



SDHS

Nutrition Fair - May 2019

COOK
BOOK



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Smoothie

SERVINGS: 1

CALORIES: 572 KCAL

AUTHOR: DETOXINISTA.COM



Ingredients

- 2 cup water or almond milk
- 2 cup frozen raspberries
- 2 cup frozen mango
- 4 soft Medjool dates, pitted
- 2 tablespoon chia seeds
- 2 tablespoon hemp seeds
- 2 teaspoons Flaxseed Oil
- 2 teaspoons Vanilla Extract

Instructions

1. Combine all of the ingredients in a high-speed blender, starting with just 1 teaspoon of the Flaxseed Oil to make sure the flavor doesn't overwhelm your taste buds.
2. Blend until smooth, then add another teaspoon of the Flaxseed oil if you like. (I can usually get away with 2 teaspoons no problem, but adding another one makes it taste too "fishy" to me.)
3. Serve immediately, and store the remaining Flaxseed Oil in the fridge for best shelf life.

<https://detoxinista.com/dha-smoothie-for-pregnant-and-nursing-moms/>



Note: some changes made to original recipe



Healthy recipe for your picky eater friends

Strawberry Smoothie that even the pickiest eaters will enjoy, especially with the warm weather coming in.



Ingredients:

- 1 cup fresh or frozen strawberries
- 1/2 cup ice
- 8 ounces vanilla yogurt
- 1/2 cup white grape juice or apple juice

Directions:

STEP ONE: Combine all ingredients in a blender and blend until smooth. Add water to thin, if desired.





Blueberry Lemon Smoothie Recipe for Cancer and Chemotherapy

A refreshingly tart smoothie, perfect for cleaning out metallic tastes.

Tasting Guidelines

Taste is sour and sweet, Weight is light, texture is smooth
Good for people with low to severe treatment side effects.



Ingredients

1 cup vanilla Greek yogurt
½ cup frozen blueberries
Juice of ½ lemon
1 Tbsp sugar
4 ice cubes
Milk until achieves a smooth consistency

Recipe Directions

1. Add all ingredients into the blender and cover.
2. Activate the blender. If you have frozen ingredients that are not cooperating, add some milk and use the pulse function and a little finesse to pulse your way into the perfect mixture.
3. Taste your smoothie and adjust. Is there too much or not enough of a certain ingredient or flavor? Adjust the flavors just like you would do anything else.
4. Serve in a glass with a straw. Garnish if desired.

Chef Tips

If smoothie is too tart, add additional sugar to compensate. Cooking for Chemo focuses on teaching you how to make your food taste good again during cancer and chemotherapy treatments. The flavor and cooking techniques contained within our easy to make recipes will help improve your quality of life as you go through cancer and chemotherapy treatments. Our cooking and flavor techniques can be integrated with any diet regimen. All of our recipes can be made with organic ingredients if you choose. Our holistic approach to cooking will help you not only be able to eat but to also enjoy the taste of your food again during and after cancer and chemotherapy treatments.

<http://www.cookingforchemo.org/blueberry-lemon-smoothie-recipe-cancer-chemotherapy/blueberry-lemon-smoothie-recipe-cancer-chemotherapy/>





Kale Pineapple Smoothie



Yield: 1 large or 2 small smoothies

Total Time: 4 mins

A delicious and creamy green kale pineapple smoothie with banana and Greek yogurt. Filled with healthy protein, nutrients, and will keep you full for hours!

Ingredients

- 2 cups lightly packed chopped kale leaves — stems removed
- 3/4 cup unsweetened vanilla almond milk — or any milk you like
- 1 frozen medium banana — cut into chunks
- 1/4 cup plain non-fat Greek yogurt
- 1/4 cup frozen pineapple pieces
- 2 tablespoons peanut butter — creamy or crunchy
(I use natural creamy)
- 1 to 3 teaspoons honey — to taste

Instructions

Place all ingredients (kale, almond milk, banana, yogurt, pineapple, peanut butter, and honey) in a blender in the order listed. Blend until smooth. Add more milk as needed to reach desired consistency. Enjoy immediately.





Tropical Smoothie Recipe

Author: Deborah

Prep Time: 5 mins

Total Time: 5 minutes

Yield: 2 servings



DESCRIPTION:

Imagine yourself in the tropics! This Tropical Smoothie Recipe is full of fruit flavors – a great way to start your day!

INGREDIENTS

- 1 cup frozen mango chunks
- 1 cup frozen strawberries
- 1 cup ice
- 1 frozen banana, sliced
- 1/2 cup milk
- 1/2 cup water
- 1/4 cup orange juice
- 1/4 cup plain Greek yogurt
- 1 teaspoon honey

INSTRUCTIONS

Combine all of the ingredients in a blender and blend until smooth.

<https://www.tasteandtellblog.com/cookbook-of-the-month-review-may-2008/print/34116/>





Homemade Fruit Pops



Ingredients

- 1 large banana, cut into small pieces (frozen bananas work too)
- 4 large fresh strawberries sliced or cut into small pieces (fresh or frozen)
- 1/2 - 1 cups apple juice no sugar added, or other favourite fruit juice
- 1/2 cup of fresh blueberries

Instructions

Add fruit to your popsicle mould (I use this one), alternating different kinds of fruit until the moulds are filled almost to the top.

Gently fill the mould with apple juice, leaving at least 1/8 in the headspace and place the popsicle stick inside.

Freeze for at least 6 hours or overnight.

<https://tastesbetterfromscratch.com/easy-homemade-fruit-pops/>





Broccoli, Potato and Cheese Baby Food

<https://weelicious.com/2010/04/29/broccoli-potato-cheese-puree/>

Ingredients

- 1 Large Potato, peeled and cubed
- 1 Cup Broccoli, chopped
- 2 Tbsp Cheddar Cheese



Instructions

1. Place the potato cubes in a steamer pot over boiling water and cook for 6 minutes.
2. Add the broccoli and steam for an additional 4 minutes or until vegetables are fork tender.
3. Place all the ingredients in a food processor and puree.
4. Serve.



Strawberry Banana Puree

Ingredients

- 1 cup organic strawberries, hulled and outer skin peeled to remove the seeds
- 1 ripe organic banana, sliced

Mango Blueberry Puree

Ingredients

- 1/2 mango, peeled & diced
- 1/2 cup blueberries
- 1 banana



Instructions for both Strawberry and Mango/Blueberry Puree

Place all ingredients into a food processor and blend until smooth. Leftovers freeze well.

<http://www.mashyourheartout.com/babyfood-recipes/strawberry-banana-puree>

<https://weelicious.com/2012/03/12/mango-blueberry-puree/>





Zucchini Muffins



Ingredients

- 1 1/2 cups grated zucchini - lightly packed
 -do not drain liquid
- 1 cup granulated sugar
- 1/4 cup packed light brown sugar
- 1/2 cup unsweetened applesauce
- 1/3 cup vegetable oil -or your preferred cooking oil
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 1/2 cups whole wheat flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon

Note: For a less sweet muffin, replace more or less of the sugar with the unsweetened applesauce.

Instructions

1. Preheat oven to 350 degrees F. Line muffin pan with muffin cups or spray with baking oil.
In a large bowl, add the grated zucchini, sugar, brown sugar, applesauce, oil, eggs, and vanilla. Whisk until well combined.
2. Add the flour, baking powder, baking soda, salt, and cinnamon. Stir just until no dry flour remains, trying not to over mix. Pour the batter into the muffin pan. Bake for 12 to 15 minutes. A toothpick inserted into the center of each muffin should come out with moist crumbs on it.
4. Cool in the pan for 5 minutes. Remove from the pans and transfer to a wire cooling rack to cool completely before slicing.
5. Store covered in the refrigerator. *This bread is best served after it has been refrigerated for at least 12 hours.

<https://www.thewholesomedish.com/the-best-classic-zucchini-bread/>





Hummus

Serves 4-6

Ready in 10 mins.



1 – 19oz can	Chickpeas, drained & rinsed	540mL
1	Clove garlic, crushed	1
2 tsp	Ground cumin	10mL
½ tsp	salt	2 mL
½ tsp	Black pepper	2 mL
¼ c	Olive oil	60 mL
3 Tbsp	Lemon juice	45 mL
	water	

1. In a blender or food processor, combine chickpeas and garlic.
2. Add remaining ingredients and blend until smooth.

Cooking Tip: For a sweet addition, try adding ½ cup roasted red pepper or caramelized onions.

Source: You're the Chef – Public Health



Peperonata Recipe for Cancer and Chemotherapy

A classic Italian dish. It is extremely versatile and can be used in many different ways, such as over pasta, as a condiment on a sandwich, it can be eaten by itself with some crusty bread, served with a grilled salami, and many other pairing options.

Food Ingredients:

4 bell peppers red, green, yellow, sliced into thin long strips, think match sticks
1 large can tomatoes, diced
2 medium red onions, sliced long and thin
2 Tbsp olive oil

Flavor Balancers:

kosher salt to taste
1–2 cups chicken broth
freshly ground black pepper to taste
1–2 Tbsp red wine vinegar
1/2 cup brown sugar (divided in half)



Aromatics:

2 Tbsp garlic, minced

Recipe Directions:

In a spaghetti pot, bring oil to medium-low heat. Add garlic, onions, green peppers, and black pepper. You want to sweat them. You want to cook everything until the onions begin to caramelize and the green peppers start breaking down. It is better to go low and slow with cooking temperature for this recipe.

Deglaze pan with chicken broth after onions are caramelized and peppers are broken down. Reduce broth. After broth has been reduced, add tomatoes and vinegar.

Cook on a medium heat, stirring often to avoid burning, until diced tomatoes break down. You will know when this happens because the tomatoes will look less like tomatoes and more like marinara. I like to use a whisk to mash the tomatoes with while cooking.

After about 45 minutes of cooking the tomatoes, taste the sauce specifically looking for acidity and saltiness. Add 1/4 c. of brown sugar, and stir well. Allow to simmer 5 minutes. Taste sauce again. Take note of acidity and saltiness. If sauce is still very acidic, add another 1/4 c. of brown sugar. Repeat this method until sauce is no longer acidic and has a mellow pleasant flavor.

The very last step you do is add salt if required. Do not add salt as you go. Add very small amounts of salt at the very end, using the same simmer, add, taste method. Only add salt in small measurements if needed.





Veggie Bowtie Pasta



Ingredients

- 8 ounces (about 3 cups) dry bow tie pasta
- 2 tablespoons olive oil
- 4 garlic cloves, crushed
- 1/2 of a 19 ounces can of garbanzos,
• rinsed and drained
- 1/2 cup unsalted chicken broth
- 1/2 cup golden raisins
- 4 cups fresh spinach, chopped
- 2 tablespoons grated Parmesan cheese
- Cracked black peppercorns, to taste

Directions

Fill a large pot 3/4 full with water and bring to a boil. Add the pasta and cook until al dente (tender), 10 to 12 minutes, or according to the package directions. Drain the pasta thoroughly. In a large skillet, heat the olive oil and garlic over medium heat. Add the garbanzos and vegetable broth. Stir until warmed through. Add the raisins and spinach. Heat just until spinach is wilted, about 3 minutes. Don't overcook.

Divide the pasta among the plates. Top each serving with 1/6 of the sauce, 1 teaspoon Parmesan cheese and peppercorns to taste. Serve immediately.

<https://www.mayoclinic.org/healthy-lifestyle/recipes/pasta-with-spinach-garbanzos-and-raisins/rcp-20049797>





MEDITERRANEAN PASTA SALAD

This Mediterranean Pasta Salad recipe is quick and easy to make, it's tossed with a zesty lemon-herb vinaigrette, and it's always a crowd-pleaser!

YIELD: 6-8 SERVINGS



INGREDIENTS:

- 12 ounces dry pasta (I used farfalle)
- 1 English (hot house) cucumber, diced
- 1 pint cherry or grape tomatoes, halved
- 2/3 cup sliced kalamata olives
- 4 ounces crumbled feta cheese
- half of a medium red onion, peeled and thinly sliced
- lemon-herb vinaigrette (see below)

LEMON-HERB VINAIGRETTE INGREDIENTS:

- 1/4 cup extra virgin olive oil
- 3 tablespoons red wine vinegar
- 1 tablespoon freshly-squeezed lemon juice
- 2 teaspoons dried oregano, minced
- 1 teaspoon honey (or your desired sweetener)
- 2 small garlic cloves, minced
- 1/4 teaspoon freshly-cracked black pepper
- 1/4 teaspoon salt
- pinch of crushed red pepper flakes

DIRECTIONS:

Cook the pasta al dente in a large stockpot of [generously-salted](#) water according to package instructions. Drain pasta, then rinse under cold water for about 20-30 seconds until no longer hot. Transfer the pasta to a large mixing bowl. Add cucumber, tomatoes, kalamata olives, feta cheese, and red onion to the mixing bowl, then drizzle all of the vinaigrette evenly on top. Toss until all of the ingredients are evenly coated with the dressing. Serve immediately, garnished with extra feta and black pepper if desired.

TO MAKE THE LEMON-HERB VINAIGRETTE:

Whisk all ingredients together until combined.

<https://www.gimmesomeoven.com/mediterranean-pasta-salad/print/>





Red Bean & Sweet Potato Curry

Serves: 5-6

Ingredients for recipe:

- 1 Tbsp corn oil (or vegetable oil)
- 2 small onions (or 1 large onion)
- 1 Tbsp curry powder
- 1 tsp ground coriander
- ¼ tsp ground cumin
- ½ tsp turmeric
- ¼ tsp cayenne pepper
- 1 green bell pepper, chopped
- 2 garlic cloves, minced
- 1 Tbsp peeled & grater ginger
- 1 ½ c water
- 1 large can diced tomatoes
- 1 can kidney beans, rinsed
- 2 medium sweet potatoes, peeled & diced)





Ham Wrap

Serving 1 wrap

Ingredients:

- 1 whole wheat tortilla
- 2 Tbsp Marble Cheese, grated
- 2 Slices Lean Ham
- Mayonnaise
- 1 Small tomato, sliced
- 1 (2) Lettuce leaves, shredded



Directions:

1. Spread mayonnaise evenly over tortilla.
2. Layer with ham and cheese.
3. Top with lettuce and tomato.
4. Roll up tightly; secure with toothpicks if desired.



Personal Pizza with Garlic, Spinach & Mozzarella

Total time: 20 mins - **Cook time:** 10 min - **Prep time:** 10 mins
Servings – 2 pizzas



Ingredients

- 1/2 cup natural salt-free tomato sauce
- 1/4 to 1/2 tsp red pepper flakes, or to taste
- 2 or 3 medium cloves garlic, passed through a garlic press or very finely minced
- 2 whole-wheat, sprouted-wheat or gluten-free pitas
- 1 cup loosely packed spinach or other winter greens, finely chopped
- 2 oz fresh mozzarella, thinly sliced into rounds
- 2 Tbsp minced fresh basil leaves

Preparation

1. Preheat oven to 400°F.
2. In a small bowl, combine tomato sauce, red pepper flakes and garlic; stir to mix well.
3. Place both pitas on a baking sheet. Using a pastry brush or spoon, evenly divide sauce mixture between pitas, leaving a 1/4-inch border around edges.
4. Sprinkle with spinach, then arrange mozzarella rounds over top of greens, dividing both evenly.

Bake for 8 to 10 minutes, until greens are wilted and mozzarella is melted. Remove from oven, sprinkle with basil, dividing evenly, and serve immediately. If you're enjoying 1 pizza, loosely wrap remaining pizza in aluminum foil or store in a sealable container for up to 2 days in refrigerator. Reheat in a warm oven or serve at room temperature.



Rainbow Alfredo Pizza

40 minutes
Serves 4



Ingredients:

Chickpea Crust:

2 cups chickpea flour
1 cup water
1 tablespoon olive oil
Dash of salt

Cauliflower Alfredo

Sauce:

1 small cauliflower crown,
broken into florets
1 cup milk
¼ cup nutritional yeast
2 tablespoons tamari
3 cloves of garlic
Juice of 1 lemon
Salt and black pepper to
taste.

Rainbow Roasted Vegetables:

1 cup cherry tomatoes, sliced in half
1 cup chopped carrots
1 yellow bell pepper, chopped
1 cup broccoli florets
1 medium red onion sliced
1 cup sliced cabbage
2 tablespoons of olive oil
Salt and black pepper to taste

Directions:

To prepare the chickpea crust, preheat the oven to 375°F. Line a baking sheet with parchment paper.

In a medium bowl, whisk all the crust ingredients together until smooth. Use a spatula or spoon to spread the batter out on the baking sheet in a circular shape until it's about ¼ inch thick.

Bake for 15–20 minutes, until the edges are crisp. Remove from the oven, and gently flip the parchment paper and crust upside down on the baking sheet. Peel off the parchment paper.

While the crust is baking start on the sauce. Bring a large pot of water to a boil over high heat. Add the cauliflower and simmer until tender, 7–10 minutes. Drain the cauliflower and transfer it to a blender. Add the milk, nutritional yeast, tamari, garlic, lemon juice, salt and pepper. Blend until smooth. Enjoy straight away or store in the refrigerator in an airtight container for up to 5 days.

To prepare the rainbow roasted vegetables, preheat the oven to 400°F. Place the cherry tomatoes, carrots, bell pepper, broccoli, onion and cabbage in a large bowl. Add the olive oil, salt and pepper and toss to combine. Spread the vegetables out on a baking sheet. Bake for 30–35 minutes, flipping the vegetables halfway through the baking time.

Spread all but 2 tablespoons of the Cauliflower Alfredo Sauce over the crust. To make the presentation especially show stopping, layer the rainbow roasted vegetables in rainbow order with the cherry tomatoes, yellow bell pepper and broccoli followed by the red onion and cabbage. Drizzle the remaining 2 tablespoons of sauce on top.



Honey Garlic Salmon

How to cook crispy salmon on the stove with easy salmon marinade in 30 minutes.

Author: Olena of ifoodreal.com

Prep Time: 20 minutes

Cook Time: 6 minutes - **Total Time:** 26 minutes

Yield: 6 servings



Ingredients

- 2 tbsp honey
- 1 tbsp lemon (lime) juice
- 2 – 3 large garlic cloves, grated
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 6 x 3 oz each salmon fillets, skin on/off
- 1 – 2 tsp avocado oil
- 2 green onions, finely chopped

Instructions

In a small bowl, whisk together honey, lemon/lime juice, garlic, salt and pepper. Place salmon fillets in a large resealable Ziploc bag and pour marinade over. Squeeze as much air out as possible and seal the bag. Gently move fillets around inside the bag to make sure they are all evenly coated. Place flesh side down and let marinate 15 minutes.

Preheat large non-stick skillet on low – medium heat and add oil, making sure it coats the bottom of the skillet evenly. Place salmon fillets flesh side down leaving enough space in between them. Cover with a lid and cook for 3 minutes.

Remove the lid, cook another minute and flip over. Repeat: cover, cook for 3 minutes, remove the lid and cook for another minute. If your skillet is not large enough, I recommend cooking in two batches. If you over crowd the skillet, cooking time increases by a few minutes for each step.

Serve hot garnished with green onions, alongside quinoa and steamed broccoli – my favourite.

Store: Refrigerate in an airtight container for up to 5 days.

<https://ifoodreal.com/honey-garlic-salmon/>





Lemon Sage Baked Cod



Ingredients

- 1 1/3 pounds sustainably wild-caught cod
(or other flaky white fish such as haddock or halibut)
- 1 lemon, zested
- 1 Tablespoon fresh sage, chopped
- 2 tablespoons extra virgin olive oil
- Salt and freshly ground black pepper

Directions

1. Preheat oven to 375 degrees F.
2. Mix lemon zest and chopped sage on a cutting board until well combined.
3. Arrange fish on a large casserole dish or baking sheet.
4. Drizzle 1 tablespoon olive oil over fish, and season thoroughly with salt and pepper.
5. Spoon lemon-sage mixture over fish so that the top of the fish is evenly coated.
6. Bake until fish is solid white, flaky, and cooked through to the center, about 20-25 minutes.
7. Drizzle 1 tablespoon extra-virgin olive oil over baked fish, and serve.





Ultimate Power Balls

Yield: Makes about 25 balls



Ingredients:

- 1/2 cup (10g) PUFFED MILLET
- 1 cup (20g) PUFFED KAMUT or PUFFED RICE
- 1/2 cup (90g) diced DRIED PLUMS (prunes; see Note)
- 1/3 cup (60g) SEMISWEET CHOCOLATE CHIPS
- 1/4 cup (35g) SESAME SEEDS
- 1/3 cup (80g) SUNFLOWER BUTTER, at room temperature
- 1/2 cup (125ml) HONEY
- 3/4 cup (40g) shredded unsweetened COCONUT

Directions:

1. In a large bowl, toss together the puffed millet and puffed kamut or rice. Add the dried plums, chocolate chips, and sesame seeds.
2. Stir in the sunflower butter and the honey. You should have a nice sticky mess! Cover the bowl with plastic wrap and refrigerate for 30 minutes.
3. Place the coconut in a small bowl. Using a tablespoon, scoop the mixture and form it into 1-inch (2.5cm) balls with your hands. Roll the balls in the coconut and transfer to a container.

You can store the power balls in the refrigerator for up to 1 week, or in the freezer in a zip-top freezer bag for up to 1 month, but I bet they won't last that long!



Deconstructed Apple Pie



Ingredients

- 1/3 cup dried cherries, coarsely chopped
- 1 tablespoon wheat germ
- 1 tablespoon firmly packed brown sugar
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 6 small Golden Delicious apples, about 1 3/4 pounds total weight
- 1/2 cup apple juice
- 1/4 cup water
- 2 tablespoons dark honey

Directions

Preheat the oven to 350 F. In a small bowl, toss together the cherries, almonds, wheat germ, brown sugar, cinnamon and nutmeg until all the ingredients are evenly distributed. Set aside. The apples can be left unpeeled, if you like. To peel the apples in a decorative fashion, with a vegetable peeler or a sharp knife, remove the peel from each apple in a circular motion, skipping every other row so that rows of peel alternate with rows of apple flesh. Working from the stem end, core each apple, stopping 3/4 inch from the bottom. Divide the cherry mixture evenly among the apples, pressing the mixture gently into each cavity. Arrange the apples upright in a heavy ovenproof frying pan or small baking dish just large enough to hold them. Pour the apple juice and water into the pan. Drizzle the honey and oil evenly over the apples, and cover the pan snugly with aluminum foil. Bake until the apples are tender when pierced with a knife, 50 to 60 minutes. Transfer the apples to individual plates and drizzle with the pan juices. Serve warm or at room temperature.



Dark Chocolate Blueberry Energy Bites



Yield: 30 energy bites

Serving Size: 5 energy bites

These protein-packed energy bites taste like a cross between oatmeal cookies and fudgy brownies. They're so chocolaty and rich! Store any leftovers in an airtight container on the counter for up to 5 days.

1 c old-fashioned oats ([gluten-free](#) if necessary)

2 scoops (60 g) [Plant Fusion Vanilla Bean Protein Powder](#)

½ c unsweetened cocoa powder

2 c frozen unsweetened blueberries, thawed & drained

2-4 Tbsp water

1. Add the oats, protein powder, and cocoa powder to a large bowl, and stir until thoroughly combined.
2. Add the blueberries to a food processor, and pulse until smooth. Add the blueberry purée to the oat mixture, and stir until incorporated. If the mixture looks dry, add a few teaspoons of water at a time until everything sticks together. (Note: If the mixture is too wet to shape, refrigerate for at least 1 hour, or until firm.) Roll the mixture into 30 small balls.

Notes: Any vanilla or chocolate protein powder may be substituted in place of the [Plant Fusion Vanilla Bean protein powder](#). Make sure to choose one that suits your dietary needs.

Either regular or Dutched (dark chocolate) cocoa powder may be used.

I recommend frozen unsweetened wild blueberries because of their smoother texture and sweeter taste, but regular would work fine too.