

Here are recipes for some of the delicious dishes that Harbourside Cohousing members prepared and delivered to support Margaret Critchlow and John Boquist when Margaret came home from hospital after hip replacement surgery in April 2016. Lunch and dinner arrived daily for a week!

**GYPSY SOUP - From Moosewood Cookbook of 1977
Bev England**

3-4 tbsp olive oil
2 cup chopped onion
2 cloves crushed garlic
2 cups chopped, peeled sweet potatoes (or carrots)
1/2 cup chopped celery
1 cup chopped fresh tomatoes'
3/4 cup chopped sweet pepper (or peas)
1 1/2 cups cooked chickpeas
3 cups stock or water
2 tsp paprika
1 tsp turmeric
1 tsp basil
1 tsp salt
dash of cinnamon
dash of cayenne
1 bay bay leaf
1 tbsp tamari

In soup kettle or large sauce pan saute onion, garlic, celery and sweet potatoes in olive oil for about 5 minutes.

Add seasonings, **except tamari**, add the stock or water. I add the tamari after all ingredients have been added.

Simmer, covered, fifteen minutes

Add remaining vegetables and chickpeas.

Simmer another 10 minutes or so - until all the vegetables are a tender as you like them.
You can puree the soup or have it chunky (I prefer chunky).

Note: The vegetables in this soup are flexible. Any orange vegetable can be combined with green - for example, peas or beans could replace the peppers. Carrots can be used instead of, or in addition to the squash or sweet potatoes.

Serves 4

Easy Black Bean Soup

Bonny Babins – Soup Sister

From Jennifer Whyte

Makes about 6 servings

3 carrots, peeled and diced
3 stalks celery, diced
1 onion, diced
1 Tbsp (15 ml) olive oil
1 can (19 z/540 ml) black beans
2 cloves garlic, crushed
1 tsp (5 ml) dried basil leaves
1 tsp (5 ml) ground cumin
½ tsp (2 ml) red chili flakes
6 cups (1.5L) chicken or vegetable stock
Salt and pepper to taste

1. In a large pot over medium heat sauté carrots, celery and onion in oil until onion is softened
2. Stir in beans, garlic, basil, cumin and chili flakes
3. Add the stock. Bring to a boil over high heat, then reduce the heat to medium-low
4. Simmer uncovered until the vegetables are cooked, about 10 minutes.
5. Puree the soup until smooth. Reheat over medium heat, add salt and pepper to taste. Serve.

No-recipe Broccoli Salad
Jane Turnbull

Cook broccoli just until still a bit firm, toss with any of the following: chopped green onion or sweet onion, craisins , raisins, apricots, toasted sunflower or pumpkin seeds, almonds or any nuts, salt, olive oil and balsamic vinegar (wine or cider vinegar would do as well). Parmesan is another twist on this savoury salad.

Curried Lentil, Wild Rice and Orzo Salad

Jennifer Whyte

Canadian Living magazine's food director, Elizabeth Baird, served this at her niece's wedding. It's also a good choice for buffets and picnics and makes a delicious vegetarian meal. I've adapted it slightly by replacing some of the oil with water.

1/2 cup	wild rice	125 mL
2/3 cup	green or brown lentils	150 mL
1/2 cup	orzo pasta	125 mL
1/2 cup	currants	125 mL
1/4 cup	chopped red onion	50 mL
1/3 cup	slivered almonds, toasted	75 mL
Dressing:		
1/4 cup	white wine vinegar	50 mL
2 tbsp	water	25 mL
1 tsp	ground cumin	5 mL
1 tsp	Dijon mustard	5 mL
1/2 tsp	each granulated sugar, salt and ground coriander	2 mL
1/4 tsp	each turmeric, paprika, ground nutmeg and ground cardamom	1 mL
Pinch	each cinnamon, cloves and cayenne pepper	Pinch
1/4 cup	vegetable oil	50 mL

- In separate pots of boiling water, cook wild rice for 35 to 40 minutes, lentils for 25 to 30 minutes and orzo for 5 minutes or until each is tender but not mushy. Drain well and transfer to large bowl. Add currants and onion; set aside.
- Dressing: In small bowl, whisk together vinegar, water, cumin, mustard, sugar, salt, coriander, turmeric, paprika, nutmeg, cardamom, cinnamon, cloves and cayenne; whisk in oil. Pour over rice mixture and toss gently. Let cool completely; cover and refrigerate for at least 4 hours.
- Serve sprinkled with almonds. *Makes 8 servings.*

Make ahead: Cover and refrigerate for up to 2 days.

Salmon Sandwiches

Serves 4
Kitty Elton

1 ½ lbs salmon filet

4 T mayonnaise

2 tsp grainy mustard

2 tsp horseradish

1 tsp honey

½ apple grated

baguette or buns

lettuce leaves

- Season the salmon to taste and broil, roast, or barbecue the filet.
- Mix together the mayo, mustard, horseradish, honey, and grated apple.
- Spread the mayo-mixture on the bread.
- Divide the salmon into four servings and place on the bread.
- Top with your choice of lettuce.

This is a great way to use leftover salmon and is nearly as good served cold.

Retro Hot Chicken Salad Casserole
Jane Turnbull

This recipe is easy to adjust to your own taste

3 c. cooked chicken cut in large pieces

2 c. celery chopped

1/3 c. red or any coloured pepper chopped

2-4 tbsp. chopped onion, or more

1 tsp. salt

2 tbsp. lemon juice

1/2 c. mayonnaise

1/3-1/2 c, shredded sharp cheese

3 c. coarsely broken potato chips

Blend all ingredients except cheese and chips. Turn into 1 1/2 quart baking dish. Bake covered at 350 degrees for 20 minutes. Then sprinkle cheese on top and chips over that and cook uncovered 10 min. longer or until hot all the way through and top pleasantly golden.

Roasted Acorn Squash with Balsamic and Honey

(400° F oven)

Serves 6

Kitty Elton

3 small-ish acorn squash, halved and seeded

¼ cup olive oil

¼ cup balsamic vinegar

(I use a good quality mixed about half and half with a lesser quality balsamic.)

3 T honey

¼ tsp salt

¼ tsp ground cumin

¼ tsp smoked sweet paprika

dash of cayenne pepper

grinding of black pepper

2 tsp chopped fresh thyme

- Slice a tiny bit off the backs of each squash half, so they will sit nicely and not wobble. Otherwise, you risk losing the good stuff on the inside.
- Arrange the squash on a cookie sheet.
- Whisk the other ingredients together.
- Divide glaze between the squash hollows.
- Brush glaze over cut surfaces, leaving the rest in the squash.
- Roast until tender and brown, brushing the cut surfaces occasionally with glaze, about one hour.

You can roast the squash in advance for about 45 minutes, finishing them with about 20 minutes in the oven just before serving.

Roasted Chicken with Balsamic Vinaigrette
(4 generous servings)
Kitty Elton

400°F oven

½ cup balsamic vinegar
¼ cup fresh lemon juice (about one lemon)
¼ cup Dijon mustard
3 cloves garlic, minced
½ tsp salt and ½ tsp freshly ground pepper
(or a good-quality lemon-pepper spice blend)
½ cup olive oil
one chicken cut into 4-6 pieces (about a 3 to 4-lb chicken)
(Feel free to substitute breast, leg or thigh quarters, as desired.)
1 T fresh coriander, chopped
1 tsp lemon zest

- In a lasagne-size baking dish, whisk together the vinegar, lemon juice, mustard, garlic, salt, and pepper. Whisk in the olive oil.
- Add chicken pieces and turn to coat.
- Cover and refrigerate, turning the chicken now and then for 2-24 hours.
- Roast the chicken (uncovered) at 400°F for about 45 minutes—until just cooked through.
- Transfer chicken to a heated serving platter and keep warm.
- Carefully pour the remaining liquid from the roasting pan into a small saucepan.
- Spoon off the extra fat.
- Reduce by about half—about 8 minutes.
- Serve the chicken with the sauce spooned over top.
- Sprinkle the coriander and lemon zest on top.

This dish is especially good served with lemon-pepper pasta.

Leftovers are just as good (maybe better).

SAFFRON CHICKEN AND APRICOT TAGINE

Hands-on time: 10 minutes
Total time: 8¼ hours
Makes: 6 to 8 servings

Tagine is a Moroccan stew that's served in earthenware pots of the same name. All tagines start with a spice base, often including cinnamon, saffron, turmeric and cumin. Serve with lemon wedges.

- 1 can (796 mL) whole tomatoes, crushed by hand
- 1 can (540 mL) chickpeas, drained and rinsed
- 2 onions, sliced
- 1 cup dried apricots
- 1 cup sodium-reduced chicken broth
- 2 tbsp liquid honey
- 4 cloves garlic, minced

- 2 strips lemon zest
- 2 bay leaves
- 1 cinnamon stick
- 2 tsp sweet paprika
- 1½ tsp ground ginger
- 1 tsp each ground cumin, ground coriander, turmeric and salt
- ½ tsp pepper
- ¼ tsp saffron threads
- 12 boneless skinless chicken thighs (about 850 g total), cut in 1-inch (2.5 cm) chunks
- ½ cup chopped fresh parsley
- ½ cup sliced almonds, toasted
- lemon wedges

In slow cooker, combine tomatoes, chickpeas, onions, apricots, broth, honey, garlic, lemon zest, bay leaves, cinnamon stick, paprika, ginger, cumin, coriander, turmeric, salt, pepper and saffron. Cover and cook on low for 8 hours.

Discard bay leaves and cinnamon stick. Stir in chicken. Cover and cook on low until chicken is no longer pink, about 40 minutes. Stir in parsley. Sprinkle with almonds. Serve with lemon wedges.

PER EACH OF 8 SERVINGS: about 371 cal, 27 g pro, 10 g total fat (2 g sat. fat), 33 g carb (6 g dietary fibre, 19 g sugar), 88 mg chol, 671 mg sodium, 809 mg potassium.
 % RDI: 8% calcium, 29% iron, 14% vit A, 38% vit C, 18% folate.

DELICIOUS
 OVER COUSCOUS OR WITH
FLATBREAD



Groatmeal Cookies

(350° F oven)

Kitty Elton

1 cup unsalted butter, softened
½ cup white sugar
½ cup packed brown sugar
2 eggs
1 tsp vanilla
2 ½ cups flour
1 tsp baking soda
½ tsp salt
3 cups granola
1 cup chocolate chips
1 cup raisins or dried cherries

- Cream butter and sugars in large mixing bowl.
- Add eggs, one at a time, beating thoroughly after each is added.
- Stir in vanilla.
- Sift flour, soda, and salt together.
- Gradually add flour mixture to butter mixture, using low speed on mixer.
- Stir in granola, chocolate chips, and raisins.
- Bake at 350°F about 12-14 minutes, depending on the size of cookies. It's a good idea to switch the cookie sheet positions in the oven halfway through baking time to be sure they bake evenly.

**RHUBARB LUNAR CAKE - Source - Canadian Living Summer of /82
Bev England**

A big easy cake to make for a crowd. Freezes well. The name of this cake is derived from the buttery brown sugar topping that sinks into the cake as it bakes and forms a crusty layer reminiscent of a lunar landscape!

1/2 cup butter or marg
1 1/2 cup sugar
1 egg
1 tsp vanilla
2 cup sifted all purpose flour
1 tsp soda
1/2 tsp salt
1 cup buttermilk
2 cup rhubarb: cut in 1/2" pieces
1 tbsp flour topping

Batter:

Cream together butter and sugar until smooth and creamy
Add egg and vanilla
Sift together dry ingredients and add to butter and sugar mixture
1/3 at a time along with buttermilk

Toss rhubarb with 1 tbsp flour and fold into batter

Spoon batter into a greased 9x13 inch cake pan and smooth the surface.

Topping: Blend together topping ingredients and sprinkle evenly over batter

1/4 cup marg or butter
2 tsp cinnamon
1 cup firmly packed brown sugar

Bake 350F for 45 minutes or until cake has risen browned and comes away from the edges and skewer (or toothpick) inserted in the centre comes out clean

And last but not least, a recipe for a meal that the contributor would have made, had life not intervened. Another cohousing member seamlessly stepped in and provided food for Margaret and John that day.

Spiced Meatballs with Dipping Sauce

Catherine Meehan

1 lb. lean ground lamb
1/2 cup raisins
2/3 cup minced water chestnuts
4 T. minced scallions
1-2 cloves garlic, minced
1 tsp. ground allspice
1 tsp. cinnamon
freshly ground pepper

Soak raisins in hot water for 15 minutes; drain and chop. In bowl, combine raisins, lamb, water chestnuts, onions, garlic, allspice, cinnamon and pepper to taste. Mix well. Shape into balls and arrange in single layer in an ungreased baking dish. Bake, uncovered, in 400F oven for 30 minutes.

For sauce, mix 3/4 cup of plain yogurt with 1/4 cup minced fresh cilantro, lightly packed. Add pepper to taste. Cover and refrigerate for at least 30 minutes for flavours to develop.

I like to serve this with a Greek salad and warm pita, sometimes with lemon rice as well.