



# Cooking with OFS

## Recipe

# WARM ASPARAGUS SPRING SALAD



For # people

8 servings



Cooking time

45 minutes

## Ingredients:

- 3 ½ cups cubed sweet potatoes
- Salt and pepper to taste
- 2 cups cooked green lentils
- 1 bunch asparagus, tough end trimmed.
- 1 cup halved radishes
- 2 Tbsp canola oil divided
- 1 small red onion, thinly sliced
- **Dressing:**
  - ¼ cup lemon juice
  - ¼ cup canola oil
  - ¼ cup chopped fresh dill
  - 2 Tbsp Dijon mustard
  - Salt and pepper to taste

## Directions:

- Preheat oven to 425 F and line 2 baking sheets with parchment paper.
- Toss sweet potatoes with 1 Tbsp oil and season with salt and pepper, place in a single layer on the prepared baking sheet and roast for 25 minutes.
- Toss cooked lentils with ½ Tbsp oil and season with salt and pepper.
- Flip the sweet potatoes over and add the lentils at same time on top to the sweet potatoes and roast for another 10 to 15 minutes, stirring at the halfway point, until sweet potatoes are tender and green lentils are crispy.
- Meanwhile toss asparagus and radishes with remaining ½ Tbsp oil and season with salt and pepper, place on a second baking sheet and place in the oven at same time as sweet potatoes, roast for 15-20 minutes, until all is tender.
- Place all dressing ingredients in a small jar and shake well.
- Take all vegetables and lentils from oven and place all in a large bowl and pour the dressing over, gently stir and adjust seasonings if required.
- Serve immediately.



# Cooking with OFS

## Recipe

# CARROT & ZUCCHINI NOODLES WITH BEEF



For # people

4 servings



Cooking time

45 minutes

## Ingredients:

- 450 g boneless beef (1 inch thick)
- Montreal steak spice
- 2 tablespoons canola oil
- 1 tablespoon unsalted butter
- 4 each small zucchinis and carrots, cut in ribbons
- lemon oil
- 1 pinch each of salt and pepper
- 1/2 cup Greek yogurt
- 1 tablespoon mayonnaise
- 1 tablespoon prepared horseradish
- 1 tablespoon roughly chopped fresh dill
- Wide Egg Noodles, 16 oz, cooking according to package instructions. OR use noodles of your preference.

## Directions:

- Sprinkle steaks with steak spice to taste. In skillet over medium-high heat, cook steaks in oil until browned. Top each steak with 1/2 tbsp butter. Remove from skillet and set aside to rest.
- In another skillet over medium heat, cook zucchini and carrots in a dash of lemon oil, stirring gently, until warmed through, 1 to 3 minutes. Season with salt and pepper; remove from heat.
- In small bowl, combine yogurt, mayonnaise, horseradish and dill; season with more salt and pepper.
- Slice steaks into strips. Divide zucchini and carrot mixture among plates. Top with steak and horseradish-dill sauce.
- Serve on top of the noodles and with garlic bread.
- My own Tip: Make your own steak spice by combining a few teaspoons of coriander seeds, black peppercorns, dill seeds, salt, paprika, hot pepper flakes and garlic powder in a spice grinder.



# Cooking with OFS

## Recipe

## SPICED CAULIFLOWER, CHICKPEAS & HERBS



For # people

8 servings



Cooking time

45 minutes

### Ingredients:

- 1 large head cauliflower, broken into florets (about 1kg in total)
- **1 garlic** clove, crushed
- 1 tsp each caraway and cumin seed
- 3 tbsp olive oil
- 1 red onion sliced thin
- 1 can (796 ml) chickpea, drained and rinsed
- small bunch each parsley and dill, leaves torn

### LEMON TAHINI DRESSING

- 1/3 cup tahini
- 1/3 cup water
- 1/4 cup lemon juice
- 2 cloves garlic, minced
- 1/2 tsp cumin
- 1/4 tsp cayenne
- 1/4 tsp salt

### Directions:

- Heat oven to 400 F.
- Roast the cauliflower, onion, garlic, oil and spices in the preheated oven for 20 minutes, then stir, return them to the oven, and roast for an additional 10-15 minutes, or until the cauliflower is tender and browned on the edges. Let the cauliflower cool slightly
- Add the chickpeas, nuts and remaining oil to the pan, then cook for 10 mins more. To serve, stir in the herbs with LEMON TAHINI DRESSING.
- While the cauliflower and onions are roasting, make the lemon tahini dressing. Add the tahini, water, lemon juice, garlic, cumin, cayenne, and salt to a blender. Blend until smooth, then refrigerate until ready to serve.
- Pull the parsley leaves from their stems and roughly chop the leaves into small pieces.



# Cooking with OFS

## Recipe

## ONE-POT ENCHILADA RICE



For # people

4 servings



Cooking time

45 minutes

### Ingredients:

- 1 tablespoon oil
- 1 tablespoon minced garlic, minced
- ½ cup red onion chopped
- 1 cup bell pepper chopped
- 1 cup tomato chopped
- 3 cups water
- 1 ½ cups rice
- 1 can black beans (540ml) drained.
- 1 tablespoon fresh cilantro, chopped
- 1 cup tomato sauce
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon salt
- 1 teaspoon pepper
- ½ cup shredded cheese
- ½ avocado, cubed, for garnish

### Directions:

- Preheat oven to 400°F
- Put oil in a cast-iron skillet over medium heat. Add garlic and onion to skillet and stir until garlic is slightly golden and onion has softened.
- Add pepper and sauté 2-3 minutes or until peppers have softened.
- Add tomatoes and sauté 1 minute.
- Pour water into the skillet and wait for it to come to a boil.
- Add rice and stir.
- Make a circle in the center of the rice vegetables and add black beans to the skillet and mix.
- Add cilantro, tomato sauce, chili powder, cumin, salt, and pepper, and stir.
- Add cheese on top (optional).
- Bake in a preheated oven for 20-25 minutes.
- Allow to cool for 5 minutes.
- Garnish with cilantro and avocado (optional). Enjoy!



# Cooking with OFS

## Recipe

## PROTEIN-PACKED CHILI



For # people

8 servings



Cooking time

1 hour

### Ingredients:

- 1 tablespoon oil
- 8 cloves garlic, minced
- 1 onion, chopped
- 1 red bell pepper, chopped
- 1 jalapeño, chopped, seeded
- 1 teaspoon salt, to taste
- ¼ teaspoon pepper, to taste
- 1 tablespoon cayenne pepper
- 4 tablespoons chili powder
- 1 tablespoon cumin
- 4 tomatoes, cubed
- 1 can crushed tomato (796ml)
- 4 cups vegetable broth
- 2 cups water
- ¾ cup quinoa rinsed
- 1 can red kidney bean (540ml), drained
- 1 can pinto bean (540ml), drained
- 1 can black beans (540ml), drained
- 1 can corn (341ml), fresh or frozen
- 1 tablespoon lime juice
- 1 teaspoon dried oregano
- 1 tablespoon fresh cilantro
- Avocado, for garnish

### Directions:

- In a large pot, over medium heat, combine oil, garlic, onion, pepper, jalapeño, salt, pepper, cayenne pepper, chili powder, and cumin. Sauté until onion is translucent, 5-6 minutes.
- Add tomatoes, crushed tomatoes, vegetable broth, water, quinoa, kidney beans, pinto beans, and black beans. Bring to a boil.
- Cover and reduce to a simmer for 25-30 minutes.
- Add corn, lime juice, oregano, and cilantro, cover again and simmer for 5 minutes.
- Allow to cool 2 minutes. Serve topped with cubed avocado and chopped cilantro.
- Enjoy with garlic bread



# Cooking with OFS

## Recipe

## PRIMAVERA PASTA



For # people

4-6 servings



Cooking time

1 hour

### Ingredients:

- 500g pasta whole wheat pasta such as penne, cooked al dente
- 1 cup carrot sliced
- 1 cup pepper , chopped
- 1 bunch asparagus
- 1 yellow squash halved and thinly sliced
- 2 cups of warm prepared marinara sauce look for a low-fat, low-sugar variety
- 1 tablespoon garlic, minced
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 cup grated cheddar cheese
- parmesan cheese, optional

### Directions:

- Cook the pasta in salted water according to package instructions.
- While the pasta is cooking, heat the olive oil in a large pan over medium-high heat.
- Add the onions to the pan and cook for 3-4 minutes, or until they've started to soften.
- Add the broccoli, carrots and squash to the pan. Season the vegetables with salt and pepper to taste.
- Add 2 tablespoons of water to the pan. Cook for 5-7 minutes or until vegetables are tender and starting to brown.
- Stir in the garlic and cook for 30 seconds more.
- Add the cooked pasta and marinara sauce in the pan add cheddar cheese and toss to coat.
- Sprinkle with parmesan cheese and serve. Top with chopped parsley if desired.



# Cooking with OFS

## Recipe

# ONE-PAN CHICKEN & VEGGIE BAKED



For # people

4 servings



Cooking time

1 hour

## Ingredients:

- 1 small sweet potato cubed small
- ½ lb brussels sprouts half
- 1 medium carrot cut small
- 1 head broccoli in small pieces
- 1 ½ lb chicken breast cut in small pieces
- 2 Tbsp olive oil
- 1 small green pepper chopped
- 2 tablespoons fresh rosemary, chopped
- 2 tablespoons fresh thyme, chopped
- 4 cloves garlic, minced
- salt, to taste
- pepper, to taste
- 1 medium onion chopped

## Directions:

- Preheat oven to 425°F (220°C).
- Cut vegetables. Sweet potato and carrots take more time - dice them, or cut them thinner.
- Season veggies with olive oil, salt, pepper, rosemary, thyme, and garlic.
- Cut chicken in bite size with olive oil, salt, pepper, and the remaining rosemary, thyme, and garlic.
- Bake in a dutch oven covered.
- Bake for 25-30 minutes, until chicken is fully cooked and veggies are done to your liking.
- This meal works great with brown rice, so feel free to add some to your meal.