

# Recipes

All recipes have been submitted by NLC  
Students, Staff, and Faculty



# Bobotie Recipe

A traditional South African recipe served by my husband's parents

This dish is savoury and sweet, and this is one of our FAVORITE recipes from my husband's home country.

You will need to have a chutney sauce as it will make the dish perfect as a pairing!

Serve with rice!

## Ingredients

- |                           |                            |
|---------------------------|----------------------------|
| 1 lb ground beef or lamb  | 2 eggs                     |
| 1 diced onion             | 1/2 cup milk               |
| 2 crushed garlic cloves   | 1 fairly thick-sliced      |
| 1 1/2 tbsp curry powder   | crust-less bread It can be |
| 1/2 tsp salt              | brown or white             |
| 1 1/2 tbsp fruit chutney  | bay leaves                 |
| 1 tbsp smooth apricot jam |                            |
| 1 tsp turmeric            |                            |
| 1 1/2 tbsp vinegar        |                            |
| 1 tbsp raisins            |                            |



## Directions

- 1) First off, soak your bread in milk and grease a large baking dish, while heating the oven to 350f
- 2) Fry the garlic and onions until the onions are soft. (use oil or butter as needed)
- 3) Add curry powder, salt, chutney, jam, turmeric and vinegar and mix well together.
- 4) Drain the milk from your soaked bread (keep the drained milk) and mash the bread with a fork.
- 5) Add the bread to the pan together with ground beef/lamb and raisins.
- 6) Cook over low heat, stirring, until the meat is cooked, then remove it from the stove.
- 7) add 1 beaten egg and mix everything together well. Lastly, spoon into a greased baking dish
- 8) Beat the remaining 2 eggs with the leftover drained milk and pour over meat mixture that is in the baking dish and put a few bay leaves on top.
- 9) Bake uncovered in 350f for approximately 60 mins or until set (nicely browned).

Serve with rice & chutney sauce!

Submitted by: Natasha



# ALMOND FLOUR BANANA BREAD

*It's fluffy, moist, and super simple to make.*

*This banana bread is sure to be a house favourite!*

*We personally tested it with our kids and friends and everyone is raving about how addicting it is.*

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## INGREDIENTS

- 2-3 Ripe bananas
- 2 large eggs
- 1/4 Cup Honey
- 1/4 Cup Coconut oil or Butter
- 1 Teaspoon Vanilla extract
- 2.5 Cups Almond flour
- 1 Teaspoon Cinnamon
- 1 Teaspoon Baking soda
- 1 Teaspoon Baking powder
- 1/4 Teaspoon Salt

## DIRECTIONS

- 1) Preheat the oven to 325F. Line a 9x5 loaf pan with parchment paper or grease with butter and set aside.
- 2) Add the bananas to a large mixing bowl and mash. Add the eggs, maple syrup, coconut oil, and vanilla. Whisk to combine.
- 3) Stir in the almond flour, cinnamon, baking soda, baking powder, and salt just until fully combined. Optional add-ins: 1/2 cup chopped walnuts or pecans, chocolate chips, or raisins.
- 4) Transfer mixture into prepared loaf pan and bake for 50-55 minutes or until a toothpick inserted into the center comes out clean.
- 5) Remove from the oven and cool for 10 minutes, then transfer to a cooling rack and allow to completely cool before slicing.

## NOTES

If you are making it like us you will chop up some walnuts and pecans and add them in along with some butterscotch and regular dark chocolate chips!

Submitted by: Natasha



# *Pumpkin Chocolate Chip Muffins*

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## *Ingredients*

4 eggs  
2 cups of sugar (or less)  
16oz pumpkin  
3/4 cup of oil  
3/4 cup of apple sauce,  
yogurt  
1 1/2 cups white flour  
1 1/2 whole wheat flour  
2 tsp baking soda  
2 tsp baking powder  
1 tsp cinnamon  
1 tsp salt  
ground flax  
2 cups chocolate chips

## *Directions*

1. Preheat oven to 350
2. Mix eggs, sugar, pumpkin, oil, apple sauce/yogurt together
3. Mix the remaining ingredients together in a separate bowl
4. Combine all the ingredients together
5. Bake for 18 minutes





# Strawberry & Feta Salad

*Amounts are not measured, but always to taste*

## **SALAD INGREDIENTS**

pre-washed Baby spinach or  
Spring mix salad  
sliced strawberries and/or other  
berries or chopped bite-size sweet  
fruit like apple, pear or mandarin  
orange slices  
feta cheese  
pumpkin seeds  
walnuts or pecans  
Sliced Red onions  
sliced cooked chicken breast  
sliced (optional)

## **VINAGRETTE INGREDIENTS**

2 cloves garlic, minced (or  
more to taste)  
1 teaspoon honey (or more  
to taste)  
1 teaspoon Dijon mustard  
(I add more, to taste)  
 $\frac{1}{4}$  cup red wine vinegar  
2 tablespoons balsamic  
vinegar  
2 tablespoons brown sugar  
1 cup olive oil

## **DIRECTIONS**

1. Place sliced onions in small bowl of water to remove harshness and retain flavour
2. Add spinach to large bowl
3. Add strawberries, feta, pumpkin seeds, walnuts and chicken to bowl
4. Make vinaigrette - add all listed ingredients to a 2-cup measuring cup and whisk (I use a fork to whisk)
5. Remove onions from water and pat dry with paper towel
6. Add onions to salad bowl
7. Whisk vinaigrette once more and immediately drizzle on salad; LESS IS MORE - you can always add more if you like, but if you overdo it you won't want to eat it anymore.  
Eat your heart out.

Submitted by: Melissa



GLUTEN  
FREE

# Waffle

RECIPE

**MAKES: 5 WAFFLES**

**INGREDIENTS:**

2 cups of Robin Hood Gluten-Free Flour  
4 tsp of Baking Power  
1 tsp of Vanilla extract  
1 tbsp of Sugar  
1 3/4 of milk ( you can use dairy free milk if you need to)  
2 eggs  
1/2 cup of oil  
pinch of salt



**PROCEDURE:**

1. Combine all everything in a mixing bowl.
2. Cooking using a waffle maker.



# Christmas Cranberry Cheese Ball

## Ingredients

¼ cup chives  
1 cup cranberries,  
dried  
Pinch of Garlic  
powder  
Pinch of salt  
1 cup  
pecans/walnuts  
(optional )  
8oz cream cheese  
1 ½ cup white  
cheddar cheese  
Crackers/apple  
slices/pretzels

## Method

1. Save ½ cup of cranberries, 1/8 cup of chives and ½ cup of pecans/walnuts and put to side on plate.
2. Combine rest of ingredients into a ball shape (electric mix white cheddar and cream cheese if you need) then wrap in saran wrap and place in fridge for 2hrs.
3. Once firm, unwrap and roll onto the plate of ingredients you saved prior.
4. Serve with crackers, apples slices or pretzels and enjoy



My kids and I love it with ritz and sociable crackers personally! And usually, we don't add the nuts.

# Homemade Bounty Bars

## Ingredients

- 400 g (metric) or 14 oz of milk Chocolate.
- 3 Cups of Shredded coconut (unsweetened if you want less sweet) either is delicious.
- 1 Cup of condensed milk

## Method

1. Mix the coconut and condensed milk together and shape the bars.
2. Place in the freezer for 15 – 20 min.
3. Melt chocolate and cool slightly.
4. Dip the coconut bars in the melted chocolate to cover them.
5. Place on a lightly greased tray in the fridge to set, once they have set, Enjoy!





## *Pink Peppermint Pie*

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### INGREDIENTS

24 lg marshmallows

½ cup milk

1 tsp vanilla

1/8 salt

6 drops of  
peppermint extract

6 drops of red food  
coloring

1 cup of chilled  
whipping cream

2 tbsp peppermint  
candy (crushed)

### DIRECTIONS

1. Heat the marshmallow and milk over low heat, stirring constantly, just until marshmallows are melted.
2. Remove from heat stir in vanilla, salt, peppermint extract and food coloring.
3. Refrigerate stirring occasionally until mounds fall stiff off the spoon.
4. Beat whipping cream in a chilled bowl until stiff, stir in the marshmallow mix until blended. Fold into whipped cream and pour into graham wafer crust pie shell and refrigerate for 12 hours. Just before serving crush the candy can and sprinkle over the pie.

### NOTES

Make it a yearly Christmas Eve Tradition

Submitted by: Mary



# Spaghetti Squash

## Procedure:

Cut a spaghetti squash in half and remove the guts. Stab the rind with a fork or knife.

Rub olive oil on the inside of the squash, and sprinkle with salt and pepper.

Place face down on a cooking tray and in the oven to roast for about an hour or until fully cooked. 350-400 Fahrenheit.

Let cool,

Remove squash from rind and add a pat of butter or margarine and whatever spices you wish. Fluff with a fork.

**Notes :** Enjoy!



# Dill Pickle Pasta Salad

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## *Ingredients*

6-8 cups pasta (al dente)

Soak in 1/2 cup pickle juice then strain

### Combine:

2/3 cup mayo

1/3 cup sour cream

1/8 tsp cayenne

2 tbs dill

4 tbs pickle juice

Salt and pepper

### *Add in*

1 cup cheese and pickles

2 tbs onion finely chopped

# HAM & POTATO SOUP



**Serves : 8**



**Cook Time : 40 Mins**

## Directions

1. Heat the butter in a pot over medium heat. Sauté the onion, carrots, celery until beginning to soften (about 4 minutes).
2. Add the ham and potatoes, cook for 2 minutes, then add the garlic and sauté until fragrant (about 30 seconds).
3. Mix the flour through and cook for 2 minutes.
4. Stir in stock and bouillon, mixing all ingredients together. Increase heat and bring to a boil
5. until potatoes are 'just' fork tender, about 10-12 minutes.
6. Reduce heat to medium-low, add the milk and stir over the heat until thickened (about 5 minutes).
7. Taste test and season with salt and pepper, if desired.
8. Serve warm.

### Notes

**HAM BROTH** You can make your own ham broth for ham soup using leftover ham bone: Simmer the ham bone in a stock pot filled with enough water to cover the bone halfway (about 2 quarts/litres, depending on size of bone).

Bring to a boil, reduce heat, cover with a lid and let simmer until very fragrant (about 1 hour).

**Discard hambone** Replace the chicken stock with your ham broth.

**TIPS** If your soup is too thick once it's finished, simply add more milk in 1/4 cup increments until reaching your desired consistency.

Alternatively, if your soup is not thick enough to your liking, mix 1 tablespoon of cornstarch together with 2 tablespoons of extra milk.

Pour the mixture into the soup and allow to boil for a few minutes to thicken, while stirring.

Repeat for an even thicker soup!

## Ingredients

- ½ cup unsalted butter (2 oz 60 g)
- 1 onion finely chopped
- 1 cup large carrot peeled and diced
- ½ cup diced celery
- 3 cups peeled and diced potatoes
- 4 cloves garlic minced or finely chopped
- 1 ½ cups cooked ham, diced (add more if desired)
- ½ cup all-purpose flour (plain flour)
- 2 cups low sodium chicken stock (or broth)
- 2 tsp chicken Bouillon
- 3 cups milk (whole milk or 2%)
- 1 pinch of salt, if needed (adjust to your taste) fresh cracked black pepper



Submitted by: Greta

# Slow Cooker Tortellini Soup

## Ingredients :

1lb Italian Sausage	1 (20 oz) bag Cheese tortellini,
2 (15oz) cans Italian diced frozen	
tomatoes	(can use fresh, reduce cooking time
3 cups Spinach, fresh	accordingly
4 cups Vegetable or	8 oz Cream cheese
chicken broth	

## Directions :

Brown sausage first, drain fat, then add to crock pot  
Add everything to slow cooker except spinach and tortellini  
Cook on low for about 4 hours or until cream cheese is completely dissolved.

Stir in spinach and tortellini, cook for an additional 30 min or until pasta is cooked to your liking.

Once this is all cooked, as it sits it will thicken up, add cheese to top if desired. Enjoy

Submitted by Angela





# Bannock Recipe

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## INGREDIENTS

6 cups flour  
3 tbsp baking powder  
1 tbsp salt  
1/4 cup sugar  
1/3 bar of lard  
2 cups water or milk  
1 cup flour on side in  
case needed  
1 empty tuna can (or  
something to cut circles  
with)

## DIRECTIONS

1. Preheat oven 370.
2. Mix all dry ingredients together.
3. Mix in lard into dry ingredients (with hands) until no longer lumpy.
4. Make a well (hole) in middle of dry ingredients. Add wet ingredients to well and slowly start mixing sides around dry ingredients into wet ingredients.
5. Once all mixed with good consistency (not sticky or falling apart) grab brown meat wrapping paper, rub some flour all over it & place bannock dough on.
6. Start kneading dough until spread and even, take tuna can and cut circles from dough.
7. Grab baking sheet, put flour on the base and spread out, put bannock onto baking sheet. Put in oven really fast so you don't lose heat, wait 30 mins or until golden brown. Have dish towel ready to throw finished baked bannock upside down onto.
8. Enjoy with soup or jam or however you like your bannock!

SUBMITTED BY: DESTINY





# (Meatless) Vegetarian Pasta Sauce

SERVINGS: 6

PREPPING TIME: 15 MIN

## Ingredients

**1/4 cup Butter**

**1 pound Fresh Mushrooms, sliced or diced- your preference! (1/2 baby Portobello, 1/2 button mushrooms, suggested)**

**1 medium Onion, Finely chopped**

**2 cans of Diced Tomatoes with Basil, Garlic, & Oregano (14.5 ounce cans)**

**1 Jar of your favorite Pasta Sauce (23 ounces)**

**1 teaspoon of minced Garlic (feel free to use as much as you like!)**

**1 teaspoon of Italian seasoning**

**2 tablespoons Dry Red Wine, or more to taste (optional)**

**1 pinch of white sugar, or to taste**  
**Salt & Pepper, to taste**

## Directions

### Step 1:

**Melt Butter in a large pot over medium heat, then add Mushrooms & Onion. Feel free to add garlic to sauté with mushrooms & onion, or save to add later. Cook over Medium-low heat, stirring occasionally for about 6-8 minutes.**

### Step 2:

**Pour in wine to help deglaze the pot while scraping up any bits stuck to the bottom.**

### Step 3:

**Add Garlic, Italian seasoning, salt & pepper- stir to combine.**

**Add diced tomatoes and cook until liquid has slightly reduced, about 5 minutes, stirring occasionally.**

**Add Pasta sauce & bring mixture to a boil over medium-high heat. Once boiling reduce heat to low & simmer uncovered for about 15 minutes or until desired thickness is achieved. Add sugar to sauce. sugar is optional to help reduce acidity of the sauce to be a bit more gentle on your stomach.**

**Serve with your pasta of choice & enjoy!**



# ZUCCHINI CHOCOLATE CAKE/BREAD

## INGREDIENTS

### CAKE:

- 1 1/4 CUPS ALL PURPOSE FLOUR
- 1/2 CUP COCOA POWDER, I USED HERSHEY'S SPECIAL DARK
- 1 TSP BAKING SODA
- 1 TSP CINNAMON
- 1/4 TSP SALT
- 1 CUP SUGAR

### WET INGREDIENTS

- 1 LARGE EGG PLUS 1 EGG YOLK
- 1/2 CUP BUTTER, MELTED AND SLIGHTLY COOLED
- 1 TSP VANILLA EXTRACT
- 2 CUPS GRATED ZUCCHINI, BUY TWO MEDIUM
- 2/3 CUP CHOCOLATE CHIPS, I USED BITTERSWEET

### GANACHE:

- 1/2 CUP HEAVY CREAM (I USE COCONUT CREAM)
- 2 CUPS BITTERSWEET CHOCOLATE CHIPS

### GANACHE VEGAN INGREDIENTS

- YES! USE CANNED COCONUT CREAM INSTEAD OF DAIRY CREAM.
- USE DAIRY FREE DARK CHOCOLATE OR CHOCOLATE CHIPS.

USE EVERYTHING IN THE SAME PROPORTIONS, IT WORKS BEAUTIFULLY!

## DIRECTIONS

### STEP 1

Set oven to 350F  
Lightly spray and line a 9x5 loaf pan with parchment, leaving the ends long so you can lift the cake out for slicing after it has baked.

### STEP 2

Whisk the dry ingredients together. I like to sift the cocoa powder to get rid of any lumps. Set aside.

### STEP 3

Whisk the sugar and eggs together until pale and smooth. Beat in the butter and vanilla, then fold in the zucchini. Whisk the sugar and eggs together until pale and smooth. Beat in the butter and vanilla, then fold in the zucchini. Blend the dry ingredients into the wet, in three stages, blending just until incorporated after each addition, and don't over-beat!

### STEP 4

Fold in the chocolate chips and spread the batter into the prepared pan. Bake for about 50 minutes, until a toothpick inserted near the centre doesn't come out with wet batter clinging to it. Melted chocolate is ok!  
Cool completely on a rack before frosting.

### STEP 5

To make the ganache, heat the cream to a simmer, then pour over the chocolate chips. Let sit for 3-5 minutes, then stir until glossy and smooth. If you still see bits of chocolate, microwave it for 15 seconds and stir again. Then spread a thick layer over your zucchini bread. If your ganache seems too runny, let it sit or refrigerate for a bit to set it up.

SUBMITTED BY: KAYLA

## **Links to other favourite recipes**

### **Shrimp Taco**

[https://onesweetharmony.com/  
kylie-jenner-shrimp-taco-recipe](https://onesweetharmony.com/kylie-jenner-shrimp-taco-recipe)

### **Chipotle Chicken Quinoa Burrito**

<https://www.eatingwell.com/recipe/254609/chipotle-chicken-quinoa-burrito-bowl/>

### **Egg Roll in a Bowl**

<https://stylishcravings.com/low-carb-easy-make-egg-roll-bowl/>