

# North End Healthy Recipe

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January 17

## Crispy Basa

Adapted from: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=56880>

### Ingredients:

2 tbsp lite or reduced fat mayo  
1-1/2 tsp mustard  
1/2 tsp capers (optional)  
1/2 tsp ketchup  
1/8 tsp paprika  
1/8 tsp hot pepper (tabasco) sauce  
2 4oz **Basa fillets** – Gimli Fish (\$7 for 2lbs)  
Pam Olive oil spray or oil  
1/2 cup **Cornflakes** crushed – Avenue Meats (1.35kg - **\$5.99**)  
salt and pepper to taste  
1/2 clove garlic minced  
1/2 lemon sliced

### Directions

1. Preheat oven to 375°F (190°C)
2. In a bowl, thoroughly blend the mayonnaise, mustard, capers, ketchup, paprika, and hot pepper sauce.
3. Brush the basa fillets with pam, and roll in the crushed Corn Flakes to coat. Season with salt and pepper. Spray with pam again or lightly season with oil. Arrange the fish in a baking dish and top with garlic and lemon slices.
4. Bake 15 minutes in the preheated oven, or until fish is easily flaked with a fork and coating is lightly browned. Serve with the mayonnaise sauce mixture.

Number of Servings: 2

## Pineapple Carrot Muffins

### Ingredients:

1 ½ cups **flour** – Avenue Meats (Farine Old Country Flour (10kg - **\$6.99**)  
1 tsp baking soda  
1 tsp baking powder  
½ tsp salt  
½ tsp cinnamon  
¼ tsp nutmeg  
¼ tsp ginger  
¾ cup sugar  
1 egg  
½ cup buttermilk (**See Next Page for Substitution**)  
¼ cup canola oil  
½ tsp vanilla  
¾ cup **crushed pineapple**, drained – Avenue Meats (Del Monte Canned Pineapple – (398mL – **4 for \$5**)  
¾ cup finely grated **carrots** – Sobeys (**2lbs for \$2.99**)  
½ cup raisins or cranberries  
½ cup pecans or walnuts (optional)

### Directions:

1. In a large bowl, stir together first 8 ingredients.
2. In second bowl, whisk together egg, buttermilk, oil and vanilla. Stir in pineapple.
3. Pour into flour mixture and stir just to combine ingredients.
4. Spoon batter into muffin tins.
5. Bake at 200°C for 15-17 minutes or until done (toothpick comes out clean)

**Making a recipe that calls for buttermilk? Use this simple substitute, and you won't need to buy any:**

**Total Time:** 5 minutes

**Ingredients:**

Milk (just under one cup) – Sobey's (Low priced milk)  
1 Tablespoon white vinegar or lemon juice

**Directions:**

1. Place a Tablespoon of white vinegar or lemon juice in a liquid measuring cup.
2. Add enough milk to bring the liquid up to the one-cup line.
3. Let stand for five minutes.

# Texas Beef Wraps

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**Ingredients:**

½ pound lean ground beef – Avenue Meats (Lean ground beef **\$2.39/lb**)  
½ cup chopped onion  
½ cup chopped green pepper  
2 garlic cloves, minced  
1 tbsp cumin  
1 tsp chili powder  
½ cup tomato sauce  
¼ cup salsa  
¼ cup fresh cilantro  
6 flour tortillas  
Shredded lettuce – Avenue Meats (Iceberg lettuce - **\$0.99 each**)  
Grated light cheddar cheese – Avenue Meats (Faith Farms cheese **\$6.99**)  
Chopped fresh tomatoes

1. Cook beef in frying pan until cooked and no pink remains. Add onion, pepper and garlic
2. Cook 3-4 minutes until soft. Add cumin and chili powder. Cook and stir 1 minute.
3. Add tomato sauce, salsa and chopped cilantro. Cook and stir until heated through, about 5 minutes.
4. Divide filling among tortillas. Top with lettuce, tomatoes and cheese. Wrap by folding bottom edge of tortilla over filling, then sides. Roll up.
5. Makes 6 wraps

## Southwestern-Style Beef and Potato Bake

### **Ingredients:**

1 pound **lean ground beef** – Avenue Meats (Lean ground beef **\$2.39/lb**)  
2 tablespoons olive oil  
1 cup coarsely chopped onion  
1 cup thinly sliced celery  
1 tablespoon jalapeno peppers (optional)  
2 cloves garlic, finely minced  
1 can (14.5 ounces) diced tomatoes, undrained  
1 can (about 12 to 15 ounces) corn, drained  
1 teaspoon chili powder  
1/2 teaspoon salt  
Dash pepper  
1/2 teaspoon ground cumin  
4 medium **potatoes**, peeled, thinly sliced, about 1 1/2 to 2 pounds – Sobeys (**\$3.18/5lbs**)  
2 cups (8 ounces) shredded **sharp cheddar cheese** – Avenue Meats ((Faith Farms cheese **\$6.99**))

### **Directions:**

1. Grease a 13x9x2-inch baking dish (2 1/2 to 3 quart size). Heat oven to 350°.
2. In a large skillet, heat the olive oil over medium heat. Add the ground beef and the onions and celery. Cook, stirring, until beef is browned and vegetables are tender. Add garlic and peppers; cook, stirring, for about 1 minute longer. Stir in the tomatoes, chili powder, salt, pepper, and cumin.
3. In the prepared baking dish, arrange half of the sliced potatoes, then top with half of the corn and ground beef mixture and half of the cheese. Repeat the layers, ending with the remaining cheese. Cover tightly with foil and bake for about 1 hour and 15 minutes, or until potatoes are tender.

Serves 6.

## Refried Beans

### **Ingredients:**

1 can **kidney beans** – Sobeys (Kidney Beans **\$1.39**)  
1/2 cup chopped onion  
2 cloves garlic  
1/2 cup dice tomatoes or 1 tablespoon tomato paste and just under 1/2 cup water  
Salt  
Pepper  
Chili powder\*  
Cumin\*  
\*or replace with hot sauce

### **Directions:**

Sautee onions until soft in small amount of olive oil. Add in garlic – wash and drain kidney beans and add to onion and garlic. Add tomatoes or tomato paste. Add seasoning – simmer – add more liquid if it starts to stick.

Simmer until soft – mash with fork or potato masher.

Great with fajitas, burritos or as a dip or great in quesadillas!

# What can I do with oats?!

Oats are great for breakfast, for baking (delicious oatmeal cookies), for filler in hamburgers or meatloaf, in soups or even just for a snack! Oats are great for lowering your LDL (BAD) cholesterol and raising your HDL (GOOD) cholesterol!

## Oatmeal Waffles/Pancakes

### Ingredients:

- 1 ½ cups flour – Avenue Meats (Farine Old Country Flour (10 kg - *\$6.99*))
- 1 cup oats – Sobeys (Rodgers Quick Oats *\$2.99/1.35kg*)
- 2 tsp baking powder
- ¾ tsp cinnamon
- 1 tsp baking soda
- ½ tsp salt
- ½ tsp nutmeg
- ½ tsp vanilla
- 1 ¼ cups buttermilk
- 2 tbsp brown sugar
- ¼ cup vegetable oil
- 2 medium apples, grated – Sobeys (Apples *\$0.88/lb*)



### Directions:

1. Mix flour, oats, baking powder, cinnamon, baking soda, salt and nutmeg
2. Add vanilla, buttermilk, brown sugar, egg and oil
3. Gently mix all together, using as few strokes as possible, then gently fold in the grated apple. The batter should be thick.
4. Let batter sit for **1 hour** before using
5. Waffles: Bake in a preheated waffle iron until done  
Pancakes: Spoon onto heated, non-stick frying pan. Flip when bubbles start popping on the raw side.

Serves: 10-12 pancakes or 4 to 6 waffles.

# Sweet-Sour Broccoli Salad

Adapted from: <http://allrecipes.com/Recipe/Sweet-Sour-Broccoli-Salad/Detail.aspx> Submitted by Bea Ramirez

## Ingredients

- 4 cups broccoli florets
- 1 cup peanuts – Avenue Meats (Peanuts **\$1.99/bag**)
- 1 cup raisins
- 1/2 cup chopped onion
- 1 cup light mayonnaise
- 2 tablespoons cider vinegar
- 2 tablespoons sugar

## Directions

1. In a bowl, combine the broccoli, peanuts, raisins and onion. In a small bowl, combine the light mayonnaise, vinegar and sugar; pour over vegetables and toss to coat. Cover and refrigerate for at least 2 hours.
2. Makes 8 servings

**Broccoli is loaded with nutrients and has a high calcium level that helps to build bones. Broccoli also contains antioxidants which can reduce your risk of certain cancers and heart disease.**



## **Free Shuttle Schedule for the Month of January:**

**January 12, 13, 14, 15, 17, 20, 21, 22, 28, 29 and February 1, 11, 12, 14, 15, 18, 19, 21, 22, 28 March 1, 11, 12, 14, 15**

**If you would like to reserve a time –**

**Please phone Margo or Joanne at 927-2342**

**(North End Community Renewal Corporation – A North End Food Security Network Project)**

# Specials

## **Sobeys Cash and Carry located at 840 Dufferin Avenue:**

### Healthy Eating Specials

Rodgers Quick Oats **\$2.99/1.35kg**  
Uncle Tom's Rice **\$2.99/2kg**  
English Cucumbers **\$1.49 each**  
Iceberg Lettuce **\$0.99 each**  
Tomatoes **\$0.99/lb**  
Harvest Time Pearl Barley **\$1.24**  
Harvest Time Yellow Split Peas **\$1.19**  
Harvest Time Soup Mix **\$1.19**  
Tomato Soup **\$7.99/12 cans**  
Cream of Mushroom Soup **\$7.99/12 cans**  
Utopia Tomatoes (Cans) **\$1.19**  
Romaine Lettuce **\$1.18 each**  
Corn Flakes 950g **\$3.99**  
Honey Almond Flax Cereal **\$3.99**  
Potatoes **\$6.44/20lbs** or **\$3.18/5lbs**  
Sun-Rype Apple Juice **\$1.29/L**  
Europes Best (Field Berries, Sunburst  
Mango, Summer Fruit Salad) **\$3.49**  
4L Milk varieties **\$4.60 and under**  
Cabbage **\$0.44/lb**  
Cauliflower **\$1.88 each**  
Apples **\$0.88/lb**  
Bananas **\$0.58/lb**  
Kidney Beans **\$1.39**  
Carrots **2lbs for \$2.99**

## **Avenue Meat Market located at 595 Selkirk Avenue:**

### Healthy Eating Specials

Fresh Lean Ground Beef **\$2.39/lb**  
Faith Farms Cheese  
(Assorted weights and types - **\$6.99**)  
Iceberg Lettuce - **\$0.99 each**  
Skippy Peanut Butter – (1kg - **\$3.99**)  
Kraft Peanut Butter – (500g - **\$3.49**)  
Farine Old Country Flour (10kg - **\$6.99**)  
Del Monte Canned Vegetables  
(341-398mL – **3 for \$4**)  
Del Monte Canned Pineapple –  
(398mL – **4 for \$5**)  
Del Monte Canned Fruit –  
(Assorted 398mL – **2 for \$3.50**)  
Red Potatoes – (5lbs – **2 for \$7**)  
Special K Cereal – (475g - **\$3.99**)  
Green Giant Frozen Vegetables Assorted  
(300-500g – **2 for \$5**)  
Selection Pasta (Assorted) -  
(900g – **2 for \$5**)  
Peanuts **\$1.99/bag**  
Fresh Whole Chicken - **\$7 and up**  
Fresh Chicken – **5kg for about \$20**  
Tomato and Roasted Red Pepper Soup (low  
sodium) - **\$1.49**  
English Cucumbers – (**3 for \$5**)  
Corn Flakes – (1.35kg - **\$5.99**)

## Neechi Foods, located at 325 Dufferin Avenue:

### Healthy Eating Specials:

Pickarel Cheeks at \$10.50/lb  
Smoked and frozen Whitefish  
Frozen Wild Blueberries  
(10 lbs at \$5.90/lb, 5 lbs at \$6.60/lb, and 1 lb at \$7.63)  
Soups, Chili and Stews  
Wild Rice: regular \$8.57/lb, broken \$4.55/lb  
Frozen Pickarel Fillets at \$7.79/lb



## Gimli Fish, located at 596 Dufferin Avenue:

### Healthy Eating Specials:

Cheddar Perogies 30 for \$4  
Basa Fillets \$7/2 lbs  
Sweet Potato Fries \$3/lb  
California Stir Fry Frozen Vegetables \$4/kg  
8 oz Tuna Steak \$5  
Frozen Wild Salmon Steaks \$15/2 lbs  
Salmon Burgers 6 for \$10  
Breaded Sole \$6.00/kg  
Cooked Shrimp 75 pc for \$15

Parmesan Crusted Tilapia \$3.00  
Frozen Sushi (variety) 6 pc \$2.00  
White Shrimp (raw) 65 pc for \$12  
Herb Crusted Cod \$3.50/6 oz  
Breaded Calamari Rings \$4 for 400g  
Vegetable Spring Rolls 40 for \$10  
Dill and Garlic Cubes 20 cubes for \$2.00

## Selkirk Supermarket, located at 473 Selkirk Avenue:

### Healthy Eating Specials:

Tomatoes \$1.09/lb  
Bananas \$.59  
Lettuce \$1.29  
15 doz. Pee Wee Eggs \$13.99  
Faith Farm Cheese \$6.99  
Onions \$0.49/lb  
Cucumbers \$0.99 each  
Carrots \$1.39/2lbs

Celery \$1.29/bunch  
Green onion \$0.99/bunch  
Fat Free Yogurt 175g - \$0.75 each  
Puffed Wheat - \$3.99/400g  
Merit Mustard - 1.59/500mL  
100% Sun-Rype Apple juice \$1.89/1L  
Italpasta spaghetti - \$1.99/900g  
Catelli Smart - \$2.79/454g  
Merit Mushroom pieces and stems \$1.09  
Special K with free banana coupon (up to 2lbs) \$4.99/475g