

# CARROT AND ORANGE SOUP RECIPE

A recipe by Sandra Gavinchuk.

Contact: sandragavinchuk@gmail.com

## Ingredients

- 4 Tablespoons unsalted butter or unsalted margarine
- ½ cup chopped mild onion OR 2 small cloves minced garlic NOT BOTH
- 1 ½ pounds washed, peeled, and chopped carrots or mini carrots
- 4 cups chicken or vegetable stock (low sodium if possible)
- 1 cup freshly squeezed orange juice
- Salt and pepper to taste
- Grated orange zest

## Directions

- Wash oranges, zest and set zest aside. Squeeze oranges and reserve juice until needed
- Melt butter (or margarine) in a pot. Add onions (or garlic) and cook over medium heat until translucent but not browned. About 2-3 minutes
- Add carrots and cook for 2 minutes, stirring often.
- Pour in stock and bring to a boil. Reduce heat and simmer for about 30 minutes or until carrots are very tender
- Using a blender (or food processor, or immersion blender) puree until smooth
- Return puree to pot, add orange juice. Mix well.
- Season with salt and pepper to taste. Heat through
- To serve, garnish with orange zest.
- If soup is too thick for your liking, thin by adding more stock

### NOTES:

Makes 4 Large servings or 6 small servings. The recipe can be cut in half for a smaller quantity. When completely cold, the recipe can be portioned into containers and frozen. Chopped pistachios also make a nice topping with the orange zest. Any leftover orange zest can be frozen, it is very good used in baking





# HEALTHY-ISH BAKED APPLES WITH TOASTED PECAN TOPPING

A recipe by Sandra Gavinchuk

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## INGREDIENTS

- 2 sweet apples\* washed, cut in half vertically, and cored
- ½ cup pecans roughly chopped\*\*
- 2 tablespoons maple syrup or honey, divided
- 1½ tablespoons melted, unsalted butter (or margarine or coconut oil), ½ tablespoons reserved
- ½ teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1/8 teaspoon salt, preferably sea salt (optional)

## DIRECTIONS

- Preheat oven to 350F
- Place parchment paper on a baking sheet and place cored apples on baking sheet. Place in oven for 10 minutes
- While apples are baking, combine chopped pecans, 1 tablespoon maple syrup (or honey), 1 tablespoon melted butter (or margarine or coconut oil), cinnamon, nutmeg, and salt. Mix well.
- Remove apples from oven and fill each apple half with equal amounts of topping
- Bake for an additional 25-30 minutes\*\*\*
- Let cool slightly
- Mix remaining maple syrup and butter and drizzle over apples before serving
- Makes 2 servings

### NOTES:

\*Using sweet apples helps to reduce the amount of added sugar. Gala, Golden Delicious, and McIntosh can be used.

\*\*Almonds or walnuts can be used instead of pecans

\*\*\*cooking time depends on the variety and size of apple. Increase cooking time if you like a softer apple

Cinnamon and nutmeg can be replaced with ginger

Using an apple corer or a melon baller will make coring the apple simple and create an even space for adding the topping.

# ROMAINE HEARTS WITH PARMESAN AND LEMON VINAIGRETTE

Makes 2 servings

A recipe by Sandra Gavinchuk.

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## INGREDIENTS

- 1 Head Romaine lettuce, inner leaves only (save outer leaves for other use)
- ¼ cup freshly grated parmesan cheese
- ½ cup toasted croutons

### DRESSING\*:

- ½ garlic clove, minced
- ¼ teaspoon salt, preferably kosher or sea salt
- ½ teaspoon finely zested lemon rind
- 1 ¼ tablespoons freshly squeezed lemon juice
- ½ teaspoon Dijon mustard
- 3 tablespoons extra virgin olive oil
- Ground black pepper, to taste

## DIRECTIONS

- Wash and dry romaine leaves
- Tear into large pieces and place into a large mixing bowl
- Place minced garlic in a small bowl, add salt. Using the back of a small spoon, work salt into garlic. Add lemon zest and juice, mustard and oil to the bowl and whisk together
- Pour dressing over leaves
- Sprinkle cheese over the leaves
- Add croutons and black pepper

Variations: Add toasted pecans to the salad. Use feta cheese instead of parmesan and add sliced tomatoes. Cooked chicken, fish or seafood can be added to make the salad a main dish

\*This recipe can be doubled or tripled and used as a basic salad dressing or as a sauce to pour over cooked fish or shrimp  
If raw garlic is hard for you to digest, fry it in a little oil before working in the salt



# LEMON AND GINGER VINAIGRETTE

A recipe by Sandra Gavinchuk

Contact: [sandragavinchuk@gmail.com](mailto:sandragavinchuk@gmail.com)

## INGREDIENTS

- ½ cup light olive or canola oil
- 2 lemons zested
- 1/3 cup freshly squeezed lemon juice\*
- 2 tablespoons finely minced fresh ginger
- Salt preferably kosher or sea salt to taste
- Pepper to taste

## DIRECTIONS

- Put all ingredients in a jar with a tightly sealing lid and shake to mix well
- Store unused dressing in the refrigerator
- Bring to room temperature before using

\*Lime and orange juice can also be used. If you prefer your dressing to be more acidic, add more lemon juice

This dressing is nice on lettuce greens. Adding a crushed garlic clove, a bit more lemon juice, and a touch of honey to the dressing is good for a cabbage-based salad

REMEMBER: experiment and always taste to see what suits your palate. A recipe is just a guideline



## TAHINI AND LEMON DRESSING

A recipe by Sandra Gavinchuk: Inspired by The Canyon Ranch Cookbook

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### INGREDIENTS

- 2 teaspoons tahini
- ½ teaspoon lemon zest
- 2 tablespoons lemon juice, freshly squeezed
- 2 tablespoons water
- 1 teaspoon ground sumac
- 1 ¼ teaspoon extra virgin olive oil
- ½ teaspoon salt, preferably kosher or sea salt
- 1/8 teaspoon freshly ground black pepper

### DIRECTIONS

- Put all ingredients in a jar with a tightly sealing lid and shake to mix well
- Store unused dressing in the refrigerator
- Bring to room temperature before using

Note: This dressing goes well with Fatoosh Salad.  
To make it into a main meal, add cooked chicken or salmon to it



# SPINACH AND CHARRED GARLIC

A recipe by Sandra Gavinchuk

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## INGREDIENTS

- 16 ounces fresh spinach, washed and stems removed
- 1 tablespoon canola oil or other oil with high smoke point
- 3 large cloves garlic, peeled and sliced
- ¼ teaspoon salt, preferably kosher or sea salt
- ¼ teaspoon sugar

## DIRECTIONS

- Bring a large pot of water to a boil
- If spinach leaves are large, cut them horizontally in wide strips (2").
- Put spinach in boiling water and blanch for one minute
- Drain and rinse with cold water until spinach is at room temperature
- Gently squeeze out any remaining water
- Heat a large fry pan over high heat
- Add oil, when the oil begins to smoke, reduce heat to medium high
- Add garlic and stir until slices are browned but not burnt
- Fluff the spinach and add to the pan
- Use your cooking utensil to separate the spinach so that it gets well coated with oil
- Sprinkle with salt and sugar
- Cook for 1 minute only
- Spinach can be eaten hot or at room temperature
- Any leftovers can be left in the fridge for 2 days
- Bring to room temperature to eat

Notes: For a flavour change, add some sesame oil or chili flakes to the spinach when in the frying pan

### Suggestions:

If you have leftover spinach, freeze it. Bring a pot of water to boil. Blanch for one minute. Drain and rinse with cold water until room temperature. Squeeze out all the water. Scoop into individual serving balls. Place on parchment lined baking sheet. Place in freezer. Once frozen, transfer spinach balls into freezer bag. Frozen spinach can be added directly into soups or added to a smoothie.



# SPINACH AND FRUIT SMOOTHIE

Serves 1

A recipe by Sandra Gavinchuk

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## INGREDIENTS

- ½ - 1 cup fresh washed baby spinach
- 1 banana
- ½ cup blueberries, fresh or frozen
- ½ cup milk or lactose free milk or nut-based milk unsweetened
- ½ cup plain Greek yogurt or plain lactose free yogurt or plain unsweetened yogurt alternative

## DIRECTIONS

- Add ingredients into the blender, cover blender
- Blend until well combined
- Recipe can be easily doubled

### Suggestions:

If the blender is like the ninja model that has the blades on top, add fruit and spinach first, then add liquids

If the blender has blades on the bottom like Cuisinart, add liquids first, then put in the fruit and spinach.

You can add unflavoured protein powder to the smoothie if you wish.

You can substitute strawberries for blueberries.

If you are concerned about the taste of spinach in your smoothie, start with ½ cup and build up to a full cup

This smoothie goes well with an egg and multigrain toast for breakfast or brunch

This recipe was based on original by Elaine Benoit





# BROCCOLI AND BROWN BUTTER PASTA

Makes 2 Servings

A recipe by Sandra Gavinchuk.

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## INGREDIENTS

- 190 grams penne or round shaped gluten free pasta
- 2 cups broccoli florets cut in small bites
- ¼ cup butter\*
- 3 cloves garlic, thinly sliced
- ¼ teaspoon hot pepper flakes
- ¼ teaspoon black pepper
- Salt to taste\*\*
- 2 Tablespoons grated parmesan
- 2 Tablespoons almonds, toasted and chopped

## DIRECTIONS

- Cook your pasta using the instructions on the package
- Time carefully so that you add the broccoli to the pasta pot for the last minute of cooking
- Reserve a ½ cup of cooking liquid (you will not use it all)
- Drain the pasta and broccoli into a colander
- During the last 5 minutes of pasta cooking time put a large fry pan on the stove over medium heat
- Add the butter and melt slowly until foamy
- Add the garlic and pepper flakes
- Watching closely, cook for another 2 minutes until the butter is brown and the garlic is a gold colour, this can burn very QUICKLY
- Add the pasta and broccoli
- Season with pepper and salt then mix well
- Add in half of the parmesan cheese and ¼ cup of the reserved cooking water. Mix and add more water if needed
- Taste and adjust seasonings
- To serve, add pasta to a bowl and top with remaining cheese and almonds

### NOTES:

\*ghee can be used to replace butter in this recipe but the flavour of ghee will not be as intense as browned butter

\*\*for those on a low sodium diet do NOT add salt until you have mixed in the parmesan. Cheese is salty so use the cheese sparingly and do not add salt to your cooking water

This recipe is from The Complete Vegetarian Cookbook by Canadian Living



# BROCCOLI AND GREEN PEA SOUP

Makes 4 meal-sized servings

A recipe by Sandra Gavinchuk.

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## INGREDIENTS

- 1 Tablespoon olive, canola, or mild vegetable oil
- 2 large cloves garlic, chopped
- 4 – 4 ½ cups broccoli, florets cut in small pieces; peel stem and cut in small pieces
- 6 cups low sodium vegetable or chicken broth\* or stock
- 2 cups frozen baby green peas
- 2 – 2 ½ Tablespoons freshly squeezed lemon juice
- Grated old cheddar or parmesan cheese\*\* (optional)
- Salt (preferably Kosher or sea salt) to taste
- Pepper to taste

## DIRECTIONS

- Place large pot on burner turned to medium heat
- Add oil and garlic, sauté garlic for 1 minute, do not brown
- Add broccoli and broth and bring to a boil
- Reduce heat
- Simmer until broccoli is tender
- Increase heat to medium
- Add frozen peas
- Allow to gently boil for 2 minutes, then remove from heat
- Using a blender or food processor blend the soup in small batches until smooth
- Add soup back to pot
- Add lemon juice, salt and pepper to taste
- Stir well
- Taste and adjust seasoning
- Pour soup in bowls and top with cheese

### Notes:

\*if you cannot find low sodium broth or stock use the regular but use only half the amount asked for and add an equal amount water

\*\*those on a low sodium diet should omit the cheese

This soup can be frozen and reheated for later use

If you like a bite to your soup feel free to add a dash of tabasco sauce or other hot sauce to your serving



# ASPARAGUS, RED PEPPER, AND GOAT CHEESE FRITTATA

Serves 4

A recipe by Sandra Gavinchuk.

Contact: [sandragavinchuk@gmail.com](mailto:sandragavinchuk@gmail.com)

## INGREDIENTS

- 8 eggs, large
- 2 Tablespoons light olive oil or vegetable oil
- 1 cup sliced asparagus, ½ inch in thickness
- 1 cup diced red pepper
- 1 cup mushrooms, thinly sliced
- ½ cup crumbled or small bits of goat cheese\*
- 1 ½ Tablespoons green onion or shallots, finely chopped\*\*
- Sea salt or Kosher salt to taste
- Freshly ground pepper to taste

## DIRECTIONS

- Place rack in top 3<sup>rd</sup> of the oven. Preheat broiler
- Whisk eggs in bowl, add salt and pepper
- Place oil in large oven proof, non-stick skillet over medium heat\*\*\*
- Sauté peppers and mushrooms for 2 minutes or until moisture from mushrooms is gone
- Add onions and asparagus and cook for 1 ½ - 2 minutes
- Spread the vegetables evenly on the bottom of the pan
- Pour the eggs over the vegetables
- As the egg starts to cook, gently lift the edges with a spatula so the liquid egg can go underneath to cook
- When the bottom of the frittata looks like a light gold colour, about 3 minutes, dot the cheese on top of the frittata
- Put the pan in the oven and broil until the top looks fluffy and light gold
- When you shake the pan the egg should be lightly set\*\*\*\* this will take 2-3 minutes
- Remove pan from oven and let sit for 2 minutes
- DO NOT overcook or your eggs will get rubbery
- Eggs continue cooking after they are removed from the oven
- Serve straight from the pan or gently use a spatula to run around the rim of the pan and slide onto a serving plate or board

### Notes:

\*If you are lactose intolerant substitute a grated lactose free cheese or dairy free cheese

\*If you don't have either on hand use a very mild cooking onion

\*\*\*Make sure that your non-stick skillet is actually oven-proof

\*\*\*\*This takes a bit of practice but just watch carefully

During the summer months when fresh herbs are plentiful fresh oregano or parsley is nice in this recipe, add to whisked eggs

Frittata can be served hot or cold the next day. Serve with salad and fresh bread. Store leftovers in the fridge.



# ROASTED ASPARAGUS

Makes 2 servings

A recipe by Sandra Gavinchuk.

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## INGREDIENTS

- ½ pound asparagus spears\*
- 1 Tablespoon extra virgin olive oil
- Sea salt or Kosher salt to taste
- Freshly grated black pepper to taste

### Optional Ingredients:

- 1 clove finely minced garlic
- Lemon juice
- Grated parmesan cheese

## DIRECTIONS

- Heat oven to 400F
- Wash asparagus, trim base and peel if necessary
- Place asparagus spears in a single layer on a baking sheet that has been lined with aluminum foil
- Drizzle with olive oil, salt and pepper (and garlic, if using)
- Coat evenly
- Place in the oven and roast for 10 minutes
- Asparagus is done when a small sharp knife goes easily through the base
- The asparagus can be served as is or sprinkled with either lemon juice or parmesan cheese

### Note:

\*Thick asparagus spears are the best choice for oven roasting  
Use any leftover asparagus as part of your sandwich filling for lunch



# BUCKWHEAT BLUEBERRY MUFFINS (these are naturally gluten free)

A recipe by Sandra Gavinchuk

Contact: [sandragavinchuk@gmail.com](mailto:sandragavinchuk@gmail.com)

## INGREDIENTS

- 1 1/3 cups buckwheat flour\*
- 1 1/2 cup ground almonds\*\*
- 1/3 cup granulated sugar
- 1 Tablespoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/4 teaspoon sea salt or kosher salt
- 1 cup milk or almond milk
- 2 large eggs at room temperature
- 1/2 cup butter or margarine, melted and slightly cooled
- 1 teaspoon vanilla or imitation vanilla
- 1 cup fresh or frozen blueberries

## DIRECTIONS

- Grease or put muffin liners in muffin tin
- Preheat oven to 375F
- Sift buckwheat flour into a large bowl then add ground almond, sugar, baking powder, baking soda, cinnamon and salt
- Whisk until well combined
- In a smaller bowl, beat eggs. Add milk, butter, and vanilla to eggs and whisk
- Add the wet ingredients to the flour mixture and stir gently until everything is mixed
- Very gently stir in the blueberries, your batter should be light in texture, be careful not to over stir!
- Scoop batter into the muffin cups
- Bake for approximately 18-20 minutes, they are done when a toothpick poked in the centre of a muffin comes out clean
- Cool for 2 minutes before removing from the pan
- Can be eaten warm or at room temperature

### NOTES:

- \*although the word "wheat" appears in the name, there is no wheat or gluten in buckwheat. It is a fruit seed, not a grain and comes from the same family as rhubarb!
- \*\*If you don't have a blender, you can grind almonds in small batches in a coffee grinder.
- \*\*\*Substitute other fruit or berries just cut them similar in size to blueberries.  
Do NOT use almond flour for this recipe, it has too fine a texture.



# POTATO SALAD WITH A TWIST

Serves 4 – 6

A recipe by Sandra Gavinchuk

Contact: [sandragavinchuk@gmail.com](mailto:sandragavinchuk@gmail.com)

## INGREDIENTS

Ingredients for the potatoes and dressing:

- 2 large baking potatoes 10 ounces each\*
- 2 large sweet potatoes 10 ounces each
- Salt to taste
- ½ cup mayonnaise\*\*
- 2 Tablespoons Dijon mustard
- 2 Tablespoons extra virgin olive oil
- 2 Tablespoons red wine vinegar or lemon juice (optional but gives the salad more bite)
- 2 Tablespoons capers, drained, chop if using large ones
- 2 Tablespoons pitted green olives, chopped
- Pepper, freshly ground to taste

Ingredients for the salad:

- 2 medium ribs of celery, finely chopped
- 3 eggs, hard boiled, coarsely chopped
- 2 Tablespoons green onion tops, finely sliced
- ¼ cup fresh parsley, finely chopped
- Sliced green olives for garnish

## DIRECTIONS

- Peel and cube potatoes into ¾ inch pieces
- Put the baking potatoes in lightly salted boiling water and cook for 4 minutes
- Add the sweet potatoes and gently boil until both potatoes are tender, 4 – 6 minutes
- While potatoes are cooking prepare the dressing: combine mayonnaise and mustard in a large serving bowl
- Whisk in oil, vinegar (if using), capers, green olives and pepper
- Drain potatoes
- While still hot, add the potatoes to the bowl with dressing and mix well
- Set potatoes aside to cool and absorb the dressing
- Prepare remaining salad ingredients: add the celery, eggs, green onion, and chopped parsley gently into the cooled potato mixture
- Adjust seasonings and garnish
- Salad can be served slightly warm or cold

### NOTES:

\*Russets are the best potatoes for this recipe

\*\*use a good quality mayonnaise – I like Hellmann's





# Minestrone Soup

Serves 6

Prepared By Susan Ng

Susan's Savour-It! [www.susansavourit.blogspot.ca](http://www.susansavourit.blogspot.ca)

## INGREDIENTS

- 1 Tablespoon cooking oil
- 1 medium onion, chopped
- 1 medium carrot, chopped (if using frozen, use  $\frac{3}{4}$  cup and add with the beans)
- 2 cloves garlic, minced OR 1 teaspoon garlic powder
- 4 cups chopped cabbage
- 6 cups (1.4 L) chicken stock
- 1 can (396 mL) chopped tomatoes
- 2 cups cooked beans
- 1 cup dried elbow macaroni, or any short pasta, cooked
- Salt and ground black pepper to taste
- Optional: dried, or fresh grated parmesan cheese
- Other additions: celery, zucchini, potatoes (all chopped into same size); fresh or dried thyme for cooking; 2 sprigs fresh or  $\frac{1}{2}$  teaspoon parsley or basil or dried parsley for finishing

## DIRECTIONS

- Heat the oil in a large pot on medium-high. Add the onions and carrots. Cook until lightly browned, about 8 minutes.
- Add the garlic, and cook 1 minute more
- Add the cabbage, chicken stock and tomatoes to boiling. Turn heat to low. Cover and simmer until vegetables are tender, about 20 minutes.
- Stir in the beans and cooked pasta. Add salt and pepper to taste. Cover and cook for 5 to 7 minutes more until cooked through
- Serve in bowls with Parmesan cheese on top and chopped herbs if desired.



# Moroccan Meatballs Egg Shakshouka

Serves 4

Prepared By Susan Ng

Susan's Savour-It! [www.susanssavourit.blogspot.ca](http://www.susanssavourit.blogspot.ca)

## INGREDIENTS

- 3 Tablespoons oil, divided
- 1 small onion, chopped
- 250 g lean ground beef or lamb
- ¼ cup breadcrumbs
- ½ teaspoon ground cinnamon
- 5 eggs, divided
- ½ teaspoon salt
- Ground black pepper to taste
- 2 garlic cloves, sliced
- 1 medium zucchini sliced into ½ inch rounds
- 1 can (796 mL) diced tomatoes
- 2 teaspoons honey
- 1 teaspoon smoked paprika OR ras-el-hanout spice mix
- 1 can (400g) chickpeas, rinsed and drained
- Fresh cilantro, chopped (garnish)

## DIRECTIONS

- Heat the 1 Tablespoon of oil in a large fry pan on medium-high and sauté the onions until soft about 5 minutes
- Let onions cool, then mix well the meat with breadcrumbs, cinnamon, 1 egg, salt and pepper, then shape into 12 meatballs with slightly wet hands
- In the same fry pan adding 1 Tablespoon of oil on medium-high heat, cook the meatballs about 8 minutes moving them around until evenly browned. Remove and set aside to drain
- To the pan, add remaining 1 Tablespoon of oil, the garlic and zucchini, pan-fry for one minute, then add the tomatoes, honey and spices, and a couple Tablespoons of water. Stir and cook until thick and saucy.
- Stir in the chickpeas and meatballs. Make 4 hollow spots in the sauce, and break an egg in each. Cook, covered on medium-low heat until eggs are set about 4 to 8 minutes.
- Serve directly from pan with chopped cilantro on top, if desired.





# SALMON POTATO CAKES

Makes 10 cakes

Prepared By Susan Ng  
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## INGREDIENTS

- 2 cups of mashed potatoes mixed with  $\frac{1}{4}$  teaspoon salt, 2 teaspoons butter, and  $\frac{1}{4}$  cup milk
- $\frac{1}{2}$  lb. cooked salmon or 1 can (~213g) salmon, well drained
- 1 egg
- $\frac{1}{2}$  teaspoon salt and black pepper to taste
- 1 cup spinach, finely chopped
- 2 Tablespoons chopped fresh parsley (optional)
- 1 egg beaten with 1 tablespoon of water
- 1  $\frac{1}{2}$  cups breadcrumbs/panko breadcrumbs with a dash of salt and pepper
- $\frac{1}{4}$  cup oil

## DIRECTIONS

- Mix the mashed potatoes, salmon, egg, salt, pepper, spinach and parsley together in a bowl using a fork to break up the fish
- Divide mixture and form into 10 patties
- Refrigerate for 30 minutes to firm
- Dip patties into beaten egg, using a brush to coat them evenly
- Coat evenly in breadcrumbs
- Place patties on baking sheet and continue until remaining mixture is finished
- Heat oil in fry pan over medium heat
- Pan fry patties until golden brown about 2-3 minutes on each side, adding more oil if needed
- Place on paper towel lined sheet to absorb the excess oil
- Serve alongside a variety of vegetable sticks



# TOO EASY TUNA CAKES

Makes 10-12 mini cakes

Prepared By Susan Ng  
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## INGREDIENTS

- 2 cans (170g) of flaked light tuna, well drained
- 1 medium potato, grated (squeeze well to remove moisture)
- 1 medium carrot, grated
- 2 green onions, finely chopped
- 2 garlic cloves, minced
- 1 tablespoon mayonnaise
- 1 teaspoon Dijon mustard
- 1 egg
- 1/3 cup dried breadcrumbs
- Salt and pepper to taste
- Oil for pan frying
- Lemon or lime wedges and mayonnaise for serving

## DIRECTIONS

- Place all ingredients in a medium sized bowl and incorporate to mix well
- If mixture seems too moist, add breadcrumbs in 1 tablespoon at a time and mix well
- Let firm in fridge for ½ to one hour
- Divide mixture and form into flat patties
- Heat 1 tablespoon oil in a pan over medium high heat
- Fry tuna cakes until golden brown on one side
- Flip with a spatula to cook on other side. About 2-3 minutes each side
- Serve with lemon or lime wedges, and mayonnaise for dipping



# VEGGIE LOVERS PIZZA BAGUETTE

Prepared By Susan Ng  
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## INGREDIENTS

- 1 regular French Baguette
- ½ cup pizza or tomato sauce
- 1 ½ cups shredded mozzarella cheese
- 2 tablespoons olive oil
- Choice of toppings: red/green peppers, mushrooms, olives, onions, baby spinach

## DIRECTIONS

- Preheat oven to 400 degrees F
- Cut the bread in half lengthwise and place on pizza pan
- Brush the cut sides with olive oil
- Transfer the pan into the oven until the bread is lightly browned, then remove from oven
- Spread pizza sauce on each piece of bread half
- Sprinkle with cheese
- Add toppings
- Put back into the oven
- Bake until cheese is melted
- Cut into pieces
- Serve hot

Try other types of bread such as: naan, flatbread, English muffin



# ANYTHING GOES VEGETABLE CHOWDER

Serves 6

Prepared By Susan Ng  
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## INGREDIENTS

- 2 tablespoons oil
- 1 small onion, diced
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- ¼ cup flour
- 4 ½ cups broth, divided
- 5 cups chopped/diced fresh or frozen vegetables (broccoli, carrots, peas, celery, green beans, corn, cauliflower, mushrooms, Cabbage)
- 1 to 2 medium potatoes, peeled and chopped
- 1 dried bay leaf
- 1 ½ cups milk
- 2 cloves garlic, finely chopped (optional)
- Fresh parsley/chives, chopped for garnish (optional)

## DIRECTIONS

- Heat oil in a pot over medium-high heat
- Add onion, salt, pepper, and flour
- Whisk in 1 cup of broth
- Heat until bubbling
- Add all the vegetables, bay leaf, and another 2 cups of broth
- Cover and cook on medium heat for about 10-15 minutes, until vegetables are soft
- Add in remaining broth and milk
- Add chopped garlic if you wish
- Stir until combined
- Cover and simmer for 10 minutes more
- Remove bay leaf
- Serve topped with chopped parsley or chives



# EASY SHEPHERD'S PIE

Prepared By Susan Ng

Susan's Savour-It! [www.susanssavourit.blogspot.ca](http://www.susanssavourit.blogspot.ca)

## INGREDIENTS

- 2 lbs. potatoes (about 3 large potatoes) peeled and cut into 1-inch cubes
- 3 tablespoons butter
- ½ cup milk
- Salt and ground black pepper to taste
- 2 tablespoons olive oil
- **1 medium onion, fine chopped**
- **1 ½ lb. lean ground beef or ground lamb**
- **1 medium carrot grated or fine chopped**
- **2 cups spinach, fine chopped**
- **2 garlic cloves, minced**
- **1 teaspoon salt**
- **¼ teaspoon ground black pepper**
- 1 teaspoon dried thyme leaves
- 1 tablespoon Worcestershire sauce (optional)
- 2 tablespoons all purpose flour
- 2 tablespoons ketchup
- 1 can (398 mL) cream style corn
- ½ cup frozen corn kernels

## DIRECTIONS

- Cook potatoes in a pot of water 10-15 minutes until soft
- Drain the potatoes and let the potatoes rest in the hot pot for 1 minutes to evaporate any remaining liquid
- Add butter, milk, salt and pepper
- Mash the potatoes until smooth and stir until all the ingredients are mixed together. Set aside.
- Heat oil in a large skillet over medium-high heat
- Add the onions and cook 5 minutes, stirring at times
- Add the ground meat and break it apart with a wooden spoon and cook for 2 minutes
- Add the carrots, spinach, garlic, salt and pepper. Stir well.
- Cook for 6-8 minutes, until the meat is browned, stirring occasionally
- Stir in the thyme and Worcestershire sauce and cook for 1 minute
- Add the flour and ketchup. Stir well and let the liquids thicken
- Layer evenly onto the bottom of an oven-safe casserole dish
- Preheat oven to 400F
- Heat the skillet and add the cream style corn, let simmer for 1 minute
- Add frozen corn, let simmer 2 minutes, stirring occasionally
- Pour this over the meat mixture evenly as a second layer
- Spoon the mashed potatoes on top of the meat and carefully spread into an even layer
- If the baking dish looks very full, place it on a rimmed baking sheet so that the filling doesn't bubble over into your oven
- Bake uncovered for 25-30 minutes
- Cool for 15 minutes before serving

Note: Make double the beef mixture recipe (ground beef, onions, carrots, spinach). Set aside/refrigerate half to Cook Once, Eat Twice. (Will be used in Korean Beef Rice Balls Recipe)

# KOREAN BEEF RICE BALLS (JUMEOKBAP)

Makes about 36 rice balls

Prepared By Susan Ng  
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## INGREDIENTS

- 3 cups raw medium or short grain rice, cooked **NOTE: yields 8-9 cups of cooked rice**
- 3 cups of cooked beef mixture (see shepherd's pie recipe)
- 2 green onions, finely chopped
- 2 tablespoons sesame oil
- Toasted sesame seeds (optional)

## DIRECTIONS

- Mix the cooled cooked rice with the meat mixture, green onions, sesame oil and sesame seeds
- Form into bite sized rice balls with slightly wet hands
- Repeat until rice is complete

### NOTE:

This recipe uses the beef mixture recipe (ground beef, onions, carrots, spinach) that was used in the Shepherd's pie recipe



# BIG BATCH SPAGHETTI BOLOGNESE

Makes 12 cups of sauce for a crowd or with leftovers to freeze

Prepared By Susan Ng  
Susan's Savour-It! [www.susanssavourit.blogspot.ca](http://www.susanssavourit.blogspot.ca)

## INGREDIENTS

- 2 Tablespoons olive oil
- 2 medium onions, chopped
- 5 cloves garlic, minced
- 3 stalks celery, peeled and chopped
- 2 large carrots, peeled and chopped
- 2 ½ lbs. lean ground beef
- Salt and ground black pepper to taste
- 1 teaspoon dried oregano
- 1 package (225g) mushrooms, chopped
- ¼ cup tomato paste
- 2 Tablespoons beef liquid concentrate OR 2 Tablespoons soy sauce
- 2 medium zucchini, grated and well squeezed to remove water
- 1 ½ cups milk
- 2 cans (796mL) crushed tomatoes
- Grated parmesan cheese
- Fresh chopped basil or parsley to serve
- Spaghetti, cooked according to package instructions

## DIRECTIONS

- Heat oil on medium/high heat in large skillet/pot
- Add onions and ½ the garlic, cook until translucent, stirring frequently
- Add celery and carrots, stirring frequently, until soft and lightly brown, about 15 minutes
- Stir in the meat with the vegetables until almost cooked
- Add the remaining garlic and mushrooms
- Continue to cook until meat is cooked through
- Season with salt, pepper, and dried oregano
- Add tomato paste and beef liquid OR soy sauce and stir to combine
- Stir in the zucchini, then add milk, stirring well
- Let cook for 10 minutes, then add the crushed tomatoes, stirring thoroughly
- Reduce the heat to low and simmer the sauce, stirring occasionally until the sauce is very thick about 1 ½ hours (2 hours from start of cooking)
- Serve over pasta, garnish with cheese or fresh herbs as desired
- Freeze extra sauce in containers





# LAYERED BOLOGNESE LASAGNE

Serves 6-8 (perfect for freezing)

Prepared By Susan Ng  
Susan's Savour-It! [www.susanssavourit.blogspot.ca](http://www.susanssavourit.blogspot.ca)

## INGREDIENTS

- 12 lasagne noodles, cooked according to package instructions
- 3 cups mozzarella cheese, shredded
- 5 cups of prepared Bolognese sauce, warmed (See Big Batch Spaghetti Bolognese recipe for instructions)

## DIRECTIONS

- Preheat oven to 350F
- Place 1 cup of meat sauce on bottom of 13x9 inch baking dish
- Layer 3 lasagne noodles, 1 cup of meat mixture and  $\frac{3}{4}$  cup shredded cheese
- Repeat layers 2 more times
- Top with remaining 3 noodles, meat sauce and cheese
- Cover tightly with greased aluminum foil
- Bake 1 hour or until cooked through
- Remove foil and bake another 15 minutes or until bubbling
- Let stand 15 minutes before cutting for easier serving
- Top with grated parmesan cheese and chopped fresh herbs if desired

### NOTE:

This recipe uses the Bolognese sauce found in the BIG BATCH SPAGHETTI BOLOGNESE recipe





# CLASSIC CHICKEN POT PIE

Serves 4-6 (Double recipe to make 2 pies perfect for freezing after cooked and cooled)

Prepared By Susan Ng  
Susan's Savour-It! [www.susanssavourit.blogspot.ca](http://www.susanssavourit.blogspot.ca)

## INGREDIENTS

- 2 Tablespoons oil
- 1 lb. boneless, skinless chicken cut into small bite-sized pieces
- 1 cup sliced carrots
- ½ cup sliced celery
- 1 small onion, chopped
- ½ teaspoon garlic powder or 1 garlic, chopped
- ½ cup chopped broccoli
- 1 teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon dried thyme leaves
- ¼ teaspoon ground black pepper
- ¼ cup all purpose flour
- ½ cup whipping cream or half and half
- 1 cup chicken broth
- ½ cup frozen peas
- 2 Tablespoons minced fresh parsley
- 1 box (380g) frozen, ready-to-bake two 9-inch deep pie crusts

## DIRECTIONS

- Heat oven to 375F
- Add the oil to a large skillet over medium heat
- Add the chicken, carrots, celery, onion, garlic, broccoli, salt, garlic powder, thyme leaves, and pepper
- Cook for 8-10 minutes until the chicken is cooked through, stirring often
- Add the flour, stir well, until no dry flour remains
- Slowly stir in the cream, then the chicken broth
- Cook until bubbling and thick, stirring often, 3-4 minutes
- Remove from heat, stir in the peas and parsley
- Let this cool for 15-30 minutes before filling the pie
- Wet the edges of both pie crusts with water
- Spoon into one prepared pie plate; cover with the other pie crust
- Wait for 10 minutes for pie to thaw
- Use a fork to press and seal edge of crusts together
- Brush with beaten egg over top of pie
- Cut slits in top crust to let steam escape
- Bake on rack in middle of oven for 30 minutes or until golden brown
- Serve hot



# CARROT ORANGE YOGURT CAKE

Serves 8-12

Prepared By Susan Ng  
Susan's Savour-It! [www.susanssavourit.blogspot.ca](http://www.susanssavourit.blogspot.ca)

## INGREDIENTS

- 3 medium carrots, peeled, sliced
- 3 eggs, at room temperature
- 1 cup golden or brown sugar
- ½ cup plain yogurt
- ¼ cup (50mL) oil
- Zest of 1 orange
- 2 Tablespoons of orange juice
- 1 ½ cups all-purpose flour
- 1 teaspoon baking powder
- 1 cup of almond flour (or all-purpose flour)
- Icing sugar for garnish

## DIRECTIONS

- Add carrots to the bowl of a blender, blend until carrots are finely grated
- Crack the eggs in another bowl; add the sugar and beat with an electric whisk until light and frothy about 1-2 minutes
- Add the yogurt and oil, and beat for 30 seconds
- Add the carrot mixture, orange zest and juice and beat for about 30 seconds
- Sift in the all purpose flour and baking powder over a sieve; add the almond flour and beat just to incorporate
- Scrape the bottom of the bowl well and pour the mixture into a 9 inch diameter cake pan lined with parchment paper
- Bake in a preheated 350F oven for about 45 minutes to an hour, monitoring the browning level
- The cake is ready when a toothpick inserted into the cake comes out clean
- Remove from oven, let it cool for 5 minutes, then gently turn it out and let it cool completely on a wire rack
- Serve sprinkled with icing sugar on top



# GREEN MOOD BOOSTER SMOOTHIE

Serves 4

Prepared By Susan Ng  
Susan's Savour-It! [www.susansavourit.blogspot.ca](http://www.susansavourit.blogspot.ca)

## INGREDIENTS

- 1 green apple, cored and chopped
- 2 bananas
- 2 cups baby spinach
- 2 Tablespoons skinless almonds, slivers or sliced (optional)
- 2 cups coconut water
- 4 ice cubes

## DIRECTIONS

- Place all ingredients into a blender
- Blend until smooth
- Serve immediately



# MEXICAN CHICKEN TORTILLA SOUP

Serves 8

Prepared By Susan Ng  
Susan's Savour-It! [www.susanssavourit.blogspot.ca](http://www.susanssavourit.blogspot.ca)

## INGREDIENTS

- 1 Tablespoon Olive oil
- 1 onion, chopped
- 3 large cloves garlic, minced
- 1 jalapeño, diced and seeded
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 can (540mL) crushed tomatoes
- 1 can (540mL) diced tomatoes
- 3 cups chicken broth
- 1 can (540mL) black beans, rinsed and drained well
- 1 cup corn, drained if canned
- 2 medium chicken breasts, boneless, skinless
- ¼ cup cilantro leaves, chopped
- 1 lime, juiced
- 1 ripe avocado, diced
- Tortilla chips, crushed or strips

## DIRECTIONS

- Heat olive oil in a large pot over medium heat
- Add onions, garlic and jalapeño and cook until onions are softened
- Add remaining ingredients and simmer 20 minutes or until chicken is cooked through
- Remove chicken and shred with 2 forks
- Add back to pot with cilantro and lime juice and simmer for 3 minutes
- Ladle soup into bowls and top with tortilla chips and avocado

### Other Toppings:

- Red onions
- Green onions
- Shredded cheese
- Sliced chilis
- Hot sauce



# ONE PAN EASY VEGETARIAN NOODLE LO MEIN

Serves 4 – 6

Prepared By Susan Ng  
Susan's Savour-It! [www.susanssavourit.blogspot.ca](http://www.susanssavourit.blogspot.ca)

## INGREDIENTS

- 1 lb. egg noodles or any long pasta, cooked according to package instructions
- 1 Tablespoon oil
- 2 green onions, cut white end into ½ inch pieces slicing the green end for garnishing
- 2 cloves garlic, minced, divided
- ½ teaspoon minced ginger
- 2 cups mushrooms, sliced
- 1 carrot, thinly sliced
- ½ cup water
- ½ to 1 red bell pepper, thinly sliced
- 1 cup snow peas
- 3 cups baby spinach
- 3 Tablespoons soy sauce
- 2 teaspoons sugar
- 1 teaspoon sesame oil
- Hot chili sauce to serve

## DIRECTIONS

- In a small bowl, whisk together soy sauce, sugar, and sesame oil for the sauce
- Heat oil in large pan, skillet or wok over medium-high heat
- Add onions, ½ the garlic, and mushrooms; stir fry for 1 minute then add the carrots
- Add ½ cup of water and simmer for 1 minute
- Stir in the remaining garlic and ginger, as well as red peppers
- Stir in snow peas, then spinach and pour in the sauce
- Let simmer for 1 minute
- Stir in the egg noodles and gently toss to combine well
- Serve topped with green onions and chili sauce at the table

### NOTE:

Double or triple the sauce for a saucy noodle dish



# ONE POT TURKEY ASPARAGUS LEMON PASTA

Serves 6 – 8

Prepared By Susan Ng

Susan's Savour-It! [www.susanssavourit.blogspot.ca](http://www.susanssavourit.blogspot.ca)

## INGREDIENTS

- 1 medium onion, chopped
- 1 lb. ground turkey
- 3 cloves garlic, minced
- 454g dried short pasta (bowtie, fusilli, shells), cooked al dente, 1 cup cooking liquid reserved
- 12 stalks asparagus, hard ends removed, cut into 1 ½ inch pieces
- 2 cups chicken broth
- 3 cups baby spinach
- Salt and ground pepper to taste
- ½ lemon sliced and juice of
- Parsley, chopped
- Extra virgin olive oil
- Breadcrumbs, to taste
- Parmesan cheese, to taste

## DIRECTIONS

- In a large pot over medium heat, add 1 Tablespoon oil and sauté onions for a few minutes until translucent
- Add ground turkey and break up well for 1 minute, then add garlic and cook until meat is 80% done
- Add the asparagus, sauté for 1 minute, then add the drained pasta
- Stir in the broth, then the spinach, then stir to combine adding the reserved cooking water (this helps thicken the sauce)
- Stir and let simmer 5 minutes
- Most of the liquid should be absorbed
- Season with salt and pepper to taste
- Add the lemon slices, lemon juice, chopped parsley and olive oil
- Mix well and remove from heat and allow to set for 5 minutes before serving
- Serve with breadcrumbs and/or parmesan cheese on top





# SHEET PAN GREEK-STYLE ROASTED CHICKEN AND VEGETABLES

Serves 4 – 6

Prepared By Susan Ng  
Susan's Savour-It! [www.susanssavourit.blogspot.ca](http://www.susanssavourit.blogspot.ca)

## INGREDIENTS

- 2 ½ lbs. chicken drumsticks (about 13)
- 6 medium potatoes, skin-on, washed well, quartered
- 2 to 3 medium carrots, peeled, cut into 1 inch pieces
- ¼ medium cauliflower, cut into florets
- ¼ cup olive oil
- 3 garlic cloves, minced
- Salt and ground black pepper to taste
- Ground paprika
- 2 teaspoons dried oregano
- 1 teaspoon dried thyme
- Serve with tzatziki sauce

## DIRECTIONS

- Preheat oven to 375F
- Line a rimmed large baking sheet with parchment paper or use two sheet pans to prevent overcrowding
- Pat-dry chicken with a paper towel
- Add chicken, potatoes carrots and cauliflower to the baking sheets and drizzle oil, scatter minced garlic and sprinkle salt, ground pepper and paprika all over, then toss everything to coat
- Sprinkle oregano on chicken; toss to coat
- Sprinkle thyme on cauliflower; toss to coat
- Place in the oven and bake for 50 minutes to 1 hour
- Check for doneness: if the potatoes and chicken are soft and easily pierced with a fork they are ready
- Turn the broil setting on and broil for 5 minutes to brown the top: Watch carefully or they will burn
- Remove from the oven and serve hot in the baking sheet or transfer to a serving plate

### NOTE:

If baking on 2 sheets, bake on middle and lower racks and switch halfway through cooking time.

To make your own Tzatziki Sauce: drain 1 cup Balkain-style plain yogurt in a cheesecloth-lined sieve over a bowl or in a coffee filter over a cup for at least 1 hour. Meanwhile, grate cucumber for ¼ cup and squeeze dry. In a bowl, mix in strained yogurt, one clove garlic (minced), 1 Tablespoon extra virgin olive oil, salt and black pepper to taste, a splash of fresh lemon juice and the grated cucumber. Mix well. Refrigerate until ready to use

