



# HARVEST HAMPER HEALTHY RECIPES





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# Breakfast



## Mile-High Chicken Leftover Eggs Benny

Source: Manitoba Egg Farmers

### Ingredients:

- 2 tsp white vinegar
- 4 eggs
- 2 english muffins, halved and toasted
- 1/4 cup prepared cranberry sauce
- 1 cup prepared stuffing, warmed
- 8 oz roasted chicken, sliced
- 1/4 cup prepared gravy, warmed



1. Fill a saucepan with about 3-inches of water. Heat until water simmers gently. Stir in vinegar. Break cold egg into small dish or saucer. Holding dish just above simmering water, gently pour egg into water. Repeat for remaining eggs.
2. Cook in barely simmering water for 3-5 minutes or until the white is set and the yolk is cooked to desired level of doneness.
3. Remove eggs with slotted spoon. Drain well on paper towel.
4. Meanwhile, spread 1 tbsp of cranberry sauce over each English muffin half. Top with stuffing, chicken, and a poached egg. Spoon warm gravy over eggs. Serve immediately.

Makes 4 servings



## Turkish Scrambled Eggs

Source: Manitoba Egg Farmers

### Ingredients:

- 8 eggs, beaten
- 3 tomatoes, diced
- 1 bell pepper, sliced thinly
- 1 tsp (5 mL) dried oregano
- 1 tsp (5 mL) coarse salt
- 1/2 tsp (2 mL) smoked paprika
- 1/4 tsp (1 mL) red pepper flakes
- 1/2 tsp (2 mL) pepper, freshly ground
- 1 tsp (5 mL) canola oil



1. Dice tomatoes and slice pepper. Break 8 eggs into a large bowl and whisk very well. Heat canola oil over medium-low heat in non-stick frying pan. Add bell pepper and cook until it begins to soften, about 3 minutes. Add tomatoes and cook until liquid reduces by half, about 3-4 minutes.
2. Add oregano, salt and pepper to eggs. Pour into the pan. Reduce heat to low. Cook while stirring constantly, making sure eggs don't become too dry, or until they reach your desired doneness, about 5-7 minutes.

## Sweet Oatmeal Breakfast

Source: Harvest Staff Member  
Svjetlana M

### Ingredients:

- 4 medium apples, such as Gala or Honey Crisp, peeled and chopped
- 1/2 cup of water

### Directions:

1. Add the chopped and peeled apples to a pot with the ½ cup of water. Cook over medium heat until the apples get soft.
2. Once they're fork tender add to a food processor and blend until pureed into a smooth consistency.





# Entrees



# Meemaw's Chicken and Rice Casserole

Source: Allrecipes

## Ingredients:

- 3 chicken breasts cut into cubes
- 2 cups of water
- 2 cups of instant white rice
- 1 (10.75 ounce) can of cream of chicken soup
- 1 (10.75 ounces) can of cream of celery soup
- 1 (10.75 ounces) can of cream of mushroom soup
- Salt and pepper
- ½ cup butter sliced into pats

## Directions:

1. Heat Oven to 400F. Grease the sides and bottom of the casserole dish. Stir chicken water, rice, soups in the casserole dish add the butter on top.
2. Bake in the oven until the rice is tender and the chicken is cooked through 1 hour to 75 minutes. Let cook for 15 minutes before serving.



# Chicken and Cheese Stuffed Potatoes

Source: Manitoba Chicken Producers

## Ingredients:

- 4 large potatoes
- 1 cup (250 ml) milk (lukewarm)
- 4 oz (113 g) cream cheese, softened
- 1 cup (250 ml) shredded Cheddar, divided
- 3 minced green onions (optional)
- 1/2 tsp (2.5 ml) salt
- ¼ tsp (1.25 ml) fresh ground pepper
- ½ tsp (2.5 ml) smoked paprika (optional)
- ½ tsp (2.5 ml) dried oregano (optional)
- 2 ½ cups (625 ml) diced cooked chicken
- 8 slices crisp cooked bacon, chopped (or ½ cup bacon bits)

## Directions:

1. Preheat oven to 400F. Wash and dry potatoes. Bake on middle rack of oven until tender (about 50-60 minutes). Remove from oven and cool just until they can be safely handled; cut in half lengthwise.
2. Scoop the insides of the potatoes into a large bowl, taking care to leave the skins intact. Add milk, cream cheese, half the Cheddar cheese, green onions, salt, pepper, smoked paprika and the oregano; mash together until well mixed.
3. Stir in the chicken and half the bacon. Fill each potato skin with an equal amount of the potato and chicken mixture.
4. Top each stuffed potato with the remaining cheese and bacon.
5. Place stuffed potatoes on a baking sheet and bake at 400F for 20 min. or until cheese is melted and bubbly.





## Easy Spaghetti and Meatballs

Source: Harvest Star Karen T

### Ingredients:

- 1 pound ground beef
- 1/4 cup finely grated Parmesan, plus more for serving
- 1/4 cup chopped fresh parsley, if available 2 garlic cloves, minced
- 1 large egg
- Coarse salt and ground pepper
- 1 pound ground beef
- 1/4 cup plain dried breadcrumbs /panko (optional)
- 1 tablespoon olive oil
- 1 can (28 ounces) diced tomatoes or garden tomatoes
- 500 grams spaghetti

### Directions:

1. Set a large pot of water to boil. In a bowl, combine Parmesan, parsley, garlic, egg, 1 teaspoon salt, and 1 teaspoon pepper. Add beef and breadcrumbs if desired. Mix all ingredients, and then form into 12 meatballs.
2. In pan, heat oil over medium heat. Add meatballs and cook, turning occasionally, until browned. About 8 to 10 minutes.  
Add tomatoes and bring to a boil. Reduce to a simmer; cover partially and cook, stirring occasionally for 10-12 minutes.
3. Cook spaghetti as per directions on box in the pot of water in step one. Drain and return to pot. Add meatballs and sauce and mix gently. Serve with Parmesan cheese.



## Creamy Chicken and Mushroom Soup

Source: The Endless Meal

### Ingredients:

- 2 Tbsp of oil
- 10 ounces of mushrooms sliced
- 1 medium onion chopped
- 4 cloves of minced garlic
- 2 chopped carrots
- 2 stalks of celery
- 1 medium potato, peeled and halved
- 1 tsp dried thyme
- 2 cups of shredded chicken
- Salt and pepper to taste

### Directions:

1. Heat oil in large pot over medium-high heat. Brown the mushrooms until they are soft. Add the onions and cook until they are soft then add the garlic. Add the rest of the ingredients, reduce the heat to medium and simmer for 20 minutes or until the potato is soft.
2. Remove the two potato halves and puree in a blender with some liquid from the soup. Puree until creamy, add to soup.



© The Endless Meal

## Kim's Macaroni

Source: Harvest Star Kim M

### Ingredients:

- 1 cup of uncooked macaroni
- ¼ cup of onion, chopped
- ¼ cup of green pepper, chopped (optional)
- ½ clove of garlic, mashed (optional)
- 4 tbsp of oil or margarine
- 1-14ounce can of diced tomatoes
- 1 tsp Worcestershire sauce
- 1/8 tsp black pepper
- Salt to taste



### Directions:

1. In a pan add the macaroni, onion, green pepper, garlic, and oil or margarine. Turn the stove to medium heat. Lightly fry the mixture until the macaroni turns yellow. Add the rest of the ingredients and bring to a boil.
2. Then reduce the heat to medium low and cook for 20-30 minutes until the macaroni is tender. Add more water if it is too thick.



## Pork Schnitzel

Source: Manitoba Pork

### Ingredients:

- 2 Tbsp each of Mayonnaise and mustard
- 1 egg
- 2 tbsp water
- 1 cup of breadcrumbs
- 1 tsp lemon zest
- 1 tsp of dried sage leaves
- ½ tsp black pepper
- Canola oil for frying
- 4 pork loin, flattened
- Lemon wedges for garnish



### Directions:

1. Set up 3 plates side by side. Combine the mayonnaise and mustard on the first plate. On second plate, whisk together egg and water. Combine breadcrumbs with lemon zest, sage, and pepper on the third plate.
2. Coat pork loin with mayonnaise mixture, dip into egg mixture and then coat in breadcrumb mixture. Transfer schnitzels to a rack; allow crumbs to dry about 15 minutes.
3. In a non-stick skillet, heat enough oil over medium-high heat to coat the bottom of the pan.
4. Fry pork loin in batches for 3 to 5 minutes per side until golden brown; do not overcook. Add more oil if necessary. Garnish with lemon wedges.

## Chicken and Navy Bean Soup

Source: Manitoba Chicken Producers

### Ingredients:

- 1 lb (450 g) dried navy beans and water to cook
- dry beans OR 2 19 oz (240 ml) cans of navy beans drained and rinsed
- 6 cups (1.4 L) chicken broth
- 1 tsp (5 ml) dried thyme
- 1 tsp (5 ml) dried rosemary
- ½ tsp (2.5 ml) smoked paprika
- 1 bay leaf
- 1 medium onion, chopped
- 1 clove garlic, minced
- 2 carrots, chopped
- 2 celery stalks, chopped
- 28 oz can diced tomatoes
- 1 ½ lbs (675 g) boneless, skinless chicken breasts, cut into 1-inch pieces (or boneless, skinless chicken thighs)
- ½ cup (125 ml) chopped fresh parsley
- salt and pepper to taste

### Directions:

1. If using dried navy beans, soak beans overnight in the fridge for 8 hours in large bowl covered with cool water.
2. Drain water and place beans in a large soup pot or Dutch oven. Add enough fresh water to cover the beans by about 4 inches, bring to a boil and then lower the temperature and simmer for 30 minutes. Remove from the heat and let sit for one hours. Drain any remaining water.
3. Add the chicken broth, thyme, rosemary, bay leaf, smoked paprika, onion, garlic, carrots, celery and tomatoes to cooked beans OR add drained and rinsed canned beans.
4. Bring to a boil, cover and adjust the heat so that the soup cooks at a gentle simmer for ½ an hour and then add the chicken. Cook for another hour.
5. Stir in fresh chopped parsley and add salt and pepper to taste.

Note: Soup can be stored in fridge for up to 3 days or can be frozen for up to 4 months.



## Bruce's Salmon Chowder

Source: Harvest Star Bruce

### Ingredients:

- 1 can of cream of mushroom or any cream soup
- 1 2/3 cup of milk
- 1 can of salmon, drained and flaked
- 1/8 tsp of dill
- 1/8 tsp of pepper



### Directions:

1. In a sauce pan, cook ingredients on medium heat while stirring until the chowder is heated through.



## Savoury Sloppy Joes

Source: Maniotba Pork

### Ingredients:

- 1 tsp pf canola oil
- 1 1/4 lean ground pork
- 1 cup chopped yellow onion
- 2 ribs of celery, chopped
- 1 clove of garlic, minced
- 1-24 oz can thick pasta sauce
- 2 Tbsp of honey
- 2 tsp red wine vinager
- 1 tsp Worcestershire sauce
- 1 tsp plus 1/2 tsp dried oregano
- 1 large green bell pepper, seeded and diced
- salt and pepper to taste
- 4-6 crusty buns sliced



### Directions:

1. In large sauté pan, heat oil over medium-high heat. Sauté ground pork until thoroughly cooked and no pink remains, breaking up larger pieces with spatula, about 10 minutes. Add onion, celery and garlic to pan. Cook 2-3 minutes more, stirring often. Add remaining ingredients, except bell pepper; stir to combine, while bringing mixture to a gentle boil. Add bell pepper. Stir to combine.
  2. Reduce heat to low; cover and simmer until vegetables are tender, about 10 minutes. Season with salt and pepper according to taste. Serve meat sauce over sliced crusty buns.
- Tip: 3 Tbsp / 45 mL packed brown sugar may be substituted for the honey.

## Paul's Tuna Noodle Casserole

Source: Harvest Star Paul T

### Ingredients:

- 1 can (10 1/2 ounces) Cream of Mushroom Soup
- 1/2 cup milk
- 1 cup frozen green peas (about 4 1/2 ounces)
- 2 cans (about 5 ounces each) tuna in water, drained
- 2 cups cooked egg noodles (from about 4 ounces dry)
- 2 tablespoons plain dry breadcrumbs
- 1 tablespoon butter, melted



### Directions:

1. Heat oven to 400F. Stir the soup, milk, pimentos, if desired, peas, tuna and noodles in a 1 1/2 quart casserole. Season the mixture with salt and pepper. Stir the breadcrumbs and butter in a small bowl.
2. Bake the tuna mixture for 20 minutes or until hot. Stir the tuna mixture. Sprinkle the bread crumb mixture onto the casserole. Bake for 5 minutes or until the breadcrumb mixture is golden brown.



## Glazed Ham with Cider Sauce

Source: Maniotba Pork

### Ingredients:

- 5 lb / 2.5 kg Maple Leaf Black Forest Ham
- 2 1/2 cups / 625 mL hard cider or apple juice
- 1 cup / 250 mL lightly packed brown sugar, divided
- 1 tsp / 5 mL each ground cinnamon and ground cloves
- 2 Tbsp / 30 mL lemon juice
- 2 tsp prepared yellow mustard
- 2 Tbsp / 30 mL cornstarch (mixed with 2 Tbsp / 30 mL) water



### Directions:

1. Preheat oven to 325°F. Place ham in large roasting pan. In 4-cup measuring cup, combine cider or juice with 1/2-cup brown sugar, cinnamon, cloves and lemon juice; pour over ham. Roast ham, uncovered, for 45 minutes.
2. In small bowl, combine remaining brown sugar and mustard. After 45 minutes, press mustard mixture onto ham; roast for additional 30 minutes.
3. Remove ham from roasting pan onto a platter. Cover loosely with foil to keep warm.
4. Skim off any fat from pan juices. Whisk cornstarch mixture into pan juices. Cook over medium heat until thickened, stirring occasionally.
5. Slice ham. Serve with Cider Sauce.

# Easy, No-Fuss Turkey

Source: Lauren Allen

## Ingredients:

- 1 12-20 pound turkey
- 1 onion , peeled and quartered
- 1 lemon , quartered
- 1 apple (your favorite kind), quartered
- .75 ounce container fresh rosemary \*
- .75 ounce container fresh thyme \*
- .75 ounce container fresh sage \*

### For the herb butter:

- 1 cup unsalted butter , softened
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 6-8 cloves garlic , minced
- Fresh chopped herbs



## Directions:

1. If the turkey is frozen: Thaw in the fridge, 24 hours for every 5 pounds of Turkey. Remove the thawed turkey from the fridge 1 hour before roasting, to let it come to room temperature. Adjust your oven rack so the turkey will sit in the center of the oven. Preheat oven to 325 degrees F.
2. Make the herb butter by combining room temperature butter, minced garlic, salt, pepper, one tablespoon fresh chopped rosemary, one tablespoon fresh chopped thyme, and half a tablespoon of fresh chopped sage. (You'll use the remaining fresh herbs for stuffing inside the cavity of the turkey).
3. Remove turkey from packaging and remove the neck and giblets from the inside the cavities of the bird. (Reserve them for gravy, if you want, or discard them). Pat the turkey very dry with paper towels.
4. Season the cavity of the turkey with salt and pepper. Stuff it with the quartered lemon, onion and apple and leftover herbs.
5. Use your fingers to loosen and lift the skin above the breasts (on the top of the turkey) and smooth a few tablespoons of the herb butter underneath. Tuck the wings of the turkey underneath the turkey and set the turkey on a roasting rack inside a roasting pan\*.
6. Microwave the remaining herb butter mixture for 30 seconds (it doesn't need to be completely melted-- just really softened). Use a basting brush to brush the remaining herb butter all over the outside of the turkey, legs and wings.
7. Roast at 325F for about 13-15 minutes per pound, or until internal temperature (inserted on middle of thigh and breast) reaches about 165F. Remove the turkey from the oven once it reaches 160F. Then, I tent it with foil, and let it rest on the counter. It will continue cooking under the foil, to reach 165F.
8. Check the turkey about halfway through cooking, and once the skin gets golden brown, cover the top of the turkey with tinfoil, to protect the breast meat from overcooking. Alternately, you could start cooking the turkey with it tented in foil, then during the last hour or so of cooking you can take the foil off to let the turkey brown.
9. Allow turkey to rest for 20-30 minutes before carving. Reserve any drippings and juice remaining in your roasting pan to make turkey gravy.  
Serve your favourite side dishes such as mashed potatoes, brussel sprouts, salad, Stove Top Stuffing.

## Layered Corn, Black Bean, and Rice Salad

Source: Harvest Grocery Partner Sobey's

### Ingredients:

- 1/2 cup finely chopped cilantro, divided
- 2/3 cup mango chipotle dressing, divided
- 1/2 tsp salt, divided
- 1 lime, juiced
- 1 cup canned black beans, rinsed, and drained
- 1/4 cup finely chopped red onion
- 2 cans of corn
- 2 cups chopped lettuce
- 2 cups cooked long grain brown rice
- 1 each red and yellow peppers, cored and diced



### Directions:

1. Combine half of each of the cilantro, dressing, salt and all of the lime juice in a medium bowl. Add beans and onion, stir well, and set aside. Place corn on the bottom of a 10-cup (2.5 L) container.
2. Spoon bean mixture overtop corn in an even layer, then top with lettuce. Stir rice with remaining cilantro, dressing and salt. Evenly spoon over lettuce and top with peppers.
3. Cover and keep cool for up to 4 hours before serving.



## Spaghetti Carbonara

Source: Manitoba Egg Farmers

### Ingredients:

- 5 eggs
- 4 slices cooked and chopped turkey bacon
- 2 cloves garlic, finely chopped
- 1/2 cup (125 mL) each dry white wine\* and evaporated skim milk
- 1/2 cup (125 mL) each chopped fresh parsley and grated Parmesan cheese
- 1 pkg (375 g) spaghetti, cooked and hot
- Salt and pepper, to taste



### Directions:

1. Whisk eggs lightly; set aside. Saute bacon with garlic in a non-stick skillet for about 1 minute. Stir in wine and bring to boil; turn off heat and let stand for 10 minutes. Whisk evaporated milk, eggs and parsley into bacon mixture.
2. Heat over medium-low heat, whisking constantly, until mixture thickens slightly, about 5 minutes. Remove from heat. Stir in Parmesan cheese. Stir egg mixture into spaghetti. Season with salt and pepper. Serve immediately. \*White wine can be replaced with vegetable or chicken broth.

## Easy Pork Shepherd's Pie

Source: Manitoba Pork

### Ingredients:

Pork filling:

- 1 Tbsp / 15 mL canola oil
- 1 cup / 250 mL chopped yellow onion
- 2 cloves garlic, minced
- 1 lb / 0.5 kg lean ground pork
- 1-10 oz / 284 mL can sodium-reduced beef broth
- 2 Tbsp / 30 mL tomato paste
- 2 Tbsp / 30 mL chopped fresh parsley
- 1 tsp / 5 mL chopped fresh thyme
- 2 cups / 500 mL mixed frozen vegetables
- Salt and ground black pepper to taste
- Chopped fresh parsley for garnish

Potato Topping:

- 2 large russet potatoes, peeled and cut into 2-inch pieces
- 3 Tbsp / 45 mL butter
- ½ cup / 125 mL milk
- Salt to taste

### Directions:

1. In large skillet, heat oil over medium-high heat.
2. Add onion, garlic and ground pork. Thoroughly cook pork until no pink remains, breaking up larger pieces with a spatula, about 15 minutes. Drain cooking liquid if needed.
3. Add broth, tomato paste, parsley, thyme and frozen vegetables. Mix well. Simmer until juices thicken, about 10 minutes.
4. Spoon mixture into lightly greased 1 ½ quart casserole.
5. Spread Potato Topping on top.
6. Preheat oven to 375°F. Bake 30-35 minutes or until potato topping starts to brown.
7. Garnish with additional parsley.

For the potato topping:

1. Cook potatoes in large pot of boiling water until tender. Drain well. Mash with butter, milk and salt.





# Baked Chicken Parmigiana

Source: Manitoba Chicken Producers

## Ingredients:

- 2 Tbsp vegetable oil
- 4 chicken breasts, skinless boneless
- 1 egg
- 1 cup panko
- 1 cup breadcrumbs
- 2/3 cup Parmesan cheese, grated
- 1Tbsp dried oregano
- 1 Tbsp dried basil
- 1 tsp granulated garlic powder
- ½ tsp black pepper
- 1 cup prepared tomato pasta sauce
- 1 cup mozzarella cheese, grated (divided into 4 portions)
- 2 Tbsp fresh parsley, minced

## Directions:

1. Preheat oven to 400F. Line a baking sheet with foil and brush with oil. Place chicken breasts in a single layer between two pieces of plastic wrap on a plastic cutting board.
2. Use a meat mallet or a rolling pin to pound chicken breasts to thickness of about 1 cm thick. Pat chicken breasts dry with paper towel. In a shallow dish mix panko, breadcrumbs, parmesan cheese, oregano, basil, garlic powder and pepper.
3. In a separate shallow dish whisk egg. Dip each chicken breast into egg then into the crumb mixture. Ensure breast is fully coated and crumbs stick to it. Place coated chicken on the prepared baking sheet. Bake chicken for 30 minutes, or until meat thermometer reads 165F (74C).
4. Remove from oven and flip chicken pieces over, spoon ¼ cup of tomato pasta sauce over each piece, then top with 1/4 cup of cheese. Broil for 1-2 minutes, just until the cheese is bubbly and the edges of the chicken breasts are golden brown.
5. Garnish with fresh minced parsley.



## Garlic Butter Rice

Source: Spend Pennies/ Nagi

### Ingredients:

- 6-8 cloves garlic very finely sliced
- 2-3 tablespoons vegetable oil or canola, grapeseed or other neutral flavoured oil
- 2 ½ teaspoons garlic minced
- 4 tablespoons butter salted or unsalted, divided
- 1 ½ cups white rice medium or long grain is best
- 2 ½ cups chicken broth
- ¼-½ cup scallions finely sliced
- salt
- white pepper



### Directions:

1. Heat oil in a large saucepan over medium heat. Add garlic slices and saute, moving constantly, until golden and crisp. Transfer to paper towels to drain.
2. Pour out excess oil then return to the stove.
3. Add 2 tablespoons butter. Once melted, add garlic. Cook for 1 ½ minutes or until the garlic starts to turn light golden and the butter is well infused with garlic flavour.
4. Add rice, stir to coat in garlic butter.
5. Add broth, place lid on saucepan. Bring to a boil then immediately turn down to medium low.
6. Cook for 12 – 15 minutes or until liquid is all absorbed by the rice. Tilt saucepan to check. Remove from stove but leave lid on. Rest for 10 minutes.
7. Fluff with fork, transfer into serving bowl. Stir through remaining butter and scallions, or garnish as per photos. Sprinkle with crispy garlic, salt, and pepper. Serve.



## Indonesian Pork Satay

Source: Manitoba Pork

### Ingredients:

- 1 pork shoulder blade roast, boneless, about 1 lb cut into ¾-inch cubes
- 2 Tbsp peanut butter
- ½ cup minced yellow onion
- 1 clove garlic, minced
- 2 Tbsp each lemon juice and soy sauce
- 1 Tbsp packed brown sugar
- 1 Tbsp canola oil
- Dash hot pepper sauce



## Directions:

1. Place pork cubes into a resealable plastic bag.
  2. In small bowl, combine remaining ingredients until well-blended; pour over cubes. Seal bag and marinate in refrigerator for 1 hour, turning occasionally.
  3. Remove pork from marinade; discard marinade. Pat pork with paper towels to remove excess marinade.
  4. Thread pork loosely onto bamboo\* or metal skewers; set aside. \*Soak bamboo or wooden skewers in water for 30 minutes prior to placing food on skewers to minimize burning.
  4. Preheat barbecue on high; reduce heat to medium. Grill skewers 10-12 minutes, turning occasionally.
- Directions for Pan Frying:

1. Follow the first 3 steps above, and then pan fry on a medium heat in a skillet or on the griddle until done.



## Warm Grilled Chicken Spinach and Bean Salad

Source: Manitoba Chicken Producers

### Ingredients:

#### Marinade:

- 1/4 cup (60 ml) balsamic vinegar
- 2 Tbsp (30 ml) Dijon mustard
- 4 boneless skinless chicken breasts

#### Salad Dressing:

- 2 clove garlic, minced
- 2 Tbsp (30 ml) maple syrup
- 2 Tbsp (30 ml) balsamic vinegar
- 1/4 cup (60 ml) fresh lemon juice
- 1 tsp (5 ml) salt
- 1/2 tsp (2.5 ml) cayenne pepper
- 1/4 cup (60 ml) canola oil

#### Salad:

- 1 (541 mL) can mixed beans, rinsed and drained
- 3 cups (750 ml) baby spinach
- 1/2 cup (125 ml) toasted walnuts
- 1 medium red onion, thinly sliced
- 1/2 yellow pepper, thinly sliced



### Directions:

Tip: For more intense flavour, complete the first three steps the night before and keep everything in the fridge until ready to cook the chicken.

1. Whisk together vinegar and Dijon mustard. Pour over chicken breasts and refrigerate 1 hour. While chicken is marinating, prepare salad and dressing.
2. Whisk together garlic, maple syrup, balsamic vinegar, lemon juice, salt, cayenne and canola oil.
3. Mix half the dressing with the beans and refrigerate until needed (can be done the day before). Save the remaining dressing.
4. Preheat grill to medium high. Remove chicken from marinade and grill until a meat thermometer inserted into the chicken reads 165F (74C) (about 10 minutes per side). Remove chicken from grill and let cool slightly. Slice into thin strips.
5. Arrange baby spinach on 4 plates. Top each with mixed beans, walnuts, onion and yellow pepper. Add chicken slices and drizzle with remaining dressing. Serve immediately.



## Hamburger Soup

Source: Harvest Crew Member Meaghan E

### Ingredients:

- 1 ½ lbs ground beef
- 1 large onion chopped
- 3 cloves garlic finely minced  
(Alt. 1 tbl sp Garlic Powder)
- 2 tbsp olive oil
- ½ tsp salt
- ½ tsp pepper
- 1 ½ cups carrots sliced
- 1 ½ cups celery sliced
- 1 cup of frozen vegetable (your choice)
- 1 can diced tomatoes not drained 28 oz
- 3 cups beef broth
- 4 tbsp tomato paste
- 1 tbl Italian seasoning (or spices of your choice)



### Directions:

1. Heat olive oil in large pot.
2. Add ground beef, salt, pepper, onion and garlic to skillet and sauté until beef is browned.
3. Add carrots and celery and sauté just until slightly tender (not too soft).
4. Add tomatoes to skillet to deglaze (love the extra flavour that comes from the browned bits in skillet).
5. Add frozen vegetable (only if you want), tomato paste and all the herbs and bring to a boil.
6. Stir to combine all ingredients.
7. Simmer on low heat for 30- 40 minutes.
8. Add green onion or parsley for garnish if desired.

## Tuna Fish Salad

Source: Harvest Crew Member Karen T

### Ingredients:

- Two 6-ounce cans of tuna, drained
- 4 Tbsps of celery, green or red onion; or a mix
- 1/3 cup whipped dressing
- 1 tbsp of mustard
- dash of ground black pepper
- 1 tbsp of lemon/lime juice (optional)
- sliced tomatoes and lettuce (optional)



### Directions:

1. In a small mixing bowl at first 6 ingredients and mix well.
2. Based on dietary requirements: Put tuna mix between two slices of bread or in a tortilla wrap, and add a slice of tomato or leaf of lettuce. Or, put tuna mix on a bed of lettuce and add diced tomato for a lettuce wrap.



## Chickpea Korma

Source: President's Choice

### Ingredients:

- Small butternut squash, peeled, seeded, and cut into 1/2 inch cubes
- 1 bottle of Indian Korma Cooking Sauce
- 1/2 cup of water
- 1 can of chickpeas, rinsed and drained
- 2 green onions, sliced
- 2 cups of baby spinach



### Directions:

1. Reheat oven to 425°F (220°C). Spray rimmed baking sheet with Canola Oil Cooking Spray.
2. Spread squash cubes on prepared baking sheet. Spray lightly with cooking spray. Bake in centre of oven for 20 minutes, turning halfway, or until tender when pierced with tip of sharp knife.
3. In large saucepan, combine korma sauce, water, chickpeas, green onions and squash. Cook over medium heat, stirring, for 5 minutes or until mixture starts to bubble. Reduce heat to low, cover and cook for 10 minutes, stirring occasionally. Stir in spinach until wilted.
4. Serve with cooked rice and garnish with additional sliced green onion, if desired.

## Pasta Scramble

Source: Manitoba Egg Farmers

### Ingredients:

- 3 cups (750 mL) three colour rotini pasta, uncooked
- 2 cups (500 mL) broccoli florets
- 1 cup (250 mL) shredded Cheddar cheese
- 1 tomato, diced
- 1/4 cup (50 mL) chopped green onion
- 4 eggs
- 1/4 cup (50 mL) milk
- 1 tsp (5 mL) dried basil
- 1/2 tsp (2 mL) each salt and pepper

### Directions:

1. Cook pasta in a large pot of boiling water 7 minutes. Add broccoli and cook 2 minutes longer or until pasta and broccoli are tender but firm. Drain and return to pot.
2. Stir in cheese, tomato and green onion. Whisk remaining ingredients together in a bowl and stir into pasta mixture. Cook and stir over medium heat about 3 to 4 minutes or until egg mixture is almost set.

Variation: Substitute 2 cups (500 mL) frozen mixed vegetables for broccoli. Cook pasta 5 minutes before adding vegetables and cook 4 to 5 minutes longer.

Tip: The number of eggs may be increased, if desired. Add 1 tbsp (15 mL) of milk for each additional egg; do not adjust seasoning before tasting.



## Chicken Meatballs and Sauce

Source: Manitoba Chicken Producers

### Ingredients:

- 1 lb (450 g) ground chicken
- 1/2 cup (125 mL) breadcrumbs
- 1/4 cup (60 mL) milk
- 1 egg, beaten
- 1/2 tsp (2.5 mL) salt
- 1/4 cup (60 mL) fresh parsley, minced
- 2 cloves garlic, minced
- 1 tsp (5 mL) onion powder
- 1/4 cup (60 mL) grated Parmesan cheese
- 2 (650 mL) jars of prepared pasta sauce



## Directions:

1. Add breadcrumbs to a large bowl. Pour milk over top of breadcrumbs and allow the milk to soak in. Then add ground chicken, egg, salt, parsley, minced garlic, onion powder, and parmesan cheese and combine.
2. Shape chicken mixture into 12 golf ball sized meatballs or 24 smaller meatballs and place on a greased cookie sheet.
3. In a large pot, heat pasta sauce to a simmer. Gently slip raw meatballs into the sauce. Cover with a lid and simmer 30 minutes, or until meatballs are cooked through.
4. Cook pasta according to package instructions. Divide pasta onto plates, top with meatballs and sauce. Serve with freshly grated Parmesan cheese.

### Tips:

Meatballs can be sautéed to a light golden brown just ahead of placing into the sauce to help maintain their shape and add more flavour.



## Butter Chicken

Source: Harvest Crew Member Marcia S

### Ingredients:

- Chicken breasts, 1 per person
- 1 tbsp butter or margarine
- 1 tsp garlic salt (or to taste)
- 1 tsp curry (or to taste)
- 1 or 2 cans of tomato soup
- 1 can of coconut milk or 500 ml Half and Half



### Directions:

1. Melt butter. Cut chicken into bite size pieces and cook in butter. When browned sprinkle with garlic salt and curry.
2. Add tomato soup and coconut milk. Stir and simmer for 5 minutes.
3. Serve with rice

## Marsala Chops with Mushrooms and Leeks

Source: Manitoba Pork

### Ingredients:

- 6 pork rib chops, boneless, about ½-inch
- 2 cups / 500 mL coarsely chopped mushrooms
- 1 large leek, thinly sliced
- 1 cup / 250 mL dry Marsala wine or chicken broth
- ½ cup / 125 mL water
- 1-10 oz / 284 mL can condensed cream of mushroom soup
- 1 packet wild mushroom roast gravy sauce mix
- 1 tsp / 5 mL dried oregano leaves
- Salt and ground black pepper to taste



### Directions:

1. Place chops in slow cooker. Layer if necessary.
2. Sprinkle mushrooms and leek evenly over chops.
3. In 4-cup measuring cup, combine wine, water, soup, gravy mix and oregano. Pour over chops.
4. Cover and cook on LOW, about 6 hours. Chops should be fork tender.
5. Season with salt and pepper according to taste.



## Tuna Quesadilla

Source: Food Network

### Ingredients:

- 2 small (3-oz) cans tuna, drained and flaked
- ½ cup salsa, drained
- ½ cup scallions, chopped
- 1 cup shredded cheddar
- 3 (12-inch) flour tortillas

### Directions:

1. Mix tuna with salsa and scallions. Fold in cheddar.
2. Divide mixture into 1/3's and spread each portion over 1/2 of a tortilla and fold into a half circle.
3. Brown each of the 3 quesadillas on both sides in a hot pan to melt cheese.
4. Cool a bit, cut into wedges and serve.





## Best Ever Pasta Sauce

Source: Harvest Crew Member Kim M

### Ingredients:

- 1 lb hamburger
- 1 large can of Diced Canned Tomatoes
- 1 package of Dry Onion Soup mix
- Garlic powder, to taste

### Directions:

1. Fry hamburger until cooked, then drain off fat.
2. Add 1 can of diced tomatoes, package of onion soup mix and dash of garlic powder.
3. Heat to boiling and then turn heat down to simmer.
4. Cook until tomatoes are cooked.
5. Add to top of pre-cooked pasta.



## Easy Pasta Salad

Source: Inspired Taste

### Ingredients:

- 1 pound dried pasta like fusilli, penne, rotini or farfalle (bow tie)
- 1 cup sliced bell pepper (1 medium)
- 1 cup thinly sliced zucchini (1/2 medium)
- 1 cup halved cherry tomatoes
- 1/3 cup thinly sliced scallions (5 to 6)
- 1/4 cup sliced pepperoncini or banana peppers, optional
- 1 cup (4 ounces) halved mixed olives
- 1 cup (2 ounces) grated parmesan cheese or hard cheese
- 1 cup (6 ounces) fresh mozzarella balls, chopped
- 1/3 cup fresh parsley or basil, optional

### Homemade Dressing

- 1/3 cup red wine vinegar, white wine vinegar or champagne vinegar
- 1/2 teaspoon fine sea salt, plus more to taste
- 1/2 teaspoon fresh ground black pepper
- 1/2 teaspoon dried oregano
- 2 to 3 tablespoons juice from pepperoncini jar, optional
- 1/2 cup extra-virgin olive oil



## Directions:

1. Bring a large pot of salted water to a boil. Add pasta and cook until tender, 6 to 10 minutes (check the package for recommended cook time). Drain and rinse well under cold water.
2. While the pasta cooks, in the bottom of a large bowl, make the dressing. Whisk the red wine vinegar, salt, pepper, oregano, pepperoncini juice (if using), and the olive oil until blended.
3. Add the drained and rinsed pasta to the dressing and mix well.
4. Stir in the bell pepper, zucchini, tomatoes, scallions, pepperoncini (if using), olives, parmesan, mozzarella, and the herbs (if using). Taste for seasoning and adjust with salt and pepper as needed.
5. Serve or for the best results, cover and refrigerate at least 30 minutes and up to 5 days.



## Mediterranean Chicken Stew

Source: Manitoba Chicken Producers

### Ingredients:

- 3 Tbsp (45 ml) olive oil, divided
- 8 bone-in skinless or skin-on chicken thighs and breasts (about 3 lbs)
- ½ tsp (2.5 ml) salt and pepper
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 1 yellow bell pepper, seeded and chopped
- 1 Red bell pepper, seed and chopped
- 2 medium carrots, peeled and chopped
- 1 cup (250 ml) mushrooms, sliced
- 1/2 cup (125 ml) pitted Kalamata olives
- 8 sprigs fresh thyme or 3 sprigs fresh rosemary (or 1 tsp dried)
- 1 tsp (5 ml) dried oregano
- 1/2 cup (125 ml) red wine or chicken broth
- 650 ml jar of tomato pasta sauce
- ½ tsp (2.5 ml) red pepper flakes
- Fresh parsley to garnish



### Directions:

1. Heat 2 Tbsp oil in cast iron skillet (or Dutch oven). Salt and pepper chicken on both sides and brown until golden. About 3-4 minutes per side. Remove chicken from skillet and set aside.
2. Add remaining oil to pan. Sauté the onion until transparent, about 3-4 minutes. Add in garlic and cook until fragrant. Add the peppers, carrot, mushrooms and herbs. Cook for 5 minutes until vegetables begin to soften.
3. Pour in the wine or broth, scraping bottom of the skillet. Cook until liquid slightly reduced (about 2 minutes). Add the tomato pasta sauce, chilli flakes. Return chicken to skillet and submerge into the vegetables and sauce.
4. To cook stove top: Cover with lid, reduce heat to low and simmer (stirring occasionally) for 50 minutes or until chicken is cooked and tender. Add olives and allow to simmer another 10 minutes. Use a meat thermometer to ensure chicken is thoroughly cooked. Thermometer inserted into thickest part of breast or thigh meat should read 165F (74C). Turn off heat and let chicken rest for 10 minutes before serving.



# Snacks



## Crunchy Chickpeas

Source: Food Network

### Ingredients:

- 1 15-ounce can of Chickpeas, drained and washed
- 2 Tbsp of olive oil
- 1 tsp each of cumin (optional) and paprika
- salt to taste

### Directions:

1. Cook the chickpeas in an ovenproof skillet with olive oil, cumin, paprika for two minutes. Season with salt and then bake for 20 minutes at 425F.



## Fruity Jello

Source: Sunday Supper Club  
Fan Susan

### Ingredients:

- 1 can of fruit cocktail, drained
- 1 box of flavoured Jello

### Directions:

1. In a large bowl, prepare the Jello as per the package instructions.
2. Put into small bowls to put into fridge to set.
3. Add fruit cocktail on top and serve.



## Pineapple, Banana, and Oatmeal Smoothie

Source: Quaker

### Ingredients:

- 1 Pack of Quaker instant oatmeal
- 1 banana
- 1 cup of orange juice
- 1 cup of frozen pineapple
- 1/2 cup plain yogurt

### Directions:

1. Blend all ingredients in a blender until the mixture has reached desired thickness. To thin out as additional juice.



# Fruit Salad with Honey Lime Dressing

Source: Manitoba Egg Farmers

## Ingredients:

- 5 cups of canned fruit, drained
- 2 medium bananas, sliced



## Directions:

1. Combine canned fruit and bananas and toss well.  
Cover bowl and chill. Just before serving, pour dressing over fruit; toss until fruit is well coated.

For dressing: In a saucepan, combine eggs, honey and lime juice. Cook and stir over low heat until mixture comes to a boil and thickens. Cool. Fold in sour cream. Chill.





# Dessert



## Apple and Spice Bread Pudding

### Ingredients:

- 2 Tbsp / 15 mL butter or margarine
- 2 medium apples, cored and chopped
- Non-stick cooking spray
- 3 cups (750 mL) day-old white or whole wheat bread cubes
- 1/2 cup (125 mL) raisins
- 4 eggs
- 2 cups (500 mL) milk
- 1/3 cup (75 mL) packed brown sugar
- 1 tsp (5 mL) vanilla extract
- 1/2 tsp (2 mL) ground cinnamon
- 1/4 tsp (1 mL) ground nutmeg



### Directions:

1. In a small saucepan over medium heat, melt butter. Stir in apples. Cover and cook over medium heat, stirring occasionally, until slightly softened, about 5 minutes.
2. Spray a shallow 1½ quart (1.5 L) baking dish with cooking spray. In dish, combine apples, bread cubes and raisins. In a medium bowl, beat together eggs, milk, brown sugar, vanilla, cinnamon and nutmeg until sugar is dissolved. Pour over apple mixture. Cover and refrigerate several hours or overnight.
3. Preheat oven to 350°F (180°). Bake pudding until knife inserted in center comes out clean, about 45 to 55 minutes. Serve hot, warm or chilled. Makes 8 servings.

Tip: For a delicious treat, serve pudding with warm cinnamon sauce. In glass bowl or measuring cup, stir together 1 cup (250 mL) corn syrup and ½ tsp (2 mL) ground cinnamon. Microwave on high 1 minute; stir. Pour over pudding. This sauce is also terrific over ice cream.

## Chocolate Marshmallow Squares

### Ingredients:

- 2 cups mini marshmallows
- 225 grams of semi-sweet chocolate chips
- 1 cup smooth peanut butter
- 1 tbsp margarine

### Directions:

1. Melt chocolate chips, peanut butter and margarine for about 1 1/2 minutes in the microwave.
2. Add marshmallows and mix.
3. Pour in a greased 8-inch pan and put in fridge for about 2 hours.

Tip: If you need this quick, put in freezer for about 45 minutes







# Special Menu



# Thanksgiving Menu

## Roast Chicken with Lemons

Source: Manitoba Chicken Producers

### Ingredients:

- 1 whole chicken
- 2 medium onions
- 2 lemons

Herb butter:

- 1/4 cup of butter, room temperature
- 1 clove of garlic
- 1 Tbsp minced fresh herbs (oregano, sage, rosemary)
- 1/2 green onion, minced
- salt and pepper to taste



### Directions:

1. Preheat oven to 400F. Remove chicken from the fridge and let sit at room temperature for 30 minutes before roasting. Meanwhile, slice the ends off each onion then cut in half widthwise.
2. In a small bowl combine all the Herb Butter ingredients and mix well. Line a roasting pan with foil; place onion halves in the bottom of the pan.
3. Loosen the skin on the chicken breasts. Spread about half of the Herb Butter under the skin; spread the remainder of the Herb Butter on top of the skin. Tuck 4 lemon wedges in the cavity of the chicken.
4. Using cotton kitchen string (butcher string), tie the legs together and secure the wings to the body. Place the chicken, breast side up, on top of the onions (move onions around until the chicken is balanced on the onions).
5. Roast the chicken until a meat thermometer inserted into the chicken breast reads 180F - about 75-90 minutes. If the skin is browning too quickly, cover the chicken loosely with foil. Remove pan from the oven. Transfer the chicken to a cutting board. Cover it loosely with the foil and let stand 15-20 minutes before cutting it.
6. Transfer roasted onions to a serving dish and keep warm.
7. Skim the fat from the pan juices then strain the juices into a sauce pan. Just before serving, bring the juices to a boil and season to taste with salt and pepper. Serve carved chicken with the roasted onions and pan juices.

## Easy Thanksgiving Dinner

Source: Harvest Star Karen T

### Ingredients:

- 1 package of chicken breasts or thighs ( 8 pieces)
- 1 large can of mushroom Soup ( or 2-10 oz cans)
- 2 tbsp of Dijon mustard (optional)
- 1 package of Stove Top Stuffing

\*Serve with vegetables like corn and beans or a side salad.

### Directions:

1. Preheat the oven to 400F.
2. Place poultry pieces in a large baking pan.
3. Place the can of mushroom soup in a mixing bowl.
4. Add ½ a can of milk. Add the mustard if desired.
5. Mix together and pour over poultry.
6. Open the bottom of the Stove Top Stuffing bag (the spices are on the bottom!) and sprinkle it on top of the chicken.
7. Bake for 30 minutes or until chicken is done.



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## Mushroom Gravy

Source: Harvest Star Karen T

### Ingredients:

- 1 large can (22.6 oz) Cream of Mushroom soup (22.6 oz)
- 1 cup of milk
- A few drops of gravy browning
- 1 small (10 oz) can of mushrooms

### Directions:

1. Place the first three ingredients in a pot and mix until the soup is not lumpy. Add the mushrooms.
2. Bring to a bowl, and then turn to low to keep warm. Serve when needed.



## Mashed Potatoes

Source: Harvest Star Karen T

### Ingredients:

- 1/4 pound (1 stick) unsalted butter
- 5 russet potatoes
- 3/4 cup of milk
- salt to taste

### Directions:

1. Boil the potatoes until a fork easily slides into the potato. Drain and let the steam dry up the potatoes about 2 minutes.
2. Add the butter and mash with a potato masher or fork. Once all the butter is incorporated add the milk and stir to eliminate any lumps.
3. Add salt to taste.



## Green Beans with lemon and almonds

Source: Harvest Star Karen T

### Ingredients:

- 1 pound of green beans
- 1 lemon, zested
- 1/2 stick of butter
- sliced almonds (optional)
- salt and pepper to taste

### Directions:

1. Melt the butter and add the lemon zest in a skillet. Place the green beans into the skillet and add the salt and pepper. Cook for 4-5 minutes.
2. Place on a serving dish and sprinkle with the sliced almonds.



## Easy Pumpkin Pie

### Ingredients:

- 3/4 cup sugar
- 1 1/2 teaspoons pumpkin pie spice
- 1/2 teaspoon salt
- 1 can (15 oz) pumpkin (not pumpkin pie mix)
- 1 1/4 cups evaporated milk or half and half
- 2 eggs, beaten
- 1 store bought crust
- Whipping Cream (optional)



### Directions:

1. Heat oven to 425°F. In large bowl, mix filling ingredients. Pour into pie crust.
2. Bake 15 minutes. Reduce oven temperature to 350°F; bake 40 to 50 minutes longer or until knife inserted near center comes out clean. Cool 2 hours. Serve or refrigerate until serving time.
3. Store in refrigerator. Top with whipping cream.





# Baby Food



## Apple Puree

Source: Harvest Staff Member  
Svjetlana M

### Ingredients:

- 4 medium apples, such as Gala or Honey Crisp, peeled and chopped
- 1/2 cup of water

### Directions:

1. Add the chopped and peeled apples to a pot with the 1/2 cup of water. Cook over medium heat until the apples get soft.
2. Once they're fork tender add to a food processor and blend until pureed into a smooth consistency.



## Chickpea Puree

Source: Yummy Toddler Food

### Ingredients:

- 1 can of chickpeas

### Directions:

1. One can of rinsed chickpeas pureed in a blender or food processor. Enough water or breast milk to thin out to desired consistency.

