

COLLECTIVE KITCHEN RECIPES

The following is a collection of recipes that have been used for past Food Families Collective Kitchens.

MINI LASAGNAS

Ingredients:

Filling

- 1 lb. extra-lean ground beef
- Minced onions (to taste)
- Salt and pepper (to taste)
- 1 cup of light ricotta cheese
- $\frac{3}{4}$ cup cottage cheese
- 12 2-inch Wonton wrappers or lasagna noodles cooked
- Add any other vegetables you might like

Sauce

- 1 jar (650 mL) of tomato sauce

Topping

- $\frac{1}{3}$ cup of mozzarella cheese

Directions:

1. Sautee beef, onions, and other vegetables you wish to add.
2. Remove from heat and add ricotta and cottage cheese.
3. Start to assemble by spraying muffin tins with cooking spray. Place first wonton layers.
4. Add beef mixture, sauce mixture, salt and pepper, and sprinkle mozzarella cheese.
5. To cook, heat oven to 375°F and bake 15 to 20 minutes.



BREAKFAST BURRITOS

Ingredients:

- 1 dozen eggs
- ¼ cup of milk
- Salt and pepper (to taste)
- Large tortilla shells
- Shredded cheddar cheese (to desired amount)

Optional Ingredients:

- Green onions/sweet onions
- Green bell peppers
- Mushrooms
- Spinach
- Tomatoes

Directions:

1. Combine all ingredients in frying pan and mix thoroughly.
2. Lay out 1 square foot of saran wrap and place one large tortilla shell in the middle.
3. Scoop scrambled eggs onto tortilla shell and add shredded cheese.
4. Fold, wrap, and place into freezer bags.



LEMON PEPPER CHICKEN

Ingredients:

- 3 chicken breasts
- 4 cloves of garlic
- 6 lemons, juiced
- ½ cup parsley, chopped
- Salt and pepper (to taste)
- 2 tsp lemon pepper seasoning
- 1 bag of carrots
- 3 red potatoes, diced
- 3 tsp olive oil

Directions:

1. Mix the above ingredients into a freezer bag.
2. When ready, put in crock-pot or oven to cook.

Crock Pot:

- Cover and cook on low for 5 to 6 hours.
- Baste chicken with cooking juice, if possible.

Oven:

- Preheat oven to 350°F (175°C).
- Place freezer bag ingredients in a baking dish, spreading ingredients throughout pan.
- Bake in preheated oven for 15 minutes.
- Turn over chicken pieces and bake for an additional 15 minutes or until chicken is cooked through and juices run clear.



OATMEAL BLUEBERRY MUFFINS

Ingredients:

- 1 package of oatmeal muffin mix
- 2 eggs
- $\frac{3}{4}$ cup of milk
- $\frac{1}{4}$ cup of vegetable oil
- 1 half-pint blueberries

Directions:

1. Preheat the oven to between 375°F and 425°F (check your specific recipe directions from the muffin mix).
2. Using a wooden spoon, mix the blueberries, milk, eggs, and muffin mix until all the dry ingredients are moistened. There should be some small lumps.
3. Line the muffin tins with paper liners.
4. Fill each muffin cup to $\frac{3}{4}$ full with the mixture.
5. Fill any empty cups with a small amount of water to keep the heat evenly distributed in the pan.
6. When baking more than one pan of muffins, allow enough room around each pan and between pans and the sides of the oven for the heat to circulate. You may need to rotate the pans during baking.
7. To test for doneness, insert a wooden toothpick into the centre of one of the centre muffins in the pan. Most muffin recipes will call for the pick to come out clean or with a few moist crumbs clinging to it.



VEGETABLE STIR-FRY WITH SAUCE

Ingredients:

- 1 green or red pepper
- ½ sweet onion
- 1 bag of baby carrots
- 1 head of broccoli
- 1 bag of snap peas
- 3 peeled garlic cloves
- Salt and pepper (to taste)
- 1 Tbsp oil

Sauce:

- 4 Tbsp soy sauce
- 2 Tbsp chicken broth
- 1 Tbsp rice wine vinegar
- 1 tsp sesame oil

Directions:

1. Slice peppers lengthwise.
2. Thinly slice the onion.
3. Quarter each of the baby carrots.
4. Cut broccoli into florets (the small flowers making up the flower head).
5. Trim the ends of the snap peas.
6. Mince the garlic cloves and add any salt and pepper to taste.
7. Place all vegetable ingredients in a freezer bag.
8. Put the sauce in a separate container/bag and store together with the vegetables.
9. When ready to cook, heat the oil in a wok or large deep skillet on medium-high heat.
10. Add vegetables and fry for 5 to 7 minutes or until vegetables are tender-crisp.
11. Add the sauce and fry until well blended.



SCALLOPED POTATOES WITH HAM AND BROCCOLI

Ingredients:

- 1 bag of frozen diced hash browns
- 1 head of broccoli
- 2 sweet onions
- 2 ham steaks
- 2 cans of creamy mushroom soup
- 2 cans of water
- Salt and pepper (to taste)

Directions:

1. Chop broccoli into bite-sized florets.
2. Finely chop onions.
3. Dice the ham steaks.
4. Mix 2 cans of soup and 2 cans of water in a separate bowl.
5. Assemble all ingredients into a freezer bag. Keep the hash browns separate in the freezer until ready to cook.
6. When ready to cook, place all ingredients into a 9 x 13 pan and bake at 350°F for 30 to 35 minutes.



TRAIL MIX

Ingredients:

The amount of each of the ingredients will depend on how many servings you need/want.

- Raw pumpkin seeds
- Sunflower seeds
- Peanuts
- Cranberries
- Greek yogurt covered raisins
- Shreddies
- Snap peas
- Chick peas
- Banana chips

Directions:

1. Mix the ingredients into a bus bin or large bowl.
2. Stir and portion into snack bags.



SALSA

Ingredients:

- ½ cup pureed tomatoes
- 2 Tbsp chopped peppers
- 2 tsp minced onion
- Juice from 4 lime wedges
- 1 tsp sugar
- ½ tsp minced jalapeno
- Pinch of salt and pepper

Directions:

1. Combine all ingredients into a 250 mL jar.
2. Wipe the edge of the jar then place the seal and tighten the lid.
3. Serve chilled.



RASPBERRY REFRIGERATOR JAM

Ingredients:

- 4 cups of raspberries
- 1 pouch Bernardin No Sugar Pectin

Directions:

1. Wash and crush raspberries one layer at a time using a potato masher.
2. In a mixing bowl, combine the No Sugar Pectin with the raspberries.
3. Mix well by stirring for up to 3 minutes.
4. Ladle the jam into jars, leaving ½ inch (1 cm) headspace.
5. Wipe the jar rims, removing any residue and apply the lids tightly.
6. Let the jam stand until thickened (about 30 minutes).
7. Refrigerate up to 3 weeks.

