You are not alone on this journey.

The ANTI-Bun Cookbook

Keep Up The Good Werk Werk Werk Werk

Hey! Urine-Credible!
Acknowledgments

Land: Prepared on Nok'mistsis land, traditional territories of Blackfoot Confederacy (Siksika, Piikani, & Kainai First Nations) Treaty 7, Tsuu T'ina First Nation, & Stony 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, + community - thank you for your limitless support + love throughout my life.

Photos:
- What She Said
- Creatives
- Stay Home Club
- Party Mountain
- Paper Cat
- It Takes Two
- Diabetes Canada
- American Greetings
- Betty Garcia
- Soap Nuts Ink
- my kids
- machines de la honte
- Nentes
- Bossa Nova
- Louise +
- Fundraiser for the Research on Wellness, America by the Association for the Prevention of Blindness
Hey Meagan,

Thinking of you a lot and sending best wishes. Our program is so lucky to have you. You are loved!

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 is 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?) too, we note, 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.

None of this (medical training, parenting, whatever the term for caring for aging family/cherished 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, M (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 cooker or passed down from family) if you choose how you are credited (by name, given name, initials, symbols, or anonymous). Recipes can be typed, written, or holographed (if we have the technology). Please follow submission guidelines where the book is virtually stored. The hosting Indiux will be updated as recipes are added.

Photo: Hallmark
MEALS

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/
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

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2. Hashbrown Casserole - Submitted by Sylvain Lamontagne
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4. Light & Fruity Strawberry Pie by Sister Lamontagne
5. Maumau’s Banana Muffins by Maumau
6. Mustard by anonymous
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13. Sunny Ridge Guacamole by K. Jolin

HELP

1. Quick Meal Ideas
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 tsp 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 is 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 an 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 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
Fresh herbs
Shaved radish
Sprouts
Pomegranate seeds
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.

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
3/4 cup soy sauce

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

Enjoy!!!
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/caramelized. Toss once or twice during cooking. DONE!

Recipe submitted via ACH General Pediatrics Recipe Submission Form via 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 brussel 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*
You're doing amazing things

Salads, Soups, Sides

Graphics: The Way Project
Best Lentil Soup

Serves: 6

Preheat oven to

Cooking time

Recipe

1 large can diced tomatoes
1 cup green lentils
1 cup red lentils
1 cup veg. broth
4 cups water
Salt, pepper, red pepper flakes

1 onion
2 carrots
2 celery
2 tsp cumin powder
2 tsp cumin powder
1 tsp thyme

1 garlic clove
- 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

ophino:
- can add potatoes or other veggies, kale
- can be partially blended before serving
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 Fortin-Gagnon
Mediterranean Couscous Salad (vegetarian)

Ingredients

Couscous

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

☐ 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

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)

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
Sweets

¾

Salty

T'ings
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
or almond extract
1 1/4 cups slivered almonds, coarsely chopped

Combine vanilla bean and sugar
Combine flour, baking powder, salt
Divide dough in 3 pieces, bake @ 325°F for 30 minutes
Cut, bake another 15 minutes, turning once
chocolate chip cookie

3 cups flour
1/2 teaspoon salt
1 cup butter
1 cup packed brown sugar
1/4 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 at 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 9x5 loaf pans and pour half mixture into each one, and bake for 55 minutes at 325°. Cool on rack.

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Doug's Buns

Spray non-stick bun 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 cinnamon 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
3/4 cup boiling water
2 cups ice cubes
1L whipped topping (thawed)
1 cup fresh strawberries
1 graham pie shell

**Directions:**

Sending you a big hug!
Mammam's Banana Muffins (12 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
   - ½ tsp. salt

2. In a separate bowl mix the following:
   - 2 very ripe bananas
   - 1 large egg
   - ⅓ cup olive oil
   - 1/4 cups milk (or almond milk)

3. Add wet ingredients to dry ingredients.
   Mix well.

4. Add
   - ⅓ cup chopped nuts, seeds
   - 1 cup chocolate chips
   - ½ cup chopped dates (optional)

5. Spoon into muffin cups with paper liners.

6. Sprinkle ¼ tbsp brown sugar on each muffin.

7. Bake at 375°F for 20-24 minutes.

8. Enjoy!
1/4 cup fresh lemons (minced)
2 tablespoons honey
3/4 teaspoon turmeric
3 tablespoons vanilla
1/2 cup water (10 minutes)
2 teaspoons salt
2 tablespoons mustard powder
6 tablespoons mustard seed

mustard
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
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) Place & spread enough peanut butter on the slices of bread to have 1/4 inch or 6mm thickness of peanut butter on each slice.
5) 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.
PECAN BUTTER AND JAM SANDWICH

12) **CAUTION**

If too much pressure is exerted, the jam will core 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 and jam from your fingers and jam without leaving any behind.

13) Once complete, put away the jars of peanut butter and jam.

14) Lick both the butter knife and spoon and place in the dishwasher.

15) Slowly 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 all remnants of peanut butter and jam remaining on the plate.

18) Place the plate in the dishwasher.

Thinking of you...

DENIS GÉRAIJS
pesto
3 cloves garlic minced
2 cups basil or 1/2 spinach/arugula
1/2 cup grated Romano or Parmesan
1/2 cup olive oil
1/3 cup pine nuts (or chopped walnuts)
1/2 teaspoon salt
1/4 teaspoon black pepper

pulse basil or nuts, add garlic and cheese
carefully pour olive oil, add salt and pepper
Rhubarb Cake

2 cups flour
1 tsp baking soda
1 tsp salt
1 cup sugar
1 cup rhubarb
1 cup milk
1/3 cup butter
1/3 cup white sugar
1 tsp cinnamon

Recipe for:

Rhubarb Pie (2 pies)
- 5 cups rhubarb

Pecan Pie
- 3 eggs
- 4 eggs
- 2 1/2 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 Servais’ 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
Called by Neagen from Meal Train 2024

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

2. Pre-roasted BBQ chicken w/ ribs = 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 won't need salad + garlic bread!)