



# Cooking with OFS

<b>Recipe</b>	<b>Cheeseburger Frittata</b> <i>with Cucumber Salad</i>
---------------	---

 For # people	4 servings	 Cooking time	30 minutes
--	------------	--	------------

### Ingredients:

<ul style="list-style-type: none"><li>• 1 lb ground beef</li><li>• 8 eggs</li><li>• 4 slices of cheddar cheese</li><li>• 1 tablespoon extra virgin olive oil</li><li>• Salt &amp; fresh pepper</li></ul>	<b><i>Easy Cucumber Salad</i></b> <ul style="list-style-type: none"><li>• 2 English cucumbers thinly sliced</li><li>• 1 teaspoon salt</li><li>• 1 red onion thinly sliced</li><li>• 1 cup distilled white vinegar</li><li>• 1/2 cup water</li><li>• 1/2 cup granulated sugar</li><li>• 2 tablespoons fresh dill minced</li></ul>
--	--

### Directions:

**For the frittata,** pre-heat oven to 400F.  
Pre-heat an 8-inch pan over medium-high heat.  
Add 1 tablespoon of oil to the pan, allow oil to get hot, and add the ground beef, breaking it up into pieces. Immediately add ¼ teaspoon of salt and pepper. Cook until the ground beef is just cooked through.  
Meanwhile, thoroughly whisk the eggs in a large bowl for 60 seconds. The more air you beat in, the fluffier the eggs will be. Add ½ teaspoon salt and pepper, whisk well. Take the pan off the heat for 30 seconds and turn the flame down to medium-low. Add the eggs and put the pan back over the flame. Continuously mix with a spatula and keep doing so until the eggs are somewhat set, but still wet. It's important to mix well, so you break up the eggs and keep the curds small. Take the pan off the heat, add the slices of cheese, and bake in the oven for 8 minutes.  
Remove from oven and use a spatula to transfer frittata to a plate. Serve and enjoy! Serve with rice, quinoa or cucumber salad below.

**Easy Cucumber Salad**  
Season cucumbers with salt in a large bowl and let sweat 1 hour. Drain liquids and toss cucumbers with onion slices.  
In a small saucepan over high heat, pour in white vinegar and water and stir in sugar until dissolved and liquid turns clear, 3 to 5 minutes.  
Pour over cucumbers and onions. Stir in dill. Cover with plastic wrap and refrigerate for 1 hour. Serve cold or at room temperature.



# Cooking With OFS

## Recipe

## Chicken Vegetable Stir-Fry



For # people

4 servings



Cooking time

1 hour

### Ingredients:

- 1 lb boneless, skinless chicken breasts
- 2 tablespoons vegetable oil
- 1 teaspoon minced ginger
- 3 cloves garlic, minced
- 2 carrots, thinly sliced
- 1 sweet green pepper, thinly sliced
- 2 cups mushrooms, thinly sliced
- 1/4 teaspoon ground black 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.



# Cooking with OFS

## Recipe

## Healthy Mediterranean Pasta



For # people

4-6 servings



Cooking time

30 minutes

### Ingredients:

- 1 tablespoon salt — plus 1 teaspoon, divided
- 500 gr whole wheat spaghetti, or similar whole wheat noodles
- 4 cloves garlic
- 2 cups grape tomatoes — or cherry tomatoes
- 1 can quartered artichoke hearts — optional
- 1 can whole pitted black olives — optional
- 1 can (796ml) chickpeas, drained and rinsed
- 3 tablespoons good-quality olive oil
- 1/2 teaspoon ground black pepper
- 1/4-1/2 teaspoon crushed red pepper flakes
- 1/4 cup freshly squeezed lemon juice — about 1 lemon
- 1/4 cup freshly grated Parmesan cheese
- 1/4 cup fresh Italian parsley — chopped

### Directions:

Bring a large pot of water to a boil and add 1-tablespoon salt. Cook the pasta until al dente. Reserve 1/2 cup of the pasta water, then drain.

While the water boils and pasta cooks, prep your vegetables and remaining ingredients: mince the garlic; halve the cherry tomatoes; drain and rinse chickpeas, (and roughly chop the artichokes; drain and slice the olives in half, if using). Once the vegetables start cooking, the recipe goes quickly, so you want to be ready.

Heat the olive oil in a large skillet over medium high heat. Add the tomatoes, garlic, chickpeas, the remaining 1 teaspoon salt, pepper, and crushed red pepper flakes. Cook, stirring frequently, until the garlic is fragrant, and the tomatoes begin to break down and release some juices into the oil, 1 to 2 minutes.

Add the pasta to the skillet and toss to coat. (Add the artichokes and olives, if using) Drizzle the lemon juice over the pasta. Continue tossing and cook for 1 to 2 minutes, until warmed through. If the pasta seems too dry, add a splash of the reserved pasta water to loosen it. Taste and adjust the salt and pepper as desired. Remove from heat and sprinkle with Parmesan and parsley. Toss once more and enjoy.



# Cooking With OFS

Recipe

## Layered Beef Casserole



For # people

6 to 8 servings



Cooking time

2 hours

### Ingredients:

- 8 medium potatoes, peeled and thinly sliced
- 2 cans (341ml) whole kernel corn, drained
- 1 sweet green pepper, chopped
- 1 medium onion, chopped
- 1 tbsp oregano
- 2 cups fresh carrots, sliced
- 1-1/2 pounds lean ground beef
- 1 can (796ml) crushed tomatoes
- Salt and pepper to taste
- 1 cup shredded cheddar cheese

### Directions:

In a greased 13x9-in. baking dish, layer the potatoes, corn, green pepper, onion and carrots. Crumble beef over vegetables. Pour crushed tomatoes over top. Sprinkle with salt, pepper and oregano.

Cover and bake at 350° for 2 hours.

Sprinkle with cheese. Let stand for 10 minutes before serving.

Layered Beef Casserole can be divided between two 1-1/2 quart baking dishes. Bake one casserole to enjoy now and freeze the other for another meal. When ready to use, thaw in the refrigerator overnight. Bake as directed and sprinkle with cheese before serving.



# Cooking With OFS

## Recipe

## Roasted Pork Tenderloin *with Perfect Roasted Potatoes*



For # people

4 servings



Cooking time

45 minutes

### Ingredients:

- 1 tsp sea salt or to taste
- 1/2 tsp black pepper, freshly ground
- 1 tsp Italian Seasoning
- 1 tsp garlic powder
- 2 tbsp olive oil
- 1 1/2 lbs pork tenderloin, approx.

### ***Perfect Roasted Potatoes***

- 3 lbs yellow/Yukon Gold potatoes (adjust amounts as needed)
- 3-6 tbsp oil
- Salt to taste
- 1/2 tsp black pepper
- 3 tbsp freshly chopped rosemary (optional)

### Directions:

Preheat oven to 400°F with the rack in the middle.

Trim tenderloin of fat and any silver skin and pat dry with a paper towel. Pierce pork loin all over with a fork and rub with 1 Tbsp oil.

Combine your seasonings and sprinkle onto the tenderloin then use your hands to rub the spices into the tenderloin until evenly coated.

Heat 1 tbsp oil over med-high heat in a large oven-safe pan (cast iron or a Dutch oven will work). Once oil is hot, add pork and brown on all sides (6 minutes total).

Place in the oven and bake uncovered at 400°F for 13-15 min, flipping the tenderloin over halfway through baking. Bake until center of pork registers at least 150°F then transfer to a cutting board and let meat rest 5-10 min. Slice and serve with potatoes.

### ***Potatoes***

Preheat oven to 425 degrees F (218 C) and line 1 large baking sheet with parchment paper.

Wash and dry potatoes, cut them in bite size and add salt, pepper, oil and mix well.

Add and rosemary (optional) and toss well to combine.

Roast until golden brown and crispy, or about 20-25 minutes. You'll know they're done when golden brown on the bottom and edges and tender in the center.

Enjoy immediately with roasted pork and sauces of choice, ketchup or hot sauce.



# Cooking with OFS

## Recipe

## Spaghetti Squash With Meat Sauce



For # people

8 servings



Cooking time

1 hours 15  
minutes

### Ingredients:

- 8 cups cooked spaghetti squash, from 2 medium squashes, about 6 lbs total
- Salt and freshly ground black pepper, to taste

#### Meat Sauce

- 1 tsp butter
- 1 tsp olive oil
- 1 medium onion, finely chopped
- 1 carrot, peeled and chopped
- 1 celery stalk, finely chopped
- 1 lb lean beef, ground
- 28 oz can of crushed tomatoes
- 1/4 cup water or stock
- 1 bay leaf
- Salt and freshly ground pepper, to taste
- 1 tsp oregano
- Grated parmesan cheese for garnish

### Directions:

- Preheat oven to 400°F
- Cut spaghetti squash in half lengthwise and scoop out seeds.
- Season with salt and bake about 1 hour, or longer if needed on a baking sheet, cut side up. If you prefer the microwave, cut squash in half lengthwise, scoop out seeds and place on a microwave safe dish and cover. Microwave 8-9 minutes or until soft.
- Meanwhile, in a large deep sauté pan, melt butter and add oil. Add onions, celery and carrots and sauté on medium-low for about 3 to 4 minutes, until soft.
- Add the beef and season with salt. Brown the meat and cook, breaking it into smaller pieces with your spoon until cooked through.
- When cooked, add the tomatoes and adjust salt and pepper to taste. Add water or stock and simmer until it reduces a bit, then add bay leaf and cover, reducing heat to low. Simmer at least 1 hour, stirring occasionally.
- When spaghetti squash is cooked, let it cool for about 10 minutes. When cool, use a fork to remove flesh, which will come out in spaghetti looking strands.
- Keep covered and set aside keeping warm until sauce is ready. Serve topped with meat sauce and grated parmesan cheese, if desired.



# Cooking with OFS

<b>Recipe</b>	<b>Taco Skillet</b>
---------------	---------------------

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

## Ingredients:

- 1 lb ground meat (I used ground turkey, but you can also use chicken)
- 1 large onion, finely chopped
- 1 tbsp oil
- 2 tsp taco seasoning, low sodium
- 1/4 tsp salt
- 4 jalapenos peppers
- 1 1/2 cup diced tomatoes, not drained
- **1 can (540ml ) of black beans, drained & rinsed**
- **8 corn tortillas**
- **1 cup Tex-Mex or cheddar cheese, grated**
- **Handful of Romaine or iceberg lettuce, shredded**
- **2 small tomatoes, diced**
- **More toppings like avocado, cilantro, green onion, if you wish**

## Directions:

- Preheat large non-stick skillet on medium-high heat and heat 1 tbsp oil to coat.
- Add onion and sauté for 1 minute, stirring occasionally.
- Add ground meat, taco seasoning and salt. Sauté for 7 minutes, constantly stirring and breaking into small pieces with spatula.
- Add diced jalapenos, diced tomatoes, black beans; stir and bring to a boil. Cover and simmer on low for 5 minutes.
- Lay tortillas overlapping each other and sprinkle with cheese, turn off heat, cover with a tight lid and let stand for 5-10 minutes.
- Sprinkle with lettuce, diced tomatoes and whatever else Mexican topping you like.
- Serve hot with desired toppings like cilantro, green onion, avocado, yogurt, salsa etc.