

## Recipe

## Black Bean Quesadillas



For # people

6 servings



Cooking time

30 minutes

### Ingredients:

- 2 teaspoons vegetable oil
- 1 medium onion, chopped
- 1 sweet green pepper, chopped
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1/4 teaspoon salt or to taste
- 1/4 teaspoon pepper or to taste
- 2 cans black beans drained and rinsed (540 ml can)
- 2 cups salsa
- 1 can corn kernels (341 ml can)
- 6 large flour tortillas
- 2 cups shredded cheddar cheese
- 1 cup light sour cream

### Directions:

- In large nonstick skillet, heat oil over medium heat; cook onion, green pepper, chili powder, cumin, salt and pepper until softened, about 8 minutes. Add black beans, salsa and corn; cook, stirring often, until heated through, about 5 minutes. (Make-ahead: Let cool for 30 minutes;
- Evenly spoon bean mixture over half of each tortilla; sprinkle with cheese. Fold uncovered half over top and press lightly. Place a flour tortilla on a griddle or in a sauté pan. Cover the entire tortilla with cheese and spread the filling over one side, when the cheese is mostly melted, fold the tortilla over the filling into a half-moon shape, Cook until crisp and golden, a few minutes per side. Repeat with the remaining tortillas. Serve immediately with sour cream and lime wedges, if desired.
- Serve with: Coleslaw salad. Beans are packed with both soluble and insoluble fibre, which can help to keep your digestive system regular, regulate blood sugar, lower cholesterol and protect against some cancers.



# Cooking with OFS

<b>Recipe</b>	<b>Roasted Salmon Tacos</b>
---------------	-----------------------------

 For # people	6 servings	 Cooking time	1 hour 30 minutes
--	------------	--	-------------------

## Ingredients:

<b>Salmon</b> <ul style="list-style-type: none"><li>• Olive oil, for greasing the pan</li><li>• 1 3/4 pounds center-cut fresh salmon fillet, skin removed</li><li>• 2 teaspoons chipotle chili powder</li><li>• 1 teaspoon grated lime zest</li><li>• Salt and freshly ground black pepper</li><li>• 3 tablespoons freshly squeezed lime juice, divided</li><li>• 12 (6-inch) corn tortillas, warmed</li></ul>	<b>Slaw</b> <ul style="list-style-type: none"><li>• 3/4-pound green cabbage, cored and finely shredded</li><li>• 1/2 seedless cucumber, unpeeled, halved lengthwise, seeds removed and very thinly sliced</li><li>• 1/4 cup white wine vinegar</li><li>• 3 tablespoons minced fresh dill</li><li>• Kosher salt and freshly ground black pepper</li><li>• 4 ripe Hass avocados, pureed</li><li>• Juice of 1 lime</li><li>• 1 teaspoon salt</li><li>• 1/3 teaspoon black pepper</li></ul>
--	---

## Directions:

- At least an hour before you plan to serve the tacos, toss the cabbage, cucumber, vinegar, dill, 1 teaspoon salt, and 1/2 teaspoon black pepper together in a large bowl. Cover and refrigerate, allowing the cabbage to marinate.
- When ready to serve, preheat the oven to 425 degrees. Brush a baking dish with olive oil and place the salmon in it. Mix the chipotle chili powder, lime zest, and 1 1/2 teaspoons salt in a small bowl. Brush the salmon with 1 tablespoon of the lime juice and sprinkle with the chipotle seasoning mixture. Roast for 12 to 15 minutes, depending on the thickness of the fish, until the salmon is just cooked through.
- To warm the tortillas, wrap them in foil and place them in the oven with the salmon. Meanwhile, roughly mash the avocados with the lime juice, add the salt & pepper.
- To serve, lay 2 warm tortillas on each of 6 plates. Place a dollop of the avocado mixture on one side of each tortilla, then some large chunks of salmon, and finally, some of the slaw. Fold the tortillas in half over the filling and serve warm.

## Recipe

## Chicken in Coconut Sauce



For # people

6 – 8 servings



Cooking time

45 minutes

### Ingredients:

- 1 (400ml) can of cream of coconut
- 1 cup hot water
- 3 Tbsp olive oil or vegetable oil
- 4 skinless, boneless chicken breast halves.
- 1 Tbsp lemon juice
- 1 tsp fresh ground ginger
- 1 tsp chili powder
- Salt and pepper to taste
- 2 medium onions, chopped
- 3 cloves garlic, crushed

### Directions:

- Mix the cream of coconut with hot water until smooth and well blended, set aside.
- Heat the oil in large skillet over medium-high heat and place the chicken breast cut into small cubes and pan-fry it until they begun to brown but are still pink inside, about 5 minutes per side.
- Remove the chicken to a plate and sprinkle them with lemon juice, ginger, chili powder, salt and pepper.
- Place the onions and garlic into the skillet over medium heat and cook until the onions are soft and translucent, about 10 minutes.
- Return the chicken to the skillet mix well with onions and garlic mixture, add coconut mix, reduce heat to low and simmer until the chicken is cooked and sauce has thickened, about 30 minutes.
- Serve over boil rice and steam vegetables.



# Cooking with OFS

Recipe

## Curried Split Pea Soup



For # people

8 servings



Cooking time

1 hour

### Ingredients:

- 1 tbsp olive oil
- 1 medium onion, chopped
- 2 garlic cloves
- 1 ½ cups green split peas, washed and sorted
- 5 cups water (approximately)
- 1 tbsp curry powder

### Directions:

- Soak green split peas overnight and cook in a regular pot.
- If you did not soak the green peas, then YOU MUST use a pressure cooker.
- Heat oil over medium or low heat, add onion, garlic, salt and pepper to taste.
- Sauté for 1 or 2 minutes, until onions are tender.
- Add peas, half the water and curry powder and bring to boil.
- Boil for about 20 minutes and open and check it. Re-close pressure cooker if not done.
- Using an immersion blender, puree soup until desired consistency.
- Add water to adjust consistency.
- Serve hot. Garnish with fresh mint, parsley, grated cheese or croutons.



# Cooking with OFS

## Recipe

## Mac & Cheese with a Veggie Twist



For # people

4 servings



Cooking time

45 minutes

### Ingredients:

- 375 mL (1 ½ cups) whole grain macaroni
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 cup peas and carrots
- 1 chopped red bell pepper
- 4 green onions, chopped

#### For the sauce

- 2 cups milk
- 2 tbsp flour
- 1 tbsp Dijon mustard
- 2 tbsp olive oil
- 2 cups shredded cheddar cheese
- Salt and pepper to taste

### Directions:

- In a large saucepan, heat olive oil over medium heat and cook onion and garlic for 1 minute. Add carrot and peas, red pepper and cook stirring for about 5 minutes or until softened.
- In a pot, bring water to boil. Add macaroni and cook for about 6 minutes or until pasta is tender but firm. Drain well and mix with vegetables.
- With a whisker mix milk, flour and mustard and cook over medium heat for 2 to 3 minutes or until thickened and smooth, reduce heat to low and cook for 2 minutes longer.
- Pour over pasta and vegetables, mix in cheese and chopped green onions.
- Salt and pepper to taste. Serve..



# Cooking with OFS

## Recipe

## Sweet Potato & Lentil Soup



For # people

6 servings



Cooking time

1 hour

### Ingredients:

#### Salmon

- 1 tablespoons of corn oil
- 1 red onion, chopped
- 2 inch piece of ginger, minced
- 2 teaspoons of curry powder
- 3 cups of skinned sweet potatoes, cubed (approx. 2 sweet potatoes)
- ½ cup red lentils, pre-soaked for 20 minutes
- 5 cups of chicken or vegetable broth or water
- 1 ½ cups of coconut milk or regular milk or milk of your choice
- 1 tablespoon of lemon juice
- Sea salt & black pepper to taste

### Directions:

- Pre-soak lentils for an hour or minimum 30 minutes.
- In a pot, heat oil over medium heat.
- Sauté onion until soft.
- Add sweet potatoes and sauté for 5 minutes.
- Add ginger, curry powder and stir well.
- Add lentils and broth to the pot and cover. Bring to a boil and then simmer, until sweet potatoes are tender and lentils are cooked.
- Use a hand-held blender inside the pot to make the soup smooth.
- Stir in the coconut milk and lemon juice.
- Season with salt and pepper to taste. Serve!



# Cooking with OFS

Recipe

## Bulgur, Chickpea & Tomato Salad



For # people

6 servings



Cooking time

45 minutes

### Ingredients:

- 1 cup bulgur
- 3 plum tomatoes, chopped
- 3 green onions, chopped
- 1 can (540ml can) chickpeas, drained & rinsed
- 2/3 cup finely chopped fresh Italian parsley
- 4 hardboiled eggs
- 1/4 cup grated parmesan, asiago or romano cheese

### Dressing

- 3 tbsp lemon juice
- 3 tbsp olive oil
- Salt and pepper to taste

### Directions:

- In saucepan, bring 1 1/2 cups water to boil, stir in bulgur, cover and remove from heat, let stand for 20 minutes.
- Meanwhile in bowl whisk together lemon juice, oil, salt and pepper.
- In a large bowl combine bulgur, tomatoes, onions, chickpeas and parsley, drizzle with dressing and toss.
- Coarsely chop eggs, gently stir into salad.
- Garnish with parmesan cheese and serve.