

Zucchini Parmesan

2	zucchini
½	onion
10 ml	water
10 ml	oil
5 ml	salt
pinch	pepper
25 ml	parmesan

- Slice zucchini into round pieces 1 cm thick and chop onion.
- Put first six ingredients in a frying pan. Cover and cook over med-high heat for one minute. Uncover and cook for 4-5 minutes, turning zucchini to fry each side.
- Sprinkle with grated parmesan, toss, and serve.

Cauliflower with Cheese Sauce

2/3 head	cauliflower
15 ml	margarine
15 ml	flour
125 ml	milk
125 ml	grated cheese
pinch	salt and pepper

- Wash cauliflower. Cut into small, bite-sized pieces. Set aside until sauce is made. Put half a pot of water on a burner with steamer over top.
- Make cheese sauce
 - Melt margarine over med heat, stir in flour, salt & pepper
 - Slowly add milk, whisking constantly until sauce thickens
 - Stir in cheese, reduce heat to minimum
- Once the water in pot boils, place cauliflower in the top of the steamer. Cook 8-10 minutes until cauliflower is tender.
- Serve cauliflower with cheese sauce poured over it.

Ginger Carrots

5	carrots
½	juiced lemon
2 cloves	garlic
2 ml	cumin
pinch	cayenne pepper
1 ml	salt
7 ml	vegetable oil
25 ml	chopped parsley

- Peel and chop carrots.
- Fill a pot half full of salted water and bring to a boil; add the chopped carrots and cook 4-6 minutes or until tender.
- In a large bowl, whisk together the lemon juice, oil, garlic, cumin, cayenne, and salt.
- Drain the cooked carrots and add them to the large bowl. Toss and serve.

Salsa

1	tomato
25 ml	onion
1 clove	garlic
15 ml	chopped cilantro
¼	jalapeno
5 ml	vinegar
1 ml	salt

Finely chop cilantro, jalapeno, tomato, and onion. Combine in small bowl and add minced garlic, vinegar, and salt. Stir the ingredients together and serve with nacho chips.

Corn Fritters

100 ml	flour
1 ml	salt
1 ml	baking powder
1	egg
15 ml	milk
1 ml	oil
125 ml	drained kernel corn

- In a small bowl, combine flour, salt, and baking powder.
- In another bowl, slightly beat eggs, milk, and oil. Add corn and stir.
- Add flour mixture all at once to corn mixture and stir only enough to moisten dry ingredients.
- Heat frying pan with 25 ml oil over high heat.
- Drop batter by teaspoonful onto hot frying pan. Cook fritter until golden brown on one side. Then turn over and cook on the other side.
- Place fritters on baking sheet and keep warm in the oven until ready to serve.

Stir-Fried Vegetables

½ bunch	bok choy
¼ head	broccoli
½	onion
1	carrot
1 clove	garlic
75 ml	vegetable broth
5 ml	soy sauce
5 ml	vegetable oil

- Wash bok choy and broccoli thoroughly.
- Cut broccoli into flowerets; chop bok choy and onion.
- Heat oil in large frying pan over medium-high heat.
- Saute onion and garlic for 1 minute. Add broccoli and bok choy stalks and cook for 2 minutes.
- Lower heat, add water, vegetable broth, soy sauce and bok choy leaves.
- Simmer for 2-3 minutes or until sauce thickens.
- Cover to keep warm until serving.

Spaghetti Squash

½	spaghetti squash
15 ml	margarine
10 ml	chopped parsley
2 ml	salt

- Using a large knife, cut ends off squash. Stand the squash on end and cut it in half. Scoop out the pulp of the squash with a spoon.
- Place squash in a deep dish with 50 ml of water and microwave on high for 3-5 minutes or until squash is tender when tested with a fork.
- Scrape the cooked squash out of its skin into a bowl. Use a fork to separate the strands of squash.
- Add the rest of the ingredients and mix together until the margarine has melted.

French Beans with Sunflower Seeds

20	green beans
25 ml	margarine
25 ml	sunflower seeds
2 ml	salt

- In a double boiler, steam beans until cooked, yet firm.
- In small saucepan, melt butter over low heat.
- Add cooked beans, sunflower seeds, and salt. Stir beans while they cook for 1-2 minutes. Serve immediately.

Spinach and Mandarin Salad

2/3 bunch	spinach
100 ml	mandarin oranges
½	avocado
25 ml	red onion
25 ml	sunflower seeds
15 ml	mandarin orange juice
5 ml	honey
5 ml	apple cider vinegar
15 ml	oil

- Cut the stems off the spinach and wash the spinach leaves.
- Cut the avocado into cubes and chop the red onion.
- In a small bowl, whisk together the last four ingredients until the honey is dissolved into the dressing.
- Fill a large bowl with the spinach and toss with the dressing. Scatter the oranges, avocado, red onion, and sunflower seeds over top and serve.

Coleslaw

½ head	red cabbage
5 ml	apple cider vinegar
25 ml	grated carrot
25 ml	red onion
25 ml	parsley
40 ml	mayonnaise
2 ml	salt

- Use a food processor to chop the cabbage.
- Grate the carrot and chop the red onion and parsley; add these to the cabbage.
- In a small bowl, make the salad dressing: mix together the mayo, salt, and vinegar. Add the dressing to the cabbage mixture and stir until the salad is coated.

Snow Pea Salad

1 pack	snow peas
5 ml	soy sauce
5 ml	brown sugar
10 ml	sesame seeds
2 ml	chili flakes
10 ml	oil
1 clove	garlic

- Trim the ends off the snow peas and chop the garlic.
- In a small bowl, whisk together the soy sauce, brown sugar, chili flakes, oil, and garlic.
- Add the snow peas and sesame seeds to the dressing; mix together and serve.

Tomato Basil Salad

2	tomato
50 ml	basil
50 ml	feta
10 ml	balsamic vinegar
25 ml	oil
2 ml	salt

- Chop the tomato into large pieces and place in a large bowl. Chop the basil and add it to the tomato.
- In a small bowl, whisk together the vinegar, oil, and salt.
- Add the dressing to the tomatoes, mix the salad, and crumble the feta on top of the salad.

Carrot and Chick Pea Salad

1	carrot
300 ml	chick peas
25 ml	sunflower seeds
25 ml	chopped parsley
25 ml	chopped red onion
1 ml	salt
15 ml	oil
5 ml	balsamic vinegar

- Drain the chick peas, grate the carrot, and chop the red onion. Combine in a large bowl.
- Chop the parsley and whisk together with the oil, vinegar, and salt.
- Add the dressing to the salad and mix the salad. Garnish with sunflower seeds.

Garlic Mushrooms

10	mushrooms
25 ml	onion
1 clove	garlic
25 ml	parsley
5 ml	oil
1 ml	salt
pinch	pepper

- Chop the first four ingredients.
- Heat oil in a frying pan over med-high heat
- Add the onion and garlic and fry for 1 minute. Add the mushrooms and cook for 4 minutes or until the mushrooms are tender.
- Add salt, pepper, and parsley; toss and serve.