

# *Eating Healthy On a Budget*



*Mind, Body  
& Spirit*







## Native Youth Health Initiative

UNYA is working with Native youth to create a health model which will meet the unique needs of Native youth. This work is based on the Medicine Wheel teachings, creating a balance within Native youth, our programs, and the broader community. Youth are learning about health issues including healthy foods, cooking on a budget, unhealthy eating habits brought about by stress and/or emotional eating, and are learning realistic ways to becoming healthier Physically, Emotionally, Mentally and Spiritually.

Youth exercise and eat meals that they help cook (Physical), learn about health issues (Mental), form a support network amongst themselves to help with lifestyle changes and challenges (Emotional), and learn the traditional teachings that the Creator has gifted us with: our lives and our bodies, and that we need to look after these gifts and care for them in a good way (Spiritual).

These teachings build upon existing knowledge within the community and by bringing together the best practices with youth voice and input. It will result in the development of a holistic program that will directly impact the health of urban Native people.

Native people are at greater risk of preventable diseases such as diabetes and heart disease; however there has not been a large enough change of behavior to address this reality. To help change our community health for the better, Native youth and Youth Workers are:

-  working together in our community garden
-  gaining increased knowledge of health related issues
-  learning how to cook healthy foods on a budget
-  participating in physical activities that promote health

- incorporating the new knowledge of health, food, cooking and physical activities into their daily lives
- are sharing their new knowledge with family, friends, peers, and others

Youth are helping to contribute to a healthier urban Native community by helping UNYA to create posters that help youth to understand how to stay balanced, deal with stress and anger, eat and exercise for good health, and how to work through the stress that sometimes happen in relationships with partners, family, or anyone else. Each poster is based on the Medicine Wheel, so it helps to understand how the Physical, Emotional, Mental, and Spiritual parts of us are affected when talking about specific subjects.

Youth are also leading the process in the development of community resource materials such as:

- Pamphlets
- Flyers
- Buttons
- T-shirts
- Health booklet

**Urban Native youth Association (UNYA)**  
**Has been providing services to youth**  
**Since 1988**

We offer 21 prevention-focused programs that help to meet the immediate and long-term needs of youth.

Our work includes advocacy, community development, and providing youth with opportunities to provide input into our programs and services.

Our programs are developed to meet the educational, training, cultural, artistic, and personal needs of today's Native youth.

We are committed to maintaining an inclusive and welcoming environment for all Aboriginal youth, including those who are Status, Inuit, Métis, and Two-Spirited/LGBTQ

In order to provide the best programs and services possible, and to ensure that other organizations are relevant and accessible to Native youth, we have over 130 community partners who help us meet the needs of Native youth.

We will continue to adapt to the ever changing needs of Native youth to ensure that they have the best chance possible to lead safe, healthy, and positive lives.

In order to meet the long-term needs of Aboriginal youth The Urban Native Youth Association has embarked on a journey to create a 5,000 sq. ft. Native Youth Centre in East Vancouver. The Centre will be the first of its kind in Canada. To find out more, visit our project website at [www.nativeyouthcentre.ca](http://www.nativeyouthcentre.ca)



# Urban Native Youth Association



## *Training the Leaders of Tomorrow*

The Urban Native Youth Association promotes "Healthy Lifestyles"  
By delivering practical advice, tools and facts that can help youth  
make healthy decisions and achieving their wellness goals.

We encourage youth to adopt healthy lifestyles by:

Becoming physically active;  
Consuming nutritious foods;  
Developing healthy eating attitudes and habits; and  
Developing social support, self-respect, and positive body image.

Good nutrition is important for overall health and development.  
It is important to provide information to youth about nutritious foods  
to support their mental, physical, spiritual and emotional health.

We help youth to understand that healthier choices give them energy  
to grow and learn, but also that all foods can be eaten and enjoyed.  
Referring to foods as "good" or "bad" may have a negative impact on  
our youth. So food should always be respected and approached in a  
positive way.

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# Eating Healthy on a Budget Cook Book

A collection of healthy recipes  
from the UNYA Team  
Vancouver BC



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# Canada's Food Guide

## Eat well and be active

The benefits of eating well and being active include:

- Better overall health.
- Lower risk of disease.
- A healthy body weight.
- Feeling and looking better.
- More energy.
- Stronger muscles and bones.

## Be active

To be active every day is a step towards better health and a healthy body weight.

*Canada's Physical Activity Guide* recommends building 30 to 60 minutes of moderate physical activity into daily life for adults and at least 50 minutes a day for children and youth.

You don't have to do it all at once. Add it up in Period's of at least 10 minutes at a time for adults and five minutes at a time for children and youth.

## Eat well

Another important step towards better health and a healthy body weight is to follow *Canada's Food Guide* by:

- Eating the recommended amount and type of food each day.
- Limiting foods and beverages high in calories, fat, sugar or salt (sodium) such as cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, french fries, potato chips, nachos and other salty snacks, alcohol, fruit flavoured drinks, soft drinks, sports and Energy drinks, and sweetened hot or cold drinks.

# Recommended Food Guide

Recommended Number of Food Guide Servings per day	Children 2–3 years old	Children 4–13 years old	Teens and Adults (female)	Teens and Adults (male)
Vegetables and Fruit (fresh, frozen and canned)	4	5-6	7-8	7-10
Grain Products	3	4-6	6-7	7-8
Milk and Milk Alternatives	2	2-4	Teens: 3–4 Adults: 2 Adults 51+: 3	Teens: 3–4 Adults: 2 Adults 51+: 3
Meat and Meat Alternatives	1	1-2	2	3

## Eating Well Every Day

*Canada's Food Guide* describes healthy eating for Canadians two years of age or older.

Choosing the amount and type of food recommended in *Canada's Food Guide* will help:

Children and teens grow and thrive,  
meet your needs for vitamins, minerals and other nutrients.

Lower your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and Osteoporosis is (weak and brittle bones).

VITAMIN/MINERAL	BENEFITS	SOURCES
<b>Folate</b>	<ul style="list-style-type: none"> <li>• Helps to reduce the risk of neural tube Defects when taken daily prior to becoming Pregnant, and during the early pregnancy.</li> <li>• Helps the body to metabolize, or to Break down and use, proteins.</li> <li>• Helps to form red blood cells.</li> </ul>	<ul style="list-style-type: none"> <li>• Dried peas and beans, leafy greens (asparagus, romaine lettuce, etc.), citrus fruits &amp; juices and enriched flours, rice And pastas.</li> </ul>
<b>Calcium</b>	<ul style="list-style-type: none"> <li>• Plays a large role in the development and Maintenance of healthy bones and teeth.</li> </ul>	<ul style="list-style-type: none"> <li>• Milk and dairy products, tofu made with calcium, beans (navy, kidney, pinto, chickpea), sesame seeds, almonds, kale, rutabaga, blackstrap molasses, seaweed.</li> <li>• Fish heads wild plants.</li> <li>• Bannock made with baking soda.</li> </ul>
<b>Iron</b>	<ul style="list-style-type: none"> <li>• Helps to create red blood cells and Ensures they are functioning properly.</li> </ul>	<ul style="list-style-type: none"> <li>• Meat, fish, poultry, beans (kidney, navy, Pinto, chick), nuts (almonds, peanuts) and enriched grain products.</li> <li>• Caribou liver &amp; blood, moose liver &amp; blood, Fish eggs, muskrat, beaver (and beaver liver), rabbit, goose, duck (and duck eggs)</li> </ul>

<b>VITAMIN/MINERAL</b>	<b>BENEFITS</b>	<b>SOURCES</b>
<b>Magnesium</b>	<ul style="list-style-type: none"> <li>• Helps the body break down and use Carbohydrates, fats, and proteins.</li> <li>• Assists in tissue formation.</li> <li>• Helps to ensure proper muscle function.</li> <li>• Helps bones and teeth develop and Keeps them strong.</li> </ul>	<ul style="list-style-type: none"> <li>• Nuts (almonds), seeds (sunflower), green leafy vegetables, beans (kidney, navy, pinto) And yogurt.</li> </ul>
<b>Selenium</b>	<ul style="list-style-type: none"> <li>• Antioxidant.</li> </ul>	<ul style="list-style-type: none"> <li>• Brazil nuts, beef, pork, poultry, fish, grains, Beans and dairy products.</li> <li>• The selenium content in food depends on where the food was grown or the animal was Raised, based on the selenium content in the soil.</li> </ul>
<b>Zinc</b>	<ul style="list-style-type: none"> <li>• Helps the body break down and use Carbohydrates, fats, and proteins.</li> <li>• Assists in connective tissue formation, keeps Skin healthy and maintains immune function.</li> </ul>	<ul style="list-style-type: none"> <li>• Beef and pork, whole grains, beans and Oysters.</li> </ul>

VITAMIN/MINERAL	BENEFITS	SOURCES
<b>Vitamin A</b>	<ul style="list-style-type: none"> <li>• Keeps eyes, skin, membranes and Immune systems healthy.</li> <li>• Helps night vision.</li> <li>• Keeps bones and teeth strong.</li> </ul>	<ul style="list-style-type: none"> <li>• Dairy products, dark green/orange/yellow Fruits and vegetables, liver and salmon.</li> <li>• Caribou liver, moose liver, fish liver, beaver Liver and dark green wild plants**.</li> </ul>
<b>B Vitamins</b> Thiamine B <sub>1</sub> Riboflavin B <sub>2</sub> Niacin B <sub>3</sub> Pantothenic acid B <sub>5</sub> Pyridoxine B <sub>6</sub> Cyanocobalamin B <sub>12</sub>	<ul style="list-style-type: none"> <li>• Helps break down and use Carbohydrates, fats, and proteins.</li> <li>• Assists in tissue formation and promotes normal growth and Development.</li> <li>• Vitamin B12 assists in red blood cell formation</li> </ul>	<ul style="list-style-type: none"> <li>• Eating a variety of foods such as meat, poultry, fish, milk, dairy products, nuts, beans, eggs, grains and vegetables &amp; fruits (sweet Potatoes, broccoli, carrots, bananas etc.) will Provide the body with a variety of B vitamins.</li> <li>• Muskrat meat, raw duck meat, rabbit meat, beaver meat, goose meat, grouse meat and Fish (including the head &amp; eggs)*.</li> </ul>
<b>Vitamin C</b>	<ul style="list-style-type: none"> <li>• Helps to break down fats and proteins.</li> <li>• Keeps bones, teeth, gums and cartilage Healthy.</li> <li>• Helps heal wounds and form connective tissue.</li> </ul>	<ul style="list-style-type: none"> <li>• Most fruits and vegetables.</li> <li>• Fish eggs, wild plants and berries***.</li> </ul>



	<ul style="list-style-type: none"> <li>• Antioxidant, meaning it helps to protect Against cell damage.</li> </ul>	
<b>VITAMIN/MINERAL</b>	<b>BENEFITS</b>	<b>SOURCES</b>
<b>Vitamin D</b>	<ul style="list-style-type: none"> <li>• Helps ensure the growth and Maintenance of healthy bones and teeth.</li> <li>• Assists in the absorption and use of calcium and phosphorus</li> </ul>	<ul style="list-style-type: none"> <li>• Cod liver oil, cooked salmon, cooked mackerel, sardines, canned light tuna, milk, Margarine, egg yolk, and beef liver. The sun is not a dietary source, but it is an adequate source of vitamin D.</li> </ul>
<b>Vitamin E</b>	<ul style="list-style-type: none"> <li>• Antioxidant.</li> </ul>	<ul style="list-style-type: none"> <li>• Safflower and sunflower oil, almonds, sunflower seeds and margarine, mayonnaise and salad dressings made From unsaturated vegetable oils.</li> </ul>
<b>Vitamin K</b>	<ul style="list-style-type: none"> <li>• Helps to keep bones strong and Healthy.</li> </ul>	<ul style="list-style-type: none"> <li>• Leafy greens (broccoli, spinach, peas etc.) and plant based oils &amp; margarines (soybean And canola).</li> </ul>

# Measurement

## Fluid Measures

1 tsp.	1/3 tbsp.	1/6 oz.	5 ml
3 tsp	1 tbsp	1/2 oz	15 ml
2 tbsp	1/8 cup	1 oz	30 ml
4 tbsp	1/4 cup	2 oz	60 ml
8 tbsp	1/2 cup	2 1/2 oz	80 ml
16 tbsp	1 cup	8 oz	250 ml
2 cups	1 pint	16 oz	500 ml
2 pints	1 quart	32 oz	1 L

## Dry Measures

4 oz	1/4 lb	113 g
8 oz	1/2 lb	227 g
16 oz	1 lb	454 g
32 oz	2 lb	908 g
35 oz	2.2 lb	1 kg

## Cooking Temperatures

Goose/Duck	350°
Chicken	350°
Rabbit/Pork	350°
Caribou	350°
Bear	325°
Moose	350°
Beef	350°

# *Spices*

**Allspice:** hearty meats, fruit desserts

**Basil:** tomatoes, pesto, salads

**Bay Leaves:** soups and stews, grilled meats

**Caraway Seeds:** breads, cabbage, carrots, potatoes

**Celery Seeds:** tomatoes, salads

**Chives:** salads, vegetables, potatoes, eggs

**Cinnamon:** baked goods, fruits, beverages

**Cloves:** baked goods, hearty meats

**Coriander:** Mexican dishes, soups

**Cumin:** Mexican dishes, meats, cheese, beans

**Dill Weed and Seed:** vegetables, salads and dressings, eggs

**Fennel:** sausage, fish

**Ginger:** baked goods, Asian dishes, vegetables

**Marjoram:** meats, Italian dishes, vegetables

**Mint:** beverages, meats, desserts

**Mustard:** fish, eggs, cheese, meats, sauces

***Nutmeg:*** baked goods, spinach, dairy products

***Oregano:*** Italian dishes, meats, tomatoes

***Paprika:*** Spanish dishes, potatoes, meats

***Parsley:*** salads, soups, meats, fish

***Pepper:*** meats, soups and stews, nearly everything

***Poppy Seeds:*** baked goods, noodles, salad dressings

***Rosemary:*** chicken, potatoes

***Saffron:*** rice, seafood

***Sage:*** poultry, pork, stuffing's

***Savoury:*** beans, cheese, eggs

***Sesame Seeds:*** baked goods, Asian dishes, cheese

***Tarragon:*** chicken, salads, seafood

***Thyme:*** meats, soups and stews, vegetables

***Vanilla:*** baked goods, beverages



## Apple Oatmeal

### Ingredients

½ cup of old fashioned rolled oats  
½ cup milk  
½ cup water  
2 tbsp raisins  
½ tbsp brown sugar (packed)  
½ apple peeled cored and chopped  
A pinch of salt  
Cinnamon for sprinkling

### Preparation

Mix together the oats, milk, water, raisins, sugar, apple, and salt in a saucepan. Bring to a boil, then cover, reduce heat and simmer for 10 minutes, stirring frequently.

When the mixture is thick and mushy, remove from heat. Sprinkle with cinnamon and serve.



## Bacon & Egg Casserole

### Ingredients

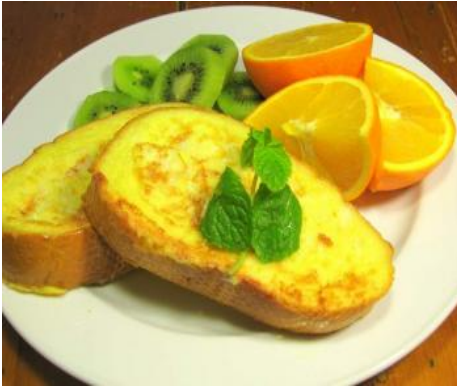
6 slices bacon  
2 medium onions, sliced  
1 can cream of mushroom soup  
1/4 cup milk  
5 hard cooked eggs, sliced  
2 cups (8 ounces) shredded Cheddar cheese  
Dash of salt and pepper  
English muffins, split and toasted

### Preparation

Heat oven to 350 degrees F.

Fry bacon until crisp. Remove from skillet. Drain fat, reserving 2 tablespoons. Sauté onion in bacon fat. Stir in soup, milk, eggs, cheese, and seasonings

Pour into 10 x 5-inch baking dish. Top with crumbled bacon. Bake 20 minutes. Serve on muffin halves.



## Best Ever French Toast

### Ingredients

1 large egg  
1/4 cup milk  
4 thick slices bread  
1Tbsp butter  
1 Tbsp vegetable Oil  
1/2 tsp baking powder  
1/4 tsp vanilla  
1/4 tsp salt

### Preparation

In a medium bowl, whisk together eggs, milk, salt, baking powder, and vanilla.

Heat oil and butter in a large skillet over medium heat.

Soak bread slices in the egg mixer until saturated.

Fry bread slices on both sides until golden brown.

- Serve the French toast with drizzled warmed honey and fruits.



## Frittata

### Ingredients

1 tsp olive oil  
2 tbsp chopped onion  
¼ cup chopped broccoli  
2 mushrooms sliced  
2 eggs  
1 tsp milk  
Grated parmesan  
Salt and pepper

### Preparation

Preheat oven 350° F  
Heat oil in an oven proof skillet, add vegetables, and cook until tender. Remove pan off heat  
Beat together eggs and milk pour over cooked vegetables in pan. Add salt and pepper to taste and sprinkle with parmesan cheese.  
Place skillet into heated oven and cook 10 minutes or until egg is firm.





## Omelettes

### Ingredients

3 eggs  
1 tsp water  
1 tbsp oil  
Salt and pepper

### Filling

½ fresh tomato diced  
¼ cup grated cheese

### Other fillings

Mushrooms, green onions, ham, broccoli, green peppers

### Preparation

Beat eggs with wire whisk or fork; add salt and pepper and water. Cook in well greased pan on medium heat. Add filling to one side and flip the other side over and heat till cheese melts.

**Note:** do not use milk or cream with your eggs. Water makes your omelette lighter and fluffier



## Scrambled Eggs with Smoked Salmon

### Ingredients

1 tbsp. butter  
2 med. eggs, lightly beaten  
1 tbsp. milk  
Black pepper  
2 tbsp. finely chopped smoked salmon trimmings  
1 slice brown toast

### Preparation

Melt the butter to foaming point and pour in the lightly beaten eggs and milk seasoned with black pepper. Nudge the curds around gently over a low heat with a wooden spoon. Throw in the scraps of salmon when you turn the heat off, so that they join the eggs during those few mysterious seconds when the cooking process appears to continue on its own and the eggs become more set than liquid. Spoon onto the toast in a generous mound and serve.



## English Muffin Pizza

### Ingredients

1 English muffin split in half  
2 tbsp pizza sauce  
¼ cup mozzarella cheese shredded

You can add: pineapple, olives, mushrooms, onion, green peppers, broccoli...

### Preparation

Preheat oven to 350° F

Spread sauce over English muffin halves. Top with vegetables if desired and top with cheese. Place on a baking sheet and place into the oven and bake for 5-10 minutes until cheese is melted.



## Fruit Salad

### Ingredients

1 cup strawberries quartered  
1 cup of grapes  
1 cup blueberries  
1 cup blackberries  
Vanilla yogurt

### Preparation

In a large bowl mix together; strawberries, grapes, blueberries, and blackberries toss gently.  
Serve with a dollop of vanilla yogurt.

**Note:** Cut grapes in half for children 5 years and under. Grapes have been known for blocking airways in young children.

☺ *Any assortment of fruit can be used for salad*



## Fruit Smoothie

### Ingredients

3 ripe bananas  
2 tbsp honey  
½ cup vanilla or plain yogurt  
½ cup cold milk or soy milk  
1 cup ice cubes

**You can use other fruits:** strawberries, kiwi, blueberries, raspberries, blackberries, or any combination of fresh fruits.

### Preparation

Combine all ingredients in a blender and process until smooth.

If the smoothie is too thick add more milk.



## Quick Guacamole

### Ingredients

3 avocados, diced (about 3 cups)  
1 cup Fresh Tomato Salsa  
1 tablespoon lemon juice  
1/4 teaspoon salt

### Preparation

Using a potato masher, mash diced avocados in a medium bowl, leaving them a little chunky. Add salsa, lemon juice, and salt; stir to combine.





## Hummus

### Ingredients

- 1 can chickpeas (also known as garbanzo beans)
- 2 garlic cloves minced
- $\frac{1}{4}$  cup sesame tahini (sold in jars)
- $\frac{1}{4}$  cup lemon juice
- $\frac{1}{4}$  tsp cayenne pepper

### Preparation

Drain chickpeas saving the liquid. Put the beans into a blender, food processor, or hand held blender. Add the garlic tahini, lemon juice, and cayenne and blend until smooth. If the mixture is too thick add some of the liquid from the beans.

**\*Hummus can also be eaten with pita bread\***



## Nachos Supreme

### Ingredients

¼ sliced black olives  
¼ chopped green onion  
½ cup salsa  
1 cup shredded cheddar cheese  
Baked unsalted tortilla chips

### Preparation

Preheat broiler in oven

Spread tortilla chips out evenly on baking sheet and sprinkle all the ingredients out over the chips evenly.

Broil for 2 minutes or until cheese is melted





## Raspberry Cream Cheese Sandwich

### Ingredients

8 ounce cream cheese softened  
3 tbsp raspberry preserves  
Bread of choice fresh uncut  
1/2 cup fresh raspberries  
Fresh mint leaves (optional)

### Preparation

Combine cream cheese and raspberry preserves. Spread on bread slices and cut as desired. Garnish with whole raspberries and a mint leaf

These sandwiches are served open faced.



## Stuffed Mushrooms

### Ingredients

3/4 lb. med size mushrooms, cleaned and stems removed

1 can crabmeat

1/2 lb. cream cheese

1/2 cup garlic croutons, finely crushed

Parmesan cheese, grated

Paprika

### Preparation

Mix together crabmeat, cream cheese, and croutons until mixture is blended. Mound mixture into mushroom caps. Sprinkle tops generously with Parmesan cheese and lightly with paprika. Broil until piping hot.



## Tzatziki & Pita Bread

### Ingredients

1 long English cucumber grated  
1 tsp lemon juice  
2 cups plain yogurt  
½ tsp vinegar  
1 cup sour cream  
¼ tsp pepper  
2 large garlic cloves minced  
2 tsp dill weed dried or fresh  
4 tbsp chopped green onion  
Pita bread

### Preparation

Grate cucumber; squeeze all water out of it. Combine all the remaining ingredients (accept pita bread) and add to the cucumber. Stir and refrigerate

### Heating Instructions

- Wrap pita bread in tin foil and heat in a 350° F oven for 10-15 minutes
- For crispier pita place unwrapped on a baking sheet in a 350° F oven for 10-15 minutes.



## Clam Chowder

### Ingredients

4 bacon slices cut up  
1 onion chopped  
3 tbsp flour  
2 cans minced clams  
4 cups (16 oz) of bottled clam juice or chicken stock  
1 cup of water  
3 medium red potatoes diced  
1 large bay leaf  
1 cup heavy cream (half and half)  
2 tbsp fresh parsley minced  
Salt and pepper to taste

### Preparation

Fry bacon over medium heat in a large soup pot. Add onion and sauté about 5 minutes. Add flour; stir for about one minute and whisk in clam juice and one cup of water. Add potatoes and bay leaf and simmer until potatoes are tender about 10 minutes add clams, cream, parsley and salt and pepper to taste heat up to a simmer and serve.



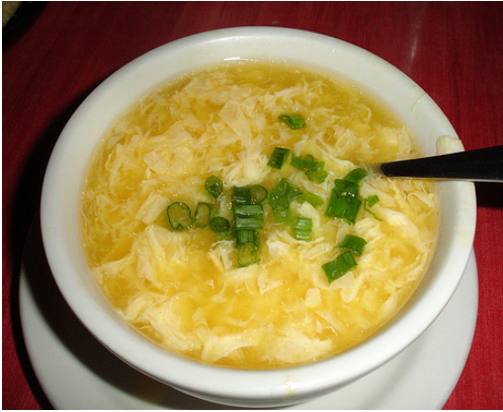
## Corn Chowder

### Ingredients

- 1 tbsp vegetable oil
- 2 tbsp celery, finely diced
- 2 tbsp onion, finely diced
- 2 tbsp green pepper, finely diced
- 10 oz. frozen whole kernel corn
- 1 cup raw potatoes, peeled, diced in 1/2-inch pieces
- 2 tbsp fresh parsley, chopped
- 1 cup water
- 1/4 tsp salt
- 1/4 tsp paprika
- 2 tbsp flour
- 2 cup milk

### Preparation

Heat the oil in a medium saucepan. Add celery, onion, and green pepper, and sauté for 2 minutes. Add corn, potatoes, water, salt, pepper, and paprika. Bring to boil, and then reduce heat to medium. Cook covered for about 10 minutes or until potatoes are tender. Place 1/2 cup of milk in jar with tight fitting lid. Add flour and shake vigorously. Gradually add milk-flour mixture to cooked vegetables. Add remaining milk. Cook stirring constantly until mixture comes to boil and thickens.



## Egg Drop Soup

### Ingredients

2 cans low sodium chicken broth  
2 cups water  
1 tsp ground or fresh ginger  
3 eggs, beaten  
1 tsp chopped green onion

### Preparation

In a pot combine broth, water, and ginger and bring to a boil.  
Drizzle in the beaten egg and cook for 1 minute longer.  
Serve hot and garnish with the green onion.



## Ham & Broccoli Soup

### Ingredients

2 quarts (litres) chicken broth  
2 cups cubed ham  
½ onion chopped  
1 celery stalk chopped  
2 cups chopped broccoli  
1 bay leaf  
1 cup milk  
2 tbsp flour  
1 tbsp cornstarch  
Salt and pepper

### Preparation

Pour chicken broth into a large pot and bring to a boil.  
Add vegetables, bay leaf, and ham bring to a boil and simmer for at least 1 hour until.  
Add salt and pepper to taste and add milk.  
Dissolve flour and cornstarch in ½ a cup of water  
Pour into soup and stir until soup is thickened, remove from heat.



## Quick Chicken Soup

### Ingredients

3 cups water  
3 chicken bouillon cubes  
2 carrots cut  
2 stalks of celery chopped  
1 cup chopped cooked chicken

### Preparation

Bring the water to a boil in a medium saucepan. Add the bouillon cubes, carrots, and celery. Return to a boil, then reduce heat and simmer for 10 minutes, or until carrots are tender.

Add the chicken and simmer for 2 minutes longer.





## Quick Veggie Soup

### Ingredients

½ tbsp butter  
1 onion chopped  
2 carrots chopped  
2 cans low sodium vegetable broth (or chicken)  
1 celery stalk chopped  
1 potato chopped  
½ tsp oregano  
Salt and pepper

### Preparation

Melt the butter in a large pot over medium heat. Add the onion and carrot and sauté until the onion is translucent. Add the broth, celery, broccoli, potato, oregano and salt and pepper. Bring to a boil, reduce heat, and simmer for 20 minutes or until the potato is tender.



## Red Bean & Spinach Soup

### Ingredients

1 cup can red beans  
5-6 medium size mushrooms, chopped  
2 tbsp all purpose flour:  
1 small onions sliced thinly  
2 tbsp vegetable oil  
75 grams spinach chopped  
2 tbsp tomato paste  
Salt and pepper  
Chile powder to taste

### Preparation

Place beans in a pot and cover with water 2 to 3 inches above the level of beans. Bring to boil, and then reduce the heat to medium.

Add mushrooms and cook for 10 more min.

Add flour, tomato paste, chopped spinach, salt, pepper and Chile powder and cook for 5 more min.

Meanwhile heat 2 tbsp oil in a frying pan over medium heat. Add onions and fry until slightly golden.

Turn off the heat and add fried onions.



## Salmon Soup

### Ingredients

- 2 salmon fillets
- 3 carrots
- 2 potatoes
- 1 bunch of green onions
- 1 small can of tomato paste

### Preparation

Boil 3 cups of water. When boiling add whole can of tomato paste and stir until it blended.

Peel and cut the carrots and potatoes into big pieces and add to the soup and wait for them to soften. Then add the fish with some chopped green onions. Add salt and pepper for taste.



## Split Pea & Ham Soup

### Ingredients

8 cups of water  
1 ½ cup of diced ham  
2 cups dried split peas  
1 onion chopped  
1 celery stalk chopped  
1 carrot chopped  
1 bay leaf  
½ tsp black pepper

### Preparation

Rinse peas under cold water tap  
Add the 8 cups of water and ham to a large pot and bring to a boil. Add rinsed peas and the rest of the ingredients and bring back to a boil.  
Turn down heat and simmer for about one hour until peas are pureed. Salt and pepper to taste.



## Tomato Lentil Soup

### Ingredients

2 large onions diced  
8 stalks of celery  
3-4 garlic cloves minced  
1/3 cup oil  
  
800ml can plum tomatoes  
4 cups brown lentils  
10 cups of water  
5-6 carrots sliced  
3 tsp ground cumin  
1 tsp crushed chilli flakes  
3 tsp brown sugar  
Salt and pepper to taste

### Preparation

Sauté onions, celery, garlic, and oil until onions become translucent.

Add all the remaining ingredients and simmer until the lentils are cooked (about 45minutes)



## Zucchini & Broccoli Soup

### Ingredients

1 1/3 cups water  
1 1/2 cups broccoli  
2 medium zucchini  
2 cubes chicken bouillon  
1/2 tsp minced garlic  
A dash of black pepper

### Preparation

Heat the water in a sauce pan add the broccoli and cook for 3 minutes and then add zucchini and for another minute. Add bouillon cubes stir and dissolve, add black pepper. With a potato masher break up all the cooked broccoli and zucchini while simmering.



## Jamaican Snapper with mixed Beans & Rice

### Ingredients:

4 medium frozen snapper steaks  
2 small tomatoes  
1 big onion  
1 bunch of green onions  
1 can of mixed beans  
2 ½ cups of rice  
Chicken broth

### Preparation:

#### Sauce:

Chop the onion and brown in a pan.  
Chop the tomatoes and add them to the onions  
Chop the green onions in 3 then add them to the mixture.  
Cook until some liquid is formed then add the snappers  
and cover with lid.

#### Rice:

Fry some onion.  
Add washed rice then mix in the beans.  
Put in a small can of chicken broth, and then cover the  
mixture with water.  
Cover with lid and cook over medium heat for 20 minutes



## Salmon Patties

### Ingredients

2 cans salmon (2 cups)

½ minced onion (small)

1 egg

¼ cup flour

Salt and pepper

Butter or oil for frying

### Preparation

Place drained fish into a bowl and mash well.

Add remaining ingredients and blend together well with clean hands.

Form into patties and fry in an oiled pan on a medium heat until browned turn over during cooking to brown both sides.





## Salmon with Dill

### Ingredients

1 pound salmon fillets or steaks

¼ teaspoon salt

½ teaspoon ground black pepper

1 teaspoon onion powder

1 teaspoon dried dill weed

2 tablespoons butter

### Preparation

Preheat oven to 400° F (200 degrees C).

Rinse salmon, and arrange in a 9x13 inch baking dish. Sprinkle salt, pepper, onion powder, and dill over the fish. Place pieces of butter evenly over the fish. Bake in preheated oven for 20 to 25 minutes. Salmon is done when it flakes easily with a fork.



## Tuna Melt

### Ingredients

2 English muffins  
1 can tuna drained  
1 ½ tbsp mayonnaise  
¼ cup cheddar cheese shredded  
Salt and pepper

### Preparation

Preheat oven 350° F

Toast the muffins in the oven on a baking sheet remove and set aside

Mix tuna, mayonnaise, salt and pepper to taste.

Place ¼ of the mixture on each muffin half. Press down with a fork to flatten.

Sprinkle the cheese on top and bake until cheese is melted about 5 minutes.



## Salad Rolls

### Ingredients

1 (8 ounce) package rice vermicelli  
8 ounce cooked peeled shrimp  
8 rice wrappers (6.5 inch)  
1 carrot julienned  
1 cup shredded lettuce  
¼ cup chopped fresh basil or green onion  
½ cup hoi sin sauce  
Water as needed

### Preparation

Bring a medium saucepan of water to boil. Remove from heat. Place rice vermicelli noodles in boiling water, remove from heat, and let soak 3 to 5 minutes, until soft. Drain, and rinse with cold water.

Fill a large bowl with hot water. Dip one rice wrapper in the hot water for 1 second to soften. Lay wrapper flat, and place desired amounts of noodles, shrimp, carrot, lettuce and basil in the center. Roll the edges of the wrapper slightly inward. Beginning at the bottom edge of wrapper, tightly wrap the ingredients. Repeat with remaining ingredients.

**Dipping Sauce:** In a small bowl, mix the hoi sin sauce with water until desired consistency and heat.



## Black Bean & Corn Quesadillas

### Ingredients

- |  |                       |
|--|-----------------------|
| 1 tsp olive oil                                | 2 tbsp chopped onion  |
| 1/2 can black beans                            | 1/2 can whole corn    |
| 1 ½ tsp brown sugar                            | 2 tbsp salsa          |
| 1/8 tsp red pepper flakes                      | 1 tbsp butter divided |
| 4 (8 inch) whole wheat flour tortillas         |                       |
| 3/4 cup shredded Monterey Jack cheese, divided |                       |

### Preparation

Heat oil in a large saucepan over medium heat. Stir in onion, and cook until softened, about 2 minutes. Stir in beans and corn, then add brown sugar, salsa, and pepper flakes; mix well. Cook until heated through, about 3 minutes. Melt 2 teaspoons of the butter in a large skillet over medium heat. Place a tortilla in the skillet, sprinkle evenly with cheese, then top with some of the bean mixture. Place another tortilla on top, cook until golden, then flip and cook on the other side. Repeat with remaining tortillas and filling.



## No Meat Chow Mein

### Ingredients

½ cabbage shredded  
½ onion chopped  
1 cup bean sprouts  
1 ½ cup chow mein noodles  
2 tbsp soya sauce  
½ cup water

### Preparation

Stir fry vegetables in pan on top of stove.  
Add soya sauce; add bean sprouts, noodles,  
and water.  
Cook until the noodles absorb the water.



## Eggplant Parmesan

### Ingredients

3 eggplants thinly sliced	2 eggs, beaten
4 cups bread crumbs	½ cup grated Parmesan
6 cups spaghetti sauce	½ tsp dried basil
1 package shredded mozzarella	

### Preparation

Preheat oven to 350° degrees F

Dip eggplant slices in egg, then in bread crumbs. Place in a single layer on a baking sheet. Bake in preheated oven for 5 minutes on each side. In a 9x13 inch baking dish spread spaghetti sauce to cover the bottom. Place a layer of eggplant slices in the sauce. Sprinkle with mozzarella and Parmesan cheeses. Repeat with remaining ingredients, ending with the cheeses. Sprinkle basil on top. Bake in preheated oven for 35 minutes, or until golden brown.



## Italian Tomato Sauce

### Ingredients

- ¼ cup extra virgin olive oil
- 1 medium onion diced
- 3 garlic cloves crushed
- 1 small can (5 ½ ounce) tomato paste
- 3 - 28 ounce cans of whole tomatoes (crushed)
- 1 ¼ tsp fine sea salt
- 3 tsp dried basil or 4 fresh basil leaves
- ½ tsp red chilli flakes

### Preparation

Heat olive oil in a deep saucepan over medium heat. Add onions sauté until soft and translucent. Add garlic and tomato paste, stir well. Add the rest of the remaining ingredients and simmer partially covered stirring often for 1 hour. For plain tomato sauce

See: [Italian Meatball recipe](#)



## Plantain Omelette & Kale

### Ingredient

6 eggs  
1 bunch of parsley  
1 onion  
4 well-ripen plantains  
1 bunch of kale

### Preparation

Peel the plantains and cut them into bit-size slices and bake them in the oven at 350 for 10 minutes (until cooked).

Beat the eggs while pre-heating a pan with a little bit of oil.

Chop the onions finely and sauté those in a frying pan. Add the cooked plantains and eggs then sprinkle with chopped parsley continue cooking on a medium heat flipping over once to cook other side.

Wash the kale and remove the stems, use only the leaves.

Heat a frying pan without oil and cook the kale until soft. Add salt and pepper for taste.





## Spaghetti Squash Fritters

### Ingredients

½ spaghetti squash cooked (left over)

1 egg

¼ cup flour

Salt and pepper

small amount of oil for frying (I used cooking spray)

### Preparation

Cook spaghetti squash by placing cut side down on a baking sheet at 375F for 45 minutes.

Remove the flesh from the spaghetti squash by raking across the squash sideways with a fork.

Mix the squash with one beaten egg, flour and salt and pepper.

Drop by about 1/4 cup spoonfuls onto a hot frying pan. Flatten slightly with a spatula and fry on each side until golden brown



## Tofu Chilli

### Ingredients

1 tsp chilli powder	1 clove garlic, minced
2 tbsp vegetable oil	½ cup onion, chopped
2 stalks celery cut	½ cup whole kernel corn
1 can kidney beans	1 can stewed tomatoes
½ package extra firm tofu	1 quart water

### Preparation

In a medium bowl, crumble the tofu and toss with the chilli powder and garlic. Heat the oil in a large saucepan over medium heat, and sauté the onion and celery until tender. Stir in the tofu mixture. Continue cooking about 5 minutes over low heat.

Mix in the corn, kidney beans, and stewed tomatoes. Add water and bring to a boil. Reduce heat to low and simmer about 50 minutes.



## Veggie Fettuccine Alfredo

### Ingredients

8 oz fettuccine noodles

1 cup cottage cheese

¼ cup parmesan cheese

¼ cup milk

Salt and pepper

1 cup of cooked veggies (try carrots, broccoli, zucchini mushrooms, or whatever else you have)

### Preparation

Boil a pot of salted water and cook fettuccini noodles until tender about 10 minutes and drain return pasta to pot and put aside.

Blend cottage cheese with a blender or hand mixer until smooth, add parmesan, milk, salt, pepper and mix well. Next add the cooked vegetables and simmer 2-3 minutes

Pour hot vegetable sauce over pasta.



## Baked Chicken Wings

### Ingredients

Chicken wings: 16 chicken wings  
1 large Onion  
2 garlic cloves Garlic  
4 Tbsp Lemon juice  
2 Tbsp Olive oil  
Salt and pepper to taste

### Preparation

Preheat the oven to 350° degrees F.

Slice the onion and mince the garlic cloves.  
In large bowl, combine Chicken wings, onion, garlic, olive oil salt, and pepper. Pour lemon juice over the mixture.  
Toss the mixture a couple of times.

Place the chicken pieces on the baking sheet and cook for 1 to 1.5 hours or until juices run clear. Turn over once during cooking time.

**Note:** 20 minutes before done you can baste wings with your choice of sauce.

Louisiana hot sauce, teriyaki sauce or BBQ sauce



## Beef Enchiladas

### Ingredients

1 Tablespoon oil  
½ cup sour cream  
1 lb hamburger  
1 cup grated cheese (cheddar)  
3 green onions sliced  
6 to 8 large flour tortillas  
1 cup jarred salsa

### Preparation

Preheat oven to 350°F

Brown ground beef in oil. Drain.

Mix cooked beef with onions, ½ cup salsa, the sour cream, and ½ cup cheese.

Divide meat mixture, placing some on each tortilla.

Roll them up and arrange in a baking dish. Cover with remaining salsa and cheese.

Bake uncovered at 350°F for 20 minutes.



## Beef Stroganoff

### Ingredients

8 oz broad egg noodles  
1 ¼ pound beef top round cut in thin strips  
¼ cup sliced onions  
1 tbsp flour  
1 garlic clove, minced  
8 fresh mushrooms sliced  
¼ cup beef broth  
½ cup sour cream  
Salt and pepper  
¼ cup fresh parsley chopped

### Preparation

Boil water and cook noodles, drain and set aside. In a skillet over medium heat add beef and onions. When, the beef is beginning to brown, mix in the flour to coat meat. Stir in garlic, mushrooms, broth, and sour cream. Simmer until mushrooms are tender. Serve hot over egg noodles.

**Note:** Always cut beef against the grain to make it tender.



## Beef Noodle Casserole

### Ingredients

1 small pack of lean ground beef  
2 cans of cream of mushroom soup  
1 cup of sour cream  
1 cup of frozen peas  
1 small onion  
2 cups of fresh mushroom  
1 pack of egg noodles  
Garlic seasoning -optional

### Preparation

Fill a large pot full of water. Put on High heat and cover. Over Medium heat in a large frying pan add 2 table spoons of water. Add the ground beef and salt and pepper and garlic seasoning. Chop up onion length wise and add to the ground beef. Chop up mushrooms and add to the ground beef Add salt and pepper Cook until the mushroom reduced to half and onions are browned. Add the cream of mushroom soup and sour cream. Turn heat down to Low. Stir in peas and cover once the water comes to a boil add salt. Add noodle when the water comes back up to boil. Stir the noodles and cook for 8-10 min Stir the beef mixture.



## Burritos

### Ingredients

1 medium pack of lean ground beef  
2 red onions  
Whole wheat burritos wrap  
4 medium avocados  
4 tomatoes  
1 cucumber  
Half a lemon

### Preparation

Put the beef in a pre-heated frying pan on medium heat without oil.

When fully browned, add chopped onions and cook until ready.

For the guacamole, soften the avocados in a bowl; add salt & pepper and lemon juice.

Cut up the tomatoes and cucumber and add to your burrito mix and ENJOY.





## Chicken Hearts with green bean & carrots

### Ingredients

2 packages of chicken hearts  
1 medium onion  
1 bag of fresh green beans  
4 medium carrots

### Preparation

Fry up the chicken hearts in oil and add onions.  
Peel and cut the carrots into long, thin and small pieces  
Wash the green beans and cut the ends off.  
Heat up a pan with a little oil and sauté the carrots and green beans.



## Chicken & Zucchini With Rice

### Ingredients

5 medium Zucchini

A bag of chicken breast from (Sunrise market)

3 cups of rice.

### Preparation

Wash the chicken and dry them with paper towels.

Cut the zucchinis in 8 pieces each.

Put the chicken in a casserole dish after adding salt and pepper, put the zucchinis with the chicken, and cover with tin foil.

Baked at 350° F for 30minutes.

Make the rice following package directions.



## Honey Garlic Spareribs

### Ingredients

2 pounds pork spareribs cut in small chunks  
Garlic powder  
Salt and pepper

#### **Honey garlic sauce**

2 crushed garlic cloves  
½ cup butter  
½ cup honey  
1 tbsp soya sauce

### Preparation

Preheat oven to 350°

Place ribs in a roasting pan sprinkle with spices, cover, and bake for 1 hour.

While ribs are cooking make sauce.

Place butter in a small pot and melt on medium heat add garlic, honey, and soya sauce heat well.

Pour over ribs and bake for about another hour.



## Indian Tacos

### Ingredients

- 1 pound lean ground meat (beef, venison or pork)
- 1 cup diced onion
- 4 cooked fry bread ( see traditional fry bread recipe)
- 1 head lettuce, shredded
- 3 tomatoes, diced
- 2 cups shredded sharp Cheddar cheese
- 1 (3-ounce) can diced chiles, drained
- Sour cream, salsa (optional)

### Preparation

In a large frying pan over medium-high heat, brown ground meat and onions until cooked; remove from heat. Place Fry Bread, cupped side up, on separate plates.

Layer ground meat, lettuce, tomatoes, Cheddar cheese, and green chiles onto top of each fry bread. Top with sour cream and salsa, if desired, and serve open-faced with a fork.



## Italian Meatballs

### Ingredients

500 grams lean ground beef  
 $\frac{3}{4}$  cup water  
 $\frac{3}{4}$  cup fine bread crumbs  
 $\frac{1}{2}$  cup grated Romano or parmesan cheese  
3 eggs  
 $\frac{3}{4}$  tsp fine sea salt  
3 garlic cloves minced  
1 cup fresh parsley, finely chopped

### Preparation

Preheat oven to 350° F

In a large bowl combine the entire ingredients. Mix by hand until mixture is smooth. Shape into balls slightly bigger than a golf ball and place on a baking sheet.

Bake in the oven for 20 minutes or until cooked. Meat should **not** be pink inside.

### Another cooking method

Add uncooked meatballs to simmering Italian tomato Sauce

And simmer until cooked for 45 minutes (see recipe)



## Venison Supreme

### Ingredients

2-3 deer steaks (cubed)  
2 tbsp butter  
Cayenne pepper  
½ small jar currant jelly

### Preparation

Cube steaks, remove bone, fat and membranes.  
Cook in butter until pink inside.  
Sprinkle with cayenne pepper.  
Add currant jelly to taste.  
Cover and simmer for 5 minutes.



## Sweet & Sour Moose Ribs

### Ingredients

4 lbs moose ribs  
4 cups water  
1 cup vinegar  
1 cup brown sugar  
1 can tomato soup  
4 tbsp. soy sauce  
Salt and pepper  
Corn starch for thickening

### Preparation

In a large pot boil the moose ribs for at least an hour in the 4 cups of water.

Then let simmer for half an hour.

Add vinegar, brown sugar, tomato soup, salt and Pepper to taste.

Add the soy sauce. Thicken with corn starch

Serve hot, with rice.



## Nass Valley Hash

### Ingredients

2 cups of rice

1 cup of frozen corn

1 can of corn beef (crumbled)

### Preparation

Make 2 cups of rice as directed on package.

Add corned beef and drained corn, mix well. Heat thoroughly





## One Pan Chicken Casserole

### Ingredients

6-8 chicken thighs  
2 cans cream of chicken soup  
2 cups of rice  
3 1/2 cups of water  
1 cup of frozen corn  
1 cup of frozen peas  
Salt and pepper  
Garlic seasoning-optional

### Preparation

Preheat oven at 375° F

Foil a 9x13 baking pan.

Put the rice in the pan and wash two or three times until water is clear.

Spread the rice out evenly over the pan.

Sprinkle the corn and peas over the rice.

Dice up chicken into small pieces and evenly spread out in pan. Add water evenly over pan. Spread the cream of chicken soup over entire pan Salt and pepper and garlic seasoning cover tightly with foil. Bake for 45 minutes.



## Sausage & Tomato Casserole

### Ingredients

2 cups rice

1 cup of frozen corn

2 cups of water

Salt and pepper

1 small pack of breakfast beef sausages

1 large can of diced tomatoes

Garlic seasoning- optional

### Preparation

Preheat oven at 375 F

Foil a 9x13 baking pan. Put the rice in the pan and wash two or three times until water is clear.

Spread the rice out evenly over the pan, sprinkle the corn over the rice, and put the sausages over the rice.

Spread the tomatoes on top evenly including the juice.

Pour water over mixture. Salt, pepper, and garlic seasoning. Cover with foil tightly and bake for 40 to 45 minutes.



## Philly Cheese Steak Pizza

### Ingredients

200 grams deli style roast beef (cut in thin slices)  
1 cup mushroom sliced  
1 medium green pepper sliced  
1 large yellow onion (thinly sliced)  
1 Tbsp vegetable oil  
400 grams mozzarella cheese  
1 large ready made whole wheat pizza crust

### Preparation

Preheat oven to 400° F.

In skillet heat the vegetable oil add thinly sliced onions and sauté until onions are caramel colored, stirring often.

Spread ½ of the mozzarella cheese over the pizza crust and top with mushrooms, peppers, onions and roast beef.

Sprinkle mozzarella cheese, salt and pepper and bake for 20 minutes or until crust is golden and cheese has melted

Let cool to prevent burning the roof of your mouth ouch!



## Pineapple BBQ Chicken

### Ingredients

4 skinned chicken breasts  
2 cups crushed pineapple  
½ cup of flour  
2 cup barbecue sauce  
½ tsp salt  
1 tsp ginger fresh or powder  
½ tsp pepper  
2 Tbsp cornstarch  
2 Tbsp vegetable oil

### Preparation

Preheat oven to 350° F.

In a bowl mix together pineapple, barbecue sauce, ginger and cornstarch and set aside.

Mix flour, salt and pepper together on a plate. Coat chicken in flour mixture. Heat oil in a fry pan and brown coated chicken lightly, don't worry the rest of the cooking will happen in the oven.

Place browned chicken in a roasting pan pour pineapple mixture over top, cover and bake 50 to 60 minutes or until chicken is done.



## Scalloped Potatoes & Ham

### Ingredients

4 peeled raw potatoes  
½ cup onion  
½ cup ham diced  
2 tbsp margarine  
1 tbsp flour  
1 cup milk  
Salt and pepper

### Preparation

Preheat oven to 350° F

Slice potatoes thin right into your baking dish or roasting pan.

Add remaining ingredients.

Bake in heated oven for about 1 hour or until potatoes are tender.



## Spaghetti & Meat Sauce

### Ingredients

½ of one small package of 100% whole wheat spaghetti (grams?)

1 small package of hamburger (lean is better)

1 small or large jar of spaghetti sauce

5-10 medium size mushrooms

½ red onion (more if you like it tastier)

1 large carrot

Add pepper, cayenne pepper, oregano, thyme, or other spices to your taste

Parmesan cheese if you like it

You can also add any kind of vegetables to make it healthier and filling (suggestions: frozen corn, or red, orange or yellow peppers)

### Preparation

Fry the hamburger at medium to high heat, then drain away all of the fat

Cut all of the vegetables into small pieces, then fry in a small amount of oil at medium heat until cooked (approximately 5-7 minutes)

Pour spaghetti sauce into a medium size pot, and then add all ingredients except the spaghetti noodles. Heat up sauce at medium to high heat, and then keep at a very low boil until the noodles are done.

Cook the noodles as directed on its package, and then drain away water.

Either mix the noodles with the sauce, then serve or place spaghetti on plate first, then add sauce on top.

Add parmesan cheese if you like.

You can store leftovers in a container in the fridge for up to 3 days, or freeze it in a freezer safe container for weeks.

You can microwave to heat in a microwave safe container (be sure to partially cover it to stop it from splattering and making a mess).

Feeds 2-4 people depending on how much noodles and sauce you use. Costs about \$5-7 to make. Time: 20 minutes.



## Stuffed Peppers

### Ingredients

- 4 to 6 large green bell peppers
- 1 pound ground beef
- 1 small onion, finely chopped
- 1 (20 ounce) can whole tomatoes
- 2 tablespoons Worcestershire sauce
- Salt and pepper, to taste
- 1 to 1 1/2 cups cooked rice
- 1 cup shredded cheese (white or orange)

### Preparation    Preheat oven 350° F

Cut tops off bell peppers and remove seeds. Brown meat in skillet with onion. Drain oil. Add tomatoes that have been mashed. Add Worcestershire, salt and pepper. Simmer for 15 to 20 minutes. Add rice. Simmer stirring occasionally, for 10 minutes. Cool add cheese Stuff peppers with mixture and Bake at about 20 minutes or until hot.





## Sweet Potato Ragout

### Ingredients

4 medium sweet potatoes,  
3 medium carrots;  
1 bunch of cilantro,  
2 onions,  
3 cloves of garlic,  
250 g of turkey breast.

### Preparation

Brown the turkey; add the onions and garlic finely diced. Dice the potatoes in big chunks add them, after about 2 minutes add the carrots diced. Add water just enough to cover the ingredients. Add some salt, pepper and paprika. Cover the pot on a medium heat for about 25-30 minutes or until cooked. Top with cilantro.



## Baked Sweet Potato with Jazzed Bell Peppers

### Ingredients

6 mixed bell peppers  
1 pack of smoked beef sausage,  
8 small sweet potatoes.  
3 tbsp olive oil

### Preparation

Preheat oven 400° F

Scrub the potatoes clean then bake them with the skin on for about 30-40 minutes or until cooked depending on size. Dice each bell pepper

Heat 3 tablespoons of extra virgin Olive oil in a frying pan. Mince the sausages and cook till done

Add the peppers to the sausages; add salt, paprika, pepper.

Place mixture on top of hot baked potato and jazz it up with some chile pepper flakes.



## Swiss Steak

### Ingredients

1/2 cup sifted flour  
3 teaspoons salt  
1/2 teaspoon pepper  
1 (2 pound) round steak (1 1/2-inch thick)  
3 tablespoons oil  
1 small onion, minced  
2 cups tomatoes

### Preparation

Preheat oven 350° Mix flour, salt, and pepper. Pound flour mixture into steak with tenderizer or potato masher. Brown coated meat in oil in a heavy skillet then place into an oven roaster. Add onions to tomatoes and pour over steak.

Bake at 350° F for 2 hours



## Monte Cristo

### Ingredients

2 slices of Swiss cheese  
2 sliced of sandwich meat ham  
2 slices of multigrain bread  
1 large egg beaten or 2 small eggs

### Preparation

On one slice of bread place the ham, cheese and cover with other slice.

Dip sandwich in beaten egg both on sides

And grill in a buttered pan.



## Turkey Chilli

### Ingredients

½ lb ground turkey or chicken  
1 large can kidney beans  
3 carrots (diced)  
3 celery stalks (diced)  
1 yellow onion (diced)  
2 canned diced tomatoes  
2 tbsp olive oil or another kind of oil (canola)  
1 tbsp cayenne pepper (or Taco Seasoning)  
Salt and pepper to taste

### Preparation

Dice yellow onion, carrots, and celery. Turn on heat to medium high. Add oil to pan. Add onion and stir until it is translucent in colour (3 minutes). Add carrots and celery until it is soft while continuing to stir. Add ground turkey or chicken and break-up while mixing the ingredients together until the meat is mostly cooked (about 5 minutes or more). Add canned tomatoes and kidney beans. Put the lid of the pot on to make the tomatoes a bright red colour and let cook for about 20-30 minutes. Lastly, add the spice and salt and pepper. If you like then garnish with cheese, yogurt, and cilantro.



## Baby Carrots with Dill Butter

### Ingredients

1 (16 ounce) package baby carrots

2 tablespoons margarine

1 tablespoon chopped fresh dill

1 tablespoon fresh lemon juice

1/4 teaspoon salt

1/8 teaspoon freshly ground black pepper

### Preparation

Place carrots in a saucepan with enough water to cover.

Bring to a boil, and cook 10 minutes, until tender.

Remove from heat, and drain.

Gently toss with margarine, dill, and lemon juice season with salt and pepper.



## Balsamic Tomatoes

### Ingredients

2 medium tomatoes cut into thick slices  
4 green onions chopped or ( $\frac{1}{2}$  yellow onion chopped)  
3 tbsp balsamic vinegar  
3 tsp olive oil  
Salt and pepper

### Preparation

Arrange tomato slices on a plate and sprinkle with the onion.

Drizzle the vinegar and oil over the tomatoes, and salt and pepper to taste.

Marinate at least 5 minutes before serving.



## Broccoli Garlic Butter & Cashews

### Ingredients

- |                               |                  |
|-------------------------------|------------------|
| 1 pound fresh broccoli        | 3 tbsp butter    |
| 2 tsp brown sugar             | 2 tbsp soy sauce |
| 1 ¼ tsp white vinegar         | 1/8 tsp pepper   |
| 1-1/3 cloves garlic, minced   |                  |
| 3 tbsp chopped salted cashews |                  |

### Preparation

Place the broccoli into a large pot with about 1 inch of water in the bottom. Bring to a boil, and cook for 7 minutes, or until tender but still crisp. Drain, and arrange broccoli on a serving platter.

While the broccoli is cooking, melt the butter in a small skillet over medium heat. Mix in the brown sugar, soy sauce, vinegar, pepper and garlic. Bring to a boil, and then remove from the heat. Mix in the cashews, and pour the sauce over the broccoli. Serve immediately.





## Curried Potatoes

### Ingredients

1 ½ tbsp of olive oil  
2 large potatoes cubed  
1 small onion chopped  
1 tbsp curry powder  
1 tsp fresh grated ginger  
½ tsp salt  
1 tsp sugar  
3 tbsp soy sauce

### Preparation

Heat oil in a skillet on medium heat. Add the potatoes and cook, stirring often for 15 minutes.

Add the onion, curry, and ginger to the skillet. Cook for 1 minute stirring. Add the salt sugar and soy sauce. Cook for another 5 or so minutes stirring until potatoes are done.

You can add a few tablespoons of water to the skillet if the pan dries out until the potatoes are cooked.



## Oven Roasted Potatoes & Yams

### Ingredients

4 white potatoes

2 yams

2 Tbsp olive oil

2 garlic cloves sliced

1 Tbsp fresh rosemary chopped or ½ tsp dried rosemary

Salt and pepper to taste

### Preparation

Preheat oven to 400 F.

Peel and cut the potatoes and yams into cubes. (Peeling is optional!)

In a large bowl, combine olive oil, garlic, rosemary, pepper and salt. Stir in potatoes until evenly coated.

Place potatoes in a single layer on a roasting pan or baking sheet.

Roast for 30-40 minutes in the oven, turning occasionally to brown on all sides.



## Baked Yam Fries

### Ingredients

2 large yams or sweet potatoes  
2 tbsp olive oil  
2 tsp hot sauce  
Salt and pepper

### Preparation

Preheat oven to 500° F

Scrub and wash sweet potatoes and cut them into wedges.

Combine olive oil and hot sauce and salt and pepper in a large bowl. Add the sweet potatoes and toss to coat evenly.

Put coated wedges on a baking sheet and bake for 20 to 30 minutes until nicely browned, flip once during cooking.



## Stuffed Potatoes

### Ingredients

6 baker potatoes

6 slices of crispy bacon

4 green onions,

1 cup of grated cheese

Salt and pepper to taste

**Other fillings:** Broccoli, spinach, shrimp, chilli, sour cream, salsa...

### Preparations

Bake potatoes at 400 degrees for 45 minutes or until tender when pierced with a fork. Let cool.

Slice the top, lengthwise, off of each potato and scoop out the flesh. Add crumbled cheese, crumbled bacon, green onion, salt, and pepper. Mash well and then stuff back into potato shells. Place on a baking sheet and bake for 20 minutes, or until cheese is melted and potatoes are heated through.



## **Chicken Salad Sandwich**

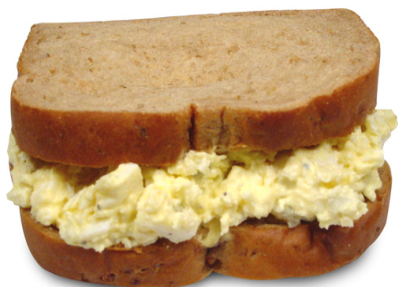
### **Ingredients**

2 cups cooked chicken chopped  
¼ cup plain yogurt  
2 tsp mustard  
3 tbsp chopped celery  
¼ cup green seedless grapes chopped  
Salt and pepper to taste  
Fresh croissants or bread of choice

### **Preparation**

Combine all ingredients together and mix well.  
Generously spread over you favourite bread.

**Chicken salad can also be placed on a  
bed of lettuce**



## Egg Salad Sandwich

### Ingredients

- 1 hard boiled egg
- 1 tbsp plain yogurt
- ½ tsp Dijon mustard
- 2 slices multigrain bread or other favourite bread
- Salt and pepper

### Preparation

Finely chop egg. Thoroughly mix egg with yogurt and mustard. Spread on bread slices season to taste with salt and pepper.



## Greek Salad

### Ingredients

- ½ red onion chopped
- 1 cucumber chopped
- 1 green pepper chopped
- 1 tomato cut into wedges
- ¼ cup crumbled feta cheese
- ¼ cup pitted olives (optional)
- ¼ cup Greek dressing or Italian dressing

### Preparation

In a large bowl toss together onion, cucumber, green pepper, tomato, feta cheese, and olives. Add dressing and toss again lightly.

Serve immediately



## Mediterranean Salad

### Ingredients

1 bag of spring mix greens or (leaf lettuce, spinach)  
1 large tomato chopped or cherry tomatoes  
 $\frac{1}{2}$  cucumber cut into bite size cubes  
 $\frac{3}{4}$  cup shredded mozzarella cheese  
 $\frac{1}{4}$  sliced black olives  
 $\frac{3}{4}$  can chickpeas drained and rinsed  
 $\frac{1}{3}$  cup Italian dressing or to taste  
Dried oregano

### Preparation

Combine the lettuce, tomato, cucumber, cheese, olives, and chickpeas. Add the dressing and toss lightly. Sprinkle with oregano to taste.





## Bean Salad

### Ingredients

1 can mixed beans  
Olive oil(about 1/3 cup)  
Balsamic vinegar(about 50/50 with oil)  
1-2 slices red onion  
¼ red pepper  
1 celery stick  
½ clove garlic  
Oregano-1 pinch  
Basil-1-pinch  
1/4 cup sugar(optional)

### Preparation

Drain can of beans and put in large bowl. Chop vegetables, mince garlic and mix with mixed beans, oil and vinegar, oregano and basil. The oil/vinegar should be about 50/50 but mix it to your preference. Add dressing to bowl, stir, and marinate in the refrigerator for a few hours or overnight. Drain dressing and transfer salad to a smaller bowl. If you prefer a stronger flavour just keep the salad in the dressing until it's eaten.



## Quinoa Salad

### Ingredients

- 4 cups quinoa (grain)
- 1 cup red pepper (slice small)
- 1 cup corn (cooked)
- 1 avocado (diced)
- 1 can black beans (rinsed with water and drained)
- 2 tbsp red wine vinegar

### Dressing

- 5 tbsp limejuice
- 1 tsp cumin (optional: adds flavour)
- ¼ cup cilantro finely chopped (optional)
- ½ cup olive oil
- Salt and pepper to taste

## Preparation

Wash quinoa until the water runs clear.

Add a couple liters of water to the pot, and then place quinoa on a steam rack with small holes, if you don't have this just boil it and then drain it after about 20-30 minutes to soften it.

Wait ten minutes then remove until it's at room temperature.

Cut all vegetables and then mix all vegetables together in one bowl.

In a separate bowl mix the black beans and red wine vinegar together.

Mix lime and cumin dressing together in a small bowl.

Finally, mix all items together in a bowl, and add the dressing. Refrigerate

**Close up of the  
Quinoa Grain**





## Salmon Potato Salad

### Ingredients

4 cooked potatoes  
1 cup leftover fish or 2 small cans of salmon drained  
1 chopped green onion  
1 chopped celery stalk  
1 grated carrot  
1 hard boiled egg  
½ cup of mayonnaise  
½ tsp lemon juice  
Pinch of salt and pepper  
Paprika for top (optional)

### Preparation

Dice potatoes and hard boiled egg and place in a large bowl.

Add all remaining ingredients but paprika and blend together well, trying not to mash the potatoes too much. Sprinkle top with paprika (optional) and refrigerate.



## Salmon Macaroni Salad

### Ingredients

1 cup leftover fish or 2 small cans salmon drained  
2 cups macaroni or shells  
½ green pepper chopped  
1 grated carrot  
2 green onions chopped  
1 celery stalk chopped  
½ tsp lemon juice  
½ cup mayonnaise  
½ tsp dry mustard (optional)  
1 tsp sugar (optional)  
Salt and pepper to taste

### Preparation

Cook macaroni in boiling water for about 5 minutes.  
Drain and rinse under cold water.  
Dissolve dry mustard and sugar in 2 tbsp of water (optional)  
Combine all ingredients together in a large bowl, mix well, and keep cold in the fridge.



## Baking Powder Biscuits

### Ingredients

2 cups flour  
2 ½ tsp baking powder  
2 tbsp melted butter or margarine  
¾ cups milk

### Preparation

Pre heat oven to 450°  
Mix all ingredients well in a large bowl  
Make into a ball then roll out flat about an inch deep.  
Cut out rounds with a cookie cutter or glass.  
Place biscuits on an ungreased cookie sheet and bake  
for 12 minutes.



## Banana Bread

### Ingredients

3 ripe bananas

1 ½ cup flour

½ cup brown sugar

½ cup white sugar

½ cup vegetable oil

3 Egg

1 tsp baking soda

1 Tbsp baking powder

½ Tbsp cinnamon

1 Tbsp vanilla

### Preparation

Preheat oven to 350° F.

Grease and flour a 5x9 loaf pan.

In a big bowl mash the bananas, add eggs, vanilla, sugar and oil, mix well.

In another bowl blend together the flour, cinnamon, baking soda and baking powder, mix well.

Add the dry ingredients to the egg and banana mixture. Pour in the greased loaf pan and cook for 50 minutes or until a tooth pick inserted at the center comes out clean.



## Old Fashioned Bread Pudding

### Ingredients

6-8 pieces of day old bread buttered and cut into cubes.  
1 cup of brown sugar  
1 tsp nutmeg  
1 tsp cinnamon  
2 ½ cups milk  
2 beaten eggs  
½ cup raisins optional

### Preparation

Preheat oven 325° F  
Place bread on the bottom of a casserole dish.  
Sprinkle raisins and brown sugar over bread.  
In a separate bowl  
Beat eggs then pour in milk add nutmeg, cinnamon and  
beat together until well blended.  
Pour mixture over bread and bake for about 30 minutes.





## Corn Fritters

### Ingredients

½ cup corn niblets  
1 beaten egg  
½ cup milk  
1½ cup flour  
2 tsp baking powder  
A pinch of salt and pepper  
¼ cup oil for frying

### Preparation

In a large bowl mix together all the ingredients except the ¼ cup oil.

Heat oil in fry pan on a medium high heat and drop a spoonful of mixture into hot oil.

Brown and turn over to brown other side. It is the same as making pancakes.



## Apple Brown Betty

### Ingredients

4 cups peeled sliced apples  
4 cups bread crumbs  
1 cup brown sugar  
 $\frac{1}{2}$  tsp cinnamon  
 $\frac{1}{4}$  tsp nutmeg  
Pinch of salt  
 $\frac{1}{2}$  cup melted butter

### Preparation

Preheat oven to 375° F

In your baking pan coat with  $\frac{1}{2}$  cup melted butter with half of the bread crumbs (toast bread in oven and crush with a rolling pin). Or purchase bread crumbs. Add apples sugar, salt, nutmeg, and remaining bread crumbs. Bake in an oven at 375° F for 1 hour.



## Baked Rice Pudding

### Ingredients

3 cups cooked rice  
2 cups milk  
1 beaten egg  
Pinch of salt  
½ cup brown sugar  
1 tsp vanilla  
1 tsp cinnamon  
½ cup raisins (optional)

### Preparation

Preheat oven 325° F  
Add all the ingredients together in a bowl and mix well.  
Pour into a casserole dish and bake in a heated oven for  
1 hour.



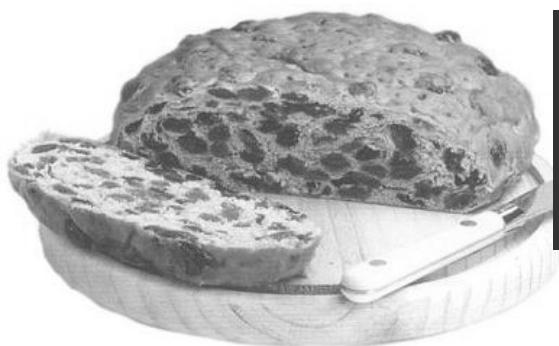
## Traditional Fry Bread

### Ingredients

1 pkg. dry yeast  
3 cups warm water  
1 tbsp. salt  
1 tbsp. sugar  
6 cups unbleached flour  
2 tbsp. oil  
½ cup cornmeal (optional)  
Oil for frying

### Preparation

Dissolve yeast in warm water then add salt and sugar. Let stand for 5 minute covered with a towel. Add flour and oil to liquid mixture. Mix and put on floured bread board and knead until mixture is smooth. Put dough in a greased bowl, cover with towel and let it rise for 1 ½ hours. Remove from bowl and put on bread board, knead in ½ cup cornmeal. Pat down cut into 2 inch squares and drop into hot cooking oil (5-6 pieces at a time) until golden and drain on paper towel.



## Baked Raisin Bannock

### Ingredients

2 1/2 cups unbleached flour or (whole wheat flour)  
1 cup raisins  
1 tsp. baking powder  
1/2 tsp. salt  
1 Tbsp. vegetable oil  
1 1/2 cups lukewarm water

### Preparation

In a large bowl, combine flour, raisins, baking powder, and salt.

Add oil to water and gently stir in —do not over mix.

Place dough in a floured square baking dish and bake at a 375 F. for 30 to 35 minutes until golden brown.

**Or** bannock may be pan fried in a greased skillet over medium high heat for 2 to 3 minutes each side until golden brown.)



## Baked Bannock

### Ingredients

4 c. unbleached flour or (whole wheat flour)  
4 tsp. “magic” baking powder  
1 tbsp. sugar  
½ tsp. salt  
½ c. lard  
2 c. water

### Preparation

Mix all dry ingredients together. Slowly mix in the lard until it looks like coarse oatmeal. Make a hole in the centre of the bowl; gradually pour in the water mixture. Mix all ingredients together. Knead for a few minutes but not too long as it makes the bannock tough. Pat out with hands to about  $\frac{3}{4}$  inch thickness and place on a baking pan. Prick dough with a fork all over the surface. Bake in the oven at 400 degrees until golden brown. (Half hour)

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Funding provided by  
Vancouver Coastal Health  
Aboriginal Health Initiative Program (AHIP)

# Urban Native Youth Association

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2009