



Name:

Foods 9
Unit 2



Use this collection of recipes to complete the cooking portion of this unit

You are responsible for bringing your recipes to class on days that we cook.
No recipes = No cooking

UNIT 2

Healthy Eating



Roasted Red Pepper Hummus

Ingredients

½ - 14 to 19 oz can chickpeas, drained and rinsed	½ tsp hot pepper sauce
1 clove garlic, minced	½ tsp ground cumin
½ red pepper	¼ tsp salt
1 ½ tbsp lemon juice	2 carrots, julienne
1 tbsp plain yogurt	2 sticks celery, julienne
1 tbsp cilantro, chopped	2 pita chips
1 tbsp tahini (sesame paste)	

Directions

1. Preheat oven to Broil 500F.
2. Rinse and dry the pepper under cold running water. Remove any seeds on the inside and discard. Place the pepper, skin side up, in a loaf pan and place in the oven.
3. Keep a watch on the pepper, about 5-10 mins, when the skin is black and blistered it is done. Take out of the oven and place inside a paper bag. This will allow the steam to remove the skin easier. When it is cooled, remove from the bag and use a paring knife to remove the skin. Discard the skin of the pepper and keep the flesh. Set aside.
4. Preheat oven to 400F.
5. In a food processor, puree the chickpeas, garlic, roasted pepper, lemon juice, yogurt, cilantro, tahini, hot pepper sauce, cumin and salt until very smooth. Taste and adjust seasoning with more lemon juice, hot pepper sauce or salt. If your hummus is too thick, stir in more yogurt. Cover with saran wrap and put in the fridge while you prep the veggies and pitas.
6. For the pitas, cut into wedges; like a pizza, separate each piece into 2 (since it is a pita pocket), lay on a cookies sheet and bake at 400F until crispy, about 10 mins. Let cool.
7. Cut up veggies into long thin strips and arrange neatly on a serving dish with the pita chips. Place hummus on the tray.
8. Sit down and enjoy your snack!



Chicken Nuggets

With Pumpkin Puree

Ingredients

1 cup panko bread crumbs
1/4 cup ground flax seed
1 tbsp grated Parmesan cheese
1/2 tsp paprika
1/2 tsp garlic powder
1/2 tsp onion powder
1 cup pumpkin puree
1 large egg, lightly beaten
2 boneless, skinless chicken breast, cut into chunks
1/2 tsp salt

Directions

1. Preheat OVEN to CONVECTION BAKE 425F.
2. In a bowl, combine the breadcrumbs, ground flax seed, parmesan, paprika, garlic and onion powder.
3. In a shallow 9" round pan, mix the pumpkin puree and the egg with a fork and set the bowl next to the breadcrumb mixture.
4. Sprinkle the chicken chunks with salt. Dip chicken into the egg mixture and then toss them into the breadcrumbs until completely coated.
5. Line a baking sheet with a piece of parchment paper.
6. Evenly spread the nuggets onto the baking sheet being careful NOT TO CROWD the pan. Cook until crisp and golden and there is no longer any pink in the middle of the chicken (check this by cutting into one of the larger pieces of chicken with a knife).
7. Serve warm with dipping sauce.



Chocolate Chip Cookies

Ingredients

125 ml softened margarine
125 ml brown sugar
62ml white sugar
1 egg
5 ml vanilla
250 ml flour
2 ml baking soda
2 ml salt
125 ml chocolate chips

Directions

1. Preheat the oven to 375F.
2. In a large mixing bowl, cream the butter and the sugars together using a wooden spoon until they are light and fluffy. This is called: The Creaming Method.
3. Add the egg and vanilla; continue mixing with the wooden spoon until incorporated.
4. In a separate, medium bowl, combine the flour, baking soda and salt.
5. Gradually add the dry ingredients to the wet ingredients. Stir in chocolate chips.
6. Drop by small spoonfuls on a parchment lined baking sheet. Make sure each cookie is the EXACT same size.
7. Bake for 10-12 mins per batch, ONLY one cookie sheet can be baked at a time.
8. Transfer cookies to a wire cooling rack and allow to firm up and cool.
9. Enjoy!



Taffy Fruit Dip

Ingredients

80ml softened cream cheese
80ml brown sugar (packed down)
7ml vanilla
60ml chopped peanuts (optional)

Fresh fruit, cut as directed

Wooden skewers

Cookie cutters



Directions

1. Beat the cream cheese, brown sugar and vanilla on a low speed in the mixmaster.
2. Beat until smooth and fluffy and the sugar is dissolved.
3. Stir in the peanuts.
4. Put the dip into a clean bowl, wipe off edges.
5. Cut up the fruit and arrange it creatively on the plate.
6. Dip fresh fruit and enjoy!



Chocolate Chip Granola Bars

Ingredients

375 ml rolled oats
90 ml coconut
90 ml sunflower seeds
90 ml raisins
125 ml chocolate chips
1/2 can sweetened condensed milk
30 ml melted margarine

Directions

1. Preheat the convection oven to 325F. Line the baking sheet with parchment.
2. Combine all ingredients in a large mixing bowl. Mix VERY well. Mixture should be quite stiff.
3. Put mixture onto cookie sheet.
4. Press down evenly using a small piece of parchment paper.
5. Bake for 20 mins or until golden.
6. Put in the fridge and allow to cool for 10 mins.
7. Cut into equal sized bars.



Apple Raspberry Crumble

Ingredients

CRUMBLE TOPPING

¼ cup + 2 tbsp walnuts
¼ cup rolled oats
¼ cup brown sugar
¼ cup + 2 tbsp flour
pinch of salt
4 tbsp softened butter

FRUIT FILLING

2 large or 3 small baking apples, peeled and cut into 1 cm cubes
1 cup raspberries
2 tbsp granulated sugar
1 tbsp flour
1 tsp vanilla
pinch each of nutmeg, cinnamon and salt
1 tbsp butter / divided 4 cubes

Directions

1. Preheat the oven to convection bake at 375 F.
2. Butter 4 ramekins and set aside.
3. Mix the rolled oats, brown sugar, flour and salt together in a medium bowl. Add the nuts to the mixture and then using your fingers, incorporate the butter into the mixture until it is evenly moistened, set aside.
4. In another medium sized bowl mix the sugar, flour, spices and vanilla together. Add the chopped apples and raspberries and toss together until they are evenly coated with the dry ingredients.
5. Transfer the fruit filling to the prepared ramekins and dot with a ¼ tbsp butter on each.
6. Squeeze handfuls of the crumble mixture and scatter on top of the fruit.
7. Bake until golden and bubbly, about 25 mins.



Chewy Lime Sugar Cookies

Ingredients

2 $\frac{3}{4}$ cups all purpose flour
1 tsp baking soda
 $\frac{1}{2}$ tsp baking powder
 $\frac{1}{2}$ tsp salt
1 cup butter, softened
1 $\frac{1}{2}$ cups granulated sugar
1 egg
 $\frac{1}{2}$ tsp vanilla
1lime, zested and juiced
 $\frac{1}{2}$ cup unsweetened coconut, toasted
 $\frac{1}{4}$ cup coarse sanding sugar for top of cookie

Directions

1. Preheat oven to 350F. Line cookie sheets with parchment paper.
2. In a small bowl, stir together flour, baking soda, baking powder and salt. Set aside.
3. Using a mixer with the paddle attachment beat together the butter and sugar until smooth and very fluffy.
4. Beat in the egg, vanilla, lime zest and juice.
5. Gradually blend in the dry ingredients and the toasted coconut.
6. Using the small cookie scoop as measurement, press the top of each mound of dough into the coarse sanding sugar.
7. Place on a lined cookie sheet with the sugar side facing up with about 1 $\frac{1}{2}$ inch apart.
8. Bake for 8-10 minutes in the preheated oven or until the edges are lightly browned.
9. Let stand on the cookie sheet for 2 minutes before removing to cool on wire racks.
10. *****Note: Coconut can be toasted in a dry frying pan on medium-high heat. Stir it frequently until the coconut has a nice golden colour.



Open Faced Veggie Quesadillas

Ingredients

4 whole Flour Tortillas
2 Tablespoons Olive Oil
1 whole Onion, Thinly Sliced
¼ teaspoons Salt
⅛ teaspoons Black Pepper
½ cups Green Bell Pepper, Diced
½ cups Yellow Bell Pepper, Diced
½ cups Red Bell Pepper, Diced
¼ cup black beans
¼ cups Enchilada Sauce
½ cups Black Olives, Chopped
1 cup Shredded Monterey Jack Cheese
¼ cups Fresh Cilantro, Chopped
¼ cups Sour Cream For Garnish

Directions

1. Preheat oven to 400 F. Place tortillas on an ungreased baking sheet, lightly spray with cooking spray and prick all over with a fork. Bake for 5-6 minutes, until they are puffed and begin to turn golden. Remove from oven and allow to cool. Keep the oven on.
2. In a large skillet, heat the olive oil over medium heat. Add the sliced onions to the skillet, season with salt and pepper to taste, and cook over medium-low heat, stirring occasionally, until onions turn translucent and begin to caramelize (about 8-10 minutes). When the onions are almost done, add the diced peppers and black beans and cook just until they begin to soften. Remove skillet from heat.
3. Spoon about 1-2 tablespoons of enchilada sauce over each of the baked tortillas. Top with the onions and veggie mixture, olives and cheese. Place it back in the oven and cook for 5-6 more minutes, until the cheese has melted. Remove from oven and garnish with fresh cilantro and sour cream.