



# Cooking with OFS

Recipe

## LENTIL & KALE STEW



For # people

4 servings



Cooking time

45 minutes

### Ingredients:

- 1 tablespoon olive oil
- 1 leek (white and light green parts only), chopped
- 3 cloves of garlic, finely chopped
- 1 carrot, diced
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 3 cups sodium-reduced vegetable broth
- 1 (540 ml) can lentils, rinsed and drained
- 1/4 cup raisin
- 4 cups chopped kale leaves
- 1/4 cup toasted almonds, chopped

### Directions:

- In large casserole or Dutch oven, heat oil over medium heat; cook leek and garlic, stirring occasionally, until softened, about 4 minutes. Add carrot, cumin and smoked paprika; cook, stirring constantly, for 1 minute. Add broth; bring to boil. Stir in lentils and raisins. Reduce heat; cover and simmer for 10 minutes.
- Add kale; cook, uncovered, until mixture has thickened, about 4 minutes. Spoon into bowls; sprinkle with chopped almonds.



## Cooking with OFS

Recipe

# WARM NOODLE SALAD WITH SOFT-BOILED EGGS



For # people

4 servings



Cooking time

30 minutes

### Ingredients:

- 250 g soba noodles
- 4 eggs
- 1 cup snow peas , trimmed and halved
- 1 cup frozen shelled edamame
- 1 sweet red pepper, cut into strips
- 4 radishes , thinly sliced
- 2 green onions , chopped
- 1/2 cup chopped fresh cilantro
- 2 tablespoons toasted sesame seeds
- Miso Dressing:
  - 1/3 cup canola oil
  - 3 tablespoons rice vinegar
  - 2 tablespoons white miso paste
  - 1 tablespoon honey
  - 1 tablespoon finely chopped fresh ginger
  - 1 clove garlic , minced
  - 1 teaspoon sriracha sauce.
  - cracked pepper.

### Directions:

- In large pot of boiling salted water, cook noodles until al dente, about 10 minutes. Drain and rinse under cold water. Drain again and set aside.
- Meanwhile, in separate saucepan, place eggs in single layer; pour in enough cold water to cover eggs by 1 inch. Cover and bring to boil. Remove from heat; cover and let stand for 5 minutes. Remove eggs from pan; place in bowl of cold water until cool. Peel and cut in half lengthwise; set aside.
- Miso Dressing
- In small bowl, whisk together oil, rice vinegar, miso paste, honey, ginger, garlic and sriracha. (Make-ahead: Can be covered and refrigerated for up to 1 week.)
- In same pot used to cook noodles, blanch snow peas and edamame for 2 minutes; drain well. In large bowl, combine blanched vegetables, red pepper, radishes, green onions, cilantro and half of the dressing. Add reserved noodles and remaining dressing, mixing gently until noodles are coated. Sprinkle with sesame seeds and top with egg halves. Sprinkle with pepper.



# Cooking with OFS

Recipe

## CORN & BLACK BEAN ENCHILADAS



For # people

6 servings



Cooking time

30 minutes

### Ingredients:

- 1 tablespoon canola oil
- 1 small red onion , diced
- 1 small sweet red pepper , diced
- 2 cloves of garlic , minced
- 2 teaspoons ground cumin
- 1 teaspoon sweet paprika
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon hot pepper flakes
- salt and pepper
- 1 cup frozen corn
- 1 (540 ml) can black bean , rinsed and drained
- 1 cup salsa
- 1 teaspoon lime juice
- 6 tortillas (6-inch rounds)
- 1 cup Cheddar cheese , grated
- 1/4 cup cilantro , chopped

#### Sauce:

- 1 cup tomato sauce
- 1 clove garlic , minced
- 1 1/2 teaspoon chili powder
- 1/4 teaspoon ground cumin

### Directions:

- In large skillet, heat oil over medium heat; cook onion and sweet pepper, stirring, until softened, about 4 minutes. Add garlic, cumin, sweet and smoked paprika and hot pepper flakes; cook for 30 seconds. Season with salt and pepper. Mix in corn, black beans, salsa and lime juice. Cook, stirring occasionally, until corn is tender, about 5 minutes (if mixture is sticking to pan, stir in a bit of water). Remove from heat.

#### Sauce

- Mix together tomato sauce, garlic, chili powder and cumin; set aside.
- Spread bean filling down along centre of each tortilla; roll up tortillas. Transfer to 11- x 7-inch baking dish. Spoon sauce over tortillas; sprinkle with Cheddar cheese. Cover and bake in 350°F oven until cheese is melted, about 15 minutes. Sprinkle with cilantro.



## Cooking with OFS

Recipe

# QUINOA SALAD WITH CREAMY TAHINI DRESSING



For # people

6 servings



Cooking time

45 minutes

### Ingredients:

- 1 cup quinoa rinsed and drained
- 1/2 teaspoon salt
- 1/4 cup lemon juice
- 1/4 cup extra-virgin olive oil
- 1/4 cup tahini
- 1/4 cup warm water
- 1 clove garlic minced
- 1/2 teaspoon ground cumin
- 1/4 teaspoon pepper
- 2 cups grape tomatoes halved
- 2 cups cherry tomatoes halved
- 1 cup diced English cucumber
- 1 cup drained rinsed canned lentils
- 2/3 cups chopped fresh parsley
- 1/3 cup chopped fresh mint
- 3 green onions thinly sliced.

### Directions:

- In saucepan, bring quinoa, half of the salt and 2 cups water to boil over high heat; reduce heat, cover and simmer until no liquid remains and quinoa is tender, about 15 minutes. Let cool.
- In large bowl, whisk together lemon juice, oil, tahini, warm water, garlic, cumin, pepper and remaining salt. Stir in quinoa, tomatoes, cucumber, lentils, parsley, mint and green onions, tossing to coat. (Make-ahead: Cover and refrigerate for up to 3 days.)



# Cooking with OFS

## Recipe

## CHICKEN STIR-FRY



For # people

4 servings



Cooking time

35 minutes

### Ingredients:

- 1 lb boneless skinless chicken thighs
  - 1 tablespoon canola oil , divided
  - 1 onion , sliced
  - 2 teaspoons finely chopped fresh ginger
  - 2 cloves of garlic , minced
  - 1 sweet green pepper , cubed
  - 1 sweet red pepper , cubed
  - 1 red chili pepper , seeded and sliced
  - 1 small zucchini , sliced
  - 1 green onion , sliced
  - 1/2 cup unsalted roasted peanuts
  - 1/4 cup cilantro , chopped (optional)
- Sauce:
- 3 tablespoons sodium-reduced soy sauce
  - 3 tablespoons rice vinegar
  - 3 tablespoons liquid honey
  - 1 tablespoon sesame oil
  - 2 teaspoons cornstarch

### Directions:

- Cut chicken thighs into bite-size pieces. In large skillet or wok, heat half of the oil over medium-high heat; cook chicken, stirring, until golden, about 5 minutes. Remove chicken from skillet; set aside.
- In same skillet, heat remaining oil over medium-high heat; cook onion, ginger and garlic, stirring, for 2 minutes.
- Add green and red peppers, chili pepper and zucchini; cook, stirring occasionally, until vegetables are tender-crisp, about 3 minutes.

#### Sauce:

- Meanwhile, whisk together soy sauce, rice vinegar, honey, sesame oil, cornstarch and 3 tbs water.
- Stir sauce into skillet along with reserved chicken. Cook, stirring, until chicken is cooked through and sauce is thickened, about 2 minutes. Sprinkle with green onion, peanuts and cilantro (if using).



# Cooking with OFS

Recipe

## ONE-POT PASTA and BEANS



For # people

5 servings



Cooking time

35 minutes

### Ingredients:

- 2 tablespoons olive oil
- 4 oz pancetta or bacon, diced
- 1 onion , chopped
- 2 celery stalks , diced
- 2 carrots , diced
- 1 tablespoon chopped fresh rosemary (or 1 tsp dried rosemary)
- 3 cloves of garlic , minced.
- 1 540 ml can crushed tomatoes
- 2 540 ml can white cannellini beans , drained and rinsed
- 225 g shell pasta (about 2 cups)
- 1 900 ml pkg sodium-reduced chicken broth
- salt and pepper
- 1/2 teaspoon hot pepper flakes
- grated Parmesan cheese
- fresh basil leaves , chopped.

### Directions:

- In large saucepan, heat oil over medium-high heat; cook pancetta, onion, celery, carrots and rosemary, stirring occasionally, until vegetables have softened, about 4 minutes.
- Add garlic; cook, stirring, for 30 seconds.
- Mix in tomatoes, beans, pasta and broth; bring to boil. Season with salt and pepper.
- Reduce heat; cover and simmer until pasta is tender but still slightly firm, about 10 minutes.
- Sprinkle with hot pepper flakes, Parmesan, and basil (if using).
- Test Kitchen Tip: Serve this hearty and satisfying pasta dish with a light green salad, and fresh fruit for dessert.
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# Cooking with OFS

Recipe

## RICE PILAF WITH SHRIMP



For # people

4 servings



Cooking time

45 minutes

### Ingredients:

- 1 tablespoon olive oil
- 1 onion , chopped
- 2 cloves of garlic , minced
- salt and pepper
- 1 1/2 cup short-grain rice
- 2 cups sodium-reduced chicken broth
- 1 cup tomato sauce or passata
- 3/4 cups frozen peas , thawed
- 1 tablespoon olive oil
- 1 lb large shrimp , peeled and deveined
- 2 teaspoons grated lemon zest
- 2 tablespoons chopped fresh parsley
- 2 tablespoons lemon juice
- lemon wedges

### Directions:

- In saucepan, heat olive oil over medium heat; cook onion and garlic, stirring occasionally, until softened, about 2 minutes. Season with salt and pepper.
- Add rice; cook, stirring, for 1 minute. Add broth and tomato sauce; bring to boil. Reduce heat to low, cover and simmer for 15 minutes or until rice is tender and liquid is absorbed. Remove from heat; mix in peas.
- Meanwhile, in large skillet, heat oil over medium-high heat; cook shrimp until curled and opaque, about 2 minutes per side. Mix in lemon zest. Remove skillet from heat; stir in parsley and lemon juice. Mix in rice mixture. Serve with lemon wedges.