

Recipes

A TOOLKIT FOR ONTARIO CHILD CARE PROVIDERS

The recipes provide suggested portion sizes for 2- to 5-year-old children and emphasize vegetables and fruit as recommended in the Menu Planning & Supportive Nutrition Environments in Child Care Settings- Practical Guide. To access this document, visit odph.ca



Index



BEET AND APPLE SALAD

BROCCOLI CAULIFLOWER SALAD

BUTTERNUT SQUASH FRITTATA

BUTTERNUT SQUASH MACARONI AND CHEESE

CARROT AND RAISIN BRAN MUFFINS

CARROT SOUP

CAULIFLOWER POPCORN

CREAMY SQUASH WITH APPLES

GUACAMOLE

HUMMUS

KALE SALAD WITH YOGURT TOFU CAESAR DRESSING

NO BAKE APPLE CINNAMON BITES

OVEN BAKED SWEET POTATO WEDGES

PEACH SAUCE

PICO DE GALLO SALSA

SHEET PAN VEGETABLE AND CHICKEN FAJITAS

STRAWBERRY AND RHUBARB SAUCE

STRAWBERRY SPINACH SALAD

VEGETABLE AND FISH CHOWDER

VEGETABLE CHANA MASALA

VEGETABLE MINESTRONE SOUP

VEGGIE AND BEAN QUESADILLAS

VEGGIE AND FISH TACOS

WILD RICE AND BLUEBERRY PANCAKES

Beet and Apple Salad

Makes 4 cups (12 child-sized $\frac{1}{3}$ cup portions)

What you need

Romaine lettuce 1 small head
Apple 1 medium, peeled
Fresh beet 1 medium, peeled and grated
Brown lentils 1 cup (250 mL) cooked or low-sodium canned, rinsed and drained

Dressing

Olive or canola oil $\frac{1}{4}$ cup (60 mL)
Lemon juice 2 Tbsp (30 mL)
Dill 2 Tbsp (30 mL) chopped fresh, or 2 tsp (10 mL) dried
Dijon mustard 1 tsp (5 mL)
Salt $\frac{1}{4}$ tsp (1 mL)
Pepper $\frac{1}{4}$ tsp (1 mL)

Instructions

1. Wash, dry, and then tear lettuce into bite-sized pieces.
2. Wash and pat apple dry. Remove core. Dice apple into very small pieces.
3. Wash and then grate raw peeled beet.
4. Whisk together oil, lemon juice, dill, Dijon mustard, salt, and pepper.
5. Toss lettuce with half of the dressing.
6. Toss apple with 1 Tbsp of the dressing. Scatter apple over lettuce.
7. Toss beets and lentils with the rest of the dressing. Spoon into the centre of the salad.



Broccoli Cauliflower Salad

Makes 4 cups (16 child-sized $\frac{1}{4}$ cup portions)

What you need

Fresh broccoli 2 heads, finely chopped
Fresh cauliflower 1 head, finely chopped
Cheddar cheese 2 cups (500 mL), shredded
Apple 1 medium peeled, $\frac{1}{2}$ cup grated (125 mL)
Sunflower seeds *(omit for children under 4 years of age due to choking risk)* $\frac{1}{2}$ cup (125 mL)

DRESSING

Mayonnaise $\frac{1}{2}$ cup (125 mL)
Plain yogurt $\frac{3}{4}$ cup (190 mL)
Granulated sugar 2 Tbsp (30 mL)
Vinegar $\frac{1}{4}$ cup (60 mL)

Instructions

1. To make the dressing, combine mayonnaise, yogurt, sugar, and vinegar in a medium-size bowl. Set aside.
2. Wash broccoli and cauliflower under cool tap water. Remove stems and leaves and finely chop both vegetables.
3. Bring a medium pot of water to boil. Add finely chopped broccoli and cauliflower for 30–60 seconds.
4. Drain and rinse under cold water to stop the cooking process. Add to bowl.
5. Pour salad dressing over salad and stir to evenly distribute dressing.
6. Add cheese, grated apples, and sunflower seeds (if using) and mix well. Serve chilled.

Cook's Tip

Roasting the broccoli and cauliflower gives the salad a great toasty flavour and different texture. This salad can also be made a day ahead.

Butternut Squash Frittata

Makes 1 frittata (8 child-sized portions)

What you need

Butternut squash	2 lbs (900 g), peeled
Fresh rosemary	2 tsp (10 mL), chopped or 1/4 tsp (1 mL) dried
Fresh thyme	1 Tbsp (15 mL), chopped or 1 tsp (5 mL) dried
Cheddar cheese	1 ¼ cups (300 mL), grated
Eggs	8 whole
Water	4 Tbsp (60 mL)
Salt	½ tsp (2.5 mL)
Pepper	¼ tsp (1 mL)
Nutmeg	¼ tsp (1 mL)

Instructions

1. Preheat oven to 400 °F (200 °C).
2. Cut squash into 2 cm chunks (you should have about 4 cups/1 L).
3. Sprinkle squash with half of rosemary and thyme.
4. Spread squash on baking sheet lined with parchment paper. If you do not have parchment paper, spray baking sheet with cooking spray.
5. Roast in oven for about 30 minutes, or until lightly browned and tender. Cool.
6. Turn oven down to 350 °F (180 °C).
7. Place roasted squash in a lightly oiled 9-inch (2.5 L) square baking dish and sprinkle top with grated cheese.
8. Beat eggs with water, salt, pepper, remaining rosemary and thyme, and nutmeg. Pour over squash.
9. Place baking dish on a baking sheet in oven at 350 °F (180 °C) for 30 to 35 minutes, or until centre of frittata is firm, and internal temperature of 165 °F (74 °C) is reached.
10. Let stand 10 minutes before serving.

Cook's Tip



Substitute butternut squash with zucchini, yams, peppers, or any other type of squash. This frittata is delicious served with a salad.

Butternut Squash Macaroni and Cheese

Makes 18 cups
(36 child-sized
½ cup portions)

What you need

Dry whole grain macaroni	9 cups (900 g dry macaroni)
Salt	¼ tsp (1 mL)
Olive or canola oil	2 Tbsp (30 mL)
Non-hydrogenated margarine	4 Tbsp (60 mL)
Onion	1 medium, grated
Thyme	4 Tbsp (60 mL) fresh or 1 tsp (5 mL) dried
Whole wheat flour	6 Tbsp (90 mL)
Low-sodium chicken stock	4 cups (1 L)
Roasted butternut squash	1 medium chopped or 6 cups (1500 mL) frozen cooked, defrosted
Milk	2 cups (500 mL)
Cheddar cheese	3 cups (750 mL), grated
Black pepper	1 tsp (5 mL)

Instructions

1. Cook pasta to al dente and drain well.
2. Heat pot over medium heat and add oil and margarine.
3. When the margarine melts into the oil, add thyme and grated onion. Cook for 1 to 2 minutes.
4. Add flour to pot and cook another 1 to 2 minutes.
5. Slowly whisk in stock while stirring. Bring to a boil.
6. Add butternut squash and continue stirring until warmed through.
7. Use an immersion blender and blend squash mixture until smooth.
8. Stir in milk and bring sauce to a bubble.
9. Stir in cheese.
10. Combine drained pasta with sauce.
11. Pour combined pasta with sauce into a greased baking dish.
12. Bake at 350 °F (180 °C) for 30 minutes until bubbly and heated to an internal temperature of 165 °F (74 °C).

Cook's Tip



Try this recipe with sweet potato instead of squash. Bake it in muffin cups topped with whole wheat bread crumbs and a bit of parmesan cheese for a fun finger food option! Enjoy with a salad or a variety of vegetable sticks.

Carrot and Raisin Bran Muffins

Makes 24 mini muffins (12 child-sized portions)

What you need

Whole wheat flour	1 cup (250 mL)
High-fibre bran cereal	1 cup (250 mL)
Baking powder	1 tsp (5 mL)
Baking soda	1 tsp (5 mL)
Ground cinnamon	1 tsp (5 mL)
Ground nutmeg	½ tsp (2.5 mL)
Salt	½ tsp (2.5 mL)
Eggs	2 whole
Carrots	2 cups (500 mL), grated
Buttermilk or sour milk*	¾ cup (175 mL)
Brown sugar	⅓ cup (80 mL), packed
Olive or canola oil	¼ cup (60 mL)
Raisins	½ cup (125 mL)

Instructions

1. Preheat oven to 400 °F (200 °C).
2. In a large bowl, combine flour, bran cereal, baking powder, baking soda, cinnamon, nutmeg, and salt.
3. In a separate bowl, beat eggs thoroughly. Blend in carrots, buttermilk, brown sugar, and oil. Add to dry ingredients, stirring just until moistened.
4. Stir in raisins.
5. Spoon batter into greased or paper-lined muffin cups, filling about three-quarters full.
6. Bake in preheated oven for 20 minutes or until tops of muffins spring back when lightly touched.

Cook's Tip



*To prepare sour milk, combine 1 Tbsp (15 mL) lemon juice or vinegar with 1 cup (250 mL) milk and let stand for 5 minutes. You can also use yogurt in place of milk.

Carrot Soup

Makes 8 cups (16 child-sized ½ cup portions)

What you need

Olive or canola oil	2 tsp (10 mL)
Onion	1 whole, chopped
Garlic	2 cloves, chopped
Cumin	1 tsp (5 mL)
Carrots	2 lbs (900 g) (about 12), chopped
Low-sodium or salt-free chicken or vegetable stock	6 cups (1.5 L)
Salt	¼ tsp (1 mL)
Cilantro, mint, or parsley	2 Tbsp (30 mL) chopped fresh, or ½ tsp (2.5 mL) dried

Instructions

1. In a large saucepan, sauté onion, garlic, and cumin in oil over medium heat. Cook gently for about five minutes, or until fragrant.
2. Add stock and chopped carrots. Bring to a boil. Reduce heat and simmer gently until vegetables are very tender, about 40 minutes.
3. Purée soup using a blender, immersion blender, or potato masher. If the soup is too thick, add water. Taste and season with salt and cilantro (or alternative herb) before serving.

Cook's Tip



Use squash and sweet potato instead of carrots. Soup is a great way to use up assorted veggies in the fridge.

Cauliflower Popcorn

Makes 1¾ cups (5 child-sized ⅓ cup portions)

What you need

Fresh cauliflower	3 cups (750 mL), chopped into bite-sized florets
Salt	¼ tsp (1 mL)
Pepper	¼ tsp (1 mL)
Olive or canola oil	2 Tbsp (30 mL)
Turmeric or cumin (optional)	¼ tsp (1 mL)

Instructions

1. Preheat oven to 425 °F (220 °C).
2. Use a small knife to break cauliflower into popcorn-sized shapes. Rinse cauliflower well and pat dry.
3. Place dried cauliflower in large bowl. Add oil and spices. Toss until well coated.
4. Place on parchment-lined baking sheet and roast in oven for 25 minutes, or until cauliflower pieces are tender when pierced with a fork and golden brown.



Creamy Squash with Apples

Makes 10 cups (20 child sized ½ cup portions)

What you need

Acorn squash	4 large
Apples	4 large
Plain yogurt	½ cup (125 mL)
Brown sugar	2 Tbsp (30 mL)
Ground ginger	1 tsp (5 mL)
Ground cinnamon	1 tsp (5 mL)
Salt	½ tsp (2.5 mL)

Instructions

1. Wash apples and squash. Cut squash and apples in half and scoop out seeds. Pierce squash and apple skin with a fork and place in a shallow baking pan, skin side up.
2. Bake at 400 °F (200 °C) until very tender, about 1 hour.
3. Carefully remove cooked squash and apple from their peels using a spoon. Mash in a bowl using a potato masher or blender.
4. Mix in yogurt, brown sugar, ginger, cinnamon, and salt.

Cook's Tip



For more texture, add steamed carrots to the mash. Use as a side dish or to top shepherd's pie.

Guacamole

Makes 2 cups (6–8 child-sized portions)

What you need

Avocados	4 medium, very ripe
Garlic	1 clove, finely chopped
Plain yogurt	½ cup (125 mL)
Lime juice	2 Tbsp (30 mL)
Pepper	¼ tsp (1 mL)

Instructions

1. Cut avocados lengthwise. Open halves and remove the pit.
2. Scoop out the avocado flesh with a spoon.
3. Mash or blend in a food processor until smooth.
4. Add remaining ingredients and blend or mash until smooth.

Cook's Tip



Guacamole is delicious as a dip for vegetables or whole grain pita. Add fresh diced tomato, diced green or red onion, diced bell pepper, and chopped fresh cilantro to this recipe for variation, or turn it into a salad dressing by adding more yogurt to thin it out.



Hummus

Makes 4 cups (12 child-sized ⅓ cup portions)

What you need

Fresh garlic	2 cloves
Chickpeas	2 - 19 oz (540 mL) cans, drained and rinsed
Water	4 Tbsp (60 mL)
Lemons	3 whole, juiced
Tahini paste (optional)	3 Tbsp (45 mL)
Cumin	2 tsp (10 mL)
Olive or canola oil	¼ cup (60 mL)
Salt	¼ tsp (1 mL)
Pepper	¼ tsp (1 mL)
Paprika (optional to garnish)	¼ tsp (1 mL)

Instructions

1. Peel garlic cloves and cut in half. Add garlic to food processor and pulse.
2. Drain and rinse chickpeas.
3. Add all remaining ingredients to food processor and purée until smooth. Thin with water if needed. Sprinkle with paprika (if using).

Did you know?

Tahini paste is made from ground sesame seeds and can be found in the specialty section of most grocery stores. If tahini cannot be found, then it can be omitted.

Cook's Tip

Experiment with other beans such as white cannellini beans instead of chickpeas. Change the flavour and colour of your classic hummus recipe by adding veggies with the beans—blend in one roasted sweet potato, one roasted red pepper, or a couple of roasted beets. This hummus is delicious in vegetable wraps and sandwiches as a spread, or it can be served as a dip with fresh veggies and whole grain pita wedges.



Kale Salad with Yogurt Tofu Caesar Dressing

Makes 10 cups (20 child-sized ½ cup portions)

What you need

Kale	8 cups (2 L), stems removed and leaves chopped
Salt	½ tsp (2.5 mL)
Carrots	2 cups (500 mL), grated
Red onion	½ medium, sliced
Garlic	2 cloves
Silken tofu	½ cup (125 mL)
Plain yogurt	⅓ cup (80 mL)
Lemon juice	2 tsp (10 mL)
Parmesan cheese	¼ cup (60 mL), grated
Dijon mustard	1 tsp (5 mL)
Worcestershire sauce	1 tsp (5 mL)
Pepper	¼ tsp (1 mL)

Cook's Tip



Add chunks of avocado and whole grain croutons to this salad. You could also serve this salad with cooked leftover chicken in a whole grain wrap. **Note: Croutons may be a choking risk.**

Instructions

1. Place washed and dried chopped kale in a large bowl and sprinkle with salt. Massage the kale for one or two minutes, until the kale has broken down and feels soft and silky.
2. Add carrots and onions. Mix to combine.
3. Place garlic in the bowl of a food processor and pulse until puréed.
4. Add remainder of ingredients and blend. If dressing is too thick, thin it with some extra-virgin olive oil.
5. Add fresh cracked black pepper.
6. Pour dressing over salad and mix until well combined. Serve cold.

No Bake Apple Cinnamon Bites

Makes 24 bites (12 child-sized portions)

What you need

Old-fashioned oats	2 cups (500 mL)
Cinnamon	1 tsp (5 mL)
Nutmeg	¼ tsp (1 mL)
Ground cloves	¼ tsp (1 mL)
Soy or seed based spread	½ cup (125 mL)
Sunflower seeds <i>(omit for children under 4 years of age due to choking risk)</i>	½ cup (125 mL)
Maple syrup	2 Tbsp (30 mL)
Vanilla extract	1 tsp (5 mL)
Apple	1 medium, grated

Instructions

1. Combine all ingredients in a large bowl and mix until well combined.
2. Use a small ice cream scoop or your hands to make 24 balls, 1 Tbsp (15 mL) each.
3. Place in a well-sealed container in the refrigerator until ready to eat. Bites should keep up to one week or pop in the freezer.

Cook's Tip



Replace apple with ½ cup (125 mL) pumpkin purée, and have fun with different seeds and seed butters.

Oven Baked Sweet Potato Wedges

Makes 36 wedges
(12 child-sized three-wedge portions)

What you need

Sweet potatoes	4 large
Olive or canola oil	¼ cup (60 mL)
Salt	1 tsp (5 mL)
Paprika	1 Tbsp (15 mL)
Pepper	½ tsp (2.5 mL)
Garlic powder	½ tsp (2.5 mL)

Instructions

1. Preheat oven to 375 °F (190 °C).
2. Wash sweet potatoes well with a scrub brush and cut into wedges.
3. In a large bowl mix oil, salt, paprika, pepper, and garlic powder.
4. Toss potatoes in a large bowl with the oil blend.
5. Bake for 30 minutes to one hour until wedges are tender when pierced with a fork.

Cook's Tip



Leaving space between potato wedges will allow them to brown up more and not steam. You can also use this method for roasted carrots, squash, and pumpkin. Enjoy potato wedges with apple sauce or plain yogurt to dip.

Peach Sauce

Makes 3 cups (12 child-sized ¼ cup portions)

What you need

Frozen peaches	4 cups (1000 mL)
Water	2 cups (500 mL)
Sugar	¼ cup (60 mL)
Cornstarch	2 Tbsp (30 mL)
Water	additional 3 Tbsp (45 mL)

Instructions

1. Place peaches in a small saucepan. Add water and sugar. Heat over medium-high heat until mixture comes to a low boil and peaches soften.
2. In a separate small bowl dissolve cornstarch in 3 Tbsp of water.
3. Remove peaches from heat. Add cornstarch mixture. Stir gently until mixture thickens.
4. Purée until smooth.
5. Serve warm or cold. Delicious served on top of pancakes.



Pico de Gallo Salsa

Makes 4 cups (16 child-sized ¼ cup portions)

What you need

Low-sodium tomatoes	1 - 28 oz (796 mL) can, diced
White onion	1 medium onion
Cilantro (optional)	¼ cup (60 mL), chopped
Lime juice	1 Tbsp (15 mL) or ½ fresh lime
Salt	¼ tsp (1 mL)
Jalapeno pepper	1 medium, seeded and ribs removed
Red, green, orange, or yellow peppers	1 cup (250 mL), finely chopped

Instructions

1. Wash vegetables.
2. Pour half the can of tomatoes into a blender. Add jalapeno pepper, onion, cilantro leaves, lime juice, and salt. Blend until fairly smooth.
3. Add the rest of the can of tomatoes and blend briefly.
4. Adjust seasonings to taste by adding more lime juice and salt.
5. Add sweet peppers.
6. Let the Pico de Gallo Salsa rest for 30 minutes before serving to allow the flavours to blend.

Cook's Tip



Add black beans, corn, diced fresh tomatoes, frozen or fresh mango, cucumber, or grilled zucchini to change up the flavours. Serve Pico de Gallo Salsa with baked whole grain pita chips, or on top of a baked sweet potato with grated cheese and Greek yogurt.

Sheet Pan Vegetable and Chicken Fajitas

Makes 20 fajitas
(12–15 child-sized portions, 1-2 fajitas per child)

What you need

Boneless chicken thighs	2.2 lbs (1 kg)
Sweet bell peppers	4 medium, sliced into ½ cm thick slices
Cooking onion	2 medium, thinly sliced
Limes	4 medium
Whole grain tortillas	20 small 6" tortillas (10 tortillas per package)

FAJITA SPICE MIX

Chili powder	2 Tbsp (30 mL)
Salt	1 tsp (5 mL)
Cumin	1 Tbsp (15 mL)
Oregano	1 Tbsp (15 mL)
Smoked paprika	1 Tbsp (15 mL)
Onion powder	1½ tsp (7.5 mL)
Garlic powder	1½ tsp (7.5 mL)
Black pepper	1½ tsp (7.5 mL)

Instructions

1. Combine all spice mix ingredients in a small bowl and mix well.
2. Marinate chicken in 3 Tbsp (45 mL) of homemade fajita spice mix for at least 1 hour (up to overnight).
3. Preheat oven to 400 °F (200 °C). Place rimmed baking sheet in the oven while it preheats.
4. In large bowl toss 1 Tbsp of seasoning with bell peppers and onions.
5. Carefully remove the hot baking sheet from the oven and spread the peppers and onions evenly across the sheet. Place in the oven and bake for 8 minutes.
6. Carefully remove the sheet from the oven. Drain off any excess liquid and add the chicken, making sure to separate the pieces of chicken from each other (to ensure they don't bake together).
7. Return to the oven and bake for 15–20 minutes or until the vegetables are roasted and chicken is cooked to an internal temperature of 165 °F (74 °C).
8. Remove pan from oven and squeeze lime juice over top of cooked chicken and veggies. Serve in whole grain tortillas with salsa, guacamole, and plain yogurt.

Cook's Tip



Use this spice mix in black bean quesadillas, sprinkled on sweet potato wedges, or mixed in yogurt for a Tex Mex dip.

Strawberry and Rhubarb Sauce

Makes 4 cups (12–16 child-sized $\frac{1}{4}$ cup portions)

What you need

Fresh strawberries	2 lbs (900 g), chopped
Rhubarb	4 stalks
Fresh orange	1 medium, juiced
Maple syrup	1 Tbsp (15 mL)

Instructions

1. Wash and chop the rhubarb for the sauce.
2. Combine rhubarb, juice from the orange, and maple syrup in a medium pot.
3. Bring mixture to a boil and cook for 3 minutes until softened.
4. Add chopped strawberries, remove from heat, and let cool.

Cook's Tip



Serve on top of plain yogurt or pancakes, or with cinnamon tortilla triangles. Cinnamon Tortilla Triangles: Brush 10 whole grain tortillas with a small amount of vegetable oil. Sprinkle with a mix of 1 Tbsp (15 mL) brown sugar and 2 tsp (10 mL) of cinnamon. Cut into eighths and bake in a single layer at 350 °F (180 °C) until crisp.

Strawberry Spinach Salad

Makes 5 cups (10 child-sized $\frac{1}{2}$ cup portions)

What you need

	Baby spinach	4 cups (1 L), lightly packed
	Strawberries	1 cup (250 mL), sliced
Pumpkin seeds (<i>omit for children under 4 years of age due to choking risk</i>)		$\frac{1}{4}$ cup (60 mL), unsalted

DRESSING

Olive or canola oil	$\frac{1}{2}$ cup (125 mL)
Plain yogurt	$\frac{1}{4}$ cup (60 mL)
Fresh lemon juice	$\frac{1}{4}$ cup (60 mL), approximately 3 lemons
Maple syrup	1 Tbsp (15 mL)
Garlic	2 cloves, minced
Dijon mustard	1 tsp (5 mL)
Salt/pepper to taste	

Instructions

1. To prepare the dressing, combine oil, yogurt, lemon juice, maple syrup, minced garlic, Dijon mustard, and salt/pepper in a small bowl. Set aside.
2. Wash and trim spinach and place in a large salad bowl.
3. Add strawberries and pumpkin seeds (if using); toss gently.
4. Immediately before serving, drizzle with dressing.

Cook's Tip



Use other berries or pear, apple, or drained canned Mandarins instead of strawberries. If using Mandarins, the drained juice can be used in place of fresh lemon juice in the dressing.

Vegetable and Fish Chowder

Makes 20 cups (20 child-sized 1 cup portions)

What you need

Onion	1 medium, diced
Carrots	2 large, diced
Zucchini	2 small, diced
Celery	4 stalks, diced
Sweet potatoes	2 medium, diced
Olive or canola oil	2 Tbsp (30 mL)
Low-sodium chicken stock	8 cups (2000 mL)
Raw fish pieces	2.2 lbs (1 kg), deboned, chopped into bite-sized pieces
Evaporated milk	2 cans (354 mL each)
Corn	1 cup (250 mL), frozen
Salt	¼ tsp (1 mL)
Pepper	¼ tsp (1 mL)
Fresh dill	¼ bunch minced or 1 Tbsp (15 mL) dried

Instructions

1. In a large pot, sauté all diced vegetables in oil over medium heat until soft.
2. Add chicken stock, cover with lid, and simmer for approximately 30 minutes until sweet potatoes are tender.
3. Cut fish pieces into bite-sized chunks.
4. Add fish pieces, evaporated milk, and corn to pot. Simmer until fish is cooked (about 10 minutes). Ensure chowder reaches an internal temperature of 165 °F (74 °C).
5. Season with salt and pepper. Add dill prior to serving.

Cook's Tip



Have fun with this chowder by using different types of fish or veggies. Salmon (fresh or canned) or trout are healthy, tasty options.

Vegetable Chana Masala

Makes 14 cups (28 child-sized ½ cup portions)

What you need

Onion	1 large, finely chopped
Garlic cloves	3, finely chopped
Ginger	2 tsp (10 mL) or about 1 inch (2.5 cm) grated fresh ginger root
Olive or canola oil	2 Tbsp (30 mL)
Garam Marsala spice blend	1 Tbsp (15 mL)
Cumin	1 Tbsp (15 mL)
Salt	1 tsp (5 mL)
Low-sodium canned tomatoes	2 - 28 oz (796 mL) cans
Sweet potato	1, chopped
Cauliflower	4 cups (1 L), cut into small florets or 3 cups (750 mL), frozen
Green or red pepper	1, chopped
Water	
Low-sodium chickpeas	3 - 19 oz (540 mL) cans
Parsley to garnish	

Instructions

1. Sauté onions, garlic, and ginger in oil in a large pan on a low heat. Add spices and salt and cook 1–2 minutes.
2. Add tomatoes, sweet potato, cauliflower, and green or red pepper. Gently cook for another 2 minutes. Add water if needed. Cover and let simmer for 15 minutes.
3. Add drained and rinsed chickpeas. Cook for 20 minutes until sauce thickens. Remove from heat and sprinkle with fresh parsley.

Cook's Tip



Serve this mild curry in whole wheat tortillas or roti wraps with fresh veggies such as cucumber and sliced tomato, and plain yogurt. Another option is to serve with whole grain naan or chapattis and a salad.

Vegetable Minestrone Soup

Makes 14 cups (28 child-sized ½ cup portions)

What you need

Olive or canola oil	2 Tbsp (30 mL)
Onion	1 large, chopped
Garlic	2 cloves, minced
Carrots	2 large, peeled and diced
Sweet potatoes	2 medium, diced
Celery	3 stalks, diced
Low-sodium diced tomatoes	1 - 28 oz (796 mL) can
Low-sodium chicken or vegetable stock	8 cups (2 L)
Dry whole grain noodles	2 cups (500 mL) (macaroni or penne)
Dried basil	1–2 tsp (5–10 mL)
Oregano	1 tsp (5 mL)
Spinach	1 bunch, chopped
Zucchini	2 small, chopped
	<i>(other types of squash may be substituted)</i>
Low-sodium beans	2 - 19 oz (540 mL) cans, drained and rinsed
	<i>(kidney, white kidney, navy, black beans, or chickpeas)</i>
Salt	¼ tsp (1 mL)
Pepper	¼ tsp (1 mL)

Cook's Tip



Serve this soup with Veggie and Bean Quesadillas!

Instructions

1. Heat oil in a large pot on the stovetop over medium heat. Sauté onion and garlic until softened.
2. Add carrots, potatoes, celery, tomatoes, and chicken broth. Bring to a boil and cook for 10 minutes.
3. Add pasta, dried basil, oregano, spinach, zucchini, and beans.
4. Season with salt and pepper.
5. Reduce heat to low and simmer until vegetables and pasta are cooked. If soup becomes too thick, add more stock or water.

Veggie and Bean Quesadillas

Makes 8 small tortilla sandwiches cut into 6 wedges
(16 child-sized portions)

What you need

Whole grain tortillas	16 - small 6" tortillas
Cheddar cheese	3 cups (750 mL), shredded
Low-sodium black beans	1 - 19 oz (540 mL) can
Olive or canola oil	1 Tbsp (15 mL)
Red pepper	1 cup (250 mL), finely diced
Green pepper	1 cup (250 mL), finely diced
Broccoli	1 cup (250 mL), finely diced
Chili powder	1 tsp (5 mL)
Salt and pepper	¼ tsp (1 mL) each

Instructions

1. Preheat oven to 350 °F (180 °C).
2. Place 8 tortillas on a large cookie sheet lined with parchment paper. Sprinkle with half the cheese.
3. Drain and rinse beans.
4. Sauté red pepper, green pepper, broccoli, and beans until soft (about 5 minutes) in oil.
5. Add chili powder, salt, and pepper and sauté for 5 minutes.
6. Divide mixture evenly over tortillas.
7. Sprinkle with remaining cheese.
8. Place tortillas over vegetable mixture and cheese.
9. Bake for 10 minutes or until cheese is melted.
10. Cut into six triangles.

Cook's Tip



Serve with another meat and alternative choice, such as a bean salad or a soup with legumes, to ensure adequate meat and alternative is offered to each child for a meal. These quesadillas are delicious with fresh Pico de Gallo Salsa and plain Greek yogurt.

Veggie and Fish Tacos

Makes 32 tacos (16 child-sized portions, 2 tacos per child)

What you need

Garlic powder	½ tsp (2.5 mL)
Chili powder	1 tsp (5 mL)
Cumin	1 tsp (5 mL)
Dried oregano	½ tsp (2.5 mL)
White fish fillets, fresh or thawed	2.5 lbs (1.16 kg)
Olive or canola oil	2 Tbsp (30 mL)
Lime	2 medium, juiced
Red cabbage	3 cups (750 mL), shredded
Salt	½ tsp (2.5 mL)
Whole grain tortillas	32 small 6" tortillas

Cook's Tip

These tacos are delicious served with other vegetables such as grated carrots, sweet pepper strips, lettuce, salsa, and sliced or mashed avocado.

Instructions

1. Preheat oven to 375 °F (190 °C). Grease baking sheet with non-stick cooking spray.
2. Mix together all spices for seasoning blend and set aside.
3. Rinse and pat dry thawed fish. Place fillets on baking sheet. Brush the top of each fillet with olive oil. Season with seasoning blend and squeeze juice from 1 lime over the top of the fillets.
4. Bake for 15–20 minutes or until fish is opaque and flakes easily with a fork (test in the middle of the thickest piece), and internal temperature has reached 158 °F (70 °C). NOTE: Cooking time may need adjustment depending on the thickness and size of the fillets.
5. While fish is baking, prepare marinated cabbage by mixing shredded cabbage with juice of 1 lime and ½ tsp salt.
6. Warm tortillas.
7. To assemble tacos: place fish, broken up slightly, lengthwise in the middle of tortilla. Top with marinated cabbage and serve.

Wild Rice and Blueberry Pancakes

Makes 16 pancakes
(8 child-sized 2-pancake portions)

What you need

Large flaked oats	1 cup (250 mL)
Whole wheat flour	1 cup (250 mL)
Baking powder	2 ½ tsp (12.5 mL)
Eggs	3 whole
Brown sugar	2 Tbsp (30 mL)
Milk	2 cups (500 mL)
Vanilla extract	1 tsp (5 mL)
Non-hydrogenated margarine	2 Tbsp (30 mL), melted
*Wild rice	½ cup (125 mL), dried or 1 ¾ cups (437 mL), cooked
Blueberries	1 cup (250 mL), fresh or frozen

Instructions

1. Pulse oats in a blender or food processor until they are the same texture as flour.
2. Mix ground oats, whole wheat flour, and baking powder in a large bowl.
3. In a separate medium bowl, whisk eggs and sugar until blended. Add milk and vanilla and stir until combined.
4. Slowly add the milk and egg mixture into the oats and flour mixture. Don't overmix; just stir lightly until the batter is wet.
5. Using a spatula fold in melted margarine, blueberries, and cooked wild rice.
6. Spray and heat a griddle or flat pan over medium heat until hot. Ladle ¼ cup of batter for each pancake onto the griddle.
7. Let pancakes cook until bubbles stop popping in the centre of the pancake, about three minutes. Check that the bottom of the pancake is a golden colour.
8. Flip pancakes and cook for about a minute. Pancakes can be kept in a warm oven. Enjoy with peach sauce.

**Cook the rice the day before as this can take up to 45 minutes. Follow package instructions for cooking and refrigerate promptly.*