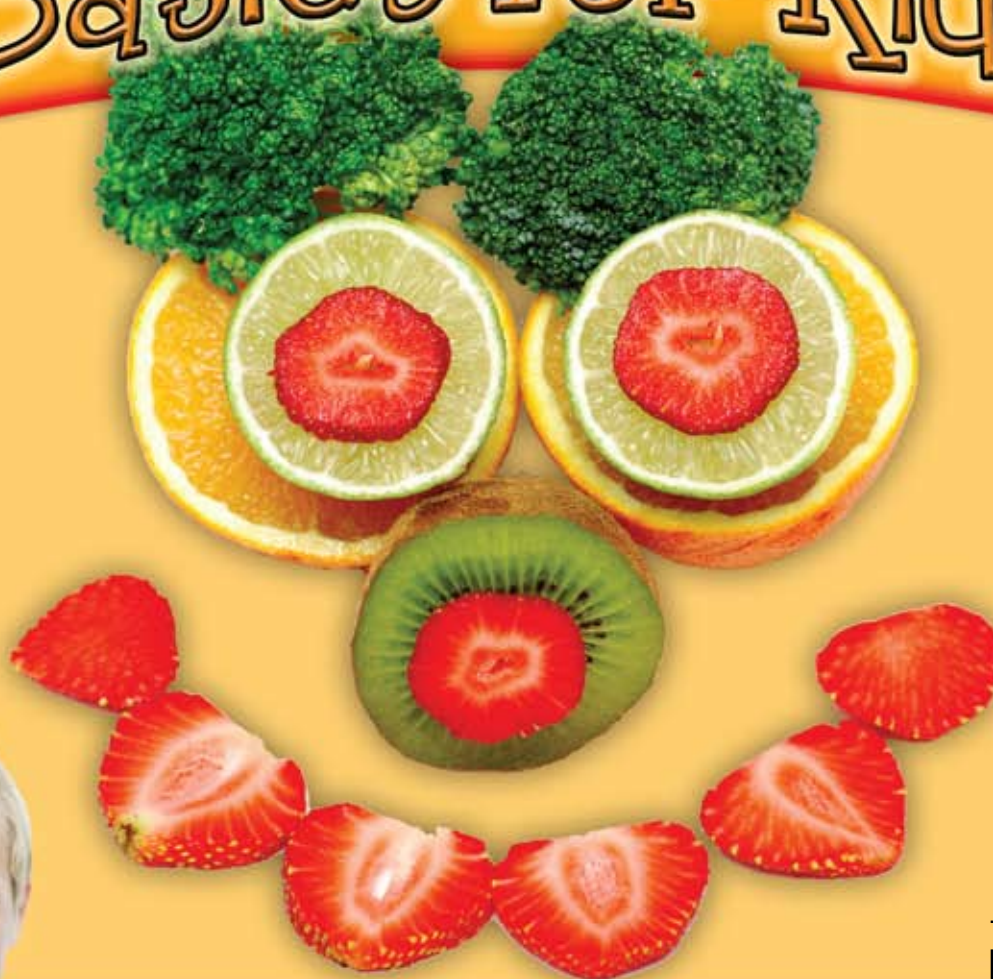




# Cooking Basics For Kids



Thunder Bay District  
Health Unit

# Cookbook Picture Contest Winner



## COMMENT FROM THE ARTIST:

*My picture is a black building. I am looking inside and see an apple, a banana and a tomato. The round things are plates. In the orange building you see pans hanging and an orange, a pineapple and a can of tomatoes.*

Massimo, 5 years old



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# For Parents

## Building Healthy Eaters

Early childhood is a time, when children learn eating habits that will influence their relationship to food for a lifetime. Healthy eating promotes healthy growth and development, and a feeling of well-being. Planning nutritious menus that provide variety can be challenging. Children can be fussy eaters and getting meals on the table can sometimes be hectic. Knowing our different jobs as parents and children when it comes to food is the first step to helping kids enjoy healthy eating and reducing mealtime stress.

The following **division of responsibility** in feeding is key to helping children develop healthy feelings towards eating.

### YOU DECIDE:

- **What** is offered to eat.
- **When** to offer meals and snacks.
- **Where** your child will eat.

### LET YOUR CHILD DECIDE:

- **How much** and even **whether or not** they eat.

Adapted from Ellyn Satter

## HUNGRY BELLIES NEED PARENTS AND CAREGIVERS WHO:

- Offer a variety of food from the four food groups.
- Provide regular meals and snacks to fuel their bodies. That usually means 3 meals and 2 snacks a day.
- Eat with them and encourage age appropriate table manners.
- Trust that they will eat when they are hungry and stop when they are full. Expect their appetite to vary from one day to the next.
- Discuss the food they are eating, where it comes from, how it was prepared and how it makes them feel and grow.
- Involve them in preparing food, setting the table and even growing food as much as possible i.e. tear lettuce, stir batter, etc.
- Limit low-nutrient foods and drinks that are high in salt, fat, sugar and caffeine, such as chips, chocolate, candies and pop.
- Accept that healthy kids come in all shapes and sizes.

## Tips for Feeding a Picky Eater

Young children are curious and enjoy exploring new foods. The sooner they are introduced to a wide variety of foods, the better the chances they will accept and learn to love them. Try this at home:

- Set a good example. Enjoy eating your veggies and they will imitate you!
- Serve simple foods that are easy to eat, suited to their personal preferences.
- Include some finger foods.
- Avoid disguising food. Children need to know what they're eating and you run the risk of losing their trust if they find out they have been tricked.
- Choose foods that can be served separately on a plate often.
- Present food in attractive, fun and interesting ways by using foods of different colours, shapes and flavours.
- Quench thirst with water and avoid grazing on food between routine meals and snacks. Children who come to the table hungry are more likely to eat.
- Introduce new foods in small amounts. Children are more likely to eat a new food with a familiar food. Don't get discouraged. It may take 10 exposures before a child actually eats a food that is new.
- Keep eating free of pressure. A child should never be forced to eat a specific food. Children who are forced to eat may lose touch with their body's natural appetite control system or develop a negative attitude about trying something new. This can lead to eating problems.
- Be patient and allow preschoolers to explore, touch and taste food, and to use utensils. 20 – 30 minutes is usually enough time to eat.
- Don't worry about your child refusing to eat a meal every once in a while as long as the he or she is growing normally.

### **JUST 2 MORE BITES OF PEAS AND YOU CAN HAVE ICE CREAM**

Food is often used as a reward or negotiating tool especially sweet dessert foods. Children who are punished or rewarded with food learn to ignore their bodies signals that tell them they are hungry or full. Plus they will learn to think the reward foods are more appealing. Instead reward children with non-food related things like your time, give them a hug, play a game or read a book together.

Check out these great websites for more information on feeding children:

EatRight Ontario – [www.ontario.ca/eatright](http://www.ontario.ca/eatright)

Visit us at [TBDHU.COM](http://TBDHU.COM), go to our Healthy Eating page to see lots of great kid friendly recipes.

# For Parents

## Kids Can Cook and Learning is the Secret Ingredient

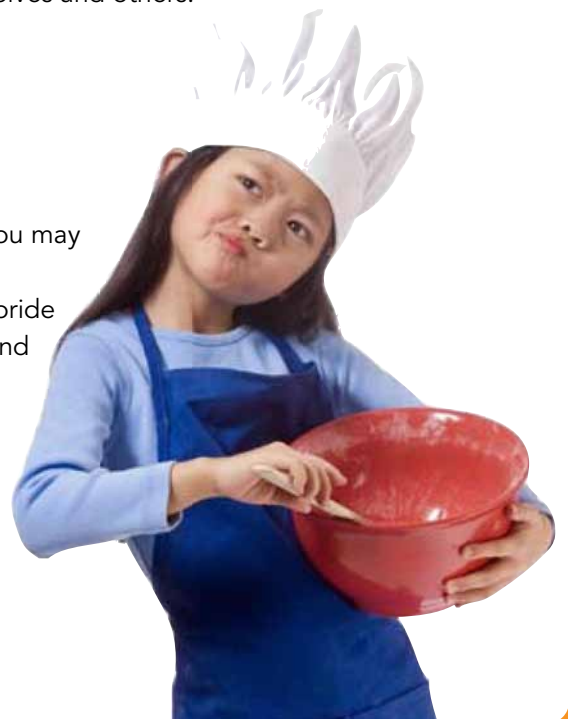
Most children learn quickly that eating is fun. They also enjoy helping adults cook. Put the two together and you have the perfect recipe for learning. Children learn best when they're busy and interested in what they are doing. When children are busy scrubbing, mixing, stirring, kneading, spreading, tossing, squeezing and pouring, they don't realize there's a special ingredient that you're adding: It's called learning!

- Cooking involves reading and talking. There is much to talk about as a recipe is read, followed and prepared.
- Children learn math skills through counting, measuring and following step-by-step directions.
- Science is learned as children see how food changes during cooking. They learn about hot and cold, floating and sinking, dissolving, melting, and freezing.
- Good nutrition is encouraged through cooking. Seeing exactly what goes into a recipe helps children learn to make better decisions about the food they eat. Children are also more likely to eat the food that they have helped prepare.
- Children can learn about and connect with other cultures as they prepare foods from various cultural groups.
- Thinking skills are developed as children learn to compare and make relationships in food preparation. If we use too much flour in our cookie recipe, the result is a dry, hard cookie. Proportions are easily mastered when children learn that if you double the ingredients in the cookie recipe, you get double the cookies.
- Social skills are practiced in cooking when children work together, take turns and solve problems. Most importantly, self-esteem abounds when children prepare foods for themselves and others.

## Think About It!

Cooking with kids takes time, patience and can be very messy. You may make foods that don't taste or look as good as you thought they would. But these drawbacks are far outweighed by the sense of pride that many children feel when they prepare food for themselves and others. Once you see that "I did it by myself" look on a child's face, you will understand that it's well worth the mess and the patience required to cook with children. When we introduce children to cooking and encourage them to help out in the kitchen, we are saying, "You are a big help, you can do this, and you are important!"

Adapted from the Penn State Better Kid Care Program



## Age Appropriate Tasks

Children learn by seeing, touching, tasting, smelling and listening. They love to help prepare food and cook because they can use all their senses. Children like to eat the foods they make. Plan ways the children in your care can help you. Be sure to consider the age of the child.

Of course **babies (less than 24 months)** can't cook yet, but they will enjoy being with you and experience the sights, sounds and smells of the kitchen.

- Talk about what you are doing as you move around the kitchen.
- When babies begin to crawl, they're safest in a high chair in the kitchen.
- Talk about and name cooking utensils and foods.
- Talk about what they like to eat.
- Give babies a separate bowl and spoon and let them mix foods that are safe for them to eat.



**Two-year-olds** are learning to use the large muscles in their arms. They will enjoy these activities:

- scrubbing vegetables and fruit
- dipping vegetables and fruit
- tearing lettuce and salad greens
- breaking bread for stuffing
- snapping fresh beans



**Three-year-olds** are learning to use their hands. Try these activities:

- pouring liquids into a batter
- mixing pancake or muffin batter
- spreading cream cheese on firm bread (This may be messy!)
- kneading bread dough

**Four and five-year-olds** are learning to control smaller muscles in their fingers. Offer them experiences such as these:

- juicing oranges, lemons and limes
- mashing soft fruits and vegetables
- measuring dry and liquid ingredients
- beating eggs with a fork or whisk

Adapted from the Penn State Better Kid Care Program



# Cooking Safely:

## A Message For Parents & Children

Learning to cook safely is an important part of any cooking activity to avoid any accidental cuts, burns or food-borne illness. Before starting the cooking activity, be sure to review kitchen safety and safe food handling rules.

### KITCHEN SAFETY

- Review the recipes that will be prepared during the cooking activity. Discuss the tasks that children can do by themselves or with supervision and the tasks that adults must do.
- Explain that adults must supervise the use of stoves, ovens, microwaves and appliances, such as blenders or food processors. Adults must also supervise the use of knives.
- Remind children to follow the instructions of adult helpers at all times.
- Remind children to check with an adult before preparing food at home. Tell them to ask for help when using any kitchen appliance, especially the stove or oven.



### DISCUSS THE FOLLOWING KITCHEN SAFETY TIPS TO PREVENT FIRES, BURNS, SHOCKS AND CUTS:

#### Using the stove and oven:

- Never leave a pot on the stovetop unattended.
- Open pan lids away from you to let steam escape safely.
- Stir foods with long-handled spoons.
- Keep handles of frying pans and pots turned in towards the back of the stovetop, not pointing out where they can catch your clothes and accidentally fall.
- Always use dry oven mitts to lift food into and out of the oven.
- Always turn off the stove and oven after using.

#### Using appliances:

- Use an appliance only if you know exactly how to operate it and an adult is supervising.
- Never put your hand inside a blender as the blades can be very sharp.
- Never operate an appliance that is near the sink or sitting in water.
- Be careful when plugging in or unplugging appliances like mixers or blenders. Make sure your hands are dry to avoid an electric shock.
- Always hold the plug - never the cord - when unplugging appliances to reduce the risk of electrical shock.
- Unplug appliances when you are finished using them.



**Using a microwave oven:**

- Use only microwave-safe cookware.
- If a dish is covered, make sure there is some opening through which steam can escape during cooking. When it is done cooking, open the lid away from you to let steam escape safely.
- Prick foods like sweet potatoes or squash with a fork before putting them into the microwave.
- Use pot holders or oven mitts to remove food.

**Using a knife:**

- Always pick up a knife by its handle.
- Pay attention, and do not rush, when using sharp utensils like knives, vegetable peelers and graters.
- Do not leave a knife near the edge of a table or counter where it can be knocked off.
- Use the correct size of knife for the job, such as a small paring knife for vegetables and fruit, a larger knife to chop and a serrated knife to cut a loaf of bread.
- Always use a cutting board. Never cut or peel vegetables in the palm of your hand.
- Cut DOWN and AWAY from you when using knives in case the knife slips.
- Keep fingers curled in tight, away from the knife blade, when cutting.
- Do not throw dirty knives into the sink with other dirty dishes to be washed. Someone might not see the knife and cut their hand. Instead, put knives beside the sink and wash them carefully, one at a time.

Cooking Safely and recipes adapted from *Paint Your Plate! Create a Masterpiece Vegetable and Fruit Action Guide for Schools* © 2007 Northern Healthy Eating Project



# Bacteria Factsheet



## THE INVISIBLE ENEMY: BACTERIA

Despite the fact that Canada's food supply is among the safest in the world, sometimes the food we eat can make us sick. Under the right conditions, an invisible enemy called "BAC" (bacteria) may be present on foods.

Scientists have learned these important facts about bacteria:

- Bacteria are an integral part of our environment and play many beneficial, but sometimes harmful roles. They are found on all raw agricultural products.
- Harmful bacteria can be transferred from food to people, from people to food, or from one food to another.
- Bacteria can grow rapidly at room temperature.
- Growth of harmful bacteria in food may be slowed or stopped by refrigerating or freezing.
- Food-borne illness can produce symptoms from mild to very serious. Illness can occur 30 minutes to two weeks after eating food containing harmful bacteria.
- People who are most likely to become sick from food-related illness are infants and young children, senior citizens and people with weakened immune systems.

Everyone can prevent food-borne illness if they learn how to *Fight BAC!*<sup>™</sup>

For more information about *Fight BAC!*<sup>™</sup>, visit the Canadian Partnership for Consumer Food Safety Education website at [www.canfightbac.org](http://www.canfightbac.org)



## FOUR SIMPLE STEPS TO *Fight BAC!*<sup>™</sup>

**CLEAN** - Always wash your hands, utensils and cooking surfaces with soap and hot water before you handle food, repeatedly while you prepare it, and again when you've finished. Sanitize countertops, cutting boards and utensils with a mild bleach and water solution. All produce should be washed under cool running water prior to eating or cooking.

**SEPARATE** - Keep certain foods, like meats and their juices, separated from others during storage and preparation. Keep separate cutting boards for raw meats and vegetables. Always keep foods covered.

**COOK** - Prepare foods quickly, cook them thoroughly, and serve them immediately. Don't let foods linger at temperatures where bacteria can grow. The danger zone is between 4°C (40°F) and 60°C (140°F).

**CHILL** - Refrigerate or freeze perishables, prepared food and leftovers within two hours. Make sure the refrigerator is set at a temperature of 4°C (40°F) or colder, and keep the freezer set at -18°C (0°F).

Following these simple practices can help you reduce the risk of food-borne illness.





# Before You Begin

## The 6 Steps of Handwashing

**1**

**Step #1:**  
*Wet your hands with warm water.*

**2**

**Step #2:**  
*Apply soap.*

**3**

**Step #3:**  
*Rub your hands together, and even get between those fingers for 20 seconds.*

**4**

**Step #4:**  
*Don't forget your fingernails.  
Use a nailbrush if you have one.*

**5**

**Step #5:**  
*Rinse the germs away.*

**6**

**Step #6:**  
*Dry your hands.*

Scrub Club™ and Scrub Club characters are copyright 2004 NSF International.  
"BAC" Character copyright 2004 The Partnership for Food Safety Education.

[www.scrubclub.org](http://www.scrubclub.org)



## Rainbow Fruit Kabobs

## Ingredients:

25 mL	(2 tbsp)	lemon juice
1	1	medium banana, peeled, cut in 8 thick slices
1	1	small apple, cut into chunks
1	1	orange, peeled, segmented, each segment cut in half
8	8	medium strawberries
125 mL	(½ cup)	fresh pineapple, cut into chunks (or canned pineapple chunks)
8	8	clean, wooden skewers/sticks with rounded ends

## Preparation:

1. Wash apples and strawberries under cool tap water and pat dry with a clean cloth or paper towels.
2. Using a knife and cutting board, remove stems and seeds of fruit. Cut the fruit into chunks. As apple and banana pieces are cut, toss them with the lemon juice.
3. Thread at least one of each type of fruit on the sticks or two or three pieces of fruit on a toothpick.
4. Serve with yogurt or fruit dip.

Makes 8 kabobs

Preparation Time: about 30 minutes

## Equipment:

- knife and cutting board
- bowls
- wooden skewers/sticks with rounded ends or flat toothpicks

## Canada's Food Guide Servings:

1 kabob is 1 VEGETABLES AND FRUIT serving



## HINT:

Serve with Citrus Cinnamon Dip  
or Super Simple Strawberry Dip



*Paint your plate.  
Create a masterpiece.*

### Dilly Dip

#### Ingredients:

125 mL	½ cup	plain yogurt
50 mL	¼ cup	low-fat mayonnaise
2 mL	½ tsp	garlic powder
2 mL	½ tsp	dried dill weed



#### Preparation:

1. Prepare the dip by putting the yogurt, mayonnaise, garlic powder and dill weed in a medium-size bowl. Mix together thoroughly with a spoon.
2. Serve as a dip with vegetables.

Makes 1 ¼ cups

Preparation Time: about 5 minutes

#### Equipment:

- bowl
- spoon

### Citrus Cinnamon Dip

#### Ingredients:

125 mL	½ cup	low-fat mayonnaise
125 mL	½ cup	plain yogurt
25 mL	2 tbsp	orange juice
15 mL	1 tbsp	liquid honey*
pinch	½ mL	ground cinnamon



#### Preparation:

1. Prepare the dip by putting the mayonnaise, yogurt, orange juice, honey and cinnamon in a medium-size bowl. Mix together thoroughly with a spoon.
2. Serve as a dip with fresh or canned fruit.

Makes 1 cup

Preparation Time: about 5 minutes

#### Equipment:

- bowl
- spoon

\* Honey is not recommended for children under 1 year.



## Carrot-Orange Soup

### Ingredients:

25 mL	2 tbsp	butter or margarine
125 mL	½ cup	chopped onions
1 L	4 cups	sliced carrots
1 L	4 cups	chicken stock or vegetable stock
125 mL	½ cup	orange juice
2 mL	½ tsp	nutmeg
1 mL	¼ tsp	pepper
250 mL	1 cup	milk

### Preparation:

1. In a large saucepan, heat butter or margarine over medium-high heat. Add onions and cook for 4 to 5 minutes or until softened. Add carrots and stock and bring to a boil. Reduce heat and simmer for 15 to 20 minutes or until carrots are very soft. Stir in orange juice, nutmeg and pepper.
2. In a blender, blend carrot mixture in batches until smooth.
3. Return soup to pan; stir in milk. Simmer over very low heat for 2 to 3 minutes or until heated through.

Makes 7 cups

Preparation Time: about 30 minutes

### Equipment:

- large sauce pan
- knife and cutting board
- spoon
- blender

### Canada's Food Guide Servings:

1 cup carrot-orange soup is  
1 VEGETABLE AND FRUIT serving

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### Three Bean Veggie Chili

#### Ingredients:

15 mL	1 tbsp	vegetable oil
1	1	medium onion, chopped
1	1	red pepper, diced
1	1	green pepper, diced
250 mL	1 cup	mushrooms, sliced
15 mL	1 tbsp	chili powder
10 mL	2 tsp	cumin
5 mL	1 tsp	garlic powder
10 mL	2 tsp	dried oregano
1	1	28 oz (796 mL) can diced tomatoes
1	1	19 oz (540 mL) can red kidney beans, rinsed and drained
1	1	19 oz (540 mL) can chick peas, rinsed and drained
1	1	19 oz (540 mL) can black beans, rinsed and drained

#### Preparation:

1. In a large saucepan, heat oil over medium-high heat. Add onion, red and green pepper and mushrooms. Cook until vegetables are tender, about 10 minutes.
2. Stir in chili powder, cumin, garlic powder and oregano. Cook for 1 minute.
3. Add diced tomatoes and drained and rinsed kidney beans, chick peas and black beans. Mix thoroughly.
4. Bring to a boil, stirring often. Reduce heat, cover and simmer for 15 minutes.

Makes 8 to 10 cups

Preparation Time: about 35 minutes

#### Equipment:

- knife and cutting board
- large saucepan
- can opener
- colander
- spoon

#### Canada's Food Guide Servings:

1 cup of veggie chili is 1 VEGETABLE AND FRUIT serving and 1 MEAT AND ALTERNATIVE serving



Paint your plate.  
Create a masterpiece.

## Raisin-Apple Tortilla Roll-Ups

### Ingredients:

1	1	apple
25 mL	2 tbsp	low-fat cream cheese, softened
10 mL	2 tsp	liquid honey *
125 mL	½ cup	raisins
4	4	6-inch (15 cm) whole wheat tortillas
1 mL	¼ tsp	ground cinnamon
2 mL	½ tsp	granulated sugar



### Preparation:

1. Use a knife to core and finely chop the apple.
2. Measure out cream cheese and honey and combine them in a small bowl. Measure out raisins and stir in. Stir in apples. Divide cream cheese mixture evenly among tortillas and spread using a butter knife or spreader. Sprinkle with cinnamon and sugar.
3. Roll up tortillas and secure with toothpicks, if necessary. Place seam side down, one at a time, on a plate. Optional: Microwave each roll on Medium (50%) for 1 minute or until warmed through.

Makes 4 Roll-Ups

Preparation Time: about 10 minutes

### Equipment:

- knife and cutting board
- spoon
- bowls
- butter knife or spreader

### Canada's Food Guide Servings:

1 roll-up is 1 GRAIN PRODUCTS serving and ½ VEGETABLES AND FRUIT serving

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\* Honey is not recommended for children under 1 year.



## Vegetable Cheese Wraps

### Ingredients:

4	4	6-inch (15 cm) whole wheat tortillas
25 mL	2 tbsp	low-fat cream cheese, softened
125 mL	½ cup	shredded cheddar cheese
125 mL	½ cup	red pepper, cut into strips
125 mL	½ cup	orange or yellow pepper, cut into strips
250 mL	1 cup	dark green lettuce (e.g. romaine)

### Preparation:

1. Divide cream cheese evenly among tortillas and spread using a butter knife or spreader. Top with shredded cheese.
2. Slice peppers into long strips with a knife and cutting board. Arrange on tortilla. Top with lettuce.
3. Roll up tortillas. Place seam side down, one at a time, on a plate.

Makes 4 wraps

Preparation Time: about 10 minutes

### Equipment:

- knife and cutting board
- grater
- butter knife or spreader

### Canada's Food Guide Servings:

1 wrap is 1 GRAIN PRODUCTS serving,  
1 VEGETABLES AND FRUIT serving and  
½ MILK AND ALTERNATIVES serving





### Savory Microwave Stuffed Squash

#### Ingredients:

2	2	small acorn squashes
25 mL	2 tbsp	butter or margarine
15 mL	1 tbsp	brown sugar
1 mL	¼ tsp	pepper
1 mL	¼ tsp	allspice
1 mL	¼ tsp	cinnamon
1 mL	¼ tsp	nutmeg or ginger

#### Preparation:

1. Pierce the whole squash with a fork. Microwave each squash on high for 8 to 12 minutes. Turn once, part way through. Let stand 5 to 10 minutes.
2. Cut cooked squash in half crosswise. Remove seeds with a spoon and discard. Scoop out the squash pulp with a spoon, leaving a ½ inch (1 cm) rim next to the skin.
3. In a large bowl, stir pulp with butter or margarine, brown sugar, pepper, allspice, cinnamon, and nutmeg or ginger. Mash with a potato masher or a fork.
4. Spoon squash mixture back into the shells and serve.

Makes 4 cups

Preparation Time: about 25 minutes

#### Equipment:

- fork
- bowl
- knife
- potato masher or fork
- spoon

#### Canada's Food Guide Servings:

½ cup squash is 1 VEGETABLE  
AND FRUIT serving



## Veggie Stir Fry

### Ingredients:

#### Sauce

125 mL	½ cup	water
25 mL	2 tbsp	soy sauce
15 mL	1 tbsp	liquid honey*
5 mL	1 tsp	cornstarch
4 mL	¾ tsp	ground ginger
2 mL	½ tsp	garlic powder
1 mL	¼ tsp	pepper

15 mL	1 tbsp	vegetable oil
2 L	8 cups	mixed fresh vegetables cut into bite-sized pieces, such as: carrots, broccoli, cauliflower, celery, onions, peppers, green beans, green peas, snow peas, bok choy, mushrooms, zucchini, pineapple
		or
2	2	1 lb (500g) bags frozen stir-fry vegetables



### Preparation:

1. To prepare the sauce, combine water, soy sauce, honey, cornstarch, ginger, garlic powder and pepper in a small bowl.
2. Heat a wok, electric fry pan or large skillet over medium-high heat. Add oil. Add vegetables starting with the harder vegetables. Stir-fry until vegetables are hot but still crisp, about 5 to 8 minutes.
3. Add sauce and stir until sauce is thickened and bubbling, about 3 minutes.

Makes 6-8 cups

Preparation Time: about 30 minutes

### Equipment:

- knife and cutting board
- wok, electric fry pan or large skillet
- bowl
- spoon

\* Honey is not recommended for children under 1 year.

### Canada's Food Guide Servings:

1 cup stir-fry is 2 VEGETABLES  
AND FRUIT servings



## Veggie Quesadillas

## Ingredients:

8	8	6-inch (15 cm) whole wheat tortillas
375 mL	1 ½ cups	shredded nacho cheese blend
250 mL	1 cup	finely chopped broccoli
250 mL	1 cup	julienned red bell pepper
250 mL	1 cup	grated carrot
75 mL	1/3 cup	chopped green onions

## Preparation:

1. Heat a small skillet over medium heat. Heat tortillas, one at a time, for 30 seconds per side, then remove.
2. Sprinkle half the cheese evenly over 4 tortillas. Place broccoli, red pepper, carrot and green onions evenly on top of the cheese. Sprinkle with the other half of the cheese. Top with the remaining 4 tortillas.
3. In the same skillet, over medium heat, cook quesadillas, one at a time, for 2 minutes per side or until surface is crisp and cheese has melted. Transfer to a plate and keep warm in a low oven while making the remaining quesadillas.
4. Cut each quesadilla into 4 wedges and serve.

Makes 4 quesadillas

Preparation Time: about 35 minutes

## Equipment:

- knife and cutting board
- grater
- small skillet or electric fry pan

## Canada's Food Guide Servings:

1 quesadilla is 2 GRAIN PRODUCT servings, ½ MILK AND ALTERNATIVES serving and 1 VEGETABLE AND FRUIT serving

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## HINT:

You can also use an electric fry pan to cook quesadillas.





## Broccoli Cauliflower Salad

### Ingredients:

#### Dressing

125 mL	½ cup	low-fat mayonnaise
125 mL	½ cup	low-fat plain yogurt
125 mL	½ cup	granulated sugar
50 mL	¼ cup	vinegar
1	1	bunch fresh broccoli
½	½	cauliflower
375 mL	1 ½ cup	shredded cheddar cheese
125 mL	½ cup	raisins
125 mL	½ cup	sunflower seeds (optional)



### Preparation:

1. To make the dressing, combine mayonnaise, yogurt, sugar and vinegar in a medium-size bowl.
2. Wash broccoli and cauliflower under cool tap water and pat dry with a clean cloth or paper towels.
3. Using a knife and cutting board, remove stems and leaves and finely chop broccoli and cauliflower. Put in a large bowl.
4. Add cheese, raisins and sunflower seeds and mix well. Pour salad dressing over salad and stir to evenly distribute dressing throughout the salad.

Makes 8-10 cups

Preparation Time: about 20 minutes

### Equipment:

- knife and cutting board
- bowls
- spoon

### Canada's Food Guide Servings:

1 cup of salad is 2 VEGETABLES  
AND FRUIT servings



## Peachy Tofu Smoothie

### Ingredients:

1	1	ripe banana
300 g	10 oz	peach-mango-flavoured dessert tofu (or silken tofu)
250 mL	1 cup	canned peach slices, drained
250 mL	1 cup	orange juice

### Preparation:

1. In a blender, on high speed, blend banana, tofu, peach slices and orange juice until smooth.

Makes 4 cups

Preparation Time: about 5 minutes

### Equipment:

- can opener
- blender

### Canada's Food Guide Servings:

1 serving of smoothie is 1 VEGETABLES  
AND FRUIT serving and 1 MEAT AND  
ALTERNATIVES serving



# Notes:





Distributed by the Thunder Bay District Health Unit  
For more information call 625-5900 or toll-free 1-888-294-6630  
or visit [TBDHU.COM](http://TBDHU.COM)

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