



Delta Supper Club Recipe Book



**Age-friendly
Communities**

Delta

*We acknowledge the financial support of the Age-friendly Communities Program
and the Province of British Columbia.*

Testimonials

Suzette R. her favourite menu was the salmon dinner. A highlight for Suzette was learning new techniques and having someone available to answer questions about measurements. She looks forward to preparing a balanced diet with all the new recipes she has learned!

Louise T. particularly enjoyed the salmon dinner, but her number-one highlight was meeting new people and discovering the unexpected threads of shared interests and connections. The Asian Coleslaw recipe is already a regular dish for Louise's family and now she plans to serve the burgers with different ingredients which she thinks are very good. The humour shared will be a good memory.

The favourite menu for **Carol & Bruce P.** was the Mexican Fiesta. They particularly enjoyed the Churro Bars! Getting together with others and enjoying the meal with good conversation was a highlight for the couple and they found working with Nosrat, the leader and convenor, to be a delight.

Pat C. really enjoyed sharing the space and camaraderie with others. She was surprised by how much she liked the Mexican theme and menu! The Mexican Chicken Fajitas and Cilantro Lime Rice (the best she's ever had) were her favourites. All of the recipes are worth repeating according to Pat, but she won't be using HOT hoisin sauce with the Asian Salmon next time! Pat sends her thanks to Nosrat, the patient, knowledgeable and friendly instructor, and her kudos to all involved in organizing the Delta Supper Club. She believes it was truly worth the time and effort expended.

Vivian C. enjoyed the Mexican Fiesta dinner and the social aspects. The Cornbread was a hit and the first to go! Vivian hopes funding for the program will continue. She sees it as a great way to connect with others in her community and it helped when she was feeling a bit lonely. The smaller group was a plus for Vivian as well.





Delta Supper Club

Table of Contents

COZYING UP FOR FALL

Hearty Beef Chili	4
Cornbread	5
Apple Cabbage Slaw	6
Old-Fashioned Apple Crisp	7

CHICKEN DINNER

Crispy Chicken Strips with Ranch Dip	8
Hummus with Baked Pita Chips	9
Banana Oat Muffins	10

MEXICAN FIESTA

Authentic Mexican Chicken Fajitas	11
Cilantro Lime Rice	12
Fresh Salsa	13
Homemade Churro Bars	13

SUMMER BBQ

Classic Homemade Burgers	14
Burger Sauce	14
Tzatziki Potato Salad	15
Peach Berry Cobbler	15

VEGETARIAN NIGHT

What's in the Fridge Frittata	16
Asian Coleslaw	17
Three Spice Squash/Sweet Potatoes	17
Old-Fashioned Oatmeal Cookies	18

SALMON DINNER

Roasted Asian Salmon Fillets	19
Fresh Green Salad	20
Fudgy Chocolate Brownies	21

STIR FRY

Vegetable Stir Fry	22
--------------------------	----

The City of Delta acknowledges that we are on the shared, traditional, ancestral, and unceded territories of the scəwáθən (Tsawwassen), xʷməθkʷəy̓əm (Musqueam), and other Coast Salish Peoples. We extend our appreciation to these First Nations for the opportunity to enjoy this land together.

Hearty Beef Chili

Ingredients

500 g (1 lb) lean ground beef
1 tbsp canola oil
1 medium yellow onion, diced
3 garlic cloves, minced
1 green bell pepper, diced
1 red bell pepper, diced
1 small jalapeño pepper, seeded and minced (optional)
2 tbsp chili powder
1 tbsp ground cumin
1 tsp dried oregano
½ tsp salt
1 can (796 ml) no-salt-added diced tomatoes
1 can (156 ml) tomato paste (no salt added if available)
1 can (540 ml) red kidney beans, drained and rinsed
1 cup frozen corn

Make it Your Own

A chili recipe is more of a template to use up ingredients you have in your fridge and pantry. It will take on almost any ingredient and flavour you add. Try these different ingredients however you'd like:

- **Vegetables:** carrots, celery, sweet potato, squash, mushrooms.
- **Protein Foods:** black beans, white beans, chickpeas, lentils, tofu, veggie ground round, ground turkey, ground or shredded chicken.

Directions

- Add ground beef to a large pot over medium heat and use a wooden spoon to break beef into small pieces. Cook until browned and no signs of pink remain.
- Using a sieve (mesh strainer), drain the beef into a small bowl lined with paper towel. Set aside.
- Add oil to the same pot over medium heat. Add onion and garlic and sauté for 5 minutes.
- Add red, green and jalapeño peppers and cook for another 5 minutes.
- Add the drained beef back to the pot, then add chili powder, cumin, oregano and salt and cook for 2 minutes.
- Add diced tomatoes (with juices), tomato paste, kidney beans and frozen corn.
- Mix well.
- Bring to a boil and cook for 5 minutes, then reduce heat to medium-low and simmer for 30 minutes.
- Taste and adjust seasonings if desired.

Food Storage Tip

Fridge: 4 days

Freezer: 4 months

Nutrition Tip

This chili serves up almost 1/3 of your daily fibre needs in one serving.



Easy and Delicious Cornbread

Ingredients

1 cup corn meal
1 cup flour
¼ cup sugar
2 tsp baking powder
½ tsp salt
2 eggs
1 ¼ cup buttermilk (or 1 cup milk + 1 tbsp vinegar)
¼ cup butter, melted
¾ cup corn kernels
1 small can diced green chiles

*What a great way to
meet new people and
have something new
to talk about!*

~ Barb

Directions

- Preheat oven to 400°F.
- Mix dry ingredients together in a medium bowl.
- Mix eggs, buttermilk and melted butter together and add to dry ingredients.
- Mix until combined.
- Add corn and green chiles.
- Pour mixture into a greased baking pan, muffin tins or cast-iron skillet.
- Bake for 25 minutes, or until a toothpick comes out clean when poked in the centre, depending on the size of the baking pan.
- Serve warm with butter and/or honey.



Apple Cabbage Slaw with Honey Lime Vinaigrette

Ingredients

Slaw

¼ red cabbage, finely sliced (about 3 cups)
1 Gala apple, grated with skin on
1 medium carrot, grated
1/3 cup fresh parsley, chopped

Dressing

Juice and zest of 1 lime (about 2 tbsp)
3 tbsp olive oil
1 tbsp honey
½ tsp salt

Directions

- In a large salad bowl, whisk together dressing ingredients.
- Grate the apple into a small bowl in order to collect all the juices.
- Add cabbage, apple and juice, carrot and parsley to the large salad bowl and toss well.
- Let salad sit for at least 15 minutes. Stir occasionally to redistribute dressing.

Nutrition Tip

Cabbage is a great source of minerals like calcium, magnesium and potassium.

Recipe Tip

The cabbage can also be grated, however, grating causes it to release water which can make your salad soggy. Finely slicing cabbage helps it to retain its shape.

Make it Your Own

For a creamy-style dressing, whisk 1–2 tablespoons of plain Greek yogurt with a splash of oil, vinegar or citrus juice, a bit of Dijon mustard, and a drizzle of honey.

This adds richness without making the slaw heavy, while keeping the flavours bright and balanced.

Stretch Your Budget

Cabbage is hearty and lasts a long time in fridge.



Old-Fashioned Apple Crisp

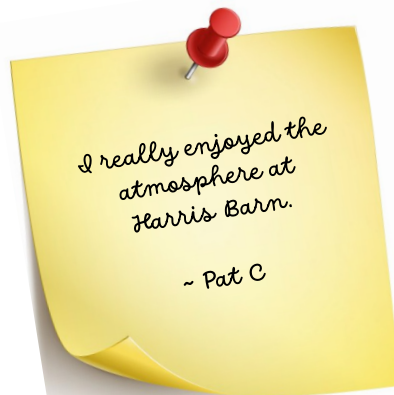
Ingredients

Crumble Topping

- 1 ½ cups large flake oats
- ¾ cup whole wheat flour
- ⅓ cup brown sugar
- ⅓ cup sliced raw almonds
- ⅓ cup salted butter, softened

Apple Filling

- 4 Gala apples
- 4 Granny Smith apples
- 2 tbsp whole wheat flour
- 3 tbsp brown sugar
- 1 lemon, juiced and zested
- 1 tsp vanilla extract
- 1 ½ tsp ground cinnamon



Directions

- Heat oven to 375°F.
- Prepare apples by peeling the Granny Smith apples and leaving the skins on the Gala apples.
- Quarter and core apples using a paring knife. Cut each quarter in half lengthwise, then into bite-sized pieces.
- In a 9"x13" casserole dish, combine the apples, flour brown sugar, lemon juice and zest, vanilla and cinnamon. Mix well.
- In a medium bowl, combine oats, flour, brown sugar and almonds. Mix well.
- Add butter and mix with hands until mixture resembles coarse crumbs. Spread topping over the apples.
- Bake for 40-45 minutes, until, topping is golden brown. Test with a fork to ensure fruit is fully cooked.

Stretch Your Budget

This recipe is a great way to turn over-ripe fruit into a delicious dessert.

Seasonally available fruit is often cheaper and more flavourful. From berries and peaches in the summer to apples and pears in the fall and winter, this crisp can be made all year round.

Make it Your Own

Try this crumble topping with any fruit combination you'd like: strawberries, raspberries, blueberries, pears, cherries, peaches, plums, cranberries, rhubarb.

Soft margarine may be used instead of butter in this recipe.

Nutrition Tip

Whole grain oats and apples boost the fibre in this dessert.

Nuts like almonds, walnuts and pecans give this crisp a delicious crunch and a boost of healthy fats.

Leaving the skin on fruits like apples is a great way to increase the fibre in your diet.



Recipe Tip

Crumble topping can be made without almonds if desired.

Crispy Chicken Strips with Ranch Yogurt Dip

Ingredients

1 lb (500g) boneless skinless chicken thighs
½ cup whole wheat flour
½ tsp salt
1 tsp pepper
1 tsp garlic powder
1 egg
1/3 cup 1% milk
3 ½ cups crushed corn flakes
2 tbsp dried parsley



Directions

- Preheat oven to 425°F.
- Remove fat from chicken thighs using a sharp knife and cut chicken into 1 inch strips.
- Prepare baking sheet by lining with parchment paper or use 1 tbsp canola oil to grease.
- Create an assembly line by placing 3 bowls in a row with a greased baking sheet at the end:
- Bowl 1: mix flour, salt, pepper, paprika and garlic powder.
- Bowl 2: beat egg and then add milk.
- Bowl 3: mix crushed corn flakes and dried parsley.
- One at a time, move each chicken strip through each bowl, starting with the flour mixture (Bowl 1), then the egg mixture (Bowl 2), and finally the crushed corn flakes (Bowl 3), placing coated chicken onto greased baking sheet.
- Bake in oven for 8 minutes then flip and bake for another 6-8 minutes.
- Remove from oven and using a thermometer, check the internal temperature of thickest strip to ensure it is fully cooked and above 74°C (165°F).

Stretch Your Budget

No corn flakes on hand? Then make your own breadcrumbs. Freeze bread ends and stale bread instead of throwing it away. Place bread in the oven at 300°F for 10-15 minutes, and then pulse in a food processor or blender.

Meat is usually the most expensive item in your grocery cart. Buy extra chicken when it's on sale and freeze it in individual or family-sized portions.

This recipe is freezer-friendly and can be stored for up to one month.

Ranch Yogurt Dip

Make it Your Own

Honey Mustard Dip

½ cup Greek yogurt
¼ cup honey
¼ cup Dijon mustard
¼ tsp salt
¼ tsp black pepper

Ingredients

1 cup 0% plain Greek Yogurt
2 tbsp apple cider vinegar
1 tbsp olive oil
2 tbsp fresh parsley, finely chopped
½ tsp pepper
½ tsp dried dill weed
½ tsp onion powder
¼ tsp garlic powder

Directions

While the chicken is baking, mix all ingredients together and serve on the side. Refrigerate until ready to serve.

Hummus with Baked Pita Chips

Hummus

Ingredients

- 1 can (540ml) chickpeas, drained and rinsed
- 1/3 cup fresh parsley chopped
- 2 cloves garlic, roughly chopped
- 1/2 tsp salt
- 3 tbsp olive oil
- 1 tsp sesame oil
- 1 lemon, juiced
- 1 tsp olive oil as garnish, optional

Directions

- Place all ingredients in food processor or blender and blend until smooth, about 2-3 minutes.
- Transfer into a bowl and drizzle with olive oil (optional).
- Served with *Baked Pita Chips and Fresh Vegetables*.

Baked Pita Chips

Prep time: 5 min

Bake time: 8 min

Ingredients

- 4 medium (6") whole wheat pita bread rounds

Directions

- Preheat oven to 400°F.
- Cut each pita into eight wedges. Separate each wedge into two pieces by pulling apart at the seam.
- Spread wedges in single layer on baking sheet; bake for 6 to 8 minutes until crispy and lightly golden.
- *If preferred, pita can also be served unbaked.*

Fresh Vegetables

Prep time: 5 min

Ingredients

- 2 medium carrots
- 1 cucumber

Directions

- Wash vegetables and cut into strips

Make it Your Own

Beet Hummus

Add a pop of colour. Pierce a small beet with a fork, wrap in tin foil and roast at 400°F for 45-50 minutes. Let cool, then peel and blend into hummus.

Spicy Sweet Potato Hummus

For big southwest flavour, pierce a large sweet potato and roast at 400°F for 45 minutes. Let cool, then peel and blend into humus with 1/2 tsp each paprika and cumin and 1/4 tsp cayenne pepper.

White Bean Hummus

Substitute chickpeas for 1 can (540 ml) white kidney or cannellini beans.



Nutrition Tip

Hummus is delicious on sandwiches and wraps instead of mayo and other condiments that are typically high in saturated fat and salt.

Stretch Your Budget

Homemade hummus is less expensive than store bought and can be ready in 10 minutes. Making your own pita chips is cheaper and tastier!

Banana Oat Muffins

Ingredients

¼ cup + 1 tbsp canola oil
¼ cup honey
2 eggs
3 ripe bananas, mashed
¼ cup 1% milk
1 tsp vanilla extract
1 ½ cups whole wheat flour
½ cup large flake oats + 2 tbsp for garnish
1 tsp baking soda
½ tsp salt
½ tsp ground cinnamon

Directions

- Preheat oven to 325°F.
- Grease a muffin tin using 1 tbsp canola oil with either your hands or a paper towel.
- In a large bowl, whisk canola oil and honey. Add eggs and beat well. Mix in the mashed bananas, milk and vanilla extract.
- In a medium bowl, whisk together flour, oats, baking soda, salt and cinnamon.
- Fold dry ingredients into wet ingredients, stirring until just combined. (There may be lumps.)
- ** If adding any nuts, fruit or chocolate, fold in ½ cup now.*
- Divide the batter evenly between the 12 muffin cups. Lightly sprinkle the tops of the muffins with oats, using about 2 tbsp.
- Bake muffins for 25-28 minutes, until a toothpick inserted into a muffin comes out clean.
- Let sit until cool enough to touch. Remove muffins by running a butter knife along the outer edge to loosen them from the pan. Transfer to a cooling rack to cool completely.
- Store in an air-tight container lined with paper towel.

Make it Your Own

Switch this recipe up by trying these tasty add-ins:

Nuts & Seeds: walnuts, pecans, pumpkin seeds, sunflower seeds.

Fruit: fresh or frozen blueberries, cranberries or raspberries; diced fresh apples, strawberries or peaches; dried cranberries, raisins or apricots.

Other: Chocolate chips or chunks.

Stretch Your Budget

Don't throw away over-ripe bananas! Peel, slice and freeze to use for baking or smoothies. *For baking, ensure bananas are completely thawed before using.*

Make a double batch of these muffins and freeze them for an easy breakfast or snack.



Nutrition Tip

Whole wheat flour contains more fibre than white flour and will keep you feeling full.



Authentic Mexican Chicken Fajitas (Fajitas De Pollo)

Ingredients

1 ½ lbs boneless skinless chicken breasts (about 3 large chicken breasts)
1 medium onion thinly sliced
Juice of one lime
3 large bell peppers red, yellow and green, sliced
3 tbsp olive oil divided

Fajita Seasoning Mix

1 ½ tsp chili powder
1 tsp garlic powder
½ tsp smoked paprika
½ tsp onion powder
½ tsp cumin
½ tsp dried oregano
½ tsp each salt and black pepper

To serve

8-10 small tortillas corn or flour
Sour cream or Greek yogurt
Fresh cilantro
Other desired toppings

Directions

- In a large bowl, combine sliced chicken breast, one tbsp olive oil, juice of half a lime and the fajita seasoning spices. Toss the chicken until it's evenly coated in the oil and spices. If you have the time, allow the chicken to marinate for at least 30 minutes.
- When ready to cook, heat one tbsp of olive oil over medium high in a large non-stick heavy bottomed or cast iron skillet. Add half of the chicken strips and cook until just cooked, about 3-5 minutes.
- Remove from the pan and set aside. Repeat with remaining chicken. Set cooked chicken aside in a bowl or on a plate.
- Add the remaining tbsp of oil to the pan. Add sliced onion and cook for 2 minutes.
- Add in sliced peppers and cook an additional 2-4 minutes or until they start to soften.
- Add chicken back to the pan and toss to combine.
- Squeeze additional lime juice over the mixture.
- Serve warm over tortillas with desired toppings.



Recipe Tips

Cut all the vegetables and chicken into strips that are roughly the same size to ensure everything cooks at the same time.

Coat all the vegetables and chicken evenly with the olive oil, lime juice and seasoning mix; toss and massage the chicken and fajita marinade with your hands so everything is flavoured equally.



Cilantro Lime Rice

Ingredients

2 tbsp extra virgin olive oil
1 1/2 cups basmati rice, or other long-grain white rice
1 clove garlic, minced
2 1/4 cups water
1 tsp salt
Finely grated zest of one lime
3 tbsp lime juice
1 cup lightly packed chopped cilantro (leaves and tender stems only)

Directions

- Heat the olive oil in a medium saucepan on medium high heat. Add the raw rice and stir to coat with olive oil. Cook, stirring occasionally, until the rice has started to brown.
- Add the garlic and cook a minute more.
- Add water, salt, and lime zest to the rice. Bring to a rolling boil, then cover and lower the heat to low to maintain a very low simmer.
- Cook undisturbed for 15 minutes (check your rice package instructions), then remove from heat and let sit for 10 minutes.
- Fluff the rice with a fork.
- Stir in lime juice and cilantro.
- Transfer the rice to a serving bowl.
- Serve with chicken, steak, shrimp, Mexican or Asian food.



Fresh Salsa

Ingredients

- 5 whole Roma tomatoes (diced)
- ¼ large yellow onion (diced)
- ¼ cup cilantro (minced)
- ½ large jalapeno pepper minced (seeded if you want milder taste)
- 2 tbsp lime juice (freshly squeezed)
- 2 cloves garlic minced or pressed)
- Salt to taste

Directions

- Place all ingredients into a large bowl.
- Mix and season with salt, to taste.
- Cover and place in fridge until ready to serve.



Homemade Churro Bars

Soft and delicious cookie bars that have all of the flavours you love from the traditional deep-fried churros, but in a totally doable recipe that everyone will love.



Ingredients

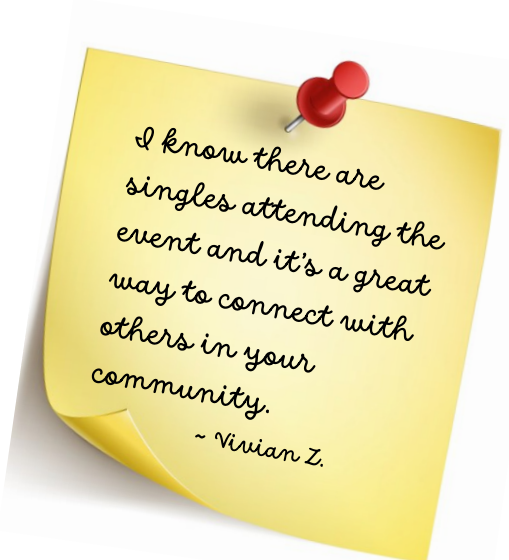
- 1 cup butter (softened)
- 1 cup granulated sugar
- 1 cup brown sugar (packed)
- 2 eggs
- 1 ½ tsp vanilla extract
- 2 ¼ cups all purpose flour
- ½ tsp salt
- 1 tsp baking powder
- 1 ½ tsp cinnamon

Cinnamon Sugar Topping

- ¼ cup granulated sugar
- 1 ½ tsp cinnamon

Directions

- Preheat oven to 350°F. Spray a 9"x13" pan with non-stick cooking spray and set aside.
- Cream together softened butter and both sugar with a hand-held mixer (or by hand). Add eggs and vanilla, mix until everything is combined.
- Add the dry ingredients (flour, salt, baking powder and cinnamon), mix until just combined. Pour into the prepared 9"x13" pan and press into an even layer.
- Combine the topping (cinnamon and sugar) and mix until it is evenly incorporated. Sprinkle liberally over the top of the dough. Bake for 25-30 minutes or until bars are lightly browned and middle is set.
- Let the bars cool for 30 minutes then cut into squares. Serve warm or at room temperature. Store in an air tight container at room temperature for up to 4 days or freeze for 3 months.



Classic Homemade Burgers

Ingredients

- 1 small onion, minced (more if desired)
- 4 hamburger buns
- Salt & pepper, to taste
- 2 oz butter
- 3 tbsp oil
- Fresh herbs (optional: try mint, oregano, or parsley for different flavours)
- 1 lb ground beef (amount to yield 4 patties)

Directions

- Add ground beef, fresh herbs, and minced onion to a mixing bowl. Gently mix until combined. Do not over work the meat.
- Shape the mixture into 4 thick, round patties. Make each one larger than the burger buns as they will shrink when cooked. Press a small dimple into the centre of each patty.
- Brush a frypan with oil and heat over medium-high temperature.
- Add the patties to the pan, being careful not to overcrowd. Fry for 5 minutes, pressing down lightly to prevent shrinking.
- Carefully flip the patties and cook for another 3-5 minutes. Do not press down on this side.
- Cook until internal temperature is 160°F, and meat is no longer pink inside.
- Optionally, toast the hamburger buns with butter in another pan until golden.
- Season patties with salt and pepper to taste.
- Serve hot with Burger Sauce (recipe below) and other hamburger condiments and enjoy!



Burger Sauce

Ingredients

- ½ cup mayonnaise
- 1 tbsp Dijon mustard
- 1 tsp ketchup
- ¼ tsp pickle brine
- Pinch of cayenne pepper

Directions

- Mix all ingredients together in a medium bowl, adjust to taste.

Tzatziki Potato Salad



Ingredients

- 1 ½ lbs baby red potatoes, halved
- 1 tbsp salt, divided
- 2 Persian cucumbers, chopped
- ½ cup chopped dill pickles
- ¼ cup freshly chopped dill
- ½ cup diced red onion
- 2 cloves garlic, grated
- Zest of ½ lemon
- 2 tbsp lemon juice
- 1 tsp granulated sugar
- ½ tsp ground black pepper
- ¾ cup plain Greek yogurt
- 2 tbsp mayonnaise
- Smoked paprika, for garnish (optional)

Directions

- In a large pot, cover potatoes with water and season with 2 tsp of salt. Bring water to a boil and cook until potatoes are easily pierced with a knife, 12-15 minutes.
- Meanwhile, in a large bowl, stir together all remaining ingredients.
- When potatoes are cooked, drain well and add to bowl while hot. Fold into dressing until well combined and let cool.
- Garnish with paprika before serving, if desired.

Peach Berry Cobbler

Ingredients

- 1 can (540ml) sliced canned peaches, drained
- 4 cups mixed fresh or frozen berries
- ¾ cup whole wheat flour
- ¾ cup all purpose flour
- 3 tbsp sugar
- 2 tsp baking powder
- ½ tsp salt
- ½ tsp grated lemon zest
- 1 tsp vanilla extract
- ¼ cup margarine or butter
- ½ cup buttermilk

Directions

- Preheat oven to 350°F.
- Mix peaches and fresh or frozen berries on the bottom of a 9" x 13" pan.
- In a bowl, mix together whole wheat flour, all purpose flour, sugar, baking powder, salt, lemon zest and vanilla. Blend in butter until mixture resembles coarse crumbs.
- Add buttermilk to crumb mixture. Stir until batter forms a smooth ball. Break dough into bite-size pieces and place on top of fruit.
- Bake 45 minutes or until dough is cooked and lightly browned.



What's in the Fridge Frittata

Ingredients

1 tbsp salad (vegetable) oil
½ tsp dried thyme
½ medium onion, finely chopped
½ tsp dried oregano
2 cloves of garlic, minced
⅛ tsp salt
1 cup sliced mushrooms
½ tsp pepper
1 cup fresh spinach, chopped
½ cup cheddar cheese, grated
8 large eggs, beaten
1 medium tomato, thinly sliced

Stretch Your Budget

Frittatas are an easy way to use up both vegetables and proteins in the back of your fridge. Try adding peppers, broccoli, potatoes, kale, squash, zucchini, and proteins like tofu, chicken, pork, sausage or beef.

Directions

- Preheat the oven to 400°F.
- Heat oil in a large skillet or oven-safe frying pan over medium heat. Add onion, garlic and mushrooms and sauté until soft, about 3 minutes.
- Transfer to a greased 8"x8" baking pan if your skillet is not oven safe.
- In medium bowl, beat eggs using a whisk. Add all spices to the skillet and cook 1 minute.
- Add spinach and cook for another minute.
- Add eggs and gently mix. Tilt the pan to ensure the egg settles evenly. Cook for 2-3 minutes until you see the egg beginning to set at the edge of the pan.
- Spread sliced tomatoes evenly on top of egg mixture and sprinkle with cheese.
- Place the entire pan in the oven and bake for 7-10 minutes until set and slightly golden.
- Check if it's cooked by cutting a slit in the middle of the frittata—if runny egg fills the slit, bake for a couple more minutes.
- Once set, let stand for 5 minutes. Slice into wedges and serve.



Asian Coleslaw



Salad

- 1 bag tri-coloured coleslaw (or ½ green cabbage, finely sliced)
- 2 green onions, diced
- ½ cup slivered almonds, toasted
- ½ cup dried cranberries
- 3oz package Ichiban Ramen Noodles, original flavour

Dressing

- ¼ cup white vinegar
- ½ cup salad (vegetable) oil
- Seasoning package from noodles

Directions

- Combine all salad ingredients except noodles. Crush noodles in sealed package, then open and take out seasoning package.
- Combine salad dressing ingredients and add to salad. Set aside to let flavours combine.
- Right before serving, add crushed noodles and toss to combine.

Three Spice Squash / Sweet Potatoes

Ingredients

- 8 cups cubed butternut squash or sweet potato
- 2 tbsp olive oil
- 1 tsp paprika
- 1 tsp chili powder
- 1 ½ tsp garlic powder
- ½ tsp salt

Directions

- Preheat oven to 425°F.
- Peel and cube squash/sweet potato into bite-sized pieces, and place in medium bowl.
- Add oil and spices and toss well. Spread in single layer on a baking sheet.
- Roast for 15 minutes, turn over and roast for another 15 minutes, until tender and golden brown.





Old-Fashioned Oatmeal Cookies

Ingredients

- 1 ½ cups large flake oats
- ¾ cup whole wheat or all purpose flour
- ½ cup unsweetened shredded coconut
- ½ tsp baking soda
- ½ tsp baking powder
- ½ tsp cinnamon
- ¼ tsp salt
- ½ cup salted butter/margarine, softened
- ¾ packed brown sugar
- 1 egg
- 1 tsp vanilla extract
- Optional: raisins, cranberries, chocolate chips

Make it Your Own

Customize your cookies! Try adding raisins, cranberries, dried cherries, chocolate chips or chunks, M&M's coconut, diced apples, pecans, walnuts, trail mix ... the sky's the limit!

Directions

- Preheat oven to 350°F.
- In a medium bowl, combine oats, flour, coconut, baking soda, baking powder, cinnamon and salt. Mix with a fork.
- In a large bowl, combine softened butter with brown sugar. Using a whisk, beat until creamy. Add egg and vanilla, beat for another 30 seconds.
- Using a wooden spoon or rubber scraper, slowly add the dry ingredients to the wet ingredients. Mix until combined. If adding dried fruit, nuts or chocolate, fold in now.
- Using a measuring spoon, scoop 1 tbsp of dough on to the baking sheet. Continue with the remaining dough, spacing cookies 1-2 inches apart.
- Bake for 12 minutes until the edges are golden.
- Let the cookies rest on the cookie sheet for a few minutes and gently remove them with a spatula onto a baking rack to cool.

Roasted Asian Salmon Fillets

Marinade

- 1/2 cup hoisin sauce
- 2 tbsp freshly squeezed lime juice
- 1 tbsp each honey and reduced-sodium soy sauce
- 1 tbsp grated fresh ginger
- 2 tsp minced garlic
- 2 tsp dark sesame oil
- 1/2 tsp grated lime zest

4 salmon fillets (5 oz/142 g each)

Toasted sesame seeds and slivered green onions for garnish (optional)



Recipe Tip 1

No time to marinate? Just slather the salmon fillets with the marinade and pop them in the oven.

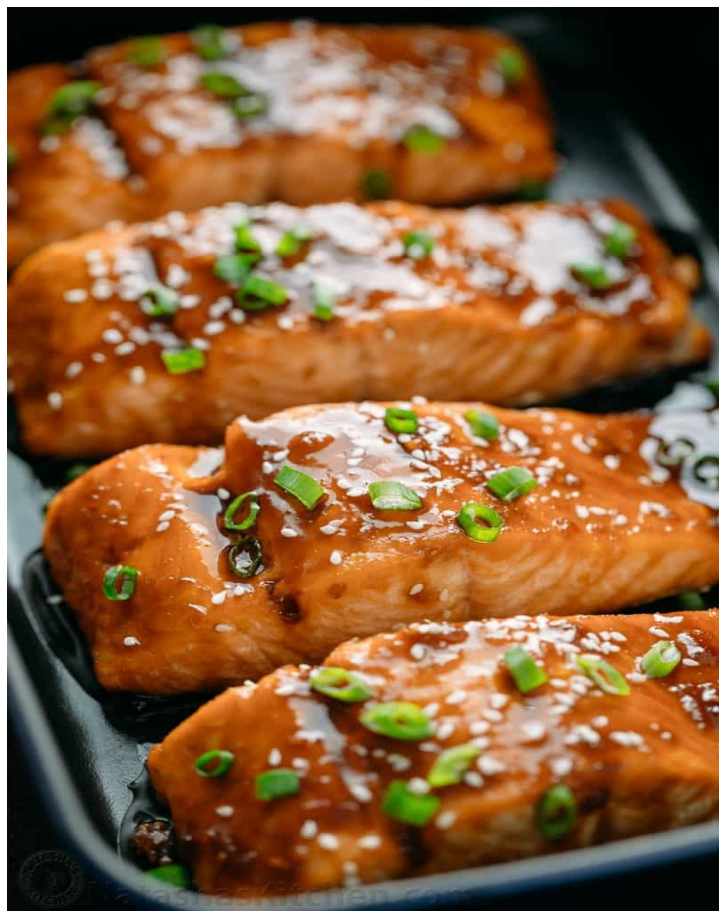
Recipe Tip 2

Keep fresh ginger in the freezer. It's so much easier to grate when it's frozen. Peel it, freeze, grate it! No stringy fibres, no clogged zester!

Salmon

Directions

- Preheat oven to 450°F.
- In a small bowl or measuring cup, whisk together marinade ingredients until well blended.
- Arrange salmon fillets in a shallow baking dish and pour marinade over top. Turn salmon pieces to coat both sides with marinade.
- Cover and refrigerate for 2 hours.
- Place marinated salmon fillets in a large, rimmed baking sheet lined with parchment paper. Drizzle extra marinade over top. Roast for about 10 minutes, or until salmon is cooked through and flakes easily with a fork.
- Garnish with sesame seeds and green onions, if using.



Fresh Green Salad

Salad

10 cups spinach or mixed greens (½ a large bag or box)
1 medium orange
¼ cup dried cranberries
2 tbsp raw sunflower seeds

Dressing

3 tbsp olive oil
2 tbsp apple cider vinegar
2 tsp Dijon mustard
1 tsp honey
Pinch each salt and pepper

Directions

- Wash and thoroughly dry greens using a salad spinner or clean towel.
- Add greens, orange, cranberries and sunflower seeds to a large salad bowl.
- In a small bowl, add olive oil, apple cider vinegar, mustard, honey, salt and pepper. Using a fork or whisk, mix well.
- Right before serving, pour half the dressing over greens and toss well. Add more dressing if desired.



Make it Your Own

Try adding in a variety of salad ingredients:

- * Fresh fruit: apple, berries, pear, pomegranate, grapes.
- * Dried fruit: cranberries, cherries, apricots, raisins.
- * Fresh vegetables: tomatoes, cucumbers, shredded carrots, red onion, peppers, cabbage, beets, celery, radishes.
- * Fresh herbs: basil, dill, cilantro, chives, parsley.
- * Raw nuts or seeds: pecans, almonds, pumpkin seeds, walnuts.
- * Cheese: feta, cheddar, goat cheese, parmesan, blue cheese.

Make it a Meal

Add in grains: cooked quinoa, rice or barley.

OR

Add in proteins: beans, chickpeas, tofu, fish, hard-boiled eggs, grilled chicken or steak.

Stretch Your Budget

Fresh spinach or lettuce is often more affordable than pre-washed, bagged greens.

Fudgy Chocolate Brownies

Ingredients

- 1 can (398ml) black beans, drained and rinsed
- ¼ cup canola oil
- 2 tbsp honey
- 2 tbsp milk
- 1 tsp vanilla extract
- 2 eggs
- ½ cup cocoa powder
- ⅓ cup sugar
- ½ tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- ½ cup semi-sweet or dark chocolate chips



Recipe Tip

Thoroughly rinsing canned black beans helps to reduce excess salt and starch.

Nutrition Tip

Black beans give these brownies their fudgy texture and boost protein and fibre content.

Directions

- Preheat oven to 350°F. Line a square baking pan (8"x8" or 9"x9") with parchment paper or aluminum foil.
- Combine all ingredients except the chocolate chips in a food processor or blender and mix until smooth. Pause as needed to scrape down sides with a rubber spatula.
- Fold in ¼ cup chocolate chips.
- Pour batter into the pan and sprinkle with remaining ¼ cup of chocolate chips.
- Bake for 25-30 minutes, until the batter doesn't jiggle when you move the pan.
- Remove from the oven and let cool in the pan for at least 20 minutes, then cut into 12 brownies.
- Store in the fridge in an air-tight container.

Make it Your Own

- * Chickpeas may be used instead of black beans.
- * Try adding chopped nuts like walnuts or pecans for an extra crunch (fold them in with the chocolate chips).

Stretch Your Budget

Use dried black beans instead of canned. Simply soak black beans overnight, then rinse and cook as per package directions.

Vegetable Stir Fry Recipe

Veggies

1 tbsp olive oil
1 sliced red bell pepper
1 sliced yellow bell pepper
1 small sliced zucchini
1 cup sugar snap peas
1 cup sliced carrots
1 cup sliced mushrooms
2 cups broccoli
1 (15-ounce) can baby corn drained
1 (8-ounce) can water chestnuts drained
Green onions for garnish
Sesame seeds for garnish

Sauce

¼ cup soy sauce
3 garlic cloves, minced
3 tbsp brown sugar
1 tsp sesame oil
½ cup chicken broth
1 tbsp cornstarch

Directions

- Add 1 tbsp olive oil to a wok or large skillet and heat over medium-high temperature.
- Add red bell pepper, yellow bell pepper, zucchini, sugar snap peas, sliced carrots, sliced mushrooms, broccoli, baby corn, and water chestnuts.
- Cook for 2-3 minutes, stirring frequently until the veggies are almost tender.
- In a small bowl, whisk together soy sauce, garlic, brown sugar, sesame oil, chicken broth, and cornstarch.
- Pour the sauce over the veggies and cook until the sauce has thickened and the veggies are tender.
- Garnish with green onions and sesame seeds if desired.



Stretch Your Budget

Use whatever veggies you have on hand for a quick meal your whole family will love.



Notes



A series of horizontal lines for writing notes, framed by a decorative border of stars in orange, purple, and green.

Delta Supper Club



Thanks to Nosrat, our instructor—she was patient, knowledgeable and always had a smile!

~ Pat C.

Nosrat, as a leader and a convenor, was a delight to work with.

~ Carol & Bruce P.

Delta



Age-friendly
Communities