

Yummy Cooking 101

GETTING STARTED IN THE KITCHEN



yummylunchclub.com

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Lunch Time

PACKING THE PERFECT LUNCH

It's time to think outside the lunch box! Packing a delicious lunch that your parents approve of isn't that hard if you follow these rules:

1. Include a whole-grain, protein, vegetable, fruit and water
2. Meal Prep snacks so that you have something to grab when you are hungry (pre cut up fruit and veggies, freeze some leftovers, etc.)
3. Pack your lunch so that your water stays cold and your food stays warm. For food safety and so that your food tastes it's best at lunch time!
4. Pack up leftovers from dinner and bring them with you for lunch.
5. Make a list of healthy meals and snacks that you know you can bring to school, keep it on the fridge:

Here are some of my favourites:

Wraps

Leftover Pasta

Berries

Taco Salad

Container of cereal

Carrot Apple Salad

Sliced apples or oranges

Greek Salad

Quesadillas

Soup in a thermos

Veggies with dip

Chili



Getting Started In The Kitchen

HOW TO START COOKING

If you are new to the kitchen it can be a bit overwhelming at times, take a deep breath and relax! cooking, creating and experimenting with new foods and recipes is a fun way to feed yourself and impress your friends and family.

1. Start by washing your hands and by keeping a clean work station. This will help you feel organized and helps to make sure that you are being food safe. For more information on food safety visit www.fightbac.org
2. Read over the entire recipe before getting started. This will help you get organized and allow you to prep any items that need to be prepared in advance. For example, do you need to beat the eggs in advance? Do you need to grate a carrot? This will make the cooking process more enjoyable and less stressful.
3. Collect all of your ingredients and tools together before starting. Nothing is worse than getting half way through a recipe and realizing that you are missing an ingredient.

Beef & Egg Fried Rice

This recipe is perfect for the beginner cook! Nothing beats a whole meal in one pot and is a great way to start cooking in the kitchen. This recipe is protein rich thanks to the eggs and beef. Plus it is easy to pack for lunches in a thermos or bundle with an ice pack and enjoy cold.



Beef & Egg Fried Rice



INGREDIENTS

1/2 lb (250 g) fast fry beef steaks
(thin cut Strip Loin)
Pinch of salt and pepper
1 tsp (5 mL) canola oil
1 small onion, finely chopped
2 cups (500 mL) cauliflower rice

2 tbsp (25 mL) soy sauce
1/4 tsp (1 mL) sesame oil
4 eggs
1 1/2 cups (375 mL) frozen peas and carrots
2 cups (500 mL) cold cooked long brown rice
1/3 cup (75 mL) chopped green onions



DIRECTIONS

1. Season beef with salt and pepper. In a large non-stick skillet, heat canola oil over medium-high. Cook beef for 2 minutes on each side, set aside and chop into bite sized pieces (1/4-inch x 1/4-inch pieces).
2. Add onions to the skillet and cook for one minute. Stir in cauliflower, soy sauce and sesame oil. Cook for 2 minutes. Push vegetables to one side of the pan. Beat eggs and add to the cleared side of the pan, pour in egg mixture. As mixture begins to set, gently move spatula across bottom and sides of skillet to form marble sized, soft curds. Cook until eggs are thickened and no visible liquid egg remains, about 3 minutes. Mix to combine all ingredients. Stir in peas and carrots, beef and cold rice. Remove from heat and sprinkle with green onions.

Tip: To make cauliflower rice at home, you can use a box grater with medium-sized holes to grate a cauliflower head into rice-sized pieces. If you don't have any leftover rice feel free to leave the rice out and use 4 cups (1 L) of cauliflower rice.

Tip: Serve as a savoury breakfast option that is protein packed from the eggs and beef.

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Nutrition Facts per 1 serving: 218 calories | 18 g protein | 7 g fat | 22 g carbohydrate (3 g fibre; 3 g sugars; 0 g added sugars) | 363 mg sodium

Tikka Masala Beef Skewers

This quick and flavourful recipe is a great way to try something new in the kitchen. Serve this recipe up buffet style and let everyone pick their own toppings. The subtle spice from the curry paste is cooled off with the Raita yogurt sauce making for a perfectly balanced dish.



Tikka Masala Beef Skewers



INGREDIENTS



Beef skewers:

- 1 tbsp (15 mL) masala or curry paste
- 1/4 cup (60 mL) plain Greek yogurt
- 1 lb (500 g) fast fry beef steaks (thin cut Strip Loin), sliced into 1-inch strips

Raita:

- 1/3 (75 mL) finely grated cucumber, squeezed dry
- 1 cup (250 mL) plain Greek yogurt
- 1/4 cup (60 mL) chopped onion
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper
- 1 clove garlic, minced

Garnishes:

- 4 slices whole-wheat flat bread
- 1 cup (250 mL) cucumber slices
- 1/2 cup (125 mL) red onion slices
- 1 cup (250 mL) shredded lettuce
- 1 roma tomato, diced
- 1/4 cup (60 mL) cilantro



DIRECTIONS

1. Soak skewers in warm water for at least 30 minutes.
2. **Beef skewers:** Position oven rack in top third of oven. Preheat the oven's broiler. In a medium sized bowl, mix together masala paste and yogurt. Add beef to spice mixture and stir until evenly coated. Can keep refrigerate in an airtight container for up to 24 hours if not cooking immediately. Tightly thread 1 strip of beef onto each skewer and place on a foil-lined 21 x 15 inch baking sheet. If strips are small, thread 2 or 3 strips onto a skewer. Broil for 5 to 7 minutes. Keep the oven light on and check often to make sure beef does not burn.
3. **Raita:** In a small bowl, mix together cucumber, yogurt, onion, salt, pepper and garlic. Refrigerate until ready to use.
4. **Garnishes:** Use naan bread to pull the beef off of the skewers. Garnish your wrap with cucumber, red onion, lettuce, tomato, cilantro and Raita sauce.

Tip: Make your own masala paste at home by mixing together 1/4 cup (60 mL) tomato paste, 2 cloves garlic minced, 1 tbsp (15 mL) each grated fresh ginger, curry powder and masala spice blend. 1/4 tsp (1 mL) each salt and pepper.

6 Nutrition Facts per 1 serving: 338 calories | 32 g protein | 10 g fat | 33 g carbohydrate (5 g fibre; 6 g sugars; 0 g added sugars) | 548 mg sodium



Tasty Turkey Meatballs

Meatballs are always a huge hit with the whole family and are fun to make! These meatballs get an extra veggie kick with the addition of mushrooms that help make the meatballs even more moist and tender! These Flavourful meatballs are made even better with a mushrooms sauce served over noodles! This is another great recipe to pack for lunch in a thermos.

Tasty Turkey Meatballs



INGREDIENTS

Meatballs:

1 tbsp (15 mL) canola oil, divided
1 medium onion, finely diced
8 oz (225 g) crimini mushrooms, finely chopped
1/2 tsp (2 mL) each garlic powder, salt and pepper
1/4 tsp (1 mL) each dried thyme and dried rosemary

1 lb (500 g) ground turkey
1 large egg
1/4 cup (60 mL) fine dry bread crumbs

Mushroom sauce:

2 tsp (10 mL) canola oil
1 small onion, diced
2 cups (500 mL) button mushrooms, thinly sliced

1/4 cup (60 mL) all-purpose flour
2 cups (500 mL) chicken broth
1 cup (250 mL) frozen green peas
1 cup (250 mL) sour cream

Serving:

6 cups (1.5 L) cooked whole-wheat noodles
1/4 cup (60 mL) chopped fresh parsley



DIRECTIONS

1. Meatballs: In a large non-stick skillet heat 1 tsp (5 mL) canola oil over medium-high heat, stir in onions and cook for 2 minutes. Stir in mushrooms, garlic powder, salt, pepper, thyme and rosemary. Stir often until excess liquid is gone, about 4 minutes.
 2. In a medium-sized bowl mix together the turkey, egg, breadcrumbs and mushrooms mixture until well combined. Wash your hands with warm soap and water. Measure 1 tbsp (15 mL) of the mixture and roll into a ball with your hands, place on a parchment-lined baking sheet. Repeat until all of the turkey/mushroom mixture has been used. Wash your hands again with soap and water after all of the meatballs have been formed.
 3. In a large non-stick skillet heat 2 tsp (10 mL) canola oil over medium-high heat. Place half of the meatballs into the skillet. Cook for 7 minutes turning meatballs every minute to cook on all sides without burning. Transfer meatballs to a clean plate and cook the second batch of meatballs. Make sure the meatballs are fully cooked with no pink remaining in the center and an internal temperature of 165°F (74°C) has been reached. Set aside on a clean plate for later use.
 4. Mushroom sauce: In a large non-stick skillet, heat canola oil over medium-high heat; Add onions and cook for 2 minutes, stirring often. Stir in mushrooms, salt and pepper; cook for another 3 minutes. Stir in flour and cook for 30 seconds. Pour in the chicken broth, whisking and cook for 30 seconds, or until bubbling. Turn heat to low and stir in the peas, sour cream and meatballs. Cook until just heated through, about 3 minutes.
- Add cooked pasta to skillet with meatballs, tossing to combine. Garnish with parsley.

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Nutrition Facts per 1 serving: 519 calories | 29 g protein | 20 g fat | 61 g carbohydrate (0 g fibre; 5 g sugars; 0 g added sugars) | 828 mg sodium

Philly Cheese Steak Sandwich

Up your sandwich game with a Philly Cheese Steak Sandwich, this recipe is a quick way to pull together a hot balanced meal. Serve with some cut up veggies on the side and water. Once the cheese has melted, enjoy this scrumptious sandwich right away or pack and take on the go. Perfect for a quick weeknight meal if you are on your way to soccer practice!



Philly Cheese Steak Sandwich



INGREDIENTS

1/4 tsp (1 mL) each garlic powder,
salt and pepper
1 tbsp (15 mL) canola oil, divided
1 lb (500 g) fast fry beef round
steaks (inside round)
1 medium white onion, cut in half
and then thinly sliced

2 cups (500 mL) sliced button mushrooms
1/2 green bell pepper, thinly sliced
1/2 yellow bell pepper, thinly sliced
1 whole-wheat French baguette
1 clove of garlic, cut in half
1 cup (250 mL) shredded mozzarella cheese



DIRECTIONS

1. Position the oven rack in top third of oven. Preheat the oven's broiler. In a small bowl, mix together garlic powder, salt and pepper.
2. Place fast fry steaks in a single layer on a plate and pierce all over both sides with a fork to tenderize the beef. Season beef with half of the salt and pepper mixture. In a large non-stick skillet, heat 1 tsp (5 mL) canola oil over medium-high. Cook beef for 2 minutes on each side. Remove from the skillet and set aside on a clean plate.
3. In the same skillet, heat 2 tsp (10 mL) canola oil over medium-high heat. Cook the onions for 2 minutes, stir in mushrooms, peppers and the remaining salt and pepper mixture and cook for another minute stirring often.
4. Cut baguette into 4 equal size pieces. Slice horizontally and place on a parchment-lined baking sheet open sides facing up. Rub each baguette with garlic. Place baking sheet in the oven under the broiler to toast the bread, about 1 minute. Remove from the oven; set the four baguette "tops" off to the side for later use. Layer the remaining four baguette slices on the baking sheet evenly with steak (slice the steak into smaller strips if needed), mushroom mixture and mozzarella cheese. Broil for another minute or until cheese is melted. Take out of the oven and top with the other half of the baguette. Enjoy right away or wrap in parchment to pack for lunch!

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Nutrition Facts per 1 serving: 362 calories | 32 g protein | 17 g fat | 22 g carbohydrate (3 g fibre; 4 g sugars; 2 g added sugars) | 522 mg sodium

How To Cook Turkey

WEEKNIGHT TURKEY

Meal Prep is a great way to make sure that when you are hungry you have something healthy and tasty to munch on. One of the best ways to do this is to cook your protein in advance. You can cook a turkey breast in advance and keep it in the refrigerator cooked for up to three days and in the freezer for up to three months! Perfect to add to a wrap, sandwich, chili - get creative with how you use it!

Roasting a turkey breast:

1. Purchase a turkey breast at the grocery store. They are usually 1.5 - 3 lbs (750 g - 1.5 kg) whole turkey breast, bone-in or boneless, skin-on or skinless.
2. Preheat oven to 325°F (160°C) Prepare the turkey breast in a roasting pan by rubbing with 1 tsp (5 mL) or oil and sprinkling with 1/4 tsp (1 mL) each of salt and pepper. Cover loosely with foil and place in the oven. Cook the turkey breast until a meat thermometer registers 165°F - 170°F (73°C - 77°C), around one hour.

Fast Fry Steak

BEEF IN 10 MINUTES OR LESS

These thick beef strips are perfect for weeknight meals like sandwiches, wraps and stir-frys. In fact, these quick and tasty weeknight dinners make for even better leftover lunches! Once you master cooking these fast fry steaks get creative with different marinades and seasonings.

Pan frying a fast fry beef steak:

1. Season steak/strips.
2. Cook beef in hot lightly oiled non-stick skillet using medium heat for 2 to 4 minutes per side for steak, 1 minute per side for strips, or until browned, but still pink inside.
3. Remove from pan. For steak, serve with steak sauce if desired. For stir-fry strips, add sliced vegetables to skillet and cook for 5 minutes. Add stir-fry sauce and cooked beef strips; heat through.



How to Hard Boil Eggs

LETS GET CRACKING

Keep a supply of hard-cooked eggs in your refrigerator for quick meals and snacks. Hard cooked eggs can be incorporated into a variety of different recipes. Once cooked, use within one week.

Cooking a hard boiled egg:

1. Place cold eggs in a single layer in a saucepan. Cover with at least 1 inch (2.5 cm) cold water over top of the eggs.
2. Cover saucepan with a lid and bring quickly to a boil over high heat.
3. Immediately remove pan from heat to stop boiling. Let eggs stand in water for 12 minutes (large eggs). Drain water and immediately run cold water over eggs until cooled.

Tip: To peel a hard-cooked egg, crackle the shell all over by tapping the egg on a hard surface, then roll the egg between your hands to loosen the shell. Begin peeling at the large end. Dip the egg in a bowl of water to help remove the shell.

All About Mushrooms

BASIC MUSHROOM PREP

A half-cup serving of cooked sliced mushrooms has a mere 14 calories, virtually no fat, 1 gram of fibre and is a source of many nutrients. Mushrooms are also the only vegetable in the produce section with natural Vitamin D.

Cleaning your mushrooms:

1. gently wipe mushrooms with a damp cloth or soft brush to remove any peat moss particles, or rinse them under cold water and pat dry with paper towels.

Tip: do not wash mushrooms when you bring them home. They will absorb water and discolour.

2. Remove the stems if they feel hard or dry. There is no need to peel mushrooms. Portabella and Shiitake mushrooms generally have tougher stems so you can simply twist them away from the cap or remove them with the tip of a knife. All other mushrooms can be prepared with their stems on.

Mushrooms can be served chopped, sliced, or whole. No matter how you serve them they are SIMPLE to prepare and add great flavour to all appetizers, side dishes and entrees.

Mushroom Mix

This mushroom mix is the perfect way to add more veggies into your everyday favourite meals! Cook up a batch of mushroom mix to stir in with all of your favourites from pasta sauce and mac n' cheese to meatballs and burgers. If you want to enjoy it on its own, serve baked wrapped in puff pastry for a veggie wellington wheel or spread on some whole-wheat pizza dough. Endless possibilities with this recipe!



Mushroom Mix



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INGREDIENTS

16 oz (1 lb) crimini mushrooms,
about 2 8-ounce packages
1 tsp (5 mL) canola oil
1 medium onion, diced

2 medium carrots, grated
1 small zucchini, grated
1 celery stalk, diced
1/2 tsp (2 mL) each salt and pepper



DIRECTIONS

1. Using a box grater with medium-sized holes, grate mushrooms. In a large deep skillet, heat canola oil over medium-high heat. Cook onions stirring often for 3 minutes, or until they just start to brown. Stir in mushrooms and cook for another 6 minutes stirring often. You want the mushrooms to be dark brown, almost black and excess water had evaporated.
2. Stir in carrots, zucchini, celery, salt and pepper. Cook for another 5 minutes stirring until mixture is dry. Set aside and allow to cool.

Tip: If you are in a rush, pulse mushrooms in a food processor or blender one package at a time, until finely diced.

Tip: Make mushroom mix ahead and freeze in one cup portions. When cooking, thaw and add one or two portions into your favourite recipes.

Turkey Club Salad Dip

This tasty egg based dip is given an extra kick of protein with turkey. Based off of the delicious turkey club sandwich, give this recipe a try and use it as a dip or spread! Pick your favourite veggies, crackers and mini whole-wheat pitas to dip, or spread on a tortilla and serve up with some lettuce for a delicious and simple wrap.



Turkey Club Salad Dip



INGREDIENTS

4 hard-cooked eggs, peeled and chopped
2 tbsp (25 mL) mayonnaise
1/4 cup (60 mL) plain Greek yogurt
1/4 tsp (1 mL) salt and pepper
1/2 tsp (2 mL) Dijon mustard
1/4 cup (60 mL) sliced green onions

1 cup (250 mL) leftover finely shredded or
diced 2 cm x 2 cm cooked turkey
2 tbsp (25 mL) bacon bits (optional)
1/2 cup (125 mL) quartered grape or cherry
tomatoes
1/2 cup (125 mL) shredded baby spinach



DIRECTIONS

1. Purée peeled and chopped hard-cooked eggs in food processor or blender. Add mayonnaise, yogurt, salt, pepper and Dijon mustard, process until smooth. Scrape down sides with a rubber spatula to incorporate all of the egg, if needed. Transfer egg mixture to a medium-sized bowl. Stir in green onions, turkey, bacon bits, cherry tomatoes and baby spinach. Cover and refrigerate until serving time.
2. Serve with vegetables (e.g. sweet pepper strips, celery or carrot sticks, cucumber slices, broccoli or cauliflower florets, cherry tomatoes and mushrooms), pita bread wedges, crackers or bread sticks.

Tip: Dip/Spread can be refrigerated for up to 3 days.

Tip: Spread the dip into a whole-wheat tortilla and take as a grab-and-go lunch.

18 Nutrition Facts per 1 serving: 194 calories | 19 g protein | 12 g fat | 3 g carbohydrate (1 g fibre; 2 g sugars; 0 g added sugars) | 474 mg sodium

Turkey Fiesta Skillet

One pot meal anyone? Nothing beats a tasty meal with minimal clean up! Prep the optional garnishes while your meal is cooking and let everyone serve up their own personalized bowl. Extra points if you turn your bowl into a lettuce wrap topped with a rainbow of veggies!



Turkey Fiesta Skillet



INGREDIENTS



1 tsp (5 mL) canola oil
1 lb (500 g) boneless, skinless, turkey breast, sliced into 6 even pieces (about 3 x 3 inches)
1 medium onion, diced
2 tbsp (25 mL) chilli powder

1/4 tsp (1 mL) each salt and pepper
2 tbsp (25 mL) tomato paste
2 cups (500 mL) chicken broth
1 cup (250 mL) long grain brown rice
1 cup (250 mL) canned black beans, rinsed and drained

1 cup (250 mL) frozen corn kernels, thawed
2 green peppers, diced
Optional Garnishes: Sour cream, salsa, chopped lettuce, chopped tomatoes and guacamole



DIRECTIONS

1. In a large non-stick skillet, heat canola oil over medium-high heat. Sear turkey breast pieces on all sides, around 4 minutes. Stir in onion and cook for 2 minutes. Stir in chilli powder, salt, pepper, tomato paste, chicken broth and rice. Stir and scrape to get all of the brown bits from the bottom of the pan while bringing the broth to a boil. Turn the burner to low, cover with a tight fitting lid and cook for 30 minutes.
2. Pour black beans, corn and green peppers on top of the dish. Cook covered on low for 1 minute. Take skillet off of the heat and let sit covered for another 10 minutes. Once done, fluff the rice with a fork and shred the turkey using two forks mixing it into the rice. Separate into six bowls and serve with optional garnishes.

Tip: This dish is perfect to serve in lettuce cups made from Bibb lettuce leaves.

20 Nutrition Facts per 1 serving (not including garnishes): 273 calories | 22 g protein | 3 g fat | 41 g carbohydrate (6 g fibre; 4 g sugars; 0 g added sugars) | 479 mg sodium



Cheesy Egg n' Veggie Wrap

This is a great meal that works for both breakfast and lunch! Packed full of veggies and delicious cheese this wrap will leave you feeling ready to start the day! Eggs are the perfect protein for a quick meal since they can be prepped and cooked up in minutes. Get creative with the veggies and add in your favourites.



Cheesy Egg n'Veggie Wrap



INGREDIENTS

8 large eggs	1/3 cup (75 mL) diced red bell pepper
1/4 tsp (1 mL) salt and pepper	1 cup (250 mL) shredded cheddar cheese
1 tsp (5 mL) canola oil	1 cup (250 mL) baby spinach
1/3 cup (75 mL) diced zucchini	4 6-inch whole-wheat wraps
1/3 cup (75 mL) diced red onion	



DIRECTIONS

In a medium-sized bowl, whisk eggs, salt and pepper.

In a large non-stick skillet, heat canola oil over medium-high heat. Add zucchini, onion and red pepper; cook until softened, about 3 minutes stirring often. Pour in egg mixture and immediately reduce heat to medium-low. As mixture begins to set, gently move spatula across bottom and sides of skillet to form large, soft curds. Cook until eggs are thickened and no visible liquid egg remains, about 5 minutes.

Divide spinach, eggs and cheese between 4 whole-wheat tortillas. Wrap and serve.

Tip: Make this meal for breakfast, lunch or dinner! There are no rules saying you can't have eggs for dinner and this is the perfect grab and go meal for those night you need to get out of the house fast.

22 Nutrition Facts per 1 serving: 360 calories | 23 g protein | 22 g fat | 17 g carbohydrate (4 g fibre; 3 g sugars; 0 g added sugars) | 611 mg sodium

COOKING CONVERSION CHART

WEIGHT

IMPERIAL	METRIC
1/2 oz	15 g
1 oz	29 g
2 oz	57 g
3 oz	85 g
4 oz	113 g
5 oz	141 g
6 oz	170 g
8 oz	227 g
10 oz	283 g
12 oz	340 g
13 oz	369 g
14 oz	397 g
15 oz	425 g
1 lb	453 g

MEASUREMENT

CUP	ONCES	MILLILITERS	TABLESPOONS
8 cup	64 oz	1895 ml	128
6 cup	48 oz	1420 ml	96
5 cup	40 oz	1180 ml	80
4 cup	32 oz	960 ml	64
2 cup	16 oz	480 ml	32
1 cup	8 oz	240 ml	16
3/4 cup	6 oz	177 ml	12
2/3 cup	5 oz	158 ml	11
1/2 cup	4 oz	118 ml	8
3/8 cup	3 oz	90 ml	6
1/3 cup	2.5 oz	79 ml	5.5
1/4 cup	2 oz	59 ml	4
1/8 cup	1 oz	30 ml	3
1/16 cup	1/2 oz	15 ml	1

TEMPERATURE

FAHRENHEIT	CELSIUS
100 °F	37 °C
150 °F	65 °C
200 °F	93 °C
250 °F	121 °C
300 °F	150 °C
325 °F	160 °C
350 °F	180 °C
375 °F	190 °C
400 °F	200 °C
425 °F	220 °C
450 °F	230 °C
500 °F	260 °C
525 °F	274 °C
550 °F	288 °C

