



# Cooking with OFS

Recipe

## Dhal



For # people

4 servings



Cooking time

1 hour

### Ingredients:

- 1 onion finely chopped large
- 3 garlic cloves crushed
- 1 tsp ginger grated
- 10 curry leaf
- 1 tbs olive oil
- 1 cup red lentils
- 2 tsp curry powder
- 1 tsp ground turmeric.
- 3 cups vegetable Stock
- 1 cup sweet potato chopped
- 1/2 red pepper
- 1/2 cup coconut milk
- 2 cups baby spinach chopped
- 1 tsp garam masala
- 1 bunch coriander for garnish.

### Directions:

- Fry the onion, garlic, ginger and curry leaf in the olive oil until the onions are soft.
- Add the lentils, curry powder, garam masala and turmeric, and fry for 2 minutes, stirring continuously.
- Pour in stock, then add the sweet potato, pepper and the coconut milk. Cook for about 30 minutes on low heat, stirring occasionally, making sure the dahl does not stick to the bottom of the pan. Add more water or stock if required.
- Add chopped spinach at the end of cooking and stir through for two minutes before removing from heat.
- Serve top with chopped coriander leaves.



## Cooking with OFS

Recipe

# Eggplant and Potato Casserole with Feta Topping



For # people

6 servings



Cooking time

1 hours and 30 minutes.

### Ingredients:

- 1 1/2 lb eggplant cut into (2 cm) cubes
  - 2 teaspoons salt
  - 1/3 cup extra-virgin olive oil
  - 4 (2 lb/1 kg) Yukon Gold potatoes cut into (2 cm) cubes
  - 12 oz sliced mushrooms (about 4 cups/ 1L)
  - 1 large onion chopped
  - 6 cloves garlic minced
  - 1 tablespoon dried oregano
  - 1/2 teaspoon dried basil
  - 1/2 teaspoon pepper
  - 1 lb extra firm tofu, cubed small.
  - 1 sweet green pepper chopped
  - 2 cans stewed tomatoes
  - 1 cup vegetable stock
  - 1/4 cup tomato paste
- Feta Topping:**
- 2 1/2 cups fresh bread crumbs
  - 1 3/4 cup crumbled feta cheese
  - 1/4 cup chopped oil-cured black olives
  - 1/4 cup chopped Italian parsley
  - 1 teaspoon dried oregano.

### Directions:

- In colander, sprinkle eggplant with 1 tsp (5 mL) of the salt ; set aside.
- Meanwhile, in large deep Dutch oven, heat 3 tbsp (50 mL) of the oil over medium-high heat; brown potatoes. Remove potatoes to plate.
- Brown tofu, remove to plate.
- Rinse eggplant; pat dry. Add half of the remaining oil to pan; brown eggplant, in 2 batches and adding remaining oil as necessary. Add to potatoes and tofu.
- In same skillet over medium-high heat, saute mushrooms, onion, garlic, oregano, basil, pepper and remaining salt until no liquid remains, about 8 minutes. Add red and green peppers; saute until beginning to brown, about 5 minutes.
- Add eggplant mixture, tomatoes, stock and tomato paste; bring to boil. Reduce heat and simmer until potatoes are tender, about 40 minutes. Pour into a baking dish and top with feta topping.

**Feta Topping:** Meanwhile, in bowl, combine bread crumbs, feta cheese, olives, parsley and oregano. (Make-ahead: Cover and refrigerate for up to 24 hours.) Spread over eggplant mixture; bake in 375°F (190°C) oven until bubbly and golden, about 25 minutes



# Cooking with OFS

Recipe

## VEGETABLE PASTA SALAD



For # people

6 servings



Cooking time

45 minutes

### Ingredients:

- 3/4 lbs butternut squashes
- 1 1/2 cup julienned rutabaga
- 1 1/2 cup julienned carrots
- 2 cups pasta bows
- 5 green onions chopped
- 1/4 cup chopped fresh parsley
- salt and pepper
- 2 cups cooked chickpeas
- Vinaigrette:
- 1/4 cup apple juice
- 3 tablespoons canola oil
- 2 tablespoons cider vinegar
- 1 tablespoon Dijon mustard
- 1 pinch salt
- 1 pinch pepper

### Directions:

- Vinaigrette: In small bowl, whisk together juice, oil, vinegar, mustard and salt and pepper. Set aside.
- Cut squash into 1- x 1/2-inch (2.5 x 1 cm) pieces; set aside.
- In large saucepan of boiling water, cook rutabaga and pasta for 5 minutes. Add squash and cook for 6 to 7 minutes or just until vegetables are tender and pasta is tender but firm.
- Drain; toss with vinaigrette, onions, chickpeas and parsley. Season with salt and pepper to taste.



# Cooking with OFS

Recipe

## White Bean Chili



For # people

6 servings



Cooking time

1 hour

### Ingredients:

- 2 tablespoons olive oil
- 1 small white onion diced
- 1 jalapeño pepper seeded and minced
- 3 garlic cloves minced
- 1½ teaspoon cumin
- 1 lb. yukon gold potatoes chopped into cubes
- 4 cups vegetable broth
- 2 (19 oz.) cans white beans, drained
- 1 cup corn kernels canned or frozen are fine
- 1 cup salsa verde
- ½ teaspoon salt or to taste
- ¼ teaspoon ground black pepper
- ¼ teaspoon dried oregano
- Cilantro, tortilla chips, avocado + lime wedges to serve

### Directions:

- In a dutch oven or large saucepan, heat the olive oil over medium heat. Add in the onion and jalapeño and sauté for 8-10 minutes, or until the onions are translucent. Add in the garlic and cumin and sauté for 1 minute. Add in potatoes, and vegetable broth, stirring as you pour the broth in. Add in the white beans, corn, salsa verde, salt, pepper and oregano. Let the soup come to a boil, and then turn it down and let simmer for 30 minutes, to let the potatoes cook. Stir frequently.
- Once the potatoes are cooked through, serve with cilantro, tortilla chips, lime wedges, and/or avocado!
- Store leftovers in an airtight container in the refrigerator for up to 5 days.



## Cooking with OFS

Recipe

# LINGUINE with BROCCOLI and CHERRY TOMATOES



For # people

4 to 6 servings



Cooking time

35 minutes

### Ingredients:

- 1 lb linguine
- 2 cups cooked kidney beans
- 2 tablespoons extra-virgin olive oil
- 4 cloves garlic thinly sliced
- 1/2 teaspoon hot pepper flakes
- 1 medium red onion, sliced
- 1 tsp oregano
- 4 cups fresh or frozen broccoli florets
- 2 cups halved cherry tomatoes (about 8 oz/250 g)
- 1/4 cup chopped fresh Italian parsley
- 1/4 teaspoon each salt and pepper
- 1/4 cup shredded Asiago cheese

### Directions:

- In large pot of boiling salted water, cook pasta until tender but firm, about 8 minutes. Drain and return to pot, reserving 3/4 cup (175 mL) of the cooking water.
- Meanwhile, in large skillet, heat oil over medium heat; cook garlic, onion, oregano and hot pepper flakes, stirring often, until light golden, about 2 minutes. Add kidney beans and broccoli; cover and cook for 4 minutes. Add tomatoes; cook, stirring, until broccoli is tender-crisp, about 3 minutes. Add parsley, salt and pepper; toss to combine.
- Add broccoli mixture to pasta; toss to coat, adding enough of the reserved cooking water to moisten.
- Serve sprinkled with Asiago cheese.



## Cooking with OFS

### Recipe

# Warm Lentils with Wilted Chard, Roasted Beets and Goat Cheese



For # people

4 servings



Cooking time

50 minutes

### Ingredients:

- 3–4 beets ( enough for 2 people)
- 2 cups cooked lentils(3/4 cup dry lentils)
- 2 tablespoons olive oil
- 1 small red onion- diced
- 3 garlic cloves- rough chopped
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- 4 cups (packed) swiss chard or rainbow chard- chopped ( or baby spinach)
- salt and pepper to taste
- 1–2 tablespoons balsamic vinegar
- ¼ cup goat cheese crumbles or feta cheese
- 2–3 tablespoons fresh basil, or Italian parsley.

### Directions:

- Preheat oven to 425 F. Scrub and trim beets and cut into ½ inch slices or wedges. Place on a foil lined baking sheet. Drizzle with olive oil and roast until tender, about 25- 30 minutes.
- If cooking lentils, place ¾ cup dried lentils in a small pot and cover with 3 inches of water and a pinch salt. Bring to a boil, cover and turn heat down to a simmer, cook until tender but still hold their shape. Drain.
- In a large skillet, heat 2 tablespoons oil over medium high heat. Add diced onion and saute 3-4 minutes. Turn heat down to medium, add garlic and cook 2 more minutes, until golden and fragrant.
- Lower heat to medium low. Add chard and gently wilt, just slightly, about 2-3 more minutes. Season with salt and pepper.
- Add 2 cups cooked lentils to the skillet, gently folding them in and warming. Season again with salt and Add beets and splash with 1-2 tablespoons balsamic vinegar. Let vinegar cook down for just a couple minutes so it's not so acidic. Sprinkle with goat cheese and herbs. Taste again. Serve immediately.



# Cooking with OFS

## Recipe

## GREEN PEA and LEEK GALETTES



For # people

6 servings



Cooking time

1 hour and 45 minutes

### Ingredients:

#### Pastry:

- 2 1/2 cups all-purpose flour
- 3/4 teaspoons salt
- 1/2 cup cold unsalted butter , cubed
- 1/2 cup vegetable shortening , cubed
- 1/4 cup ice water (approx)
- 3 tablespoons sour cream
- 1 egg

#### Filling:

- 3 tablespoons olive oil
- 2 large leeks (white and light green parts only), thinly sliced (about 6 cups packed)
- 1/2 teaspoon salt (optional)
- 20 cherry tomatoes , halved
- 1 1/2 cup fresh or frozen green peas , thawed
- 3 tablespoons fresh tarragon , chopped
- 2 tablespoons grated lemon zest
- 1/2 teaspoon pepper
- 170 g fresh mozzarella cheese
- 2 tablespoons 18% cream or milk (approx) (optional)

### Directions:

**Pastry:** In bowl, whisk flour with salt. Using pastry blender or 2 knives, cut in butter and shortening until mixture resembles coarse crumbs with a few larger pieces.

- Whisk together ice water, sour cream and egg; drizzle over flour mixture, tossing with fork and adding up to 1 tsp more ice water if necessary until ragged dough forms. Divide dough in half; shape into discs. Wrap each in plastic wrap and refrigerate until chilled, about 30 minutes.
- On lightly floured work surface, roll out dough into two 12-inch circles; transfer to 2 parchment paper-lined baking sheets.
- Filling: In large skillet, melt olive oil over medium heat. Add leeks and salt (if using); cook, stirring occasionally, until soft, about 10 to 12 minutes. Stir in tomatoes, peas, tarragon, lemon zest and pepper. Scrape into bowl; set aside to cool.
- Tear mozzarella into small pieces; stir into pea mixture. Divide and arrange filling in centre of each circle, leaving 2-inch border. Loosely fold pastry over filling, overlapping edge. Brush pastry with cream (if using), adding up to 1 tbsps more cream, if desired. Bake in top and bottom thirds of 425°F oven, switching and rotating pans halfway through, until mozzarella is melted and pastry is golden brown, 30 to 35 minutes. Transfer to rack; let cool for 5 to 10 minutes before cutting.
- No time to make your own dough? Use two 9-inch deep-dish frozen pie shells: Defrost, then remove from foil plates. Place on parchment paper-lined baking sheets; press gently to flatten. Continue with recipe as directed.