



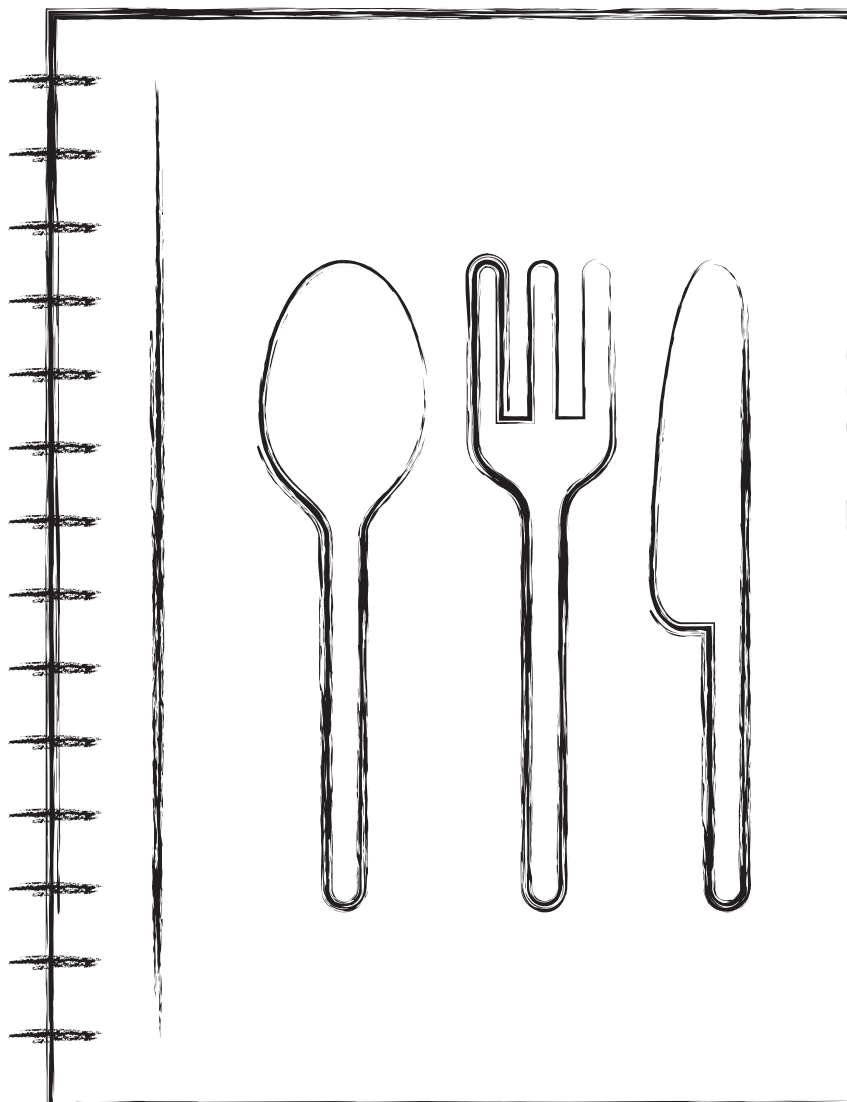
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RECIPES DAY 3

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Breakfast Day 3: Carrot Apple Pancakes

INGREDIENTS

2-3 servings:

- 1/3 cup Whole Wheat Flour
- 1/3 cup All Purpose Flour
- 1 tbsp Granulated Sugar
- 1 tsp Baking Powder
- 2 pinches Ground Cinnamon
- 2/3 cups Buttermilk
- 1 Eggs
- 1 tbsp Butter, melted
- 1/3 tsp Vanilla
- 1/3 Apple, cored and grated
- 1/3 Carrot, grated



INSTRUCTIONS

1. In a large bowl, whisk together whole wheat and all purpose flours, sugar, baking powder and cinnamon.
2. In another bowl, whisk together buttermilk, eggs, butter and vanilla. Pour over the flour mixture along with apple and carrot and stir until combined.
3. Spray large nonstick skillet or griddle with some cooking spray and place over medium high heat.
4. Pour batter using 1/4 cup (50 mL) measure and spread out slightly to form pancakes. Cook until bubbles begin to appear on top, about 3 minutes. Flip over and cook until golden brown, about 2 minutes. Remove to plate and repeat with remaining batter.

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Lunch Day 3: Lentil Mushroom Spinach Stuffed Peppers

INGREDIENTS

2 servings:

- 1/4 cup Black Lentils
- 1 tsp olive oil
- 2 tbsp Red Onion
- 1/4 clove Garlic, minced
- 1/3 cup Mushrooms, sliced
- 2/3 cups Baby Spinach, roughly chopped
- 1/3 cup Pasta Sauce (homemade or store bought)
- Pinch of Red Pepper Flakes salt and pepper to taste
- 1/3 cup Mozzarella, shredded
- 1 Red Pepper sliced in half, stems intact and cleaned
- Cooking Spray



INSTRUCTIONS

1. Rinse thoroughly and pick over the lentils as needed. Boil lentils in 1/2 cups unsalted water for 20-30 min. or until to desired doneness. You can have them such that they're a little crunchy and not mushy. Drain the lentils in a fine mesh strainer and let cool.
2. Meanwhile sauté the onion and garlic in a large sauté pan with the olive oil for about 2-3 min. or until onions are translucent. Add in the mushrooms and cook until softened.
3. Preheat the oven to 400F and spray a 9x13" pan with cooking spray. Set aside.
4. Add the spinach now to the mushroom mixture and cook until wilted. Add the lentils, tomato sauce, red pepper flakes, salt and pepper to taste. Cook until heated through.
5. Fill each pepper half with the lentil stuffing and top with cheese. Bake for 30-35 min. uncovered for a browned top or covered and then broiled if desired for a lighter browned cheese topping. Serve immediately.

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Dinner Day 3: Slow Cooker Mushroom Lettuce Wraps with Cucumber Watermelon Salad

2-3 servings

Mushroom

- 2 cups Mushrooms, Shiitake or Portobello
- Salt and Fresh Ground Pepper to taste
- 1/8 cup Low-sodium soy sauce
- 1/8 cup Rice Vinegar
- 1 tbsp Honey
- 1/2 tbsp Sesame Oil
- 1/2-1 tbsp Sriracha or Gochujang
- 1/2 cup Watermelon seedless, cubed and pureed

Cucumber Watermelon Salad

- 1 tsp Sesame Oil
- 1/2 tbsp Soy Sauce
- 1/2 tbsp Rice Vinegar
- 1 mini Cucumbers, thinly sliced
- 1/2 cup Watermelon seedless, diced
- Salt to taste
- 1 tbsp Black Sesame Seeds
- 1/8 cup Basil, thinly sliced
- 1 heads Bibb Lettuce, leaves seperated



INGREDIENTS

1. Begin by seasoning the mushrooms with salt and pepper. Arrange the mushrooms in the bottom of a crock pot.
2. In a small bowl, combine the soy sauce, rice vinegar, honey, sesame oil, gochujang (or sriracha), and watermelon puree. Whisk until smooth and pour over the mushrooms. Cook on low for 8 to 10 hours.
3. Meanwhile, begin to prepare the salad by whisking together the sesame oil, soy sauce, and rice vinegar in a small bowl. Add the cucumbers and watermelon. Toss to combine and season with salt as needed. Add the sesame seeds, basil and mint and refrigerate until ready to serve.
4. To assemble the lettuce wraps, take a leaf of bibb lettuce and fill it with the mushrooms. Top with the watermelon salad, and drizzle with additional gochujang or sriracha as desired.

INSTRUCTIONS