



Yukon Territory



Nunavut Territory



Northwest Territories

## Northern Territories Cranberry Orange Muffins

### **Ingredients:**

1 1/2 cups	fresh or frozen and thawed cranberries	375 mL
1 1/2 cups	all-purpose flour	375 mL
1 cup	whole wheat flour	250 mL
1 cup	white sugar	250 mL
2 tsp	baking powder	10 mL
1 tsp	baking soda	5 mL
1/2 tsp	salt	2 mL
1/2 cup	orange juice	125 mL
1/2 cup	low-fat milk	125 mL
3 tbsp	vegetable oil	45 mL
1	egg	1
	Grated rind of 1 orange	

### **Method:**

Finely chop cranberries; set aside.

In large bowl, combine flours, sugar, baking powder, baking soda and salt.

In second bowl, combine juice, milk, oil, egg and rind. Stir in cranberries. Add to dry ingredients, stirring just until moistened. Spoon into 18 large paper-lined or nonstick muffin cups, filling 3/4 full.

Bake in 375°F (190°C) oven for 20 minutes or until muffins are lightly browned and firm to the touch. Remove from pan.

Yield: 18 muffins.

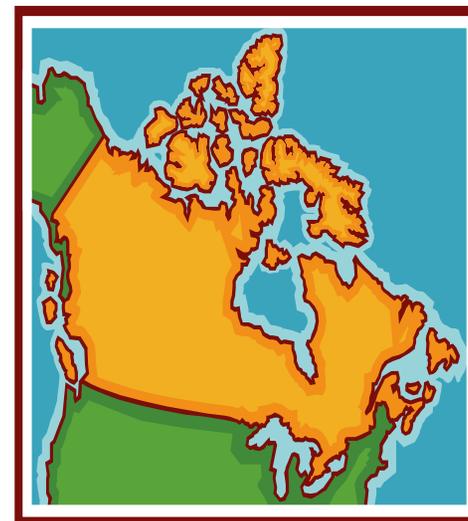
### *Per muffin:*

Calories	140	Sodium	188 mg
Protein	2.7 g	Potassium	74 mg
Total Fat	3.0 g	Calcium	29 mg
Carbohydrate	26 g	Iron	0.8 mg
Fibre	1.6 g		

*For most Northern families, fall is the time to gather the usually abundant crop of low-bush cranberries. Cranberries are native to the marshy areas of northern and eastern Canada. Their tart flavour combines well with other fruits and makes delicious relishes, cobblers, pies and other desserts.*



# Foods Across Canada



## RECIPE BOOKLET

*Recipe Source: "Healthy Home Cooking", MacMillan Publishing 1993. Reprinted with the permission of the authors - Margaret Howard and Ellie Topp.*



Prince Edward  
Island

## PEI Potato Carrot Muffins

### Ingredients:

3/4 cup	whole wheat flour	175 mL
3/4 cup	all purpose flour	175 mL
3/4 cup	white sugar	175 mL
2 tsp	baking powder	10 mL
1 tsp	baking soda	5 mL
1 tsp	ground cinnamon	5 mL
1/2 tsp	salt	2 mL
1/4 cup	vegetable oil	50 mL
1/4 cup	low-fat milk	50 mL
1	egg	1
1 cup	grated carrots	250 mL
1 cup	grated potatoes	250 mL
1/2 cup	raisins	125 mL

### Method:

In large bowl, combine flours, sugar, baking power, baking soda, cinnamon and salt.

In second bowl, combine oil, milk and egg. Add to dry ingredients along with carrots, potatoes and raisins, stirring just until moistened; do not over mix.

Spoon into 12 medium paper-lined or nonstick muffin cups, filling 3/4 full. Bake in 350°F (180°C) oven for about 20 minutes or until muffins are lightly browned and firm to the touch.

Yield: 12 muffins

### Per muffin:

Calories	188	Sodium	284 mg
Protein	3.1 g	Potassium	195 mg
Total Fat	5.4 g	Calcium	41 mg
Carbohydrate	33 g	Iron	1.1 mg
Fibre	1.9 g		

Prince Edward Island is famous for potatoes, one of the world's most versatile foods. In this recipe, they are combined with carrots for a delicious moist muffin.



British Columbia

## British Columbia Barbecued Salmon

### Ingredients:

2	salmon fillets, about 1 lb/500 g each	2
1/4 cup	dry white wine OR apple juice	50 mL
1 tbsp	Dijon mustard	15 mL
1 tbsp	horseradish	15 mL
1 tbsp	oyster sauce	15 mL
1 tbsp	chili sauce	15 mL
1 tbsp	light soy sauce	15 mL
2	green onions, finely chopped	2

### Method:

In shallow baking dish, place fillets. Combine wine, mustard, horseradish, oyster and chili sauce, soy sauce and onions; pour over fish. Cover and refrigerate to marinate for 8 to 10 hours.

Remove fish from marinade. Preheat broiler or barbecue on high. Just before cooking, brush grill lightly with oil. Broil or barbecue fish 4 inches (10 cm) from heat for 4 to 5 minutes per side or until fish is opaque and flakes easily with a fork or bake in 450°F (230°C) oven for 10 minutes per 1 inch (2.5 cm) of thickness.

Yield: 8 servings.

### Per Serving:

Calories	204	Sodium	237 mg
Protein	25 g	Potassium	380 mg
Total Fat	9.9 g	Calcium	13 mg
Carbohydrate	1.0 g	Iron	0.7 mg
Fibre	0.1 g		



Salmon is highly prized for its delicious flavour and versatility as a main course, salad or spread.

## Alberta Beef Stew



Alberta

### Ingredients:

1 1/2 lb	lean boneless round steak or stewing beef	750 g
1/4 cup	all purpose flour	50 mL
1/2 tsp	salt	2 mL
1/4 tsp	pepper	1 mL
1 large clove	garlic	1
1 cup	beef stock	250 mL
1 cup	tomato juice	250 mL
1 tbsp	tomato paste	15 mL
1 tbsp	lemon juice	15 mL
1 tsp	Worcestershire sauce	5 mL
1 tsp	paprika	5 mL
1/2 tsp	ground allspice	2 mL
1/2 tsp	ground cinnamon	2 mL

### Vegetables:

4 small	onions halved	4
3 medium	carrots, cut into large chunks	3
4 medium	potatoes, cut into large chunks	4
2 cups	cubed turnip	500 mL
1 cup	green beans, trimmed and cut in half	250 mL

### Method:

Trim all visible fat from beef and discard; cut meat into large cubes. Combine flour, salt, and pepper. Toss beef in flour mixture. Add beef and garlic to Dutch oven or large casserole. Cover and bake in 400°F (200°C) oven for 30 minutes. Reduce heat to 300°F (150°C); add stock, tomato juice, tomato paste, lemon juice, Worcestershire and seasonings. Cover and bake for 1 hour. Add vegetables and bake for about 1 hour longer or until vegetables are tender.

Yield: 8 servings

### Per Serving:

Calories	214	Sodium	455 mg
Protein	20 g	Potassium	837 mg
Total Fat	3.7 g	Calcium	50 mg
Carbohydrate	26 g	Iron	3.3 mg
Fibre	3.8 g		

*Alberta is known for its excellent beef. This recipe combines a lean cut, round steak, with assorted vegetables for a good old-fashioned stew. Research into early heritage recipes reveals the surprising use of allspice, cinnamon or mace as a seasoning in beef stews.*

## Nova Scotia Festive Seafood Chowder



Nova Scotia

### Ingredients:

2 tbsp	margarine or butter	25 mL
1	onion, chopped	1
1 cup	water	250 mL
2 cups	diced potatoes	500 mL
1/2 lb	boneless fish fillets, cut into bite-sized pieces	250 g
1/2 lb	scallops	250 g
5 cups l	low-fat milk	1.25 L
1/4 cup	all-purpose flour	50 mL
1/2 tsp	salt	2 mL
Pinch	freshly ground black pepper	Pinch
1 cup l	lobster meat, diced	250 mL
1/2 lb.	mussels OR clams, steamed and shucked	250 g

Garnish: Chopped fresh parsley.

### Method:

In large saucepan, melt margarine over medium heat; sauté onion until soft. Add water and potatoes. Cover and bring to a boil; reduce heat and simmer for about 7 minutes or until almost tender. Add fish and scallops, simmer for 5 minutes or until fish is opaque and flakes easily with a fork.

Whisk together milk, flour, salt and pepper. Add to pan, return to the boil, stirring constantly; reduce heat and simmer for 1 minute. Stir in lobster and mussels. Heat over medium heat until heated through. Sprinkle a little parsley over each serving.

Yield: 8 servings, 1 1/4 cups (300 mL) each.

### Per Serving:

Calories	270	Sodium	522 mg
Protein	27 g	Potassium	801 mg
Total Fat	7.7 g	Calcium	234 mg
Carbohydrate	22 g	Iron	2.9 mg
Fibre	1.0 g		

*Many kinds of seafood are found off Nova Scotia's shores. When you want to serve something exceptional for a casual get-together, a bowl of this delicious chowder would be a perfect supper dish.*



## New Brunswick Yogurt Blueberry Muffins

New Brunswick

### Ingredients:

2 1/2 cups	whole wheat flour	625 mL
1/2 cup	white sugar	125 mL
1/4 cup	wheat germ	50 mL
2 tsp	baking powder	10 mL
1 tsp	baking soda	5 mL
1/2 tsp	salt	2 mL
1/3 cup	soft margarine or butter	75 mL
1 1/4 cups	low-fat plain yogurt	300 mL
2	eggs	2
Grated rind of 1 orange		
1 1/4 cups	blueberries	300 mL

### Method:

In large bowl, stir together flour, sugar, wheat germ, baking powder, baking soda and salt.

In second bowl, combine margarine, yogurt, eggs and rind. Stir in blueberries. Add to dry ingredients, stirring just until moistened; do not over mix.

Spoon into 18 large paper-lined or nonstick muffin cups, filling 3/4 full. Bake in 400°F (200°C) oven for about 20 minutes or until muffins are lightly browned and firm to the touch.

Yield: 18 muffins.

### Per Muffin:

Calories	141	Sodium	242 mg
Protein	4.4 g	Potassium	143 mg
Total Fat	4.8 g	Calcium	56 mg
Carbohydrate	22 g	Iron	0.9 mg
Fibre	2.7 g		

*Blueberries have become a favourite fruit throughout Canada, but nowhere are they as well known as in New Brunswick. These muffins are so delicious you will want to keep a good supply in the freezer.*



## Saskatchewan Spicy Hot Yellow Split Peas

Saskatchewan

### Ingredients:

2 cups	dried yellow split peas, washed	500 mL
1/3 cup	liquid honey	75 mL
1/4 cup	light soy sauce	50 mL
2 tsp	cornstarch	10 mL
1 tbsp	sesame oil	15 mL
10 cloves	garlic, minced	10
4	dried chilies, seeded and crushed	4
2 tsp	minced gingerroot	10 mL
1/2	sweet red pepper, diced	1/2
1/2 cup	currants	125 mL
6 cups	cooked white rice (2 cups/500 mL raw)	1.5 L
Garnish:	Chopped fresh parsley	

### Method:

In large saucepan, combine peas and 4 cups (1 L) water; bring to a boil. Cover, reduce heat and simmer for 25 minutes or until peas are soft; drain.

In small bowl, whisk together honey, soy sauce, 2 tbsp (25 mL) water and cornstarch; set aside.

In large nonstick skillet, heat oil over medium heat; sauté garlic, chilies and gingerroot for 1 to 2 minutes. Stir in red pepper, currants and peas; sauté for about 5 minutes, stirring frequently. Add honey mixture and cook until thickened and bubbly, stirring constantly. Serve over rice; garnish with parsley.

Yield: 6 servings

### Per Serving:

Calories	567	Sodium	346 mg
Protein	22 g	Potassium	914 mg
Total Fat	3.7 g	Calcium	94 mg
Carbohydrate	114 g	Iron	4.2 mg
Fibre	5.5 g		

*The Saskatchewan Prairie has an ideal climate for growing grains and pulses such as yellow split peas. They are an excellent meat alternative providing high fibre and an excellent source of iron and protein.*



Manitoba

## Manitoba Curried Wild Rice Walnut Salad

### Ingredients:

2/3 cup	wild rice	150 mL
1/4 tsp	salt	1 mL
1/2 cup	sliced green onions	125 mL
1/2 cup	grated carrots	125 mL
2 tbsp	finely chopped fresh parsley	25 mL

### Curry Lemon Dressing:

2 tbsp	lemon juice	25 mL
1 tbsp	vegetable oil	15 mL
1 tbsp	water	15 mL
1 tbsp	light salad dressing or mayonnaise	15 mL
1/2 tbsp	sugar	7 mL
1	small clove garlic, minced	1
1/4 tsp	curry powder	1 mL
1	tart firm apple, cored and diced	1
1/4 cup	coarsely chopped walnuts	50 mL

### Method:

Wash wild rice well under cold running water; drain. In medium saucepan bring 2 cups (500 mL) water to a boil. Add rice and salt, reduce heat, cover, and simmer for 40 minutes or until rice is tender; drain. Stir in onions, carrot and parsley.

### Dressing:

In small bowl, whisk together juice, oil, water, salad dressing, sugar, garlic and curry powder. Pour dressing over rice mixture. Cover and refrigerate for 1 to 2 hours.

Just before serving stir in apple and walnuts.

Yield: 6 - 3/4 cup servings

### Per Serving:

Calories	151	Sodium	139 mg
Protein	3.8 g	Potassium	198 mg
Total Fat	6.5 g	Calcium	22 mg
Carbohydrate	21 g	Iron	0.8 mg
Fibre	2.1 g		

*Wild rice is really not a rice but the grain from a marsh grass native to the northern Great Lakes area. Grown abundantly in marshlands in Manitoba, it was an important food for the Indians and was sold by them to the settlers when they arrived in Canada.*



Newfoundland & Labrador

## Newfoundland/Labrador Baked Codfish au Gratin

### Ingredients:

1 pkg (14 oz/400g)	frozen codfish	1
1 1/2 cups	low-fat milk	375 mL
3 tbsp	all-purpose flour	45 mL
1/4 cup	finely chopped green onion	50 mL
1/2 tsp	salt	2 mL
1/4 tsp	freshly ground black pepper	1 mL
1 cup	shredded light Cheddar cheese, divided	250 mL

### Method:

Place fish on flat microwavable dish. Cover and defrost for 11 minutes on defrost program or until fish is defrosted. Separate fillets, cover and microwave at High (100%) for 5 minutes or until fish is opaque and flakes easily with a fork; set aside.

In large microwavable container, whisk milk and flour until blended. Microwave at High for about 5 minutes or until boiling; stir several times. Add onion, salt and pepper.

Lightly grease 8 cup (2 L) baking pan. Pour in 1/4 cup (50 mL) sauce; cover with 1/2 of fish and 1/2 of cheese. Pour 1/2 cup (125 mL) sauce over and layer with remaining fish. Pour remaining sauce over fish; sprinkle with remaining cheese. Bake in 350°F (180°C) oven for 30 minutes or until top is browned.

Yield: 4 servings.

### Per Serving:

Calories	239	Sodium	625 mg
Protein	30 g	Potassium	387 mg
Total Fat	8.2 g	Calcium	339 mg
Carbohydrate	9.9 g	Iron	1.0 mg
Fibre	0.4 g		

*Codfish has been a staple food of Newfoundland and Labrador for centuries. Dried salt cod provided food during the long winter months. The Grand Banks fishing ground, where it is found, was one of the major attractions for Europeans arriving in Canada's shores in the early years.*



Québec

## Quebec Maple Syrup Cake

### **Ingredients:**

2 1/4 cups	cake and pastry flour	550 mL
2 tsp	baking powder	10 mL
2	egg whites	2
1/2 cup	white sugar, divided	125 mL
1/4 cup	margarine or butter	50 mL
1 cup	maple syrup	250 mL
1/2 cup	low-fat milk	125 mL
2 tbsp	finely chopped walnuts	25 mL

### **Method:**

Mix together flour and baking powder.

In small bowl, beat egg whites until frothy; gradually beat in 1/4 cup (50 mL) sugar until stiff peaks form; set aside.

In large bowl, cream margarine and remaining sugar. Stir in 1/2 of flour mixture, 3/4 cup (175 mL) maple syrup, then remaining flour mixture. Stir in milk; gently fold in beaten egg whites.

Pour batter into lightly greased 8" (2 L) square baking pan; sprinkle with walnuts.

Bake in 350°F (180°C) oven for 30 minutes or until top springs back when lightly touched. Let cake cool for 5 minutes; brush top with remaining maple syrup.

*Note: If baking in a nonstick or glass pan, reduce oven temperature to 325° F (160°C).*

Yield: 15 small servings

### **Per Serving:**

Calories	168	Sodium	79 mg
Protein	2.1 g	Potassium	76 mg
Total Fat	3.7 g	Calcium	49 mg
Carbohydrate	32 g	Iron	1.3 mg
Fibre	0.1 g		

*Maple syrup is one of nature's delicacies and we are indebted to Canada's native peoples for revealing the secret of the maple tree. Early French settlers learned from the Ojibwa about "sugaring off" and the period called "the maple moon", or "sugar month". Be sure to use pure maple syrup to capture the true maple flavour.*



Ontario

## Ontario Cheddar Cheese Bites

### **Ingredients:**

2	egg whites	2
1/4 tsp	lemon juice	1 mL
1 cup	finely shredded light old Cheddar cheese	250 mL
2 tsp	finely minced onion	10 mL
1 tsp	Worcestershire sauce	5 mL
1/2 tsp	paprika	2 mL
1/2 tsp	dry mustard	2 mL

### **Method:**

In small bowl, beat egg whites and juice just until stiff peaks form. Gently fold in cheese, onion, Worcestershire, paprika and mustard.

On nonstick baking sheet, drop by teaspoon, making 24 small mounds. Bake in 450°F (230°C) oven for 8 minutes or until well browned. Cool on rack. Serve slightly warm.

Yield: 24 appetizer bites

### **Per Appetizer:**

Calories	17	Sodium	37 mg
Protein	1.7 g	Potassium	11 mg
Total Fat	1.0 g	Calcium	35 mg
Carbohydrate	0.2 g	Iron	0.1 mg
Fibre	0		



*Ontario is famous for its Cheddar cheese. In 1893, a 22,000 pound cheese was sent as part of the Canadian exhibition to the World's Columbian Exposition in Chicago. Made in Perth, Ontario, it required one day's milk from 10,000 cows. It was the world's largest cheese until 1963.*