

Extras



Chicken Pita Pockets

Serves 4

2	cups	chopped, cooked chicken	500	mL
½	cup	mayonnaise or mixture of mayonnaise & yogurt	125	mL
2	tsp	curry powder	10	mL
1	cup	grapes, cut in half	250	mL
½	cup	chopped peanuts	125	mL
4		pita pocket rounds	4	
8		lettuce leaves	8	

How to Make:

1. In a small bowl, lightly mix chicken, mayonnaise, curry powder, grapes and nuts.
2. Cut pita pockets in half to make 8 pockets. Open gently.
3. Put lettuce in each pocket and add chicken mixture.

Note:

Serve with a glass of milk and crisp raw vegetables.

French Toast

Serves 4

4	eggs, beaten	4
1 cup	milk	250 mL
1 Tbsp	sugar	15 mL
1 tsp	vanilla	5 mL
¼ tsp	cinnamon	1 mL
8 slices	½ inch thick French bread or dry bread	8
	vegetable oil spray	

How to Make:

1. In a shallow bowl, beat together eggs, milk, sugar, vanilla and cinnamon.
2. Dip bread slices into egg mixture, coating both sides (let soak in egg mixture about 10 seconds on each side).
3. Spray a skillet or griddle with vegetable oil spray. Add half of the bread slices and cook for 2 to 3 minutes on each side until golden brown. Keep warm in an oven at low heat, while cooking the rest of the slices.
4. Serve warm with syrup or fruit.

Note:

Great with fresh berries or applesauce.

Hummus

3	cups	canned and drained chickpeas (garbanzo beans)	750	mL
4	cloves	garlic, minced	4	
6	Tbsp	olive oil	90	mL
$\frac{3}{4}$	tsp	salt	3	mL
5	Tbsp	lemon juice	75	mL
	dash	pepper		

How to Make:

1. Place the chickpeas in a blender or food processor, with the remaining ingredients.
2. Puree until everything is smooth and well mixed. You may need to add more lemon juice or olive oil to make a smooth mixture.

Note:

Serve as a dip with fresh vegetables or corn chips. Hummus can also be used as a spread on bread, buns, pitas, or crackers.

Pancakes

Makes 12 medium pancakes

2 cup	Baking Mix (see Page 159)	500 mL
½ tsp	baking soda	2 mL
1	egg, slightly beaten	1
1 Tbsp	vinegar	15 mL
1 ⅓ cups	milk	325 mL

How to Make:

1. Combine Baking Mix and baking soda in a bowl.
2. Combine the milk and vinegar to make sour milk.
3. Mix together egg and sour milk and add to dry ingredients. Mix lightly. Batter should be lumpy and quite thick for fluffy pancakes. For thinner pancakes, add more milk.
4. Heat griddle or large skillet to medium heat. When a drop of water will bounce on the griddle it is hot enough. Grease griddle for first pancakes only.
5. Spoon about ¼ cup (50 mL) of batter onto pan and cook until bubbles appear on the top surface. Turn and cook other side until lightly brown.

Note:

- You can use 1 ⅓ cup (325 mL) of buttermilk instead of making sour milk.
- To keep pancakes warm, place them on a plate or in a pan in your oven at 150° F (70° C) while preparing others.
- You can use a store bought biscuit mix instead of the Baking Mix.

Smoothie

Serves 2 to 3

Base:

1 cup	yogurt (any flavor)	250 mL
1 cup	milk	250 mL
1	banana	1
1 ½ cups	fruit juice	375 mL
2 to 3	ice cubes	2 to 3

Fruit Flavor:

1 to 1 ½ cups	total of one of more of the following fruit: (strawberries - frozen or fresh pineapple chunks, peaches, nectarines, kiwi, mango, blueberries, raspberries)	375 mL
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How to Make:

In a blender, or food processor, or using a hand held blender, mix all ingredients until smooth. Add ice cubes if you wish. If you are using frozen fruit, you don't need to add ice cubes.

Note:

- You can add 1 cup (250 mL) soft tofu instead of the yogurt.
- It is easy to make changes to this recipe. Use any fruit. Make it dairy free by not using milk.
- For added flavor, use frozen juice straight from the can.

Tuna Melts

Serves 4

1	can (7 oz)	tuna, drained	213	mL
¼	cup	finely chopped celery	50	mL
¼	cup	finely chopped green onion	50	mL
¼	cup	mayonnaise or yogurt	50	mL
		pepper to taste		
4		English muffins, split	4	
½	cup	grated cheddar cheese	125	mL

How to Make:

1. In a small bowl, combine tuna, celery, onion, mayonnaise and pepper.
2. Toast one side of the muffin in the oven (on broil setting) or use toaster oven.
3. Turn muffins over and spread with tuna mixture. Top with grated cheese.
4. Return to oven or toaster oven and broil or toast until cheese is heated and bubbly.

Note:

- You can substitute small hamburger buns for English muffins.
- This recipe will also work with canned shrimp, salmon or crab.