



This cookbook is dedicated to the community of Macdonald Drive Junior High. We hope you enjoy this compilation of yummy recipes contributed by our staff. We, as a community, feel that during times like these, it is important for families to bond together. May this cookbook offer you many opportunities to sit, relax, and connect with your families. -- Tracy Reardon, June 2020



Sweets and Yummy Goodies



Mr. Downey's Chewy Chocolate Chip Cookies

Ingredients

$\frac{1}{2}$ cup granulated sugar (100 g)
 $\frac{3}{4}$ cup brown sugar (165 g), packed
1 teaspoon salt
 $\frac{1}{2}$ cup unsalted butter (115 g), melted
1 egg
1 teaspoon vanilla extract
1 $\frac{1}{4}$ cups all-purpose flour (155 g)
 $\frac{1}{2}$ teaspoon baking soda
4 oz milk or semi-sweet chocolate
chunks (110 g)
4 oz dark chocolate chunks (110 g),
or your preference



Directions

In a large bowl, whisk together the sugars, salt, and butter until a paste forms with no lumps. Whisk in the egg and vanilla, beating until light ribbons fall off the whisk and remain for a short while before falling back into the mixture.

Sift in the flour and baking soda, then fold in with a spatula (Be careful not to overmix. This causes the gluten in the flour to toughen resulting in cakier cookies).

Fold in the chocolate chunks, then chill the dough for at least 30 minutes. For a more intense toffee-like flavor and deeper color, chill the dough overnight. The longer the dough rests, the more complex its flavor will be.

Preheat oven to 350°F (180°C). Line a baking sheet with parchment paper.

Scoop 12 portions of the dough with an ice-cream scoop onto a parchment paper-lined baking sheet, leaving at least 4 inches (10 cm) of space between cookies and 2 inches (5 cm) of space from the edges of the pan so that the cookies can spread evenly. Bake for 12-15 minutes, or until the edges have started to barely brown.

Ms. Clemens-Brenton's Nan's Date Squares

Ingredients

½ lb dates, boiled
1 ½ cups flour
1 ½ cups rolled oats
1 tsp baking soda
1 cup butter (room temperature)
1 tsp vanilla

Directions

Rub flour, rolled oats, baking soda, butter and vanilla together well. Put half this mixture in a square glass dish and press down. Spread cooled dates over mixture. Add the other half of the mixture on top of the dates. Bake at 325 degrees for 45 min. At the end, you may want to broil for a few minutes to brown the top.



Ms. Pickett's Cinnabons Cinnamon Rolls

Ingredients

Dough

- 2 ¼ tsp active dry yeast or instant yeast
- 1 cup milk, lukewarm
- ½ cup granulated sugar
- ⅓ cup butter unsalted, softened, or margarine
- 1 tsp salt
- 2 eggs
- 4 cups all-purpose flour

Filling

- 1 cup brown sugar packed
- 3 tbsp cinnamon
- ⅓ cup butter unsalted, softened, or margarine

Cream cheese icing

- 6 tbsp butter unsalted, softened, or margarine
- 1 ½ cups powdered sugar
- ¼ cup cream cheese, at room temperature
- ½ tsp vanilla extract
- ⅛ tsp salt

Directions

For the rolls, dissolve the yeast in the warm milk with a tsp of sugar (you can take a tsp out of the 1/2 cup of sugar) in a large bowl. Let it sit for about 5 minutes. If the yeast is good, it will start to froth up.

In the bowl of your mixer, add sugar, butter or margarine, salt, eggs, and flour and mix until well incorporated.

Pour the milk/yeast over the flour mixture and mix well with the dough hook until well incorporated and the dough comes clean from the side of the bowl.

Place dough in an oiled bowl, cover, and let rise in a warm place for 1 hour until the dough has doubled in size.

Combine the brown sugar and cinnamon in a bowl.

Continued...



Ms. Pickett's Cinnabons Cinnamon Rolls cont.

Directions

Grease a 9x13 inch baking dish with cooking spray or butter.

Roll the dough out on a lightly floured surface, until it is approximately 16 inches long by 12 inches wide. It should be approximately 1/4 inch in thickness. Spread 1/3 cup of butter evenly over the dough, then sprinkle with the sugar evenly over the surface of the dough.

Working carefully, from the long edge, roll the dough down to the bottom edge.

Cut the dough into 1 1/2 inch slices, and place in a lightly greased baking pan. You can also use floss to cut into slices. Place the cut rolls in the prepared pan. Cover with a clean kitchen towel or plastic wrap and let them rise for another 30 minutes, or until doubled in size.

Preheat oven to 350 degrees. Place the baking pan in the oven and bake for 20 minutes or until golden brown. Cooking time can vary greatly!

While the rolls are baking, make the icing by mixing all the icing ingredients and beat well with an electric mixer until fluffy and smooth.



Ms. Coates' Easy Oreo Cookie Dessert

Ingredients

Oreos (Golden or Regular)

1 cup of milk

Cool Whip

chocolate sauce



Directions

Dip Oreos in milk just to soften them slightly (5 seconds or so)

Place the Oreos in a single layer in a 9 x 13" (or whatever) dish

Spread half of the cool whip on top

Repeat steps 1-3

Cover the top in chocolate syrup (and crumbled oreos). Do any design you like.

Refrigerate for 3 hours

Serve and enjoy!!

Ms. Watton's Chocolate Chip Cookies

Ingredients

1 cup butter, softened
1 cup white sugar
1 cup packed brown sugar
2 eggs
2 teaspoons vanilla extract
1 teaspoon baking soda
2 teaspoons hot water
½ teaspoon salt
3 cups all-purpose flour
2 cups semisweet chocolate chips



Directions

Preheat oven to 350 degree F (175 degrees C).

Cream together the butter, white sugar and brown sugar until smooth. Beat in the eggs one a time, then stir in the vanilla. Dissolve baking soda in hot water. Add to batter along with salt. Stir in flour and chocolate chip

s. Drop by large spoonful onto ungreased pans. I used parchment paper.

Bake for 10 minutes in preheated oven, or until edges are nicely browned.

Yields 4 dozen (But I made mine bigger so I got about half of that).

*Credit for this recipe goes to allrecipes.com. I made these since the COVID-19 shutdown. They were super yummy! You should definitely try them! Enjoy! -Mrs. W

Ms. Doyle's Mars Bars Cookies

Here's a favourite of ours, and it's super easy!

Ingredients

4 full sized Mars Bars

½ cup of butter

1 cup of mini marshmallows

3 cups of Rice Krispie cereal

1 package of milk or semi-sweet chocolate

1 tablespoon of oil



Directions

In a microwave safe glass bowl, combine the four Mars bars (I cut them into smaller blocks), 1/2 cup of butter or margarine, and 1 cup of mini marshmallows. Melt it all in the microwave (about a minute) or in a pot on the stovetop. Mix together. Add the Rice Krispies and mix together until they are evenly covered. Press into an 8x8 or 9x9 dish.

In another bowl, empty the package of chocolate chips and add 1 tablespoon of oil. Melt in the microwave (about 45 seconds) or on the stovetop. Pour over the Rice Krispie base. Let cool in the fridge. Cut into 16 squares.

Mr. Walsh's Cranberry Orange Muffins

Ingredients

1 cup dried cranberries
¼ cup orange juice
2 cups all-purpose flour
2 tsp baking powder
¼ tsp salt
½ cup butter, softened
1 tsp grated orange zest
⅔ cup granulated sugar
2 eggs
½ cup milk



Directions

Preheat the oven to 375 degrees, grease muffin tin.

Put the cranberries and the orange juice in a small saucepan, bring to a simmer over medium heat. Remove from heat, cover, and set aside so the berries plump. Once cool, drain off any excess liquid.

Sift together flour, salt, and baking powder. Set aside.

Using a stand mixer or a hand mixer, cream the butter, sugar, and orange zest until light and fluffy, about 2 minutes. Add eggs one at a time, beating well after each addition.

Fold the dry ingredients and the milk into the butter mixture, alternating dry and wet. Mix until just combined. Fold in cranberries. Do not overmix.

Divide batter evenly into muffin tin. Bake until golden brown, about 25 minutes. Cool muffins in the pan on a rack.

Mr. Walsh's Pancakes

Ingredients

1 cup of flour
4 tsp of baking powder
2 tbsp sugar
½ tsp salt
1 egg
1 cup of buttermilk*
3 tbsp oil (or apple sauce)



Directions

Sift dry ingredients together, set aside.

Beat egg with milk and oil. Add wet mixture into dry, blend together until just mixed. Do not over mix!

Heat frying pan or griddle to medium hot, grease with butter or cooking spray. Add 1/4 cup of batter to the pan (more if you want bigger pancakes), let cook until bubbles have formed and the edges are golden brown. Flip the pancake, wait until cooked through (only another 1-2 minutes, depending on the heat of the pan).

Remove pancake, stack in a warm area, serve when you have enough or batter is all used.

*If you don't have buttermilk add 1 tablespoon of lemon juice to 1 cup of milk, let sit for 10 minutes to thicken

Ms. Sauve's Black Bottom Cupcakes

Batter

1 ½ cup flour
1 cup sugar
¼ cup cocoa
1 tsp baking soda
½ tsp salt
1 cup water
⅓ cup oil
1 tsp vinegar
1 tsp vanilla

Topping

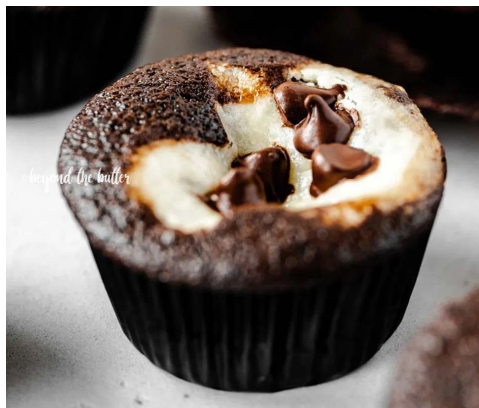
8 oz cream cheese
1 egg
½ cup sugar
⅛ tsp salt
chocolate chips

Directions

Mix batter ingredients together. Separately, mix topping ingredients together. Fill cupcake papers half full with batter, then on top of each, drop about 1 tsp of topping and 6 to 8 chocolate chips. Bake at 350 for about 18-20 minutes.

Makes approximately 18 cupcakes.

Refrigerate and enjoy!



Ms. E. Mills Banana Blueberry Muffins

Ingredients

1 cup oatmeal
½ cup each of white and whole wheat flour
½ cup sugar
¼ cup wheat germ
1 ½ tsp baking powder
1 tsp baking soda
½ tsp salt
3 mashed bananas
2 egg whites
¼ cup melted butter

Directions

Mix dry ingredients in a large bowl. Combine bananas, egg whites and butter in small bowl. Fold wet and dry ingredients together. Add 1 cup blueberries.

Scoop ¼ cup of batter into each muffin cup. Use parchment muffin cups liners. Bake at 375 degrees for 20 minutes or until inserted toothpick comes out clean.



Mr. Squires' Banana Chocolate Chip Muffins

Ingredients

$\frac{1}{3}$ cup melted butter
 $\frac{1}{2}$ cup white sugar
3 mashed bananas
1 egg, slightly beaten
1 $\frac{1}{2}$ cup flour
1 tsp (teaspoon) baking soda
1 tsp baking powder
 $\frac{1}{2}$ tsp salt
 $\frac{3}{4}$ cup of chocolate chips

Directions

Mix butter, sugar, bananas and egg together.

In a separate bowl whisk the flour, baking soda, baking powder, and salt together.

Add the dry ingredients to the wet ingredients. Fold in the chocolate chips.

Bake 350 degrees for 20 minutes.

"Keep out of reach of husband!"



Ms. Colbourne's Oreo Pistachio Dessert

Ingredients

1 whole package Oreo cookies, crushed
5 tablespoons melted butter
2-3.4 oz boxes instant pistachio pudding
2 cups cold milk
1-8 oz. tub whipped topping, thawed



Directions

Mix about 2 1/2-3 cups of cookie crumbs with melted butter and press into bottom of 13x9-inch pan. Refrigerate while you mix up pudding mixture.

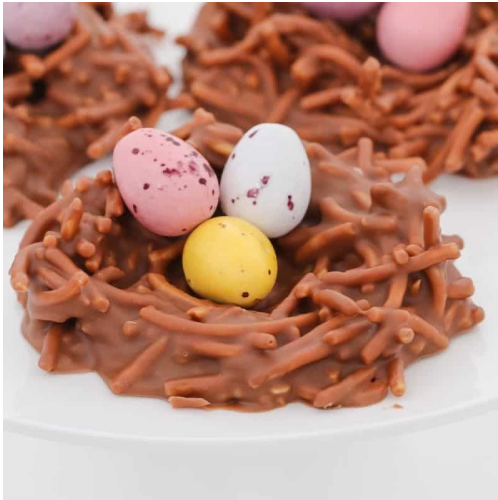
Meanwhile, beat pudding mix and milk in a medium bowl and whisk for 2 minutes. Fold in thawed whipped topping and spread over crust.

Top with remaining crushed cookie crumbs. Cover and refrigerate for 3-4 hours or until set.

Ms. Pike's Bird's Nest

Ingredients

2 cups chocolate chips
2 cups Fibre First PC brand cereal
marshmallows or mini eggs



Directions

Melt chocolate chips for 2 minutes.
Mix cereal in with chocolate chips.
Spoon onto cookie sheet lined with wax paper
Put on 3 marshmallows (or mini eggs).

Store in freezer.

Ms. Ward's Five Star Bars

Ingredients

2 cups graham wafer crumbs
2 cups coconut
1 can sweetened condensed milk
¼ cup melted butter
6 Aero bars



Directions

Preheat oven to 350. Mix together first 4 ingredients. Press into greased 9x13 inch pan and bake for 10 minutes.

Remove pan, crumble aero bars and sprinkle over hot cookie mixture. Spread chocolate evenly over cookies.

When cooled, cut into squares.

Ms. O'Brien's Oatcakes

Ingredients

½ tsp baking soda
1½ cups flour
½ tsp cinnamon
½ tsp ground nutmeg
¼ cup sugar
¼ cup brown sugar
pinch salt
¾ cup cold butter, cubed
1½ cups large flake rolled oats
½ cup evaporated milk (not condensed milk)



Directions

Sift together the flour, baking soda, cinnamon, nutmeg, sugar, brown sugar and salt.

Rub in the butter with your hands.

Add rolled oats.

Add milk and toss together until a soft dough forms.

Roll the dough out on a lightly floured board to a ½ inch thickness and cut out the oatcakes with a 3 inch biscuit cutter or an inverted drinking glass. Place on a parchment lined cookie sheet and bake in a 350 degree F oven for 18- 20 minutes.

Cool on a wire rack.

Ms. Reardon's Fruit Pizza

Ingredients

½ cup butter softened
¾ cup white sugar
1 egg
1 ¼ cups all purpose flour
1 tsp cream of tartar
½ tsp baking soda
¼ tsp salt
1 (8 oz) package of cream cheese
½ cup white sugar
2 tsp vanilla extract
fruit of choice: kiwi, pineapple, strawberries,
and bananas work well

Topping

pineapple juice from tin of pineapple.
½ cup white sugar
2 tbsp cornstarch
1 tsp lemon juice

Directions

Preheat oven to 350 F. In a large bowl, cream together the butter and sugar until smooth. Mix in egg. In a separate bowl, combine flour, cream of tartar, baking soda, and salt; stir into the creamed mixture until just blended. Press dough into an ungreased pizza pan. Bake for 8-10 mins, or until lightly browned. Cool.

In a large bowl, beat cream cheese with ½ cup sugar, and vanilla until light. Spread on cooled crust. Arrange desired fruit on top of filling and chill.

Mix pineapple juice, white sugar, corn starch, and lemon juice in a saucepan until smooth. Bring to a boil. Cook and stir until thickened, about 2 mins. Cool slightly and drizzle over fruit pizza. Refrigerate until ready to serve.



Ms. Glynn's Snowballs

Ingredients

1 cup butter
4 tbsp water
1 tsp vanilla extract
6 tbsp of cocoa powder
1 ½ cups of sugar
4 cups of quick oats
powdered sugar and coconut for rolling



Directions

Cream butter, water, and vanilla.

Add sugar, cocoa, and oatmeal.

Roll into balls.

Mix powdered sugar and coconut together.

Roll all balls in the coconut mixture.

Ms. Glynn's Belgian Waffles

Ingredients

1 $\frac{3}{4}$ cups flour

$\frac{1}{4}$ cup sugar

3 tsp baking powder

$\frac{1}{2}$ tsp salt

2 large eggs, separated

1 $\frac{3}{4}$ cup milk

$\frac{1}{2}$ cup oil

Directions

Mix dry ingredients.

Mix egg yolks, milk and oil. Mix dry and wet ingredients together.

In a separate bowl, beat egg whites until stiff peaks form.

Carefully fold into main batter. Do not overmix.

Use a waffle iron to cook. Enjoy!



Ms. Brunet's Pouding Chômeur Facile

Batter

1 cup flour
½ cup sugar
1 tsp baking powder
1 egg
½ cup milk
3 tbsp melted butter or oil

Brown sugar syrup

1 cup brown sugar
1 cup water
Mix sugar and water and bring to a boil.

Directions

Combine all batter ingredients in a bowl and stir until well-mixed.
Butter bread pan or small cake pan. Pour in batter. Pour hot syrup on top.
Bake at 350F, could take from 30 to 45 minutes depending on how tall your pan and how thick the cake ends up being. Test with a knife until it comes out clean.



Ms. Glynn's Auntie Pee's Banana Bread

Ingredients

½ cup butter
1 cup sugar
2 eggs
3 large bananas, mashed
1 ¾ cups flour
1 tsp baking powder
1 tsp baking soda
pinch salt

Directions

Cream butter and sugar. Add egg, beat well. Add bananas and dry ingredients.

Bake in oven 350 for about 45 minutes.

Slice when a day old.



Ms. Power's Granola

Ingredients

4 cups rolled oats

2 cups of nuts and seeds (see suggestions**)

½ cup olive oil

½ cup of honey

¼ tsp salt

½ tsp cinnamon

pinch of nutmeg



Directions

Preheat the oven to 300 degrees.

Put the oats, nuts and seeds in a big bowl and mix.

Put the honey and oil into a small bowl and heat it up for a minute in the microwave. (Makes it easier to mix.)

Add salt and cinnamon to this liquid and mix. Add this to the oats, nuts and seeds and mix well.

Press it all into a rimmed baking sheet covered with parchment, and bake for 45 minutes, until it starts turning golden.

Cool it in the baking sheet, break it up, and store in an airtight container.

****** pecans, hazelnuts, peanuts, almonds, pumpkin seeds, sunflower seeds, coconut flakes, flax seed, sesame seeds, a little quinoa, hemp hearts... anything you have on hand. I don't measure, I put in a handful of each until I get 2 cups.

Ms. Pike's Famous Fudge

Ingredients

3 cups milk chocolate chips - you can substitute 1 cup of milk chocolate with any variety

1 can sweetened condensed milk



Directions

Melt chocolate chips then remove from heat and add 1 can sweetened condensed milk.

Put into a pan, then refrigerate overnight.

Cut. Enjoy.

Delicious Dinners and More!



Ms. Sauve's Loaded Chicken and Potatoes

Ingredients

1lb boneless chicken breasts, 1" cubes
6-8 medium skin-on red potatoes, ½" cubes
⅓ cup olive oil
1 ½ tsp salt
1 tsp black pepper
1 tbsp paprika
2 tbsp garlic powder
2 tbsp hot sauce (more if you like it HOT)

Topping

2 cups fiesta blend cheese
1 cup crumbled bacon
1 cup diced green onion

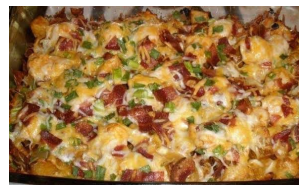
Directions

Preheat oven to 400 degrees. Spray a 9X13 baking dish with cooking spray.

In a large bowl, mix together the olive oil, salt, pepper, paprika, garlic powder, and hot sauce. Add the cubed potatoes and chicken and stir to coat. Carefully scoop the potatoes and chicken into the prepared baking dish.

Bake the potatoes and chicken for 55-60 minutes, stirring every 20 minutes until cooked through, crispy and browned on the outside. While the potatoes are cooking, fry your bacon (about half a pound).

Once the potatoes and chicken are fully cooked, remove from the oven. Top the cooked potatoes with the cheese, bacon, and green onion. Return the casserole to the oven and bake for 5 minutes or until the cheese is melted.



Serve with extra hot sauce and/or ranch dressing or sour cream.

Ms. Clemens-Brenton's Hot 'n Spicy Chili

Ingredients

2 lb ground beef	2 lg chopped onions
1 green pepper chopped	chopped mushrooms
2-4 cloves minced garlic	1.5 tbsp reg chili powder
½ tbsp hot chilli powder	2 tsp ground cumin
1 tsp ground oregano	1/2 tsp marjoram
1 tsp paprika	1 tsp salt
2-3 tsp beef stock mix	1 tsp vinegar
1 can mixed beans, rinsed	1 can chopped tomatoes
1 can tomato soup	
1 can kidney beans, rinsed and blended in blender	
Worcestershire Sauce to taste	
15-30 semi sweet chocolate chips	

Directions

Fry ground beef in water until crumbly and drain. Add onion, green pepper, mushrooms, garlic. Add all spices. Add tomatoes and beans, tomato soup. Add chocolate at the end, a few at a time to achieve desired, smokey flavour.

****Best prepared a day in advance. Great on nachos too!**



Ms. Breen's Fresh Salsa

Ingredients

1 1/2 cups chopped onion
2 cloves garlic, minced
a little olive oil
2 jalapeños, finely chopped
4 cups chopped tomatoes
1 green pepper, chopped
1 yellow pepper, chopped
1/2 cup vinegar
3 tsp sugar
1 tsp each: cumin, oregano, basil, cilantro

Directions

Mix all ingredients together and chill in fridge until ready to serve.



Mr. Sharpe's Ribs Recipe

Ingredients

4 lbs spareribs
1 cup packed brown sugar
1/2 cup chili sauce
1/4 cup ketchup
1/2 cup dark rum
1/4 cup soy sauce
1 tablespoon Worcestershire sauce
1 teaspoon dry mustard
2 garlic cloves, crushed

Directions

Cut ribs into individual pieces. Line a roasting pan with a double thickness of foil. Place ribs in pan and seal tightly in foil.

Bake at 350°F (180°C) for 45 minutes. Unwrap ribs and pour off drippings.

Combine remaining ingredients; pour half the sauce over ribs. Return to oven and bake for about 1 ½ hours or until meat is tender, turning ribs occasionally and basting with remaining sauce.



Ms. Houlihan's Buffalo Chicken Dip

Ingredients

250g of cream cheese
1/2 cup of blue cheese dressing
1/2 cup of Frank's Hot Sauce
1 cup of shredded chicken
2 cups of mozzarella cheese



Directions

Preheat oven to 350.

Mix cream cheese and blue cheese dressing first, then add the hot sauce. Next add in your cheese and chicken. Bake until warm and cheese has melted (20-30 minutes).

You can save some of the cheese to spread over the top before baking.
Enjoy with Tostitos, bread or veggies.

Ms. Riggs' Raisin Tea Buns

Ingredients

3 cups of flour
½ cup of sugar
½ tsp salt
5 teaspoons of baking powder
½ cup butter
½ cup raisins
2 eggs
1 cup of milk

Directions

Mix flour, sugar, salt and baking powder in bowl.
Cut in butter.
Add raisins.
Whisk 2 eggs in separate bowl and add 1 cup of milk.
Add egg mixture to dry, mix together.
Sprinkle 1 tbsp of flour on waxed paper and roll out the dough to 1 inch thickness.
Use a biscuit cutter or glass to cut out in circles.
Bake on cookie sheet with waxed paper at 375 for 15 minutes.



Ms. Clemens-Brenton's Warm Spicy Taco Dip

Ingredients

1 small onion
1 container cream cheese
1 cup salsa
1 pk taco seasoning
cheddar cheese (shredded)

Directions

Dice or grate onion. Mix with cream cheese. Add taco seasoning. Add salsa. Put in a flat dish and cover cheese. Bake at 350 degrees until cheese melts.



Ms.Comerford's Veggie Taco Dip

Ingredients

1 package of cream cheese
green onions
1 tomato
head of iceberg lettuce
2- 3 tbsp plain greek yogurt or sour cream
2 tbsp of salsa
1 package of taco seasoning
1 bag of shredded cheese (I use a Tex-Mex flavour but cheddar or mozzarella is fine)
1 bag of corn chips (Tostitos)



Directions

Allow cream cheese to soften.

Chop your veggies into pieces small enough to make a good bite when dipping. Cut the lettuce into skinny ribbons.

With a hand mixer or a fork, mix your cream cheese, yogurt, salsa and 2 - 3 tablespoons of taco seasoning.

Choose your dish. There are four layers to this dip so consider this when choosing a dish or bowl. I use a pie plate but a rectangular dish also works.

Assemble the dip. Start with your cream cheese mix on the bottom. Sprinkle green onion and tomato over that. Add a layer of iceberg lettuce that covers the dip. Top it all off with a layer of shredded cheese.

Serve with corn chips.

Mr. Thorne's Instant Pot Pulled Pork

Ingredients

- 1 tbsp packed brown sugar
- 2 tsp paprika
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 tsp salt
- 1 tsp pepper
- ½ tsp cumin
- ¼ tsp cayenne, optional
- 3 lbs boneless pork roast, 3-4 inch cubes
- 2 tbsp olive oil
- ⅓ cup apple cider vinegar
- 2 cups barbecue sauce, divided
- 1 ¼ cup chicken or beef broth
- 1 tsp hot pepper sauce, optional

Directions

Mix together the brown sugar, paprika, garlic powder, onion powder, salt, pepper, cumin, and cayenne.

Season the cubed pork with the spice mixture and set aside.

In a medium bowl, whisk together the apple cider vinegar, one cup of the barbecue sauce, the hot pepper sauce if using, and one cup of the broth.

Turn your Instant Pot to the saute setting. Add the olive oil and allow it to get hot.

Continued....



Mr. Thorne's Instant Pot Pulled Pork cont.

Directions

Add half of the cubed pork to the hot oil and saute for 5 minutes, brown on all sides. Remove the pork to a plate and repeat with the remaining half of the cubed pork.

Turn the Instant Pot off. Use the remaining 1/4 cup of beef broth and a wooden spoon to deglaze (scrape the brown bits) from the bottom of the pot.

Add all of the meat along with the barbecue sauce mixture to the instant pot. Close the lid and set to sealing.

Cook on manual high pressure for 40 minutes. Once the cooking time is up, allow the pressure to release naturally for 10 minutes, then do a quick release.

Remove the meat from the instant pot and shred.

Stir in the remaining cup of bbq sauce and serve on buns as desired.



Ms. Riggs' Chicken Casserole

Ingredients

4 boneless chicken breasts
4-5 carrots
bread crumbs
onion
salt, pepper, savoury, butter
cream of chicken soup
mayonnaise
milk



Directions

Bake chicken breasts at 375 for 35 minutes.
Cut carrots in slices and parboil for 5 minutes, strain.
Make dressing (breadcrumbs, salt and pepper, savoury, onion and butter).
Mix sauce (2 cans of cream of chicken soup, 2 tablespoons of mayonnaise and enough milk to have a good consistency).

Layer

Cut chicken into cubes and add to the bottom of a greased casserole dish.
Add carrots on top of the chicken, add dressing on top of carrots.
Pour sauce over the top.
Bake at 325 for 30 minutes.

Ms. Gambin's Chilli

Ingredients

2-4 boneless cooked chicken breasts
2 cans of diced chilli tomatoes
2 cans of spicy pimento diced tomatoes
2 cans of kidney beans/chickpeas
chilli powder (to taste)
2 tbsp molasses

Directions

Cut up the chicken breasts.

Combine all ingredients in a pot, bring to a boil, then drop to low-medium heat and simmer for 20 minutes!

Good to Go!



Mrs. Neary's Honey Mustard Pork Chops

Ingredients

2-4 thick porkchops
salt, pepper, paprika
1 medium onion, cut in small cubes
2 apples, sliced thin
½ cup mustard
½ cup honey
⅛ cup water



Directions

Sprinkle pork chops with salt, pepper and paprika.

Spread mustard on both sides of meat, in glass dish.

Place onion and apples on top of pork chops. Pour honey over all.

Bake uncovered at 350 for 30 minutes. Move onions to bottom of pan. Bake for 30 more minutes.

Serve with rice and veggies!

Ms. Quann's Mediterranean Chicken Skillet

Ingredients

½ cup Miracle Whip
1 tin chicken broth
1 cup rice
1 tbsp chilli powder
2-3 boneless chicken breast
1 tomato, chopped
½ cup cheddar cheese

Directions

Combine Miracle Whip, broth, rice, and chilli powder in 10 inch skillet.

Top with chicken breast.

Bring to a boil. Cover and simmer for 25 mins.

Top with remaining ingredients.

Cook for 10 minutes longer.



Ms. Quann's Relish Chicken Wings

Ingredients

2 lbs chicken wings
1 onion, chopped

Sauce Ingredients

½ cup lemon juice
½ cup vinegar
2 tbsp ketchup
2 tbsp Worcestershire sauce
½ cup brown sugar
4 tbsp relish
1 tsp mustard
¼ tsp ginger

Directions

Mix together sauce ingredients and pour over chicken wings. Bake at 325 for 1 ½ hours or until chicken is tender.



Mr. Gillard's Chicken Satay

For many years, this recipe has been a favorite in my household (for the meat eaters at least). I hope you enjoy the “process” and the “product”. Mr. G.

Ingredients

1 lb chicken (boneless)

8 bamboo skewers

Marinade

1 tsp curry powder

1 clove of garlic - minced

2 tbsp soya sauce

2 tbsp lemon juice

1 tbsp sugar

Peanut Sauce — Allergy Alert

3 tbsp smooth peanut butter

2 tbsp honey

2 tbsp soya sauce

2 tbsp water

dash of tabasco (optional)

Directions

Soak the bamboo skewers in water for at least 1 hour. Cut chicken into 1” strips lengthwise and marinate for one hour in the fridge.

Thread chicken on skewers and barbeque until cooked. Warm the peanut sauce in the microwave. Note: If the sauce gets too thick add 1 tbsp of boiling water. Layer the chicken on top of cooked basmati rice followed by the warmed sauce ... Awesome!



Ms. Kinsella's Loaded Hasselback Potatoes

Ingredients

4 russet potatoes
1/4 cup unsalted butter, thinly sliced
kosher salt
freshly ground black pepper
4 slices bacon, diced
1 cup shredded sharp cheddar cheese
1/4 cup sour cream
2 tablespoons chopped chives



Directions

Preheat oven to 400 degrees F.

Using a sharp knife, make crosswise cuts in each potato, about 1/8-inch apart, stopping about 1/4 inch from the bottom. Add butter slices between the cuts; season with salt and pepper to taste.

Transfer potatoes to a baking sheet. Place into oven and bake until the outsides are browned and crisp, about 1 hour. Top with cheese and bake until melted, an additional 5 minutes.

Heat a large skillet over medium high heat. Add bacon and cook until brown and crispy, about 6-8 minutes. Transfer to a paper towel-lined plate.

Serve potatoes immediately, topped with sour cream, bacon, and chives.

Ms. Sheppard's Chimichurri

Ingredients

1 cup italian parsley, packed
½ cup cilantro
2 garlic cloves, finely minced
1 jalapeno, seeded and finely minced
½ cup extra virgin olive oil
3 tbsp red wine vinegar
½ tsp ground cumin
1 tsp coarse sea salt

Directions

Pulse everything together in a food processor. Let it sit for at least 20 minutes before serving.



Ms. Sheppard's Mexican Green Goddess Dressing

Ingredients

$\frac{2}{3}$ cup sheep's or goat's milk yogurt or
Vegenaise
 $\frac{1}{4}$ cup cilantro
2 scallions, white and light green parts
only, roughly chopped
 $\frac{1}{4}$ cup freshly squeezed lime juice
 $\frac{1}{2}$ green jalapeño, roughly chopped (or use
more or less, whatever you prefer)
 $\frac{1}{2}$ cup extra virgin olive oil
 $\frac{1}{2}$ tsp coarse sea salt
1 tbsp raw honey or xylitol

Directions

Combine all the ingredients in a powerful blender and blitz until completely smooth.

Keeps well in a jar in the fridge for up to a week.



Ms. Penney's Honey, Lime & Sriracha Grilled Chicken

Ingredients

8 large bone-in chicken thighs (skin removed)

Marinade

¼ cup honey

¼ cup freshly squeezed lime juice

2 tbsp reduced sodium soy sauce

2 tbsp sriracha hot sauce

1 tbsp olive oil

2 tsp grated lime zest

2 tsp minced garlic

2 tsp grated fresh gingerroot

½ tsp each ground cumin, and chili powder

Salsa

1 whole pineapple, peeled, cored, and sliced into 6 thick rings

1 medium red bell pepper, halved, seeded

½ cup minced red onion

1 jalapeño pepper, minced

2 tbsp freshly squeezed lemon juice

1 to 2 tbsp minced fresh cilantro

pinch sea salt

Directions

Whisk all marinade ingredients in a small bowl. Reserve ¼ cup marinade to use as a basting sauce for chicken while grilling. Pour remaining marinade (½ cup) over chicken thighs in a small glass baking dish. Turn chicken pieces over several times to coat evenly with marinade. Cover with plastic wrap and marinate in the fridge for at least 8 hours or overnight.

Just before grilling chicken, make salsa. Preheat grill to med-high and lightly oil grill. Place pineapple and bell pepper on the grill. Close lid. Cook about 4 minutes per side, until heated through. Remove from heat.

When cool enough to handle, dice pineapple and bell pepper and place in a medium bowl. Add remaining salsa ingredients and mix well. Let salsa stand at room temperature while you grill the chicken.

Reduce grill heat to medium. Re-oil racks. Grill chicken thighs for about 10 mins per side with lid closed. Baste generously with reserved marinade during the last 2 minutes of cooking time. Serve hot with pineapple salsa.



Ms. O'Leary's Coconut Chicken Tikka Masala

Ingredients

Curry Paste

1 medium yellow onion, quartered

1 shallot, halved

6 garlic cloves

2 (1 inch) pieces of ginger, peeled

3 tbsp garam masala

2 tsp ground turmeric

1 tsp salt

1 tsp crushed red pepper flakes

zest of one lemon

Chicken

2 pounds boneless skinless chicken breast, cubed

½ cup of full-fat plain Greek Yogurt

1 (14 oz) can full fat unsweetened coconut milk

1 (6oz) can tomato paste

¼ cup cilantro chopped

3 cups cooked rice or naan bread for serving

Directions

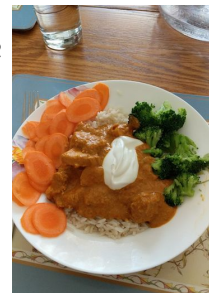
In a blender or food processor, combine the onions shallot, garlic, ginger, garam masala, turmeric, salt, red pepper flakes and lemon zest. Pulse until a smooth paste forms - about one minute.

In a big baggie combine 2 tbsp of the curry paste, the chicken and the yogurt. Seal the bag and massage the mixture into the chicken to cover completely. Marinate at room temperature for 30 minutes or refrigerate up to overnight

Heat a large, high-sided skillet over medium heat. Add ¼ cup of the curry paste and cook until fragrant, about one minute. Stir in the marinated chicken, coconut milk and tomato paste. Cover and cook until the chicken is cooked through, 15 to 20 minutes. Remove the lid and simmer until the sauce thickens, about five minutes.

Stir in the cilantro and serve the chicken over rice or with naan.

* Tip if you do not like your curry too spicy add some extra greek yogurt or sour cream when serving! I like to add thinly sliced uncooked carrots.



Ms. Hardy's Chicken and Cheese Enchiladas

Ingredients

1 medium onion chopped
2 tbsp of butter
1 ½ cups of cooked finely chopped chicken
1 ½ cups of salsa divided
1 pkg of 125 gram cream cheese
1 tsp of cumin
8-10 floured tortillas
1 ½ cup of grated cheese.



Directions

Heat oven to 350'C.

Cook and stir onions and butter for 2 minutes.

Stir in chicken and 1/4 cup of salsa, cream cheese and cumin. Cook until thoroughly heated.

Stir in 1 cup of grated cheese.

Spoon about 2 tbsp of mixture in each shell, then roll them. Place them seam down into a 12 by 8 lightly greased baking dish. Top with remaining cheese and salsa and bake for 20 minutes.

Ms. Hancock's BLT Roasted Tomato Soup

Ingredients

1 large can whole plum tomatoes (28 oz)
3 tbsp. olive oil (45 ml)
1 large Vidalia or Spanish onion
2 cloves garlic, whole, peel on
1 sprig fresh marjoram or oregano
2 sprigs fresh thyme
1 bay leaf
3 cups chicken stock (750 ml)
1 tsp honey (5 ml)
½ cup cream (125 ml), optional
salt and freshly cracked black pepper

Toppings

thinly sliced toasted bread
bacon bits
diced avocado
shredded romaine lettuce

Directions

Preheat oven to 375 degrees.

In a medium roasting pan pour canned tomatoes with juice, into one half. Drizzle other half with olive oil and add finely chopped onion, garlic, and herb sprigs, and toss well to coat in oil (don't mix the tomatoes with onions). Roast at 375 degrees for about 35-40 minutes or until onions are soft and golden and garlic can easily be squeezed out of skin.

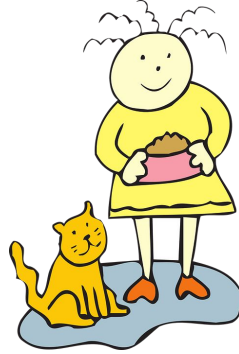
Remove from oven and cool slightly. Squeeze out garlic pulp and discard skins. Transfer all veggies to a medium pot with any pan juices and garlic pulp. Add bay leaf, chicken stock, honey and bring to a boil over high heat.

Reduce to medium low heat and simmer covered for 15 – 20 minutes, just to soften completely. Season with salt and pepper. Add cream, if desired and simmer uncovered for 10 more minutes or until slightly reduced. Puree with an immersion blender until smooth.

Serve in bowls sprinkled with desired toppings.



Miscellaneous Mixtures!



Ms. Reardon's dog Emmy's favourite treats

Ingredients

1 cup pumpkin puree

2 eggs

1/3 cup peanut butter like Kraft, NO Xylitol
or sugar substitutes.

2 cups whole wheat flour (all purpose can be
used instead)

1/2 tsp cinnamon



Directions

Preheat oven to 350F. Line a large baking sheet with parchment paper.

Combine pumpkin, eggs, and peanut butter. Stir until completely combined.

Add in flour and cinnamon - stirring just until combined.

Lightly flour a flat surface and roll out dough to one quarter inch, using flour as needed to keep dough from sticking.

Cut shapes out of dough and place on prepared baking sheet. (I use a dog bone cookie cutter).

Bake for 20 to 40 minutes - depending on desired level of crunchiness.

Remove treats from oven and let cool on a cooling rack. Store in an airtight container in fridge.