

# Hands On Cookbook



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This resource was developed by Health Promotion Services.

The intent of this cookbook is to encourage participants to utilize the skills developed in our courses and to be mindful of eating habits. We encourage you to cook at home more often, enjoy your food and eat meals with others!

The recipes provided in this booklet will take a maximum of 20 minutes to prepare, proof that healthy cooking doesn't always require a lot of time. Additionally, to save time, all recipes can be made in bulk - cook once, eat twice, or even more!

**For more awesome resources like this one check out:**  
**[www.cafconnection.ca/halifax/hp](http://www.cafconnection.ca/halifax/hp)**



## *breakfast*

Gingerbread Pancakes  
Ginger Orange Cranberry Bread  
Spinach & Mushroom Frittata

## *lunch*

Festive Winter Salad with Citrus Vinaigrette  
Winter Vegetable Soup  
Carrot Squash Soup

## *supper*

Cranberry Balsamic Roasted Chicken  
Spicy Chicken Squash Stew  
Pork Tenderloin with Glazed Carrots  
Roasted Salmon with Citrus Slices

## *snacks*

Crispy Chickpeas and Pumpkin Seeds with Lime  
Muesli Muffins with Almonds and Cranberries  
Rosemary Nuts



## Gingerbread Pancakes

12-14 Pancakes

### Ingredients

- 2 eggs
- ¼ cup molasses
- 2 cups buttermilk
- 2 cups whole-wheat flour
- ½ tbsp baking powder
- ½ tsp salt
- 1 tsp ground ginger
- 1 tsp cinnamon
- ½ tsp nutmeg
- ¼ tsp allspice
- Maple syrup for serving

### Instructions

1. In a large mixing bowl, add eggs, molasses, and buttermilk, and whisk to combine
2. In a medium mixing bowl, mix together flour, baking powder, baking soda, salt, ginger, cinnamon, nutmeg and allspice until combined
3. Slowly add dry mixture to the wet, whisking just until mixtures are combined
4. Heat butter on a large skillet over medium-low heat
5. Add ¼ cup of pancake mixture to the skillet, leaving space in between pancakes. Cook for 3-5 minutes, or until air bubbles begin to form on the surface. Flip over and cook for another 3-5 minutes, until browned
6. Serve with maple syrup





## Ginger Orange Cranberry Bread

### Ingredients

- 1 ½ cups whole wheat flour
- ¼ cup flaxseed meal
- 1 tsp baking soda
- ½ tsp salt
- 1 ½ tsp ground ginger
- 1/3 cup extra virgin olive oil
- ½ cup maple syrup
- 1 tsp orange zest
- ¼ to ½ cup juice of 1 orange
- 1 tsp vanilla extract
- 2 eggs
- 1 ½ cup whole cranberries (thawed, if frozen)
- ¼ cup raw walnuts, chopped

### Instructions

1. Preheat oven to 350F. Set aside a greased or non-stick loaf pan (8 ½ x 4 ½ in)
2. Combine the dry ingredients in a large mixing bowl, set aside
3. Combine the wet ingredients in a medium bowl, set aside
4. Transfer the wet ingredients to the larger bowl of dry mix and stir to combine. Do not overmix
5. Stir in the cranberries and walnuts. Pour the batter evenly into the pan
6. Bake for 50 to 60 minutes. Using a clean knife, check the middle for residue. If it remains clean, the bread is done



## Spinach and Mushroom Frittata with Roasted Tomatoes

Serves 4

### Ingredients

- 10 eggs
- 1 tbsp olive oil
- ½ cup mushrooms, sliced
- 3 cloves garlic, minced
- 2 cups spinach leaves
- Salt and pepper, to taste
- 2 tbsp fresh parmesan cheese, grated
- 1 tbsp olive oil
- ½ cup cherry tomatoes

### Instructions

1. Preheat the oven to 350F
2. In a large bowl, crack and whisk the eggs together. Set bowl aside
3. Preheat a medium sized oven-safe pan over medium heat on the stove. Add 1 tbsp olive oil and add the mushrooms. Lightly saute until soft, about 5 minutes
4. Add minced garlic and spinach leaves and cook for another 1-2 minutes, just until garlic is fragrant and spinach leaves are soft but not wilted
5. Remove from heat and add the mushroom and spinach mixture to the bowl with your whisked eggs. Season with salt and pepper
6. Add mixture back to oven safe pan and top with parmesan cheese
7. Place the frittata in the centre rack in the oven and bake until eggs are just set, about 10 minutes
8. Once finished, move pan to top rack and broil for 2 minutes to lightly brown the cheese on top. Remove from oven and allow to cool slightly before serving
9. Place tomatoes lightly drizzles with olive oil on a sheet pan in 350F oven for about 5-7 minutes. Remove from oven and place on top of frittata





## Festive Winter Salad with Citrus Vinaigrette

Serves 8

### Ingredients

- 2 granny smith apples
- 1 tbsp lemon juice
- ½ cup orange juice
- ¼ cup olive oil
- 1 tbsp honey
- 1 bag salad mix
- 1 cup pomegranate seeds
- ¼ cup toasted sunflower seeds
- ¼ cup toasted pumpkin seeds
- ½ cup cilantro
- Salt and pepper, to taste

### Instructions

1. Thinly slice the green apples and submerge in a bowl of water with the lemon juice for 5 minutes to prevent browning
2. In a small bowl, combine the orange juice, olive oil, honey and salt and pepper, to taste
3. In a large bowl, combine the greens, pomegranate, sunflower seeds, pumpkin seeds, apples and cilantro
4. Pour the dressing over and toss well. Refrigerate until serving



## Winter Vegetable Soup

*Serves 8 cups*

### Ingredients

- 1 onion, chopped
- 2 carrots, peeled and diced
- 2 beets, peeled and diced
- 2 cloves garlic, minced
- 5 cups vegetable or chicken broth
- 8 parsnips, peeled and diced
- 3 cups green cabbage, chopped
- ½ tsp dried marjoram leaves
- ½ tsp dried thyme leaves
- 2 tbsp fresh parsley, chopped
- Salt and pepper, to taste

### Instructions

1. In a large saucepan, combine onion, carrots, beets, garlic and broth
2. Cover and bring to a boil; reduce heat and simmer, covered, for 10 minutes
3. Add parsnips, cabbage, marjoram and thyme; cook until vegetables are tender; about 15 minutes
4. Season to taste with salt and pepper. Garnish with parsley





## Carrot Squash Soup

Serves 7

### Ingredients

- 4 large carrots, chopped
- 3 large whole cloves garlic
- 1 acorn squash, peeled and cubed (about 4 cups)
- 1 onion, chopped
- 2 tsp curry powder
- 2 tsp dried thyme leaves or 1 tbsp chopped fresh
- ½ tsp ground ginger or 2 tsp minced fresh ginger
- 4 cups no salt added vegetable or chicken broth
- ¼ cup Greek yogurt
- ¼ cup chopped fresh cilantro

### Instructions

1. In a large pot, combine carrots, garlic, squash and onion. Stir in curry powder, thyme and ginger. Pour in broth and bring to a boil
2. Reduce heat, cover and simmer for about 40 minutes or until carrots and squash are very tender
3. Ladle soup in batches, into a blender or using an immersion blender, puree the soup until smooth
4. Ladle into bowls and dallop with a little Greek yogurt and sprinkle with cilantro to serve



## Cranberry Balsamic Roasted Chicken

Serves 4

### Ingredients

- 4 boneless, skinless chicken breasts
- 1/3 cup fresh cranberries
- 1 tsp fresh thyme
- 1 tsp oregano
- Black pepper, to taste

### Marinade Ingredients

- 1/3 cup fresh cranberries
- 2 tbsp maple syrup
- 2 tbsp soy sauce
- 2 tbsp vegetable oil
- ¼ cup balsamic vinegar
- 2 cloves garlic, crushed
- Salt and pepper to taste

### Instructions

1. In a small blender, combine the marinade ingredients. Mix at medium-high speed until a smooth texture is achieved
2. Place raw chicken breasts in a 8x8 baking dish and cover them in marinade
3. Cover the chicken with plastic wrap and keep in the refrigerator for at least 30 minute up to 24 hours
4. Preheat oven to 375F
5. Once marinated, add the raw cranberries, thyme, oregano and pepper to the chicken mixture
6. Bake chicken for 20-30 minutes, flipping half way through
7. Serve with your choice of sides or on a bed of fresh greens





## Spicy Chicken and Squash Stew

Serves 4

### Ingredients

- 2 tbsp paprika
- 1 tsp dried thyme
- 1 tsp dried mustard
- ½ tsp cayenne
- ½ tsp ground cloves
- ¼ tsp salt
- ¼ tsp pepper
- 4 chicken legs, separated into thighs and drumsticks
- 1 tbsp vegetable oil
- 2 onions, sliced
- 2 cloves garlic, minced
- 1 tbsp minced gingerroot
- 14oz canned tomatoes, chopped
- 2 tbsp packed brown sugar
- 2 tbsp soy sauce
- 7 cups butternut squash, peeled and coarsely cubed
- 1 tbsp cornstarch
- Chopped fresh parsley

### Instructions

1. In a large bowl, combine paprika, thyme, mustard, cayenne, cloves, salt and pepper; add chicken and roll to coat well
2. In a large deep skillet or shallow saucepan, heat oil over medium heat; brown chicken well, in batches, removing to plate
3. Pour off all but 2 tbsp drippings from pan. Add onions, garlic, ginger and any remaining spices in bowl; cook, stirring for 5 minutes
4. Stir in tomatoes, ½ cup water, brown sugar and soy sauce. Bring to a boil, scraping up any brown bits from bottom of pan
5. Return chicken and any juices to pan; add squash. Reduce heat, cover and simmer for about 35 minutes or until squash is tender and juices run clear when chicken thigh is pierced
6. Dissolve cornstarch in 2 tbsp cold water; stir into stew and cook, stirring, until thickened. Taste and add more salt and pepper if needed. Serve sprinkled with parsley



## Pork Tenderloin with Glazed Carrots

Serves 4

### Ingredients

- 2 tbsp olive oil
- 2 units pork tenderloin
- 1 tsp dried rosemary, crushed
- ½ tsp dried leaf thyme
- ¼ tsp pepper
- 6 medium carrots
- 1 cup apple cider or juice
- 2 tbsp brown sugar

### Instructions

1. Heat oil in wide frying pan over medium heat
2. Sprinkle tenderloins with rosemary, thyme and pepper, pressing into meat to evenly coat. Add to hot oil and evenly and lightly brown pork, turning often, about 9 minutes
3. Peel carrots and slice lengthwise into sixths, or eights if large; cut into 1 ½ inch pieces
4. Push tenderloins to side of pan and stir to loosen browned bits from bottom. Spread carrots out in pan. Place pork on top of carrots and pour cider all over
5. Cover and cook over medium heat turning meat at least once, for 10 to 12 minutes or until meat thermometer reads 160 – 170F and meat feels springy to the touch
6. Remove tenderloins to cutting board and cover to keep warm
7. Turn heat to medium-high and boil juice, stirring frequently, until carrots are tender and most of the liquid has evaporated. Then stir in brown sugar
8. Turn into centre of platter. Slice pork into medallions and arrange around carrots





## Roasted Salmon with Citrus Slices

Serves 8

### Ingredients

- 2lbs boneless sockeye salmon fillet
- 3 tbsp extra virgin olive oil
- ¼ tsp black pepper
- 1 lemon, thinly sliced
- 2 oranges, thinly sliced
- 6 sprigs fresh thyme or rosemary
- 2 tbsp chopped parsley
- 2 tbsp chopped dill

### Instructions

1. Preheat oven to 350F
2. Place salmon skin-side down on a rimmed 13 x 18 inch baking sheet and drizzle with olive oil. Sprinkle with black pepper. Arrange citrus slices and thyme / rosemary over the fish
3. Roast for 15-20 minutes, until fish is opaque and breaks apart easily when pierced with a fork. Remove thyme / rosemary sprigs and garnish with chopped herbs. Serve fish with citrus slices. Accompany with steamed brown rice, wild rice, quinoa or whole grain couscous, and roasted vegetables or large green salad



## Crispy Chickpeas and Pumpkin Seeds with Lime

Serves 14

### Ingredients

- 2 cans chickpeas, rinsed and well drained
- 2 tbsp extra virgin olive oil
- 2 tsp paprika
- 1 tsp cumin
- 1 tsp garlic powder
- ½ cup hulled pumpkin seeds
- Grated zest from 1 medium lime

### Instructions

1. Preheat oven to 425F
2. In a medium bowl, combine chickpeas, olive oil, paprika, cumin and garlic powder. Toss until well coated. Spread mixture on large baking sheet in single layer. Bake 30 minutes or until beginning to brown. Stir every 10 minutes
3. Sprinkle with pumpkin seeds, stir and bake 5 minutes or more until chickpeas are crispy, being careful not to burn them
4. Remove from oven and toss with lime zest. Let stand on baking sheet 30 to 45 minutes for crisp texture and peak flavours. When completely cooled, store in airtight container at room temperature for up to 2 days





## Muesli Muffins with Almonds and Cranberries

Serves 12

### Ingredients

- Extra virgin olive oil cooking spray
- 1 cup whole wheat flour
- ½ cup granulated sugar
- ¼ cup ground flaxseed
- 1 ½ tsp ground cinnamon
- ¾ tsp baking soda
- 1 ½ cups quick cooking or old fashioned oats
- ½ cup dried cranberries
- 1 cup non-fat Greek yogurt
- 1/3 cup extra virgin olive oil
- 1 jar pear puree baby food
- 1 large egg
- 1 ½ tsp almond extract

### Instructions

1. Preheat oven to 350F. Lightly spray 12-cup, non-stick muffin pan with cooking spray
2. In large bowl, whisk together flour, sugar, flaxseed, cinnamon and baking soda
3. In small bowl, combine almonds, ¼ cup oats, ¼ cup cranberries and set aside. Stir remaining oats and cranberries into flour mixture until well blended
4. In medium bowl, whisk together yogurt, olive oil, pear puree, egg and almond extract. Stir yogurt mixture into flour mixture until just blended. Do not overmix
5. Spoon equal amounts of batter into muffin cups. Sprinkle evenly with reserved almond mixture. Bake 18 to 20 minutes. Cool in pan 5 minutes. Remove from pan; serve warm or let cool to room temperature



## Rosemary Nuts

28 to 30 portions (1/4 cup portion)

### Ingredients

- 2 lbs assorted nuts, roasted (not salted)
- 4 tbsp fresh rosemary needles, finely chopped
- ¼ to ½ tsp cayenne
- 1 1/3 tbsp brown sugar
- 1 1/3 tbsp sea salt
- 1 tbsp unsalted butter, melted

### Instructions

1. Pour nuts one-layer thick on baking sheet and toast in 350F oven for 14 minutes
2. Mix all other ingredients into the melted butter in a bowl big enough to hold the nuts, and keep warm. Nuts should also be warm when they are added to the butter mixture. Gently re-heat either one if they cool before combining
3. Pour warm nuts into the bowl and with two wooden spoons, mix thoroughly, coating nuts with the butter. Let the nuts dry and cool completely before storing them in an airtight container

