



**Southgate Medallion**  
**Family Day Homes**  
Excellence in Child Care & Early Learning

# Recipe Book

*A Collaborative Project*



# Green Peas

Vera Halabi

*"I hope you like it."*

-Vera



## Ingredients

One large onion  
200g ground meat  
Black pepper, salt, garlic  
powder to taste  
750g of peas  
One medium carrot

One can of tomato paste  
Three tablespoons vegetable oil

## Preparation

Start with cooking the finely chopped onion on a medium heat until it's tender

let it simmer for an hour until the sauce is thick

Present it with cooked rice.

Add the meat, salt and pepper, and garlic powder and fry until it's cooked

Add the peas and cover with water

Add the tomato paste, cover, and

# Vegetable Khichadi

Yashvant Parmar

*This recipe covers all food groups and is easy to make!*



## Ingredients

**¾ Cup Rice ( Any variety )**

**½ Cup Mung Daal (Small Green Beans)**

**½ Cup Mutter ( Green Peas)**

**1 Carrot**

**¾ Tea Spoon Turmeric Powder**

**½ Tea Spoon Salt**

**2 Tea Spoon Ghee or Butter**

**4 to 4 and ½ Cup Water**

## Preparation

**Wash ¾ cup of rice and ½ cup of yellow mung daal 2 to 3 times and soak in water for 10 minutes. Cut carrot into small pieces and add half cup of green peas to it.**

**Check rice if it is cooked or not and add ½ cup of water if required and cook for 5 to 10 minutes at low heat.**

**Put 4 cups of water in a pot and bring it to boiling.**

**Serve with yogurt.**

**Add ½ teaspoon of salt and ¾ teaspoon of turmeric powder in to boiling water. Add ghee or butter in it and then add rice, mung daal, carrot and green peas.**

**Good for up to 4 children under 3 years old.**

**Cook in medium heat for 15 minutes.**

# Nova Scotia Goulash

Crystal S

*A quick and easy recipe that uses a mixture of store cupboard and fresh ingredients*



## Ingredients

1 can of herbed diced tomatoes	1 tablespoon Italian seasoning.
1 can of Campbell's tomato soup	1/2 teaspoon garlic powder.
1pd ground beef or ground chicken	1/2 teaspoon onion powder.
1 tablespoon summer savory	1/2 cup onions.
	1 ½ cups dry elbow noodles,
	Optional cheddar cheese

## Preparation

In a large pan, sauté your ground meat or ground chicken in a skillet over medium-high heat until HALF cooked, remove from heat.

Add garlic powder, onion powder, 1 tablespoon summer savory, 1 tablespoon Italian seasoning. 1/2 cup onions, until meat is fully cooked.

Add 1 can of herbed diced tomatoes, 1 can of

Campbell's tomato soup, to the ground beef or ground chicken. Mix well

Lower heat and cover - allow to cook for about 20 minutes, stirring occasionally.

Mix in cooked macaroni, Let sit on low heat for about 15 mins. "Add cheese optional"

Enjoy!

# Cocoa-Kissed Banana Oatmeal

Erica R S

*A lovely breakfast/morning snack on a cold morning*



## Ingredients

1 Cup (250ml) rolled oats or quick-cooking oats (do NOT use instant)

1 Tbsp (15ml) unsweetened cocoa powder

Pinch of salt

1 1/2 Cup (375ml) warm water

1/8 Tsp (0.5ml) Vanilla

1 Banana

Brown sugar or maple syrup

Milk

## Preparation

Preheat oven to 400°F (200°C)

In a baking dish, stir together the oats, cocoa powder, and salt. Mix in the water and vanilla. Don't worry if the cocoa powder doesn't mix in completely at first.

Take oatmeal out of the oven and cool a few minutes until just warm. Spoon into bowls and sprinkle with brown sugar OR drizzle with maple syrup. Add a splash of milk and some sliced banana and serve.

Peel the banana and cut the banana in slices. Stir HALF the banana slices into the oatmeal mixture. Save the other half for topping the oatmeal later.

Makes 2 cups (500ml)

Bake on the middle rack of the oven, uncovered, for 15 minutes just until the water is absorbed into the oats.

# Veggie Omllette

Manwinder Chahal

*Quick and inexpensive!*



## Ingredients

Servings for 2 people

Gram flour (Besan) 1 cup

Yogurt 1/4th cup

Baking powder-1/4 of teaspoon

Green peppers ,Onion , cilantro,  
tomatoes( finely chopped )

Salt to taste

Turmeric ,black pepper ground

Water

Oil

## Preparation

Mix Gram flour, plain yogurt, salt,  
chopped veggies, turmeric, baking  
powder in one bowl.

Add water to make the batter  
watery.

Grease a pan with oil and pour the  
batter in the pan with a cup.

Cook both sides on low heat.

Cover it with lid to keep it soft  
during cooking.

Serve with homemade plain yogurt.

You can add chopped spinach, green  
chillies too if desired.

# Meat Pies

Marie-Rose El-Cid

*Delicious!*



## Ingredients

### Meat Mix

1/2 kg ground beef  
1 medium onion (diced)  
2 tomatoes (diced)  
1/2 cup Greek yogurt  
1/2 cup of salsa  
4 tbsp melted butter  
1/4 cup lemon juice  
Salt  
Black pepper

### Preparation

Mix all ingredients for meat mix together.

Mix water, yeast, and sugar together. Let rest for 5 min.

Mix remaining ingredients together and then add yeast mixture until you achieve dough consistency. This requires kneading. Cover with cling wrap and let it rest/rise for 1-2 hours at room temperature. Divide dough to your preference.

### Dough Mix

2 cups warm water  
1 tbsp sugar  
1 pkg of dry yeast  
1/4 cup olive oil  
1/2 cup Greek yogurt  
2 tsp salt  
5 cups of flour

Roll out each ball of dough and place on the parchment lined baking tray and spread meat mixture.

Bake at 450 degrees until golden on the bottom (approximately 10-12 min). Times may vary depending on your oven.

# Fried Rice

Dhanya Raveendranath

*A great way to serve protein, grains and vegetables all in one dish!*



## Ingredients

*1 Tablespoon vegetable oil.*

*1 tablespoon soya sauce.*

*½ kg of chicken breast dices cooked, seasoned with salt and pepper.*

*3 cups of cooked rice (room temperature)*

*1 small shallot chopped.*

*1 medium sized carrot, sliced in juliennes*

*8 oz of shredded cabbage*

*10 oz of sliced French beans.*

*1 green pepper sliced.*

*2 eggs scrambled (no seasoning)*

*Salt to taste*

*Pepper to taste*

*3 oz of tomato ketchup*

*3 oz of chilly sauce*

*Dash of white vinegar*

## Preparation

Take a pan and pour 2 dash oil and scramble the egg until it gets light brown. Put them aside.

In a wok, heat it to maximum and pour the vegetable oil.

Add the vegetables. Toss it in high flame or heat for 6 minutes.

Add soya sauce, dash of vinegar and chilli sauce and mix it.

Add salt and pepper and toss it again.

Add the cooked chicken dices and toss it

to ensure all the sauces and vegetables are mixed thoroughly.

Add the room temperature rice and toss it in high flame. Check for seasoning.

Keep it in simmer and add the scrambled eggs and add the tomato ketchup.

Continue tossing to ensure the ingredients are mixed even.

Garnish it with shallots.



# Sri Lankan Chicken Fried Rice

Thirosha B

This scrumptious quick recipe is easy to make and delicious to serve!

## Ingredients

*500g basmati or samba rice, cooked.*

*250g boneless chicken, cut into small cubes.*

*50g carrots small cubes*

*50g leeks julienned (green part)*

*50g leek stalk, julienned.*

*1 Knorr chicken cube*

*3 eggs, beaten.*

*1 onion, chopped.*

*2 garlic cloves, chopped.*

*1 inch ginger, chopped.*

*20g Margarine*

*Salt and pepper to taste.*

*Add any vegetable, corn, or peas as like!*



## Preparation

Melt Margarine in a pan and add onion, garlic, and ginger. Sauté till fragrant.

Scramble the eggs in a separate pan and set aside.

Add chicken a pinch of salt and pepper and cook for a few minutes.

Add carrot, leeks stalks and Knorr chicken cube. Quickly stir fry the vegetables for 2 minutes.

Add cooked rice and scrambled eggs. Mix well and serve hot!

# Tofu Stir-fry

Manpreet Bhamrah

*A tasty and meatless dish to serve your children*



## Ingredients

*One cup mix vegetables*

*2 teaspoons olive oil*

*Tofu 200 g – cut into small pieces.*

*Tomato sauce -1 small cup*

*Black pepper and salt*

## Preparation

Put one tea-spoon olive oil in the frying pan and add tofu. Fry for 5 min.

Add spaghetti and fry for 5 min.

Fry till golden brown.

Add some salt and pepper to taste and the tomato sauce.

Take the tofu out and put on a plate.

Add one teaspoon oil and add frozen or fresh chopped vegetables.

Mix it well now add 3 cup water let it cook 15 min .

# DHAKANE

Bimala Pokharel

A food item, kind of sweet Pulao, popular in Nepal, is called Dhakane(ढकने: in Nepali language),



## Ingredients

Rice grains

Milk (3%)

Ghee (clarified butter)

Sugar (white or brown)

## Preparation

Put thick deep fry pan on the stove

stuck to the pan 6. Cook until rice gets soft

Add 3 teaspoons of ghee

Then add sugar depending on your taste (you can use white or brown sugar)

When ghee starts to melt, put 2 cups of rice grains and stir until rice gets brown

Stir well and then cover for 5 minutes

Add 4 cups of milk (3%) to the pan and stir

Keep stirring the mix of rice and milk from time to time to make sure that nothing gets

Add nutritional information

# Apple Witches

Srividya Uckoo Venkateswara

*Fun to make with the children and very healthy too*



## Ingredients

Peanut butter

Plain Greek yogurt

Sprinkle of cinnamon

Apples-cored and thinly sliced

Optional toppings: sliced almonds, raisins, Pumpkin seeds

## Preparation

In a small bowl, combine peanut nut or non- nut butter with Greek yogurt and cinnamon. Stir until combined.

Add toppings of your choice. I added almonds, pumpkin seeds and raisins.

On a clean cutting board, lay the apple slices and spread yogurt & peanut butter mix, Sprinkle cinnamon powder on each.

# Rice Lentils Vegetables Pudding

Nirupma Saksena

*Packed with vegetables and protein, this is a great instant pot recipe*



## Ingredients

Butter

Cumin seeds

Asafoetida

Turmeric powder

Salt to taste

Rice

Lentils

Vegetables

Water

## Preparation

Put one teaspoon butter in the cooking pot

Put the pot on medium heat

Add half teaspoon of cumin seeds, pinch of asafoetida, pinch of turmeric powder and salt to taste

Add vegetables, lentils, rice and water

Pressure cook it for 2-3 minutes

Serve it warm

# Chicken Fried Rice

Allyn Cayabyab

*Tasty and inexpensive. Substitute chicken for tofu or eggs to make a meatless version*

## Ingredients

*3 cups left over brown rice or jasmine rice*

*¾ lb boneless chicken breast or chicken thighs (diced)*

*1 1/2 tbsp olive oil, divided*

*1 tbsp sesame oil*

*1 1/3 cups frozen peas and carrots blend*

*3 green onions, chopped*

*2 cloves garlic, minced*

*¼ cup yellow onion, diced*

*3 tbsp low-sodium soy sauce*

*1 tbsp oyster sauce*

*Salt and pepper to taste*

## Preparation

- In a large non-stick wok or skillet, heat 1 tbsp olive oil over medium-high heat. Once hot, add onion and sauté for 1 minute. Add garlic and sauté until golden brown. Add chicken into pan and sauté until cooked through. Transfer chicken to a plate and set aside.
- Add soy sauce and oyster sauce to the pan and mix. Season with salt and pepper to taste. Serve warm.
- Return skillet to medium-high heat, add ½ tbsp of olive oil. Add peas and carrots blend and sauté for 1 minute. Push veggies to the side of the pan and add rice. Sauté for about 3 to 5 minutes and add chicken. Sauté again for another 3 minutes.



# POTATO KABAF

Bimala Pokharel

*A tasty soft vegetarian snack made from spiced potato, can be served as appetizers with flattened rice, steam rice, roti and is popular in Nepal*



## Ingredients

1. *Medium Potatoes (5)*
2. *Plain Yogurt (4 teaspoons)*
3. *Lemon Juice (2 tablespoons)*
4. *Salt (2 tablespoons)*
5. *Mustard oil (3 tablespoons)*
6. *Turmeric (1 tablespoon)*
7. *Fenugreek seeds (5-8 grains)*
8. *Canola oil (4 tablespoons)*
9. *Coriander powder (2 tablespoons)*
10. *Cumin powder (2 tablespoons)*
11. *Chilli powder (optional 2 tablespoons)*

## Preparation

Peel, wash, and cut potatoes in a circular shape, and put them in a large bowl.

To the same bowl, add yogurt, salt, turmeric, coriander and cumin powder, mustard oil, and chilli powder (optional).

Mix and coat the potatoes with the added ingredients.

Put a medium frying pan on the stove and add canola oil and heat it for 2 minutes.

Add fenugreek seeds to the hot oil and fry it and let it slightly turn black.

Then quickly, add the coated potatoes to the pan and stir in medium heat for 5 minutes.

Then cover the pan with a lid and let it cook over low-medium heat for 10-15 minutes. 8

Stir the potatoes from time to time so they do not stick to the pan.

Cook until potatoes are soft and lightly brown in color (5-10 minutes).

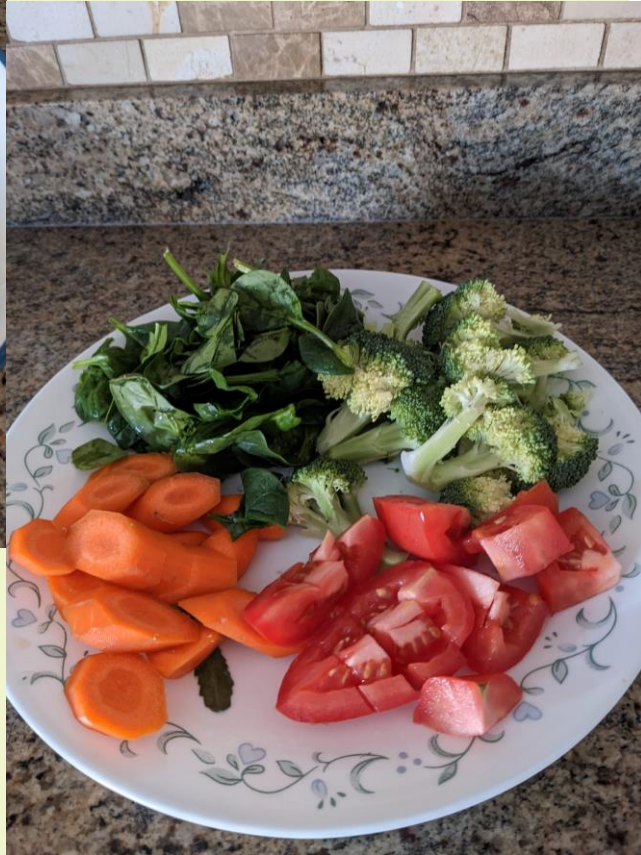
Serve hot or cold!

Total cook time: 25-30 minutes

# Mix Beans & Veg Soup

Bidula Ghosh

*This is a dish rich in protein, iron, magnesium, potassium, and calcium.*



## Ingredients

Mix beans

Brown rice

Tomatoes

Carrots

Baby Spinach

Broccoli

Salt

Butter

Cottage Cheese (Paneer)

## Preparation

Soak all beans 4/5 hours or overnight.

Add any kind of veg

Add carrot, broccoli, baby spinach, tomatoes.

Put all veg & beans in the pressure cooker for boil need 2/3 whistles, then add salt &

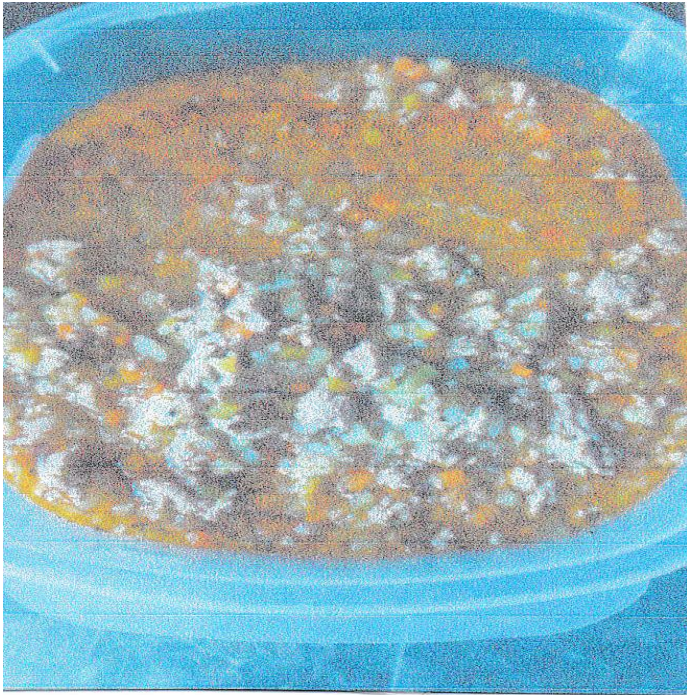
butter.

I add home made cottage cheese (paneer) little amount of brown rice. (Add quinoa as an option)



# Turkey Vegetable Soup

*A great winter warmer and super healthy too*



## Ingredients

1 Package of Ground Turkey  
Frozen Vegetables  
Vegetable or Chicken Broth 900ML

Oregano ½ tsp  
Thyme ½ tsp  
Basil ½ tsp  
Cilantro ½ tsp  
Parsley ½ tsp

## Preparation

In a large pot cook ground turkey

Add spices and adjust to taste

Once turkey is cooked, add broth

Add how much you want to add and your choice of frozen vegetables

# Banana and Carrot Bread

*A lovely breakfast/morning snack on a cold morning*



## Ingredients

- |                                   |                                |
|-----------------------------------|--------------------------------|
| 2 cups Whole wheat flour<br>500ml | ½ cup Sugar 125ml              |
| 1tsp Baking soda 5ml              | 1½ cup Banana, mashed<br>375ml |
| 1tsp Cinnamon 5ml                 | 1 cup Carrots, grated 250ml    |
| ¼ cup Canola oil 60ml             | Non-stick cooking spray        |
| 1 Egg                             |                                |

## Preparation

1. Preheat oven to 350°F.
2. Mix flour, baking soda, and cinnamon in a medium bowl.
3. Add canola oil, egg, sugar, bananas, and carrots in a large bowl and mix.
4. Add dry ingredients to wet ingredients. Mix well.
5. Spray a 9x5 inch loaf pan with non-stick cooking spray. Put batter into pan.
6. Bake for 50 minutes. Remove from oven cool on track.

# Grilled Chicken Naan Pizza

Hina Joshi

*Easy to make with the children and a great way of using up leftover cooked chicken*



## Ingredients

*Two tablespoon of butter*

*One large clove garlic minced*

*Three tablespoon 45ML all-purpose flour*

*One Cup of milk*

*One tablespoon of chopped fresh parsley*

*salt and pepper*

*5 plain Naan breads*

*3 cup of chopped / shredded cooked chicken.*

*1.5 cup Mozzarella shredded.*

## Preparation

In a saucepan, melt butter over medium low heat. Add garlic and cook for one minute to soften, stir in flour and cook for one minute whisk in milk to cook whisking for about 3 minutes until thickened. Remove from heat stir in parsley salt and pepper.

Top with chicken and sprinkle some mozzarella cheese. Transfer naan pizza to grill close the lid for about 5 minutes until naan is slightly crisp, golden and cheese is melted.

Cut and serve.

Preheat grill to medium.

Spray lightly with cooking spray.

Spread garlic cream sauce on each naan.

# Alfredo Pasta

Z F

*A wholesome dish. Serve with vegetables and you've covered all your food groups*



## Ingredients

- pasta I used linguini
- butter unsalted
- garlic minced
- milk
- Chicken
- Spinach
- Mushrooms
- Parmesan cheese shredded
- salt
- White pepper

## Preparation

- Cook the pasta according to the package instructions.
- Boil the chicken.
- Melt the butter in a large skillet over medium high heat. Add the garlic and cook for 30 seconds, or until fragrant.
- Then add Spinach and mushrooms for little bit then add the chicken.
- Pour in the milk and cream. Stir consistently to avoid burning on the bottom of the pan until the mixture comes to a boil. Turn the heat down to medium, and mix in the parmesan cheese, salt, and pepper. Adjust the seasoning to your own taste.
- Remove the pan from the heat and mix in the cooked pasta until the sauce begins to thicken. Garnish with parsley and serve.



# Oats Chilla (Pancake Recipe)

Bindiya More

*Enjoy with yogurt or ketchup*



## Ingredients

1 cup rolled oats powder (churn in mixer and use)  
2 tbsp gram flour (for binding - is optional)  
Salt and black pepper as per test  
Approx 1 cup water (butter milk is optional)

1 cup finely chopped vegetables (carrot, capsicum, spinach, beet, tomato, broccoli, corn)  
Oil for shallow frying

## Preparation

1. Take a mixing bowl, add 1 cup rolled oats powder
2. Add 2 tbsp gram flour (is optional)
3. Add salt and black pepper as per taste to bowl
4. Add 1 cup finely chopped vegetables (carrot, capsicum, tomato, corn, broccoli, beet, spinach) into bowl
5. Add water to make thin batter and mix it well (you can substitute buttermilk instead)
6. Rest the batter for 10-15 min
7. Heat up the pan, pour some oil
8. Spread oil around and wipe pan with a tissue
9. Now pour 1.5 tbsp batter to make small pancakes
10. Drizzle 2-3 drops of oil on it. Cook the pancake on both sides until it turns golden-brown. Cook it on medium flame
11. Make more pancakes with the same procedure.

# Chicken and Vegetables Stuffed Paratha

Saba Qureshi

*Children will love rolling out the chapatti dough with you*



## Ingredients

### Filling Ingredients

1/2 up boiled and shredded chicken  
1/2 cup potatoes & spinach (boiled)  
1/4 shredded cheese  
Pinch of Salt (to taste)

### 1. Instructions for preparing filling

- Step 1: boil the chicken and shred it once cool
- Step 2: boil the vegetables until softened, and mash together once cooled
- Step 3: combine all boiled ingredients in a bowl
- Step 4: add cheese and salt

### 2. Instructions for chapatti dough

- Step 1: mix water and flour in a bowl until you reach a pizza dough consistency
- Step 2: refrigerate the dough for 1 hour

### 3. Final Instructions for Filled Chapatti

- Step 1: make two medium sized balls of chapatti dough (should be the same size)
- Step 2: roll out one ball of dough using a rolling pin

### Chapatti dough ingredients

2 cups whole wheat flour  
Pinch of salt  
Water as needed

- Step 3: In the same rolled out ball of dough, add a layer of the filling on top
- Step 4: roll out the second dough separately, and place this layer of flat dough on top of the filling
- Step 5: press the two layers together and roll them out using a rolling pin
- Step 6: heat non-stick frying pan on stove, on medium heat
- Step 7: add half teaspoon of butter to the pan
- Step 8: once pan is hot and butter has melted, add the chapatti on the pan and cook until golden brown on both sides
- Step 9: serve with plain yogurt (optional) and enjoy!

# Sneaky Spaghetti Bolognese

Emma Dajavs

A great way of sneaking vegetables into a tasty meal



## Ingredients

Olive Oil	1 zucchini (shredded)
Ground meat (turkey, chicken, beef or meat substitute)	1 cup of frozen spinach
1 can of tinned tomatoes	Italian Herbs
1 onion	1 bag of pasta
1 clove of garlic	1 cup of shredded cheese (optional)
2 carrots (shredded)	

## Preparation

- In a large skillet fry the onion and garlic until cooked. Add some of the Italian Herbs.
- Add the ground meat/meat substitute and cook.
- Add the shredded vegetables and mix into the cooked ingredients.
- Add the tinned tomatoes and mix all of the ingredients together.
- Simmer for about 20 minutes, stirring occasionally. Meanwhile cook the pasta until soft.
- Add the frozen spinach just before serving.
- Mix the pasta and the Bolognese sauce together.
- Serve with a salad or cooked veggies such as broccoli or carrots.
- Children can sprinkle some cheese over the top if they want.

# Rice Pudding

Rubi A

*Filling and tasty!*



## Ingredients

1/2 cup white rice  
1/3 cup sugar / or salt  
according to taste  
3.5 cups milk

## Preparation

- 1-Boil the rice
- 2-boil milk and add boiled rice to the milk
- 3-add sugar or salt
- 4-cook for about 35 minutes
- 5-adjust the heat on stove and maintain a gentle simmer
- 6-cook until it's thick



# Turkey Breast Sandwich

*Bimala Pokharel*

*Have fun building sandwiches together!*



## Ingredients

Turkey Breast Slice

Tomato/ Pickles

Cheese slice

Whole wheat bread

## Instructions

Cut the bread and let the children choose what they would like to put in their own sandwiches.



# Chicken and Potato Kabab

Fehmida Popatia

## Ingredients

*2 breast piece chicken (cut in pieces)*

*2 TBSP soya sauce*

*3/4 cup water*

*1 TSP salt*

*1 TSP black pepper ground*

*500gm potatoes boiled*

*2 large eggs slightly beaten*

*2 cups bread crumbs*

*Vegetable oil to frying*

## Preparation

- Put chicken, soy sauce, water, salt and black pepper in a saucepan.*
- Cover and cook over medium heat for about 20 to 25 minutes until the chicken is tender.*
- Remove chicken and keep aside to cool slightly.*
- Discard any left over water in the saucepan*
- Chop chicken with the sharp knife.*
- Mash potatoes with a potato masher or fork.*
- In a large bowl place together, mashed potato, chopped chicken, and mixed well.*  
*(If you are making for your home add*
- green chillies and coriander leaves in)*
- Make round and oval shaped kababs with 2 table spoons of chicken mixture.*
- Dip kebabs first in beaten egg then coat the both sides with bread crumb.*
- Place a heavy based frying pan over medium heat and add enough oil to cover the surface by 1/2 inch.*
- Reduce heat to low and fry 3 to 4 Kababs at a time to crisp golden color, turning them once.*
- Serve warm with tomato ketchup, lettuce, cucumbers and buns.*



# Spaghetti and Meatballs

*A favorite recipe for adults and children!*



## Ingredients

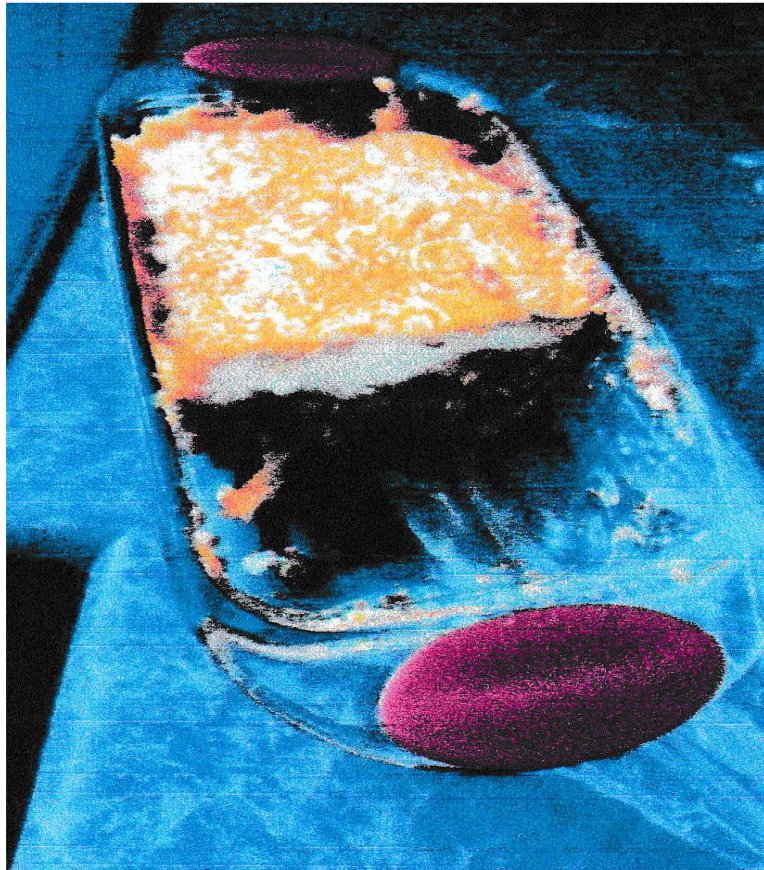
1. *Chicken minced*
2. *Onion powder*
3. *Vegetables as per your liking*
4. *Seasoning (salt , black pepper)*
5. *Tomato sauce*
6. *Spaghetti one pack*
7. *Parmesan cheese*

## Preparation

1. Put the meat, onion powder and seasoning in a bowl.
2. Mix together and make into balls.
3. Air fry them and put them aside.
4. Use the store-bought tomato sauce or make your own.
5. Put the sauce in the pan season it and dip the meat ball in it. Add some vegetables as well Let it simmer for 10 mins.
6. Serve it with spaghetti . Sprinkle some cheese as per your liking.

# Shepherds Pie

*A complete meal in one dish. Make one for your own family, and one for the day home*



## Ingredients

*Ground Meat  
Frozen Mixed  
Vegetables  
Mashed  
Potatoes  
Shepards Pie  
Seasoning Mix  
1 Can of  
Tomato Soup  
1 Can of Water  
Worcestershire  
Sauce  
Shredded  
Cheese*

## Preparation

Brown Ground Beef      Bake at 440 Degrees  
Fahrenheit  
Add seasoning Packet  
and Worcestershire  
sauce  
Add water and soup  
Add frozen vegetables  
Bring to a boil and  
reduce heat to  
medium. Simmer for 5-  
10 minutes  
Transfer to 2L  
casserole dish and top  
with mash potatoes

# Coconut Chickpea Curry

*A tasty meatless recipe rich in protein*

RS



## Ingredients

*1 Tablespoon Coconut Oil (can substitute with Canola or Olive Oil)  
1 Large Onion  
4 Garlic Cloves  
1 Medium knob of Ginger  
1 teaspoon Salt  
½ teaspoons Pepper  
1- ½ Tablespoon curry powder  
14.5 ounce can Full Fat Coconut Milk*

*14.5 ounce can Crushed Tomatoes  
14.5 ounce can Chickpeas  
1-2 fresh Lime Juice  
Fresh Cilantro (chopped)*

## Preparation

- Heat a large skillet or pot over medium-high heat.
- Add oil and let sizzle
- Add onions and cook for about 8 minutes, stirring often
- Stir in garlic and cook for 1 minute
- Stir in salt, pepper and curry powder
- Add coconut milk and crushed tomatoes
- Turn heat to medium – low and simmer - 15-20 minutes
- Stir in chickpeas and continue to cook for 5 minutes
- Remove from heat and sprinkle with lime juice and cilantro

# Shrimp and Vegetable Fried Rice

*Tasty and a great balance of the food groups*



## Ingredients

Edamame

Carrots

Rice

Egg

Shrimp

Oil

Salt

Oyster Sauce

## Preparation

1. Cook the edamame and shrimp, fry the eggs, and set aside.

2. Add oil to the pan, stir-fry the carrots until hot

3. Pour in the edamame, rice,

eggs, shrimp, add a suitable amount of salt and oyster sauce, stir well.

# Mac and Cheese

*A North American Classic!*



## Ingredients

*Macaroni*  
*Cheese*  
*Oil*

*Salt and Pepper*  
*Chopped vegetables*

## Preparation

Heat oil in non stick pan Add cheese and ready to serve.  
Add Chopped vegetables. Cook for 5 minutes

Add salt and pepper to taste

In a separate pan boil macaroni. Drain and add to vegetables. Stir well

# Lemon Rice

Sreelatha B

*“Children like to eat this with yogurt”*



## Ingredient

Rice

Chana Dal

Urad Dal

Peanuts

Chopped Ginger

Turmeric Powder

## Instructions

Pour oil into a pan

Add Chana Dal, Urad Dal,  
and peanuts. Fry until  
brown

Add chopped Ginger.  
Sauté for 20-30 seconds

Add Turmeric Powder

Add boiled rice, salt and  
1tbsp of lemon juice to  
taste.

Mix well for 1 minute



# Veggie Soya Daliya

Amrit Barmi

*Add Paneer and curd to include more food groups*



## Ingredients

*Cracked Wheat  
Soya Granules  
Chopped Mixed  
Vegetables (Onion,  
capsicum, tomato,  
carrot, peas, beans)  
Salt, black pepper  
and coriander  
powder as per taste  
and quantity  
Cooking oil*

## Preparation

Turn on stove and add oil  
Add onion and stir until brown  
Add vegetables and cook until soft  
Add Soya Granules and mix well  
Add spices and cracked wheat. Mix well. Add water to desired thickness  
Cover with lid and stir as needed

# Koshri

Sarah Singer

*An easy recipe that uses a lot of store cupboard ingredients*



## Ingredients

Rice

Lentils (Black or Brown)

Chickpeas

Pasta

Tomato Sauce

Crunchy Fried Onions

## Preparation

- Boil 4 cups of water and add lentils in a medium pot or saucepan on high heat
- Reduce heat to low and cook lentils until tender( 15-17 minutes)
- Drain from water and season with salt
- Drain rice from water soak and combine with lentils.
- On medium high heat add cooking oil, salt, pepper and coriander. Cook for 3 minutes while stirring
- Add warm water to cover the rice and lentil mixture by 1 ½ inches of water.
- Bring to boil to reduce water. Cover and cook until all liquids is absorbed (20 minutes)
- Cook pasta according to package instructions. Add salt and oil.
- To serve fluff rice and lentils and top with pasta, tomato sauce, chickpeas and crispy onions.



# Pasta Salad

Megan Dettling

## Ingredients

- *Pasta noodles (Chickpea or lentil noodles for more protein)*
- *Cubed cheese*
- *Bell pepper*
- *Cucumber*
- *Onion*
- *Tomato*
- *Carrots*
- *Snap peas*
- *(Cubed Chicken optional)*
- *Italian Dressing*

## Preparation

1. *Cook pasta noodles, run under cold water to cool off.*
2. *Cut up cheese, veggies and chicken.*
3. *Mix everything together in a bowl.*
4. *Top with Italian dressing and mix in, to taste.*

# Chila

Rehka Pant

*A great recipe that requires little preparation*



## Ingredients

Rice

Lentils

Vegetables

## Preparation

1. Soak lentils and rice overnight
2. Grind until smooth
3. Pan fry and add desired vegetables

**“The fondest memories are made gathered around the table.”**

Anonymous



**Southgate Medallion  
Family Day Homes**  
Excellence in Child Care & Early Learning

*The Agency would like to thank all who contributed recipes*

*Thank you to Jessica Ly for your hard work in compiling the recipe book. It looks lovely.*

*We hope that you enjoy trying new recipes both with your day home children and your own family. We hope you have fun extending your food options and choices and trying new foods together.*

*Emma Dajavs  
Coordinator  
May 2023*