

# Let's Get Cookin'!



# 30 Minute Coconut Curry

## Ingredients

YIELDS: 6 servings    PREP TIME: 40 minutes

- 1 tbsp (15 ml) vegetable oil
- 225 g (1/2 lb) firm tofu
- 1 small onion
- 4 cloves garlic
- 1 small piece fresh ginger (about 1 tbsp minced)
- 2 tbsp (30 ml) curry powder
- 3 cups (1 bunch or 750 ml) broccoli
- 2 carrots
- 1 cup (250 ml) snow peas or green beans
- ½ tsp (2 ml) salt
- 1 tsp (5 ml) sugar
- 1 – 14 oz can coconut milk
- ½ cup (125ml) water

EQUIPMENT: Spatula / Strainer / Skillet or large saucepan / measuring spoons / wooden spoon / dry measuring cups / liquid measuring cup / cutting boards / knives / can opener

## Directions

- 1) Thoroughly wash all produce under cool running water.
- 2) Cube tofu. Heat the skillet to medium heat. Add half the oil (1/2 tbsp) to the skillet. Add tofu and pan fry until slightly brown. Set aside.
- 3) Prepare vegetables: Dice the onion. Mince garlic and fresh ginger. Chop broccoli into small florets. Dice carrots.
- 4) Add remaining oil (1/2 tbsp) to the skillet with the onion, garlic, ginger and curry powder. Stir fry for one minute. Add broccoli and carrots. Cook, stirring frequently, until softened (about 5 minutes).
- 5) Add salt, sugar, coconut milk and water. Bring to a simmer then reduce heat slightly and continue cooking for 8-10 minutes.
- 6) Add in the snow peas and tofu in the last few minutes to heat through.
- 7) Serve with rice or noodles.

### Chef's Tip



*Not a tofu fan? You can substitute tofu for pre-cooked diced chicken.*

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# Apple Pie Breakfast Bowl

## Ingredients

YIELDS: 4 servings    PREP TIME: 10 minutes

- ½ cup (125 ml) uncooked quinoa
- 1 cup (250 ml) milk or unsweetened fortified soy beverage
- ½ cup (125 ml) water
- ¼ tsp (1 ml) cinnamon
- 1/8 tsp (1/2 ml) nutmeg
- 1 ½ tbsp (20 ml) honey
- 1 apple
- 1 tsp (5 ml) vanilla extract
- ¼ cup (60 ml) raisins



EQUIPMENT: Cutting board / Knife / Strainer / Electric skillet / Wooden spoon / Measuring cups / Measuring spoons

## Directions

- 1) Wash apple and finely dice.
- 2) Thoroughly rinse quinoa using a strainer. Put quinoa in the skillet.
- 3) Stir in milk, water, cinnamon, nutmeg, honey and apple.
- 4) Bring to a bowl and then reduce heat to low and allow to simmer. Cover and cook for 10 minutes or until all the liquid is absorbed.
- 5) Stir in vanilla extract and top with raisins.

### Chef's Tip



You can add additional toppings such as pecans, walnuts, chia seeds or hemp hearts.

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Recipe adapted from Canada's Food Guide

# Breakfast Parfait

## Ingredients

YIELDS: 5 servings    PREP TIME: 15 minutes

- 2 1/2 cups (625ml) mixed berries, fresh or frozen
- 3 bananas
- 3/4 cup (200ml) dates
- 1 can (398ml) pineapple tidbits (canned in own juice)
- 2/3 cup (150ml) Multi grain cereal or any crunchy whole-grain cereal
- 3 2/3 cup (925 ml) vanilla yogurt



EQUIPMENT: colander / cutting boards / knives / can opener / large bowl / measuring cups / spoons /small bowls or cups for sampling

## Directions

- 1) If using fresh berries, wash and rinse under cool tap water. Discard any spoiled berries and remove stems. Chop into small bite-sized pieces.
- 2) Peel and slice bananas.
- 3) Slice dates into bite-sized pieces.
- 4) Open canned pineapple (wash lid before opening). Drain off juice using a colander. Place pineapple in the bottom of the large serving bowl.
- 5) Add a layer of yogurt over pineapple then layer with berries. Layer with yogurt and cereal. Top with bananas and dates. Continue to layer until all ingredients are used.

### Chef's Tip



*For a lower sugar version use plain greek yogurt and add a touch of vanilla instead of vanilla yogurt.*

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# Cheddar Apple Wraps

## Ingredients

YIELDS: 5 servings    PREP TIME: 20 minutes

- 2 large apples (e.g., Cortland or Empire variety)
- 1 cup (250 mL) plain Greek yogurt
- ½ tsp (5mL) vanilla extract
- 5 large whole-wheat tortillas
- 1 ¼ cups (300 mL) cheddar cheese



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

## 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) Add vanilla extract to the yogurt and stir well.
- 5) In a medium sized mixing bowl, combine apple matchstick pieces, grated cheddar cheese and the yogurt.
- 6) Lay the tortilla out on a cutting board.
- 7) Place the apple yogurt mixture down the centre of each tortilla, dividing it equally between the tortillas.
- 8) Roll the tortilla (try to roll it as tight as possible).
- 9) Cut into quarters.
- 10) Arrange on a plate and enjoy!

### Chef's Tip



*Matchstick pieces is a term that means chopping vegetables into thin, even strips. Julienne is another word to describe this chopping technique.*

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# Easy Cheesy Grilled Sandwich

## Ingredients

YIELDS: 6 half sandwiches

PREP TIME: 10 minutes

- Non-stick cooking spray
- 2 apples
- 1 cup (250mL) cheddar cheese
- 6 slices whole grain bread
- Non-hydrogenated margarine (optional)



EQUIPMENT: Cheese grater / 2 knives / cutting board / knife / flipper / electric skillet / set of dry measuring cups / large plate for serving / small plates for sampling

## Directions

- 1) Wash apples thoroughly under cool running water. Cut into thin slices (do not peel).
- 2) Grate the cheese.
- 3) If desired, spread a thin coating of non-hydrogenated margarine on each slice of bread.
- 4) If not using margarine, spray skillet with non-stick cooking spray.
- 5) Distribute grated cheese and apple slices over the 3 slices of bread (on the side without margarine). Top with second slice of bread (margarine side out).
- 6) Heat skillet to medium.
- 7) Grill sandwiches in skillet until lightly browned and cheese begins to melt, flip sandwich to cook the other side.
- 8) Remove sandwiches from skillet. Slice into quarters.

### Chef's Tip ..



*Enhancing this classic sandwich with apple is a great way to add some fruit to your meal!*

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# Fresh Salsa

## Ingredients

YIELDS: 16 servings (3 tbsp each)

PREP TIME:  
20-30 minutes

- 540 ml (19 oz) can diced tomatoes with Italian seasoning
- 125 ml (1/2 cup) seedless cucumbers, diced
- 125 ml (1/2 cup) green pepper, diced
- 1-2 green onions, finely chopped
- 1 small jalapeno pepper, seeded and diced
- 1 clove garlic, minced
- 15ml-30 ml (1-2 tbsp) red win vinegar
- 3 sprigs fresh coriander, chopped (optional)



EQUIPMENT: Can opener / mixing bowl (medium) / cutting boards / paring knives / chef knives / blender / set of measuring cups / set of measuring spoons / serving dish and utensils / small plates for sampling

## Directions

- 1) Combine all ingredients in a bowl except coriander. Mix well.
- 2) Transfer half of the mixture to the blender and puree. Add the blended mix to the chunkier mixture.
- 3) Garnish with coriander (if using)

### ..... Chef's Tip .....

*Jalapeno peppers need to be handled carefully as they can burn. While handling them, do not touch your face or eyes. After handling, wash your hands well with soap and water.*

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# Greek Salad

## Ingredients

YIELDS: 6 servings    PREP TIME: 20 minutes

- 1 romaine head of lettuce
  - 1 red onion
  - 175g (6 oz) can pitted black olives
  - 1 green pepper
  - 1 red pepper
  - 1 large tomato
  - 1 English cucumber
  - 250 ml (1 cup) feta cheese
- Dressing:
- 90 ml (6 tbsp) extra-virgin olive oil
  - 5 ml (1 tsp) dried oregano
  - Juice of 1 fresh lemon
  - Ground black pepper to taste



EQUIPMENT: 2-3 cutting boards / 2-3 chef knives / paring knives / set of measuring spoons / set of dry measuring cups / whisk / small bowl / large salad bowl / serving spoon or tongs / salad spinner (if available; clean dry towels if not available) / small plates and forks for sampling

## Directions

- 1) Rinse, and dry all lettuce leaves (or use salad spinner if available). Chop leaves and place into large salad bowl.
- 2) Peel and thinly slice red onion, and slice olives; add to salad bowl.
- 3) Wash and cut green pepper, red pepper and tomato. Add to salad bowl.
- 4) Cut cucumber into thick slices (1 cm thick rounds) and add to salad bowl.
- 5) Crumble feta and add to salad bowl.
- 6) Measure out dressing ingredients and whisk together. Pour dressing over salad, toss, and serve.

### Chef's Tip



*While fresh lemon is tastiest in this recipe, you can substitute lemon juice if needed.*

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# Hearty Winter Vegetable Soup

## Ingredients

YIELDS: 8 half-cup servings    PREP TIME: 35 minutes

- 1 tbsp. non-hydrogenated margarine
- 1 onion (diced)
- 1 carrot (sliced into small coins)
- 2 potatoes, washed, peeled and diced
- 6 oz (160ml) low sodium chicken broth
- 1 cup (250 ml) frozen turnip or rutabaga
- 1 tbsp. (15ml) all-purpose flour
- 1 cup (250ml) milk
- 1/2 cup (125ml) cheddar cheese, shredded



EQUIPMENT: Large electric skillet / 3 cutting boards / 2 knives / grater / vegetable peeler / measuring cups / measuring spoons / mixing spoon / serving spoon / small bowls and spoons for sampling

## Directions

- 1) Peel onion, and dice.
- 2) Peel carrot, wash, and slice into thin coins.
- 3) Peel potatoes, wash, and cube into uniform sized pieces.
- 4) In a skillet melt margarine over medium heat.
- 5) Add onion and carrots and sauté for about 5 minutes – stirring occasionally.
- 6) Add chicken broth, potatoes and frozen rutabaga (or turnip).
- 7) Bring to boil. Reduce heat and simmer for about 20 minutes until vegetables are tender.
- 8) Dissolve flour in a small quantity of milk.
- 9) Add flour and milk to soup with the remainder of the milk and mix in thoroughly.
- 10) Cook over medium heat and stir until thickened.
- 11) Stir in cheese and serve immediately.

### Chef's Tip



Be sure to use a large skillet to fit all the ingredients or adjust the recipe to avoid soup overflow.

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# Herbed Cheese Dip

## Ingredients

YIELDS: 8 serving    PREP TIME: 15 minutes

- 1 large clove garlic
- ¼ cup (50 mL) packed fresh basil leaves or parsley
- ¼ cup (50 mL) chopped green onion tops
- 1 cup (250 mL) 1% cottage cheese
- ½ cup (2 oz./50g) feta cheese



EQUIPMENT: cutting board / knives / dry measuring set / blender

## Directions

- 1) Thoroughly wash onions and basil or parsley.
- 2) In a blender, combine garlic, basil or parsley and onion tops until finely chopped.
- 3) Add cheeses and process just until blended and still chunky.
- 4) Cover and chill until ready to serve.

### Chef's Tip



*This chunky cheese dip or spread is delicious served with vegetable sticks, whole grain crackers or whole grain bread.*

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# Hummus

## Ingredients

YIELDS: 4-6 servings PREP TIME: 10 minutes

- 1 can (540 ml) chickpeas
- 1 clove of garlic
- 2 tsp (10 ml) ground cumin
- ½ tsp (2 ml) salt
- ½ tsp (2 ml) black pepper
- ¼ cup (60 ml) olive oil
- 3 tbsp (45 ml) lemon juice
- Water

EQUIPMENT: Blender / Can opener / Colander / Measuring cups / Measuring spoons / Cutting board / Knife

## Directions

- 1) Drain and rinse chickpeas.
- 2) In a blender or food processor, combine chickpeas and garlic.
- 3) Add remaining ingredients and blend until smooth. Add water if needed to make a smooth consistency.

### ..... Chef's Tip .....



*Hummus is a popular dish from the Middle East. It can be used as a dip for veggies or pita bread, or used as a spread on wraps and sandwiches.*

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# One Pot Veggie Pasta

## Ingredients

YIELDS: 8 half-cup servings    PREP TIME: 35 minutes

- 1 jar (700 mL) of pasta sauce
- ½ jar (350 mL) water
- 1 ½ cups (374 mL) bite-size whole wheat pasta, dry (example: elbow macaroni, rotini, wheels)
- 1 red pepper
- 1 cup (250 mL) of mushrooms
- 2 cups (500mL) of frozen mixed vegetables
- 1 cup (250 mL) cheese (mozzarella or cheddar)



EQUIPMENT: Large electric skillet / 2 cutting boards / 2 knives / grater / set of dry measuring cups / mixing spoon / serving spoon / small plates for sampling

## Directions

- 1) Preheat skillet on medium heat. Add tomato sauce, water and pasta. Cover and bring to a boil. Reduce heat to medium-low and cover, simmering for 15 minutes. If pasta is looking dry before cooked, add more water.
- 2) Thoroughly wash pepper and mushrooms under cool running water.
- 3) Cut pepper and mushrooms into bite-sized pieces.
- 4) Grate cheese.
- 5) Add fresh and frozen vegetables to cooked pasta, and cook for 10 more minutes, stirring occasionally.
- 6) Top with grated cheese and serve.

### Chef's Tip



Be sure to use a large skillet to fit all of the ingredients or adjust the recipe to avoid pasta overflow.

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# Pizza Frittata

## Ingredients

YIELDS: 4 servings

PREP TIME: 20-30 minutes

- Few sprays of non-stick cooking spray
- 1 small onion
- 2 mushrooms
- 1 small red, green, orange or yellow pepper
- 1 tomato
- 15 ml (1 tbsp) vegetable oil
- 60 ml (1/4 cup) 6 eggs
- 60 ml (1/4 cup) water
- 15 ml (1 tbsp) fresh parsley
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) dried oregano
- 2 ml (1/2 tsp) dried basil
- 2 ml (1/2 tsp) ground black pepper
- 30 ml (2tbsp) pizza sauce



EQUIPMENT: electric skillet / paring knives / chefs knives / cutting boards / liquid measuring cup / set of dry measuring cups / set of measuring spoons / cheese grater / flipper / whisk / mixing bowl (small) / mixing bowl (medium) / mixing bowl (large) / small plates and forks for sampling

## Directions

- 1) Spray electric skillet with non-stick cooking spray; heat to medium-high.
- 2) Wash onion, mushrooms and peppers and chop finely for pizza topping.
- 3) Measure and heat oil in electric skillet. Add onions, mushrooms and peppers and cook until soft, stirring often. Remove cooked vegetables from skillet and place in small bowl.
- 4) Chop tomato into small pieces. Grate cheese and set aside.
- 5) Whisk eggs, water and seasonings together in large bowl. Wash hands after handling raw eggs.
- 6) Pour whisked eggs into hot skillet. As mixture sets at the edges, gently lift cooked edges with spatula to allow uncooked egg to flow underneath. Cook until bottom of frittata is set and top is almost set. Turn off the heat.
- 8) Spread pizza sauce over the frittata. Garnish with cooked vegetable toppings and chopped tomato. Sprinkle with mozzarella cheese.
- 9) Cover skillet with lid and allow cheese to melt and frittata to cook for another minute.
- 10) Once cheese has melted and frittata has cooked through (eggs are firm), serve and enjoy!

### Chef's Tip



*If possible, use a food thermometer to check to see that your eggs are cooked; the internal temperature should be at least 74°C.*

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# Pizza-dillas

## Ingredients

YIELDS: 5 servings    PREPTIME: 10 minutes

- 5 large whole wheat tortillas
- 5 tbsp. pizza sauce
- 1 1/4 cup (300 mL) shredded mozzarella
- 1 cup (150 mL) green peppers or vegetable of choice (chopped)
- Non-stick cooking spray



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

## Directions

- 1) Wash and chop green pepper or vegetables of choice.
- 2) Lay tortillas on counter. With a spoon, spread half of each tortilla with 1 tbsp. pizza sauce, 1/4 cup cheese and 2 tbsp. of vegetables. Fold uncovered half over filling.
- 3) Lightly spray pan with cooking spray.
- 4) Heat electric skillet to medium heat.
- 5) Place tortilla on hot pan for about 2 minutes per side or until sides are lightly browned and cheese is slightly melted.
- 6) Cut tortillas in quarters and serve.

### Chef's Tip



*Use vegetables that are in season to make these healthy and affordable.*

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# Rice Vermicelli with Greens

## Ingredients

YIELDS: 6 servings    PREP TIME: 30 minutes

- 8 oz (250 g) uncooked rice vermicelli
- ¼ cup (60 ml) soy sauce
- 2 tsp (10 ml) white sugar
- 2 tsp (10 ml) sesame oil
- 1 bulb of fresh ginger (2 tbsp minced)
- 3 cloves garlic
- 1 medium carrot
- 1 small head of broccoli (approximately 3 cups chopped)
- 1 red pepper
- 1 small head of bok choy
- 2 tbsp (30 ml) vegetable oil



EQUIPMENT: Electric skillet / large mixing bowl / colander / 4 cutting boards / 4 knives / spatula / liquid measuring cup / measuring spoons / tongs

## Directions

- 1) Place the vermicelli in a large bowl and cover with boiling water. Soak for 5 minutes or until tender. Drain and set aside.
- 2) Mix together the soy sauce, sugar and sesame oil and set aside.
- 3) Thoroughly wash all produce under cool running water.
- 4) Mince ginger and garlic. Peel and julienne carrot. Chop broccoli into small florets. Julienne red pepper. Chop bok choy.
- 5) In the skillet, heat the vegetable oil over medium heat. Use a spatula to spread the vegetable oil around the skillet.
- 6) Cook ginger and garlic in the hot oil for 10 seconds. Add the carrots and broccoli and stir fry 2-3 minutes. Add the red peppers and stir fry for an additional 2 minutes.
- 7) Add the bok choy, vermicelli and soy sauce mixture and toss together. Stir fry until heated through.

### Chef's Tip ..

*Rice vermicelli noodles can be found in many grocery stores in the Asian specialty section/aisle. If you can't find them, you can substitute cooked spaghetti noodles.*

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# Strawberry Satisfaction Salad

## Ingredients

YIELDS: 10 servings    PREP TIME: 15 minutes

### Salad

- 5 cups (1.25 L) fresh mixed greens or baby spinach
- 1 cup (250 mL) fresh strawberries
- ½ cup (125 mL) pasteurized feta cheese

### Dressing

- ¼ cup (60 mL) red wine vinegar
- ½ cup (125 mL) canola oil
- 1 tbsp. dry mustard
- 1 tsp. sugar



EQUIPMENT: Cutting board / 2 knives / liquid measuring cup / large mixing bowl / medium bowl / spoon / small bowl / small plates for sampling

## Directions

- 1) Thoroughly wash strawberries and salad greens under cool running water
- 2) Remove stems from strawberries, discard any spoiled berries and cut away bruised areas.
- 3) Slice strawberries into a medium sized bowl.
- 4) Crumble feta cheese.
- 5) Pat salad greens dry and place in a large bowl.
- 6) Add strawberry slices and crumbed cheese.
- 7) In a separate bowl, combine red wine vinegar, canola oil, dry mustard and sugar.
- 8) Drizzle dressing over salad, toss and serve immediately.

### Chef's Tip ..



Consider adding sliced almonds to this salad when making it at home and nut allergies are not a concern.

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# Three Sisters Soup

## Ingredients

YIELDS: 8 servings    PREP TIME: 30 minutes

- 2 tsp (10 ml) vegetable oil
- 1 onion
- 4 carrots
- 4 stalks of celery
- 4 cloves garlic
- 8 cups (2 L) vegetable broth
- 2 cups (500 ml) frozen butternut squash
- 1 ½ cups (375 ml) frozen corn
- 2 cans (2 x 540 ml) no salt added kidney beans
- 2 tsp (10 ml) dried thyme
- 1 tsp (5 ml) ground pepper



EQUIPMENT: Can opener / 4 cutting boards / electric skillet / 4 knives / liquid measuring cup / set of measuring spoons / set of measuring cups / small bowls for sampling / strainer / wooden spoon / vegetable peeler

## Directions

- 1) Thoroughly wash all produce under cool running water.
- 2) Dice onion. Chop carrots and celery. Mince garlic.
- 3) Heat oil in the skillet. Add onion and sauté over medium heat, stirring often until golden (about 2 minutes).
- 4) Add carrots, celery and garlic and sauté for another 8 minutes, or until softened.
- 5) Add vegetable broth and bring to a boil.
- 6) Turn down heat and add squash, corn, beans, thyme and pepper. Stir and simmer another 5 minutes until all vegetables are cooked soft.

### Chef's Tip



*In some Indigenous communities, the three crops of corn, squash and beans are called "Three Sisters" because they help each other grow when planted side by side.*

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Recipe adapted from Canada's Food Guide

# Vegetable Fried Rice

## Ingredients

YIELDS: 5 servings    PREP TIME: 20 minutes

- 1 large red pepper
- 3 green onions
- 1/2 tbsp. canola oil
- 1 egg
- 250 mL (1 cup) frozen mixed vegetables
- 1 tbsp. low sodium soy sauce
- 250 mL (1 cup) pre-cooked brown rice
- 1 tbsp. water
- 1/2 tsp. ground pepper
- garlic and onion powder to taste (optional)



EQUIPMENT: Electric skillet / 3 knives / 3 cutting boards / 2 mixing spoons / 2 liquid measuring cups / set of measuring spoons / 2 small bowls / whisk / large plate for serving / small plates for sampling

## Directions

- 1) Thoroughly wash all produce under cool running water.
- 2) Chop pepper and onions into small pieces.
- 3) Heat oil in electric skillet on medium-low heat. Add peppers and onions and sauté until tender-crisp, 2 to 3 minutes.
- 4) Crack egg into bowl. Wash hands after handling raw egg. Beat egg with a whisk and add them to the skillet. Let eggs set for 1 minute without stirring.
- 5) Stir vegetable and egg mixture. Add the pre-cooked rice and a bit of water followed by the frozen vegetables and soy sauce. Cook while stirring for 4 minutes.
- 6) Ensure the rice and frozen vegetables are heated through before serving.

### Chef's Tip



It is important to follow safe food-handling practice when working with rice. Do not leave cooked rice at room temperature for longer than 2 hours. Prepare the rice, on site, immediately before the session, or cool the rice as quickly as possible and keep in the fridge for no more than 1 day until reheating.

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# Veggie Pita Pizzas

## Ingredients

YIELDS: 5 servings    PREP TIME: 15 minutes

- 1 cucumber
- 2 tomatoes, large
- 1 head of broccoli
- 1 carrot
- 2/3 cup (150ml) cheddar cheese
- 2/3 cup (450ml) roasted red pepper hummus
- 5 whole-wheat pita breads



EQUIPMENT: colander / 4 cutting boards / 4 knives / grater / vegetable peeler / measuring cups / spatula / pizza cutter / small plates for sampling

## Directions

- 1) Peel carrot.
- 2) Thoroughly wash all vegetables under cool tap water.
- 3) Cut cucumber and tomatoes into very thin uniform slices.
- 4) Shred carrot.
- 5) Chop broccoli into fine pieces.
- 6) Shred cheese using grater.
- 7) Spread hummus on top of pita.
- 8) Cover with shredded cheese using grater and top with vegetables.
- 9) Cut into wedges and enjoy.

### *Chef's Tip*



*Cream cheese or any type of hummus could be substituted to make this delicious recipe.*

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# Whipped Cream

## Ingredients

YIELDS: 4 cups    PREP TIME: 30 minutes

- 1-473ml carton of whipping cream
- ¼ cup (60 ml) icing sugar
- 1 tsp (5 ml) vanilla extract

EQUIPMENT: Electric mixer / large mixing bowl / liquid measuring cup / measuring spoons / spatula

## Directions

- 1) Add whipping cream, icing sugar and vanilla extract to a bowl.
- 2) Using the electric mixer (fitted with a whisk attachment if available), whip the ingredients for 4-5 minutes until medium peaks form.

### ..... Chef's Tip .....

You can tell the whipped cream is ready by how it makes peaks. For medium whipped cream peaks, look for little peaks that bend over a bit at the tips when you lift the beater from the bowl.

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