

Now You're Cooking!

Imperial Recipes

Eating Healthy Foods



Basic Skills for Living
Manitoba Association of Home Economists
Winnipeg Branch

Funding provided by the National Literacy Secretariat,
Human Resources Development Canada

Basic Skills for Living © Revised 2009

Table of Contents

Cover	1
Table of Contents	2
Instructors Explanation	4
<i>(Note: On page 5 is a chart with Common Metric to Imperial equivalents.)</i>	
Breakfast Ideas	
Porridge	6
Fried Egg	9
French Toast	11
Pancakes	14
Lunch Ideas	
Canned Soup*	17
Grilled Cheese Sandwich	19
Mini Pizza	22
Whitefish Soup	25
Main Dishes	
Roast Chicken	30
Beef Pot Roast*	34
Pork Stew With Apples	37
Hamburger	41
Macaroni and Cheese	44
Spaghetti and Meat Sauce	48
Spanish Rice	51
Chili Con Carne	54
Lentil Stew With Barley	57
Moose Meat Stew	62
Lazy Day Stew	67
Shepherd's Pie	72
Vegetables and Side Dishes	
Tossed Green Salad	78
Frozen Vegetables	81
Boiled Rice	83
Baked Rice	86
Oven French Fries	90
Bannock	94

Table of Contents continued

Desserts

<u>Orange and Banana Salad</u>	98
<u>Easy Rice Pudding</u>	100
<u>Oatmeal Cookies</u>	104
<u>Bran Muffins</u>	108

Microwave Cooking

<u>Instructors Explanation</u>	112
<u>Microwave Safety</u>	113
<u>Microwave Cookware</u>	114
<u>Microwave Cooking Techniques</u>	115

Breakfast Ideas

<u>Microwave Porridge</u>	116
<u>Microwave Scrambled Eggs</u>	118

Lunch Ideas

<u>Cream of Potato Soup</u>	121
---	-----

Meat and Alternatives

<u>Microwave Baked Fish*</u>	126
<u>Microwave Barbequed Chicken*</u>	129

Vegetables and Side Dishes

<u>Microwave Canned Vegetables</u>	132
<u>Microwave Frozen Green Beans</u>	135
<u>Cooking Fresh Vegetables in the Microwave</u>	138
<u>Microwave Carrots*</u>	139
<u>Microwave Baked Potato*</u>	142
<u>Microwave Stir Fry Vegetables</u>	145

Desserts

<u>Microwave Vanilla Pudding</u>	149
<u>Microwave Apple Crumble*</u>	153

** indicates that an alternative method of cooking is given in the written recipe.*

Instructors Explanation

Suggested Uses:

Using Now You're Cooking! Imperial Recipes:

The recipes in this cookbook are provided in two forms - written and pictorial. The written recipe is immediately followed by its picture recipe. In the written recipe amounts are given in both metric and imperial measures. In the pictorial recipe, the amounts in this Cookbook are given in **imperial measures**. If you are wanting metric measures see **Now You're Cooking! Metric Recipes** for the same pictorial recipes but in metric measures.

- Laminate the recipe pages and have the learners check off each step with a washable marker as it is completed.
- Photocopy the recipes, cut the steps apart, and put them, in order, on a ring. The learners can turn over the paper as they have completed a step.
- Enlarge the recipes on a photocopier for learners who are visually impaired.
- Once a recipe has been made, take a photograph of it to attach it to the written recipe. Learners who have communication difficulties may find photos helpful when selecting menus.

When selecting recipes, find out what learners want to be able to cook. Consider their food preferences, how much they like to cook, and what kind of cooking facilities they have.

Some learners will be able to use the written recipes while others may need to use the pictures. In some cases, a learner may benefit from using the written recipe and having the picture recipe as a reminder.

In all cases, some instruction will need to be given. Start by talking the learners through the recipe step by step. This may be all of the teaching some learners will require.

Next, demonstrate each step of the recipe, help make it and then be available when the learners try to make it on their own. It may be necessary to help some learners make the same recipe several times before they are able to make it without help.

The learner must be able to work safely in the kitchen. Use these recipes to demonstrate safe food handling, proper use of equipment such as knives, kitchen safety including fire prevention, and methods of food preparation. Refer to the **Food Preparation** module for activities and information on these topics.

Every recipe begins with the instruction “**wash hands**”. This is included because personal hygiene and food safety are very important when learning to cook.

If a recipe makes a larger quantity than the learner will use at one time, the food should be chilled right away. Leftovers should be used up within 3 days or frozen for later use. For more information about freezing food, look in the **Food Preparation** module under Food Safety.

Instructors Explanation continued . . .

Some recipes rely on a change of colour as a test of when the food is properly cooked. This is very hard to show in the picture recipes. If the learner is using picture recipes only, explain carefully the tests for doneness especially for chicken and hamburger. These foods can cause sickness if they are not completely cooked before eating.

- chicken juices turn from pink to clear when the chicken is cooked.
- the centre of a hamburger turns from pink to brown when it is cooked.

Several recipes call for the fat to be spooned off after browning meat. Learners need a safe way to dispose of hot fat. One method is to spoon the fat into an unwanted can or jar and throw the jar or can in the garbage when the fat has cooled and solidified. Remember, **pouring fat down the drain can cause plumbing problems.**

Foil, waxed paper, and plastic wrap are mentioned as alternatives when pot lids or covered baking dishes are not available. They are expensive and should be used only when there is no other choice. This alternative is included so that a learner who does not have a pot with a lid or covered casserole dish can still make the recipe. Where possible encourage the learners to be environmentally friendly and use a lid, plate, or other reusable cover instead of these disposable items. **Remember, foil should never be used as a cover in the microwave.**

Common Metric to Imperial Equivalents:

Common Metric to Imperial Equivalents for Reference			
Measures, some weights and oven temperatures used in Now You're Cooking!			
Measures:		Weights used for some recipes:	
1 mL	=	1/4 tsp	
2 mL	=	1/2 tsp	
5 mL	=	1 tsp	
15 mL	=	1 tbsp	
25 mL	=	2 tbsp	
50 mL	=	1/4 c	
75 mL	=	1/3 c	
125 mL	=	1/2 c	
150 mL	=	2/3 c	
175 mL	=	3/4 c	
250 mL	=	1 c	
1000 mL	=	4 c	
		Oven temperatures:	
		150°C	= 300°F
		160°C	= 325°F
		180°C	= 350°F
		200°C	= 400°F
		220°C	= 425°F
		230°C	= 450°F

Porridge

Serves 2

Food Needed	Equipment Needed
1 cup water 250 mL 1/2 cup quick cooking oatmeal 125 mL milk	measuring cup pot with lid wooden spoon timer

Wash hands.

Measure water and add to pot.

Place pot on burner and turn the burner to high.

Bring the water to a boil.

Measure oatmeal and add to pot.

Stir with wooden spoon.

Turn burner to low and simmer for 5 minutes.

Turn burner off. Cover pot with the lid and remove from burner.

Let porridge sit for a few minutes.

Serve with milk.

Variation: Use milk instead of water.

Hot Porridge

Serves 2



Food needed:



1 cup
water



1/2 cup
quick cooking
oatmeal



milk

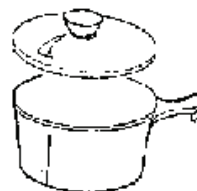
Equipment needed:



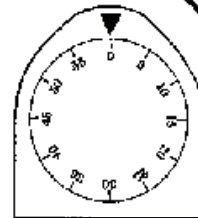
wooden
spoon



measuring
cup



pot with
lid



timer

1.



Wash hands.

2.



Measure 1 cup of water in cup and add to pot.

3.



Place pot on burner. Turn
burner to medium.

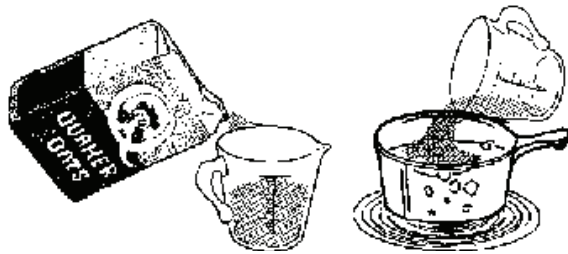
4.



Bring water to boil.



5.



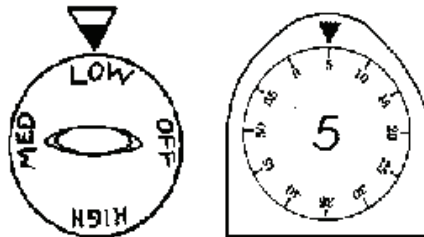
Measure 1/2 cup oatmeal in cup and add to the boiling water.

6.



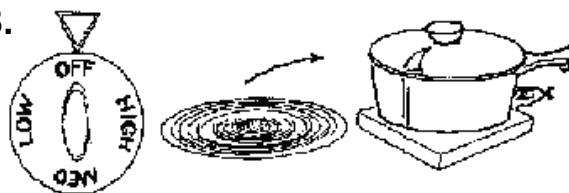
Stir with wooden spoon.

7.



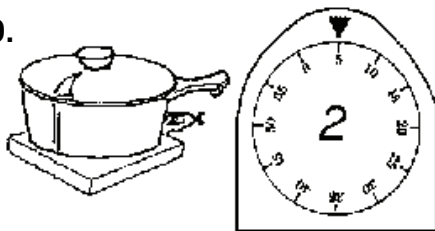
Turn burner to low and simmer 5 minutes.

8.



Turn burner off, put lid on pot, remove from burner.

9.



Let porridge sit for a few minutes.

10.



Serve with milk.

Variation:



Use milk instead of water in Step 2.

Fried Egg

Serves 1

Food Needed			Equipment Needed
1	egg	1	measuring spoons
1 tsp	margarine	5 mL	frying pan
			small bowl
			lifter
			timer

Wash hands.

Measure margarine and add to frying pan.

Place frying pan on burner and turn burner to medium.

Crack egg into a small bowl.

Pour egg into frying pan.

Cook for 3 minutes or until the egg white is firm.

Turn burner off.

Use lifter to take egg out of pan.

Fried Egg

Serves 1

Food needed:



1 egg



1 tsp
margarine



Equipment needed:



lifter



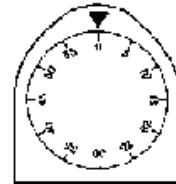
frying pan



small
bowl



measuring
spoons



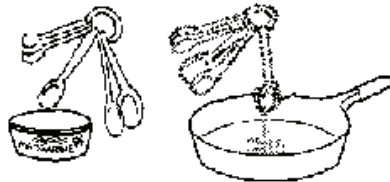
timer

1.



Wash hands.

2.



Add 1 tsp margarine to
frying pan.

3.



Place frying pan on burner.
Turn to medium.

4.



Crack egg in bowl.

5.



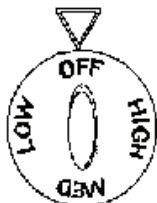
Pour egg into pan.

6.



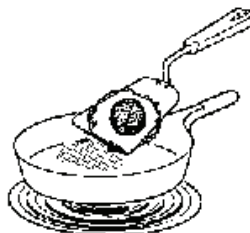
Fry egg for 3 minutes or
until egg white is firm.

7.



Turn off burner.

8.



Use lifter to take egg out of frying pan. Serve.

French Toast

Serves 1

Food Needed			Equipment Needed
1	egg	1	large bowl
2 slices	bread	2 slices	measuring spoons
2 tbsp	milk	25 mL	fork
1 tsp	margarine	5 mL	frying pan
			lifter
			timer

Wash hands.

Crack the egg into the bowl.

Measure milk and add to the bowl.

Mix with the fork.

Set frying pan on the burner and turn the burner to medium.

Add margarine to the pan.

Dip the bread 1 slice at a time into the egg mixture to coat it on both sides.

Place the coated bread in the frying pan .

Cook for about 2 minutes or until golden brown.

Using the lifter, turn the bread over and cook for 2 minutes longer or until golden brown.

Turn burner off and serve.

Variation: Add a sprinkle of cinnamon and 1/2 tsp (2 mL) vanilla to egg mixture.

French Toast

Serves 1



Food needed:



1 egg



2 tbsp
milk



1 tsp
margarine



2 slices of bread

Equipment needed:



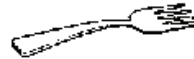
large bowl



frying pan



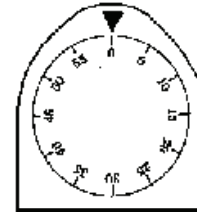
measuring
spoons



fork



lifter



timer

1.



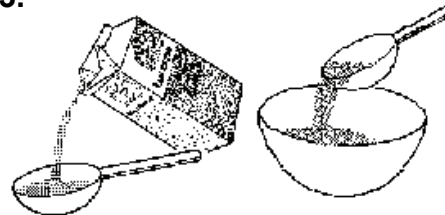
Wash hands.

2.



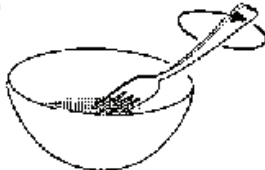
Crack egg into
bowl.

3.



Measure 2 tbsp milk and
add to bowl.

4.



Mix with fork.

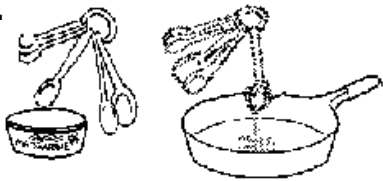
5.



Set frying pan on burner. Turn burner to
medium.



6.



Add 1 tsp margarine to frying pan.

7.



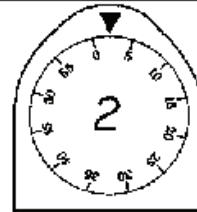
Dip bread (one at a time) into egg mixture to coat both sides.

8.



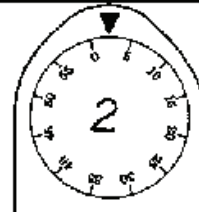
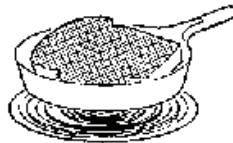
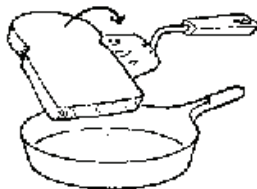
Place coated bread in frying pan.

9.



Fry for 2 minutes or until golden brown.

10.



Using lifter, turn bread over and cook for another 2 minutes or until golden brown.

11.



Repeat steps 6-10 for next piece of bread.

12.



Turn off burner and serve.

Variation:



Add a sprinkle of cinnamon and 1/2 tsp vanilla to egg.

Pancakes

Serves 2

Food Needed			Equipment Needed
1/2 cup	pancake mix	125 mL	measuring cup
1/2 cup	milk	125 mL	large bowl
1	egg	1	small bowl
1 tsp	cooking oil	5 mL	large spoon
			frying pan
			timer
			plate

Wash hands.

Measure pancake mix and add to large bowl.

Measure milk and add to bowl.

Crack egg into small bowl and add to mixture.

Stir well with a spoon.

Put frying pan on burner and turn burner to medium.

Add cooking oil to frying pan.

Using a large spoon, pour a spoonful of batter into frying pan.

Cook for about 2 minutes until bubbles appear on pancake and bottom is golden brown.

Using a lifter, turn pancake.

Cook on other side for about 2 minutes.

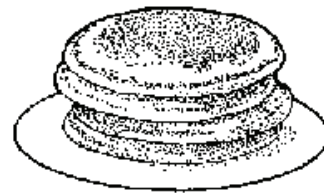
Place on plate.

Continue cooking pancakes in this way until all the batter is used.

Turn burner off. Serve pancakes.

Pancakes

Serves 2



Food needed:



1/2 cup
pancake mix



1 egg



1/2 cup
milk

1 tsp
cooking
oil



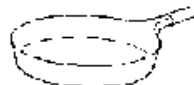
Equipment needed:



measuring
spoons



plate



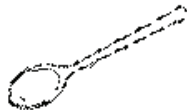
frying pan



lifter



small bowl



large
spoon



measuring cup



large
bowl



timer

1.



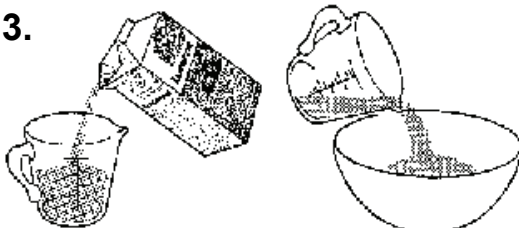
Wash hands.

2.



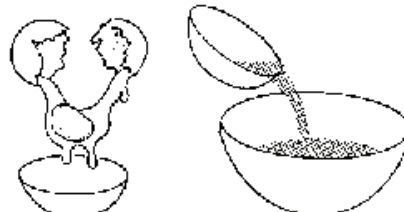
Measure 1/2 cup pancake mix and add to bowl.

3.



Measure 1/2 cup milk and add to
bowl.

4.



Crack egg into small bowl
and add to mixture.

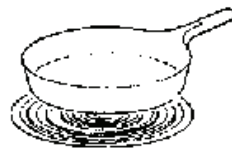


5.



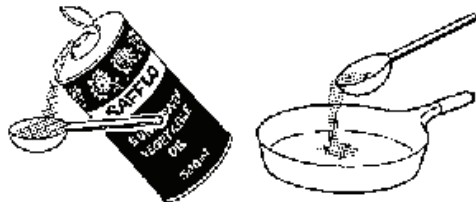
Stir well.

6.



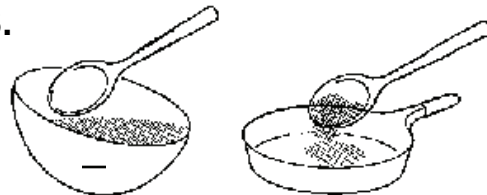
Put pan on burner. Turn burner to medium.

7.



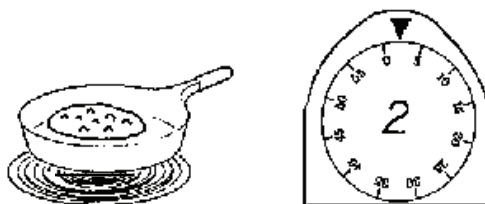
Measure 1 tsp cooking oil and put into frying pan.

8.



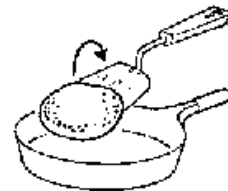
Pour large spoonful of batter into frying pan.

9.



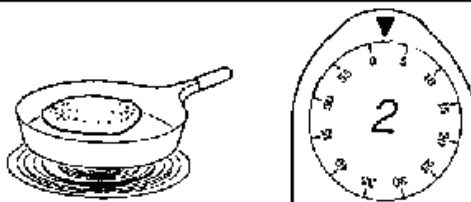
Cook for 2 minutes, until bubbles start to appear on pancake.

10.



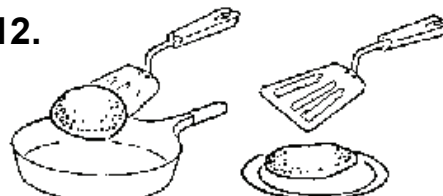
Using lifter, flip pancake.

11.



Cook for another 2 minutes.

12.



Place on plate.

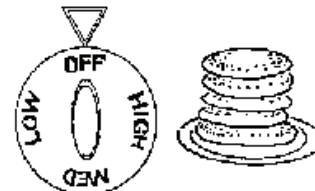
13.



Repeat steps . . .
8, 9, 10, 11 and 12.

Repeat until all batter is cooked.

14.



When finished, turn burner off and serve.

Canned Soup

Serves 2

Food Needed	Equipment Needed
1 can soup 1 1/4 cup water or milk 1 can 300 mL	can opener pot wooden spoon timer

Wash hands.

Open the can of soup and pour the contents into a pot.

Fill the empty soup can with water (or milk if it is a cream soup).

Pour water or milk into the pot.

Place pot on burner and turn burner to medium.

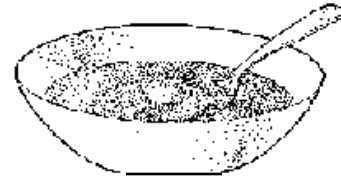
Simmer the soup for 10 minutes, stirring occasionally.

Turn burner off and serve soup.

You can heat canned soup in the microwave. Mix it in a large microwave safe dish and microwave on high power 4 - 6 minutes, stirring every minute.

Canned soup

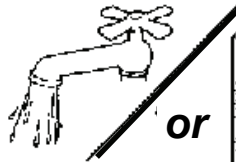
Serves 2



Food needed:



1 can soup

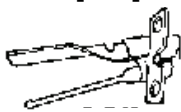


or



water or milk

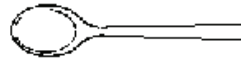
Equipment needed:



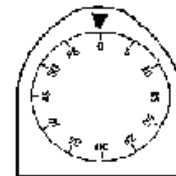
can opener



pot



wooden
spoon



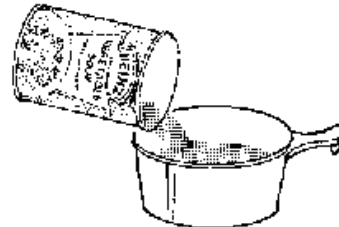
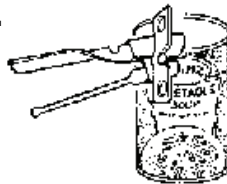
timer

1.



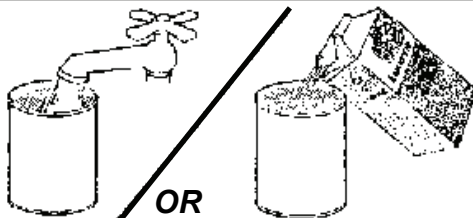
Wash hands.

2.



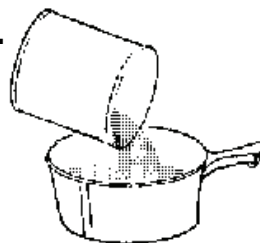
Open can of soup. Pour into pot.

3.



Fill empty can with water *OR*
milk, if it is a cream soup.

4.



Pour into pot.

5.a



Put pot on the
burner.

5.b



Turn burner to
medium.

6.



Simmer soup for 10 minutes.
Stir occasionally.

7.



Turn burner off
and serve.

Grilled Cheese Sandwich

Serves 1

Food Needed			Equipment Needed
2 slices	bread	2 slices	cookie sheet
1 slice	cheese	1 slice	knife
2 tsp	margarine	10 mL	lifter
			oven mitts
			timer

Wash hands.

Place cheese slice on one slice of bread.

Place other slice of bread on top of cheese.

Spread half of the margarine on the top slice of bread.

Place sandwich on cookie sheet margarine side up.

Place oven rack to second highest notch. Turn oven to broil.

Place cookie sheet in oven.

Broil sandwich for 1 minute or until golden brown.

Take sandwich out of oven.

Turn sandwich over and spread remaining margarine on other side.

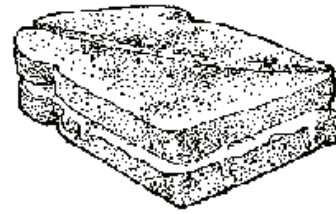
Place in oven and broil for 1 minute or until golden brown. Broiling should take only about 2 minutes in total.

Turn oven off.

Variation: Place a thin slice of onion or tomato on top of the cheese before broiling.

Grilled Cheese Sandwich

Serves 1



Food needed:



2 slices of bread



1 cheese slice

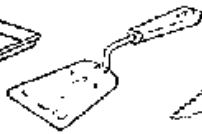


2 tsp
margarine

Equipment needed:



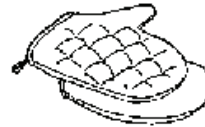
cookie sheet



lifter



knife



oven mitts



timer

1.



Wash hands.

2.



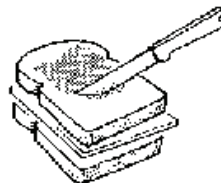
Place cheese on 1 slice of bread.

3.



Place other slice of
bread on top.

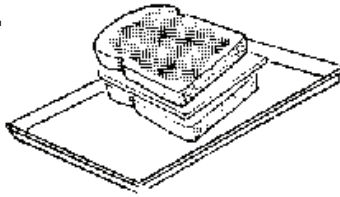
4.



Spread margarine on top slice of
bread.

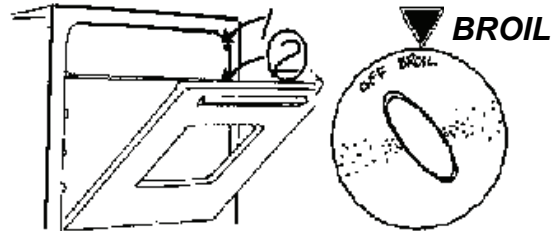


5.



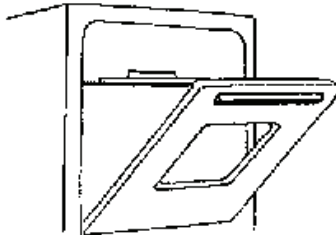
Place sandwich, margarine side up, on cookie sheet.

6.



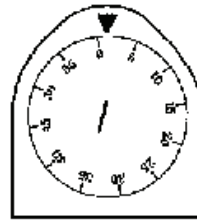
Place oven rack to second highest notch. Turn oven to broil.

7.



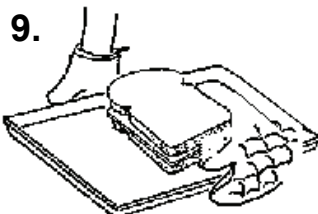
Place sheet in oven.

8.



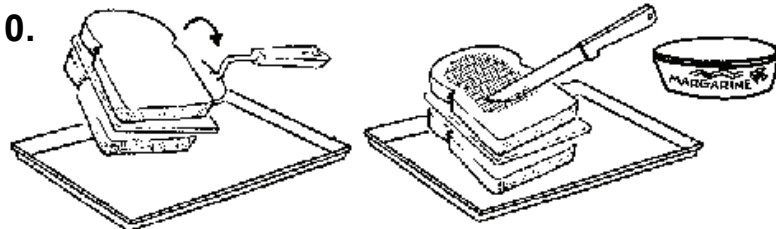
Broil for 1 minute or until golden brown.

9.



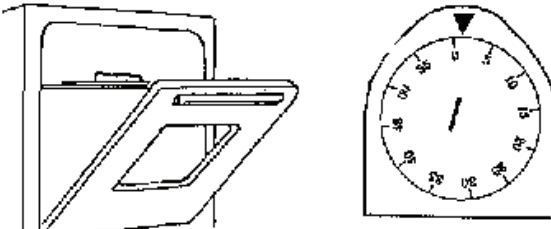
Take out of oven.

10.



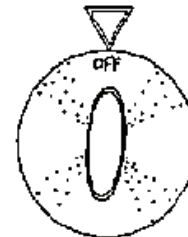
Turn over. Place margarine on top slice.

11.



Place in oven and broil for 1 minute or until golden brown.

12.



Remove and turn off oven.

Mini Pizza

Serves 1

Food Needed			Equipment Needed
1	English muffin	1	knife
2 tbsp	tomato sauce	25 mL	cookie sheet
1	slice of ham	1	can opener
1 1/2 oz	mozzarella cheese	45 g	measuring spoons
	oregano		cutting board
			grater
			timer
			oven mitts

Wash hands.

Turn oven to 450°F (230°C)

Cut English muffin in half and place on the cookie sheet.

Open tomato sauce with a can opener.

Measure the tomato sauce and spread on the English muffin halves.

Chop the ham into chunks and spread on top of the tomato sauce.

Sprinkle with oregano.

Grate and measure the mozzarella cheese and spread over the English muffin halves.

Place cookie sheet in oven and bake for 15 minutes.

Turn oven off and remove cookie sheet from oven.

Serve pizza.

For variation: Use bologna, pepperoni or chicken instead of the ham.

Use a hamburger bun, bread or bagel instead of the English muffin.

Try this with: Green Pepper Strips
Fruit Yogurt

Mini Pizzas

Serves 1



Food needed:



1 English
muffin



2 tbsp
tomato
sauce



1
slice of
ham



1 1/2 oz
mozzarella
cheese



oregano

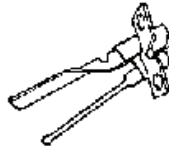
Equipment needed:



knife



cookie sheet



can opener



measuring
spoons



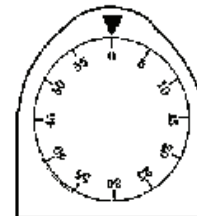
cutting
board



grater



oven mitts



timer

1.



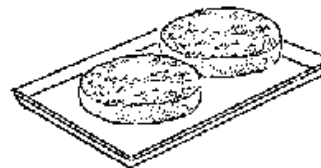
Wash hands.

2.



Set oven at 450°F.

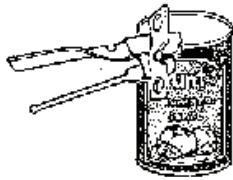
3.



Place muffin halves on
cookie sheet.

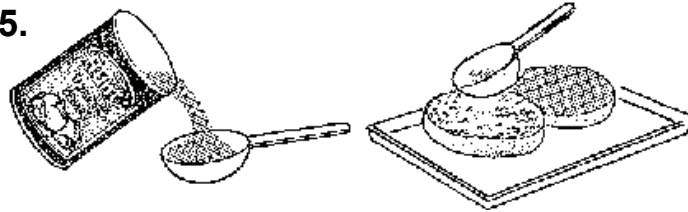


4.



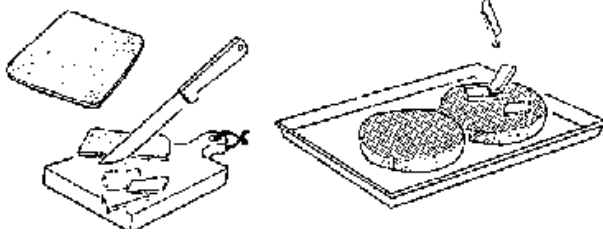
Open can of tomato paste.

5.



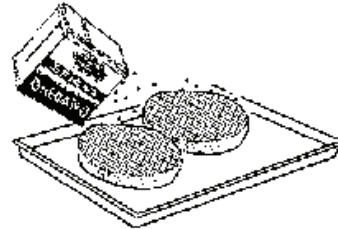
Measure 2 tbsp tomato sauce and spread on muffin halves.

6.



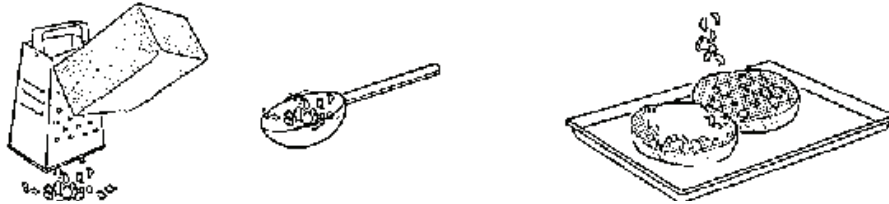
Chop ham in chunks. Spread on top of muffins.

7.



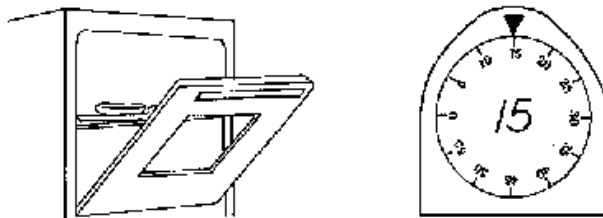
Sprinkle with oregano.

8.



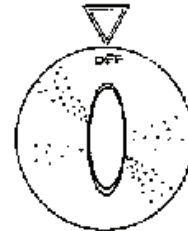
Grate and measure mozzarella. Spread over top of muffins.

9.



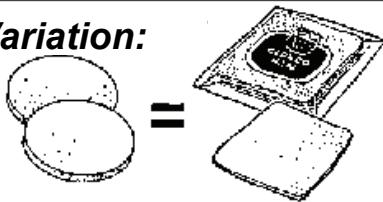
Place in oven and bake for 15 minutes.

10.



Remove and turn off oven. Serve.

Variation:



Use bologna, chicken or pepperoni instead of ham.



Use hamburger bun or bread instead of the English muffin.

Whitefish Soup

Serves 6

Food Needed			Equipment Needed
1	small whole whitefish (cleaned)	1	pot with lid
4 cups	water	4—250 mL	measuring cup
4	medium potatoes	4	timer
1	small onion	1	lifter
1/4 cup	flour	50 mL	plate
1/2 cup	water	125 mL	knife
			fork
			peeler
			cutting board
			small bowl
			spoon

Wash hands.

Wash the fish and place it in the pot.

Measure the water and add to the pot.

Place pot on burner and turn burner to high.

Watch carefully. When water begins to bubble, turn burner to low and cover pot.

Simmer for 20 minutes.

Take the fish out of the water with lifter and put on a plate. Set pot of water aside for later.

Take the fish off the bones and throw away the bones.

Cut the fish into small pieces and set aside.

Peel 4 medium potatoes. Wash them, cut them into small pieces, and place them in the pot with the water from cooking the fish.

Peel and chop the onion and add it to the pot.

Place the pot on the burner and turn the burner to high.

Watch carefully. When the water begins to bubble, turn burner to low and cover pot.

Simmer 15 minutes.

Measure flour and add to small bowl.

Measure water and add to bowl.

Stir flour and water together until well mixed. Add flour mixture to pot and continue to cook on low for 5 minutes. Soup will thicken.

Put the fish into the pot and cook 5 minutes more.

Turn burner off and serve.

If you start with a whole fish, leave on the head, tail and skin until after it is cooked.

Remove them and throw them away when you take off the bones. This gives a better flavour and also more nutritional value.

Whitefish Soup

Serves 6



Food needed:



1 small whole
whitefish,
cleaned



1 small
onion



4 medium
potatoes



4 cups of water
+ 1/2 cup of
water



1/4 cup
flour

Equipment needed:



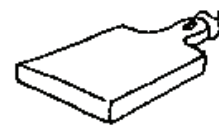
fork



lifter



pot with
lid



cutting
board



spoon



peeler



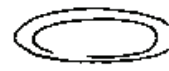
knife



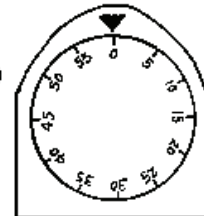
measuring cup



small
bowl



plate



timer

1.



Wash hands.

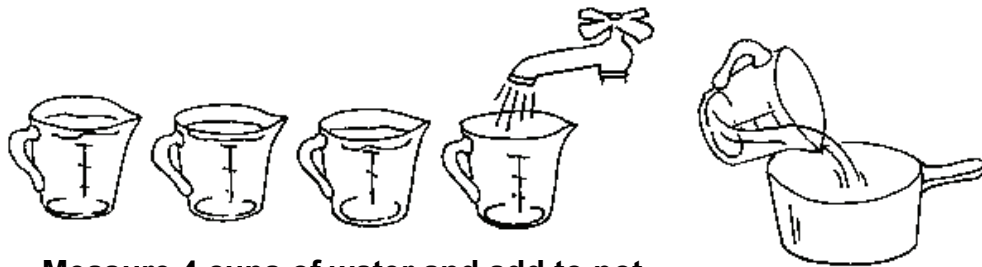
2.



Wash the fish and place in pot.

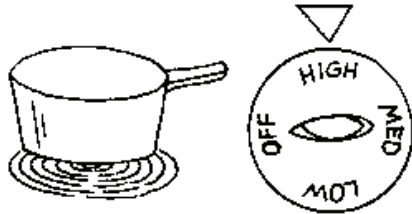


3.



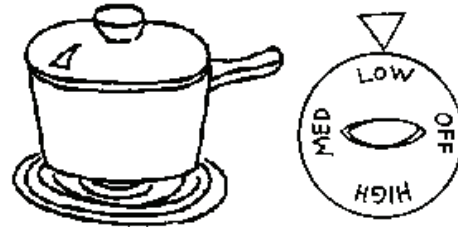
Measure 4 cups of water and add to pot.

4.



Put pot on burner and turn burner to high.

5.



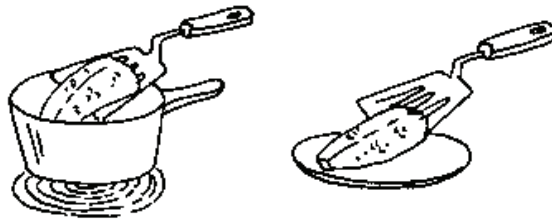
Watch carefully! When water begins to bubble, turn to low, and cover with lid.

6.



Simmer for 20 minutes.

7.



Take fish out of the water with lifter and put on a plate. Set pot aside for later.

8.



Take fish off bones.
Throw bones away.

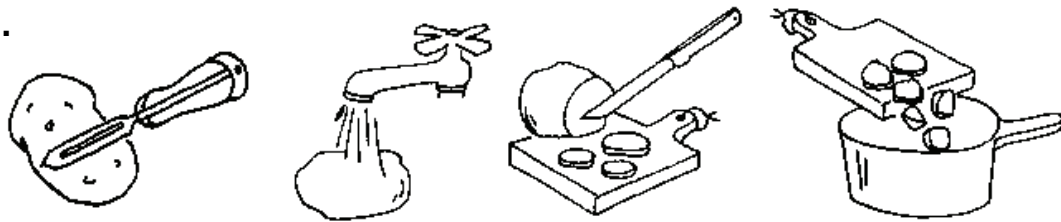
9.



Cut fish into small pieces and put aside.



10.



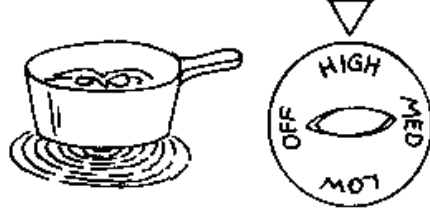
Peel 4 medium potatoes. Wash potatoes, cut into pieces and place in pot with water.

11.



Peel and chop 1 onion and add to pot.

12.



Place pot on burner and Turn burner to high.

13.



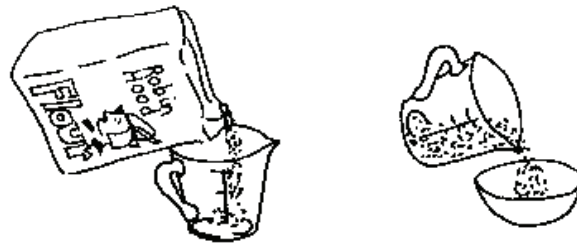
Watch carefully! When water begins to bubble, turn to low, and cover with a lid.

14.



Simmer for 15 minutes.

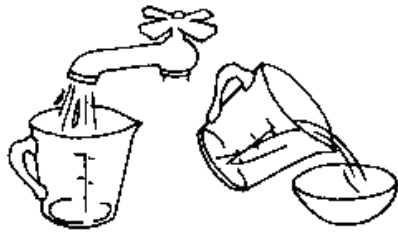
15.



Measure 1/4 cup flour and add to small bowl.

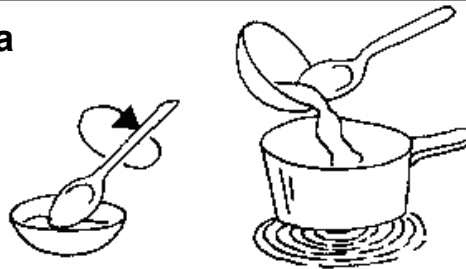


16.



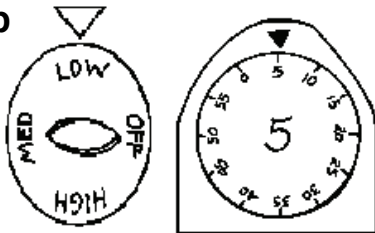
Measure 1/2 cup water
and add to bowl.

17.a



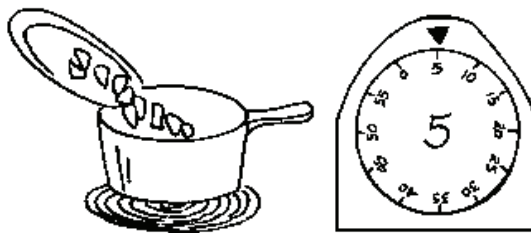
Stir flour and water until well mixed
and add mixture to pot.

17.b



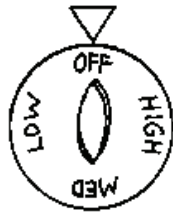
Cook on low for 5 minutes,
until thickened.

18



Put fish into pot and cook for 5
more minutes.

19.



Turn burner off and serve soup.

Roast Chicken

Serves 5

Food Needed	Equipment Needed
3 lb whole frying chicken 1.5 kg	roasting pan with rack timer oven mitts knife

Wash hands.

Rinse the chicken inside and out under running water and pat dry with paper towel.

Place chicken on a rack in a small roasting pan.

Wash hands.

Set oven to 325° F (160° C).

Put roasting pan in oven and cook, uncovered 1 hour and 30 minutes.

Remove roasting pan from oven. Cut into the chicken leg. If the juices are clear, the chicken is cooked.

If the juices are pink, return the chicken to the oven for 15 minutes.

Remove chicken from oven and test again.

If the juices are clear, the chicken is cooked. Turn off oven.

Let the chicken sit for about 15 minutes and then cut in pieces and serve.

Variation: Lemon Garlic Chicken

Extra Food Needed	Extra Equipment Needed
1 lemon 1 1 or 2 garlic cloves 1 or 2	cutting board

Cut lemon into 8 pieces.

Cut garlic clove(s) into 4 pieces.

Put cut up garlic and lemon inside washed chicken.

Cook the same way as roast chicken.

Wash counters and cutting boards that were in contact with raw chicken in hot soapy water and rinse with a bleach solution. (1 tsp bleach to 4 cups water or 5 mL bleach to 1 Litre (4—250 mL cups) of water). This will prevent contamination of other foods and prevent illness.

Roast Chicken

Serves 5



Food needed:



3 lb whole
frying chicken

Equipment needed:



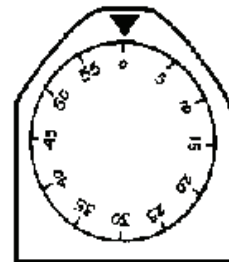
roasting pan
with rack



knife

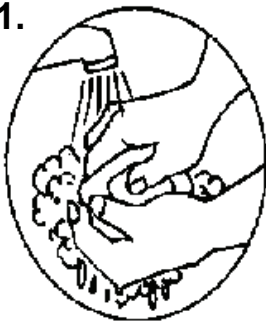


oven mitts



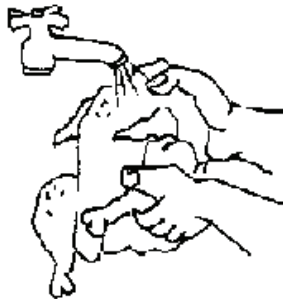
timer

1.



Wash hands.

2.



Rinse chicken inside and
out under running water.
Then pat dry.

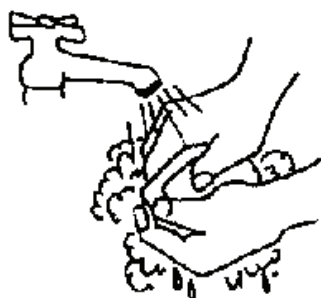
3.



Place chicken on rack
in small roast pan.



4.



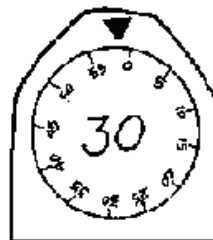
Wash hands again.

5.



Turn oven to 325°F.

6.



Put roasting pan in oven. Cook uncovered for 1 and 1/2 hours.

7.



Remove roasting pan from the oven. Cut into chicken leg.
If juices are clear, the chicken is cooked.

8.



If the juices are pink, return to the oven and cook for 15 minutes more.

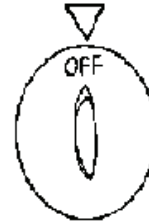
8.



Remove from the oven.

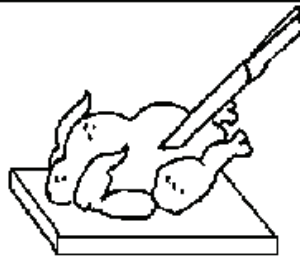


10.



Test again to see if juices are clear. If not repeat step 9. If juices are clear, the chicken is cooked. Turn off oven.

11.



Let chicken sit about 15 minutes. Cut chicken in pieces and serve.

Beef Pot Roast

Serves 8

Food Needed			Equipment Needed
3 lb	Blade roast (boneless)	1.5 kg	roasting pan with lid or foil to cover measuring cup timer oven mitts knife
1 cup	Water	250 mL	

Wash hands.

Place roast in roasting pan.

Measure 1 cup (250 mL) of water and add to roasting pan.

Cover pan with lid or foil.

Place pan in oven.

Turn oven to 325° F (160° C) and bake for 3 hours.

Remove pan from oven.

Turn oven off.

Let roast sit 15 minutes.

Slice and serve.

Variation: Add vegetables such as carrots, onions, potatoes, parsnips or rutabaga for the last hour of cooking. Canned or frozen vegetables may also be added for the last half hour.

You can make Beef Pot Roast on top of the stove.

Use a heavy pot instead of a roasting pan.

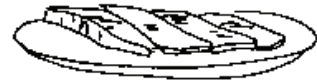
Bring the liquid to a boil and then turn burner to low.

Simmer for 3 hours.

Slice left over roast beef and use in sandwiches or salads.

Beef Pot Roast

Serves 8



Food needed:



3 lb
blade roast
(boneless)



1 cup
water

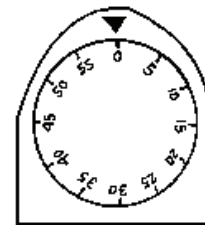
Equipment needed:



measuring cup



Roasting pan
with lid OR
foil (optional)



timer



oven mitts



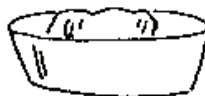
knife

1.



Wash hands.

2.



Place 3 lb roast
in pan.

3.



Measure 1 cup water
add to pan.

4.



Cover pan with lid or foil.

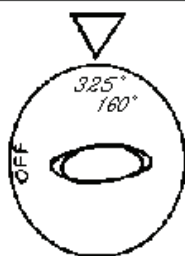
5.



Place pan in oven.



6.



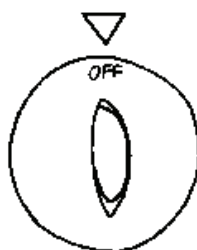
Turn oven to 325°F and bake for 3 hours.

7.



Remove from oven.

8.



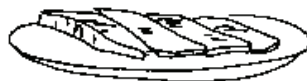
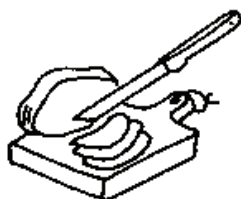
Turn oven off.

9.



Let roast sit for
15 minutes.

10.



Slice and serve.

Pork Stew With Apples

Serves 4

Food Needed			Equipment Needed
1 lb	pork stew	500 g	cutting board
1 tbsp	oil	15 mL	knife
2 tbsp	flour	25 mL	measuring spoons
1 cup	apple juice	250 mL	heavy pot with lid or foil to cover.
1	small onion	1	spoon
2	apples	2	measuring cup
1/2 tsp	thyme	2 mL	timer

Wash hands.

Trim fat from pork stew and cut into cubes.

Measure oil and add to pot.

Place pot on burner. Turn burner to medium high.

Add pork to pot.

Stir the pork while it browns.

Measure flour and add to pot.

Measure the apple juice and add to the pot.

Stir well.

Peel and chop onion and add onion to pot.

Cover pot and turn burner to low.

Simmer 20 minutes.

Wash apples, core, and cut in quarters.

Add quartered apples to pot.

Measure thyme and add to pot.

Simmer 15 minutes more.

Turn burner off and serve.

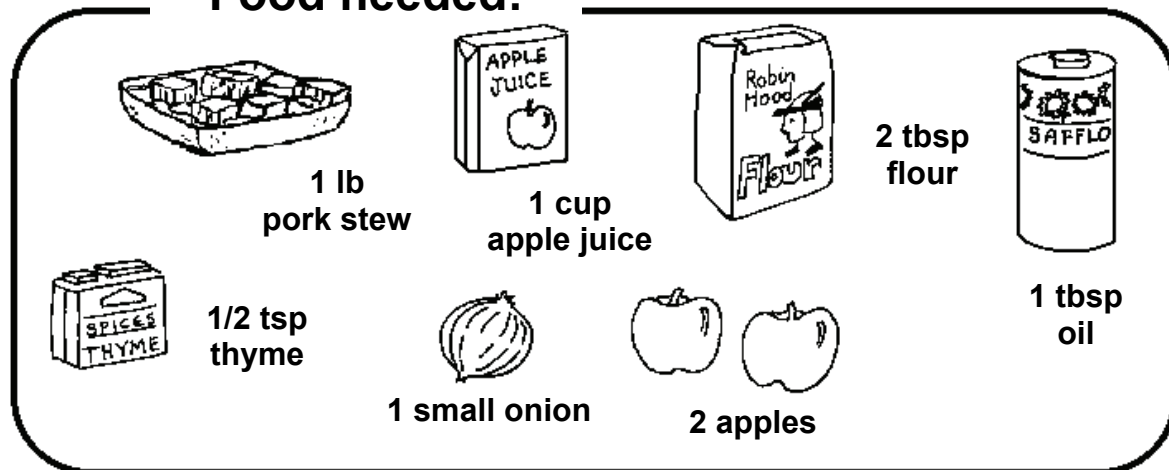
Try this with: Green beans
Boiled Rice
Vanilla Pudding

Pork Stew with Apples

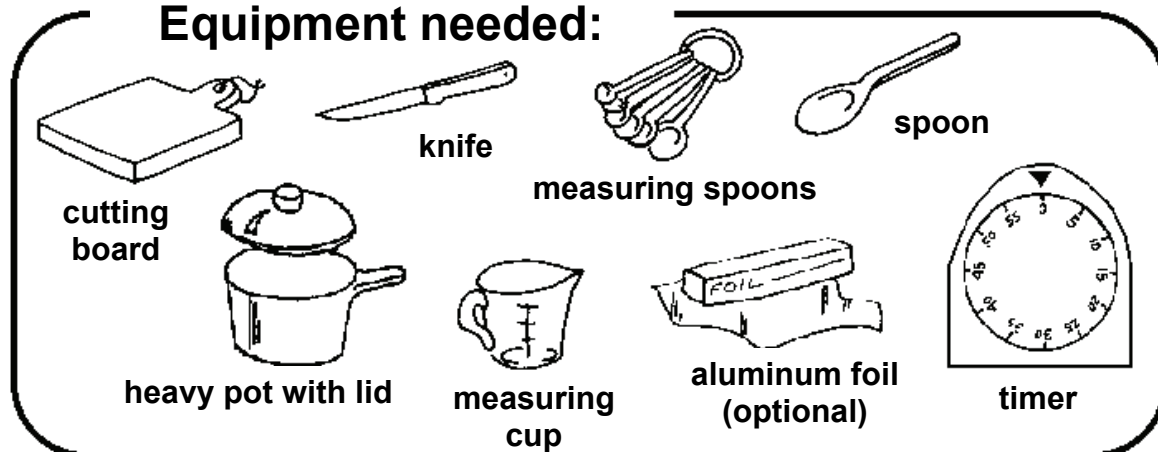
Serves 4



Food needed:



Equipment needed:

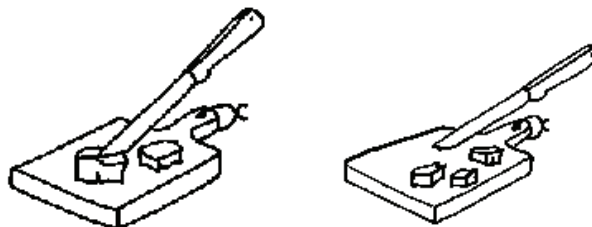


1.



Wash hands.

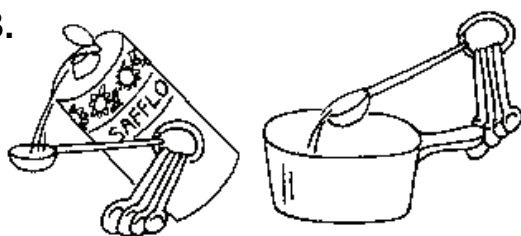
2.



Trim fat from 1 lb pork stew and cut into small pieces.



3.



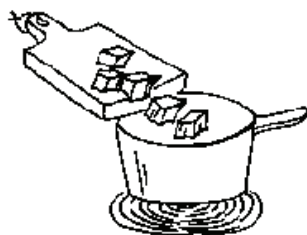
Measure 1 tbsp oil and add to pot.

4.



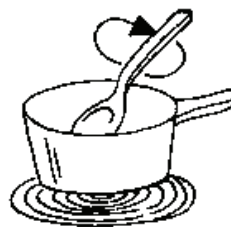
Place pot on burner. Turn burner to medium high.

5.



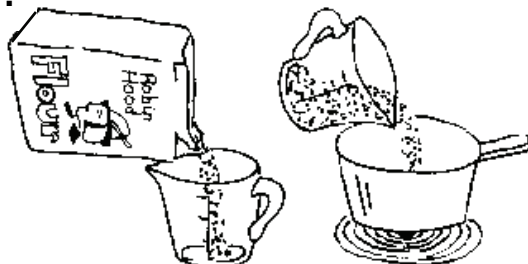
Add pork to pot.

6.



Stir pork while it browns.

7.



Measure 2 tbsp flour and add to pot.

8.



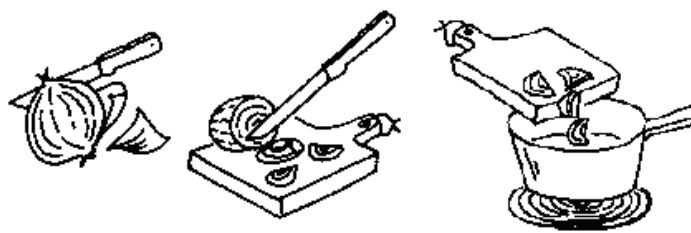
Measure 1 cup apple juice and add to pot.

9.



Stir well.

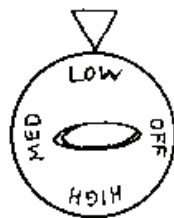
10.



Peel and chop 1 medium onion and add to the pot.

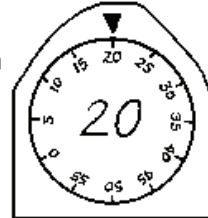


11.



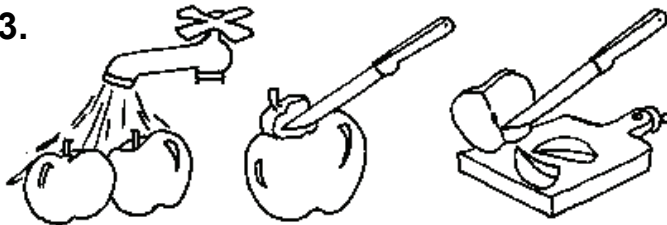
Cover pot with lid and turn burner to low.

12.



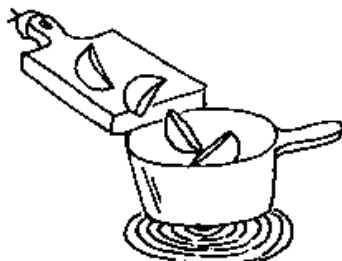
Simmer for 20 minutes.

13.



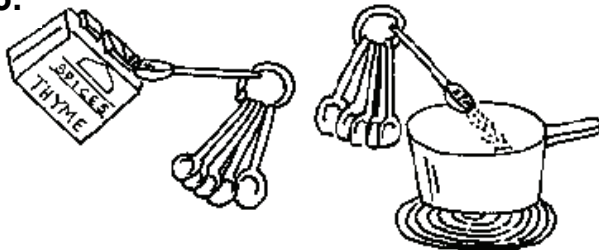
Wash 2 apples, core and cut into quarters.

14.



Add apples to pot.

15.



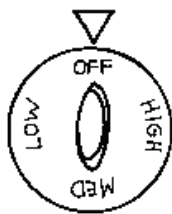
Measure 1/2 tsp thyme and add to pot.

16.



Simmer for 15 minutes.

17.



Turn burner off and serve.

Hamburger

Serves 1

Food Needed			Equipment Needed
3 oz	ground beef	100 g	frying pan
1	hamburger bun	1	lifter
			timer
			knife

Wash hands.

Shape the ground beef into a flat round pattie with your hands.

Place frying pan on the burner. Turn the burner to medium.

Place the pattie in the frying pan and brown for 10 minutes.

Using the lifter, turn the pattie over. Brown for 10 minutes more.

Cut into the hamburger with a knife. If it is still pink inside, continue to cook for a few more minutes. When the inside of the hamburger is no longer pink, it is cooked.

Turn the burner off.

Place the pattie in the hamburger bun.

For variation: Serve with a slice of onion, a slice of tomato, cheese slice and some lettuce.

Try this with: Oven French Fries
Tossed Salad
Banana Milkshake

Hamburger

Serves 1



Food needed:



3 oz
ground
beef



hamburger bun

Equipment needed:



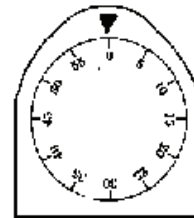
fry pan



knife



lifter



timer

1.



Wash hands.

2.



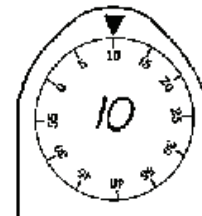
Shape ground beef into a patty.

3.



Place frying pan on burner.
Turn burner to medium.

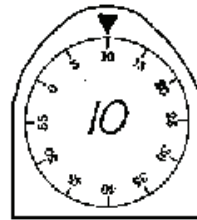
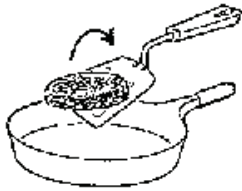
4.



Place patty in frying pan.
Brown for 10 minutes.



5.



Using the lifter, turn pattie over. Brown for 10 minutes more.

6.



Cut into hamburger pattie with a knife. If still pink inside, continue to cook for a few more minutes. When it is not pink inside, it is done.

7.



Turn burner off.

8.



Place pattie between sliced hamburger bun.

Variation:



Serve with slice of onion, tomato, cheese, and some lettuce.
Place each item on top of hamburger pattie and serve.

Macaroni and Cheese

Serves 2 - 3

Food Needed			Equipment Needed
4 cups	water	1 Litre (4-250 mL)	measuring cup
1 cup	macaroni	250 mL	pot
1 cup	grated cheese	250 mL	timer
1/2 cup	milk	125 mL	grater
			colander
			wooden spoon

Wash hands.

Measure water and add to pot.

Place the pot on the burner and turn the burner to high.

When the water starts to boil, measure the macaroni and add to the pot. Stir.

Turn burner to low cook for 7 minutes.

Turn burner to off.

Put the colander into a clean sink and pour the macaroni into the colander. Let water drain out. Pour the macaroni back into the pot.

Grate and measure the cheese. Add the cheese to the macaroni.

Measure the milk and add to the pot. Mix well.

Put the pot back on the burner.

Turn the burner to low and simmer the mixture for about 5 minutes.

Turn the burner off and serve.

For variation: Add a can of tuna or salmon to the macaroni when you add the cheese.

Try this with: Broccoli
Fruit Cocktail
Glass of Milk

Macaroni and Cheese

Serves 2-3



Food needed:



4 cups of water



1 cup
macaroni

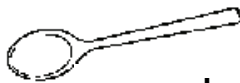


1 cup
grated
cheese



1/2 cup
milk

Equipment needed:



wooden
spoon



grater



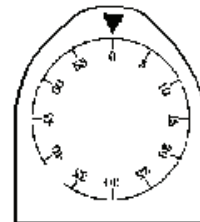
measuring cup



colander



pot with
lid



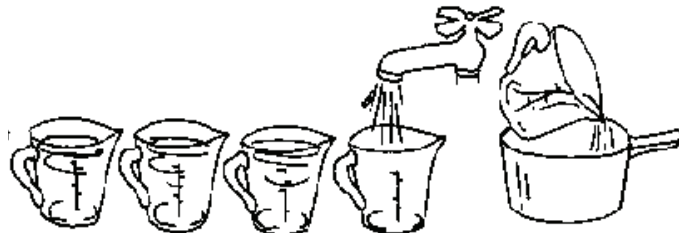
timer

1.



Wash hands.

2.



Measure 4 cups of water and pour
into the pot.

3.



Place pot on burner. Turn burner to high.

4.



Bring water to a boil. Measure 1 cup macaroni, add to boiling water and stir.

5.



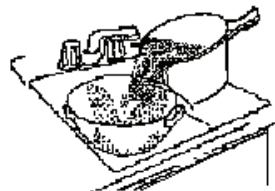
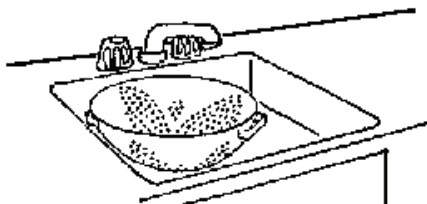
Turn burner to low and cook for 7 minutes.

6.



Turn burner off.

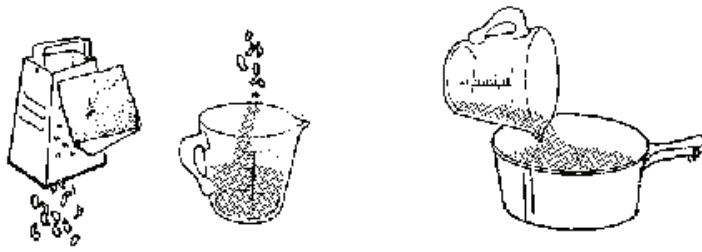
7.



Put colander into clean sink. Pour macaroni in colander and let water drain out. Pour macaroni back into pot.

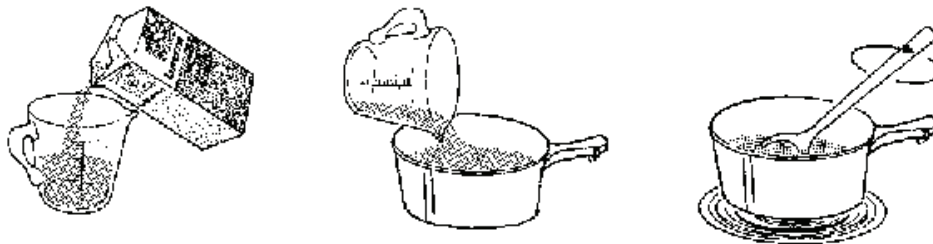


8.



Grate 1 cup of cheese. Add cheese to macaroni.

9.



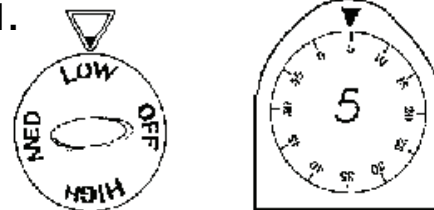
Measure 1/2 cup milk and add to pot. Mix well.

10.



Put pot back on burner.

11.



Turn burner to low and simmer for 5 minutes.

12.



Turn burner off.

Variation:



Open a can of tuna, drain and add before step 9.

Spaghetti and Meat Sauce

Serves 1

Food Needed	Equipment Needed
3 ounces ground beef 100 g 1/2 cup spaghetti sauce 125 mL 4 cups water 4—250 ml cups handful spaghetti handful	frying pan wooden spoon oven mitts spoon measuring cup pot colander timer

Wash hands.

Place frying pan on burner. Add ground beef to frying pan.

Turn burner to medium and cook for 15 minutes or until it is brown.

Tilt the pan and spoon out the fat.

Measure the spaghetti sauce and add to the meat.

Simmer for 20 minutes.

Turn burner off.

Measure water and pour into pot.

Place pot on burner and turn burner to high.

When the water starts to bubble, add a handful of spaghetti and stir.

Cook for 10 minutes.

Turn burner off.

Place colander in a clean sink. Pour the spaghetti into the colander and let the water drain.

Pour the spaghetti into a large bowl.

Pour the sauce over the spaghetti.

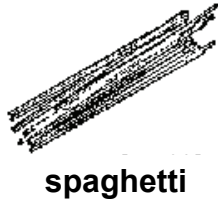
Try this with: Tossed Green Salad
Dinner Rolls
Apple
Glass of Milk

Spaghetti and Meat Sauce

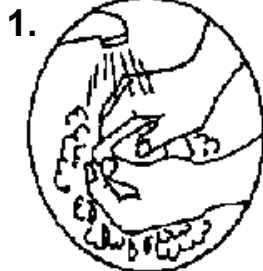
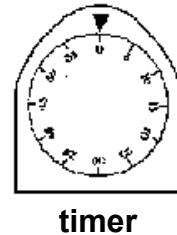
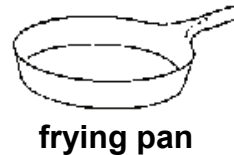
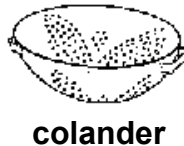
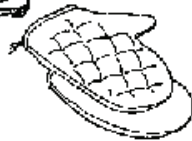
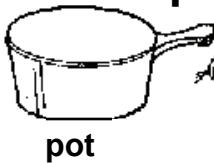
Serves 1



Food needed:



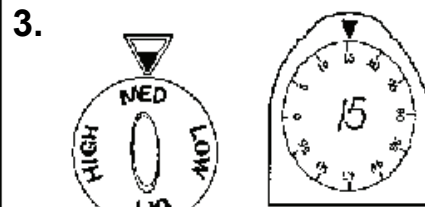
Equipment needed:



Wash hands.



Put pan on burner and
add 3 oz ground beef









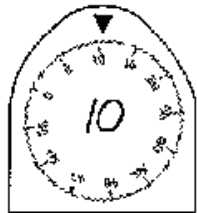

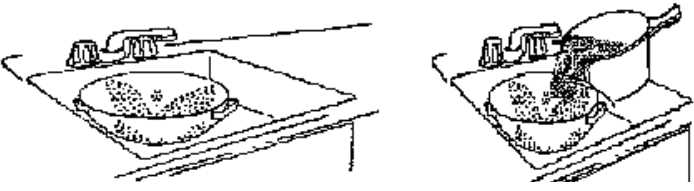

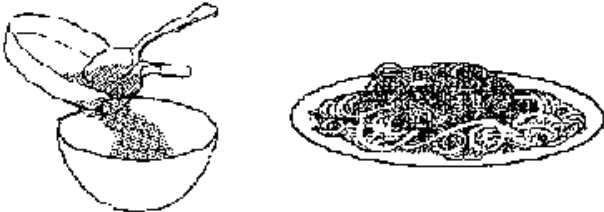
Turn burner to medium.
Cook 15 minutes.



Tilt the pan and spoon out the fat.



Measure 1/2 cup spaghetti
sauce. Add sauce to meat.

<p>6.</p>  <p>Simmer for 20 minutes.</p>	<p>7.</p>  <p>Turn burner off.</p>	<p>8.</p>  <p>Pour 4 cups of water in the pot.</p>
<p>9.</p>  <p>Place pot on burner. Turn burner to high.</p>	<p>10.</p>  <p>When water begins to boil, add a handful of spaghetti to water.</p>	
<p>11.</p>   <p>Boil for 10 minutes.</p>	<p>12.</p>  <p>Turn burner off.</p>	
<p>13.</p>  <p>Place colander in clean sink. Pour spaghetti into colander and let water drain out.</p>		
<p>14.</p>  <p>Pour spaghetti into large bowl.</p>	<p>15.</p>  <p>Pour sauce over spaghetti and serve.</p>	

Spanish Rice

Serves 2

Food Needed			Equipment Needed
1	medium onion	1	cutting board
1	green pepper	1	knife
1/2 lb	ground beef	225 g	frying pan
1/3 cup	long grain rice	75 mL	measuring cup
8 oz can	tomato sauce	213 mL	wooden spoon
1/2 cup	hot water	125 mL	spoon
			can opener
			timer

Wash hands.

Add ground beef to frying pan.

Peel and chop onion.

Wash and chop the green pepper.

Add onions and green pepper to the frying pan.

Set frying pan on burner.

Turn burner to medium.

Stir and cook until the meat is brown - about 15 minutes.

Tilt the pan and spoon out the fat.

Measure the rice and add to frying pan.

Open tomato sauce with can opener.

Add tomato sauce to frying pan.

Measure hot water and add to the frying pan.

Stir.

Cook for 30 minutes.

Turn burner off and serve.

Try this with: Tossed Salad
Glass of Milk
Banana

Spanish Rice

Serves 2



Food needed:



medium
onion



1/4 green
pepper



1/2 lb
ground
beef



1/2 cup
water



1/3 cup
long grain
rice



8 oz
tomato
sauce

Equipment needed:



measuring cup



can opener



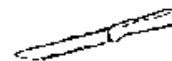
frying pan



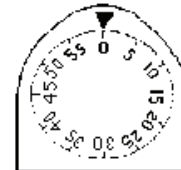
wooden
spoon



cutting board



knife



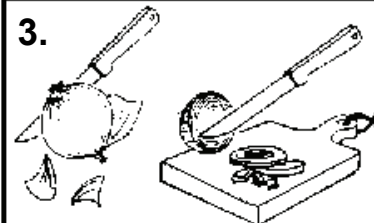
timer



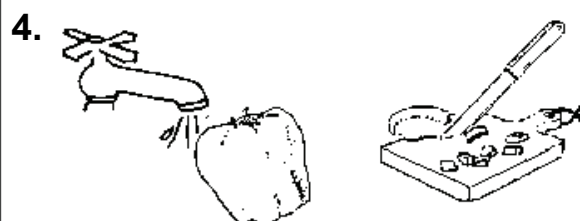
1.
Wash hands.



2.
Add 1/2 lb ground beef
to frying pan.



3.
Peel and chop onion.



4.
Wash and chop 1/4 green pepper.



5.
Add onion and green
pepper to frying pan.

6.



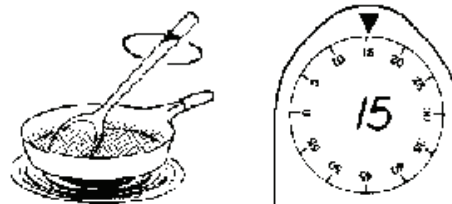
Put frying pan on burner.

7.



Turn burner to medium.

8.



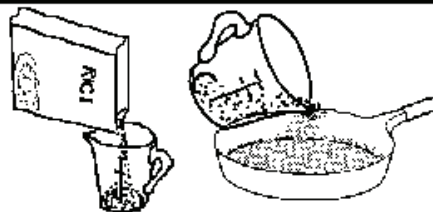
Stir ingredients, cook for 15 minutes.

9.



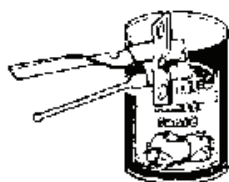
Tilt pan and spoon out fat.

10.



Measure $\frac{1}{3}$ cup rice and add to the food in the frying pan.

11.



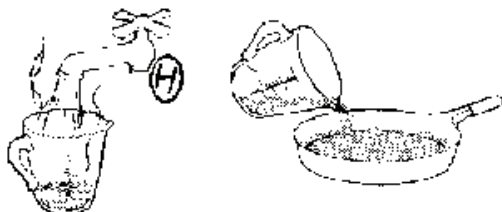
Open tomato sauce.

12.



Add tomato sauce to mixture.

13.



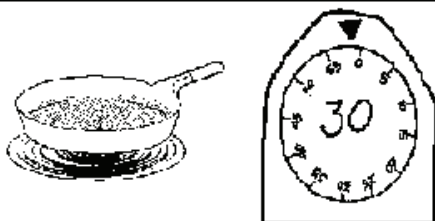
Add $\frac{1}{2}$ cup HOT water to pan.

14.



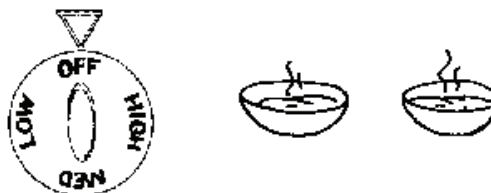
Stir well.

15.



Cook for 30 minutes.

16.



Turn burner off and serve.

Chili Con Carne

Serves 6

Food Needed			Equipment Needed
1 lb	ground beef	500 g	knife
1	small onion	1	cutting board
14 oz can	kidney beans	398 mL can	frying pan
14 oz can	tomatoes	398 mL can	wooden spoon
1 tsp	chili powder	5 mL	spoon
			can opener
			measuring spoons
			timer

Wash hands.

Place frying pan on burner and turn burner to medium.

Add ground beef to frying pan.

Peel onion and chop into small pieces on the cutting board.

Add the onion to the frying pan.

Stir and cook until the meat is brown - about 15 minutes.

Tilt the pan and spoon out the fat.

Open the tomatoes with can opener.

Open the kidney beans with the can opener.

Add canned tomatoes and kidney beans to the frying pan.

Measure the chili powder and add to the frying pan.

Stir well.

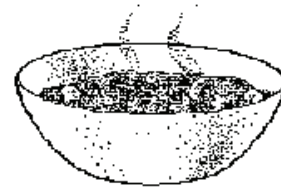
Turn burner to low and simmer for about 45 minutes. Stir occasionally while simmering.

Turn burner off and serve the chili con carne in bowls.

Try this with: Toast
Orange and Banana Salad
Glass of Milk

Chili Con Carne

Serves 6



Food needed:



1 lb
ground
beef



small
onion



14 oz can kidney
beans



14 oz can
tomatoes



1 tsp
chili
powder

Equipment needed:



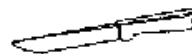
frying
pan



can opener



wooden
spoon



knife



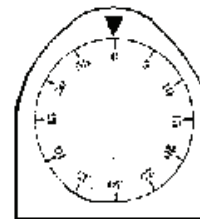
spoon



cutting
board



measuring spoons



timer



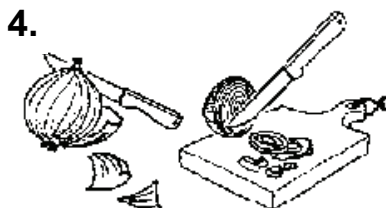
1.
Wash hands.



2.
Place frying pan on burner.
Turn burner to medium.



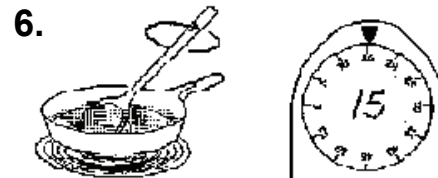
3.
Add the ground beef
to frying pan.



4.
Peel onion. Chop into
small pieces.



5.
Add chopped
onion to pan.



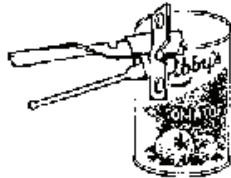
6.
Stir mixture. Cook for
15 minutes.

7.



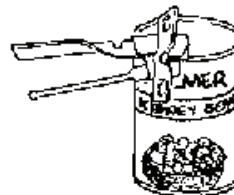
Tilt the pan and spoon out the fat to a container.

8.



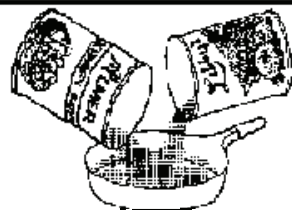
Open tomatoes.

9.



Open kidney beans.

10.



Add tomatoes and kidney beans.

11.



Measure 1 tsp chili powder and add to mixture.

12.



Stir well.

13.



Turn burner to low. Simmer for about 45 minutes. Stir.

14.



Turn burner off. Serve the chili con carne in bowls.

Lentil Stew with Barley

Serves 6

Food Needed			Equipment Needed
2	large celery stalks	2	vegetable brush
1	medium onion	1	cutting board
2	small carrots	2	knife
6 cups	water	6—250 mL cups	large pot with lid
3/4 cup	lentils	175 mL	measuring cup
28 oz can	tomatoes	796 mL can	strainer
3/4 cup	barley	175 mL	wooden spoon
1 tbsp	chili powder	15 mL	timer
1/2 tsp	garlic powder	2 mL	can opener
			measuring spoons

Wash hands.

Wash and chop 2 large celery stalks. Add to pot.

Peel and chop 1 onion and add to pot.

Wash 2 carrots. Cut off the tops, chop them into small pieces and add to the pot.

Measure water and add to pot.

Measure lentils and place in strainer.

Rinse the lentils under running water and add lentils to pot.

Place the pot on the burner and turn burner to high.

Stir ingredients to mix.

Watch carefully until the mixture starts to bubble.

Turn burner to low.

Cover the pot and cook for 20 minutes.

Open the can of tomatoes with the can opener and add tomatoes to pot.

Measure the barley and add to pot.

Measure chili powder and add to pot.

Measure garlic powder and add to pot.

Stir. Simmer for 1 hour. Turn burner off.

Serve in bowls.

Try this with: Crusty Rolls
Celery and Carrot Sticks
Fruit Yogurt

Lentil Stew with Barley

Serves 6



Food needed:



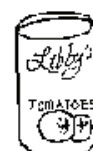
2 large
celery
stalks



6 cups of
water



3/4 cup
lentils



28 oz tomatoes



2 medium
carrots



1 medium
onion



3/4 cup
barley



1 tbsp
chili
powder

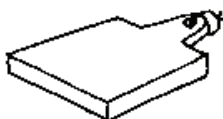


1/2 tsp
garlic
powder

Equipment needed:



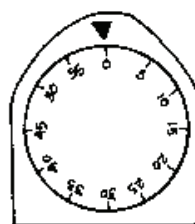
vegetable
brush



cutting
board



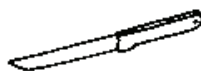
pot with lid



timer



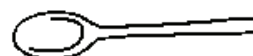
measuring
cup



knife



can opener



wooden
spoon



measuring
spoons

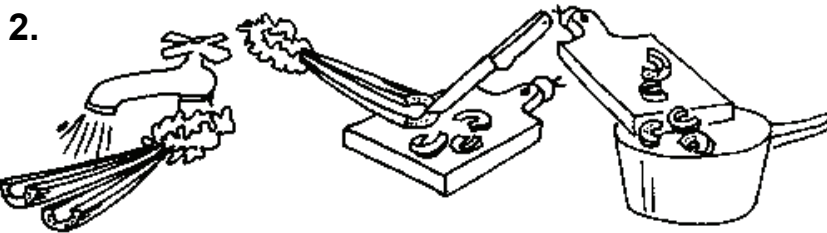


strainer

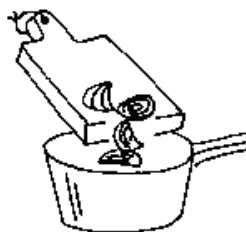




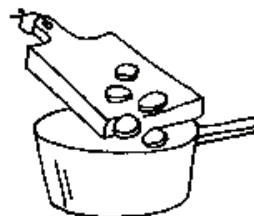
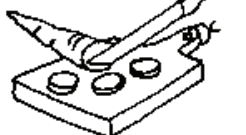
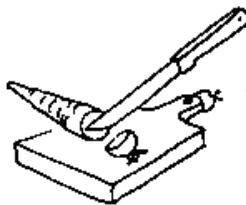
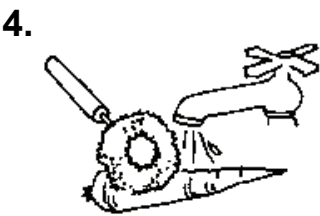
Wash hands.



Wash and chop 2 large celery stalks. Add to pot.



Peel and chop 1 onion and add to pot.



Wash 2 carrots, chop off tops, cut into small pieces and add to pot.



Measure 6 cups of water and add to pot.



6.



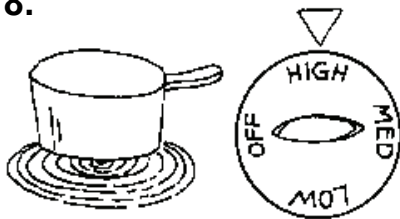
Measure 3/4 cup lentils and place in strainer.

7.



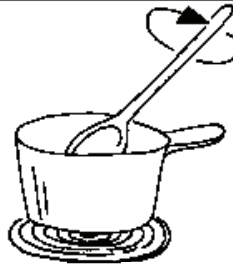
Rinse lentils under running water and add to pot.

8.



Put pot on burner and turn on high.

9.



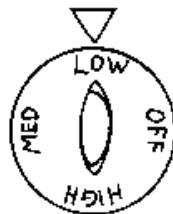
Stir ingredients to mix.

10.



Watch carefully until mixture starts to bubble.

11.



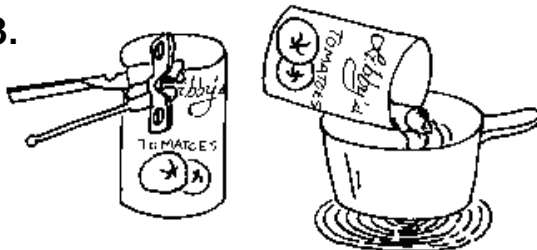
Turn burner to low.

12.



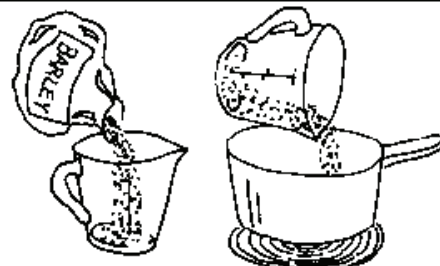
Cover pot and cook for 20 minutes.

13.



Open can of tomatoes and add to pot.

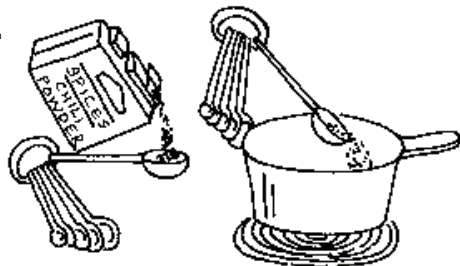
14.



Measure 3/4 cup barley
And add to pot.

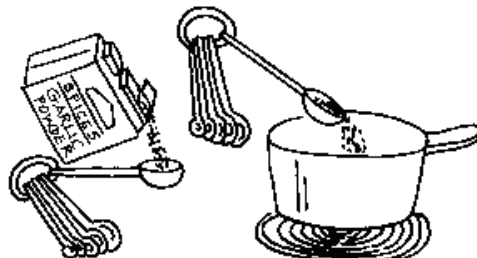


15.



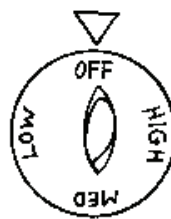
Measure 1 tbsp chili powder
and add to pot.

16.



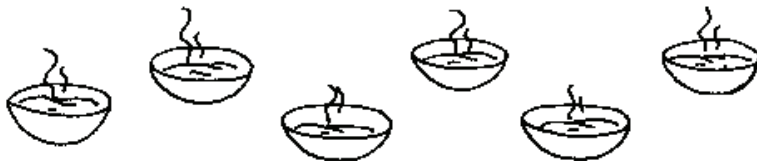
Measure 1/2 tsp garlic powder
and add to pot.

17.



Stir and let simmer for 1 hour. Turn burner off.

18.



Serve lentil stew with barley in bowls.

Moose Meat Stew

Serves 4

Food Needed			Equipment Needed
1 lb	moose stewing meat	500 g	cutting board
2 tbsp	oil	25 mL	knife
1	medium onion	1	heavy pot with lid
4 cups	water	1 Litre (4-250 mL)	measuring spoons
1/4 tsp	thyme	1 mL	wooden spoon
3	medium potatoes	3	measuring cup
2	medium carrots	2	timer
1	small rutabaga	1	vegetable brush
1/4 cup	flour	50 mL	small bowl
1 cup	water	250 mL	

Wash hands.

Rinse meat and pat dry.

Cut fat and gristle from moose meat and cut into pieces.

Measure oil and add to heavy pot.

Add moose meat to pot.

Place pot on burner and turn burner to medium high.

Stir the meat with the wooden spoon until it browns on all sides.

Peel and chop 1 onion. Add onions to pot.

Measure water and add to pot

Measure thyme and add to pot.

Watch carefully. When water starts to bubble turn burner to low.

Cover pot with lid and simmer for 2 hours.

Wash and scrub potatoes. Cut potatoes and add to pot.

Wash and chop 2 carrots. Add carrots to pot.

Peel rutabaga and rinse under running water.

Chop rutabaga and add to pot.

Simmer one more hour.

Measure flour and add to small bowl.

Measure water and add to flour in bowl.

Mix the flour and water together and add to stew.

Stir and cook for 5 minutes until the stew has thickened.

Turn off burner and serve.

Variation: Use stewing beef instead of moose meat.

Moose Meat Stew

Serves 4



Food needed:



1 lb moose
stewing meat



1/4 cup flour



4 cups water +
1/2 cup water



1/4 tsp
thyme



2 tbsp oil



2 medium
carrots



1 small
rutabaga



1 small
onion

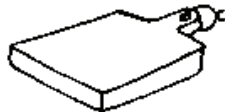


3 medium
potatoes

Equipment needed:



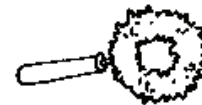
knife



cutting board



heavy pot
with lid



vegetable
brush



measuring
spoons



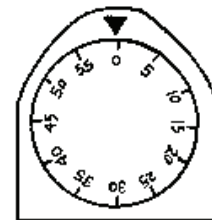
wooden
spoon



small bowl



measuring cup

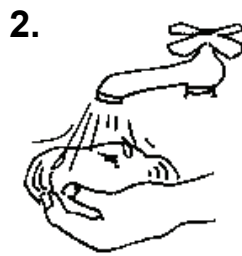


timer

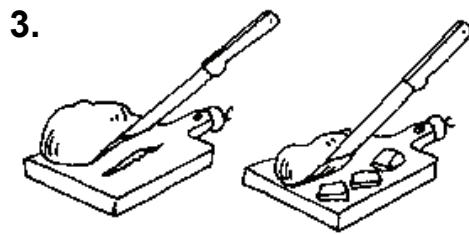




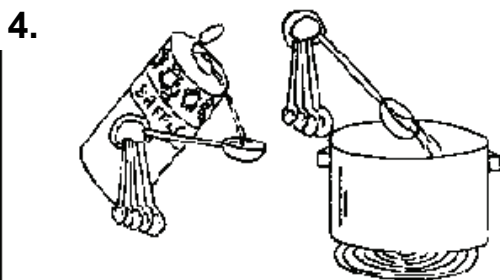
Wash hands.



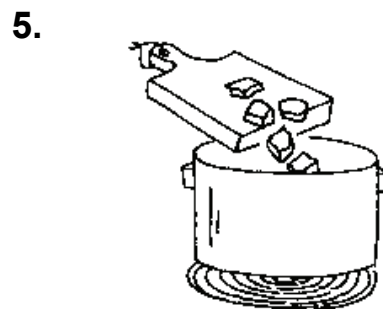
Rinse 1 lb moose meat and pat dry.



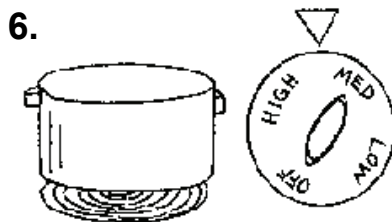
Cut fat and gristle from the moose meat and cut into pieces for stew.



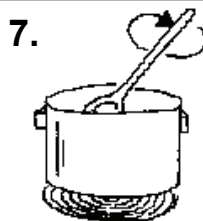
Measure 2 tbsp oil and add to pot.



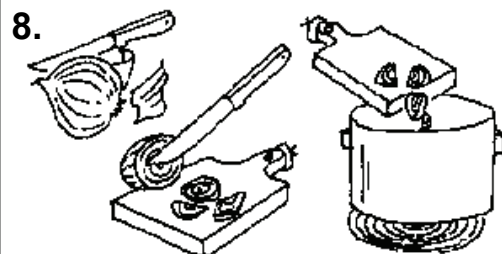
Add meat to the pot.



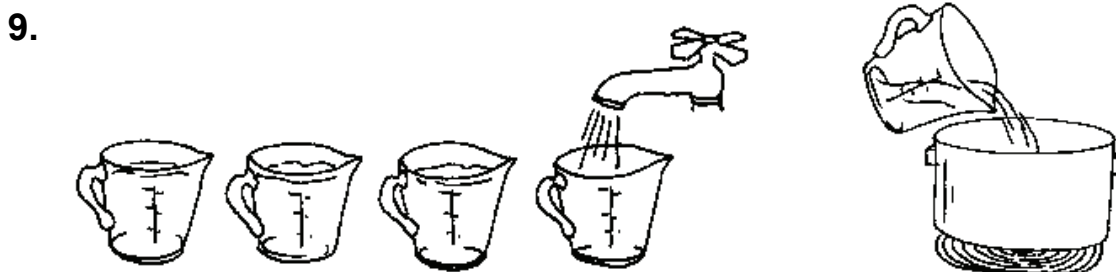
Place pot on burner to medium-heat.



Stir meat until it is all brown.



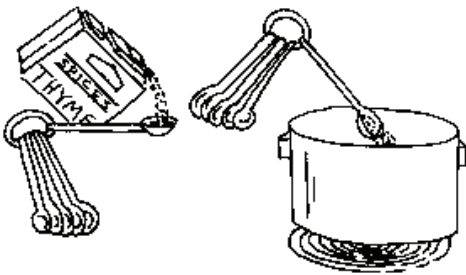
Peel and chop 1 onion and add to the pot.



Measure 4 cups of water. Add water to pot.

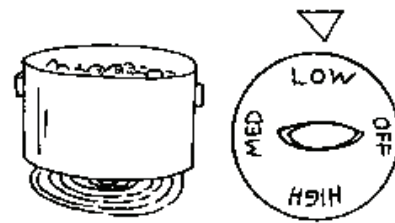


10.



Measure 1/4 tsp thyme and add to pot.

11.



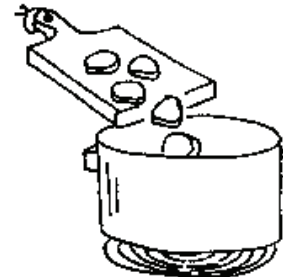
Watch carefully! When bubbling turn to low.

12.



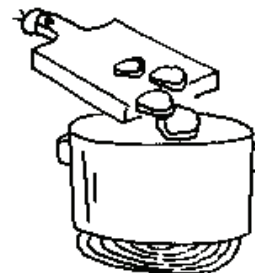
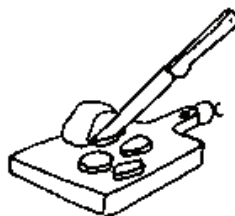
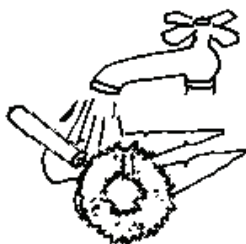
Cover pot with lid. Simmer for 2 hours.

13.



Wash and scrub 3 potatoes. Cut them and add to the pot.

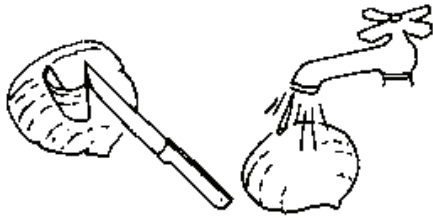
14.



Wash and chop 2 carrots then add to the pot.

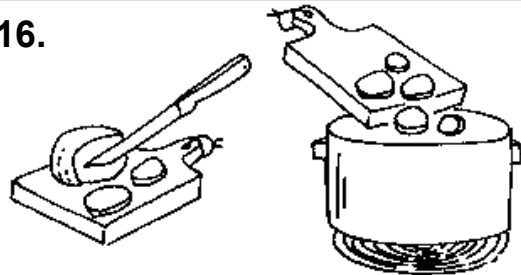


15.



Peel and rinse rutabaga under running water.

16.



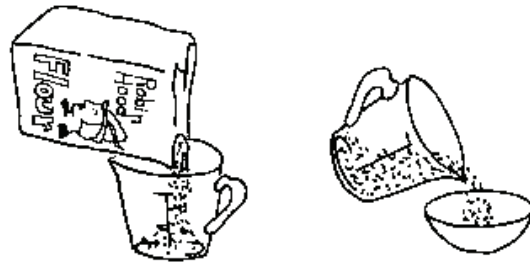
Chop rutabaga and add to pot.

17.



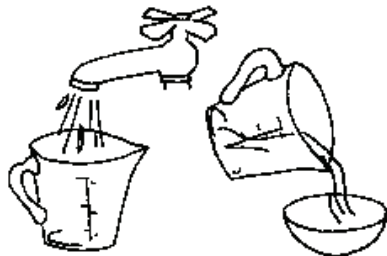
Simmer 1 hour more.

18.



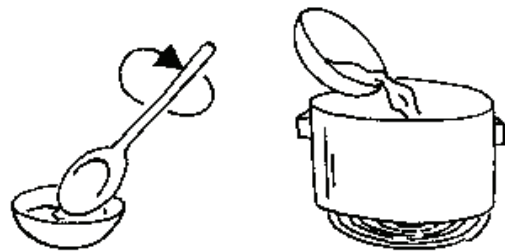
Measure 1/4 cup flour. Add to bowl.

19.



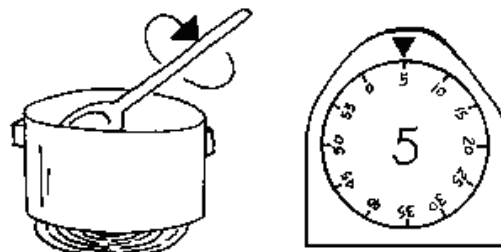
Measure 1/2 cup water and add to bowl.

20.



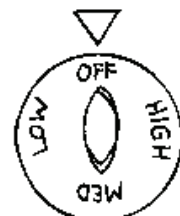
Mix flour and water and add to stew.

21.



Stir and cook for 5 minutes or until the stew thickens.

22.



Turn burner off and serve moose meat stew.

Lazy Day Stew

Serves 4

Food Needed			Equipment Needed
1 lb	stewing beef	500 g	cutting board
1/4 cup	flour	50 mL	knife
1	onion	1	large covered casserole
3	carrots	3	spoon
3	potatoes	3	peeler
2	celery stalks	2	can opener
14 oz can	tomatoes	398 ml can	measuring cup
1/2 cup	water	125 mL	timer
	salt		oven mitts
	pepper		

Wash hands.

Trim the fat from the meat and add the meat to the casserole dish.

Measure the flour and add to the casserole dish.

Stir to mix.

Peel and chop the onion.

Add the chopped onion to the casserole dish.

Peel the carrots.

Peel the potatoes.

Rinse the carrots and potatoes in running water.

Cut the carrots in pieces and add to the casserole.

Cut the potatoes in pieces, and add them to the casserole.

Wash and chop the celery. Add celery to the casserole.

Open the can of tomatoes with the can opener and add tomatoes to the casserole.

Measure the water and add it to the casserole.

Sprinkle the meat and vegetables lightly with salt and pepper and stir to mix.

Turn oven to 300°F (150°C).

Cover the casserole dish and place in oven.

Cook for 1 hour.

Use the oven mitts to remove the casserole dish from the oven.

Remove the lid and stir the stew.

Cover the casserole dish and return to oven.

Cook 1 1/2 hours longer.

Turn off the oven. Remove casserole dish and serve.

Lazy Day Stew

Serves 4



Food needed:



1 lb
stewing beef



1/4 cup flour



1 onion



3 potatoes



3 carrots



2 stalks celery



14 oz can of
tomatoes



1/2 cup
water

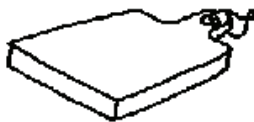


salt



pepper

Equipment needed:



cutting board



knife



spoon



vegetable
peeler



large covered
casserole



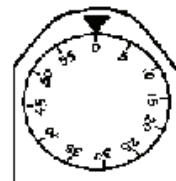
measuring cup



can opener



oven mitts



timer

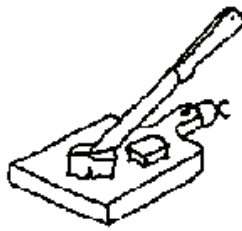


1.



Wash hands.

2.



Trim fat from the stewing beef and add the beef to the casserole dish.

3.



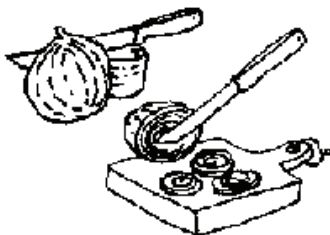
Measure 1/4 cup flour and add to the casserole dish.

4.



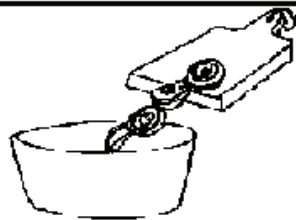
Stir to mix.

5.



Peel and chop onion.

6.



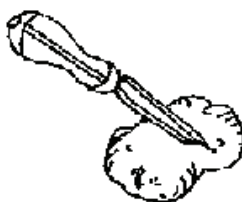
Add onion to the casserole dish.

7.



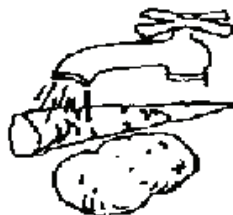
Peel the carrots.

8.



Peel the potatoes.

9.



Rinse carrots and potatoes under running water.

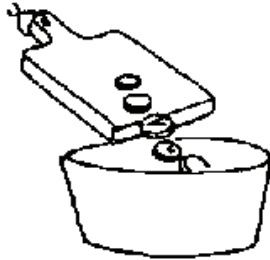
10a.



Cut the carrots into pieces.

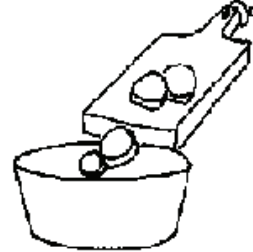


10b.



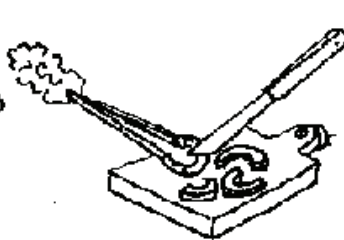
Add carrots to the
casserole dish.

11.



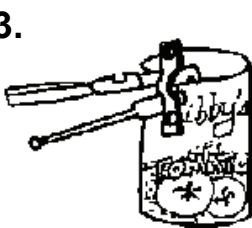
Cut potatoes into pieces and add to
the casserole dish.

12.



Wash and chop the celery. Add to the casserole dish.

13.



Open the can of tomatoes with a
can opener. Add tomatoes to
casserole dish.

14.



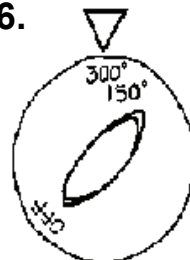
Measure 1/2 cup water and
add to casserole dish.

15.



Sprinkle mixture lightly with
salt and pepper and stir to mix.

16.



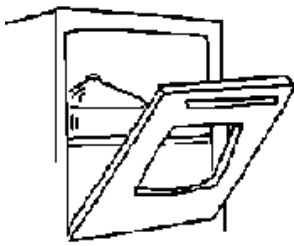
Turn oven to
300°F.

17a.



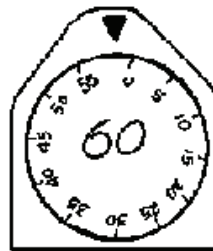
Cover
casserole dish. →

17b.



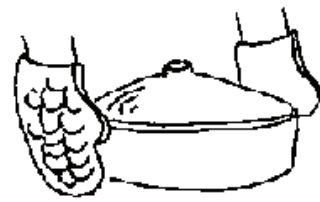
Place casserole
in oven.

18.



Cook for 1 hour.

19.



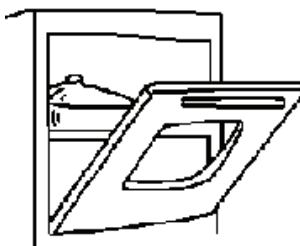
Use oven mitts to remove
casserole from oven.

20.



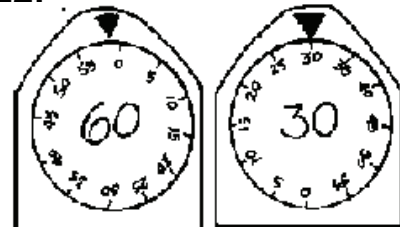
Remove lid and
stir stew.

21.



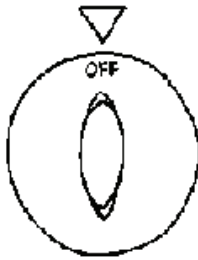
Cover casserole with lid
and return to oven.

22.



Cook for 1 and 1/2 hours
longer.

23.



Turn oven off. Remove casserole from oven and serve stew.

Shepherd's Pie

Serves 4 - 6

Food Needed			Equipment Needed
1	small onion	1	knife
1 lb	ground beef	500 g	cutting board
12 oz can	corn	341 mL can	frying pan
6	medium potatoes	6	spoon
1/4 cup	milk	50 mL	casserole dish or baking pan
			can opener
			peeler
			pot with lid
			timer
			colander
			measuring cup
			potato masher
			oven mitts

Wash hands.

PART 1 - THE MEAT LAYER

Peel and chop the onion on the cutting board.

Add the onions to the frying pan.

Add the ground beef to the frying pan.

Set the burner to medium high.

Cook until the meat is brown, stirring every few minutes.

Tilt the pan and spoon out the fat.

Place the onion and meat in a baking pan.

PART 2 - THE CORN LAYER

Open the can of corn with the can opener.

Spread the corn on top of the meat in the baking pan.

See Part 3 on the next page

Shepherd's Pie continued . . .

PART 3 - THE POTATO TOPPING

Peel potatoes with vegetable peeler. Rinse under water.

Use the knife and cutting board to slice potatoes into pieces.

Add potatoes to the pot. Add just enough water to cover the potatoes.

Put the lid on the pot, place pot on the burner and turn the burner to high.

Watch until water begins to bubble. Turn burner to low.

Cook potatoes for 15 minutes.

Turn burner off.

Place the colander in a clean sink and pour the potatoes and water into the colander to drain.

Put potatoes back into pot.

Use a potato masher to mash the potatoes.

Spread the mashed potatoes on top of the corn in baking pan.

PART 4 - THE BAKING

Turn the oven to 400° F or 200° C.

Place the baking pan in oven for 30 minutes.

Turn oven off.

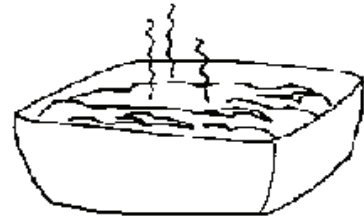
Remove casserole dish and serve.

Variation: Use frozen corn, or mixed vegetables instead of canned corn.

Try this with: Sliced tomatoes
Applesauce
Glass of Milk

Shepherd's Pie

Serves 4 - 6



Food needed:



1 lb ground beef



1 small onion



1/4 cup milk



12 oz can of corn



6 medium potatoes

Equipment needed:



peeler



knife



cutting board



potato masher



pot with lid



frying pan



measuring cup



baking pan



colander



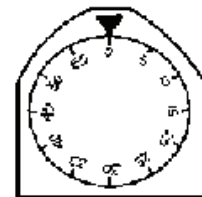
spoon



can opener

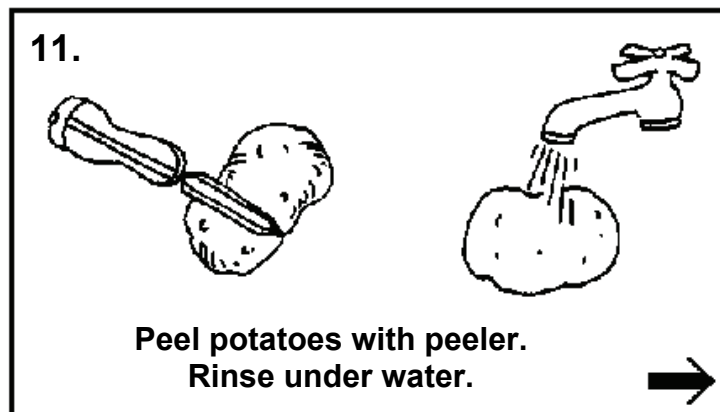
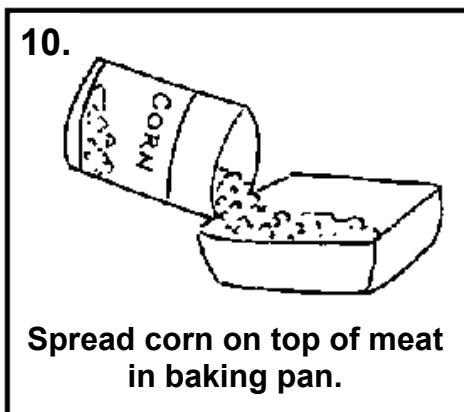
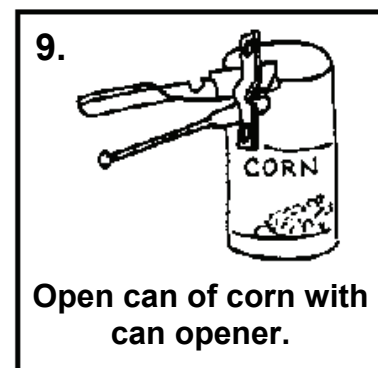
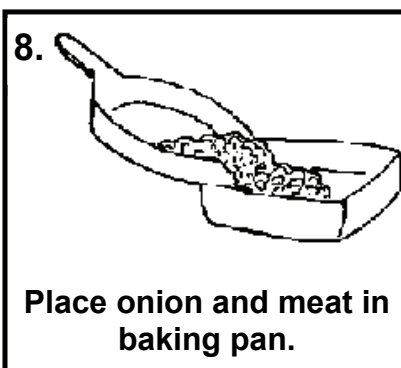
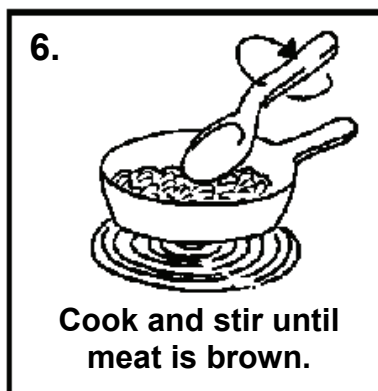
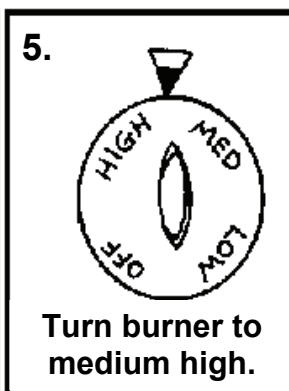
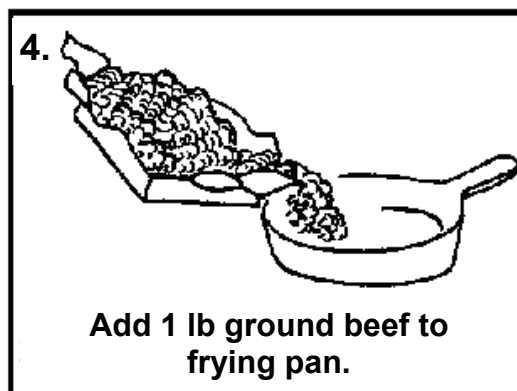
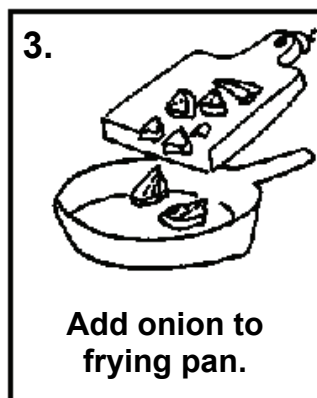
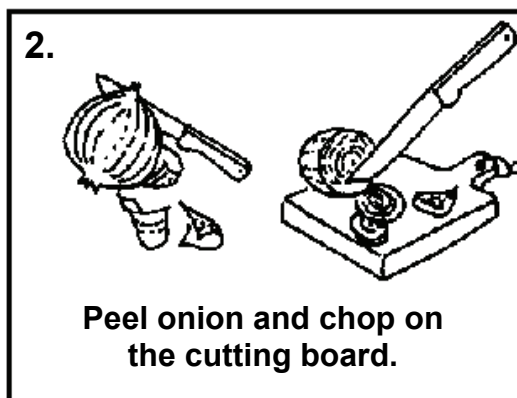
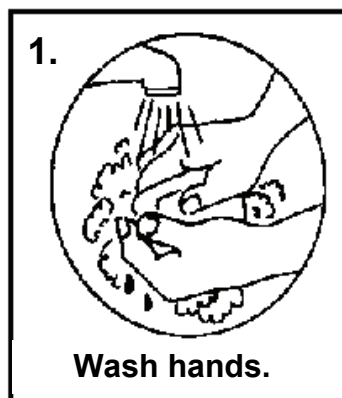


oven mitts

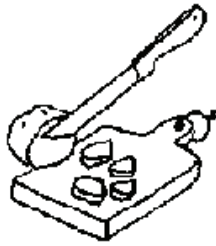


timer



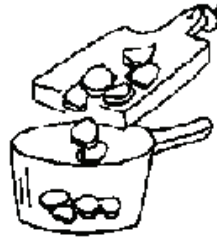


12.



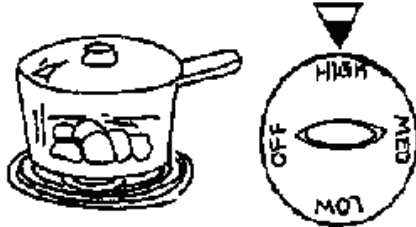
Use the knife and cutting board to slice potatoes into pieces.

13.



Add potatoes to pot and enough water to cover potatoes.

14.



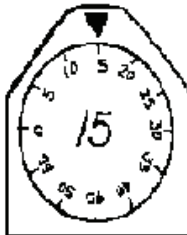
Cover pot and place on burner.
Turn burner to high.

15.



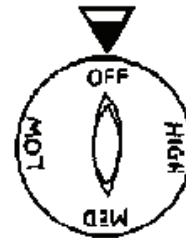
Watch until water begins to bubble.
Turn burner to low.

16.



Cook potatoes for 15 minutes.

17.



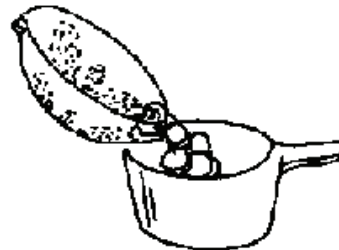
Turn burner to off.

18.



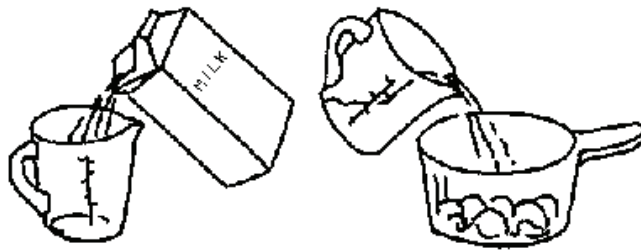
Put colander in clean sink and pour cooked potatoes and water into colander. Drain off the water.

19.



Put potatoes back into pot. →

20.



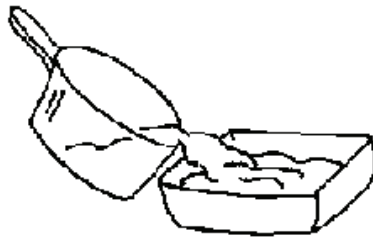
Measure 1/4 cup milk and add to the potatoes.

21.



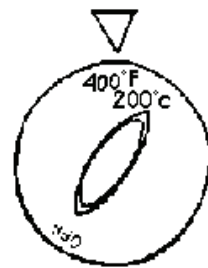
Use potato masher to mash potatoes.

22.



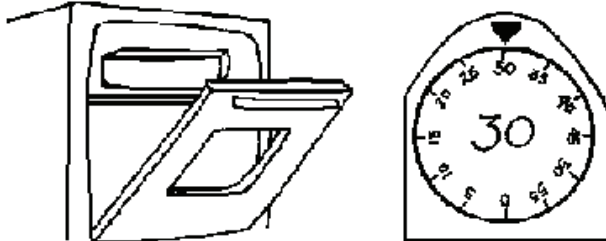
Spread mashed potatoes on top of corn in baking dish.

23.



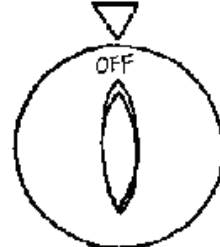
Turn oven to 400°F.

24.



Place baking pan in oven for 30 minutes.

25.



Turn oven to off.

26.



Remove baking pan and serve.

Tossed Green Salad

Serves 2

Food Needed			Equipment Needed
1/4 head	lettuce	1/4 head	large bowl
1	celery stalk	1	cutting board
1	green onion	1	knife
1/2	tomato	1/2	2 large spoons
	salad dressing		

Wash hands.

Rinse lettuce and celery under running water.

Tear off 1/4 head of lettuce.

Break the lettuce into small pieces and place in a bowl.

Slice celery into small pieces and add to the bowl.

Wash onion under running water, slice into small pieces and add to the bowl.

Wash the tomato and slice it in half. Cut one half into small pieces and add to the bowl.

Save the other half to use another time.

Use two large spoons and mix the vegetables together.

Add salad dressing just before serving.

Variations: Add cheese, boiled egg, or chopped cooked meat to the salad.

Add other fresh vegetables such as chopped cauliflower, or broccoli, or sliced cucumber.

Tossed Green Salad

Serves 2



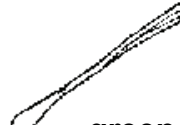
Food needed:



1/4 head
lettuce



1 celery
stalk



green
onion



1/2 tomato

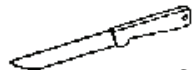
salad
dressing



Equipment needed:



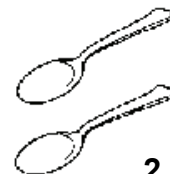
large bowl



knife



cutting
board



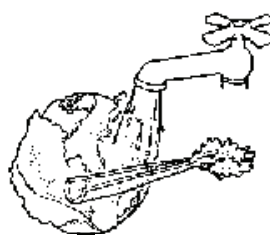
2 large
spoons

1.



Wash hands.

2.



Wash lettuce and
celery under water.

3.



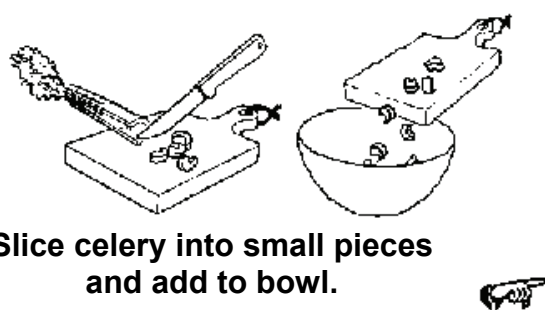
Tear off 1/4 of the head
of lettuce.

4.



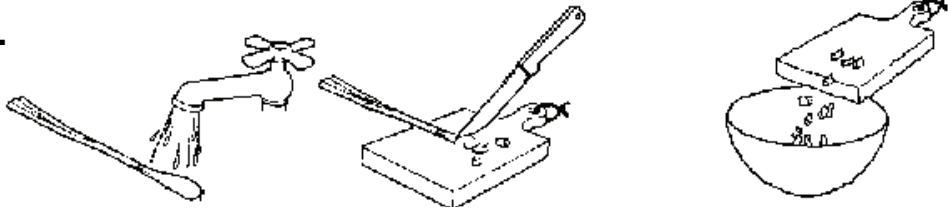
Break lettuce into small
pieces and place in bowl.

5.



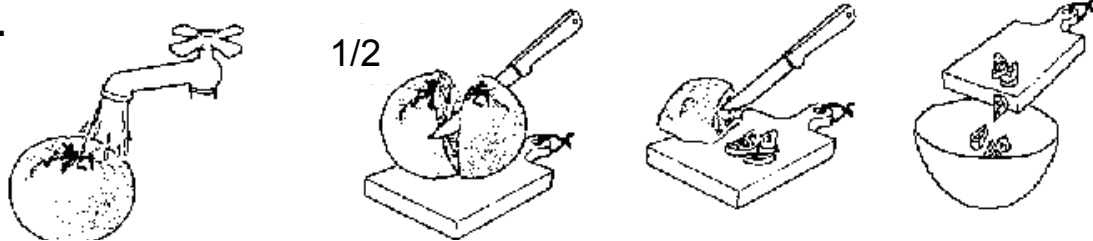
Slice celery into small pieces
and add to bowl.

6.



Wash green onion. Slice into small pieces. Add to bowl.

7.



Wash tomato and slice in half. Cut 1/2 into small pieces and add to bowl.

8.



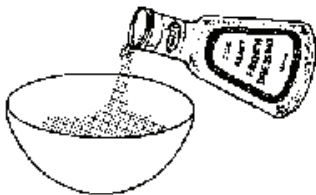
Wrap and save other half of tomato.

9.



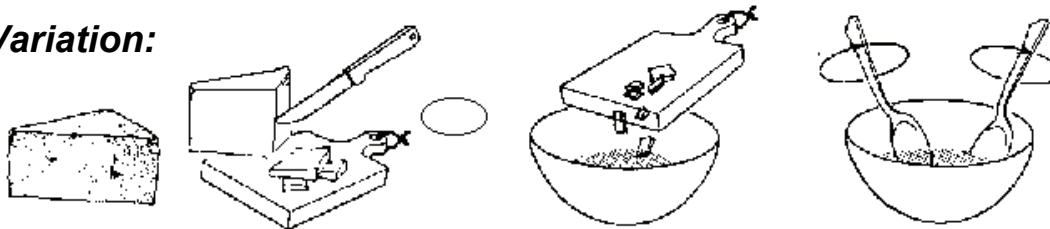
Use two large spoons to mix vegetables together.

10.



Add salad dressing. Serve.

Variation:



Add cheese, boiled egg or chopped meat to the salad. Use other fresh vegetables in salad—chopped cauliflower, broccoli or sliced cucumber.

Frozen Vegetables

Serves 1

Food Needed	Equipment Needed
1/2 cup frozen vegetables 125 mL 1/2 cup water 125 mL	measuring cup pot with lid colander oven mitts timer

Wash hands.

Measure water and add to pot.

Place pot on burner and turn burner to high.

When the water starts to bubble, measure frozen vegetables and add to pot.

When water bubbles, turn burner to low and cover pot.

Simmer for 5 minutes. Turn burner off.

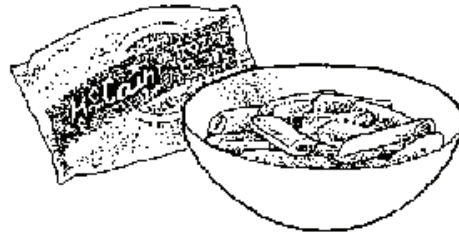
Place the colander in a clean sink and pour the vegetables and water into the colander.

Let the water drain off.

Serve.

Frozen Vegetables

Serves 1



Food needed:



1/2 cup frozen vegetables



1/2 cup water

Equipment needed:



colander



oven mitts



measuring cup



pot with lid



timer

1.



Wash hands.

2.



Measure 1/2 cup water and add to pot.

3.



Put pot on burner and turn to high.

4.



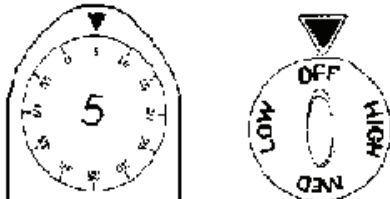
When water bubbles, measure 1/2 cup vegetables and add to pot.

5.



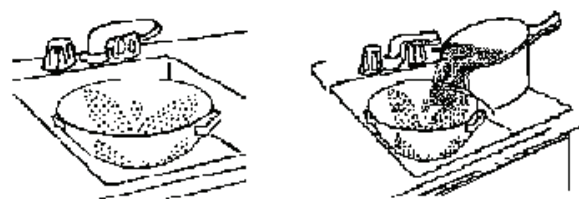
Cover pot when water boils again. Turn to low.

6.



Simmer for 5 minutes then turn burner off.

7.



Place colander into clean sink. Drain vegetables in colander and serve.

Boiled Rice

Serves 2-3

Food Needed			Equipment Needed
1/2 cup	converted rice	125 mL	measuring cup
1 1/4 cup	water	1—250 mL cup + 50 mL	pot with lid spoon timer

Wash hands.

Measure rice and add to pot.

Measure water and add to pot.

Stir.

Place pot on burner. Turn burner to high.

Watch carefully until the water bubbles.

Turn burner to low.

Put lid on pot and cook for 15 minutes.

Turn burner off.

Remove pot from burner and serve.

Variations: Use **brown rice**. Prepare in the same way except cook for 40 minutes after the burner is turned to low.

Use **instant rice** when you are in a hurry. Add the instant rice to the same amount of boiling water, cover. Let stand 5 minutes and serve.

Boiled Rice

Serves 2-3



Food needed:



1/2 cup converted rice



1 cup + 1/4 cup water

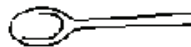
Equipment needed:



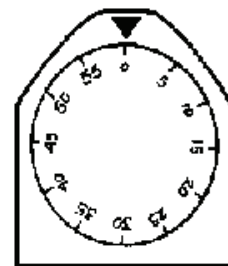
measuring
cup



pot with lid



spoon



timer

1.



Wash hands.

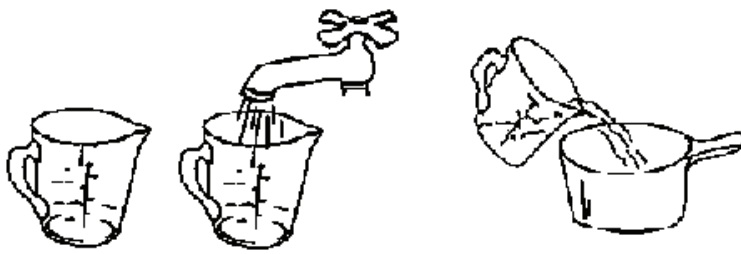
2.



Measure 1/2 cup rice and add to the pot.



3.



Measure 1 cup + 1/4 cup of water and add to pot.

4.



Stir.

5.



Place pot on burner. Turn burner to high.

6.



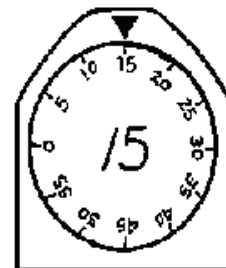
Watch until the water bubbles.

7.



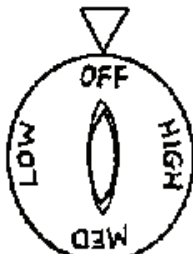
Turn burner to low.

8.



Put lid on pot and cook for 15 minutes.

9.



Turn burner off.

10.



Remove pot from burner and serve.

Baked Rice

Serves 6

Food Needed			Equipment Needed
1 cup	converted rice	250 mL	measuring cup
2 1/2 cups	water	2—250 mL+ 125 mL	baking dish with lid (or foil to cover)
1 tbsp	margarine	15 mL	measuring spoons
1	small onion	1	knife
1	celery stalk	1	cutting board
			spoon
			timer
			oven mitts

Wash hands.

Measure rice and add to baking dish.

Measure water and add to baking dish.

Measure margarine and add to baking dish.

Peel and chop 1 onion.

Add onion to baking dish.

Wash and chop 1 stalk of celery and add celery to baking dish. Stir well.

Set oven to 350°F (180°C).

Cover dish and bake for 45 minutes.

Turn oven off. Remove baking dish from oven and serve.

Baked Rice

Serves 6



Food needed:



1 cup
converted rice



2 1/2
cups
of water



1 tbsp
margarine



1 small
onion

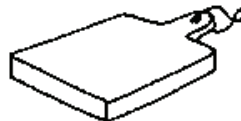


1 celery
stalk

Equipment needed:



measuring
cup



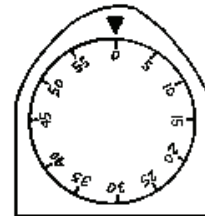
cutting board



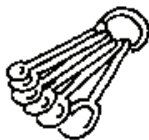
knife



oven
mitts



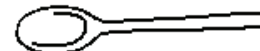
timer



measuring
spoons



baking dish with lid
OR foil (optional)



spoon

1.



Wash hands.

2.



Measure 1 cup of rice and
add to baking dish.

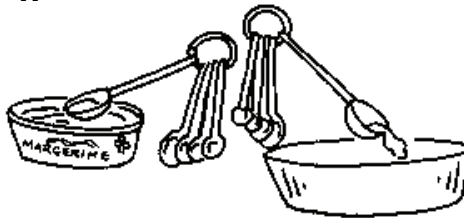


3.



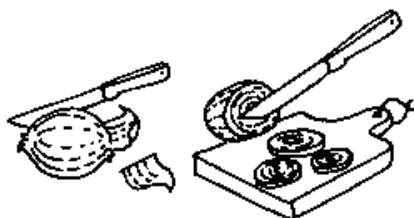
Measure 2 1/2 cups of water and add to baking dish.

4.



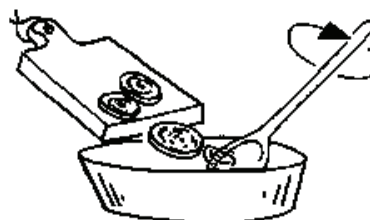
Measure 1 tbsp margarine and add to baking dish.

5.



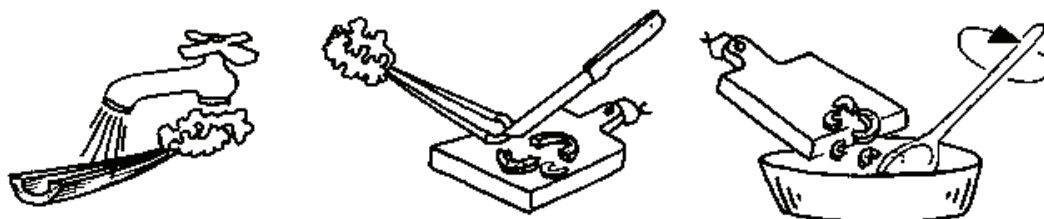
Peel and chop 1 onion.

6.



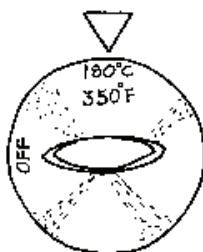
Add to baking dish and stir.

7.



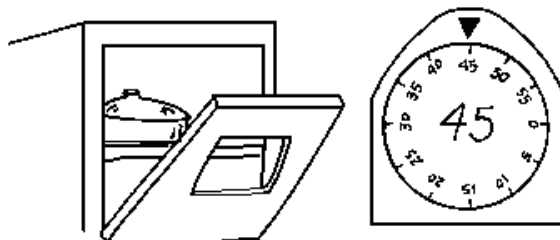
Wash and chop 1 celery stalk. Add to baking dish and stir well.

8.



Turn oven to 350°F.

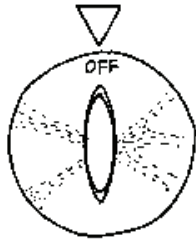
9.



Cover dish and bake for 45 minutes.



10.



Turn oven off. Remove baking dish from oven and serve.

Oven French Fries

Serves 4

Food Needed			Equipment Needed
4	medium potatoes	4	vegetable brush
2 tbsp	oil	25 mL	knife
	paprika (optional)		cutting board
			bowl
			measuring spoons
			spoon
			cookie sheet
			timer
			oven mitts
			lifter

Wash hands.

Turn oven to 450°F (230°C).

Scrub potatoes under running water with a vegetable brush.

Cut out any eyes or green spots.

Slice into 1/2 inch (1 cm) thick strips. Add to bowl.

Measure oil and add to bowl.

Sprinkle potatoes with paprika and stir well.

Spread potatoes on cookie sheet.

Bake in oven for 15 minutes.

Using oven mitts, remove cookie sheet from oven.

Turn potatoes over using a lifter.

Return cookie sheet to oven and bake 15 minutes more. Turn oven off.

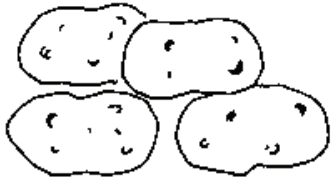
Remove cookie sheet from oven and serve French Fries.

Oven French Fries

Serves 4



Food needed:



4 medium potatoes

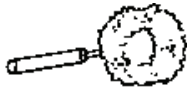


1 tbsp oil



Paprika
(optional)

Equipment needed:



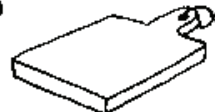
vegetable
brush



knife



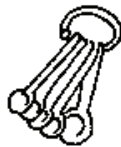
lifter



cutting board



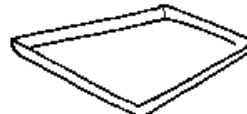
bowl



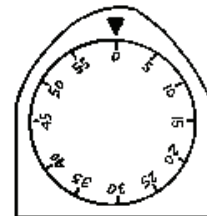
measuring
spoons



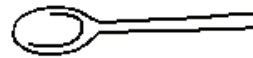
oven mitts



cookie sheet



timer



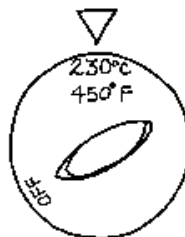
spoon

1.



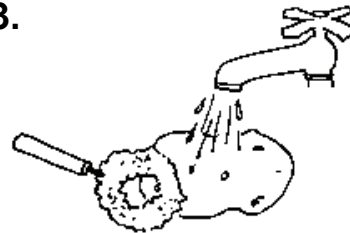
Wash hands.

2.



Turn oven
to 450°F.

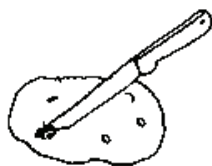
3.



Scrub potatoes under
water with vegetable
brush.

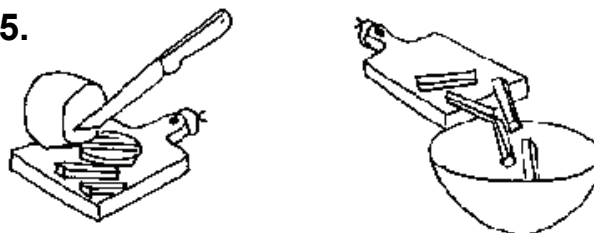


4.



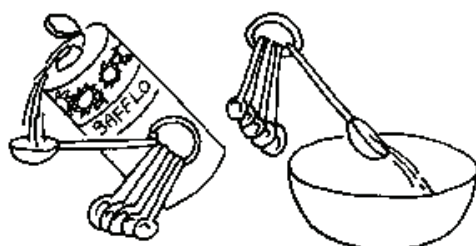
Cut out any eyes or green spots.

5.



Slice into 1/2 inch strips and put in bowl.

6.



Measure 1 tbsp oil and add to bowl.

7.



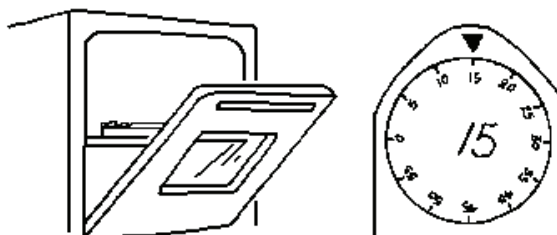
Sprinkle with paprika and stir well.

8.



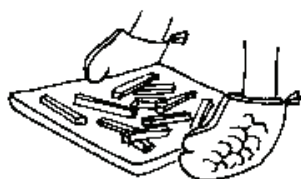
Spread potato slices on cookie sheet.

9.



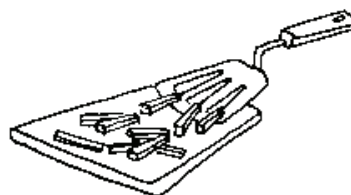
Bake in oven for 15 minutes.

10.



Using oven mitts, remove cookie sheet from oven.

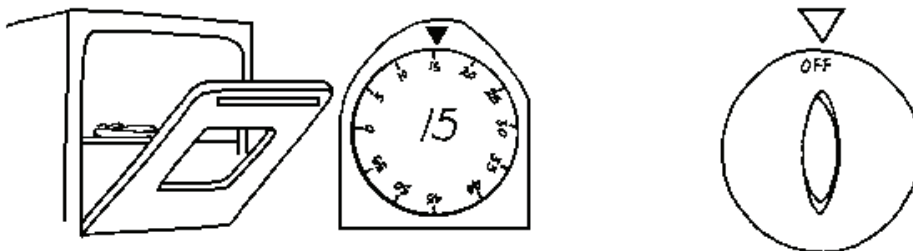
11.



Turn potatoes over using lifter.



12.



Return to oven and bake for 15 minutes more. Turn oven off.

13.



Remove from oven and serve French Fries.

Bannock

Serves 6

Food Needed	Equipment Needed
1 cup flour 250 mL	measuring cup
1/2 cup oatmeal 125 mL	mixing bowl
2 tsp baking powder 10 mL	measuring spoons
2 tbsp powdered milk 25 mL	spoon
2 tbsp margarine 25 mL	small baking pan
1/2 cup water 125 mL	timer
margarine to grease pan	oven mitts

Wash hands.

Measure flour and add to bowl.

Measure oatmeal and add to bowl.

Measure baking powder and add to bowl.

Measure powdered milk and add to bowl.

Stir to mix.

Measure margarine and blend into flour mixture until it looks crumbly.

Measure the water and add to the bowl.

Stir until evenly blended.

Grease the baking pan with margarine.

Pour mixture into baking pan.

Set oven to 400°F (200°C).

Put pan in oven and bake for 15 minutes.

Turn oven off.

Use oven mitts to remove pan from oven. Let sit 5 minutes.

Turn out on a plate, let cool, cut and serve.

Note: If you have no powdered milk, use milk instead of water.

Variation: Add 1/2 cup (125 mL) raisins with the other ingredients.

Adapted with permission from The North West Company, Healthy Living Program, 1992.

Bannock

Serves 6



Food needed:



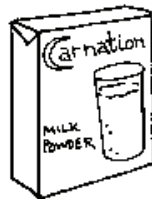
125 mL
water



2 tbsp
margarine



2 tsp
baking
powder



2 tbsp
powdered
milk



1/2 cup
oatmeal



1 cup
flour

Equipment needed:



measuring
cup



mixing bowl



measuring
spoons



spoon



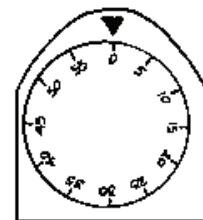
plate



small baking pan



oven mitts



timer

1.



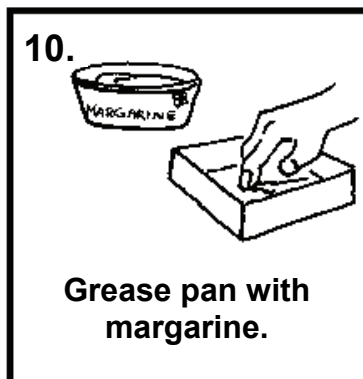
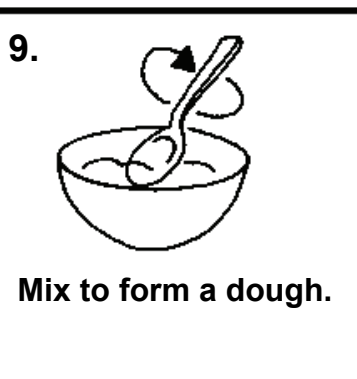
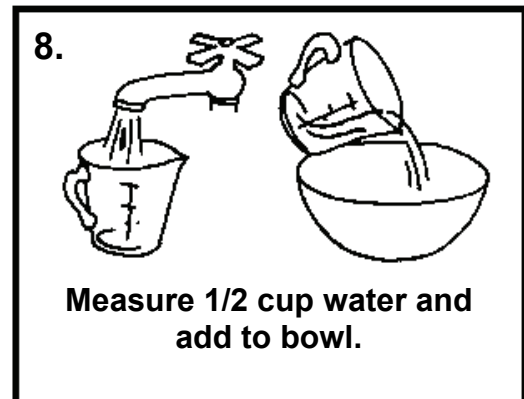
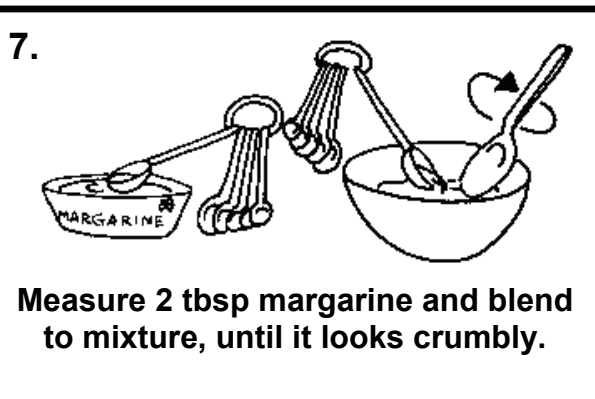
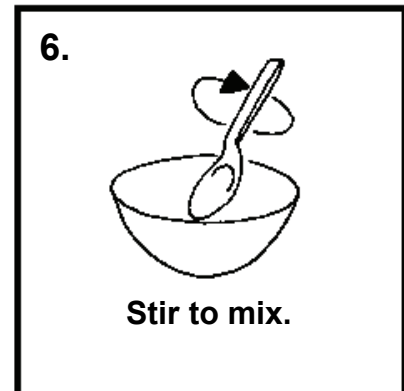
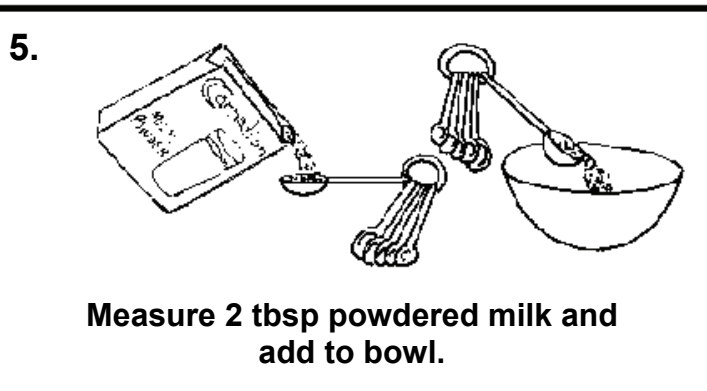
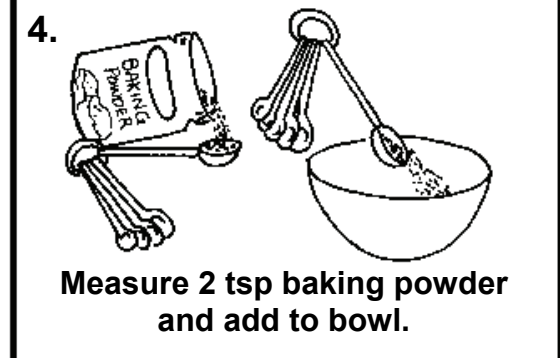
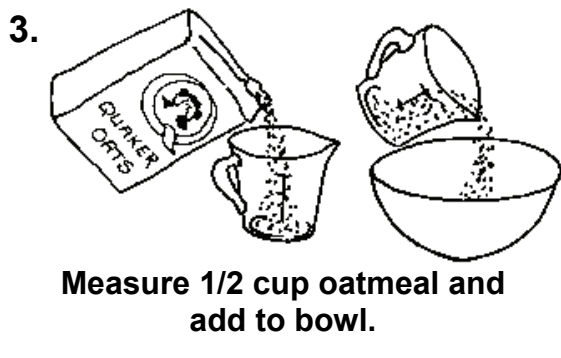
Wash hands.

2.

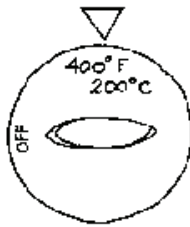


Measure 1 cup flour and add to bowl.



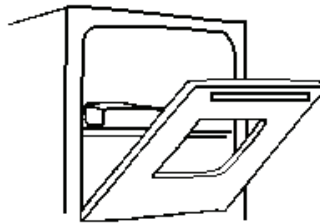


12.



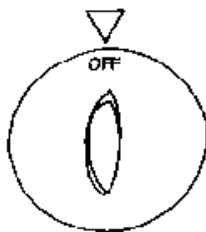
Set oven to 400°F.

13.



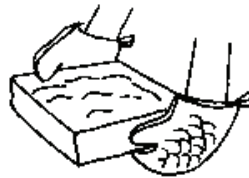
Put pan into oven and bake for 15 minutes.

14.



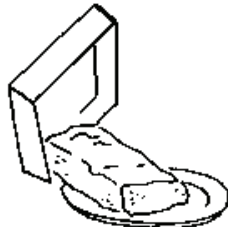
Turn oven off.

15.



Use oven mitts to remove pan from oven,
let sit for 5 minutes.

16.



Turn out on a plate. Let cool, cut and serve.

Note: If you have no powdered milk, use milk instead of water.

Variation: Add 1/2 cup or 125 mL raisins with the other ingredients.

Adapted with permission from The North West Company, Healthy Eating Program, 1992.

Orange and Banana Salad

Serves 2

Food Needed			Equipment Needed
1	orange	1	cutting board
1	banana	1	knife
2 tbsp	orange juice	25 mL	large bowl
			measuring spoons
			spoon

Wash hands.

Peel orange and slice into small pieces. Add to bowl.

Peel banana and slice into small pieces. Add to bowl.

Measure orange juice and add to fruit.

Stir together and serve.

Variation: Add other fruit such as chopped apple, grapes, shredded coconut, or canned pineapple.

Orange and Banana Salad



Food needed:



orange

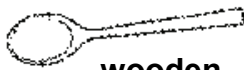


banana



2 tbsp
orange
juice

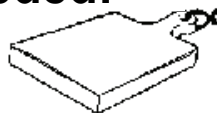
Equipment needed:



wooden
spoon



knife



cutting board



measuring spoons



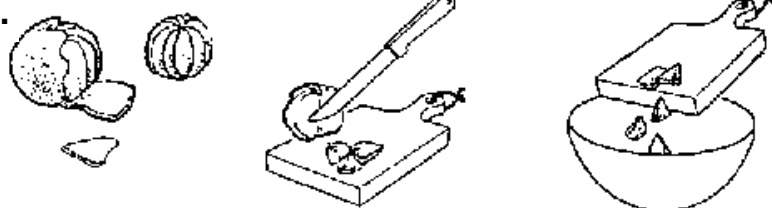
bowl

1.



Wash hands.

2.



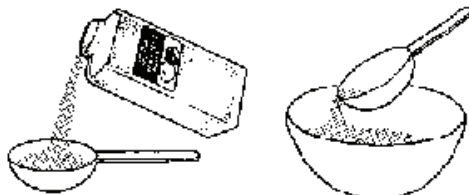
Peel orange. Slice into small pieces. Add to bowl.

3.



Peel banana. Slice into small pieces. Add to bowl.

4.



Measure 2 tbsp orange juice and
add to bowl.

5.



Stir together. Serve.

Easy Rice Pudding

Serves 4

Food Needed			Equipment Needed
3 cups	milk	3—250 mL cups	measuring cup
1/3 cup	rice	75 mL	large baking dish
1/4 cup	sugar	50 mL	measuring spoons
1/2 tsp	nutmeg	2 mL	spoon
1 tsp	vanilla	5 mL	timer
1 tbsp	margarine	15 mL	oven mitts
1/3 cup	raisins	75 mL	

Wash hands.

Turn oven to 300°F (150° C).

Measure the milk and add to the baking dish.

Measure the rice and add to the baking dish.

Measure the sugar and add to the baking dish.

Measure the nutmeg and add to the baking dish.

Measure the vanilla and add to the baking dish.

Measure the margarine and add to the baking dish.

Measure the raisins and add to the baking dish.

Stir to mix.

Put baking dish in oven.

Bake for 1 1/2 hours.

Use oven mitts to remove pudding from oven. Stir.

Return pudding to oven and bake 1 hour longer.

Turn oven off.

Let pudding cool for a few minutes and serve.

Cook Lazy Day Stew in the oven at the same time. This will save energy.

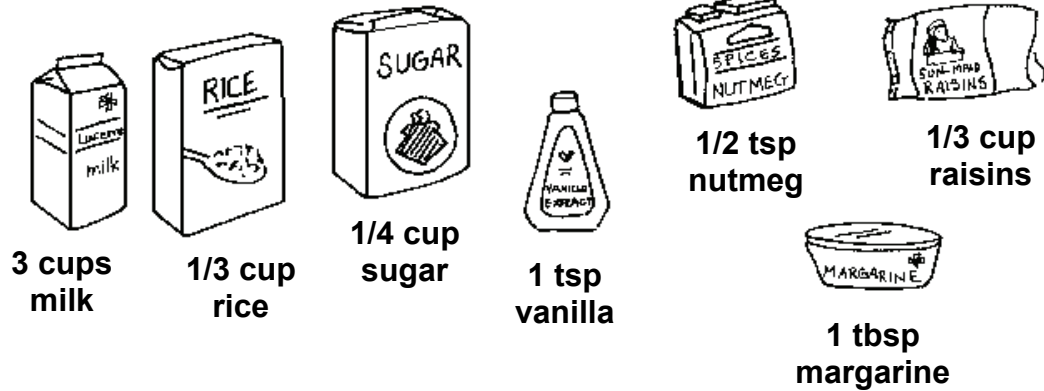
Try this with: Lazy Day Stew
 Tossed Green Salad
 Bannock

Easy Rice Pudding

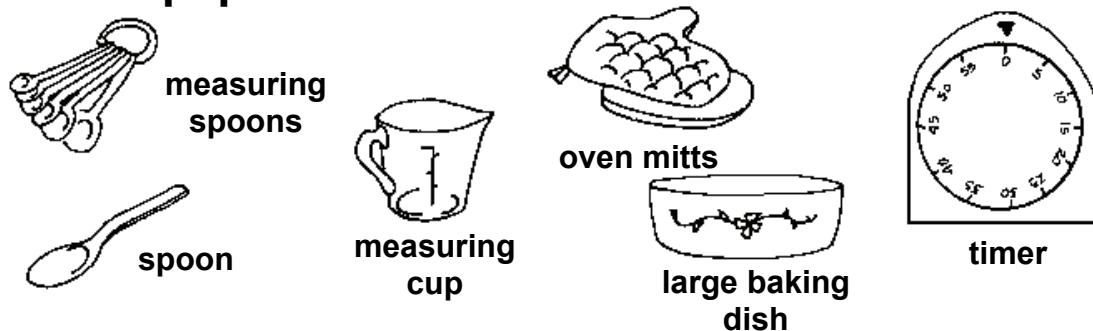
Serves 4



Food needed:



Equipment needed:

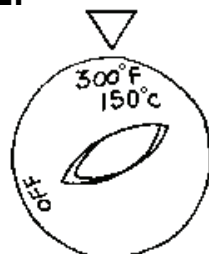


1.



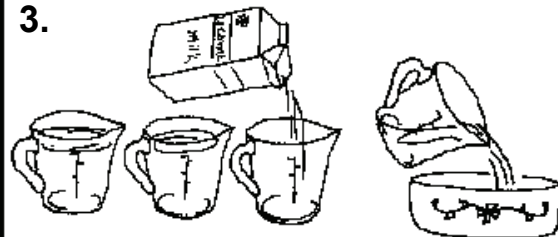
Wash hands.

2.



Turn oven to 300°F.

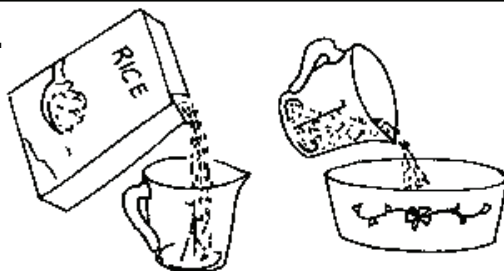
3.



Measure 3 cups of milk.
Add to baking dish.

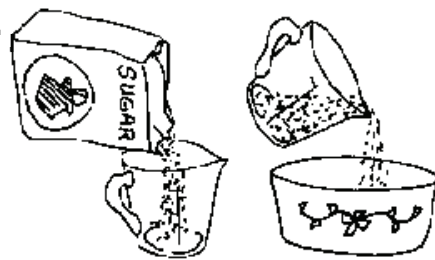


4.



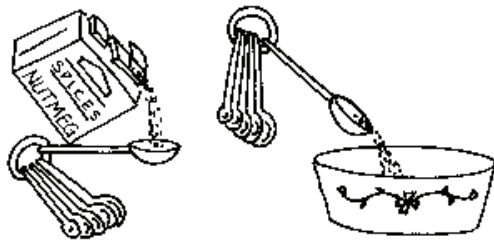
Measure 1/3 cup rice and add to dish.

5.



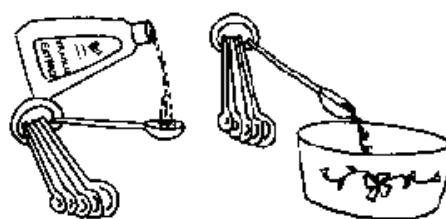
Measure 1/4 cup sugar and add to dish.

6.



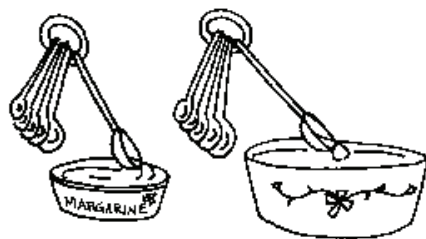
Measure 1/2 tsp nutmeg and add to dish.

7.



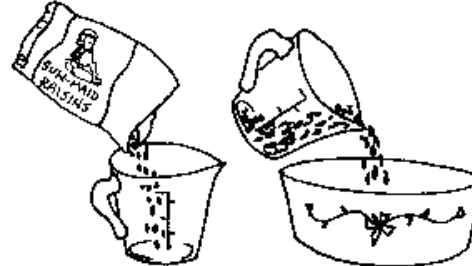
Measure 1 tsp vanilla and add to dish.

8.



Measure 1 tbsp margarine and add to dish.

9.



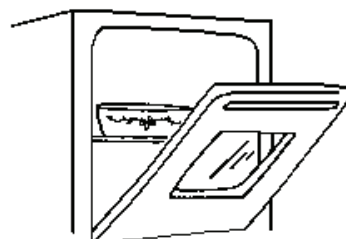
Measure 1/3 cup raisins and add to dish.

10.



Stir to mix.

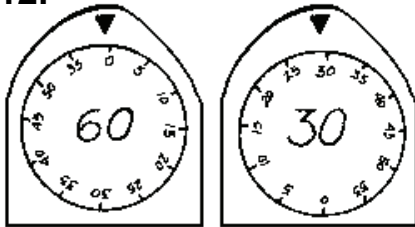
11.



Put baking dish in oven.



12.



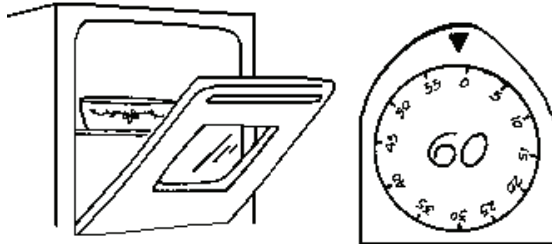
Bake for 1 and 1/2 hours.

13.



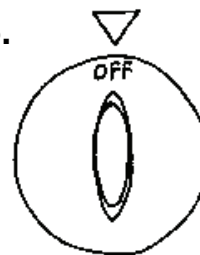
Using oven mitts, remove pudding and stir.

14.



Return pudding to oven and bake 1 hour longer.

15.



Turn oven off.

16.



Let pudding cool for a few minutes and then serve.

Oatmeal Cookies

Makes 1 dozen

Food Needed			Equipment Needed
2 tbsp	margarine	25 mL	measuring spoons
1/4 cup	white sugar	50 mL	measuring cup
1/4cup	brown sugar	50 mL	large bowl
1	egg	1	spoon
1/4 tsp	vanilla	1mL	cookie sheet
1/4 cup	flour	50 mL	timer
1/4 tsp	baking soda	1 mL	oven mitts
2/3 cup	oatmeal	150 mL	lifter
1 tsp	margarine	5 mL	

Wash hands.

Turn oven on to 350° F (180°C).

Measure shortening and place in large bowl.

Measure white sugar and add to large bowl.

Beat with spoon until well mixed.

Measure brown sugar and add to large bowl.

Beat well with spoon.

Crack the egg into a small bowl. Pour egg into sugar mixture.

Measure vanilla and add to the large bowl.

Beat with the spoon until well mixed.

Measure the flour and add to the bowl.

Measure the baking soda and add to the bowl. Mix well.

Measure oatmeal and add to the bowl. Mix well.

Use margarine to grease the cookie sheet.

Spoon cookie dough on cookie sheet in 12 spoonfuls making sure they are evenly spaced.

Put cookie sheet in oven. Bake for 12 minutes.

Take the cookies out of the oven using oven mitts. Turn oven off.

Let the cookies cool for about 2 minutes.

Use the lifter to take them off the cookie sheet.

Variation: Add 1/4 cup (50 mL) nuts, raisins or other dried fruit to the batter.

Oatmeal Cookies

Makes 1 dozen



Food needed:



1/4 cup
white
sugar



1/4 cup
brown
sugar



2/3 cup
oatmeal



1/4 tsp
vanilla



1/4 cup
flour



1 egg



2 tbsp + 1 tsp
margarine



1/4 tsp
baking
soda

Equipment needed:



measuring
cup



spoon



measuring
spoons



oven mitts



lifter



small
bowl



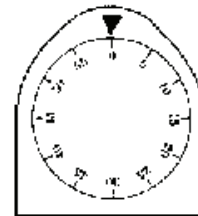
large bowl



wooden
spoon



cookie
sheet



timer

1.



Wash hands.

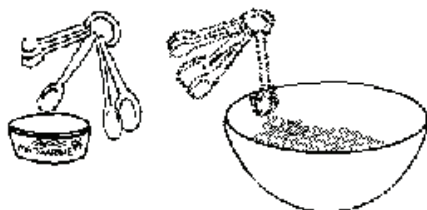
2.



Set oven to 350°F.

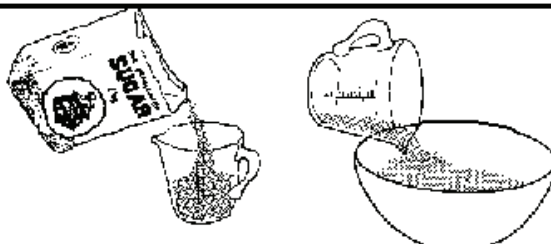


3.



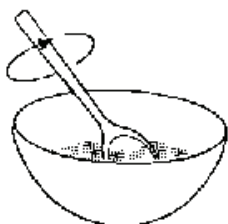
Measure 2 tbsp margarine and add to large bowl.

4.



Measure 1/4 cup white sugar and add to bowl.

5.



Beat until mixed.

6.



Measure 1/4 cup brown and add to bowl.

7.



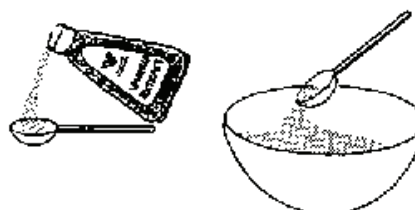
Beat until mixed.

8.



Crack egg into small bowl.
Pour egg into large bowl.

9.



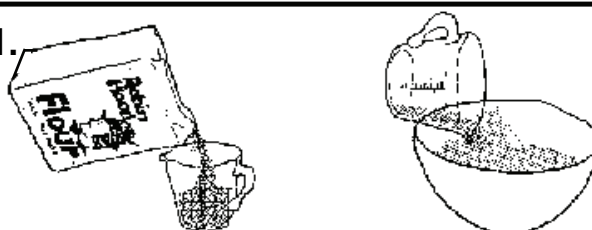
Add 1/4 tsp vanilla to bowl.

10.



Beat until mixed.

11.



Measure 1/4 cup flour and add to bowl.

12.



Add 1/4 tsp baking soda.



Beat until mixed.

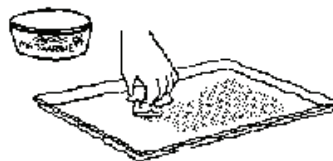


13.



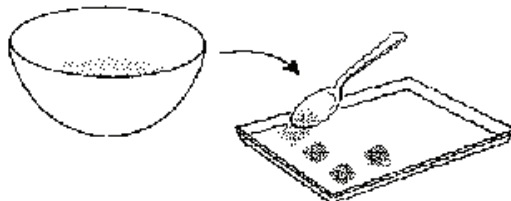
Add $\frac{2}{3}$ cup oatmeal to bowl. Mix well.

14.



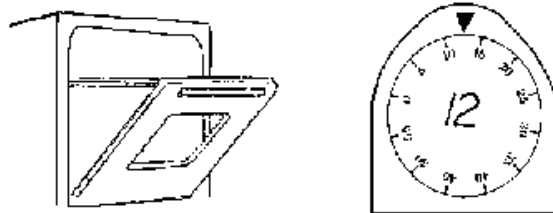
Grease cookie sheet with margarine.

15.



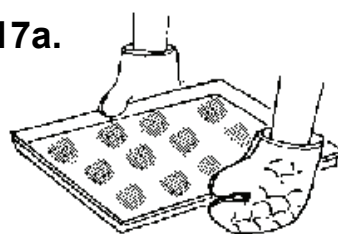
Spoon out cookie dough into 12 spoonfuls on cookie sheet. Space evenly.

16.



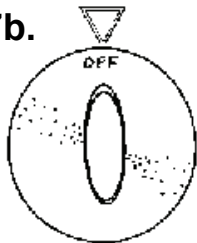
Place in oven. Bake for 12 minutes.

17a.



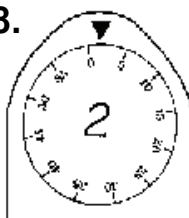
Take tray out of oven.

17b.



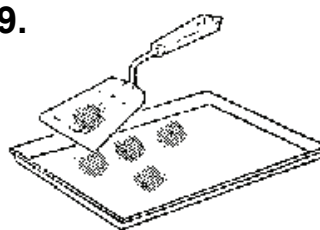
Turn oven off.

18.



Let cookies cool for 2 minutes.

19.



Use lifter to remove cookies.

Variation:

Add $\frac{1}{4}$ c (50 mL) nuts, raisins or dried fruit to batter.

Bran Muffins

Makes 1 dozen

Food Needed			Equipment Needed
1 cup	flour	250 mL	measuring cups
1 tsp	baking soda	5 mL	2 large bowls
1 tsp	salt	5 mL	measuring spoons
2 cups	cooking bran	2—250 mL cups	spoon
1/2 cup	raisins	125 mL	fork
1	egg	1	spoon
1 cup	milk	250 mL	muffin tins
1/3 cup	molasses	75 mL	timer
1/4 cup	sugar	50 mL	oven mitts
2 tbsp	cooking oil	25 mL	
2 tsp	margarine	10 mL	

Wash hands.

Turn oven to 400°F (200°C).

Measure flour, and place in first large bowl.

Measure baking soda and add to flour.

Measure salt and add to flour mixture.

Measure bran and add to flour mixture. Stir.

Measure raisins and add to bowl. Mix.

Crack egg into small bowl and beat with a fork.

Measure milk and add to the second large bowl.

Measure molasses and add to milk.

Measure sugar and add to milk mixture.

Add the beaten egg to the milk mixture.

Measure cooking oil and add to milk mixture. Mix well.

Add the egg and molasses mixture to the flour mixture.

Mix only until all ingredients are moistened.

Use margarine to grease muffin tins.

Spoon the batter into the muffin tins so they are 2/3 full.

Place in the oven and bake for about 20 - 25 minutes.

Turn oven off.

Using the oven mitts, take muffins out of the oven.

Let stand to cool for 5 minutes. Take muffins out of tins and serve.

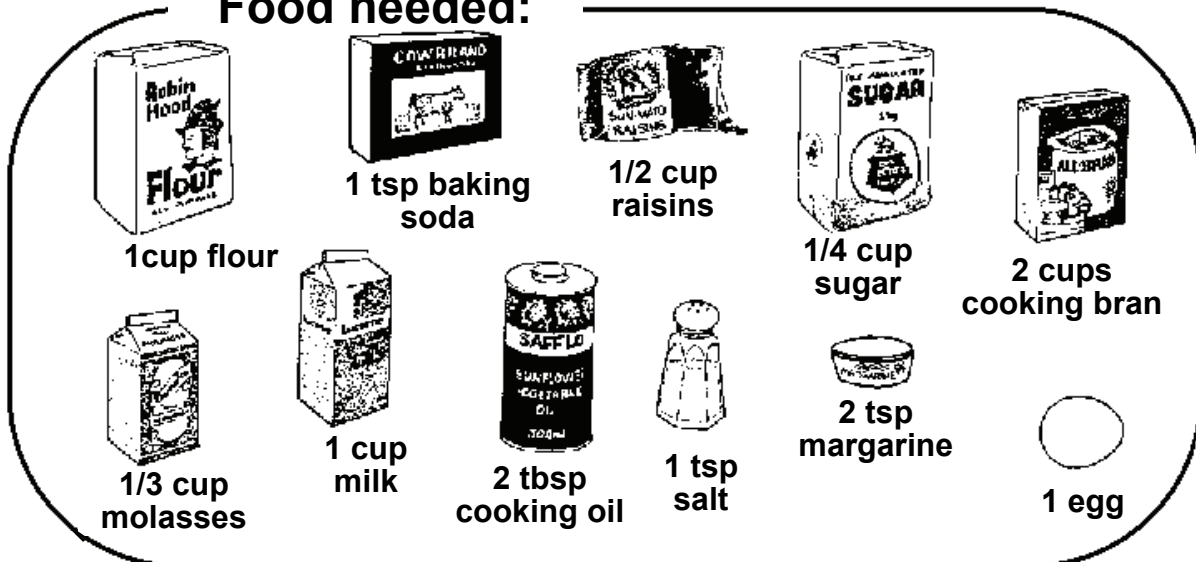
Cool leftover muffins and store in an airtight container. Use within a few days or freeze.

Bran Muffins

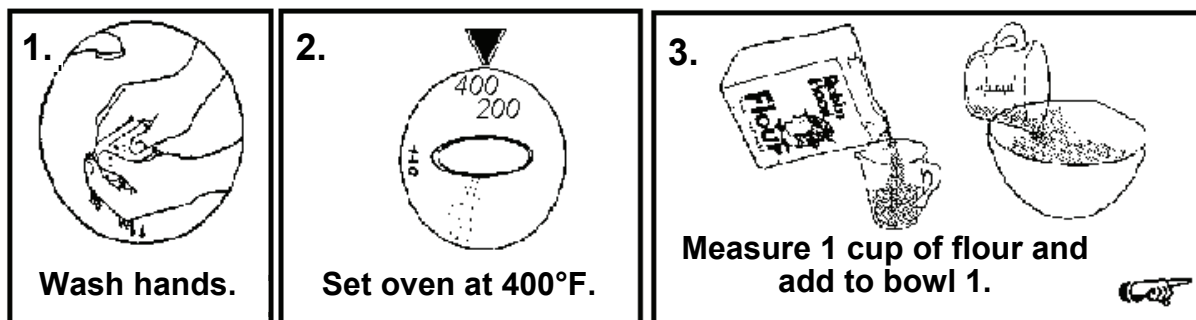
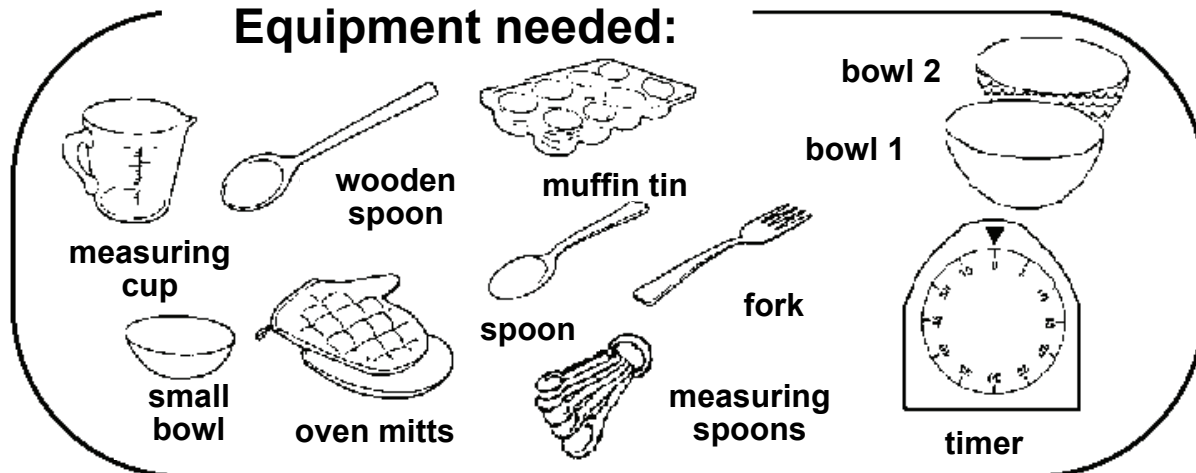
Makes 1 dozen



Food needed:



Equipment needed:



4.



Measure 1 tsp baking soda
and add to bowl 1.

5.



Measure 1 tsp salt and
add to bowl 1.

6.



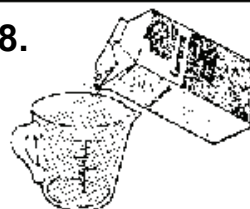
Measure 2 cups of bran and add to bowl 1.
Stir with wooden spoon.

7.



Measure 1/2 cup raisins. Add to bowl 1.
Mix dry ingredients.

8.



Measure 1 cup of milk
and add to bowl 2.

9.



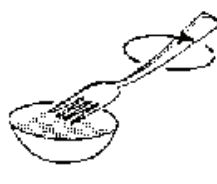
Measure 1/3 cup molasses and
add to bowl 2.

10.



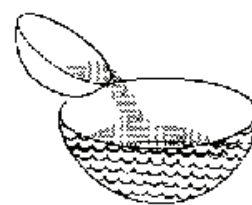
Measure 1/4 cup sugar and
add to bowl 2.

11.



Crack egg in small bowl.
Beat with a fork.

12.



Add beaten egg to bowl 2.

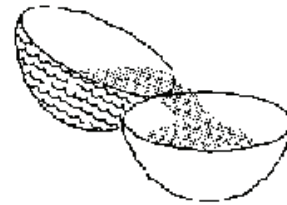


13.



Measure 2 tbsp cooking oil and add to bowl 2. Mix all liquid ingredients.

14.



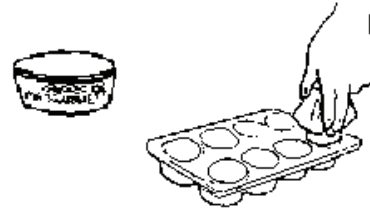
Add liquid mixture to dry ingredients.

15.



Mix until mixture is moist.

16.



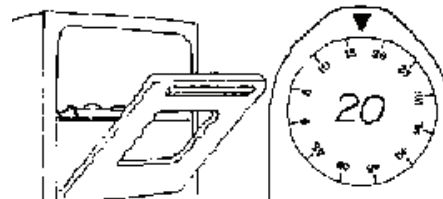
Grease tins with margarine.

17.



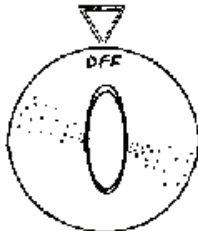
Spoon batter in muffin tins so they are filled 2/3 full.

18.



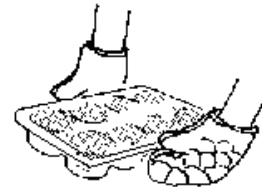
Place in oven. Bake for 20 minutes.

19.



Turn oven off.

20.



Take out of oven.

21.



Let cool for 5 minutes. Take muffins out of tin and serve.

Microwave Cooking

The following recipes have been developed for use with a 600 watt microwave oven. To use these recipes in an oven with lower wattage, more time will be needed. Follow the chart below. For example, if the recipe says to cook for 1 minute, cook 1 minute and 10 seconds in a 500 - 600 watt microwave and 1 minute and 25 seconds in a 400 - 500 watt microwave.

600 - 650 watts		500 - 600 watts		400 - 500 watts
30 seconds	—————→	36 seconds	—————→	42 seconds
1 minute	—————→	1 minute, 10 seconds	—————→	1 minute, 25 seconds
5 minutes	—————→	6 minutes	—————→	7 minutes
10 minutes	—————→	12 minutes	—————→	14 minutes

To find out the wattage of a microwave oven, look in the owner's manual.
If this is not possible do the following test.

Pour 1 cup of water at room temperature into a 2 cup glass measure. Do not cover.
Microwave on high power for 4 minutes.
If the water boils in three minutes or less, the oven wattage is probably 600 watts or more.
If it boils in 3 minutes and 30 seconds, the wattage is probably 500.
If it takes 4 minutes to boil, the wattage is probably 400.

Microwave Safety

- Plug the cord into a three prong (grounded) outlet. In some cases a new outlet may be needed.
- Never operate a microwave oven if the door or the door seal is damaged in any way.
- Be careful when uncovering a dish after cooking; lift the cover so that the steam escapes away from you so that you do not get burned.
- Never use metal cookware, metal twist ties, or metal trimmed dishes in the microwave. Arcing may occur. This means small sparks may jump from one piece of metal to another. They may damage your microwave or even start a fire. Small strips of aluminum foil may be used as a shield to prevent parts of a food from overcooking, for example, the chicken wing. Foil pieces should be placed at least 1 inch apart and 1 inch away from the walls of the oven.
- Plastic margarine and yogurt containers are not recommended for the microwave.
- Never heat baby bottles or baby food jars in the microwave. They may heat unevenly and burn the baby or even explode.
- Never microwave food in narrow necked bottles or closed containers. They may crack or even explode.
- Never turn the microwave oven on if there is no food in it. It could damage the oven. If this is likely to happen, it may be a good idea to keep a cup of water in the microwave to prevent damage if it is turned on by mistake or to unplug it after each use.
- Wash the inside of the oven with a damp soapy cloth. Most spills should be very easy to wipe up. If there is food that has been cooked on, heat a cup of water in the microwave until it steams. This will soften the food and make it easier to remove.

Microwave Cookware

- Microwave cookware made especially for the microwave can be purchased. Heat resistant glass cookware such as Pyrex and Corningware is microwave safe.
- Microwaves pass right through some materials such as glass, porcelain, paper, and some plastics. This makes them good materials for microwave cookware.
- Dishes that have metal trim should not be used in the microwave.
- **To test if a dish is microwave safe:** put the dish in the microwave. Place 1/2 cup (125 ml) of cold water in an oven proof glass one cup measure. Place it beside but not touching the dish to be tested. Microwave on high 1 minute. The water should be very warm or even hot. If the container being tested is cool or only slightly warm, it is safe to use in the microwave. If it is hot, do not use in the microwave.
- Browning dishes are made for use in the microwave. They have a special coating which converts microwaves to heat and allows meat to brown. They should be used only as recommended by the manufacturer.
- Plastics especially designed for the microwave are available.
- Plastic spoons and whisks are available for use in the microwave. They are useful because they can be left in the food during cooking.
- Certain foods such as soups, sauces, and cereals need a deep container to prevent boiling over.
- Round dishes are better for the microwave than square or oblong ones. The food in the corners of square or oblong dishes tends to overcook.

Microwave Cooking Techniques

- Foods overcook quickly in the microwave. Always start with the shortest time suggested and increase, if necessary.
- Larger quantities of food take a longer time to cook in the microwave than smaller amounts.
- Usually food being cooked in the microwave should be covered. Food cooks faster and more evenly and does not spatter if it is covered. If covered with plastic wrap, it should be vented. This means that there must be a space for the air to escape, either a hole in the wrap or a spot at the edge where it is not fastened down. Waxed paper or a plate can also be used as a cover.
- Food may be wrapped in paper towels to absorb fat from it as it cooks.
- Potatoes should be arranged in a circle with the larger ones closer to the outside and smaller ones closer to the centre of the circle.
- Pierce the skins of foods cooked whole such as potatoes, squash, or apples. If this is not done, steam may build up and cause the food to burst.
- When cooking unevenly shaped foods such as a whole chicken, small strips of aluminum foil may be used as a shield to prevent parts of the food from overcooking. Place foil pieces at least 1 inch apart from each other and the walls of the microwave.
- Pierce the yoke of an egg to prevent it exploding when cooking in the microwave.
- Tender cuts of meat cook best in the microwave. For less tender cuts of meat, marinate over night in tomato juice or other acid liquid, if possible and cook at medium or medium high power.

Microwave Porridge

Serves 1

Food Needed			Equipment Needed
1/3 cup	oatmeal	75 mL	measuring cup
3/4 cup	water	175 mL	microwave safe serving bowl spoon

Wash hands.

Measure oatmeal and add to serving bowl. The bowl must have high sides to prevent boiling over.

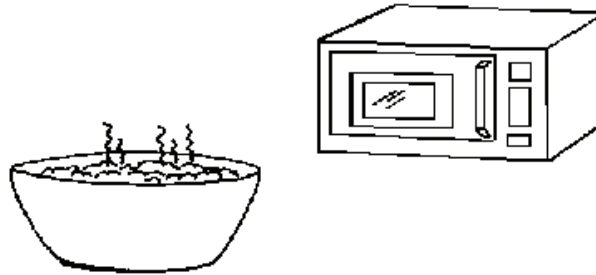
Measure water and add to oatmeal. Stir.

Microwave at high power for 3-4 minutes.

Variation: Use milk instead of water.

Microwave Porridge

Serves 1



Food needed:



1/3 cup oatmeal



3/4 cup water

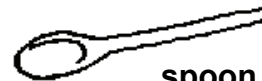
Equipment needed:



serving bowl



measuring cup



spoon

1.



Wash hands.

2.



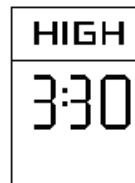
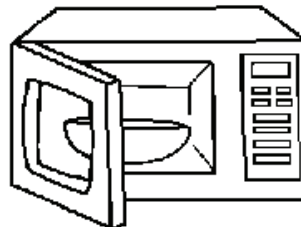
Measure 1/3 cup oatmeal and add to serving bowl.

3.



Measure 3/4 cup water, add to oatmeal and stir.

4.



Microwave at high power for 3 1/2 minutes.

Microwave Scrambled Eggs

Serves 1

Food Needed			Equipment Needed
1 tsp	margarine	5 mL	measuring spoons
1 tbsp	milk	15 mL	glass measuring cup or bowl
1	egg	1	fork
			plastic wrap
			timer

Wash hands.

Measure margarine and place in glass measuring cup or bowl.

Microwave on high power for 30 seconds.

Measure milk and add to melted margarine.

Crack egg into measuring cup.

Blend with a fork.

Cover with plastic wrap. Be sure to leave an opening for the steam to escape.

Microwave on high power for 20 seconds. Stir.

Microwave on high power for 25 seconds more.

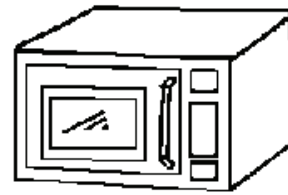
Let stand, covered, 2 minutes. The egg should be moist but not runny.

To cook more than one egg follow the time chart below.

1 egg	30-45 seconds
2 eggs	1-1/2 minutes
4 eggs	3 1/2 - 4 1/2 minutes

Microwave Scrambled Eggs

Serves 1



Food needed:



1 tsp margarine



1 tbsp milk



1 egg

Equipment needed:



measuring cup



fork



measuring
spoons



plastic wrap



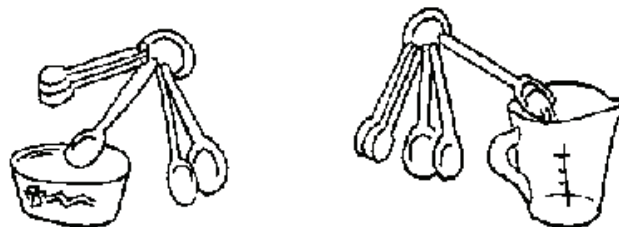
timer

1.



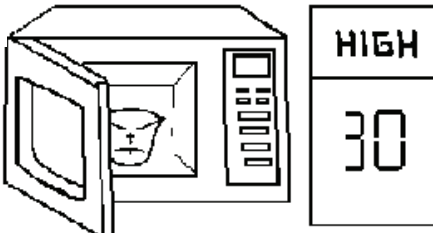
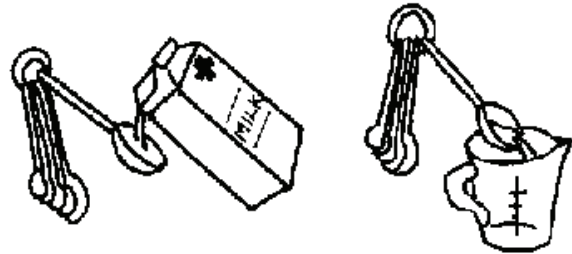



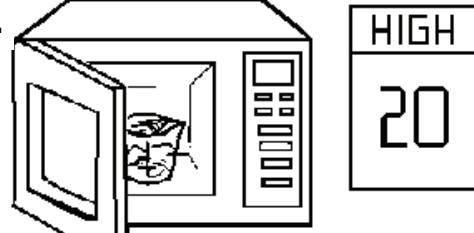

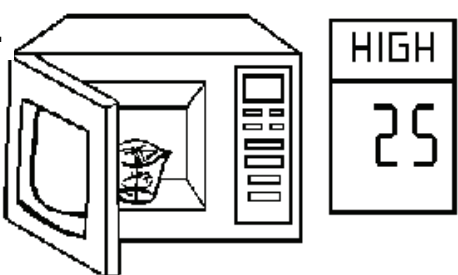
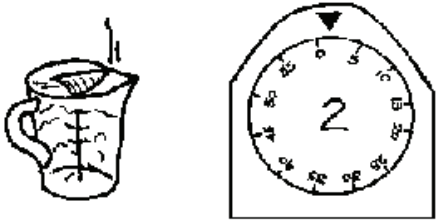
Wash hands.

2.



Measure 1 tsp margarine and
place in measuring cup.



<p>3.</p>  <p>Microwave on high for 30 seconds.</p>	<p>4.</p>  <p>Measure 1 tbsp milk and add to melted margarine.</p>	
<p>5.</p>  <p>Crack egg into measuring cup.</p>	<p>6.</p>  <p>Blend with fork.</p>	<p>7.</p>  <p>Cover with plastic wrap. Leave opening for steam to escape.</p>
<p>8.</p>   <p>Microwave on high for 20 seconds. Stir.</p>		
<p>9.</p>  <p>Microwave on high for 25 seconds more.</p>	<p>10.</p>  <p>Let stand covered for 2 minutes. Egg should be moist but not runny.</p>	

Microwave Cream of Potato Soup

Serves 4

Food Needed			Equipment Needed
3	medium potatoes	3	peeler
1	celery stalk	1	knife
1	small onion	1	cutting board
1/4 cup	water	50 mL	microwave safe baking dish
2 cups	milk	2—250 mL cups	measuring cup
1/4 cup	flour	50 mL	oven mitts
2 tbsp	margarine	25 mL	spoon
1/2 tsp	salt	2 mL	small bowl
1/4 tsp	pepper	1 mL	spoon
1 tsp	dried parsley (optional)	5 mL	measuring spoons
			timer

Wash hands.

Peel and wash potatoes.

Cut potatoes into small pieces and add to microwave safe baking dish.

Wash celery.

Chop celery into small pieces and add to dish.

Peel and chop onion.

Add onion to dish.

Measure water and add to dish.

Cover dish and microwave on high power 4 minutes.

Remove from microwave and stir.

Microwave on high power 5 minutes or until vegetables are tender.

Measure the flour and place in small bowl.

Measure 1/4 cup (50 mL) of the milk and add to the flour.

Mix until smooth.

Add the flour and milk mixture to the cooked potatoes.

Measure the remaining 1 3/4 cups milk (1—250 mL cup + 175 mL) and add to the potato mixture.

Measure the margarine and add to the potato mixture.

Measure parsley and add to the mixture.

Measure salt and add to mixture.

Measure pepper and add to the mixture.

Microwave on high power, uncovered 2 minutes. Stir well.

Microwave on high power another 2 minutes. Stir well.

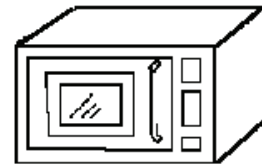
Microwave on high power a further 2 minutes or until mixture thickens.

Remove from microwave and let stand for 3 minutes.

Serve in bowls.

Microwave Cream of Potato Soup

Serves 4



Food needed:



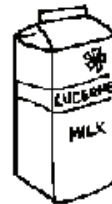
3 medium
potatoes



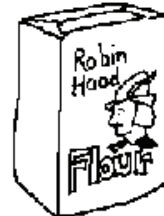
1 small
onion



1/4 cup water



2 cups milk



1/4 cup flour



2 tbsp margarine



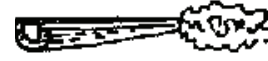
salt



pepper



dried
parsley
(optional)



1 stalk celery

Equipment needed:



peeler



knife



measuring cup



oven mitts



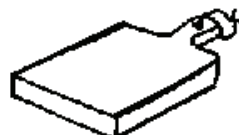
spoon



measuring
spoons



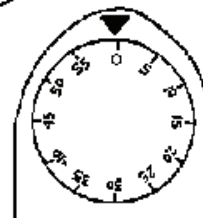
small
bowl



cutting board



microwave
safe dish



timer

1.



Wash hands.

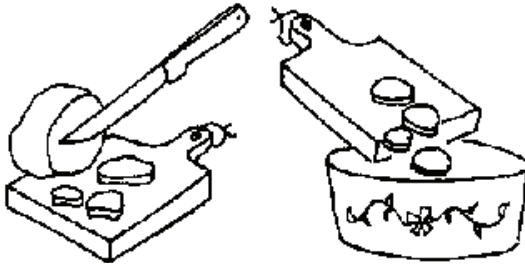
2.



Peel and wash potatoes.

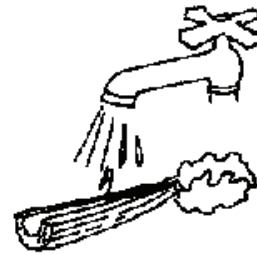


3.



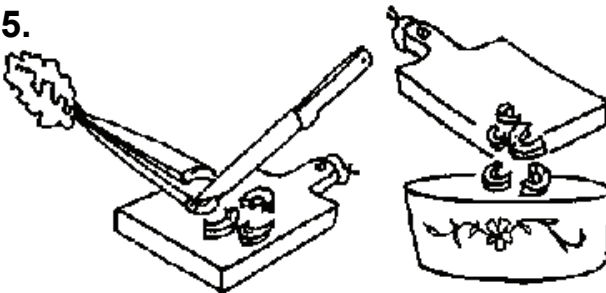
Cut potatoes into small pieces and add to microwave dish.

4.



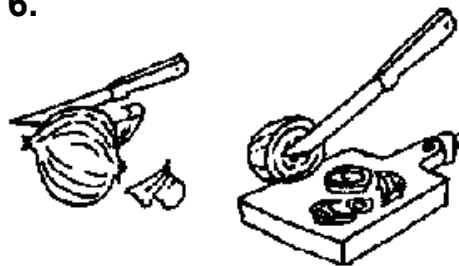
Wash celery.

5.



Chop celery and add to dish.

6.



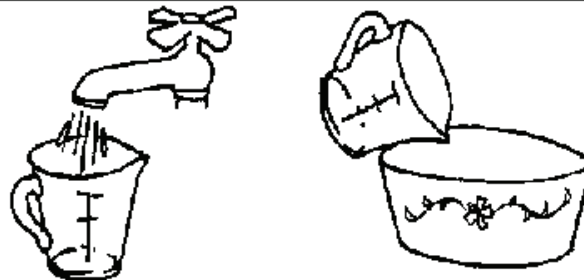
Peel and chop onion.

7.



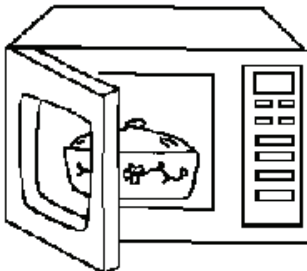
Add onion to dish.

8.



Measure 1/4 cup water and add to dish.

8.



Cover dish and microwave on high power for 4 minutes.

HIGH

4:00

10.



Remove from microwave and stir.



11.



HIGH

5:00

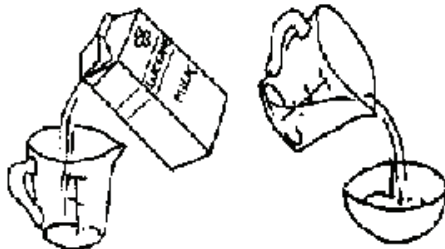
Microwave on high for 5 minutes
or until vegetables are tender.

12.



Measure 1/4 cup flour and place
in small bowl.

13.



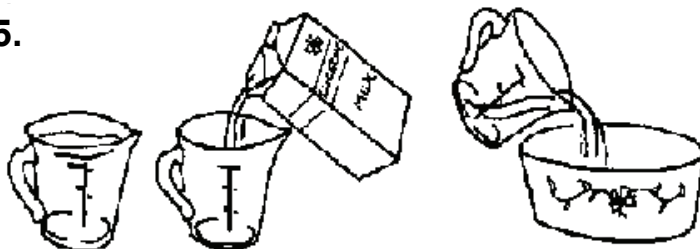
Measure 1/4 cup of the milk
and add to the flour.

14.



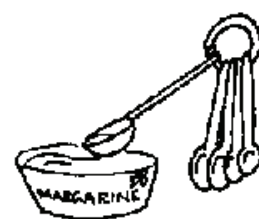
Mix until smooth, then add to
the cooked potatoes.

15.



Measure the remaining 1 cup +
3/4 cup of milk and add to potato mixture.

16.



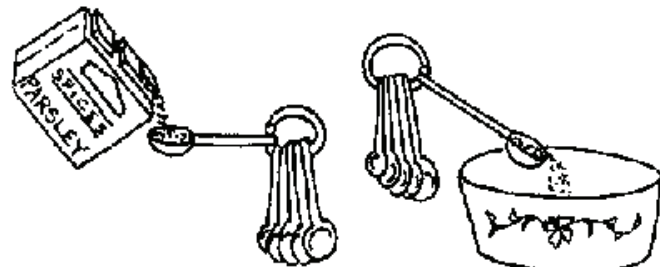
Measure the 2 tbsp
margarine.

17.



Add margarine to
potato mixture.

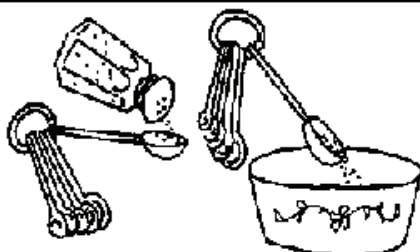
18.



Measure 5 mL parsley and
add to mixture.

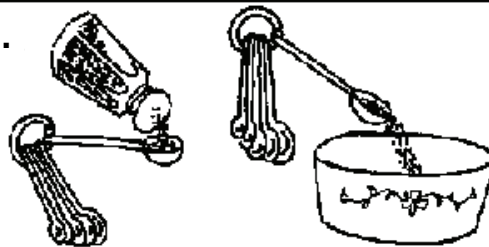


19.



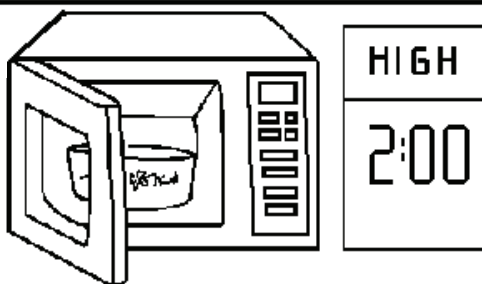
Measure 2 mL salt and add to mixture.

20.



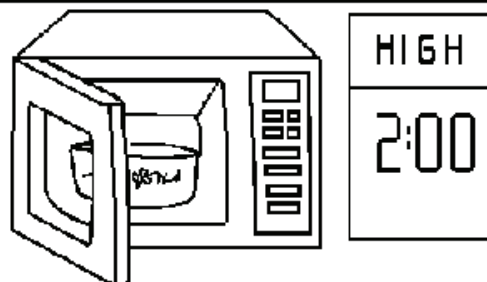
Measure 1 mL pepper and add to mixture.

21.



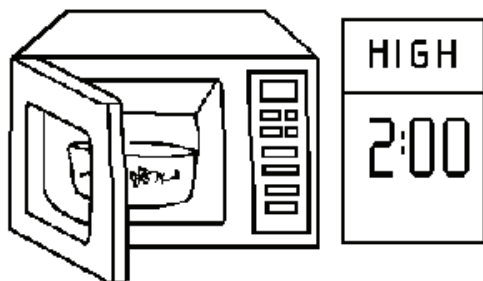
Microwave on high power for 2 minutes (uncovered). Stir well.

22.



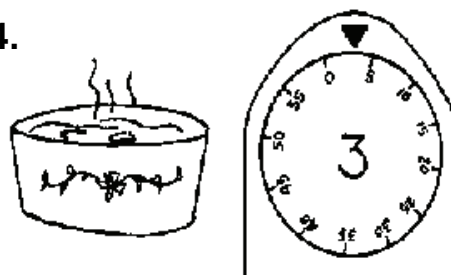
Microwave on high power for another 2 minutes. Stir well.

23.



Microwave on high power a further 2 minutes, or until mixture thickens.

24.



Remove from microwave and let stand 3 minutes. Serve in bowls.

Microwave Baked Fish

Serves 4

Food Needed	Equipment Needed
1lb fish fillets 500 g 1 tbsp lemon juice 15 mL 1 tsp dried parsley 5 mL 1 tbsp margarine 15 mL	microwave baking dish with lid measuring spoons knife oven mitts timer fork

Wash hands.

Arrange fish fillets in a baking dish with the thicker pieces to the outside. Fold under any thin pieces to prevent overcooking.

Measure the lemon juice and sprinkle over the fish.

Measure the parsley and sprinkle over the fish.

Measure the margarine.

Dot the margarine on to the fish.

Cover the dish and microwave on high power 3 minutes.

Turn dish 1/4 turn.

Microwave on high power 3 more minutes.

Let stand 5 minutes.

Cooked fish should flake easily when pierced with a fork. If more cooking is necessary, microwave for 30 seconds and test again.

Serve.

Variation: Slice a small onion and a medium tomato.

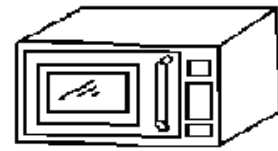
Arrange over the fish before cooking.

Add 1-2 minutes to the cooking time.

Bake fish in a regular oven. Prepare the same way as for the microwave. Use an oven proof dish and bake, uncovered for 30 minutes at 425° F (220° C).

Microwave Baked Fish

Serves 4



Food needed:



500 g fish fillets



15 mL margarine



15 mL lemon juice



5 mL dried parsley

Equipment needed:



microwave dish with lid



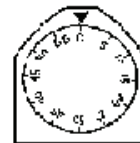
measuring spoons



fork



knife



timer



oven mitts



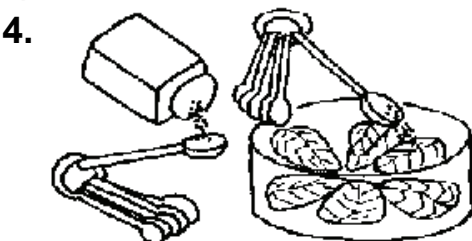
Wash hands.



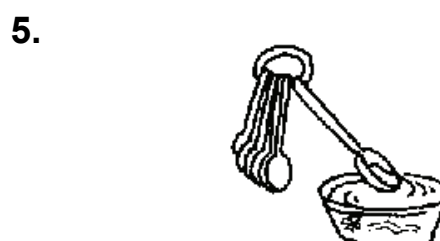
Place fillets in baking dish.



Measure 15 mL lemon juice and sprinkle over fillets.



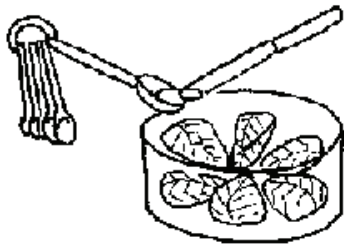
Measure 5 mL parsley and sprinkle over fillets.



Measure 15 mL margarine.

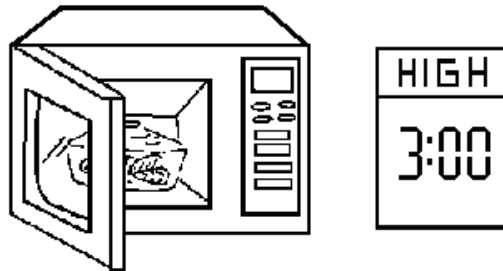


6.



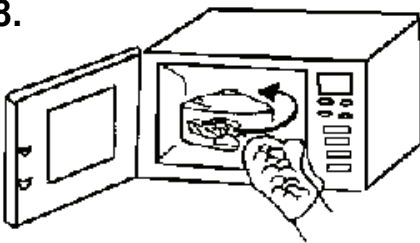
Dot margarine on to the fillets.

7.



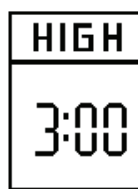
Cover baking dish and microwave on high power for 3 minutes.

8.



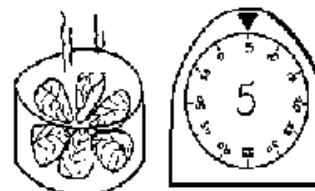
Turn dish 1/4 turn.

9.



Microwave on high power for 3 minutes more.

10.



Let stand for 5 minutes.

11.



Cooked fish should flake easily when pierced by a fork.

12.



If more cooking is needed. Microwave on high 30 seconds.

13.



Test, if fish flakes, serve. If not, repeat step 12.

Variation:



Slice small onion and medium tomato. Arrange over the fish before cooking. Add 1-2 minutes to cooking time.

Microwave Barbecued Chicken

Serves 4

Food Needed			Equipment Needed
2 1/2 -3 lb	chicken pieces	1-1.5 kg	microwave safe baking dish
1/4 cup	barbecue sauce	50 mL	measuring cup
			spoon
			waxed paper
			oven mitts
			timer
			knife

Wash hands

Rinse the chicken and pat dry.

Arrange chicken pieces in the baking dish, meatier side towards the edge of the dish.

Wash hands.

Measure the barbecue sauce and spread evenly over the chicken.

Cover the dish loosely with waxed paper.

Microwave at high power 10 minutes.

Turn the dish 1/4 turn.

Microwave on high 10 minutes more.

Let stand covered for 5 minutes.

Cut into the largest piece. If there is no pink colour the chicken is cooked.

If more cooking is needed, return to microwave and cook at high power 30 seconds longer.

Test again for doneness.

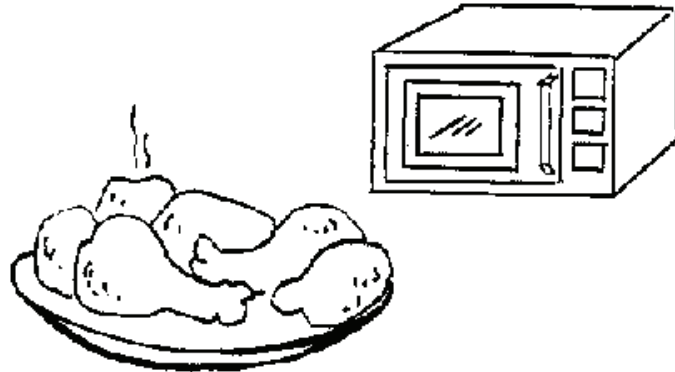
Remove the skin from the chicken before cooking to reduce the fat.

Wash counters and cutting boards that were in contact with raw chicken in hot soapy water and rinse with a bleach solution (1 tsp bleach to 4 cups water or 5 ml bleach to 1 litre of water). This will prevent contamination of other foods and prevent illness.

You can also cook Barbecued Chicken in a regular oven. Use an oven proof baking pan. Bake at 350° F (180° C) for 40 minutes. Be sure to cut into the largest piece to check that it is completely cooked.

Microwave Barbeque Chicken

Serves 4



Food needed:



1 to 1.5 kg chicken pieces



50 mL barbecue sauce

Equipment needed:



microwave dish



measuring cup



wax paper



oven mitts



spoon



knife



timer

1.



Wash hands.

2.



Rinse chicken and
pat dry.

3.



Arrange chicken in
baking dish, meatier
side to edge of dish.





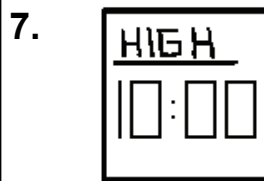
Wash hands again.



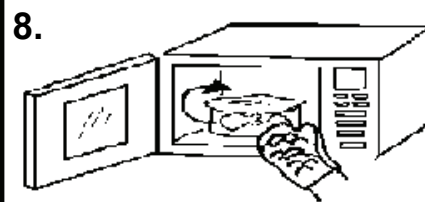
Measure 50 mL barbecue sauce and spread evenly over the chicken.



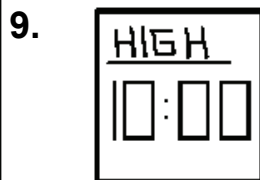
Cover dish loosely with wax paper.



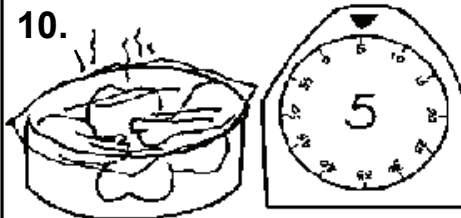
Microwave at high power for 5 minutes.



Turn dish 1/4 turn.



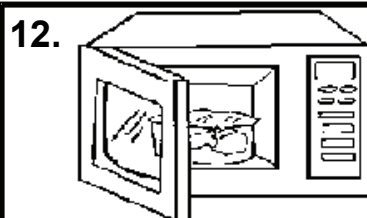
Microwave on high for 10 minutes more.



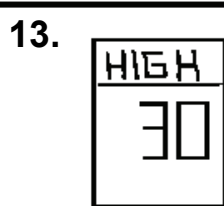
Let stand covered for 5 minutes.



Cut into largest piece. If there is no pink, chicken is cooked.



If more cooking is needed, return to microwave.



Cook at high for 30 seconds.



Test again for doneness.



Serve.

Microwave Canned Vegetables

Serves 3 - 4

Food Needed	Equipment Needed
14 oz can of vegetables 398 mL	can opener microwave safe dish waxed paper oven mitts

Wash hands.

Open vegetables with can opener.

Add vegetables and liquid in can to microwave safe dish.

Cover with lid or waxed paper.

Microwave at high power 2 minutes.

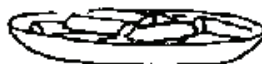
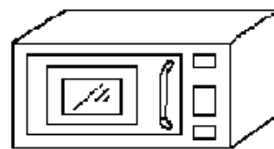
Rotate dish one quarter turn.

Microwave at high power 1 minute more.

Serve.

Microwave Canned Vegetables

Serves 3—4



Food needed:

14 oz
can of
vegetables



Equipment needed:



can opener



microwave
safe dish

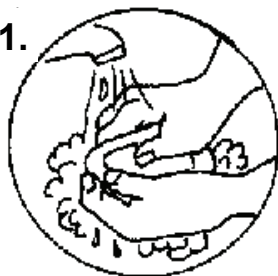


oven mitts



wax paper

1.



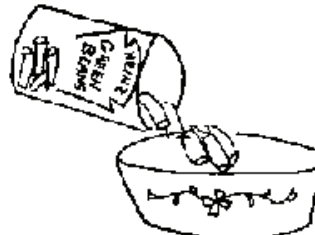
Wash hands.

2.



Open vegetables
with can opener.

3.



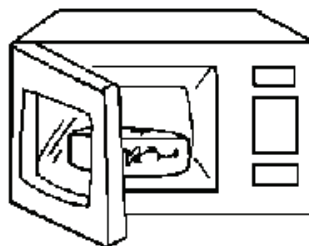
Add vegetables and
liquid to dish.

4.



Cover with wax paper.

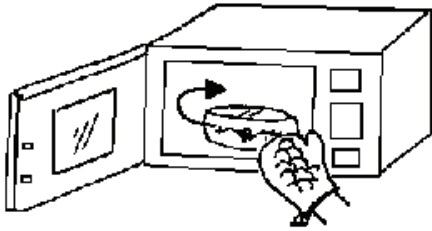
5.



Microwave on high power 2 minutes.

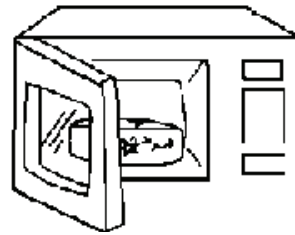


6.



Rotate dish 1/4 turn.

7.



**Microwave at high power for
1 minute more. Serve.**

Microwave Frozen Green Beans

Serves 2

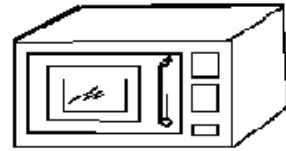
Food Needed	Equipment Needed
1 cup frozen green beans 250 mL	measuring cup microwave safe dish lid or waxed paper to cover dish spoon timer

Measure beans and place in microwave safe dish.
Cover with lid or waxed paper.
Microwave on high power for 2 minutes.
Stir.
Microwave on high power 3 minutes more.
Let stand 1 minute and serve.

Variation: Other frozen vegetables may be cooked in the same way.

Microwave Frozen Green Beans

Serves 2



Food needed: _____



1 cup frozen beans

Equipment needed: _____



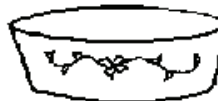
wax paper



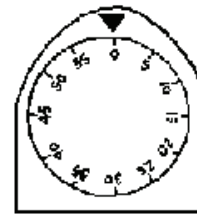
measuring
cup



spoon



microwave
safe dish



timer



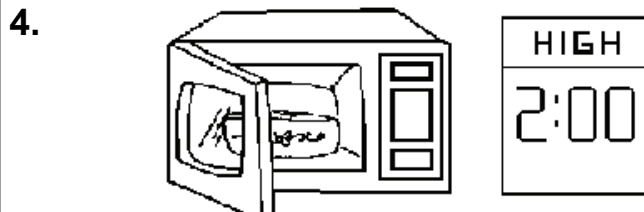
1. Wash hands.



2. Measure 1 cup beans and place in dish.



3. Cover with wax paper.



4. Microwave on high power for 2 minutes.

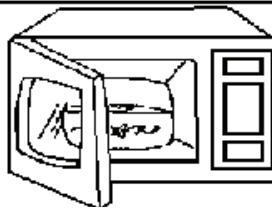


5.



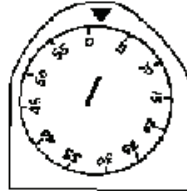
Stir.

6.



Microwave on high power for 3 minute more.

7.



Let stand for 1 minute and then serve.

Variation:

Use other frozen vegetables—such as corn, peas, or broccoli.

Cooking Fresh Vegetables in the Microwave

Fresh vegetables cook very well in the microwave. Usually the water that remains on the vegetables after they are washed is enough for cooking.

In general, **microwave vegetables on high power 6 - 7 minutes per pound (500 grams).**

Some examples of 1 pound (500 g) are:

- 6 whole carrots
- 1 small head of cauliflower
- 4 medium whole beets
- 1 bunch of broccoli
- 1 small head of cabbage
- 2 medium ears of corn
- 2 large onions
- 4 medium parsnips
- 2 medium potatoes

Rotate the dish 1/4 turn or stir halfway through the cooking time if not using a turntable.
Rest about 5 minutes.

Microwave Carrots

Serves 3

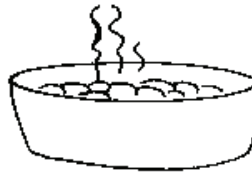
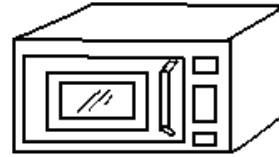
Food Needed	Equipment Needed
6 medium carrots 6	vegetable brush knife cutting board microwave safe dish lid for dish or waxed paper to cover oven mitts timer

Wash hands.
Scrub carrots with a vegetable brush.
Cut off carrot tops.
Cut carrots into pieces.
Place in a microwave safe dish.
Cover with lid or waxed paper.
Microwave on high power 4 minutes.
Rotate the dish 1/4 turn.
Microwave on high power 3 minutes more.
Remove from microwave and let stand 5 minutes.

You can bake carrots in a regular oven. Prepare them as for the microwave and add 1 teaspoon (5 mL) of margarine to prevent them from sticking to the baking dish. Use an oven safe dish and bake them covered for 350°F (180°C) for 40 minutes. Cook them this way when you are already using your oven to cook a roast or other oven recipe. This will save energy.

Microwave Carrots

Serves 3



Food needed:

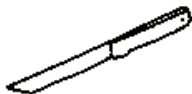


6 medium carrots

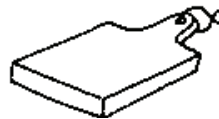
Equipment needed:



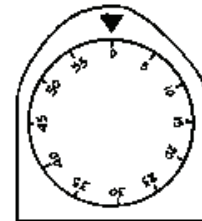
vegetable
brush



knife



cutting
board



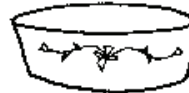
timer



oven mitts



wax paper



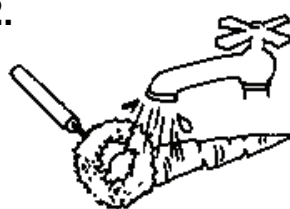
microwave dish

1.



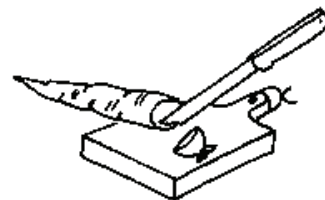
Wash hands.

2.



Scrub carrots with
vegetable brush.

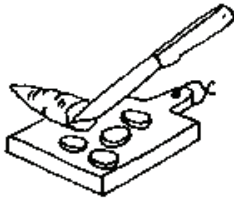
3.



Cut off tops.

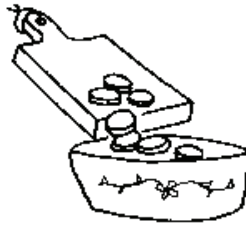


4.



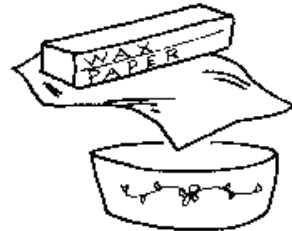
Cut carrots into pieces.

5.



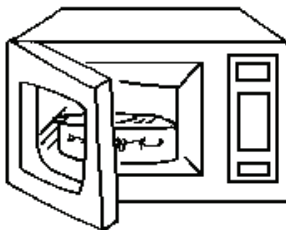
Place in microwave safe dish.

6.



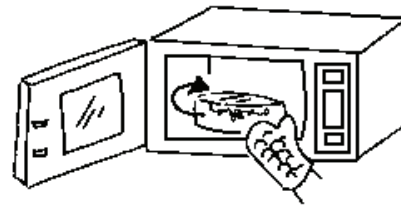
Cover loosely with wax paper.

7.



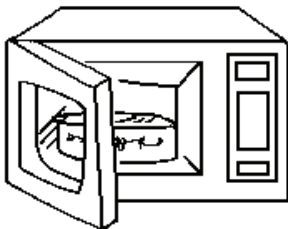
Microwave on high for 4 minutes.

8.



Rotate dish 1/4 turn.

9.



Microwave on high for 3 minutes.

10.



Remove from microwave and let stand for 5 minutes.

Microwave Baked Potatoes

Serves 2

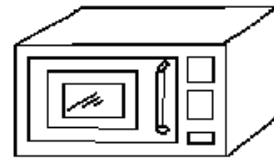
Food Needed	Equipment Needed
2 medium potatoes 2	vegetable brush knife microwave safe plate fork oven mitts timer

Wash hands.
Scrub potatoes with vegetable brush.
Cut out eyes and any green spots.
Prick the potato skin with knife.
Place potatoes on a plate.
Microwave on high power 3 minutes.
Rotate dish 1/4 turn.
Microwave on high power 4 more minutes.
Let stand 5 minutes.
Test with a fork to see if they are done.
If not, cook 30 seconds more and test again.
Serve.

Potatoes can also be baked in a regular oven. Put the potato directly on to the oven rack and bake at 425°F (220° C) for 60 minutes. Cook potatoes this way when you are already using your oven. This will save energy.

Microwave Baked Potatoes

Serves 2



Food needed:

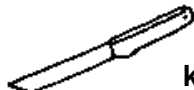


2 medium potatoes

Equipment needed:



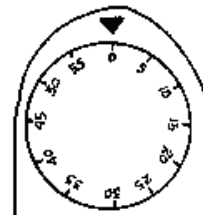
vegetable
brush



knife



oven
mitts



timer



fork



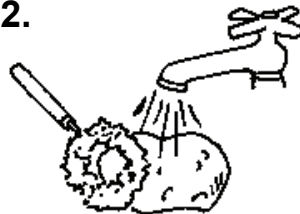
microwave
safe plate

1.



Wash hands.

2.



Scrub potatoes with
vegetable brush.

3.



Remove all eyes and
any green spots on
potatoes.

4.



Prick the potato skin with a knife.

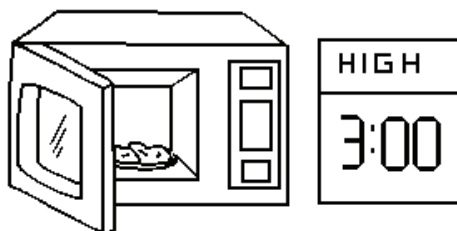
5.



Place potatoes on a plate.

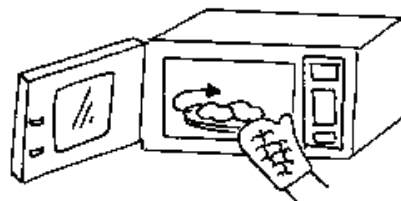


6.



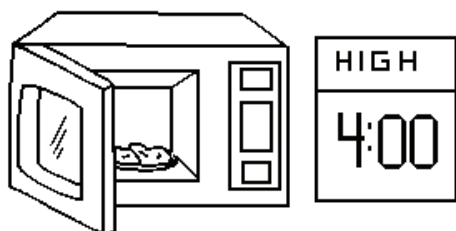
Microwave on high power for 3 minutes.

7.



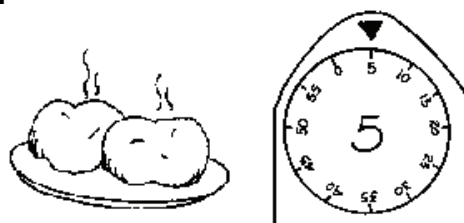
Rotate dish 1/4 turn.

8.



Microwave on high for 4 minutes more.

9.



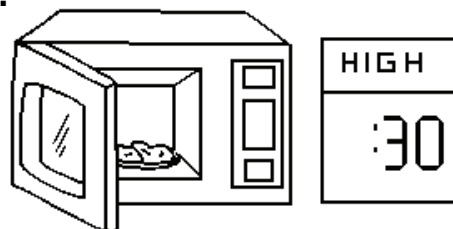
Let stand 5 minutes.

10.



Test with fork to see if they are done.

11.



If not, cook 30 seconds longer and test again.

12.



Serve.

Microwave Stir Fried Vegetables

Serves 4

Food Needed			Equipment Needed
1	small onion	1	cutting board
1	celery stalk	1	knife
1	medium carrot	1	peeler
1 tsp	cooking oil	5 mL	microwave safe dish
1 tbsp	soy sauce	15 mL	lid or plastic wrap to cover
1	medium tomato	1	measuring spoons
1	small zucchini	1	oven mitts
			timer

Wash hands.

Peel and chop onion and add to microwave dish.

Wash celery stalk, chop and add to microwave dish.

Peel, wash and chop carrot. Add carrot to microwave dish.

Measure oil and add to microwave dish.

Measure soy sauce and add to microwave dish.

Cover the dish with a lid or plastic wrap. If using plastic wrap, be sure to leave an opening for the steam to escape.

Microwave on high power for 4 minutes.

Wash tomato and cut out stem end. Cut into pieces. Add to microwave dish.

Wash zucchini and slice into pieces. Add to microwave dish.

Stir to mix.

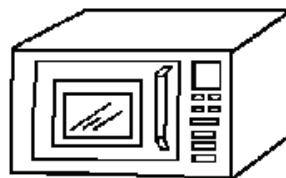
Microwave on high power 3 minutes more.

Remove from microwave. Let stand 5 minutes and serve.

Variation: Use other vegetables such as green beans and cauliflower in place of zucchini and celery.

Microwave Stir-fried Vegetables

Serves 4



Food needed:



1 small onion



1 celery
stalk



1 tsp cooking oil



1 small zucchini



1 medium
carrot

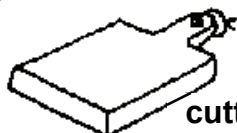


1 medium tomato



1 tbsp soy
sauce

Equipment needed:



cutting
board



knife



peeler



microwave
safe dish



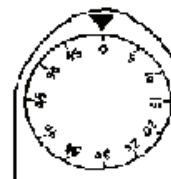
measuring
spoons



plastic wrap or
glass lid



oven mitts



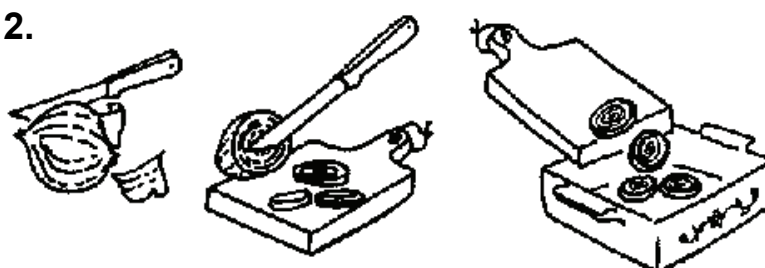
timer

1.



Wash hands.

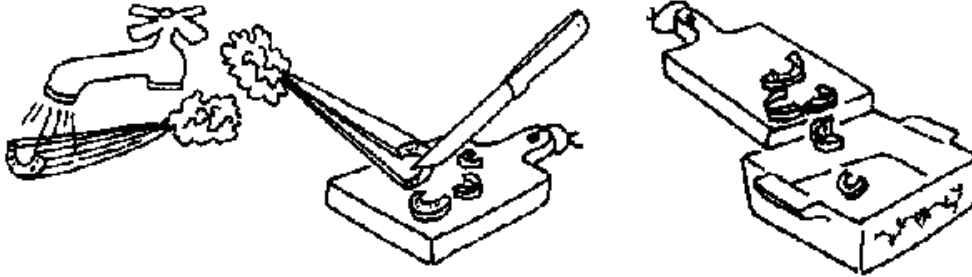
2.



Peel and chop onion and add to dish.

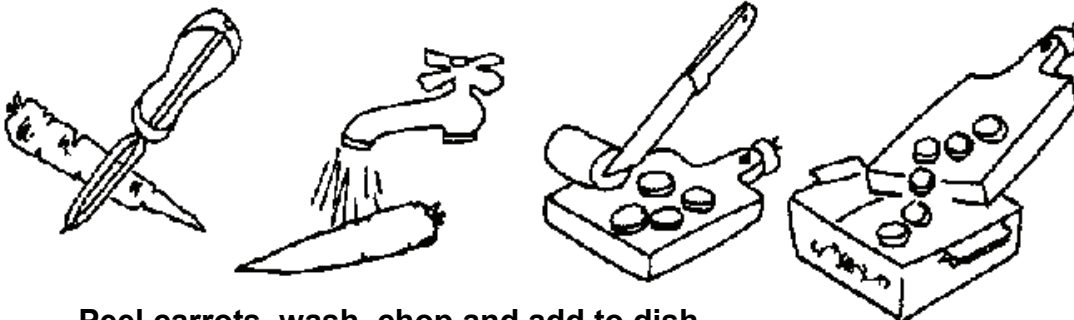


3.



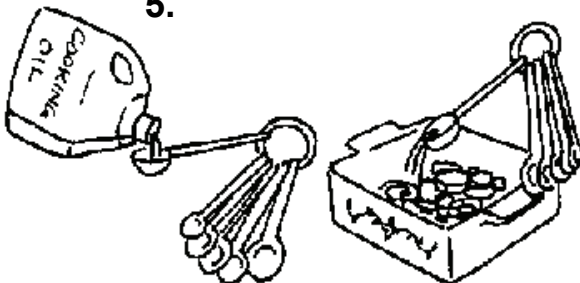
Wash celery, chop and add to dish.

4.



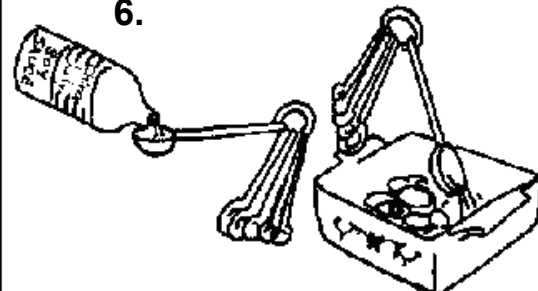
Peel carrots, wash, chop and add to dish.

5.



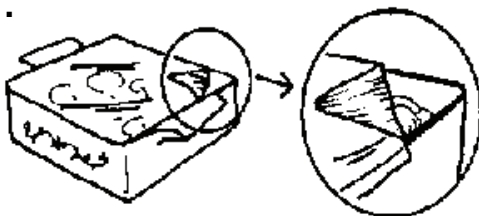
Measure 1 tsp cooking oil and add to dish.

6.



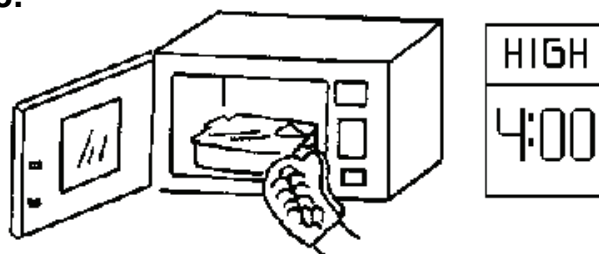
Measure 1 tbsp soy sauce and add to dish.

7.



Cover dish with plastic wrap.
Leave opening for steam
to escape OR use glass lid.

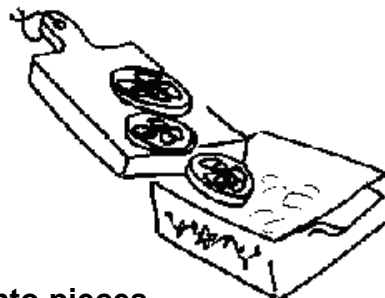
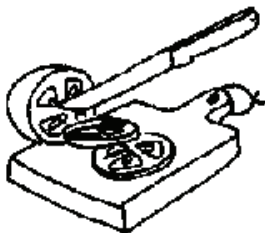
8.



Microwave on high power
for 4 minutes.

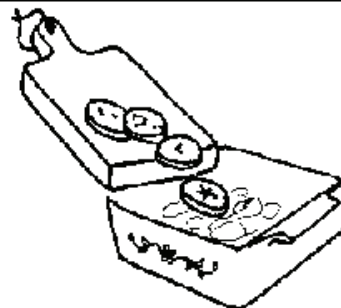


9.



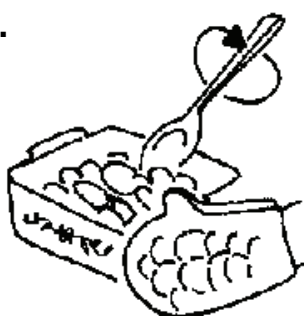
Wash tomato and cut out stem end. Cut into pieces and add to microwave dish.

10.



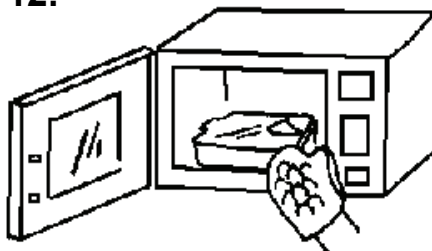
Wash zucchini and slice into pieces. Add to microwave dish.

11.



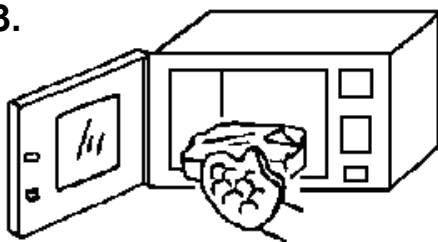
Stir to mix.

12.



Microwave on high power 3 minutes more.

13.



Remove from microwave. Let stand 5 minutes and serve.

Microwave Vanilla Pudding

Serves 5-6

Food Needed	Equipment Needed
1/3 cup sugar 75 mL 3 tbsp cornstarch 45 mL 2 1/4 cups milk 2—250 mL cups + 50 mL 1 tsp vanilla 5 mL	measuring cup large glass measure or microwave safe dish spoon measuring spoons oven mitts timer

Wash hands.

Measure sugar and add to a large glass measure or a microwave safe dish.

Measure cornstarch and add to dish.

Measure milk and add to dish.

Stir well.

Microwave on high power 1 1/2 minutes.

Stir.

Microwave on high power 1 1/2 minutes.

Stir.

Microwave on high power 1 1/2 minutes.

Remove from microwave.

Measure vanilla, add to mixture and stir.

Cool for 5 minutes. Pour into serving dishes.

Chill in refrigerator until ready to serve. Pudding will thicken as it cools.

Variations: Add sliced bananas, strawberries or any fresh, canned or frozen fruit before serving.

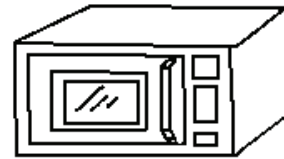
Chocolate Pudding

Make the same as vanilla pudding except:

- increase the amount of sugar to 2/3 cup (150 mL)
- mix 3 tbsp cocoa (45 mL) with the sugar

Microwave Vanilla Pudding

Serves 5-6



Food needed:



1/3 cup
sugar



3 tbsp
corn starch



2 1/4 cups
milk



1 tsp
vanilla

Equipment needed:



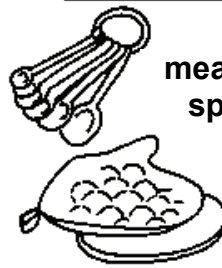
glass
measure



spoon

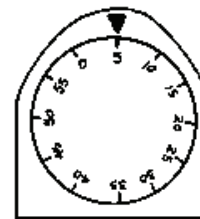


measuring
cup



oven mitts

measuring
spoons



timer

1.



Wash hands.

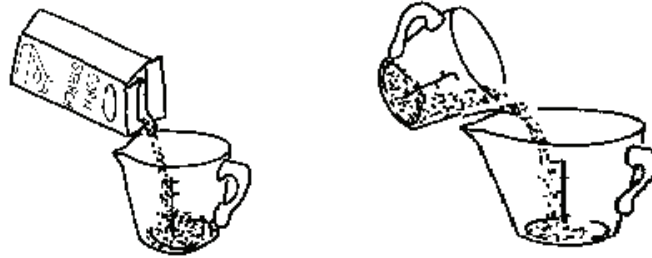
2.



Measure 1/3 cup sugar and add to large
glass measure or microwave dish.

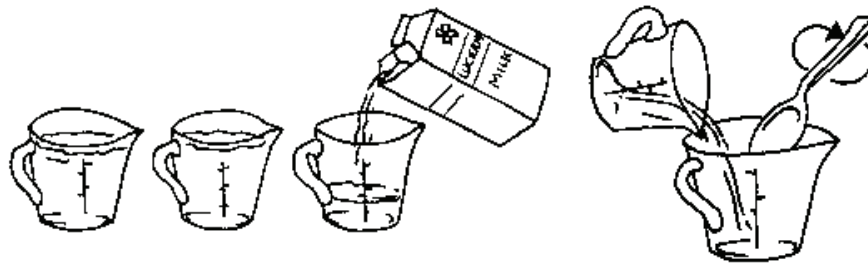


3.



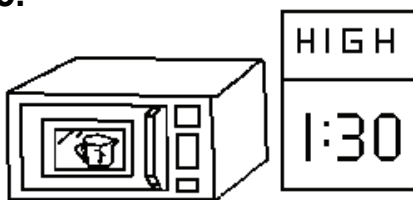
Measure 3 tbsp cornstarch and add to large glass measure.

4.



Measure 2 1/4 cups milk. Add to large glass measure. Stir well.

5.



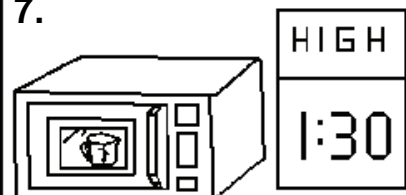
Microwave on high power for 1 minute 30 seconds.

6.



Stir.

7.



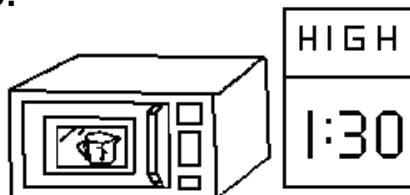
Microwave on high for 1 minute 30 seconds more.

8.



Stir.

9.



Microwave on high for another 1 minute and 30 seconds more.

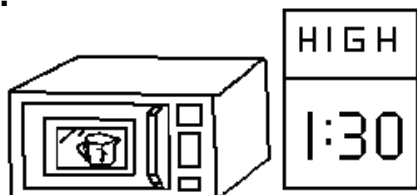
10.



Stir.

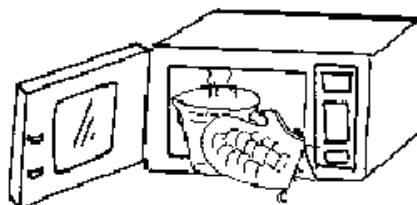


11.



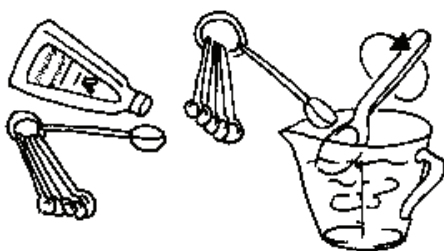
Again, microwave on high for 1 minutes and 30 seconds more.

12.



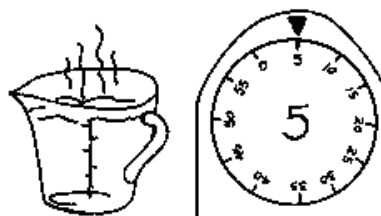
Remove from microwave.

13.



Measure 1 tsp vanilla and add to mixture and stir.

14.



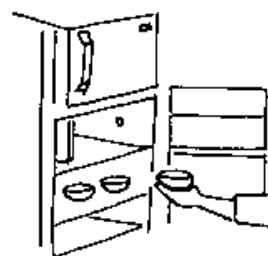
Let cool for 5 minutes.

15.



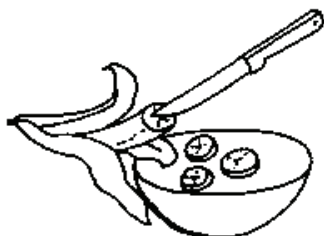
Pour pudding into serving dishes.

16.



Chill in refrigerator until ready to serve.

Variation:



Add sliced bananas, strawberries or any fresh, canned or frozen fruit before serving.

Microwave Apple Crumble

Serves 6

Food Needed			Equipment Needed
4	medium apples	4	knife
1/2 tsp	cinnamon	2 mL	cutting board
2/3 cup	flour	150 mL	microwave safe dish
2/3 cup	oatmeal	150 mL	measuring spoons
3/4 cup	brown sugar	175 mL	bowl
1/3 cup	soft margarine	75 mL	measuring cup
			spoon
			oven mitts
			timer

Wash hands.

Wash and core the apples.

Slice apples on a cutting board and put them into an microwave safe dish.

Measure the cinnamon and place in the bowl.

Measure the flour and add to the bowl.

Measure the oatmeal and add to the bowl.

Measure the brown sugar and add to the bowl.

Measure the margarine and add to the bowl.

Mix all ingredients together in the bowl until they are crumbly.

Spread over the apples.

Microwave at high power 5 minutes.

Rotate the dish one quarter turn.

Microwave on high power another 3 minutes.

Remove from microwave. Let stand 5 minutes.

Serve.

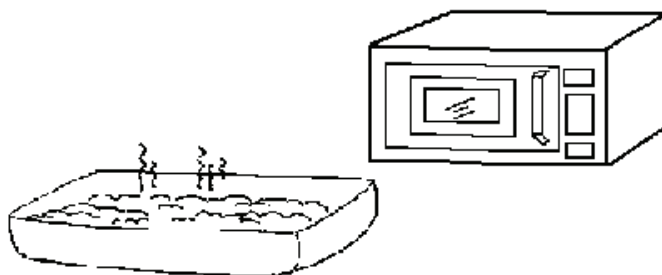
For variation: Use peaches or rhubarb instead of apples. Blueberries or saskatoons also make a tasty Crumble.

If using rhubarb, sprinkle 3/4 cup (175 mL) of sugar on the rhubarb before you add the topping.

Apple Crumble is very good baked in a regular oven at 350°F (180°C) for 40 minutes. Cook it this way when you are already using your oven to cook a roast or other oven recipe. This will save energy.

Microwave Apple Crumble

Serves 6



Food needed:



4 medium
apples

3/4 cup brown
sugar



1/2 tsp
cinnamon



2/3 cup flour



2/3 cup oatmeal



1/3 cup soft margarine

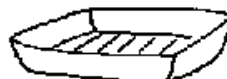
Equipment needed:



knife



measuring spoons



microwave safe dish



bowl



measuring
cup



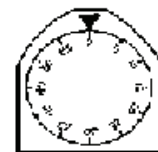
spoon



cutting board



oven mitts



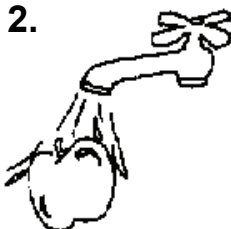
timer

1.



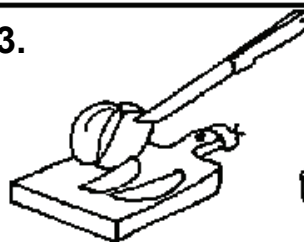
Wash hands.

2.



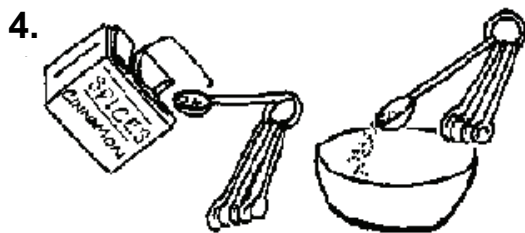
Wash and
core apples.

3.



Slice apples on cutting board and
put into microwave safe dish.





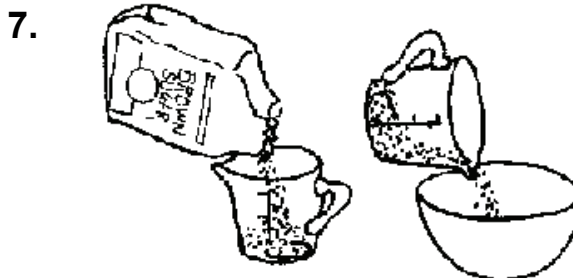
Measure 1/2 tsp cinnamon and place in bowl.



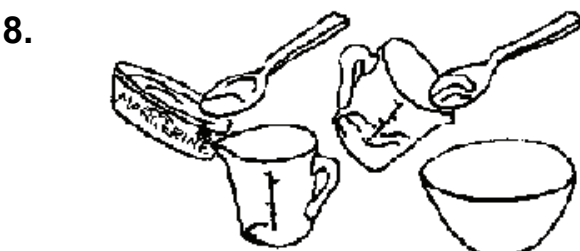
Measure 2/3 cup flour and add to bowl.



Measure 2/3 cup oatmeal and add to bowl.



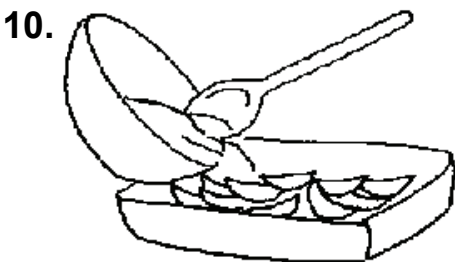
Measure 3/4 cup brown sugar and add to bowl.



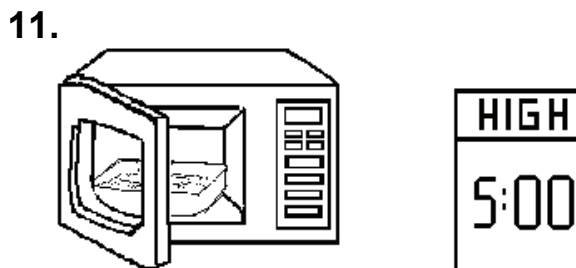
Measure 1/3 cup margarine and add to bowl.



Mix all ingredients until they are crumbly.



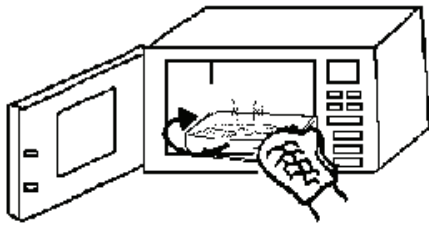
Spread mixture over sliced apples in pan.



Microwave on high power for 5 minutes.

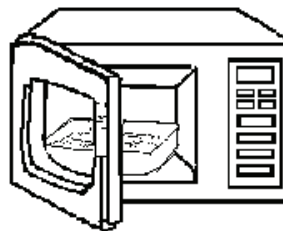


12.



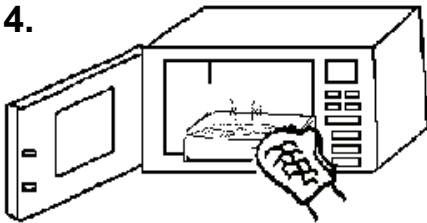
Rotate dish 1/4 turn.

13.



Microwave on high power for another 3 minutes.

14.



Remove from microwave and let stand for 5 minutes.

15.



Serve.

Variation:

Use peaches or rhubarb instead of apples.
Blueberries or saskatoons can also be used
and make a tasty Crumble.