

Recipes made by kids, for kids.



(Formerly Boys & Girls Clubs of Canada)

Recipe Option

LOVELY LENTIL DAL WITH BASMATI RICE

Medium Recipe

Lentil dal has been a staple food in Indian cuisine for centuries. It is also enjoyed in various forms across South Asia, the Middle East, and beyond! It is often said that making a lentil dal is not about following a recipe, but about carrying on a culinary tradition that is passed down from generations. This hearty and satisfying dish is the perfect comfort food!

PREP TIME:

2 minutes

COOKING TIME:

20 minutes

AMOUNT RECIPE MAKES:

6 servings

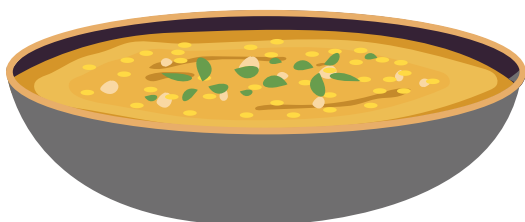
SKILLS USED:

Measuring, cutting, mixing/stirring, cooking and simmering on the stove

Nutrition Nuggets: Lentils are little powerhouses! They are filled with things our bodies need to stay strong and healthy like fiber and protein.

Leftover Love: Dal is great to have for leftovers because it freezes well! Just let the dal cool completely and then transfer it to an airtight container or freezer bags. Label the containers or bags with the name or date and place it in the freezer. When you are ready to eat it, just put it in the fridge to thaw overnight and reheat on the stove or microwave!

Food for Thought: Did you know that lentils are one of the oldest cultivated legumes? The eating of lentils dates back to over 13,000 years ago!



LOVELY LENTIL DAL WITH BASMATI RICE

Medium Recipe

Equipment:

- Stove
- Large Pot
- Medium Pot
- Measuring cups & spoons
- Knife
- Cutting board
- Spoon for mizing/stirring

Ingredients:

- 1 cup uncooked basmati rice
- 1 tablespoon olive oil
- 1 cup onion, chopped
- 1 tablespoon minced ginger
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 2 garlic cloves, minced
- 2 cups cauliflower florets, chopped
- 2 cups tomatoes, chopped
- 2 1/2 cups water
- 1 cup dried lentils
- 2 tablespoons lime juice
- 1 tablespoon fresh cilantro, minced
- 3/4 teaspoon salt

Directions:

1. Cook rice in a medium pot according to package directions. Set aside.
2. Meanwhile, heat olive oil in a large pot over medium-high heat.
3. Add onion, ginger, cumin, turmeric, and garlic. Sauté for about 2 minutes.
4. Add cauliflower and tomatoes; sauté for about 1 minute.
5. Stir in water and lentils; bring to a boil.
6. Cover, reduce heat, and simmer for about 30 minutes or until lentils are tender.
7. Stir in lime juice, cilantro, and salt.
8. Serve over basmati rice.

Recipe Option

FAMOUS BBQ JERK CHICKEN

Medium Recipe

With just a sprinkle of spices and a splash of sauce, you will turn these plain chicken legs into a mouthwatering masterpiece. This recipe is so delicious, it will make you feel like a kitchen superstar in no time!

PREP TIME:

10 minutes

COOKING TIME:

60 minutes

AMOUNT RECIPE MAKES:

4 servings

SKILLS USED:

Measuring,
mixing/stirring,
baking using the
oven



Nutrition Nuggets: This recipe features chicken legs, known as 'dark meat'. Dark meat contains higher levels of iron and zinc compared to white meat, such as chicken breast. Iron helps transport oxygen throughout our bodies, while zinc supports our immune system in fighting off harmful germs and maintaining healthy skin.

Leftover Love: The meat from these chicken legs can be taken off the bone and used in all sorts of ways! Put it on a salad, in a sandwich, or in a soup. You can also freeze it in a freezer-safe bag or container and enjoy it later on!

Food for Thought: Chicken is one of the most versatile meats you can cook with! It can be seasoned and flavoured in countless ways to create dishes from all around the world!

FAMOUS BBQ JERK CHICKEN

Medium Recipe

Equipment:

- Stove
- Large Bowl
- Measuring cups & spoons
- Spoon for mixing/stirring
- 9 x 13-inch baking dish
- Tongs to flip chicken
- Pastry/sauce brush

Ingredients:

- 8 chicken legs
- 2 tablespoons garlic powder
- 2 tablespoons onion powder
- 2 tablespoons cajun seasoning
- 2 tablespoons salt
- 2 tablespoons ground black pepper
- 1/2 cup - 1/4 cup barbecue sauce
- 1/2 cup - 1/4 cup jerk sauce
- Cooked rice or potatoes, for serving

Directions:

1. Preheat the oven to 375°F.
2. Place chicken in a large bowl and season with all spices
3. Add barbecue sauce and jerk sauce to the chicken
4. Mix well to coat the chicken in the spices and sauces.
5. Add chicken to a baking dish
6. Bake chicken in the oven for 30 minutes.
7. Remove from the oven and flip the chicken legs.
8. Brush more barbecue sauce and jerk sauce over the chicken.
9. Return the chicken to the oven and bake for another 30 minutes.
10. Serve over rice or with potatoes.

Submitted by BGC Eastview

Recipe Option

AWESOME APPLE BUTTERMILK PANCAKES

Advanced Recipe

These fluffy pancakes melt in your mouth with every bite! Enjoyed at breakfast, lunch, and dinner, pancakes are a beloved comfort food! Make this classic recipe fun by getting creative with toppings - fresh fruit, whipped cream, and maple syrup are always crowd pleasers.

PREP TIME:

10 minutes

COOKING TIME:

8 minutes

AMOUNT RECIPE MAKES:

7 servings

SKILLS USED:

Measuring, cutting, mixing/stirring, whisking, cooking on the stove

Nutrition Nuggets: Do you want to boost the nutritional value of this recipe? Try using 1 cup of all purpose flour and 1 cup of whole wheat flour!

Leftover Love: If there are leftover pancakes, consider freezing them for enjoyment later on! Simply place them in a single layer on a baking sheet and freeze until firm. Once frozen, transfer them to a freezer bag. To reheat, simply pop them in the toaster!

Food for Thought: Don't have buttermilk? No problem! Take regular milk and add one tablespoon of vinegar to it. Let it sit for about 5 minutes and it is the perfect buttermilk substitute!

Submitted by BGC Battlefords

Recipe Instructions

AWESOME APPLE BUTTERMILK PANCAKES

Advanced Recipe

Equipment:

- Measuring cups and spoons
- Large bowl
- Whisk
- Nonstick pan
- Spatula
- Knife
- Cutting board

Ingredients:

- 2 cups flour (can use gluten-free, if necessary)
- 2 tablespoons sugar
- 1 teaspoon baking soda
- 3/4 teaspoon salt
- 2 1/2 cups buttermilk (can use dairy-free, lactose-free, or vegan milk)
- 3 eggs
- 1 teaspoon vanilla extract
- 2/3 cup oil or melted butter + additional butter for pan frying

Toppings:

- Fresh fruit (recommended to use apples)
- Maple syrup

Directions:

1. Place a large non-stick pan on the stove and turn the heat onto medium.
2. In a large bowl, whisk together the flour, sugar, baking soda, and salt.
3. Make a hole in the centre and add the buttermilk, eggs, vanilla extract, and oil. Whisk until blended.
4. Add additional butter to the pan. When melted, measure out 1/3 cup batter and pour it onto the hot pan, leaving an inch between pancakes.
5. Cook until bubbles appear on the surface, about two to three minutes.
6. Flip the pancake over and cook until springy to the touch and golden underneath.
7. Transfer to plates. Serve with fresh fruit and maple syrup.

