

# Great links to healthy and affordable food online

[www.wrha.mb.ca/prog/nutrition/foodskills-recipes.php](http://www.wrha.mb.ca/prog/nutrition/foodskills-recipes.php)

[www.budgetbytes.com/](http://www.budgetbytes.com/)

<http://www.csaonline.ca/files/2012/06/CSA-FoodBank-Student-Cookbook-reduced-size.pdf>

[www.pittsburghfoodbank.org/recipe/database](http://www.pittsburghfoodbank.org/recipe/database)

## Inside Out Apple Crisp

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A delicious and easy fall treat.  
Makes 4 servings.

- 4 large apples
- ½ cup (125 mL) rolled oats
- 2 tbsp (30 mL) butter (softened)
- 3 tbsp (45 mL) brown sugar
- 1 tsp (5 mL) pumpkin pie spice or cinnamon

Preheat oven to 350°F (180°C). Cut apples in half. Use small paring knife to remove core and seeds from each apple half. Place apple halves cut side up on foil lined baking dish. Add oats, butter, brown sugar and pumpkin pie spice or cinnamon to small bowl. Add softened butter to and stir until mixed throughout. Spoon filling on top of each apple half evenly. Bake for 20-30 minutes or until soft. Apples can be eaten on their own or with ½ cup (125 mL) vanilla ice cream or yogurt.

# Food Bank Mini Recipe Book: Fall

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Healthy, Nutritious, and Affordable Food for People of All Ages and Cooking Talents



## Autumn Squash Soup

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This soup is perfect for warming up after a cold day and is great for any season as long as you have squash available! If you use vegetable broth, this recipe is completely vegan as well.

Makes 4 servings

- 2 tsp (10 ml) vegetable oil
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1 tsp (5 ml) ginger
- 1 tsp (5 ml) cayenne – optional
- 2 cups (500 ml) of squash – some good choices are butternut, acorn or sugar pumpkin
- 3 ½ cups (875 ml) vegetable or chicken broth – can also use bouillon cube
- ¼ tsp (1 ml) salt and pepper

In a medium pot, heat oil over medium-high heat. Add onions and cook until clear about 3-5 minutes. Add garlic clove, ginger and cayenne and cook for 2 more minutes. Peel squash and chop into cubes. Add squash and broth to pot, bring to a boil and then reduce the heat to medium. Simmer for 1 hour until very tender. Remove from heat and blend using hand-held blender, or mash by hand until desired smoothness is reached. Use of a hand-held blender will result in a creamier textured soup. Serve in bowls immediately.

*Recipe Tip: If you are finding it difficult to peel the squash, simply place it on a cookie sheet and into the oven at 375 degrees F for one hour. Afterwards the skin should come off very easily.*

Adapted from: Guelph Student Cookbook

## Hearty Vegetarian Chili

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A comforting chili recipe. You can add 1 cup (250 ml) of any cooked meat at the end of the recipe while the chili is simmering. This could include beef, turkey or chicken and is a great way to use up leftovers.

Makes: 7 servings

- 2 cups (500 ml) frozen or canned corn (canned corn should be drained and rinsed)
- 1 large onion, chopped
- 2 (19 oz or 540 g) cans of any type of bean including kidney or black
- 1 (28 oz or 790 g) can of crushed or diced tomatoes
- 3 cloves of garlic minced
- 1 tbsp (15 ml) dried oregano
- 2 tsp (10 ml) chili powder
- 2 tsp (10 ml) cumin
- 2 tsp (10 ml) coriander
- 1 tsp (5 ml) pepper
- ½ cup (125 ml) apple juice
- 1 tbsp (15 ml) olive or other vegetable oil

Heat a large pot over medium-low heat and add oil. Add corn and onion and stir occasionally until they begin to turn golden brown. Add the beans, tomatoes and spices. Stir well. Turn up to medium-high and bring to a boil. Afterwards turn back down to low and simmer for 20 to 30 minutes, stirring occasionally. Remove from heat and stir in apple juice. Add cooked meat while simmering if desired.

Adapted from: Guelph Student Cookbook

## Sweet Potato Bake

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This easy side dish suits a thanksgiving table just as well as a side for any dinner.

Makes 4 servings.

- 1 large sweet potato
- 2 medium apples
- 1 carrot or parsnip
- 2 tbsp (30 ml) olive or other vegetable oil
- ½ tsp (2 ml) cinnamon
- ½ tsp (2 ml) dried basil

Preheat the oven to 400 degrees F. Wash and scrub sweet potato and carrot or parsnip and cut into one inch pieces. Wash apples, core and cut into one inch pieces as well. Place cubed sweet potatoes, carrot or parsnip and apples into a large bowl. Add oil, cinnamon and basil. Toss until everything is coated in oil and spices. Spread mixture out onto a baking pan in a single layer. Roast for 30 minutes until they are tender and begin to look shriveled.

*Nutrition Tip: Washing and leaving the edible skin on a fruit or vegetable before eating gives you more fibre, vitamins and minerals which helps to keep us healthy.*

Adapted From: [www.budgetbytes.com](http://www.budgetbytes.com)