



from the heart of the prairies!



Heart-warming recipes from our member companies' kitchens 



Food brings family and friends closer together. It fills the belly and warms the heart.

In Saskatchewan, an agriculture province, food is an important part of our diverse culture, and drives our economy. The crops and livestock we see as we drive across the Land of the Living Skies are a result of years of scientific research, and the source of the agri-food industry in this province.

Over the past few years, we've gathered recipes from our member companies to add to our weekly newsletter (thank you!). We've pulled a selection of these together into this little booklet as a gift to all our members.

Continue to watch the Weekly Update for more recipes (and please send us your own recipes!)

Enjoy!



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lentil nachos

SERVES: 10 PREP: 15 mins COOK: 10 mins

Ingredients:

1 tsp canola oil	2 lb tortilla chips
1/4 cup taco seasoning	1 lb shredded Mexican cheese blend
1 cup yellow onion, small dice	1/4 cup green onions, sliced thinly
1 lb whole red lentils, cooked	2 cups Roma tomato, small dice
2 cups split red lentils, cooked until broken down, drained well	
2 tbsp tahini	
2 tbsp garlic, minced	

Directions:

- Preheat oven to 400 F.
- Over medium to high heat, cook oil, taco seasoning, and onions until fragrant. Add whole lentils and toss well to coat and evenly season. Set aside.
- In a mixing bowl, combine split lentils, tahini, and garlic together. Reserve.
- Layer chips on two sheet trays lined with parchment paper.
- Spoon split lentils evenly over both trays; do the same to evenly disperse the taco seasoned lentils.
- Sprinkle cheese on top and bake in the oven for 8 to 10 minutes.
- Remove from oven and garnish with green onions and tomatoes.



easy salad-topped frittata

SERVES: 2 PREP: 10 mins COOK: 12 mins

Ingredients:

1 tbsp butter	3 cups baby arugula
3 cups sliced mushrooms	1 cup grape or cherry tomatoes, halved
2 cloves garlic, minced	1/3 cup crumbled feta cheese
1 small red pepper, chopped	
8 eggs	
1 cup plain Greek yogurt	
1/2 tsp pepper	

Directions:

- Preheat oven to 350 F.
- In a 12-inch ovenproof skillet, melt butter over medium-high heat.
- Add mushrooms and cook for two minutes, stirring occasionally. Add garlic and red pepper and cook for three minutes, stirring halfway through, or when mushrooms are golden-brown. Remove and set aside about 1/3 cup of mushrooms.
- Meanwhile, in a large bowl, whisk together eggs, yogurt and pepper until smooth.
- Reduce heat to medium. Add arugula. Stir mixture until arugula is just wilted, about one minute. Pour egg mixture over top; stir gently to combine. Top with tomatoes, feta cheese and reserved mushrooms. Cook, without stirring, for two minutes or until egg mixture starts to bubble.
- Move pan to oven and bake for five minutes. Turn on broiler; broil until egg mixture is set and just golden, about two minutes. Remove pan from oven. Let stand for five minutes before adding your salad topper.



cauliflower and arctic[®] granny soup

SERVES: 6 PREP: 10 mins COOK: 10 mins

Ingredients:

3 tbsp extra-virgin olive oil, plus additional for drizzling
3 Arctic[®] Granny apples, diced
1 large onion, finely chopped
2 cloves garlic, minced
3/4 tsp grated fresh ginger
chopped parsley

2 tsp curry powder
1/4 tsp saffron threads
1 medium head cauliflower, greens and stem removed, cut into florets
2 tsp coarse salt
1 quart vegetable or chicken broth
1/4 cup heavy cream
Aleppo pepper

Directions:

- Heat one tablespoon oil over medium-high heat in a large saucepan. Add the apples and cook until softened, about three minutes. Remove to a bowl.
- Add the remaining oil and the onion, garlic and ginger and cook until onion is softened, about five minutes.
- Add the curry and saffron and cook one minute longer.
- Add the cauliflower, half the apples, salt and broth and bring to a boil. Simmer until cauliflower is tender, about 12 to 15 minutes.
- Stir in the heavy cream and Aleppo pepper and simmer five minutes longer.
- Puree with an immersion blender or transfer to a blender and blend in batches. If very thick, add additional broth or water.
- Taste for seasoning and serve topped with the remaining apples, a drizzle of olive oil and a sprinkling of parsley and Aleppo pepper.



tomato and wild rice soup

SERVES: 6 PREP: 20 mins COOK: 5 - 7 mins

Ingredients:

1 tsp olive oil	3 cups vegetable broth
2 cloves garlic, minced	1 tbsp sugar (optional)
1 large yellow onion, diced	2 cups cooked wild rice
16oz can tomato paste	Salt and pepper
1 tsp dried oregano	
4 ripe tomatoes, diced	

Directions:

- Heat the olive oil in a large pot.
- Add in the diced onion and garlic and cook over medium heat for 5 to 7 minutes, or until the onion begins to soften.
- Add the tomato paste and oregano and stir until the onion is coated, continuing to cook over medium heat for two minutes.
- Add the vegetable broth, tomatoes and sugar and bring to a simmer.
- If you would like a smoother soup use an immersion blender to blend the soup if you do not have an immersion blender you can transfer it to a blender. You can also leave it chunky if you prefer.
- Transfer the soup back to the pot and add the wild rice. Cook on low heat for 10 to 15 minutes. Serve hot.



cast-iron mac 'n cheese with bacon

SERVES: 10 PREP: 15 mins COOK: 10 mins

Ingredients:

5 slices Drake Meats bacon, cooked	1/2 tsp onion powder
1 tbsp olive oil	1 tsp black pepper
1/4 cup butter	4 cups milk
1/2 cup flour	4 cups Monterey cheddar cheese blend, divided
2 tsp salt	2 cups cavatappi pasta, cooked
1/2 tsp garlic powder	4 tbsp chives
	1/2 cup bread crumbs

Directions:

- Preheat oven to 350 F.
- Cook bacon in a medium frying pan and set aside. Cook pasta according to directions and set aside.
- In a large cast-iron skillet, melt butter over medium heat
- Slowly whisk in flour, garlic powder, onion powder, salt and black pepper until combined.
- Whisk in milk and bring to a simmer. Cook until thickened, about 3 to 4 minutes.
- Whisk in three cups of cheese until melted. Stir in pasta and three tbsp of chives.
- In a mixing bowl, combine cooked bacon, bread crumbs, remaining cheese, remaining chives, and olive oil. Sprinkle over pasta.
- Bake until bubbly, about 15 minutes.

Recipe is courtesy of Drake Meats.



jerk chicken skewers with pineapple salsa

SERVES: 2 **PREP: 2 hr** **COOK: 15 mins**

Ingredients:

Salsa

1/4 medium pineapple skinned, cored
1/2 cup cucumber, small dice
1 tbsp jalapeno, minced
1/2 tsp fresh ginger root, minced
1/4 tsp salt
1/2 tsp lime zest
2 tsp lime juice
1 tbsp cilantro, minced

Kebabs

3/4 lb boneless skinless chicken thighs
1/2 cup VH Pineapple Jerk Sauce
1/2 cup salt

Directions:

- Cut chicken thighs into 1/2 inch chunks or strips, season with salt and toss with VH Pineapple Jerk Sauce. Place in a container, cover and marinate in the fridge for at least two hours.
- Divide the chicken evenly between four skewers, ensuring that the pieces are snugly positioned and leaving room for a handle.
- Preheat grill to medium-high. Grill skewers until grill marks appear, turn once and grill on the second side long enough for grill marks to develop.
- Move the skewers to the top rack of the grill or reduce heat setting to low and continue until cooked through and temperature registers 165 F internally.
- Slice the pineapple and grill on both sides, allowing marks to develop on both sides. Let cool, then dice finely.
- Mix all salsa ingredients in a bowl and serve with warm skewers.



lemon dijon yogurt chicken

SERVES: 4 PREP: 5 mins COOK: 30 mins

Ingredients:

4 boneless, skinless chicken breasts	1 tsp basil, dried
1 cup plain yogurt	1/2 tsp thyme, dried
1 tsp lemon zest	1 clove garlic, minced
1 tbsp lemon juice	1/2 tsp black pepper
1 tbsp Dijon mustard	

Directions:

- Whisk together yogurt, lemon zest, lemon juice, mustard, spices and garlic in a shallow dish. Add chicken breasts, turning to coat well.
- Preheat grill.
- Place chicken on top of grill over medium-high heat. Close lid and grill 10 to 15 minutes per side or until a thermometer inserted into the breast reads 165 F.



gin paloma

SERVES: 1 PREP: 1 mins

Ingredients:

1 oz Black Fox Gin #3
1 1/2 oz fresh grapefruit juice
Tonic water

Directions:

- In a cocktail shaker filled with ice, add gin and grapefruit juice.
- Shake and strain into a rocks glass filled with ice and top with tonic.
- Garnish with a grapefruit wedge if desired.



green tea with sweet prairie haskap™ infusion

SERVES: 1 PREP: 5 mins

Ingredients:

2 green tea bags
1/4 cup Sweet Prairie Haskap™ berry juice
3 cups hot water to steep tea
Ice to serve
mint leaf for garnish

Directions:

- In a quart jar, combine the green tea bags with 3 cups of cold water and 1/4 cup Sweet Prairie Haskap™ berry juice.
- Cover, place in the fridge or for instant iced tea pour over ice immediately and allow to steep for five minutes.
- Remove the tea bags.
- Measure 1/4 cup Sweet Prairie Haskap™ berry juice and set aside.
- Fill the glass 3/4 with iced green tea, then top up with haskap juice. Stir well, garnish with mint leaf and serve immediately.
- Alternately, if you prefer a sweet tea simply add your chosen sweetener until desired sweetness.



saskatoon berry cream cheese crumb cake

SERVES: 16 **PREP: 20 mins** **COOK: 1 hr 5 mins**

Ingredients:

Crumb layer:

1 1/2 cup brown sugar
1 1/2 cup all-purpose flour
1 1/2 tsp ground cinnamon
1 cup rolled oats
2/3 cup vegetable oil

Cream cheese layer:

4 oz cream cheese, diced

Berry layer:

5 cups of saskatoon berries fresh or
freeze dried whole berries *
1/3 cup of water
2 tbsp lemon juice
3/4 cup white sugar
2 tbsp all-purpose flour

**rehydrated in warm water for 20 mins / drained*

Directions:

- Preheat oven to 350 F. Grease an 8-inch square baking pan.
- Whisk brown sugar, flour, oats, and cinnamon together in a bowl; gradually stir in oil until mixture is crumbly. Press half the crumb mixture into the prepared pan; set remaining crumbs aside for topping.
- Bake until firm, about 10 minutes. Remove crust from oven and cool, leaving oven on.
- Place saskatoon berries and water in saucepan. Simmer 10 minutes; stir in lemon juice.
- Whisk white sugar and flour in a small bowl; stir sugar mixture into berries and cook until the mixture thickens, about 3 minutes. Let cool. Pour berry filling over crumb crust.
- Sprinkle cream cheese over berry filling. Spread remaining crumb mixture over cream cheese layer and press gently with a potato masher.
- Bake until crumb topping is golden and filling is bubbly, about 40 minutes.



ginger blondie bites

SERVES: 24 PREP: 5 mins COOK: 12 mins

Ingredients:

canola oil cooking spray	
1/2 cup whole-wheat flour	1/3 cup sliced almonds, skin on
1/2 cup all-purpose flour	1/4 cup canola oil
3/4 cup loosely packed brown sugar	1/4 cup prune puree
1/4 cup oat bran	1 large egg
1 tsp wheat germ	1 tsp vanilla extract
1 tsp baking powder	1 tbsp finely grated fresh ginger
1 tsp ground ginger	

Directions:

- Preheat oven to 350 F. Lightly spray canola oil cooking spray on non-stick mini muffin pans.
- In medium size bowl, whisk together flours, sugar, oat bran, wheat germ, baking powder and ground ginger. Gently stir in almonds.
- In a second bowl, beat together canola oil, prune puree, egg, vanilla and fresh ginger.
- Add flour mixture into wet ingredients. Stir until ingredients are just combined.
- Add batter to prepared mini muffin pans using leveled tablespoon measure.
- Bake for 10 to 12 minutes or until a toothpick comes out clean. Remove from pans and let cool on a wire rack.



seabuckthorn carrot cake with white chocolate seabuckthorn cream cheese icing

SERVES: 15 PREP: 15 mins COOK: 35 mins

Ingredients:

For the cake:

2 cups grated carrot
Thumb sized piece of ginger root, grated
3 eggs
1/2 cup granulated sugar
1/2 cup brown sugar
1/2 cup canola oil
1/4 cup Nvigorate Seabuckthorn Purée
1/4 cup vanilla yogurt
1 tsp vanilla
1/4 cup diced fresh pineapple or mango

1/2 tsp each salt and ground cloves
2 tsp cinnamon
2 tsp baking powder
1 tsp baking soda
1 cup all purpose flour
1 cup whole wheat flour

For the icing:

1 8 oz package cream cheese, room temperature
1/4 cup softened butter
1 1/2 cups icing sugar
1/2 cup white chocolate chips
1/4 cup Nvigorate Seabuckthorn purée
1 tsp vanilla

Directions:

- In a large bowl, whisk eggs until thick and lemon coloured. Add the remaining ingredients except the flours and baking powder and soda. In a separate bowl, combine these; then add to the wet ingredients.
- Bake in a greased 11 x 17 inch pan at 350 F approximately 35 minutes until top is a sunset amber colour and a tooth pick inserted in the centre comes out clean. Let cool.
- Melt white chocolate chips in microwave or in a double boiler. Stir and set aside. Mix together the cream cheese, butter and icing sugar. Add the purée and vanilla. Slowly add the white chocolate, mixing well after each addition. Ice the cooled cake and top with chopped Skor bits!



cinnamon apple cake

SERVES: 16 **PREP: 15 mins** **COOK: 45 mins**

Ingredients:

2 apples (such as Empire, McIntosh, Cortland),
peeled, cored finely chopped (1/4-inch-1 cm)

1 tbsp cinnamon

2 cups all-purpose flour

1 1/2 tsp baking powder

1/2 tsp salt

1/2 cup canola oil

1 cup granulated sugar

1/4 cup packed brown sugar

3 eggs

1 tbsp vanilla extract

1/2 cup warm milk

Directions:

- Pre heat oven to 350 F. Line a 13 by 9 inch baking pan with parchment paper, leaving a 2 inch overhang at each end; spray with cooking spray.
- In small bowl combine the apples with cinnamon. Set aside.
- In medium bowl, whisk together flour, baking powder and salt.
- In a large bowl, beat oil and sugars with an electric mixer on medium speed. Beat in eggs one at a time; add vanilla.
- With mixer on low speed, alternately beat in flour mixture with milk, making three additions of flour mixture and two of milk, until blended. Fold in apple mixture.
- Spoon batter into prepared pan; smoothing top.
- Bake at 350 F for 40 to 45 minutes or until cake tester inserted in centre comes out clean.

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