

The INDIGENOUS DIABETES HEALTH CIRCLE PRESENTS

Food Is Our Medicine

Making it Sacred

COOKBOOK



DISCLAIMER

The Indigenous Diabetes Health Circle (IDHC) is a non-profit organization that is funded by the Ontario Ministry of Health and Long-term Care. The IDHC provides the development, and enhancement of culturally appropriate programs and services focusing on diabetes wellness, priority with awareness to diabetes education, prevention and management in Indigenous communities, both on and off reserve.

All information in this resource has been developed and provided by the IDHC and partnerships. The intention is to inspire and support organizations and decision makers to encourage healthy lifestyles that promote a diabetes free future. This will help to reduce childhood obesity. It can nevertheless not be assumed that any and all mistakes are completely excluded.

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ACKNOWLEDGEMENTS

The vision of this teaching tool is to educate and inspire organizations to choose to feed life back into our communities by providing food with spirit. Everyone involved with this vision brought inspiration, creativity and a genuine intention of creating healthier communities.

Acknowledgment goes to the IDHC staff for spearheading the development of the "Walk the Talk" nutrition policy; an amazing team that truly believes in the power of food.

A special thank you to the talented Chef Joseph Hughes, for taking this journey with the IDHC and providing his wisdom and original recipes to the numerous IDHC Education Programs and events. It was Joseph's beautiful food that sparked the vision of creating a tool to help other organizations provide healthy, affordable nutrition to their communities.

A heartfelt Nya:Weh to Grandmother Reneé Thomas Hill for her support in making this vision a reality.

Inti Amaterasu for his creativity with the food photo shoot and graphic design skills.

Kelly Gordon, a Registered Dietitian who brought her skills, experience and patience. It was with everyone's efforts that this vision has become possible.

Nya:Wen

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Food is our medicine, making it sacred

A COOKBOOK TO INSPIRE
AND PROMOTE
ORGANIZATIONS AND
DECISION MAKERS TO
ENCOURAGE HEALTHY
EATING LIFESTYLES THAT
PROMOTES A DIABETES
FREE FUTURE AND A
REDUCTION TO
CHILDHOOD OBESITY.

AN INTRODUCTION

There has been a move away from traditions, such as community building, giving thanks, acknowledgment and respect for what has been provided. All food and water is alive, all food and water is medicine that is gifted in the seasonal cycles. As a component with the IDHC

13 Grandmother Moon Diabetes Wellness Guidelines, nourishment includes all aspects towards growing, gathering, preparation and handling of all food and water. These important teachings are taught and passed on by true leadership; which can be defined as Peace (our inwardness), Power (our perception) and Righteousness (our Walk, what others see). This can also be further defined as, Walking the Talk. In our fast pace lifestyles and programming, traditional mindfulness and original teachings have been forgotten.

At typical events, gatherings, socials and conferences, there are usually a spread of carbs and starches (breads, muffins, pastries, pasta's etc.) and fast food style 'foods'. The body converts these types of 'foods' directly into sugar; they hold little value, if any. By the afternoon when everyone's sugar level has crashed, people can seem heavily distracted, not paying attention, eating more and even some actually nodding off. True nutrition has lost its meaning, priority and value within its physical, mental, spiritual and emotional connections to 'us' as communities. This ultimately is affecting our mental health and can be seen in the rise of addictions; and it all leads back to the food that we eat.

Today a sea of convenient resources, that of 'fast food establishments', prepackaged pre-prepared massively processed meals (thaw, zap and serve; or just add water) is preferred by the

majority; and is relied on to serve our communities and children. This new dependency can be defined for some as "that is all they know", or "I don't have the time." Unfortunately the result is the rise of diabetes and childhood obesity at epidemic proportions. We need to stop poisoning our spirit with junk food.

Awareness and consciousness of essential life-skills such as nutrition literacy, is what is missing in today's 'education systems,' and many Indigenous Communities, organizations, programs and ultimately with decision makers. One of the purposes of this cookbook is to address this issue and to show that nutrition and food preparation is not all that complicated or time consuming. The intention is for frontline workers and decision makers to serve 'nutritional excellence' that is full of spirit to communities through programming, events, socials and meetings.

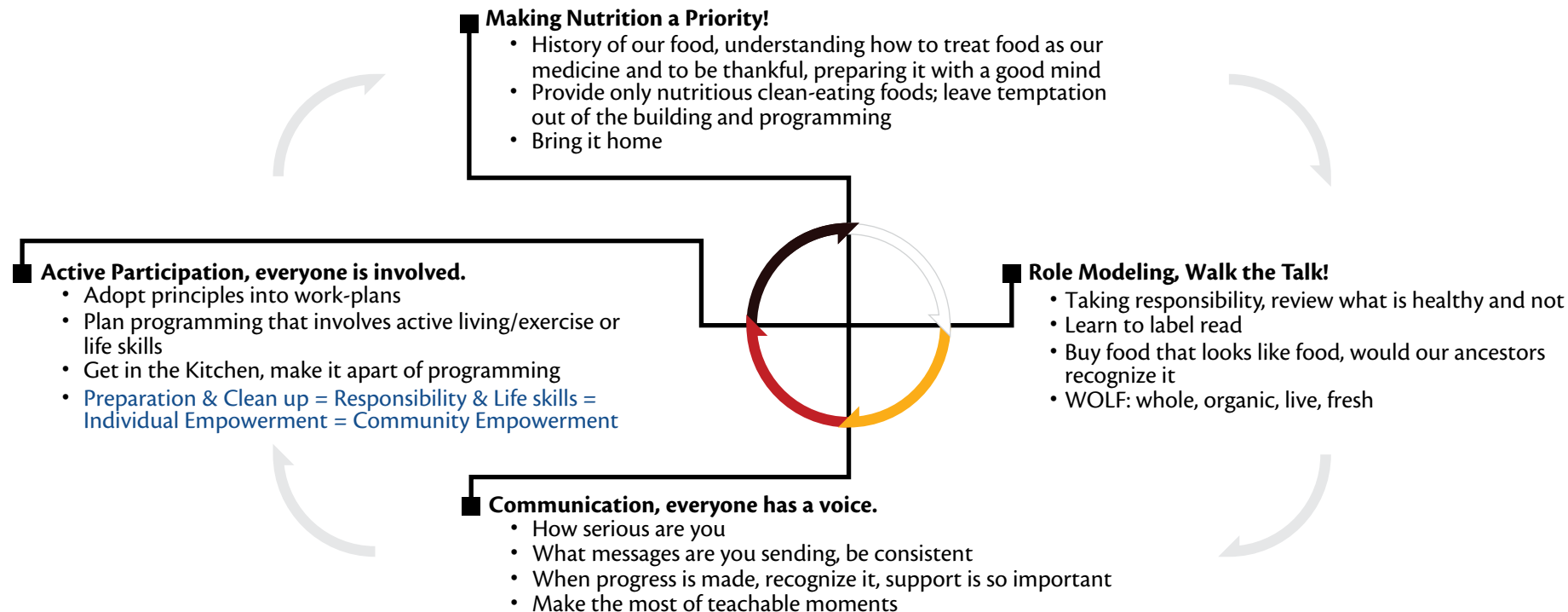
The goal of the 'Making it Sacred Cookbook' is to bring understanding and awareness to the connection and spirit of our food and to Walk the Talk, making nutrition a priority. Each component is to bring educational elements that are based on the seasons, nutritional information, and preparation advice with budget tips. Plus there is a section included on a formula to make a healthy eating organization, and how to make it work with tips and strategies.

It is essential that organizations, frontline workers and decision makers in Indigenous Communities implement ideas and concepts from IDHC's Walk the Talk Nutrition Policy as guidelines for nutritional excellence into healthy programming. (IDHC's Walk the Talk Nutrition Policy can be downloaded at www.soadi.ca.)

Happy Cooking!



MAKING IT WORK AT YOUR ORGANIZATION Tips and Strategies: A Recipe For A Healthy Organization



SMALL STEPS MAKE BIG CHANGES

and can be encouraged right away at your organization & communities.

Some strategies to ensure a clean eating environment:

1. Make the building a pop, juice, 'junk food' & candy free environment. (with signs posted)
2. Have a quick grab healthy snack accessible; example basket of apples in lobby.
3. Promote staff potluck lunches, strongly encouraging homemade dishes.
4. Avoid fast food chains while out and do not bring it in for programs or personal.
5. Avoid anything processed; pre-made and prepackaged (high fats/low nutrient 'foods').
6. Provide a water station in high traffic areas.
7. Promote the use of 'bundles' at gatherings and events. People bring their own (plate, bowl, cutlery, and cup), this instills being responsible for ourselves.
8. At Community potlucks, encourage homemade dishes; "please opt not to bring anything in a packages or from fast food establishments."
9. Provide alternative natural sweeteners and dairy for Tea/ Herbal and Coffee.
10. Encourage staff and volunteers to complete:

Community kitchen training, contact Food Share – Toronto Food Handlers training, contact your local public health
11. Keep a positive, cooperative attitude in the centre, kitchen and programs. This helps to manage through the transition.
12. Be patient when exposing new food options.

Get participants involved:

Give a feeling of choice vs restriction

Give open forum to choose recipes

Let participants know what is on the menu/agenda
13. Grow your own fruits and vegetables
14. Invite a local IDHC Family Wellness Worker (FWW) into community and or centre to provide nutrition literacy.
15. When working with caterers and hotels, don't be afraid to ask for specific menu's or dietary needs, if need be supply the recipes.
16. If Caterer is uncooperative, find a new caterer or new venue.
Eating healthy does not mean more expensive. If the quote rises significantly due to 'healthy food' request, move on if price is not justifiable.
17. Things that can affect cost are: seasonal, location and amount requesting.
18. Be realistic!
19. Don't yield or step backwards.



18. Get back to basics, "respect" and connect to nature and your food, and know where it comes from.
19. Check out great resources: First Nations Health Council, Healthy Food Guidelines, For First Nations Communities; www.fnhc.ca

CLEAN IT UP. Get rid of the norm and swap for healthy alternatives

COMMON DIET	CLEAN IT UP
Regular iodized salt	Sea salt or Himalayan pink sea salt
White sugar	maple syrup, honey, Stevia, raw sugar
White flour	Unrefined whole grains (many varieties)
White bread	Whole grain bread, wraps, crackers
White parboiled rice (minute rice)	Brown, wild (many types of grains)
Pop/Juice	Real fruit/berries flavored water
Vegetable oil/butter	Olive oil (many types of cooking oils)
Pastas/pasta salads	Whole grain pasta; beans, wild grain salads
Muffins/bagels/cereals	Oatmeal with variety of toppings (seeds & berries)
Danish's/donuts/cookies	Fruit, veggies with hummus spread
Pizza	whole wheat or multigrain crust, sauce with alt cheese & veg toppings
Chips/crackers	Kale chips, tortilla chips (made with corn)
Hamburgers & Hotdogs	whole wheat or multigrain buns, homemade burgers, or alternatives

Menu ideas for Large Events and Fundraisers

When people gather, food is a focus and makes it a great opportunity to promote food as nutrition. Make the most of these gatherings and encourage contributions of healthy options, alternatives and serving sizes. This will support the community in making positive changes to eating habits, and walking the talk.

This can be for:

- Home Events
- Workplaces
- Schools & Daycares
- Meetings
- Community Events
- Conferences

Healthy food and exercise feed the brain and promote alertness and learning.

Summer Menu suggestion:

Beverages:

- Strawberry & Cucumber water

Am Snack:

- Veggie Platter with humus dips
- Fruit Tray (Available for entire event.)

Lunch:

- Ancient Grain Salad & Sesame Cider Vinaigrette
- Lime Salt Chicken Wraps
- Wild Game Kabobs (marinated in Joseph's Italian Dressing)
- Marinated Veggies
- Spinach Salad with Buttermilk Mango Dressing & Toasted Walnuts

Pm Snack:

- Bruschetta Mix with Eggplant and Zucchini Chips

Other 1 dish ideas for fundraisers:

- Moose Meat Casserole with wild/brown rice mix (loaded with chopped veggies)
- Stir fry veggies with wild/ brown rice mix
- Wild game dinner with choice of salads





The biscuits are gluten free that the participants had made. The spread is a Tupelo honey and ginger jelly that the participants made the session before.



Nutrition Tip:

If no nuts are allowed in your building, try oven roasted beans & peas, oats with seed mixture.

Things to pack in cooler for events/programs

- Variety of fresh prewashed fruits, berries and cutup vegetables
- Raw leafy greens and sprouts to toss in a salad
- Raw unsalted nuts and seeds ***nut awareness***
- Natural nut butter/spreads ***nut awareness***
- Hummus and other legume based spreads
- Whole-grain wraps, breads and crackers
- Water stored in a stainless steel or BPA free container
- Plain yogurt
- Dried fruit (moderation)
- Hard boiled eggs
- Any leftovers from other programming

The adoption of Bundles

- This concept is giving responsibility back to community. The idea is for individuals to be responsible for their own bundle which consists of a plate, cup, bowl and utensils. This includes bringing it to functions, socials and programming so that they have something to eat with, and also responsible for cleaning.
- If the utensils we eat with are treated as sacred items, the food we eat is sacred; this establishes and promotes the thought that our bodies are sacred.
- This awareness bundle helps to encourage a consciousness of gratitude with our relationship with food on a day to day basis; plus it instills the responsibility to clean up after ourselves.



SHOPPING STRATEGIES

to stay on budget

*“SHOP THE
PERIMETER FIRST
WITH WHOLE
FOODS, FREEZER
AISLES THEN THE
MORE EXPENSIVE
PROCESSED FOOD
AISLES LAST”*



- Plan meals ahead of time, communicate with other programs – Make the most of super foods.
- Create shopping LIST and stick to it – create a staple food list, mark what's getting low on etc.
- Buy in bulk.
- Don't shop when hungry.
- Eat at centre as much as possible, Limit the amount of eating out you do.
- Pack your program lunch/ snacks in a clean eating cooler to take to events in centre or out.
- Buy local (Whole Organic Live Fresh) – your body's rhythm knows the area (within 100km of where you are from).
- Read labels, beware of high glucose-fructose (artificial sugar) products.
- Flyers, look for specials and in season fruits and vegetables (more tasty less expensive).
- Shop the perimeter first, freezer aisles then the more processed expensive food aisles last.
- Compare 'no name' foods with name brands.
- Reuse leftovers.
- Partner with programs & other organizations and buy in bulk (community buying group).
- Learn about proper food storage, stop cost waste with food waste.

Things to consider when providing service and programming to community members living with diabetes.



- Having healthy nutritious snacks (WOLF principle) available throughout the day or every 3 hours.
- Use smaller plates (6-9 inches) to discourage over eating.
- An accessible bathroom with a sharps container.
- Serve meals at designated times, example at noon.
- Having accessible water stations available.
- If possible put water pitchers and glasses on each table for easy access. If no pitchers available, still put glasses at each seat to promote drinking water. Can also provide flavored water with fresh berries or cucumbers to promote drinking water for those that do not like to.
- If possible have a comfortable area set up for a person to rest if needed.
- Having a first aid kit on site with:
 - Fast acting glucose tablets or orange juice on hand (juice boxes)
 - Glucometer with lancets and test strips, so a person can test themselves if necessary.
- Steps & stairs marked with bright tape with hand rails. Eye sight may hinder proper clear vision and become a hazard.
- Guided fitness breaks to circulate blood, especially after lunch and mid afternoon.
- Make an announcement that your organization is promoting water for that day, and to please respect the space and put all other beverages outside of the gathering area.

Things for Employers to consider with employees living with diabetes.

- Allowing employees to eat every three hours.
- Allowing employees to have food and water at their workspace.
- Allowing employees to have frequent bathroom breaks or accessibility to restroom with Sharps container.
- Encourage time for physical activity in the morning, after lunch and in afternoon.
- Having first aid kit with:
 - Fast acting glucose tablets or orange juice on hand (juice boxes).
 - Glucometer with lancets and test strips, so a person can test themselves if necessary.
- An understanding for people that may need to take extra time off work for various medical appointments.



BASIC COOKING CHART FOR

WHOLE GRAINS

**Slow-cooking grains should be soaked overnight prior to cooking.*

Rule of thumb is to bring water to a boil and then add grain, bring back to a boil and then simmer for desired time/consistency.

***Add boiling water to grain in bowl and let soak*

(Cooking with stock vs water gives extra flavor minerals and nutrition to cooked grain.)

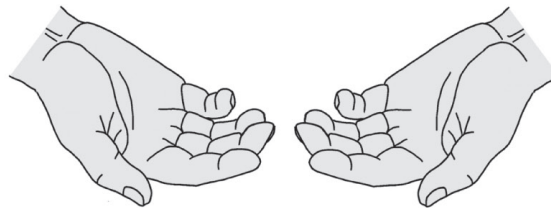
TYPE OF GRAIN	GRAIN TO LIQUID COOKING RATIO	APPROXIMATE COOKING TIME	YIELD APPROXIMATE UNCOOKED = COOKED
Amaranth	1 part amaranth: 2 part liquid	20 to 25 minutes	1 cup = 2 ½ cups
Barley (pearl/hulled)	1 part barley: 3 parts liquid	45 – 60 minutes 1 hr to 1 ½ hrs	1 cup = 3 ½ cups
Barley (pot/whole grain)	1 part barley: 3.5 parts liquid	35 minutes Shorter if presoaked	1 cup = 3 ½ cups
Brown rice (short-grain)	1 part rice: 2 parts liquid	45 minutes	1 cup = 3 ½ cups
Brown rice (long-grain)	1 part rice: 2 ½ parts liquid	30 minutes 15 – 20 minutes	1 cup = 4 cups
Buckwheat groats (kasha) Toasted	1 part buckwheat: 2 parts liquid	10-15 minutes 25 minutes	1 cup = 3 cups
Bulgur, Cracked Wheat**	1 part bulgur: 2 parts liquid	10 to 20 minutes	1 cup = 4 cups
Millet (hulled)	1 part millet: 2.5 parts liquid	20 - 30 minutes	1 cup = 3 ½ cups
Oats (rolled)	1 part oats: 2 parts liquid	45 - 60 minutes	1 cup = 4 cups
Oats (steel cut)	1 part oats: 4 parts liquid	55 to 65 minutes After presoaked	1 cup = 3 cups
Oat groats	1 part oats: 2 parts liquid	40 to 60 minutes	1 cup = 3 ½ cups
Wheatberries (hard)*	1 part wheatberries: 5 parts liquid	12 to 15 minutes	1 cup = 3 cups
Wild rice	1 part rice: 3 ½ parts liquid		
Quinoa	1 part quinoa: 2 parts liquid		
CONVERSION CHART			
1 tsp	½ Tbsp	5 ml	
3 tsp	1 Tbsp	15 ml	
¼ cup	4 Tbsp	2 oz (fluid)	59 ml
½ cup	8 Tbsp	4 oz (fluid)	118 ml
¾ cup	12 Tbsp	6 oz (fluid)	177 ml
1 cup	16 Tbsp	8 oz (fluid)	½ pint; bunch
1 ½ cups	24 Tbsp	10 oz (fluid)	¾ pint
4 cups	1 lbs	16 oz (weight)	1 quart (1.069) = 1 liter

Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide:



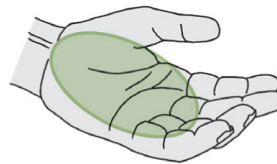
FRUITS*/GRAINS & STARCHES*:

Choose an amount the size of your fist for each of Grains & Starches, and Fruit.



VEGETABLES*:

Choose as much as you can hold in both hands.



MEAT & ALTERNATIVES*:

Choose an amount up to the size of the palm of your hand and the thickness of your little finger.



FATS*:

Limit fat to an amount the size of the tip of your thumb.

MILK & ALTERNATIVES*: Drink up to 250 mL (8 oz) of low-fat milk with a meal.

** Food group names taken from Beyond the Basics: Meal Planning for Healthy Eating, Diabetes Prevention and Management © Canadian Diabetes Association, 2005. Please refer to this resource for more details on meal planning.*

HANDY PORTION GUIDE

Stocks, Sauces & Dressing

TAHINI

 **PREP TIME: 10 MINUTES**
YIELD: 2 CUPS

INGREDIENTS

- 2 c Sesame seeds
- Splash Sesame oil, Only if seeds are too dry (powder consistency, not a paste)

METHOD

1. Place seeds in food processor; pulse to break up the seeds.
2. Blend until a smooth paste is formed.
3. If the paste is too dry, you may add a splash of sesame oil or olive oil.
4. Will Keep for 1 year in a sealed container at room temperature.

NUTRIENT FACTS
Serving Size: 2 Tbsp (1 oz)

CALORIES (kcal)	89
FAT (g)	8
CARBOHYDRATE (g)	3.2
SUGARS (g)	0.1
PROTEIN (g)	2.5
SODIUM (mg)	17.2

 **PREP TIME: 10 MINUTES**
YIELD : 12 CUPS

INGREDIENTS

- 4 ¼ c Marjoram leaves, dried (115g)
- 1 ⅓ c Rosemary, dried (70g)
- 2 c Oregano, dried (95g)
- 2 ¾ c Sweet basil, dried (95g)
- 1 ¾ c Thyme, dried (87g)

METHOD

1. Mix well in medium bowl.
2. Store in an airtight container. Use as needed.
3. May be stored for 6-8 months; if stored in cool, dark place, up to one year.

Bread crumbs:

- *Marinades and salad dressings*
- *Can be used as a rub on roasted meats (same ratio of Italian seasoning and sweet paprika)*

BUTTERMILK MANGO DRESSING

FOR SPINACH SALAD

 **PREP TIME: 15 MINUTES**
YIELD: 3 CUPS

INGREDIENTS

50 SERVINGS	20 SERVINGS	
5	2	Mangoes, ripened
1 ¼ c	½ c	Rice vinegar
1 ¼ c	½ c	Buttermilk
		Honey, if needed to taste, depending on how ripe the mangos are
		Salt & pepper, to taste

METHOD

1. Core and peel mangoes.
2. Puree mango flesh in blender until smooth.
3. Whisk in remaining ingredients; add honey, if needed.
4. Will keep 1-2 weeks in sealed container refrigerated.

Other uses:

Can be used with other salad greens

NUTRIENT FACTS

Serving Size: 2 Tbsp (1 oz)

CALORIES (kcal)	15
FAT (g)	0.1
CARBOHYDRATE (g)	3.4
SUGARS (g)	3.0
PROTEIN (g)	0.3
SODIUM (mg)	5.8



Nutrition Tip:

Making your own dressings can cut down on total fat, sodium and sugars!

SPICE MIX FOR TOASTED NUTS FOR SPINACH SALAD

 **PREP TIME: 10 MINUTES**
COOK TIME: 15 MINUTES
YIELD: 1 LITRES (1 quart)

INGREDIENTS

- 1 tsp Ground nutmeg
- 1 tsp Allspice
- 1 tsp Cloves
- 1 tsp Cumin
- 1 Tbsp Fine sea salt
- 2 tsp White pepper, fine ground
- 1 Tbsp Brown sugar
- 1 lb Walnuts
- 2-3 Tbsp Canola oil
- 4 c Chopped walnuts

METHOD

1. Combine above spice ingredients and brown sugar in container with tight-fitting lid.
2. In medium bowl toss nuts in canola oil to coat.
3. Add spice mix to nuts to coat and to taste.
4. Preheat oven to 425°F. Place piece of parchment paper on baking sheet. Spread nuts on the paper and place in oven. Stir occasionally to ensure even toasting.
5. Toast for 12-15 minutes being sure to watch carefully because the sugar will cause the nuts to go from perfect to burnt in seconds. The little bit of the sugar used in the recipe will just begin to melt on the nut when it is done (carmelize).
6. Other nuts may be used (almonds, cashews, pecans) but each nut must be roasted separately because they all react differently to the heat due to differing oil content within the nuts. If the paste is too dry, you may add a splash of sesame oil or olive oil.

7. Nuts will keep for 3 months in sealed container at room temperature.
8. Spices will keep for 1 year in sealed container at room temperature.

Other uses:

- Any other nut •
- Trail mix nuts

NUTRIENT FACTS

Serving Size: 15ml

CALORIES (kcal)	52.5
FAT (g)	5.2
CARBOHYDRATE (g)	1.3
SUGARS (g)	0.4
PROTEIN (g)	1.1
SODIUM (mg)	105.1

TOMATO BASIL SAUCE

 **PREP TIME: 15 MINUTES**
COOK TIME: 90 MINUTES
YIELD: 4 QTS



Cooking Tip:

Parsley & basil usually added at the end of cooking processes, due to fact that they will lose colour, texture, and flavour during long cooking cycle.



Preservation Tip:

In late summer when tomatoes are in abundance, can freeze large quantities with skin on. When ready to use, bring out desired amount run under hot water, and the skins peel right off and right into pot.

INGREDIENTS

20 SERVINGS	50 SERVINGS	
2	12-15	Red Onions Chopped ¼ inch
½ c	10 cans	Tomatoes 28oz can (40 fresh chopped Roma tomatoes = 4 cans)
¼ c	½ c	Brown Sugar
2 bunches	5 bunches	Fresh Basil removed from stem
1 c	2 ½ c	Olive Oil
1 tsp	2 ½ tsp	Sea Salt

METHOD

1. Sauté Onions until golden brown, do not burn.
2. Add tomatoes and cook until sauce starts to thicken and tomatoes are breaking down. Puree, add salt & sugar.
3. Add Basil leaves a little at a time while blending in with hand blender.
4. Cook to desired consistency, 20 – 30 minutes.

NUTRIENT FACTS

Serving Size: ¾ cup (6 oz)

CALORIES (kcal)	149.2
FAT (g)	11.1
CARBOHYDRATE (g)	12.6
SUGARS (g)	8.0
PROTEIN (g)	1.7
SODIUM (mg)	346.6



Nutrition Tip:

When using fresh tomato's there are no preservatives, thickeners or extenders.

JOSEPH'S ITALIAN SALAD DRESSING FOR MARINATING VEGGIES

 **PREP TIME: 15 MINUTES**
YIELD: 2 ½ CUPS

Budget:

Seasoned rice vinegar is used in various recipes, can buy in bulk to at Cash and Carries. For example a 10 oz bottle is \$3.00 a gallon is \$12.00, (a gallon would equal 14 - 10 oz bottles)...see the savings, a \$30 difference.

INGREDIENTS

60 SERVINGS	30 SERVINGS	
2 tsp	1 tsp	Basil, dried
½ tsp	¼ tsp	Oregano, dried
2	1	Scallion/ green onion, finely chopped
½ tsp	¼ tsp	Sea salt
2 tsp	1 tsp	Freshly ground black pepper
1 ½ c	¾ c	Seasoned rice vinegar
3 c	1 ½ c	Olive oil
½ c	¼ c	Sweet red pepper, finely chopped
2	1	Garlic clove, finely chopped

METHOD

1. Mix well. "Shaken, not stirred."
2. Let sit for at least 30 minutes for flavours to thicken.
3. Can be kept refrigerated for up to one month.

Hint can also be used as a marinade for meat (white or dark meat) as well as vegetables.

NUTRIENT FACTS

Serving Size: 1 Tbsp (0.5 oz)

CALORIES (kcal)	98.4
FAT (g)	10.9
CARBOHYDRATE (g)	0.2
SUGARS (g)	0.1
PROTEIN (g)	0
SODIUM (mg)	20

Shopping Tips:

Seasoned rice vinegar, rice vinegar that has salted added, can be found in vinegar/salad dressings or ethnic aisle.

CHICKEN STOCK

Making your own stocks can greatly reduce the amount of sodium in your diet. Many store-bought stocks have almost half of your daily sodium in 1 serving!



PREP TIME: 20 MINUTES

COOK TIME: 3 – 4 HOURS, longer the better

YIELD: 7 ½ QUARTS
(8 litres)



Cooking Tips:

- *Beef broth, oven roast bones prior to cooking broth, use same recipe*
- *Veggie broth, same recipe minus the meat*
- *The longer the broth cooks, the more nutrients from the ingredients are absorbed into the liquid.*

INGREDIENTS

- 5-7 lb Chicken backs, necks and bones
- 9 ½ Litres water (10 quarts)
- 5 Tomatoes (Roma, plum or similar paste tomatoes)
- 1 Head of garlic, rinsed and cut in half crosswise, through all the cloves with peels
- 2 Green peppers, seeded and quartered
- 1 Cilantro bunch, rinsed and twist off the roots (measurement)
- 2 Red onions, peeled and quartered

METHOD

1. Place the chicken bones in the stock pot.
2. Add all the ingredients to the pot, covering with cold water two to three inches above the ingredients and bring to a boil; reduce heat and simmer.
3. The longer it cooks, the better the stock.
4. As time passes, top the pot with additional water to keep all of the ingredients covered.
5. Stock can be made in as little as three to four hours, but longer is better, as you get more extraction from the bones and vegetables.
6. The stock made in this way will be thick and almost jelly-like when it cools, as almost everything has been extracted and is now in the stock.
7. When the stock is ready, strain into containers while hot; cool to room temperature and place in the freezer or refrigerator, if it will be used within the next week. Allow space in the freezer containers for the liquid to expand upon freezing.

NUTRIENT FACTS

Serving Size: 1 cup (8 oz)

CALORIES (kcal)	65
FAT (g)	2.2
CARBOHYDRATE (g)	2.0
SUGARS (g)	0.9
PROTEIN (g)	8.8
SODIUM (mg)	36.2



Nutrition Tips:

This recipe is high in niacin, a B vitamin that helps metabolize the food you eat and promotes normal function of your digestion system.



SEASONED BREAD CRUMBS

 **PREP TIME: 10 MINUTES**
COOK TIME: 30 MINUTES
YIELD: 4 ½ CUPS

INGREDIENTS

- 1 lb Multi-grain bread crumbs (4cups)
- ¼ c Parmesan cheeses
- 3 Tbsp Italian seasoning, see page 17
- 3 Tbsp Dried parsley
- Pinch salt

METHOD

1. Preheat oven to 200°F. Place bread slices on baking sheet. Bake until dry on top; flip and bake until dry on bottom, 10-15 minutes per side.
2. Break the bread; place in food processor and grind to desired consistency.
3. Mix all ingredients; store in an airtight container. Bread crumbs should keep for about a month at room temperature.

NUTRIENT FACTS

Serving Size: ¼ cup (2 oz)

CALORIES (kcal)	106
FAT (g)	1.8
CARBOHYDRATE (g)	18.5
SUGARS (g)	1.6
PROTEIN (g)	4.0
SODIUM (mg)	199

Other Uses:

- turkey
- fish
- veggies
- eggplant Parmesan

SESAME CIDER VINAIGRETTE

FOR ANCIENT GRAIN SALAD & MARINADE

 **PREP TIME: 15 MINUTES**
YIELD: 3 CUPS (24 OZ)

INGREDIENTS

50 SERVINGS	20 SERVINGS	
7 ½ Tbsp	3 Tbsp	Dijon Mustard
1 ¼ c	½ c	Cider vinegar
2 ½ tsp	1 tsp	Fine chopped garlic
7 ½ Tbsp	3 Tbsp	Tahini
5 Tbsp	2 Tbsp	Fine chopped fresh Rosemary
10 Tbsp	4 Tbsp	Sesame oil
3 ⅛ c	1 ¼ c	Canola oil

METHOD

1. Combine the first 5 ingredients in a bowl.
2. Blend the oils in separate boil.
3. Add oil blend to first 5 ingredients in a slow steady stream, while whisking to blend.
4. Season to taste with salt and pepper.
5. Will keep 2-3 weeks in an air tight container in refrigerator.

NUTRIENT FACTS

Serving Size: 2 Tbsp (1 oz)

CALORIES (kcal)	140
FAT (g)	15
CARBOHYDRATE (g)	0.9
SUGARS (g)	0.1
PROTEIN (g)	0.7
SODIUM (mg)	2.6



Cooking Tips:

Oil must be added separately to the first 5 ingredients otherwise they will not blend.

Other uses:

- *Dressing for green salad*
- *Marinade for chicken and pork, at marinate at least over night for optimal flavors*





🕒 Prep time: 10 minutes
Cooking time: 3-5 minutes

Asparagus with Maple Tahini Dressing

ASPARAGUS_{WITH} MAPLE TAHINI DRESSING

INGREDIENTS

50 SERVINGS

10 lbs

20 SERVINGS

4 lbs

Thin asparagus (1lb for 6 servings)

MAPLE TAHINI DRESSING INGREDIENTS

50 SERVINGS

5 Tbsp

2 ½ Tbsp

5 Tbsp

5 Tbsp

⅛ Tbsp

20 SERVINGS

2 Tbsp

1 Tbsp

2 Tbsp

2 Tbsp

Pinch

Tahini (sesame seed paste) see page 17

Extra virgin olive oil

Maple syrup

Balsamic vinegar

White pepper, optional pinch of sea salt



Cooking Tip:

- Best served at room temperature
- Nutrients vary depending on maple syrup used.
- Can be used as an appetizer or side dish with a meal.
- Tahini is a paste, which is ground sesame seeds and oil. Can be found in the ethnic aisle.

METHOD

1. Cut the ends from the asparagus; discard. Place the asparagus in a steamer or a pan with a small amount of water. Steam for approximately 5 minutes. Cook until done, careful not to overcook.
2. Plunge into cool to cold water to stop the cooking process, and retain bright green colour (Blanche).
3. Mix the ingredients for the dressing until well blended using a wire whisk; if dressing is too thick, add some hot water to desired consistency.
4. Arrange asparagus on a plate; drizzle with dressing and serve.

Variation: Omit salt in dressing, sprinkle lightly with coarse salt upon serving

***overcooking the colour will turn pale, and texture will become to soft and mushy.*

NUTRIENT FACTS

Serving Size: 3 oz asparagus with 1 tsp dressing

CALORIES (kcal)	40
FAT (g)	1.5
CARBOHYDRATE (g)	5.4
SUGARS (g)	3.1
PROTEIN (g)	2.3
SODIUM (mg)	12



🕒 Prep: 15 min
Cook: 30 min

Asparagus Soup

ASPARAGUS SOUP

INGREDIENTS

50 SERVINGS	20 SERVINGS	
11 ¼ lbs	4 ½ lbs	Fresh asparagus spears
6 ¼	2	Large Spanish onions
12	5	Good size stalks diced celery stalks
10	4	(2 lbs / 8-ounce) Bags blanched and chopped fresh spinach
		Fresh spinach
8	3	Large russet potatoes
50 c	18 c	Chicken stock to cover
18	6	Cloves fresh garlic



Nutrition Tip:

- Asparagus and spinach are excellent sources of Folate.
- Folate is a B vitamin that is found naturally in foods.
- Folate is important because it helps make red blood cells and keeps you energized and alert.

METHOD

1. Trim the asparagus bottoms and discard, cut the asparagus into one inch pieces.
2. Sweat the onions in oil till translucent add the celery and sweat for another 4 to 5 minutes, add garlic and sweat another minute.
3. Add the asparagus, potatoes and sweat for another 4 to 5 minutes.
4. Cover with the stock and simmer till the potatoes are soft.
5. In a separate pot blanch the spinach and chop and set aside.
6. Once the potatoes are soft puree the asparagus adjust the seasoning and the consistency puree in the chopped spinach.
7. Pass the whole mixture through a fine sieve and it is now ready to serve.

NUTRIENT FACTS

Serving Size: 1 ¼ Cup (10 oz)

CALORIES (kcal)	113
FAT (g)	2.3
CARBOHYDRATE (g)	13.8
SUGARS (g)	3.5
PROTEIN (g)	12.2
SODIUM (mg)	149

see measurement chart page 14



🕒 Prep time: 5 minutes
Cook time: 5-10 minutes

Grilled Salmon

GRILLED SALMON

INGREDIENTS

- 6 oz Portion of salmon
- Olive oil
- Sea salt and pepper

Other fish rich in Omega 3 fats:

- Mackerel
- Trout, Bass
- White Fish
- Rainbow Trout



Cooking Tips:

- *Cook it till it feels firm to touch, it does take a little bit of practice but easy to learn.*
- *Cook and Serve immediately*

METHOD

1. Lightly oil the salmon with olive oil.
2. Lightly season with sea salt and fresh pepper.
3. Let rest for 5 to 10 minutes.
4. Place on a hot grill. Cook till the edges are no longer transparent and turn over and cook till done, when done it feels firm to the touch. Important thing when cooking with fish is to NOT OVER COOK it. Serve immediately.

****** estimate about 3-5 minutes per side.

****** *try to get in the habit of turning delicate things as fish the least amount of times so they do not break apart.* ******



Nutrition Tips:

- *Salmon and most fish & sea food are excellent sources of omega 3 fat*
- *Omega 3 fats can help lower your risk of heart disease*
- *Hickory nuts, walnuts, flaxseeds, soybeans, wheat germ, chia seeds are just some examples of other foods high in omega 3 fats*
- *Other sources of Omega 3 oils: spinach, mustard, pumpkin and hemp oil.*

NUTRIENT FACTS

Serving Size: 6 oz (uncooked)

CALORIES (kcal)	241.5
FAT (g)	10.8
CARBOHYDRATE (g)	0
SUGARS (g)	0
PROTEIN (g)	33.8
SODIUM (mg)	74.3



Budget Tips:

- *Buy in bulk at Cash n Carry or whole sale food distributor.*
- *Costing for salmon: 10 pound case of 6 oz portions (approx 30 servings) @ \$95 = about \$3.20 a serving*



 Prep time: 10 minutes

Spinach Strawberry Salad with Mango Buttermilk Dressing & Toasted Walnuts

SPINACH STRAWBERRY SALAD WITH MANGO BUTTERMILK DRESSING & TOASTED

INGREDIENTS

50 SERVINGS	20 SERVINGS	
6 ¼ lbs	2 ½ lbs	Baby Spinach Leaves, (smaller bags or containers are between 8-16 oz)
6 ½ c	3 c	Sliced strawberries
2 ½ c	1 c	Crumbled goat cheese
3 c	1 ¼ c	Spiced chopped walnuts. <i>pg. 19</i>
6 ¼ c	2 ½ c	Butter Milk Mango Dressing. <i>pg 18</i>

METHOD

1. Spinach leaves in a large bowl, to toss with Buttermilk Mango dressing (recipe found in sauces section), lightly coat.
2. To serve layer, spinach leaves on bottom ¼ of serving bowl adding in a layer of sliced strawberries and crumbled goat cheese.
3. Continue layers until desired amount served.
4. Serve with spiced chopped walnuts in separate small serving bowl.



Nutrition Tips:

- Strawberries are an excellent source of Vitamin C
- Vitamin C has many important roles in our body, such as:
 - Absorbs iron from plant foods
 - Keeps gums healthy
 - Forms and repairs blood, bones and other tissues

NUTRIENT FACTS

Serving Size: still need salad amt, with 1 Tbsp spiced nuts and 2 Tbsp dressing

CALORIES (kcal)	115.4
FAT (g)	7.7
CARBOHYDRATE (g)	8.7
SUGARS (g)	4.9
PROTEIN (g)	5
SODIUM (mg)	194.5



🕒 Prep time: 1 hour 20 minutes

Cook time: @ 400 F

20 -30 minutes

Yield: 2 party tray pizzas

or 2-4 dozen dinner rolls

or 4 baguettes

Quick Healthy Bread a healthier version for Pizza

QUICK HEALTHY BREAD

A HEALTHIER VERSION FOR PIZZA

INGREDIENTS

- ½ tsp Sugar (brown, maple syrup, etc)
- 2 tsp Dried yeast
- 3 cup Luke warm water
- 2 pounds 12 Grain flour or whole wheat etc (8 cups), 1 lb of flour = 4 cups/approx
- 2 tsp Sea salt
- 3 Tbsp Olive oil



Cooking Tip:

Can pre make pizza's, dinner rolls, baguettes etc and put into freezer, and can pull and bake.

METHOD

1. Feed yeast, add sugar and yeast in a ¼ cup of warm water in a cup or bowl, allow to sit until foamy.....if not foamy yeast is expired, should see in 5 – 10 minutes.
2. Mix the flour and the salt, 2 Tbps of oil. (can add your preference of fresh herbs and spices i.e. rosemary).
3. Add ¾ of remainder of the warm water with yeast mix, while kneading.
4. Knead for about 8 minutes, want dough to be elastic, stretching thin without tearing.
5. Rub the bowl with remaining oil, place the dough in the bowl and cover, let rise to double in bulk.
6. Punch raised dough down, depending on what using it for divide dough accordingly. Store unused dough wrapped in plastic wrap or in bag and kept in fridge for 1 day.

PIZZA

1. When making pizza, use cornmeal on tray to prevent dough from sticking.
2. Stretch dough to size and place on tray, cook.
3. Use Marinara sauce, or Tomato Basil sauce, spread thinly over dough.
4. Try using alternative cheeses such as feta with healthier topping options: Pineapple, zucchini, broccoli, tomatoes, fresh basil, mushrooms, sweet bell peppers be creative. Can also use chopped chicken or venison, the sky is the limit.

CORN BREAD



PREP TIME: 15 MIN
COOK TIME: 25 – 30 MINS **SERVING SIZE:**
2 OZ WEIGHT RAW

INGREDIENTS

50 SERVINGS	20 SERVINGS	
3 ⅛ c	1 ¼ c	Yellow corn meal
3 ⅛ c	1 ¼ c	Whole flour (whole wheat or 12 grain)
9 ½ Tbsp	3 ¾ Tbsp	Sugar (raw)
5 ½ tsp	¾ tsp	Baking powder
1 ¾ tsp	¾ tsp	Baking soda
1 ¾ tsp	¾ tsp	Salt
8	3	Eggs
4 ½ c	2 c	Buttermilk
5 ¾ Tbsp	2 ½ Tbsp	Butter, melted



Seasonal Tip:

This recipe was placed in the spring season to recognize using dried corn from the fall to get through the winter.

METHOD

1. Preheat oven to 425°F. Lightly oil an 8x8-inch pan or line muffin tin with individual papers and set aside.
2. Mix together dry ingredients in medium bowl; set aside.
3. In small bowl beat 2 eggs; add buttermilk and melted butter, mixing well.
4. Pour liquid ingredients into dry ingredients; stir just long enough to get everything wet.
5. Pour batter into pan or muffin tin filling each cup ¾ full and bake for 25-30 minutes for the pan; 20-25 minutes for the muffins, until lightly golden around edges. You can check for doneness by inserting a toothpick. When it comes out clean, it is done.

NUTRIENT FACTS

Serving Size: 1 biscuit

CALORIES (kcal)	92.4
FAT (g)	2.7
CARBOHYDRATE (g)	14
SUGARS (g)	3.6
PROTEIN (g)	3.2
SODIUM (mg)	178.9



Nutrition Tip:

- *Using whole grain flour provides us with more fibre*
- *A diet rich in fibre can help to:*
 - *Lower your cholesterol and control your blood glucose (blood sugar)*
 - *Help maintain a healthy body weight*

BROWN RICE AND CAULIFLOWER



PREP TIME: 60 MINUTES
COOK TIME: 60 MINUTES

INGREDIENTS

50 SERVINGS	20 SERVINGS	
7 ½ c	3 c	Rice (brown or white) uncooked
5 c	2 c	Cauliflower, cut into small florets
2 ½ c	1 c	Sweet red pepper, chopped
5	2	Tomato, crushed
10	4	Garlic cloves, peeled and minced
10 Tbsp	4 Tbsp	Fresh parsley, rinsed and snipped
15 Tbsp	6 Tbsp	Olive oil
15 c	6 c	Vegetable broth



Cooking Tips:

Be creative to add own flare, example adding sausage and using to stuff peppers or adding more veggies.

METHOD

1. Soak rice for one hour in hot water.
2. Prepare the cauliflower and red pepper; crush the tomato.
3. Mash garlic and parsley together.
4. Heat large saucepan, over high heat. Add oil, then add sweet pepper, cauliflower florets and crushed tomato. Cook for about 1-2 minutes.
5. Add rice and vegetable broth. Bring to a hard boil and cook for 10 minutes.
6. Add garlic and parsley mixture and stir.
7. Turn heat to low, cover pan with lid and cook until done, approximately 30-40 minutes for brown rice.
8. Remove from heat; allow to sit for 5 minutes. Fluff and serve.

NUTRIENT FACTS

Serving Size: ¾ cup (6 oz)

CALORIES (kcal)	157
FAT (g)	4.8
CARBOHYDRATE (g)	24.7
SUGARS (g)	1
PROTEIN (g)	3.9
SODIUM (mg)	27.5





uhōdayathō
Island Garden C

Summer



🕒 Prep time: 20 minutes
plus 1 -2 hours to chill
Cook time: 2 minutes

Bruschetta Tomato Mix

BRUSCHETTA TOMATO MIX

INGREDIENTS

60 SERVINGS	30 SERVINGS	
20	10	Plum tomatoes
4	2	Green peppers, medium to large
2	1	Red onion, medium to large
4 Tbsp	2 Tbsp	Garlic, finely chopped
1 c	½ c	Fresh cilantro, coarsely chopped
		Salt & black pepper to taste
1 c	½ c	Extra virgin olive oil
2/3 c	⅓ c	Red wine vinegar

METHOD

1. Quarter and seed the tomatoes; then cut into ¼ inch cubes.
2. Halve and seed the peppers; cut into ¼-inch cubes.
3. Peel and chop the onion into ¼-inch pieces.
4. Toss the tomatoes, peppers and onions in large bowl with the garlic and cilantro.
5. Add oil and vinegar and toss by hand so as not to crush ingredients. Add salt and pepper to taste.

Other Uses:

Alternatives see quick bread recipe, dried grilled eggplant or zucchini chips, whole grain breads, Rye crackers or as a side with meat and veggies.

6. Chill for one to two hours before serving to blend flavours.
7. Slice two baguettes ¾-inch thick (pg 35), placing them on a baking sheet. Brush tops with olive oil and broil to toast lightly, 2 minutes.
8. Spoon fresh bruschetta mix onto toasted baguettes and serve.



Nutrition Tips:

- Tomatoes are a good source of vitamin C and a source of vitamin A and folate.
- Tomatoes are also a source of lycopene, an antioxidant.
- Antioxidants protect your body's cells from damage.
- Cell damage can lead to common diseases like heart disease and diabetes. A diet rich in antioxidants can help lower your risk of these diseases.

NUTRIENT FACTS

Serving Size: 4 Tbsp (2 oz)

CALORIES (kcal)	39
FAT (g)	3.5
CARBOHYDRATE (g)	1.9
SUGARS (g)	1.0
PROTEIN (g)	0.4
SODIUM (mg)	12



🕒 Prep time: 30 minutes
& chill over night

Marinated veggies

MARINATED VEGGIES

INGREDIENTS

50 SERVINGS	20 SERVINGS	
5 lbs	2 lbs	Broccoli, floret's, stocks can be sliced ¼"
5 lbs	2 lbs	Cauliflower, floret's, stocks can be sliced ¼ "
8	3	Zucchini, green sliced ¼ " thick
8	3	Zucchini, yellow sliced ¼ " thick
5 lbs bag	2 lb bag	Carrots, sliced ¼ " thick
5	2 of each	Sweet Bell Peppers, red, yellow, green, bit size pieces
		Italian Salad Dressing for marinade, sufficient to cover vegetables, found on page 21



Nutrition Tips:

- Carrots are an excellent source of Vitamin A
- Vitamin A contributes to normal growth and development, while keeping our eyes, skin and immune system healthy

METHOD

1. Place all chopped vegetables into large container.
2. Pour Italian Salad Dressing in container with vegetables for marinade, level liquid with the top of the vegetables.
3. Cover and place in refrigerator overnight (stir occasionally).
4. Serve with a strained ladle.



Cooking Tips:

- Always prewash vegetables before preparation.
- Proportions can vary, according to taste and season.
- Excellent way to use up surplus vegetables from garden, to extend life for another week.

NUTRIENT FACTS

1 cup (8 oz)

CALORIES (kcal)	153.2
FAT (g)	9.5
CARBOHYDRATE (g)	15.6
SUGARS (g)	7.2
PROTEIN (g)	4.3
SODIUM (mg)	85.4



🕒 Prep time: 30 minutes
Cook time: 20 minutes

Grilled vegetables

GRILLED VEGETABLES

INGREDIENTS

50 SERVINGS	20 SERVINGS	
5	2	Eggplant
7	3	Zucchini of each green and yellow
5 lbs	2 lbs	Carrots
5	2	Peppers of each colour red, yellow and green
5lbs	2lbs	Red onions
		Olive oil, sufficient to lightly coat



Cooking Tips:

Important not to overcook any vegetable, over cooking will break the nutritional value down. The goal is to keep vegetable “al dente,” with some crunch remaining.

METHOD

1. Prepare all washed vegetables by slicing about ¼ inch thick.
2. The red onions I use smaller and cut them in four so they hold together.
3. If eggplant or zucchini are a fair size cut the slices in half, sort the vegetables into bowl of hard, medium and soft vegetables.
 - hard - carrots,
 - medium - onions and
 - soft – eggplant, zucchini and peppers.
4. Toss all vegetables with olive oil just prior to grilling on a hot grill.
5. Start with the hard vegetables first, when partly cooked add the medium to the grill then the soft generally at one minute intervals. This way they can all come off the grill together.
6. They will continue to cook a bit even when taken off the grill so remember.

DO NOT OVER COOK.

NUTRIENT FACTS

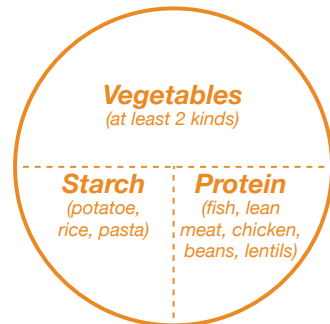
1 cup (8oz)

CALORIES (kcal)	164.7
FAT (g)	11.4
CARBOHYDRATE (g)	15.2
SUGARS (g)	8.0
PROTEIN (g)	2.5
SODIUM (mg)	40.4



Nutrition Tips:

- Try to make vegetables the focus of all of our meals!
- Aim for 50% of your meal being vegetables and try to have a variety of colours and textures





🕒 Prep time: 45 minutes
Cook time: 30 minutes

Lime Salt Chicken Wraps

LIME SALT CHICKEN WRAPS

PREP TIME: 45 MINUTES
COOK TIME: 30 MINUTES

INGREDIENTS

50 SERVINGS	20 SERVINGS	
12.5 lb.	5 lb.	Boneless chicken breast or thigh
2 ½ c	1 c	Olive oil
8 tsp	3 tsp	Salt
		Limes, zest finely grated (use smallest holes) and juice
		Whole wheat wraps

METHOD

1. Cut chicken into ½-¾ inch cube (or strips for wraps). Place into medium bowl with 1 Tbsp olive oil, half the salt, half the grated peel and juice of 1 lime. Mix and rest for two hours.
2. In medium frying pan, turn heat to medium. Place marinated chicken in the pan, adding the remaining salt, grated peel and juice of the other lime. Cook through.
3. Salt and pepper to taste.
4. Julianne style (long slender cuts) peppers and carrots.
5. Can use goat cheese or other.
6. Add sauces to taste, sour cream/ maple tahini/ whatever you have on hand.



Preparation Tips:

Can make the day prior, and serve cold and use whatever veggies available.



Budget Tips:

Buy chicken in bulk

- *Use thighs vs breasts are cheaper*
- *\$20.00 difference for thighs*

Look at local Cash and Carry or Local Packing Houses for bulk purchases

NUTRIENT FACTS

6 oz (just chicken)

CALORIES (kcal)	296.8
FAT (g)	13.5
CARBOHYDRATE (g)	1.0
SUGARS (g)	0.2
PROTEIN (g)	40.8
SODIUM (mg)	121.9

Alternative Tips:

Can use other white meat such as turkey for substitute.



Nutrition Tips:

Can make gluten free with Romaine lettuce as wrap vs breaded wrap.



🕒 Preparation time:
20 minutes
Cooking time:
quinoa - 25 minutes

Quinoa Salad with Blue Berries & Strawberries

QUINOA SALAD WITH BLUE BERRIES & STRAWBERRIES

INGREDIENTS

50 SERVINGS	20 SERVINGS	
6 ¼ c	2c	Uncooked Rinsed Quinoa
3 c	1 ½ c	Blueberries
3 c	1 ½ c	Strawberries
3 c	1 ½ c	Watermelon.... optional
¾ tsp	¼ tsp	Parsley
¾ tsp	¼ tsp	Cilantro
¾ tsp	¼ tsp	Dill
¾ tsp	¼ tsp	Mint

DRESSING

50 SERVINGS	20 SERVINGS	
1 ½ c	½ c	Olive Oil
3	1-2	Limes squeezed Sea Salt and pepper

METHOD

1. Rinse quinoa in a fine-mesh sieve to remove its natural uric acid. In medium saucepan, add rinsed quinoa and water. Place on high heat to bring to a boil; then reduce to medium heat to bring to a simmer. Cook approximately 5-8 minutes until done. Watch carefully. The tail on the quinoa will begin to unfurl when it is done.
2. Quick cool the quinoa. Using a large stainless steel bowl, spread the quinoa up the sides of the bowl into a thin layer; let stand.
3. In a medium bowl combine dressing ingredients; whisk briskly to mix until well blended, then add to Quinoa.
4. Add spices by sprinkling over top, gently folding in by spooning from bottom to top.
5. Last thing to add is the sliced strawberries and blue berries. Be careful not to over mix because berries will be crushed.
6. Hold in fridge until served to hold the berry freshness.



Nutritional Facts:

Quinoa is one of the most nutritional grains and a high source of protein. As well, quinoa is one of the oldest grains in recorded history, since over 5000 BC.



Cooking Tips:

- Always rinse quinoa to remove uric acid.
- Can prepare the day prior to event and blend ingredients before serving.

NUTRIENT FACTS

1 Tbsp (0.4 oz)

CALORIES (kcal)	125.1
FAT (g)	6.6
CARBOHYDRATE (g)	14.5
SUGARS (g)	2.4
PROTEIN (g)	2.6
SODIUM (mg)	9.1



Strawberry water &
Cucumber water



STRAWBERRY WATER & CUCUMBER WATER

PREP TIME: 10 MINUTES,
SERVED AT ROOM TEMPERATURE

INGREDIENTS

50 SERVINGS	20 SERVINGS	
16 c	8 c	Strawberries, cut in half and de-stemmed
32 c	16 c	Water
4 Tbsp	2 Tbsp	Maple syrup

METHOD

1. Place halved and de-stemmed strawberries in container.
2. Use potato masher and mash berries to desired consistency.
3. Add water to container with berries (need to know how 'watered' down berry juice you would like).
4. Add maple syrup to mixture and stir. *Maple syrup pulls the natural sugars from strawberries for flavor. Honey can also be used as a substitute.*



Cooking Tips:

Can be prepared the day before event, the longer water sits the more flavourful it will be.

NUTRIENT FACTS

Serving Size: 1 cup (8 oz)

CALORIES (kcal)	25.3
FAT (g)	0.2
CARBOHYDRATE (g)	6.0
SUGARS (g)	4.1
PROTEIN (g)	0.4
SODIUM (mg)	6.5

PREP TIME: 15 MINUTES,
CHILL OVER NIGHT

INGREDIENTS

50 SERVINGS	20 SERVINGS	
8	4	Whole cucumbers sliced 1/8 inch slices
48 c	24 c	Water
2 Tbsp	2 Tbsp	Maple syrup

METHOD

1. Place sliced cucumbers in container.
2. Add water.
3. Add maple syrup and stir.
4. Let sit and chill for 30 minutes or longer.

NUTRIENT FACTS

Serving Size: 1 cup (8 oz)

CALORIES (kcal)	14.8
FAT (g)	0.1
CARBOHYDRATE (g)	3.5
SUGARS (g)	2.4
PROTEIN (g)	0.4
SODIUM (mg)	8.5



Seasonal Tips:

This is great to use seasonally as fruits and berries become ready

Alternatives: peach, apricot, raspberry, blueberry or combine two or more = raspberry/blueberry.



Prep time: 20 Minutes

Cook time:

20 -30 minutes

Black Bean Burgers

*Side dish is baked sweet potatoes
& yellow potatoes with olive oil &
sea salt*

BLACK BEAN BURGERS

INGREDIENTS

50 SERVINGS	20 SERVINGS	
15 c	6 c	Black beans, cooked
5 c	2 c	Bread (or Seasoned Bread Crumbs)
15	6	Garlic cloves
2 ½ Tbsp	1 Tbsp	Cumin
2 ½ Tbsp	1 Tbsp	Italian seasoning, on page 17
1 ¼ c	½ c	Olive oil
2 ½ c	1 c	Green onions, chopped

Tips:

When purchasing food processors, look at the wattage. A higher wattage is preferred for longer life (ex 700 watts).



Cooking Tips:

If using a blender, the recipe will turn out coarser. It is recommended to do in smaller batches



Nutrition Tips:

- Beans are rich in fibre, protein and are low in fat.
- If using canned beans, drain liquid and rinse beans well to reduce the amount of sodium (salt) in your meal.
- Check the Nutrition Facts table on the package look for brands with 360 mg of sodium or less per serving or less than 15% DV (Daily Value) for sodium.

METHOD

- Place all ingredients, except for green onions, in a food processor and blend well to a medium-fine texture.
- Add green onions by hand, adds texture and colour. Season with salt and pepper to taste.
- Hand mold into burgers, using approximately a baseball size of mixture to create a burger five inches in diameter and a half-inch thick.
- Grill for three to four minutes per side to heat through.
- Serve with lettuce, tomato and onion.

Optional: Provolone cheese also adds a nice flavour.

NUTRIENT FACTS

Serving Size: ½ cup (4 oz)

CALORIES (kcal)	166.8
FAT (g)	6.5
CARBOHYDRATE (g)	21.3
SUGARS (g)	0.8
PROTEIN (g)	6.5
SODIUM (mg)	213.2



Preservation Tips:

These burgers are wonderful and can be frozen, layered with waxed paper for later use.

LIVE GARDEN BURGER OR SPREAD

Can use a spread with veggies, crackers, veggie chips or mini burgers with mushroom caps

INGREDIENTS



PREP TIME: 30 MINUTES

50 SERVINGS	20 SERVINGS	
10 c	4c	Sunflower seeds <i>Sunflower seeds are an excellent source of Vitamin E, other sources: peanuts, almonds, and cook spinach.</i>
15	6	Carrots
5	2	Medium onion
1 ¼ c	½ c	Raisins
10 Tbsp	4Tbsp	Raw agave nectar
1 ¼ c	½ c	Olive oil
5	2	Lemon
1 ¼ c	½ c	Bunch fresh herbs (basil, rosemary, cilantro)
5 tsp	2 tsp	Sea salt
5	2	Scotch Bonnet hot pepper (really hot), can use alternative to minimize spice level
50	20	Portabello mushrooms, medium size of 2" in diameter (slice to make bun)

METHOD

1. Process sunflower seeds to a powder; remove from processor.
2. Grind carrots to puree; add onions, raisins, agave & olive oil; put juice of lemon in and blend further.
3. Add sea salt, herbs & hot pepper; blend for 1 minute; scrape sides; blend an additional 30 seconds.
4. Scrape and add to ground sunflower seeds; mix well.
5. Using two portabella mushroom caps per serving, remove the stems, fill lower cap with burger mixture, layering tomato, lettuce, and onions on top.
6. Spread a thin layer of burger mixture in the upper caps; place on top.
7. Serve with variety of vegetables and sprouts.

NUTRIENT FACTS

Serving Size: ⅓ cup (3 oz)

CALORIES (kcal) 178.6

FAT (g) 10.8

CARBOHYDRATE (g) 18.15

SUGARS (g) 8.6

PROTEIN (g) 6

SODIUM (mg) 264.5

Other Uses:

For large groups, can be used as a spread for veggies, crackers, veggie chips, or mini burgers with mushroom caps as alternative to bread

RAW SMOOTHIES



PREP TIME: ESTIMATED 10 MINUTES
EACH YIELD: 3 ¼ CUP EACH

This is a fantastic way to get your veggies servings for the day. Be creative!

MINTY SWEET SPINACH SERVES 4

- 2 c fresh spinach
- 1 fresh mint sprig
- 1 pt strawberries
- 3 bananas, ripened
- 2 c water

Place all ingredients in a blender; puree until frothy. Serve.

NUTRIENT FACTS

Serving Size: ¾ cup (6 oz)

CALORIES (kcal)	105.1
FAT (g)	0.6
CARBOHYDRATE (g)	26
SUGARS (g)	14.3
PROTEIN (g)	1.9
SODIUM (mg)	17.0

PEACHY GREEN SERVES 4

- 2 c kale, stems removed
- 4 ripe peaches, pitted
- 2 c water

Place all ingredients in a blender; puree until frothy. Serve.

NUTRIENT FACTS

Serving Size: ¾ cup (6 oz)

CALORIES (kcal)	55.0
FAT (g)	0.5
CARBOHYDRATE (g)	12.7
SUGARS (g)	8.2
PROTEIN (g)	2.0
SODIUM (mg)	18.0

PUMPKIN SERVES 4

- 1 frozen banana
- 1 c vanilla almond milk
- 1 c fresh pumpkin grated
- ½ tsp cinnamon
- ¼ tsp nutmeg
- ¼ tsp ginger
- ¼ tsp allspice

Place all ingredients in a blender on high and blend until creamy smooth.

NUTRIENT FACTS

Serving Size: ¾ cup (6 oz)

CALORIES (kcal)	79
FAT (g)	1.5
CARBOHYDRATE (g)	14.9
SUGARS (g)	8.7
PROTEIN (g)	3.0
SODIUM (mg)	32.2



Nutrition Uses:

- Adding greens, such as spinach and kale to your smoothies are a great way to get more vegetables in you day
- Vegetables and fruit contain vitamins, minerals, antioxidants and fibre
- Eating a variety of vegetables and fruits each day help to lower your risk of certain cancers, heart disease, stroke and obesity.





Autumn



🕒 Prep time: 45 minutes
Cook time: 60 minutes

Three Sisters Soup

THREE SISTERS SOUP

INGREDIENTS

50 SERVINGS	20 SERVINGS	
12 ½ lbs	5 lbs	Squash or pumpkin
2 ½ lbs	1 lbs	Fresh green beans green beans
2 ½ lbs	1 lbs	Fresh corn or frozen whole kernel corn
50 c	20 c	Chicken stock, on page 22
5/8 tsp	1/4 tsp	Sea salt
5/8 tsp	1/4 tsp	Pepper



Preservation Tips:

When squash is plentiful, cube and freeze, can save time when cooking soup by using your pre cubed frozen squash.



Cooking Tips:

A mixture, Serving Size 1 ¼ cup (10 oz), butternut, acorn and buttercup. It gives a nice colour and consistency.

1 pound = approx 4 cups of cut beans or cubed squash.

METHOD

1. Place the chicken stock in the pot with half of the cubed squash or pumpkin and bring to a boil (the squash becomes broken down and becomes the thickener so that flour or starch does not need to be added).
2. Cut the remaining squash or pumpkin into about three quarter inch cubes.
3. Cut or break the beans into about one inch pieces.
4. Cut back the temp to med high and cook till done, puree.
5. Add the balance of the ingredients, bring back to a boil.
6. Cut the heat back and cook till squash is tender.
7. Season to taste with sea salt and pepper.

NUTRIENT FACTS

**used lyed white corn for nutrient analysis*

Serving Size: 1 ¼ cup (10oz)

CALORIES (kcal)	205
FAT (g)	1.9
CARBOHYDRATE (g)	20
PROTEIN (g)	8.3
SODIUM (mg)	57



Nutrition Tips:

- *Iroquois white corn is lyed with wood ash, this process makes the corn a good source of Calcium.*
- *Calcium helps to develop and maintain strong bones and teeth, and also helps our heart, muscles and nerves work properly.*
- *Lyed white corn is a great way to obtain the calcium your body needs, especially if you have challenges digesting other calcium rich foods, such as milk, cheese and yogurt.*



🕒 Prep time: 15 mins
(everything pre cooked)
Cook time:
60 mins for rice

Wild Rice and Lentil Salad

WILD RICE_{AND} LENTIL SALAD

INGREDIENTS

50 SERVINGS	12 SERVINGS	
12 ½ c	5 c	Wild and brown rice mix, cooked
6 ⅓ c	2 ½ c	Lentils, cooked
3 ¼ c	1 ⅓ c	Fresh tomatoes, seeded and chopped
3 ¼ c	1 ⅓ c	Green onions, sliced, including green tops
13 Tbsp	2 ¼ Tbsp	Fresh parsley, rinsed and snipped
12	5	Garlic cloves
3 ¼ tsp	1 ⅓ tsp	Ground black pepper
3 ¼ c	1 ⅓ c	Italian Salad Dressing, <i>on page 21</i>
24	10	Romaine lettuce leaves for presentation

METHOD

1. Combine all ingredients, except the lettuce leaves, in a medium bowl.
2. Serve on a bed of Romaine lettuce leaves.



Cooking Tips:

DO NOT OVER COOK LENTILS, they will get mushy and break up when try to mix in with salad.

Can be made ahead of time, served cold.



Nutrition Tips:

- *Wild Rice is actually a semi-aquatic grass that is Indigenous to North America and part of many Indigenous diets.*
- *Wild rice is higher in protein than white or brown rice.*
- *Protein provides the body with energy and is needed to make hormones, antibodies, enzymes and tissues.*

NUTRIENT FACTS

Serving Size: ½ cup (4 oz)

CALORIES (kcal)	183.6
FAT (g)	11.4
CARBOHYDRATE (g)	17
SUGARS (g)	1.1
PROTEIN (g)	4.0
SODIUM (mg)	24.9



🕒 Prep time: 20 minutes
Cook time: 70 minutes

Wild Rice with Cranberry & Cilantro

WILD RICE WITH CRANBERRY & CILANTRO

INGREDIENTS

50 SERVINGS	20 SERVINGS	
10 c	4 c	Wild rice, uncooked
5 c	2 c	Dried cranberries
36 c	14 c	Water
2.5 c	1 c	Chopped cilantro

This is a simple dish with an excellent flavour combination and something a little different for a side to a meal. Can be served hot or cold.



Cooking Tips:

See grain chart on page 14



Cooking Tips:

Keep rice covered as much as possible.



Cooking Tips:

To cut cooking time by 1/3, can presoak rice over night and reduce cooking water to about 3 cups per 1 cup of uncooked rice.

METHOD

1. Rinse wild rice, to remove any husks that have been left behind. Add water, bring to a boil, then lower to a simmer, cover and cook until done, approximately 40-60 minutes. More water may be needed/ added to keep from scorching; cook until rice is tender.
2. In the meantime, chop the cranberries and cilantro; set aside.
3. Mix cranberries and cilantro into wild rice and serve cold.

You can adjust the cranberries and the cilantro to your own taste, a little less or a little more.

Even better if the cranberry comes from your own high bush that has been harvested and dried; no added sugar.



Nutrition Tips:

- Cranberries are indigenous to North America
- Cranberries contain compounds called proanthocyanidins, which are believed to help reduce the risk of developing urinary tract infections
- Cranberries are also a source of vitamin C

NUTRIENT FACTS

Serving Size: 3/4 cup (6oz)

CALORIES (kcal)	152.5
FAT (g)	0.5
CARBOHYDRATE (g)	34
SUGARS (g)	8.7
PROTEIN (g)	4.8
SODIUM (mg)	9.4



 Prep time: 20 minutes
Cook time: 60 minutes

Ancient Grain Salad

INGREDIENTS

50 SERVINGS	20 SERVINGS	
16 2/3 c	6 2/3 c	Mixed grain cooked cool (quinoa, millet, bulgar), see below for cooking of grains
6 1/4 c	2 1/2 c	Dried fruit chopped (pear, apples, cherries, cranberries, apricot)
3 c	1 1/4 c	Sesame cider vinaigrette, see <i>page 24</i>
3 c	1 1/4 c	Equal amounts of mixed unsalted nuts chopped (pistachios, walnuts, pecans)

ANCIENT GRAIN SALAD

This salad when served supplies all your daily nutritional requirements. Serving size may appear small, but is quite filling. It is recognized by Health Canada as a fully nutritional meal.

NUTRIENT FACTS

Serving Size: ½ cup (4 oz)

CALORIES (kcal)	203
FAT (g)	11
CARBOHYDRATE (g)	25
SUGARS (g)	10
PROTEIN (g)	3.6
SODIUM (mg)	6.4



Preservation Tips:

- Can be frozen, thaw in fridge (**Do Not Microwave)
- Can be kept frozen for up to 3 months, about 2 week shelf in fridge

METHOD

1. Combine cool mixed grains to chopped dried fruit, chopped mixed unsalted nuts, toss.
2. Mix sesame cider vinaigrette (on page 24), toss again.
3. Serve on a bed of green leaves (baby spinach).

ANCIENT GRAIN SALAD

- Ratio 1:1:1 uncooked, (1 part Bulgur: 1 part Quinoa: 1 part Millet).
- 20 servings 1 cup of each uncooked.
- 50 servings 2.5 cups of each uncooked.

BULGAR

- Put raw bulgur in a mixing bowl add a small amount of olive oil (2 Tbsp +/-) to coat.
- Mix well with your hands.
- Add boiling water to cover, level to ¼" above grain.
- Cover and let stand 5 – 10 minutes.
- Then fluff with a fork.
- Spread out on a tray to cool.

QUINOA

- Rinse Raw Quinoa.
- Add the Quinoa to boiling salted water.
- Quinoa is cooked when the grain starts to open and you can see a tail on the grain.
- Note: Do Not Over Cook, it becomes soggy.
- Spread out on a tray to cool.

MILLET

- Add the raw Millet to salted boiling water.
- Check if it is cooked by tasting. (5 to 10 minutes)
- Tip: make sure it is not too soft.
- Spread out on tray to cool.

Combine all grains after cooling. See Grain Cooking Chart on page 14.



Cooking Tips:

This recipe can be made in stages and ahead of time, estimated assemble time is 30 minutes. While grains are cooking, chop fruit and nuts. While grains are cooling, mix vinaigrette. 5 minutes to mix all together.



🕒 Prep time:

20 - 30 minutes

Cook time: 30 - 40 mins

Baked Apples

BAKED APPLES

SIMPLE RECIPE TO MAKE WITH KIDS AND CLIENTS

INGREDIENTS

50 SERVINGS	20 SERVINGS	
50	20	Nice apples free of bruises
12 ½	6 ¼	Ripe banana
1 ½ c	¾ c	Raisins
1 ½ tsp	¾ tsp	Cinnamon and nutmeg to taste

METHOD

1. Preheat oven to 350 F.
2. Wash and core the apples **but do not go all the way through, leave the bottom closed so you have a container to hold the filling.
3. Mash the banana with a fork and mix in the raisins and spices together.
4. Place the filling into the cored washed apple bowls.
5. Place the apples on a cookie sheet or a shallow baking dish and bake apples 30-40 minutes.
6. Half way through cook time if using a conventional oven, rotate the trays.



Cooking Tips:

- Leave at least an 1" between apples for even cooking
- Stagger cooking, by putting trays in as ready....noting time and rotation
- Parchment paper will save clean up time
- Preferred apples are Crispin, but other baking apples could be used



Nutrition Tips:

- Using spices such as cinnamon and nutmeg can add flavor to any recipe helping to reduce our intake of added sugar

NUTRIENT FACTS

Serving Size: 1 medium apple

CALORIES (kcal)	122.5
FAT (g)	0.4
CARBOHYDRATE (g)	32.2
SUGARS (g)	22.4
PROTEIN (g)	0.9
SODIUM (mg)	2.4

HARVEST BEAN SOUP



PREP TIME: 30 MINS
COOK TIME: 30 MINS

INGREDIENTS

50 SERVINGS	20 SERVINGS	
13-15	4-5	Carrots, peeled and diced
13-15	4-5	Red onions, peeled and diced
13-15	4-5	Celery stalks, diced
½ c	3 Tbsp	Olive oil
20 c	8c	Fresh tomatoes, diced (or canned)
30 c	12 c	Cooked mixed beans (combine chick peas, red kidney beans, white kidney beans, black-eyed peas, Romano beans, and/or baby lima beans)
30 c	12 c	Chicken or vegetable stock (more if needed)
7 ½ Tbsp	3 Tbsp	Italian seasoning, on page 17
7 ½ Tbsp	3 Tbsp	Cumin
2 ¼ c	½ c	Fresh cilantro bunch, rinsed and snipped
5	2	Sweet red peppers, seeded and diced

METHOD

1. In a large soup pot, place on medium heat, adding olive oil. Add the carrots, cover with lid and cook (sweat) for 3-4 minutes.
2. Add celery and sweat for additional 2-3 minutes.
3. Add red onion and sweat until translucent, approximately 3-4 minutes.
4. Add the remaining ingredients, except for the sweet red peppers.
5. Bring to a boil; lower heat and simmer about 15 minutes.
6. Add sweet red peppers and continue to cook for 10 to 15 minutes longer.
7. Serve hot.

NUTRIENT FACTS

Serving Size: 1 ¼ cup (10 oz)

CALORIES (kcal)	173
FAT (g)	3.2
CARBOHYDRATE (g)	26
SUGARS (g)	4.7
PROTEIN (g)	11.4
SODIUM (mg)	352



Budget Tips:

For cost effectiveness can purchase 100 oz cans of tomatoes which is approx 3 qts

MOOSE MEAT CASSEROLE



PREP TIME: 30 MINUTES
COOK TIME: 60 MINUTES



Cooking Tips:

Whatever other veg on hand: squash cubes, zucchini, mushrooms, peppers, parsnips etc.

INGREDIENTS

50 SERVINGS **25 SERVINGS**

6	3	Chopped Onion (good size)
8	4	Celery stalks chopped (big stalks)
8	4	Carrots chopped
8lbs	4lbs	Moose burger
2Tbsp	1 Tbsp	Italian seasoning, on page 17
4tsp	2 tsp	Sweet paprika
2tsp	1 tsp	Sea salt
4 c	2 c	Wild rice uncooked
4 c	2 c	Long grain rice uncooked
20 c	10 c	Broth (can make moose broth from bones)
4 Tbsp	2 Tbsp	Olive oil

METHOD

1. 4 cups of uncooked rice with 8 cups of broth in one pot bring to boil and put to simmer with lid on for 60 mins or until liquid is absorbed.
2. Brown burger, drain and put into large pan to keep warm.
3. Sauté 2 onions and caramelize, add meat.
4. Mix together, Italian seasoning and sweet paprika with sea salt, mix into meat, let sit.
5. In pot, add olive oil and sauté onion, add all chopped/cubed veggies.

6. Add remainder of broth depending on amount of veggies used. Cook in pot covered until veggies are soft but not mushy.
7. Drain veg and mix with rice and burger – stir.



Cooking Tips:

- *Juices can be saved to make a sauce to add at end.*
- *A large electric frying pan works great to keep finished mix in to keep warm.*
- *Add softer veggies 3 minutes before finished so that they do not become mushy.*

NUTRIENT FACTS

Serving Size: 1 ¼ cup (10 oz)

CALORIES (kcal)	173
FAT (g)	3.2
CARBOHYDRATE (g)	26
SUGARS (g)	4.7
PROTEIN (g)	11.4
SODIUM (mg)	352



Seasonal Tips:

Can add other toppings if desired, whatever is in season: chopped apple, dried cranberries, other dried fruit, pumpkin seeds or nuts.





Winter



🕒 Prep time: 15 minutes

Humus & Alternatives

HUMUS & ALTERNATIVES

Chick peas are low in Saturated Fat, and very low in Cholesterol and Sodium. It is also a good source of Dietary Fiber, Protein and Copper, and a very good source of Folate and Manganese.

INGREDIENTS

50 SERVINGS	20 SERVINGS	
6 ½ c	4 c	Cooked chickpeas (4 cups = 32 oz)
2	½ -1	Fresh lemon juice
5	3	Cloves fresh garlic
⅓ c	¼ c	Olive oil
⅛ tsp	1-2 pinch	Sea salt
⅛ tsp	1-2 pinch	White or black pepper
2 ½ Tbsp	1 Tbsp	Tahini, see sauces on page 17

Great with veggies, and as a sandwich spread!



Cooking Tips:

To enhance flavour, soak fresh dried chickpeas overnight, then cook by using salt water and bring to boil for 30 min until done drain and cool. Can be stored in fridge up to 2 weeks.

METHOD

1. In the food processor place the chickpeas and the garlic; pulse the mix until course chopped.
2. Add the lemon juice a half at a time turn in the food processor.
3. Slowly add the olive oil; salt and pepper to taste.

If mix is a little too dry it can be adjusted by adding a small amount of water or more oil

4. Serve at room temperature or chilled with pita chips or fresh cut vegetables for dipping.
5. May be kept refrigerated for 1-2 days; best eaten fresh.

NUTRIENT FACTS

Serving Size: 2 Tbsp (1 oz)

CALORIES (kcal)	84.3
FAT (g)	4.0
CARBOHYDRATE (g)	9.8
SUGARS (g)	1.7
PROTEIN (g)	3.1
SODIUM (mg)	11.1

Alternative Tips:

Try adding roasted red peppers, Italian seasoning, tomato, or basil.



Majority of premade frozen chicken nuggets and strips are costly and they are made from 'structured' meats not whole chicken

🕒 Prep time 25 mins
COOK TIME 30 MINS

Home Style Chicken Fingers

HOME STYLE CHICKEN FINGERS

INGREDIENTS

50 SERVINGS	20 SERVINGS	
18 ½ lbs	7 ½ lbs	Boneless chicken (can be breast or thighs)
6 ¼ c	2 ½ c	Homemade breading (see breadcrumbs recipe)
38	15	Fresh eggs
		Olive oil for frying (can bake as well)



Cooking Tips:

- Turkey, fish, other meat, and veggies,
- Tip watch heat of pan, do not let it get to hot and smokes,
- Can use peanut oil or other oil to enhance flavouring

METHOD

1. Cut the chicken into strips.
2. Crack the eggs into a bowl and whisk.
3. Place a skillet on the stove on medium high heat adding a small amount of oil to just cover the bottom of pan.
4. Lightly bread the chicken strips and set on a plate when the oil is ready draw the chicken through the egg and into the hot pan.

This will make a light and airy coating, and seals in moisture

5. Brown well on one side, turn and brown the other side. About 2 minutes per side. Baking, preheat oven 425° F, cook 30 mins. **be careful not to dry out**

6. Remove from pan, pat on towel and they are ready to serve with your favorite sauce for dipping or as a main dish with a side of veggies.

NUTRIENT FACTS

Serving Size: 4 oz

CALORIES (kcal)	301
FAT (g)	6.8
CARBOHYDRATE (g)	10.1
SUGARS (g)	1.1
PROTEIN (g)	46.6
SODIUM (mg)	234.7



Prep time: 20 minutes
Cook time: 40 minutes

Pumpkin and Quinoa Soup

PUMPKIN AND QUINOA SOUP

INGREDIENTS

50 SERVINGS	20 SERVINGS	
10 lbs	4 lbs	Quinoa, uncooked
10 lbs	4 lbs	Pumpkin or winter squash, fresh or frozen
50 c	20 c	Chicken or vegetable stock
1 ½ lbs	½ lb	Butter, (alternative is olive oil)
12	5	Limes, zest and juiced
¼ tsp	1/8 tsp	Sea salt and fresh black pepper



Nutrition Tips:

Can use a variety of squash

Quinoa: is an ancient grain that is an excellent source of protein.

No flour is used to thicken this soup, however a natural process is used. The addition of the quinoa and cooking down the pumpkin removes excess water and adds to the hardness of this fall soup.

METHOD

1. Rinse uncooked quinoa under running water; place in a pot with chicken stock or water; bring to a boil. Cook until tail opens on quinoas (20 minutes). Drain and set aside.
2. In a large soup pot, place the pumpkin, lime zest, stock and bring to a boil. When cooked, puree using a hand electric mixer or food processor, adding butter while pureeing.
3. Add cooked quinoa, lime juice, salt and pepper to taste to pumpkin mixture. Bring back to a boil. Adjust consistency of soup by adding stock as necessary.
4. Soup is ready to be served.

See Water Grain Chart on pg 14

Serving Tips:

- *Serve with ¼ limes and tortilla chips*
- *Top the bowl with fresh chopped yellow chillies and shredded fresh basil*
- *Top the bowl with finely sliced red and/ or yellow sweet peppers and shredded fresh basil*

NUTRIENT FACTS

Serving Size 1 ¼ cup (10 oz)

CALORIES (kcal)	195.2
FAT (g)	10.2
CARBOHYDRATE (g)	17.4
SUGARS (g)	1.9
PROTEIN (g)	12
SODIUM (mg)	85.6



Prep Time: 30 minutes
Cook Time: 30 minutes

Black Bean Quinoa Salad

BLACK BEAN QUINOA SALAD

INGREDIENTS

50 SERVINGS	20 SERVINGS	
10 c	4 c	Quinoa uncooked
20 c	8 c	Water
20 c	8 c	Black beans, cooked
7 ½ -10 c	3-4 c	Green onion bunches, sliced
2 ½ c	1c	Cilantro (bunch)
		Salt and pepper to taste
5 c	2 c	Cherry tomatoes, halved for garnish

DRESSING

50 SERVINGS	20 SERVINGS	
20	8	Limes, juiced
2 ½ Tbsp	1 Tbsp	Crushed red pepper (cayenne) flakes
3 ½ Tbsp	1 ½ Tbsp	Cumin
3 ½ Tbsp	1 ½ Tbsp	Olive oil
2 ½	1 tsp	Sea salt

METHOD

1. Rinse uncooked quinoa in a fine-mesh sieve to remove its natural uric acid. In medium saucepan, add rinsed quinoa and water. Place on high heat to bring to a boil; then reduce to medium heat to bring to a simmer. Cook approximately 5-8 minutes until done. Watch carefully. The tail on the quinoa will begin to uncurl when it is done.
2. Quick cool the quinoa. Using a large stainless steel bowl, spread the quinoa up the sides of the bowl into a thin layer; let stand.
3. In a medium bowl combine dressing ingredients; whisk briskly to mix until well blended.
4. Over the quinoa, add dressing, black beans, green onions, and cilantro. Mix well.
5. Season with salt and pepper to taste. *If there is a strong lime taste, the salt will neutralize it.*
6. Garnish with cherry tomato halves and serve.

NUTRIENT FACTS

Serving Size: 1 cup (8oz)

CALORIES (kcal)	240
FAT (g)	3.7
CARBOHYDRATE (g)	41.4
SUGARS (g)	1.1
PROTEIN (g)	11.7
SODIUM (mg)	129.4



Prep time:
chill overnight to
marinate

Cook time: 20 minutes

Marinated venison Kabobs

MARINATED VENISON KABOBS

INGREDIENTS

50 SERVINGS	20 SERVINGS	
10 c	4 c	Italian Dressing, see page 21
100	40	Skewers
12.5 lbs	5 lbs	Meat

METHOD

1. Meat, cut meat into 1/4" thick strips.
2. Place sliced meat in container and cover with Italian Dressing, let marinate overnight.
3. Soak the skewers in warm water 20 minutes prior to using. It is an option to prepare skewers with meat ahead, placing back in marinate and placing in fridge. This can be stored up to a week, the longer stored more flavour and tenderness.
4. Skewer the slices of meat, folding back and forth onto skewer.
can add cut/sliced/chunks of veggies to make colourful and diverse
5. Grill 2 minutes on each side (searing leaving black marks).



Cooking Tips:

For grilling, cook on hot grill. If no grill is available, they can be cooked under the broiler.

VENISON VS BEEF

NUTRITION	VENISON - 4oz FLANK	BEEF - 4 oz FLANK
Fats	3 g	9 g
Saturated Fats	1 g	4 g
Iron	3.3 mg	2.1 mg
Cholesterol	20 mg	76 mg
Calories	125 cal	310 cal

Other Uses:

- *try other meats and raw veggies*
- *and meats and veggies together*

ALTERNATIVE CHILI (VEGAN)



PREP TIME:
30 MINUTES
COOK TIME:
90 MINUTES

INGREDIENTS

50 SERVINGS	20 SERVINGS	
30 c	12 c	Assorted cooked beans (equal mix 3 cups each: chick peas, kidney beans, navy pea beans, black-eyed peas)
5 Tbsp	2 Tbsp	Olive oil
5	2	Red onion, chopped
10	4	Green pepper, chopped
13	5	Red pepper, chopped
10	4	Large carrot, chopped
10	4	Celery stalk, chopped
2 lb.	16 lb.	Portobello mushrooms, 1/4-inch diced
3	1	Large leek
8 H* Tbsp	3 H* Tbsp	Cocoa and peanut oil

H* = Heaping

50 SERVINGS	20 SERVINGS	
8 H* Tbsp	3 H* Tbsp	Garlic, minced
12 oz	5 oz	Canned tomato paste
30 c	12 c	Water
10 Tbsp	4 Tbsp	Honey
10-12 Tbsp	4-5 Tbsp	Roasted chilli powder (dry pan on stove top, 1 – 2 min) *make sure fan is on, spice is in air*
1 1/2	1/2	Lime, juiced
		Salt and pepper to taste
		Fresh cilantro, coarsely chopped to taste
		Tabasco, to taste

ALTERNATIVE CHILI (VEGAN) CONTINUED

METHOD

1. Heat a dry, large soup pot to hot over medium high heat; add olive oil.
2. Add onions, carrots, leeks and celery; keep it moving, bringing onions to an almost transparent state.
3. Mix in the garlic; cook 2 minutes.
4. Add peppers and cook until soft.
5. To roast the chilli powder, add to a dry frying pan over medium-high heat. Keep it moving by shaking until it changes colour. Once it changes colour, remove from heat. Then add straight to soup pot.
6. Add mole, tomato paste, and honey and cook for 2-3 minutes, continuing to stir.
7. Add beans, stirring until fully coated, about 3-5 minutes.
8. Add water, bring to a boil; reduce to low heat and simmer for 45 minutes, adding the mushrooms after 20 minutes of the cooking time.
9. Finish with salt, lime (juice and/or zest) and cilantro to taste. For additional fire spice, Tabasco may be added. Serve.

NUTRIENT FACTS

Serving Size: 1 ¼ cup (10 oz)

CALORIES (kcal)	161.3
FAT (g)	2.4
CARBOHYDRATE (g)	28.6
SUGARS (g)	6.9
PROTEIN (g)	8.3
SODIUM (mg)	264.5

Substitution:

Can use olive oil vs peanut oil to mix with cocoa powder, in place of mole.



Nutrition Tips:

- *Try eating meat alternatives, like beans more often.*
- *One serving is about the size of a tennis ball.*
- *Beans are a great part of a healthy eating plan for people looking to lose weight, reduce cholesterol and manage diabetes.*

VEGETABLE LENTIL SOUP



PREP TIME: 30 MINUTES
COOK TIME: 30 MINUTES

INGREDIENTS

50 SERVINGS	20 SERVINGS	
5-7	2-3	Red onions, chopped
5-7	2-3	Large carrots, diced
5 Tbsp	2 Tbsp	Olive oil
5 c	2 c	Dried lentils, rinsed and sorted
2 ½ lbs	1 lb	Sweet potatoes, peeled and diced
2 ½ lbs	1 lb	White potatoes, peeled and diced
5 c	2 c	Tomatoes, diced
40 c	16 c	Vegetable stock
1 ¼ tsp	½ tsp	Cinnamon
1 ¾ tsp	¾ tsp	Cumin
3 ½ tsp	1 ½ tsp	Crushed red pepper (cayenne) flakes salt and pepper to taste

METHOD

1. In large soup pot over medium-high heat, sweat the carrots for 3-5 minutes.
2. Add onions and sweat for additional 3-5 minutes, until translucent.
3. Add vegetable stock and bring to a boil.
4. Add spices and white potatoes. Cook for 5 minutes.
5. Add lentils and sweet potatoes. Cook for 15-20 minutes.
6. Add diced tomatoes and continue to cook until the lentils are nicely done, about 10 more minutes.
7. Adjust the seasonings; salt and pepper to taste.

NUTRIENT FACTS

Serving Size: 1 ¼ cup (10 oz)

CALORIES (kcal)	136.6
FAT (g)	2.6
CARBOHYDRATE (g)	33
SUGARS (g)	2.9
PROTEIN (g)	13.5
SODIUM (mg)	38.1



Chef Joseph Hughes was the executive Chef and co-creator of two 5 star restaurants in the Niagara Region: Green Bean Cafe and MIDE Bistro. During his proprietorship, Joseph created various recipes that exuded nutritional excellence that was recognized by Health Canada, and are reflected in this cookbook. Joseph extended his knowledge to develop a food and health nutrition course for Ridley College, and has taught internationally with the United Nations. His roots entail an intensive five year apprenticeship as a master butcher, various roles in the Food Industry (production, service and management), a Provincial Meat Inspector, and Federal government CFIA Inspector. Joseph's extensive experiences have increased his insight into today's concerns of nutrition, food safety and security; all of which feed his passion to educating others.



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