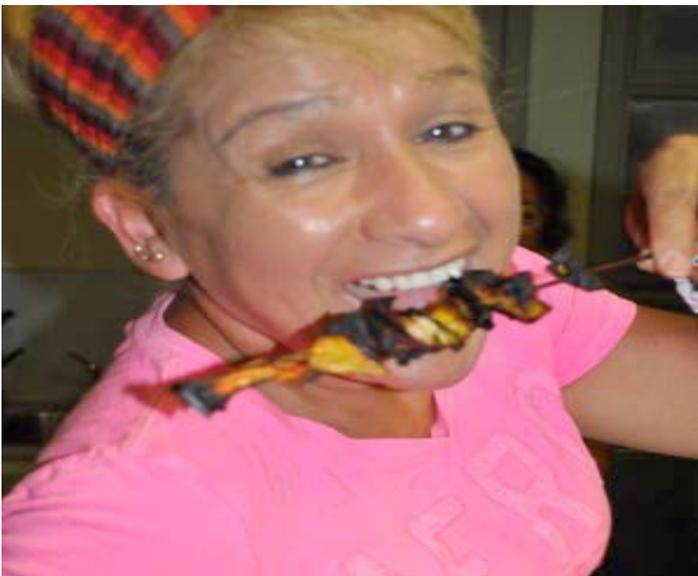




Cook and Connect



Recipes for Good Health

- Culturally Rich
- Well-Balanced
- Tasty and Fun
- Quick and Easy





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Mississauga Fruit Tree

2012

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INTRODUCTION

This recipe book was developed as a part of the Cook and Connect program of the Mississauga Fruit Tree. Cook and Connect bridges the gap between seniors and youth in the Malton community and promote social interaction between the different age groups and cultures within the population.

This program falls in line with the mission of Mississauga Fruit Tree to promote equitable access to fresh local fruit and community initiatives for strengthening and empowering neighbors to share in the harvest of surplus fruits that would otherwise go unpicked or be wasted.

In 2012, we held over 15 Cook and Connect group sessions in partnership with a number of organizations in Malton, Mississauga and Brampton. Recipes used were selected from this compilation of recipes. They are from a variety of sources and were evaluated and approved by nutritionist, Rebecca Nazareth. We have included photos from the group in this booklet and have highlighted the group's favorite recipes by the green header throughout the booklet.

There are many benefits to practicing a healthy lifestyle through healthy eating. Healthy living begins with eating the right foods, being active and keeping our stress levels low. Choosing the right foods, right portions and right times to eat healthy foods can provide you with good nutrition to achieve a healthy lifestyle which in turn can prevent disease.

Some helpful handouts you can use to become familiar with portion sizes are the *"Plate Method"* and *"Handy Portion Guides"* which can be found following the recipes to view these guides.

In this book you will find recipes that will provide you with a variety of nutrients, vitamins and minerals. All the recipes have been modified to be heart friendly, healthy recipes to provide increased fibre, reduced salt, fat and sugar. As well, healthier low fat dessert options have been provided to allow you to continue to enjoy your desserts while staying healthy.

The recipes are organized by cultures and will give you a flavor or a variety of foods including: South America, Caribbean, Middle East, South Asia and South East Asia. We encourage you to try the recipes in this book as they will enable you to reach your goals for a healthy lifestyle by incorporating a wide array of nutrients into your daily living. Enjoy and get cooking!!

Cook and Connect Recipes: P3

Special Thanks to:

Knights Table

Mississauga Food Bank

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QUICK TIPS FOR A WELL-BALANCED DIET

Some quick tips from our Cook and Connect chefs that you can use on a daily basis towards achieving a healthy lifestyle include:

- Use a variety of fruits and vegetables to get an array of nutrients through meals and snacks
- Avoid processed and packaged foods; always remember, “Fresh is best.”
- Measure and limit salt and oil when cooking. Aim to use plant-based oils, skim fats off meats, bake and grill instead of deep-frying or eating fast foods.
- Ensure you eat a meal or snack within an hour of waking up and keep your meals 4-6 hours apart with snacks being 2 hours after meals.
- Ensure you use water as your main source of fluid and avoid simple sugar juices, and pop.
- Avoid heavy-laden, creamy salad dressings and desserts and try to use clear dressings.
- Increase your fibre intake daily through whole grains, fruits with the skin and vegetables.



Meals by Culture – South America

Guacomole



RECIPE DETAILS:

Type: Appetizers

Portion: Serves 2

Source: Adapted from allrecipes.com

Other Notes: Avocado is a great healthy fat and a source of vitamin K, dietary fiber, vitamin B6, vitamin C, folate, potassium, copper and oleic acid. It can help reduce bad cholesterol and aid in regulating blood pressure.

INGREDIENTS:

2 avocados - peeled, pitted, and mashed

1 lemon, juiced

1/2 teaspoon salt

1/2 cup diced onion

2 tablespoons chopped fresh cilantro or dill weed

1 diced red pepper

1 teaspoon minced garlic

DIRECTIONS:

In a medium bowl, mash together the avocados, blend in all ingredients, refrigerate and use after 30minutes. Serve with corn tortilla chips.



Meals by Culture – South America

Salsa



RECIPE DETAILS:

Type: Appetizers

Portion: Serves 2

Source: Adapted from mexgrocer.com

Other Notes: Adding beans, corn and pear provide more fibre to a standard salsa and can help reduce bad cholesterol. Tomatoes are a good source of Vitamin C, Vitamin A, potassium and antioxidants, which help prevent cancers.

INGREDIENTS:

4 ripe Tomatoes

2 small Tomatillos

1 medium Red Onion

1 bunch Cilantro

1 Asian Pear peeled, cored and cut into chunks

1 can Black Beans drained

1 can Corn drained

2 Limes

Salt and Pepper to taste

Tortilla Chips for dipping

DIRECTIONS:

Cut all ingredients in a small dice and combine. Toss and chill. Enjoy this delicious Mexican recipe as a condiment or a dip with chips.



Meals by Culture – South America

Black Bean and Chirozo Empanadas



RECIPE DETAILS:

Type: Main Course

Portion: Serves 5

Source: Modified and adapted from ifood.tv

Other Notes: Other Notes: Combining meat with higher fat content with beans helps increase the fibre in this recipe, which can aid with lowering cholesterol. Draining the fat from the sausage helps to reduce intake of unhealthy saturated fats. Cilantro is an excellent source of many vitamins, minerals, antioxidants and essential oils.

INGREDIENTS:

10 medium (1pkg) empanada wraps	15oz can black beans
2 medium chorizo sausages	2tbsp olive oil
¼ cup red onion	
¼ cup cilantro	

DIRECTIONS:

- 1) In a saute pan, add oil and begin rendering the chorizo sausages. Saute for about 10 minutes stirring often to fully cook sausage. If Chorizo was fully cooked in package, reduce cooking time to 5 minutes. Drain the fat from the sausages before using in dish.
- 2) Stir in the red onion, cilantro, and black beans. Stir occasionally and cook for about 2 minutes.
- 3) Turn off the heat and mash the mixture together forming the filling for the Empanadas.
- 4) Lay out an Empanada wrap and add a heaping tablespoon of the filling (careful not too over stuff) and press down on filling slightly. Fold the wrap over in half to make a football shape. Press around edges with your fingers to seal, and then use the tines of a fork to crimp the edges.
- 5) In a dry, non-stick skillet, cook a few minute per side until slightly brown and crispy. Alternately cook then in a convection oven or fry them.
- 6) Top the Black Bean & Chorizo Empanadas with Cumin & Cilantro and serve. Note: You can substitute black beans and sausages with turkey or chicken.



Meals by Culture – South America

Quesadilla



RECIPE DETAILS:

Type: Main Course

Portion: Serves 6

Source: Developed by Rebecca Nazareth RD

Other Notes: *See below*

INGREDIENTS:

1 cup corn
1 cup green peppers
1 cup red peppers
1 cup cooked chicken
1 cup shredded cheddar cheese (<20% M.F)
6 whole wheat tortillas
¼ tsp salt
¼ tsp pepper
¼ tsp mustard powder
1 tbsp olive oil

DIRECTIONS:

- Wash all vegetables.
- Dice green peppers and red peppers into cubes.
- In a frying pan, heat olive oil and sauté corn, green and red peppers.
- Add seasoning to vegetables; salt, pepper, mustard powder.
- Stir and add chicken till browned.
- Add salsa to the mixture and toss.
- Spread mixture onto tortilla
- Top with cheese
- Fold into quarter and place in Panini press. If you do not have a Panini press you can brown each side on a pan. Ready to serve.

Other Notes: The vegetables provide Vitamin C, potassium, Vitamin A and fibre that help improve your immune system, regulate blood pressure, and strengthen eyesight and lower cholesterol. Using cheeses with a milk fat (M.F) content of <20% helps decrease your intake of saturated fats which helps prevent heart diseases. Using whole-wheat tortillas provide additional fibre to lower cholesterol. Mustard powder is a great source of omega-3 fatty acids, calcium, dietary fiber, iron, manganese, magnesium, niacin, phosphorus, protein, selenium and zinc all of which can aid in arthritis, asthma, blood pressure and certain cancers.



Meals by Culture – South America

Folate Quesadilla



RECIPE DETAILS:

Type: Main Course

Portion: Serves 3

Source: Developed by Rebecca Nazareth RD

Other Notes: Folate rich foods are important to prevent spine and brain problems as well as anemia so you will not feel tired.

Look for dark leafy greens (spinach, broccoli, okra, bok choy, peas), beans (black, kidney, lima), beets, nuts and seeds (sunflower seeds, peanuts, hazelnuts), oranges, eggs, chicken liver. Try to have one folate rich food a day!

INGREDIENTS:

3/4 teaspoon vegetable oil
1/4 onion, finely diced
1/2 clove garlic, minced
1/4 (15 ounce) can black beans,
rinsed and drained
1/4 green bell pepper, chopped

1 cup green spinach
1/2 tomatoes, chopped
1/8 (10 ounce) package frozen corn
3 (12 inch) flour tortillas
1/4 cup shredded Cheddar cheese
1/2 cup ground beef

DIRECTIONS:

1. Boil the beef and drain water and set aside.
2. Heat 1 tablespoon oil in a skillet over medium heat, and sauté the onion and garlic until soft. Mix in beans, bell pepper, tomatoes, and corn; cook until heated through. If you want beef, mix in beef at this time in the bean and vegetable mixture.
3. Spread 6 tortillas with equal amounts of the bean and vegetable mixture. Sprinkle with equal amounts of the Cheddar cheese, and top with the remaining tortillas to form quesadillas. Heat 1/4 cup oil in a large skillet over medium-high heat. Place quesadillas in the skillet and cook, turning once, until cheese is melted and lightly browned.



Meals by Culture – Caribbean

Goat Curry



RECIPE DETAILS:

Type: Main Course

Portion: Serve 8-12

Source: Adapted from simplyrecipes.com

Other Notes: Adding vegetables and draining the fat from the goat meat can make for a healthy goat curry although goat meat is higher in saturated fats. All spice contains essential minerals, antioxidants and anti inflammation benefits. Thyme is a source of potassium, iron, calcium, manganese, iron, Vitamin A, C and fibre. It can aid to prevent cancer and reduce stress.

INGREDIENTS:

1/4 cup vegetable oil	and minced
6-8 Tbsp curry powder	1 head of garlic, peeled and chopped
1 Tbsp allspice (see step 1)	1-2 cans coconut milk
3 pounds goat (can use lamb or beef if you can't find goat)	1 15-ounce can of tomato sauce or crushed tomatoes
Salt	1 Tbsp dried thyme
2 onions, chopped	3-4 cups water
1-2 habanero or Scotch bonnet peppers, seeded and chopped	5 Yukon gold potatoes, peeled and cut into 1-inch chunks
A 2-inch piece of ginger, peeled	

DIRECTIONS:

- 1** Make the curry powder. If you can find Jamaican curry powder, definitely use it. If not, use regular curry powder and add the allspice to it. You will need at least 6 tablespoons of spices for this stew, and you can kick it up to 8-9 depending on how spicy you like it.
- 2** Cut the meat into large chunks, maybe 2-3 inches across. If you have bones, you can use them, too. Salt everything well and set aside to come to room temperature for about 30 minutes.
- 3** Heat the oil in a large pot over medium-high heat. Mix in 2 tablespoons of the curry powder and heat until fragrant.



Meals by Culture – Caribbean

Goat Curry



DIRECTIONS CONTINUED FROM P10

4 Pat the meat dry and brown well in the curried oil. Do this in batches and don't overcrowd the pot. It will take a while to do this, maybe 30 minutes or so. Set the browned meat aside in a bowl. (When all the meat is browned, if you have bones, add them and brown them, too.)

5 Add the onions and habanero to the pot and sauté, stirring from time to time, until the onions just start to brown, about 5 minutes. Sprinkle some salt over them as they cook. Add the ginger and garlic, mix well and sauté for another 1-2 minutes.

6 Put the meat (and bones, if using) back into the pot, along with any juices left in the bowl. Mix well. Pour in the coconut milk and tomatoes and 5 tablespoons of the curry powder. Stir to combine. If you are using 2 cans of coconut milk, add 3 cups of water. If you're only using 1 can, add 4 cups of water. Add the thyme. Bring to a simmer and let it cook until the meat is falling-apart tender, which will take at least 2 hours. Longer if you have a mature goat.

7 Once the meat is close to being done – tender but not falling apart yet – Add the potatoes and mix in. The stew is done when the potatoes are. Taste for salt and add some if it needs it.

8 You might need to skim off the layer of fat at the top of the curry before serving. Do this with a large, shallow spoon, skimming into a bowl. Also, be sure to remove any bones before you serve the curry.

The stew is better the day after, or even several days after, the day you make it.

Serve with Jamaican rice and peas, a coconut rice with kidney beans.



Meals by Culture – Middle Eastern

Lentil and Tofu Curry with Quinoa



RECIPE DETAILS:

Type: Main Course

Portion: Serves 10

Source: cookwithme.com

Other Notes: This recipe uses quinoa as an alternative grain, which contains nine essential amino acids and riboflavin. It provides stamina, energy and improves metabolism. Tofu is high in selenium and soy protein, which acts as an antioxidant and aids in lowering total cholesterol. Using lentils and vegetables in this recipe provides a high fibre meal.

INGREDIENTS:

1 (16oz.) block of firm tofu (drained and pressed) cut into 1 inch dice

1 onion large (chopped)

1 large carrot (peeled and sliced)

1 cup of frozen green peas (thawed) not canned (they get mushy)

1 medium potato (peeled and diced)

1 (16oz.) can of lentils (not drained)

1 (16oz.) can of chopped tomatoes (drained) or 1 fresh (chopped)

1 (4oz.) can of green chiles or fresh $\frac{1}{4}$ cup

4 - 5 curry leaves (optional) if available

2 Tbsp of vegetable oil

1 tsp of garam masala

1 - 2 Tbsp of Madras curry powder (any other will do good too)

1 cup of vegetable broth

salt and black pepper to taste

1 package of quinoa plain (enough for 10 people or 2 boxes for more than 10)

Salad: cucumber 5, 2 large tomatoes, radish 1 bunch

Lemon juice 2-3tbsp



Meals by Culture – Middle Eastern

Lentil and Tofu Curry with Quinoa



DIRECTIONS:

- In a medium pot of water place carrot and potato to boil partially and set aside.
- In a large saute pan over medium, heat the oil and fry the tofu for about 4 minutes until just light browned and sprinkle with salt & pepper. Set aside
- Add the chopped onion and chiles, fry until just fragrant, add the garam masala and stir.
- After a couple of minutes of adding the garam masala bring in the rest of the vegetables and the curry powder, stir to combine all the ingredients. Mix in the tofu.
- Add the curry leaves and the vegetable broth, lower the heat to a simmer and adjust the curry and masala seasonings according to your personal taste, cover with a lid.
- Simmer for about 45 minutes to 1 hour stirring occasionally. Let the simmering do the rest.
- Serve with quinoa, rice or couscous



Meals by Culture – Middle Eastern

Beef Kebab



RECIPE DETAILS:

Type: Main Course

Portion: Serves 4

Source: Modified and adapted from momswhothink.com

Other Notes: Parsley is rich in folic acid, Vitamin C and Vitamin A, all of which aid in improved heart health. Using a reduced sodium soy sauce for this recipe can help reduce salt intake to better control blood pressure. Beef is rich in iron and unhealthy saturated fat. Grilling, boiling, poaching and baking are a few different ways to cook meat and remove unhealthy fats.

INGREDIENTS:

MARINADE:

1 tablespoon olive oil
2 tablespoons fresh lime juice or vinegar
1 tablespoon soy sauce
2 tablespoons fresh parsley or cilantro, minced
1 clove of garlic , crushed
fresh ground pepper to taste
salt to taste

MEAT AND VEGETABLES:

1 pound lean beef tenderloin
1 large red onion
8 ounces button mushrooms
8 cherry tomatoes or 1 large whole tomato



Meals by Culture – Middle Eastern

Beef Kebab



DIRECTIONS:

MARINADE:

- Whisk together all marinade ingredients in a large bowl. Remove half of marinade to a smaller bowl so meat and vegetables can be marinated separately. Place meat in smaller bowl, letting it remain for 30 minutes at room temperature. Marinate vegetables in larger bowl for 30 minutes at room temperature.
- Turn meat and vegetables several times while they are marinating to coat all sides.

PREPARATION:

- Cut tenderloin into 1-inch square cubes. Quarter onion and separate curved sections so they can be placed on skewer and wrapped loosely around the next item on skewer. Chop bell peppers into 4 sections and cut each section, shaping pieces so they are approximately an inch or less square and can easily fit onto skewer. If a large whole tomato is used instead of cherry tomatoes, cut whole tomato into 8 wedges.
- Begin to assemble kebab alternating meat, onion, pepper, mushroom, and tomato, leaving a small amount of space between each item. Leave the mushrooms whole, inserting skewer into the base of the mushroom and through the top. Select firm parts of tomato for inserting skewer so it stays positioned on skewer as the kebabs cook on the grill.
- Preheat grill on medium heat. When ready to grill, place the skewers on the grill grate, keeping each skewer 1 to 2 inches away from the next skewer.
- Allow the kebabs to cook for several minutes on each side, gently brushing remaining marinade on the kebabs and turning them 2 to 3 times to cook all surfaces.



Meals by Culture – South Asia

Chickpea Burger



RECIPE DETAILS:

Type: Main Course

Portion: Serves 30

Source: allrecipes.com

Other Notes: Chickpeas are high in fibre, magnesium, folate, protein, soluble and insoluble fibre which can aid with decreasing bad LDL cholesterol and act as a good source of protein. Wheat germ helps with lowering blood pressure and raising good cholesterol.

INGREDIENTS:

15 cups chickpeas (8 cans if they are 540ml)	10 large Tomatoes
¾ cup whole-wheat flour	5 large Cucumbers
10 cloves garlic	30 mini whole wheat buns
1/3 cup wheat germ	¾ cup oil (to fry bugers)
1/3 cup onion (1 large onion)	2 Tbsp Lemon Juice
¼ cup low sodium soy sauce	¼ cup potatoes
2 tbsp salt	¼ cup cooked chickpeas
¾ cup sour cream (large tub)	⅓ Cup Frozen Peas
¾ cup salsa (large bottle)	¼ Cup Green Onion
	2 Tbsp Cilantro, freshly chopped

DIRECTIONS:

- 1) Mash garbanzo beans, whole-wheat flour, garlic, wheat germ, onion, soy sauce and salt together till well mixed.
 - 2) Shape the burger mixture into one inch balls and flatten
 - 3) Use 1 tbsp oil for 4 burgers to fry in a well heated pan, flip and fry till brown on both sides
 - 4) Mix sour cream and salsa in equal ratio to use as a spread
 - 5) Serve on a whole wheat bun with sliced cucumber and tomato
- Notes: this can be baked time permitting.



Meals by Culture – South Asia

Crepe Filling: Spinach with Mushrooms and Onions



RECIPE DETAILS:

Type: Main Course

Portion: Serves 30

Source: epicurious.com

Other Notes: Spinach is a high source of fibre, iron, vitamins A and C among other nutrients, which help with cancer, heart disease and cataracts.

Oregano aids in reducing bacteria, and fungi. It is also a good source of vitamin C, A, calcium, iron and manganese.

INGREDIENTS:

8 medium onions

½ cup oil (vegetable or sunflower or canola)

7 packages of mushroom for 22 cups sliced mushrooms (medium box)

7 cloves of garlic

1 ¼ tbsp dried oregano (or any other herb you have, this is for seasoning)

1 ¼ tsp salt

1 ¾ pepper

7 bags (285g) coarsely chopped fresh spinach (already chopped frozen is okay to minimize cutting)

15 fresh tomatoes or 3-4 large canned tomatoes (no added salt) to minimize cutting

¾ cup sour cream (large tub)

DIRECTIONS:

1. Wash mushrooms, thaw spinach if frozen and drain set aside.
2. In a large nonstick ovenproof skillet, heat oil over medium heat
3. Cook onion, mushrooms, garlic, oregano, salt and pepper until liquid is evaporated, about 8 minutes
4. Add spinach; cover and cook, stirring once, just until spinach is wilted, about 5 minutes
5. Add chopped fresh tomatoes or canned tomatoes and simmer for 5-7min to thicken.
6. Saute, add salt and pepper to taste



Meals by Culture – South Asia

Asian Crepe



RECIPE DETAILS:

Type: Main Course

Portion: Serves 50

Source: epicurious.com

Other Notes: Applesauce or prune spread can make for an excellent substitute for sugar in this recipe. Using a variety of vegetables, cucumber and tomatoes provides additional fibre. Using sour cream instead of a high fat whip cream lowers your intake of saturated fat.

INGREDIENTS:

6 ¼ cups milk (1litre)	¾ cup salsa (large bottle)
8 1/3 cups water (2 litres)	10 large Tomatoes
3 cups margarine (710g)	5 large Cucumbers
1 ½ cups vanilla extract (375ml)	30 mini whole wheat buns
12 ½ cups all purpose flour (1.6kg)	¾ cup oil (to fry bugers)
¾ cup sugar	2 Tbsp Lemon Juice
1 tbsp salt	¼ cup potatoes
¾ cup oil	¼ cup cooked chickpeas
15 fresh tomatoes or 3-4 large canned tomatoes (no added salt)	⅓ Cup Frozen Peas
¾ cup sour cream (large tub)	¼ Cup Green Onion
	2 Tbsp Cilantro, freshly chopped

DIRECTIONS:

1. In a medium bowl, mix together milk, water, melted butter, and vanilla extract.
2. In a small bowl, thoroughly mix flour, sugar, and salt.
3. Whisk flour mixture into milk mixture until batter is smooth. Cover and refrigerate 2 hours.
4. Warm a medium skillet over medium-high heat.
5. Coat pan with a small amount of vegetable oil and pour in about 2 tablespoons of crepe batter.
6. Swirl pan to allow batter to spread out thinly.
7. Cook until edges are crispy and golden, then flip to cook other side until lightly browned.



Meals by Culture – South Asia

Tandoori Chicken



RECIPE DETAILS:

Type: Main Course

Portion: Serves 4

Source: Adapted from Juliet Veera

Other Notes: Using yogurt instead of a high fat cream and trimming the fat from the meat helps to decrease your intake of saturated fat which protects against heart disease. Turmeric contains anti-fungal, anti-inflammation and anti-flatulent properties as well as several vitamins and minerals that help improve your immune system.

INGREDIENTS:

1 cup nonfat plain yogurt	1/2 teaspoon salt, or to taste
1 small onion, minced	1/4 teaspoon freshly ground pepper
2 cloves garlic, minced	1/4 teaspoon ground cinnamon
1 1/2 tablespoons lemon juice	Pinch of ground cloves
1 teaspoon chopped fresh cilantro	4 bone-in chicken thighs, (about 1 1/2 pounds), skinned and trimmed of fat
1/2 teaspoon paprika	
1/2 teaspoon ground cumin	
1/2 teaspoon ground turmeric	
1/2 teaspoon ground ginger	

DIRECTIONS:

1. Stir together yogurt, onion and garlic in a shallow glass dish. Add lemon juice, cilantro, paprika, cumin, turmeric, ginger, salt, pepper, cinnamon and cloves. Add chicken and coat well. Cover and marinate in the refrigerator for at least 2 hours or overnight.
2. Preheat oven to 500°F. Coat a wire rack with cooking spray and set it over a foil-covered baking sheet. Place the chicken on the prepared rack.
3. Bake the chicken until browned and no trace of pink remains in the center, 25 to 30 minutes. Serve hot.

Note: the chicken could be marinated overnight



Meals by Culture – South East Asia

Won Ton Soup



RECIPE DETAILS:

Type: Appetizers

Portion: Serves 8

Source: Adapted from myrecipes.com

Other Notes: Turkey contains folic acid, vitamins B, B₁, B₆, zinc and potassium which help prevent heart disease, control blood pressure and boost the immune system. Using a variety of stuffing's in the won-ton wrappers is what makes this recipe versatile.

INGREDIENTS:

Won tons:

- 4 ounces ground turkey \$
- 2 tablespoons chopped green onions
- 1 tablespoon hoisin sauce
- 2 teaspoons low-sodium soy sauce
- 2 garlic cloves, peeled
- 16 won ton wrappers
- 2 teaspoons cornstarch

Soup:

- 2 teaspoons olive oil \$
- 1/4 cup diced carrot
- 1/4 cup chopped green onions
- 3 cups water
- 2 tablespoons rice vinegar
- 1 teaspoon minced peeled fresh ginger
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 3 (16-ounce) cans fat-free, less-sodium chicken broth
- 2 cups sliced spinach
- 1 (14.5-ounce) can diced tomatoes, drained



Meals by Culture – South East Asia

Won Ton Soup



DIRECTIONS:

- To prepare won tons, place first 5 ingredients in a food processor. Process until well-combined, scraping the sides of bowl once. Working with 1 won ton wrapper at a time (cover the remaining wrappers with a damp towel to keep them from drying), spoon about 1 tablespoon turkey mixture into center of each wrapper. Moisten edges of dough with water; bring 2 opposite corners to center, pinching points to seal. Bring the remaining 2 corners to center, pinching points to seal. Pinch 4 edges together to seal. Place the dumplings on a large baking sheet sprinkled with cornstarch (cover with a damp towel to keep them from drying).
- To prepare soup, heat oil in a Dutch oven over medium-high heat until hot. Add carrot and 1/4 cup green onions, and sauté for 3 minutes or until tender. Add water and the next 5 ingredients (water through broth), and bring to a boil. Add won tons; reduce heat, and simmer for 6 minutes. Stir in spinach and tomatoes. Serve immediately.



Meals by Culture – South East Asia

Tofu Stir-Fry



RECIPE DETAILS:

Type: Main Course

Portion: Serves 2

Source: Adapted from epicurious.com

Other Notes: Mangetout is a good source of vitamin C, calcium, potassium, magnesium, fibre and beta carotene. It helps in having a healthy nervous system, strong teeth, and controlling blood pressure.

INGREDIENTS:

3 tbsp sunflower oil	Bunch of spring onions, sliced
250g firm tofu, drained and cut into domino-sized pieces	100g baby spinach
5cm piece fresh ginger, cut into thin strips	100g enoki mushrooms, separated
2 fat garlic cloves	2 tbsp Shaohsing rice wine (from Waitrose and Oriental supermarkets) or dry sherry
150g (2 medium) carrots, cut into long thin matchsticks	½ tsp sugar
100g mangetout, halved on the diagonal	4 tsp Japanese soy sauce or dark soy sauce
200g shiitake mushrooms, sliced	2 tsp rice vinegar
225g can bamboo shoots, drained and rinsed	½ tsp sesame oil
	2 tbsp oyster sauce

DIRECTIONS:

- Heat wok or large, deep frying pan over high heat. Add 1 tbsp sunflower oil and the tofu and stir-fry for 1 minute. Tip onto a plate and set aside.
- Add the remaining oil to the wok or frying pan with the ginger, garlic, carrot and mangetout, and stir-fry for 3 minutes until just tender.
- Add the shiitake mushrooms, bamboo shoots, spring onion and spinach, and stir-fry for 1 minute. Return the tofu to the pan with the enoki mushrooms, rice wine, sugar, soy sauce, rice vinegar, sesame oil and oyster sauce, and toss for 1 minute. Serve with brown rice.

Meals by Culture – South East Asia

Ginger Beef Stir Fry



RECIPE DETAILS:

Type: Main Course

Portion: Serves 4

Source: Modified and Adapted from healthyonline.com

Other Notes: Broccoli is rich in folic acid, potassium, vitamin C and fibre. It helps to prevent cancer, maintain a good nervous system, and regulate blood pressure.

INGREDIENTS:

8 oz beef round steak

½ cup reduced sodium beef broth or vegetable broth

3 tbsp reduced sodium soy sauce

2 ½ tsp cornstarch

1 tsp sugar

1 tsp grated fresh ginger

Non stick cooking spray

1 ¼ pounds asparagus trimmed

3 cups broccoli heads

1 ½ cups mushrooms

4 green onions

1 tbsp cooking oil

2 cups brown rice

DIRECTIONS:

1) Trim fat from beef. Thinly slice beef across the grain into bite-size strips. Set aside. For the sauce, in a small bowl stir together the beef broth, soy sauce, cornstarch, sugar, and ginger; set aside.

2) Lightly coat an unheated wok or large skillet with nonstick cooking spray. Preheat over medium-high heat. Add asparagus, mushrooms, and green onions. Stir-fry for 3 to 4 minutes or until vegetables are crisp-tender. Remove from wok or skillet.

3) Carefully add the oil to wok or skillet. Add beef; stir-fry for 2 to 3 minutes or until brown. Push the beef from center of the wok or skillet. Stir sauce. Add sauce to center of wok or skillet. Cook and stir until thickened and bubbly.

4) Return vegetables to wok or skillet. Stir all ingredients together to coat with sauce; heat through. Serve immediately over hot cooked brown rice.



Beverages

Smoothies



RECIPE DETAILS:

Type: Beverage

Portion:

Source: Smoothie recipes adapted and modified from Dietitians of Canada and epicurious.com

Other Notes: 2 servings per recipe

INGREDIENTS:

Basic Recipe

1 cup 1% milk

½ cup low fat yogurt (fruit or plain)

½ cup fruit (mixed berries or mango, any fruit you enjoy)

Blueberry Swirl

1 cup 1% milk

½ cup crushed pineapple with juice

½ cup blueberries fresh or frozen

Blend until smooth. Makes 2 cups.

Mango Tango

1 ¾ cups 1% milk

1 large mango

2 tbsp frozen orange juice concentrate

4 ice cubes

1/8 tsp almond extract

Note:

Use any fruit you like.

1. Have ½ cup to 1 cup at a time.

2. You can freeze it and carry it for on the go use.

DIRECTIONS:

Blend until smooth. Makes 2 cups



Beverages

Veggie Smoothie



RECIPE DETAILS:

Type: Beverage

Portion: 2 servings per recipe

Source: Smoothie recipes adapted and modified from Dietitians of Canada and epicurious.com

Other Notes:

INGREDIENTS:

1 large orange, peeled and chopped into pieces

2 cups spinach

Clean water

DIRECTIONS:

1. Put all ingredients in your blender.
2. Cover all ingredients with clean water.
3. Blend till smooth; use the liquefy button on the blender.
4. Drink immediately.



Food Preservation (Canning)

Corn Relish



RECIPE DETAILS:

Type: Appetizers

Portion:

Source: Shared by Brenda Reid of Stirling Ontario, www.relishyomama.org

Other Notes: Corn not only provides the necessary calories for daily metabolism, but is a rich source of vitamins A, B, E and many minerals. Its high fibre content ensures that it plays a role in prevention of digestive ailments like constipation and haemorrhoids as well as colorectal cancer. The antioxidants present in corn also act as anti-cancer agents and prevent Alzheimer's disease. (organicfacts.net)

INGREDIENTS:

6 – 8 cups corn , fresh cut from the cob (no need to cook first)

4 – 6 cups cucumbers (if larger cucs, split and remove seeds – pulse in food chopper)

4 – 6 cups coarsely chopped ripe tomato

2 – 3 cups coarsely chopped celery

2 cups coarsely chopped red and green peppers

3 cups coarsely chopped onions

1 – 2 tbsp salt

1 – 2 tbsp dry mustard

1 tbsp turmeric

2 ½ - 3 cups vinegar or apple cider vinegar

1 ¼ - 2 cups brown sugar or splenda equivalent

DIRECTIONS:

Mix ingredients well and simmer uncovered until thickened --- about an hour. I also stirred in a couple of tbsps of clear jel and water to thicken.

Pour into hot jars and seal.



Food Preservation (Canning)

Cranberry Pineapple Jelly



RECIPE DETAILS:

Type: Appetizers

Portion: Makes six or seven oz jelly jam

Source: The Boston Globe Cookbook

Other Notes: Cranberry juice helps prevent UTI's and is high in vitamin C, fibre, manganese, vitamin K and vitamin E which helps with preventing heart disease and decreasing inflammation. Pineapple helps prevent eye and heart

INGREDIENTS:

3 cups bottled cranberry juice cocktail

1 cup canned unsweetened pineapple juice

½ cup lemon juice

1 package (1 ¾ oz) powdered fruit pectin

5 cups sugar

DIRECTIONS:

In a large saucepan, combine cranberry, pineapple and lemon juices with pectin. Bring to a boil. At once stir in sugar and bring to a full rolling boil and boil hard 1 minute, stirring constantly.

Remove from heat; skim foam, if any. Pour into hot, clean 6 oz jars with screw tops, filling each jar to within 1/8 inch of top. Wipe rims and put on lids. Put on screw bands and tighten as tightly as possible by hand. Process in boiling waterbath 5 minutes.



Nutritional Guides



A FINAL NOTE FROM OUR YOUNG CHEFS

An important concern expressed by youth participants of our Cook and Connect program is their frustration with the constant marketing messages promoting fast foods.

These messages are particularly effective in shaping people's eating habits because they often do not have the cooking skills or cannot find the time in their busy lives to go through the process of preparing meals at home.

In addition to the culturally rich and well-balanced, tasty and fun recipes contained in this booklet, the following two guides, "Handy Portion Guides" and the "Plate Method" can help you make quick and easy decisions about the type and quantity of food you should consume daily to maintain a healthy diet.

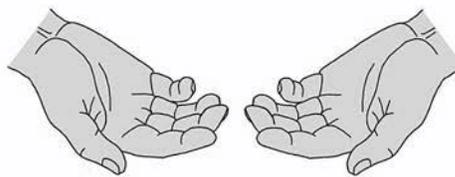
Handy portion guide

Your hands can be very helpful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide:



FRUITS*/GRAINS & STARCHES*:
Choose an amount the size of your fist for each of Grains & Starches, and Fruit.

MILK & ALTERNATIVES*: Drink up to 250 mL (8 oz) of low-fat milk with a meal.



VEGETABLES*:
Choose as much as you can hold in both hands.



MEAT & ALTERNATIVES*:
Choose an amount up to the size of the palm of your hand and the thickness of your little finger.



FATS*:
Limit fat to an amount the size of the tip of your thumb.

* Food group names taken from *Beyond the Basics: Meal Planning for Healthy Eating. Diabetes Prevention and Management* © Canadian Diabetes Association, 2005.



Nutritional Guides

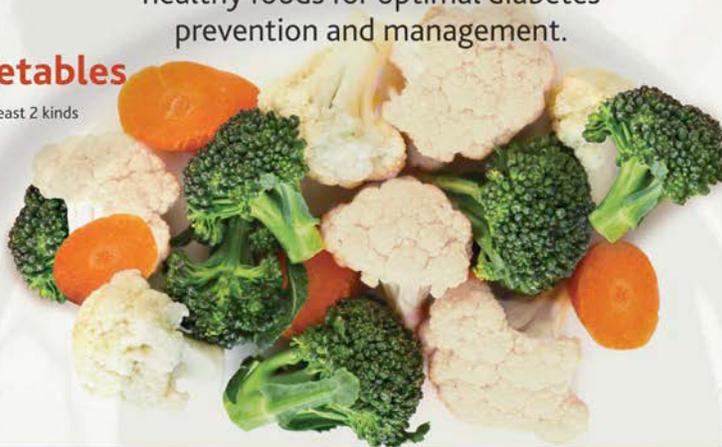


The Plate Method

Simply fill your plate with these healthy foods for optimal diabetes prevention and management.

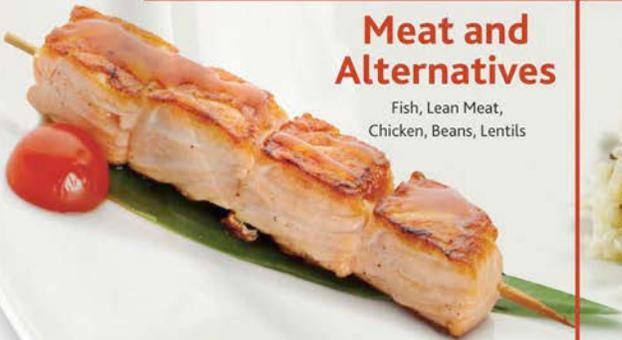
Vegetables

At least 2 kinds



Meat and Alternatives

Fish, Lean Meat, Chicken, Beans, Lentils



Grains and Starches

Potato, Rice, Corn, Pasta



Don't forget to include a glass of milk or a yogurt, along with a piece of fruit to complete your meal.



Get Cooking! Our Chefs





Get Cooking! Our Meals





Get Cooking!



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