



# Large Quantity Recipes

Supporting  
Strive for Five at School!

A Guide to Promoting Fruit and Vegetables

# How to Use this Large Quantity Recipe Resource

Recipes are organized based on the school year (September to June) and the availability of fruits and vegetables grown in Nova Scotia.

Open the binder to the current month and select recipes for the school menu. Choosing recipes this way provides students with a variety of local fruits and vegetables and helps them meet their daily nutritional needs.

Have fun trying the recipes.

This guide has been brought to you through a partnership between the Annapolis Valley Health Promoting Schools Program “Making the Healthy Choice the Easy Choice” and the following:

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This guide may be used in whole or in part with consideration and acknowledgement of the source.

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# Blueberry & Maple Scones



Adapted from *Eating by the Seasons*, Ecology Action Centre, Halifax

Yield: 48

Portion: 1 scone

Cost per serving: \$0.22

Meets MODERATE nutrition standards

**Preheat oven to 400°F**

**4 – 11" x 17" sheet pans**

3 cups	all-purpose flour	400 g
3 cups	whole-wheat flour	420 g
2 tbsp	baking powder	30 g
3/4 cup	white granulated sugar	150 g
1 tsp	salt	5 g
1 cup	non-hydrogenated margarine	250 g
3	eggs, beaten	3
3/4 cup	maple syrup	175 mL
1 1/2 cups	buttermilk	375 mL
3 cups	blueberries, frozen	450 g

- 1** In a mixing bowl, mix the all-purpose flour, whole-wheat flour, baking powder, sugar, and salt. Cut the margarine into the flour mix with a pastry blender or fork until the mixture looks like coarse crumbs.
- 2** In a separate bowl, beat the egg, maple syrup, and buttermilk.
- 3** Add the liquid mixture to the dry ingredients and mix until blended or until the dry ingredients have been moistened.
- 4** Dust the blueberries with a little flour to prevent the blue colour from spreading throughout the dough mixture. Gently fold the blueberries into the batter.
- 5** Turn the dough out onto a lightly floured surface and gently knead 10–12 times. Roll out the dough or pat it out with your hand to form a rectangle 1/2" (2 cm) thick. Cut into 24 evenly sized squares. Cut each square into 2 triangles.
- 6** Place on a baking sheet and bake for 12–15 minutes or until lightly browned.

# Rhubarb & Blueberry Crumble



Adapted from *The Enlightened Eater's Whole Foods Guide*, Rosie Schwartz

Yield: 45

Portion: 1 piece

Cost per serving: \$0.59

Meets MODERATE nutrition standards

**Preheat oven to 350°F**

**3 – 9" x 13" baking pans**

## *Crumb Mixture*

4 1/2 cups	oatmeal (large flake , not instant)	460 g
1 cup	wheat germ	65 g
1 cup	flax flour or flax meal	75 g
1 1/2 cups	brown sugar, lightly packed	227 g
2 tbsp	cinnamon, ground	15 g
1 1/4 cups	non-hydrogenated margarine	300 g

- 1 In a large bowl, mix the oatmeal, wheat germ, flax flour, brown sugar, and cinnamon. Cut the margarine into the flour mix until it is well distributed and all the dry ingredients have been moistened.

## *Fruit Mixture*

3 x 1 1/3-lb bags	frozen rhubarb, cut into 1" pieces	3 x 600-g bags
3 x 1 1/3-lb bags	blueberries, fresh or frozen	3 x 600-g bags
2 cups	brown sugar, lightly packed	300 g
1 tbsp	cinnamon, ground	7.5 g
1/2 cup	cornstarch	65 g

- 1 In a second large bowl, combine the rhubarb and blueberries.
- 2 Mix the brown sugar, cinnamon, and cornstarch. Spread over the fruit and toss well.

## *Assembly*

- 1 Spoon the fruit mixture evenly into the three pans and sprinkle the crumb mixture evenly over the fruit.
- 2 Bake for 40–45 minutes or until the fruit is soft and golden. Cut each pan into 15 portions.



# Plum Good Focaccia



Adapted from the *Plum Tart* recipe at <http://www.ezplumrecipes.com>

Yield: 48

Portion: 1 piece

Cost per serving: \$0.61

Meets MODERATE nutrition standards

**Preheat oven to 375°F**

**6 – 14" pizza pans**

Focaccia is pronounced foh-KAH-chee-ah. A speedy version of this recipe can be made with frozen ready-to-use pizza dough. Allow a dough ball to thaw and roll it to fit the pizza pans. Frozen pizza dough may not have the natural flavour of homemade pizza dough and will probably be higher in salt and lower in fibre. Apple slices or canned and drained plums or peaches can be used for this recipe.

## *Dough*

4 cups	all-purpose flour	454 g
2 cups	whole-wheat flour	270 g
3 tbsp	quick-rising yeast	45 g
3 tsp	salt	15 g
3 cups	warm water	750 mL
3 tsp	white granulated sugar	15 g
1/3 cup	canola oil	75 mL

- 1 In a large bowl, combine the all-purpose flour, whole-wheat flour, yeast, and salt.
- 2 In another bowl, combine the warm water, sugar, and oil. Add the liquid mixture to the flour mixture. Using a wooden spoon, stir until the dough comes together and forms a ball. You may need to add a little more flour, tablespoon by tablespoon, until the dough becomes less sticky.
- 3 Turn the dough out onto a lightly floured board and knead gently until the dough feels more elastic. Cut into 6 even pieces and shape into balls.
- 4 Place the dough balls on the lightly greased pans and leave at room temperature until they have doubled in size.
- 5 Using your fingertips, spread the pizza dough to the outside edges of the pizza pans.
- 6 SEE NEXT SHEET FOR PLUM TOPPING RECIPE

## Plum Good Focaccia, continued



Adapted from the *Plum Tart recipe* at <http://www.ezplumrecipes.com>

### *Plum Topping*

6 lbs	fresh red or yellow plums	2.5 kg
3/4 cup	non-hydrogenated margarine, melted	175 mL
2 cups	brown sugar, lightly packed	300 g
2 tbsp	cinnamon, ground	15 g
3/4 tsp	cloves, ground	4 g
3/4 tsp	nutmeg, ground	4 g
3/4 tsp	ginger, ground	4 g

- 1 Brush each focaccia dough with 2 tbsp of the melted margarine.
- 2 Wash the plums. Cut each plum in half and remove the pit (stone). Place the plums on paper towels to blot up the excess juice. Cut each plum half into 3 pieces.
- 3 Combine the brown sugar, cinnamon, cloves, nutmeg, and ginger. Sprinkle half of the sugar/spice mixture over the focaccia dough.
- 4 Arrange 1 lb of the plums (about 30 slices) cut-side-up on top of the sugar-spice mixture. Sprinkle the rest of the sugar/spice mixture over the plums. Repeat for the remaining 5 focaccias.
- 5 Bake each focaccia for 20 minutes. Allow to cool before serving. Cut each focaccia into 8 pieces.

Meets MODERATE nutrition standards

# Firecracker Plums



Adapted from the Firecracker recipe at <http://www.ezplumrecipes.com>

Yield: 48

Portion: 1 plum

Cost per serving: \$0.80



Meets MODERATE nutrition standards

8 lbs	ripe plums	3.5 kg
3 x 8-oz pkgs	light cream cheese, softened	3 x 225-g pkgs
1/4 cup	orange juice	50 mL
1 1/2 cups	walnuts, chopped (optional)	200 g

- 1 Wash the plums well and pat dry.
- 2 Mix the cream cheese, orange juice, and walnuts.
- 3 With a knife, cut along the crease of each plum, around the complete plum. With a hand on each side of the plum, twist slightly. The plum should divide in 2 and the seed should easily be removed.
- 4 Place 1 tbsp (15 mL) of the cream-cheese mixture on the flesh of half of each plum. Put the other plum half on top, like a sandwich. The cream-cheese mixture should ruffle out at the sides.

Walnuts are optional. Avoid them in the case of any known NUT ALLERGY.  
Nuts add heart-healthy fat and protein as well as vitamins and minerals.

# Macaroon-Stuffed Peaches



Adapted from *Tuscan: A Culinary Journey of Discovery*, Pamela Gwyther

Yield: 48

Portion: 1 peach half

Cost per serving: \$0.84



Meets MODERATE nutrition standards

**Preheat oven to 350°F**

**6 – 9" x 13" baking pans**

24	large firm-fleshed fresh peaches	24
2 lbs (6 cups)	coconut macaroon cookies	1 kg
3/4 cup	orange juice	175 mL
1 tsp	cinnamon, ground	2.5 g
1/4 cup	non-hydrogenated margarine, melted	50 g

- 1 Wash the peaches well.
- 2 With a knife, cut into the peach flesh along the natural crease. Hold each half and twist the peach, dividing it into 2 halves, remove the stone. Scoop out a hole large enough for 1 tbsp of filling.
- 3 Place the macaroons in a food processor and mix until crumblike. They will be sticky and may form a ball. Stir in the orange juice and cinnamon.
- 4 Grease the pans with the melted margarine.
- 5 Fill each peach hollow with about 1 tbsp (15 mL) of the macaroon mixture. Press gently into the peach flesh. Put the peach halves on the pans, flesh-side-up.
- 6 Bake for 20–30 minutes, until the flesh is soft. Remove from the pans and serve on a small plate or in a small bowl.

Chopped nuts go well with the macaroon crumbs. If your student population is free of NUT ALLERGIES, try adding 3/4 cup of ground nuts, such as walnuts or almonds, to the macaroon mixture. This will enhance both the flavour and nutritional content of the recipe. (Please use ground nuts such as walnuts or almonds.)



# Sassy Salsa Peaches



Adapted from *Cooking Light*, July 2007

Yield: 48

Portion: 1/4 cup (50 mL)

Cost per serving: \$0.33

Meets MODERATE nutrition standards

24	large firm-fleshed fresh peaches	24
3	red peppers, finely chopped	3
3/4 cup	green onion, chopped	175 mL
1/4 cup	parsley, chopped	50 mL
1/4 cup	white granulated sugar	50 mL
1/4 cup	lime juice	50 mL

- 1 Remove the skin from the peaches, following the instructions below.
- 2 Dice the peaches into uniform pieces.
- 3 Combine the remaining ingredients with the diced peaches.
- 4 Store in a large covered bowl until serving.

## *Removing the skin:*

Cut a small slit in the upper portion of each peach skin. Place the peaches in a heat-safe bowl. Pour boiling water over the peaches to cover. Leave the peaches in the boiling water for 30 seconds. Remove the peaches with a slotted spoon and put them into cold water to stop the cooking process. Remove the peaches from the cold water and, using a small paring knife, pull the skin off. Begin at the top of the peach and pull downward.

This colourful mixture has eye appeal and flavour and is rich in antioxidants. It goes well on top of a lean hamburger or chicken strip or as a side dish with grains or beans.

This recipe also works well with canned peaches. Select canned peaches in their natural juice with no sugar added.

# Cauliflower with Curried Carrot Dip



Adapted from *Better Homes & Gardens: Healthy Snacks, 2007*

Yield: 48

Portion: 1/3 cup (75 mL) of cauliflower  
with 2 tbsp (30 mL) dip

Cost per serving: \$0.26

Meets **MAXIMUM** nutrition standards

SEPTEMBER: *Strive for Five at School!*

2 lbs	cauliflower	3 kg
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- 1 Remove the outer leaves and wash the cauliflower well. Cut the florets at the base, where they meet the stalks. You can cut them again if you want pieces that are smaller. Cut off any brown colouration on the edges.
- 2 Arrange the pieces on a plate around a serving of Curried Carrot Dip (see below).

## Curried Carrot Dip

6 cups	carrot, sliced	1 kg
1	medium onion, chopped	1
2	garlic cloves, minced	2
1/4 cup	canola oil	50 mL
2 tbsp	curry powder	15 g
2 tsp	cumin, ground	5 g
1 x 19-oz can	white kidney beans	540 mL
1 tsp	salt	5 g

- 1 Cook the carrots in a covered medium saucepan in a small amount of boiling water for about 10 minutes or until tender.
- 2 In a small skillet, cook the chopped onion and minced garlic in the oil until soft but not brown. Stir in the curry powder and cumin.
- 3 Blend the carrots and the onion mixture in a food processor until smooth.
- 4 Place the mixture in a bowl.
- 5 Purée the white beans in a food processor until smooth. Add them to the bowl with the carrot/onion mixture. Mix well.
- 6 Cover and chill until ready to serve with the cauliflower.

Cauliflower will keep for up to five days if stored in the crisper section of the refrigerator.

# Cauliflower 'n' Cheddar Soup



Adapted from Dairy Goodness at [www.dairygoodness.ca/en/consumers/food/recipes/all/0800/958.htm?recipeid=958](http://www.dairygoodness.ca/en/consumers/food/recipes/all/0800/958.htm?recipeid=958)

**Yield:** 50

**Portion:** 1/2 cup (125 mL)

**Cost per serving:** \$0.43

**Meets MODERATE nutrition standards**

1/4 cup	canola oil	50 mL
1/4 cup	non-hydrogenated margarine	50 mL
2 cups	onion, chopped	500 mL
6 lbs (15 cups)	cauliflower, chopped (3 small or 2 medium)	2.5 kg
8 cups	water	2 L
1 tsp	chicken bouillon powder	3.5 g
4 x 12-oz cans	1% evaporated milk	4 x 370-mL cans
4 cups	1% milk	1 L
1 tsp	pepper	5 g
1 1/2 lbs	low-fat cheddar cheese, grated	750 g

- 1** Melt the non-hydrogenated margarine with the oil in a soup pot over low heat. Add the onion and sauté until soft.
- 2** Wash and chop the cauliflower and add to the onion.
- 3** Add the water and the chicken bouillon powder. Simmer until the cauliflower is soft.
- 4** For a smooth soup, purée the mixture with a hand blender or in batches in a food processor. Return the mixture to the pot.
- 5** Add the evaporated milk and 1% milk and blend well. Take care not to let the soup boil, as the milk will separate.
- 6** Serve in bowls with 2 tbsp (15 g) of the grated cheddar cheese sprinkled on top. Add a whole-wheat roll for a complete meal.

The chicken bouillon powder provides the sodium in this soup recipe. No extra salt is needed. If possible, use low-salt bouillon powder, which contains about 25 per cent less sodium than regular bouillon powder. Bouillon packets or cubes may be used instead of bouillon powder. Each packet of bouillon contains 1 1/2 tsp (5 g) of bouillon. If using bouillon cubes, crumble the cube and measure accordingly.

# Corny Bean & Rice Salad



Adapted from the Black Bean and Rice Salad recipe in *Canadian Living*

Yield: 40

Portion: 1/3 cup (75 mL)

Cost per serving: \$0.30

Meets **MAXIMUM** nutrition standards

SEPTEMBER: *Strive for Five at School!*

6 cups	water	1.5 L
3 cups	long-grain white rice	750 mL
3 x 19-oz cans	black beans	3 x 540-mL cans
2 x 12-oz cans	kernel corn	2 x 336-mL cans
1 1/2 cups	red onion, diced	375 mL
1 cup	red pepper, finely chopped	250 mL
1 cup	green pepper, finely chopped	250 mL
6	garlic cloves, minced	6
1	jalapeno pepper, seeded and minced (optional)	1

- 1 In a saucepan, bring the water to a boil. Add the rice. Cover, reduce heat, and simmer until the rice is tender and the liquid has been absorbed, about 20–30 minutes. Let cool.
- 2 Add the beans, corn, red onion, red and green peppers, garlic, and jalapeno pepper to the rice. Toss to combine.

## Vinaigrette

3/4 cup	canola oil	175 mL
1/2 cup	lime juice	125 mL
2 tbsp	Dijon mustard	30 mL
3/4 tsp	salt	4 g
3/4 tsp	pepper	4 g

- 1 Whisk together the oil, lime juice, mustard, salt, and pepper.
- 2 Pour the vinaigrette over the rice/bean/corn mixture. Toss again.

NOTE: The jalapeno pepper is optional, as it may make the mixture too hot for younger students.

This simple salad can be served with a whole-wheat roll or it can easily be transformed into a heated wrap, called a chimichanga. Simply place 1/3 cup of the rice/bean/corn mixture in the middle of a nine-inch wrap and fold in the sides and tuck in the ends. Lay the filled wrap on a baking sheet and bake in a 375°F oven for 20 minutes. Serve on a plate with a tablespoon of salsa on the top.



# Shepherd's Pie



Adapted from BBC Food recipes at <http://www.bbc.co.uk/food>

Yield: 45

Portion: 1 square

Cost per serving: \$0.69

Meets **MAXIMUM** nutrition standards

SEPTEMBER: Strive for Five at School!

**Preheat oven to 350°F**

**3 – 9" x 13" baking pans**

## *Topping*

3 lbs	parsnips	1.4 kg
3 lbs	potatoes	1.4 kg
1/2 cup	non-hydrogenated margarine	125 g
2 tsp	salt	10 g
1 tsp	pepper	5 g

## *Filling*

1 lb	onions, chopped	454 g
2 tbsp	canola oil	30 mL
3 lbs	lean ground beef	1.4 kg
3 x 10-oz bags	matchstick carrots	3 x 280-g bags
2 x 19-oz cans	lentils, drained	2 x 540-mL cans
5 1/2 oz	tomato paste	156 mL
1/4 cup	all-purpose flour	30 g
3 cups	low-salt beef or vegetable broth	750 mL
3	bay leaves	3
1 tsp	thyme	5 g
1 tbsp	Worcestershire sauce	15 mL
3 tsp	salt	15 g
1 tsp	pepper	5 g
3 x 14-oz cans	kernel corn	3 x 420-mL cans

## *Topping*

- 1 Simmer the parsnips in salted water (1/4 tsp/1 mL) until tender, about 15–20 minutes. Drain the parsnips, and mash with a potato masher.
- 2 Simmer the potatoes in salted water (1/4 tsp/1 mL) until tender, about 20 minutes. Drain the potatoes, and mash with a potato masher.
- 3 Combine the parsnips, potatoes, margarine, remaining salt, and pepper. Blend well with a beater to make a smooth topping to spread over the meat mixture.

## *Filling*

- 1 In a large pan, heat the oil. Add the ground beef and sauté until no longer pink. Add the onions and carrots and sauté.
- 2 Stir the lentils and tomato paste into the meat mixture. Stir in the flour. Add the broth, bay leaves, thyme, Worcestershire sauce, salt, and pepper and mix well.
- 3 Evenly distribute the meat mixture over the 3 pans. Spread 1 can of corn over the meat in each pan. Slightly press the corn into the meat mixture.
- 4 Spread the potato/parsnip topping evenly over the corn/meat mixture.
- 5 Bake for 45–50 minutes, until slightly browned.
- 6 Cut each pan into 15 servings for young children or 9 servings for older children.

# Fresh Corn on the Cob



Adapted from *The All New, All Purpose Joy of Cooking*, Marion Rombauer, Ethan Becker and Irma Rombauer

Yield: 48

Portion: 1 cob

Cost per serving: \$0.69

Meets **MAXIMUM** nutrition standards

48

fresh ears of sweet corn

48

- 1 Husk the corn and remove the silks. Do not worry about removing all the silks as they can be easily removed once the corn has been heated.
- 2 Bring a large pot of unsalted water to a boil. (Salt may toughen the corn.)
- 3 Drop the ears of fresh corn into the pot of boiling water, 1 by 1. The cooking time starts once the water is boiling. Boil the corn until plump and tender, 3-5 minutes. Generally, fresh sweet corn is naturally sweet and does not need to be boiled more than 3 minutes.
- 4 Remove the corn from the water with tongs. Pile the cobs on a tray or platter and serve.

Be sure the corn is fresh. Its leaves should be green and pliable. The silk should be dry, not soggy. Avoid buying corn with the husks removed. It is probably old. The husk keeps it fresher.

Cook fresh corn within 24 hours of purchase.

Overcooking toughens the corn.

Do not salt the water. Salt will toughen the corn.

# October

## PEARS

**Recipes:** Gingersnap Baked Pears  
Maple Granola Bartlett Pears

## PUMPKIN

**Recipes:** Polka-Dot Pumpkin Bars  
Pepita Harvest Pumpkin Bread

## SPINACH

**Recipes:** Spectacular Garden Squares  
Spanakopita Triangles

## BROCCOLI

**Recipes:** Marinated Broccoli & Cauliflower Salad  
Creamy Broccoli & Ham Casserole

# Gingersnap Baked Pears



Adapted from Recipe Source at <http://www.recipesource.com>

Yield: 48

Portion: 1 pear half

Cost per serving: \$0.49



Meets MODERATE nutrition standards

**Preheat oven to 350°F**

**6 – 9" x 13" baking pans**

24	large firm-fleshed fresh pears (canned pears can be used)	24
1 lb	gingersnap crumbs	454 g
1/4 cup	non-hydrogenated margarine, melted	50 g
1/2 cup	orange juice	125 mL
1 tsp	ginger, ground	2.5 g
6 cups	apple juice	1.5 L

- 1 Wash the pears well. Cut each pear in half lengthwise. Remove the core and make a hollow large enough to fit 2 tbsp (30 mL) of the crumb mixture.
- 2 Mix the gingersnap crumbs with the melted margarine and orange juice. Fill each pear hollow with about 2 tbsp (30 mL) of the crumb mixture; press it gently into the pear flesh. Place the pear halves in the pans, flesh-side-up.
- 3 Mix the ginger with the apple juice and evenly distribute it among the pans.
- 4 Bake for 20–30 minutes, until the flesh is soft.
- 5 Remove the pear halves from the pans with a slotted spoon and serve them on a small plate.

Select firm fresh pears. To test for ripeness, apply gentle pressure near the base of the stem. If it yields slightly, it is ripe. Select Clapp, Bartlett, Bosc, or Anjou pear varieties.

Adding 2 tbsp (30 mL) of ground nuts, such as walnuts or almonds, to the gingersnap mixture will enhance the flavour and nutrient value of this recipe. Before adding nuts, be sure that your student population is free of NUT ALLERGIES. (Please use ground nuts such as walnuts or almonds.)

# Maple Granola Bartlett Pears



Adapted from California Pears at <http://www.calpear.com>

Yield: 48

Portion: 1 pear half

Cost per serving: \$0.92

Meets MODERATE nutrition standards

**Preheat oven to 350°F**

**6 – 9" x 13" baking pans**

24	large firm-fleshed fresh pears	24
1/2 cup	non-hydrogenated margarine	125 g
6 cups	granola	1.5 L
1 1/2 cups	maple syrup	375 mL
48	cranberries, fresh or frozen (for garnish)	48

- 1 Wash the pears well. Cut each pear in half lengthwise. Remove the core and make a hollow large enough to fit 2 tbsp (30 mL) of granola.
- 2 Use 1 tbsp (15 mL) of the margarine to grease the pans.
- 3 Fill each pear hollow with about 2 tbsp (30 mL) of granola; press it gently into the pear flesh. Distribute the pear halves in the pans, flesh-side-up.
- 4 Heat the maple syrup with the remaining margarine. Spoon the mixture over the pears in the pans.
- 5 Bake for 30–45 minutes, until the flesh is soft. The cooking time will depend on the ripeness of the pears.
- 6 Remove the pear halves from the pans with a slotted spoon and serve them on a small plate; garnish with a fresh or frozen cranberry.

Generally, pears are picked before they are ripe. To facilitate ripening, pears should be kept at room temperature. Once a pear is ripe, it may be stored in the refrigerator for up to one week. Baked pear recipes work best with pears that are not fully ripe, as the cooking process softens the fruit.



# Polka-Dot Pumpkin Bars



Adapted from *Better Homes & Gardens, Healthy Living and Snacks, 2007*

Yield: 48

Portion: 1 bar

Cost per serving: \$0.14

Meets **MAXIMUM** nutrition standards

OCTOBER: *Strive for Five at School!*

**Preheat oven to 350°F**

**2 – 11" x 17" sheet pans**

1 1/2 cups	whole-wheat flour	180 g
1 cup	all-purpose flour	115 g
1/2 cup	flax flour or flax meal	30 g
1 cup	white granulated sugar	200 g
3 tsp	baking powder	15 g
3/4 tsp	baking soda	3 g
1 tsp	cinnamon, ground	2.5 g
1/2 tsp	salt	2 g
3 cups (22 oz)	pumpkin, canned	750 mL
4	eggs	4
3/4 cup	canola oil	175 mL
1/3 cup	skim milk	75 mL
2 cups	chopped cranberries, fresh or frozen	200 g
2 tsp	non-hydrogenated margarine	10 mL

- 1 In a large bowl, combine the 3 flours, sugar, baking powder, baking soda, cinnamon, and salt.
- 2 In a medium bowl, combine the pumpkin, eggs, oil, and milk.
- 3 Add the pumpkin mixture to the flour mixture and stir just until combined. Fold in the chopped cranberries.
- 4 Lightly grease the sheet pans with the margarine. Spread the mixture evenly and thinly over the pans.
- 5 Bake 25–30 minutes or until a toothpick inserted in the centre comes out clean. Cool and cut each pan into 24 bars.

For extra nutrition, crunch, and eye appeal, try sprinkling 1/4 cup (50 mL) of sunflower seeds over the top of the batter before placing it in the oven.

# Pepita Harvest Pumpkin Bread



Adapted from *Pumpkin & Squash*, Elaine Elliot and Virginia Lee

Yield: 36

Portion: 1 slice

Cost per serving: \$0.15

Meets MODERATE nutrition standards

OCTOBER: Strive for Five at School!

**Preheat oven to 350°F**

**3 – 5" x 9" loaf pans**

1 1/2 cups	whole-wheat flour	210 g
1 cup	all-purpose flour	132 g
1/2 cup	flax flour or flax meal	35 g
2 tsp	baking powder	10 g
2 tsp	baking soda	10 g
1 tbsp	cinnamon, ground	7.5 g
1/2 tsp	salt	2 g
2 1/2 cups	pumpkin, canned	625 mL
3	eggs	3
1 cup	canola oil	250 mL
1 1/2 cups	white granulated sugar	300 g
1/2 cup	pumpkin seeds, chopped	60 g
1 tbsp	non-hydrogenated margarine	15 mL

- 1 In a large bowl, combine the 3 flours, baking powder, baking soda, cinnamon, and salt.
- 2 In a medium bowl, combine the pumpkin, eggs, oil, and sugar.
- 3 With a mixer on low speed, add the flour mixture to the pumpkin mixture. Mix until well combined. Fold in the chopped pumpkin seeds.
- 4 Lightly grease each loaf pan with 1 tsp (5 mL) of the margarine. Spread the mixture evenly over the 3 loaf pans.
- 5 Bake 40–45 minutes or until a toothpick inserted in the centre comes out clean. Cool and cut each loaf into 12 slices.

Pumpkin seeds, also known as “pepitas,” are flat and dark green. Pumpkin seeds should be stored in an airtight container in the refrigerator. They may stay edible for several months but seem to lose their peak freshness after about one to two months.

# Spectacular Garden Squares



Adapted from *Eating by the Seasons*, Ecology Action Centre, Halifax

Yield: 45

Portion: 1 square

Cost per serving: \$0.71

Meets MODERATE nutrition standards

**Preheat oven to 350°F**

**3 – 9" x 13" baking pans**

3/4 cup	non-hydrogenated margarine	175 g
1 1/2 cups	green onion, finely chopped	375 mL
9	eggs	9
3 cups	all-purpose flour	400 g
3 cups	1% milk	750 mL
2 tsp	salt	10 g
1 tbsp	baking powder	15 g
1 1/2 lbs	fresh spinach	750 g
2 lbs	low-fat cheddar cheese, grated	900 g
1 tbsp	non-hydrogenated margarine	15 mL

- 1** Melt 3/4 cup (175 g) of margarine in a medium pan. Add the green onion and sauté until soft.
- 2** In a large bowl, beat the eggs; add the sautéed onion, flour, milk, salt, and baking powder. Mix well.
- 3** Lightly grease each pan with 1 tsp (5 mL) of margarine. Spread the spinach and cheese evenly over the pans.
- 4** Pour the liquid mixture evenly over the spinach and cheese, so it is all covered.
- 5** Bake for about 35 minutes and cut each pan into 15 squares.

This spinach and egg/cheese combination goes well at any time of the day; it's great for lunch, and leftovers can be eaten at breakfast. Eggs, cheese, and milk provide good sources of protein; add a whole-wheat roll and you have a complete meal.

Spinach is a rich source of vitamin A, iron, and vital antioxidants, it is a welcome addition to any menu.



# Spanakopita Triangles



Adapted from *Maxi-Cuisine*, August–September 2007

Yield: 40

Portion: 2 triangles

Cost per serving: \$0.97

Meets **MAXIMUM** nutrition standards

**Preheat oven to 350°F**

**5 – 11" x 17" sheet pans, lightly greased**

2 tbsp	canola oil	30 mL
1 lb	onions, chopped	500 g
8	garlic cloves	8
3 lbs	fresh spinach	1.5 kg
2 lbs	feta cheese	908 g
1 tbsp	dill, dried	10 g
1 tsp	pepper	5 g
40 x 6-inch	whole-wheat tortillas	40 x 15-cm

- 1 Heat the oil in a large frying pan, add the chopped onion, and cook until soft.
- 2 Peel the garlic, chop finely, and add to the onion mixture.
- 3 Stir in the spinach. It will be a very large volume, but it will shrink down or wilt to about 4–6 cups after 2–3 minutes.
- 4 Crumble the feta cheese. Once the spinach has shrunk down, stir the feta into the spinach/onion mixture; add the dill and pepper. If the mixture seems watery, simmer slightly to evaporate the extra liquid.
- 5 Place 1/4 cup (50 mL) of the spinach/feta mixture in the centre of each tortilla, fold in from the bottom and the top, and fold in from the 2 sides. Place the tortillas seam-side-down on the pans.
- 6 Bake for 15–20 minutes, until the tortillas are golden brown. Cool slightly and cut each square into 2 triangles.

Feta cheese is white and is usually formed into square cakes. It can range from soft to semi-hard, with a tangy, salty flavour that can range from mild to sharp. Feta is delicious crumbled over salads. Spinach and feta cheese are both produced in the Annapolis Valley.

# Marinated Broccoli & Cauliflower Salad



Adapted from a school recipe

**Yield:** 45

**Portion:** 1/2 cup (125 mL)

**Cost per serving:** \$0.43

**Meets MAXIMUM nutrition standards**

3 lbs	broccoli	1.5 kg
3 lbs	cauliflower	1.5 kg
1 lb (3 cups)	carrots, grated	500 g
2 cups	raisins	300 g
3 cups	mayonnaise, light	750 mL
2 cups	cider vinegar	500 mL
1 cup	white granulated sugar	250 mL

- 1 Wash the broccoli, cauliflower, and carrots well. Separate the broccoli and cauliflower into bite-sized florets. Grate the carrots. If available, use packaged grated carrots.
- 2 Combine the broccoli, cauliflower, carrots, and raisins in a large bowl.
- 3 In another bowl, combine and whisk together the mayonnaise, cider vinegar, and sugar.
- 4 Pour the salad dressing over the vegetables, cover with plastic wrap, and refrigerate for at least a couple of hours.

Everyone seems to have a version of this recipe. The recipe may be varied according to your students' tastes. Sunflower seeds (2 tbsp/30 mL) or chopped red or green onions (2 tbsp/30 mL) blend well with the other ingredients.

Marinated vegetables are a great way to prepare vegetables ahead of time for main meals or lunches. New, unique flavours develop as the sweet and tart flavours of the salad dressing merge with the distinctive flavours of the broccoli and cauliflower. This is an extremely healthy choice.

1 head of broccoli = about 1 lb (500 g), or 4 cups

1 head of cauliflower = about 3 lbs (1.5 kg), or 4 cups

# Creamy Broccoli & Ham Casserole



Adapted from *Pillsbury Fast and Healthy Magazine*, March/April 1993

Yield: 40

Portion: 3/4 cup (175 mL)

Cost per serving: \$0.44

Meets **MAXIMUM** nutrition standards

## large roasting pan

2 lbs	pasta (penne, fusilli, or macaroni)	1 kg
10 cups	broccoli florets, frozen	1 kg
1 lb	Toupie-style ham, diced	454 g
2 1/2 cups	cream cheese, light	625 g
2 1/2 cups	1% milk	625 mL
1 tsp	pepper	5 g

- 1 Boil a large pot of water. Add the pasta and cook until al dente (firm but not hard). At the same time, place the ham in a second large pot filled with water and boil while the pasta is cooking.
- 2 Meanwhile, whisk the cream cheese and milk together in a bowl until smooth. Season with the pepper.
- 3 Add the frozen broccoli to the pasta and cook for 4 minutes longer. Drain.
- 4 Drain the water from the ham, dice, and add to the pasta and broccoli.
- 5 In the large roasting pan, combine the pasta, ham, and broccoli with the milk/cream-cheese mixture.
- 6 The casserole may be served immediately or held in the oven to keep warm until serving.

NOTE: The mixture will become less creamy as it sits in the oven.

Fresh broccoli can be used for this recipe, but it will need to be cooked separately while the pasta is cooking.

Toupie-style ham is a ready-to-serve ham; however, it is high in salt. This recipe does not need any additional salt.

This casserole also works well with tuna, salmon, or chicken.

# November

TABLE GRAPES	<b>Recipes:</b>	Frozen Grapes & Sunshine Fruit Dip Chunky Cheese & Grapes
APPLES	<b>Recipes:</b>	Sautéed Maple Apple Slices Apple & Rice Confetti Salad
CELERY	<b>Recipes:</b>	Super-Zesty Salmon Cakes Celery & Broccoli Soup
BEETS	<b>Recipes:</b>	Harvard Beets Hard to Beet Dip



# Frozen Grapes & Sunshine Fruit Dip



Adapted from *Connecticut Cooks for Kids*, Ellen L. Shanley, Colleen A. Thompson, and Susan S. Fiore

Yield: 48

Portion: 1/2 cup (125 mL) of grapes  
with 1/4 cup (30 mL) of dip

Cost per serving: \$0.83

Meets **MAXIMUM** nutrition standards

*cookie sheets*

10 lbs	green or red grapes	4.5 kg
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- 1 Rinse and wash the grapes well. Drain and pat dry. The grapes should be fairly dry before freezing.
- 2 Place on a cookie sheet in 1/2-cup (125-mL) clusters (1 serving) or as loose grapes.
- 3 Place the cookie sheet in the freezer. Freeze.
- 4 Serve the frozen grapes alone or with Sunshine Fruit Dip (see below).

## Sunshine Fruit Dip

8 cups	2% vanilla yogourt	2 L
1 cup	frozen orange juice concentrate (thawed)	250 mL
2 tsp	cinnamon, ground	5 g
1/4 cup	honey, liquid	50 mL

- 1 Mix all the ingredients in a bowl until well blended.
- 2 Chill and serve as a dip with frozen grapes or with any fruit of your choice.

# Chunky Cheese & Grapes



Adapted from Champions for Change at <http://www.cachampionsforchange.net/en/docs/Everyday-Healthy-Meals-Cookbook.pdf>

**Yield:** 45

**Portion:** 1/2 cup (125 mL)

**Cost per serving:** \$0.58

**Meets MAXIMUM nutrition standards**

6 lbs	green or red grapes	2.5 kg
1 1/2 lbs	cheddar cheese, light	600–700 g

- 1 Rinse and wash the grapes well. Drain and pat dry.
- 2 Cut the cheese into small cubes. Each 1 1/2 lbs (600 g) of cheese will provide about 5 cups of cheese cubes.
- 3 Serve the grape/cheese combination in a clear glass or on a small plate. Each serving consists of 1/3 cup (75 mL) of grapes and 2 tbsp (30 mL) of cheese cubes.

Try substituting other types of cheese for the cheddar. Mozzarella, Colby, and Monterey Jack are mild-flavoured cheeses that most children enjoy. Cheese is a major source of saturated fat in the Canadian diet. Try selecting light cheeses rather than full-fat cheeses. Look for the percentage of milk fat (MF) on the cheese package. Regular cheddar cheese contains about 31% fat, while light cheeses contain 17% fat. Selecting cheeses such as partially skimmed mozzarella also provides a lower fat content.

This combination makes an excellent snack at any time of the day. Whole seedless red or green grapes work best for this quick-to-prepare recipe. Large grapes should be cut in half to prevent choking, especially when served to young children.

# Sautéed Maple Apple Slices



Adapted from *The Enlightened Eater's Whole Foods Guide*, Rosie Schwartz

Yield: 50

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.40

Meets **MAXIMUM** nutrition standards

**Preheat oven to 350°F**

**5 – 9" x 13" baking pans**

1 1/2 cups	apple juice	375 mL
1/4 cup	cornstarch	40 g
12 lbs	apples	5.5 kg
1/4 cup	lemon juice	50 mL
2 1/4 cups	maple syrup	550 mL
1/3 cup	non-hydrogenated margarine	75 g

- 1 Blend the apple juice and cornstarch in a measuring cup, making sure that all the cornstarch is dissolved and is not lumpy.
- 2 Core and slice the apples; they do not need to be peeled. Place the apple slices in the baking pans.
- 3 Toss the apples with the lemon juice to prevent browning. You may want to do this as you slice them, depending on the apple variety, as some brown more quickly than others.
- 4 Bake for 10–15 minutes. Remove from the oven and add the maple syrup. Bake for another 10–15 minutes.
- 5 Stir in the apple juice/cornstarch mixture. Dot with the margarine. Stir well.
- 6 Bake an additional 15 minutes, until the sauce is slightly thickened and transparent. Stir gently to distribute the glaze over all the apple slices.

This apple-slice dessert is a nice contrast to applesauce. Adding the maple syrup during the baking ensures that the apples keep their form and do not become mushy. A crisp and firm Cortland apple, which is more resistant to browning, is a good choice for this recipe. For a speedier version, use ready-sliced apples.

# Apple & Rice Confetti Salad



Adapted from Food Network.com at <http://www.foodnetwork.com>

Yield: 40

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.18

Meets MODERATE nutrition standards

NOVEMBER: Strive for Five at School!

4 cups	brown rice	480 g
3	apples	3
1	red pepper, finely chopped	200 g
1 bunch	green onions, chopped	75 g
1 cup	celery, finely chopped	200 g
1/4 cup	parsley, chopped	50 mL
1 head	lettuce	1 head

## *Vinaigrette*

1/2 cup	canola oil	125 mL
1/2 cup	cider vinegar	125 mL
2 tbsp	lemon juice	30 mL
1 tsp	cinnamon, ground	2.5 g
3/4 tsp	salt	4 g
3/4 tsp	pepper	4 g

- 1 In a saucepan, bring 10 cups (2.5 L) of water to a boil; add the rice. Cover, reduce heat, and simmer until the rice is tender and the liquid has been absorbed, about 35–40 minutes. Let cool.
- 2 Wash the apple, remove the core, and dice into small pieces.
- 3 Chop the red pepper, green onions, celery, and parsley.
- 4 In a large bowl, combine the cooked brown rice with the diced apple and red pepper, green onions, celery, and parsley.
- 5 Combine the vinaigrette ingredients in a jar and shake well until slightly thickened. Stir into the rice mixture. Cool.
- 6 Wash and dry the lettuce. For each serving, place 1/2 cup (125 mL) of the rice salad on a small bed of lettuce.

For a complete main-dish combo, try adding 1/2 cup (125 mL) of cooked diced chicken to this mixture. Serve with a small whole-wheat roll, and you have a complete high-fibre healthy meal.



# Super-Zesty Salmon Cakes



Adapted from Allrecipes.com at <http://www.allrecipes.com>

Yield: 30

Portion: 1 cake

Cost per serving: \$0.60

Meets **MAXIMUM** nutrition standards

**Preheat oven to 350°F**

**3 – 9" x 13" baking pans**

6 x 7-oz cans	salmon, drained and flaked	6 x 228-g cans
6	eggs, lightly beaten	6
1/4 cup	canola oil	50 mL
1/3 cup	lemon juice	75 mL
2 cups	celery, finely chopped	500 mL
3 cups	cornflake crumbs, finely crushed	300 g

- 1** In a bowl, mix together the salmon, egg, oil, lemon juice, celery, and 2 cups (250 mL) of the cornflake crumbs.
- 2** Form the mixture into 2 1/2" (6-cm) cakes by lightly packing it into a 1/3 cup (75 mL) measure. Spread a piece of plastic wrap on the counter, sprinkle with 1/2 cup (125 mL) of the remaining crumbs, turn the measure onto the plastic wrap, tap to release the salmon cake, and press into the crumbs. Continue making the cakes, adding more crumbs as necessary. Sprinkle the tops of the cakes with the remaining crumbs.
- 3** Lightly grease the pans with a thin film of oil. Place the cakes in the pan.
- 4** Bake for 5 minutes, turn, and bake for 5 minutes more.

Although celery is available throughout the year, you will enjoy the best taste and quality of this vegetable during the months when it is available locally. This recipe can be served with a small whole-wheat roll as a salmon burger, and the flavour goes well with Cucumber Yogourt Maple Salad (see May recipes).

# Celery & Broccoli Soup



Adapted from *Chowders, Bisques and Soups*, Elaine Elliot and Virginia Lee

**Yield:** 48

**Portion:** 1/2 cup (125 mL)

**Cost per serving:** \$0.44

**Meets MAXIMUM nutrition standards**

12 cups	water	3 L
4 tsp	chicken bouillon powder	13 g
3 lbs	broccoli, chopped	1.5 kg
1 lb	onion, chopped	500 g
2 lbs	celery, chopped	1 kg
3 x 12-oz cans	1% evaporated milk	3 x 370-mL cans
3 tsp	pepper	15 g
2 x 8-oz pkgs	cream cheese, light	2 x 225-g pkgs

- 1 In a saucepan, combine the water and bouillon. Add the broccoli, onion, and celery. Bring to a boil, reduce the heat to medium, cover, and simmer until the vegetables are soft, about 15–20 minutes.
- 2 Purée the soup; watch for small threads of celery.
- 3 Return the soup to the saucepan over medium to low heat. Add the evaporated milk and season with the pepper. Stir.
- 4 Just before serving, add the cream cheese to the soup mixture. Stir until well blended.
- 5 Serve in bowls or mugs.

The chicken bouillon powder provides the sodium in this soup recipe. No extra salt is needed. If possible, use low-salt bouillon powder, which contains about 25 per cent less sodium than regular bouillon powder. Bouillon packets or cubes may be used instead of bouillon powder. Each packet of bouillon contains 1 1/2 tsp (5 g) of bouillon. If using bouillon cubes, crumble the cube and measure accordingly.

Add a whole-wheat roll or a slice of bread to this easy-to-make high-fibre soup and you have a complete meal. Dried tarragon (1/2 tsp/2 mL) adds a unique flavour to the celery/broccoli combination.

# Harvard Beets



Adapted from *Canadian Cook Book*, Nellie Lyle Pattinson

Yield: 48

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.26

Meets MODERATE nutrition standards

**Preheat oven to 350°F**

**3 – 8" x 8" baking pan**

15 lbs (12 x 14-oz cans)	cooked beets (or canned)	7 kg (12 x 398-mL cans)
1 1/2 cups	white granulated sugar	300 g
1/2 cup	cornstarch	65 g
1 tsp	salt	5 g
1 tsp	thyme	5 g
	pepper, to taste	
1 1/2 cups	unsweetened orange juice	375 mL
4 cups	water (or the reserved juice from the canned beets)	1 L
1/2 cup	non-hydrogenated margarine	125 g

- 1 If the beets are large, cut them into slices or cubes.
- 2 In a saucepan, mix the sugar, cornstarch, salt, thyme, and pepper. Add the orange juice and water or beet juice. Stir until the mixture is smooth and there are no visible lumps of cornstarch.
- 3 Cook the cornstarch mixture until it thickens.
- 4 Place the beets in the pans, pour the cornstarch mixture over the top, and bake for 20 minutes to allow the beets to absorb the flavour of the cornstarch mixture.
- 5 Stir in the margarine just before serving.

Harvard Beets combine a thickened sweet-and-sour sauce with sliced or small whole beets. They may be served as a side dish with any sandwich, wrap, or entree selection.

# Hard to Beet Dip



Adapted from *Recettes de filles*, Marabout Chef

Yield: 40

Portion: 1/4 cup (50 mL)

Cost per serving: \$0.25

Meets MODERATE nutrition standards

8 x 14-oz cans	beets, sliced	8 x 398-mL cans
4	garlic cloves	4
3/4 cup	plain 1% yogourt	175 mL
1/2 cup	sesame-seed paste (tahini)	125 mL
1/4 cup	lemon juice	50 mL
2 tsp	salt	10 g
	pepper, to taste	

- 1 Drain the beets. Remove the skin from the garlic clove.
- 2 Place the beets, garlic, yogourt, tahini, lemon juice, salt, and pepper in a food processor. Process until the mixture is smooth and well blended.
- 3 Serve in 1/4-cup (50-mL) servings. Carrot sticks, celery sticks, and apple slices go well with this dip mixture.

Tahini is a paste made from ground sesame seeds and is a common ingredient in Middle Eastern countries. It is an optional ingredient in this recipe.

## December

CRANBERRIES	<b>Recipes:</b>	Oatmeal Cranberry Cookies Cranberry Couscous
PEARS	<b>Recipes:</b>	Honey Baked Pears Peachy Glazed Pears
CARROTS	<b>Recipes:</b>	Power Gold Smoothies Spicy Asian Pork
CABBAGE	<b>Recipes:</b>	Cabbage & Rutabaga Salad Crispy Chinese Coleslaw



# Oatmeal Cranberry Cookies



Adapted from *The Canadian Living Light and Healthy Cookbook*, Margaret Fraser

Yield: 60

Portion: 1 cookie

Cost per serving: \$0.07

Meets MODERATE nutrition standards

**Preheat oven to 350°F**

**4 – 11" x 17" sheet pans, lightly greased**

1 cup	non-hydrogenated margarine	250 g
1 cup	white granulated sugar	200 g
1 cup	brown sugar, lightly packed	150 g
2	eggs	2
2 cups	whole-wheat flour	240 g
2 cups	rolled oats	200 g
1/2 cup	wheat germ	30 g
2 tsp	baking powder	10 g
2 tsp	baking soda	10 g
2 cups	chopped cranberries, fresh or frozen	200 g

- 1** In a large bowl, cream the margarine with the 2 sugars; beat in the eggs.
- 2** In another bowl, combine the flour, oats, wheat germ, baking powder, and baking soda. Add to the creamed mixture and mix well. Stir in the cranberries.
- 3** Drop by tablespoons onto the sheet pans. (Be sure to get 60 cookies from this recipe.) Flatten slightly with a wet fork.
- 4** Bake for about 12 minutes or until lightly golden.

## Cookie Tips

- Cookies should be of a uniform thickness and size so they will bake in the same amount of time.
- Sheet pans (cookie sheets) with little or no sides will allow the cookies to bake more quickly.
- A sheet pan should be either cool or at room temperature when the cookie dough is placed on it, so the dough does not start to melt, affecting the cookies' shape and texture.

# Cranberry Couscous



Adapted from *Canadian Living Magazine*, November 2003

Yield: 48

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.31

Meets **MAXIMUM** nutrition standards

6	medium onions	6
1 bunch	celery	1 bunch
12	garlic cloves	12
1/2 cup	canola oil	125 mL
3 tbsp	rosemary	15 g
1 tsp	salt	5 g
1 tsp	pepper	5 g
8 cups	cranberry juice	2 L
6 cups	regular couscous	1 kg
1 cup	cranberries, dried	170 g

- 1 Chop the onions and celery. Remove the skins from the garlic cloves and chop or mince.
- 2 On a stovetop over medium heat, cook the onions, celery, garlic, and rosemary in the oil until softened (10–15 minutes). Stir often. Add the salt and pepper.
- 3 Add the cranberry juice and bring the mixture to a boil. Stir in the couscous. Remove from the heat. Cover and let stand until the couscous has absorbed all the liquid.
- 4 Fluff with a fork, removing all lumps and pieces that stick together. Stir in the dried cranberries.

For a unique presentation, spoon the couscous into a 1/2 cup (125 mL) measure, pack, and then turn out onto plates. Garnish the top with a sprinkle of dried rosemary.

# Honey Baked Pears



Adapted from Allrecipes.com at <http://www.allrecipes.com>

Yield: 48

Portion: 1 whole pear

Cost per serving: \$0.88

Meets **MAXIMUM** nutrition standards

**Preheat oven to 350°F**

**3 – 9" x 13" baking pans**

3/4 cup	non-hydrogenated margarine	175 g
1 cup	honey, liquid	250 mL
1 cup	apple juice	250 mL
2 tbsp	candied ginger, chopped	30 mL
1/2 tsp	ginger, ground	1 g
48	large, firm-fleshed fresh pears	48
3/4 cup	fresh lemon juice	175 mL
48	frozen raspberries or strawberries (for garnish)	48

- 1 Melt the margarine. Stir in the honey, apple juice, candied ginger, and ground ginger. Evenly distribute the mixture over the pans.
- 2 Wash the pears well. Peel each pear. Slice the bottom so it will stand upright without falling over. Remove the core through the bottom of the pear. (This will enable the baking juices to penetrate the pear flesh.) Try to keep the stems on the pears. NOTE: It is important that the pears do not turn brown. After you peel and core each pear, place it in a large bowl of water to which the lemon juice has been added.
- 3 Place the whole pears in the pans. Each pear should stand upright on its own.
- 4 Cover the pans with aluminum foil, to keep the pears from drying out. Put the pans into the preheated oven. Remove from the oven every 20 minutes and baste the pears with the pan juices. Continue baking until the flesh is soft (50–60 minutes). The baking time will vary according to the ripeness of the fruit.
- 5 Stand each pear upright on a small plate. Spoon any remaining juices from the pans over the whole pears and garnish each with a frozen raspberry or strawberry.



# Peachy Glazed Pears



Adapted from Allrecipes.com at <http://www.allrecipes.com>

Yield: 48

Portion: 1 pear half

Cost per serving: \$0.72

Meets MODERATE nutrition standards

**Preheat oven to 350°F**

**3 – 11" x 17" sheet pans**

24	large, firm-fleshed fresh pears	24
1/2 cup	non-hydrogenated margarine	125 g
1 cup	peach jam	250 mL
1/2 cup	brown sugar	75 g
2 cups	raspberries, frozen	200 g

- 1** Wash the pears well. Cut each pear in half lengthwise. Remove the core and make a hollow large enough to fit 1 whole frozen raspberry.
- 2** Melt the margarine. Stir in the peach jam and brown sugar. Evenly distribute the mixture over the pans.
- 3** Place the pear halves on the pans flesh-side-down. Bake for 30–40 minutes, until the flesh is soft.
- 4** Place each pear half on a small plate, flesh-side-up. Spoon any remaining pan juices over the pear halves. Garnish each pear half with a frozen raspberry placed in the core hollow.

Fresh pears are ideal for this recipe, and with the skin on they are very high in fibre. Canned pears can be substituted for fresh pears. Purchase pears that have been canned in their own juice or the juice of another fruit (such as apple juice) rather than in sugar syrup. Drain the pears before using and decrease the baking time by 15–20 minutes.

# Power Gold Smoothies



Adapted from *Fruits & Veggies: More Matters* at <http://www.5aday.org/>

Yield: 40

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.48

Meets **MAXIMUM** nutrition standards

3 lbs (10 cups)	carrots, grated	1.5 kg
2 1/2 cups	pineapple juice, unsweetened	625 mL
4 cups	apple juice	1 L
4 cups	orange juice	1 L
1/4 cup	honey, liquid	50 mL
6 cups	2% vanilla yogourt	1.5 L
2 cups	ice cubes	500 mL
	raisins or dried cranberries (for garnish)	

- 1 Place the grated carrots in a pot with 1/4 cup (50 mL) water; stir over low heat until the carrots are soft. This step will result in a smoothie with a smoother consistency; it will also bring out the flavour of the carrots.
- 2 Combine the pineapple juice, apple juice, and orange juice in a large bowl. Place the cooked carrots with enough juice to cover in the blender and blend until all the carrots are smooth. Add to the juice mixture.
- 3 Blend the honey, yogourt, and ice cubes in the blender until smooth. Mix with the carrot/juice mixture.
- 4 Pour into glasses and top with a few raisins or dried cranberries.

Smoothies work best if the liquid is added before the fruits or vegetables; in the case of this recipe, place the fruit juice in a blender and then add the carrots to the juice.

# Spicy Asian Pork



Adapted from The Herald-Mail at [http://www.herald-mail.com/?module=displaystory&story\\_id=169951&edition\\_d=1893&format=html](http://www.herald-mail.com/?module=displaystory&story_id=169951&edition_d=1893&format=html)

Yield: 40

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.82

Meets MODERATE nutrition standards

**Preheat oven to 375°F**

**3 – 9" x 13" baking pans**

1 tbsp	canola oil	15 mL
2 1/2 lbs	thin lean pork strips	1 kg
1 1/4 cups	hoisin sauce	300 mL
3/4 cup	frozen orange juice concentrate, thawed	175 mL
1 tsp	ginger, ground	2.5 g
3 lbs (10 cups)	bean sprouts, washed	1.5 kg
3 lbs (10 cups)	carrots, grated	1.5 kg
1 bunch	green onions, chopped	1 bunch
1 lb	spaghetti	454 g

- 1 Place the oil in the pans and distribute the pork strips in a single layer over the pans. Bake for about 20 minutes, until no longer pink. Cool.
- 2 In a bowl, combine the hoisin sauce, orange juice concentrate, and ginger. Add the bean sprouts, carrots, green onions, and cooked pork strips. Toss well to coat.
- 3 In a large pot, bring 1 1/4 gallons (5 L) of water to a boil. Add the spaghetti and cook 10 minutes until al dente (firm but not hard).
- 4 Drain the spaghetti and combine with the pork/hoisin mixture.

# Cabbage & Rutabaga Salad



Adapted from *Foods of Spry's Field*, Urban Farm Museum Society

Yield: 50

Portion: 1/3 cup (75 mL)

Cost per serving: \$0.25

Meets **MAXIMUM** nutrition standards

2 lbs (9 cups)	yellow turnip (rutabaga) (about 2 small), peeled & grated	1.4 kg
1/2 lb	onion, chopped finely or minced	200 g
1 lb (3 cups)	carrots, grated	500 g
1 1/2 lbs (6 cups)	red or green cabbage, thinly sliced	650 g
3	medium apples, diced	3
3 tsp	salt	15 g

## *Dressing*

3/4 cup	canola oil	175 mL
1/4 cup	white vinegar	50 mL
1/4 cup	balsamic vinegar	50 mL
1 tbsp	honey, liquid	15 mL
2 tbsp	celery seeds	30 mL
	pepper, to taste	

- 1 Mix the turnip, onion, carrots, cabbage, and apples. Sprinkle with the salt.
- 2 Blend the oil, vinegars, and honey in a blender. Stir in the celery seeds and add pepper, to taste.
- 3 Immediately pour the dressing onto the prepared vegetables and mix.

If time is limited, use ready-sliced apples, packaged grated carrots, and shredded cabbage to reduce the preparation time of this recipe.

Wash turnip well before peeling. Generally, turnip is peeled a little thicker than other vegetables. Turnip may be cut into fingers or chunks or diced. It may be boiled in water, roasted in the oven, or grated.



# Crispy Chinese Coleslaw



Source: From an old friend many years ago

Yield: 50

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.17

Meets MODERATE nutrition standards

DECEMBER: Strive for Five at School!

4–6 lbs	cabbage	2.5 kg
1 lb (1 bunch)	broccoli	500 g (1 bunch)
1 bunch	green onions, chopped	1 bunch
1/2 cup	sesame seeds, toasted	40 g
6 cups	crispy steam-fried noodles	180 g

## *Vinaigrette*

1 cup	canola oil	250 mL
2 tbsp	sesame oil	30 mL
3/4 cup	white vinegar	175 mL
1/4 cup	white granulated sugar	50 g
3 tsp	chicken bouillon powder	10 g

- 1 Chop the cabbage and broccoli into chunky pieces. (Chopping in a food processor works well.)
- 2 Mix the cabbage, broccoli, green onions, and sesame seeds.
- 3 Combine the vinaigrette ingredients in a large jar; shake well, until slightly thickened. Stir into the cabbage/broccoli/green onion mixture just before serving.
- 4 Stir the crispy steam-fried noodles into the salad mixture or, if desired, sprinkle on top.

The chicken bouillon powder provides the sodium in this recipe. No extra salt is needed. If possible, use low-salt bouillon powder, which contains about 25 per cent less sodium than regular bouillon powder. Bouillon packets or cubes may be used instead of bouillon powder. Each packet of bouillon contains 1 1/2 tsp (5 g) of bouillon. If using bouillon cubes, crumble the cube and measure accordingly.

To toast sesame seeds, place them in a wide frying pan and heat over medium heat, shaking the pan occasionally.



# January

STRAWBERRIES	<b>Recipes:</b> Strawberry-Apple Salsa / Cinnamon Crisps Smooth & Simple Strawberry Dessert
RHUBARB	<b>Recipes:</b> Basic Rhubarb Sauce Rhubarb & Strawberry Compote
SQUASH	<b>Recipes:</b> Glazed Squash with Cranberry Sauce Winter Squash Casserole
TURNIP	<b>Recipes:</b> Glazed Turnip Scalloped Turnip & Apple

# Strawberry-Apple Salsa/Cinnamon Crisps



Adapted from *Cook Great Food*, Dietitians of Canada

Yield: 40

Portion: 1/4 cup (50 mL) of salsa  
with 5-6 crisps

Cost per serving: \$0.40

Meets **MAXIMUM** nutrition standards

## Strawberry-Apple Salsa

2 x 1 1/3-lb bags	whole strawberries, frozen	2 x 600-g bags
8	medium apples, cored and diced	8
1 cup	honey, liquid	250 mL
	zest from 2 oranges (carefully wash the oranges beforehand)	

- 1 Spread the strawberries on a large sheet pan to thaw for about 30 minutes.
- 2 In a large bowl, mash the strawberries with a potato masher. Add the apples, honey, and orange zest. Stir well to blend.

This tangy fruit-salsa mix goes well with both sweet and savoury dishes. It makes a delicious topping for vanilla-flavoured yogourt or with Cinnamon Crisps (recipe below). Serve it with chicken fingers instead of ketchup, which is very high in sodium.

**Preheat oven to 425°F**

**2 – 11" x 17" sheet pans, non-stick**

## Cinnamon Crisps

16 x 9-inch	whole-wheat tortillas	16 x 22-cm
1/4 cup	white granulated sugar	50 mL
2 tsp	cinnamon, ground	5 g

- 1 Mix the sugar and cinnamon together.
- 2 Brush the tortillas with water; sprinkle with the sugar/cinnamon mixture. Cut each tortilla into 16 pieces (16 x 16 = 256 pieces).
- 3 Bake for about 5 minutes, until golden and crisp.

Pitas may be used instead of tortillas.

# Smooth & Simple Strawberry Dessert



Adapted from *Cook Great Food*, Dietitians of Canada

Yield: 40

Portion: 1/3 cup (75 mL)

Cost per serving: \$0.59

Meets **MAXIMUM** nutrition standards

5 x 1 1/3-lb bags	whole strawberries, frozen	5 x 600-g bags
4 cups	2% plain yogourt	1 L
1 cup	cornstarch	120 g
2 cups	apple juice	500 mL

- 1 Thaw the frozen strawberries. Mash slightly. Mix with the yogourt.
- 2 Blend the cornstarch into the apple juice until it resembles a smooth paste.
- 3 Slowly bring the strawberry/yogourt mixture to a simmer and stir in the cornstarch mixture. Cook over low heat for about 20 minutes, until the mixture is slightly thick and the cornstarch has been completely cooked.
- 4 Cool and serve in individual serving dishes.

# Basic Rhubarb Sauce



Adapted from the Nova Scotia Department of Agriculture, Home Economics Division

Yield: 50

Portion: 1/3 cup (75 mL)

Cost per serving: \$0.32

Meets MODERATE nutrition standards

5 x 1 1/3-lb bags	rhubarb, frozen, cut into 1-inch (2.5-cm) pieces	5 x 600-g bags
1 cup	water	250 mL
3 cups	white granulated sugar	600 g
2 tsp	cinnamon, ground	5 g
1 tsp	ginger, ground	2.5 g

- 1 Put the rhubarb, water, and sugar into a large saucepan and cover.
- 2 Simmer over low heat until tender, about 30 minutes, stirring every 10 minutes until all the pieces are soft and it has a stew-like appearance. Watch that the mixture does not scorch on the bottom of the pan.
- 3 Cool the rhubarb mixture slightly and add the spices.

This colourful sauce goes well over a serving of plain or frozen yogourt or served simply with a dollop of plain yogourt on top.

Rhubarb sauce is best stewed on the stove, but it can be prepared in the oven. Combine the rhubarb, water, and sugar in an ovenproof pan, cover, and bake at 350°F for 45 minutes, stirring every 15 minutes. Cool slightly and add the spices.

Leftover rhubarb sauce can be frozen or used in Rhubarb & Strawberry Smoothies or Rhubarb-Raspberry Muffins (see June recipes).

# Rhubarb & Strawberry Compote



Adapted from the Nova Scotia Department of Agriculture, Home Economics Division

Yield: 50

Portion: 1/3 cup (75 mL)

Cost per serving: \$0.41

Meets MODERATE nutrition standards

4 x 1 1/3-lb bags	rhubarb, frozen, cut into 1-inch (2.5-cm) pieces	4 x 600-g bags
1 1/2 cups	orange juice	375 mL
3 cups	brown sugar, lightly packed	454 g
2 tsp	ground cinnamon	5 g
1 tsp	ground ginger	2.5 g
2 x 1 1/3-lb bags	whole strawberries, frozen	2 x 600-g bags

- 1 Combine the rhubarb, orange juice, brown sugar, cinnamon, and ginger in a large saucepan and cover.
- 2 Simmer over low heat until the rhubarb is tender, about 30 minutes, stirring every 10 minutes and watching that the mixture does not scorch on the bottom of the pan.
- 3 Add the strawberries and cook a few minutes longer, until they are well mixed into the rhubarb sauce. The strawberries should still have their form and should not be mushy.

This compote can be layered with yogourt to make a healthy dairy/fruit combination. Alternate the layers of the yogourt and the compote mixture twice, top with a few oat flakes, and you have an instant parfait.



# Glazed Squash with Cranberry Sauce



Adapted from *Out of Nova Scotia Gardens*, Marie Nightingale

Yield: 48

Portion: 1 slice Squash  
and 1 tbsp (15 mL) cranberry sauce

Cost per serving: \$0.20

Meets MODERATE nutrition standards

**Preheat oven to 350°F**

**3 – 11 " x 17 " sheet pans**

## Glazed Squash

6	medium buttercup squash	6
1/2 cup	maple syrup	125 mL
2 tbsp	non-hydrogenated margarine	30 mL
1 tsp	nutmeg	5 g
1/2 tsp	salt	2 mL

## Cranberry Sauce

1 x 12-oz bag	cranberries, fresh or frozen	1 x 340-g bag
3/4 cup	water	175 mL
1/2 cup	orange juice	125 mL
3/4 cup	brown sugar	100 g
1 tsp	cinnamon, ground	2.5 g

- 1 Cut the squash in half and clean out the seeds. Cut each half into 4 pieces. One squash should yield 8 pieces, each about 1 1/2"–2" (4–5-cm) wide. Depending on the size of the squash, you may be able to get more pieces per squash. Grease the sheet pans with some margarine. Arrange the squash skin-side-down on the sheet pans. Cover with foil and bake for 10 minutes.
- 2 Meanwhile, mix together the maple syrup, margarine, nutmeg, and salt in a saucepan. Cook over a low heat until the butter just melts. Remove the foil from the squash and baste generously with the maple-syrup glaze. Bake for an additional 60 minutes, or until the squash is tender, basting with the glaze 2–3 times during the cooking period.
- 3 Combine the ingredients for the cranberry sauce and simmer until the cranberries break open.
- 4 Serve each piece of squash (skin-side-down) spread with 1 tbsp (15 mL) of cranberry sauce.

# Winter Squash Casserole



Adapted from *Out of Nova Scotia Gardens*, Marie Nightingale

Yield: 45

Portion: 1 piece

Cost per serving: \$0.22

Meets **MAXIMUM** nutrition standards

JANUARY: *Strive for Five at School!*

**Preheat oven to 350°F**

**3 – 9" x 13" baking pans**

1/2 cup	non-hydrogenated margarine	125 g
9 lbs (3)	fresh squash	4 kg (3)
3/4 tsp	cinnamon, ground	2 g
3/4 tsp	nutmeg, ground	5 g
3 cups	thick, unsweetened applesauce (1 large jar)	750 mL
2 tsp	salt	10 g
	pepper, to taste	
45	apple slices (for garnish)	45

- 1 Lightly grease each pan with 1 tsp (5 mL) of the margarine.
- 2 Prepare the fresh squash as below.
- 3 Mash the squash in a large bowl with the remaining margarine and the cinnamon, nutmeg, and applesauce.
- 4 Season with the salt and pepper and blend thoroughly.
- 5 Spoon into the pans and bake for 40–45 minutes. Cut each pan into 15 portions. If desired, garnish each serving with a small apple slice.

Mashed squash can be prepared ahead of time. Wash the squash thoroughly. Cut in half and scrape out the seeds. Place in a baking pan skin-side-down. Add enough water to cover the bottom of the pan and cover with aluminum foil. Bake for 45 minutes to an hour, until the squash is very tender. Remove from the oven and cool slightly until the squash can be handled. The skin should easily lift off the squash. The remaining squash should be cut into smaller pieces and mashed with a potato masher. To make the squash smoother, you can beat it with a mixer. One 3-pound (1.5-kg) squash makes 3 cups (750 mL) of mashed squash.

# Glazed Turnip



Adapted from *Out of Nova Scotia Gardens*, Marie Nightingale

Yield: 45

Portion: 1 slice (1/2 cup or 125 mL)

Cost per serving: \$0.26

Meets **MAXIMUM** nutrition standards

**Preheat oven to 350°F**

**3 – 9" x 13" baking pans**

12 lbs	medium turnips	5 kg
4 cups	apple juice or apple cider	1 L
1 cup	honey, liquid	250 mL
1 tsp	ginger, ground	2.5 g
1 tsp	salt	5 g
	pepper, to taste	

- 1** Peel and slice the turnips into 1/2" (1.25-cm) slices. Cut the slices to a size that would be suitable for a serving.
- 2** Boil the turnip for at least 10 minutes, until it is just tender. Do not overcook or the slices will break when transferred to the pans.
- 3** Meanwhile, simmer the apple juice or cider in a pot to reduce the amount to 3 cups (750 mL). Add the honey and ginger and simmer for 2 minutes. Add the salt and pepper.
- 4** Transfer the turnip slices to the pans. Evenly distribute the apple juice/honey mixture over the turnip slices.
- 5** Bake for about 5 minutes on each side or until the slices appear glazed.

In the Acadian tradition, glazed turnip was served with fresh strawberries for dessert or as a vegetable in the main course. To make this dish more colourful, substitute carrots for one half of the turnip. This recipe goes well with baked beans (canned) or prepared chicken strips.

# Scalloped Turnip & Apple



Adapted from *The Laura Secord Canadian Cook Book*

Yield: 45

Portion: 1 piece

Cost per serving: \$0.22

Meets MODERATE nutrition standards

**Preheat oven to 350°F**

**3 – 9" x 13" baking pans**

10 lbs	Turnips	4.5 kg
1/3 cup	non-hydrogenated margarine	75 g
3 tsp	salt	15 g
	pepper, to taste	
3 lbs	medium apples	1.2 kg
1 cup	brown sugar, lightly packed	150 g
1 tsp	cinnamon, ground	2.5 g

- 1 Peel and dice the turnips. In a large pot, boil the turnip until tender.
- 2 Mash the turnip with a potato masher and add the margarine, salt, and pepper.
- 3 Wash, core, and slice the apples with an apple slicer. Ready-sliced apples will speed up the preparation time.
- 4 Mix the brown sugar and cinnamon in a bowl. Add the apple slices and toss.
- 5 Lightly grease the pans. Arrange layers of the mashed turnip and apple slices over the pans, beginning and ending with a turnip layer.
- 6 Bake for 1 hour and cut each pan into 15 portions.

Fresh turnip should be washed well and cut into thick slices and peeled. Cutting the slices into smaller cubes will ensure faster cooking. Turnip needs to boil for 10–15 minutes.

Turnip can simply be served mashed. Its flavour may be enhanced by the addition of onion, parsley, paprika, or a dash of cayenne.

The teaming up of apples and turnip in this recipe makes an unbeatable combination that also goes well with chicken strips.

# February

APPLES

**Recipes:** Baked Nova Scotia Apples  
Applesauce

RASPBERRIES

**Recipes:** Raspberry Sauce with Peach Melba  
Ruby Red Raspberry Smoothies

POTATOES

**Recipes:** Spicy Herbed Potatoes  
Baked Potatoes with Black-Bean Topping

PARSNIPS

**Recipes:** Oven-Roasted Parsnips & Potatoes  
Parsnip & Apple Casserole



# Baked Nova Scotia Apples



Adapted from *Food for Fifty*, Grace Shugart, Mary Molt, and Maxine Wilson, 7th edition

Yield: 50

Portion: 1 apple

Cost per serving: \$0.34

Meets MODERATE nutrition standards

**Preheat oven to 375°F**

**3 – 9" x 13" baking pans**

50	apples suitable for baking (see notes below)	50
3 cups	brown sugar, lightly packed	500 g
1/4 cup	cinnamon, ground	30 g
4 cups	apple juice	1 L

- 1 Select 50 apples of about the same size and wash well.
- 2 Core each apple; this works best with an apple corer, if you have one. Arrange the apples in the pans.
- 3 Mix the brown sugar and cinnamon. Evenly fill the empty core of each apple, about 1 tbsp (15 mL) per apple. Any extra sugar/cinnamon mixture may be added to the apple juice. Pour the apple juice around the apples.
- 4 Bake, uncovered, for about 45–60 minutes. Baste with the juices every 15 minutes. The apples should be cooked only until they are slightly puffed and tender. Check after 30 minutes; the cooking time will vary according to the ripeness of the fruit.
- 5 Allow the apples to stand for 5–10 minutes before serving.

Both Cortland and Gravenstein apples are excellent choices for baking. Cortland apples are characterized by a striped or blushed red colour while their flesh is white, low-acidic, non-browning, juicy, crisp, and sweet. Gravenstein apples are a blushed red colour with a striped yellow background, while their flesh is firm, creamy, white, juicy, tart, and aromatic. A McIntosh apple is not suited for baking but is a great choice for snacking.

# Applesauce



Adapted from the Nova Scotia Fruit Growers' Association, Kentville, NS

**Yield:** 50

**Portion:** 1/2 cup (125 mL)

**Cost per serving:** \$0.32

**Meets MODERATE nutrition standards**

15 lbs	apples	7 kg
4 cups	water	1 L
1 tsp	cinnamon, ground	2.5 g
1/2 tsp	nutmeg, ground	3 g
1 cup	white granulated sugar	200 g

- 1 Wash the apples thoroughly. If you do not have a food mill peel and core the apples.
- 2 Quarter the apples and place in a large saucepan with the water, cinnamon, and nutmeg.
- 3 Cover the saucepan, bring the water to a boil, lower the heat, and simmer until the apples are soft.
- 4 Pass the softened apples through a food mill to remove the peel and core, or mash with a potato masher.
- 5 Add the sugar to the applesauce.

Use Cortland, Gravenstein, or Jonagold apples for best results.

Add the sugar at the end of the cooking process. Heating the water and apple mixture allows the apple cell walls to soften, resulting in a sauce. Adding sugar to the cooking water will cause the apples to keep their shape and prevent the sauce from forming.

Applesauce is tasty and nutritious as a snack or dessert by itself. Try topping it with a few pieces of Crunchy Nova Scotia Honey Granola (see April recipes) to boost the fibre content. Applesauce adds flavour to savoury dishes. It mixes well with cottage cheese and makes a nice accompaniment to chicken strips. Use extra applesauce for Hearty Blueberry Muffins (see May recipes) or Winter Squash Casserole (see January recipes).

# Raspberry Sauce with Peach Melba



Adapted from *Cook Great Food*, Dietitians of Canada

Yield: 50

Portion: 1 tbsp (30 mL) Raspberry Sauce  
and 1 peach half

Cost per serving: \$0.44

Meets MODERATE nutrition standards

## Raspberry Sauce

3 x 1 1/3-lb bags	raspberries, frozen	3 x 600-g bags
1 cup	white granulated sugar	200 g
1/2 cup	cornstarch	60 g

- 1 Semi-thaw the frozen raspberries and place in a strainer over a bowl to allow the juice to drain through. Reserve the raspberry juice (about 6 cups/1.5 L) and place in a saucepan. This step may be done the day before.
- 2 Combine the sugar and cornstarch; stir into the cold juice until all the sugar and cornstarch have dissolved. There should be no sign of lumps.
- 3 Cook over medium heat until the mixture comes to a soft boil. Reduce heat and simmer for 1 minute to remove the starch taste.
- 4 Chill until serving.

Raspberry Sauce is a tasty treat any time and goes well over plain, vanilla, or frozen yogourt. It also makes a nice addition to applesauce or rhubarb sauce. For an old-time favourite, try making Peach Melba as follows.

## Peach Melba

4 x 28-oz cans	peach halves, in own juice, drained	4 x 796-mL cans
3 cups	low-fat vanilla yogourt	750 mL
6 cups	Raspberry Sauce (see above)	1.5 L

- 1 For each serving, place 1 peach half on a serving dish. Add 1 tbsp (15 mL) of the yogourt in the pit hollow and top with 2 tbsp (30 mL) of the raspberry sauce.

# Ruby Red Raspberry Smoothie



Adapted from Allrecipes.com at <http://www.allrecipes.com>

Yield: 48

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.35

Meets MODERATE nutrition standards

5 cups	raspberries, frozen	900 g
5 cups	strawberries, frozen	900 g
4 cups	1% milk	1 L
1 cup	white granulated sugar	200 g
1/2 cup	wheat germ	35 g
4 cups	ice cubes	1 L
	raspberries or blueberries, frozen (for garnish)	

- 1 Allow the frozen raspberries and frozen strawberries to thaw slightly. Completely thawed berries will make a thinner smoothie.
- 2 Combine the raspberries, strawberries, milk, sugar, wheat germ, and ice cubes and blend in a blender or food processor.
- 3 Serve in cups, topped with a frozen raspberry or a few frozen blueberries.

This cool and refreshing fruit/milk combo may be offered as a beverage at mealtime or as a between-meals snack. It makes a great accompaniment to fresh apple or pear slices.

# Spicy Herbed Potatoes



Adapted from a recipe from a friend

Yield: 48

Portion: 6-8 pieces (1 potato)

Cost per serving: \$0.18

Meets MODERATE nutrition standards

FEBRUARY: Strive for Five at School!

**Preheat oven to 350°F**

**3 – 11" x 17" sheet pans**

48	potatoes, suited for baking	48
6 tbsp	non-hydrogenated margarine	90 mL
3/4 cup	canola oil	175 mL
6 tbsp	Spiced Herb Mixture (see below)	90 mL

- 1 Wash the potatoes. Cut each potato in half lengthwise; then cut each half into about 6–8 lengthwise slices.
- 2 Melt the margarine and mix with the oil. Mix with the potatoes. Make sure that all the potato slices are covered with the margarine/oil mixture.
- 3 Spread out the potatoes in the pans, only 1 layer deep.
- 4 Bake until lightly brown (about 40 minutes). Remove from the oven and sprinkle 2 tbsp (30 mL) of the spiced herb mixture over each pan of potatoes; mix in the herbs and bake for 20 minutes longer.

## *Spiced Herb Mixture*

3 tbsp	salt	45 mL
5	medium garlic cloves, peeled	5
2 tsp	paprika	10 mL
2 tsp	chili powder	10 mL
1 tsp	pepper, freshly ground	5 mL
1 tsp	turmeric	5 mL
1 tsp	poultry seasoning	5 mL
1/2 tsp	celery seeds	2 mL
1/2 tsp	dill seeds	2 mL
1/2 tsp	mustard powder	2 mL
1/2 tsp	ginger, ground	2 mL
1/2 tsp	onion powder	2 mL

- 1 Place the salt and garlic cloves in a food processor and process until smooth. Be sure to measure the salt carefully. Transfer to a bowl and add the remaining spices and herbs and mix well. This recipe makes 6 tbsp (90 mL). It may be doubled or tripled and stored in the refrigerator for future use.



# Baked Potatoes & Black-Bean Topping



Adapted from *Foods of Spry's Field*, Urban Farm Museum Society

Yield: 48

Portion: 1 potato half  
and 2 tbsp (15 mL) Black-Bean Topping

Cost per serving: \$0.32

Meets **MAXIMUM** nutrition standards

**Preheat oven to 375°F**

**4 – 11" x 17" sheet pans**

24	baking potatoes, large	24
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- 1 Grease the sheet pans with canola oil.
- 2 Cut each potato in half lengthwise. Lay the potato halves face-side-down on the sheet pans.
- 3 Bake for 45 minutes to an hour, until a fork inserts easily into the centre.

## **Black-Bean Topping**

4 cups (2 x 19-oz cans)	black beans, rinsed and drained	1 L (2 x 540-mL cans)
2 cups	medium salsa	500 mL
2 tsp	coriander, ground	10 mL
3 cups	cheddar cheese, grated	360 g

- 1 Heat the beans and salsa. Stir in the coriander.
- 2 Top each potato with 2 tbsp (15 mL) of the bean/salsa mixture and 1 tbsp (30mL) of the cheese.

Any potato can be baked, but for the perfect baked potato, with a flaky texture, use a mature baking-type potato such as the Russet. Make sure that the skin has an even brown tone without a greenish colour.

Black beans are a healthy choice as a meat alternative. They are high in protein and fibre and a good source of other nutrients.

# Oven-Roasted Parsnips & Potatoes



Adapted from *Great Potatoes: A Cook's Guide to Over 150 Delicious Recipes*, Kathleen Sloan-MacIntosh

**Yield:** 50

**Portion:** 1/2 cup (125 mL)

**Cost per serving:** \$0.37

**Meets MAXIMUM nutrition standards**

**Preheat oven to 400°F**

**3 – 11" x 17" sheet pans**

10 lbs	potatoes, medium	4.5 kg
5 lbs	parsnips	2.5 kg
1 bunch	green onions	200 g
6	garlic cloves	6
3/4 cup	canola oil	175 mL
1/2 cup	curry powder	75 g
	freshly ground pepper, to taste	

- 1 Scrub the potatoes, washing off all the soil and removing any blemishes. Cut in half and then cut into slices.
- 2 Wash and peel the parsnips; then cut them into slices similar in shape and size to the potatoes.
- 3 In a large bowl, mix the potatoes and the parsnips. Wash, trim, and chop the green onions and add to the other vegetables.
- 4 Mince the garlic and add to the oil along with the curry powder and ground pepper. Mix into the potato/parsnip mixture.
- 5 Transfer the vegetables to the sheet pans and roast for 45–60 minutes. Toss gently every 15 minutes until the potatoes and parsnips are cooked through and are crusty and golden brown.

Younger children may prefer a milder version, in which case the spices may need to be decreased. Other spices, such as rosemary or oregano, would also work well in this recipe.

# Parsnip & Apple Casserole



Adapted from *Out of Nova Scotia Gardens*, Marie Nightingale

Yield: 45

Portion: 1 piece

Cost per serving: \$0.22

Meets MODERATE nutrition standards

**Preheat oven to 350°F**

**3 – 9" x 13" baking pans**

4 lbs	parsnips	2 kg
1 lb	apples	454 g
1/2 cup	brown sugar, lightly packed	75 g
1 tbsp	cinnamon, ground	7.5 g
2 tsp	salt	10 g
2 tbsp	cornstarch	20 g
1 cup	apple juice	250 mL
1 tbsp	non-hydrogenated margarine	15 g

- 1 Wash and peel the parsnips and slice thinly. Place in a pan of water and simmer for 5 minutes.
- 2 While the parsnips are simmering, core the apples and slice thinly to make rings.
- 3 Combine the brown sugar, cinnamon, and salt.
- 4 Evenly arrange the parsnips and apple slices in layers in the pans. Sprinkle each layer with the brown-sugar mixture.
- 5 Dissolve the cornstarch in the apple juice and pour over the parsnip/apple mixture.
- 6 Dot the top layer with the margarine.
- 7 Cover and bake for 45 minutes, checking after 35 minutes. The parsnips should be very tender when pricked with a fork.
- 8 Cut each pan into 15 portions, trying to keep the parsnips and apples in layers.

Look for well-shaped, small-to-medium-sized parsnips with creamy-coloured skins. Simmering the parsnips allows them to soften and blend well with the other ingredients.

# March

BLUEBERRIES	<b>Recipes:</b> Blueberry Salsa Saucy Blueberry Topping
APPLES	<b>Recipes:</b> Glazed Apple Slices Apple Chicken Salad
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# Blueberry Salsa



Adapted from the Nova Scotia Department of Agriculture

Yield: 40

Portion: 1/4 cup (50 mL)

Cost per serving: \$0.30

Meets **MAXIMUM** nutrition standards

2 x 1 1/3-lb bags	whole blueberries, frozen	2 x 600-g bags
1 bunch	green onions, chopped	200 g
1/2 cup	canola oil	125 mL
1/2 cup	red wine vinegar	125 mL
1/2 cup	fresh parsley, chopped	15 g
1 tsp	salt	5 g

- 1 Toss all the ingredients in a bowl and let sit for a couple of hours to develop the flavour.
- 2 Serve instead of ketchup with chicken strips or fish or with baked whole-wheat tortilla chips.

If this recipe is too tart for the taste buds of young children, add 2 1/2 tbsp (40 mL) honey to tone down the tartness.

Blueberry Salsa is an antioxidant powerhouse with taste appeal. It can easily be changed by adding a chopped red pepper or a few minced garlic cloves or by substituting lime juice for the red wine vinegar.



# Saucy Blueberry Topping



Adapted from *Cuisine Actuelle*, September 2007

Yield: 40

Portion: 1/4 cup (50 mL)

Cost per serving: \$0.26

Meets **MAXIMUM** nutrition standards

2 x 1 1/3-lb bags	whole blueberries, frozen	2 x 600-g bags
4 cups	extra-fruit wild-berry fruit spread	1 L
1 tsp	cinnamon, ground	2.5 g

- 1 Combine the ingredients in a large saucepan.
- 2 Heat until the fruit spread is melted and mixed well with the blueberries.
- 3 Simmer over low heat for 10 minutes. If the mixture seems watery, continue to simmer until all the extra liquid has been evaporated.

Serve as a spread over a bagel or toast or as a topping for yogourt or canned fruit. A touch of ginger and/or cinnamon adds a tasty kick to this spread and blends well with either small wild or larger highbush blueberries.

# Glazed Apple Slices



Adapted from *Canadian Cook Book*, Nellie Lyle Pattinson

Yield: 40

Portion: 2 apple slices

Cost per serving: \$0.53

Meets MODERATE nutrition standards

MARCH: Strive for Five at School!

**Preheat oven to 350°F**

**3 – 9" x 13" baking pans**

16	large firm apples (Gravenstein, Honeycrisp, or Jonagold)	16
1 cup	brown sugar, lightly packed	150 g
2 tbsp	cinnamon, ground	15 g
4 cups	water or apple juice	1 L
1/4 cup	lemon juice	50 mL
2 1/2 cups	2% plain yogourt	600 mL

- 1 Wash the apples well.
- 2 Use an apple corer to remove the core completely from each apple.
- 3 Slice each apple into about 5 rings; each ring should be about 1/3" (1 cm) in width. Place the apple slices in the pans.
- 4 Mix the brown sugar, cinnamon, water, and lemon juice. Pour the mixture evenly over the apple slices.
- 5 Bake, uncovered, for about 20 minutes. Baste with the juices after 15 minutes. The apples should be cooked only until they are tender, as you want them to keep their shape for serving. The cooking time will vary according to the ripeness of the fruit.
- 6 For each serving, place 2 apple slices on a small plate and top with 1 tbsp (15 mL) of the yogourt.

The apple slices can be served with Raspberry Sauce (see February recipes) or Slow Good Blueberry Spread (see May recipes). Glazed apple slices are also great with baked brown beans, chicken strips, or pork strips.

An apple with a red skin will have more eye appeal.

# Apple Chicken Salad



Adapted from Apples & More at <http://www.urbanext.uiuc.edu/apples/recipes.html#7>

Yield: 48

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.48

Meets MODERATE nutrition standards

4 lbs	apples	1.5 kg
1/4 cup	lemon juice	50 mL
2 cups	apple jelly	500 mL
2 cups	1% plain yogourt	500 mL
1/2 cup	unsweetened orange juice	125 mL
3–4 lbs	cooked chicken, diced	1.5 kg
1/2 bunch	celery, finely chopped	250 g
1 tsp	salt	5 g
	lettuce	

- 1 Wash the apples, remove the cores, and dice into small pieces. Ready-sliced apples can be substituted for a speedier version of the recipe. Stir the lemon juice into the apples.
- 2 Melt the apple jelly over low heat. Cool slightly. Combine the jelly with the yogourt and orange juice.
- 3 In a large bowl combine the chicken, apples, and celery. Stir in the jelly/ yogourt mixture. Add the salt.
- 4 Serve on a small bed of lettuce.

This tasty and crunchy chicken/apple combination makes a complete meal when served with a slice of whole-wheat bread or a grainy roll. It also goes well in a wrap or a pita.

# Stuffed Tuna Mushroom Caps



Adapted from HealthyTuna.com at <http://www.healthytuna.com>

Yield: 30

Portion: 2 mushroom caps

Cost per serving: \$0.71

Meets **MAXIMUM** nutrition standards

**Preheat oven to 350°F**

**2 – 11" x 17" sheet pans**

4 1/2 lbs	large fresh white button mushrooms	2 kg
1 tbsp	canola oil	15 mL
1/4 cup	green onion, chopped	50 mL
1/4 cup	red pepper, finely chopped	50 mL
1/4 cup	green pepper, finely chopped	15 mL
6 x 6-oz cans	tuna, flaked	6 x 170-g cans
1 tbsp	lemon juice	15 mL
1/4 cup	bread crumbs	50 mL

- 1** Clean the mushrooms. Remove the stems by snapping them to the side. Chop the mushroom stems.
- 2** Heat half of the oil in a pan; add the mushroom stems, green onion, red pepper, and green pepper. Sauté until soft.
- 3** Mix the sautéed mixture with the tuna (drained), lemon juice, and bread crumbs.
- 4** Divide the tuna mixture evenly (about 1 tbsp/15 mL per cap) among the 60 mushroom caps and mound slightly.
- 5** Lightly grease the sheet pans with the remaining oil. Arrange the mushroom caps on the sheet pans.
- 6** Bake for about 20 minutes, until lightly browned.

To clean mushrooms, rinse quickly and brush off with a damp paper towel or a brush. If washed, they will absorb water and become soft. You do not need to peel mushrooms.



# Crusty Homemade Vegetable Pizza



Adapted from a home recipe

Yield: 48

Portion: 1 slice

Cost per serving: \$0.62

Meets **MAXIMUM** nutrition standards

**Preheat oven to 375°F**

**6 – 14" pizza pans**

## *Pizza Dough*

4 cups	all-purpose flour	454 g
2 cups	whole-wheat flour	270 g
3 tbsp	quick-rising yeast	45 g
3 tsp	salt	15 g
3 cups	warm water	750 mL
3 tsp	white granulated sugar	15 g
1/3 cup	canola oil	75 mL

- 1 In a large bowl, combine the all-purpose flour, whole-wheat flour, yeast, and salt.
- 2 Combine the warm water, sugar, and oil. Add to the flour mixture. Using a wooden spoon, stir until the dough begins to come together and forms a ball. You may need to add a little more flour, tablespoon by tablespoon, until the dough becomes less sticky.
- 3 Turn the dough out onto a lightly floured board and knead gently until the dough feels more elastic. Divide the dough into 6 even pieces and shape into balls.
- 4 Place the balls in lightly greased bowls; leave at room temperature until they double in size.
- 5 Lightly grease the pizza pans. Using your fingertips, spread the pizza dough to the outside edges of each pan.
- 6 SEE NEXT SHEET FOR PIZZA TOPPING RECIPE



## Crusty Homemade Vegetable Pizza, cont'd



Adapted from a home recipe

### *Tomato Sauce and Topping for Pizza*

3 cups	prepared tomato sauce (low sodium)	750 mL
6 cups	fresh spinach	120 g
9 cups	mozzarella cheese, grated	1 kg
8	roasted red peppers, sliced (see June recipes)	8
6 cups	mushrooms, sliced	750 g

- 1 Spread each pizza with 1/2 cup (125 mL) of tomato sauce.
- 2 Sprinkle 3/4 cup (175 mL) of the cheese over each pizza.
- 3 Wash the spinach and pat dry with a paper towel. Spread 1 cup (250 mL) of the spinach evenly over the pizza.
- 4 Top each pizza with 3/4 cup (175 mL) of the cheese. Distribute the red pepper-slices over the top of each pizza. Spread 1 cup (250 mL) of the sliced mushrooms over each pizza.
- 5 Bake for 20 to 30 minutes, until the cheese is melted and slightly golden.
- 6 Cut each pizza into 8 slices.

A speedy version of this recipe can be made with frozen ready-to-use pizza dough. Allow the dough ball to thaw and roll the it to fit the pizza pan. Frozen pizza dough may not have the natural flavour of homemade pizza dough and will probably be higher in sodium and lower in fibre.

Select a tomato sauce that contains less than 480 milligrams of sodium per 1/2-cup (125-mL) serving.

Meets **MAXIMUM** nutrition standards

# Cheesy Mexican Enchiladas



Adapted from *Cooking Healthy Across America*, American Dietetic Association

**Yield:** 48

**Portion:** 1 enchilada

**Cost per serving:** \$0.58

**Meets MODERATE nutrition standards**

MARCH: *Strive for Five at School!*

**Preheat oven to 350°F**

**2 – 11" x 17" sheet pans**

1 tbsp	non-hydrogenated margarine	15 mL
2–3 lbs	squash, mashed (see below)	1–1.5 kg
1 tsp	allspice, ground	5 g
1 lb (3)	medium onions, chopped	454 g (3)
2 x 19-oz cans	black beans, rinsed and drained	2 x 540-mL cans
6 cups	medium cheddar cheese, grated	720 g
	pepper, to taste	
48 x 6-inch	whole-wheat tortillas	48 x 15-cm
2 x 14-oz jars	salsa	2 x 398-mL jars

- 1 Lightly grease the sheet pans with the margarine.
- 2 Combine the mashed squash, allspice, onions, black beans, and cheese in a large bowl. Season with the pepper; blend thoroughly.
- 3 Spread tortilla with 1 tbsp (15 mL) of the salsa. Place 1/4 cup (50 mL) of the squash mixture in the centre of a tortilla. Tuck in the end and roll up.
- 4 Repeat until all of the tortillas have been filled. Place on the sheet pans and bake in the oven for 20 minutes, until slightly brown.

To prepare mashed squash (can be done ahead of time): Wash the squash thoroughly. Cut in half and scrape out the seeds. Place in a baking pan skin-side-down. Add enough water to cover the bottom of the pan and cover with aluminum foil. Bake for 45 minutes to an hour, until the squash is very tender. Remove from the oven and cool slightly until the squash can be handled. The skin should easily lift off the squash. The remaining squash should be cut into smaller pieces and mashed with a potato masher. To make the squash smoother, you can beat it with a mixer. One 3-pound (1.5-kg) squash makes 3 cups (750 mL) of mashed squash.

# Onion Apple Compote



Adapted from *Out of Nova Scotia Gardens*, Marie Nightingale,

Yield: 45

Portion: 1 piece

Cost per serving: \$0.50

Meets MODERATE nutrition standards

**Preheat oven to 350°F**

**3 – 9" x 13" baking pans**

1 1/2 tsp	non-hydrogenated margarine	7 mL
10 lbs	apples	4.5 kg
2 tbsp	lemon juice	30 mL
1 1/2 cups	all-purpose flour	175 g
1 cup	brown sugar, lightly packed	150 g
2 tsp	salt	10 g
5 lbs	onions	2 kg
1 1/2 cups	apple juice	375 mL

- 1 Lightly grease the pans with the margarine.
- 2 Wash the apples. Use an apple corer to core each apple. Slice the apples into thin rings and sprinkle with the lemon juice to prevent discolouration.
- 3 Combine the flour, brown sugar, and salt. Sprinkle over the apples and toss gently to coat.
- 4 Slice the onions and layer with the seasoned apples in the pans. Pour the apple juice over the onions and apples.
- 5 Cover and bake for 45–60 minutes. Uncover for the last 5 minutes to brown lightly. Cut each pan into 15 pieces.
- 6 Serve with any pork, chicken, or beef menu item. This compote also adds zip to a sandwich, wrap, or hamburger.

Apples such as the Gravenstein are a good choice for this recipe. You can change the flavour by adding a pinch of cloves, nutmeg, or cinnamon to the dry ingredients, or try adding a handful of raisins before baking.

A quicker version of this recipe may be made by using ready-sliced apples. In this case, omit the lemon juice as the apples have already been treated for discolouration.

# April

RASPBERRIES	<b>Recipes:</b>	Three-Grain Raspberry Muffins Raspberry Fruit Medley
CRANBERRIES	<b>Recipes:</b>	Cranberry Glazed Meatballs Crunchy Nova Scotia Honey Granola
TOMATOES	<b>Recipes:</b>	Spicy Mexican Triangles Bruschetta
FROZEN CORN	<b>Recipes:</b>	Tex Mex Corn Muffins Chuckwagon Taco Pie

# Three-Grain Raspberry Muffins



Adapted from MayoClinic.com, Healthy Recipes, at [http:// www.mayoclinic.com/health/healthy-recipes/RE99999](http://www.mayoclinic.com/health/healthy-recipes/RE99999)

**Yield:** 45

**Portion:** 1 muffin

**Cost per serving:** \$0.16

**Meets MAXIMUM nutrition standards**

**Preheat oven to 375°F**

**45 muffin cups lined with muffin papers**

2 cups	oatmeal (large-flake, not instant)	230 g
4 cups	1% milk	1 L
1 1/2 cups	all-purpose flour	175 g
1 1/2 cups	whole-wheat flour	200 g
2 cups	cornmeal	300 g
1 cup	flax flour or flax meal	65 g
4 tbsp	baking powder	60 g
1 tsp	salt	5 g
4	eggs, beaten	4
2 tsp	lemon zest (wash the lemon well)	2 g
1 cup	canola oil	250 mL
1 1/2 cups	brown sugar, lightly packed	227 g
3 cups	whole raspberries, frozen	225 g

- 1 In a large microwave-safe bowl, combine the oatmeal and milk. Microwave on high until the oatmeal is creamy and tender, about 5–6 minutes. Cool slightly.
- 2 In a large mixing bowl, mix the all-purpose and whole-wheat flour, cornmeal, flax flour, baking powder, and salt.
- 3 In a separate bowl, beat the eggs. Mix in the lemon zest, oil, brown sugar, and oatmeal mixture.
- 4 Add the liquid ingredients to the dry ingredients. Mix until the dry ingredients have been moistened.
- 5 Gently fold the raspberries into the batter. Fill the lined muffin cups 2/3 full.
- 6 Bake for 20–30 minutes, until the muffins are lightly browned and a toothpick inserted in the centre comes out clean.



# Raspberry Fruit Medley



Adapted from the Strawberry-Apple Salsa recipe (see January recipes)

Yield: 48

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.51

Meets **MAXIMUM** nutrition standards

1 3/4 lbs	ready-sliced apples	750 g
1 x 28-oz can	pear halves in natural juice	1 x 798-mL can
4 lbs	whole raspberries, frozen	1.75 kg
1 cup	honey, liquid	250 mL
1/4 cup	lime juice	50 mL

- 1 Dice the apples.
- 2 Drain and dice the canned pears.
- 3 In a bowl, combine the raspberries, apples, and pears.
- 4 Mix the honey and lime juice. Add to the raspberries, apples, and pears.

This apple/pear/raspberry combination has a smooth, velvety feel. As the raspberries thaw, they will decrease to one-half their volume and give a saucy look to the apples and pears. For a different flavour, use orange juice or lemon juice instead of the lime juice. This fruit medley is great on its own, but it also makes a great topping for yogourt.

# Cranberry Glazed Meatballs



Adapted from Johnston's Cranberries at <http://www.cranberry.ca>

Yield: 40

Portion: 3 meatballs

Cost per serving: \$0.44

Meets MODERATE nutrition standards

**Preheat oven to 350°F**  
**3 – 9" x 13" baking pans**

## *Meatballs*

2 x 2-lb pkgs	Healthy Choice Meatballs®	2 x 908-g pkgs
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## *Cranberry Sauce*

2 cups	white granulated sugar	400 g
3 cups	water	750 mL
2 x 11-oz bags	cranberries, fresh	2 x 340-g bags
1/2 cup	vinegar	125 mL
1/4 cup	brown sugar	40 g
1/4 cup	prepared mustard	50 mL
1 tbsp	Worcestershire sauce	15 mL

- 1 Spread the meatballs out in the pans.
- 2 In a large saucepan, dissolve the sugar in the water. Bring to a boil. Add the cranberries and return to a boil. Reduce heat. Continue to boil gently until the cranberry skins break (about 10 minutes). Cool slightly.
- 3 Add the vinegar, brown sugar, prepared mustard, and Worcestershire sauce to the cranberry mixture. Mix the ingredients well.
- 4 Evenly distribute the cranberry mixture over the meatballs. Bake for 30–40 minutes, until the meatballs are heated through and nicely glazed. Stir every 10 minutes.

This sweet/tangy combination is packed with vitamin C, along with other nutrients that play a vital role in coronary-heart-disease and cancer prevention. Cranberries also play a role in the prevention and treatment of urinary tract infections.

# Crunchy Nova Scotia Honey Granola



Adapted from *Fine Cooking*, December 2007

Yield: 30

Portion: 1/4 cup (50 mL)

Cost per serving: \$0.48

Meets MODERATE nutrition standards

APRIL: Strive for Five at School!

**Preheat oven to 325°F**

**2 – 11" x 17" sheet pans**

4 cups	old-fashioned rolled oats	320 g
1/2 cup	oat bran	45 g
1/2 cup	flax flour or flax meal	35 g
1/2 cup	skim-milk powder	50 g
1/2 cup	canola oil	125 mL
1 cup	honey, liquid	250 mL
1 tbsp	almond extract	15 mL
1 tbsp	vanilla extract	15 mL
1/2 tsp	salt	2 g
2 cups	cranberries, dried	240 g

- 1** In a large bowl, combine the oats, oat bran, and flax flour.
- 2** In a medium bowl, whisk the skim-milk powder, oil, honey, almond extract, vanilla extract, and salt. Pour the mixture over the oats and stir until well combined.
- 3** Divide the mixture between the 2 sheet pans (greased) and spread in an even layer.
- 4** Bake for 20 minutes; stir. Continue baking for another 20 minutes, until the oats are slightly golden brown. The oats may feel soft but will crisp as they cool.
- 5** Cool completely. Stir in the dried cranberries.
- 6** Store the cooled granola in an airtight container; it should keep for 3 weeks.

Homemade granola makes an excellent topping for fruits and smoothies. Add about 2 tbsp (30 mL) as a topping to Smooth & Simple Strawberry Dessert (see January recipes), Sautéed Maple Apple Slices (see November recipes), or Slow Good Blueberry Spread (see May recipes). Crunchy Nova Scotia Honey Granola is also used as an ingredient in Maple Granola Bartlett Pears (see October recipes).

# Spicy Mexican Triangles



Adapted from *Mexican Cooking (Step by Step)*, Rosemary Wadey

Yield: 24

Portion: 2 triangles

Cost per serving: \$0.36

Meets **MAXIMUM** nutrition standards

**Preheat oven to 350°F**

**2 – 11" x 17" sheet pans**

8 x 6-inch	whole-wheat tortillas	8 x 15-cm
1 tbsp	canola oil	15 mL
1/2 lb	medium onions, chopped	300 g
4 x 19-oz cans	refried brown beans	4 540-mL cans
1/2 tsp	chili powder	2 g
1 lb	medium tomatoes, diced	454 g
2 x 14-oz jars	salsa	2 x 215-mL jars
3 cups	cheddar or mozzarella cheese, grated	360 g

- 1 With a pizza cutter, cut each tortilla into 6 pie-shaped triangles. Place on the sheet pans and bake for 10 minutes. Cool.
- 2 Heat the oil in a large pan, add the onion, and cook until soft.
- 3 Add the refried beans and chili powder; mix thoroughly.
- 4 Place the tomato in a bowl and add the salsa. Mix thoroughly.
- 5 Spread 2 tbsp (30 mL) of the bean/onion mixture on each tortilla triangle. Top with 1 tbsp (15 mL) of the tomato/salsa mixture. Sprinkle the top of each tortilla triangle with 1 tbsp (15 mL) of the cheese.
- 6 Bake for 10–15 minutes, until the cheese is melted and the beans are heated through.

Offer this recipe as a snack or in a larger quantity as a complete meal.  
The spicy topping can be served hot or cold.



# Bruschetta



Adapted from *Power Eating*, Frances G. Berkoff, Barbara J. Lauer, and Dr. Yves Talbot

Yield: 48

Portion: 1 slice

Cost per serving: \$0.42

Meets MODERATE nutrition standards

**Preheat oven to 375°F  
ovenproof trays**

3–4 lbs (6 cups)	tomatoes	1.5 kg
3/4 cup	olive oil	175 mL
1/4 cup	fresh basil or	50 mL
1 tbsp	dried basil	15 mL
4	garlic cloves	4
3	green onions	3
4 x 24-inch	whole-grain baguettes	4 x 60-cm

- 1 Wash the tomatoes and dice into uniform pieces. Mince the garlic, finely chop the green onion, and cut the basil leaves (if using fresh basil).
- 2 Mix the tomatoes with the oil, basil, garlic, and green onion.
- 3 Cut each baguette in half lengthwise and then cut each half into 6 equal portions (for a total of 48 slices).
- 4 Place the baguette pieces on the ovenproof tray and toast the cut surfaces in oven until lightly browned (2–4 minutes).
- 5 Cover each baguette piece with some of the tomato mixture. Lightly press down with a spoon to hold in place.

The students may enjoy a little Parmesan, mozzarella, or feta cheese on top of the bruschetta.



# Tex Mex Corn Muffins



Adapted from *Canadian Living's Best Muffins & More*, Elizabeth Baird

Yield: 36

Portion: 1 muffin

Cost per serving: \$0.22

Meets MODERATE nutrition standards

APRIL: Strive for Five at School!

**Preheat oven to 375°F**

**36 muffin cups lined with muffin papers**

3 cups	all-purpose flour	400 g
3 cups	cornmeal	420 g
4 tbsp	baking powder	60 g
2 cups	kernel corn	500 mL
1 1/2 tsp	salt	7 g
1/2 tsp	cayenne pepper, ground	2 g
1 cup	canola oil	250 mL
1/4 cup	red pepper, finely chopped	50 mL
1/4 cup	green onion, finely chopped	50 mL
4	eggs, beaten	4
3 cups	skim milk	750 mL
1 lb	light cheddar cheese	454 g

- 1 In a large mixing bowl, mix the flour, cornmeal, baking powder, cayenne, corn kernels, and salt.
- 2 Heat 1 tbsp (30 mL) of the oil; heat in a frying pan over medium heat. Add the red pepper and green onion; sauté until soft. Add to the dry ingredients.
- 3 Mix the eggs, skim milk, and remaining oil together. Add to the other ingredients and mix until blended or until the dry ingredients have been moistened.
- 4 Cut the cheese into 36 equal-sized cubes.
- 5 Fill the muffin cups 1/3 full. Place a cheese cube in the centre of each muffin. Add the remaining batter to the muffin cups until each one is 2/3 full.
- 6 Bake for 20–30 minutes, until lightly browned and a toothpick inserted in the centre comes out clean.

NOTE: For a speedier version, the cheese may be grated and added to the batter.

# Chuckwagon Taco Pie



Adapted from *Cooking Healthy Across America*, American Dietetic Association

Yield: 30

Portion: 1/6 of a pie

Cost per serving: \$0.70

Meets MODERATE nutrition standards

APRIL: Strive for Five at School!

**Preheat oven to 350°F**

**5 – 10" pie plates**

1 lb	lean ground beef	454 g
1/2 lb	medium onions, chopped	250 g
6	garlic cloves, minced	6
1 lb	red peppers, chopped	454 g
1 lb	green peppers, chopped	454 g
1/4 cup	lime juice	50 mL
2 x 12-oz cans	kernel corn, drained	2 x 336-mL cans
2 x 19-oz cans	black beans, rinsed and drained	2 x 540-mL cans
2 x 5.5-oz cans	tomato paste	2 x 154-mL cans
1 tbsp	cumin, ground	15 g
1 tsp	pepper	5 g
15 x 10-inch	whole-wheat tortillas	15 x 25-cm
5 cups	light cheddar cheese, grated	600 g

- 1 Pan-fry the lean ground beef over low heat.
- 2 Combine all the remaining ingredients with the ground beef (except the tortillas and cheese). Simmer gently for 20 minutes.
- 3 Cover the bottom of a pie plate with a tortilla. Cover the tortilla with 1 1/4 cups (300 mL) of the beef mixture. Repeat. Cover with the third tortilla and spread the remaining 1/2 cup (125 mL) of the beef mixture over the tortilla. Top with the cheese. Press down on the mixture. Repeat for the remaining pies.
- 4 Bake the pies for about 25–30 minutes.
- 5 Cut each pie into 6 pieces for older children and 8 pieces for younger children.

# May

## APPLES

**Recipes:** Apple Bean Bake  
Nova Scotia Gingerbread with Apples

## BLUEBERRIES

**Recipes:** Hearty Blueberry Muffins  
Slow Good Blueberry Spread

## CUCUMBERS

**Recipes:** Cucumber Yogourt Maple Salad  
Tangy Cucumber Salad

## LETTUCE

**Recipes:** Zesty Mesclun Salad  
Crispy Vegetable Salad

# Apple Bean Bake



Adapted from *Fix-It and Forget-It Lightly: Healthy, Low-Fat Recipes for Your Slow Cooker*, Phyllis Pellman Good

Yield: 40

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.23

Meets MODERATE nutrition standards

## slow cooker

2 lbs	apples	1 kg
9 x 14-oz cans	brown baked beans in tomato sauce	9 x 398-mL cans
1 cup	brown sugar, lightly packed	150 g
1 1/2 cups	ketchup	375 mL
1 1/2 tsp	cinnamon, ground	3.5 g
1 1/2 tsp	ginger, ground	3.5 g
1/4 cup	molasses	50 mL

- 1 Wash and dice the apples and place in the slow cooker. Ready-sliced apples work well in the recipe and save time.
- 2 Mix all the other ingredients with the apples in the slow cooker. Cook on high for 3–4 hours.

Canned brown baked beans work well in this easy-to-assemble recipe. Mix all the ingredients in the slow cooker first thing in the morning and it should be ready for lunch. Serve with a whole-wheat roll to make a complete meal that is high in fibre, protein, and micronutrients.

# Nova Scotia Gingerbread with Apples



Adapted from *Fine Cooking*, December 2007

Yield: 45

Portion: 1 piece

Cost per serving: \$0.85

Meets MODERATE nutrition standards

MAY: Strive for Five at School!

**Preheat oven to 350°F**

**3 – 9"x 13" baking pans, (15 portions per pan)**

9 lbs	ready-sliced apples	4 kg
1/3 cup	lemon juice	75 mL
3 tbsp	all-purpose flour, sifted	20 g
1/4 cup	brown sugar	40 g
1 1/2 cups	all-purpose flour, sifted	165 g
1/2 cup	flax flour or flax meal	35 g
2 cups	whole-wheat flour	265 g
1 1/2 cups	white granulated sugar	300 g
3 tbsp	baking powder	45 g
1 tsp	baking soda	5 g
1 tsp	cinnamon, ground	2.5 g
2 tbsp	ginger, ground	15 g
1 tsp	salt	5 g
1/2 cup	non-hydrogenated margarine	125 g
1 cup	skim milk	250 mL
3	eggs	3
1 cup	molasses	250 mL
1 tbsp	vanilla extract	15 mL
6 tbsp	white granulated sugar	75 g

- 1 Place the apples in a bowl. Sprinkle the lemon juice evenly over the apples. Sprinkle 3 tbsp (45 mL) of all-purpose flour and 1/4 cup (50 mL) of brown sugar evenly over the apples. Distribute the apples over the pans.
- 2 Sift together the 3 flours, sugar, baking powder, baking soda, cinnamon, ginger, and salt in a bowl.
- 3 Cut the margarine into the dry ingredients.
- 4 Mix the milk, egg, molasses, and vanilla extract together. Make a well in the dry ingredients and stir in the liquid ingredients. Stir until all the dry ingredients have been moistened.
- 5 Dollop the gingerbread mixture in 1-tbsp (15-mL) amounts over the apples. There should be 15 dollops per pan.
- 6 Sprinkle the remaining 6 tbsp (90 mL) of white sugar over the 3 pans.
- 7 Bake for about 35–40 minutes, until the batter is golden and the apples are soft.



# Hearty Blueberry Muffins



Adapted from *Blueberries: Recipes from Canada's Best Chefs*, Virginia Lee and Elaine Elliot

Yield: 40

Portion: 1 muffin

Cost per serving: \$0.19

Meets MODERATE nutrition standards

MAY: Strive for Five at School!

**Preheat oven to 375°F**

**40 muffin cups lined with muffin papers**

3 cups	all-purpose flour	400 g
3 cups	whole-wheat flour	420 g
1 cup	flax flour or flax meal	65 g
3 tbsp	baking powder	45 g
1 tsp	baking soda	5 g
1 tsp	salt	5 g
4	eggs	4
1 1/2 cups	canola oil	375 mL
1 1/2 cups	brown sugar, lightly packed	227 g
3 1/2 cups	applesauce, unsweetened	875 mL
2 cups	blueberries, frozen	300 g
1/2 cup	brown sugar, lightly packed	75 g

- 1** In a large mixing bowl, mix the 3 flours, baking powder, baking soda, and salt.
- 2** In a separate bowl, beat the eggs; add the oil, brown sugar, and applesauce.
- 3** Add the liquid ingredients to the dry ingredients and mix until blended or until the dry ingredients have been moistened.
- 4** Gently fold the blueberries into the batter.
- 5** Pour into the muffin cups, filling each muffin cup 2/3 full. Sprinkle the remaining 1/2 cup (125 mL) of brown sugar over the 40 muffins.
- 6** Bake 20–30 minutes, until lightly browned and a toothpick inserted in the centre comes out clean.

Most commercial muffins are very high in simple sugars and fat. Adding applesauce to quick breads or muffins can make them a healthier choice. For the best flavour and texture, substitute half the amount of fat or oil the recipe calls for with applesauce. For example, if a recipe lists 1 cup (250 mL) of oil, use 1/2 cup (125 mL) oil and 1/2 cup (125 mL) of applesauce.

# Slow Good Blueberry Spread



Adapted from *Better Homes and Gardens*, November 2007

Yield: 40

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.29

Meets MODERATE nutrition standards

## slow cooker

9 cups	whole blueberries, frozen	900 g
1 1/2 cups	cranberries, dried	150 g
1 cup	cranberry juice	250 mL
3/4 cup	quick cooking tapioca	175 mL
1 1/2 tsp	ginger, ground	3.5 g
2 cups	white granulated sugar	400 g

- 1 Combine all the ingredients in the slow cooker.
- 2 Cover and cook on high for 2–4 hours or until the fruit is tender.

Serve this spread over a bagel or toast or as a topping for yogourt. Layer with yogourt and Crunchy Nova Scotia Honey Granola (see April recipes) to make an eye-appealing parfait or use it as a topping for your favourite whole-grain cereal.

Quick-cooking tapioca thickens the fruit nicely. To save time, the ingredients may be combined the day before. Turn the slow cooker on in the morning to be ready for noontime serving.

# Cucumber Yogourt Maple Salad



Adapted from *Harrowsmith Magazine*, August 2006

Yield: 48

Portion: 1/4 cup (50 mL)

Cost per serving: \$0.29

Meets **MAXIMUM** nutrition standards

4 x 12-inch	English cucumbers	4 x 30-cm
1 bunch	green onions	1 bunch
1/4 cup	fresh dill <i>or</i>	50 mL
1 tbsp	dried dill	15 mL
1 cup	2% plain yogourt	250 mL
1 cup	mayonnaise, light	250 mL
1 cup	cider vinegar	250 mL
1/2 cup	maple syrup	125 mL
1 tsp	salt	5 g
	pepper, to taste	

- 1 Wash the cucumbers and cut into thin slices.
- 2 Finely chop the green onions and dill (if using fresh dill).
- 3 Mix the yogourt, mayonnaise, cider vinegar, and maple syrup. Stir in the green onions and dill.
- 4 Add the sliced cucumbers and stir well. Add the salt and pepper.

Fresh field cucumbers are available from June to October, while Nova Scotia greenhouse cucumbers are available year-round. Look for firm, well-shaped, bright-green cucumbers. Avoid soft, over-mature, or yellowing ones.

# Tangy Cucumber Salad



Adapted from *Eating by the Seasons*, Ecology Action Centre, Halifax

Yield: 48

Portion: 1/4 cup (50 mL)

Cost per serving: \$0.22

Meets **MAXIMUM** nutrition standards

MAY: Strive for Five at School!

4 x 8-inch	English cucumbers	4 x 20-cm
1/2 bunch	green onions	1/2 bunch
1/4 cup	fresh dill or	50 mL
1 tbsp	dried dill	15 mL
1 cup	cider vinegar	250 mL
3/4 cup	honey, liquid	175 mL
1 tsp	salt	5 g
	pepper, to taste	
1 1/2 cups	water	375 mL
2 cups	cherry tomatoes	400 mL

- 1 Wash the cucumbers. Cut in half lengthwise and, with a spoon, scoop out the seeds. Cut the cucumbers into thin slices.
- 2 Finely chop the green onions and dill (if using fresh dill).
- 3 In a saucepan, bring the cider vinegar, honey, salt, pepper, and water to a boil. Stir until the honey is blended into the vinegar. Cool to lukewarm. Sprinkle with the green onions and dill. Pour over the sliced cucumbers.
- 4 Cut the cherry tomatoes in 2 and fold into the cucumbers.

Serve with a sandwich or chicken strips. This salad is also good added to any type of wrap.

This recipe is great for fall menus, when field cucumbers and cherry tomatoes are abundant.



# Zesty Mesclun Salad



Adapted from *Canadian Cook Book*, Nellie Lyle Pattinson

Yield: 50

Portion: 1 cup (250 mL)

Cost per serving: \$0.56

Meets **MAXIMUM** nutrition standards

MAY: Strive for Five at School!

2 lbs	mesclun salad mix	1 kg
1 1/4 lbs	feta cheese	600 g
4	red peppers	4
3 cups	Raspberry Vinaigrette Salad Dressing	750 mL
	(see below)	

- 1 Wash the salad mix and pat dry.
- 2 Crumble the feta cheese.
- 3 Wash and thinly slice the red peppers to make rings. Remove the seeds as you go along.
- 4 For each serving, place 1 cup (250 mL) of the salad mix on a small plate, sprinkle with 1 tbsp (15 mL) of the crumbled feta cheese and top with a red-pepper ring.
- 5 Just before serving, drizzle 1 tbsp Raspberry Vinaigrette over the salad mixture.

## *Raspberry Vinaigrette Salad Dressing*

1/2 cup	maple syrup	125 mL
1 cup	canola oil	250 mL
2/3 cup	lemon juice	150 mL
1/2 cup	cider vinegar	125 mL
1 cup	frozen raspberries (thawed)	125 g
1 tsp	prepared mustard	5 g
1/2 tsp	salt	2 g
1/2 tsp	pepper, ground	2 g
3 tbsp	poppy seeds	30 g

- 1 Place all the ingredients in a blender and pulse briefly until they are well blended.

Adapted from *Simply in Season: Recipes That Celebrate Fresh, Local Foods in the Spirit of More-With-Less*, Mary Beth Lind and Cathleen Hockman-Wert



# Crispy Vegetable Salad



Adapted from Dole Super Kids at <http://www.dole5aday.com>

Yield: 45

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.67

Meets **MAXIMUM** nutrition standards

2 lbs	broccoli	1 kg
1 1/2 lbs (4 cups)	carrots	600 g
4	red peppers	4
2 bunches	radishes	2 bunches
2 cups	celery, washed and sliced	500 mL
3 x 8-oz bottles	Italian salad dressing, light	3 x 225-mL bottles
2 x 1-lb bags	leafy green salad mix	2 x 454-g bags

- 1 Wash the broccoli, carrots, red peppers, and radishes.
- 2 Separate the broccoli into bite-size florets. Peel and thinly slice the carrots. Thinly slice the red peppers and radishes.
- 3 In a large bowl, combine the broccoli, carrots, red peppers, radishes, and celery with the salad dressing. Cover with plastic wrap and refrigerate for at least 30 minutes.
- 4 Before serving, toss with the salad mix.

## June

RHUBARB	<b>Recipes:</b>	Rhubarb & Strawberry Smoothie Rhubarb Raspberry Muffins
STRAWBERRIES	<b>Recipes:</b>	Baked In Strawberry Shortcake Sweet as Sunshine Smoothie
PEPPERS	<b>Recipes:</b>	Roasted Red Pepper & Hummus Wraps Rainbow Pepper & Beef Stir-fry Roasted Red Peppers
ASPARAGUS	<b>Recipes:</b>	Roasted Asparagus & Cherry Tomatoes
PEAS	<b>Recipes:</b>	Peas-to-Penne Powerful Pea Soup Nova Scotia Vegetable Hodge Podge

# Rhubarb & Strawberry Smoothie



Adapted from the Basic Rhubarb Sauce recipe (see January recipes)

Yield: 40

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.29

Meets MODERATE nutrition standards

4 cups	Basic Rhubarb Sauce (see January recipes)	1 L
4 cups	strawberries, frozen	600 g
4 cups	1% milk	1 L
1 cup	1% plain yogourt	250 mL
	raspberries or blueberries, frozen (for garnish)	

- 1 Allow the frozen strawberries to thaw slightly.
- 2 Blend the rhubarb sauce, strawberries, milk, and yogourt in a blender or food processor.
- 3 Serve in cups, topped with a frozen raspberry or a few frozen blueberries.

This cool and refreshing fruit/milk combo can be served as a beverage or a between-meals snack. It's great with fresh apple or pear slices.

# Rhubarb Raspberry Muffins



Adapted from Cooks.com at <http://www.cooks.com>

Yield: 45

Portion: 1 muffin

Cost per serving: \$0.19

Meets MODERATE nutrition standards

**Preheat oven to 375°F**

**45 muffin cups lined with muffin papers**

3 cups	all-purpose flour	400 g
3 cups	whole-wheat flour	420 g
3/4 cup	flax flour or flax meal	45 g
3 tbsp	baking powder	45 g
1 1/2 tsp	baking soda	7 g
1 tsp	salt	5 g
3	eggs	3
3/4 cup	skim milk	175 mL
1 1/2 cups	canola oil	375 mL
1 cup	brown sugar, lightly packed	150 g
3 cups	Basic Rhubarb Sauce (see January recipes)	750 mL
2 cups	raspberries, frozen	200 g
1/2 cup	brown sugar, lightly packed	75 g
1 tsp	cinnamon, ground	2.5 g

- 1 In a large mixing bowl, mix the 3 flours, baking powder, baking soda, and salt.
- 2 In a separate bowl, beat the eggs, skim milk, oil, brown sugar, and rhubarb sauce.
- 3 Add the liquid ingredients to the dry ingredients and mix until the dry ingredients have been moistened. Gently fold the raspberries into the batter.
- 4 Pour into the muffin cups, filling each muffin cup 2/3 full.
- 5 Mix the remaining brown sugar with the cinnamon and sprinkle over the muffins.
- 6 Bake for 20–30 minutes, until lightly browned and a toothpick inserted in the centre comes out clean.

# Baked In Strawberry Shortcake



Adapted from the Nova Scotia Department of Agriculture and Marketing, Home Economics Division

Yield: 48

Portion: 1 piece

Cost per serving: \$0.35

Meets MODERATE nutrition standards

**Preheat oven to 375°F**

**2 – 11" x 17" sheet pans, lightly greased**

2 cups	all-purpose flour, sifted	227 g
2 1/2 cups	whole-wheat flour	340 g
2 1/2 cups	white granulated sugar	550 g
1/4 cup	baking powder	60 g
1 tbsp	salt	15 g
1 1/2 cups	skim milk	375 mL
6	eggs	6
3/4 cup	non-hydrogenated margarine, melted	175 g
5 lbs	frozen strawberries in light syrup (drained)	2 kg

## *Crumble Topping*

1 cup	all-purpose flour, sifted	240 g
1 cup	flax flour or flax meal	65 g
1 cup	brown sugar, lightly packed	150 g
1 cup	non-hydrogenated margarine	250 g
1 1/2 tsp	cinnamon, ground	3.5 g

- 1 Sift together the flours, sugar, baking powder, and salt in a large bowl.
- 2 Mix the milk, eggs, and margarine. Add to the dry ingredients and beat well for 2 minutes. Spread the batter in the sheet pans.
- 3 Evenly distribute the strawberries over the batter.
- 4 Mix the crumble-topping ingredients until the mixture resembles coarse crumbs. Evenly distribute over the strawberries.
- 5 Bake for about 45 minutes; check after 35 minutes. Cut each sheet pan into 24 portions.



# Sweet as Sunshine Smoothie



Adapted from the California Strawberry Commission at <http://www.calstrawberry.com>

Yield: 40

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.47

Meets **MAXIMUM** nutrition standards

10 cups	strawberries, frozen	1 kg
2 x 14-oz cans	pineapple chunks, unsweetened	2 x 398-mL cans
1 x 28-oz can	sliced peaches, in natural juice	1 x 796-mL can
1 x 28-oz can	sliced pears, in natural juice	1 x 796-mL can
6 cups	low-fat vanilla yogourt	1.5 L
	Grape-Nuts® cereal or frozen blueberries (for garnish)	

- 1 Allow the strawberries to thaw slightly.
- 2 Drain the canned fruit.
- 3 Combine all the fruit; blend in a blender or food processor in small batches.
- 4 Add the yogourt to the blended fruit.
- 5 Serve in cups; top with a sprinkle of Grape-Nuts® or a few frozen blueberries.

Smoothies are a great way to increase fruit and dairy intakes. Substitute with any frozen fruit you may have on hand; leftover frozen bananas can be substituted for the pineapple. Smoothies made with frozen fruit may be a little thicker than those made with fresh fruit. If required, thin the mixture by adding some of the liquid drained from the fruit. The flavour combinations of smoothies are endless; experiment a little and have fun.

# Roasted Red Pepper & Hummus Wraps



Adapted from *New Light Cooking*, Anne Lindsay  
Adapted from *Cook Great Food*, Dietitians of Canada

Yield: 48

Portion: 1 wrap

Cost per serving: \$0.64

Meets **MAXIMUM** nutrition standards

JUNE: Strive for Five at School!

## Red Pepper Wraps

6 cups	Hummus (see below)	1.5 L
48 slices	Roasted Red Pepper (see June recipes)	48 slices
48 x 6-inch	whole-wheat tortillas	48 x 15-cm

- 1 Begin by making the hummus (see below) and roasting the red peppers (see June recipes).
- 2 Spread each tortilla with 2 tbsp (30 mL) of the hummus.
- 3 Place a red-pepper slice on top of the hummus.
- 4 Roll up each tortilla. If desired, cut on the diagonal to serve.

## Hummus

3	garlic cloves, minced	3
3 x 19-oz cans	chickpeas, drained	3 x 540-mL cans
1/2 cup	sesame oil	125 mL
1/3 cup	lemon juice	75 mL
1 1/2 tsp	salt	7 g
3/4 tsp	pepper	4 g

- 1 In a food processor, purée the garlic and chickpeas.
- 2 Add the remaining ingredients and process until blended and smooth.

Older students may like a sprinkling of chopped red onion on their wraps. Instead of hummus, Curried Carrot Dip (see September recipes) could be used in the wrap.

This is a great vegetarian dish; chickpeas are a great source of plant protein.

# Rainbow Pepper & Beef Stir-fry



Adapted from *The Complete Canadian Living Cookbook*, Elizabeth Baird

Yield: 40

Portion: 1/2 cup (125 mL)

Cost per serving: \$1.00

Meets MODERATE nutrition standards

JUNE: Strive for Five at School!

**Preheat oven to 375°F**

**2 roasting pans**

2 tbsp	canola oil	30 mL
3 lbs	beef strips	1.5 kg
6	peppers (2 red, 2 orange, 2 yellow)	6
1 cup	teriyaki sauce	250 mL
1 cup	water	250 mL
1/4 cup	cider vinegar	50 mL
1 tbsp	cornstarch	15 mL
1 tbsp	water	15 mL
1 bunch	green onions	1 bunch
4 cups	matchstick carrots	280 g
1 lb	spaghetti	454 g

- 1 Place 1 tbsp (15 mL) of the oil in a roasting pan, distribute the beef strips in a single layer over the pan, and bake for about 20–30 minutes, until no longer pink. Do not overcook as this will make the strips tough.
- 2 Wash the peppers, cut in half, and remove the seeds; then cut into strips.
- 3 Place the remaining oil in the other roasting pan, distribute the pepper strips in a single layer over the pan, and bake for about 20–30 minutes, until soft.
- 4 While the beef strips and pepper strips are in the oven, combine the teriyaki sauce, 1 cup (250 mL) of water, and cider vinegar; bring to a boil. Make a paste with the cornstarch and 1 tbsp (15 mL) of water. Whisk the cornstarch paste into the teriyaki mixture. Stir until glossy.
- 5 Chop the green onions.
- 6 Combine the cooked beef and pepper strips, green onions, and matchstick carrots. Stir in the teriyaki sauce.
- 7 Bring 16 cups (4 L) of water to a boil. Add the spaghetti and cook for 10 minutes to the al dente stage (firm but not hard).
- 8 Drain the spaghetti and combine with the beef/pepper mixture. Keep warm in the oven until serving time.

# Roasted Red Peppers



Adapted from *New Light Cooking*, Anne Lindsay

Yield: 48

Portion: 1/6 of a pepper

Cost per serving: \$0.17

Meets **MAXIMUM** nutrition standards

JUNE: Strive for Five at School!

**Preheat oven to 350°F**

**2 – 11" x 17" sheet pans**

8	red peppers	8
1 tbsp	canola oil	15 mL
1 tsp	oregano	5 mL

- 1 Wash the peppers well. Cut each pepper in half; scoop out the seeds and the stem. Cut each half into 3 slices (8 peppers x 6 slices = 48 slices).
- 2 Toss the red-pepper slices in a bowl with the oil and oregano.
- 3 Lay the slices inside-face-down (not the skin side) on the sheet pans.
- 4 Bake for 30 minutes, until the outside skins are wrinkled and brownish. The skins may be removed, but roasted peppers are acceptable with the skins left on.

Roasted red peppers are easy to make. They are flavourful and full of vitamin C. They could be served on the side with a chicken strip, in a sandwich, or on top of a lean hamburger.

Roasted red peppers are also a great topping for pizza, such as Crusty Homemade Vegetable Pizza (see March recipes), or in Roasted Red Pepper & Hummus Wraps (see June recipes).



# Roasted Asparagus & Cherry Tomatoes



Adapted from *The Naked Chef*, Jamie Oliver

Yield: 30

Portion: 4 spears

Cost per serving: \$0.61

Meets **MAXIMUM** nutrition standards

JUNE: Strive for Five at School!

**Preheat oven to 350°F**

**3 – 11" x 17" sheet pans**

5 lbs	asparagus, fresh	2.5 kg
4 lbs	cherry tomatoes	2 kg
1/2 cup	canola oil	125 mL
3	garlic cloves, finely sliced	3
1 bunch	fresh basil or	1 bunch
2 tbsp	dried basil	30 mL
1/2 tsp	salt	2 mL
	pepper, to taste	
	grated Parmesan cheese or chopped	
	hard-boiled egg (for garnish)	

- 1 Wash the asparagus; trim any woody stems at the base of the stalks.
- 2 Wash the cherry tomatoes.
- 3 Mix the oil and garlic and spread over the sheet pans. Lay the asparagus spears evenly over the pans, rolling them in the oil/garlic mixture.
- 4 Evenly distribute the cherry tomatoes over the asparagus. Break apart the fresh basil and scatter over the asparagus and tomatoes. Sprinkle with the salt and pepper.
- 5 Bake for 20–25 minutes, rolling the spears over in the pans every 10 minutes.
- 6 Serve each asparagus portion of 4 spears in the centre of a side plate with a cherry tomato on top and a slice of whole-grain toast (sliced on the diagonal) placed to 1 side. Garnish with some Parmesan cheese or chopped hard-boiled egg, if you like.

Check to make sure that the asparagus does not become soft and mushy; rather, it should hold its shape and absorb the flavours of the tomatoes, oil, and garlic that surround it.



# Peas-to-Penne



Adapted from Every Day with Rachael Ray at <http://www.rachaelraymag.com>

Yield: 48

Portion: 3/4 cup (175 mL)

Cost per serving: \$0.44

Meets MODERATE nutrition standards

JUNE: Strive for Five at School!

**Preheat oven to 350°F**

**4 – 9" x 13" pans**

4 lbs	penne pasta, whole-wheat	2 kg
3 lbs	peas, frozen	1.5 kg
1/2 cup	Parmesan cheese, grated	125 mL
1 1/2 cups	olive oil	375 mL
1 cup	fresh basil or	250 mL
4 tbsp	dried basil	50 mL
2 tbsp	lemon zest (wash the lemon well)	30 mL
1 tsp	salt	5 g
	pepper, to taste	
8 oz	light cheddar cheese, grated	240 g

- 1 Prepare the pasta according to the directions on the package. Cook only to the al dente stage (firm but not hard) and drain, reserving 3 cups (700 mL) of the cooking water.
- 2 In a food processor, purée the peas with the Parmesan cheese, oil, basil, and lemon zest. The mixture should be coarsely chopped. Season with the salt and pepper. Transfer to a pot.
- 3 Stir the reserved pasta cooking water into the pea mixture.
- 4 Divide the cooked pasta between the pans, add the pea mixture, and toss to combine.
- 5 Sprinkle the cheddar cheese over the pans. Bake for 30 minutes.

NOTE: 1 tsp (5 mL) of low-sodium vegetable or chicken broth may be added to the reserved pasta water, however this will increase the sodium content of the recipe.

This pasta/peas combination makes a complete meal and would go well with Zesty Mesclun Salad (see May recipes).

# Powerful Pea Soup



Adapted from an old family recipe

Yield: 50

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.29

Meets **MAXIMUM** nutrition standards

2 cups	onion, chopped	500 mL
1/4 cup	non-hydrogenated margarine	50 mL
1/4 cup	canola oil	50 mL
16 cups	peas, fresh or frozen	1.8 kg
8 cups	water	2 L
1 1/2 tsp	chicken bouillon powder	5 g
3 x 12-oz cans	1% evaporated milk	3 x 370-mL cans
4 cups	1% milk	1 L
1 tsp	pepper	5 mL

- 1 Melt the margarine with the oil over low heat. Add the onion and sauté until soft.
- 2 Put 2 cups (500 mL) of the peas aside to be added after the soup has been puréed. Add the remaining peas to the onions.
- 3 Add the water and chicken bouillon powder. Simmer the mixture until the peas are soft.
- 4 Purée the soup in batches in a food processor or blender. Return to the pot and stir in the 2 cups (500 mL) of whole peas.
- 5 Add the evaporated milk and 1% milk and the pepper. Blend well.
- 6 Serve in bowls or mugs with a whole-wheat roll or bread to make this high-protein and high-fibre soup a complete meal.

This is a great menu item for cold winter days. Leftovers may be reheated and served the next day.

A variety of vegetables, fresh or frozen, may be substituted for the peas (e.g., carrots, broccoli, or carrots with parsnips).

# Nova Scotia Vegetable Hodge Podge



Adapted from *Cook Great Food*, Dietitians of Canada

Yield: 48

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.32

Meets **MAXIMUM** nutrition standards

**Preheat oven to 350°F**  
**large roasting pan**

48	small red-skinned potatoes	48
48	baby carrots	48
2 cups	snow peas	500 mL
2 cups	peas, fresh or frozen	500 mL
1 lb	yellow wax beans	454 g
4 cups	kernel corn, frozen	1 kg
3 cups	1% milk	750 mL
1/4 cup	flour	40 g
2 tsp	salt	10 g
1/2 tsp	pepper	2 g
1 tbsp	non-hydrogenated margarine	15 g

- 1 In a large pot, boil the potatoes until tender. Add the carrots and cook for 10 minutes more.
- 2 Transfer the mixture to the pan. Add the snow peas, peas, wax beans, and corn.
- 3 Mix the flour into the milk to form a smooth paste. Stir into the vegetable mixture.
- 4 Bake for 20–30 minutes, until all the vegetables are tender. Stir regularly to ensure that the flour/milk mixture is smooth and does not form lumps. Add the salt, pepper, and margarine.

In Nova Scotia Hodgepodge has traditionally been served as a main dish, but it can be served as a side dish to any protein choice.