



The BIG CRUNCH

2019 Recipe Book

Recipes adapted by: Leia Fedyk, RD

Parmesan Carrot Fries

Prep time: 15 minutes

Cook time: 20 minutes

Serves: 4-6

Ingredients:

5 large carrots, peeled

3 Tbsp canola or olive oil

½ cup seasoned breadcrumbs

¼ cup grated parmesan cheese

Ranch salad dressing or dip (optional)

Recipe adapted from: UnlockFood.ca



Directions:

1. Preheat oven to 400F.
2. Cut carrots into sticks and place in large bowl. Toss with oil to coat.
3. In a shallow baking dish, combine breadcrumbs and cheese.
4. Roll carrot sticks into breadcrumb and cheese mixture and place on baking sheet lined with parchment paper.
5. Roast in oven for 20 minutes or until golden and tender.

Sweet and Crunchy Carrot Salad

Prep time: 5 minutes

Makes: 2 cups

Ingredients:

2 carrots, peeled and grated

1 large apple, grated

¼ cup edamame beans (or chopped nuts)

1 Tbsp. lemon juice

1 tsp cinnamon

1 tsp liquid honey

Recipe adapted from: UnlockFood.ca



Directions:

1. Add edamame beans to a small saucepan of boiling water. Cover and simmer for 2 minutes. Drain and place in a large bowl.
2. Grate the apples and carrots. Squeeze some of the juice out of the apples after grating.
3. Combine the carrots, apple, edamame, lemon juice, honey and cinnamon in a bowl. Stir to coat well.

Sunshine Muffins

Prep time: 10 minutes

Cook time: 18 minutes

Serves: 12 muffins



Ingredients:

2 cups flour

½ cup sugar

2 tsp baking soda

½ tsp salt

1 tsp cinnamon

1 tsp nutmeg

3 eggs

½ cup vegetable oil

2 tsp vanilla

2 cups grated carrots

1 cup apple, peeled and grated

½ cup chopped nuts (optional)

¼ cup coconut (optional)

Directions:

1. Preheat oven to 350F.
2. Combine flour, sugar, baking soda, salt, cinnamon, nutmeg, eggs, oil and vanilla in a mixing bowl. Mix well.
3. Fold in carrots, apple, nuts and coconut.
4. Scoop into 12 regular-sized greased muffin tins.
5. Bake for 18-25 minutes or until a toothpick inserted in the middle comes out clean.



Recipe adapted from:
www.yummyhealthyeasy.com

Maple Carrots and Parsnips

Prep time: 10 minutes

Cook time: 10 minutes

Makes: 4 cups

Ingredients:

2 cups peeled, sliced carrots

2 cups peeled, sliced parsnips

2 Tbsp. water

¼ cup maple syrup

2 Tbsp. butter

2 Tbsp. chopped candied ginger

2 Tbsp. chopped fresh parsley

Directions:

1. Combine carrots with parsnips and water.
2. Microwave, covered, on high power for 10 minutes and stir halfway through.
3. Drain. Stir in maple syrup and butter and chopped ginger.
4. Sprinkle with chopped parsley.

NOTE: cooking time in microwaves may vary

Recipe adapted from: Foodland Ontario

Creamy Red Lentil and Roasted Carrot Soup

Prep time: 30 minutes
Total time: 55 minutes
Serves: 6

Ingredients:

4 cups chopped carrots
4 garlic cloves
5 Tbsp canola oil, divided
½ tsp salt
¼ tsp pepper
1 onion, diced
1 ¼ cups split red lentils
5 cups chicken or vegetable stock
¾ cup half and half cream



Directions:

1. Preheat oven to 400F. Line a baking sheet with parchment paper.
2. In a large bowl, toss together carrots, garlic, 3 Tbsp of canola oil, salt and pepper. Place on baking sheet in a single layer.
3. Roast for 30 minutes or until carrots are slightly caramelized and tender, stirring occasionally.
4. In a large pot, heat remaining canola oil over medium-high heat. Add onion and sauté for 5 minutes until translucent.
5. Stir in carrots and garlic. Add lentils and stir. Add stock and bring to a boil.
6. Reduce heat to medium-low and simmer for 15 minutes, stirring occasionally until lentils are soft.
7. Remove pot from heat and puree soup using an immersion blender or in batches in a small blender.
8. Stir in cream and season with salt and pepper if desired. If soup seems too thick, add more stock or water to thin out.

Spiced Zucchini Carrot Bread

Prep time: 10 minutes

Cook time: 30 minutes

Yield: 1 loaf

Ingredients:

1½ cups all-purpose flour

1 tsp baking powder

½ tsp baking soda 2 tsp cinnamon

½ tsp nutmeg

½ cup vegetable oil

1/3 cup sugar

1/3 cup brown sugar

2 large eggs

2 tsp vanilla

1 cup shredded zucchini

½ cup shredded carrot

½ cup chopped walnuts

½ cup dried cranberries

Zest of one orange



Directions:

1. Preheat oven to 350F. Spray a 9x5x3 loaf pan with cooking spray and set aside.
2. In a large bowl, mix dry ingredients together. Set aside.
3. In another bowl, beat together eggs, sugar, oil and vanilla. Combine wet ingredients with dry. Mixture will be thick and hard to stir.
4. Add in zucchini and carrots. Stir until incorporated into batter. Add in walnuts, dried cranberries and orange zest.
5. Bake for 50-60 minutes or until a wooden toothpick comes out clean. Baking times may vary depending on oven.
6. Let cool in pan for 10-15 minutes, then transfer to wire rack to cool completely.