



COOK with PICTURES

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Peterborough County City Health Unit
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RECIPE

Salsa

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Waldorf Salad

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Summertime Pasta Salad

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Meatloaf

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Tuna Noodle Casserole

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SALSA

Food for SALSA



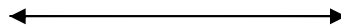
Tomato



Green Onion



Lime



Lime Juice

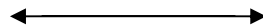


Cilantro

Tools for SALSA



Bowl



Spoon



Chopping Knife



Cutting Board

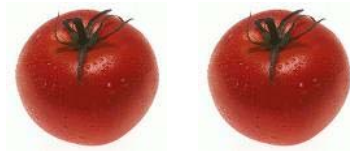
SALSA



Mix in a bowl



Chop



2 Tomatoes



1/3 cup



Chop



Green onion

SALSA



2 teaspoons



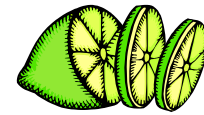
Lime juice



OR



Squeeze



1 Lime



2 teaspoons



Chop



Cilantro





WALDORF SALAD

Food for WALDORF SALAD



Lemon



Mayonnaise



Celery



6 Apples



Walnuts

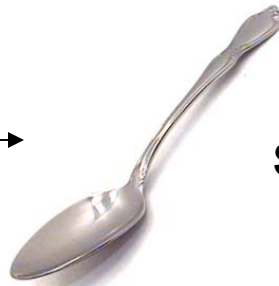
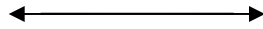


Raisins

Tools for WALDORF SALAD



Bowl



Spoon



Chopping Knife



Cutting Board

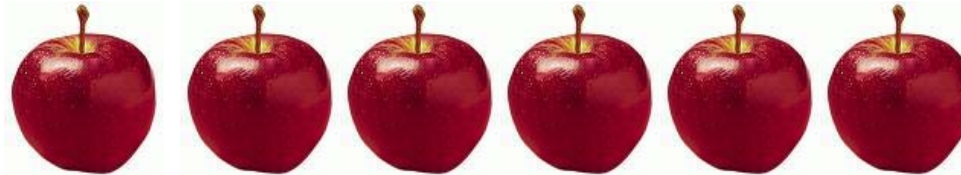
WALDORF SALAD



Mix in bowl



Chop



6 Apples



Squeeze



Lemon



1/3 cup

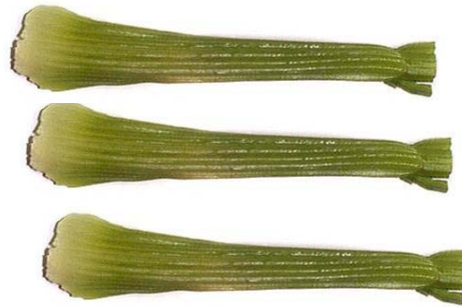


Raisins

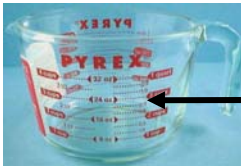
WALDORF SALAD



Chop



3 Celery



2/3 cup



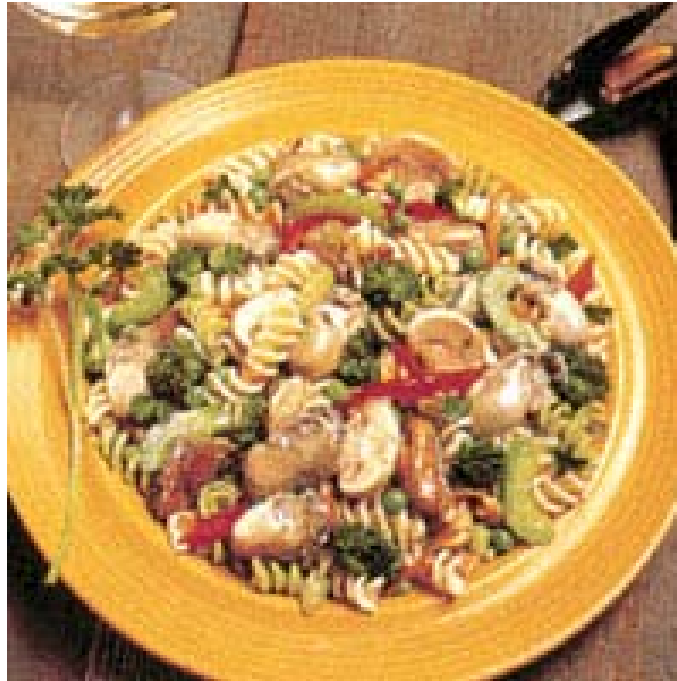
Walnuts



3/4 cup

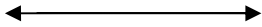


Mayonnaise



Summertime Pasta Salad

Food for SUMMERTIME PASTA SALAD



Green or
Red Pepper



Can of Kidney beans



Tomato



Can of tuna



Broccoli



Frozen Peas



Spiral Noodles



Parmesan cheese



Italian Dressing

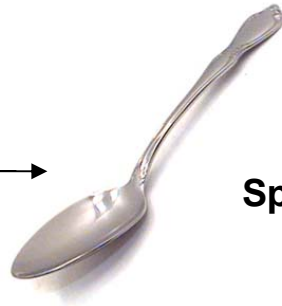
Tools for SUMMERTIME PASTA SALAD



Bowl



Pot



Spoon



Can opener



Chopping Knife



Cutting Board

SUMMERTIME PASTA SALAD

1.



Pot

+

2.



1 cup



1 cup



Noodles



1 cup



1 cup



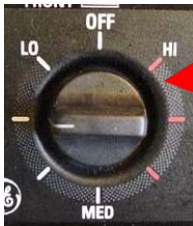
1 cup



1 cup



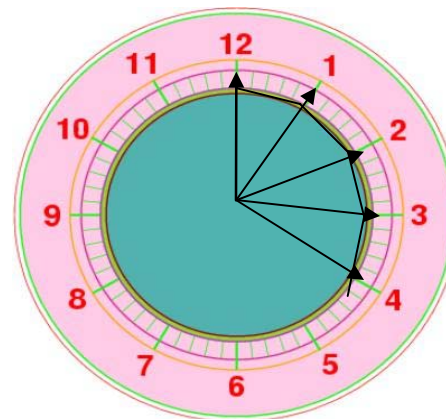
Water



HIGH



Boil



20 minutes

SUMMERTIME PASTA SALAD



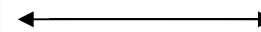
Mix in Bowl



1 cup



Chop



Green or Red Pepper



1 cup



Chop



Tomato



1 cup



Chop



Broccoli

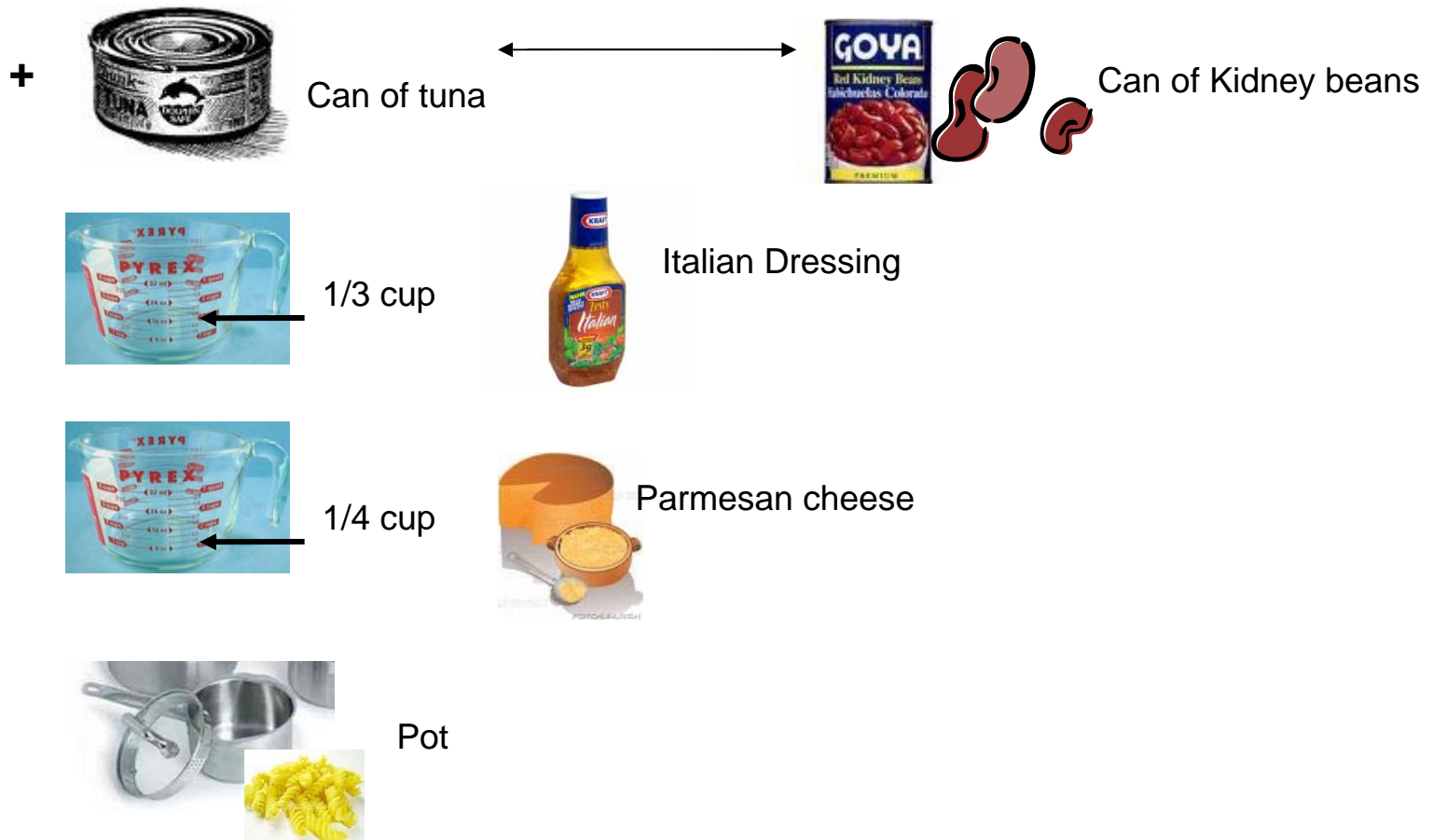


1 cup



Frozen Peas

SUMMERTIME PASTA SALAD





MEATLOAF

Food for MEATLOAF



**1 lb (pound)
Ground beef**



Ketchup



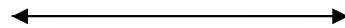
3 Cloves Garlic



Parmesan Cheese



Bread Crumbs



Toasted Bread

Tools for MEATLOAF



Bowl



1 Teaspoon



1 Tablespoon



Casserole dish



1 cup

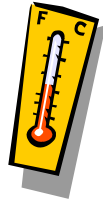


Knife

EASY MEATLOAF

1.

350 C



Oven

2.



Mix in a bowl



1 lb (pound)
Ground beef



1 tablespoon



Ketchup



Chop



3 Cloves Garlic

EASY MEATLOAF



1 teaspoon



Oil



1 cup



Bread Crumbs



Toasted Bread



1/2 cup



Parmesan cheese

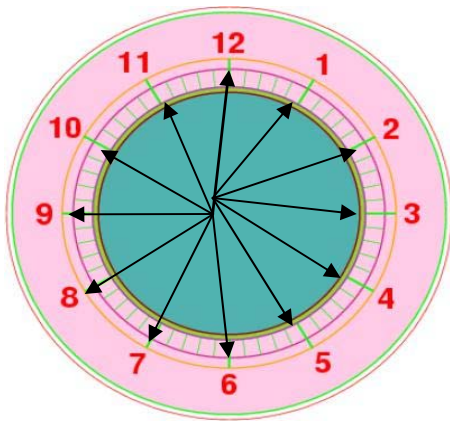


Salt and pepper

EASY MEATLOAF



pan



60 minutes



Oven



Tuna Noodle Casserole

Food for TUNA NOODLE CASSEROLE



Noodles



Can of Tuna



Cream of Chicken Soup



Milk



Salt and pepper

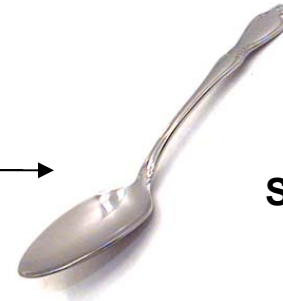
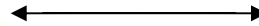


Frozen Peas

Tools for TUNA NOODLE CASSEROLE



Pot



Spoon



1 cup



Bowl

Tuna Noodle Casserole



Pot

+



1 cup



1 cup



Noodles



1 cup



1 cup



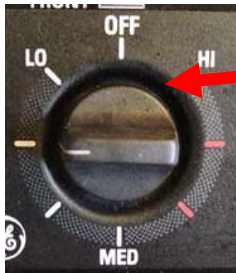
1 cup



1 cup



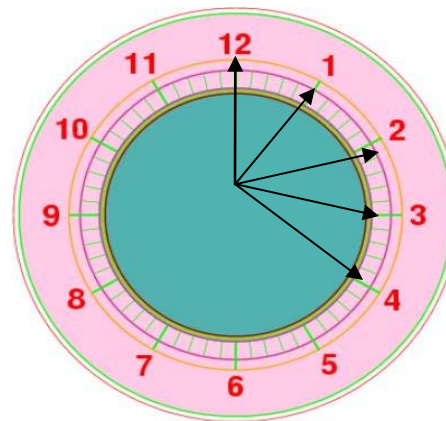
Water



HIGH



Boil



20 minutes

Tuna Noodle Casserole



Bowl



Can of Tuna +



Cream of Chicken Soup +



1 cup



Frozen Peas +



1/2 cup



Milk +

+

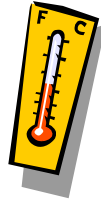


Salt and pepper

Tuna Noodle Casserole

3.

350 C



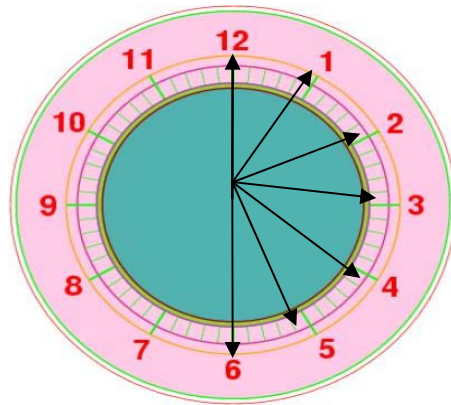
Oven

4.

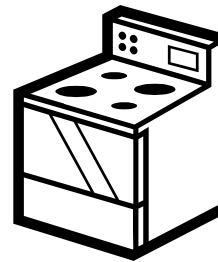


Casserole dish

5.



30 minutes



Oven

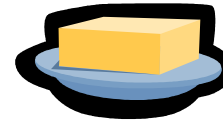


Shepherd's Pie

Food for SHEPHERD's PIE



6 potatoes



Butter



Frozen vegetables



Can of Tomatoes



**1 lb (pound)
Ground Beef**



Milk

Tools for SHEPHERD's PIE



Fry pan



1 Teaspoon



1 Tablespoon



Bowl



1 cup



Casserole dish



Masher

SHEPHERD'S PIE



Pot

+

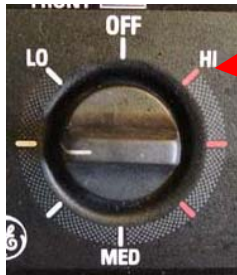


Water

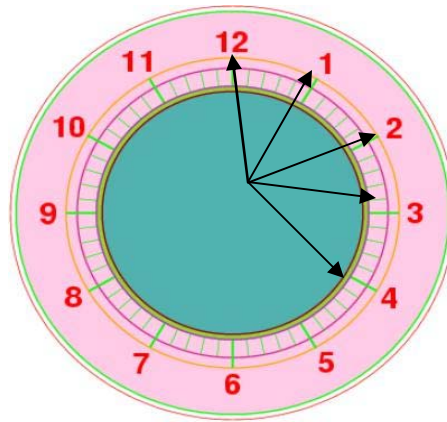
+



5-6 Potatoes



HIGH



20 minutes

Shepherd's Pie



Pot of potatoes



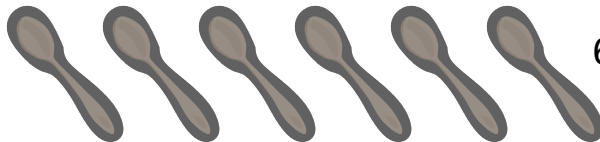
Mash +



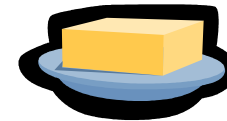
1 cup



Milk +



6 Tablespoons



Butter

Shepherd's Pie



Fry pan



MEDIUM

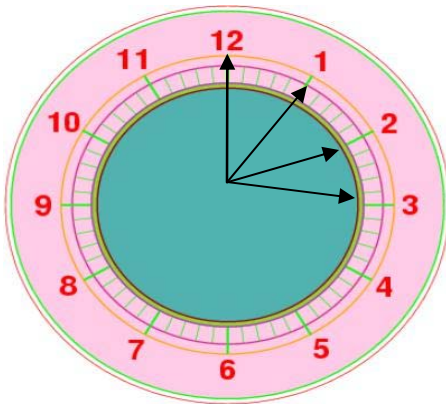


1 lb (pound)

+



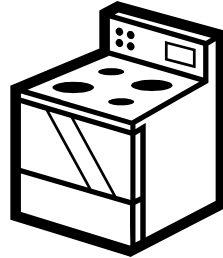
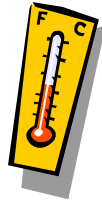
Can of Tomatoes



15 minutes

Shepherd's Pie

350 C



Oven



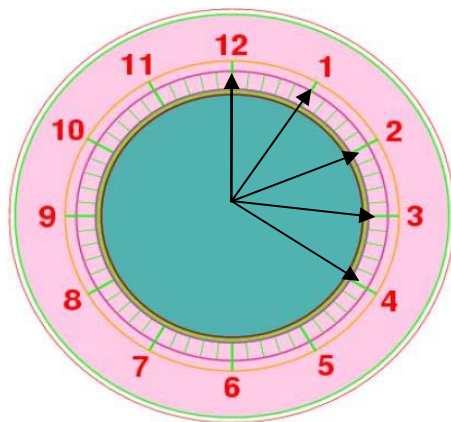
Mashed potatoes



Frozen vegetables



Fry pan



20 minutes



Oven



VEGETARIAN CHILI

Food for VEGETARIAN CHILI



2 Cloves Garlic



2 Onions



1 Green Pepper



2 Stalk Celery



Corn



2 Cans of Kidney Beans



2 Cans of Tomatoes



Vegetable Oil



Chili Powder

Tools for VEGETARIAN CHILI



Pot



Can opener



Teaspoon



Colander



1 cup



Spoon

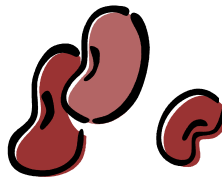


Knife



Cutting Board

VEGETARIAN CHILI



2 Cans
Kidney beans



colander



Chop



2 Cloves Garlic

Chop



2 onion

Chop



1 Green Pepper

Chop



2 Stalk Celery



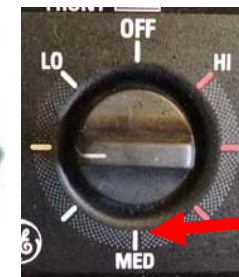
1 teaspoon



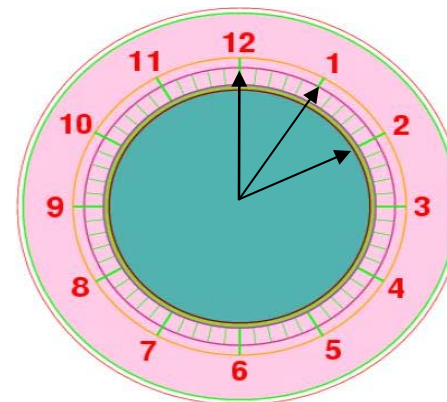
Oil



Pot



MEDIUM

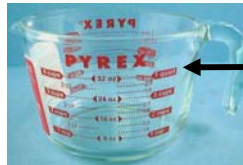


10 minutes

Vegetarian Chili



Pot +



1 cup



Corn +



1 Teaspoon



Chili Powder +



2 Cans of Tomatoes

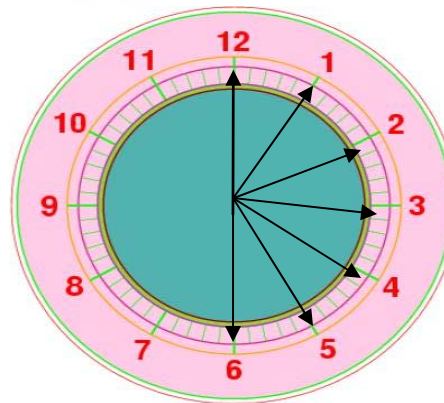
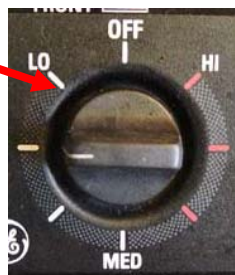


Pot



Stir

LOW



30 minutes



TAMALE PIE

Food for TMALE PIE



Onion



Green pepper



1 Clove Garlic



1 lb (pound)



2 Eggs



Milk



Cornmeal



Flour



Baking soda



Chili Powder



Oil



Tomato sauce



Can of corn

Tools for TMALE PIE



Fry pan



1 Teaspoon



1 Tablespoon



Bowl



1 cup



Casserole dish



Knife

TAMALE PIE

1.



Fry pan



MEDIUM



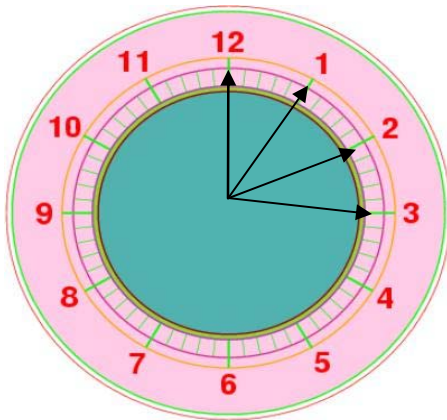
1 cup



Onion



Green or Red Pepper



15 minutes



1 lb (pound)
Ground beef

TAMALE PIE



Fry pan



1 cup



1 cup



Tomato sauce +



Chop



1 Clove Garlic

+



Can of corn

+



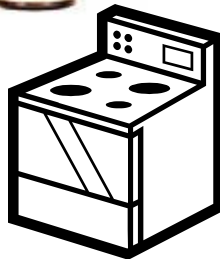
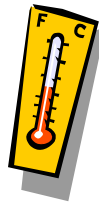
2 teaspoons



Chili Powder

2.

350 C



Oven

TAMALE PIE

3.



Mix in bowl



3/4 cup



Cornmeal

+



1 tablespoon



Flour



+ 1 teaspoon



Baking soda

+



2 Eggs

+



1/2 cup



Milk

+



2 teaspoons

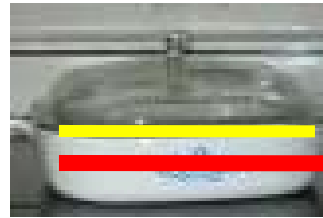
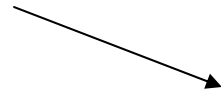


Vegetable oil

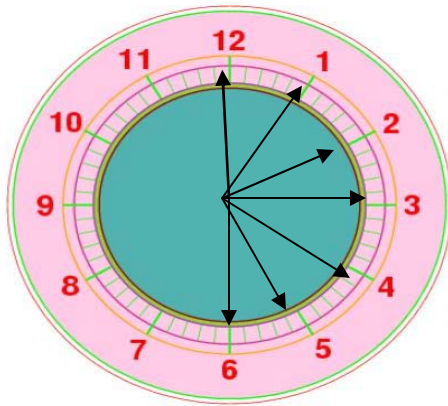
TAMALE PIE



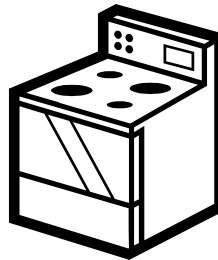
Fry pan



Bowl



30 minutes



Oven



Easy Cabbage Rolls

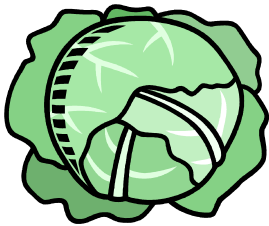
Food for Cabbage Rolls



Onion



Rice



½ cabbage



Can of Tomato Soup



Salsa



**1 lb (pound)
Ground beef**

Tools For Cabbage Rolls



Fry pan



1 cup



Bowl



Cutting Board



Casserole dish



Knife

Easy Cabbage Rolls



Fry pan



MEDIUM



1 lb (pound)
Ground beef

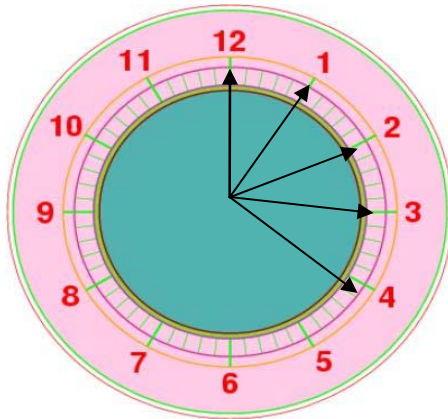
+



Chop



onion



15-20 minutes

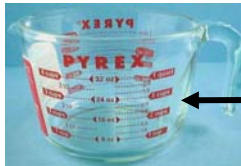
Easy Cabbage Rolls



Mix in bowl



Can of Tomato Soup +



1/2 cup



Salsa +



1 cup



Water

Easy Cabbage Rolls



1 cup



Rice

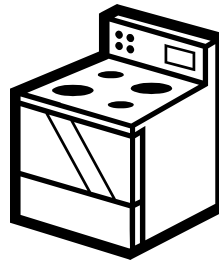
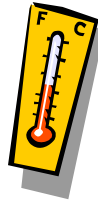


Chop



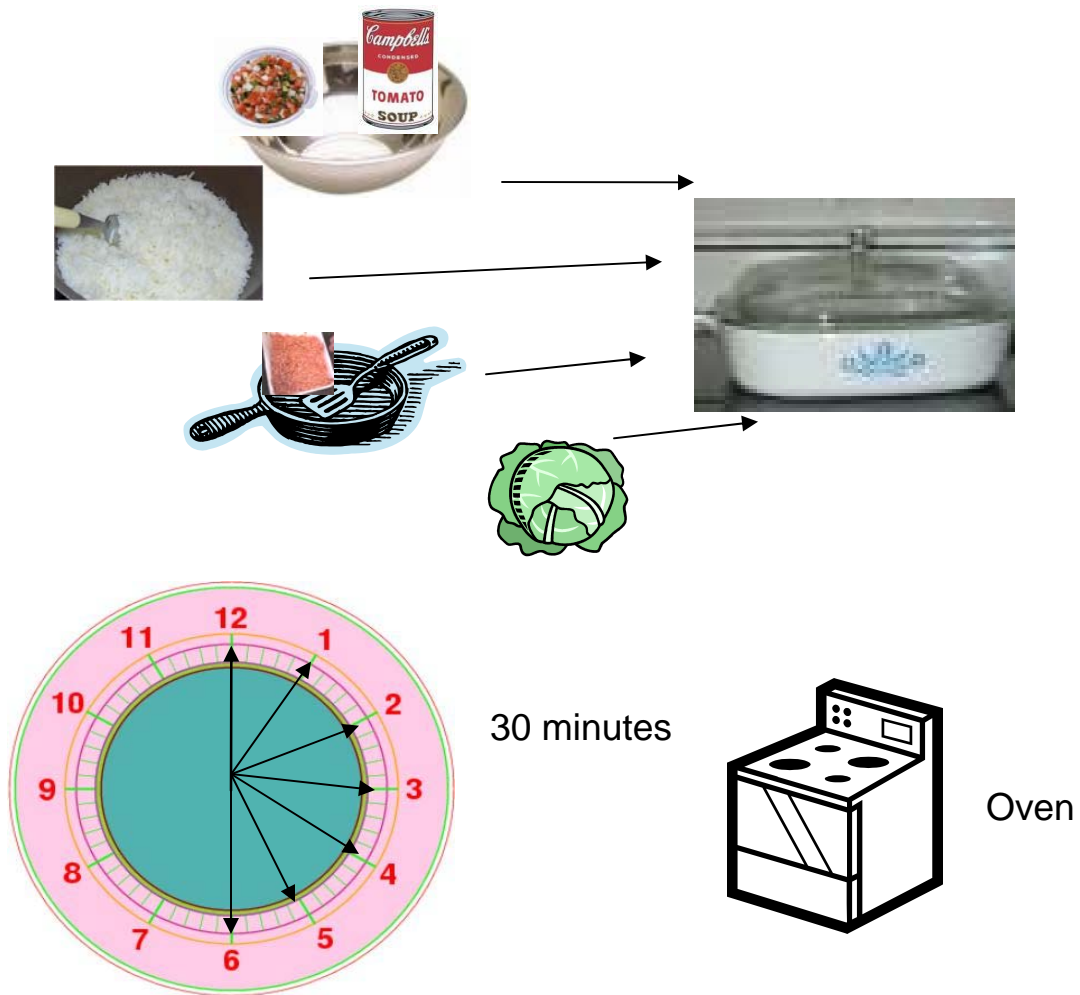
$\frac{1}{2}$ cabbage

350 C



Oven

Easy Cabbage Rolls





TORTILLAS and TACOS

Food for TORTILLAS and TACOS



Lettuce



Onion



Green Pepper



3 Cloves Garlic



**1 lb (pound)
Ground beef**



Cheese



Yogurt or Sour Cream



Salsa



Chili Powder



Cumin Powder



Tomatoes

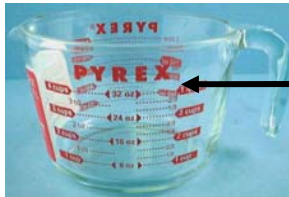
Tools for TORTILLAS and TACOS



Fry pan



Grater



1 Cup



Knife



1 Teaspoon

TORTILLAS and TACOS



Fry pan



MEDIUM



1 lb (pound)
Ground beef

+



Chop



Onion

+



1/4 cup



Green Pepper

+



Chop



3 Cloves Garlic

TORTILLAS and TACOS



TORTILLAS and TACOS

