



DIVERSE*city*
community resources society

FEEDING THE SOUL AT HOME



*A DIVERSE***city** *Recipe Book*



FEEDING THE SOUL AT HOME

DIVERSEcity Community Resources Society published a recipe book in 2017 called *Feeding the Soul* that shared some delicious, healthy recipes. With all of us spending a little more time cooking at home these days, we thought we'd revive the recipe book, add a few more dishes to the mix, and share it with our clients and partners.

Have a healthy recipe idea from your family or culture you would like to share? Email marketing@dcrs.ca and we'll start working on a third edition!

Bon appétit!



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BREAKFAST SMOOTHIES

Adding oats to your smoothie will help you stay full for longer.

Peanut butter is an excellent source of protein. Add it to your smoothies for lots of extra energy. It also tastes great with coconut and banana.

DIRECTIONS

- 1** Cut any fruits or vegetables into 1/2 inch cubes.
- 2** Put everything in the blender together.
- 3** Blend until smooth. If it's too thick, add a little more milk or water.

INGREDIENTS

- 1/2 cup plain yogurt
- 1 ripe banana (fresh or frozen)
- 1 cup frozen fruit (blueberries, strawberries, mango, pineapple)
- 1/4 cup milk

YOU CAN ADD:

- spinach
- kale
- beets
- cucumber
- ginger
- carrots
- apple
- pear
- oats
- peanut butter



CHOCOLATE ZUCCHINI MUFFINS

Put down the sugary candy bar and try a piece of chocolate that has at least 75% cocoa mass!

Or try these chocolate-y muffins! Your family will never know they're healthy!

Makes 12 muffins

INGREDIENTS

- 1 1/2 cups all purpose flour
- 1/2 cup cocoa powder
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 eggs
- 1 cup granulated sugar
- 1/2 cup milk
- 1/4 cup canola oil
- 1 cup grated zucchini, excess liquid squeezed out
- 1/2 cup chocolate chips

DIRECTIONS

- 1** Put the oven rack in the middle and preheat the oven to 375° F.
- 2** Mix the flour, cocoa powder, baking powder, baking soda and salt in a bowl, making sure you remove any lumps.
- 3** In a separate bowl, beat together the eggs, sugar, milk and oil until well combined.
- 4** Stir the flour mixture into the wet ingredients and add the zucchini. Mix until just combined!
- 5** Stir in the chocolate chips. Divide batter evenly into a greased muffin tin. You can also use muffin liners.
- 6** Bake for 25 minutes. Allow to cool in the pan for 5 minutes before removing onto a wire rack.



DIVERSE GRANOLA

Oats are a good source of fibre, which is important in keeping your digestive system happy. This granola is great for breakfast or a quick snack!

Other good sources of fibre include: beans, brown rice, popcorn, nuts and baked potatoes (with the skin on).

Makes about 8 cups

INGREDIENTS

- 3 cups quick oats
- 1 cup flaked coconut
- 3/4 cup chopped nuts (almonds, pecans or your favourite nut)
- 1/3 cup pumpkin seeds
- 1/4 cup honey or maple syrup
- 1/4 cup oil or melted butter
- 1/3 cup packed brown sugar
- pinch of salt
- 2 3/4 cups of dried fruit

Try any of these:

- cherries
- blueberries
- apricots
- raisins
- apples

DIRECTIONS

- 1** Put the oven rack in the middle and preheat the oven to 375 °F.
- 2** Mix all of the ingredients except the dried fruit together in a bowl. Spread the mixture out in a shallow baking pan lined with parchment paper.
- 3** Bake until golden brown, about 30 minutes. After the first 15 minutes, stir every 5 minutes to prevent burning.
- 4** Stir in dried fruit and leave to cool.



SNACKIN' COOKIES

Real maple syrup is full of vitamins and minerals which help to keep you healthy. Make sure you avoid the kind that is made with corn syrup and flavourings.

Don't have parchment paper? Just grease the cookie sheet with butter or cooking spray!

Makes 12 cookies

INGREDIENTS

- 1 cup unsweetened applesauce
- 1/3 cup butter, melted
- 1/3 cup maple syrup
- 1 large apple, peeled and grated
- 1 cup oats (not instant)
- 3/4 cup whole wheat flour
- 1/2 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/8 teaspoon salt
- 2/3 cup chopped nuts (pecans, walnuts or peanuts)

DIRECTIONS

- 1** Preheat the oven to 350° F. Line a cookie sheet with parchment paper.
- 2** Squeeze some of the liquid out of the grated apple.
- 3** In a large bowl, mix together the applesauce, butter, maple syrup and grated apple.
- 4** In a separate bowl, combine the oats, flour, baking powder, cinnamon and salt. Add these to the wet ingredients. Stir in the nuts.
- 5** Scoop out the batter and roll into balls, about the size of a golf ball. Place on the cookie sheet about 2 inches apart and use a fork to squash them flat.
- 6** Bake for 10 – 13 minutes, or until they start getting golden around the edges.



LENTIL SOUP

Did you know that lentils are high in dietary fibre, protein, iron and folic acid?

Your body will be able to better absorb the iron by adding lemon juice to your soup.

Serving suggestion: serve with toasted pita bread.

INGREDIENTS

- 1 medium yellow onion
- 1/4 cup olive oil
- 6 cups water
- 1 tablespoon cumin
- 1 tablespoon salt
- 1 cup red split lentils
- 1/4 cup fresh lemon juice
- 1/4 cup fresh parsley, chopped

OPTION

For a smoother texture, try blending the soup with an immersion blender.

DIRECTIONS

- 1 Chop the onion into a medium-size dice.
- 2 Heat olive oil in a sauce pan on medium-high heat.
- 3 Sauté the onion in the olive oil until translucent and golden in colour.
- 4 Add water, cumin and salt. Bring to boil.
- 5 Add lentils, cover and continue to cook on medium heat for approximately 25 minutes.
- 6 Remove from heat and add lemon juice.
- 7 Add the parsley and stir.



SUPER DUPER BEAN SALAD

Most people have a couple of cans of beans in the cupboard or pantry. Why not use them to make a protein-packed salad?

Super Duper Bean Salad is DIVERSEcity Community Kitchen Coordinator Leo Ramirez's take on a common cold salad composed of various cooked beans and typically fresh vegetables. It is tossed in a vinaigrette and usually sweetened with sugar.

Feel free to add other vegetables that you have in your fridge such as tomatoes, green onion, cucumbers, etc. This salad is so versatile!

INGREDIENTS

- 1 (15 ounce) can kidney beans, drained
- 1 (14.5 ounce) can wax beans, drained
- 1 (15 ounce) can lima beans, drained
- 1 (15 ounce) can green beans, drained
- 1 (15 ounce) can garbanzo beans, drained
- 1 sweet onion, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 3/4 cup white sugar
- 2/3 cup distilled white vinegar
- 1/2 cup vegetable oil
- 1/2 teaspoon dried dill weed
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried basil
- salt and pepper to taste

DIRECTIONS

- 1** Mix beans with onion and bell peppers in a large bowl.
- 2** In a small saucepan, combine vinegar, oil, sugar and herbs. Season to taste with salt. Stir over medium heat until sugar dissolves; do not boil.
- 3** Pour warm dressing over bean mixture, and marinate for at least 2 hours in the refrigerator before serving.



CAULIFLOWER DOUGH PIZZA

Cauliflower is the 10th best source of Vitamin C giving you up to 73% of your recommended dose in one serving! So why not use this healthy vegetable as a base for your next pizza?

Boiling cauliflower (or any vegetable) causes the nutrients to leave and go in the water. Instead, steam, bake or sauté your vegetables for optimal health benefits.

Don't have parchment paper? Just grease the baking sheet with butter or cooking spray!

INGREDIENTS

- 1 head cauliflower
- 2 large eggs
- 1/2 cup shredded mozzarella cheese
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon mixed dry Italian herbs
- salt and pepper to taste

TOPPINGS

- tomato sauce, caramelized onions, basil and mozzarella
- spinach, olives, tomato sauce and feta
- BBQ sauce, cooked chicken, peanut, cilantro and mozzarella
- pears, blue cheese and pecans

DIRECTIONS

- 1** Preheat the oven to 425° F. Line a baking sheet with parchment paper.
- 2** Add the cauliflower to a food processor and pulse until finely ground like breadcrumbs.
- 3** Transfer to a microwave safe bowl, cover loosely with a damp paper towel and microwave on HIGH for 4 – 5 minutes, or until soft.
- 4** Using a clean dish towel, squeeze the cauliflower to remove as much moisture as possible.
- 5** In a large bowl, mix cauliflower with remaining ingredients. Spread mixture into a 15 x 10 inch rectangle on the cookie sheet and bake for 12 – 15 minutes, until golden.
- 6** Top with whatever pizza toppings you like (we recommend a few combinations we've tried in DIVERSEcity's Community Kitchens to the left) and bake for an additional 10 minutes.





TABBOULEH SALAD

The main ingredient is parsley, which is full of vitamin K and C.

Serving suggestion: serve with romaine lettuce leaves on the side

Makes 4 servings

INGREDIENTS

- 2 1/2 cups finely chopped parsley (make sure the parsley is not wilting or yellowing in any areas)
- 1 cup diced tomato
- 1/4 cup bulgur wheat (optional)
- 3 tablespoons freshly squeezed lemon juice
- 2 tablespoons finely chopped fresh mint leaves (or 1/2 tablespoon of dried mint flakes)
- 1/16 teaspoon ground black pepper
- 4 tablespoons extra virgin olive oil
- 1/2 teaspoon salt

OPTION

The bulgur, although traditional, is optional.

DIRECTIONS

- 1** Use a sharp blade to finely cut up the parsley. Use both the stems and the leaves.
- 2** Mix chopped parsley with remaining ingredients.
- 3** Refrigerate and serve cold.



GRILLED KEFTA (BEEF STICKS)

The Kefta can be prepared beforehand and frozen raw for several weeks.

Serving suggestion: serve with hummus, pita bread and Tabbouleh salad.

Makes 7 sticks

INGREDIENTS

- 1 pound ground beef
- 3/4 cup minced yellow onion
- 3/4 cup finely chopped parsley (both stems and leaves)
- 1 teaspoon salt
- 2 teaspoon ground allspice
- 1/4 teaspoon cumin
- 1/4 teaspoon garlic powder

OPTION

Ground lamb may be substituted for the beef.

DIRECTIONS

- 1** Place all ingredients in a bowl.
- 2** Mix ingredients together using your hands.
- 3** Divide mixture into 1/3 cup portions.
- 4** Roll each portion into a 6-inch hot dog shape.
- 5** Grill on medium-high heat.
- 6** Roll back and forth on grill for around 3 minutes.
- 7** Remove when cooked all the way through.

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