

The Senior Chef

Cooking for One or Two



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INTRODUCTION

Recipes in the Senior Chef have been selected so that you may be assured of serving nutritious, economical and easy to prepare meals. Suggestions for modifying many of the recipes have also been made. Be sure to look for and try some of these ideas. Doing this will increase the variety of dishes you can make.

Along with the recipes the Senior Chef contains information on buying and storing food. In addition, some hints taken from traditional kitchen lore are included to help you with your food preparation.

An explanation of the four food groups and other aspects of nutritious eating are in the Appendix at the back of the book. There you will find the whys and hows of planning the kinds of meals you need to develop and maintain good health.

We hope you will enjoy trying these recipes.

Besides eating well, be sure to drink lots of water every day and keep active with some physical activity that you enjoy.

And now, on to the kitchen ...

SOUPS

Soups are easy to make and simple to serve. They are a "comfort" food on a cool day or when we have a light appetite.

Soups can be an appetizer or a meal in a bowl. They may be thin—made from a meat or vegetable stock supplemented with vegetables, or they may be thick—made with a cream sauce, a puree of vegetables, or thickened with eggs or a cereal such as barley.

The best soup stock is made with the best ingredients, such as boiling fowl or beef bones browned in the oven. However, a good soup stock can be made by using bits of bones, meat trimmings, cooked meat, vegetable parings, outer leaves and lower ends of such vegetables as celery, parsley and asparagus. Freeze these in a plastic bag until you accumulate enough to fill a pot. Cook in water to cover, strain out and discard the solids and keep the stock (up to 3 days) in a covered jar in the refrigerator or freeze in small containers. Fat will solidify on top and can easily be removed with a fork or slotted spoon. Save the liquid from canned vegetables, or the water in which you cook your own vegetables and use it as stock.

Canned and packaged soups are very adaptable. Besides being convenient, they can be used as a sauce for vegetables and hearty main course meat and casserole dishes.

Some canned soups are "ready to eat" after heating; others are condensed and need to be diluted with milk or water. Most condensed "cream" soups contain little or no cream or milk. To improve nutrition dilute canned cream soups with milk rather than water. This advice applies to packaged soups as well.

If restricting salt has been recommended for you, choose low or no sodium soup base mixes, limit the use of regular canned and packaged soups and choose "low salt" labels. Better yet, make your own soups so you can control the amount of salt.

SAUCES

Sauces are liquid seasonings for food. Like soups, the choices are endless and they can be made from a variety of ingredients. Sauces can be hot or cold, thick or thin, spicy or soothing.

Sauces are used in casseroles, creamed dishes and pot pies. They can cover or accompany a food. They add colour, zest, or the crowning touch to a dish, whether it is a soup, a main course, a salad, or dessert.

Basic sauces are simple to make. If you have a microwave oven, use it, because it will further simplify the process. (Follow directions for your oven).

You may also purchase canned or packaged sauces. Remember to read the labels for ingredients, and to compare prices in order to decide whether you should "make" or "buy" a sauce.

Lastly, remember that sauces are a form of seasoning, and they should satisfy your sense of taste. You may want to add more of a particular spice or herb, a pinch of sugar, a dash of lemon juice or some other ingredient to intensify the flavour. Go ahead and do it! It's your sauce!

Cream Soup

Serves 1

1/4 cup	water	50 mL
2 tbsp	celery, diced	25 mL
1 tbsp	onion, finely chopped	15 mL
1 tsp	chicken broth base	5 mL
1/3 cup	skim milk powder	75 mL
2 tsp	flour	10 mL
	salt and pepper to taste	
1/2 cup	stock (or water)	125 mL

Simmer celery and onion in 1/4 cup (50 mL) water for 2-3 minutes.

Combine the chicken broth, skim milk powder, flour and seasonings. Sprinkle this mixture over the 1/2 cup (125 mL) stock or water and beat it until smooth. Add to the celery and onions.

Cook at medium heat until mixture thickens.

Cream Soup Variations:

To basic cream soup recipe add:

Chicken ■ 1/4 cup (50 mL) cooked chicken and a pinch of thyme.

Corn ■ 1/4 cup (50 mL) creamed corn, 1/2 tbsp (7 mL) chopped chives and parsley; a dash of pepper.

Tomato ■ 1/4 cup (50 mL) canned chopped tomatoes and a pinch of sugar. Stir the cold tomatoes into the hot sauce; heat just to serving temperature.

Carrot ■ 1/4 cup (50 mL) mashed carrot and a dash of ginger.

Vegetable ■ add 1/4 cup (50 mL) cooked minced or mashed vegetable such as mushroom, broccoli, peas, asparagus, potato or any combination of these.

Suggestion for completing the meal: cheese, whole wheat crackers and peaches.

Corn Chowder

Serves 2

1 small	potato, cubed	1 small
2 tbsp	onion, chopped	25 mL
1 cup	water	250 mL
1/3 cup	skim milk powder	75 mL
1/2 can	creamed corn (14 oz/398 mL)	1/2 can
	salt and pepper to taste	

Cook potato and onion in the water until tender. Do not drain.
Add skim milk powder and corn. Heat, season and serve.

Suggestion for completing the meal: whole wheat crackers and liver sausage or pate.

Hearty Fish Chowder

Serves 2

2 tsp	margarine	10 mL
2 tbsp	onion, chopped	25 mL
2 tbsp	celery, chopped	25 mL
1 small	potato, diced	1 small
1 small	carrot, sliced	1 small
3/4 cup	boiling water or vegetable stock	175 mL
pinch	salt and pepper	pinch
5 oz	fish fillets or shellfish	150 g
1/2 cup	milk	125 mL

Melt margarine in saucepan and cook onion and celery until tender.

Add potatoes, carrots, water, salt, and pepper. Cover and simmer 10 to 15 minutes until vegetables are tender.

Cut fillet into bite-sized pieces. Add and cook 10 minutes longer.

Add milk; heat but do not boil.

Suggestion for completing the meal: cheese and whole wheat crackers.

Chicken Soup

Serves 2

16 oz	chicken backs and necks	.5 kg
2 cups	water	500 mL
1/2 cup	onion, chopped	125 mL
1/2 cup	celery, chopped	125 mL
1/2 cup	carrots, chopped	125 mL
1 tsp	salt	5 mL
dash	pepper	dash

Place chicken pieces and water in a pot. Cover and bring to a boil. Simmer for about 1 hour.

Strain the broth and remove meat from bones.

Refrigerate broth and chicken meat until fat hardens. Remove fat from broth.

Heat the broth; add the vegetables and simmer until vegetables are tender.

Add chicken pieces and bring to serving temperature; add seasonings.

Suggestion for completing the meal: grilled cheese sandwich and a glass of milk.

Vegetable Soup

Serves 2

2 cups	water (or stock)	500 mL
2 tsp	beef broth base	10 mL
2 tbsp	rice, pearl barley, or macaroni	25 mL
1 cup	chopped vegetables*	250 mL
1 tsp	parsley, chopped	5 mL
1 tsp	green onion or chives, snipped	5 mL
	salt and pepper to taste	

* Carrot, potato, onion, celery, tomato or your own choice.

Dissolve beef broth base in boiling water. Add other ingredients and simmer 20 minutes or until vegetables are tender.

Season with parsley, green onion or chives (or any other herbs of your choice), salt and pepper.

Suggestion for completing the meal: meat sandwich and a glass of milk.

Borscht

Serves 2

1/2 cup	carrots, chopped	125 mL
1/4 cup	onion, chopped	50 mL
1/2 cup	boiling water	125 mL
1/4 tsp	salt	1 mL
1/2 cup	beef or vegetable stock (1/2 tsp (2 mL) broth base + 1/2 cup (125 mL) water)	125 mL
1/2 cup	cooked beets*, shredded	125 mL
1/2 cup	tomatoes, fresh or canned	125 mL
1/4 cup	cabbage, shredded	50 mL
2 tsp	lemon juice	10 mL
dash	pepper	dash
pinch	dillweed, if desired	pinch
	yogurt (optional)	

Cook carrots and onions in the boiling water with salt, uncovered, for 10 minutes.

Add stock, beets, tomatoes and cabbage and cook uncovered another 15 minutes.

Add lemon juice, pepper and dillweed, if used.

Pour into soup bowls. Serve topped with yogurt, if desired.

*If you wish to use uncooked beets, shred them and cook with the carrots and onions.

This soup is equally good the second day.

Suggestion for completing the meal: meat sandwich and Vanilla Pudding (p. 127).

Spicy Tomato Soup

Serves 2

2 cups	water	500 mL
2 tsp	beef broth base	10 mL
1/3 cup	onion, chopped	75 mL
2 tbsp	parsley, chopped	25 mL
1/4 cup	celery, sliced	50 mL
1/3 cup	carrots, sliced	75 mL
1 tsp	salt	5 mL
1/8 tsp	pepper	1/2 mL
1 small	bay leaf	1 small
3/4 cup	canned tomatoes, chopped	175 mL
1/8 tsp	marjoram	1/2 mL
1/8 tsp	thyme	1/2 mL

Combine the first 9 ingredients in a pot. Bring to a boil. Cover. Reduce heat and simmer until vegetables are tender.

Remove the bay leaf.

Add the tomatoes and herbs.

Bring to a boil. Season to taste.

Suggestion for completing the meal: cheese sandwich and a glass of milk.

White Sauce (Medium)

Makes 1/2 cup (125 mL)

1 tbsp	butter or margarine	15 mL
1 tbsp	flour	15 mL
dash	salt & pepper	dash
1/4 cup	skim milk powder	50 mL
1/2 cup	water	125 mL

Melt butter; blend in flour, seasonings and skim milk powder.

Gradually add water.

Stir and cook until smooth and thick.

Variations:

Egg Sauce ■ add 1 hard cooked egg, chopped

Dill Sauce ■ add 1 tsp (5 mL) dill

Parsley Sauce ■ add 1 tbsp (15 mL) freshly chopped parsley

Vegetable Sauce ■ add 1 tbsp (15 mL) cooked chopped celery and 1 tbsp (15 mL) cooked chopped carrots

Onion Sauce ■ add 1 tbsp (15 mL) sauteed chopped onion

Cheese Sauce

Makes approx. 1/2 cup (125 mL)

1/2 cup	medium white sauce	125 mL
pinch	mustard, dry	pinch
dash	cayenne	dash
1/3 cup	cheddar cheese, grated	75 mL

Prepare medium white sauce, adding dry mustard and cayenne with seasonings.

Add cheddar cheese after sauce has thickened. Stir until cheese is melted. Do not boil.

Serve as a sauce with vegetables or use in the recipe for macaroni and cheese.

Note: for a good cheesy flavour, use sharp or old cheddar cheese.

Tomato Sauce

Serves 2

1-2 tsp	vegetable oil	5-10 mL
2 tbsp	onion, chopped	25 mL
2 tbsp	celery, diced	25 mL
1 can	tomato sauce (7 1/2 oz/213 mL)	1 can
dash	basil	dash
dash	oregano	dash
pinch	sugar	pinch

Saute onion and celery in oil. Add tomato sauce and seasonings. Simmer gently for 5-10 minutes.

Serve over pasta, omelettes, souffles, meat balls or cooked navy beans.

Variations:

Spaghetti Sauce ■ Remove onion and celery from the pan after they have been sauteed. Brown 4 oz (120 g) ground beef in the pan. Add onion, celery, tomato sauce and seasonings and simmer gently 5-10 minutes. Season to taste.

Meatless Spaghetti Sauce ■ Add 3 tbsp (45 mL) lentils (red or green) which have been cooked for 35 minutes in 2/3 cup (150 mL) water with 1 tsp vegetable broth base. Simmer gently for 5-10 minutes. Season to taste.

Vegetable Spaghetti Sauce ■ Add 1/2 cup (125 mL) grated carrot and an additional 1/2 cup (125 mL) grated celery or green pepper to the other vegetables.

Teriyaki Sauce

Makes 1/4 cup (50 mL)

1/4 cup	soya sauce (regular or sodium reduced)	50 mL
1 tbsp	sugar	15 mL
1 tsp	oil	5 mL
1 tbsp	lemon juice	15 mL
1 tbsp	fresh ginger, finely shredded	15 mL
1 clove	garlic, minced	1 clove

Mix ingredients in a shallow dish. This mixture is called a marinade; the ingredients will add flavour and tenderize the meat or fish.

Add fish, chicken, beef or pork to the dish, turning to coat all sides.

Allow to stand in the refrigerator one to four hours.

To cook, remove meat from marinade.

Bake or broil, turning frequently and basting each time with more marinade.

Do not overcook or meat will be dry.

Note: Do not reuse any marinade once it has been in contact with raw meat or fish.

Barbecue Sauce

Makes 1/2 cup (125 mL)

2 tsp	oil	10 mL
1 medium	onion, chopped	1 medium
1 tbsp	brown sugar	15 mL
1/3 cup	ketchup	75 mL
1 tbsp	lemon juice	15 mL
1 tsp	Worcestershire Sauce	5 mL
1 tsp	Dijon mustard	5 mL
1/3 tsp	chili powder	2 mL
dash	cayenne pepper	dash

Saute onions in oil until they are softened.

Add sugar and stir until it has dissolved.

Remove from heat and add all other ingredients.

Store in the refrigerator.

Note: Barbecue sauce is good with chicken (see recipe for Barbecued Chicken on page 20), prawns, spareribs, shortribs, beans or lentils.

- Meats that need slow cooking (like spareribs or shortribs) can be cooked in the sauce.
- Items that cook quickly (like prawns) can be brushed with the sauce during cooking.
- For a spicy casserole, add cooked beans or lentils to the barbecue sauce.

CHICKEN

Chicken is universally popular, widely available and a versatile menu mainstay. Cooked chicken is usually tender and is easy to digest. Because it is bland, it readily picks up the flavour of herbs and, spices and may be prepared with an infinite variety of sauces.

Include chicken often in your diet. It provides protein, and a significant amount of your daily "B" vitamin needs.

There are many ways to cook chicken. On top of the stove try braising, stewing or poaching. In the oven, try broiling, roasting or baking. Always be sure the chicken is thoroughly cooked.

BUYING:

- Chicken can be purchased in many forms. The most economical way is to buy a whole chicken. This can be roasted whole, or cut into parts for baking or pan cooking. If you do not have adequate storage space, buy one or two individual chicken pieces at a time.
- Chicken is usually an economical buy all year round. For each serving of chicken buy 4 to 6 oz (.12 to .18 kg) of meaty parts such as thighs and breasts or 6 to 8 oz (.18 to .24 kg) of bony parts such as wings and legs. For soups buy backs and necks: 1 lb (0.5 kg) for 2 cups of stock.

STORING:

- If you are buying a whole chicken, divide it into meal size portions and place these, wrapped separately, in plastic bags before freezing.
- If planning to keep raw or cooked chicken more than two days, store it in the freezer.

HEALTH HINT:

To lower the fat content, cook the chicken with the skin on and remove it prior to serving or remove the skin prior to cooking. When pan braising or baking, skinless chicken should be protected with a coating or sauce to prevent moisture loss.

HANDLING CHICKEN SAFELY

All raw food from animals, and from chicken in particular, needs to be handled carefully. This is because of the possibility of bacterial contamination.

Clean hands and cooking equipment, safe food handling practices, proper cooking and adequate refrigeration are essential in safely preparing all food. Remember to:

- Refrigerate (or freeze) chicken as soon as possible after buying
- Store raw chicken in such a way that there is no danger of juices dripping onto other food

- Thaw frozen chicken by placing it in the refrigerator overnight.
- Use clean utensils like knives and cutting boards, for cutting up the chicken
- Wash your hands before, during and after cutting, or otherwise handling chicken
- Limit the amount of time that the chicken is allowed to remain at room temperature
- Do not use the utensils you used for chicken on another raw or cooked food until these are thoroughly washed
- Do not allow raw and cooked food to touch each other
- Cook chicken thoroughly; refrigerate leftovers promptly
- If leftovers are to be reheated, the internal temperature of the food should reach 165°F (74°C)

Simple Simon Chicken

Serves 1

4-6 oz	chicken	.12 - .18 kg
1 tbsp	milk	15 mL
2 tbsp	crumbs (bread, cereal, crackers)	25 mL
pinch	salt	pinch
1 tsp	oil	5 mL

Dip chicken in milk, then in the crumbs to which salt has been added. Place on a baking sheet. Drizzle with the oil.

Bake 325°F (165°C) for one hour. Turn the chicken once during cooking.

Variations:

Prepare as above using the following crumb mixtures:

Parmesan Chicken ■ Mix 2 tbsp (25 mL) bread crumbs with 2 tbsp (25 mL) parmesan cheese.

Cajun Chicken ■ Mix 2 tbsp (25 mL) cornmeal with 1 tbsp (15 mL) Cajun spice mix.

Parsley Chicken ■ Mix 2 tbsp (25 mL) bread crumbs with 1 tsp (5 mL) parsley flakes.

Suggestion for completing the meal: Stir Fry Vegetables (p. 105), whole wheat bread and milk.

Roasted Chicken

Prepare the bird by rinsing it inside and outside under cold running water. Dry with paper towels.

Season the inside with salt—use about 1/3 tsp per pound (4 mL per kilogram).

Place chicken* in a baking dish. Bake at 325°F (165°C) for 30 minutes per pound (60 minutes per kilogram). Baste occasionally with the drippings—meat is done when leg moves freely in the joint.

*May substitute a cornish game hen.

Suggestion for completing the meal: Broiled potato and/or baked squash, whole wheat roll, a glass of milk.

Oven Barbecued Chicken

2 Servings

8-12 oz	chicken pieces	.25 - .35 kg
1/2 cup	Barbecue sauce*	125 mL

Arrange chicken skin side down in a shallow baking dish. Pour half the sauce on the chicken and bake uncovered at 325°F (165°C) for 30 minutes.

Turn the chicken pieces over and pour the remainder of the sauce on them.

Bake for 30 minutes longer.

Suggestion for completing the meal: Baked Brown Rice (p. 95), a green salad and a glass of milk.

* Refer to Barbecue Sauce (p. 16).

Baked Chicken Pieces

Serves 2

8-12 oz	chicken pieces	.25 - .35 kg
3 tbsp	yogurt, plain	45 mL
1 tsp	lemon juice	5 mL
dash	each of: salt, paprika, garlic powder, Worcestershire Sauce	dash
3-4 tbsp	bread crumbs	45-60 mL

Skin the chicken pieces.

Blend the yogurt, lemon juice and seasonings.

Dip the chicken pieces in yogurt and then bread crumbs. Place in oiled baking pan or casserole. Cover and bake at 325°F (165°C) for 45 minutes.

Uncover and bake 10-15 minutes or until a golden brown.

Variations:

Chicken Dijon ■ Dip in plain yogurt, then in "crumbs" mixed with salt and 1 tbsp (15 mL) prepared Dijon mustard. (Delete lemon juice and other seasonings.) Bake as above.

Chicken Rosemary ■ Blend the yogurt with the lemon juice and a dash each of: salt and paprika and 1/4 tsp (1 mL) crushed rosemary. Dip the chicken in the yogurt and then in bread crumbs. (Delete the garlic and Worcestershire sauce). Bake as above.

Suggestions for completing the meal: Steamed Rice (p. 94), Fresh Fruit Salad (p. 117) and a glass of milk.

Chicken Mushroom Casserole

Serves 2

1 tsp	oil	5 mL
1 small	onion, sliced	1 small
8-12 oz	chicken pieces	.25 - .35 kg
1/2 can	mushroom soup (10 oz/284 mL)	1/2 can

Saute onions in oil. Place in a casserole. Add chicken. Cover with mushroom soup (undiluted).

Bake uncovered 325°F (165°C) for one hour.

Variations:

Instead of cream of mushroom soup use:

Chicken Celery Casserole ■ cream of celery soup

Chicken Onion Casserole ■ cream of onion soup

Curried Chicken Casserole ■ cream of chicken soup, 1 tsp (5 mL) curry powder, 1 tbsp (15 mL) raisins

Suggestion for completing the meal: broccoli, whole wheat rolls and a glass of milk.

Polynesian Chicken

Serves 2

2 tsp	cornstarch	10 mL
1/2 cup	pineapple juice (or pineapple and orange)	125 mL
2 tbsp	brown sugar	30 mL
2 tbsp	vinegar	30 mL
1 tsp	soya sauce	5 mL
pinch	salt	pinch
1/2 medium	onion, sliced very thinly	1/2 medium
1/4 cup	green or red pepper strips	50 mL
1/2 cup	pineapple tidbits, drained	125 mL
1 cup	cooked chicken, cut into strips or chunks	250 mL

Blend cornstarch and pineapple juice in saucepan. Add brown sugar, vinegar, soya sauce and salt. Heat, stirring constantly, until thickened and clear.

Add onion, green or red pepper and pineapple tidbits. Simmer to blend flavours.

Add chicken and heat to serving temperature.

Garnish with fresh tomato wedges.

Variations:

To make a "Sweet and Sour" dish, any of the following may be used in place of chicken:

- Meat Balls (p. 53)
- Pork, cooked, diced
- Sausage, cooked
- Shrimp

Suggestion for completing the meal: rice and a glass of milk.

Glazed Chicken

Serves 2

8-12 oz	chicken pieces	.25 - .35 kg
1 tbsp	apricot jam or orange marmalade	15 mL
1 tbsp	orange juice	15 mL
dash	each of: ground ginger, dry mustard, garlic salt	dash

Skin the chicken and place it in an oiled baking dish.

Combine the other ingredients and brush the mixture over the chicken.

Cover and bake at 325°F (165°C) for 40 minutes. Remove cover and bake another 10-15 minutes, until golden brown.

Suggestion for completing the meal: Curried Rice (p. 94) and Fruit Salad (p. 117).

Chicken Fricassee

Serves 2

8-12 oz	chicken breasts	.25 - .35 kg
1/2 cup	onion, chopped	125 mL
1/2 cup	celery, finely chopped	125 mL
1/2 tsp	salt	2 mL
pinch	pepper	pinch
1/2 cup	water or stock	125 mL
1 tbsp	flour	15 mL
1/4 cup	milk	50 mL

Remove skin from the chicken.

Simmer the chicken with the vegetables, seasonings and water for 30 minutes, or until tender, in a medium sized skillet.

Remove chicken to a side dish.

Mix flour and milk in a cup. Stir this into the hot broth in the pan. Cook, stirring constantly until the gravy thickens.

Return chicken to the pan and simmer until heated through, approximately three minutes.

Garnish with chopped parsley or chives.

Variation:

Chicken Fricassee with Dumplings ■ Simmer chicken and vegetables approximately 25 minutes, stir in milk (omit flour). Drop dumpling dough (p.87) on top, cover tightly and continue to cook for 10 minutes.

Suggestions for completing the meal: Whole wheat roll and a glass of milk.

Chicken Pie and Biscuit Topping

Serves 2

2 tbsp	onion, chopped	25 mL
2 tbsp	margarine, melted	25 mL
2 tbsp	flour	25 mL
3 tbsp	skim milk powder	45 mL
2/3 cup	chicken stock	150 mL
1/4 cup	celery	50 mL
1/2 cup	vegetables, cooked tendercrisp	125 mL
1 cup	cooked chicken, diced	250 mL
	salt & pepper	

Saute onion in margarine. Add flour and blend.

Add skim milk powder to chicken stock and blend into flour mixture. Cook, stirring constantly, over medium heat until thick and smooth. Add celery, cooked vegetables and chicken to sauce. Add salt and pepper to taste. Turn into small casserole dish.

Biscuit Topping:

2/3 cup	whole wheat flour	150 mL
1 tsp	baking powder	5 mL
1/4 tsp	salt	1 mL
2 tbsp	margarine, cold	30 mL
1/3 cup	milk	75 mL

Combine flour, baking powder and salt. Mix in cold margarine with 2 knives until crumbly. Stir in milk. Mix enough to wet ingredients.

Drop dough from a tablespoon onto top of chicken mixture making 4 biscuits. Bake at 425°F (220°C) for 20 minutes.

Suggestions for completing the meal: spinach salad and fruit with yogurt topping.

Chicken Livers Supreme

Serves 1

1 tbsp	oil	15 mL
1/2	small onion, thinly sliced	1/2
3 oz	chicken livers, sliced	.10 kg
1 tsp	flour	5 mL
1/4 tsp	paprika	1 mL
pinch	salt & pepper	pinch
1/4 cup	yogurt, plain	50 mL

Heat oil in small fry pan. Saute onion until partially cooked. Add sliced livers and cook over medium heat, about 5-10 minutes.

Mix paprika, seasonings and flour; sprinkle over livers. Stir to blend.

Reduce heat. Stir in yogurt and heat but do not boil.

Variation:

Braised Chicken Livers ■ Omit yogurt and paprika. Replace with 1/4 cup (50 mL) water and a dash of Worcestershire Sauce. Stir this into the pan, simmer until thickened.

Suggestion for completing the meal: egg noodles, Tossed Salad (p. 115) and a glass of milk.

Chicken Dinner in Bowl

Serves 2

1 small	onion, chopped	1 small
1/2 stalk	celery, diced	1/2 stalk
1 tsp	chicken broth base	5 mL
1 cup	water	250 mL
	salt to taste	
	pepper to taste	
6-8 oz	chicken	.18 - .25 kg
1 medium	potato, diced	1 medium
1 small	carrot, sliced	1 small
2 small	stalks broccoli	2 small
1 tsp	cornstarch	5 mL
2 tsp	water	10 mL

Combine onion, celery, chicken broth, water and seasonings in a pot. Bring to a boil. Add chicken. Simmer 30 minutes covered, or until tender.

Add potato and carrots. Cook 10 minutes. Add broccoli and cook 5 minutes.

Combine cornstarch and cold water in a cup. Stir into hot liquid; stir and cook until thick. Correct seasonings.

Note: You may use any skinless chicken parts, but remove bones before serving. You may substitute any other green vegetable for broccoli such as green beans or sugar peas.

Suggestion for completing the meal: whole wheat roll and Coconut Pudding (p. 127).

FISH

Fish is an excellent alternate for meat. It is usually low in cost and generally contains fewer calories than lean meat and poultry.

BUYING:

Fish can be purchased fresh, frozen or canned.

- Fresh fish fillets in season, or on special, are usually the best buy. Fillets have very little cooking loss.
- Frozen fish that has been pre-breaded, pre-cooked or mixed with other ingredients, such as potato, is a convenient but expensive buy.
- As fresh fish spoils quickly, it is preferable to buy only what you need for a meal. Buy 3 oz fillets (90 g) or 4 oz steak (120 g) per person.
- Although there are cost and taste differences between light, pink and red salmon, the nutritive values are equal.
- A can of sardines or tuna is usually a good buy.

STORING:

- To keep raw or cooked fish more than two days, store it in the freezer.
- The quality of frozen fish deteriorates over time. If stored in the freezer section of a refrigerator it should be used within a week. If stored in a deep freezer it should be used within 3 months.
- To thaw fish, place it in the refrigerator overnight. Fish spoils readily after it is thawed, so use it immediately after thawing.
- Canned fish, stored in a cool area, will keep up to a year unopened.
- Opened canned fish should be stored in a covered container (remove it from the can) in the refrigerator. Use within 2 days.

COOKING HINTS:

- Do not overcook. Overcooking toughens and dries out the flesh.
- Cook fish at a high temperature for a short period of time:
 - Oven 400-500°F (200°C-260°C)
 - Pan frying } hot but not smoking
 - Pan broiling }
 - Oven broiling four inches from heat

- Cook fresh fish 10 minutes for every inch (2.5 cm) of thickness. Cook frozen fish 20 minutes for every inch (2.5 cm) of thickness. Measure with a ruler at the thickest part. Don't rely on a guess!
- Pan poaching: heat water (1" deep) flavoured with a teaspoon of lemon juice to boiling. Turn heat down and place piece of fish in the water. Add more water if fish is not completely covered. Bring to a simmer. Cover and simmer 5-8 minutes per inch thickness. Poached fish can be served as the main entrée, seasoned or with a sauce. It can be chilled and eaten cold, or can be used as an ingredient in other dishes. You may also poach fish in milk.
- Frozen fish keeps its moisture when cooked from a frozen state.
- Fish is cooked when:
 - the juices are milky
 - the flesh is easily pierced with a fork and will easily separate into flakes
 - the flesh takes on a whitish tinge (i.e. is opaque)

Crispy Fish Fillets

Serves 1

3 oz	fish fillet (cod or other white fish)	90 g
1 tbsp	milk	15 mL
2 tbsp	crumbs (bread or cracker)	25 mL
small dab	butter or margarine	small dab

Dip fish in milk, coating well, then into crumb mixture. Place on oiled baking pan, top with butter or margarine.

Bake 450°F (230°C) oven for 10 minutes (20 if frozen) or just until fish flakes when tested with fork in centre.

Variations:

Fish Fillets Parmesan ■ add 1 tbsp (15 mL) grated parmesan cheese to crumb mixture.

Crisp 'n Savory Fillets ■ dip fillets in 1 tbsp (15 mL) ranch style dressing and then in 2 tbsp (25 mL) corn flake crumbs. Bake as above.

Pan Fried Fillets ■ Preheat 1 tsp (5 mL) oil in skillet and fry breaded fillet until the flesh at the thickest part flakes easily and becomes opaque.

Garnishes: Lemon slices, chopped green onions, chives or parsley.

Suggestion for completing the meal: Baked Brown Rice (p. 95), Cabbage Slaw (p. 114) and a glass of milk.

Tuna Noodle Casserole

Serves 2

1/2 cup	noodles, macaroni style	125 mL
6 1/2 oz	can tuna, flaked	184 mL
1/2 can	mushroom soup (10 oz/284 mL)	1/2 can
1 tbsp	bread crumbs	15 mL

Cook noodles according to package directions. Drain.

Drain tuna and add to noodles. Add mushroom soup (undiluted).

Pour into baking dish, sprinkle with bread crumbs and bake at 350°F (180°C) for 20 minutes **OR** cook on top of stove (omit bread crumbs) for 15 minutes on low heat, stirring occasionally and adding milk if mixture is too thick.

Variations:

- Peas, mushrooms or celery may be added.
- Diced chicken, salmon or ham may be used instead of tuna.
- Replace noodles with 1 cup (250 mL) cooked rice, or 1/3 cup (75 mL) raw rice.

Suggestion for completing the meal: Bert's Special Salad (p. 107) or a green salad and a glass of milk.

Cod Fillets with Tomatoes

Serves 2

1/4 cup	onions, chopped	50 mL
1 tsp	oil	5 mL
8 oz	cod fillets	240 g
1/8 tsp	garlic powder	1/2 mL
	salt, pepper to taste	
1/2 cup	fresh tomato, diced or canned tomatoes, drained	125 mL
1 tbsp	ketchup	15 mL
2 tbsp	raisins (optional)	25 mL

Lightly saute the onions in oil in a skillet.

Place the cod on top of onions and add seasonings. Cover and cook for 2-3 minutes.

Combine tomatoes, ketchup and raisins (if used) and spoon over the fish. Cover and continue cooking on low heat for about 15 minutes or until the fish flakes.

Suggestion for completing the meal: parsley buttered noodles and Coconut Pudding (p. 127).

Easy Fish Dinner

Serves 1

1 tbsp	onion, chopped	15 mL
1 small	potato, thinly sliced	1 small
1 small	carrot, thinly sliced	1 small
2 tsp	butter or margarine	10 mL
1 tbsp	water	15 mL
3 oz	fish fillets, fresh	90 g
2	tomato slices	2
pinch	salt and pepper	pinch
1 tbsp	lemon juice	15 mL
pinch	herbs (oregano, thyme, marjoram)	pinch

Saute onion, potato and carrot in butter or margarine.

Add water, cover tightly and cook 1-2 minutes until vegetables are tendercrisp.

Place vegetables in a casserole.

Place fish on top of vegetables. Cover with tomato slices. Season with salt, pepper, lemon juice and herbs. Cover tightly.

Bake at 400°F (200°C) for 20 minutes.

Suggestion for completing the meal: Whole wheat roll and a glass of milk.

Seafarer's Casserole

Serves 2

1 can	salmon (7 3/4 oz/210 mL)	1 can
3 tbsp	skim milk powder	45 mL
1	egg	1
1/4 tsp	dry mustard	1 mL
pinch	pepper	pinch
1 tbsp	chopped chives or green onion	15 mL
pinch	paprika	pinch

Drain salmon, reserving juice in a one cup measure.

Add water to juice to measure 1/2 cup (125 mL). Stir in skim milk powder. Set aside.

Mash salmon, including bones.

Beat egg lightly with a fork. Stir in milk mixture, salmon, mustard, and pepper.

Pour into two individual oiled casseroles. Sprinkle with paprika, and chives or green onion.

Bake at 325°F (160°C) for 25 minutes, or until a knife inserted in centre comes out clean.

Suggestions for completing the meal: Bert's Special Salad (p. 107) and Baking Powder Biscuits (p. 88).

Salmon Loaf

Serves 2

1 can	salmon (7 3/4 oz/210 mL)	1 can
1	egg	1
dash	salt and pepper	dash
1/2 cup	soft bread crumbs	125 mL
1/4 cup	chopped celery	50 mL
1/4 cup	chopped onion	50 mL
dash	Worcestershire sauce	dash

Mash salmon, liquid, bones and all in a bowl.

Add remaining ingredients and blend well.

Put into a small, lightly oiled casserole or loaf pan.

Bake at 350°F (180°C) 40-45 minutes or until top is browned.

Variation:

Salmon Patties ■ Form into 4 patties. Cook in an oiled skillet, over medium heat until brown. Turn once during cooking. Serve with fresh lemon wedges, salsa or parsley sauce.

Suggestion for completing meal: steamed spinach, whole wheat roll and a glass of milk.

Saucy Fish and Peas

Serves 1

1 1/2 tsp	margarine	7 mL
1 1/2 tsp	flour	7 mL
dash	salt and pepper	dash
1/4 cup	powdered skim milk	50 mL
1/2 cup	water or vegetable stock	125 mL
1/2 tsp	chicken soup base	2 mL
1/2 cup	peas, cooked	125 mL
3 oz	canned tuna or other cooked fish	90 g

Using margarine, flour, salt and pepper, skim milk powder and water or vegetable stock and soup base, make a medium white sauce (see p. 12).

Add peas and tuna.

Suggestion for completing the meal: noodles, rice or toast, and a fresh fruit or vegetable garnish.

Tuna Melt

Serves 1

1/2 tin	tuna fish (3.5 oz/99 g)	1/2 tin
1 1/2 tsp	mayonnaise	7 mL
1 tsp	green pepper, chopped finely	5 mL
1 tsp	celery or onion, chopped finely (optional)	5 mL
dash	Worcestershire sauce	dash
1/2	hamburger bun (or slice of bread)	1/2
1 tbsp	cheese, grated	15 mL

Combine tuna fish, mayonnaise, green pepper (celery or onion) and Worcestershire sauce. Mix well. Spread this mixture on the bun.

Sprinkle with grated cheese.

Place on a pan and put under broiler until cheese melts. Serve hot.

Note: If bread is used, toast it first or place under the broiler for one minute, turn over and broil one minute more. Then top with tuna mixture and cheese and follow directions for broiling.

Suggestion for completing the meal: Applesauce with Quick Fruit Crunch Topping (p. 125) and a glass of milk.

Fish Cakes

Serves 2

4 oz	cod fillets	120 g
1/2 cup	mashed potatoes	125 mL
1 tbsp	onion, chopped	15 mL
1 tbsp	fresh parsley, chopped	15 mL
1/8 tsp	salt	1/2 mL
pinch	pepper	pinch
2 tbsp	fine dry bread crumbs	25 mL
2 tsp	oil	10 mL

Poach fish (instruction p. 30). Remove from pan, drain and flake with a fork.

Combine fish lightly but thoroughly with the potato, onion and seasonings.

Form into 4 patties (3" diameter and 1/2" thick) and coat lightly with the bread crumbs.

Heat frying pan, add oil, and cook patties for two minutes on each side or until golden brown.

Garnish with egg, parsley or vegetable sauce (p. 12).

Suggestion for completing the meal: Cabbage Slaw (p. 114), a whole wheat roll and a glass of milk.

Teriyaki Salmon

Serves 1

2 tbsp	Teriyaki sauce*	25 mL
2-3 oz	salmon fillet	60-90 g

Marinate fish in sauce in the refrigerator for one to four hours. Broil, bake, or pan fry the fillet according to instructions (p. 30).

*Refer to Teriyaki Sauce (p. 15).

Suggestion for completing the meal: rice, Tossed Salad (p. 115) and a glass of milk.

Poached Salmon with Sauce

Serves 2

6 oz	salmon fillet	180 g
1/2 cup	sauce	125 mL

Prepare sauce of your choice such as egg, dill, parsley or vegetable. See instructions for White Sauce variations (p. 12). Keep hot.

Poach fish (instructions p. 30). Remove salmon fillets from poaching water to serving plates. Pour half of sauce over each portion. Garnish with lemon.

Variations: ■ You may substitute cod, halibut or any other firm fleshed fish for the salmon.

Suggestion for completing the meal: whole wheat roll, Tropical Fruit Salad (p. 118) and a glass of milk.

MEATS

Meat is an excellent source of protein, iron and other nutrients. Unlike iron from grain products, vegetables and fruit, the iron in meat (and fish and poultry) is in a form easily absorbed by your body. Darker coloured meats are higher in iron than lighter coloured meats.

The more expensive, tender cuts of meat can be dry heat cooked by roasting, broiling, or grilling. The less expensive, less tender cuts require slow, moist cooking such as braising, stewing, and pot roasting.

BUYING:

- For each serving of meat, purchase 3 to 4 oz (.09 to .12 kg) of trimmed, boneless meat or 4 to 5 oz (.12 to .15 g) of meat with some bone.
- Marbling (the presence of fine white streaks) increases the tenderness of red meat and adds to its flavour. It also increases the fat content. Look for beef cuts with slight marbling.
- Select lean, well trimmed cuts. Lower fat choices are cuts of meat that include the word "round" or "loin".
- Best buys are usually the weekly specials. Compare the cost per serving, not cost per pound.
- When you buy deli meats, choose low fat products such as cooked roast beef, turkey and lean ham. These are better choices than traditional luncheon meats like bologna or salami, which are higher in fat and salt. This is because fatty meat is used the preparation of sausage products. Both sausages and cured meat contain sodium in the form of ordinary salt (sodium chloride) or sodium nitrate (a preservative).

STORING:

- Raw meat should be loosely wrapped and stored in the coldest part of the refrigerator. Use within 2 days.
- If planning to keep raw meat more than 2 days, seal in plastic wrap and freeze. Label and date. Use as soon as possible.
- Thaw frozen meats in the refrigerator overnight. Leave wrapped.
- Ground meats and organ meats (liver, kidneys) are extremely perishable. Keep refrigerated until ready to cook.

HEALTH HINTS:

- Trim visible fat before cooking.
- Use a vegetable oil spray to saute meat.
- Prepare roasts with little or no added salt.
- Drain off excess fat after sauteeing.
- Remove fat from pan juices (chill to harden fat) before making gravy. Or, serve "au jus", being sure to skim off all fat.

Hearty Beef Stew

Serves 2

2 tbsp	flour	25 mL
6 oz	stewing beef	.18 kg
2 tsp	oil	10 mL
1 1/4 cup	hot water	300 mL
dash	salt	dash
1/2 medium	onion, sliced	1/2 medium
1 medium	carrot, sliced	1 medium
1 medium	potato, cubed	1 medium

Coat beef with flour.

Heat oil in heavy saucepan. Add stewing beef and brown on all sides.

Add water and dash of salt. Bring to a boil. Cover and simmer about 1 hour.

Add onions, carrots and potatoes.

Cook 20 minutes or until vegetables are tender.

Variations:

Beef Stew with Dumplings ■ After cooking the vegetables for 10 minutes, drop dumpling dough (p. 87) on top, cover tightly and continue to cook for 10 minutes.

Veal Stew ■ Substitute veal for beef.

Suggestion for completing the meal: whole wheat roll and a glass of milk.

Special Meat Loaf

Serves 2-3

8 oz	ground beef	.25 kg
2 tbsp	skim milk powder	30 mL
1	egg	1
1/4 cup	bread crumbs	50 mL
2 tbsp	onion, finely chopped	25 mL
1/2 tsp	salt	2 mL
1 tsp	Worcestershire sauce (optional)	5 mL
1/4 cup	tomato juice or ketchup	50 mL
1/2 tsp	pepper	2 mL

Mix all ingredients together, adding sufficient tomato juice or ketchup to moisten.

Pack into a small loaf pan or casserole or make individual servings in a muffin tin.

Bake the loaf at 350°F (180°C) for 30 minutes and the individual servings for 20 minutes.

Note: For extra nutrition, add 1/4 cup (50 mL) quick cooking rolled oats or oat bran to the recipe.

Hint: This meat loaf is also good served cold or in a sandwich.

Suggestion for completing the meal: Cabbage Slaw (p. 114), whole wheat bread and a glass of milk.

Shepherd's Pie

Serves 1

2 tbsp	onions, finely chopped	25 mL
1 tsp	oil	5 mL
3 oz	ground beef	.10 kg
1 tsp	flour	5 mL
1/4 cup	water	50 mL
1/2 tsp	beef broth base	2 mL
1 tbsp	ketchup (or tomato paste)	15 mL
1 tsp	Worcestershire sauce	5 mL
	salt and pepper to taste	
1/2 cup	mashed potatoes, seasoned	125 mL

Saute onions in oil in a pan until golden. Remove onions and set aside.

Brown ground beef in the same pan, drain off excess fat.

Stir in flour, water and beef base. Add onions and season to taste. Place in a small casserole.

Cover with layer of mashed potatoes.

Bake at 350°F (180°C) for 30 minutes.

Suggestion for completing meal: whole wheat roll and a dish of yogurt topped with fruit.

Vegetable Beef Casserole

Serves 1

3 oz	beef, ground	.10 kg
	oil	
2 tbsp	onion, finely chopped	25 mL
1 tbsp	flour	15 mL
pinch	salt and pepper	pinch
1/4 cup	tomatoes, canned	50 mL
1/2 cup	squash, steamed and mashed	125 mL
1 tbsp	parmesan cheese, grated and/or	15 mL
1 tbsp	bread crumbs, dry	15 mL

Brown beef in small frying pan using just enough oil to coat the bottom of pan. Drain off excess fat.

Add onion and cook a few minutes longer.

Sprinkle flour, salt and pepper over top and stir to mix.

Stir in canned tomatoes and simmer a few minutes to thicken.

Place meat mixture in small casserole. Top with mashed squash, sprinkle with cheese or bread crumbs or both.

Bake in 350°F (180°C) oven for 25 minutes or until heated through.

Suggestion for completing the meal: whole wheat roll and a glass of milk.

Chili

Serves 3

3 oz	lean ground beef	.10 kg
1/2 cup	onion, chopped	125 mL
1/2 small	garlic clove, crushed and chopped (optional)	1/2 small
1/4 cup	celery, diced	50 mL
1 cup	kidney beans, cooked or canned	250 mL
1 cup	stewed tomatoes	250 mL
1/2-1 tsp	chili powder	2-5 mL
	salt and pepper to taste	

Saute meat until browned.

Add onion and garlic and cook for 5 minutes.

Add celery, kidney beans and their liquid, stewed tomatoes, chili powder, salt and pepper.

Simmer for 30 minutes.

Adjust seasoning to taste.

Hint: This dish is good served a day or two after it is made, and can also be frozen for later use.

Suggestion for completing the meal: whole wheat toast and a dish of yogurt.

Broccoli and Beef

Serves 2

6 oz	beef steak, round	.18 kg
1 tbsp	oil	15 mL
1/4 tsp	soya sauce	1 mL
pinch	sugar	pinch
1 clove	garlic, thinly sliced (optional)	1 clove
1 tsp	fresh ginger, shredded (optional)	5 mL
1/4 tsp	soya sauce	1 mL
1 tsp	cornstarch	5 mL
1 tbsp	water	15 mL
1 tbsp	oil	15 mL
1 cup	broccoli, cut in bite-size pieces	250 mL
1/4 cup	water	50 mL

Slice the raw beef into thin strips 3/4" x 2 1/2". Combine beef with 1 tbsp oil (15 mL), 1/4 tsp (1 mL) soya sauce, sugar, garlic and ginger (if used) in a small bowl. Let marinate at least 30 minutes.

In a small bowl combine 1/4 tsp (1 mL) soya sauce, 1 tsp (5 mL) cornstarch and 1 tbsp (15 mL) water. Set aside.

Heat the pan on high heat. Add 1 tbsp oil and beef to hot pan. Stir fry beef until all the redness disappears (about 2 minutes). Transfer beef to a small bowl.

Stir fry broccoli until bright green (about 1 minute). Add 1/4 cup water, cover and cook for 2-3 minutes. Add beef.

Make clearing in centre of pan. Add cornstarch mixture, stirring constantly. Bring to boil until sauce is thickened. Serve immediately.

Suggestion for completing the meal: Steamed Rice (p. 94) and yogurt topped with fruit.

Tangy Beef on a Bun

Serves 1

3 oz	ground beef	.10 kg
1 small	tomato (cubed)	1 small
1 tbsp	mayonnaise	15 mL
2 tsp	pickle relish	10 mL
dash	salt and pepper	dash
1 tsp	prepared mustard	5 mL
1	whole wheat bun	1

Brown meat, stirring frequently. Add remaining ingredients. Heat thoroughly.

Serve over toasted whole wheat bun.

Suggestion for completing the meal: fresh fruit and a glass of milk.

Savoury Pork

Serves 2

6 oz	pork (shoulder or steak), cubed	.18 kg
1 tsp	vegetable oil	5 mL
2 tbsp	onion, diced	25 mL
1 cup	canned tomatoes	250 mL
1/2 tsp	rosemary	2 mL
1 stalk	celery, cut 1" diagonally	1 stalk
1/4	green pepper, cut in strips (optional)	1/4
6	fresh mushrooms (optional)	6
pinch	salt and pepper	pinch

Brown pork in hot oil. Add onions and saute lightly. Add tomatoes and rosemary and simmer for 1/2 hour.

Add the celery, green pepper and mushrooms, if used. Cook 10 minutes or until vegetables are tender.
Season with salt and pepper.

Suggestions for completing the meal: noodles or rice and a glass of milk.

Indian Curry

Serves 2

1 tbsp	butter or margarine	15 mL
1 small	onion, chopped	1 small
1 tsp	curry powder	5 mL
dash	chili powder	dash
1/4 tsp	salt	1 mL
1 tbsp	flour	15 mL
1 tsp	broth base (chicken, beef or vegetable)	5 mL
1 cup	hot water	250 mL
1/2 tsp	lemon juice	2 mL
6 oz	cooked diced meat or fish (lamb, chicken, shrimp)	180 g

Saute onion lightly in butter or margarine.

Blend curry powder, chili powder, salt, flour and broth base into oil and onion mixture. Slowly add the water.

Simmer gently for 15 minutes. Add lemon juice.

Add the meat or fish and heat through.

This dish may be served with accompaniments: peanuts, coconut, raisins, chutney, bananas.

Suggestion for completing the meal: rice, Tossed Salad (p. 115) and Baked Custard (p. 129).

Ground Beef Stroganoff

Serves 1

1 tsp	oil	5 mL
2 tbsp	onion, minced	25 mL
2	mushrooms, sliced	2
3 oz	ground beef	.10 kg
1 tsp	flour	5 mL
1/2 tsp	beef broth base	2 mL
1/4 cup	water	50 mL
2 tbsp	yogurt	25 mL
	salt & pepper to taste	

Saute onions and mushrooms in oil. Remove and set aside.

Brown ground beef; drain off excess fat. Stir in flour, beef broth base and water. Add onions and mushrooms. Heat thoroughly.

Add yogurt; season to taste and heat just to serving temperature. (Do not boil as mixture will curdle.).

Suggestion for completing the meal: rice or noodles, Fresh Fruit Salad (p. 117) and a glass of milk.

Meat Balls

Serves 2

1/4 cup	rolled oats	50 mL
1/3 cup	milk	75 mL
1 tbsp	onion, minced	15 mL
6 oz	ground beef	.18 kg
pinch	salt	pinch
pinch	pepper	pinch
2 tsp	oil	10 mL

Soak the rolled oats in the milk.

Combine all the ingredients except oil. Shape into 8 balls and roll in flour.

Place in oiled or non-stick pan and cook over medium heat. Carefully turn the balls so they will brown on all sides.

Serve plain or with 1 1/2 cup (125 mL) sauce of your choice such as: tomato, barbecue, sweet and sour, half a tin of mushroom soup, or 1/2 cup (125 mL) yogurt and juice of half a lime blended together and gently heated.

Variation:

Salisbury Steak ■ use the meat ball recipe but reduce milk to 1/4 cup (50 mL) and add 2 tbsp (25 mL) catsup, 1/4 tsp (1 mL) Worcestershire Sauce, and a dash each of thyme and garlic powder. Form into 2 oval shaped steaks. Brown in a skillet over medium heat, turning once.

Suggestion for completing the meal: pasta or rice, salad, Vanilla Pudding (p. 127).

Hash

Serves 2

2 tbsp	butter	10 mL
1 cup	cooled, diced potato	250 mL
3/4 cup	cooked, diced meat (beef, ham, corned beef)	175 mL
1 tbsp	onion, finely chopped	15 mL
3 tbsp	milk	45 mL
to taste	salt and pepper	to taste

Melt butter in a teflon coated skillet or fairly heavy frying pan.

Mix all ingredients together and turn into the pan. Press to an even depth.

Cook very slowly until crisp and brown on the bottom—about 25 minutes.

Fold like an omelette and serve.

Garnish with sliced tomatoes or some vegetable sticks.

Suggestion for completing the meal: brown roll and a dish of yogurt topped with fruit.

MEATLESS MAIN DISHES

One of the reasons we eat meat, fish, poultry and eggs is because they are excellent sources of protein. An alternative is to choose food from plants containing "vegetable protein". Meatless main dishes make generous use of vegetable protein foods. You will find that these dishes are very economical to make.

Vegetable protein sources include a variety of legumes, also known as pulses, (dried peas, beans and lentils) and nuts. Pulses are nutrient dense foods—excellent sources of protein, vitamins and minerals. They are low in sodium and fat, contain no cholesterol and are high in dietary fibre. Pulses digest more slowly than many carbohydrate foods so they satisfy hunger longer, yet their calorie count is modest. They have an affinity for an endless variety of flavour sensations and can be used in dips, soups, salads, or casseroles, and in combination with meat, seafood, poultry, eggs, or vegetables.

Split pea soup, baked beans and peanut butter sandwiches are popular food choices which are good sources of vegetable protein.

Tofu, also known as bean curd, is made from soy beans. It is a good source of protein, some minerals and is low in fat and calories. Because it lacks a definite taste of its own, tofu is versatile and easy to use as it picks up the flavour of the surrounding food or sauce.

BUYING:

- Dried peas and beans are much less expensive than canned. However, canned beans are already cooked and may be more convenient to use.
- Many grocery stores sell dried peas, beans, and lentils in bulk so you can buy small amounts, or you can share a package with a friend.
- Read the label on peanut butter jars! Choose brands without added salt, fat or sugar, or the word "hydrogenated" on the label.

STORING:

- Once a jar of peanut butter is opened, keep it in the refrigerator.
- Store dried peas and beans in a cool, dry place. They will keep almost indefinitely.
- Refrigerate tofu in water in a covered container. Change the water daily. To ensure freshness use within a week.

HEALTH HINTS:

- Baked beans and legume dishes of all kinds are very high in fibre.
- Nuts and seeds are high in fat. Choose these in moderation.

NOTE: Some people find beans and their relatives "gassy". This is because certain carbohydrates in the beans digest only in the lower part of the intestine; in the process gas is produced. Navy beans and lima beans are the most gassy. Lentils and split peas are less gassy than beans. Products prepared with sugar or molasses (like baked beans) are the most problematic. Usually your body will condition itself to better digest beans if you choose to eat them more frequently. A product called Beano® is helpful; taking a few drops with your first spoonful of beans eliminates the problem of gas for most people.

Basic Cooking for Legumes

Type of Legume	Amount of Legume	Amount of Water	Cooking Time (simmering gently) on top of stove	Yield
Lentils or split peas (no soaking needed)	1/3 cup (75 mL)	1 cup (250 mL)	45 minutes	1 cup (250 mL)
Kidney, navy, red, pinto, black, or garbanzo beans (soak overnight)	1/3 cup (75 mL)	1 cup (250 mL)	2 hours	1 cup (250 mL)
Lima beans and whole peas (soak overnight)	1/3 cup (75 mL)	1 cup (250 mL)	1 hour	1 cup (250 mL)

Lentils and Split Peas:

Rinse before cooking. Bring to a boil and simmer gently until done.

Beans and Peas:

Pick over, discard foreign matter, rinse. Soak 12 hours or overnight. Use 3 times the volume of water as the beans or peas. Drain. Rinse. Add the same amount of water as was used for soaking to cook. Bring to a boil, cover, reduce heat and simmer gently until done. Cooking too fast can break the skins.

Notes:

Soaking shortens the cooking time, and improves flavour, texture, appearance and digestibility.

Cook enough beans for more than one meal at a time. For storing a day or two, cover and refrigerate. For longer storage, freeze. Store in recipe sized packages. You may want to add a little moisture or seasoning after thawing to restore flavour and consistency.

A few drops of oil added to the cooking water prevents foaming as the beans cook.

Split Pea Soup

Serves 2

1/2 cup	dry split peas (green or yellow)	125 mL
1	small onion, chopped	1
1/2 stalk	celery, chopped	1/2 stalk
1 tbsp	carrots, chopped	15 mL
2 cups	water	500 mL
1/2 tsp	salt	2 mL
1/4 tsp	thyme	1 mL
1 tsp	chicken, beef or vegetable broth base (optional)	5 mL

Wash and drain split peas.

Put all ingredients in a pot. Heat to boiling. Cover and boil gently about 30 minutes.

Uncover and simmer about 1 hour or until soup has thickened.

For a smoother soup, mash the peas with a potato masher or puree in a blender.

Variation: ■ Use lentils instead of split peas.

Hint: Add pieces of meat, such as cooked ham before serving the soup, if desired.

Suggestion for completing the meal: whole wheat roll or Bran Muffin (p. 90), cheese, sliced banana topped with yogurt.

Quick'N Easy Beans

Serves 2

1 can (14 oz)	Baked Beans in Sauce (14 oz/398 mL)	1 can
1/2 tsp	onion powder	2 mL
1 tsp	mustard, dry	5 mL
2 tsp	brown sugar	10 mL
1 tbsp	ketchup	15 mL
1 tsp	Worcestershire sauce	5 mL

Combine all ingredients in a skillet and heat thoroughly or place in a casserole and bake covered 350°F (180°C) 1 hour.

Variations:

Pineapple Beans ■ Add 1/2 cup pineapple tidbits to the above.

Honey Ginger Baked Beans ■ To one can of beans add:

- 2 sliced green onions
- 1 tbsp (15 mL) honey
- 2 tsp (10 mL) prepared mustard
- 1/2 tsp (2 mL) ground ginger

Heat in a skillet or bake as above.

Suggestion for completing the meal: whole wheat toast, vegetable sticks and a glass of milk.

Lentil and Rice Casserole

Serves 2

2 tbsp	chopped onions	25 mL
1 tbsp	vegetable oil	15 mL
1/3 cup	lentils	75 mL
1/4 cup	rice, uncooked	50 mL
	salt and pepper to taste	
1 1/4 cups	liquid (bouillon, tomato juice, soup stock)	300 mL

Heat oil in small skillet and saute the onion until lightly browned.

Stir in lentils and rice; continue stirring until rice and lentils are well coated with oil.

Season with salt and pepper and fry gently for about one minute.

Put mixture in small casserole, pour liquid over rice.

Bake at 350°F (180°C) covered for 45 minutes, or until all the liquid is absorbed.

Hint: This recipe can be dressed up by topping it with grated cheese or thinly sliced tomatoes or green peppers. You can also add some curry powder to the seasonings.

Suggestion for completing the meal: Greek Salad (p. 108) a brown roll and Baked Custard (p 129).

Tomato Lentil Soup

Serves 2

1/3 cup	lentils	50 mL
1 tbsp	onion, chopped	15 mL
1 tbsp	brown rice	15 mL
1 cup	water	250 mL
1/2 can	tomato soup, (10 oz/284 mL)	1/2 can

Measure lentils, onion, rice and water into saucepan.

Bring to a boil, cover and simmer until lentils and rice are cooked—about 45 minutes.

Add tomato soup.

Heat and serve.

Suggestion for completing the meal: whole wheat bread, cheese and vegetable sticks.

Dilled Bean Salad

Serves 2

1 cup	cooked white beans	250 mL
1	green onion, sliced	1
1 tbsp	oil	15 mL
2 tsp	lemon juice	10 mL
1/4 tsp	salt	1 mL
2 tsp	fresh dill, minced	10 mL
	or 3/4 tsp (3 mL) dried dillweed	
	pepper to taste	

Combine beans and green onion in a bowl.

Mix oil, lemon juice and seasonings together.

Pour over beans and toss lightly to mix.

Cover and chill at least one hour.

Variations: ■ Add 2-3 oz (60-90 g) of cooked shrimp, drained tuna or diced cooked ham and you will have three main course servings!

Suggestions for completing the meal: Cream of Carrot Soup (p. 5), sliced tomatoes and whole wheat toast.

Vegetarian Chili

Serves 2

1/2 small	onion, chopped	1/2 small
1 small	garlic clove, chopped	1 small
1 tbsp	oil	15 mL
1 1/4 cups	tomatoes, canned	300 mL
1/2 small	zucchini, sliced	1/2 small
3-4	mushrooms, sliced	3-4
1/4	green pepper cut in strips (optional)	1/4
2 tsp	chili powder	10 mL
1/2 cup	red kidney beans, cooked*	125 mL
	salt and pepper to taste	
1/2 cup	cheddar cheese, shredded	125 mL

Cook onion and garlic in oil until soft.

Add the vegetables, chili powder and kidney beans. Simmer for 15 minutes, or until most of the liquid is absorbed.

Add salt and pepper; adjust seasonings to taste.

Serve topped with the cheddar cheese.

* See Page 57 for cooking instructions or use canned beans.

Suggestions for completing the meal: whole wheat toast and a glass of milk.

Garbanzo Casserole

Serves 2

1 tbsp	oil	15 mL
1	onion, medium sized, chopped	1
1/2	green pepper, seeded and diced	1/2
1 clove	garlic, small (optional)	1 clove
1/2 cup	canned tomatoes	125 mL
1/2 tsp	salt	2 mL
pinch	oregano	pinch
1 cup	garbanzo beans, cooked*	250 mL

Heat oil in a pan. Saute onion and green pepper over low heat until onion is transparent.

Add remaining ingredients.

Simmer, stirring occasionally, for 15 minutes or until most of the liquid is absorbed.

* See Page 57 for cooking directions for garbanzo beans or use canned garbanzo beans (also called chickpeas).

Suggestion for completing the meal: Toasted Parmesan Cheese Bread (see recipe below) and yogurt.

Parmesan Cheese Bread

1 tsp	butter or margarine	5 mL
1 tbsp	parmesan cheese	15 mL
1 slice	bread, toasted	1 slice

Mix butter or margarine with cheese. Spread on the toasted bread and place under broiler just until the cheese melts.

Saddleback Beans in Tomato Sauce

Serves 2

1 tbsp	oil	15 mL
1 small	onion, chopped	1 small
1 clove	garlic, minced (or pinch of garlic powder)	1 clove
1/2 tsp	rosemary, crushed	2 mL
1/2 cup	canned tomatoes	125 mL
1 tbsp	lemon juice	15 mL
pinch	sugar	pinch
1/2 tsp	salt	2 mL
dash	pepper	dash
1 cup	large lima beans, cooked*	250 mL

Heat the oil in a pan. Saute the onion and garlic until the onion is transparent.

Add remaining ingredients except the beans. Cook until sauce begins to thicken.

Add the beans and simmer 5-10 minutes.

Check seasoning and serve.

* See Page 57 for cooking directions for lima beans or use canned limas.

Suggestion for completing the meal: whole wheat crackers or toast, cheese and fresh fruit.

Tofu Hot Pot

Serves 1

3 oz	tofu	100 g
1 small	onion, chopped	1 small
1 small	carrot, chopped	1 small
1 stalk	celery, chopped	1 stalk
1 tsp	butter or margarine	5 mL
1 cup	water	250 mL
1 tsp	chicken broth base	5 mL
1 tsp	soya sauce	5 mL

Saute chopped vegetables in butter or margarine in a saucepan for two minutes, stirring frequently.

Add water and chicken broth base. Bring to a boil and simmer for 5 minutes until vegetables are tender.

Cut tofu into approximately 3/4 inch cubes. Add to pot. Heat through. Season with soya sauce.

Hint: Substitute potatoes, Bok Choy, Sui Choy or chopped cabbage for celery or to add to the variety in the pot. Add any colourful garnish such as green or red pepper, green onions, chives or parsley.

Suggestion for completing the meal: a whole wheat roll and a glass of milk.

MILK AND MILK PRODUCTS

Milk and milk products are an excellent source of protein, riboflavin, Vitamins A and D and calcium. Including a glass of milk with your meals or snacks is an easy way to make certain that you are getting enough every day. Milk is also good as a main or supporting ingredient in cream soups, some casserole dishes, baked goods, desserts and beverages.

Most milk products are "ready to serve"; just pour a glass of milk, spoon out a serving of yogurt or cottage cheese, or slice a piece of cheese!

BUYING:

- Skim milk powder can be used for cooking in dry form or reconstituted to fluid milk. When using it dry, mix with other dry ingredients in the recipe and use water in place of milk.
- To stretch your milk budget, mix fresh milk with reconstituted skim milk for drinking.
- If you are watching calories or cholesterol, skim, 1% or 2% milk, low fat yogurt, low fat cheeses, dry 1% or 2% cottage cheese, ice milk and low fat frozen yogurt are your best choices.

STORING:

- Skim milk powder, UHT milk (packed in boxes), and evaporated milk can be kept for months in a cool place. Fresh milk, reconstituted skim milk, and opened containers of UHT and evaporated milk should be refrigerated and used within a week.
- Cottage cheese can be stored for only a few days in the refrigerator, but it may also be frozen for future use.

CHEESE

Nutritionally, cheese is very much like milk, except that the nutrients are concentrated. Although many cheeses have a relatively high fat content (30-45%), there are some cheeses which have a lower fat content. The percentage of fat is normally printed on the label as M.F. (milk fat).

Processed cheese is a blend of fresh and aged natural cheeses that have been melted, pasteurized and mixed with an emulsifier. It is less sharp in flavour than natural cheese, but slices easily, melts smoothly, and does not get "stringy" in cooking.

Aged natural cheeses are available in many forms, from very hard to soft. Each has a distinctive flavour and degree of sharpness, which may range from very strong to mild.

BUYING:

- When buying cheeses, be sure to choose those that best suit the recipes in which they are to be used. Small quantities of cheese can be purchased from the deli counter.
- Mild cheddar cheese is usually less expensive than processed cheese slices. Aged cheddar cheese has the best flavour for cooking and table use.

STORING:

- Store cheeses tightly wrapped in the refrigerator. Once the package is opened, use as soon as possible.
- Generally, hard cheese will keep longer than soft cheese. If any mould appears, remove it before using the cheese.
- Processed cheese can be kept longer in the refrigerator than natural cheese.

EGGS

Eggs are one of nature's nearly perfect protein foods and are used extensively in cooking because of their ability to thicken, to bind and to form rigid structures in bakery products.

Eggs are high in protein, Vitamins A and B, and some minerals. The yolk has a fairly high cholesterol content, so individuals who need to be concerned about the amount of fat in their diets may want to limit the number of egg yolks they consume.

BUYING:

- Grade A medium eggs are usually the best buy for most purposes.
- Open the carton of eggs before you add them to your shopping basket to make sure none are cracked or broken. Also check the "Best Before" date stamped on the carton.
- There is no difference nutritionally between brown eggs and white eggs. Brown eggs are usually priced higher than white eggs.

STORING:

- Store eggs in the refrigerator. They will stay fresher if kept in the carton.

COOKING METHODS FOR EGGS:

Soft Cooked/Hard Cooked:

Place eggs in a saucepan in cool water deep enough to cover the eggs by about 1 inch. Cover; quickly bring just to boiling. Turn off heat. Let the eggs stand, covered, in the hot water, the proper amount of time:

Soft	1 minute
Medium	3-5 minutes
Hard	12-14 minutes (add 3 minutes if eggs are large size)

Immediately run cold water over the eggs or place in ice water until completely cooled.

Poached

Bring 1-3 inches of water (or broth) to boiling in a saucepan. Reduce the heat to keep the water gently simmering. Break eggs, one at a time into a saucepan. Holding the saucer close to the water's surface, slip the eggs, one by one, into the water. Return pan to heat. Cook 3 minutes or more, depending on desired doneness. Lift out the eggs with a slotted spoon. Drain them on the spoon or on a paper towel.

Scrambled

In a small bowl, beat together with a fork, 2 eggs, 1 tbsp (15 mL) milk, and a pinch of salt and pepper. Melt 1 tsp. (5 mL) butter or margarine in a small frying pan and heat over medium heat until just hot enough to sizzle a drop of water. Pour in the egg mixture. As the mixture begins to set, use a pancake turner to gently lift thickened portions from the bottom and sides of the pan. Continue until the eggs are set but still moist. It is better to remove scrambled eggs from the pan when they are slightly underdone, as heat retained in the eggs completes the cooking.

Omelette aux fines herbes

Serves 2

2	eggs	2
1/2 tsp	parsley, snipped	2 mL
1/2 tsp	chives, snipped	2 mL
1 tsp	water	5 mL
pinch	salt and pepper	pinch
1 tsp	margarine	5 mL

Break the eggs into a small bowl; add water, herbs and seasonings.

Melt margarine in a small (5 or 6 inch) fry pan, preferably one with a non-stick surface. Heat until a drop of water sizzles.

Quickly add the egg mixture and, with a spatula, start loosening the cooked sides and push towards the centre. Tip pan so that the uncooked portion of egg runs underneath. Keep tipping and loosening until all surplus liquid is softly set.

Fold in half and slide onto a plate.

Variations:

Just before folding the omelette, top it with any of the following:

- bacon - 1 strip, cooked, drained, crumbled
- cheese - 2 tbsp (25 mL), grated
- ham - 2 tbsp (25 mL), finely diced and sauteed
- smoked salmon - 1/4 cup (50 mL), crumbled

You may also serve it with a sauce such as:

- Cheese Sauce (p. 13)
- Tomato Sauce (p. 14)

Suggestion for completing the meal: whole wheat toast, Tossed Salad (p. 115) and a glass of milk.

Egg Foo Yong

Serves 2

2 tsp	vegetable oil	10 mL
2 tbsp	onion, sliced into thin slivers	25 mL
2 tbsp	celery, sliced thinly	25 mL
1/4 cup	bean sprouts, rinsed and drained	50 mL
2 tbsp	frozen peas, thawed	25 mL
pinch	salt	pinch
2	eggs, slightly beaten	2

Heat frying pan on high heat. Add the oil and onions, stir fry 15-30 seconds.

Add celery to the onions, stir fry 15-30 seconds; add bean sprouts and peas to the onion mixture, stir fry 30-60 seconds.

Salt to taste.

Pour in the beaten eggs. Stir until eggs start to set. Turn over and serve.

Variations:

Substitute for the bean sprouts and peas, or add any of the following to the recipe:

■ sliced mushrooms ■ broccoli ■ thinly slivered carrots ■ green pepper strips

Suggestion for completing the meal: rice and a glass of milk.

Eggs Delight

Serves 2

1 tbsp	butter or margarine	15 mL
1 tbsp	flour	15 mL
1/2 cup	milk	125 mL
1/4 cup	cheese, grated	50 mL
	salt to taste	
2	eggs	2
2	slices bread	2
1	medium tomato, sliced	1

Melt butter in saucepan, add flour and cook until bubbly, stirring constantly.

Add milk slowly; continue stirring until thickened.

Add cheese. Cook, stirring for 2 minutes or until cheese melts. Salt to taste. Keep warm.

Poach the eggs by gently sliding them into a pan of simmering water to which a drop of vinegar has been added. Simmer until yolks are set.

Toast two slices of bread. Place the tomato slices on the toast and put the eggs on top of the tomato.

Top with cheese sauce.

Garnish with a shake of pepper and a sprig of parsley.

Variation: ■ Use cooked asparagus or spinach instead of tomato.

Suggestion for completing the meal: Tossed Salad (p. 115) and a glass of milk.

Welsh-Canadian Rarebit

Serves 2

1 tbsp	butter or margarine	15 mL
1 tbsp	flour	15 mL
1/4 tsp	mustard, dry	1 mL
3/4 cup	milk	175 mL
3/4 cup	sharp cheddar cheese, grated	175 mL
dash	Worcestershire sauce	dash
pinch	salt	pinch
pinch	pepper	pinch
2 slices	whole wheat toast	2 slices

Melt butter in top of double boiler over boiling water, or over low heat in a saucepan.

Combine flour and dry mustard and add to the butter. Stir to blend.

Gradually stir in milk.

Cook, stirring constantly, until smooth and thickened.

Add grated cheese; stir until melted.

Add Worcestershire sauce and seasonings.

Serve over whole wheat toast. Sprinkle with paprika.

Suggestion for completing the meal: cold sliced chicken or ham, cooked broccoli or a medium tomato, sliced.

Cheese Souffle

Serves 1

1/4 cup	cheddar cheese, shredded	50 mL
1	egg, separated	1
1/2 cup	bread crumbs, soft	125 mL
1/2 cup	milk, scalded	125 mL
1 tbsp	cheddar cheese, shredded (for topping)	15 mL
pinch	salt	pinch

Mix together 1/4 cup (50 mL) cheese, egg yolk, bread crumbs and milk.

Beat egg white until stiff and fold into the first mixture.

Turn into a small, deep, lightly oiled casserole dish (about 4 inches in diameter).

Sprinkle with 1 tbsp (15 mL) of shredded cheese.

Bake in 350°F (180°C) oven for 15 to 20 minutes, or until a knife inserted in the center comes out clean.

Serve immediately.

Suggestion for completing the meal: Tangy Fruit Salad (p. 118)

Crustless Quiche

Serves 1

1/2 tsp	butter or margarine	2 mL
1 tbsp	onion, sliced	15 mL
1	egg	1
1/3 cup	milk	75 mL
1 tsp	flour	5 mL
1 tbsp	skim milk powder	15 mL
1/8 tsp	salt	1/2 mL
dash	cayenne (optional)	dash
1/4 cup	cheese, cheddar or Swiss, grated	50 mL

Saute onion in melted butter or margarine until soft.

Oil individual casserole (or bottom of individual pie dish). Place onion in casserole.

Beat together until just blended the egg, milk, flour, powdered milk, salt and cayenne. Pour over onion.

Sprinkle cheese on top.

Bake at 300°F (150°C) for 30-35 minutes or until center is set and top is golden.

Serve at once.

Variations:

Add 1/8 cup (30 mL) of one of the following:

■ cooked bacon ■ cubed ham ■ sliced sauteed mushrooms ■ canned salmon ■ canned tuna.

Suggestion for completing the meal: Tossed Salad (p. 115) and whole wheat toast.

Broccoli Quiche

Serves 2

Crust:

1/2 cup	flour, whole wheat	125 mL
1 tsp	baking powder	5 mL
pinch	salt	pinch
1/4 cup	margarine	50 mL
2 tbsp	milk	30 mL

Filling:

1/2 cup	broccoli, cooked, diced	50 mL
1/3 cup	Swiss or cheddar cheese, grated	75 mL
1/4 cup	cottage cheese, dry or well drained	50 mL
2 tbsp	chives or green onion, snipped	25 mL
2	eggs, lightly beaten	2
1 cup	milk	250 mL
2 tbsp	flour	25 mL
pinch	salt	pinch
1 tbsp	sesame seeds (optional)	15 mL

Lightly oil 2 small oven-proof casseroles (approx. 6" diameter).

Combine flour, baking powder, and salt. Using a pastry blender or two knives mix the margarine in until the mixture resembles coarse crumbs. Add milk. Stir until just blended. Using the back of a spoon, spread and press the mixture against the bottom and sides of the casserole dishes.

Cover crust with broccoli, cheeses and chives or green onion.

Combine eggs, milk, flour, salt and pour over broccoli. Sprinkle with sesame seeds.

Bake in preheated 350°F (180°F) oven for 40-60 minutes or until set. Length of cooking time will depend on the size of casserole.

Suggestion for completing the meal: Piquant Tomato Juice Cocktail (p. 141).

Broiled Super Sandwich

Serves 1

1	slice cheese	1
1	slice bread, toasted	1
2	tomato slices	2
2	slices bacon, cooked	2

Place a slice of cheese on toast; broil until cheese begins to melt.

Arrange tomato slices and cooked bacon on top.

Broil until tomato is hot. Serve immediately.

Suggestion for completing meal: Cabbage Slaw (p. 114) and a glass of milk.

Grilled Ham 'n Cheese Sandwich

Serves 1

1 1/2 oz	sliced ham	50 g
2	slices bread	2
1 oz	cheese, sliced	30 g
1-2 tsp	butter or margarine	5-10 mL

Place the cheese between the slices of bread. Lightly spread outside of the sandwich with butter or margarine.

Place in a heated, oiled or non-stick pan. When golden brown, turn and continue to cook until cheese has softened.

Suggestion for completing the meal: Fresh Fruit Salad (p. 117) and a glass of milk.

Cheese Strata

Serves 2

2	slices bread	2
2 tsp	butter or margarine	10 mL
2 oz	cheddar cheese, sliced or grated	60 g
1 tbsp	green onion, chopped (optional)	15 mL
1	egg	1
1/2 cup	milk	125 mL
2 tbsp	skim milk powder	30 mL
1/4 tsp	salt	1 mL
dash	pepper	dash
pinch	mustard (optional)	pinch
1 tbsp	parsley, chopped (optional)	15 mL
1 tbsp	cheddar cheese, grated (optional)	15 mL

Spread 2 slices bread with butter or margarine.

Place 1 slice of bread on the bottom of a small oiled casserole. Cover it with cheese (and onions, if used). Place the second slice of bread on top.

Beat egg with milk and seasonings and pour over the bread.

Sprinkle with 1 tbsp (15 mL) grated cheddar cheese and parsley (if used).

Bake at 325°F (160°C) for 20-30 minutes. When done, a knife inserted in the centre will come out clean.

Suggestion for completing the meal: Fruit Salad (p. 117) with Custard Sauce (p. 129)

Grilled Double Cheese Sandwich

Serves 2

2	slices bread	2
1 1/2 oz	cheese, sliced	45 g
1-2 tsp	butter or margarine	5-10 mL
1 tbsp	grated parmesan	15 mL

Place the cheese between the slices of bread.

Lightly spread outside of the sandwich with butter or margarine.
Sprinkle each side with parmesan, spreading it evenly with a knife.

Place in a heated, oiled or non-stick pan or under the broiler. When golden brown, turn and continue to cook until cheese has softened.

Suggestion for completing the meal: Corn Chowder (p. 6) and Fresh Fruit Salad (p. 117).

Macaroni and Cheese

Serves 2

1/2 cup	macaroni, uncooked	125 mL
1 tbsp	butter or margarine	12 mL
1 tbsp	flour	15 mL
dash	salt, pepper, and cayenne	dash
pinch	mustard, dry	pinch
1/4 cup	skim milk powder	50 mL
1/2 cup	water	125 mL
1/3 cup	cheddar cheese, grated	75 mL
2 tbsp	bread crumbs, dry (optional)	25 mL
1 tbsp	cheddar cheese, grated (optional)	15 mL

Cook macaroni until tender. Drain and rinse in cold water.

While macaroni is cooking, melt butter, blend in flour, seasonings and skim milk powder.

Gradually add water.

Stir and cook until smooth and thick.

Add cheddar cheese. Stir until cheese is melted. Do not boil.

Add cooled macaroni to cheese sauce.

If an oven is available, turn mixture into a baking dish, top with bread crumbs and cheese, brown at 400°F (200°C).

If oven is not available, heat mixture thoroughly and serve immediately, omitting the crumbs and cheese topping.

Suggestion for completing the meal: grilled sausages and sliced tomato.

Pizza

Serves 2

1/2 can	tomato sauce (7 1/2 oz/215 mL)	1/2 can
1 tsp	onion, finely chopped	5 mL
1	garlic clove, minced	1
1/4 tsp	oregano	1 mL
dash	pepper	dash
2	English muffins*	2
3-4 oz	Mozzarella cheese, shredded	90-120 g

Preheat oven to 350°F (180°C).

In a small bowl combine tomato sauce, onion, garlic and seasonings.

Split muffins in half and arrange on a pan. Spread each half with 1 tbsp tomato sauce mixture. Top with 1/4 of the cheese and another tablespoon of sauce.

Bake 15-20 minutes until cheese is melted and muffins are heated through.

* You may also use Australian muffins, Pita bread split and toasted, Hamburger buns, large tea biscuits, or pre-made pizza shells.

Variation:

Hamburger Pizza ■ Combine 2 to 3 oz (60-90 g) cooked, drained hamburger with tomato sauce mixture and reduce the amount of cheese used by half.

Suggestion for completing the meal: Tossed Salad (p.115) or fresh fruit.

BREADS, GRAINS AND PASTA

Bread, pasta and other products made from grains and cereals provide B vitamins, iron, protein and dietary fibre.

Some nutrients lost during the milling process are replaced in "enriched" cereal products. However, enriched cereal products have less fibre than whole grain products.

Cooked whole grains such as oatmeal and multigrain cereals are usually more nutritious and always less expensive than prepared cereals. Unsweetened, ready-to-eat cereals provide more nutrition per penny than the highly sweetened ones. Read the ingredient list and avoid cereals if sugar is listed as the first or second ingredient.

There are many kinds of rice available in the market. Of all the choices, brown rice is the least processed, with most of the natural bran layers and germ left intact. It requires longer cooking than white rice and is the most nutritious, containing thiamin, other B vitamins, iron and fibre. Regular milled rice has the bran layer removed. Converted or parboiled rice is specially processed so that the rice cooks into firm separate grains.

Rice is available in long, medium and short grains. Long grains are more separate and firm after cooking; shorter grains are more sticky and starchy.

Precooked or instant rice has been completely cooked and dehydrated. It is the fastest to prepare, most expensive, and least nutritious.

BUYING:

- Some nutritious choices:
 - whole grain bread and rolls
 - bran muffins
 - bran cereals
 - oatmeal
 - shredded wheat
 - rye, whole wheat and graham crackers
 - brown and/or converted rice
 - macaroni, noodles and spaghetti made with whole grain or "enriched" flour

STORING:

- Bread keeps best in a cool dry place.
- Flour, corn meal, rice and rolled oats should be stored in containers with tight fitting lids. Whole wheat pasta has a limited shelf life.
- To keep baked goods moist, add an apple peeling or slice of apple to the container.

HEALTH HINTS:

- Choose whole grain products to increase the fibre in your diet.

- Read labels. Look for cereals with at least 2 grams of fibre, 8 grams or less sugar and 200 mg or less sodium per serving.
- Look for 'unsalted' or 'less salt' on labels of soda biscuits, crackers and other products.
- Use whole wheat flour for part or all of the flour in some of your recipes.
- Rice and pasta seasoning mixes are high in sodium. Use only half the packet, or better still, prepare these items from the basic ingredients so you can control the salt.

Pancake Mix

Makes 2 1/2 cups of mix

2 cups	flour	500 mL
1 tbsp	baking powder	15 mL
1 tbsp	sugar	15 mL
1/2 cup	skim milk powder	125 mL

Mix ingredients together. Will keep well stored in a jar.

Pancakes

Serves 1 (3 pancakes)

1/2 cup	pancake mix	125 mL
1/3 cup	water	75 mL

Blend mix and water. Batter should be slightly lumpy.

Pour 1/4 cup (50 mL) batter onto hot, lightly oiled griddle or non-stick fry pan. Cook until bubbles form and begin to burst. Turn and brown the second side.

Variations:

- Add 2 tbsp (25 mL) of one of the following foods to your pancake mix just before cooking:
 - chopped fruit (apples or banana) or berries
 - bran, oatmeal or cornmeal and 2 tbsp (25 mL) water
 - peanut butter
 - chopped ham or bacon
 - grated cheddar cheese

Suggestions for completing the meal: sausage or back bacon, 1/2 grapefruit, Cafe au lait (p. 142).

Basic Biscuit Mix

Makes approx. 5 cups

3 1/2 cups	flour	875 mL
2 tbsp	baking powder	30 mL
2/3 cup	skim milk powder	150 mL
1 tsp	salt	5 mL
2/3 cup	shortening	150 mL

Mix flour, baking powder, skim milk powder and salt. With a pastry blender or 2 knives, cut in the shortening until the consistency of coarse crumbs.

Store in a covered container in a cool place. Use for biscuits, dumplings or pancakes.

Biscuits

Makes 4 biscuits

2/3 cup	Biscuit Mix	150 mL
3 tbsp	water	45 mL

Add water to mix. Stir just enough to combine.

Turn onto lightly floured board; pat down to 1/2" thickness; shape into biscuits.

Bake 400°F (200°C) 12 minutes.

Variations: ■ See suggestions listed under Baking Powder Biscuits (p. 88)

Dumplings

Makes 4

2/3 cup	Biscuit Mix	150 mL
1/4 cup	water	50 mL

Add water to Mix. Stir just enough to combine.

Drop by spoonfuls onto a simmering liquid (soup or stew). Cover tightly.

Cook 10 minutes. Do not lift lid until done. Serve immediately.

Pancakes from Basic Biscuit Mix

Makes 1 pancake

1/4 cup	Biscuit Mix	50 mL
3 tbsp	water	45 mL

Blend Mix and water. (Add extra liquid for a thinner pancake).

Spread on a hot oiled skillet or non-stick pan. Cook until bubbles form and begin to burst. Turn and brown second side.

Hint: Instead of using a sugar syrup which adds only calories, try one of the following toppings: ■ sliced fruit ■ yogurt, plain or with fruit ■ apple sauce ■ yogurt mixed with undiluted frozen orange juice concentrate.

Note: If you use a commercial pancake mix increase the nutrients by adding 2 tbsp (25 mL) each of skim milk powder and wheat bran to each 1/2 cup (125 mL) of mix.

Baking Powder Biscuits

Makes 4 biscuits

2/3 cup	flour	150 mL
1 tsp	baking powder	5 mL
1/4 tsp	salt	1 mL
2 tbsp	shortening	30 mL
1/3 cup	milk	75 mL

Mix flour, baking powder, salt. With 2 knives or a pastry blender, cut in the shortening until the consistency of coarse crumbs.

Make a well in the centre. Add the milk and stir just enough to combine the wet and dry ingredients.

Turn onto lightly floured board and lightly roll (or pat down) to 1/2" thickness and shape into biscuits.

Bake at 400°F (200°C) for 12 minutes.

Variations:

Follow this biscuit recipe or the mix recipe (p. 86) and make the following changes:

Cheese Biscuits ■ stir 2 tbsp (25 mL) grated cheese into dry ingredients just before adding the milk.

Raisin Biscuits ■ add 1 tsp (5 mL) sugar and stir in a heaping tbsp (15 mL) raisins just before adding the liquid to the dry ingredients.

Stove Top Biscuits ■ make biscuits as recipe directs. Place 1" apart on a hot, lightly oiled griddle or heavy frying pan. Brown on one side for 5-7 minutes. Turn and brown on other side.

Drop Biscuits ■ increase the milk in the recipe by 1 tsp (5 mL). Instead of rolling, drop the dough by tablespoons onto a lightly oiled baking sheet.

Orange Raisin Scones

Makes 12

1/2 cup	raisins	125 mL
1/2 cup	orange juice	125 mL
2 tbsp	sugar	30 mL
1 1/2 cups	flour	375 mL
2 tsp	baking powder	10 mL
1/4 tsp	salt	1 mL
1/4 cup	margarine	50 mL
1	egg	1

Soak raisins in orange juice.

Measure sugar, flour, baking powder and salt into a large bowl. Stir well to mix.

Cut margarine finely into the dry ingredients using a pastry blender or two knives.

Mix the egg, raisins and orange juice.

Make a well in the dry ingredients and pour the liquids into it. Stir to blend. Handle the dough as little as possible.

Shape dough into a ball. (If dough is too sticky knead in a little more flour).

Divide dough in half and pat on floured board into 1/2 inch thick round. Place each round onto an oiled cookie sheet. Score or cut through into 6 wedges.

Bake at 400°F (200°C) for 12 minutes.

Bran Muffins

Makes 12

1/2 cup	boiled water, cooled	125 mL
1 1/4 tsp	baking soda	6 mL
1/4 cup	vegetable oil	50 mL
1/4 cup	brown sugar, packed	50 mL
1	egg	1
1/4 cup	molasses	50 mL
1 1/4 cups	buttermilk	300 mL
1 1/4 cups	whole wheat flour	300 mL
1/4 cup	wheat germ	50 mL
1 1/4 cups	natural wheat bran	300 mL
1/2 cup	raisins	125 mL

Boil water and allow to cool.

Mix sugar, egg, oil and molasses in a bowl. Add buttermilk, then the flour and wheat germ. Stir just to moisten.

Add baking soda to cooked water and add to above mixture.

Add bran and raisins. Stir to mix.

Spoon batter into 12 greased muffin cups.

Bake approximately 20-25 minutes at 350°F (180°C).

Note: This batter will keep in your refrigerator for up to four weeks provided you store it in a covered container. When you want some fresh baked muffins, remove some of the batter without stirring.

Hint: Some people particularly enjoy the "tops" of muffins. If you wish to make muffin "tops" drop spoonfuls of this batter on a greased cookie sheet and bake "cookie muffins".

Irish Bran Bread

Makes 1 loaf

1/2 cup	cornmeal	125 mL
1 cup	bran	250 mL
3 cups	whole wheat flour	750 mL
1/2 cup	all purpose flour	125 mL
3/4 tsp	salt	4 mL
1 1/2 tsp	baking soda	7 mL
1 1/2 tsp	cream of tartar	7 mL
2 cups	buttermilk	500 mL

Mix cornmeal, bran and whole wheat flour together in a bowl.

Measure all purpose flour, salt, baking soda and cream of tartar into a sieve, and sift into the bowl containing the first three ingredients. Mix thoroughly.

Make a well in the dry ingredients and add buttermilk all at once. Stir to mix. If too sticky, add more flour.

Shape dough with floured hands and press into an oiled 9"x 5" loaf pan.

Bake at 400°F (200°C) for about one hour. Let cool in the pan for 10 minutes, then turn out on a wire rack to finish cooling.

Notes:

Quick cooking oats may be substituted for bran.

If buttermilk is not available, for each cup needed put 1 tbsp (15 mL) vinegar in a measuring cup and add fresh milk.

Health Bread

Makes 2 loaves

5 1/2 cups	whole wheat flour (reserve 1 cup/250 mL)	1375 mL
1/4 cup	wheat germ	50 mL
2 tsp	salt	10 mL
1 envelope	fast rising yeast	1 envelope
2 cups	milk	500 mL
1/2 cup	water	125 mL
1/4 cup	molasses	50 mL

Combine 4 1/2 cups (1125 mL) whole wheat flour, the wheat germ, salt and yeast in large bowl.

Heat milk and water, oil and molasses until hot to touch—125-130°F (50-55°C) and stir into the flour mixture. Add enough of reserved flour so that dough can be handled.

Knead for 5-7 minutes until dough becomes elastic. Cover dough. Let rest 10 minutes.

Shape into 2 loaves. Place in oiled loaf pans, cover and let rise in a warm place until doubled in bulk (30-60 minutes).

Bake at 475°F (230°C) for 15 minutes.

Reduce heat to 350°F (180°C) and bake until done, approximately 15 minutes more.

Carrot-Raisin Loaf

Makes 1 small loaf

1/2 cup	flour, whole wheat	125 mL
1/2 tsp	baking soda	2 mL
2 tbsp	bran	25 mL
1/2 tsp	cinnamon	2 mL
1/3 cup	sugar	75 mL
1/8 tsp	salt	1/2 mL
1	egg, beaten	1
1/4 cup	vegetable oil	50 mL
1/2 tsp	vanilla	2 mL
2/3 cup	carrots, finely grated	150 mL
1/2 cup	raisins	125 mL

Sift together the flour, baking soda, bran, cinnamon, sugar and salt.

Add the rest of the ingredients and blend with a few strokes.

Pour in an oiled small loaf pan or 4" square casserole.

Bake at 325°F (160°C) for 45 minutes or until the center springs back to a gentle touch.

Steamed Rice

Serves 2

1/3 cup	rice	75 mL
2/3 cup	water, chicken or beef broth	150 mL
pinch	salt	pinch

Bring all ingredients to a boil in a saucepan. Cover. Reduce heat and simmer until done. Do not stir.

Polished or converted rice will take about 20 minutes; brown rice will take about 45 minutes.

Variations:

Rosy Rice ■ use tomato juice instead of water. You may add 1 tbsp (15 mL) finely chopped red pepper to the pot 5 minutes before the rice is done.

Lemon Rice ■ add 1/2 tsp (2 mL) grated lemon rind, 2 tbsp (25 mL) slivered almonds and 1 tsp (5 mL) butter just before serving. (Good with fish).

Curried Rice ■ saute 2 tbsp (25 mL) finely chopped onion in 1 tsp (5 mL) butter until transparent. Add 1 tsp (5 mL) curry powder. Add this mixture to the rice prior to cooking.

Cheese Rice ■ add 1/3 cup (75 mL) grated cheddar to cooked rice. Blend gently. (Good with chicken).

Herbed Rice ■ before simmering rice, add 1 tsp (5 mL) chicken or beef broth base, a dash of garlic salt, and a pinch of rosemary, marjoram, thyme and 1 tbsp (15 mL) finely chopped green onion or green pepper. Before serving blend in 1 tsp (5 mL) finely chopped parsley.

Yogurt Rice ■ add 1/3 cup (75 mL) plain yogurt and 2 tbsp (25 mL) chopped green onions just before serving.

Baked Brown Rice

Serves 2

1/3 cup	brown rice	75 mL
2 tbsp	onion, chopped	25 mL
2 tsp	butter or margarine	10 mL
1 cup	water	250 mL
1 tsp	chicken or beef broth base	5 mL

Saute rice and onion in butter or margarine for 5-10 minutes, stirring frequently.

Place in a small casserole; add water and broth base.

Cover and bake at 325°F (160°C) for 1 hour.

Garnish with chopped parsley or almonds.

Hint: If you add boiling water, and bake at 400°F (200°C) the rice will be done in half the time.

Suggestion for completing the meal: Crispy Fish Fillets (p. 31), Saucy Vegetables (p. 103).

Spanish Rice

Serves 2

2 tbsp	onion, chopped	25 mL
1 tsp	vegetable oil	5 mL
1/2 cup	raw brown rice	125 mL
1/2 cup	vegetable stock or water	125 mL
1 stalk	celery, chopped	1 stalk
1 cup	canned tomatoes	250 mL
1/4 tsp	salt	1 mL
pinch	oregano or basil	pinch
pinch	chives or parsley, chopped	pinch
2 tbsp	grated cheese	30 mL

Saute onion in oil.

Add rice and vegetable stock or water. Bring to a boil. Cover and simmer on low heat for 25 minutes.

Add remaining ingredients, except cheese. Simmer another 20 minutes or until rice is well cooked.

Sprinkle cheese on top to serve.

Suggestion for completing the meal: hamburger patty and a glass of milk.

Barley Vegetable Pilaf

Serves 2

1/4 cup	pearl barley	50 mL
2 tsp	chopped onion	10 mL
1 tsp	margarine	5 mL
3/4 cup	liquid (water or stock)	175 mL
1/2 tsp	chicken or beef broth base	2 mL
1/4 cup	peas (fresh or frozen)	50 mL

Slightly brown barley and onion in margarine. Turn into small casserole.

Heat liquid, add soup broth base and stir to dissolve. Pour over ingredients in casserole and stir to mix.

Cover and bake in 375°F (190°C) oven, one hour. Add peas 20 minutes before cooking time is completed. Stir and return to oven.

Suggestion for completing the meal: Chicken Mushroom Casserole (p. 22), Baked Apple (p. 121) and a glass of milk.

Vegetarian Lasagna

Serves 2

2-3	lasagna noodles	2-3
2 tsp	oil	10 mL
1/2 cup	zucchini, sliced	125 mL
2-3	mushrooms, sliced	2-3
1/4 cup	onions, chopped	50 mL
1/2 cup	tomato sauce* (see recipe below)	125 mL
1/2 cup	cottage cheese	125 mL
1/2 cup	cheddar cheese, shredded	125 mL
1 tbsp	grated parmesan cheese	15 mL

Cook noodles following package directions. Drain and rinse in cold water to prevent sticking.

Saute the vegetables in oil and set aside.

Prepare the tomato sauce.

Oil a 5" square casserole. Cover the bottom with a thin layer of tomato sauce. Fit in a layer of noodle. Place in layers 1/2 each of the cottage cheese, the vegetables, the cheddar cheese, the tomato sauce. Repeat ending with the tomato sauce. Sprinkle with the parmesan cheese.

Cover and bake at 325°F (160°C) for 20 minutes.

Uncover. Bake 10 minutes or until brown on top. Remove from oven and allow to stand for 10 minutes before serving.

* Tomato Sauce: To one 7 1/2 oz (213 mL) can of tomato sauce, add a dash each of basil, oregano and a pinch of sugar. Use approximately half of this for the recipe.

Suggestion for completing the meal: whole wheat roll and a serving of fruit.

VEGETABLES & FRUIT

Choosing a variety of fruits and vegetables will compliment your meal by adding colour, flavour, texture, fibre and important nutrients, especially vitamins A and C. Include at least one raw vegetable or fruit daily. If chewing is a problem, finely chop or mince these foods.

BUYING:

- One pound (.5 kg) of fresh vegetables or fruit will provide 3 servings.
- One pound (.5 kg) of frozen vegetables or fruit will provide 4 servings.

Best Seasonal Buys

Winter	Spring	Summer	Fall
oranges	rhubarb	cherries	apples
grapefruit	strawberries	berries	pears
bananas	lettuce	apricots	plums
potatoes	beet greens	nectarines	grapes
turnips	spinach	melons	broccoli
carrots	asparagus	peaches	beets
onions		tomatoes	cabbage
cabbage		corn	cauliflower
squash		beans	zucchini

- Salad greens with dark green leaves are more nutritious than light coloured leaves. Spinach, romaine, beet greens, Bok Choy, green cabbage and darker leaf lettuces are preferable to iceberg or butter lettuce.
- Choose frozen or canned products when fresh fruit and vegetables are not in season. These are convenient to use—no washing or cutting needed.
- Fancy, choice and standard grades of canned fruits and vegetables are equally nutritious but vary in appearance (size, firmness, colour) and price. Standard grade, when available, is generally the lowest price. "Store" brands may be more economical than brand name products.
- Specially packaged fruit or vegetable products (such as peas in butter sauce) are seldom economical buys and are high in fat and sodium.
- When buying canned or frozen fruit or juice look on the label for 'unsweetened', 'no sugar added' or 'canned in juice'.
- As a rule of thumb the smallest vegetables (e.g. baby peas, new potatoes) and the largest fruits are the choicest and also the most expensive.
- Dried fruit is available all year, and is usually inexpensive compared to out of season fresh fruit.
- Choose 100% pure fruit juices instead of fruit "drinks" or "punches" or "cocktails".

STORING:

- Store asparagus, green beans, greens, brussels sprouts, cabbage and cauliflower in plastic bags in the refrigerator.
- Store egg plant, cucumbers, green peppers, and tomatoes uncovered in the refrigerator.
- Store potatoes, onions, squash, turnips, beets and carrots in a cool, dry, airy place or in the refrigerator. They will keep for several weeks.
- Fresh corn, peas, lettuces and other greens should be used as soon as possible (1-2 days).

BASIC COOKING FOR VEGETABLES:

- Vegetables should be "tender-crisp"—cooked enough to be done but not mushy. This is particularly important for green vegetables. Over cooking will turn them a greenish yellow colour and destroy their flavour and some nutrients.
- Leave the skin on when possible, or pare thinly.
- Leave vegetables whole or cut in large pieces.
- Prepare and cook vegetables as close to serving time as possible.
- Do not soak vegetables in water for a long period of time. Where vegetables have to be prepared occasionally in advance, cover them tightly and refrigerate.
- Try 'waterless cooking', i.e. steam, bake, stir-fry or microwave.
- Keep cooking time short; add vegetables to boiling water and cook until just tender. Allow water to boil steadily but not too hard. Add salt five minutes before cooking is finished.
- Cook vegetables covered except those with strong flavours, such as cabbage, cauliflower, onions, turnips and brussels sprouts.
- After cooking, drain the vegetables and return to the heat briefly to evaporate any excess moisture. Season and add melted butter or margarine, if desired.
- Reserve cooking liquid and refrigerate for use in soups, sauces or gravies.
- Pour off half of the liquid from canned vegetables and use for soups; heat vegetables in the remaining liquid just long enough to bring them to serving temperature.

Baked Potato

Do not peel; scrub the potato(es), prick with a fork and bake in a hot oven 400°F (200°C) about one hour. Serve at once with butter, margarine or yogurt topping and a sprinkling of chopped green onions.

Note: To reduce cooking time, cut the potato(es) in half lengthwise. Oil cut surface lightly and place face down on a baking sheet. Bake at 375°F (190°C) for approximately 45 minutes.

For a complete entrée, a baked potato can be "topped" with one of many items, such as:

- Beef Stroganoff, Meat Balls, Cheese Sauce, or Chili
- Yogurt and Shredded Cheese
- Cottage Cheese seasoned with parsley, chives or green onion
- Cheese sauce with added steamed or sauteed, chopped onions, broccoli or mushrooms

Ginger Carrots

Serves 1

1/2 cup	carrots, peeled, coarsely chopped	125 mL
1 tsp	lemon juice	5 mL
1 tbsp	water	15 mL
1/8 tsp	ginger	1/2 mL
pinch	salt	pinch
pinch	pepper	pinch
1 tsp	butter or margarine	5 mL

Combine lemon juice, water, seasonings and pour over carrots in a casserole. Dot with butter or margarine.

Cover and bake in 350°F (180°C) oven for 35 minutes or until the carrots are tender-crisp.

Carrots in Casserole

Serves 1

1 large	carrot, peeled, coarsely chopped	1 large
1-2 tbsp	water	15-30 mL
1 tsp	butter or margarine	5 mL
dash	salt and pepper	dash
1/2 tsp	basil or oregano (optional)	2 mL

Place carrots in a casserole. Add water. Dot with butter or margarine; sprinkle with salt and pepper and optional seasonings if used.

Cover and bake in 350°F (180°C) oven for 35 minutes or until tender-crisp.

Try this same method with turnip, parsnip, beets or onions.

Saucy Vegetables

Serves 1

1 small	potato, diced	1 small
1 small	carrot, sliced	1 small
1/4 cup	peas, frozen or canned	50 mL
1/3 can	cream of mushroom soup (10 oz/284 mL)	1/3 can
1 tbsp	skim milk powder	15 mL

Cook potato and carrot until just tender and drain (keep vegetable water for soup, casseroles, sauces or gravy).

Heat soup and milk powder together in a saucepan.

Add cooked vegetables and peas. Continue cooking until all are heated thoroughly.

Ratatouille

Serves 2

2 tsp	vegetable oil	10 mL
1 cup	zucchini, sliced	250 mL
2 tbsp	onion, chopped	25 mL
1/2 cup	tomatoes, canned	125 mL
1/4 tsp	basil	1 mL
	salt and pepper to taste	
1 tsp		
	parsley, snipped	5 mL
1 tsp		
	grated parmesan cheese (optional)	5 mL

Measure oil into a heated saucepan which has a tight-fitting lid.

Add zucchini and onion and saute a few minutes.

Add tomato and seasonings.

Cover and simmer gently about 10 minutes or until vegetables are cooked.

Sprinkle with parsley and cheese before serving.

Variations:

- A clove of minced garlic sauteed with the onion will add to the flavour of this dish.
- A medium sized fresh tomato can be used in place of the canned variety.
- You may substitute eggplant or cubed yellow squash for zucchini.

Suggestion for completing the meal: Baked Chicken Pieces (p. 21), a whole wheat roll and a glass of milk.

Stir Fry Vegetables

Serves 2

2 tsp	vegetable oil	10 mL
1 small	carrot, sliced thinly	1 small
1/4 medium	onion, cut in wedges	1/4 medium
1/2 cup	green beans, sliced diagonally	125 mL
1/2 stalk	celery, sliced diagonally	1/2 stalk
2-3 tbsp	water	30-45 mL
pinch	salt and pepper	pinch
few drops	lemon juice	few drops

Heat oil in heavy skillet on high heat.

Add carrots and stir for about one minute.

Add onions and beans; stir vegetables constantly for a minute or two.

Add celery and water.

Cover and steam a few minutes, until vegetables are tender-crisp.

Season with salt, pepper and lemon juice.

Variations:

Choose any combination of the following:

- asparagus ■ bean sprouts ■ carrots ■ cauliflower ■ celery ■ green beans ■ green cabbage ■ mushrooms
- onions ■ Bok Choy ■ snowpeas ■ wax beans ■ zucchini

Suggestion for completing the meal: broiled fish, Baked Brown Rice (p. 95) and milk.



Scalloped Potato

Serves 2

1 cup	potatoes, pared, sliced thinly	250 mL
1 tbsp	onion, finely chopped	15 mL
2 tbsp	skim milk powder	25 mL
2 tsp	flour	10 mL
1/4 tsp	salt	1/2 mL
1/4 tsp	pepper	1/2 mL
2/3 cup	milk	175 mL
1 tsp	butter or margarine	5 mL
	paprika	

Heat oven to 350°F (180°C).

Arrange half of the potatoes over the bottom of a small oiled casserole. Sprinkle with half of the onion.

Combine skim milk powder, flour, salt and pepper. Sprinkle half of this mixture over the potatoes in the pan. Repeat layers.

In a small saucepan heat the milk until small bubbles form around the edge of the pan. Add butter or margarine. When this is melted, pour the milk over the potatoes and sprinkle with paprika.

Cover. Bake for 45 minutes. Remove cover. Bake for another 10 minutes or until potatoes are very tender and lightly browned.

Variations:

Scalloped Potatoes and Ham ■ Add 3-4 oz (100-120 g) diced ham to the potatoes in the casserole.

Scalloped Potatoes and Beef ■ Add 3-4 oz (100-120 g) cooked lean hamburger to the potatoes in the casserole.



Suggestion for completing the meal: a slice of cold meat, and a whole wheat roll.

Bert's Special Salad

Serves 1

1/4 cup	zucchini, raw, chopped	50 mL
1 small	tomato, cut in wedges	1 small
1/4 cup	alfalfa sprouts	50 mL
1 1/2 oz	cheese, shredded or diced	45 g
6	spinach leaves	6
1 tbsp	oil and vinegar dressing	15 mL

Toss salad ingredients lightly with salad dressing.

Note: 1 1/2 oz of cheese is approximately 2 (1") cubes.

Suggestion for completing the meal: tuna sandwich on rye bread.

Waldorf Salad

Serves 1

1 small	apple, diced, unpeeled	1 small
2 tbsp	seedless raisins	25 mL
1 tbsp	salad dressing (or enough to moisten)	15 mL
1/4 cup	celery, chopped	50 mL
2 tbsp	walnut pieces	25 mL
dash	ginger (optional)	dash

Combine all ingredients and refrigerate.

Suggestion for completing the meal: peanut butter on whole grain crackers and a Baked Custard (p. 129).

Potato Salad

Serves 1

1/2 cup	cooked potato, cubed or mashed	125 mL
1	hard boiled egg, diced	1
1 tbsp	yogurt or mayonnaise	15 mL
dash	salt and pepper	dash

Mix together potato, egg and yogurt or mayonnaise. Season with salt and pepper.

Variations: ■ Add minced green onion, celery, or sweet (green) relish.

Suggestion for completing the meal: grilled cheese sandwich and an apple.

Greek Salad

Serves 2

1/2 cup	ripe tomato, diced	125 mL
1/4 cup	Spanish onion, diced	50 mL
1/4 cup	cucumber, diced	50 mL
1/4 cup	green pepper, diced	50 mL
1/2 tsp	oregano	2 mL
1 tbsp	olive oil	15 mL
1 tsp	lemon juice	5 mL
3 oz	feta cheese, crumbled	90 g
10	black Greek olives	10

Prepare vegetables; sprinkle with oregano. Drizzle with oil and lemon juice. Toss. Garnish with crumbled cheese and olives.

Suggestion for completing the meal: Split Pea Soup (p. 58) and a brown roll.

Macaroni Salad

Serves 1

1/2 cup	cooked macaroni	125 mL
1/4 cup	cooked meat or fish	50 mL
1/4 cup	cooked vegetables (peas, green beans)	50 mL
1 tbsp	celery, diced (optional)	15 mL
1 tsp	onion, minced (optional)	5 mL
1 1/2 tbsp	mayonnaise	22 mL
1/8 tsp	prepared mustard (optional)	1/2 mL
pinch	salt	pinch
pinch	pepper	pinch

Combine macaroni, meat or fish and vegetables in a bowl. Add celery and onion if desired.

Mix together the mayonnaise, prepared mustard, salt and pepper. Add to salad and mix gently.

Suggestion for completing the meal: Orange Freeze (p. 125) and a glass of milk.

Tangy Vegetable Dip

Serves 2

1/4 cup	plain yogurt	125 mL
1 tbsp	mayonnaise	15 mL
1/2 tsp	sweet pickle relish	2 mL

Combine yogurt, mayonnaise and relish.

Note: Use as a dip for a variety of raw vegetables: carrots, celery, green pepper, turnip, cherry tomato, and cauliflower.

Chef's Salad

Serves 1

1 cup	salad greens*	250 mL
1/4 cup	cooked meat, poultry or cheese cut in strips**	50 mL
1	egg, hard-boiled garnish	1

Arrange mixed salad greens on a plate. Arrange the thinly cut meat, poultry and/or cheese over greens. Slice egg and place on top. Garnish.

Serve with a dressing of your choice.

* Salad greens: Use any combination of lettuces or leafy greens such as spinach.

** Use beef, ham, chicken, turkey, swiss or cheddar cheese.

Garnish: Use shredded carrots, sliced tomato, radishes, cucumber, celery, green peppers.

Suggestion for completing the meal: whole wheat toast, Vanilla Pudding (p. 127).



Chicken Salad Supreme

Serves 1

1/2 cup	cooked chicken, diced	125 mL
2 tbsp	celery, thinly sliced	25 mL
pinch	salt	pinch
1/2 cup	cooked brown rice	125 mL
1 tbsp	green onion or chives, chopped	15 mL
3 tbsp	salad dressing or yogurt	45 mL
1/2	orange	1/2

Combine all ingredients except orange.

Peel and slice orange and cut slices in quarters. Stir into salad before serving.

Variation:

Tuna Salad Supreme ■ substitute canned tuna for chicken.

Suggestion for completing the meal: Vegetable Cream Soup (p. 5) and a serving of fruit.

Herb Shaker Mix

Makes 7 tsp

1 tsp each of	basil, marjoram, onion powder, parsley, sage, thyme, garlic powder (optional)	5 mL each
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Mix ingredients together and store in a small shaker.



Note: Use to season vegetables, salads, soups and meat dishes in place of salt.

Tuna Salad Oriental

Serves 1

1 tbsp	mayonnaise or salad dressing	15 mL
1 tsp	finely chopped onions	5 mL
1/2 tsp	lemon juice	2 mL
1/2 tsp	soya sauce	2 mL
1/4 tsp	curry powder	1 mL
3 1/2 oz	can tuna, drained & flaked	100 mL
2 tbsp	sliced celery or water chestnuts	25 mL

Combine mayonnaise, onion, lemon juice, soya sauce and curry; blend well.

Add tuna and celery or water chestnuts and toss mixture gently.

Chill. Serve in lettuce cups or spread on toast and broil 2 to 3 inches from heat for 3 -4 minutes.

Suggestion for completing the meal: Cream of Carrot Soup (p. 5) and whole wheat crackers.

Oil and Vinegar Dressing

Makes 6 tbsp

4 tbsp	vegetable oil	50 mL
2 tbsp	vinegar	25 mL
1/2 tsp	dry mustard	2 mL
1 tsp	salt	5 mL
1/4 tsp	pepper	1 mL
2 tsp	sugar	10 mL

Combine and shake in a jar. Refrigerate. Shake before using.

Cottage Cheese Stuffed Tomato

Serves 1

2 tbsp	celery, diced	25 mL
1 tbsp	chives or green onions, snipped	15 mL
1/2 cup	cottage cheese	125 mL
pinch	thyme	pinch
1 medium	tomato	1 medium
	parsley	

Combine first four ingredients.

Turn tomato stem side down. Cut not quite through into six equal wedges. Spread open slightly and fill with the cottage cheese mixture.

Suggestion for completing the meal: sardines and Health Bread (p. 92) or whole wheat roll.

Carrot Raisin Salad

1 serving

1/2 cup	carrot, grated	125 mL
1 tbsp	raisins	15 mL
dash	salt	dash
1 tsp	lemon juice	5 mL
1 tsp	sugar	5 mL
1 tsp	mayonnaise	5 mL

Toss carrot, raisins, salt, lemon juice and sugar until well combined.

Chill until ready to serve. Just before serving, toss with mayonnaise.

Cabbage Slaw

Serves 2

1/2 cup	cabbage, shredded	125 mL
1/2 cup	carrot, grated	125 mL
2 tbsp	raisins	25 mL
dash	salt	dash
2 tsp	lemon juice	10 mL
1 tsp	sugar	5 mL
1 tbsp	mayonnaise	15 mL

Lightly toss all ingredients except mayonnaise until well combined.

Chill until ready to serve.

Just before serving toss with mayonnaise.

Variations:

Fresh vegetables and fruit as well as seeds and nuts may be used to replace part or all of the grated carrot in this recipe:

Fruits ■ diced apples ■ oranges ■ pineapple ■ grapefruit

Vegetables ■ shredded red cabbage ■ brussels sprouts ■ finely sliced or chopped celery ■ green pepper ■ red pepper ■ green onions

Other ■ peanuts ■ almonds ■ walnuts ■ sunflower seeds ■ sesame seeds ■ currants ■ date pieces

Tossed Salad

A tossed vegetable salad can be made from any combination of three or more colourful vegetables. Approximately one cupful per person will provide a serving. Use 2/3 cup (150 mL) of greens as a base; the remainder is your choice. Here are some suggestions:

Dark Green ■ Romaine, Spinach, Beet greens, Green or Red Leaf Lettuce, Brussels Sprouts, Broccoli, Green Pepper, Snow Peas, Watercress.

Green/White ■ Cabbage (Savoy, Chinese or Green), Butter Lettuce, Iceberg Lettuce, Bean Sprouts, Green Onion, Celery, Cauliflower, Zucchini, Cucumber, Alfalfa Sprouts, Avocado.

Red ■ Tomato, Radish, Red Pepper, Radicchio, Red Onion, Red Cabbage.

Yellow/Orange ■ Carrot, Yellow Pepper.

Many other ingredients can be included in a tossed salad, both for flavour and for colour.

Fruit ■ Orange and grapefruit sections, grapes, apples, raisins, currants, strips of dried apricots, diced papaya.

Protein ■ Hard cooked eggs, crisp crumbled bacon, shredded or diced cheese, garbanzo beans.

Seeds and Nuts ■ Walnuts, peanuts, sunflower seeds, sesame seeds, pine nuts.

Herbs ■ Fresh parsley, dill, chives, oregano, garlic.

Other ■ Croutons, olives, capers.

Finally, dress your salad with a dressing of your choice—about 1 tbsp (15 mL) per person.

Broccoli Salad

Serves 2

1 cup	broccoli, cut in bite size pieces	250 mL
2-3	mushrooms, chopped	2-3
1	green onion, chopped	1
2 tbsp	Parmesan cheese, grated	25 mL
2 tbsp	salad dressing	25 mL
2 tbsp	pickle relish	25 mL

Combine vegetables and cheese.

Blend dressing and relish together and mix with vegetables

Refrigerate three hours before serving.

Bean Sprout Salad

Serves 2

1 cup	bean sprouts, rinsed, drained	250 mL
2 tbsp	carrots, shredded	25 mL
2 tbsp	green pepper, shredded	25 mL
1 tsp	parsley, chopped	5 mL
1 1/2 tsp	soya sauce	7 mL
1 tsp	sugar	5 mL
1 tsp	vinegar	5 mL
2 tsp	vegetable oil	10 mL
1/4 tsp	garlic powder	1 mL

Mix sprouts, carrots, green pepper and parsley.

Blend dressing ingredients together and combine with the vegetables

Fresh Fruit Salad

For a fresh fruit salad choose any combination of fresh fruits of different colours.

Cut into small pieces and cover with unsweetened orange juice (or any other juice of your choice) to prevent browning.

Allow 1/2 cup (125 mL) per serving. Serve chilled.

Suggestions:

Yellow/orange ■ peaches, apricots, pineapple, oranges, cantaloupe, papayas, nectarines, mangos

Green ■ honeydew, green grapes, green skinned apples, kiwi

Red ■ strawberries, watermelon, red skinned apples

White ■ bananas, pears, grapefruit

Blue/red ■ red or ribier grapes, blueberries, prune plums

Hint: Leave the skin on raw fruits when possible—skins and seeds are good sources of fibre.

Tropical Fruit Salad

Serves 3

1/2 cup	pineapple or melon, cubed	125 mL
1	orange, peeled, cubed	1
1	banana, sliced	1
1/3 cup	juice, pineapple or orange	75 mL
3 tbsp	toasted coconut or nuts	45 mL

Combine the three fruits with the juice and divide into three dishes. Top with coconut or nuts.

Tangy Fruit Salad

Serves 2

1 medium	orange, peeled and diced	1 medium
1 medium	banana, sliced	1 medium
2 tbsp	yogurt	25 mL
2 tbsp	orange juice	25 mL
dash	cinnamon	dash

Combine yogurt and orange juice. Pour over fruit and toss lightly. Sprinkle with cinnamon.

Variations: ■ Substitute 1/2 cup (125 mL) berries or other fruit for the orange.

DESSERTS

Desserts can add the finishing touch to a meal and supply important nutrients as well. Often the best are those you make yourself. One of the food groups can be featured as a basic ingredient in your recipe. Examples of such ingredients are fruit, eggs, cereal and milk.

Some ideas for fresh fruit desserts are found in the section entitled "Vegetables and Fruit". These recipes are usually easy to prepare as the fruit requires, at most, washing, perhaps peeling and dicing, but no cooking.

This section contains easy to make fruit based dishes and other desserts that use eggs, milk or cereal.

Cooked desserts keep well for a day or two if covered and refrigerated, so you can comfortably double a recipe if you wish.

Baked Apple

Serves 1

This is a convenient dessert to prepare when you are baking a main course.

1	apple	1
1 tsp	butter or margarine	5 mL
1 tbsp	brown sugar	15 mL
1/4 tsp	cinnamon	1 mL
2 tbsp	water	25 mL

Wash and core the apple. Stuff the apple with a mixture of butter or margarine, brown sugar and cinnamon.

Place apple in a small pan and add the water.

Bake at 400°F (200°C) for 30 minutes.

Applesauce

Serves 2

1	large apple	1
1/4 cup	water	50 mL
1-2 tbsp	sugar	15-25 mL

Wash, peel, core and cut the apple into large pieces in a sauce pan. Cook covered with water until soft.

Press through a sieve or leave chunky. Add sugar to taste

Serve cold or warm.

Hint: A dash of lemon juice or nutmeg may be added for flavouring and brown sugar or honey may be used for sweetening.

Cinnamon Pears

Serves 1

1	pear	1
1/2 tbsp	brown sugar	10 mL
2 tbsp	water	25 mL
1/4 tsp	lemon juice	1 mL
1/4 tsp	cinnamon	1 mL

Peel, cut, core pear and place cut side down in baking dish. Combine brown sugar, water, lemon juice and cinnamon. Pour over pears.

Bake covered 350°F (180°C) for 45 minutes or until tender. Baste with pan juices occasionally.

Variation: ■ Sprinkle 2 tbsp (25 mL) blueberries over the pear prior to baking it.

Hint: ■ Serve pears with pan juice, or add a topping of Custard Sauce (p. 130), vanilla yogurt or ice cream.

Stewed Rhubarb

Serves 4

2 cups	rhubarb, sliced	500 mL
1/4 cup	water	50 mL
1/2 - 3/4 cup	sugar	50 mL

Wash rhubarb and cut in 1" (2 cm) pieces.

Stir sugar into the prepared rhubarb and let stand until liquid gathers on the bottom of the container. Cook in a saucepan very slowly over low heat or bake in a covered dish in the oven at 325°F (160°C) until tender.

Stewed Prunes

Serves 2

Prunes are an excellent source of fibre.

8	dried prunes	8
3/4 cup	cold water	175 mL
2 tsp	sugar (optional)	10 mL

Place prunes and water in a saucepan and bring to boiling point. Reduce heat and simmer gently for 20 minutes.

Add sugar, if using, and cook 10 minutes longer.

Add a bit of lemon juice or a stick of cinnamon for extra flavour if you wish.

Quick and Easy Prunes:

Place 8 prunes in a small jar. Add 1 tsp (5 mL) lemon juice. Pour 3/4 cup (175 mL) boiling water over prunes. Cool and then refrigerate at least overnight before using.

Quick Fruit Compote:

Half fill a glass jar with any combination of dried fruit such as prunes, apples, figs, raisins, or apricots. Add a small amount of lemon juice and fill the jar with boiling water. Cool and then refrigerate at least overnight before using.

Fruit Crisp

Serves 1

1/2 cup	fruit, cut up (e.g. berries or apple)	125 mL
1 tbsp	sugar	15 mL
1/2 tsp	flour	2 mL
1/4 tsp	cinnamon	1 mL
1 1/2 tsp	melted butter or margarine	7 mL
1 tbsp	brown sugar	15 mL
1 1/2 tsp	flour	7 mL
2 tbsp	rolled oats	30 mL
1/4 tsp	cinnamon	

Place fruit in baking pan; combine with mixture of 1 tbsp (15 mL) sugar, 1/2 tsp (2 mL) flour and the cinnamon.

Melt butter or margarine, combine with 1 tbsp (15 mL) brown sugar, 1 1/2 tsp (7 mL) flour and rolled oats.

Sprinkle mixture on top of fruit and bake at 375°F (190°C) until golden brown.

Quick Fruit Crunch Topping

Makes 1 1/2 cups

2 tbsp	butter or margarine	25 mL
1 cup	uncooked quick-cooking oats	250 mL
1 tbsp	brown sugar	15 mL
1/4 cup	raisins	50 mL
1/8 tsp	cinnamon	1/2 mL

Melt butter or margarine in small skillet.

Add oats and toast over medium heat, stirring constantly, until golden brown.

Stir in sugar, raisins and cinnamon.

Cool and store in covered container in a cool place.

At serving time sprinkle 2 tbsp (25 mL) topping over a 1/2 cup (125 mL) serving of fruit such as applesauce, stewed rhubarb or sliced banana.

Orange Freeze

Serves 2

1/8 cup	frozen orange juice, undiluted	25 mL
3/4 cup	plain yogurt	175 mL
1/2 tsp	vanilla	2 mL
1 tsp	honey	5 mL

Combine orange juice, yogurt, vanilla and honey. Mix quickly and freeze in two dishes.

Fruit Cobbler

2 servings

1 cup	apples, peeled and sliced	250 mL
2 tsp	sugar	10 mL
dash	nutmeg	dash
1/3 cup	biscuit mix	75 mL
2 tsp	sugar	10 mL
2 tsp	butter or margarine, melted	10 mL
2 tbsp	milk	30 mL
1/2 tsp	sugar blended with a dash of cinnamon	2 mL

Place the fruit in 2 small casserole dishes. Sprinkle with sugar and nutmeg.

Combine the biscuit mix, sugar, melted margarine and milk. Stir to blend. Spoon this batter over the apples. Sprinkle with cinnamon/sugar mix.

Bake at 350°F (180°C) for 30 minutes or until golden brown.

Variations: ■ Substitute other fruit for the apples such as apricots, blueberries, peaches, plums, raspberries or use rhubarb and increase sugar to 2 tbsp (30 mL).

Basic Pudding Mix

Makes approx. 5 cups

2/3 cup	cornstarch	150 mL
1 cup	sugar	250 mL
1/2 tsp	salt	2 mL
4 cups	skim milk powder	1 L

Mix ingredients by sifting together 3 times. Store in a tightly covered container. Makes approximately 5 cups of mix.

Vanilla Pudding

Serves 1

1/3 cup	basic pudding mix	75 mL
1/2 cup	water	125 mL
1 tsp	butter or margarine	5 mL
1/2 tsp	vanilla	2 mL

Add water to basic pudding mix. Stir and cook in double boiler until thick (about 10 minutes). Stir in butter or margarine. Cool slightly and add vanilla.

Variations:

Chocolate Pudding ■ add 1 tbsp (15 mL) cocoa to the 1/3 cup (75 mL) basic mix and follow directions for vanilla pudding.

Coconut Pudding ■ make vanilla pudding and add 1 tbsp (15 mL) coconut at the end of cooking.

Vanilla Fruit Pudding ■ alternate layers of cooked pudding and fruit such as sliced bananas, berries, peaches, mandarin orange segments. For special occasions use a stemmed glass.

Garnishes: Chopped nuts; toasted coconut; jam or jelly; chocolate chips; a piece of fresh fruit.

Crumb Crust for Pie

Two 4" individual pie shells

1 tbsp	butter or margarine	15 mL
5 tbsp	graham cracker crumbs	75 mL
1 tbsp	brown sugar	15 mL

Melt butter or margarine and thoroughly mix in crumbs and sugar. Set aside 1 tbsp (15 mL) of crumb mixture to top the pie.

Line two 4" individual pie shells with the mixture.

Bake at 300°F (150°C) for 5-7 minutes.

Cool. Add a cooked filling. Sprinkle with remaining crumbs.

Cream Pie

Makes 2 servings

2/3 cup	basic pudding mix	150 mL
1 cup	milk	250 mL
2 tsp	butter or margarine	10 mL
1 tsp	vanilla	5 mL

Add milk to basic pudding mix. Stir and cook in double boiler until thick (about 10 minutes).

Stir in butter or margarine.

Cool slightly and add vanilla.

Place the cooled filling in individual pastry lined shells or in Crumb Crust (above).

Baked Custard

Serves 2

1	egg, slightly beaten	1
1 cup	milk	250 mL
2 tbsp	sugar	25 mL
1 tsp	vanilla	5 mL
pinch	nutmeg	pinch

Blend ingredients together with a fork or egg beater.

Pour into oiled baking dish or two custard cups.

Set the custard cups in a pan of hot water. The water level should reach the level of the custard.

Bake at 325°F (165°C) for 1 hour. When done, a knife inserted in the centre will come out clean.

Variations:

Honey Cinnamon Custard ■ Use honey in place of sugar and cinnamon in place of nutmeg.

Old Fashioned Bread Pudding ■ Oil two large custard cups or a small casserole. Cube one slice bread and place in bottom of dish(es). Add 2 tbsp (25 mL) raisins. Add 1 recipe of the custard mix. Sprinkle with nutmeg and bake as above.

Apple Bread Pudding ■ To the Old Fashioned Bread Pudding recipe add 1/2 cup (125 mL) apple, peeled and diced.

Baked Rice Pudding ■ Cook 4 tbsp (60 mL) rice in 3/4 cup (175 mL) water. Oil two large custard cups or a small casserole. Place cooked rice in the dish(es) and add 2 tbsp (25 mL) raisins and 1 recipe of the custard mix and bake as above.

Hint: If you heat the milk slightly before adding it to the other ingredients, the custard will cook faster and the surface will be more tender.

Custard Sauce (for topping fruit)

Makes 1 cup

1	egg	1
2/3 cup	milk	150 mL
1 tbsp	sugar	15 mL
1/2 tsp	vanilla	2 mL
1/2 tsp		
nutmeg or grated orange rind		2 mL

Beat egg lightly; stir in the milk and add sugar.

Cook over low heat, stirring constantly, until thickened, about 10 to 15 minutes. Mixture should coat a metal spoon.

Remove from heat and add vanilla. Season with spices or orange rind.

Cool and refrigerate in covered container. Use within 3 days.

Serve over fresh or stewed fruit.

SNACKS

Snacks can provide the extra nutrients you need to balance your daily meal pattern. This is particularly important if, at meal times you eat small portions (less than suggested in Canada's Food Guide).

Wise snack choices are low in sugar and fat and are from the four food groups. Fruits and vegetables make nutritious and inexpensive snacks that are easy on the waistline.

Snack suggestions: a 3 indicates the recipe is included in the Senior Chef.

Vegetables and Fruit:

- 3 Apple Orange Toddy
- 3 Cheese and Apples
- 3 Orange Nog
- 3 Piquant Tomato Juice Cocktail
- 3 Tropical Fruit Smoothie
- Fresh fruit of any kind
- Raw vegetables
- Dried fruit (prunes, apricots, raisins)
- Canned Fruit
- Fruit Juices

Grain Products:

- 3 Bran Muffin
- 3 Cheese Straws
- 3 Cinnamon Milk Toast
- 3 Date Square
- 3 Granola
- 3 Oatmeal Cookies Royale
- 3 Orange Raisin Scones
- 3 Peanut Butter Balls
- 3 Three Grain Cookies
- Graham Wafers
- Whole grain bread with spread of your choice
- Popcorn (avoid microwave popcorns—they are high in fat and sodium)
- Whole grain cereal with milk
- Raisin bread

Milk Products:

- 3 Cafe au lait
- 3 Cheese and Apples
- Cheese and biscuits
- 3 Cinnamon Milk Toast
- 3 Mexican Chocolate

- 3 Tropical Fruit Smoothie
 - Glass of milk, hot or cold
 - Yogurt, plain or with fruit
 - Ice Cream or Ice Milk
 - Frozen Yogurt
 - Ovaltine made with milk
 - Instant Breakfast made with milk
 - Cocoa or hot chocolate made with milk

Meat and Alternatives:

- Peanut butter
- Nuts (preferably unsalted)
- Cheese
- Hard cooked egg
- Pate (liver sausage) and crackers

Cheese and Apples

Cut apples into slices (leave skin on). Dip cut sides in lemon juice to prevent browning. Cut cheese into cubes; insert a toothpick in each cube. Arrange attractively on a plate.

Variations: ■ This snack can be as simple or as elegant as you like to make it. The possibilities are endless. A few ideas include combining any of the following:

several types of cheese	orange segments
carrot sticks	ham cubes
celery sticks	tomato wedges
whole wheat crackers	green pepper sticks
papaya cubes dipped in lime juice	turnip sticks

Peanut Butter Balls

Makes 6

1 1/2 tsp	honey	7 mL
2 tbsp	peanut butter	30 mL
2 tbsp	skim milk powder	30 mL
1/2 cup	whole wheat flaked cereal, crushed	125 mL

Combine honey, peanut butter and skim milk powder. Mix well. Form into 6 balls. (Chill dough if difficult to handle).

Roll in crushed cereal. Store in the refrigerator.

Date Square

Makes 6 squares

Filling:

1/2 cup	dates, chopped	125 mL
1/4 cup	water, boiling	50 mL
1 tsp	brown sugar	5 mL
1 tsp	lemon juice	5 mL

Cook the dates, water and sugar until smooth.

Add lemon juice. Cool.

Crumb Mixture:

3 tbsp	butter or margarine	45 mL
2 tbsp	brown sugar	25 mL
1/4 cup	rolled oats	50 mL
1/4 cup	flour	50 mL
1 tbsp	rolled oats	15 mL

Cream butter or margarine and sugar. Add the rest of the ingredients and blend into a crumbly mixture.

Press 1/2 the crumb mixture into an oiled 4" square casserole. Spread with the date filling. Lightly press on the remaining crumbs.

Bake at 350°F (180°C) about 30 minutes, until golden.

Three-Grain Cookies

Makes 16

1/4 cup	all purpose flour	50 mL
1/4 cup	quick cooking oats	50 mL
1/2 cup	whole wheat flour	125 mL
1/4 cup	wheat germ	50 mL
1/8 tsp	baking soda	1/2 mL
pinch	salt	pinch
1 tbsp	skim milk powder	15 mL
2 tbsp	sugar	30 mL
1/4 cup	margarine	50 mL
1/2 tsp	vanilla	2 mL
3 tbsp	cold water	45 mL

Combine all-purpose flour, oats, whole wheat flour, wheat germ, baking soda, salt, skim milk powder and granulated sugar in a large bowl.

Cut margarine with a pastry blender or two knives until pieces are the size of small peas.

Combine vanilla with water and sprinkle over the dough, mixing it just enough to make it pack together into a ball.

Knead slightly. Pat and flatten on lightly-floured board.

Roll to 1/8" thickness. Cut out with 2 1/2 inch floured cutter.

Bake on greased baking sheets, about 1/2 inch apart at 325°F (160°C), about 12 to 15 minutes. Watch them because they should not brown at all.

Hint: These are not sweet and therefore are good with cheese.

Oatmeal Cookies

Makes 16

1	egg, beaten	1
1/2 cup	butter or margarine	125 mL
1/4 cup	sugar	50 mL
1 cup	chopped dates	250 mL
1/4 cup	coconut	50 mL
1 tsp	vanilla	5 mL
2 cups	rolled oats, quick cooking	500 mL

In a heavy skillet, combine beaten egg, margarine, sugar and chopped dates.

Cook until the dates pull away cleanly from the side of the skillet.

Add coconut, vanilla and rolled oats. Mix thoroughly. Allow to cook somewhat.

Press in a lightly greased 8" square pan.

Cool and cut in squares.

Granola

Makes 6 cups (12 servings)

3 cups	rolled oats	750 mL
1/4 cup	wheat germ	50 mL
1/4 cup	wheat bran	50 mL
1/2 cup	sunflower seeds	125 mL
1/4 cup	sesame seeds	50 mL
1/4 cup	skim milk powder	50 mL
1/4 cup	vegetable oil	50 mL
1/2 cup	orange juice concentrate	125 mL
1/2 cup	raisins	125 mL
1/4 cup	unsweetened coconut or other dried fruit	50 mL

Mix all ingredients except the raisins and coconut together so that the dry ingredients are coated with the vegetable oil and the orange juice concentrate.

Spread this mixture evenly on a cookie sheet.

Bake at 300°F (150°F) 40 minutes or until crisp. During baking, stir every 15 minutes to ensure even browning.

After baking add the raisins and coconut.

Store granola in a jar with a tight-fitting lid.

Serve 1/2 cup (125 mL) with milk as a cereal or 2 tbsp (25 mL) as a topping for fruit such as applesauce, stewed rhubarb or sliced bananas.

Cheese Straws

Serves 2

3 tbsp	whole wheat flour	45 mL
1 tsp	wheat germ	5 mL
1/8 tsp	baking powder	1/2 mL
pinch	salt	pinch
1/4 cup	sharp cheddar cheese, finely grated	50 mL
1 tbsp	margarine	15 mL
	cold water	

Sift all dry ingredients together. Cut in margarine and cheese. Add enough cold water to moisten and make into a ball.

Roll out to 1/8 inch (3 mm) thickness and cut into sticks. Place on an oiled baking sheet.

Bake for 5-8 minutes at 450°F (230°C).

Cinnamon Milk Toast

1 Serving

1/2 cup	milk	125 mL
1 slice	buttered toast	1 slice
1 tsp	sugar (or honey or maple syrup)	5 mL
dash	cinnamon	dash

In a small saucepan heat the milk until tiny bubbles begin to form around the edge of the pan.

Meanwhile, make the toast, butter it and sprinkle with the sugar and cinnamon. Cut the toast in half and place in a cereal bowl. Pour the hot milk over the toast and let it "steep" a minute until softened.

BEVERAGES

Beverages can be a quick and useful way of adding nutritional value to your daily meal pattern. At the same time, they also contribute to the very important volume of fluids that you need to have regularly. Try to drink 8 glasses of water each and every day.

Any of the recipes in this section can form a part of your meal, or be used as a between meal snack or a soothing bed-time drink.

Orange Nog

Serves 1

6 oz	unsweetened orange juice	150 mL
1 1/2 tsp	skim milk powder	22 mL

Blend orange juice and skim milk powder thoroughly. Serve over ice.

Piquant Tomato Juice Cocktail

Serves 1

6 oz	tomato juice, chilled	150 mL
1/2 tsp	lemon juice	2 mL
dash	Worcestershire sauce	dash
	celery salt to taste	

Mix all ingredients thoroughly. Enjoy!

Tropical Fruit Smoothie

Makes 4-5 drinks

1 medium	banana	1
1 1/2 cups	pineapple juice, unsweetened	375 mL
1/2 cup	yogurt	125 mL

Mash banana well. Add juice and yogurt. Blend well with an egg beater. Serve over ice cubes for a refreshing, nutritious drink.

Variations: ■ Use any combination of fruit and fruit juice to create your own fruit smoothies.

Cafe au lait

Serves 1

1 cup	milk	250 mL
1 tsp	instant coffee	5 mL
3 dashes	cinnamon (optional)	3 dashes

Heat the milk—do not boil. Stir in instant coffee. Pour into cup and sprinkle with cinnamon. Sweeten if desired.

Hot Milk Toddy

Serves 1

1 cup	milk	250 mL
2 tsp	maple syrup	10 mL

Heat the milk. Stir in maple syrup. Stir until mixed thoroughly.

Variation: ■ Use 2 tsp (10 mL) honey and two dashes of cinnamon in place of the maple syrup.

Prune Noggin

Serves 1

1/4 cup	milk	50 mL
1 tbsp	skim milk powder	15 mL
1/2 cup	prune juice	125 mL
dash	nutmeg	dash

Blend milk and skim milk powder in a glass. Add prune juice. Stir. Sprinkle with nutmeg.

Mexican Chocolate

Serves 2

2 tbsp	cocoa	30 mL
2 tbsp	sugar	30 mL
2 cups	water, cold	500 mL
2/3 cup	skim milk powder	150 mL
to taste	cinnamon	to taste
1/2 tsp	vanilla	2 mL

Using 2 tbsp (25 mL) of the water make a paste with cocoa and sugar.

In small saucepan combine remaining water, skim milk powder and cocoa paste. Cook over medium heat, stirring constantly until mixture is hot and steaming. Remove from heat and add vanilla and cinnamon to taste. Serve in warmed mugs.

A cinnamon stick can be added as a garnish and for stirring.

Apple Orange Toddy

Serves 2

1/2 cup	apple juice	125 mL
1/2 cup	orange juice	125 mL
2 sticks	cinnamon or two dashes ground cinnamon orange slice (optional)	2 sticks

Heat juices in saucepan just until hot; do not boil. Pour into heated mugs and sprinkle with cinnamon or add a cinnamon stick as a garnish. Float an orange slice on top.

Variations: ■ Add a dash of vanilla or rum flavouring.

Fruit Refresher

Serves 1

1/2 cup	buttermilk or yogurt	125 mL
1/4 cup	fresh fruit*	50 mL
1 tsp	sugar	5 mL

Use a blender to mix ingredients together. Pour into a glass.

*Strawberries, raspberries, bananas, blueberries.

Variation:

Lemon Refresher ■ Blend 1 tbsp (15 mL) lemon juice and 1 tsp (5 mL) sugar with the buttermilk or yogurt.

Super Milkshake

Serves 1

1/2 cup	tofu, medium firm	125 mL
1 medium	banana	1 medium
1 tbsp	brown sugar	15 mL
1 cup	milk	250 mL
1/2 tsp	vanilla	2 mL

Poach the tofu in water for one minute. Cool.

Blend ingredients together until smooth. Mixture will froth and thicken.

Pour into a tall glass. Garnish with nutmeg if desired.

Variations: ■ Use 1/2 cup (125 mL) applesauce, any fresh fruit or berries or drained canned fruit, along with 1 tsp (5 mL) lemon juice and a dash of cinnamon, nutmeg, and ginger instead of vanilla.

Hint: Along with some whole wheat crackers, this nutritious milkshake makes a very satisfying "meal in a glass".

APPENDIX

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HEALTHY EATING

Eating is one of life's greatest pleasures. It is also the key to looking and feeling great. Eating a variety of good foods prepared simply will allow you to obtain all the nutrients you need to maintain your feeling of well being. By planning meals, shopping selectively, and preparing food carefully, "healthy eating" can become a satisfying and pleasurable activity.

"Canada's Guidelines for Healthy Eating" encourage you to:

- Enjoy a variety of foods.
- Emphasize whole grain cereals, breads, other grain products, vegetables and fruits.
- Choose lower fat dairy products, leaner meats and foods prepared with little or no fat.
- Achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating.
- Limit salt, sugar, alcohol and caffeine.

CANADA'S FOOD GUIDE TO HEALTHY EATING

Canada's Food Guide can help you plan for good health. The Guide translates your nutrient needs into food groupings. There are four food groups; each supplies different nutrients and together they provide a balanced diet.

The four food groups are the basis for making wise food choices. The amount of food you need every day from the four food groups and other foods depends on your age, body size, activity level, and whether you are male or female. That's why the Food Guide gives a lower and higher number of servings for each food group. If you are less active, aim for fewer servings:

Grain Products	5-12 servings a day
Vegetables and Fruit	5-10 servings a day
Milk Products	2-4 servings a day
Meat and Alternatives	2-3 servings a day

THE FOUR FOOD GROUPS

Some examples of foods from each group and the size of servings are:

Grain Products: 5 or more servings per day

1 serving = 1 slice bread
3/4 cup (175 mL) flaked or puffed cereal
3/4 cup (175 mL) cooked cereal
1/2 cup (125 mL) cooked rice
1/2 cup (125 mL) cooked macaroni, noodles
1 small muffin
1 dinner roll or 1/2 hamburger bun

Vegetables and Fruit: 5 or more servings per day

1 serving = 1/2 cup (125 mL) cooked vegetable, fruit
or fruit juice
1 cup (250 mL) salad greens
1 medium size potato, carrot, tomato, peach,
orange, or banana

Milk Products: 2-4 servings per day

1 serving = 1 cup (8 oz or 250 mL) milk
3/4 cup (175 mL) yogurt
1 1/2 oz (50 g) firm cheese

Meat and Alternatives: 2-3 servings per day

1 serving = 1 1/2 - 3 oz (50-100 g) lean meat, fish, or poultry
1/2 - 1 cup (125-250 mL) cooked beans, peas
or lentils
2 tbsp (30 mL) peanut butter
1-2 egg
3 oz (100 g) tofu

Other Foods:

Some food items are not included in the daily food guide, but are used to add to the enjoyment of eating. Example are butter, margarine, fats and oils, and sugar in various forms. Fats and oils may be used as ingredients in a recipe, or eaten with other foods at the table. Sugar, honey and molasses also have a role to play in cooking, baking and to sweeten food or beverages. These foods may be consumed in moderation as part of healthy eating.

Fluid:

You need to have eight cups of fluid each day; more in hot weather and during illnesses that are accompanied by fever or vomiting. Drinking enough fluids helps prevent bladder infection and constipation.

Water is the most important source of fluids. Other choices include milk, fruit juice, and soups. Use beverages such as tea and coffee in moderation.

Fibre:

Eating a variety of fibre rich foods is very beneficial to your health. A diet high in fibre helps to keep the bowels regular and can help to stabilize blood sugar. When increasing the fibre in your diet do it gradually to avoid discomfort. It is very important to have extra fluids as well.

Good fibre sources are whole grains, fruits, vegetables, dried peas, beans and lentils.

PLANNING MEALS

If you eat at least one item from each of the four food groups at meals and choose healthy snacks, you should get all the nutrients you need.

- to plan your meals for each day, know the number of servings needed from each food group.
- use a sample meal pattern such as the one below to plan your meals for each day:

Breakfast

Fruit or juice
Bread or cereal
Egg or cheese (optional)
Milk

Lunch and Dinner

Meat or alternatives*
Vegetable(s) or fruit**
Bread, pasta or rice
Milk product

* Alternatives include fish, poultry or cooked dried beans, peas or lentils.

** Be sure to include at least two vegetables daily

- Use Canada's Food Guide for your meal planning, together with advertised grocery specials. Check your refrigerator and cupboard for items that you should or could use.
- Try to plan menus for a week at a time.
- Divide the food fairly evenly among meals. If one meal must be heartier, mid-day is usually best, allowing for more complete digestion before bed time.
- Choose a variety of foods from each food group; use colour, texture and flavour to add interest to meals.
- Many people prefer to eat four or more smaller meals. Use more servings from each food group every day if serving sizes are small.
- Get into the habit of eating at regular times; your body might not like "surprises".

BE KIND TO YOUR HEART

Consider your heart when planning meals. Researchers have found that eating a diet high in fat and salt and low in "fibre foods" is linked to an increased risk of heart disease.

Some of the changes you may choose to make are:

- Cut down on fats.
 - Choose lean meat cuts. Trim visible fat before cooking.
 - Prepare and/or serve turkey or chicken without the skin.
 - Limit the use of sausages, bacon and high fat "deli" meats.
 - Look for canned fish packed in water instead of oil.
 - Choose lower fat milk and milk products.
 - Use less fat when cooking—try broiling, baking, steaming or poaching, or microwaving instead of frying.
 - Use a non-stick pan so you can cook without fat.
 - Choose carefully the fat you use—use olive or canola oil in salad dressings and for cooking and use these in small amounts. Use vegetable oil spray to saute food.
 - Go easy on butter, margarine and salad dressings.

- Have a bowl of popcorn (without added butter or salt) or some raw vegetables instead of chips, nuts and cheezies.
- Watch the salt!
 - Add flavour to food with spices and herbs instead of salt.
 - Limit the amount of salt used in cooking and baking.
 - Taste before you add salt to your food at the table.
 - Eat fewer foods prepared with salt, such as potato chips, saltines, pretzels, luncheon meats, wieners and pickles.
 - Commercially prepared foods/mixes may be high in salt.
 - Choose vegetable and low sodium beef and chicken flavour bases for cooking or make your own stocks.
- Slow down on sweets....
 - Cut back on sugars including honey, jams, jellies, candies, soft drinks, sweetened fruit drinks, and sweet desserts.
 - Choose fruit instead of cake or pastries.
 - Buy canned fruit packed in pear juice or in its own juice.
 - Add your own fresh fruit to plain yogurt.

SHOPPING

If shopping is difficult for you, try to have groceries delivered. Check your neighbourhood store for their delivery policy.

- Before you leave
 - Check foods on hand before you shop. Make a list of foods you need for the meals you've planned.
 - Keep in mind the amount of food storage space you have.
 - Large amounts of food are often cheaper, but if they spoil before you use them, you won't be saving any money.
 - Plan to buy only the amount of food that you can store properly.
- Keeping Costs Down
 - Buy foods in season; watch for "specials".
 - Remember that convenience-packaged dinners and mixes usually cost more, contain more sodium and fat, and often little time is saved.
 - Take advantage of bulk sales by shopping with a friend and sharing larger amounts.
- In the Store
 - Don't shop when you are hungry, hurried or harassed!
 - Shop when stores are least crowded to give time for price comparing and label reading.
 - Read labels. Ingredients are always listed in descending order by quantity—the first listed is the largest.
 - "Best Before" dates suggest how long the food will remain fresh and nutritious. Many foods are still safe to eat after the "Best Before" date, but they may have lost some flavour and nutrients and the texture may change.
 - When shopping, pick up cold and frozen foods last. This gives them less time to get warm before you get home. Then put these foods in the refrigerator or freezer right away.

Each section in this book has additional tips on what to look for when buying and storing a particular food.

EMERGENCY SHELF

It is useful to always have a supply of food available in case you are unable to get out due to illness, bad weather or an emergency.

The following list of foods could be included on your shelf. Be sure to use these items from time to time and to replace them with fresh ones:

- Canned meat, fish and beans
- Nuts and peanut butter
- Noodles, rice, peas and beans

- Dried milk, canned milk, or UHT (boxes) of milk
- Canned fruit and vegetables
- Fruit and vegetable juices (canned or in boxes)
- Dried fruit
- Canned or dried soups
- Whole grain cereals
- Whole wheat or rye crackers
- Tea and coffee
- Bottled water

EATING ON YOUR OWN

Eating alone can have its advantages. You can cook what you like and take as long as you like to eat.

Relax, eat slowly, and enjoy your food. Use a small table, tea tray, or lap tray so you can sit near a window or a sunny place. Take your lunch to the park for a picnic.

- Try a new food!
- Try a new recipe!

Remember: the better the food looks, the better it tastes. Make an occasion of your meal by using your fine china and cutlery; you'll be surprised how much you enjoy the meal—even if you are by yourself.

ENTERTAINING

Entertaining can be fun, and having company for a meal certainly adds a little zest to the day. Very little extra time, energy and equipment is necessary if the menu is chosen wisely or the work is shared.

You may choose any of the recipes and suggestions in this book or you may wish to plan your own menu. You needn't prepare all the food yourself. Most of your guests would love to bring a salad or dessert.

LEFTOVERS

Food cannot always be purchased or prepared in the exact amount that will be used at one meal, and one cannot estimate the exact amount that will be eaten. There will be leftovers. Prevent food waste by using leftovers. With a little imagination they can be turned into a number of tempting dishes.

Cool leftover foods quickly, and store, well-covered, in the refrigerator. Use refrigerator leftovers within two to three days after cooking.

When freezing leftovers wrap them tightly to keep food in good condition and to save the nutrients. Use frozen leftovers within one month.

Leftovers can be the basis for many economical, time-saving meals. Some of the many dishes you can prepare using leftovers include soups, sandwiches (hot or cold), creamed and scalloped dishes, casseroles, main dish salads and puddings. Use dishes made from leftovers as soon as possible.

MEALS AWAY FROM HOME

Dining out can be a treat, especially if enjoyed with a friend. By making wise choices you can easily follow a healthy meal plan that includes the four food groups.

Social groups often plan meals prepared by their members. This food is usually very good and inexpensive. Investigate the clubs and community service organizations in your area. Congregate meals, cooking clubs and church suppers provide a good opportunity to make new friends while enjoying a delicious meal.

When you do go out for a meal, the following tips may help you to watch your fat and sugar intake:

- Choose broiled, roasted, steamed or poached rather than sauteed or fried meat, fish and poultry.
- Ask for small portions of meat, fish and poultry (4 ounces or less).
- Ask for green salad or fresh vegetables as a substitute for french fries.
- Ask for gravies, sauces or salad dressing to be served on the side.
- Use only a small amount of butter or margarine on your roll.
- At a buffet, choose the lower fat items such as roast meats, plain rice and vegetables, green salads and raw vegetables, whole wheat rolls and fresh fruit or fruit salad for dessert.
- Ask for low fat (2%, 1% or skim) rather than whole milk.
- Ask for milk instead of cream for your tea and coffee.

COOKING AT HOME

You can cook a variety of nutritious tasty meals without fancy equipment.

The recipes in this cookbook, and in many others, can be prepared with a minimum of equipment.

If you don't have a stove with an oven you can cook with a hotplate, toaster oven or microwave oven. Many of the recipes in this book can be cooked on "top-of-the-stove". For microwave cooking, use the recipes for amounts of ingredients and a microwave cookbook for information about recommended cookware, cooking methods and times. (Check your library for books on microwave cooking.)

A cast-iron fry pan or skillet can be used both on the top of the stove or as a roast pan in the oven if you can cope with the weight. Saucepans with metal or heat-resistant handles can also be used in the oven or on direct heat. Custard cups can double for muffin or cupcake tins.

WEIGHTS AND MEASURES

1 oz = 1 ounce = approximately 30 g (30 grams)

1 lb = 1 pound = 16 ounces = approximately 454 g

2.2 lb = 2.2 pounds = approximately 1 kilogram

1000 g = 1000 grams = 1 kilogram

1 tsp = 1 teaspoon = approximately 5 mL (5 millilitres)

3 tsp = 1 tablespoon = approximately 15 mL

16 tbsp = 16 tablespoons = 1 cup = approximately 250 mL

250 mL = 250 millilitres = approximately 1 cup

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