

# Beverages

# Simple Fruit Smoothie

Serves: 6 (<sup>1</sup>/<sub>2</sub> cup servings)

1 cup	Frozen fruit
2 cups	100% fruit juice
1	Banana, cut in pieces
<sup>1</sup> / <sub>2</sub> cup	milk

## Method

1. Add ingredients together in blender and blend until smooth

# Watermelon Slushies

Serves: 8

3 cups	Seedless watermelon, cubed
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1 cup	Frozen strawberries
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½ cup	Lemon sorbet
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¼ cup	Pineapple juice, chilled
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2 tbsp	Lime juice
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## Method

1. In blender, combine watermelon, strawberries, sorbet, pineapple juice, and lime juice
2. Blend until mixture is smooth

# Shake Your Footy

## Fruit Shake

Serves: 1

¾ cup	Milk, skim
2 tbsp	Frozen orange juice concentrate
1	Banana
2	Strawberries
4	Ice cubes (if using frozen fruit, omit the ice)

### Method

1. If using fresh, wash the strawberries and take out the stem
2. Peel the banana and chop into chunks
3. Add all ingredients into the blender
4. Cover and blend on high speed until smooth
5. Pour into a cup and enjoy

*Hint: Pre-prepare the fruit shake ingredients. In a freezer safe container, measure out the strawberries, frozen orange juice concentrate and banana. Freeze. When fruit shake is requested, take out frozen mix and place in blender. Add milk, banana and optional ice cubes and blend.*

### **Nutritional Information:**

*Per serving: Calories 229, total fat 1 g, sodium 80 mg, carbohydrate 51 g, fibre 3 g, protein 8 g*

# Snacks

# Better Snack Ideas

*.....with a longer shelf life*

Fruit cups packed in juice

Whole grain crunchy or chewy granola bars

Individual packages of almonds

Plain or lightly buttered microwave popcorn

Individual portion cups of wholegrain cereal

Wholegrain crackers in a bag with a peanut butter portion

Trail mix

Cereal-pretzel mix

100 calorie packets of cookies

Frozen grapes

Frozen yogurt tubes

# Trail Mix

2 cups	Whole grain cereal/pretzels
2 cups	Dried fruit (chopped apricots, cherries, raisins, cranberries)
2 cups	Sunflower seeds/roasted pumpkin seeds
2 cups	Chocolate chips/candy coated chocolate

## Method

1. Combine and store in an airtight container/individual portion bag at room temperature
2. Try selling  $\frac{1}{2}$  cup serving of this trail mix in a Ziploc bag for a nibbly treat

# Breakfasts

# Quick Breakfast Ideas

## *For home or the canteen*

Half a whole wheat bagel with cream cheese, served with low fat milk and a banana

Yogurt smoothie and a slice of toast

Pita pocket sandwich filled with chopped onion, ham, red pepper and shredded cheese

Breakfast to go: dry cereal in a small baggie, piece of fruit and yogurt

Breakfast Banana Split: mix one scoop cooked oatmeal, ½ banana sliced, and one scoop of frozen yogurt. Top with raisins and serve.

English Egg Sandwich: toast an English muffin, lightly spread a soft non-hydrogenated margarine, add a scrambled egg cooked in the microwave and serve.

# Shoal Lake Muffin Recipe

1 ¼ cup	White sugar
2	Eggs, beaten
¾ cup	Oil
2 cups	Buttermilk (or use 2 cups milk with 4 tsp baking soda)
¼ tsp	Salt
2 cups	Bran flakes
2 ½ cups	Flour
1 cup	Raisins, candied fruit, dates or combination
½ tsp	Cinnamon
¼ tsp	Nutmeg
1 cup	All Bran
1 cup	Boiling water

## Method

1. Mix 1 cup all bran and 1 cup boiling water and let sit
2. Combine white sugar, oil, eggs, buttermilk, and salt
3. Add bran mixture and mix, then add bran flakes, flour, raisins, cinnamon, and nutmeg
4. Store covered in refrigerator for at least two days and up to six weeks
5. Spoon into greased muffin tins and bake at 375 for 15-20 minutes

# Hole in One with Fresh Fruit

	Soft margarine
1 slice	Whole grain bread
1	Egg
	Pepper to taste

## Method

1. Heat a skillet or grill to medium
2. Lightly spread margarine on both sides of the bread
3. With a small knife, cut a circle about two inches wide from the center of the slice
4. Drop the bread slice into the skillet
5. Crack an egg into the hole
6. Season with pepper, then fry until the bottom side is golden and crispy
7. With a spatula, flip over and cook until done
8. Transfer to a serving plate
9. Serve with fresh orange slices or grapes

# Banana Bread

¼ cup	Vegetable oil
¾ cup	Sugar
1	Egg
3	Ripe large bananas
1 ½ cup	Flour
1 tsp	Baking soda

## Method

1. Mix vegetable oil, sugar and eggs
2. Mash bananas and add to mixture
3. Gradually add dry ingredients
4. Bake 35-40 minutes at 350

# Salads

# Taco Salad

Serves: 4

1 lb	Ground beef
1 package	Taco seasoning
8-10	Multigrain tortilla chips
4 cups	Lettuce
1	Tomato, diced
1	Green onion
½ cup	Shredded marble cheese
2 tbsp	Salsa per serving
2 tbsp	Sour cream per serving

## Method

1. Cook ground beef over medium heat
2. Drain off fat if needed and add taco seasoning
3. Slightly crush multigrain chips and divide among four plates
4. Top off with taco meat, lettuce, tomato, green onions, and cheese
5. Drizzle on sour cream and salsa, or serve sour cream and salsa on side

# **Soups & Chili**

# Chili Soup

Serves: 10

1	Large onion, chopped finely
½ cup	Mushrooms, chopped finely
1 (125 ml) can	Jalapeno peppers, chopped finely (optional)
2 (398 ml) cans	Red kidney beans, drained
2 (398 ml) cans	Diced tomatoes
1 (398 ml) can	Tomato sauce
2 ½ cups	Low sodium beef broth
1 ½ cup	Extra lean ground beef
2 tbsp	Flour
2 tbsp	Chopped fresh parsley
2 tbsp	Canola oil

## Method

1. Rinse and drain can of jalapenos, kidney beans, and tomatoes
2. Heat oil and onions for 5 minutes
3. Add beef and cook for another 5 minutes
4. Add mushrooms
5. Sprinkle with flour and stir well
6. Add remaining ingredients, except beans and parsley, and simmer for 30 minutes, stirring often
7. Add beans and parsley
8. Heat well and serve (freezes well)

# Red Lentil & Tomato Soup

Serves: 4    Prep time: 20 minutes    Cook time: 5 minutes

1 tbsp	Olive oil
1	Medium onion, finely chopped
1	Garlic clove, crushed
½ tsp	Ground cumin
½ tsp	Ground coriander
1 lb	Chopped tomatoes (or a 15 ounce can)
¾ cup	Red lentils
5 cups	Vegetable broth (or low sodium, fat free chicken broth)
	Pinch of salt and pepper
4 tbsp	Low fat or fat free sour cream (optional)
2 tbsp	Chopped fresh cilantro

## Method

1. Heat oil in a large pan or Dutch oven
2. Add chopped onion and garlic and cook over low heat for about 5 minutes, stirring occasionally
3. Stir in cumin, coriander, chopped tomatoes and lentils
4. Cook for another 5 minutes, stirring constantly
5. Add vegetable or chicken broth and bring to a boil
6. Reduce to a medium heat and simmer gently for 25-30 minutes or until lentils are soft
7. Add salt and pepper to taste
8. Remove from heat and let cook for a few minutes
9. Pour into blender or food processor and blend/process until smooth
10. Return to pan and reheat gently
11. Ladle soup into 4 bowls and garnish with a spoonful of sour cream, if using, and some fresh cilantro

### **Nutritional Information:**

*Per serving: Calories 220, calories from fat 39, total fat 4.4 g (sat 0.6g), cholesterol 1 mg, sodium 747 mg, carbohydrate 33.1 g, fibre 5.7 g, protein 8.3 g*

# Minute Minestrone

Serves: 4 - 6

2 tbsp	Vegetable or olive oil
1	Onion, chopped
1	garlic clove, finely chopped
½ lb	Ham sausage, cut into 1" pieces
2 cups	Chicken stock or water
2 cups	Chopped cabbage
1 (19 oz) can	Red kidney beans, drained
4	Tomatoes, chopped, or 1 (14 oz) can
1	Carrot, diced
½ tsp	Dried basil
¼ tsp	Pepper
1 ½ cups	Elbow macaroni or other small pasta

## Method

1. In a large saucepan, heat oil and sauté onion and garlic until tender
2. Add sausage and cook, stirring gently, until lightly browned
3. Add stock, cabbage, kidney beans, tomatoes, carrots, and seasonings; bring to a boil
4. Reduce heat and cook until vegetables are tender, about 10-20 minutes
5. Meanwhile, cook macaroni in boiling salted water.
6. Drain and stir into soup; taste and adjust seasonings

# Tomato Vegetable Soup with Tortellini

Serves: 6

1 tbsp	Vegetable oil
2	Carrots, sliced
1	Onion, chopped
1	Rib celery, sliced
2	Garlic cloves, minced
1 tbsp	Chopped fresh basil
¼ tsp	Salt
¼ tsp	Pepper
3 cups	Chicken broth or vegetable broth (try lower sodium version)
1 can	Tomatoes, chopped
8 oz	Frozen cheese tortellini
1 cup	Rinsed, drained canned chickpeas
1	Zucchini, chopped

## Method

1. In large saucepan, heat oil over medium heat
2. Cook carrots, onion, celery, garlic, basil, salt and pepper until onion is softened, about 5 minutes
3. Add broth and tomatoes; bring to boil
4. Reduce heat; simmer for 10 minutes
5. Add tortellini, chickpeas, and zucchini
6. Simmer until tortellini are tender but firm, about 10 minutes

### **Nutritional Information:**

*Per serving: Calories 236, total fat 6 g, sodium 905 mg, carbohydrate 35 g, fibre 5 g, protein 11 g*

# Fast Chili

Serves: 8

1 lb	Lean ground beef
1 (19 oz) can	Stewed tomatoes
2 (14 oz) cans	Beans in tomato sauce
2 (19 oz) cans	Kidney beans, rinsed and drained
1 cup	Sliced white or red onions
2 cups	Diced green bell peppers
1 tbsp	Chili powder

## Method

1. In a large saucepan or Dutch oven over medium-high heat, brown meat until no longer pink inside
2. Drain fat
3. Add tomatoes, beans in tomato sauce, kidney beans, onions, green peppers and chili powder
4. Reduce heat and simmer, covered and stirring occasionally for twenty to thirty minutes

### **Nutritional Information:**

*Per serving: Calories 338, total fat 6.5 g, sodium 958 mg, carbohydrate 50.3 g, fibre 18 g, protein 24.4 g*

# **Sandwiches & Wraps**

# Turkey Wrap

Serves: 1

10" whole wheat tortilla

Cubed roasted turkey

Light mayonnaise

Lettuce

Shredded carrots

Green onions

## Method

1. Assemble cubed, roasted turkey, lettuce, shredded carrots, green onions, and mayonnaise in a whole wheat tortilla
2. Wrap and serve

# Rink Roll Up

Serves: 1

1	Whole wheat flour tortilla
2 slices	Shaved turkey breast, chicken breast, or roast beef
1 slice	Mozzarella cheese
4 thin slices	Cucumber
	Shredded carrot, lettuce or other vegetables

## Method

1. Layer tortilla with meat, cheese, and vegetables
2. Roll up and slice in half
3. Wrap tightly in plastic wrap

# Peanut Butter Banana Roll Up

Serves: 1

1	Whole wheat flour tortilla
1	Banana
2 tbsp	Peanut butter or sunflower seed butter

## Method

1. Spread peanut butter or sunflower seed butter on tortilla
2. Place banana on tortilla
3. Roll it up and slice in half
4. Wrap tightly in plastic wrap

# Egg Sandwich

Serves: 1

1	Egg
1	Slice ham
1	Slice cheese
1	Whole grain bagel or English muffin

## Method

1. In a small microwave safe bowl, scramble egg and microwave for 45 seconds (alternatively you can also scramble or fry an egg in a small frying pan or on a grill top)
2. Combine egg, bread, cheese, and meat
3. Wrap in a foil bag and serve

# Chicken and Vegetable Wrap

Serves: 4

4	Large whole wheat tortillas
4	Chicken breasts, sliced
8	Green leaf lettuce
1 cup	Carrot, grated
¼ cup	Red onion, thinly sliced
1 cup	Peppers, thinly sliced (red, yellow, orange or green)
½ cup	Lower fat cheese, grated (mozzarella, Cheddar, or Monterey)
¼ cup	Ranch dressing (or try BBQ or Tzatziki sauce)

## Method

1. For each tortilla, spread 1 tablespoon of sauce, 2 green leaf, ¼ cup carrot, 1 tablespoon red onion, ¼ cup peppers and 2 tablespoons of cheese over tortilla
2. Fold opposite ends in and roll from a non-folded end
3. Slice in half
4. Wrap in parchment paper

### **Nutritional Information:**

*Per serving: Calories 444, total fat 12 g, sodium 474 mg, carbohydrate 26 g, fibre 2.5 g, protein 54 g*

# Meals

# Simple Crock Pot Lasagna

1 lb	Ground beef
2	Garlic cloves, smashed
1 (180 ml) can	Tomato paste
1 ½ cup	Cottage cheese
1	Onion, chopped
1 (980 ml) can	Tomato sauce
1 tsp	Dried oregano
½ cup	Grated parmesan cheese
2 cups	Shredded mozzarella cheese
	Lasagna noodles, uncooked

## Method

1. Brown ground beef, onion, and garlic
2. Add tomato sauce, tomato paste, salt and oregano
3. Cook long enough to get it warm
4. Spoon a layer of meat sauce onto the bottom of the slow cooker
5. Add a double layer of uncooked lasagna noodles (break to fit) and top with cheese
6. Repeat with sauce, noodles and cheeses until all are used up
7. Cover and cook on low for 4 to 5 hours

# Chicken Soft Tacos

Serves: 8

1 lb Ground chicken

1 package Taco seasoning

1 Small onion, chopped

½ Red or green pepper, chopped

¼ cup Salsa

8 Soft flour tortillas

Toppings: Sour cream or yogurt, shredded cheese, chopped tomato, chopped lettuce

## Method

1. In a skillet over medium heat, cook ground chicken until no pink remains
2. Add taco seasoning and water according to package instructions
3. Add onion and pepper and stir
4. Cook until the liquid has evaporated
5. Stir in salsa
6. Divide meat evenly on tortillas
7. Add toppings and roll tortillas around the filling
8. Serve with raw vegetables and milk for a complete meal

# Asian Rice Box

*Looking for a fun, trendy idea to add to your menu? Try an Asian Rice Box!*

Steamed rice with stir-fried vegetables and chicken, pork, or beef make a quick simple meal that is easy to eat in the stands.

You may want to supply your customers with forks instead of chop sticks for this one!

# Crockpot Hot Baked Potatoes

With more and more people making efforts to eat healthy in the New Year, keep your customers at the rink with these easy to make Crockpot Hot Baked Potatoes.

When buying potatoes, look for clean, firm, smooth potatoes, without sprouts, green areas or blemishes. To store, keep in a cool, dry, dark, ventilated place for up to two months or keep at room temperature for up to one week. Do not refrigerate except new potatoes for up to one week.

## Method

1. One crock pot can cook 6-12 potatoes
2. Wash potatoes and let them dry (wet potatoes will stick to the foil and may rust)
3. Prick a few times with a fork
4. Wrap in foil
5. Place inside crockpot (do not add water)
6. Cook on low for 10 hours or high for 6 or until done
7. Serve plain or with toppings (sour cream, shredded cheese, steamed broccoli, tomatoes, green onions, chives, salsa, chili, ranch dressing)

# Burritos

Serves: 10

1 lb	Lean ground beef
½	Onion, chopped
1 (16 oz) can	Refried beans or canned, rinsed beans
1 (16 oz) can	Diced tomatoes
½ cup	Salsa
2 cups	Shredded skim milk mozzarella cheese
10	9" whole wheat flour tortillas
1	Medium tomato, chopped
½	Sweet green pepper, chopped
	Shredded lettuce
	Salsa
	Light sour cream or low fat yogurt

## Method

1. Sauté ground beef and onion in a skillet; drain excess fat
2. Add beans, tomatoes, and salsa and simmer for 15 minutes
3. Option 1: Serve as ordered – on a tortilla, place a scoop of meat/bean mixture. Top with 2 tablespoons cheese, lettuce, tomato, green pepper, salsa and sour cream. Roll up and serve.
4. Option 2: Pre-make and freeze – on a tortilla, place a scoop of meat/bean mixture and 2 tablespoons of cheese. Roll up and optional to wrap with tin foil. Burritos can be then held hot at appropriate temperature. Burritos may be chilled or frozen and re-heated in the oven or microwave prior to serving. Serve with lettuce, tomato, pepper, salsa, and sour cream on the side.

### **Nutritional Information:**

*Per serving: Calories 397, total fat 15 g, sodium 690 mg, carbohydrate 41 g, fibre 5.1 g, protein 23 g*

# Chicken and Cheese Quesadillas

Serves: 1

1	7" whole wheat soft tortillas
¼ cup	Shredded low-fat mozzarella cheese
¼	Chicken breast, cooked and shredded
¾ cup	Chopped vegetables (such as peppers, mushrooms, green onions)
1 tbsp	Sliced olives or sun dried tomatoes (optional)

## Method

1. Grate cheese, cook and shred chicken breast, and chop vegetables prior to cooking
2. Heat grill or non-stick frying pan over medium heat
3. Place tortilla on a flat surface
4. On one half of the tortilla, layer ½ the cheese, chicken, vegetables, olives or tomatoes (if using) and remaining cheese
5. Fold tortilla in half to enclose the fillings
6. Place on grill or in frying pan and cook until lightly browned, flip and cook on second side
7. Remove from grill and cut into 4 wedges
8. Serve with low-fat sour cream and salsa

### **Nutritional Information:**

*Per serving: Calories 243, total fat 115 g, sodium 413 mg, carbohydrate 21 g, fibre 2.5 g, protein 17 g*

# Miscellaneous

# Taco Seasoning

*Stir it into dips or ground beef, sprinkle on chicken or wherever you want a Mexican taste!*

4 tsp Dried minced onion

1 tsp Cornstarch

1 tsp Ground cumin

$\frac{1}{8}$  tsp Cayenne pepper

3 tsp Chili powder (check sodium content)

1 tsp Garlic powder

$\frac{1}{2}$  tsp Dried oregano

## Method

1. In a small bowl, combine all of the ingredients
2. Store in an airtight container in a cool dry place for up to one year