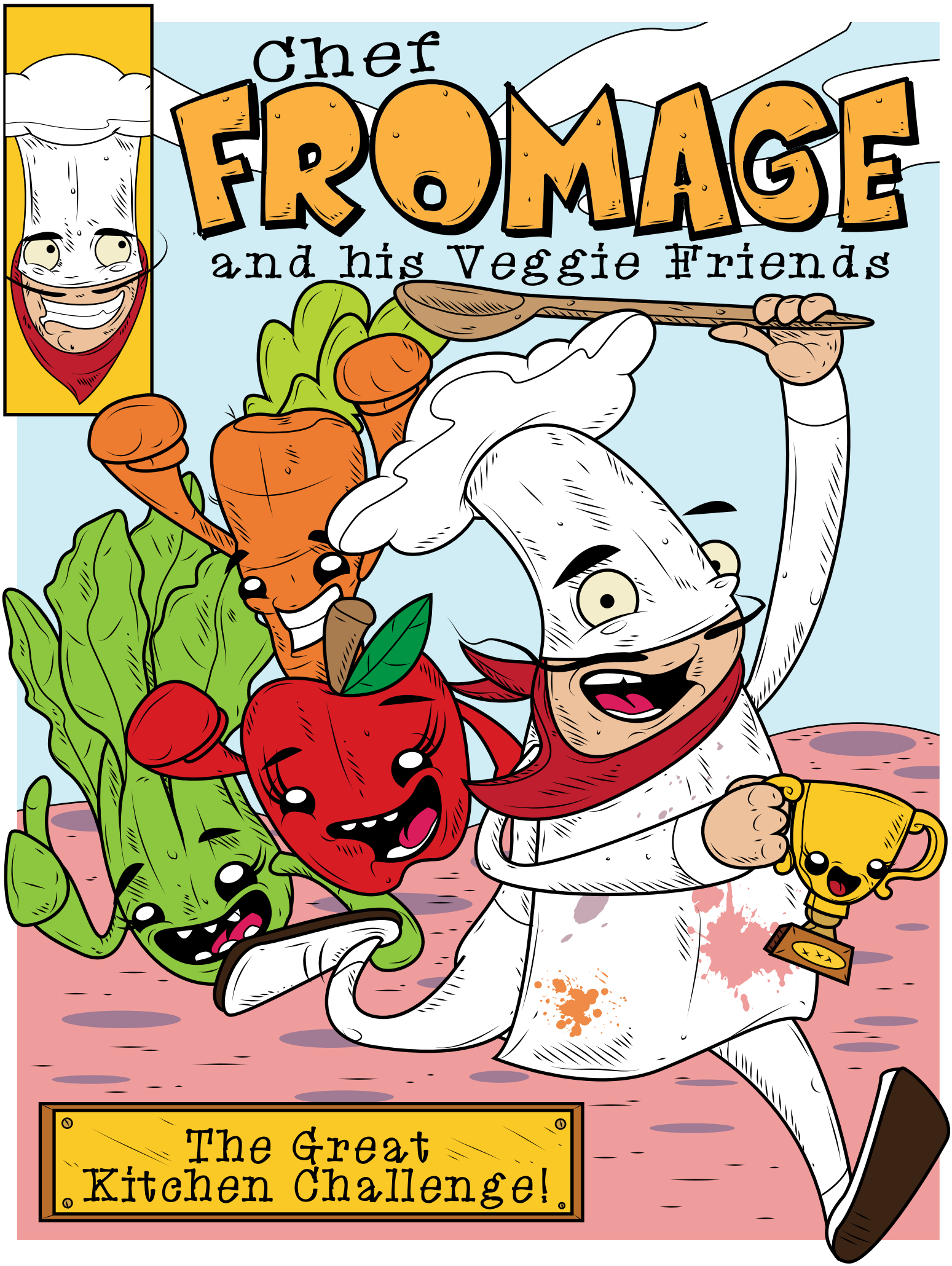

Chef
FROMAGE
and his Veggie Friends
The Great
Kitchen Challenge!

# Common Cooking Terms:

Bake - To cook in an oven.

Beat - Combine vigorously with the intent to force air into the mixture.

Blend - Mix together gently until the consistency is the same throughout.

Boil - Cook in hot water.

Chop - Cut into small pieces.

Combine - Mix together. (Usually used with dry ingredients)

Cube or dice - Cut into small squares.

Form - Mold into a certain shape.

Fry - Cook in hot oil.

Grate - To use a grater to shred food. (Usually vegetables or cheese)

Knead - Work dough with the hands, constantly folding.

Mince - Chop into small pieces. Smaller than cubed.

Simmer - Cook over a low flame.

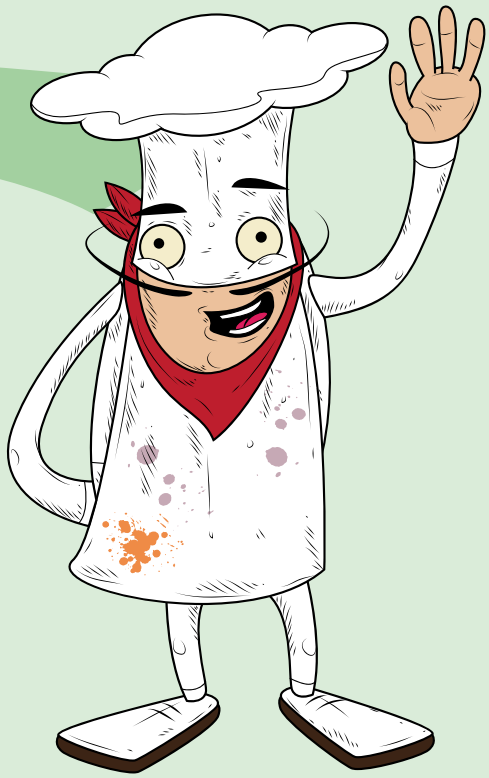
Toast - Lightly brown.

Toss - To gently mix a salad.

Whip - Beat rapidly to force air into a mixture.

Whisk - Beat or stir lightly.

# Welcome to my Kitchen! I'm Chef Fromage



Did you know that healthy eating is important for both your physical health and your mental health?

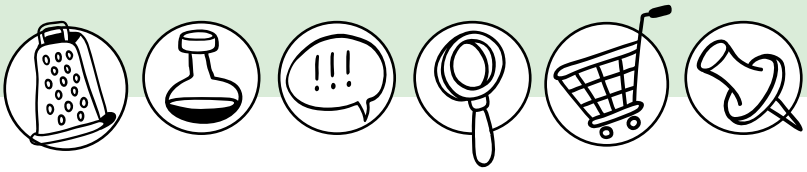
Through this cookbook, my veggie friends and I will be your guides for making some super tasty meals!

We're here to show you that healthy eating can be fun and easy. By trying out some of the recipes in this cookbook, you'll have fun making nutritious meals and snacks, while also learning about kitchen skills and safety.

You might find that you need some help with these recipes at first, and that's totally fine! Cooking in the kitchen is even more fun when family and friends join you to create healthy meals together.

Over time, you will get more comfortable creating your own meals and snacks, and even experimenting with new foods, tastes and flavours. This cookbook is yours to enjoy! You can write notes next to recipes and mark which ones are your favourites! Learning how to prepare meals and snacks that you enjoy will help you become more independent, while also eating healthier.

Are you ready to go? Let's get started!



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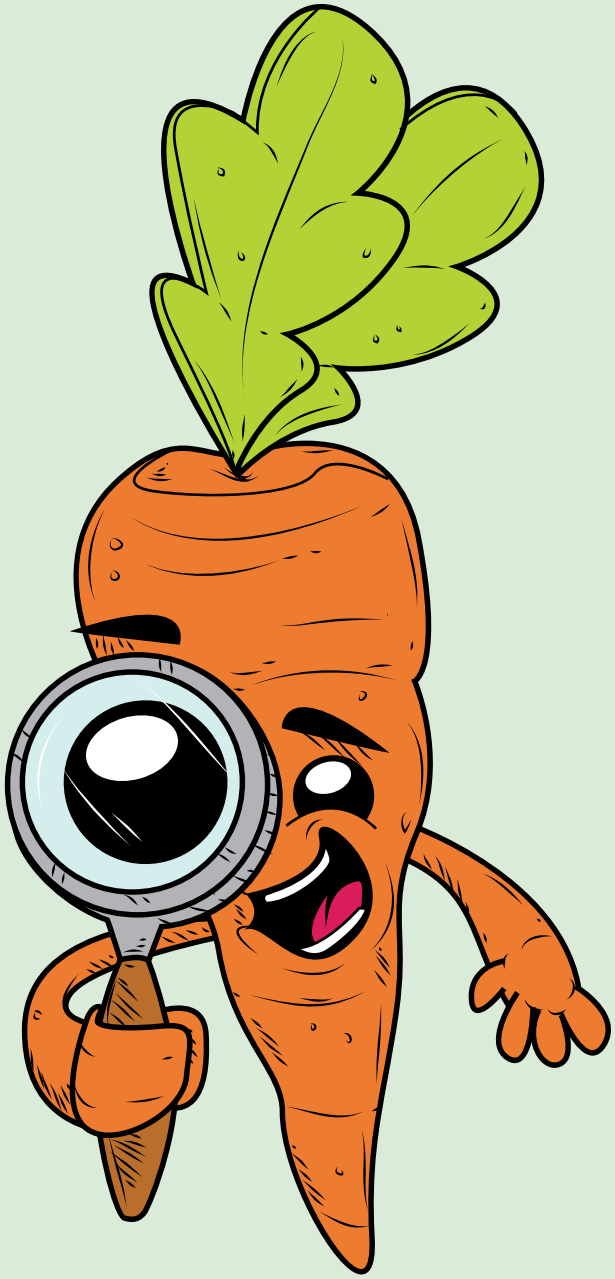
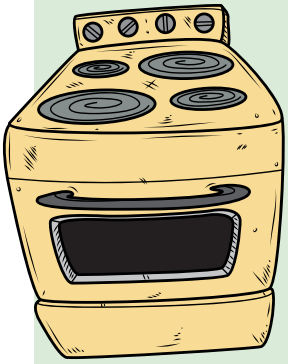
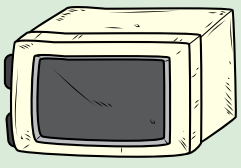
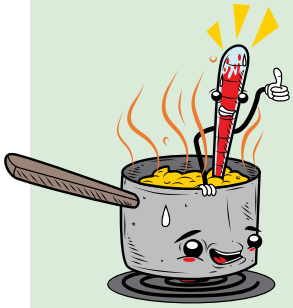


# Kitchen Skills

| Skill | Tips & Tricks to Remember |
|---|---|
|  Using the Stove Top | * Do not leave the room if the stove burner is on<br>* Always turn off when finished using it<br>* Keep materials that may catch fire away from the stove (dish clothes and oven mitts) |
| Using the Oven | * Make sure your oven temperature matches your recipe<br>* Use oven mitts to lift food in and out of the oven |
|  Using Small Appliances | * Always pull the plug NOT the cord when unplugging appliances<br>* Never put hands inside blender or food processor, always use a spoon<br>* Watch fingers when using a toaster, the toaster can get hot<br>* When using a waffle iron, wait until the light is on, this indicates the iron is hot. Watch your fingers. |
|  Using Pots and Pans | * Place handles towards the back of the stove<br>* If using a lid, remember to use a glove to take the lid off |
|  Pouring and Measuring Skills | * Double check that what's in your measuring cup matches the recipe before adding your ingredients<br>* Remember to check your glass or bowl size before pouring in the ingredients |
|  Using the Microwave | * Remember to use oven mitts for the microwave as food and dishes will be hot when finished<br>* No metal in the microwave |

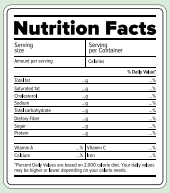
## Sharps and Knife Skills

* Always use a cutting board.
* Work slowly and pay attention.
* Never cut or peel vegetables in the palm of your hand.
* Cut DOWN and AWAY from you when using knives in case the knife slips.
* Keep fingers curled in tight, away from knife blade, when cutting.
* Do not throw dirty knives into the sink with other dirty dishes. Someone might not see the knife and cut their hand. Put knives beside the sink, and wash them carefully, one by one.
* When using an apple slicer, place apple on a flat cutting board surface, push slicer with both hands straight down



## Boiling Water (or liquids)

* Do not fill pot to the top with water (leave 2 inches free at the top)
* Be careful of the steam coming from the pot
* Use a lid on top to make it boil faster - remember to use gloves when taking the lid off
* Remember the burner on the stove is hot, watch where your hands are




## Reading Labels

* Remember to look at the amount on the back of the package. This label will have how much is one serving size
* Review Label Reading Handout

## Shopping and Budgeting Skills

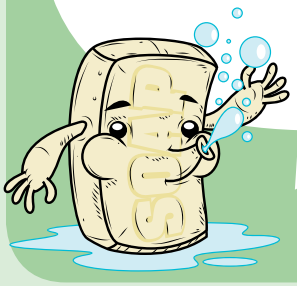
* Choose the items from the recipe that you will need to buy
* Check the serving size of the recipe and count the number of servings you need before making the shopping list
* Shop for items needed

# Food + Safety

## COVER ALL YOUR BASES TO AVOID FOODBORNE ILLNESS

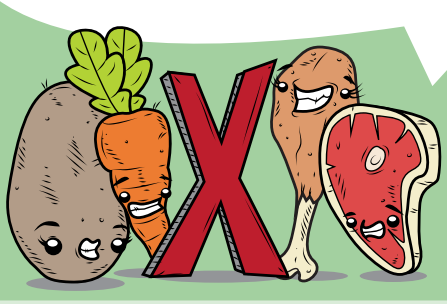
### Clean

Make sure your kitchen, your equipment and your food are clean before you start cooking. Oh, and don't forget your hands!



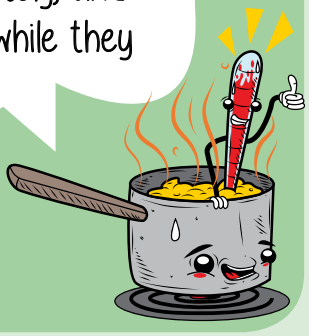
### Separate

Keep raw foods separate from other ingredients.



### Cook

Always make sure you cook your food completely, and serve hot foods while they are still hot.



### Chill

Put leftovers in the refrigerator within one to two hours. Defrost frozen foods in the refrigerator, under cold running water or with the defrost function on the microwave.

Notes:

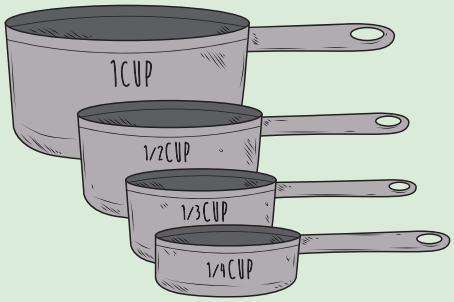
# Measurements Guide

| Cup | Fluid Oz | Tbsp | Tsp | mL |
|---|---|---|---|---|
| 1 | 8 | 16 | 48 | 240 |
| ¾ | 6 | 12 | 36 | 180 |
| ⅔ | 5 | 11 | 32 | 160 |
| ½ | 4 | 8 | 24 | 120 |
| ⅓ | 3 | 5 | 16 | 80 |
| ¼ | 2 | 4 | 12 | 60 |
| ⅛ | 1 | 2 | 6 | 30 |
| 1/16 | 0.5 | 1 | 3 | 15 |

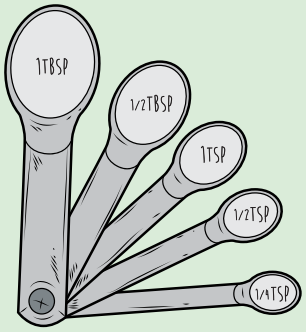
| Imperial | Metric |
|---|---|
| 1 cup | 250ml |
| ¾ cup | 175ml |
| ⅔ cup | 150ml |
| ½ cup | 125ml |
| ⅓ cup | 75ml |
| ¼ cup | 50ml |
| 1 Tbsp | 15ml |
| 1 tsp | 5ml |
| ½ tsp | 2ml |
| ¼ tsp | 1ml |
| ⅛ tsp | ½ ml |

## Wet Measuring Cups

## Dry Measuring Cups




## Measuring Spoons



# Food Guide Servings Tracker

## FEMALE AGED 14-18

### Vegetables & Fruit

7 Servings/Day

1 Food Guide Serving

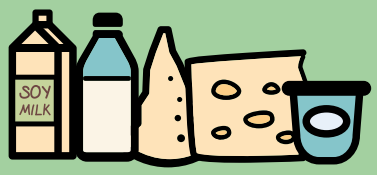
125 mL (½ cup) fresh, frozen or canned vegetable or fruit or 100% juice
or 250 mL (1 cup) leafy raw vegetables or salad
or 1 piece of fruit

### Grain Products

6 Servings/Day

1 Food Guide Serving

1 slice (35 g) of bread or ½ pita or tortilla (35 g)
or 125 mL (½ cup) cooked rice, pasta or couscous
or 30 g cold cereal or 175 mL (¾cup) hot cereal

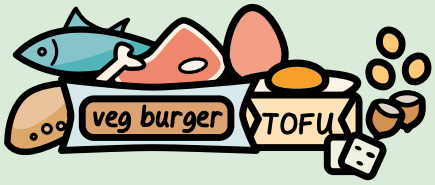



### Milk & Alternatives

3-4 Servings/Day

1 Food Guide Serving

250 mL (1 cup) milk or fortified soy beverage
or 175 g (¾ cup) yogurt
or 50 g (1 ½ oz) cheese




### Meat & Alternatives

2 Servings/Day

1 Food Guide Serving

75 g (2 ½ oz) / 125 mL (½ cup) cooked fish, shellfish, poultry or lean meat
or 175 mL (¾ cup) cooked legumes or tofu
or 60 mL (¼ cup) shelled nuts and seeds.

### Oils & Fats

30 to 45 mL (2 to 3 Tbsp) each day

Include a small amount of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.

# Food Guide Servings Tracker

## MALE AGED 14-18

### Vegetables & Fruit

8 Servings/Day

1 Food Guide Serving

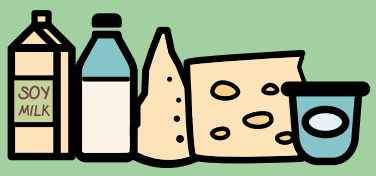
125 mL (½ cup) fresh, frozen or canned vegetable or fruit or 100% juice
or 250 mL (1 cup) leafy raw vegetables or salad
or 1 piece of fruit

### Grain Products

7 Servings/Day

1 Food Guide Serving

1 slice (35 g) of bread or ½ pita or tortilla (35 g)
or 125 mL (½ cup) cooked rice, pasta or couscous
or 30 g cold cereal or 175 mL (¾cup) hot cereal

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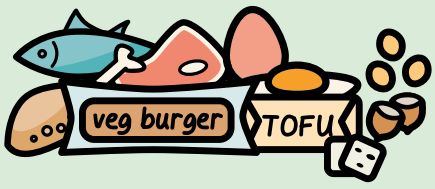


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### Oils & Fats

30 to 45 mL (2 to 3 Tbsp) each day

Include a small amount of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.

# Label Reading

## Nutrition Claims

These are found at the front of the packaging but can often be misleading. They should always be used in combination with the nutrition facts table.

## Serving Size

The nutrient information is based on the serving size provided. Therefore, compare this to the amount you are planning to eat.

## Sugars

This number includes added sugar and naturally occurring sugars (found in milk and fruit). It is best to look in the ingredient list to determine the amount of added sugars in the product.

**Nutrition Facts**

| Serving size | Serving per Container |
|---|---|
| Amount per serving | Calories |

| | | % Daily Value* |
|---|---|---|
| Total fat | ...g | ...% |
| Saturated fat | ...g | ...% |
| Cholesterol | ...g | ...% |
| Sodium | ...g | ...% |
| Total carbohydrate | ...g | ...% |
| Dietary Fiber | ...g | ...% |
| Sugar | ...g | ...% |
| Protein | ...g | ...% |

| | | | |
|---|---|---|---|
| Vitamin A | ...% | Vitamin C | ...% |
| Calcium | ...% | Iron | ...% |

*Percent Daily Values are based on 2.000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## % Daily Value (DV)

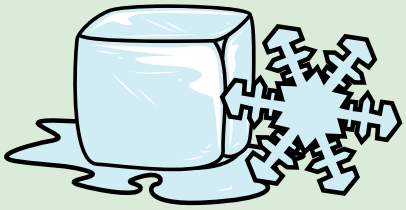
These values are based on specific daily requirements. These values can be a good indication if the product has a little or a lot of a nutrient. Less than 5% DV is a little. More than 15% DV is a lot

## Ingredient List

A good rule of thumb is to look for products with ingredients that you would be able to find in your own kitchen, or better yet, fresh products without an ingredient list. Be aware the first ingredients in the list make up most of the product so avoid choosing products with ingredients that have "sugar" as one of the first ingredients.

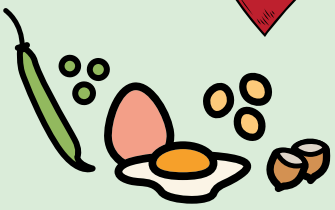
# Tips for Eating Healthy on a Budget

1



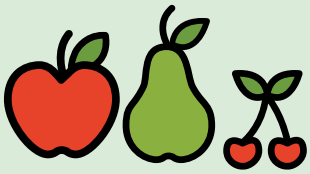
Buy frozen fruit/vegetables. They can be much cheaper and have the same nutrient content if not more

2



Replace meat with cheaper sources of protein like eggs, nuts, beans, lentils, and canned tuna

3

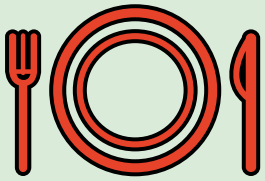


Choose fruits and vegetables that are in season (for example apples in the fall)

4

Choose oatmeal instead of commercial cereal for a cheaper, healthier choice

5

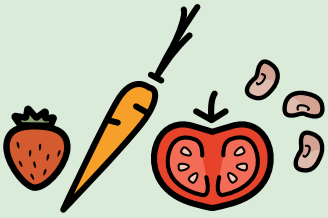


Make meals at home as much as possible for a fraction of the cost

6

Choose store brand instead of name brand whenever possible

7



Make raw fruits, vegetables and nuts your new "fast food"

8

Replace juice, pop and sport drinks with water and see huge savings on your food budget

# Medication and Food

## Second Generation Antipsychotics (SGAs)

(clozapine, olanzapine, risperidone, quetiapine, aripiprazole)

SGAs can increase appetite and decrease feelings of fullness. They can also lead to side-effects like high insulin or high cholesterol.


Here are some tips for the kitchen:

- Add fibre to meals by grating vegetables into sauces. Choose whole grains such as whole wheat breads and pastas, brown rice or add pearl barley to white rice and cook together.

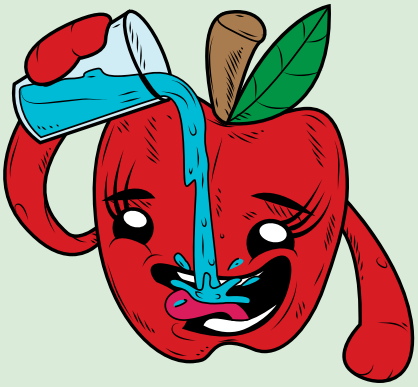
- Have veggie sticks cut and placed front and centre in the fridge for easy snacking.

- When baking, add old fashioned rolled oats in the same amount as nuts to increase fibre (instant oats will dry out the baking). Try ½ whole wheat flour and ½ white flour in place of white flour.

- Broth-based vegetable soups are filling and light. Cut up lots of vegetables or add frozen vegetables to a stock; add grains like barley, quinoa, or bulgur.

- Use quick-cooking steel cut oats or old fashioned rolled oats to make filling oatmeal. Add oat bran to increase the fibre even more.

Although these are the most common medications that affect your appetite, other medications may affect your eating habits. If you notice any changes in your appetite or weight please discuss with your doctor.



TIP: Drink a glass of water before every meal.

# Medication and Food

## Stimulants

(Adderall, Dexedrine, Vyvanse, Concerta, Biphentin, Ritalin)

Stimulants can lower appetite, especially during the morning and lunch. Have a well-balanced breakfast before the medication is taken.

### Here are some tips for the kitchen:

- Have easy snacks available during the day at school, such as homemade trail mix (e.g. cheerios, dried fruit, nuts (if able), chocolate chips).
- Increase the caloric content by using higher fat foods such as peanut butter, avocados, cheese, nuts and seeds; add more fats to cooking, such as oil.
- Have evening snacks that are more like a supper. It should be balanced with at least 3 of the 4 food groups, such as a peanut butter and banana sandwich or wrap with a glass of milk.

Although these are the most common medications that affect your appetite, other medications may affect your eating habits. If you notice any changes in your appetite or weight please discuss with your doctor.

# Smoothie

## CHALLENGE ONE

SERVES 1

### Kitchen Skills

Small appliances, pouring and measuring

### Equipment

Blender, liquid measuring cup, measuring spoons

### Ingredients

| | |
|---|---|
| 1 | Banana |
| 1 cup | Yogurt |
| ½ tbsp | Peanut butter (or any nut butter) |
| 1 tsp | Vanilla (optional) |
| 1 cup | Ice cubes (optional) |

### Directions:

1. Peel banana and break into small pieces.
2. Place all ingredients in a blender.
3. Blend until smooth (about 1 minute).
4. Pour into a tall glass.

### Shopping List & Notes:

_____

_____

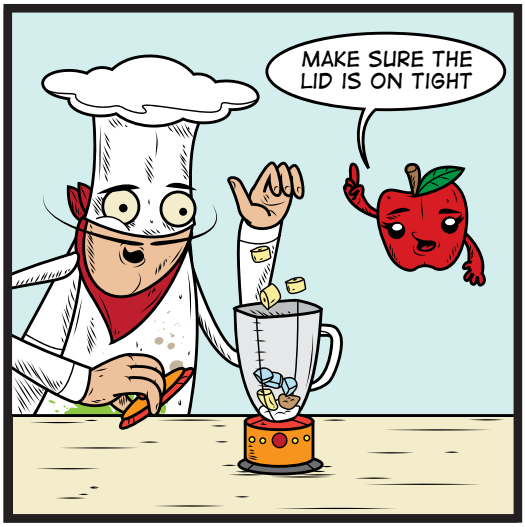
_____

_____

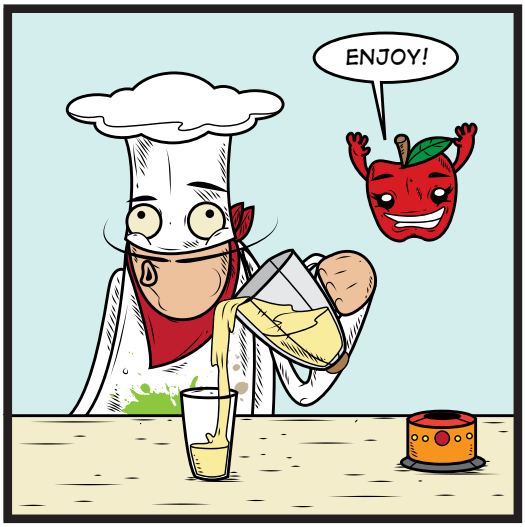
### Tips:

1. You can use frozen rather than fresh bananas. This will increase the thickness without ice.
2. Replace the banana with other fruit that you have at home.
3. This recipe has 3 food groups in it!
   1) Milk: Milk and alternatives
   2) Banana: Fruit and vegetables
   3) Nut Butter: Meat and alternatives


MAKE SURE THE PIECES OF FRUIT AREN'T TOO BIG!

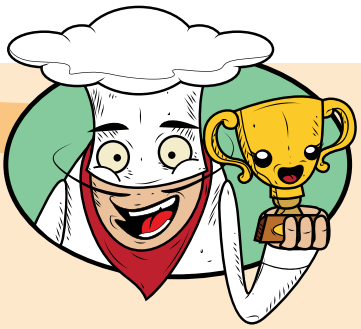



BLEND IT FOR AT LEAST A MINUTE TO MAKE SURE ALL THE CHUNKS ARE GONE.




NOW POUR IT OUT AND DRINK IT UP!

# Smoothie
## CHALLENGE TWO
SERVES 1



### Kitchen Skills
Sharps and knife skills, using small appliances, pouring and measuring skills

### Equipment
blender, knife, cutting board, liquid measuring cup, measuring spoons

### Ingredients

| | |
|---|---|
| 1 | Apple |
| 1 cup | Yogurt |
| ½ Tbsp | Peanut butter (or any nut butter) |
| 1 tsp | Cinnamon (optional) |
| 1 cup | Ice cubes (optional) |

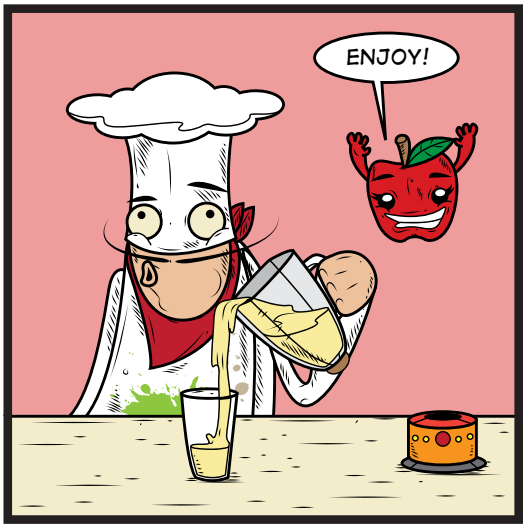
### Directions:
1. Cut apple into 1-inch cubes to fit into blender.
2. Place all ingredients in a blender.
3. Blend until smooth (about 1 minute).
4. Pour into a tall glass.

### Shopping List & Notes:

### Tips:
1. Leave the skin on the apple to increase fibre, which is good for overall health.
2. This recipe has 3 food groups in it!
   1) Milk: Milk and alternatives
   2) Apple: Fruit and vegetables
   3) Nut Butter: Meat and alternatives

MAKE SURE THE PIECES OF FRUIT AREN'T TOO BIG!

BLEND IT FOR AT LEAST A MINUTE TO MAKE SURE ALL THE CHUNKS ARE GONE.



NOW POUR IT OUT AND DRINK IT UP!

# Apple Cinnamon Oatmeal

## CHALLENGE ONE

SERVES 1

## Kitchen Skills

Sharps and knife skills, using a microwave

## Equipment

Deep mixing bowl that is microwave-safe, apple slicer, cutting board, dry measuring cup, liquid measuring cup, measuring spoons, oven mitts

## Ingredients

| | |
|---|---|
| 1 | Apple |
| ¼ cup | Rolled oats |
| 1 Tbsp | Sliced almonds |
| 1 tsp | Cinnamon |
| ½ cup | Water |

## Directions:

1. Cut apple into small pieces with apple slicer or buy pre-sliced apples.
2. Put apple, oats, almonds, cinnamon, and water in the microwave-safe bowl.
3. Place bowl in microwave and cook for 3 minutes.
4. Take out of microwave carefully with oven mitts, stir mixture, and let stand for 2 minutes.

## Shopping List & Notes:

_____

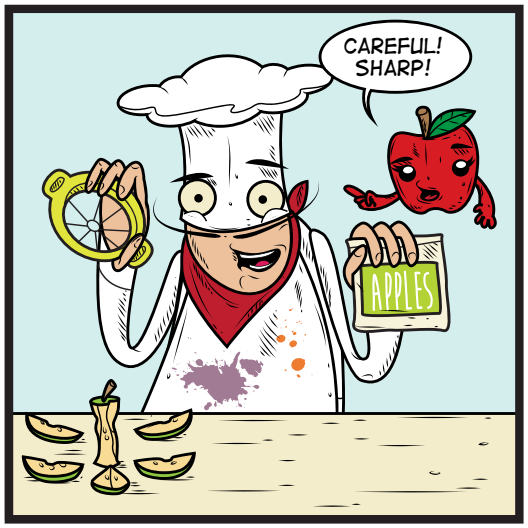
_____

_____

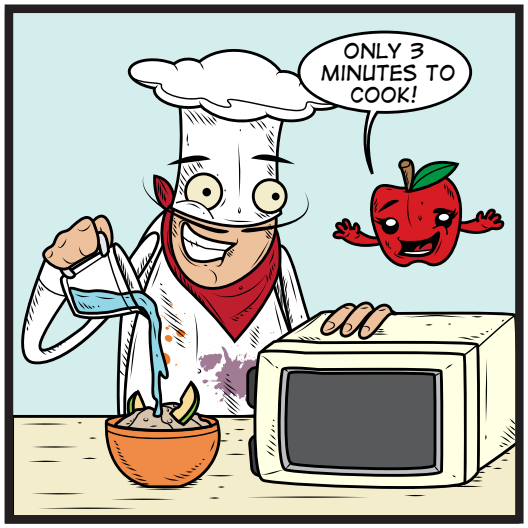
_____

## Tip:

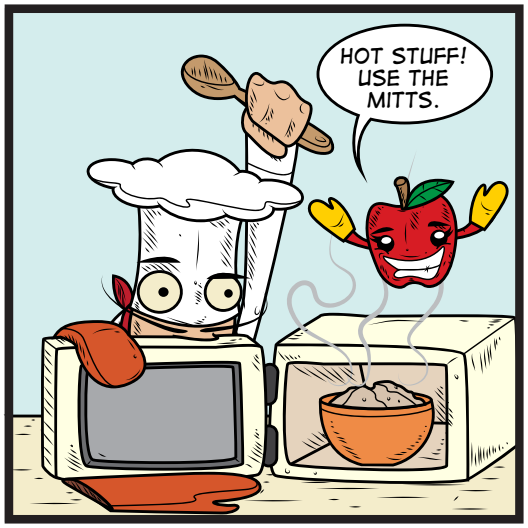
You can use any nuts, seeds or nut butters you have instead of almonds in the recipe.




USE THE APPLE SLICER TO CUT YOUR FRUIT INTO SMALL PIECES.




PUT EVERYTHING IN A BOWL AND PLACE IT IN THE MICROWAVE.




TAKE OUT OF MICROWAVE AND STIR. AND VOILA!

# Apple Cinnamon Oatmeal

## CHALLENGE TWO

SERVES 1

### Kitchen Skills

Sharps and knife skills, using the stove top, boiling, using pots and pans

### Equipment

Small pot with lid, wooden spoon, knife, cutting board

### Ingredients

| | |
|---|---|
| 1 | Apple |
| ¼ cup | Rolled oats |
| 1 tbsp. | Sliced almonds |
| 1 tsp. | Cinnamon |
| ½ cup | Water |

### Directions:

1. Cut apple into small pieces.
2. Put apple, oats and water into the pot.
3. Bring mixture to a boil on high heat and then reduce to low. Let it simmer until the water is absorbed (about 5 minutes).
4. Stir in almonds and cinnamon.
5. Remove from heat, cover pot and let stand for 5 minutes.

### Shopping List & Notes:

_____

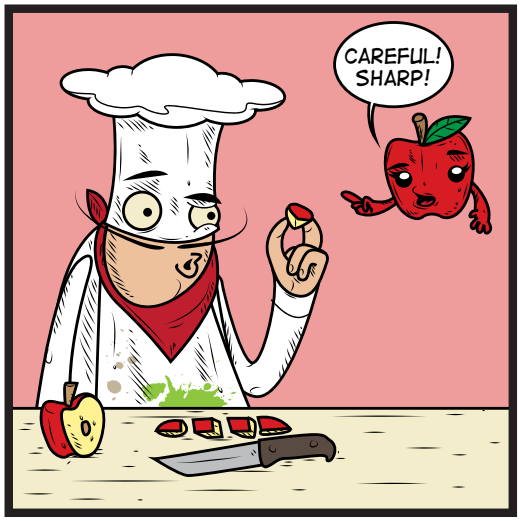
_____

_____

_____

### Tips:

1. If you are new to using a knife, use an apple slicer.
2. Add full-fat milk or yogurt before eating to increase the calorie content.




CUT YOUR APPLE INTO BIT SIZED PIECES.


PUT YOUR FRUIT AND OATS IN THE POT.BRING TO A BOIL AND THEN SIMMER FOR 5 MINUTES.


ADD THE NUTS AND SPICE. AND VOILA!

# Healthy Waffles

## CHALLENGE ONE

SERVES 1

### Kitchen Skills

Using a microwave, using small appliances

### Equipment

Toaster, mixing bowl that is microwave-safe, measuring spoons, liquid measuring cup

### Ingredients

| | |
|---|---|
| 2 | Whole wheat frozen waffles |
| 2 Tbsp | Greek yogurt |
| ½ cup | Frozen fruit |

### Directions:

1. Toast the waffles in toaster until golden-brown.
2. Place ½ cup fruit in microwave-safe bowl (or measuring cup). Cook in microwave until fruit is warm (about 1½ minutes).
3. Top with yogurt and fruit. Serve immediately.

### Shopping List & Notes:

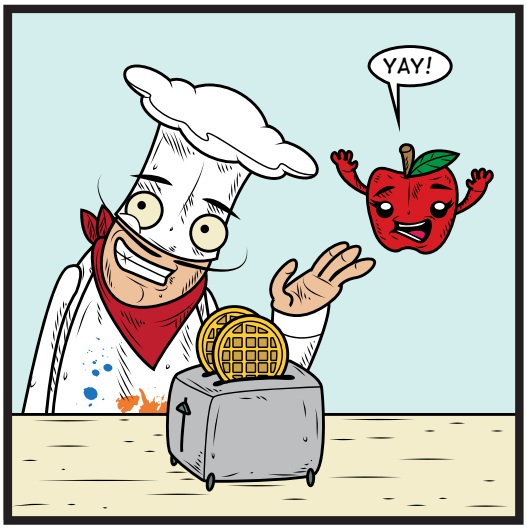
_____

_____

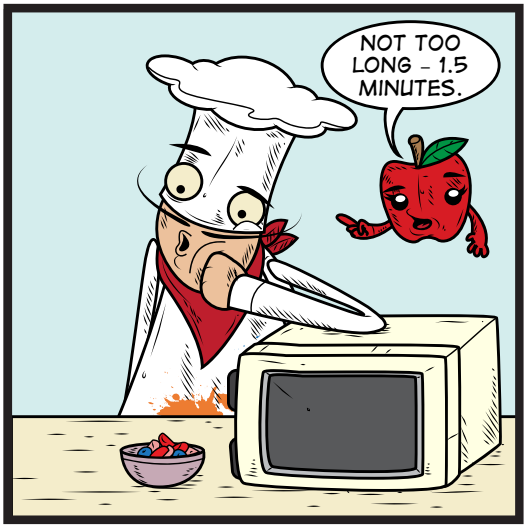
_____

### Tips:

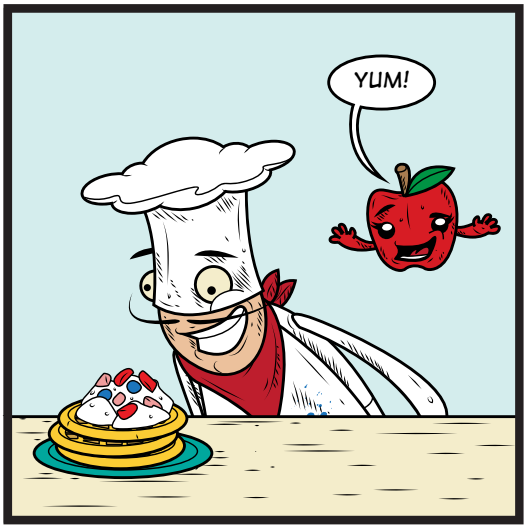
1. Choose whole wheat frozen waffles by looking for "whole wheat flour" in the ingredient list.
2. If you don't have a toaster you can also toast them in the oven by:
   a. Preheating the oven to 400 °F.
   b. Placing the waffles on a baking sheet
   c. Putting baking sheet in the oven for 5 minutes or until waffles are golden brown.




PLACE THE WAFFLES IN THE TOASTER, LIKE THIS. AND TOAST!.




WARM THE FRUIT IN THE MICROWAVE.




WAFFLES, YOGURT, THEN FRUIT. VOILA!

# Healthy Waffles

## CHALLENGE TWO

SERVES 2

### Kitchen Skills

Pouring and measuring skills, using small appliances, using a microwave

### Equipment

Waffle iron, medium mixing bowl, small mixing bowl, microwave-safe bowl, whisk, liquid measuring cup, dry measuring cup, measuring spoons

### Ingredients

| | |
|---|---|
| 1 cup | Whole wheat flour |
| ½ tsp | Salt |
| 2 tsp | Baking powder |
| 2 Tbsp | Sugar |
| 1 | Large egg |
| ¾ cup | Milk |
| 2 ½ Tbsp | Olive oil |
| ½ tsp | Vanilla |
| 2 tbsp. | Greek yogurt for topping |
| ½ cup | Fruit for topping |

### Directions:

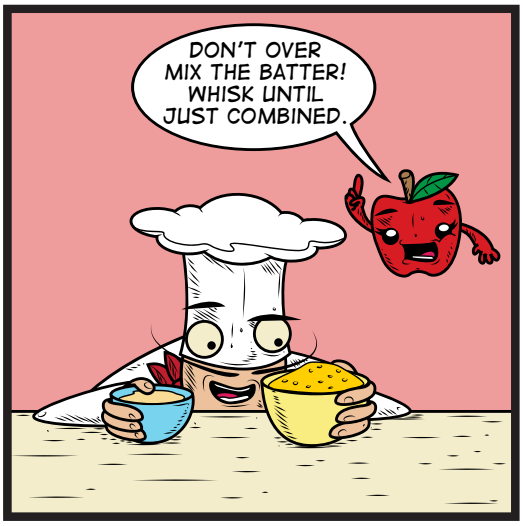
1. Grease and preheat waffle iron.
2. Put flour, salt, baking powder and sugar in small mixing bowl.
3. Whisk together the wet ingredients (egg, milk, oil, vanilla) in a separate mixing bowl.
4. Slowly add the dry ingredients to the wet ingredients using whisk until JUST combined. Do not over mix the batter.
5. Pour ½ cup of batter into waffle iron. Cook about 3-4 minutes or until waffle iron shows the waffle is done.
6. Place ½ cup fruit in microwave-safe bowl. Cook in microwave until fruit is warm (about 1½ minutes).
7. Serve waffles with yogurt and fruit toppings.

### Tip:

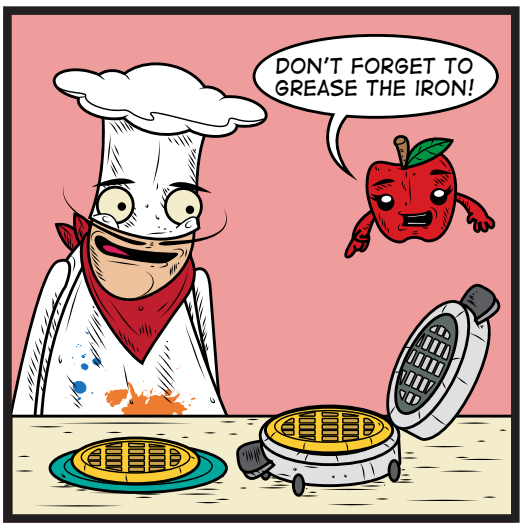
Freeze one waffle to re-toast on another day.

- Allow waffle to cool and place in a Ziploc bag.
- Put a label on the bag and freeze.
- Reheat in toaster oven or in oven at 300 °F for 10 minutes or until warm.

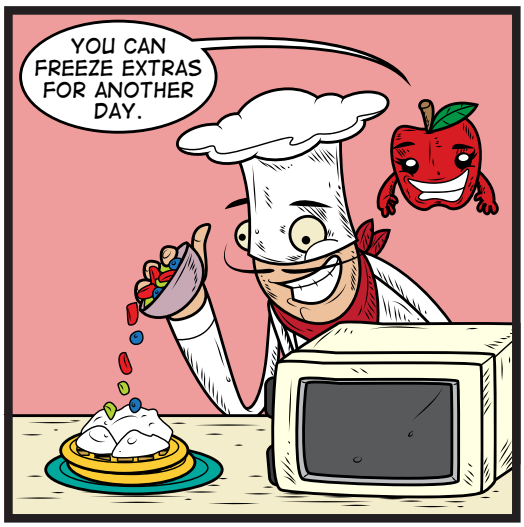
## Shopping List & Notes:




DRY INGREDIENTS IN ONE BOWL, WET IN ANOTHER. ADD THE DRY TO THE WET.




POUR A HALF CUP OF BATTER ON THE WAFFLE IRON. COOK FOR 3-4 MINUTES




TOP YOUR WAFFLE WITH YOGURT AND WARM FRUIT. VOILA!

# Egg In A Hole CHALLENGE

SERVES 1

## Kitchen Skills

Using pots and pans, using the stove top

## Equipment

Non-stick frying pan or skillet, cookie cutter (or top of a glass), spatula, measuring spoons

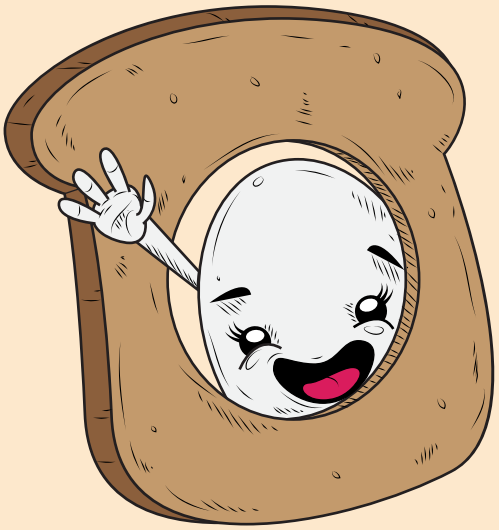
## Shopping List & Notes

## Ingredients

| | |
|---|---|
| 1 tsp | olive oil |
| 1 piece | whole grain bread |
| 1 | egg |
| 2 pieces | lettuce |
| or | |
| ½ cup | spinach |
| Pinch | pepper |

## Directions:

1. Heat non-stick pan or skillet on low heat.
2. Cut hole in the center of the bread. Use cookie cutter for a cool shape or the top of a glass for a circle.
3. Add olive oil, then bread, to the heated non-stick skillet.
4. Crack egg into the hole of the bread and sprinkle pepper on top.
5. Cook for about 1 minute on each side or until bread is golden and egg is cooked the way you like it.
6. Serve on a bed of lettuce or spinach.



## Tip:

Cook spinach in the non-stick pan or skillet with toast if you prefer cooked spinach.

# Banana Pancakes CHALLENGE

SERVES 2

## Kitchen Skills

Pouring and measuring skills, using pots and pans, using the stove top

## Equipment

Non-stick frying pan or skillet, medium mixing bowl, small mixing bowl, whisk, liquid measuring cup, dry measuring cup, measuring spoons

## Shopping List & Notes

## Ingredients

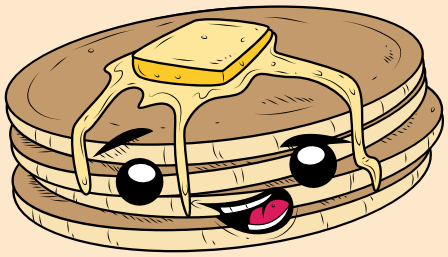
| | |
|---|---|
| 1 ¼ cups | whole wheat flour |
| 2 tsp | baking powder |
| 1 large | egg |
| 1 cup | milk |
| 1 large | mashed banana |
| 3 Tbsp | olive oil |
| ½ Tbsp | honey |
| | toppings |

## Directions:

1. Heat nonstick pan or skillet on medium heat.
2. Put flour and baking powder in small mixing bowl.
3. In a medium bowl, whisk the wet ingredients (egg, milk, mashed banana, oil, honey).
4. Slowly add the dry ingredients to the wet ingredients and stir until JUST combined. Do not over mix the batter.
5. Pour ⅓ cup of batter into circle on the heated pan or skillet. Cook until little bubbles start to appear on the surface of the pancake. Then flip and cook the other side until golden brown.
6. Serve with toppings.

## Tip:

If you have an allergy to cow's milk or are lactose intolerant, use almond, coconut or soy milk.



# Yogurt Parfait

## CHALLENGE ONE

SERVES 1

### Kitchen Skills

Using a microwave, pouring and measuring skills

### Equipment

Microwave-safe mixing bowl, liquid measuring cup, dry measuring cup, tall glass for serving

### Ingredients

- ¾ cup plain yogurt
- ⅓ cup granola
- ½ cup frozen berries

### Directions:

1. Put ½ cup fruit in microwave-safe mixing bowl. Cook in microwave until fruit is warm (about 1 minute).
2. Put yogurt, then berries into a tall glass. Sprinkle granola on top to make a beautiful parfait!

### Notes:

### Shopping List:

### Tips:

1. Choose a granola cereal with LESS than 5g of sugar and more than 5g of fibre per ½ cup serving.
2. The fruit is sweet, so use plain yogurt.

# Yogurt Parfait

## CHALLENGE TWO

SERVES 1

### Kitchen Skills

Pouring and measuring skills, using the oven, using a microwave, sharps and knife skills

### Equipment

Medium mixing bowl, wooden spoon, baking sheet, parchment paper, microwave-safe bowl, tall glass for serving, dry measure, measuring spoons, oven mitts

### Shopping List & Notes

### Ingredients

Granola

| | |
|---|---|
| ¼ cup | rolled oats |
| 1 Tbsp | sesame seeds |
| 1 tsp | raisins (optional) |
| 1 tsp | honey |
| 1 tsp | peanut butter |

Parfait

| | |
|---|---|
| ¾ cup | plain yogurt |
| ½ cup | fruit |

### Directions:

1. Preheat oven to broil-high.
2. Put all the granola ingredients in mixing bowl and mix well.
3. Cover baking sheet with parchment paper and spread granola mixture on it.
4. Put baking sheet in oven and broil for 30 seconds. Remove from oven with oven mitts and mix granola on baking sheet with wooden spoon. Repeat 4 times or until crispy.
5. Put ½ cup fruit in microwave-safe mixing bowl. Cook in microwave until fruit is warm - 30 seconds at a time.
6. Put yogurt, then fruit, into a tall glass. Sprinkle granola on top to finish the parfait.

# French Toast CHALLENGE

SERVES 1

## Kitchen Skills

Pouring and measuring skills, using pots and pans, using the stove top

## Equipment

Non-stick frying pan or skillet, medium mixing bowl, whisk, knife, cutting board, measuring spoons, dry measuring cup, spatula

## Ingredients

| | |
|---|---|
| 2 slices | whole grain bread |
| 1 | egg |
| ½ tsp. | vanilla |
| 2 Tbsp | milk |
| pinch | of cinnamon |
| 1 tsp | syrup |
| (optional, topping) | |
| ½ cup | fruit (topping) |

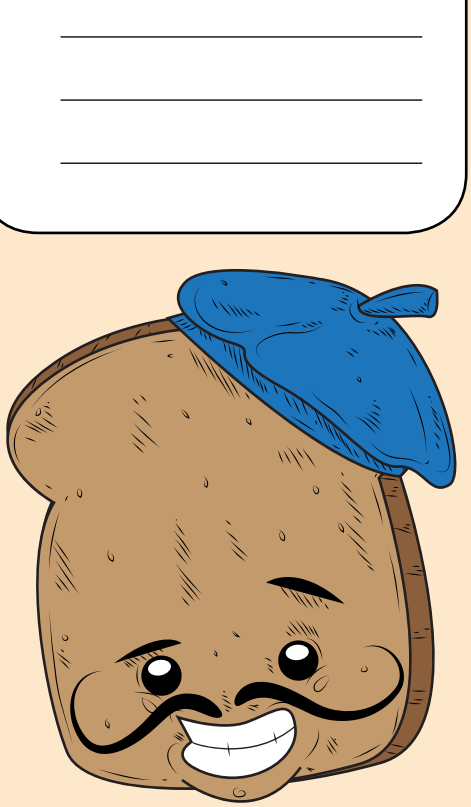
## Directions:

1. Heat non-stick pan or skillet on low-medium.
2. Whisk egg, milk, vanilla and cinnamon in mixing bowl.
3. Dip bread in egg mixture (coat both sides).
4. Place on pan and cook for 3 minutes or until bottom is golden brown. Use spatula to flip toast to the other side and cook until golden brown.
5. Serve with fruit and 1 tsp. syrup if you choose.

## Tip:

If you are comfortable in the kitchen, you can cut-up fresh fruit to serve with French toast. If not, use fruits such as oranges, berries, or frozen fruit as toppings.

## Shopping List & Notes



# Boiled Eggs CHALLENGE

SERVES 1

## Kitchen Skills

Using pots and pans, using small appliances, using the stove top

## Equipment

Medium pot with lid, dry measuring cup

## Ingredients

| | |
|---|---|
| 2 | eggs |
| 1 piece | whole grain bread |
| 1-2 oz | cheese (optional) |
| dash | pepper (optional) |
| ½ cup | vegetables (your choice) |

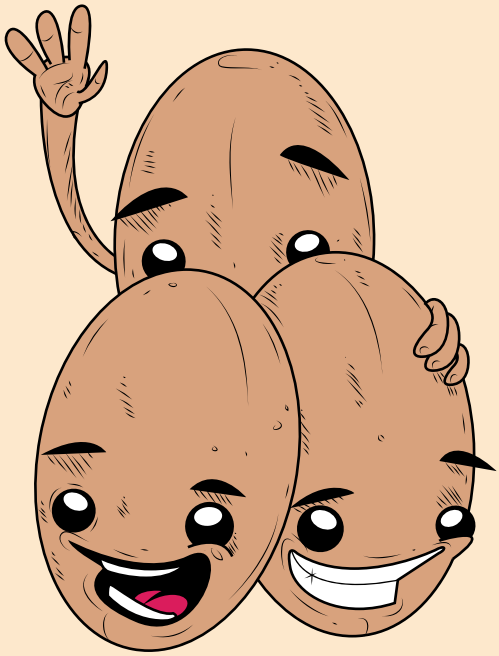
## Directions:

1. Put eggs in a medium pot. Fill with water 1 inch above the eggs. Bring water to a boil over medium heat. Then cover and remove pot from heat. Let sit for 12 minutes.
2. Transfer eggs to a mixing bowl and fill with cool water. Crack eggs slightly in mixing bowl to make peeling easier.
3. Peel eggs when cool enough to touch. Chop the egg into small bite size pieces and serve on toast with a sprinkle of pepper (optional), cheese (optional) and vegetables (lettuce, spinach, tomato) to complete the meal.

## Tip:

Boiled eggs also make a great snack when served with another food group.

## Shopping List & Notes



# Omelette

## CHALLENGE ONE

SERVES 1

### Kitchen Skills

Pouring and measuring skills, using pots and pans, using the stove top

### Equipment

Small mixing bowl, whisk, grater, spatula, medium-size non-stick, frying pan or skillet, measuring spoons, dry measuring cup

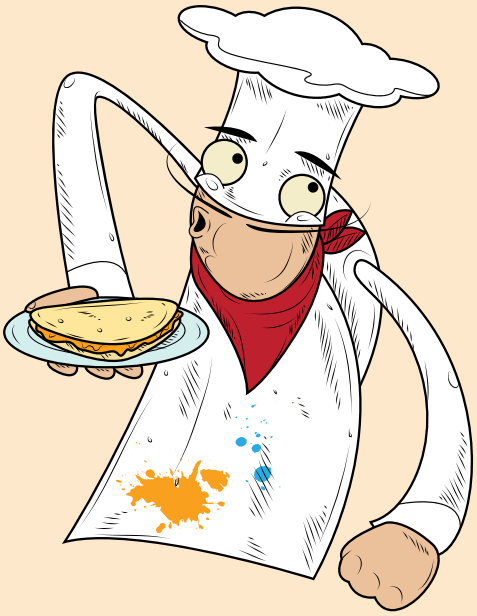
### Shopping List & Notes

### Ingredients

| | |
|---|---|
| 2 | eggs |
| 1 Tbsp | milk |
| ¼ cup | grated cheese |
| pinch | pepper (optional) |
| ½ cup | spinach |
| 1 tsp | olive oil |
| 1 piece | whole wheat bread (optional) |

### Directions:

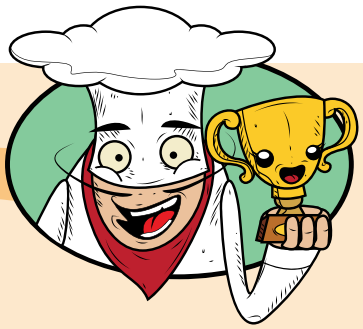
1. Crack eggs into small mixing bowl and whisk with milk and pepper.
2. Heat oil in non-stick pan or skillet to medium-low.
3. When pan is heated, pour in egg mixture. Then use a spatula to make 6-10 small cuts through the egg in first 30 seconds of cooking. This allows the uncooked egg on the top to flow to the bottom of the pan.
4. When the top is nearly set, sprinkle any fillings over half of the omelette and turn off the heat.
5) Use your spatula to fold half of the omelette over the other half. Serve immediately with toast (optional).



# Omelette with Hash Browns

## CHALLENGE TWO

SERVES 1



### Kitchen Skills

Using pots and pans, sharps and knife skills, pouring and measuring skills, using the stove top

### Equipment

Knife, cutting board, medium-size non-stick frying pan or skillet, small mixing bowl, whisk, grater, spatula, dry measuring cup, measuring spoons

### Ingredients

Hash Browns

| | |
|---|---|
| ½ | medium potato |
| 1 tsp | olive oil |
| dash | salt |
| dash | pepper |

### Directions:

Hash Browns:

1. Preheat pan or skillet on low-medium heat.
2. Cut potato into small cubes.
3. Coat bottom of pan with oil and then add potatoes, salt and pepper
4. Stir potatoes with spatula for one minute then reduce heat to low. Stir every few minutes and cook until potatoes are soft, about 15-20 minutes.

### Shopping List

## Ingredients

Omelette

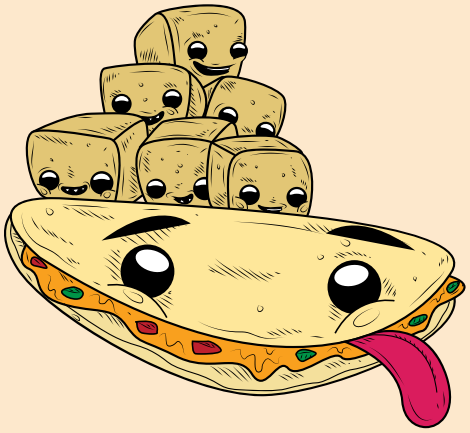
| | |
|---|---|
| 2 | eggs |
| 1 Tbsp | milk |
| ¼ cup | cheddar cheese |
| pinch | pepper (optional) |
| 1 Tbsp | minced onion (optional) |
| ¼ cup | spinach |
| 2 Tbsp | diced tomatoes |

## Directions:

Omelette:

1. Chop onions and tomato into small bite size pieces. Use grater to shred the cheese.
2. Crack eggs into small mixing bowl and whisk with milk and pepper.
3. Preheat non-stick pan or skillet. Add oil and pour in the egg mixture.
4. In the first 30 seconds of cooking, use a spatula to create 6-10 small cuts through the omelette. This allows the uncooked egg on the top to flow to the bottom of the pan.
5. When the top is nearly set, sprinkle any fillings over half of the omelette and turn off the heat.
6. Use your spatula to flip one half of the omelette over the other and serve immediately.

## Notes



# Banana Muffin in a Mug

## CHALLENGE ONE

SERVES 1

### Kitchen Skills

Pouring and measuring skills, using a microwave

### Equipment

Large microwave-safe mug, fork, small mixing bowl, measuring spoons, oven mitts

### Shopping List & Notes

### Ingredients

| | |
|---|---|
| 3 Tbsp | whole wheat flour |
| ½ tsp | baking powder |
| 1 tsp | sugar |
| 1 tsp | pumpkin spice |
| 1 | overripe mashed banana |
| 1 Tbsp | olive oil |
| 1 | egg |
| ¼ tsp | pure vanilla extract |

### Directions:

1. In a large mug, combine dry ingredients (flour, baking powder, salt, sugar, pumpkin spice).
2. In small mixing bowl, combine mashed banana, olive oil, egg and vanilla. Then slowly stir this mixture into the dry ingredients. Do not over mix.
3. Cook in microwave for 2 minutes or until muffin is cooked all the way through. Use oven mitts to remove mug from microwave.

### Tip:

To increase fibre in this muffin, add 1 tbsp. flax seed and 1½ tbsp. water.

# Banana Muffins

## CHALLENGE TWO

SERVES 12

### Kitchen Skills

Pouring and measuring skills, using the oven

### Equipment

Large mixing bowl, small mixing bowl, muffin tin, paper muffin liners, whisk, wooden spoon, dry measuring cup, liquid measuring cup, measuring spoons, oven mitts

### Ingredients

| | |
|---|---|
| 1 cup | mashed ripe bananas (about 2 medium bananas) |
| ½ cup | honey |
| 2 | eggs |
| ⅓ cup | olive oil |
| 1 tsp | vanilla |
| ¼ cup | milk |
| ¼ tsp | salt |
| 1¾ cups | whole wheat flour |
| ⅓ cup | oats |
| ½ tsp | baking soda |
| 1 tsp | nutmeg |
| 1 tsp | cardamom |
| 1 tsp | ginger |
| 1 tsp | cinnamon |
| ¼ cup | pecans (optional) |

### Directions:

1. Preheat oven to 350 °F. Line a 12-cup muffin pan with paper liners.
2. In a large mixing bowl, whisk together bananas, honey, milk, vanilla, oil and egg.
3. In a small mixing bowl, combine flour, oats, spices and baking soda.
4. Slowly add dry ingredients in small mixing bowl to wet and stir until just mixed. Do not over mix.
5. Spoon batter into prepared muffin tin. Sprinkle tops with pecans if available.
6. Bake for 18-20 minutes or until tops are firm to the touch. If you stick a toothpick in the center of a muffin it should come out clean. Use oven mitts to remove muffin tin from the oven.

### Shopping List & Notes

### Tip:

Put some in the freezer so they last longer.

# Quesadilla

## CHALLENGE ONE

SERVES 1

### Kitchen Skills

Pouring and measuring skills, using the stove top, using pots and pans

### Equipment

Non-stick frying pan or skillet, spatula, grater, dry measuring cup, can opener, bowl

### Ingredients

| | |
|---|---|
| 1 | whole grain wrap |
| ¼ cup | grated cheddar cheese |
| 2 Tbsp | shredded chicken (optional) |
| 2 Tbsp | torn & washed spinach or lettuce (optional) |
| ½ cup | canned mushrooms (optional) |

### Directions:

1. Heat non-stick pan or skillet on medium heat.
2. Mi x cheese, chicken, and spinach in a bowl.
3. Sprinkle mixture on half of the tortilla.
4. Fold the other half of the tortilla over top and place stuffed-tortilla on frying pan Cover with a lid.
5. Cook each side for 3-4 minutes or until cheese melts and tortilla is crisp. Serve immediately.

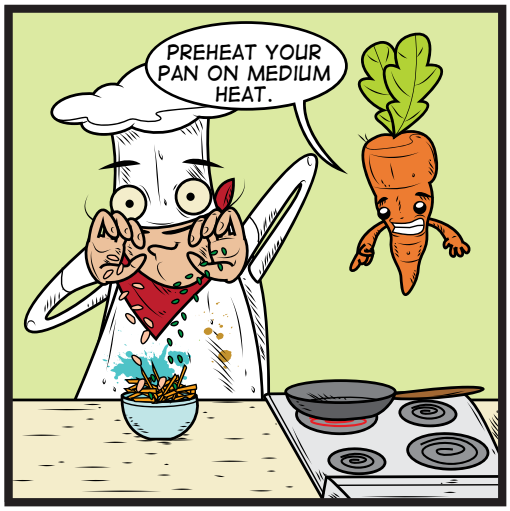
### Shopping List & Notes:

_____

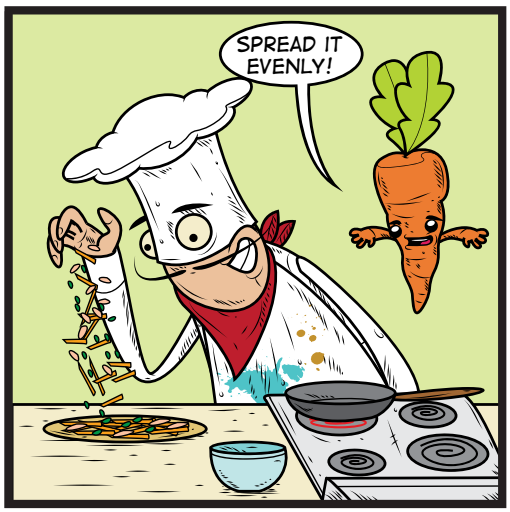
_____

### Tip:

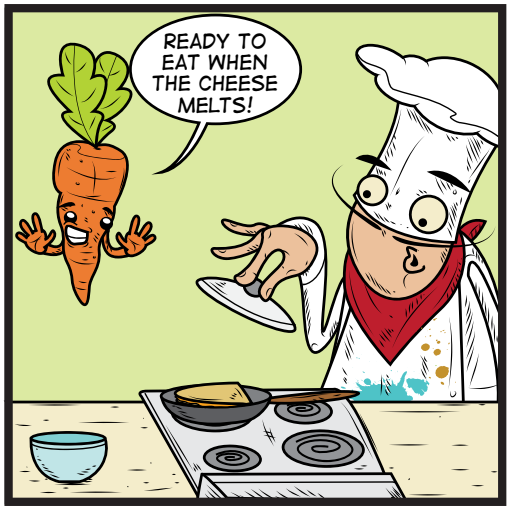
If you don't use vegetables in the tortilla, be sure to serve it with a garden salad or some vegetables to complete the meal.




MIX MEAT, CHEESE, AND VEGGIES IN A BOWL.




SPRINKLE THE MIXTURE ON THE TORTILLA.

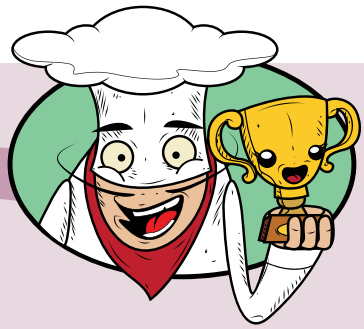



FOLD THE TORTILLA IN HALF, PLACE IN THE PAN AND COVER WITH A LID. COOK BOTH SIDES. VOILA!

# Quesadilla

## CHALLENGE TWO

SERVES 1



### Kitchen Skills

Using pots and pans, using the stove top, pouring and measuring skills

### Equipment

Cutting board, knife, grater, non-stick frying pan or skillet, dry measuring cup, measuring spoons

### Shopping List & Notes

### Ingredients

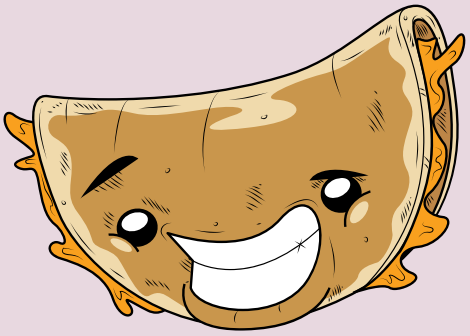
| | |
|---|---|
| ½ tsp | olive oil |
| 100 g | stir-fry chicken (optional) |
| 1 Tbsp | minced onion (optional) |
| 1 Tbsp | minced bell peppers (optional) |
| 1 Tbsp | sliced mushrooms (optional) |
| 1 Tbsp | tomatoes (optional) |
| 1 | whole grain wrap |
| ¼ cup | grated cheddar cheese |

### Directions:

1. Heat non-stick pan on medium heat.
2. Chop onions, bell peppers, mushrooms and tomatoes.
3. Cook chicken in ½ tsp olive oil for 30 seconds. Then add onions, bell peppers mushrooms and tomatoes.
4. Cook until chicken is no longer pink and vegetables are soft (about 5 minutes).
5. Sprinkle half the cheese on half the tortilla, followed by the vegetable mixture, and then the rest of the cheese.
6. Fold the other half of the tortilla over-top and place the stuffed-tortilla back on the frying pan, at medium heat.
7. After 3-4 minutes, or when the tortilla starts to brown, flip to cook the other side for another 3-4 minutes. Serve immediately.

### Tips:

1. Use any kind of chicken for this recipe. Stir-fry chicken is often cheaper than other meat.
2. You can replace chicken with black beans to add more protein to this meal.



# Pita Pizza

## CHALLENGE ONE

SERVES 1

### Kitchen Skills

Using the oven, pouring and measuring skills

### Equipment

Baking sheet, grater, can opener, dry measuring cup, measuring spoons, oven mitts

### Ingredients

| | |
|---|---|
| 1 | whole wheat pita |
| 2 Tbsp | pizza sauce |
| ¼ cup | grated cheese |
| ¼ cup | canned sliced mushrooms |
| ¼ cup | canned corn (kernels) |
| ½ tsp | oregano |

### Directions:

1. Preheat oven to 400°F.
2. Place pita on baking sheet
3. Spread tomato sauce evenly on pita.
4. Pour all liquid off mushrooms and corn.
5. Sprinkle mushrooms, corn and cheese on pizza.
6. Sprinkle with oregano before putting in the oven.
7. Bake in oven for 5 minutes or until cheese melts. Use oven mitts to remove from oven.

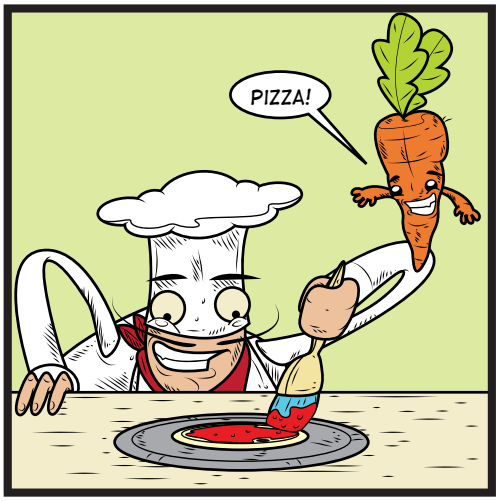
### Shopping List & Notes:

_____

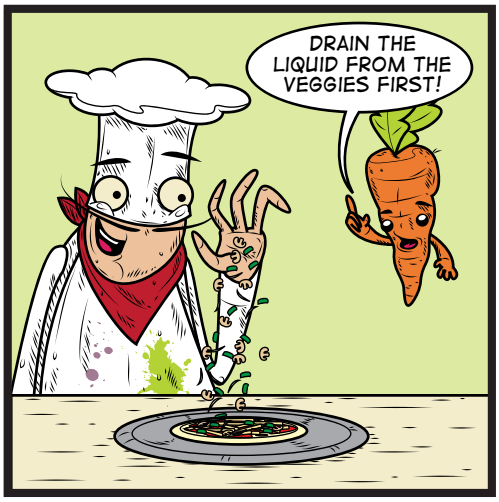
_____

### Tips:

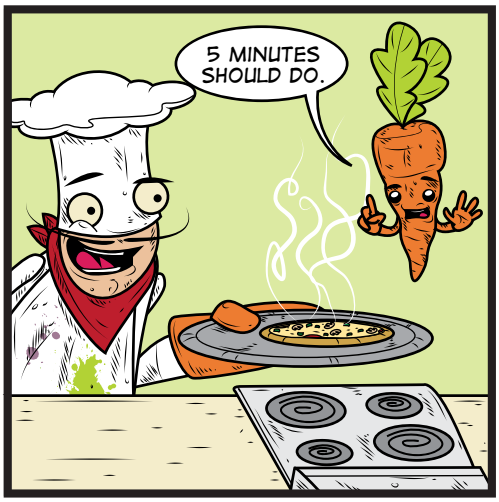
1. To prevent pita from getting soggy, toast slightly before adding toppings.
2. Use left-over canned vegetables to add to an omelet so they do not go to waste.




SPREAD THE SAUCE ON THE PITA.




SPRINKLE VEGGIES AND CHEESE ON THE PIZZA.

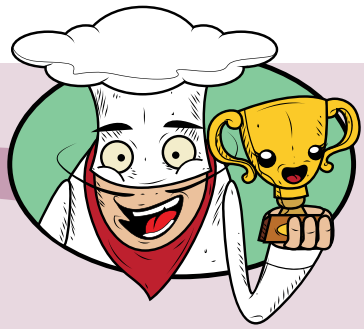



TOSS A BIT OF SPICE ON TOP, BAKE UNTIL THE CHEESE MELTS. VOILA!

# Pizza

## CHALLENGE TWO

SERVES 8



## Kitchen Skills

Using the oven, pouring and measuring skills, sharps and knife skills

## Equipment

Large mixing bowl, spatula, pizza pan, cutting board, knife, cheese grater, dry measuring cup, liquid measuring cup, measuring spoons, oven mitts

## Ingredients

Crust

| | |
|---|---|
| 1 | package active-dry yeast |
| 1 tsp | white sugar |
| 2 ½ cup | whole wheat flour |
| 1 tsp | olive oil |
| ½ cup | warm water |
| 1 tsp | salt |

Toppings

| | |
|---|---|
| 2 Tbsp | pizza sauce |
| 1 cup | cheese |
| 1 cup | diced vegetables |
| ½ tsp. | oregano |

## Directions:

Dough

1. Heat oven to 450 °F (230 °C).
2. Put yeast in the bowl. Stir in sugar and add warm water to dissolve the yeast. Let stand until creamy, about 10 minutes.
3. Stir in flour, salt and oil. Beat until you have smooth dough. Let dough rest for 5 minutes.
4. Place dough onto a lightly floured surface. Pat or roll into a round ball.
5. Transfer the dough to a lightly greased pizza pan. Stretch to fit the pan.
6. Bake in preheated oven for 10 minutes. Use oven mitts to remove the pan from the oven.

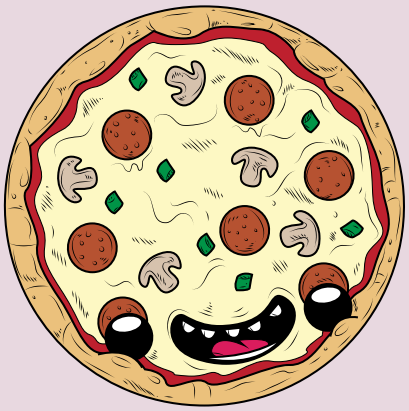
Toppings:

1. Prepare all toppings (grate cheese, cut vegetables.)
2. Add toppings to crust and sprinkle oregano on top.
3. Put pizza back into the oven for another 10-15 minutes or until cheese melts. Remove from oven with oven mitts. Serve Immediately.

## Shopping List & Notes

## Tip:

If you don't use all the pizza dough, freeze it in plastic wrap or in a freezer bag to add toppings to and bake later



# Egg Salad CHALLENGE

SERVES 1

## Kitchen Skills

Using pots and pans, sharps and knife skills, pouring and measuring skills, using the stove top

## Equipment

Medium-sized pot with lid, medium-sized mixing bowl, spoon, measuring spoons, dry measuring cup

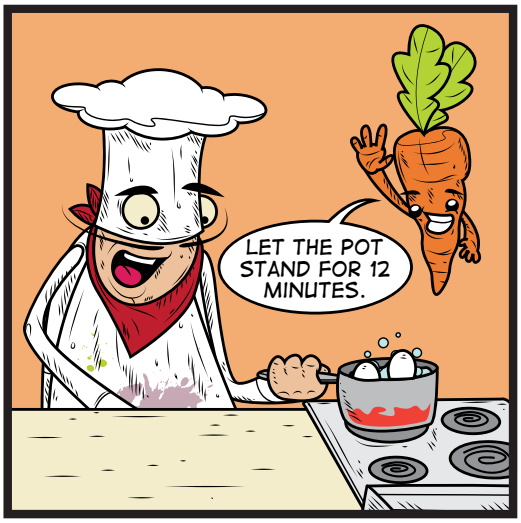
## Ingredients

| | |
|---|---|
| 2 | eggs |
| 2 Tbsp | mayonnaise |
| ¼ tsp | yellow mustard |
| ¼ cup | chopped green onion (optional) |
| pinch | black pepper |
| pinch | dill |

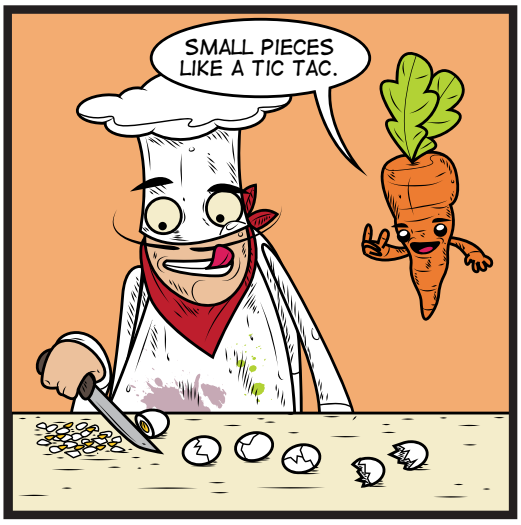
## Directions:

1. Put egg in a medium pot and add cold water to 1 inch above egg.
2. Bring water to a boil and immediately remove from heat.
3. Cover pot and let eggs stand in hot water for 10 to 12 minutes.
4. Remove from hot water with a spoon.
5. Let eggs cool and then peel and chop into small pieces the size of tic tac.
6. Place chopped eggs in a bowl, and stir in the mayonnaise, mustard and green onion.
7. Season with black pepper and dill. Stir and serve on your favourite bread or in a garden salad.

## Shopping List & Notes:




PUT EGGS AND WATER IN THE POT. BOIL! REMOVE FROM THE HEAT AND COVER.




WHEN EGGS ARE COOL, PEEL AND CHOP, CHOP, CHOP!


STIR IN THE MAYO, MUSTARD AND ONION. SEASON. SERVER ON BREAD OF SALAD. VOLIA!

# Tuna Melt CHALLENGE

SERVES 1

## Kitchen Skills

Using pots and pans, sharps and knife skills, pouring and measuring skills, using small appliances, using the oven

## Equipment

Small mixing bowl, food processor, spoon, can opener, measuring spoons, baking sheet, oven mitts measuring spoons

## Shopping List & Notes

## Ingredients

| | |
|---|---|
| 16 oz. | can of tuna |
| 1 Tbsp | celery |
| 1 Tbsp | red onion |
| 2 tbs | mayonnaise |
| pinch | black pepper |
| | lemon juice (optional) |
| | whole grain buns/bread |
| | sliced cheese |

## Directions:

Preheat oven to 425°F.

1. Toast bread lightly (3 minutes)
2. Put celery and red onion in food processor.
3. In a small bowl, stir the tuna, mayonnaise, celery, onion, lemon juice and black pepper until well-mixed.
4. Pile the tuna mixture onto one slice of toast. Place sliced cheese on top of toast.
5. Place open face sandwich on baking sheet and put into the oven.
6. Bake for 5 minutes (or until cheese melts and tuna is heated).
7. Remove baking sheet with oven mitts. Serve immediately.

## Tip:

!!!

Use plain yogurt instead of mayonnaise in this recipe for a healthier option.

# Build Your Own Sub Sandwich CHALLENGE

SERVES 1

## Kitchen Skills

Shopping and budgeting skills, sharps and knife skills

## Equipment

Plate, knife, dinner knife, cutting board, grater

## Shopping List & Notes

## Ingredients

| bread (choose 1) | spread (choose 1) | vegetables (choose as many as you like) | protein (choose 1-2) |
|---|---|---|---|
| whole grain sub bun | avocado | lettuce | cheese sliced |
| whole grain round bun | mayonnaise | spinach | sliced deli meat |
| whole grain bread | hummus | tomato | cooked chicken breast sliced |
| rye bread | | bell pepper | cooked ham sliced |
| sourdough bread | | cucumber | boiled egg |
| whole grain wrap | | grated carrots | tuna |
| whole grain pita | | | |

## Directions:

1. Choose the type of bread you are going to use.
2. Use the knife to cover bread with a spread.
3. Chop or grate the different vegetables you want on your sandwich.
4. Add your protein as needed.

# Garden Salad

## CHALLENGE ONE

SERVES 1

### Kitchen Skills

Pouring and measuring skills

### Equipment

Serving bowl, small mixing bowl, whisk, dry measuring cup, measuring spoons, clean dish towel

### Ingredients

| | |
|---|---|
| 1 cup | mixed greens |
| 1 Tbsp | balsamic vinegar |
| 1 tsp | olive oil |
| | salt |
| | black pepper |

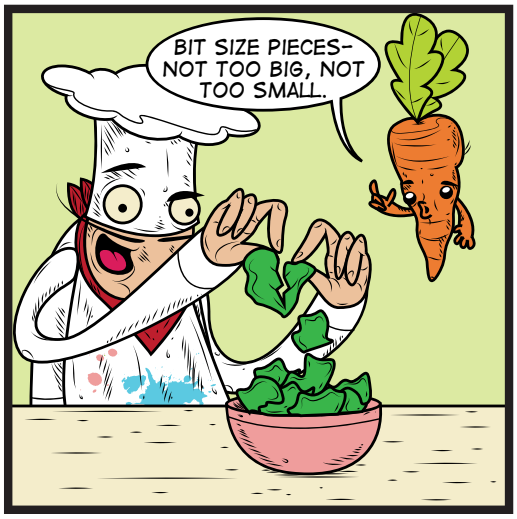
### Directions:

1. Wash mixed greens thoroughly. Pat dry with clean dish towel.
2. Tear mixed greens into a serving bowl
3. In small mixing bowl, whisk together balsamic vinegar, olive oil, salt, black pepper in separate bowl
4. Pour dressing over greens.

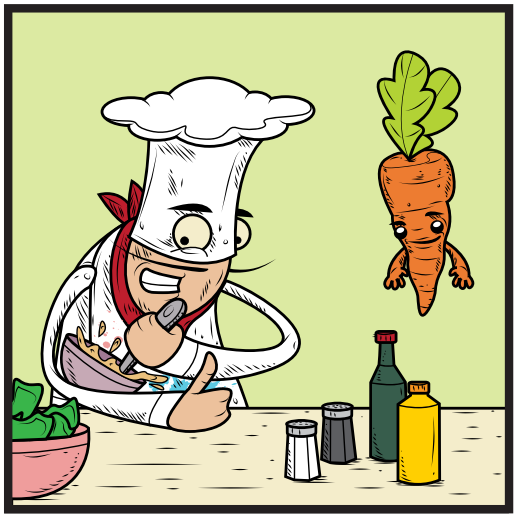
### Shopping List & Notes:

### Tip:

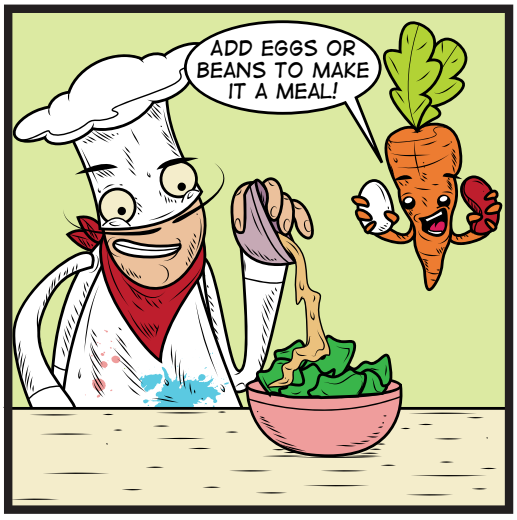
Add beans, eggs or tuna to this salad with some rice to make it a complete meal.




TEAR THE GREENS AND PLACE IN YOUR SERVING BOWL.



WHISK THE VINEGAR, OIL AND SEASONING.

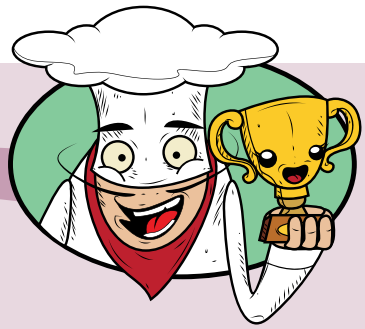



POUR OVER THE GREENS. VOILA! !

# Garden Salad

## CHALLENGE TWO

SERVES 1



### Kitchen Skills

Sharps and knife skills, pouring and measuring skills

### Equipment

Small mixing bowl, whisk, cutting board, knife, dry measuring cup, measuring spoons, clean dish towel

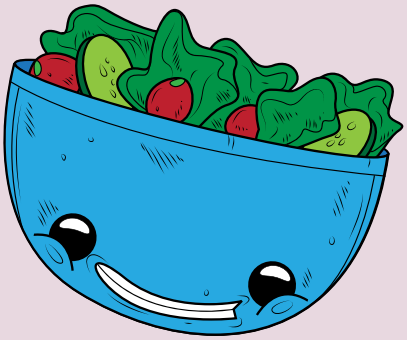
### Shopping List & Notes

### Ingredients

| | |
|---|---|
| 1 cup | mixed greens |
| 1 slice | red onion |
| ½ cup | tomato |
| ¼ cup | cucumber |
| 1 Tbsp | plain yogurt |
| 1 tsp | mayonnaise |
| 1 tsp | white vinegar |
| ½ tsp | chives |
| ½ tsp | parsley |
| | salt |
| | black pepper |

### Directions:

1. Wash mixed greens and other vegetables thoroughly. Pat lettuce dry with clean dish towel.
2. Tear mixed greens into a serving bowl.
3. Slice tomato, cucumber and red onion. Add to mixed greens.
4. In a small bowl, whisk together plain yogurt, mayonnaise, white vinegar, chives, parsley, black pepper.
5. Pour dressing over salad



### Tip:

Add beans, eggs or tuna to this salad with some rice to make it a complete meal.

# Chicken Noodle Soup

## CHALLENGE ONE

SERVES 2

### Kitchen Skills

Using the stove top or using the microwave, reading labels

### Equipment

Medium-sized pot, ladle, dry measuring cup

### Ingredients

| | |
|---|---|
| 1 can | low- sodium chicken noodle soup |
| ½ cup | frozen vegetables |

### Directions:

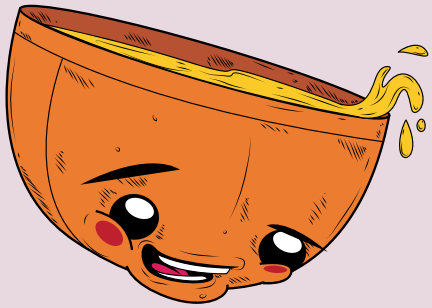
1. Follow the directions on the package of soup.
2. Add frozen vegetables immediately to the pot so it can all warm together.

### Tip:

!!!

To choose a soup low in sodium check the label. Make sure the mg. of sodium in serving size is lower than the number of calories.

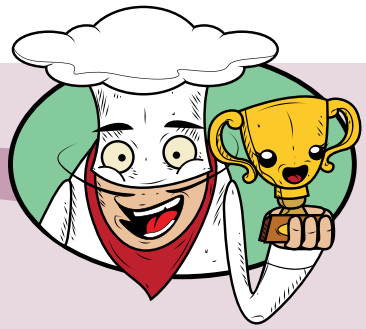
### Shopping List & Notes



# Chicken Noodle Soup

## CHALLENGE TWO

SERVES 3



### Kitchen Skills

Sharps and knife skills, using pots and pans, using the stove top

### Equipment

Medium size pot, ladle, cutting board, knife, dry measuring cup, measuring spoons

### Shopping List & Notes

### Ingredients

| | |
|---|---|
| 200g | stir-fry chicken |
| 3 cups | low-sodium chicken or vegetable stock |
| 1 garlic clove, | finely chopped (or ½ tsp garlic powder) |
| ¼ cup | egg noodles |
| ½ cup | carrot rounds |
| ½ cup | celery slices |
| | black pepper |

### Directions:

1. Cut up chicken, carrots, and celery. Chop garlic very fine.
2. Heat pot over medium heat. Add carrots, celery, and garlic.
3. Add stock to the pot and turn up heat to medium-high.
4. When soup boils, add diced chicken. Cook for 2 minutes and then add noodles.
5. Cook soup for 6 more minutes or until noodles are tender.
6. Remove from heat. Serve and add black pepper to taste.

# Grilled Cheese

## CHALLENGE ONE

SERVES 1

### Kitchen Skills

Using pots and pans, using the stove top

### Equipment

Small frying pan or skillet, spatula, cheese slicer, measuring spoons

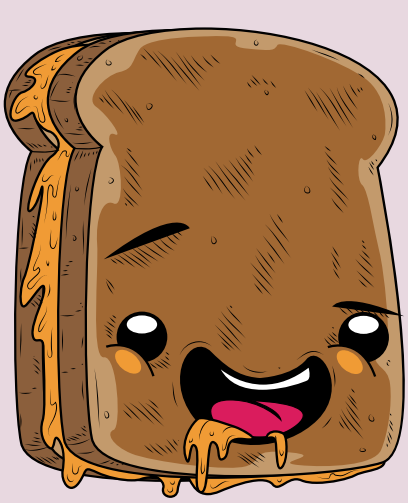
### Ingredients

| | |
|---|---|
| 2 slices | whole grain bread |
| 1 slice | cheese |
| 2-6 | leaves spinach |
| ½ tsp | olive oil |

### Directions:

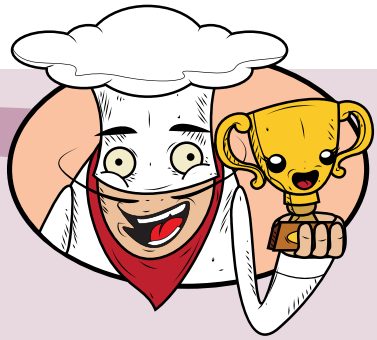
1. Heat pan or skillet on low-medium heat. Add olive oil.
2. Put cheese and spinach on one slice of the bread. Cover with other slice bread.
3. Put sandwich in frying pan and cover with a lid.
4. Flip sandwich over after 5 minutes or when the bottom is brown.
5. Cook other side for 5 minutes.

### Shopping List & Notes



# Grilled Cheese
## CHALLENGE TWO

SERVES 1



### Kitchen Skills

Using pots and pans, sharps and knife skills, using the stove top

### Equipment

Small frying pan or skillet, spatula, cutting board, knife, measuring spoons

### Ingredients

| | |
|---|---|
| 2 slices | whole grain bread |
| 1 slice | cheese |
| ¼ | avocado, sliced |
| 4 | thin tomato slices |
| 2-6 | leaves spinach |
| ½ tsp | olive oil |

### Directions:

1. Heat pan or skillet at low-medium heat. Add olive oil.
2. Slice avocado, cheese and tomato thinly.
3. Place cheese, avocado, tomato and spinach on one side of bread. Cover with other slice of bread.
4. Put sandwich in frying pan and cover with a lid.
5. Flip over after 5 minutes, or when bottom is brown.
6. Cook other side for 5 minutes, or until it is brown.

### Shopping List & Notes:

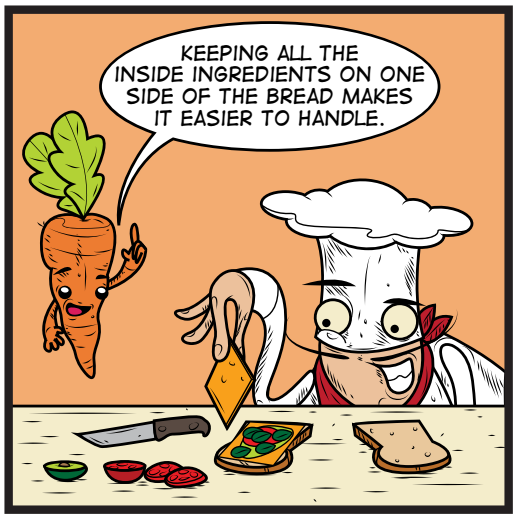
_____

_____

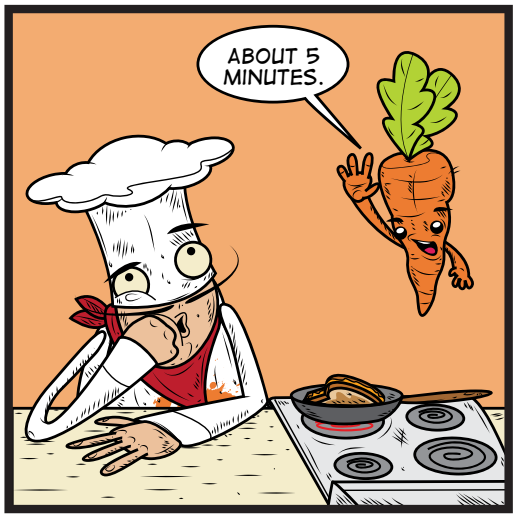
_____

### Tip:

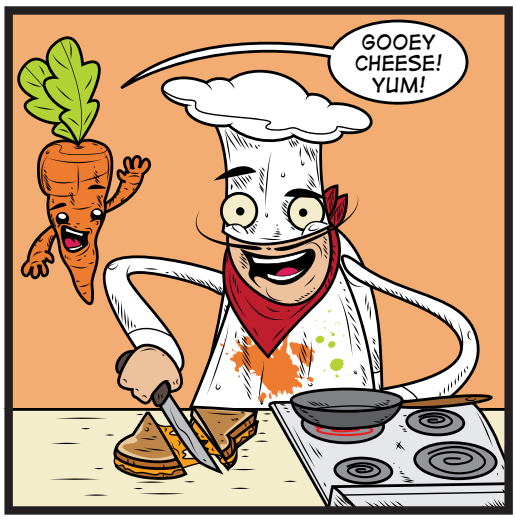
To complete this meal, serve with a garden salad or low-sodium tomato soup.




SLICE YOUR VEGGIES AND STACK ON ONE SIDE OF THE BREAD. COVER WITH THE OTHER SLICE OF BREAD.




PUT THE SANDWICH IN THE PAN, COVER. FLIP WHEN BROWN.




WHEN THE SECOND SIDE IS BROWN, REMOVE, CUT IN HALF. VOILA!

# Hamburger or Chicken Burger

## CHALLENGE ONE

SERVES 1

### Kitchen Skills

Using pots and pans, pouring and measuring skills, using the stove top

### Equipment

Small frying pan or skillet, spatula, cutting board, knife, measuring spoons

### Shopping List & Notes

### Ingredients

Burger

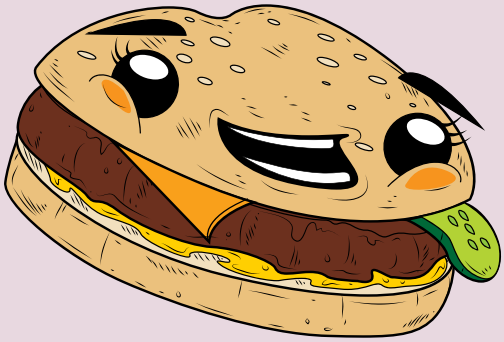
- 2 slices whole grain hamburger bun
- 1 hamburger or chicken burger

Toppings

- 1 slice cheese (optional)
- ½ tsp mayonnaise (optional)
- 1 piece lettuce
- 1 onion slice (optional)
- 2 thin tomato slices (optional)
- 2 pre-sliced pickles (optional)

### Directions:

1. Heat pan or skillet at medium-high heat.
2. Add burger and flip after two minutes.
3. Keep flipping until the meat is cooked, about 4-6 minutes or until no longer pink. Thick burgers may take longer. (See instructions on package).
4. Prepare bun with toppings.
5. Add the burger to the bun and serve.



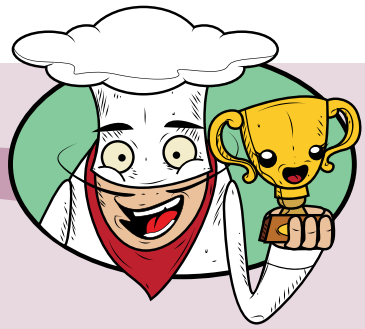
### Tip:

To complete this meal, serve with a garden salad or low-sodium tomato soup.

# Hamburger and Fries

## CHALLENGE TWO

SERVES 4



### Kitchen Skills

Using the oven, sharps and knife skills, using pots and pans, using the stove top, pouring and measuring skills

### Equipment

Small frying pan or skillet, spatula, cutting board, knife, measuring spoons, dry measuring cup, baking sheet, oven mitts

### Ingredients

Burger

| | |
|---|---|
| 400g | lean ground beef |
| ½ cup | bread crumbs |
| 1 | egg |
| ½ tsp | black pepper |
| 4 | hamburger buns |

Toppings

| | |
|---|---|
| 1 slice | cheese (optional) |
| ½ tsp | mayonnaise (optional) |
| 1 piece | lettuce |
| 1 | onion slice (optional) |
| 2 | thin tomato slices (optional) |
| 2 | pre-sliced pickles (optional) |

### Directions:

Burger

1. Mix ground beef, bread crumbs, egg and black pepper in a bowl.
2. Form into 4 patties.
3. Heat small frying pan to medium-high heat.
4. Place burger on frying pan and flip after two minutes.
5. Keep flipping until the meat is cooked all the way through - about 4-6 minutes or until no longer pink.
6. Prepare bun with toppings.
7. Add the burger to the bun and serve.

### Shopping List

## Ingredients

Fries

| | |
|---|---|
| 1 | small potato |
| ½ tsp. | garlic powder |
| ½ tsp. | salt |
| ½ tsp. | black pepper |
| ½ tbsp. | olive oil |

## Directions:

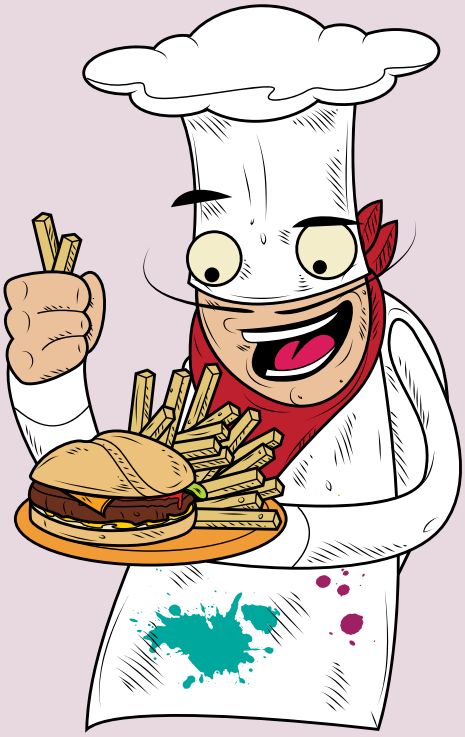
Fries

1. Preheat oven to 425 °F.
2. Chop potato into long fry-shaped pieces.
3. Toss potato pieces in olive oil, garlic powder and salt.
4. Place on baking sheet and bake in the oven for 20 minutes, or until crisp and brown.
5. Remove baking sheet with oven mitts.

## Notes

## Tip:

Freeze the patties before cooking for a quick meal on another day.



# Build Your Lunch for School CHALLENGE

SERVES 1

## Kitchen Skills

Pouring and measuring skills, sharps and knife skills, shopping and budgeting skills

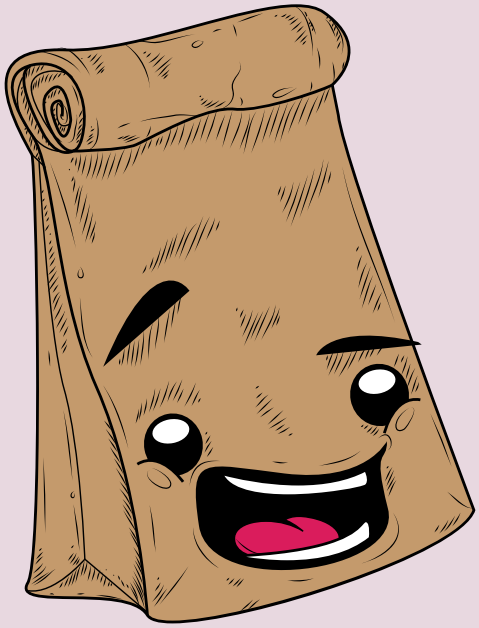
## Ingredients

| Main (choose 1) | Veggie (choose ½ cup) | Fruit (choose 1) | Treats (choose 1 - optional) |
|---|---|---|---|
| sandwich | carrot | apple | granola bar (more than 3g fibre) |
| wrap | celery | banana | cookie |
| crackers, cheese and meat | broccoli | orange | ½ cup juice (125ml) |
| crackers and hummus | cauliflower | grapes | trail mix |
| salad with boiled eggs | green beans | berries (½ cup) | healthy muffin (see recipe) |
| homemade pizza | peas | nectarine or peach | |
| | mushrooms | plum | |
| | bell peppers | melons | |

## Directions:

1. Before shopping, plan your lunches for the week ahead.
2. Read over the lists above and make a shopping list.

## Shopping List & Notes



# Rice Cooker Dinner CHALLENGE

SERVES 3

## Kitchen Skills

Using small appliances, pouring and measuring skills

## Equipment

Kettle, liquid measuring cup, grater, rice cooker, dry measuring cups, whisk, serving spoon, fork

## Ingredients

| | |
|---|---|
| 1 | chicken bouillon cube (low sodium) |
| ¾ cup | hot water |
| 1 cup | jasmine rice |
| 1 Tbsp | fresh grated ginger |
| 500g | sliced raw chicken |
| 3 packed cups | baby spinach |
| 1 cup | unsweetened coconut milk |

## Directions:

1. Boil water in kettle. Pour ¾ cup into liquid measuring cup.
2. Dissolve bouillon cube in hot water in the cup.
3. In a rice cooker, combine the rice, chicken and grated ginger.
4. Place the spinach on top. Pour the coconut milk and bouillon broth into the cooker.
5. Turn the cooker on. The dish should be done in about 40 minutes (when the cooker turns itself off).
6. Let stand for 5 minutes.
7. Fluff rice with fork to serve.

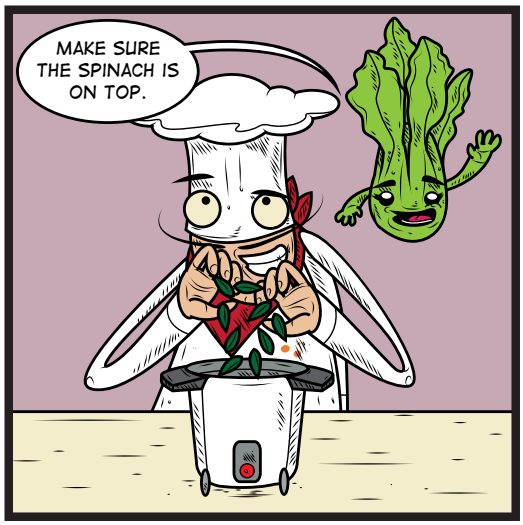
## Shopping List & Notes:

_____

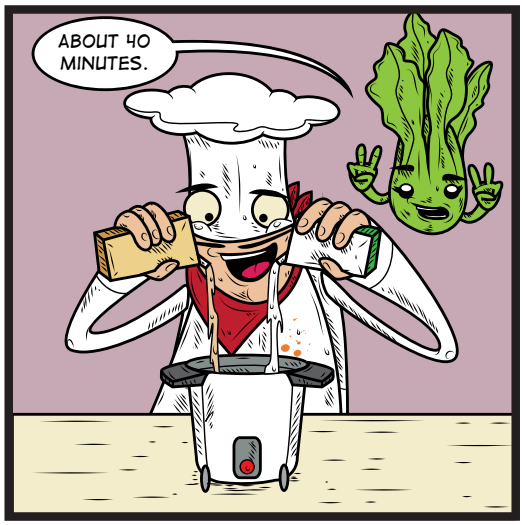
_____

## Tip:

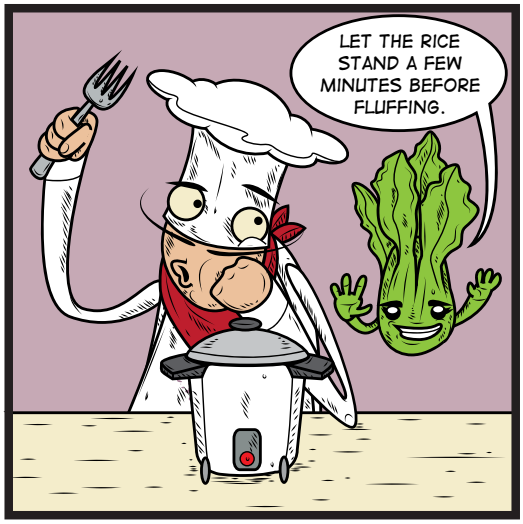
You can also use ¾ cup pre-made chicken stock to replace the bouillon cube and water if available.




IN A RICE COOKER, PLACE RICE, CHICKEN GINGER AND SPINACH.




ADD COCONUT MILK AND BROTH. TURN ON THE COOKER AND WAIT.




FLUFF RICE WITH A FORK AND SERVE. VOILA!

# Broccoli Pasta with Cheese Sauce CHALLENGE

SERVES 1

## Kitchen Skills

Pouring and measuring skills, using pots and pans, boiling, using the stove top

## Equipment

Medium pot, colander, garlic press, grater, dry measuring cup, liquid measuring cup, measuring spoons, knife, cutting board, oven mitts, serving spoon

## Ingredients

| | |
|---|---|
| ¼ cup | uncooked pasta |
| 1 cup | fresh broccoli florets |
| 1 clove | garlic, pressed |
| ⅛ cup | grated Parmesan cheese |
| 2 tsp | olive oil |
| dash | salt |
| dash | black pepper |

## Directions:

1. Fill pot about half full with water. Add a little salt and bring to a boil.
2. Add pasta and broccoli and cook according to pasta Directions for "al dente" (firm but not soft).
3. Pour about ½ cup of the pasta water into the liquid measuring cup and set aside. Drain pasta and broccoli with a colander.
4. Return the empty pot to the stove and set to heat to low-medium.
5. Add 1 tsp. olive oil and pressed garlic. Cook until golden then reduce to low heat.
6. Add pasta back into the pot along with the rest of olive oil, grated cheese, salt and black pepper. Mix well.
7. Add ¼ cup of reserved pasta water and continue to mix to create the sauce (add more water if needed).

## Shopping List & Notes

## Tip:

Use pre-cut broccoli florets if you are not comfortable using a knife

# Vegetable Stir Fry CHALLENGE

SERVES 1-2

## Kitchen Skills

Pouring and measuring skills, using pots and pans, using the stove top

## Equipment

Large frying pan or skillet or wok, dry measuring cup, measuring spoons, whisk, small mixing bowl, serving spoon, cutting board, dinner knife

## Ingredients

| | |
|---|---|
| 1 tsp | olive oil |
| 3 cup | frozen stir fry mix |
| ½ cup | tofu |
| 1 Tbsp | soy sauce |
| 1 tsp | garlic powder |
| 1 tsp | peanut butter |

## Directions:

1. Heat the oil in the large pan, skillet or wok over medium heat
2. Cut tofu into cubes on cutting board.
3. Add olive oil, vegetables and cubed tofu to pan.
4. In a small bowl, whisk soy sauce, garlic powder and peanut butter. Add to pan.
5. Stir until tofu and vegetables are coated in mixture.
6. Serve stir-fry immediately.

## Tips:

1. You can replace tofu with black beans as a protein substitute.
2. Serve with potatoes or rice or quinoa to complete the meal.
3. If you are comfortable using a knife, cut fresh vegetables of your choice (eg. mushrooms, peppers, broccoli, carrots, celery)

## Shopping List & Notes:


IN A HOT PAN, ADD TOFU, OIL AND VEGGIES.


WHISK THE SOY SAUCE, GARLIC POWDER AND PEANUT BUTTER. ADD TO THE PAN.


STIR UNTIL COMBINED AND VOILA!

# Mac N' Cheese CHALLENGE

SERVES 1

## Kitchen Skills

Using the microwave, pouring and measuring skills

## Equipment

Pot, dry measuring cup, liquid measuring cup, colander, large spoon, oven mitts, serving spoon

## Ingredients

| | |
|---|---|
| ½ cup | macaroni or shell pasta |
| 1 ½ cup | water |
| 1 cup | milk |
| ⅓ cup | shredded cheese (cheddar or Monterey Jack) |
| 4 tsp. | all-purpose flour. |
| ¼ tsp. | salt |

Extra add-ins: diced vegetables, shredded or cubed cooked meat, cubed tofu, salsa, dried mustard, chili powder

## Directions:

1. Bring pot of water to a boil over high heat.
2. Reduce heat slightly and add pasta noodles (add raw vegetables here also if you wish).
3. Boil the pasta for about 10 minutes or until pasta is cooked al-dente (firm, not soft-you may need to taste test).
4. Drain pasta and vegetables into a colander, and then pour into a glass bowl.
5. Put the pot back on the stove on medium heat adding ¼ cup milk and flour; stir with a whisk.
6. Stir in remaining 3/4 cup milk and salt; bring to a boil stirring frequently.
7. Reduce heat to low; simmer 2 minutes or until slightly thickened, stirring constantly.
8. Remove from heat. Stir in cheese; continue stirring until cheese melts, then pour over pasta.
9. Serve immediately.

## Shopping List & Notes

# Loaded Baked Potato CHALLENGE

SERVES 1

## Kitchen Skills

Using the microwave, pouring and measuring skills

## Equipment

Fork, dry measuring cup, liquid, measuring cup, measuring spoons, can opener, knife, cutting board, oven mitts

## Ingredients

| | |
|---|---|
| 1 | russet potato |
| 1 tsp. | olive oil |

Optional Toppings

| | |
|---|---|
| 3 Tbsp | kidney or black beans |
| ¼ cup | broccoli |
| 2 Tbsp. | cheese |
| 1 Tbsp | sour cream or yogurt |
| 2 Tbsp | salsa |
| 1 Tbsp | chives |

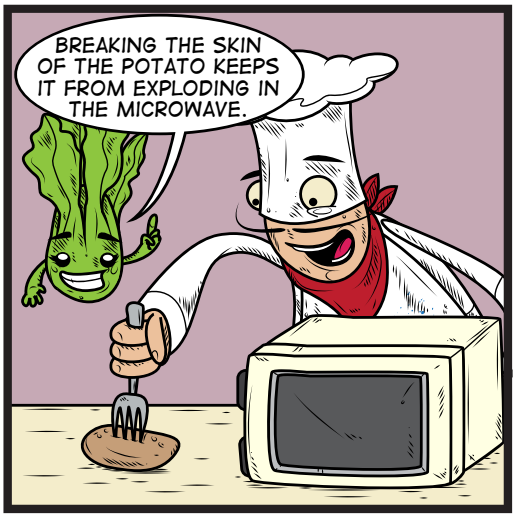
## Directions:

1. Rub potato with olive oil. Use a fork to stick holes in potato on all sides. Place on a microwave-safe plate.
2. Microwave potato for 3 mins, flip over and microwave for another 3 mins.
3. Stick potato with fork to see if cooked. If it is cooked, the fork should go in easily. If the potato is still hard, repeat the steps above - cooking 3 minutes on each side.
4. While potato is cooking, prepare any other topping you wish to add.
5. Take potato out of microwave with oven mitts, cut in half on the long edge and load on all of your toppings.

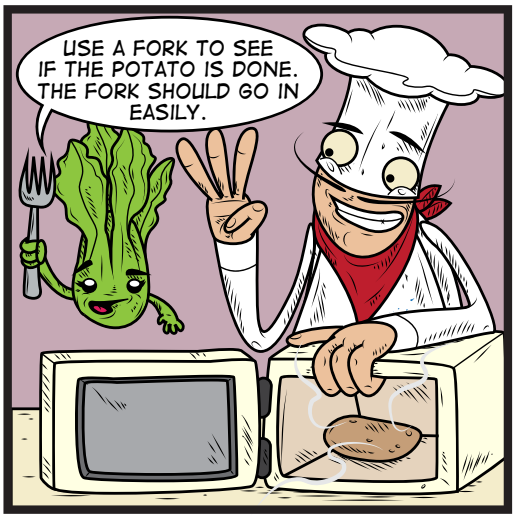
## Tip:

Add a protein (beans or eggs) and vegetables on your potato to make it a complete meal.

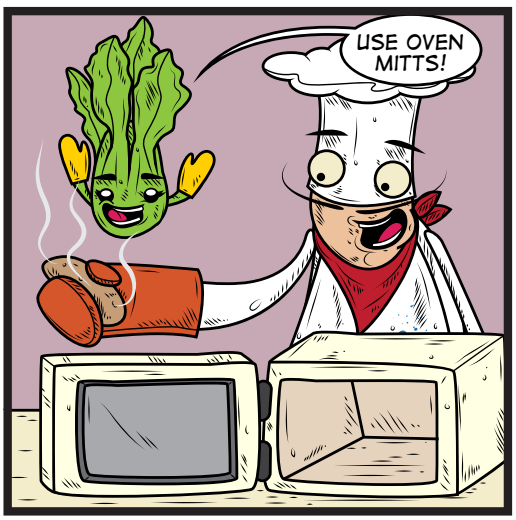
## Shopping List & Notes:




RUB A BIT OF OIL ON THE POTATO AND STAB IT WITH A FORK SEVERAL TIMES.




MICROWAVE FOR 3 MINUTES, TURN, 3 MINUTES.




PREPARE YOUR TOPPINGS WHILE YOU WAIT FOR THE POTATO. TAKE THE HOT POTATO OUT OF THE MICROWAVE. VOILA!

# Ham & Spinach Frittata CHALLENGE

SERVES 1

## Kitchen Skills

Using the oven, pouring and measuring skills

## Equipment

Oven, medium bowl, whisk, grater, oven-safe dish or skillet, serving spoon

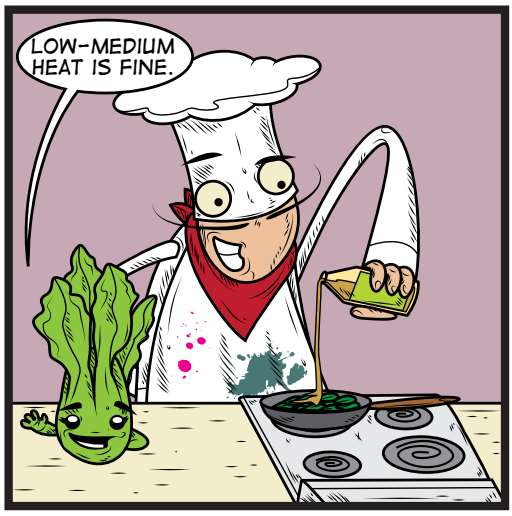
## Ingredients

| | |
|---|---|
| 3 | eggs |
| ¼ cup | cubed or sliced ham |
| 1 tsp | olive oil |
| ½ cup | baby spinach |
| 2 Tbsp | Parmesan cheese |
| dash | black pepper |

## Directions:

1. Heat oven to 450 °F.
2. In a medium bowl, whisk eggs until frothy. Then mix in spinach, ham and Parmesan cheese.
3. Pour into a greased oven-safe skillet or dish.
4. Cook frittata until center is set (about 15 minutes).
5. Serve immediately.

## Shopping List & Notes:




COOK THE SPINACH WITH OIL IN A WARM PAN UNTIL SOFT.


WHISK THE EGGS, ADD THE SPINACH, CHOPPED HAM AND CHEESE.


POUR INTO A SKILLET, TOP WITH SLICED TOMATOES, COOK FOR 15 MINUTES AND VOILA!

# Vegetarian Spaghetti

## CHALLENGE ONE

SERVES 4

### Kitchen Skills

Using the stove top, pouring and measuring skills

### Equipment

Liquid measuring cup, can opener, large pot, colander, oven mitts

### Shopping List & Notes

### Ingredients

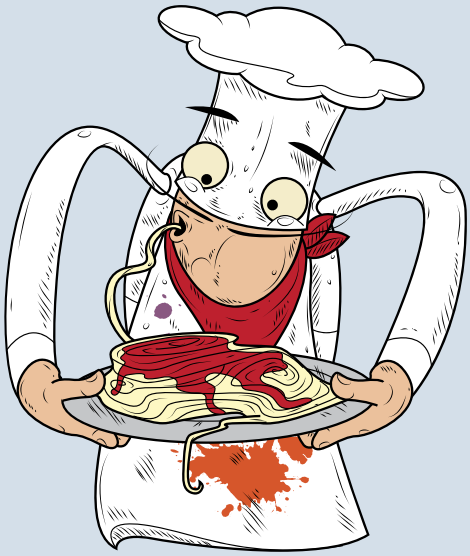
- 300g whole grain spaghetti
- ½ cup pasta sauce
- 400g (14oz) can kidney beans
- ½ cup vegetables

### Directions:

1. Boil 2 cups of water in a large pot over high heat.
2. Add pasta and boil for 10 minutes or until pasta is cooked "al dente" (firm not soft).
3. Add vegetables in the last 3 minutes of boiling (or earlier, if pieces are large).
4. Strain pasta and vegetables in a colander. Return to pot.
5. Drain and rinse kidney beans.
6. Add pasta sauce and kidney beans to pot.
7. Stir all ingredients together.
8. Serve immediately.

### Tip:

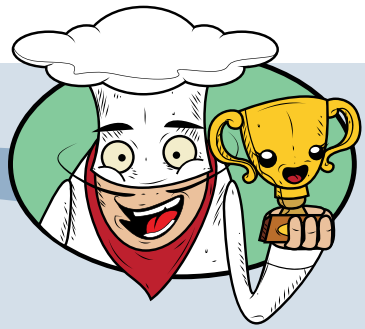
You can also use fresh or canned vegetables.



# One-Pot Spaghetti

## CHALLENGE TWO

SERVES 4



### Kitchen Skills

Using pots and pans, using the stove top

### Equipment

Dry measuring cup, liquid, measuring cup, measuring spoons, large pot, serving spoon, oven mitts

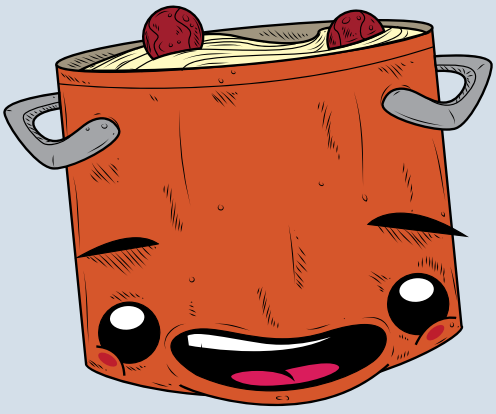
### Ingredients

| | |
|---|---|
| 450g | ground beef (or turkey or pork) |
| 1 | garlic clove, finely chopped (or ½ tsp. garlic powder) |
| 1 can | (15 oz.) unsalted petite diced tomatoes, with liquid |
| 1½ cups | unsalted chicken stock |
| ½ tsp | red pepper flakes |
| ½ tsp | dried oregano |
| 1 cup | whole-grain spaghetti or linguine |
| 2 | handfuls fresh spinach |
| ½ cup | frozen vegetables (or fresh, finely chopped vegetables) |
| ¼ cup | Parmesan cheese, grated |

### Directions:

1. In a large pot, add ground beef, red pepper flakes, oregano. Cook over medium-high until meat is browned.
2. Add spinach, frozen vegetables and garlic. Cook 1-2 minutes.
3. Add can of tomatoes, chicken stock and spaghetti noodles.
4. Cook over medium heat. Stir often for 10-15 minutes or until pasta is cooked.
5. Serve immediately.

### Shopping List & Notes



# Lasagna

## CHALLENGE ONE

### Kitchen Skills

Using the oven, reading labels

### Equipment

Oven mitts

### Ingredients

1 pre-made frozen lasagna

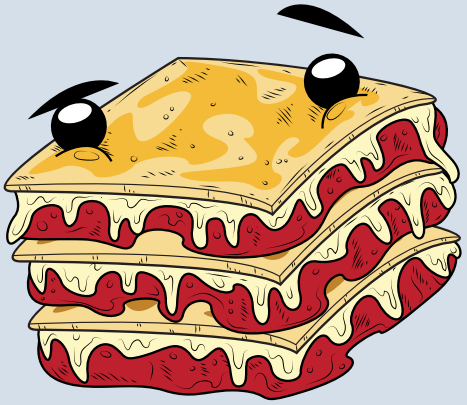
### Directions:

1. Preheat oven as per directions on package
2. Follow the directions on the back of the lasagna for removing packaging and cooking instructions.

### Tips:

1. Compare nutrition labels of frozen lasagnas. Find the one with the lowest sodium and saturated fat content and no trans-fats.
2. Remember to look at the serving size of the two products because they are often different.
3. Serve with vegetables or a salad to complete the meal.

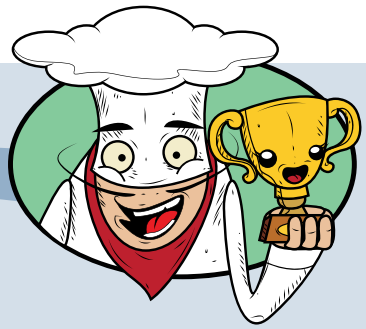
### Shopping List & Notes



# Lasagna

## CHALLENGE TWO

SERVES 8



### Kitchen Skills

Using the oven, using the stove top, using pots and pans, pouring and measuring skills

### Equipment

Aluminum foil, dry measuring cup, liquid measuring cup, measuring spoon, vegetable peeler, 13" x 9" pan, small mixing bowl, oven mitts, serving spoon

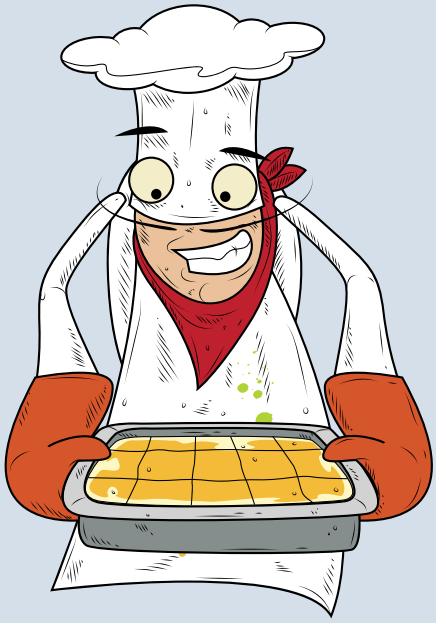
### Shopping List & Notes

### Ingredients

| | |
|---|---|
| 1 tsp | garlic powder |
| 2 cups | tomato sauce |
| 1 tsp | basil |
| 1 tsp | parsley |
| 1 tsp | oregano |
| ½ tsp | pepper |
| 4 Tbsp | grated Parmesan cheese (optional) |
| 1 cup | shredded mozzarella |
| 1 can | (15 oz.) kidney beans |
| 8 sheets | lasagna noodles |
| 1 zucchini | peeled into ribbons |
| 3 ½ cups | spinach |

### Directions:

1. Preheat oven to 350°F
2. In small bowl, mix together tomato sauce and spices (garlic, basil, parsley, oregano and pepper).
3. Peel zucchini into ribbons
4. In a 13" by 9" pan pour ¾ cup of the sauce. Then lay noodles to cover the bottom of the pan.
5. On top of noodles, put a layer of zucchini, then spinach, then kidney beans, then mozzarella. Repeat.
6. Add the remaining sauce and mozzarella. Top with Parmesan.
7. Tightly wrap pan with foil and bake in the oven for 40 minutes or until cheese is melted and golden.
8. Take out of the oven and let stand for 15-20 minutes or until the noodles have fully absorbed the liquid in the pan.



# Butter Chicken

## CHALLENGE ONE

SERVES 6

### Kitchen Skills

Using the stove top, using pots and pans, boiling, pouring and measuring skills

### Equipment

Dry measuring cup, liquid measuring cup, pot with a lid, fork, measuring spoons, can opener, frying pan or skillet, serving spoon, oven mitts

### Ingredients

| | |
|---|---|
| 1 ½ cups | brown rice |
| 2 ¼ cups | water |
| ¼ tsp. | salt |
| 675g | boneless, skinless chicken breast pre-sliced |
| 3 tbsp. | butter |
| ½ tsp. | garlic powder (1 clove of fresh pressed garlic) |
| 3 tbsp. | curry powder |
| 1 | (15 oz.) can tomato sauce |
| 1 ½ cup | milk |
| dash | black pepper |

### Directions:

Rice

1. Add 1 ½ cups rice, 2 ¼ cup water and ¼ teaspoon salt to pot. Bring to a boil over high heat. Cover the pot and lower heat. Simmer for 30 minutes.
2. Take the pot off the burner and let sit for 10 minutes. Then remove lid and fluff rice with a fork.

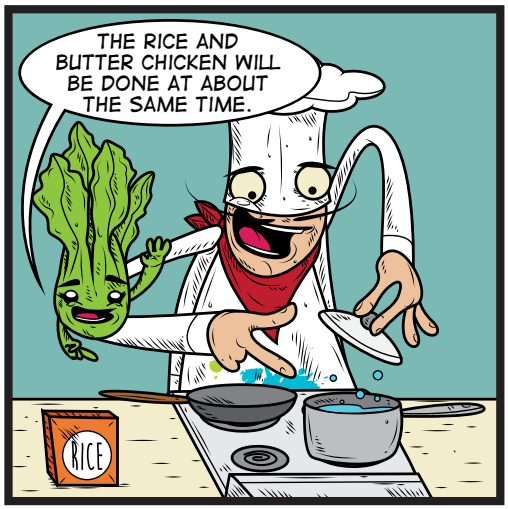
Butter Chicken

1. Preheat pan or skillet over medium-high heat.
2. Melt butter in pan and mix in curry and garlic powder.
3. Add chicken thighs to brown.
4. Pour in tomato sauce and milk.
5. Bring mixture to a boil and then turn down temperature to low for 20 minutes or until sauce thickens and chicken is fully cooked (not pink). Stir often to prevent sauce from sticking to the bottom of the pan.
6. Serve chicken with rice.

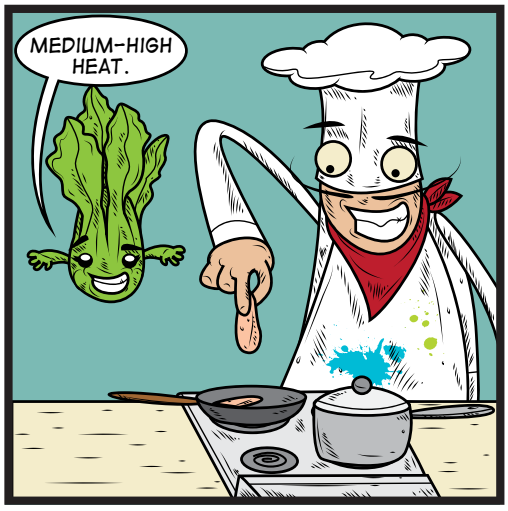
### Tips:

1. To complete the meal, serve with steamed vegetables or add vegetables right into the dish after you brown the meat.
2. You can also use tofu or chickpeas instead of chicken.

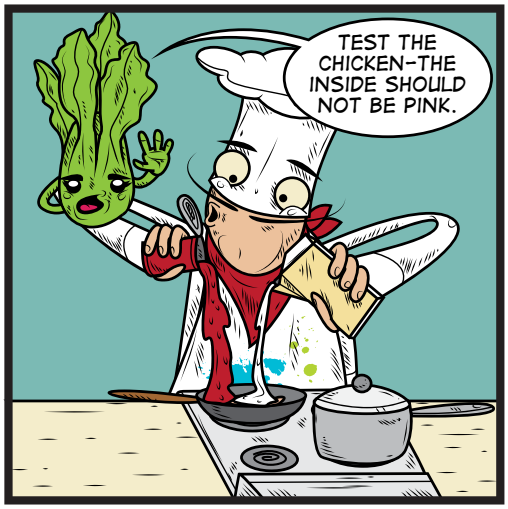
## Shopping List & Notes:




PREPARE YOUR RICE. WHILE IT COOKING YOU CAN WORK ON THE BUTTER CHICKEN.




MELT THE BUTTER IN A PAN, ADD THE CURRY AND GARLIC POWDER. ADD THE CHICKEN. BROWN THE MEAT.




ADD THE TOMATO SAUCE AND MILK. BRING TO BOIL, ON LOW HEAT, COOK FOR 20 MINUTES. SERVE ON RICE. VOILA! A TASTE OF INDIA!

# Butter Chicken with Rice

## CHALLENGE TWO

SERVES 6

### Kitchen Skills

Pouring and measuring skills, using the stove top, boiling, using pots and pans

### Equipment

Measuring spoons, dry measuring cup, knife, cutting board, small mixing bowl, two medium mixing bowls, clean dish towel, rolling pin, 2 large frying pans or skillets (1 with thick bottom)

### Ingredients

Butter Chicken

| | |
|---|---|
| 675g | boneless, skinless chicken breast cut in pieces |
| 3 Tbsp | butter |
| ½ tsp | garlic powder (or 1 clove of fresh pressed garlic) |
| 1 Tbsp | curry powder |
| 1 (15 oz.) | can tomato sauce |
| 1¼ cup | milk |
| | black pepper |

Naan

| | |
|---|---|
| 1 pkg | dry active yeast |
| 2 ts | sugar |
| ¾ cup | water |
| 3 cups | flour |
| ½ tsp | salt |
| ¼ cup | vegetable oil |
| ¼ cup | plain full-fat yogurt |

### Shopping List & Notes

### Tips:

1. To complete the meal, serve with steamed vegetables or add vegetables right into the dish after you brown the meat.
2. You can also use tofu or chickpeas instead of chicken.

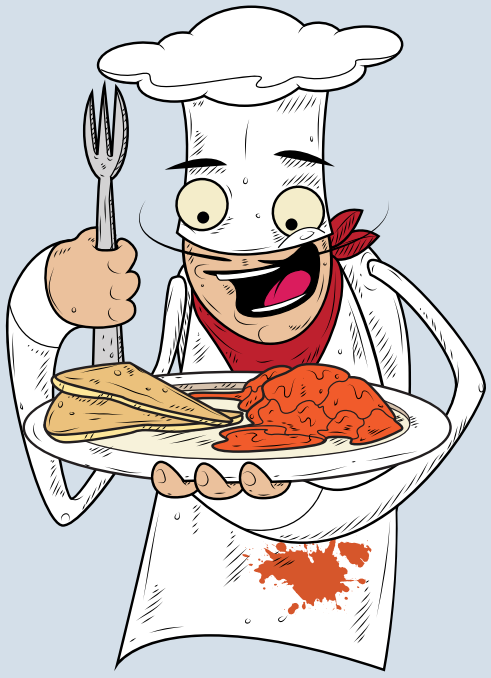
## Directions:

Naan

1. Put yeast, sugar and water in a small bowl. Stir to dissolve and then let sit for a few minutes or until it is frothy on top.
2. Mix in the oil and yogurt.
3. In a medium bowl, combine 1 cup of the flour with the salt.
4. Add the wet ingredients to the flour and salt mixture. Stir until well combined.
5. Continue adding flour in half-cup portions until you can no longer stir the mixture with a spoon.
6. Pat dough into a ball and put on a floured surface. Knead the ball of dough for about 3 minutes, adding flour as necessary to keep it from sticking. The dough should be smooth and very soft but not sticky.
7. Put dough into a greased medium mixing bowl and cover loosely with dish towel. Let dough rise until double in size (about 45 minutes).
8. Gently flatten dough and cut it into 8 equal pieces. Shape each piece into a small ball by stretching the dough back under itself until the top is smooth and round.
9. Spray a large, thick bottomed pan or skillet with non-stick spray. Heat over medium heat.
10. Roll out one ball with rolling pin until about ¼ inch thick or about 6 inches in diameter. Place the rolled out dough onto the hot skillet and cook until the bottom is golden brown and there are large bubbles on the top. Flip the dough and cook the other side until golden brown as well. Repeat for each ball.

Butter Chicken

1. Preheat large pan or skillet over medium-high meat.
2. Melt butter in pan. Mix in curry and garlic powder.
3. Add chicken thighs to brown.
4. Pour in tomato sauce and milk. Bring mixture to a boil and then turn to low for 20 minutes or until sauce thickens and chicken is fully cooked (not pink). Stir often to prevent sauce from sticking to the bottom of pan.
5. Serve with rice.



# Bento Box
## CHALLENGE

SERVES 1

### Kitchen Skills

Using the stove top, using pots and pans, boiling pouring and measuring skills

### Equipment

Dry measuring cup, liquid measuring cup, measuring spoons, rice cooker, medium frying pan or skillet, fork, bento box, dish towel

### Ingredients

Rice

| | |
|---|---|
| ¼ cup | brown rice |
| dash | salt |
| ⅓ cup | water |

Teriyaki Chicken

| | |
|---|---|
| 100g | pre-cut stir-fry chicken |
| ¼ tsp. | pepper |
| 1 tsp. | olive oil |
| 2 tbsp. | teriyaki sauce (low sodium) |

Vegetables

| | |
|---|---|
| ½ cup | stir-fry mix fresh or frozen vegetables |
| 2 tbsp. | Teriyaki sauce (low sodium) |

Fruit

½ cup fruit of your choosing.

### Directions:

Rice

1. Add ¼ cup rice and ⅓ cup water to rice cooker
2. Turn cooker on. When rice is done, the cooker will turn itself off.
3. Let stand for 5 minutes then fluff with a fork.
4. Add rice to bento box

Chicken

1. Preheat frying pan to low-medium heat and add 1 tsp. of olive oil.
2. Add chicken and salt to the pan.
3. When chicken is almost fully cooked (no longer pink in the middle), add 2 tbsp. teriyaki sauce.
4. Add the chicken to the bento box.

### Shopping List

Vegetables

(If using fresh vegetable mix, skip to step 2)

1. Defrost vegetables in the microwave for 1 minute or until completely thawed. (Stir after first 30 seconds). Remove from microwave, drain and dry vegetables thoroughly with paper towel or dish towel.
2. Heat the frying pan you used for chicken to low-medium heat. Add vegetable mix and 2 tbsp. of teriyaki sauce.
3. Cook until vegetables are coated with sauce, soft on the inside and crisp on the outside.
4. Add vegetables to the bento box.

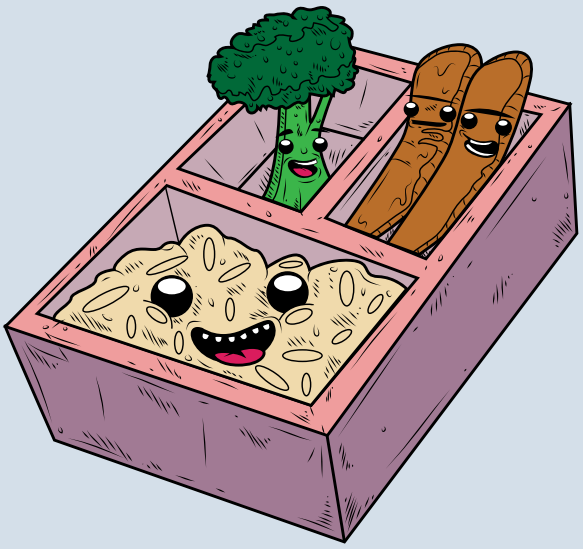
Fruit

1. Chop fruit into bite-sized pieces.
2. Add to bento box.

!!!

Tip:

Once it is cut up, you may want to toss the fruit in a dash of lemon juice to prevent the fruit from browning during the day.



Notes

# Microwave Popcorn
## CHALLENGE ONE
SERVES 1

### Food Skills
Using the microwave, pouring and measuring skills

### Equipment
Brown paper bag, dry measuring cups, measuring spoons

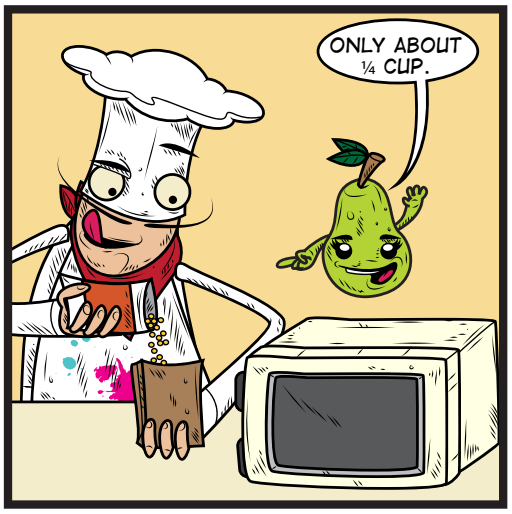
### Ingredients
¼ cup popcorn kernels

*To season, add 1 tsp. of oil or vinegar then 2 tsp. seasoning.

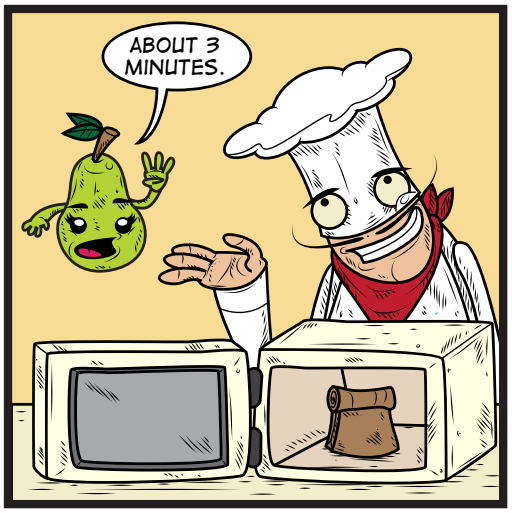
Optional Seasoning
1. Italian seasonings (oregano, fennel, red pepper flakes, marjoram, and basil) with olive oil
2. Curry powder (red or yellow) with melted coconut oil (put coconut oil in microwave in 5 second intervals or heat in small sauce pan)
3. Lemon-pepper and olive oil 4. Garlic powder and olive oil
5. Rosemary, thyme, and sage with olive oil
6. Herbs de Provence and olive oil7. Smoked paprika and olive oil
8. Salt and vinegar
9. Chili powder and vinegar

### Directions:
1. Place ¼ cup popcorn kernels into a brown paper bag.
2. Roll the top of the bag down 3 times over itself.
3. Microwave until popping slows (about 2-3 minutes depending on strength of microwave).

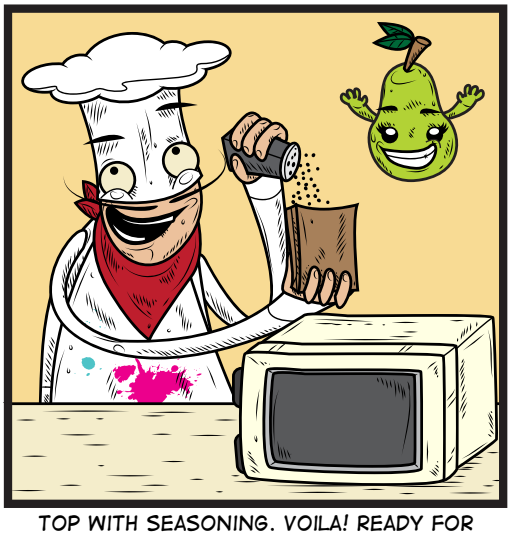
### Shopping List & Notes:



PUT THE KERNELS IN A BROWN BAG.



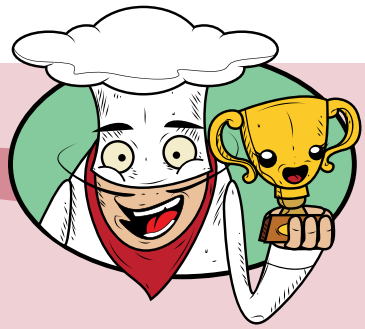
ROLL THE BAG DOWN 3 TIMES. MICROWAVE UNTIL POPPING SLOWS.


TOP WITH SEASONING. VOILA! READY FOR MOVIE NIGHT.

# Stove-Top Popcorn

## CHALLENGE TWO

SERVES 2-3



### Kitchen Skills

Using the stove top, using pots and pans, pouring and measuring skills

### Equipment

Medium pot with lid, oven mitts, dry measuring cups, measuring spoons

### Shopping List & Notes

### Ingredients

¼ cup olive oil
⅔ cup popcorn kernels

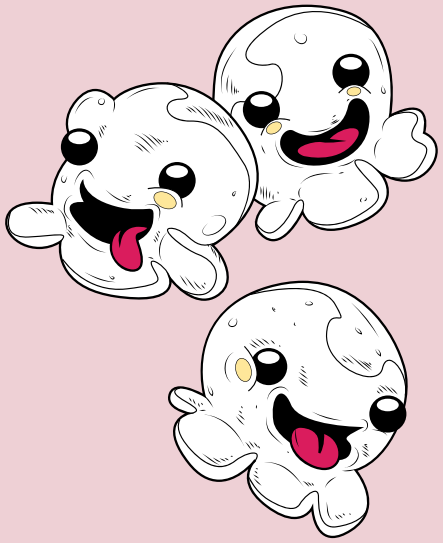
*To season, add 1 tsp. of oil or vinegar then 2 tsp. seasoning.

### Directions:

1. Add olive oil and a few kernels to a pot. Cover with a lid and cook over medium heat on the stove until the kernels pop.
2. Add the popcorn, cover and remove from heat for thirty seconds.
3. Put the covered pot back on the heat and pop the rest of the kernels.
4. Shake the pot often so kernels do not stick to the bottom of the pot. (USE OVEN MITTS)

Optional Seasoning

1. Italian seasonings (oregano, fennel, red pepper flakes, marjoram, and basil) with olive oil
2. Curry powder (red or yellow) with melted coconut oil (put coconut oil in microwave in 5 second intervals or heat in small sauce pan)
3. Lemon-pepper and olive oil 4. Garlic powder and olive oil
5. Rosemary, thyme, and sage with olive oil
6. Herbs de Provence and olive oil7. Smoked paprika and olive oil
8. Salt and vinegar
9. Chili powder and vinegar



# Hummus Challenge

SERVES 1

## Kitchen Skills

Small appliances, pouring and measuring skills

## Equipment

Can opener, colander, food processor, spatula, measuring spoons

## Ingredients

- 1 can (15 oz) chickpeas
- 1 tbsp extra virgin olive oil
- 1 clove garlic, pressed (or ½ tsp. garlic powder)
- 1 Tbsp lemon juice
- 1 ts tahini (can replace with other nut butters)
- fresh dipping vegetables of your choice (optional)
- 1 whole wheat pita (optional)

## Directions:

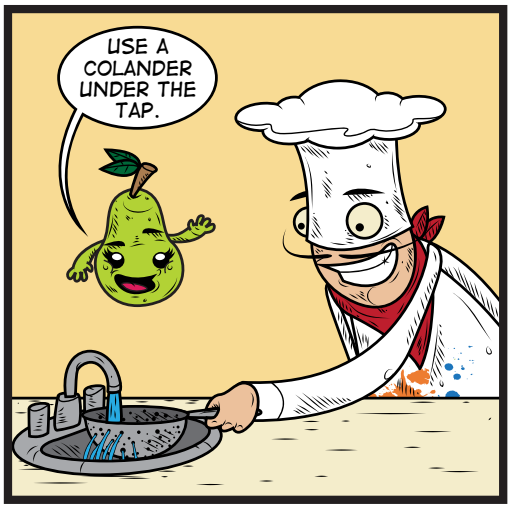
1. Drain and rinse can of chickpeas.
2. Combine all ingredients in a food processor. Mix until smooth. If the dip needs to be thinned out, add water while processing. Use spatula to move ingredients around if needed.
3. Serve with vegetables and/or whole wheat pita bread.

## Tip:

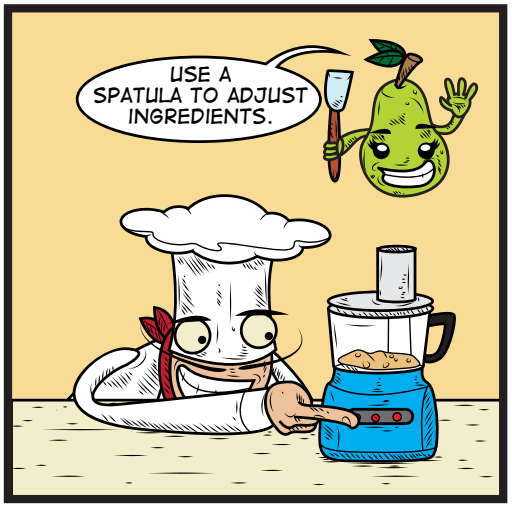
!!!

You can replace tahini with an alternative nut butter, although, it will give the hummus a very different taste.

## Shopping List & Notes:




DRAIN AND RINSE THE CHICKPEAS.




PUT ALL INGREDIENTS INTO THE FOOD PROCESSOR. BLEND UNTIL SMOOTH.

SERVE WITH VEGGIES OR PITA. VOILA! APPETIZER IS SERVED!

# Bean Dip CHALLENGE

SERVES 1

## Kitchen Skills

Pouring and measuring skills, small appliances, measuring spoons

## Equipment

Colander, food processor, spatula, can opener

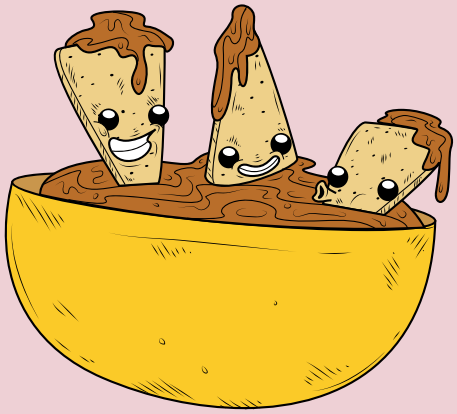
## Ingredients

- 1 can (15 oz) white beans drained and rinsed.
- 1 ½ Tbsp extra virgin olive oil
- 1 clove garlic, pressed (or ½ tsp. garlic powder)
- 1 tsp lemon juice
- 1 ½ tsp chopped fresh rosemary (or ½ tsp. dried)
- fresh dipping vegetables of your choice (optional)
- 1 whole wheat pita (optional)

## Directions:

1. Drain and rinse can of beans.
2. Combine all ingredients in a food processor. Mix until smooth. If the dip needs to be thinner, add some water while processing. Use spatula to move ingredients around in food processor if needed.
3. Serve with vegetables or whole wheat pita bread.

## Shopping List & Notes



## Tip:

Bean dip can also be added to casseroles/sauces to increase the protein content, calories and fibre.

# Baked Apples

## CHALLENGE ONE

SERVES 1

### Kitchen Skills

Sharps and knife skills, using the microwave, pouring and measuring skills

### Equipment

Apple slicer (optional), microwave-safe bowl/plate, measuring spoons, oven mitts

### Ingredients

| | |
|---|---|
| 1 | apple |
| ½ tsp | cinnamon |
| ¼ tsp | nutmeg |

### Directions:

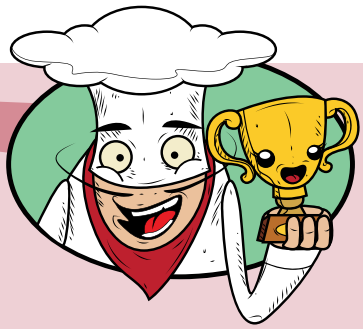
1. Cut apples with apple slicer or use pre-sliced apples.
2. Sprinkle apple slices with cinnamon and nutmeg.
3. Cook in microwave for 2 minutes until soft. Remove from microwave with oven mitts.
4. Serve with nut butter and/or yogurt.

### Shopping List & Notes

# Baked Apples

## CHALLENGE TWO

SERVES 1



### Kitchen Skills

Using the oven, sharps and knife skills, pouring and measuring skills

### Equipment

Baking sheet, parchment paper, knife, cutting board, measuring spoons, oven mitts

### Ingredients

| | |
|---|---|
| 1 | apple |
| ½ tsp. | cinnamon |
| ¼ cup | yogurt and/or nut butter |

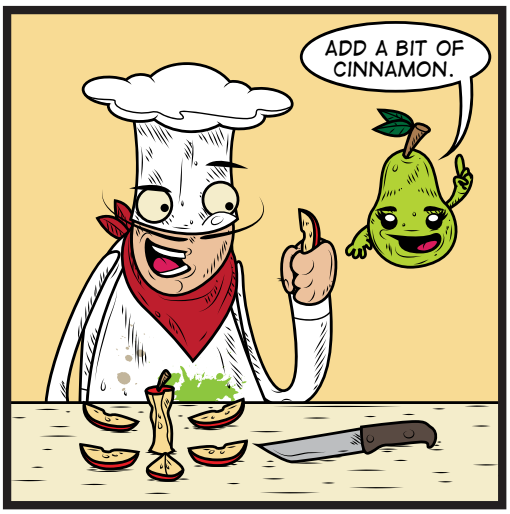
### Directions:

1. Preheat oven to 350°F.
2. Cut apple in half; take out seeds and core of apple. Place on baking sheet.
3. Sprinkle with cinnamon.
4. Bake for about 30 minutes or until tender. Remove baking sheet using oven mitts.
5. Put nut butter or yogurt on top to serve.

### Shopping List & Notes:

### Tip:

You can also garnish the plate with additional cinnamon and/or a cinnamon stick.




CUT AND CORE THE APPLE. PLACE ON THE BAKING SHEET.


BAKE UNTIL TENDER.


TOP WITH NUT BUTTER OR YOGURT AND SERVE! VOILA!

# Granola CHALLENGE

SERVES 12

## Kitchen Skills

Using the oven, using the stove top, using pots and pans, using the microwave, pouring and measuring skills

## Equipment

Medium microwave-safe mixing bowl, small bowl, spatula, parchment paper, baking sheet, dry measuring cups, liquid measuring cups, measuring spoons, fork

## Shopping List & Notes

## Ingredients

| | |
|---|---|
| 3 cups | rolled oats |
| ⅓ cup | honey |
| 2 tbsp. | peanut butter |
| ½ cup | sliced almonds |
| 1 tsp. | vanilla |
| 1 | egg |

## Directions:

1. Preheat oven to 350°F.
2. Mix together honey, peanut butter, oil and vanilla in a pot for the stove or in a bowl for the microwave. Heat mixture, while stirring constantly, until the mixture is thin.
3. Mix in oats until coated in the honey mixture.
4. Beat an egg with a fork in a separate bowl then fold it into the mixture.
5. Transfer granola mixture onto the baking sheet. Press onto sheet to form small bunches or clusters.
6. Bake in oven until granola is golden and crunchy (about 15-20 minutes). Take out with oven mitts and let cool completely before storing or it will lose its crunch.

## Tip:

You can modify this recipe by adding different kinds of nuts or dried fruit.

# Fruit Dip CHALLENGE

SERVES 6

## Kitchen Skills

Pouring and measuring skills, sharps and knife skills

## Equipment

Small mixing bowl, whisk, cutting board, knife, liquid measuring cups, dry measuring cups, measuring spoons

## Ingredients

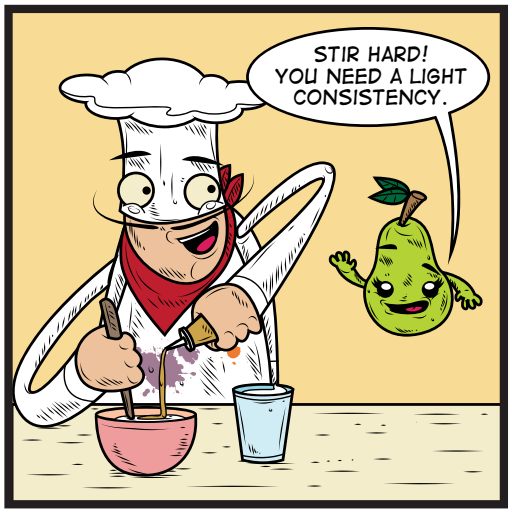
| | |
|---|---|
| 1 cup | plain Greek yogurt |
| 1 ½ tsp. | honey |
| ¼ tsp. | cinnamon |
| 3-6 cups | fresh fruit of your choice |

## Directions:

1. Cut -up all fresh fruit into bite-sized cubes.
2. Whisk or whip honey and Greek yogurt thoroughly until yogurt has a light consistency.
3. Sprinkle cinnamon on-top to serve.

## Shopping List & Notes:


CUT THE FRUIT.




WHISK THE HONEY AND YOGURT.


STIR EVERYTHING TOGETHER, SPRINKLE WITH SPICE. VOILA!

# Vegetable Dip CHALLENGE

SERVES 8

## Kitchen Skills

Pouring and measuring skills, sharps and knife skills

## Equipment

Small mixing bowl, whisk, liquid measuring cup, dry measuring cup, measuring spoons, knife, cutting board

## Ingredients

Dip:

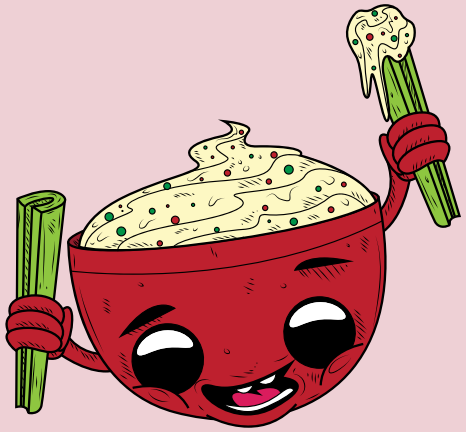
| | |
|---|---|
| 1 cup | plain Greek yogurt |
| 1 tsp | garlic powder |
| 1 tsp | dried parsley |
| 1 tsp | dill |
| 1 tsp | lemon juice |

salt and black pepper to taste.

## Directions:

1. Mix all dip ingredients together in a serving bowl.
2. Serve with cut-up vegetables of choice.

## Shopping List & Notes



# Ham & Cheese Roll-Ups CHALLENGE

SERVES 1

## Kitchen Skills

Pouring and measuring skills

## Equipment

Cutting board, knife, measuring spoons

## Ingredients

| | |
|---|---|
| 1 small | whole wheat wrap |
| 1 Tbsp | cream cheese |
| 1-2 | slices ham |
| 2 | pieces leaf lettuce |

## Directions:

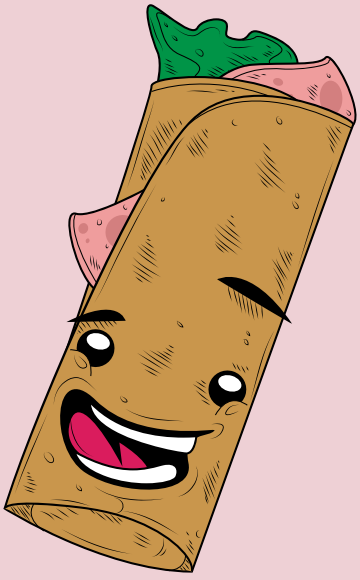
1. Spread a thin layer of cream cheese on wrap.
2. Lay ham and lettuce on the wrap.
3. Roll the wrap up tightly.

## Tip:

!!!

You can also put toothpicks in the rolled-up pieces to help them stay together if you are taking the snack to go.

## Shopping List & Notes



# Peanut Butter & Banana on Rice Cakes CHALLENGE

SERVES 1

## Kitchen Skills

Pouring and measuring skills, sharps and knife skills

## Equipment

Cutting board, dinner knife or spoon, measuring spoons

## Ingredients

| | |
|---|---|
| 2 | plain rice cakes |
| 1 Tbsp | natural peanut butter |
| 1 | banana |
| ¼ tsp. | cinnamon (optional) |

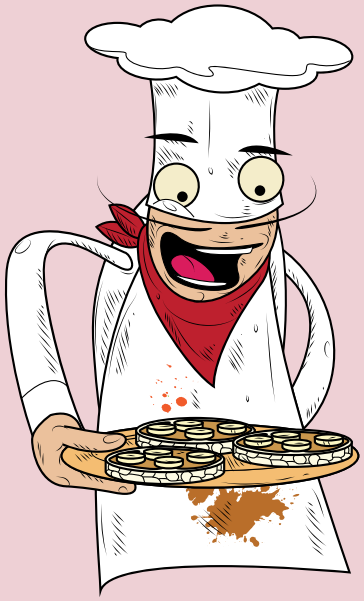
## Directions:

1. Spread a thin layer of peanut butter on the rice cakes with a spoon.
2. Slice banana into coins (with a knife or spoon).
3. Place the banana pieces evenly on rice cakes.
4. Sprinkle with cinnamon (optional).

## Tip:

Try to use peanut butter with "peanuts" as the only ingredient

## Shopping List & Notes



# Classic Chocolate Chip Cookies CHALLENGE

SERVES 24

## Kitchen Skills

Using the oven, pouring and measuring skills

## Equipment

Large mixing bowl, electric mixer, medium mixing bowl, parchment paper, baking sheet, measuring spoons, dry measuring cup, liquid measuring cup, oven mitts, wire racks

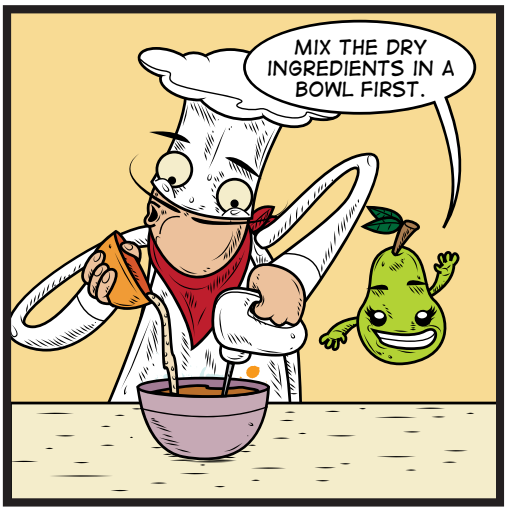
## Ingredients

| | |
|---|---|
| 1 cup | unsalted butter |
| 1 ⅓ cup | brown sugar |
| 2 | eggs |
| 2 cups | all-purpose flour |
| ½ tsp. | baking soda |
| ¼ tsp. | salt |
| ⅓ cup | cornstarch |
| 1 cup | chocolate chips |
| 1 tsp. | vanilla |

## Directions:

1. Preheat the oven to 350°F.
2. Mix the butter and sugar together; add eggs and beat well.
3. In a separate bowl, combine the dry ingredients (flour, baking soda, salt, corn starch) together.
4. Add the dry ingredients to the egg, butter and sugar mixture while constantly beating with electric mixer.
5. Mix in chocolate chips and vanilla with a spoon.
6. Place spoonfuls of the mixture on a greased baking sheet (or use parchment paper instead of greasing).
7. Bake for 10 to 15 minutes or until browned. Remove baking sheet using oven mitts.
8. Transfer to wire racks to cool completely.


MIX THE BUTTER, SUGAR AND EGGS.




ADD THE DRY INGREDIENTS TO THE WET MIXTURE. BEAT! STIR IN THE CHOCOLATE AND VANILLA.


SPOON THE MIXTURE ONTO THE PAN. BAKE FOR 10–15 MINUTES. VOILA!

## Acknowledgements

This resource was developed by staff on the Adolescent Psychiatric Inpatient Unit at BC Children's Hospital. We wish to thank all of our patients and their families for their valuable contribution to this project.

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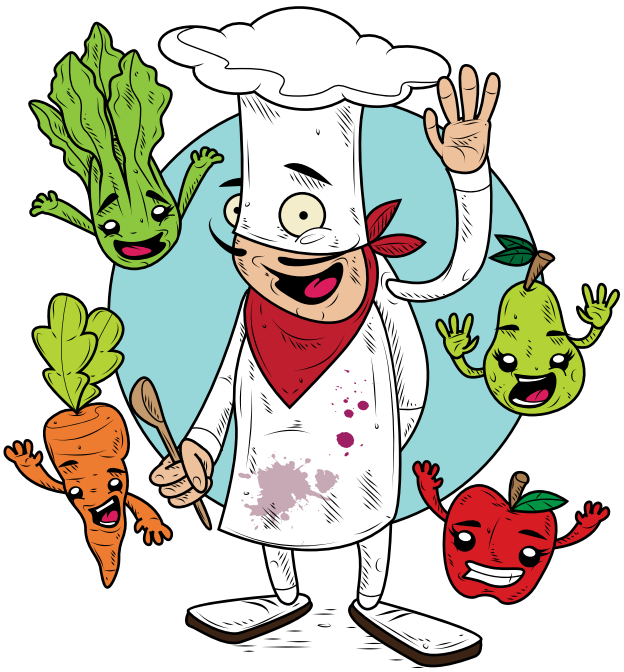

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