

## Artichoke Cheese Melts

Convenience Food Prepared from Scratch

Servings: 4

### Ingredients:

125 ml drained artichokes

¼ cup grated mozza cheese

2 tbsp grated parmesan cheese

¼ cup light mayo

¼ cup finely diced red pepper

8 kalamata olives, chopped

8 wonton wrappers

2 tbsp melted butter

### Preparation:

1. Preaheat oven to 350 F.
2. In a small sauté pan, lightly sprayed with oil, add red peppers and sauté until soft. Set aside.
3. In a small bowl, combine artichokes, cheeses, mayo and olives. Stir to combine, add red peppers and stir.
4. Lightly grease muffin cups. Melt butter and brush over edges of wonton wrappers and press into muffin tin, bake for 5 mins. Remove from oven and and spoon mixture onto centre of each wrapper. Repeat with remaining wrappers and filling.
5. Bake for an additional 10-12 minutes until bubbly and the edges are golden brown.

**Hawaiian Dump Cake**  
Entirely Prepared Convenience Food

**Ingredients**

½ can cherry pie filling (21 oz)

½ can crushed pineapple DO NOT DRAIN (20 oz)

½ package yellow cake mix

½ cup chopped nuts

¼ cup margarine

½ cup shredded coconut

**Directions:**

1. Preheat oven to 350F.
2. Line a 9 x 9 square baking dish with parchment paper.
3. Layer the ingredients in the order listed above.
4. Bake 55 mins.

## **Eggs Benedict**

Partially Prepared Convenience Food

Serves 4

### **Ingredients**

1/2 pkg Knorr Hollandaise Classic Sauce Mix

¼ cup margarine

4 slices swiss cheese

2 English muffins, split in half, light toasted and buttered

120 g thinly sliced cornmeal back bacon

4 eggs

1 tsp white vinegar

### **Directions**

1. Prepare the hollandaise sauce according to package directions. Keep warm.
2. Heat slices of back bacon in a frying pan until lightly golden. Keep warm.
3. Combine 1 1/2 inches water (about 2 quarts) and vinegar in a large saucepan (preferably about 9 inches wide) and bring to a simmer.
4. Break 1 egg into a small bowl or cup and slide egg into water. Repeat with each remaining egg, spacing them evenly in saucepan, and poach at a bare simmer until whites are firm and yolks are still runny, 2 to 3 minutes. Transfer eggs as cooked to paper towels using a slotted spoon.
5. To serve, arrange one of the English muffins on each plate. Top each muffin half with a slice of back bacon, swiss cheese and a poached egg. Spoon hollandaise sauce over top of eggs.
6. Tip: Delicious served for brunch alongside fresh fruit and a glass of juice.

## Marvelous Mini Meatloaf

### With Fauxtatoes

Partially Prepared Convenience Food

Ingredients:

½ lb extra lean ground beef

½ pkg Stove Top stuffing mix

½ cup water

Mix and Match your recipe with the options below, choose one, HALF the amount and submit a grocery list:

seasoning options	add-in choices	cheese possibilities
1 tsp. Italian seasoning	1/2 cup pasta sauce	1/2 cup <i>Kraft 4 Cheese Italiano</i> Shredded Cheese
2 tsp. chili powder	1/2 cup chunky salsa	1/2 cup <i>Kraft Tex Mex</i> Shredded Cheese
1 tsp. dried oregano leaves	1/2 cup chopped roasted red peppers	1/2 cup <i>Kraft Feta with Oregano, Sun Dried Tomatoes and Cracked Peppercorns</i>
1 tsp. garlic powder	1/2 cup <i>Kraft BarBQ Sauce</i>	1/2 cup <i>Cheez Whiz Process Cheese Product</i>

### Directions

1. PREHEAT oven to 375°F. Mix meat, stuffing mix, water and your choice of “**seasoning**” until well blended. Press evenly into muffin cups sprayed with cooking spray; make an indentation in centre of each with back of spoon.
2. SPOON your choice of “**add-ins**” evenly into indentations in meatloaves.
3. BAKE 30 min. or until meatloaves are cooked through (160°F). Top with your choice of “**cheese**”; continue baking 5 min. or until cheese is melted. Let stand 10 min. before serving.

### Fauxtatoes

½ lb potatoes, peeled, cut into chunks

1/2 cup bite-size cauliflower florets

1/8 cup ranch salad dressing

Directions

1. PLACE potatoes and cauliflower in large saucepan. Add enough water to completely cover vegetables. Bring to boil on medium-high heat. Reduce heat to medium-low; simmer 20 min. or until vegetables are tender.
2. DRAIN and return vegetables to saucepan. Add dressing; mash until light and fluffy. Garnish with chopped fresh parsley just before serving.

# Chicken Pot Pie

Convenience Food Prepared from Scratch

## INGREDIENTS

2 chicken breasts cubed

1 small onion chopped

2 tablespoons extra virgin olive oil (EVOO)

1/4 pound button mushrooms, chopped

1 carrots, chopped

2 ribs celery, chopped

1 parsnips, peeled and chopped

Salt and ground black pepper

1 ½ tablespoons butter

1 ½ tablespoons flour

1/4 cup white wine

1/2 cup milk

1 cup chicken stock

1 tsp tarragon

1 ½ tablespoons Dijon mustard

1/2 cup frozen peas

1 sheet puff pastry or pie dough, defrosted if frozen

1 egg, lightly beaten with a splash of water

## PREPARATION

1. Pre-heat oven to 375°F.
2. Over medium heat, place chicken in a frying pan that is lightly oiled. Cook until the juices run clear. Set aside on a plate
3. While chicken cools, place a large stock pot over medium-high heat with 2 turns of the pan of EVOO, about 2 tablespoons. Add chopped onion, mushrooms, carrots, celery and parsnips to the pan, season with salt and pepper, and cover. Cook, stirring occasionally, until softened, 7-8 minutes.
4. When the veggies are tender, scoot them over to the side of the pan and add the butter to the center of the pot. Once butter has melted, add the flour and cook for about a minute. Whisk in white wine, milk, and chicken stock. Bring up to a simmer then add the tarragon, Dijon, peas and cubed chicken. Bring back up to a simmer, season with salt and pepper, and cook until the sauce has thickened, 2-3 minutes.
5. Transfer to 4 small pie plates and cover with the pastry dough, trimming it as needed to cover the entire surface. Make a few slits in the dough to allow steam to escape, then brush the top with the beaten egg.
6. Bake the pot pie until the filling is bubbling and the crust is golden brown, about 20 minutes. Serve.

# Salmon with Mango Salsa

Serves 4

## Ingredients

- 1/2 medium red onion, finely chopped
- 1 jalapeno chile, minced (ribs and seeds included for more heat, if desired)
- 1 ripe mango, peeled, pitted, and diced (about 1 cup)
- 2 tablespoons chopped fresh cilantro, plus sprigs for garnish
- 3 tablespoons fresh lime juice
- 1/3 english cucumber, peeled, and diced (about 1 cup)
- Coarse salt and freshly ground pepper
  
- 4 skinless salmon fillets, (6 ounces each)

## Directions

1. In a medium bowl, combine salsa ingredients, season with coarse salt and ground pepper.
2. Preheat oven to 400 F. Season salmon fillets with salt and pepper. Arrange salmon on a parchment lined baking sheet, bake salmon until filets are opaque throughout, 10 to 15 minutes.
3. To serve, place fillets on serving plates, and spoon salsa over fish. Garnish with cilantro sprigs, if desired.

# Stuffed French Toast

## Ingredients

4 thick slices french bread

4 eggs

125 mL (1/2 cup) milk

2 mL (1/2 tsp) vanilla

5 mL (1 tsp) sugar

2 mL (1/2 tsp) cinnamon

30 mL (2 tbsp) butter or margarine

maple or fruit syrup

Filling Choice:

125 mL (1/2 cup) cream cheese

60 mL (1/4 cup) fresh strawberries or bananas diced

OR

1/4 cup peanut butter

1/4 cup cream cheese

60 mL (1/4 cup) bananas

## Directions

1. To slice and make pockets in French bread easily, cut a 2 cm (3/4-inch) slice of bread from a loaf of French bread, without cutting all the way through the bottom. Slice the loaf again, 2 cm (3/4-inch) from the first cut, this time cutting the slice from the loaf.
2. Repeat 3 more times to make four thick slices of bread with pockets.
3. In a small bowl, stir together cream cheese and fruit until blended. Spread mixture into each pocket. Press gently to close pockets.
4. In a shallow dish large enough to dip bread, whisk eggs. Whisk in milk, sugar, cinnamon and vanilla. Dip each stuffed bread pocket in egg mixture to coat both sides.
5. In a large skillet, melt 15 mL (1 tbsp) butter over medium heat. Place 1 or 2 bread pockets in skillet and cook until golden brown on both sides (1 to 2 minutes per side). Repeat with remaining butter and bread pockets. Serve drizzled with syrup.

## Molten Lava Chocolate Cake

**Serves 4**

### **Ingredients**

4 ounces semi-sweet chocolate

94 ml butter, cut into cubes

2 ½ eggs at room temperature

94 ml sugar

94 ml unbleached all-purpose flour

1 pinch salt

### **Directions**

1. With the rack in the middle position, preheat the oven to 200°C (400°F). Generously butter 4 ramekins and dust the insides with sugar. Set aside.
2. In a double boiler, melt the chocolate and butter. Set aside and let cool. Meanwhile, in a bowl, beat the eggs and sugar with an electric mixer until the mixture turns pale, doubles in volume and falls from the beaters in ribbons, about 6 minutes. On low speed, blend in the melted chocolate mixture. Add the flour and mix for about 1 minute. Divide the batter among the ramekins and place them on a baking sheet. Bake for about 10 to 12 minutes. Immediately invert each ramekin onto a plate and unmould. The centre should be slightly runny. Serve with fresh fruit.
3. Note: You can store the cake batter in a sealed container in the refrigerator for 2 or 3 days. However, the cooking time for cakes made with cold batter will be 15 minutes instead of 12 minutes.



# Chicken Nuggets

With Sweet Potato Puree

- 1 cup panko bread crumbs
- ½ cup ground flax seed
- 1 tbsp grated Parmesan cheese
- ½ tsp paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- 1 cup sweet potato puree
- 1 large egg, lightly beaten
- 1 pound boneless, skinless chicken breast, cut into chunks
- ½ tsp salt
- non stick cooking spray
- 1 tbsp olive oil

## Directions

1. Wash the sweet potato but DO NOT peel, cut into quarters and bake at 400F in a parchment package, in a loaf pan for 30 mins, or until soft.
2. When sweet potato is cooked, scoop out the flesh and puree in a food processor. Set aside.
3. In a bowl, combine the breadcrumbs, ground flax seed, parmesan, paprika, garlic and onion powder.
4. In a shallow bowl, mix the sweet potato puree and the egg with a fork and set the bowl next to the breadcrumb mixture.
5. Sprinkle the chicken chunks with salt. Dip chicken into the egg mixture and then toss them into the breadcrumbs until completely coated.
6. Coat a large nonstick skillet with cooking spray and set over medium-high heat. When the skillet is hot, add the olive oil. Place the chicken nuggets in the skillet in a single layer; being careful NOT TO CROWD the pan. Cook until crisp and golden on one side (3 to 4 mins). Then turn and cook until the chicken is cooked through, golden brown and crisp all over, 4 to 5 mins longer.
7. Serve warm.

# Macaroni and Cheese

## With Cauliflower

1 ½ cups elbow macaroni

non stick cooking spray

1 tbsp olive oil

1 tbsp all purpose flour

½ cup skim milk

½ cup cauliflower puree

1 cup cheddar cheese

¼ cup reduced fat cream cheese

½ tsp salt

1/8 tsp paprika

1/8 tsp pepper

### Directions

1. Wash, steam and puree the cauliflower. Set aside
2. Bring a large pot of salted water to a boil, add the macaroni, and cook until al dente. Drain in a colander, but DO NOT RINSE.
3. While the macaroni is cooking, coat a large saucepan with cooking spray and heat over medium heat. Add the olive oil, then the flour, and cook, stir constantly, until the mixture resembles a thick paste but has NOT browned, 1 to 2 mins.
4. Whisk in the milk and cook until the mixture thickens, about 3-4 mins. Add the puree, cheeses and seasoning and whisk until the sauce is smooth. Stir in the macaroni and serve warm.

# Chocolate Chip Cupcakes