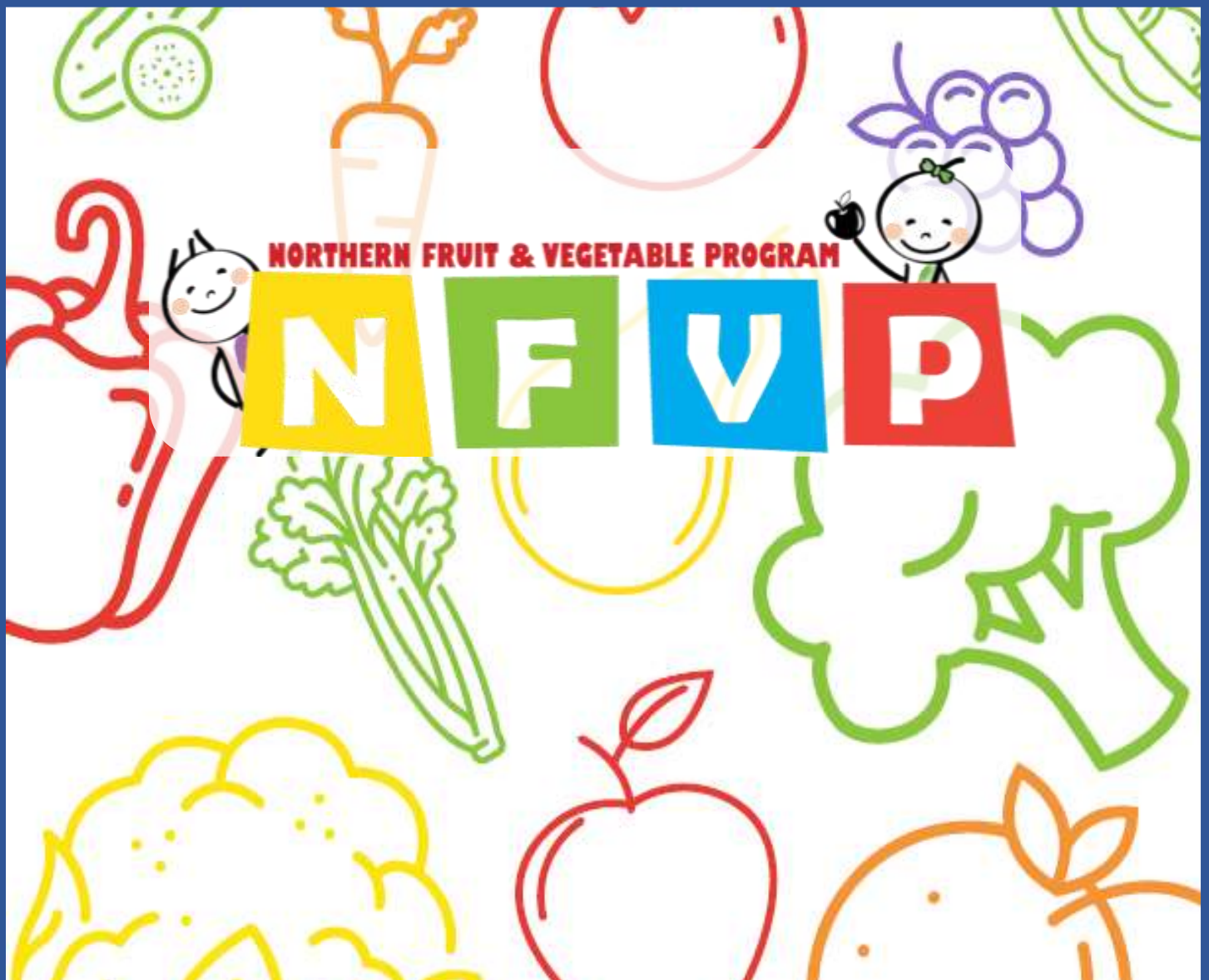


Northern Fruit and Vegetable Program

Activity Calendar, Fact Sheets & Recipes

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Northern Fruit and Vegetable Program Activities Calendar, Fact Sheets & Recipes

The goal of the Northern Fruit and Vegetable Program (NFVP) is to encourage healthy eating and lifestyle habits among children through exposure to vegetables and fruits as well as through food literacy and healthy lifestyle education. Exposure to new foods includes not only eating the food but being around the food or around others enjoying the food. The vegetables and fruits are already being delivered to your school; to implement the food literacy and healthy lifestyle education portion of this program, all you need are the following two resources:

1. This NFVP Activities Calendar (includes fact sheets and recipes).
2. The corresponding NFVP Implementation Guide (includes details on activities).

HOW TO USE THIS CALENDAR:

- This calendar lists the fruits and vegetables you will receive each week and corresponding activities with page numbers.
- NFVP coordinators or teachers should print out corresponding fact sheets and provide/review this material for each class.
- Teachers should work the suggested activities into their lesson plans throughout the year!
- To find the corresponding fact sheets and recipes, go to the indicated page number in this document. To find details about suggested activities, go to the indicated page number in the *Implementation Guide.
- If your produce delivery was cancelled due to a school closure, or if the produce you receive is different from what you were expecting, feel free to choose a more suitable activity from the NFVP Implementation Guide instead!



NFVP Activity Calendar

JANUARY 2022

Week of January 3	No deliveries
Week of January 10 Apples, Carrots	Apple Fact Sheet (See page 7 below)
Week of January 17 Grape Tomatoes, Clementines	Tomato Fact Sheet (Page 18) Have a dance party! (Page 15*)
Week of January 24 Cauliflower, Ranch Dip, Apple Sauce Cups	Cauliflower Fact Sheet (Page 10) Paint Your Plate BrightBites Lesson Plans (Page 4*)
Week of January 30 Mini Cucumbers, Clementines	Oranges and Clementines Fact Sheet (Page 14) Jump Skip Counting (Page 15*)

NFVP Activity Calendar

FEBRUARY 2022

Week of February 7 Carrot, Grapes	Carrot Fact Sheet (Page 9) Vegetable and Fruit Online Learning Games (Page 7*)
Week of February 14 Grape Tomatoes, Apples	Tomato Recipe Stretch it out! (Page 15*)
Week of February 21 Grape Tomatoes, Clementines	No Deliveries
Week of February 28 Broccoli, Ranch Dip, Pears	Broccoli Fact Sheet (Page 8) Interview with Mr./Mrs. Broccoli (Page 13*)



Nutrition Month: Ingredients for a healthier tomorrow

MARCH 2022

Week of March 7 Mini Cucumbers, Grapes	Cucumber Fact Sheet (Page 12) Introducing Canada's Food Guide (Page 10*)
Week of March 14 Grape Tomatoes, Apples	No Deliveries
Week of March 21 Carrots, Apples	Apple Recipe Guess that Fruit or Vegetable (Page 8*)
Week of March 28 Grape Tomatoes, Pears	Pear Fact Sheet (Page 15) Vegetable and Fruit Bingo (Page 10*)

Nutrition Month: Ingredients for a healthier tomorrow

APRIL 2022

Week of April 4 Cauliflower, Ranch Dip, Clementines	Cauliflower Recipe Read a Book about Vegetables and Fruits (Page 4*)
Week of April 11 Carrots, Grapes	Grape Fact Sheet (Page 13) Balance Break- Apple Tree Pose (Page 15*)
Week of April 18	No Deliveries
Week of April 25 Grape Tomatoes, Apple Sauce Cups	Tomato Recipe Grow a Food for Yourself (Page 7*)



NFVP Activity Calendar

MAY 2022

Week of May 2 Mini Cucumbers, Oranges	Nutrition Facts Tables (Page 9*) Follow the leader! (Page 16*)
Week of May 9 Broccoli, Ranch Dip, Pears	Broccoli Recipe Read a Book about Vegetables and Fruits (Page 4*)
Week of May 16 Carrots, Grapes	Carrot Recipe 5-4-3-2-1 (Page 16*)
Week of May 23	No Deliveries
Week of May 30 Grape Tomatoes, Apples	Vegetable and Fruit Coloring Maze (Page 7*) Teach Me Something New (Page 9*)

NFVP Activity Calendar

JUNE 2022

Week of June 6 Mini Cucumbers, Clementines	Read a Book about Vegetables and Fruits (Page 4*) Minute to Win It (Page 17*)
Week of June 13 Cauliflower, Ranch Dips, Apples	Edible Plant Parts Relay (Page 5*) True or False (Page 16*)
Week of June 20 Carrots, Apples	True or False (Page 16*) Go Outside! (Page 16*)
Week of June 27	No Deliveries

Fact Sheets





APPLES

Food Facts:

- Apples have been cultivated for more than 3,000 years. The ancient Greeks, Etruscans, Romans and Egyptians were among its early cultivators.
- In 2018, Ontario produced more than 330 millions pounds of apples. That's the more than the weight of 1,320 Blue Whales!
- Apples are a good source of vitamin C and fibre!

Buying and Storing:

- Look for firm apples, free of wrinkles and bruises.
- Remove any fruit that are overripe or have soft spots because they give off ethylene gas causing nearby apples to ripen too quickly and spoil. Trim these and use them for pies or applesauce. ☑ Store in the refrigerator where they will keep for up to one month.

Preparing and Cooking:

- For a nutritious, high-fibre low fat snack, rinse off and eat as is.
- Apples also have many other uses:
 - baked with cinnamon and brown sugar
 - sliced and dried
 - simmered into a sauce
 - turned into pies, dumplings, cobblers, crumbles and brown bettys incorporated in salads
 - and made into a flavourful spicy sherbet (starting with a rich, thick applesauce).

Apple Sauce:

- **Ingredients**
 - Canadian Apples (a combination of varieties always tastes the best!) Water
 - 1 tsp cinnamon (optional)
- **Instructions**
 - Slice and core enough apples to fill a large saucepan to within an inch of the top (leave peels on). Add water to the pot with the apples until the surface of the water is just visible through the apples. Add cinnamon if using.
 - Cover with lid and bring to a boil. Reduce heat and allow apples to simmer until nearly all lumps are gone, stirring occasionally.
 - If desired, pour apple sauce through a strainer or sieve into a large bowl to remove peels.
 - Serve warm or cold as a part of a balanced snack or with a meal. Leftovers can be frozen in individual portions and thawed as needed.

BROCCOLI

Food Facts:

- Broccoli is related to the cabbage and cauliflower. Cool family tree!
- More than 70% of the broccoli grown in Ontario is a type called Paragon.
- Great reasons to make broccoli your best friend: cup for cup, it has just as much vitamin C as an orange and almost as much calcium as milk!

Buying and Storing:

- At its peak, broccoli is tightly budded with bright grey-green leaves and yellow-green stems. Any with buds bursting into flower or yellow florets are past their prime.
- Look for bunches with slender stems. Heavy stems are often woody.
- Broccoli will keep for up to five days in a perforated bag in the refrigerator crisper.

Preparing and Cooking:

- Wash, drain and remove outer leaves; cut and trim the stems.
- Steaming segments or florets takes 8 to 15 minutes while stir-frying broccoli cooks it more quickly. Cook just to the point of becoming tender without overcooking.

Caribbean Corn and Broccoli Salad (Adapted from Foodland Ontario):

- **Ingredients**
 - ½ cup frozen corn, thawed
 - 1 bunch Ontario Broccoli, cut into florets 1/2 cup (125 mL) diced Ontario Red Onion Half Ontario Bell Pepper, diced
- **Dressing:**
 - 3/4 cup (175 mL) light mayonnaise 2 tbsp (25 mL) grainy mustard
 - 2 tbsp (25 mL) lime juice or vinegar 1 tsp (15 mL) ground ginger
 - 2 tsp (10 mL) Ontario Liquid Honey 1/2 tsp (2 mL) each salt and pepper
- **Instructions**
 - With sharp knife, cut corn kernels from cob and place in large bowl. Add broccoli, onion and red pepper.
- **Dressing:**
 - In small bowl, combine mayonnaise, mustard, lime juice, ginger, honey, salt and pepper; toss with salad. Chill before serving.



CARROTS

Food Facts:

- Farmers in Ontario produced more than 398 million pounds of carrots in 2018! That is more than the weight of all the concrete in the CN Tower in Toronto, Ontario.
- Carrots are a great source of vitamin A which can help you see better in the dark.
- Keep the nutrients found just below the carrot's surface by rinsing and scrubbing with a vegetable brush and leaving the skins on.
- Carrots are typically orange, but they can also be white, yellow, purple, and red!

Buying and Storing:

- Look for firm, crisp carrots with a smooth, blemish-free exterior.
- Store for up to three weeks in the refrigerator crisper. For longer storage, keep carrots cool and moist in a root cellar or similar cool place.

Preparing and Cooking:

- Wash, drain and remove outer leaves; cut and trim the stems.
- To keep carrots firm and crisp for serving raw, cut into strips and place in cold water for half an hour. Grated, sliced, julienned or left whole, carrots are great in a wide variety of salads, soups, casseroles, stews and even sweets.
- On their own, carrots can be steamed or broiled, stir-fried or pan-roasted with meats and poultry.

Bunny's Best Soup

- **Ingredients**
 - 2 lbs (1 kg) carrots, peeled and chopped
 - 1 onion, chopped
 - 1 celery stalk, sliced
 - 1 bay leaf
 - 4 cups water or chicken stock
 - 1 can 2% evaporated milk
 - ¼ tsp pepper
 - ¼ tsp nutmeg
- **Instructions**
 - In a large saucepan, bring carrots, onion, celery, bay leaf and water to a boil.
 - Reduce heat and simmer for 20 to 25 minutes, or until vegetables are very tender. Throw away bay leaf.
 - In batches, purée mixture in a blender or food processor until smooth. Stir in evaporated milk, pepper and nutmeg until well blended.

CAULIFLOWER

Food Facts:

- Cauliflower is an excellent source of fibre, which is important for the health of your digestive system, and vitamin C, an important nutrient to help your body fight off illnesses like colds!
- There are more than seven different types of cauliflower grown commercially in Ontario and they can come in different colours, such as purple, green, and orange!

Buying and Storing:

- Select heads that are firm and tightly-flowered, with fine white florets and fresh-looking, green leaves. Brown spots on a white cauliflower are most likely only water marks, which are harmless, but yellowish spots may indicate excessive age.
- Store unwrapped in refrigerator crisper for up to five days.

Preparing and Cooking:

- Cut cauliflower into florets and rinse under cold running water.
- The florets are great eaten raw in a salad or as part of a vegetable platter served with dips. Cooked cauliflower florets keep their shape best when steamed (5-10 minutes). It can also be boiled (takes 5-10 minutes for florets; around 10 minutes for a whole cauliflower) or roasted (lightly drizzle with oil and roast at 400F for 20-30mins).

Cauliflower Lentil Rice Bake (adapted from Foodland Ontario)

Ingredients

- 2 tbsp (25 mL) vegetable oil
- 2 Ontario Onions, chopped
- 2 cloves Ontario Garlic, minced
- 2 cups (500 mL) sliced Ontario Mushrooms 2 tsp (10 mL) ground cumin
- 1/2 tsp (2 mL) turmeric
- 1 can (28 oz / 796 mL) diced tomatoes
- 4 cups (1 L) coarsely chopped Ontario Cauliflower 1 cup (250 mL) vegetable or chicken stock
- 1/2 cup (125 mL) red lentils
- 1/2 cup (125 mL) brown rice
- Salt and pepper
- 1/2 cup (125 mL) shredded Cheddar cheese

Instructions

- In large saucepan, heat oil over medium heat. Add onions, garlic, mushrooms, cumin and turmeric; cook for 5 minutes, stirring occasionally. Stir in tomatoes, cauliflower, stock, lentils and rice; bring to full boil.
- Transfer to 12-cup (3 L) casserole dish; cover and bake in 350°F (180°C) oven for 45 minutes or to desired doneness. Season with salt and pepper to taste. Sprinkle with cheese; bake, uncovered, for 5 minutes or until cheese is melted.

CELERY

Food Facts:

- Celery is an ancient vegetable. In fact, celery leaves were part of the garlands found in ancient Egyptian pharaoh Tutankhamun's tomb!
- Celery is 95% water, making a refreshing snack when you're feeling thirsty.

Buying and Storing:

- Select celery that is light green in colour, firm, compact, and well-shaped. The stalk should have a solid, rigid feel and leaflets should be fresh. Avoid purchasing celery with bruises on the stalks.
- To store, wash the celery to remove any dirt and grime. Let it dry and then wrap it in aluminum foil. Using this method, your celery will stay fresh for weeks!

Preparing and Cooking:

- Fresh celery makes a great snack either on its own or with the groove filled with peanut butter or hummus and topped with raisins or grated carrot!
- To cook as a side dish, remove both ends of the stalks (save these and use to make homemade soup stock), slice stalks and sauté in canola oil or simmer in stock. Eat as-is, or sprinkle with grated cheese and place under the grill until lightly browned.

Chicken and Celery Stir-fry

Ingredients

- 1 lb boneless, skinless chicken breast, cut into thin strips
- 1 large egg
- 1 tbsp cornstarch
- Salt and ground pepper to taste
- 2-3 tbsp vegetable oil
- 1 lb celery (8-10 large stalks), thinly sliced on the diagonal (about 5 cups)
- 3-inch piece of fresh ginger, peeled and thinly slivered lengthwise
- 3 tbsp rice vinegar
- 1 tbsp toasted sesame oil
- 4 green onions, cut in 3-inch lengths

Instructions

- In a bowl, whisk together egg, cornstarch, salt and pepper. Add chicken strips, and toss to coat. Heat vegetable oil in a large skillet over medium-high heat. Add coated chicken strips to skillet; cook until golden. Place cooked chicken aside on the plate.
- Add celery and ginger to remaining oil in skillet; cook, toss until celery is crisp-tender.
- Stir vinegar, sesame oil, and sugar in with vegetables. Add scallions and cooked chicken; toss until combined and heated through. Serve immediately.

CUCUMBERS

Food Facts:

- Greenhouse cucumbers in Ontario are grown, not in dirt (soil), but in a water-holding material called Rockwool. Field cucumbers are grown in soil and are available in Ontario from June to October!
- Need a burst of energy in the afternoon but no time for a nap? Stay away from energy drinks!
- Cucumbers are a great source of B vitamins and vitamin C that can provide an afternoon pick-me-up that may be just the jolt that you need.

Buying and Storing:

- Select firm cucumbers that are heavy for their size, with no soft spots or shriveled skin.
- Cucumbers that are plastic-wrapped will keep for up to a week in the vegetable drawer of the refrigerator. Cut cucumbers should be tightly wrapped and checked daily for signs of decay since soft spots develop quickly.

Preparing and Cooking:

- It is not necessary to peel cucumbers, as most of the nutrients are found in the skin. Cucumbers are usually eaten raw; by themselves, in salads or as a sandwich vegetable.

Cucumber, Couscous, and Bean Salad

Ingredients

- 1 cup couscous
- 1¼ cups vegetable or chicken broth
- 1 can (19 oz/540 mL) red kidney beans, drained and rinsed
- Half a cucumber
- 2 green onions, sliced
- ¼ cup chopped fresh parsley, or 2 tbsp of dried parsley
- 2 tbsp of lemon juice or vinegar
- 2 tbsp of canola oil
- 1 small clove garlic, minced
- Salt and pepper to taste

Instructions

- In large skillet, stir 1 cup couscous over medium-high heat for 3 to 5 minutes to lightly toast. Stir in broth; bring to boil. Cover, remove from heat and let stand for 5 minutes.
- Meanwhile, in large bowl, combine kidney beans, cucumber, green onions, and parsley. Add couscous. Combine lemon juice (or vinegar) with olive oil and garlic, pour over salad and toss gently.
- Season to taste with salt and pepper. Serve warm or chilled.

GRAPES

Food Facts:

- Coronation is the only type of grape that is grown commercially in Ontario, though wild grapes can often be seen growing up hydro poles and shrubs in southern Ontario. Most of the grapes you see in grocery stores are imported.
- Grapes contain resveratrol, an antioxidant which helps protect our cells from damage.
- Grapes are also an excellent source of iron, copper, and manganese.

Buying and Storing:

- Look for firm, smooth, plump grapes with even colouring. The grapes should be firmly attached to a flexible (not brittle) stem.
- Grapes will keep for about one week in the refrigerator in their original package.

Preparing and Cooking:

- Wash just before serving (if done earlier, the fruit will deteriorate).
- Eat them just as they are, or as part of a fruit-and-cheese plate.
- Cooked grapes may be served in a variety of desserts.

Party Chicken Salad

Ingredients

- 1 cup lite mayonnaise
- ½ cup plain Greek yogurt
- 1 tsp curry powder
- 1 small apple, finely chopped
- 1 tbsp lemon juice
- 4 cups cooked chicken breast, shredded
- 1 cup chopped celery
- 1 cup seedless grapes, halved
- ½ cup chopped pecans
- 1 (8oz/227g) can crushed pineapple in juice, undrained

Instructions

- Mix mayonnaise, plain Greek yogurt, and curry powder in a bowl until smooth.
- Toss apple and lemon juice in a large bowl. Stir in chicken breast meat, celery, grapes, pecans, and pineapple. Pour mayonnaise mixture over chicken; toss to combine. Cover and refrigerate until chilled.

ORANGES AND CLEMENTINES

Food Facts:

- Oranges are an excellent source of vitamin C. Vitamin C is critical in building a strong immune system. It is an antioxidant that helps to protect cells from damage that can lead to cancer. Oranges are also a good source of fibre. Did you know that fibre can help control blood sugar levels, decrease blood cholesterol levels and help you feel full for a longer period of time?
- Oranges are a citrus fruit, related to lemons and limes. They grow on trees in subtropical climates and need heat and humidity to thrive.

Buying and Storing:

- Choose firm, smooth-skinned oranges that are heavy for their size. Avoid any with soft or moldy spots. Colour does not indicate quality or freshness; ripe oranges may have speckles or greenish skin.
- For maximum freshness, store oranges in the refrigerator, away from vegetables, for up to 2 weeks.

Preparing and Cooking:

- Wash oranges thoroughly before cutting, peeling or zesting (even if the peel is discarded) to remove any wax or pesticide residues.
- To grate the zest (or coloured part of the peel), use the fine holes of a grater. The zest of citrus fruit is full of flavourful oils and is often used in cooking and baking to add flavour.
- To section navel oranges, peel the orange with a paring knife to remove all the peel and white pith. Working over a bowl to catch the juice, cut down on either side of each membrane and lift out the orange section.

Black Bean Quinoa Salad

Ingredients

- 1 cup quinoa
- 2 large navel oranges, cut into segments
- or 6 clementines
- 1 red bell pepper, diced
- 1 jalapeno, seeded and diced
- 1 cup canned black beans, drained and rinsed ½ cup canned corn kernels, drained
- ½ cup chopped red onion

For The Orange Vinaigrette

- ¼ cup each: olive oil, apple cider vinegar and freshly squeezed orange juice
- Zest of 1 orange (3 clementines)

Instructions

- In a large saucepan, cook quinoa according to package instructions; set aside.
- To make the vinaigrette, whisk together olive oil, apple cider vinegar, orange juice, orange zest and sugar in a small bowl; set aside.
- In a large bowl, combine quinoa, oranges, bell pepper, jalapeno, black beans, corn, onion and cilantro. Pour the vinaigrette on top of the salad and gently toss to combine. Serve Immediately.



PEARS

Food Facts:

- Pears are a type of pome fruit, related to apples; if a recipe calls for apples, you can usually use pears just as well!
- In 2018 Ontario farmers produced over 7.1 million pounds of pears. That's enough fruit to fill more than two Olympic-sized swimming pools.
- Pears are an excellent source of fibre, containing about 5g in each fruit.

Buying and Storing:

- Pears are often picked slightly under-ripe; this helps them keep longer on store shelves.
- Look for firm, unbruised fruit that is not soft to the touch.
- Store fruit in the refrigerator crisper for longer storage and keep a few out at room temperature to ripen faster.

Preparing and Cooking:

- Pears make a great snack on their own, just wash and enjoy!
- Dip pear slices in vanilla Greek yogurt or place thinly sliced pear on top of a whole-grain bagel with peanut butter.

Honey and Cardamom Microwave-poached Apples or Pears

(Adapted from Foodland Ontario)

- **Ingredients**
 - 2 Ontario Apples, or Pears
 - 3 tbsp (45 mL) Ontario Honey 1/4 tsp (1 mL) ground cardamom Pinch ground cinnamon
 - Frozen yogurt
 - Toasted sliced almonds (optional)
- **Instructions**
 - Peel apples or pears; cut in half and remove cores (a melon baller works well). Place in shallow microwaveable dish with cut sides up.
 - In another small microwaveable bowl, warm honey at High for 20 seconds; stir in cardamom and cinnamon.
 - Drizzle evenly over apples; cover and microwave at High for 3 to 5 minutes or until apples are tender. Let stand 5 minutes.
 - Place apples in dessert dishes. Scoop frozen yogurt onto the centre of each half. Garnish with almonds, if desired



PEPPERS

Food Facts:

- Did you know that yellow, orange, and red peppers start out green and then ripen on the plant to their final colour?
- In 2019, Ontario farmers produced over 90 million pound of field-grown peppers. That's about the same weight as 10 000 elephants!
- Peppers are a great source of important antioxidants: vitamins A and C. These help your body fight off infection.

Buying and Storing:

- Look for firm, shiny peppers at the grocery store. Avoid any squishy or soft spots. Store in the refrigerator crisper; your peppers should stay fresh for about 1-2 weeks.

Preparing and Cooking:

- Rinse under running water, cut the pepper open to remove the stem and seeds. Slice into strips for a fresh snack on its own or enjoy with hummus.
- Peppers make a great addition to stir-fries, soups, stews, and salads.

Rainbow Pepper Risotto (adapted from Foodland Ontario)

Ingredients

- 1 Ontario Onion, chopped
- 1 clove Ontario Garlic, minced
- 1 each Ontario Red and Yellow Peppers, seeded and chopped
- 2 tbsp (25 mL) canola oil
- 1 cup (250 mL) short-grain (Arborio) rice
- 2-1/2 cups (625 mL) low-sodium chicken broth
- 1 Ontario Zucchini, diced
- Salt and pepper to taste
- 1/2 cup (125 mL) grated Parmesan cheese (approx) 1/3 cup (75 mL) chopped fresh basil or parsley or 1 tbsp dried basil or parsley

Instructions

- In medium saucepan, cook onion, garlic and red and yellow peppers in oil over medium-high heat, until softened, 3 to 5 minutes. Add rice and mix well to coat. Add broth, zucchini, salt and pepper; bring to boil. Reduce heat, cover and simmer, stirring occasionally, for about 20 minutes or until most of the liquid is absorbed and mixture is creamy. Stir in Parmesan and basil. Serve immediately.

Microwave method

- In 10-cup (2.5 L) microwaveable dish, microwave oil on High for 1 minute. Stir in onion, garlic, red and yellow peppers and rice. Microwave on High for 2 minutes. Add zucchini, stock, salt and pepper. Cover and microwave on High for 20 minutes, stirring once. Stir in Parmesan and basil; let stand, covered, for 5 minutes. Serve immediately.

SUGAR SNAP PEAS (aka Mangetout)

Food Facts:

- Did you know that sugar snap peas are an excellent source of fibre and vitamin C as well as a good source of vitamin K? Vitamin K is important for proper blood clotting which prevents excess bleeding!

Buying and Storing:

- Choose sugar snap peas that have an even, bright green colour. The pods should be firm and crisp and should snap when bent.
- Store fresh sugar snap peas unwashed in a tightly sealed plastic bag for up to 5 days in the refrigerator.

Preparing and Cooking:

- To prepare, cut off the very ends of the pods with a sharp knife, removing any stem present. Sugar snap peas can be enjoyed raw, boiled, steamed, or stir fried.

Chicken and Vegetable Stir-fry

- **Stir-fry Ingredients**

- 3 tbsp vegetable oil
- 1 lbs boneless skinless chicken breast, cut into ½ inch strips 1 each: onion and red pepper, cut into thin wedges
- 1 ½ cups (12 oz) sugar snap peas
- 1 cup (8 oz) sliced mushrooms
- ½ cup sliced green onions

- **Sauce Ingredients**

- ¾ cup chicken broth
- 2 tbsp corn starch
- ½ tsp crushed red pepper
- 1 clove garlic, minced
- 3 tbsp soy sauce
- 1 tbsp hoisin sauce
- 1 tsp sesame oil

- **Instructions**

- Combine all stir-fry sauce ingredients in a small bowl; set aside.
- Heat 2 tablespoons oil in wok or large skillet over medium-high heat. Add chicken and cook 4 to 6 minutes or until cooked through.
- Add onion and remaining 1 tablespoon oil and stir-fry 1 minute. Add sugar snap peas, red pepper and mushrooms; stir-fry 5 minutes.
- In a separate bowl, stir sauce mixture until blended, then pour into skillet. Add green onions. Stirring constantly, bring to a boil for 1 minute. Serve with brown rice.



TOMATOES

Food Facts:

- Tomatoes are native to Central America and they need hot weather to grow well. In Ontario, Tomatoes can be grown 10 months of the year, thanks to greenhouses. In the late spring and summer, tomatoes can be grown outside in some parts of the province. Try growing some yourself from seed!
- Tomatoes are rich in lycopene, an antioxidant that is good for the heart and helps protect against certain cancers. You absorb more lycopene from cooked tomatoes when compared to eating them raw.
- Tomatoes are also great sources of vitamins A and C, calcium, and potassium.

Buying and Storing:

- A ripe field tomato should be firm, though not rock-hard, and should feel heavy for its size. Avoid any sign of mold or bruising. The occasional small surface cracks at the bottom of a tomato won't affect its quality.
- Store at room temperature, away from direct sunlight, to prevent uneven ripening.

Preparing and Cooking:

- Rinse under running water and drain on a clean towel.
- Tomatoes sliced from stem end to bottom will keep their juice better than those sliced crosswise. To remove seeds, halve the tomatoes crosswise and gently squeeze into a sieve over a bowl to catch the seeds as the juice runs out.

Italian White Beans with Tomatoes and Garlic

- **Ingredients**

- 1 tbsp olive oil
- 1 onion, sliced
- 2 tsp crumbled dried sage 3 cloves garlic, minced
- 1 tbsp water
- 1 can (19 oz/540 mL) white kidney beans, drained and rinsed
- 3 tomatoes, cut in large chunks
- 1 tsp balsamic vinegar
- salt and pepper to taste

- **Instructions**

- In large skillet, heat oil over medium heat. Add onion, sage, garlic and water; cook, stirring often, for 5 minutes.
- Stir in beans and tomatoes. Cover and simmer over low heat for 3 minutes. Stir in vinegar. Taste and season with salt and pepper to taste.

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Apple Sauce

Uses Apples

Ingredients

- Canadian Apples (a combination of varieties always tastes the best!)
- Water
- 1 tsp cinnamon (optional)

Instructions

1. Slice and core enough apples to fill a large saucepan to within an inch of the top (leave peels on). Add water to the pot with the apples until the surface of the water is just visible through the apples. Add cinnamon if using.
2. Cover and bring to a boil. Reduce heat and allow apples to simmer until nearly all lumps are gone, stirring occasionally.
3. If desired, pour apple sauce through a strainer or sieve into a large bowl to remove peels.
4. Serve warm or cold as a part of a balanced snack or with a meal. Leftovers can be frozen in individual portions and thawed as needed.

Apple or Pear Burritos

Uses Apples or Pears

Adapted from: <https://www.ontario.ca/foodland/recipes/yummy-apple-burritos>

Ingredients

- 2 tbsp Canola oil
- 6 Apples or Pears cut into thin slices
- 1 tsp cinnamon
- 1/4 tsp ground ginger
- 1 tsp cornstarch
- 3 tbsp Maple Syrup
- 4 large whole grain tortillas

Instructions

1. Additional fillings (optional): Dried cranberries, raisins, granola, toasted coconut, chopped nuts or chocolate chips
2. Toppings (optional): Maple Syrup, Honey, frozen vanilla yogurt
3. In a large skillet, heat oil over medium heat. Add apples or pears, cinnamon and ginger; stir until fruit begins to soften, about 3 minutes. Stir cornstarch into maple syrup until dissolved. Add to the fruit mixture, stirring constantly until boiling and thickened, about 2 minutes.
4. Divide apple or pear mixture among tortillas, placing a row on the bottom third of each. If using additional filling, top with 2 tbsp. Flip sides of tortilla over then roll up tightly to enclose. Place seam side down to serve.



Honey and Cardamom Microwave-poached Apples or Pears

Uses Apples or Pears

Adapted from: <https://www.ontario.ca/foodland/recipes/microwaved-honey-and-cardamom-poached-apples-or-pears>

Ingredients

- 2 Apples, or Pears
- 3 tbsp Honey
- 1/4 tsp ground cardamom
- Pinch ground cinnamon
- Frozen yogurt
- Toasted sliced almonds (optional)

Instructions

1. Peel apples or pears; cut in half and remove cores (a melon baller works well). Place in a shallow microwaveable dish with cut sides up.
2. In another small microwaveable bowl, warm honey at High for 20 seconds; stir in cardamom and cinnamon.
3. Drizzle evenly over apples; cover and microwave at High for 3 to 5 minutes or until apples are tender. Let stand for 5 minutes.
4. Place apples in dessert dishes. Scoop frozen yogurt onto the centre of each half. Garnish with almonds, if desired

Pear and Maple Bread Pudding

Uses Pears

Adapted from: <https://www.ontario.ca/foodland/recipes/pear-and-maple-bread-pudding>

Ingredients

- 4 firm ripe Pears
- 2 tbsp canola oil
- 1/3 cup Maple Syrup
- 3 cups stale whole wheat bread cubes
- 3 eggs
- 1-3/4 cups milk (2% or less)
- 1 tsp vanilla

Topping:

- 1/3 cup chopped walnuts (can use pumpkin or sunflower seeds instead)
- 2 tbsp packed brown sugar
- 1 tbsp canola oil

Instructions

1. Peel, core and slice pears. In a skillet, heat oil over medium-high heat; cook pears and 2 tbsp (25 mL) of the maple syrup, stirring occasionally, for 7 to 10 minutes or until pears are tender and liquid has evaporated. Stir in bread cubes. Spread the pear mixture in an 8-inch (2 L) square baking dish and set aside.
2. In a bowl, whisk together eggs, milk, remaining maple syrup, and vanilla; pour over pear mixture.
3. In a separate small bowl, combine walnuts or seeds, brown sugar and oil; sprinkle over pudding.
4. Place the baking dish in a large shallow pan and pour in enough hot water to come halfway up the sides of the dish; bake at 325°F (160°C) for about 45 minutes or until just set in the centre. Serve warm or cool.

Pear and Cranberry Squares

Uses Pears and Clementines

Adapted from: <https://www.ontario.ca/foodland/recipes/pear-and-cranberry-squares-0>

Ingredients

- 1-1/2 cups rolled oats (not instant)
- 1-1/2 cups whole wheat flour
- 1 cup packed brown sugar
- 1-1/2 tsp ground ginger
- 1/2 tsp salt
- 1/4 cup canola oil

Filling:

- 3 cups diced Pears (no need to peel!)
- 3/4 cup fresh or frozen Cranberries
- 1/2 cup granulated sugar
- 2 tsp each clementine zest and fresh clementine juice
- 3/4 cup chopped walnuts (optional)

Instructions

1. In a large bowl, combine oats, flour, brown sugar, ginger, salt, and oil. Press
2. 2-1/2 cups of the crumbs into a lightly greased 9-inch square cake pan. Reserve remaining crumbs for top.
3. Filling: In a medium saucepan, combine pears, cranberries, sugar, clementine zest and juice. Bring to boil over medium-high heat, stirring frequently. Reduce heat and simmer until pears are tender, about 10 minutes. Let cool slightly. Stir in walnuts.
4. Spread filling over base. Sprinkle remaining crumbs over top. Bake at 350°F for 30 to 35 minutes until brown along the edges and golden brown in the centre. Let cool; cut into squares.

Clementine Yogurt Pops

Uses Clementines

Adapted from: <https://www.ontario.ca/foodland/recipes/peach-yogurt-pops>

Ingredients

- 10 clementines, peels removed
- 2 cups plain yogurt
- Sweetener/sugar/honey/maple syrup to taste

Instructions

1. Purée clementines in a food processor or blender until smooth. Add yogurt and stir well.
2. Divide yogurt mixture among cups; insert popsicle sticks in centre of each. Freeze until firm, about 5 hours. Remove from the freezer 15 to 20 minutes before serving and peel off paper cups.



Marinated Garden Salad

Uses Carrots, Cucumber, Celery, Tomatoes, Bell Peppers

Adapted from: <https://www.ontario.ca/foodland/recipes/marinated-garden-salad>

Ingredients

- 1/2 cup vegetable oil
- 3 tbsp cider vinegar
- 1 tbsp grated Parmesan cheese
- 2 Green Onions, sliced
- 1 tsp dried basil
- 1/2 tsp dry mustard
- 1/2 tsp salt
- Pepper, to taste

Salad:

- 6 medium Radishes, sliced
- 2 medium Carrots, sliced
- 1 medium Bell Pepper, diced
- 1/2 medium Field Cucumber, halved and sliced
- 1 cup sliced Celery
- 4 cups torn Iceberg Lettuce
- 2 cups torn Spinach
- 2 medium Tomatoes, cut into wedges (substitute 6-8 cherry tomatoes for one medium tomato)

Instructions

Marinade:

1. In a medium-sized bowl, whisk together all marinade ingredients. Stir in carrots, mushrooms, radishes, cucumber, and celery. Cover and chill for about 1 hour.

Salad:

2. Just before serving, combine lettuce and spinach; divide evenly among 4 salad plates or place in a large salad bowl. Spoon marinated vegetables on top. Garnish with tomato wedges or cherry tomatoes.



Fiesta Vegetable Soup

Uses Bell Peppers, Carrots, Tomatoes

Adapted from: <https://www.ontario.ca/foodland/recipes/fiesta-vegetable-soup>

Ingredients

- 2 tsp vegetable oil
- 8 oz extra-lean Ground Turkey, or ground game meat
- 3 cloves garlic, minced
- 1 Onion, chopped
- 1 tbsp chili powder
- 1 tsp each ground cumin and dried oregano leaves
- 1/2 tsp each salt and pepper
- 1-1/2 cups chopped Bell Peppers
- 1 cup chopped Carrot
- 4 cups no-salt-added chicken broth
- 1 can (28 oz/796 mL) diced tomatoes (can substitute 2-3 cups fresh diced tomatoes here)
- 1 can (19 oz/540 mL) black beans, drained and rinsed
- 1/2 cup frozen corn kernels
- 1 cup shredded Cheddar Cheese
- 1-1/2 cups diced Tomatoes

Instructions

1. In a large pot, heat oil over medium-high heat. Add ground turkey or game meat, garlic, onion, chili powder, cumin, oregano, salt and pepper. Cook breaking up meat with a spoon for 5 minutes or until no longer pink. Add peppers, carrot, broth, 1 cup water and tomatoes; bring to boil. Reduce heat, cover and simmer until carrots are tender, about 15 minutes.
2. Add beans and corn; simmer for 3 minutes or until warm. Ladle soup into bowls; top with cheese and additional tomatoes.

Venison Stew

Uses Carrots, Celery, Bell Peppers

Adapted from: <https://www.ontario.ca/foodland/recipes/venison-stew>

Ingredients

- 1/2 cup vegetable oil
- 8 cloves Garlic, minced
- 2 Onions, cut into 8 wedges
- 2 stalks of Celery, cut into 2-inch (5 cm) chunks
- 3 Carrots, cut into 1-1/2-inch (4 cm) chunks
- 2 cups 1-1/2-inch (4 cm) chunks Potato
- 2 cups 1-1/2-inch chunks Rutabaga/Turnip
- 1 Bell Pepper, cut into 1-1/2-inch (4 cm) chunks
- 2 lbs Venison Meat (can substitute stewing beef), cut into 2-1/2-inch (6 cm) cubes
- 1/4 cup all-purpose flour
- 1 tbsp salt
- 2 tsp black pepper
- 1 tsp each dehydrated minced onion and paprika
- 1/2 tsp garlic powder
- 1 cup beef broth
- 1/2 cup water
- 1 tbsp Worcestershire sauce
- 1 bay leaf
- 1 tbsp dried oregano leaves
- 1 tsp dried thyme leaves

Instructions

1. In a large roasting pan; place garlic, onions, carrots, potato, rutabaga/turnip and bell pepper, drizzle with 3 tbsp of the vegetable oil; season with salt and pepper, toss.
2. Place the roasting pan in the oven. Roast at 450°F until vegetables are lightly browned but still firm, 20 to 30 minutes. Remove and set aside to cool slightly.
3. In a large bowl, toss venison with flour, salt, pepper, minced onion, paprika and garlic powder.
4. In a large skillet, heat remaining 3 tbsp of the vegetable oil over high heat. Working in small batches, add venison and cook until lightly browned on all sides, 1 to 2 minutes. Transfer to slow-cooker. Add broth, water, Worcestershire sauce, bay leaf, oregano and thyme. Cover and cook on low until tender, about 8 hours. Add the roast vegetables to the slow cooker and cook on low for 30 minutes to warm vegetables.



Warm Barley, Lentil Salad with Roasted Vegetables

Uses Carrots

Adapted from: <https://www.ontario.ca/foodland/recipes/warm-barley-lentil-salad-roasted-vegetables>

Ingredients

- 1/4 cup Canola oil
- 2 tbsp Apple Cider Vinegar
- 1 tsp each salt and dried thyme leaves
- Pepper, to taste
- 2/3 cup pot barley, rinsed
- 1/2 cup green lentils, rinsed
- 1/2 cup dried cranberries
- 4 cups cubed, peeled turnip or rutabaga
- 2 Carrots, cut into pieces
- 1 Red Onion, thickly sliced
- 1 clove Garlic, minced
- 2 tbsp pumpkin seeds (can substitute any nuts or seeds here)

Instructions

1. In a small bowl, whisk together 3 tbsp (45 mL) of the oil, vinegar, 1/2 tsp (2 mL) each of the salt and thyme. Season to taste with pepper; set aside.
2. In a medium saucepan, combine barley, remaining salt and 4 cups (1 L) water. Bring to boil, cover, reduce heat and simmer for 30 minutes. Add lentils and simmer until tender, about 20 minutes. Drain well and place in a large bowl. Add cranberries, toss with half of the dressing; set aside.
3. Meanwhile, in a large bowl, toss turnip, carrots, remaining oil and thyme and pinch of pepper. Spread on a large parchment paper-lined baking pan. Roast in a 425°F (220°C) oven for 20 minutes, stirring partway through. Stir onion and garlic into vegetables; roast until tender, 15 to 20 minutes. Remove from the oven; let stand for 10 minutes. Scrape into a medium bowl; toss with remaining dressing.
4. Place warm barley mixture on a serving platter. Spoon vegetables over top, sprinkle with seeds and/or nuts of your choosing.

Cauliflower-stuffed Tomatoes

Uses Cauliflower and Tomatoes

Adapted from: <https://www.ontario.ca/foodland/recipes/cauliflower-stuffed-tomatoes>

Ingredients

- 2 cups Cauliflower florets
- 2 tbsp milk (2% or less)
- 1/2 cup shredded old Cheddar cheese
- 1/2 tsp salt
- 1/4 tsp pepper
- 3 medium Field Tomatoes, halved crosswise
- 2 tbsp canola oil
- 2 tsp Dijon mustard
- 1 cup fresh breadcrumbs
- 2 tbsp chopped fresh basil or parsley (optional)

Instructions

1. Steam cauliflower until very tender, about 10 minutes, or microwave on High for 3 to 3-1/2 minutes. Place in processor along with milk; blend until puréed. Stir in cheese, salt, and pepper.
2. Scoop out tomato halves and freeze pulp for tomato sauce or soup. Place tomatoes, cut side down, on paper towel and drain well. Arrange tomatoes, cut side up, in a small baking dish. Fill with cauliflower mixture.
3. In a small skillet, heat oil over medium heat; mix in mustard. Add breadcrumbs and toss to coat well. Stir in basil. Top stuffed tomatoes with crumb mixture, pressing down gently. Bake in a 350°F oven until heated through and golden, about 30 minutes.

Roasted Cauliflower

Uses Cauliflower

Adapted from: <https://www.ontario.ca/foodland/recipes/roasted-cauliflower>

Ingredients

- 1 large Cauliflower
- 2 tbsp Canola oil
- 1 small clove Garlic, minced
- 1 tsp chopped fresh rosemary or 1/2 tsp dried, ground rosemary
- 1/2 tsp salt
- 1/4 tsp pepper

Instructions

1. Break cauliflower into 1-1/2 inch (4 cm) florets. Combine oil, garlic, rosemary, salt and pepper; toss with cauliflower to coat.
2. Arrange cauliflower in a single layer on an oiled baking sheet. Roast in 400°F oven 20 to 30 minutes or until cooked through and browned lightly. Serve warm or at room temperature.



Penne, Tomato, and Chicken Pronto

Uses Tomatoes

Adapted from: <https://www.ontario.ca/foodland/recipes/penne-tomato-and-chicken-pronto>

Ingredients

- 2 cups whole wheat penne pasta*
- 3 tbsp canola oil
- 1 lb boneless Chicken, cut into narrow strips
- 2 cloves Garlic, minced
- 1/2 cup chicken broth
- 1/2 tsp dried thyme
- 1/2 tsp dried oregano
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 medium Tomatoes, coarsely chopped (can substitute ~10 cherry tomatoes)
- 4 Green Onions, sliced

Instructions

1. Cook pasta according to package directions.
2. Meanwhile, heat oil in a large frying pan. Sauté chicken with garlic until lightly browned.
3. Add broth, thyme, oregano, salt and pepper; simmer for 3 to 4 minutes.
4. Stir in tomatoes and onions; simmer for about 2 minutes or until chicken is no longer pink inside.
5. Drain pasta; add chicken mixture; toss well to combine.

*Can be prepped ahead of time



Barley Greek Salad

Uses Tomatoes, Bell Peppers, Cucumber

Adapted from: <https://www.ontario.ca/foodland/recipes/barley-greek-salad>

Ingredients

- 4 cups water
- 1/2 cup pot barley, rinsed well
- 1-1/2 cups diced Tomatoes or cherry tomatoes, sliced in half
- 1 cup diced Bell Pepper
- 1 cup chopped Red Cabbage
- 1 cup chopped Cucumber
- 1/4 cup chopped green onions
- 1/4 cup canola
- 2 tbsp vinegar
- 1 tbsp unsalted steak spice
- 4 Lettuce Leaves
- 1/4 cup crumbled Feta Cheese

Instructions

1. In a medium saucepan, bring water and barley to boil over high heat. Cover and reduce heat to low; simmer for 20 to 25 minutes or until desired tenderness. Drain well and rinse under cold water; drain again.
2. Meanwhile, in an 8-cup salad bowl, combine tomatoes, bell pepper, cabbage, cucumber and green onions; add cooled barley. Sprinkle with canola, vinegar and steak spice; toss to combine.
3. Line each of 4 plates with lettuce leaf; top with 1-1/2 to 2 cups salad. Sprinkle each with 1 tbsp feta cheese. Serve immediately.



Red and Yellow Pepper Risotto

Uses Bell Peppers, Zucchini

Adapted from: <https://www.ontario.ca/foodland/recipes/red-and-yellow-pepper-risotto>

Ingredients

- 1 Onion, chopped
- 1 clove Garlic, minced
- 1 each Red and Yellow Bell Peppers, seeded and chopped
- 2 tbsp canola oil
- 1 cup short-grain (Arborio) rice
- 2-1/2 cups low-sodium chicken broth
- 1 Zucchini, diced
- Salt and pepper to taste
- 1/2 cup grated Parmesan cheese (approx)
- 1/3 cup chopped fresh basil or parsley or 1 tbsp dried basil or parsley

Instructions

1. In a medium saucepan, cook onion, garlic and red and yellow peppers in oil over medium-high heat, until softened, 3 to 5 minutes.
2. Add rice and mix well to coat. Add broth, zucchini, salt and pepper; bring to boil.
3. Reduce heat, cover and simmer, stirring occasionally, for about 20 minutes or until most of the liquid is absorbed and mixture is creamy.
4. Stir in Parmesan and basil. Serve immediately sprinkled with additional Parmesan cheese, if desired.

Microwave method:

1. In a 10-cup microwaveable dish, microwave oil on High for 1 minute.
2. Stir in onion, garlic, red and yellow peppers and rice.
3. Microwave on High for 2 minutes.
4. Add zucchini, stock, salt and pepper.
5. Cover and microwave on High for 20 minutes, stirring once.
6. Stir in Parmesan and basil; let stand, covered, for 5 minutes. Serve immediately.



Kick it up Vegetable Quesadillas

Uses Bell Peppers

Adapted from: <https://www.ontario.ca/foodland/recipes/kick-it-vegetable-quesadillas>

Ingredients

- 3 medium Potatoes (about 1 lb)
- 1 tbsp vegetable oil
- 1 Onion, diced
- Half Bell Pepper
- 1 tsp each of chili powder and ground cumin
- 1 cup salsa (mild, medium or hot)
- 1/2 cup whole kernel corn (canned or frozen, thawed)
- 6 large (10 inch) flour tortillas
- 1 cup shredded Cheddar cheese
- Additional salsa and/or low-fat sour cream or plain greek yoghurt, optional

Instructions

1. Scrub and pierce potatoes in several places with a knife. Microwave at High for 6 to 8 minutes or until tender. Let cool enough to handle; chop.
2. In a large nonstick skillet, heat oil over medium heat. Add onion and bell pepper; cook until softened, about 5 minutes. Stir in potatoes. Sprinkle with chili powder and cumin, stirring into vegetables. Add salsa and corn; cook until heated through and thickened. Spread about 3/4 cup potato mixture on half of each tortilla. Sprinkle each with cheese. Fold tortilla over to form crescent.
3. Cook quesadillas individually in a large nonstick skillet over medium heat until lightly browned and crisp on underside, about 2 minutes. Carefully turn over and cook until crisp on underside, about 1 minute. Remove to the cutting board; let stand a minute before cutting into wedges. Serve with more salsa and/or low-fat sour cream or plain greek yoghurt, if desired.

Note: You can bake quesadillas on a large baking sheet at 400 F for 10 minutes or until lightly browned and crisp, turning over once.

Make-ahead tip: Filling mixture can be made ahead; cover and refrigerate. Microwave until warm, then fill and cook quesadillas.



Caribbean Corn and Broccoli Salad

Uses Broccoli and Bell Peppers

Adapted from: <https://www.ontario.ca/foodland/recipes/caribbean-corn-and-broccoli-salad-0>

Ingredients

- ½ cup frozen corn, thawed
- 1 bunch Broccoli, cut into florets
- 1/2 cup diced Red Onion
- Half Bell Pepper, diced

Dressing:

- 3/4 cup light mayonnaise
- 2 tbsp grainy mustard
- 2 tbsp lime juice
- 1 tsp ground ginger
- 2 tsp Liquid Honey
- 1/2 tsp each salt and pepper

Instructions

1. With a sharp knife, cut corn kernels from cob and place in a large bowl. Add broccoli, onion and red pepper.
Dressing:
2. In a small bowl, combine mayonnaise, mustard, lime juice, ginger, honey, salt and pepper; toss with salad.
Chill before serving.

Veggie Frittata

Uses Broccoli, Cauliflower, Bell Pepper, Cherry Tomatoes

Adapted from: <https://www.ontario.ca/foodland/recipes/farmhouse-frittata>

Ingredients

- 1 tbsp vegetable oil
- ½ cup Onion
- 1 cup each small Broccoli and Cauliflower florets
- 1/2 cup each diced Zucchini and Sweet Red Pepper
- 8 Eggs
- 3/4 cup shredded Cheddar or Swiss Cheese
- 2 tsp grainy Dijon mustard
- Salt and pepper

Instructions

1. Heat 10-inch cast-iron or nonstick ovenproof skillet on medium-high heat. Add oil and swirl to coat. Add leek, broccoli, zucchini and red pepper. Cover and cook, stirring occasionally, for 6 minutes or until broccoli is crisp-tender.
2. Meanwhile, in a large bowl, whisk together eggs, cheese, ham, mustard, salt and pepper to taste. Add to skillet and tilt to distribute evenly; gently press down on vegetables to cover with egg mixture. Cook for 1 minute or until the edge is slightly set.
3. Transfer skillet to 350°F oven; bake for 25 minutes or until puffed, and eggs are set. Let stand for 5 minutes; cut into wedges.
4. Save the broccoli stems to use in Broccoli Pesto Sauce, or to add to soups and salads.

Broccoli Pesto Sauce

Uses Broccoli

Adapted from: <https://www.ontario.ca/foodland/recipes/broccoli-pesto-sauce>

Ingredients

- 3 cups cut-up Broccoli florets and stems
- 2 cloves Garlic
- 1/3 cup slivered almonds or pine nuts
- 3 tbsp olive oil
- 1/4 cup chopped fresh Basil or 1 tbsp dried basil
- 1/3 cup grated Parmesan Cheese

Instructions

1. In a medium saucepan, cook broccoli in boiling water for 4 to 5 minutes, until crisp-tender; drain and cool.
2. In a food processor or blender, combine broccoli, garlic, almonds, oil and basil. Process until coarsely chopped.
3. Add cheese; process until well mixed.

Serving tip: Toss Broccoli Pesto with hot cooked whole grain pasta and sprinkle with shaved Parmesan cheese, if desired.



Garden Veggie Dip and Spread

Uses Broccoli and Carrots

Adapted from: <https://www.peterboroughpublichealth.ca/wp-content/uploads/2016/11/2018-PPH-YTC-Recipe-ONLY-Updated-Jan-2018.pdf> **

Ingredients

- 1 Cup Greek yogurt
- 1 clove fresh garlic
- 1 Tbsp fresh dill, washed, minced
- 2 Tbsp fresh parsley, washed, chopped
- 1 green onion
- 1/2 carrot, grated
- 1 Cup broccoli florets
- salt and pepper to taste

Instructions

1. Mince broccoli florets and chop green onions
2. Combine all ingredients in a bowl.
3. Mix. Adjust seasoning to taste as needed.

Tips: Broccoli stem can also be grated into this dip

Calabrese Salad Skewers

Uses Bell Peppers, Cherry Tomatoes, Cucumbers

Adapted from: <https://www.peterboroughpublichealth.ca/wp-content/uploads/2016/11/2018-PPH-YTC-Recipe-ONLY-Updated-Jan-2018.pdf> **

Ingredients

- 2 pints (or small packages) Cherry Tomatoes, washed
- 2 Cucumbers, washed and chopped into wedges
- 1 Red Pepper, washed, chopped into wedges
- 1 Green Pepper, washed, chopped into wedges
- 15 mL ~60 leaves (or 2 packages) fresh basil, washed
- 1-16oz block mozzarella cheese, chopped into cubes
- 16 6-inch skewers

Instructions

1. Chop the red and green pepper, and cucumber.
2. Pull basil leaves off of stem.
3. Add cheese, vegetables, and fresh basil leaves to each skewer.

Tip: Make mini Calabrese salad skewers with toothpicks instead of skewers. Have a recipe competition! Come up with delicious variations of these skewers. Try making these skewers with different types of vegetables, fruits, and cheeses.

Apple Coleslaw

Uses Apples and Carrots

Ingredients

- 4 cups shredded Cabbage
- 1 cup shredded Carrot
- 1 Apple, peeled, cored and coarsely shredded
- 2 tbsp honey
- 1 tbsp brown sugar
- 2 tsp white vinegar
- 1 tbsp pineapple juice
- 2 tbsp mayonnaise
- Salt and pepper to taste

Instructions

1. Place the shredded cabbage and carrot together in a bowl with the sliced apple, and toss to combine.
2. In a separate bowl, stir together the honey, brown sugar, vinegar, pineapple juice, and mayonnaise until the honey and sugar have dissolved completely.
3. Pour over the salad, and toss to coat. Season with salt and pepper, and toss again.
4. Cover and chill until ready to serve.

Minestrone Soup

Uses Carrots, Celery, Bell Peppers, Tomatoes

Ingredients

- 6 cups vegetable broth
- 1 medium Onion, peeled, washed, cut in wedges
- 4 medium Carrots, washed, peeled
- 1 Celery stalk, washed
- 2 cloves garlic, peeled
- 1 - 28 oz can Tomatoes, diced - low sodium
- 1/2 cup small whole wheat pasta (e.g. shell or wheels)
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- 1 - 19 oz can white kidney beans, drained and rinsed

Instructions

1. Chop celery, carrots, onions and garlic.
2. Bring broth to a boil in the skillet over medium heat.
3. Add onion, carrots, celery and garlic. Cover and simmer for 30 minutes.
4. Add tomatoes, pasta and spices; simmer, covered, 5 minutes or until pasta is al dente.
5. Add kidney beans and continue to simmer until hot.

Tip: Try adding in different colourful vegetables each time you make this (e.g., zucchini, peas, cabbage, sweet bell peppers)!



**Originally adapted by Peterborough Public Health with permission from York Region Community and Health Services