



NOVA SCOTIA



# Local Food Lunch Toolkit



for Families

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NOVA SCOTIA

**Sample  
Meal-Planning  
Menus &  
Task Lists**

# nourish Sample Menus

These one-, two- and four-week meal-planning menus are designed to make at-home cooking easy. All menus and recipes are designed to incorporate locally-produced foods and meet Canada's Food Guide for growing healthy Nova Scotian communities.

Consider offering optional toppings and sides with each menu item, including **local** fruits and vegetables, so that your family can "Create Your Plate!" Check your local Farm Market or Farmer's Market to see what is seasonally available, or read this Guide to Getting Your Hands on Local from Taste of Nova Scotia.



Canada's Food Guide. Source: <https://food-guide.canada.ca/en/healthy-eating-resources/>

# One-Week "Get Started" Menu

Limited space? New to scratch cooking? Try this basic quick-start one-week menu. Once you're comfortable, move to a two-week rotation.



**MONDAY**

**Spaghetti with Meat Sauce (or Tomato Sauce)** topped with shredded cheese

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**TUESDAY**

Build your own **Soft Beef Tacos** with a side of rainbow salad

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**WEDNESDAY**

**Three-Grain Pancakes** with a side of maple syrup, fruit or fruit sauce

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**THURSDAY**

**Handmade Pizza** with a side of Caesar salad or veggie sticks

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**FRIDAY**

**Handmade Hamburgers** with a side of veggie sticks and ranch for dipping

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## One-Week Task List

- MONDAY**
- Make spaghetti sauce
  - Cook noodles
  - Prepare toppings and sides, such as seasonal vegetables and fruits
  - FOR TOMORROW:** Defrost beef and soak beans

- TUESDAY**
- Make taco filling, fill tortillas
  - Prepare toppings and sides, such as: cheese, tomato, lettuce, salsa and sour cream, seasonal vegetables and fruits
  - FOR TOMORROW:** Mix dry ingredients for pancakes, defrost beef for burgers on Friday

- WEDNESDAY**
- Make pancakes
  - Prepare toppings and sides, such as maple syrup and mixed fruit
  - Make Apple-Blueberry Sauce if using
  - FOR TOMORROW:** Make pizza sauce and dough

- THURSDAY**
- Make dough, let rise, make and bake pizzas
  - Make Caesar Salad or other toppings and sides, such as seasonal vegetables and fruits
  - FOR TOMORROW:** Defrost burger buns

- FRIDAY**
- Make burgers
  - Prepare toppings and sides, such as: pickles, lettuce, sliced tomatoes, ketchup, mayonnaise, mustard, seasonal vegetables and fruits
  - FOR NEXT WEEK:** Defrost beef for spaghetti sauce and tacos

# Two- or Four-Week Cycle Menu

Try choosing a day in every two-week rotation that allows you to cook up a special request, honour a holiday, or try out a new idea! This allows you to add a bit more variation in each cycle and use up leftover ingredients.

## Week 1



**MONDAY**

**Creamy Mac & Cheese**  
with a side of  
seasonal veggies  
and fruit

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**TUESDAY**

Build your own  
**Soft Beef Tacos**  
with a side of  
rainbow salad

Page 53



**WEDNESDAY**

**Grilled Cheese**  
with a side of  
**Tomato Soup**

Page 17



**THURSDAY**

**Handmade  
Hamburgers**  
with a side of  
veggie sticks and  
ranch for dipping

Page 45



**FRIDAY**

**Roast Chicken**  
with a side of  
**Mashed  
Potatoes &  
Gravy**

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## Week 2



**MONDAY**

**Spaghetti with  
Meat Sauce (or  
Tomato Sauce)**  
topped with  
shredded cheese

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**TUESDAY**

**Three-Grain  
Pancakes**  
with a side of  
maple syrup, fruit  
or fruit sauce

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**WEDNESDAY**

**Hearty Beef Chili**  
with a side of  
crispy corn chips

Page 13



**THURSDAY**

**Handmade  
Pizza**  
with a side of  
Caesar salad or  
veggie sticks

Page 26



**FRIDAY**

**Chef's Choice,**  
e.g. **Chicken &  
Veggie Noodle  
Stir Fry**  
or **Fish Cakes &  
Baked Beans**

Page 11 or Page 19

# Week 1 & 2 Task List

## Week 1

### MONDAY MAC & CHEESE

- Make cheese sauce
- Cook macaroni
- Prepare sides, such as seasonal vegetables and fruits
  
- FOR TOMORROW:** Defrost beef for tacos and burgers, and soak beans for tacos

### TUESDAY SOFT BEEF TACOS

- Make taco filling and fill tortillas
- Prepare toppings and sides, such as: cheese, tomato, lettuce, salsa and sour cream, seasonal vegetables and fruits
  
- FOR TOMORROW:** Defrost bread for grilled cheese, make soup and defrost chicken for Friday

### WEDNESDAY GRILLED CHEESE & SOUP

- Make tomato soup
- Make grilled cheese sandwiches
- Prepare sides, such as seasonal vegetables and fruits
  
- FOR TOMORROW:** Defrost burger buns and make burger patties

### THURSDAY HANDMADE BURGERS

- Cook burgers and warm buns
- Prepare toppings and sides, such as: pickles, lettuce, sliced tomatoes, ketchup, mayonnaise, mustard, seasonal vegetables and fruits
  
- FOR TOMORROW:** Salt chicken, peel potatoes and prep vegetables for roast chicken

### FRIDAY ROAST CHICKEN, MASH & GRAVY

- Roast chicken, make gravy
- Mash potatoes
- Cook seasonal vegetables
  
- FOR NEXT WEEK:** Defrost beef for spaghetti and chili

## Week 2

### MONDAY SPAGHETTI

- Make spaghetti sauce
- Cook noodles
- Prepare toppings and sides, such as seasonal vegetables and fruits
  
- FOR TOMORROW:** Soak beans for chili

### TUESDAY 3-GRAIN PANCAKES

- Make pancakes
- Prepare toppings and sides, such as maple syrup and mixed fruit
- Make Apple-Blueberry Sauce if using
  
- FOR TOMORROW:** Cook beans for chili

### WEDNESDAY HEARTY BEEF CHILI

- Make chili
- Prepare toppings and sides, such as: tortilla chips, cheese, sour cream, seasonal vegetables and fruits
  
- FOR TOMORROW:** Make pizza sauce and prepare toppings, defrost chicken for Friday

### THURSDAY HANDMADE PIZZA

- Make dough, let rise, make and bake pizzas
- Make Caesar Salad or other toppings and sides, such as seasonal vegetables and fruits
  
- FOR TOMORROW:** Prepare vegetables for stir fry

### FRIDAY CHICKEN & VEGETABLE STIR FRY

- Make stir fry
- Prepare toppings and sides, such as seasonal vegetables and fruits
  
- FOR NEXT WEEK (2-week cycle):** Cook and mash squash or sweet potatoes for mac & cheese
  
- FOR NEXT WEEK (4-week cycle):** Defrost chili, gravy or cheese sauce if using for baked potatoes

# Four-Week Cycle Menu

Create a four-week cycle menu by expanding on weeks 1 and 2 of the two-week cycle menu.

## Week 3



**MONDAY**

Build your own **Baked Potatoes** with a variety of toppings & sides

Page 49



**TUESDAY**

**Giant Meatballs** with sweet and sour sauce and mashed potatoes

Page 43



**WEDNESDAY**

**Corn Chowder** with **Lu'skinikn** (a traditional Mi'kmaq bread)

Page 23



**THURSDAY**

**Pork & Vegetable Fried Rice** with a side of seasonal veggies and fruit

Page 34



**FRIDAY**

**Jamaican-Style BBQ Baked Chicken** with a side of cornbread

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## Week 4



**MONDAY**

**Tomato Mac & Beef (Goulash)** topped with shredded cheese

Page 32



**TUESDAY**

Build your own **Sub/Wrap/Picnic Plate** with a variety of toppings & sides

Page 55



**WEDNESDAY**

**Maple Apple French Toast** with a side of maple syrup, fruit or fruit sauce

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**THURSDAY**

**Pan Fried Haddock** with a side of homefries and tartar sauce

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**FRIDAY**

**Chef's Choice**, e.g. **Acadian Chicken Fricot** with a fresh biscuit or **Crispy Chicken & Wedges**

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# Week 3 & 4 Task List

## Week 3

### MONDAY BAKED POTATOES

- Wash and bake potatoes
- Heat chili, gravy or cheese sauce
- Prepare toppings and sides, such as: cheese, green onions, sour cream, seasonal vegetables and fruits
- FOR TOMORROW:** Make meatball mixture, peel potatoes, defrost chicken for barbecue chicken and pork for fried rice

### TUESDAY GIANT MEATBALLS

- Portion and bake meatballs
- Make mashed potatoes
- Make sweet and sour sauce
- Prepare sides, such as seasonal vegetables and fruits
- FOR TOMORROW:** Peel (if necessary) and chop potatoes

### WEDNESDAY CORN CHOWDER

- Make corn chowder
- Bake l'uskinikn
- Prepare sides, such as seasonal vegetables and fruits
- FOR TOMORROW:** Cook rice

### THURSDAY PORK & VEGGIE FRIED RICE

- Make fried rice
- Bake wonton crisps
- Prepare toppings and sides, such as: green onions, sesame seeds, sauces, seasonal vegetables and fruits
- FOR TOMORROW:** Marinate chicken

### FRIDAY BBQ BAKED CHICKEN

- Bake cornbread
- Bake chicken
- Prepare sides, such as seasonal vegetables and fruit
- FOR NEXT WEEK:** Defrost beef for tomato mac & beef

## Week 4

### MONDAY TOMATO MAC & BEEF

- Make tomato mac and beef
- Prepare toppings, such as seasonal vegetables and fruits
- FOR TOMORROW:** Defrost ham or chicken and defrost buns for sub

### TUESDAY BUILD A SUB/WRAP/PLATE

- Make dressings
- Slice buns if needed, fill with meat and cheese
- Prepare toppings and sides, such as seasonal vegetables and fruits
- FOR TOMORROW:** Make french toast bake, defrost haddock, defrost chicken for fricot

### WEDNESDAY FRENCH TOAST BAKE

- Bake french toast bake, drizzle with maple syrup
- Prepare sides, such as seasonal fruits
- FOR TOMORROW:** Toast crumbs for haddock, make tartar sauce

### THURSDAY PAN FRIED HADDOCK

- Bake potatoes
- Bake haddock
- Prepare sides, such as seasonal vegetables and fruit
- FOR TOMORROW:** Chop and salt chicken, prep vegetables, prep biscuit dry ingredients

### FRIDAY CHICKEN FRICOT

- Make chicken fricot
- Bake biscuits
- Prepare sides, such as seasonal vegetables and fruits
- FOR NEXT WEEK:** Cook and mash squash or sweet potatoes for mac & cheese



NOVA SCOTIA

# Recipes



**Green for Go Local**  
 .....  
 Ingredients in **green** =  
 locally grown or produced



**Garlic**



**Onion**



**Carrot**



**Sweet Pepper**



**Broccoli**



**Chicken**

# Chicken & Veggie Noodle Stir Fry

By Jenny & Rosie with Chris Wong, Chef & owner of Yellow Leaf Restaurant in Kingston NS, & Indira Persaud, Chef at Kings County Academy in Kentville

Serves 4-6

## Ingredients

*For Noodles:*

- 2 tsp (10 mL) Salt
- ¾ lb (340 g) Whole wheat spaghetti, soba, chow mein or brown rice noodles

*For Sauce:*

- ⅓ Cup (85 mL) Low-sodium soy sauce
- 2 Tbsp (30 mL) **Honey** or brown sugar
- 2 Tbsp (30 mL) Sesame oil
- 2 Tbsp (30 mL) Oil
- 1 tsp (5 mL) **Apple cider vinegar** or white vinegar
- 2 Tbsp (30 mL) Hoisin sauce
- 2 Tbsp (30 mL) Sweet chili sauce
- 1 Tbsp (15 mL) Ginger, grated (optional)
- 2 cloves **Garlic**, minced

*For Vegetables & Chicken:*

- 1 bunch **Broccoli**, cut into florets (including the peeled, chopped stems)
- 1 **Sweet pepper** (any colour), cut into thin strips
- 2 large **Carrots**, grated
- 1 lb (454 g) Ground **chicken** or boneless **chicken**, cut into strips
- 2 Tbsp (30 mL) Oil

## Directions

*Note:* Wash all produce well.

1. In a large pot of salted boiling water, cook the noodles until tender. Drain and return to the cooking pot to keep warm.
2. Meanwhile, combine the soy sauce, brown sugar, sesame oil, 1 Tbsp oil, vinegar, hoisin sauce, sweet chili sauce, ginger (optional) and garlic in a small pot and bring to a simmer. When the noodles are ready, toss them with the sauce in the cooking pot.
3. In a large pan over high heat, stir-fry the broccoli in batches until bright green and crisp-tender, adding oil as necessary. Add the broccoli to the noodles as it's cooked along with the carrots and peppers.
4. Cook the chicken in 1 Tbsp oil in a large pan over medium-high heat until cooked through. Add to the noodle-vegetable mixture and toss to combine thoroughly.



## Create Your Plate!

### Veg It Up

Add cabbage, peas, tofu, bean sprouts, green beans, sliced radishes, mushrooms or corn for extra colour, fiber and flavour.

### Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

- ★ Sauces: Plum, hoisin, sriracha, sweet chili
- ★ **Cucumber**
- ★ **Spinach**
- ★ **Pea shoots**
- ★ **Any type of sprouts**
- ★ **Radish**
- ★ **Green onion**
- ★ **Peppers**
- ★ **Corn**
- ★ **Beans**
- ★ **Mushrooms**
- ★ **Fresh cilantro**
- ★ Toasted sesame, sunflower or pumpkin seeds
- ★ **Fried tofu**
- ★ **Fruit**

## Note from the Authors

"We developed this popular recipe with Chris Wong and Indira Persaud. Chris is chef and owner of Yellow Leaf Restaurant in Kingston, NS along with his wife Candy and their son PK. Indira is chef at Kings County Academy in Kentville. In Chinese, the name of this dish is 辣醬雞撈麵."

- Jenny & Rosie



Cucumber



Spinach



Pea Shoots



Sprouts



Radish



Green Onion



Peppers



Corn



Beans



Mushrooms



Cilantro



Tofu



Fruit



### Green for Go Local

.....  
 Ingredients in **green** =  
 locally grown or produced



Onion



Beef



Celery



Peppers



Cabbage



Corn

# Hearty Beef Chili

By Jenny & Rosie

Serves 6-8

## Ingredients

- 1 Tbsp (15 mL)
- 1 large
- 1 lb (454 g)
- 2 stalks
- 1
- 2 cloves
- 1 tsp (5 mL)
- 3 Tbsp (45 mL)
- 2 × (540 mL) cans
- 1 × (796 mL) can
- 1 × (156 mL) can
- ½ Cup (125 mL)
- 1 Cup (250 mL)

- Oil
- Onion**, diced
- Ground beef** (or **ground pork**)
- Celery** or ½ small head **celeriac**, diced very fine
- Sweet pepper** (any colour), minced or 1 Cup (250 mL) minced **cabbage**
- Garlic**, minced
- Salt
- Chili powder
- Kidney or black beans, drained
- Whole **tomatoes** or 4 Cups (1 L) **tomato purée**
- Tomato paste
- Water
- Fresh or frozen **corn**

## Directions

*Note:* Wash all produce well. If using dried beans, soak the day before starting the recipe.

1. Heat a large pot over high heat. Add the oil, onions, and ground meat.
2. Cook and stir for 15-20 minutes, until meat is browned and onions are tender. Add the celery, peppers, garlic and salt. Stir and cook for 10 minutes.
3. Add the chili powder and cook for a minute, then add the beans, tomatoes (break them up with your hands as you add them), tomato paste and water. Bring the mixture to a simmer over medium heat, stirring frequently.
4. Reduce the heat to low and simmer for at least 30 minutes. Add the corn, stir well, and simmer for another 10 minutes. Taste and serve with any or all of the optional toppings.



## Create Your Plate!

### Veg It Up

Add diced sweet potato in Step 2 or mashed sweet potato in Step 4 for extra colour, fiber and flavour.

### Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

## Note from the Authors

"Through our salad bar experience in schools, we have heard from many parents and volunteers that they have tried a mini 'Create Your Plate' Bar for dinner at home and their 'picky kids eat more veggies than ever and get excited about dinner!' It just might be worth a few extra bowls to clean! 😊"

- Jenny & Rosie

- ★ Tortilla chips
- ★ Garlic toast or cornbread
- ★ Grated cheese
- ★ Sour cream
- ★ Romaine or iceberg lettuce - mix in finely chopped kale (optional)
- ★ Tomato
- ★ Red or green cabbage
- ★ Shredded carrots
- ★ Onion
- ★ Corn
- ★ Sweet potatoes - roasted
- ★ Guacamole or chopped avocados
- ★ Banana Peppers
- ★ Cilantro
- ★ Hot sauce
- ★ Fruit



Tortilla Chips



Cheese



Sour Cream



Lettuce



Tomato



Cabbage



Carrot



Onion



Corn



Sweet Potato



Cilantro



Fruit



### Green for Go Local

.....  
 Ingredients in **green** =  
 locally grown or produced



Green Onion



Thyme



Garlic



Tomato



Chicken



Honey

# Jamaican-Style BBQ Baked Chicken

By Jenny & Rosie with Doraine Edwards

Serves 4-6 (with extra cornbread left over)

## Ingredients

### For Chicken:

- 1 bunch
- 1 Tbsp (15 mL)
- 1 Tbsp (15 mL)
- 1 tsp (5 mL)
- ½ tsp (2 mL)
- 1 tsp (5 mL)
- 1 tsp (5 mL)
- 8 cloves
- 1
- 2 ½ lb (1 kg)

- Escaillions (green onions)**, chopped
- Dried **thyme**
- Fresh grated ginger or 1 tsp (5 mL) powdered ginger
- Pimento (Allspice)
- Turmeric (optional)
- Salt
- Garlic powder
- Garlic**, peeled
- Tomato**, chopped or 1 small (475 mL) can tomatoes
- Whole **chicken legs, thighs, or drumsticks**

### For Glaze:

- 3 Tbsp (45 mL)
- ¼ Cup (60 mL)
- 1 Tbsp (15 mL)
- 1 tsp (5 mL)

- Ketchup
- Barbecue sauce
- Honey** (optional)
- Soy sauce

### For Cornbread:

- 1 ¼ Cups (310 mL)
- ¾ Cup (185 mL)
- 2 ½ tsp (12 mL)
- ¼ Cup (60 mL)
- ¾ tsp (7 mL)
- 2
- 2 Tbsp (30 mL)
- 1 Cup (250 mL)

- Cornmeal**
- Whole wheat flour**
- Baking powder
- Sugar
- Salt
- Eggs**
- Oil or melted **butter**
- Milk**

## Directions

*Note:* Chicken needs to be marinated overnight.

1. Place the green onions, thyme, ginger, pimento (allspice), turmeric, salt, garlic powder, garlic and tomatoes in a blender and process until smooth.
2. Layer the chicken pieces with ¾ of the marinade in a bowl and toss to coat evenly. Reserve the remaining marinade and refrigerate. Refrigerate the chicken overnight or for up to two days.
3. Preheat the oven to 350°F (175°C). Spread the chicken pieces, along with any marinade, in a single layer in a baking dish. Rub with the reserved marinade and bake for about an hour, until cooked through.
4. Meanwhile, butter a 9" x 13" pan or line with parchment paper. In a large bowl, whisk flour, cornmeal, baking powder, sugar, and salt. Add eggs, butter or oil, and milk. Whisk to combine. Pour into the prepared pan and smooth into an even layer. Bake for 20-25 minutes, until springy to the touch (internal temperature should read about 175°F/80°C).

*Directions continued on next page...*



## Note From the Authors

"Leftover chicken and sauce makes a great sandwich the next day!"

- Jenny & Rosie

- Combine the ketchup, barbecue sauce, soy sauce and optional honey. After chicken has baked for an hour, use a spoon or silicone spatula to evenly spread sauce over the chicken pieces (this doesn't need to be perfect). Return to the oven for 20-30 minutes, until the skin is tender and moist and the glaze is browning in spots.
- To make a sauce, add a little water or coconut milk to the pan juices and hold warm to serve over the chicken or as a dip.

## Create Your Plate!

### Veg It Up

To make a side of sweet potato fries, dust sweet potatoes with a little cornstarch, toss in oil and sprinkle with salt. Spread in a single layer on a baking sheet and bake at 400°F (200°C) until crispy.

### Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

- ★ **Collards** - cooked
- ★ **Callaloo** - cooked (Caribbean green)
- ★ **Cabbage** - cooked
- ★ **Carrots**
- ★ **Sweet potato** fries
- ★ **Coleslaw** or **broccoli slaw**
- ★ **Spinach**
- ★ **Peppers**
- ★ **Tomato**
- ★ **Cucumber**
- ★ **Green** or **yellow beans**
- ★ Rice and **beans**
- ★ **Popcorn**
- ★ **Yogurt** parfait
- ★ **Fruit**



Collards



Cabbage



Carrot



Sweet Potato



Slaw



Spinach



Peppers



Tomato



Cucumber



Beans



Beans



Popcorn



Yogurt



Fruit





### Green for Go Local

.....  
 Ingredients in **green** =  
 locally grown or produced



Butter



Onion



Tomato Purée



Milk



Whole Wheat Bread



Cheese

# Grilled Cheese & Tomato Soup

By Jenny & Rosie

Serves 4-6

## Ingredients

*For Soup:*

2 Tbsp (30 mL)

1 large

½ tsp (2 mL)

1 ½ Tbsp (25 mL)

1 ½ tsp (7 mL)

¼ tsp (1 mL)

2 × (740 mL) cans

1 Cup (250 mL)

2 ½ Cups (625 mL)

**Butter**

**Onion**, chopped

Baking soda (optional)

Sugar

Salt

Ground black pepper

Crushed tomatoes, or fresh or frozen **tomato purée**

Water

**Whole milk**

*For Grilled Cheese:*

12 slices

6 Tbsp (90 mL)

1 ¼ Cups (100 g)

**Whole wheat bread**

**Butter**

Grated **cheddar** or 12 slices real **cheddar**

## Directions

*Note:* Wash all produce well.

1. Heat butter in a large pot over medium heat. Add onion and cook, stirring, until softened, about 10 minutes.
2. Remove the pot from the heat. Transfer onions to a blender jar, add water and blend until smooth. Return the onion mixture to the same pot.
3. Add the baking soda, sugar, salt, black pepper and tomatoes. Place the pot over low heat and simmer for about 15 minutes.
4. Whisk in milk. Do not boil as the milk may separate, which means it will still taste great but not look as good! Taste and hold warm until serving time.
5. Heat pan on medium heat or oven to 450°F (230°C).
6. Spread each slice of bread with butter. Place half of the slices buttered side down with a generous 2 Tbsp cheese or 2 slices of cheese. Top with other half of bread slices, buttered side up.
7. **In a pan:** Add grilled cheese and flip when one side is golden brown. Brown the second side. **In an oven to bake all at once:** Place grilled cheeses on an oven sheet pan for about 6-8 minutes, flip and bake for 6-8 minutes further until golden brown.



## Create Your Plate!

### Veg It Up

Add more puréed vegetables like sweet potato or carrot, puréed local beans or puréed frozen defrosted peaches or apples in Step 2. With the addition of fruit or sweet veggies, you will likely not need to add sugar or baking soda unless the soup is too tart.

### Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

- ★ **Pea shoots**
- ★ **Carrots**
- ★ **Cucumbers**
- ★ **Sweet potatoes**
- ★ **Broccoli**
- ★ **Cauliflower**
- ★ **Additional soups**

### Fruit Salad Bar

- ★ **Apples** - chopped and coated with a squeeze of lemon to prevent browning
- ★ **Pears** - chopped
- ★ **Peaches**
- ★ **Blueberries**
- ★ **Raspberries**
- ★ **Blackberries**
- ★ **Strawberries**
- ★ **Yogurt**
- ★ **Seeds or granola**
- ★ **Dried cranberries, dried blueberries or other dried fruit**
- ★ Try imported fruit such as mango, kiwis, oranges, grapes or starfruit

## Note From the Authors

"Offering a grilled cheese sandwich to dip is a great way to encourage kids to try new soups! Try a soup bar with a choice of tomato soup and another favourite, like chicken vegetable noodle soup."

- Jenny & Rosie



Pea Shoots



Carrot



Cucumber



Sweet Potato



Broccoli



Cauliflower



Soup



Fruit



Yogurt



Seeds or Granola



Dried Fruit



### Green for Go Local

.....  
 Ingredients in **green** =  
 locally grown or produced



**Haddock**



**Cod**



**Potato**



**Onion**



**Summer Savoury**



**Breadcrumbs**

## Fish Cakes with Baked Beans

By Jenny & Rosie with Wendie Wilson

Serves 8-10

### Ingredients

For Fish Cakes:

1 lb (454 g)	<b>Salt cod</b> or other <b>salted white fish</b> , or 1 ½ lb fresh <b>haddock</b> or <b>cod</b>
2 lb (908 g)	<b>Potatoes</b> (about 2 large), peeled and diced
1 medium	<b>Onion</b> , minced
1 tsp (5 mL)	<b>Summer savoury</b> or 2 Tbsp (30 mL) chopped <b>parsley</b> (optional)
1 Cup (250 mL)	Fresh <b>breadcrumbs</b>
As needed	Oil, for cooking

For Quick Stovetop Baked Beans:

1 x (540 ml) can	Navy beans
½ Cup (125 mL)	Water
1 tsp (5 ml)	Mustard powder
2 Tbsp (30 ml)	Brown sugar
1 Tbsp (15 ml)	Molasses
½ tsp (2.5 ml)	Salt
Pinch	Black pepper
1 small	<b>Onion</b> , diced
2 strips	<b>Bacon</b> , chopped (optional)

### Directions

*Note:* Wash all produce well. You can substitute ½ lb (150 g) dried beans for the canned beans, such as **soldier beans** or **yellow-eyed beans**, soaked and cooked according to package directions. Add water if needed to prevent sticking.

1. **If using salt fish**, cover the fish with cold water and soak overnight in the refrigerator. The next day, drain the fish and place in a pot with enough fresh water to cover. Bring to a boil and immediately turn off the heat. Drain the fish well and let cool. **If using fresh fish**, season lightly with salt and bake at 350°F (175°C) until it flakes easily. Let cool, then use your hands or a food processor to break fish into small pieces.
2. In another pot, boil the potatoes until tender. Drain and mash. Place the cod in the food processor and pulse until finely chopped or flake the fish by hand. Add the fish to the pot with the potatoes, along with the onion, summer savoury or parsley, and breadcrumbs. Mix well with your hands to combine, then shape into 16 patties roughly 3 inches in diameter.
3. Before frying the fishcakes, start the baked beans. Empty the beans into a saucepan with their liquid. Add the water, mustard powder, brown sugar, molasses, salt, pepper, onion and optional ham or bacon. Bring to a boil, then reduce to a simmer and cook until the sauce has thickened, about 30 minutes.
4. Heat a heavy frying pan over medium heat and add enough oil to generously coat the bottom. Cook the fishcakes in batches, adding oil when necessary until they are browned and heated through (remove stray bits as they cook so they don't burn).



## Create Your Plate!

### Veg It Up

Substitute sweet potatoes for some of the potatoes or add diced celery, peas, spinach or corn to the fishcake mixture for extra colour, fiber and flavour.

### Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

- ★ Sauces: **Green tomato chow**, ketchup, tartar sauce, curry mayo, **rhubarb relish**
- ★ Boiled **eggs**
- ★ **Baked beans** (see recipe included)
- ★ **Coleslaw**
- ★ **Kale** - steamed or chips
- ★ **Dulse**
- ★ **Squash**
- ★ **Lettuce**
- ★ **Tomatoes**
- ★ **Cucumbers**
- ★ **Carrots**
- ★ **Corn** (cob or kernel)
- ★ **Peas**
- ★ **Pea shoots** or other **microgreens**
- ★ **Fruit**

## Note from the Authors

"A tasty Maritime staple for centuries, fishcakes hold a special place at the African Nova Scotian table. Made with fresh, salted, or even canned fish, there are variations in every region of the province. We adapted this recipe for big-batch service with Wendie Wilson, an African Nova Scotian cook, artist and educator who teaches and celebrates the African Nova Scotian repertoire of culinary traditions."

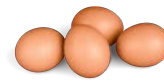
- Jenny & Rosie



Green Tomato Chow



Rhubarb Relish



Eggs



Baked Beans



Slaw



Kale



Dulse



Squash



Lettuce



Tomato



Cucumber



Carrot



Corn



Peas



Microgreens



Fruit



### Green for Go Local

.....  
 Ingredients in **green** =  
 locally grown or produced



**Chicken**



**Potatoes**



**Milk**



**Butter**



**Flour**



**Thyme**

# Roast Chicken with Mashed Potatoes

By Jenny & Rosie

Serves 4-6

## Ingredients

4-5 lb (2-2.5 kg)  
 2 tsp (10 mL)  
 2 lb (907 g)  
 2 Tbsp (30 mL)  
 1 Cup (250 mL)  
 1½ tsp (7 mL)  
 2 Tbsp (30 mL)  
 ¼ tsp (1 mL)  
 ⅛ tsp (0.5 mL)  
 ½ Cup (125 mL)

Whole **chicken** (or 6-8 drumsticks or thighs, about 1 kg)  
 Salt  
**Potatoes**, peeled and cut in 1-inch pieces  
**Butter**  
**Milk**  
 Salt  
**Flour**  
 Dried **thyme** or poultry seasoning  
 Ground black pepper  
 Water

## Directions

*Note:* Wash all produce well.

1. The night before roasting the chicken, sprinkle 2 tsp (10 mL) salt over the chicken pieces or whole chicken and toss or rub to coat. Refrigerate overnight.
2. Preheat the oven to 400°F (200°C). **If cooking a whole chicken**, cook for 20 minutes per pound until it reaches an internal temperature of 180°F (82°C). Let sit until cool enough to handle, then strip the meat from the bones and slice into serving pieces. Pour the drippings from the pan into a fat separator or glass measuring cup. Reserve bones and skin for making broth for future gravies or soups. **If using chicken pieces**, lay the chicken pieces skin side up on a large baking sheet. Bake the chicken for an hour, until the skin is golden and crisp and internal temperature measures 165°F (75°C).
3. Meanwhile, make the mashed potatoes. Place the potatoes in a large pot, add 2 tsp salt and enough water to cover the potatoes. Cover and bring to a boil over high heat, then reduce the heat to medium. Cook until potatoes are tender, about 20 minutes.
4. Drain the potatoes and return to the pot. Add butter and milk, and mash. Add salt to taste. Keep warm in the pot while you make the gravy.
5. To make gravy, carefully remove as much fat as possible from the chicken juices and discard. Pour the drippings into a sauce pan and bring to a boil. In a bowl, whisk together flour with ½ Cup water until smooth. Add to the sauce pan and cook until thickened, stirring constantly. Add the pepper and poultry seasoning or thyme. **If the gravy is too thick**, add water to thin. **If it's too thin**, boil it until it reduces to the proper consistency.
6. Serve chicken with mashed potatoes, gravy and a side of your favourite cooked or raw vegetables.



## Create Your Plate!

### Veg It Up

Add sweet potato, cauliflower florets or turnip to the mashed potatoes for extra colour, fiber and flavour.

### Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style. It's fun!

- ★ **Cranberry** sauce
- ★ **Fiddleheads** - cooked
- ★ **Parsnips** - roasted
- ★ **Sweet potatoes** - roasted
- ★ **Turnip** - roasted
- ★ **Corn** - cooked
- ★ **Carrots** - cooked or raw
- ★ **Peas** - cooked
- ★ **Green or yellow beans** - cooked or raw
- ★ **Squash** - roasted or mashed
- ★ **Beets** - pickled or roasted
- ★ **Fruit**

## Note from the Authors

"We have found that roast dinners are very popular and affordable! Choose between roasting whole birds, or if you have less time, roast chicken pieces. Plan roast dinners for the end of the week to give yourself time to do some of the prep in advance."

- Jenny & Rosie



**Cranberries**



**Fiddleheads**



**Parsnips**



**Sweet Potatoes**



**Turnips**



**Corn**



**Carrots**



**Peas**



**Beans**



**Squash**



**Beets**



**Fruit**



### Green for Go Local

.....  
 Ingredients in **green** =  
 locally grown or produced



Carrot



Thyme



Sweet Potato



Potato



Corn



Whole Milk

# Corn Chowder (Pie'skmnapu'l)

By Jenny & Rosie

Serves 6-8

## Ingredients

- |                 |   |
|-----------------|---|
| 1 Tbsp (15 mL)  | <b>Butter</b> or oil  |
| 1 large         | <b>Onion</b> , diced  |
| 1 large         | <b>Carrot</b> , diced   |
| ½ tsp (2.5 mL)  | Nutmeg  |
| ¼ tsp (1.25 mL) | Dried <b>thyme</b> , or 1 tsp (5 mL) fresh <b>thyme</b>                         |
| 1½ tsp (7.5 mL) | Salt  |
| 2 lb (907 g)    | <b>Corn</b> , divided into ½ lb (225 g) for Step 1 and 1½ lb (600 g) for Step 2 |
| 1 small         | <b>Sweet potato</b> , diced or 4 oz (100 g) peeled, diced <b>squash</b>         |
| 1 lb (454 g)    | <b>Potatoes</b> , peeled if necessary and diced                                 |
| 3 Cups (750 mL) | Water   |
| 3 Cups (750 mL) | <b>Whole milk</b>   |
| 1 Tbsp (15 mL)  | Cornstarch  |

## Directions

*Note:* Wash all produce well.

1. Heat the butter or oil in a large pot over medium-high heat. Saute the onions with carrots, thyme, nutmeg and salt until the onions are tender. Add the water, ½ lb (225 g) of the corn and sweet potatoes (or squash). Bring to a boil, then reduce the heat and simmer until the veggies are soft.
2. Blend with an immersion blender, or let cool and blend in batches in a blender or food processor. Add the diced potatoes, return the pot to a simmer, and cook until the potatoes are cooked through, 15-20 minutes. Add the remaining 1½ lb (680 g) corn and heat through.
3. Mix the cornstarch with ½ Cup (125 mL) of the milk and set aside. Pour the remaining milk into the soup and bring to a near boil. Stir the cornstarch mixture well and pour it into the soup. Heat to a simmer but do not boil.

## Variations

**Ham and Corn Chowder:** Add ¼ lb (115 g) diced **ham** when you stir in the corn in Step 2.

**Cheddar Chicken Corn Chowder:** Add ½ Cup (125 mL) grated **Cheddar**, 1 tsp (5 mL) ground toasted Cumin, 1 thinly sliced **Green Onion** and 1 Cup (250 mL) cooked, diced **Chicken** when you stir in the corn in Step 2.

**Fish Chowder:** Omit the corn and nutmeg. Add 1 stalk celery, diced, when cooking the onions and carrots. Do not blend. Increase the potatoes to 2 lb (907 g). Once the soup is cooked, remove from heat and add 1 lb (454 g) boneless, skinless **cod** or **haddock** pieces. Cover and allow the soup to stand until the fish is cooked through, then stir to break the fish up and serve.



### Green for Go Local

.....  
Ingredients in **green** =  
locally grown or produced



**Whole Wheat Flour**



**Butter**

## Bonus Recipe: Lu'skinikn

Adapted from the *Nilu'nal app of Mi'kmaw recipes* by Jenny & Rosie with Yolanda Denny, Mi'kmaw Language Consultant at Mi'kmaw Kina'matnewey

Serves 4-6

### Ingredients

1 ¼ Cups (310 mL)	<b>Whole wheat flour</b>
1 ¼ Cups (310 mL)	Unbleached all-purpose flour
1 Tbsp	Baking powder
½ tsp	Salt
¼ Cup	<b>Butter</b> or non-hydrogenated shortening
1 Cup	Water

### Directions

1. Preheat the oven to 350°F (175°C) and butter an 8" x 8" baking pan or line with parchment paper.
2. In a bowl, combine flour, baking powder and salt. Cut in butter or shortening until well blended.
3. Add the water and stir until the dough is evenly moistened. Knead with your hands until the dough is smooth.
4. Pat evenly into the pan. With a knife, score into the desired number of squares (cut halfway through the dough). Bake for 25-30 minutes, until golden brown. Cut pieces all the way through, and serve.





## Create Your Plate!

### Veg It Up

To make a simple all-season version of Hodge Podge, omit the corn in the chowder and add more diced carrots plus fresh or frozen green beans in Step 3. Do not purée the soup. Once the soup is cooked in Step 4, stir in fresh or frozen peas.

### Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

## Note from the Authors

"We've adapted this beloved Mi'kmaw bread from Joanne Cope's recipe on the Nilu'nal app. It is also known as 4 Cents or Bannock. Our version incorporates some whole wheat flour for added fiber and a nutty flavour, but you can use all-purpose flour for a traditional taste."

- Jenny & Rosie

- ★ **Dulse** or **nori** - flaked or torn
- ★ **Sweet potatoes** - diced and roasted
- ★ **Carrots**
- ★ Grilled **corn** (adds a fun flavour)
- ★ Edamame
- ★ **Kale**
- ★ Diced baked **ham**
- ★ Diced **chicken**
- ★ **Green onions**
- ★ Shredded **cheese**
- ★ **Green beans**
- ★ **Peas**
- ★ **Spinach**
- ★ **Fiddleheads** - cooked
- ★ **Tomato**
- ★ **Kale chips**
- ★ **Sweet peppers**
- ★ **Squash**
- ★ **Popcorn** (local popcorn is a fun way to show the different edible forms of corn on the same plate!)
- ★ **Fruit**



Dulse or Nori



Sweet Potato



Carrot



Grilled Corn



Ham or Chicken



Green Onion



Beans



Peas



Spinach



Fiddleheads



Tomato



Kale



Pepper



Squash



Fruit



Popcorn



### Green for Go Local

.....  
 Ingredients in **green** =  
 locally grown or produced



**Onion**



**Garlic**



**Tomato Purée**



**Whole Wheat Flour**



**Flax Flour**

## Handmade Pizza

By Jenny & Rosie

Serves 4-6

### Ingredients

*For Sauce:*

2 Tbsp (30 mL)  
 1 large  
 3 Cups (750 mL)

4 cloves  
 1 Tbsp (15 mL)  
 2 tsp (10 mL)  
 2 tsp (10 mL)  
 1 × (540 mL) can

Oil  
**Onion**, finely chopped  
 Finely chopped vegetables (ex: **mushrooms, carrots, zucchini, peppers** or **apples**)  
**Garlic**, minced  
 Dried oregano  
 Sugar  
 Salt  
 Crushed tomatoes, or 2 Cups (500 mL) **tomato purée**

*For Dough:*

1 ½ Cups (375 mL)  
 1 Tbsp (15 mL)  
 1 tsp (5 mL)  
 1 Tbsp (15 mL)  
 1 Cup (250 mL)  
 2 Cups (500 mL)  
 2 Tbsp (30 mL)  
 3 Cups (750 mL)

Warm water  
 Active dry or instant yeast  
 Salt  
 Oil, plus more for greasing pans  
 Unbleached all-purpose flour  
**Whole wheat flour**  
**Flax flour** (optional)  
 Mozzarella cheese, shredded

### Directions

*Note:* Wash all produce well. Freeze any leftover sauce in 1 Cup (250 mL) portions for next pizza night!

1. Heat oil over medium heat in a heavy-bottomed pot. Add onion, veggies and garlic and cook until softened and beginning to brown, about 20 minutes.
2. Add sugar, salt and oregano, and stir for another minute before adding crushed tomatoes.
3. Simmer for at least 10 minutes, then cool slightly and blend until smooth with an immersion blender (or carefully in a blender in small batches).
4. Meanwhile, sprinkle yeast over water in a large bowl. After 5 minutes, add 1 tsp (5 mL) of salt and the flours. Stir with a large spoon or with hands for 2 minutes until the flour is incorporated. The dough will be very sticky. Drizzle dough with 1 Tbsp (15 mL) of oil.
5. Cover the bowl and let the dough rise until doubled in volume, 45 minutes to 1 hour. Preheat the oven to 400°F (200°C).
6. Pour 2 or 3 Tbsp (30-45 mL) oil onto the centre of a cookie sheet with sides. Ease the dough onto the oil. With oiled fingers, gently spread the dough into a large oval. Let rest for 5 minutes, then evenly push the dough to fill the pan.
7. Top with 1 Cup (250 mL) of sauce, desired toppings and 3 Cups (750 mL) of shredded mozzarella. Bake 10 minutes, rotate the pan and bake for 5-10 minutes more, until the crust is browned and cheese is bubbling.



## Create Your Plate!

### Veg It Up

Add your choice of finely chopped vegetables to the pizza sauce, including any fresh or frozen leftovers you may have, for extra colour, fiber and flavour. Try serving veggie sticks or a Caesar salad with finely chopped kale or spinach for a green boost.

### Ideas for Toppings & Sides

Put a variety of pizza toppings out for your family to "choose your own adventure". Allow each family member to top their own section of the pizza, or use the dough to create individual pizzas. Cooking time remains the same and it's fun!

Pizza topping ideas: your choice of cooked **ground beef**, cooked lean **sausage**, diced baked **ham**, diced **sweet peppers**, sliced **mushrooms**, diced **onions**, sliced olives, diced **tomatoes**, sliced **zucchini**, diced pineapple or **apple**.

- ★ **Sweet peppers**
- ★ **Celery**
- ★ **Carrots**
- ★ **Tomatoes**
- ★ **Radishes**
- ★ **Cucumber**
- ★ **Sweet potatoes**
- ★ **Turnip**
- ★ Sauces: **Honey, donair sauce**
- ★ **Mushrooms**
- ★ **Caesar salad: romaine, croutons, dressing, parmesan**
- ★ **Romaine lettuce** plain or tossed with ranch dressing and **parmesan cheese**
- ★ **Romaine/kale/spinach mix**
- ★ **Fruit**



Pepper



Celery



Carrot



Tomato



Radish



Cucumber



Sweet Potato



Turnip



Mushroom



Salad



Fruit

## Tip: Holding

If you need to hold the pizza for a short time, turn the oven to 150°F (65°C). Remove the pizza to let the oven cool a bit first, cut into serving pieces, then put the pizza back in the oven for up to an hour.

For longer holds, let cool on the counter for up to an hour, cut into pieces and reheat in a 400°F (200°C) oven for a few minutes before serving.

## Note from the Authors

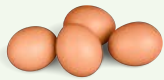
*"Making pizza from scratch is a super tasty way to save money, but it can feel a little intimidating if you've never done it before! Our top tip is, don't fight that dough. If the dough refuses to stretch, give it a few minutes to relax and try again. Baking your pizzas in advance and then cutting and reheating will help as well, especially if you are short on oven space."*

- Jenny & Rosie



### Green for Go Local

.....  
 Ingredients in **green** =  
 locally grown or produced



**Egg**



**Milk**



**Maple Syrup**



**Apple**



**Whole Wheat Bread**

# Maple Apple French Toast Bake

Adapted from Vermont New School Cuisine

Serves 4-6

## Ingredients

6 large  
 ¾ Cup (175 mL)  
 2 Tbsp (30 mL)  
 ½ tsp (2 mL)  
 ¼ tsp (1 mL)  
 ⅛ tsp (0.5 mL)  
 ½ lb (225 g)  
 ½ lb (225 g)  
 1 Tbsp (15 mL)

**Eggs**

**Milk**

**Maple syrup**

Ground cinnamon

Ground nutmeg

Salt

**Apples**, peeled or not, cut into thick slices

**Whole wheat bread** (about 8 slices), cut into 1 inch pieces\*

**Maple syrup**

\*Note: You can also use saved bread ends and buns, or even English muffins and bagels.

## Directions

Note: Wash all produce well. **Start this recipe the day before.**

1. Butter a 9" x 13" pan or spray with cooking spray.
2. In a large bowl, whisk eggs, milk, 2 Tbsp (30 mL) maple syrup, cinnamon, nutmeg, and salt. Stir in the apple slices and the bread. Combine thoroughly, then spread into the pan.
3. Cover the pan with lightly sprayed or oiled parchment paper, then foil. Refrigerate overnight.
4. Before baking, let the bake stand at room temperature for 30 minutes while you preheat the oven to 350°F (175°C). Bake for 25 minutes, then remove the cover and bake for another 20 minutes, until internal temperature reaches 165°F (74°C).
5. Drizzle the French toast bake with 1 Tbsp (15 mL) maple syrup. Cut into squares and serve warm.

## Bonus Recipe: Apple Blueberry Sauce

### Ingredients

1 lb (454 kg)  
 ¼ Cup (60 mL)  
 ¾ tsp (4 mL)

**Apples**, seeded and chopped (no need to peel)

Fresh or frozen **blueberries**

Vanilla

### Directions

1. Put the chopped apples in a large empty pot.
2. Cover and cook on low until moisture starts to come out of the apples, then increase the heat to medium and cook until soft.
3. Add the blueberries and remove from the heat.
4. Cool the mixture slightly, then purée apples with a food processor, immersion blender or blender. Stir in vanilla.



## Note from the Authors

"This is a delicious, easy and affordable meal with the familiar flavours of French toast and apple pie. It may look a little different than regular French toast, so encourage kids to try it with the excitement of a fruit salad bar!"

- Jenny & Rosie

## Create Your Plate!

### Veg It Up

Add mashed sweet potato, squash or dried cranberries in Step 2 for extra colour, fiber and flavour.

### Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style. Choose from seasonal local fruit or use some frozen and imported fruit in winter. Supply small bowls for fruit to control portion sizes and make it affordable.

- ★ **Fruit sauce**

- ★ **Apples** - chopped and coated with a squeeze of lemon to prevent browning

- ★ **Pears** - chopped

- ★ **Peaches**

- ★ **Blueberries**

- ★ **Raspberries**

- ★ **Blackberries**

- ★ **Strawberries**

- ★ **Yogurt**

- ★ **Seeds or granola**

- ★ **Dried cranberries**

- ★ **Dried blueberries**

- ★ Imported fruit such as bananas, mango, kiwis, oranges, grapes, starfruit



Apples



Pears



Peaches



Blueberries



Raspberries



Blackberries



Strawberries



Yogurt



Seeds or granola



Dried cranberries



Dried blueberries



### Green for Go Local

.....  
 Ingredients in **green** =  
 locally grown or produced



**Beef**



**Onion**



**Garlic**



**Mushroom**



**Tomato**



**Honey**

# Spaghetti with Meat or Tomato Sauce

By Jenny & Rosie

Serves 4-6

## Ingredients

- |                  |                                      |
|------------------|--------------------------------------|
| 1 Tbsp (15 mL)   | Olive oil                            |
| 1 lb (454 g)     | Lean <b>ground beef</b>              |
| 1 small          | <b>Onion</b> , minced                |
| 1 small          | <b>Carrot</b> , grated               |
| ¼ lb (115 g)     | <b>Mushrooms</b> , minced            |
| 2 cloves         | <b>Garlic</b> , minced               |
| 1 × (796 mL) can | Crushed <b>tomatoes</b>              |
| 1 × (156 mL) can | <b>Tomato paste</b>                  |
| 1 Tbsp (15 mL)   | <b>Honey</b> or sugar                |
| 4 tsp (20 mL)    | Dried basil*                         |
| 2 tsp (10 mL)    | Dried oregano*                       |
| 1 tsp (5 mL)     | Dried thyme* (optional)              |
| 1 tsp (5 mL)     | Dried parsley or savoury* (optional) |
| 1 tsp (5 mL)     | Salt                                 |
| ½ tsp (3 mL)     | Baking soda (optional)               |
| 3 Cups (750 mL)  | Water                                |
| 1 lb (454 g)     | Whole wheat spaghetti                |
| 2 Tbsp (30 mL)   | Grated parmesan cheese (to serve)    |

\*Note: You may substitute 2 Tbsp (30 mL) dried basil and 1 Tbsp (15 mL) dried oregano, or simply use 3 Tbsp (45 mL) Italian seasoning blend.

## Directions

Note: Wash all produce well.

1. Pour the olive oil into a large heavy pot on medium heat. Add the ground beef, onions, carrots, mushrooms and garlic and sauté until the vegetables are soft and golden brown, about 15 minutes.
2. Add crushed tomatoes, tomato paste, honey or sugar, basil, oregano, optional thyme and parsley, salt, baking soda and water.
3. Reduce the heat to low and simmer for about 30 minutes until sauce is thickened. Keep warm over low heat. Add water to thin if necessary.
4. In the meantime, bring a large pot of water to a boil and add the salt. Add the spaghetti, stirring to make sure the pasta doesn't stick together. Boil until tender, then drain.
5. Combine the pasta with the sauce or serve the pasta and sauce separately. Top each serving with a spoonful of Parmesan cheese.



## Create Your Plate!

### Veg It Up

Add finely chopped celery, zucchini, peppers, sweet potato, spinach or kale in Step 1 for extra colour, fiber and flavour.

### Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

- ★ **Pea shoots**
- ★ **Broccoli** - cooked
- ★ **Zucchini** - cooked
- ★ **Tomato** - diced
- ★ **Spinach** - fresh
- ★ **Green onion** - chopped
- ★ **Peppers** - diced
- ★ **Mushrooms - sliced**
- ★ **Olives** - sliced
- ★ **Fresh basil**
- ★ **Shredded cheese**
- ★ **Fruit**
- ★ **Diced chicken** (if serving just tomato sauce)

## Note from the Authors

"Through our salad bar experience in schools, we have heard from many parents and volunteers that they have tried a mini 'Create Your Plate' Bar for dinner at home and their 'picky kids eat more veggies than ever and get excited about dinner!' It just might be worth a few extra bowls to clean! 😊"

- Jenny & Rosie



Pea Shoots



Broccoli



Cauliflower



Tomato



Spinach



Green Onion



Pepper



Mushroom



Basil



Cheese



Fruit



Chicken



### Green for Go Local

Ingredients in **green** = locally grown or produced



**Beef**



**Garlic**



**Carrot**



**Onion**



**Mushroom**



**Cheese**

# Tomato Mac & Beef (Goulash)

By Jenny & Rosie

Serves 4-6

## Ingredients

- 1 Tbsp (15 mL) Oil
- 1 medium **Onion**, diced
- ¼ lb (113 g) **Mushrooms**, minced or diced
- 2 medium **Carrots**, minced or diced
- 2 large **Garlic** cloves, minced
- 1 lb (454 g) Lean **ground beef**
- 2 tsp (10 mL) Paprika
- 1 tsp (5 mL) Oregano
- 1 tsp (5 mL) Sea salt
- ¼ tsp (1.25 mL) Ground black pepper
- 1 × (798 mL) can Crushed tomatoes
- ⅛ tsp (1 mL) Baking soda
- 1 tsp (5 mL) Sugar
- 3 Cups (750 mL) Water
- ½ lb (227 g) Whole wheat macaroni
- ½ Cup (125 mL) **Cheddar cheese** or 2 Tbsp (30 mL) **Parmesan cheese**

## Directions

*Note:* Wash all produce well.

1. Heat oil in a large saucepan over medium-high heat. Add onion and beef; cook, breaking up meat with a wooden spoon, until no longer pink, about 5 minutes.
2. Add garlic, paprika, oregano, salt and pepper; cook, stirring, for 1 minute. Stir in tomatoes, baking soda, sugar and water. Bring to a boil. Reduce heat to medium-low, cover and cook for 5 minutes.
3. Add macaroni and cook uncovered, stirring occasionally, until tender, about 15 minutes. Remove from heat and let stand for 5 minutes before serving.
4. Sprinkle with parmesan or cheddar, if desired.





## Create Your Plate!

### Veg It Up

In Step 4, once the macaroni is tender, add mashed sweet potato or squash for extra colour, fiber and flavour.

### Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

## Note from the Authors

"Through our salad bar experience in schools, we have heard from many parents and volunteers that they have tried a mini 'Create Your Plate' Bar for dinner at home and their 'picky kids eat more veggies than ever and get excited about dinner!' It just might be worth a few extra bowls to clean! 😊"

- Jenny & Rosie

- ★ **Mixed greens**
- ★ **Broccoli** - cooked
- ★ **Tomato**
- ★ **Spinach**
- ★ **Kale**
- ★ **Green onion**
- ★ **Sweet peppers**
- ★ **Mushrooms**
- ★ **Olives**
- ★ **Fresh basil**
- ★ **Shredded cheese**
- ★ **Fruit**
- ★ **Squash**
- ★ **Carrots** - raw or cooked
- ★ **Cauliflower**
- ★ **Corn**



Mixed Greens



Broccoli



Tomato



Spinach



Kale



Green Onion



Pepper



Mushroom



Basil



Cheese



Fruit



Squash



Carrot



Cauliflower



Corn



### Green for Go Local

.....  
 Ingredients in **green** =  
 locally grown or produced



**Garlic**



**Onion**



**Cabbage**



**Carrot**



**Sweet Potato**



**Peas**

# Pork & Veggie Fried Rice

By Jenny & Rosie

Serves 4-6

## Ingredients

- 1 ½ Cups (375 mL)
- 3 cloves
- 1 tsp (5 mL)
- ¼ Cup (60 mL)
- 2 Tbsp (30 mL)
- ⅛ tsp (1 mL)
- 2 tsp (10 mL)
- 1 small
- 1 lb (454 g)
- 1 lb (454 g)
- 1 large
- 1 Cup (250 mL)
- Brown rice (cook a day ahead if possible)
- Garlic**, peeled and minced or grated
- Ginger, grated (optional)
- Low-sodium soy sauce
- Sesame oil
- Ground black pepper
- Oil (if pork is very lean)
- Onion**, sliced thinly or diced
- Ground **pork**
- Cabbage**, shredded, or 1 bag (340 g) **Coleslaw mix**
- Carrot** or 1 small **Sweet potato**, peeled and grated
- Sugar snap peas** or frozen **peas**

## Directions

*Note:* Wash all produce well.

1. Combine the rice and salt with 2 ¼ Cups of water in a heavy saucepan with a tight-fitting lid. Bring to a boil over high heat, then reduce heat to low and simmer for 40 minutes until rice is cooked.

*Note:* Step 1 can be done the day before. In that case, spread out in a shallow bowl or on a cookie sheet. Cool quickly by stirring to release the heat, then refrigerate the rice in a covered container.

2. In a bowl or blender, combine the garlic, ginger, soy sauce, sesame oil and black pepper. Set aside.
3. In a large frying pan, brown the pork and onions over medium-high heat, adding the oil if the pork is lean. A potato masher will help break up any clumps. Once the pork is cooked through and beginning to brown, about 7-10 minutes, add the cabbage and carrot and stir to combine. Add the sauce mixture to the meat and veggies. Stir and cook for another few minutes, until the cabbage is crisp-tender.
4. Gently stir the rice and peas into the pork-cabbage mixture and cook to heat through.
5. The pork and vegetable mixture could be served alongside or on top of the rice rather than mixing it together.



## Create Your Plate!

### Veg It Up

Add sweet pepper strips, bean sprouts, diced green beans, chopped broccoli, sliced mushrooms, sliced radishes, or corn for extra colour, fiber and flavour.

### Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

- ★ Sauces: Plum, hoisin, sriracha, sweet chili
- ★ Toasted sesame, sunflower or pumpkin seeds
- ★ Crunchy chow mein noodles
- ★ Crispy wonton wrappers - brush with oil and bake at 350°F / 175°C until crispy
- ★ **Broccoli** - cooked
- ★ **Celery**
- ★ **Sweet potato** - cooked
- ★ **Spinach**
- ★ **Pea shoots**
- ★ **Radish**
- ★ **Green onion**
- ★ **Peppers**
- ★ **Mushrooms**
- ★ **Fresh cilantro**
- ★ **Fried tofu**
- ★ **Fruit**

## Note from the Authors

"This dish is based on the popular flavours of Egg Rolls and it seems to be a big hit with many families!"

- Jenny & Rosie



Broccoli



Celery



Sweet Potato



Spinach



Pea Shoots



Radish



Green Onion



Pepper



Mushroom



Cilantro



Tofu



Fruit



### Green for Go Local

.....  
 Ingredients in **green** =  
 locally grown or produced



**Chicken**



**Potato**



**Carrot**



**Onion**



**Celery**



**Summer Savoury**

## Acadian Chicken Fricot

By Jenny & Rosie with Simon Thibault, author of "Palate and Pantry: Remembering and Rediscovering Acadian Food"

Serves 4-6

### Ingredients

- |                |   |
|----------------|---|
| 1 ½ lb (680 g) | <b>Chicken thighs</b> or <b>breasts</b> , boneless and skinless |
| 1 Tbsp (15 mL) | Salt  |
| 1 Tbsp (15 mL) | Oil   |
| 1              | Bay leaf  |
| 1 ½ lb (680 g) | <b>Potatoes</b> , peeled (if necessary) and diced               |
| 2 medium       | <b>Carrots</b> , peeled and diced                               |
| 4 Cups (1 L)   | Water   |
| 2 Tbsp (60 mL) | <b>Butter</b>   |
| 1 large        | <b>Onion</b> , diced  |
| 2 stalks       | <b>Celery</b> , diced   |
| ¼ Cup (60 mL)  | Flour   |
| 1 Tbsp (15 mL) | Dried chives or <b>Summer savoury</b>                           |
| 1 ½ tsp (7 mL) | Onion powder  |
| ¼ tsp (1 mL)   | Ground black pepper   |

### Directions

*Note:* Wash all produce well. This recipe can be made with an equal amount of bone-in, skin-on chicken pieces: after the potatoes are tender in Step 2, remove chicken from the stew and let sit until cool enough to handle. Strip the meat from the bones/skin. Add the meat back to the pot and proceed with Step 3.

1. Cut the chicken into 1" (2 cm) pieces and toss in a bowl with the salt. In a large pot, heat the oil over medium-high and brown the chicken in batches, removing to a bowl or hotel pan once browned.
2. When the chicken is browned, return it all to the pot and add the bay leaf, potatoes, carrots and water. Cover and bring to a boil, then reduce the heat and simmer for 15-20 minutes, until the vegetables are tender and the chicken is cooked through.
3. Meanwhile, in a second pot, heat the butter over medium heat. Add the onions or leeks, and celery or celeriac. Stir and cook for 10-15 minutes, until vegetables are tender and beginning to brown.
4. Whisk the flour into the onions and celery, and cook for a further minute to toast the flour. Remove the onion-celery pot from the heat.
5. Once the potatoes are ready, stir the onion-celery mixture into the pot with the potatoes and chicken and place the pot over low heat. Stir and cook until the stew thickens, a further 5 to 10 minutes.



### Green for Go Local

.....  
 Ingredients in **green** =  
 locally grown or produced



**Whole Wheat Flour**



**Milk**



**Butter**



**Cheese**

## Bonus Recipe: Tea Biscuits

By Jenny & Rosie with Kelly Neil, food photographer and recipe developer at: [kellyneil.com](http://kellyneil.com)

Serves 4-6

### Ingredients

- |                |                          |
|----------------|--------------------------|
| 1 Cup (250 mL) | <b>Whole wheat flour</b> |
| 1 Cup (250 mL) | All-purpose flour        |
| 1 Tbsp (15 mL) | Baking powder            |
| ¾ tsp (4 mL)   | Salt                     |
| ¼ Cup (60 mL)  | <b>Butter</b>            |
| ¾ Cup (180 mL) | <b>Milk</b>              |

To Make Cheese Tea Biscuits (optional):

- |                |                              |
|----------------|------------------------------|
| 1 Cup (250 mL) | Grated <b>cheddar cheese</b> |
|----------------|------------------------------|

### Directions

*Note:* If making Cheese Tea Biscuits, add the grated cheddar cheese in Step 2.

1. Preheat the oven to 450°F (230°C). Line a large baking sheet with parchment paper for easier cleanup.
2. In a large bowl, whisk together the whole wheat flour, all-purpose flour, baking powder and salt.
3. Using a box grater, grate in the butter. Use your hands to combine well with the flour mixture.
4. Stir in the milk to form dough. In the bowl, knead the dough 20-25 times. You may need to add a little more milk if it seems too dry.
5. Place the dough on the prepared baking sheet and pat out into a roughly ¾" (2 cm) thick rectangle. Using a dough scraper or knife, cut the dough into 12 equal pieces.
6. Separate the dough pieces and space them evenly on the pan. Bake for 15-17 minutes, until golden brown.



## Create Your Plate!

### Veg It Up

Add diced turnip, parsnip, sweet potatoes or green beans with the potatoes in Step 2, or fresh or frozen peas in Step 5, for extra colour, fiber and flavour.

### Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

- ★ **Butter** and molasses for tea biscuits
- ★ **Peas**
- ★ **Green or yellow beans**
- ★ **Parsnips** - roasted
- ★ **Sweet potatoes** - roasted
- ★ **Turnips** - roasted
- ★ **Beets** - pickled or roasted

## Note from the Authors

"We find offering a *Dessert Fruit Salad Bar* is a great way to encourage kids to try dishes that may be new to them, like this simple delicious Acadian dish. Choose from seasonal local fruit or use some frozen and imported fruit in winter! Supply small bowls or ramekins for fruit to control portion sizes and make it affordable."

- Jenny & Rosie

### Fruit Salad Bar

- ★ **Apples** - chopped and coated with a squeeze of lemon to prevent browning
- ★ **Pears** - chopped
- ★ **Peaches**
- ★ **Blueberries**
- ★ **Raspberries**
- ★ **Blackberries**
- ★ **Strawberries**
- ★ **Yogurt**
- ★ **Seeds or granola**
- ★ **Dried cranberries, dried blueberries or other dried fruit**
- ★ Try imported fruit such as mango, kiwis, oranges, grapes or starfruit



**Butter**



**Peas**



**Beans**



**Parsnips**



**Sweet Potato**



**Turnips**



**Beets**



**Fruit**



**Yogurt**



**Seeds or Granola**



**Dried Fruit**



### Green for Go Local

.....  
 Ingredients in **green** =  
 locally grown or produced



Green Tomato Chow



Potato



Turnip



Sweet Potato



Haddock

# Crispy Breaded Haddock with Home Fries

By Jenny & Rosie

Serves 4-6

## Ingredients

*For Tartar Sauce:*

½ Cup (125 mL)  
 ¼ Cup (60 mL)  
 ¼ Cup (60 mL)

Mayonnaise  
 Yellow mustard  
 Relish or **green tomato chow**

*For Home Fries:*

1 lb (454 g)  
 2 Tbsp (30 mL)  
 ½ tsp (3 mL)

**Potatoes**, washed and diced in ½ inch cubes (or a mix of cubed **potatoes**, **turnip** and **sweet potatoes**)  
 Oil  
 Salt or garlic salt

*For Haddock:*

2 Tbsp (30 mL)  
 1 Cup (250 mL)  
 1 ½ tsp (8 mL)  
 1 lb (454 g)  
 ½ tsp (3 mL)

Oil  
 Breadcrumbs  
 Salt  
**Haddock** fillets  
 Ground black pepper

## Directions

*Note:* Wash all produce well.

1. To make the tartar sauce, combine the mayonnaise, mustard and relish or chow. This can be done well ahead and stored, tightly covered, in the refrigerator.
2. To make the home fries, preheat the oven to 400°F (200°C). Toss the potatoes with oil and salt, and spread in a single layer on a baking sheet (or two if needed). Roast, stirring every 15 minutes, for 30-45 minutes until tender and browned. Hold warm until needed.
3. In a frying pan, heat oil over low heat. Add the breadcrumbs and 1 tsp (5 mL) salt and stir to combine. Cook, stirring occasionally until breadcrumbs are golden brown, 5 to 10 minutes.
4. Meanwhile, lightly oil a baking sheet. Lay the fish out in a single layer and season with ½ tsp (3 mL) each salt and pepper. Sprinkle with the crumbs and pat firmly to adhere. Just before serving, bake for 8-10 minutes.



## Create Your Plate!

### Veg It Up

Add diced turnip, sweet potatoes, or parsnips along with potatoes to the home fries for extra colour, fiber and flavour.

### Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

- ★ Sauces: Tartar sauce, green tomato chow, ketchup, vinegar, lemon
- ★ **Caesar salad**
- ★ **Garden salad: lettuce, spinach, tomatoes, cucumbers, grated carrots**
- ★ **Coleslaw** or **broccoli slaw**
- ★ **Broccoli** - lightly cooked
- ★ **Carrots** - lightly cooked or raw
- ★ **Peas**
- ★ **Dulse**
- ★ **Green or yellow beans**
- ★ **Fiddleheads** - cooked
- ★ **Pea shoots** or other **microgreens**
- ★ **Brussels sprouts** - roasted or boiled
- ★ **Turnip** - roasted or mashed
- ★ **Fruit**

## Note from the Authors

"We find that offering this simple healthy take on the classic fish 'n' chips is a great way to get local fish on plates. It's a big hit!"

- Jenny & Rosie



Salad



Slaw



Broccoli



Carrots



Peas



Dulse



Beans



Fiddleheads



Pea Shoots



Brussels Sprouts



Turnip



Fruit





### Green for Go Local

.....  
 Ingredients in **green** =  
 locally grown or produced



**Flax Flour**



**Oatmeal**



**Maple Syrup**



**Apple**



**Blueberry**



**Egg**

## Three Grain Pancakes

By Jenny & Rosie

Serves 4-6

### Ingredients

- 1 Cup (125 mL)
- ¼ Cup (60 mL)
- ½ Cup (125 mL)
- 1 Tbsp (15 mL)
- 1 tsp (5 mL)
- 2 Tbsp (30 mL)
- ½ tsp (2 mL)
- 4
- 1 ½ Cups (375 mL)
- 2 Tbsp (30 mL)
- 1 Cup (250 mL)
- As needed
- ¼ Cup (60 mL)

- Whole wheat flour**
- Ground **flax seed\***
- Oatmeal**, ground to a powder in a blender\*
- Baking powder
- Cinnamon
- Sugar
- Salt
- Eggs**, lightly beaten
- Milk** or water
- Melted **butter** or oil
- Blueberries** or diced **apples** (optional)
- More **butter** or oil for cooking
- Maple syrup**

\*Note: If you don't have flax flour or oatmeal, use 1 ¾ Cups (435 mL) whole wheat flour.

### Directions

Note: Wash all produce well.

1. Whisk the flour, flax, oats, baking powder, sugar and salt in a large bowl.
2. Add the eggs, milk or water, and butter. Whisk until combined.
3. Add the optional blueberries or apples and stir to combine.
4. Heat a large frying pan over medium heat for a few minutes before adding a couple teaspoons of butter and tilting the pan in all directions to coat.
5. Spoon in pancake batter in by ¼ Cupfuls and let cook until the edges look dry and bubbles have formed on top. Flip, cook another minute or so, then stack onto a plate to keep warm. Add a little more butter to the pan for each batch you cook.
6. Serve with maple syrup and Apple Blueberry Sauce or fresh fruit.

## Bonus Recipe: Apple Blueberry Sauce

### Ingredients

- 1 lb (454 kg)
- ¼ Cup (60 mL)
- ¾ tsp (4 mL)
- Apples**, seeded and chopped (no need to peel)
- Fresh or frozen **blueberries**
- Vanilla

### Directions

1. Put the chopped apples in a large empty pot.
2. Cover and cook on low until moisture starts to come out of the apples, then increase the heat to medium and cook until soft.
3. Add the blueberries and remove from the heat.
4. Cool the mixture slightly, then purée apples with a food processor, immersion blender or blender. Stir in vanilla.



## Note from the Authors

"Fruit sauce is a popular healthy addition to any plate and goes perfectly with pancakes. This is a great way to use imperfect fruit. Many local farms have seconds and great deals when buying large quantities, as well as frozen local fruit for sale so you can really make this a local treat whatever the season. Apples and frozen blueberries are available year round, so you can make this local treat whatever the season!"

- Jenny & Rosie

## Create Your Plate!

### Veg It Up

Add ½ Cup mashed sweet potatoes, squash or pumpkin to the milk mixture in Step 3 for Pumpkin Pancakes. This makes slightly more than 4-6 servings.

### Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style. Choose from seasonal local fruit or use some frozen and imported fruit in winter. Supply small bowls for fruit to control portion sizes and make it affordable.

- ★ **Fruit sauce**
- ★ **Scrambled eggs**
- ★ **Apples** - chopped and coated with a squeeze of lemon to prevent browning
- ★ **Pears** - chopped
- ★ **Peaches**
- ★ **Blueberries**
- ★ **Raspberries**
- ★ **Blackberries**
- ★ **Strawberries**
- ★ **Yogurt**
- ★ **Seeds or granola**
- ★ **Dried cranberries**
- ★ **Dried blueberries**
- ★ Imported fruit such as bananas, mango, kiwis, oranges, grapes, starfruit



Scrambled Eggs



Apples



Pears



Peaches



Blueberries



Raspberries



Blackberries



Strawberries



Yogurt



Seeds or granola



Dried cranberries



Dried blueberries



### Green for Go Local

Ingredients in **green** = locally grown or produced



**Beef**



**Oatmeal**



**Egg**



**Honey**



**Potatoes**



**Milk**

## Giant Sweet and Sour Meatballs

By Jenny & Rosie with Chantelle Webb, Chef and co-owner of The Station in Bridgetown, NS

Serves 4-6

### Ingredients

#### For Meatballs:

- 1 small **Onion**, minced
- 1 clove **Garlic**, minced
- 1 lb (454 g) **Ground beef** or **pork** (or a mixture)
- ¼ Cup (60 mL) **Oatmeal**
- 1 **Egg**
- 2 tsp (10 mL) Dry mustard
- ½ tsp Salt
- ¼ tsp Black pepper
- 1 tsp Worcestershire sauce

#### For Sauce:

- 1 × (398 mL) can Crushed pineapple
- ¼ Cup (60 mL) Ketchup
- ¼ Cup (60 mL) **Apple cider vinegar** or white vinegar
- 2 Tbsp (30 mL) **Honey**
- 1 tsp (5 mL) Soy sauce
- 1 tsp (5 mL) Freshly grated ginger (optional)
- 2 Tbsp (30 mL) Water
- 1 tsp (5 mL) Cornstarch

#### For Mashed Potatoes:

- 2 lb (907 g) **Potatoes**, peeled and cut into 1-inch chunks
- 2 tsp (10 mL) Salt
- 2 Tbsp (30 mL) **Butter**
- 1 Cup (250 mL) **Milk**, warmed in the microwave or a small pot

### Directions

*Note:* Wash all produce well.

1. Preheat the oven to 350°F (175°C). In a large bowl, place the ground beef, onion, garlic, oatmeal, eggs, dry mustard, salt, black pepper and Worcestershire sauce. Use hands to mix until thoroughly combined.
2. Line a baking sheet with parchment or foil for easy cleanup. Roll the meat mixture into 6 large meatballs and place on the baking sheet.
3. Bake until cooked through and a meat thermometer reads 160°F (71°C), 25-30 minutes.
4. In a 1 quart (1 L) saucepan, combine the pineapple, ketchup, vinegar, honey, soy sauce and optional ginger. Bring to a simmer over medium heat. Whisk together the water and cornstarch and add to the pineapple mixture. Cook, stirring occasionally, until thick.
5. Meanwhile, place the potatoes in a large pot, adding salt and enough water to cover the potatoes. Cover the pot and bring to a boil, then reduce the heat to medium. Cook until potatoes are tender, about 20 minutes. Drain and return to the pot. Add butter and mash thoroughly, then add the milk and mash again until smooth. Taste and add a little salt if needed.



## Create Your Plate!

### Veg It Up

For a delicious take on Stamppot (a traditional Dutch dish), add sliced carrots, onions, or kale to the potatoes in Step 7.

### Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

- ★ **Peas**
- ★ **Brussels sprouts**
- ★ **Carrots** - cooked or raw
- ★ **Broccoli** - cooked
- ★ **Cucumber**
- ★ **Corn**
- ★ **Green or yellow beans**
- ★ **Turnip** - raw or roasted
- ★ **Sauerkraut**
- ★ **Fiddleheads** - cooked
- ★ **Squash** - roasted or mashed
- ★ **Kale** - chips, boiled or shredded raw
- ★ **Coleslaw** or **broccoli slaw**
- ★ **Beets** - grated raw, pickled or roasted
- ★ **Fruit**

## Note from the Authors

"Rolling a lot of meatballs and serving them is a lot of work, so we streamlined the preparation to make just one meatball per serving. Luckily, kids really seem to love the idea of anything "giant!" If you'd prefer, serve the meatball with rice!"

- Jenny & Rosie



Peas



Brussels Sprouts



Carrot



Broccoli



Cucumber



Corn



Beans



Turnip



Sauerkraut



Fiddleheads



Squash



Kale



Slaw



Beets



Fruit



### Green for Go Local

.....  
 Ingredients in **green** =  
 locally grown or produced



**Beef**



**Onion**



**Oatmeal**



**Whole Wheat Buns**



**Lettuce**



**Tomatoes**

# Handmade Hamburgers

By Jenny & Rosie

Serves 6-8

## Ingredients

1 lb (454 g)  
 1/3 Cup (80 mL)  
 3/4 tsp (4 mL)  
 1/4 tsp (1 mL)  
 1 small  
 1/4 lb (100 g)  
 6-8  
 6-8 leaves  
 1

Lean **ground beef**  
**Oatmeal**, ground to a powder in the food processor  
 Salt  
 Ground black pepper  
**Onion**, minced  
**Mushrooms**, finely minced (optional)  
**Whole wheat hamburger buns** or **English muffins**  
**Lettuce**  
**Tomato**, sliced

## Directions

*Note:* Wash all produce well.

1. In a bowl, combine the beef, ground oatmeal, salt, pepper, minced onions and optional minced mushrooms. Use your hands to combine thoroughly.
2. Form the mixture into 6-8 patties.
3. Heat a large heavy frying pan on medium-high heat. Cook the patties, in batches if necessary, flipping once, until no longer pink in the middle.
4. Place in the buns with lettuce, tomato, and any toppings.



## Create Your Plate!

### Veg It Up

Add ¼ Cup (60 mL) dried green lentils, cooked, drained, and mashed in Step 1 for extra colour, fibre and flavour. Yield will be higher.

### Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

- ★ Condiments: Ketchup, mustard, relish, mayo
- ★ Home fries or wedges (**potato** or mix of **potato, sweet potato** and **turnip**)
- ★ Natural **cheese slices** or **grated cheese**
- ★ **Onions** - fried or raw
- ★ **Mushrooms** - fried or raw
- ★ **Coleslaw** or **broccoli slaw**
- ★ **Lettuce**
- ★ **Tomato**
- ★ Sliced **pickles**
- ★ **Veggie sticks:**
  - ★ **Carrots**
  - ★ **Cauliflower**
  - ★ **Cucumbers**
  - ★ **Radish**
  - ★ **Turnip**
- ★ **Beets** - roasted or pickled
- ★ **Dulse**
- ★ **Kale chips**
- ★ **Fruit**

## Note from the Authors

"Through our salad bar experience in schools, we have heard from many parents and volunteers that they have tried a mini 'Create Your Plate' Bar for dinner at home and their 'picky kids eat more veggies than ever and get excited about dinner!' It just might be worth a few extra bowls to clean! 😊"

- Jenny & Rosie



Potato



Sweet Potato



Turnip



Cheese



Onion



Mushroom



Lettuce



Tomato



Pickles



Carrot



Cauliflower



Cucumber



Radish



Beets



Kale Chips

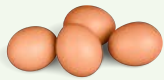


Fruit



### Green for Go Local

.....  
 Ingredients in **green** =  
 locally grown or produced



Eggs



Chicken



Breadcrumbs



Potatoes



Honey

# Crispy Chicken and Wedges

By Jenny & Rosie

Serves 4-6

## Ingredients

For Chicken:

½ Cup (125 mL)

1

1 tsp (5 mL)

¼ tsp (1 mL)

1 ½ lb (680 g)

2 Cups (500 mL)

¼ Cup (60 mL)

**Ranch dressing** (see recipe, pg 55)

**Egg**

Salt

Ground black pepper

**Chicken drumsticks** or boneless, skinless **chicken breasts or thighs** cut into 1 ½ oz (45 g) strips

Whole wheat panko or other dry **breadcrumbs**

Oil

For Wedges:

2 lb (900 g)

2 Tbsp (30 mL)

½ tsp (3 mL)

For dipping

**Potatoes**, washed and cut in wedges or cubes

Oil

Salt or garlic salt

**Honey**, ketchup, sweet and sour sauce

## Directions

*Note:* Wash all produce well. If using drumsticks, marinate overnight for best results. If you don't have ranch dressing, swap in ½ Cup buttermilk, ½ additional tsp salt and ¼ tsp ground black pepper.

1. Whisk the ranch dressing, eggs, salt and pepper until thoroughly combined. Place the chicken in a container or bowl and pour the dressing over, tossing to coat. Cover and refrigerate overnight.
2. In a frying pan, heat the oil over low heat. Add the breadcrumbs and stir to combine. Cook, stirring occasionally, until breadcrumbs are golden brown, 5-10 minutes. (This step can be done ahead; store the crumbs in a tightly covered container in the freezer until needed.)
3. Heat the oven to 400°F (200°C). Line 2 baking sheets with parchment paper.
4. To make the wedges, toss the potatoes with the oil and salt, and spread in a single layer on one of the prepared baking sheets. Roast, turning the potatoes once or twice, for 25-30 minutes, until tender and browned.
5. Remove the chicken from the marinade, letting excess drip off. Coat in the breadcrumb mixture, then place on the other baking sheet in a single layer.
6. Bake until the internal temperature reaches 165°F (74°C), about 1 hour for drumsticks and 20-25 minutes for fingers.



## Create Your Plate!

### Veg It Up!

Roast sweet potatoes, turnips (rutabagas) and parsnips cut into french fry shapes along with the potatoes to add colour, fiber, and flavour.

### Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

- ★ **Sweet potatoes** - mashed or roasted
- ★ **Carrots**
- ★ **Cucumbers**
- ★ **Lettuce** and other **greens**
- ★ **Tomatoes**
- ★ **Sunflower shoots** or other **microgreens**
- ★ **Coleslaw** or **broccoli slaw**
- ★ **Broccoli**
- ★ **Cauliflower**
- ★ **Turnips** or **rutabaga** - raw or roasted
- ★ **Green or yellow beans** - lightly cooked
- ★ **Peas**
- ★ **Corn**
- ★ **Fruit**

## Note from the Authors

"Through our salad bar experience in schools, we have heard from many parents and volunteers that they have tried a mini 'Create Your Plate' Bar for dinner at home and their 'picky kids eat more veggies than ever and get excited about dinner!' It just might be worth a few extra bowls to clean! 😊"

- Jenny & Rosie



Sweet Potato



Carrot



Cucumber



Mixed Greens



Tomato



Microgreens



Slaw



Broccoli



Cauliflower



Turnip



Beans



Peas



Corn



Fruit





### Green for Go Local

Ingredients in **green** = locally grown or produced



Potatoes



Milk



Butter

## Baked Potatoes / Mashed Potato Bowls

By Jenny & Rosie

Serves 4-6

### 1) Baked Potatoes

#### Ingredients

4-6 medium-large Russet or other baking **potatoes**, scrubbed

#### Directions

*Note:* Smaller appetites might prefer ½ potato.

1. Preheat the oven to 400°F (200°C).
2. Place the potatoes on a baking sheet or directly on clean oven racks. Bake for 60-90 minutes, until the internal temperature reaches 165°F (74°C) and the potatoes are tender.
3. When ready to serve, split almost all the way through with a sharp knife. If adding butter or cheese, add when hot.

### 2) Mashed Potato Bowls

#### Ingredients

2 lb (900 g)	<b>Potatoes</b> , peeled and cut into 1 inch pieces
2 tsp (10 mL)	Salt
2 Tbsp (30 mL)	<b>Butter</b>
1 Cup (250 mL)	<b>Milk</b> , warmed in the microwave or a small pot

#### Directions

1. Place the potatoes in a large pot. Add salt and enough water to cover. Cover and bring to a boil, then reduce the heat to medium. Cook until potatoes are tender, about 20 minutes.
2. Drain and return to the pot. Add butter and milk and mash until smooth. For Garlic Mashed Potatoes, add 4 cloves of grated garlic while mashing.



## Create Your Plate!

### Veg It Up

Make a veggie mash kids will love by swapping turnip, carrots, sweet potato or cauliflower florets for some of the potatoes.

### Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

## Note from the Authors

"Through our salad bar experience in schools, we have heard from many parents and volunteers that they have tried a mini 'Create Your Plate' Bar for dinner at home and their 'picky kids eat more veggies than ever and get excited about dinner!' It just might be worth a few extra bowls to clean! 😊"

- Jenny & Rosie

- ★ **Butter**
- ★ **Sour cream**
- ★ **Grated cheese**
- ★ **Chili**
- ★ **Taco beef**
- ★ **Baked beans**
- ★ **Gravy**
- ★ **Cheese curds & gravy**
- ★ **Cheese sauce** (see recipe on pg 51) and **broccoli**
- ★ **Salsa** mixed with **beans**
- ★ **Crumbled bacon**
- ★ **Chicken, pork or beef** - cut into strips and cooked
- ★ **Crispy chicken** fingers - cut into chunks
- ★ **Chives or green onions** - sliced
- ★ **Corn on the cob**
- ★ **Broccoli** - cooked or raw
- ★ **Make a Rainbow Salad:**
  - ★ **Carrots** - sticks or grated
  - ★ **Sweet peppers**
  - ★ **Corn**
  - ★ **Cucumber**
  - ★ **Lettuce** or other **greens**
  - ★ **Tomato** - diced
  - ★ **Red cabbage**
  - ★ **Fruit**



Cheese



Beans



Cheese Curds



Broccoli



Salsa



Sour Cream



Corn on the Cob



Green Onion



Carrot



Peppers



Corn



Cucumber



Lettuce



Tomato



Red Cabbage



Fruit



### Green for Go Local

.....  
 Ingredients in **green** =  
 locally grown or produced



Milk



Butter



Cheese



Sweet Potato



Carrot



Squash

## Creamy Mac & Cheese

By Jenny & Rosie with Carla Durno, Head Cook at Somerset & District School

Serves 4-6

### Ingredients

*For Cheese Sauce:*

½ lb (227 g)  
 ¼ Cup (60 mL)  
 ¼ Cup (60 mL)  
 2 Cups (500 mL)  
 2 Tbsp (30 mL)  
 2 Cups (300 g)  
 ½ tsp (2 mL)  
 ¼ tsp (2 mL)

**Sweet potatoes, carrots, or squash**, peeled and diced  
**Butter**  
 All-purpose flour  
**Milk**  
 Grated **parmesan** or **asiago cheese**  
 Grated **cheddar cheese**  
 Salt  
 Dry mustard

*For Macaroni:*

1 package (375 g) Whole wheat macaroni  
 2 tsp (10 mL) Salt

### Directions

*Note:* Wash all produce well.

1. Place the sweet potatoes, carrot or squash in a large pot and add enough water to cover. Bring to a boil, then reduce heat to low and simmer until tender, 10-15 minutes. Drain, then purée in a blender or food processor. Set aside.
2. To make the sauce, melt the butter over medium-low heat in a heavy saucepan. Whisk in the flour and cook for a minute. Slowly add the milk, whisking constantly to avoid lumps. Continue to whisk frequently as the mixture thickens and begins to bubble, 5-10 minutes. Remove from heat.
3. Sprinkle in the cheeses, salt and optional mustard powder and whisk to combine. Whisk in the mashed sweet potatoes, carrots or squash if using. Taste and adjust salt if necessary. If the sauce seems too thick, thin with water or a little milk.
4. Meanwhile, bring a large pot of water to a boil. Add the macaroni and salt and boil until the macaroni is tender, about 10 minutes. Drain the macaroni, return to the cooking pot and pour in the cheese sauce.
5. Stir to combine. The sauce and macaroni could also be served separately.



## Create Your Plate!

### Veg It Up

In Step 5 of the recipe directions, add blanched cauliflower, broccoli, and/or carrots for extra colour, fiber and flavour.

### Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

- ★ **Broccoli** - lightly cooked
- ★ **Cauliflower** - lightly cooked
- ★ **Carrot** - lightly cooked
- ★ **Fresh tomato**
- ★ **Spinach**
- ★ **Green onion**
- ★ **Peppers**
- ★ **Mushrooms**
- ★ **Corn**
- ★ Olives
- ★ Dried Italian herbs
- ★ **Fresh basil**
- ★ **Shredded cheese**
- ★ **Diced chicken**
- ★ **Diced baked ham**
- ★ **Coldwater shrimp, snow crab, lobster** or tuna
- ★ Ketchup, salsa or hot sauce
- ★ **Fruit**
- ★ **Caesar salad (romaine and kale blend, garlic croutons, parmesan, crispy bacon bits)**

## Note from the Authors

"Through our salad bar experience in schools, we have heard from many parents and volunteers that they have tried a mini 'Create Your Plate' Bar for dinner at home and their 'picky kids eat more veggies than ever and get excited about dinner!' It just might be worth a few extra bowls to clean! 😊"

- Jenny & Rosie



Broccoli



Cauliflower



Carrot



Tomato



Spinach



Green Onion



Peppers



Mushrooms



Corn



Olives



Basil



Cheese



Chicken



Ham



Tuna



Fruit



### Green for Go Local

Ingredients in **green** = locally grown or produced



**Beef**



**Beans**



**Onion**



**Garlic**



**Cheese**



**Lettuce**



**Tomato**

## Soft Beef Tacos

By Jenny & Rosie with Barb Henshaw, Head Cook at Berwick & District School

Serves 4-6

### Ingredients

For Tacos:

1 can (540 mL)

1 Tbsp (15 mL)

1 medium

1 clove

1 lb (454 g)

2 Tbsp (30 mL)

½ tsp (2 mL)

½ tsp (2 mL)

12

Kidney or black beans, mashed with can liquid by hand or in the food processor

Oil

**Onion**, diced

**Garlic**, minced

Lean **ground beef**

Chili powder

Ground cumin

Salt

6-7" Whole wheat tortillas or corn taco shells

Serve With:

1 Cup (250 mL)

1 Cup (250 mL)

1 Cup (250 mL)

½ head

1

**Sour cream**

**Salsa**

Shredded **cheddar cheese**

**Romaine, leaf** or **iceberg lettuce**

**Tomato**, diced

### Directions

*Note:* Wash all produce well. This recipe can be made with 1 lb (454 g) diced chicken instead of beef. Add the chicken in place of the beef in Step 2. Make it vegetarian by using 2 × 540 mL cans of beans and omitting the beef.

1. Heat oil in a large, heavy-bottom frying pan over medium heat and add the onions. Sauté for 5-10 minutes, until onions have softened and are beginning to brown.
2. Add the ground beef, garlic, chili powder, cumin and salt. Cook and stir until beef has browned, 10-15 minutes. Add the pureed beans. Cook, stirring occasionally, until the mixture bubbles.
3. Reduce heat to low and cook another 10 minutes or so, until beans have thickened. If using chicken, add the chicken at this point and simmer for 10-15 minutes, until chicken has fallen apart into shreds and mixture is thickened.
4. Fill the taco shells or tortillas with the mixture and serve with the sour cream, salsa, cheese, tomato, and lettuce on the side.



## Create Your Plate!

### Veg It Up

Add corn, diced sweet peppers or grated sweet potato to the recipe in Step 4 for extra colour, fiber and flavour.

### Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

## Note from the Authors

"Through our salad bar experience in schools, we have heard from many parents and volunteers that they have tried a mini 'Create Your Plate' Bar for dinner at home and their 'picky kids eat more veggies than ever and get excited about dinner!' It just might be worth a few extra bowls to clean! 😊"

- Jenny & Rosie

- ★ **Corn**
- ★ **Romaine or iceberg lettuce**
- ★ **Tomato**
- ★ **Red or green cabbage**
- ★ **Shredded carrots**
- ★ **Beans**
- ★ **Onions** - diced
- ★ **Guacamole or avocados** - diced
- ★ **Banana peppers**
- ★ **Cilantro**
- ★ **Shredded cheese**
- ★ **Sour cream**
- ★ **Homemade salsa**
- ★ **Hot sauce**
- ★ **Fruit**



**Corn**



**Lettuce**



**Tomato**



**Cabbage**



**Carrot**



**Beans**



**Onion**



**Cilantro**



**Cheese**



**Sour Cream**



**Salsa**



**Fruit**



### Green for Go Local

.....  
 Ingredients in **green** =  
 locally grown or produced



Whole Wheat Buns



Chicken or Ham



Tomatoes



Lettuce



Peppers



Red Onion

## Build a Sub, Wrap or Picnic Plate

By Jenny & Rosie

Serves 4-6

### Ingredients

6	Sliced <b>whole wheat sub buns</b> or 10" whole wheat tortillas
½ lb (225 g)	Sliced <b>chicken</b> or baked <b>ham</b>
1	<b>Cucumber</b> , sliced
½ Cup	Shredded <b>cheddar</b> or <b>mozzarella cheese</b>
1	<b>Tomato</b> , sliced or diced
½ head	<b>Romaine</b> or <b>leaf lettuce</b> , cleaned, dried and cut into bite-size pieces
½	<b>Sweet pepper</b> , any colour, sliced thinly
2 or 3	<b>Dill pickles</b> , sliced
½ small	<b>Red onion</b> , sliced thinly
½ Cup (80 mL)	Mayonnaise, ranch dressing, Italian dressing, barbecue sauce or other sauce of choice
About 1 lb (454 g)	<b>Veggie sticks</b> and cut up <b>fruit</b>
As needed	Ranch dressing for dipping (see below for recipe)

### Directions

*Note:* Wash all produce well.

1. Place buns or wraps and ingredients on each plate, tray or table. Have each family member make their own sub, wrap, or picnic plate the way they like it. If you make extra, everyone can pack a picnic lunch in a sealed container for the next day!

## Bonus Recipe: Ranch Dressing

### Ingredients

1 Tbsp (15 mL)	Dried <b>parsley</b> or 2 Tbsp (30 mL) fresh chopped <b>parsley</b>
1 tsp (5 mL)	Garlic powder
1 tsp (5 mL)	Onion powder
½ tsp (2 mL)	Dried <b>dill</b>
½ tsp (2 mL)	Ground black pepper
½ tsp (2 mL)	Salt
1 Cup (250 mL)	Real mayonnaise
1 Cup (250 mL)	<b>Buttermilk</b> or <b>plain yogurt</b>
2 tsp (10 mL)	<b>Apple cider vinegar</b> , or white vinegar, or lemon juice

### Directions

*Note:* Makes a little over 2 Cups (500 mL). This dressing will keep well if tightly covered and refrigerated.

1. Hand-whisk all ingredients together in a bowl. For an easy Caesar-like dressing, add parmesan cheese.



## Create Your Plate!

### Veg It Up

Add fresh ingredients like parsley, green onions, cilantro, basil, dill, garlic, onion or chilies when mixing the ranch dip to create your own family favourite dressing.

### Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

## Note From the Authors

"It's really fun for kids (and grownups) to get the sandwich shop experience at home or school. And it's easy to do with a little planning. Bonus: the family can build their lunch box for the next day!"

- Jenny & Rosie

- ★ Sauce: Sweet chili mayo, garlic mayo, curry mayo, teriyaki sauce, barbecue sauce, Caesar dressing, pesto, honey or dijon mustard, cranberry sauce
- ★ Veggie sticks: **Carrots, broccoli, sweet peppers, celery, turnip, cauliflower, cucumbers, radish**
- ★ **Popcorn** or pretzels
- ★ **Kale, potato** or veggie chips
- ★ **Potato** salad
- ★ **Coleslaw** or **broccoli slaw**
- ★ **Fruit** or **smoothie popsicle**
- ★ More filling ideas:
  - ★ **Egg**
  - ★ Tuna
  - ★ **Beef**
  - ★ **Turkey**
  - ★ Hummus
  - ★ Jamaican baked chicken
- ★ More topping ideas:
  - ★ Banana pepper rings
  - ★ Sliced olives
  - ★ **Pea shoots** and **sprouts**
  - ★ **Pickled beets**



Carrot



Broccoli



Pepper



Celery



Turnip



Cauliflower



Cucumber



Radish



Sweet Potato



Popcorn



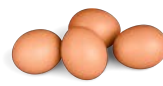
Veggie Chips



Slaw



Fruit



Eggs



Pea Shoots



Beets



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