



You're the Chef

Visual Recipe Collection





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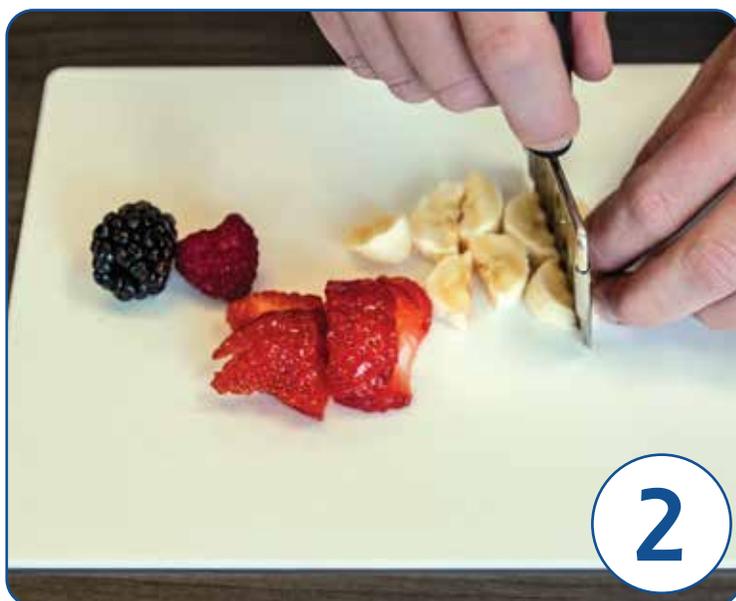
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YOU NEED



STEPS



Perfect Parfait

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	granola or crunchy high fibre cereal	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 the granola or cereal.
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 tortilla	1
2 Tbsp	nut, soy, or seed butter (e.g., WOW, pumpkin seed or sunflower seed butter)	30 mL
1	banana	1

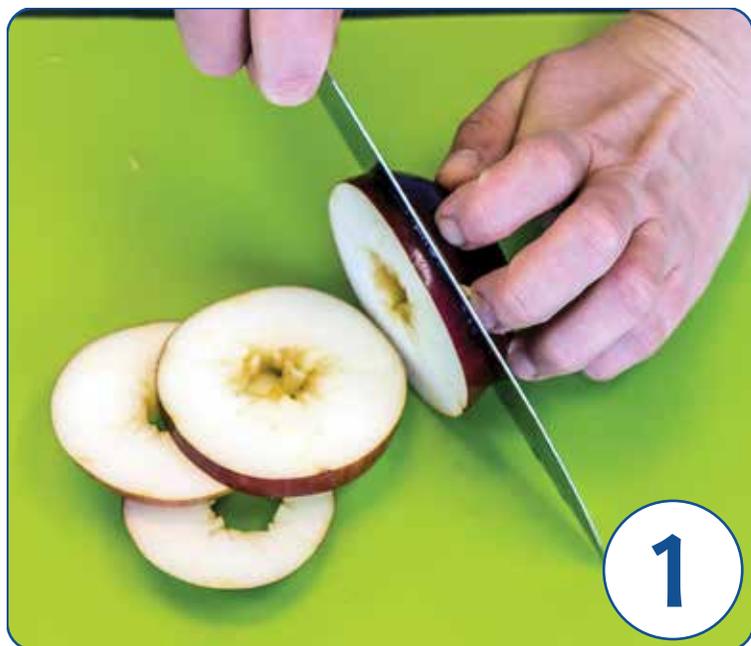
1. Spread tortilla with the nut, soy, or seed butter.
2. Place a banana in center of each tortilla. Fold in opposite sides, roll up burrito-style.
3. Slice each roll into 4-6 “sushi pieces” using a chopper or chef knife.



YOU NEED



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 granola	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 granola and 1/2 Tbsp unsweetened flaked coconut.
3. Place another apple slice on top.



YOU NEED



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 nut-free granola 250 mL

Fresh Fruit Toppings

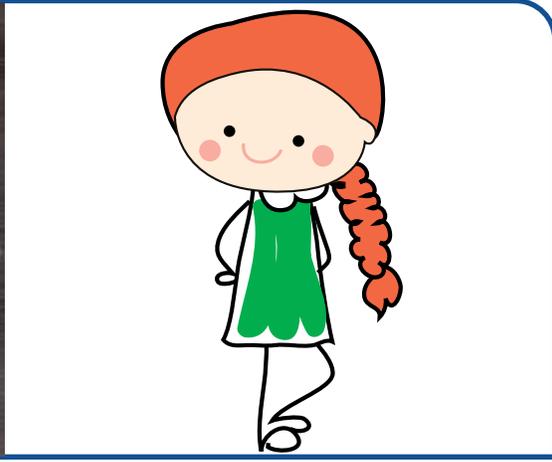
4 kiwis

3 cups berries (strawberries, blueberries, raspberries, blackberries) 750 mL

1. Wash fruit. Peel and chop kiwi; chop strawberries.
2. Spread one watermelon wedge with 1-2 Tbsp of yogurt, using a spoon.
3. Sprinkle colourful fruit toppings and granola on top of the watermelon pizza wedge.



YOU NEED



STEPS



Golden Blueberry Pancakes

RECIPE

Ready in: 20 minutes

Servings: 32 small pancakes (or 16 servings)

3 cups	whole grain flour	750 mL
1 Tbsp	granulated sugar	15 mL
1 Tbsp	baking powder	15 mL
1/2 tsp	baking soda	2 mL
1/2 tsp	salt	2 mL
3	eggs	3
2 1/2 cups	milk	625 mL
1/2 cup	plain yogurt	125 mL
1/4 cup	vegetable oil	60 mL
2 cups	fresh or frozen blueberries	500 mL
1 tsp	vegetable oil (for cooking)	5 mL
	maple syrup (optional)	
8	apples, sliced	8

1. In a large bowl, whisk together whole wheat flour, sugar, baking powder, baking soda, and salt.
2. In a separate bowl, whisk eggs, milk, yogurt and oil.
3. Pour wet ingredients over dry ingredients and sprinkle with blueberries. Stir gently just until combined - a few lumps should remain.
4. In a large non-stick skillet, heat oil over medium heat. Ladle about 1/4 cup (50 mL) batter per pancake into skillet.
5. Cook for about 2 minutes or until bubbles break in batter but do not fill in; turn and cook for 1 to 2 minutes longer or until golden and puffed. Repeat.



YOU NEED



STEPS



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 - 12 oz can, drained	canned corn	350 mL
2 cups	salsa	500 mL
1/4 cup, or 6g	cilantro	60 mL
1 cup	plain yogurt	250 mL
1 cup	cheese, grated	250 mL

Food to Dip

2	whole grain pitas	2
2	red, yellow, or orange peppers medium	2
1	cucumber	1
2	medium celery bunch	2

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



STEPS



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Pico de Gallo Salsa

RECIPE

Ready in: 15-20 minutes

Servings: 4 Cups (16 portions)

1 can (28 oz)	low-sodium tomatoes, drained	796 mL
1 medium	white onion	125 mL
1/4 cup	cilantro	60 mL
1 Tbsp	lime juice	15 mL
1/4 tsp	salt (to taste)	1 mL
1/2 medium	jalapeno pepper (optional)	
1 large	red, green, or yellow peppers	250 mL

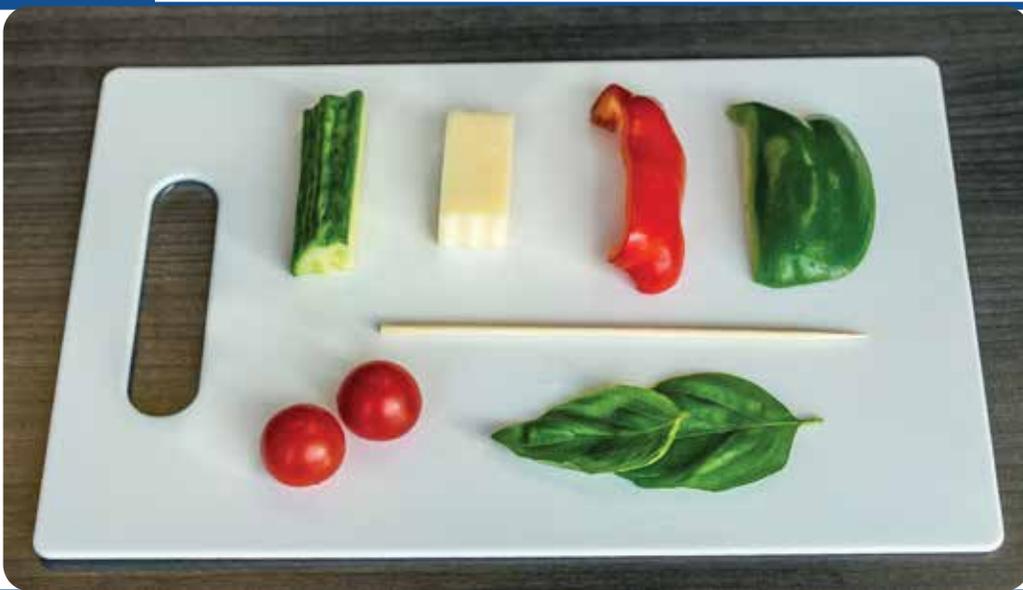
Food to Dip

4	whole grain pitas chopped into 1/8 wedges
2	English cucumbers, sliced

1. Wash onions, peppers, and cilantro. Pull cilantro leaves off of stem. Seed and remove ribs of peppers. Chop onion, peppers, and cilantro.
2. Pour half of the can of tomatoes into a blender or food processor and add the jalapeno pepper, onion, cilantro leaves, lime juice, and salt.
3. Blend until fairly smooth.
4. Pour the second half of the can of tomatoes and cilantro, and blend briefly.
5. Add sweet peppers. Serve with whole grain pita, and cucumber slices.



YOU NEED



STEPS



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Calabrese Salad Skewers

RECIPE

Ready in: 10 minutes

Servings: 16 skewers

3 pints (or 3 small packages)	cherry tomatoes, washed	900 g
3	English cucumbers, washed	3
1	red pepper, washed, (e.g., 1/8th of pepper, each)	250 mL
1	green pepper, washed, (e.g., 1/8th of pepper, each)	250 mL
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 the red and green peppers, cheese, and cucumber.
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



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 (sesame seed paste) - optional	60 mL

Foods to Dip

4	carrots	4
1	broccoli or cauliflower head	1
2 small packages	cherry tomatoes or snap peas	

1. Add chickpeas, garlic, olive 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. Serve with the hummus.



YOU NEED



STEPS



No-Bake Apple Cinnamon Bites

RECIPE

Ready in: 15 minutes

Servings: 24 bites, or 12 servings

2 cups	old-fashioned oats	500 mL
1 tsp	cinnamon	5 mL
1/4 tsp	nutmeg	1 mL
1/4 tsp	ground cloves	1 mL
1/2 cup	nut alternative or seed butter (e.g., WOW, pumpkin seed or sunflower seed butter)	125 mL
1/2 cup	sunflower seeds	125 mL
2 tbsp	maple syrup	30 mL
1 tsp	vanilla extract	5 mL
1 medium	apple, washed	1

1. Grate the apple.
2. Combine all ingredients in a large bowl and mix well until combined.
3. Use a small scoop or your gloved hands to make 24 balls, 1 Tbsp (15 ml) each.
4. Place in a well-sealed container in the refrigerator until ready to eat.
5. Serve with apple slices to balance out the snack.



YOU NEED



STEPS



Pumpkin Spice No-Bake Balls

RECIPE

Ready in: 45 minutes

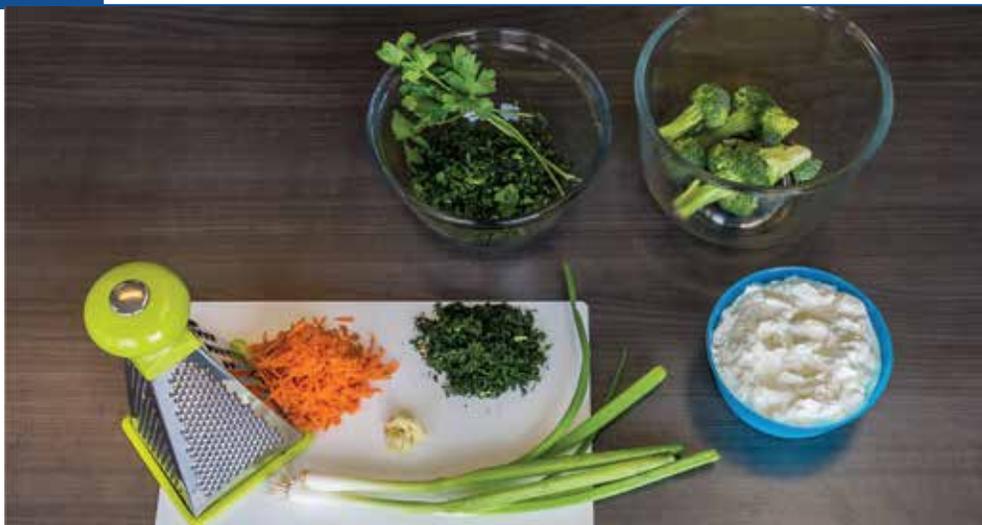
Servings: 60

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



STEPS



Garden Veggie Dip and Spread

RECIPE

Ready in: 15 minutes

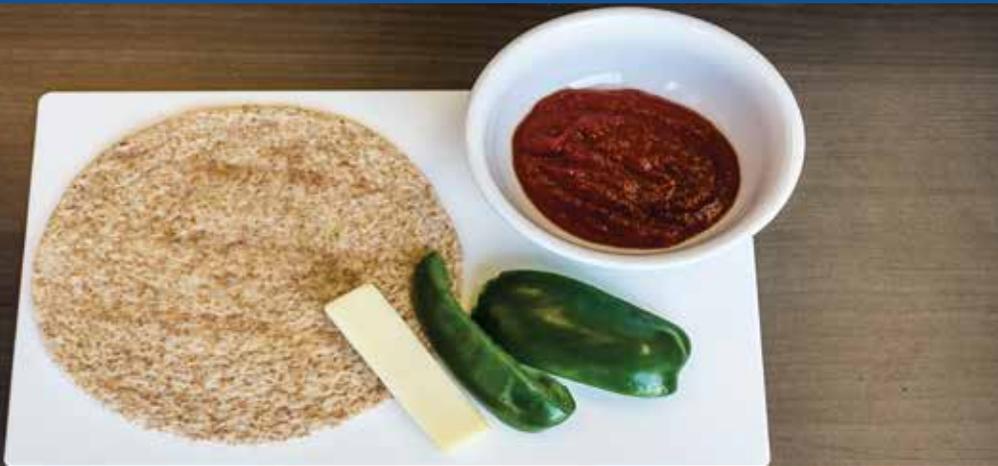
Servings: 6 (1/4 cup per serving)

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



STEPS



Pizza-dillas

RECIPE

Ready in: 10 minutes

Servings: 1

1	six inch whole wheat tortilla	1
2 Tbsp	pizza sauce	30 mL
1/4 cup	mozzarella cheese	60 mL
1/2	medium green pepper, washed	60 mL

1. Chop green peppers and cheese.
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



STEPS



Crispy Black Bean Tostadas

RECIPE

Ready in: 20 minutes

Servings: 10 tostadas

10	six inch whole grain tortillas	10
1 Tbsp	olive oil or vegetable oil	15 mL
1	small red onion	60 mL
1/2 tsp	salt	5 mL
1 cup	salsa (prepared, or pico de gallo recipe on p 23)	250 mL
2 - 15 ounce cans	black beans, rinsed	
1 cup	shredded cheese	250 mL
1/2 cup	sour cream or plain Greek yogurt	125 mL
5 sprigs	fresh cilantro, washed	60 mL
Toppings such as:		
1	avocado	1
2	tomatoes, washed	2
1 cup	red or green cabbage, or lettuce, washed	250 mL, chopped
1	lime (2 Tbsp lime juice)	30 mL

1. If using an oven, preheat to 400°F (200°C). Dice the onion. Chop all toppings. Chop lime into 8 wedges.
2. In a medium saucepan, or skillet, heat olive oil over medium high. Add onion and salt, and cook 2 minutes, until just beginning to soften.
3. Add black beans and 1/2 cup salsa; stir. Cook, stirring periodically, until heated through, about 4 minutes. Mash and set aside.
4. Crisp tortillas (optional): If using an oven, spread tortillas in a single layer on a baking sheet. Bake in the oven until crisp, about 3 minutes per side. If using a skillet/pan, heat tortillas for 2 minutes per side, or until warm and crisp.
5. Top crisp tortillas with black bean mixture, vegetable/fruit toppings, and cheese. Serve with remaining salsa, plain Greek yogurt, and fresh cilantro. Squeeze lime juice on top.



Peterborough
Public Health



YOU NEED



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Minestrone Soup

RECIPE

Ready in: 40 minutes

Servings: 12 - 1 cup servings

8 cups	vegetable broth	2 L
1	medium onion, peeled, washed	1
4	medium carrots, washed, peeled	4
1	celery stalk, washed	1
2	cloves garlic, peeled	2
1 - 28 oz can	tomatoes, diced - low sodium	796 mL
1/2 cup	dry small whole grain pasta (e.g. shell or wheels)	125 mL
1/2 tsp	dried basil	2.5 mL
1/2 tsp	dried oregano	2.5 mL
1 - 19 oz can	white kidney beans, drained and rinsed	540 mL

1. Chop celery, carrots, onions and garlic.
2. Bring broth to a boil in a large pot.
Add onion, carrots, celery, and garlic. Cover and simmer for 30 minutes, or until vegetables are tender.
3. Add tomatoes, pasta and spices; simmer, covered, 5 minutes or until pasta is al dente.
Add kidney beans and continue to simmer until heated through.
4. Serve with whole grain crackers or bread.



YOU NEED



STEPS



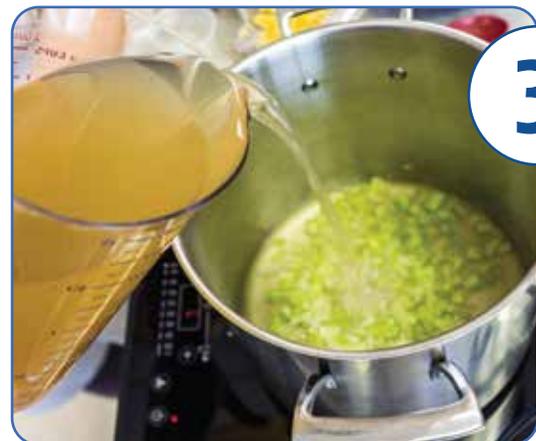
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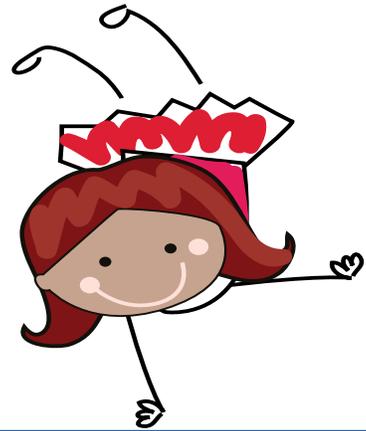
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Three Sister's Soup

RECIPE

Ready in: 40 minutes

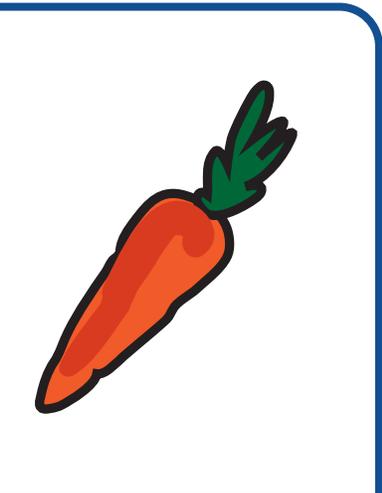
Servings: 12-16 servings

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



STEPS



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Rainbow Wraps

RECIPE

Ready in: 15 minutes

Servings: 1 Wrap

1	six-inch whole wheat tortilla	1
1/8 cup	Spinach, washed	
1/8 cup	Beet, washed, peeled, grated	30 mL
1/8 cup	Carrot, washed, peeled, grated	30 mL
1/8 cup	Celery, washed, grated	30 mL
2 Tbsp	Hummus (prepared, or homemade hummus recipe)	

1. Spread the Hummus over one side of the wrap. Add the vegetable toppings.
2. Roll up the wrap.



YOU NEED



STEPS



Blissful Berry Beverage

RECIPE

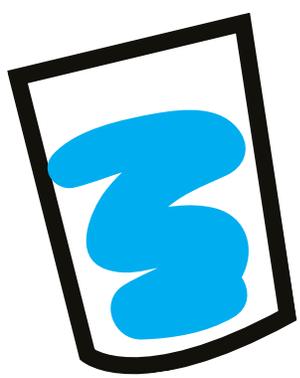
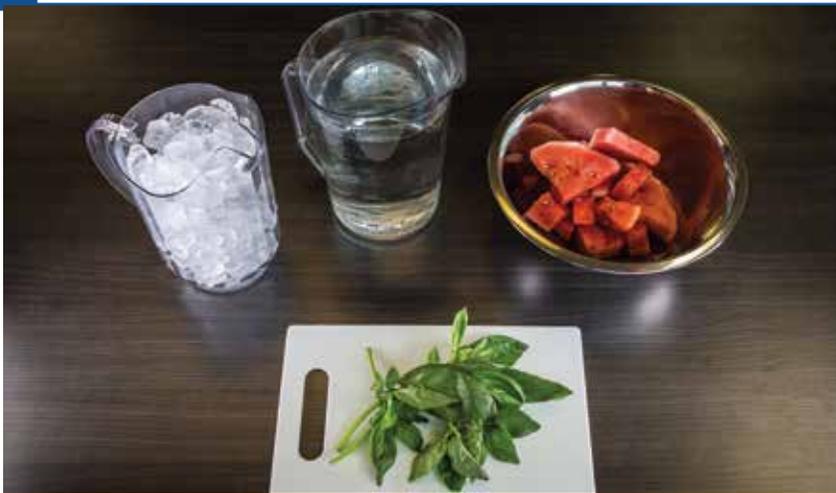
Ready in: 5 minutes

2 cups strawberries, washed	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 strawberries 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 strawberries and sage. Stir.



YOU NEED



STEPS



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.

