

Recipes

recipe *noun* [res-uh-pee] A set of instructions, or steps, for making a meal; usually includes a description of the final product and a detailed list of ingredients and their amounts. For example, a recipe for tea might describe how to steep a tea bag or tea leaves in water.

Recettes

recette *nom féminin* [res-uh-pee] Un ensemble d'instructions, ou d'étapes, pour préparer un repas; comprend habituellement une description du produit final et une liste détaillée des ingrédients et de leurs quantités. Par exemple, une recette de thé pourrait décrire comment infuser un sachet de thé ou des feuilles de thé dans l'eau.

Macaroni à la viande



De: Lysanne Bourassa

Portions: 4

Temps de prép.: 15 min

Temps de cuisson: 20 min

Instructions

1:

Dans une casserole d'eau bouillante, cuire les pâtes *al dente*.

2:

Pendant la cuisson des pâtes, préparer la sauce.

3:

Dans une grande poêle, faire chauffer un peu d'huile à feu moyen. Cuire l'oignon et le poivron de 2 à 3 minutes.

4:

Faire revenir la viande hachée avec l'oignon et le poivron en défaisant la viande à l'aide d'une cuillère en bois. Cuire de 3 à 4 minutes jusqu'à ce que le boeuf ait perdu sa teinte rosée.

5:

Ajouter le reste des ingrédients. Lorsque la sauce est chaude, l'incorporer aux pâtes et servir.

Notes

Les pâtes Tortiglioni peuvent être remplacées par n'importe quelles autres pâtes.

C'est également très bon avec un peu de fromage râpé!

Bon appétit!

Ingrédients

350g (1lb)
de Tortiglioni

1

Oignon haché

1

Poivron rouge coupé en dés

450g (1lbs)
Boeuf haché

3 boîtes de 284 mL
de soupe aux tomates

15 mL (1c. à soupe)
de sirop d'érable

5 mL (1 c. à thé)
de persil

Au goût
sel et poivre

Banana bread



From: Martine Demers

Instructions

- 1:**
Cream butter and sugar together. Beat in eggs one at a time, beating until smooth. Add mashed bananas and blend in.
- 2:**
In second bowl, stir flour with baking soda, baking powder, salt and nuts. Add to banana mixture stirring only to moisten. Transfer to greased 9 x 5 x 3 inch (23 x 12 x 7 cm) loaf pan.
- 3:**
Bake in 350°F (180°C) oven for about 1 hour until inserted toothpick comes out clean. Let stand 10 minutes. Remove from pan and place on cake rack to cool. Wrap to store. Yield: 1 loaf

Notes

BANANA CHIP BREAD: Add 3/4 cup (175 mL) semi-sweet chocolate chips.

Ingredients

- 125 mL (1/2 cup)**
Butter or margarine
- 250 mL (1 cup)**
Granulated sugar
- 2**
eggs
- 250 mL (1 cup)**
Mashed very ripe bananas (3 medium)
- 3 boîtes de 284 mL**
de soupe aux tomates
- 425 mL (1 3/4 cups)**
All purpose flour
- 5 mL (1 tsp)**
Baking soda
- 2 mL (1/2 tsp)**
Baking powder
- 2 mL (1/2 tsp)**
Salt
- 250 mL (1 cup)**
Chopped walnuts

VEGAN PEPPERONI PIZZA



From: Eliane Ravenda-Bouchard

Serves: 2 pizzas

Prep Time: 20 min

Cook Time: 15 min

** Vegan, Gluten Free

Instructions

PREPARE THE ZUCCHINI “PEPPERONI”:

1:

Wash and thinly slice the zucchini.

2:

In a baking dish, mix hot sauce with tamari and balsamic vinegar.

Add the zucchini and mix, so that they are covered well.

3:

Cover and marinate over night in the fridge.

Pro-tip: Put the spiced zucchini in the oven and bake at medium heat (320°F/160°C) for 10-15 minutes before storing in the fridge.

FOR THE CRUST:

1:

Give all ingredients for the dough to a bowl and knead well. You should have a slightly moist but sticky dough. Let it sit for a couple of minutes.

2:

Form the pizza crust by spreading the dough.

TO MAKE THE PIZZA:

1:

Preheat oven to 390°F (200°C).

2:

Spread the tomato paste on top of the crust. Add the marinated spicy zucchini slices. Top off with vegan cheese. You can of course use as much as you like.

3:

Bake in the oven for 12-15 minutes.

<https://www.contentednesscooking.com/vegan-pepperoni-pizza/>

Ingredients

For the crust:

8 oz (250 g)

gluten-free flour

1/2 cup (120 ml)

Water

1 Tbs (15mL)

olive oil

2 tsp (10mL)

aluminum-free baking powder

Pinch salt

For the topping

2 Tbs (30 mL)

tomato paste

2

Zucchini

hot sauce

2 Tbs (30 mL)

Tamari

2 Tbs (30 mL)

balsamic vinegar

vegan cheese

Saltine Cracker Toffee



From: Claudette Chartrand
and Rebecca Stewart
Serves: 24 servings

Prep Time: 10 min
Cook Time: 10 min

Instructions

1:

Preheat oven to 400°F and line a cookie sheet with at least a 1/2 inch edge or jelly roll pan with parchment paper. Line saltine crackers in a single layer on the cookie sheet.

2:

In a small pot combine sugar and butter and bring to a boil. Once mixture is at a boil, continue boiling for 3 minutes. Mixture should be a deep caramel color. Immediately pour over saltines and spread to cover crackers completely.

3:

Bake at 400 degrees for 5 to 6 minutes. It will get all bubbly and the crackers will look like they are floating. Remove from oven and straighten any crackers that have gotten out of line. Sprinkle chocolate chips over the top and let sit a couple of minutes to melt. If your pan isn't hot enough you can even pop it back in the oven for a couple of minutes to melt them. Sometimes I melt the chocolate chips in the microwave for about 1 minute then spread it on. Spread melted chocolate and top with chopped nuts if desired. Cool completely and break into pieces.

Notes

You should either use salted butter or salted saltines but not both. I used salted crackers and unsalted butter in this one.

<https://www.the-girl-who-ate-everything.com/saltine-cracker-toffee/>

Ingredients

40

salted saltine crackers or enough to line your pan

1 cup

unsalted butter

1 cup

packed brown sugar

2 cups

milk chocolate or semisweet chocolate chips

3/4 cup

chopped pecans optional

S'mores Bake



From: Jennifer McNeil

Serves: 8

Prep Time: 10 min

Cook Time: 20 min

Instructions

1:
Preheat oven to 400° and grease a baking dish with cooking spray. Add half of marshmallows to prepared baking dish, then top with half of chocolate squares and half of graham crackers. Repeat.

2:
Bake until marshmallows are golden and chocolate squares have melted, about 10 minutes.

3:
Drizzle with melted chocolate and serve.

Notes

<https://www.delish.com/cooking/recipe-ideas/recipes/a57150/smares-casserole-recipe/>

Ingredients

Cooking spray

2 cup
Marshmallows

6 (1.5-oz.)
chocolate bars, broken into squares

1
sleeve graham crackers, broken into rectangles

1/2 cup
semisweet chocolate chips, melted

Saucepan Kisses

From: Kim Gruenefeld

Prep Time: 10 min

Cook Time: 5 min

Serves: 4

Instructions

1:

Combine first 4 ingredients in saucepan.

2:

Bring to a boil and boil gently stirring for 5 minutes.

3:

Remove from heat and add last 4 ingredients.

4:

Stir well and quickly drop by teaspoonful onto wax paper*. Cool.

*Be very careful with the boiled mixture it is hot 🔥 Make sure to do the last step before the mixture cools since it will set up and be quite hard after that.

Ingredients

2 cups

brown sugar

1/2 cup

milk

1/2 cup

butter

1/2 teaspoon

salt

1 teaspoon

vanilla

3 cups

rolled oats

1/2 cup

cocoa

1 cup

shredded coconut

Sculptures de bananes pour les petits



De: Lucie Brisebois

Instructions

- 1:
Je pèle la banane et je coupe 4 tranches qui seront des roues
- 2:
En m'inspirant des dessins, je fais un train, un tank ou une automobile. Je taille des morceaux de bananes et je les dispose sur les assiettes, les consolidant avec des cure-dents.
- 3:
J'ajoute des passagers en cerises.
- 4:
Je saupoudre de sucre blanc sur ma construction.

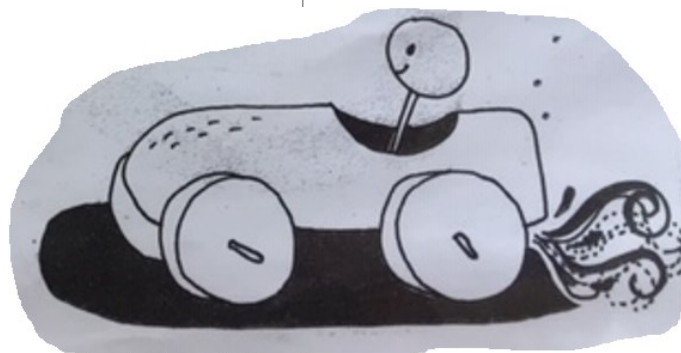
Ingrédients

1
banane par personne

1
Cerise par personne

Quelques cure-dents

Du sucre blanc



Beurre maison



De: Lucie Brisebois

Instructions

- 1:**
Verser la crème dans le récipient et bien fermer avec le couvercle.
- 2:**
Brasser le récipients pendant plusieurs minutes jusqu'à ce que la crème devienne du beurre.

Notes

Dégustez le beurre sur un morceau de pain ou une biscotte!

Ingredients

Crème 35%

- 1**
Récipient avec couvercle

Spinach basil chicken meatballs



From: Chantale Scroggins
Serves: 2

Prep Time: 10 min
Cook Time: 15 min

Instructions

- 1:**
Place de chicken breasts, spinach, salt, basil leaves, garlic, and 3 Tablespoons of olive oil into a food processor and process well.
- 2:**
Make ping-pong ball sized meatballs from the meat mixture.
- 3:**
Add the 2 Tablespoons olive oil or avocado oil to a frying pan and fry the meatballs for 4 minutes on medium heat (fry in 2 batches if necessary). Turn the meatballs and fry for another 10 minutes. Make sure the meatballs don't get burnt.
- 4:**
Check the meatballs are fully cooked cutting into or using a meat thermometer.

Notes

These are great as an appetizer or as an enntree, and it's a fantastic way to get more spinach into your diet. Serve with some garlic sauce or by themselves.

* The Essential KETO cookbook

Ingredients

2 (approx. 1lbs or 454g)
Chicken breast

1/4 lbs (115g)
Spinach

2 tsp (10g)
Salt

10
Basil leaves

5
Gloves of garlic, peeled

3 tbsp. (45 mL)
Olive oil

2 tbsp. (30 mL)
Olive oil or avocado oil to cook in

One-cup pancakes with blueberries

AND A DOLLOP OF NATURAL YOGHURT



From: Chris

Cook Time: 15 min

Serves: 4

Instructions

- 1:**
Crack the egg into a large mixing bowl, add the flour, milk and a tiny pinch of sea salt.
- 2:**
Whisk everything together until you have a lovely smooth batter, then fold through the blueberries.
- 3:**
Heat ½ a tablespoon of olive oil in a large non-stick frying pan over a medium heat, carefully tilting the pan to spread the oil out evenly.
- 4:**
Add a few ladles of batter to the pan, leaving space between each one so they have room to spread out slightly – each ladleful will make one pancake, and you'll need to work in batches.
- 5:**
Cook for 1 to 2 minutes, or until little bubbles appear on the surface and the bases are golden, then carefully flip them over.
- 6:**
When the pancakes are golden on both sides, remove to a plate.
- 7:**
Repeat with the remaining batter, adding a little more oil to the pan between batches, if needed.
- 8:**
Fourth step. Serve the pancakes while they're still hot, with a dollop of yoghurt and some extra fresh berries, if you like.

Notes

"These are the simplest pancakes to make with kids. You don't even need scales to weigh out the ingredients - all you need is a cup or a mug. As long as you use the same cup for measuring both the flour and the milk, you'll be laughing!" **Jamie Oliver**

<https://www.jamieoliver.com/recipes/fruit-recipes/one-cup-blueberry-pancakes/>

Ingredients

- 1**
large free-range egg
- 1 cup**
self-raising flour
- 1 cup**
milk
- 200 g**
blueberries
- olive oil
- 4 tablespoons**
natural yoghurt

Moose Juice and Goose Juice

From: Mary Sarli

Serves: 1 (each recipe)

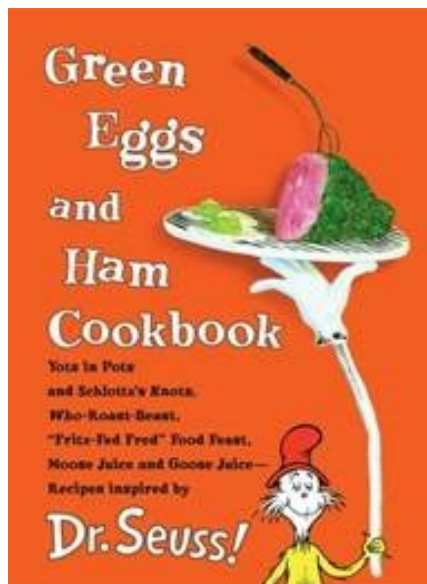
Instructions for Moose Juice

- 1:
Combine the orange juice, sherbet, banana, and vanilla extract in a blender. Puree until smooth.
- 2:
Pour into a glass and top with the whipped cream

Instructions for Goose Juice

- 1:
Put the kiwis, lime juice or concentrate, sherbet, and ice cubes in a blender. Puree until smooth.
- 2:
Pour into a glass and top with the whipped cream

Notes



Ingredients for Moose Juice

- 3/4 cup
Orange juice
- 1/2 cup
Orange sherbet
- 1/2
Banana, sliced
- 1/4 tsp
Vanilla extract

- 1 tbsp
Whipped cream

Ingredients for Goose Juice

- 3
Kiwis, peeled and sliced
- 1/4 cup 1 1/2 tbsp
Lime juice or frozen lime concentrate
- 1/2 cup
Lime sherbet
- 3
Ice cubes
- 1 tbsp
Whipped cream



Choco-Banana and Fruit “Ice Cream”



From: Adrienne Serra

Instructions for Choco-Banana “Ice Cream”

- 1:
Cut a banana and freeze overnight
- 2:
Put frozen, cut banana pieces in a blender (or ideally, Magic Bullet-type cup), cocoa powder or hot chocolate powder, plain or vanilla yogurt, milk, and blend by pulsing.
- 3:
Scrape the sides and blend again until you get an ice-cream like consistency

Instructions for Fruit “Ice Cream”

- 1:
Cut a banana and freeze overnight
- 2:
Put frozen fruit in a blender (or ideally, Magic Bullet-type cup), maple syrup, yogurt, milk or juice, and blend by pulsing.
- 3:
Scrape the sides and blend again until you get an ice-cream like consistency

ENJOY!

Notes

It should be a bit difficult to blend, since there should be more solids than liquids.

Ingredients for Choco-Banana “Ice Cream”

1
banana

2 heaping tbsp scoops*
Cocoa powder (or hot chocolate powder)

* If you use cocoa powder, add 2 tablespoons of maple syrup

1/2 cup (or individual serving)
Plain or vanilla yogurt

3/4 cup
milk

Ingredients for Fruit “Ice Cream”

1 to 1 1/2 cups
Frozen fruit

2 tbsp
maple syrup

1/2 cup (or individual serving)
Any kind of yogurt

3/4 cup
Milk or juice (or mix of both)

Sweet Potato Chicken Poppers



From: Danielle Van Patter

Instructions

- 1:**
Preheat the oven to 400 F and line a baking sheet with parchment paper lightly greased with oil
- 2:**
Combine all of the ingredients in a large mixing bowl and thoroughly mix.
- 3:**
Begin rolling the mixture into small, slightly flattened poppers about one inch in diameter (you'll have about 20-25 poppers) and place them on the baking sheet
- 4:**
Place in the oven for 25-28 minutes, flipping halfway through. Crisp further in a pan or place under the broiler if desired for 1-2 minutes to crisp further. Remove from the oven when thoroughly cooked through.
- 5:**
Allow to cool and serve with your favorite sauce.

Notes

I love this recipe for three reasons:

- 1) it is gluten free
- 2) it is dairy free
- 3) my kids don't know there are veggies hidden inside

Ingredients

- 1 lbs**
ground chicken (uncooked)
- 2 cups**
uncooked sweet potato, finely grated
- 2 tbsp**
coconut oil (+ 1 tsp for greasing the baking sheet)
- 2 tbsp**
coconut flour
- 2-3**
Sprigs green onion, chopped fine
- 1 tbsp**
garlic powder
- 1 tbsp**
onion powder
- 1 tsp**
sea salt
- 1/2 tsp**
black pepper
- dash of cayenne for flavour

Roasted winter vegetables



From: Gaudenzio Chiovitti

Prep Time: 15 min

Cook Time: 25 min

Serves: 12

Instructions

1:

Arrange oven racks in top and bottom thirds of oven. Preheat oven to 450F (230C). Lightly oil 2 rimmed baking sheets.

2:

Cut peppers into quarters. Cut parsnips into thick pieces. Slice red onion into thick wedges. Place in a large bowl with carrots.

3:

In a small bowl, stir oil with honey. Drizzle overtop vegetables. Sprinkle with seasonings. Toss until coated. Tumble onto baking sheets, spreading vegetables out in a single layer.

4:

Roast on top and bottom racks in preheated oven until vegetables start to brown around edges, 25 to 35 minutes. Switch sheets half-way through roasting and stir vegetables.

5:

When done, arrange on one or two large platters and sprinkle with green onion.

Notes

<https://www.chatelaine.com/recipe/world-cuisine-2/roasted-winter-vegetables/>

Ingredients

5

bell peppers , preferably a mix of colours

4

parsnips , peeled

1

large red onion

340 g

baby carrots

1/4 cup

olive oil

2 tsp

honey

2 tsp

paprika

2 tsp

dried sage

2 tsp

oregano leaves

1 tsp

salt

pinch black pepper

1

green onion , sliced

Chocolate Mousse



From: Courtney Paul

Serves: 4-6

Instructions

- 1:
Separate yolks from egg whites. Whip egg whites until stiff.
- 2:
Puree avocados with brown sugar.
- 3:
Melt Bakers chocolate (about 1 minute). Add cinnamon and chili powder to chocolate and stir. Return to microwave for 30-60 seconds.
- 4:
Mix avocado puree with melted chocolate mixture. Then fold in the egg whites.
- 5:
Pour into small bowls, cover and refrigerate before eating.

Notes

One of my family's favourite desserts 😊

Ingredients

- 6
egg whites, whipped
- 2
ripe avocados, peeled and pitted
- $\frac{3}{4}$ cup
brown sugar
- 4 squares
Bakers chocolate (2 bittersweet, 2 semisweet), melted
- 2 tsp
cinnamon
- 1 tsp
chili powder

Chewy lemon cookies



From: Elizabeth Selvarajah
Serves: 3 dozen

Prep Time: 20 min
Cook Time: 10 min

Instructions

- 1:**
With the rack in the middle position, preheat the oven to 375°F (190°C). Line two baking sheets with silicone mats or parchment paper.
- 2:**
In a bowl, combine the flour and baking powder.
- 3:**
In a large bowl, cream the butter, sugar and zest with an electric mixer. Add the egg and beat until smooth. Stir in the dry ingredients alternately with the lemon juice.
- 4:**
Shape the dough into balls, using about 1 tbsp of dough for each cookie. Space them evenly on the prepared sheets.
- 5:**
Bake for 10 to 12 minutes or until the cookie edges just begin to brown. Let cool completely on the baking sheets. The lemon cookies will keep for 2 weeks in an airtight container at room temperature.

Notes

<https://www.ricardocuisine.com/en/recipes/7865-chewy-lemon-cookies>

Ingredients

1 1/2 cups (225 g)
unbleached all-purpose flour

1/2 tsp
baking powder

1/2 cup (115 g)
unsalted butter, softened

1 cup (210 g)
sugar

2
lemons, zest finely grated

1
egg

2 tbsp (30mL)
lemon juice

Eggplant curry

From: Elizabeth Selvarajah



Instructions

- 1:**
Place Eggplant flesh side down on a lined baking tray.
Place under broiler and cook until charred and flesh has softened.
Remove from broiler, and scoop out flesh with a spoon onto a cutting board.
- 2:**
Roughly chop and transfer to a bowl.
Heat Canola Oil and Ghee on medium-high heat.
Add Onions and cook until softened and slightly golden.
- 3:**
Add Garam Masala, Chilli and Coriander Powders and sauté for 15 seconds or until fragrant. Add Garlic and Ginger, and sauté for an additional 15 seconds until softened and fragrant.
- 4:**
Add Tomatoes, and cook for 10-15 minutes until they have completely softened, and their raw flavour has cooked out.
The tomatoes should be saucy and take on a deeper burnt orange colour, with the fat of the ghee and oil rising to the surface.
- 5:**
Then add Eggplant and salt to taste.
Cook for an additional 5 minutes. Remove from heat and garnish with fresh chopped Coriander.

Notes

<https://www.youtube.com/watch?v=w1g6-Xn1UTA>

Ingredients

- 2 large**
Eggplants cut lengthwise down the middle
- 2 tbsp**
Canola Oil
- 2 tbsp**
Ghee
- 1**
large Onion, finely chopped
- 1/2 tbsp**
Garam Masala
- 1 tsp**
Cayenne Chilli Powder
- 1 tsp**
Coriander Powder
- 4**
cloves Garlic, finely chopped
- 2 inches**
Ginger, finely chopped
- 3**
Name of Ingredient large Tomatoes, chopped
- Salt to taste
- Fresh chopped Coriander to garnish

Banana bread



From: Candace Tonner

Instructions

1:

In a stand mixer, mash the bananas. Add the sugar and eggs and beat. Add the butter, mix well

2:

In a separate bowl, add flour, salt and baking soda. Mix well.

3:

Add the dry ingredients to the wet ingredients slowly, mixing well.

4:

Bake at 350 degrees Celsius for 50 – 60 minutes (depending on oven).

* Should you want, adding milk chocolate chips really takes it to the next level. This is an adaptation my mom and I have always made (worth it!).

Notes

Here is my great-grandmother's banana bread recipe. I made it a couple years ago and entered it into the ACCESS banana bread bake off And won! Therefore, it is Riverside famous!

Ingredients

5

bananas (ideally they are very ripe bananas or bananas that have been in the freezer and thawed)

1 cup

sugar

2

eggs

4 tbsp.

melted butter

1 1/2 cup

flour

1/4 tsp

salt

1 tsp

baking soda

Icecream cone cupcakes



From: Valerie Graine-Grillini

Serves: 24

Instructions

1:

Heat oven to 350°F (325°F for dark or non-stick pans).

2:

Make cake batter as directed on box. Divide batter evenly into each cone (two-thirds full). Stand each cone upright in muffin tin.

3:

Bake 16 to 22 minutes or until toothpick inserted in cake comes out clean.

4:

Cool completely, about 30 minutes.

5:

Generously frost cake with frosting, and decorate as desired. Store loosely covered.

****After frosting, enjoy a downpour! Sprinkle frosted cone cakes with any of the following: breakfast cereal, animal crackers, dried fruit, candy sprinkles, crushed hard candies, graham cracker crumbs, granola, mini chocolate chips or chopped nuts.**

Notes

Help steady Ice Cream Cone Cakes on a serving plate by putting a small amount of frosting on the cone bottom; lightly press cone onto plate.

Ingredients

1

Box cake mix (any brand – any flavor)

Water, vegetable oil and eggs called for on cake mix box

24

Flat-bottom ice cream cones

1

Container frosting (any flavor)

Candy sprinkles (optional)

Muffin tin with 24 holes

Impossibly Easy Vegetable Pie



From: Valerie Graine-Grillini

Instructions

- 1:**
Heat oven to 400°F. Grease 9-inch pie plate.
- 2:**
Heat 1 inch salted water to boiling in medium saucepan. Add broccoli; cover and heat to boiling. Cook about 5 minutes or until almost tender; drain thoroughly.
- 3:**
Stir together cooked broccoli, onion, bell pepper and cheese in pie plate.
- 4:**
Stir remaining ingredients until blended. Pour into pie plate.
- 5:**
Bake 35 to 45 minutes or until golden brown and knife inserted in center comes out clean. Cool 5 minutes.

Ingredients

- 2 cups**
chopped fresh broccoli or sliced fresh cauliflow-
ers
- 1/3 cup**
chopped onion
- 1/3 cup**
chopped green bell pepper
- 1 cup (4 ounces)**
shredded Cheddar cheese
- 1/2 cup**
Original Bisquick™ mix
- 1 cup**
Milk
- 1/2 tsp**
Salt
- 1/4 tsp**
Pepper
- 2**
eggs

Ricky Le Chef!



From: Alexandra Dillalo

Notes

Go see those videos. They are made for kids to learn how to cook and they are very funny!

<https://www.ricardocuisine.com/en/video/ricky-le-chef>

Recipe Title

From:
Serves:

Prep Time:
Cook Time:

Ingredients

Instructions

1:

2:

3:

4:

5:

Notes