Rolled Oats - Large Flake
- 1 tbsp Baking Powder
- 1 tsp Baking Soda
- 1 cup Ricotta Cheese - Traditional
- 1 cup Liquid Eggs - Well Shaken
- ½ cup Maple Syrup
- 1/3 cup Canola Oil
- 1 tbsp Orange Rind - Finely Grated

Preparation:

Pre-heat oven to 375° F (190° C).

Heat orange juice in microwave until steaming.

Pour orange juice over cranberries. Let stand for 10 minutes, or until plumped. Strain, reserving juice.

Line 12 cup muffin pan with paper liner inserts.

In a bowl, stir together whole wheat and all-purpose flour, oats, baking powder and baking soda. Whisk together ricotta cheese, eggs, maple syrup, oil, reserved orange juice and rind.

Stir ricotta mixture into dry mixture until almost combined.

Stir in cranberries just until evenly distributed and no dry patches remain.

Divide mixture among prepared cups.

Bake 18–20 minutes, or until tester inserted into centre comes out clean.

Serve warm, or reserve in an airtight container for up to 2 days

Orange Honey Ricotta Spread:

Blend 1 cup (250 ml) Traditional Ricotta Cheese with 2 tablespoons (30 ml) maple syrup and 1 tablespoon (15 ml) finely grated orange rind. Serve with muffins.
Cheese Filled Celery

**Ingredients:**
- 2 cups Cheddar Cheese - Extra Old - Shredded
- 8 oz package Cream Cheese - Softened
- 2 tbsp Yogurt - Plain
- 1 tsp Dry Mustard
- ¼ tsp Cayenne Pepper
- 10 stalks Celery Stalks - Washed & Peeled

**Preparation:**

In food processor, beat together Cheddar cheese, cream cheese, yogurt, dry mustard and cayenne pepper until smooth.

Fill celery with cheese mixture and serve.

**PARENTS:**

*Communication is a two-way street.*
Granola Bars

<table>
<thead>
<tr>
<th>Prep Time:</th>
<th>15 min</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cook Time:</td>
<td>25 min</td>
</tr>
<tr>
<td>Servings:</td>
<td>24 pieces</td>
</tr>
</tbody>
</table>

**Ingredients:**

- ½ cup Margarine - Non-Hydrogenated
- 1 ½ cups Brown Sugar - Lightly Packed
- 2 Eggs
- 1 tsp Vanilla - Extract or Pure
- ¾ cup Flour - All Purpose
- ¾ cup Flour - Whole Wheat
- 1 tsp Salt
- 1 ½ cups Granola - Homemade

**Preparation:**

Pre-heat oven to 350°F (180°C).

In a saucepan, melt margarine and set aside.

In a medium bowl beat together sugar, eggs, vanilla and melted margarine.

Add in all other ingredients and combine until just mixed.

Spread mixture into a greased 9” x 13” (2 Litre) pan.

Place into oven and bake for about 25 minutes.

Check occasionally to ensure it is not over-baked.

Remove and cool on wire rack.

Once cooled, cut into bars and serve... Enjoy!
Kid-ified Egg Salad

Prep Time: 10 min
Cook Time: 4
Servings: 4

Ingredients:

4 Eggs
3 tbsp Mayonnaise - Low Fat
1 tsp Lemon Juice
¼ cup Cucumber - Thinly Sliced
8 slices Rye Bread - Toasted
Black Pepper to Taste - Fresh Ground if Available

Preparation:

Hard-boil 4 eggs.

Peel eggs, chop and toss in a bowl.

Mix all other ingredients together, combine with eggs.

Divide among 4 slices of toasted light rye bread, top with other 4 slices, cut in half and serve.

PARENTS:

Communication helps build better and more meaningful relationships.
# SOUPS, SALADS & SIDES

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</table>
Brown Rice & Lentil Soup

Prep Time: 20 min  
Cook Time: 60 min  
Servings: 4 - 6

Ingredients:

- 5 cups Chicken Stock - Sodium Reduced
- 4 cups Water
- 1 ½ cups Red Lentils - Rinsed
- 1 cup Brown Long Grain Rice
- 28 oz Canned Tomatoes - Chopped
- 3 Carrots - Chopped
- 3 Onions - Chopped
- 3 Celery - Chopped
- 3 Garlic - Large Cloves - Minced
- 1 tsp Basil - Dried
- 1 tsp Oregano
- 1 tsp Thyme
- 2 Bay Leaves

Preparation:

Put all ingredients in a large heavy saucepan.

Bring soup to a boil, reduce the heat, cover the pot and simmer, stirring occasionally for 60 minutes or until lentils and brown rice are tender.

Remove bay leaves. Turn stove off.

Optional ingredients you may wish to add:

Fresh Parsley or fresh cilantro, 2 tablespoons cider vinegar and/or freshly ground black pepper.

Serve with grated cheese sprinkled on top.

PARENTS:

Communication influences how well other parenting skills (e.g., social rewards, paying attention) will work.
Roasted Tomato Soup

Prep Time: 20 min  
Cook Time: 150 min  
Servings: 8

Ingredients:
- 4 lbs Plum Tomatoes
- 1/3 cup Olive Oil - EVOO if available
- 4 Cloves Garlic - Minced
- 1/2 tsp Black Pepper
- 1 Onion - Chopped
- 4 cups Vegetable Stock
- 1/4 cup Fresh Basil - Chopped
- 2 tbsp Balsamic Vinegar
- 1 cup Plain Yogurt

Preparation:
Pre-heat oven to 350°F (180°C).

Core tomatoes and cut in half lengthwise; arrange, cut sides up, on foil-lined rimmed baking sheet.

In a small bowl, mix 2 tbsp (25 ml) of the oil, garlic and half of the pepper; brush over the tomatoes. Bake until softened and shriveled and bottoms are browned, about 2 hours.

In large saucepan, heat 1 tbsp (15 ml) of the remaining oil over medium heat. Add onion and cook until softened. Add tomatoes and stock; bring to boil. Reduce heat and simmer for 15 minutes.

Transfer tomato mixture to blender or food processor; puree until smooth. Return to pan. Add basil and pepper. Heat until steaming and remove from heat. Add yogurt, vinegar and remaining oil.

PARENTS:
Everyone can learn and change.
Hearty Lentil and Barley Soup Mix (Dried)

Ingredients:

- ¾ cup Lentils - Brown or Red
- ¼ cup Tomato - Sundried Pieces
- 2 tbsp Vegetable Flakes - Dried (or Soup Greens)
- 1 tbsp Onion - Dried, Minced
- 2 tsp Bouillon - Dried, Chicken or Vegetable
- 1 tsp Oregano - Dried
- ½ tsp Garlic - Dried, Minced
- ½ tsp Black Pepper
- ½ tsp Red Pepper Flakes - Optional
- ½ cup Barley
- ¼ cup Pasta - Whole Wheat

Preparation:

This is a great idea to make up as a gift.

Layer ingredients, in order, in a 1 pint jar.

Place pasta in a small bag and place on top of dried ingredients.

Close jar tightly.

To prepare soup—Simmer ingredients in a covered pot for 1 to 1½ hours or until lentils and barley are tender. Add pasta in the last ½ hour.

Optionally, you can add a can of diced stewed tomatoes and/or 8 oz of smoked sausage or leftover chopped chicken.

PARENTS:

Everyone can learn and change.
Sweet Potato and Red Pepper Soup

Ingredients:

2 Red Peppers - Seeded and Cubed
4 Sweet Potatoes - Cubed
1 Onion - Medium, Chopped
2 Garlic Cloves - Minced
5 cups Vegetable Stock
Tabasco Sauce to Taste
Salt and Pepper to Taste

Preparation:
Sauté onion, garlic, peppers and salt and pepper until peppers are soft

Add vegetable stock and sweet potatoes, bring to a boil then turn down and simmer for 30 min.

Transfer the mixture to food processor and process until smooth.

Add a dash of Tabasco

PARENTS:

Communication helps people understand what is going on in their lives so they can do something about it.
Sausage, Black Bean & Sweet Potato Soup

Prep Time: 15 min
Cook Time: 35 min
Servings:

Ingredients:

- Drizzle Canola or Olive Oil
- 2–3 Italian Sausage or Oktoberfest Sausage - Lean
- 1 Sweet Green Pepper - Chopped
- 2 Sweet Potatoes - Peeled and Diced
- 19 oz can Black Beans - Drained and Rinsed
- 1 tsp Cumin
- 4 cups (19 oz) Chicken or Vegetable Stock
- 1 can Tomato Sauce

Preparation:

In a soup pot, heat oil over medium heat

Squeeze the sausage out of its casing into the pot and cook it, breaking it up as you stir it around until it is no longer pink.

Spoon off excess fat.

Add green pepper and sweet potatoes and cumin.

Sauté for 3-5 minutes.

Add black beans, tomato sauce and stock.

Bring to a boil, reduce the heat and simmer for about 30 minutes.

PARENTS:

A positive family environment sets the stage for each family member to thrive through an ongoing process of learning and growing.
Winter Squash Soup

**Ingredients:**
- 3 tbsp Canola Oil
- 3 cups Leeks - White Part Only - Chopped
- 1 ½ cups Onion - Chopped
- 6 cups Chicken Stock - Sodium Reduced
- 3 cups Potato - Peeled and Diced
- 3 cups Squash - Peeled and Diced
- 1 ½ cups Plain Yogurt
- Black Pepper to Taste

**Preparation:**
In large heavy saucepan, heat oil over medium-high heat. Cook leeks and onion, covered, for about 10 minutes.

Note: do not brown.

Add chicken stock; bring to boil. Add squash and potatoes; return to boil.

Reduce heat, cover and simmer for about 20 minutes or until vegetables are tender.

Remove to blender or processor; puree, in batches, until smooth. Return to saucepan; add yogurt and pepper to taste.

**PARENTS:**

*Communication helps clarify and solve problems.*
Orange and Carrot Soup

**Prep Time:** 15 min  
**Cook Time:** 45 min  
**Servings:** 4

**Ingredients:**
- 2 tbsp Canola Oil
- 1 Onion - Chopped
- 1 Garlic Clove - Minced
- 2 cups Carrots - Thinly Sliced
- 3 cups Chicken Stock - Sodium Reduced
- ½ cup Orange Juice - Unsweetened
- ¼ tsp Maple Syrup
- ¼ tsp Thyme - Dried
- ¼ tsp Black Pepper
- ¾ cup Plain Yogurt
- Nutmeg to Taste

**Preparation:**
In large heavy stock pot heat oil over medium heat. Cook onion, carrots and garlic.

Stir 3—5 minutes or until softened.

Stir in chicken stock, juice, sugar, thyme and pepper; bring to boil over high heat.

Reduce heat to low; cover and simmer for 35—40 minutes or until carrots are tender.

Remove from heat. Puree in batches in food processor or blender, stir in yogurt and pepper.

Serve at room temperature.
Hearty Vegetable Soup

Prep Time: 20 min  
Cook Time: 40 min  
Servings: 4

Ingredients:

- 1 tbsp Canola Oil
- 1 Onion - Chopped
- 1 cup Carrot - Chopped
- 1 cup Celery - Chopped
- 2 Garlic Cloves - Minced
- ½ tsp Oregano - Dried
- ½ tsp Cumin - Ground
- ½ tsp Hot Pepper Flakes
- 1 Green Pepper - Chopped
- 2 Sweet Potato - Peeled and Chopped
- 28 oz can Canned Tomatoes - Diced
- 19 oz can Chickpeas - Drained and Rinsed
- 1 Bay Leaf
- 2 tsp Paprika
- 2 cups Vegetable Stock

Preparation:

In large heavy stock pot heat oil over medium heat. Cook onion, carrot, celery, garlic, oregano, cumin and hot pepper flakes.

Stir occasionally until softened, about 5 minutes.

Add sweet potato and green pepper. Cook, stirring for about 3 minutes.

Stir in tomatoes and vegetable stock, chickpeas, bay leaf and paprika.

Bring to a boil. Reduce heat, cover and simmer until vegetables are tender, about 20–25 minutes.

Remove and discard bay leaf. Best served hot... Enjoy!

PARENTS:

Communication puts feelings and issues into perspective
Gypsy Soup

**Ingredents:**

2 Tomato
2 tbsp Olive Oil - EVOO, Sunflower or any Vegetable
2 cups Onion - Chopped
3 Garlic Cloves - Crushed
1 stalk Celery - Chopped Very Small
2 cups Sweet Potato - Peeled and Diced
1 tsp Salt
2 tsp Paprika - Mild
1 tsp Turmeric - Optional
1 tsp Basil
Dash Cinnamon
Dash Cayenne - Optional
1 Bay Leaf
3 cups Water
1 Bell Pepper - Chopped
1-½ cups Chickpeas - Cooked, Canned, Drained and Rinsed

**Preperation:**

Skin tomatoes by plunging in boiling water. Peel, chop and set aside.

Heat oil in a large pot. Add onion, garlic, celery and sweet potato.

Sauté over medium heat for about 5 minutes.

Add seasonings and water. Cover and simmer for about 15 minutes.

Add tomato, bell pepper and chickpeas. Cover and simmer for about 10 more minutes, or until all the vegetables are as tender as you like them.

Taste to adjust seasonings and serve.

Feel free to vary the vegetables as desired.

You could also add meat if desired.
Curried Carrot and Apple Soup

Ingredients:

- 2 tsp Sunflower Oil
- 1 tbsp Curry Powder - Mild
- 1 ¼ lb Carrots - Chopped (approx 5 med. Size)
- 1 Onion
- 1 Apple
- 3 cups Chicken or Vegetable Stock
- ½ Orange
- Salt to Taste
- Pepper to Taste

Preparation:

Heat the oil in a large, heavy based pan and gently fry the curry powder for 2–3 minutes.

Add chopped carrots, onion and apple.

Stir well until coated with the curry powder, then cover pan.

Cook over low heat for about 15 minutes until softened, shaking the pan occasionally.

Juice and zest the orange and add to pot. Cook for 1 more minute.

Spoon the vegetable mixture into a food processor or blender with half the stock and process until smooth.

Return to the pan and pour in the remaining stock. Bring the soup to a boil and adjust the seasoning before serving in bowls.

If too thick, just add a bit of water.

PARENTS:

Each of us has a combination of special abilities, interests, fears and needs.
Chick Pea & Quinoa Salad

Prep Time: 20 min  
Cook Time: 15 min  
Servings: 4

Ingredients:

1 cup Quinoa - Rinsed  
2 cups Fresh Green Beans - Trimmed and Chopped  
19 oz can Chickpeas - Drained and Rinsed  
1 Red Pepper - Diced  
1 cup Feta Cheese - Crumbled  
1/3 cup Strained Tomato  
3 tbsp Red Wine Vinegar  
3 tbsp Olive Oil  
3 tbsp Maple Syrup  
1/2 tsp Italian Herb Seasoning - Dried  
1/4 tsp Black Pepper  
pinch Cayenne Pepper to Taste

Preparation:

In a saucepan, bring quinoa and 2 cups water to boil; reduce heat, cover and simmer for 12 minutes. Fluff with fork and let cool.

Meanwhile, in a saucepan of boiling water, blanch green beans until tender-crisp, about 3 minutes. Drain and refresh in bowl of ice water. Drain and transfer to bowl.

Stir in cooled quinoa, chickpeas, red pepper and feta cheese.

Whisk together tomatoes, vinegar, oil, maple syrup, Italian seasoning, pepper and cayenne pepper; pour over quinoa mixture and stir to coat.
Cool Couscous Salad

Prep Time:
Cook Time:
Servings: 4

Ingredients:

- 1 cup Orange Juice
- ½ cup Water
- 2 tbsp Olive Oil - EVOO
- 2 tbsp Red Wine Vinegar
- 2 tsp Gingerroot - Grated
- 1 cup Couscous - Whole Wheat
- 1/3 cup Apricots - Dried, Chopped
- ¼ cup Cranberries - Dried
- 1 tbsp Golden Raisins
- Salt

Preparation:
Combine orange juice, water, 1 tbsp of the oil, vinegar and gingerroot in a small pot. Bring just to a boil.

Set aside.

Heat remaining 1 tbsp oil in a large frying pan over medium heat. Add couscous. Cook, stirring, for about 4 minutes or until it turns golden.

Pour the reserved hot liquid into the frying pan over couscous; add dried cranberries and raisins.

Let it boil briefly, then turn off heat.

Using a fork, fluff up couscous to get rid of any lumps.

Season with salt to taste.

Add an additional splash of vinegar and oil before serving. Serve at room temperature.
Confetti Power Slaw

Prep Time: 25 min
Cook Time:
Servings: 4

Ingredients:

1 cup Beets - Peeled and Grated
1 cup Carrot - Grated
1 Apple - Granny Smith - Cored and Grated
2 cups Cabbage - Thinly Sliced
¼ cup Plain Yogurt
1 tbsp Apple Cider Vinegar
1 tbsp Maple Syrup
1 tbsp Lemon Juice
2 tbsp Mint - Fresh - Chopped (Optional)
Black Pepper - to taste

Preparation:

In a large serving bowl, combine beets, carrots, apple and cabbage.

In a separate bowl, whisk together the yogurt, vinegar, maple syrup and lemon juice.

Season with black pepper to taste.

Toss slaw with dressing and serve with mint on the side.

NOTE—If you are making this ahead of time, keep beets separated until serving time.
Orzo Salad

Ingredients:

- 1 ½ cups Orzo Pasta - Cooked ‘Al dente’
- ½ cup Extra Virgin Olive Oil
- ½ cup Red Wine Vinegar
- Black Pepper to Taste
- 1 Red Pepper - Diced
- 1 Yellow Pepper - Diced
- ½ cup Sunflower Seeds
- 1 ½ cups Basil Leaves - Torn
- ½ cup Red Onion - Chopped
- 1 cup Goat Cheese

Preparation:

In a large serving bowl, toss cooked pasta with olive oil, red-wine vinegar, and black pepper.

Stir in red and yellow peppers, sunflower seeds, onion and basil.

Sprinkle with Goat cheese.

Serve at room temperature.

PARENTS:
Confidence comes from being comfortable enough to try new things.
Spinach Salad

Prep Time: 15 min
Cook Time: 
Servings: 6

Ingredients:
- 10 ounces Baby Spinach - Washed and Dried
- 1/3 cup Feta Cheese - Rinsed and Crumbled
- ½ cup Sunflower Seeds - Toasted
- 1 Pomegranate - Seeded
- 1/3 cup Olive Oil
- 2 tbsp Maple Syrup
- 1 Garlic Clove - Minced
- ½ tsp Oregano - Dried
- ½ tsp Dijon Mustard
- Black Pepper to Taste

Preparation:

In a large bowl combine spinach, feta cheese and pomegranate seeds.

In a separate bowl, whisk together olive oil, maple syrup, garlic, oregano, Dijon mustard and black pepper.

Pour over salad and mix.

NOTE: you can substitute pomegranate seeds with sliced strawberries, or mandarin oranges

PARENTS:

Learning a skill or developing a behaviour takes time and practice.
California Salad

Prep Time: 20 min
Cook Time: 
Servings: 6–8

Ingredients:

- ¾ cup Olive Oil - EVOO Cold Pressed if Possible
- ¼ cup White Balsamic Vinegar
- 2 tbsp Lemon Juice
- 4 tbsp Maple Syrup
- 2 tbsp Green Onion - Chopped
- ½ tsp Black Pepper
- 8 cups Mixed Greens
- 2 cups Strawberries - Sliced
- 2 cups Pineapple - Chunks
- 2 - 3 Kiwi - Peeled, Cored and Sliced
- ½ cup Green Onion - Chopped

Preparation:

In a large serving bowl, combine mixed greens, strawberries, pineapple, kiwi and ½ cup (125 ml) chopped green onion.

In a separate bowl, whisk together olive oil, vinegar, maple syrup, lemon juice and 2 tablespoons (30 ml) of chopped green onion.

Season with black pepper to taste.

NOTE—substitute fresh fruit when possible.
Spiced Carrots

Prep Time: 10 min  
Cook Time: 25 min  
Servings: 8–10

Ingredients:

- 2 lb Carrots
- 3 tbsp Margarine - Non-Hydrogenated
- 2 tsp Gingerroot - Grated
- 1 tsp Cumin Seeds
- 1 cup Chicken or Vegetable Stock - Sodium Reduced
- 1 cup Water
- 1 tbsp Maple Syrup
- 1 tsp Lemon Juice
- pinch Cayenne Pepper

Preparation:
Peel carrots. Cut diagonally into ½ inch (1 cm) thick slices to make about 4 cups (1 litre).

In large skillet, over medium heat, melt margarine.

Fry carrots, ginger and cumin seeds, stirring until coated and fragrant, about 2 minutes.

Stir in stock, water, maple syrup, lemon juice, cayenne pepper and bring to boil.

Reduce heat and simmer, shaking pan occasionally, until tender and glazed, about 22 minutes.

Serve hot as side dish.

PARENTS:

Great things can be accomplished with small steps!
Southwestern Rice Pilaf

Prep Time: 15 min  
Cook Time: 45 min  
Servings: 6

Ingredients:

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tbsp</td>
<td>Vegetable Oil</td>
</tr>
<tr>
<td>1</td>
<td>Onion - Large - Chopped</td>
</tr>
<tr>
<td>2</td>
<td>Garlic Cloves - Minced</td>
</tr>
<tr>
<td>1½ cups</td>
<td>Rice - Long Grain</td>
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<tr>
<td>½ tsp</td>
<td>Cumin - Ground</td>
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<td>Coriander - Ground</td>
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<tr>
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<td>Salt</td>
</tr>
<tr>
<td>¼ tsp</td>
<td>Cayenne Pepper - Dried</td>
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<tr>
<td>¼ tsp</td>
<td>Turmeric - Dried</td>
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<td></td>
<td>Black Pepper to Taste</td>
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<tr>
<td>2</td>
<td>Carrots - Coarsely Chopped</td>
</tr>
<tr>
<td>1</td>
<td>Red Pepper - Sweet - Diced</td>
</tr>
<tr>
<td>3 cups</td>
<td>Chicken Stock - Sodium Reduced</td>
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</table>

Preparation:

In large saucepan, over medium heat, preheat vegetable oil.

Add onion and garlic, stirring often for 5 minutes or until softened.

Add rice, cumin, coriander, salt, cayenne, turmeric and pepper.

Cook for 1 minute and stir in carrots, red pepper and chicken stock.

Cover and bring to boil.

Reduce heat, simmer 25–30 minutes or until liquid is absorbed.

Let stand 5 minutes before serving.
Barley Pilaf with Toasted Garlic

Ingredients:
- 3 to 4 Garlic Cloves - Thinly Sliced
- 3 tbsp Olive Oil - EVOO if available
- 1 Onion - Small - Sliced
- 1 Carrot - Diced
- 1 Celery Rib (1 Stock) - Diced
- 1 cup Pearl Barley
- 2 - 3 sprigs Thyme - Chopped
- ¼ cup Chicken Stock - Sodium Reduced
- 2 ¾ cups Chicken Stock - Sodium Reduced
- 1 Bay Leaf
- Black Pepper to Taste - Fresh Ground if available
- 5 - 6 stems Parsley - Fresh - Chopped

Preparation:
Add olive oil to a sauté pan over low heat and warm.

Add garlic slivers and cook until golden, about 5—10 minutes.

Set aside to use in Barley.

Reserve the toasted garlic oil to add to the barley mixture.

Over medium heat, add 2 tablespoons of oil from toasted garlic.

Sauté onions, 2—3 minutes or until soft.

Add carrots and celery, sauté for another 2—3 minutes.

If needed add an additional tablespoon of oil from the toasted garlic.

Stir in Chicken stock and reduce for 2—3 minutes. Add pepper to season.

Increase heat to high and bring to a boil, stirring occasionally.

Reduce heat to low, cover and simmer for 25—30 minutes.

When barley is tender, remove from heat and let sit for 5 minutes.
Saucy Vegetables

Prep Time: 15 min
Cook Time: 20 min
Servings: 6

Ingredients:

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<thead>
<tr>
<th>Amount</th>
<th>Item</th>
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<tbody>
<tr>
<td>4</td>
<td>Potatoes - Diced</td>
</tr>
<tr>
<td>4</td>
<td>Carrots - Sliced</td>
</tr>
<tr>
<td>10 oz can</td>
<td>Cream of Celery Soup - Low Fat</td>
</tr>
<tr>
<td>¼ cup</td>
<td>Cheese - Cheddar, Grated</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>Skim Milk</td>
</tr>
<tr>
<td>12 oz can</td>
<td>Corn - Whole Kernel Niblets, Not Drained</td>
</tr>
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</table>

Black Pepper to Taste - Fresh Ground if Available

Preparation:

Half fill a medium saucepan with water and heat to boiling.

Add potatoes and carrots and cook until just tender.

Drain and set aside.

Meanwhile, in a small saucepan, combine soup, cheese and milk. Cook and stir until sauce is hot.

Add potatoes, carrots and corn to sauce. Cook and stir until all the vegetables are hot.

Add pepper to taste.
Vegetable Supreme

Prep Time: 15 min  
Cook Time: 45 min  
Servings: 6–8

Ingredients:

- 2 cups Broccoli Florets
- 2 cups Cauliflower Florets
- 2 Eggs - Beaten
- ½ cup Mayonnaise - Light
- 1 Onion - Medium Sized - Chopped
- 10 oz can Cream of Mushroom Soup - Reduced Fat
- 1 cup Cheese - Cheddar - Grated
- ½ cup Margarine - Non-Hydrogenated - Melted
- 1 cup Croutons - Seasoned - Crushed

Preparation:

Pre-heat oven to 350°F (180°C).

Cook vegetables separately in boiling water for about 5 minutes.

Drain thoroughly and put in greased casserole dish.

Combine eggs, mayo, onion, cream of mushroom soup and half of the grated cheese.

Pour over vegetables.

Sprinkle remaining cheese over top.

Pour margarine over casserole and sprinkle with crushed croutons.

Bake for 40 minutes.

NOTE: Best when made the day before.

PARENTS:

Parents can help their children learn new behaviours
Cheesy Cauliflower in Home-Style Tomato Sauce

**Prep Time:** 10 min  
**Cook Time:** 30 min  
**Servings:** 4

**Ingredients:**
- 4 cups Cauliflower - (1 Small Head) - Cut into Bite-Sized Pieces
- 1½ cups Home-Style Tomato Sauce (page 53) or Use Store-Bought Seasoned Bread Crumbs
- 2 tbsp Cheese - Cheddar - Grated
- 1 cup Bread Crumbs - Fine - Dry
- 3 tbsp Cheese - Parmesan - Grated
- 3 tsp Parsley - Dried
- 1 tsp Oregano - Dried
- ½ tsp Garlic Powder
- Black Pepper to Taste - Fresh Ground if Available

**Preparation:**
Preheat oven to 350°F (180°C).

Half fill a large pot with water and heat to boiling.

Add cauliflower and cook until crisp-tender, about 3–5 minutes.

Put cauliflower in a 8” x 8” x 2” (2 Litre) baking dish.

Pour Home-Style Tomato Sauce over the cauliflower.

Combine Seasoned Bread Crumbs and cheese in a small bowl. Sprinkle over tomato sauce.

Cover and bake in oven for about 20–25 minutes, or until hot.

Into a large bowl, mix cheese, bread crumbs, parsley, oregano and garlic powder.

Mix well, add back pepper to taste.
Cranberry Apple Acorn Squash

Prep Time: 10 min  
Cook Time: 30 min  
Servings: 4

Ingredients:

- 2 Acorn Squash - Medium
- 2 tbsp (approx.) Olive Oil - EVOO if available
- Salt to Taste
- Pepper to Taste
- 1 cup Cranberries - Fresh or frozen, chopped
- 1 cup Apples - Cored, cubed
- ¼ cup Brown Sugar, packed
- 2 tbsp Butter - melted
- ½ tsp Orange Peel - grated

Preparation:
Preheat oven to 350°F (180°C).

Cut squash in quarters and remove seeds.

Place squash cut side up in greased baking dish.

Lightly brush each wedge with olive oil; sprinkle with salt and pepper.

Cover with foil and bake for 30 minutes.

Mix last five ingredients together and spoon into wedges.

Return to oven and bake, covered, for an additional 15–20 minutes or until apples and cranberries are tender.
Sweet Potato Fries with Curry Dip

**Prep Time:** 10 min  
**Cook Time:** 35 min  
**Servings:** 4

**Ingredients:**
- 2½ pounds Sweet Potatoes  
- 2 Egg Whites  
- 1 tbsp Vegetable Oil  
- 1 tsp Cumin - Ground  
- 1 tsp Paprika - Ground  
- ½ tsp Black Pepper  
- ½ cup Yogurt - Low Fat  
- 1 tsp Lime Juice  
- ¼ tsp Curry Paste

**Preparation:**
Re-heat oven to 425° F (220° C).

Peel potatoes. Trim ends and sides to create rectangles.

Cut lengthwise into ½ inch (1 cm) thick slices. Cut each lengthwise into ½ inch (1 cm) wide strips.

In a large bowl, whisk egg whites until frothy. Whisk in oil, cumin, paprika and pepper.

Add potatoes, tossing to coat.

Spread on 2 parchment paper-lined, rimmed baking sheets.

Bake in top and bottom thirds of oven for 30—35 minutes, rotating and switching pans halfway through, until tender and edges are browned and crisp.

Meanwhile, in small bowl, whisk together yogurt, lime juice and curry paste and serve with potatoes.

**NOTE:** Where possible, choose sweet potatoes (yams) with a deep orange colour.
Home-Style Tomato Sauce

Prep Time: 10 min  
Cook Time: 50 min  
Servings: Makes 2 cups

Ingredients:
- 1 tbsp Vegetable Oil
- ½ cup Onion - Chopped
- 19 oz can Tomatoes - Diced
- 3 tbsp Tomato Paste
- 1 tsp Sugar - White - Granulated
- ½ tsp Salt
- ½ tsp Basil - Fresh - Chopped
- ½ tsp Italian Seasoning - Dried
- ½ tsp Oregano - Dried
- ¼ tsp Black Pepper - Ground

Preparation:
In a large sauté pan, heat vegetable oil over medium heat.

Add in chopped onion, cooking until soft, about 5–7 minutes.

Stir in tomatoes, tomato paste, sugar, salt, Italian seasoning, basil, oregano and pepper.

Bring mixture to a boil.

Turn heat down to low, cover and simmer for 40 minutes.

Let cool and either use as needed or freeze for later use.

NOTE: This recipe is easily doubled and extra sauce can be frozen in small portion sized packets for up to 6 months. Zip-Lock baggies work really well, as they will freeze flat.
Sublime Macaroni & Cheese

Prep Time: 20 min  
Cook Time: 10 min  
Servings: 10–12

Ingredients:
1 pounds   Elbow Macaroni - Whole Wheat  (Approx. 4 Cups Uncooked)  
1/3 cup    Margarine - Non-Hydrogenated  
1/3 cup    Flour - All Purpose  
4½ cups    Skim Milk  
3 cups     Cheese - Cheddar  
½ tsp      Dry Mustard  
½ tsp      Black Pepper  
¼ tsp      Nutmeg - Ground  
1 cup      Sour Cream - Regular 14 % M.F.  
2 cups     Bread Crumbs - Fresh - Whole Wheat  
1 cup      Cheese - Old Cheddar - Shredded  (4 oz—125 Grams)  
3 tbsp     Margarine - Melted

Preparation:
Pre-Heat oven to 350°F (180°C).

In large pot of boiling water, cook macaroni until tender but firm, about 8 minutes. Drain.

Meanwhile - in large heavy saucepan, melt margarine over medium heat.

Add flour and cook, stirring for 2 minutes.

Gradually whisk in milk. Simmer, whisking until thickened, about 8 minutes.

Add cheese, mustard, pepper and nutmeg. Stir until cheese is melted.

Stir in sour cream, then macaroni. Spread in 13” x 9” (3 litre) glass baking dish.

Topping—In bowl, toss together bread crumbs, cheese and margarine.

Sprinkle over macaroni.

Bake until golden and bubbly, about 40 minutes.
Sautéed Broccoli with Lemon

**Prep Time:** 10 min  
**Cook Time:** 10 min  
**Servings:** 4

**Ingredients:**
- 2 tbsp Olive Oil - EVOO if Available
- 2 Shallots - Thinly Sliced
- 1¼ cups (1 Bunch) Broccoli - Fresh - Washed - Cut into Florets, Stems Peeled and Cut into ½ inch Thick Slices
- Black Pepper to Taste - Fresh Ground if available
- ½ cup Water
- 1 Lemon - Finely Grated Zest & Juice of Lemon

**Preparation:**
In a large skillet heat olive oil over medium-high heat.

Add shallots, and cook, stirring frequently, until translucent, about 2 minutes.

Add broccoli, and season with pepper.

Cook, stirring, about 1 minute.

Stir in the water and bring to a boil.

Reduce heat. Cover and simmer until broccoli is bright green and tender, about 4 minutes or until it offers little resistance when pierced with the tip of a paring knife. (All the liquid should have evaporated. If not remove lid and continue cooking until dry.)

Stir in lemon juice and half the zest.

Transfer to a serving platter.

Serve warm or at room temperature, drizzled with oil and sprinkled with remaining lemon zest.
Curried Lentils

Prep Time:  
Cook Time:  40 min  
Servings:  4

Ingredients:

1 cup  Lentils  
2 cups  Water  
1 tbsp  Butter - Unsalted  
½ cup  Onion - Chopped  
2 tsp  Gingerroot - Finely Chopped  
2 tsp  Curry Paste  
½ cup  Tomato - Chopped, Canned or Fresh  
½ cup  Coconut Milk  
Salt to Taste  
Pepper to Taste - Freshly Ground

Preparation:

Place lentils and water in a medium pot; bring to a boil. Turn down heat to medium and simmer for 15 minutes or until lentils are tender but not fully cooked.

Set aside.

Meanwhile, heat butter in a large, heavy-bottomed pot over medium heat.

Add onions; sauté for 10 minutes or until golden.

Add gingerroot and curry paste; sauté for 1 minute more.

Add tomato; cook for 2 minutes or until flavours have begun to come together.

Add coconut milk and bring to a boil.

Add lentils with their cooking water; simmer for 10 minutes more or until lentils are fully cooked but have not burst and liquid has reduced to a sauce.

Season with salt and pepper to taste.
SLOW COOKER

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Stuffed Spaghetti Squash with Tomatoes, Olives, Tuna & String Cheese

Prep Time: 10 min  
Cook Time: 3—4 hours  
Servings: 4

Ingredients:

2 Spaghetti Squash - Medium Sized, Halved Lengthwise  
14 oz Canned Tomatoes - Diced  
½ cup Pimento-Stuffed Green Olives - Chopped  
1 tsp Oregano - Dried  
2 tbsp Black Pepper - Ground, to taste  
12 oz Vegetable Stock  
½ cup White Tuna - 2 Cans in Water, Drained  
¼ cup Cheddar or Low Fat Mozzarella - Grated  
Basil Leaves - Fresh, chopped

Preparation:

Arrange the spaghetti squash halves in the bottom of a slow cooker.

In a medium bowl, combine the tomatoes, olives, oregano and ½ teaspoon (2 ml) of black pepper.

Spoon the mixture over the spaghetti squash. Pour vegetable stock into the slow cooker.

Cover and cook on LOW heat for 6—8 hours.

When ready to serve, using a fork, “loosen” the squash to remove, top each piece with some tuna, cheddar or mozzarella cheese and basil.

Serve.

Remove and discard bay leaf. Best served hot... Enjoy!

PARENTS:
Smiles and praise are often the best rewards!
Cabbage Rolls

**Prep Time:**
- **Cook Time:** 4 hrs on low, 8 hrs on high
- **Servings:** 4

**Ingredients:**
- 1 lg Cabbage 12 leaves
- 2 lbs Ground Beef or Any Ground Meat
- 2 cups Rice - Cooked
- 1 tbsp Garlic Salt
- 1 tbsp Pepper
- Salt to Taste
- 1 can Tomato Soup - Low Sodium

**Preparation:**

Boil Cabbage Leaves until tender (3 minutes).

Cook rice as directed on package (if using rice that is cooked in 5 minutes, do not cook).

Mix meat, rice and spices together in a bowl and scoop out meat mixture evenly into each leaf, starting at the end without the stem (do no pack into balls).

Fold over once, fold in sides and finish rolling adding a tooth pick at the end to hold it closed.

Add to crock pot or 9” X 13” casserole dish.

Cover with tomato soup.

Cook in Crock Pot on LOW for 8 hour or on high for 4 hours.

You may also choose to cover and cook in oven at 350˚F (180˚C)for 2 hours instead.

**NOTE**—freezes well.
Autumn Turkey Chili

**Prep Time:** 20 min  
**Cook Time:** 8–10 hours  
**Servings:** 12 cups

**Ingredients:**

1. Onion - Chopped
2. Carrots - Chopped
3. Celery - Chopped
4. Apples (Your Choice) - Cored and Chopped
5. Butternut Squash - Peeled and Chopped
6. Garlic Cloves - Peeled and Chopped
7. Ground Turkey - Cooked
8. Chili Powder
9. Ground Cumin
10. Oregano - Dried
11. Black Pepper
12. Chicken Stock - Sodium Reduced
13. Tomato Paste
14. Light Coconut Milk
15. Black Beans - Drained and Rinsed
16. Coconut Flakes & Cilantro to Garnish

**Preparation:**

Combine all ingredients except Coconut Flakes & Cilantro into a slow cooker. Cook on LOW heat for 8–10 hours.

Open cooker lid for the last 45 minutes to allow the chili to thicken.

Garnish with coconut flakes & cilantro.

Serve hot.

**NOTE**—When using a small amount of tomato paste, the remainder can be frozen by placing a tablespoon of paste onto plastic wrap and freezing it. Once frozen, place packets into a zip-lock bag and store in freezer for future use.
Vegetarian Chili

Prep Time: 15 min  
Cook Time: 6 hours  
Servings: 4–6

Ingredients:
- 28 oz can Tomatoes - Diced
- 4 cups Vegetable Stock - Sodium Reduced
- 15 oz Black Beans - Rinsed and Drained
- 15 oz White Cannellini Beans - Rinsed and Drained
- 15 oz Red Kidney Beans - Rinsed and Drained
- 1 cup Baby Lima Beans - Frozen
- 1 cup Onion - Chopped
- 1 Green Pepper - Seeded and Chopped
- 2 Garlic Cloves - Minced
- 1 tbsp Pickled Jalapeno - Minced (may sub with fresh)
- 2 tbsp Chili Powder
- 2 tbsp Oregano - Dried
- 2 tsp Cumin - Ground
- 1 tsp Coriander - Ground
- 2 tsp Hot Sauce
- 1/3 cup Couscous - Whole Wheat
- 1/2 cup Cheese - Monterey Jack, Shredded
- 1/3 cup Cilantro - Chopped
- Black Pepper to Taste

Preparation:
Combine all ingredients except couscous, shredded cheese, cilantro and black pepper in a slow cooker.

Cover and cook on LOW for 6–8 hours.

5–10 minutes before serving (depending on the temperature of the slow cooker) add couscous. Cover and cook until couscous is tender.

Season to taste with black pepper. Just before serving top each serving with cheese and cilantro.

PARENTS:
Managing Anger: Stop....Breath and calm down....think about it...Work it out....Tell yourself that you did a good job!
Sweet and Sour Pork

Prep Time: 15 min  
Cook Time: 6—8 hours  
Servings: 4

Ingredients:

3 lb  
Potatoes - Peeled and Cubed  
1 cup  
Onion - Chopped  
3 lb  
Pork Roast - Trimmed  
4  
Garlic Cloves - Minced  
1 cup  
Water  
½ cup  
Chili Sauce  
3 tbsp  
Red Wine Vinegar  
2 tbsp  
Light Brown Sugar  
2 tbsp  
Soy Sauce - Sodium Reduced  
1 tsp  
Dijon Mustard  
½ tsp  
Thyme - Dried

Preparation:

Arrange potatoes and onion in bottom of slow cooker.

Place pork on top of potatoes and onion. Spread garlic all over pork.

In a medium bowl, whisk together water, chili sauce, vinegar, sugar, soy sauce, mustard, and black pepper.

Pour mixture over pork.

Cover and cook on LOW for 6—8 hours.

Slice pork crosswise into thin slices. Serve with the potatoes, onions, and sauce.

PARENTS:

No children are exactly alike; they display individual differences for a variety of reasons.
Hearty Beef Stew

Ingredients:

- 1 ½ lbs Stewing Beef - Cut to 1 inch (25 mm) Pieces
- Black Pepper to Taste
- ¼ cup Flour - All Purpose
- 1 tbsp Vegetable Oil
- 1 lb. Potato - Cut into Cubes
- 4 Carrots - Sliced
- 2 Onions - Cut into Wedges
- 4 Garlic Cloves - Minced
- 3 ¼ cups Beef Stock - Sodium Reduced
- 1 tbsp Worcestershire Sauce
- 1 tsp Thyme - Dried
- 1 Bay Leaf
- 1 cup Frozen Peas - Thawed

Preparation:

Season the beef with black pepper. Coat the beef with 2 tablespoons (30 ml) of flour.

Heat oil in a 10 inch (25 cm) skillet over medium-high heat.

Add the beef in 2 batches and cook until well browned, stirring often.

Place the potatoes, carrots, onions and garlic into a 5 quart (5 Litre) slow cooker.

Top with beef. Add 3 cups (750 ml) of stock, Worcestershire sauce, thyme and bay leaf.

Cover and cook on LOW for 10–11 hours or until the beef is fork-tender.

Remove and discard the bay leaf.

Stir remaining 2 tbsp (30 ml) flour & ¼ cup (150 ml) stock in small bowl until smooth.

Stir the flour mixture and 1 cup (250 ml) peas into the cooker.

Increase the heat to HIGH.

Cover and cook for 15 minutes more, or until the mixture boils and thickens.
Squash and Chickpea Curry

**Ingredients:**

- 2 cups Butternut Squash - Peeled and Cubed
- 2 cups Potato - Peeled and Diced
- 19 oz can Chickpeas - Drained and Rinsed
- 1 tbsp Vegetable Oil
- 1 Onion - Diced
- 2 Garlic Cloves - Minced
- 1 tbsp Gingerroot - Minced
- 3 tbsp Curry Paste - Mild
- 1 can Coconut Milk - Light
- 1 cup Vegetable Stock
- 2 cups Swiss Chard - Shredded
- 1 cup Green Peas - Frozen
- 2 tbsp Coriander - Fresh, Chopped

**Preparation:**

In slow cooker, combine squash, potato and chickpeas.

In large skillet, heat oil over medium heat; fry onion, garlic and ginger, stirring occasionally, until onions are light golden (about 7 minutes).

Add curry paste; cook, stirring, until fragrant (about 1 minute) then add to slow cooker.

Add coconut milk and stock to slow cooker.

Cover and cook on LOW for about 4 hours or until vegetables are tender.

Stir in Swiss chard and peas. Cover and cook on HIGH for about 15 minutes or until Swiss chard wilts. Sprinkle with coriander and serve.
Chicken with Rosemary and Apples

Ingredients:

- 2 cups Onion - Sliced
- 2 Apples - Peeled, Cored and Sliced
- 2 lbs Chicken Pieces - with Bone and Skinless
- ¼ tsp Black Pepper
- 2 tbsp Rosemary - Fresh and Chopped
- 1 cup Chicken Broth - Sodium Reduced
- ½ cup Cream of Celery Soup - Low Fat
- 2 cups Cooked Brown Rice

Preparation:

Arrange onion and apple slices in bottom of slow cooker.

Place chicken pieces on top and season all over with black pepper.

Sprinkle rosemary over chicken.

In a medium bowl, whisk together chicken broth and soup.

Pour mixture over chicken.

Cover and cook over LOW heat for 6 to 8 hours.

Serve chicken, sauce, apples and onions over rice.

PARENTS:

Expectations of what children can do should be consistent with their stage of development and their abilities.
Slow Cooker Whole Chicken

Prep Time: 10 min  
Cook Time: 6 hours  
Servings: 6

Ingredients:
- 4 pounds Whole Chicken
- ½ cup Black Pepper to Taste - Fresh Ground if available
- ¼ cup Onion - Diced
- ¼ cup Carrots - Fresh, Diced
- ¼ cup Celery - Diced
- 3 Garlic Cloves - Peeled and Smashed
- 3 Thyme Sprigs - Fresh
- 1 Lemon - Juiced
- 4 tsp Corn Starch

Preparation:
Under cold water, rinse chicken both inside and out. Pat dry.

Season chicken liberally both inside and out with pepper. Place in slow cooker.

Scatter onion, carrots, celery, garlic, thyme and lemon juice over top of chicken.

Cover the slow cooker and set the temperature to HIGH.

Cook, undisturbed, for 6 hours.

Remove chicken from the slow cooker, and pour the accumulated juices into a 2 cup heatproof container.

Skim the fat from the top and transfer the liquid to a small saucepan.

Dissolve the cornstarch in a small bowl with 2 teaspoons of water and whisk to form slurry.

Over high heat, whisk the slurry into the juices and bring to a boil.

Cook until thickened, season with pepper and continue to cook an additional 4—5 minutes.

Cut chicken into pieces, ladle thickened pan juices over top and serve.
Tangy Pot Roast

**Prep Time:** 10 min  
**Cook Time:** 4–6 hrs on high, 8–10 hrs on low  
**Servings:** 4–6

**Ingredients:**

1 Pot Roast  
¾ can Cranberry Sauce - Whole Berry  
1 tbsp Onion - Dried  
1 tbsp Garlic Powder  
Salt and Pepper to Taste

**Preparation:**

You can prepare this the night before and just put the inner liner of your slow cooker in the fridge over night. This even works well if the roast if frozen.

Sprinkle onion, garlic, salt and pepper over roast.

Spoon cranberry sauce over roast.

Cook on LOW for 6–8 hours or on HIGH for 4–6 hours.
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Delicious Meat Loaf

Ingredients:

- 2 Eggs
- 2/3 cups Skim Milk
- ¼ tsp Black Pepper
- 3 slices Whole Wheat Bread - Fresh - Crumbled
- 1 Onion - Chopped
- ½ cup Carrot - Shredded
- 1 cup Cheese - Cheddar, Shredded
- 1½ pounds Ground Chicken or Turkey - Lean
- ¼ cup Brown Sugar - Granulated
- ¼ cup Chili Sauce
- 1 tbsp Mustard - Yellow

Preparation:

Pre-heat oven to 350°F (180°C).

In a large bowl, beat eggs and add milk, pepper and bread.

Beat until bread disintegrates and add onion, carrot, cheese and beef.

Mix well. Pack mixture into a loaf pan.

Combine brown sugar, chili sauce and mustard.

Spread this over loaf.

Bake for approximately 1½ hours.

Let stand for 10 minutes.

Best served hot, but can also be served cold.

Note—this meatloaf can also be either made and frozen or baked and frozen.

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Prep Time: 20 min
Cook Time: 1 ½ hours
Servings: 6—8
Ham and Cheese Pasta Bake

Ingredients:
- 2 cups Macaroni - Whole Wheat
- ¼ cup Flour
- ⅛ tsp Black Pepper - Ground
- ½ tsp Mustard - Dry
- 1 tbsp Onion flakes
- 2½ cups Skim Milk
- 2 cups Broccoli - Fresh, Cooked until Tender (approx. 1 bunch)
- 2 cups Cooked Ham - Diced or Cubed
- ¾ cup Cheese - Cheddar - medium or sharp - Grated

Topping
- 2 tbsp Margarine—non-hydrogenated—melted
- ½ cup Whole Wheat Bread Crumbs

Preparation:
Pre-heat oven to 350°F (180°C).

In a large pot of boiling water, cook macaroni until tender but firm and drain.

In a medium pot, combine flour, pepper, dry mustard, onion flakes and milk.

Heat and stir until sauce boils and thickens.

While stirring, add broccoli, macaroni, ham and cheese.

Place saucy mixture into ungreased 2 quart (2 litre) casserole dish, add topping.

Topping:

Melt butter and stir in cracker crumbs.

Sprinkle on top of saucy mixture, and bake for 30 minutes.
Layered Beef, Corn and Potato Casserole

Prep Time: 15 min
Cook Time: 45 min
Servings: 4

Ingredients:
- 4 pounds Potatoes - Unpeeled - Wash and Scrub
- 1 pound Beef - Lean - Ground
- 1 Onion - Finely Chopped
- ½ cup Skim Milk
- 2 tbsp Margarine - Non-Hydrogenated
- Black Pepper to Taste
- 1½ cups Corn - Whole Kernel Niblets
- ½ tsp Paprika - Dried

Preparation:

Preheat oven to 350°F (180°C).

In a saucepan, over medium-high heat, bring water to boil and add potatoes. Cover and bring to boil. Lower heat and cook potatoes until tender.

Meanwhile, in a sauté pan over medium heat, add beef and onions. Cook until beef is browned. Drain fat.

Place meat mixture in a 8” x 8” x 2” inch (2 litre) baking dish.

Drain and peel potatoes. Put peeled potatoes back in saucepan. Mash potatoes with milk and margarine. Add pepper to taste and set aside.

To the meat mixture, add the corn and spread evenly. Spread potatoes over corn.

Sprinkle lightly with paprika.

Place baking dish in a pre-heated (180 Deg C) 350 Deg F oven and bake for about thirty (30) minutes until heated through.

Note—try substituting or using what ever veggies you have in the fridge.
Stir Fry

<table>
<thead>
<tr>
<th>Prep Time:</th>
<th>15 min</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cook Time:</td>
<td>12 min</td>
</tr>
<tr>
<td>Servings:</td>
<td>4</td>
</tr>
</tbody>
</table>

Ingredients:

- 3 cups Pork - Cubed
- 1 Onion - Chopped, Coarsely
- 2 Carrots - Cut in Sticks
- 1 Green Pepper - Thinly Sliced
- 2 stalks Celery - Cut into Sticks
- ¾ cup Broccoli - Cut into Bite-Sized Pieces
- ¾ cup Cauliflower - Cut into Bite-Sized Pieces
- 1 tbsp Vegetable Oil
- ½ cup Water
- 1 package Club House Stir-Fry Beef & Broccoli Mix

Preparation:

Heat vegetable oil in wok or large skillet over medium-high heat

Add cubed pork and stir-fry for 3 minutes

Add all vegetables and stir-fry 5–7 minutes or until pork is no longer pink.

Add water and seasoning package and stir-fry for 1–2 more minutes or until sauce is thickened.

Serve over a bed of rice or noodles.

PARENTS:

Problem Solving Steps:
- What is the problem
- How would you like things to be?
- Evaluate the possible solutions
- Decide on the best solution
- Do it!
- Evaluate it
Quarter Pound Burgers

Ingredients:
1 pound Beef - Chicken or Turkey - Lean Ground
1 cup Cereal - All Bran - Kellogg’s or preference
1 Egg
¼ cup Onion - Finely Chopped
2 tbsp Chili Sauce
1 tsp Worcestershire Sauce
¼ tsp Black Pepper - Ground
½ tsp Garlic Powder
1 tsp Garlic Clove - Fresh - Chopped
1 tsp Olive Oil - EVOO if available

Preparation:
In large bowl, combine all ingredients, except oil.
Mix well and shape into 4 uniform patties.
In large non-stick skillet over medium heat, heat oil.
Add patties. Cook 3—4 minutes per side. Alternatively... grill over medium-high heat on barbecue or under broiler.
Serve on toasted whole grain rolls with your favourite condiments such as lettuce leaves, various baby sprouts, tomatoes, onions, mustard or even hot peppers for the brave of heart.
Note—Burgers will hold together better if chilled before cooking.

PARENTS:
Children are not good or bad; rather it is their behaviour that is OK/wanted or not OK/unwanted.
Lazy Shepherd’s Pie

Prep Time: 10 min  
Cook Time: 30 min  
Servings: 4

Ingredients:

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
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<tbody>
<tr>
<td>2 lb</td>
<td>Potatoes - Large, Unpeeled, Washed &amp; Cubed</td>
</tr>
<tr>
<td>¼ cup</td>
<td>Skim Milk</td>
</tr>
<tr>
<td>1</td>
<td>Green Onion - Sliced</td>
</tr>
<tr>
<td>1 pound</td>
<td>Beef - Lean Ground</td>
</tr>
<tr>
<td>1 tbsp</td>
<td>Vegetable Oil</td>
</tr>
<tr>
<td>2½ cups</td>
<td>Mushrooms - Small</td>
</tr>
<tr>
<td>1</td>
<td>Onion - Diced</td>
</tr>
<tr>
<td>1 tsp</td>
<td>Thyme - Dried</td>
</tr>
<tr>
<td>¼ tsp</td>
<td>Black Pepper</td>
</tr>
<tr>
<td>1½ cups</td>
<td>Beef Stock - Sodium Reduced</td>
</tr>
<tr>
<td>1 tbsp</td>
<td>Dijon Mustard</td>
</tr>
<tr>
<td>1 tbsp</td>
<td>Cornstarch</td>
</tr>
<tr>
<td>1 cup</td>
<td>Peas - Frozen</td>
</tr>
</tbody>
</table>

Preparation:

In large saucepan of boiling water, cover and cook potatoes, about 12 minutes. When tender, drain and return to pot. Shaking pan dry over low heat about 1 minute. Mash potatoes coarsely, stir in milk and green onion.

Meanwhile—in skillet, fry beef over medium-high heat, breaking up with spoon, until no longer pink, about 5 minutes. Transfer to plate. Drain fat from skillet.

In same skillet, heat oil over medium heat, fry whole mushrooms, onion, thyme, and pepper, stirring occasionally, until mushrooms are golden, about 8 minutes.

Whisk together stock, cornstarch and mustard. Stir into skillet. Add beef and peas and bring to boil. Reduce heat and simmer until thickened and heated through, about 5 minutes. Serve over potatoes.
Pork Chops à la Grand-Mere

Ingredients:
- 4 x 1” thick Pork Loin - Centre Chops - Bone-in
- ¾ tsp Black Pepper
- 3 tbsp Olive Oil - EVOO if available
- 2 pounds Onions - Peeled and Thinly Sliced to Approx. ⅛ inch
- ¼ cup Parsley - Fresh - Chopped
- ¼ tsp Sugar - White Granulated
- 2 tbsp Wine Vinegar - White
- 2 pounds Potatoes - Yukon Gold or Yellow Flesh - Peeled and Thinly Sliced to Approx ⅛ inch
- ½ tsp Thyme - Dried
- ¾ cup Chicken Broth - Sodium Reduced

Preparation:
Pre-heat oven to 425°F (200°C)

Sprinkle chops with ¼ tsp black pepper.

In large skillet, heat 1 tbsp of the oil over medium-high heat.

In batches, brown chops, about 6 minutes. Transfer to plate Drain any fat from pan.

In same skillet, heat 1 tbsp of the olive oil over medium heat.

Add onions, parsley, sugar and the remaining ¼ tsp black pepper.

Stir often, until onions are golden, about 20 minutes. Stir in vinegar.

Meanwhile:

In 12 Cup (3 Litre) casserole, toss potatoes with thyme, remaining oil and black pepper. Pour broth over top.

Place pork chops and any juices on potatoes. Cover with onions.

Cover and bake until potatoes are tender, 50–60 minutes.

Uncover and let stand for 5 minutes before serving.
Stir Fry Beef and Noodles

Prepare Time: 20 min
Cook Time: 10 min
Servings: 8

Ingredients:
- 1 pound Beef - Sirloin or Flank Steak
- 2 tbsp Soy Sauce - Sodium Reduced
- 1½ tsp Sugar - White - Granulated
- 1 tbsp Sesame Oil - Divided as Per Directions
- 1 tbsp Vegetable Oil
- 2 Garlic Cloves - Finely Chopped
- 1 tbsp Ginger Root - Fresh - Finely Chopped
- 3 Green Onions - Finely Chopped
- ½ tsp Chili Paste - Hot
- 6 Mushrooms - Fresh Regular or Shiitake - Thinly Sliced
- 1 Onion - Thinly Sliced
- 1 bunch Broccoli - Swiss Chard or Rapini (your choice) - Fresh Washed - Dried - Trimmed and Cut in 2” pieces
- 1 Sweet Red Pepper - Cut in Strips
- ½ pound Spaghettini - Whole Wheat, Cooked
- ¼ cup Chicken Stock - Sodium Reduced
- 2 tbsp Hoisin Sauce
- 2 tbsp Cilantro/Coriander or Parsley—Fresh, Chopped

Preparation:
Pat steak dry and slice thinly.

Combine soy sauce, sugar and 1 tsp (5 ml) sesame oil. Pour over steak and marinate for 2—8 hours in refrigerator.

In a large sauté pan add vegetable oil and stir fry steak for 4—5 minutes. Remove steak to a side plate. In same pan, add garlic, ginger, green onions and hot chili paste. Sauté until fragrant.

Add mushrooms and onion. Cook until slightly wilted.

Add broccoli, red pepper and noodles and stir together.

Add stock and Hoisin sauce and bring to boil. Cook for about 5 minutes.

Add beef and remaining sesame oil. Cook only until beef is thoroughly heated, about 3—5 minutes. Taste and adjust seasonings if necessary.

Serve sprinkled with cilantro.
Italian Style Meatballs in Tomato Sauce

Prep Time: 15 min  
Cook Time: 45 min  
Servings: 4

Ingredients:
1 pound Beef - Lean - Ground 
½ cup Rolled Oats 
¼ cup Onion - Finely Chopped 
¼ cup Parsley - Fresh - Italian or Curly - Finely Chopped 
4 Eggs - Beaten 
2 tsp Garlic Clove - Chopped 
1 tsp Black Pepper 
¼ cup Vegetable Oil 
4 cups Home-Style Tomato Sauce (page 53) or Use Store-Bought

Preparation:
Put beef, rolled oats, onions, eggs, garlic, parsley and pepper in a large bowl.
Mix well.
Shape meat mixture in 20 small meat balls.
Put oil in a small fry pan. Add the meatballs.
Cook and gently turn until browned on all sides. Turn heat to low. Cover and cook for 10–15 minutes.
Drain off fat.
Add home-style tomato sauce and simmer without cover for another 30 minutes.
Serve over cooked pasta with fresh grated cheese. Parmesan or Romano is preferred.
Note—An easy recipe to double as extra meatballs can be frozen for another meal.
Ground Beef Stroganoff

Prep Time: 10 min  
Cook Time: 20 min  
Servings: 4

Ingredients:

- ¾ pounds Beef - Lean, Ground  
- 1/3 cup Onion - Finely Chopped  
- 3 tbsp Flour  
- 1 cup Skim Milk  
- 10 oz can Mushrooms - Drained  
- 4 tbsp Beef Stock - Sodium-reduced  
- Black Pepper to Taste  
- 2 cups Egg Noodles - Cooked

Preparation:

In a large sauté pan, over medium-high heat, cook and stir beef until it is no longer pink.

Drain off fat.

Add flour to meat mixture. Stir well.

Pour milk in slowly, stirring all the time.

Add mushrooms and beef stock to meat mixture.

Cook and stir the meat mixture until it boils and thickens.

Add pepper to taste.

Serve over cooked noodles or mashed potatoes.

Note—As a change, the noodles may be substituted with equal amount of cooked mashed potatoes.
Lemon Parsley Roasted Fish

Prep Time: 10 min  
Cook Time: 10 min  
Servings: 4

Ingredients:

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>¼ cup</td>
<td>Parsley - Fresh, Chopped</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>Olive Oil - EVOO if available</td>
</tr>
<tr>
<td>1 tsp</td>
<td>Lemon Rind—Grated</td>
</tr>
<tr>
<td>1 tbsp</td>
<td>Lemon Juice</td>
</tr>
<tr>
<td>¼ tsp</td>
<td>Hot Pepper Flakes (Optional)</td>
</tr>
<tr>
<td>3</td>
<td>Garlic Cloves - Minced</td>
</tr>
<tr>
<td>1½ lb</td>
<td>Tilapia, Sole or Catfish Fillets - Your Choice</td>
</tr>
</tbody>
</table>

Preparation:

Pre-heat oven to 450°F (230°C)

Parsley Mixture—In large bowl, combine parsley, oil, lemon rind, lemon juice and garlic.

Also add hot pepper flakes (if using).

Pat fish dry and add to parsley mixture to coat thoroughly.

Place fish on greased, rimmed baking sheet.

Scrape any remaining parsley mixture over top.

Roast until fish flakes easily, about 10 minutes.

PARENTS:

It is important to focus on children’s positive qualities and behaviours.
Grilled Trout with Tomato Salsa

Prep Time: 20 min  
Cook Time: 8 min  
Servings: 4

Ingredients:
1 tbsp Vegetable Oil  
½ tsp Coriander - Ground  
½ tsp Cumin - Ground  
¼ tsp Black Pepper - Fresh Ground if available  
2 pounds Trout Fillets  
2 Tomatoes  
½ Red Onion - Diced  
1 Jalapeno Pepper - Minced  
1 Garlic Clove - Minced  
1/3 cup Coriander - Fresh - Chopped  
2 tbsp Orange Juice  
2 tbsp Olive Oil - EVOO if available  
pinch Black Pepper to Taste - Fresh Ground if available

Preparation:

Fish—In a small bowl, combine oil, coriander, cumin and black pepper. Brush over fish fillets.

Place fish, skin side down, on greased grill over medium-high heat.

Close lid and grill, turning once for about 8 minutes or until fish flakes easily.

While still warm, serve with salsa.

Salsa—In saucepan of boiling water, blanch tomatoes for about 30 seconds or just long enough to loosen skins. Immediately plunge into ice water.

Peel, seed and chop enough to make about 1 cup (250 ml). Let drain for 5 minutes and set aside.

In bowl, combine tomatoes, onion, jalapeno pepper, garlic, coriander, orange juice, oil and black pepper. Set aside and serve with fish.
Tuna Melt

Prep Time: 10 min  
Cook Time: 10 min  
Servings: 6

Ingredients:
- 6-½ oz can Tuna - Drained  
- 1 cup Cheese - Cheddar - Grated  
- ½ cup Celery - Finely Chopped  
- ¼ cup Onion - Finely Chopped  
- 6 Slices Bread - Whole Wheat

Preparation:
Preheat oven to 375°F (190°C).

In a medium bowl, mix tuna, cheese, celery and onion.

Sprinkle with pepper to taste.

On a baking sheet place bread slices.

Put equal amounts of tuna mixture on each bread slice and spread out evenly.

Bake until cheese is melted, about 10 minutes.

Cut each slice of bread into four pieces and serve while still warm.

PARENTS:
Rewards can increase wanted behaviour and each person’s idea of what a reward is may vary.
Salmon Loaf

Prep Time: 15 min  
Cook Time: 60 min  
Servings: 4–6

Ingredients:

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<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Type</th>
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</thead>
<tbody>
<tr>
<td>6½ oz can</td>
<td>Salmon</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Egg</td>
<td></td>
</tr>
<tr>
<td>1 cup</td>
<td>Bread Crumbs - Whole Wheat</td>
<td></td>
</tr>
<tr>
<td>¼ cup</td>
<td>Onion - Chopped</td>
<td></td>
</tr>
<tr>
<td>½ cup</td>
<td>Celery - Chopped</td>
<td></td>
</tr>
<tr>
<td>10 oz can</td>
<td>Cream of Mushroom Soup - Low Fat</td>
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</table>

Tartar Sauce

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<th>Ingredient</th>
<th>Quantity</th>
<th>Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup</td>
<td>Yogurt - Plain</td>
<td></td>
</tr>
<tr>
<td>2 tbsp</td>
<td>Pickles - Small - Diced</td>
<td></td>
</tr>
<tr>
<td>1 tbsp</td>
<td>Vinegar - White - Wine</td>
<td></td>
</tr>
</tbody>
</table>
| 1 tbsp           | Mustard - Coarse Grained
|                  | Black Pepper - Fresh Ground to Taste |

Preparation:

Preheat oven 350°F (180°C).

Mix all ingredients together.

Place in a greased 9” x 5” x 2” (2 litre) loaf pan.

Bake approximately 1 hour.

Tartar Sauce—Place all ingredients in food processor and pulse several times until pickles are finely chopped and all ingredients are well mixed but not pureed.

Serve with salmon loaf.
Hearty Tuna Casserole

**Prep Time:** 15 min  
**Cook Time:** 38 min  
**Servings:** 4

**Ingredients:**

- 3 cups Rotini Pasta - Whole Wheat
- 6½ oz can Tuna - Chunk Style - Drained
- ½ cup Celery - Chopped
- 2 Green Onions - Sliced
- 2/3 cup Sour Cream - Light
- ½ cup Mayonnaise - Light
- 2 tsp Dijon Mustard
- ½ tsp Thyme - Dried
- ¼ tsp Black Pepper - Fresh Ground if available
- 1 Zucchini - Fresh - Small - Thinly Sliced
- 1 Tomato - Fresh - Sliced
- 1 cup Cheese - Monterey Jack - Shredded

**Preparation:**

Pre-heat oven to 350° F (180° C).

In large pot of boiling water, cook pasta about eight minutes or until tender but firm.

Drain, rinse and set aside.

**Tuna Mixture**—In large bowl, flake tuna.

Add pasta, celery and green onions.

Stir in sour cream, mayonnaise, mustard, thyme and pepper.

Spoon half of the tuna mixture into greased 8 cup (2 litre) casserole dish.

Layer zucchini over top. Spread with remaining tuna mixture.

Arrange tomato over top.

Sprinkle with cheese and bake for 30 minutes or until hot and bubbly.

Best served while still hot.
Chicken Roll Ups

Prep Time: 20 min
Cook Time: 38 min
Servings: 4

Ingredients:
4 slices Gingerroot
1 slice Lemon - Fresh
1 Garlic Clove - Sliced
1 pound Chicken Breast - Boneless - Skinless
8 leaves Leaf Lettuce (used as wrapper)
½ cup Radishes - Grated
½ cup Carrots - Grated
½ cup Cucumber - Diced
½ cup Bean Sprouts
3-4 sprigs Basil - Fresh - Chopped (preferred but optional)

Sauce:
2 tbsp Cornstarch
½ cup Maple Syrup
1 cup Pepper - Red Sweet - Chopped
1/3 cup Lemon Juice
3 tbsp Soy Sauce - Sodium Reduced
2 Garlic Cloves - Minced
½ tsp Pepper Sauce - Hot

Preparation:
In a small skillet, bring 1½ cups (375 ml) water, ginger, lemon and garlic to boil. Add chicken.
Reduce heat, cover and simmer, turning once, for 10 minutes or just until no longer pink inside.
Transfer chicken to plate, let cool.
Strain poaching liquid and return to skillet.
Sauce—Dissolve cornstarch in 2 tablespoons (25 ml) water.
Whisk into poaching liquid along with maple syrup. Bring to boil.
Cook for 2 minutes or until slightly thickened. Remove from heat.
Stir in red pepper, lemon juice, soy sauce, garlic and hot pepper sauce.
Shred chicken. Toss with ½ cup (125 ml) of the sauce.
To Serve... Top lettuce leaf with chicken, radishes, carrots, cucumber, bean sprouts, and coriander (optional). Drizzle with some of the remaining sauce. Roll up leaf.
BBQ Grilled Chicken & Strawberry Couscous Salad

**Ingredients:**

2 Chicken Breast - Boneless - Skinless
Black Pepper to Taste
Vegetable Oil
1 tbsp Dijon Mustard
1 ¼ cups Chicken Stock - Sodium Reduced
1 cup Couscous - Whole Wheat
2 cups Strawberries - Fresh
2 cups Baby Spinach
3 Green Onions - Sliced
¼ cup Parsley - Fresh, Chopped
¼ cup Olive Oil - EVOO if Available
2 tbsp Lemon Juice - Fresh
½ cup Feta Cheese - Rinsed, Crumbled

**Preparation:**

Brush chicken with vegetable oil and season with black pepper.

Place on grill over medium heat: close lid and grill for 3 minutes per side.

Brush chicken with mustard, re-grill until no longer pink inside, about 6–8 minutes.

Meanwhile, bring chicken stock to boil: pour over couscous in large salad bowl and cover to keep warm.

Slice chicken into strips.

Cut strawberries into halves or quarters (depending on size).

Add to couscous along with spinach, green onions, parsley, olive oil and lemon juice; toss well.

Season with black pepper. Garnish with crumbled feta cheese.

**Prep Time:** 20 min  
**Cook Time:** 15 min  
**Servings:** 4

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86
Baked Orange Chicken

Prep Time: 20 min  
Cook Time: 5 min 
Servings: 2

Ingredients:

1 Orange
2 Chicken Breasts - Skinless, Bone In or Out
1 tsp Oregano - Dried (or Your Favourite Herb)
Salt to Taste
Pepper to Taste
1-½ tbsp Canola Oil

Preparation:

Preheat oven to 350°F (180°C).
Wash orange under hot water and slice thinly.
Pierce chicken breasts with a fork all over.
Season with salt and pepper to taste and sprinkle with dried herb.
Spread oil on bottom of baking dish. Transfer chicken breasts to the baking dish.
Arrange orange slices on top of chicken so that most of the chicken is covered.
Cover baking dish with lid or foil.
Bake for 30–35 minutes.
Quick Curried Turkey & Mushroom Stew

**Ingredients:**

- 2 tsp Vegetable Oil
- 1 Onion - Chopped
- 1 Yellow Sweet Pepper - Chopped
- 1 Zucchini - Chopped
- 2 tbsp Indian Curry Paste - Mild
- 2 x 10 oz can Mushrooms - Sliced and Drained
- 1 x 19 oz can Tomatoes - Low Sodium, Diced and Drained
- 1 cup Chickpeas - Cooked, Rinsed and Drained
- 1 tbsp Tomato Paste
- 2 cups Turkey Breast - Precooked Leftover, Chopped
- 1 tbsp Gingerroot - Fresh, Minced
- ¼ cup Mango Chutney (Optional)
- ¼ cup Yogurt - Plain, Low Fat (Optional)
- ¼ cup Cilantro - 3 to 5 Fresh Sprigs - finely chopped (Optional)

**Preparation:**

In a large deep nonstick skillet, over medium-heat, add oil.

Cook onion, yellow pepper, zucchini and curry paste, stirring often for 5 minutes or until tender.

Add mushrooms, tomatoes, chickpeas and tomato paste.

Cook uncovered for 5–7 minutes or until vegetables are very tender.

Add turkey and ginger; cook for 3 minutes or until heated through.

Garnish with mango chutney, yogurt and cilantro (if using).
Chicken Fajitas

Prep Time: 15 min  
Cook Time: 10–15 min  
Servings: 6

Ingredients:

- ½ cup Chili Sauce
- 3 tbsp Lime Juice - Fresh
- 2 Garlic Cloves - minced
- 1 tsp Cumin - Ground
- ¼ tsp Black Pepper
- 1 ½ pound Chicken Breast - Skinless, Boneless
- 12 Tortillas - Flour - large,
  Fajita Toppings - your choice

Preparation:

In blender, puree chili sauce if chunky.

In re-sealable plastic bag or shallow dish, combine chili sauce, lime juice, garlic, cumin and pepper; add chicken and turn to coat.

Seal plastic bag or cover dish and marinate in refrigerator for at least 30 minutes or for up to 24 hours.

Broil chicken on foil-lined baking sheet, turning once for 10 minutes or until no longer pink inside.

Slice into thin strips. Serve with toppings on tortillas; roll up.

Fajita Toppings—your choice from salsa to chopped tomatoes, shredded lettuce, shredded Cheddar or Monterey Jack cheese, sautéed sweet peppers, diced fresh or pickled jalapeño peppers.

PARENTS:

When asking for wanted behaviour, turn negative statements into positive statements. Use language that is clear and positive.
Sloppy Joes

Prep Time: 10 min  
Cook Time: 35 min  
Servings: 4

Ingredients:
- ½ pounds Beef - Lean - Ground
- 1 Onion - Finely Chopped
- 1 Celery Stalk - Finely Chopped
- 1 cup Home-Style Tomato Sauce (page 53) or Use Store-bought
- ½ tsp Worcestershire sauce
- 2 tbsp Corn Starch
- 4 tbsp Beef Stock - Sodium-Reduced
- 2 Whole Wheat Hamburger Buns - Split in Half - Toasted

Preparation:
In a large sauté pan, over medium-high heat, cook and stir beef, onion and celery, until beef is no longer pink.

Drain off fat.

Stir in tomato sauce.

Add Worcestershire sauce.

Cook and stir until mixture boils.

Turn heat to low. Simmer and stir, uncovered for 15–20 minutes or until sauce has thickened, about 2–3 minutes.

Place the toasted bun halves on plates and spoon Sloppy Joe mixture over buns.

Best served while still warm
Roasted Turkey Breast with Rosemary & Garlic

**Ingredients:**

- 3 pounds Turkey Breast - Bone In, Skinless
- 2 Garlic Cloves—Cut in Slivers
- ½ tsp Rosemary - Fresh Sprigs or Dried
- 3 tbsp Maple Syrup
- 1 tbsp Dijon Mustard
- 1 tbsp Olive Oil - EVOO if available
- 1 tbsp Lemon Juice
- ½ tsp Black Pepper

**Preparation:**

Preheat oven to 350°F (180°C).

Trim any fat from turkey.

Make small slits in top of breast. Insert garlic slivers & rosemary (either fresh or dried).

In small bowl, combine maple syrup, mustard, oil, lemon juice and pepper. Brush over turkey breast.

Place turkey in baking dish, meaty side up.

Roast for 45–60 minutes depending on size of breast.

Baste every 10–15 minutes until done.

Note—to serve with a nicer presentation, carve or slice breast meat off the bone on diagonal.
Chicken Squash Curry

Prep Time: 8 min  
Cook Time: 26 min  
Servings: 4

Ingredients:

- 2 tbsp Vegetable Oil
- 1 pound Chicken - Boneless, Skinless Chicken Thighs - Cubed
- 1 Onion - Chopped
- 2 Jalapeno Pepper - Seeded and Chopped
- 2 cups / 1 lb Butternut Squash - Peeled, Seeded and Cubed
- 3 tbsp Indian Curry Paste - Mild
- 28 oz can Diced Tomatoes
- ¼ cup Coriander - Fresh - Chopped

Preparation:

In Dutch oven, heat half of the oil over medium-high heat.

Brown Chicken and remove to plate.

In same Dutch oven, heat remaining oil over medium heat.

Cook onion and hot peppers, stirring occasionally or until softened, about 5 minutes.

Add squash and curry paste. Cook, stirring, until fragrant, about 1 minute.

Add tomatoes and bring to boil, scraping up brown bits from the bottom of the pan.

Return Chicken and any juices to Dutch oven. Reduce heat, cover and simmer until squash is tender, about 20 minutes.

Sprinkle with coriander and serve warm.
Baked Rigatoni & Meatballs

Prep Time: 20 min  
Cook Time: 70 min  
Servings: 8–10

Ingredients:

2 tbsp  Olive Oil - EVOO if available  
1  Onion - Chopped  
2  Garlic Cloves - Minced  
1  Carrot - Finely Chopped  
1  Celery Stalk - Finely Chopped  
3 cups  Mushrooms - Fresh - Sliced  
1  Pepper - Sweet - Red or Yellow - Chopped  
1 ½ tsp  Basil - Dried  
1 ½ tsp  Oregano - Dried  
½ tsp  Black Pepper  
2 x 28 oz cans  Tomatoes - Whole  
2 tbsp  Tomato Paste  
1 tbsp  Balsamic Vinegar  
4 cups  Pasta - Rigatoni - Whole Wheat  
2 cups  Cheese - Provolone - Shredded  
½ cup  Cheese - Parmesan - Grated  

MEATBALLS

1  Egg  
¼ cup  Bread Crumbs - Dry  
¼ cup  Onion - Grated  
1  Garlic Cloves - Minced  
¼ cup  Cheese - Parmesan - Grated  
½ tsp  Oregano - Dried  
¼ tsp  Black Pepper  
1 pound  Chicken - Lean Ground

Preparation:

Pre-heat oven to 400°F (200°C)

Meatballs: In large bowl, combine egg, bread crumbs, onion, garlic, Parmesan, oregano, black pepper. Mix in chicken. Shape by 1 tbsp (15 ml) into balls. Bake on greased, rimmed baking sheet for 15 minutes.

Meanwhile, in Dutch oven, heat oil over medium-high heat. Sauté onion, garlic, carrot, celery, mushrooms, red or yellow pepper, basil, oregano, and black pepper, until vegetable are softened, about 10 minutes. Push to side of pan.

Add tomatoes and tomato paste, coarsely mashing tomatoes and stirring to combine. Bring to boil. Reduce heat and simmer for 20 minutes. Add meatballs and balsamic vinegar. Simmer until thickened, about 5 minutes.

Meanwhile, in large saucepan of boiling water, cook pasta until tender but firm, about 8 minutes. Drain and add to sauce. Toss to coat. Transfer to greased 12 cup oval baking dish. Sprinkle with Provolone and Parmesan cheeses. Bake for about 30 minutes or until bubbly.
**Marmalade Glazed Chicken Thighs**

**Ingredients:**
- 2 tbsp Lemon Juice - Fresh squeezed if possible
- 1 tbsp Olive Oil - EVOO if possible
- 2 tsp Rosemary - Fresh, chopped
- 1 Garlic Clove - Minced
- ¼ tsp Black Pepper
- 8 Chicken Thighs - Boneless, Skinless
- 2 tbsp Orange Marmalade - Melted

**Preparation:**
In bowl, whisk together lemon juice, oil, rosemary, garlic and pepper. Set aside.

Cut chicken thighs in half crosswise; add to marinade, tossing to coat. Let stand for 15 minutes or for up to 8 hours.

Thread chicken onto 8 pairs of soaked wooden skewers.

Place on greased grill over medium heat; brush with any remaining marinade.

Close lid and grill, turning once, until juices run clear when chicken is pierced, 12–15 minutes.

Brush with marmalade; grill, turning, for 1 minute.

When using wooden skewers on BBQ, place a strip of aluminium foil 3 inches along the outside edge of your grill.

Place exposed wooden portion of the skewer over the foil. This will help prevent the wooden skewer from charring. Alternate method - Wrapping the exposed portion of individual wooden skewer with aluminium foil, works nicely as well.
Chicken Stew

Prep Time: 20 min
Cook Time: 13 min
Servings: 4

Ingredients:

1 ¾ lb  Chicken Breasts - Bone in, Split and Skinned
2 tsp  Olive Oil - EVOO if available
1 ¾ cups Chicken Stock - Low Sodium
4 Plum Tomatoes - Seeded and Quartered
12 Baby Carrots - Trimmed and Peeled
½ pound Asparagus - Trimmed and cut into 1 ½” pieces
1 (6 oz approx.) Leek - Well cleaned and cut into ¼” pieces
1 cup Peas - Shelled - Fresh or Frozen
Parsley - Italian flat leaf (optional for garnish)

Preparation:

Season chicken breasts with black pepper.

Heat olive oil in large skillet. Add chicken and cook over medium-high heat until golden brown on both sides, about 7 minutes total.

Add stock and tomatoes; bring to a boil and cover.

Cook on medium-low heat about 20 minutes, remove the chicken and set aside.

Add carrots to skillet and cook, covered, until almost tender, about 5 minutes.

Add asparagus, leeks, and peas and cook until all the vegetables are tender, about 5 more minutes.

Meanwhile, pull chicken from bone and shred into large bite-sized pieces. Return chicken to the skillet and cook until heated through, about 2 minutes.

NOTE: Stewing the chicken on the bone makes it tender and juicy. This dish can be served over egg noodles and garnished with sprigs of parley.
Chicken Pot Pie

Prep Time: 20 min
Cook Time: 40 min
Servings: 8–10

Ingredients:

2 tbsp Olive Oil - EVOO if Available
½ lb Mushrooms - Fresh - Quartered
2 Onions - Chopped
1 cup Carrots - Diced
1/3 cup Flour - White - All Purpose
2 cups Chicken Stock - Sodium Reduced
1 tbsp Thyme - Fresh - Chopped (½ tsp if Using Dried)
¼ tsp Red Hot Pepper Sauce
½ tsp Black Pepper
4 cups Chicken Breast - Cooked - Diced
½ cup Corn Niblets - Fresh or Frozen
1 cup Peas - Fresh or Frozen
¼ cup Pepper - Sweet, Red, Roasted and Diced or Pimento - Diced

Cheddar Mashed Potato Topping:

2 pounds Baking Potatoes - Peeled - Cut into 2 Inch Pieces
¼ cup Skim Milk - Hot
¼ tsp Black Pepper
⅛ cup Cheese - Light Cheddar, Grated
1 tsp Paprika - Dried

Preparation:

Pre-heat oven to 400°F (200°C).

Heat oil in large saucepan or Dutch oven. Add mushrooms, onions, carrots and sauté for a few minutes. Sprinkle with flour. Cook gently for 5 minutes, but do not brown.

Whisk in stock, and bring to boil. Reduce heat and add thyme, hot pepper sauce, and black pepper. Simmer gently for 10 minutes, stirring occasionally.

Stir in chicken, corn, peas and sweet pepper or pimento. Taste and adjust seasonings if necessary.

To make topping, cook potatoes in large pot of boiling water until tender. Drain well and mash. Beat in skim milk, pepper and cheese. Taste and adjust seasonings if necessary.

Lightly oil 3 quart casserole dish. Spoon in chicken mixture. Top with mashed potatoes, sprinkle with paprika.

Bake for 30–35 minutes, or until hot and bubbly.
Barbequed Chicken Fingers

Prep Time: 10 min  
Cook Time: 15 min  
Servings: 4

Ingredients:

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<th>Quantity</th>
<th>Ingredient</th>
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<tbody>
<tr>
<td>1 lb</td>
<td>Chicken Breast - Boneless, Skinless</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>Maple Syrup</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>Lemon Juice</td>
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<tr>
<td>1 tbsp</td>
<td>Chili Sauce</td>
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<tr>
<td>¼ tsp</td>
<td>Cumin - Ground</td>
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<td></td>
<td>Black Pepper to Taste</td>
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Preparation:

Cut each chicken breast into 4–5 strips.

Pat dry.

In bowl, combine maple syrup, lemon juice, chili sauce and cumin.

Add chicken and marinate in refrigerator for up to 8 hours.

Just before cooking, preheat barbecue or broiler to medium high heat.

Grill chicken pieces for 5–7 minutes per side, depending on thickness or until just cooked through.

**PARENTS:**

A natural consequences is something that happens as a direct result of a particular behaviour or action.

A logical consequence is the process by which someone steps in to help a child experience the effects of his behaviour. It is logically connected to the behaviour.
Baked Chicken Breasts with Fresh Basil

Prep Time: 10 min  
Cook Time: 30 min  
Servings: 10

Ingredients:
- 10 Chicken Breasts - Boneless, Skinless  
- ¾ cup Yogurt - Low Fat  
- ½ cup Basil - Fresh - Chopped  
- 2 tsp Corn Starch  
- 1 cup Bread Crumbs - Whole Wheat  
  Black Pepper to Taste  
- 2 tbsp Parmesan Cheese (Optional)

Preparation:
Pre-heat oven to 375°F (190°C).

Arrange chicken in single layer on a baking pan.

Combine yogurt, basil and corn starch, mix well and spread over chicken.

Season bread crumbs with pepper to taste, add parmesan if using and sprinkle over chicken.

(If making ahead, cover and refrigerate.)

Bake for 30 minutes or until no longer pink inside.
**Zippy Lemon Chicken**

**Prep Time:** 15 min  
**Cook Time:** 20 min  
**Servings:** 1

**Ingredients:**
- 2 tbsp Bread Crumbs - Fresh Whole Wheat
- 1 tsp Grated Lemon Rind  
  Black Pepper to Taste  
- 1 Egg White
- 1 - 3 oz Chicken Breast - Boneless, Skinless
- 2 tsp x 2 Olive Oil - EVOO if available
- ½ cup Chicken Stock - Sodium Reduced
- 1 tbsp Lemon Juice
- 2 oz Whole Wheat Pasta - Thin Spaghettini or Vermicelli
- 2 tbsp Parsley - Fresh - Chopped
- 1 Lemon Wedge

**Preparation:**
On a plate, combine bread crumbs, lemon rind and black pepper.

In a dish, lightly beat egg white.

Dip chicken breast into egg white, then into bread crumb mixture, turning to coat well.

In a nonstick skillet, heat 2 tsp olive oil over medium heat.

Cook chicken for about 3 minutes on each side or until no longer pink inside.

Transfer to plate, cover and keep warm.

Add chicken stock, lemon juice and remaining olive oil to skillet; simmer for about 4 minutes or until slightly thickened.

**NOTE**—The recipe ingredients can easily be multiplied by number of servings needed. A bowl of salad greens makes a nice side dish.
Stove Top Chicken Orzo

Prep Time: 15 min  
Cook Time: 35 min  
Servings: 4

Ingredients:
- 1 tsp Olive Oil - EVOO if Available
- 1 lb Chicken Breast - Boneless, Skinless, Cut into strips
- 2 cups Mushrooms - Sliced
- ½ cup Onion - Chopped
- 2 Garlic Cloves - Minced
- 10 oz can Cream of Chicken Soup - Low Fat
- 2/3 cup Water
- ¾ cup Orzo - Whole Wheat
- 1 cup Carrots - Shredded
- ¼ tsp Black Pepper
- 1 tbsp Basil Leaves - Fresh, Chopped
- 2 Basil Leaves - Cut into Fine Strips
- 1 Tomato - Diced

Preparation:
In large skillet, heat oil over medium-high heat and cook chicken strips until well browned.

Add all the other ingredients except for basil strips and tomato.

Mix well and bring to a boil. Reduce heat.

Cover and simmer for 15 minutes, stirring occasionally.

Add basil strips and tomato. Stir to combine.

Serve warm.

PARENTS:
Giving children clear directions increases the likelihood that they will follow the directions.
Mushroom Ragout

Prep Time: 20 min  
Cook Time: 25–30 min  
Servings: 4–6

Ingredients:

- 2 tbsp Margarine - Non-Hydrogenated
- 2 Shallots - Diced
- 2 Garlic Cloves - Minced
- 1½ lb Assorted Mushrooms - Sliced (About 12 Cups)
- 1 tsp Thyme - Dried
- ½ tsp Black Pepper to Taste - Fresh Ground if Available
- ½ cup Vegetable Stock - Low Sodium
- ½ cup Plain Yogurt
- 3 tbsp Chives - Chopped

Preparation:

In large shallow Dutch oven, heat margarine over medium heat.

Fry shallots and garlic, stirring occasionally, until softened, about 10 minutes.

Add mushrooms, thyme and, pepper. Cook, stirring often, until golden, about 12 minutes.

Stir in vegetable stock. Reduce heat and simmer until almost no liquid remains, about 5 minutes.

Remove to serving dish, sprinkle with chives and serve.
Baked Brie with Cranberry Carmelized Onions

**Prep Time:** 150 min  
**Cook Time:** 30–35 min  
**Servings:** 6–8

**Ingredients:**

- 1 tbsp Vegetable Oil  
- 1¾ cups Sweet Onion - Finely Chopped  
- ¼ tsp Black Pepper to taste - Fresh Ground if available  
- 2 tbsp Brown Sugar - Lightly Packed  
- 2 tbsp Wine Vinegar  
- ¼ tsp Thyme - Dried  
- 1 tbsp Cranberries - Dried, chopped  
- 8 oz package Brie Cheese (Round)  
- 2 tsp Parsley - Fresh, Minced

**Preparation:**

Preheat oven to 350°F (180°C).

In skillet, heat oil over medium heat. Fry onion, add pepper, stirring occasionally, until light golden, about 12 minutes.

Sprinkle with brown sugar. Cook over medium-low heat, stirring occasionally, until golden brown, about 20 minutes.

Stir in vinegar and thyme, scraping up brown bits on bottom of pan. Cook for 2 minutes.

Scrape into bowl. Let cool and stir in cranberries.

Spread onion mixture over cheese.

Place on small baking sheet. Bake until cheese is softened, about 10 minutes.

Transfer to serving plate. Sprinkle with parsley and serve.
Zucchini Casserole

Prep Time: 20 min  
Cook Time: 40 min  
Servings: 4–8

Ingredients:
- 2 tbsp Margarine - Non-Hydrogenated
- 1 cup Onion - Diced
- 1½ cups Celery - Chopped
- 3 cups Zucchini - Cut into 1 inch (2.5 cm) cubes
- 1 Green Onion - Sliced
- 1 cup Mushrooms - Sliced
- 1 cup Tomatoes - Fresh (more to taste)
- Black Pepper to taste - Fresh Ground if available

Preparation:
Preheat oven to 350°F (180°C).

In a frying pan, over very low heat, add margarine, cook onions and celery. Do not brown.

Mix with zucchini, mushrooms, tomatoes and remainder of ingredients, and transfer to a 9” x 13” (2 litre) glass casserole dish and cover.

Place covered casserole dish and cook until vegetables are just tender, about ½ hour.

Remove lid and continue cooking until all liquid is absorbed.

This casserole, heated up the second day tastes even better.

PARENTS:
Children respond positively in a secure environment that is free from the threat of physical punishment.
Spinach Casserole

**Prep Time:** 15 min  
**Cook Time:** 20 min  
**Servings:** 4—6

**Ingredients:**
- 2 packages Leaf Spinach - Frozen
- 1 lb Mushrooms - Fresh
- 1 cup Cheddar Cheese - Grated (may add more to taste)
- ¼ cup Onion - Chopped
- ¼ cup Margarine - Non-Hydrogenated
- 1 Garlic Clove - Chopped

**Preparation:**
Pre-heat oven to 350°F (180°C)

Cook spinach and drain well.

After spinach is cool put on the bottom of a 9” x 13” (2 litre) casserole dish.

Layer, onion, half of the cheese, mushrooms, top with melted margarine, garlic and add the remainder of the cheese.

Bake for 20 minutes or until golden.

**PARENTS:**

There is a difference between consequences and punishment
Vegetarian Lasagna

Prep Time: 20 min  
Cook Time: 80 min  
Servings: 4–6

Ingredients:
- 2 tbsp Olive Oil - EVOO cold press if available
- 1 Onion - Diced
- 4 Garlic Cloves - Minced
- ¾ tsp Hot Pepper Flakes
- 2 Zucchini - Diced
- 2 Red Pepper - Sweet, Diced
- 1 Eggplant - Diced
- 1 Bay Leaf
- ½ tsp Black Pepper - Fresh Ground if available
- ½ tsp Oregano - Dried
- ½ tsp Thyme - Dried
- 28 oz can Tomatoes - Whole
- ¼ cup Basil - Fresh Chopped
- ¼ cup Parsley - Fresh Chopped
- 2 Eggs
- ¾ tsp Nutmeg - Ground
- 1 tub Ricotta Cheese
- 3 cups Mozzarella Cheese - Shredded
- 1 cup Parmesan Cheese - Grated
- 10 oz package Lasagna Noodles - whole wheat

Preparation:
Pre-heat oven to 375˚F (190˚C).

In large Dutch oven, heat oil over medium heat. Cook onion, garlic and hot pepper flakes until softened, about 6 minutes.

Add zucchini, red peppers, eggplant, bay leaf, thyme, oregano and pepper. Cook stirring, until edges of eggplant are golden, about 10 minutes.

Stir in tomatoes, breaking up with back of spoon. Bring to boil. Reduce heat, cover and simmer, stirring occasionally, until thickened, about 30 minutes. Discard bay leaf.

Stir in basil and parsley.

In bowl beat eggs with nutmeg. Stir in ricotta, 2 cups of Mozzarella and Parmesan cheese. Set aside.

In large pot of boiling water, cook noodles until almost tender, about 6 minutes. Drain and transfer to cold water. Drain again and arrange one-third of the noodles in single layer in greased 13” x 9” glass baking dish. Cover with 1 cup of the vegetable sauce.

Top with one-third of the remaining noodles. Spread with one-third of the remaining vegetable sauce, then dot with half of the cheese filling. Starting with noodles, repeat layers once.

Top with remaining noodles. Spread with remaining sauce. Sprinkle with remaining Mozzarella cheese.

Cover loosely with foil. Bake for 20 minutes.

Uncover and bake until bubbly and heated through, about 25 minutes.
Vegetarian Salad Rolls

Prep Time: 20 min  
Cook Time:  
Servings: 12

Ingredients:

- 4 oz Rice Stick - Vermicelli
- ½ English Cucumber - Peeled - Halved - Cored
- ½ Red Pepper - Sweet - Halved - Seeded
- 1 Carrot - Large - Peeled
- 1 Mango - Peeled - Pitted
- 12 Rice Paper Wrappers - 6 inches (15 cm)
- 12 Mint or Basil - Large Leaves
- ¼ Cup Roasted Peanuts - Finely Chopped

Dipping Sauce:

- ½ cup Thai Chili Sauce - Sweet
- 2 tbsp Lime Juice
- 2 tsp Rice Wine
- 2 tsp Vinegar and Water

Preparation:

Dipping Sauce:

In small bowl, stir together chili sauce, lime juice, vinegar and water. Set aside.

In bowl, soak rice vermicelli in hot water until tender, about 10 minutes, drain. Toss with 1 tablespoon of dipping sauce.

Cut cucumber, red pepper, carrot and mango into 3” x ⅛” (8 cm x 3 mm) strips. Set aside.

Fill shallow pan with lukewarm water. Soak rice paper wrappers 1 at a time in water until soft and pliable, about 1 minute. Transfer to tea towel and pat dry.

Along bottom edge of wrapper and leaving 1 inch (2.5 cm) on each side, place 1 mint leaf, 1 teaspoon (5 ml) of the peanuts, 4 pieces each cucumber, red pepper, carrot, mango, and about 1 tablespoon (15 ml) of the vermicelli noodles.

Fold sides over and tightly roll up.

Repeat with remaining ingredients to make 12 rolls.

PARENTS:

There are many different types of families and family members have many roles.
Black Bean & Goat Cheese Quesadillas

Prep Time: 10 min  
Cook Time: 10 min  
Servings: 6

**Ingredients:**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>Black Beans (may use canned) - Drained</td>
</tr>
<tr>
<td>1</td>
<td>Tomato - Chopped</td>
</tr>
<tr>
<td>1</td>
<td>Red Pepper (Roasted preferred) - Peeled, Chopped</td>
</tr>
<tr>
<td>1</td>
<td>Chipotle or Jalapeño - Chopped (optional)</td>
</tr>
<tr>
<td>1</td>
<td>Garlic Clove - Minced</td>
</tr>
<tr>
<td>½ cup</td>
<td>Cilantro or Parsley - Fresh, Chopped</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>Green Onions or Chives - Chopped</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>Basil - Fresh, Chopped</td>
</tr>
<tr>
<td>1½ cups</td>
<td>Cheese - Monterey Jack or Cheddar, Grated</td>
</tr>
<tr>
<td>½ cup</td>
<td>Goat Cheese - Chevre or Feta</td>
</tr>
<tr>
<td>6 slices</td>
<td>Tortillas 10 inch - Whole Wheat</td>
</tr>
<tr>
<td></td>
<td>Pita Bread 8 inch - Whole Wheat</td>
</tr>
</tbody>
</table>

**Preparation:**

Pre-heat oven to 400°F (200°C) or BBQ grill.

In large bowl, combine black beans, tomato, red pepper, chipotle, garlic, cilantro, chives, basil, Monterey Jack and chevre.

Place tortillas on counter in single layer.

Spread filling evenly over one half of each tortilla.

Fold unfilled half of tortilla over filled side and press together gently.

Preheat barbecue and grill quesadillas for 2–3 minutes per side until lightly browned... or ... Bake in single layer on baking sheet for 7–10 minutes... or ... Cook for a few minutes per side in non-stick skillet that has been very lightly brushed with vegetable oil.

**NOTE:** These can be made ahead and reheated when needed. You can cut these into wedges and serve them as appetizers.
Curried Lentil Burger

Prep Time: 15 min  
Cook Time: 25 min  
Servings: 4

Ingredients:

- 2 tbsp Vegetable Oil
- 4 cups Mushrooms - Sliced
- 1 Onion - Chopped
- 1 Garlic Clove - Minced
- ¼ tsp Black Pepper to Taste - Fresh Ground if available
- 19 oz can Lentils - Drained and Rinsed
- 1 tsp Curry Paste
- ¼ cup Dry Bread Crumbs - Whole Wheat
- ¼ cup Coriander - Fresh - Chopped
- 4 Gouda Cheese Slices with Cumin
- 4 leaves Leaf Lettuce
- 4 slices Red Onion
- 4 buns Hamburger Buns - Whole Wheat

Preparation:

In skillet, heat one tablespoon (15 ml) of oil over medium-high heat.

Cook mushrooms, chopped onion, garlic and pepper, stirring occasionally, until liquid is evaporated, about 5 minutes. Transfer to food processor.

Add lentils and curry paste to food processor. Pulse to combine.

Mix in bread crumbs and coriander.

Shape into 4 patties about 1 inch (2.5 cm) thick.

In same skillet, heat remaining oil over medium heat.

Fry patties until crusty, about 8 minutes per side.

Top each with cheese slices. Cover and cook until melted.

Sandwich patty, lettuce and red onion in buns and serve.
# DESSERT

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Berry Berry Sauce

Prep Time: 10 min
Cook Time: 
Servings: 6

Ingredients:
- 10 oz package Raspberry - Frozen
- 2 tbsp Orange Juice
- 2 cups Strawberries - Fresh, Trimmed and Quartered
- 1 cup Raspberry - Fresh
- 1 cup Blueberries - Fresh

Preparation:
Defrost frozen raspberries. If they come in syrup, strain them and reserve juices.

Puree berries through a food mill, blender or food processor.

Add enough reserved juices to make a medium thick sauce.

Stir in all fresh berries.

Serve with slices of pound cake.

Steps for staying out of trouble:
Stop what you are doing and name the trouble
Think about what could happen
Say no
Look for something else to do
Fruit Yogurt Dip & Peach Salsa

Prep Time: 15 min
Cook Time: Servings: 1 cup dip 2 cups salsa

Ingredients:

Fruit Yogurt Dip:
1 cup Yogurt - Thick
2 tbsp Brown Sugar
1 tbsp Orange Juice
1 tsp Vanilla

Peach Salsa:
2 Peaches - Very Ripe - Peeled - Diced
( May substitute - Plums or Mangos)
½ cup Strawberries Approx 6 Pieces - Trimmed - Diced
2 tbsp Orange Marmalade
1 tbsp Orange Juice
1 tbsp Mint - Fresh - Chopped (Optional)
Pinch each Cinnamon - Allspice - Ground Ginger - Nutmeg

Preparation:

Fruit Yogurt Dip:
Combine thick yogurt (also called yogurt cheese), brown sugar and vanilla.

Whisk together.

Peach Salsa:
Combine peaches, strawberries, marmalade, mint and spices.

Mash lightly with potato masher until mixture is moist enough to hold together.

Serve with a platter of fresh fruits of your choice.
Rice Pudding

Prep Time: 5 min  
Cook Time: 45 min  
Servings: 6

Ingredients:

- 1 quart/litre Skim Milk
- ½ cup Rice
- ½ cup Raisins
- 1 cup 2% Evaporated Milk
- 2 Eggs
- 1 cup Sugar
- 1 tsp Vanilla

Preparation:

Hot Rice Mixture:

In heavy bottom pot, heat skim milk over medium heat.

Add rice and raisins.

Simmer until rice is cooked, about ½ hour.

Add ½ cup (125 ml) evaporated milk and continue cooking for 5 minutes.

Egg Mixture:

In mixing bowl combine remaining ½ cup (125 ml) evaporated milk, sugar, vanilla and eggs.

Stir 1 cup (250ml) of hot rice mixture into egg mixture and then whisk all the contents of the bowl into the hot rice mixture.

Cook over medium heat until thickened, about 6—8 minutes, stirring often.
The Ultimate Bread Pudding with Raisins

Prep Time: 10 min  
Cook Time: 60 min  
Servings: 6

Ingredients:

- 3 Eggs
- ½ cup White Sugar - Granulated
- 2 tsp Vanilla
- 2½ cups Skim Milk
- 4 cups Raisin Bread Cubes - Whole Wheat  
  Cinnamon to taste

Preparation:

Preheat oven 375°F (190°C).

Milk Mixture:

Put eggs, sugar and vanilla in a small bowl. Mix well.

Add milk and mix well.

Lightly grease an 8” x 8” x 2” baking pan.

Spread the bread cubes on the bottom of the pan and pour in milk mixture.

Sprinkle cinnamon on top.

Place baking pan in a larger pan that has been half filled with hot water.

Bake in oven for about 50–60 minutes.

To see if the pudding is cooked through, insert a small knife or toothpick into the middle of it. If it comes out clean, the pudding is done.

Let stand 10 minutes before serving.
Blueberry Raspberry Spelt Cake

Prep Time: 20 min  
Cook Time: 50 min  
Servings: 8–12

Ingredients:

1½ cups  Raspberries - Fresh  
1 cup  Blueberries - Fresh  
¾ cup  Flour - All Purpose  
1½ cups  Flour - Whole Spelt  
½ tsp each  Baking Powder  
½ tsp each  Baking Soda  
3  Eggs  
2/3 cup  Brown Sugar - Slightly Packed  
1/3 cup  Margarine - Non-Hydrogenated, Melted  
¼ cup  Vegetable Oil  
1 tsp  Vanilla - Extract or Pure

Preparation:

Preheat oven to 325°F (160°C).

Line bottom of an 8” (2 litre) square cake pan with parchment paper.

Grease sides of pan and set aside.

**Berry Mixture:** In small bowl, toss together raspberries, blueberries and 2 tablespoons of all-purpose flour and set aside.

**Flour Mixture:** In bowl, whisk spelt flour, remaining all-purpose flour, baking powder and baking soda.

In separate bowl, beat eggs with sugar until pale and thickened, about 3 minutes.

Stir in margarine, oil and vanilla.

Stir in flour mixture until smooth.

Fold in berry mixture. Scrape into prepared pan.

Bake in centre rack of oven for 50 minutes or until golden brown.

To see if the cake is cooked thru, insert a small knife or toothpick into the middle of it. If it comes out clean, the cake is done.

Let cool in pan on rack before serving.
Apple Oatmeal Crisp

Prep Time: 15 min  
Cook Time: 25 min  
Servings: 8

Ingredients:

1½ lb  Apples - Cooking - MacIntosh preferred  
3 tbsp  Sugar - White - Granulated  
¼ tsp  Cinnamon - Ground  
1-1/3 cups  Rolled Oats  
¾ cup  Brown Sugar - Lightly Packed  
¼ tsp  Baking Powder  
¼ tsp  Baking Soda  
1 cup  Skim Milk Powder  
1/3 cup  Flour - All Purpose  
½ cup  Margarine - Non-Hydrogenated - Divided

Preparation:

Preheat oven 350°F (180°C).

Peel apples. Cut apples lengthwise into quarters. Cut out core with seeds. Cut pieces of apple into thin slices.

In a large bowl, add apples, white sugar and cinnamon, Toss lightly. Set aside.

In another large bowl, combine oats, brown sugar, baking powder and baking soda. Divide mixture in half. Add the skim milk powder to one half of the mixture.

Add the flour to the other half of the mixture.

Use a pastry blender or 2 knives to cut half the margarine into the skim milk powder mixture. Keep cutting until mixture looks like fine crumbs.

Next, cut the rest of the margarine into the flour mixture. Again, keep cutting until the mixture is crumbly.

Lightly grease a 13” x 9” x 2” baking pan. Press the skim milk mixture into the bottom of the pan. Cover with apple mixture. Using your fingers, crumble the flour mixture on top of the apples.

Bake for 20–25 minutes or until golden brown.

Best served warm.
Date Bread

Prep Time: 15 min  
Cook Time: 60 min  
Servings: 12 slices

Ingredients:

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>¾ cup</td>
<td>Flour - Whole Wheat</td>
</tr>
<tr>
<td>¼ cup</td>
<td>Flour - All Purpose</td>
</tr>
<tr>
<td>1 tsp</td>
<td>Baking Powder</td>
</tr>
<tr>
<td>½ tsp</td>
<td>Cinnamon - Ground</td>
</tr>
<tr>
<td>1 cup</td>
<td>Dates - Finely Chopped</td>
</tr>
<tr>
<td>¾ cup</td>
<td>Hot Water</td>
</tr>
<tr>
<td>½ tsp</td>
<td>Baking Soda</td>
</tr>
<tr>
<td>½ cup</td>
<td>Brown Sugar - Lightly Packed</td>
</tr>
<tr>
<td>¼ cup</td>
<td>Margarine - Non-Hydrogenated, Melted</td>
</tr>
<tr>
<td>1</td>
<td>Egg - Beaten</td>
</tr>
</tbody>
</table>

Preparation:

Preheat oven to 325°F (160°C).

In a small bowl, combine flour, baking powder and cinnamon.

Mix well and set aside.

In a large bowl, mix dates, hot water and baking soda.

Let cool. Add sugar, margarine and egg. Mix well.

Add dry ingredients. Mix and stir well.

Lightly grease a 9” x 5” x 2” loaf pan.

Evenly spread all the batter into loaf pan.

Bake on the middle shelf of the oven for 50–60 minutes.

To see if the loaf is baked, insert a small knife or toothpick into the middle of it. If it comes out clean, the loaf is done.

Remove from oven and let stand to cool for about 10 minutes.

Once cooled, remove loaf from pan and serve.
Two Grain Cranberry Bread

Prep Time: 15 min  
Cook Time: 65 min  
Servings: 12 slices

Ingredients:

- ½ cup Vegetable Oil
- 2/3 cup Brown Sugar - Packed
- 2 Eggs
- 1 cup Rolled Oats - Not Instant
- 1 cup Flour - All Purpose
- 2/3 cup Flour - Whole Wheat
- ⅛ tsp Baking Soda
- ⅛ tsp Baking Powder
- ⅛ tsp Cinnamon or Ground Cloves
- ⅛ cup Cranberries - Dried
- ⅛ cup Cranberries - Fresh
- 1¼ cups Apple Sauce - Unsweetened

Preparation:

Preheat oven 350°F (180°C).

In large bowl, beat vegetable oil with brown sugar until light and fluffy.

Beat in eggs, 1 at a time.

In separate bowl, whisk together all but 2 tablespoons of the rolled oats, the all purpose and whole wheat flours, baking soda, baking powder and cinnamon or cloves.

Add cranberries.

Stir into wet mixture alternately with apple sauce, making 3 additions of oat mixture and 2 of apple sauce.

Scrape into parchment paper-lined or greased 9″ x 5″ loaf pan.

Sprinkle with reserved rolled oats.

Bake in centre of oven until cake tester, inserted in the centre, comes out clean, about 65 minutes.

Let cool in pan on rack for 10 minutes.

Turn out onto rack and let cool completely. Serve.
Banana Bread

Prep Time: 20 min  
Cook Time: 45 min  
Servings: 8–10

Ingredients:

1 cup Bananas - Very Ripe, Mashed - approx. 2 to 4 bananas
1 Banana - Very Ripe, Sliced and Baked on Top of Bread
1½ tsp Vanilla - Essence or Extract
1¼ cup Sugar - White, Granulated
1 cup Yogurt - Plain, Full Fat (do not substitute)
2 tbsp Vegetable Oil
1½ cups Flour - Whole Wheat
2 tsp Baking Soda
Nutmeg - Freshly Grated, to taste

Preparation:

Preheat oven 350°F (180°C ).

Lightly grease a 4” x 8” (2 litre) loaf pan. Line the bottom with parchment paper.

In a large bowl mash bananas. Add maple syrup, vanilla, sugar, yogurt and oil. Mix with a spoon or spatula to combine.

Sift flour, baking soda, salt and nutmeg onto parchment paper or another bowl.

Gently fold the dry ingredients into the banana mixture until just combined.

Pour batter into prepared loaf pan.

Line banana slices decoratively on top of the batter.

Bake for 40–50 minutes or until golden and tester comes out clean.

Let cool in the pan for 30 minutes. Flip onto a wire rack and cool completely.

Cut into 8–10 slices. Serve.
Banana Chocolate Chip Muffins

Ingredients:

1 cup Flour - Whole Wheat
¾ cup Wheat Bran
¾ cup Flaxseed - Ground
¼ cup Chocolate - Dark, Chopped
1½ tsp Baking Powder
1 tsp Baking Soda
2 tbsp Cinnamon
1½ cups Banana - Very Ripe, Mashed (approx. 4 bananas)
¾ cup Brown Sugar - Dark Granulated, Lightly Packed
¾ cup Buttermilk
1 Egg

Preparation:

Preheat oven 400°F (200°C).

Line a muffin pan with paper cup liners.

In large bowl, using a fork or a wire whisk, mix together all 7 dry ingredients.

In a medium bowl, beat together all 4 wet ingredients.

The mashed banana needs to be mixed in well.

Pour the wet ingredients into the dry ingredients and mix until combined.

Scoop mixture into muffin cups.

Bake for 20–25 minutes or until done.
Fruit and Granola Parfaits

Prep Time: 10 min
Cook Time: 
Servings: 2

Ingredients:

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>Granola Cereal</td>
</tr>
<tr>
<td>1 ½ cups</td>
<td>Yogurt - Strawberry Flavour</td>
</tr>
<tr>
<td>1 cup</td>
<td>Strawberries - Sliced</td>
</tr>
<tr>
<td>1 cup</td>
<td>Blueberries</td>
</tr>
</tbody>
</table>

Preparation:
In serving glasses, layer cereal, yogurt, strawberries and blueberries.

Serve immediately, or cover and chill for up to 2 hours.

NOTE: Best served with fresh seasonal fruits and berries. Any flavour of yogurt will do nicely.

PARENTS:
There is a difference between consequences and punishment.
Melon Berry Cup

**Prep Time:** 10 min  
**Cook Time:**  
**Servings:** 2

**Ingredients:**  
1 cup White Cranberry Juice  
2 tbsp Sugar - Granulated  
1 Lemon Rind - Strip Approx. 1” x 3” long (2.5 x 8cm)  
2 lb Cantaloupe Melon - Approx. ½  
2 lb Honeydew Melon - Approx. ½  
2 cups Strawberries - Fresh - Wash and Cut in Half  
1 cup Blueberries - Fresh

**Preparation:**  
In small saucepan, bring cranberry juice, sugar and lemon rind to boil.

Reduce heat and simmer until reduced to ½ cup (125 ml), about 8 minutes.

Let cool to room temperature.

Discard lemon rind.

Meanwhile, with melon baller, scoop balls from cantaloupe and honeydew melons into a large bowl to make 3 cups (750 ml) of each.

Add strawberries and blueberries.

Pour liquid mixture over top.

Cover and refrigerate for 2 hours.
Watermelon Fruit Salad

**Ingredients:**
- 1 Grapefruit
- 8 oz Watermelon
- ½ cup Raspberries - Fresh
- 1 tbsp Maple Syrup
- 1 tsp Mint - Fresh, Thinly Sliced

**Preparation:**
Grate enough grapefruit rind to make 1 teaspoon (5ml) and set aside.

Working over a large bowl to catch juice, cut off rind and outer membrane of grapefruit.

Cut between membrane and pulp to release fruit into bowl.

Squeeze membranes to extract all juice.

Cut watermelon into 1½ inch (4 cm) cubes to make approx. 1½ cups (375 ml).

Add to grapefruit juice.

Add raspberries, sugar and mint.

Stir gently and let stand for 15 minutes.

Sprinkle with grapefruit rind and serve.

When making ahead, cover and refrigerate for up to 6 hours.

*PARENTS:*

*People have many different feelings and they are all OK.*
Baked Pears with Jam

Prep Time: 5 min
Cook Time: 15–20 min
Servings: 4

Ingredients:
- 2 medium Pears - Ripe, Peeled and Halved
- 4 tsp Margarine - Non-Hydrogenated
- 1 tsp Lemon or Orange Juice
- 2 tsp Sugar
- ¼ tsp Cinnamon - Ground
- 4 tsp Fruit Jam or Marmalade

Preparation:
Preheat oven to 350°F (180°C).

Place pear halves, cut side up, in a shallow, 1 quart baking dish.

Place margarine in the centre of each.

Drizzle with fruit juice.

Sprinkle sugar and cinnamon over pears.

Bake for 15–20 minutes.
SAMPLE MENUS

Items marked with * are found in this book.
MENU ONE

Lazy Shepherd’s Pie *
Corn on the Cob
Tomato and Cucumber Salad
Whole Wheat Bruschetta
Fresh Vegetable Platter with Hummus
Cheese Platter
Apple Oatmeal Crisp *
MENU TWO

Grandmother’s Pork Chops *

Carrots and Peas

Confetti Power Slaw *

Savoury Cheese Mini Muffins

Fresh Vegetable and Cheese Platter

Gingered Fruit Dip with Apple and Pear Wedges and Grapes
MENU THREE

Rigatoni with Chicken Meatballs *

Green Tossed Salad with Vegetables and Edamame

Whole Wheat Rolls

Fresh Vegetables and Cheese Platter

Ultimate Bread Pudding *

Fresh Fruit Platter
MENU FOUR
Salmon Loaf *
Smashed Potatoes
Butternut Squash
Steamed Broccoli
Carrot Raisin Salad
Whole Wheat Gouda Melts
Fresh Vegetable and Cheese Platter
Rice Pudding *
Fresh Fruit Platter
MENU FIVE

Quarter Pound Burger on Whole Wheat Buns *

Fresh Toppings

Sweet Potato Fries with Dip *

Coleslaw

Steamed Broccoli and Cauliflower

Fresh Vegetable and Cheese Platter

Fruit Salad with Cranberry Oatmeal Cookie *
MENU SIX

Carrot Orange Soup *
Pita Crisps
Chicken and Vegetable Wraps
Stuffed Mushrooms with Broccoli and Cheese *
Vegetable Platter with White Bean Dip
Cheese Platter
Frozen Yogurt with Strawberry Rhubarb Conserve
Fresh Fruit Platter
MENU SEVEN

Stir Fried Beef and Noodles*

Black Bean, Corn and Rice Salad

Roasted Pear Salad

Fresh Vegetable and Cheese Platter

Savoury Scones

Cranberry Bread*

Fresh Fruit Platter with Yogurt Dip
MENU EIGHT

Chicken Pot Pie *
Whole Wheat Biscuits
California Salad *
Fresh Vegetables and Cheese Platter
Yogurt and Fruit Granola Parfaits *
Fresh Fruit Platter
MENU NINE

Macaroni and Cheese *

Spinach Salad *

Chickpea and Quinoa Salad *

Whole Wheat Rolls

Fresh Tomato and Cucumber Platter

Cheese Platter

Fresh Fruit with Berry Berry Sauce *
MENU TEN

Delicious Meat Loaf *
Rice Pilaf *
Carrots and Green Beans
Tossed Salad
Baked Brie with Whole Wheat Crostini
Fresh Vegetable and Cheese Platter
Fresh Fruit Platter
MENU ELEVEN

Quesadillas with Black Bean and Goat Cheese or Chicken and Cheddar *

Fresh Salsa
Herb Yogurt
Roasted Potatoes and Sauteed Zucchini
Cole Slaw
Fresh Vegetable and Cheese Platter
Fresh Fruit Platter
MENU TWELVE

Ground Beef Stroganoff *
Fresh Asparagus
Winter Vegetables
Whole Wheat Crostini with Herb Cheese Spread
Cherry Tomato Salad
Fresh Vegetable and Cheese Platter
Blueberries with Vanilla Yogurt
Fresh Fruit Platter
SCHOOL LUNCH CHOICES

A+

- Cold pasta salad with hard cooked egg slices
- Sliced peppers & carrots
- Milk
- Unsweetened applesauce
- Oatmeal cookies

- Whole wheat English muffin with tuna salad
- Mini carrots
- Yogurt
- Banana
- 100% pure juice box

- Melba Toast, cheddar cubes & turkey chunks
- Milk
- Grape tomatoes
- Canned fruit in own juice/light juice
- Fig bars

- Split pea soup with whole wheat crackers
- Bran muffin
- Tomato juice
- Grapes
- Chocolate pudding made with milk

- Hummus & vegetables in whole wheat tortilla wrap
- Chocolate milk
- Apple
- Cheese cubes
- Canned peaches in own juice/light juice

...as recommended by Simcoe Muskoka District Health Unit...
“Cool” lunches happen when kids get to plan and make the foods they love to eat. Having children take ownership of preparing lunches is a recipe for success!

Check out some ideas above, and then use your own blank chart to create your “cool” lunches. Have your child pick on food from each of the columns of the “cool” lunch guide. Work together to create fun and interesting lunches to go. Due to allergy concerns, check with your school of play group to see if peanut products are allowed and beware of sharing...

www.dietitians.ca

**Things to remember**

Nuts, seeds, popcorn, some raw fruits such as grapes, some raw vegetables especially carrots are good snacks but may cause choking in children under age three. Always supervise young children when they are eating.
Community Support & Assistance

Child Care Fee Subsidy
The District of Muskoka Community Services Department provides child care subsidy to eligible families. Applications are completed for parents that are employed, in school, or have children with a demonstrated special need. For information call 705-645-2412 and ask for child care.

Children’s Foundation of Muskoka
The foundation provides grants for recreational, educational, cultural, medical and emotional needs for Muskoka Children up to the age of 18. Leave a message at 705-644-5225

Community Housing
Affordable housing options are available to those who meet qualifying conditions through the District Municipality of Muskoka. Please call 705-645-2412 x 280

Community Worker for Homelessness
For information call the District of Municipality of Muskoka at 705-645-2412 x 340

Dental Care Assistance
The Simcoe Muskoka district Health Unit may be able to assist with the cost of your child’s dental care up until their 18th birthday. Please call Your Health Connection 1877-721-7520

Dinner Programs
Ontario Early Years Dinner Programs
Gravenhurst Children’s Place
Thursdays Sept—June 705-687-6664
Bracebridge Children’s Place
Thursdays Sept—June 705-645-3362
Huntsville Public School
Tuesdays Sept—June 705-645-3027

Bracebridge Out of the Cold
Various Locations
Mid November to mid April 5:30—7:30
705-644-3761

Gravenhurst Supper Club
Thursdays, Trinity United Church
Snacks at 5:00, Dinner at 6:00
705-641-0293

The Table Soup Kitchen
Trinity United
Mondays 5:00—6:30
St. Andrews Presbyterian Church
Thursdays 5:00—6:30
705-783-5827

Domestic Violence
Shelter and outreach services for abused women, with or without children

Muskoka Interval House—Bracebridge
705-645-4461

Chrysalis Shelter & Supportive Housing—Huntsville
705-789-8488

Emergency Shelter
Gravenhurst 705-687-7271
Bracebridge 705-645-2602
Huntsville 705-788-0624
Community Support & Assistance

**Fresh Food Baskets**
- Bracebridge 705-645-3029
- Gravenhurst 705-687-7271
- Huntsville 705-645-2412 x333
- Bala 705 762-4601
- Baysville 705 767-2361
- MacTier 705 538-2337 x261
- Georgian Bay 705 538-2337 x261

**Food Banks**
- **Gravenhurst Salvation Army**
  155 Muskoka Rd North
  705-687-7271

- **Bracebridge Manna Food Bank**
  325 Fraserburg Rd
  705-646-0114
  Tues & Fri 1:00 to 4:00

- **Huntsville Salvation Army**
  4 Mary Street E
  705-788-0624

- **Huntsville Table Food Bank**
  96 Main Street E
  Tues, Fri, Sat 12:00 to 3:00
  705-783-3827

**General Housing Support**
People may apply for one time funding to avoid eviction or secure permanent housing. Call the District Municipality of Muskoka at 705-645-2412 x 363 to learn more.

**Housing Drop-Ins**
Anyone in Muskoka having difficulty finding a place to live can use the resources at the housing drop-in programs

- **Huntsville Salvation Army**
  10 Mary Street
  Thursdays 9:00 to 12:00

- **Gravenhurst Salvation Army**
  155 Muskoka Road
  Tues & Thurs 1 to 4, Fri 9:00 to noon

**Income Assistance Ontario Works**
Provides income and employment supports to families in financial need through the District Municipality of Muskoka. Please call 705-645-2412 ext 275 to learn more.

**McDonnell Foundation**
Provides financial assistance for various needs such as dental work, medical problems and housing issues. Please call voicemail 705-645-2412 x 190 or application can be picked up at the District of Muskoka Community Services offices.
Additional Contacts and Services

**After School Programs**
- Baysville—705-635-2272
- Macaulay Tree House—705-645-1953
- Muskoka Family Focus—705-645-3027 or 800-461-7404
- Muskoka Lakes Preschool—705-765-2067
- YMCA Simcoe/Muskoka—Muskoka Falls 646-7105
- YMCA Simcoe/Muskoka—Irwin Memorial 788-5040

**Child Care Services**
- Child Care Fee Subsidy 645-2412 ext 321 or 800-461-4215
- Community Facilitator 645-2412 ext 308

**Financial Supports**
- Community Resources pg. 29
- Canada Child Tax Benefit 800-387-1193
- Child Care Fee Subsidy 645-2412 ext 321 or 800-461-4215
- National Child Benefit 800-622-6232
- Ontario Child Benefit 800-387-1193
- Ontario Child Care Supplement for Working Families 877-533-2188
- Ontario Works 645-2412 ext 275 or 800-461-4215 ext 275
- Universal Child Care Benefit 800-387-1193

**Health**
- Birth Certificates 800-461-2156
- Community Care Access Centre 800-263-2805
- Muskoka Pre-School Speech and Language Program 789-9985 or 866-232-5559 ext 5800
- One Kids Place: Children’s Treatment Centre 789-9985 or 866-232-5559
- Simcoe Muskoka District Health Unit 877-721-7520
- Health Connection 877-721-7520
- Telehealth Ontario 866-797-0000
- Trillium Drug Program 800-575-5386

**Education**
- Montessori School of Bracebridge 705-645-1443
- Muskoka Christian School 705-385-2847
- Muskoka Montessori Elementary 705-788-3802
- Tawingo College 789-5890

**Near North District School Board**
- 800-278-4922

**Simcoe Muskoka Catholic District School Board**
- Monsignor Michael O’Leary 645-8759
- Our Lady of Mercy 756-2330
- Saint Mary’s 789-6481

**Trillium Lakelands District School Board**
- 645-8704 or 888-719-9030

- Bracebridge PS 705-645-5209
- Glen Orchard PS 705-765-3144
- Gravenhurst PS 705-687-2011
- Honey Harbour PS 705-756-2433
- Huntsville Public School 705-789-2318
- Irwin Memorial PS 705-635-2232
- K.P. Manson PS 705-689-2612
- Macaulay PS 705-645-5410
- Monck PS 705-645-9986
- Muskoka Beechgrove PS 705-687-2162
- Muskoka Falls PS 705-645-2463
- Pine Glen PS 705-789-4791
- Riverside PS 705-789-2282
- Spruce Glen PS 705-789-4591
- V.K. Greer Memorial PS 705-385-2200
- Watt PS 705-769-3643