

# 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)

## Kale Chips

---

These healthy, spicy kale chips are addictive as well as easy to prepare.  
Makes 6 servings.

- 6 cups (1.5 L) torn kale with stems removed
- 2 tsp (10 mL) olive or canola oil
- ½ tsp (2.5 mL) salt
- 1 tsp (5 mL) paprika and garlic powder
- ¼ tsp (1 mL) cayenne (can be omitted to reduce spice)

Tear kale into pieces and cut to remove stems. Wash and dry kale thoroughly. Toss kale with oil, salt and seasonings. Arrange in a single layer on an aluminum foil or parchment paper lined baking sheet. Bake in a 350°F (180°C) oven until crisp and dark green about 10 to 15 minutes, checking every 5 minutes.

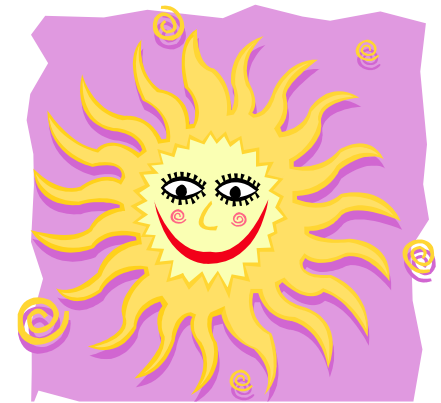
*Nutrition Tip: Dark leafy greens such as kale are good sources of Vitamins A and C. Canada's Food Guide recommends eating at least one dark leafy green and orange vegetable each day.*

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

# Food Bank Mini Recipe Book: Summer

---

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



## Bean and Rice Burritos

A delicious vegetarian recipe that is easy to prepare and freezes well. Makes 8 servings.

- 3 cups (750 mL) cooked brown or white rice
- 1 medium green or red pepper, diced
- ½ cup (125 mL) white or red onion, diced
- 1 tbsp (15 mL) olive or canola oil
- 2 tsp (10 mL) garlic powder
- 1 tbsp (15 mL) chili powder
- 1 tsp (5 mL) ground cumin
- 1/8 tsp (0.5 mL) crushed red chili flakes (optional)
- 1 can (15 oz) black beans, rinsed and drained
- 8 whole wheat or white flour tortillas
- 1 cup (250 mL) salsa
- ½ cup (125 mL) light cheddar cheese (optional)

Prepare rice according to package instructions to give you 3 cups (750 mL) cooked rice. (For most types of rice about ½ cup (125 mL) uncooked rice = 1 cup (250 mL) cooked rice). Meanwhile, place large skillet on medium heat. Add oil and cook green pepper and onion for 3-4 minutes or until tender. Add garlic powder, chili powder, cumin and red pepper flakes and stir. Add drained and rinsed beans and cooked rice to mixture. Cook while stirring for 4-6 minutes or until heated through. To fill the burritos, place flour tortilla flat on counter. Spoon about ½ cup (125 mL) of cooked filling off-center on top of tortilla. Add 2 tbsp (30 mL) salsa and 1 tbsp (15 mL) light cheddar cheese if desired. Fold two sides inwards over filling and roll up. Repeat with all tortillas.

Tip: Since burritos freeze very well, double the recipe

To freeze: Take your finished burritos and wrap them individually in aluminum foil. Place individually wrapped burritos inside a plastic bag and store in freezer for up to 3 months.

To reheat in oven: Place aluminum foil wrapped burrito on a sheet pan in a 450°F (180°C) oven for 30-40 minutes, remove foil and bake for another 10 minutes until crispy.

To reheat in microwave: Unwrap burrito from aluminum foil. Place frozen burrito inside a damp paper towel or under a microwave safe bowl. Microwave for 3-6 minutes on high until heated through (microwave times may vary).

Adapted from: Simple & Delicious Magazine

## Tomato Zucchini Salad

A fresh salad that celebrates summer vegetables. Makes 4 servings.

- 2 large tomatoes, sliced thin
- 2 medium yellow or green zucchini, sliced thin
- 1 medium white or red onion, sliced thin
- 1 tsp (5 mL) dried basil
- 1 tsp (5 mL) dried oregano
- 6 tbsp (90 mL) olive or canola oil
- 3 tbsp (45 mL) balsamic vinegar or 2 tbsp (30 mL) red wine, white wine or white vinegar
- Salt and pepper to taste

Place alternating slices of tomato, zucchini and onion on a serving platter or place vegetable slices into large bowl. Whisk together oil, vinegar of your choice, oregano, basil, salt and pepper in a small bowl. Pour dressing over salad. Cover and refrigerate for at least 2 hours (up to 4 hours) and serve.

Adapted from: [www.epicurious.com](http://www.epicurious.com)

## Asian Peanut Noodles

This Asian noodle dish can be served warm or cold. Serves 4-6.

- 1 package (375g) whole wheat or white linguine or spaghetti noodles
- 2 cups (500 mL) fresh or frozen vegetables of your choice (some suggestions are: mushrooms, broccoli, carrots, peppers, peas, zucchini, celery, kale or cabbage)
- 1 tsp (5 mL) canola or vegetable oil
- ¼ cup (60 mL) peanut butter
- 3 tbsp (45 mL) soy sauce
- 2 tbsp (30 mL) rice or white vinegar
- 1 tbsp (15 mL) canola or vegetable oil
- 1 tbsp (15 mL) honey
- 2 tsp (10 mL) garlic powder
- 1 tsp (5 mL) ginger powder (optional)
- 4 green onions, chopped (optional)

Place large pot filled with water over high heat until boiling. Add pasta to pot and cook according to directions on box. In a large frying pan over medium heat and add 1 tsp (5 mL) canola or vegetable oil. If using fresh vegetables, wash and cut into bite size pieces. Add fresh or frozen vegetables to pan and cook until heated through about 5-10 minutes. Remove from heat. Meanwhile, mix peanut butter, soy sauce, vinegar, oil, honey, garlic and ginger powder in a bowl. Once pasta is done, drain and return to pot. Be sure to reserve ½ cup (125 mL) of cooking water if sauce is too thick. If peanut sauce is too thick to evenly coat noodles, add 1 tbsp (15 mL) water at a time and stir sauce. Add water until it is thin enough to pour easily. Add sauce and vegetables to noodles and stir. Garnish with chopped green onion if desired and serve.

Adapted From: Cooking Magazine