

North End Community Cookbook



NORTH END

North End Community Health Centre

North End Community Health Centre

An Untraditional Urban Cookbook

This is an untraditional urban cookbook developed and founded by the North End Community Health Centre (NECHC). We wanted to create a cookbook comprised of recipes from the diverse community of the North End as well as those who access and are a part of the NECHC. This cookbook serves as a tool and reference for the various cultures within the community and aims to capsuleize the unique and culture foods we prepare to nourish, enjoy, and share with others.

We thank all members of our community who submitted recipes and contributed to this cookbook.

We hope you like the meals and spread of authentic dishes in this book and that you are able to try some new foods and ingredients.

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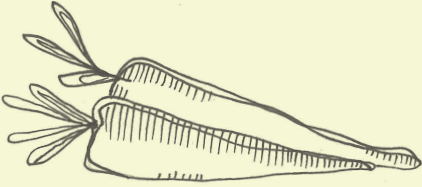
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Red Lentil Soup



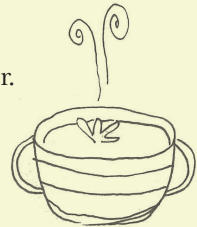
INGREDIENTS

- 3 tbsp. vegetable or olive oil
- 2 medium yellow onion chopped (about 1 cup)
- 2-3 cloves garlic minced
- 1 lb. (about 2 cups) of red lentils rinsed and drained
- 3 medium carrots chopped
- 2 stalks of celery diced
- 8 cups of vegetable broth or water
- 1 bay leaf
- Freshly ground black pepper and salt to taste

DIRECTIONS

1. Heat oil in large heavy saucepan or dutch oven over medium heat. Add the onions and garlic and sautee until soft and translucent (about 5-10 minutes).
2. Add lentils, carrots, celery, broth or water and bay leaf. Bring to a boil, reduce the heat to low and simmer until the lentils are tender (about 30-40 minutes).
3. Discard the bay leaf and season with salt and pepper.

“It’s one’s of my mother’s favorite soups that I make for her.”



Homemade Italian Tomato Pasta Sauce

“When I was little I watched my grandfather make tomato sauce many times, yet it wasn’t until years later that I realized the secret to making it taste so good—you will see it at the end of the recipe!”

INGREDIENTS

1-2 tbsp. olive oil (or whatever oil you have)

1 onion, cut small and in even pieces

1-2 cloves of garlic chopped small

about a tbsp. of oregano

about a tbsp. of basil

2 cans of diced tomatoes blended *or* 2 cans of tomato sauce

a few tbsp. of tomato paste (if you have it)

salt and pepper to taste

a sprinkle of sugar



DIRECTIONS

1. Blend tomatoes if using diced and set aside. Then chop onion and garlic to have ready when the pot is warm.
2. Add 1-2 tablespoons of oil to a saucepan and heat on medium temperature until it is warm (do not let it smoke).
3. Add onion, stir and allow to cook for about 5 minutes, if the onion is sizzling loudly, lower heat. Keep stirring so that the onion cooks but does not burn.

Homemade Italian Tomato Pasta Sauce



4. Next add garlic and stir frequently so that it does not burn. If onions and garlic seem to be cooking too fast, turn down the heat. Add spices, salt and pepper and continue to stir until they are blended with the other ingredients.
5. Sprinkle just a bit of sugar to this mixture. At this time you can add meat to the pot and cook until just browned. It could be ground beef, chicken or turkey or a small amount of stew beef, or you could cook meat to have on the side later. You could also add mashed tofu.
6. Add blended tomatoes/tomato sauce, stir and let simmer at a low temperature on the stove for up to an hour or even longer. Check the pot and stir occasionally so that the bottom does not burn. It is the long cooking time that makes the sauce rich with flavour and makes it deliciously Italian.
8. Cook spaghetti or macaroni as directed. Drain and put back in the pot. Add a few large spoons of sauce to the pasta and gently mix in.
9. Serve pasta in individual dishes, top with more sauce and a few spoons of parmesan cheese.

A Koshary Traditional Egyptian Meal

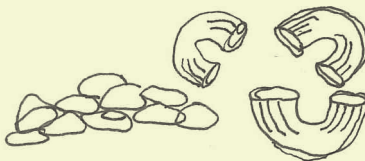
INGREDIENTS

- 2 tbsp. vegetable oil
- 2 cups uncooked white rice
- 3 cups water with 1 teaspoon salt
- 1 (16 ounce) package uncooked elbow macaroni
- 1 cup beluga lentils, soaked in water
- 2 tsp. salt
- 5 onions, minced
- 2 cloves garlic, minced
- 3 tbsp. distilled white vinegar
- 4 ripe tomatoes, diced
- ½ cup tomato paste
- 1 tsp. ground black pepper
- 2 ½ tsp. ground cumin
- ¼ tsp. cayenne pepper



DIRECTIONS

1. Heat 1 tablespoon vegetable oil in a saucepan over medium-high heat. Stir in rice; continue stirring until rice is coated with oil, about 3 minutes. Add 3 cups water and 1 teaspoon of salt. Bring to a boil; reduce heat to low, cover, and simmer until the rice is tender and liquid has been absorbed (about 20 to 25 minutes)

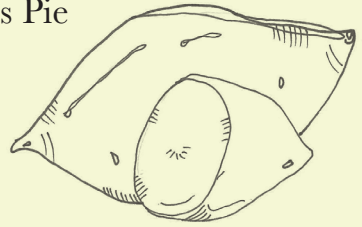


A Koshary Traditional Egyptian Meal

“My mother passed down this recipe. Generally we cooked koshary in Egypt as lunch”

2. Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Stir in the macaroni, and return to a boil. Cook the macaroni uncovered, stirring occasionally, until the it has cooked through, but is still firm to the bite (about 8 minutes). Drain well in a colander. Return macaroni to cooking pot, cover and keep warm
3. Soak lentils for 30 minutes. Drain and rinse; drain again. Bring 2 cups water to a boil in a pot and stir in lentils. Bring to a boil; cover and reduce heat to low. Simmer until lentils are tender (15 or 20 minutes), Stir in 1/2 teaspoon salt.
4. Heat 1 tablespoon vegetable oil in a large skillet over medium-high heat. Cook the onions in the oil, stirring often, until they begin to brown (10 to 15 minutes). Onions should be a nice caramelized brown color. Add garlic and cook another minute. Remove from pan, drain on a paper towel-lined plate.
5. Place half of the onion mixture into a saucepan. Mix in the vinegar. Add the chopped tomatoes and tomato paste, black pepper, 1 1/2 teaspoons salt, cumin, and cayenne (if using). Bring to a boil then reduce heat to medium-low and simmer about 12 minutes.
6. Serve by placing a spoonful of rice, then macaroni, and then the lentils on serving plates. Sprinkle with some of the browned onions, then top with tomato sauce.

Moroccan Shepherd's Pie



INGREDIENTS

Sweet Potato Mash (I often double this to make it go further and I like the ratio better):

- 1 1/2 lb. sweet potatoes, peeled and cut into chunks
- 1 tbsp. extra virgin olive oil
- 1 tsp. cumin
- 1 tsp. garlic powder
- 1 tsp. sea salt
- 2 tbsp. milk (plus more if needed, non-dairy milk if vegan)

Pie Filling:

- 1 lb ground lamb or beef (omit for vegan)
- 1 or 2 (15-oz) cans chickpeas, drained
- 1 tbsp extra virgin olive oil
- 1 yellow onion, chopped
- 1 red onion, chopped
- 2 cloves garlic, chopped
- 1 tbsp grated fresh ginger root
- 1 tsp each of sea salt, cumin, cinnamon, chili powder
- 1 tsp honey (optional. Omit for vegan)
- 1 (28-oz) can diced tomatoes, drained and chopped
- 1/2 cup stock (vegetable, chicken or beef)
- 1/2 cup currants or raisins
- 1/2 bunch cilantro, stems removed, chopped (optional)

Moroccan Shepherd's Pie



DIRECTIONS

Mash:

1. Bring a large pot of water to boil. Then Boil the sweet potatoes for 15 minutes or until tender.
2. Drain well and add the extra virgin olive oil, cumin, garlic powder, sea salt, and non-dairy milk.
3. With an immersion hand blender or potato masher, blend until they reach a creamy consistency. Set aside.

Filling:

1. Preheat oven to 350°F.
2. Brown the ground meat in a large skillet over medium high heat (skip to step 4 for vegan version).
3. Remove the meat from the skillet and set aside.
4. Add the extra virgin olive oil to the pan along with the onions, garlic, ginger, sea salt, and spices and cook for 8-10 minutes until the onions are softened.
5. Return the meat to the pan (if using) along with the honey (if using), plum tomatoes, and stock.
6. Bring to a boil and simmer until the sauce is thickened, about 10 minutes more.

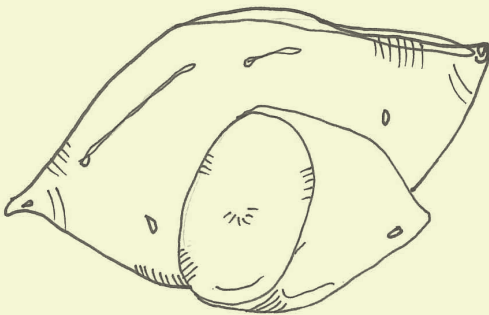
Moroccan Shepherd's Pie

7. Add chickpeas (1 can for meat version, 2 cans for vegan version), currants or raisins, and chopped cilantro. Stir and remove from heat.
8. Season with sea salt and pepper to taste.

Assembly

1. Fill a 9x13-inch baking dish with the filling and spread the sweet potato mash evenly on top.
2. Bake for 40 minutes until the topping is beginning to brown and garnish with extra chopped cilantro, if desired.

“We have enjoyed this meal with so many people in our house as it’s so versatile! Everyone thus far has enjoyed it and I love being able to host people regardless of what dietary requirements they have”



Sweet & Spicy Chili

“This recipe was handed down from my grandmother and is the chili recipe I grew up with. Great low budget, healthy, sustainable meal, with most ingredients commonly available at food banks.”

INGREDIENTS

- 1 lb. ground beef
- 1 bell pepper
- 1 can mushrooms
- 1 can red kidney beans
- 1 Small onion or ¼ cup onion flakes
- 2 cans beans with pork & molasses
- 2-3 cans tomato soup
- ½ cup white vinegar
- 1 cup brown sugar
- 1-2 tsp. chili powder
- 1-2 tsp. red pepper flakes



DIRECTIONS

1. Finely chop peppers & onion.
 2. Fry ground beef with mushrooms, peppers & onion. (for dried onion flakes, add when beef is partially brown).
 3. Drain kidney beans, rinse in strainer.
 4. Add beans (remove pork chunks), tomato soup to large pot. Heat on low.
 5. Add in fully cooked ground beef mixture. Stir in brown sugar, vinegar, chili powder & red pepper flakes.
 6. Cook on low-medium heat, stirring regularly to avoid boiling & sticking to the bottom of the pot.
- Serve with nachos for an added treat!

Mubatan (Libyan cultural food)

INGREDIENTS

4 or 5 peeled potatoes

Oil for frying

Stuffing:

2 bunches of scallion

1 bunch of parsley

1 lb. ground beef

2 tbsp. garlic

1 tbsp. cumin

1 egg

Salt & Pepper to taste

Frying Ingredients:

1 tbsp. oregano

1 tbsp. basil

2 eggs

2 tbsp. flour

1 tbsp. paprika

Bread crumbs



“My daughter is 15 years old and likes to share recipes for her favorite food. I teach her how to do it and she has started to cook it now for one year every weekend. She does it for us and it reminds her our traditional food in her home country and reminds her our family home when we eat together every Friday”

Mubatan (Libyan cultural food)

DIRECTIONS

1. Soak the potatoes for about 1/2 an hour. This softens them up just a bit, but more importantly, it gets rid of the dirt that is soaked in. Peel all the potatoes.
2. Chop up the scallions and parsley.
3. Then you'll want to mix together all the stuffing ingredients in a large bowl. My mom just used her hands and got in there to stir it up. The more you can get the meat to really absorb the rest of the goodness, the better.
4. Cut the potatoes in wedges, but leave room because you'll need to slice each wedge in half, but make sure you leave the end joined together.
5. Stuff the middle of the potatoes with the meat mixture.
6. You set them aside and beat together all the items in the outer coating fried ingredients list. At this point will look like little (raw) sandwiches.
7. Then fry them up!
8. Then place them on a cooking sheet and stick it in a warm oven for a few minutes to soften up the outer potato layers.

Moroccan Chicken Tagine

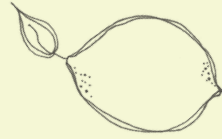
“This dish is the most popular meal in my country Morocco, healthy and much loved by everyone. Chicken tagine is a traditional Moroccan dish of chicken pieces braised with spices, garlic, onion, olives. The word tagine refers to the shallow clay vessel with a cone-shaped lid in which the dish is traditionally cooked.”

INGREDIENTS

- 1 to 2 preserved lemons, quartered and seeds removed
- 1 whole chicken, cut into pieces, skin removed, back discarded *or* reserve for another use
- 2 large white *or* yellow onions, finely chopped
- 2 to 3 cloves garlic, minced
- 1 small handful fresh cilantro, chopped
- 1 small handful fresh parsley, chopped
- 2 tsp. powdered ginger
- 1 tsp. black pepper
- 1 tsp. turmeric *or* 1/4 teaspoon Moroccan yellow colorant
- 1/2 tsp. salt, *or* to taste
- 1/4 tsp. saffron threads, crumbled, optional
- 1 tsp. smen (optional)
- 1/4 to 1/2 tsp. ras el hanout (optional)
- 1/3 cup olive oil
- 2 handfuls pitted olives (green or red, or mixed)
- 1/4 cup water, approximately



Moroccan Chicken Tagine



DIRECTIONS

Marinate the Chicken:

1. Remove the flesh from the preserved lemons and chop the flesh finely. Reserve rind for cooking.
2. Add the lemon flesh to a bowl along with the chicken, onion, garlic, cilantro, parsley, ginger, pepper, turmeric, and salt. If using, add the saffron, ras el hanout, and smen. Mix well.
3. If time allows, let the chicken marinate in the refrigerator for several hours or overnight. Cook in either a tagine or in the oven at 275-300°F for the same amount of time as directed below.

Cooking in a Tagine:

1. Add enough of the olive oil to the tagine to coat the bottom.
2. Arrange the marinated chicken in the tagine, flesh-side down, and distribute the onions all around.
3. Add the olives and reserved rind of the preserved lemons, and drizzle the remaining olive oil over the chicken.
4. Add the water to the tagine, cover, and place on a heat diffuser over medium-low heat. Give the tagine time to reach a simmer without peaking.
5. Allow the chicken to cook undisturbed for 80 to 90 minutes, and then turn the chicken over so it's flesh-side up. Cover the tagine again, and allow the chicken to finish cooking until very tender (about 45 minutes to 1 hour).

Yiayia's Baked Chickpeas- Revithea Sto Fourni

INGREDIENTS

2 large tins (540ml) Unico Chickpeas; rinsed really well, at least a couple of times

2 small or 1 large onions, chopped finely

5-6 cloves garlic

Lemon (1 or 2) juiced

Fresh dill chopped finely

Fresh parsley chopped

Dry oregano

Olive oil

1/2 cups hot water to just cover the chickpeas

Salt and pepper to taste

+/- 1 vegetable broth cube

+/- 3 Tomatoes chopped up; if not using lemons

+/- 1 tbsp. Tomatoe paste

+/- 6 sliced sundried tomatoes



DIRECTIONS

1. Mix everything but the onions together in baking dish and then layer the onions on top and bake at 350°F

2. Covered for the first 30min and then uncover to let the liquid evaporate (about another 30min)

3. Caramelizing the onions is a tasty option.

All-Year-Round Eggplant

“In the late summer it’s hard to know what to do with the abundance of vegetables! Sometimes local farmers, like the people at the Warehouse Market on Isleville Street, even give extra eggplants away. This recipe is a way to preserve them in your fridge all winter long.”

INGREDIENTS

8-10 eggplants, of any variety (large ones are best)

Approximately 1 Tbsp. of sea salt for every eggplant

DIRECTIONS

1. Peel the eggplants using a sharp knife and cut the eggplants into small cubes (about 1/2inch square)
2. Place the eggplant in a large bowl, and sprinkle with the salt. Use your hands to massage the salt and distribute it all over the pieces. Let it sit for 30-45 minutes, until the eggplant begins to give off liquid.
3. Take a large glass jar (never plastic!), and pack the eggplant in tightly, so that the liquid rises up and covers the tops of the eggplant pieces. Fill the jar, leaving 1.5 inches of room at the top. Cover with an airlock lid or a piece of cheesecloth (a breathable fabric that will keep bugs out).

All-Year-Round Eggplant



4. Let the jar sit at room temperature for 5-7 days (or longer if the room is cold). Check it every day to make sure that the pieces of eggplant aren't floating above the brine liquid. If any pieces do come up and get fuzzy-looking, just discard them. The salt in the brine will prevent any bad bacteria.

5. When the eggplant is softened and has a strong tangy taste, it's done. Put an airtight lid on the jar and store in the fridge, for many months!

How to use it:

There are so many ways to enjoy this during the winter months! Some people like to eat it raw, like sauerkraut. Where it really shines though, is in adding tangy brightness to a rich stew or sauce. Add it to a curry, or spaghetti sauce, or a stew, or cooked lentils — there's really no way to go wrong!

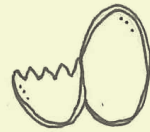
*Breakfast, Snack, & Dessert
Recipes*

Egg Bite Recipe

INGREDIENTS

4 eggs
1/2 cup milk
Chopped veggies (optional)
Cheese (optional)
Cubed ham (optional)
Bacon (optional)
Salt and pepper to taste

“I like this recipe because I used to buy them from Tim Hortons, but they always ran out and I wanted to be more financially and resource efficient, so I can now make my own the way I like them!”



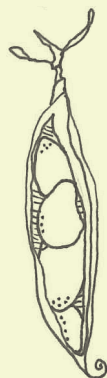
DIRECTIONS

1. In a bowl, take 4 eggs, mix with salt, pepper (optional) and 1/2 cup milk.
2. Add to the muffin tin, evenly spread and add anything in that you like: cube ham, chopped veggies, bacon, etc
3. Cheese can be added as cubed mixed in or shredded on top of mixture.
4. Bake at 350°F until fluffy (watch carefully as they cook quick) and enjoy!

Traditional Middle East Breakfast

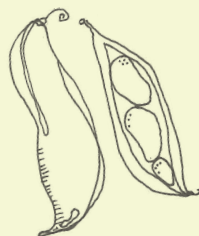
INGREDIENTS

- 3 cloves garlic
- 1 tsp. cumin seeds, freshly toasted
- Kosher salt
- 2 (15-ounce) cans fava beans
- 3 tbsp. tahini
- 2 to 3 tbsp. lemon juice from 2 lemons



DIRECTIONS

1. Put garlic cloves, cumin seeds, and a pinch of salt in a mortar and pestle and crush until seeds are cracked and garlic is in small, flimsy chunks. If you don't have a mortar and pestle, mince garlic very fine.
2. Empty fava beans (with liquid) into a medium saucepan and combine with tahini and garlic paste. Cook over medium-high heat, stirring frequently, until liquid retains some brothiness but turns thick and sauce-like (about 5 minutes).
3. Add lemon juice and salt to taste. Mash one third of the beans with a potato masher to thicken if desired, then serve with toasted pita.



Egg White Breakfast Bowl

“I struggled to find a good *make-ahead* breakfast to pack for work. Especially one that incorporates protein that is palatable for me in the mornings. Hope you like it!”

INGREDIENTS (per bowl)

1/3 cup of brown rice

3 egg whites (or whole eggs)

1/2 cup of kale and veggies

DIRECTIONS

1. Prepare by cooking about 2-3 cups of brown rice.
2. Boil 8 eggs. Scooping out yolks as per preference.
3. Lightly sauté kale. Sauté onion and peppers.
4. Pre pack bowls if desired. Will keep in fridge for 5 days.



African Heritage Month Cornbread

INGREDIENTS

- 1/2 cup butter melted
- 2/3 cup of Sugar
- 2 eggs
- 1 cup butter milk
- 1 cup of flour
- 1 cup of corn meal
- 1/4 tsp. salt
- 1/2 tsp. baking soda



DIRECTIONS

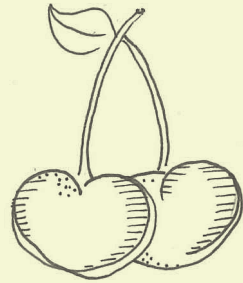
1. Preheat the oven to 375°F. Grease and flour a 9-inch square cake pan.
2. Whisk the cornmeal, flour, baking soda, and salt together in a large bowl. Set aside.
3. In a medium bowl, whisk the melted butter and sugar together until completely smooth and thick.
4. Then, whisk in the egg until combined.
5. Finally, whisk in the buttermilk.
6. Pour the wet ingredients into the dry ingredients and whisk until combined. Avoid over-mixing.
7. Pour batter into prepared baking pan and bake for 30 minutes or until the center is cooked through. Use a toothpick to test. Allow to slightly cool before slicing and serving.

Mini Cheesecakes

“A NECHC staff favorite derived from Fannie Farmer’s Cookbook, p 824. This is a dessert is easy to share recipe that wins the approval of many in the office.”

INGREDIENTS

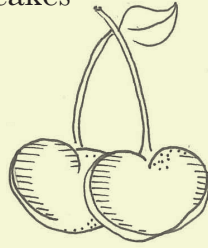
- 1 cup graham cracker crumbs
- 4 tbsp. melted butter
- 1/4 tsp. Cinnamon
- 1/4 tsp. Nutmeg
- 1 1/4 cups Sugar
- 4 eggs separated
- 1 cup sour cream
- 2 tbsp. flour
- 1/4 tsp. salt
- 1 tsp. vanilla
- 1 pound cream cheese (room temp)
- Topping E.d. Smith Cherry Topping (1 tsp. per cupcake)



DIRECTIONS

1. Combine the crumbs, melted butter, cinnamon, nutmeg and 1/4 cup of the sugar in a bowl and mix well.
2. Spread out the graham crumbs in a buttered pan (or minicupcake holders).

Mini Cheesecakes



3. Preheat oven to 325°F.
4. Beat the egg yolks w/ electric beater until they are thick and pale.
6. Add the sour cream, flour, salt and 3/4 cup of the sugar, and the vanilla and beat until well blended.
7. Add the cream cheese and beat until smooth.
8. Beat the egg whites until foamy, then gradually beat in the remaining 1/4 cup of sugar, beating until the whites are stiff and shiny.
9. Fold into the cream cheese mixture.
10. Spoon into the crumb crust.
11. Bake until the center does not tremble when the cake is gently shaken or when cake tester/fork is clean after piercing cake (about 20 minutes for mini-cheesecakes; 1 hour for full cheesecake .) Cool and refrigerate. Spoon fruit topping of choice on top (eg ED Smith cherry topping).

Makes 60-72 mini-cheesecakes

Tsoureki- Greek Easter Bread (from Thea Katina)

INGREDIENTS

1 cup soft butter

2 cups sugar

6 eggs

1 1/2 cups warm water (or 1c milk+1/2c water)

3 tsp. sugar

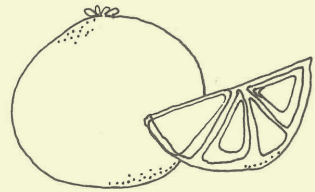
1-2 tbsp. yeast (another recipe uses 2 x8 g packages of dry yeast)

1 cup warm milk (whole is better)

1 tsp. salt

9 cups all purpose flour

Zest of one lemon or orange



DIRECTIONS

1. Beat the soft butter and sugar then add the eggs one at a time to the mixture.
2. In a large bowl mix the warm water, 3 tsp sugar & 1-2 tbsp yeast.
3. Add the salt to the milk.
4. In a separate bowl, put in the 9 cups of flour.
5. When the yeast mixture is ready, add the lemon zest to the yeast mixture with 2 of the 9 cups of flour and the 1c of warm milk and mix them together; Let rise until double in size.

Tsoureki-Greek Easter Bread (from Thea Katina)

6. Once doubled then mix this in with the butter and egg mixture and then throw in the remaining 7 cups of flour. The mix should not stick to your fingers, but should not be too dry/solid

7. Punch down the dough and let it rise, then punch it down and again let it rise, and finally punch it down and let it rise for a third time.

8. Shape the dough into 6 balls (9 works better for this and will make 3 loaves instead of 2) and roll into lengths 12-15" by 2" diameter and again let rise; then braid 3 together to form a loaf and 3 for a second loaf.

9. Beat one egg yolk with 2-3tbs milk with a tiny bit of vanilla to spread on the top of the loaves and sprinkle with flaked almonds.

10. Bake at 350°F on a parchment lined baking sheet on a lower rack of the oven until brown (and the bottom was brown on the underside) (Bake for about 40-45 minutes, or until golden brown). Check the breads after about 15 minutes as they do tend to colour quickly and drape them with aluminium foil to prevent excess browning (especially the ends). The bread should sound hollow when tapped on the bottom. Remove and cool on racks.)

Optional:

Add 1tsp. finely ground masticha to the flour mixture

Add 2 tsp. ground anise seed or 1tbs mahlepi to the flour mixture

Substitute 1 cup of finely ground almonds for one of the cups of flour

Aunt Hannah's Blueberry Muffins

INGREDIENTS

- 2 cups of flour (can substitute with 1 cup all-purpose and 1 cup whole wheat)
- 3/4 cup Sugar
- 1/2 cup butter or margarine, melted and slightly cooled
- 2 eggs
- 2 tsp Baking Powder
- 1/2 cup milk (can substitute with (Greek) yogurt, sour cream or buttermilk, but will need more)
- 1 1/2 cup blueberries (frozen wild blueberries are best)

DIRECTIONS

1. Mix dry ingredients together.
2. Mix wet ingredients together.
3. Combine dry and wet ingredients.
4. Fold in blueberries.
5. Don't overmix.
6. Bake in greased muffin pan in preheated 375°F oven for 22 minutes or until toothpick inserted into middle comes out clean.



“Our family favorite are these blueberry muffins. They’re important to us because the recipe was passed down to us by my aunt and because they’re enjoyed by everyone. They also can be adapted ever so slightly to be made healthier.”

Alteregos Café

Chocolate Chip Coconut Cookies

INGREDIENTS

Dry Mix:

- 6 cups of flour
- 2 cups of oats
- 2 cups coconut
- 3 cups chocolate chips
- 2 tsp. salt

Wet Mix:

- 4 cups of margarine (softened)
- 4 cups white sugar
- 4 eggs
- 2 tbsp. vanilla extract

DIRECTIONS

Whisk together dry ingredients in a large bowl. In a separate bowl, cream together margarine, sugar, eggs, and vanilla.

Combine dry and wet mixes well. Use a red handle scoop to size each cookie and place on a parchment lined baking sheet. Press dough down for a flatter cookie. Bake at 350°F for 15 minutes or until the edges brown.



Thank you, North End Community for contributing and making this project possible. It is recognized that without your participation and engagement we would not have been able to express and voice the diverse cultures that exists within the neighbourhood through a collection of recipes.

In recognizing that food is a social, cultural, and economic resource that affects our health, wellbeing, and relationships with others. We hope that through the collaboration of those who participated in the project that we reflect the importance of inclusivity and belonging in a community.



North End
**COMMUNITY
HEALTH CENTRE**
Programs

A project by Nikita Rose, a dietetic intern from Mount Saint Vincent University and
preceptor, clinical dietitian Shelley Baccardax

April 2022