



Big Crunch Recipes

Yogurt Dill Dip

Recipe makes 2/3 cup (150mL)

Ingredients:

- 1/2 cup (125mL) plain yogurt *
- 2 tbsp (25mL) light mayonnaise
- 1 tbsp (15mL) chopped fresh dill (or 1 tsp/5mL dried dill)
- 1 clove garlic, minced
- 1/4 tsp (1mL) pepper



Instructions:

1. In small bowl, mix together yogurt, mayonnaise, dill, garlic, salt and pepper.
2. Serve with carrots, celery, radishes, broccoli and/or other vegetables.

Carrot Apple Salad

Source: www.allrecipes.com

Ingredients:

- 1 (8 ounce) can unsweetened crushed pineapple
- 2 medium tart apples, diced
- 3 cups shredded carrots
- 3 tablespoons raisins
- 3 tablespoons flaked coconut
- 1/3 cup fat-free reduced-sugar vanilla yogurt
- 1/3 cup fat-free plain yogurt
- 3 tablespoons reduced-fat mayonnaise or salad dressing
- 1 tablespoon lemon juice



Directions:

1. Drain pineapple, reserving juice in a bowl. Add apples to the juice; toss to coat. Let stand for 5 minutes; drain. In a large bowl, combine the pineapple, carrots, raisins, coconut and apples. In a small bowl, combine the remaining ingredients. Pour over carrot mixture and toss to coat. Cover and refrigerate for 3-4 hours or until chilled.

This activity has been prepared for The Big Crunch, October 2009.

For more information visit our website www.chep.org.



Carrot Oatmeal Muffins

Source: www.canadianliving.com

Makes 12 muffins

Ingredients:

- 1-1/2 cups (375 mL) all-purpose flour
- 1 cup (250 mL) quick-cooking rolled oats (not instant)
- 1/2 cup (125 mL) packed brown sugar
- 1 tbsp (15 mL) baking powder
- 1/2 tsp (2 mL) cinnamon or ginger
- 1/4 tsp (1 mL) salt
- 1 cup (250 mL) milk
- 1 egg
- 1/4 cup (50 mL) vegetable oil
- 1 tsp (5 mL) vanilla
- 1 carrot, grated
- 1/2 cup (125 mL) chopped walnuts (optional)



Preparation:

1. In large bowl, whisk together flour, rolled oats, brown sugar, baking powder, cinnamon and salt.
2. In separate bowl, whisk together milk, egg, oil and vanilla; pour over dry ingredients. Sprinkle with carrot, and walnuts (if using); stir just until dry ingredients are moistened. Spoon into 12 paper-lined or greased muffin cups.
3. Bake in centre of 375°F (190°C) oven for about 20 minutes or until cake tester inserted in centre comes out clean. Let cool in pan on rack for 5 minutes. Transfer to racks; let cool completely. (*Make-ahead: Store in airtight container for up to 24 hours or wrap individually in plastic wrap and freeze for up to 2 weeks.*)

Variations

- **Apple Raisin Oatmeal Muffins:** Replace carrot with 1 apple, peeled and grated; replace walnuts with 1/2 cup (125 mL) raisins.
- **Tropical Fruit Oatmeal Muffins:** Replace carrot with 3/4 cup (175 mL) mixed dried tropical fruit (chopped into 1/2-inch/1 cm pieces if necessary); replace walnuts with 1/4 cup (50 mL) shredded coconut.

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Curried Carrot Soup

Source: www.marthastewart.com

Serves 4



Ingredients:

- 2 tablespoons butter
- 1 cup chopped onion
- 1 teaspoon curry powder
- Coarse salt and ground pepper
- 2 cans (14 1/2 ounces each) reduced-sodium chicken broth (about 3 1/2 cups)
- 2 pounds carrots, peeled and cut into 1-inch chunks
- 1 to 2 tablespoons fresh lemon juice
- 2 tablespoons coarsely chopped fresh cilantro, for garnish (optional)

Directions:

1. Heat butter in a Dutch oven or large (4- to 5-quart) saucepan over medium heat. Add onion, curry powder, 2 teaspoons salt, and 1/4 teaspoon pepper. Cook, stirring occasionally, until onion is soft, about 5 minutes.
2. Add broth, carrots, and 3 cups water; bring to a boil. Reduce heat; cover, and simmer until carrots are tender, about 20 minutes.
3. In a blender, puree soup in batches until smooth; transfer to a clean saucepan. Add more water to thin to desired consistency. Reheat, if necessary. Stir in lemon juice. Serve garnished with cilantro, if desired.

Note: Hot liquids will expand when blended, so be careful not to fill the jar of the blender more than halfway. To prevent the liquid from spattering, allow the heat to escape: Remove the cap from hole in lid, and cover lid with a dish towel when blending.

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