

Favourite Recipes From Clinic

2000 to 2005

**Cookbook
&
Cooking
Dictionary**



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Created by Robin Hicken, RD
Gesundheit Fur Kinder Program

For more information: 664-3794

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How to Use this Cookbook...

1. How much...

Look at Page 4










2. What is in it...

Look at Pages 5 to 11






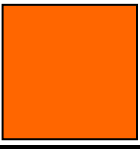


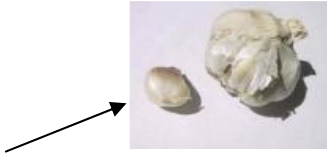



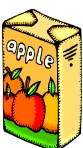


3. How to...

Look at Pages 12 to 13

*You can find all the words in **Bold***



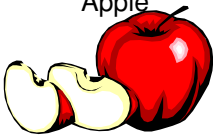











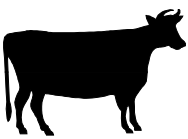


















Corn Chowder (Soup)			Serves 4
300 g package	Frozen corn		<ol style="list-style-type: none"> 1. Mix all ingredients in a large pan. 2. Bring to a boil. 3. Simmer, covered, for 10 minutes (until potato is cooked) 4. Blend with hand blender. 5. Cook and stir until hot.
1 large	Potato, peeled		
1 medium	Onion, chopped		
1 small	Red pepper, chopped		
10 oz can	Broth, Chicken		
1 cup	Milk		
¼ cup	Apple juice		
½ tsp	Cumin		
	Salt and pepper		











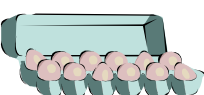




How Much? (Measurements)

<p>Cup</p>  <p>250 mL</p>	<p>Tbsp = tablespoon</p>  <p>15 mL</p>	<p>Tsp = teaspoon</p>  <p>5 mL</p>
<p>Pinch</p>	<p>Lb = pound</p> 	<p>Oz = ounce (16 oz = 1 pound)</p> 
<p>Large</p> 	<p>Medium</p> 	<p>Small</p> 
<p>Clove</p> 	<p>Jar</p> 	<p>Slices</p> 
<p>Quart = 4 cups Or 1 Litre Or 1000 mL</p>	<p>Container = package = can</p>	<p>Handful</p> 
<p>Pkg = package</p> 	<p>Cans</p> 	<p>Bunch</p> 








What is in it...























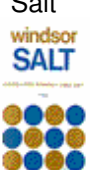




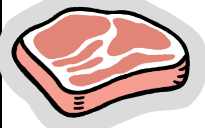








(Ingredients)

A	Active Dry Yeast 	Almonds 	Apple 	All Bran Cereal 
	All Spice 	Applesauce 	Apple Juice 	Asparagus 
	Baking Powder 	Baking Soda 	Banana 	Basil 
	Beans 	Bean sprouts 	Beef 	Bread 
B	Bread Crumbs 	Broccoli 	Brown Sugar 	Butter 
	Butternut Squash 	Buttermilk 	Beef Cubes 	Bread 
	Bay Leaves 	Barley 	Beef Bullion 	Bran 
	Blueberries 	Cabbage 	Carrot 	Cayenne Pepper 
C	Celery 			

Cheddar Cheese 	Chicken 	Chicken breast 	Chili Powder 	Chocolate Chips 
Cider vinegar 	Cinnamon 	Cocoa 	Corn 	Cornmeal 
Cornstarch 	Cottage Cheese 	Cream Cheese 	Cool Whip 	Cream Style Corn 
Cumin 	Cucumber 	Cilantro 	Chicken Bullion or Soup Base 	Cake mix 
Cooked Ham 	Crushed Tomatoes 	Canola Oil 	Chili Pepper 	Cauliflower 
D	Dill 	Dried oregano 	Dry Mustard 	Dijon Mustard 
E	Eggs 	English muffins 	Evaporated Milk 	Egg noodles 
F	Fettuccine 	Flour 	Feta Cheese 	Freezer Jam Jelling Powder 

G	<p>Garlic</p> 	<p>Garlic clove</p> 	<p>Ginger</p> 	<p>Grapes</p> 
<p>Green beans</p> 	<p>Green Onion</p> 	<p>Green peas</p> 	<p>Ground beef</p> 	<p>Green Pepper</p> 
<p>Green Chilies</p> 	<p>Ground meat</p> 			
H	<p>Hot pepper sauce</p> 	<p>Honey</p> 	<p>Ham</p> 	
I	<p>Icing Sugar</p> 	<p>Infant Cereal</p> 	<p>Italian Seasoning</p> 	<p>Instant pudding mix</p> 
K	<p>Ketchup</p> 	<p>Kidney beans</p> 		
L	<p>Lemon juice</p> 	<p>Lemon rind</p> 	<p>Lentils</p> 	<p>Lime</p> 
<p>Lasagne</p> 	<p>Lima Beans</p> 	<p>Lasagna Noodles, Oven Ready</p> 		

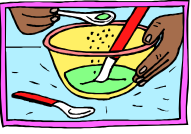




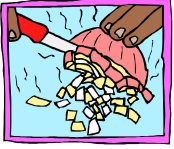





























M	Margarine 	Mayonnaise 	Melon 	Milk 
Mozzarella cheese 	Mushrooms 	Meat & Alternatives 	Mandarin Oranges 	Molasses 
Monterey Jack Cheese 	Macaroni 	Mixed Vegetables, frozen 	Marshmallows 	
N	Nutmeg 	Nonstick Spray 	Noodles 	
O	Onion 	Oranges 	Olive Oil 	Oatmeal 
Oatbran 	Oil 	Oregano 		
P	Parmesan cheese 	Pasta 	Peanut 	Pear 
Pepper 	Pineapple 	Plum 	Pork 	Pot barley 










Potatoes 	Prune Puree 	Prunes 	Prune Juice 	Parsley 
Peppers 	Pumpkin 	Poultry seasoning 	Peas, frozen 	Pasta sauce 
Poppy seeds 	Powdered sugar 	Parsley Flakes 		
R	<u>Raisins</u> 	 Red Wine Vinegar	Rice 	<u>Rolled Oats</u> 
Red pepper 	Romaine lettuce 	Rhubarb 	Rotini Noodles 	Red Onion 
S	Salt 	 Sesame Oil	Snow peas 	 Soy Sauce
Spinach 	Steak 	Stock 	Strawberry 	Sugar 
 Sweet potato	 Salsa	 Spices	 Sunflower Seeds	 Seasonings

Spagetti noodles 	Seasoned salt 	Spinach, frozen 		
T 	Thyme 	Tomatoes 	Tortillas 	Tuna 
Turkey, deli 	Turnip 	Taco Seasoning 	Tomato Sauce 	Tomato Soup, condensed 
V 	Vanilla 	Vegetable Oil 	Vinegar 	V8 Juice 
 Vegetables	Vegetable Stock 			
W 	Water 	Whipped Cream 	Wheat germ 	Whole wheat flour 
Worcestershire sauce 				

Y	<p>Yogurt</p> 	<p>Yellow beans</p> 		
Z	<p>Zucchini</p> 	<p>Zesty Italian Dressing</p> 		

How to...

<p>Add</p> 	<p>Bake</p> 	<p>Beat</p> 	<p>Blend</p> 	<p>Boil</p> 
<p>Chop</p> 	<p>Cook</p> 	<p>Cool</p> 	<p>Cover</p> 	<p>Cream</p> 
<p>Cut</p> 	<p>Drain</p> 	<p>Freeze</p> 	<p>Fry</p> 	<p>Grate</p> 
<p>Grease</p> 	<p>Heat</p> 	<p>Layer</p> 	<p>Knead</p> 	<p>Mash</p> 
<p>Melt</p> 	<p>Microwave</p> 	<p>Mix</p> 	<p>Peel</p> 	<p>Pour</p> 
<p>Preheat</p> 	<p>Remove</p> 	<p>Rinse</p> 	<p>Roll</p> 	<p>Shake</p> 
<p>Simmer</p> 	<p>Slice</p> 	<p>Soak</p> 	<p>Spoon onto</p> 	<p>Spread</p> 

Spray 	Sprinkle 	Stir 	Stir-fry 	Tear 
Toast 	Toss 	Wash 	Whisk 	










What to use...

A baking dish 	A blender 	A bowl 	A cookie sheet 
A colander 	A fork 	A kettle 	A knife 
A ladle 	A microwave 	A mixture 	A pan 
A pot 	Plates 	An oven 	A rolling pin 
A spoon 	A stove 	A toaster 	A whisk 

Salads...

Spinach Salad

Serves 6 to 8







1 lb	Spinach, fresh	
1/3 cup	sunflower seeds	
1 can	mandarin oranges, drained	
Dressing:		
1/4 cup	cider vinegar	
3 Tbsp	olive oil	
3 Tbsp	water	
1 Tbsp	sugar	
1/4 tsp	Worcestershire sauce	
1	green onion, minced	

1. **Wash** and dry the spinach. **Tear** into bite size pieces. Put in a bowl.
2. **Add** sesame seeds and oranges to the spinach.
3. **Mix** together the dressing ingredients.
4. **Pour** dressing over salad and **toss**. Serve immediately.










Bean and Corn Salad

1. In a large bowl, mix together:

1 can	black beans, drained and rinsed	
1 1/3 cups	Corn, thawed	
1 cup	Tomatoes, chopped	
1/2 cup	Peppers, chopped	
1/2 cup	red onion, chopped	
1/4 cup	fresh parsley, chopped	

2. In a small bowl, stir together:







2 Tbsp.	vinegar	
1 tbsp.	oil	
1/2 tsp	Cumin	
1/2 tsp	Garlic, minced	
1/2 tsp	hot pepper sauce	
1/4 tsp	salt	
	pepper	










3. Pour dressing over salad. Stir well.

Greek Pasta Salad

(Makes a large bowl)

1. Put a large pot of water on stove to **boil**
2. **Add** to water:





6 cups	rotini noodles	
<ol style="list-style-type: none"> 3. Boil for 10-13 minutes 4. Drain noodles 5. Put noodles in refrigerator to cool 6. Chop: 		
1	Green pepper	
1	Red pepper	
1	cucumber	
7. Mix noodles with vegetables and add :		
1 ½ cup	feta cheese, grated	
½ cup	Zesty Italian Dressing	

Honey Salad Dressing			Makes 1 cup
¾ cup	Mayonnaise		<ol style="list-style-type: none"> 1. In a bowl, whisk together all ingredients. 2. Use to dress salad or as a dip for vegetables.
1 ½ Tbsp	Red wine vinegar		
1 ½ Tbsp	Honey		
1 clove	Garlic, crushed		
2 tsp	Dijon mustard		
1 tsp	Worcestershire sauce		
¼ tsp	Tabasco sauce		
¼ tsp	Salt		
¼ tsp	Pepper		





Mandarin Orange Salad with Almonds

1. In a large bowl, mix:

8 cups	romaine and spinach leaves, torn	
½ cup	Celery, sliced	
2	green onions, chopped	
1 can	mandarin oranges, drained	














In a small bowl, mix:

2 tbsp.	vinegar	
4 tsp.	Oil	
1 tbsp.	fresh parsley, chopped (or 1 tsp. dried)	
2 tsp	sugar	
¼ tsp.	hot pepper sauce	
¼ tsp.	salt pepper	

3. Pour dressing over salad. Stir.

4. Sprinkle toasted almonds over top.





Emilie's Bean Salad

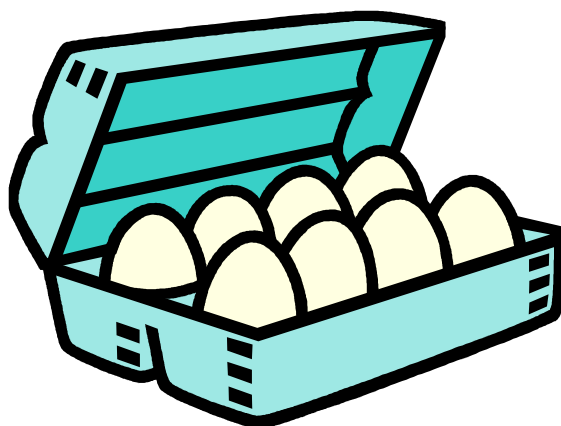
1 can	Kidney beans	
1 can	Lima beans	
1 can	Green beans	
1 can	Yellow beans	
1	Red pepper, chopped	
1	Onion, chopped	
½ cup	Vegetable oil	
½ cup	Vinegar	
1/3 cup	Sugar	
1 tsp	salt	
¾ tsp	Dry mustard	
½ tsp	Oregano	
1 tsp	Dill weed	

1. **Drain** all the beans.
2. **Rinse** the kidney beans.
3. **Mix** everything in a bowl.
4. Let sit overnight.



Sandwiches...

Egg Salad Sandwich (Makes 7 sandwiches)		
1. Place in single layer in pot:		
8	Eggs	
2. Cover with cold water 3. Bring to a boil 4. Remove pot from stove 5. Keep eggs in water for 20 to 25 minutes 6. Drain water 7. Run cold water over eggs until cool 8. Peel eggs 9. Chop eggs 10. Mash eggs until smooth 11. Mix eggs with:		
½ cup	Mayonnaise	
¼ cup	green onion, chopped	
1 tsp	black pepper	






Turkey Spinach Wraps

(Makes 8 Wraps)













1. Take cream cheese out of refrigerator to soften for 1 hour
2. **Spread:**




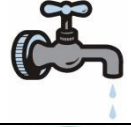








8	Tortilla	
8 ounces	cream cheese	
5 ounces	baby spinach leaves – trimmed	
8 slices	Deli turkey – thickly sliced	
3. Drain:		
650ml (1 jar)	salsa	
<ol style="list-style-type: none"> 4. Spread drained salsa over turkey 5. Roll tortilla up and wrap in saran wrap 		








Banana Roll Ups

1	Tortilla		<ol style="list-style-type: none"> 1. Spread the peanut butter on the tortilla. 2. Roll the banana up in the tortilla. 3. Slice and enjoy!
1	banana		
1 Tbsp	Peanut Butter		











Soups...

Cabbage Soup			serves 10 to 12
4 lb	Chicken		<ol style="list-style-type: none"> 1. Add all ingredients in a large pot. 2. Cook until meat is tender. 3. Do not overcook; cook only until meat is done.
1	Cabbage, small head		
1	Small onion		
½ tsp	garlic, chopped		
1	Big star aniseed		
2	bay leaves		
1 Tbsp	Salt		
1 Tbsp	Pepper		
2 Tbsp	Parsley		
1 tsp	Cilantro		
1 cup	frozen corn		
6 quarts	Water		

Ground Turkey Soup			serves 10 to 12
½ lb	Ground turkey		<ol style="list-style-type: none"> 1. Cut vegetables as directed. 2. In a large pot, cook ground turkey and onions, breaking meat into small pieces and cooking until it loses its pink colour. 3. Add carrots, water, bouillon, and seasonings. Bring to a boil, lower heat and simmer until carrots are tender (15 minutes). 4. Add zucchini and noodles and cook 10 minutes more.
2	Onions chopped		
4	Carrots, diced		
5 cups	Water		
1 Tbsp	chicken bouillon		
2 tsp	Thyme		
1 tsp	Poultry seasoning		
1 tsp	Garlic powder		
¼ tsp	Allspice		
	Pepper		
2	Small zucchini, cut in half rounds or diced		
2 cups	Egg noodles, raw		

















Vegetable Cream Soup			serves 4 to 6
1	Small head cauliflower OR bunch of broccoli or 1 lb asparagus		<ol style="list-style-type: none"> 1. Cook vegetable in water. 2. In a pan, melt margarine and add flour. 3. Cook and stir over medium heat for 3 minutes. 4. Add the milk. Stir until thick. 5. Mash the vegetables in the cooking water. Add vegetable mixture to the milk. 6. Stir until the soup thickens again. Add salt, pepper and chicken soup base.
4 cups	Water		
2 cups	Milk		
3 Tbsp	Margarine		
$\frac{3}{4}$ cup	Flour		
To taste	Salt and pepper		
1 Tbsp	Chicken soup base		



Restaurant Soup			12 or more large servings
5	carrots peeled and chopped		<ol style="list-style-type: none"> 1. Cut the vegetables. 2. Add everything into a big pot and simmer until vegetables are soft.
5	celery, chopped		
2	Onions, peeled and chopped		
1 cup	Frozen peas or corn		
1 can	Tomatoes (28 oz)		
5	potatoes, peeled and cut up		
2 Tbsp	Soup base		
10 to 12 cups	Water		
2 cups	Noodles		
	Salt and pepper		

Beef Barley Soup

Makes about 22 cups or 5 litres.



6 cups	water	
6	beef bouillon cubes	
Can: 28oz/ 796 ml	diced canned tomatoes	
Can: 10oz/ 284 ml	tomato soup, condensed	
2 cups	Carrots, sliced	
2 cups	Potatoes, diced	
1 ½ cups	Onions, chopped	
1 cup	Celery, chopped	
½ cup	pearl or pot barley	
6 cups	water	
1 tbsp	parsley flakes	
1 tsp	sugar	
¼ tsp	Pepper	
¼ tsp	Thyme	
2-3 cups	cooked roast beef, chopped	
OR		
2 lbs/1 kg	cooked ground beef	

1. **Heat** first amount of water and bouillon cubes in large pot. **Stir** to dissolve.
2. **Add** remaining ingredients except beef. Bring to **boil**. **Cover** and **simmer** slowly for about 1 ½ hours.
3. **Add** beef and **simmer** ½ hour more.

Cream of Tomato Soup

(serves 4)

1. Cook:

1 Tbsp	canola oil	
1/2	onion, diced	

2. Add:

3 Tbsps	flour	
2 tsps	sugar	
1 tsp	salt	
dash of	pepper, garlic, basil, oregano, thyme	
or 1 tsp	Italian seasonings	

3. Remove from heat. Gradually stir in:

1 (28 oz.) can	crushed tomatoes	
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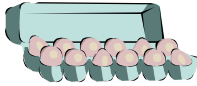

4. Bring to a **boil**. **Stir** constantly. Boil 1 minute.








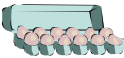


5. **Stir** hot tomato mixture into:

3 cups	cold milk	
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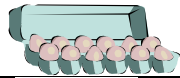





1. **Heat** almost to a boil. Serve.

Main Meals...












Lasagna with Meat and Spinach			Serves 8
1 Tbsp	Canola Oil		<p>1 Preheat oven to 400°F (200°C)</p> <p>2 In a large Saucepan, heat oil over medium heat. Cook carrots, peppers and onion for 8 to 10 minutes. Stir occasionally, or until onion is translucent and carrots softened.</p> <p>3 Add ground beef and cook, stir until no longer pink. Drain off excess fat.</p> <p>4 Stir in noodles sauce and water.</p> <p>5 Cook until heated through. Add salt and pepper. Set aside</p> <p>6 Set aside 1 cup of mozzarella for top.</p> <p>7 In bowl, stir together ricotta, spinach and egg.</p> <p>8 Spread 1 ½ cups of hot meat mixture over the bottom of a 13 x 9 inch baking dish. Layer with one-quarter of the lasagna noodles, 1/3 cup of remaining mozzarella, one third of the ricotta mixture and one quarter of the sauce. Repeat layers twice. Add remaining noodles sauce and reserved mozzarella. Cover the pan tightly with foil.</p> <p>9 Bake for 45 minutes. Remove foil. Bake for 15 minutes longer, until noodles are tender, mozzarella is golden and lasagna is bubbling. Let stand 10 minutes before serving</p>
2	Carrots, finely chopped		
1	Onion, finely chopped		
2	peppers, chopped		
1 lb	Ground beef		
5 cups	Pasta sauce		
½ cup	water		
	Salt and Pepper		
2 cups	Mozzarella Cheese "Light", shredded		
1 container (500 g)	1% Cottage Cheese		
1 pkg. (300g)	Spinach, frozen, chopped (thawed)		
1	egg		
1 pkg. (375g)	Lasagna Noodles, oven ready		

Mexican Lasagna			Serves 8
1.5 lb	Ground beef		<ol style="list-style-type: none"> 1. Cook ground beef and pour off fat. 2. Add Taco Seasoning, salt, tomatoes, tomato sauce and chilies and mix well. 3. Bring to a boil. Reduce heat and simmer for 10 minutes. 4. In a small bowl mix cottage cheese and eggs. 5. In bottom of a 9X13 baking pan, layer as below: <ul style="list-style-type: none"> • Spread ½ of the meat mixture • Put 5 tortillas on top • Spread ½ of cottage cheese mixture over tortillas • Then add ½ of grated cheese. • Repeat all four layers 6. Bake uncovered, in 350F oven for 20 to 30 minutes or until hot and bubbly. 7. Let stand 10 minutes before cutting into squares.
1 package	Taco seasoning		
1 tsp	Salt		
1 cup	Tomatoes, chopped		
2 cans	tomato sauce		
1 can	Green chilies, diced		
1 cup	Cottage cheese		
2	Eggs, beaten		
10	Corn tortillas		
2.5 cups	Monterey jack cheese, grated		













Meatballs (Makes 20 meatballs)		
1. Preheat oven to 350F. 2. In a large bowl, beat together:		
1	egg	
¼ cup	bread crumbs	
3. Stir in:		
1 small	onion, finely chopped	
½ tsp	salt	
¼ tsp	pepper	
4. Add the meat and knead with wet hands until well blended		
1 lb	ground beef	
5. Make meatballs: Pinch off 1 large Tbsp of meat mixture and form into a ball. Place on a cookie sheet until you have 20 meatballs. 6. Bake for 25 minutes or until browned and no longer pink inside.		



Chili			Serves 4 to 6
½ lb	Ground beef		<ol style="list-style-type: none"> 1. Drain and rinse the kidney beans. Cut vegetables and garlic as directed. 2. In a large pot, heat the oil. Brown the ground beef. 3. Once beef is no longer pink, add the onions, celery, peppers and garlic and cook until soft. 4. Add kidney beans, tomatoes, corn, chili powder, cumin, and salt. Stir to break up the tomatoes. 5. Simmer covered for 30 minutes or until the chili is thick. Add more spices to taste.
1 can	Kidney beans		
2	onions, medium, chopped		
1	Sweet pepper, chopped		
2 clove	garlic, finely chopped		
1 Tbsp	Vegetable oil		
2 cans	tomatoes		
1 cup	Corn kernels, frozen		
2 tsp	Chili powder		
1 tsp	Cumin, ground		
	Salt		






Cream Chicken

2 to 3 cups	chicken (approximately 3 breasts), diced	
¼ cup	margarine	
1 cup	onion, chopped	
½	red pepper, chopped	
¼ cup	Flour	
2 cups	Chicken broth	
1 cup	Milk	
	salt and pepper to taste.	
1 Tbsp	Parsley, chopped	
1 cup	Peas, frozen	

1. **Cut** the chicken into small pieces. Cook it in a non-stick pan until the juices run clear. Set aside.
2. **Chop** the vegetables.
3. **Heat** margarine in a heavy saucepan.
4. **Add** onion and red pepper. **Cook** until soft.
5. **Add** flour. **Stir** and **cook** until bubbly.
6. **Add** chicken broth, milk, salt and pepper.
7. **Cook** stirring constantly, until smooth and thickened.
8. **Add** cooked chicken, parsley and peas.
9. **Heat** through and serve over rice, noodles or mashed potatoes.

Chicken Fingers









Makes 4 servings

1 cup	bread crumbs		<ol style="list-style-type: none"> 1. Preheat the oven to 400F. Lightly grease a cookie sheet. 2. Mix the bread crumbs and garlic by shaking in a clean plastic bag. 3. Cut chicken in 3 X 1 inch strips. Sprinkle with salt and pepper. 4. Dip the chicken strips in the yogurt. Shake off excess yogurt. 5. Place the chicken strips in the bag of crumbs 2 to 3 strips at a time and shake to coat. 6. Place the coated chicken strips on the cookie sheets and bake for 15 to 20 minutes, until the juices run clear when the chicken is pierced with a fork. Discard any remaining bread crumbs or yogurt.
½ tsp	Garlic powder		
4	chicken breasts		
½ cup	Yogurt		
	Salt and pepper		








Lynette's Ham and Potato Bake

Serves a big group

5 lbs	Potatoes, peeled, sliced		<ol style="list-style-type: none"> 1. Cut vegetables and ham. 2. Layer potatoes, onions, ham and in a large baking pan. 3. Pour cans of soup over layers. 4. Pour milk over mixture. 5. Sprinkle with flour and pepper. 6. Bake at 350 F 2 to 2.5 hours.
2 +	Onions, sliced		
One block	Ham, cut in cubes		
1 can	Condensed soup: cream of mushroom		
2 cans	Condensed soup: cream of cheddar		
1 cup +	Milk		
1/2 cup	flour		
	pepper		








Tuna Melts

Makes 4 servings








2 cans (6 oz, 175 g)	tuna		<ol style="list-style-type: none"> 1. Preheat the broiler. 2. Drain the tuna and crumble into a bowl. Stir in the onion and light mayonnaise. 3. Cut each English muffin in half and toast them. Spread tuna salad on top of the muffin halves. Top with grated cheese. 4. Broil for 1 minute or until the cheese melts.
2 Tbsp	Onion, finely chopped		
2 Tbsp	light mayonnaise		
4	English muffins		
1/4 lb (125 g)	Cheddar cheese		

Cheesy Garden Vegetable Casserole

Makes 6 servings

3 cups	Rice, cooked	
2 cups	light cottage cheese	
2 Tbsp	grated Parmesan cheese	
1 medium	onion, chopped	
1 small	carrot, thinly sliced	
1 small	green pepper, diced	
2 cloves	garlic, finely chopped	
1 medium	zucchini, sliced	
1 medium	tomato, chopped	
1 Tbsp	vegetable oil	
1 cup (8 oz)	tomato sauce	
½ tsp	Salt	
1/8 tsp	Pepper	
¼ lb (125g)	mozzarella cheese, grated	







1. **Preheat** the oven to 350F
2. **Spread** the rice in the bottom of a medium baking dish. **Spread** the cottage cheese over the rice, then **sprinkle** with Parmesan cheese.
3. **Cut** the vegetables and garlic.
4. In a frying pan, **heat** the oil. **Cook** the onions, carrots, green pepper and garlic in the oil until slightly tender.
5. **Stir** the zucchini, chopped tomato, tomato sauce, salt and pepper into the onion mixture. Bring to a **simmer**. **Cover** and **cook** until slightly tender.
6. **Spoon** the vegetables over the cottage cheese, top with the grated mozzarella cheese.
7. **Bake** for 30 minutes or until the mixture is bubbling.

Macaroni and Cheese			
2 cups	Macaroni, uncooked		<ol style="list-style-type: none"> 1. Preheat oven to 325F. Put large pot of water on to boil. 2. Melt the margarine slowly in a large saucepan. Stir in the flour. Let the mixture bubble. Add the milk and cook, stirring constantly, until the sauce is smooth and thickened. 3. Add 2 1/2 cups of the grated cheese and the Worcestershire sauce. Stir until the cheese is melted. Remove from the heat and set aside. Add salt and pepper to taste. 4. Cook noodles according to package directions. Drain. 5. Add the cheese sauce to the hot noodles and mix together. Pour in to greased pan. 6. Sprinkle the remaining grated cheese over the top. Bake for 1/2 hour or until the mixture bubbles and the top is golden brown.
2 Tbsp	Margarine, soft		
2 Tbsp	Flour		
1 1/2 cups	Milk		
3 cups	cheddar cheese, grated		
1 tsp	Worcestershire sauce		
	salt and pepper		



Oven Stew

In amounts enough to feed your family:


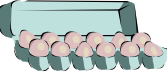









	beef cubes	
	Potatoes	
	Carrots	
	Turnip	
340 ml can	V-8 juice	
	your favourite spices	

















1. **Preheat** oven to 350 F
2. Place beef cubes evenly over bottom of oven roaster or large casserole dish with **cover**.
3. **Sprinkle** with spices (e.g. oregano, garlic powder)
4. **Peel** potatoes, carrots, and turnip. **Cut** into large pieces.
5. Place vegetables over meat in roaster.
6. **Pour** V-8 juice over all. **Bake**, covered 2-3 hours or until meat is tender and vegetables are soft.



Pasta Pizza

Makes 4 servings

6 ounces	Spaghetti noodles, uncooked		<ol style="list-style-type: none"> 1. Cook noodles according to package instructions. Drain. Rinse with cold water and drain again. 2. In a medium bowl, whisk together eggs, milk, Parmesan cheese, salt and pepper. Add noodles and mix well. Spray a 9 inch pie plate with non-stick spray. Pour noodles mixture over bottom and spread evenly. 3. Mix broccoli, mushrooms, red pepper and ¼ cup water in a small microwave safe bowl. Microwave on high power for 3 minutes. Drain. 4. Stir together pizza sauce and oregano, then spread evenly over noodles. Top with chopped ham, vegetables and mozzarella cheese. Bake in 350 F oven for 30 minutes, until set. Remove from oven and let stand 5 minutes before slicing.
2	Eggs		
¼ cup	Milk		
2 tbsp	Parmesan Cheese		
¼ tsp	each salt and pepper		
1 cup	broccoli (cut small)		
1 cup	Mushrooms, sliced		
½ cup	Pasta sauce		
¼ tsp	oregano		
3 ounces	cooked ham, chopped		
½ cup	mozzarella cheese, shredded		

Shepherd's Pie			Serves 6
1 Tbsp	Oil		<ol style="list-style-type: none"> 1. Cook potatoes in boiling salted water until tender. Drain and mash. Add 1 Tbsp margarine and 3 Tbsp milk and seasoned salt. 2. Heat cooking oil in frying pan. Add ground beef and onion. Cook until lightly browned. 3. Sprinkle with flour, salt and pepper. Mix well. Stir in first amount of milk until it boils. 4. Add next 5 ingredients. Pour into a 9X13 pan. 5. Spread mashed potatoes over the meat. 6. Brush with melted butter. Sprinkle with paprika. Bake uncovered near top of 350F oven about 30 minutes until hot and lightly browned.
750 g	lean ground beef		
1 cup	chopped onion		
1 Tbsp	Flour		
1 ½ tsp	salt		
¼ tsp	pepper		
¼ cup	milk		
1 Tbsp	ketchup		
1 tsp	Worcestershire sauce		
2 cups	Mixed vegetables, frozen		
4 medium	potatoes, peeled		
	Boiling salted water		
1 Tbsp	margarine		
3 Tbsp	milk		
½ tsp	seasoned salt		
2 Tbsp	margarine, melted		



Cabbage Roll Casserole

(Serves 6)

1. **Preheat** the oven to 350F. Lightly **grease** a large baking dish.
2. **Cut** the vegetables needed.
3. **Spread** over bottom of baking dish:

6 cups	cabbage, chopped	
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4. In a large frying pan, **brown**:

1 lb	ground beef	
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2 medium	onions, chopped	
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5. **Add** to meat mixture:

2 medium	carrots, grated	
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2 cans (28oz/796 mL)	tomatoes	
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1 cup	rice	
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1 Tbsp	Worcestershire sauce	
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½ tsp	pepper	
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6. **Pour** the meat and tomato mixture evenly over the cabbage.
7. **Cover** and **bake** for 1 hour until the rice is tender. **Uncover** and **bake** for an additional 10 to 15 minutes

Chinese Stir Fry			Makes 4 servings
½ cup	Chicken or vegetable stock		<ol style="list-style-type: none"> 1. To make the sauce: mix together the stock, cornstarch, soy sauce and sugar. Set aside. 2. Cut the meat, garlic and vegetables as directed. Keep ingredients separated from each other. 3. In a large frying pan heat 1 Tbsp. of the oil over medium heat. Swirl gently to coat the sides of the frying pan. Add the meat and stir-fry for 4 to 5 minutes until cooked through. Remove and set aside. 4. Add the remaining oil and heat as before. Add the garlic and onion and stir-fry 1-minute. Add the other vegetables. Stir fry 1 to 2 minutes between each group of vegetables. 5. Add the meat and sauce to the stir-fry. Continue to cook until the sauce is clear and thickened. Serve immediately.
2 Tbsp.	Soy sauce		
1 Tbsp.	Cornstarch		
1 tsp.	Sugar		
2 cloves	Garlic, finely chopped		
¾ lb. (350g)	Chicken, beef or pork, thinly sliced		
1	Medium Onion, in thin wedges		
3 cups	Vegetables, cut in bite sized pieces: carrots, broccoli, cauliflower, celery, mushrooms, green or red pepper, green beans, green peas, snow peas or bean sprouts		
2 Tbsp.	Vegetable oil		













Fast and Easy Risotto

Makes 4 servings

1 Tbsp	Olive Oil		<ol style="list-style-type: none"> 1. Cook meat and onion in a large fry pan with oil. 2. Add chopped vegetables and seasoning and cook 5 minutes. 3. Stir in broth and milk; bring to a boil over medium heat. 4. Stir in 2 cups rice and simmer for 5 minutes over low heat. 5. Stir in Parmesan cheese 6. Let stand for 5 minutes. Sprinkle with more cheese.
1	Onion, chopped		
½ pound	Meat (chicken, ham or shrimp)		
A few handfuls	Vegetables (peppers, spinach, mushrooms, tomatoes or asparagus)		
	Seasonings (basil, oregano, thyme, garlic or parsley)		
2 cups	Broth		
1 cup	Milk		
2 cups	Instant Rice		
1 cup	Parmesan Cheese, grated		

Mexican Fettuccine














Makes 4 to 6 servings

340 g	fettuccine (pasta)	
1 can	cream-style corn	
2/3 cup	milk	
1 tsp	oil	
½ tsp	cumin seeds	
1	onion, chopped	
1	large red pepper, cut in thin strips	
1 package (285 g)	frozen corn	
1 cup	Monterey jack cheese, shredded	
1 ½ cup	cherry tomatoes, cut in half	
	cilantro, chopped	
	Salt	










1. In a large pot bring water to **boil**. **Cook** noodles 8 to 10 minutes, or until tender. **Drain** noodles well and put back in pot; keep warm.
2. While noodles are cooking **blend** cream-style corn and milk in a blender until smooth. Set aside
3. **Heat** oil in a large non-stick frying pan over medium-high heat. **Add** cumin seeds, onion and peppers. **Cook**, stirring often, until onion is soft. **Add** water 1 Tablespoon at a time if pan appears dry. **Stir** in cream-style corn mixture, corn kernels and cheese. Reduce heat to medium and cook, **stirring** just until cheese is **melted**.
4. **Pour** corn-cheese sauce over noodles. **Add** cilantro leaves (if desired); **mix** gently. **Sprinkle** with tomatoes.






Tuna Rice Casserole

Makes 4 Servings

2 cups	Water		<ol style="list-style-type: none"> 1. Turn on stove to high heat. Mix water, rice and salt in a medium saucepan. Heat to boiling. Turn heat to low, cover, and simmer until rice is tender, about 20 minutes. 2. While rice is cooking, turn on another burner to medium heat. Melt margarine in a large saucepan. Add onion and cook until soft, about 3 to 5 minutes. Stir in flour. Pour milk in slowly, stirring all the time. Add Worcestershire sauce. Cook and stir until mixture boils and thickens. 3. Add cooked rice, tuna and corn to sauce. Mix well. Add salt and pepper to taste. 4. Preheat oven to 375° F. Lightly grease a baking pan. Spread mixture into pan. Sprinkle with cheese. 5. Bake for 20 to 25 minutes or until hot.
1 cup	Rice		
1 tsp	Salt		
2 Tbsp	margarine		
½ cup	chopped onion		
3 Tbsp	Flour		
1 ½ cup	milk		
1 tsp	Worcestershire sauce		
1 can	tuna, drained, flaked		
1 ½ cup	corn, frozen (or any other vegetable)		
	salt		
	pepper		
½ cup	Cheddar cheese, grated		

Side Dishes....

Roasted Vegetables			Makes 4 servings
1 large	green pepper		<ol style="list-style-type: none"> 1. Preheat oven to 400 F and lightly oil a large baking dish. 2. Seed the green peppers and cut into 2 inch pieces. 3. Peel the onion and cut into 4 wedges. 4. Wash and scrub potatoes and carrots and cut them into 2 inch pieces. 5. In a large bowl, toss the vegetables with the oil. Sprinkle the vegetables with the brown sugar and thyme (if using). Add the salt and toss until coated. 6. Spread the vegetables in a single layer on the pan. 7. Bake for 30 to 45 minutes until tender. Turn over every 15 minutes.
1 medium	onion		
2	sweet potatoes		
2 medium	carrots		
2	Potatoes		
2 Tbsp	Vegetable oil		
2 Tbsp	brown sugar		
½ tsp	Thyme, dried		
½ tsp	Salt		








Scalloped Potatoes			Makes 6 servings
2 Tbsp	Margarine		<ol style="list-style-type: none"> 1. Melt margarine in a saucepan and stir in flour and salt. 2. Then add milk, slowly, stirring until sauce thickens. 3. Put sliced potatoes into a greased 9X13 pan and pour sauce all over the potatoes. 4. Cover the pan with aluminum foil and bake at 350F for 1 hour or until potatoes are soft.
2 Tbsp	Flour		
1 tsp	Salt		
2 cups	Milk		
6 cups	Peeled, sliced potatoes		



Spaghetti Squash

(Serves 4 to 6)


1. Pierce many times with a knife (or else may explode!):

1 medium (about 2 lbs)	spaghetti squash	
<p>2. Place in microwave and cook on High until tender (about 15 minutes). If you don't have a table that turns in your microwave rotate every 5 minutes during cooking.</p> <p>3. Let cool 10 minutes before cutting.</p> <p>4. Cut in half. Remove the seeds. Scrape the strands into a bowl and separate them with a fork to make spaghetti.</p> <p>5. Toss with:</p>		
	tomato sauce, or	
	Margarine, or	
	olive oil	
	Grated Parmesan cheese	
	Salt and Pepper	
	Red pepper flakes (if you like it spicy)	



Baked Acorn Squash

(Serves 4 to 6)

1. **Preheat** oven to 350 F.
2. To soften the squash for cutting: Pierce the squash 4 or 5 times with a knife.
3. Microwave on High for 4 minutes

1 medium	acorn squash	
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4. **Cut** squash into 6 pieces.
5. Place pieces into large casserole dish.
6. **Spread** the squash flesh with:

2 tsp	Margarine	
1 Tbsp	Brown Sugar	

In the bottom of the dish add:

¼ cup	water	
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Cover and **bake** for 45 minutes. **Remove** lid and **bake** for 15 minutes.










Sweet Potato (Yam) Fries

(Makes 4 servings)

1. **Spray** a baking sheet with non-stick spray and set aside.
2. **Wash** and pat dry:










4 medium	yams or sweet potatoes	
<ol style="list-style-type: none"> 3. Leave skins on. Slice potatoes into French-fry like wedges, about ½ inch thick. Place in a large bowl. 4. Toss potatoes with 1 Tbsp olive oil 5. In a small bowl, stir together remaining ingredients. Add to potatoes and toss until they're evenly coated. 		
½ tsp each of:	ground cumin, paprika and dried oregano	
¼ tsp each of:	salt and pepper	
<ol style="list-style-type: none"> 6. Arrange potatoes in a single layer on a baking sheet. Bake at 450F for 25 minutes, turn over wedges halfway through the cooking time. Serve hot. 		








Thymely Zucchini			
2 Tbsps	margarine		<ol style="list-style-type: none"> 1. In a heavy skillet melt margarine; cook and stir onion, pepper and celery until onion is transparent. 2. Add zucchini, sprinkle with thyme, cover and cook until zucchini is just tender; stir occasionally. 3. Add tomatoes, cover and cook over low heat for several minutes until tomatoes are heated through. Serve immediately.
1 medium	Onion, chopped		
½ cup	Green pepper, chopped		
½ cup	celery, chopped (optional)		
4 small	zucchini, sliced		
¼ tsp	thyme, dried and crushed		
1 medium	tomato, quartered		











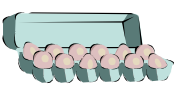





Desserts...

Blueberry Muffins			12 muffins
1 cup	Flour		<ol style="list-style-type: none"> 1. Preheat oven to 400F. 2. Mix together flour, oatmeal, sugar, salt and baking powder 3. Mix in blueberries. 4. In another bowl, beat egg with a fork, then add milk and vegetable oil. Mix 5. Add egg mixture to flour mixture. Mix about 25 or 30 times. Mixture should be lumpy. 6. Spray muffin tin with non-stick spray. 7. Fill each muffin cup about 2/3 full. 8. Bake for about 20 minutes.
1 cup	Oatmeal		
3 Tbsp	Sugar		
1 tsp	Salt		
4 tsp	Baking Powder		
1 cup	Blueberries		
1	Egg		
1 cup	Milk		
1/4 cup	Vegetable oil		






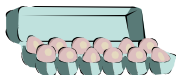













Bran Muffins			Makes 5 dozen
8 tsp	Baking soda		<ol style="list-style-type: none"> 1. Preheat oven to 350 degrees F. 2. Add baking soda to butter milk. Set aside. 3. Use a large bowl. Mix remaining ingredients, add milk, mix well. 4. Pour into greased muffin tins. 5. Bake for 15 minutes.
4 cups (1 quart)	Buttermilk		
2 ½ cups	Sugar		
5 ½ cups	Flour		
5 cups	Bran		
2 tsp	Salt		
1 ½ cups	Vegetable oil		
¼ cup	Molasses		
4	Eggs		
2 tsp	Vanilla		
2 cups	Raisins		

Oat Bran Carrot Muffins			
1 ½ cup	oat bran		<ol style="list-style-type: none"> 1. Preheat oven to 400°F (200°C) 2. In a large bowl, mix all the dry ingredients 3. In a small bowl, using a fork or blender, mix the wet ingredients together 4. Pour wet ingredients into dry ingredients 5. Stir until mixture is just moistened 6. Gently add carrots into mixture 7. Transfer into lightly oiled brushed non-stick muffin pan 8. Bake for 18 to 20 minutes or until muffins spring back when pressed lightly
½ cup	flour		
½ cup	sugar		
2 tsp	baking powder		
1 tsp	cinnamon		
1	egg		
1 ¼ cups	skim milk (soured)		
1 tbsp	vegetable oil		
1 cup	Carrots, grated		

Chocolate Zucchini Loaf			
2 ½ cups	flour		<ol style="list-style-type: none"> 1. Preheat oven to 350°. Spray two 8 x 4-inch loaf pans with non-stick spray. 2. In large bowl, mix flour, cocoa, baking powder, baking soda, cinnamon, and salt. Set aside. 3. In a medium bowl, whisk together sugar, eggs, apple sauce, vegetable oil, and vanilla. Stir in zucchini. Add wet ingredients to dry ingredients. Stir just until dry ingredients are moistened. Add chocolate chips. 4. Spread batter evenly in prepared pans. Bake 50 minutes or until done. Cool.
½ cup	cocoa powder		
1 ½ tsp	Baking powder		
1 tsp	baking soda		
1 tsp	cinnamon		
¾ tsp	salt		
1 ½ cups	sugar		
3	eggs		
½ cup	apple sauce		
1/3 cup	vegetable oil		
2 tsp	vanilla		
2 cups	Zucchini, grated, packed		
½ cup	chocolate chips, mini		









Christmas Sugar Cookies

1. Whisk together:		
3 ¼ cups	flour	
1 ½ tsp	baking powder	
½ tsp	salt	
Set aside.		
2. Beat on a medium speed until very fluffy and well blended:		
20 Tbsp (2 ½ sticks)	unsalted butter, softened	
1 cup	sugar	
3. Add and beat until well combined:		
1 large	egg	
1 Tbsp	milk	
2 ½ tsp	vanilla	
4. Gradually stir the flour mixture into the butter mixture until well blended and smooth. 5. Divide the dough in half. 6. Roll out to ¼ inch thick. 7. Position a rack in the centre of the oven. Preheat the oven to 375F. Grease cookie sheets. 8. Cut out the cookies using cutters. With a lifter, transfer them to the cookie sheets, spacing about 1 ½ inches apart. 9. Bake one sheet at a time, just until the cookies are lightly colored on top and slightly darker at the edges, 6 to 9 minutes. Remove sheet from rack and let stand until cookies firm. Transfer cookies to racks to cool .		

Easy, Low-fat Chocolate Cake			Makes 9 squares Each square: 146 calories, 3.7 g fat (23%)
1 ½ cups	Flour		<ol style="list-style-type: none"> Preheat oven to 350 F. Mix flour, sugar, cocoa, baking soda and salt into ungreased 8 X 8 glass baking pan. Make 3 depressions in the dry ingredients. Put oil in one, vinegar in one and vanilla in the last. Pour water over it all. Mix thoroughly with a fork. Bake 30 minutes.
1 cup	Sugar		
3 Tbsp	Cocoa powder		
1 tsp	Baking soda		
½ tsp	Salt		
3 Tbsp	Vegetable Oil		
1 Tbsp	Vinegar, white		
1 tsp	Vanilla		
1 cup	Water, cold		





Merle's Lemon Poppyseed Cake






Makes 10 to 12 servings












1 package	Cake mix, lemon, double	
1 package	Instant pudding mix, lemon	
1 cup	Water	
½ cup	Oil	
4	Eggs	
4 Tbsp	Poppy seeds	
Glaze:		
½ cup	Sugar	
2-3 Tbsp	Lemon juice	

1. **Mix** cake mix and pudding mix together.
2. **Add** water, oil, eggs and poppy seeds.
3. **Blend** with a blender until mixture is white in colour.
4. **Pour** mixture into greased 9x13 pan.
5. **Bake** at 350 for 45 minutes.
6. **Mix** glaze (sugar and lemon juice). While cake is still hot, **pour** glaze over pan.



Rice Krispie Squares			Makes 1 pan
¼ cup	Margarine		<ol style="list-style-type: none"> 1. In a large saucepan over low heat, melt margarine. Add marshmallows, stir until melted and well blended. Remove from heat. 2. Stir in vanilla. Add cereal, stir until coated. 3. Using a lightly buttered spatula, press into buttered 9X13 pan. Cool. 4. Cut into squares.
250 g package	Marshmallows		
½ tsp	Vanilla		
6 cups	Rice Krispies		

Rice Pudding			
1 ½ cups	Rice, cooked		<ol style="list-style-type: none"> 1. Mix all 6 ingredients in pot. 2. Cook over low heat, stir often. 3. When thickened, pour into serving bowl. Serve hot or cold. Sprinkle with cinnamon.
1 ½ cups	Milk		
¼ cup	Sugar		
1 tsp	Vanilla		
	Cinnamon		











Marge's Fruit Crisp			You can use Pears, Apples or Peaches
Fruit Mixture:			<div>1. Mix first 5 ingredients together: sugar, 2 Tbsp flour, salt, cinnamon and fruit.</div> <div>2. Place in the bottom of a non-stick pan.</div> <div>3. To make the topping, mix dry ingredients and cut in margarine to make crumbs.</div> <div>4. Put crumbs on top of fruit mixture.</div> <div>5. Bake at 375F for 35 or 40 minutes or until fruit is cooked and crumbs are browned.</div>
¾ cup	Sugar		
2 Tbsp	Flour		
1/8 tsp	Salt		
½ tsp	Cinnamon		
6 to 8 cups	Sliced fruit (or more!)		
Topping:			
1 cup	Oatmeal		
½ cup	Brown sugar		
1 cup	Flour		
1/8 tsp	Baking soda		
1/8 tsp	Baking powder		
¼ cup	Margarine		

Get Up and Go! Cookies

These cookies freeze really well!

½ cup	margarine		<ol style="list-style-type: none"> 1. In a big bowl, mix margarine and sugar together. 2. Mix the egg in well then stir in the prune puree. 3. Add the applesauce and stir. 4. Add the dry ingredients and stir well. 5. Add raisins. 6. Spoon onto cookie sheets. 7. Bake in 350 oven for about 15 minutes. 8. Cool on pans for a few minutes and remove with spatula and cool on racks. Store in covered containers.
½ cup	brown sugar		
½ cup	Baby food prunes (or prune puree)		
1	egg		
1 cup	applesauce		
2 cups	All Bran cereal		
1 ½ cups	flour		
½ tsp	baking soda		
1 cup	raisins		




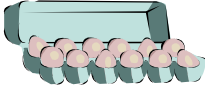







Lemon Zucchini Yogurt Bars			
2 cups	flour		<ol style="list-style-type: none"> 1. Preheat oven to 350F. Spray 9-inch square pan with nonstick cooking spray. 2. In large bowl, mix flour, sugar, baking soda and salt; mix well. 3. In small bowl mix yogurt, margarine, lemon peel and lemon juice; blend well. 4. Add to dry ingredients; stir just until moistened. Stir in zucchini. Spread batter in pan. 5. Bake at 350F for 30-40 minutes or until done. Cool completely. Sprinkle with powdered sugar. Cut into bars.
1 cup	Sugar		
1 tsp	baking soda		
¼ tsp	salt		
½ cup	lemon or plain yogurt		
¼ cup	margarine or butter, melted		
1 Tbsp	lemon rind		
1 Tbsp	lemon juice		
1 cup	Zucchini, shredded		
1 Tbsp	powdered sugar		

Light and Spicy Pumpkin Bars

1 cup	flour	
1 cup	whole wheat flour	
1 ½ cup	brown sugar, packed	
2 tsp	baking powder	
1 tsp	baking soda	
1 tsp	cinnamon	
½ tsp	Nutmeg	
½ tsp	Cloves	
¼ tsp	Salt	
2 cups	pumpkin (NOT pie filling)	
½ cup	Oil	
½ cup	Apple juice	
2	Eggs	
Frosting:		
1 ½ cups	icing sugar	
2 tbsp	margarine	
½ tsp	Vanilla	
1 tbsp	yogurt	

1. **Preheat** oven to 350 F.
2. **Grease** and flour 9 X 13 pan.
3. **Mix** all ingredients until just mixed (mixture will still be lumpy).
4. **Bake** for 30 minutes or until done. Let **cool** completely.
5. Frosting: **Beat** all ingredients until smooth. **Spread** on cooled bars.






High Iron Cookies			Makes 24 cookies
¼ cup	margarine		<ol style="list-style-type: none"> 1. Preheat oven to 375 F. 2. Cream margarine with sugar. 3. Add milk, egg and vanilla. Mix until smooth. 4. In another bowl, mix flour, infant cereal and baking powder. 5. Blend into margarine mixture. Mix well. 6. Roll into small 1 inch balls and place on cookie sheets. Bake 10 minutes.
½ cup	brown sugar		
3 Tbsp	milk		
1	egg		
1 tsp	vanilla		
¾ cup	flour		
2 cups	Infant cereal, mixed		
½ tsp	baking powder		
	Sprinkles or chocolate chips (for fun!)		







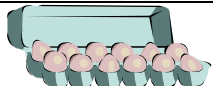

Raisin Oatmeal Cookies

(Makes 3 dozen cookies)

1. **Preheat** oven to 375 degrees F
2. In a medium bowl, **stir** together:

1 cup	flour	
1 tsp	baking powder	
1/2 tsp	baking soda	
1/2 tsp	salt	
1/4 tsp	cinnamon	




3. Set aside.
4. In a large bowl, **whisk** together:




1/2 cup	sugar	
1/2 cup	brown sugar	
1/4 cup	applesauce	
2 Tbsp	margarine or butter	
1	egg	
1 tsp	vanilla	


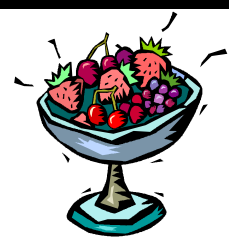



5. **Add** dry ingredients to applesauce mixture. **Stir** well.
6. **Add**:

1 1/3 cups	rolled oats	
1/2 cup	raisins	

7. Spray cookie sheet with non-stick cooking spray.
8. Drop batter by small round **spoon onto** cookie sheet.
9. **Bake** 10 to 12 minutes.





Raspberry Sauce			Makes 3 cups
2 Tbsp	Sugar		<ol style="list-style-type: none"> 1. Blend raspberries, yoghurt and sugar until smooth. 2. Cover and put into fridge for up to 3 days. 3. Freeze for up to 6 months.
1 cup	Plain Yoghurt		
1 ½ cups	Raspberries		

Raspberry Whirl			Makes 6 servings
1 package	Jell-O – raspberry		<ol style="list-style-type: none"> 1. Make Jello (with directions on package). Cool until firm 2. Add whipped cream and mix. 3. Add most of the raspberries and mix. 4. Serve with remaining raspberries on top.
1 pint	Raspberries		
1 cup	Cool Whip		

Fruit Dip			
½ cup	whipped cream (or Cool Whip)		 <ol style="list-style-type: none"> 1. Mix together. 2. Serve on fruit or with fruit mixed in.
1 Tbsp	icing sugar		
¾ cup	vanilla yogurt		
1 tsp	Vanilla		

Strawberry-Rhubarb Cobbler



1. Preheat oven to 400F. Grease a large pan.
2. Mix and put in pan:

2 cups	strawberries	
3 ½ cups	Rhubarb, sliced	
2 Tbsp	lemon juice	
2/3 cup	Sugar	

2. In a bowl, mix together:







1 1/3 cups	Flour	
2 tsp	baking powder	
3 Tbsp	brown sugar	
1 tsp	lemon rind, grated	
3 Tbsp	Oatmeal	
1 tsp	Cinnamon	







3. Stir in:

1/3 cup	Margarine	
1 cup	Milk	

5. Drop spoonfuls of batter into rhubarb.
6. Bake 35-40 minutes.

Other...







Fruit Laxative			Serving size = 2 Tbsp Keeps two weeks in fridge or longer if frozen.
1 cup	Prunes		<ol style="list-style-type: none"> Mix prunes, raisins and dates in a bowl. Add orange juice and prune juice. Let soak overnight. Blend in a blender. Add wheat bran (optional)
1 cup	Raisins		
1 cup	Dates		
½ cup	Orange juice		
2/3 cup	Prune juice		
1 cup	Wheat bran (optional)		Serve as a spread on toast, mixed into hot cereal, in applesauce or with plain yogurt.

Freezer Jam			Keeps: 6 weeks in the fridge 1 year in the freezer
4 cups	fruit chopped	  	<ol style="list-style-type: none"> Wash and rinse jars. Pour chopped fruit into large bowl. Stir in sugar. Let sit 15 minutes. Sprinkle gelling powder a bit at a time while stirring for 3 minutes. Allow to sit again for 5 minutes. Stir for 1 minute. Pour jam into jars. Leave 1 inch head space. Seal tightly.
1 ½ cups	sugar		
1 package	Freezer Jam Gelling Powder		
	jars or plastic containers with tight fitting lids		



Blueberry Pancakes

Serves 4

1 ½ cup	Flour		<ol style="list-style-type: none"> 1. Mix flour, sugar, baking powder and salt. Set aside. 2. In another bowl, mix oil, milk and eggs. Mix well. 3. Add egg mixture to flour and mix together. 4. In a fry pan over medium heat, melt some margarine. 5. Spoon batter into hot pan. Add blueberries on top of each pancake. 6. Cook pancakes until small bubbles appear on top. 7. When pancakes are light brown on bottom, flip them over. 8. Serve with powdered sugar, cinnamon, maple syrup, jelly, fruit or yoghurt on top.
2 Tbsp	Sugar		
2 tsp	Baking Powder		
1 tsp	Salt		
2 Tbsp	Vegetable oil		
2	Eggs		
1 ½ cups	Milk		
1 cup	Blueberries	