You are not alone on this journey
FRIENDS LIKE YOU
empower
The ANTI-Burn [Cook] Book
est. May 2024
SLOWLY BUT
YLERCS
THE MORE I LOOK,
THE FURTHER I SEE.
KEEP UP THE GOOD
WERK WERK WERK
EY! URINE-CREDIBLE!
4+ loving
4+ huggable
3+ patience
4+ awesome
tr sarcasm

Acknowledgments

Land: Prepared on Mohkinstsis land, traditional territories of Blackfoot Confederacy (Siksika, Piikani, & Kainai First Nations, Tsuut'ina First Nation & Stoney Nakoda (Chiniki, Bearspaw & Goodstoney First Nations) & Métis Nation of Alberta (Districts 5 & 6).

Community: Everyone - I have had the privilege to meet & learn from. My blood relatives, chosen family, & cover - thank you for ~~for~~ your limitless support & love throughout my life.

Photos:
- What She Said Creatives
- Stay Home Club
- Party Mountain Paper Co.
- It Takes Two
- Diabetes Canada
- American Greetings (Betsy Garcia)
- Soap Note Inkt
- my kids
- les machines de l'Île Nantes
- Banff Gondola

Inspirations
- Finding Freedom by Erin French (book)
- Mean Girls (movie - Paramount Pictures)

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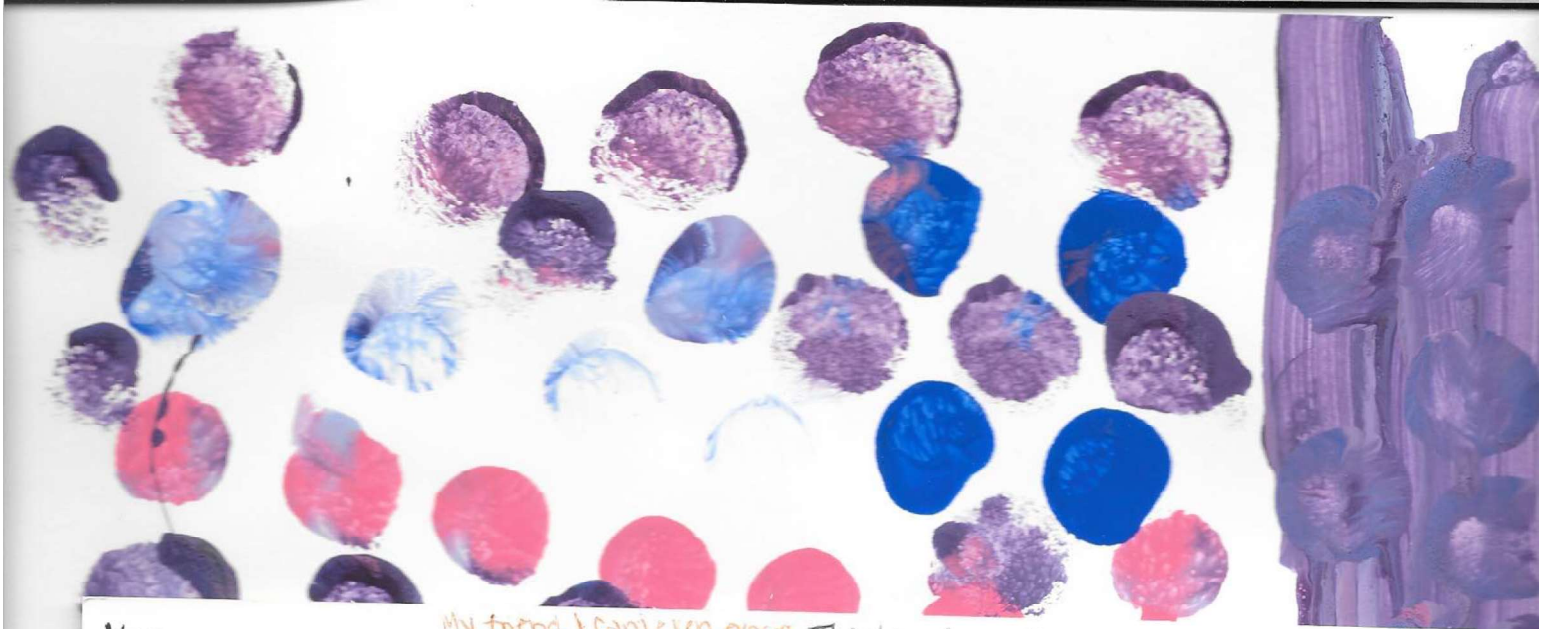
- PD spinoff of the Research on Resident Physician Wellness funded by the Personal Association of Resident Physicians of Alberta (PARA)



Meagan,
thinking of you everyday and sending love to you. You are such a gift to us all and I am so grateful for you. Love you always
-Emma

My friend, I can't even express how loved and appreciated you are. We are all better for having you in our lives fighting for us every day. Know we're fighting for you too.
Love you my friend,
xoxo Amy.

Thinking of you, Meagan. I can only imagine that things are tough now. Nothing is permanent. Here for you when you need, as you've been there for me in the past. Sending lots of love and hugs, Daph.

Hey Meagan,
Thinking of you & sending lots of love! No matter how you feel day-to-day or moment-to-moment, remember that you're an incredible person!
-Michael

Hey Meagan,
thinking of you & sending all of the love to you and your family. I'm so grateful to have gotten to know you in my short time here
-♡ Tanelle

Sending so many hugs to you and your family. Always here to chat. Farah ♡

Meagan you are so so loved and I'm so grateful to know and learn from you. Thinking of you ♡ Sugee

Hey Meagan,
Thinking of you lots and sending all the love to you and your family ♡
- Alex

Meagan,
Thinking of you and your family lots, we are so lucky to have you as a co-resident and we are all sending you love ♡
- Rachel A

Hi Meagan, you continue to inspire me with all that you do and all of your wisdom you bring. Lucky to have you as a co-resident and I'm sending you lots of love ♡
- Rina

Meagan,
Sending you love & hugs. You are so loved & I am so grateful to have you as a co-resident! ~Chelsea

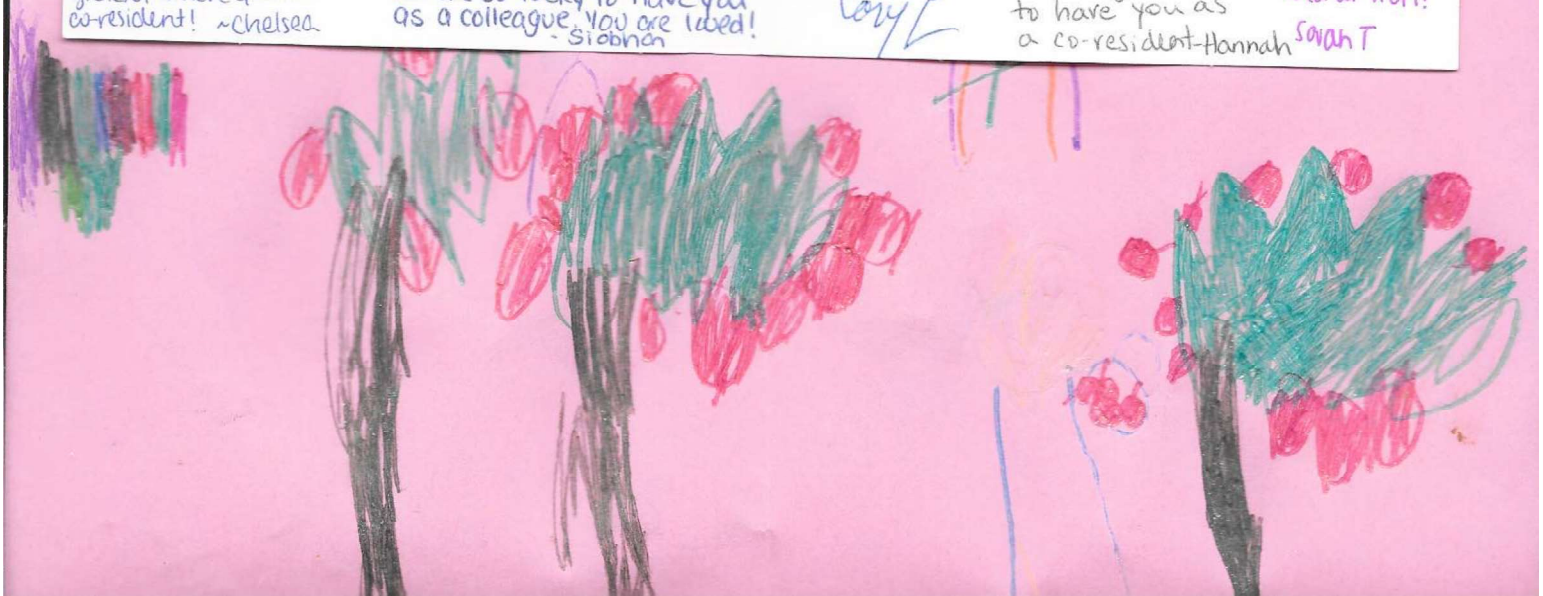
Sending you strength and love!! So proud to know you. Can't wait to see you in the back room ♥
-Chidera

Meagan,
You are such an incredible, kind, and smart physician & we are so lucky to have you as a colleague. You are loved!
-Siobhan

Meagan,
Je te souhaite les bonnes vacances! Je ~~suis sûr~~ pour sûr nous aurons ~~tous~~ incroyablement chanceux et nous Happiness trouvera que tu fais partie de notre famille de résidence. J'espère me bientôt revoir! Avec amour ♡
Cory

Meagan,
Thinking of you. Sending so much love to you and your family. I am so grateful to have you as a co-resident-Hannah

Meagan,
Thinking of you lots and sending best wishes. Our program is so lucky to have you + know you. You are loved at ACH!
Sarah T



Foreword by the Author

Welcome to the anti-burn cookbook, where we share recipes that we hope you don't burn so you can nourish your brain & soul in between saving lives with fire around you while you learn. Easy, right? For those of you who are caregivers outside of work (which you all should be in order to give care to yourself - easy, right?) to wee ones, middle to big people, & our wise elders, caring for ourselves so we can care for our community (aka @ work) is made so much harder when you are caring for others outside of work, too.

Credits: - Calypso - Gossip Girl (aka Bro)

None of this (medical training, parenting, whatever the term for caring for aging family/chosen family members is) is easy - IT IS HARD! But worth it. Always ask for & demand help - be loud.

I promise we actually got this, together

XO XO, W (aka Gossip Girl)

This collection of recipes is for us - trainees, new grads, staff, our families, our support systems - everyone. If you would like, please contribute one or some recipes. Please ensure proper credit (such as recipe adapted from X cookbook or passed down from family) & you choose how you are credited (by name-given or chosen, initials, symbols, or anonymous). Recipes can be typed, written, or holographed (if we have the technology).

Submission Guidelines

Please follow submission guidelines where the book is virtually stored. The living Index will be updated as recipes are added.

Photo: Hallmark

LIVING INDEX (*last updated May 30, 2024*)

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1. Beef Chili - Adapted by family of K. C. from Better Homes and Gardens New Cook Book
2. Broccoli Cheese Casserole - Submitted by Mullet Man
3. Buddha Bowl Formula - Submitted by M. A. Roy adapted from various online sources (unknown)
4. Chicken Noodle Casserole - Adapted by Chelsea Gilbert from https://thecozycook.com/easy-cheesy-chicken-noodle-casserole/
5. Maple Glazed Salmon - Submitted by M. A. Roy retrieved from https://www.allrecipes.com/recipe/51283/maple-salmon/
6. Oven Fried Rice - Submitted by Mullet Man
7. Sheet Pan Chicken and Veggies *Recipe submitted via ACH General Pediatrics Recipe Submission Form via anonymous*
8. Turkey Breast **(Gluten Free and High Protein) - *Recipe and photo submitted via ACH General Pediatrics Recipe Submission Form by Afshan Jamil***

SALADS, SOUPS, AND SIDES

1. Best Lentil Soup - submitted by K. Jolin
2. Hashbrown Casserole - Submitted by Sylvain Lamontagne
3. Mediterranean Couscous Salad - *Recipe and photo submitted via ACH General Pediatrics Recipe Submission Form by Dr. Sarah O'Neill, with original recipe retrieved from https://www.jessicagavin.com/mediterranean-couscous-salad/#wprm-recipe-container-44441*

SWEETS AND SALTY THINGS

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2. Chocolate Chip Cookies by anonymous
3. Doug's Buns by Mullet Man
4. Light & Fruity Strawberry Pie by Sister Lamontagne
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13. Sunny Ridge Guacamole by K. Jolin

HELP

1. Quick Meal Ideas

MEALS

ENJOY
LIFE'S
JOURNEY

Beef Chili

- Serves 4-6

Ingredients

- 1 pound ground beef
- 1 chopped onion
- 1 chopped red pepper
- 1 clove of garlic
- 1 cup of frozen corn
- 16 ounce can of diced tomatoes (undrained)
- 16 ounce can red kidney beans
- 8 ounce can tomato sauce
- 2 tsps chili flakes (or less for less spice)
- 1/2 tsp basil
- 1/2 tsp salt (can add more if needed)
- 1/2 tsp pepper
- Cheese for serving

Instructions

- Cook ground beef, onion, garlic until meat browned
- Drain off fat
- Stir in all ingredients above except cheese
- Bring to boil, reduce heat, cover & simmer for 1 hour
- serve with shredded cheese on top!

Broccoli Cheese Casserole

1 bunch of broccoli or cauliflower

#1 – 1 can cream of mushroom soup
1 cup celery cut fine (precook in micro 2 min)
2 tbsp chopped red peppers
1/2 cup grated cheddar cheese
1/2 cup sour cream
pepper to taste

#2 – 1 tbsp butter
1/4 cup seasoned bread crumbs

Cook veggies and drain. Place broccoli in 8 x 8 dish. Combine ingredients from #1, and pour over top of broccoli. Combine ingredients from #2 and sprinkle over mixture. Cook in 350°F oven for 25 minutes or until crumbs are golden colour.

FORMULA FOR A PERFECT BUDDHA BOWL

BASE: 1-2 cups

Rice: brown, red, wild, black
Quinoa: white, red, black
Grain-free: riced cauliflower, leafy greens

PROTEIN: ½ - 1 cup

Animal: chicken, beef, pork, shrimp, salmon, tuna
Beans and legumes: chickpeas, white beans, black beans, lentils, edamame beans, lima beans
Plant-based: tofu, tempeh, falafel

VEGETABLES: 1-2 cups

Sliced/Diced:

Carrots	Cabbage	Beets	Cucumber	Red pepper
Red onion	Celery	Greens	Snow peas	

Roasted:

Mushrooms	Onions	Sweet potatoes	Zucchini	Squash
Leeks	Fiddleheads	Brussels sprouts	Asparagus	Eggplant

FAT/DRESSING: ¼ cup

Nuts: almonds, cashews, peanuts, pecans, pistachios, Brazil nuts, walnuts
Seeds: pumpkin, sunflower, chia, sesame, flax
Avocado
Dressing: oil, flavour of choice, tahini

BONUS TOPPINGS: to your heart's desire

Green onion	Shaved radish	Pomegranate seeds
Fresh herbs	Sprouts	

Chicken Noodle Casserole

Ingredients

- 2 1/2 cups diced chicken, about 2 small chicken breasts
  - *Alternatively could use pre-cooked rotisserie chicken*
- 1 teaspoon Italian Seasoning
- 3/4 teaspoon Garlic Salt
- 1/4 teaspoon Pepper
- 2 tablespoons olive oil
- 2 cups broccoli florets
- 3 cups dry Rotini
- 10.5 oz. condensed cream of mushroom soup, (cream of chicken works well too)
- 1 cup sour cream

- 1/2 cup milk, any kind
- 2 cups sharp white cheddar cheese, shredded
- 1 cup regular cheddar cheese, shredded

Instructions

1. Preheat oven to **375 degrees**
2. **Season the chicken** with 1 tsp. Italian seasoning, 3/4 tsp. garlic salt, and 1/4 tsp. pepper.
3. **Heat 2 Tbsp. olive oil over medium-high heat. Add the chicken and cook for 3 minutes.**
    - ***Note:*** *alternatively, could use pre-cooked rotisserie chicken and skip to step 5, and then add the broccoli to the pasta water for 3 mins instead*
4. **Toss the chicken and add the broccoli. Cook for 3-4 additional minutes**, until the chicken is cooked through. Remove from heat.
5. **Cook the rotini** for 1 minute less than al dente, refer to package for cooking time.
6. Meanwhile, **add the cream of mushroom soup, sour cream, milk, and 2 cups sharp white cheddar to the pot** with the chicken & broccoli. Stir to combine.
7. **Drain the pasta** and **add it to the pot**. Use a silicone spatula to gently mix until combined.
8. If the pot isn't oven safe, **transfer to a lightly greased 9 x 13 inch casserole dish.**
9. **Top with 1 cup regular cheddar. Cover and bake for 25 minutes.**
10. **Remove cover**. **Bake uncovered for 8 minutes.**

Submitted by Chelsea Gilbert, adapted from: https://thecozycook.com/easy-cheesy-chicken-noodle-casserole/

MAPLE GLAZED SALMON

Ingredients

- ¼ cup maple syrup
- 2 tablespoons soy sauce
- 1 clove garlic, minced
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper
- 1 pound salmon (roughly 4 fillets)

Directions

1. Stir maple syrup, soy sauce, garlic, salt, and pepper together in a small bowl.
2. Cut salmon into 4 equal-sized fillets, place in a shallow glass baking dish and coat with maple syrup mixture. Cover the dish and marinate salmon in the refrigerator for 30 minutes, turning once halfway.
3. Preheat the oven to 400 degrees F (200 degrees C).
4. Place the baking dish in the preheated oven and bake salmon uncovered until flesh easily flakes with a fork, about 20 minutes.

How to Store Maple Salmon

Store the cooled maple salmon in a shallow, airtight container in the refrigerator. Reheat the fish (covered with foil) in an oven set to 350 degrees F for about 15 minutes.

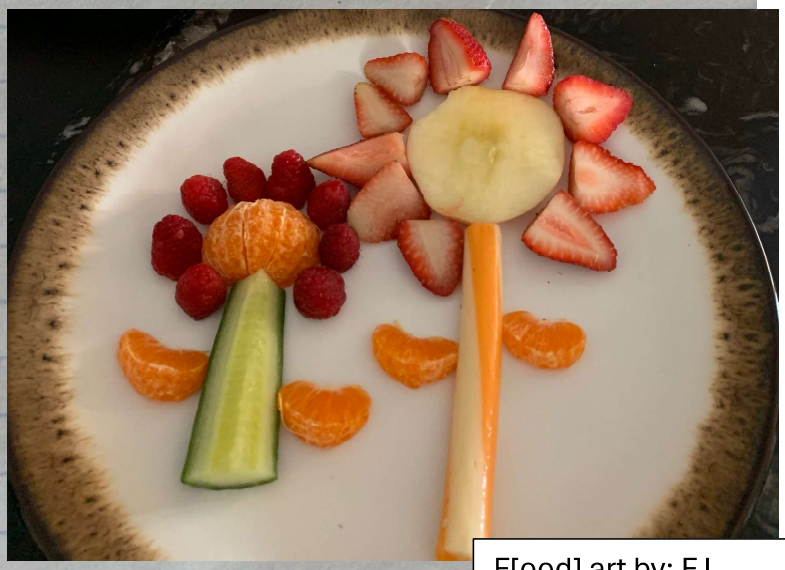
Retrieved from: https://www.allrecipes.com/recipe/51283/maple-salmon/

Oven Fried Rice

4 cups Uncle Ben's rice
1 package onion soup mix
1-2 cups diced cooked chicken or turkey
1-2 cans sliced mushrooms
1 cup chopped celery
1 cup green peppers
1 cup frozen peas
8 cups cold water
1/4 cup oil
2/3 cup soya sauce

Mix all ingredients into a large casserole (covered) and bake for one hour in 350°F oven.

Enjoy!!!



F[ood] art by: F.L.

Sheet Pan Chicken and Veggies

Pantry Ingredients

Some kind of meat/veggie dry rub - but it's optional. Cause just use salt and pepper

Fresh Ingredients

Chicken thighs bone in skin on, beets, carrots, potatoes, red onion

Serving Size: 3 chicken thighs, 1.5 cups of veggies

Cook time: 60 minutes

Instructions

Preheat oven to 425. If using dry rub, get your chicken thighs coated. Chop all veggies into bize sized pieces and coat with olive oil or spray. Chop the beets a little smaller than the rest because they take longer. Put salt and pepper on all of it. Put the veggies on a baking sheet, spread them out so they aren't too crowded - you only want 1 layer. Put the chicken thighs on top. Roast in the oven for 1 hour, until the chicken is cooked through and the veggies are soft/carmelized. Toss once or twice during cooking. DONE!

Recipe submitted via ACH General Pediatrics Recipe Submission Formvia anonymous ☺

F[ood] art by: F.L.

Turkey Breast (Gluten Free and High Protein)

Pantry Ingredients

3/4 teaspoon salt

3/4 teaspoon paprika

3/4 teaspoon black pepper

1 teaspoon butter

Fresh Ingredients

Turkey Breast

Brussel Sprouts

Serving Size: 1/3 chicken breast

Servings: 3 per chicken breast

Cook time: 35 minutes for turkey, 10 minutes for vegetables

Instructions

Season turkey on both sides with salt, paprika and black pepper. Preheat toaster oven to 350 F and bake for 35 minutes. Let it sit for 10 minutes once you remove from the oven Boil water and brussell sprouts for 10 minutes, drain, add a teaspoon of butter. You can also cook 3 servings of vegetables at once and just heat every day.

Bonus Cooking Tip!

One of the things that saves time is plating the food after it is cooked. I. e. - this yields 3 servings, put out 3 plates, add the turkey and brussels - saran wrap, when you get home the next day, all you need to is heat up your plate and eat and throw it in the dishwasher - no dishes!

Recipe and photo submitted via ACH General Pediatrics Recipe Submission Form by Afshan Jamil

Salads, Soups, and Sides

Graphics: The Wyn Project

RECIPE Best Lentil Soup.

FROM

SERVES 6

COOKING TIME

PREHEAT OVEN TO

1 onion
2 carrots
2 celery
4 garlic cloves
2 tsp cumin
2 tbsp curry powder
1 tsp thyme

1 large can diced tomato
1 cup green lentils (rinsed)
1 cup red lentils
4 cups veg. broth
2 cups water
Salt, pepper, red pepper flakes

- Heat up oil, add veggies, cook approx 10 mins
- Add garlic and spices
- Add can of diced tomatoes
- Pour lentils, broth and water
- Bring to boil, then partially cover to simmer
- Cook for approx 30 mins

options:
- can add potatoes or other veggies, kale.
- can be partially blended before serving.

© HMK. LIC.

Hashbrown Casserole

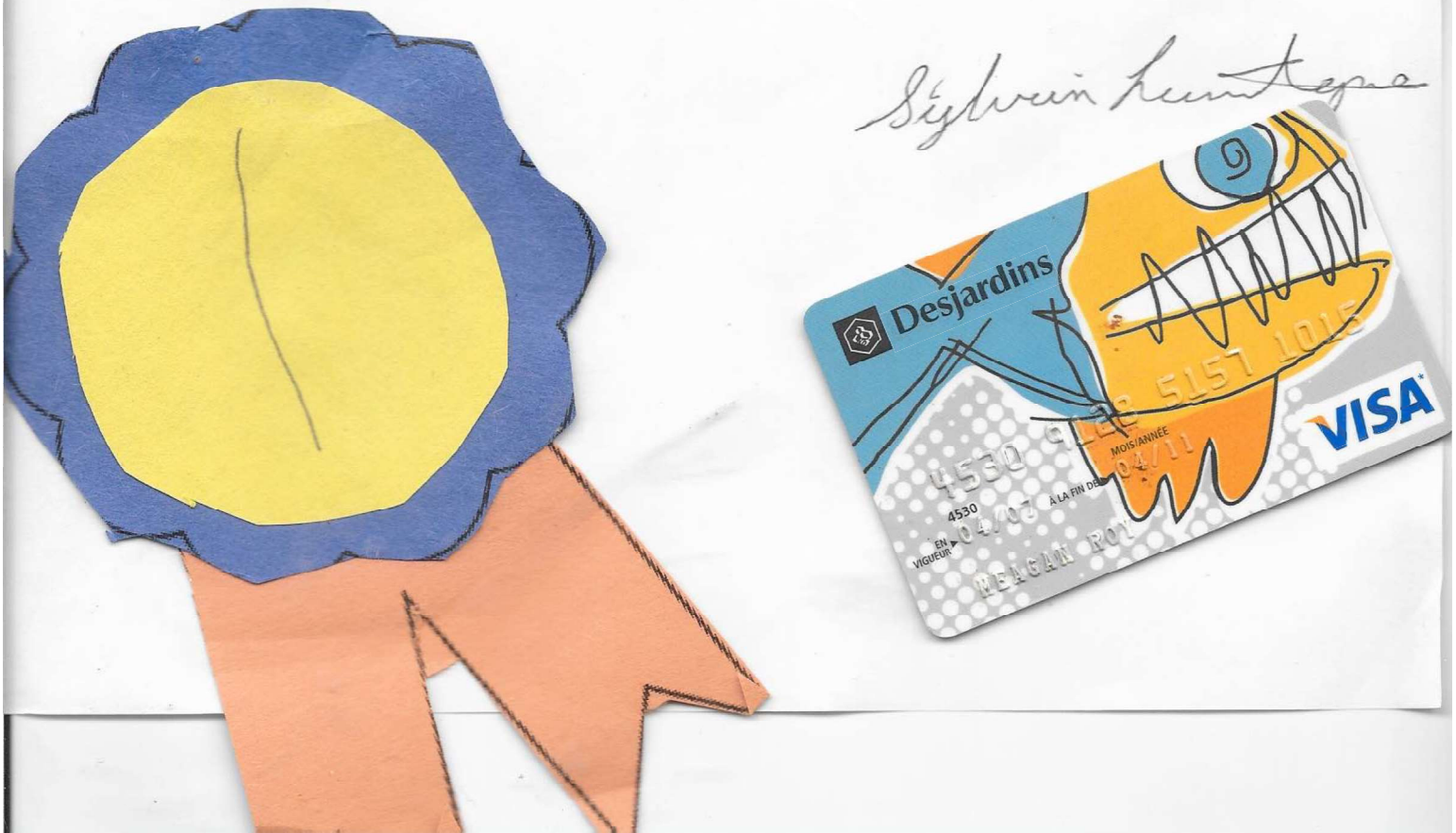
Ingredients

- 1 bag of McCain mini hashbrowns
- 1 cup of sour cream
- 1 cup of cheese
- 1 cup of cubed ham
- 6-7 green onions
- 1 can of cream of cheddar cheese

Instructions

- Preheat oven to 375°F
- Mix all ingredients together
- Grease a 9x13 dish and add the mix
- Cook in oven for 40-45 minutes

Sylvain Lemieux



Mediterranean Couscous Salad (vegetarian)

Ingredients

Couscous

- ▢ 1 cup instant couscous
- ▢ 1 cup water
- ▢ ½ teaspoon kosher salt
- ▢ 2 tablespoons extra-virgin olive oil

Salad

- ▢ ½ cup chickpeas, drained and rinsed
- ▢ ½ cup sliced kalamata olives (optional)
- ▢ ½ cup diced roma tomato
- ▢ ½ cup diced english cucumber
- ▢ ½ cup diced red bell pepper
- ▢ ¼ cup minced onion
- ▢ 2 tablespoons feta cheese
- ▢ 1 teaspoon chopped parsley (optional)
- ▢ 1 teaspoon chopped basil (optional)
- ▢ ¼ teaspoon dried oregano (optional)

Lemon Dressing

- ▢ 1 tablespoon red wine vinegar
- ▢ ¼ teaspoon kosher salt
- ▢ ¼ teaspoon black pepper
- ▢ 3 tablespoons extra-virgin olive oil
- ▢ 1 teaspoon lemon zest (optional)
- ▢ 2 tablespoons lemon juice

Serving Size: 1.5 cups prepared
Servings: 5-6
Cook time: 10 minutes

Instructions

1. Bring water, salt, and olive oil to a boil in a medium saucepan. Add couscous and stir. Turn off the heat and cover.
2. Let couscous stand until tender, 5 minutes and then fluff with a fork and let cool.
3. Combine couscous, tomatoes, cucumber, bell pepper, chickpeas, red onion, olives, feta cheese, parsley, mint, basil, and oregano in a medium bowl. Lemon Dressing
4. Whisk together lemon zest, lemon juice, vinegar, salt, and pepper in a small bowl. Slowly drizzle in the olive oil and whisk until a thickened dressing forms.
5. Pour dressing over the couscous salad, stir to combine.

Recipe and photo submitted via ACH General Pediatrics Recipe Submission Form by Dr. Sarah O'Neill, with original recipe retrieved from https://www.jessicagavin.com/mediterranean-couscous-salad/#wprm-recipe-container-44441

TIREDCITY × DUONG GIAP
www.tiredcity.com

FSC 0010003005001

biscotti

1 vanilla bean
3/4 cup white sugar
1/2 cup butter
2 eggs
2 teaspoons vanilla extract
2 cups flour
1-1/2 teaspoons baking powder
1/2 teaspoon salt
1-1/4 cups slivered almonds, coarsely chopped, or almond extract

combine vanilla bean + sugar
~~combine flour, baking powder, salt~~
divide dough in 3 pieces, bake @ 325°F for 30 minutes
cut, bake another 15 minutes, turning once

Hilroy

chocolate chip cookies

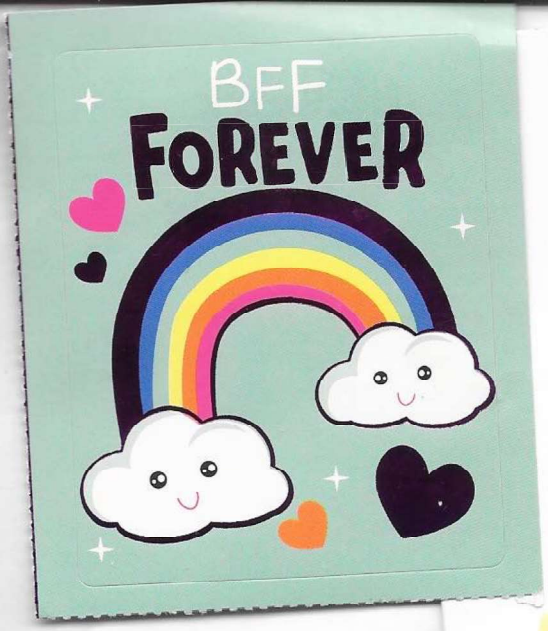
3 cups flour
1/2 teaspoon salt
1 cup butter
1 cup packed brown sugar
3/4 cup white sugar
1/3 cup molasses
2 eggs
2 teaspoons vanilla extract
1 teaspoon baking soda
2 teaspoons hot water
2 cups chocolate chips
1 cup chopped walnuts

bake @ 350°F for 10-12 minutes

Mix together all ingredients with a spoon until fairly well mixed, then with the hand mixer for about 2-3 minutes at medium speed. Grease two ~~f~~ loaf pans and put half mixture into each one, and bake for 55 minutes at 325°. ~~The~~ Cool on rack.

Doug's Buns

Spray non-stick bunt pan with Pam. Spread 1/2 cup chopped nuts over bottom of pan. Cut up chunks of frozen white bread dough and put them on nuts. Slice roll in half-inch place flat. Sprinkle one-half package of butterscotch pudding over dough. Melt 1/2 cup butter. Mix with 3/4 cup of sugar (1/2 brown - 1/2 white), 1 tsp cinamon and dash nutmeg. Pour over bread dough. Cover and let stand overnight. In morning, bake at 350° for 25-30 min



You're a FREAKING AWESOME MOM*

* What your kids actually mean when they're yelling about how much they hate you.

Light and Fruity Strawberry Pie

Ingredients:

- 1 package strawberry jelly powder
- 2/3 cup boiling water
- 2 cups ice cubes
- 1L whipped topping (thawed)
- 1 cup fresh strawberries
- 1 graham pie shell

Directions:

Dissolve jelly powder in boiling water. Add ice cubes and stir until jelly starts to thicken. Remove any unmelted ice cubes. Blend jelly with whipped topping. Fold in diced strawberries. Spoon into crust. Chill for 3 hours. Garnish with strawberries and whipped topping if desired.

Sending you a big hug!

Maumau's Banana Muffins

① Mix together in a large bowl:
- 2 cups white flour
- 1 cup quick cooking oats
- 1 tbsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. salt

② In a separate bowl mix the following:
- 2 very ripe bananas
- 1 large egg
- 1/3 cup olive oil
- 1 1/4 cups milk (or almond milk)

③ Add wet ingredients to dry ingredients. Mix well.

④ add
- 1/2 cup chopped nuts, seeds
- 1 cup chocolate chips
- 1/2 cup chopped dates (optional)

⑤ spoon into muffin cups with paper liners.

⑥ Sprinkle 1/2 tbsp brown sugar on each muffin

⑦ Bake @ 375°F for 20-24 minutes.

⑧ Enjoy! ♡

mustard

6 tablespoon mustard seed
2 tablespoon mustard powder
2 teaspoon salt
1/2 cup cold water (10 mins)
3 tablespoons vinegar
opt. 1 teaspoon turmeric
2 tablespoon honey
1/4 cup fresh herbs (minced)

Overnight oats

1 cup oats
1 cup milk
1/2 cup yogurt
2-3 teaspoons maple syrup or honey
2 teaspoons chia seeds
1 teaspoon vanilla extract
pinch salt

F[ood] art by: F. L.

Overnight oats

1 cup oats
1 cup milk
1/2 cup yogurt
2-3 teaspoons maple syrup or honey
2 teaspoons chia seeds
1 teaspoon vanilla extract
pinch salt

PEANUT BUTTER AND JAM SANDWICH

INGREDIENTS:

1) 4 SLICES OF BREAD
2) PEANUT BUTTER
3) STRAWBERRY JAM

PROCEDURE

1) PLACE SLICES OF BREAD FACE UP ON THE COUNTERTOP
2) USING A BUTTER KNIFE, REMOVE PEANUT BUTTER FROM THE JAR AND PLACE ON ALL 4 SLICES OF BREAD.
3) SPREAD THE PEANUT BUTTER EVENLY ON THE ENTIRE SURFACE OF THE SLICES OF BREAD.
4) ~~PLA~~ PLACE & SPREAD ENOUGH PEANUT BUTTER ON THE SLICES OF BREAD TO HAVE 1/4 INCH OR 6MM ~~OF~~ THICKNESS OF PEANUT BUTTER ON EACH SLICE.
5) ~~SP~~ USING A TEASPOON, REMOVE THE JAM FROM THE JAR, AND PLACE ON TWO OF THE SLICES OF BREAD.
6) SPREAD THE JAM EVENLY ON BOTH SLICES OF BREAD.
7) PLACE & SPREAD ENOUGH JAM TO HAVE 3/8 INCH OR 9MM THICKNESS OF JAM ON BOTH SLICES.
8) PLACE THE SLICES OF BREAD HAVING ONLY PEANUT BUTTER ON TOP OF EACH SLICE WHICH HAS JAM.
9) PAT THE SLICES TOGETHER, TO ENSURE GOOD ADHESION BETWEEN THE BREAD, PEANUT BUTTER AND JAM, USING YOUR HANDS.
10) PLACE THE TWO SANDWICHES ON A PLATE.
11) CAREFULLY CUT THE SANDWICHES USING THE BUTTER KNIFE, WITHOUT EXERTING TOO MUCH PRESSURE ON THE SANDWICHES.

PEANUT BUTTER AND JAM SANDWICH

12) CAUTION

IF TOO MUCH PRESSURE IS EXERTED, THE JAM WILL OOZE OUT FROM BETWEEN THE SLICES OF BREAD. THIS MAY CAUSE PEANUT BUTTER AND JAM TO LEAK ONTO YOUR HANDS AND FINGERS.
IF THIS HAPPENS, CAREFULLY LICK ALL OF THE PEANUT BUTTER AN JAM FROM YOUR FINGERS AND JAM WITHOUT LEAVING ANY BEHIND.

13) ONCE COMPLETE, PUT ANAY THE JARS OF PEANUT BUTTER AND JAM.

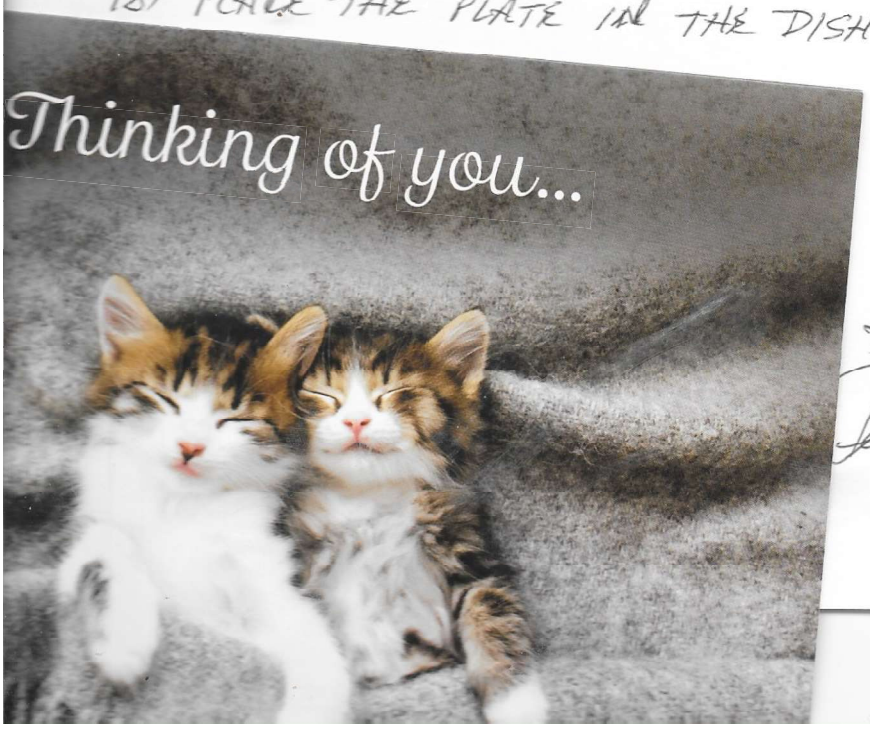
14) LICK BOTH THE BUTTER KNIFE AND SPOON AND PLACE IN THE DISHWASHER.

15) SLOWLY ~~AND EA~~ EAT AND THOROUGHLY ENJOY THE SANDWICHES.

16) THE SANDWICHES CAN BE ACCOMPANIED BY GLASSES OF MILK OR WATER, DEPENDING ON PREFERENCE.

17) ONCE COMPLETE, LICK ~~A~~ALL REMNANTS OF PEANUT BUTTER ~~A~~AND JAM REMAINING ON THE PLATE.

18) PLACE THE PLATE IN THE DISHWASHER.



DENIS GERVAIS

pesto 3 cloves garlic minced
2 cups basil ~~spina~~ or ½ spinach/arugula
½ cup grated Romano or Parmesan
½ cup olive oil
⅓ cup pine nuts (or chopped walnuts)
¼ teaspoon salt
⅛ teaspoon black pepper

pulse basil & nuts, add garlic & cheese
slowly pour olive oil, add salt & pepper

Rhubarb Cake

2 cups flour
1 tsp baking soda
1/2 tsp salt
1/2 cup margerine
1 1/2 cup brn sug
1 egg
1 cup milk
1 tsp vanilla
2 1/2 cups rhubarb

Mix altogether put in 13 x 9 pan
Top with 1/2 cup white sugar & 1 tsp. cinnamin
before cooking cake
Bake at 350 35 - 40 min

recipe for:

Rhubarb Pie (2 pies)

- 5 cups rhubarb

Picoune

- ~~3 eggs~~ 4 eggs
- 2½ cups white sugar
- 4 heaping tbsp flour
- 3 heaping chunks margarine

Beat with fork

Add rhubarb & mix. Divide between 2 pies. Bake @ 400 on 15 mins →

low rack (middle) for 8 mins. Bake @ 400 centre rack (top) for 4 mins. Bake @ 300 for 25 mins on centre (top) rack until golden.

Anna Gervais' recipe also made by Armand for many years!

Scones

2 cups flour
1/2 cup white sugar
1/2 teaspoon salt
2-1/2 teaspoons baking powder
1/2 cup butter (frozen), grated
1/2 cup heavy cream
1 egg
1-1/2 teaspoons vanilla
1-1 1/2 cups berries
coarse sugar + milk topping

mix + refrigerate 15 minutes
400°F for 18-26 minutes

Sunny Ridge Guacamole

5 small avocados, ripe (or 3 large)
2 tbsp of dried cilantro
1/4 tsp of cumin
pinch of salt & pepper
pinch of cayenne pepper (optional)
1/2 lemon, squeezed.

Gently mix with fork to desired consistency.
Enjoy with your favorite tortillas or as
a side to homemade loaded nachos! :)

Recommendations for quick meal ideas

Ideas provided by: General Pediatrics @ UofC
Collated by: Meagan from Meal Train 2024

1. Breakfast for dinner
   - waffles w syrup + fruit, sausages

2. Pre-roasted BBQ chicken w rolls = amazing sandwiches!

3. Costco pizza - life hack alert! Order a full, fresh pizza at Costco cafeteria for a large + inexpensive (bonus - delicious) cheese or pepperoni pizza ♡

4. Taco night - grab lots of prepped fixings (sliced lettuce, grated cheese, etc) + protein of choice (can also be chicken, fish, tofu) w a taco kit + you are good to go!

5. Pre-made lasagna +/- Caesar salad +/- cheesy or non-cheesy garlic bread (pro tip: you want salad + garlic bread!)