

Great links to healthy and affordable food online

www.wrha.mb.ca/prog/nutrition/foodskills-recipes.php

www.budgetbytes.com/

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

www.pittsburghfoodbank.org/recipe/database

Fresh Tomato Salsa

A healthy, quick and easy dip to serve with freshly baked pita or tortilla chips. Makes 4 cups (1 L)

- 2 (14 ½ oz or 410 g) cans of diced tomatoes, fresh can also be used simply chop 4-5 whole tomatoes
- 1 small onion, finely diced
- 3 cloves garlic, minced or 2 tsp (10 ml) garlic powder
- ¼ tsp (1 ml) cayenne or to taste
- 2 tsp (10 ml) lime juice or any vinegar
- 1 tbsp (15 ml) dried parsley
- ¼ tsp (1 ml) salt and pepper
- 3 whole wheat tortillas or pita
- 1 tbsp (15 ml) oil
- ¼ tsp (1 ml) salt and pepper

To prepare salsa: Pour diced, canned or chopped fresh tomatoes into bowl. If using canned tomatoes and a less chunky salsa is desired, mash or chop up finer. Add finely diced onion, garlic and seasonings.

To prepare chips: Brush tortillas with oil and sprinkle with salt and pepper. Cut into wedges. Lay tortilla wedges on baking sheet and bake at 350 until golden, about 5 minutes.

Nutrition Tip: Tomatoes are rich in Vitamin A and C as well as the antioxidant lycopene which gives them their rich red colour. Canned tomatoes even have more lycopene than fresh!

Adapted From: www.simplyfreshcooking.com

Food Bank Mini Recipe Book: Spring

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



Lighter Potato Salad

A delicious potato salad that would be perfect as a side dish to any meal.

Makes 6 servings (serving size is about 1 cup or 250 ml)

Dressing:

- ¼ cup (60 ml) light mayonnaise
- ¼ cup (60ml) light sour cream or yogurt
- 1 tbsp (15ml) lemon juice
- 1 tbsp (15ml) dried parsley
- ¼ tsp (1 ml) salt
- ½ tsp (2 ml) pepper

Salad:

- 4 cups (1 L) cooked potatoes, cubed
- ½ cup (125 ml) celery, diced
- ½ cup (125 ml) green onion, diced or 1/8 cup (25 ml) white onion
- 2 cups (500 ml) frozen green peas thawed and drained (if using canned, rinse and drain)

To prepare the dressing, add the first six ingredients into a small bowl and stir.

Wash and scrub potatoes and cut into cubes. Place into boiling water and cook until tender. Drain and cool. Combine the dressing, potato, celery, peas and onion into a large bowl.

Nutrition Tip: Plain yogurt is a great substitution for sour cream in many recipes. Plain yogurt is much lower in saturated fat and calories than sour cream.

Adapted from: Cooking Light

Falafel Burgers

This recipe is a great use for chickpeas either dried or canned. These falafels can be served on their own, on top of a salad or inside a pita with salsa and vegetables.

- Can of chickpeas (400g) rinsed and drained
- 1 garlic clove, finely chopped
- ½ cup flat-leaf or curly parsley, finely chopped (can substitute 1 tbsp dried parsley)
- 1 tsp cumin
- 1 tsp coriander
- ½ tsp chili powder (optional)
- 2 tbsp white or whole wheat flour
- 2 tbsp olive or other vegetable oil

Optional to make wraps:

- Whole wheat pita or other bread such as tortillas
- Salsa, to serve
- Leaf or bagged lettuces
- Tomatoes, sliced
- Onion, sliced

If using canned chickpeas, rinse and drain well. If using dried, you will have to soak the chickpeas overnight in the fridge. Boil the chickpeas for 60 minutes until tender and drain.

Take your prepared chickpeas and either pulse them in a food processor with the garlic, parsley, spices and flour or mash them by hand until as smooth as you desire and then add the remaining ingredients.

Shape into four patties. Heat oil in a frying pan and add the falafel patties. Fry for 3 minutes on each side until golden brown. If desired, serve with pita stuffed with lettuce, sliced onion and tomato with salsa on the side.

Adapted from: www.bbcgoodfood.com

Fish Pasta Salad

This refreshing salad is perfect for spring! It's also a great way to use up any other vegetables in the fridge, just chop them up and throw them in to add some extra crunch. Makes 5-6 servings.

- ½ pound (225 g) of any type of short pasta including macaroni, rotini or penne
- 2 (185g) cans of salmon or tuna, flaked and drained
- 1 cup (250 ml) carrots either frozen or fresh, chopped
- 1 cup (250 ml) peas either canned or frozen, if canned drained and rinsed
- ½ cup (125 ml) celery, chopped into small pieces
- 1 ½ green onion or 1 tbsp (15 ml) white onion
- ¼ cup (60 ml) red wine or other vinegar
- 2 tbsp (30 ml) olive or other vegetable oil
- ¼ tsp (1 ml) sugar
- ¼ tsp (1 ml) dried oregano
- ¼ tsp (1 ml) salt and pepper

Cook pasta according to directions on the box, drain and cool. Drain salmon and flake it into bowl with pasta. Prepare vegetables and add to bowl as well. Mix up last 6 dressing ingredients in a small bowl. Pour over pasta salad ingredients, can be served immediately or covered and chilled for later.

Nutrition Tip: Fish is rich in omega 3 fatty acids and is a great way to get more of this heart healthy fat. Canada's Food Guide recommends two servings of fish per week.

Adapted From: www.food.com