

Summer 2017 Edition

 Saskatchewan Cooks

 SaskCooks

From our farms to your table...



SASKATCHEWAN COOKS

SASKATCHEWAN'S FARMING COMMUNITY IS HAPPY TO SHARE ITS SECOND COLLECTION OF SIMPLY DELICIOUS HOME-GROWN RECIPES FOR YOU AND YOUR FAMILY!



Proudly grown in Saskatchewan...

Saskatchewan farmers and ranchers produce hundreds of quality foods that are in demand at home and around the world. While farming technology has evolved over the past 100 year

one thing remains constant: Our commitment to safe food production, responsible animal care and sustainable practices. We are Saskatchewan famers and proud of what we do!

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SWEET & SPICY ASIAN CHICKEN SKEWERS

Servings: 4 |  CanolaEatWell.com



Sweet and spicy is what best describes these marinated chicken skewers. Before grilling, make sure to lightly oil the grates with canola oil, because the honey and hoisin-Sriracha sauce can cause the chicken to stick to the grill.

INGREDIENTS

- 3 Tbsp canola oil 45 mL
- 1 Tbsp honey 15 mL
- 1 Tbsp soy sauce 15 mL
- 2 Tbsp fresh minced ginger 30 mL
- 1 lb boneless, skinless chicken breasts cut into ¼-inch strips (500 g)
- ⅓ cup hoisin sauce 75 mL
- 2 Tbsp cup Sriracha sauce 30 mL
- 1 Tbsp chopped cilantro for garnish 15 mL
- 8 Bamboo skewers soaked in water

PREPARATION


1. In a mixing bowl, combine canola oil, honey, soy sauce and ginger; whisk to mix. Pour mixture into a resealable plastic bag and add chicken.
2. Seal bag and ensure chicken is evenly coated in marinade. Place in refrigerator for 1 hour.
3. In a separate mixing bowl, combine hoisin sauce and Sriracha; whisk to mix.
4. Remove chicken from refrigerator and discard marinade.
5. Soak bamboo skewers in water for 15 minutes.
6. Weave chicken onto bamboo skewers in an "S" pattern.
7. Preheat a gas grill. Lightly oil grates before grilling chicken.
8. Cook skewers for about 10 minutes, turning once, or until juices run clear, brushing frequently with hoisin mixture.
9. Remove from heat and serve immediately.
10. Use extra sauce for dipping.

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#CanolaConnect Canola oil is heart-healthy, versatile, and affordable – the #1 choice for your kitchen & your family.



HONEY MUSTARD BROCCOLI & BACON SALAD

Servings: 6 |  SaskMustard.com



This fresh broccoli salad is a happy marriage of flavour and texture. It travels well, and is a welcome addition to any #picnic table!

SALAD INGREDIENTS

- 2 bunches broccoli, including stems (about 1 lb total)
- ½ cup toasted sunflower seeds 125 mL
- ⅓ cup dried cranberries 75 mL
- 1 apple, cored and diced (Gala, Fuji or Honeycrisp)
- ¼ cup diced red onion 60 mL
- ¼ cup finely chopped parsley 60 mL
- 4 slices of cooked bacon, chopped

SALAD PREPARATION

- 1.** Cut the broccoli florets into bite-size pieces. Peel the stems and chop them, too.
- 2.** In a large bowl, toss together the broccoli, sunflower seeds, cranberries, apple, onion, parsley, bacon and mustard seeds.
- 3.** Add the cheese.

DRESSING

- 2 tsp mustard seeds 10 mL
- 1 cup shredded aged cheddar 250 mL
- 3 Tbsp Dijon mustard 45 mL
- 2 Tbsp liquid honey 30 mL
- 2 Tbsp canola oil 30 mL
- 2 Tbsp red wine vinegar 30 mL
- salt and pepper to taste

DRESSING PREPARATION

- 1.** In a dressing shaker or jam jar, add all of the dressing ingredients and shake well.
- 2.** Pour the dressing over the salad and mix well.
- 3.** Season to taste with salt and pepper.

Substitutions: Can use apple cider vinegar instead of red wine vinegar. Can use dried tart local cherries instead of dried cranberries.



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Add dimension to any culinary creation with mustard's piquant flavour through the use of mustard powder, seeds, sprouts or any one of the abundance of prepared variations. For more #MyMustard recipes check out *Mustard Makeovers & More: 100 Marvellous Recipes for Busy Families*, available on Amazon.ca. And remember, #MustardIsAMust!

GREEK SALAD WITH OREGANO GRILLED PORK

Servings: 6 |  **SaskMilk.ca**

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Give classic Greek salad a boost with a tasty creamy dressing and marinade-in-one. Chop vegetables while the pork marinates for a quick meal on a hot summer's evening. Leftovers are terrific for lunch!

INGREDIENTS

- 1 garlic clove, minced
- 1½ tsp dried oregano 7 mL
- ¼ tsp salt 1 mL
- ¼ tsp pepper 1 mL
- 1 cup 18 % cream 250 mL
- 2 Tbsp freshly squeezed lemon juice 30 mL
- 1 lb pork tenderloin or boneless pork loin chops, cut into ½-inch (1 cm) 450 g
- ¼ cup plain Greek yogurt or drained yogurt 60 mL

PREPARATION

1. In a measuring cup or bowl, whisk together garlic, oregano, salt, pepper and cream. Gradually whisk in lemon juice (mixture will thicken).

2. Place pork in a re-sealable plastic bag or shallow dish. Add ¼ cup (75 mL) of the cream mixture; turn to coat pork well. Seal bag or cover dish and refrigerate

- 2 stalks celery, diced
- 1 red bell pepper, diced
- ½ English cucumber or 2 Lebanese cucumbers, diced
- ¼ red onion, chopped
- 6 cups torn romaine lettuce 1.5 L
- ¼ cup crumbled Canadian Feta cheese 60 mL
- 12 black olives
- Chopped fresh mint (optional)

for at least 15 min or up to 1 day. Cover remaining cream mixture separately and refrigerate until serving.

3. Preheat barbecue grill to medium heat. Remove pork from marinade; discard marinade. Place pork on greased grill, cover and grill, turning once, for 3-4 min per side or until just a hint of pink remains in pork. Let rest for 5 min.

4. Whisk Greek yogurt into reserved cream mixture for dressing. In a large bowl, combine celery, red bell pepper, cucumber and onion; pour in half of dressing and toss to coat.

5. Divide lettuce among serving plates; top with vegetable mixture, then pork. Drizzle with remaining dressing; sprinkle with Feta cheese, olives and mint (if using).

***Tips:** To broil the pork instead of grilling, preheat broiler with rack 4 inches (10 cm) from heat. Place pork on a broiler pan or non-stick baking sheet; broil for 3-4 min per side, turning once.*

OUR FOOD HAS A STORY

Canadian Dairy Farmers take care of our cows. Animal care is our priority after all healthy cows are happy cows. We would never allow for antibiotic residues. Caring for cows means treating them when they're sick. Treated cows are milked separately, and that milk is discarded for a mandated time period. That's why Spilled Canadian Milk is worth crying over!



SOFT EGG SALAD WITH WARM PANCETTA DRESSING

Servings: 2 |  SaskEgg.ca



This recipe includes instructions for making the perfect soft boiled egg. Complement the earthiness of kale by sauteing the mushrooms with the bacon.

INGREDIENTS

- 4 eggs
- 2 oz sliced bacon, finely chopped 60 g
- 2 shallots, thinly sliced
- 1 Tbsp mustard 15 mL
- 1 Tbsp honey 15 mL
- ½ tsp each salt and pepper 2 mL
- 2 Tbsp cider vinegar 30 mL
- ¼ cup water 60 mL
- 1 bunch kale, trimmed and chopped, about 6 cups
- ½ cup halved red and yellow grape tomatoes 125 mL

PREPARATION

1. Place eggs in medium saucepan and cover with warm water. Set over high heat and bring to boil. Cover with a tight-fitting lid and remove from heat. Let stand for 5 minutes. Drain and place eggs under cold, running water until cool enough to handle; peel and set aside.

2. Meanwhile, set large non-stick skillet over medium heat. Add bacon and cook for 5 minutes or until browned. Using a slotted spoon, transfer bacon to paper towel-lined plate. Add shallots to the skillet. Cook for 2 minutes.

3. Stir in mustard, honey, salt and pepper until well combined. Pour in vinegar and water. Simmer for 2 minutes or until slightly reduced. Add kale and tomatoes; toss to coat. Cook for 1-2 minutes or until slightly wilted.

4. Divide kale evenly between plates. Cut each egg in half and place over kale. Scatter bacon over each serving.



OUR FOOD HAS A STORY

Some eggs contain omega-3's, which are a healthy fat that helps protect our hearts.

Omega-3 eggs are produced by feeding the hens a diet containing flaxseed which has a high Omega-3 content. In 2016, Saskatchewan egg farmers had nearly 1.1 million hens that produced over 31 million dozen eggs!

BEST GRILLED CAESAR SALAD EVER!

Servings: 4 |  CanolaEatWell.com



Grilling the lettuce adds a subtle smokey flavour to complement the sweet and tangy Asiago dressing, crispy prosciutto and lemon croutons. Caesar salads tend to be old news, but this one is unlike any other!

INGREDIENTS

- 3 Tbsp canola oil 45 mL
- 2 heads Romaine hearts, quartered lengthwise, leaving cores attached
- 1 lemon halved
- 2 tsp canola oil 10 mL
- 6 slices prosciutto, roughly chopped
- 3 Tbsp canola oil 45 mL
- 1 loaf focaccia bread, cut into $\frac{3}{4}$ inch cubes, to yield 4 cups
- $\frac{3}{4}$ cup finely grated Asiago cheese 175 mL
- finely grated zest of one lemon
- 1 Tbsp EACH: anchovy paste, balsamic vinegar and whole grain mustard 15 mL
- 1 tsp Worcestershire sauce 5 mL
- 2 garlic cloves, minced
- lemon juice from $\frac{1}{2}$ barbecued lemon
- $\frac{1}{3}$ cup grated Asiago cheese 75 mL
- $\frac{1}{2}$ cup canola oil 125 mL
- $\frac{1}{4}$ tsp salt 1 mL
- $\frac{1}{2}$ tsp black pepper 2 mL

PREPARATION

- 1.** Brush 3 Tbsp (45 mL) canola oil over Romaine lettuce and lemon halves. Set aside.
- 2.** In small non-stick frying pan over medium high add 2 tsp (10 mL) canola oil. Sauté prosciutto until crispy. Set aside.
- 3.** In large non-stick frying pan over medium high heat, add 3 Tbsp (45 mL) canola oil. Add bread cubes to hot oil and sauté to evenly brown. When browned, reduce heat to low and sprinkle with cheese. Stir to evenly coat bread cubes. Remove from heat and sprinkle zest over top. Stir to mix. Let cool.
- 4.** Preheat gas barbecue to medium heat. Place Romaine quarters and lemon halves on barbecue and grill for about 2 minutes or until grill marks appear on the lettuce and lemon halves, and the lettuce has wilted in parts. Rotate once.
- 5.** In small mixing bowl, combine anchovy paste, vinegar, whole grain mustard, Worcestershire sauce, garlic and lemon juice from one half of the grilled lemon. Whisk to combine. Slowly add the canola oil, while continuously whisking. Add cheese, whisking to mix. Season with salt and pepper.
- 6.** Place lettuce quarters onto a large platter. Top lettuce with crispy prosciutto and croutons and drizzle dressing over all. Squeeze last grilled lemon half over all. Serve immediately.



#CanolaConnect Canada is the largest producer of canola in the world with the majority of it being grown in Saskatchewan!

FIESTA GRAIN SALAD

Servings: 6

 SaskWheatCommission.com

Sask  **Wheat**
DEVELOPMENT COMMISSION



Quick-to-cook whole grain bulgur and quinoa are the perfect base for this Mexican-inspired dish, which features black beans, corn, cumin, and lots of fresh cilantro.

SALAD INGREDIENTS

- ½ cup bulgur 125 mL
- ½ cup quinoa 125 mL
- 2 cups water 500 mL
- 1½ cups corn kernels 375 mL
- 1 can black beans, drained and rinsed 540 mL
- 1 red pepper, seeded and diced
- 1 cup chopped fresh cilantro 250 mL

PREPARATION

1. In a medium-sized pot, add bulgur, quinoa and water. Bring to a boil over high heat. Reduce heat to medium-low, cover, and simmer for 15 minutes or until water is absorbed. Remove from heat and let stand, covered, for 5 minutes. Fluff with a fork. In a serving bowl, mix together the corn, black beans, red pepper and cilantro. Add cooked bulgur and quinoa and stir to combine.

DRESSING

- ½ cup fresh lime juice 125 mL
- ½ cup canola oil 125 mL
- 1 tsp sea salt, plus more to taste 5 mL
- 1 Tbsp cumin 15 mL
- 1 Tbsp finely chopped fresh cilantro 15 mL

2. In a small bowl, whisk together lime juice, oil, salt, cumin and cilantro.

Pour dressing over the bulgur-quinoa mixture and stir to combine.

3. Serve with fresh lime wedges.

Recipe provided by the Healthy Grains Institute | HealthyGrain.ca



OUR FOOD HAS A STORY

Wheat is a versatile grain. It is the main ingredient in bread, biscuits, pasta and breakfast cereals. It is also used in products like cosmetics, cups, paper, hair conditioner, golf tees, plastic bags and liquid laundry detergent.

CHEF'S SALAD WITH GRILLED PORK TENDERLOIN

Servings: 8 | SaskPork.com



Pork is classified as a red meat, is nutrient dense and a good source of 27 vitamins and minerals. A serving of lean, trimmed cooked pork is about the size of the palm of your hand. #PickSaskPork

INGREDIENTS

- 1 lb pork tenderloin 500 g
- ¼ tsp each salt and black pepper 1 mL
- 2 Tbsp brown sugar 30 mL
- ¼ tsp garlic powder 1 mL
- 8 cups mixed greens 2 L
- 1 cup shredded cheddar cheese 250 mL
- ½ cup bacon, cooked and crumbled 125 mL
- 1 cup red onion, sliced 250 mL
- 1 avocado, sliced
- 4 large eggs, hardboiled and sliced
- 1 cup cherry tomatoes, halved 250 mL

PREPARATION

1. Preheat BBQ to medium-high heat. In a small bowl, mix together salt and pepper, brown sugar and garlic powder. Rub tenderloin with mixture and wrap in foil. Place on the grill for 25 minutes, turning after 15 minutes or until an internal temperature of 155°F to 160°F is reached. Remove the tenderloin from the foil and return to the grill and cook for an additional 5 minutes. Remove from grill and let rest 5 minutes before slicing.

2. To assemble the salad: In a large serving bowl, layer the bottom with the mixed greens. On top of the greens, place the remaining ingredients in rows (similar to photo). Serve with your favourite salad dressing and rolls or garlic bread!

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All fresh pork sold at retail in Canada is produced on CQATM farms that follow strict on-farm food safety and animal care protocols to ensure a safe, wholesome product for consumers.



MEXICAN BARLEY SALAD

Servings: 8 | GoBarley.com



This light and zesty barley-based salad is the perfect accessory for all your summer grilling. Make ahead and pop in the fridge if you need more time.

INGREDIENTS

- 1 cup pot or pearl barley 250 mL
- 1 can low salt chicken broth 284 mL
- 1¼ cups water 300 mL
- ⅓ cup canola oil 75 mL
- ⅓ cup cider vinegar 75 mL
- 1 clove garlic, minced
- ½ tsp chili powder 2 mL
- ½ tsp cumin 2 mL
- 1 can kernel corn, drained 341 mL
- 2 tomatoes, coarsely chopped
- 1 small green pepper, coarsely chopped
- 4 green onions, sliced
- ¼ cup minced fresh parsley or cilantro 60 mL

PREPARATION

1. In a medium saucepan, combine barley, chicken broth and water. Bring to a boil; reduce heat to simmer; cover and cook for 40 minutes. Cool and then turn into a large bowl.

2. In a small bowl, combine canola oil, vinegar, garlic, chili powder and cumin. Pour over barley and toss well. Stir in corn, tomatoes, chopped green pepper and sliced green onions. Garnish with minced parsley or cilantro. Refrigerate until ready to serve.



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Did you know, barley is easy to use and tastes great? Barley has a wonderful nutty flavour and it adds great texture to soups, stews and salads. Its subtle, nutty profile also blends well into main dishes, sides and desserts.



YELLOW PEA & WHEAT BERRY SALAD



Servings: 4-6 | SaskPulse.com, Lentils.ca

Split dried yellow peas are useful in more than just soup; they make a sturdy addition to grainy salads and can be soaked and boiled ahead and kept in the fridge - or freezer - until you're ready for them.

INGREDIENTS

- ½ cup dry split yellow peas 125 mL
- ½ cup wheat berries 125 mL
- ¼ cup dried cranberries or golden raisins 60 mL
- 3 Tbsp canola oil 45 mL
- 2 Tbsp red wine vinegar 30 mL
- salt and freshly ground pepper, to taste
- 1 celery stalk, diced
- ½ loosely packed cup baby spinach or flat-leaf parsley, chopped 125 mL
- ½ cup crumbled feta 125 mL
- 1 green onion, sliced
- ¼ cup sliced or slivered almonds or chopped walnuts, toasted 60 mL (optional)

PREPARATION

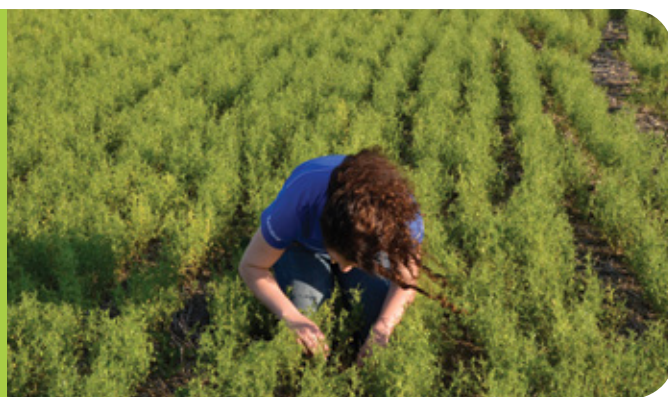
1. In a medium bowl or container, cover the peas with 3-4 cups of water and let stand for a few hours, or overnight. Simmer the soaked peas and wheat berries, together in the same pot or separately, in enough water to cover by at least a couple inches, for 45 minutes to an hour, or until tender but still firm to the bite.

2. Drain and transfer to a wide bowl; add the cranberries, canola oil and vinegar, season with salt and pepper and toss to combine while still warm. Set aside to cool.

3. When the peas and wheat berries have cooled, add the celery, spinach, feta and onion and toss to combine. Serve sprinkled with toasted almonds or walnuts.

OUR FOOD HAS A STORY

Pulse are the dry seeds of legume plants and include lentils, peas, beans and chickpeas. Canada is the world's largest producer and exporter of peas and lentils. Saskatchewan is a leader in growing pulse crops, especially chickpeas, lentils and peas.



CHICKEN BURGERS

Servings: 4 |  SaskatchewanChicken.ca



Want a juicy, scrumptious burger? This is it!! Pile on the cheese, onions, peppers and lettuce and try a pizza sauce on the toasted bun.

INGREDIENTS

- 2 lbs ground chicken
- 2 Tbsp chopped sun dried tomato 30 mL
- 2 Tbsp Italian spice mix 30 mL
- 1 egg
- ½ cup bread crumbs 125 mL

PREPARATION

1. Combine all ingredients and form approximately 4-6 round patties. Place on a preheated medium heat BBQ. Cook burgers for about 7-9 minutes per side or until a thermometer inserted in the thickest part reads 165°F (74°C).

2. Serve on toasted crusty buns with your favourite garnishes.



OUR FOOD HAS A STORY

Chickens grown for meat are called broilers. Broilers are raised in free roaming barns not cages. The barns protect the birds from weather, predators and disease. Broiler chickens are fed grain and have access to food and water 24 hours per day everyday.



TERIYAKI-GLAZED STEELHEAD TROUT, CUCUMBER, AVOCADO & MUSTARD RICE BOWLS

Servings: 4 |  SaskMustard.com



Quick & healthy, these rice bowls are a delicious lakeside dinner. The dash of mustard seed adds a peppery crunch to this Asian-inspired dish

INGREDIENTS

- 4-5 oz steelhead trout fillets 140 g
- salt and pepper
- 1 Tbsp canola oil 15 mL
- 4 cups cooked white or brown rice 1 L
- ½ Long English cucumber, diced
- 1 carrot, peeled and cut into matchstick pieces
- 1 avocado, diced
- 6 scallions, thinly sliced
- 8 small sheets nori (seaweed paper), torn into small pieces
- ½ cup teriyaki sauce 125 mL
- 1 Tbsp yellow mustard seed 15 mL
- ¼ cup mustard sprouts 60 mL

PREPARATION

1. Press the trout between paper towels to dry the surfaces thoroughly.
2. Season on all sides with salt and pepper.
3. Heat the oil in a large skillet over medium-high heat until shimmering.
4. Add the trout fillets, skin side down. Immediately turn the heat down to medium-low and cook, pressing gently on the back of the fillets to ensure good contact between the skin and the skillet, for about 6 minutes. If the skin doesn't release easily from the pan, cook a little longer until it lifts easily.
5. Flip the trout and cook on the other side for about 2 minutes, until the fish flakes easily.
6. Transfer to a paper towel-lined plate to drain.
7. Divide the hot, cooked rice evenly between 4 bowls.
8. Top with the cucumber, carrot, avocado, scallions, and nori.
9. Place a trout fillet on each bowl, spooning the teriyaki sauce evenly on top.
10. Sprinkle with the mustard seeds and sprouts.



This versatile ancient spice is found in pantries around the world. Saskatchewan grown mustard makes up 74% of Canada's mustard crop and one third of all the mustard traded in the world! For more [#MyMustard](#) recipes check out *Mustard Makeovers & More: 100 Marvellous Recipes for Busy Families*, available on Amazon.ca. And remember, [#MustardIsAMust!](#)



GREAT CANADIAN BURGER

Servings: 6 |  **SaskEgg.ca**



You can't go wrong by adding wholesome Canadian ingredients to a classic meal. This burger is perfect for dinner on a hot summer night.

INGREDIENTS

BURGER PATTY:

- 1 ¾ lb ground chuck beef 0.8 kg
- 1 egg, beaten
- 2 cloves garlic, minced
- Pinch red pepper flakes
- ¼ cup onion, finely chopped 60 mL
- 2 Tbsp parsley, chopped 30 mL
- 2 Tbsp mustard 30 mL
- 2-4 tbs bread crumbs, fresh 30-60 mL

PREPARATION

- 1.** In a large bowl, mix together ground chuck, egg, garlic, red pepper flakes, onions, parsley, mustard, and enough bread crumbs to hold mixture together. Divide into 4 patties.
- 2.** Preheat barbecue to medium-high and oil grill.
- 3.** Grill patties, turning once, about 4 minutes per side for medium doneness.
- 4.** Meanwhile, in a large non-stick skillet over medium high heat, add oil and fry eggs sunny side up. Set aside.
- 5.** Assemble burgers, on bottom bun, place cheese, peameal bacon, then burger patty and fried egg. Top with onions, tomato, pickles, lettuce and condiments of your choice. Serve immediately.

ASSEMBLY:

- 8 slices peameal bacon, cooked
- 4 slices aged Canadian Cheddar cheese
- 4 eggs
- 1 Tbsp canola oil 15 mL
- 4 sesame hamburger buns, toasted and buttered
- 1 onion, cut in thick slices
- 8 slices tomato
- 4 pickles, sliced lengthwise
- Handful Iceberg lettuce leaves
- Condiments of your choice (optional)

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All eggs sold in Canadian grocery stores reach the shelves about one week after being laid. They are graded Canada A by the Canadian Food Inspection Agency and subject to strict food safety standards. Canadian eggs do not contain hormones or steroids.

FISH & CHEDDAR TACOS

Servings: 6 |  **SaskMilk.ca**

Saskmilk



99.9% of Canadian milk is picked up from the farm every second day. All milk truck drivers are trained experts in grading milk by sight and smell. They inspect, measure, and take sanitary samples of milk before loading it onto the truck. **#qualitymilk**

INGREDIENTS

- 2 tsp butter, melted 10 mL
- ½ tsp chili powder 2 mL
- Salt and freshly ground pepper
- 1 lb white fish fillets 450 g
- 1 onion, cut into rings
- 1 red pepper, quartered
- 1 yellow pepper, quartered
- 1 jalapeño pepper, seeded and chopped
- 2 Tbsp lemon juice 30 mL
- ¼ cup cilantro, coarsely chopped 60 mL
- 12 small tortillas or taco shells
- 1½ cups lettuce, chopped 375 mL
- 2 cups Canadian Old Cheddar, grated 500 mL
- Sour cream (optional)

PREPARATION

1. In a bowl, mix butter and chili powder together. Season with pepper. Brush fish with some spicy butter. Add onion and peppers to butter and mix to coat.

2. Preheat grill to medium-high heat or oven to 450°F (230°C).

3. Transfer onion and peppers to the grill or a baking sheet. Cook, lid closed if grilling, for 15 min, turning a few times. Add fish and cook for 5–10 more min depending on thickness of fillets. The vegetables should be browned and tender. Remove from heat.

4. Finely chop vegetables and mix with jalapeño pepper, lemon juice and cilantro to make a veggie salsa. Season with salt and pepper.

5. Briefly heat tortillas on the grill or in the oven.

6. Fill tortillas with lettuce, fish, veggie salsa and cheese. Serve with sour cream, if desired.

Tips: Grill more fragile types of fish on a buttered sheet of aluminum foil.

Cheese alternative: Canadian Mild or Medium Cheddar, Monterey Jack.

OUR FOOD HAS A STORY

Canadian dairy farmers respect Canadian standards. This means that no Canadian dairy cow can be given artificial growth hormones. So, you can feel good knowing your milk, yogurt, cheese and any dairy product made with Canadian milk should not contain any of these artificial hormones.

PAN ROASTED PORK TENDERLOIN WITH FLAX CRUST

Servings: 4 | SaskFlax.com
HealthyFlax.org



The combination of pork and flax is a flavourful way to enjoy the food raised and grown right here in Saskatchewan. #flaxfacts

INGREDIENTS

- 1/3 cup canola oil 75 mL
- 2 Tbsp balsamic vinegar 30 mL
- 1 clove garlic, minced
- 1 lb pork tenderloin 500 g
- 1 Tbsp chopped fresh herbs (thyme, oregano, basil, parsley) 15 mL
- 1/2 cup whole flaxseed 125 mL
- 2 Tbsp unbleached all purpose flour 30 mL
- 1 Tbsp chili powder 15 mL
- 1 1/2 tsp cumin seeds, toasted and ground 7 mL
- salt and pepper to taste

PREPARATION

1. In a bowl, combine oil, vinegar, garlic and herbs. Add tenderloin. Turn to coat. Cover and refrigerate 4-6 hours.
2. Lay a sheet of wax paper on counter. On paper, combine flaxseed, flour, chili powder, cumin, salt and pepper.
3. Preheat oven to 375°F (190°C).
4. Drain tenderloin and roll in seed mixture to coat.
5. Heat a cast iron skillet over medium high heat. Add tenderloin and sear on all sides until browned, about 3 minutes.*
6. Place pan in oven, roast uncovered until internal temperature reaches 160°F (71°C), about 25 minutes. Remove from oven. Place tenderloin on cutting board and let rest 5 minutes. Cut tenderloin crosswise into 24 slices

**Any oven-proof skillet can be used.*



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Consider flax as an addition to your daily diet. Health Canada approved a health claim for consumption of ground flaxseed for the reduction of blood cholesterol. There are many other proven benefits from eating flax. Adding flaxseed, ground whole flaxseed or flax oil to your diet are all healthy options. Adding flax to your cooking or simply sprinkling it on your yogurt or cereal are easy ways to include flax in your diet.

BEER CAN CHICKEN

Servings: 4-6

 SaskatchewanChicken.ca


Chicken
Farmers
of Saskatchewan



This recipe is perfect for a backyard family BBQ or for entertaining guests. BONUS – the cook gets to enjoy the other half of the can of beer.

INGREDIENTS

- 1 (4-pound) whole chicken
- 2 Tbsp canola oil 30 mL
- 3-4 Tbsp of your favourite spice rub 45-60 mL
- 1 can beer

PREPARATION

- 1.** Pat chicken dry with paper towels. Rub chicken lightly with oil then rub with dry spice rub. Set aside.
- 2.** Open beer can and empty half. Place beer can on a secure surface and push chicken cavity over top the can. Place chicken in the center of the grate on your grill. Make sure the chicken is balanced.
- 3.** Cook the chicken over medium-high indirect heat. Do not place directly over top coals or burners. Cover the grill for approximately 1 ¼ hours or until juice runs clear or the internal temperature reaches 165°F (75°C). Remove from grill and let rest for 10-15 minutes before carving.

OUR FOOD HAS A STORY

It is illegal in Canada to use hormones or steroids in raising chicken!



EASY CHILI PORK RIBS

Servings: 4 | SaskPork.com



Pork is a high quality lean protein and contains no trans-fats or hydrogenated fat. #PickSaskPork

INGREDIENTS

- 2 lb pork back ribs 1 kg
- ¼ cup chili powder 60 mL
- ½ cup packed brown sugar 125 mL
- 1 tbsp each garlic powder, onion powder and paprika 15 mL
- ½ tsp each salt and black pepper 2 mL

PREPARATION

1. Preheat BBQ to 300°F (149°C), keeping one side of the BBQ off. Lift and peel the thin membrane from the back of each rack of ribs. In a medium sized mixing bowl, stir together chili powder, brown sugar, garlic powder, onion powder, paprika, salt and pepper. Rub ½ cup (125 mL) of the spice blend all over the ribs and wrap in heavy foil. If not cooking immediately, refrigerate until ready to cook.

2. Cook over indirect heat (the side of the BBQ that is off or on the top rack) for 2 hours or until the ribs are fork-tender. To finish the ribs, remove from the foil and place directly on the grill and cook for an additional 5 minutes until the ribs are browned and caramelized.



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Saskatchewan producers raise some of the highest quality pork in the world! Humane, responsible and sustainable swine production is a priority for the Canadian pork industry!

GRILLED TURKEY BREAST WITH MUSHROOM & WILD RICE STUFFING

Servings: 4-6 |  CanadianTurkey.ca/sk



Recipe and image courtesy: Isabelle Boucher of Crumb blog (www.crumbblog.com)

This is the perfect grilling recipe to impress your special guests at your next BBQ!


INGREDIENTS

- 2 Tbsp butter 30 mL
- 7 oz button mushrooms, thinly sliced 200 g
- 7 oz shiitake mushrooms, stemmed and thinly sliced 200 g
- ½ tsp fresh ground black pepper 2 mL
- ¼ tsp salt 1 mL
- ¼ cup chopped shallots 60 mL
- 2 Tbsp finely chopped celery 30 mL
- ¾ cup cooked long grain and wild rice blend 175 mL
- 3 Tbsp dried cherries, roughly chopped 45 mL
- 2 Tbsp poultry broth 30 mL
- 1 Tbsp chopped fresh parsley 15 mL
- 1 egg, lightly beaten
- 2 Tbsp panko bread crumbs 30 mL
- 1 boneless, skinless turkey breast half (about 3 lbs/1.5 kg)
- Salt and pepper
- 2 tsp canola oil 10 mL
- 2 tsp dried herbes de provence 10 mL

PREPARATION

- 1.** In a large heavy-bottomed skillet set over medium-high heat, heat the butter until melted and foamy. Add the mushrooms and sprinkle with salt and pepper. Continue sautéing for 4-5 minutes or until the mushrooms are soft and browned, and have released most of their liquid.
- 2.** Add shallots and celery, and cook for 1-2 minutes longer or until the shallots are softened. Transfer the cooked mushrooms to a large mixing bowl, and stir in the rice, dried cherries, broth, and parsley. Season to taste with salt and pepper. Stir in the egg and breadcrumbs until well combined, and set aside to cool slightly.
- 3.** Meanwhile, use a sharp knife to butterfly the turkey breast by slicing through the middle of the breast with the knife parallel to the cutting board, almost but not all the way through, then opening up like a book. Place the butterflied breast between two large pieces of plastic wrap. Using a mallet or the bottom of a heavy skillet, flatten to ½-inch (1 cm) thickness. Remove the plastic, and generously season the inside of the breast with salt and pepper.
- 4.** Spoon the cooled filling onto the left side of the turkey, then fold over to the right side. Tie up with kitchen twine at 2-inch (5 cm) intervals.
- 5.** If any stuffing escaped during this process, simply push it back in once the turkey breast is bundled up with twine (you can also secure the ends and the seam with toothpicks, if necessary).
- 6.** Rub the outside of the roast with canola oil, and sprinkle with herbes de provence and a generous amount of salt and pepper.
- 7.** Lightly oil your grill, then preheat one side on high heat (or, if using a charcoal grill, pile the coals to one side). Sear the turkey breast over the hot side of grill for about 4 minutes per side, or until well browned, then move to the cool side of the grill to finish cooking over indirect heat.
- 8.** Cook with the cover closed for 60-75 minutes, or until a meat thermometer registers an internal temperature of 165°F (74°C) in the centre of the stuffing and the meat. Tent loosely with foil and let stand for 15 minutes, then cut into thick slices and serve.

SPICED ROASTED CAULIFLOWER & CHICKPEAS

Servings: 4-6 |  Pulses.org
Lentils.ca



Chickpeas and cauliflower roast together beautifully in a hot oven - for a change of flavour, omit the curry powder and sprinkle with freshly grated Parmesan for the final 10 minutes in the oven.

INGREDIENTS

- 1 small head cauliflower, separated into florets
- 1 - 19 oz can chickpeas, rinsed and drained 540 mL
- juice of 1 lemon or about 3 Tbsp 45 mL
- 1/3 cup canola oil 75 mL
- 1 tsp curry powder 5 mL
- coarse salt, to taste

PREPARATION

- 1.** Combine the cauliflower florets and chickpeas in a large bowl. Drizzle with lemon juice and toss to coat. Set aside while you preheat the oven to 425°F (215°C).
- 2.** In a small bowl, stir together the oil and curry powder. Drain any excess lemon juice off the cauliflower and chickpeas and toss with the oil to coat. Spread out in a single layer on a rimmed baking sheet, sprinkle with salt and roast for 30 minutes, stirring once or twice, or until golden. Serve immediately.



OUR FOOD HAS A STORY

Pulses are the food of the future. They are the future of better nutrition... the future of improved health... and the future of sustainable food. Pulses are good for people – They are a low fat, high fibre source of protein that is full of vitamins and minerals. Pulses are good for the planet – They have a low carbon footprint and enrich the soil.

WARM CARIBBEAN BEANS & RICE

Servings: 4 | SaskFlax.com
HealthyFlax.org



Enjoy a fun, refreshing salad that includes flax. As a bonus, enjoy the health benefits of flax.

INGREDIENTS

- 1 tsp canola oil 5 mL
- ½ cup onion, chopped 125 mL
- 2 cloves garlic, minced
- 1 jalapeño pepper, minced
- 1½ tsp curry powder or paste 7 mL
- ½ tsp dried thyme 2 mL
- ½ tsp salt 2 mL
- 1 cup cooked brown rice 250 mL

PREPARATION

- 1.** In a large nonstick fry pan, heat oil over medium to medium low heat.
- 2.** Add onion, garlic and jalapeño. Sauté until soft and starting to brown, 5 minutes.
- 3.** Add curry, thyme and salt. Stir and cook another minute.

- 1 cup frozen mixed peas, and carrots, cooked 250 mL
- 1 cup canned black beans, rinsed and drained 250 mL
- ¼ cup ground flaxseed 60 mL
- 1 Tbsp flaxseed oil 15 mL
- 1 Tbsp fresh lime juice 15 mL

- 4.** Add cooked rice, vegetables and beans. Stir.
- 5.** Cover and heat until warmed through.
- 6.** Stir in ground flaxseed, flaxseed oil and lime juice. Serve immediately.



As you drive across the Prairies this summer you may see a field of blue or purple flowers. This is flax or linseed, an oilseed crop with many health benefits. Saskatchewan grows about 80 percent of the flax production in Canada. Our flax is exported to many countries for use in food. Farmers produce high quality, edible flax for you. The fiber from flax may be used in products like textiles (linen) or paper.



TURKEY DIJON TWICE BAKED POTATOES

Servings: 4 | CanadianTurkey.ca/sk



Recipe and image courtesy: French.ca

Take your baked potato to the next level with all these great Saskatchewan ingredients!

INGREDIENTS

- 4 baking potatoes, scrubbed
- 6 pieces bacon
- 2 Tbsp French's Dijon mustard (plus extra for serving) 30 mL
- 2 Tbsp mayonnaise 30 mL
- 2 Tbsp milk 30 mL
- 2 Tbsp butter 30 mL
- 1 cup chopped leftover turkey 250 mL
- ½ cup shredded Cheddar cheese 125 mL
- 4 green onions, chopped

PREPARATION

1. Preheat oven to 350°F (175°C).
2. Bake potatoes until cooked through and tender, 45–60 minutes. Let cool slightly.
3. Cook bacon until crisp, roughly chop and set aside.
4. Set oven to broil.
5. Cut potatoes in half and scoop out cooked potato, leaving the shell intact.
6. Roughly mix together cooked potato, Dijon mustard, mayonnaise, milk and butter; mix in turkey.
7. Mound potato/turkey mixture into potato halves. Sprinkle with cheese and bacon.
8. Broil stuffed potatoes for 1-2 minutes until cheese is melted and filling is browned.
9. Sprinkle with green onions and a healthy dollop of Dijon mustard. Serve immediately.



OUR FOOD HAS A STORY

Turkeys are raised in specially designed barns (not cages) with carefully controlled ventilation and temperature to make sure the birds are warm enough in the winter and cool enough in the summer. The barns also offer protection from predators, disease and bad weather. Some may be grown in semi-controlled housing or on range.

DELICIOUS LOW-FAT, HIGH-FIBRE BLUEBERRY MUFFINS

Servings: 6

 SaskWheatCommission.com

Sask  **Wheat**
DEVELOPMENT COMMISSION



This recipe was developed by Susan Mendelson, author of four bestselling cookbooks.

INGREDIENTS

- 1 cup quick rolled oats 250 mL
- 1 cup buttermilk 250 mL
- 2 egg whites
- ¼ cup melted unsalted butter 60 mL
- ⅔ cup packed light brown sugar 150 mL
- ½ cup + 1 Tbsp all-purpose flour 140 mL
- ½ cup spelt or whole-wheat flour 125 mL
- 1 tsp baking powder 5 mL
- ½ tsp baking soda 2 mL
- ½ tsp salt 2 mL
- ¼ tsp ground nutmeg 1 mL
- ¼ tsp ground cinnamon 1 mL
- 2 cups fresh or frozen blueberries 500 mL

PREPARATION

- 1.** Preheat oven to 400°F (200°C). Lightly grease a 12-cup muffin pan or line with muffin cups.
- 2.** In a bowl, stir together oats and buttermilk; let stand for 5 minutes. Stir in egg whites and butter.
- 3.** In a separate bowl, combine brown sugar, ½ cup all-purpose flour, spelt flour, baking powder, baking soda, salt, nutmeg and cinnamon. In another bowl, gently toss blueberries with 1 tbsp all-purpose flour.
- 4.** Make a well in the middle of the flour mixture; gently stir in oat mixture. Do not over-mix. Gently fold in blueberries.
- 5.** Spoon mixture evenly into prepared pan.
- 6.** Bake in centre of preheated oven until firm to the touch, 15-20 minutes.

*Recipe provided by the Healthy Grains Institute | HealthyGrains.ca
Photo: "Blueberry Muffins" by J. Shontz is licensed under Creative Commons BY 2.0.*

#lovefood
Sask

One bushel of wheat yields approximately 42 pounds of white flour OR 60 pounds of whole-wheat flour. That's enough to make 42 one-and-a-half pound commercial loaves of white bread OR about 90 one-pound loaves of whole wheat bread.



CRUNCHY GRANOLA BARS

Servings: 8 |  POGA.ca



Eating 3 grams of oat fibre per day (about the amount in a one-cup serving) can lower your cholesterol level. #OatFunFact

INGREDIENTS

- $\frac{2}{3}$ cup lightly packed brown sugar 150 mL
- $\frac{1}{3}$ cup unsalted butter 75 mL
- 1 tsp baking soda 5 mL
- 1 tsp vanilla 5 mL

PREPARATION

1. Preheat oven to 325°F (170°C).
2. In a medium saucepan, over medium heat, combine brown sugar and butter. Stir constantly while butter is melting and comes to a boil. Boil 2 minutes, stirring occasionally. Remove from heat.
3. Stir in baking soda and vanilla. Add oats, ground flaxseed, almonds and whole flaxseed. Stir well. Press into a 8 x 8 inch (20 x 20 cm pan) that has been sprayed with a nonstick cooking spray.

- 1 $\frac{1}{4}$ cup quick cooking oats 300 mL
- $\frac{1}{2}$ cup ground flaxseed 125 mL
- $\frac{1}{2}$ cup ground almonds 125 mL
- 2 Tbsp whole flaxseed 30 mL

4. Bake 12 minutes or until golden brown on top and starting to brown around the edges.
5. Remove from oven and cool. When cool cut into 8 - 2 x 4 inch (5 cm x 10 cm) bars using a sharp knife and wrap individually.

Cooks Notes:


- Bars can be stored in an airtight container for up to 3 days or frozen for up to 3 months.



OUR FOOD HAS A STORY

- 1 bushel of oats = 20.4 lbs of oat flour
- 1 bushel of oats makes 19 lbs of oatmeal
- 1 bushel of oats = 925.33 grams of total dietary fibre
- 1 bushel of oats = 43 boxes of Cheerios
- 1 lb of oat flour has 27.216 grams of fibre
- 1 CDN bushel of oats = 34 lbs

CARIBBEAN CRUNCH MUFFINS

Servings: 8 |  **POGA.ca**



Antioxidant compounds unique to oats, called avenanthramides, help reduce the risk of heart disease. Muffins can be stored in an airtight container for up to 2 days or frozen up to 2 months. #OatFunFact

INGREDIENTS

- 1/3 cup pitted, chopped dates 75 mL
- 1/3 cup canola oil 75 mL
- 1 cup mashed ripe bananas (3 small) 250 mL
- 2 large eggs
- 1 tsp vanilla 5 mL
- 1 cup quick cooking oats 250 mL
- 3/4 cup all purpose unbleached flour 175 mL
- 1/2 cup chopped pecans 125 mL
- 1/3 cup unsweetened medium coconut 75 mL

PREPARATION

- 1.** Soften dates in 2 Tbsp (30 mL) boiling water. Preheat oven to 350°F (180°C). Position rack in centre of oven.
- 2.** In a large bowl beat softened dates and canola oil. Blend in banana, eggs and vanilla.
- 3.** In another bowl, combine oats, flour, pecans, coconut, ground flaxseed, baking soda and cinnamon. Stir. Add to wet ingredients. Stir gently until combined.

- 1/4 cup ground flaxseed 60 mL
- 1 tsp baking soda 5 mL
- 1/2 tsp ground cinnamon 2 mL

TOPPING

- 1/2 cup quick cooking oats 125 mL
- 1/4 cup coconut sugar or brown sugar 60 mL
- 2 Tbsp canola oil 30 mL
- 2 Tbsp finely chopped pecans 30 mL
- 1 Tbsp unsweetened medium coconut 15 mL

- 4.** Spoon 1/4 cup (60 mL) into muffin tins that have been sprayed with a nonstick cooking spray.
- 5.** To make topping: in a bowl combine oats, sugar, canola oil, pecans and coconut. Stir well. Sprinkle each muffin with 1 1/2 Tbsp (20 mL) topping.
- 6.** Bake 20 minutes or until tops spring back when lightly pressed. Let cool 10 minutes before removing from tins. Cooling on rack another 15 minutes.

Oats are a very good source of fibre, especially beta-glucan, and are high in vitamins, minerals and antioxidants – characteristics important for lowering cholesterol, improving heart health, and supporting your immune system.

Oats are most commonly rolled or crushed, and consumed as oatmeal, in baked goods, bread, muesli and granola. The use of oats in other meals is becoming more prevalent, and oats is moving from being a “breakfast” food to being a healthy staple in any, and every, meal of the day.



FRUIT, YOGURT & BARLEY SMOOTHIE

Servings: 2 | GoBarley.com



As a breakfast beverage or snacktime sipper, this smoothie packs a wallop of flavour and health benefits.

INGREDIENTS

- 1 cup fruit juice 250 mL
- 1 cup plain or flavoured fat-free or low fat yogurt 250 mL
- ½ cup barley flakes 125 mL
- 2 Tbsp ground flaxseed or wheat germ (optional) 30 mL
- 1 tsp ground cinnamon (optional) 5 mL

PREPARATION

1. In a blender, place fruit, fruit juice, yogurt, barley flakes, and flaxseed and cinnamon, if using. Process on High speed until smooth and combined, about 30-45 seconds.

Tip:

* Using frozen fruit will make the drink slightly thicker and colder. Or, add a few ice cubes before blending.



OUR FOOD HAS A STORY

Did you know, barley lowers your cholesterol? The health benefits of barley are amazing. It is very high in fibre and proven to lower cholesterol. In fact, barley was approved for a health claim by Health Canada, which states that eating barley helps to reduce blood cholesterol, a risk factor for heart disease.

OUR CONTRIBUTORS



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PRINTED IN CANADA

Project Management: Sask Pork and BlueSkyIdeas.ca
Design: Terra Communications

