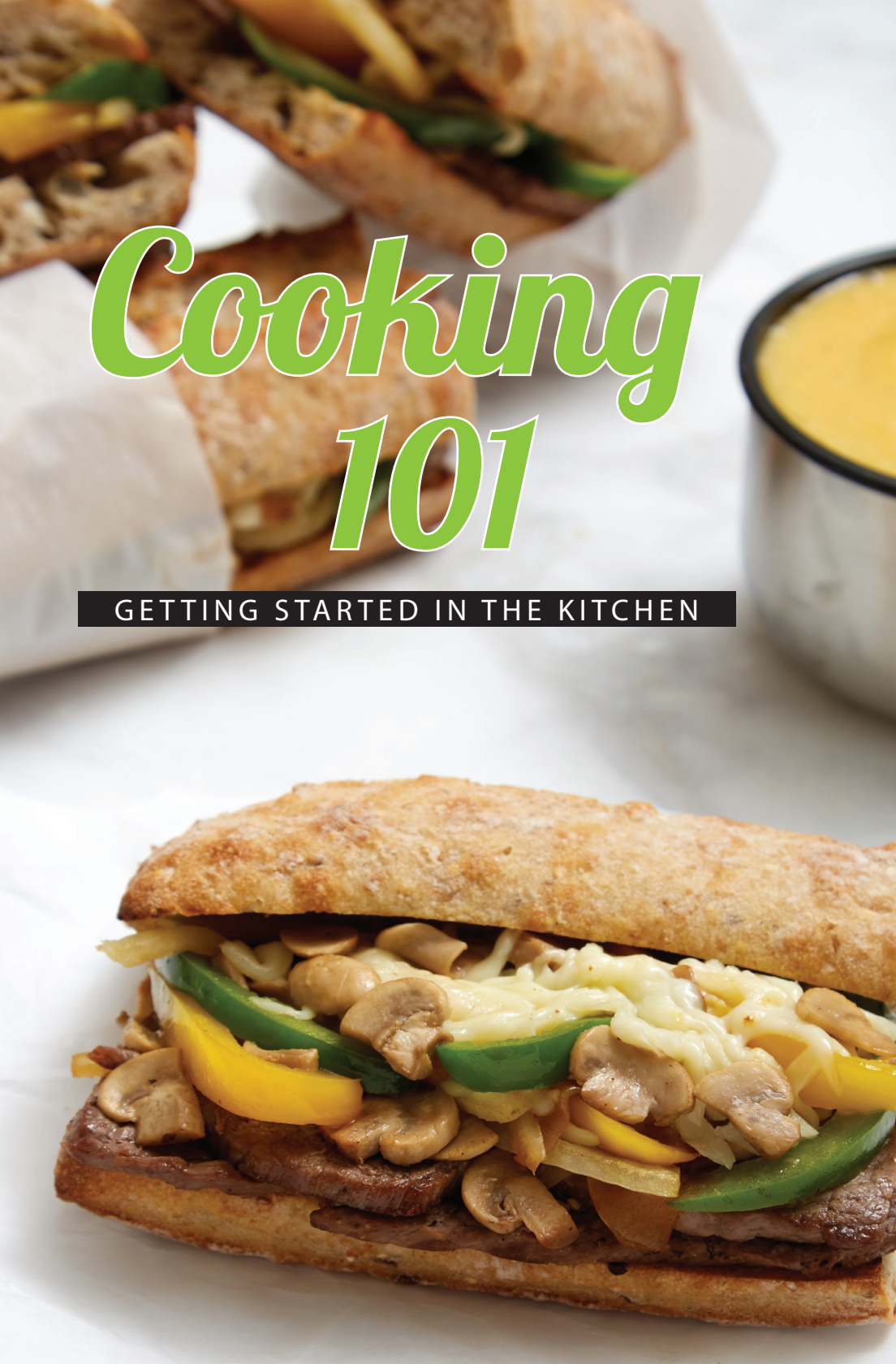

Cooking 101

GETTING STARTED IN THE KITCHEN

Contents

START COOKING	.....	1
KITCHEN MEASUREMENTS	.....	2
BEEF & EGG FRIED RICE	.....	3–4
TIKKA MASALA BEEF SKEWERS	.....	5–6
TASTY TURKEY MEATBALLS	.....	7–8
PHILLY CHEESE STEAK SANDWICH	.....	9–10
HOW TO COOK TURKEY	.....	11
HOW TO COOK FAST-FRY BEEF STEAKS	.....	12
HOW TO HARD-COOK EGGS	.....	13
ALL ABOUT MUSHROOMS	.....	14
MUSHROOM MIX	.....	15–16
TURKEY CLUB EGG SALAD PITA	.....	17–18
TURKEY FIESTA SKILLET	.....	19–20
CHEESY EGG 'N' VEGGIE WRAP	.....	21–22
LUNCHTIME	.....	23

Start Cooking

HOW TO START COOKING

The best way to eat well and save money on food expenses is to learn to cook. You're in control of just what ingredients you eat! Cooking is a life-long creative experience that lets you sample different cultures and have fun with your friends and family. Good things get cooked up in the kitchen for life! Cooking, creating, and experimenting with new foods and recipes is a fun way to feed yourself, and impress your friends and family. Here are some tips to get you started:

1. Think safety first. Ask or let an adult know you will be cooking.

2. Before getting started, wash your hands with warm, soapy water.

3. Keep a clean work station. This will help you stay organized and helps to make sure you are being food safe.

4. Read over the entire recipe before getting started, and collect all your ingredients and tools together. Do you have all the ingredients? Will you have enough time to make this recipe?

5. Prepare any ingredients first. If an ingredient says diced red peppers or beaten eggs, get all of that ready before you start preparing the recipe.

Kitchen Measurements

OUNCES, MILLILITRES & CUPS

1 FL OZ	30 ML	2 TBSP
4 FL OZ	120 ML	1/2 CUP
8 FL OZ	235 ML	1 CUP
16 FL OZ	475 ML	2 CUP

TEASPOONS, CUPS & MILLILITRES

1/4 TSP		1 ML
1/2 TSP		2 ML
1 TSP		5 ML
3 TSP	1 TBSP	15 ML
2 TBSP	1/8 CUP	30 ML
4 TBSP	1/4 CUP	60 ML
8 TBSP	1/2 CUP	125 ML
12 TBSP	3/4 CUP	175 ML
16 TBSP	1 CUP	250 ML
	2 CUPS	500 ML
	4 CUPS	1 LITRE

OUNCES, POUNDS & GRAMS

1/2 OZ		15 GRAMS
1 OZ		30 GRAMS
4 OZ	1/4 LB	115 GRAMS
8 OZ	1/2 LB	250 GRAMS
12 OZ	3/4 LB	340 GRAMS
16 OZ	1 LB	500 GRAMS

COOKING TEMPERATURES

225 F	110 C
250 F	120 C
275 F	135 C
300 F	150 C
325 F	160 C
350 F	180 C
375 F	190 C
400 F	200 C
425 F	220 C
450 F	230 C
475 F	245 C

Beef & Egg Fried Rice

This recipe is perfect for the beginner cook! Nothing beats a whole meal you make in one dish–fewer dishes to wash up! With the beef and eggs, this makes a great protein-packed lunch, dinner or savoury breakfast. To pack up leftovers for lunches, warm up a portion in the microwave and pack into a warmed thermos.

Beef & Egg Fried Rice

30 minutes Total

INGREDIENTS

1/2 lb (250 g) fast-fry (thin-cut) beef inside round steak
Pinch of salt and pepper
1 tsp (5 mL) canola oi
1 small onion, diced
2 cups (500 mL) grated cauliflower
2 tbsp (30 mL) soy sauce
1/4 tsp (1 mL) sesame oil
4 eggs, beaten
1 1/2 cups (375 mL) frozen peas and carrots, thawed
2 cups (500 mL) cooked long grain brown rice
1/3 cup (75 mL) chopped green onions

DIRECTIONS

1. Season beef with salt and pepper. In a large nonstick skillet, heat canola oil over medium-high heat. Cook beef for 2 minutes per side. Let rest for 5 minutes. Cut into bite-sized pieces and set aside.
2. Add diced onion to the skillet and cook for one minute. Stir in grated cauliflower, soy sauce and sesame oil. Cook for 2 minutes. Push vegetables to one side of the skillet. Add beaten eggs to the cleared side of the skillet. As mixture begins to set, gently move spatula through the eggs as they begin to form marble-sized, soft curds. Cook for about 3 minutes until eggs are cooked, with no visible liquid remaining. Combine eggs with ingredients in the pan and add peas, carrots, cooked beef and rice. Heat through. Sprinkle with green onion to serve.

Tip: To grate cauliflower (known as cauliflower rice), use a box grater with medium-sized holes to grate the whole cauliflower head into rice-sized pieces. If you don't have any leftover rice, replace with 4 cups (1 L) of cauliflower rice.

Tikka Masala Beef Skewers

Yes–you can make great take-out right in your own kitchen. If you have the gang over, serve up buffet style and let everyone pick their own toppings. The subtle spice from the curry paste is cooled off by the raita yogurt sauce.

Tikka Masala Beef Skewers

INGREDIENTS

Beef skewers:
1 tbsp (15 mL) masala or curry paste*
1/4 cup (60 mL) plain yogurt
1 lb (500 g) fast-fry beef strip loin steak, sliced into 1-inch strips

Raita:
1/3 (75 mL) finely grated cucumber, squeezed dry
1 cup (250 mL) plain yogurt
1/4 cup (60 mL) chopped onion
1/2 tsp (2 mL) salt
1/4 tsp (1 mL) pepper
1 clove garlic, minced

Garnishes:
4 pieces whole wheat naan or flatbread
1 cup (250 mL) cucumber slices
1/2 cup (125 mL) sliced red onion
1 cup (250 mL) shredded lettuce
1 roma tomato, diced
1/4 cup (60 mL) torn cilantro leaves

DIRECTIONS

1. Soak 8 wooden skewers in warm water for at least 30 minutes.
2. **Beef skewers:** Position oven rack in top third of oven. Preheat the oven's broiler. In a medium-sized bowl, mix together masala paste and yogurt. Add beef to spice mixture and stir until evenly coated. Keep refrigerated in an airtight container for up to 24 hours, if not cooking immediately. Tightly thread 1 strip of beef onto each skewer and place on a foil-lined 21 x 15-inch baking sheet. If strips are small, thread 2 or 3 strips onto a skewer. Broil for 5 to 7 minutes.
3. **Raita:** In a small bowl mix together cucumber, yogurt, onion, salt, pepper and garlic. Refrigerate until ready to use. **Note:** Can be made up to one day in advance.
4. **To assemble:** Place beef skewers onto flatbread. Fold bread around the skewers and pull out the skewers. Garnish with toppings and raita.

***Tip:** To make your own masala paste, combine 1/4 cup (60 mL) tomato paste, 2 cloves garlic (minced), 1 tbsp (15 mL) **each** grated fresh ginger root, curry powder and garam masala spice blend. Add 1/4 tsp (1 mL) **each** salt and pepper.

Tasty Turkey Meatballs

Meatballs are always a huge hit with the whole family and are fun to make! These saucy and flavourful meatballs are even better with mushroom sauce served over noodles! This is another great recipe to pack for lunch in a thermos.

Tasty Turkey Meatballs

INGREDIENTS

Meatballs:
1 tbsp (15 mL) canola oil, divided
1 medium onion, finely diced
8 oz (225 g) crimini mushrooms, finely chopped
1/2 tsp (2 mL) **each** garlic powder, salt and pepper
1/4 tsp (1 mL) **each** dried thyme and dried rosemary
1 lb (500 g) ground turkey
1 large egg
1/4 cup (60 mL) fine dry breadcrumbs
Mushroom sauce:
2 tsp (10 mL) canola oil
1 small onion, diced
2 cups (500 mL) button mushrooms, thinly sliced
1/2 tsp (2 mL) **each** salt and pepper
1/4 cup (60 mL) all-purpose flour
2 cups (500 mL) chicken broth
1 cup (250 mL) frozen green peas
1 cup (250 mL) sour cream
Serving:
6 cups (1.5 L) cooked whole wheat noodles
1/4 cup (60 mL) chopped fresh parsley

DIRECTIONS

1. **Meatballs:** In a large nonstick skillet, heat 1 tsp (5 mL) canola oil over medium-high heat. Stir in onions and cook for 2 minutes. Stir in mushrooms, garlic powder, salt, pepper, thyme and rosemary. Stir often until excess liquid is gone, about 4 minutes.
2. In a medium-sized bowl, mix together the turkey, egg, breadcrumbs and mushroom mixture until well combined. Wash your hands with warm water and soap. Measure 1 tbsp (15 mL) of the mixture and roll into a ball with your hands, place on a parchment-lined baking sheet. Repeat until all the turkey/mushroom mixture has been used. Wash your hands again with soap and water after all the meatballs have been formed.
3. In a large nonstick skillet, heat 2 tsp (10 mL) canola oil over medium-high heat. Place half the meatballs into the skillet. Cook for 7 minutes, turning meatballs every minute to cook on all sides without burning. Transfer meatballs to a clean plate and cook the second batch of meatballs. Make sure the meatballs are fully cooked with no pink remaining in the centre and an internal temperature of 165°F (74°C) has been reached. Set aside on a clean plate for later use.
4. **Mushroom sauce:** In a large nonstick skillet, heat canola oil over medium-high heat. Add onions and cook for 2 minutes, stirring often. Stir in mushrooms, salt and pepper. Cook for another 3 minutes. Stir in flour and cook for 30 seconds. Pour in the chicken broth, whisking at the same time and cook for 30 seconds or until bubbling. Turn heat to low and stir in the peas, sour cream and meatballs. Cook until just heated through, about 3 minutes.
5. Add cooked noodles to skillet with meatballs, tossing to combine. Garnish with parsley.

Philly Cheese Steak Sandwich

No need to stop at the sub shop–this recipe is a quick way to pull together a hot balanced meal. Once the cheese has melted, enjoy this scrumptious sandwich right away as a perfect weeknight meal before soccer practice.

Philly Cheese Steak Sandwich

INGREDIENTS

1/4 tsp (1 mL) **each** garlic powder, salt and pepper
1 lb (500 g) fast-fry beef strip loin steak
1 tbsp (15 mL) canola oil, divided
1 medium white onion, halved lengthwise, thinly sliced
2 cups (500 mL) sliced button mushrooms
1/2 green bell pepper, thinly sliced
1/2 yellow bell pepper, thinly sliced
1 whole wheat French baguette
1 clove garlic, halved
1 cup (250 mL) shredded mozzarella cheese

DIRECTIONS

1. In a small bowl, mix together garlic powder, salt and pepper.
2. Season beef all over with half the garlic powder, salt and pepper mixture. In a large nonstick skillet, heat 1 tsp (5 mL) canola oil over medium-high heat. Cook beef for 2 minutes on each side. Remove from the skillet. Set aside.
3. In the same skillet heat 2 tsp (10 mL) canola oil over medium-high heat. Cook the onions for 2 minutes, stir in mushrooms, bell peppers, and the remaining garlic powder, salt and pepper mixture, and cook for another minute, stirring often.
4. Position the oven rack in top third of oven. Preheat the oven's broiler. Cut baguette into 4 equal-sized pieces. Slice horizontally and place on a foil-lined baking sheet, open sides facing up. Rub each baguette with cut garlic. Place baking sheet in the oven under the broiler to toast the bread, about 1 minute. Remove from the oven. Set the four baguette "tops" to the side for later use. Layer the remaining four baguette slices on the baking sheet evenly with steak (slice the steak into smaller strips, if needed), mushroom mixture and mozzarella cheese. Broil for another minute or until cheese is melted. Remove from the oven and top with baguette tops. Enjoy right away!

How to Cook Turkey

WEEKNIGHT TURKEY

It's great to be able to open the fridge and grab a few things that can make a fast and tasty meal or snack. Cooked turkey, for example, can be kept in the fridge for three days (or freezer for three months) and added to a wrap, soup, salad or even eaten cold with some veggies–get creative with how you use it!

Roasting a turkey breast:

1. Purchase a turkey breast at the grocery store. They are usually 1.5–3 lbs (750 g–1.5 kg) whole turkey breast, bone-in or boneless, skin-on or skinless.

2. Preheat oven to 325°F (160°C). Prepare the turkey breast in a roasting pan by rubbing with 1 tsp (5 mL) oil and sprinkling with 1/4 tsp (1 mL) **each** of salt and pepper. Cover loosely with foil and place in the oven. Cook the turkey breast until a meat thermometer* registers 165°F–170°F (73°C–77°C), around one hour.

*Always use a food thermometer to ensure meats are cooked to a safe internal temperature.

How to Cook Fast-Fry Beef Steaks

BEEF IN 10 MINUTES OR LESS

Thin-cut beef fast-fry steaks are perfect for weeknight meals like sandwiches, wraps, and cut into strips for satay or stir-fry. Quick and tasty weeknight dinners make super speedy lunches the next day. Once you master cooking these fast-fry steaks, get creative with different marinades and seasonings.

Cooking fast-fry (thin-cut) beef steak:

1. Season steak/strips with salt and pepper.

2. Cook beef in a hot, lightly oiled nonstick skillet using medium heat for 2 to 4 minutes per side for steak, 1 minute per side for strips, or until browned, but still pink inside.

3. Remove from pan. For steak, serve with steak sauce, if desired. For stir-fry strips, add sliced vegetables to skillet and cook for 5 minutes. Add stir-fry sauce and cooked beef strips. Heat through.

How to Hard-Cook Eggs

LET'S GET CRACKING

Keep a supply of hard-cooked eggs in your refrigerator for quick meals and snacks. Hard-cooked eggs can be incorporated into a variety of different recipes. Once cooked, use within one week.

Making hard-cooked eggs:

1. Place cold eggs in a single layer in a saucepan. Cover with cold water at least 1 inch (2.5 cm) over top of the eggs.

2. Cover saucepan with a lid and bring quickly to a boil over high heat.

3. Immediately remove saucepan from heat to stop boiling. Let eggs stand in water for 12 minutes (large eggs). Drain water and immediately run cold water over eggs until cooled.

Tip: To peel a hard-cooked egg, crackle the shell all over by tapping the egg on a hard surface, then roll the egg between your hands to loosen the shell. Begin peeling at the large end. Dip the egg in a bowl of water to help remove the shell.

All About Mushrooms

BASIC MUSHROOM PREP

Mushrooms and other less vibrant vegetables can sometimes be overlooked because of their colour, but mushrooms are just as nutritious as their more colourful veggie friends! Mushrooms can be served chopped, sliced or whole. No matter how you serve them, mushrooms are simple to prepare and add great flavour to all appetizers, side dishes and entrées. Fact: Mushrooms are also the only vegetable in the produce section with natural vitamin D.

Cleaning your mushrooms:

1. Gently wipe mushrooms with a damp cloth or soft brush to remove any peat moss particles, or rinse them under cold water and pat dry with paper towels. **Tip:** Do not wash mushrooms when you bring them home. They will absorb water and discolour.

2. Remove the stems if they feel hard or dry. There is no need to peel mushrooms. Portabella and shiitake mushrooms generally have tougher stems, so you can simply twist them away from the cap or remove them with the tip of a knife. All other mushrooms can be prepared with their stems on.

Mushroom Mix

This mushroom mix is the perfect way to add more veggies to your everyday meals! Cook up a batch of mushroom mix to stir in with all your favourites from pasta sauce and mac 'n' cheese to meatballs and burgers. If you want to enjoy mushroom mix on its own, serve wrapped in puff pastry and baked for a veggie Wellington wheel or spread it on some whole wheat pizza dough. Endless possibilities with this recipe!

Mushroom Mix

INGREDIENTS

16 oz (1 lb) crimini mushrooms, cleaned
1 tsp (5 mL) canola oil
1 medium onion, diced
2 medium carrots, finely chopped
1 small zucchini, finely chopped
1 celery stalk, finely chopped
1/2 tsp (2 mL) **each** salt and pepper

DIRECTIONS

1. In a food processor or blender, pulse mushrooms in three batches. Pulse for 5 seconds, stop the food processor, scrape down the sides and pulse for another 5 seconds until mushrooms have been finely chopped, or most pieces are the size of rice. In a large, deep skillet, heat canola oil over medium-high heat. Cook onions, stirring often, for 3 minutes, or until they just start to brown. Stir in mushrooms and cook for another 6 minutes, stirring often. You want the mushrooms to be dark brown, almost black, and excess water evaporated.

2. Stir in carrots, zucchini, celery, salt and pepper. Cook for another 5 minutes. stirring until mixture is dry. Set aside and allow to cool. Add at least 1 cup (250 mL) to your favourite meal. Make mushroom mix ahead and freeze in 1 cup (250 mL) portions. When cooking, thaw and add one or two portions to your favourite recipes.

Tip: If in a rush, separately pulse each of the following ingredients in the same food processor or blender you used for the mushrooms: carrots, zucchini and celery can all be finely chopped using the food processor or blender. Pulse carrots for 5 seconds, twice, scraping large pieces down in-between pulses with a spatula if needed until finely chopped. Remove carrot from the food processor or blender and repeat the process with the zucchini and then the celery.

Turkey Club Egg Salad Pita

This tasty pita is given an extra kick of protein with turkey and egg together. Inspired by the delicious turkey club sandwich, this recipe is great as a dip or spread. Give it a try!

Turkey Club Egg Salad Pita

INGREDIENTS

4 hard-cooked eggs, peeled and chopped
2 tbsp (30 mL) mayonnaise
1/4 cup (60 mL) plain thick yogurt
1/4 tsp (1 mL) salt and pepper
1/2 tsp (2 mL) Dijon mustard
1/4 cup (60 mL) sliced green onions
1 cup (250 mL) leftover cooked turkey, finely shredded or diced 2 cm x 2 cm
2 tbsp (30 mL) bacon bits (optional)
1 roma tomato, sliced
1 cup (250 mL) baby spinach

DIRECTIONS

1. Purée peeled and chopped hard-cooked eggs in food processor or blender. Add mayonnaise, yogurt, salt, pepper and Dijon mustard. Process until smooth. Scrape down sides with a rubber spatula to incorporate all the egg, if needed. Transfer egg mixture to a medium-sized bowl. Stir in green onions, turkey and bacon bits. Cover and refrigerate until serving time.
2. Serve in a pita with sliced tomatoes and spinach, or as a dip with a variety of vegetables (e.g. sweet pepper strips, celery or carrot sticks, cucumber slices, broccoli or cauliflower florets, cherry tomatoes and mushrooms), pita bread wedges, crackers or breadsticks.

Tip: Dip/spread can be refrigerated for up to 3 days.

Tip: Spread the dip into a whole wheat tortilla and take as a grab-and-go lunch.

Turkey Fiesta Skillet

One-pot meal, anyone? Nothing beats a tasty meal with minimal cleanup! Prep the optional garnishes while your meal is cooking and let everyone serve up their own personalized bowl. Extra points if you turn your bowl into a lettuce wrap topped with a rainbow of veggies.

Turkey Fiesta Skillet

INGREDIENTS

1 tsp (5 mL) canola oil
1 lb (500 g) boneless, skinless turkey breast, sliced into 6 even pieces (about 3 x 3 inches)
1 medium onion, diced
2 tbsp (30 mL) chili powder
1/4 tsp (1 mL) **each** salt and pepper
2 tbsp (30 mL) tomato paste
2 cups (500 mL) chicken broth
1 cup (250 mL) long-grain brown rice
1 cup (250 mL) canned black beans, rinsed and drained
1 cup (250 mL) frozen corn kernels, thawed
2 green peppers, diced

Optional garnishes: Sour cream, salsa, chopped lettuce, chopped tomatoes and guacamole

DIRECTIONS

1. In a large nonstick skillet, heat canola oil over medium-high heat. Sear turkey breast pieces on all sides, around 4 minutes. Stir in onion and cook for 2 minutes. Stir in chili powder, salt, pepper, tomato paste, chicken broth and rice. Stir and scrape to get all the brown bits from the bottom of the pan while bringing the broth to a boil. Turn the burner to low, cover with a tight-fitting lid and cook for 30 minutes.
2. Pour black beans, corn and green peppers on top of the rice mixture in the skillet. Cook covered on low for 1 minute. Take skillet off the heat and let sit covered for another 10 minutes.
3. Once done, fluff the rice with a fork and shred the turkey using two forks, mixing it into the rice. Separate into six bowls and serve with optional garnishes.

Tip: This dish is perfect to serve in lettuce cups made from Bibb lettuce leaves.

Cheesy Egg 'n' Veggie Wrap

This is a great meal that works for both breakfast and lunch! Packed full of veggies and delicious cheese, this wrap will leave you feeling ready to start the day. Eggs are the perfect protein for a quick meal since they can be prepped and cooked in minutes. Get creative with the veggies and add your favourites.

Cheesy Egg 'n' Veggie Wrap

INGREDIENTS

8 large eggs
1/4 tsp (1 mL) salt and pepper
1 tsp (5 mL) canola oil
1/3 cup (75 mL) diced zucchini
1/3 cup (75 mL) diced red onion
1/3 cup (75 mL) diced red bell pepper
1 cup (250 mL) shredded cheddar cheese
1 cup (250 mL) baby spinach
4 6-inch whole wheat tortillas

DIRECTIONS

1. In a medium-sized bowl, whisk eggs, salt and pepper.
2. In a large nonstick skillet, heat canola oil over medium-high heat. Add zucchini, onion and red pepper. Cook until softened, about 3 minutes, stirring often. Pour in egg mixture and immediately reduce heat to medium-low. As mixture begins to set, gently move spatula across bottom and sides of skillet to form large, soft curds. Cook until eggs are thickened and no visible liquid egg remains, about 5 minutes.
3. Divide cheese, spinach and eggs between 4 whole wheat tortillas. Wrap and serve.

Tip: Make this meal for breakfast, lunch or dinner! There are no rules saying you can't have eggs for dinner, and this is the perfect grab-and-go meal for those nights you need to get out of the house fast.

Lunchtime

PACKING THE PERFECT LUNCH

It's time to think outside the lunch box! Packing a delicious lunch your parents approve of isn't that hard if you follow these tips:

1. Include a whole grain, protein, vegetable, fruit and water.

2. Prep snacks you can easily add to your lunch. Precut fruit and veggies, freeze some leftovers, make homemade yogurt cups, etc., so you have snacks for school or something to grab when you are hungry at home.

3. Pack your lunch so your cold foods stay cold by using a freezer pack and an insulated lunch bag. Make sure your hot foods stay hot by packing them in a warmed-up thermos. It is better for food safety and your food will taste its best at lunchtime!

4. Portion out and pack leftovers from dinner to bring with you for lunch. For example, use leftover turkey or beef to make a wrap for lunch the next day.

5. Some days it's hard to think about what to make for lunch. Keeping a list of ideas on the fridge can help. Make a list of healthy meals and snacks you know you can bring to school and keep it on the fridge.

Lunch/snack options:

wraps
leftover pasta
berries
taco salad
container of cereal
carrot apple salad
sliced apples or oranges
Greek salad
quesadillas
soup in a thermos
veggies with dip
chili

Notes:

Notes:

Program Supporters:

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Yummy Lunch Club

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