

You're the Chef

Visual Recipe Collection



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Water is the way to GO!

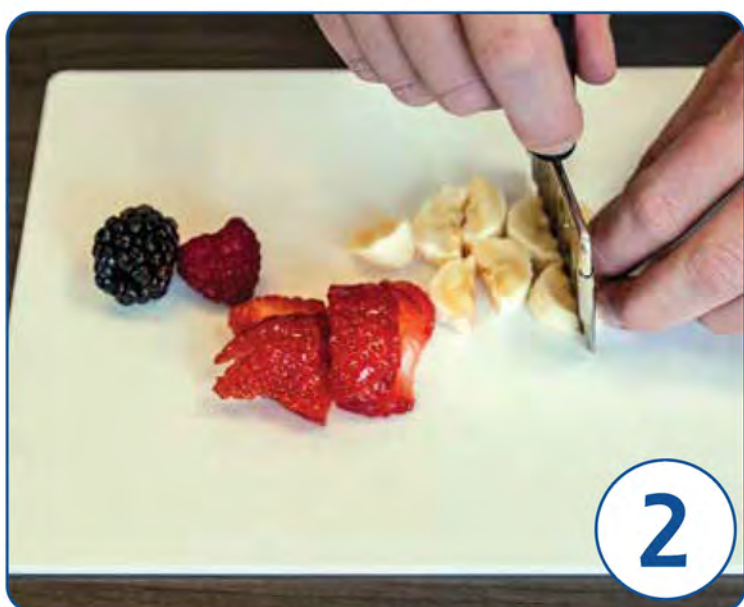
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YOU NEED

Perfect Parfait



STEPS



RECIPE

Ready in: 10 minutes

Servings: 4 servings

2 cups	fresh fruit, any kind	500 mL
2 cups	yogurt, any flavour	500 mL
1/2 cup	whole grain cereal, any kind	125 mL

1. Wash the fruit.
2. Cut and dice fruit into bite-sized pieces.
3. Add 1/2 cup of yogurt to a bowl.
4. Sprinkle 1 Tbsp of whole grain cereal, any kind.
5. Add 1/2 cup of chopped fruit.



YOU NEED



STEPS



Banana Roll-Ups

RECIPE

Ready in: 5 minutes

Servings: 1

- | | | |
|--------|---|-------|
| 1 | six-inch whole grain bread/tortilla/chapati/naan/pita | 1 |
| 2 Tbsp | nut, soy, or seed butter (e.g., WOW, pumpkin seed or sunflower seed butter) | 30 mL |
| 1 | banana, apple, or other fruit | 1 |
-
1. Spread bread with the nut, soy, or seed butter.
 2. Place a banana in center and roll up burrito-style.
 3. Slice each roll into 4-6 "sushi pieces" using a chopper or knife.

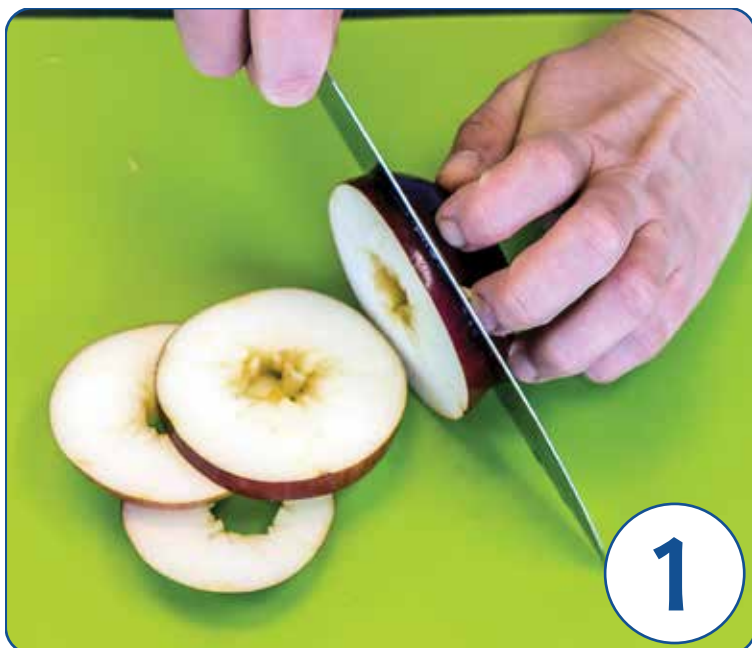


YOU NEED

Amazing Apple Sandwiches



STEPS



Amazing Apple Sandwiches

RECIPE

Ready in: 5 minutes

Servings: 8 servings of 2-3 apple sandwiches each

8	apples, cored and sliced into circles (about 4-6 slices per apple)	8
1 cup	nut, soy, or seed butter (e.g., WOW, pumpkin seed or sunflower seed butter)	250 mL
1/2 cup	whole grain cereal	125 mL
1/2 cup	unsweetened flaked coconut	125 mL

1. Spread 1 side of an apple slice with nut, soy, or seed butter.
2. Sprinkle with 1/2 Tbsp whole grain cereal and 1/2 Tbsp unsweetened flaked coconut.
3. Place another apple slice on top.



Peterborough
Public Health



YOU NEED



Fabulous Fruit Pizza

STEPS



Fabulous Fruit Pizza

RECIPE

Ready in: 5 minutes

Servings: 20 Watermelon pizza slices

1 small watermelon, washed, and pre-sliced (using a large chef knife) into about 5 large circular slices, and then quartered into pizza shaped wedges

2 cups plain or flavoured yogurt 500 mL

1 cup whole grain cereal 250 mL

Fresh Fruit Toppings

3 cups any kind of fruit 750 mL

1. Wash, peel and chop fruit.
2. Spread one watermelon wedge with 1-2 Tbsp of yogurt, using a spoon.
3. Sprinkle fruit and whole grain cereal on top.



YOU NEED



Tasty Bean Dip

STEPS



1



2



Tasty Bean Dip

RECIPE

Ready in: 10 minutes

Servings: 8

Dip

1 - 19 oz can	black beans, drained and rinsed	540 mL
1 lime or 1 Tbsp	lime juice	15 mL
1 1/2 cups	corn (frozen, canned, or fresh)	350 mL
2 cups	salsa	500 mL
1/4 cup	cilantro	60 mL
1 cup	plain yogurt	250 mL
1 cup	cheese, grated	250 mL

Food to Dip

2	whole grain pita/naan/tortilla/chapati wedges	2
	Cut vegetables (e.g., peppers, cucumbers, celery, carrots)	

1. Wash cilantro. Combine salsa, beans, corn, lime juice, and cilantro in a large bowl.
2. In small serving bowls, layer 1 cup of bean mixture with 2 Tbsp yogurt, and 2 Tbsp cheese.
3. Wash and prepare raw vegetables for dipping. The peppers and celery can be cut into strips. The cucumber can be cut into coins. Cut each pita into 8 wedges. Serve with bean dip.



YOU NEED

Calabrese Salad Skewers



STEPS



Calabrese Salad Skewers

RECIPE

Ready in: 10 minutes

Servings: 16 skewers

Vegetables

3 pints (or 3 small packages)	cherry tomatoes, washed	900 g
3	English cucumbers, washed	3
4	peppers, washed	4
30 leaves (or 1 package)	fresh basil, washed	60 g
16oz block	mozzarella cheese	450 g
16	6 inch bamboo skewers or popsicle sticks	16

1. Chop vegetables and cheese.
2. Pull basil leaves off of stem.
3. Add cheese, vegetables, and fresh basil leaves to each skewer.
4. Enjoy with whole grain crackers.

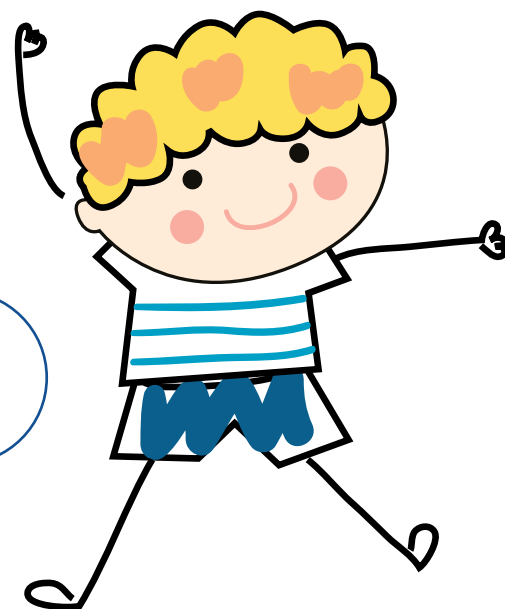
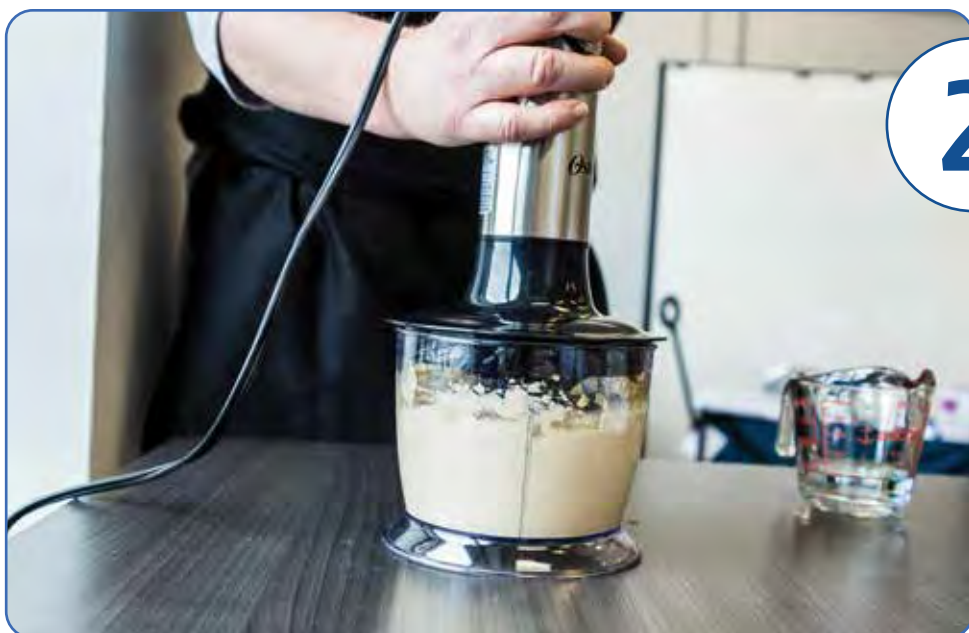


YOU NEED

Homemade Hummus with Dippers



STEPS



Homemade Hummus with Dippers

RECIPE

Ready in: 10 minutes

Servings: 12 - 1/4 cup servings (total, 3 cups)

2 - 15 oz. cans	chickpeas drained, rinsed	4 cups
2	garlic cloves, skin removed	2
1/3 cup	olive oil	80 mL
3 Tbsp	lemon juice, or 1 lemon, halved	45 mL
1- 1/2 tsp	ground cumin - optional	7 mL
1/4 cup	tahini, soy butter, nut butter	60 mL

Foods to Dip

Whole grain pita/naan/tortilla/chapati wedges

Cut vegetables (e.g., peppers, cucumbers, celery, carrots)

1. Add chickpeas, garlic, oil, lemon juice (or fresh squeezed lemon juice) to a blender or food processor. Add cumin, and tahini if desired. Blend until smooth (about 1-2 minutes). If too thick, add 2 Tbsp or 30 mL of water.
2. Wash and chop vegetables. Cut whole grains into wedges. Serve with the hummus.



YOU NEED



Pumpkin Spice No-Bake Balls

STEPS



Pumpkin Spice No-Bake Balls

RECIPE

Ready in: 45 minutes

Servings: 60

1 cup	Pureed pumpkin (not pie filling)	250 mL
1 cup	Nut alternative or seed butter (peanut butter, WOW, pumpkin seed, or sunflower seed butter)	250 mL
6 Tbsp	Pure maple syrup	90 mL
2 1/2 cups	Rolled oats	625 mL
2 Tbsp	Ground flax seed	30 mL
3 cups	Dried cranberries or blueberries	500 mL
1 tsp	Pumpkin pie spice	5 mL
1 cup	Pumpkin seeds	250 mL

1. Combine all ingredients into a large bowl and mix until mixture is sticky.
2. Refrigerate for 15 minutes.
3. Wash hands again. Wet hands and roll dough into balls, about 1 Tbsp each. Place on parchment paper.
4. Refrigerate for 20 minutes.
5. Enjoy with apple or pear slices for a healthy snack.



YOU NEED

Garden Veggie Dip and Spread



STEPS



Garden Veggie Dip and Spread

RECIPE

Ready in: 15 minutes

Servings: 6 (1/4 cup per serving)

1 cup	Greek yogurt	250 mL
1 clove	fresh garlic	1 clove
1 Tbsp	fresh dill, washed	15 mL
2 Tbsp	fresh parsley, washed	30 mL
1	green onion	1
1/2	carrot	125 mL
1 cup	broccoli florets	250mL

1. Wash vegetables. Mince broccoli and dill, chop green onions and parsley, grate carrot.
2. Combine all ingredients in a bowl.
3. Mix. Serve with cut-up vegetables and whole grain pita.

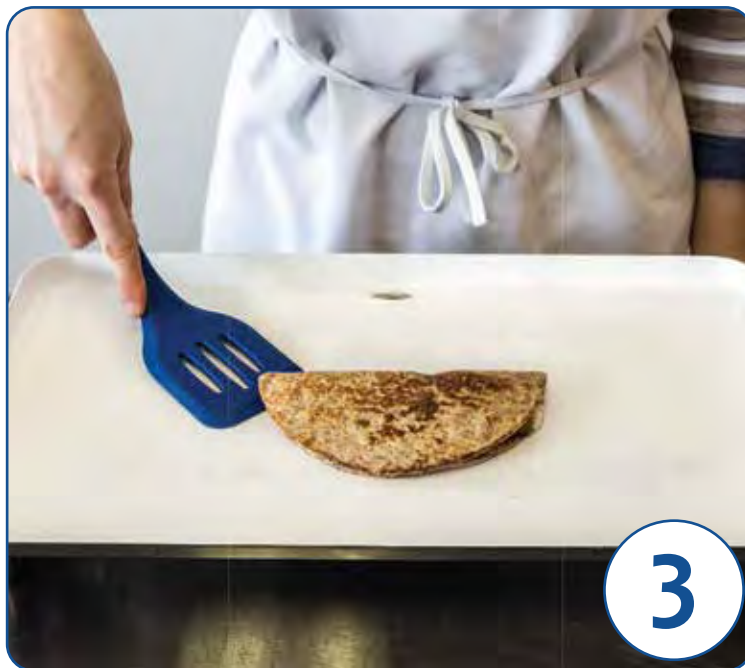


YOU NEED

Pizza-dillas



STEPS



Pizza-dillas

RECIPE

Ready in: 10 minutes

Servings: 1

1	six inch whole wheat tortilla	1
2 Tbsp	tomato sauce (e.g. pizza sauce, pureed tomato, pasta sauce)	30 mL
1/4 cup	cheese	60 mL
1/2 cup	vegetables, fruit, herbs (e.g. basil, oregano, parsley, fresh or dried)	125 mL

1. Chop vegetables, fruit, herbs.
2. Lay tortillas flat. With a spoon, spread pizza sauce on half, sprinkle cheese and green peppers on top. Fold the bare half over filling.
3. Place tortilla on hot pan on medium high heat. Heat 2 minutes per side until cheese melts. Cut tortillas in half and serve.



YOU NEED

Three Sister's Soup



STEPS

1a



1b



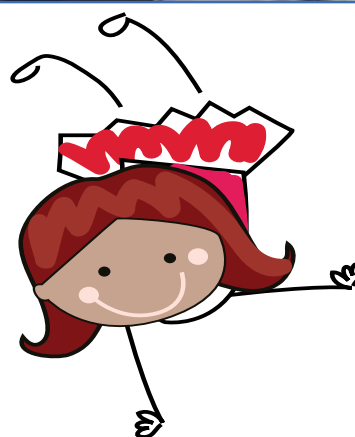
2



3



4



Three Sister's Soup

RECIPE

Ready in: 40 minutes

Servings: 12-16 servings

2	medium yellow onions (chopped)	250 mL
2	large celery ribs (chopped)	150 mL
2 Tbsp	canola oil	30 mL
8 cups	low/no sodium chicken broth	2 L
2 cups	yellow corn or cooked hominy corn	500 mL
2 cups or 1 19 oz can	red kidney beans (rinsed)	500 mL
2 cups	frozen butter nut squash, cubed	500 mL
5 fresh	sage leaves	1/2 tsp
1 tsp	dried thyme	5 mL

1. Wash and chop onions and celery. Rinse kidney beans and corn.
2. Add onions, celery, and canola oil to a large saucepot and bring to medium heat until onions are translucent (about 5 minutes).
3. Add broth to pot and bring to a slow boil.
4. Add corn, kidney beans and boil for 10 minutes.
5. Lower to medium heat, then add the butternut squash, thyme, and sage.
6. Simmer for 20 minutes, stirring occasionally.
7. Remove from heat and serve.



YOU NEED

Rainbow Wraps



STEPS



1



2



Rainbow Wraps

RECIPE

Ready in: 15 minutes

Servings: 1 Wrap

- | | | |
|---------------|---|----------|
| 1 | whole grain tortilla/chapati/naan/pita/bread | 1 |
| | Vegetables (e.g. beets, carrots, celery, cucumbers, leafy greens) | |
| 2 Tbsp | Hummus (prepared, or homemade hummus recipe) | |

1. Wash leafy greens.
2. Wash and grate vegetables.
3. Spread the hummus onto wrap.
4. Sprinkle toppings. Roll up wrap.



YOU NEED

Blissful Berry Beverage



STEPS



Blissful Berry Beverage

RECIPE

Ready in: 5 minutes

2 cups berries (if frozen, thaw first)	500 mL
10-12 sage or mint leaves, rinsed	10-12
12 cups or 3L water	3000 mL
4 cups or 1L ice	1000 mL

1. Place berries in a bowl and crush with a fork or potato masher.
2. Pour water into a jug or pitcher, and add ice.
3. Add crushed berries and sage or mint. Stir.



YOU NEED

Watermelon
Basil
Flavoured
Water



STEPS



1



2



Watermelon Basil Flavoured Water

RECIPE

Ready in: 5 minutes

Servings: 12

2 cups	seedless watermelon	500 mL
10-12	basil leaves, washed	10-12
12 cups	cold tap water	3 L
4 cups	ice	1 L

1. Chop watermelon into small cubes.
2. Pour water into a jug or pitcher, and add ice, watermelon and basil.

