A photograph of three diverse students in a school cafeteria. They are standing behind a counter with blue trays of food. The student on the left is a young man with brown hair wearing a striped shirt. The student in the middle is a young woman with blonde hair wearing a brown sweater. The student on the right is a young woman with dark hair wearing a purple sweater. They are all smiling and looking towards the camera. The trays contain various items like rice, meat, vegetables, and fruit. A carton of milk is also visible on the tray in the foreground.

**Tips and
Recipes for
Quantity
Cooking:
Nourishing
Minds and
Bodies**

Tips and Recipes for Quantity Cooking: Nourishing Minds and Bodies has been created to assist people who prepare food for sale to students – such as food services staff, chef instructors, caterers, school teams, students, Parent Advisory Councils and others – in implementing the *Guidelines for Food and Beverage Sales in BC Schools*. It includes tips on how to choose healthy recipes, substitutions to make favourite recipes healthier and a selection of recipes that meet the *Guidelines*.

The *Guidelines* were developed to support a healthy school environment – making healthy choices the easy choices – and apply to all foods and beverages sold to students. They divide items into categories based on nutrient criteria. Only Choose Most and Choose Sometimes foods and beverages may be sold to students.

Remember to consider food and nutrition policies in place at your school (e.g. food allergies) when using the tips and recipes in this book.

Why provide healthy foods in school food services?

Healthy students learn better.

Research shows that well-nourished children learn better, behave better and feel better.

To support classroom learning.

Offering healthy foods supports healthy lifestyle choices, which in turn reinforce curricula such as Health and Career Education, Foods and Nutrition and Physical Education.

For a healthy school environment.

Preparing and offering healthy foods shows a commitment to promoting healthy behaviours among students, staff, families and the community at large. Schools that put health first discover that they are also supporting learning and development in students, a sense of community, and social inclusion.

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Meeting the *Guidelines* – where to begin

Start with *Canada's Food Guide!*

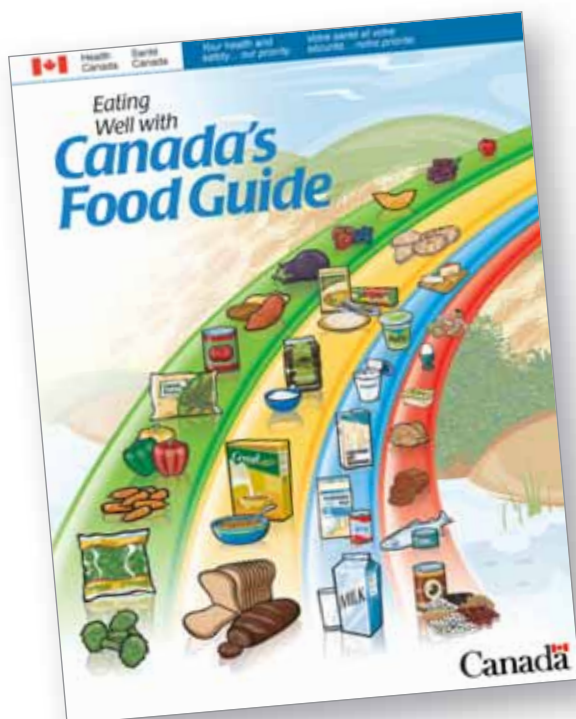
The *Guidelines* are based on *Eating Well with Canada's Food Guide* (2007). Use the recommendations in the *Food Guide* to plan menus and prepare meals. This is the most important step in implementing the *Guidelines*.

For information on school meal program planning, see the *School Meal and School Nutrition Program Handbook* at www.bced.gov.bc.ca/health/ (available fall 2009).

The *Food Guide* divides foods into four food groups:

- Vegetables and Fruit
 - Grain Products
 - Milk and Alternatives
 - Meat and Alternatives
- Plan lunch and dinner to include items from all four food groups and breakfast to include items from at least three. Plan snacks to include foods from at least two of the four food groups.
 - Serve moderate portions that will suit many appetites – large enough to satisfy hungry kids, but not so large that they encourage overeating and/or result in a lot of waste. Students with higher energy needs may choose to add a side dish to satisfy their bigger appetites.

Cafeterias stock some packaged and ready-to-serve foods for sale too. To find out if they are Choose Most or Choose Sometimes, use the Brand Name Food List at www.brandnamefoodlist.ca and/or the Criteria Chart for Food and Beverage Sales Guidelines at www.bced.gov.bc.ca/health/healthy_eating/food_guidelines/resources.htm



Eating Well with Canada's Food Guide is available from Health Canada. Go to www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php or call 1-866-225-0709.

Emphasize

- **Vegetables and fruit**
- **Whole grains and products**
(brown rice, rolled oats, whole grain breads, whole grain cereals)
- **Legumes** (dried beans, peas, lentils)
- **Fish**
- **Calcium-rich foods** (low-fat milk, yogurt, low-fat fortified soy beverage, canned salmon and sardines)
- **Unsaturated fats**
(from vegetable oils, nuts, seeds)
- **Lean meat and poultry**
- **Water to drink**

Limit

- **Saturated fats** (in butter, ghee, lard, coconut oil, palm kernel and palm oils, deli meats, bacon, and sausages)
- **Trans fats** (in partially-hydrogenated margarine, shortening and oils and in products that contain these fats, such as baked goods, fried foods and processed foods)
- **Salt** (in processed foods, added in cooking and at the table)
- **Sugar** (in sugary drinks, juice, baked goods, many dry breakfast cereals, candies)
- **Refined grains** (white flour, white rice, white pasta, many dry breakfast cereals, cream of wheat)

Menu Planning Tips:

- Use fresh foods simply prepared rather than highly processed and ready-to-serve products.
- Include a serving of at least one vegetable in the entrée and promote sides of vegetables and/or fruit.
- Include at least one fresh fruit or fruit-based item in dessert offerings.
- Make low-fat milk and/or low-fat fortified soy beverage available at all times.
- Offer meat alternatives – such as beans, lentils, and tofu – often.
- Offer fish, not battered or fried, at least once a week
- Plan a seasonal menu and use BC products as often as possible.
- Limit the number and types of condiments offered to two.
- Take regular tea and coffee off the student menu.
- Do not use artificial sweeteners in elementary and middle schools. Artificial sweeteners are generally discouraged for use by all students except those with diabetes.
- Follow allergy policies or guidelines in place at your school.

See *Allergy Aware School and Childcare Settings* at www.bcsta.org/anaphylaxis



Vegetables and Fruit

Feature vegetables and fruit prominently in menu planning – they should take up the most space on the plate. A healthy eating pattern is one that is rich in plant foods.

Offer vegetables and/or fruit at all meals and snacks

- Include at least one serving of vegetables in the entrée, and promote sides of vegetables and/or fruit.
- Include at least one fresh fruit or fruit-based item in dessert offerings.

Maximize nutrition and flavour; add little or no fat, sugar, and salt when preparing vegetables and fruit

- Serve in-season vegetables and fruit, simply prepared.
- Retain fibre by washing but not peeling thin-skinned vegetables such as new carrots and potatoes.
- Steam or boil vegetables rather than fry. Use herbs, spices, flavoured vinegars or lemon juice instead of adding fat or salt.
- Use frozen or canned vegetables and fruit when fresh are not available. Use no added salt or reduced-sodium canned vegetables, and fruit canned in its own juice or water.
- Bake, boil, or mash potatoes. Add buttermilk instead of cream, sour cream or butter to mashed potatoes.

- Stir-fry using only small amounts of oil and salty sauces, or use reduced-sodium sauces (e.g., soy sauce, hoisin sauce, fish sauce).

Offer dark green and orange vegetables often

- Give preference to deeply coloured greens over lightly coloured. Try spinach or romaine lettuce instead of iceberg lettuce in a salad. Serve orange vegetables such as carrots, squash and yams; use them or canned pumpkin purée to make soup.

Offer vegetables and fruit more often than juice

- Make juice portions small – not more than 360 mL in secondary schools, and 250 mL in elementary schools.



Grain Products

Use whole grain products often to boost fibre and nutrients. Introduce grains in salads and soups, which are popular lunch items.

Offer whole grain products rather than refined grain products at least half of the time

- Use a variety of grains, such as cereals, rice, pasta, couscous, quinoa, bulgur and millet. Try brown or wild rice in recipes that call for white, and whole grains in soups and salads.
- Read labels and favour grain products that provide at least 2 g of fibre per serving. Try whole wheat pasta instead of white pasta.

Prepare grain products with little or no added fat, sugar, and salt

- Use water, homemade stock or milk to cook grain products. If commercial stock is used, choose reduced-sodium.
- Serve pasta with reduced-sodium sauce made with low-fat ingredients.

*Offer cereals that are a high source of fibre. Students will find hot cereals more appealing if a selection of toppings are offered, e.g., dried fruit, seeds, nuts and yogurt. Check www.brandnamefoodlist.ca for cereals and yogurt that meet the **Choose Most** and **Choose Sometimes** categories.*

Cooking Common Grains

The amount of time and the amount of liquid required to cook grains varies depending on the type and size of the grain, as does the yield of the cooked grain. The table below is a guideline only. When in doubt, check the package directions.

Grain (250 mL)	Water or broth	Cooking time	Yield
Brown rice	500 mL	45 minutes	750 mL
Wild rice	750 mL	60 minutes	1 L
Millet	750 mL	25 minutes	875 mL
Pearl barley	750 mL	35 minutes	875 mL
Pot barley	750 mL	60 minutes+	875 mL
Quinoa	500 mL	15 minutes	625 mL
Kamut or wheat berries	500 mL	60 minutes	750 mL

To cook, combine grain and liquid in a large pot with a tight-fitting lid; bring to a boil. Reduce heat and simmer, covered, for the suggested cooking time or until liquid is absorbed. Fluff with a fork.

Recipe reprinted from *Simply Great Food: 250 quick, easy & delicious recipes* © 2007 with permission of Dietitians of Canada. Published by Robert Rose Inc. www.dietitians.ca

Popcorn is a popular snack food often sold at fundraising events. For 10 servings, make 10 L of air popped popcorn and add 60 mL (or less to taste) melted margarine, non-hydrogenated. Sprinkle lightly with salt, 6 mL (or less to taste).

Milk and Alternatives

Make milk and alternatives available at all times.

Shakes and smoothies are popular with students and can pack a nutritious punch.



Choose low-fat milk and milk products (skim, 1%, 2%) and lower fat alternatives to milk

- Include plain and flavoured milk, yogourt drinks, fortified soy beverages, shakes and smoothies.
- Offer yogourt in breakfast bars, as a topping for soups and burritos, and as a base for salad dressings and spreads.
- Boost protein and calcium by adding skim milk powder to casseroles, soups and baked goods such as muffins.
- Add small amounts of shredded cheese to pizzas, pastas, casseroles, sandwiches, etc.

Limit added sugar and ingredients high in sugar

- Sweeten shakes and smoothies with fresh, canned (no added sugar), or frozen fruit rather than juice, sugar or honey.



Meat and Alternatives

Make quality rather than quantity count! Choose products that are high in nutrients, low in fat and salt.

Serve alternatives such as beans, lentils, and tofu at least twice a week

- Replace all the meat, or some of it, with legumes or tofu in recipes such as chili, pasta sauce, shepherd's pie, curry, stir-fry, casseroles, fajitas, tacos and burritos.
- Serve bean salads and soups.
- Try burgers made with lentils or other beans.

Serve fish at least once a week

- Use salmon or tuna to make sandwiches, burgers or chowders.
- Make fish cakes by mixing canned fish with potatoes.
- Use fresh or frozen fish that has not been breaded, battered or deep-fried.

Select lean meats and alternatives prepared with little or no added fat and salt

- Use lean meats and low-fat cooking methods. Choose roasting, steaming or grilling over frying. Do not deep-fry.
- Replace deli meats with unprocessed meats such as roast beef, pork, lamb, turkey or chicken.
- Remove the skin and fat from poultry before cooking. Choose lean cuts of beef and pork, such as "loin" or "round". Reduce the amount of fat in meat by trimming visible fat before cooking, draining fat off meat after cooking and removing the solid fat from the surface after cooked meat has been refrigerated.

- Make breading with toasted whole wheat bread crumbs or crushed whole grain cereal flakes and bake rather than fry.
- Rinse canned beans and lentils or use dried legumes instead.
- Use herbs and fresh salsas instead of salt to flavour fish, meat and poultry.
- Bake, boil, poach or steam eggs instead of frying them.

Cook dried beans and lentils in large quantities (recipe page 8). Portion leftovers and freeze for future use. Dried beans and lentils are low in sodium, inexpensive, and result in less waste than canned.



Cooking Dried Beans

Soaking

All dried beans need to be soaked before they are cooked to replace the water lost in drying. A general rule is to use 750 mL water for every 250 mL beans. After soaking, discard soaking water, rinse and replace with fresh water before cooking (this helps cut down on the substance that causes gas). Note that while dried lentils are classified as a legume, they don't need to be presoaked.

- **Overnight Soak:** Let beans and water stand overnight in refrigerator. Drain. (Beans soaked using this method cook more quickly and keep their shape better).
- **Quick Soak:** In a large saucepan, bring water and beans to a boil; cover and boil for 2 minutes. Remove from heat and let stand for 1 hour. Drain.
- **Microwave Soak:** In a microwave-safe casserole dish, combine hot water and beans. Cover and microwave on High for 15 minutes or until boiling. Let stand for 1 hour. Drain.

Cooking

To cook soaked beans, use 750 mL water for every 250 mL soaked beans and follow one of the methods below. The longer you store beans, the more they dry out and the longer you need to cook them. Never add salt or seasoning until the beans are tender; otherwise, the skin will toughen and they will never soften.

- **Stovetop Cooking:** In a large saucepan, combine water and soaked beans. Cover and bring to a full, rolling boil. Reduce heat and simmer for 45 to 60 minutes or until fork tender.
- **Microwave Cooking:** In a microwave-safe casserole dish, combine water and soaked beans. Cover and microwave on High for 10 to 15 minutes or until boiling. Stir and microwave on Medium (50%) for 15 minutes. Stir again and microwave on Medium (50%) for 10 to 20 minutes or until fork-tender.

Recipe reprinted from *Simply Great Food: 250 quick, easy & delicious recipes*
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Plan seasonally, buy close to home

Make the choice for healthy foods, a healthy environment and a healthy economy by supporting producers at home. Buy local and BC as often as possible.

Start small

- If you are not buying local already, start small and begin by replacing even one imported item a month with something local.
- Support grocers, farmers and suppliers that offer local food.
- Start or expand a school garden.

Preserve the bounty

- Take advantage of the abundance of produce available in BC in the late summer and early fall.
- Make preserving food a learning opportunity for students – drying, freezing and even canning are becoming more popular in the food service industry.

Learn what's in season

Increase variety, a cornerstone of healthy eating, by planning a seasonal menu.

Availability Chart of BC Grown Vegetables and Fruit

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Vegetables												
Beans												
Beets												
Broccoli												
Brussels Sprouts												
Cabbage												
Carrots												
Cauliflower												
Celery												
Corn												
Cucumbers												
Leeks												
Lettuce												
Onions												
Parsnips												
Peppers												
Potatoes												
Radishes												
Rhubarb												
Rutabagas												
Spinach												
Turnips												
Zucchini												
Fruit												
Apples												
Blackberries												
Blueberries												
Cherries												
Currants												
Gooseberries												
Pears												
Plums												
Prunes												
Raspberries												
Saskatoon Berries												
Strawberries												

Adapted with permission from: Action Schools! BC (www.actionschoolsbc.ca). (2008) Availability Chart of BC Grown Vegetables and Fruit.

Sensational Substitutions – Cooking

Improve the nutritional value and lower the amount of fat, sugar, and salt

To	Instead of	Try
Use less fat	Frying	<ul style="list-style-type: none"> • Grilling, baking, roasting, broiling, or poaching
	Butter, margarine, or oil in the amount called for	<ul style="list-style-type: none"> • Less than the recipe calls for • Replacing with cooking spray, water, or broth, or using a non-stick frying pan
	Fatty cuts of beef, pork, lamb, or sausage	<ul style="list-style-type: none"> • Lean cuts of meat such as “loin” or “round”, and trimming visible fat • Extra-lean ground meat, or draining off fat after browning lean or regular • Fish, dried peas, beans, or lentils
	Cooking poultry with skin on	<ul style="list-style-type: none"> • Removing the skin and excess fat and cooking in a moist medium, e.g., reduced-sodium broth • Adding colour with paprika, herbs, or tomato sauce
	Large portions of meat, poultry, or fish	<ul style="list-style-type: none"> • Mixed dishes with smaller portions of meat, such as casseroles, stir-fry, stews, salads, and pasta • Emphasizing vegetables, fruit, and grains
	Ground beef or pork in hamburgers, meatloaf, meat balls, etc.	<ul style="list-style-type: none"> • Replacing 25 to 50% of the meat in the recipe with cooked beans, brown rice, crumbled soft or medium tofu, or whole grain bread crumbs
	Browning meat in oil or other fat for a stew or sauce	<ul style="list-style-type: none"> • Adding it raw and cooking until tender in the liquid, or browning in a non-stick skillet or one that has been sprayed with a non-stick cooking spray
	Canned fish packed in oil	<ul style="list-style-type: none"> • Canned fish packed in water, or rinsing if packed in oil
	Whole milk or half and half	<ul style="list-style-type: none"> • Skim, 1% or 2% milk, evaporated low-fat or skim milk, fortified milk (one part skim milk powder to four parts low-fat or skim milk), or plain low-fat calcium fortified soy milk
	Cream	<ul style="list-style-type: none"> • Skim, 1% or 2% milk, or evaporated milk or equal parts of low-fat milk and evaporated milk • Fortified milk (one part skim milk powder to four parts low-fat or skim milk) • Low-fat sour cream • Buttermilk • Puréed potatoes, carrots, or tofu as thickeners in soups
	Full-fat hard cheese in amount called for	<ul style="list-style-type: none"> • Slicing or shredding and using less than called for • Reduced fat cheese (less than 20% milk fat) • Grating firm tofu and replace part of the cheese in pizza, lasagna, and casseroles
	Full-fat cream cheese	<ul style="list-style-type: none"> • Fat-free or low-fat cream cheese, yogourt cheese, or cottage cheese puréed until smooth
	Full-fat sour cream	<ul style="list-style-type: none"> • Replacing all or part with fat-free or low-fat sour cream, cottage cheese, part-skim ricotta, yogourt cheese, or plain yogourt (250 mL yogourt blended with 15 mL cornstarch if it will be cooked)

To	Instead of	Try
Use less fat	Whipping cream	<ul style="list-style-type: none"> Whipping well-chilled, evaporated skim milk
	Mayonnaise	<ul style="list-style-type: none"> Replacing up to 100% with plain low-fat yogourt; part skim ricotta cheese; blended tofu; blended low-fat cottage cheese; low-fat sour cream; or reduced-calorie, reduced-fat mayonnaise
	Oil-based marinades	<ul style="list-style-type: none"> A combination of dealcoholized wine, balsamic vinegar, fruit juice, or fat-free broth
	Salad dressing with a high ratio of oil (or mayonnaise) to vinegar	<ul style="list-style-type: none"> Replacing up to 50% of the oil called for with balsamic, raspberry, rice, or sherry vinegar; fruit juice; tomato juice; buttermilk; plain yogourt; soft cheese or puréed vegetables Fat-free or reduced-calorie, reduced-sodium commercial dressing
	Using stock or broth immediately after cooking	<ul style="list-style-type: none"> Making ahead, degreasing, chilling, and skimming hardened fat
	High-fat baked goods	<ul style="list-style-type: none"> Using the suggestions in <i>Sensational Substitutions – Baking</i> on page 12
Use less sugar	Fruit canned in syrup	<ul style="list-style-type: none"> Fresh fruit or fruit canned in its own juice or water
	Fruit yogourt	<ul style="list-style-type: none"> Plain yogourt mixed with fresh fruit or canned fruit (drained)
	Syrup	<ul style="list-style-type: none"> Puréed fruit or small amounts of syrup
	High-sugar baked goods	<ul style="list-style-type: none"> Using the suggestions in <i>Sensational Substitutions – Baking</i> on page 12
Use less sodium	Canned broth	<ul style="list-style-type: none"> Homemade stock, or commercial reduced-sodium or salt-free stock, or bouillon in soups, gravies, sauces, dressings, etc.
	Regular canned foods	<ul style="list-style-type: none"> Foods canned in water, preferably with no salt added Reduced-sodium products Draining and rinsing canned foods Using fresh foods as much as possible
	Processed, cured, or smoked meats	<ul style="list-style-type: none"> Fresh or frozen meat or poultry cooked without salt or high-sodium ingredients Small amounts of salty meats, served with larger amounts of vegetables and fruit, grains or grain products
	Salted snack foods	<ul style="list-style-type: none"> Unsalted or lightly salted products such as nuts, seeds, crackers, popcorn or pretzels Dried fruit Emphasizing vegetables and fruit
	Instant packaged foods, especially with salty powder or sauce packets	<ul style="list-style-type: none"> Preparing product from scratch using fresh ingredients Using only a small amount of the prepared powder or sauce
	Commercial condiments	<ul style="list-style-type: none"> Homemade herb and spice mixtures Chopped or sliced vegetables or fruit instead of pickles Homemade chunky fruit or vegetable sauces like salsa, chutney or relish Small amounts of condiments such as ketchup, soy sauce, commercial salad dressings and salsas, pickles, etc. Substituting reduced-sodium products

Sensational Substitutions – Baking

Improve the nutritional value and lower the amount of fat, sugar, and salt

To	Instead of	Try
Boost fibre	250 mL white flour	<ul style="list-style-type: none"> • 125 mL white flour plus 125 mL whole wheat or whole grain flour • 175 mL white flour plus 50 mL ground flaxseed • Adding wheat bran or oatmeal to breads and muffins
Use less fat	125 mL fat e.g., oil, margarine, or butter	<ul style="list-style-type: none"> • 50 mL mashed fruit plus 50 mL fat; use applesauce, apple butter, mashed banana, puréed prunes, or puréed pumpkin (using mashed fruit may reduce the baking time by 25%)
	250 mL fat e.g., oil, margarine, or butter	<ul style="list-style-type: none"> • 150 to 175 mL fat
	250 mL solid fat e.g., margarine, butter, or shortening in yeast breads	<ul style="list-style-type: none"> • 175 mL ricotta cheese plus 50 mL solid fat
	Double-crust pies	<ul style="list-style-type: none"> • Single-crust pies, pies with graham cracker crumb crusts, fruit cobblers with crumb topping or phyllo pastry (15 mL fat to 3 sheets of phyllo)
	Whole milk	<ul style="list-style-type: none"> • Skim, 1%, or evaporated skim milk, or plain low-fat calcium fortified soy beverage
	Cream	<ul style="list-style-type: none"> • Milk, low-fat evaporated milk, or low-fat sour cream
Use less salt	Using the amount called for	<ul style="list-style-type: none"> • Omitting the salt or using less
Use less sugar	250 mL sugar	<ul style="list-style-type: none"> • 150 to 175 mL sugar; add cinnamon, vanilla, or almond extract
	250 mL chocolate chips	<ul style="list-style-type: none"> • 125 mL mini chocolate chips; 125 to 250 mL chopped nuts or chopped dried fruits such as cranberries, raisins, apricots or cherries (or a combination)
	Fruit canned in syrup	<ul style="list-style-type: none"> • Fruit canned in its own juice or water, or fresh fruit
	Fruit yogourt	<ul style="list-style-type: none"> • Plain yogourt mixed with fresh fruit
	Frosting or icing	<ul style="list-style-type: none"> • Sliced fresh fruit, puréed fruit, or light dusting of powdered or icing sugar
Boost iron	125 mL fat e.g., oil, margarine, or butter	<ul style="list-style-type: none"> • 50 mL fat plus 50 mL pumpkin purée • Adding raisins, dried apricots, pumpkin or sesame seeds, nuts, oatmeal, wheat germ
	375 mL sugar in breads, muffins, cookies	<ul style="list-style-type: none"> • 250 mL molasses and 175 mL sugar; add 2 mL of baking soda for each 250 mL molasses; omit baking powder or use half the amount. Molasses should not replace more than half of the sugar called for in a recipe.

Primer on Fat, Sugar, and Salt

Fats and Oils

Both the type and amount of fat used is important.

Fat is described as:

- **saturated**, e.g., animal fats such as butter or lard, and vegetable oils that are solid at room temperature, like coconut and palm oils
- **trans**, e.g. partially-hydrogenated oils and margarine and shortening made with these oils
- **unsaturated (polyunsaturated and monounsaturated)**, e.g., vegetable oils that are liquid at room temperature like canola and olive oils

Choose mostly unsaturated fats such as vegetable oils, and the type of fat found in nuts, seeds and fatty fish. Limit saturated and trans fat.

Limit high-fat ingredients and use little or no added fat when preparing and serving foods

- Choose lean meats, such as “loin” or “round” cuts and remove skin from poultry.
- Avoid processed meats such as bologna, wieners, bacon, sausage and pepperoni.
- Choose low-fat dairy products such as skim, 1%, or 2% milk and yogourt, and cheeses with less than 20% milk fat.
- Limit the use of gravy, sour cream, table cream and whipping cream.
- Choose low-fat cooking methods such as boiling, baking, broiling or grilling rather than frying. Avoid deep-frying.

Use fats and oils that are primarily unsaturated, and limit saturated and trans fats

- Use vegetable oils such as those made from canola, olives, corn, safflower, peanuts and soybeans.
- Choose margarine, shortening and vegetable oil that does not contain the words ‘hydrogenated’ or ‘partially hydrogenated’ in the ingredient list.
- Substitute non-hydrogenated margarine or vegetable oil for butter, lard or beef tallow.

Sugar

Choose foods and beverages that are lower in sugar

- Choose vegetables and fruit more often than juice.
- Limit foods that are high in added sugar such as cakes, candies, chocolate, cookies, doughnuts, ice cream, muffins, pastries, pies, energy drinks, fruit-flavoured drinks, soft drinks, sports drinks and hot chocolate syrups.

A small amount of sugar added to some nutritious foods makes them palatable

Rhubarb, for example, is a hard sell without some sugar added! Use added sugar to sweeten nutritious foods but limit high-sugar foods and beverages that add calories but not nutrients, such as candies, baked goods and sugary drinks. Be cautious with 100% fruit juice. The sugar content is high because the juice has all the natural sugar that was in the fruit used to make the juice.

Salt

Choose foods and beverages that are lower in salt, and prepare foods with little or no added salt

- Choose fresh, simply prepared foods as often as possible.
- Limit packaged, processed, and ready-to-serve foods such as snack foods, processed luncheon meats, regular canned and dried soups, frozen meals, cheese, gravies, dressings and sauces.
- Use no added salt or reduced-sodium ingredients whenever possible.
- Read labels – if the sodium content in the Nutrition Facts table is 5% or less of the DV (Daily Value), then the product is considered low in salt.

Use salty foods like cured meats, bacon, sauerkraut, dill pickles, and soy sauce as flavour enhancers, rather than the basis of an entrée, e.g.,

- Use only one strip of crispy bacon on a sandwich or burger.
- Limit dill pickles to one slice.
- Use lower sodium ingredients in place of salty ingredients, e.g., spinach or broccoli instead of bacon in a Quiche Lorraine.
- Use prepared sauces – e.g., soy sauce – with a light hand in cooking; do not offer as a condiment.
- Offer only small amounts of commercial salsa. Better yet, make your own with little added salt.

Most people eat more sodium than they need.

Sodium is found naturally in some foods. Salt is also added to many prepared foods and beverages, and in cooking, and at the table. Much of the sodium we eat comes from ready-to-serve, highly processed foods, and restaurant meals. The only way to significantly reduce sodium intake is to eat fewer of those products, and emphasize fresh foods and ingredients.

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Conversion Table

Soups and Sauces

A hearty bowl of soup served with whole grain crackers or bread, salad or fruit, and milk makes an excellent lunch. Sauces add interest to foods by enhancing flavour, colour, and even nutrients, provided they are prepared with healthy ingredients and served in appropriate amounts.

Many ready-to-serve soups, or soups prepared with commercial stock bases, will not meet the *Guidelines* because they are too high in sodium. To make soups that are **Choose Most** or **Choose Sometimes** use the tips on this page.

When using homemade stock and low-sodium ingredients, do not add more salt than what is indicated in the table. If using commercial soup base or salty ingredients, add less salt (e.g. no more than 30 mL/50 servings).

When using no salt added or reduced-sodium ingredients, an acceptable amount of added salt is approximately:

Servings of recipe	Salt called for is less than	
	(no.)	(mL) (g)
1	1	1
12	15	18
50	60	74

Emphasize vegetables, legumes, lean meats, and whole grains

- Use in-season vegetables to add variety, flavour and nutrients.
- Boost iron by adding lean meat, whole grains and legumes.

Prepare products with reduced-sodium ingredients and limit added salt

- Use homemade stock, or a reduced-sodium commercial stock base, and low-sodium ingredients (e.g., no added salt tomatoes). Flavour with herbs, spices and a small amount of salt if desired.
- Rinse canned beans and lentils, or use dried legumes instead.

Prepare products with lower fat ingredients and limit added fat

- Degrease homemade stock, and substitute low-fat ingredients for high-fat ingredients. Replace cream with milk, fortified milk (four parts skim milk to one part skim milk powder), or equal parts of low-fat milk and evaporated milk.
- Prepare tomato or low-fat white sauces in favour of cream sauces.
- Serve fresh salsas instead of creamy sauces, for example with fish and chicken dishes.



Chicken Noodle Soup

Yield: approximately 60 x 250 mL portions

750 g	diced carrots	800 g	chicken, skin removed, cooked and diced
750 g	diced celery		
750 g	diced onion	800 g	cooked whole wheat noodles
50 g	minced garlic	50 mL	minced parsley
30 mL	oil	To Taste	pepper
10 L	chicken stock (recipe page 25 or reconstituted reduced-sodium chicken stock powder)	To Taste	ground nutmeg
		5 mL	salt

1. Sauté the carrots, celery, onion and garlic in the oil on medium heat until the onions are translucent. Add the stock and chicken and cook for 30 minutes.
2. Just before serving, add the pasta, parsley and seasonings.

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Prepare stock soup with generous amounts of vegetables including potato, which will act as a thickener. Purée and add a small amount of cream or milk (250 mL per 4 L of soup) to finish.



Kashmiri Carrot Soup

Yield: approximately 23 x 250 mL portions

30 mL	canola oil
575 g	diced onion
30 g	minced garlic
15 g	minced ginger
15 mL	ground cumin
15 mL	ground coriander
15 mL	turmeric powder
5 mL	cayenne pepper
2 kg	diced carrots
2-3	large potatoes, diced
3.5 L	vegetable stock (recipe page 27 or reconstituted reduced-sodium vegetable stock powder)
500 mL	evaporated milk (1%)
~125 mL	plain yogourt
	minced cilantro or diced green onions

1. Heat oil in soup pot and sauté the onions, garlic and ginger until the onions begin to caramelize. Add spices and cook for 2 minutes. Add carrots and sauté for a further 5 minutes.

2. Add the potatoes and stock. Bring to a boil, reduce heat and simmer until vegetables are tender. Remove from heat and add evaporated milk.

3. Purée in blender. If too thick, thin with extra stock or water.

4. Serve garnished with a spoonful of plain yogourt and minced cilantro or diced green onions.

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Beef Chili Soup

Yield: approximately 20 L or 80 x 250 mL portions

2 kg	lean ground beef, browned and fat removed	1.15 kg	tomato sauce (recipe page 28)
		1	2.84 L can red kidney beans, drained and rinsed
50 g	canola or olive oil		
2 kg	onions, medium dice	100 g	onion soup mix
50 g	garlic, chopped	50 g	chili powder
2 kg	carrots, medium dice	To Taste	pepper
1 kg	celery, medium dice	15 L	beef stock (recipe page 26 or reconstituted reduced-sodium beef stock powder)
750 g	yams, peeled and diced		
1	2.84 L can diced tomatoes		

1. Sauté the ground beef and remove excess fat. Set aside.
2. In a clean stockpot sauté onions, garlic, carrots and celery in oil until transparent.
3. Add yams. Sauté for 5 minutes more.
4. Add tomatoes, tomato sauce, kidney beans, onion soup mix, chili powder and pepper to the onion mixture. Add beef and beef stock.
5. Bring to a boil. Reduce heat and simmer for 45 minutes.
6. Serve.

Miriam Borys, Cafeteria Teaching Kitchen Instructor, Burnaby Central Secondary



The Burnaby Mountain Secondary Advanced Foods 12 students serve soup and bread every Wednesday from the “Soup Cellar”, so named because the kitchen is in the basement of the school. Students and staff can purchase soup, served in their own mug, and bread, or they can put a deposit on a mug which is returned when the mug is returned. Compostable spoons are provided which eventually find their way into the soil in either the school garden or greenhouse in which the herbs for the soups are grown. They’ve discovered kids love soup, especially on cold, rainy days. They’ve also discovered that puréed soup sells better – they surmise it’s because one can’t readily identify the variety of ingredients in the final product! For example, the “Cauliflower Sweet Potato Curry” soup was a great seller – the cauliflower made it creamy and the potato made it sweet.

Cauliflower Sweet Potato Curry Soup

Yield: approximately 20 x 350 mL servings

40 mL	vegetable oil	4 L	vegetable stock (recipe page 27)
40 mL	crushed garlic		or chicken stock (recipe page 25)
1 L	chopped onion		or reconstituted reduced-sodium stock powder)
20 mL	medium curry powder	3.5 L	peeled, diced sweet potatoes
10 mL	cinnamon	90 mL	honey
1 mL	freshly ground black pepper		
2 L	chopped cauliflower		

1. In a large, non-stick saucepan sprayed with vegetable spray, heat the oil. Sauté the garlic and onion until softened, about 5 minutes.
2. Add the curry powder, cinnamon, pepper, cauliflower, stock, sweet potatoes and honey and bring to a boil. Cover, reduce the heat and simmer for 25 minutes or until the potatoes are tender.
3. Transfer to a food processor or blender, and purée until creamy and smooth. Return to the saucepan and thin with more stock if desired. Heat and serve.

Anthony Mah and Will Haberl, modified by Burnaby Mountain Secondary Advanced Foods 12 students

This soup was served with Honey Whole Wheat Buns (recipe page 84). For a nutritionally balanced meal, add an item from both the Milk and Alternatives and Meat and Alternatives food groups. For example, add a glass of milk and bean spread for the bun.

Cream of Asparagus Soup


Yield: approximately 4 L or 16 x 250 mL servings

A		D	
100 g	olive oil	4 L	chicken stock (recipe page 25 or reconstituted reduced-sodium chicken stock powder)
B		E	
400 g	onion, diced	750 mL	1% milk, heated
200 g	celery, diced	F	
4	garlic cloves, minced	Pinch	salt
1 kg	asparagus, tips reserved for garnish	To Taste	pepper
600 g	Yukon Gold potatoes, diced	G	
C		16 each	thin (.5 cm) slices baguette, baked
200 mL	dealcoholized white wine		

Method

1. Heat **A**.
2. Add **B**, lightly season with salt and pepper and smother for 8-10 minutes. Do not brown.
3. Add **C**, and cook until volume reduces by half.
4. Add **D**, and simmer until the vegetables are soft, approximately 15-20 minutes.
5. Purée soup and add **E**.
6. Season with a pinch of salt and pepper to taste.
7. Garnish with blanched asparagus tips and fresh crostini.

Trevor Randle, Chef Instructor, Maple Ridge Secondary School



Asparagus is a relatively early crop, locally available in May and June. Celebrate a new season of growth with this soup.

French Lentil Soup

Yield: 8.3 L or 26/27 x 300 mL portions

80 mL	olive oil	2 bunches	sorrel or spinach leaves, finely sliced
300 g	finely chopped onions		
4	cloves garlic, chopped	2 each	bay leaves
750 mL	lentils	150 g	small dice carrots
6 L	chicken stock (recipe page 25 or reconstituted reduced- sodium chicken stock powder)	350 g	small cube potatoes
		500 mL	chopped tomatoes
100 g	finely diced celery	24 g	salt
200 g	small dice turnip	To Taste	pepper
		250 mL	cooked rice (optional)

1. Sauté the onion and garlic in olive oil without colouration in a soup pot, for about 5 minutes.
2. Wash and rinse the lentils and add them to the soup pot.
3. Add the chicken stock and vegetables, except for the sorrel or spinach.
4. Bring to a boil, reduce heat and cook slowly for 1 hour.
5. Add the sorrel or spinach.
6. Season to taste and remove the bay leaves at the end of the cooking process.
Add cooked rice if desired.

Brother Victor-Antoine d'Avila-Latourette, submitted by Chef Daniel Lesnes,
Garibaldi Secondary, Maple Ridge



Moroccan Lentil Soup

Yield: 7.3 L or 24 x 300 mL portions

40 mL	olive oil	625 mL	cooked cannellini beans (see recipe page 8) or canned, drained and rinsed
500 g	finely chopped onions		
5	garlic cloves, chopped		
15 mL	grated ginger	500 mL	chopped tomatoes
4 L	chicken stock (recipe page 25 or reconstituted reduced- sodium chicken stock powder)	200 g	brunoise (small cube) carrots
		200 g	small dice celery
625 mL	lentils	30 mL	garam masala
625 mL	cooked garbanzo beans (see recipe page 8) or canned, drained and rinsed	15 mL	ground cardamom
		10 mL	cayenne pepper
		15 mL	ground cumin

1. In a large pot, sauté the onion, garlic and ginger in the olive oil until translucent.
2. Add the chicken stock, lentils, garbanzo beans, cannellini beans, tomatoes, carrots, celery, garam masala, cardamom, cayenne pepper and cumin. Bring to a boil for a few minutes, reduce heat and simmer for about 1 hour, until the lentils are soft.
3. Purée half the soup in food processor or blender. Return the puréed soup to the pot and stir.

Brother Victor-Antoine d'Avila-Latourette, submitted by Chef Daniel Lesnes,
Garibaldi Secondary, Maple Ridge



Roasted Tomato and White Bean Soup

Yield: approximately 6 L or 20 x 300 mL portions

15	medium tomatoes	12	cloves garlic, minced
5 mL	kosher salt	5 mL	paprika
50 mL	canola oil	5 mL	seasoned salt
30 turns grinder	whole black peppercorns	100 mL	white dealcoholized wine
5 mL	dried chipotle pepper	2 L	cooked white beans
30 mL	balsamic vinegar	3.5 L	vegetable stock (recipe page 27 or reconstituted reduced- sodium vegetable stock powder)
15 mL	canola oil		
1	medium onion, diced	10 mL	dried chipotle pepper
1	large carrot, diced	1	bunch parsley, chopped
5	stalks celery, diced		

1. Stem and cut tomatoes in half. Place into large bowl and add salt, 50 mL oil, black pepper, chipotle pepper and vinegar. Toss well.
2. Place into insert and roast in 160°C (325°F) oven for 40 minutes or until tomatoes turn soft and lightly brown. Set aside.
3. In a large stockpot, sauté onion, carrot, celery and garlic in 15 mL oil for 3 minutes.
4. Add paprika and seasoned salt and cook for 1 minute.
5. Add tomatoes, beans and stock. Bring to a simmer and simmer for 45 minutes.
6. Purée until smooth.
7. Just before serving add chipotle pepper and parsley.

L. Bourne, Culinary Instructor, New Westminster Secondary School Café



Smoky Pumpkin Soup

Yield: 3.9 L or 12/13 x 300 mL portions

250 g	small dice leeks	70 g	margarine, non-hydrogenated
5	bacon slices, diced	60 g	all-purpose flour
150 g	small dice carrots	250 mL	plain yogourt (2% MF or less)
750 mL	cooked pumpkin	10 mL	salt
2.5 L	chicken stock (recipe page 25 or reconstituted reduced- sodium chicken stock powder)	To Taste	pepper
		5 sprigs	parsley, finely chopped

1. Sauté the bacon over medium heat until it starts to become crisp, add leeks and carrots, cook for 5 minutes, add flour.
2. Add 500 mL of chicken stock and continue to cook until carrots are tender.
3. Add the cooked pumpkin and blend in food processor until puréed.
4. Place mixture into soup pot and add remaining stock and margarine.
5. Just before serving, stir yogourt into the soup.
6. Season with salt and pepper and garnish with chopped parsley.

Chef Daniel Lesnes, Garibaldi Secondary, Maple Ridge

Celebrate the autumn
harvest or Hallowe'en with
this seasonal soup.



Chicken Stock

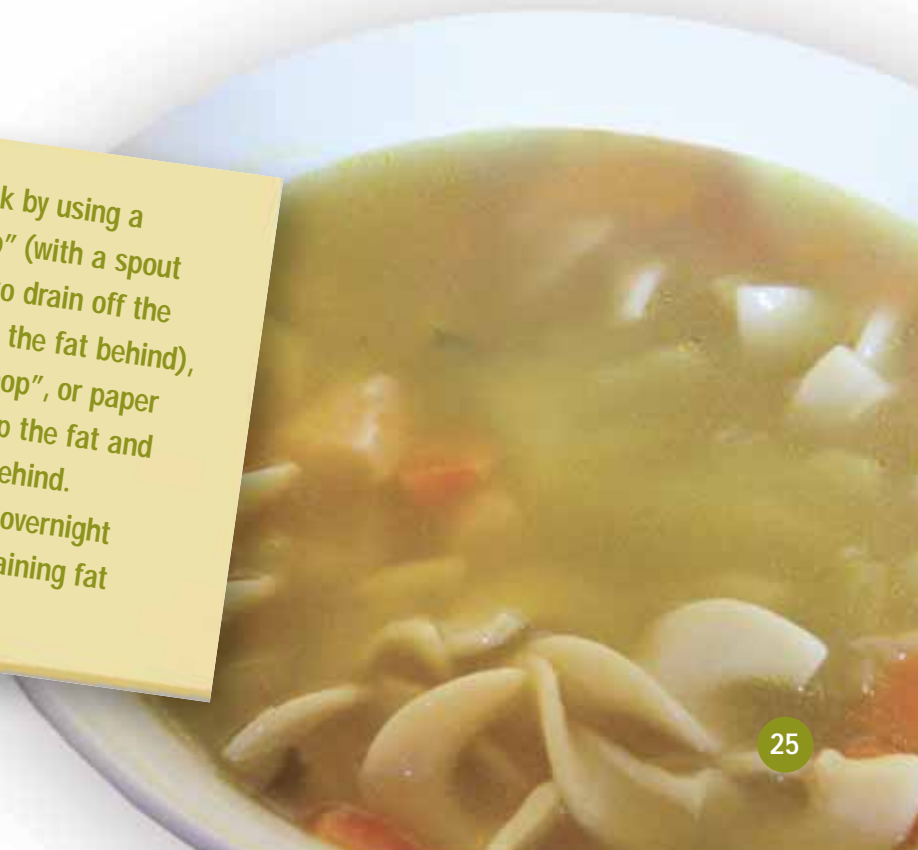
Yield: 8, 16 or 32 cups

	x8	x16	x32
Chicken parts (backs, necks, wings, legs or thighs)	4 lbs	8 lbs	16 lbs
Cold water	16 cups	32 cups	64 cups
Onions, coarsely chopped	1	2	3
Medium carrots, peeled and coarsely chopped	1	2	3
Celery stalks, coarsely chopped	1	2	3
Sprigs parsley	1	2	3
Bay leaves	1	2	3
Large pinches dried thyme	1	2	3

1. Combine chicken parts and water in a large pot and bring to a boil. Turn down to a simmer. Skim off the scum that rises to the top and discard. Simmer for half an hour, skimming frequently.
2. Add onion, carrot, celery, parsley, bay leaf and thyme. Simmer uncovered for 3 hours, adding water as needed to replenish the water level.
3. Strain into a pot or other heatproof container. Cool and refrigerate.
4. Remove the fat and transfer to smaller containers. Keeps for 3 days, covered and refrigerated. Freeze for up to 3 months.

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Degrease stock by using a "separator cup" (with a spout at the bottom to drain off the stock and leave the fat behind), a "degreasing mop", or paper towels to soak up the fat and leave the stock behind. Refrigerate stock overnight and skim any remaining fat from the top.



Beef Stock

Yield: approximately 10, 20 or 30 cups

	x10	x20	x30
Beef bones, sawed into 1- to 2-inch pieces	4 lbs	8 lbs	12 lbs
Onions, unpeeled and quartered	2	4	6
Carrots, scrubbed and cut into chunks	2	4	6
Celery stalks, cut into chunks	2	4	6
Bay leaves	1	2	3
Dried thyme	¼ tsp	½ tsp	¾ tsp
Sprigs parsley	2	4	6
Cloves garlic, unpeeled	1	2	3
Tomatoes, seeded and chopped	1	2	3

1. Preheat the oven to 450°F. Arrange the bones in a roasting pan(s) in a single layer. Roast 35-40 minutes or until browned.
2. Add the onions, carrots and celery. Roast until browned, about 30 minutes or more.
3. Transfer the bones and vegetables to a large stock pot(s), leaving behind any fat in the roasting pan. Add cold water to come 6 inches above the bones. Bring to a boil and reduce heat to a simmer. Remove any scum that rises to the top.
4. Add the bay leaf (leaves), thyme, parsley, garlic and tomato. Simmer, skimming scum off the surface, for 4-6 hours, replenishing the water level as necessary.
5. Strain, discarding the bones and vegetables. Refrigerate overnight and remove the fat from the surface.
4. For easier storage and a stronger flavour, reduce the stock by half. Refrigerate up to 3 days or freeze until needed.

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The easiest way to store stocks is to seal them in zip lock bags and freeze in a single layer. When frozen, the bags can be stacked in the freezer.



Fish Stock

Yield: 4, 8 or 12 cups

	x4	x8	x12
Vegetable oil	1 tsp	2 tsp	1 tbsp
Small onions, chopped	1	2	3
Leeks, white and light green part only, chopped	1	2	3
Celery stalks, chopped	1	2	3
Small carrots, chopped	1	2	3
Sprigs parsley	2	4	6
Fish bones, from lean white fish only, cut into pieces	1 ½ lbs	3 lbs	4 ½ lbs
Water	5 cups	10 cups	15 cups

1. Over medium heat, heat the oil in a large, heavy pot and sauté the vegetables until soft.
2. Add the parsley, fish bones and water. Bring to a boil. Reduce heat and simmer, uncovered, for about 30-40 minutes, skimming off the scum as it rises to the top.
3. Strain and cool. Refrigerate for up to 3 days or freeze for up to 3 months, until needed.



Vegetable Stock

Yield: approximately 16, 32 or 48 cups

To make a double-strength stock:

1. make the stock.
2. repeat, using the already-made vegetable stock as the liquid in the recipe.

	x16	x32	x48
Vegetable oil	4 tbsp	½ cup	¾ cup
Medium onions, chopped	4	8	12
Celery stalks, chopped	2	4	6
Medium carrots, sliced	2	4	6
Small white turnips, chopped	1	2	3
Heads garlic, unpeeled and cut in half crosswise	1	2	3
Mushrooms, chopped	½ lb	1 lb	1 ½ lbs
Tomatoes, chopped	2	4	6
Bay leaves	2	4	6
Water	20 cups	40 cups	60 cups

1. In a large pot, heat the vegetable oil over medium-high heat. Add the onions, celery, carrots, turnips, garlic and mushrooms. Cook, stirring occasionally, until the vegetables soften, about 15 minutes.
2. Add the tomatoes, bay leaves and water. Bring to a boil, then turn down to a simmer. Cook for 1 hour.
3. Strain, pressing down on the solids to extract the flavour. Cool and refrigerate for up to 3 days or freeze for up to 3 months for longer storage.

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Tomato Sauce

Yield: approximately 15 to 16 L or 125 x 125 mL portions

250 mL	canola oil
3 kg	onion, diced
100 g	garlic, minced
500 g	tomato paste
30 mL	dried basil
45 mL	dried oregano leaves
15 mL	dried rosemary
2	bay leaves
30 mL	black pepper
5	2.84 L cans tomatoes, no added salt
50 mL	Worcestershire sauce

- 1.** Sauté onions and garlic in oil until the onions are lightly browned.
- 2.** Add tomato paste and spices.
- 3.** Sauté for another minute.
- 4.** Add remaining ingredients and simmer, covered, on a very low heat for 2 hours.
- 5.** Adjust seasoning.

The Rocky Mountain Café, David Thompson Secondary School Cook Training, Invermere



Alfredo Sauce

Yield: approximately 3 L or 24 x 125 mL portions

30 g	margarine, non-hydrogenated or butter	2 L	1% milk
		50 mL	dealcoholized white wine
100 mL	canola oil	2 mL	kosher salt
12	cloves garlic, minced	30 turns	whole black peppercorns
2	whole bay leaves, broken in half	grinder	
		1 mL	ground nutmeg
2	whole cloves	100 g	parmesan cheese, grated
125 g	all-purpose flour		

1. Over medium-low heat, melt margarine or butter with oil in a medium pot. Add, garlic, bay leaves and cloves. Cook for 2 minutes.
2. Add flour and cook for 5 minutes, making sure not to burn.
3. Pour in half of the milk and whisk until smooth.
4. Add remaining milk, wine, salt, pepper and nutmeg.
5. Over low heat, bring sauce to a simmer. Simmer until thick, about 7 minutes, while constantly stirring so sauce will not burn.
6. Add parmesan cheese 5 minutes before serving.

L. Bourne, Culinary Instructor, New Westminster Secondary School Café

This sauce served over 200 mL whole grain pasta, garnished with a small portion (15 mL) parmesan cheese, makes a great “Mini Pasta Bowl”. Pump up the nutrition by serving with a side of veggies or salad.

Prepare a low-fat white sauce by making some alterations to a traditional white sauce. Use skim, 1%, 2%, or evaporated milk instead of whole milk. Instead of all-purpose flour, use cake flour, which is higher in starch.

Roasted Red Pepper Pasta Sauce with Caramelized Onions

Yield: approximately 3 L or 24 x 120 mL portions

8	large red peppers, halved	15 mL	paprika
15 mL	red wine vinegar	50 mL	balsamic vinegar
15 mL	canola oil	1.4 L	canned tomatoes, no added salt
20 turns grinder	whole black peppercorns	15 mL	seasoned salt
.....			
50 mL	canola oil	50 mL	canola oil
2	large onions, sliced	2	large red onions, sliced
12	cloves garlic, minced	3	large yellow onions, sliced
15 mL	oregano	1	bunch fresh parsley, chopped

1. Combine peppers with red wine vinegar, oil and pepper, grill until soft, about 5 minutes.
2. Dice the peppers and set aside.
3. In a medium sauce pan, sauté onions in oil. Add garlic, oregano and paprika and cook for 3 minutes on low heat. Add the balsamic vinegar and cook for 2 minutes to reduce.
4. Add tomatoes, seasoned salt and the diced peppers. Simmer for 30 minutes.
5. Purée until smooth.
6. Sauté onions in oil over low heat until caramelized.
7. Serve sauce over whole wheat pasta and top with caramelized onions and parsley.

L. Bourne, Culinary Instructor, New Westminster Secondary School Café

Special Tomato Sauce

Yield: approximately 1.25 L or 10 x 125 mL portions

2 cloves	garlic, minced (or 30 mL garlic powder)	25 mL	dried oregano
		25 mL	dried basil
1	large onion, chopped (or 30 mL onion powder)	1	bay leaf
30 mL	oil	5 mL	dried thyme
300 g	lean ground beef	For Spicy Sauce add:	
1	796 mL can tomatoes	30 mL	Mexican chilli powder
1	398 mL can tomato sauce	15 mL	cayenne powder
1	156 mL can tomato paste		

1. Sauté the onion and garlic in the oil until soft.
2. Add the ground beef and cook until all the pink is gone. Drain off any fat.
3. Add all the tomato products and then the dried herbs. Add the “Spicy Sauce” ingredients at the same time, if using. Bring to a boil and then reduce the heat to simmer for at least 30 minutes.
4. Taste the sauce and season with more spice as desired.

Vernon Secondary School Cafeteria Program



Roasted Tomato Sauce

Yield: 2 L or 20 x 100 mL servings

50 mL	olive oil	50 mL	brown sugar
15	medium tomatoes, halved	100 mL	dealcoholized red wine
2	large onions, sliced	125 mL	tomato paste
3 mL	chipotle pepper	500 mL	vegetable stock (recipe page 27 or reconstituted reduced-sodium vegetable stock powder)
15 mL	oregano		
5 mL	seasoned salt		
8	cloves garlic, minced		
30 turns	whole black peppercorns grinder		

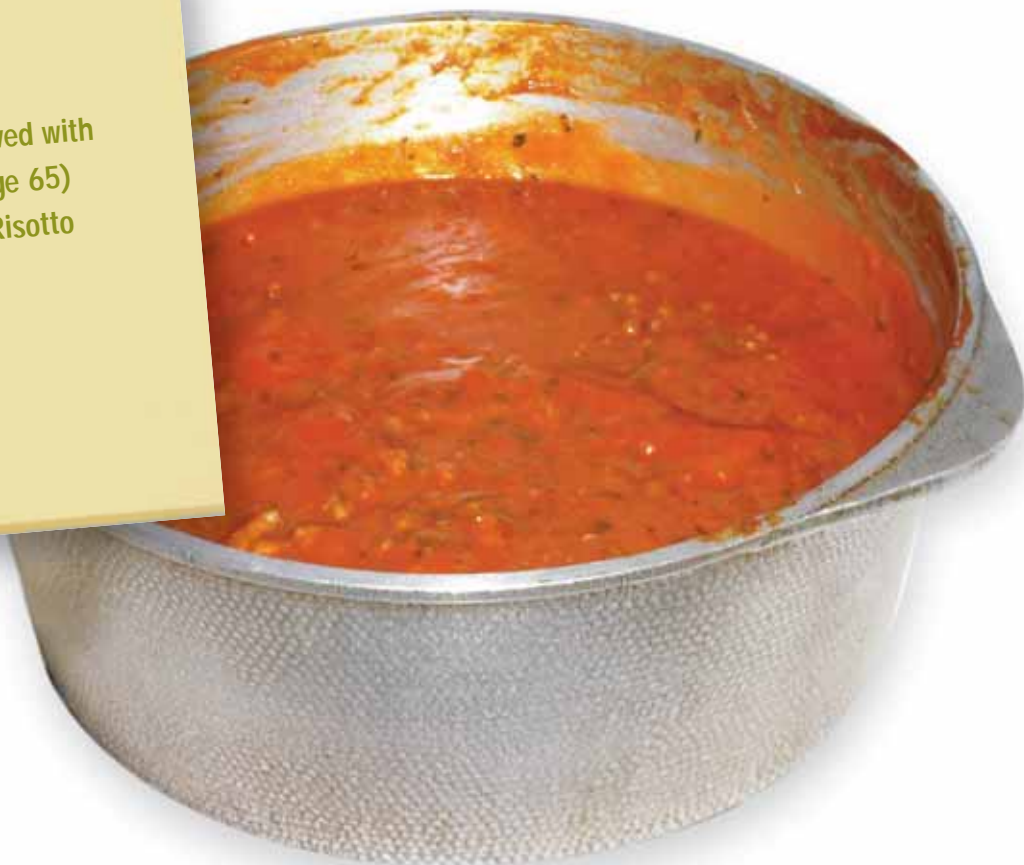
1. Combine olive oil, tomatoes, onions, chipotle pepper, oregano, seasoned salt, garlic and black pepper into insert. Roast at 190°C (375°F) for 30 minutes.

2. Pour roasted tomato and onion mixture into medium saucepan. Add the sugar, wine and tomato paste and bring to a simmer for 30 minutes.

3. Purée sauce.

L. Bourne, Culinary Instructor, New Westminster Secondary School Café

This sauce is good served with the Roasted Basa (page 65) and Barley and Corn Risotto (page 42).



Salads and Sides

Feature vegetables, fruit, whole grains, lean meats and/or legumes in salads. Keep vegetable dishes simple; with no added fat, sugar, or salt they are always *Choose Most* items. Use BC grown vegetables and fruit in season whenever possible (see availability chart on page 9).

How to assess an acceptable amount of added fat:

Servings of recipe	Fat called for is less than	
	(mL)	(g)
1	10	9
12	125	115
50	500	460

How to assess an acceptable amount of added sugar:

Servings of recipe	Sugar called for is less than	
	(mL)	(g)
1	10	8
12	120	100
50	500	420

Use the tables to assess an acceptable amount of added fat, salt, and sugar when making salad dressings. If the salad is made with higher fat or salty ingredients, such as cheese and olives, use less fat and salt in the dressing.

How to assess an acceptable amount of added salt:

Servings of recipe	Salt called for is less than	
	(mL)	(g)
1	-	-
12	5	6
50	20	24



Greek Pasta Salad

Yield: approximately 25 x 250 mL portions

Salad ingredients

1 kg	whole wheat pasta
250 g	diced red peppers
250 g	diced green peppers
250 g	diced yellow peppers
500 g	English cucumber, cut into small cubes
250 g	medium tomatoes, seeded and chopped
500 g	feta cheese, crumbled
250 g	minced red onions
200 g	black olives, pitted and sliced

Dressing ingredients

200 mL	red wine vinegar
200 mL	olive oil
200 mL	water
100 mL	lemon juice
30 mL	Dijon mustard
60 mL	minced garlic
3 mL	black pepper
75 mL	fresh oregano or basil, minced (or 15 mL dried)

1. Bring a saucepan of water to boil and add a pinch of salt. Cook pasta.
2. While the pasta is cooking prepare all of the remaining ingredients. Put into a large bowl.
3. Mix the dressing ingredients in a small bowl and let sit until pasta is ready.
4. When pasta is cooked, strain it and rinse under cold water until it is cool. Drain well.
5. Add the pasta to the other ingredients and pour the dressing over the salad.
6. Toss to mix.

The Rocky Mountain Café, David Thompson Secondary School
Cook Training, Invermere



Chili Ginger Rice Noodle Salad

Yield: approximately 30 x 300 mL portions

1.3 kg	rice noodles, cooked as per package directions	40 g	gingerroot, minced
		4	small red chilies, minced
1	medium red onion, sliced thin	50 mL	lime juice
1	head cabbage, sliced thin	100 mL	unseasoned rice vinegar
		250 mL	tomato paste
3	medium red peppers, sliced thin	50 mL	brown sugar
		300 mL	cold water
3	medium green peppers, sliced thin	300 mL	canola oil
2	large carrots, julienned	1	bunch fresh cilantro, chopped
4	stalks celery, julienned	15 mL	reduced-sodium soy sauce
10	cloves garlic, minced		

1. Combine the cooked noodles, onion, cabbage, peppers, carrots and celery in a large bowl. Toss lightly.

2. In a medium bowl, combine the garlic, gingerroot, chilies, lime juice, vinegar, tomato paste, sugar, water, oil, cilantro and soy sauce. Add to the noodles and vegetables and toss lightly to mix.

L. Bourne, Culinary Instructor, New Westminster Secondary School Café



Oriental Salad with Beef

Yield: approximately 20 x 150 g portions

680 g	cold, well trimmed, lean cooked roast beef	110 g	chopped green onions
		110 g	sliced almonds, toasted
500 g	bean sprouts	680 g	shredded Chinese cabbage
450 g	snow peas, blanched		
230 g	julienned carrots	300 mL	Oriental Vinaigrette (recipe follows)
340 g	sliced water chestnuts, canned, drained		

1. Slice the beef into thin strips.
2. About 2 hours before serving, marinate the beef in some (approximately 150 mL) Oriental Vinaigrette.
3. Mix together the bean sprouts, snow peas, carrots, water chestnuts, green onions and almonds.
4. Add the mixed vegetables to the beef. Season with remaining vinaigrette. Toss well.

Oriental Vinaigrette

Yield: 790 mL or approximately 50 x 15 mL portions

200 mL	unseasoned rice vinegar	15 g	grated ginger
		4 g	black peppercorns, crushed
60 mL	soy sauce	5 mL	chopped garlic
450 mL	vegetable oil	2 mL	hot red pepper sauce
60 mL	sesame oil	pinch	salt (if needed)

1. Combine all the ingredients except salt in a bowl and mix well.
2. Taste the dressing and add salt if necessary (the soy sauce may contain enough salt).
3. Mix or stir again before using.

Chef Daniel Lesnes, Garibaldi Secondary, Maple Ridge

Taboule

Yield: approximately 20 x 150 g portions

500 g (650 mL)	couscous	¼	onion, small dice
		2	chives, finely chopped
14 g	salt per litre boiling water	50 mL	chopped parsley
6	tomatoes cut in wedges	30 mL	chopped mint
1	cucumber, sliced	10 mL	dried tarragon
1	green pepper, small dice	100 mL	olive oil
1	red pepper, small dice	150 mL	lemon juice
15	black olives (kalamata)		

1. Measure by volume the couscous and put in a shallow dish.
2. Pour the equal amount of salted boiling water over the couscous.
3. Let the couscous swell for 5 minutes, covered, then stir with a fork to separate the grain.
4. Cut all the vegetables.
5. Chop the chives, parsley and mint, keeping the mint separate.
6. Mix all the ingredients thoroughly and season to taste.
7. Chill before serving and decorate with the mint.

Al Badia, submitted by Chef Daniel Lesnes, Garibaldi Secondary, Maple Ridge



Taco Salad

Yield: 12 x 500 mL portions

750 g	extra lean ground beef	325 mL	water
1	onion, diced	5 mL	salt
750 mL	cooked kidney beans (recipe page 8) or 1 ½ cans (540 mL each), drained and rinsed	50 mL	chili powder
		1	head romaine lettuce, chopped
		12	green onions, sliced
325 mL	reduced-calorie French salad dressing	250 mL	grated cheddar cheese
		750 mL	corn chips, crushed

1. Heat a non-stick frying pan over medium heat. Fry ground beef until no pink remains, breaking into very small pieces. Add diced onion and cook until onion is tender.

2. Stir kidney beans, salad dressing, water, salt and chili powder into beef mixture and simmer for 5 minutes.

3. Combine lettuce and green onions in a large bowl. Add the cheese and corn chips* and toss lightly.

4. Add the meat mixture and toss. Serve immediately.

*Alternatively sprinkle corn chips (approximately 60 mL per portion) on top of each serving of the meat mixture, so the chips stay crisp.

Jennifer L. Lactin, Home Economics Teacher, Home Economics Department Head,
Seycove Secondary School, North Vancouver

Limit trans fat – read the Nutrition Facts Table and choose a corn chip that contains no trans fat. Or, read the ingredient list and choose a product that does not contain the words ‘hydrogenated’, ‘partially hydrogenated’, ‘margarine’ or ‘shortening’.



Tomato, Feta and Wheat Berry Salad

Yield: approximately 20 x 300 mL portions

Step 1

800 g	wheat or rye berries, cooked (recipe page 5)
5	medium tomatoes, diced
1	large cucumber, diced
1	medium purple onion, minced
2	stalks celery, diced
2	large bunches spinach, sliced
1	bunch fresh parsley, minced
100 g	feta cheese, shredded

Step 2

12	cloves garlic, minced
2	medium lemons, juiced, one zested
150 mL	unseasoned rice vinegar
10 mL	sugar
1	2.5-cm piece gingerroot, minced
10 mL	Dijon mustard
100 mL	olive oil
100 mL	canola oil
2 mL	kosher salt
40 turns grinder	whole black peppercorns
1	pinch cayenne pepper
5 mL	dried dill
10 mL	dried mint

Students may be unfamiliar with many whole grains. Let them taste before committing – offer small free samples, a “low risk” way for students to try new foods.

1. Combine Step 1 into a large bowl. Mix lightly.
2. Combine Step 2 into a medium bowl and whisk until smooth. Pour over Step 1 and mix thoroughly.

L. Bourne, Culinary Instructor, New Westminster Secondary School Café

Any whole grain works well in this salad. Substitute pot barley, kamut berries or bulgar wheat (medium) for the wheat berries. See page 5 for general information about cooking grains, or follow the package directions.





Middle Eastern Chickpea, Parsley and Cabbage Salad

Serves approximately 8, 16 or 24

	x8	x16	x24
Dried chickpeas	3 cups	6 cups	9 cups
or			
19 oz cans chickpeas, drained and rinsed	2	4	6
Lemon juice	6 tbsp	$\frac{3}{4}$ cup	1 $\frac{1}{4}$ cup
Cloves garlic, minced	2	4	6
Salt	1 tsp	2 tsp	2 tsp
Pepper	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp	$\frac{3}{4}$ tsp
Dried mint	1 tbsp	2 tbsp	3 tbsp
Dried oregano	1 tsp	2 tsp	1 tbsp
Vegetable oil	$\frac{1}{2}$ cup	1 cup	1 $\frac{1}{2}$ cups
Parsley, finely chopped	1 cup	2 cups	3 cups
Green onions, thinly sliced	6	12	18
Green cabbage, cored and finely shredded	$\frac{1}{2}$ lb	1 lb	1 $\frac{1}{2}$ lbs

1. In a large pot cover the chickpeas with plenty of cold water and bring to a boil. Turn down to a simmer, cover and cook for 3-4 hours until tender, adding more water as necessary to keep the chickpeas covered. Drain.
2. Stir the lemon juice, garlic, salt, pepper, mint and oregano together. Stir into the warm chickpeas. Let stand for an hour, or cover and refrigerate for as long as overnight.
3. Add the oil, parsley, green onion and cabbage. Toss well. Keeps for 3-4 days, covered and refrigerated.

Recipe reprinted from *Many Hands: Community Kitchens Share Their Best*
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 Kitchen Project www.communitykitchens.ca

Soba Noodle Salad

Yield: approximately 18 x 250 mL portions

720 g	buckwheat noodles	30 mL	sesame oil
450 g	snow or sugar snap peas or celery	30 mL	soy sauce
3	red peppers, thinly sliced or finely chopped	90 mL	unseasoned rice or red wine vinegar
6	green onions, chopped	5 mL	pepper
60 mL	canola oil	5 mL	salt

1. Bring water to a boil and parboil peas for 1 minute. Remove with slotted spoon and rinse under cold water. If using celery, do not parboil.
2. Use the same water to cook the noodles to al dente stage, about 6 minutes, then drain and rinse with cold water.
3. Chop peas or celery thinly on a diagonal.
4. Combine canola oil, sesame oil, soy sauce, vinegar, pepper and salt and mix well.
5. Combine the noodles, vegetables and dressing in a large bowl, tossing until mixed well.

Susan Petersen, Home Economics Teacher, Churchill Secondary, Vancouver



Barley and Corn Risotto

Yield: 5 L or 20 x 250 mL servings

1 L	barley	5 mL	seasoned salt
1	medium red onion, minced	30 turns grinder	whole black peppercorns
2	stalks celery, minced	1.5 L	vegetable stock (recipe page 27 or substitute reduced-sodium vegetable stock powder)
1	medium carrot, minced		
8	cloves garlic, minced		
1 L	frozen corn, thawed	1 bunch	parsley, minced
1	medium red pepper, minced	50 mL	grated parmesan cheese

1. Cook barley in boiling water for 7 minutes. Strain, rinse well and set aside (barley will be cooked 50%).
2. Sweat off onions, celery, carrot, garlic and corn.
3. Add dry spices and cook for 2 minutes.
4. Add barley and half of the vegetable stock. Cook over low heat until the liquid is almost gone.
5. Add remaining stock and cook until dry. Add more stock or water if needed until barley is cooked.
6. Add parsley and cheese 5 minutes before serving.

L. Bourne, Culinary Instructor, New Westminster Secondary School Café

This dish is good served with the Roasted Basa (page 65) and Roasted Tomato Sauce (page 32).



How to assess the acceptable amount of added fat:

Servings of recipe	Fat called for is less than	
	(mL)	(g)
1	5	5
12	60	55
50	250	227

How to assess the acceptable amount of added salt:

Servings of recipe	Salt called for is less than	
	(mL)	(g)
1	1	1
12	7	9
50	30	37

Prepare vegetable dishes simply; with no added fat, salt or sugar they are always *Choose Most* items. Use the table to assess an acceptable amount of added fat or salt. Add only very small amounts, if at all, of sugar, to vegetable or fruit side dishes.

Offer more vegetables and fruit through a salad bar. Feature locally grown produce and produce from school gardens and greenhouses. Check out *A Fresh Crunch in School Lunch – the BC Farm to School Guide* at www.phabc.org/farmtoschool

Steamed Asian Vegetable Medley

Yield: Allow 175 mL assorted vegetables per serving

Ingredients: Choose a selection from each of the colour groups

Green: Sugar snap peas, snow peas, finely chopped bok choy, chopped spinach

Yellow/orange: Baby corn, julienned yellow or orange bell peppers, yellow squash slices, carrot slices

Red: Julienned red bell peppers, cherry tomatoes, radishes

White: Bean sprouts, water chestnuts, turnip strips

Sesame oil

Soy sauce

Toasted sesame seeds (optional)

1. In a medium saucepan, bring 250 mL water to boil. Place steamer basket over boiling water and fill with vegetables. Drizzle with a small amount of sesame oil and soy sauce. Cover and steam until vegetables are tender-crisp.

2. Transfer to a serving dish and sprinkle with toasted sesame seeds, if desired.



Recipe reprinted from *Simply Great Food: 250 quick, easy & delicious recipes*
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 Published by Robert Rose Inc. www.dietitians.ca

Often thought of as a “starch”, the potato is a vegetable that is high in nutrients and low in fat and salt. It’s how the potato is cooked or what is added to it that affects whether it is a healthy choice. For example, deep-frying or adding butter and sour cream make potatoes less healthy.

Kids love fries – and they can have them too.
Make baked “fries” instead of deep-frying!

Preheat a sheet or roasting pan in a 200°C (400°F) oven. Cut potatoes into wedges. Toss potato wedges in a small amount of olive oil (about 25 mL for 900 g potatoes), sprinkle with herbs of choice (e.g., rosemary, garlic, black pepper) and a small amount of salt (about 2 mL). Spread the potatoes in a single layer on the preheated pan, and roast until browned on one side, about 20 minutes. Turn the wedges and continue roasting about 25 minutes until they are golden brown on the second side and tender.

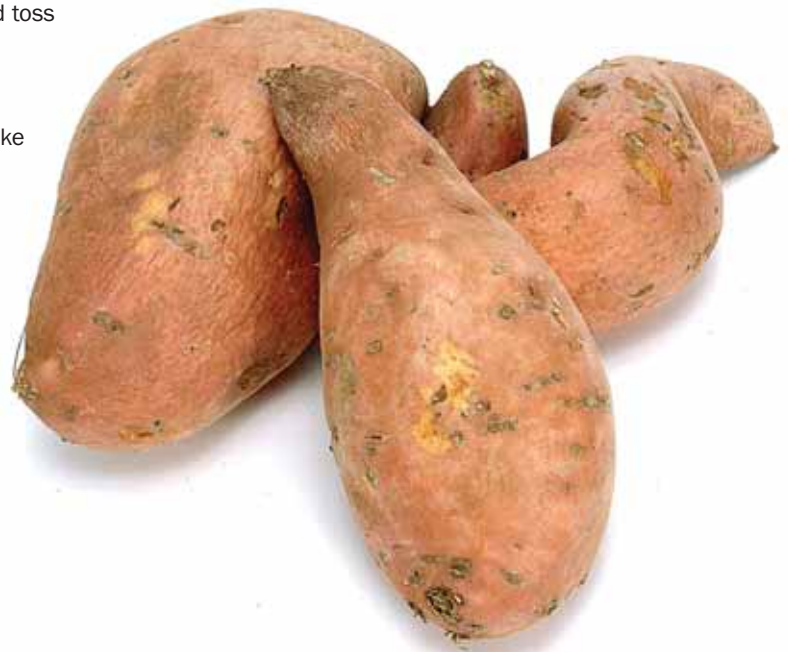
Homemade Sweet Potato Fries

Yield: 12 portions

6	medium sweet potatoes or yams (about 1.8 kg)	To Taste	seasonings of choice (suggest oregano, basil)
60 mL	olive oil	To Taste	pepper
30 mL	paprika	To Taste	salt, up to 7 mL

1. Preheat the oven to 200°C (400°F).
2. Wash and peel sweet potatoes or yams (or leave the skin on if desired). Cut each into 2.5-cm strips or wedges and put into a large bowl.
3. Add the olive oil, paprika and seasonings to the bowl and toss sweet potatoes or yams until evenly coated.
4. Place oiled strips on a foil covered baking sheet.
5. Bake for 15 minutes on one side. Turn them over and bake 15 minutes on the other side. If desired, crisp further by putting under broiler for 2 to 3 minutes.

Ann Marie Jury, Home Economics Teacher, South Kamloops Senior Secondary, Kamloops, adapted and reprinted with permission from *Low-Glycemic Meals in Minutes* by Laura Kalina and Cheryl Christian



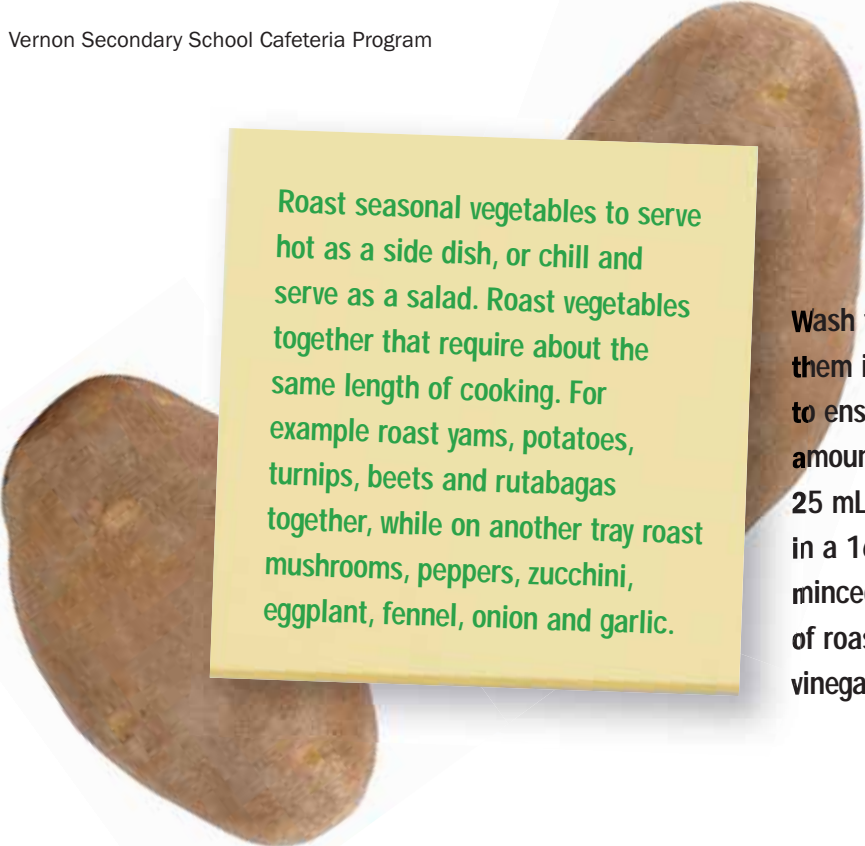
Dijon Scalloped Potatoes

Yield: 18 x 75 mL portions

2.5 kg	baking potatoes, peeled and thinly sliced	1 L	2% milk
		125 mL	grainy Dijon mustard
250 mL	thinly sliced red onions	90 mL	chopped parsley
3 cloves	garlic, crushed	300 mL	shredded reduced-fat cheese (e.g. cheddar, mozzarella or a combination)
125 mL	skim milk yogourt		
125 mL	1% cottage cheese	45 mL	parmesan cheese
		45 mL	pimentos (optional)

1. Preheat oven to 180°C (350°F).
2. Dry sauté onions and garlic until tender.
3. Reduce heat to low and add the yogourt, cottage cheese, milk and mustard. Cook together for about 5 minutes.
4. Remove from heat and stir in 45 mL of parsley.
5. In a greased shallow hotel pan, put in half the potatoes and half the sauce. Top with the rest of the potatoes and then the rest of the sauce. Top with the cheeses and pimentos if using.
6. Bake for 50 to 60 minutes or until potatoes are tender. Let stand for 5 minutes and then garnish with the remaining parsley.

Vernon Secondary School Cafeteria Program



Roast seasonal vegetables to serve hot as a side dish, or chill and serve as a salad. Roast vegetables together that require about the same length of cooking. For example roast yams, potatoes, turnips, beets and rutabagas together, while on another tray roast mushrooms, peppers, zucchini, eggplant, fennel, onion and garlic.

Wash the vegetables and peel if desired. Cut them into pieces that are about the same size to ensure even cooking. Toss with a small amount of vegetable oil if desired (about 25 mL/8 servings), and roast in a baking dish in a 160°C (325°F) oven until tender. Add minced rosemary, thyme or basil near the end of roasting if desired. Toss with balsamic vinegar, pepper and a light sprinkling of salt.


Caponata

Yield: 16 x 125 mL servings

960 mL (~480 g)	small broccoli florets	1	stalk celery, small dice
2	bunches Swiss chard, stems and center vein removed, cut crosswise into 2-cm strips	2	cloves garlic, minced
50 mL	extra virgin olive oil, divided	100 mL	raisins
2	medium onions, chopped	350 mL	reduced-sodium tomato sauce
500 g	Asian or regular eggplant, small cube	50 mL	red wine vinegar
		30 mL	sugar
		100 mL	pine nuts
		4 mL	salt
		4 mL	ground black pepper

1. Steam the broccoli and the chard over water until brightly coloured and tender.
2. Heat 25 mL of the oil in a medium skillet over medium-high heat. Add the onion and sauté until it starts to brown, about 5 minutes.
3. Add the remaining oil, and then arrange the eggplant cubes in 1 layer in the pan. Cook 3 minutes. Stir to turn cubes, and cook 3 minutes, or until the eggplant is lightly colored.
4. Add the celery, garlic, raisins and tomato sauce. Add the steamed vegetables and mix to combine. Cook over low heat, covered, until the broccoli is very soft, 10 minutes, stirring occasionally.
5. Meanwhile, in a small bowl, combine the vinegar and sugar. Add them to the skillet. Add the pine nuts and cook 2 minutes, stirring 3 or 4 times. Season with salt and pepper.
6. Transfer the caponata to a container and set aside to cool to room temperature. Serve immediately or cover and refrigerate until ready to serve.

Miriam Borys, Cafeteria Teaching Kitchen Instructor,
Burnaby Central Secondary, adapted and reprinted with permission
from the American Institute for Cancer Research www.aicr.org



Serve on toasted French bread
as an appetizer, as a condiment
with chicken, fish or tofu,
or in place of a green salad.
Mushrooms make a good
alternative to eggplant.

Apple and Rutabaga Crisp

Yield: 8 portions

1	large rutabaga or turnip	pinch	cinnamon
7 mL	margarine, non-hydrogenated	50 mL	all purpose flour
15 mL	apple juice	50 mL	quick rolled oats
2	apples	75 mL	brown sugar (not packed)
50 mL	brown sugar (not packed)	15 mL	margarine, non-hydrogenated
½	lemon, juiced		

1. Peel, dice and steam the rutabaga until soft enough to mash. Add margarine.
2. Peel, core and slice the apples. Toss with lemon juice, brown sugar and cinnamon.
3. Lightly grease a 2 L (11-in x 8-in) casserole dish. In alternate layers, spread rutabaga and apple, ending with rutabaga. Combine crust ingredients until crumbled and pat on top of casserole. Bake at 180°C (350°F) for 1 hour.

Karen Birkenhead, Registered Dietitian





Dips and Dressings

Tasty dips and dressings are a great way to get reluctant vegetable eaters to try their veggies!

Use tofu in place of eggs or high-fat dairy products in creamy-style salad dressings and mayonnaise. Tofu can be a hard sell to students – offer small, free samples when introducing something new. Marketing tofu as a vegetarian alternative may appeal to some students.

Prepare homemade dressings rather than use ready-to-serve

- Use lower fat products (e.g., reduced-fat mayonnaise) instead of regular products. Substitute buttermilk, puréed cottage cheese or yogourt for sour cream.
- Use yogourt cheese in place of cream cheese or sour cream. Make it by draining plain yogourt through cheesecloth or a coffee filter, overnight in the refrigerator.
- Emphasize herbs, fruit juices (e.g., lemon, orange), vinegars, spices, garlic, garlic powder, ginger, etc. for flavouring rather than salts (e.g., garlic, celery, and onion salts).
- Serve fresh vegetables, oven-toasted pitas or tortillas with a high-protein, low-fat dip (e.g., bean dip, hummus).

Tofu Caesar Dressing

Yield: approximately 8 x 25 mL portions

30 mL	lemon juice
30 mL	water
5 mL	Dijon mustard
1 mL	salt
100 mL	soft or silken tofu
3 mL	minced garlic
15 mL	olive oil
30 mL	grated parmesan cheese
To Taste	ground pepper or chili flakes

1. Combine all ingredients in a food processor and process until smooth. Taste, and if too acidic add a pinch of sugar.
2. Serve 25 mL portions with salad made with diced romaine and croutons or a mix of greens.

Students may be reluctant to try this dressing when they see “tofu” in the name, but once they do they like it! Let them check it out first by offering small, free samples.

The Rocky Mountain Café, David Thompson Secondary School Cook Training, Invermere

Prepare salad dressing with equal amounts of oil, vinegar, and water. Flavour with herbs, dry mustard, spices, lemon juice, ginger or garlic. Cover and refrigerate.

What's an appropriate amount to serve?

- Salad dressings and side sauces/condiments: 5 to 15 mL for most items.



Oriental Vinaigrette

Yield: 790 mL or approximately 50 x 15 mL portions

200 mL	unseasoned rice vinegar
60 mL	soy sauce
450 mL	vegetable oil
60 mL	sesame oil
15 g	grated ginger
4 g	black peppercorns, crushed
5 mL	chopped garlic
2 mL	hot red pepper sauce
pinch	salt (if needed)

1. Combine all the ingredients except salt in a bowl and mix well.
2. Taste the dressing and add salt if necessary (the soy sauce may contain enough salt).
3. Mix or stir again before using.

Chef Daniel Lesnes, Garibaldi Secondary, Maple Ridge

How do you know if a salad dressing recipe contains a lot or a little fat, sugar, or salt?

How to assess an acceptable amount of added fat:

Servings of recipe	Fat called for is less than	
	(no.)	(mL) (g)
1	10	9
12	125	115
50	500	460

How to assess an acceptable amount of added sugar:

Servings of recipe	Sugar called for is less than	
	(no.)	(mL) (g)
1	10	8
12	120	100
50	500	420

How to assess an acceptable amount of added salt:

Servings of recipe	Salt called for is less than	
	(no.)	(mL) (g)
1	-	-
12	5	6
50	20	24

Dip for Vegetables

Yield: approximately 80 x 30 mL portions

1 L	low-fat plain yogourt (skim, 1%, 2%)
15 mL	Dijon mustard
1 L	reduced-fat mayonnaise
15 mL	minced garlic
250 mL	lemon juice
80 mL	minced green onions
80 mL	minced parsley
15 mL	dried dill weed

1. Combine all ingredients in mixing bowl. Divide into 30 mL portions and serve with assorted raw vegetables.

Optional additions:

15 mL curry powder
15 mL lemon zest

The Rocky Mountain Café, David Thompson Secondary School Cook Training, Invermere





Hummus

Yield: approximately 36 x 85 mL portions

2 kg	cooked chick peas (recipe page 8) or 1 can (2.84 L), drained and rinsed)
250 mL	water
250 mL	fresh lemon juice
500 mL	tahini (sesame paste)
45 mL	minced garlic
250 mL	chopped fresh parsley
3 mL	cayenne (or to taste)
15 mL	salt
	water

1. Purée all ingredients in batches in a food processor until creamy. Add water to reach the desired consistency.

The Rocky Mountain Café, David Thompson Secondary School
Cook Training, Invermere

*Use hummus as a spread on sandwiches, bagels and pitas, or as a dip, with fresh vegetables, pita or tortilla chips. Make your own chips (recipe page 52) or find chips that fit into the **Choose Most** and **Choose Sometimes** categories at www.brandnamefoodlist.ca.*

Tortilla Chips

Yield: 16 portions, 8 chips per portion

16	small, 20-cm (8-in) whole wheat flour tortillas
30 mL	olive oil
	seasonings of choice (Italian, garlic and red pepper, lemon and herb)
60 mL	parmesan cheese

1. Preheat oven to 190°C (375°F).
2. Lightly spread olive oil on top of each tortilla with brush or paper towel. Stack 4 tortillas, then with kitchen scissors or a long knife, cut into eight triangles or wedges. Repeat until all 16 tortilla have been cut.
3. Place on cookie sheet. Sprinkle with seasonings and parmesan cheese and bake for 10-12 minutes. Watch carefully so as not to over bake!
4. Store in an airtight container at room temperature.

Limit trans fat – read the Nutrition Facts Table and choose a tortilla that contains no trans fat. Or, read the ingredient list and choose a product that does not contain the words ‘hydrogenated’, ‘partially hydrogenated’, ‘margarine’ or ‘shortening’.

Ann Marie Jury, Home Economics Teacher, South Kamloops Senior Secondary, Kamloops.
Recipe adapted and reprinted with permission from *Low-Glycemic Meals in Minutes* by Laura Kalina and Cheryl Christian

**Serve with hummus
(recipe page 51), tzatziki or
salsa for a great snack.**



Pasta and Pizza

Kids love pasta and pizza and the options for sauces and toppings are seemingly endless, limited only by the imagination!

Pasta Primavera

Yield: approximately 15 x 500 mL portions

10 mL	salt	3	yellow peppers, sliced
2.25 L	rotini noodles	1.5 L	tomato sauce (recipe page 28) or commercial reduced-sodium
15 mL	oil		
1 ½	small onion, diced	25 mL	dried basil
6	cloves garlic, minced	To Taste	pepper
12	mushrooms, sliced		
6	small zucchini, sliced	Optional ingredients	
3	red peppers, sliced	• broccoli and peas	
		• parmesan cheese	

1. Fill to three-quarters a large pot with cold water (approximately 8 L). Add 10 mL salt and bring to a boil.
2. When the water is boiling, add the rotini. Stir occasionally until al dente, about 7-10 minutes.
3. Heat oil in a saucepan over medium heat. Add onion and turn heat down to medium-low. Cook until soft, about 3 minutes.
4. Add minced garlic. Cook for 1 minute longer.
5. Add vegetables to onion mixture. Cook until tender-crisp, about 3 minutes.
6. Add tomato sauce and basil. Turn the heat up to medium and bring sauce to a boil. Lower heat and simmer for 10 minutes.
7. Add pepper to taste.
8. Stir pasta and sauce together. Sprinkle with parmesan cheese if desired.

Jennifer L. Lactin, Home Economics Teacher, Home Economics Department Head, Seycove Secondary School, North Vancouver



Emphasize whole wheat noodles, and sauces that are rich in vegetables and lower in fat and sodium

- Make red sauces more often than white sauces.
- Brown and drain the fat off of ground meat products.
- Use no added salt tomato products.
- Use small amounts of cheese, if at all, to garnish.

Rotini with Chorizo Sausage

Yield: approximately 16 x 300 g portions

60 mL	olive oil	2	cans (596 mL each)
500 g	chorizo sausage		diced tomatoes
250 mL	chopped onions	1 kg	rotini noodles
250 mL	chopped green peppers	80 mL	chopped parsley
250 mL	chopped red peppers	250 mL	reduced-fat parmesan cheese
			cilantro sprigs

1. Cook the sausage in 30 mL of oil. Remove when cooked, drain off the fat and cut the sausage into rounds.
2. In the same pan, lightly sauté the onions and peppers in the remaining oil. Add the diced tomatoes and simmer together for 8-10 minutes.
3. Cook the pasta to al dente. Drain the pasta and place into a large pot. Add the cooked sausage and the sautéed vegetables.
4. As each plate is dished, top with chopped parsley, 15 mL parmesan cheese and a sprig of cilantro.

Vernon Secondary School Cafeteria Program

It's easy for a meal to add up to four or more grain servings (too much for most people!), depending on the portion size and whether bread is offered as well. Limit grain portions to one or two Food Guide Servings (125 to 250 mL).





Chickpea and Zucchini Curry

Serves 6, 12 or 18

	x6	x12	x18
Oil	2 tbsp	3 tbsp	4 tbsp
Small onions, diced	1	2	3
Cloves garlic, minced	1	2	3
Medium zucchini, thinly sliced	2	4	6
Large tomatoes, chopped	2	4	6
14-oz cans of chickpeas, drained and rinsed	1	2	3
Curry powder	2 tsp	4 tsp	1 tbsp
Tomato paste	1 tbsp	2 tbsp	3 tbsp
Salt and pepper	To taste	To taste	To taste
Dried pasta	1 lb	2 lbs	3 lbs

1. In a large frying pan, heat the oil over medium heat. Add the onion, garlic and zucchini and cook, stirring occasionally, until tender. Stir in the tomato, chickpeas, curry powder and tomato paste. Reduce the sauce to low and cook until slightly thickened, 5-6 minutes. Season to taste.

2. While you are preparing the other ingredients, cook the pasta in a large pot of rapidly boiling, salted water. Drain and toss with the zucchini mixture and season to taste.

Recipe reprinted from *Many Hands: Community Kitchens Share Their Best*
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 Kitchen Project www.communitykitchens.ca



Emphasize whole grain crust, and vegetables and fruit

- Use whole grain or 50% whole wheat crust.
- Use two or more vegetable or fruit toppings, such as mushroom, tomato, onion, broccoli, spinach, cauliflower, bell pepper and pineapple.

Limit high-fat and high-sodium ingredients

- Emphasize low-sodium tomato sauce over white or barbeque sauces.
- Use small amounts of shredded low-fat cheese. Avoid processed cheese. Feature vegetable and fruit toppings.
- Limit deli meats and favour lean meats, poultry and alternatives such as tofu and legumes.
- Enhance flavour by adding fresh herbs such as basil or oregano. If fresh is not available, used dried.

What's an appropriate amount to serve?

- 30 to 38-cm round pizza crust will make six to eight servings
- Cut square pizzas into 6 x 10-cm pieces

Pizza dough can be made ahead. Wrap it and store it in the refrigerator for up to two days, or in the freezer for up to three months. Thaw frozen dough, still wrapped, in the refrigerator overnight.

To identify whole grain products make sure the word “whole grain” is on the label and in the ingredient list. Look for the words “whole grain” followed by the name of the grain, e.g., whole grain wheat, whole grain rye, etc. Products labeled with “multigrain” may not contain whole grains, they might just be made with a variety of refined grains or flours.



All Purpose Dough: Pizza Crust

Yield: 2 L of dough makes 3 pizza crusts or approximately 18 slices

	2 L	4 L	8L
Salt	5 g	10 g	20 g
Margarine, non-hydrogenated	60 g	120 g	240 g
All purpose flour	875 g	1.75 kg	3.5 kg
Whole wheat flour	875 g	1.75 kg	3.5 kg
Sugar	10 g	20 g	40 g
Yeast (Fermipan)	20 g	40 g	80 g
Warm water	1.25 L	2.5 L	5 L

1. Mix all weighed dry ingredients in a Hobart mixer. Add the warm water and mix with the dough hook until well combined.
2. Weigh into 850 g pieces for each crust and roll out onto a lightly greased, long, shallow hotel pan, or half-size commercial cookie sheet.
3. Build your pizza using the sauce and toppings of your choice.
4. Bake at 190°C (375°F) for approx. 35-40 minutes.

Vernon Secondary School Cafeteria Program

*To find meat slices and vegetarian options that are **Choose Most or Choose Sometimes** go to www.brandnamefoodlist.ca. For vegetarian options, search using the key word “vegetarian”.*

Entrées

Plan menus to include a variety of entrées featuring meats, fish, poultry and alternatives. Even meat eaters enjoy vegetarian selections. Pair entrées with sides and beverages to create meals that include choices from each of the four food groups.

Chicken Breasts with Onion, Garlic, and Basil

Yield: 36 portions

36	boneless skinless chicken breasts (approximately 4.5 kg total)
50 mL	canola oil, for chicken
15 mL	canola oil, for sauce
300 g	finely diced onion
100 g	minced garlic
500 mL	white dealcoholized wine
90 mL	lemon juice
1 kg	diced fresh tomatoes or reduced-sodium canned, drained
500 mL	chicken stock
250 mL	finely sliced basil leaves
To Taste	Salt, up to 25 mL
To Taste	Pepper

Chicken

1. Brush chicken breasts with canola oil. Grill on high heat for 3-5 minutes to score evenly, flip and finish cooking on medium heat for a further 10 minutes, or until juices run clear. Transfer to a baking sheet and hold in a warming oven until sauce is ready.

Alternatively, brush the chicken breasts with oil, place on a parchment paper-lined baking sheet and bake at 190°C (375°F) until lightly browned and the juices run clear, approximately 20 minutes.

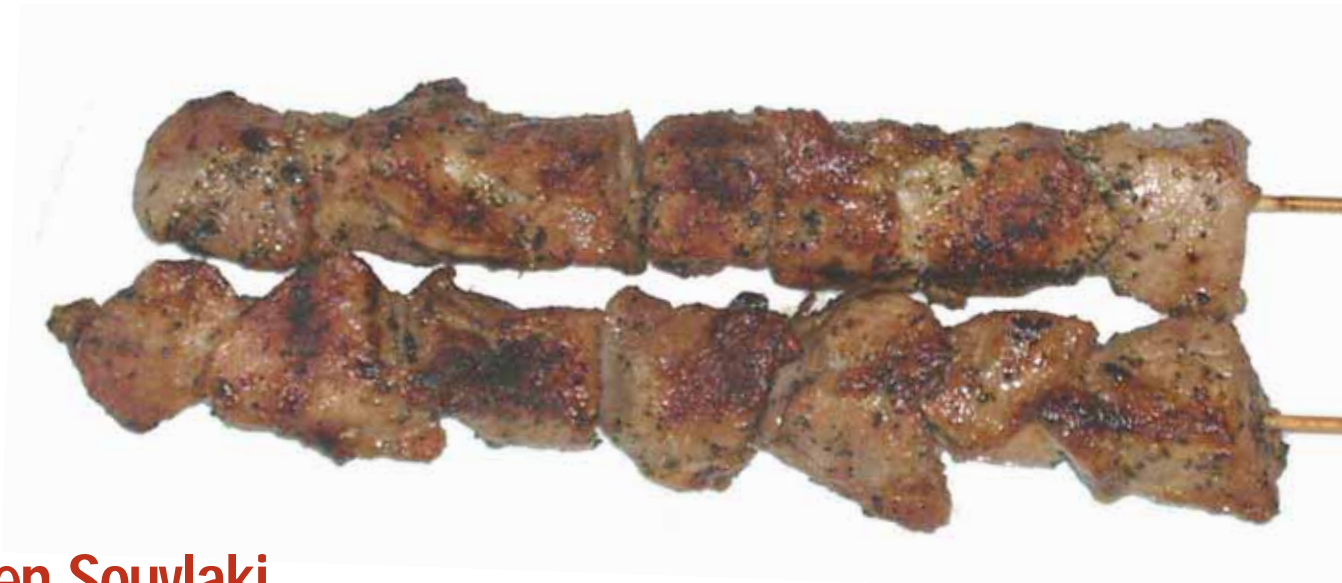
Sauce

1. Heat oil in saucepan over medium heat. Add onions and sauté for 5 minutes, or until lightly browned. Add garlic and sauté for 3 minutes. Add wine, lemon juice, tomatoes and chicken stock and simmer for 20 minutes. Add basil and season with salt and pepper to taste.

2. Serve chicken garnished with sauce.

The Rocky Mountain Café, David Thompson Secondary School
Cook Training, Invermere





Chicken Souvlaki

Yield: 15 portions

180 mL	minced onion
3	cloves garlic, minced
125 mL	olive oil
135 mL	lemon juice
10 mL	salt
3 mL	pepper
3 mL	oregano
1 kg	boneless, skinless chicken breasts or thighs, cut into 2.5-cm cubes
30	mushrooms, stems removed
3	red peppers, cut into 2.5-cm cubes
15	wooden skewers

1. Combine the onion, garlic, oil, lemon juice, salt, pepper and oregano in a bowl. Add chicken cubes and stir well.

2. Label a large plastic bag and place the contents of the bowl into the bag. Marinate in the refrigerator for at least 1 hour or overnight.

3. Soak wooden skewers in water.

4. Drain the chicken, reserving the marinade.

5. Skewer the chicken and the vegetables, alternating, onto the wooden skewers.

6. Line a baking sheet with tin foil. Grease the tin foil and place the skewers on the lined sheet.

7. Place under broiler for 10 minutes, brushing with marinade and turning frequently.

Jennifer L. Lactin, Home Economics Teacher, Home Economics Department Head,
Seycove Secondary School, North Vancouver





Chicken Enchiladas

Yield: 20 servings

Limit trans fat – read the Nutrition Facts Table and choose a tortilla that contains no trans fat. Or, read the ingredient list and choose a product that does not contain the words ‘hydrogenated’, ‘partially hydrogenated’, ‘margarine’ or ‘shortening’.

250 mL	light cream cheese	125 mL	chopped and seeded jalapeños
250 mL	sour cream	125 mL	chopped green onion
250 mL	no fat yogourt	10 mL	chili powder
750 mL	salsa	2 mL	ground coriander
1.5 L	boneless, skinless chicken breast meat, cooked and chopped	2 mL	salt
750 mL	shredded reduced-fat cheese	20	medium, 25-cm (10-in) whole wheat, spinach or tomato tortillas

1. In a bowl combine cream cheese, sour cream, yogourt and half the salsa. Mix in the chicken, half the cheese, jalapeños, green onions, chilli powder, coriander and salt.
2. Use this as the filling for the enchiladas. Divide the filling evenly between the 20 tortillas. Place the filling in the centre of each tortilla and roll up jelly roll style – fold in the two ends, fold over the top and roll until completely closed.
3. Place the enchiladas in a hotel pan. Space them far enough apart so they can be easily removed individually from the pan. Top the enchiladas with the remaining salsa and cheese.
4. Bake at 180°C (350°F) until bubbly, about 20-25 minutes. Serve with salad.

Vernon Secondary School Cafeteria Program

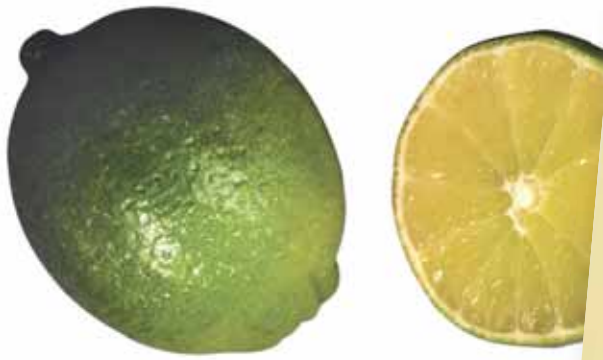
Thai Chicken Stir-fry with Spicy Peanut Sauce

Yield: approximately 12 x 240 mL portions

900 g	boneless, skinless chicken breasts, thinly sliced	1. In a small bowl, blend peanut butter, water, soy sauce and sugar. Set aside.
325 mL	reduced-fat peanut butter	2. In a wok or large skillet, heat oil over high heat. Add garlic and crushed pepper. Stir-fry 30 seconds.
325 mL	water	3. Add chicken, stir-fry until firm and white, about 5 minutes.
90 mL	reduced-sodium soy sauce	4. Add broccoli and cauliflower, stir-fry until broccoli is bright green, about 3 minutes.
45 mL	brown sugar	5. Stir in peanut butter mixture. Cook, stirring constantly until sauce is smooth, about 3 minutes.
25 mL	vegetable oil	6. Serve with steamed rice (125-250 mL per portion).
6-9	cloves garlic, minced	
3-4 mL	crushed red pepper	
1.5 L (~400 g)	broccoli	
1.5 L (~640 g)	cauliflower	

Jennifer L. Lactin, Home Economics Teacher, Home Economics Department Head,
Seycove Secondary School, North Vancouver





For a vegetarian version, replace pork with 2 x 396 g packages of extra firm tofu, cut into 1-cm slices; marinate as above. Grill for 6 to 8 minutes, turning once.

Thai Pork Tenderloin

Yield: 6 portions

A		B	
75 mL	reduced-sodium soy sauce	2	pork tenderloins (about 340 g each)
75 mL	honey		
60 mL	fresh lime juice	C	
30 mL	peanut or vegetable oil	1	bunch cilantro, chopped
3	cloves garlic, finely chopped	1	bunch green onion, cut on the bias
15 mL	curry powder	1	red pepper, small dice
15 mL	grated fresh ginger		lime wedges
5 mL	ground black pepper		
1	Thai chili, diced (or 5 mL dried chili flakes)		
30 mL	chopped cilantro		

1. In a small bowl, combine **A** and mix until well blended.
2. Place **B** in a large container or plastic bag; pour marinade over pork in bag. Close bag tightly; marinate in refrigerator for 1 hour or up to overnight.
3. Remove pork from marinade; reserve marinade. Sear pork on all sides and place into 190°C (375°F) oven until medium doneness (meat thermometer registers 71°C or 160°F).
4. Place reserved marinade in a small saucepan. Bring to a boil; reduce heat and simmer 5 minutes. Serve with sliced pork; garnish with **C**.
5. Serve with steamed basmati rice.

Trevor Randle, Chef Instructor, Maple Ridge Secondary School



Vernon Senior Secondary Cafeteria Burgers

Yield: approximately 34 x 128 g hamburgers

5 kg	lean ground beef
3	large onions, grated
30 mL	coriander
30 mL	paprika
15 mL	fresh black pepper
150 mL	Worcestershire Sauce
10	large eggs

- 1.** Mix everything together in a large mixing bowl.
- 2.** Portion into 180 g servings and flatten.
- 3.** Grill until cooked and finish under broiler, or Individually Quick Freeze and use as needed (grill frozen and finish under broiler).

Vernon Secondary School Cafeteria Program

This is a generously portioned burger, between 1 ½ and 2 Eating Well with Canada's Food Guide Meat and Alternative servings. To make smaller burgers for younger children, portion raw product into 100 g servings, or approximately 64 hamburgers.





Shepherd's Pie

Yield: 2 x 3 L pans, approximately 16 x 300 mL servings

1	onion, diced
30 mL	vegetable oil
1 kg	lean ground beef
2	cans (284 mL each) reduced-sodium cream of chicken soup
6	carrots, diced
375 mL	frozen peas
8	large potatoes, peeled, cooked
15 mL	margarine, non-hydrogenated
125 mL	2% milk

- 1.** Sauté onion lightly in the oil. Add the ground beef and brown. Drain off any fat.
- 2.** Add the soup and 1 can of water.
- 3.** Cook carrots till tender crisp.
- 4.** Add carrots and peas to the meat and soup mixture. Place in a shallow greased 3 L baking pan.
- 5.** Mash the potatoes adding the margarine and milk.
- 6.** Place mashed potatoes on top of the meat mixture and bake for 20 minutes at 180°C (350°F).

Vernon Secondary School Cafeteria Program

Drain fat off ground meats after browning. After draining off the fat, regular ground beef has a similar fat content to extra-lean ground beef. It's less expensive too.





Roasted Basa

Yield: 20 x 120 g servings

20 basa fillets
(approximately 120 g each)

Marinade

50 mL olive oil
15 mL dealcoholized white wine
4 cloves garlic, minced
1 medium lemon, juiced
3 mL capers, minced
30 turns whole black peppercorns
grinder
5 mL sugar
¼ bunch parsley, minced

L. Bourne, Culinary Instructor,
New Westminster Secondary School Café

1. Place basa on baking tray.
2. Combine marinade ingredients in a small bowl. Brush basa with marinade.
3. Roast basa at 200°C (400°F) for 5-7 minutes or until cooked.

Serve the basa with Roasted Tomato Sauce (page 32) and Barley and Corn Risotto (page 42). Ladle 120 mL of the sauce on to the centre of the plate, and spread to cover about three-quarters of the plate. Place 175 mL of the risotto in the center of the plate, top with the basa. Garnish with sunflower sprouts or parsley.

Cod Fillet with Tomato and Herb Sauce

Yield: 15 portions

Fish

2.25 kg cod fillets (15 x 150 g)

Garnish

300 g finely chopped onions

7 medium tomatoes,
peeled and chopped

300 g mushrooms, sliced

45 mL coarsely chopped parsley

20 mL coarsely chopped basil

Sauce

150 mL dealcoholized white wine

450 mL fish stock

70 g roux (30 g butter or
margarine, non-hydrogenated
and 40 g flour)

Seasoning

Pinch salt

Pinch pepper

1. Butter a baking pan with a pastry brush, season with salt and pepper.
2. Sprinkle the pan with the onions, tomatoes and mushrooms.
3. Arrange the fish fillets in the pan, with the skin side uppermost.
4. Add wine and fish stock.
5. Cover and bake in an oven heated to 200°C (400°F) for 7 to 10 minutes.
6. When the fish is done, transfer it into a serving dish or insert, skin side down, with the vegetable garnish. Keep hot until serving. Pour the juice into a saucepan, heat and reduce by half.
7. Thicken with the roux to obtain a light texture sauce. Add half of the parsley and basil, adjust seasoning.
8. At serving time, cover the fish with the sauce and sprinkle with remaining parsley and basil.

Chef Daniel Lesnes, Garibaldi Secondary, Maple Ridge

Paella

Yield: 16 servings

2	medium chickens, 1.1-1.4 kg each	1.5 L	chicken stock
50 mL	olive oil	5 mL	saffron
900 g	pork butt	110 g	frozen green peas
225 g	chorizo sausage, sliced	2	medium lemons, cut into 16 wedges
16	large shrimp (21/25 count), peeled and deveined	350 g	small dice onions
900 g	squid, cut into rings	6	cloves garlic, crushed
2	medium red peppers, large dice	900 g	tomatoes, chopped
2	medium green peppers, large dice	10 mL	dried rosemary
16	small clams	900 g	arborio rice
16	medium mussels	pinch	salt and pepper
250 mL	water		

1. Cut each chicken into 8 pieces and remove the skin. Trim the fat off the pork and cut into large dice.
2. In a large sauté pan, brown the chicken and the pork in olive oil. Remove and set aside. Pour off the fat, reserving 50 mL.
3. Sauté the chorizo, remove and set aside. Drain off the fat. Use reserved oil if needed to briefly sauté each of the shrimp, squid and peppers. Sauté each ingredient separately and reserve in separate containers.
4. Combine the clams and mussels with the water in a covered pot. Steam them just until they open.
5. Remove the shellfish and set aside. Strain liquid, and add enough chicken stock to measure 2 L.
6. Add the saffron to the stock mixture.
7. In the skillet used for browning the meats, sauté the onion and garlic until soft.
8. Add the tomatoes and the rosemary. Cook until most of the liquid has evaporated and the tomatoes form a rather dry paste.
9. Add the rice and stir. Add chicken and pork.
10. Bring the stock mixture to a boil in a separate pot, then add to the rice and stir. Season with salt and pepper if necessary. Keep in mind the seafood contains natural salt and the chorizo is spicy.
11. Bring to a simmer, cover and put in an oven heated to 180°C (350°F) for 20 minutes.
12. Remove the pan from the oven. Check the moisture level and add more stock if necessary. It should be quite moist, but not soupy.
13. Sprinkle the peas over the top of the rice. Arrange the shrimp, clams, mussels and chorizo on top. Cover loosely and let stand for 10 minutes to heat the shellfish to an internal temperature of 72°C (160°F).
14. Garnish each portion with a lemon wedge.

Chef Daniel Lesnes, Garibaldi Secondary, Maple Ridge



Seafood Casserole

Yield: 14 servings

Seafood

600 g	cooked flaked cod
14	scallops (about 250 g, 20/30 count)
14	prawns (about 250 g, 21/25 count)
300 g	baby shrimp

Sauce (Veloute)

80 g	butter
100 g	flour
1 L	seafood or fish broth/mushroom broth
500 mL	2% milk
3 g	dried whole fennel seeds

Garnish

500 g	mushrooms, quartered
30 g	butter
30 mL	lemon juice
100 mL	water
2 mL	salt
To Taste	pepper
50 g	bread crumbs

1. Pick over the fish to make sure it contains no bones or pieces of shell.
2. Warm the milk, remove from heat and add the fennel seeds. Set aside.
3. Poach the mushrooms for 5 minutes in the combination of water, butter and lemon juice. Strain and reserve broth for the sauce.
4. Poach the scallops, prawns and shrimp each in the seafood or fish stock separately, using the same broth over for each type of seafood. Reserve broth for the sauce.
5. For the sauce, make a roux with butter and flour, add both the reserved seafood and mushroom broths up to 1 L. Bring to a boil, stirring the whole time and simmer for 15 minutes. Remove fennel seeds from the milk and add the milk to the sauce. Season with salt and pepper if necessary.
6. Divide the fish, seafood and mushrooms evenly into individual casserole serving dishes.
7. Cover with the veloute sauce and sprinkle with bread crumbs.
8. Heat in an oven heated to 180°C (350°F) until the top of each dish is lightly browned and the inside temperature reaches 85°C (185°F).

Chef Daniel Lesnes, Garibaldi Secondary, Maple Ridge

Savory Seafood Burgers

Yield: 12 burgers

Patties

3	cans (170 g each) water-packed salmon or tuna, drained
175 mL	finely chopped celery
90 mL	sweet pickle relish
3	green onions, chopped
6	eggs, lightly beaten
3 mL	freshly ground black pepper
225 mL	dry bread crumbs

Frying

10 mL	canola oil
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Garnish

12	hamburger buns, Kaisers or crusty rolls
12	lettuce leaves
12	tomato slices
12	red onion slices

1. In a large bowl, combine the patty ingredients.
2. Divide mixture evenly and form into 12 patties.
3. Heat oil in a non-stick skillet over medium heat.
4. Cook patties until both sides are nicely browned, about 3 minutes per side.
5. Serve on warm buns with lettuce, tomato, red onion and mayonnaise, if desired.

Variation: Good with a bit of finely chopped broccoli added to the patty.

Jennifer L. Lactin, Home Economics Teacher, Home Economics Department Head, Seycove Secondary School, North Vancouver



Black Bean Chili

Yield: approximately 6.5 L or 26 x 250 mL portions

15 mL	canola oil
1 L	diced carrots
500 mL	diced celery ribs
500 mL	diced onion
1	jalapeño seeded, minced
4	garlic cloves, minced
4	diced red peppers (approximately 1 L)
4	diced green peppers (approximately 1 L)
30 mL	ground cumin
15 mL	chili powder or chipotle paste
5 mL	ground cinnamon
60 mL	brown sugar
2 L	cooked black beans (recipe page 8) or 4 cans (540 mL each) drained and rinsed
5 limes	juice and zest
1	2.84 L can diced tomatoes, no added salt
84 g	unsweetened chocolate, grated (or 50 g cocoa powder)
15 mL	Salt
To Taste	Pepper
Garnish with minced cilantro	

The Rocky Mountain Café, David Thompson
Secondary School Cook Training, Invermere

1. Heat the oil over medium heat in a large saucepan. Sauté carrots, celery and onion for 10 minutes, or until lightly browned. Add jalapeño, garlic, red and green peppers, cumin, chili powder or chipotle paste and cinnamon. Sauté for a further 5 minutes.

2. Add the sugar, beans, lime juice and zest, tomatoes and chocolate. Simmer for 30 minutes. Season with salt and pepper. Garnish with minced cilantro.

Variation: Replace 1 L of cooked black beans with 1 kg cooked, drained ground turkey.





Veggie Burgers

Yield: approximately 42 x 75 g patties

2 L	cooked black beans or kidney beans (recipe page 8) or 4 cans (540 mL each) drained and rinsed
500 g	cooked grains (bulgur, barley, brown rice, etc.)
2 x 396 g	firm tofu
30 mL	canola oil
200 g	diced onion
200 g	diced peppers
30 mL	minced garlic
15 mL	red pepper flakes or chipotle paste
30 mL	ground cumin
15 mL	curry paste or curry powder
175 mL	tahini paste (sesame paste)
1 L	dry bread crumbs
10 mL	salt
	cornmeal for coating

1. Process the beans, grains and tofu until coarsely ground in a food processor and transfer to a mixing bowl.
2. Sauté the onions and peppers in the oil until lightly browned. Add the garlic, chili or chipotle paste, cumin and optional curry paste. Stir to combine and cook for a further 3 minutes. Add onion mixture to beans.
3. Stir in the tahini paste, salt and bread crumbs and form into patties.
4. Coat patties with cornmeal.
5. Heat oven to 200°C (400°F) and bake on a lightly oiled baking sheet for 10 minutes. Turn and continue to bake for another 10 minutes or until lightly browned.

Serve in a whole wheat bun, brushed with 15 mL of Dip for Vegetables (recipe page 50) and garnished with tomatoes and lettuce.

These burgers are mildly spiced. Add more of the spices if desired.

Breakfast Burrito with Pan Fried Yukon Gold Potatoes and Fresh Fruit

Yield: 12 servings

Burritos

A	
12	small, 15 to 20-cm (6 to 8-in) whole wheat tortillas
B	
6	slices bacon, diced
C	
15 mL	olive oil
3	bell peppers, diced
3	fresh tomatoes, diced
4	green onions, finely sliced
5 mL	kosher salt
To Taste	pepper
2	jalapeño peppers, seeded and diced (optional)
D	
18	large eggs
E	
180 mL	grated aged cheddar or Swiss cheese
F	
12	25 mL portions of salsa

Burritos

1. Cook **B** in a sauté pan until crisp. Drain on paper towel.
2. Sauté **C** and season with salt and pepper.
3. Crack **D** into a bowl and mix.
4. Cook **D** over medium heat until eggs are cooked but still moist.
5. Warm **A** on flat top grill until heated through.
6. Begin to assemble the dish by placing equal portions of egg on each tortilla.
7. Top the egg with approximately 15 mL of **E** and equal portions of each of the cooked bacon and vegetable mixture.

Pan Fried Yukon Gold Potatoes

A	
30 mL	olive oil
B	
12	medium Yukon Gold potatoes, 1 cm dice
C	
	fresh chives, finely sliced
	kosher salt
	pepper

Fresh Fruit Skewers

A	
12	bamboo skewers
	assorted fruit, large dice



8. Roll tightly and return to the flat top grill, seam side down. Grill until golden brown. This will help keep it sealed for service.
9. Turn the burrito over to brown the other side.
10. Serve with portions of **F**.

Pan Fried Yukon Gold Potatoes

1. Heat **A** in a large sauté pan.
2. Add **B** and cook until browned and tender.
3. Season with **C** and serve.

Fresh Fruit Skewer

1. Skewer one piece of each kind of the diced fruit onto bamboo skewer.



Trevor Randle, Chef Instructor, Maple Ridge Secondary



Tofu Burritos

Yield: 12 burritos

15 mL	canola oil
375 mL	finely diced onions
30 mL	minced garlic
20 mL	chili powder or chipotle paste
1 L	finely diced peppers of any colour, or a combination
10 mL	paprika
30 mL	ground cumin
10 mL	dried oregano leaves
500 mL	corn, canned (drained and rinsed) or frozen
2 pkgs (396 g each)	extra firm tofu, coarsely grated
150 mL (1 small tin)	tomato paste
30 mL	reduced-sodium soy sauce
125 mL	chopped black olives
12	medium, 25-cm (10-in) whole wheat tortillas
To Taste	Pepper

- 1.** Sauté the onions, garlic and chili powder or chipotle paste in oil for 3 minutes.
- 2.** Add peppers and continue cooking on medium heat until the vegetables are soft. Add the paprika, cumin, oregano, corn and tofu and continue to sauté.
- 3.** When the vegetables are tender, stir in the tomato paste, soy sauce, olives and pepper to taste.
- 4.** Place about 150 mL of filling into the centre of each tortilla and form into a burrito. Place seam side down onto a parchment-lined hotel pan or baking dish.
- 5.** Bake at 180°C (350°F), covered with foil for 15 to 20 minutes, or until heated through.

Recipe modified from *Moosewood Restaurant Cooks for a Crowd: Recipes With a Vegetarian Emphasis for 24 or More*.

Curried Vegetables with Dahl

Serves 6, 12 or 18



	x6	x12	x18
Red lentils or yellow split peas	1 ½ cups	3 cups	4 ½ cups
Vegetable oil	3 tbsp	4 tbsp	5 tbsp
Small onions, chopped	1	2	3
Fresh green chili, seeded and minced	1	2	3
Small sweet potato, peeled and diced	2	4	6
Mild curry powder	1 tbsp	2 tbsp	3 tbsp
Ground cumin	1 tsp	2 tsp	1 tbsp
Fresh ginger, grated	2 tbsp	¼ cup	½ cup
Water	2 cups	4 cups	6 cups
Cauliflower florets, approximately ½, 1, or 1 ½ heads	4 cups	8 cups	12 cups
Green or red bell peppers, seeded and chopped	3	6	9
Fresh spinach	10 oz	20 oz	30 oz
Fresh lemon juice	2 tbsp	¼ cup	½ cup
Salt and pepper	To taste	To taste	To taste

Good served hot with rice or pasta and a bit of yogourt; this dish is also good cold, wrapped up in a whole-grain pita bread.

Note: Lentils cook faster and absorb less water than split peas so use 4 (8) (12) cups of water for lentils and 5 (10) (15) cups of water for split peas.

1. In a covered saucepan, bring the water and lentils or peas to a boil. Skim off any scum that rises to the top. Reduce the heat to low, uncover and simmer for about 30-40 minutes, until tender, stirring frequently.
2. In a large pot, heat the oil over medium heat. Add the onion and chili. Cook, stirring occasionally until the onion is translucent. Add the sweet potatoes, curry powder, cumin and ginger and continue to cook 2-3 minutes, stirring often. Add the water and bring to a boil. Add the cauliflower and bell peppers. Cover and simmer for 10 minutes.
3. While the vegetables simmer, pour the lentil mixture into a blender or food processor and purée, or mash by hand until smooth. When the sweet potato is tender, stir in the puréed lentils or peas, spinach and lemon juice. Simmer until spinach is wilted. Season to taste.

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Three Sisters Stew

Serves 6, 12 or 18

	x6	x12	x18
Olive oil	1 tbsp	2 tbsp	2 tbsp
Large onion, thinly sliced	1	2	3
Cloves garlic, minced	1	2	3
Jalapeño chili, finely chopped	1	2	3
Medium tomatoes, chopped	3	6	9
Dried thyme	1 tsp	2 tsp	1 tbsp
Peeled, cubed butternut squash	4 cups	8 cups	12 cups
Sliced yellow summer squash	4 cups	8 cups	12 cups
Cubed (1-in) zucchini	4 cups	8 cups	12 cups
Green beans, cut into 1-in pieces	3 cups	6 cups	9 cups
Frozen whole kernel corn, thawed	1 cup	2 cups	3 cups
19-oz cans kidney beans, drained and rinsed	2	4	6
Salt and pepper	To taste	To taste	To taste

A colourful Southwestern-style, late summer concoction. Use fresh corn cut from the cob if you prefer.

1. In a large pot, heat the oil over medium heat. Add the onion and chili. Cook, stirring occasionally, until the onion is tender. Add the tomatoes, thyme and butternut squash. Cover and cook over low heat until the squash starts to soften. Stir in the yellow squash, zucchini and green beans. Cook over low heat for 10-15 minutes, stirring frequently, until the squash is tender. Stir in the corn and kidney beans. Cover and cook until piping hot. Season to taste.

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Punjabi Spiced Chickpeas

Serves 6, 12 or 18 or as part of a meal

	x6	x12	x18
Vegetable oil	2 tbsp	3 tbsp	4 tbsp
Black or yellow mustard seeds	1 ½ tsp	1 tbsp	4 ½ tsp
Cumin seeds	1 tsp	2 tsp	1 tbsp
Ground coriander	½ tsp	1 tsp	1 ½ tsp
Pinches ground cardamom	1	2	3
Tumeric	½ tsp	1 tsp	1 ½ tbsp
Fresh ginger, grated	2 tsp	4 tsp	2 tbsp
Garlic cloves, minced	2	4	6
Shallots, finely chopped	2	4	6
Canned, drained or fresh tomatoes, chopped	1 cup	2 cups	3 cups
19-oz cans chickpeas, drained and rinsed	1	2	3
Water or vegetable stock	1 ½ cups	3 cups	4 ½ cups
Frozen peas, thawed	1 cup	2 cups	3 cups
Chopped fresh cilantro	¼ cup	½ cup	¾ cup
Salt and cayenne pepper	To taste	To taste	To taste

If all you've ever had is commercially prepared curry powder, this dish will be a revelation of flavour. Chickpeas are also known as garbanzo beans. You can use kidney or pinto beans in place of the chickpeas if you like.

1. In a large pot, heat the vegetable oil over high heat. Add the mustard seeds. When they pop, add the cumin, coriander, cardamom and tumeric. Stir for a moment, then add the ginger, garlic and shallots. Cook, stirring for 1 minute.
2. Add the tomatoes and cook, stirring, until the tomatoes thicken and become pasty.
3. Add the chickpeas and water or stock. Cover and bring to a boil. Reduce heat and simmer for 10 minutes, stirring occasionally.
4. Mix in the peas and cilantro and simmer until the peas are warmed through.
5. Season to taste with the salt and cayenne pepper.

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Sandwiches

Nothing says lunch quite like a sandwich, except maybe soup and sandwich! Use a variety of breads, fillings and sides to keep sandwiches interesting.

Prepare sandwiches with one item from at least three of the four food groups in *Canada's Food Guide*:

- **Vegetables and Fruit**
- **Grain Products**
- **Milk and Alternatives**
- **Meat and Alternatives**

Emphasize whole grain products and vegetables

- Offer a variety of breads, pitas, tortillas, roti and buns. Favour products with at least 2 g of fibre per serving.
- Choose deeply coloured vegetables such as dark green lettuce, bell peppers and tomatoes.
- Add apple or banana to nut butter or cheese sandwiches.

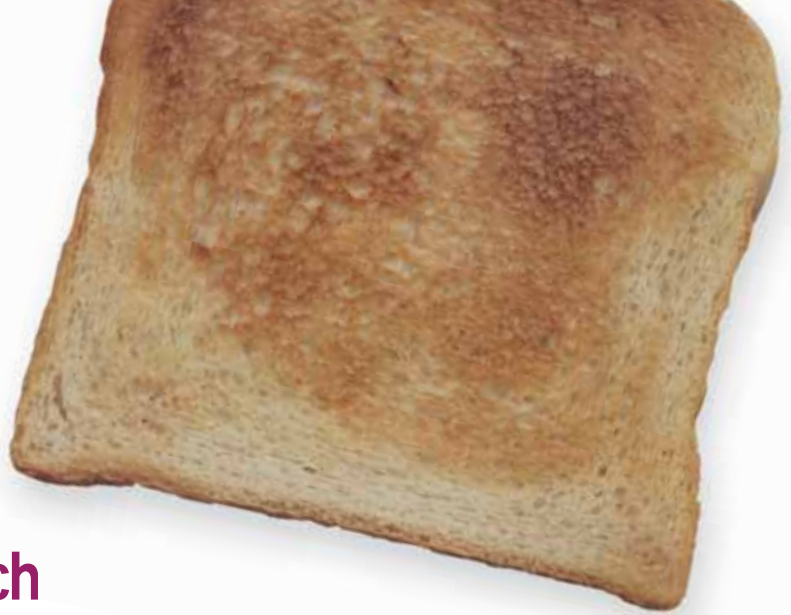
Offer alternatives to meat, fish, and poultry often

- Try egg, roasted vegetables, salad, chickpea curry or bean spread in a tortilla, pita pocket or roti.

Prepare sandwiches with low-fat, reduced-sodium ingredients and limit added fat and salt

- Choose lean, roasted meats. Avoid meats that have been processed, cured or smoked.
- Use small amounts, if any at all, of added fat such as non-hydrogenated margarine, mayonnaise and cream cheese.
- Avoid processed cheese.
- Avoid adding pickles and pickled foods, relishes and other condiments when preparing sandwiches.





Breakfast Club Sandwich

Yield: 1 sandwich

- 1 slice of whole grain toast
- 2 slices tomato
- 1 scrambled egg (no added salt)
- 25 g shredded cheese **or**
1 slice crisp bacon
- shredded lettuce

- 1.** Cut toast on the diagonal.
- 2.** Top one-half of the toast with egg, tomato slices, lettuce, cheese **or** bacon. Top with other one-half of toast and hold together with toothpick.
- 3.** Serve with fresh fruit salad and/or baked yam “fries” (recipe page 44) tossed in lime zest and reduced-sodium Cajun spice seasoning.

Instead of using white bread for sandwiches, gradually shift to whole wheat bread by first introducing 60% whole wheat and later move on to 100%. Make a “crazy sandwich” by using one slice each of whole wheat and white bread. If you don’t like the whole wheat, turn the sandwich over and now you’ve got white!

Recipe developed by the students in the “Breakfast Club” program at David Thompson Secondary School, Invermere





Grilled Vegetable Roll-Ups

Yield: 12 portions

12	small, 15 to 20-cm (6 to 8-in) whole wheat tortillas	6	lettuce leaves, each cut in half
2	red peppers, grilled	30 mL	capers, chopped
2	small zucchini, grilled	3 mL	pepper
30 mL	canola oil	3 mL	salt
250 g	light cream cheese		

1. Wash and then remove stem, seeds and pith from the red peppers. Slice into strips, toss with 15 mL oil and 2 mL each salt and pepper.
2. Wash and then remove stem from zucchini. Cut in half crosswise and then slice lengthwise into strips, (approximately 6-mm thick slices). Toss with the remaining oil, salt and pepper.
3. Place vegetables in a single layer on jelly roll pans and broil until soft, turning several times. If the zucchini is very moist, blot with paper towels.
4. Cool the vegetables.
5. Lay tortillas on a flat surface and spread evenly with cream cheese.
6. Sprinkle with capers.
7. Divide the grilled vegetables evenly, placing on one half of each tortilla, then place lettuce on top.
8. Roll up tightly and serve whole, or cut into 3-4 pieces each.

Susan Petersen, Home Economics Teacher, Churchill Secondary, Vancouver

Limit trans fat – read the Nutrition Facts Table and choose a tortilla that contains no trans fat. Or, read the ingredient list and choose a product that does not contain the words ‘hydrogenated’, ‘partially hydrogenated’, ‘margarine’ or ‘shortening’.

Grilled Chicken Clubhouse Sandwich

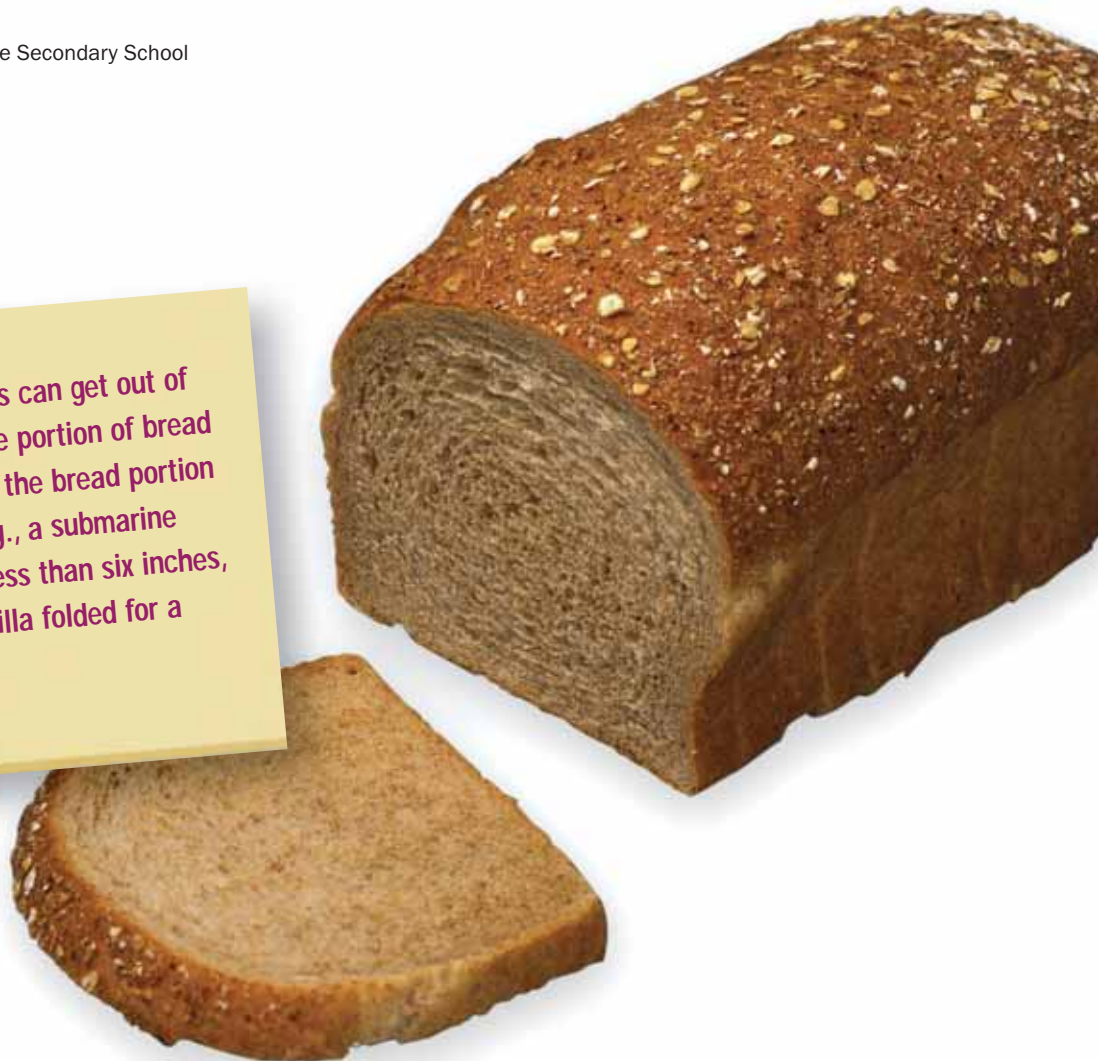
Yield: 15 sandwiches

30	slices whole grain bread	1. Lightly coat the bread slices with olive oil or margarine and toast.
75 mL	olive oil or soft margarine, non-hydrogenated	2. Spread 5 mL of pesto onto each of 15 slices of the bread.
75 mL	pesto	3. Top with one chicken breast, one bacon slice, three tomato slices, one lettuce leaf and a second slice of bread.
15	skinless, boneless chicken breasts, grilled	4. Secure with two skewers or toothpicks and cut in half.
15	crispy bacon slices	5. Serve immediately with fresh salad or bowl of soup.
45	tomato slices	
15	lettuce leaves	

Use deeply coloured greens to garnish sandwiches, increasing nutrients and eye appeal. Try romaine or red leaf lettuce, or even finely shredded kale or chard.

Trevor Randle, Chef Instructor, Maple Ridge Secondary School

Sandwich sizes can get out of hand if a large portion of bread is used. Keep the bread portion moderate, e.g., a submarine bun that is less than six inches, and one tortilla folded for a quesadilla.





Baked Goods and Desserts

Most baked goods and desserts such as cupcakes, muffins, cookies, pastries, cakes, and pies are foods to be enjoyed occasionally and in small amounts. Look for recipes that emphasize higher fibre ingredients and call for less fat, sugar, and salt.

Emphasize whole grain products and iron sources

- Replace half of the white flour in many baked goods with whole grain flour.
- Boost iron by adding blackstrap molasses, raisins, dried apricots, pumpkin or sesame seeds, oatmeal, wheat germ or canned pumpkin.
- Emphasize nuts and seeds.

Prepare baked goods and desserts with small amounts of added fat and sugar; limit high-fat and high-sugar ingredients

- Replace up to 50% of the fat with mashed fruit (applesauce, mashed banana, puréed prunes, puréed pumpkin).
- Use low-fat milk or plain, low-fat, calcium-fortified soy beverage in place of cream or whole milk.
- Use mini chocolate chips and half the amount called for instead of regular chocolate chips.
- Replace chocolate chips with chopped dried fruit or chopped nuts or a combination.
- Use fresh or puréed fruit in place of frosting or icing.

For more baked goods recipes refer to *Bake Better Bites: Recipes and Tips for Healthier Baked Goods* at www.healthyeatingatschool.ca

Prepare baked goods and desserts with the least possible amount of salt

- Make muffins, cookies, and cakes from scratch rather than from mixes.

Artificial sweeteners are not permitted in baked goods for sale in elementary and middle schools, and are generally discouraged for use by all students except those with diabetes.

What's an appropriate amount to serve?

- Cookie: not more than 6 cm in diameter
- Loaf slice: not more than 2 cm thick
- Muffin: size of tennis ball or smaller

How do you know if a recipe contains a lot or a little fat, sugar, or salt?

How to assess an acceptable amount of added fat:

Servings of recipe	Fat called for is less than	
	(no.)	(mL) (g)
1	7	7
12	75	72
50	350	336

How to assess an acceptable amount of added sugar:

Servings of recipe	Sugar called for is less than	
	(no.)	(mL) (g)
1	15	13
12	175	150
50	750	634

How to assess an acceptable amount of added salt:

Servings of recipe	Salt called for is less than	
	(no.)	(mL) (g)
1	1	1
12	10	12
50	50	62

Rocky Mountain Café Muffins

Yield: approximately 110 muffins

600 g	vegetable oil	200 g	quick oats
12	eggs	1.3 kg	white sugar
450 g	applesauce, unsweetened	60 mL	baking soda
60 mL	vanilla	30 mL	salt
3 L	1% buttermilk	2.5 kg	berries, fresh or frozen, unsweetened and do not thaw
1.75 kg	white flour		
1.75 kg	whole wheat flour		

1. Whisk eggs into oil until emulsified.
2. Combine remaining wet ingredients and add to the oil and eggs.
3. Combine the dry ingredients. Fold the wet ingredients into the dry until about half mixed. Fold the fruit until it is just mixed. Do not overmix.
4. Place in silicone muffin forms with the #12 scoop (80 mL) and bake at 160°C (325°F) in convection oven for 20-25 minutes.

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Cook Training, Invermere

Muffin Variations

Mixed Berry: Blueberries, raspberries, blackberries and strawberries.

Okanagan Fruit: Chopped peaches, pears, cherries and nectarines.

Razzelberry: Raspberries and cranberries.

Carrot Nut Spice: Replace berries with 2 kg grated carrots and 500 g diced, unsweetened pineapple. Add 50 mL cinnamon and 15 mL allspice.

You may also sprinkle with oats before baking.

Fruit Muffins

Yield: 48 muffins

500 mL	quick oats	5 mL	salt
500 mL	whole wheat flour	500 mL	frozen fruit*
250 mL	oat bran		
125 mL	flax seed	375 mL	low-fat plain yogurt
250 mL	sugar	250 mL	melted margarine, non-hydrogenated
250 mL	shredded unsweetened coconut	2	large eggs
10 mL	baking powder	10 mL	vanilla
10 mL	cinnamon	300 mL	skim milk
5 mL	baking soda		

Frozen blueberries and peaches are the best! Use peach slices that are fairly large, about twice the size of a blueberry.

1. Preheat the oven to 190°C (375°F). Line muffin tins with paper liners.
2. Mix dry ingredients together.
3. Add the fruit and coat with the dry ingredients.
4. Set aside 150 mL milk.
5. Mix the wet ingredients, including the remaining milk, together.
6. Add the wet ingredients to the dry, and mix just enough to combine. Add more milk as needed to make a thick batter.
7. Fill cups level with paper liners.
8. Bake 15-20 minutes or until firm.

Vernon Secondary School Cafeteria Program





Honey Whole Wheat Buns

Yield: 2.6 kg or approximately 42 x 60 g buns

30 mL	quick rise yeast	10 mL	salt
1 L	warm water	1.5 L	whole wheat flour
125 mL	margarine, non-hydrogenated	1 L	all purpose flour
75 mL	molasses	125 mL	crushed flax seed
125 mL	honey		

1. Dissolve yeast in warm water.
2. In a large bowl, combine margarine, molasses, honey and salt. Mix well.
3. Add yeast mixture then gradually add flours and flax.
4. Turn onto floured surface and knead until smooth.
5. Punch down and let rest for a few minutes.
6. Divide dough into four parts and shape into buns.
7. Bake at 190°C (375°F) for 35 to 40 minutes.

Burnaby Mountain Secondary Advanced Foods 12 students

All Purpose Dough: Cheese Buns

Yield: each 2L quantity of dough makes approximately 30 buns

This dough makes great pizza crust too. See recipe page 57.

	2 L	4 L	8L
Salt	5 g	10 g	20 g
Margarine, non-hydrogenated	60 g	120 g	240 g
All purpose flour	875 g	1.75 kg	3.5 kg
Whole wheat flour	875 g	1.75 kg	3.5 kg
Sugar	10 g	20 g	40 g
Yeast (Fermipan)	20 g	40 g	80 g
Warm water	1.25 L	2.5 L	5 L
Shredded reduced-fat cheese	625 mL	1.25 L	2.5 L

1. Mix all weighed dry ingredients in a Hobart mixer. Add the warm water and mix with the dough hook until well combined.
2. Weigh into 500 g pieces and roll out into a rectangle.
3. Sprinkle each rectangle with approximately 125 mL shredded reduced-fat cheese or soy cheese.
4. Roll up jelly roll style, tuck in the short ends and cut each roll into 6 pieces.
5. Place on a cookie sheet lined with parchment paper and put in proofer for approximately 12 to 15 minutes before baking.
6. Bake the buns at 190°C (375°F) for approximately 20 minutes or until browned and done.

Vernon Secondary School Cafeteria Program



Fibre Feast Bread

Yield: 1 loaf (16 slices)

125 mL	boiling water	250 mL	old-fashioned rolled oats
250 mL	raisins		
1	egg, beaten	250 mL	100% bran cereal
50 mL	brown sugar	50 mL	wheat germ
250 mL	buttermilk	7 mL	baking soda
250 mL	whole wheat flour	2 mL	salt

1. Preheat oven to 180°C (350°F).
2. Lightly oil a loaf pan with non-stick spray.
3. In a large bowl, pour boiling water over raisins, and leave to cool. Add egg, sugar and buttermilk.
4. In another bowl, combine flour, oats, cereal, wheat germ, soda and salt and mix well.
5. Stir dry ingredients into raisin mixture until well blended.
6. Pour into loaf pan. Bake for 45-50 minutes, or until loaf tests done.

Ann Marie Jury, Home Economics Teacher, South Kamloops Senior Secondary, Kamloops.
Recipe adapted and reprinted with permission from *Low-Glycemic Meals in Minutes* by Laura Kalina and Cheryl Christian



Apple Flax Bread

Yield: 4 loaves, approximately 64 slices

300 mL	canola oil	170 g	ground flax seed
600 g	white sugar	4	apples, small dice, peeling optional
8	eggs		
30 mL	vanilla	15 mL	cinnamon (optional)
300 mL	low fat plain yogourt	1.5 kg	unsweetened applesauce
1200 g	whole wheat or spelt flour		
25 g	baking soda	460 g	chopped walnuts (optional)
10 g	salt		
170 g	whole flax seed		

**To make muffins adjust
time to 18-20 minutes.**

1. Cream together oil and sugar, add eggs and beat. Stir in the vanilla and the yogourt.
2. Sift together dry ingredients and mix in the apples.
3. Add applesauce to egg mixture.
4. Combine dry and wet ingredients and mix just enough to combine.
5. Fold in walnuts if using.
6. Divide batter evenly into 4 greased loaf pans.
7. Bake at 160°C (325°F) in oven for 45-60 minutes (check with a wooden skewer).

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Blueberry Oat Bars

Serves 16, 32 or 48 bars

	x16	x32	x48
Flour	1 cup	2 cups	3 cups
Quick-cooking rolled oats	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cups	2 $\frac{1}{4}$ cups
Packed brown sugar	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cups	2 $\frac{1}{4}$ cups
Wheat germ	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
Natural bran	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
Salt	$\frac{1}{2}$ tsp	1 tsp	1 $\frac{1}{2}$ tsp
Ground cinnamon	$\frac{1}{2}$ tsp	1 tsp	1 $\frac{1}{2}$ tsp
Baking soda	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp	$\frac{3}{4}$ tsp
Apple juice	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup
Vegetable oil	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
Blueberries	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cups	2 $\frac{1}{4}$ cups
Cornstarch	1 tbsp	2 tbsp	3 tbsp
Lemon juice	1 tbsp	2 tbsp	3 tbsp

Cut into larger squares and serve warm with yogourt as a dessert.

1. Preheat the oven to 350°F. Combine the flour, rolled oats, brown sugar, wheat germ, bran, salt, cinnamon and baking soda. Mix well. Beat the apple juice and oil together. Add to the dry ingredients and mix until crumbly. Press half of the mixture into 1 (2) (3) 9-inch square baking dishes. Bake for 10 minutes. Let cool.

2. Combine the blueberries, cornstarch and lemon juice together. Spread evenly over the cooled base. Sprinkle with the remaining oat mixture. Return to the oven and bake for 34-45 minutes, until the topping is browned and the fruit bubbling. Cool completely before cutting.

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Irish Soda Bread

Makes 1, 2 or 3 loaves

	x1	x2	x3
Buttermilk	2 cups	4 cups	6 cups
Honey	2 tbsp	4 tbsp	6 tbsp
Whole wheat flour	2 ½ cups	5 cups	7 ½ cups
Unbleached white flour	2 cups	4 cups	6 cups
Millet	¼ cup	½ cup	¾ cup
Baking soda	1 ½ tsp	1 tbsp	4 ½ tsp
Salt	½ tsp	1 tsp	1 ½ tsp

You can add a cup of currants or raisins to the dry ingredients for a sweeter bread. If you like caraway seeds, add 1 teaspoon per loaf for a traditional taste.

1. Preheat the oven to 325°F. Grease and flour 1 (2) (3) baking sheets.
2. Whisk the buttermilk into the honey.
3. In a large bowl, whisk the flours, millet, baking soda and salt together.
4. Add wet mixture all at once to the dry mixture and stir until just blended. Do not overmix.
5. Place dough on floured surface and knead for 2 minutes. Shape the dough into a round loaf.
6. Place on the baking sheets and bake for 60-70 minutes. Transfer to a rack to cool.

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Baked Bannock

Makes 30, 60 or 90 servings

	x30	x60	x90
Flour	5 cups	10 cups	15 cups
Baking powder	3 tbsp	6 tbsp	9 tbsp
Powdered milk	½ cup	1 cup	1 ½ cups
Salt	½ tsp	1 tsp	1 ½ tsp
Sugar	½ cup	1 cup	1 ½ cups
Vegetable oil	½ cup	1 cup	1 ½ cups
Cold water, approximately	2 cups	4 cups	6 cups

1. Preheat the oven to 400°F. Grease 3 (6) (9) baking sheets.
2. Mix together the flour, baking powder, powdered milk, salt and sugar.
3. Make a hole in the center of the dry ingredients. Put the oil into the hole and, using your hands, gently mix in the flour mixture until the oil is absorbed.
4. Rapidly stir in the cold water, stopping when a soft dough is formed.
5. Divide the dough into 30 (60) (90) equal pieces and pat out to ½-inch-thick buns. Place 10 buns, 1 inch apart, on each baking sheet.
6. Bake for 20 minutes until golden brown.

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Basic Recipe for Oatmeal Cookies

Yield: 48 cookies

250 mL	brown sugar	5 mL	baking soda
250 mL	white sugar	5 mL	salt
250 mL	margarine, non-hydrogenated	5 mL	baking powder
		500 mL	quick oats
2	large eggs	250 mL	of one of the following or a combination: diced dried apricots, diced figs, craisins, raisins or chocolate chips
30 mL	milk		
10 mL	vanilla		
250 mL	all purpose flour		
250 mL	whole wheat flour		

1. Preheat oven to 180°C (350°F).
2. Cream together both sugars and the margarine.
3. Add the eggs, milk and vanilla and beat until well combined.
4. Add the flour, soda, salt and baking powder and beat again.
5. Add the oats and the dried fruit or chocolate chips.
6. Mix until well combined.
7. Using a 1 oz ice cream scoop, drop onto parchment-lined cookie sheets.
8. Bake 8-10 minutes. Remove from cookie sheets and cool on wire rack.

Vernon Secondary School Cafeteria Program



Ginger Snaps

Makes 100, 200 or 300 ginger snaps

	x100	x200	x300
Sifted flour	5 cups	10 cups	15 cups
Baking soda	1 tsp	2 tsp	1 tbsp
Salt	½ tsp	1 tsp	1 ½ tsp
Ground ginger	1 tbsp	2 tbsp	3 tbsp
Shortening	1 cup	2 cups	3 cups
White sugar	3 cups	6 cups	9 cups
Molasses	1 cup	2 cups	3 cups
Large eggs	3	6	9

This recipe calls for shortening. To limit trans fat, choose a shortening that is non-hydrogenated, or substitute with non-hydrogenated margarine. You could also use butter instead of shortening in this recipe.

1. Preheat the oven to 325°F. Grease and flour, or line with parchment paper, as many cookie sheets as you have!
2. Whisk the flour, baking soda, salt and ginger together.
3. In a separate bowl, cream the shortening. Beat in the sugar until fluffy. Beat in the molasses, then the eggs.
4. Add the flour mixture and stir until well mixed.
5. Using 2 teaspoons of the dough for each cookie, roll into balls and place 2 inches apart on cookie sheets and flatten slightly.
6. Bake for 15-20 minutes, until firm. Transfer to a rack to cool. Wash, grease and flour the sheets between batches, or re-use the parchment paper.

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Make large batches of cookie dough, roll into small rolls, then wrap in plastic wrap and freeze for up to 3 months. When you want to make cookies, slice the frozen dough and place on cookie sheets. When thawed, bake according to this recipe. This is great when you only want to make a dozen cookies or so.



What's an appropriate amount to serve?

- Shakes and smoothies: 250 mL (no larger than 360 mL in middle and secondary schools)
- Puddings and custards: about 100 g or 125 mL

To determine if ready-to-serve shakes, puddings, and yogourts are suitable for sale, check if they fit into the **Choose Most** and **Choose Sometimes** categories at www.brandnamefoodlist.ca.

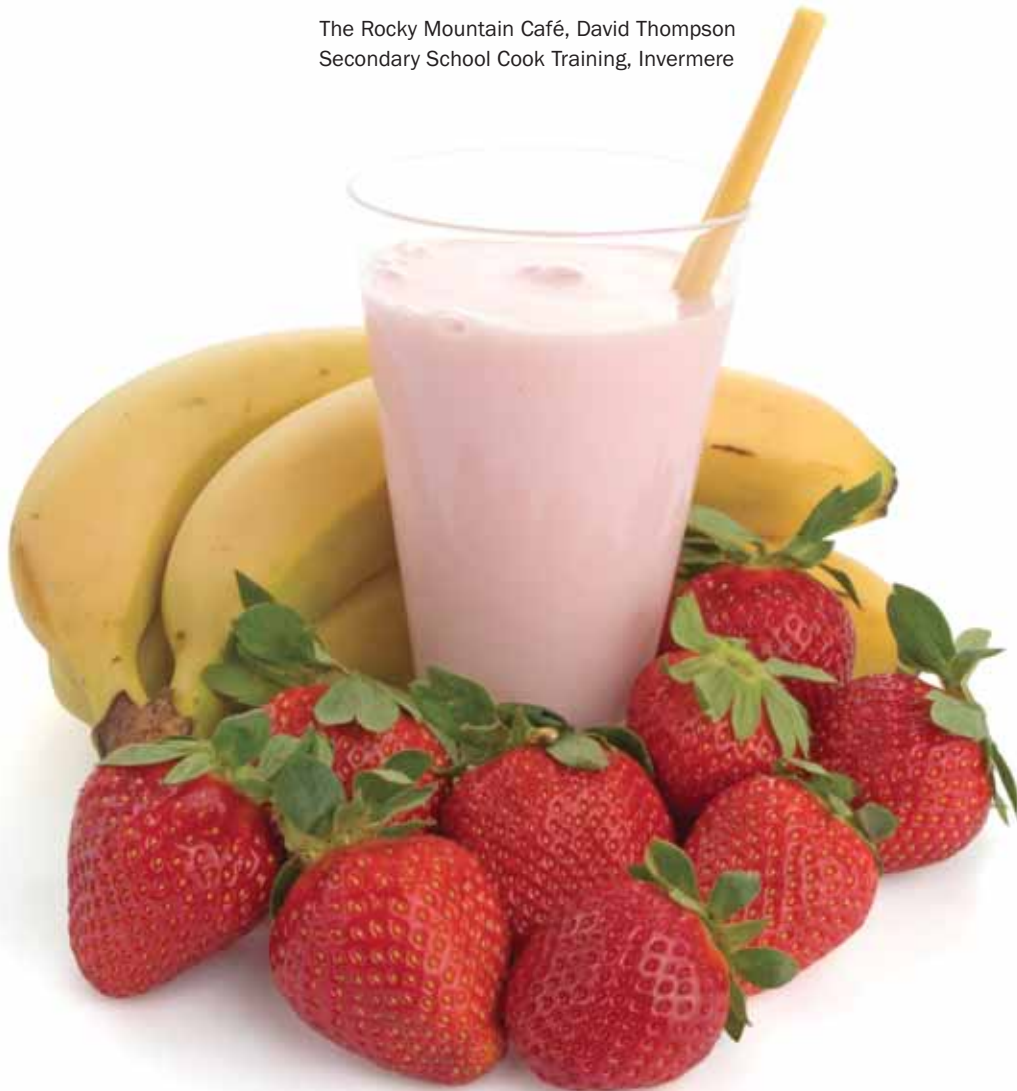
Fruit Yogourt Smoothie

Yield: 1 smoothie

125 mL	plain low-fat yogourt (skim, 1% or 2%)
75 mL	ice
125 mL	frozen berries, unsweetened
1/2	medium banana

1. Put all ingredients into a blender and blend until well mixed. Serve.

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Parfaits

Yield: 1 portion

175 mL	frozen fruit
5 mL	maple syrup or honey
125 mL	plain 1% yogourt
30 mL	granola

1. Combine fruit and maple syrup in a bowl.
2. Place about one-third of the fruit at the bottom of a 9 oz serving cup.
3. Place about half of the yogourt on top of fruit.
4. Repeat steps 2 and 3 until cup is full.
5. Sprinkle granola on top of parfait.

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Limit trans fat – read the Nutrition Facts Table and choose a granola that contains no trans fat. Or, read the ingredient list and choose a product that does not contain the words ‘hydrogenated’, ‘partially hydrogenated’, ‘margarine’ or ‘shortening’.



Conversion tables: Rounded measures for quick reference

Reminder!

A fluid ounce (fl oz) is a measure of volume.
Convert fluid ounces to mL.

An ounce (16 per pound) is a measure of weight.
Convert ounces to grams.

Volume

For ingredient volumes up to 1 cup use the approximate conversions in Table 1.

Table 1 : Equivalent Volumes

Imperial	mL
$\frac{1}{8}$ tsp	0.5 mL
$\frac{1}{4}$ tsp	1 mL
$\frac{1}{2}$ tsp	2 mL
1 tsp	5 mL
1 tbsp	15 mL
2 tbsp	25 mL
3 tbsp	50 mL*
$\frac{1}{4}$ cup	50 mL*
$\frac{1}{2}$ cup	75 mL
$\frac{1}{2}$ cup	125 mL
$\frac{3}{4}$ cup	150 mL
$\frac{3}{4}$ cup	175 mL
1 cup	250 mL

*The equivalent volumes in Table 1 reflect the general principle that not more than two different measures should be used to measure an amount. As a result 50 mL is the accepted rounded quantity for both 3 tbsp and $\frac{1}{4}$ cup.

Weight

For ingredient weights up to 2 lb use the approximate conversions in Table 2.

Table 2 : Equivalent Weights

Imperial	grams
$\frac{1}{2}$ oz	15 g
1 oz	30 g
2 oz	60 g
$\frac{1}{4}$ lb	125 g
$\frac{1}{2}$ lb	250 g
$\frac{3}{4}$ lb	350 g
1 lb	500 g
1 $\frac{1}{2}$ lb	750 g
1 $\frac{3}{4}$ lb	875 g
2 lb	1 kg

Metric Equivalents for Larger Quantities

Table 3: Equivalent Amounts

Imperial	Metric
1 lb	450 g
1 cup	240 mL
1 fl oz*	28.4 mL

*Use only for converting can sizes expressed in imperial fluid ounces.

Table 4: Equivalent Volumes

Gal/Qt	Metric
1 gallon (Can)	4.5 L
1 quart (Can)	1.1 L
1 gallon (US)	3.8 L
1 quart (US)	950 mL

If the original recipe contains **gallon** or **quart** measures:

- **first** establish whether the measures you have been using are US or Canadian (imperial)
- **and then** use the appropriate conversion factor(s) from Table 4.

Resources

Recommended Cookbooks

Not all the recipes in these cookbooks will meet the *Guidelines*. Use the tips in this resource to decide if recipes will meet the *Guidelines* and be suitable for sale to students.

Quantity Cooking

- *Healthwise Quantity Cookbook*. *
Stephanie Turner & Vivienne Aronowitz.
Center for Science in the Public Interest. 1990.
- *Healthy & Delicious: 400 Professional Recipes*. *
Sandy Kapoor. John Wiley & Sons. 1999.
- *Many Hands: Community Kitchens Share Their Best*.
Community Kitchens Publishing. 2005.
- *Moosewood Restaurant Cooks for a Crowd: Recipes With a Vegetarian Emphasis for 24 or More*.
The Moosewood Collective.
John Wiley & Sons. 1996.
- *Techniques of Healthy Cooking, Second Edition*. The Culinary Institute of America.
Editor Jennifer S. Armentrout.
John Wiley & Sons. 2000.
- *Techniques of Healthy Cooking, Professional Edition*. The Culinary Institute of America.
John Wiley & Sons. 2008.

Family Size Cooking

Dietitians of Canada

- *Bake Better Bites: Recipes and Tips for Healthier Baked Goods*. Dietitians of Canada. 2009. www.healthyeatingatschool.ca

- *Cook Great Food: 450 Delicious Recipes*.
Dietitians of Canada. Robert Rose. 2001.
- *Simply Great Food: 250 quick, easy, & delicious recipes*. *
Patricia Chuey, Eileen Campbell, &
Mary Sue Waisman. Robert Rose. 2007.

Heart and Stroke Foundation of Canada

- *HeartSmart Chinese Cooking*.
Stephen Wong. Douglas & McIntyre. 1996.
- *HeartSmart Flavours of India*.
Krishna Jamal. Douglas & McIntyre. 1998.
- *The Best of HeartSmart Cooking*.
Bonnie Stern. Random House Canada. 2006.
- *The New Lighthearted Cookbook: Recipes for Heart Healthy Cooking*.
Anne Lindsay. Key Porter Books. 2005.

Canadian Diabetes Association

- *Canada's Best Cookbook for Kids with Diabetes*.
Colleen Bartley. Robert Rose. 2005.
- *Diabetes Comfort Food*.
Johanna Burkhard. Robert Rose. 2006.

Other

- *Low Glycemic Meals in Minutes: Fast Track Your Family to Healthy Eating and Active Living*.
Laura Kalina and Cheryl Christian. 2008.
- *One Smart Cookie: All Your Favourite Cookies, Squares, Brownies and Biscotti... With Less Fat!*
Julie Van Rosendaal. Whitecap Books. 2002.

- *The Complete Light Kitchen*.
Rose Reisman. Whitecap Books. 2007.
- *The Good Food Book for Families*.
Brenda Bradshaw and Cheryl Mutch.
Random House Canada. 2008.

Web Resources

- **Brand Name Food List**
www.brandnamefoodlist.ca
- **Eating Well with Canada's Food Guide**
www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php
- **Guidelines for Food and Beverage Sales in BC Schools and Tools to Support Implementation**
www.bced.gov.bc.ca/health/healthy_eating/food_guidelines/
- **Making It Happen: Healthy Eating at School**
www.healthyeatingatschool.ca
- **A Fresh Crunch in School Lunch – The BC Farm to School Guide**
www.phabc.org/farmtoschool
- **School Meal and School Nutrition Program Handbook**
www.bced.gov.bc.ca/health/
- **Chef Ann Lunch Lessons: Changing the Way We Feed Our Children**
www.lunchlessons.org/
- **Healthy Eating Active Living Information**
www.dietitians.ca

Nutrition Information Hotline

- **Dietitian Services at HealthLink BC**
Toll-free in BC 8-1-1
www.HealthLinkBC.ca

Nutrient Analysis Software

Software programs are available to analyze the nutrients in recipes and the analysis can be compared to the *Guidelines*. This takes time, and for accurate results is best done by someone with experience and expertise in this area. It should also be done with a program that uses the most recent version of the **Canadian Nutrient File** as its database.

Tips and Recipes for Quantity Cooking: Nourishing Minds and Bodies has been developed to assist users in determining if recipes will meet the *Guidelines* without having to do recipe analysis.

Sources

Resources marked with an asterisk (*) and those listed below were used in the preparation of this resource.

- *On Cooking: A Textbook of Culinary Fundamentals*.
Sarah R. Labensky, Alan M. Hause, Fred L. Malley, Anthony Bevan & Settimio Sicoli.
Pearson Education Canada. 2006.
- *Recipe Substitutions to Lower Fat and Sugar*.
www.HealthLinkBC.ca
- *The New American Plate Comfort Foods: Recipes for a Healthy Weight and a Healthy Life*. American Institute for Cancer Research, Revised Edition.
- *Techniques of Healthy Cooking, Second Edition*. The Culinary Institute of America.
Editor Jennifer S. Armentrout.
John Wiley & Sons. 2000.

Tips and Recipes for Quantity Cooking: Nourishing Minds and Bodies

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Download a copy and other resources at www.healthyeatingatschool.ca

If you have questions about healthy eating at school contact Dietitian Services at HealthLink BC at 8-1-1.



An initiative of these
BC Healthy Living Alliance members

