



Big Crunch Recipes

Yogurt Ranch Dip

Source: adapted from www.heartandstroke.com

Recipe makes: 1 1/3 cups

Ingredients:

- 1 cup (250 mL) plain yogurt
- 3 Tbsp (45 mL) light mayonnaise
- 2 Tbsp (30 mL) lemon juice
- 2 Tbsp (30 mL) chopped fresh dill (or 2 tsp of dried dill)
- 1 Tbsp (15 mL) chopped fresh chives (or 1 tsp dried)
- 1 clove garlic, minced

Directions:

1. In a bowl, mix all the ingredients together until smooth.
2. Serve with fresh vegetables such as carrots, cucumber, broccoli, peppers and cauliflower.

Hummus

Source: adapted from www.canadianliving.com

Recipe makes: 2 cups

Ingredients:

- 1 can (19 oz/540 mL) chickpeas, drained and rinsed well
- 1/4 cup (60 mL) lemon juice
- 1/4 cup (60 mL) tahini (sesame seed paste), peanut butter or soy butter
- 1/4 cup (60 mL) water
- 2 cloves garlic, minced
- 1/2 tsp (2 mL) ground cumin
- 1/4 tsp (1 mL) each salt and pepper

Directions:

1. Place all ingredients in a blender or food processor and blend until creamy.
2. Serve with fresh vegetables and triangles of pita bread.

These recipes have been prepared for The Big Crunch, October 2009, revised in 2013. For more information visit our website www.chep.org.

Mini Carrot Cranberry Muffins

Source: www.canadianliving.com

Photo source: www.yummly.com

Recipe makes: 36 mini muffins

Ingredients:

- 1 1/4 cups (300 mL) all-purpose flour
- 1 1/4 cups (300 mL) whole wheat flour
- 1/2 (125 mL) packed brown sugar
- 1 1/2 tsp (7 mL) baking powder
- 1 tsp (5 mL) baking soda
- 1/2 tsp (2 mL) salt
- 1/2 tsp (2 mL) ground nutmeg
- 2 eggs
- 1 1/2 cups (375 mL) carrots, shredded
- 1 cup (250 mL) milk
- 3/4 cup (175 mL) plain yogurt
- 1/3 cup (75 mL) canola oil
- 3/4 cup (175 mL) dried cranberries (or other dried fruit)



Directions:

1. Preheat oven to 375°F (190°C).
2. In a large bowl, whisk together all-purpose and whole wheat flours, sugar, baking powder, baking soda, cinnamon, salt and nutmeg. In a separate bowl, beat eggs; stir in carrots, milk, yogurt and oil. Pour over dry ingredients; sprinkle with cranberries and stir until just moistened.
3. Spoon into greased or paper-lined mini muffin cups filling to the top. Bake in middle of oven for 12 minutes. Let cool in pan for 5 minutes. Transfer to racks and let cool.

Charlie and Emma's Favorite Carrot Cookies

Source: Recipe reprinted with permission from Dietitians of Canada, Simply Great Food, Robert Rose Inc. 2007.

Recipe makes: 30 cookies

Ingredients:

- 1 cup (250 mL) whole wheat flour
- 3/4 cup (175 mL) quick-cooking rolled oats
- 1/2 cup (125 mL) ground flaxseed
- 1 tsp (5 mL) ground cinnamon
- 1/2 tsp (2 mL) baking soda
- 1 egg
- 3/4 cup (175 mL) lightly packed brown sugar
- 1/2 cup (125 mL) margarine
- 1 tsp (5 mL) vanilla
- 1 cup (250 mL) grated carrots

Directions:

1. Preheat oven to 350°F (180°C)
2. In a medium bowl, combine flour, oats, flaxseed, cinnamon and baking soda.
3. In a large bowl, using an electric mixer, beat egg, brown sugar, margarine and vanilla until smooth. Fold in flour mixture. Stir in carrots.
4. Drop dough by heaping tablespoonfuls (15 mL), about 2 inches (5 cm) apart, onto prepared baking sheets.
5. Bake in preheated oven for 10 to 15 minutes or until lightly browned. Let cool on baking sheet on a wire rack for 5 minutes.

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Confetti Salad

Source: Simply in Season Children's Cookbook by Mark Beach & Julie Kauffman

Recipe makes: 4 cups

Ingredients:

- 1/4 cup (60 mL) lemon or lime juice
- 2 Tbsp (30 mL) orange juice
- 1 Tbsp (15 mL) honey
- 2 cups (500 mL) apples, diced
- 2 cups (500 mL) grated carrots
- 1/4 cup (60 mL) raisins
- 1 Tbsp (15 mL) fresh mint



Directions:

1. Mix juices and honey together in a large bowl until honey is dissolved. Grate carrots, chop apples. Add to juice mixture immediately. The juice will prevent the apples from turning brown. Snip rinsed mint leaves into small pieces. Toss with remaining ingredients and serve. Serves 4 - 6.

Variation:

For a different flavor, replace the fresh mint with 1 Tbsp of fresh cilantro (or 1 tsp dried) OR replace the mint with 1/4 tsp ground ginger + 1/4 tsp cinnamon

Honey Glazed Carrots

Source: adapted from myrecipes.com

Recipe makes: 4 cups

Ingredients:

- 5 cups carrots, thinly sliced
- 1/4 cup (60 mL) water
- 2 Tbsp (30 mL) honey or brown sugar
- 1 Tbsp (15 mL) butter
- 3 Tbsp (45 mL) fresh parsley (optional)
- 1/4 tsp (2 mL) each salt and pepper

Directions:

1. Combine carrots, water, honey and butter in a medium pot. Cover and bring to a boil. Reduce heat and simmer for about 6 minutes or until carrots are tender.
2. Remove from heat. Stir in salt, pepper and parsley. Serve warm!

Hearty Red Lentil Soup (with Carrots!)

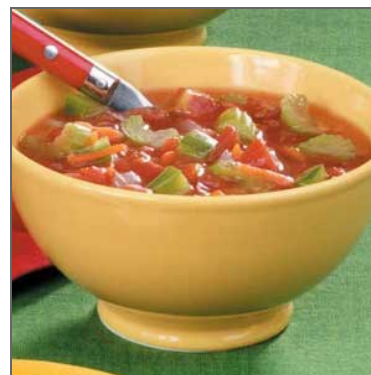
Source: adapted from www.pulsecanada.com

Photo source: tasteofhome.com

Recipe makes: 16 cups

Ingredients:

- 2 cups (500 mL) dried whole red lentils
- 1/3 cup (75 mL) pot barley
- 10 cups (2.5 L) reduced salt beef broth
- 1 large onion, chopped
- 4 large carrots, chopped
- 2 stalks celery, chopped
- 2 cloves garlic, diced
- 1 lb (450 g) lean ground beef
- 1 can (28 oz/798 mL) diced tomatoes
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper
- 1 or 2 bay leaves



Directions:

1. Combine lentils, barley and beef broth in a large pot.
2. Bring mixture to a boil, then reduced heat and simmer for 30 minutes.
3. Cook ground beef in a large frying pan over medium heat until juices run clear.
4. Add beef, chopped vegetables, and remaining ingredients to the pot.
5. Bring mixture to a boil and simmer, stirring occasionally, for 20 to 30 minutes.

Variation:

To make it vegetarian, simply:

Replace the beef broth with 10 cups of vegetable broth.

Remove the ground beef; replace with 1 package of veggie ground round, or replace the beef with 1/2 cup more dried red lentils as well as 2 more each carrots and stalks of celery.