



# Cooking with OFS

## Recipe

## CHICKEN & VEGETABLE BOWL



For # people

4 servings



Cooking time

1 hour

### Ingredients:

- 4 small carrots , sliced diagonally
- 2 medium sweet potatoes , peeled and cubed
- 5 tablespoons olive oil , divided
- salt and pepper
- 2 cloves of garlic , finely chopped
- 2 medium boneless chicken breasts , halved horizontally
- 2 teaspoons grated lemon zest
- 1 teaspoon chopped fresh thyme
- 1 teaspoon dried oregano
- 1 bunch chopped fresh green onions
- 1 pint cherry tomatoes half
- 1 medium red or green pepper cubed

#### Honey-Mustard Vinaigrette:

- 1/4 cup honey
- 3 tablespoons Dijon mustard
- 2 tablespoons cider vinegar
- 6 tablespoons canola oil

### Directions:

- In large bowl, combine carrots, sweet potatoes, peppers and 3Tbsp oil. Season with salt and pepper. Preheat oven to 425°F. Spread vegetables in single layer on 2 parchment paper-lined baking sheets; bake until vegetables are tender, about 20 minutes, add tomatoes and bake 5 extra minutes.
- Meanwhile, in large skillet, heat 1Tbsp oil over medium-high heat; cook garlic, stirring, for 2 minutes. Add chicken; sprinkle lemon zest, thyme and oregano over top. Cook, turning halfway through, until chicken is golden and juices run clear when pierced, 5 to 7 minutes. Transfer to cutting board; slice diagonally. Set aside.
- Divide roasted vegetables and chicken among bowls. Drizzle with vinaigrette and sprinkle with green onions or fresh coriander.

#### Honey-Mustard Vinaigrette

- In bowl, whisk together honey, Dijon and cider vinegar. Add canola oil slowly in thin stream, whisking constantly. (Make-ahead: Can be refrigerated for up to 1 week.)



## Cooking with OFS

### Recipe

# CURRIED CHICKEN ROASTED WITH CREAMY CHICKPEA SALAD



For # people

4 servings



Cooking time

45 minutes

### Ingredients:

#### Curried Chicken:

- 2 tablespoons plain Balkan-style yogurt
- 1 tablespoon mild curry paste
- 2 cloves garlic finely grated or pressed
- pinch salt
- 450 g boneless skinless chicken breasts cut in 24 cubes

#### Chickpea Salad:

- 1/4 cup Balkan-style yogurt and light mayonnaise
- 1 1/2 teaspoon grated fresh ginger
- 1 small garlic finely grated or pressed
- pinch each salt and pepper
- 1 can(796ml can) chickpea drained, rinsed and patted dry
- 1 cup finely chopped cucumber
- 1/4 cup chopped fresh cilantro
- 2 green onions
- 1 rib celery diced

### Directions:

- **Curried Chicken:** In bowl, stir together yogurt, curry paste, garlic and salt; add chicken and stir to coat. Place the chicken in a sauté pan or roasting pan and bake it for 30 to 40 minutes at 350 or until meat is cook. Cooking time depends of the size of the chicken, if the pieces are small will cook faster and if the pieces are big it will take longer to cook,
- **Chickpea Salad:** In large bowl, whisk together yogurt, mayonnaise, ginger, garlic, salt and pepper. Add chickpeas, cucumber, cilantro, green onions and celery; stir to coat. Serve with chicken.



# Cooking with OFS

## Recipe

# ROAST CHICKEN WITH MASHED POTATOES



For # people

6 servings



Cooking time

1 hour 30 minutes

## Ingredients:

- 3 garlic cloves, finely chopped
- 1 tablespoon ground cumin
- 1 tablespoon olive oil
- 1 tablespoon paprika
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon dried oregano
- 1 1/2 teaspoons salt, divided
- 2 lemons
- (4-4 1/2-pound) whole chicken, legs, or any pieces you like.

### Mashed potatoes

- 1 1/2 pounds Yukon gold potatoes, peeled and quartered
- 1/2 cup milk
- 3 tablespoons unsalted butter, at room temperature
- 2 tablespoons chopped fresh chives(optional)
- Salt
- Freshly ground pepper

## Directions:

### Roast the chicken:

- Arrange rack in middle of oven; preheat to 400°F. Mix garlic, cumin, oil, paprika, pepper, oregano, 1/2 tsp. salt, and finely grated zest from 1 lemon in a medium bowl. Squeeze juice from 1 whole lemon to yield 2 Tbsp. juice; stir into spice mixture. Rub chicken all over with 2 heaping Tbsp. spice mixture under skin, then season chicken all over with remaining 1 tsp. salt if necessary. Transfer chicken, spread flat and skin side up, to a roasting pan.
- Roast chicken 20 minutes, then brush with spice mixture and pan juices. Continue roasting, basting with spice mixture and pan juices every 20 minutes, until juices run clear when thigh is pierced with a fork or an instant-read thermometer inserted into thickest part of thigh registers 165°F, 50-60 minutes total. IF the chicken is cut in small pieces will cook faster. Please check often.

### To make mashed potatoes.

- Put the potatoes in a saucepan and cover with cold water; season with salt. Bring to a boil, then reduce the heat to medium and simmer until tender, 15 minutes. Reserve 1/4 cup cooking water, then drain the potatoes; return to the pot. Add the milk, butter and reserved cooking water and mash with a masher or fork. Stir in the chives if using and season with salt and pepper. Cover to keep warm.



## Cooking with OFS

Recipe

# TUNA CASSEROLE WITH NOODLES



For # people

12 servings



Cooking time

1 hour

### Ingredients:

- 2 pounds ground beef
- 1/2 cup breadcrumbs
- 1/4 cup freshly grated Parmesan cheese
- 1/4 cup milk any fat percentage works
- 1 cup beef broth divided
- 1 egg
- 1/4 cup chopped parsley
- 1 tablespoon minced garlic
- 1/2 tablespoon kosher salt see notes
- 1/2 tablespoon pepper
- 1 tsp oregano
- 1/4 tsp crushed red pepper flakes
- Pasta Sauce, Marinara
- 650 mL 1 jar

### Directions:

- Combine the ingredients and mix very well, using only 1/4 cup of the beef broth, but be sure seasonings are well mixed with meat.
- Coat a baking sheet with rimmed edges with non stick spray and roll meatballs into 1 inch balls. Place meatballs onto baking sheet.
- Pour reserved beef broth around meatballs and bake at 450 for 25 minutes.
- Heat the pasta sauce and mix with meatballs when done. Serve over noodles or rice.
- The serving size for spaghetti noodles is usually 2 ounces of uncooked noodles, or 1 cup of cooked pasta per person.
- You know your family best and you will know how much pasta to cook for a dinner.
- You can also serve with rice, or mix vegetables of your choice, or steam broccoli, or cauliflower.



## Cooking with OFS

### Recipe

# OVEN BAKED MEATBALLS



For # people

12 servings



Cooking time

1 hour

### Ingredients:

- 2 pounds ground beef
- 1/2 cup breadcrumbs
- 1/4 cup freshly grated Parmesan cheese
- 1/4 cup milk any fat percentage works
- 1 cup beef broth divided
- 1 egg
- 1/4 cup chopped parsley
- 1 tablespoon minced garlic
- 1/2 tablespoon kosher salt see notes
- 1/2 tablespoon pepper
- 1 tsp oregano
- 1/4 tsp crushed red pepper flakes
- Pasta Sauce, Marinara
- 650 mL 1 jar

### Directions:

- Combine the ingredients and mix very well, using only 1/4 cup of the beef broth, but be sure seasonings are well mixed with meat.
- Coat a baking sheet with rimmed edges with non stick spray and roll meatballs into 1 inch balls. Place meatballs onto baking sheet.
- Pour reserved beef broth around meatballs and bake at 450 for 25 minutes.
- Heat the pasta sauce and mix with meatballs when done. Serve over noodles or rice.
- The serving size for spaghetti noodles is usually 2 ounces of uncooked noodles, or 1 cup of cooked pasta per person,
- You know your family best and you will know how much pasta to cook for a dinner.
- You can also serve with rice, or mix vegetables of your choice, or steam broccoli, or cauliflower.



# Cooking with OFS

## Recipe

# BEST EVER MEAT LOAF WITH ROASTED POTATOES



For # people

8 servings



Cooking time

1 hour and 30 minutes

## Ingredients:

### MEET LOAF

- 1 egg beaten lightly with a fork
- 2/3 cups milk
- 1/4 teaspoon pepper
- 1 teaspoons salt or to taste
- 3 slices bread crumbled or 1 cup oats
- 1/4 cup ketchup (optional)
- 1/4 cup chili sauce (optional)
- 1 tablespoon prepared mustard
- 1 small onion diced very small

- 1 1/2 lb lean ground beef
- 1 garlic clove crushed

### ROASTED POTATOES

- 8 potatoes (about 2-3/4 lb/1.375 kg)
- 5 tablespoons extra virgin olive oil
- 1 1/2 teaspoon paprika
- 3/4 teaspoons salt
- 1/2 teaspoon pepper
- 1 tsp oregano
- 1 clove garlic crushed

## Directions:

### MEET LOAF

- Beat eggs in large bowl, add milk, salt, pepper and oats or bread; beat until bread and/or oats disintegrated.
- Add onion, garlic & beef mixing well. Pack into 9x5" loaf pan. Combine, ketchup, chili sauce & mustard, spread over loaf or spread 2 Tbsp of oil over loaf cover with aluminium paper.
- Bake in 350 degree oven for 1 hr. Let stand 10 mins., remove from pan. Serve hot or cold. Make 8 hot slices or 12 cold slices. A food processor comes in handy as everything can be chopped in it.

### ROASTED POTATOES

- Peel and cut potatoes into 2-inch (5 cm) pieces;
- Place in bowl. Add olive oil, paprika, salt ; and pepper.
- Toss to coat. Arrange on foil-lined rimmed baking sheet;
- Roast in 350°F (180°C) oven until tender, about 1-1/2 hours.
- You can use sweet potatoes and regular potatoes.



# Cooking with OFS

## Recipe

## SHEPHERD'S PIE WITH SALAD



For # people

6-8 servings



Cooking time

1 hour

### Ingredients:

#### FOR THE POTATOES

- 5 large potatoes, peeled and quartered
- 1/4 cup milk
- 1/4 cup butter
- 1 egg
- salt and pepper
- 1/4 cup Parmesan cheese
- 1 tsp parsley

#### FOR THE MEAT FILLING

- olive oil

- 1 medium onion, finely diced
- 2 cloves garlic, minced
- 2 Tbsp flour
- 2 TBSP tomato paste
- 1 cup beef broth
- 1 tsp Worcestershire sauce (optional)
- 1 tsp rosemary
- 1 tsp thyme
- 1 tsp cumin
- 2 med carrots, peeled and diced
- 1 1/2 lb ground lean ground beef
- 1 cup frozen pea's

### Directions:

- Peel and cut potatoes into small pieces. Place in a medium size sauce pan. Bring to a boil and continue cooking till fork tender. Preheat oven to 350 degrees.
- In a skillet heat oil, add onions and carrots and saute just until translucent, add garlic and stir to combine. Add ground beef, salt and pepper. Cook until no longer pink. Drain excess grease and return to frying pan. Sprinkle meat with flour, cook for another couple minutes.
- Add tomato paste, beef broth, Worcestershire, rosemary, thyme, and stir to combine, bring to a boil reduce heat to cover and simmer 10 min till sauce thickens slightly.
- Add peas, spread mixture into a 11x7 inch glass dish. Drain potatoes add milk, butter and salt and pepper mash until smooth add egg mix until well combined.
- Top meat mixture with mashed potatoes, garnish with parsley and Parmesan cheese. Cover with aluminum foil.
- Bake for 30-40 min. Till top is golden brown. Let cool 10 min before serving.