



**CANADA**  
4-H Ontario

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## 4-H ONTARIO PROJECT



**Ontario's Tasty Fruits & Vegetables**

**RECIPE BOOK**

## THE 4-H PLEDGE

I pledge my Head to clearer thinking,  
my Heart to greater loyalty,  
my Hands to larger service,  
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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4-H Ontario is pleased to be able to provide project resource reference manuals for use by volunteers in clubs. 4-H Ontario screens and trains volunteers to equip them with the tools to serve as positive role models for youth. With so many topics to choose from, 4-H volunteers are trusted to use these resources to provide safe and quality programming while using their judgement to assess the appropriateness of activities for their particular group of youth. By downloading any 4-H resource, you agree to use it for 4-H purposes and give credit to the original creators. Your provincial 4-H organization may have restrictions on the types of 4-H projects or activities which can be completed in your region.

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The development of this project resource was made possible through the support of Cowan Insurance Group.





## 4-H Inclusion Statement

4-H in Canada is open to all\* without discrimination based on race, national or ethnic origin, colour, religion, sex, age or, mental or physical disability.\*\*

4-H is dedicated to providing a safe and inclusive environment that allows for universal access and participation. Where barriers to participation are identified, 4-H will, with reasonable accommodation, adapt programs, rules, policies, or expectations to reduce or remove the barriers.

Any accommodations, changes or exceptions will be assessed on an individual basis, taking into account the individual experience of the member and their family. The physical safety and emotional well-being of members, leaders, staff and volunteers is 4-H's highest priority, and is the ultimate consideration in final decisions.

4-H Canada and local 4-H organizations consider inclusion a priority. Leaders are encouraged to work with individuals and their families to identify and discuss accommodations as required, and to reach out to provincial or national office staff for help with unresolved concerns.

*\*This applies to youth members (ages 6 to 21), volunteers, leaders, staff and professionals.*

*\*\*Definition of discrimination as per Canadian Charter of Rights and Freedoms.*

## Déclaration sur l'inclusion des 4-H

L'adhésion aux 4-H au Canada est ouverte à tous les jeunes\* sans discrimination fondée sur la race, l'origine nationale ou ethnique, la couleur de la peau, la religion, le sexe, l'âge ou le handicap mental ou physique. \*\*

Les 4-H ont pour mission d'offrir un environnement sécuritaire et inclusif qui permet l'accès et la participation de tous. Lorsque des obstacles à la participation sont décelés, les 4-H adapteront, à l'aide de mesures d'adaptation raisonnables, les programmes, les règles, les politiques ou les attentes afin de réduire ou d'éliminer ces obstacles.

Toute mesure d'adaptation, modification ou exception sera évaluée au cas par cas, en tenant compte de l'expérience personnelle du membre et de sa famille. La sécurité physique et le bien-être émotionnel des membres, des animateurs et des animatrices, des membres du personnel et des bénévoles sont la priorité absolue des 4-H et constituent le facteur ultime à considérer lors de la prise des décisions définitives.

Les 4-H du Canada et les organisations locales des 4-H considèrent l'inclusion comme étant une priorité. Les animateurs et les animatrices sont encouragés à collaborer avec les personnes et leurs familles afin de définir et d'examiner les mesures d'adaptation, selon les besoins, et de communiquer avec le personnel du bureau provincial ou national pour obtenir de l'aide en cas de préoccupations non résolues.

*\*Ceci s'applique aux jeunes membres (âgés de 6 à 21 ans), aux bénévoles, aux animateurs, aux membres du personnel et aux professionnels.*

*\*\*Selon la définition de discrimination en vertu de la Charte canadienne des droits et libertés*



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# AUTUMN SOUP

*A wonderful way to incorporate all the colours and flavours of the season.*

**Yield:** 4 servings, approximately 1 cup (250 mL)

**Prep Time:** 20 min

**Cooking Time:** 30 min

**Equipment:** cutting board, French knife or Chef's knife, paring knife, large saucepan or cooking pot, measuring spoons, dry measures, liquid measures, wooden spoon, grater, ladle

## Ingredients:

- 1 tbsp (15 mL) vegetable oil
- 1 small onion, chopped
- 1 clove garlic, minced
- 1 cup (250 mL) chopped cabbage
- ½ cup (125 mL) thinly sliced carrots
- ½ red or green pepper, diced
- 1 large tomato, diced
- ½ tsp (2 mL) dried basil
- ½ tsp (2 mL) dried oregano
- ¼ cup (50 mL) water
- 3 cups (750 mL) vegetable, beef or chicken broth
- ½ cup (125 mL) canned black beans (optional)
- ½ cup (125 mL) fresh, canned or frozen sweet corn
- 1 cup (250 mL) chopped fresh spinach
- 2 tbsp (30 mL) grated cheese

## Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. In large saucepan or pot, sauté onion in oil over medium heat. Onion should be soft.
3. Add garlic and sauté for about 1 minute.
4. Add cabbage, carrots, pepper, tomato, basil and oregano. Sauté for 1 minute.
5. Add water. Cover pot and let this mixture cook for about 5 minutes.
6. Add broth, beans (if using) and corn. Bring to a boil and then cover the pot and simmer for about 15 minutes.
7. Add chopped spinach. Simmer for 1-2 minutes or until spinach is wilted
8. Pour into warmed bowls and top with grated cheese.

## PREP TIP

Soup is often forgiving because ingredient amounts can be varied. For example, depending on the size of the carrots you may need one and a half carrots. Rather than waste the remaining half carrot, slice it, too and add it to the soup. Cooking often involves a little more freedom to play with the ingredients. Baking, however, means that recommended ingredient amounts must be followed to ensure a good final product.



# EASY APPLESAUCE IN THE MICROWAVE

*Applesauce is one of the best comfort foods. This version makes cooking quick and easy. Enjoy warm with a piece of cheese and an oatmeal cookie.*

**Yield:** 4 cups (1 L)

**Prep Time:** 15 min

**Cooking Time:** 10 min

**Equipment:** cutting board, vegetable peeler, apple corer, paring knife, measuring spoons, wooden spoon, large glass bowl suitable for the microwave oven, potato masher

## Ingredients:

6-8 medium apples, peeled, cored, and cut in large pieces

1/4 cup (50 mL) water or apple cider

1 tbsp (15 mL) lemon juice

1/4 cup (50 mL) sugar

1 teaspoon (5 mL) cinnamon

## Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. In a large glass casserole or microwave-safe baking dish, combine apples, water or cider and lemon juice.
3. Microwave on High for 5 minutes. Stir well and check doneness. Add more cooking time if needed. (A little more liquid may need to be added depending on the kind of apples used.)
4. When apples are tender, mash apples to desired chunkiness or smoothness desired. Stir in sugar and cinnamon. Taste, adding a little more sugar, if necessary.

NOTE: Some apples are sweet enough that very little, if any sugar is necessary.

## PREP TIP

With so many apple varieties available, it is good to try different kinds. Some varieties are well suited to making applesauce. These varieties include Cortland, Empire, Golden Delicious and McIntosh. Other varieties are better suited to fresh eating. These varieties include Gala, Fuji, Crispin, and Honey Crisp. Still other varieties are better for baking. These include Idared and Northern Spy.



# ROASTED RED PEPPER DIP

*The extra effort in roasting the peppers is worth the wonderful taste. Great with assorted fresh vegetables. Try spooning this over baked potatoes or cooked green beans, too.*

**Yield:** 1 ½ cups (375 mL)

**Prep Time:** 30 min

**Cooking Time:** 20 min (depending on size of the peppers)

**Equipment:** baking sheet, tea towel, paring knife, cutting board, food processor, measuring spoons, rubber spatula, serving bowl or plastic storage container

## Ingredients:

3 sweet red peppers

1 clove garlic

1 tbsp (15 mL) olive oil

1 tbsp (15 mL) lemon juice

3 tbsp (45 mL) bread crumbs

Salt and pepper

Assorted fresh vegetables for dipping (broccoli, cauliflower, cucumber, zucchini, rutabaga)

## Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 400°F (200°C).
3. Place peppers on baking sheet. Roast until peppers are softened and skins are a little charred, about 20 minutes. Turn several times during the roasting time.
4. Wrap hot peppers in a tea towel and allow to cool for at least 15 minutes.
5. Slip skins off. Remove core and seeds.
6. Place peppers, garlic, olive oil, lemon juice and bread crumbs in food processor.
7. Blend until very smooth. Add salt and pepper to taste.

## PRODUCE POINTERS

Peppers: Field grown peppers are widely available in the summer and early fall months. You can find them in many colours – green, yellow, orange, black, purple and red. The most common greenhouse pepper is the sweet bell pepper with red being the most popular. The bright colour is attractive and makes for great meal appeal. Peppers start out green but turn colour as they mature. Interestingly sweet red and yellow peppers are more nutritious because in the maturing process they are on the vines longer. There is some research that suggests peppers with four lobes on their bottoms are sweeter than having only three lobes. If you like to stuff peppers with rice or grains, the peppers with four lobes do stand better in a baking dish.

8. Chill, allowing flavours to blend. Serve with assorted fresh vegetables.

#### NUTRITION NUGGET

Red and yellow peppers contain more Vitamin C than green peppers. Red peppers are sources of lycopene. Cooked red peppers offer more lycopene than raw red peppers. Lycopene is an important phytochemical that has been shown to have many health benefits.



## TZATZIKI STYLE DIP

*Crudités are pieces of raw vegetables usually served as an hors d'oeuvre and often with a dip. Try placing a tablespoon (15 mL) of dip in the bottom of small jars or glasses then inserting a variety of vegetables such as carrot sticks, celery sticks, rutabaga sticks, zucchini sticks, red, yellow and green pepper strips, green beans, asparagus, snow peas, etc. so that the vegetables stand in the dip. Great for entertaining and easy snacks.*

**Yield:** 1 cup (250 mL)

**Prep Time:** 15 min

**Equipment:** grater, cutting board, paring knife, bowl, strainer or sieve, coffee filter, paper towel, liquid measure, spoon for stirring, rubber scrapper

### Ingredients:

½ English cucumber (greenhouse) OR medium sized field cucumber, de-seeded

Salt

1 clove garlic, minced

1 cup (250 mL) plain Greek yogurt

1 tbsp (15 mL) lemon juice

1 tbsp (15 mL) canola oil

1 tbsp (15 mL) fresh mint or 1 tsp (5 mL) dried mint

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Line strainer or sieve with coffee filter.
3. Grate cucumber and place in the coffee filter lined strainer or sieve. Sprinkle with salt. Using a paper towel press gently to squeeze out as much as excess moisture as possible.
4. Meanwhile combine minced garlic, yogurt, lemon juice, canola oil and fresh or dried mint. Stir in grated cucumber. Chill to let flavours blend.
5. Serve with a selection of fresh colourful Ontario vegetables.

## PRODUCE POINTERS

### Cucumbers:

English style cucumbers are long and thin compared to field cucumbers that tend to be shorter and thicker. The skins are different, too. Field cucumbers have a thick dark green skin which can be easily removed with a vegetable peeler. Most of the nutrients, however, tend to be in the skin. Field cucumbers tend to have a lot of seeds compared to the English style that is usually seedless and has bright green, thin skins. English cucumbers are often grown hydroponically in greenhouses thus making them available year round. Greenhouse growers use a material called Rockwool which is a rock-based growing medium with excellent water-holding capacity.

Cucumber rounds are good alternatives to crackers or chips. They make for great dipping and can also be used for a refreshing spa water. Simply add cucumber slices to a large pitcher of cold water. To make decorative slices, run the tines of a fork down the length of the cucumber. When the cucumber is sliced, the rounds have scalloped edges.

While being “cool as a cucumber” refers to being calm and relaxed, cucumbers have a high water content which makes for another sort of “coolness”.

# APPLE PUDDING CAKE

*This is a very quick dessert because apples are not peeled and ingredients are easily mixed together. Use bright red apples so that specks of red pop out from the soft pudding style cake to make a pleasing presentation.*

**Yield:** 1 – 9-inch (23 cm) pie plate

**Prep Time:** 10 min

**Cooking Time:** 35 min

**Equipment:** 1 9 inch (23 cm) pie plate, mixing bowl, wooden spoon, rubber spatula, cutting board, paring knife, measuring spoons, dry measures, sifter, small plate

## **Ingredients:**

1 ½ cups (375 mL) diced apples, skin left on (about 1 large apple or 2 small sized apples)

½ cup (125 mL) all-purpose flour

½ tsp (2 mL) salt

1 tsp (5 mL) baking powder

½ tsp (2 mL) cinnamon

1 egg

2/3 cup (150 mL) brown sugar

½ cup (125 mL) chopped nuts (optional)

Whipped cream or ice-cream, for serving (optional)

## **Method:**

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 325°F (165°C). Lightly grease pie plate with vegetable oil, shortening or butter.
3. Wash and dice apples, discarding core. Set aside.
4. Sift flour, salt, baking powder and cinnamon onto small plate. Set aside.
5. Beat egg in mixing bowl using a fork. Add brown sugar and mix well.
6. Stir in flour mixture, mix well.
7. Stir in diced apple and nuts, if using. Pour into prepared pie plate.
8. Bake at 325°F (165°C) for 35 – 40 minutes.
9. Serve warm or cold with whipped cream or ice-cream, if desired.

# BLUEBERRY SAUCE

*Bursting with blueberries this easy to make sauce is perfect over ice-cream, cake, pancakes or waffles. Try substituting raspberries, strawberries, sliced peaches, pitted cherries or try fruit combinations such as blueberries and peaches.*

**Yield:** about 2 cups (500 mL)

**Prep Time:** 10 minutes

**Cooking Time:** 10 minutes

**Equipment:** small saucepan, dry measures, liquid measures, measuring spoons, spoon for stirring

## Ingredients:

½ cup (125 mL) sugar

2 tbsp (30 mL) cornstarch

1 cup (250 mL) apple juice or water

1 tbsp (15 mL) lemon juice

1 ½ cups (375 mL) fresh or frozen blueberries

## PREP TIP

Be sure to mix the sugar and cornstarch well to thoroughly distribute the starch granules. This will help avoid starch clumping when liquid is added. Stir well then, too before adding heat.

## Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. In a small saucepan, mix thoroughly sugar and cornstarch. This will distribute the starch granules. Stir in apple juice or water and lemon juice.
3. Place over medium heat. Cook and stir constantly until the mixture thickens and becomes clear with a gentle boil.
4. Reduce heat and stir in the blueberries. Simmer for 5 -7 minutes or until at least half of the berries burst.
5. Let cool. Serve warm.

## NUTRITION NUGGET

### Blueberries

Many studies show blueberries to be one of the healthiest foods that we can enjoy. This is mainly due to their antioxidant properties.

## PRODUCE POINTER

### Blueberries

Blueberry picking has become a familiar summer activity in Ontario thanks to the popularity of high bush blueberry farms. High bush blueberries are just that; tall bushes with larger berries in contrast to low bush or wild blueberries with sprawling bushes and smaller fruit. Some maintain that low bush or wild have sweeter more intense flavours. High bush berries, however, make for easy picking. Blueberries are so easy to freeze for winter use; simply wash and freeze in plastic bags or containers.

# HAPPY FACE APPLESAUCE MUFFINS

*A cake-like muffin great for snacks, breakfast or lunch. A piece of cheese is the perfect compliment.*

**Yield:** 10 large muffins or 12 medium sized muffins

**Prep Time:** 20 minutes

**Cooking Time:** 20 - 25 minutes

**Equipment:** large sized mixing bowl, medium mixing bowl, liquid and dry measures, measuring spoons, electric beater, wire whisk, fork, rubber scrapper, ice-cream scoop, muffin tins, paper liners, cutting board, paring knife, pot holders, cooling rack

## Ingredients:

1 cup (250 mL) all-purpose flour  
1 cup (250 mL) oatmeal (not instant)  
1 tsp (5 mL) baking powder  
¼ tsp (1 mL) baking soda  
¼ tsp (1 mL) salt  
1 tsp (5 mL) cinnamon  
½ cup (125 mL) raisins  
½ cup (125 mL) butter  
¾ cup (175 mL) brown sugar  
1 egg  
¾ cup (175 mL) unsweetened applesauce  
1 red apple such as Idared, Empire or Cortland, cored and thinly sliced (for smiles)  
A few extra raisins

## Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 350°F (180°C).
3. Place paper liners in muffin tins.
4. Using a wire whisk and a large mixing bowl, mix together flour, oatmeal, baking powder, baking soda, salt, and cinnamon. Add raisins. Set aside.
5. Using electric mixer and medium sized mixing bowl, cream butter and brown sugar until light and fluffy.
6. Beat in egg. Then mix in applesauce. Disconnect electric mixer and set aside.
7. Make a well in the centre of the dry ingredients by pushing dry ingredients to the sides leaving a hole in the middle. Pour liquid mixture into the well and stir using a fork, just until all the ingredients are combined.
8. Scoop batter into paper-lined muffin tins using ice-cream scoop.
9. Make happy faces using raisins for eyes and nose, and thin, unpeeled apple slices for the smiles.
10. Bake for about 20 – 25 minutes.

## PREP TIP

How muffins are mixed will determine their texture: tender to tough, fine-crumbed or coarse. Use a wire whisk to mix the dry ingredients; this incorporates air which will make for lighter muffins. Mixing the dry and wet ingredients is also important. Only mix to moisten - no more! Overmixing causes tough muffins. If muffin batter is mixed too long or too hard, gluten in the flour is developed and this causes an undesirable toughness



# PEACH MUFFINS

*Best eaten the day they are made as these are very moist muffins.*

**Yield:** 12

**Prep Time:** 20 minutes

**Cooking Time:** 20 minutes

**Equipment:** Cutting board, paring knife, small bowl, measuring spoons, 2 mixing bowls, dry measures, sifter or sieve, wet measures, fork, muffin tins, paper liners or brush (for greasing muffin tins)

1 ½ cups (375 mL) chopped fresh peaches (no need to peel) about 3 peaches

1 tbsp (15 mL) lemon juice

1 ½ cups (375 mL) all-purpose flour

1 ½ tsp ( 7 mL) baking powder

½ tsp (2 mL) salt

1/ 4 cup (50 mL) white sugar

¼ cup (50 mL) brown sugar

1 egg

½ cup (125 mL) milk

¼ cup (50 mL) melted butter

1 tsp (5 mL) almond flavouring

1 tbsp (15 mL) coarse granulated sugar (optional)

## PREP TIP

Sliced peaches and pears, like apples, tend to turn brown when exposed to the air. In simple terms, this process is known as oxidation. In more technical terms this is called enzymatic browning. In enzymatic browning an enzyme in the fruit reacts with oxygen from the air to turn the fruit brown. Oxygen activates the enzyme. An acid such as lemon juice inactivates the enzyme.

## Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 400°F (200°C).
3. Line muffin tins with paper liners or grease muffin tins using a brush and a little vegetable oil.
4. Chop peaches and toss with lemon juice in a small bowl. Set aside.
5. Sift flour, baking powder, salt, and sugars into mixing bowl.
6. In another mixing bowl, mix egg, milk, melted butter and almond flavouring.
7. Pour the wet ingredients over the dry ingredients. Work quickly to mix just until moistened.
8. Fold in chopped peaches.
9. Using an ice-cream scoop, fill muffin tins. Sprinkle the coarse sugar on top, if using.
10. Bake in preheated oven for about 20 minutes or until golden.

#### PRODUCE POINTER

##### Peaches

Look for Freestone peaches for baking, cooking and preserving. These are readily available in Ontario from mid-August to the end of September. The stone or pit will easily fall away from the fruit making them an ideal choice. Semi-freestone peaches have a flesh that partially clings to the pit. These are good for eating out-of-hand and are usually ready sooner than the Freestone varieties.

Nectarines are very similar to peaches. In fact there is only one gene that separates the two. That gene has to do with the characteristic fuzz associated with peaches. Nectarines could be called fuzzless peaches. Nectarines do tend to bruise easily so handle with extra care.

# BASIC BEEF STOCK

*Homemade beef stock is well worth the effort. The flavours of vegetables and beef enhance soups, stews and sauces. Make a big batch and freeze in small containers for later use.*

**Yield:** 4 – 6 cups (1 -2 L)

**Prep Time:** 10 min

**Cooking Time:** 4 hours

**Equipment:** large roasting pan, large cooking pot, cutting board, paring knife, French knife or Chef's knife, measuring spoons, large wooden spoon, slotted spoon, colander, large bowl

## **Ingredients:**

About 4 lb (2 kg) beef bones

2 cups (500 mL) water (first amount)

1 large onion, peeled and quartered

2-3 carrots, washed with ends removed

2-3 stalks of celery, washed

2 Bay leaves

8 peppercorns

1 tsp (5 mL) dried thyme or several fresh sprigs

1 tsp (5 mL) dried parsley or several fresh sprigs

1 tsp (5 mL) garlic salt

Water

## **Method:**

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 400°F (200°C).
3. Place beef bones in a large roasting pan. Bake in the hot oven for about 1 hour or until the bones are well browned.
4. Using a slotted spoon, transfer bones to the large cooking pot.
5. Add the 2 cups (500 mL) water to the roasting pan. Loosen any browned bits with the help of the water. Pour the entire mixture into the large cooking pot with the bones.
6. Add all the rest of the ingredients to the large cooking pot.
7. Add enough water to cover the bones and vegetables by 1 inch (2.5 cm).
8. Bring to a boil; then reduce heat so that the mixture simmers for about 3 hours. Leave uncovered.
9. Place colander in a large bowl. Pour bones, vegetables and stock into the colander to separate the liquid from the solids. Discard bones and vegetables. Chill stock. When cold, any congealed fat that has hardened on the surface can be discarded.

# BASIC TOMATO SAUCE

*This basic tomato sauce is an all-purpose base for pasta sauce, lasagna sauce, or pizza sauce. Simply add ½ to 1 pound of cooked ground meat and/or 1-2 cups (250 mL – 500mL) chopped vegetables such as zucchini, mushrooms, grated carrot or chopped peppers. The recipe calls for dried herbs but fresh ones can certainly be used. Simply use three (3) times as much fresh; therefore, for 1 tsp (5 mL) use 1 tbsp (15 mL).*

**Yield:** 4 cups (1 L)

**Prep Time:** 15 min

**Cooking Time:** 35 min

**Equipment:** cutting board, paring knife, French knife or Chef's knife, can opener, rubber spatula, wooden spoon, measuring spoons, large heavy saucepan

## Ingredients:

- 1 tbsp (15 mL) vegetable oil
- 1 medium sized onion, chopped
- 2 cloves garlic, minced
- 1 28oz (796 mL) can diced tomatoes
- 1 can (156 mL) tomato paste
- 2 tsp (10 mL) sugar
- 1 tsp (5 mL) dried basil
- 1 tsp (5 mL) dried oregano
- 1 tsp (5 mL) dried parsley
- ¼ tsp (1 mL) black pepper
- Salt

## Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. In a large heavy saucepan and using a medium heat, warm vegetable oil. Add chopped onion and stir well to coat onion with the oil.
3. When onion is soft, add minced garlic. Cook and stir for 1 -2 minutes.
4. Add all the remaining ingredients. Stir well. Heat to boiling and then turn down heat to simmer for about 35 minutes, stirring often. This slow cooking will thicken the mixture and enhance the natural flavours.
5. Add salt to taste.

## NUTRITION NUGGET

Growing research suggests that to be healthier we need to take more time in preparing, eating and enjoying food.

## PREP TIP

It seems that any of the ground meats work well with a basic tomato sauce like this one. Lean ground beef is a good standby but lean ground pork, chicken, turkey or veal work well , too.

# BASIC VEGETABLE STOCK

*Soups, stews and sauces when cooked with vegetable stock instead of water are much more flavourful and nutritious. Stock can be easily made with basic ingredients. Odd bits and pieces of leftover vegetables and herbs can be added. It is best to avoid strongly flavoured vegetables such as cabbage, broccoli, cauliflower, rutabaga and peppers. Tomatoes may be added in small amounts; too many will result in an acidic stock. Make a large batch and then freeze in small containers for easy use.*

**Yield:** 2 quarts (2 L)

**Prep Time:** 10 min

**Cooking Time:** 1 hour

**Equipment:** large soup pot, cutting board, paring knife, French knife or Chef's knife, strong vegetable brush, wooden spoon, colander, large bowl, ladle, small containers

## **Ingredients:**

2 large potatoes, skin left on

2 medium sized onions

3 carrots, no need to peel

1 large celery stalk

1 apple or pear, quartered

2 Bay leaves

6 peppercorns

Handful (about 1 cup) fresh parsley

10 cups of water

## **Method:**

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Scrub vegetables well to remove any soil. Cut into thick slices or chunks.
3. Combine all ingredients in large soup pot. Bring to boil using high heat. Then reduce heat to simmer gently for 1 hour.
4. Strain vegetables using a colander set in a large bowl. Discard vegetables for compost.
5. When stock has cooled, ladle into small containers for freezing or later use.
6. Use to replace water in soups, stews, and sauces.

# FRESH FRUIT CRISP

*The fruit used in this recipe could be peaches, apples, plums, pears or berries. All have a natural sweetness that doesn't require extra sugar.*

**Yield:** 6 servings, about 1 cup (250 mL) each

**Prep Time:** 20 minutes

**Cooking Time:** 30 – 35 minutes

**Equipment:** dry measures, measuring spoons, paring knife, peeler, cutting board, mixing spoon, baking dish (8" (20 cm X 20 cm) or 9"(23 cm X 23 cm) / 2L (8 cup)), mixing bowl, pastry blender or 2 dinner knives

6 cups (1.5 mL) sliced fruit (may be peeled)

1 tbsp (15 mL) lemon juice

¾ cup (175 mL) rolled oats

¾ cup (175 mL) packed brown sugar

½ cup (125 mL) flour

½ tsp (2 mL) cinnamon

½ cup (125 mL) soft butter

## THINK ABOUT..

Should we be concerned about eating brown fruit?

## Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 375°F (190°C).
3. Lightly butter or grease baking dish.
4. Place prepared fruit in baking dish.
5. Sprinkle lemon juice over the fruit.
6. In mixing bowl, mix rolled oats, brown sugar, flour and cinnamon.
7. Using pastry blender or two (2) dinner knives cut in butter until the mixture is crumbly.
8. Sprinkle the oat mixture over the fruit. Pat it down lightly.
9. Bake in preheated oven for 30 – 35 minutes or until the fruit is tender and the crumb topping is evenly browned.

## PREP TIP

Fruit crisps work well by combining fruits, this is a good way to use up small amounts of tasty Ontario fruits. Try sliced peaches with raspberries or sliced apples with blackberries.

# MINESTRONE SOUP

*Minestrone is a thick soup made with lots of vegetables, beans and pasta. Sometimes it is referred to as “the big soup” because it contains so many good foods. There are many versions of this hearty soup but this one begins with bacon. If you had pancetta, this would work well, too.*

**Yield:** 8 – 10 servings, 1 cup (250 mL) each

**Prep Time:** 15 minutes

**Cooking Time:** 30 – 40 minutes

Equipment: cutting board, French knife or Chef’s knife, paring knife, measuring spoons, dry and wet measuring cups very large pot, large spoon for stirring,

Ingredients:

- 4 slices bacon, diced (thick slices are best)
- 1 large onion, diced
- 3 cloves garlic, minced
- 1 carrot, diced
- 1 stalk celery, sliced
- 1 tsp (5 mL) dried oregano
- 1 tsp (5 mL) dried basil
- ¼ tsp (1 mL) hot pepper flakes
- 1/2 tsp (2 mL) salt
- ¼ tsp (1 mL) pepper
- 1 – 28 oz can (796 mL) diced tomatoes
- 6 cups (1.5 L) chicken, beef or vegetable stock
- 1 cup (250 mL) thinly sliced cabbage
- 1 cup (250 mL) loosely torn spinach leaves
- 1 – 19 oz (540 mL) canned beans such as white kidney beans or romano beans
- 1 cup (250 mL) small pasta such as elbow macaroni

**Method:**

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Cook bacon in a very large cooking pot using medium heat. Stir as needed to prevent bacon from sticking to the bottom of the pot.
3. Add onion. Cook and stir until onion is soft. Add garlic. Cook and stir for 1 – 2 minutes more.
4. Stir in diced carrot, sliced celery, basil, oregano, hot pepper flakes and salt and pepper. Cook and stir for another 3 – 5 minutes.
5. Add canned tomatoes and stock. Bring to a boil and then reduce heat to simmer. Cook for about 20 minutes or until vegetables are cooked.
6. Stir in cabbage, spinach, beans and pasta and continue to simmer until pasta is cooked – about 8 minutes.



7. Taste to add more salt, if necessary.
8. Ladle into soup bowls and serve with crusty bread.

#### PRODUCE POINTER

##### Cabbage

Cabbage has a long history in Canada. There is some suggestion that it should be declared Canada's national vegetable as it connects to the past yet also to the future. It is often viewed as a very versatile nutritious vegetable with excellent storage capacity. As summer and fall months turn to winter, cabbage, in its many forms (green, red, savoy and nappa) makes for an alternative to salad greens. Cabbage can be used in a wide variety of recipes for soups, casseroles and side dishes along with trending fermented foods such as Kimchi. A container of roughly chopped cabbage makes for a great lunch bag addition.

# PUMPKIN MUFFINS

*This recipe calls for pumpkin puree. To do this, cut a pie pumpkin in half, remove seeds and roast at 350°F (180°C) until tender. The cooked pumpkin can then be pureed in a food processor. For best results drain the puree using cheesecloth in a strainer or sieve; this will remove excess moisture. Traditionally pumpkin muffins use a lot of oil. In this recipe applesauce has been used as part of a replacement for vegetable oil.*

**Yield:** 12 muffins

**Prep Time:** 20 min

**Cooking Time:** 25 min

**Equipment:** muffin tins, paper liners, small bowl, large bowl, dry measures, wet measures, measuring spoon, fork, rubber spatula, ice-cream scoop, baking rack

## Ingredients:

- 1 ½ cups ( 375 mL) all-purpose flour
- 1 tsp (5 mL) baking soda
- 1 tsp (5 mL) baking powder
- 1 tsp (5 mL) cinnamon
- ½ cup (125 mL) vegetable oil such as canola
- ¼ cup (50 mL) applesauce
- 2 eggs
- ¾ cup (175 mL) white sugar
- ¾ cup (175 mL) pumpkin puree
- ½ cup (125 mL) raisins or currants (optional)

## PREP TIP

Canned pumpkin puree and canned pumpkin pie filling are different products, they cannot be substituted

## Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 375°F (190°C). Prepare muffin tins by lining with paper liners.
3. In large bowl, combine flour, baking soda, baking powder and cinnamon.
4. In a small bowl, combine vegetable oil, eggs, white sugar, and pumpkin puree. Stir well.
5. Pour wet mixture into dry mixture. Using a fork, stir, just to combine ingredients. Gently stir in dried fruit, if using.
6. Using an ice-cream scoop, fill muffin cups approximately 2/3 full.
7. Bake 375°F (190°C) for approximately 25 minutes.
8. Cool on baking rack.

#### PRODUCE POINTER

##### Pumpkins

Did you know that Ontario grows more than half of all the pumpkins in Canada? Not all pumpkins are the same. Some varieties of pumpkins are grown specifically for Hallowe'en and fall fun. These varieties produce large pumpkins with thinner shells and less inside flesh. This makes for easier carving. Pie pumpkins are perfect choices for cooking. They are smaller and tend to have plenty of flesh or pulp. This flesh or pulp is less stringy than carving pumpkins and produces a sweeter, more flavourful product.

# SALAD IN A JAR

*Salads in a jar make for nutritious, delicious ways to pack a lunch. The secret to the best salads is the order in which ingredients are placed in the jar. Varying layers with an assortment of bright coloured vegetables promotes eating by colour and the consumption of important vitamins, minerals, fibre and phytochemicals. Varying colours, textures and shapes makes for smart meal planning since we do “eat with our eyes”. Salads in a jar direct a slower pace at eating and therefore improve enjoyment and digestibility.*

**Yield:** 1 pint (2 cup (500 mL) jar

**Prep Time:** 20 – 30 min

Equipment: wide mouth jar(s), paring knife, French knife or Chef’s knife, cutting board, wide mouth funnel, measuring spoons, small bowl or jar for mixing dressing ingredients

Ingredients:

Assorted fresh vegetables such as diced tomatoes, diced red, green, yellow and orange peppers, thinly sliced or diced cucumber, celery or radishes, canned sliced beets, thinly sliced red and green onion, canned corn, grated carrots, sliced Chinese cabbage, chopped kale or lettuce greens, sprouts. Approximately 2-3 tablespoons (30 mL – 45 mL) are needed for each layer.

Canned legumes such as black beans, chick peas, lentils

Cooked grains such as rice, quinoa, couscous

Grated cheese, crumbled cheese, hard-cooked egg slices, chopped cold meat

Vinaigrette type dressing such as:

- 2 tbsp (30 mL) apple cider vinegar
- 2 tbsp (30 mL) canola oil
- 1 tbsp (15 mL) liquid honey
- 1 clove garlic, finely minced
- ½ tsp (2 mL) chili powder

**Method:**

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Prepare dressing by combining all ingredients in a small jar or bowl and mixing well.
3. Pour 2 – 3 tbsp (30 mL -45 mL) in the bottom of the jar. Use the funnel to guide the dressing.
4. Begin layering using the funnel to guide the ingredients. Gently press down each layer as you go.
5. For layer two (2), legumes are a good choice as they can be flavoured by the dressing.
6. For layer three (3), use hearty vegetables such as carrots, cucumber, broccoli or cauliflower.
7. For layer four use (4), less hearty vegetables such as sliced mushrooms, sliced zucchini, diced tomatoes.
8. Top with a layer of cooked rice, pasta, or quinoa.
9. Add leafy vegetables such as kale, sprouts or greens.
10. If you like add grated cheese, hard cooked egg or chopped ham.
11. Secure lid and refrigerate until ready to eat.
12. When ready to eat, simply flip the jar over to let the dressing distribute to all the foods.

NOTE: There really isn’t a desired order, choose vegetables that you like and build your own salad.

However, here are a few suggestions:

Sample #1:

- Canned beans such as the 6-bean medley type
- Green pepper finely chopped
- Red onion, finely sliced
- English cucumber, finely sliced
- Hard cooked egg, sliced

Sample #2:

- Canned chickpeas or beans such as Romano, kidney, etc.
- Red onion, chopped
- Grated carrots
- Cooked quinoa (could use rice or pasta)
- Kale

Sample #3:

- Sliced cooked beets (canned could be used)
- Cooked lentils (canned lentils could be used)
- Sliced green onion
- Grated carrot
- Chinese or napa cabbage
- Crumbled feta cheese

Sample #4:

- Canned black beans
- Canned corn
- Chopped green pepper
- Diced tomatoes
- Sliced olives

#### PREP TIP

Be sure to drain and rinse canned beans, chickpeas and lentils to remove any additional salt that might have been used in the canning process.

#### NUTRITION NUGGET

Get on board with Canada's Food Guide. A Salad in a Jar can meet the recommended guidelines:

- Have plenty of vegetables and fruit
- Eat protein foods
- Choose whole grain foods

# VEGGIE LOADED BAKED POTATOES

*Nothing beats comfort food like a good baked potato. In this twice-baked version the addition of an assortment of vegetables and Cheddar cheese make this a meal in one.*

**Yield:** 4 potatoes

**Prep Time:** 20 minutes

**Cooking Time:** 1 hr (Oven baked potatoes + second cooking) OR 15 minutes (Microwave cooked potatoes)

**Equipment:** baking dish or large pie plate, paring knife, fork, cutting board, medium sized frying pan, small spoon or melon baller, medium sized mixing bowl, potato masher, spoon, baking sheet, parchment paper

## Ingredients:

4 baking potatoes such as Russet or Yukon Gold

¼ tsp (1 mL) salt

¼ tsp (1 mL) pepper

1 tsp (5 mL) vegetable oil

1 tsp (5 mL) butter

1 small onion or shallot, finely chopped

1 clove garlic, minced

1 ½ cups (375 mL) finely chopped vegetables such as broccoli florets, green, red or yellow pepper, mushrooms

1 cup (250 mL) grated Cheddar cheese

## Garnish:

½ cup (125 mL) sour cream

1-2 green onions, sliced OR 2 tbsp (30 mL) finely chopped fresh parsley or sprouts

## PREP TIP

It is best to remove the flesh of the baked potato while the potato is still warm. Use a small spoon or try a melon baller to scoop out the potatoes as soon as they are cool enough to handle.

## Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 425°F (220°C).
3. Scrub potatoes. Remove any eyes and blemishes. Prick the potatoes several times using a fork. Place on a baking dish. Cook potatoes in the oven until tender. The potato skin should be dry and easily pierced with a fork. Depending on the size of the potatoes this could take at least 45 minutes to 1 hour. Turn potatoes over part way through the cooking time.  
  
OR  
  
After piercing the potatoes, place on a paper towel and cook on HIGH in the microwave for 5 – 7 minutes. Re-arrange potatoes and add another 5-7 minutes. Let stand to finish cooking. Time will vary, further cooking time may be needed.
4. While potatoes are baking, cook remaining vegetables. To do this heat vegetable oil and butter in frying pan. Add onion or shallot. Cook over medium heat, stirring often until the onion is soft.
5. Add garlic and cook another minute or two.
6. Add remaining vegetables. Stir fry until just tender-crisp. Set aside.

7. When potatoes are cooked, cut the potatoes in half lengthwise. Scoop potato flesh into a medium sized bowl. Add salt and pepper and mash well using a potato masher.
8. Stir in vegetables and Cheddar cheese. Mix well.
9. Reduce oven temperature to 400°F (200°C).
10. Spoon potato-vegetable mixture into the potato shells, packing gently. Place on parchment lined baking sheet. Bake for 15 minutes.
11. Garnish with sour cream and sliced green onion or parsley.



# BEST MASHED POTATOES

*The ultimate of all comfort foods.*

**Yield:** 6-8 servings

**Prep Time:** 10 min

**Cooking Time:** 15 min

**Equipment:** cutting board, vegetable peeler, paring knife, large saucepan, measuring spoons, liquid measure, ¼ cup (50 mL) dry measure, small bowl, potato masher, large spoon

**Ingredients:**

4 large potatoes, about 2 pounds or 1 kg

1 tsp (5 mL) sea salt

¾ cup (175 mL) milk

6 tbsp (90 mL) butter, preferably unsalted

Salt and Freshly ground pepper

**Method:**

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Peel the potatoes, rinse under cold water. Cut into quarters and place in saucepan. Cover with cold water.
3. Partially cover the saucepan. Bring the water to a boil using medium high heat.
4. Uncover, sprinkle salt over the water and the potatoes. Reduce the heat so that the water boils gently. Cook until the potatoes are tender when pierced with a fork, about 10 – 12 minutes.
5. Meanwhile, melt butter in a small bowl in microwave oven. Warm milk in liquid measure.
6. Drain the potatoes and return them to the warm pan. Use low heat to evaporate any excess water, about 1 minute.
7. Using a potato masher, mash the potatoes. Stir in the butter. Then add the milk, a little at a time, until the potatoes are soft and moist. Add salt and pepper to taste.
8. Serve immediately.

# BRUSCHETTA WITH TOMATOES

*Bruschetta simply means toasted bread. The idea is believed to have originated in Italy when snack – needing farmers rubbed salt-less day old bread with a clove of garlic and drizzled the bread with fresh olive oil before toasting. Toppings would later be added. The most popular topping remains chopped tomatoes and fresh basil. Be sure to select plump, firm tomatoes that are heavy for their size.*

**Yield:** 16 slices (depending on the size of the French or Italian bread)

**Prep Time:** 20 – 25 minutes

**Cooking Time:** 5 – 10 minutes

**Equipment:** cutting board, French knife or Chef's knife, serrated bread knife, fork, medium bowl, pastry brush, baking sheet, measuring spoons, baking sheet

## Ingredients:

3 -4 large tomatoes, diced (about 2 cups (500 mL))

2 tbsp (30 mL) fresh basil, chopped

1 – 2 cloves garlic, finely chopped

Salt and pepper, to taste

Loaf of Italian or French bread

1 large clove garlic, minced

1 tbsp (15 mL) olive oil

2 tbsp (30 mL) Parmesan cheese

## Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Combine tomatoes, basil, finely chopped garlic and salt and pepper in medium sized bowl. Let mixture stand for 15 minutes or cover the bowl and refrigerate for up to 4 hours.
3. Slice bread diagonally into thick slices. Place on baking sheet and broil until lightly browned on both sides.
4. Combine minced garlic and olive oil and brush on one side of the toasted bread.
5. Spoon tomato mixture over top. Sprinkle lightly with Parmesan cheese.
6. Broil bruschetta for 1- 2 minutes or until a little bubbly.

## PRODUCE POINTER

### Tomatoes

Did you know that there are over 300 varieties of field tomatoes grown in Ontario? They are categorized as round or slicing/table, roma or plum and beefsteak. Roma or plum tomatoes are prized for their saucing ability since they are less juicy.

Store tomatoes at room temperature to maintain quality of flavour and texture.

3 or 4 small tomatoes will be 1 lb or 500 g. A 4 L basket contains 6 lbs or 2.5 kg.

For fresh eating, tomatoes should be sliced from the stem end to bottom as they will keep their juice better than those sliced crosswise.

# BUTTERNUT SQUASH LASAGNA

Recipe Courtesy of Foodland Ontario

*A delicious version of a favourite supper dish.*

**Yield:** Serves 8

**Prep Time:** 25 minutes

**Cooking Time:** 15 minutes

**Baking Time:** 90 minutes

**Equipment:** large bowl, measuring spoons, liquid and dry measuring cups, cutting board, French knife, vegetable peeler, large rimmed baking sheet, two (2) forks for tossing squash with oil and nutmeg, large saucepan, stirring spoon, 13X9-inch (3 L), ladle, cheese grater, tin foil

## **Ingredients:**

8 cups (2 L) ½ inch (1 cm) sliced, peeled Ontario Butternut Squash (about 1)

2 tbsp (25 mL) vegetable oil

½ tsp (2 mL) ground nutmeg

½ cup (125 mL) butter

1 cup (250 mL) chopped Ontario onion

3 cloves Ontario garlic, chopped

½ cup (125 mL) all-purpose flour

1 ½ tsp (7 mL) salt

4 ½ cups (1.25 L) Ontario milk

¼ cup (50 mL) chopped fresh Ontario Sage

1 cup (250 mL) Parmesan cheese

12 oven-ready lasagna noodles

2 cups (500 mL) shredded Ontario Mozzarella Cheese

## **Method:**

1. Read the recipe completely. Assemble all ingredients and equipment.
2. In large bowl, toss squash with oil and nutmeg. Place in single layer on large rimmed baking sheet. Bake in 400°F (200°C) oven for 30 minutes, or until tender. Reduce oven temperature to 350°F (180°C).
3. Meanwhile, in large saucepan, on medium heat, melt butter. Add onion and garlic; cook for 3 minutes. Stir in flour and salt; cook for 1 minute. Gradually whisk in milk until smooth; add sage. Bring to boil. Reduce heat to low and cook 5 minutes or until thickened, stirring frequently. Remove from heat and stir in Parmesan cheese.
4. In greased 13X9-inch (3 L) baking pan, place 3 noodles. Top with one-third of the squash. Spread one-third of the cream sauce over squash. Sprinkle one-third of the mozzarella cheese. Repeat layering twice.
5. Cover tightly with foil. Bake 30 minutes. Remove foil and bake for 25 to 30 minutes until top is golden and pasta is tender. Let stand 10 minutes before serving.

# CHOCOLATE ZUCCHINI CAKE

*What a way to enjoy vegetables! The zucchini lends to a moist, delicious cake.*

**Yield:** One 9 inch X 13 inch (23 cm X 33 cm) rectangular pan

**Prep Time:** 25 minutes

**Cooking Time:** 45 minutes

**Equipment:** One 9 inch X 13 inch (23 cm X 33 cm) rectangular pan, parchment paper, if using, dry measures, liquid measures, measuring spoons, dinner knife for levelling, small mixing bowl, large mixing bowl, electric beaters, box grater, rubber scrapper

## **Ingredients:**

2 ½ cups (625 mL) all-purpose flour

2 tsp (10 mL) baking soda

1/3 cup (75 mL) cocoa

1 1/3 cups (325 mL) brown sugar

½ cup (125 mL) butter

½ cup (125 mL) vegetable oil

3 eggs, beaten

1 tsp (5 mL) vanilla

½ cup (125 mL) buttermilk

3 cups (750 mL) grated zucchini

1 cup (250 mL) chocolate chips (optional for icing)

## **Method:**

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 325 degrees F (165 degrees C).
3. Grease cake pan and line with parchment paper, if desired.
4. Sift flour, baking soda and cocoa into a small mixing bowl and set aside.
5. In a large mixing bowl and using electric beaters, cream brown sugar, butter and vegetable oil until mixture is light and fluffy. Add eggs and vanilla and beat well.
6. Add flour mixture to creamed mixture alternately with the buttermilk, mixing well after each addition. Continue to use the electric beaters. To do this, add 1/3 of the dry ingredients, then about ½ of the buttermilk. Repeat. Then add final flour mixture.
7. Fold in grated zucchini. Pour into prepared pan.
8. Bake at 325 degrees F (165 degrees C) for 45 minutes or until toothpick comes out clean when inserted into cake.
9. If icing, sprinkle chocolate chips on warm cake. Spread when soft to make a thin chocolate coating.

# EGGPLANT – RATATOUILLE STYLE

*Ratatouille originated in the Provence region of France. The name comes from the French verb, *touiller*, which means “to stir up”. While there are debates as to how the dish should be cooked, most agree that it is a wonderful stew type dish. It can be served alone with a crisp lettuce salad and rustic bread or as a topping for pasta or rice.*

**Yield:** 4- 6 servings

**Prep Time:** 15 min **Cooking Time:** 45 minutes

**Equipment:** casserole approximately 8” X 8” (20 cm X 20 cm), frying pan, wooden spoon, cutting board, French knife or Chef’s knife, paring knife, paper towel, grater, measuring spoons, tin foil

## Ingredients:

2 – 3 small eggplant sliced in ½ inch ( 1 cm) rounds

salt

1 tbsp (15 mL) olive oil

1 yellow onion, finely diced

2 cloves garlic, finely minced

1 small green pepper, diced (optional)

1 cup (250 mL) diced zucchini (optional)

1 540 mL (19 oz) can diced tomatoes OR 2 cups (500 mL) chopped roma tomatoes

2 tbsp (30 mL) finely chopped fresh basil or parsley

½ cup (125 mL) grated Parmesan cheese

Salt and pepper to taste

## Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Sprinkle the rounds of eggplant lightly with salt and set aside.
3. Preheat oven to 350 degrees F (180 degrees C). Grease casserole dish with butter or oil.
4. Heat olive oil in frying pan.
5. Add onion. Saute over medium heat until soft and transparent, about 5 minutes.
6. Add garlic. Cook for 1 more minute or until fragrant.
7. Add the green pepper and zucchini, if using, and saute for 2 or 3 minutes or until vegetables are soft.
8. Add tomatoes and simmer for about 5 minutes.
9. Remove from heat and stir in basil or parsley. Add salt and pepper to taste.
10. Rinse eggplant slices and pat dry with paper towel.



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## PREP TIP

Use a stainless steel knife when slicing an eggplant. A carbon variety can cause a bitter aftertaste. To reduce characteristic bitterness, slice eggplant and sprinkle slices lightly with salt. Let stand for about 15 minutes before rinsing and patting dry with a paper towel.

11. Pour about 1/3 of the tomato mixture into the casserole dish. Arrange eggplant slices in a single layer on top. Pour remaining sauce over the eggplant slices. Sprinkle cheese on top.
12. Cover with tin foil and bake for 30 – 40 minutes or until the eggplant is very soft. Remove foil for the last 5 minutes to lightly brown cheese.
13. Let dish rest for 10 minutes before serving.

#### PRODUCE POINTER

##### Eggplant

Although the dark purple variety is best known, eggplants vary from small and oblong to long and thin, and from shades of purple to white and green. Sometimes called, aubergine, look for firm, heavy, wrinkle free produce. Eggplants are best used shortly after purchase.

# HOT POTATO SALAD

*This hearty salad originated by way of German Loyalists who emigrated to Upper Canada from Pennsylvania long before Confederation. In the original recipe, potatoes were scrubbed, boiled in their jackets, and then peeled while hot. Peel before or after cooking, as you wish*

**Yield:** 6 -8 servings

**Prep Time:** 20 minutes

**Cooking Time:** 30 minutes

**Equipment:** cutting board, vegetable peeler if peeling, French knife or Chef's knife, large saucepan, large frying pan, measuring spoons, liquid measure, serving bowl

## Ingredients:

6 medium sized potatoes  
Water for boiling  
4 slices bacon, diced  
1 medium onion, chopped  
1 tsp (5 mL) salt  
½ tsp (2 mL) pepper  
1 tbsp (15 mL) sugar  
1/3 cup (75 mL) apple cider vinegar  
2 tbsp (30 mL) water  
2 hard-cooked eggs, chopped

## PRODUCE POINTER

### Potatoes

Potatoes like to be kept in the dark. Too much light can cause them to turn green and sprout. Store in a cool, dark place but not in the refrigerator. Potatoes need ventilation so use a loose paper or cloth bag.

## Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Peel potatoes, if desired. Place whole potatoes in a large pot and just cover with water. Bring to a boil using medium-high heat. Cook until tender but firm. Cool slightly and cut into slices or chunks and place in serving bowl.
3. Meanwhile, using a large frying pan, fry bacon until crisp. Add chopped onion and continue to fry for 2-3 minutes or until onion is softened. Carefully pour off excess bacon fat, reserving 2 tablespoons (30mL) with the bacon and onion.
4. Add salt, pepper, sugar, vinegar and water and heat until bubbly.
5. Pour entire mixture over the hot potatoes and toss gently.
6. Garnish with chopped hard-cooked egg.



# ROASTED BEET SALAD

*Roasted red beets contrast nicely with the bright greens of fresh lettuces but golden beets and candy cane striped are varieties you might like to try. Beets are readily available for many month of the year. They can be boiled but roasting brings out the natural sweetness. Try shredding raw beets on fresh salads, too.*

**Yield:** 4 servings

**Prep Time:** 20 minutes

**Cooking Time:** 45 minutes to 1 hour depending on the size of the beets

**Equipment:** baking sheet, aluminum foil, paring knife, cutting board, fork, small jar, measuring spoons, medium sized bowl, platter for serving

## Ingredients:

- 6 – 8 medium sized beets
- 3 tbsp (45 mL) canola oil
- 2 tbsp (30 mL) red wine vinegar
- ½ tsp (2 mL) Dijon mustard
- ¼ tsp (1 mL) garlic salt
- 5 – 6 cups (1.5 mL) loosely torn lettuce such as Boston or leaf
- ½ cup (125 mL) crumbled feta OR Blue cheese
- ¼ cup (50 mL) chopped toasted walnuts (optional)

## Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 425°F (220°C).
3. Wrap beets in aluminum foil and place on baking sheet. Roast until tender, this will take at least 45 minutes to 1 hour, depending on the size of the beets.
4. While beets are cooking, prepare dressing by combining canola oil, red wine vinegar, Dijon mustard and garlic salt in a small jar.
5. When beets are cooked and then cool enough to handle, remove skins and slice. Place in bowl. Pour dressing over the beets. (This mixture can then be refrigerated until serving time).
6. At serving time, arrange torn lettuce on platter. Arrange beet slices on top of lettuce. Sprinkle with crumbled feta or Blue cheese and toasted walnuts, if using.

## PRODUCE POINTER

### Beets

Did you know that originally beets were only grown for their tops? Those leafy greens are still popular today, just steam and toss with a little butter, salt and pepper. Beet greens are similar to Swiss chard and kale.

# RUSTIC FRUIT PIE

*Easier than traditional forms of pie, this galette style version still uses pastry that must be prepared ahead and chilled. Try fruit combinations such as peaches with a scattering of blueberries, raspberries or cherries. Galettes feature free-form shaped dough thus eliminating fitting pie plates with pastry.*

**Yield:** 6-8 servings

**Prep Time:** 30 minutes

**Cooking Time:** 45 minutes

**Equipment:** large mixing bowls, measuring spoons, dry measures, liquid measures, fork, dinner knife, pastry blender or an additional dinner knife, cutting board, large baking sheet, parchment paper, rolling pin

## **Pastry Ingredients:**

2 cups (500 mL) all-purpose flour

½ tsp (2 mL) salt

1 cup (250 mL) lard

½ cup (125 mL) milk

## **Filling Ingredients:**

6 apples, peeled and sliced OR 4 cups sliced peaches, pears, apricots, or plums

1/2 cup (125 mL) granulated sugar

2 tablespoons (30 mL) cornstarch or flour

½ tsp (2 mL) ground cinnamon

## **Topping Ingredients:**

1 tablespoon (15 mL) milk

1 tablespoon (15 mL) sliced almonds OR 1 tablespoon (15 mL) sugar (coarse sugar is really nice)

## **Method:**

1. Read the recipe completely. Assemble ingredients and equipment to make the pastry.
2. Prepare pastry by mixing flour and salt. Using a pastry blender or two knives cut-in lard until the fat resembles small peas.
3. Stir in milk to make a soft dough ball. Use your hands to create the ball. Chill for at least one (1) hour.
4. While pastry is chilling, assemble remaining ingredients and equipment.
5. Preheat oven to 375°F (190° C).
6. Line a baking sheet with parchment paper.
7. On a floured surface and using a rolling pin, roll pastry into a 12" (30 cm) round.
8. Then wrap the pastry around the rolling pin and transfer to the parchment lined baking sheet, unrolling the pastry to a single layer.
9. In mixing bowl combine fruit, sugar, cornstarch or flour and cinnamon.
10. Transfer the mixture onto the middle of the pastry leaving a 2 inch border all around. Bring the

edges of the pastry inward over the filling. There will be the centre of fruit showing.

11. Brush the border edge with milk. Sprinkle almonds or sugar on the border.
12. Bake in the preheated oven for about 40 – 45 minutes or until the crust is golden brown and the filling is bubbly.

#### PRODUCE POINTER

##### Apples

There just might be some truth in “an apple a day keeps the doctor away”. Apples are good sources of fibre and Vitamin C and offer a thirst quenching snack. There are close to 20 varieties grown in Ontario with the main areas being close to Lake Ontario, Lake Erie, Lake Huron and Georgian Bay. How many varieties do you think you can name?

# SWEET AND SOUR GLAZED CARROTS

*A quick and easy way to dress-up cooked carrots for a tasty side dish.*

**Yield:** approximately 4 servings

**Prep Time:** 10 min

**Cooking Time:** 10 min

Equipment: cutting board, French knife or Chef's knife, vegetable peeler, large saucepan, measuring spoons, large spoon

Ingredients:

1 lb (5 or 6 medium sized carrots), peeled, cut in thick sticks or coined

Water for cooking

2 tbsp (30 mL) butter

1 tbsp (15 mL) honey

1 tbsp (15 mL) red-wine vinegar

Salt and pepper to taste

## Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Using medium-high heat, boil carrots in a large saucepan with a small amount of water until fork-tender, about 7 minutes.
3. Drain the water from the carrots.
4. Return carrots to the saucepan.
5. Stir in butter, honey, and red wine vinegar. Cook over medium heat stirring constantly until carrots are glazed, 1-2 minutes. Add salt and pepper, to taste.
6. Serve immediately.

## Think About....

Are baby carrots sold in grocery store packages really young carrots? Not usually. Baby carrots are full-grown carrots that have been peeled and shaped by machine to resemble little carrots. They do make for great snacks and lunch bag additions but don't be fooled by the marketing.

## PRODUCE POINTER

### Carrots

Carrots are one of the most popular vegetables available in Ontario. The first carrots were believed to be purple in colour. Now we can find carrots in many colours but bright orange seems to be the most widespread. They can be enjoyed fresh and raw or in savory and sweet recipes. Who doesn't enjoy carrot cake or a carrot muffin? Carrot pudding, anyone?

# SWEET POTATO AND CHICKEN SHEET PAN DINNER

*Who says making a meal is challenging? This tasty dinner can be quickly put together to roast lazily for about an hour. You need only add a salad or another vegetable to complete the meal.*

**Yield:** 4 servings

**Prep Time:** 15 minutes

**Cooking Time:** about 1 hour

**Equipment:** small jar, large mixing bowl, cutting board, vegetable peeler, French knife, measuring spoons, liquid measure, two forks (2), slotted spoon large cookie sheet type pan, rubber scrapper, meat thermometer

## Ingredients:

¼ cup (50 mL) canola or vegetable oil

2 tbsp (30 mL) lemon juice or any vinegar (white, white wine, red wine)

2 tbsp (30 mL) honey

1 tsp (5 mL) Dijon mustard

1 ½ tsp (7 mL) dried Italian seasoning (or use 1 tsp (5 mL) dried thyme, ¼ tsp (1 mL) dried basil, ¼ tsp (1 mL) dried oregano)

1 ½ lb (675 g) (about 3) sweet potatoes, cut into sticks or wedges – about ½ inch (1.27 cm)

4 - 6 boneless chicken thighs

## Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Heat oven to 350°F (180°C).
3. Mix oil, lemon juice or vinegar, honey and mustard in a small jar. Pour into large mixing bowl.
4. Add sweet potatoes. Using two (2) forks, toss thoroughly to coat dressing and sweet potato sticks or wedges.
5. Using a slotted spoon, transfer sweet potato pieces to sheet pan.
6. Add chicken pieces to the reserved dressing mixture. Using two (2) forks, toss thoroughly to coat dressing and chicken pieces. Transfer to sheet pan, arranging chicken pieces amongst sweet potato pieces. Drizzle any remaining dressing over top.
7. Bake for about 1 hour or until the sweet potatoes are tender and the chicken cooked. Use a meat thermometer to check that the chicken registers (170°F/77°C).
8. Transfer to serving platter and drizzle a little of the drippings over the chicken and sweet potatoes.

## PREP TIP

No need to peel the sweet potatoes, just scrub well before cutting into sticks or wedges

## NUTRITION NUGGET

Sweet potatoes contain high amounts of beta-carotene which converts to Vitamin A. They are also an excellent source of fibre.

THINK ABOUT... using other vinaigrette- type dressings.

#### PRODUCE POINTER

##### Sweet Potatoes

Sweet potatoes are often confused with yams but they are two different foods. Where yams are long hairy tubers, sweet potatoes are more like big potatoes with smooth skins and tapered ends. Yams are native to Africa and Asia whereas sweet potatoes are native to Central and South America. Lucky for us sweet potatoes are now grown in the sandy soils near Lake Erie and are available year round in Ontario. Sweet potatoes are sensitive to cold and should be stored in a cool dry place. Enjoy them baked, roasted, microwaved, steamed, boiled and mashed, sautéed or grilled on a BBQ.

# VEGETABLE STIR-FRY

*Stir-frying an assortment of fresh vegetables makes for a quick, eye-pleasing, nutritious compliment to most meals. This recipe is also a wonderful way to use small amounts of vegetables that might be hanging out in the refrigerator. Be sure to cut the vegetables in uniform pieces for quick cooking. As an alternative to the fresh vegetables, experiment with frozen packages of assorted vegetables.*

**Yield:** 4- 6 servings

**Prep Time:** 20 minutes

**Cooking Time:** 10 minutes

**Equipment:** cutting board, measuring spoons, liquid measure, small mixing bowl or jar, French knife or Chef's knife, paring knife, wok or electric frying pan or large frying pan, 2 wooden spoons

## Ingredients:

### Sauce:

- ½ cup (125 mL) chicken or vegetable stock
- 1 tbsp (15 mL) cornstarch
- 1 tbsp (15 mL) soy sauce
- 1 tbsp (15 mL) white or rice vinegar
- ¼ tsp (1 mL) ground ginger
- 2 tbsp (30 mL) vegetable oil
- 1 cup (250 mL) small cauliflower flowerets
- 1 cup (250 mL) thinly sliced carrot
- 1 cup (250 mL) small broccoli flowerets
- 1 medium onion, thinly sliced or chopped
- ½ sweet red pepper, thinly sliced or chopped
- 1 cup thinly sliced mushrooms

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Combine sauce ingredients in a small jar or mixing bowl. Shake or stir well. Set aside.
3. Using a medium-high temperature, heat vegetable oil in a wok or a large skillet until it shimmers.
4. Add cauliflower flowerets and carrots. Using two wooden spoons, toss vegetables quickly to coat with oil. Continue to stir and cook for about 2-3 minutes.
5. Add broccoli, onion and pepper. Continue to toss, stir and cook for about 4-5 minutes.
6. Add sliced mushrooms and cook for another 2-3 minutes.
7. Push vegetables to the side. Pour sauce mixture into the bottom of the wok or centre of the skillet. Cook and stir until mixture thickens. Thoroughly mix in the vegetables, stirring to coat the vegetable pieces with sauce. Serve immediately.

## PREP TIP

This is a very basic vegetable stir-fry recipe. With the assortment of Ontario vegetables, a wide variety is possible. Just remember to use uniform sizes. About 4 – 5 cups (1.25 L) of vegetables are needed. Vegetables that require a little longer cooking time such as cauliflower, carrots, and green beans should be cooked first. Then add vegetables that need less time such as broccoli, onion, snow peas, or peppers. Cabbage and spinach are best left until last. You can cook vegetables in small batches or as vegetables are cooked push the cooked ones to the side of a skillet or up the sides of a wok. Add a little more oil as needed. Remember to use high heat and a constant, brisk stirring motion. Stir-frying too many vegetables at once causes them to steam and become mushy.

# BREAKFAST WRAPS

*Vegetables for breakfast? Why not! Stir-fry diced zucchini, mushrooms, or sweet peppers or finely sliced green onion or asparagus or broccoli flowerets. Add chopped sun-dried or dehydrated oil packed tomatoes, if you like – don't use fresh tomatoes as these are too watery. Add beaten eggs. These cook quickly. Wrap the vegetable-egg mixture in a whole wheat flour tortilla and munch on your way to school or work. A great way to start the day!*

**Yield:** 2 servings

**Prep Time:** 5 minutes

**Cooking Time:** 5 minutes

**Equipment:** small mixing bowl, fork, , measuring spoons, cutting board, paring knife, small non-stick skillet, wooden spoon

**Ingredients:**

4 eggs

½ (2 mL) dried thyme

1 tsp (5 mL) mustard – Dijon is best but regular mustard is fine

Salt and pepper – a pinch of each

1 tsp (5 mL) vegetable oil

1 tsp (5 mL) butter

1 cup (250 mL) finely diced, or chopped vegetables such as zucchini, broccoli, asparagus, mushrooms, sweet peppers, green onion

2 tbsp (30 mL) chopped sun-dried or dehydrated, oil packed tomatoes (optional)

2 large whole wheat flour tortillas

**Method:**

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Using a fork, beat together eggs, thyme, mustard and salt and pepper. Set aside.
3. Heat vegetable oil and butter in a small non-stick skillet using medium-high heat. Stir-fry vegetables coating well with oil and butter mixture. Cook until softened and tender-crisp, about 3 minutes.
4. Add chopped sun-dried or dehydrated tomatoes. Heat for another 1 minute.
5. Add egg mixture. Cook, stirring just until eggs are softly set but cooked through, about 3-4 minutes.
6. Divide mixture between flour tortillas. Roll-up and enjoy!

## PRODUCE POINTER

### Mushrooms

Mushrooms are grown year round in Ontario. White button mushrooms are the most popular but look for Cremini, Portobello, Oyster and Shiitake kinds, too. Choose firm, dry mushrooms. The freshest mushrooms are closed around the stems. When storing, they need lots of air so use a brown paper bag and use within 4 or 5 days. Prepare mushrooms by removing dirt with a soft brush and rinsing quickly under cool running water. Never soak them in water as this destroys their flavour, texture and nutrients.



# CRANBERRY UPSIDE DOWN CAKE

*This recipe is a throwback to times gone by when upside down cakes were very popular. The tartness of the cranberries melds beautifully with the tender cake. Upside down cakes began as skillet cakes. With the recent return of cast iron cooking, this way may once again be popular. Flipping the warm cake over to have the fruit on top may be tricky. Be sure to use hot mitts.*

**Yield:** 1 -9-inch cake

**Prep Time:** 25 minutes

**Cooking Time:** 45 minutes

**Equipment:** 9-inch (23 cm) round cake pan, measuring spoons, dry measures, liquid measures, electric mixer, stirring spoon, rubber scraper, medium size bowl, large mixing bowl, sifter, sieve, cookie sheet, flat plate for serving, dinner knife, hot mitts

## Ingredients:

- ¼ cup (50 mL) butter
- ½ cup (125 mL) dark brown sugar
- 2 cups (500 mL) fresh or frozen cranberries, rinsed
- 2 cups (500 mL) all-purpose flour
- 1 cup (250 mL) white sugar
- 2 tsp (10 mL) baking powder
- 1 tsp (5 mL) salt
- 3 eggs (at room temperature)
- 1 cup (250 mL) sour cream
- 1 tsp (5 mL) vanilla
- ½ cup (125 mL) melted butter (second amount)

## Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 375°F (190°C).
3. Melt ¼ (50 mL) butter in the cake pan. Swish to coat sides.
4. Add dark brown sugar to the butter and stir to combine.
5. Add the cranberries to the sugar/butter mixture to create a layer of cranberries nestled in the sugar/butter mixture. Set aside.
6. In medium sized mixing bowl, sift together flour, sugar, baking powder and salt. Set aside.
7. In large mixing bowl, beat eggs and sour cream together until well mixed. Add vanilla and mix well. Stir in melted butter (second amount).
8. Stir flour mixture into egg mixture until well combined. The electric mixer may still be used. Use a low speed and mix just until combined.
9. Spread cake batter over cranberries. Set cake pan on cookie sheet in case there is any overflow

from the berries bubbling up.

10. Bake for 40 – 45 minutes or until a toothpick inserted into the centre of the cake comes out clean.
11. Remove from oven. Let stand 10 minutes. Immediately run a dinner knife around the inside of the pan to loosen cake. Place a flat plate over the cake and quickly but carefully flip the hot cake over so that the cranberries are on the top of the cake. Be careful as the fruit and glaze are hot.
12. Serve with whipped cream or ice-cream, if desired.

#### PRODUCE POINTER

##### Cranberries

Native to North America, the cranberry was well known to First Nations peoples long before the first Europeans came to the New World. Eaten raw or boiled and sweetened with honey or maple syrup, the wild cranberry has the distinction of being the first North American fruit to cross the Atlantic for commercial purposes. Today commercial growers grow cranberry plants in bogs, flooding these at harvest time to allow the floating berries to be harvested.

# FRESH SUMMER ROLLS

*These may also be called spring rolls. Thin rice paper sheets wrap tightly around a selection of fresh vegetables, vermicelli rice noodles and herbs. Rolls are then dipped in a flavourful sauce. Summer rolls are best eaten right away. Why not try a DIY (do it yourself) summer party? Simply prepare a variety of vegetables and several dipping sauces and let guests make their own.*

**Yield:** 12 -14 rolls

**Prep Time:** 30 minutes

**Equipment:** cutting board, paring knife, small bowl, measuring spoons, deep bowl, tea kettle, paper towel, pie plate, serving platter, damp cloth

## Ingredients:

### Dipping Sauce

¼ cup (50 mL) lime juice  
1 tbsp (15 mL) sugar  
1 tbsp (15 mL) fish sauce  
1 tbsp (15 mL) rice vinegar  
1 tbsp (15 mL) finely chopped cilantro  
1 garlic clove, finely minced  
A pinch of hot pepper flakes

### Rolls

2 oz (about 50 g) vermicelli rice noodles  
Boiling water (from a tea kettle)  
6 lettuce leaves torn into 2 or 3 pieces each  
1 medium carrot, julienned  
½ sweet red pepper, julienned  
1/3 greenhouse cucumber, julienned  
¼ head small red cabbage, thinly sliced  
½ cup (125 mL) sprouts  
4 green onions, thinly sliced  
½ cup (125 mL) fresh cilantro  
12 -14 rice wrapper sheets

### PREP TIP

To julienne means to cut into very thin strips similar to match stick size.

## Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Prepare dipping sauce by combining all ingredients in a small bowl. Set aside.
3. Carefully place vermicelli noodles in a deep bowl. Vermicelli noodles tend to be fragile compared to noodles made from wheat. Pour boiling water over the noodles. Allow to stand for 3 or 4 minutes or until soft and tender. These do cook very quickly so taste test for doneness.
4. Drain and rinse well under cold water. Pat dry lightly with paper towel. If noodles are sticking

together, rinse again under cold water.

5. Fill a shallow pie plate or flat-bottomed pan with warm water. Dip one wrapper into the warm water until it is soft and pliable. This only takes about 8 – 10 seconds. Shake excess water from the wrapper and place on a cutting board.
6. Centre a piece of lettuce on the rice wrapper. The lettuce helps protect the wrapper from being pierced by the other vegetables.
7. Top the lettuce with a small handful of vermicelli noodles, then a few of each of the vegetables including the cilantro. Be careful not to overfill the wrapper as it will be difficult to roll.
8. Bring the top edge of the wrapper over the filling. Bring the bottom edge over the filling. Fold sides over the roll in the centre and roll tightly. Place on serving platter and cover with a damp cloth until all the rolls are finished. It is best that the rolls be in a single layer to prevent them from sticking to each other.
9. Serve with a dipping sauce.

#### PRODUCE POINTER

##### Lettuce

Ontario grows many varieties of field lettuce but mainly Head or Iceberg, Boston, Leaf and Romaine types. Ontario Greenhouse lettuce is also very popular. Look for “living lettuce”, a hydroponically grown lettuce sold in plastic containers and with a clean root ball attached. This keeps the lettuce fresh and nourished and can extend shelf life.

# ONTARIO FRITTATA

*An easy egg and cheese dish featuring a colourful array of fresh vegetables. Feel free to experiment with other possibilities such as mushrooms, green pepper, spinach, Bok Choy and asparagus. Serve with chili sauce or salsa.*

**Yield:** 4-6 servings

**Prep Time:** 10 – 15 minutes

**Cooking Time:** 5 minutes

**Baking Time:** 25 minutes

**Equipment:** cutting board, French knife or Chef's knife, paring knife, 10 inch (25 cm) case-iron or non-stick oven proof skillet, stirring spoon, whisk or fork, measuring spoons, grater, medium sized mixing bowl, knife and lifter for serving

## Ingredients:

2 tsp (10 mL) butter

2 tsp (10 mL) vegetable oil

1 small onion, chopped or 2 shallots chopped

2 cups (500 mL) broccoli flowerets, cut small

½ cup (125 mL) diced sweet red pepper

8 eggs

¾ cup (175 mL) shredded Cheddar or Swiss cheese

2 tsp (10 mL) Dijon mustard

½ cup (125 mL) diced ham (optional)

Salt and pepper to taste

## Nutrition Nugget

Use those broccoli stalks. These provide valuable nutrients, too. Simply peel or remove the tough outer stalk. Use the inner stalk for stir-frys, cream of broccoli soup, even salads and frittatas like this one. A great way to add more calcium, iron, Vitamin C and Vitamin A to your diet.

## Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 350°F (180°C).
3. Heat skillet using medium-high heat. Add butter and oil. Swirl pan to coat bottom of pan and a little up the sides.
4. Add onion or shallots, broccoli and red pepper and cook, stirring occasionally, until broccoli is bright green and tender-crisp.
5. Meanwhile in mixing bowl, whisk together eggs, cheese, mustard, ham (if using) and salt and pepper.
6. Pour this mixture over vegetables, tilting pan if needed to distribute evenly. Gently press vegetables down so that the egg mixture covers them. Cook for about 1 minute or until the edge is slightly set.
7. Transfer skillet to oven and bake for about 25 minutes or until the frittata is puffed and the eggs are set. Let stand for 5 minutes before cutting into wedges.

# PANZANELLA (TOMATO AND BREAD SALAD)

*This delicious summertime (or anytime) salad is dependent on stale Italian or Artisan bread, fresh tomatoes and a simple vinaigrette dressing. While this is a good way to use stale bread, one might worry that the bread will become soggy. This doesn't seem to happen as long as a hearty bread is used.*

**Yield:** 6 servings about 1 cup (250 mL) each

**Prep Time:** 40 min (includes sitting time when flavours blend)

**Equipment:** cutting board, French knife or Chef's knife, small jar to make vinaigrette, salad bowl, salad tongs, liquid measuring cup

## Ingredients:

1 small Italian or Artisan loaf of bread, cut or torn into 1-inch (2.5 cm) pieces (stale and hardened), about 4 cups (1 L)

¼ cup (50 mL) olive oil

2 tbsp (30 mL) red wine vinegar

¼ tsp (1 mL) salt

Dash of black pepper

2 large tomatoes, cubed

1 small red onion, thinly sliced

1 cup (250 mL) sliced English cucumber

1 orange or yellow pepper cut in cube size pieces (optional)

¼ cup (50 mL) fresh basil, chiffonade style

## PREP TIP

If bread cubes are not stale and hardened, bake cubes in a 300°F (150°C) for 15 -20 minutes, stirring several times.

## PREP TIP

To chiffonade stack leaves of basil and roll up tightly. Slice the roll thinly to produce tiny green strips of the fresh herb.

## Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Make vinaigrette by combining olive oil, red wine vinegar, salt and pepper in a small jar. Shake vigorously.
3. In salad bowl combine bread cubes and vegetables. Pour the vinaigrette over all. Toss lightly using salad tongs. Let salad stand for at least 30 minutes.
4. Just before serving add basil and toss well.
5. While this salad is best eaten on the day it is made, leftovers will keep refrigerated for a day or so.

## PRODUCE POINTER

### Tomatoes

Ontario Greenhouse Tomato growers use hydroponics to grow a variety of tomatoes: cherry or grape, cluster, even beefsteak and heirloom. What's an heirloom tomato?

Heirloom or heritage tomatoes refer to varieties where seeds are collected and then saved to plant the next spring. Heirloom varieties are open-pollinated by birds, insects, wind or human hands. They are grown for their wonderful flavours and tend to come in a variety of colours and shapes.

# POTATO FANS

*A fun way to dress up potatoes. Two (2) versions are shown below, one for microwave cooking and one for oven baking.*

**Yield:** 4 servings, 1 medium sized potato per person

**Prep Time:** 15 minutes

**Cooking Time:** 1 hour in oven, 10-15 minutes in microwave

**Equipment:** cutting board, French knife or paring knife, wooden spoon, measuring spoons, small bowl, microwave safe dish (microwave cooking), pie plate or oven safe baking dish (oven cooking), pastry brush,

## Ingredients:

- 4 medium sized potatoes
- 1 tbsp (15 mL) vegetable oil such as canola or corn oil
- 1 tbsp (15 mL) butter
- 2-3 tsp (10 mL – 15 mL) dried herbs such as parsley, thyme, rosemary, chives, dill
- 1 clove garlic, minced
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) pepper
- 2 tbsp (30 mL) grated cheese such as Parmesan (optional)

## NUTRITION NUGGET

A baked potato with the skin will increase your fibre intake. According to the Nutrient Value of Some Common Foods a large potato (202 g) baked with skin in the microwave oven contains 5.1 g of fibre.

## Method (Microwave)

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Scrub potatoes well. Rinse and pat dry.
3. Cut potatoes into thin slices but not all the way through to the bottom. To manage this, use a handle of a wooden spoon placed beside the potato to prevent the knife from cutting right through the potato.
4. Place potatoes in a microwave safe dish.
5. Combine vegetable oil, butter, dried herbs, garlic, salt and pepper. Brush this mixture over the potatoes allowing some of the mixture to drizzle into the potato slices.
6. Microwave on HIGH power for 10 minutes. Let rest for 5 minutes in the microwave.
7. Sprinkle cheese on potatoes, if using. Cook for another 3 – 4 minutes or until tender. Remember more cooking will happen after taking from the microwave.
8. NOTE: Baking time may vary with the size of the potatoes.

## Method (Oven)

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 400°F (200°C).

3. Scrub potatoes well. Rinse and pat dry.
4. Cut potatoes into thin slices but not all the way through to the bottom. To help, use a handle of a wooden spoon placed beside the potato to prevent the knife from cutting right through the potato.
5. Place potatoes on a pie plate or in an oven safe baking dish.
6. Combine vegetable oil, butter, dried herbs, garlic, salt and pepper. Brush this mixture over the potatoes allowing some of the mixture to drizzle into the potato slices.
7. Bake in hot oven until potatoes are golden and crispy.
8. Sprinkle with cheese, if using, and serve.
9. NOTE: Baking time will vary with the size of the potatoes.

#### PRODUCE POINTER

Did you know Yukon Gold potatoes were developed in the 1960's at the Ontario Agricultural College, now known as University of Guelph? They were released on the market in 1980 and have become very popular for baking, roasting, boiling and mashing. They make great French Fries, too!



# SQUASH SCONES

*These delicious morsels need a flavourful cooked winter squash such as butter cup or butternut. The squash needs to be prepared ahead. Plan to use leftover squash to make these for a snack, lunch or festive occasion. Lovely when served with a little apple jelly or as a sandwich with thinly sliced ham.*

**Yield:** 14 -16 depending on the size of cookie cutter used

**Prep Time:** 15 minutes

**Cooking Time:** 15 -20 minutes

**Equipment:** large mixing bowl, small mixing bowl, whisk or fork, paring knife, cutting board, pastry blender or two dinner knives, dry and liquid measures, measuring spoons, rolling pin, round cookie cutter, parchment paper, cookie sheet

## Ingredients:

2 cups (500 mL) all-purpose flour  
¾ cup (175 mL) whole wheat flour  
¼ cup (50 mL) packed brown sugar  
2 tsp (30 mL) baking powder  
¼ tsp (2 mL) baking soda  
1 tsp (5 mL) salt  
1/3 cup (75 mL) diced cold butter (unsalted, if possible)  
1 large egg  
¾ cup (175 mL) squash puree  
1/3 cup (75 mL) buttermilk or sour milk

## Topping:

1-2 tbsp (15 – 30 mL) milk  
1 tbsp (15 mL) granulated sugar

## PREP TIP

If you don't have buttermilk, make sour milk by mixing 1/3 (75 mL) regular milk with 1 tsp (5 mL) vinegar. Let stand for a few minutes before using.

## Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 400°F (200°C).
3. Line a baking sheet with parchment paper. Set aside.
4. In a large mixing bowl whisk flours, brown sugar, baking powder, baking soda, and salt.
5. Using a pastry blender or two dinner knives cut butter finely into the dry ingredients. Set aside.
6. In a small mixing bowl and using a fork, beat egg. Add squash puree and buttermilk. Beat well.
7. Pour liquid mixture into flour mixture. Stir just until dry ingredients are moistened.
8. Turn mixture onto a lightly floured surface. Knead dough for about 10 turns adding more flour as necessary to prevent sticking. Roll dough to a 1 inch (2.5 cm) thickness.
9. Using a cookie cutter, cut dough into rounds and place on baking sheet. Re-roll scraps and continue cutting until all the dough is used.
10. Brush tops of scones with milk and sprinkle with sugar.
11. Bake until golden brown , about 15 – 20 minutes.

#### PREP TIP

##### Squash Puree

Cut squash in half, remove seeds and place on a baking sheet cut side up. Brush a little vegetable oil on the cut side of the squash. Bake at 400°F (200 °C) for 20 – 30 minutes or until the squash is tender. Bake times will vary with the size of the squash. Cool. Scoop out the flesh from the shell. Puree by using a food processor OR mash very well using a potato masher. Line a sieve or strainer with a coffee filter. Set the strainer over a small bowl and allow excess water to drain. This is best done in a refrigerator overnight. This is a really important step as excess moisture is not needed in the scones.

Alternatively, remove stem from squash. Poke holes around the squash using the tip of a paring knife. Cook on high in the microwave, turning every 3 or 4 minutes. Baking time will vary with the size of the squash. When soft, remove squash from the microwave and roll in a tea towel to allow cooking to finish. Cool. Then cut in half, remove seeds and scoop flesh from the shell. Puree by using a food processor OR mash very well using a potato masher. Line a strainer with a coffee filter. Set the strainer over a small bowl and allow excess water to drain. This is best done in a refrigerator overnight.

#### PRODUCE POINTER

##### Squash

Did you know that we have summer squash and winter squash? Summer varieties include crookneck, pattypan and of course, the ever popular, zucchini. These tend to be soft and tender with light coloured flesh. Bake, grill or stir-fry. Shredded summer squash makes for muffins and quick breads that are moist and tender. Winter squash is hardy and keeps well. The bright orange flesh contains lots of betacarotene an important phytochemical that can be converted to Vitamin A. Choose varieties such as butternut, buttercup, Hubbard and acorn for baking and mashing, soups and casseroles. Sometimes squash is used instead of pumpkin for delicious pies.

# STRAWBERRY RHUBARB PUNCH

*The tartness of the rhubarb contrasts with the natural sweetness of the strawberries. Use fresh produce in season or frozen when not.*

**Yield:** 12 servings, ½ cup (125 mL) each

**Prep Time:** 30 min

**Chilling Time:** about 1 hour

**Equipment:** liquid measure, dry measures, large saucepan, wooden or metal spoon, covered container, paring knife, cutting board, can opener, rubber spatula, strainer or sieve, piece of cheesecloth to line strainer, punch bowl or large pitcher

3 cups (750 mL) sliced fresh rhubarb or frozen unsweetened rhubarb

2 cups (500 mL) water

2 cups (500 mL) sliced fresh or unsweetened frozen strawberries

1 can (355 mL) frozen lemonade concentrate

¾ cup (175 mL) sugar

2 cups (500 mL) soda water or ginger ale (chilled)

Ice cubes

Fresh strawberries when in season

## Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Combine rhubarb, water, strawberries, lemonade and sugar in a large saucepan. Heat to boiling, then reduce to simmer. Cook mixture until the fruit is very soft, 10 – 15 minutes.
3. Line strainer or sieve with cheesecloth. Strain cooked mixture through the cheese cloth. Press fruits lightly to extract the juice. Refrigerate in a covered container until cold.
4. To serve, combine fruit syrup with soda water or ginger ale and ice cubes. Garnish with fresh strawberries when in season

## PREP TIP

Freeze whole strawberries with water in ice cube trays. These make attractive garnishes in a punch bowl or large glass pitcher.

## PRODUCE POINTER

### Rhubarb

Fresh rhubarb is a sure sign of spring as patches come to life and shoots push through the warming soils. But did you know that in Ontario rhubarb is available much earlier, even in January! This is due to the forcing of rhubarb in greenhouses and special barns. Rhubarb grown in this way tends to produce smaller stalks but stalks that are quite red and milder in flavour than the outdoors kind. Did you know that rhubarb is actually a vegetable? We tend to sweeten the chopped stalks for wonderful sauces, pies, crumbles, chutneys and like this recipe, beverages. Strawberries pair especially well with rhubarb.

#### PRODUCE POINTER

##### Strawberries

For many years strawberries were only available in early summer. Now Ontario strawberries are available well into the fall months and even the winter. Modern day-neutral varieties have been developed to produce several crops in a growing season. Some growers are also growing strawberries in greenhouses so that we can have fresh local berries in early winter. Strawberries are perishable. Spread freshly picked berries, green tops intact, in single layers in the refrigerator. Cover lightly with paper towel. Use within 2 or 3 days, rinsing just before slicing.

While strawberries tend to be used in smoothies, desserts and eating fresh, they do well in salads, too. Spinach and strawberries team beautifully especially when tossed with a strawberry vinaigrette dressing.]

# THREE SISTERS SOUP

*There are many versions of this soup but the basic ingredients remain the same and reflect the Indigenous tradition of the three sisters: squash, beans and corn*

**Yield:** 4 servings, approximately 1 cup (250 mL)

**Prep Time:** 15 minutes

**Cooking Time:** 40 minutes

**Equipment:** liquid measures, cutting board, vegetable peeler, paring knife, French knife or Chef's knife, stirring spoon, large saucepan, potato masher

## **Ingredients:**

3 cups (750 mL) chicken or vegetable broth

2 cups (500 mL) diced winter squash such as butternut or buttercup

1 cup (250 mL) canned or frozen sweet corn or kernels from 1-2 fresh cobs

1 cup (250 mL) green beans cut in 1 inch (2.5 cm) pieces or lima beans

1 bay leaf

Salt and pepper to taste

Optional: ¼ tsp red pepper flakes or ½ tsp dried parsley, basil or oregano

Bannock for serving (if desired)

## **Method:**

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Pour broth into a large saucepan. Heat to boiling.
3. Stir in squash and bay leaf.
4. Lower heat, cover and simmer for about 20 – 30 minutes or until squash is soft.
5. Remove bay leaf. Mash the squash lightly to thicken the soup.
6. Add corn, beans and optional herbs. S simmer for about 10 more minutes.
7. Serve in bowls with bannock.

Bannock is a form of unleavened bread. It was popular with Indigenous peoples and helped Europeans survive. There are many recipes for bannock but essentially the bread is flour, water and a little salt. It can be cooked over an open fire or fried. Modern versions bake the bread although frying is well-known, too.

#### PRODUCE POINTER

##### Sweet Corn

What would summer be without glorious sweet corn? Ontario is one of the primary areas in Canada that grows this tasty vegetable. Over the years sugar-enhanced and supersweet varieties have been developed to meet consumer demand for sweetness and longer shelf life. In regular sweet corn, also known as standard or normal, natural sugars convert to starch causing kernels to become less sweet and even tough within a day of picking. Some would argue, hours. Make plans to cook as soon after purchasing, as possible. In sugar-enhanced the conversion to starch is slower. In supersweet varieties, the conversion is very slow, thus shelf life is extended even longer. Sweet corn is delicious boiled, grilled on the BBQ or cooked in the microwave.

# WATERMELON SALAD

*A refreshing summer salad to go with burgers or barbequed meats.*

**Yield:** 4 servings

**Prep Time:** 15 minutes

**Cooking Time:** -none

**Equipment:** paper towel, cutting board, French knife or Chef's knife, small jar or bowl, salad bowl, two(2) forks or salad tongs

**Ingredients:**

6 cups (1.25 L) leafy greens such as arugula, spinach, Boston lettuce

3 cups (750 mL) cubed watermelon

¼ cup toasted sunflower seeds

1/3 cup crumbled feta cheese

Coarsely ground black pepper

**Dressing:** 1 tbsp (15 mL) lemon juice

1 tbsp (15 mL) red wine vinegar

2 tbsp (30 mL) olive oil

½ tsp (2 mL) salt

**PREP TIP**

To toast sunflowers, simply heat in a non-stick skillet for 2 or 3 minutes or until golden brown and fragrant.

**Method:**

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Wash greens. Pat dry. Tear into smaller pieces, if needed. Place in salad bowl.
3. Add cubed watermelon and toss lightly with the two (2) forks or salad tongs
4. Sprinkle toasted sunflower seeds and feta on top.
5. Drizzle dressing over all and toss gently to combine all ingredients.
6. Serve immediately.

**PRODUCE POINTER**

**Watermelon**

No wonder watermelon has its name. A wedge of watermelon is 90% water! On top of being a good hydration food, watermelon also contains important vitamins and minerals, antioxidants and phytochemicals such as lycopene.

# WINTER CASSEROLE

*There's something about winter and a hearty, nourishing casserole. Serve this with some rustic bread and a Nappa (Chinese cabbage) and apple salad for great winter fare.*

**Yield:** 4 - 6 servings

**Prep Time:** 15 minutes

**Cooking Time:** 35 – 40 minutes

**Equipment:** cutting board, French knife or Chef's knife, paring knife, can opener, measuring spoons, dry measures, large non-stick frying pan, wooden spoon

## Ingredients:

1 lb (454 g) lean ground beef  
1 onion, chopped  
1 clove garlic, minced  
½ pepper, diced  
1 stalk of celery, sliced  
1 large carrot, coined  
1 19 oz (540 mL) canned diced tomatoes  
1 tsp salt  
¼ tsp (1 mL) black pepper  
½ tsp (2 mL) dried basil  
½ tsp (2 mL) dried oregano  
2/3 cup (150 mL) long grain rice or quinoa

## PREP TIP

The secret in this recipe is the gentle, slow cooking that allows the rice or quinoa to absorb all the flavours of the vegetables and beef.

## Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Using a large non-stick pan, brown ground beef, about 5 minutes.
3. Add onion and sauté for 1 or 2 minutes. Add garlic and sauté for 1 more minute.
4. Add pepper, celery, carrot, tomatoes, salt, black pepper, basil and oregano. Bring to boil.
5. Reduce heat to a gentle simmer. Stir in rice or quinoa. Cover and let cook, stirring occasionally for 30 minutes or until the rice or quinoa is fully cooked.



# BERRY SORBET

*Sorbets are refreshing frozen mixtures of fresh fruit. They make a wonderful finish to a special dinner. A great way to preserve fresh fruit, too.*

**Yield:** 4 servings, ½ cup (125 mL) each

**Prep Time:** 10 minutes + freezing time + 10 minutes +freezing time

**Cooking Time:** none

**Equipment:** food processor or blender, liquid measure, dry measure, measuring spoon, rubber scrapper, metal pan or bowl, electric mixer

## Ingredients:

2 cups (500 mL) raspberries, blueberries or strawberries

¼ cup (50 ml) granulated sugar

1 tbsp (15 mL) lemon juice

½ cup water

## Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. In a food processor or blender, puree fruit.
3. Add sugar, lemon juice and water. Process until smooth.
4. Pour into a metal pan or bowl and freeze just until barely firm.
5. Beat with electric mixer until smooth and transfer back into metal pan or bowl to freeze until firm.
6. To serve, remove from freezer about 20 minutes before serving time or just until soft enough to scoop.
7. Use an ice-cream scoop to place sorbet in small serving dishes. Garnish with fresh fruit, if desired.

## PRODUCE POINTER

### Raspberries

Enjoying a dish full of fresh raspberries has got to be a grand summer tradition. Now those luscious morsels can be found well into fall, the first frost, in fact. Thanks to what are called ever bearing plants or fall bearing plants, canes are chopped off at ground level in the spring and then begin to bear fruit in the fall. This makes for much less work for the pruning required of July berries. Raspberries are perhaps the most perishable of all fruits so treat them tenderly. Wash just before using and use freshly picked berries within 2 or 3 days.

# CANDIED PEAR OR APPLE SLICES

*Lovely little accompaniments for chacuterie boards. Fun for hanging on a Christmas tree, too.*

**Yield:** about 30 slices

**Prep Time:** 15 minutes

**Cooking Time:** 30-40 minutes

**Equipment:** cutting board, paring knife, dry measures, large saucepan, stirring spoon, slotted spoon, parchment lined baking trays, rack for drying

**Ingredients:**

2 cups (500 mL) granulated sugar

2 cups (500 mL) water

3 firm pears or apples cut into 1/8 inch/3 mm slices

**Method:**

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 300°F (150°C).
3. Combine sugar and water in a large saucepan. Bring to the boil and cook until somewhat thickened, about 5 minutes.
4. Submerge fruit slices in the syrup. Reduce heat and simmer until the fruit is translucent – about 8 minutes.
5. Using a slotted spoon, drain fruit slices and place on parchment lined baking trays.
6. Bake in oven until dried – 15 -20 minutes.
7. Carefully lift fruit slices to loosen and cool on tray on rack. Dry overnight or longer until thoroughly dried.
8. Store in air tight container.

# CARAMELIZED ONION JAM

*A great addition to hamburgers, hot dogs and sausages.*

**Yield:** About 2 cups (500 mL)

**Prep Time:** 15 – 20 minutes

**Cooking Time:** about 30 minutes

**Equipment:** non-stick frying pan, wooden spoon, cutting board, French knife or Chef's knife, measuring spoons, liquid measure, storage container

## **Ingredients:**

2 tbsp (30 mL) vegetable oil such as canola

3 large cooking onions, thinly sliced

2 cloves garlic, minced

¼ tsp (1 mL) salt

¼ tsp (1 mL) black pepper

1 tbsp (15 mL) brown sugar

1/3 cup (75 mL) maple syrup

1/3 cup (75 mL) red wine vinegar

1 tsp (5 mL) Worcestershire sauce

1 tsp (5 mL) dried thyme

1 tsp (5 mL) dried rosemary

2 tsp (10 mL) dried parsley

## **Method:**

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Heat oil in large non-stick frying pan using a medium heat.
3. Stir in onions, garlic, salt, pepper and brown sugar. Cook for 15 -20 minutes or until the onions are golden brown.
4. Stir in maple syrup, red wine vinegar, Worcestershire sauce, thyme, rosemary and parsley. Lower heat to simmer and cook for another 10 – 15 minutes or until the liquids have been absorbed the mixture is a jam-like consistency.
5. Cool. Store in the refrigerator until needed. This will keep well for two (2) weeks

#### PRODUCE POINTER

##### ONIONS (COOKING, GREEN, RED)

Onions are the most common staple food adding characteristic flavour to a wide range of food dishes. They also provide significant sources of antioxidants. A variety of onions are grown in Ontario, it is best to choose the variety best suited for the purpose.

Green onions are usually eaten raw or lightly cooked, finely sliced they make perfect garnishes on soups, stir-frys and casseroles. Choose onions with smooth firm bulbs and bright green tops. Trim the fine roots close to the bottom of the bulbs, no need to waste much of the delicious white bulb. Refrigerate in a plastic bag for up to a week.

Spanish onions have a mild flavour and may be sliced thinly and eaten raw on sandwiches and burgers.

Red onions are really more purple in colour, they are good to eat raw, too or lightly cooked. Their colour adds eye appeal and their mild flavour leaves less after-taste than yellow onions.

Yellow cooking onions are best for cooking. They easily caramelize enhancing a wide range of food dishes. These onions store well and are readily available year round. White onions are good for cooking, too although they tend not to store as well as yellow onions.

Onions are best chopped by hand but they do tend to bring tears to the eyes due to the presence of sulfuric compounds. To chop, begin by cutting the onion in half and then placing flat side down on cutting board. Hold the root end and make a series of parallel cuts (slices). Turn 90 degrees to make several close cross cuts to produce finely chopped onion. One medium onion will yield about 1 cup of chopped vegetable.

To help reduce teary eyes, refrigerate onions for at least 30 minutes before chopping. Peeling under cold running water may help, too.

Onions are best stored in cool, dark places. Mesh bags allow for air circulation.

Look for Ontario grown shallots, too. They are unique in having an intense flavour compared to onions and garlic but without the characteristic harshness.

## CRANBERRY-PEAR RELISH

*This is a quick, refreshing accompaniment for turkey or chicken dinners. Try a small spoonful on crackers that have been spread with cream cheese or potted Cheddar cheese.*

**Yield:** about 1 ½ cup (375 mL)

**Prep Time:** 10 minutes

**Cooking Time:** none

**Equipment:** food processor, cutting board, vegetable peeler, paring knife, dry measures, rubber scrapper, spoon, storage container

**Ingredients:**

2/3 cup (150 mL) fresh or frozen cranberries

1 pear, peeled and chopped

2 tbsp (30 mL) granulated sugar

1 tsp (5 mL) dried mint or 1 tbsp (15 mL) fresh mint, chopped

Pinch of salt

Pinch of cayenne pepper

**Method:**

1. Read the recipe completely. Assemble all ingredients and equipment.
2. In a food processor, pulse cranberries, pear, sugar, mint, salt and cayenne until minced.
3. Let stand at least 10 -15 minutes for flavours to develop.
4. This relish keeps well in the refrigerator for 3 or 4 days.

# HARVEST SALSA

**Yield:** 6 – 250 mL jars

**Prep Time:** approximately 1 hour

**Cooking Time:** approximately 1 hour

**Equipment:** cutting board, paring knife, French knife or Chef's knife, liquid measures, measuring spoons, hot water canner, canning tongs, 1 cup/250 mL canning jars with lids and screw top bands, large stainless steel or enamel saucepan or cooking pot, small saucepan, clean tea towels and dish cloths, spoon for stirring, ladle, wide mouth funnel, dinner knife

## **Ingredients:**

12 medium field tomatoes, peeled and chopped

3 medium-sized cooking onions, chopped

1 sweet red pepper, chopped

1 green pepper, chopped

5 jalapeno peppers, seeded and finely chopped

6 cloves garlic, finely chopped

2 cans (5.5 oz 156 mL) tomato paste

1 ½ cups (375 mL) red wine vinegar

1 cup (250 mL) parsley, finely chopped

2 tbsp (30 mL) granulated sugar

1 tbsp (15 mL) pickling salt.

## **Method:**

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Place clean jars in a boiling water canner. Cover jars with water and heat water until very hot but not boiling. Lids should be warmed in a separate small saucepan in hot, not boiling water. Screw top bands can be set aside. Keep jars and lids hot until ready to use.
3. In a large stainless steel or enamel saucepan or cooking pot, combine all ingredients. Bring to a boil over high heat, reduce heat and boil gently for 25 – 30 minutes or until mixture is reduced to desired consistency. Stir frequently.
4. Ladle salsa into hot jars to within ½ inch (1 cm) of top rim, this provides head space. A wide mouth funnel will help. Using a nonmetallic utensil such as a dinner knife, remove air bubbles by running knife inside the jar near the outer glass wall. Wipe jar rim with a clean, damp cloth. Centre lid on jar, then apply screw band securely. Do not overtighten. Place jar in canner. Repeat for remaining jars and salsa.
5. Add water to cover the jars by at least 1 inch (2.5 cm). Cover canner and bring water to a boil. Process 20 minutes for half-pint (1 cup/250 mL) jars in boiling water bath. Remember to start timing once the boiling temperature is reached.
6. Turn off heat. Remove cover. Let stand for 5 – 10 minutes before carefully removing jars. Do not

tilt. Use specially designed canning tongs for safe removal. Set hot jars on a clean tea towel on the counter. Leave undisturbed for 24 hours.

7. After cooling, check jar seals, they should curve downward. Remove screw bands. Wipe and dry bands and jars and replace on jars tightening lightly. Label and store jars in a cool, dark place.

#### PREP TIP

##### Tomatoes

For soups, sauces, and canning, tomatoes are best without their thin skin. First make an X on the bottom of the tomato using a sharp knife. Then blanch by placing the fruit in boiling water for about 30 seconds. Remove from hot water using a slotted spoon and place immediately in a bath of very cold water. A new ice cubes really help. The skin should loosen making peeling easy.

When cooking tomatoes it is best to use non-reactive surfaces such as stainless steel. Non stainless steel and aluminum should be avoided since the acid from the tomatoes will react causing a bitter after taste.

Sometimes recipes call for “seeded tomatoes”. To do this, half tomato crosswise, then gently squeeze each half and allow the seeds to drip out. Remaining seeds can be scooped out using a melon baller or spoon handle. Be sure to seed over a sieve set above a bowl, this will catch any juice which can then be used in soups, stews, and sauces.

# REFRIGERATOR PICKLES

*This quick form of pickling works well with early vegetables such as asparagus and green beans. Since heat processing is not involved these are best stored in a refrigerator and used within 1-2 months. Experiment with other vegetables such as carrots, rutabaga, snow peas, etc.*

**Yield:** 1 L canning jar

**Prep Time:** 30 – 40 minutes

**Cooking Time:** 10 minutes

**Equipment:** liquid and dry measures, measuring spoons, steamer or a colander and large cooking pot, bowl of ice water, spoon for stirring, funnel, and sterilized canning jar

## Ingredients:

- 1 lb fresh asparagus or green beans
- 1 cup (250 mL) white vinegar
- 1 cup (250 mL) white sugar
- 1 cup (250 mL) water
- 2-3 bay leaves
- 1 tsp (5 mL) salt
- 1 tsp (5 mL) coriander seeds
- 1 tsp (5 mL) black pepper corns
- 1 tsp (5 mL) mustard seeds
- ½ tsp (2 mL) dried chili peppers, optional

## Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Combine vinegar, sugar, and water in a saucepan and bring to a boil.
3. Add bay leaves, salt, coriander, pepper corns and mustard seeds and chili peppers, if using. Reduce to heat to low and keep liquid hot.
4. Wash and blanch vegetables. To blanch plunge vegetables into boiling water in a large saucepan. Cover. When water comes to the boil, time for 2 -3 minutes depending on the size of the stalks. Drain and immediately plunge into ice water to chill quickly. Drain and pat dry.
5. Pack vegetables into a sterilized canning jar. Top with the hot pickling liquid, then lid and screw top band.
6. Let cool before refrigerating.



# SPARKLING CRANBERRY PUNCH

*Refreshing and delicious; that's what this is! White grape juice and cranberry juice provide a thirst crunching taste. The soda water adds the fizziness.*

**Yield:** 12 servings,  $\frac{3}{4}$  cup (175 mL) each

**Prep Time:** 5 min

**Chilling Time:** about 1 hour

**Equipment:** liquid measure, large spoon or ladle, punch bowl or large pitcher

4 cups (1 L) white grape juice

2 cups (500 mL) cranberry juice

3 cups (750 mL) soda water, chilled

Grapes and cranberries on skewers (optional)

## **Method:**

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Combine the juices. Refrigerate for one hour.
3. Pour in the chilled soda water just before serving.
4. Garnish with grapes and cranberries threaded on skewers.

# STRAWBERRY VINEGAR

*A fruit vinegar adds a refreshing flavour to a vinaigrette dressing. This is just perfect with leafy greens and sprouts. Experiment with other fruits such as blueberries and raspberries when in season. Adding a few fresh herbs is delightful, too.*

**Yield:** about 1 cup (250 mL)

**Prep Time:** 20 minutes (+ 24 hours standing time)

**Cooking Time:** 5 – 10 minutes

**Equipment:** large stainless steel bowl, strawberry huller or paring knife, paring knife, cutting board, colander or sieve, liquid measuring cup, measuring spoons, cheesecloth or coffee filters, large saucepan, stirring spoon, sterilized jar(s) for storage

## Ingredients:

4 cups (1 L) fresh strawberries\*

1 cup (250 mL) white vinegar or white wine vinegar

2 tsp (10 mL) granulated sugar

## Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Rinse strawberries in colander or sieve. Using a paring knife and a cutting board, slice strawberries. Place in large stainless steel bowl. Stir in vinegar and sugar. Cover and refrigerate overnight or up to 24 hours, stirring occasionally.
3. Strain mixture into a large saucepan using a colander or sieve lined with cheesecloth or a coffee filter. Mash the berries to release any extra liquid.
4. Using a medium heat, bring the strawberry-vinegar liquid to a boil. Remove from heat. Pour into sterilized jar(s). Let cool and then refrigerate.

\*Frozen berries can be used as long as sugar has not been added in the freezing process.

## PREP TIP

### To Sterilize Jars

1. Use Mason-type jars with lids and screw top bands. These are made especially for canning and preserving.
2. Prepare hot water canner with rack and water to half way level. Set on high heat and bring to boil. Reduce heat to keep very hot. (A large soup pot with a small wire rack in the bottom will work if you do not have a hot water canner).
3. Additionally, half fill a small saucepan with water. Set on high heat and bring to boil. Reduce heat to keep hot.
4. Wash jars, lids and screw top bands in hot soapy water. Set bands aside.
5. Check jars for any cracks or chips. Do not use jars with cracks or chips since they will not seal properly.
6. Lower jars into the large container of hot water using rubberized tongs. Bring hot water to the boil. Then shut off heat and carefully remove the hot jars to sit on a clean tea towel until ready to use. Use the rubberized tongs for lifting.
7. Place jar lids in the hot water in the small saucepan. Keep warm until ready to use. This makes the rubber seal soft to adhere to the jar. Do not boil the lids as this action can ruin the rubber seal.

