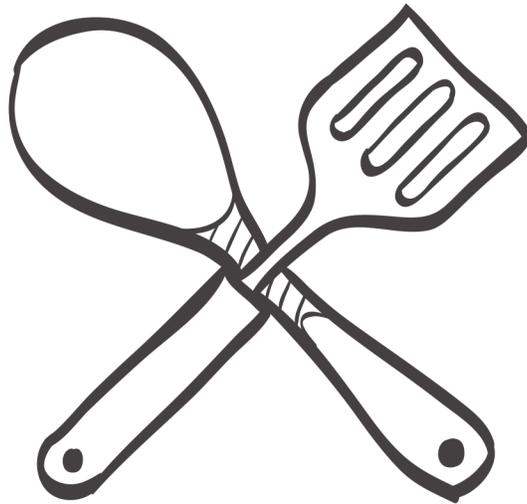




#FOOD4THOUGHT

COOK.EAT.CHAT

Cookbook



Apple Cheddar Wraps

SESSION 1

Ingredients

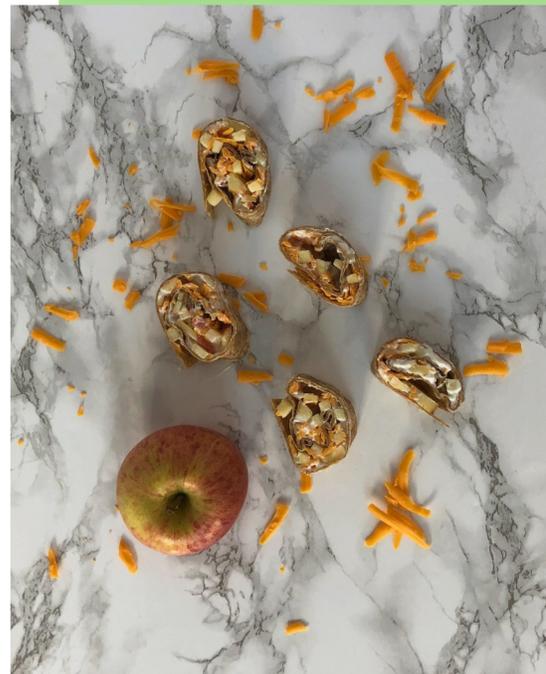
- 3 large apples (e.g., Cortland or Empire variety)
- 1 ½ cups (375 mL) vanilla yogurt
- 6 large whole-wheat tortillas
- 1 ½ cups (375 mL) cheddar cheese

Directions

1. Wash apples thoroughly under cool running water.
2. Cut apples into matchstick pieces. Do not peel.
3. Shred the cheddar cheese using a grater.
4. In a medium sized mixing bowl, combine apple matchstick pieces, grated cheddar cheese and the yogurt.
5. Lay the tortilla out on a cutting board.
6. Place the apple yogurt mixture down the centre of each tortilla, dividing it equally between the tortillas.
7. Roll the tortilla (try to roll it as tight as possible).
8. Cut into quarters.
9. Arrange on a plate and enjoy!

Equipment

Cheese grater / 2 cutting boards / 2 knives / large plates for serving / mixing bowl (medium) / liquid measuring cup / set of measuring spoons / small plates for sampling / 2 spoons / strainer



Pizzadillas

SESSION 2

Ingredients

- 6 large whole wheat tortillas
- 3/4 cup pizza sauce
- 3 cups mozzarella cheese, shredded
- 2 bell peppers (chopped)
- 1 tomato
- canola oil
- other vegetables if desired (chopped)

Directions

1. Wash and chop green pepper or other vegetables of choice.
2. Shred mozzarella cheese.
3. Lay tortillas on counter. With a spoon, spread half of each tortilla with 2 tbsp. pizza sauce, 1/2 cup of cheese and 1/3 cup vegetables.
4. Fold uncovered half over filling.
5. Turn skillet on to medium high heat and add 2 tbsp. of oil
6. Place tortilla on hot pan for about 2 minutes per side or until sides are lightly browned and cheese is melted.
7. Cut tortillas in quarters and serve.

Equipment

small spoon / cheese grater / 2 knives / cutting board / flipper / electric skillet / set of dry measuring cups / measuring spoons / large plate for serving



Couscous Salad with Pears, Feta & Herbs

SESSION 3

Ingredients

- 1 cup uncooked (250 mL) whole grain couscous equals 2 cups (500 mL) cooked
- 1 cup (250 mL) boiling water
- 1 green bell pepper
- 2 green onions
- 1/4 cup (60 mL) fresh herbs (mint, cilantro or parsley)
- 3/4 cup (175 mL) feta cheese
- 2 Bartlett pears (or canned pears)
- 1/4 cup (60 mL) canola oil
- Juice of 1 lemon
- 1 clove of garlic
- 1/2 tsp dried oregano leaves
- 1/4 tsp pepper

Directions

1. Boil 1 cup (250 mL) of water
2. Place uncooked couscous in heat proof bowl
3. Carefully pour boiling water over couscous and stir
4. Cover bowl with cutting board and let stand for 10 minutes. After 10 minutes, uncover and fluff with fork
5. Thoroughly wash bell peppers, green onions, pears and herbs under cool running water.
6. Dice green pepper, thinly slice green onion, chop herbs, and core and chop pears.
7. Crumble feta cheese
8. Mince garlic.
9. In small bowl, whisk together oil, lemon juice, garlic, oregano, and pepper
10. Add green pepper, green onions, cheese, herbs and pears to cooled couscous. Add dressing and mix to combine.

Equipment

3 cutting boards / kettle / 3 knives / 2 mixing bowls (large) / 2 mixing bowls (small) / set of measuring cups / set of measuring spoons / small plates and forks for sampling / 2 spoons / strainer /



Speedy Meatless Chili

SESSION 4

Ingredients

- 1 tbsp. (15 mL) canola oil
- 2 stalks celery
- 1 onion
- 1 zucchini
- 1 green bell pepper
- 1-2 cloves of garlic - minced
- 1 cup (250 mL) frozen corn
- 1 can (540 mL) lentils
- 1 can (540 mL) kidney beans
- 1 can (796 mL) diced tomatoes
- 1/2 tsp (2 mL) chili powder
- 1/2 tsp (2 mL) pepper
- 1 ½ cups (375 mL) cheddar cheese

Directions

1. Thoroughly wash all vegetables under cool running water.
2. Dice celery, onion, zucchini and bell pepper into small uniform pieces.
3. Mince garlic
4. Heat oil in skillet to medium-high heat.
5. Add onion, garlic, and celery to skillet and sauté for a few minutes, until softened.
6. Add bell pepper and zucchini and sauté for a few more minutes.
7. Add full can of diced tomatoes (do not drain)
8. Drain and rinse lentils and kidney beans using a strainer.
9. Add lentils, kidney beans, corn, chili powder, and pepper to the skillet and stir. Simmer for approximately 15 minutes.
10. Shred cheese using grater. Sprinkle on top of chili.

Equipment

Can opener / cheese grater / 4 cutting boards / electric skillet / 4 knives / set of measuring cups / set of measuring spoons / small plates, bowls, and forks for sampling / spoon / strainer



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