



Cooking with OFS

Recipe

BROCCOLI CREAM SOUP



For # people

6 servings



Cooking time

1 hour

Ingredients:

- 1 tablespoon oil
- 1 cup chopped onion
- 2 cloves garlic chopped
- 4 cups coarsely chopped broccoli
- 2 1/2 cups chicken stock, water or vegetable stock.
- 1 sweet potatoe potato peeled and diced
- 1 cup drained canned white pea beans
- 1 1/2 cup shredded light Cheddar-style cheese(optional)
- 1 cup 1% milk or any milk alternative
- 1/4 teaspoon salt or to taste
- 1/4 teaspoon pepper

Directions:

- Directions: In large heavy saucepan, heat oil over medium heat; cook onion and garlic, stirring, for about 3 minutes or until softened. Add broccoli, stock, potato and beans; bring to boil.
- Reduce heat; simmer, covered, for about 20 minutes or until vegetables are softened. In food processor or blender, blend to desired consistency; return to saucepan.
- Stir in half of the cheese is using cheese, along with milk, salt and pepper; cook over medium-low heat, stirring, just until cheese is melted. Ladle soup into bowls; sprinkle with remaining cheese.
- If you are not using cheese just add milk and serve, garnish with fresh herbs,
- If you are freezing it, it is better to freeze without the milk and/or cheese, freeze just the vegetables and add milk and or cheese when you will serve.



Cooking with OFS

Recipe

GREEN SALAD



For # people

8 servings



Cooking time

45 minutes

Ingredients:

Salad:

- 5 cups torn stemmed kale
- 1 apple , thinly sliced
- 1 head radicchio , torn
- half bulb fennel , cored and thinly sliced
- 1 head Belgian endive , leaves separated
- 3/4 cups toasted walnut halves

Dressing:

- 3/4 cups Balkan-style yogurt
- 2 tablespoons olive oil
- 2 teaspoons lemon zest
- 2 tablespoons lemon juice
- 2 tablespoons chopped chives
- 1 tablespoon prepared mustard (optional)
- 1/4 teaspoon each salt and pepper or to taste

Directions:

- Dressing: In small bowl, whisk together yogurt, oil, lemon zest, lemon juice, chives, mustard, salt and pepper.
- In bowl, toss together kale, apple, radicchio, fennel and endive. Drizzle with Dressing, tossing to combine. Transfer to platter; sprinkle with walnuts.
- Can add a can of drained chickpeas or beans of your preference.
- Serve with garlic bread.



Cooking with OFS

Recipe

FAVA BEAN SPREAD



For # people

6servings



Cooking time

30 minutes

Ingredients:

- 1 (15 ounce) can fava beans
- 1 ½ tablespoons olive oil
- 1 large onion, chopped
- 1 large tomato, diced
- 1 teaspoon ground cumin
- ¼ cup chopped fresh parsley
- ¼ cup fresh lemon juice
- salt and pepper to taste

Directions:

- Open a can of fava beans drain and rinse well.
- In a frying pan heat the oil and cook onions, tomato, cumin, salt and pepper, ADD drained beans and stir well.
- Add parsley, lemon juice, salt, pepper, and red pepper. Bring the mixture back to a boil, then reduce the heat to medium. Let the mixture cook 5 minutes, can puree the mixture with a fork, potato masher or in a blender you can make a smooth paste.
- Can add fresh garlic crushed.
- Serve warm with toasted whole wheat bread, chopped cucumbers and a fried egg.



Cooking with OFS

Recipe

ASIAN SLAW WITH GINGER-PEANUT DRESSING



For # people

6 servings



Cooking time

45 minutes

Ingredients:

For The Ginger-Peanut Dressing

- 1/4 cup honey
- 1/4 cup vegetable oil
- 1/4 cup unseasoned rice vinegar
- 1 tablespoon soy sauce
- 1 teaspoon Asian sesame oil
- 1 tablespoon peanut butter (I like Skippy Natural No Need to Stir)
- Heaping 1/2 teaspoon salt
- 1 teaspoon Sriracha sauce (optional)
- 1 tablespoon minced fresh ginger
- 1 large garlic clove, minced

For The Slaw

- 4 cups prepared shredded coleslaw or you can cut green cabbage very thinly.
- 2 cups prepared shredded carrots or you can shred the carrots yourself.
- 1 red bell pepper, thinly sliced into bite-sized pieces
- 1 cup cooked and shelled edamame
- 2 medium scallions, finely sliced
- 1/2 cup chopped salted peanuts (or you can leave them whole)
- 1/2 cup loosely packed chopped fresh cilantro

Directions:

- In a medium bowl, whisk together all of the ingredients for the dressing (be sure the peanut butter is dissolved). Set aside.
- Combine all of the slaw ingredients in a large mixing bowl. Add the dressing and toss well. Let the slaw sit for at least ten minutes so the vegetables have a chance to soak up the dressing. Taste and adjust seasoning if necessary (I usually add a bit more salt.) Serve cold. This slaw is best served fresh but leftovers will keep in a covered container in the refrigerator for a few days.
- Make-Ahead Instructions: The dressing can be prepared up to 2 days ahead of time; store in a covered container in the refrigerator.



Cooking with OFS

Recipe

EGG SALAD



For # people

4 servings



Cooking time

45 minutes

Ingredients:

- 2 large eggs
- 1 lemon, juiced
- 1 tbsp tahini
- 1 tbsp olive oil
- 1 red onion, chopped
- 2 large garlic cloves, finely chopped 1 teaspoon Sriracha sauce (optional)
- 1 tablespoon minced fresh ginger
- 1 tsp ground cumin
- 1 can (540ml) Cannellini beans - which are large, white kidney beans, juice reserved
- 1 iceberg lettuces cut into wedges
- 2 tomatoes cut into wedges
- sprinkling of dried chilli flakes and roughly chopped flat-leaf parsley, optional

Directions:

- Bring a pan of water to the boil with the eggs and boil for 8 mins. Drain and run under the cold tap to cool them a little, then peel and halve. Meanwhile, mix 1 tbsp lemon juice and 3 tbsp water with the tahini to make a dressing.
- Heat the oil and fry the onion and garlic for 5 mins to soften them. Add the cumin and stir briefly then add the beans and lightly crush some of them as you heat them, adding some of the juice from the can to get a nice creamy consistency but keeping whole beans, too. Taste and add lemon juice and just a little seasoning if you need to.
- Spoon the beans on to plates with the lettuce, then add the eggs and tomatoes, with the tahini dressing, chilli and parsley, if using.



Cooking with OFS

Recipe

ROASTED BUTTERNUT SQUASH SOUP



For # people

4-6 servings



Cooking time

1 hour & 15'

Ingredients:

- 1 454 pkg cubed peeled butternut squash
- 3 cloves garlic , smashed
- 1 sweet potato , peeled and cut in chunks
- 1 onion , chopped
- 3 tablespoons olive oil
- 1 1/2 teaspoon salt , divided
- 1/4 teaspoon pepper
- 1 tablespoon unsalted butter
- 1 McIntosh or Granny Smith apple , peeled and chopped
- 1 900 ml pkg no-salt-added vegetable broth
- 1/3 cup 35% cream
- 2 teaspoons lemon juice

Directions:

- Preheat oven to 400°F. Line baking sheet with parchment paper. On prepared pan, toss together squash, garlic, sweet potato, onion, oil, 1/2 tsp of the salt and pepper until coated. Bake, flipping halfway through, until vegetables are tender, about 30 minutes.
- Meanwhile, in large pot, melt butter over medium-low heat; cook apple, stirring often, until soft, about 7 minutes. Stir in vegetable mixture and remaining 1 tsp salt. Pour in broth; bring to boil. Reduce heat to simmer; cook for 5 minutes. Remove from heat. Stir in cream and lemon juice. In batches, blend until smooth.
- 3 Garnishes for butternut squash soup include sour cream, plain yogurt, a sprinkle of minced cilantro or thyme is also tasty.



Cooking with OFS

Recipe

CHICKEN VEGETABLE STIR-FRY



For # people

4 servings



Cooking time

1 hour

Ingredients:

- 1 lb boneless skinless chicken breast
 - 2 tablespoons vegetable oil
 - 1 teaspoon minced gingerroot
 - 3 cloves garlic minced
 - 2 carrots thinly sliced
 - 1 sweet green pepper thinly sliced
 - 2 cups thinly sliced mushrooms
 - 1/4 teaspoon pepper
 - 2 cups bean sprouts rinsed
 - 2 green onions thinly sliced
- Sauce:**
- 1/2 cup chicken stock
 - 2 tablespoons soy sauce
 - 1 tablespoon rice wine vinegar
 - 2 teaspoons cornstarch
 - 2 teaspoons sesame oil
 - 1/4 teaspoon hot pepper sauce

Directions:

- Cut chicken across the grain into thin strips. In wok or large deep skillet, heat half of the oil over high heat; stir-fry chicken, in 2 batches, until no longer pink inside, about 4 minutes. Set aside on plate.
- Add remaining oil to wok; stir-fry ginger and garlic until fragrant, about 1 minute. Add carrots, green pepper, mushrooms and pepper; stir-fry for 1 minute. Add 1/4 cup (50 mL) water; cover and steam until vegetables are tender-crisp, about 4 minutes.
- Sauce: Meanwhile, in bowl, whisk together chicken stock, soy sauce, vinegar, cornstarch, sesame oil and hot pepper sauce; pour into centre of wok and boil, stirring, until thickened, about 2 minutes.
- Return chicken to pan; stir-fry until sauce is thickened and glossy. Spread bean sprouts all over platter; top with chicken mixture. Sprinkle with green onions.
- Serve over rice.