

## Chicken & Apple Stir-fry

15 mL (1 tbsp) olive oil, divided  
500 g (1 lb) skinless chicken breast, cut into pieces  
15 mushrooms, sliced  
1 large red bell pepper, cut into strips  
2 medium red apples, cored and sliced  
175 mL (3/4 cup) apple juice

60 mL (1/4 cup) lower sodium chicken broth  
2 mL (1/4 tsp) cinnamon  
8 mL (1/2 tbsp) fresh ginger  
2-3 mL (1/4-1/2 tsp) crushed red pepper  
25 mL (1 1/2 tbsp) cornstarch

Over medium-high heat in a large non-stick skillet or wok, heat half of oil. Add chicken and cook until juices run clear and chicken is no longer pink on the inside. Set aside. Add other half of oil to wok and heat. Add mushrooms and cook until tender, about 3 to 5 minutes. Add peppers and apples and cook only until tender-crisp, about 2 to 3 minutes. Meanwhile, whisk together apple juice, chicken broth, cinnamon, ginger, red pepper, and cornstarch. Mix well. Add chicken to mushroom and apple mixture. Pour whisked sauce into wok and stir constantly until mixture comes to a boil and thickens to desired consistency. Serve over rice or noodles.

Courtesy of Act Now BC <http://www.actnowbc.ca/>



## Strawberry Banana Sorbet

Make this dessert right before serving for best results. The strawberries add fibre and the bananas are rich in potassium. This dessert also counts as one Canada's Food Guide serving of fruit.

2 1/2 cups (625 mL) frozen strawberries\*  
1 1/2 cups (375 mL) frozen bananas\* (about 2 medium)  
1/2 cup (125 mL) 100% fruit juice (cranberry, mixed berry, mango, pineapple, apple)  
3/4 cup (175 mL) water  
2 tsp (10 mL) fresh lemon juice



Place all ingredients in a blender or food processor. Purée and serve. Store leftovers in individual containers or an ice cube tray and place in the freezer. Let it thaw slightly (about 40 to 60 minutes) before eating or use the cubes to make smoothies for breakfast.

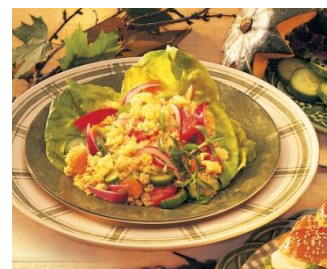
*\* Make your own frozen fruit. Freeze fresh washed strawberries (remove stems) and peeled cut bananas in a single layer on a cookie sheet. When frozen, use for this recipe or store in a freezer bag for another use.*

Courtesy of Heart and Stroke Foundation <http://www.heartandstroke.com>



## Luncheon Tabbouli Egg Salad

- 1 cup chicken or vegetable broth
- 4 eggs, lightly beaten
- 1 cup couscous or instant rice
- 2 cups chopped fresh vegetables, eg. Seeded tomato, cucumber, carrot
- 2 tbsp chopped fresh cilantro (coriander), mint or parsley
- ½ cup fat free Italian salad dressing
- 3 tbsp lemon or lime juice
- 1 tsp chili powder
- Salt and pepper, to taste



In a large saucepan, bring broth to a boil. Stirring constantly, slowly add eggs in a steady stream. Continue to stir and cook 1 minute, or just until eggs are set. Remove from heat; stir in couscous. Cover; let stand 5 minutes. Stir in chopped vegetables, green onion and cilantro. Combine salad dressing, lemon juice and chilli powder; toss with couscous until well combined. Season to taste with salt and pepper. Refrigerate covered.

Courtesy of Egg Farmers of Canada <http://eggs.ca/default.aspx>



## Veggies in Golden Wrap

- 3 cups fresh Oriental vegetables\*
- 1 cup green onion, chopped
- ¼ tsp Italian seasoning
- Garlic powder, salt and pepper to taste
- 8 eggs
- ¼ cup water
- ½ tsp Italian seasoning
- Salt and pepper, to taste
- 1 tsp butter
- ¾ cup shredded Cheddar or Mozzarella Cheese



Cook vegetables in salted water 2 minutes. Drain. Add green onion, 1/4 tsp (1 mL) Italian seasoning, garlic powder, salt and pepper. Set aside. Beat together eggs, water, 1/2 tsp (2 mL) Italian seasoning, salt and pepper. Over medium-high heat, melt butter in a 10-inch (25 cm) non-stick skillet. Pour 1/2 cup (125 mL) egg mixture into skillet, tilting skillet to cover surface. Cook 2 to 2 and a half minutes or until set. Slide omelette from skillet. Repeat with remaining egg mixture to make 3 more omelettes. Place 1/2 cup (125 mL) cooked vegetables in the centre of each omelette. Divide cheese between omelettes. Fold 4 sides of each omelette over filling creating a square envelope. Invert onto plate, slice diagonally in half and serve hot or at room temperature.

Courtesy of Egg Farmers of Canada <http://eggs.ca/default.aspx>



## Apple, Pear and Cranberry Crisp

*Serve this sweet and tart treat warm from the oven with a scoop of ice cream or frozen vanilla yogurt!*

175 mL + 15 mL Western Family all-purpose flour  $\frac{3}{4}$  cup + 1 Tbsp  
175 mL + 15 mL brown sugar, packed  $\frac{3}{4}$  cup + 1 Tbsp  
125 mL rolled oats  $\frac{1}{2}$  cup  
125 mL Western Family butter, cold  $\frac{1}{2}$  cup  
3 apples, cored, peeled, sliced  
2 pears, cored, peeled, sliced  
125 mL frozen cranberries  $\frac{1}{2}$  cup



In mixing bowl, combine  $\frac{3}{4}$  cup flour,  $\frac{3}{4}$  cup sugar and rolled oats. Cut in butter until mixture resembles coarse meal. Lightly butter a baking dish. Place apples, pears and cranberries in dish and toss with remaining flour and sugar. Top with the oat mixture. Bake at 400° F (200° C) for 30-35 minutes or until topping is golden and fruit is tender. Let stand for 5 minutes before serving.

*Serves 6-8*

Courtesy of Save on Foods <http://www.saveonfoods.com/foodnutrition/recipes/>



## Rosemary Tomato Chicken

- 4 boneless skinless chicken breast halves
- 15 mL Western Family olive oil 1 tbsp
- 15 mL Western Family butter 1 tbsp
- 15 mL garlic, minced 1 tbsp
- 60 mL onions, diced  $\frac{1}{4}$  cup
- 15 mL fresh rosemary, chopped 1 tbsp
- 60 mL dry white wine  $\frac{1}{4}$  cup
- 4 roma tomatoes, diced
- to taste salt and fresh-ground pepper to taste

Wash the chicken under cold running water and pat dry with a paper towel. Heat a large, non-stick skillet to medium-high. Add olive oil and chicken breasts and cook until golden, turning frequently. When cooked, remove from pan, set aside and keep warm. Add butter to pan. When melted, add the onions, garlic and rosemary. Sauté until the onions turn transparent, and then add the wine and tomatoes to the pan. Bring to a boil then reduce the heat and simmer until the liquid has reduced by half. Arrange chicken on serving plates. Spoon sauce over and serve.

*Makes 4 servings.*

Courtesy of Save on Foods <http://www.saveonfoods.com/foodnutrition/recipes/>



## Aloo gobi (Potato and cauliflower curry)

- 2 tbsp (25 mL) canola oil
- 1 tbsp (15 mL) cumin seeds
- 1 onion, sliced
- 2 tbsp (25 mL) curry powder
- 1 hot green chili pepper sliced
- 4 cups (1 L) cauliflower, chopped
- 2 cups (500 mL) new potatoes, diced
- ½ cup (125 mL) water
- ½ tsp (2 mL) salt



Heat oil in a large fry pan over medium heat. Add the cumin seeds and heat until fragrant—about 1 minute. Add the onion, curry powder and green chili and cook for 1 minute. Add cauliflower, potato, water and salt. Stir well. Cover with a lid and cook over medium low heat for 15 minutes.

Courtesy of Heart and Stroke Foundation <http://www.heartandstroke.com>



## BC Cherry & Rhubarb Crumble

- 3 cups pitted BC cherries
- 1 ½ cups chopped rhubarb
- 3 ½ tbsp. liquid honey
- 1 tsp. fresh lemon juice
- 1 tsp. almond extract
- ½ tsp. vanilla extract
- ½ cup packed brown sugar
- ½ cup flour
- ½ cup rolled oats
- ¼ cup cold unsalted butter
- Pinch of salt



Preheat oven to 375 degrees. In a 9" x 13" baking pan, combine pitted cherries and chopped rhubarb. Drizzle with honey, lemon juice, almond and vanilla extract. Gently toss to combine well. In a mixing bowl, mix together brown sugar, flour, rolled oats and salt. Using your fingers cut butter into small pieces and mix with oat mixture until it combines and becomes crumbly. Sprinkle the crumble mixture evenly over the fruit. Bake in a 375-degree oven for 40 to 45 minutes until the fruit is soft and the crumble mixture is golden brown. Serve crumble while still warm with some vanilla ice cream or vanilla yogurt. The crumble will keep three days in the refrigerator or may be frozen for up to a month.

Courtesy of BC Tree Fruits <http://www.bctree.com>

