

This book is dedicated to our community.

Food connects people everywhere. Across continents and generations, every culture finds ways to turn simple ingredients into something nourishing and full of meaning. This cookbook was created to celebrate that spirit. Each recipe comes from a tradition of care, community, and creativity. Whether you're cooking for one or sharing a meal with others, these recipes remind us that food doesn't need to be complicated to be delicious.

All of the recipes in this book have been submitted by real people - our clients, our staff, and our community.



**Scan to find more
food-related
resources!**





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Let's Talk Food Safety

Practicing food safety prevents food-borne illness, sometimes called food poisoning, which is caused by consuming food or drinks contaminated with harmful bacteria.

Wash your hands: Remember to wash your hands with soap and water before, between handling foods, and when you are done.

Reduce cross-contamination: Cross-contamination happens when harmful bacteria transfer from one surface to another. Always wash your counters and cooking surfaces between food products, especially after handling raw meat or seafood.

Be aware of temperature: Harmful bacteria grow on food when it is not stored safely. Avoid leaving meat, fish, eggs, and leftover foods at room temperature for more than 2 hours. Follow the package instructions for storage after opening food products.

Best before versus expiration dates: Best before dates refer to the quality of the food; it does not mean the food is unsafe to eat beyond the date. Expiration dates mean the food may not be safe to eat after the date and should be thrown away.

Knife Safety: Keeping your knives sharp can actually prevent injury; dull knives tend to slip, putting you at risk for injury. Using a sharp knife, place the palm of your hand on the handle, while the thumb and index finger grip the top of the blade. Your other hand should hold and stabilize the food you are cutting, curling the fingertips under to keep them away from the blade.



Questions about food safety?
Scan to learn more about
staying food safe at home!



Banana Oat Pancakes

 1-2 servings  15 minutes

Money Saving Tip



Purchasing frozen fruits and vegetables can be a great, low-cost way to add essential nutrients to your meals without the risk of wasting fresh produce!

Directions

1. Whisk eggs, oats, salt, and cinnamon with the mashed banana until smooth.
2. If using, stir the peanut, nut, soy, or seed butter into the batter.
3. Heat butter or oil in a non-stick pan over medium-low heat.
4. Cook for about 2 minutes, flip, and cook the other side for about 1 minute or until golden.
5. Eat plain or top with maple syrup, fresh, canned, or frozen fruit.

Ingredients

- 1 ripe banana mashed
- 2 eggs
- ¼ cup oats
- 1 pinch of salt
- 1 pinch of cinnamon
- 1 tbsp oil or butter
- 1 spoonful of peanut, nut, soy, or seed butter (optional)





Apple Cinnamon Toast



1 serving



5 minutes

Ingredients

- ½ apple, thinly sliced
- ½ tsp cinnamon
- Drizzle of honey or maple syrup
- 1 slice of bread, toasted

Directions

1. Arrange apple slices on the toast.
2. Sprinkle cinnamon and drizzle the honey or maple syrup on top.

Cinnamon Banana Toast



1 serving



10 minutes

Ingredients

- 1 banana
- 1 tsp sugar
- 1 pinch of cinnamon
- 2 slices of bread

Directions

1. Mash 1 banana with 1 tsp of sugar and a pinch of cinnamon.
2. Spread on toast and pan-fry for 2 minutes per side.

Eggs 3 Ways

 2-3 servings  15-25 minutes

Ingredients

Egg Cups

- 6 large eggs
- Fillings of your choice: cheese, bacon, spinach, peppers, zucchini, mushrooms, etc.

Breakfast Fried Rice

- 1 cup leftover rice
- 2 eggs, beaten
- Zucchini, peppers, & green onion (optional)
- 1 tsp oil
- 1 tbsp soy sauce

Marinated Eggs

- 6 large eggs
- 1 cup soy sauce
- 8 cloves of garlic
- 1 green onion chopped
- 2 tbsp sugar
- 2 tbsp rice vinegar

Directions

- 1. Egg Cups:** Preheat oven to 350°F. Whisk eggs with your filling and add to a greased muffin pan. Place a sheet pan with water in the oven below your egg pan and bake until cooked through, about 20-24 minutes.
- 2. Breakfast Fried Rice:** Heat oil over medium heat, add vegetables if using, and cook to desired doneness. Add eggs, stirring regularly, and cook to 80%. Add the rice, soy sauce, and stir well. Top with sesame seeds and green onion.
- 3. Marinated Eggs:** Bring a pot of water to a boil, then gently lower eggs and cook for 7 minutes, transferring to an ice bath when finished. Bring the remaining ingredients to a boil, reduce the heat, and simmer for 10 minutes. Add peeled eggs, let marinate overnight. Slice in half and serve over rice or toast. Add chili, fresh or dried, to your marinade for extra spice!





Easy Overnight Oats



1 serving



10 minutes

Ingredients

- ⅓ cup old-fashioned oats
- ⅓ cup liquid (water, milk, soy, etc.)
- ⅓ cup applesauce or yogurt
- ½ cup frozen or fresh berries
- ½ tsp cinnamon
- Optional: dried coconut, or nuts

Directions

1. Whisk together all ingredients (except berries, coconut & nuts).
2. Spoon into a jar or container with a tight-fitting lid.
3. Refrigerate for at least 4 hours or overnight before eating.
4. Top with strawberries, dried coconut, or nuts for a boost in flavor. Enjoy!
5. This meal can easily be made in bulk. Try prepping a few jars for the week. Overnight oats can last in the refrigerator for up to five days.

Recipe Tip



Only have instant oats on hand? Use the same toppings or get creative with frozen fruit, spice mixes like pumpkin and chai, or peanut butter to make it more fun and filling!

Crispy Potatoes & Eggs

 2-3 servings  20-30 minutes

Money Saving Tips

Looking for more recipes? You can check out cookbooks for free at your local library! A great way to find new recipes and explore new ingredients.



Directions

1. Preheat oven to 425°F
2. Toss potatoes with oil, garlic powder, salt, and pepper.
3. Spread on a baking sheet. Roast for 25 minutes or until crispy.
4. In the last 5 minutes, fry or scramble eggs to preference.
5. Serve eggs over potatoes with optional toppings.

Ingredients

- 3 medium potatoes or 1 can of potatoes
- 2 tbsp oil
- ½ tsp garlic powder
- 4 eggs
- Salt & pepper to taste
- Toppings (optional)
 - Bacon, chives, mixed vegetables, fried onion



Banana Oat Muffins

 5 muffins  30 minutes

Ingredients

- 2 overripe bananas (aprx 1 cup)
- 1 cup old-fashioned oats
- 1 ½ tsp baking powder
- 1 tbsp water

Directions

1. Add oats to a food processor and blend until smooth (or use ¼ cup flour).
2. Mash bananas and combine with the remaining ingredients.
3. Bake at 250°F for 20–22 minutes.

Breakfast Tacos

 2 servings  25 minutes

Ingredients

- 1 large potato, chopped small
- 1 tbsp oil
- ¼ onion, diced
- 3 large eggs
- 4 medium tortillas
- 1 bell pepper chopped

Directions

1. Cook onions over medium heat until translucent.
2. Add potatoes and bell pepper, cook until soft.
3. Add eggs, scramble until cooked. Add to tortilla, and serve with cheese, salsa, or hot sauce.

Recipe Tips

The muffins are simple, but you can get creative by adding vanilla extract, nuts, frozen or dried fruit, chocolate chips, cinnamon, or pie spice. You can even swap banana for pumpkin puree, or whatever else you have on hand! If the mix becomes too dry, add more liquid; too runny, add more oats!



Microwave Shakshuka

 1 servings  10 minutes

Money Saving Tips

Looking for more recipes? You can check out cookbooks for free at your local library! A great way to find new recipes and explore new ingredients.



Directions

1. Using cooking spray, butter, or oil, coat a small microwave-safe bowl.
2. Add marinara sauce or tomatoes, chickpeas, red pepper flakes, and salt. Stir to combine.
3. Make a well in the center of the sauce and crack the egg inside.
4. Pierce the center of the egg yolk with a sharp knife.
5. Cover the bowl with a damp paper towel, microwave at 80% power in 3-4 bursts until the egg white is cooked.
6. Serve warm and enjoy!

Ingredients

- ¼ cup marinara or canned chopped tomatoes
- ¼ cup chickpeas, drained & rinsed
- 1 pinch of red pepper flakes
- 1 large egg
- Salt & pepper to taste





Stretch Every Dollar

Shop the sales: Before you decide what to eat for the week, see what's on sale and make that your starting point for your weekly meal planning.

Shop seasonally & ugly: Buying in-season produce can save you a lot of money, especially if you choose the ugly ones! Fruits and vegetables with imperfections taste the same as the rest, but are usually discounted.

Check the discount racks: Most stores have discount racks for items nearing their expiry date. Keep an eye on these, especially for more expensive items like fresh produce, meats, and bakery items you can use within the next day or two, or put in the freezer for later.

Get the most for your money: Keep an eye on the price per kg and choose products with the lowest cost. Choose off-brand products and shop from the lower and upper sections of the shelf to find the best deals!

Use your freezer: Save money and time by cooking in bulk and freezing for another day! You can also use your freezer to prevent food waste. Breads, meats, produce, and some dairy products nearing their expiry date can be put in the freezer and taken out again when you are ready to use them to prevent waste.

Make it at home: Items like hummus, guacamole, salads, pasta sauce, etc., can all be quite expensive to purchase, but can easily be made at home. Try cooking in bulk to save time!

Add flavour for less: Adding flavor doesn't have to get expensive! Purchasing things like fresh garlic, lemons, limes, or herbs like cilantro or dill can be great ways to add big flavor to any meal for less.

Store food properly: Store your perishable items properly to prevent waste. Keep produce in the fridge to extend its life, keeping root vegetables in a cool, dark place. Freeze whatever bread or meats you won't eat within a few days and defrost when you are ready to use.

Find support in your community!

Food banks and community meal programs are great ways to help you supplement your grocery trip. Visit 211.ca to find programs near you.



LUNCH & DINNER



Pantry Chili

 4 servings  45 minutes

Directions

1. Cook onions and garlic with a small amount of oil over medium heat until fragrant. Add bell peppers and continue to cook for 3–5 minutes.
2. Add remaining ingredients, stir, and let simmer for about 30 minutes, stirring regularly.
3. Top with cheese, green onion, and sour cream if you have it. Serve hot and enjoy!
4. This recipe can easily be made in large batches and stored in the fridge or freezer for later.

Money Saving Tip

Chili is a great meal to make in bulk and freeze for later. Having prepared meals on hand can help on those busy days, preventing you from needing to eat out or purchase more expensive prepared meals.



Ingredients

- 1 onion diced
- 2 cloves of garlic, minced
- 2 cans drained & rinsed kidney, black, or pinto beans
- 1 can of crushed tomatoes
- 1 large can of diced tomatoes
- 2 tbsp tomato paste
- 1 can of corn rinsed & drained
- 1 package of chili seasoning
- 3 bell peppers (optional)



Whole Chicken Three Ways



Serves 10



60 minutes

Ingredients

Pasta Salad

- ⅓ cooked chicken
- 450g rotini pasta
- Mixed vegetables
- 1 cup Greek dressing

Lettuce Cups

- ⅓ cooked chicken
- 6 sturdy lettuce leaves
- ½ cup shredded carrot
- 3 tbsp sweet & sour sauce

Chicken Salad

- ⅓ cooked chicken
- 1 bag raw coleslaw
- ⅓ cup sesame dressing
- 1 cup mandarin oranges

Directions

1. Season chicken with salt and pepper, roast in the oven at 350°F for 20–25 minutes per pound. Allow to cool, then remove skin and shred.
2. **Pasta salad:** Cook pasta according to package directions, then allow it to cool. Dice and add your favorite veggies like cucumber, tomato, spinach, red onion, or bell pepper. Mix with dressing and enjoy!
3. **Lettuce Cups:** Toss cooked chicken in sweet and sour sauce, add to lettuce cups, and top with shredded carrot. Feeling fancy? Add chopped cilantro and toasted sesame seeds!
4. **Chicken Salad:** Peel and cut mandarins or drain if using canned. Toss all ingredients together and mix. Top with sliced almonds and fresh cilantro.

Recipe Tips

When making substitutions, think of what the ingredient was adding to the meal and try to find something similar. Don't have nuts? Try crushed chips or toasted ramen noodles for the crunch, and cheese, egg, or beans for the protein – or edamame to cover both! No fresh veggies? Try frozen or canned!



Ground Beef & Rice Pilaf

 4 servings  10 minutes

Recipe Tips

This recipe works well with any ground meat or even crumbled tofu! Buying meat can be expensive – check for sales before you decide on a recipe!



Directions

1. Heat a skillet over medium heat, add ground beef, season with salt and pepper to taste, and continue to cook until brown.
2. In the same pan, cook chopped onion for 5 minutes, until soft and slightly golden.
3. Stir in the cumin and paprika, then add the rice, stirring for 1-2 minutes.
4. Add 2 cups of water, beef, and vegetables to the pan, and simmer for 15-20 minutes, until rice is tender.
5. Fluff and serve!

Ingredients

- 1 lb ground beef
- 1 medium onion, chopped
- 1 cup rice
- 2 cups of water
- 1 tsp ground cumin
- 1 tsp paprika
- Salt & pepper to taste
- 1 cup fresh, frozen, or canned vegetables (optional)



Easy & Filling Burritos



Serves 6



30 minutes

Recipe Tips

Check out page 30 for a simple corn and bean salsa that would be a great replacement for step 2, or page 18 for red rice to add even more flavour! No tortillas? Just serve the filling in a bowl!



Directions

1. Cook rice according to package directions.
2. Add beans, corn, and salsa, stirring until hot.
3. Divide the mixture evenly among tortillas, sprinkle with cheese, and roll up.
4. Serve with extra salsa, cilantro, guacamole, or your favorite toppings!
5. Need more veggies? Add some jalapeno, bell pepper, and onion to your filling, sautéing for a few minutes over medium heat before mixing with the rice.

Ingredients

- 1 cup rice
- 1 can of kidney or black beans (drained & rinsed)
- 1 cup canned or frozen corn
- $\frac{3}{4}$ cup salsa
- 6 large flour tortillas
- 1 $\frac{1}{4}$ cups cheese
- 1 jalapeno & 2 bell peppers diced (optional)



Potato & Pea Curry



Serves 2



30 minutes

Recipe Tips

Curries make for great leftovers! They are simple to make, and the flavour gets better while sitting in the fridge.

Make once and eat all week!



Ingredients

- 2 potatoes, diced
- 1 cup peas
- 1 onion, chopped
- 1 can diced tomatoes
- 1 tsp curry powder
- 1 tbsp oil

Directions

1. Fry onion over medium heat in oil until golden.
2. Add curry powder and tomatoes, stirring regularly for 3 minutes.
3. Add potatoes and 1 cup of water. Cover and simmer for 15 minutes.
4. Add peas and cook for 5 minutes until everything is soft.

Spinach & Cheese Curry



4 servings



30 minutes

Ingredients

- 8 oz paneer or firm tofu
- 2 tbsp oil
- 1 small onion
- 1 clove garlic
- ¼ tsp turmeric
- 1 tsp ground ginger
- 1 ½ tsp garam masala
- ½ tsp ground cumin
- 1 lb frozen spinach
- 1 cup plain yogurt

Directions

1. Cut the paneer or tofu into 1-inch cubes.
2. Heat oil in a skillet over medium heat.
3. Add onion and cook until soft.
4. Add in garlic and dried spices, cooking for 1 minute or until fragrant.
5. Stir in frozen spinach and cook for 5–7 minutes, stirring occasionally.
6. Reduce the heat to low, stir in yogurt, mixing well, and simmer for 3–5 minutes.
7. Add Paneer or tofu, stir and cook for 2–3 minutes, until heated through.



Veggie Packed Garlic Butter Pasta

 6 servings  25 minutes

Ingredients

- 1 lb of pasta
- 2 tbsp butter
- 1 tbsp oil
- 3 cups fresh or frozen vegetables of choice
- 1 cup frozen peas
- 3 cloves of garlic

Directions

1. Cook pasta according to package directions, saving 1 cup of pasta water.
2. While the pasta is cooking, heat butter and oil in a large pan over medium heat.
3. Add vegetables and a pinch of salt, and sauté for 3-5 minutes until tender.
4. Add garlic and peas, cook for 1 more minute until fragrant.
5. Add cooked pasta to the pan with a splash of the reserved pasta water, and mix well.
6. Top with cheese and red pepper flakes.

Money Saving Tips

Frozen vegetables are just as nutritious as fresh, but are generally cheaper and will keep much longer in the freezer! Looking for fresh? Try to pick in-season produce to get the most for your money.



Canned Meat 3 Ways

 5 servings  15 minutes

Ingredients

Tuna Casserole

- 1 can cream soup
- 1 can tuna
- 1 bag pasta
- 1 can vegetables

Sweet & Sour Spam

- ½ cup brown sugar
- 2 tsp corn starch
- 1 can pineapple chunks
- 1 can spam

Corned Beef Hash

- 1 can corned beef
- 5 medium potatoes
- ½ onion chopped
- 1 can of vegetables

Directions

- 1. Tuna Casserole:** Cook pasta according to package directions. In another pot, combine soup, drained vegetables, and drained tuna. Mix together and allow to simmer while the pasta is cooking, adding water if it becomes too thick. When cooked, add pasta, stir, and serve.
- 2. Sweet & Sour Spam:** Combine sugar, corn starch, pineapple juice, and 1 cup of water in a saucepan. Stir over medium heat until it boils and thickens. Add canned ham and pineapple, heat through, and serve over rice.
- 3. Corned Beef Hash:** Dice fresh or use 2 cans of potatoes, add to a skillet with 1 tbsp of oil, and cook until almost soft. Add onions and cook until potatoes and onions are soft. Break up corned beef, drain vegetables, and add to the pan. Cook until warm, adding salt and pepper to taste.



Money Saving Tip

Canned meat can be a much cheaper alternative to fresh and doesn't spoil as quickly. This can be a great way to save money while still ensuring you get enough protein every day. Worried about salt? Rinse the meat before using it in the recipe to help reduce the salt content!

Rice, Rice, Rice!

 3 servings  20 minutes

Recipe Tips



Rice makes a great base for any dish! Add vegetables, meat, beans, eggs, or whatever you have on hand for a filling meal.

Ingredients

Red Rice

- 1 cup of rice
- 1 onion diced
- 1 can diced tomato
- 1 tsp cumin
- 1 tbsp oil

Sweet Coconut Rice

- 1 cup rice
- 1 ½ cup coconut milk
- 1 tbsp sugar

Garlic Fried Rice

- 1 cup of rice
- 2 cloves of garlic, chopped
- 1 tbsp oil
- Soy sauce

Directions

1. **Red Rice:** Fry onion and rice in oil over medium heat until slightly golden, about 4 minutes. Add tomatoes, cumin, and salt to taste. Stir, and add 2 cups of water, cover, and cook until tender.
2. **Sweet Coconut Rice:** Cook rice in coconut milk according to package directions. Add sugar and salt to taste.
3. **Garlic Fried Rice:** Cook rice according to package directions. Heat oil, and stir-fry garlic over medium heat until fragrant, about 1 minute. Add rice and stir-fry for 5 minutes. Add soy sauce or salt to taste.



Pizza Toast

 Serves 1  15 minutes

Money Saving Tip

Wasting money on bread that goes bad? Keep your bread in the freezer, taking out just what you need!



Directions

1. Preheat oven to 350°F.
2. Toast the bread until lightly golden.
3. Spread tomato sauce evenly over the bread, and layer cheese on top.
4. Add seasoning and any additional toppings.
5. Bake until the cheese is melted.

Ingredients

- 1 slice of bread, toasted
- 1-2 tbsp tomato sauce
- Sprinkle of cheese
- 1 tsp Italian seasoning blend
- Additional toppings (optional): pepperoni, peppers, mushrooms, etc.

Minestrone Soup

 6 servings  45 minutes

Ingredients

- 1 yellow onion, diced
- 2 cloves of garlic, diced
- 4 carrots sliced
- 2 tbsp oil
- 2 tbsp tomato paste
- 1 can diced tomatoes
- 1 can chickpeas & kidney beans
- 1 tbsp Italian seasoning
- 4 cups vegetable broth
- 1 cup frozen green beans, chopped
- 1 zucchini chopped

Directions

1. Sauté onions, garlic, and carrots over medium heat until the onions become soft.
2. Add tomato paste and continue to sauté for 2-3 minutes.
3. Add beans and chickpeas (drained), tomatoes, seasoning, and broth.
4. Simmer for 20 minutes, stirring occasionally. Add zucchini and green beans, and simmer for 5-10 minutes, or until soft.



Tin Can Patties

 2 servings  20 minutes

Ingredients

- 1 can of salmon, tuna, or chicken, drained
- ¼ cup onion, diced
- ¼ cup breadcrumbs or crushed crackers
- 1 egg or 1 tbsp mayo
- Salt & pepper to taste

Directions

1. Add canned meat, onions, and remaining ingredients to a bowl.
2. Stir together and form into patties.
3. In a lightly greased pan over medium heat, lightly brown patties on both sides (about 4-5 minutes per side).
4. Serve warm on a bun or on its own with some fresh lemon juice and tzatziki sauce from page 30.

Recipe Tips

Fresh or dried herbs are an inexpensive way to add great flavor to any meal! Try dicing up some fresh or dried dill to your patties before cooking, or top with some fresh cilantro when serving!



Let's Get Saucy!

 4-8 servings  10-30 minutes

Ingredients

Pasta Sauce

- 1 tbsp oil
- 1 onion, diced
- 1 can crushed tomatoes
- ½ tsp Italian seasoning blend
- Salt & pepper to taste

BBQ Sauce

- 1 cup yellow mustard
- 1 ½ cups ketchup
- 1 cup vinegar
- ½ cup sugar
- 1 tsp black pepper
- 2 tsp cayenne
- 1 tsp salt
- ¾ tsp chili powder
- ¾ tsp garlic powder

Stir-Fry Sauce

- ¼ cup soy sauce
- 3 tbsp rice wine vinegar
- 1 tbsp oil
- 1 clove garlic, minced or ½ tsp garlic powder
- ½ tsp ginger, minced or ½ tsp ground
- 1 tsp sugar

Directions

1. **Pasta Sauce:** Sauté onions in oil until soft, about 5 minutes. Add the crushed tomatoes, seasoning, salt, and pepper to taste, stirring to combine. Simmer on a low heat for about 30 minutes before serving. Make in bigger batches and store in the freezer for quick meals!
2. **BBQ Sauce:** Mix all ingredients and let sit overnight.
3. **Stir-Fry Sauce:** Whisk all ingredients together and add to your stir-fry, cooking for an additional 1-2 minutes. This sauce also makes a great tofu marinade! Toss small cubes in the sauce and let it sit for 10+ minutes. Pan fry the next day, serving with rice and vegetables for a quick meal!

Money Saving Tips

Prepared sauces and dressings can be expensive, but they can be made simply and cheaply at home! Try making sauces in bulk and freezing them to save time and set yourself up for quick and simple meals later on.



Caribbean Stew Chicken

 3 servings  1 hour

Recipe Tips

This recipe works well with any cut of chicken; you can substitute it with whatever is on sale. Serve with rice or bread to soak up the delicious sauce!



Directions

1. Season the chicken with salt, pepper, garlic, and thyme. Let sit for 30 minutes.
2. Heat oil in a pot over medium heat, add brown sugar, and let it bubble until it turns dark brown.
3. Add the chicken to the pot, stir to coat.
4. Once the chicken begins to brown, add the vegetables, garlic, tomato, and bell pepper.
5. Add $\frac{1}{2}$ cup of water, cover the pot, and let it simmer for 25–30 minutes or until the chicken is fully cooked and the sauce is thick.

Ingredients

- 1 lb chicken drumsticks
- 2 tbsp brown sugar
- 1 onion chopped
- 2 cloves garlic, minced
- 1 tomato, chopped or 2 tbsp ketchup
- 1 bell pepper, diced
- 1 tsp thyme
- 2 tbsp oil
- $\frac{1}{2}$ cup water
- 1 tsp soy sauce (optional)
- Salt & pepper to taste





Lemon Rice Soup

 2-3 servings  30 minutes

Ingredients

- 1 cup of rice
- 4 cups of broth or water
- 1 egg
- 2 tbsp lemon juice
- Salt

Directions

1. Boil rice in broth until tender.
2. Beat the egg with lemon juice.
3. Stir a few spoons of hot broth into the egg mix, then pour the mixture into the soup.
4. Stir gently and serve warm.

Simple Rice Noodle Soup

 4 servings  30 minutes

Ingredients

- 1 pack of rice noodles
- 1 bouillon cube
- 1 onion, sliced
- 1 tsp soy sauce
- 1 tsp oil

Directions

1. Bring 4 cups of water to a boil with bouillon, onion, & soy sauce.
2. Add noodles & cook until tender.
3. Finish with a drizzle of oil or a squeeze of lime.

Peanut Noodles



4 servings



30 minutes

Ingredients

- 1 pack of noodles
- 2 tbsp peanut butter
- 1 tbsp soy sauce
- 1 tsp sugar
- 1 tbsp oil
- 1 cup mixed vegetables

Directions

1. Cook noodles according to the package.
2. Mix peanut butter, soy sauce, and sugar with 2 tbsp of noodle water to form a sauce.
3. Stir fry vegetables in oil until cooked to your liking, add noodles, sauce, and enjoy!

Dressed-up Ramen



2-3 servings



30 minutes

Ingredients

- 1 pack of instant ramen
- Toppings
 - Mixed vegetables
 - Egg, tofu, canned or cooked meat
 - Seaweed
 - Peanut butter
 - Chili crisp

Directions

1. Cook ramen according to package directions.
2. Get creative, adding your favourite toppings like mixed vegetables, a soft-boiled egg, or peanut butter with the broth to add protein, colour, and make the dish a bit more filling.

Money Saving Tip

Stocking up on staple items when they are on sale, like noodles, frozen or canned vegetables, and broths, can help you save money and ensure you always have what you need for a quick and simple meal.



Simple Stews

 2-3 servings  15-25 minutes



Ingredients

Peanut Stew

- 1 onion, diced
- 1 can of tomato paste or diced tomatoes
- 3 tbsp peanut butter
- 1 can of beans or lentils
- 1 tsp chili powder
- 1 tbsp oil

Spiced Lentil Stew

- 1 cup of dried lentils
- 1 onion, diced
- 1 tsp paprika or chili powder
- ½ tsp cumin
- 1 tbsp oil

Stretch the Week Greens

- 1 can of beans
- 2 cups chopped greens like spinach, kale, chard etc. (can or frozen)
- 1 onion, diced
- 1 tomato, diced
- 1 tbsp oil

Directions

- 1. Peanut Stew:** Heat oil over medium heat and cook onion until soft. Stir in tomato, peanut butter, chili powder, and salt to taste. Mix until smooth. Add beans and 2 cups of water, then simmer gently for 15-20 minutes until rich and thick!
- 2. Spiced Lentil Stew:** Sauté onion in oil over medium heat for 5 minutes. Add spices and cook for 1 minute. Add lentils with 3 cups of water and simmer until thick and tender, about 25-30 mins.
- 3. Stretch the Week Greens:** Sauté onion and tomato in oil over medium heat for 5 minutes. Add greens and cook until softened. Stir in beans with a splash of water and simmer for 8-10 minutes until everything blends together. Add salt to taste.

Recipe Tips

Stews and soups are a great dish to get creative with! Play around with the spices, swap out your protein for whatever you have on hand, or add some vegetables you have in the fridge, freezer, or pantry! You may have to adjust the liquids and spices when you add more ingredients.





Jollof Rice



4-6 servings



40 minutes

Ingredients

- 2 cups of rice
- 1 can diced tomatoes or tomato paste
- 1 onion, diced
- 2 tbsp oil
- 1 tsp curry powder
- 1 tsp paprika or chili powder
- 3 ½ cups water
- Salt to taste

Directions

1. Heat oil over medium heat and sauté onion until soft.
2. Add tomato paste, curry, paprika, and salt. Cook 5 minutes.
3. Stir in rice and water. Cover and simmer for 18-22 minutes until rice is tender and red-orange in colour.
4. Let it sit for 5 minutes, fluff with a fork, and enjoy!

Recipe Tip

Jollof rice makes a great side dish, or add some beans, meat, or vegetables for a more filling main dish. In West Africa, Jollof Rice is a celebration meal – bright, flavourful, and always made with pride. When making this dish, consider what you have to celebrate!





Microwave Magic

Whether you don't have access to a stove or oven, or you're looking for a simpler and faster way to prepare meals, your microwave is the solution! Let's start with some basics:

Rice: Place 1 cup rice and 2 cups water in a large microwave-safe bowl. Cover loosely and cook on high for 10-12 minutes. Let stand for 5 minutes, then fluff with a fork.

Pasta: Put pasta in a large bowl with enough water to cover it by 2 inches. Microwave on high for 3 minutes longer than the package directions, stirring halfway through. Drain and enjoy!

Eggs: Crack eggs into a microwave-safe bowl, add a splash of milk, and scramble with a fork. Microwave in 30-second intervals, stirring between each, until cooked through (about 1-2 minutes total). Never microwave an egg in its shell; it will pop and make a mess!

Vegetables: Place fresh or frozen vegetables in a bowl with 2-3 tablespoons of water. Cover and microwave on high for 3-5 minutes, depending on the vegetable. If the vegetable has a skin like a potato, pierce the skin first to prevent it from popping and making a mess!

Ground meat: Place meat in a microwave-safe dish with 1 tbsp of water or broth, cover with a lid, leaving one corner open to vent. Cook on high for 5-7 minutes per pound, breaking it up and mixing every 1 minute until fully cooked.

Better texture

To avoid rubbery or dried out food, add a bit of water or broth, and cook at 70-80% power for longer rather than 100% power. Try to place food in a single layer and move around regularly for more even cooking.



Use the Right Tools

- ✓ **Always use:** Glass or ceramic dishes, or microwave-safe plastic containers.
- ✗ **NEVER use:** Anything metal - including foil, paper bags, or non-microwave safe plastics.

Microwave cooking can take some experimentation to get just right. Don't be afraid to change up cooking times and techniques until you find what works best for your taste!

SNACKS



Quick & Simple

 2-3 servings  10-20 minutes

Money Saving Tips

Prepared snacks can be expensive! Try choosing one or two snacks and prep them for the week, so there is always something ready to eat.



Ingredients

Plantain Chips

- Plantain
- 3 tbsp oil
- Salt

Sweet Corn Fritters

- 1 can of corn
- ½ cup flour
- 1 egg
- 1 pinch of sugar

Cinnamon Rice Pudding

- ½ cup rice
- 2 cups of milk or water
- 1 tsp sugar
- 1 pinch of cinnamon

Directions

- 1. Plantain Chips:** Slice plantains thinly. Fry in oil over medium heat, about 2-3 minutes per side, until crisp. Sprinkle with salt to taste while still warm.
- 2. Sweet Corn Fritters:** Mix corn, flour, egg, sugar, and salt to taste. Form into patties, and fry for 4-5 minutes per side until golden. Enjoy warm!
- 3. Sweet Cinnamon Rice Pudding:** Cook rice in milk or water with sugar and cinnamon. Simmer 15 minutes until creamy.



PB&J Bars

 12 bars

 35 minutes

Recipe Tips

These are great recipes to make with kids! Get them excited about cooking by letting them choose toppings like chocolate chips, nuts, marshmallows, or whatever else you have on hand!



Directions

1. Preheat oven to 350°F and grease an 8x11 pan.
2. Combine peanut butter, half of the jam, and salt to taste in a pan.
3. Heat on low, stirring until smooth.
4. Mix with oats and spread evenly into the greased pan.
5. Spread the remaining jelly on top and bake for 25 minutes, until golden.
6. Let cool and then cut into 12 bars.

Ingredients

- 3 cups rolled oats (or 2 cups oats & 1 cup Rice Krispies)
- ½ cup peanut butter
- ½ cup jelly or jam
- ¼ cup hot water
- ¼ tsp butter or oil

Cocoa Oat Balls

 7 balls

 10 minutes

Directions

1. Mix oats, cocoa, condensed milk, and oil.
2. Roll into balls, chill in the fridge for 20 minutes before serving.

Ingredients

- 1 cup oats
- 2 tbsp cocoa
- 2 tbsp condensed milk (or 2 tbsp milk & 1 tsp sugar)
- 1 tsp oil

Crispy Chickpeas

 2 cups  1 hour

Directions

1. Preheat the oven to 350°F.
2. Spread chickpeas on one end of a clean towel, fold the other side over, and roll the chickpeas between the two ends to dry, removing skins as they fall off. The drier they are, the better they will crisp while baking.
3. Toss chickpeas in oil and spread evenly on a baking sheet.
4. Bake for 25 minutes, remove, add seasonings, and stir well.
5. Return to the oven and bake for 15–20 minutes or until golden brown and crispy.

Recipe Tips



Swap thyme for any of your favorite seasonings or blends. Serve on their own or toss with a salad, in a wrap, or in a stir-fry for some protein and crunch!

Ingredients

- 1 can chickpeas rinsed & drained
- 1 tbsp vegetable oil
- ½ tsp dried thyme
- ½ tsp ground pepper
- ½ tsp salt



Dips & Spreads

 2-3 servings  15-25 minutes

Recipe Tips

Hummus is a dish you can really get creative with! Experiment with different additions like zaatar, caramelized onions, roasted garlic, or roasted beets!



Ingredients

Tzatziki

- 1 cucumber
- 1 cup Greek yogurt
- 2 cloves garlic, grated
- 2 tbsp lemon juice
- 1 tbsp oil
- ¼ cup fresh dill or 1 tbsp dried

Hummus

- 1 can of chickpeas
- ⅓ cup tahini (optional)
- 2 tbsp oil
- Optional: lemon juice, garlic, roasted red peppers, or spice blend.

Corn & Bean Salsa

- 1 can of black beans
- 1 can of corn
- 1 small onion, diced
- ½ can diced tomatoes
- 1 tsp chili powder
- Juice of 1 lime

Directions

1. **Tatziki:** Grate the cucumber, tossing with a pinch of salt. Place in a strainer or paper towel to drain water for about 10 minutes. Stir all ingredients together and serve with veggies, bread, grilled meat, or spread on a wrap!
2. **Hummus:** Drain and rinse chickpeas. Add all ingredients to a food processor and blend until smooth, adding water as needed. Serve with bread, on a wrap, with veggies, or crackers.
3. **Corn & Bean Salsa:** Mix all ingredients together, adjust seasonings, and add salt to taste. Serve with nachos, on top of tacos, or rice!





Conversions & Substitutions

Conversions		
½ tsp	⅙ tbsp	2.5 ml
1 tsp	⅓ tbsp	5 ml
½ tbsp	1 ½ tsp	7.5 ml
1 tbsp	3 tsp	15 ml
⅛ cup	2 tbsp	30 ml
¼ cup	4 tbsp	60 ml
⅓ cup	5 tbsp	75 ml
½ cup	8 tbsp	120 ml
⅔ cup	10 tbsp	150 ml
¾ cup	12 tbsp	180 ml
1 cup	16 tbsp	240 ml

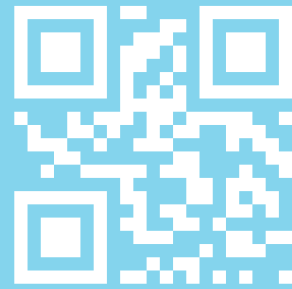
Substitutions	
Broth	Water seasoned with soy sauce or plain water
1 Egg	3 tbsp liquid from canned chickpeas or 3 tbsp vegetable oil & 1 tbsp water
Milk	Yogurt or sour cream thinned with water until pourable
Peanut Butter	Any nut butter, soy butter, or tahini
1 tbsp Rice Vinegar	1 tbsp apple cider or white wine vinegar and 1 tsp sugar
Mayonaise	Sour cream, plain yogurt or cottage cheese
Honey	Sugar, brown sugar, maple syrup, molasses



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