

- BEGINNER APPROVED -
EST. 2015

In the Kitchen
COOKING 101

MAKING FRESH FOOD



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THE FOOD QUIZ

Question 1: Place an X in the box next to which ingredient list represents a fast food veggie burger.

<p>Ingredient List 1 <input type="checkbox"/></p> <p>water, pea protein isolate, expeller-pressed canola oil, refined coconut oil, rice protein, mungbean protein, natural flavors, methylcellulose, potato starch, sunflower oil, salt, potassium chloride, apple extract, vinegar, lemon juice concentrate, colour blend (vegetable glycerine, maltodextrin, ascorbic acid, beet juice extract), sunflower lecithin, pomegranate fruit powder, lycopene (for colour), vitamins and minerals (dried yeast, niacin [vitamin b3], pyridoxine hydrochloride [vitamin b6], thiamin hydrochloride [vitamin b1], riboflavin [vitamin b2], folic acid [vitamin b9], cyanocobalamin [vitamin b12], d-calcium pantothenate, pyridoxine hydrochloride, biotin, zinc sulfate). May contain soy.</p>
<p>Ingredient List 2 <input type="checkbox"/></p> <p>100% real beef.</p>

Question 3: Why is canola oil great for salad dressings?

Question 4: Why is canola oil good for frying?

Question 2: Circle the icon that fits the description of each of the following meats: extra lean ground beef, extra lean ground turkey, extra lean ground chicken.

			10% MAXIMUM FAT
			17% MAXIMUM FAT
			23% MAXIMUM FAT

Question 5: What is 'food synergy' and how do you do it? Specifically, why do beans pair so well with rice? Why do beans pair so well with beef?

Answer Key: Q1: Ingredient list 2 represents the 100% pure beef regular fast food burger. The one with many ingredients and nutrients added represents the fast food veggie burger. **Q2:** All fit in the top box: 10% maximum fat. Ground meats are designated by law on the label as extra lean, lean or medium based on their maximum fat content. So whether ground beef, turkey or chicken, they all have the SAME maximum content in the categories of lean, extra lean or medium. **Q3:** Because of its mild flavour. **Q4:** Because it has a high smoke point, meaning it can withstand high temperatures. **Q5:** When you eat certain foods together to optimize the nutritional contribution of both foods in the meal. E.g. Eating rice with beans makes a meal that contains all 9 essential amino acids. E.g. Pairing beans with meat like beef or turkey (like in a chili) will boost iron absorption from the beans by 150%. Plus the fibre from the beans aids in digestion of the meat.

Question 6: How do you cook canned beans?

Question 10: How do you make a soft-cooked egg?

Question 7: How do you flavour rice?

Question 11: List the steps to make a breaded turkey cutlet (Schnitzel).

Question 8: What are three tips for cooking rice perfectly?

Question 12: How much protein is in 100 g of turkey?

Question 9: What is the difference between white and brown eggs?

Answer Key: Q6: Open the can, drain and rinse in a colander, and add to the dish you are making. Q7: Cook it in broth, using herbs, etc. Q8: Measure ingredients, don't check rice as it is cooking, follow package directions. Q9: Shell colour is the only difference. They are nutritionally the same. Q10: Gently place an egg in gently boiling water for 4 to 5 minutes. Cool in cold water. Q11: See full breading process on page 20. Q12: Around 23 g.

BEEF KOFTAS & TZATZIKI BEAN DIP



BEEF KOFTAS & TZATZIKI BEAN DIP

Koftas are a traditional beef on-a-stick street food from the Middle East. Beef is high in easy-to-absorb heme iron to help fight fatigue. The beans are high in fibre, so they will help keep you feeling full. The meat and beans work perfectly together. Known as the meat factor, the meat increases the absorption of the non-heme iron from the bean dip by 150%. Talk about a great team!



COOKING TIME
15 MIN



PREP TIME
15 MIN



SERVINGS
6

DIRECTIONS

INGREDIENTS

Koftas:

1 lb (500 g)	lean ground beef
1 small	onion, diced
1	egg
1 tsp (5 mL)	cumin
1 tbsp (15 mL)	chili powder
1/4 tsp (1 mL)	cinnamon
1/4 tsp (1 mL)	salt
	12 metal skewers*

Bean dip:

2 cups (500 mL)	canned navy beans, drained and rinsed
1/2 cup (125 mL)	Greek yogurt
2 cloves	garlic
1 tsp (5 mL)	dry dill weed
1/2 tsp (2 mL)	salt
1/4 tsp (1 mL)	pepper
2 tbsp (30 mL)	lemon juice

1. Beef koftas: Preheat oven to 375°F (190°C). In large bowl combine beef, onion, egg, cumin, chili powder, cinnamon and salt. On a foil-lined baking sheet, shape meat into 12, 4-inch long ovals. Thread onto 12 skewers. Cook for 15 minutes, turning once. Beef is done when a digital rapid-read thermometer inserted into the skewer reads 160°F (71°C).

2. Tzatziki bean dip: Meanwhile pour navy beans, Greek yogurt, garlic, dill, salt, pepper and lemon juice into a food processor and pulse on low for 2 minutes or until the bean dip is smooth. Serve with the beef koftas for dipping. Cucumbers and mini red tomatoes are other great dipping options that boost your veggies for the meal.

***Tip:** If using wooden skewers, soak them in water for 30 minutes.

NUTRITION

Nutrition Facts per 1 serving (1/6 of recipe): 277 calories | 27 g protein | 11 g fat | 16 g carbohydrate
| 6 g fibre | 2 g sugars | 560 mg sodium

CHEESE & TURKEY EGG DIPPERS



C H E E S E & T U R K E Y E G G D I P P E R S

This breakfast is the perfect way to keep going throughout the day. The protein from the egg and turkey, plus the fibre from the whole wheat bread, will help keep you full. For more colour add in spinach or tomatoes and serve with your favourite fruit.



COOKING TIME
10 MIN



PREP TIME
10 MIN



SERVINGS
6

D I R E C T I O N S

I N G R E D I E N T S

6	eggs
12 slices	deli turkey
4 slices	natural cheese
8 slices	whole wheat bread
3 tbsp (45 mL)	canola oil

1. Soft-cooked eggs: Carefully lower eggs into a pot of boiling water and start the timer for 5 minutes. After 5 minutes drain, then rinse eggs in cold water immediately to prevent overcooking.

2. Dippers: Meanwhile layer three turkey slices and one slice of cheese over bread. Top each sandwich with an additional piece of bread. Repeat until 4 sandwiches have been made. Generously brush canola oil on the outside of each slice of bread. Cook each sandwich for 2 minutes on each side, or until bread is toasted and cheese is melted. Place sandwiches on a cutting board and slice each into 5 soldier strips. Serve on a large platter.

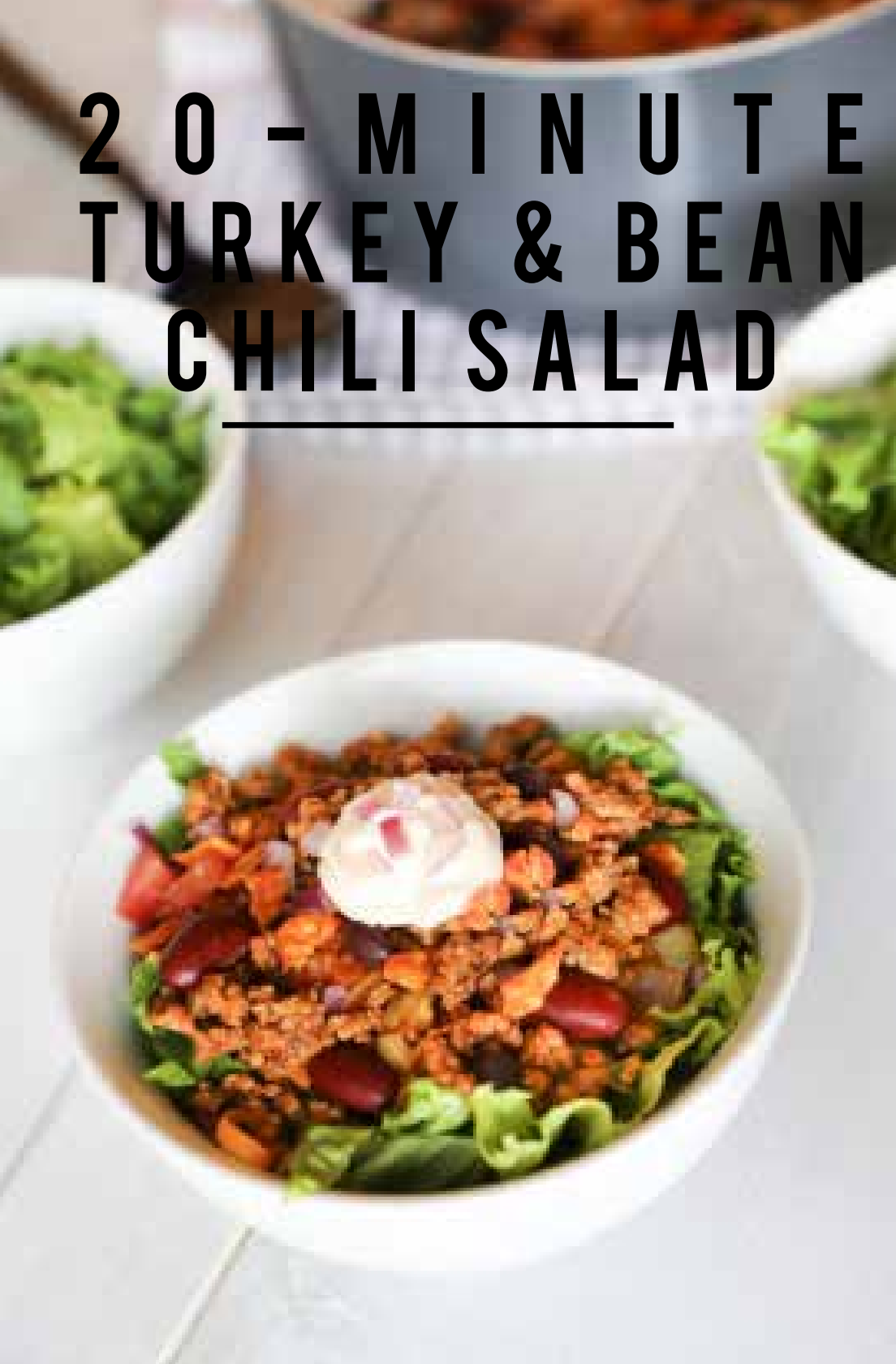
3. Break the tops off the soft-cooked eggs and dip soldier strips into the egg dip. Use a spoon to eat the rest of the egg once you are finished dipping.

Tip: Add spinach or another veggie to make this a colourful and nutritious breakfast option.

N U T R I T I O N

Nutrition Facts per 1 serving (1/6 of recipe): 360 calories | 30 g protein | 16 g fat | 34 g carbohydrate
| 5 g fibre | 4 g sugars | 1700 mg sodium

20-MINUTE TURKEY & BEAN CHILI SALAD



20 - MINUTE TURKEY & BEAN CHILI SALAD

Do you like tacos? Then you are going to love this salad! This is the perfect healthy lunch you can bring along to school and feel good about getting your veggies in along with protein to help keep you full until dinner.



COOKING TIME
20 MIN



PREP TIME
10 MIN



SERVINGS
6

DIRECTIONS

INGREDIENTS

Chili:

- 1 tsp (5 mL) canola oil
- 1 lb (500 g) extra lean ground turkey
- 1/2 tsp (2 mL) salt
- 1/2 tsp (2 mL) pepper
- 1/2 tsp (2 mL) garlic powder
- 3 tbsp (45 mL) chili powder
- 1 medium onion, diced
- 1 green pepper, diced
- 1 can diced tomatoes, drained
- 2 cups (500 mL) assorted canned beans*, drained and rinsed

Salad:

- 6 cups (1.5 L) shredded lettuce
- 1 cup (250 mL) crushed tortilla chips

Optional garnish:

- sour cream, salsa,
- shredded cheddar cheese, sliced onion

1. Heat canola oil in large saucepan or Dutch oven over medium heat. Stir in turkey, salt, pepper and garlic powder. Cook for around 10 minutes, breaking into small chunks with back of spoon, until meat is browned and completely cooked. Stir in chili powder, onions, green pepper, tomatoes and beans. Cook for another 10 minutes. This recipe makes 6 cups total.

2. Meanwhile prepare fresh lettuce, crushed tortilla chips, sour cream, salsa and other classic taco fixings to make an easy and fast taco salad. Top with your favourite fixings.

Tip: To make walking tacos, purchase mini bags (28 g) of flavoured tortilla chips. Crush the chips in the bag and add 1 cup shredded lettuce, 1/2 cup 20-minute chili and your choice of toppings like 1 tbsp each sour cream and salsa, shredded cheddar cheese, red onion and sliced green onion.

***Tip:** For best results try using a mixture of canned black beans, kidney beans and romano beans. Use canned beans and remember to drain beans in a colander and rinse to reduce sodium content.

NUTRITION

Nutrition Facts per 1 serving (1/6 of recipe): 278 calories | 25 g protein | 8 g fat | 29 g carbohydrate | 8 g fibre | 6 g sugars | 715 mg sodium

ONE POT CHEESY BEEF & RICE



ONE POT CHEESY BEEF & RICE

One pot meals are perfect for a busy night and an easy clean up! Impress your family with this delicious all-in-one meal. Healthy and tasty, using ingredients you have right in your pantry and freezer. Make meals faster than take-out with Big Batch Beef and 20-minute rice.



COOKING TIME
25 MIN



PREP TIME
5 MIN



SERVINGS
6

DIRECTIONS

INGREDIENTS

1 cup (250 mL)	20-minute dry brown rice
2 cups (500 mL)	beef broth
1/4 tsp (1 mL)	salt
1/4 tsp (1 mL)	pepper
1/4 tsp (1 mL)	onion powder
1/2 tsp (2 mL)	steak spice
5 cups (1.25 L)	frozen broccoli florets
2 cups (500 mL)	Big Batch Beef*
1/2 cup (125 mL)	grated baby Parmesan cheese, divided

1. In a large skillet mix together rice, beef broth, salt, pepper, onion powder and steak spice. Bring to a boil, stir, turn heat to low and cover for 20 minutes. Do not check rice. Keep covered.

2. Stir in broccoli, Big Batch Beef* and half the Parmesan cheese. Cook over medium-high heat for 5 minutes, stirring until broccoli is heated through. Top with remaining Parmesan and serve.

*find directions for Big Batch Beef on page 23. Or, substitute fresh ground beef: use 1 lb (500 g) lean ground beef pan-fried with one each diced onion and garlic clove.

Tip: Make Big Batch Beef ahead and keep in the freezer so you have cooked ground beef at the ready to fortify soups, make tacos or dishes like this one in a snap.

Tip: Cooked rice can be refrigerated or frozen for easy weeknight meal prep. Cook rice according to package directions. Spread rice evenly on baking sheet and let cool. Place cooled, cooked rice in an airtight container or bag in fridge for up to 5 days or freezer for up to 6 months.

NUTRITION

Nutrition Facts per 1 serving (1.6 of recipe): 428 calories | 31 g protein | 14 g fat | 44 g carbohydrate | 4 g fibre | 3 g sugars | 733 mg sodium

STRAWBERRY BANANA FRENCH TOAST



S T R A W B E R R Y B A N A N A F R E N C H T O A S T

French toast with strawberries and banana! What more could you ask for? This is a beautiful and tasty way to get some fruit in the morning.



COOKING TIME
4 MIN



PREP TIME
15 MIN



SERVINGS
4

D I R E C T I O N S

I N G R E D I E N T S

4	eggs
1 cup (250 mL)	milk
1/2 tsp (2 mL)	cinnamon
1/2 tsp (2 mL)	nutmeg
2 tbsp (30 mL)	brown sugar
1/2 tsp (2 mL)	vanilla
pinch	salt
8 slices	whole wheat bread
3 tbsp (45 mL)	canola oil, divided
1 cup (250 mL)	sliced strawberries
1/2 cup (125 mL)	sliced banana
2 tbsp (30 mL)	maple syrup

Optional garnish:

sprinkling of
powdered sugar

1. In an 8-inch square dish, whisk together eggs, milk, cinnamon, nutmeg, brown sugar, vanilla and salt.

2. Place 2 slices of bread in egg mixture and soak for 15 seconds per side. Heat 1 tbsp canola oil in a nonstick skillet over medium-low heat. Fry bread slices until golden brown, about 2 minutes per side. Adjust the heat as needed to ensure even browning. Repeat with remaining bread and egg mixture adding canola oil as needed, 1 tbsp at a time.

3. Meanwhile in a medium sized bowl toss together strawberries, banana and maple syrup. Spoon strawberry mixture over 4 slices of cooked French toast and top each sandwich with another piece of French toast. Cut each sandwich into triangles and sprinkle with powdered sugar. Enjoy with a side of fruit!

Tip: Get creative with your french toast sandwich filling. Try some sliced apples, a fruit purée or a mixture of berries.

N U T R I T I O N

Nutrition Facts per 1 serving (1/4 of recipe): 453 calories | 18 g protein | 19 g fat | 55 g carbohydrate
| 6 g fibre | 25 g sugars | 465 mg sodium

RICE & BEAN ENCHILADAS



RICE & BEAN ENCHILADAS

These enchiladas are a casual, satisfying entrée that will be met with delight as you pass them around the table. Perfect for the colder weather, warm up with this homemade sauce poured over veggies, beans and rice.



COOKING TIME
20 MIN



PREP TIME
20 MIN



SERVINGS
4

DIRECTIONS

INGREDIENTS

Enchilada sauce:

3 tbsp (45 mL) canola oil
3 tbsp (45 mL) flour
3 tbsp (45 mL) taco seasoning
1/2 tsp (2 mL) cinnamon
2 tbsp (30 mL) tomato paste
1 1/2 cups (375 mL) vegetable broth
1 tsp (5 mL) apple vinegar or white vinegar

Enchiladas:

1 tbsp (15 mL) canola oil
1 small onion, thinly sliced
1 green pepper, thinly sliced
1 cup (250 mL) assorted canned beans*, rinsed and drained
1 cup (250 mL) cooked brown rice
1/4 tsp (1 mL) each salt and pepper
8 6-inch whole wheat tortilla
1 cup (250 mL) shredded mozzarella cheese

1. Enchilada sauce: Heat canola oil in a medium saucepan over medium heat. Stir in flour, taco seasoning and cinnamon. Cook for 30 seconds. Whisk in tomato paste, vegetable broth and apple vinegar. Cook for 5 minutes or until bubbling and thickened.

2. Enchiladas: Preheat oven to 375°F (190°C). Meanwhile heat canola oil over medium heat in a large nonstick skillet and stir in onion and peppers. Cook for 3 minutes or until softened. Stir in beans, rice, salt and green pepper. Cook for 1 minute longer.

3. Fill each tortilla with the rice/bean mixture. Roll and place seam side down in 4 qt (4 L) rectangular glass baking dish. Repeat until you have 8 wraps. Pour the enchilada sauce over top and sprinkle with cheese. Bake for 10 minutes or until cheese is melted.

Tip: For best results try using a mixture of canned black beans, kidney beans and romano beans. Use canned beans and remember to drain and rinse in a colander to reduce sodium.

Tip: Season rice with broth, cilantro and a pinch of cumin to make this recipe even tastier.

NUTRITION

Nutrition Facts per 1 serving (1/4 of recipe): 623 calories | 27 g protein | 22 g fat | 83 g carbohydrate
| 14 g fibre | 5 g sugars | 1324 mg sodium

CHEESEBURGER FRITTATA



C H E E S E B U R G E R F R I T T A T A

All the classic flavour of a cheeseburger baked into a frittata! A frittata is a great meal option for breakfast, lunch or dinner. The flavour combinations are endless.

Feel free to get creative and add your favourite cheeseburger toppings.



COOKING TIME
16 MIN



PREP TIME
10 MIN



SERVINGS
6

D I R E C T I O N S

I N G R E D I E N T S

1 tsp (5 mL)	canola oil
1 lb (500 g)	extra lean ground beef
1/2 tsp (2 mL)	each salt and pepper, divided
1/4 tsp (1 mL)	onion or garlic powder
8	eggs
2 tbsp (30 mL)	milk
1 small	red onion, thinly sliced
1 cup (250 mL)	chopped spinach
1 small	tomato, seeded and diced
1/2 cup (125 mL)	shredded cheddar cheese

1. Heat canola oil in a large ovenproof nonstick skillet or well seasoned and well greased cast iron frypan, over medium-high heat. Sprinkle ground beef with half the salt and pepper and cook for 8 minutes, breaking into small chunks with back of spoon, until meat is browned and completely cooked. Drain and set aside on a plate until ready to use.

2. In a medium sized bowl whisk together onion powder, eggs, milk and remaining salt and pepper.

3. Return beef to the nonstick skillet and stir in onions and spinach. Cook until spinach wilts, about 1 minute. Stir in tomatoes. Turn heat to low and pour in egg mixture. As eggs set around edge of skillet, using spatula, gently lift cooked portions to allow uncooked egg to flow underneath. Cook until bottom is set and top is almost set, about 5 minutes.

4. Sprinkle cheese over top and place skillet under preheated broiler for 2 minutes to melt cheese and puff up frittata, or cover with lid and cook for a couple of minutes on stovetop. Loosen around edge of frittata. Cut into wedges and serve with a side of dill pickles, plus ketchup and mustard for dipping.

Tip: If you have Big Batch Beef in the freezer, use 2 1/2 cups of that instead of fresh ground beef to make this recipe super speedy. See how to make Big Batch Beef on page 23.

N U T R I T I O N

Nutrition Facts per 1 serving (1/6 of recipe): 253 calories | 23 g protein | 17 g fat | 3 g carbohydrate
| 1 g fibre | 2 g sugars | 381 mg sodium

MEDITERRANEAN TURKEY & RICE BOWL



MEDITERRANEAN TURKEY & RICE BOWL

This Mediterranean dish is a 30-minute meal that's quick to make and has a light citrus flavour. Get everything you need in one bowl for an easy lunch or dinner!



COOKING TIME
16 MIN



PREP TIME
10 MIN



SERVINGS
6

DIRECTIONS

INGREDIENTS

Turkey schnitzel:

1 lb (500 g)	boneless, skinless, turkey breast
1/4 tsp (1 mL)	each salt, pepper and garlic powder
1	egg
1/4 cup (60 mL)	milk
1/3 cup (80 mL)	flour
1/2 cup (125 mL)	breadcrumbs
1/4 cup (60 mL)	canola oil, divided

Mediterranean salad:

2 cups (500 mL)	
1 cup (250 mL)	cooked brown rice
1/3 cup (80 mL)	diced cucumber
1 medium	sliced red onion
	tomato, seeded and diced
2 tbsp (30 mL)	diced
2 tbsp (30 mL)	canola oil
1/4 cup (60 mL)	lemon juice
1/4 tsp (1 mL)	chopped parsley
	each salt and pepper

1. Turkey schnitzel: Slice turkey lengthwise to make 6 thin cutlets. Mix salt, pepper and garlic powder together in a small bowl, and sprinkle each side of the turkey cutlets with the spice mixture. On a large plate whisk together egg and milk. Dredge turkey cutlets first in the flour, second in the egg mixture and third in the breadcrumbs. Set aside on a foil-lined baking sheet. Repeat until all turkey has been breaded.

2. Heat half the canola oil in a large skillet over medium-high heat. Cook 2 turkey cutlets for 2 minutes, flip and cook for another 2 minutes or until each side is golden brown. Place cooked turkey on a paper towel-lined plate. Repeat with the remaining turkey, adding additional canola oil as needed.

3. Mediterranean salad: In a large bowl mix together rice, cucumber, red onion, tomato, canola oil, lemon juice, chopped parsley, salt and pepper. Refrigerate until ready to use or serve right away. Serve turkey cutlet over top of the rice salad.

Tip: Check out how to make turkey schnitzel with pictures on page 20.

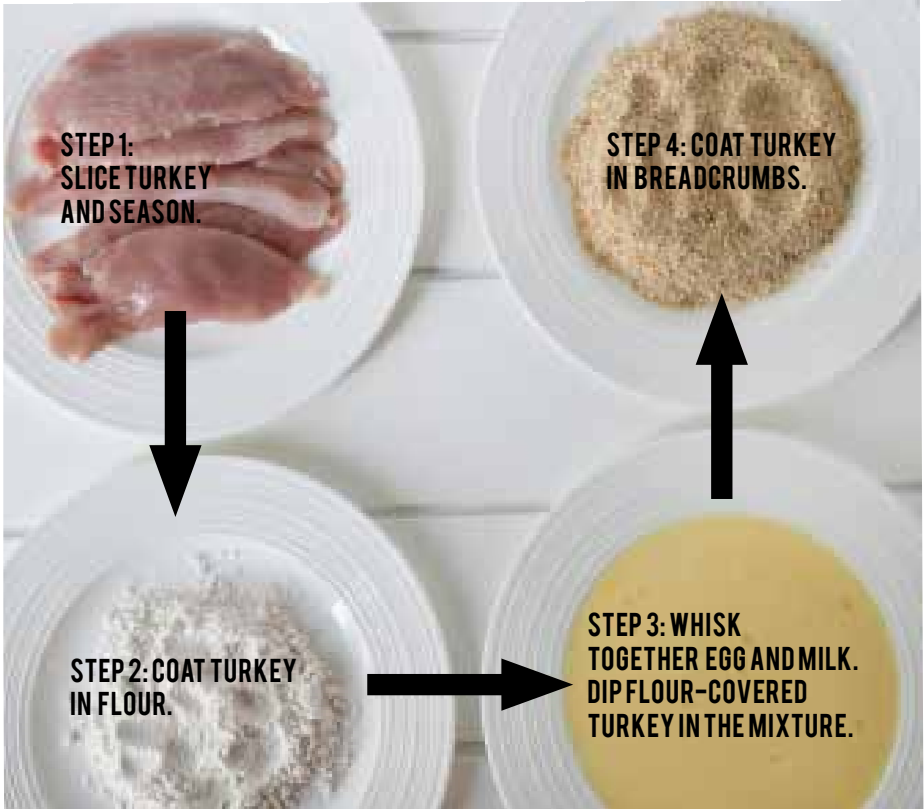
Tip: Wondering how to seed a tomato? Cut the tomato into quarters and use your hands to take out the seeds.

NUTRITION

Nutrition Facts per 1 serving (1/6 of recipe): 533 calories | 31 g protein | 25 g fat | 45 g carbohydrate
| 3 g fibre | 3 g sugar | 393 mg sodium

TURKEY

FAST FOR WEEKNIGHT MEALS



NUTRITION

TURKEY PROTEIN

Turkey pairs perfectly with all sorts of vegetables and fruits. Eating 20 to 30 grams of protein at each meal can help you feel energized and satisfied. Each 100 g serving of turkey provides you with about 23 grams of protein. Enjoying turkey at your meal is a delicious and easy way to meet your protein needs.



HOW TO COOK

RICE

COOKING AND FLAVOURING RICE

Tips for cooking perfect rice:

Measure accurately.

Time the cooking.

Keep the lid on tightly.

If the rice is crunchy or has a hard centre, add more liquid, cover tightly and continue cooking.

For best results follow package directions.

Curry rice: In a heavy saucepan with a tight-fitting lid, sauté 1/2 finely diced yellow onion in 1 tbsp canola oil over medium heat until the onions are lightly browned. Add the rice, 1/4 tsp salt and 1/2 tsp curry powder. Stir the rice to coat the grains with the oil. Add the broth, bring it to a boil and cook as directed.

Caribbean rice: Cook the rice in light coconut milk with 1/2 tsp ground allspice, 1/2 tsp salt, 1/2 tsp dried thyme (or stir in 1 tsp fresh thyme after cooking) and 1/8 tsp ground cloves.

Japanese rice: When the rice is cooked, stir in 1 tbsp rice vinegar, 1 cup shelled and steamed edamame, 1/4 cup thinly sliced scallions, and 1 tsp toasted sesame seeds or sesame oil.

Tips for flavouring rice:

Cook rice in a broth.

Cook rice with onions, garlic and fresh herbs.

Cook rice with a variety of veggies.

Cook rice with a mix of dry herbs, spices and seasonings.

LOCAL, SUSTAINABLE RICE

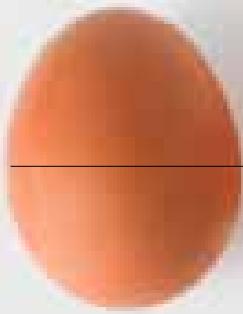
ON THE FARM

Canada does not grow rice, making U.S. grown rice the most local source. USA rice is grown and milled to the highest quality standard and is readily available. Consistency of product and supply is ensured.

U.S. RICE FIELDS PROVIDE ESSENTIAL WILDLIFE HABITATS

Many wildlife species rely on the wetland habitat created by American rice farmers. This makes rice a unique working lands crop. Winter-flooded rice fields provide food and foraging habitats for migratory and wintering fowl. In fact, all major rice production areas in the United States correspond to important areas of waterfowl activity during winter months.

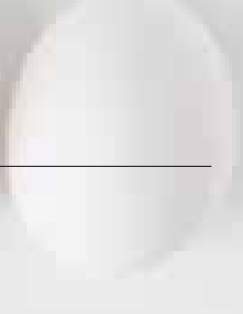
In regions where rice is grown in the U.S., rice agriculture provides 35% of the food resources available to migrating and wintering dabbling ducks.



S O F T - C O O K E D

EGGS

KITCHEN SKILLS



STEP 1

Place cold eggs in saucepan. Cover with at least 1 inch (2.5 cm) cold water over top of eggs. Cover saucepan with lid and bring water to boil over high heat.

STEP 2

Immediately remove pan from heat to stop boiling. With lid on saucepan, let eggs stand in water for 3 to 4 minutes (large eggs).

STEP 3

Remove eggs and rinse under cold water. Cut off larger end with sharp knife.

STEP 4

Place eggs in eggcups. Season with salt and pepper, if desired, and eat with small spoon.

IN THE BARN

What do egg farmers feed their hens?

EGG FARMERS WORK WITH NUTRITION SPECIALISTS TO ENSURE THEIR HENS EAT A BALANCED AND NUTRITIOUS DIET OF GRAINS, PROTEIN, FATS, VITAMINS AND MINERALS. AND OF COURSE, WATER IS ALWAYS ON THE MENU! A BALANCED DIET IS VITAL FOR MAINTAINING THE HEN'S HEALTH AND ALSO PLAYS AN IMPORTANT ROLE IN THE QUALITY OF EGGS PRODUCED.

CANADIAN EGG FARMERS FOLLOW FEED REGULATIONS SET BY THE CANADIAN FOOD INSPECTION AGENCY. STEROIDS AND HORMONES ARE NOT APPROVED FOR USE IN CANADA. THIS MEANS THAT THE EGGS YOU BUY AT THE STORE DO NOT CONTAIN STEROIDS OR HORMONES. LEARN MORE AT GETCRACKING.CA.

ARE WHITE AND BROWN EGGS DIFFERENT?

Aside from the colour of the eggshell, there is little difference between brown and white eggs. The eggshell colour depends on the breed of the hen. Generally speaking, white shell eggs come from hens with white feathers, while brown shell eggs are produced by hens with brown feathers. Nutritionally both brown and white eggs are identical unless the feed has been enhanced for speciality eggs such as Omega-3.

HOW MANY DOZEN EGGS DO CANADIAN EGG FARMERS PRODUCE EACH YEAR?

An average of 650 million dozen eggs are produced each year by registered egg farmers.

GROUND BEEF

BEEF

BIG BATCH BEEF

When it comes to cooking convenience, Big Batch Beef just can't beat! Cook up large-sized value packs of ground beef with some minced onion and garlic, tuck in the freezer and voila! Scratch-cooked meals have never been faster to make! Simply stir in a scoop of Big Batch to fortify soups, sauces and casseroles, or use to top pizza, baked potatoes or tacos. Fast meals—fabulous.

Prep: 10 mins

Cook: 25 mins

Makes: 10 Cups



Big Batch Beef: Cook ground beef in Dutch oven over medium-high heat for 9 to 10 minutes, breaking into small chunks with back of spoon, until browned and completely cooked. Drain and return to pot. Add onion and garlic. Simmer for 12 to 15 minutes until vegetables are softened. Spread mixture in a single layer on several foil or parchment paper-lined baking trays. Freeze just until meat is firm, about 1 hour. Loosen beef mixture into chunks. Scoop meal-sized portions into freezer bags. Freeze for up to 3 months.

NUTRITION

AN ALL-BEEF PATTY HAS A LOT GOING FOR IT! HERE'S HOW THE HUMBLE HAMBURGER STACKS UP:

- 110% Daily Value vitamin B12 – important for boosting energy and brain power.
- 23 grams protein per serving - beef is an excellent source of protein, and like all meat, is a complete protein with all the amino acids humans (like you) need.
- 15% Daily Value iron – fuel your body with energizing iron. Beef is high in iron – one of nature's best sources.
- DYK – that beef and avocados have a lot in common. Half the fat in beef is monounsaturated – the same healthy fat you find in avocados.
- 60% Daily Value zinc – helps you battle back with a healthy immune defence.

Per 75 grams pan-fried Extra Lean Ground Beef. Source of nutrient values: Health Canada, Canadian Nutrient File, 2015, food code Beef 4997

SALAD DRESSING

CANOLA OIL

MAKE YOUR OWN SALAD DRESSING

Canola oil is the perfect base for salad dressing because of its neutral taste. Both olive oil and sesame oil have strong flavours that can't be used as a salad dressing base. The ratio is 2:1:1 + seasoning. That's 2 parts canola oil, 1 part acid, 1 part emulsifier, plus seasonings of your choice.



SALAD DRESSING IDEAS

Honey Mustard

1/4 cup canola oil
2 tbsp lemon juice
2 tbsp honey
1 tsp Dijon mustard
2 tsp fresh herbs, chopped, of your choice (oregano, dill, cilantro) (10 mL)

Asian Dressing

1 tbsp soy sauce
2 tsp sesame oil
1 tbsp white vinegar
1 tbsp canola oil
1 1/2 tsp honey

Greek Dressing

2 tbsp canola oil
2 tbsp red wine vinegar
1 tbsp lemon juice
1 tsp dried oregano
1 small garlic clove, minced

BEANS

VARIETIES



Dark red kidney beans. Great in soups, casseroles, chili and salads. They are a popular choice among Ontario and Quebec farmers.

Light red kidney beans. These are maroon and kidney-shaped. Because of their texture, these beans are great in salads, casseroles and Mexican-style recipes.



White or pea beans. Also known as navy beans, white beans are the most popular edible bean crop grown in Ontario and are often used in soups, salads and baked bean dishes. Most of these are exported to the United Kingdom for baked beans. The rest are sold domestically. White beans have been grown in Ontario since the early 1900s.



Black turtle beans. Also known as black beans or pretos, these have a nutlike flavour and are very popular in Caribbean, Mexican and South American cuisine. Ontario black beans mainly head to Mexico.

HOW TO COOK BEANS

CANNED BEANS

Open the can of beans, place beans in a colander to drain and rinse. Stir into your favourite meal. It's just that easy!

DRY BEANS

Always soak dry beans before cooking to replace moisture. Use 3 cups (750 mL) of water for each cup (250 mL) of sorted and rinsed beans. Then follow one of these methods:

Quick soak: Bring water and beans to a boil, cover and boil for 2 minutes. Remove from heat and let stand 1 hour. Drain.

Microwave soak: Combine 3 cups (750 mL) of hot water and 1 cup (250 mL) of dry beans in a 4 qt (4 L) microwavable casserole dish. Cover and microwave on HIGH (100%) power for 15 minutes or until boiling. Let stand 1 hour. Drain.

To cook: In a large saucepan combine soaked beans and water. Cover and bring to a full boil. Reduce heat and simmer until fork tender, about 45-60 minutes.



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