



@90percentsociety



@theloadedladle



GO TO COOKBOOK 2022

90 PERCENT SOCIETY
X
THE LOADED LADLE

A digital cookbook including over 20 community members' favourite recipes!

See page 38 to scan for a chance to win a prize!

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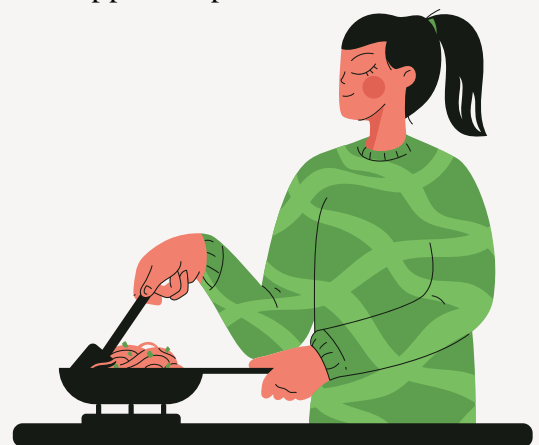
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Blueberry Muffins

Submitted by: Claire Gaddas



SERVINGS: 12 MUFFINS

PREP AND COOKING TIME: 20-30 MIN

INGREDIENTS

- 1 1/2 Cups All purpose flour
- 3/4 Cup Granulated sugar
- 1/4 Tsp Salt
- 2 Tsp Baking powder
- 1/3 Cup of Room temperature butter or neutral oil (canola, vegetable)
- 1 Large egg
- 1/3 - 1/2 Cup Milk (dairy or non-dairy)
- 1 1/2 Tsp Vanilla extract
- 1 Cup Blueberries (frozen or fresh)

DIRECTIONS

1. Heat oven to 400 degrees Fahrenheit. Line muffin tin with liners.
2. Whisk the flour, sugar, baking powder, and salt in a large bowl.
3. Combine butter (or oil), large egg, and milk in a separate bowl. Stir together and add vanilla.
4. Add milk mixture to the bowl with dry ingredients and whisk together. Add in the blueberries.
5. Divide the batter between muffin cups.
6. Bake muffins for 12-15 minutes or until tops are no longer wet and a toothpick inserted into the middle of a muffin comes out with crumbs, not wet batter.

EQUIPMENT

- Large and medium mixing bowls
- Measuring cups
- Spatula or wooden spoon
- Muffin tin and muffin liners

TIPS & TRICKS

To store, place them in a plastic bag, seal, and store at room temperature for 2 to 3 days.

To freeze, wrap them tightly in aluminum foil or place them in freezer bags.

Grandma's Hummus

Submitted by: Faris Majid



SERVINGS: APPROXIMATELY 2

PREP AND COOKING TIME: 3-4 HOURS

INGREDIENTS

- 1 Canned Chickpeas
- 2 Lemons (freshly squeezed)
- 1/2 Cup of Tahini
- 1 Medium-large garlic clove
- 1/2 Tbsp Ground cumin
- 1 Tbsp Extra Virgin Olive Oil
- Salt to taste

EQUIPMENT

- Blender
- Manual juice squeezer
- Pot
- Stove top
- Kitchen cooking utensils

DIRECTIONS

1. De-shell and soften the chickpeas.
2. Add water and let soak for 3 hours.
3. Add the chickpeas to a pot and let simmer for 10-15 minutes.
4. Move chickpeas into a bowl of ice water for 30-60 seconds, then rinse the chickpeas (save some water leftover from simmering).
5. In a blender, combine tahini, garlic, lemon juice and a bit of the remaining water from chickpeas until it forms a creamy paste.
6. Add the softened chickpeas to the blender and mix until it is a creamy texture.
7. Add the extra virgin olive oil and some ground cumin to the mixture, and combine until all ingredients are blended.
8. Add salt to taste.
9. Add cumin, tahini, or lemon juice to taste if needed.
10. If you're happy with the taste, scrape the hummus into a plate or container and enjoy!!

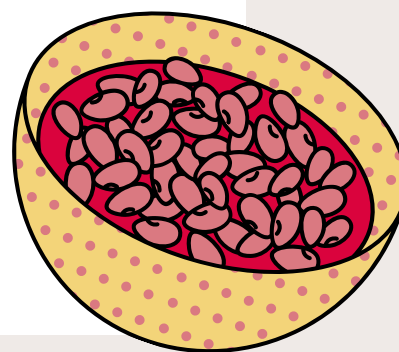
TIPS & TRICKS

Make sure the hummus is a super smooth creamy texture to make sure it's mixed together correctly.

Menestra Ecuatoriana

"Ecuadorian Beans"

Submitted by: Emilia Cordova



SERVINGS: 6

PREP AND COOKING TIME: ~45 MINUTES (BEANS NEED TO BE SOAKED OVERNIGHT)

INGREDIENTS

- 1 Green pepper
- 1 Red onion
- 1 Big tomato
- 2 Cups of Red kidney beans
- Chopped cilantro
- Paprika
- Salt & Pepper

DIRECTIONS

1. Place the beans into a bowl full of water and let them soak overnight.
2. Blend the green pepper, tomato and onion with 2 cups of water.
3. Add the mixture to the pot and start boiling at medium temperature.
4. Add the beans with the water.
5. Leave it until beans are tender.
6. Add paprika, salt, pepper and cilantro to taste

EQUIPMENT

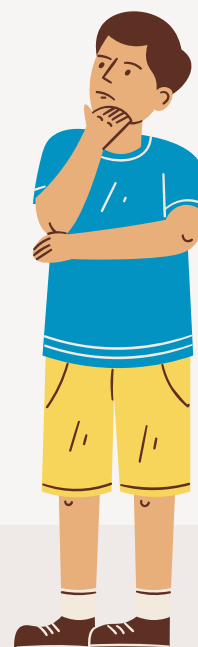
- Large pot
- Blender

TIPS & TRICKS

Garnish with paprika, salt, pepper and cilantro to taste!

An evidence-based, weight-neutral model of nutrition that emphasizes listening to your body's hunger and fullness cues rather than to a diet or food plan.

What is Intuitive Eating?



Kale Salad

Submitted by: Sophia Friesen



SERVINGS: 6-8

PREP AND COOKING TIME: ~20 MINUTES

INGREDIENTS

SALAD

- 2-3 Bunches of kale
- Pinch of salt

DRESSING

- 5-6 Tbsp of olive oil
- 2-3 Medium sized minced garlic cloves
- 1-2 Medium sized lemons (juiced)
- 1 Tsp of maple syrup
- 3/4 Tsp salt
- Pinch of pepper

TOPPING

- 1/2 -1 Cup of pecans (whole or chopped up)
- 2-3 Tbsp of nutritional yeast
- 1-2 Tbsp olive oil
- Pinch of salt

EQUIPMENT

- Pot with lid
- Knife
- Something to wash veggies and lentils in
- Ladle
- Measuring cups

DIRECTIONS

SALAD

1. Get a medium to large bowl. If using 3 bunches of kale, be sure to use a relatively large bowl so you can mix everything easily.
2. Using either a knife or your hands, remove the spine of the kale and chop or rip the leaves of the kale into small/medium pieces, so it is easier to get dressing on the entire leaf.
3. Rinse the kale to remove any dirt, drain excess water from the bowl and add a few pinches of salt to the clean kale.
4. Massage the salt into the leaves. This will help the kale to absorb more of the dressing flavour.

DRESSING

1. Put 5 to 6 tablespoons of olive oil, cut up garlic cloves, maple syrup, lemon juice (no seeds), salt, and pepper in a blender and pulse it for 10 seconds. Pulse again if garlic isn't blended or until it is to your liking.
2. If the dressing needs more flavour, add either more lemon juice or salt and taste it.

DIRECTIONS CONT.

3. After the dressing has a sweet lemon flavour, pour it over mostly dry clean kale and massage the dressing in with your fingers to ensure every leaf is coated sufficiently.
4. Cover the bowl with a towel and place it in the fridge or a cold area of the house.

TOPPING

1. Bake pecan nuts in the oven or toaster oven at 300F for 10-15 minutes or until a nice golden brown.
2. Break pecans into smaller pieces and put them into a bowl.
3. Add nutritional yeast and 1-2 tablespoons of olive oil to the bowl with the pecans and mix everything together, coating the pecans in nutritional yeast. The olive oil should help everything stick.
4. You can add a pinch of salt to the nutritional yeast pecans to taste but is not necessary.
5. Once they are flavoured to your liking add the entire contents of the pecan bowl into the larger salad bowl that has been chilling. Do not mix the two together until you are ready to serve.
6. Place bowl in the fridge with nuts poured on top of the salad and when ready to serve mix it all together and enjoy!

TIPS & TRICKS

The longer the kale has to soak up the dressing the better it will taste, but it can be eaten immediately after being made as well.

Be careful to not leave the nuts unattended or they will burn quickly.



Roasted Asparagus

Submitted by: Kate Gillespie



SERVINGS: 4

PREP AND COOKING TIME: ~10 MINUTES

INGREDIENTS

- 1 Bunch asparagus
- 1 Lemon
- 1 Cup of parmesan cheese
- 1/4 Cup of extra virgin olive oil
- Salt & pepper to taste

DIRECTIONS

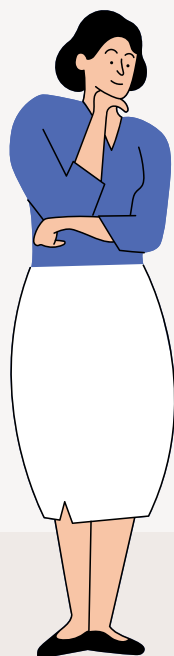
1. Wash your asparagus.
2. Snap off the ends of the asparagus (the root end).
3. Lay the asparagus out on the cooking sheet.
4. Coat the asparagus in olive oil.
5. Sprinkle the parmesan across the asparagus.
6. Turn your oven/air fryer on to 350 degrees.
7. Place in the oven for 15-20 minutes until asparagus has shrivelled up and appears roasted & crunchy.
8. Remove from the oven.
9. Squeeze your lemon on top.
10. Add salt and pepper to taste.

EQUIPMENT

- Cooking sheet
- Measuring Cups
- Knife
- Oven/Air Fryer

Who
Developed
IE?

Masters of Science and Registered Dietitian Evelyn Tribole and Elyse Resch coined the term in their book *Intuitive Eating*, which is currently in its 4th edition.



Susie Carr's Salsa

Submitted by: Anonymous



SERVINGS: UNSURE

PREP AND COOKING TIME: 15 MINUTES

INGREDIENTS

- 1 Large can (or two small) black beans, drained
- 1 Can of peaches & cream canned corn (or 4 fresh ears; or a 1 cup of frozen corn, thawed)
- 2 Large tomatoes, diced
- 2 Large avocados, diced
- 1 Purple onion, diced (optional)
- ½ Cup of fresh cilantro, chopped
- 4 Tbsp lime juice (better if fresh)
- 2 Tbsp olive oil
- 1 Tbsp red wine vinegar (can sub balsamic)
- ½ Tsp black pepper
- 1 Tsp salt

EQUIPMENT

- Knife
- Cutting board
- Can opener
- Bowl and spoon

DIRECTIONS

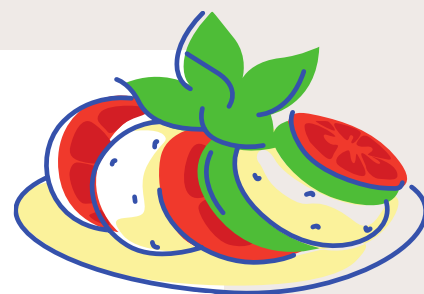
1. Mix all together but tomatoes and avocados. Can chill overnight if desired.
2. Add tomatoes and avocado right before serving.
3. Serve with tortilla scoops/chips! Or as a side salad.

TIPS & TRICKS

If using fresh corn. Husk & bring water to a boil. Boil corn on the cob for 1-2 minutes & drain. Slice corn off of cobs. Fresh corn needs only a bit to cook. Older corn needs 3-4 minutes.

Caprese Bites

Submitted by: Tris D



SERVINGS: 4

PREP AND COOKING TIME: ~ 20 MINUTES

INGREDIENTS

- 1 Pack of cherry tomatoes
- 1 Pack of mini bocconcini
- 1 Handful of basil leaves
- Balsamic vinegar (to taste)
- Olive oil (to taste)
- Salt + pepper (to taste)

DIRECTIONS

1. Add one tomato, one bocconcini ball, and one folded piece of basil on a skewer and repeat until out of ingredients.
2. Drizzle skewers with balsamic vinegar and olive oil
3. Sprinkle salt and pepper on top & serve.

EQUIPMENT

- Toothpicks / Mini Skewers

Roasted Butternut Squash Soup

Submitted by: Cici Blundell



SERVINGS: 8-10

PREP TIME: 10 MINUTES

COOKING TIME: 25-35 MINUTES

INGREDIENTS

- Rinsed, peeled, and cubed:
 - 2 Medium butternut squashes
 - 5 Carrots
 - 2 Sweet potatoes rinsed
- 4 Stalks of celery - chopped
- 1 Onion (white or yellow) cut into wedges
- 5 Rosemary stems
- 5 Thyme stems
- Olive oil
- Heavy cream
- Salt and pepper
- Vegetable/Chicken broth (low sodium)
- 5 Cloves of garlic (or more)
- Sour cream (optional)

EQUIPMENT

- 2 Baking trays lined with parchment paper
- Blender or a hand pulser
- 1 Large pot
- Knife
- Peeler

DIRECTIONS

1. Pre-heat oven to 450F.
2. While the oven is preheating, peel and cut the butternut squash, carrots, and sweet potatoes into large cubes.
3. Add the cubed ingredients to the lined baking sheets.
4. Cut the 4 celery stalks into 3 pieces and add to the baking sheets.
5. Next peel 5 or more (preference) cloves of garlic and add them to the baking sheets.
6. Cut the onion in half then into wedges, add to baking sheet.
7. Season the cut vegetables on the baking sheet with a tablespoon of salt and pepper each (to taste).
8. Coat the vegetables with a healthy amount of olive oil, you want a decent amount as it will help the veggies roast golden and brown.
9. Place the 5 stems of rosemary and thyme onto the baking sheets on top of the veggies.
10. Put both baking sheets into the oven for 25-35 minutes, flipping the veggies around halfway through, until golden and brown. Make sure veggies are soft before removing from oven.

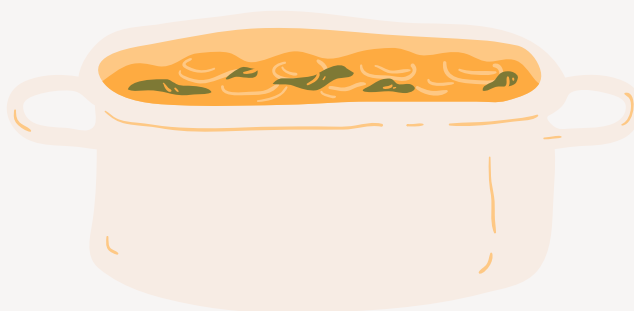
DIRECTIONS CONT.

11. Once the vegetables are finished roasting, put them into a large pot on the stovetop.
12. Take the rosemary and thyme and remove their leaves from the stem, then add the leaves into the pot.
13. Add 1 full box of low sodium vegetable/chicken broth into the pot with the vegetables.
14. Turn the stovetop to medium heat. Stir the vegetables and broth for 3-5 minutes then turn the heat off and remove the pot from the hot burner.
15. If you have a large blender, add the veggie and broth mixture into the blender and blend on a low setting until the mixture becomes a purée like consistency.
16. If you don't have a blender, use a hand pulser to blend the mixture in the same large stovetop pot until it is a purée like consistency.
17. Now slowly add heavy cream into the soup and blend. Add as much heavy cream as you like, in order to get your desired creaminess and thickness.
18. If using a large blender, add the soup back into the large pot and heat on low until warm.
19. If using a pulser, put the large pot back onto the stovetop and heat on low until warm.
20. Taste to see if your soup needs more spices.
21. Serve the soup with a dollop of sour cream and serve with your favourite break for dipping!

TIPS & TRICKS

If you're not sure how much cream you'd like, start with 1 cup and go from there.

I love this soup with sourdough bread broiled with garlic butter. I hope you enjoy!



Khichuri

Submitted by: Nishat



SERVINGS: 4-6

PREP AND COOKING TIME: 30-40 MINUTES

INGREDIENTS

- 2 Cups rice
- Garlic (to taste)
- Seasonal veggies (e.g. potatoes, carrots, Cauliflower, Tomatoes)
- 2 Cups of sliced onion
- 1 Cup of lentils
- 1/2 Cup vegetable oil
- Salt to taste
- 1 Tsp turmeric
- 2 Tbsp garam masala

EQUIPMENT

- Pot with lid
- Knife
- Something to wash veggies and Lentils in
- Ladle
- Measuring cups

DIRECTIONS

1. Slice onions and garlic, cube veggies to be used, and rinse 2 cups of rice.
2. In a large pot, pour 1/2 cup of vegetable oil.
3. When oil is heated, fry the sliced onion.
4. When the onions are golden brown take them out on a kitchen towel.
5. In the same oil, add the veggies and garlic.
6. Stir fry them with salt for a couple of minutes.
7. Add the rinsed rice and lentils and stir fry them for 2 minutes.
8. Add water (* amount dependent on rice).
9. Add salt to taste.
10. Add in turmeric for colour and the garam masala.
11. Cook for roughly 15-20 minutes
12. Serve hot with the fried onions on top.

TIPS & TRICKS

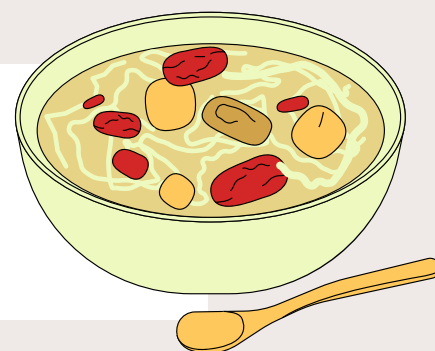
*For example, if it is jasmine rice, lentils, and 4 cups of veggies; use 4-4.5 cups of water.

Peas or split peas can also be used with lentils; spices can be adjusted according to preference.

Complimentary Vegan Side Dishes: Pakoras, Cucumber Salad, Chutney

Lentil Soup

Submitted by: Anonymous



SERVINGS: 8

PREP AND COOKING TIME: ~45 MINUTES

INGREDIENTS

- 2 Large carrots, chopped
- 1 Large onion, chopped
- 2 Ribs celery, chopped
- 1-1/2 Cups dried red lentils
- 6 Cups vegetable broth (1.5 litres)
- Salt & pepper
- Dried powdered cumin
- Dried powdered ginger
- Chopped fresh cilantro or parsley

EQUIPMENT

- Cutting board
- Knife
- Medium pot with lid
- Wooden spoon
- Blender

DIRECTIONS

1. Put carrots, onion, celery, lentils and broth in pot and bring to a boil.
2. Reduce heat, cover pot and simmer for 30-45 minutes until vegetables are very tender.
3. Blend soup, in batches, until smooth.
4. Return to pot and add salt, pepper, cumin and ginger to taste.

TIPS & TRICKS

Garnish with chopped parsley or cilantro as desired!

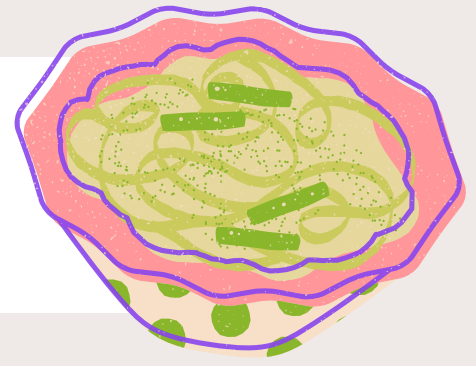
Why IE?

Not a single study suggests that weight-loss dieting is sustainable in the long run (i.e., more than a few years). In fact, restriction for the purpose of weight loss tends to lead to weight gain (Rothblum 2018) and to health-harming outcomes like body dissatisfaction (O'Hara & Taylor 2018).



Avacado Pesto Pasta

Submitted by: Catherine Armour



SERVINGS: ~ 4

PREP AND COOKING TIME: 15-20 MINUTES

INGREDIENTS

- Dry pasta of choice; 8 ounces/1 box or package
- Water; enough to fill your pot
- Basil (fresh or paste); half bunch if fresh, 2 Tbsp if paste
- 1 Large ripe avocado
- 2 Tbsp Lemon juice
- 2 Tbsp Olive oil
- 2-3 Garlic cloves
- 3 Tbsp Grated parmesan OR Nutritional yeast
- 2 Handfuls Spinach (optional)
- Salt & pepper to taste
- Crushed red pepper flakes to taste

EQUIPMENT

- Cutting board
- Knife
- Blender
- Pot
- Pot lid or strainer
- Mug

DIRECTIONS

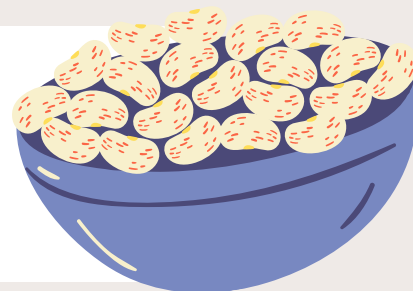
1. Bring a large pot of salted water to a boil. Cook pasta according to package instructions. Reserve a mug (1 cup-ish) of pasta water for the pesto sauce. Strain pasta once cooked and stir in approximately 1 tablespoon of olive oil to prevent sticking. Set aside.
2. Cut open, de-pit, peel your avocado and add it to your blender.
3. Peel your garlic cloves and add them too.
4. Add your basil, lemon juice, remaining olive oil, parmesan/nutritional yeast, spinach, salt, pepper, and crushed red pepper flakes to the blender as well.
5. Pour in about half of your reserved mug of pasta water.
6. Blend until smooth. Add more pasta water and stir as necessary.
7. Pour pesto sauce over prepared pasta. Stir.
8. Serve and enjoy! Add extra salt, pepper, crushed red pepper flakes, and parmesan/nutritional yeast over top to taste.

TIPS & TRICKS

Serving size and ingredient measurements are up to personal taste! I like to add shrimp for protein, or sautéed veggies that I have in the fridge for extra nutrition, but both additions are completely optional. Sauce can be kept in the fridge for a few days and goes well as a pizza base or a sandwich spread.

White Bean Kale Salad

Submitted by: Catherine Armour



SERVINGS: ~ 2ISH

PREP AND COOKING TIME: 20-25 MINUTES

INGREDIENTS

- 1 Bunch kale
- 1 can White beans; (other beans work well for this too!)
- $\frac{1}{3}$ Cup whole or chopped almonds
- $\frac{1}{2}$ Cup olives
- $\frac{1}{3}$ Cup crumbled feta
- 4 Garlic cloves
- $\frac{1}{3}$ Cup Olive oil
- $\frac{1}{2}$ Tbsp Salt (ish)
- 1 Tbsp Ground cumin
- $\frac{1}{2}$ Tsp Crushed red pepper flakes
- $\frac{1}{2}$ Fresh lemon

EQUIPMENT

- Cutting board
- Knife
- Large serving bowl
- Small pot
- Vegetable peeler (optional)
- Can opener
- Strainer
- Sieve
- Paper towel

DIRECTIONS

1. Rinse the kale and remove the leaves from the stems. Discard the stems. Chop the kale to the size of your liking and move it into a large serving bowl.
2. Sprinkle the kale with salt (approx. $\frac{1}{2}$ tablespoon) and massage it in with clean hands.
3. Open the can of beans. Drain and rinse in a strainer. Add the beans to the kale.
4. Chop the olives and add them to the bowl.
5. Crumble feta into the bowl as well.
6. Chop the almonds.
7. Mince the garlic.
8. Use a vegetable peeler (or a knife) to remove a few pieces of the lemon peel (avoiding the white pith). Set aside the rest of the lemon for later.
9. Heat a small pot to medium-high heat. Once hot, add your chopped almonds, minced garlic and lemon peel. Heat and stir 2-3 minutes or until fragrant.
10. Add the olive oil to the same pot, continuing to stir. It should be simmering and smelling nice. Add the cumin and crushed red pepper as well. Continue to cook and stir for another 2-3 minutes or until lemon peels begin to curl.

DIRECTIONS CONT.

11. Remove oil from heat and pour mixture over salad through the sieve to catch almonds, garlic, and lemon peel.
12. Dump the sieve contents (almonds, garlic, lemon peel) onto a paper towel and press out any remaining oil. Discard the lemon peel and add the dried almonds and garlic to the salad.
13. Squeeze the juice of the $\frac{1}{2}$ lemon overtop of the salad.
14. Mix salad until all ingredients are coated in the oil.
15. Serve and enjoy! Or just eat it out of the bowl like I do :)

TIPS & TRICKS

Serving size is up to individual nutrition needs!

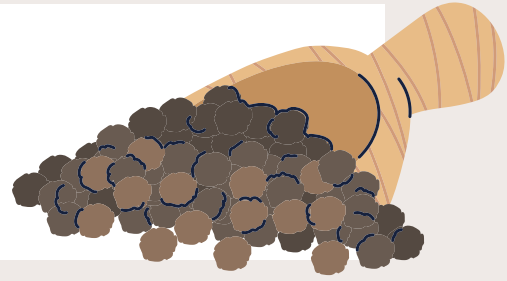


Key takeaways from IE:

- Reject the diet mentality
- Honor your hunger and fullness
- Make peace with food
- Honor your feelings without using food
- Respect your body

Quinoa Chilli

Submitted by: Sophie Hart



SERVINGS: 8-10

PREP AND COOKING TIME: ~ 1 HOUR

INGREDIENTS

- 1 Cup Quinoa (any type)
- 2 Cups of Water
- 1 Tbsp Olive oil
- 1 Small Onion chopped
- 3 Cloves Garlic minced
- 1 Large Carrot peeled and chopped
- 2 Celery Stalks chopped
- 1 Red bell pepper chopped
- 1 Medium zucchini chopped
- 2-3 Tbsp Chilli powder
- 1 Tbsp Ground cumin
- 1 1/2 Tsp Paprika
- 1/2 Tsp Cayenne pepper
- 2 Tsp Coriander
- 1/2 Tsp Dried oregano
- 1 Can Black beans, drained and rinsed
- 1 Can Red kidney beans, drained and rinsed
- 1 Can of Corn, drained and rinsed
- 2 Cans Diced tomatoes
- 1 Can Tomato sauce
- Salt and black pepper to taste

EQUIPMENT

- Cutting board
- Knife
- Large pot
- Mixing Spoon
- Stove

DIRECTIONS

1. In a large pot, heat the olive oil over high heat. Add the onion and cook until tender, about 5 minutes.
2. Stir in garlic, carrot, celery, pepper, and zucchini. Add all of the spices.
3. Cook until vegetables are tender, about 10 minutes.
4. Add the black beans, kidney beans, corn, tomatoes, tomato sauce, water and quinoa.
5. Simmer chilli on low for about 30 minutes.

TIPS & TRICKS

Garnish with green onions, avocado slices, cheese, sour cream/Greek yogurt, chips, crackers, if desired.

Asian Style Chopped Salad

Submitted by: Kate Gillespie



SERVINGS: 4

PREP AND COOKING TIME: ~ 10 MINUTES

INGREDIENTS

SALAD

- 4 Cups finely chopped lettuce of choice
- 2 Cups finely chopped cauliflower
- 2 Cups finely chopped broccoli
- 1 Bell pepper (diced)
- 1/2 Cucumber (diced)
- 1/4 Cup of Feta
- 1 Tbsp Pumpkin seeds
- 1 Tbsp Sunflower seeds
- 1 Tbsp Sliced almonds
- 1 Tbsp of Poppy or sesame seeds

DRESSING

- 1/4 Cup Extra virgin olive oil
- 1/4 Seasoned rice vinegar
- 1 & 1/2 Tbsp Honey
- 3 Tbsp Sesame oil
- 1 & 1/2 Tsp Soy sauce
- 1-2 Cloves Minced garlic
- Pinch of salt

EQUIPMENT

- 1 Large bowl (with lid for storage)
- Measuring cups & spoons
- Knife
- Cutting Board

DIRECTIONS

1. Wash and finely chop the veggies into small bite-size bits.
2. Wash lettuce of choice, if using Romain Lettuce or Iceberg Lettuce - chop finely into small strips, you want it to be very similar in size to your veggies.
3. Add all the veggies into one large bowl
4. Use a small measuring cup or glass of choice to mix up the dressing - no order necessary.
5. Add the dressing to the salad and mix!
6. Serve right away - salad is okay to store for 1-2 days.

TIPS & TRICKS

You can use whatever veggies & seeds you want, this is what I normally have in my fridge. Optional: Clover Leaf Flaked Light Tuna in the Spicy Peanut Satay Flavour - really tasty tuna to add some protein - it goes really well with the dressing!

Grain Bowl

Submitted by: Anonymous



SERVINGS: ABOUT 4

PREP AND COOKING TIME: UNSURE

INGREDIENTS

BOWL:

- Quinoa
- Red pepper, chopped
- Broccoli, chopped
- Sweet potatoes, chopped
- Chickpeas

PESTO SAUCE

(can look to step 4 and add this to pasta for pesto pasta)

- Fresh basil
- Arugula
- Lemon juice
- 2 Cloves garlic
- ¼ Cup Walnuts
- 1 Tsp Olive oil
- 1 Tsp Water

TAHINI DRESSING

- ¼ Cup Tahini sauce
- 1 Tbsp of Water
- 1 Tsp Lemon juice
- Pinch of salt
- 1 Tsp Maple syrup

DIRECTIONS

1. Cook quinoa in a rice cooker or on the stove in water with a pinch of salt (look up how if needed).
2. Chop all veggies (no need to skin the sweet potato, just scrub and chop), add garlic powder, salt, and grapeseed oil to all, add paprika to sweet potatoes and chili powder for chickpeas.
3. Roast in the oven for 20-25 min (check halfway).
4. For Pesto: add a handful of fresh basil, arugula, a pinch of sea salt, a squeeze of lemon juice, tsp of water, garlic, walnuts, olive oil to a food processor and blend.
5. For tahini dressing: stir together all ingredients well!

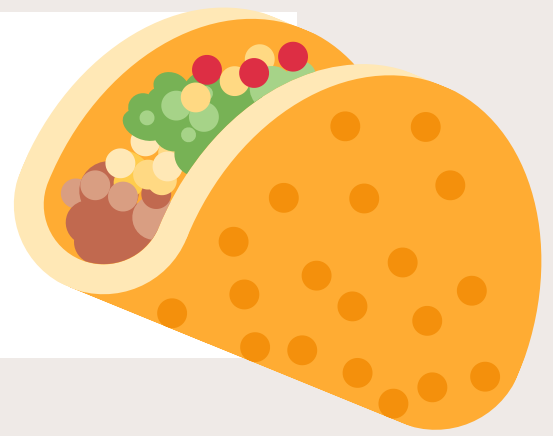
EQUIPMENT

- Rice cooker (optional)
- Oven or toaster oven
- Knife
- Cutting board

Roasted Cauliflower & Lentil

Tacos

Submitted by: Ellie



SERVINGS: ABOUT 4

PREP AND COOKING TIME: 50 MINUTES

INGREDIENTS

CAULIFLOWER:

- 1 Large head of cauliflower sliced into bite-size florets
- 2-3 Tbsp Olive oil
- Salt and pepper

LENTILS:

- 1 Tbsp Olive oil
- 1 Cup Chopped yellow or white onion
- 2 Large garlic cloves, minced
- 2 Tbsp Tomato paste
- 1/2 Tsp Ground cumin
- 1/2 Tsp Chilli powder
- 3/4 Cup Brown lentils
- 2 Cups Vegetable broth or water

CHIPOTLE DRESSING:

- 1/3 Cup Mayonnaise (vegan mayonnaise if preferred)
- 2 Tbsp Lime juice
- 2-3 Tbsp Chipotle hot sauce
- Salt and Pepper

EVERYTHING ELSE:

- 8 Small round tortillas (corn or flour)
- Fresh cilantro

EQUIPMENT

- Baking Sheets
- Mixing Bowls

DIRECTIONS

1. To roast the cauliflower:

- Preheat oven to 425 degrees Fahrenheit. Toss cauliflower florets with enough olive oil to cover them in a light, even layer of oil.
- Season with salt and pepper and arrange the florets in a single layer on a large, rimmed baking sheet.
- Roast for 30 to 35 minutes, tossing halfway, until the florets are deeply golden on the edges.

2. To Prepare the Lentils:

- Warm the olive oil in a medium-sized pot over medium heat.
- Sauté the onion and garlic with a dash of salt for about 5 minutes, until the onions are softened and turning translucent.
- Add the tomato paste, cumin and chili powder and sauté for another minute, stirring constantly.
- Add the lentils and the vegetable broth or water.

DIRECTIONS CONT.

- Raise heat and bring the mixture to a gentle simmer.
 - Cook, uncovered, for 20 minutes to 45 minutes, until the lentils are tender and cooked through.
 - Reduce heat as necessary to maintain a gentle simmer, and add more broth or water if the liquid evaporates before the lentils are done.
 - Once the lentils are done cooking, drain off any excess liquid, then cover and set aside.
10. To prepare the chipotle sauce: Whisk together the ingredients and set aside.
 11. Warm tortillas individually in a pan over medium heat if desired.
 12. Once all of your components are ready, you can assemble your tacos!
 13. Top each tortilla with the lentil mixture, cauliflower, a drizzle of chipotle sauce and a generous sprinkle of chopped cilantro.



Peanut Tofu Noodle Bowl

Submitted by: Anonymous



SERVINGS: 3-4

PREP AND COOKING TIME: UNSURE

INGREDIENTS

NOODLE BOWL

- 2-4 Servings of cooked noodles
- 1 Head broccoli
- 1/4 Onion, diced
- 2 Tbsp of Water
- 2 Tsp Soy sauce
- 1 Tsp Garlic chilli sauce

BAKED GARLIC CHILLI TOFU:

- 1 Block extra firm tofu, drained and pressed for an hour, cut in cubes or rectangular pieces/triangles!
- 2 Tbsp Soy sauce
- 2 Tbsp Chilli garlic sauce

PEANUT SAUCE

- 3 Tbsp Peanut butter
- 2 Tbsp Soy sauce
- 1 Tbsp Maple syrup
- 1 Tsp Garlic chilli sauce
- 1 Tsp Mustard
- 1/4 Tsp Garlic powder
- 1/4 Tsp Ginger powder
- Juice of half a lime (or 1/2 tbsp)
- 2-3 Tbsp Water

EQUIPMENT

- Whisk (optional)
- Knife
- Cutting board
- Pan
- Stove
- Oven/toaster oven
- Tupperware (optional)

DIRECTIONS

PEANUT SAUCE:

1. Add all ingredients to a bowl and whisk together (or beat well with a fork) until smooth.
2. Adjust the consistency of sauce to your liking, by adding additional small amounts of water until satisfied.

BAKED GARLIC CHILLI TOFU:

1. Set oven to 400F.
2. After pressing tofu, cut tofu into even cubes and place in a bowl or Tupperware container.
3. Add remaining ingredients and if using a bowl just gently toss together. If using a Tupperware container, seal the container and gently shake contents to evenly coat tofu.
4. Remove tofu and place on a lined baking sheet making sure tofu cubes aren't touching.

DIRECTIONS CONT.

5. Place in oven for at least 25 min or until edges have browned. Remove from oven and serve as desired.

Alternative: Feel free to pan fry until tofu is browned on all sides

COMPLETE NOODLE BOWL:

1. Add onion to pan on medium heat and sauté until softened, about 1 minute.
2. Add in broccoli and 2 tbsp of water. Lower heat to low medium and cover with a lid for about 3-4 minutes.
3. Remove lid and add soy sauce and garlic chilli sauce.
4. Stir to combine then add in cooked noodles and tofu.
5. Add half the sauce from the recipe and stir to combine.
6. Serve as desired.

TIPS & TRICKS

Noodle suggestions: Udon, rice noodle, ramen.

If missing garlic chilli sauce, can substitute with hoisin & siracha!

Can opt for gluten-free soy sauce or coconut aminos to make gluten-free; use low sodium if preferred.

Ginger powder can be substituted with paste or fresh as desired!

Use reserved peanut sauce to add more to your dish if desired or store in the fridge!

Roasted Veggie & Brie Sammy

Submitted by: Anonymous



SERVINGS: 1

PREP AND COOKING TIME: UNSURE

INGREDIENTS

- 1/2 Zucchini, cut lengthwise
- 1/2 Tomato, cut into thicker slices
- Some brie
- 1 Ciabatta bun
- 1 1/2 Tbsp Olive oil
- Few pieces of Basil (optional, can replace with pesto)
- 1-2 Tbsp Hummus
- Arugula or Spinach, handful
- 1/2 Tbsp Balsamic vinegar (optional)

EQUIPMENT

- Knife
- Cutting Board
- Pan

DIRECTIONS

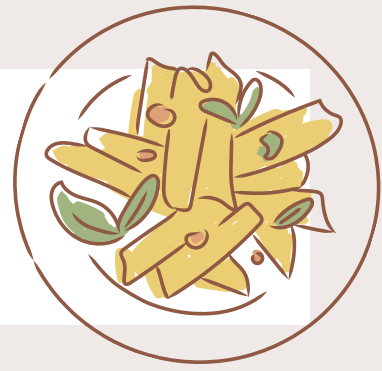
1. Cut zucchini in half horizontally and longitudinally. Slice one half into rectangular pieces.
2. Slice the tomato thickly.
3. Heat 1 tbsp olive oil in a pan on medium and let the pan get hot before adding tomato and zucchini slices.
4. Salt and pepper slices and add 1/2 tbsp of balsamic vinegar (optional).
5. Let cook for 3 min each side or until browning/giving grilled or charred effect.
6. Cut ciabatta buns in half and spread olive oil over each side and add to the pan to toast.
7. Remove veggies when satisfied and same with bread.
8. Spread hummus on either side of buns, or pesto on one if replacing basil.
9. Add zucchini, tomato, Brie slices, arugula or spinach, basil and close your sandwich and enjoy!

Gentle nutrition is the intersection of IE and nutrition. It's about honouring both your physical and mental health using balance and intuition (Christensen 2021).

Note: if you're recovering from a disordered relationship with food, nutrition should be one of the last steps you address. Focus first on making peace with food and removing "good" and "bad" labels from food (a process called "food neutrality").

Mean Green Pasta

Submitted by: Tris D



SERVINGS: 2

PREP AND COOKING TIME: ~ 30 MINUTES

INGREDIENTS

- 1/2 Cup Spinach
- 1/2 Cup Basil or parsley
- 1/3 Cup Kale
- 1/3 Cup Zucchini, diced
- 1/3 Cup Peas
- 1/3 Cup Onions, diced
- 1/4 Cup Celery, chopped
- 1/4 Cup Walnuts, roasted (optional)
- 1/4 Cup Cashews, roasted (optional)
- 2 Cloves garlic
- 2 Tbsp Nutritional yeast
- 2 Tbsp Olive oil
- 1 Tsp Oregano
- Salt + pepper
- Red chilli flakes (optional)
- 1/4 Cup Vegetable stock (add more if necessary)
- 1/3 Pack of any pasta of choice

EQUIPMENT

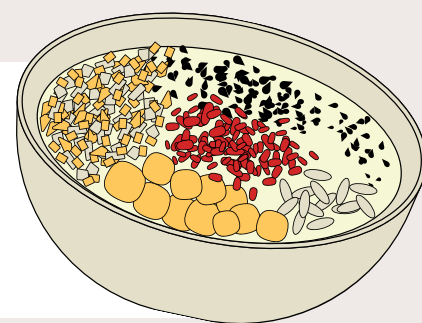
- Blender/food processor
- Stove top + pot
- Frying Pan

DIRECTIONS

1. Bring water to a boil in a large pot. Once boiled, add pasta.
2. Dice onions and put them aside.
3. Wash and dice zucchini and celery, mince garlic and roast nuts.
4. Add the above ingredients to a blender with peas, spinach, herbs, and kale. Add olive oil, nutritional yeast, and vegetable stock, and blend until sauce consistency. Add more stock if too thick. Put aside.
5. In a pan, caramelize onions (approximately 5 minutes) and put them aside.
6. Keep 1/2 of pasta water before straining the pasta.
7. Pour the sauce into the pot with the strained pasta and add extra pasta water if necessary.
8. Serve with caramelized onions and red chilli pepper flakes.

Veggie Burrito Bowls

Submitted by: Tris D



SERVINGS: 4

PREP AND COOKING TIME: ~ 40 MINUTES

INGREDIENTS

RICE

- 1 Cup White rice
- 1 Can Diced tomatoes (28 oz)
- 1 1/2 Cup Water
- 1/2 A medium sized onion, diced
- 1 Clove garlic, minced
- 2 Tbsp Olive oil
- 1 Tsp Salt
- 1 Tsp Chilli powder

BEANS

- 1 Can black beans
- 1 Clove garlic
- 1 Tbsp Olive oil
- 1 Tsp Cumin powder
- 1 Tsp Pepper
- 1 Tsp Cayenne power
- 1 Tsp Salt
- 1/2 Tsp Onion powder
- 1/2 Tsp Chili powder

TOPPINGS

- 1/2 Cup Shredded cheese
- 1 Cup Canned corn, strained
- 1 Tomato, diced
- Half a red onion, diced
- 2 Green onions, diced
- 1 Avocado, diced
- Sour cream

EQUIPMENT

- Large sauce pan with lid (for rice)
- Frying Pan

DIRECTIONS

1. Add olive oil, minced garlic, and diced onions to a large sauce pan on medium heat and fry until soft.
2. Add in rice, canned tomatoes, spices and water, and bring to a boil. Then, turn down the heat to a minimum and cover; cook for approx 30 mins.
3. Rinse black beans and add to a frying pan with garlic, olive oil, and spices. Fry until slightly crispy (approximately 10 mins).
4. Prepare bowl toppings; dice tomatoes, onions, and avocado, strain corn, and shred cheese.
5. Once the rice is done, add shredded cheese on top, then add beans and toppings.
6. Serve and enjoy!

Butternut Squash Sweet Potato

Apple Soup

Submitted by: The Loaded Ladle



SERVINGS: 6

PREP AND COOKING TIME: ~ 40 MINUTES

INGREDIENTS

- 2 Tbsp Butter or Plant-based oil
- 1 Onion (diced)
- Ginger, 1 inch (minced)
- 1 Tbsp Curry powder
- 2 Apples (cored and cubed)
- 1 Medium sweet potato (cubed)
- 2 Cups Butternut squash - frozen or fresh (cubed)
- 3 Medium carrots (rounds)
- 4 Cups of Chicken/vegetable stock (no salt or reduced salt)
- Salt and pepper
- 1/4 Cup Green onion, thinly sliced (optional)

EQUIPMENT

- Large pot
- Measuring cups/spoons
- Chopping board
- Spatula or Wooden spoon
- Knife
- Blender or Potato masher

DIRECTIONS

1. In a large pot over medium-high heat, melt butter.
2. Saute onion and ginger until softened and beginning to brown.
3. Stir in curry powder and cook for 1 min.
4. Toss in apples, sweet potato, squash, and carrots, mix well.
5. Pour in chick stock or vegetable stock, mix well.
6. Reduce heat and simmer until sweet potatoes and squash are tender (about 10 min).
7. Puree until smooth (see how-to tip below).
8. Return the pot over medium heat, stir in milk (or cream or coconut milk), salt, and pepper to cook. Keep stirring until heated through.
9. Garnish with green onion.

TIPS & TRICKS

How to Puree Your Soup:

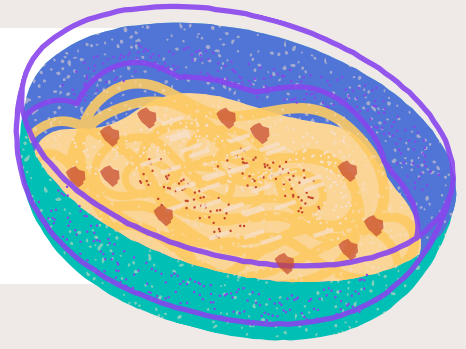
Method 1: Use an immersion blender when the soup is still in the pot.

Method 2: Let the soup cool down slightly then use a stand blender *avoid spills and burns, and be careful with steam that may pop the lid off.

Method 3: Cook the soup until vegetables are very soft and use a potato masher to squish them down into a pulp.

Pasta Puttanesca

Submitted by: Anonymous



SERVINGS: 2-3

PREP AND COOKING TIME: ~20 MINUTES

INGREDIENTS

- 2 Tbsp Olive oil
- 1 Chopped onion
- 6 Anchovy fillets (optional if you don't like or are vegan)
- 6 Chopped tomatoes (or 1 large can diced tomatoes)
- 2 Cloves garlic
- Chopped bay leaf
- 1 Tbsp Tomato paste
- 2 Tbsp Water
- Freshly ground pepper
- 1 Tbsp Capers
- 2 Tbsp Black olives
- 1 Tbsp Balsamic vinegar
- Your favourite cooked pasta

EQUIPMENT

- Knife
- Cutting board
- Medium pot with lid
- Wooden spoon

DIRECTIONS

1. Heat the oil over medium heat in the pot.
2. Add chopped onion and cook, stirring often, until browned.
3. Stir in the anchovies (if using) and mash them up a bit with the wooden spoon.
4. Add tomatoes, garlic, bay leaf, tomato paste and water.
5. Stir and bring to a boil.
6. Reduce heat to low, put a lid on the pot and simmer gently while you cook your favourite pasta.
7. Finish the sauce by adding pepper, capers, olives and vinegar.
8. Stir to heat through and toss in with your cooked, drained pasta.

Great Instagram

Resources:

@no.food.rules

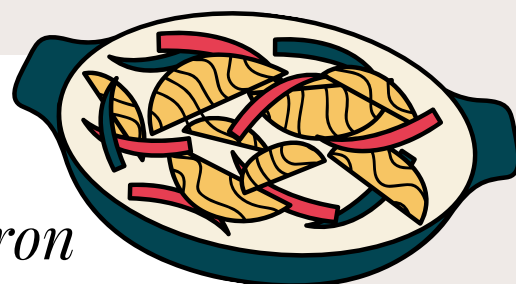
@drcolleenreichmann

@mikzazon

@aliciamccarvell

Chicken Fajitas

Submitted by: Jonnie-Lyn Baron



SERVINGS: 4

PREP AND COOKING TIME: ~30 MINUTES

INGREDIENTS

FAJITAS:

- Flour/Corn tortillas (4-8)
- 2-3 Chicken breasts
- 1 Medium onion (yellow or red)
- 1/2 Lime
- 1-2 Bell peppers - any colour
- 1-2 Cloves of garlic
- 3-4 Tbsp Olive oil
- 1 Tsp Chilli powder
- 1 Tsp Cumin
- 1/2 Tsp Oregano
- Salt & pepper to taste

DRESSING (Optional)

- Salsa
- Sour Cream/Plain yogurt
- Shredded cheddar
- Avocado or guacamole
- Shredded lettuce

EQUIPMENT

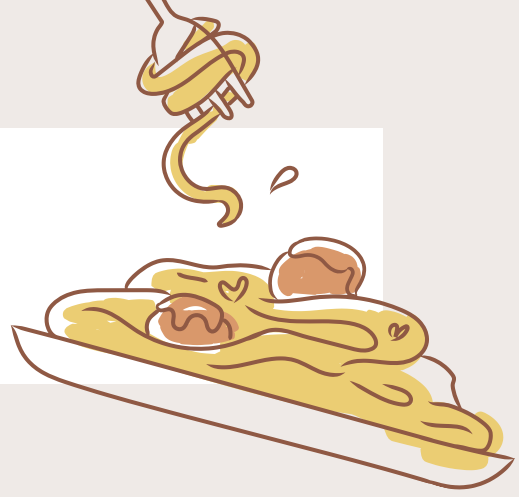
- Frying pan
- Cutting board
- Sharp knife

DIRECTIONS

1. Slice onions, pepper, chop garlic (optional)
2. Slice chicken into strips.
3. In a separate bowl, combine 1 tablespoon olive oil, juice of ½ lime, chili powder, oregano, cumin, salt and pepper.
4. Toss chicken with the spice mixture.
5. Preheat 1 tablespoon olive oil over medium-high heat.
6. Add the chicken and cook until just cooked - about 3-5 minutes.
7. Remove from pan and set aside. Set chicken aside and add 1 tablespoon oil to the pan.
8. Cook onions for 2-5 minutes, add in sliced peppers and cook an additional 2 minutes or just until hot.
9. Add chicken back to the pan and stir to combine.
10. Squeeze a little extra lime ovetop and serve over tortillas.
11. Add optional fajita dressings.

Sausage Pasta

Submitted by: Jane Tracy



SERVINGS: 5-6

PREP AND COOKING TIME: UNSURE

INGREDIENTS

- 1 Onion
- 5 Sausages (italian)
- Dried oregano
- Salt and pepper
- 1 Can of Tomato paste
- Kale or spinach (optional)
- Any kind of pasta

EQUIPMENT

- Cutting board
- Knife
- Large pan
- Large pot

DIRECTIONS

1. Finely chop an onion and sauté.
2. Take the skin off 5 sausages - I like to use at least a few spicy Italian.
3. Crumble sausage meat into the pan and fry up with onions.
4. Add dried oregano, salt and pepper.
5. Add one can of tomato paste.
6. Fill the can with water and add to the pan.
7. Simmer until water is absorbed.
8. Add a few handfuls of baby kale and cover so it wilts.
9. Mix into sauce and serve!

TIPS & TRICKS

If you don't eat gluten this is really good with spaghetti squash or zucchini noodles!

Easy-Peasy Lasagna

Submitted by: Jim Armour



SERVINGS: 12

PREP AND COOKING TIME: 30 MINUTES

INGREDIENTS

- 1 Large egg, lightly beaten
- 1 container (454 g) ricotta cheese
- 2 1/2 Cups of Shredded Italian cheese blend, divided 1/4 finely chopped pancetta (optional)
- 1 Tbsp Olive oil
- 24 Wonton wrappers
- 1 Jar (650ml) pasta sauce (Classico works well)
- Minced fresh parsley (optional)

EQUIPMENT

- Muffin tin
- Mixing bowls
- Measuring cups
- Oven

DIRECTIONS

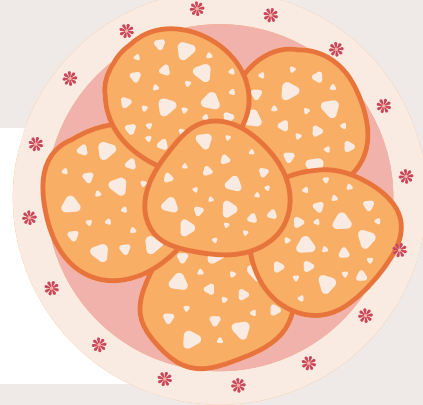
1. Preheat oven to 375 degrees. In a bowl, mix egg, ricotta cheese, chopped pancetta (if using), and 1 1/4 cups of Italian cheese blend.
2. Generously grease your muffin tin with olive oil and then line each of the 12 muffin cups with a wonton wrapper.
3. Fill each cup with approximately 1 tablespoon of the ricotta mixture and 1 1/2 tablespoons pasta sauce. Then top each with a second wonton wrapper, rotating the corners and pressing down the centre. (It should look a little like a star.)
4. Repeat the ricotta and sauce layers and then sprinkle each one with the remaining cheese.
5. Bake in the oven until cheese is melted, 20 to 25 minutes. Let cool a little. Then serve with some minced fresh parsley (if desired).

TIPS & TRICKS

This is a really versatile dish. It works as a quick supper, an appetizer, or a fancy dinner if you add a big salad. The leftovers are also great for lunch or a snack in between classes.

Cape Breton Oatcakes

Submitted by: Anonymous



SERVINGS: UNSURE

PREP AND COOKING TIME: ~ 40 MINUTES

INGREDIENTS

- 1.5 Cups All purpose flour
- 2 Cups Quick Oats
- 1/4 Tsp Cinnamon (optional)
- 1/2 Tsp Salt
- 1/2 Tsp Baking powder
- 1 Cup Brown sugar;
- 1 Tsp Maple syrup
- 1 Cup Butter

EQUIPMENT

- Baking sheet
- Parchment paper
- Large mixing bowl x2
- Measuring cups
- Whisk Hand mixer
- Rolling pin
- Cookie cutter or cup
- Oven

DIRECTIONS

1. Pre-heat oven to 350F and line a baking sheet with parchment paper.
2. Okay, first things first; let's mix together the dry ingredients. Into a large bowl mix together flour, oats, baking powder, cinnamon, and salt. Whisk to ensure there are no clumps.
3. Next up, in a separate bowl using a hand mixer, cream together the butter, brown sugar, and maple syrup. Be sure not to rush the process as you want this mixture to get as smooth as possible. I generally mix with the hand mixer set to high for around 4 minutes.
4. From here, add the dry ingredients into the butter mixture and mix to combine. If using the hand mixer be sure to mix on low. You want everything to be combined, but not over-mixed.
5. Pour the mixture onto a lightly floured surface. The mixture will be VERY crumbly, so I make sure to push the mixture together with my hands. If the mixture seems to be way too crumbly you can lightly dampen your hands under running water and use that moisture to work the dough.

DIRECTIONS CONT.

- Using a rolling pin, roll out the dough until it's quite thin; generally around 1/4 inch thick. Then using a cookie cutter or a cup, cut out oatcakes and place on the prepared baking sheet.
6. Place the oatcakes into the oven for 12-15 minutes. You want the edges to be turning a nice brown. Once done, remove from oven and let sit on baking sheet for 5 minutes.

TIPS & TRICKS

The next part is up to you!

Enjoy these oatcakes as is, or spread on melted chocolate, delicious preserves, or butter.

Pour a cup of tea and enjoy!



Auntie Jill's Skor Bar's

Submitted by: Jill McGowan



SERVINGS: 8

PREP AND COOKING TIME: ~45 MINUTES

INGREDIENTS

- 1 Box Original ritz crackers (200 grams - smaller box)
- 1 Package of hershey skor chipits (200 grams)
- 1 Can Sweetened condensed milk (300 mL)

DIRECTIONS

1. Crush box of Ritz crackers (blender) or put them in a zip lock bag & crush with a rolling pin until very fine.
2. In a large bowl mix together crushed crackers, skor chipits and sweetened condensed milk.
3. Press into a greased 13 x 9 inch pan or 2 - 8x8 pans.
4. Bake (I use convectional bake) on the middle rack at 325 degrees for 15 minutes or until top is lightly browned.

EQUIPMENT

- 13 X 9 Inch Pan OR 2 8 X 8 Pans
- Blender OR Ziplock Bag
- Rolling Pin
- Large Mixing Bowl
- Butter/Oil to Grease Pans

TIPS & TRICKS

Can be put in the freezer to make last longer!

Great Podcast Resources:

The Food Haven Podcast
The SocieEATy Podcast
Maintenance Phase
The Eating Disorder Therapist
Just Eat Normally
The Save Psychologist
Empty Inside

Depression Cake

Submitted by: Anonymous



SERVINGS: 1-4

PREP AND COOKING TIME: ~ 40 MINUTES

INGREDIENTS

- 1 1/2 Cups Flour
- 1 Cup Sugar (icing Sugar is best)
- 1/3 Cup Cocoa powder
- 1 Tsp Baking soda
- 1/2 Tsp Salt
- 1/3 Cup Cooking oil
- 1 Cup Water
- 1 Tbsp Vinegar
- Dash of vanilla extract

EQUIPMENT

- 2 Mixing bowls
- 6-8 inch cake pan
- Measuring cups
- Whisk (optional)
- Silicon scrapper (optional)

DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. While the oven is preheating, mix the dry ingredients together in a large bowl.
3. In a separate bowl whisk the wet ingredients well to combine.
4. Slowly stir the wet ingredients into the dry ingredients and mix until smooth.
5. Pour batter into greased cake pan and bake for 30 minutes.

TIPS & TRICKS

This cake recipe dates back to The Great Depression when it was challenging to get traditional cake supplies.

The recipe may not solve financial or emotional depression but it sure is cheap and delicious!

Also, the recipe serves as a great base for other flavoured cakes. Add some bananas and substitute the cocoa powder with more sugar for a delicious banana cake.

Have fun!

Easy Hummus

Submitted by: Anonymous



SERVINGS: 6-8

PREP AND COOKING TIME: 15-20 MIN WITH PRECOOKED CHEEKPEAS

INGREDIENTS

- 2 cups drained well-cooked or canned chickpeas (rinsed), cooking liquid reserved if possible
- $\frac{1}{2}$ cup tahini, with some of its oil
- $\frac{1}{4}$ cup extra virgin olive oil
- 2 cloves peeled garlic, or to taste
- Juice of 1 lemon or 3 tbsp lemon juice, plus more as needed
- Salt and freshly ground black pepper
- 1 tablespoon ground cumin or paprika, or to taste, plus a sprinkling for garnish
- Fresh parsley leaves for garnish (optional)

EQUIPMENT

- Small bowls and spoons
- Measuring cups and spoons
- Food processor

DIRECTIONS

1. Put the chickpeas, tahini, cumin or paprika, garlic, and lemon juice in a food processor and begin to process; add oil and chickpea-cooking liquid or water as needed to produce a smooth purée.
2. Taste and adjust seasoning, adding more salt, pepper, or lemon juice as needed. Serve, sprinkled with a bit of cumin or paprika, or parsley, or drizzle with more olive oil.

TIPS & TRICKS

You can also remove the skin of chickpeas. It takes longer, but the texture will be smoother.

Soaking canned chickpeas for a couple of hours can also make the texture smoother.

Rinsing canned chickpeas can improve flavour and reduce the sugar that can cause gassy problems.

A large lemon can yield about 3 tbsp of lemon juice.

Thursday, March 17, 2022

Enter for a chance to win a prize!

Must enter by 11:59pm



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