



**Menu**



**Recipes**



**Lakehead**  
UNIVERSITY

# Chickpea Hummus

## Ingredients:

1 can of chickpeas  
1/4 cup of fresh lemon juice  
1/4 cup of tahini  
1 small garlic clove, minced (or more, if you wish)  
1/2 tsp ground cumin  
Salt to taste  
2 to 3 tbsp of water  
Dash ground paprika or sumac for serving.



## Directions:

1. Blender/Food processor:
2. Place all ingredients except water and paprika/sumac in a food processor bowl and process until creamy and smooth.
3. Add water for your desired consistency.
4. Sprinkle ground paprika or sumac on top before serving.

In a bowl:

Place chickpeas in a bowl and mash with a potato masher or a fork.

1. Add all ingredients except water and paprika/sumac.
2. Once the ingredients are mixed thoroughly, add water to obtain the desired consistency.
3. Sprinkle ground paprika or sumac on top before serving.

Hummus is great for eating with pita, crackers, or freshly chopped vegetables.

# Cowboy Caviar

## Ingredients:

### Main dish:

- 1 can black-eyed peas (15 or 19oz)
- 1 can black beans (15 or 19oz)
- 1 can of corn (frozen corn measured out in one of the empty bean cans)
- 1/2 medium red onion, finely chopped
- 3 stalks of celery, finely chopped
- 1/2 jar of jalapeno finely chopped

### Sauce:

- 3/4 cup sugar
- 1 cup vegetable oil
- 1/2 cup apple cider vinegar

## Directions:

### Main Dish:

Mix the above ingredients in a large bowl.

### Sauce:

Mix sauce ingredients in a stove pot. Cook sauce ingredients for approximately 20 minutes on low heat until sugar is thoroughly dissolved. \*Try to avoid boiling\*. Let the sauce cool slightly. Pour sauce over vegetables and mix well.

Refrigerate overnight. Before serving, strain all liquids.

Serve with Tortilla Scoops.



# Taco Soup (with meat or Vegetarian)

## Ingredients:

1 lb (500 grams) extra lean ground beef \*  
1 large, chopped onion.  
1 litre of chicken broth  
1 large can dice tomatoes.  
1 can sliced mushrooms.  
1 package taco seasoning mix  
1 package Ranch dressing powder

### ***Optional***

1 can of whole kernel corn  
1 can black beans

## Directions:

1. In a medium-sized pot, cook ground beef & onion.
2. Add chicken broth, taco seasoning, and Ranch dressing powder to the ground beef mixture.
3. Add remaining ingredients.
4. Bring to a boil, then reduce heat to a simmer for 15 minutes.

## Vegetarian Alternative:

Omit ground beef and use instead:

1 can black beans (rinsed)  
1 can white beans (rinsed)



# Taco Salad

## Ingredients:

2 heads Romaine lettuce  
10 – 12 Cherry Tomato's  
1 lbs Ground Beef  
1 pkg Taco Seasoning  
Doritos  
½ cup Shredded Marble Cheese  
Catalina Dressing

## Directions:

1. Cook the ground beef in a frying pan
2. Add the taco seasoning to cooked ground beef then let cool
3. In a bowl add:
  - romaine lettuce (Wash and Chop up)
  - diced cherry tomatoes
  - 2-3 handfuls of crushed Doritos
  - shredded marble cheese
  - cooled beef
  - the desired amount of dressing while tossing the salad.

Note: a little dressing goes a long way in the recipe.





# Red Beans and Rice

## Ingredients:

1 tbsp oil  
1/2 green bell pepper, chopped  
1/2 onion, chopped  
1 can (15 oz) red kidney beans, rinsed and drained  
1 can (14 oz) beef broth  
1 tbsp Cajun seasoning  
2 cups rice  
hot pepper sauce (optional)



## Directions:

1. Add oil to a large skillet over medium heat. Add bell peppers and onions; cook, stirring occasionally, until crisp-tender, 3-5 minutes.
2. Cook rice according to package directions substituting the broth for the water.
3. Add beans and seasoning; stir to combine.
4. Stir in rice and cover.
5. If too dry, add additional broth as needed.
6. Remove from heat. Let stand for 5 minutes. Fluff with a fork.
7. Serve with pepper sauce, if using.

## Recipe Tip

To turn this dish into a quick, complete meal, add 2 cups of diced ham or cooked sausage at the same time as the broth.

# Quinoa salad

## Ingredients:

- 1 green pepper chopped
- 1 yellow pepper chopped
- 1 orange pepper chopped
- 1 jalapeno pepper chopped (if desired)
- 1 small pint of cherry tomatoes, cut in half
- 1/4 cup of minced red onion
- 1 cup of loosely chopped cilantro or parsley (if desired)
- 1 cup of quinoa
- 2 cups of water or vegetable stock
- 1 can of chickpeas
- Salt/Pepper to taste

## Directions:

1. Boil 2 cups of water or stock over a stove top on high heat.
  2. Place 1 cup of quinoa and reduce to low heat and let simmer for 30 - 45 minutes (until done)
  3. Take off stove top and let cool.
  4. While quinoa is cooking, cut up peppers, tomatoes, onion and leafy greens and mix in a large salad bowl.
  5. Open a can of chickpeas, rinse and drain them.
  6. Add chickpeas to the salad bowl.
  7. Once quinoa is cooked and cooled, mix into salad.
- Dish out into smaller bowls and add salt and pepper to taste based on individual liking.

## Homemade Ramen Bowls (serves 2)

### Ingredients:

- 1 tsp sesame oil
- 1 tsp olive oil
- 2 cloves garlic, minced
- 2 tsp freshly grated ginger
- 1/2 cup shredded carrots
- 1/2 cup shiitake mushrooms, sliced (optional)
- 4 cups Chicken or vegetable broth
- 1 tbsp rice vinegar
- 3 tbsp low-sodium soy sauce (more to taste)
- 1 tbsp Sriracha sauce (more or less, depending on your heat tolerance)
- 2 3 oz portions of Ramen (discard the flavour packets)

### Directions:

1. Heat sesame oil and olive oil in a medium-large saucepan over moderate heat. Add garlic and ginger, and simmer until fragrant, about 2-3 minutes.
2. Add the carrots and mushrooms and simmer until they soften, about 1 minute, stirring frequently.
3. Add the broth, Sriracha sauce, rice vinegar, and soy sauce. Stir and bring to a simmer; let it go for about 5 minutes. Taste, and adjust Sriracha and soy sauce if needed.
4. While simmering cook the Ramen noodles in a separate pot per the package's instructions. Drain and rinse under cool water.
5. When the soup is ready, spoon the broth over the noodles. Allow to cool. Make your soft-boiled egg if you're garnishing with one and add the rest of your toppings to serve.

### Toppings: *Optional*

Sliced scallions (optional), Sesame seeds (optional), Shredded carrots (optional)  
Soft-boiled egg (for soft boiled egg, boil egg for 5 minutes. Cool, peel and slice.)



# Tuna Casserole

## Ingredients:

1 can tuna  
2 cups egg noodles (uncooked)  
1 can cream of mushroom or cream or chicken soup  
1 can of water or milk (soup can)  
Optional 1 cup frozen peas

## Directions:

1. Preheat oven to 350 degrees F
2. In a casserole dish, mix soup and water/milk.
3. Add tuna and noodles.
4. Bake for 30 minutes.



# Taco in a Bag

## Ingredients:

2 heads Romaine lettuce  
10 – 12 Cherry Tomato's  
1 lbs Ground Beef  
1 pkg Taco Seasoning  
Doritos  
Shredded Marble Cheese  
Sour cream(optional)  
Salsa(optional)  
Catalina Dressing (optional)

## Directions:

1. In a frying pan, cook the ground beef - follow the instructions on the Taco Seasons package and add the seasoning.  
When no longer pink, the ground beef is ready - strain any fat.
2. Crush the Doritos in the bag into smaller bite sized pieces
3. Prepare the vegetables: Dice up tomatoes and shred the lettuce into thin strips
4. Grate the cheese
5. In the Dorito bag or you could add the Doritos to a large bowl, add the tomatoes, lettuce, shredded cheese and jalapenos (optional).
6. Add sour cream and salsa to your liking.
7. Mix everything together and enjoy!

# Crock Pot Sweet and Sour Meatballs

## Ingredients

- 1 bag of frozen meatballs
- ¼ cup cornstarch
- 1 can pineapple chunks (Do not drain; The sauce will use the juice.)
- 1 medium red bell pepper (cut into 1" pieces)
- 1 onion (cut into 1" pieces)
- 1 cup brown sugar
- 1 cup apple cider vinegar
- 1 cup ketchup
- 1 tbsp Worcestershire sauce
- 1 tbsp soy sauce
- 3 cloves garlic (minced)

## Directions:

1. Add meatballs and cornstarch to bowl. Shake until completely coated.
2. Place coated meatballs, pepper, and onion to the slow cooker.
3. In a medium bowl add juice from pineapple chunks, brown sugar, apple cider vinegar, ketchup, Worcestershire sauce, soy sauce, and garlic. Stir together and pour over meatballs and vegetables.
4. Cover and cook on high for 2–3 hours (or low for 4–6 to 5–6 hours). 30 minutes before the cooking time is complete, add in the pineapple chunks, recover, and finish cooking.
5. Serve over rice and enjoy!

# Baked Feta Pasta

## Ingredients:

2 pt. cherry or grape tomatoes  
1 shallot, quartered  
3 cloves garlic, smashed  
1/2 c. extra-virgin olive oil, divided  
Kosher salt  
Pinch crushed red pepper flakes  
1 (8-oz.) block feta  
3 sprigs fresh thyme  
10 oz. pasta  
Zest of 1 lemon (optional)  
Fresh basil, for garnish

## Directions:

1. Preheat oven to 400 degrees.
2. In a large ovenproof skillet or medium baking dish, combine tomatoes, shallot, garlic, and all but 1 tablespoon oil. Season with salt and red pepper flakes and toss to combine.
3. Place feta into the center of the tomato mixture and drizzle with the remaining 1 tablespoon oil. Scatter thyme sprigs over tomatoes. Bake for 40 to 45 minutes, until tomatoes burst and feta is golden on top.
4. Meanwhile, in a large pot of boiling salted water, cook pasta until al dente according to package directions. Reserve 1 cup of pasta water before draining.
5. To skillet with tomatoes and feta, add cooked pasta, reserved pasta water, and lemon zest (if using) and stir until combined. Garnish with basil.

NOTE: can add onions



# One-Pot Pasta

## Ingredients:

8 ounces dry pasta\*, gluten-free or regular  
8 ounces grape or cherry tomatoes, cut in half  
2 garlic cloves, minced  
1/2 yellow onion, thinly sliced  
1 small zucchini, chopped and quartered  
3 oz cremini mushrooms, sliced  
1/2 tsp red pepper flakes (optional)  
1/2 tsp salt  
1 1/4 cup pasta sauce of choice  
2 1/2 cups water  
3 ounces fresh spinach

## Directions:

1. Add the uncooked pasta to a large pot (or pan with deep sides).
  2. Add the remaining ingredients – except for the spinach – and mix well.
  3. Bring the pot to a boil over high heat.
  4. Once boiling, reduce the heat to medium low and cook the pasta for 10-14 minutes, until al-dente.
  5. Stir the mixture every 2 minutes to prevent anything from sticking to the bottom of the pan. (*Note:* cooking times will vary based on the type of pasta used. I suggest you start to check for doneness based on the minimum cook time on the package instructions)
  6. Turn the heat off and fold the spinach into the pasta.
  7. Once the spinach has wilted, divide the pasta into serving bowls and top as desired.
- This recipe is best enjoyed fresh, but leftovers will keep in the fridge for up to 5 days.



# Chicken & Veggie Sheet Pan Meal

## Ingredients:

- 1 lb boneless skinless chicken breasts cut into bite-size pieces
- 3 large carrots, chopped
- 3 potatoes, chopped
- 1 head of broccoli chopped
- 1 red onion, chopped
- 1/2 cup pesto
- 2 tbsp olive oil
- 1/2 cup parmesan cheese, optional

## Directions:

1. Preheat oven to 425F.
2. In a large bowl, combine the veggies and 2/3 pesto until coated well with pesto.
3. Transfer the mixture to a large sheet pan and bake for 10 - 15 minutes.
4. In a bowl, combine the chicken and 1/3 pesto until coated well with pesto. Add to the baking sheet with veggies; bake for another 15 minutes or until chicken reads 165 F with a meat thermometer and potatoes slide off a fork.
5. If desired, drizzle with parmesan cheese during the last 5 minutes of baking.

## Make-ahead and Storing Instructions:

You can prep the pesto chicken up to 1 day ahead of time and let it sit in the refrigerator until ready to bake. Store leftovers in an airtight container in the refrigerator for 3-4 days.



## Chicken and Rice

### Ingredients:

2 cans of chicken breasts, can use chicken breast ,  
2 tbs butter or margarine  
2 cups of rice  
Soya Sauce  
Green onions

### Directions:

1. Drain chicken or cut chicken breast into ½" cubes.
2. Melt 2 tbs of butter in large frying pan, add chicken
3. Brown can chicken for 5 minutes, and 15 minutes for cubed chicken
4. Make rice per package directions
5. Add rice to frying pan and mix, adding 2 tbs of butter and soya sauce to preference
6. Continue to simmer for 5 – 10 minutes stirring periodically
7. Top with green onions and add additional soya sauce to taste



## Crock Pot Salsa Chicken

### Ingredients:

8 chicken drumsticks and thighs  
1 jar salsa (your preference)  
½ jar of water  
3 cups uncooked rice

### Directions:

1. Arrange chicken at bottom of crock pot
  2. Pour ½ jar of salsa over chicken
  3. Add rice
  4. Add water to remaining salsa in jar (fill to top) put lid on jar and shake to mix water and salsa. Pour over rice.
  5. Cook on low for 5 – 6 hours
- Add additional salsa to taste

## Italian Crock Pot Chicken

### Ingredients:

4-6 chicken breasts  
1 can cream of chicken soup  
18 oz. package of softened cream cheese  
1 pkg. Good Seasons Italian Dressing Mix

### Directions:

1. Place chicken breast (uncooked) in the bottom of the Crock Pot
2. Combine soup, cream cheese and dressing
3. Pour mixture over chicken
4. Cook all day on low.
5. Pour on rice or noodles and serve with veggies.

## Sheet Pan Parmesan Pesto Chicken, Broccoli & Carrots

### Ingredients:

2 cups red potatoes ½" up to 1" inch cubes  
1 1/2 lbs chicken breasts cut into 1 ½" chunks  
3 cups broccoli medium size florets  
1 cup THINLY sliced carrots 1/2 cup freshly grated Parmesan cheese

### Pesto Mix

1/3 cup basil pesto  
1 tablespoon olive oil  
2 tsps ranch dry seasoning mix  
3-4 garlic cloves, minced  
2 tsps Dijon mustard  
1/2 tsp chili powder  
1/2 tsp salt  
1/4 tsp pepper

### Directions:

1. Preheat oven to 400 degrees F.
  2. Whisk together the Pesto Mix ingredients in a large mixing bowl.
  3. Line a Jelly Roll Pan with foil and lightly spray with cooking spray. Add potatoes and 2 tablespoons Pesto Mix. Toss until evenly combined then spread in a single layer. Roast potatoes for 15-20 minutes depending on size.
  4. Chop your chicken and other veggies and add large bowl with Pesto Mix and stir until evenly coated.
  5. Remove pan from oven and push potatoes to one side of the pan (keep in a single layer). Add chicken, broccoli and carrots and spread in a single layer.
- Bake for 15 minutes. Remove pan from oven and evenly sprinkle with Parmesan cheese. Return to oven and bake 5 additional minutes OR until chicken is cooked through, and vegetables are tender. Broil if desired to brown cheese and vegetables

