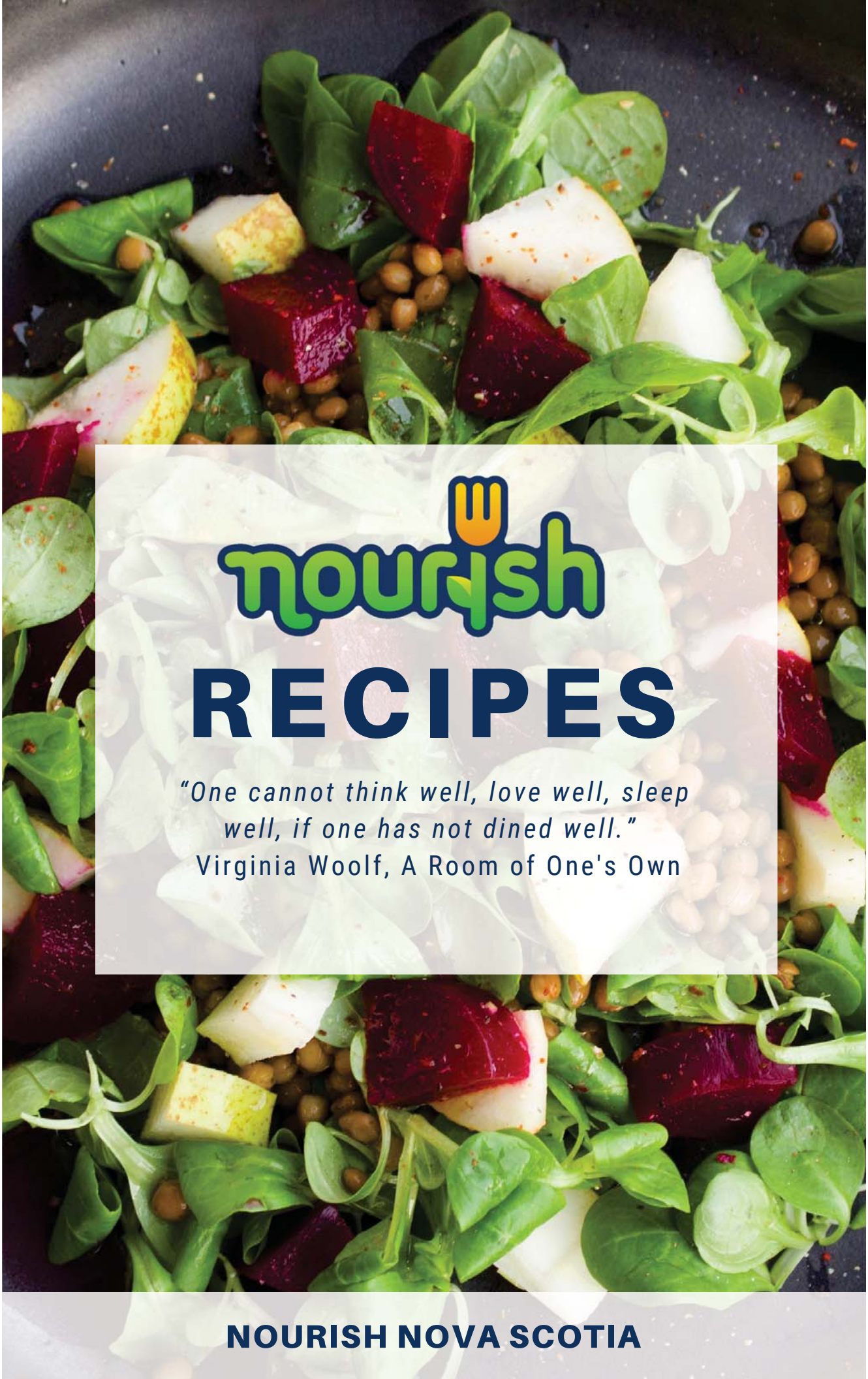
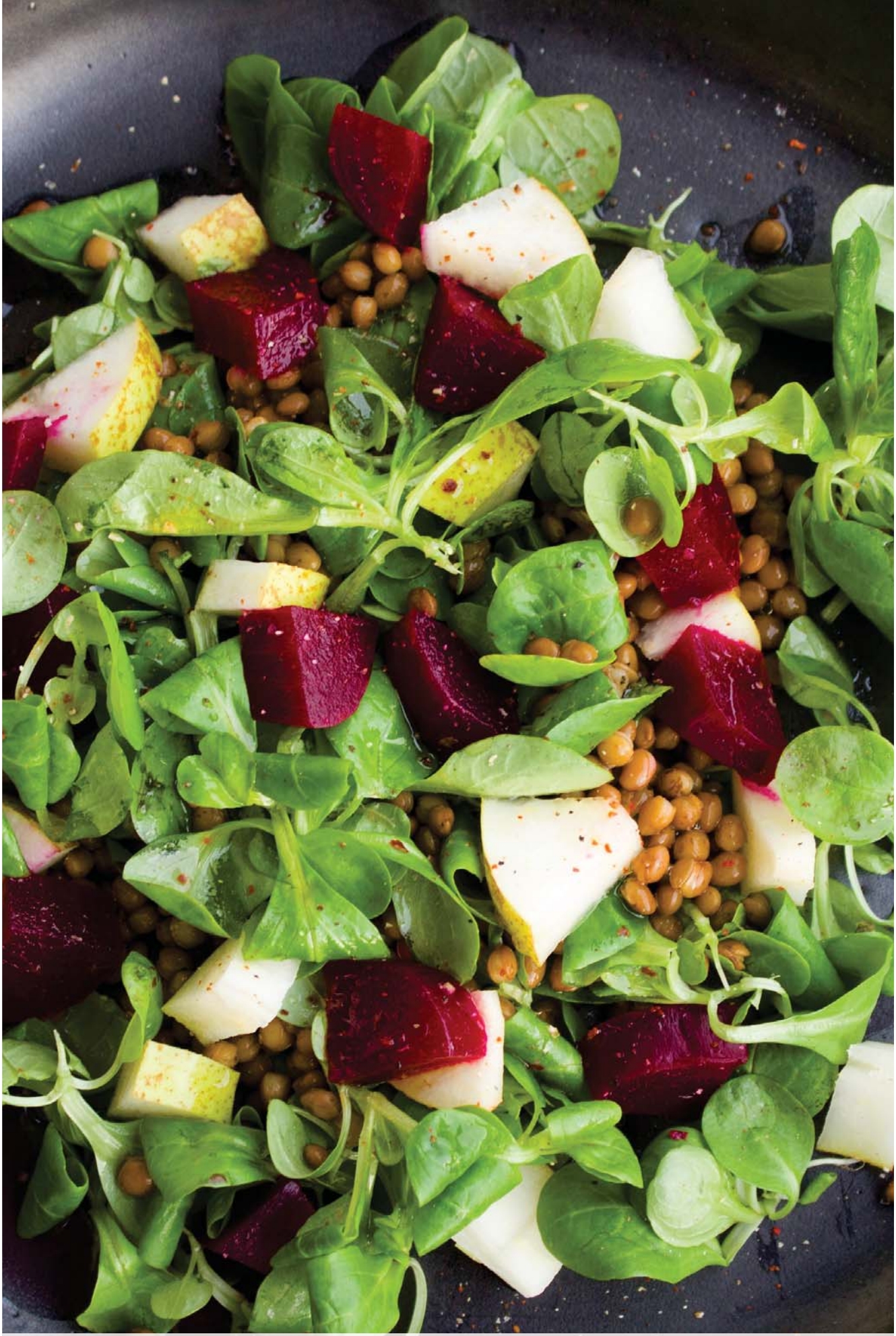


# RECIPES

*"One cannot think well, love well, sleep well, if one has not dined well."*
Virginia Woolf, A Room of One's Own

**NOURISH NOVA SCOTIA**



NOURISH NOVA SCOTIA

Our hope for this recipe book is to encourage you and your family to share time cooking in the kitchen together, capturing your own recipes and trying a few of our favourites.

Food is more than a meal. It allows us to connect, share and celebrate in simple ways, on a daily basis. Yet in today's face-paced world, we tend to move away from this most meaningful of rituals.

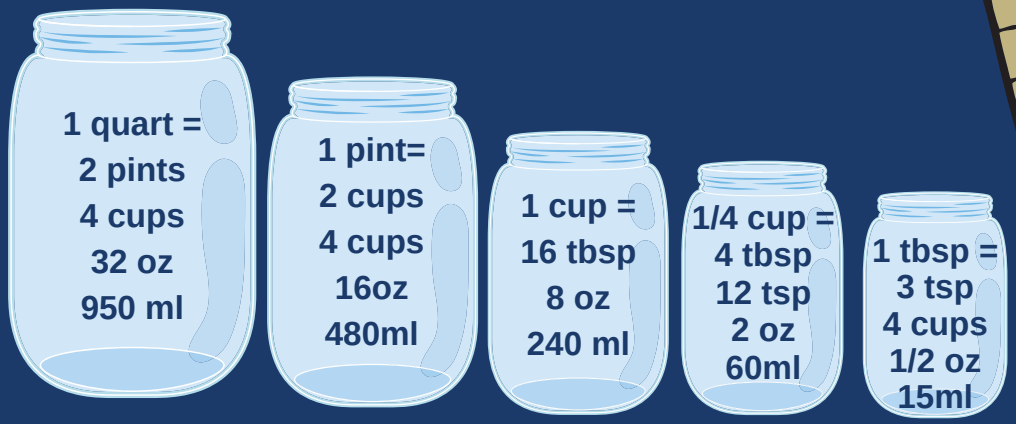
This is especially true for children, for whom cooking can foster a wonderful sense of self-confidence, self-esteem and engagement.

At Nourish we want today's families and future generations to reap the nutritional and social benefits that preparing and sharing a meal can bring to the table and beyond.

Let's get cooking in the kitchen, together.

This book has been created by Nourish Nova Scotia

# Kitchen Conversion Chart



## Volumes

| | |
|---|---|
| *a pinch* | *1/16 tsp* |
| *a dash* | *1/8 tsp* |
| *1 TSP* | *5 ml* |
| *1TBLS* | *15 ml* |
| *1 CUP* | *240 ml* |

## Volumes by weight

| | | | | | | |
|---|---|---|---|---|---|---|
| one pound | = | 454 grams | = | 3 1/2 cups flour | = | 2 1/2 cups sugar |

## Temperatures

| | |
|---|---|
| 212F | 100C |
| 225F | 110C |
| 250F | 130C |
| 275F | 140C |
| 300F | 150C |
| 325F | 170C |
| 350F | 180C |
| 375F | 190C |
| 400F | 200C |
| 425F | 220C |
| 450F | 230C |
| 475F | 240C |

| *Cup* | *Tbsp* | *Tsp* |
|---|---|---|
| *1/4* | 4 | *12* |
| *1/3* | 5 | *16* |
| *1/2* | 8 | *24* |
| *2/3* | 11 | *32* |
| *3/4* | 12 | *36* |
| *1* | 16 | *48* |

# Breakfast

# Green Monster Smoothie

**Yield: 3-4 6 oz servings**

**Ingredients**

2 cups/500mL Spinach, washed
1/2 cup/125mL Plain greek yogurt
1 Banana or avocado half
1/2 cup/125mL Pasteurized egg whites (optional)
1 cup/250mL Frozen fruit

**Directions**

Place all ingredients in a blender and blend on high speed for 1-2 minutes. Pour into a glass and enjoy!
If your smoothie is too thick, thin it with a little water or milk.

Tip: Pineapple and mango go really well in this smoothie, but any frozen fruit will work. Fruit adds natural sweetness, so there is no need to add any other sweetener.

Pasteurized egg whites are sold in 500 mL or 1 litre cartons, and can be found in the egg aisle of your local grocery store.

It's not easy being green! This smoothie is surprisingly delicious, don't let the colour fool you. This is a great breakfast option to try around Saint Patrick's Day. The key to having kids try this vegetable packed smoothie, is to give it a cool name! The taste will speak for itself!

# Overnight Oats

**Yield: 1 serving**

**Ingredients**

1/2 cup/125mL Old fashioned oats
3/4 cup/180mL Plain yogurt
1/4 cup/60mL Milk or dairy alternative
¼ tsp/1mL Cinnamon
1/2 cup/125mL Blueberries, fresh or frozen

**Directions**

Mix all the ingredients together until they are blended.
Place the mixture in a container (a small mason jar is the perfect size) and refrigerate overnight.
The oatmeal will be ready for you to eat and enjoy the next morning!

Tip: substitute other seasonal or frozen fruit like raspberries or apples instead of blueberries. The fruit will add some natural sweetness to the oatmeal, and vibrant colours!

Just like regular cooked oatmeal, this refrigerated oatmeal makes a filling breakfast!

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# Mains

# Tofu Stir-Fry

**Yield: 4-6 servings**

**Ingredients**

3/4 cup/180mL Vegetable stock
2 tbsp/30mL Soy sauce
1 tbsp/15mL Vegetable oil
1 tbsp/15mL Brown sugar
1 tbsp/15mL Cornstarch
2 cloves Garlic, minced
1/2 tsp/3mL Red pepper flakes
1 block (397g) Firm tofu, chopped
1 small Onion, chopped
2 Bell peppers, sliced (red, orange or yellow)
1 cup/250mL Bean sprouts
1 cup/250mL Mushrooms, sliced

**Directions**

In a small bowl whisk together brown sugar and cornstarch, then add stock, soy sauce, oil, garlic, and red pepper flakes. Set the sauce mixture aside.
Fry cubed tofu in large frying pan with a bit of vegetable oil. When tofu is lightly browned, remove from the pan and set aside.
Fry onions in the pan until slightly softened, then add peppers and mushrooms. When vegetables are slightly softened, add sauce mixture. Stir the mixture and bring to a boil. Reduce heat and allow to simmer until the sauce begins to thicken. Add bean sprouts and tofu and continue to heat until tofu is warmed.
Serve immediately over cooked rice (brown, jasmine, or long grain).

Tip: Substitute or add any vegetables to the stir-fry. Some delicious choices are: carrots (add before onions), broccoli stems (add with onions), broccoli florets (add with soy sauce mixture), or spinach and tatsoi (add immediately before serving).

# Butternut Squash & Apple Soup

**Adapted from Select Nova Scotia**

**Yield: 4-6 servings**

**Ingredients**

1 Butternut squash, peeled & cubed (seeds scooped out)
4 Apples, peeled, cored & diced
1  Onion, sliced
1 tbsp/15mL Olive oil
Water, to cover
Salt & pepper to taste
1 tbsp/15mL Summer savory
2 Bay leaves
1 tbsp/15mL Maple syrup

**Directions**

In a heavy bottomed pan, add the olive oil and sauté the onion for 2-3 minutes or until soft.
Add the squash and salt and pepper.
Cook for 4-5 minutes and add the apple then cover with water.
Add the summer savory, bay leaves and maple syrup.
Cook until soft and then puree half of the soup in the blender and return to the other half.
Check for seasoning and add more if needed.
Tip: Serve with thinly sliced aged gouda on top.

A simple, satisfying soup perfect to make in the fall when squash and apples are at their best.

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# Sides & Snacks

# Roasted Brussels Sprouts with Garlic and Sesame

**Adapted from TasteOfNovaScotia.com**

**Yield: 4 servings**

**Ingredients**

16 Brussels sprouts
3 tbsp/45mL Sunflower oil
3 tbsp/45mL Sesame seeds, toasted
2 cloves Garlic, minced
1 tbsp/15mL Apple cider vinegar
Salt + ground black pepper, to taste

**Directions**

Pre-heat oven to 450°F.
Bring a large pot of water with a teaspoon of salt to boil.
Add the sprouts and cook for 2 minutes.
Cool them immediately in very cold water.
Split them in half and lay in a baking pan with the oil, salt and pepper.
Roast in the oven for 15 minutes, then add the garlic and sesame seeds to the pan and give it a stir.
Roast for another 15 minutes, get the sprouts out of the oven and add the apple cider vinegar.
Check seasoning and serve.

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