



4-H Ontario

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4-H ONTARIO PROJECT



Milk Makes It Better

RECIPE BOOK



The 4-H Pledge

I pledge my Head to clearer thinking,
my Heart to greater loyalty,
my Hands to larger service and
my Health to better living
for my club, my community and my country.

The 4-H Motto

Learn To Do By Doing

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BAKING BASICS

Cooking is fun! It's exciting working with food, trying a recipe and seeing the results. Half of the fun comes in tasting your creation. Then, there is a special happiness in serving your creation to family and friends.

Before you Begin

- Check with an adult in your home to see if it is a good time to be making a recipe.
- Roll up your sleeves. Put on an apron to keep your clothes clean. Remove rings and bracelets. Wash your hands well with soap and water. If your hair is long, pull it back so it doesn't get in your way or in the food.
- Make sure the kitchen is clean and tidy. It isn't a healthy idea to be working in and around dirty dishes or leftover food.

Read the Recipe

- Read and re-read the recipe before you begin to make sure you are completely familiar with the ingredients and equipment required and the procedures.
- Get out all the ingredients and equipment listed in the recipe. Place on a tray. Then when the tray is empty, you'll know you haven't left anything out of the recipe.
- Some cooks find it helpful to check off the steps in the recipe as they complete each step.

Even Great Cooks Need Help

- Many chefs need help to make recipes. It's a good idea to have an experienced cook around to help you. That person may be able to answer questions and help with certain equipment or procedures (like food processors, microwaves or the stove and oven).
- Some recipes have directions for using the microwave.

The Best Cooks are Clean Cooks

- Clean up as you go along. Keep a damp cloth handy to wipe up spills as they happen.
- Put away ingredients such as butter and milk as you finish with them.
- Rinse dishes as you go along. Cold water usually works best. If you have a dishwasher, load it with rinsed bowls and cutlery as you finish.
- Finish washing and drying equipment. Put it away. Wash counters. Wipe off stove top and wipe inside of microwave if you've used it.
- Leave the kitchen clean and tidy.

KITCHEN SAFETY

A few basic points to remember when working in the kitchen to make it a fun and safe time:

Accident Prevention

- Make sure that you have permission to cook and use the appliances in the kitchen.
- Tie back long hair and roll up long sleeves as these could catch on fire when you lean over.
- Wash and dry your hands before starting. Wet hands are slippery.
- When using the stove, remove any clutter: paper towels, boxes, towels, pot holders which could catch on fire.
- If you are too short to reach the counter top use a stool so that you are not reaching. Reaching may cause a fall or spill.
- Keep cupboard doors and drawers closed so that you will not hit your head.

Prevent Fire by Avoiding Hazards – DO's and DON'T's

DO...

- Clean up any spilled grease as it burns very quickly. If a fire should start, cover it with a lid or bigger pan to smother the fire.
- Have baking soda, a lid and an ABC fire extinguisher close at hand if you should need them.
- Avoid reaching over the stove for items. Keep things you need right beside you.
- Turn all pot handles inwards so that they will be out of the reach of younger children, and you will not knock them off the stove with your arm.
- Keep all appliances with cords on the counter top (do not let the cord hang down where a child could pull the appliance over). Replace any frayed or broken cords.
- Protect yourself against steam when opening a cooking item, especially when using the microwave. Open the lid or covering away from your face. Steam can cause serious burns.
- Use oven mitts when handling hot bowls, dishes and pans. Dish towels are too bulky for this job.
- Always make sure there is a smoke alarm on every floor of the house.

DON'T...

- Carry a burning pan outside as that could spread the fire more.
- Pour water or flour on the fire as that will only spread the fire more.
- Leave a cooking area unattended to answer the phone or to work on the computer. It does not take long for things to burn and time passes quickly when you are doing something else.
- Leave the stove on and unattended.

To Treat Injuries

- If a minor burn should occur, immediately place the area under cold running water and keep it there for several minutes. This will prevent further burning and will help to reduce pain and blistering. Make sure parents are notified immediately.
- If the burn is any more serious, contact the family physician or go to the hospital.

FOOD SAFETY - IT'S IN YOUR HANDS

There are 4 steps that you can do to reduce the risk of food poisoning:

Step	Action	Method
1	CLEAN	<ul style="list-style-type: none"> • Wash your hands (for at least 30 seconds, make sure under the nails are clean), utensils and surfaces with hot, soapy water before, during and after preparing foods • Sanitize countertops, cutting boards and utensils with a mild bleach and water solution so cross contamination from other foods is prevented.
2	SEPARATE	<ul style="list-style-type: none"> • Keep raw meats and poultry away from other foods during storage and preparation • Separate cutting boards for raw meats and vegetables. Always keep foods covered. • Store foods according to directions on the package. • Check the “best before” date. • Thaw food correctly. • If a food does look right, smell right or feels different, throw it away.
3	COOK	<ul style="list-style-type: none"> • Cook food thoroughly. Cooking times and temperatures vary for different foods. Cooked food should be held and served at 60°C. • Prepare food quickly and do not let foods stay at room temperatures for long periods. • A food thermometer is very important to ensure that food is stored, cooked and served safely.
4	CHILL	<ul style="list-style-type: none"> • Refrigerate or freeze perishables, prepared foods and leftovers within 2 hours. • Internal refrigerator temperature should be between 0° and 4°C (40°F). Frozen foods should be kept at -18°C (0°F). • Chill foods quickly by putting the food in smaller, shallow containers. • Once food has thawed it must be cooked. After thoroughly cooking it can be frozen again.

CONVERSION VALUES

Temperature Conversion Values

60°C = 140°F

190°C = 375°F

70°C = 150°F

200°C = 400°F

80°C = 140°F

220°C = 425°F

100°C = 170°F

230°C = 450°F

120°C = 200°F

240°C = 475°F

140°C = 275°F

260°C = 500°F

150°C = 300°F

270°C = 525°F

160°C = 325°F

290°C = 550°F

180°C = 350°F

Measurement Conversion Values

1ml = $\frac{1}{4}$ teaspoon (tsp.)

2mL = $\frac{1}{2}$ teaspoon (tsp.)

5mL = 1 teaspoon (tsp.)

15mL = 1 tablespoon (tbsp.)

50mL = $\frac{1}{4}$ cup

75mL = $\frac{1}{3}$ cup

125mL = $\frac{1}{2}$ cup

150mL = $\frac{2}{3}$ cup

175mL = $\frac{3}{4}$ cup

250mL = 1 cup

FRENCH TOAST

Yield: 2 servings (1 slice each) Time: 15 minutes

Ingredients:

- 1 egg
- 50mL milk
- dash vanilla extract
- 15mL butter
- 2 pieces of bread

Equipment:

A medium-size bowl, mixing spoon, frying pan, spatula, serving plate, liquid measure, small measuring spoons

Instructions:

1. Read the recipe and understand what you will be doing.
2. Crack the egg into a medium-size bowl and beat well. Then mix in the milk and vanilla extract.
3. Put the margarine in a frying pan. Heat the pan on the stovetop on medium heat. It's hot enough when the margarine starts to bubble.
4. Dunk each piece of bread in the egg mixture. Make sure the bread is totally covered.
5. Cook the bread in the frying pan on low heat until the underside is light brown (about 5 minutes).
6. Use a spatula to flip the bread over, and cook again for another 5 minutes.
7. Use the spatula to transfer the French toast to a plate.

NACHOS

A great snack for family and friends.

Yield: 20 nachos

Time: 10 minutes

Ingredients:

- 20 plain nacho or tortilla chips
- 5mL chili powder
- 1 small tomato, peeled and finely chopped
- ½ small onion, finely chopped
- 250mL cheddar cheese, grated

Equipment:

Baking sheet, cutting board, knife, cheese grater, small measuring spoons, dry measuring cup

Instructions:

1. Read the recipe and understand what you will be doing.
2. Place nacho chips on baking sheet.
3. Sprinkle nacho chips with chili powder, tomato and onion.
4. Top with grated cheese.
5. Bake at 180oC (350oF) for 5 to 7 minutes or until cheese melts.

Microwave Directions:

Place nacho chips on a large glass or paper plate. Sprinkle nacho chips with chili powder, tomato and onion. Top with grated cheese. Microwave on Medium, 30 to 60 seconds or until cheese melts. Rotate plate once during cooking.

SALSA NACHO DIP

Great for taking to a party when they ask you to bring potluck snacks! Serve with multigrain tortilla chips for a healthy choice!

Yield: approx. 20 servings Time: 20 minutes

Ingredients:

- 250mL low fat sour cream
- 250g low fat cream cheese
- 250mL salsa
- 1 tomato, chopped finely
- 1 small onion, chopped finely
- ½ green pepper, chopped finely
- 250mL cheddar cheese, grated
- 1 bag corn chips, tortilla chips

Equipment:

Glass 9"X13" cake pan or 12" (30cm) deep dish pizza pan, mixing bowl, electric mixer, cutting board, knife, cheese grater, dry measuring cup.

Instructions:

1. Mix sour cream and cream cheese in mixing bowl using electric mixer. Mix until a smooth consistency is reached. Spread the mixture on the bottom of cake or pizza pan.
2. Spoon salsa over sour cream/cream cheese mixture evenly.
3. Sprinkle tomato, onion and green pepper evenly over salsa.
4. Top with grated cheese.
5. Serve cold with corn chips.

MEXICAN SALAD

Serve with whole wheat bread and a tall glass of milk for a healthy high protein, high fibre meal.

Yield: 4 to 6 servings

Time: 30 minutes

Ingredients:

- 300g ground beef
- 1 medium onion, chopped
- 398mL can red kidney beans, drained
- 175mL water
- 1 package taco seasoning mix
- ½ head, iceberg lettuce, torn into bite sized pieces
- 1 medium tomatoes, cut into chunks
- 1 green pepper, cubed
- 500mL cheddar cheese, grated
- 250mL corn chips

Equipment:

Knife, cutting board, liquid measure, dry measures, large frying pan, wooden spoon, salad bowl and servers, can opener, cheese grater.

Instructions:

1. Read the recipe and understand what you will be doing.
2. Lightly brown ground beef in a large frying pan over medium heat. Break up any lumps with a wooden spoon. Drain.
3. Add onion and cook until soft.
4. Mix taco seasoning with water and stir until seasoning is dissolved.
5. Stir beans and water/taco seasoning mix into ground beef.
6. Bring to a boil and simmer uncovered for 15 to 20 minutes or until thick and bubbly.
7. Meanwhile, combine lettuce, tomatoes and green pepper in a salad bowl.
8. Spoon hot mixture over salad.
9. Top with cheese and corn chips. Serve immediately.

Microwave Directions:

Reduce the amount of water from 175mL to 125mL. Crumble ground beef into 2L microwave-safe casserole dish. Add onion and microwave on High, 4 to 7 minutes or until meat loses its pink colour. Stir in beans, water and taco seasoning. Microwave uncovered on Medium 10 to 13 minutes or until thick and bubbly. Meanwhile, combine lettuce, tomatoes and green pepper in salad bowl. Spoon hot mixture over salad. Top with cheese and corn chips. Serve immediately.

VEGGIE PIZZA APPETIZERS

A great tasting pizza that is low in fat and high in Vitamins A and C.

Yield: 8 to 12 servings Time: 40 minutes

Ingredients:

- 1 pkg. (235 g each) refrigerated crescent dinner rolls
- 250g low fat cream cheese
- 125mL mayonnaise
- 5mL dill weed
- 2mL onion salt
- ½ small onion, chopped finely
- 125mL fresh vegetables, chopped finely (choose from cucumbers, celery, radishes, carrots (shredded), tomatoes, peppers, broccoli, cauliflower or whatever vegetables are in season. Be creative!
- 250mL cheddar cheese, finely grated

Equipment:

15"X10"X1" pan, mixing bowl, electric mixer, wooden spoon, spatula, knife, cutting board, cheese grater, liquid measure, dry measures.

Instructions:

1. Read the recipe and understand what you will be doing.
2. Preheat the oven to 190°C (375°F).
3. Unroll the crescent dough. Press onto bottom 15x10x1-inch pan to form crust, firmly pressing seams and perforations together to seal.
4. Bake 11 to 13 minutes or until golden brown. Cool.
5. Mix cream cheese, mayonnaise, dill weed and onion salt in a mixing bowl using an electric mixer.
6. Spread mixture on crust once it has cooled.
7. Sprinkle chopped vegetables evenly onto cream cheese spread.
8. Top with grated cheddar cheese.
9. Press vegetables and cheese down lightly with a fork.
10. Refrigerate for 2 hours before serving.

BRUSCHETTA BREAD

Yield: 1 serving

Time: 15 minutes

Ingredients:

- 1/3 loaf French bread or 1 Italian roll
- 60-90g mozzarella (or any favourite cheese), grated
- 1 medium tomato, diced into cubes
- 50mL onion, chopped
- dried rosemary
- dried thyme leaves
- black pepper
- vegetable oil

Equipment:

Knife, cutting board, baking sheet

Instructions:

1. Read the recipe and understand what you will be doing.
2. Cut the bread lengthwise.
3. On each half of bread, sprinkle diced tomatoes, chopped onion and grated cheese.
4. Sprinkle with rosemary, thyme, black pepper and drizzle with a few drops of oil.
5. Bake at 190°C (375°F) for 10 to 12 minutes or until cheese is melted and bubbly.

PIZZADILLAS WITH RED SAUCE

These are great warm from the skillet or cold, packed for lunch with a container of sauce for dipping.

Yield: 4 servings

Time: 10 to 15 minutes

Ingredients:

- 4 whole-wheat tortillas (20cm)
- 150mL fresh or frozen spinach, finely chopped
- 150mL mozzarella cheese, grated
- 250mL marinara sauce
- cooking spray

Equipment:

Frying pan, spatula, knife, cutting board, dry measures, liquid measures

Instructions:

1. Read the recipe and understand what you will be doing.
2. Lay 2 tortillas on a flat surface. Divide spinach and cheese between the tortillas.
3. Top with remaining 2 tortillas.
4. Place frying pan over medium heat. Lightly coat pan with cooking spray.
5. Gently slide 1 pizzadilla into the pan and cook until light golden brown on one side (about 1-2 minutes).
6. Using a thin spatula, gently flip over the pizzadilla and cook for 30-60 seconds more or until cheese is fully melted.
7. Remove pizzadilla and cut into triangles. Repeat with remaining pizzadilla.
8. Serve with marinara sauce for dipping.
9. You can wrap and refrigerate leftovers to take to school for lunch.

BERRY TASTY MUFFINS

Yield: 12 muffins

Time: 40 minutes

Ingredients:

- 250mL flour
- 250mL oatmeal
- 45mL sugar
- 5mL salt
- 20mL baking powder
- 250mL blueberries, washed (or substitute with your favourite berries!)
- 1 egg
- 250mL milk
- 50mL vegetable oil
- non-stick cooking spray

Equipment:

Large bowl, medium bowl, wooden spoon, fork, spatula, muffin cooking tray, dry measures, liquid measures, small measuring spoons

Instructions:

1. Read the recipe and understand what you will be doing.
2. Preheat oven to 200° C (400° F) .
3. In a large bowl, mix together the flour, oatmeal, sugar, salt, and baking powder.
4. Mix in blueberries.
5. In another bowl, break the egg and use a fork to beat it just a little bit. Then add the milk and vegetable oil and mix.
6. Add egg mixture to the dry ingredients in the large bowl.
7. Using a mixing spoon, mix about 25 or 30 times. Don't mix too much! Your muffin mixture should be lumpy, not smooth.
8. Line a muffin tin with paper liners or lightly spray with nonstick spray. Spoon in the muffin mix. Fill each muffin cup about 2/3 of the way up.
9. Bake for approximately 20 minutes.
10. When muffins are finished baking, remove from muffin tin and cool them on a wire rack.

BASIC WHITE SAUCE

Basic white sauce is a main component in many recipes. Any recipe that has a creamy sauce, such as scalloped potatoes, cheese sauce, cream soups, etc. uses the techniques required in making basic white sauce.

Yield: 250mL

Time: 20 minutes

Ingredients:

- 30mL butter
- 30mL flour
- 2mL salt
- 250mL milk

Equipment:

Liquid measure, small measuring spoons, wooden spoon, double boiler/heavy saucepan

Instructions:

1. Read the recipe and understand what you will be doing.
2. In double boiler or heavy saucepan over medium heat, melt butter. Blend in flour and salt. Cook about 1 minute or until bubbly.
3. Slowly add milk, stirring constantly until thickened.

Microwave Directions:

Place butter in a 1L casserole dish and microwave on High for 30 to 50 seconds or until melted. Stir in flour and salt. Gradually stir in milk. Microwave on Medium for 4 to 6 minutes or until thickened, stirring every minute.

Variations:

Cheese Sauce: Blend in 50 to 125mL grated Cheddar, Swiss or Parmesan cheese, stir until melted. Great with cooked broccoli, cauliflower or other vegetables. Can also be poured over Nacho chips.

Mustard Sauce: Add 15mL prepared mustard. Great with baked chicken or ham.

Curry Sauce: Add 2 to 10mL curry powder. Use in chicken or lamb dishes.

Oops! What went wrong with my Basic White Sauce?

<i>Problem</i>		
Lumps in sauce	<ul style="list-style-type: none"> • Did you blend the fat and flour into a complete paste? • Did you add the liquid too quickly? • Did you stir the sauce constantly? 	<ul style="list-style-type: none"> • Beat with whisk, blender or food processor • Strain white sauce
Sauce too thin	<ul style="list-style-type: none"> • Did you add enough flour? • Did you add too much liquid? • Did you cook the sauce long enough? • Did you cook the flour and fat paste long enough? • Did you cook the flour/ paste too quickly, using too much heat? 	<ul style="list-style-type: none"> • Add a paste of liquid and flour or cornstarch.
Sauce too thick	<ul style="list-style-type: none"> • Did you add too much flour? • Did you prepare sauce ahead of time and remove from heat? 	<ul style="list-style-type: none"> • Add warm liquid slowly while stirring constantly.
Starch taste	<ul style="list-style-type: none"> • Did you cook the sauce long enough? 	

CREAMY PASTA

Serve with a crisp garden salad and garlic bread or as a side dish with baked ham and cabbage salad.

Yield: 4 servings

Time: 20 minutes

Ingredients

- Water
- 15mL salt
- 15mL vegetable oil
- 1L spiral or elbow macaroni
- 50mL butter
- 1 chicken bouillon cube, crushed
- 10mL Italian seasoning
- 1mL garlic powder
- 50mL flour
- 500mL milk
- 100mL Parmesan cheese

Equipment:

Dry measures, small measuring spoons, liquid measures, double boiler or heavy saucepan, large saucepan (5L), whisk or wooden spoon.

Instructions:

1. Read the recipe and understand what you will be doing.
2. Fill a large saucepan with water. Add salt and oil. Bring water to a full rolling boil.
3. Add macaroni and boil uncovered until al dente (firm but tender), about 10 minutes. Drain and set aside.
4. Meanwhile, melt butter in double boiler or heavy small saucepan over medium heat.
5. Blend in crushed bouillon cube, Italian seasoning, garlic powder and flour. Cook a couple of minutes or until bubbly.
6. Slowly add milk, stirring constantly until thickened.
7. Pour sauce over macaroni. Add cheese and toss.

Variation:

Add 500mL cooked vegetables to pasta.

CRAZY MEATBALL WRAPS

An easy, nutritious meal that everyone will love! Serve crisp veggie sticks on the side.

Yield: 4 servings

Time: 30 minutes

Ingredients:

- 4 large whole wheat flour tortillas
- 10mL butter
- 2 cloves garlic, minced
- 1 carrot, shredded
- 125mL beef broth
- 50mL all-purpose flour
- 250mL milk
- 375g cooked meatballs (about 24)
- 250mL corn kernels (frozen or drained canned)
- 250mL pasta sauce or 125 mL ketchup
- 125 mL shredded mozzarella or cheddar cheese, grated

Equipment:

Frying pan, liquid measure, dry measures, small measuring spoons, knife, cutting board, cheese grater, spatula

Instructions:

1. Read the recipe and understand what you will be doing.
2. Warm tortillas according to package directions.
3. In a large frying pan, melt butter over medium heat.
4. Add garlic and carrot and sauté, stirring, for about 2 min or until softened. Add beef broth. Whisk flour into milk and gradually stir into frying pan. Cook, stirring often, for about 2 min or until bubbling and thickened.
5. Add meatballs and corn. Gradually stir in pasta sauce.
6. Reduce heat and simmer, stirring often, for about 10 minutes or until meatballs are heated through and sauce is thick.
7. Spoon meatballs and sauce along centre of each tortilla. Sprinkle with cheese. Fold up bottom of tortilla, then fold in sides to enclose filling.

CHICKEN CAESAR SALAD

An easy, homemade, creamy Caesar salad dressing brings classic flavour to this grilled chicken salad.

Yield: 4 servings

Time: 25 minutes

Ingredients:

Dressing:

- 250 mL 10% half-and-half cream
- 2 cloves garlic
- 30 mL Dijon mustard
- 1 mL each, salt and pepper
- 50 mL freshly squeezed lemon juice
- 50 mL plain yogurt
- Salt and pepper

Salad:

- 4 small boneless skinless chicken breasts
- 2.5 L torn romaine lettuce
- 75 mL grated Canadian Parmesan cheese
- Croutons

Equipment:

Blender or food processor, shallow baking dish, shallow medium-sized dish, tongs, spatula, knife, cutting board, large salad bowl, liquid measures, small measuring spoons
Blender, spatula, shallow baking dish, knife, cutting board, salad bowl, wooden spoon.

Instructions:

1. Read the recipe and understand what you will be doing.
2. In a blender or food processor, combine cream, garlic, mustard, salt and pepper. Purée until smooth. With motor running, pour in lemon juice. Add yogurt and pulse to blend. Let stand for 5 min or until thickened.
3. In a shallow dish, pour 45 mL of the dressing over chicken and turn to coat. Let stand for 5 minutes.
4. Grill chicken over medium heat (or broil) for 15 min, turning once, or until no longer pink inside. Transfer to cutting board. Slice thinly.
5. In salad bowl, combine lettuce, grated Canadian Parmesan cheese and 175 mL of the remaining dressing. Toss to coat.
6. Divide among serving plates and top with croutons and chicken. Drizzle with more of the dressing to taste.

*Any extra dressing can be covered and refrigerated for up to 2 days.

CREAMY RICE PUDDING

It's so quick and easy to make – comfort food at its best! Pudding has a rich, creamy taste.

Yield: 6 servings

Time: 30 minutes

Ingredients:

- 675mL milk
- 250mL 18% table cream
- 125mL short-grain rice (Arborio or Italian-style)
- 50mL granulated sugar
- 2mL ground cinnamon
- 1mL salt
- 60mL raisins (optional)
- 10mL vanilla extract

Equipment:

Double boiler or heavy saucepan, liquid measures, dry measures, small measuring spoons, wooden spoon, spatula.

Instructions:

1. Read the recipe and understand what you will be doing.
2. In a double boiler or heavy saucepan, bring milk, cream, rice, sugar, cinnamon and salt to simmer over medium heat, stirring often.
3. Reduce heat to low. Cover and simmer, stirring occasionally, for 20 minutes.
4. Stir in raisins (if using). Cover and simmer, stirring occasionally, for 5 minutes longer or until rice is very tender.
5. Stir in vanilla extract.
6. Serve warm or cold.

OATMEAL, CHOCOLATE AND ALMOND COOKIES

A scrumptious cookie that's great for lunch or after school treats!

Yield: 40 cookies

Time: 30 minutes

Ingredients:

- 750mL quick-cooking oats, divided
- 250mL milk
- 175mL butter, softened
- 500mL packed brown sugar
- 1 egg
- 500mL all-purpose flour
- 10mL baking powder
- 5mL baking soda
- 250mL semi-sweet chocolate chips
- 250mL Skor toffee bits, Reese Peanut Butter chips or butterscotch chips
- 250mL coarsely chopped unblanched almonds, toasted (optional)
- 125mL flaked coconut (optional)

Equipment:

Large mixing bowl, small bowls (2) liquid measures, dry measures, small measuring spoons, electric mixer, wooden spoon, spatula, soup-sized spoon, cookie sheet

Instructions:

1. Read the recipe and understand what you will be doing.
2. Preheat oven to 375°F (190°C).
3. Set aside 375mL of the oats. Soak remaining oats in milk for 5 minutes.
4. Meanwhile, in a large bowl, cream together butter, sugar and egg until light and fluffy.
5. Add oat mixture, the reserved oats and remaining ingredients. Stir until well blended.
6. Drop by heaping spoonfuls onto greased cookie sheets.
7. Bake for 10 to 12 min or until golden brown.
8. Allow to cool on a rack for a few minutes before removing cookies.

CHOCOLATE FUDGE

Yield: 24 servings

Time: 2 hours, 10 minutes

Ingredients:

- 1-1/2 pkg. (12 squares) semi-sweet chocolate squares
- 1 can (300 g) sweetened condensed milk
- 10mL vanilla

Equipment:

8-inch square pan, tinfoil, double boiler or heavy saucepan, wooden spoon, spatula

Instructions:

1. Read the recipe and understand what you will be doing.
2. Line 8-inch square pan with foil, with ends of foil extending over sides.
3. Put chocolate squares and milk in a double boiler or heavy saucepan and heat until chocolate is melted, stirring constantly.
4. Remove from heat and blend in vanilla.
5. Spread into prepared pan.
6. Refrigerate for 2 hours or until chocolate mix is firm. Use handles to lift fudge from pan before cutting to serve.

Microwave Directions:

Microwave chocolate and milk in microwaveable bowl on High for 2 to 3 minutes or until chocolate is almost melted, stirring after 2 minutes. Stir until chocolate is completely melted. Blend in vanilla. Spread into prepared pan. Refrigerate 2 hours or until firm. Use foil handles to lift fudge from pan before cutting to serve.

HOT COCOA

This recipe makes cocoa that is lower in sugar and more economical than instant hot cocoa.

Yield: 2 servings

Time: 15 minutes

Ingredients:

- 20mL sugar
- 30mL cocoa
- 1mL ground cinnamon
- 500mL milk
- 2mL vanilla

Equipment:

Small measuring spoons, liquid measure, double boiler or heavy small saucepan, wooden spoon

Instructions:

1. Read the recipe and understand what you will be doing.
2. In a double boiler or heavy small saucepan, combine sugar, cocoa, cinnamon and 30mL milk. Mix until smooth.
3. Stir in remaining milk.
4. Cook over medium heat, stirring constantly until mixture is heated.
5. Remove from heat and add vanilla. Serve immediately.

Microwave Directions:

In a large liquid measure, combine sugar, cocoa, cinnamon and 30mL milk mix until smooth. Stir in remaining milk. Microwave on Medium for 5 to 7 minutes or until heated through. Add vanilla. Serve immediately.

CHEESE OMELET

Yield: 1 serving

Time: 4 minutes

Ingredients:

- 3 eggs
- 2 slices of your favourite cheese
- 30mL vegetable oil

Equipment:

Small frying pan, medium bowl, small bowl, whisk, spatula, cutting board, knife, small measuring spoon, serving plate.

Instructions:

1. Read the recipe and understand what you will be doing.
2. Crack an egg open into the small dish. Examine the egg to make sure there are no pieces of the shell mixed in with the egg. Put the egg into the medium bowl. Repeat with the second and third eggs.
3. Whisk eggs until well beaten.
4. Put oil in frying pan on medium-high heat. Watch carefully.
5. When oil is starting to get hot, pour beaten eggs into frying pan.
6. When eggs are starting to firm up around the edges, flip eggs to cook the other side. Cook for approximately 30 seconds. Flip once more to ensure eggs are cooked.
7. Place slices of cheese in the centre of the cooked eggs.
8. Fold the omelet in half, being certain to cover the cheese slices, and slide it onto your plate.

HOT ONION CHEESE DIP

Yield: 550mL

Time: 45 minutes

Ingredients:

- 250g cream cheese, softened
- 75mL mayonnaise
- 15mL dry onion soup mix
- 250mL mozzarella cheese, grated
- 75mL sliced almonds, toasted (optional)

Equipment:

Medium bowl, wooden spoon, ovenproof serving dish, cheese grater, dry measures, small measuring spoons.

Instructions:

1. Read the recipe and understand what you will be doing.
2. Heat oven to 180°C (350°F).
3. Mix cream cheese, mayonnaise and soup mix in a medium bowl.
Stir in mozzarella.
4. Spoon into ovenproof serving dish.
5. Bake 15 to 20 minutes or until heated through, stirring after 8 minutes
6. Top with nuts, if desired.

**serve with crackers or fresh vegetables such as celery, cucumber and carrots.

***Dip ingredients can be mixed ahead of time. Refrigerate up to 6 hours. When ready to serve, bake uncovered as directed, increasing the baking time if necessary until dip is heated through. Garnish with nuts, if desired.

CHEDDAR POTATO SOUP

Round out a healthy meal. Serve with spinach salad, bran muffin and a cold glass of milk.

Yield: 6 servings

Time: 40 minutes

Ingredients:

- 25mL butter
- 1 small onion, chopped
- 1 clove garlic, finely minced
- 3 medium potatoes, peeled and diced
- 375mL chicken stock **
- 1mL dried thyme
- 375mL milk
- 1mL Worcestershire sauce
- 375mL cheddar cheese, grated

Garnish:

- Chopped fresh parsley, celery leaves or green onion OR sprinkle paprika or chili powder lightly over soup.

** To make chicken stock, use chicken bouillon granules and prepare according to the package directions. Or, use canned chicken broth or homemade chicken stock. The liquid amount must measure 375mL.

Equipment:

Large saucepan, liquid measures, dry measures, small measuring spoons, wooden spoon, sharp knife, cutting board, cheese grater, food processor or blender.

Instructions:

1. Read the recipe and understand what you will be doing.
2. Melt butter in a large saucepan. Add onion and garlic. Stir well to thoroughly coat with butter. Cook until vegetables are tender using medium heat. Do not let the vegetables brown.
3. Add potatoes. Stir well to thoroughly coat with butter.
4. Immediately add chicken stock and thyme and stir well. Bring to a boil, and then reduce heat. Cover and cook for about 20 minutes or until potatoes are tender.
5. Then, pour about half of the potato mixture into food processor or blender. Puree or make a smooth mixture. Return this smooth mixture to the saucepan with remaining potato and vegetables. In this way, the pureed potatoes give a thick consistency to the soup but the chunks of potato and onion make it more interesting.
6. Stir in milk and heat just until mixture comes to a boil. Reduce heat and stir in Worcestershire sauce and cheddar cheese. Cook at low temperature, stirring constantly until cheese melts.
7. Top soup with desired garnish and serve immediately.

FETTUCCINE ALFREDO

All the flavour without the added calories with this low-fat version of a classic favourite!

Yield: 4 servings (1.25L)

Time: 40 minutes

Ingredients:

- 3L water
- 7mL salt
- 225g fettuccine
- 125mL 1% milk
- 30mL all-purpose flour
- 385mL 2% evaporated milk
- 30mL 95% fat-free spreadable cream cheese
- 1mL garlic powder
- 1mL ground nutmeg
- 1mL salt
- pepper

Equipment:

Dutch oven or large pot, wooden spoon, colander, small bowl, whisk, medium saucepan, spatula, liquid measures, small measuring spoons

Instructions:

1. Read the recipe and understand what you will be doing.
2. Combine water and first amount of salt in Dutch oven or large pot. Bring to a boil. Add fettuccine. Boil, uncovered, for 11 to 13 minutes, stirring occasionally, until tender but firm. Drain. Return to same pot. Cover to keep warm.
3. Meanwhile, whisk milk into flour in small bowl until smooth.
4. Combine remaining 6 ingredients in medium saucepan. Heat and stir on medium until cream cheese is melted.
5. Slowly add flour mixture, stirring constantly with whisk, until smooth. Heat and stir until boiling and slightly thickened.
6. Add fettuccine. Toss until coated.
7. Serve immediately.

GOLDEN CHEDDAR BREAD

Yield: 1 loaf

Time: 55 minutes

Ingredients:

- 500mL all-purpose flour
- 20mL baking powder
- 15mL sugar
- 5mL dry mustard
- 2mL salt
- 375mL sharp cheddar cheese, grated
- 1 egg
- 250mL milk
- 50mL butter, melted
- Paprika

Equipment:

21cm X 11cm (8 ½" X 4 ½ ") loaf pan, large bowl, small bowl, whisk or wooden spoon, liquid measures, dry measures, small measuring spoons, cheese grater

Instructions:

1. Read the recipe and understand what you will be doing.
2. Preheat oven to 180 °C (350 °F).
3. In large bowl, combine flour, baking powder, sugar, mustard and salt. Stir in cheddar cheese.
4. In small bowl, lightly beat egg. Stir in milk and butter. Add to dry ingredients, all at once, stirring just until moistened.
5. Spread batter into greased 21cm X 11cm (8 ½ x 4 ½ inch) loaf pan. Sprinkle with paprika.

OOH-LA-LA CHEESE SOUFFLE

Yield: 4 to 6 servings

Time: 1 hour 10 minutes

Ingredients:

- 500mL mashed potatoes
- 375mL cheddar cheese, shredded
- 125mL parmesan cheese, grated
- 5mL salt
- 2mL pepper
- 275mL milk
- 6 eggs separated

Equipment:

Soufflé (or casserole) dish, large bowls (2), whisk, wooden spoon or electric mixer, liquid measures, dry measures, small measuring spoons

Instructions:

1. Read the recipe and understand what you will be doing.
2. Preheat oven to 190°C (375°F)
3. In a large bowl, mix together potatoes, cheeses, salt and pepper, and egg yolks. Add milk to mixture and stir.
4. In a separate bowl, add egg whites and whip using a whisk or electric mixer until stiff (peaks should form).
5. Add whipped eggs to cheese mixture and stir.
6. Pour into a greased soufflé dish and bake in oven for 45-50 minutes. Soufflé should “poof” up and top should be a beautiful golden brown.
7. Remove from oven and serve immediately (otherwise the soufflé will start to sag or sink). Scoop up with large spoon and serve with a green salad.

CHICKEN IN MUSHROOM AND CHEESE SAUCE

Yield: 6 servings

Time: 2 hours

Ingredients:

- 1.6kg (3-1/2 lbs.) chicken pieces
- 50mL flour
- 50mL melted butter or margarine
- 150mL evaporated milk
- 1 can mushroom soup
- 250mL grated cheese (your choice of kind cheese)
- 1mL salt
- 0.5mL pepper
- 500mL onions
- 113g mushrooms

Equipment:

9" X 13" baking dish, small bowl, lifter or fork, medium-sized bowl, whisk or wooden spoon, liquid measures, dry measures, small measuring spoons

Instructions:

1. Read the recipe and understand what you will be doing.
2. Coat chicken with flour. Arrange in a single layer with skins down in melted butter in a baking dish.
3. Bake uncovered in 220°C (425°F) oven for 30 minutes.
4. Turn chicken, bake until brown, about 15 to 20 minutes more.
5. Pour off excess fat. Reduce oven to 160°C (325°F).
6. In a medium-sized bowl, combine milk, soup, cheese, salt, pepper, onions and mushrooms and pour over chicken. Sprinkle with paprika.
7. Cover and return to oven continue baking until chicken is fully coated with sauce and cooked through.

EASY CHEESEY LASAGNA

Yield: 6 to 8 servings

Time: 40 minutes

Ingredients:

- 454g (1lb.) ground beef or sweet Italian sausage
- 5mL pound lasagna noodles
- 15mL olive oil
- 1 jar (396mL) spaghetti sauce
- 1L shredded mozzarella cheese
- 500mL shredded Cheddar cheese
- 250mL grated Parmesan cheese
- 250mL ricotta cheese
- 50mL pesto (optional)

Equipment:

7.5cm X 20cm (3" X 8") individual loaf pans (6 to 8) OR 23cm X 33cm (9" X 13") pan, frying pan, large pot, cheese grater, spatula, wooden spoon, knife, dry measures, small measuring spoons, medium bowls (3)

Instructions:

1. Read the recipe and understand what you will be doing.
2. Brown beef or Italian sausage (remove sausage from casing) in a frying pan, breaking up lumps as meat cooks. Cook until meat is brown. Drain the fat off of the meat.
3. Cook the lasagna noodles according to the package directions. Rinse the noodles and toss them with olive oil to prevent them from sticking together.
4. While the meat and noodles are cooking, grate the mozzarella and Cheddar cheese.
5. To assemble the lasagna(s), start with a layer of sauce on the bottom of the pans (to prevent the noodles from sticking). Continue layering with noodles, meat, sauce, cheese (4 kinds) and pesto. Repeat 3 times.
6. Put the individual pans on cookie sheets (or put the 23cm X 33cm pan directly on the rack) and bake at 150°C (300°F) for about 20 minutes for individual pans (30 minutes for large pan), or until the ingredients are warm and the cheeses have melted.

PEANUT BUTTER CHEESECAKE BROWNIE BARS

A moist fudgy snacking cake, swirled with peanut butter cheesecake.

Yield: 16 to 24 servings

Time: 1 hour

Ingredients:

- 250mL semi-sweet chocolate chips
- 125mL butter
- 50mL milk
- 2 eggs
- 2mL vanilla extract
- 175mL sugar
- 125mL all-purpose flour
- 30mL cocoa powder

Topping:

- 300g Reese Peanut Butter chips
- 250g cream cheese, softened
- 50mL sugar
- 50mL all-purpose flour
- 1 egg
- 175mL milk

Equipment:

23cm X 23cm (9"X9") cake pan, double boiler or heavy saucepan, spatula, whisk or wooden spoon, liquid measures, dry measures, small measuring spoons, medium bowls (3), electric mixer, large spoon, knife

Instructions:

1. Read and understand what you will be doing.
2. Preheat oven to 180 °C (350 °F).
3. Butter a 23cm x 23cm (9 inch X 9 inch) square cake pan. Set aside.
4. In a microwave or in the top of a double boiler over simmering water, melt semi-sweet chocolate chips and butter.
5. Transfer to a medium bowl and stir in milk. Beat in eggs and vanilla extract until smooth. Set aside.
6. In another bowl, sift together sugar, flour and cocoa powder.
7. Pour chocolate mixture over dry ingredients and stir together.
8. Measure out 50mL (¼ cup) of the batter. Set aside. Spread remaining batter into prepared pan.
9. To make topping, in a microwave or in the top of a double boiler over simmering water melt Reese Peanut Butter chips. Set aside.
10. In a medium bowl, beat together cream cheese, sugar, flour, egg and milk. Pour in melted Reese Peanut Butter chips and beat until smooth.
11. To assemble, spoon cheesecake batter over the brownie batter, covering well. Drop spoonfuls of the remaining brownie batter over top and swirl with a knife to create a marble effect.
12. Bake for 35 to 40 minutes or until set.
13. Cool completely before cutting.

UNSALTED BUTTER

Yield: 125mL

Time: 15 minutes

Ingredients:

- 250mL whipping cream, room temperature
- Cold water

Equipment:

Small bowls, sieve, egg beater or electric beaters, rubber spatula, wooden spoon

Instructions:

1. Read the recipe and understand what you will be doing.
2. Pour the cream into a bowl and beat with egg beater. Keep beating until lumps of fat form.
3. Pour butter and liquid (buttermilk) into sieve. If there is any butter on the beater, scrape it off and place in sieve.
4. Pour cold water over butter to wash off buttermilk.
5. Transfer butter to bowl. Using the back of a wooden spoon, flatten the butter against the side of the bowl. This will remove any trapped buttermilk.
6. Rinse with cold water, mold and chill.
7. To make salted butter, add 0.5mL salt and mix well before molding.

MAPLE BUTTER

Yield: 250mL

Time: 5 minutes

Ingredients:

- 125mL butter, softened
- 125mL maple syrup

Equipment:

Small bowls, sieve, electric mixer, liquid measure, dry measure

Instructions:

1. Read the recipe and understand what you will be doing.
2. Beat butter until light and fluffy in small bowl.
3. Slowly add maple syrup, beating continuously until well blended.

HOMEMADE SOUR CREAM

Yield: 250mL

Time: 10 minutes

Ingredients:

- 250mL light cream (half and half) at room temperature
- 15mL buttermilk at room temperature

* For low-fat sour cream: Substitute above ingredients for 30mL skim milk, 15mL lemon juice, 250mL low-fat cottage cheese.

* For vegan sour cream: Substitute above ingredients for 115g soft tofu (dry), 115g firm tofu (dry), 15mL lemon juice, 5mL soy sauce.

Equipment:

Small bowl, liquid measure, small measuring spoon, wooden spoon, spatula.

Instructions:

1. Read the recipe and understand what you will be doing.
2. Mix cream and buttermilk together.
3. Tightly cover and let sit in a warm place for 24 hours. The oven works well but make sure not to turn the oven on!
4. After 24 hours, take the bowl out of the oven and refrigerate until cold.

**If doing the low-fat or vegan version of this sour cream recipe, blend until smooth and chill for 24 hours.

**Homemade sour cream is good for one month in an air-tight container stored in the refrigerator.

YOGURT

Make your own yogurt and control the fat and sugar content. To jazz up your yogurt, mix with mashed, canned, fresh or frozen fruit, add honey, maple syrup, granola, thawed undiluted juice concentrate or jam.

Yield: 1 L

Time: 5 hours

Ingredients:

- 750mL homo (3.25%), 2% or skim milk
- 175mL skim milk powder
- 30mL plain yogurt (without added gelatin)

Equipment:

Medium saucepan or double boiler, small measuring spoons, liquid measure, wooden spoon, candy thermometer, small bowl, wide mouth thermos or jars, plastic wrap, large pan with lid.

Instructions:

1. Read the recipe and understand what you will be doing.
2. Thoroughly wash and rinse with a wide mouth thermos bottle. Fill with boiling water, cap tightly and set aside.
3. Combine milk and skim milk powder in top of a double boiler over simmering water OR saucepan over medium heat.
4. Heat milk, stirring occasionally to 82°C (140°F) on a candy thermometer or until tiny bubbles appear around the edge of the saucepan.
5. Cool the milk to 45°C (113°F) or until a drop feels barely warm when tested on inside of wrist.
6. Remove 30mL heated milk. Stir into “starter” yogurt. Return to double boiler or saucepan.
7. Empty thermos, shaking well to remove all water possible. Pour in milk-yogurt mixture. Cap tightly. Set where it will not be disturbed. Leave 4 hours or until coagulated.
8. Pour yogurt into clean container. Cover and refrigerate immediately. When cool, stir yogurt into smooth paste. Add any extras you want in your yogurt. Cover and return to refrigerator.

**If you don't have a thermos bottle, pour yogurt-milk mixture into warm jars. Seal with plastic wrap then lids. Place jars in a large pan of lukewarm water and cover. Set pan in cold oven and turn on oven light. Leave for 4 hours or until coagulated.

VEGETABLE DILL DIP

Yield: 325mL

Time: 15 minutes

Ingredients:

- 250mL plain 2% yogurt or light sour cream
- 125mL light mayonnaise
- 15mL finely chopped onion
- 5mL dried dill weed
- 2mL dried basil
- 15mL finely chopped fresh parsley

Equipment:

Small measuring spoons, liquid measures, sharp knife, cutting board, small mixing bowl, spoon OR food processor, rubber spatula

Instructions:

1. Read the recipe and understand what you will be doing.
2. Combine yogurt or sour cream with mayonnaise.
3. Add onion, dill, basil and parsley. Mix well.

OR

1. Chop onion and parsley in food processor. Add yogurt or sour cream, dill and basil. Pulse, using short spurts until well combined.

**Serve dip with assortment of raw vegetables, apple wedges, bread sticks, toasted pita bread, etc. Refrigerate leftover dip.

HERB VEGETABLE DIP

Yield: 250mL

Time: 15 minutes

Ingredients:

- 175mL creamed cottage cheese
- 75mL mayonnaise
- 5mL Worcestershire sauce
- 1mL seasoned salt
- 5mL garlic powder
- 5mL dried parsley
- 1 green onion, chopped
- assortment of raw vegetables

Equipment:

Small measuring spoons, dry measures, knife, cutting board, food processor or blender

1. Read the recipe and understand what you will be doing.

Instructions:

2. Place cottage cheese in food processor or blender, process until smooth.
3. Add mayonnaise, Worcestershire sauce, seasoned salt, garlic powder, parsley and green onion. Process until smooth.
4. Serve with an assortment of raw vegetables.

**For a more flavourful dip, chill a couple of hours to allow flavours to blend.

CUCUMBER SALAD

Yield: 6 servings

Time: 10 minutes

Ingredients:

- 3 cucumbers, thinly sliced
- 50mL sour cream
- 50mL plain yogurt
- 2mL seasoned salt
- pepper, to taste
- fresh parsley (optional)
- lemon rings (optional)
- lettuce leaves (optional)

Equipment:

Serving bowl, knife, cutting board, liquid measures, small measuring spoons.

Instructions:

1. Read the recipe and understand what you will be doing.
2. Combine all ingredients in serving bowl and garnish with fresh parsley, half lemon rings and lettuce leaves. Serve immediately.

**Variation: Use this mixture as dip or sauce, using only half the cucumbers and puréeing in food processor.

BEST BANANA BREAD

Yield: 10 to 12 slices

Time: 1 hour, 15 minutes

Ingredients:

- 250mL milk
- 15mL freshly squeezed lemon juice
- 500mL all-purpose flour
- 175mL whole wheat flour
- 5mL baking powder
- 2mL each, baking soda, salt and ground cinnamon
- 125mL butter, softened
- 175mL packed brown sugar
- 1 egg
- 10mL vanilla extract
- 300 mL mashed ripe bananas

Equipment:

Loaf pan, large bowl, medium bowls (2), electric mixer, whisk or wooden spoon, spatula, liquid measures, dry measures, small measuring spoons

Instructions:

1. Read the recipe and understand what you will be doing.
2. Preheat oven to 180 °C (350 °F).
3. Butter a 23 x 13cm (9"X5") loaf pan or line with parchment paper.
4. In measuring cup, whisk milk with lemon juice. Set aside.
5. In a bowl, combine all-purpose and whole wheat flours, baking powder, baking soda, salt and cinnamon.
6. In large bowl, using electric mixer, beat butter and sugar until light. Beat in egg and vanilla extract until blended. Beat in bananas.
7. With a wooden spoon, stir in flour mixture alternately with milk mixture, making 3 additions of flour and 2 of milk, just until combined.
8. Spread into prepared pan, smoothing top.
9. Bake for 60 to 70 min or until tester inserted in centre comes out clean. Let cool in pan on rack for 5 min. Turn out onto rack to cool completely.

VERY BERRY SUMMER CAKE

Yield: 10 servings

Time: 1 hour 30 minutes

Ingredients:

- 4 large eggs
- 175mL sugar
- 750g vanilla yogurt
- 15mL vanilla extract
- 300mL flour
- 500mL fresh or frozen (not thawed) raspberries
- 50mL flaked almonds (optional)

Equipment:

Spring-form pan, large bowl, electric mixer, whisk, wooden spoon, liquid measures, dry measures, small measuring spoons

Instructions:

1. Read the recipe and understand what you will be doing.
2. In a large bowl, beat eggs and sugar at maximum speed for 5 minutes.
3. Using a whisk, gently stir in yogurt and vanilla.
4. Sift flour over mixture little by little, whisking to avoid lumps.
5. Delicately fold in berries.
6. Pour into 23cm (9 inch) buttered, floured spring-form pan.
7. Sprinkle almonds over top.
8. Bake at 180°C (350° F) until top is evenly golden brown (about 75 to 90 minutes).
9. Chill, remove form and serve.

FROZEN SMOOTHIE POPS

Smoothies make a fun and nutritious breakfast, snack or dessert!

Yield: 8 to 12 pops

Time: 2 to 4 hours

TRIPLE BERRY SMOOTHIE POPS

Ingredients:

- 250mL fresh or frozen strawberries
- 250mL fresh or frozen blueberries
- 15 mL sugar or liquid honey
- 250mL milk
- 125mL raspberry-flavoured yogurt

JUST PEACHY SMOOTHIE POPS

Ingredients:

- 500mL sliced fresh, drained canned or frozen peaches or apricots
- 30mL liquid honey or sugar
- 250mL milk
- 125mL peach or vanilla-flavoured yogurt

BANANA PINEAPPLE SMOOTHIE POPS

Ingredients:

- 1 very ripe banana
- 250mL frozen or drained canned pineapple chunks
- 15 to 30mL sugar or liquid honey
- 250mL milk
- 125mL vanilla-flavoured or plain yogurt

Equipment:

Blender or food processor, ice-pop moulds or paper cups, wooden sticks, straws or plastic spoons, liquid measures, small measuring spoons

Instructions:

1. Read the recipe and understand what you will be doing.
2. In a blender, combine fruit and honey or sugar (as called for, to taste) and milk. Purée until smooth.
3. Add yogurt and pulse just until combined.
4. Pour into ice-pop moulds and insert sticks, or pour into 1/3 cup (80 mL) paper cups. If using paper cups, freeze until partially firm then insert sticks, straws or plastic spoons.
5. Freeze until solid, for 2 to 4 hours. Will keep for up to 2 weeks.

VANILLA ICE CREAM

Yield: approximately 1.5L

Time: 5 hours

Ingredients:

- 500mL whipping cream
- 175mL sugar
- 0.5mL salt
- 500mL table cream
- 7mL vanilla

Equipment:

Large bowl, ice cream maker, covered container, wooden spoon, plastic wrap, dry measures, liquid measures, small measuring spoons

Instructions:

1. Read the recipe and understand what you will be doing.
2. Combine whipping cream, sugar, salt, table cream and vanilla. Stir until sugar dissolves and refrigerate a couple of hours to allow flavours to blend.
3. Pour mixture into ice cream maker and freeze according to manufacturer's directions.
4. Transfer ice cream into a covered container and store in freezer until very firm (about 4 hours).

****VARIATION:** Add 250mL crushed chocolate chips or crushed Oreo cookies to ice cream mixture just before churning.

MILKSHAKES

Yield: approximately 500mL Time: 5 minutes

Here's your opportunity to dream up your own milkshake using any combination of the following flavourings!

Ingredients:

- 2 to 3 scoops of your favourite ice cream
- 175mL cold milk

Flavourings

- 75mL berries, fresh or frozen
- 75mL fruit, fresh or canned
- 25mL strawberry jam
- 25mL chocolate syrup
- 50mL frozen juice concentrate, thawed

Equipment:

Blender or food processor, ice cream scoop, tall glass, liquid measure, dry measure, small measuring spoons.

Instructions:

1. Read the recipe and understand what you will be doing.
2. Place scoops of ice cream in blender or food processor.
3. Add milk and flavouring. Blend until smooth.
4. Pour into glass and serve immediately.

STRAWBERRY SHERBET

Yield: 6 to 8 servings

Time: 6 hours

Ingredients:

- 85g package of strawberry jelly powder
- 250mL boiling water
- 250mL can frozen strawberry concentrate, slightly thawed
- 385mL can evaporated milk

Equipment:

Tea kettle, large bowl, egg beater or mixer, 20cm square pan, can opener, wooden spoon, liquid measure

Instructions:

1. Read the recipe and understand what you will be doing.
2. In a large bowl, add boiling water to jelly powder. Stir to dissolve jelly powder completely.
3. Stir in strawberry concentrate and freeze until partially set, about 30 minutes.
4. Stir mixture. Add evaporated milk and beat with egg beater or mixer until foamy.
5. Pour mixture into 20cm square pan and freeze until partially frozen, about one hour. Stir to break up ice crystals and continue to freeze overnight.
6. Remove from freezer 15 minutes before serving. To serve, draw spoon across the surface of the sherbet to produce layers.

ICE CREAM CONE CUPCAKES

Yield: 12

Time: 50 minutes

Ingredients:

- 12 flat-bottomed ice cream cones
- 175mL granulated sugar
- 125mL unsweetened cocoa powder
- 250mL milk
- 1 egg
- 125mL butter, melted
- 10mL vanilla
- 425mL all-purpose flour
- 7mL baking powder
- 1mL salt

Chocolate Icing:

- 175mL semisweet chocolate chips
- 30mL milk
- 50mL sour cream (not fat-free)
- Sprinkles or other candies

Equipment:

Tin foil, muffin cooking tray, large bowl, whisk, large spoon, microwave-safe bowl or measuring cup, spatula, dry measures, liquid measures, small measuring spoons

Instructions:

1. Read the recipe and understand what you will be doing.
2. Preheat oven to 180°C (350°F). Cut twelve strips of foil from a roll, each about 5cm wide. Scrunch 1 strip around the bottom of each ice cream cone and nestle into muffin pan to hold cones in place.
3. In a large bowl, whisk together sugar and cocoa. Gradually whisk in milk until blended. Whisk in egg, butter and vanilla. Without stirring, sprinkle with flour, baking powder and salt. Stir until evenly moistened.
4. Spoon batter into ice cream cones, heaping slightly. Smooth tops. Bake for about 30 min or until tester inserted into centre cupcake comes out clean. Let cool completely in pan on rack.
5. Icing: In a microwave-safe bowl or measuring cup, combine chocolate chips and milk. Microwave on Medium (50%) power for 1 to 2 minutes or until chocolate is melted (or heat in a small saucepan over low heat). Stir until smooth. Stir in sour cream. Let cool slightly.
6. Spread icing over cooled cupcakes and decorate with sprinkles as desired.

NO BAKE CHOCOLATE CHIP ICE CREAM CAKE

Yield: 6 servings

Time: 20 minutes

Ingredients:

- 20 Chocolate Chip Cookies (store bought) finely crushed (about 425mL of crumbs)
- 50mL butter, melted
- 1L vanilla ice cream, softened
- 250mL thawed Whipped topping
- 125mL hot fudge ice cream topping

Equipment:

Large bowl, wooden spoon, spatula, 23cm pie plate, liquid measure, dry measure

Instructions:

1. Read the recipe and make sure you understand what you will be doing.
2. Mix finely crushed cookies and the margarine until well blended. Save 50mL of cookie mix and set aside. Press mix firmly onto bottom and up the sides of a 23cm pie plate to form crust.
3. Spread ice cream into crust. Freeze at least 6 hours or until firm.
4. Top with whipped topping just before serving, drizzle with fudge topping, then sprinkle with the coarsely crushed cookies.
5. Store leftover pie in freezer.

BUTTERSCOTCH OATMEAL ICE CREAM PIE

Yield: 6 servings

Time: 20 minutes

Ingredients:

- 1 pkg. crushed oatmeal cookies
- 75mL butter, melted
- 1L butterscotch ice cream
- butterscotch syrup (optional)

Equipment:

23cm X 33cm (9"X13") pan, microwave-safe bowl or saucepan, wooden spoon, spatula, large spoon.

Instructions:

1. Read the recipe and understand what you will be doing.
2. Melt butter in a saucepan or in a microwave-safe dish on medium until butter is almost completely liquid.
3. Mix crushed cookies and butter (reserve 75mL for sprinkle on top).
4. Press into the bottom of a 23cm X 33cm (9"x13") pan.
5. Bake at 180oC (350oF) for about 12-15 minutes until firm and very lightly browned.
6. Let cool completely.
7. Spread softened ice cream on top of cookie crust. Sprinkle with reserved crumbs and put back into freezer until set.
8. Cut into squares and serve.

FROZEN STRAWBERRY CHEESECAKE

Yield: 8 to 10 servings

Time: 4 hours

Ingredients:

Crust:

- 375mL graham cracker crumbs
- 50mL butter, melted
- 30mL sugar

Frozen Cheese Filling:

- 250g cream cheese, softened
- 125mL sugar
- 2L strawberry ice cream

Fresh Strawberries and Mint Topping

- 500mL fresh strawberries, cubed
- 50mL fresh mint, chopped
- 50mL maple syrup
- Freshly ground pepper, to taste

Equipment:

Springform pan, large bowls (2), fork, spatula, electric mixer, spoon, saucepan, dry measures, liquid measures

Instructions:

1. Read the recipe and understand what you will be doing.
2. In a large bowl, combine all crust ingredients. Press crust mixture into a 23cm springform pan and freeze for 30 minutes.
3. In a large mixing bowl, beat cream cheese with sugar for 2 minutes or until sugar is dissolved. Gradually add strawberry ice cream and mix well. Spread filling evenly on the crust. Freeze for 3 hours.
4. To prepare topping, combine strawberries with maple syrup, mint and pepper in a saucepan. Cook over low heat for 5 minutes. Remove from heat and let cool.
5. Remove sides from frozen cheesecake and serve in wedges with strawberry mint topping.

MAKE AHEAD S'MORES CAKE

Yield: 16 servings

Time: 20 minutes

Ingredients:

- 500mL graham cracker crumbs
- 125mL butter, melted
- 75mL sugar
- 350g semi-sweet chocolate chips
- 1L mini marshmallows, divided
- 250mL milk
- 250mL graham crackers, crumbled
- 2L chocolate ice cream
- whipped topping

Equipment:

23cm X 33cm (9" X 13") glass or ceramic baking dish, medium bowl, spatula, fork, microwave-safe medium bowl or double boiler or heavy saucepan, knife, plastic wrap, dry measures, liquid measures

Instructions:

1. Read the recipe and understand what you will be doing.
2. Combine graham cracker crumbs, melted butter and sugar in a medium bowl. Press into a 23cm X 33cm (9" X 13") glass or ceramic baking dish.
3. Microwave chocolate chips, 500mL marshmallows and milk in a small microwave-safe bowl at High for 4 minutes or until completely melted, stirring once. Or use a double-boiler or heavy saucepan to melt the mixture, stirring constantly. Cool 10 minutes then stir in remaining 500mL marshmallows.
4. Spread over crust. Freeze one hour or until firm.
5. Sprinkle graham crumbs over chocolate layer.
6. Cut softened chocolate ice cream into slices and fit into baking dish to form an even layer. Cover and freeze 4 hours or overnight.
7. Frost with whipped topping just before serving. Sprinkle, if desired, with additional graham cracker crumbs.