

# KAB COOKS

## LUNCHES AND DINNERS

### BLACK BEAN BURGERS

FROM ANNE CAHILL



#### INGREDIENTS

1 can	black beans thoroughly rinsed
¼ cup	finely diced onion
¼ cup	finely diced red pepper
¼ cup	corn1 egg
½ cup	bread crumbs
1 teaspoon	cumin
1 teaspoon	chilli powder
1	clove of crushed garlic
Splash	hot sauce
	ground pepper

#### DIRECTIONS

Coarsely mash the beans; mix in the rest.

Refrigerate for at least an hour.

Form the patties. Cook in a non-stick pan.

Serve with flat buns, salsa, cheese, guacamole  
– be creative!

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### CHICKEN STUFFED GREEN PEPPERS

FROM JO-ANNE ROGERSON (ORIGINAL FORM HER SISTER)



Makes 6 servings

#### INGREDIENTS

3	green peppers
2 tablespoons	olive oil
1 cup	chopped onion
1 cup	chopped red pepper
1¼ lbs	ground chicken
2 tablespoons	chili powder
1 teaspoon	dried oregano
½ teaspoon	salt
¼ teaspoon	black pepper
1 teaspoon	ground cumin
1 can	small white kidney beans, drained
½ cup	BBQ sauce or other zesty flavour
2 tablespoons	tomato paste
¼ cup	shredded cheddar cheese

#### DIRECTIONS

Cut tops off green peppers. Boil for 4 minutes to soften. When cool, cut in half.

Heat oven to 350°.

Heat oil in skillet over medium heat. Add onions; sauté for 3 minutes

Add red pepper; sauté for 2 minutes.

Add chicken; sauté until cooked.

Stir in spices. Cook for 2 minutes.

Mash ½ cup beans. Stir mashed beans with remaining whole beans, BBQ sauce and tomato paste. Stir into cooked mixture. Reduce heat and cook for 2 minutes.

Fill softened peppers. Garnish with cheese and bak for 10 minutes.

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### NANNY'S QUICHE

FROM CAROLYN LUCIER (ORIGINAL FROM HER MOTHER)



Double the recipe if feeding more than 4 people.

#### INGREDIENTS

1 cup	milk
½ cup	Bisquick
4	eggs
¼ cup	margarine, melted
1½ cup	grated cheese
½ teaspoon	salt
	chopped mixed vegetables

#### DIRECTIONS

Preheat oven to 350°F.

Beat eggs. Mix in all other ingredients.

Pour into a greased 9" diameter, deep quiche dish.

Bake 35 to 40 minutes.

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### CHICKPEA 'TIKKA' MASALA

FROM TRACY MCINNES (ORIGINAL FROM BIG BOWLS & MAIN MEALS)



Serves 6

#### INGREDIENTS

	Coconut oil for frying
1	onion, finely diced
1	yellow bell pepper, finely chopped
2	cloves garlic, finely chopped
2 teaspoons	garam masala
1 teaspoon	ground cumin
½ teaspoon	ground turmeric
2	carrots, peeled and finely chopped
2 – 14 oz cans	chickpeas, rinsed and drained
2 – 14 oz cans	finely chopped tomatoes in juice or crushed tomatoes
14 oz can	coconut milk ( fat)
¼ teaspoon	cayenne pepper (optional)
to taste	salt

#### For Serving:

cooked brown rice or quinoa  
naan breads  
fresh, chopped coriander or cilantro leaves  
fresh, chopped chilli / chile

#### DIRECTIONS

Heat enough oil to generously coat the bottom of a large saucepan over medium-high heat.

Add the onion and bell pepper and season with salt. Cook, stirring for 10 minutes.

Add the garlic and cook for 1 minute.

Add the garam masala, cumin and turmeric and cook for 30 seconds until fragrant.

Add the carrots, chickpeas and tomatoes. Bring to a boil, then reduce to a simmer, covered for 15 to 20 minutes.

Stir in the coconut milk, simmer for 5 minutes and then remove from heat.

Stir in the cayenne pepper, if using. Let stand, covered to keep warm for at least 15 minutes to let flavours mingle.

Serve over rice or quinoa, with naan bread, with fresh herbs and chilli / chile, as desired.

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### THE BEST HEALTHY TURKEY CHILI

FROM NANCY JONES (ORIGINAL FROM MONIQUE, [AMBITIOUSKITCHEN.COM](http://ambitiouskitchen.com))



Active time: 10 minutes; Total time: 55 minutes

Serves 6

#### INGREDIENTS

2 teaspoons	olive oil
1	yellow onion, chopped
3	cloves garlic, minced
1	medium red bell pepper, chopped
1 lb.	extra lean ground turkey or chicken
2 to 3 tablespoons	chili powder
2 teaspoons	ground cumin
1 teaspoon	dried oregano
¼ teaspoon	cayenne pepper
½ teaspoon	salt, plus more to taste
28 oz can	diced or crushed tomatoes
1¼ cups	chicken broth
2 – 15 oz cans	dark red kidney beans, rinsed and drained
15 oz can	sweet corn, rinsed and drained

#### For Serving:

Top with cheese, avocado, tortilla chips, cilantro, sour cream

#### DIRECTIONS

Place oil in large pot over medium-high heat. Add onion, garlic and red pepper; sauté for 5 to 7 minutes, stirring frequently.

Add ground turkey / chicken and break up the meat, cooking until no longer pink.

Add chili powder, cumin, oregano, cayenne pepper and salt. Stir for about 20 minutes.

Add tomatoes, chicken broth, beans and corn. Bring to a boil, then reduce heat and simmer for 30 to 45 minutes or until chili thickens and flavours come together. Taste and adjust seasonings.

Serve with garnishes of your choice.

#### SLOW COOKER DIRECTIONS:

Reduce chicken broth to ½ cup and brown turkey and onions before adding to the slow cooker. Cook it on high for 3 to 4 hours, or on low for 6 to 7 hours.

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### ORZO WITH ROASTED VEGETABLES

FROM MICHELLE SANDRASAGRA (ORIGINAL FROM HER MOTHER)



Serves 6

#### INGREDIENTS

##### Roasted vegetables:

- 1 small eggplant, diced  $\frac{3}{4}$ " pieces
- 1 yellow bell pepper, diced 1" pieces
- 1 red bell pepper, diced 1" pieces
- 1 red onion, peeled and diced
- 2 cloves garlic, minced
- $1\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon ground pepper
- $\frac{1}{3}$  cup olive oil
  
- 1 cup orzo pasta

##### Dressing:

- $\frac{1}{3}$  cup freshly squeezed lemon
- $\frac{1}{3}$  cup olive oil
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon ground pepper

##### Assembly:

- 4 scallions, white and green parts, chopped
- $\frac{1}{4}$  cup pine nuts, roasted
- $\frac{3}{4}$  lb. feta cheese, diced  $\frac{1}{2}$ " pieces
- 15 fresh basil leaves, julienned

#### DIRECTIONS

Preheat oven to 425°F (or grill on bar-b-que).

Toss all ingredients for roasted vegetables together on a baking pan. Roast for 40 minutes until browned, turning once.

Meanwhile, cook the orzo in boiling water for 5 to 7 minutes until tender. Drain and transfer to a large serving bowl.

Add roasted vegetable to orzo, scraping all the liquid and seasonings into the bowl.

Combine all ingredients for the dressing and pour onto the pasta. Let cool to room temperature.

Then add remaining ingredients for assembly.

Serve at room temperature.

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### SHILLA'S BEST EVER PESTO SAUCE

FROM MICHELLE SANDRASAGRA (ORIGINAL FROM HER MOTHER)



Can freeze in ice cube trays for future use.

#### INGREDIENTS

4 or more cloves garlic  
2 $\frac{1}{3}$  cups fresh basil  
 $\frac{1}{3}$  cup Italian parsley  
 $\frac{1}{2}$  cup parmesan or Romano cheese, grated  
 $\frac{1}{3}$  cup pine nuts  
 $\frac{1}{2}$  cup olive oil

#### DIRECTIONS

Place garlic in food processor and chop.

Add basil and parsley and puree lightly.

Add oil, cheese and pine nuts and chop again.

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### RED CURRY

FROM BRENDA MCCOY (ORIGINAL FROM VICKY, WEIGHT WATCHERS)



Active: 1 mins; Total: 2 mins  
4 servings

Do Ahead: Curry base (without vegetables or fish) can be made 3 days ahead. Cover and chill. Reheat over medium-low, adding water to thin as needed.

#### INGREDIENTS

1	large shallot	
6	garlic cloves	
1 2-inch piece	ginger, peeled, cut into pieces	
2 tablespoons	vegetable oil	
2 tablespoons	red curry paste	
2 teaspoons	ground turmeric	
1½ cups	whole peeled tomatoes, plus juices	from one
	15-ounce can or half of one 28-ounce can	
13.5 oz can	unsweetened coconut milk	
	salt	
1 lb	mixed vegetables (such as cauliflower, carrots, and/or shallots), cut into 1-inch pieces	
1 lb	firm white fish (such as halibut or cod), skin removed, cut into 2-inch pieces	

#### NUTRITION PER SERVING

Calories:	440
Fat:	31 g
Saturated Fat:	20 g
Cholesterol:	50 mg
Carbohydrates:	19 g
Dietary Fiber:	6 g
Total Sugars:	5 g
Protein:	26 g
Sodium:	310 mg

Cooked rice noodles, cilantro leaves with tender stems, and lime wedges (for serving)

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### DIRECTIONS

Pulse shallot, garlic, and ginger in a food processor to finely chop.

Heat oil in a large saucepan over medium.

Add shallot mixture and cook, stirring often, until golden brown, about 4 minutes.

Add curry paste and turmeric; cook, stirring, until paste is darkened in color and mixture starts to stick to pan, about 3 minutes.

Add tomatoes, breaking up with your hands, then juices. Cook, stirring often and scraping up browned bits, until tomatoes start to break down and stick to pot, about 5 minutes.

Stir in coconut milk and season with salt. Simmer, stirring occasionally to prevent sticking, until mixture is slightly thickened and flavors meld, 8–10 minutes.

Add vegetables and pour in enough water to cover. Bring to a simmer and cook, stirring occasionally, until vegetables are crisp-tender, 8–10 minutes.

Season fish all over with salt and nestle into curry (add a little more water if it's very thick). Return to a simmer and cook just until fish is cooked through, about 5 minutes.

Spoon curry over rice noodles and top with cilantro and a squeeze of lime.

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### TOASTED SESAME ARAME AND CARROT KALE SAUTE

FROM LUDA USHAKOVA (ORIGINAL FROM THE LIVING KITCHEN)



Active time: 15 mins; Total time: 28 mins  
Makes 3 servings

Store leftovers in fridge for 3 to 4 days; reheat in a small pan.

#### INGREDIENTS

½ cup	dried arame (seaweed)
2 teaspoons	virgin coconut oil
½ cup	yellow onion, diced
1 tablespoon	ginger, peeled and grated
3	carrots, peeled and sliced into matchsticks
4 cups	kale, de-stemmed and chopped
2 teaspoons	tamari
2 teaspoons	toasted sesame oil
2 tablespoons	sesame seeds or hemp seeds

#### DIRECTIONS

Soak the arame in a bowl of warm water for 15 minutes.

In the meantime, put a pan over medium heat. Add the coconut oil and sauté the onions and ginger for 5 minutes.

Add the carrots to the pan and cook for for 5 minutes or until they begin to soften.

Drain the arame.

Add the arame and kale to the pan. Stir in the tamari and sesame oil. Sauté for 3 minutes until the kale is cooked.

Top with sesame or hemp seeds.

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### WINTER HUMMUS SALAD BOWL

FROM JANE GALLIGAN KIERSTEAD (ORIGINAL FROM EPICURIOUS.COM)



Active time: 30 minutes; Total time: 30 minutes  
Makes 4 servings

#### Do ahead:

Unpeeled eggs can be cooked 2 days ahead. Transfer to an airtight container and chill.

Kale and Brussel sprouts salad can be made 8 hours ahead. Cover and chill.

#### INGREDIENTS

4 to 6	large eggs
5 tablespoons	unseasoned rice vinegar
1 tablespoon	honey
1 tablespoon	tamari or soy sauce
½ teaspoon	salt
¼ cup	extra-virgin olive oil, plus more for drizzling
1 bunch	curly kale, stems removed, torn into bite-size pieces
1 lb	brussels sprouts, trimmed, thinly sliced
1 cup	hummus, store-bought or homemade
1 cup	Seedy Power Sprinkle (see next recipe)
	Flaky sea salt

#### NUTRITION PER SERVING

Calories:	606
Fat:	26 g
Saturated Fat:	5 g
Polyunsaturated Fat:	4 g
Monounsaturated Fat:	15 g
Cholesterol:	233 mg
Protein:	17 g
Carbohydrates:	82 g
Fiber:	9 g
Sodium:	881 mg

#### DIRECTIONS

Bring a medium pot of water to a boil over high heat. Gently lower eggs into water and cook 7 minutes. Transfer to a large bowl of ice water and let sit until cool enough to handle. Peel and slice in half lengthwise.

Meanwhile, whisk vinegar, honey, tamari, kosher salt, and ¼ cup oil in a large bowl until smooth.

Add kale and brussels sprouts. Toss and massage with your hands until kale is darker in color and vegetables are coated in dressing.

Swoosh about ¼ cup hummus onto side of each bowl. Top with salad and egg halves; season eggs with sea salt. Drizzle oil over and top with seedy sprinkle.

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### SEEDY POWER SPRINKLE

FROM JANE GALLIGAN KIERSTEAD (ORIGINAL FROM EPICURIOUS.COM)



Active time: 15 minutes; Total time: 1 hour 15 minutes  
Makes 4 cups

Keep a jar on your counter to top bowls of yogurt, soup, salad, or anything you want to add a bit of crunch (and healthy fiber and protein!) to, or just eat it straight out of the jar as a snack.

Sprinkle can be made 2 weeks ahead. Store in an airtight container at room temperature.

#### INGREDIENTS

1	large egg white
2 tablespoons	extra-virgin olive oil
2 tablespoons	honey
1 tablespoon	Aleppo-style pepper (optional)
2 teaspoons	kosher salt
1 cup	sunflower seeds
½ cup	chia seeds
½ cup	flaxseeds
½ cup	raw sesame seeds

#### NUTRITION PER SERVING

Calories:	258
Fat:	20 g
Saturated Fat:	2 g
Polyunsaturated Fat:	10 g
Monounsaturated Fat:	6 g
Carbohydrates:	17 g
Protein:	8 g
Fiber:	9 g
Sodium:	121 mg

#### DIRECTIONS

Whisk egg white, oil, honey, pepper (if using), salt, and 1 tablespoon water in a medium bowl to combine.

Add sunflower seeds, chia seeds, flaxseeds, and sesame seeds and stir to coat. Let sit until liquid is absorbed, about 30 minutes.

Preheat oven to 325°F.

Spread seed mixture in an even layer on a rimmed baking sheet. Bake, stirring very gently after 10 minutes to encourage the mixture to form small clusters, until golden brown and crisp, 20–25 minutes.

Let cool.

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### MOROCCAN CHICKEN COUSCOUS

FROM VAL MITCHELL (ORIGINAL FROM THE SPEC)



Serves 4

#### INGREDIENTS

1	small onion, diced small
1	medium carrot, diced small
4	cloves garlic, minced
2	boneless, skinless chicken breast halves (tenderloins removed), Kosher salt Freshly ground black pepper
1 tablespoon	olive oil
¼ cup	golden raisins
1 teaspoon	ground turmeric
1 teaspoon	ground cumin
1 cup	pearled couscous, preferably whole-wheat
2 cups	no-salt-added chicken broth
1	bay leaf
From 4 stems	flat-leaf parsley leaves
1 tablespoon	fresh lemon juice

#### DIRECTIONS

Cut the chicken into bite-size pieces, then season lightly with salt and pepper.

Heat the oil in a Dutch oven or sauté pan with a tight-fitting lid over medium heat. Once the oil shimmers, add the onion, carrot, garlic, chicken, raisins, turmeric and cumin, stirring to combine. Cook for about 8 minutes, stirring a few times, until the chicken is no longer pink on the outside (it will not be cooked through).

Add the couscous and broth, then a small pinch each of salt and pepper and the bay leaf. Increase the heat to medium-high; once the liquid starts bubbling at the edges, reduce the heat to medium-low, cover and cook for 5 to 10 minutes, stirring once or twice, or until the couscous is tender and the chicken is cooked through.

Meanwhile, finely chop the parsley.

Uncover the Dutch oven or sauté pan and discard the bay leaf. Use two forks to fluff the mixture a bit. Squeeze the lemon juice over the couscous.

Garnish with parsley. Serve warm.

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### ONE-POT CHEESY ITALIAN PASTA AND CHICKEN

FROM HELEN SHEARER (ORIGINAL FROM DONNA)



Serves 4 to 6

#### INGREDIENTS

1 oz	baby spinach, divided
1 cup	sun-dried tomatoes packed in oil and Italian herbs, drained
1	large yellow onion, sliced
1 lb.	uncooked boneless, skinless chicken breasts, cut in ½" pieces)
6	cloves garlic, chopped
1 lb.	dry linguine
2 teaspoons	dried Italian seasoning*
1 teaspoon	fresh ground pepper
½ to 1 teaspoon	crushed red pepper flakes
4 cups	reduced-sodium chicken stock
1 cup	chardonnay wine**
4 oz	fresh Parmesan cheese, shredded
½ pint	cherry tomatoes
optional:	Feta cheese

\* Substitute: 1 teaspoon dried basil, 1 teaspoon rosemary, ½ teaspoon oregano, ½ teaspoon dried thyme

\*\* Substitute: chicken stock, white grape juice, or lemon water (½ cup fresh lemon juice and ½ cup water)

#### DIRECTIONS

In a 5 quart Dutch oven over medium-high heat, add chicken, half the spinach, tomatoes, onion, garlic, linguine, Italian seasoning, salt, pepper, crushed red pepper flakes. Pour in chicken stock and wine. Cover and bring to boil. Toss pasta with tongs occasionally to keep it from sticking to the bottom of the pot. Cook for 7 to 9 minutes until pasta is al dente.

Turn off the heat and add the cheese to the pasta. Toss pasta with tongs until the cheese melts into the pasta. Toss in the remaining spinach and tomatoes.

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### PHYTO BROTH

FROM NICKI RIVERS ST. GEORGE (ORIGINAL FROM THE LIVING KITCHEN)



Active time: 15 minutes; Total time: 2 hours 15 minutes  
Makes 12 to 14 cups

Store in airtight container in fridge for up to 5 days.  
Freeze for 6 to 12 months

#### INGREDIENTS

6 cups	Yukon gold or red potatoes, chopped
6 cups	carrots, chopped
3 cups	celery, chopped
2 cups	yellow onion, chopped
1 cup	beets, chopped (optional)
6	dried shiitake mushrooms
4	cloves garlic, chopped
2	parsnips, chopped
6 inch piece	dried kombu seaweed
1 inch	ginger, peeled and chopped
1 bunch	parsley
16 cups	water
1 teaspoon	sea salt

Add other scarp vegetables, like broccoli stems, radish tops, peels, etc. and store in an airtight bag in the freezer to add to pot.

#### DIRECTIONS

Put everything in a large stock pot, bring to a boil, reduce heat and simmer for 2 hours.

Allow the broth to cool slightly and pour through a colander into another large pot to sieve out the vegetables.

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### HAMBURGER SOUP

FROM KRISTEN WINKWORTH



Serves 10

#### INGREDIENTS

1½ lb	ground beef
1	medium onion, finely chopped
28 oz can	tomatoes
2 cups	water
10 oz can	tomato soup
24 oz carton	beef broth
4	carrots, sliced
1	bay leaf
3	celery stalks, diced
3	parsnips, sliced
	parsley
1 teaspoon	thyme
1 teaspoon	oregano
1 teaspoon	pepper
½ cup	barley (optional)
1 cup	frozen peas or corn

#### DIRECTIONS

Brown meat well; drain grease.

Add onions and cook for 5 minutes.

Combine all other ingredients into a large pot. Simmer, covered for 2 hours.

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### HAMBURGER SOUP WITH MACARONI

FROM LORRAINE MARTIN (ORIGINAL FROM SENATOR EARL SCHOLFIELD, ON)



#### INGREDIENTS

1 tablespoon	butter
1 lb	ground beef
3	small onion, chopped
16 oz can	diced tomatoes
	salt and pepper to taste
6 cups	water
3	large carrots, sliced
3	celery stalks, diced
3	medium potatoes, diced
1/3 cup	macaroni

#### DIRECTIONS

Melt butter in a saucepan' add ground beef and cook slightly.

Add onions, salt, pepper and water. Bring to a boil, cover and simmer for 1 hour.

Add vegetables and simmer for another hour.

Stir in the macaroni during the last 15 minutes.

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## LUNCHES AND DINNERS

### BEEF BARLEY SOUP

FROM CAROL MYERS (ORIGINAL FROM THE FOOD CHARLATAN)



#### INGREDIENTS

7 oz	stew meat
	salt and pepper
2 teaspoons	oil
12 cups	water
3 mounded tablespoons	good quality beef base
3 (about 2 cups)	stalks celery, chopped
2	onions, chopped
5	cloves garlic, minced
1 (about 2 cups)	large potato, peeled and shredded
3-4 (about 2 cups)	large carrots, peeled and shredded
½ cup	pearl barley, rinsed

#### DIRECTIONS

Generously salt and pepper the beef. In a large stockpot, heat the oil over medium-high heat. When it is very hot, add the meat. Brown for about 1-2 minutes, then turn to brown the other side.

Add the water, beef stock concentrate, celery, onions, and garlic. Bring to a boil, then turn the heat to medium-low. Simmer for about 2 hours with the lid on.

When the meat is tender and you can break it apart easily with a wooden spoon, add the shredded potato and carrots. Bring to a boil, then continue to simmer on low for another 30 to 45 minutes, or until the carrots are tender.

Add 1 cup of barley. Bring to a boil, then reduce to low. Cook for another half hour, or until barley is tender.

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### SLOW COOKER DIRECTIONS:

In a large pan, brown the meat. Remove the browned meat to a large crockpot.

Add 2 cups of the water to the pan and bring to a boil. Stir up all the browned bits. Add this and the 8 cups of water to the crock pot.

Add the beef base, celery, onions, and garlic to the slow cooker and stir.

Cook on low for about 6 hours. Add the potatoes and carrots and cook for another hour.

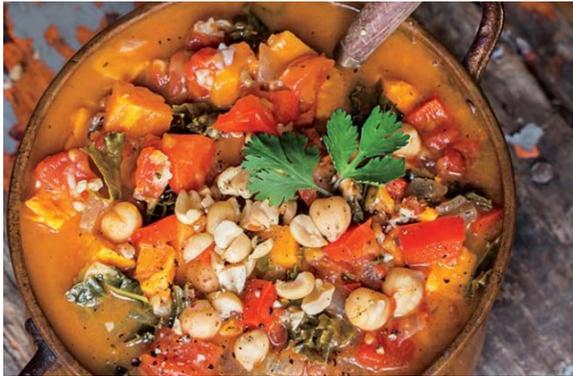
Add the barley and simmer for another hour or so, until it is tender.

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## LUNCHES AND DINNERS

### AFRICAN PEANUT STEW

FROM NORMA MOORES (ORIGINAL FROM OH SHE GLOWS!)



Makes 6 servings

#### INGREDIENTS

1 teaspoon	extra virgin olive oil
1	medium sweet onion
3	cloves garlic, minced
1	red bell pepper, diced
1	jalapeño, seeded, if desired, and diced (optional)
2	medium sweet potatoes, peeled and chopped into ½ inch pieces
28 oz	can diced tomatoes, with their juices
	sea salt and pepper
⅓ cup	peanut butter
4 cups	vegetable broth
1½ teaspoon	chili powder
¼ teaspoon	cayenne pepper (optional)
15 oz	can chickpeas, drained and rinsed
2 handfuls	baby spinach or destemmed, torn kale leaves

#### For serving:

Fresh cilantro or parsley leaves  
Roasted peanuts  
Avocado, diced (optional)

#### DIRECTIONS

In a large saucepan, heat the oil over medium heat. Add the onion and garlic and sauté for about 5 minutes, or until the onion is translucent.

Add the bell pepper, jalapeño (if using), sweet potato, and tomatoes with their juices. Raise the heat to medium-high and simmer for 5 minutes more. Season the vegetables with salt and black pepper.

In a medium bowl, whisk together the peanut butter and 1 cup vegetable broth until no clumps remain. Stir the mixture into the vegetables along with the remaining 3 cups broth, chili powder, and the cayenne (if using).

Cover the pot with a lid and reduce the heat to medium-low. Simmer for 10 to 20 minutes, or until the sweet potato is fork-tender.

Stir in the chickpeas and spinach and cook until the spinach is wilted. Season with salt and black pepper to taste.

Ladle the stew into bowls and garnish with cilantro and roasted peanuts.

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### MOROCCAN CHICKPEA STEW

FROM REBECCA WALKER (ORIGINAL FROM RANDY MEYER AND LEIGH ANNE ROSS)



#### INGREDIENTS

2 teaspoons	olive oil
1 (about 1 cup)	medium yellow onion, diced
1 (about 1 cup)	large carrot, diced
2	cloves garlic, minced
1	jalapeno pepper, minced
1 (about 1½ cup)	large Yukon gold potato, peeled and cubed*
2 teaspoons	ground cumin
1 teaspoon	chili powder
½ teaspoon	ground turmeric
⅛ teaspoon	salt
28 oz can	diced tomatoes with juice*
15 oz can	chickpeas, rinsed and drained
14 oz can	vegetable broth
3 cups	hot cooked brown rice
½ cup	plain low-fat yogurt

\*Add more tomatoes and potatoes.

Add Greek seasoning and tomato paste to thicken.

#### DIRECTIONS

Heat oil in large saucepan over medium-high heat. Add onion, carrot, garlic, and jalapeno; sauté 5 minutes or until tender.

Stir in potato and next 7 ingredients (through broth). Bring to boil. Cover, reduce heat, simmer 15 minutes or until potato is tender.

Serve over rice. Top with yogurt.

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### MEDITERRANEAN ORZO SALAD

FROM KAREN GOLDSMITH (ORIGINAL FROM CANDIAN LIVING)



Makes 8 servings

Make ahead: Cover and refrigerate for up to 24 hours

#### INGREDIENTS

2 cups	orzo pasta
¼ cup	lemon juice
¼ cup	extra-virgin olive oil
1 teaspoon	liquid honey
½ teaspoon	salt
½ teaspoon	pepper
1 pinch	dried oregano
1	sweet red pepper, diced
1 cup	diced, cored English cucumber
¾ cup	crumbled cow's milk feta cheese
⅓ cup	chopped, pitted Kalamata olives
⅓ cup	chopped, drained oil-packed sun-dried tomatoes
¼ cup	chopped fresh parsley
¼ cup	diced red onion

#### DIRECTIONS

In a large pot of boiling, lightly salted water, cook pasta according to package directions until al dente, about 7 minutes. Drain and rinse under cold water, drain again.

In a large bowl, combine lemon juice, oil, honey salt, pepper and oregano.

Add pasta, red pepper, cucumber, feta cheese, olives, sun-dried-tomatoes, parsley and onion. Stir to combine.

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### MEDITERRANEAN CHICKPEA SALAD

FROM LORRAINE MARTIN (ORIGINAL FROM SIMPLE WHISKED)



Total time: 20 minutes  
Serves 16

#### INGREDIENTS

3 – 15 oz cans chickpeas  
2 English cucumbers  
1 pint grape tomatoes  
1 teaspoon dried oregano  
¼ cup fresh parsley  
1 red bell pepper, diced  
¼ cup red onion, diced  
2 tablespoons capers  
¾ cup Kalamata olives, sliced

#### Dressing:

¼ teaspoon black pepper  
½ teaspoon salt  
⅓ cup lemon juice  
⅓ cup extra virgin olive oil

#### DIRECTIONS

Combine salad ingredients in a large bowl.

In a small bowl, whisk together dressing ingredients.

Add dressing to salad, stirring to coat evenly, about 10 minutes before serving.

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## LUNCHES AND DINNERS

### COUSCOUS SALAD

FROM LINDA BENISON



Makes 4 to 6 servings

#### INGREDIENTS

1 cup	couscous (unflavoured)
1 cup	chicken stock
1	large tomato, diced
½ cup	red onion, chopped
½ cup	cucumber, peeled and chopped

#### Dressing:

¼ cup	olive oil
2 tablespoons	red wine vinegar
dash	ground pepper
2 tablespoons	fresh basil

#### DIRECTIONS

In a medium saucepan, bring the stock to a boil. Sit in the couscous and remove the pot from the heat. Let sit for 5 minutes until liquid has been absorbed. Transfer to a serving dish.

In a small bowl, whisk together the dressing ingredients. Pour over the couscous; add the vegetables.

Serve warm. Refrigerate leftovers.

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## LUNCHES AND DINNERS

### CAULIFLOWER, RICE AND LENTIL SALAD WITH TAHINI DRESSING

FROM REBECCA WALKER (ORIGINAL FROM SUPER GRAINS)



Makes 4 to 6 servings

#### INGREDIENTS

1 (about 4 cups)	medium head Cauliflower, trimmed, cut into florets
1 tablespoon	coconut oil
1	medium onion, thinly sliced
2 teaspoons	whole mustard seeds
2 teaspoons	ground curry powder*
3 tablespoons	dried cranberries, chopped
2 cups	cooked red or black rice, or combination
2 cups	cooked brown lentils
Juice of ½	lemon
3 tablespoons	chopped cilantro for garnish

\* Substitute with cumin, turmeric, coriander

#### Dressing:

¾ cup	Greek-style yogurt, or plain yogurt
1½ tablespoon	tahini
1½ tablespoon	lemon juice

#### DIRECTIONS

Combine the dressing ingredients in a small bowl. Mix in 2 to 3 tablespoons warm water, enough to make a dressing-like consistency.

Steam cauliflower for 3 to 4 minutes or until tender-crisp. Refresh under cold running water, and then drain well.

Heat oil in a large, deep skillet over medium-high heat. Cook the onion, stirring occasionally, for 3 to 4 minutes or until golden. Add the mustard seeds and curry and cook, stirring, for 1 minute.

Add the cauliflower; cook, stirring for 2 to 3 minutes until golden. Add a little extra oil to the pan if necessary.

Add the cranberries, rice and lentils to the pan; cook for 2 minutes or until heated through. Season with salt and ground pepper, then stir in the lemon juice.

Serve the warm salad, drizzled with the dressing and garnished with cilantro.