

RECIPES FROM HEALTHY MENUS FOR PREGNANT WOMEN AND THE WHOLE FAMILY!



First Nations of Quebec and Labrador
Health and Social Services Commission



**RECIPES
FROM HEALTHY MENUS
FOR PREGNANT WOMEN
AND THE WHOLE FAMILY !**

Also see the «Healthy Menus for Pregnant Women and the whole Family!»
accompanying this booklet.

Acknowledgements

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A message from the Dietitian-Nutritionist...

What an exciting and privileged experience it is to be expecting a baby ! It's the ideal time to live as healthy a lifestyle as possible for the benefit of that new little person on-the-way ! And why not include the whole family too ?

Here are some menu and recipe suggestions which are as appropriate for the expecting mother as they are for the entire family. Everyone will benefit from these suggestions which meet current general nutrition recommendations. Other food products could of course be used to make other healthy menus. After all, these presented here are only a few examples. Consult your Dietitian-Nutritionist who could give you some personalised tips, as portions may vary from one person to another. By consulting your Dietitian-Nutritionist, you should also receive nutrition advice for before you even conceive your baby !

Also look carefully at the Healthy Menus distributed with this booklet, where you will find other meal and snack ideas which did not need recipes here. Some of the food choices are suggested without their accompanying detailed recipes. But most of all,... Bon appétit and enjoy eating healthy !

Good health is important for our communities. One of the most enjoyable ways to improve health is through good nutrition. So have fun discovering these new healthy recipe ideas !

Miriamme Marcotte, Dietitian-Nutritionist

If you have any comments, please forward them to the address on the previous page.

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- **Breakfast**

Hearty Bannock

For approximately 6-8 people

Ingredients :

- Whole wheat flour : 2 cups
- All-purpose flour : 2 cups
- Rolled oats (oatmeal) : 1/2 cup
- Powdered skim milk : 1/4 cup
- Baking powder : 1 1/2 tbsp.
- Salt : 1 tsp.
- Water

Directions :

Preheat oven to 350° F. In a large bowl using both hands, mix all the dry ingredients thoroughly for about 1 to 2 minutes. Add a small amount of water to the dry ingredients and start to knead the dough gently. Gradually add just enough water to make a light dough. Shape into a loaf and place in a mould or in a lightly oiled pan. Cook in the oven for about 40 minutes.

Apple Sauce

Makes approximately 10 servings

Ingredients:

- Apples : 17
- Water : 2 cups
- Cinnamon (optional) : 1 tsp.

Directions :

Wash, peel (if desired) and quarter the apples. In a large pot, combine water and apples. Over medium heat, bring the water to a boil, stirring occasionally. Reduce the heat to minimum; let simmer for appr. 10 minutes uncovered till tender, stirring occasionally. Add cinnamon. Boil and stir for appr. 1 minute.

Add 1/2 grapefruit and a glass of milk to make a complete breakfast!

- **Lunch**

Arctic Char Steaks (or other fish)

Makes appr. 12 servings

Ingredients :

- Arctic Char Steaks : 12
- Salt : to taste
- Pepper : to taste
- Mushrooms : 3 cups, sliced
- Lemon juice : 3 tbsp.

Week 1

Sunday

- Onion : 3 tbsp., chopped
- Oil : 1/4 cup and + to oil the pan

Directions :

Preheat oven to 350° F (180° C). Lightly oil one (or more) shallow oven dish(es). Place the char steaks in the pan. Salt and pepper both sides of the steaks. Wash and slice onions and mushrooms. Combine with lemon juice and oil. Pour mixture onto steaks and cook for about 30-35 minutes.

Steamed Broccoli

Makes appr. 4-6 servings

Ingredients :

- Broccoli : 1
- Water

Directions :

Wash and cut the broccoli stem. Trim flowerets. Steam cook for about 5-10 minutes or until tender (but still bright green).

Brown Rice

Makes appr. 6-8 servings

Ingredients :

- Brown rice : 3 cups
- Water : 4 1/2 cups
- Oil : 1 tbsp.
- Salt : 1 tsp.

Directions :

Rinse rice well. In a pot, combine all ingredients. Mix well. Bring to a boil. Cover. Reduce the heat to medium or low. Simmer for appr. 25 minutes or until tender.

• Afternoon snack

Blueberry-Lemon Muffins

Makes appr. 12 muffins

Ingredients :

- Lemon juice : 1 tbsp.
- Milk : 1 cup
- Egg, beaten : 1
- Vegetable oil : 1/4 cup
- Molasses : 1/4 cup
- Bran : 1 cup
- Whole wheat flour : 3/4 cup
- Brown sugar : 1/4 cup



- Grated lemon zest : 1 1/2 tsp.
- Baking powder : 1 1/2 tsp.
- Baking soda : 1/2 tsp.
- Blueberries (fresh or frozen) : 1 cup

Directions :

In a bowl, mix the lemon juice and the milk. Let stand 1 minute (to sour the milk). Add while mixing, the egg, oil and molasses. In a large bowl, combine the bran, flour, brown sugar, lemon zest, baking powder and soda. Then to the same mix, add the blueberries and milk; mix only enough to combine the ingredients. Drop by spoonful into non-stick muffin moulds (with or without paper liners). Cook at 375° F (190° C) for 20-25 minutes or until the muffins are firm to the touch.

Remember to drink your 6-8 glasses of water every day!

• **Supper**

Caribou Stew (or moose or other meat)

Makes appr. 12 servings

Ingredients :

- Caribou (or other meat), boned : 3 lbs. (appr. 1.5 kg)
- Onion : 1
- Oil : 1/4 cup
- Fresh garlic : 1tbsp., thinly sliced
- Flour : 3 tbsp.
- Tomato paste : 1/2 cup
- Carrots : 4
- Potatoes : 3
- Turnip : 1/2
- Stock : 4 cups
- Bay leaf : 1/2 or more, to taste
- Salt : 1/2 tsp. or more, to taste
- Pepper : 1/4 tsp. or more, to taste

Directions :

Peel, wash and cube the vegetables. Cut the meat into 2 cm cubes.

In a large pot(s), heat the oil and brown the meat on all sides. Remove the meat from the pot and set aside. In the same pot (without meat), add the onion and garlic and cook until tender (about 3 minutes). Mix in and brown the flour. Add the tomato paste and broth. Mix well and bring to a boil. Add the bay leaf, salt and pepper. Add the vegetables and bring to a boil. Add the meat. Cover and cook for two hours, stirring occasionally.

You can complete this meal by adding some other vegetables (carrots, turnips, potatoes and/or others) and a glass of milk!

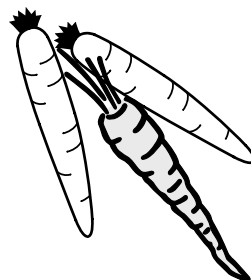
• Supper

Carrot Bread

Makes 2 loaves

Ingredients :

- All-purpose flour : 1 cup
- Whole wheat flour : 1 cup
- Baking powder : 1 1/2 tsp.
- Baking soda : 1/2 tsp.
- Salt : 1/2 tsp.
- Cinnamon : 1 1/2 tsp.
- All Spice : 1/2 tsp.
- Eggs : 2
- Oil : 1/3 cup
- Honey : 1/4 cup
- Vanilla : 1 tsp.
- Carrots : 1 1/2 cup, grated
- Nuts : 1/3 cup



Directions :

In a large bowl, mix the flour, baking powder and baking soda, salt, cinnamon and all spice. In another bowl, mix the eggs, oil, honey and vanilla. Add the carrots and nuts. Add the egg mix to the flour mix. Mix only enough to combine the ingredients. Pour into two oiled bread moulds and bake at 350° F (180° C) for about an hour. Possible variation : replace the carrots by zucchini.

• Bedtime snack

Fruit Salad

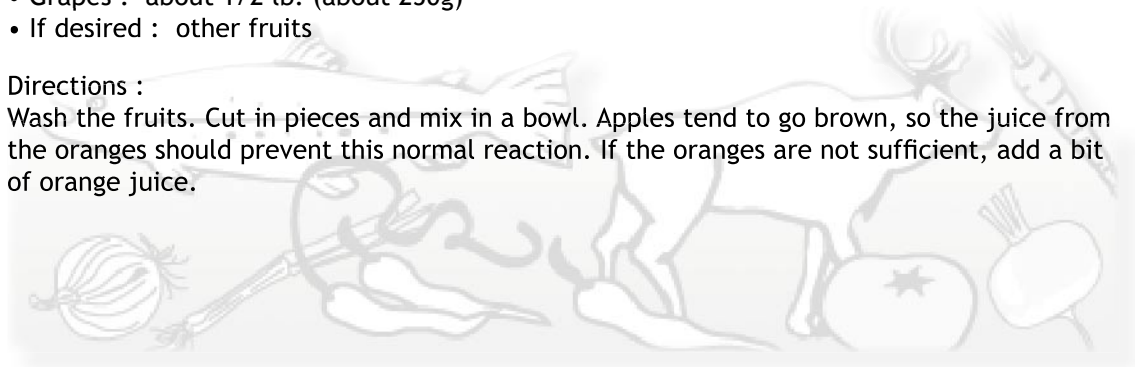
For appr. 8-10 servings

Ingredients :

- Oranges : 3
- Apples : 3
- Bananas : 3
- Grapes : about 1/2 lb. (about 250g)
- If desired : other fruits

Directions :

Wash the fruits. Cut in pieces and mix in a bowl. Apples tend to go brown, so the juice from the oranges should prevent this normal reaction. If the oranges are not sufficient, add a bit of orange juice.



- **Breakfast**

Nourishing Oatmeal

For appr. 2 people

Ingredients :

- Water : 1 cup
- Rolled oats, uncooked : 1 cup
- Sesame seeds (or other seeds) : 4 tbsp.
- Clementines (or other fruits) : 2
- Apple (or other fruit) : 1
- Milk : to taste

Directions :

In a pot, boil the water. Add the rolled oats and reduce the heat to minimum. Wash and cube the fruits. Add the sesame seeds and the fruits to the oatmeal and turn off the heat. Serve with milk as desired; add in brown sugar, honey, molasses or maple syrup if desired.

- **Morning snack**

Molasses Cookies

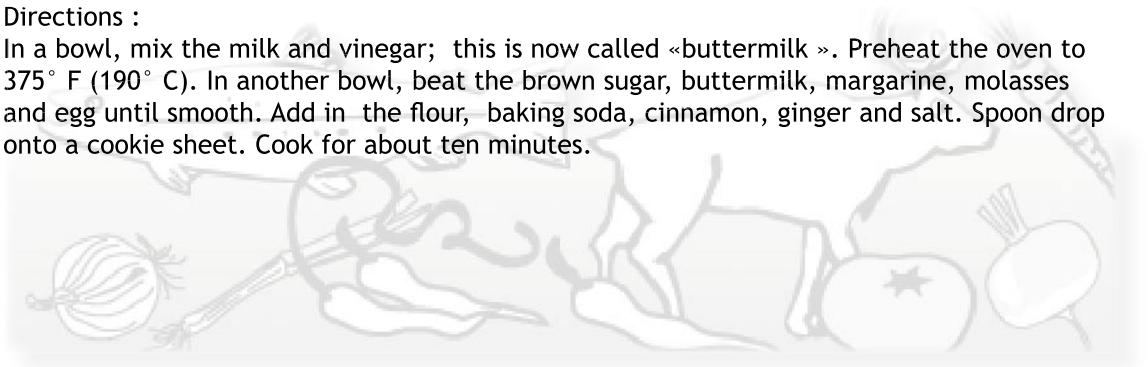
Makes appr. 25 cookies

Ingredients :

- Milk : 3/4 cup
- White vinegar: 2 tsp.
- Brown sugar : 1 cup
- Non-hydrogenated margarine : 1 cup
- Molasses : 1/2 cup
- Egg : 1
- Flour : 3 cups
- Baking soda : 1 tbsp.
- Cinnamon : 1 tsp.
- Ginger : 1 tsp.
- Salt : 1/2 tsp.

Directions :

In a bowl, mix the milk and vinegar; this is now called «buttermilk ». Preheat the oven to 375° F (190° C). In another bowl, beat the brown sugar, buttermilk, margarine, molasses and egg until smooth. Add in the flour, baking soda, cinnamon, ginger and salt. Spoon drop onto a cookie sheet. Cook for about ten minutes.



• Lunch

Cold Platter with Cottage Cheese

Makes appr. 1 serving

Ingredients :

- Lettuce : 5 large leaves
- Tomato : 1
- Cottage cheese : 1 cup
- Peach (fresh or canned without added sugar) : 1 whole peach or 2 halves
- Green onion : 1
- Dill pickle : 1
- Hard-boiled egg : 1, sliced
- Optional : flakes of seaweed (Dulse) : appr. 1 tsp.
- Pepper : to taste
- Crispy whole rye bread (available in the cracker section in the food store): appr. 2

Directions :

Cook the egg (until the yoke is firm); cool, peel and slice. Wash and cut the fruit and vegetables: quarter the tomato and the peach, etc.

On a large plate, place the lettuce, tomato, cottage cheese, peach, green onion, pickle and egg. Sprinkle the egg with the flakes of seaweed and pepper to taste. Serve with crispy rye bread.

• Lunch

Lentil Soup

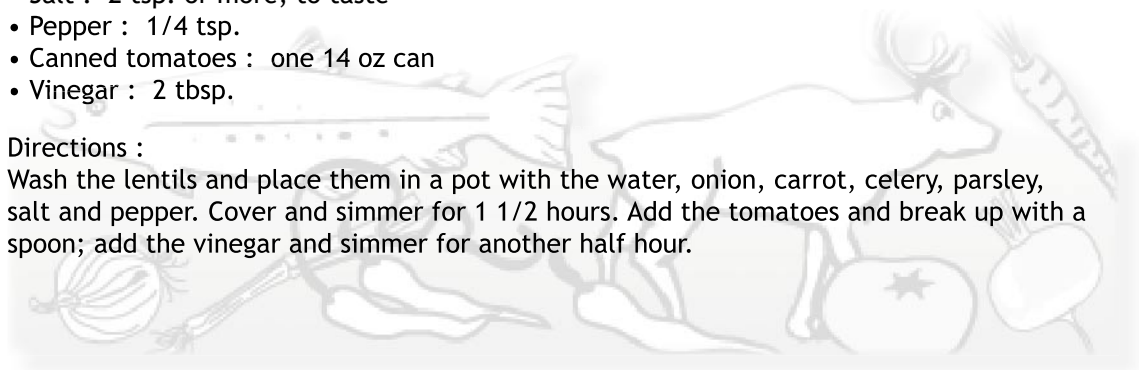
Makes appr. 10 servings

Ingredients :

- Lentils : 2 cups
- Water : 8 cups
- Onion : 1
- Carrot : 1/4 cup, cut
- Celery : 1/2 cup, cut
- Parsley : 3 tbsp., cut
- Salt : 2 tsp. or more, to taste
- Pepper : 1/4 tsp.
- Canned tomatoes : one 14 oz can
- Vinegar : 2 tbsp.

Directions :

Wash the lentils and place them in a pot with the water, onion, carrot, celery, parsley, salt and pepper. Cover and simmer for 1 1/2 hours. Add the tomatoes and break up with a spoon; add the vinegar and simmer for another half hour.



- Afternoon snack

Home-made Ginger Cake

Makes appr.8-10 servings

Ingredients :

- Oil (canola or other) : 1/2 cup
- Brown sugar : 1/3 cup
- Egg : 1
- Molasses : 1 cup
- Hot Water : 3/4 cup
- Flour : 2 3/4 cups
- Baking soda : 1/3 tsp.
- Ginger : 2/3 tsp.
- Cinnamon : 2/3 tsp.
- Salt : 1/3 tsp.

Directions :

Preheat the oven to 325°F (165°C).

Lightly oil an oven pan. In a bowl, beat the oil, brown sugar, egg, molasses and hot water. Mix well.

Add the flour, baking soda, ginger, cinnamon and salt.

Pour into mould. Bake about 50 minutes or until a toothpick comes out clean.

- Supper

Tomato Pork Chops

Makes appr. 6-10 servings

Ingredients :

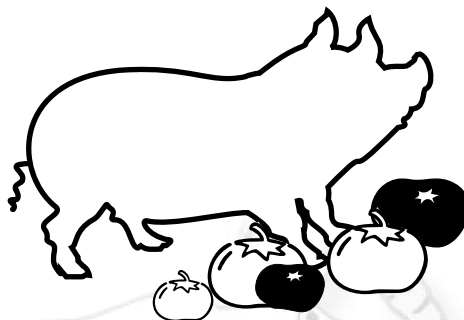
- Vegetable oil : 1 tbsp.
- Onions : 1 1/2
- Pork Chops : 12 (about 2 1/2 lbs. or 1 kg)
- Tomato juice : 6 cups (1.5 L)
- Water : 4 1/2 cups (appr. 1.2 L)
- Salt : 1/2 tsp.
- Pepper : 1/4 tsp. (or more, to taste)

Directions :

Preheat the oven to 400°F (200°C).

Cut the onion. In a large oven dish, heat the oil over medium heat and cook the onion for about 2 minutes. Add the remaining ingredients. Bring to a boil.

Cook in the oven, uncovered, for about 1 1/2 hours.



• Supper

Boiled or Steamed Potatoes

Makes appr. 6 servings

Ingredients :

- Potatoes : 6
- Water

Directions :

Peel (if necessary) and cut the potatoes into quarters; wash well.

In a pot, cover the potatoes with water.

To steam cook the potatoes, instead place them on a steamer (or in a bain-marie) and cover the bottom of the casserole with water up to the steamer. Bring to a boil.

Reduce the heat, cover and simmer for appr. 25 minutes (less if steam cooking) or until tender. Drain.

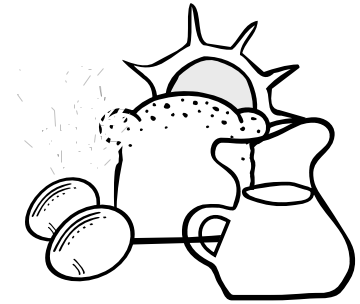


- **Breakfast**

French Toast
Makes appr.1 serving

Ingredients :

- Egg : 1
- Milk : 1/4 cup
- Cinnamon : 1/4 tsp.
- Vanilla : 1/4 tsp.
- Whole wheat bread (or raisin) : 2 slices
- Non-hydrogenated margarine : optional



Directions :

In a bowl, beat the egg, milk, cinnamon, and vanilla. In a non-stick pan, melt a bit of margarine, if desired (optional). Dip both sides of the bread slices in the egg mix. Cook on both sides in the pan until the bread is golden brown.

Your choice of a 100% pure fruit spread (jelly-style or non-sweetened jam) or fruits, a piece of cheese (of your choice) with a glass of 100% pure fruit juice (non-sweetened) would nicely complete this breakfast!

Tips from the Dietitian

*A quick and inexpensive home-made spread:
 Simply cook fruits (fresh or frozen) until soft.*

Delicious with berries (blueberries, raspberries, strawberries and others)!

Another alternative is the following recipe:

Jelly-Style Fruit Spread

Ingredients :

- Fruits (fresh, frozen, or canned with unsweetened) : 1 cup
- Gelatine, unflavoured : 1 tsp.
- Water : 1 tbsp.
- Optional : choice of "sweetener" (either non-diluted condensed fruit juice, brown sugar, etc.) : 2 tsp. (or to taste)

Directions :

In a bowl, let the gelatine soften in the water. Add fruits. Heat to melt the gelatine (in the microwave or other method). Add the "sweetener". Keep in the refrigerator in jars (preferably sterilised). Since this fruit spread can not be preserved for a long period of time, it may also be frozen.

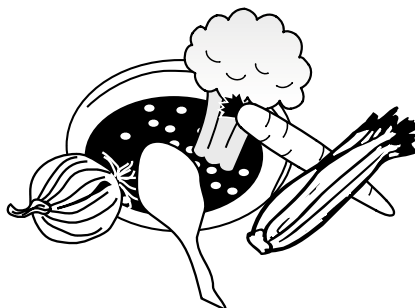
• Lunch

« Cream » of Vegetable Soup*Makes appr. 6 servings*

Ingredients :

All available vegetables, such as :

- Onion : 1
- Carrots : 2
- Celery : 2 stalks
- Beet : 1
- Parsley : 1/2 cup, chopped
- Water : 1 1/2 cups
- Salted Herbs : appr. 1 tbsp. (or salt, to taste)
- Pepper : to taste
- Milk : 2 cups



Directions :

Wash, peel and cube the vegetables.

In a pot, bring the water, vegetables, parsley, salted herbs and pepper to a boil; let simmer appr. 15 minutes (or until tender).

Turn off the heat. Add the milk and stir until warm.

Pour into the blender (or food processor) and liquefy.

Meat Sandwich*Makes appr. 1 serving*

Ingredients :

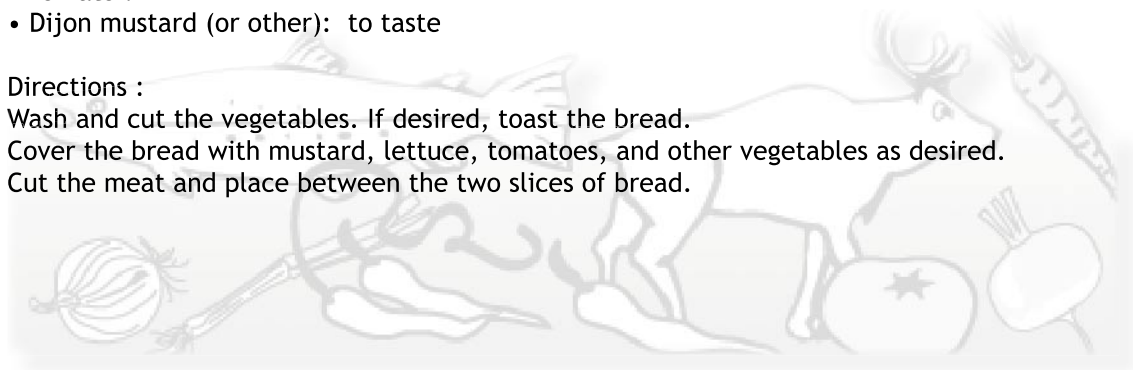
- Whole wheat bread : 2 slices
- Cooked meat (ex. : roast meats of your choice) : appr. the amount that fits into the palm of your hand.
- Lettuce (and/or alfalfa sprouts) : min. 2 leaves
- Tomato : 1
- Dijon mustard (or other): to taste

Directions :

Wash and cut the vegetables. If desired, toast the bread.

Cover the bread with mustard, lettuce, tomatoes, and other vegetables as desired.

Cut the meat and place between the two slices of bread.



- Afternoon snack

Orange Muffins

Makes appr. 12 muffins

Ingredients :

- Orange : 1
- Orange juice : 1/2 cup
- Dates, cut : 1/2 cup
- Egg : 1
- Vegetable oil : 1/3 cup
- Whole wheat flour : 1 3/4 cup
- Baking powder : 1 tsp.
- Baking soda : 1 tsp.

Directions :

Heat the oven to 400° F.

Cut the orange into 7 or 8 pieces and remove the seeds.

In a blender, combine the pieces of orange and the juice. Purée.

To this mix, add the dates, egg and oil. Mix, then pour into bowl.

In another bowl, mix the remaining ingredients. Pour the flour mix over the orange mix.

Combine. Fill the muffin moulds to 3/4 full. Cook in the oven for 20 minutes.

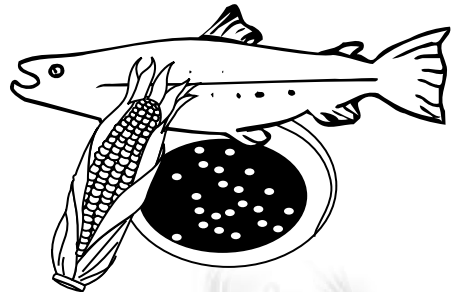
- Supper

Salmon and Corn Soup

Makes appr. 8-12 servings

Ingredients :

- Potatoes : 5
- Onions : 1 1/2
- Water : 3 cups
- Canned salmon (in broth) : 3 cans (14 3/4 oz or 418 g. each can)
- Evaporated milk: 1 1/2 cans (13 oz or 385 g. each)
- Frozen corn : 2 cups



Directions :

Peel, wash and cube the potatoes and onions.

In a large pot, cook the potatoes, onions and water for appr. 1/2 hour or until tender.

Add the fish (with broth) and corn. Simmer appr. 5 minutes.

Add the milk and simmer 5 minutes more.

Tips from the Dietitian

Add colour to your pasta dishes by mixing in whole wheat or vegetable noodles! You can also choose from a variety of pasta sizes and shapes.

Try these tips with the following recipe, next page!

• Supper

Vegetarian Spaghetti Sauce*Makes appr. 4 servings*

Ingredients :

- Tofu (firm) : 1 lb. (454 g)
- Canned tomatoes (chopped) : 1 can (19 oz or 540 ml)
- Tomato paste : 1 can (5 1/2 oz or 156 ml)
- Water : 1 cup
- Carrot : 1
- Mushrooms : 1 cup (sliced)
- Green pepper : 1
- Onion : 1
- Garlic powder, thyme, oregano, basil: 1 pinch each
- Cayenne pepper : 1/4 tbsp.
- Pepper and salt : to taste

Directions :

Crumble up the tofu, or cube it. Wash the vegetables. Peel the carrot and onion. Grate the carrot, slice the mushrooms, cut up the pepper and thinly slice the onion. In a pot, mix all the ingredients. Cover and cook over low heat for appr. one hour. Serve with pasta, rice, couscous or cooked spaghetti squash.

• Bedtime snack

Oat Bannock*For appr. 4 people*

Ingredients :

- Whole wheat flour : 1/2 cup
- White flour : 1/2 cup
- Rolled oats (oatmeal) : 1 cup
- Baking soda : 2 tsp.
- Powdered skim milk: 2 tbsp.
- Oil : 2 tbsp.
- Water : 1 1/2 cup



Directions :

Mix the dry ingredients. Add the oil and water; mix until the flour is moist. Shape into patties. Cook at 400° F for 15 minutes.

Tips from the Dietitian

For the best home-made broths : boil your meat leftovers (ham, bone, gristle, etc.). Then cool in the refrigerator; remove the layer of fat at the top then season to taste!

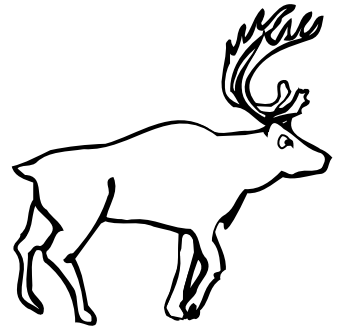
- Lunch

Quick Caribou Pita Pizza (or with other meat)

For appr. 6 people

Ingredients :

- 6" Whole wheat pita breads : 6
- Caribou (or other meat), ground : 1/2 lb. (225 g)
- Green pepper: 1
- Tomato : 1
- Onion : 1/4-1/2
- Tomato sauce : 1 can (14 oz or 320 ml)
- Basil : 1/2 tsp., or more to taste
- Thyme : 1/2 tsp., or more to taste
- Pepper : 1/4 tsp., or more to taste
- Cheese : 1 cup, grated



Directions :

Wash and slice pepper and tomato. Peel and thinly slice the onion. In a non-stick pan, cook the meat and vegetables. Add the tomato sauce and spices then turn off the heat. On a cookie sheet(s), put the pita breads. Cover with the sauce and then the grated cheese. Cook at 350° F (180° C) for 15-20 minutes.

Snack suggestions

100% fruit (and fruit and vegetable) bars make good snacks; they contain only dried fruits (and sometimes vegetables). Different companies sell them, and they usually can be found in the fruit and vegetable section in the food store. Ask for them!

- Supper

Rice and Chick Pea Salad

for appr. 4 people

Dressing Ingredients:

- Olive oil, canola or other : 1 tbsp.
- Lemon juice : 1 tbsp.
- Basil : 1 tsp. (if fresh)
- Onion powder : 1 pinch
- Garlic powder : 1 pinch
- Pepper and salt : to taste

Other salad ingredients :

- Chick peas, cooked : 1 can (19 oz or 540 ml)
- Cooked rice : 1 cup
- Green onion: 1
- Carrot: 1
- Celery : 1 stalk
- Green pepper : 1/2

Directions :

In a small bowl, mix the dressing ingredients to make the dressing. Wash the vegetables; peel the carrots and cut them into small pieces; thinly slice the green onions; grind the celery and green pepper. Drain and rinse the chick peas. In another bowl, mix the remaining salad ingredients. Add the dressing, mix well and serve.

• **Supper****Tapioca Pudding***Makes appr. 4 servings*

Ingredients :

- Egg yolk : 1
- Milk : 2 cups
- Brown sugar : 2 tbsp.
- Salt : pinch
- Instant tapioca : 3 tbsp.
- Vanilla : 1 tsp.

Directions :

In a bowl, beat the egg yolk. Add the milk, brown sugar, salt and tapioca. Mix and let stand 5 minutes. In a pot, preferably a bain-marie, cook over low heat stirring until thick. Remove from the heat and add vanilla. Pour into 4 dessert dishes (or small bowls) and refrigerate.

• **Bedtime snack****Veggie Pâté***Makes appr. 8 servings*

Ingredients :

- Sunflower seeds : 1 cup
- Whole wheat flour : 1/2 cup
- Potato : 1
- Onion : 1
- Olive oil, canola or other : 4 tsp.
- Lemon juice : 1 tbsp.
- Chicken broth (or other) : 1 1/2 cup
- Thyme, basil and sage : 1 pinch each, salt and pepper to taste

Directions :

Peel, wash and grate the potato. Thinly slice the onion. Mix all the ingredients in the food processor. If you don't have one, grind the sunflower seeds in the blender then mix all the remaining ingredients. Oil an oven dish and place the mix in it. Cook at 350° F (180°C) appr. 50 minutes. May also be served cold as a spread.

Tips from the Dietitian

The best crackers are made from whole grains WITHOUT hydrogenated oil (so no shortening nor lard); so, read labels well! There are also healthy rice cakes and crispy breads!

- **Breakfast**

Cheese Omelette

For appr. 1-2 people

Ingredients :

- Eggs : 2
- Cheese : appr. 1 oz
- Optional : onion, green onion or chives : appr. 1 tbsp.
- Optional : touch of dill or fresh or ground parsley; cooked vegetables may also be added as desired.

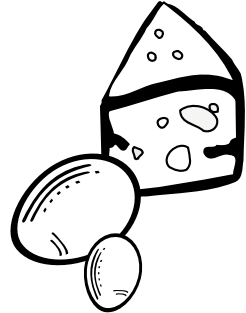
Directions :

In a bowl, beat the eggs.

Pour into a non-stick pan.

Place the cheese on the eggs.

Cover the pan and let cook over low heat for about 5 minutes.



Whole grain toasts and a glass of 100% fruit juice without sugar added would complete this breakfast well.

- **Lunch**

Hearty Millet and Venison Soup

Makes appr. 8-10 servings

Ingredients :

- Oil : 2 tbsp.
- Onion : 1
- Garlic : 1/2 clove
- Dried parsley : 1 1/2 tbsp.
- Canned tomatoes : 1 1/2 cans (19 oz or 540 ml each)
- Salt : 1/2 tsp.
- Pepper : 1/4 tsp.
- Stock : 6 cups
- Millet (or alphabet noodles) : 1 1/2 cups
- Caribou meat (or beef, or other) : 1 3/4 lbs. (0.75 kg)

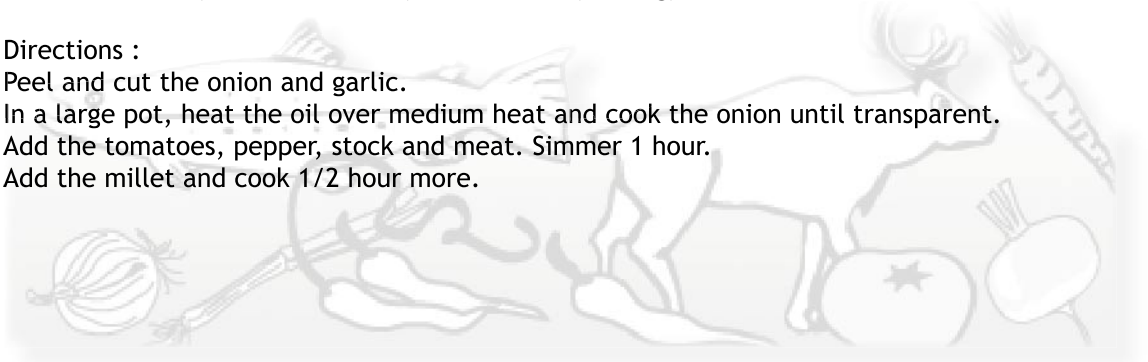
Directions :

Peel and cut the onion and garlic.

In a large pot, heat the oil over medium heat and cook the onion until transparent.

Add the tomatoes, pepper, stock and meat. Simmer 1 hour.

Add the millet and cook 1/2 hour more.



• Lunch

Cranberry-Oatmeal Muffins*Makes appr. 12 muffins*

Ingredients :

- Rolled oats (oatmeal) : 3/4 cup
- Whole wheat flour : 1 1/2 cup
- Brown sugar (#1) : 1/2 cup
- Baking powder : 2 tsp.
- Salt : 1/2 tsp.
- Non-hydrogenated margarine : 1/3 cup
- Cranberries (fresh or frozen), cut : 1 1/2 cups
- Lemon zest, grated : 2 tsp.
- Milk : 2/3 cup
- Egg, beaten : 1
- Cinnamon: 4 tsp.
- Brown sugar (#2) : 2 tsp.

Directions :

In a blender, grind the rolled oats until very fine.

Combine the oats, flour (except 2 tbsp.), the brown sugar (#1), the baking powder and the salt.

To this, cut in the margarine until the texture is crumbly.

Mix the cranberries and the reserved flour and add to the flour mix.

Combine the lemon zest, milk and egg. Mix well.

Add this to the dry ingredients. Stir only to moisten, do not over stir.

Spoon drop into muffin moulds.

Combine the cinnamon and the brown sugar (#2); sprinkle onto the muffins.

Cook at 400° F for 20 minutes.

• Supper

Vegetable Soup*Makes appr. 10 servings*

Ingredients :

- Carrots : 2
- Celery : 2 stalks
- Onion : 1
- Green pepper : 1
- Turnip : 1/2 cups, cubed
- Cabbage : 1 cup, thinly sliced
- Stock (any variety) : 3 cups
- Canned tomatoes : 1 can (19 oz or 540 ml)
- Tomato juice : 1 can (48 oz or 1.36 L)
- Thyme, oregano, basil, dried : 1 tbsp. each
- Pepper, salt and other fine herbs : to taste

Directions :

Wash the vegetables; peel the carrots, onion, turnip; slice the carrots into circles, the celery into wedges, the green pepper and turnip in cubes and thinly slice the onion and cabbage.

In a large pot, cook all the ingredients over low heat for about an hour.

• Supper

Fish « Burgers »

Makes for appr. 6-8 people

Ingredients :

- Canned tuna : 6 cans (6 1/2 oz or 184 g each)
- Potatoes : 9
- Non-hydrogenated margarine : 3 tbsp.
- Eggs : 2
- Milk (may be powdered milk made with the tuna broth) : 3/4 cup
- Onions : 2
- Pepper : 1/4 tsp. (or more, to taste)
- Bread crumbs : 1 1/2 cups (may be made with sliced toast, crumbled with a rolling pin)

Directions :

Preheat the oven to 350° F (180° C). Lightly oil a cookie sheet.

Wash, peel and cut the potatoes. In a large pot, cover the potatoes with water.

Cover and cook for 25 minutes. Mash the potatoes, add the margarine.

In a bowl, beat the eggs and the milk.

In another bowl, set aside the bread crumbs.

Cut the onions.

In a big bowl, combine the drained fish, potatoes, onions and pepper. Form patties.

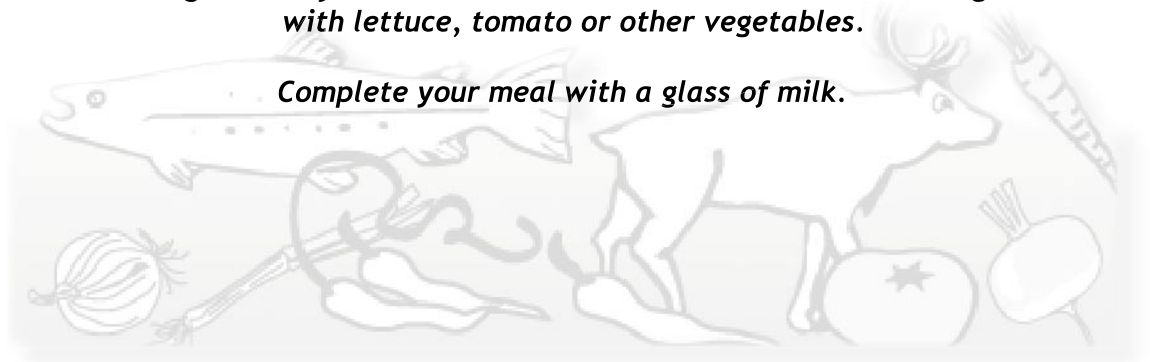
Dip the patties in the milk and egg mix then cover with bread crumbs.

Place the patties on a lightly-oiled cookie sheet.

Cook for about 20 minutes, turn the patties over then cook an additional 20-25 minutes.

These « burgers » may be eaten alone or in a whole wheat « hamburger » bun with lettuce, tomato or other vegetables.

Complete your meal with a glass of milk.



• **Bedtime snack**

Humus

Makes appr. 2 cups

Ingredients :

- Sesame seeds: 1/4 cups
- Water : 1/4 cup
- Lemon juice : 1/3 cup
- Garlic : 2 cloves
- Canned chick peas : 1 can (19 oz or 540 ml)

Directions :

Heat the oven to 375° F (190° C).

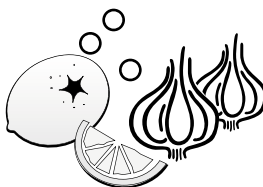
On a cookie sheet, place the sesame seeds.

Cook in the oven until slightly golden (about 5 minutes).

Press the garlic (with a garlic press) and drain the chick peas well.

Pour all the ingredients into the blender; purée.

Serve in a bowl as a dip (with raw vegetables) or spread onto a pita bread.



• Breakfast

Tropical Breakfast

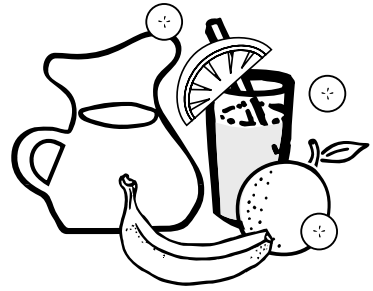
Makes appr. 1-2 servings

Ingredients :

- Milk : 1 cup
- Banana : 1
- 100% non-sweetened, non-diluted frozen orange juice : 3 tbsp.
- Ice cubes : 1 (optional)

Directions :

In the blender, pour the milk, banana and concentrated orange juice; liquefy. If desired, add the ice cubes and stir for a few seconds. Serve very cold.



Whole Wheat Bannock

for appr. 8-10 people

Ingredients :

- Whole wheat flour : 5 cups
- Skim milk, powdered : 1/2 cup
- Baking powder : 3 tbsp.
- Vegetable oil : 1/2 cup
- Water: 1 cup

Directions :

In a large bowl, mix the flour, baking powder, and powdered milk. Add the oil until the texture is crumbly. Add water. Mix until creamy. Pour into a mould. Cook at 400° F for 25 minutes.

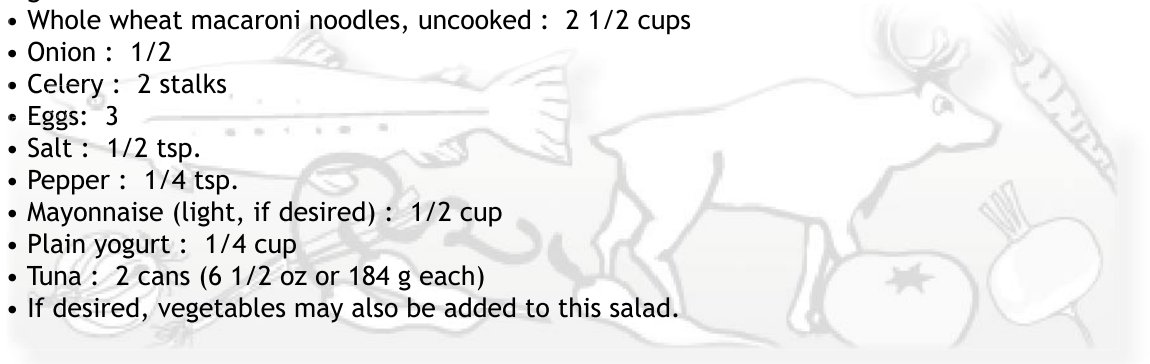
• Lunch

Macaroni Salad

Makes appr. 6-8 servings

Ingredients :

- Whole wheat macaroni noodles, uncooked : 2 1/2 cups
- Onion : 1/2
- Celery : 2 stalks
- Eggs: 3
- Salt : 1/2 tsp.
- Pepper : 1/4 tsp.
- Mayonnaise (light, if desired) : 1/2 cup
- Plain yogurt : 1/4 cup
- Tuna : 2 cans (6 1/2 oz or 184 g each)
- If desired, vegetables may also be added to this salad.



Directions :

Cook then refrigerate the noodles.

In a pot, boil the eggs in water for appr. 10 minutes (or until the yolk is hard).

Rinse under cold water, then peel. Cut into pieces.

Finely cut up the onion.

Wash then finely cut up the celery.

In a large bowl, mix all the ingredients. Cover and refrigerate until serving time.

• Lunch

Blueberry-Peach Crisp

For appr. 6-8 people

Ingredients :

- Peaches (fresh or canned, peeled and sliced) : 4
- Blueberries (or other fruits), frozen or fresh : 1 1/2 cups
- Lemon juice : 1 tbsp.
- Flour (whole wheat) (#1) : 2 tbsp.
- Cinnamon (#1) : 1 tsp.
- Rolled oats : 1/2 cup
- Flour (whole wheat) (#2) : 1/3 cup
- Cinnamon (#2) : 1/2 tsp.
- Non-hydrogenated margarine : 1/4 cup
- Brown sugar : 1/3 cup

Directions :

In a large bowl, combine the peaches, blueberries and lemon juice.

Add the flour (#1) and cinnamon (#1). Place in an oven dish.

In a large bowl, mix the rolled oats, flour (#2), cinnamon (#2), margarine and brown sugar to make a crumbly mixture. Place on the peach mix.

Cook at 375° F (190° C) for appr. 1/2 hour or until the fruits bubble.

A glass of milk would complete this meal well.

• Supper

Delicious Meatloaf

Makes appr.4 servings

Ingredients :

- Lean ground beef or veal : 1 lb. (454 g) (it is possible also to mix 1/2 ground liver and 1/2 ground meat)
- Onion : 1
- Rolled oats (oatmeal) : 1/4 cup
- Carrots : 2
- Celery : 1 stalk
- Oregano : 1 pinch
- Thyme : 1 pinch

- Basil : 1 pinch
- Pepper : to taste
- Salt : to taste
- Egg, beaten : 1
- Cheese : 1/4 cup, grated
- Tomato juice : 1/2 cup

Directions :

Wash the vegetables, peel the onion and carrots. Thinly slice the onion, grate the carrots, mince the celery. In a large bowl, mix the first 10 ingredients (from the ground meat to the egg). Grease a bread mould and pour in the mix. Cook at 450° F (180° C) for appr. 50 minutes. Add the cheese and tomato juice. Continue cooking for 10 minutes. Cool 5 minutes then slice and serve.

Crispy Baked Potatoes

Makes appr. 4-5 servings

Ingredients :

- Potatoes : 5
- Vegetable oil (canola or other) : 2 tbsp.
- Garlic powder : 1/4 tsp.
- Pepper : 1/4 tsp.

Directions :

Preheat the oven to 400° F (200° C). Lightly oil an oven dish. Wash the potatoes then cube or quarter them. In a large bowl, mix the potatoes, oil, garlic powder and pepper. Place in the dish and cook for appr. 25 minutes, or until the potatoes are tender and golden.

Maple Squash

Makes appr. 4-8 servings

Ingredients :

- Winter squash, either Butternut or Buttercup : 1
- Water : appr. 4 tbsp.
- Maple syrup : 2 to 4 tbsp.
- Pepper : appr. 1/4 tsp.

Directions :

Wash the outside of the squash and cut along the length into two parts. Empty out the seeds then rinse with water. Place the two halves in an oven dish, the emptied part facing up. Pour the water into the bottom of the dish. Put 1 to 2 tbsp. maple syrup in each half and sprinkle with pepper. Cover (if desired) and cook in the oven at low heat (appr. 300° F or 150° C) until tender (appr. 1 hour).

• Bedtime snack

Microwave Rice Pudding*Makes appr. 4-6 servings*

Ingredients :

- Milk : 2 cups
- Eggs : 2
- Brown sugar : 1/4 cup
- Vanilla extract : 1/2 tsp.
- Instant rice, uncooked : 2/3 cup
- Raisins : 1/2 cup
- Optional : nutmeg (ground)

Directions :

Pour the milk into a 2-cup microwave container; heat on high for 2 to 3 minutes or until a skin forms. The milk should not boil.

In a 6-cup container, lightly beat the eggs and mix in the brown sugar and vanilla.

Add the milk, raisins and rice. Mix well.

Cook over medium heat for 8 to 9 minutes or until the mix thickens, stirring every two minutes. Sprinkle with nutmeg, if desired.

Serve hot or cold.



- **Breakfast**

Whole Wheat Pancakes

For appr. 6-8 people

Ingredients :

- Whole wheat flour : 2 cups
- Salt : 1/2 tsp.
- Baking powder : 2 tbsp.
- Eggs : 2
- Milk : 1 1/2 cups
- Non-hydrogenated margarine (or oil) : 1 tbsp.

Directions :

In a bowl, mix the flour, salt and baking powder.

In another bowl, mix the eggs, milk and margarine (or oil).

Add the dry ingredients to the moist ingredients and mix well.

In a non-stick pan, pour one ladleful of the pancake batter and cook over medium heat.

When the pancake stops bubbling, turn it over and let it cook until golden brown.

Orange-Cinnamon Yogurt

For appr. 2-4 people, (or more if used as a dip)

Ingredients :

- Plain yogurt, low-fat : 1 cup
- Non-diluted frozen orange juice : 1 tbsp.
- Pure vanilla extract : 1/3 tsp.
- Ground cinnamon : 3/4 tsp.

Directions :

In a serving bowl, mix all the ingredients well.

Put on pancakes (and fruits) or use as a dip.

- **Morning snack**

Cream Cheese Salmon Spread

Makes appr. 1 serving

Ingredients :

- Canned salmon : 1 can (6 1/2 oz or 184 g)
- Ultra low-fat or light cream cheese : 1/2 cup
- Onion : 2 tsp., minced
- Green pepper : 2 tsp., finely chopped
- Lemon juice : 2 tsp.
- Salt : 1/4 tsp.
- Pepper : 1/4 tsp.
- Tobasco sauce : 2 drops
- Worcestershire Sauce : 2 drops

Directions :

Drain the salmon well; remove the skin if desired, but keep the bones and crush them in the blender.

Peel the onion, wash the onion and green pepper then chop them into very fine pieces.

In a small bowl, mix all the ingredients until well blended and smooth.

This spread may be served on bread, bannock, crackers (without hydrogenated fats) or even vegetables.

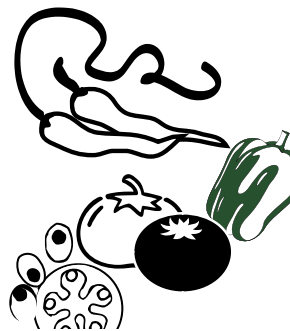
• Lunch

Tacos

Makes appr. 6 servings

Ingredients :

- Ground meat (any kind) : appr. 2 lbs. (1kg)
- Fine herbs to taste (ex. : Proviçal Herbs) : appr. 2 tbsp.
- Salted Herbs (or salt) : to taste
- Pepper : to taste
- Optional : chili powder, to taste
- Taco shells, or tortillas (ideally without shortening nor hydrogenated oil, if possible) : 6
- Tomatoes : 2
- Lettuce : 1 head
- Cheese (any kind) : 2 cups, grated
- Salsa sauce (see following recipe)



Directions :

In a non-stick pan, cook the meat thoroughly for about 1/2 hour by crushing it well to make sure no pink colour remains. Add the fine herbs, salted herbs, pepper and chili powder if desired. Wash the tomatoes and lettuce; cube the tomatoes and cut the lettuce into strips. To serve, fill the tacos as desired, ex. : in the taco shell, put meat, tomatoes, lettuce, cheese and salsa.

Salsa Sauce

Makes appr. 6-12 servings

Ingredients :

- Ripe tomatoes : appr. 1 lb. (0.5kg) (appr. 5)
- Onion : 1/2 cup, cut
- Green pepper : 1/2 cup, finely chopped
- Coriander (cilantro) : 1/3 cup, cut
- Garlic : 3 cloves
- Jalapeño peppers: 1 small
- Lemon juice : 1 1/2 tbsp.
- Salt : 1/2 tsp.

Directions :

Wash the vegetables. Remove the seeds in the green and jalapeño peppers. Halve the tomatoes; remove the seeds and juice. Dice the emptied tomatoes. Finely chop the onion, green pepper, coriander and jalapeño pepper. Finely chop the garlic. In a large bowl, mix the ingredients well.

Peanut Butter Cookies*Makes about 25 cookies*

Ingredients :

- Vegetable oil (ex. : canola) : 1/2 cup
- Brown sugar : 1 cup
- Peanut butter (preferably 100% peanuts) : 1/2 cup
- Whole wheat flour : 1 cup
- All-purpose flour : 1/2 cup
- Baking soda : 1 tsp.
- Egg : 1
- Vanilla : 1/2 tsp.

Directions :

In a large bowl, mix the brown sugar and oil. Add the peanut butter and beat. Add eggs and vanilla. Mix well. In another bowl, mix very thoroughly the flours and baking soda. Add to the peanut butter mix and mix well. Lightly grease a cookie sheet. Make balls and place them on the cookie sheet. Flatten the balls with a moist fork. Cook in the oven appr. 10 min. at 400° F (200° C).

A glass of soya drink may occasionally replace a glass of milk; choose one that is enriched with calcium, vitamins A, D, B12, etc. Careful! This drink is not the same as the soya-based one for infants! So, just like with milk, it should not be used as baby formula and should not be served to a baby under one year old. Soya drinks come in a variety of flavours which may vary slightly from one company to another. Try them!

• **Supper****Fruity Chicken***Makes appr. 4 servings*

Ingredients :

- Bread crumbs (may be toasts crumbled with a rolling pin) : 1/3 cup
- Tarragon : 1/4 tsp.
- Paprika : 1 tsp.

- Nutmeg : 1/4 tsp.
- Pepper (#1) : to taste
- Salt (#1) : to taste
- Chicken breasts, boned : 4 breasts or 1 lb. (454 g)
- Orange juice (or apple) : 1/2 cup
- Broth (any kind) : 1/2 cup
- Green onion : 1
- Peaches (or mandarins), either fresh or canned : 1 cup, in pieces
- Flour : 1 tbsp.
- Pepper (#2) : to taste
- Salt (#2) : to taste

Directions :

Season the bread crumbs by mixing the first six ingredients together (from the crumbs to the salt (#1)). Coat the chicken breasts with the bread crumbs. In a oiled oven dish, place the chicken breasts. Cook at 350° F (180° C) for appr. 35 minutes.

In a bowl, mix the remaining ingredients (from the juice to the salt (#2)).

Place this mix on the chicken. Continue cooking for appr. 15 minutes, uncovered.

Steamed Zucchini

Makes appr. 4 servings

Ingredients :

- Zucchini : 2
- Water

Directions :

Wash the zucchini, remove the ends and slice into rings.

Steam cook for 5 minutes or until tender.

Basmati and Wild Rice

Makes appr. 6 servings

Ingredients :

- Wild rice : 1 cup
- Basmati rice (or other) : 1 cup
- Water (or broth, any kind) : 4 cups

Directions :

Rinse the wild rice under running water.

In a pot, bring the water to a boil.

Add the wild rice, reduce the heat to medium and cook for appr.30-40 minutes, uncovered.

Rinse the basmati rice under running water.

Add the basmati rice to the wild rice and cook appr. 10-15 minutes over low heat.

Turn off the heat and let stand, covered, until the rice is well cooked (the wild rice should « curl »).

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- **Breakfast**

Iron-Rich Bannock
Makes appr. 8-12 servings

Ingredients :

- All-purpose flour : 3 1/2 cups
- Whole wheat flour : 3 1/4 cups
- Powdered milk : 3/4 cup
- Salt : 1/2 tbsp.
- Baking powder : 1 tbsp.
- Wheat germ : 3 tbsp.
- Raisins : 1 1/2 cups
- Water : 2 1/4 cups
- Oil : 3 tbsp.
- Eggs : 2
- Molasses : 1 1/2 tbsp.

Directions :

In a large bowl, mix the flours, powdered milk, salt, baking powder, wheat germ and raisins. In another bowl, mix the water, oil, eggs and molasses. Add to the flour mix and stir just until moist. Knead the dough to form a 1/2 inch (appr. 1 cm) thickness. Lightly oil an oven dish then place the dough in it. Cook at 400° F (200° C) for appr. 1/2 hour.

- **Lunch**

Crustless Salmon Quiche
For appr. 8 people

Ingredients :

- Canned salmon : 2 cans (14 3/4 oz or 418 g each)
- Cheddar cheese : 3 1/2 cups
- Onion : appr. 1/2
- Salmon broth, with added milk : 3 cups
- Eggs : 7
- Flour : 1 cup
- Salt : 3/4 tsp.
- Pepper : 1/2 tsp.

Directions :

Preheat the oven to 375° F (190° C). Drain the salmon (keep the broth) and completely mash the bones. Grate the cheese. Peel and cut the onion. In a large bowl, combine the salmon, cheese and onion. Oil an oven dish and place the salmon, cheese and onion mix in it. In a measuring cup, pour in the salmon broth and add in enough milk to total 3 cups. In a blender, combine the salmon broth, milk, eggs, flour, salt and pepper. Pour the liquid mix onto the salmon in the mould. Cook appr. 30 minutes, or until when a knife placed in the center of the quiche comes out clean.

• Lunch

Algonquin Apple Salad

Makes appr. 6 servings

Ingredients :

- Apples : 2
- Dandelions : 1 cup
- Watercress : 1/2 cup
- Cabbage : 1/2 cup
- Mushrooms : 1/2 cup
- Radish : 1/2 cup
- Nuts : 1 oz (30 g)

Dressing :

- Oil (sunflower) : 2 tbsp.
- Apple vinegar : 2 tbsp.
- Maple syrup : 1 tbsp.
- Salt : 1 tsp.
- Pepper : 2 tsp.

Directions :

Mix all the ingredients for the dressing. Wash the vegetables. Thinly slice the apples, cut the cabbage into thin julienne strips, cut the mushrooms into thin strips, and halve the radishes. Put together all the salad ingredients; gently mix with the dressing and serve.

• Afternoon snack

Whole Wheat Muffins

Makes appr. 12 muffins

Ingredients :

- Whole wheat flour : 1 cup
- All-purpose flour : 1 cup
- Powdered milk : 1/2 cup of powder
- Bran (wheat) : 1/3 cup
- Brown sugar : 1/2 cup
- Cinnamon : 1 tsp.
- Baking powder : 2 tbsp.
- Salt : 1 tsp.
- Eggs : 2
- Oil : 1/2 cup
- Water : 2 cups
- Raisins : 1/2 cup

Directions :

Heat the oven to 350° F (180° C). In a large bowl, combine the flours, milk powder, brown sugar, bran, cinnamon, baking powder and salt. Mix well.

In another bowl, beat the eggs, water and oil. Add to the dry ingredients and stir just enough to moisten. Do not over stir. Add the raisins. Do not over mix. Fill lightly oiled muffin moulds to the 3/4 full with the mix. Cook in the oven for appr. 20 minutes.

• **Supper**

**Venison Polenta au Gratin
(or with beef or other meat)**

Makes appr.8-12 servings

Ingredients :

- Ground meat : 2 lbs (appr. 1 kg)
- Fresh tomatoes : 3
- Green peppers : 1 1/2
- Red peppers : 1
- Garlic : 2 cloves
- Chili powder : 1/2 tsp.
- Ground cumin : 1 tsp.
- Oregano : 1 tsp.
- Salt (#1) : 1/2 tsp.
- Pepper : 1/2 tsp.
- Tomato paste : 1/3 cup
- Coriander : 1/2 tsp.
- Water : 6 cups
- Corn semolina: 1 1/2 cups
- Salt (#2) : 1/2 tsp.
- Frozen corn : 2 1/2 cups
- Sour cream (low fat or plain yogurt) : 2/3 cup
- Cheddar cheese : 1 1/2 cups, grated

Directions :

Wash the tomatoes and peppers then dice.

Cook the meat over medium heat for appr. 5-10 minutes (until no longer pink). Put the meat aside (in a covered bowl).

In the same pan, cook the peppers, garlic, chili powder, cumin, oregano, salt (#1) and pepper while stirring, for 5 minutes or until the peppers are tender. Add in the tomato paste and tomatoes. Simmer 5 minutes, or until the mix thickens. Add the meat and coriander.

In a very large pot, boil the water over medium heat. Gradually whip in the corn semolina and the salt (#2). Continually whip and reduce the heat to low. Cook while stirring constantly for 5 minutes or until creamy. Remove from heat. Mix in the corn and sour cream. Immediately place in a oiled oven dish and gently pat down. Place the meat mix on top of the semolina. Sprinkle with grated cheese.

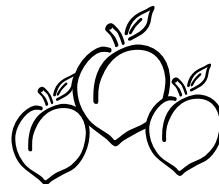
Cook at 375° F (190° C) appr. 45 minutes, until golden brown and bubbling.

• Supper

Peaches and Dumplings*For appr. 6-8 people*

Ingredients :

- Peaches (or other fruit) : 4 cans (14 oz or 398 ml each)
- 100% pure, (unsweetened) apple juice : 2 cups
- Whole wheat flour : 2 1/4 cups
- Salt : 1/4 tsp.
- Brown sugar : 1/4 cup
- Baking powder : 1/2 tbsp.
- Egg : 1
- Milk : 1/4 cup



Directions :

In a large pot, boil the peaches and juice.

In a bowl, mix the flour, baking powder, and salt.

In another bowl, lightly beat the egg and add the milk.

Fold the egg mix into the flour mix. Do not over mix.

Spoon the mix onto the boiling peaches.

Cover and cook appr. 15 minutes.

• Morning snack (Monday)

Dried Fruit Cookies*For appr. 25 cookies*

Ingredients :

- Non-hydrogenated margarine : 2/3 cup
- Brown sugar : 1 1/3 cups
- Eggs : 2
- Whole wheat flour : 1 1/3 cups
- All-purpose flour : 1 1/2 cups
- Baking powder : 2 tsp.
- Cinnamon : 2 tsp.
- Dried fruits (ex. : apricots, raisins, dates) : 1 cup
- Milk : 1/2 cup

Directions :

Preheat the oven to 350° F (180° C).

In a large bowl using an electric beater, cream the margarine; gradually add in the brown sugar, while beating, until light and fluffy. Beat in the eggs.

In another bowl, combine the flours, baking powder and cinnamon; mix well. Add in the dried fruits. Alternate adding in some egg mix then some milk to the flour mix (ex.: add some egg mix, stir, some milk, stir, etc.). Spoon onto a cookie sheet. Cook about 15 minutes or until golden. Let cool slightly before removing from the cookie sheet.

• Lunch

Chicken, Rice and Bean Soup*Makes appr. 10 servings*

Ingredients :

- Chicken stock : 6 cups
- Water : 2 cups
- Celery : 2 stalks
- Onion : 1
- Carrot : 1
- Canned tomatoes : 1 can (19 oz or 540 ml)
- Rice : 1/2 cup
- Worcestershire sauce: 1 tsp.
- Pepper : 1/4 tsp.
- Dried parsley : 1/2 tsp.
- Thyme, oregano, basil : 1/2 tsp. each
- Cooked chicken : 1 cup, diced
- Cooked beans (lima or other) : 1 1/2 cups
- Salt : to taste

Directions :

In a large pot, combine the stock, water, celery, onion, carrot, tomatoes (cut up with a fork), rice, Worcestershire sauce and pepper; bring to a boil. Reduce the heat and simmer, covered, for 15 minutes or until the rice is almost tender. Add in the fine herbs, chicken, and beans; simmer, uncovered, for 10 minutes or until thoroughly heated.

Modified « Tzatziki » Dip*Makes appr.6-8 servings*

Ingredients :

- Plain yogurt : appr. 2 cups (or more, to taste)
- Cucumber : 1
- Lime or lemon juice : appr. 2 tbsp.
- Garlic : appr. 2 cloves
- Fine herbs to taste (ex. : oregano, etc.) : appr. 2 tsp.
- Salted herbs (or salt) : to taste (ex. : 1 tsp.)
- Pepper : to taste

Directions :

Wash and peel the cucumber; cut lengthwise into 4 parts and remove the center (all the seeds). Press thoroughly with « paper towels » to remove all possible water. Grate the cucumber; again press thoroughly between « paper towels » to remove all possible water. Crush garlic in a garlic press. In a bowl, mix all ingredients. Cover and refrigerate.

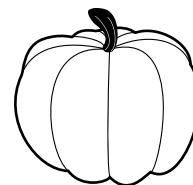
This dip is best enjoyed with raw vegetables (carrots, broccoli, cauliflower, peppers, celery, etc.), crackers, whole wheat pita bread (fresh or oven baked) or even in souvlakis, sandwiches or salads !

• Lunch

Pumpkin Muffins*Makes appr. 12 muffins*

Ingredients :

- Bran (wheat) : 3/4 cup
- Whole wheat flour : 3/4 cup
- Brown sugar : 1/2 cup
- Cinnamon : 1 1/2 tsp.
- Baking powder : 1 tsp.
- Baking soda : 1 tsp.
- Salt : 1/2 tsp.
- Raisins or blueberries or ground walnuts : 1 cup
- Pumpkin, cooked and mashed (or canned) : 1 cup
- Eggs : 2
- Vegetable oil (canola) : 1/4 cup
- Plain yogurt (or buttermilk) : 1/2 cup



Directions :

In a bowl, combine the bran, flour, brown sugar, cinnamon, baking soda and powder, salt and raisins. Mix.

Add the pumpkin, eggs (not beaten), oil and yogurt; mix lightly just to combine the ingredients.

Fill lightly-oiled (if necessary) muffin moulds. Cook in the oven at 400°F (200°C) appr. 25 minutes or until firm to the touch.

• Supper

Shish Kebabs*For appr. 2 people*

Ingredients :

Marinade for shish kebabs :

- Italian dressing (low fat) : 2 tbsp.
- Lemon juice : 1 tbsp.
- Garlic : 2 cloves (or 1/2 tsp. garlic powder)
- Pepper : 1/4 tsp.
- Oregano : 1/2 tsp.
- Brown sugar : 1 tsp.

Shish kebabs :

- Beef (or other meat), cubed : appr. 8 cubes (or 12 oz (360 g) of uncooked meat)
- Choice of vegetables, ex. : tomatoes (cherry or other), mushrooms, green peppers, onions, zucchini, eggplant, etc.)

Directions :

In a bowl, mix the ingredients for the dressing; put in the meat and refrigerate (covered) appr. 2 hours. Wash the vegetables and cut into large pieces (do not cut the mushrooms). On shish kebab skewers, alternate putting meat then vegetable pieces. Using a brush, coat the kebabs with the marinade. Cook on the barbecue (or in the oven) appr. 10 minutes or until cooked.

Rice

Makes appr. 4 servings

Ingredients :

- Rice (basmati or other) : 1 cup
- Water : 1 1/2 cups

Directions :

In a pot, rinse the rice. Cover with water and bring to a boil. Reduce the fire to minimum and cover. Without uncovering nor stirring, let cook appr. 10-15 minutes. Turn off the heat and leave covered appr. 5-10 minutes.

Greek Salad

Makes appr. 6 servings

Ingredients :**Dressing :**

- Olive oil : 1 tbsp.
- Lemon juice : 2 tbsp.
- Oregano (in powder) : 1/4 tsp.
- Garlic : 1 clove
- Pepper and salt : to taste

Salad :

- Red onion : 1
- Tomato : 1
- Cucumber : 1
- Broccoli, raw : 1 cup, in pieces
- Cauliflower : 1 cup, in pieces
- Red pepper : 1
- Black olives : 10
- Feta cheese, light : 1 cup, cubed
- Lettuce (if desired)

Directions :

In a bowl, prepare the dressing by mixing the first six ingredients. Wash the vegetables. Slice the onion, cut the broccoli and cauliflower into flowerets, the pepper into strips, the cucumber into rounds and the tomatoes into 1/2 quarters. Add the dressing and mix well. Serve on lettuce as desired.



- **Supper**

Baked Apples

Makes appr. 6 servings

Ingredients :

- Apples : 4
- Brown sugar : 1/4 cup
- Cinnamon : 1/4 cup
- Raisins : 1/4 cup
- Non-hydrogenated margarine : 2 tsp.
- Water : 1/4 cup

Directions :

Preheat the oven to 350°F (180°C). Lightly oil an oven dish.

Wash the apples and core. Place in the oven dish.

In a bowl, mix the brown sugar, cinnamon, raisins and margarine. Spoon some into the center of each cored apple.

Pour water in the pan.

Cook uncovered appr. 55 minutes or until the apples are tender.

- **Bedtime snack**

Banana-Date Muffins

Makes appr. 12 muffins

Ingredients :

- Bran (wheat) : 3/4 cup
- Whole wheat flour : 1 cup
- Brown sugar : 1/2 cup
- Cinnamon : 1 tsp.
- Baking powder : 1 tsp.
- Baking soda : 1/2 tsp.
- Bananas, crushed : 1 cup (appr. 3 bananas)
- Egg : 1
- Milk : 1/2 cup
- Vinegar : 1/2 tbsp.
- Oil (canola or other) : 1/4 cup
- Dates : 1/2 cup

Directions :

Preheat the oven to 350° F (180° C).

In a measuring cup, combine the milk and vinegar (makes buttermilk).

In a bowl, combine the bran, flour, brown sugar, cinnamon, baking powder and soda. Mix well.

Cut the dates and mash the bananas.

To the flour mix, add the bananas, egg, buttermilk and dates. Mix just enough to blend.

Fill muffin moulds (lightly oiled if necessary). Bake appr. 25 minutes.



- **Breakfast**

Cream of Wheat

Makes appr. 4 servings

Ingredients :

- Wheat semolina : 1/2 cup
- Milk : 1 1/2 cups
- Water : 1/2 cup
- Sunflower seeds (if desired) : 4 tbsp.
- Orange, fresh : 1
- Grapes, fresh : appr. 10-15

Directions :

In a pot, bring the milk and water to a boil. Lower the heat and add the semolina while stirring constantly. Continue stirring and add the sunflower seeds. Turn off the heat and cover. Wash the fruits. Cube the orange and halve the grapes. Add to the cream of wheat. Mix and cover. Serve. Add milk if desired.

- **Lunch**

Barley Soup

Makes appr. 4 servings

Ingredients :

- Scotch or pot barley : 1/4 cup
- Water : 1 cup
- Stock (any kind) : 3 cups
- Onion : 1/2
- Carrot : 1
- Celery : 1 stalk
- Bay leaf : 1
- Thyme, oregano powder, garlic powder : 1/4 tsp. each
- Pepper and salt : to taste

Directions :

Soak the barley overnight. In a large pot, put all the ingredients together and cook over low heat for appr. an hour.

Cold Platter

For appr. 1 person

Ingredients :

- Sardines (or other fish) : appr. 2 (appr. 2 oz)
- Whole wheat bun : 1 (or 2 slices)
- Variety of fresh vegetables as desired : at least 1/2 the platter

Directions :

Arrange on platter in an interesting way and enjoy !

• Lunch

Date Squares*Makes appr. 6-8 servings*

Ingredients :

- All-purpose flour (or whole wheat) : 1 1/2 cups
- Rolled oats: 2 1/2 cups
- Brown sugar : 1/2 cup
- Baking soda : 1 tsp. tsp.
- Non-hydrogenated margarine : 1 cup
- Dates : 2 1/2 cups
- Water : 1 1/2 cups
- Vanilla : 1 tsp.

Directions :

Heat the oven to 350° F (180° C). Lightly oil an oven dish.

In a bowl, mix the flour, oats, brown sugar and soda; add the margarine and mix until crumbly. Press 1/2 the mix into the bottom of the dish. Cut the dates. In a pot, cook over low heat until thickened (appr. 15 minutes). Add the vanilla. Pour the mix into the mould (onto the oat mix); cover with the remaining oat mix. Cook appr. 35 minutes or until slightly golden.

• Supper

Caribou Chili**(or with beef, moose, venison, etc.)***For appr. 8 people*

Ingredients :

- Ground caribou meat (or beef, mouse, venison, etc.) : 1 1/2 lb. (0.75 kg)
- Onions : 2
- Carrots : 2
- Celery stalks : 2
- Garlic powder : 1/2 tsp. (or more, to taste)
- Tomatoes, canned: 2 cans (28 oz or 796 ml each) (keep the broth from only one can for the recipe)
- Tomato soup : 1 can (10 oz or 540 ml)
- Kidney beans : 2 cans (19 oz or 540 ml each), drained and rinsed
- Green pepper : 1
- Chili powder : 1 1/2 tbsp.(or more, to taste)

Directions :

In a large pot over medium heat, cook the ground meat for 8 to 10 minutes, or until no longer pink. Drain the fat.

Wash and peel the carrots; cut off the ends of the carrots and celery; peel the onions; cut the vegetables. Add the garlic powder and vegetables to the meat.

Simmer uncovered for 12-15 minutes, until the vegetables are tender.

Wash and cut the green pepper. Add the tomatoes and the broth from one can, the tomato soup, the kidney beans, the green pepper and the chili powder.

Simmer, uncovered and stirring occasionally, for appr. 1 hour or until thickened.

• Supper

Fruits and Yogurt

For appr. 4 people

Ingredients :

- Plain yogurt : 1 1/2 cups
- Grapes : appr. 2 lbs. (1 kg)
- Banana : 1
- Orange : 1/2

Directions :

Wash and cut the fruits. Place in a bowl.

Mix in the yogurt.

Refrigerate, covered, until serving time.



• Bedtime snack

Berry Bannock

Makes appr. 8-12 servings

Ingredients :

- All-purpose flour : 2 cups
- Whole wheat flour : 1 3/4 cups
- Powdered milk : 1/3 cup
- Salt : 1 tsp.
- Baking powder : 2 tbsp.
- Water : 1 cup
- Choice of berries (raspberries, blueberries, strawberries, cranberries, etc.) : 1 1/4 cup
- Oil : 3 tbsp.

Directions :

In a bowl, mix the flours, powdered milk, salt and baking powder.

In another bowl, mix the water and oil. Add to the flour mix, mixing until moistened.

Add the berries.

Divide the dough in two and make patties.

In a lightly greased pan, cook patties until golden on one side then flip over to cook on the other side.

They may also be cooked in the oven (without turning them over).

• Lunch

Ham Pita Sandwich

For appr. 1 person

Ingredients :

- Whole wheat pita bread : 1 (appr. 6 inches)
- Lean ham (ideally from a home-cooked boiled ham) : appr. 1-2 slices (appr. 1-2 oz)
- Optional : mustard (or other) to taste
- Choice of vegetables, for example :
- Lettuce : as desired (or appr. 1/2 cup if chopped up)
- Tomato: 1/2

Cut open the side of the pita bread. Fill with ingredients as desired.

Plain Custard

For appr.4 people

Ingredients :

- Eggs : 2
- Brown sugar : 2 tbsp.
- Salt : 1 pinch
- Vanilla : 1/4 tsp.
- Milk : 1 cup
- Nutmeg : to taste

Directions :

In a bowl, beat the eggs then mix all the ingredients. Pour into 4 dessert dishes (or small bowls). At the bottom of a square dish, put 3 cm (appr. 1 inch) water. Place the dessert dishes in it. Cover the dessert dishes with aluminium foil. Cook at 350° F (180° C) appr. 45 minutes.

Serve plain or with fruits.

• Supper

Simple Sole

Makes appr. 4 servings



Ingredients :

- Sole (or other fish) : 4 filets
- Lemon juice : 2 tbsp.
- Fine herbs, to taste (ex. : parsley, thyme, basil, dill, oregano, etc.) : appr. 1 tsp. (or more, to taste)

Directions :

Place the fillets in an oven dish. Pierce them with a fork. Sprinkle them with lemon juice and then fine herbs. Cover (with aluminium foil) and cook at 350° F (180° C) until the flesh flakes when tested with a fork (appr. 20 minutes).

Steamed Squash*Makes appr. 4 servings*

Ingredients :

- Squash (different varieties : Buttercup, Butternut, Acorn, etc.) : 1
- Water

Directions :

Wash, peel and cut the squash into cubes. Steam cook until tender.

Wild Rice « Amandine »*Makes appr. 10 servings*

Ingredients :

- Wild rice : 2 cups
- Oil (olive or other) : 1/4 cup
- Onion : 2 tbsp., cut
- Chives : 2 tbsp.
- Green onion : 1 tsp.
- Green pepper : 3 tbsp., cut
- Chicken stock (or other, as desired) : 4 1/2 cups
- Salt and pepper : to taste
- Almonds : 3/4 cup

Directions :

Rinse and drain the rice. Wash and cut the vegetables. Sliver or cut the almonds. In a pan, heat the oil and brown the onions, chives, green onion and green pepper. Add the rice, reduce the heat to minimum and stir until the rice yellows. Add the broth, salt, pepper and almonds and pour into an oven dish. Cook in the oven, covered, at 325° F (165° C) for 1 1/4 hours, or until the rice is tender.

• **Bedtime snack****Spinach Dip***For appr. 10 people*

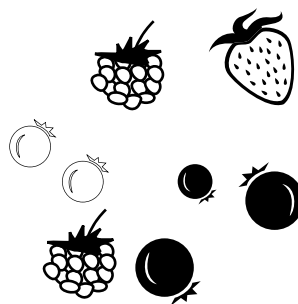
Ingredients :

- Spinach : 1/3 pack
- Cream cheese, ultra low-fat : 1 container (250 g or appr. 1 cup)
- Salted herbs : 1 tsp.
- Lime juice (or lemon) : 1 tbsp.
- Pepper : appr. 1/4 tsp.
- Garlic : appr. 1 clove

Wash the spinach well; remove the ends and cut into pieces. Place in a microwave dish and cook until soft, (appr. 1 1/2 minutes). Crush the garlic in a garlic press. In a bowl, mix all the ingredients. Cover and refrigerate. To be enjoyed with your choice of raw vegetables (carrots, broccoli, cauliflowers, peppers, celery, etc.), crackers, or even as a spread!

• **Breakfast**

Fruit Milkshake
Makes appr. 2 servings



Ingredients :

- Milk : 1 cup
- Powdered milk : 2 tbsp.
- Banana : 1
- Fresh, frozen or canned fruits : 1 cup

Directions :

Place in a blender and blend all the ingredients until smooth.

A whole wheat bagel with your choice of spread (such as cream cheese, a healthy fruit spread, etc.) would complete this breakfast well.

Tips from the Dietitian

*Do your fruits seem tired? If so, just wash and peel them (if they're bananas, citrus fruits or kiwis), cut them into pieces and freeze!
 They'll be great in recipes!*

• **Lunch**

« Turkey-Style » Tofu Sandwich
for appr. 1 person

Ingredients :

- Slices of « turkey » tofu or other flavours (ex. : Yves turkey veggie) : 3 slices
- Slices of « smoked bacon » tofu (ex. : Yves smoked bacon veggie) : 3 slices
- Olive oil : 1/2 tsp.
- Whole wheat bread : 3 slices
- Light mayonnaise : 2 tbsp.
- Lettuce : 2 leaves
- Tomato : 4 slices
- Salt : 1 pinch
- Pepper : 1 pinch

Directions :

In a non-stick pan over medium heat, pour a bit of oil and brown the « smoked bacon » tofu for 30 seconds on each side.

Toast the slices of bread and spread with mayonnaise.

Place slices of « turkey » tofu and lettuce on one slice of bread.

Cover with another slice of bread. Place the « smoked bacon » tofu and the tomato slices on top. Season with salt and pepper, then cover with the third slice of bread.

Cut into 4 triangle wedges and serve.

Coleslaw*Makes appr. 8-10 servings*

Ingredients :

- Cabbage : 1
- Carrots : 2
- Onion : 1/2

Dressing :

- Vinegar : 1/3 cup
- Vegetable oil : 1/4 cup
- Non-diluted, concentrated apple juice : 3/4 cup
- Salt : 1 tsp.
- Celery seeds : 1 3/4 tsp.

Directions :

Peel and wash the vegetables.

Thinly slice the cabbage, chop the carrots and cut the onion very thinly. In a large bowl, mix the vegetables.

In a pan, mix the ingredients to the dressing. Boil while stirring frequently.

Pour onto the vegetables and mix well.

Cover well and refrigerate for 1 to 2 days before serving.

• **Supper****Fried Liver with Vegetables***Makes appr. 5 servings*

Ingredients :

- Flour : 1/4 cup
- Salt : 1 tsp.
- Pepper : 3/4 tsp.
- Liver (chicken or other) : 1 lb. (appr. 1/2 kg)
- Non-hydrogenated margarine : 3 tbsp.
- Onion : 1
- Mushrooms : 12 oz
- Red pepper : 1
- Fresh parsley : 1 tbsp., cut

Directions :

Rinse then drain the liver. (Cut in large pieces if it's not chicken liver).

Wash the vegetables; cut the onion and the red pepper in large cubes and cut the mushrooms in thick slices.

In a bowl, mix the flour with 1/2 tsp. of the salt and 1/2 tsp. pepper. Put in the liver and cover it with the flour mix.

In a pan, melt 2 tbsp. margarine. Add the onion and fry for 5 minutes (until transparent) while stirring often.

Add the mushrooms and the red pepper. Fry appr. 8 minutes (until tender). Carefully remove the vegetables, while retaining the cooking juices. Melt in the remaining margarine (1 tbsp.). Add the liver and fry over medium heat until browned. Add the vegetables and warm it up. Season with the remaining salt (1/2 tsp.) and the pepper (1/4 tsp.). Garnish with parsley. Serve immediately.

• Supper

Steamed Parsnips

Makes appr. 5 servings

Ingredients :

- Parsnips : 4
- Water

Directions :

Wash, peel and julienne the parsnip.

In a bain-marie or steamer, steam until tender (appr. 10 minutes).

Mashed Potatoes

Makes appr. 10 servings

Ingredients :

- Potatoes : 13
- Milk : 1 cup
- Non-hydrogenated margarine : 3/4 cup
- Salt : 1 tsp.
- Pepper : 1/2 tsp.

Directions :

Peel, quarter and wash the potatoes well.

In a pot, cover the potatoes with water and boil.

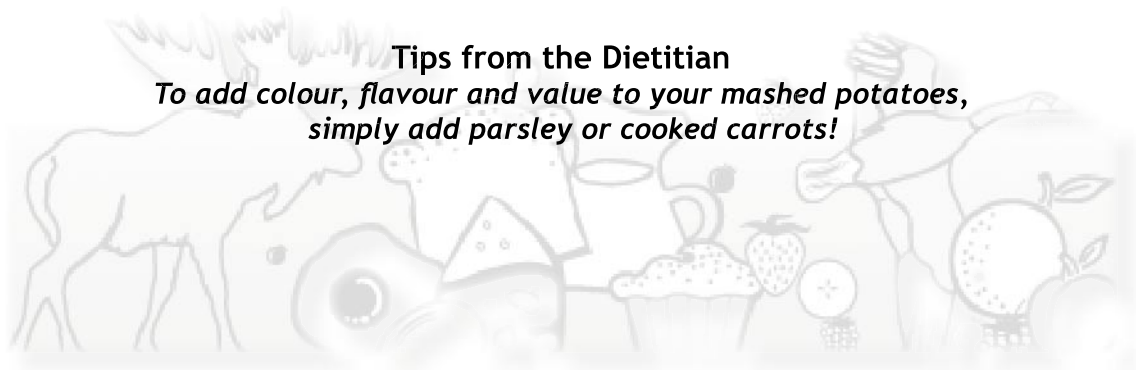
Reduce the heat, cover and simmer 25 minutes. Drain.

Mash the potatoes. Stir in some milk. Add the margarine, salt and pepper.

Stir until fluffy and smooth.

Tips from the Dietitian

To add colour, flavour and value to your mashed potatoes, simply add parsley or cooked carrots!



- **Lunch**

Corn Bread

Makes appr. 10 servings

Ingredients :

- All purpose flour : 2 3/4 cups
- Corn semolina : 1 1/2 cups
- Brown sugar : 1/2 cups
- Baking powder : 1/2 tbsp.
- Baking soda : 1/2 tsp.
- Salt : 1/2 tsp.
- Milk : 2 cups
- White vinegar : 2 tbsp.
- Vegetable oil : 1/3 cup
- Eggs : 2

Directions :

Preheat the oven to 375° F (190° C). Lightly oil 1-2 bread moulds.

In a bowl, mix the milk and vinegar. Set aside (will make « buttermilk »).

In a large bowl, mix the flour, semolina, brown sugar, baking powder, baking soda and salt.

In another bowl, mix the buttermilk, oil and eggs. Add to the flour mix and mix just enough to blend. Place in the moulds and cook appr. 45 minutes.

Tuna Salad

Makes appr. 5 servings

Ingredients :

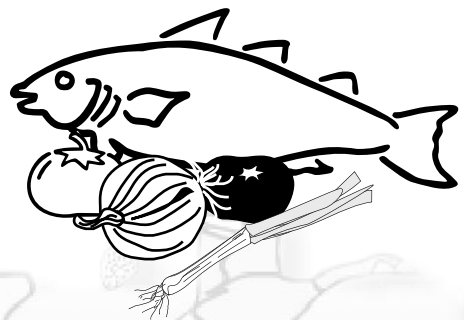
- Tuna : 2 cans (6 oz or 184 g)
- Lettuce : 1 head
- Onion : 1/2
- Celery : 1/2 cup, cut
- Light mayonnaise : 1/4 cup
- Plain yogurt : 1/4 cup
- Lemon juice : 1 tsp.
- Salt (or salted herbs) : 1/2 tsp.
- Pepper : 1/4 tsp.

Directions :

Drain the tuna. Wash and cut the vegetables.

In a large bowl, mix all the ingredients.

It is also possible to add legumes, as desired.



- Afternoon snack

Strawberry-Rhubarb Compote

Makes appr.4-6 servings

Ingredients :

- Rhubarb : 4 cups, cut
- Water : 2 tbsp.
- Strawberries : 2 cups
- If desired, a « sweetener » (such as honey or other) : to taste

Directions :

Wash the fruits and cut the rhubarb into pieces. In a pot, cook the rhubarb, water and strawberries until tender (appr. 20 minutes). Serve hot or cold. Keep refrigerated.

Delicious with ice cream !

- Supper

Tandoori Chicken

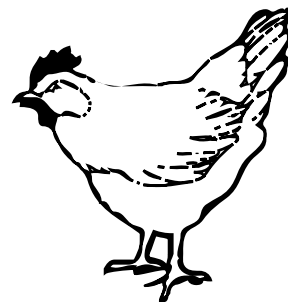
Makes appr. 5 servings

Ingredients :

- Chicken : 5 large pieces (ex. leg, breast, etc), skinless, (2 1/2 lbs. or 1 kg)

Sauce :

- Plain yogurt : 1 1/2 cups
- Mix of Indian spices : 1 1/2 tbsp.
- Vinegar : 1 1/2 tbsp.
- Lemon juice : 1 1/2 tbsp.



Directions :

In a large bowl, mix the ingredients for the sauce.

Cut the chicken into small enough pieces for them to absorb the flavour of the sauce.

Add to the sauce, coating well. Cover and refrigerate appr. 4 hours.

Carefully remove the chicken and place in an oven dish (preferably, a grill over a dripping pan). Put in the oven on the highest rack. Cook appr. 15 minutes on each side until well cooked.

In a small pot, bring the remaining sauce to a boil for at least 5 minutes.

Serve as accompanying sauce. Serve with rice (preferably basmati).

- **Supper**

Green Salad with Sweet and Sour Sauce

Makes appr. 8 servings

Ingredients :

- Lettuce : 1 head
- Cucumber : 1
- Tomato : 1
- Mushrooms : 1 package (appr. 1 cup)

Dressing :

- Vegetable oil : 2 tbsp.
- Brown sugar : 1 tbsp.
- Vinegar : 1 tbsp.
- Dried parsley : 1/2 tbsp.
- Salt : 1/2 tsp.
- Pepper : 1/4 tsp.

Directions :

Break the lettuce into smaller leaves, wash and rinse well.

Wash the cucumber, tomato and mushrooms and cut.

In a large bowl, mix the vegetables. In another bowl, mix all the ingredients for the dressing.

Just before serving, mix the dressing well, add it to the salad and toss gently.

Fruity Cantaloupe

Makes appr. 4 servings

Ingredients :

- Cantaloupes : 2
- Sherbet, frozen yogurt or ice milk : 1 cup
- Choice of fruits (ex. : 2 kiwis or clementines, 1 pear or apple or 1/2 cup strawberries, etc.)

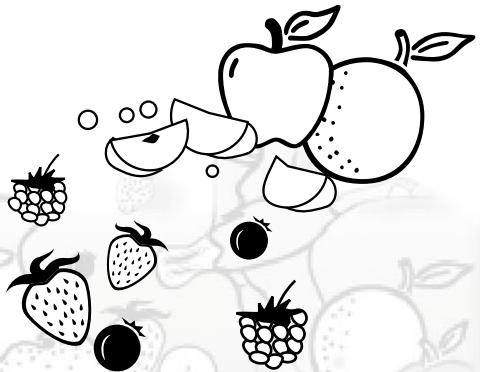
Directions :

Wash and halve the cantaloupes.

Remove the seeds.

Place a scoop of sherbet in the center of the cantaloupe.

Top with remaining fruits.



- **Breakfast**

« Fried » Bannock

Makes appr.8-12 servings

Ingredients :

- All-purpose flour : 2 1/2 cups
- Whole wheat flour : 2 1/2 cups
- Salt : 1/4 tsp.
- Baking powder : 1 1/2 tbsp.
- Brown sugar : 1/4 cup
- Optional : raisins : 1/2 cup
- Milk : 2 cups
- Oil : 1/4 cup
- Vegetable oil (canola or other): enough for frying.

Directions :

In a large bowl, mix the flours, salt, baking powder, brown sugar and raisins.

In another bowl, mix the milk and oil.

Knead it into the flour mix until it is well mixed. (But do no over knead).

Separate into as many portions as desired; shape like doughnuts.

In a large pot, heat some oil over medium heat and fry the bannock until golden.

Be careful of the hot oil!

- **Morning snack**

Healthy Frozen Pops

Makes appr. 2 servings

Ingredients :

- Milk : 1 cup
- Raspberries (fresh or frozen) : 1/2 cup
- Choice of yogurt : 1/4 cup
- Peach (fresh, peeled or canned) : 1

Directions :

In the blender, pour in all the ingredients and blend.

Pour into freezer containers and freeze for 2 to 3 hours.



- **Lunch**

Onion Soup au Gratin

Makes appr. 4 servings

Ingredients :

- Beef stock (or onion broth), low in fat: 4 cubes or pouches, or, better still, home-made broth
- Water : 4 cups (or not, if the stock is already made)
- Onions, finely sliced : 2
- Bread (whole grain), toasted : 4 slices
- Swiss or Mozzarella cheese : 4 oz (4 slices, grated).

Directions :

In a pot, pour in the broth mix, water and onions. Bring to a boil. Reduce the heat and let simmer for 15 minutes or until the onions are tender. Pour into 4 oven dishes. Place a toast square over each one. Top with cheese. Broil in the oven until the cheese bubbles.

Bean Salad

Makes appr. 4 servings

Ingredients :

- Green beans (fresh, frozen or canned) : 1 cup, cut
- Wax beans (fresh, frozen or canned) : 1 cup, cut
- Kidney beans, cooked (or canned) : 1 cup, rinsed
- Red onion (or white, if not available) : 1 small, thinly sliced

Dressing:

- Frozen, concentrated apple juice : 3/4 cup, non-diluted
- Oil (olive or other) : 1/3 cup
- Salted herbs (or salt) : 1 tsp.
- Vinegar (balsamic or other) : 2/3 cup
- Pepper : to taste

Directions :

In a bowl, mix the last five ingredients for the dressing. In a large bowl, mix the first four ingredients. Pour the dressing over the salad and mix well.

- **Afternoon snack**

Corn on the Cob

For appr. 1 person

Ingredients :

- Corn : 1 stalk
- Water

Directions :

Peel and wash the stalk. Boil in water until tender (appr. 10-15 minutes)

• Supper

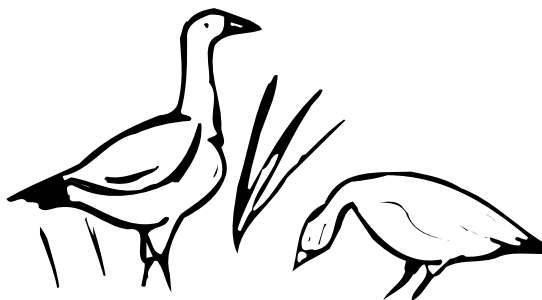
Goose, Vegetables and Dumplings*Makes appr. 6-8 servings*

Ingredients :

- Goose : 1
- Onion : 1
- Potatoes : 4
- Carrots : 4
- Celery : 1/2 cup, cut
- Water : 4 cups

Dumplings :

- Whole wheat flour : 3 cups
- Other flour : 2 cups
- Baking powder : 2 tbsp.
- Salt : 1 tbsp.
- Milk : 1 3/4 cups
- Oil : 1 cup



Directions :

Pluck and clean the goose. Cut the goose into about twelve parts. In a big pot, put the meat. Cut the onion and add the meat. Add the water and simmer for appr. 1 hour. Wash the vegetables. Peel the potatoes and carrots. Cut the vegetables. Add the vegetables to the meat. Let simmer for 1/2 hour. Add the dumplings.

Dumplings :

In a large bowl, mix the flours, baking powder and salt. In another bowl, mix together the milk and oil. Add to the flour mix gently until just blended. Make as many balls as there are people to feed (while handling them as little as possible). Add the dumplings to the meat mix.

You may add more vegetables to complete this dish!

Fruit Gelatine*Makes appr. 6 servings*

Ingredients :

- Gelatine, unflavoured : 1 pouch (1 tbsp.)
- Non-diluted, concentrated orange juice : 3/4 cup
- Water : 2 cups
- Banana : 1 small
- Fresh grapes : 8
- Pear : 1/2
- Cantaloupe : 1/2 cup, diced

Directions :

In a bowl (for microwave) sprinkle the gelatine powder over the concentrated juice and let swell for about 5 minutes. In the microwave at a low heat setting, dissolve the gelatine. Add the water and mix well. Put into dessert dishes (or small bowls) and add the fruit.

Refrigerate.

***Yogurt (plain or other) would complete this dessert well;
it may even be added into this recipe to make a « creamy » texture!
If you don't include yogurt, you could complete this meal with
a glass of milk.***

Bon appétit!

• **Bedtime snack**

Pumpkin Soup

Makes appr. 6 servings

Ingredients :

- Pumpkin : 2 1/2 lbs. (1 kg)
- Water : 2 cups
- Goose fat or olive oil : 2 tsp.
- Onion : 1
- Garlic (wild, if possible, otherwise, ordinary garlic) : 1 tsp.
- Bay leaf : 1
- Thyme : 1 tbsp.
- Milk : 1/2 cup
- Powdered milk : 2 tbsp.
- Honey : 1 tbsp.
- Salt : 1 tsp.
- Pepper : 2 tsp.

Directions :

Wash, peel and cut pumpkin, onion and garlic.

In a pot, melt the goose fat (or oil) with the onion, garlic, bay leaf, thyme, pumpkin, salt and pepper.

Cover with water and bring to a boil. Cook over low heat for one hour.

Put in the blender with the milk, powdered milk and honey.

Pour it back into the pot and without boiling it, allow it to cook a few minutes more. Serve.

***So here ends this week's menus which you may of course
modify as much as you'd like...***

If you feel like it, have some oven-baked bannock to go with your soup...

Follow the recipe on the next page !

• Bedtime snack

Oven-Baked Bannock

Makes appr. 20 servings

Ingredients :

- All-purpose flour : 6 cups
- Whole wheat flour : 6 cups
- Baking powder : 1/4 cup
- Brown sugar : 3/4 cup
- Salt : 1 1/3 tbsp.
- Milk : 6 cups
- Eggs : 2
- Oil : 1 1/2 cups

Directions :

In a large bowl, mix the flours, baking powder, brown sugar and salt.

In another bowl, mix the milk, eggs and oil.

Add to the flour mix, and mix just enough to blend. Divide the dough in two.

Form into balls.

Lightly oil two rectangular oven dishes; place the dough in them (about 2 inches or 5 cm high). Cook at 375° F (190° C) for about 1/2 hour.

Tips from the Dietitian

You may freeze portions of this recipe for later on!

Unless, of course, you prefer to share it with guests!

Bon appétit... and enjoy eating healthy!



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