



# Sprouting Chefs

cultivating kitchen garden programs for youth

## 2010 Summer Camp Recipes

By

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## Sprouting Chefs Summer Camp Program Recipes - 2010

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## Appetizers and Snacks:

### Crostinni w/Sautéed Kale & Swiss Chard

**In the Garden:**

Swiss Chard  
Kale  
Garlic

**Equipment:**

Cutting Board	Sauté Pan (non stick)
French Knife	Pastry Brush
Tea Towel	Measuring Spoons
Cookie Sheet	

**In the Cupboard -Interesting Terms/Techniques:** wilting

**Ingredients:**

½ bundle with stalks removed (1 cup cooked)	Swiss Chard - chopped
½ bundle with stalks removed (1 cup cooked)	Kale – chopped
1 clove, peeled and left whole	Garlic
3 cloves, peeled and chopped	Garlic
2 to 3 Tablespoons	Olive Oil
½ Stick	French, Whole Wheat or Multigrain Baguette
To taste	Sea Salt & Black Pepper
5 to 6 oz	Grated Mozzarella Cheese (low fat)

**Method:**

1. Slice baguette on an angle 1 to 2 inch thick.
2. Brush each slice with olive oil. Place each slice on a cookie tray.
3. Grill under broiler until slightly brown. Remove from broiler until chard and kale are ready.
4. Heat pan over medium heat and add oil.
5. Add garlic and cook for 10 to 20 seconds when garlic starts to smell good and turns slightly brown.
6. Add kale and Swiss chard and toss quickly wilting the leaves 2 to 3 minutes max until tender.
7. Top grilled baguette slices with sautéed kale and chard mixture.
8. Top each slice with grated mozzarella.
9. Put pieces back on a cookie sheet and place under a broiler until cheese is melted.
10. Serve on the side with soup



*Crostinni with Sautéed Kale and Swiss Chard Nutrients per Serving (5 servings in recipe)\*:*

<i>Calories (kcal)</i>	<i>293</i>
<i>Fat (g)</i>	<i>15</i>
<i>Protein (g)</i>	<i>13.6</i>
<i>Carbohydrate (g)</i>	<i>26</i>
<i>Sugar (g)</i>	<i>1.3</i>
<i>Fibre (g)</i>	<i>2.6</i>
<i>Sodium (mg)</i>	<i>493</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.



## Crostinni w/Sautéed Fresh Greens - Diversity Health Fair May 2010

**In the Garden:**

Swiss Chard (Fall)	Baby Spinach (Spring)
Kale	Asparagus (Spring)
Garlic	

**Equipment:**

Cutting Board	Sauté Pan (non stick)
French Knife	Pastry Brush
Tea Towel	Measuring Spoons
Cheese Grater	Tongs
Cookie Sheet	

**In the Cupboard -Interesting Terms/Techniques:** wilting

**Ingredients:**

5 Bunches	Baby Spinach
6 Whole	Red Peppers
4 Bunches	Asparagus
2 Whole	Red Onion
3 Heads	Garlic
1/3 Cup	Olive Oil
3 Whole	French, Whole Wheat or Multigrain Baguette
To taste	Sea Salt & Black Pepper
1 block	Grated Mozzarella Cheese (low fat)

**Method:**

1. Slice baguette on an angle 1 to 2 inch thick
2. Brush each slice with olive oil. Place each slice on a cookie tray. Grill under broiler until slightly brown. Remove from broiler until chard and kale are ready.
3. Wash Spinach. Soak bunches in large bowl with cold water and drain until there is no sign of dirt
4. Trim asparagus breaking woody stems off at the bottom
5. Cut red peppers in small dice
6. Cut red onions in julienne
7. Grate cheese

8. Peel garlic cloves
9. Heat pan over medium heat and add oil. Add garlic and cook for 10 to 20 seconds when garlic starts to smell good and turns slightly brown. Add kale, Swiss chard or baby spinach and toss quickly wilting the leaves 2 to 3 minutes max until tender. -
10. Sautee onions until soft and golden
11. Sautee julienned peppers and asparagus
12. Rub toasted crostinni with garlic when slightly cooled
13. Top grilled baguette slices with sautéed greens, onions, and asparagus mixture.
14. Top each slice with grated mozzarella
15. Garnish each piece with sautéed red pepper
16. Put pieces back on a cookie sheet and place under a broiler until cheese is melted
17. Remove from oven when cheese has melted
18. Display on platters

*Crostinni with Sautéed Fresh Greens Nutrients per Serving (As per 10 servings)\*:*

<i>Calories (kcal)</i>	<i>331.8</i>
<i>Fat (g)</i>	<i>16.3</i>
<i>Protein (g)</i>	<i>16.9</i>
<i>Carbohydrate (g)</i>	<i>31.9</i>
<i>Sugar (g)</i>	<i>7.3</i>
<i>Fibre (g)</i>	<i>3.9</i>
<i>Sodium (mg)</i>	<i>449.8</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.



## Rice and vegetable Wraps

Recipe from Mark Halyk of Catered Art

### From the Garden:

Fresh Mint  
Cilantro  
Cucumbers  
Carrots

Red or Green Bell Peppers  
Salad Greens or other Lettuces

### Equipment:

Large Bowl  
Paper Towel  
Warm Water

Measuring Cups

### Ingredients:

1-2	rice paper wrappers per person
1 cup	cooked rice noodles
½ cup-	julienned bell pepper
1/2 cup	shredded carrots
1/2 cup	shredded lettuce
1/4 cup	cilantro leaves

\* see Soy Ginger sauce below

### Method:

In a large bowl filled with warm water, soak 1 rice paper wrapper for about 20 seconds or until soft. Lay wrapper out on a tea towel to absorb excess water. Transfer wrapper to a flat surface.

About 1/3 from the bottom of the wrapper, create a 3-inch long row by placing some shredded lettuce, followed by some rice noodles, bell pepper, carrots, lettuce and cilantro leaves. Season, to taste, with salt and pepper. Sprinkle the top 1/3 of the rice wrapper with Soy Ginger Sauce

Carefully fold the bottom of the rice paper wrapper over the vegetables. Turn in the sides and continue rolling up from the bottom.

To serve, slice the roll in half on a bias.





## Soy Ginger sauce - Mix all ingredients in a small bowl

1 tablespoon                      grated ginger  
½ cup                                soy sauce  
1 tsp                                 honey

*Rice and Vegetable Wraps with Soy Ginger Sauce Nutrients per Serving (as per \**

<i>Calories (kcal)</i>	<i>56.7</i>
<i>Fat (g)</i>	<i>0.1</i>
<i>Protein (g)</i>	<i>1.3</i>
<i>Carbohydrate (g)</i>	<i>18</i>
<i>Sugar (g)</i>	<i>2.8</i>
<i>Fibre (g)</i>	<i>1.3</i>
<i>Sodium (mg)</i>	<i>722</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.



## Hummus

**Fresh from the Garden:** Cilantro (optional)  
Parsley  
Garlic

**Ingredients:**


2 to 4 Cups	Drained Canned Chick Peas
3 cloves	Peeled Garlic
3 Tbsp	Sesame Oil or Tahinni
2 Tbsp	Finely Chopped Cilantro
2 Tsp	Ground Cumin
	Juice of 2 Lemons
1 tsp	Sea Salt
1 pinch	Cayenne Pepper
1 Cup	Olive Oil

**Method:**

1. Combine all ingredients EXCEPT for olive oil and chopped fresh herbs in a food processor.
2. Blend on medium speed.
3. Slowly drizzle in olive oil until mixture is a smooth paste.
4. Taste and adjust seasonings.
5. Add chopped fresh herbs.
6. If mixture is still too thick, add some warm water to thin out.
7. Chill and serve with pita bread, fresh veggies, tortilla chips or in wrap sandwiches.

*Nutrients per Serving (As per 10 servings)\*:*

Calories (kcal)	333
Fat (g)	28.7



<i>Protein (g)</i>	<i>5</i>
<i>Carbohydrate (g)</i>	<i>16.2</i>
<i>Sugar (g)</i>	<i>2.8</i>
<i>Fibre (g)</i>	<i>2.6</i>
<i>Sodium (mg)</i>	<i>241</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.

\*\*Hummus Nutrients per Serving continued.



## Hummus with roasted squash and rosemary

### Fresh from the Garden:

Cilantro (optional)  
Squash  
Rosemary  
Parsley  
Garlic

### Equipment:

Food Processor  
Glass bowl for serving  
Can Opener  
Measuring Spoons and cups


### Ingredients:

2 to 4 Cups	Drained Canned Chick Peas
1 Cup	Roasted Butternut squash
2 small or 1 large cloves	Peeled Garlic
3 Tbsp	Sesame Oil or Tahinni
2 Tbsp	Finely Chopped Cilantro
2 Tsp	Ground Cumin
	Juice of 2 Lemons
2 Sprigs	Fresh Rosemary
1 tsp	Sea Salt
1 pinch	Cayenne Pepper
1 Cup	Olive Oil
	Pita bread

### Method:

1. Combine all ingredients EXCEPT for olive oil and chopped fresh herbs in a food processor
2. Blend on medium speed.
3. Slowly drizzle in olive oil until mixture is a smooth paste.
4. Taste and adjust seasonings. Add chopped fresh herbs.
5. If mixture is still too thick, add some warm water to thin out.
6. Chill and serve with pita bread, fresh veggies, tortilla chips or in wrap sandwiches.
7. **Optional Method:** instead of using a food processor, ingredients can be combined in small amounts using a mortar and pestle

*Hummus with Roasted Squash and Rosemary Nutrients per Serving (As per 10 servings)\*:*



<i>Calories (kcal)</i>	<i>449.4</i>
<i>Fat (g)</i>	<i>40.2</i>
<i>Protein (g)</i>	<i>5.2</i>
<i>Carbohydrate (g)</i>	<i>20</i>
<i>Sugar (g)</i>	<i>2.8</i>
<i>Fibre (g)</i>	<i>3.1</i>
<i>Sodium (mg)</i>	<i>242.5</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.



## Artichoke Lemon Dip

**Fresh from the Garden:** Flat Leaf Parsley  
Garlic  
Optional: Fresh Artichokes

**In the Cupboard – Terms/Techniques:** food processor, blend, whisk, zest

**Question:** Do you know what the edible parts of an artichoke are?

**Equipment:**

Medium Mixing Bowl	Cutting Board
Food Processor	Colander
Spatulas – 2	French Knife
Tea Towels	Zester
Whisk	Serving bowl
Can Opener	

**Ingredients:**

398 mL can	Drained Canned Artichoke Hearts
	Zest and Juice of 1 Lemon
½ Cups	Low Fat Mayonnaise
1 tsp	Sea Salt
1 pinch	Cayenne Pepper
1 clove	Garlic – minced
1 Tbsp	Flat Leaf Parsley

### Method:

1. Zest and juice 1 lemon.
2. Drain canned artichoke hearts in a colander.
3. Place all ingredients in a food processor and blend until smooth.
4. If mixture sticks at all, add a drizzle of olive oil.
5. Taste and adjust seasonings.
6. Place in serving bowl and chill.
7. Serve with veggie platter, toasted pita chips, tortilla chips or warm bread.

*Artichoke Lemon Dip Nutrients per Serving (As per 10 servings)\*:*

<i>Calories (kcal)</i>	<i>76</i>
<i>Fat (g)</i>	<i>3.3</i>
<i>Protein (g)</i>	<i>2.7</i>
<i>Carbohydrate (g)</i>	<i>11</i>
<i>Sugar (g)</i>	<i>1</i>
<i>Fibre (g)</i>	<i>3</i>
<i>Sodium (mg)</i>	<i>402</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.



## Stuffed Cherry Tomatoes

**Serves** 4 or 10 tastes in the classroom

**From the Garden:** Cherry Tomatoes, Fresh herbs, watercress

**Equipment:** Pairing Knives  
Medium Bowl  
Wooden Spoon  
Measuring Spoons  
Cutting boards  
Plastic spoon

### Ingredients:

#### For the Filling:

1 Cup Cream Cheese  
10 Sprigs Watercress  
Salt & Pepper  
Whole Lemon  
1 Zest and juice  
20 Cherry tomatoes

### Method:

#### Filling:


1. Chop watercress
2. Zest Lemon and squeeze juice into small bowl
3. Measure out cream cheese and with the back of a wooden spoon, mix in chopped watercress, lemon zest, lemon juice, salt and pepper

#### Tomatoes:

1. Cut tomatoes in half
2. Scoop out seeds and discard into compost bucket
3. When all tomatoes have been cut in half and seeds are scooped out, line on a serving dish
4. Fill each  $\frac{1}{2}$  of tomato with small amount of filling using a pastry bag or spoon.
5. Garnish with watercress leaf. Serve and enjoy!

*Stuffed Cherry Tomato Nutrients per Serving (As per 4 servings) \*:*





<i>Calories (kcal)</i>	<i>197</i>
<i>Fat (g)</i>	<i>18.4</i>
<i>Protein (g)</i>	<i>5.7</i>
<i>Carbohydrate (g)</i>	<i>10.4</i>
<i>Sugar (g)</i>	<i>7.2</i>
<i>Fibre (g)</i>	<i>2.6</i>
<i>Sodium (mg)</i>	<i>220</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.



## Potato & Red Onion Brochettes

Serves 4

### From the garden:

New Nugget Potatoes    Flat Leaf Parsley  
Red Onions                Garlic  
Rosemary and sticks

### Equipment:

Bamboo Skewers or Rosemary Sticks    Medium Pot  
Cutting Board                                Colander  
French Knife                                 Medium bowl

**Question:** Is “brochette” a French or Italian term? – French


**Interesting terms/From the cupboard:** grilling, skewers, rosemary twigs for skewers, par boiling

### Ingredients:

2 to 3lbs	New BC Nugget Potatoes
1 Large	Red Onion
3 Tbsp	Flat Leaf Parsley
1 Tbsp	Garlic – chopped
2 Tbsp	Olive Oil
3 Tbsp	Rosemary – chopped, save the twigs!
To taste	Salt & Pepper

### Method:

1. Cook potatoes in boiling salted water until fork tender
2. Let cool for 15 minutes
3. While potatoes are cooking, cut up red onion into  $\frac{3}{4}$  pieces
4. In a medium bowl, mix together parsley, rosemary, garlic, oil, salt and pepper.
5. When potatoes have cooled, pour the potatoes and onions in with the oil mixture and coat well
6. Skewer potatoes and onions alternating between potato and onion using bamboo skewers or shaved rosemary twigs.
7. Preheat BBQ to high and then turn down to low
8. Grill skewers for about 5 minutes per side



*Potato & Red Onion Brochettes Nutrients per Serving (4 servings in recipe)\*:*

<i>Calories (kcal)</i>	<i>91.4</i>
<i>Fat (g)</i>	<i>6.9</i>
<i>Protein (g)</i>	<i>0.9</i>
<i>Carbohydrate (g)</i>	<i>7.3</i>
<i>Sugar (g)</i>	<i>2.8</i>
<i>Fibre (g)</i>	<i>1.3</i>
<i>Sodium (mg)</i>	<i>8.4</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.



## Salads:

### Orange, Beets and Fennel Salad

(Inspired by Sunset Edible Garden, June 2010 Edition)

**Serves** 6 to 8

**From the Garden:**

Fennel  
Green Onions  
Chives or Mint for Garnish  
Beets

**Equipment:**

Glass jar and lid  
Measuring spoons and cups  
Cutting board and knife  
Serving Dish

**Ingredients:**

¼ Cup	Balsamic vinegar
¼ Cup	Orange juice (juice from 1 orange)
1.5 Cup	Olive Oil
2 Tbsp	Maple Syrup
1 Tbsp	Dijon Mustard
Salt and Pepper	
4 Cups	Spring Salad Mix
2 Whole	Navel Oranges
1 Head	Fennel Bulb
2 Stalks	Green onions
6 Small	Roasted Beets

**Interesting terms:** vinaigrette, emulsifying, garnish

**Method:**

**Dressing**

1. Measure out balsamic vinegar, Dijon mustard, squeezed orange juice, maple syrup and mix in salt and pepper into a glass jar.
2. Drizzle in olive oil. Secure lid onto jar and shake until all ingredients are combined or “emulsified”

**Salad**

1. Preheat oven to 400 degrees
2. Scrub beets, pat dry, and place in a lightly greased 8 inch square glass baking dish. (If using both red and gold beets, separate in dish to prevent from red bleeding into gold.
3. Pour 2 tbsp balsamic vinegar, the orange juice, oil, maple syrup, and a ¼ cup water over beets; season with salt and pepper
4. Cover tightly with foil
5. Bake until tender 40 to 45mins.
6. Uncover dish and let cool to room temperature. Reserving juice in dish, cut off beets roots and stems and rub off peel.
7. Slice into ¼ rounds

3. Arrange salad greens on large serving platter
4. Cut oranges into ½ moon slices.
5. **\*Slice fennel bulb in ½ and take out core (adult)**
6. **\*Slice fennel into small stripes (adult)**
7. Chop green onions
8. Layer oranges, fennel and green onions over salad greens
9. **\*Just before serving add vinaigrette**
10. Garnish with chives or mint

*Orange, Beets, and Fennel Salad Nutrients per Serving (As per 8 servings)\*:*

<i>Calories (kcal)</i>	<i>464</i>
<i>Fat (g)</i>	<i>43</i>
<i>Protein (g)</i>	<i>2.4</i>
<i>Carbohydrate (g)</i>	<i>19</i>
<i>Sugar (g)</i>	<i>11</i>
<i>Fibre (g)</i>	<i>3.2</i>
<i>Sodium (mg)</i>	<i>106</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.



**Fresh Mixed Spring Green Salad with fresh peaches, strawberries, spinach, celery, tomatoes, cucumbers, herbs, roasted pumpkin seeds & dried cranberries**

**Served with a BC fruit vinaigrette sweetened with Chilliwack blackberry honey**

<b>Fresh from the Garden:</b>	Spinach	Peaches
	Spring salad mix	Local Berries
	Cucumber	Herbs
	Cherry tomatoes	

**In the Cupboard -Interesting Terms/Techniques:** blending, whisking, cutting, chopping, emulsifying, dry roasting

**Question:** Is there a variety of peaches called “doughnut”?

<b>Equipment:</b>	Mixing Bowl	Tongs
	Cutting Board	Salad Serving Bowl
	French Knife	Serving Plates
	Paring Knife	Measuring Spoons
	Tea towels	Large Spoon
	Whisk	

<b>Ingredients:</b>	
2 Cups	Spring Salad Mix
1 Cup	Spinach leaves
½ a whole	Peaches
½ Cup	Fresh Local Berries (blueberries, raspberries, or blackberries)
½ Cup	Fresh Sliced Strawberries
12 slices	Long English Cucumbers
24 pieces	Cherry Tomatoes – ½ cut
2 to 3 Tbsp	Fresh Herbs (dill, basil, tarragon) - chopped
½ Cup	Roasted Pumpkin Seeds
½ Cup	Dried Cranberries

<b>Vinaigrette Dressing</b>	
3 Tbsp	Fruit Vinegar (apple, raspberry or blackberry)
2 to 3 Tbsp	Fruit Honey (raspberry, blueberry or blackberry)
1 Cup	Extra Virgin olive oil
	Salt & pepper to taste
2 tsp	Dijon mustard



**Method – Salad:**

1. Wash and rinse all vegetables & herbs thoroughly.
2. Slice tomatoes in ½, cucumbers, & peaches.
3. Roughly chop herbs.
4. Thoroughly wash and rinse spinach leaves.
5. Drain well on tea towel.
6. Add spring mix and all other ingredients to large chilled salad bowl.
7. Dress lightly with vinaigrette and gently toss. Serve with crusty bread.

**For the Dressing:**

1. In a bowl, add Dijon mustard, vinegar, honey, salt & pepper.
2. Whisk until well combined then slowly drizzle in olive oil while continuously whisking until mixture has emulsified.
3. **Tip:** If vinaigrette breaks, add a tablespoon of warm water and whisk.
4. **General Tip:** most vinaigrette recipes are a combination of vinegar and oil with a ratio of 1 part vinegar to 3 parts oil. To make this at home, pour all ingredients into a jar, seal the jar with a lid and shake instead of using a whisk or a bowl.


*Salad Nutrients per Serving (As per 5 servings) \*:*

<i>Calories (kcal)</i>	<i>83.4</i>
<i>Fat (g)</i>	<i>1.8</i>
<i>Protein (g)</i>	<i>3.6</i>
<i>Carbohydrate (g)</i>	<i>15.6</i>
<i>Sugar (g)</i>	<i>7.4</i>
<i>Fibre (g)</i>	<i>4.2</i>
<i>Sodium (mg)</i>	<i>25.1</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.

*Dressing Nutrients per Serving (As per 12 servings) \*:*

<i>Calories (kcal)</i>	<i>181.5</i>
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<i>Fat (g)</i>	<i>19.5</i>
<i>Protein (g)</i>	<i>0.1</i>
<i>Carbohydrate (g)</i>	<i>3.2</i>
<i>Sugar (g)</i>	<i>3.1</i>
<i>Fibre (g)</i>	<i>0</i>
<i>Sodium (mg)</i>	<i>13.6</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.





## Watermelon, Feta, and Black Olive Salad

Inspired by Nigella Lawson, “Forever Summer” Recipe  
Serves 8

### From the garden:

Parsley  
Mint  
Red onion

### Equipement:


Knife  
Cutting board  
Large bowl  
Small bowl

### Ingredients:

1	small red onion
2-4	limes, depending on juiciness
1.5 kg	sweet, ripe watermelon
250g	feta cheese
bunch	fresh flat-leaf parsley
bunch	fresh mint, chopped
3-4 tablespoons	extra virgin olive oil
100g	pitted black olives
	black pepper, to taste

### Method:

1. Peel and halve the red onion and cut into very fine half-moons and put in a small bowl to steep with the lime juice, to bring out the transparent pinkness in the onions and diminish their rasp. Two limes, should be enough yet you may need more if they are not juicy.
2. Remove the rind and pips from the watermelon, and cut into approximately 4 cm triangular chunks.
3. Cut the feta into similar sized pieces and put them with the watermelon into a large, wide shallow bowl.
4. Tear off sprigs of parsley so that is used like a salad leaf, rather than a garnish, and add to the bowl along with the chopped mint.
5. Tip the now glowingly puce onions, along with their pink juices over the salad in the bowl, add the oil and olives.
6. Using your hands, toss the salad very gently so that the feta and watermelon don't lose their shape.
7. Add a good grinding of black pepper and taste to see whether the dressing needs



more lime. Hava Negila!

*Watermelon, Feta, and Black Olive Salad Nutrients per Serving (As per 8 servings) \*:*

<i>Calories (kcal)</i>	<i>204</i>
<i>Fat (g)</i>	<i>13</i>
<i>Protein (g)</i>	<i>6.2</i>
<i>Carbohydrate (g)</i>	<i>20</i>
<i>Sugar (g)</i>	<i>14.4</i>
<i>Fibre (g)</i>	<i>1.4</i>
<i>Sodium (mg)</i>	<i>386</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.



## Soups:

### Noodle Bowls

Serves 4 to 6

#### From the garden:

Bok Choy	Chinese Cabbage
Gai Lan	Bean Sprouts
Carrots	Green Onions
Onions	

#### Equipment:

Cutting Board	Veggie Peeler	Ice
French Knife	Serving Bowls	Wire basket strainer
Medium Pot	Large Bowl	

**From the cupboard/Interesting terms:** blanching, ice bath, poaching, shredding chicken, prepping ahead

**Question:** Who first invented pasta? Italy or China? China

#### Ingredients:

2 to 3 heads	Baby Bok Choi
2 to 3 stalks	Gail Lan or Broccoli
2 Whole	Carrots
2 to 3 stalks	Green Onions
1 small package	Udon, Vermicelli or Chow Mein Noodles
2 Whole	Chicken Breasts

This is a meal that can be prepared ahead of time, chilled over night and served hot using heated chicken or veggie stock. It can also be served family style on a table using a butane burner as the equipment to heat the stock. This is commonly known as either Asian hot pot or fondue!

#### Method:

1. Wash, peel and chop all the veggies.
2. Heat a pot of water over high heat and bring to a bowl
3. Have a large bowl of water with ice to chill down the veggies after they have cooked
4. When water has boiled, add each veggie separately and cook just until bright in colour.

5. Quickly remove cooked veggies with tongs or a small wire basket and dredge in ice bath to stop the cooking. This is called “blanching”. Keep each veggie separate in individual containers and save for next day.
6. When all veggies are cooked, you can use the same water to poach the chicken breasts. Cook gently on medium heat until chicken is well cooked through. About 10 to 15 minutes.
7. Keep cooking water for stock. Remove into a separate container and refrigerate
8. Add new water to a medium pot and bring to a boil over high heat. Cook noodles according to directions on package. Set aside in containers and refrigerate.

**To serve the noodle bowls:**

Add cooked noodles, veggies, and meats (cooked poached shredded chicken, prawns or other meats) to individual bowls.

Pour hot soup stock over top

Garnish with cilantro and basil

*Noodle Bowl Nutrients per Serving (As per 5 servings)\*:*

<i>Calories (kcal)</i>	<i>182</i>
<i>Fat (g)</i>	<i>6.8</i>
<i>Protein (g)</i>	<i>12.7</i>
<i>Carbohydrate (g)</i>	<i>20</i>
<i>Sugar (g)</i>	<i>3.3</i>
<i>Fibre (g)</i>	<i>3.6</i>
<i>Sodium (mg)</i>	<i>182</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.



## Soup Broth for Pho

Serves 4

### From the garden:

Ginger  
Garlic  
Thai Basil  
Cilantro

### Equipment:

Strainer  
Medium Pot  
French Knife  
Wooden Spoon  
Cutting Board

**From the cupboard/Interesting terms:** grilling ginger, star anise, cinnamon stick, strain, cutting, stirring, bring to a boil

**Question:** Can you use regular basil instead? Yes!

### Ingredients:

1 Medium Piece	Grilled Ginger
2 Tbsp	Chopped Garlic
½ Cup	Chopped Cilantro
½ Cup	Thai Basil
¼ Cup	Soy Sauce
2 to 3	Star Anise
2 to 3	Cinnamon Sticks
6 to 8 Cups	Vegetable or Chicken Stock

### Method:

1. Heat stock over medium heat
2. Grill ginger pieces over medium flame. Once cooled, chop in small pieces
3. Add to stock: garlic, ginger, star anise, and cinnamon stick. Cook for 10 minutes
4. Add soy sauce and cook for another 15 minutes
5. Strain out spices

*Soup Broth Nutrients per Serving (As per 4 servings)\*:*

<i>Calories (kcal)</i>	<i>109.6</i>
<i>Fat (g)</i>	<i>3</i>
<i>Protein (g)</i>	<i>11.7</i>
<i>Carbohydrate (g)</i>	<i>9.7</i>
<i>Sugar (g)</i>	<i>0.6</i>
<i>Fibre (g)</i>	<i>4.1</i>
<i>Sodium (mg)</i>	<i>2313.6</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.



## Fresh Vegetable Soup

**Fresh from the Garden:** Swiss chard  
Kale  
Onions  
Celery  
Carrots  
Herbs  
Spinach  
Green Onion

**Equipment:** Soup Pot                      Serving Bowl  
Cutting Board                      Cookie Sheet  
French Knife                      Paring Knife  
Tea Towel  
Large Wooden Spoon

**In the Cupboard - Interesting Terms:** sweating, dicing, chopping, flattening garlic cloves, toasting, grilling, broiling, slurry

**Question:** Does “chard” originate from Switzerland?

No it's local!

**Ingredients:**

1 Cup	Mixed beans (garbanzo, kidney, navy beans)
½ Cup	White Onions -¼ inch diced
½ Cup	Celery - chopped
½ Cup	Carrots - chopped
1/3 Cup	Green Beans
¾ Cup	Spinach Leaves
3 tsp	Olive Oil
1 Clove	Garlic - minced
Sea Salt	
White Pepper	
6 Cups	Cold Water
	Corn Starch to thicken
5 Sprigs	Fresh Parsley (regular or flat leaf)
5 Leaves	Fresh Basil

**Optional:**

8 oz Grilled Chicken Breast – ¼ inch diced  
 6 oz Cooked Pasta – penne, macaroni, preferably whole wheat or multigrain  
 2 to 3 T Tomato Paste

**Method:**

1. In a large soup pot, add oil and heat over medium high.
2. Add onions, and “sweat” for 1 to 2 minutes until soft.
3. Add other “hard vegetables”, carrots & celery and cook for 1 to 2 minutes.
4. Add garlic and stir for 10 to 20 seconds
5. Add cold water, bring to a boil and then turn down the heat to simmer for 15 to 20 minutes.
6. Add salt and pepper to taste, green beans, mixed beans and cook for another 1 to 2 minutes.
7. Add spinach and keep uncovered \*Taste and check seasoning adding more salt or pepper if necessary.
8. If you want a thicker soup, add equal amounts of cornstarch and water (1 Tablespoon of each) mixing first in a cup and add slowly to the hot soup. Or you can also add tomato paste to thicken.
9. Add fresh herbs to finish. Serve in a soup bowl with fresh crusty bread or toasted crostinni on the side.

\*Grilled chicken or cooked pasta can be added after the spinach.

*Fresh Vegetable Soup Nutrients per Serving (As per 6 servings)\*:*

<i>Calories (kcal)</i>	<i>84.4</i>
<i>Fat (g)</i>	<i>2.8</i>
<i>Protein (g)</i>	<i>3.9</i>
<i>Carbohydrate (g)</i>	<i>12.1</i>
<i>Sugar (g)</i>	<i>1.9</i>
<i>Fibre (g)</i>	<i>3.3</i>
<i>Sodium (mg)</i>	<i>426.3</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.





## Side Dishes:

### Roasted New Potatoes with Dill Butter

**Fresh from the Garden:**

- New Potatoes
- Dill
- Green Onions
- Garlic
- Parsley

**In the Cupboard – Interesting Terms/Techniques:** nugget, new, roast, blanching, fork tender

**Equipment:**

Roasting Pan	Mixing Bowl	Measuring Spoons
Soup Pot	Tea Towels	
Cutting Board	Tongs	
French Knife	Colander	

**Ingredients:**

4 Tbsp	Fresh Dill – chopped
6 Sprigs	Fresh Parsley – chopped
1 ½ Lbs	New Nugget Potatoes
3 to 4 Tbsp	Olive Oil
2 to 3 Cloves	Garlic – minced
5 oz	Unsalted Butter
2 stalks	Green Onions – chopped

**Method:**

1. Preheat oven to 350F.
2. In a soup pot, add water and 2 pinches of salt and bring to a boil.
3. Add potatoes and cook until fork tender.
4. Drain potatoes in a colander and then transfer to a mixing bowl.
5. Mix in salt, pepper, garlic and oil.
6. Once thoroughly tossed, place coated potatoes in roasting pan and roast in preheated oven.
7. Cook until brown and tender.
8. After potatoes are roasted and golden brown, take out of oven.
9. Place cooked potatoes in new bowl and toss with butter, dill & parsley.

10. Serve as a side for roasted meats or fish.

*Roasted New Potatoes with Dill Butter Nutrients per Serving (as per 5 servings)\*:*

<i>Calories (kcal)</i>	<i>382.3</i>
<i>Fat (g)</i>	<i>33.7</i>
<i>Protein (g)</i>	<i>2.6</i>
<i>Carbohydrate (g)</i>	<i>19.6</i>
<i>Sugar (g)</i>	<i>0.3</i>
<i>Fibre (g)</i>	<i>2.1</i>
<i>Sodium (mg)</i>	<i>183.2</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.



## BBQ Baby Carrots w/ Maple Syrup

Serves 4

**From the garden:**

Baby Carrots  
Parsley

**Equipment:**

Medium Pot	French Knife
Veggie Peeler	Cutting Board
Tongs	Colander
BBQ	Mixing Bowl

**From the cupboard/Interesting Terms:** blanching, boiling, peeling

**Question:** Can you grow carrots year round? Yes

**Ingredients:**

3 Bunches	Baby Carrots – peeled, stalk removed
3 Tbsp	Flat Leaf Parsley – chopped
1/3 Cup	Maple Syrup
3 Tbsp	Olive Oil
To taste	Kosher Salt
To taste	Black Pepper

**Method:**

1. Bring a medium pot of water to a boil over high heat and add carrots.
2. Cook until slightly tender
3. Drain in a colander and put in ice bath or rinse with cold water to stop the carrots from cooking
4. In mixing bowl, add carrots with olive oil, salt and pepper and gently toss
5. On preheated BBQ (with clean grills), grill carrots until slightly charred. 10 to 15 minutes
6. In mixing bowl, add cooked carrots and maple syrup
7. Serve on a platter

*BBQ Baby Carrots with Maple Syrup Nutrients per Serving (As per 4 servings)\*:*

<i>Calories (kcal)</i>	<i>233</i>
<i>Fat (g)</i>	<i>10.7</i>
<i>Protein (g)</i>	<i>2</i>
<i>Carbohydrate (g)</i>	<i>35</i>
<i>Sugar (g)</i>	<i>24</i>
<i>Fibre (g)</i>	<i>4.3</i>
<i>Sodium (mg)</i>	<i>120</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.



## Pasta:

### Fresh Tomato Sauce for Pasta

Serves 5

#### From the garden:

Tomatoes  
Garlic  
Basil

#### Equipment:


Cutting board  
Knife  
Large pot  
Large sauce pan

#### Ingredients:

1 lb	pasta
5	tomatoes on the vine
6 cloves	garlic, sliced
pinch	chili pepper flakes
1 tbsp	dried oregano
1 tsp	kosher salt
3 tbsp	extra virgin olive oil
8	basil leaves
1 cup	fresh grated parmesan cheese

#### Method:

1. Bring cold water to a boil in a large pot. Add 2 tbsp salt when water boiling. Add enough pasta for 5 (1 lb cooked for a family) (size depends upon appetites or whether serving dish as a meal or snack) and let cook.
2. slice garlic cloves. Place in a cold pan with olive oil. Turn stove on to med heat and let garlic gradually heat up in pan.
3. Cut tomatoes in halves, and then in sixes.
4. Add chili flakes and oregano to the pan. Stir until garlic begins to brown.
5. Add cut up tomatoes to the pan.



6. Add salt to the tomatoes. Stir.

7. Let tomatoes cook on medium heat. When pasta is cooked to al dente, using tongs grab pasta directly from the pot and place in the pan with the tomatoes, allowing some pasta water to be incorporated into the pasta sauce. Stir and mix thoroughly. Finish with chopped basil and grated parmesan cheese.

*Fresh Tomato Sauce with Pasta Nutrients per Serving (As per 5 servings)\*:*

<i>Calories (kcal)</i>	<i>340</i>
<i>Fat (g)</i>	<i>15</i>
<i>Protein (g)</i>	<i>16</i>
<i>Carbohydrate (g)</i>	<i>39</i>
<i>Sugar (g)</i>	<i>4</i>
<i>Fibre (g)</i>	<i>6</i>
<i>Sodium (mg)</i>	<i>802</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.



## Whole Wheat Pasta Salad with Dill Dressing Tomato, Cucumber & Peppers

**Fresh from the Garden:** Cherry Tomatoes  
 Long English Cucumbers  
 Herbs  
 Peppers

**In the Cupboard – Interesting Terms/Techniques:** whisking, blending, refreshing, al dente,

<b>Equipment:</b>	Soup Pot	Cutting Board	Mixing Bowl
	Large Spoon	French knife	Paring Knife
	Colander	Tea Towels	Measuring Spoons
	Whisk	Zester	

**Ingredients:**

2 Tbsp	Fresh Dill - chopped
2 stalks	Green Onions – diced
1 pint or small box	Cherry Tomatoes – halved
½	Long English Cucumber – ¼ inch diced
1 ½ Cups	Low Fat Mayonnaise
½ Cup	Low Fat Sour Cream (optional)
1 to 2 Tbsp	Fresh Chopped Parsley
	Zest of 1 Lemon
½ a whole	Lemon Juice
	Salt & Pepper to taste
1 small box	Whole Wheat Pasta (Penne, Rotini, Macaroni, Fuseli)
1 Tbsp	Olive Oil

- Method:**
1. Bring a large pot of cold water to a boil.
  2. Add salt and olive oil to boiling water with pasta.
  3. Stir in the beginning to ensure pasta does not stick.
  4. Cook pasta until al dente for about 8 to 10 minutes.
  5. Drizzle with olive oil to avoid pasta from sticking. Set aside.
  6. Prepare all veggies washing, cutting and setting aside.
  7. In a large mixing bowl, add cooled pasta and cut veggies.

8. In a separate smaller bowl, combine mayonnaise, sour cream, lemon zest, parsley, salt & pepper.
9. Taste and adjust seasoning.
10. Add to veggie and pasta mixture mixing until all is combined well. Set aside to chill in fridge.
11. Serve in chilled bowl.

*Whole Wheat Pasta Nutrients per Serving (As per 8 servings) \*:*

<i>Calories (kcal)</i>	<i>279.2</i>
<i>Fat (g)</i>	<i>15.8</i>
<i>Protein (g)</i>	<i>5.2</i>
<i>Carbohydrate (g)</i>	<i>31.7</i>
<i>Sugar (g)</i>	<i>2.3</i>
<i>Fibre (g)</i>	<i>3</i>
<i>Sodium (mg)</i>	<i>377.3</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.





## Grilled Vegetable Pasta with Tomato Sauce

Serves 4

### From the garden:

Zucchini	Green Onions
Peppers	Fresh Herbs – Basil, parsley, oregano
Onions	Fennel
Tomatoes	Carrots

### Equipment:

Cutting Board	Veggie Peeler	Serving Platter
Mixing Bowls	Wooden Spoon	Colander
Tongs	Large Pot	BBQ Brush
French Knife	BBQ	Sauté Pan

**In the cupboard/Interesting terms:** barbequing, grilling, sautéing, slice, chop, dice, peel

**Question:** Where did noodles/pasta originate from? China

### Ingredients:

½ Cup	Multigrain/Whole Grain Pasta – Penne or Rotinni
1 Tbsp	Green Onions
1 Whole	Garlic – chopped
½ Cup	Red, orange & yellow pepper – ½ cut, then julienned
1 Whole	Zucchini – sliced
2 Whole	Fennel bulb
½ cup total	Carrots – sliced length wise
¼ Cup	Basil, Parsley, Oregano
4 Medium	Olive Oil
1 tsp	Tomatoes on the vine – diced
½ Cup	Red chilli peppers
To taste	Grated Parmesan
To taste	Cracked Black Pepper
To taste	Kosher Salt
	Parmesan cheese – grated

### Method:

1. Cook the pasta in boiling salted water according to package
2. Drain in sink in colander
3. Wash and peel carrots.

4. Slice lengthwise: carrots, zucchini, peppers – cut in ½ and fennel
5. Dice tomatoes
6. Chop green onions
7. Chop herbs
8. Set aside each vegetable after prepared
9. Heat BBQ on medium high heat for 10 to 15 minutes
10. Wipe grill with oil or non stick spray
11. In large mixing bowl, toss vegetables with olive oil, salt and pepper
12. Grill vegetables on BBQ until slightly charred
13. When grilled veggies have cooled, julienne each
14. In large bowl toss warm pasta with grilled veggies, onions, fresh herbs, parmesan and tomatoes
15. Serve on a platter

*Grilled Vegetable Pasta with Tomato Sauce Nutrients per Serving (As per 8 servings)\*:*

<i>Calories (kcal)</i>	<i>503</i>
<i>Fat (g)</i>	<i>21</i>
<i>Protein (g)</i>	<i>19</i>
<i>Carbohydrate (g)</i>	<i>67</i>
<i>Sugar (g)</i>	<i>11</i>
<i>Fibre (g)</i>	<i>12.5</i>
<i>Sodium (mg)</i>	<i>935</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.



## Roasted Herb Coated Salmon - Serves 4

### From the Garden:

Basil  
Green Onions  
Tarragon

### Equipment:

Baking Sheet	Whisk
Cutting Board	Rubber Spatula
French Knife	Tea Towels
Pastry Brush	Serving Platter
Mixing Bowls – 2	Serving Bowl

### Ingredients:

1 Side	Skin On Boneless Salmon Fillet
12 leaves	Fresh Basil – chopped
8 Stalks	Fresh Parsley – chopped
12 Sprigs	Fresh Tarragon – chopped
2 to 3 Tbsp	Olive Oil
To taste	Sea Salt & Pepper
8 oz	Low Fat Mayonnaise
	Zest of Lemon – 2

**In the Cupboard – Interesting Terms/Techniques:** fillet, whisk, marinate

### Method:

1. Preheat oven to 350F.
2. Wash and pat dry all herbs.
3. Divide in half and finely chop.
4. Lay salmon skin side down on greased baking sheet.
5. Brush fish with olive oil.
6. Season with sea salt and pepper.
7. Sprinkle with  $\frac{1}{2}$  of the fresh chopped herbs and lemon zest.
8. Place in the oven for 15 to 20 minutes.
9. Salmon is cooked when middle of the fish is firm to the touch.

10. Leave whole and place on a serving platter or place cooked fish on a separate clean cutting board and cut into individual portions.
11. Add lemon wedges and fresh herbs around the platter as garnish.

### **Herb Mayo**

1. Put mayo and the remaining chopped herb mixture in a bowl.
2. Season with sea salt & pepper and 1 tsp of the fresh lemon zest.
3. Chill inside the fridge for up to an hour before serving on the side of the fish.

### *Roasted Herb Coated Salmon Nutrients per Serving (As per 4 servings)\*:*

<i>Calories (kcal)</i>	<i>433</i>
<i>Fat (g)</i>	<i>33.1</i>
<i>Protein (g)</i>	<i>22.2</i>
<i>Carbohydrate (g)</i>	<i>11.6</i>
<i>Sugar (g)</i>	<i>0.4</i>
<i>Fibre (g)</i>	<i>1.2</i>
<i>Sodium (mg)</i>	<i>535.8</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.



## Quesadillas with Cheese, Veggies and Salsa

Serves 4

### From the garden:

Tomatoes  
Green Onions

Parsley  
Cilantro

### Equipment:

Peppers  
2 Mixing Bowls  
Pairing Knife  
Spatula  
Large Spoon  
Serving Platter

Cutting Board  
French Knife  
Sauté Pan, Grill or BBQ  
Metal Spatula  
Serving Bowl  
Box Grater  
Juicer

**From the cupboard/Interesting terms:** diced, sliced, bake, chop

### Question:

Which country to Quesadillas originate? Mexico

### Ingredients for Salsa:

2 to 3	Tomatoes on the vine
1/3 Cup	Cilantro – chopped
¼ Cup	Red Onion – diced
1 small	Jalapeno – de seeded and diced
1 to 2 tsp	Lime Juice
To taste	Kosher Salt
To taste	Black pepper
Optional:	Chilli Pepper flakes

### Quesadilla Filling

12 to 14 oz	Cheddar, Mozza or Monterey Jack Cheese – shredded
4 Whole	Tortilla shells
3 to 4	Tomatoes – diced
2 Stalks	Green Onions – chopped
1 Whole	Grilled Red, Orange or Yellow Pepper
6 to 8 Sprigs	Cilantro – chopped
3 Tbsp	Olive Oil
To taste	Kosher Salt
To taste	Cracked Black Pepper

### Method – Salsa:

1. Dice tomatoes
2. Chop green onions, red pepper, red onion
3. Chop cilantro
4. De seed and dice jalapeno – use latex gloves if possible and wash hands thoroughly when done!
5. Mix all of the above in a bowl
6. Add lime juice, salt and pepper, cilantro. Mix well.

**Method – Quesadillas**

1. Grill peppers on heated grill
2. In a bowl, add tomatoes, julienned peppers, green onions, and cilantro
3. Season with salt, pepper and cilantro
4. Heat oil over medium high heat in a sauté pan
5. **\*Note:** you can also preheat an oven to 350 degrees or use a griddle to cook quesadillas
6. Place tortilla in pan
7. Add cheese and veggie filling on ½ of the tortilla
8. Cook until cheese starts to melt
9. Watch heat and ensure tortilla does not crisp too much
10. Fold tortilla over until cheese melts the sides together
11. Take out and set aside on baking sheets. Keep warm in slightly heated oven
12. Cut in ½ or quarters and serve on platter with salsa
13. **Optional:** serve with light sour cream, guacamole, with grilled chicken or cooked shrimp

*Quesadillas Nutrients per Serving (As per 4 servings) \*:*

<i>Calories (kcal)</i>	<i>592.5</i>
<i>Fat (g)</i>	<i>41.3</i>
<i>Protein (g)</i>	<i>26.5</i>
<i>Carbohydrate (g)</i>	<i>31.2</i>
<i>Sugar (g)</i>	<i>8.1</i>
<i>Fibre (g)</i>	<i>4.6</i>
<i>Sodium (mg)</i>	<i>697.8</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.

\*\*Quesadillas Nutrients per Serving Continued.



## Stir Fry with Black Bean Sauce

Serves 4

### From the garden:

Garlic  
Ginger  
Carrots

Red Peppers  
Green Onions

### Equipment:

Wok  
Serving Spoon  
Tongs  
Cutting Board  
French Knife

### In the cupboard/Interesting terms:

stir fry, chopping, slicing, dicing

### Question:

Can you use dry black beans from a can? (No)

### Ingredients:

½ Cup	Chopped White Onions
1 Tbsp	Chopped Garlic
1 Tbsp	Chopped Ginger
1 Tbsp	Honey
1/3 Cup	Dry Fermented Black Beans (Asian)
1/3 Cup	Soy Sauce
1/3 Cup	Hoisin Sauce
1 to 2 tsp	Sesame Seed Oil
2 Oz	Canola Oil
1 Tbsp	Cornstarch
1 tsp	Red Chilli Flakes
2 Whole	Sliced Carrots
1 Whole	Sliced Red Peppers
2 Stalks	Chopped Green Onion

### Method:

1. Wash, peel and chop all veggies. Set aside.
2. Heat wok over high heat
3. Add oil, ginger garlic, chilli flakes and cook for 10 to 15 Seconds

4. Add onions and cook for another minute or 2
5. Add red peppers, carrots and cook for 1 to 3 minutes
6. Add fermented beans, soy sauce, hoisin sauce, sesame oil, honey and cook for another 2 minutes
7. Add cornstarch to thicken. Bring to a boil
8. Add water if too thick
9. Garnish with sesame seeds and green onions

*Stir Fry with Black Bean Sauce Nutrients per Serving (As per 4 servings)\*:*

<i>Calories (kcal)</i>	<i>298</i>
<i>Fat (g)</i>	<i>17</i>
<i>Protein (g)</i>	<i>5</i>
<i>Carbohydrate (g)</i>	<i>33</i>
<i>Sugar (g)</i>	<i>11</i>
<i>Fibre (g)</i>	<i>4.5</i>
<i>Sodium (mg)</i>	<i>1561</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.





## Wraps - Vegetable w/ Spring Mix, Tomatoes, Lemon Cream Cheese, Spinach & Cucumber

### Fresh from the Garden:

Spring Salad Mix  
 Tomatoes  
 Long English Cucumbers (if only regular are available, peel skin)  
 Bell Peppers – Red/Orange  
 Green Onions  
 Spinach

### Equipment:

Medium Mixing Bowl	Paring Knife	Whisk
Cutting Board	Tea Towels	Sauté Pan
French Knife	Spatula	Wooden Spoon
Measuring Spoons		

### Ingredients:

4	Whole Wheat/Spinach/Tomato/Plain or Multigrain Tortillas
1 whole	Long English Cucumbers (if only regular are available, peel skin)
3 Small whole	Tomato (preferably on the vine)
2 Stalks	Green onion – diced fine
2 Cups	Spring Salad Mix
1 Cup	Spinach

### Grilled Vegetables:

1 Whole	Bell Pepper cut in ½ to roast, then julienned once grilled or roasted
1 Whole	Zucchini – cut length wise
1 Tbsp	Olive Oil
2 Tbsp	Flat Leaf Parsley - chopped

### Cream Cheese Spread:

12 to 14 oz	Cream Cheese
	Zest of 1 Lemon
½ a whole	Lemon Juice
To taste	Salt & Pepper

### Optional:

8 oz	Grilled Chicken Breast
8 oz	Chilled Baby Shrimp

**In the Cupboard - Interesting Terms /Technique:** sauté, rolling a wrap, chopping, dicing, whisking, blanching, zest, julienne cut



**Method:**

**For the cream cheese spread:** Add salt and pepper, lemon zest to cream cheese in a mixing bowl and mix with spatula or wooden spoon until all ingredients are well combined.

Taste, adjust seasoning then chill before serving. Keep chilled and set aside.

1. Lay out tortillas wrap on cutting board.
2. Spread about 2 Tablespoons of cream cheese mixture on wrap.
3. Sprinkle out salad mix, near one end 2/3 up.
4. Add tomatoes, cucumbers, green onions and other veggies.
5. Fold bottom end up, fold in both sides towards middle and then roll bottom and sides to the top holding tightly.

**Optional:**

Add grilled chicken breast or shrimp after salad mix.

*Wraps Nutrients per Serving (As per 4 servings)\*:*

<i>Calories (kcal)</i>	<i>200.8</i>
<i>Fat (g)</i>	<i>42</i>
<i>Protein (g)</i>	<i>28.1</i>
<i>Carbohydrate (g)</i>	<i>46.7</i>
<i>Sugar (g)</i>	<i>8.1</i>
<i>Fibre (g)</i>	<i>5.3</i>
<i>Sodium (mg)</i>	<i>790</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.



## Pizza Dough

### Starter

¼ cup	All purpose flour
1 1/3 Cup	warm water
1 tsp	dry yeast
½ Tbsp	honey

When mixture begins to bubble move on to next step.

### Dough

In a large bowl measure Dry Ingredients:

2 Cups	All purpose flour
1/2 Cup	Multi grain or whole grain or rye flour
1/2 Tbsp	Kosher salt


Whisk the above ingredients to add air

### Method:

1. Add 2 Tbsp of olive oil to the starter. Mix. Then add starter to dry ingredients.
2. Mix well with wooden spoon after each addition until mixture forms a ball and comes away from the bowl in a clean way.
3. You may or may not need to add more flour depending on the weather!
4. When ball forms, take out of bowl and knead with the palms of your hands.
5. Fold the dough in half towards you, press down with your palms away from you, fold over again, and repeat for 5 minutes.
6. Add a bit of flour to keep the dough from sticking but do not add too much and make the dough too dry.
7. Let rest and rise until the dough is double in size. 1 to 3 hours.

*Pizza Dough Nutrients per Serving (As per 6 servings)\*:*

<i>Calories (kcal)</i>	223
<i>Fat (g)</i>	0.7
<i>Protein (g)</i>	7
<i>Carbohydrate (g)</i>	47



<i>Sugar (g)</i>	<i>2</i>
<i>Fibre (g)</i>	<i>3</i>
<i>Sodium (mg)</i>	<i>589</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.

\*\*Pizza Dough Nutrients per Serving Continued.



## Potato and rosemary pizza

Serves: 6 at home or 12 tastes in the classroom

### From the garden:

New or warba potatoes

Rosemary

Rocket or arugula

### Equipment:

measuring spoons

Bowls 1 small, 2 large

Fork

Wooden spoon

Pastry brush

2 tea towels

Large knife

measuring cups

grater

mandolin

large baking tray or baking stone

large wooden board for serving

paper towels

### Ingredients

#### Pizza Dough:

Starter

1/4 cup

1 1/3 Cups

1 tsp

1/2 Tbsp

All purpose flour

warm water

dry yeast

honey

When mixture begins to bubble move on to next step.

#### Dough

In a large bowl measure Dry Ingredients:

2 Cups

All purpose flour

1/2 Cup

Multi grain or whole grain or rye flour

1/2 Tbsp

Kosher salt

Whisk the above ingredients to add air

Add starter to large mixing bowl.

Add 4 Tbsp of Olive oil. Mix. Add dry ingredients 1 cup at a time and mix well with wooden spoon after each addition until mixture forms a ball and comes away from the bowl in a clean way. You may or may not need to add more flour depending on the weather! When ball forms, take out of bowl and knead with the palms of your hands. Fold the dough in half towards you, press down with your palms away from you, fold over again, and repeat for 5 minutes. Add a bit of flour to keep the dough from sticking but do not add too much and make the dough too dry.

Let rest and rise until the dough is double in size. 1 to 3 hours.



### Topping Ingredients:

2 handfuls	Rocket or Arugula Leaves
50 Gr.	Parmesan Cheese
4 Stalks	Rosemary
4 to 6 small	New Potatoes or Warba
¼ Cup	Olive Oil
1 tsp	Kosher Salt
Ground Black Pepper	


### Method:

1. Rinse arugula and lay them flat on large pieces of paper towel. Roll up the paper towel with leaves inside like a log. Keep cold in a fridge until ready to use.
2. Preheat oven to 450.
3. Meanwhile, prepare the topping. Set out the cutting board. Shave pieces of parmesan cheese, using either a grater or peeler.
4. Strip rosemary needles from stems
5. Slice potatoes very thinly using mandolin
6. Add sliced potatoes to large bowl with rosemary, olive oil, salt and paper. Toss and mix together with hands until lightly coated in oil.
7. Oil the pizza pans with olive oil.
8. Press out the dough, 1 batch per tray until the dough reaches the edges and is all the same thickness.
9. Arrange slices of potatoes on the dough overlapping as you go and sprinkling with grated parmesan leaving some for the end.
10. Drizzle the pizza with the last of the oil and place in the oven.
11. Bake for 15 minutes or until the edges are very crusty and the cheese is bubbling.
12. If you are using a pizza tray, you want to slip the pizza off the tray onto the rack for the last few minutes so you get a really crispy base.
13. Once pizza is done, transfer onto a large cutting board.
14. Cut the pizza into 8 to 12 pieces. Serve topped with a handful of the arugula and parmesan.

OPTIONAL: add a squeeze of fresh lemon to arugula and another drizzle of olive oil.

**Interesting terms/techniques:** proving dough, storing salad leaves, using pizza stones and peels, different types of pizza toppings.

**Question:** What else can you add to a pizza that is NOT tomato sauce and cheese?



**How about:**

Caesar salad

White Sauce, Spinach and Cheese

Smoked salmon, capers and onions

Strawberry Jam and Chocolate for a sweet version!

*Potato and Rosemary Pizza Nutrients per Serving (As per 6 servings)\*:*

<i>Calories (kcal)</i>	<i>368</i>
<i>Fat (g)</i>	<i>13</i>
<i>Protein (g)</i>	<i>11</i>
<i>Carbohydrate (g)</i>	<i>54</i>
<i>Sugar (g)</i>	<i>2</i>
<i>Fibre (g)</i>	<i>4</i>
<i>Sodium (mg)</i>	<i>1114</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.



## Peach Chutney

Serves 4

### From the Garden:

Peaches  
Ginger

### Equipment:

Cutting Board  
French Knife  
Zester  
Whisk  
Small Pot

**From the Cupboard/Interesting Terms:** boiling, chopping, cutting, whisking, thickening

### Ingredients:

3 to 4	Peaches
1 Tbsp	Minced Ginger
2 to 3 Tbsp	Brown Sugar
1 tsp	Lime Zest
1 pinch	Kosher Salt
2/3 Cup	Peach Juice/Nectar
1 pinch	Cayenne Pepper
<b>Optional:</b>	Cornstarch


### Method:

1. Slice peaches leaving skin on
2. Heat pot over medium high heat
3. Add liquid ingredients, sugar, ginger
4. Bring mixture to a boil
5. Add peaches
6. Add zest, cayenne and salt. Cook for 10 minutes. DO NOT OVER MIX.
7. If mixture is too thin, add cornstarch to thicken

Serve room temperature

*Peach Chutney Nutrients per Serving (As per 4 servings)\*:*





<i>Calories (kcal)</i>	<i>97</i>
<i>Fat (g)</i>	<i>0.3</i>
<i>Protein (g)</i>	<i>0.9</i>
<i>Carbohydrate (g)</i>	<i>24.5</i>
<i>Sugar (g)</i>	<i>23.1</i>
<i>Fibre (g)</i>	<i>2</i>
<i>Sodium (mg)</i>	<i>244.4</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.



## Fruit Crisp

**Serves 15**

### From the garden:

Blueberries  
Raspberries  
Peaches

### Equipment:

Mixing bowl  
Cutting board  
Knife  
Measuring spoons  
Measuring cups  
Zester  
Wooden spoon  
Serving dish

### Ingredients:

#### Filling:


4	peaches, peeled and sliced
2 cups	blueberries
2 cups	raspberries
zest	of 1 lemon

#### Topping:

1.5 cups	butter
2 cups	oats
1.5 cups	flour
1 cup	brown sugar
1 tsp	cinnamon
1 tsp	baking powder
½ tsp	salt

#### Method:

1. Wash blueberries and raspberries. Allow them to dry.
2. Peel and slice peaches.
3. Zest the lemon.
4. Mix all the fruit and lemon zest in a bowl and place into the serving dish.



5. Combine all the ingredients for the topping in a large bowl. First, stir with spoon to mix ingredients. Then using your hands, mix topping so that it is a crumbly mixture. Be careful not to mix too much, allow topping to become a dough texture. Add more flour and oats to the mixture if it is becoming a dough texture and not a crumble texture.

6. Place topping on top of fruit. Bake in the oven at 350°F for 45 minutes.

*Fruit Crisp Nutrients per Serving (As per 15 servings)\*:*

<i>Calories (kcal)</i>	<i>367</i>
<i>Fat (g)</i>	<i>21</i>
<i>Protein (g)</i>	<i>4</i>
<i>Carbohydrate (g)</i>	<i>42</i>
<i>Sugar (g)</i>	<i>20</i>
<i>Fibre (g)</i>	<i>4</i>
<i>Sodium (mg)</i>	<i>250</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.



## Drinks:

### Basil Lemonade

**Serves** 4 or 10 tastes in the classroom

**From the Garden:** Italian, Lemon, Purple or Thai Basil

All basil varieties add fragrance to lemonade, but colored and scented varieties contribute extra personality. Dark purple basil tints the lemonade a pretty pink but has a milder flavour than the green varieties. Lemon basil adds a lemon-drop essence. Cinnamon and Thai basil contribute spicy overtones.

*(Sunset Easy Edible Gardens, June 2010 Edition)*

**Equipment:** Mortar and Pestle  
2 Water Pitchers  
Wooden Spoon

**Ingredients:**

½ Cup	Basil Leaves
3 Tbsp	Sugar
½ Cup	Lemon Juice
4 Cups	Cold water

**Interesting Terms:** muddling and juicing, using a mortar and pestle, lightly packed, bruising herbs

**Method:**

1. Add ½ cup of basil leaves and sugar to the mortar
2. Using the pestle, muddle the sugar and basil leaves together releasing the fragrance and oils of the herbs until bruised
3. After mixture is muddled, divide into the pitchers
4. Cut lemons in half and squeeze juice into pitchers
5. Add water into the pitchers and ice if available
6. Taste and add more sugar if desired

*Basil Lemonade Nutrients per Serving (As per 4 servings)\*:*

<i>Calories (kcal)</i>	<i>45</i>
<i>Fat (g)</i>	<i>0</i>
<i>Protein (g)</i>	<i>0.2</i>
<i>Carbohydrate (g)</i>	<i>12.2</i>
<i>Sugar (g)</i>	<i>10.2</i>
<i>Fibre (g)</i>	<i>0.2</i>
<i>Sodium (mg)</i>	<i>5.4</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.



## Fresh Homemade Ginger Beer

Recipe from Mark Halyk of Catered Art

**Equipment:**

- Small Pot
- Liquid Measuring Cup
- Wooden Spoon
- Measuring Cup
- Cutting Board
- Knife
- Water Pitcher or Juice Container

### Ingredients:

Simple Syrup:

1 Cup	Cold Water
1 Cup	Sugar (Brown or Maple Syrup can also be used)
	Sliced and peeled Ginger Root
3 whole	Star Anise
1 stick	cinnamon
1 Tbsp	Vanilla
2L	Club Soda or Mineral Water

**Interesting Terms:** simple syrup, infusing

### Method:

1. Using a spoon, scrap off peel of ginger and slice into small pieces
2. Add ginger root, water and sugar to a small pot on medium high heat.
3. **\*\*Stir frequently until sugar has dissolved, remove from heat**
4. Add vanilla to slightly cooled mixture. If mixture is not cooled, vanilla will evaporate.
5. Pour club soda or mineral water between 2 pitchers or juice containers
6. Add cooled simple syrup mixture and serve with ice if available.

**\*\*Note:** Adult should do this since sugar mixture can be very hot

*Ginger Beer Nutrients per Serving (As per 8 servings)\*:*

<i>Calories (kcal)</i>	<i>115</i>
<i>Fat (g)</i>	<i>0</i>
<i>Protein (g)</i>	<i>0</i>
<i>Carbohydrate (g)</i>	<i>29</i>
<i>Sugar (g)</i>	<i>28</i>
<i>Fibre (g)</i>	<i>0</i>
<i>Sodium (mg)</i>	<i>15.5</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.



## Strawberry Lemonade

### Ingredients:

1 Cup	Pureed Strawberries
4 Whole	Squeezed Lemon Juice
	Sugar to taste
2 L	Sparkling Water

**Optional:** Fresh sprigs of Mint  
Ice

**Equipment:** Reemer/Juicer  
Food Processor or Blender  
Jug or Pitcher  
Wooden Spoon  
Measuring spoons

### Method:

Puree frozen strawberries and set aside. Squeeze lemons in juicer or use a reemer. Add to strawberries. Add sugar until mixture is quite sweet. Add mineral water and enjoy!

*Strawberry Lemonade Nutrients per Serving (As per 6 servings)\*:*

<i>Calories (kcal)</i>	<i>87</i>
<i>Fat (g)</i>	<i>0.1</i>
<i>Protein (g)</i>	<i>0.3</i>
<i>Carbohydrate (g)</i>	<i>23.3</i>
<i>Sugar (g)</i>	<i>19.8</i>
<i>Fibre (g)</i>	<i>0.7</i>
<i>Sodium (mg)</i>	<i>4.2</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.





## Sauces:

### Basic Tomato Sauce - for 4 to 5 people

This recipe can be used for pizza or as a base for a pasta dish. Substitute with fresh tomatoes when in season!

**Fresh From the Garden:** Garlic  
Basil  
Oregano  
Tomatoes (when in season)

**Equipment:** Can Opener  
Cutting board  
Bowl  
Medium pot  
Knife

#### Ingredients:

2 (10oz)	Can whole tomatoes
6 to 8 cloves	garlic
1 small or ½ med	white onion
2 Tbsp	olive oil
4 sprigs	fresh basil
1 tsp	dried oregano
1 tsp	kosher salt
To taste	chili pepper flakes

#### Method:

1. Open can of tomatoes and pour into large bowl.
2. With very clean hands, crush the tomatoes with your fingers.
3. Crush garlic cloves and peel.
4. Dice onions into small pieces.
5. Take all leaves off basil and chop.
6. Set pot onto stove at medium heat.
7. Pour olive oil into pot and add garlic when oil is still cold.
8. As oil heats up, garlic will begin to brown.

9. Add onions and sauté until translucent.
10. Add dried oregano and chili flakes.
11. When garlic and onions are slightly brown, add tomatoes. Season with salt.
12. Let simmer until slightly reduced.
13. Just before serving, add fresh basil.
14. Serve as a pizza sauce or over top cooked pasta.

**Optional:**

When in season, use fresh chopped tomatoes instead of canned. Sauce will be slightly thicker than using canned tomatoes. Add a bit of pasta water to thin out the sauce if necessary.

*Basic Tomato Sauce Nutrients per Serving (As per 5 servings)\*:*

<i>Calories (kcal)</i>	<i>96.7</i>
<i>Fat (g)</i>	<i>5.7</i>
<i>Protein (g)</i>	<i>1.6</i>
<i>Carbohydrate (g)</i>	<i>11.5</i>
<i>Sugar (g)</i>	<i>6.3</i>
<i>Fibre (g)</i>	<i>1.8</i>
<i>Sodium (mg)</i>	<i>730.1</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.



## Peanut Sauce

Serves 6

### From the Garden:

Garlic  
Ginger  
Cilantro

### Equipment:

Small Mixing Bowl  
Cutting Board  
French Knife  
Medium Pot  
Whisk

**Question:** Can you add chopped roasted peanuts also? Yes!

**From the cupboard/Interesting terms:** chopped, mincing, whisk to boil


### Ingredients

1 Tbsp	Ginger
1 Tbsp	Garlic
2 Cups	Smooth Peanut Butter
1 to 2 Tbsp	Sambal Olek
2 Tbsp	Brown Sugar
2 Tbsp	Lime Juice
1 to 2 Tbsp	Olive Oil
2 Tbsp	Chopped Cilantro
<b>Optional:</b>	1 Tbsp Fish Sauce

### Method

1. Heat oil in small pot over medium heat
2. Add garlic and ginger and sauté till golden and fragrant
3. Add peanut butter, sambal, lime juice and fish sauce.
4. Bring to a boil and cook for 15 minutes
5. Cool to room temperature. Add cilantro to garnish before serving.

*Peanut Sauce Nutrients per Serving (As per 6 servings)\*:*



<i>Calories (kcal)</i>	<i>591</i>
<i>Fat (g)</i>	<i>49</i>
<i>Protein (g)</i>	<i>23</i>
<i>Carbohydrate (g)</i>	<i>24</i>
<i>Sugar (g)</i>	<i>13</i>
<i>Fibre (g)</i>	<i>5</i>
<i>Sodium (mg)</i>	<i>421</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.



## Asian Dippies - Sauce for Wraps

Serves 4

**From the garden:** Cilantro  
Garlic  
Ginger  
Carrots

**Equipment:** Mixing Bowl Grater  
Cutting board Whisk  
French Knife

**Question:** Name some vinegars? Balsamic, rice wine, cider, raspberry, herb, red wine, champagne

### Ingredients:


½ Cup	Rice Wine Vinegar
½ Cup	Shredded Carrots
1 Tbsp	Sambal Olek
2 to 3tsp	Lime Juice
1 Tbsp	Honey
2 Tbsp	Soy Sauce
1 Tbsp	Minced Garlic
1 Tbsp	Minced Ginger
¼ Cup	Water
2 Tbsp	Chopped Cilantro

### Method:

1. Chop garlic, ginger, cilantro and set aside
2. In a mixing bowl, add all other ingredients and stir well
3. Let rest for 10 to 15 minutes to develop flavour

*Asian Dippies Nutrients per Serving (As per 4 servings)\*:*

Calories (kcal)	47
Fat (g)	0.2



<i>Protein (g)</i>	<i>1.1</i>
<i>Carbohydrate (g)</i>	<i>12</i>
<i>Sugar (g)</i>	<i>8</i>
<i>Fibre (g)</i>	<i>1.3</i>
<i>Sodium (mg)</i>	<i>439</i>

\*NOTE: Nutrients per Serving are an estimate and are not exact.

\*\*Asian Dippies Nutrients per Serving



## Herb Butter for Grilled Salmon

Serves 4

**From the garden:** Basil Parsley  
Dill Tarragon

**Equipment:** Mixing Bowl French Knife  
Spatula Cutting Board

**From the cupboard/Interesting Terms:** blending, mixing, cutting, chopping, room temperature

**Question:** Which is better for you? Salted or Sweet Butter? Salted


### Ingredients:

1 Cup	Unsalted Butter – room temperature
2 Tbsp	Garlic – minced
2 Tbsp	Flat Leaf Parsley – chopped
2 Tbsp	Basil - chopped
2 Tbsp	Dill – chopped
2 Tbsp	Tarragon – chopped
1 Tbsp	Dijon Mustard
To taste	Kosher salt
To taste	Cracked Black Pepper
<b>Optional:</b>	Lemon, orange, or lime zest

### Method:

1. Chop all herbs
2. In a bowl, add all ingredients and blend well using a rubber spatula
3. Use on grilled steak, fish or other meats right after meat is grilled and still hot
4. Also, can be wrapped in saran and frozen to serve later.

*Herb Butter for Grilled Salmon Nutrients per Serving (As per 4 servings)\*:*



<i>Calories (kcal)</i>	466
<i>Fat (g)</i>	51.2
<i>Protein (g)</i>	1.7
<i>Carbohydrate (g)</i>	3.4
<i>Sugar (g)</i>	0.2
<i>Fibre (g)</i>	1.3
<i>Sodium (mg)</i>	426

\*NOTE: Nutrients per Serving are an estimate and are not exact.