

# *Newcomers Cooking Together*



**An Access Alliance Multicultural Health and Community Services program  
offered at 761 Jane Street**

**- Fall 2011 -**

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# Introduction

## About Newcomers Cooking Together

The Newcomers Cooking Together cookbooks are a collaborative effort between the dietitians, participants, and volunteers. The recipes found within these pages have been collected throughout the 10 weeks of this program in order to create a lasting memory for everyone involved. Thank you for helping us to bring this treasured cookbook to life.

## Participants



Dahalo Ahmed  
Dalia Castro  
Mageshwari Caulee  
Lucilia Ferreira  
Muna Sheikh  
Ubox Aden Isak  
Lul Issak  
Thay Man  
Farah Aweis Mohamed  
Sofia Mohamed  
Yamu Osman  
Paula Peleiro  
Laura Ramirez  
Cristina Rodriguez  
Khadija Salah  
Almaz Solomon  
Wahler Ler Wah

## Our Team

Dietitians: Jennifer Atkins, MPH, RD & Youssa Dabbouk, MPH, RD

Peer Leaders: Nihal Talballa & Nahid Osman

Staff Liason: Thuy Tran

Translator: Hareda Mohamud

Volunteers: Sarah Lynch (Kitchen & Cookbook), Tabitha Kelly (Cookbook) & David Winnick (Kitchen)



# The Theme of Inclusion

*“We may have different religions, different languages, different coloured skin, but we all belong to one human race” - Kofi Annan*

A socially inclusive community is defined as one where all people feel valued, their differences are respected, and their basic needs are met so they can live with dignity.

In the Monday morning Newcomers Cooking Together group at AccessPoint on Jane Street, we built a community around food. Everyone enjoyed a feeling of inclusion. Those in attendance enjoyed the cooking process and the camaraderie that followed with the meal and even the clean-up. This was obvious by observing the tight, warm and supportive conversations and laughter around the kitchen counter and the meal table. Everyone benefited from a feeling of belonging. These feelings of inclusion are summed up by quotes of some of the participants throughout this cookbook and reflected in additional words by some very wise people.

Cooking is a great way to establish a common ground for new friendships to form. Sharing a recipe that has been a part of your life with new friends is like giving them a part of your own personal story. They benefit from your experience; it nourishes them.

*We are indeed much more than what we eat,  
but what we eat can nevertheless help us to be  
much more than what we are.*  
-Adelle Davis

# Butternut Squash Salad with Apples

Serves 4 people

Ingredients:

- 1 **Granny Smith apple**, cubed
- ½ cup **butternut squash**, cubed
- ¼ cup **parsley**
- 1 tbsp **Dijon mustard**
- 1 tbsp **red wine vinegar**
- ½ cup **onion**, sliced
- 1 clove **garlic**, minced
- 3 tbsp **vegetable oil**
- ½ cup **nuts**, any type
- ¼ tsp **salt**
- ¼ tsp **black pepper**

Directions:

1. Preheat oven to 400°F
  2. Toss the squash with 2 tbsp vegetable oil, and salt & black pepper. Roast for 5 minutes.
  3. Remove from oven and toss with vinegar. Roast for another 15 minutes.
  4. Heat a frying pan on stove-top with 1 tbsp vegetable oil
  5. When hot, stir in apples, garlic and onions. Sauté until soft.
  6. Remove squash and toss with apple mixture in a bowl
  7. Let sit to cool
  9. Stir in nuts, along with parsley and mustard
- Can be served with Endive lettuce.

*“Food, like a loving touch  
or a glimpse of divine power,  
has that ability to comfort.”*  
- Norman Kolpas



# Fava Beans with Flat Bread

Serves 6 people + extra



Ingredients:  
2 × 540 ml can of **fava beans**, strained and rinsed with water  
1 × 540 ml can of **large fava beans**, strained and rinsed with water  
1 **onion**, diced  
1 × 540 ml can of **tomato sauce**  
2 tbsp **olive oil**  
6 pieces **flat bread**



Directions:  
1. Heat oil in bottom of a sauce pan  
2. Place onions in pan, stir until brown  
3. Add all three cans of beans and one can of tomato sauce  
4. Simmer for 10 minutes, add spices if desired



Can be frozen or kept in the fridge.



*“The love of one’s country is a natural thing.  
But why should love stop at the border.”  
- Pablo Casals*



# Side dish - Arugula Salad

Serves 4 people



*“By building relations we create a source of love and personal pride and belonging that makes living in a chaotic world easier.”  
- Susan Lieberman*

Ingredients:  
1 **cucumber**, diced  
1 **carrot**, peeled and diced  
1 cup **Wasabi arugula**, torn into small pieces  
½ cup **smooth peanut butter**  
Juice of 3 **limes**  
2 tbsp of **olive oil**

Directions:  
1. Toss cucumber, carrot, and arugula in a bowl  
2. In a separate bowl, stir peanut butter lime juice until smooth. Toss with vegetables.  
3. Add olive oil and toss again

# Fresh Vegetable Pasta Salad with Eggs

Serves 4 people



- Ingredients:
- 2 cups **Fusilli pasta**
  - 2 cups **broccoli**
  - 1 **tomato**
  - 2 **onions**
  - 6 chopped **hard-boiled eggs**
  - ¼ cup **basil**
  - ¼ cup **olive oil**
  - 2 tbsp of **red wine vinegar**
  - 1 tbsp of **Dijon mustard**
  - 2 tsp **salt**
  - 2 tsp **black pepper**
  - 1 **head of lettuce**
  - ½ cup **Parmesan cheese**
  - 2 tbsp of toasted **pine nuts**



- Directions:
1. Cook pasta in boiling water
  2. Drain and mix with vegetables
  3. In a separate bowl, combine Dijon mustard, olive oil, vinegar, and salt & black pepper
  4. Toss with pasta and vegetables
  5. Arrange eggs on top and sprinkle with Parmesan cheese and pine nuts



*“There is no love sincerer than  
the love of food.”  
George Bernard Shaw*



*“Thank you, Access Alliance” Mageshwari Caulee*



# Ground Beef with Pasta

Serves 4 people



## Ingredients:

- 500 g of **ground beef**
- 320 ml of **tomato sauce**
- 1 **onion**, diced
- 1 clove **garlic**, minced
- 125 ml **parsley**, minced
- 225 g **pasta**, any shape
- 250 g **Cheddar cheese**, grated

## Directions:

1. Add pasta to boiling water and cook until tender
2. Drain water and keep in a covered pot until meat is ready
3. Cook ground beef in a frying pan, along with onions and garlic
4. Once the beef is cooked, add to pasta
5. Toss in grated cheese and parsley

*“If more of us valued food and cheer and song above hoarded gold, it would be a merrier world.”*

*-J. R. R. Tolkien*



*“Laughter is brightest where food is best.”*  
*- Irish Proverb*



# Healthy Salmon Melts

Serves 4 people



Ingredients:  
200 g of **canned pacific salmon**  
1 **large onion**, minced  
8 slices of **whole grain bread**  
1 cup of grated **mozzarella cheese**  
Pinch **black pepper**  
Juice of 1 **lemon**



Directions:  
1. Preheat oven to 200°F  
2. Drain Salmon from cans  
3. Mix salmon, onion and lemon juice together in a large bowl. Carefully mash any bones into the salmon until smooth.  
4. Place bread onto a baking pan and into oven until lightly toasted, then remove from oven.  
5. Spoon salmon mixture onto toasted bread and sprinkle with mozzarella cheese  
6. Return to oven and bake until cheese is melted  
7. Add black pepper to taste



*“We all should know that diversity makes for a rich tapestry, and we must understand that all the threads of the tapestry are equal in value no matter what their colours.”  
- Maya Angelou*



# Lamb with Rice & Flat Bread

Serves 6 people

Ingredients:  
1 kg **lamb**, cubed  
2 **medium onions**, diced  
2 **tomatoes**, diced  
1 clove **garlic**, minced  
1 tbsp **vegetable oil**  
½ cup of **parsley**  
1 tbsp **curry powder**  
2 tsp **salt**  
2 tsp **black pepper**  
1½ cups **rice**  
3 cups **water**  
6 pieces **flat bread**

Directions:  
1. Purée parsley and curry powder in a blender and set aside  
2. Heat oil in a frying pan and add lamb  
4. Once meat is browned, stir in half of the parsley mixture  
5. Stir in garlic, onions and tomatoes and continue to cook  
6. Meanwhile, boil water and add rice  
7. Once lamb is cooked, remove from heat  
8. Once rice is cooked, add other half of parsley  
9. Serve with flat bread

*“Food is our common ground, a universal experience.”  
- James Beard*



# Sesame-Marinated Chicken

Serves 4 people



Ingredients:

4 **boneless, skinless chicken thighs**

1 clove **garlic**, minced

1 tsp **ground coriander**

½ tsp **black pepper**

¼ tsp **salt**

¼ cup **Tahini**

½ tsp **vegetable oil**

1 **medium onion**, diced

1 tsp **white vinegar**

¼ cup chopped **parsley**

4 slices of **brown pita bread**



Directions:

1. Combine the tahini, ground coriander, salt, and black pepper in a bowl.

2. Cover chicken with the tahini mixture and let sit for 30 minutes

2. In a large pan on medium-high heat, cook onions until softened. Add the chicken and cook for 5 minutes, and then add garlic.

3. Add vinegar and continue to cook for 15 minutes

4. Add the parsley to garnish and serve with pita bread



*“Food is a central activity of mankind and one of the single most significant trademarks of a culture.”*  
- Mark Kurlansky

# Side dish - Cucumber, Carrot & Lentil Salad

Serves 4 people



*One cannot think well, love well, sleep well, if one has not dined well. —Virginia Woolf*

Ingredients:

1 whole **cucumber**, diced

1 **large carrot**, peeled and diced

1 **large tomato**, diced

¾ cup **dry brown lentils**

1 cup **water**

1 clove **garlic**, minced

¼ tsp **salt**

¼ cup chopped **parsley**

½ cup **non-fat yogurt**

Directions:

1. Bring water to a boil, and add lentils. Turn down the heat to a simmer and cook for 20 minutes, until the lentils are tender and all the liquid is absorbed. Set aside.

1. For the dressing, whisk together garlic, salt, parsley, yogurt, and lime juice

3. Toss the dressing with the cucumber, carrots, and tomatoes and lentils

# Chicken with Rice

Serves 4 people



Ingredients:

- ½ cup **non-fat yogurt**
- ½ tsp **black pepper**
- 1 tsp **ground coriander**
- 1 tbsp of any **barbeque sauce**
- 1 tsp **salt**
- 1 cup chopped **cilantro**
- 2 **boneless, skinless chicken breasts**, cubed
- 3 **medium tomatoes**, diced
- 2 cloves **garlic**, minced
- 2 cups **Basmati rice**, rinse with water
- 1 tbsp **vegetable oil**
- 1 **medium onion**, chopped
- 2 tsp **Maggi seasoning**
- 3 cups **water**



*“A peaceful world is an inclusive world.”  
- Judith Umbach*

Directions:

1. Combine yogurt, black pepper, coriander, barbeque sauce, salt and cilantro in large bowl. Cover chicken with mixture and let it sit for 15 to 20 minutes.
2. Cook chicken in a large pan on medium-high heat for 10 minutes. Add tomatoes and garlic. Cover for 10 more minutes and remove from heat. Set aside.
3. To cook rice, use a deep pot. Heat vegetable oil and cook onion until translucent.
4. Add rice and toast for 2 to 3 minutes, stirring constantly. Add the Maggi seasoning and water to the pot and bring to a boil. Turn down the heat to a simmer and cover for 10-15 minutes until rice is light and fluffy.
5. Stir the rice once it's done and serve with chicken



# Side dish - ChoCho (Chayote)

Serves 4 people

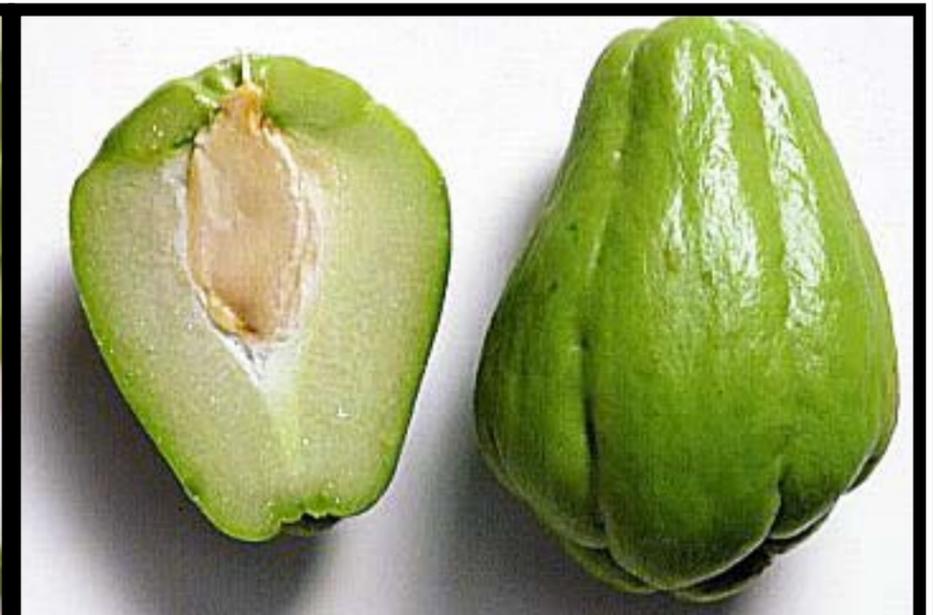
Ingredients:

- 2 **medium tomatoes**, puréed
- Juice of 1 **lime**
- 3 stalks of **green onion**, chopped
- ½ cup **cilantro**, chopped
- 4-6 **chocho (chayote)**, cubed
- 4 cloves **garlic**, minced
- 1 tbsp **Indian curry powder**
- 1 tsp **salt**
- 1 cup **water**

Directions:

1. Using a double broiler, steam the cubed chayote for 10 to 15 minutes.
2. Once the chayote is steamed, add it to a separate pot and add puréed tomatoes, salt, chayote, garlic, curry powder, and cook on high for 10 to 15 minutes. Stir occasionally.
2. When the ChoCho is ready, garnish with lime juice, cilantro, and green onion.

*“If there is anything we are serious about, it is neither religion nor learning, but food.”  
- Lin Yutang*



# Turkey Burgers

Serves 4 to 6 people



Ingredients:

- 1 kg **Halal ground lean turkey**
- 100 ml **bread crumbs**
- 100 ml **cranberries**, diced finely
- 100 ml **sage**, chopped finely
- 10 ml **salt**
- 2 **large eggs**
- 1 **large onion**, diced finely
- 1 **medium apple**, skinned, cored, and diced finely



Directions:

1. Mix all ingredients together thoroughly and let sit for an hour or overnight
2. Form into patties and fry with a little vegetable oil
3. Flip once throughout the cooking process and let stand for a few minutes



*“Food is not about impressing people. It’s about making them feel comfortable.”  
- Ina Garten*

# Dessert - Yogurt Parfait

Serving for one person

Ingredients:

- $\frac{3}{4}$  cup **low-fat, gelatin-free plain yogurt**
- $\frac{1}{2}$  cup **trail mix** or **granola**
- $\frac{1}{2}$  cup sliced **banana**
- $\frac{1}{2}$  cup of dry, **high-fibre cereal** such as All-Bran Buds
- Pinch of **cinnamon**
- $\frac{1}{2}$  tsp **ground flax seed**
- 1 tsp **honey**

Directions:

1. Layer the ingredients in a parfait glass or a clear glass
2. Top with ground flax seed
3. Drizzle with honey and serve
4. Repeat for as many servings as needed



*“Let your food be your medicine, and your medicine be your food.”  
- Hippocrates*

# Veal Shwarma

Serves 4 to 6 people



## Ingredients:

- 1.5lbs **veal**, cubed
- 1 tbs **vegetable oil**
- 2 **onions**, diced
- 2 cloves **garlic**, minced or crushed
- 1 tsp **black pepper**
- 1 tsp **all-spice**
- 1 teaspoon **cinnamon**
- 1 cup **tahini**
- ½ cup **yogurt**
- ½ cup **vinegar**
- Juice of one **lime**
- Spinach** leaves
- 2 **tomatoes**
- 4-6 pieces **flat bread**



## Directions:

1. In a large frying pan sauté onions in vegetable oil
2. Add veal and cook until tender, about 15 minutes
3. Add black pepper, all-spice and cinnamon. Add salt to taste.
4. Add garlic and allow to simmer for another 5 minutes
5. In a bowl, mix together tahini, yogurt, vinegar and lime juice. Stir sauce until smooth.
6. Once meat is ready, scoop onto open flat breads, add sauce, spinach and tomatoes.

*“That’s something I’ve noticed about food: whenever there’s a crisis if you can get people to eating normally things get better.”*  
- Madeleine L’Engle

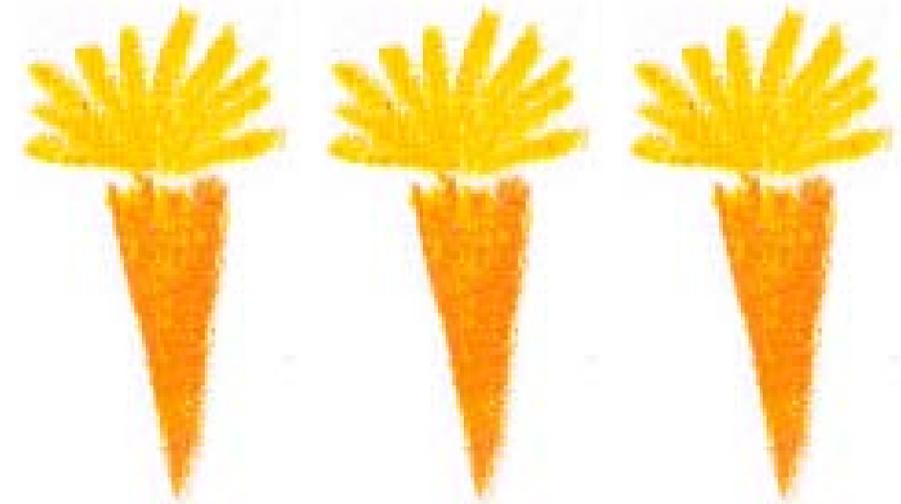


*“The discovery of a new dish does more for the happiness of mankind than the discovery of a star.”*  
- Anthelme Brillat-Savarin



# Thank You!

To everyone



Find our cookbooks at:  
<http://accessalliance.ca/services/nutrition/newcomers>

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