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This cookbook is brought to you by the Ministry of Agriculture and Food, and the Public Health Association of BC, in support of Feeding Futures.



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Message from Agriculture and Food Minister Lana Popham



Welcome to a great B.C. food journey that explores the amazing flavours and ingredients our province offers, through the recipes from some of B.C.'s youngest and most inspiring chefs! Thank you to all the students and teachers who participated in The Great B.C. School Food Cook-Off for your passion and enthusiasm in creating delicious recipes that we can all enjoy and share with our families and friends.

Our bountiful province provides a wide variety of food. From tasty vegetables in the Fraser Valley to juicy fruit from the Okanagan, to fresh, flavourful seafood from the coast and B.C. honey from all over our incredible province!

Behind every local ingredient is a dedicated individual that is at the core of B.C.'s food supply, working hard to provide the delicious and nutritious food we eat every day.

Buying and eating local food has grown instinctively in British Columbians over the past few years, as people become more aware of where their food comes from. Our Buy BC program continues to highlight the many unique and wonderful products coming from B.C., linking us to the people who grow, raise, harvest, and process our food.

Young people are key to our agriculture and food future and it's great to see fun initiatives like The Great B.C. School Food Cook-Off highlight the importance of local food.

I can't wait to get into the kitchen to start cooking and then dig into these amazing recipes!

P.S. In honour of the cookbook, the Ministry of Agriculture and Food would like to spotlight Chanelle Saks Sullivan for Buy BC's recipe, Homemade B.C. Applesauce (Freezer Friendly), on page 53.



Lana Popham
Minister of Agriculture and Food



Message from Indigenous Chef Jared Qwustenuxun Williams

'uy' skweyul siiem nu siiye'yu,
Good day my respected friends,

Few things in our world are more powerful than the next generation. We adults think we have our hands on the levers and strings that control this world, but we are so quick to forget that like every generation before us, our time is limited. Generations bear witness to the successes, and learn from the mistakes, of their predecessors before they take up their own mantle in the big circle of life.

What better way to prepare our youth for the road ahead than for them to gain a deeper understanding of their food system while they are still young enough to make changes that they can see the effects of in real time. It's incredible how something as simple as a recipe can change food or food systems.

The right recipe at the right time can shift how menus across the province or country are written. Fad diets, advancements in nutritional science, or changes in food culture can all have an impact on the recipes we make. Good recipes echo out into the larger scales of what foods are grown and eaten. When more people eat a certain food than normal the production rate or price of that food item needs to rise to meet the demand.

By learning where our food comes from, beyond the walls and shelves of the grocery store, young people begin to understand the value and contribution of simple things like water, soil, and the power of place.

As this next generation of cooks and producers grow they will ask what foods can we grow without extra water, without additional fertilizer, or without artificial light or heat? This inquisitive search for sustainability leads us down a path towards the reconciliation of our food systems.

For in the end if we truly believe that food is medicine, as the elders do, then cooks and recipe writers are medicine people. That said, it is the celebration of the story of the food, where the food is from, who harvested it, and who prepared it, that unlocks that connection to the land and that deep medicine our food provides.

Huy tseep q'u siiem nu siiye'yu,
Thank you all my respected friends,



Jared Qwustenuxun Williams

Proud Father, Husband, and Grandson, Indigenous Food Sovereignty Champion, Chair of the Indigenous Advisory Council to the Ministry of Agriculture and Food (IACAF), Accomplished Indigenous Chef

Why B.C. Food?

More B.C. food in school food programs increases students' access to local food and supports the local economy. With a wealth of B.C. food producers and processors in the province, B.C.'s food and agriculture sector:

- Creates jobs
- Supports economic development in all regions of the province
- Builds the provincial food supply and food system resilience

Every British Columbian is connected to the food system, whether by growing food, processing food, gathering traditional foods or enjoying the meals on our plates.

Bringing B.C. food into school programs helps students, schools and communities by:

- Strengthening regional food systems
- Building the economy
- Increasing students' knowledge of and connection to food systems

Learn more by visiting the [B.C. food and local food literacy](#) webpage.

About This Book

This cookbook is bursting with the incredible flavours of B.C.'s diverse food systems. Are you ready to take a bite? You won't be disappointed!

In these pages you'll find 60 impressive recipes for a nutritious breakfast, lunch and snack, all submitted by participants from the 2024-25 Great B.C. School Food Cook-Off. Created by K-12 students and educators across the province, each recipe contains one or more ingredients produced or processed in B.C. Deliciously local and diverse, they all celebrate the importance of local food across the province.

Look out for the unique stories and inspiration behind each recipe - they beautifully illustrate how food serves as a language of identity, culture and tradition. There is so much to explore - whether you're cooking Portuguese Kale and Leek Soup or introducing your students to Pemmican, you're sharing more than just a meal; you're sharing history, connection, and community.

During the Great B.C. School Food Cook-Off, we received 91 recipe submissions from 87 classes, and we're grateful for everyone's contributions and participation in the contest! While we couldn't include every recipe, we want to acknowledge all the hard work put into this cook-off from teachers and students across the province. Turn to the back of this book for a list of everyone who participated.

The stories and land acknowledgments in this cookbook were created by the teachers and students who contributed to it. Some stories were edited for clarity and/or length. The land acknowledgements are presented here in their original form, as submitted.

Who Is This Resource For?

This book is for anyone in B.C. (or beyond!) who is curious to discover and support local food systems from their school or home kitchen. It's also a resource for anyone involved in Feeding Futures school food programs, from serving staff to district coordinators.

The recipes in this book:

- Are quick, easy and scalable, making them ideal for menu planning
- Provide inspiration for where you may source local B.C. food
- Reflect the diversity of eating habits and food cultures across B.C.
- Are student and teacher created and approved!

How To Use This Book

The book is categorised into breakfast, lunch and snack recipes, with 60 total recipes featured from classes across B.C. Within each category, recipes are listed alphabetically.

Individual pages will indicate whether the recipe is vegetarian, vegan, dairy-free, gluten-free, and/or halal. Each recipe also lists the serving size, and the prep and cook time needed.

A Note On Nutrition

Wherever possible, participants in the Great B.C. School Food Cook-Off were encouraged to include a variety of nutritious ingredients as described in the Food Guide Snapshot from Canada's Food Guide.

For school meals, such as breakfast or lunch, a meal should ideally offer at least one choice from each of the three food categories from Canada's Food Guide:

- Vegetables / fruits
- Protein foods
- Whole grain foods

Snacks ideally provide a choice of two food categories from Canada's Food Guide to increase students' opportunities to have a variety of nutrients.

Examples include:

- A vegetables / fruits food and a protein food, such as carrots and hummus
- A protein food and a whole grain food, such as egg and toast

For more school food nutrition resources, check out the BC School Food Toolkit. You will find resources such as food lists, meal plans, and recipes, as well as tips for creating nutritious and supportive school food environments.



Breakfast



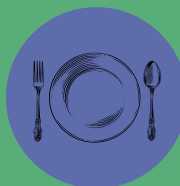
Apple Muffins

School: Quadra Elementary, Quadra Island, B.C.

Grade: K - 5



Breakfast: Vegetarian



Serves:
15



Prep time:
20 minutes



Cook time:
20 minutes

Recipe Story

We cook together every Wednesday and do our best to use local ingredients and we love muffins soooooo much!!!!

B.C. Ingredients

We used local Quadra Island eggs and Island Farms milk. Our applesauce is made from locally donated apples, sauced using a food mill and canned in jars. Our students love the apple sauce and it is so fantastic to have this locally made goodness that we use in smoothies, muffins, cakes, etc.

We respectfully acknowledge that we work, play and learn on the ancestral territory of the We Wai Kai Nation and we are honoured for the relationship we have with this Nation and all Nations that reside on this beautiful land.

Ingredients

- 435mL (1 $\frac{3}{4}$ cups) of flour
- 125mL ($\frac{1}{2}$ cup) brown sugar
- 7mL (1 $\frac{1}{2}$ tsp) of baking powder
- 2mL ($\frac{1}{2}$ tsp) salt
- 2mL ($\frac{1}{2}$ tsp) of baking soda
- 5mL (1 tsp) of cinnamon
- 250mL (1 cup) of diced apple
- 250mL (1 cup) of grated apple
- 125mL ($\frac{1}{2}$ cup) of yogurt
- 125mL ($\frac{1}{2}$ cup) of applesauce
- 2 eggs
- 3mL (1 tsp) of vanilla
- 80mL ($\frac{1}{3}$ cup) oil



Directions

Step 1: Whisk together dry ingredients.

Step 2: Stir in wet ingredients.

Step 3: Drop into muffin tins and bake at 400°F for 13-16 minutes or until a toothpick comes out clean.

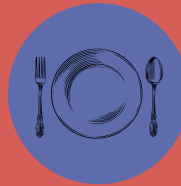
The Great Green Smoothie

School: École Robb Road Elementary, Comox, B.C.

Grade: 2



Breakfast: Vegetarian, Vegan, Gluten-free, Dairy-free, Halal



Serves:
8-10 cups
(250mL)



Prep time:
10 minutes



Cook time:
45 seconds

Recipe Story

Each member of the class group was asked to bring a green ingredient and we blended different combinations of green fruits and veggies until we found a taste that was most appreciated by the students. The parent whose fruit juice we used was welcomed into the classroom to lead the students in the smoothie recipe creation and final taste-testing.

B.C. Ingredients

In the Comox Valley, we are lucky to have many farmers and food processors who produce high quality food! Apples and pears are labelled as "We Pick BC First" at our local Thrifty Foods. We also used locally pressed apple juice, which was from one of our student's families. Other students brought spinach, kale, and chard from their gardens for recipe making day!

We respectfully acknowledge that the land we gather on is on the unceded traditional territory of the K'ómoks First Nation, the traditional keepers of this land.

Ingredients

- 500mL (2 cups) pressed apple juice
- 2-3 B.C. apples
- ½ bunch of roughly chopped locally grown kale
- 2-3 B.C. pears
- 1 handful locally grown mint (leaves only)
- 3 frozen bananas



Directions

Fruit and veggie sizes can vary; adjust to your liking and to what is in season!

Step 1: Add liquid to blender.

- 2 cups locally pressed apple juice

Step 2: Add fruit/veggies.

- 2-3 roughly chopped B.C. apples
- ½ bunch of kale (leaves only)
- 2-3 roughly chopped B.C. pears
- 1 handful locally grown mint (leaves only)
- 3 frozen bananas (peeled)

Step 3: Blend and serve.

Select the smoothie function and blend (about 45 seconds on high speed).

To make this a balanced snack, you can also add plain yogurt and a handful of nuts for protein and oats for wholegrains.

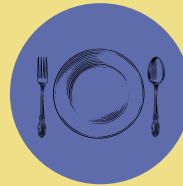
Serve by pouring into cups. Enjoy!

Packed with a Punch Muffins

School: George Jay Elementary, Victoria, B.C.
Grades: 3, 4



Breakfast



Serves:
12



Prep time:
10 minutes



Cook time:
20 minutes

Recipe Story

Our class wanted an easy-to-make snack that could be served at breakfast and also be left in the fridge for a snack in the afternoon if students get hungry. We decided that muffins would fit this criteria. It is easy to make sure muffins are balanced with vegetables/fruits, protein, and whole grain foods to keep bellies full.

B.C. Ingredients

We sourced pink lady apples, carrots, cranberries, milk, eggs and yogurt with the Buy BC logo and found out that B.C. is one of the top cranberry-producing regions in Canada, along with Quebec.

We wish to recognize and acknowledge the Songhees and Esquimalt Nations on whose traditional territory we live, we learn, we play, and we do our work. We also give thanks to the ancestors, and creatures big and small for looking after the rich resources and cultural teachings of this beautiful land.

Ingredients

- 94g ($\frac{3}{4}$ cup) whole wheat flour
- 94g ($\frac{3}{4}$ cup) all-purpose flour
- 50g ($\frac{1}{2}$ cup) rolled oats
- 7mL (1 $\frac{1}{2}$ tsp) baking powder
- 2 mL ($\frac{1}{2}$ tsp) baking soda
- 2mL ($\frac{1}{2}$ tsp) ground cinnamon
- 1 medium red apple, grated
- 2 small carrots, grated
- 250g (1 cup) Greek yogurt
- 70mL ($\frac{1}{4}$ cup) of milk
- 1 large egg
- 45mL (3 Tbsp) honey or maple syrup
- 5mL (1 tsp) vanilla
- 36g ($\frac{1}{4}$ cup) pumpkin seeds
- 36g ($\frac{1}{4}$ cup) fresh cranberries



Directions

Step 1: Preheat the oven to 180°C/350°F.

Step 2: In a large bowl mix together the whole wheat flour, all purpose flour, rolled oats, baking powder, baking soda, and cinnamon.

Step 3: Next, add the grated apple and carrot and mix again.

Step 4: In another bowl or jug add the Greek yogurt, milk, egg, honey / maple syrup and vanilla and mix together.

Step 5: Add the wet ingredients to the dry ingredients and mix just enough to combine everything but do not over-mix. Add pumpkin seeds and cranberries.

Step 6: Line a 12-hole muffin tray with muffin cases.

Step 7: Divide the mixture between the muffin cases and then bake in the oven for 20-22 minutes or until a skewer inserted in the middle comes out clean.

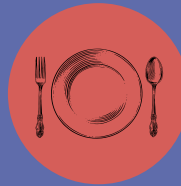
Smoothie Bowl

School: Coldstream Elementary, Coldstream, B.C.

Grade: 7



Breakfast: Vegetarian, Gluten-free



Serves:
25



Prep time:
15 minutes



Cook time:
8 hours
(for granola)

Recipe Story

I feel the choice was a natural one as we have smoothies offered every week and they most certainly are a hit. This recipe was chosen because it's nutritious, enjoyed by both kids and adults and incorporates lots of B.C. ingredients. The recipe is very versatile, so you can adapt it based on your preferences and available ingredients. We also featured blueberries for a topping based on one of the 'Four Food Chiefs' (berries).

Much gratitude to the Syilx peoples for allowing us to live on their lands where nutritious food is grown. We have easy access to fresh local ingredients that we have used to make our 'Smoothie Bowl'.

B.C. Ingredients

B.C. ingredients included: oats, plums, apples, pears, blueberries, dried cranberries, yogurt, milk and honey. This exercise has brought home the value of 'Buy BC' and all of our honey purchases will most definitely be from a local producer such as Planet Bee in Vernon. The pears were given to us from a farmer in the neighborhood. We all have an increased appreciation and understanding of the value of supporting B.C. growers and producers.

Ingredients

Granola:

- 800g (8-9 cups) rolled oats
- 260g (1 ⅛ cups) sunflower and pumpkin seeds mix
- 2 apples
- 170g (¾ cup) honey
- 170g (¾ cup) molasses
- Water, enough to blend mixture
- 10mL (2 tsp) cinnamon
- 10mL (2 tsp) vanilla

Smoothie:

- 500mL (2 cups) milk of choice or water
- 30mL (2 Tbsp) orange juice
- 150g-300g (⅔ cup – 1 ¼ cups) blueberries
- 150g-300g (⅔ cup – 1 ¼ cups) pears sliced
- 150g (⅔ cup) plums pitted and sliced
- 1 - 2 bananas (depending on how thick you like your smoothie)



Directions

Granola:

You can make granola by dehydrating if you have the equipment and time (8 hours) or in the oven (20 mins).

If dehydrating the granola:

- Add chopped apples along with the honey, molasses, cinnamon and vanilla and enough water to emulsify. Blend until smooth.
- Combine the oats and seeds in a large bowl.
- Pour blender mixture over oat and seed mixture. Mix until oats are evenly coated - if too wet, add more oats. Note, if a chunkier granola is desired, a wetter mixture will produce that - allow more drying time.
- Get 6 trays ready for your dehydrator. Layer parchment paper on the trays first then spread even layers of the mixture about ¼ inch or 6 mm.
- Dehydrate for 8 hours at 74°C. This will vary according to the moisture content of your mixture and the heat of the dehydrator. The result should be crunchy.

Ingredients

Optional Toppings:

- Blueberries
- Chopped apples
- Cinnamon
- Hemp hearts
- Sunflower seeds
- Pumpkin seeds
- Cranberries
- Yogurt



Directions

If baking the granola:

- Preheat your oven to 160°C (320°F) and follow steps 1-5 but bake instead for 20 mins. Don't forget to stir the trays of granola mix often - every 5 mins until crunchy. Keep an eye on it to ensure it does not burn! Store thoroughly cooled granola in an airtight container.

Smoothie:

- Add all ingredients to your blender and blend until 'smooth'. Most importantly, taste it and adjust for flavor. Food can vary and be fickle - sometimes it's not as sweet, etc.

Other great combos:

- Strawberry and mango
- Peach and apricot

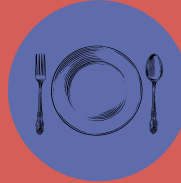
Finally, assemble the smoothie bowl by first pouring a serving of smoothie in a bowl and top with granola and topping of choice.

Toast Buffet

School: Howe Sound Secondary, Squamish, B.C.
Grades: 10, 11, 12



Breakfast: Vegetarian



Serves:
4



Prep time:
35 minutes



Cook time:
10 minutes

Recipe Story

We picked this recipe because it is a simple, nutritious, and diverse breakfast. Teenagers love having a choice to make their breakfasts as wild or basic as they want. We created this recipe with the idea that we each design a slice of toast and cut it into multiple pieces to try other's designs. It is simple yet elegant.

B.C. Ingredients

Blueberries, tomatoes, arugula, strawberries, and eggs are all B.C. ingredients that are being utilized and showcased on our toast. We know they are from B.C. because the containers say they are B.C. grown or we looked out for the "B.C. grown" sign at our store. In warmer months, we would be able to get blueberries, strawberries and arugula from our school farm!

We acknowledge that we live, learn and play on the unceded and traditional territories of the Skwxwú7mesh and Lil'wat First Peoples.

Ingredients

- 4 pieces whole wheat sourdough
- 1 avocado
- 2 eggs
- ½ banana
- 1 tomato
- 15mL (1 Tbsp) milk or water
- 60mL (¼ cup) strawberries
- 60mL (¼ cup) blueberries
- 60mL (¼ cup) arugula
- 30mL (2 Tbsp) peanut butter
- 2mL (½ tsp) sesame Seeds
- 2mL (½ tsp) iodized salt, divided
- 2mL (½ tsp) pepper
- 10mL (2 tsp) butter, divided



Directions

Step 1: Prepare fruits and veggies: Wash your berries and arugula. Slice your bananas, strawberries, and tomatoes.

Step 2: Scramble eggs: Heat 5 mL butter over medium heat. While pan is heating, crack egg into a small bowl and whisk in milk. When pan is hot, pour the eggs into the pan. Using the rubber spatula, ensure no eggs stick to the bottom of the pan. The spatula will create curds. Add in 1 mL salt and 2 mL pepper. Cook for 4 minutes until curds are solid but still moist.

Step 3: Toast the bread to your desired level. Once toasted, use the remaining butter to butter your toast.

Step 4: Prepare your toast however you would like. We chose these combinations:

A: Peanut butter, banana, strawberry

B: Scrambled eggs, avocado, tomatoes, sesame seeds

C: Peanut butter, blueberries, strawberries

D: Scrambled eggs, arugula, avocado, salt, pepper.

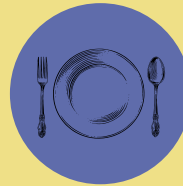
Very Berry Blueberry Muffin Loaf

School: Kennedy Trail Elementary School, Surrey, B.C.

Grade: 5



Breakfast: Vegetarian, Halal



Serves:
8-10



Prep time:
15 minutes



Cook time:
60 minutes

Recipe Story

Our class saw this as an opportunity to connect with our inquiry unit's main idea: "Our well-being is influenced by the choices we make and the systems that support our health". We chose a healthy breakfast blueberry muffin loaf, made with local blueberries and yogurt or dahi. Dahi is a very common food eaten in many of our households, so the students were very excited to see how they could use it in a recipe.

B.C. Ingredients

Many of the students and their families have picked blueberries in the summer from our local B.C. blueberry farms. We were all eager to share memories of the longer and warmer days of summer that eating blueberries can evoke. Some of the students' families even worked or owned blueberry farms!

We acknowledge with respect and gratitude that we created this recipe on the traditional, ancestral, and unceded territories of the Coast Salish peoples, including the Semiahmoo, Katzie, Kwantlen, and Tsawwassen First Nations. We honor their ongoing connection to the land, food, and community. We created this recipe together as an opportunity to strengthen our own connections to the land, food, and community.

Ingredients

- 115g (½ cup) unsalted butter, ghee, neutral oil or light tasting olive oil
- 100g (½ cup) maple syrup, honey or granulated sugar
- 1 lemon finely grated zest
- 225g (1 cup) plain unsweetened (preferably Greek style) yogurt or Dahi
- 5mL (1 tsp) vanilla
- 2 large eggs
- 10mL (2 tsp) baking powder
- 2mL (½ tsp) baking soda
- 3mL (½ tsp + a pinch) kosher salt
- 260g (2 ⅓ cups) whole wheat flour or all-purpose flour
- 320g (2 ¼ cups) fresh or frozen blueberries (not defrosted)
- 24g (⅓ cup) turbinado sugar



Directions

Step 1: Heat oven to 390°F. Line a loaf pan with parchment paper into the corners and up the sides of the loaf pan, leaving the excess paper extended over the rim.

Step 2: Melt butter in a large bowl or add oil to the bowl, then whisk in maple syrup or honey or granulated sugar, and lemon zest. Add yogurt, vanilla, and eggs and whisk to evenly combine.

Step 4: Add baking powder, baking soda, salt, and flour and mix until thoroughly combined.

Step 5: Add berries and use a flexible spatula or spoon to fold them in, trying not to break too many blueberries. The batter will be extremely thick.

Step 6: Spoon into the prepared loaf pan, smooth the top, and sprinkle it with turbinado sugar.

Step 7: Bake for 60 minutes or until a skewer inserted into a few places in the loaf comes out batter-free. If using frozen berries, an additional 15 minutes may be needed.

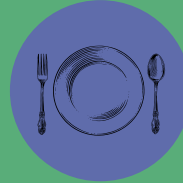
Step 8: Remove from the oven and let the loaf cool in the pan before removing. Slice and serve or wrap individual slices for a healthy grab and go breakfast throughout the week.

Whole Grain Pumpkin Pancakes with Apple Maple Compote

School: Cedars Christian School, Prince George, B.C.

Grades: 8, 9

Breakfast: Vegetarian



Serves:
5



Prep time:
15 minutes



Cook time:
20 minutes

Recipe Story

Many families have a pancake, crepe, or waffle tradition, and many cultures have a version of a leavened, pourable flatbread. This past Christmas, an Indigenous student prepared Pancakes and Saskatoon Sauce as this was a tradition in her family. She didn't want to make shortbread or Christmas cookies as these didn't fit with her family traditions – but pancakes and Saskatoon Sauce did!

B.C. Ingredients

The apples that we used in our apple compote are a B.C. product. They came from Kelowna, B.C. and the grower was Okanagan Gold. Our teacher milled the wheat at home with her own mill to produce the whole-wheat flour that we used in the recipe. The wheat could also be sourced from the Peace Country area of Northern B.C.

As we prepare our recipe, we take time to remember that the land on which we stand was stewarded by the Dakelh people long before this place was Cedars Christian School, Prince George, B.C. or Canada. We respectfully acknowledge that we live, work, learn, and play on the traditional, unceded territory of the Lheidli T'enneh.

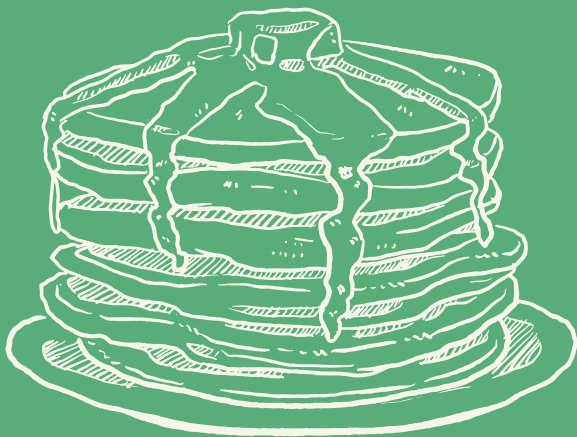
Ingredients

Pancakes:

- 55g (½ cup) whole wheat flour
- 150g (1 ¼ cup) all-purpose flour
- 5mL (1 tsp) baking powder
- 2mL (½ tsp) baking soda
- 75g (⅓ cup + 1 Tbsp) granulated sugar
- 2mL (½ tsp) salt
- 5mL (1 tsp) cinnamon
- 5mL (1 tsp) ginger
- 2mL (½ tsp) nutmeg
- 1mL (¼ tsp) cloves
- 315mL (1 ⅓ cups) buttermilk
- 250g (~1 cup) pumpkin puree
- 2 large eggs, lightly beaten
- 30 mL (2 Tbsp) butter, melted

Apple Maple Compote:

- 3 apples
- 42g (3 Tbsp) butter
- 5mL (1 tsp) cinnamon



Directions

Apple Maple Compote:

- Prepare the apples by quartering, coring and cutting them into thin slices.
- In a medium-sized frying pan, melt the butter. Add the apples to the pan and sprinkle the cinnamon over.
- Let the apples get soft, flipping and stirring them occasionally.
- Pour the maple syrup over the apples. Stir and heat until bubbly.

Pancakes:

- Combine the flour, baking powder, baking soda, sugar, spices and salt in a bowl. In another bowl, combine buttermilk, pumpkin, eggs, and melted butter.
- Pour liquid ingredients into the dry ingredient mixture and stir all the ingredients until they are just combined. Don't worry if the batter is a bit lumpy; you don't want to over mix it!
- Heat your skillet, pan or griddle to medium-hot and brush with a bit of butter or oil. Pour about 1/3 of a cup of batter into the skillet.
- Wait until the pancake bottom is deep golden in color, then flip with a spatula and cook the other side until golden and cooked through. Repeat with the remaining batter.
- Pour the apple maple compote over the warm pancakes and enjoy!

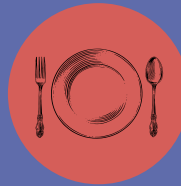
West Coast Berry Bowl

School: Airport Elementary, Comox, B.C.

Grade: 4



Breakfast: Vegetarian



Serves:
15



Prep time:
20 minutes



Cook time:
40 minutes
(for granola)

Recipe Story

The students brainstormed ideas of where we live. We added that to our name in calling it, "The West Coast Berry Bowl". Since we live on the coast and we are surrounded by many berry farms we wanted to include that in our name.

B.C. Ingredients

The berries we used in our smoothie bowls are grown all over Vancouver Island, with blackberries growing wild all around us!

Gilakesla, we are division 7. We are grateful to be learning and growing on the traditional lands of the Eiksan, Komoux, Pentlatch, Sahloot, and the Sasitla people. We are thankful for the mountains that stand tall, the rivers that flow with life, and the forests filled with stories and wisdom. We promise to take care of this land, the plants, animals, and water that makes it special. We honour the land and commit to taking care of it, so it can be here for generations to come. Gilakesla

Ingredients

Smoothie:

- 450g (3 ¼ cups) frozen berries: blackberries, strawberries, blueberries
- 150g (1 cup) frozen mango
- 500g (2 cups) plain yogurt
- 500mL (2 cups) water to thin out

Topping:

- Sliced strawberries & Blueberries
- Granola
- Banana
- Pumpkin seeds
- Maple syrup

Granola:

- 360g (3 ½-3 ¾ cups) old-fashioned rolled oats
- 30g (⅓ cup) unsweetened coconut flakes
- 1mL (¼ tsp) ground cinnamon
- 2mL (½ tsp) ground cardamom (or ground ginger)
- 2mL (½ tsp) sea salt
- 115g (⅓ cup) honey
- 85mL (⅓ cup) extra-virgin olive oil
- 5mL (1 tsp) vanilla extract

Directions

Step 1: Prep the granola:

- Preheat the oven to 275°F and line a rimmed baking sheet with parchment paper.
- In a large mixing bowl, combine the oats, coconut, cinnamon, cardamom, and salt.
- Add the honey, oil, and vanilla and stir until evenly combined.
- Spread out on the baking sheet. Bake for 40 minutes, stirring after 20 minutes, until lightly browned. Cool completely before breaking up the clusters.
- Transfer to a widemouthed glass jar with a lid. Granola will stay fresh for several weeks and is likely to be devoured long before expiring!

Step 2: Prep the toppings:

- Wash and slice the strawberries.
- Slice bananas.
- Wash blueberries.

Step 3: Prep the smoothie:

- Place all ingredients in the blender, starting with 500mL of water, then yogurt, and then remaining ingredients.
- Blend until smooth and portion out into bowls.

Step 3: Assemble:

- Top with desired sliced fruit toppings, drizzle with maple syrup and enjoy!



Snacks



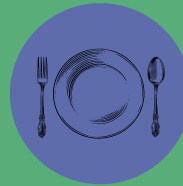
Apple Carrot Cake

School: Saseenos Elementary, Sooke, B.C.

Grades: 2, 3



Snack: Vegetarian



Serves:
12



Prep time:
15 - 20
minutes



Cook time:
35 - 45
minutes

Recipe Story

After learning about local ingredients and what is easily available in our community, we discovered that many of our families grew carrots or had apple trees (or could easily access them). Many students also mentioned that they had parents or a grandmother that had either made carrot cake, apple cake, or apple pie, so most agreed they would enjoy the mix of both!

B.C. Ingredients

For our recipe we used a number of B.C. ingredients including carrots and yogurt which came from Island Farms. Local apples were saved from a backyard garden, and honey was sourced from a local's backyard beehive! We are fortunate to have a vibrant local food system!

We acknowledge the traditional territories of the Coast Salish: T'Sou-ke Nation and Sc'ianew Nation and Nuw-cha-nulth: Pacheedaht Nation. We also recognize some of our schools reside on the traditional territory of the Esquimalt Nation and Songhees Nation. We are grateful to be sharing this beautiful land.

Ingredients

- 3 large eggs
- 133g ($\frac{2}{3}$ cup) brown sugar
- 144g ($\frac{2}{3}$ cup) coconut oil
- 255g ($\frac{1}{2}$ cup + 2 Tbsp) honey
- 185g ($\frac{3}{4}$ cup) yogurt
- 20mL (4 tsp) vanilla extract
- 15mL (3 tsp) cinnamon
- 360g (3 cups) flour
- 6g (1 $\frac{1}{2}$ tsp) baking powder
- 6g (1 $\frac{1}{2}$ tsp) baking soda
- 6g (1 $\frac{1}{2}$ tsp) salt
- 220g (2 cups) grated carrot, lightly packed
- 3 medium apples, grated

Yogurt topping (optional):

- 185g ($\frac{3}{4}$ cup) yogurt
- 15mL (1 Tbsp) honey
- 5mL (1 tsp) cinnamon



Directions

Step 1: Preheat oven to 350°F and spray a 9"x12" cake pan.

Step 2: Grate 2 cups of carrots and 3 medium apples.

Step 3: In a large bowl combine the eggs, brown sugar, coconut oil, honey, plain yogurt, vanilla, and cinnamon.

Step 4: Add baking powder, baking soda and salt to the flour, then add to the bowl of wet ingredients in step 3 and gently mix.

Step 5: Add the grated carrots and apples to the bowl and gently combine.

Step 6: Pour batter into the pan and bake for about 35-45 minutes until top is golden and toothpick tester comes out clean.

Step 5: Leave to cool for 15 mins before turning out onto a flat surface and cutting into squares (approx 7.5cm x 7.5cm pieces).

For Greek yogurt topping (if using):

Step 6: Mix your yogurt with honey and cinnamon then serve a heaped teaspoon of the topping onto the slice!

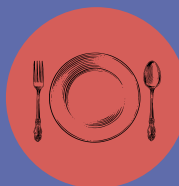
Asian Inspired Vegetarian Poutine

School: Fleetwood Park Secondary School, Surrey, B.C.

Grade: 9



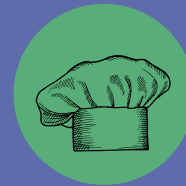
Snack: Vegetarian, Vegan, Dairy-Free



Serves:
10



Prep time:
40 minutes



Cook time:
20 minutes

Recipe Story

A diverse group of students created this recipe by blending their love for classic Canadian poutine with their favourite Asian flavours. Their recipe celebrates multiculturalism, culinary innovation and diverse tastes.

Featuring a bold Sriracha mayo dip and vegetarian gravy, it also reflects teens' love for sauces and adventurous tastes. Their recipe showcases how food can unite cultures and spark innovation.

As students at Fleetwood Park Secondary, we come together from diverse backgrounds to collaborate, share, contribute and cook together. We acknowledge that we gather on the shared, unceded traditional territory of the Katzie, Kwantlen, Semiahmoo, and other Coast Salish Peoples. We promise to cherish and respect this land by taking care of it and using its resources wisely. On this sacred land, we will honor traditional cooking practices and ingredients as we deepen our understanding of Indigenous Food Sovereignty.

B.C. Ingredients

The Asian inspired vegetarian poutine includes many of British Columbia's top commodities! The seed potato is a top crop in Surrey B.C., and a staple in our school garden. Close to Fleetwood Park Secondary are Rondriso Farm and Two EE's organic farm who have supplied the school with vegetables and fruits for over a decade. The green onions, a regular crop in Fleetwood Garden, was used to garnish the dish alongside bright red bell peppers.

Ingredients

- 3.6kg (24 cups) B.C. russet potatoes
- 50mL (3 Tbsp + 1 tsp) organic canola oil
- 170g ($\frac{3}{4}$ cup) medium silken tofu, cubed
- 10mL (2 tsp) B.C. organic canola oil
- 250mL (1 cup) B.C. carrots, shredded
- 250mL (1 cup) B.C. cabbages, shredded
- 125mL ($\frac{1}{2}$ cup) B.C. bell peppers, diced
- 8 green onions, chopped

Gravy:

- 30mL (2 Tbsp) sodium-reduced soy sauce
- 30mL (2 Tbsp) cornstarch
- 30mL (2 Tbsp) fermented black beans (douchi)
- 500mL no salt, vegetable stock from Fleetwood Garden

Sauce:

- 250mL (1 cup) mayonnaise or vegan mayonnaise
- 30mL (2 Tbsp) sriracha
- 15mL (1 Tbsp) fresh lime juice
- 20mL (4 tsp) sesame oil

Directions

Step 1: Preheat the oven to 425°F .

Step 2: Scrub and peel the potatoes.

Step 3: Cut potatoes into 1/2-inch strips for French fries (optional: use crinkle cutter).

Step 4: Soak potatoes in cold water for 10 minutes.

Step 5: Rinse and dry completely with paper towels.

Step 6: Coat with organic canola oil.

Step 7: Using a large tray, spread the fries into a single layer, bake at 425°F degrees until golden brown for 25 minutes.

Step 8: Prepare green onions, peppers, cabbage and carrots.

Step 9: In a medium saucepan, combine vegetable stock with the soy sauce and fermented black beans. Heat until boiling.

Step 10: Mix cornstarch with 10 mL cold water, add paste to gravy to thicken. Continue to boil until gravy is thickened.

Directions

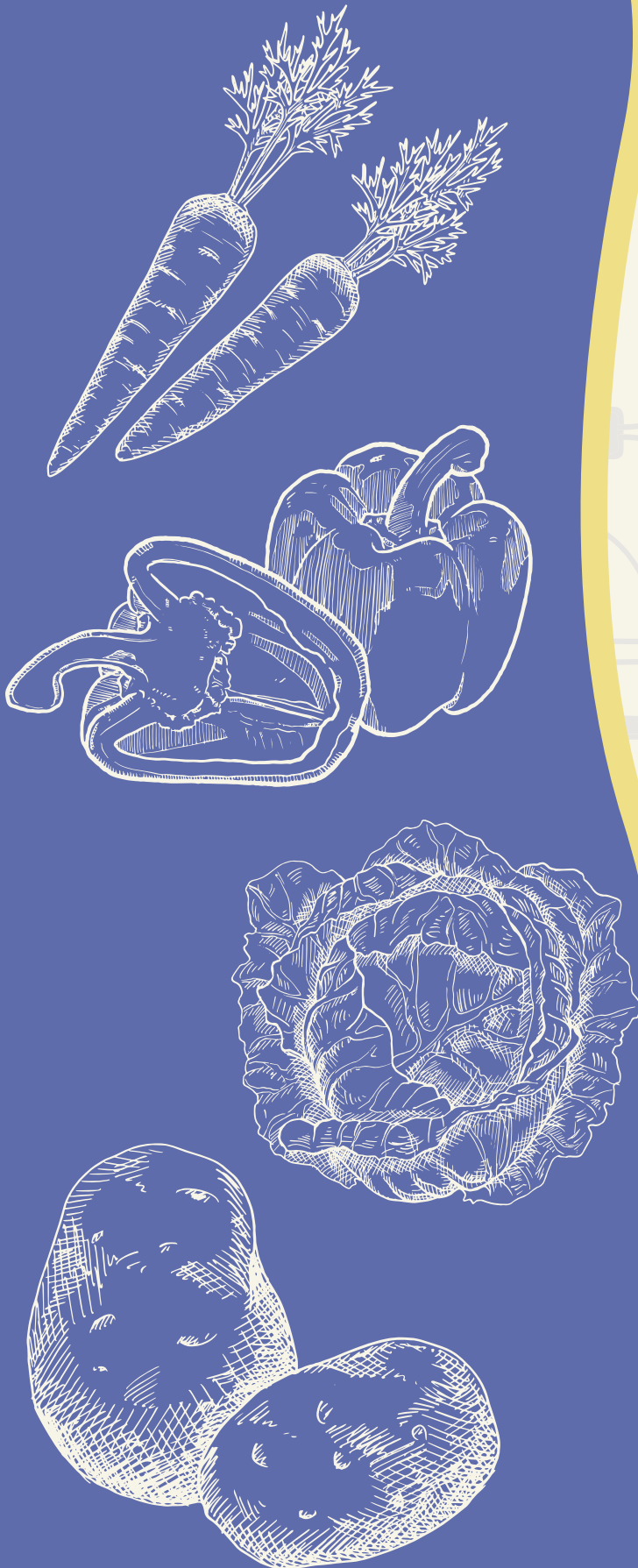
Step 11: Reduce heat to low and simmer.

Step 12: In a medium fry pan, heat 10 mL of organic canola oil. Fry tofu at medium heat until it has scrambled and looks like cheese curds (approximately 10 minutes).

Step 13: Assemble poutine; plate fries; add tofu, gravy, add carrots, cabbage, peppers, green onions.

Step 14: Season with salt and pepper to taste, after adding gravy.

Step 15: Drizzle sauce over top of vegetables.



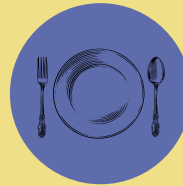
Carrot Chocolate Chip Muffins

School: Cypress Park Primary School, West Vancouver, B.C.

Grade: 2



Snack: Vegetarian



Serves:
16



Prep time:
15 minutes



Cook time:
20 minutes

Recipe Story

Our class brainstormed their favourite recipe, and each got a recipe template to fill out. Snacks had the most entries so from here we sorted the ones that had the most of the top 10 B.C. foods used in school food programs. Whole wheat flour carrot muffins with a little sweetness of chocolate chips was the winner!

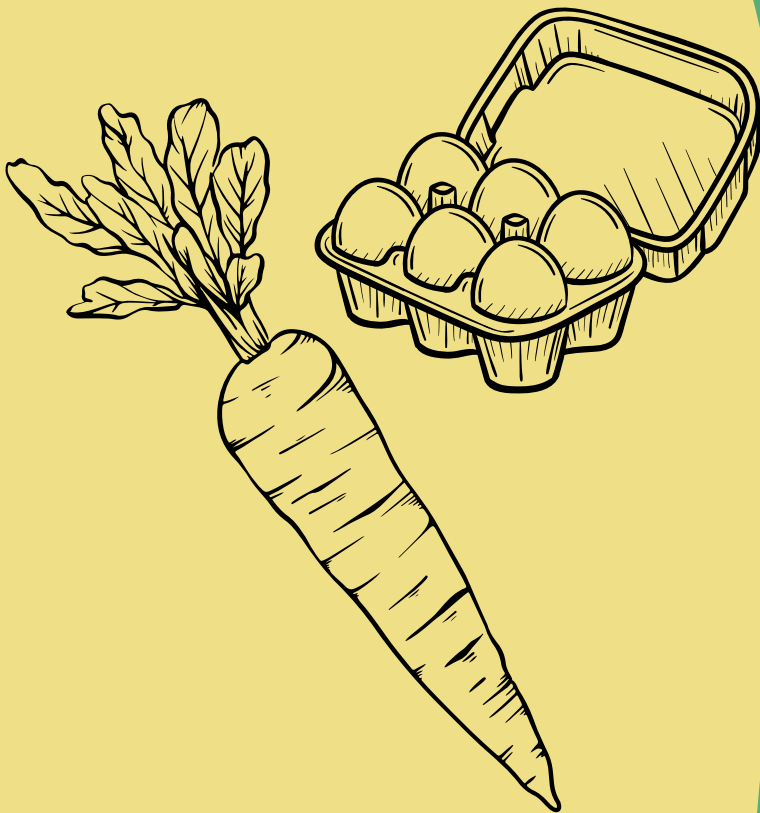
B.C. Ingredients

Carrots and eggs with the Buy BC logo were featured in the creation of the recipe. The eggs are from a local farm (Island Gold).

We are grateful to acknowledge that we are submitting this recipe from the traditional and unceded territories of the Coast Salish People, in particular, the Squamish Nation. We are incredibly lucky to live, learn, and play in this beautiful space. We want to thank those from both past and present in the Nation who work with us to guide our understanding of the history of this land and its people. We respect and honour the Elders past, present and future as we bring this knowledge to the members of our community.

Ingredients

- 1 large egg
- 255g (1 cup) unsweetened apple sauce
- 120g ($\frac{1}{3}$ cup) honey
- 45mL (3 Tbsp) melted butter (salted)
- 5mL (1 tsp) vanilla extract
- 230g (2 cups) whole grain wheat flour
- 5mL (1 tsp) baking soda
- 5mL (1 tsp) ground cinnamon
- 3 carrots peeled then shredded
- 95g ($\frac{1}{2}$ cup) dark chocolate chips



Directions

Step 1: Preheat the oven to 350°F. Line a muffin tin with 16 paper liners.

Step 2: Shred your carrots and weigh your ingredients.

Step 3: In a large bowl, start by whisking the egg, applesauce, honey, butter, and vanilla. Stir in the flour, baking soda and cinnamon. Stir ingredients together until they are all mixed.

Step 4: Scoop batter into each muffin liner until $\frac{2}{3}$ of the way is filled.

Step 5: Bake in the oven for 20 mins or until an inserted toothpick comes out clean.

Serve with plain or Greek yogurt and some extra fruit such as sliced banana to make this into a breakfast!

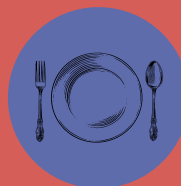
Carrot Zucchini Muffins

School: Victoria School For Ideal Education, Victoria, B.C.

Grade: Kindergarten



Snack: Vegetarian, Dairy-Free, Gluten-Free



Serves:
12 - 24
(regular
or mini)



Prep time:
40 minutes



Cook time:
45 minutes

Recipe Story

This recipe meant a lot to us to make because so many children are now gluten free and it's difficult to find a delicious muffin recipe that doesn't feel like they are missing out. This is one that came from my own creation of recipes and we modified it a bit to add more vegetables to elevate the nutritional value. We liked that it has protein with the almond flour and eggs, as well as vegetables and fruit to make this an enjoyable snack.

It is with deep appreciation, respect and honour that we get to submit this recipe on the traditional territories of the Esquimalt and Songhees First Nations, in unceded Lekwungen Territory. I appreciate and acknowledge those that have stewarded this land before me and those that continue to work hard to maintain those sacred traditions. Through baking and sharing this recipe, we embrace opportunities for learning and unlearning, deepening our connection to the land, its stories, and its sustenance.

B.C. Ingredients

For this recipe, we used local eggs, organic carrots and apples. We could tell it was local because it had the buy BC Logo when we purchased the ingredients at the grocery store. We were surprised to learn that many ingredients can be purchased from local growers.

Ingredients

- 42g (⅓ cup) almond flour
- 42g (⅓ cup) brown rice flour
- 42g (⅓ cup) white rice flour
- 42g (⅓ cup) sorghum flour
- 2 eggs at room temperature
- 59mL (¼ cup) olive oil
- 1 medium apple, peeled and grated
- 5mL (1 tsp) vanilla
- 5mL (1 tsp) baking soda
- 2.5mL (½ tsp) baking powder
- 1mL (¼ tsp) salt
- 1mL (¼ tsp) xanthan gum
- 100g (⅓ cup + 1 Tbsp) maple syrup or 100g (½ cup) white sugar
- 5mL (1 tsp) cinnamon
- 1mL (¼ tsp) ground ginger
- 1-2 medium carrots, peeled and grated
- 1 medium zucchini, grated
- 71g (⅓ cup) chocolate chips (optional)
- 71g (⅔ cup) walnuts, chopped (optional)
- 7g (2 tsp) raisins (optional)



Directions

Step 1: Preheat oven to 400°F. Line muffin pan with parchment paper liners. Prepare carrots and apples, set aside. In a large bowl, combine dry ingredients and set aside.

Step 2: In a small bowl, whisk eggs with maple syrup or sugar.

Step 3: Add wet ingredients to dry ingredients and gently mix just enough to combine. Don't overmix.

Step 4: Grate vegetables and apple. Using a paper towel, sponge off some of the moisture. Fold in zucchini. Carrots and apple.

Step 5: Scoop mixture into muffin liners filling only 2/3 full.

Step 6: Bake for about 12-13 minutes or until center comes out clean with a toothpick.

Makes 24 mini muffins or 12 regular muffins

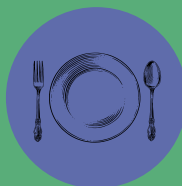
Chicken Patties with Bruschetta

School: Greater Heights Learning Academy, Coquitlam, B.C.

Grades: 8 - 12



Snack: Gluten-free



Serves:
10



Prep time:
40 minutes



Cook time:
50 minutes

Recipe Story

Each student contributed ingredient ideas, and we selected the most popular choice to create a recipe that is both nutritious and adaptable. During the recipe process, there was a focus on supporting Canadian products, as grocery stores increasingly highlight locally grown and produced items. Our class explored British Columbia's food systems, discussing the importance of supporting local farmers and sustainable practices.

We are honoured to learn, cook, and submit this recipe from the traditional, ancestral, and unceded territory of the kwikwə́łəm (Kwikwetlem First Nation). We thank the kwikwə́łəm, who continue to live on and care for these lands and the water that is above and below.

B.C. Ingredients

Our recipe features tomatoes from Windset Farms, located in Delta, B.C. As part of our learning, we explored the Buy BC program, using its website to search for locally produced ingredients. This became the foundation of our recipe development.

Ingredients

Chicken Patties:

- 2 skinless, boneless chicken breasts
- 30mL (2 Tbsp) olive oil for marinating
- 15mL (1 Tbsp) lemon juice
- 10mL (2 tsp) paprika
- 10mL (2 tsp) onion powder
- 10mL (2 tsp) garlic powder
- 5mL (1 tsp) salt
- 2.5mL (½ tsp) black pepper
- 2 large eggs
- 30mL (2 Tbsp) mayonnaise
- 60mL (¼ cup) olive oil for frying
- 125mL (½ cup) monterey jack cheese, shredded

Bruschetta:

- 6 ripe tomatoes, finely diced
- 2 garlic cloves, minced
- 60mL (¼ cup) fresh basil leaves, julienned
- 30mL (2 Tbsp) olive oil
- 15mL (1 Tbsp) balsamic vinegar
- 2.5mL (½ tsp) salt
- 1mL (¼ tsp) black pepper, or to taste



Directions

Marinating the Chicken

Note: You will need 2 hours for this or you can do this the night before.

1. Put chicken breasts into a plastic bag.
2. In a small bowl, add the olive oil, lemon juice, paprika, onion powder, garlic powder, salt, and pepper. Whisk to combine.
3. Pour the marinade over the chicken and seal the bag, squeezing out all the air.
4. Mix the contents of the bag ensuring the chicken is coated with the marinade.
5. Place the chicken in the refrigerator for at least 2 hours, or leave it to marinate overnight.

Baking the Chicken

1. Preheat the oven to 375°F (190°C).
2. Transfer the marinated chicken breast to an oiled or parchment paper-lined cookie sheet.
3. Place the chicken into the oven and bake for 20 to 30 minutes until the internal temperature is 165°F (74°C).

Directions

Making the Patties

1. Cut the cooked chicken breasts into cubes.
2. Place the cooked chicken cubes, eggs, and mayonnaise into the food processor. Process into a uniform mixture.
3. Take two tablespoons of the chicken mixture and form it into a ball. Place them on a plate.
4. Heat 2 tablespoons of olive oil in a large skillet over medium heat.
5. As you wait for the skillet to heat up, grate your monterey jack cheese or measure it if pre-grated.
6. Place the balls of the chicken mixture into the skillet and gently flatten them to ½-inch thick with the back of a spoon or spatula.
7. Cook the patties until crispy and golden brown, approximately 3 minutes per side.
8. Sprinkle the shredded cheese on top of each of the patties. Wait for the cheese to melt (about 1 minute).
9. Transfer the patties to a plate and cover them with foil to keep them warm.
10. Continue to fry the patties and add oil as needed.

Making the Bruschetta

1. Dice the tomatoes.
2. Drain the tomatoes for at least 15 minutes in a sieve over the top of a bowl.
3. Chop the garlic and julienned basil (Optional: Save some for garnishing).
4. In a separate bowl, add the drained tomatoes, garlic, and julienned basil.
5. Add olive oil, salt, black pepper, and balsamic vinegar to the tomato mixture.
6. Mix well. Set aside for 15 minutes allowing the flavors to marry together.

Putting it all together

1. Put the chicken patties with cheese on a serving plate.
2. Put a spoonful of bruschetta on top of each patty.
3. Optional: Garnish with more basil, cheese and bruschetta sauce on the side.

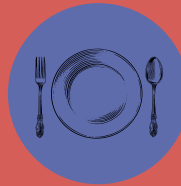
Desi Style Pizza

School: Abbotsford Traditional School, Abbotsford, B.C.

Grade: 9 - 12



Snack: Vegetarian



Serves:
8



Prep time:
45 minutes



Cook time:
15 - 20
minutes

Recipe Story

We have been exploring the theme: "How does culture show up in the everyday?" and were recently inspired by a news article on "Indian Style Pizza". We blended our love of home-cooking and pizza in the form of comforting flavours such as green chilies, cilantro, ginger and garlic which are signature flavours of Desi style pizzas.

B.C. Ingredients

We sourced our flour from Rogers Flour, a grain from B.C. The vegetables such as tomatoes, peppers, onions, cilantro, chilies, were all grown in local greenhouses, and the garlic came from a local grower. All the dairy products were B.C. dairy products including the whipping cream and butter. The chicken was also supplied by a B.C. poultry farmer.

We acknowledge that the Abbotsford School District is located on the traditional and unceded territory of the Semá:th First Nation and Mathxwí First Nation. With this, we respect the longstanding relationships that Indigenous Nations have to this land, as they are the original caretakers.

Ingredients

For the dough:

- 180mL ($\frac{3}{4}$ cup) warm water
- 10mL (2 tsp) sugar
- 5mL (1 tsp) instant yeast
- 5mL (1 tsp) salt
- 15mL (1 Tbsp) oil
- 500mL (2 cups) flour

For the toppings:

- 60mL ($\frac{1}{4}$ cup) sliced red and green peppers
- 60mL ($\frac{1}{4}$ cup) sliced onion
- 60mL ($\frac{1}{4}$ cup) chicken OR paneer, diced
- 1 green chili minced
- 60mL ($\frac{1}{4}$ cup) cilantro
- 40g ($\frac{1}{3}$ cup) grated mozzarella cheese



Directions

Prepare the dough:

- Mix warm water, sugar and yeast together. Let it stand for 5 minutes. Once yeast is activated, add the salt, oil and flour.
- Stir until dough comes together. Turn dough out onto a floured surface and knead for about 3-5 minutes.
- Place in an oiled bowl and cover with a towel. Place to the side for about 20-30 minutes.
- Preheat oven to 425°F.

Prepare the butter chicken or paneer sauce:

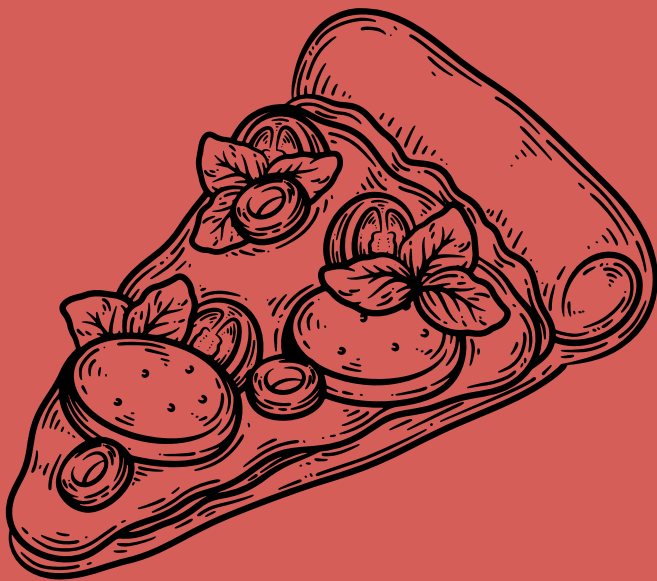
- If you are going to make your own butter chicken or paneer sauce, begin by marinating chicken or paneer: Mix yogurt, red chilli, cumin, coriander, turmeric, garam masala in a bowl and add diced chicken or paneer.
- Heat butter and oil in a frying pan. Fry minced onions until translucent. Add the ginger and garlic and stir.
- Add the marinated chicken or paneer.
- Add the tomatoes, puree, brown sugar, and whipping cream.
- Cook until chicken is cooked through; test with a meat thermometer.
- Take off heat and cool for 5 mins.
- Taste and add salt or additional seasonings as needed.

Ingredients

For the sauce:

- Purchase butter chicken sauce, or
Homemade sauce:

- 60mL (¼ cup) plain yogurt
- 2.5mL (½ tsp) red chili
- 10mL (2 tsp) cumin powder
- 10mL (2 tsp) coriander powder
- 2.5mL (½ tsp) turmeric
- 2.5mL (½ tsp) garam masala
- 15mL (1 Tbsp) oil
- 10mL (2 tsp) butter
- 60mL (¼ cup) minced onions
- 10mL (2 tsp) minced garlic
- 10mL (2 tsp) minced ginger
- 80mL (⅓ cup) tomatoes, pureed
- 60mL (¼ cup) whipping cream
- Pinch of brown sugar
- Salt to taste



Directions

Prepare your toppings:

- Prep vegetables (sliced onions, peppers, chili, cilantro) and grate the cheese. Set aside.

Assemble your pizzas:

- Pizza dough that you made earlier will now be ready to roll out.
- Roll out dough and shape into pizza pan.
- Spoon out sauce over pizza dough, making sure the chicken or paneer is evenly distributed. Set aside any leftover sauce.
- Top with additional toppings: Sliced peppers, onions, green chili, mozzarella cheese and cilantro.
- Bake in the preheated oven on a lower rack for about 15-20 minutes.
- It will be done when the crust is slightly brown and the cheese is bubbling.
- Garnish with extra cilantro!

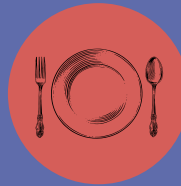
Easy Focaccia

School: David Thompson Secondary School, Invermere, B.C.

Grade: 10 - 12



Snack: Vegetarian, Vegan, Dairy-Free



Serves:
20



Prep time:
60 minutes



Cook time:
15 - 20 minutes

Recipe Story

This bread is a satisfying and fiber-filled snack with a versatile recipe which is immensely popular among our student population. We run out every time we make this, and it helps us to curb waste of any lesser amounts of proteins, vegetables and sauces.

B.C. Ingredients

When we use this recipe we use Treasure Life Flour out of Creston, B.C. It is a family-owned grower and miller of organic and heirloom whole grains.

Rocky Mountain School District #6 operates in service to diverse Indigenous learners and their families on the traditional and unceded territories of the Ktunaxa and Secwépmc Nations.

Ingredients

- 800g (6 ½ cups) whole wheat flour
- 1kg (8 cups + 5 Tbsp) all-purpose flour
- 42g (2 Tbsp + 2 tsp) salt
- 30mL (2 Tbsp) instant yeast
- 15mL (1 Tbsp) sugar
- 60g (¼ cup + 1 Tbsp) olive oil
- 1.6L (6 ¾ cups) lukewarm water
- Herbs of your choosing e.g.: oregano, basil, rosemary
- Extra oil for greasing the dough



Directions

This recipe is easily scalable up or down. If you don't have a commercial oven, divide it by 2 and use a half sheet pan. However, a metal frame to make the walls of the pan taller is advisable.

Pre: Preheat the oven to 450°F / 230°C (conventional, not fan), and arrange a rack in the middle of the oven.

Step 1: In a large bowl, combine the whole wheat flour, all-purpose flour, Kosher salt, yeast, and sugar. Add the olive oil and water and mix with a spatula until a shaggy dough forms. There should be no dry parts and the dough will be wet and sticky.

Step 2: Cover the bowl with plastic wrap and leave to stand for 5 minutes.

Step 3: Perform a set of stretches and folds on the dough. To do this, wet your hands, then take a section of the dough and stretch it up and fold it onto itself. Rotate the bowl 90° and repeat the process. Repeat these two more times until you have gone around the bowl.

Step 4: Do one more set of four stretches and folds around the bowl (a total of eight stretches and folds). Cover the bowl with the tea towel and leave to sit for 2 minutes.

Directions

Step 5: Repeat the stretch and folding and resting process two more times for a total of three rounds of stretch and folds, each two minutes apart.

Step 6: Generously drizzle a full baking pan with olive oil. Turn the risen dough out into the pan and turn it to fully coat it in the oil. Shape into a rough rectangular shape by pressing it down with your oiled fingers and tucking edges and corners in if needed. Leave to sit for 5 minutes to relax.

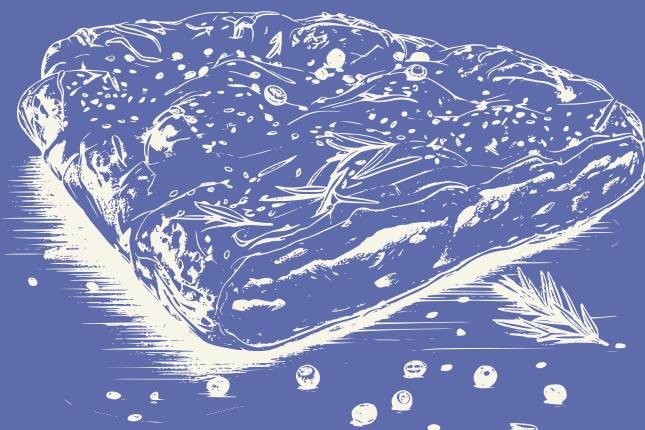
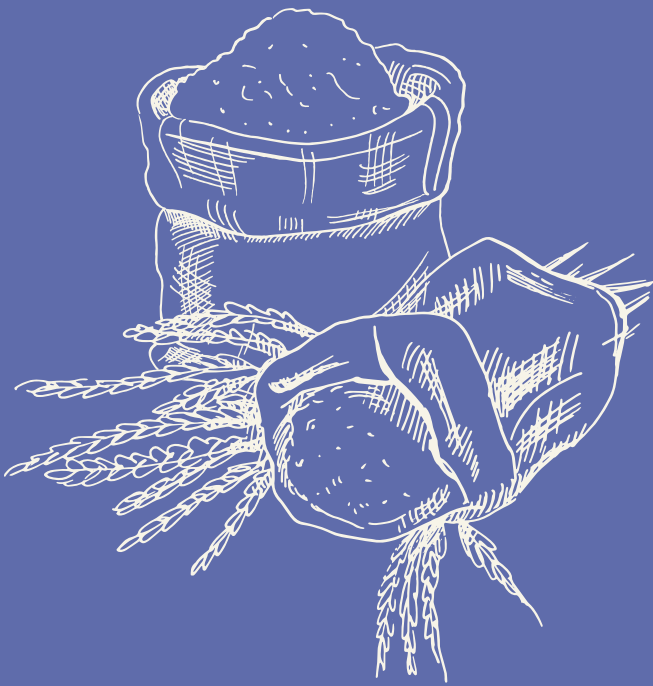
Step 7: Leave the pan of dough uncovered in a warm spot to rise, until doubled in size, puffy, and jiggy.

Step 8: Oil your fingers and use them to dimple the dough all over, pressing your fingers almost to the bottom of the pan. Bubbles will form in the dough - do not pop them, just leave them be.

Step 9: Top with any toppings of your choosing. Note that herbs without oil will easily burn.

Step 10: Transfer to the preheated oven and bake for 25-30 minutes, or until golden brown on the surface and it's pulling away from the sides of the pan.

Step 11: Leave to cool then slice into pieces using a bread knife. This bread can be topped with any vegetable or protein of choice. Store leftovers lightly wrapped at room temperature.



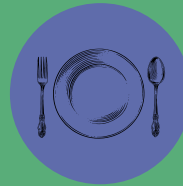
Fresh Garden-Grown Salsa

School: Tomekichi Homma Elementary School, Richmond, B.C.

Grades: K - 4



Snack: Vegetarian, Vegan, Dairy-free, Gluten-free, Halal



Serves:
30



Prep time:
20 minutes



Cook time:
15 minutes

Recipe Story

This recipe was created by the students at our school. They considered what fruits, vegetables and herbs are ready to be harvested and could be combined to make something delicious. The students decided on a salsa, so after researching a few salsa recipes, we combined what we had in our garden to make it our own.

B.C. Ingredients

All the ingredients for this recipe, except for the tortilla chips, are grown in our school garden with plants donated by West Coast Seeds and Urban Roots Garden Market. Students plant them in spring, and by fall, we make fresh garden-grown salsa for everyone to enjoy. It's a rewarding experience for students to care for the plants and harvest them – this recipe is a favorite of all!

We acknowledge and thank the First Peoples of the territory of the hə́łqəmiñə́m language group on whose traditional and unceded territories we teach, learn and live, and upon where the Musqueam people continue their traditions and cultural education. From where our school site sits, near the mouth of the staləw (Fraser River), students learn about the rich history of this place, and the importance it continues to have for the Musqueam and Coast Salish people. We practice and encourage stewardship of this beautiful place as the First Peoples and their ancestors have since time immemorial.

Ingredients

This recipe doesn't require specific measurements, we just used what we grew in whatever quantity we had. Use your judgement and experiment!

- Tomatoes
- Corn Tomatillos
- Garlic
- Serrano peppers
- Green onion
- Banana peppers
- Tortilla chips



Directions

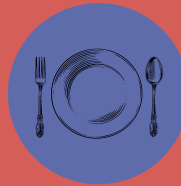
- Harvest all ingredients from the school garden, if possible!
- Preheat the broiler & bring a pot of water to a boil.
- Prep the tomatillos: Remove husks from the tomatillos and rinse. Cut tomatillos in half and place cut side down on baking sheet. Add a few cloves of garlic to the baking sheet. Place under a broiler until skins of the tomatillos start to blacken, approximately 5 minutes.
- Prep the corn: Remove the husks from the corn and place into boiling water, boil for approximately 5 minutes.
- Blend the cooked tomatillos and garlic in a blender until finely chopped.
- Remove corn from cob with a knife.
- Let these ingredients cool.
- Dice tomatoes and add to serving bowl.
- Slice green onions and add to the serving bowl.
- Cut serrano and banana peppers in half, remove seeds, slice and add to the serving bowl.
- Add cooled tomatillos, garlic and corn to the serving bowl.
- Mix and serve with tortilla chips.

Fresh Fruit and Yogurt Cones

School: Cloverdale Traditional School, Surrey, B.C.

Grade: 1

Snack: Vegetarian



Serves:
10



Prep time:
30 minutes



Cook time:
60 minutes

Recipe Story

We chose this recipe because it's an alternative version of an ice cream cone but much healthier! It gives us the satisfying experience of enjoying a cone, but with the added benefits of yogurt and fresh fruits. It's a great way to enjoy a sweet treat while keeping it nutritious. Plus, it's quick and easy to customize, making it perfect for kids or anyone who loves a refreshing snack.

B.C. Ingredients

We included frozen strawberries and blueberries from Canadian Superstore, looking out for the Buy BC logo. Olympic Dairy, where we got our yogurt from, is based in Delta.

Cloverdale Traditional School, where we work, play, and learn, is on the shared unceded traditional territory of the Katzie, Semiahmoo, Kwantlen, and other Coast Salish Peoples.

Ingredients

- 500g (just over 2 cups) regular or Greek yogurt
- 250g (1 ⅔ cups) blueberries
- 250g (1 ⅔ cups) sliced strawberries
- 3 kiwis
- 10 ice cream waffle cones



Directions

Prepare the Fruits: Slice the strawberries and peel/slice the kiwis.

Add a Yogurt Base: Spoon a layer of yogurt into the bottom of the waffle cone.

Layer the Fruits: Add mixed fresh fruit on top of the yogurt, filling the cone.

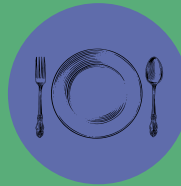
Finish with Yogurt and Fruit: Add another spoonful of yogurt, and top with more fresh fruit for a vibrant finish.

Homemade B.C. Applesauce (Freezer Friendly)

By Chanelle Saks Sullivan for Buy BC



Snack: Vegetarian, Vegan, Gluten-free, Dairy-free



Serves:
5 cups



Prep time:
15 minutes



Cook time:
15 minutes

Recipe Story

Applesauce can be enjoyed on its own as a delicious snack or used in numerous baking recipes as a natural sweetener/sugar alternative. We suggest making a big batch when B.C. apples are in season and freezing it.

B.C. Ingredients

This recipe works with just about any B.C. apple variety, but we recommend opting for a sweet/tart variety such as Honeycrisp or Pink Lady. Choose Gala or Ambrosia if you prefer sweeter. Peak B.C. apple season is from September through October, which is perfect timing for fall and winter baking. We use cinnamon here because it complements almost any recipe, but feel free to jazz it up by adding other spices.

Ingredients

- 12 B.C. apples, peeled, cored, and chopped
- 15mL (1 Tbsp) apple cider vinegar
- 5mL (1 tsp) cinnamon
- 1 pinch kosher salt
- Enough water just to cover the apples



Directions

Step 1: In a large pot or Dutch oven, add the prepared apples and fill with just enough water to cover them. Mix in the apple cider vinegar, cinnamon, and salt, then bring to a low boil, uncovered.

Step 2: Once it starts to boil, turn down to a low simmer and cover until the apples are completely softened, about 10 minutes.

Step 3: Remove from the heat and strain the apples. Allow to cool slightly, then add to a food processor or blender and blend until smooth. Taste and add more cinnamon and salt if desired.

Step 4: Store homemade applesauce in an airtight container or Mason jar in the refrigerator for up to one week. To freeze, pour the homemade applesauce into an ice cube tray and let it cool completely. Once cooled, slide the tray into a freezer bag, seal, and place it in the freezer. Freeze for up to 4 months.

Storage Tips: Freeze homemade applesauce in a silicone ice cube tray in easy baking proportions, such as $\frac{1}{4}$ cup or $\frac{1}{2}$ cup, to make for easier future use.

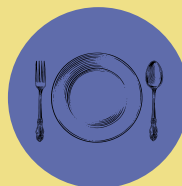
Kimbap

School: École Macaulay Elementary, Victoria, B.C.

Grade: 3, 4



Snack: Dairy-free, Gluten-free, Halal



Serves:
15 - 20



Prep time:
30 minutes



Cook time:
40 minutes

Recipe Story

The submission of this recipe came from a celebration of Lunar New Year (Seollal). A Korean student's parents came into our class and taught us about how they celebrate Seollal and the symbolic meanings behind the vibrant colors in Korean food. Kimbap is a snack that Korean parents may also make and give to teachers as a thank you gift. The students loved having the experience of choosing what they wanted to put in their roll and doing it themselves.

Our school is situated on the ancestral and biodiverse lands of the Esquimalt and Songhees peoples, who have cared for and stewarded this land since time immemorial. Their deep connection to nature continues to guide us through the wisdom they share about the plants and animals that thrive here.

B.C. Ingredients

The ingredients that we are showcasing in this versatile and delicious lunch or snack are B.C. carrots, eggs, and spinach. When shopping at the grocery store, we looked at the labels to see where the product was grown and shipped from; the eggs are from Rabbit River Farms in Abbotsford and the spinach and carrots are Vancouver Island grown.

Ingredients

- Nori (aka seaweed paper), 15 sheets (one sheet per roll)
- 1.5kg (7 ½ cups) Korean or sushi rice
- 1.8L (7 ½ cups) water for cooking the rice

Rice Seasoning:

- 60mL (¼ cup) sesame oil
- 15g (1 Tbsp) salt
- 30g (3 Tbsp) roasted sesame seeds

Fillings:

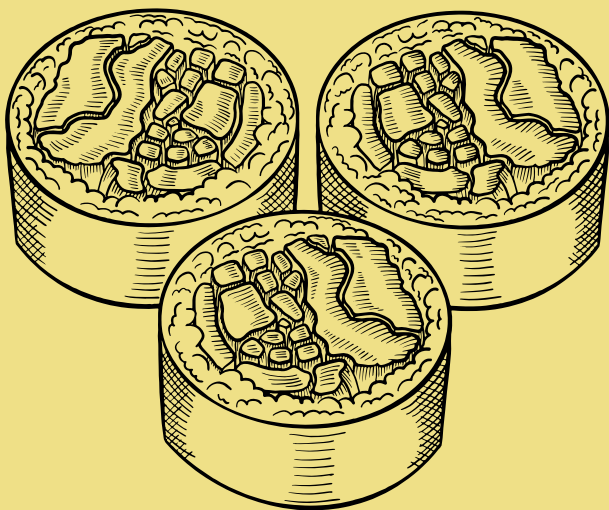
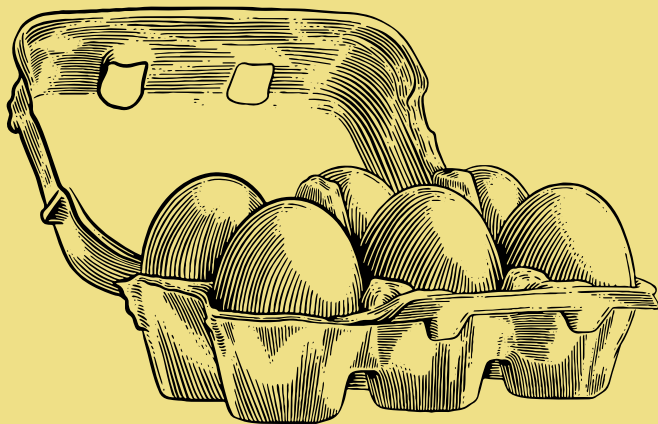
- 10 large eggs, scrambled and seasoned with a pinch of salt
- 600g (5 cups) carrots, julienned or shredded
- 600g (3 ⅓ cups) spinach, blanched and seasoned with sesame oil and salt
- 450g (3 ⅔ cups) pickled radish (danmuji), cut into long strips
- 600g (2 ⅔ cups) ground beef, seasoned with 60mL (¼ cup) soy sauce
- 100mL (½ cup) sesame oil for cooking and seasoning
- A small bowl filled with water for wetting the end of the roll

Directions

Step 1: Cook the rice for 20 minutes, then add the rice seasoning and let the rice cool slightly. It is best to make the rolls when the rice is slightly warm.

Step 2: Prepare the fillings for the kimbap:

- Scramble the eggs in a bowl and make thin omelets in a frying pan. Once cooked, slice into long strips and place on a plate.
- Thinly slice the pickled radish and place on a plate until you are ready to roll the kimbap. Thinly slice, or shred the carrot with a grater. Sauté the carrot with some sesame oil in the same pan as the eggs (remove the eggs from the pan).
- Blanch the bunch of spinach in some hot water, squeeze out water, and season with sesame oil and salt. Place in a bowl.
- Put the ground beef in a frying pan and heat until cooked, season with soy sauce and sesame oil for flavour.



Directions

Step 3: Rolling the kimbap:

- After the fillings are prepared, now comes the fun part to roll the kimbap!
- Roll out your bamboo mat flat and arrange the toppings that you would like in your roll toward the bottom of the mat.
- Place a sheet of nori, shiny side down, rough side up, on the bamboo mat. Spread a thin layer of rice on the nori, leaving 2 adult sized fingers or 3 child sized fingers clear of rice for rolling at the top of the nori.
- Roll tightly towards the top that is clear of rice. Use the bamboo mat to gently squeeze the roll so that it sticks together.
- Seal the end of the seaweed with some water on your fingers.

Step 4: Brush and slice into bite-size pieces:

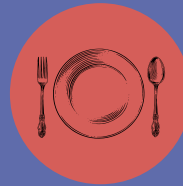
- Lightly brush some sesame oil on the roll, slice into bite sized pieces, place on a plate and sprinkle with sesame seeds, if desired.

Lemon Zucchini Muffins

School: Abbotsford Traditional School, Abbotsford, B.C.

Grade: 9 - 12

Snack: Vegetarian



Serves:
12



Prep time:
12 minutes



Cook time:
25 minutes

Recipe Story

We were excited to learn that lemons are grown here in the Fraser Valley and can be purchased locally from Local Harvest in Chilliwack. Zucchini is a popular vegetable abundant during the spring and summer months. They are versatile and can be easily frozen for use all year long. We wanted to pair zucchini's moist, subtle qualities with lemon's bright citrus flavours.

B.C. Ingredients

Shopping at a local market that sells B.C. products helped us source the lemons, zucchini, yogurt, and eggs. The flour is Rogers Flour, which uses both B.C. and Alberta grains.

We acknowledge that the Abbotsford School District is located on the traditional and unceded territory of the Semá:th First Nation and Mathxwí First Nation. With this, we respect the longstanding relationships that Indigenous Nations have to this land, as they are the original caretakers.

Ingredients

Muffins:

- 375mL (1 ½ cups) all-purpose flour
- 2.5mL (½ tsp) baking powder
- 2.5mL (½ tsp) baking soda
- 2.5mL (½ tsp) salt
- 125mL (½ cup) canola oil
- 125mL (½ cup) unsweetened Greek yogurt
- 2 large eggs
- 185mL (¾ cup) granulated sugar
- 5mL (1 tsp) vanilla extract
- 15mL (1 Tbsp) lemon juice
- Zest of 2 lemons
- 375mL (1 ½ cups) grated zucchini

Lemon Glaze:

- 80mL (⅓ cup) icing sugar
- 30mL (2 Tbsp) lemon juice



Directions

For the muffins:

- Preheat oven to 350°F.
- Prepare 12 cup muffin tin with muffin liners.
- In a large bowl, mix together oil, yogurt, eggs, granulated sugar, vanilla, lemon juice, and lemon zest.
- In a medium sized bowl sift together flour, baking powder, baking soda, and salt.
- Fold the dry ingredients (in medium bowl) into liquid ingredients (large bowl). Stir just until you can no longer see the flour mixture.
- Fold in grated zucchini.
- Fill muffin tin liners ¾ full.
- Place in the centre of the oven and bake for about 23 minutes.
- Muffins will be ready when a toothpick inserted into a muffin comes out clean, without any crumbs.
- Allow to cool before eating. Enjoy!

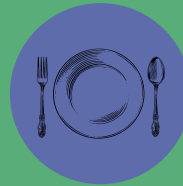
For the glaze:

- Add icing sugar to a small bowl.
- To avoid lumps, gradually stir in lemon juice. This will make a smooth glaze.
- Drizzle over cooled muffins.

Pemmican

School: Alternative Community Programs (ACP), Prince George, B.C.
Grades: 9 - 12

Snack: Dairy-free, Gluten-free, Halal



Serves:
20 - 30



Prep time:
45 minutes*



Cook time:
30 minutes

*Drying meat will take 24 hours beforehand.

Recipe Story

We chose this recipe to learn more about the history of Canada and of the Metis and First Nations peoples who used pemmican as a winter or travel foodstuff for many centuries. I was able to use the pemmican as a way to teach about the history of Canada, and of our local region as well. We went over how Metis groups would traditionally prepare pemmican, why they would do so, and what traditional ways of food preparation entailed.

We respectfully acknowledge that we are situated upon the unceded traditional and ancestral lands of the Lheidli T'enneh on whose land we live, work, and play. We also acknowledge that this recipe is traditionally made by the Cree and Metis peoples of the Great Plains of both Canada and the United States.

B.C. Ingredients

The beef suet came from Homesteader's Meats – a local butcher shop in Prince George that only uses local cattle from northern B.C. The moose was donated by EA Jillian who works for our school. The blueberries were picked at Bear Lake by Mary, our school's secretary. The raspberries were picked by Rennae, one of our teachers. The honey we used to help season the pemmican was from the Peace River Honey Company.

Ingredients

- 907g dried meat (we used a moose roast, but this can also be done with beef, venison, bear, or any relatively lean cut).
- 140-375mL ($\frac{1}{2}$ – $1\frac{1}{2}$ cups) dried berries (we used local blueberries and raspberries with a dehydrator but you can use anything from cherries to raisins, or even other dried fruits like apples or dates, and they can be dried in an oven instead).
- 350-450g ($1\frac{1}{2}$ – 2 cups) suet (we used beef suet but moose, bison, or bear fat can work. Lard or clarified butter/ghee can work too but are not as long lasting).

Seasonings and sweeteners:

- 15-45mL of either honey or maple syrup.
- 10mL (2 tsp) salt
- 10mL (2 tsp) black pepper
- Any other dried spices or flavors you want to add.



Directions

Step 1: Turn the meat into dried meat or jerky - note you need to do this step 24 hours before!

This can be done traditionally using a drying or smoking rack, or can be done using an oven. For the oven method - cut the roast into thin slices, about 1/4 -inch to 1/8-inch-thick (0.3-0.8 cm) and place in a large Ziploc bag. Remove any excess fat or silverskin as you slice it. Cover with all the marinade ingredients and toss to evenly coat. Let sit in the fridge overnight, or up to 24 hours.

Step 2: Dry the meat:

Take meat out of the marinade and pat dry with paper towels. Place on a wire rack set over a baking sheet. Make sure to cover the baking sheet in foil or paper to catch any drippings. Bake at 170°F (77°C) for 4-5 hours, rotating and flipping the slices every hour or so. The meat is done when it is dark brown and very dry, but with a slight bit of a chew left to it.

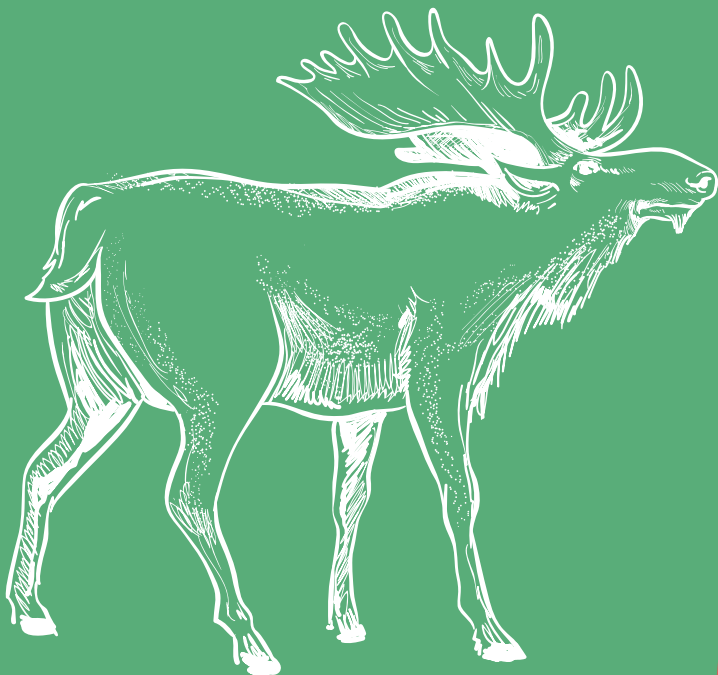
Step 3: Dry the berries:

The blueberries can be dried in an oven in much the same way as the meat. Put the berries on a rack over a paper or foil-lined baking sheet at 170°F (77°C) for around 3 hours. You can also use a dehydrator overnight for both of these processes.

Ingredients

Marinade for the meat:

- 250mL (1 cup) soy sauce
- 60mL (¼ cup) maple syrup
- 30mL (2 Tbsp) brown sugar
- 30mL (2 Tbsp) liquid smoke (we used hickory flavored)
- 5mL (1 tsp) garlic powder
- 5mL (1 tsp) onion powder
- 15mL (1 Tbsp) paprika
- 2.5mL (½ tsp) allspice
- 2.5mL (½ tsp) ground ginger
- 30mL (2 Tbsp) Worcestershire sauce
- 15mL (1 Tbsp) black pepper



Directions

Step 4: Make the pemmican:

- Melt the suet in a saucepan over the stovetop and bring to a boil.
- While the fat is melting, pound the dried meat into a powder either using a mortar and pestle, a blender, or a food processor.
- Mix the meat and dried berries in a large heat-proof bowl along with any desired seasonings. Then pour the liquid fat over top of the mixture. Use a strainer to catch any solid clumps in the fat.
- Pour the mixture in a large casserole dish and spread flat and even. Allow to cool and solidify.
- Once solid, cut the pemmican into small bars that can be eaten as portable power bars.

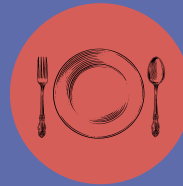
Roasted Tomatillo Salsa

School: Pemberton Secondary School, Pemberton, B.C.

Grade: 8 - 12



Snack: Vegetarian, Halal



Serves:
5



Prep time:
20 minutes



Cook time:
15 - 20
minutes

Recipe Story

The significance of this recipe is that it was new to most of the class, giving students an opportunity to try cooking and eating a new food. In Pemberton, our summers get very hot, allowing us to grow vegetables like tomatillos very well. Highlighting this vegetable in our recipe gave us the opportunity to celebrate our growing region and climate, and the land we grow food on.

B.C. Ingredients

If you were making this recipe in the spring, summer, or fall, you could get locally grown cilantro and jalapeños. We grow both of these vegetables in our school garden, and know local farms like Laughing Crow Organics and Plenty Wild Farms who grow and sell them as well. The canola oil we used is grown in our neighbouring Canadian prairie provinces.

This recipe was prepared with foods grown on, and by students living on, the unceded ancestral lands of the Lil'wat Nation. This recipe celebrates locally grown food in its featured ingredients, and highlights the rich agricultural soils we are grateful to be growing food on. We want to acknowledge, respect, and uplift the historical and continued stewardship of this land by the Lil'wat Nation, and empower the youngest generation of First Nation students at Pemberton Secondary School to be food champions and leaders in food and land.

Ingredients

- 700g (~15 tomatillos) fresh or frozen
- 125mL (½ cup) chopped white onion
- 1 small clove of garlic
- 125mL (½ cup) chopped cilantro
- 30mL (2 Tbsp) fresh lime juice
- 1 jalapeño pepper
- 30mL (2 Tbsp) canola oil
- 5-10mL (1-2 tsp) salt, or to taste



Directions

Step 1: Preheat oven to 450°F and line a baking sheet with parchment paper. Pat tomatillos dry and place on the baking sheet.

Step 2: Cut the jalapeño in half, cut off the stem, and remove seeds (for spicier salsa, keep some of the seeds in). Add the jalapeño to the baking sheet. Drizzle the tomatillos and jalapeño with oil and half of your salt.

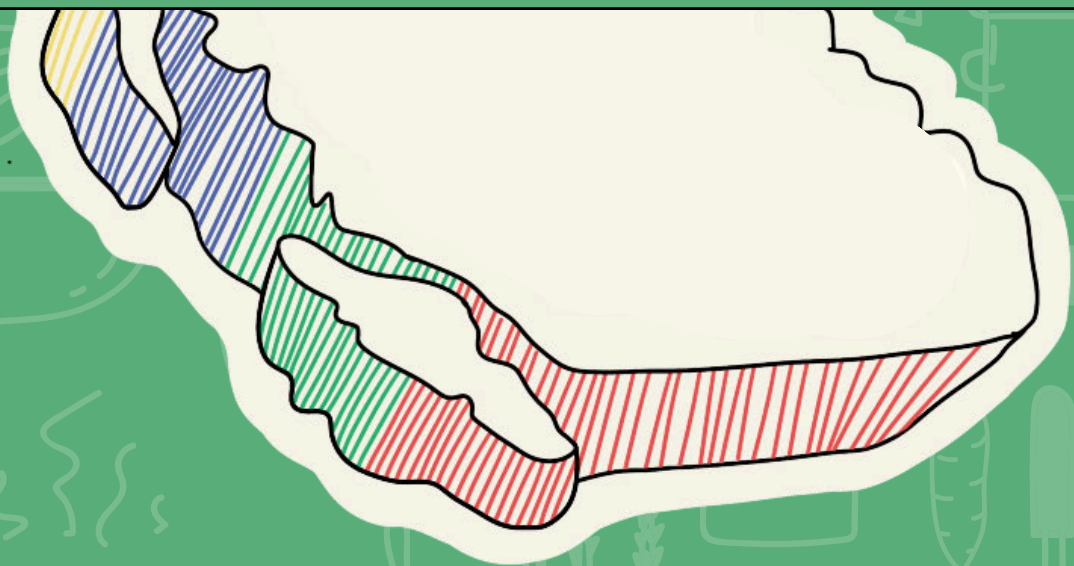
Step 3: Bake for 15-20 minutes until tomatillos are lightly browned, then remove from the oven and cool for 5 minutes.

Step 4: Add the roasted tomatillos, jalapeño, chopped onions, garlic, cilantro, lime juice, and remaining salt into your blender and pulse until well blended. Add water to thin as needed.

Step 5: Serve with tortilla chips or add to an egg and cheese breakfast sandwich for a more balanced meal. Enjoy!



Lunch 

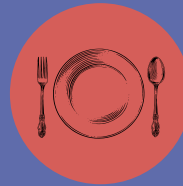


B.C. Salmon and Corn Chowder

School: Thomas Haney Secondary, Maple Ridge, B.C.

Grade: 10 - 12

Lunch



Serves:
10



Prep time:
15 - 20
minutes



Cook time:
30 minutes

Recipe Story

This recipe was created for our annual School District #42 Chowder Competition, which is held every May, with students competing from the four Culinary Arts programs in the district. This recipe honors the Katzie and Kwantlen First Nation. Our culinary students also help cater their annual awards recognition dinner!

We at Thomas Haney respectfully acknowledge that we are living, learning and playing on the unceded lands of Katzie First Nation who share history with Kwantlen First Nation. We are grateful to have the opportunity to learn and grow as people on this land, but we also recognize the harm and loss that has been, and continues to be felt, due to colonization. After all the pain and destruction brought by colonization the land continues to sustain us as long as we take only what is needed. We are committed to repairing and continuing the reciprocal relationship between people and land that has been kept alive by Katzie First Nation since time immemorial.

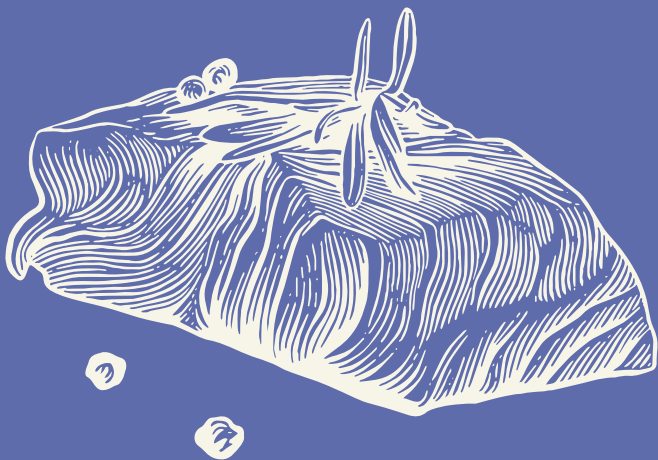
B.C. Ingredients

The wild salmon is a B.C. food product sourced locally through Bruce's Market in Maple Ridge.

The corn was sourced at Well's Farm Market in Agassiz, owned by a local family.

Ingredients

- 200g wild B.C. salmon
- 100mL ($\frac{1}{2}$ cup) fresh or frozen corn
- 15mL (1 Tbsp) olive oil
- 100g onion ($\frac{2}{3}$ cup), diced small
- 50g ($\frac{1}{2}$ cup) celery, diced small
- 100g ($\frac{2}{3}$ cup) bell peppers
- 6 cloves of garlic, minced
- 250g (1 $\frac{3}{4}$ cup) potatoes, medium diced
- 2L (8 $\frac{1}{2}$ cups) vegetable stock
- 250mL (1 cup) milk
- 250mL (1 cup) whipping cream
- 15mL (1 Tbsp) chopped fresh parsley
- 15mL (1 Tbsp) lemon juice
- Salt and ground black pepper to taste



Directions

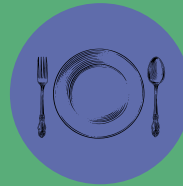
1. Bake or pan-fry salmon until internal temperature of 70°C (158°F) is reached.
2. In a pot, add the olive oil. Then over medium-low heat, cook onion, celery, bell pepper, and garlic until soft and lightly golden.
3. Add the corn, potato, vegetable stock, and milk.
4. Bring to a boil then reduce the heat and simmer partially covered for about 20 minutes, or until the potatoes are soft.
5. Reduce the heat to low.
6. Add the cooked salmon.
7. Stir in the cream, parsley, and lemon juice.
8. Season with salt and black pepper to taste.

Banh Mi Sandwich

School: Westview Learning Center, Duncan, B.C.

Grade: 7

Lunch: Vegetarian, Dairy-free



Serves:
8



Prep time:
30 minutes



Cook time:
20 minutes

Recipe Story

We choose this recipe because we love finding ways to preserve vegetables. By picking local fresh vegetables we can have them later in the season to enjoy. We have been experimenting with different foods from other cultures so when we made the banh mi sandwich in class everyone really enjoyed it. We all wanted to share our delicious experience.

B.C. Ingredients

Our carrots came from Tatlo Farm in Crofton. Our cabbage came from Digable Roots in Duncan. The cucumbers came from a hothouse in Saanich. The hot sauce is from The Chili Farm in Duncan. Our baguette came from Hank's Bakery, also located in Duncan.

We respectfully acknowledge the unceded traditional territory of the Halalt, Lyackson, Meluxuh (Malahat) Peneluxth' (Penelakut), Quw'utsun, Stz-umnus, Ts'uubaa-asatx nations and the traditional keepers of their land.

Ingredients

- 1 wholegrain baguette
- 2 carrots, peeled
- 1 small cabbage, thinly sliced
- 1 cucumber, thinly sliced
- 1 small red onion, thinly sliced
- 480mL (2 cups) white vinegar
- 480mL (2 cups) water
- 100g (½ cup) granulated sugar
- Cilantro sprigs to taste
- 500g (17.5 oz) extra firm tofu
- 1 small knob ginger, grated
- 15mL (1 Tbsp) sesame oil
- 1 lime, juice and zest
- 60mL (4 Tbsp) soy sauce
- ¼ tsp fresh ground pepper
- Spicy mayo to taste
- 60mL (4 Tbsp) mayonnaise
- 10mL (2 tsp) hot sauce
- 10mL (2 tsp) soy sauce



Directions

Step 1: Create tofu marinade: Combine grated ginger, lime zest & juice, 4 Tbsp gluten free soy sauce, sesame oil, and fresh ground pepper in a medium sized bowl.

Step 2: Cut tofu in ¼ inch pieces and toss in marinade. After it's marinated for at least 15 minutes, you can fry in a non-stick pan (add 1 tsp of oil to a non-stick pan) and fry until golden brown.

Step 3: Make the pickling liquid: Heat water, vinegar and granulated sugar till sugar dissolves (about 10 minutes). Remove from heat.

Step 4: Make the pickled veggies: Place vegetables into glass mason jars (approximately 1 cup packed) and top with warm pickling liquid. Place into fridge uncovered, to cool for sandwiches.

Step 5: For the spicy mayonnaise: Combine ingredients in a small bowl: Mayo, hot sauce and 2 tsp soy sauce.

Step 6: Slice baguette length-wise and lightly toast in the oven.

Step 7: Build your sandwich by spreading the desired amount of spicy mayonnaise on both sides, ¼ tofu, ¼ cup of pickled vegetables. Garnish with fresh sprigs of cilantro.

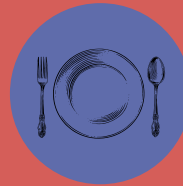
Bannock is B.E.T.T.A (Bacon, Elk, Tomato, Tea, Apple)

School: Airport Elementary, Comox, B.C.

Grade: 7



Lunch: Vegetarian, Vegan,
Dairy-Free, Gluten-Free



Serves:
24



Prep time:
30 minutes



Cook time:
45 minutes

Recipe Story

We wanted to create a recipe that had as many local ingredients as possible and had an Indigenous element. After much debate, we settled on a pizza! For our meat pizza, we wanted something unique, local, and healthy. We decided on elk since there are many elk near where we live and we even got some slices of elk pepperoni from Gunter Bros butcher.

B.C. Ingredients

All of the vegetables used on our pizzas are locally grown throughout the Comox Valley. The elk we used in our pizza we got from the local butcher shop, Gunter Bros. We also used smoked garlic and onion that is made from a local smoke house here in our valley.

We are the Grade 7 students of Airport Elementary. We are from many great cities and provinces of this incredible country as well as from lands abroad. We are on the unceded territory of the Pent'ach, Sahltoot, Sasitla, leeksun and Puntledge peoples. We love to spend time in nature; fishing, playing, foraging, hiking, hunting and exploring the hidden treasures of this beautiful land. We promise to keep the water clean and safe and protect the forests. We will listen to the stories and respectfully preserve it through time. We commit to meaningful reconciliation that benefits all people and future generations.

Ingredients

Bannock dough:

- 720g (5 $\frac{3}{4}$ cups) flour
- 60mL (4 Tbsp) baking powder
- 25g sugar (2 Tbsp)
- 5mL (1 tsp) salt
- 115g ($\frac{1}{2}$ cup) margarine
- 720mL (3 cups) water

Meat option:

- 225g (8 oz) elk meat, sausage or ground
- 120g ($\frac{1}{2}$ cup) chopped bacon
- 90g ($\frac{1}{2}$ cup) chopped tomato
- 40g ($\frac{1}{4}$ cup) chopped onion
- 75g ($\frac{1}{2}$ cup) chopped peppers
- 75g ($\frac{1}{2}$ cup) chopped apples
- 200g (2 cups) mozzarella

Vegetarian option:

- 50g ($\frac{1}{3}$ cup) feta crumbles
- 200g (2 cups) mozzarella
- 90g ($\frac{1}{2}$ cup) chopped tomato
- 75g ($\frac{1}{2}$ cup) chopped peppers
- 75g ($\frac{1}{2}$ cup) chopped apples

Pizza sauce:

- 170g (11 Tbsp) tomato paste
- 425g (1 $\frac{3}{4}$ cup) crushed tomatoes
- 30mL (2 Tbsp) dried oregano
- 30mL (2 Tbsp) Italian seasoning
- 5mL (1 tsp) garlic powder
- 5mL (1 tsp) onion powder
- 5mL (1 tsp) salt
- 5mL (1 tsp) sugar

Directions

Step 1: Prepare bannock:

- Preheat oven to 425°F.
- Mix flour, baking powder, sugar, and salt in a bowl.
- Add in margarine and mix until it resembles sand.
- Add in 720mL (1 $\frac{1}{2}$ cups) water and mix in to form a dough.
- Add more water slowly if needed. Knead dough into a ball.
- Grease baking pan, roll out dough with rolling pin until it reaches the size of the pan.
- Bake in the preheated oven for 20 minutes or until golden.

Step 2: Prep the meat:

- In a frying pan, cook and brown the elk meat. In a separate pan, fry bacon until crisp then chop into smaller pieces.

Step 3: Make sauce:

- In a blender, add together tomato paste, crushed tomatoes, garlic, onion powder, Italian seasoning, oregano, salt, and sugar. Blend until smooth in consistency.

Step 4: Prep all toppings:

- Chop all veggies and apples.
- Cook bacon and sausage.
- Shred Mozzarella cheese.



Directions

Step 5: Prep Pizza

Meat version:

- Spread sauce evenly over bannock crust.
- Top with $\frac{1}{2}$ the mozzarella cheese.
- Add veggies, apple, elk, and bacon.
- Top with other $\frac{1}{2}$ of mozzarella cheese.
- Bake in a preheated oven for 10 minutes or until the cheese is melted and the crust is golden.
- Slice into 24 square pieces.

Veggie version:

- Spread sauce evenly over bannock crust.
- Top with $\frac{1}{2}$ the mozzarella cheese.
- Add veggies and apples.
- Top with feta and remaining mozzarella cheese.
- Bake in a preheated oven for 10 minutes or until cheese is melted and the crust is golden.
- Slice into 24 square slices.

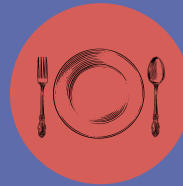
Bannock Tacos

School: Educational Services School, Lee School, Surrey, B.C.

Grade: 8 - 12



Lunch: Vegetarian



Serves:
10 - 12



Prep time:
45 minutes



Cook time:
30 minutes

Recipe Story

For us, cooking is an important activity for reducing anxiety and building connections, and it also allows students to share their cultural backgrounds. This year, one of our students, from the Gitxsan Nation in Kispiox, suggested Bannock Tacos. This dish holds special meaning for him, representing his culture and family traditions, reminding him of the first time he tasted it, and reminding him of the moments he shares with his mom.

B.C. Ingredients

Bread is the third most purchased product by schools in B.C., and we taught students how to make Bannock, a flour-based Coast Salish dish. By making Bannock Tacos, we highlighted bread's versatility, and how it complements both baked and fried dishes. We also focused on locally sourced milk, using Dairyland products, a Canadian company with the "Buy BC" logo, to teach students about supporting local B.C. producers.

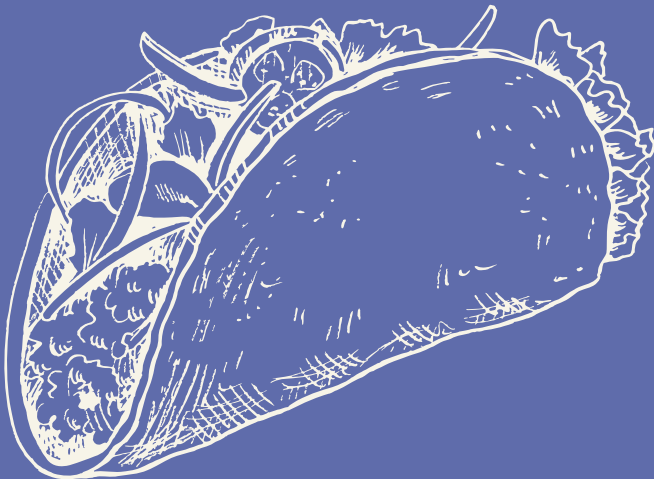
Lee School sits on the traditional, ancestral, and unceded territories of the Coast Salish Peoples: The ǵíćǵý - Katzie, the ǵʷa:ńł'əń - Kwantlen and the SEMYOME - Semiahmoo First Nations who have called this land home since time immemorial. As members of this community -educators and students alike - we are grateful to learn, play, and eat, on this land as uninvited guests. In our journey of unlearning and relearning, we strive for reciprocity by incorporating land-based relationships through garden-to-table cooking, whenever we can.

Ingredients

- 376 g (3 cups) of unbleached flour
- 15mL (1 Tbsp) baking powder
- 5mL (1 tsp) salt
- 0.5mL ($\frac{1}{8}$ tsp) baking soda
- 180g ($\frac{3}{4}$ cup) of milk or soy milk
- 170g ($\frac{3}{4}$ cup) of hot water
- 15mL (1 Tbsp) canola oil
- 180g (1 cup) diced tomatoes
- 105g (3 cups) chopped lettuce
- 135g (1 cup) diced white onion
- 350g (2 cups) of black beans

Optional Ingredients:

- 225g (2 cups) of shredded cheddar cheese
- 1kg (4 $\frac{1}{2}$ cups) of raw ground beef or chicken



Directions

Step 1: Sift together flour, baking powder, salt, and baking soda into a medium sized bowl.

Step 2: After sifting the dry ingredients into a bowl, gradually add milk and hot water. Stir the mixture into a smooth dough.

Step 3: Once the ingredients are mixed into a smooth dough, lightly flour your cutting board. Place the dough on the cutting board and lightly knead the dough with oiled hands.

Step 4: Once kneaded, gradually rub the remainder of the oil on the dough. Cover the dough and let it rest for 30 minutes in room temperature.

Step 5: Once the dough has rested, divide the dough into equal portions and gently shape each piece into palm size portions.

Step 6: Preheat your stove to medium heat and add 1-2 inches of oil to the pan. Once the oil is hot, carefully deep fry the dough for 1 minute each side, or until golden brown. Be sure to turn the dough gently to ensure even cooking.

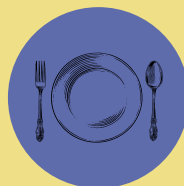
Step 7: Top your Bannock Tacos with tomatoes, onions, lettuce, black beans, or any other ingredients of your choice! Enjoy!!!

Beef Pancit Canton

School: Traditional Learning Academy, Surrey, B.C.

Grade: K - 7

Lunch: Dairy-free



Serves:
8 - 10



Prep time:
15 minutes



Cook time:
30 minutes

Recipe Story

In December our class held a pot luck we called "Feast of the Nations" where we celebrated the culture and heritage of the students in our class. This dish was brought forward by a brother and sister in the class, whose parents are from the Philippines, where this is a popular dish. It was a huge hit among the class and was chosen based on its popularity at our pot luck, and for how it celebrates the diversity.

B.C. Ingredients

The carrots, scallions and red bell pepper are all from Delta farms. The shrimp were purchased directly from a local Ladner fisherman called Rock the Boat. The beef is part of a cow my family purchased from a farm in Abbotsford, and processed by a butcher in Abbotsford, Karl's Meats. The chicken broth was made from a chicken that was gifted to me from a friend.

We respectfully acknowledge the unceded traditional territories of the Semiahmoo, Katzie, Kwikwetlem, Kwantlen, Qayqayt and Tsawwassen First Nations, on whose lands we gather to learn. The sustenance and resources we enjoy are gifts from these lands and the stewardship of those who came before us. We honour and recognize the enduring connection and care of the original caretakers of this land, whose knowledge and traditions continue to guide us in our commitment to respect and sustainability. May we proceed in harmony and gratitude for the land and its people.

Ingredients

- 250g (3 ⅓ cups) pancit canton noodles
- 115g (4 oz) thinly sliced steak
- 8 shrimps, with head
- 1 bulb of garlic, minced
- 1 large onion, diced
- 2 carrots, julienned
- 1 small green cabbage, thinly sliced
- 3 celery stalks, thinly sliced
- 1 large red bell pepper, thinly sliced
- 8 shiitake mushrooms, thinly sliced
- 10 snap peas
- 2-3 scallions thinly sliced
- 1 tetra pack of chicken broth
- 15mL (1 Tbsp) oyster sauce
- 45mL (3 Tbsp) of cooking oil
- 30mL (2 Tbsp) of soy sauce
- 240mL (1 cup) water
- Sesame seeds for topping

Directions

Step 1: Add 480mL of water into a small pot. Remove the heads of the shrimp and add to the water. Bring to a simmer for 30 minutes.

Step 2: In a large wok, heat the cooking oil. Add the onion and cook until translucent. Add the garlic and cook until fragrant, about 2 minutes.

Step 3: Next add the sliced beef. Stir briefly, then add soy sauce and the cup of water. Cover and let simmer for 5 minutes.

Step 4: Uncover and add carrots, celery and mushrooms. Stir to combine for about 3 minutes. Then add the cabbage and bell pepper. Cook for 2 minutes.

Step 5: Remove everything from the wok and set aside. Add chicken broth to the wok, the oyster sauce, the shrimp broth and season with salt and pepper to taste. Bring to a simmer and add the noodles. Cook until just soft.

Step 6: Put all ingredients back into the wok, along with the peeled shrimp and the snap peas. Mix gently with the noodles and heat through.

Step 7: Serve while hot, topping with the scallions and the sesame seeds.

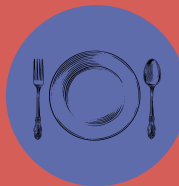
Buckwheat Salmon and Chive Crepes

School: École du Bois-Joli, Delta, B.C.

Grade: 5, 6, 7



Lunch: Vegetarian option (without salmon), Gluten-free



Serves:
20



Prep time:
25 minutes



Cook time:
30 minutes

Recipe Story

As a Francophone school, it is our pride to integrate elements of French cuisine in our education. Buckwheat crepes are originally from Brittany, a western region of France. The region is characterized by poor agricultural land, and buckwheat is one of the few crops that could be cultivated. The dish is also easy for elementary students to prepare and is gluten-free so all can enjoy.

B.C. Ingredients

The buckwheat flour is organic and from Anita's Organic Mill in Chilliwack. Our milk and sour cream came from Avalon Dairy, and is organic. The eggs are free range from Island Gold on Vancouver Island. The mixed greens are organic from Crophorne Farm, a local organic farm.

We are grateful to the Tsawwassen First Nation for welcoming us to their traditional, ancestral territory. It is our moral responsibility to ensure that our encounters and actions are consistent with indigenous values and interests as we walk together along the path of reconciliation.

Ingredients

Crepe Batter:

- 400g (3 ¼ cups) of buckwheat flour
- 3 eggs
- 500mL (2 cups) milk
- 500mL (2 cups) water
- 15mL (1 Tbsp) salt
- 100g (½ cup) melted butter

Sauce:

- 500mL (2 cups) sour cream
- Juice of 1 lemon, freshly squeezed
- 1 bunch of finely chopped chives
- Pinch of salt, to taste
- Pinch of pepper, to taste

Filling:

- 400g (4 cups) Emmental cheese, grated
- 454g (16 oz) smoked wild salmon, sliced
- Mixed greens (lettuce, spinach)



Directions

Note: This recipe requires you to leave the dough to rest in a cool place for 4-5 hours for best results. If you don't have this amount of time, 2 hours is suffice.

Step 1: Prepare the batter: Mix all ingredients, except butter. Leave the dough to rest in a cool place for 4-5 hours.

Step 2: Melt butter and add to the dough before cooking.

Step 3: Prepare the sauce: Mix sour cream with lemon juice. Add salt and pepper to taste. Add finely chopped chive.

Step 4: Preheat the crepe-maker or frying pan. Make sure it's very hot before you ladle the batter.

Step 5: Pour 1 ice cream scoop of batter. Spread with spatula. Sprinkle grated cheese on the circle of batter. Add a few slices of salmon.

Step 6: Once the crepe is cooked, fold the four sides towards the middle, like an envelope.

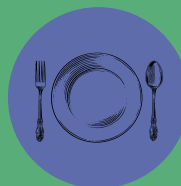
Step 7: Serve the crepe on a plate with a dollop of cream with the salad on the side

Butter Chicken

School: St. Ann's Academy, KamLoops, B.C.

Grade: 10, 12

Lunch: Gluten-free, Halal



Serves:
2



Prep time:
30 minutes



Cook time:
15 minutes

Recipe Story

In pairs, we came up with a proposed dish for the competition. After presenting our proposals to the class, we voted. We chose to submit this butter chicken recipe as it was very tasty and also as a nod to the diversity of our school and province.

B.C. Ingredients

The chicken used in this recipe, as well as the half and half cream, were both labeled "Product of B.C." and our garlic was labeled as grown in Richmond, B.C.

This recipe was developed on the traditional and unceded territory of the Tk'emLúps te Secwépemc people.

Ingredients

- 10mL (1 Tbsp) butter
- ¼ onion, diced
- 2mL (½ tsp) ginger paste
- 1 clove garlic, minced
- 1 chicken breast, cut into 2cm cubes
- 80mL (⅓ cup) tomato sauce
- 5mL (1 tsp) garam masala
- 2mL (½ tsp) chili powder
- 2mL (½ tsp) fenugreek
- 2mL (½ tsp) cumin
- 1mL (¼ tsp) salt
- 1mL (¼ tsp) black pepper
- 80mL (⅓ cup) half and half cream

Coconut Rice:

- 60mL (¼ cup) uncooked rice
- 50mL (¼ cup) water
- 50mL (¼ cup) coconut milk



Directions

Step 1: Heat a skillet over medium high heat. Add butter and melt. Add onions and cook until soft and lightly golden. Then add ginger and garlic and cook until fragrant and soft.

Step 2: Add chicken, tomato sauce, and spices. Cook 5-6 minutes or until chicken is cooked through.

Step 3: Add the cream and simmer for 8-10 minutes, stirring occasionally.

Step 4: While chicken is simmering, cook your rice. Bring the water and coconut milk to a boil in a separate small pot. Add rice, cover, and turn the heat down to low (1-2). Cook for 13 minutes or until all the water has been absorbed. Stir gently with a fork.

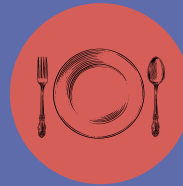
Spoon your butter chicken on top of rice, and serve with naan if you wish.

Butternut Squash Gnocchi with Passata

School: Traditional Learning Academy, Vancouver, B.C.

Grade: K - 7

Lunch: Vegetarian



Serves:
6



Prep time:
60 minutes



Cook time:
5 - 10
minutes

Recipe Story

As a class we looked at the GrowBC map that lists different produce and meat in our area, along with the Canada Food Guide. The students used these as a reference point to come up with recipe ideas. They also gathered items they had from their gardens. Two of our students expressed that their mom's squash gnocchi was amazing, and the ingredients met the criteria.

B.C. Ingredients

The butternut squash came from the garden of two students who are sisters. The Passata was canned by the teacher with tomatoes from her own garden. The whipping cream is by Avalon, an organic dairy farm in Burnaby. The sour cream is from Olympic Dairy. The farm is located in the Rocky Mountains of B.C. but processed right here in Ladner, where I live.

We respectfully acknowledge the unceded traditional territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and səliłwətał (Tseil-Waututh) Nations, on whose lands we gather to learn. The sustenance and resources we enjoy are gifts from these lands and the stewardship of those who came before us. We honour and recognize the enduring connection and care of the original caretakers of this land, whose knowledge and traditions continue to guide us in our commitment to respect and sustainability. May we proceed in harmony and gratitude for the land and its people.

Ingredients

- 1 medium butternut squash
- 30mL (2 Tbsp) olive oil
- Salt and nutmeg to taste
- 120g (1 cup) all-purpose flour
- 80g ($\frac{3}{4}$ cup) sour cream
- 240mL (1 cup) whipping cream to make butter
- 200-500g (1-2 $\frac{1}{4}$ cups) nutritional yeast (for topping)
- 200mL (small jar/tin) of Passata

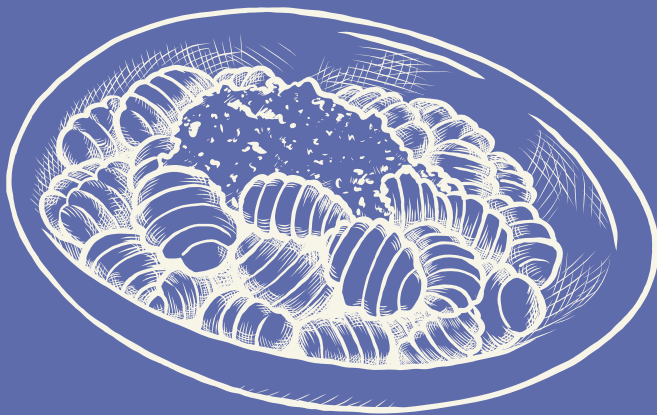


Directions

Step 1: Preheat oven to 375°F. Cut the squash in half, lengthwise. Rub with olive oil and sprinkle with salt. Place exposed squash side down on the cooking sheet. Roast for 30-40 minutes, until pierced easily with a fork or knife.

Step 2: While squash is roasting, make the butter. Place 1 tsp of salt into the mason jar and 1 cup of whipping cream. Shake vigorously for about 15 minutes, checking the progress a few times throughout. Once the solids begin to separate, you know you are close. Once the solids form a large lump, separate the 'butter clump' from the buttery milk. Liquid can be reserved for another purpose. Rinse the butter under cold water 3 times until it runs clear. Set aside.

Step 3: Remove seeds and scoop the squash out of the flesh and into the food processor. Cool slightly. Measure the flour 1:1. For example, if you have 1 cup of squash, measure in 1 cup of flour. Add salt and nutmeg to taste. Pulse to combine. Add 80g sour cream to start. If it is too dry, add 1 tablespoon at a time until it forms a dough.



Directions

Step 4: Roll the dough into a long ropes on a floured surface. Cut pieces off about 3 cm each. Use a fork or a gnocchi tool with thumb, applying slight pressure to make the grooved gnocchi shape.

Step 5: Boil water, then bring to a simmer. Heat the home-made butter in a pan. Place about 20 pieces of gnocchi into the water. When it floats to the top, use a slotted spoon or wire strainer scoop to remove. Place the gnocchi into the hot pan with the butter. Fry until just crispy.

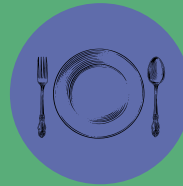
Step 6: Add the Passata to the pan and heat through. Serve warm, sprinkled with nutritional yeast.

Chicken Adobo and Sabaayad

School: Fleetwood Park Secondary School, Surrey, B.C.

Grade: 9

Lunch: Halal



Serves:
10



Prep time:
30 minutes



Cook time:
30 minutes

Recipe Story

Preserving and sharing family traditions was a key focus for this class. They found meaning in starting with their family recipes and incorporating global influences from classmates. Both recipes came from traditional family recipes including the Limin and Mohamed families. "Adobo is a dish my parents always cook, and there is so much nostalgia and joy when I eat it."

As students of Fleetwood Park Secondary, we celebrate, cook, and share on ʔə təməxʷ ʔə 'šxʷq̓ ícəyáʔt, šxʷq̓ ʷa:n̓ ʔəháʔt, šxʷməθxʷəyáʔ ʔi? səmyəmaʔt məsteyəxʷ (the land of the Katzie, Kwantlen, Matsqui and Semiamhoo people). We honor Indigenous stewardship of the land since time immemorial. We acknowledge the ingredients used from our land and honor the history, culture, and resilience of the Indigenous people. We would like to share this recipe with our school community, preserving the sacred cooking traditions, while protecting the knowledge without appropriating recipes. We promise to be respectful and use ingredients and materials with responsibility.

B.C. Ingredients

The dish features halal chicken thighs from farmers in Surrey and the Fraser Valley. The green beans were grown in the Fleetwood Park School Garden and preserved through the blanching and freezing process after the fall harvest. The carrots and onions were sourced from local BC farmers, easily identified by the "B.C. Fresh" logo!

Ingredients

- 10 pcs halal chicken thighs boneless, skinless
- 150mL ($\frac{2}{3}$ cup) sodium reduced soy sauce
- 150mL ($\frac{2}{3}$ cup) cane vinegar
- 150mL ($\frac{2}{3}$ cup) water
- 75mL ($\frac{1}{3}$ cup) brown sugar
- 3 bay leaves
- 12 cloves of garlic, smashed
- 5mL (1 tsp) black pepper
- 250mL (1 cup) parboiled, whole grain rice
- 500mL (2 cups) water
- 25 frozen green beans, cut diagonally
- 1 frozen zucchini, chopped
- 6 small carrots, diced
- 1 large onion, rough chopped
- 2 garlic cloves, minced
- 15mL (1 Tbsp) olive oil
- 15mL (1 Tbsp) butter

Sabaayad:

- 350g (2 $\frac{3}{4}$ cups) whole grain (atta) flour
- 250mL (1 cup) water
- 3mL ($\frac{1}{2}$ tsp) salt
- 10mL (2 tsp) oil

Directions

Step 1: In a large saucepan, add chicken thighs.

Step 2: To the chicken thighs, add smashed garlic cloves, brown sugar, bay leaves, black pepper, soya sauce, vinegar and 150mL water.

Step 3: Bring saucepan contents to a boil on high. Once boiling, reduce heat to medium low and simmer for 20–25 minutes. Cook chicken until internal temperature is 165°F. Remove chicken, set aside. Continue to simmer sauce until it thickens. Once thickened, return chicken to sauce.

Step 4: In a medium saucepan, combine 250mL parboiled whole grain rice and 500mL water.

Step 5: Bring to a boil, stir. Cover and cook over low heat for 20 minutes.

Step 6: In a medium cast iron fry pan, heat olive oil and butter. Sauté chopped onions until translucent.

Step 7: Add carrots, sauté until tender.

Step 8: Add garlic, sauté until tender.

Step 9: Add beans and zucchini, sauté until tender.



Directions

Step 10: In a medium mixing bowl combine flour, oil and salt. Add the water gently with your hands.

Step 11: Knead the dough until it runs very smooth for 5-10 minutes

Step 12: Using a pastry brush, brush with oil, cover and set aside for 15 minutes.

Step 13: Divide the dough into 10 balls. On a lightly floured surface, roll each piece into a rough circle about 6-8 inches in diameter.

Step 14: Brush oil on one side of the Sabaayad and spread it evenly, fold edges in, set aside. Continue squaring all pieces of dough.

Step 15: Again, on a floured surface, roll each piece out into a 5mm thick circle. Place on a hot cast iron fry pan.

Step 16: On medium heat, fry the Sabaayad, turning them once each side until golden brown. The Sabaayad will puff slightly and become crispy and brown.

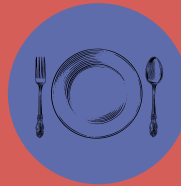
Chickpeas and Rice

School: Cindrigh Elementary, Surrey, B.C.

Grade: 7



Lunch: Vegetarian, Vegan,
Dairy-Free, Gluten-Free



Serves:
20



Prep time:
60 minutes*



Cook time:
60 minutes

*20 minutes, if using canned chickpeas. Otherwise, the chickpeas will need to be soaked overnight.

Recipe Story

This recipe is quite an important Indian staple food that has been made by many generations of Indian cultures, open for all to eat and share. Indian cultures have thought that chickpeas symbolize abundance and well-being. Rice represents prosperity and good luck. A perfect combo!

B.C. Ingredients

We used bcfooddirectory.gov.bc.ca and searched local farm websites to find out which ingredients were produced or processed in B.C. The tomatoes were grown at Windset Farms in Delta, the white onions came from Soil Farm in Langley. The chickpeas were grown by Wallace Spring Farms in Armstrong!

We would like to acknowledge the school where we work, play, and learn is on the unceded, shared traditional territory of the Katzie, Kwantlen, Semiahmoo, and other Coast Salish peoples. We are grateful to the land that we find ourselves on for the food that has been provided for us.

Ingredients

- 3 large onions, thinly sliced
- 2 large tomatoes, chopped
- 15mL (1 Tbsp) ginger paste
- 30mL (2 Tbsp) garlic paste
- 30mL (2 Tbsp) vegetable oil
- 2 bay leaves
- 5mL (1 tsp) cumin powder
- 10mL (2 tsp) coriander powder
- 2.5mL (½ tsp) red chili powder
- 1.25mL (¼ tsp) ground turmeric
- 10mL (2 tsp) garam masala
- 500mL (2 ¼ cups) dried chickpeas
- Kosher salt to taste
- Water – enough to make a gravy



Directions

Step 1: Put 2 sliced onions (leaving the third onion till later) and the tomatoes in a food processor until blended. Set aside.

Step 2: Heat up vegetable oil in a deep, thick pan on medium heat.

Step 3: Add remaining sliced onion (third onion) and cook until golden in colour.

Step 4: Add all spices into the pan and stir frequently for 5 mins.

Step 5: Add onion-tomato paste from Step 1 and cook until oil separates from paste.

Step 6: Take your prepared chickpeas (soaked overnight or from a can) and add salt, and rinse well under running water.

Step 7: Add the chickpeas to the pot with onion, spices and paste mix. Stir well.

Step 8: Add salt to taste and make the gravy, about 375mL of water.

Step 9: Simmer and cook covered for 10 mins.

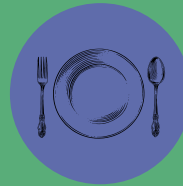
Step 10: Serve with rice and homemade chapati. Garnish with cilantro.

Chili Paneer Vermicelli

School: Fleetwood Park Secondary School, Surrey, B.C.

Grade: 9

Lunch: Vegetarian



Serves:
10



Prep time:
25 - 30
minutes



Cook time:
20 minutes

Recipe Story

This recipe was chosen for its cultural diversity, nutritional balance, and creative fusion of flavors and techniques. Canada is a multicultural country, and our school reflects that diversity. We believe it's culturally significant and essential to learn about different countries and foods.

B.C. Ingredients

Paneer is a cherished staple in many South Asian households, so students incorporated Nanak Foods paneer, a Surrey-based brand using BC-sourced milk. The company, North America's largest producer of South Asian dairy foods, recently received government investment to expand B.C. products globally.

We, the food studies students at Fleetwood Park Secondary School, respectfully acknowledge that we are situated on the traditional, unceded territories of the Katzi, Kwantlen, Semiahmoo, and Coast Salish peoples. We express our gratitude for the privilege to live, laugh, and grow on this land. We acknowledge the profound history of this land and commit to act with kindness and respect in all our endeavors. On this land, we relish nature, enjoy local foods, and foster creativity. We pledge to care for it by keeping it clean and preserved. We believe in growing together, creating precious memories, and finding joy in shared experiences. We also aspire to deepen our understanding of Indigenous people by gaining more knowledge about Indigenous history and traditions through continuing to teach their history.

Ingredients

For Chili Paneer Sauce:

- 20 garlic cloves (peeled and washed)
- 10-15 red chili peppers (for spice, to your liking)
- 15mL (1 Tbsp) sugar
- 5mL (1 tsp) salt
- 15mL (1 Tbsp) vinegar
- 225mL ($\frac{3}{4}$ cup + 3 Tbsp) water

For Chili Paneer:

- 500g paneer cubes
- 10mL (2 tsp) cumin seeds
- 250mL (1 cup) chopped onion
- 15mL (1 Tbsp) soy sauce
- 75mL (5 Tbsp) oil
- 225mL ($\frac{3}{4}$ cup + 3 Tbsp) water

For Vermicelli:

- 625g (~6-7 cups) vermicelli
- 500mL (2 cups) mixed vegetables (carrots, beans, peas, and corn)
- 250mL (1 cup) broccoli (washed and cut into florets)
- 75mL (5 Tbsp) oil

For Vermicelli Sauce:

- 150mL ($\frac{2}{3}$ cup) soy sauce
- 35mL (2 Tbsp + 1 tsp) brown sugar
- 20mL (1 Tbsp + 1 tsp) cornstarch
- 150mL ($\frac{2}{3}$ cup) water

Directions

Chili Paneer and Sauce:

- Prepare the sauce: Blend garlic, chillies, sugar, salt, vinegar, and water into a paste. Set aside.
- Heat oil in a frying pan over medium heat.
- Add cumin seeds and let these sizzle in the hot oil.
- Add chopped onions and sauté until golden brown.
- Add the prepared sauce and cook for 2-3 min or until it thickens.
- Stir in soy sauce and paneer cubes, cooking for 2-3 minutes. Set aside.

Vermicelli and Sauce:

- Fill a large pot with water $\frac{3}{4}$ full and bring to a boil.
- Once the water has come up to a boil, immerse vermicelli in water and cook for around 5 min (or as per instructions on the box).
- Make sure to stir every couple of minutes to keep it from sticking. Strain vermicelli and set aside.
- Measure mixed vegetables and cut broccoli into small florets.
- To prepare sauce for vermicelli: Mix soy sauce, brown sugar, cornstarch, water and set aside.
- In a separate frying pan, heat up the oil on medium heat, and stir fry for 3-4 mins the vegetables in it.
- Toss vermicelli in the vegetables and pour prepared sauce over them and cook for another minute.
- Add paneer (along with sauce) to vermicelli and enjoy.

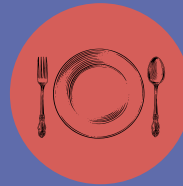
Coconut Pumpkin Soup with Roasted Hazelnuts

School: Westview Learning Center, Duncan, B.C.

Grade: 9



Lunch: Vegetarian, Vegan, Dairy-Free, Gluten-Free



Serves:
10



Prep time:
40 minutes



Cook time:
45 minutes

Recipe Story

We have students with allergies to dairy, wheat and eggs that are very severe. We decided that we would make this vegan as well as to include others with more dietary needs. It is also cost effective, and delicious!

B.C. Ingredients

The pumpkin we grew at our school garden this past fall, as well as the thyme. The carrots you can find at the Duncan Farmers' market that is open all year round. We love the vegetables they grow at Rootbound Farms. The hazelnuts are grown by a couple in Cedar.

This recipe was developed by students living on the lands of unceded traditional territory of the Halalt, Lyackson, Meluxulh (Malahat) Peneluxth' (Penelakut), Quw'utsun, Stz-umnu, Ts'uubaa-asatx nations and the traditional keepers of their land.

Ingredients

- 245g (2 cups) carrot, diced
- 300g (2 cups) onion diced
- 120g (2 cups) celery, diced
- 5mL (1 tsp) thyme
- 15mL (1 Tbsp) olive oil and some for garnish
- 1 small pumpkin, roasted
- 178mL (1 cup) buckwheat groats
- 2 cans of coconut milk
- 65g (½ cup) roasted hazelnuts
- 950mL (4 cups) vegetable stock
- 5mL (1 tsp) curry powder
- 5mL (1 tsp) turmeric powder
- Salt and pepper to taste



Directions

Step 1: Clean and cut pumpkin in half. Oil and place flesh side down, roast till soft, approximately 20 minutes. Allow to cool before scooping out flesh.

Step 2: Heat oil to glistening. Add onions, season, and cook until translucent. Add carrots, celery seasoning, and spices. Cook until vegetables are starting to soften. Add stock and pumpkin, allow to simmer for 15–20 minutes then let cool. Meanwhile cook your buckwheat groats with 2 cups of water and cook for 15 minutes until soft.

Step 3: After soup has cooled, puree with a hand blender until smooth. Heat gently, add coconut milk. Season throughout the cooking process.

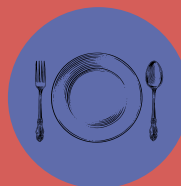
Step 4: Garnish with chopped hazelnuts, buckwheat groats, herbs and good quality olive oil.

Egg and Feta Pastry

School: Mark Isfeld Secondary School, Courtenay, B.C.

Grade: 11

Lunch: Vegetarian



Serves:
4



Prep time:
20 minutes



Cook time:
25 - 30
minutes

Recipe Story

This recipe holds deep cultural and personal significance—it's a cherished family recipe from one of our Bulgarian students. Passed down through generations, this dish has brought loved ones together year after year, standing the test of time. It's more than just a recipe—it's a tradition, a connection to heritage, and a celebration of food's ability to bring people together.

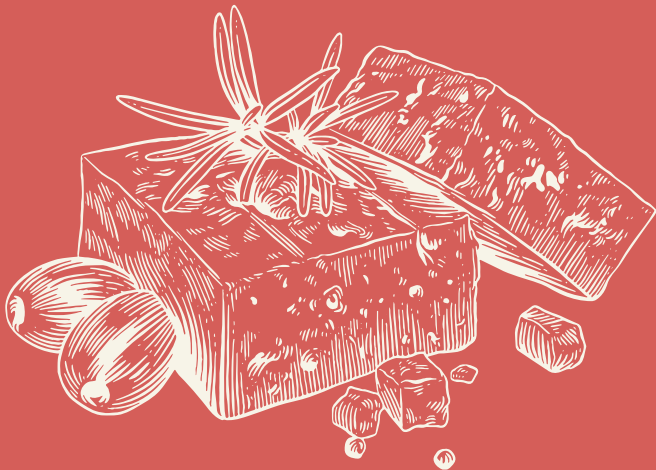
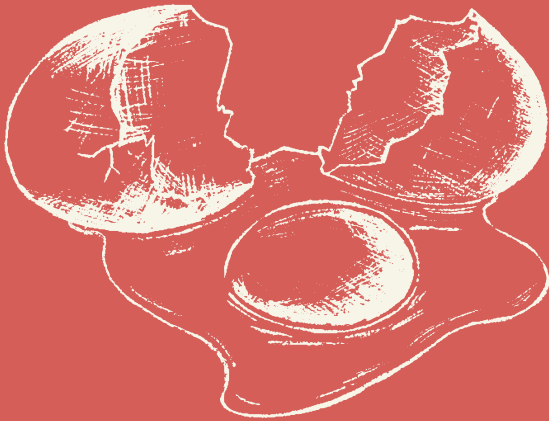
B.C. Ingredients

Our eggs come from a local farmer who raises happy, free-roaming chickens right here in the Comox Valley. The feta cheese is sourced from Little Qualicum Cheeseworks in Parksville, a small B.C. business known for its exceptional artisanal cheeses. We love supporting local producers who are passionate about making delicious, high-quality food!

I would like to acknowledge that we are on the traditional territories of the K'ómoks First Nation. We would like to thank them for the privilege of living on the land and the gift of working with their children. Gila'kasla.

Ingredients

- 2 eggs
- 30mL (1/8 cup) plain Greek yogurt
- 77g (2/3 cup) feta cheese, crumbled
- 60mL (1/4 cup) oil
- 1/2 package phyllo pastry, defrosted
- Pinch of baking soda



Directions

Step 1: Preheat oven to 375°F. Lightly oil an 8 x 8 pan.

Step 2: In a medium mixing bowl, combine the eggs and yogurt, whisk until smooth.

Step 3: Add crumbled feta cheese and oil. Continue whisking until combined.

Step 4: Unroll your pastry onto the counter, with the long edge facing you. Add 2 Tbsp of the egg mixture in a line at the bottom of the pastry.

Step 5: Roll a single sheet of phyllo from one long edge to the other, forming a log shape.

Step 6: Take one end and twirl it into a spiral. Place it on the prepared pan.

Step 7: Continue with steps 4-6 until you have used all the phyllo.

Step 8: Brush the remaining egg mixture on the top of the pastry swirls.

Step 9: Bake for 25-30 minutes, or until golden brown.

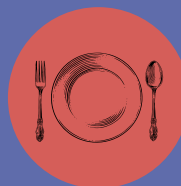
Enjoy with a side salad!

Fresh BC Veggie Soup made by Fresh Chefs

School: Craigflower Elementary School, Victoria, B.C.

Grade: K - 1

Lunch: Vegetarian, Dairy-Free



Serves:
20



Prep time:
15 minutes



Cook time:
30 minutes

Recipe Story

We read "Growing Vegetable Soup" by Lois Ehlert as part of our unit on healthy eating and practices which promote well-being. The students came up with the vegetables they would like to include in a vegetable soup and the name. They determined that the purpose of a recipe is so you can share the recipe with others so here we are.

B.C. Ingredients

We bought carrots, potatoes, onion, broccoli and mushrooms from Dan's, a local Saanich, B.C. farmer. The carrots, potatoes, onions, and broccoli were grown locally. The tomatoes and mushrooms were labelled with the Buy BC logo.

Our school is located by the beautiful Gorge Waterway in Victoria, BC. We recognise and acknowledge the Esquimalt and Songhees Nations on whose traditional territories we live, we learn, and we do our work.

Ingredients

- 3 medium potatoes
- 3 carrots
- 1 onion
- 750g (6 cups) mushrooms
- 500g (4 cups) cherry tomatoes
- 500g (5-6 cups) broccoli, chopped
- 43g (~½ cup) dry alphabet noodles
- 946mL (4 cups) vegetable broth
- Pinch of salt



Directions

Step 1: Wash vegetables. Cut into bite sized pieces. Combine broth and all vegetables apart from broccoli in a soup pot. Keep broccoli to the side.

Step 2: Boil broth and vegetables. When broth is boiling, add alphabet noodles. Reduce heat to medium and cook until they are almost soft.

Step 3: Add broccoli for the last five minutes.

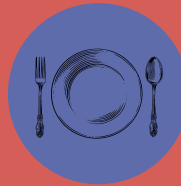
Step 4: Serve with a whole grain bun.

Fried Rice

School: Lord Roberts Elementary School, Vancouver, B.C.

Grade: 6

Lunch: Vegetarian, Vegan,
Dairy-Free, Halal



Serves:
4



Prep time:
10 minutes



Cook time:
15 minutes

Recipe Story

A student chose this recipe because his dad often made it for him so there are happy memories attached to this comfort food - which is a real hit with the Lord Roberts' community too! Students from the LunchLAB Chef Team worked with Chefs-in-Residence from Growing Chefs to learn how to make this recipe at home and a scaled version was served for LunchLAB that day.

B.C. Ingredients

Carrots, mushrooms and corn are from B.C. with the Buy BC logo which we discussed about being very helpful and eye-catching when you shop. We also grow carrots and corn in our school garden in the spring/summer months, but we went for canned corn at this time of year.

Lord Roberts is situated on the ancestral and unceded lands of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh úxwumixw (Squamish Nation) and səlilwətaʔ (Tsleil-Waututh Nation).

Ingredients

- 500mL (2 cups) cooked rice (preferably a day old)
- 250mL (1 cup) mixed vegetables (corn, green beans, carrots, chopped)
- 250mL (1 cup) mushrooms, sliced, any variety like cremini or shiitake
- 1 block (350g or 1 ½ cups) tofu, crumbled by hand or with masher
- 30mL (2 Tbsp) oil (vegetable or sesame)
- 2 cloves garlic, minced
- ½ small onion, chopped
- 30mL (2 Tbsp) soy sauce
- 5mL (1 tsp) sesame oil (optional)
- Salt and pepper to taste
- Green onions, chopped (for garnish)



Directions

Step 1: Prepare ingredients: Chop vegetables and cook rice if not done already.

Step 2: Heat oil in a pan/wok over medium-high heat.

Step 3: Sauté garlic and onion until fragrant (about 1-2 minutes).

Step 4: Add crumbled tofu and mushrooms and cook for 3-4 minutes until softened and slightly browned.

Step 5: Add veggies (corn, green beans, carrots) and stir-fry for 3-4 minutes until tender.

Step 6: Add rice, breaking up any clumps, and stir well.

Step 7: Pour soy sauce and sesame oil (if using), then stir-fry everything for another 2-3 minutes.

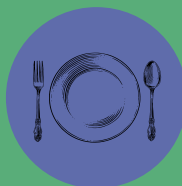
Step 8: Season with salt and pepper, garnish with green onions, and serve hot!

Gourmet Mac and Cheese

School: Kalamalka Secondary School, Coldstream, B.C.

Grade: 12

Lunch: Vegetarian



Serves:
3



Prep time:
10 minutes



Cook time:
60 minutes

Recipe Story

Mac and cheese is a classic dish that brings people together, whether it's at family dinners, holidays, or just a casual meal with friends. We chose to make this gourmet recipe because it's a fun twist with herbs on a classic comfort food that pretty much everyone loves.

B.C. Ingredients

The cheese was sourced from Armstrong Cheese, produced mostly in Abbotsford. The herbs were all grown and harvested from our tower garden in the school. The milk is also from B.C., which we purchased from the grocery store.

We respectfully acknowledge that we are situated on the ancestral, unceded and contemporary lands of the Syilx people.

Ingredients

Noodles:

- 250mL (1 cup) uncooked macaroni
- 5mL (1 tsp) oil
- 2mL (½ tsp) salt

Sauce:

- 25mL (⅛ cup) margarine
- 25mL (⅛ cup) flour
- 2.5mL (½ tsp) salt and pepper
- 15mL (1 Tbsp) dill
- 15mL (1 Tbsp) basil
- 15mL (1 Tbsp) parsley
- 5mL (1 tsp) garlic powder
- 5mL (1 tsp) chili powder
- 5mL (1 tsp) onion powder
- 150mL (⅔ cup) milk
- 125mL (½ cup) grated cheese



Directions

1. Fill a large pot with water. Add oil to prevent the pasta from sticking and salt for taste, then cover. Bring to a boil on high heat. Once the water is boiling, remove the lid and gently add the pasta. Stir the pasta often, but not constantly with a wooden spoon. Cook for approx 8 mins. Do not cover during cooking.
2. Drain the pasta using oven mitts in a colander in the sink. Do not rinse the pasta.
3. Melt margarine in a saucepan on low heat. Whisk in flour to form a smooth paste (a roux). Add salt and pepper and other seasonings.
4. Gradually and slowly add milk, stirring constantly with a whisk.
5. Continue stirring until sauce thickens (starts boiling).
6. Add ¾ of the grated cheese, stirring until the cheese is melted. Turn off heat.
7. Add cooked macaroni to the cheese sauce and mix.
8. Add pasta to casserole dish and top with remaining cheese.
9. Bake in oven for 20 minutes or until cheese melts.
10. Broil for 5 minutes or until top is crispy.
11. Cool for 5 minutes and serve. You can make it a balanced meal by serving a side of vegetables like carrot sticks or cucumbers. For protein, you may also add chopped ham into the sauce mixture if you don't mind the recipe being non-vegetarian.

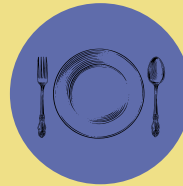
Grilled Chicken and Seasonal Fruit Salad

School: Charles Hayes Secondary School, Prince Rupert, B.C.

Grade: 11



Lunch: Gluten-free



Serves:
3 - 4



Prep time:
30 minutes



Cook time:
30 minutes

Recipe Story

We chose this recipe as a healthy, balanced lunch for schools, offering protein, healthy fats, carbs, and fiber. It supports brain function with micronutrients like antioxidants from blueberries and zinc from arugula. By sourcing locally from B.C. producers, we support small businesses and create an affordable, high-quality meal. This recipe reflects our commitment to both personal success and a thriving, diverse community.

Our class is located on the land of the Ts'msyen and S'malgyaax speaking peoples.

B.C. Ingredients

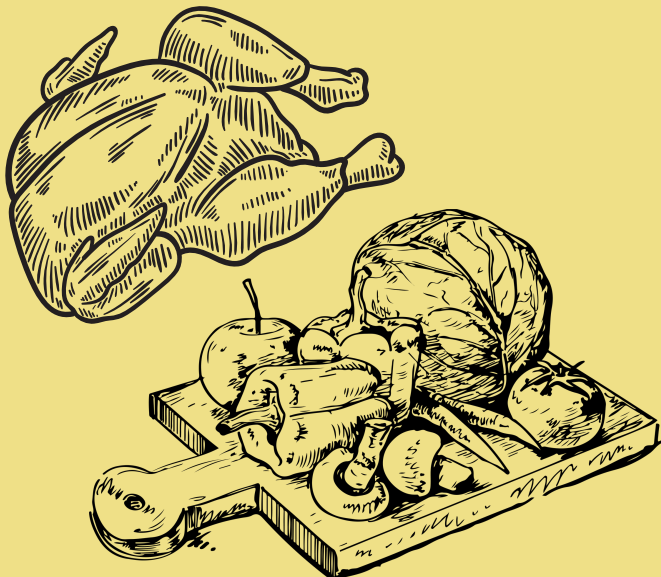
Our recipe contains B.C. chicken, B.C. apiary honey, seasonal Okanagan fruit, and can use any B.C. grown spicy greens as a substitute for the B.C. arugula we used.

Ingredients

- 144g (1 ¼ cups) of spicy greens (local arugula in our case)
- 125g (¾ cup) of seasonal fruit (B.C. blueberries in our case)
- 170-200g of chicken (or 2 chicken breasts), season in a bowl with 5mL (1 tsp) each of thyme, black pepper, rosemary, onion powder, dill, salt, oregano, and garlic powder
- 15mL (1 Tbsp) each of lemon juice and olive oil
- 35g (¼ cup) toasted pumpkin seeds
- 55g (⅓ cup) crumbled feta cheese

For balsamic dressing:

- 57g (¼ cup) of olive oil
- 32g (⅓ cup) balsamic vinegar
- 7g (1 tsp) of honey
- 1mL (¼ tsp) salt
- 1mL (¼ tsp) black pepper



Directions

Step 1: Season chicken with herbs, lemon juice, and olive oil. Set aside.

Step 2: In a large bowl, combine arugula, fruit, feta, and seeds.

Step 3: Make dressing by stirring together olive oil, balsamic vinegar, honey, salt, and pepper.

Step 4: Pour dressing over salad and toss to combine.

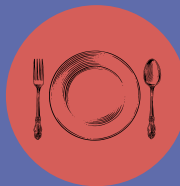
Step 5: Add some oil to a pan and cook flattened and seasoning-coated chicken breasts for approximately 12 minutes, or until exterior is slightly brown and internal temp surpasses 74°C. Alternatively, to cook many chicken breasts, set oven to 400°F and bake for 20-25 minutes.

Grilled Chicken Wrap with Saskatoon Goddess Dressing

School: Senpaq'cin School, Oliver, B.C.

Grade: 5 - 7

Lunch: Gluten-Free Optional



Serves:
8



Prep time:
30 minutes



Cook time:
15 minutes

Recipe Story

As all our cooking is done on an open fire, we needed to create a rustic yet adaptable dish, leading us to the Grilled Chicken Wrap with Saskatoon Goddess Dressing—inspired by three students and rooted in our First Nations traditions. To Indigenize the dish, we incorporated a Syilx Four Food Chiefs ingredient and held a taste test between classic Green Goddess and our Saskatoon version—the latter won.

B.C. Ingredients

The dressing features Saskatoon berries, a traditional and locally sourced ingredient picked by our students, and one of the Four Food Chiefs of the Syilx people. The chicken is sourced locally from Armstrong, B.C. To honour traditional food practices, we also offer the option of using moose meat, which was hunted and harvested on Syilx territory.

We gratefully acknowledge that we live, learn, work, and play on the traditional, ancestral, and unceded tǰxʷúla?xʷ of the Syilx Okanagan people, specifically the lands of the Osoyoos Indian Band. We recognize and respect the deep connections the Syilx people have to this land, water, and community. In our work, we commit to learning from Indigenous knowledge, fostering meaningful relationships, and supporting Indigenous voices in the spirit of reconciliation and responsibility.

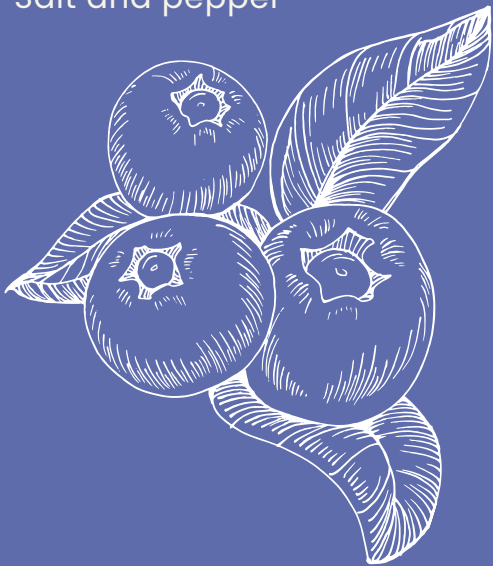
Ingredients

Saskatoon Goddess Dressing:

- 4mL (2 tsp) anchovy paste
- 2 cloves garlic
- 177mL (¾ cup) mayonnaise
- 177mL (¾ cup) sour cream
- 45g (½ cup) fresh parsley, chopped
- 15mL (1 Tbsp) tarragon
- 9g (2 Tbsp) chopped fresh chives
- 44mL (3 Tbsp) lemon juice
- 113g (½ cup) Saskatoon berries (or blueberries)
- Salt and pepper to taste

Wrap Ingredients:

- 8 whole wheat tortillas (8-inch) – gluten free options available too
- 3 boneless, skinless chicken breasts (450g)
- 22mL (1 ½ Tbsp) avocado oil (or sunflower oil)
- 2 carrots, peeled
- 1 cucumber
- 120g (~4 cups) fresh spinach
- Salt and pepper



Directions

Step 1: Preparing Saskatoon Goddess Dressing:

- Wash, drain, and pat dry fresh ingredients.
- Add all dressing ingredients to the blender and blend until smooth.
- Transfer to a jar and season with salt and pepper to taste.
- Wash carrots (and peel), cucumber and spinach.
- Shred carrots and cucumber (or thinly slice cucumber and make carrot ribbons with a peeler).
- Drain and pat dry spinach.
- Mix shredded carrots and cucumber in a bowl.
- Place spinach in a separate bowl for wrap assembly.

Step 2: Cooking Chicken or Meat of Choice (Moose meat pairs well with Saskatoon Goddess Dressing and you can follow the same grilling instructions!):

- Halve chicken breasts horizontally or pound to 10mm thickness.
- Season with salt, pepper, and avocado oil (or sunflower oil or canola oil).
- Cook in a hot skillet or grill for about 3 minutes per side until the internal temperature reaches 165°F.
- Slice into strips and set aside.

Directions

Step 3: Wrap Assembly:

- Place a tortilla down onto a flat surface.
- Spread 1 Tbsp of Saskatoon Goddess Dressing on each wrap.
- Layer with 3 Tbsp shredded vegetables, ½ cup spinach, and sliced meat (54g per wrap).
- Fold burrito-style and cut in half.
- Serve immediately with side salad, fresh veggies or a bowl of soup. If not eating straight away, refrigerate.



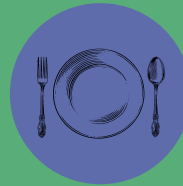
Gwaii Bowls

School: Agnes L. Mathers Elementary, Sandspit, B.C.

Grade: K - 3



Lunch: Vegetarian, Vegan, Dairy-Free, Halal



Serves:
10



Prep time:
30 minutes



Cook time:
25 minutes

Recipe Story

We like to make our bowls beautiful and celebrate that they all look different. Adding beets turns our rice pink! Fish and rice with soy sauce is considered comfort food on Haida Gwaii, so this is a comfort food bowl. We also know that sushi is Japanese, and our islands share ocean currents with Japan. We often find Japanese items on our beaches, as we are ocean nations.

B.C. Ingredients

All of the fish in this dish was provided by local fishers, and from our Haida Gwaii pantry. The Nori Seaweed ("S'kew" in Haida) was gathered off the rocks in early Spring. The carrots were grown by local Mennonite farmers. The cucumbers were B.C. hothouse grown. The beets came from our school garden, and a student donated the quail eggs!

We live and learn and look after the lands and waters of Haida Gwaii, traditional territory of the Haida people. Our school is located in Sandspit / K'il Kun, on the South Island.

Ingredients

- 500mL (2 cups) sushi rice (500mL or 2 cups per 10 kids)
- 60mL (¼ cup) rice vinegar
- 15mL (1 Tbsp) sugar
- 5mL (1 tsp) salt
- 1 carrot
- 1 cucumber
- 1 beet
- 1 pkg of nori seaweed ("s'kew" in Haida) gathered from the low tide
- 1 pkg of edamame beans in the shell
- 1 or all of the following sea foods:
 - 1 jar of spring/coho salmon
 - 1 filet of smoked sockeye
 - 1 filet of smoked black cod
 - 1 quail egg (or chicken egg) per student,
 - optional
- Sushi mayo, soy sauce, homemade unagi sauce



Directions

- Step 1:** Turn the rice cooker on. Measure rice and rinse three times. Add 625mL water to 500mL sushi rice. Start the rice.
- Step 2:** Measure rice vinegar, sugar and salt, mix well.
- Step 3:** Once rice is done, mix in the seasoning and set aside.
- Step 4:** Cook the edamame for 6 minutes in boiling water, or microwave in a steamer bag.
- Step 5:** Use vegetable peelers to make ribbons of cucumber and carrot. Grate the beet.
- Step 6:** If using quail eggs, boil for 2 mins and 20 seconds. Run under cool water, serve peeled or in the shell.
- Step 7:** Cut or tear nori sheets, or use handfuls of s'kew to fill a bowl.
- Step 8:** Prepare the fish and seafoods. Smoked fish can be cut up on a plate with tongs, jarred fish can be mixed with sushi mayo in a bowl.
- Line up all ingredients, beginning with rice. Students choose their additions and add sauces/condiments to taste.

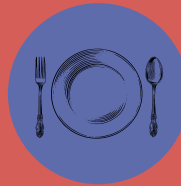
Kulasatham

School: Georges Vanier Elementary, Surrey, B.C.

Grade: 6



Lunch: Vegetarian, Vegan,
Dairy-Free, Gluten-Free



Serves:
3 - 4



Prep time:
10 minutes



Cook time:
20 - 30
minutes

Recipe Story

We chose Abisha's recipe since her group had won the cultural/ traditional recipe competition in class. "Back in Sri Lanka, my grandmother would prepare this dish for my family. On special nights, under the moonlight, I'd sit on a blanket with my family and indulge in the Kulasatham and enjoy it with my family. Now that my grandma has passed away, whenever we eat this dish, it reminds me of my beloved grandmother and the precious memories that came with it."

Surrey schools, where we work, play, and learn, are on the shared unceded traditional territory of the Katzie, Semiahmoo, Kwantlen, and other Coast Salish Peoples.

B.C. Ingredients

We purchased local Russets potatoes from Walmart. We know that they were locally grown in B.C. based on the packaging.

Ingredients

- 170g (1 cup) basmati rice
- 1 potato (large)
- 1 eggplant
- 1 bundle of spinach
- 100g (½ cup) of dhal
- ½ onion (yellow)
- 15mL (1 Tbsp) chili powder
- 500mL (2 cups) of coconut milk
- Pinch of salt
- 4 curry leaves
- 710mL (3 cups) of water



Directions

Step 1: Add 3 cups of cold water and 1 cup of rice to a pot. Rinse rice with water 2 to 3 times. Strain the water out. Next, add 3 cups of water to the rice and put it in a stewing pot. Cut up the vegetable in small cubes (potato, onion, spinach & eggplant) and add to pot.

Step 2: Turn on the stove to medium heat, let the rice & vegetables boil for 20-30 minutes. Add a pinch of salt, 4 curry leaves, 2 cups of coconut milk, and masoor dhal during the boiling process. Once boiled, add a tablespoon of chili powder.

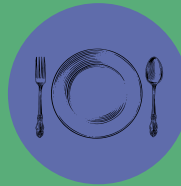
Step 3: Plate your Kulasatham onto a plate. Squeeze a slice of lemon on top, if you prefer to. Enjoy!

Poached Apple Mac "Breadsticks"

School: Fraser Lake Elementary Secondary School, Fraser Lake, B.C.

Grade: 11

Lunch: Vegetarian



Serves:
6



Prep time:
30 minutes



Cook time:
25 minutes

Recipe Story

This recipe was born from a fusion cooking challenge, where students paired familiar flavors in unexpected ways. They chose apples, a staple in Northern communities, and explored different cheeses, discovering that smoked cheddar best complemented the apples' sweetness. Their goal was to challenge the notion that Northern cuisine is predictable, proving that it can be creative, bold, and innovative.

We recognize that the ingredients and traditions behind our recipe are made possible through the lands we live, learn, and gather on. We are grateful to submit this recipe from Fraser Lake Elementary Secondary School, which stands on the unceded, ancestral territories of fourteen First Nations representing the Dakelh, Nedut'en, and Wet'suwet'en peoples. Through this submission, we honor the deep knowledge, traditions, and stewardship of these Nations, acknowledging the role of food in culture, connection, and reconciliation.

B.C. Ingredients

We used ingredients as close to home as possible for this recipe. We chose Okanagan Choice Applewood smoked cheddar cheese, Okanagan Gala Apples, as well as butter sourced from Blackwell Road in Kamloops, B.C. We also chose to use Armstrong Cheddar Cheese because it is very easy to access in Northern stores.

Ingredients

Italian Breadsticks:

- 350mL (1 ½ cups) warm water
- 17g (1 Tbsp) quick/instant yeast
- 18g (1 Tbsp) sugar
- 10g (2 Tbsp) salt
- 45mL (3 Tbsp) oil
- 700-1100g (5 ⅔– 8 cups) flour
- 10mL (2 Tbsp) Italian seasoning
- 1mL (¼ tsp) salt

Macaroni and Cheese:

- 600g (2 ½ cups) elbow macaroni
- 60mL (¼ cup) butter
- 60mL (¼ cup) flour
- 475mL (2 cups) milk
- 200g (¾ cup) shredded applewood smoked cheddar
- 370g (1 ½ cups) shredded medium cheddar cheese (100g (½ cup) reserved for topping)
- Salt and pepper to taste

Poached Apples:

- 1-2 sweet apples – we used Okanagan Gala apples, but any sweet apple will go well in this dish!

Directions

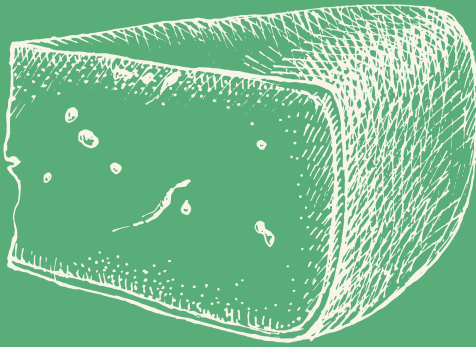
Breadsticks:

- Preheat oven to 400°F. Line a cookie sheet with parchment paper.
- Combine warm water and sugar in a mixing bowl. Add instant yeast and stir.
- Add salt to the yeast, oil and 100g flour. Stir until smooth. Note: Add enough flour to make a smooth, not sticky dough. Depending on your climate you may need more flour.
- Turn out your dough onto a floured surface and knead for 5 minutes.
- Roll out dough to cover approximately ⅔ of the cookie sheet. The dough should be approximately 2cm thick.
- Pour 15mL oil on top of dough and spread with pastry brush. Sprinkle on Italian seasoning, garlic powder and salt.
- Bake for 20 minutes on the center rack in the oven.

Macaroni Cheese

- While dough bakes, make macaroni and cheese. Bring a salted pot of water to a boil and cook macaroni noodles for 10 minutes, or until al dente.
- Meanwhile, make cheese sauce. Start by melting butter in a saucepan over medium heat. Add flour, salt, and pepper and stir until smooth, about 4 minutes.

Directions



- Pour in milk slowly, while stirring continuously. Continue to cook for approx 5 mins and stir until mixture is smooth and bubbling, making sure the milk doesn't burn.
- Add grated applewood smoked cheddar cheese and grated medium cheddar cheese and stir until melted for 2 to 4 minutes.
- Drain macaroni and fold into cheese sauce until coated.
- Core Gala apple and slice thinly – approximately 3-4 mm thick. Place apple slices into simmering water and poach for 3 minutes – until tender to touch with a fork.
- Take breadstick loaf out of the oven. Do not cut, instead, take lightly poached apples out of the pot, dry off with a paper towel, and arrange neatly on top of bread stick loaf.
- Take prepared smoked macaroni and cheese and layer neatly on top of poached apples.
- Take reserved cheddar cheese and sprinkle on top.
- Broil for 1-2 minutes until the cheese is golden and bubbly. Enjoy!

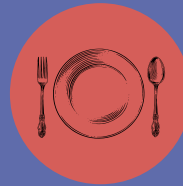
Portuguese Kale and Leek Soup

School: École St-Sacrement, Vancouver, B.C.

Grade: 3



Lunch:



Serves:
40



Prep time:
30 minutes



Cook time:
35 minutes

Recipe Story

In Social Studies, we are learning about cultures and traditions. This Kale and Leek Soup is a comforting dish that my grandma used to make for us when we were kids. She would always add homemade chouriço. The recipe was shared to show the children that traditions can still be passed down from one generation to the next.

Note: This recipe is made with an Instant Pot.

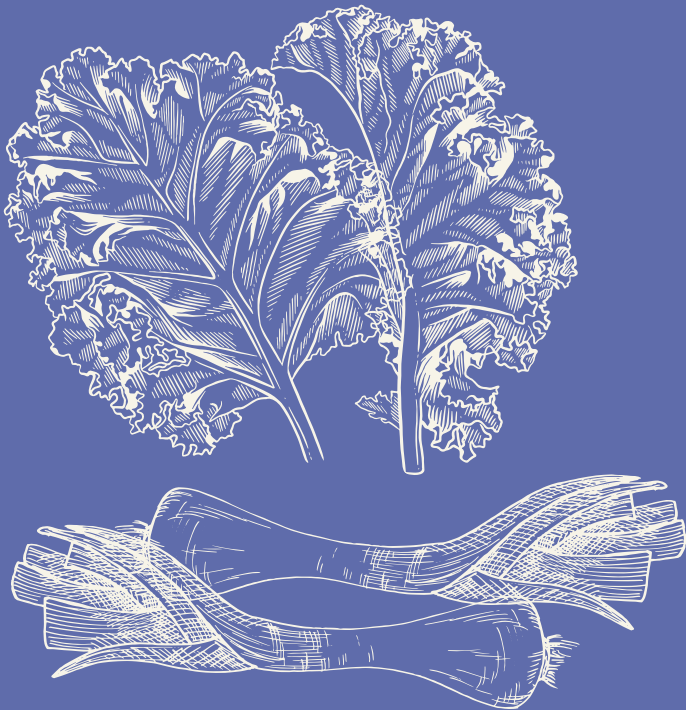
B.C. Ingredients

We used locally sourced food items that were naturally grown, with no additional products added. The products were homemade or purchased from local suppliers, such as Richmond Farms (for potatoes), etc.

École Saint-Sacrement acknowledges that it is situated on the unceded traditional territories of the xʷməθkʷəy̓əm (Musqueam), Sḵw̓xw̓7mesh (Squamish), and səliłwətaʔ (Tseil-Waututh) Nations. Thus, we recognize that this place is the unceded and ancestral territory of the hə́n̓q̓əmi̓n̓əm and Sḵw̓xw̓7mesh speaking peoples, the xʷməθkʷəy̓əm (Musqueam), Sḵw̓xw̓7mesh (Squamish), and səliłwətaʔ (Tseil-Waututh) Nations, and has been stewarded by them since time immemorial.

Ingredients

- 12 cloves of garlic, minced
- 1 large onion, finely chopped
- 10mL (2 Tbsp) olive oil
- Pinch of salt
- 3500mL (14 cups) of chicken broth (homemade)
- 30mL (2 Tbsp) butter
- 1 chorizo (homemade), diced
- 2 leeks, chopped
- 750g (5 cups) mini potatoes, quartered
- 3 bunches of kale, spines removed
- Water (if needed)



Directions

1. *Note this is an Instant Pot recipe.
2. Heat olive oil in the Instant Pot and sauté the chorizo for about 5 minutes.
3. Remove the chorizo from the pot, then add the diced garlic and onions to the oil along with the butter. Sauté for an additional 2-3 minutes.
4. Gradually add the potatoes and leeks to the onion and garlic mixture.
5. Pour in the broth.
6. Close the Instant Pot lid, set to Manual mode, and cook for 12 minutes.
7. Once the cooking time is complete, release the pressure.
8. Remove the lid and use a hand blender to puree the soup.
9. Slowly stir in the kale, then press the sauté button to cook it gently (avoid pressure cooking at this stage).
10. Add the chorizo back into the pot.
11. Stir and cook for 5 more minutes.

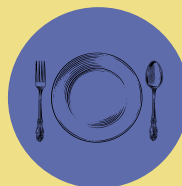
Potato Wedges with Garlicky Dip

School: Robson Valley Jr. Academy, McBride B.C.

Grade: 8



Lunch: Vegetarian, Vegan,
Dairy-Free, Gluten-Free, Halal



Serves:
8



Prep time:
30 - 35
minutes



Cook time:
30 - 35
minutes

Recipe Story

The class chose this, because it is a favorite recipe that we all look forward to having after harvesting fresh ingredients - potatoes, beets and garlic. We really like the garlicky dip, and everything is made from scratch.

B.C. Ingredients

The potatoes, beets and garlic were home-grown but we could have bought them from B.C. Farms: Eden Song Farm or CE Robson Organics, for example.

Acknowledging the ancestral lands, culture and people of the Lheidli T'enneh First Nation, McLeod Lake Indian Band, and Simpcw First Nation.

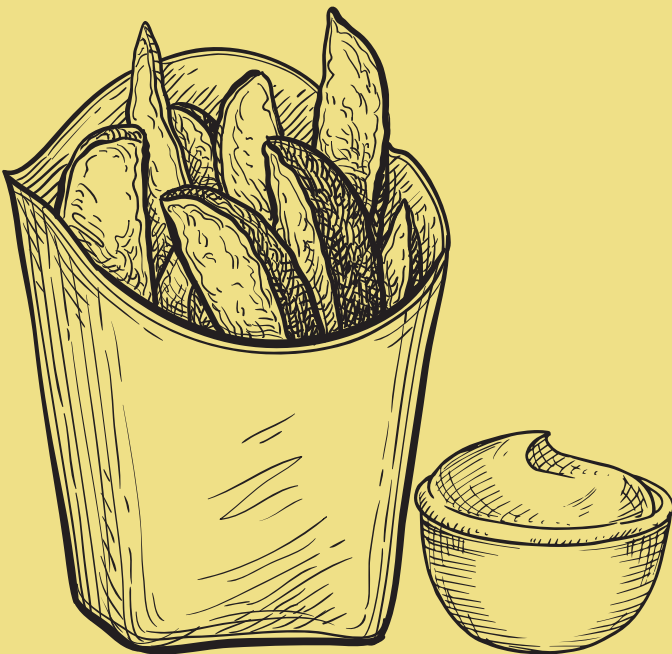
Ingredients

Potato wedges:

- 1.4kg (9 ⅓ cups) red potatoes
- 15mL (1 Tbsp) olive oil
- 5g (1 tsp) garlic powder
- 5g (1 tsp) smoked paprika
- 6 g/mL salt (or Herbamare)

Dip:

- 1 medium sized beet
- 450g (1 ¾ cups) med/firm tofu (or 300mL (1 ¼ cups) sour cream or Greek yogurt)
- 50mL (3 Tbsp) olive oil
- 25mL (¼ cup) lemon juice
- 7g (⅓ cup) salt
- 5mL (1 tsp) apple cider vinegar
- 3g (3 tsp) smoked paprika
- 40g (¼ cup) crushed garlic



Directions

Step 1: Preheat oven to 375°F and oil a 15.5 x 11.5 baking sheet and put it to the side.

Step 2: Peel and wash potatoes. Cut them into wedges. Put in a big bowl. Put the 15mL of olive oil and all the seasonings on the potatoes and mix very well until potatoes are completely coated.

Step 3: Peel and cut your beet into wedges.

Step 4: Spread the potatoes on the oiled baking sheet in a single layer. In a corner of the baking sheet add the beet wedges to be roasted for the dip. Bake for 35-45 minutes, flipping them halfway through.

Step 5: To make the dip, add all ingredients (except the paprika and garlic) in the blender and blend until smooth. Then, add the paprika and garlic. Finally, mix together and serve with the potatoes and a fresh green salad if you wish.

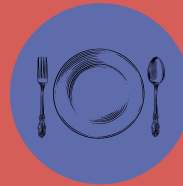
Tips: Use plain Greek yogurt or sour cream instead of tofu or other types of potatoes, but this might mean you have to increase baking time. You can also make this into a balanced meal by serving with veggies of your choice or a quinoa pattie.

Rhy's Meatballs with Arugula Salad

School: Westview Learning Center, Duncan, B.C.

Grade: 6

Lunch: Dairy-Free



Serves:
5



Prep time:
30 minutes



Cook time:
18 - 20
minutes

Recipe Story

A passion for meatballs, which is a student's family recipe brings comfort and joy! We also wanted to use vegetables from our kitchen garden, like kale, that grows all year round.

B.C. Ingredients

The ground pork is from Berry Brothers market located in Victoria. The ground beef is from Bird's Eye Cove Farm in Duncan; they raise highland cattle ethically and hormone free. Hazelnuts are from a farm in Cedar. The garlic and the kale are grown on the school farm garden and the eggs are from a farm stand up the road from our school.

We respectfully acknowledge the unceded traditional territory of the Halalt, Lyackson, Meluxulh (Malahat), Peneluxutlh (Penelakut), Quw'utsun, Stz-uminus, Ts'uubaa-asatx nations and the traditional keepers of the land.

Ingredients

Meatballs:

- 1mL (¼ tsp) garlic powder
- 60g (1 cup) breadcrumbs
- 10mL (2 tsp) dried parsley
- 2 eggs beaten
- 6g (1 tsp) cumin
- 454g (16oz) ground pork
- 6g (1 tsp) onion powder
- 454g (16oz) ground beef
- 12g (2 tsp) Himalayan salt
- 6g (1 tsp) ground pepper
- 15g (1 Tbsp) tomato paste

Salad:

- 1 bunch of lacinato kale or arugula sliced or ripped (homegrown or store bought)
- 185g (1 cup) cooked quinoa
- Large handful of toasted hazelnuts, skins removed and rough chopped

Dressing:

- 60mL (¼ cup) tamari
- 60mL (¼ cup) water
- 3 medium garlic cloves
- 60mL (¼ cup) cider vinegar
- 130g (¾ cup + a heaping teaspoon) nutritional yeast
- 960mL (3 ¾ cups + 1 Tbsp) neutral oil



Directions

Step 1: Preheat your oven to 375°F.

Step 2: Place beef and pork in a medium sized bowl. Add all the spices, tomato paste and the beaten eggs.

Step 3: Mix together with your hands, then add the breadcrumbs. You should be able to form a ball with your hands.

Step 4: Roll to desired size and place on a baking sheet

Step 5: Cook at 375°F for 15-20 minutes till they are cooked all the way through and firm to the touch.

Step 6: Make your dressing in a blender by adding all ingredients and 240mL of oil. Once blended you can then slowly start adding your remaining oil to emulsify.

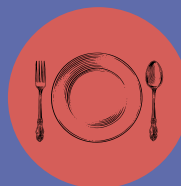
Step 7: Build your salad, toss all ingredients - kale and/or arugula - with preferred amount of dressing. Eat with your meatballs. Enjoy!



Snap Pea Pasta with Homemade Noodles



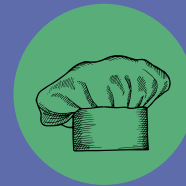
Lunch: Vegetarian



Serves:
3 - 4



Prep time:
30 - 50
minutes



Cook time:
20 minutes

Recipe Story

One of my students found this recipe as we had an abundance of snap peas left over from our school's fruit and vegetable program. We also wanted to make the pasta from scratch as many of the students at the school have local chickens and eggs which we can showcase when we make pasta fresh!

B.C. Ingredients

Eggs, shallots, garlic, and snap peas were all sourced from local farms (including students' eggs from their own chickens). We looked out for the Buy BC logo as our guide for any other ingredients.

Komoks First Nation is located in the beautiful Comox Valley where we are blessed to live in an area that has an abundance of local farms, agriculture and seafood.

Ingredients

Pasta (if making):

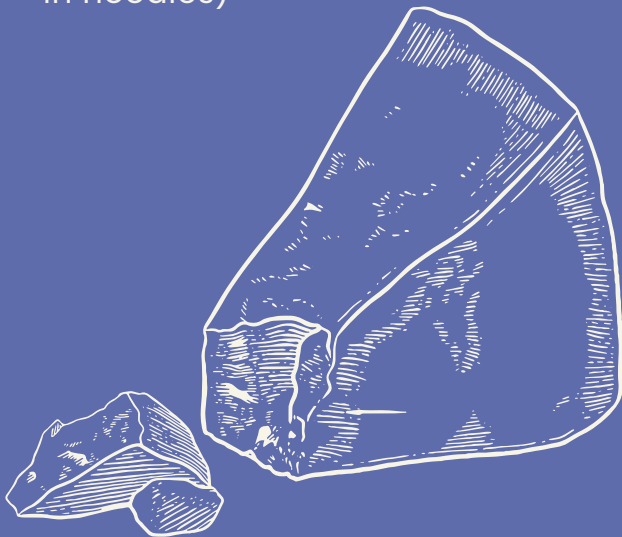
- 2 eggs
- 250-350mL (2-2 ⅓ cups) flour (plus more for the pasta rolling process)
- Zest of half lemon
- Salt and coarse black pepper to taste

Alternative:

- 250-300g (3-3 ⅓ cups) shop bought noodles

Sauce:

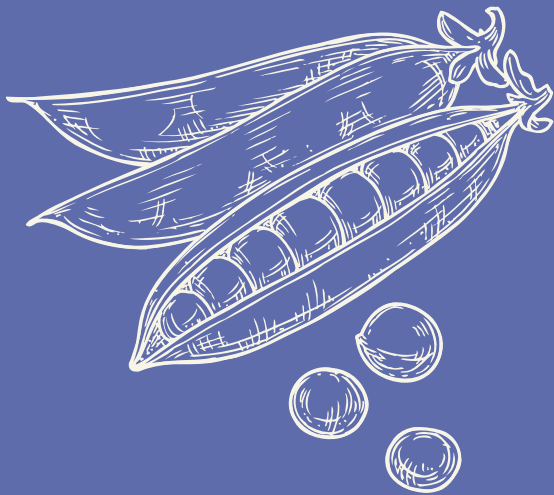
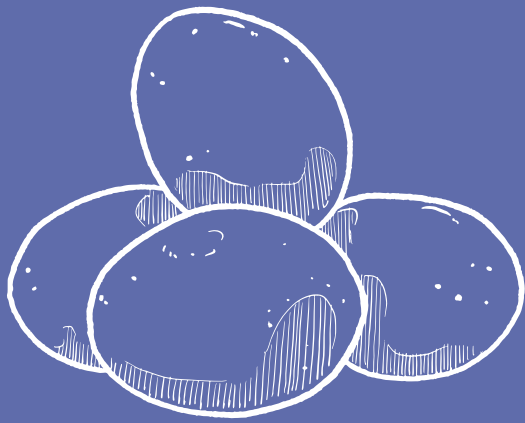
- 60mL (¼ cup) butter
- 250mL (1 cup) thinly sliced snap peas
- 4 cloves garlic minced
- 1 shallot finely diced
- Red chili flakes to taste
- Salt and pepper to taste
- 60mL (¼ cup) finely grated parmesan or Romano cheese
- 1 lemon zested and juiced (½ zest in noodles)



Directions

Make Fresh Pasta:

- Place 60g flour in a large mixing bowl and make a well in the middle. Place egg, zest and spice in the well. Using a fork, start beating your egg. Slowly pull more flour into the egg as you beat it until a sticky dough is formed.
- Lightly flour your counter, place the dough on the counter and knead for 5-10 minutes until the dough is smooth and is no longer absorbing flour.
- Wrap your dough in saran wrap and let rest for 10 to 20 minutes before rolling out. Prep your veggies during this time.
- Using a pasta machine at the thickest setting, roll out dough a few times, folding each time before rolling through the machine. Dial the machine down and roll out your dough until is only 1 mm thick (you can also do this using a rolling pin). Cut the rolled-out dough with chef's knife into 1 cm wide noodles (like fettuccine).



Directions

Make the sauce and cook your pasta:

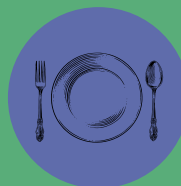
- Add your butter to a large non-stick pan and melt on medium heat. Add the shallots, garlic, and peas to the butter for 4-5 minutes, making sure not to burn the garlic.
- Meanwhile, bring a large saucepan filled with water to a boil over high heat. Add your freshly rolled noodles or store bought version and cook for 2-3 minutes (or longer using packet instructions), until noodles are al dente.
- Add your drained noodles to the pan with fresh lemon juice, parmesan and remaining lemon zest. Toss to combine.

Healthy Taco Pasta Bake with Guacamole

School: Kelowna Christian School, Kelowna, B.C.

Grade: 11 - 12

Lunch



Serves:
10



Prep time:
30 - 35
minutes



Cook time:
30 - 35
minutes

Recipe Story

The winning group decided to create this recipe because they loved pasta but also enjoyed the bold flavors of tacos. This dish was their way of combining their favorite foods while using their creativity to develop something new. It was fun for them to experiment with flavors and textures, and having the freedom to create a dish from scratch made the process exciting.

As students of KCS, we acknowledge that we are on the traditional, ancestral, and unceded territory of the Syilx (Okanagan) people. For centuries, the Syilx Nation has lived in deep harmony with the land, respecting its natural cycles and incorporating the rich produce of this region into their diets. Their knowledge of the land has sustained them through generations, and we recognize their wisdom, resilience, and ongoing contributions to this area. We are privileged to learn and grow on this land—a land that is abundant, fruitful, and provides so much for those who call it home. May we honor its history, care for its resources, and show gratitude for the many blessings it offers.

B.C. Ingredients

Some of the local producers behind our fresh ingredients were: Tomatoes, peppers, carrots and onions came from Okanagan Valley Produce and also Don-O-Ray Farms in Kelowna. The cheese and milk were sourced from Dairyland, and Armstrong Cheese. The pasta was sourced locally from Kaslo. Lastly the ground beef came from local ranchers in the area.

Ingredients

Healthy Taco Pasta Bake:

- 625g (22oz) lean ground beef or turkey
- 15mL (1 Tbsp) olive oil
- 500g (2 ½ cups) whole wheat fusilli pasta
- 250g (1 cup) cheddar cheese, shredded (or a mix of cheddar and low-fat mozzarella)
- 2 sweet onions, diced
- 2.5mL (¾ tsp) salt and pepper (adjust to taste)
- 45mL (3 Tbsp) taco seasoning
- 15mL (1 Tbsp) cumin
- 15mL (1 Tbsp) paprika
- 30mL (2 Tbsp) chili powder
- 15mL (1 Tbsp) minced garlic
- 3 tomatoes, diced
- 2 red peppers, diced
- 2 carrots, peeled and grated
- 1 zucchini, grated
- 625mL (2 ½ cups) milk
- 50-100g (2-4 cups) tri-colour tortilla chips



Directions

Step 1: Cook the Pasta:

- Bring a large pot of water to a boil over medium-high heat.
- Add the pasta and cook for 8–10 minutes, stirring every few minutes.
- Drain and set aside.

Step 2: Prepare the Vegetables:

- While the pasta boils, dice the onions, peppers, and tomatoes.
- Grate the zucchini and carrots.

Step 3: Sauté the Vegetables:

- Heat olive oil in a large pan over medium-high heat.
- Add the onions, carrots, and peppers, sautéing for 3–5 minutes until softened.
- Stir in the zucchini, cooking for another 2 minutes.

Step 4: Cook the Beef:

- Add the ground beef and season lightly with salt and pepper.
- Cook until lightly browned (about 3 minutes), then break it up with a spatula.
- Mix in the garlic, taco seasoning, cumin, paprika, and chilli powder, stirring well.
- Cook for another 5 minutes, ensuring the beef is fully browned.

Step 5: Make the Sauce:

- Pour in the milk and add the diced tomatoes.
- Stir well and bring to a light simmer for 3–5 minutes.

Ingredients

For the Guacamole:

- 3 ripe avocados
- 2 small tomatoes, finely diced
- ½ large red onion, finely chopped
- 2-3 garlic cloves, minced
- 45mL (3 Tbsp) lime juice
- 5mL (1 tsp) salt (adjust to taste)
- 2.5mL (½ tsp) black pepper
- 5mL (1 tsp) cumin
- 5-10mL (1-2 tsp) chili flakes or finely diced jalapeño (optional, for spice)
- Chipotle crema sauce (canned; optional)
- 25g (2 Tbsp) fresh cilantro, chopped (optional)
- Fresh store-bought salsa (optional)



Directions

Step 6: Combine Pasta and Sauce:

- Add the cooked pasta to the pan, stirring to coat with the sauce.
- Reduce heat to medium-low, cover, and let simmer for 6 minutes.
- Stir occasionally and cook for another 6-8 minutes to blend flavors.

Step 7: Finish with Cheese and Bake the Casserole:

- Remove from heat and let sit for 1 minute.
- Stir in 150g of cheese until melted and combined.
- Transfer the mixture to a large casserole dish.
- Sprinkle the remaining cheese on top.
- Broil in the oven at 400°F for 5-7 minutes or until golden brown.

Step 8: Make the Guacamole:

- In a large bowl, mash the avocados with a fork until smooth or slightly chunky.
- Mix in the diced tomato, red onion, garlic, lime juice, salt, pepper, cumin, and chili flakes/ jalapeño.
- Stir well and adjust the seasoning if needed.

Step 9: Garnish and Serve:

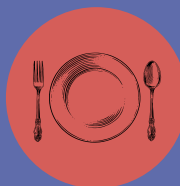
- Top the baked taco pasta with generous spoonfuls of guacamole and chipotle crema sauce, if using.
- Garnish with tortilla chips on top for added crunch (optional) and with salsa and fresh cilantro, if using.

Three Sisters Bannock Tacos

School: École Panorama Ridge Secondary School, Surrey, B.C.

Grade: 11 - 12

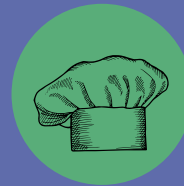
Lunch: Vegetarian, Halal



Serves:
4



Prep time:
30 minutes



Cook time:
25 minutes

Recipe Story

The students at Panorama Ridge love tacos and therefore decided to create vegetarian taco recipes with the “Three Sisters” as their filling. Having listened to Mariah Gladstone’s podcast on Indigenous Cuisinology and with their love for Bannock, the students maintained the Indigenous food theme and collectively agreed to use Bannock to hold the taco fillings.

B.C. Ingredients

We were fortunate to be able to source a number of ingredients locally including: Butternut squash, corn, garlic, and cilantro - all identified with the Buy BC logo. The flour came from Rogers Foods, and the cheddar cheese came from Armstrong.

We are honoured to work, play, learn, and live on the shared, unceded traditional territories of the Katzie, Semiahmoo, Kwantlen and other Coast Salish peoples.

Ingredients

Squash and Corn Filling:

- ¼-½ Seasonal Squash (butternut/acorn/kabocha), depending on size
- 60mL (¼ cup) whole corn kernel
- ½ serrano pepper, deseeded
- 10mL (2 tsp) vegetable oil
- 5mL (1 tsp) chili powder
- 5mL (1 tsp) ground cumin
- 5mL (1 tsp) dried oregano

Refried Beans Ingredients:

- 60g (⅓ cup) black beans
- 60mL (¼ cup) water
- 2mL (~½ tsp) vegetable oil
- 1 garlic clove, minced
- 1mL (¼ tsp) chili powder
- 1mL (¼ tsp) ground cumin
- 5mL (1 tsp) salt
- 5mL (1 tsp) lime juice, fresh

Fried Bannock Ingredients:

- 300mL (1 ¼ cups) all-purpose flour
- 10mL (2 tsp) instant yeast
- 150mL (⅔ cup) lukewarm water (more or less)
- 0.5mL (⅓ tsp) salt
- 5mL (1 tsp) sugar

Directions

Squash and Corn Filling Directions:

- Preheat oven 375°F. Line a baking sheet with parchment paper.
- Place a damp dishcloth on the counter and place a cutting board on top.
- Slice the butternut squash wedge into slices and set aside.
- Remove seeds from the serrano as it makes the serrano bitter. Thinly slice the serrano pepper.
- In a medium mixing bowl, gently toss butternut squash slices, whole corn kernels, serrano slices, chili powder, ground cumin and dried oregano with the vegetable oil.
- Gently place the butternut squash slices, whole corn kernels and serrano slices onto the lined baking sheet.
- Roast for 20 minutes or until nicely browned and tender.

Refried Beans Directions:

- In a medium mixing bowl, mash black beans into a thick, chunky paste with a potato masher.
- In a small saucepan, heat vegetable oil on medium heat.
- Add garlic, cumin, and chili powder, and cook until fragrant.
- Add mashed black beans, water, and lime juice.
- Cook for 5 minutes. Set aside.

Ingredients

Bannock Taco Assembly
(Proportions for 1 Bannock Taco):

- 1 fried bannock
- $\frac{1}{4}$ corn mixture
- $\frac{1}{4}$ refried beans
- $\frac{1}{4}$ roasted squash slices
- 10mL (2 tsp) sour cream

Garnish: Divide 2 Sprigs of Cilantro and 50mL grated cheddar cheese amongst the 4 Bannock Tacos



Directions

Fried Bannock Directions:

- In a large mixing bowl, combine 175mL flour, instant yeast, sugar, salt, and lukewarm water.
- Mix ingredients together with a wooden spoon until thoroughly combined.
- Gradually add more flour while mixing until a soft dough forms.
- Turn the dough out onto a lightly floured surface and knead until the dough is smooth.
- Cover dough with a tea towel and let rest for 15–20 minutes.
- Ensure the deep-fryer has reached the temperature of 350°F.
- Divide dough into 4 pieces and gently shape the dough into 1.5 cm to 2 cm thick disks with your hands.
- Allow the bannock to rest for 10 minutes.
- Fry the bannock a few minutes on each side until golden brown and drain on a paper towel lined plate.

Bannock Taco Assembly Directions:

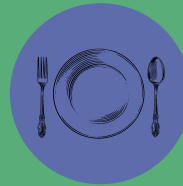
- On a dinner plate, lay out fried bannock.
- Smear the refried beans mixture on top of the fried bannock with a metal spatula.
- Top with squash and corn mixture.
- Drizzle sour cream on top and garnish with cilantro leaves and grated cheddar cheese.

Tomato Apple Soup with Oven Baked Cheese Sandwich

School: Mamele'awt, Abbotsford, B.C.

Grade: K - 12

Lunch: Vegetarian



Serves:
6



Prep time:
10 minutes



Cook time:
45 minutes

Recipe Story

We tried to choose a dish that featured all B.C. products, as we are the local Indigenous people. We chose to use apples, as crab apples are a part of traditional diets in our area. The local First Nations have used crab apples as fresh food and for medicine for thousands of years. They can be hung for storage and will last all winter as a long-term source of vitamin C.

B.C. Ingredients

Our recipe features B.C. grown Ambrosia apples, Roma tomatoes, and onions. We also sourced locally grown Russian garlic and BC-made cheddar cheese. It was our hope to use even more local ingredients, which we will try to do next time!

We acknowledge that the Abbotsford School District is located on the traditional and unceded territory of the Semá:th First Nation and Mathxwí First Nation. With this, we respect the longstanding relationships that Indigenous Nations have to this land, as they are the original caretakers.

Ingredients

- 45mL (3 Tbsp) olive oil
- ~30g (4 large cloves) garlic, chopped
- 454g (3 ⅔ cups) Ambrosia apples, peeled and roughly chopped
- 1.8kg (10 cups) Roma tomatoes, diced
- 454g (3 cups) yellow onion, diced
- 2 bay leaves
- Salt and pepper to taste
- 1 loaf brown bread
- 454g (2 cups) butter
- 454g (4 cups) cheddar cheese



Directions

1. Preheat oven to 350°F.
2. Heat olive oil over medium heat in a medium size pot.
3. Sauté diced onions and chopped garlic for approximately 3 min until the onion is translucent.
4. Prep your vegetables, then add apples, tomatoes, bay leaves, salt and pepper to pot and stir well.
5. Cook until apples are very soft and tomatoes have released most of their liquid, stirring occasionally. Cook for approx. 45 minutes.
6. While soup is cooking, butter one side of 12 slices of bread.
7. Place 6 slices of bread butter side down on a sheet pan.
8. Place approximately 4 slices of cheese on bread, enough to cover the bread. Top with the second slice of bread, butter side up.
9. Bake for approx. 10 minutes, then turn sandwiches over and return to oven for an additional 10 minutes. Remove from oven.
10. Remove soup from heat. Remove and discard bay leaves.
11. Use an immersion blender to carefully puree soup until smooth.
12. Add salt and pepper to taste if needed. Serve immediately and enjoy!

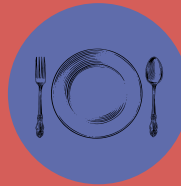
Tomato, Basil, Feta Omelette Quesadilla

School: Kalamalka Secondary School, Coldstream, B.C.

Grade: 11 - 12



Lunch:



Serves:
3



Prep time:
20 minutes



Cook time:
10 minutes

Recipe Story

We wanted to try a new dish that contained basil (we all like basil). As we were debating several recipes, we were instantly captivated by this one. We made some changes to the original recipe to suit our liking: We added more cheese, ham, and milk, and also substituted fresh tomatoes with local canned tomatoes in the recipe.

B.C. Ingredients

The basil we used was grown from the tower gardens that we have in school. The following items were found in a local store looking out for the Buy BC logo: tomatoes, eggs, ham and milk.

We respectfully acknowledge that we are situated on the ancestral, unceded and contemporary lands of the Syilx people.

Ingredients

- 6 eggs
- 30mL (2 Tbsp) milk
- 90mL (~6 Tbsp) feta, cut in small pieces
- 45mL (3 Tbsp) cheese
- 60g ham (optional - cut in small pieces)
- 4mL (1 tsp) butter or margarine
- 25mL (2 Tbsp) oil
- 250g (1 ⅓ cups) tomatoes, cut in medium sized pieces or canned tomatoes
- 1 ½ garlic cloves (minced)
- 12mL (1 Tbsp) tomato paste
- 3 flour tortillas
- 25-50g (1-2 cups loosely packed) basil leaves (cut in medium sized pieces)



Directions

1. Cut up the feta, ham, tomatoes, garlic, and basil.
2. In a medium bowl, whisk eggs and ½ tsp salt. Let rest at room temperature.
3. In a nonstick skillet over medium heat, heat butter and 2 tsp of oil until butter melts. Cook tomato, garlic, and remaining ½ teaspoon salt, stirring, until tomato begins to break down for 7-9 min.
4. Add tomato paste and cook, stirring, until brick red, about 1 min more. Transfer tomato mixture to a bowl.
5. In the same skillet over medium-low heat, heat 2 teaspoons of oil. Add about ½ cup of the egg mixture and cook, until bottom and edges are firm and eggs are about three-quarters of the way set (around 2 to 3 min). With a spatula, go around the edges of the egg, making sure that it does not get stuck to the pan. Arrange a tortilla on top and carefully flip eggs and tortilla.
6. Spread one-third of tomato mixture over eggs. Sprinkle 2 Tbsp of feta, 1 Tbsp of cheese, one-third of the chopped ham, and one-third of the basil. Turn up the heat a little bit above medium heat. Cook until the tortilla is crispy. Fold tortilla over and slide onto a plate.

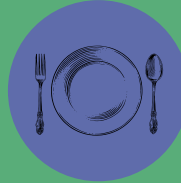
Vegetarian Garden Stew

School: Tuc-el-Nuit Elementary School, Oliver, B.C.

Grade: 6 - 7



Lunch: Vegetarian, Dairy-free,
*Crockpot Recipe.



Serves:
12



Prep time:
30 minutes



Cook time:
Crockpot -
8 hours

Recipe Story

This recipe was chosen because the majority of ingredients were planted, harvested and prepared by students in our school. Note: this is a crockpot recipe.

B.C. Ingredients

All vegetables and herbs came from our school garden, which includes: Onions, carrots, potatoes, tomatoes, basil, oregano, thyme, and garlic.

Acknowledging with respect and gratitude that I am honoured to live, work and learn on the unceded ancestral territories of the Sukenaqin and Smelqmix people.

Ingredients

- 2 onions
- 4 carrots
- 8 potatoes
- 900g (4 cups) crushed tomatoes
- 1.5L (6 cups) vegetable broth
- 8 cloves of garlic, minced
- 15mL (1 Tbsp) Italian herbs such as basil, oregano, thyme
- 30mL (2 Tbsp) soy sauce (optional)
- 5mL (1 tsp) salt
- 2 cans chickpeas



Directions

Step 1: Chop all vegetables into bite size pieces.

Step 2: Add all ingredients to a crockpot and stir to combine.

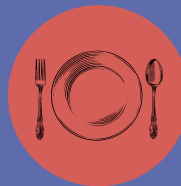
Step 3: Cook on low for 8 hours.

Vegetarian Lasagna

School: Lord Roberts Elementary School, Vancouver, B.C.

Grade: 7

Lunch: Vegetarian



Serves:
4



Prep time:
45 minutes



Cook time:
25 - 30
minutes

Recipe Story

Students from the LunchLAB Chef Team worked with Chefs-in-Residence from Growing Chefs to learn how to make this recipe at home and the scaled-up version was served for LunchLAB that day. A student chose this recipe because it was a favourite to make with her family. Students were really proud to see their ideas on the menu and loved it!

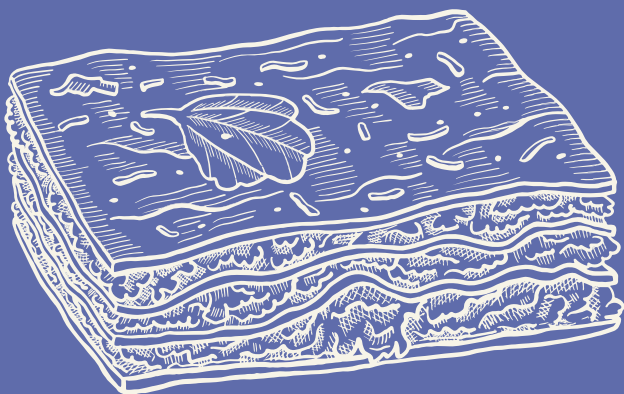
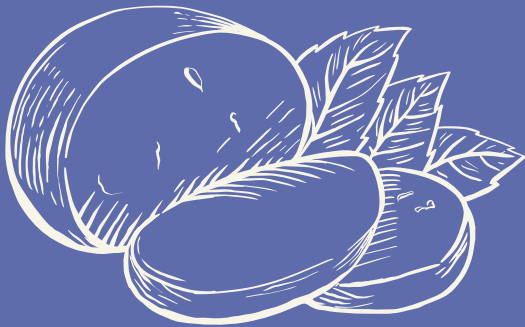
B.C. Ingredients

We would get our bell peppers from Windset Farms or KPU Farm in the summer months. We know our onions are from BC because of the 'Buy BC' logo in grocery stores. When these vegetables are in season we also get lots of our produce from Fresh Roots Farms based in Vancouver at two local high schools where they have farms in their backyards!

Lord Roberts is situated on the ancestral and unceded lands of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh Úxwumixw (Squamish Nation) and səlilwətaʔ (Tsleil-Waututh Nation).

Ingredients

- 9 lasagna noodles
- 30mL (2 Tbsp) olive oil
- 1 onion, diced
- 1 bell pepper, diced
- 5mL (1 tsp) garlic powder
- 500mL (2 cups) tomato sauce
- 5mL (1 tsp) dried oregano
- 5mL (1 tsp) dried basil
- Salt and pepper to taste
- 375mL (1 ½ cups) mozzarella shredded
- 125mL (½ cup) parmesan cheese, grated



Directions

Step 1: Preheat the oven to 375°F (190°C).

Step 2: Cook lasagna sheets (noodles) according to packet instructions in a big pan of boiling water, then drain.

Step 3: Make your sauce: Sauté onion and diced bell peppers in oil. Add garlic, tomato sauce, oregano, basil, salt, and pepper. Simmer for 5 mins, until golden in colour.

Step 4: Layer the lasagna in a baking dish: Sauce first, then the sheet, then more sauce, and cheese. Repeat layers.

Step 5: Bake 25–30 min until the cheese is bubbly!

Rest for 5 mins then serve.

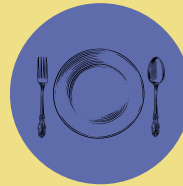
Serve with a side salad of curly kale and colourful veg and a sprinkle of pickles like we do at LunchLAB!

Veggie Chili and Quick Bread with Salad Bar

School: Total Education Program, Vancouver, B.C.

Grade: 10 - 12

Lunch: Dairy-free, Halal



Serves:
25



Prep time:
Bread: 20 mins
Chili: 30 mins



Cook time:
Bread: 45 mins
Chili: 30 mins

Recipe Story

Total Ed highly values community and we work hard to build a supportive environment for all. Part of that includes feeding our community with nourishing comfort foods at our LunchLAB program. Many of our students had negative school experiences prior to Total Ed and our lunches are part of the wrap-around supports we provide.

B.C. Ingredients

We obtained our garlic from the Fresh Roots Farm. When it is in season, the farm also grows zucchini and carrots. The rest of our vegetables are BC-grown field vegetables.

Total Education is located on unceded Coast Salish lands. This includes the Musqueam, Tsleil-Waututh and Squamish nations. We are grateful for the stewardship and care they have shown the land since time immemorial.

Ingredients

Quick Bread:

- 1.44kg (11 ½ cups) all-purpose flour
- 90mL (6 Tbsp) baking powder
- 15mL (3 tsp) salt
- 15mL (3 tsp) sugar
- 180mL (¾ cup) canola oil
- 1.8L (7 ½ cups) warm water
- 15mL (3 tsp) instant yeast

Chili:

- 20mL (1 ⅓ Tbsp) canola oil
- 750g (3 ¾ cups) white onion, chopped
- 10 cloves garlic, finely chopped
- 200g (⅞ cup) tomato paste
- 2kg lean ground beef (Vegetarian option: 750g chickpeas, rinsed and drained)
- 40g (5 Tbsp) chili powder
- 10g (1 Tbsp) dried oregano
- 10g (1 Tbsp) ground cumin
- 10g (1 Tbsp) smoked paprika
- 20g (4 tsp) crushed chili flakes (optional)
- 1.6L (6 ¾ cups) crushed tomatoes
- 1.4L (6 cups) red kidney beans, drained
- 1kg (6 cups) carrots, chopped
- 750g (5 cups) bell peppers, chopped
- 750g (5-6 cups) zucchini, chopped
- Salt to taste
- Ground black pepper to taste

Directions

Step 1

Bread:

- Preheat oven to 375°F.
- Spray a full size hotel/counter pan (4" deep) with non-stick spray.
- Dissolve the sugar into the warm water, and stir in the yeast.
- Allow yeast to bloom, which takes about 5 minutes.
- Meanwhile, measure the flour, baking powder and salt into a large bowl. Stir in the canola oil and combine evenly.

Chili:

- In a large pot over medium heat, heat oil. Add onion and cook, stirring occasionally, until slightly softened, about 10 minutes. Add garlic and cook, stirring for about 3 minutes more.
- Add tomato paste, stirring to coat vegetables. Add ground beef and cook, breaking up meat with a spoon, until no longer pink, for about 20 minutes. Drain any excess fat.

Directions

Step 2

Bread:

- Once the yeast is bloomed, mix the yeast and water into the dry ingredients. The dough will be slightly sticky.
- Press the dough evenly into the hotel pan. Wet your hands to help if the dough is especially sticky.

Chili:

- Add chili powder, oregano, cumin, smoked paprika, and crushed chili flakes (if using); generously season with salt and black pepper.
- Pour in tomatoes and beans and bring to a boil. Reduce heat to medium and simmer, stirring occasionally, for about 10 minutes.

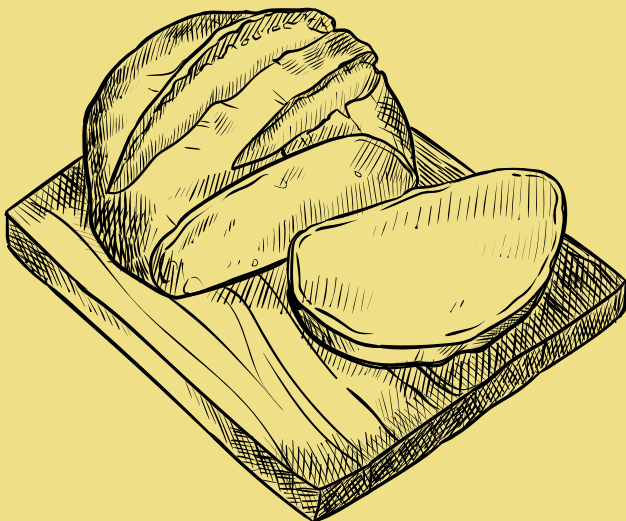
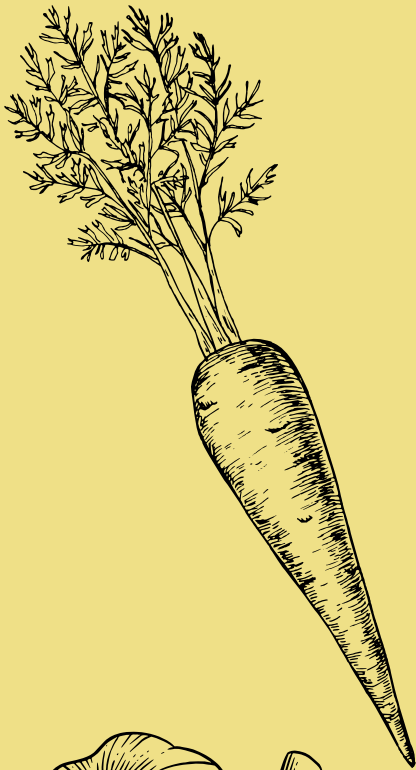
Step 3

Bread:

- Bake for 35-45 minutes until the centre of the bannock is 190°F.

Chili:

- Add carrots, peppers and zucchini. Continue to simmer the chili until flavors have melded and vegetables are cooked, a further 20-30 minutes.
- Taste the chili and correct the final seasoning with salt and pepper if necessary.



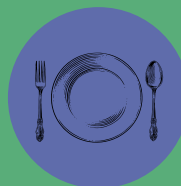
West Coast Sushi Bowls

School: Charles Hays Secondary School, Prince Rupert, B.C.

Grade: 11



Lunch



Serves:
25



Prep time:
50 minutes



Cook time:
30 minutes

Recipe Story

This recipe is connected to our culture as we are using our local traditional and harvested foods with a unique Japanese infusion. The Japanese people played a huge role in working at the canneries along the Skeena River. This recipe reflects pride in our youth for learning traditional preparation and cooking methods of our cultures.

B.C. Ingredients

The sockeye salmon was caught locally by the students with the school's Food Sovereignty Mentor and community members. With this, we were able to smoke the salmon with students from Charles Hays Secondary (CHSS). Two of these students were in the class that prepared this recipe. The herring eggs are locally harvested by the Ts'y'msean people of this territory.

"We are on the unceded traditional territory of the Sm'algyax speaking and Ts'y'msean peoples. Learning to brine, smoke, and cook with Ms. Leighton, Tony, and Donny, was one of the most important moments I had in school. Before I went to learn about this practice I wasn't doing too well, I was not motivated to work or do most things I liked doing before. But then Ms. Leighton brought me and [a couple other students] to smoke fish and taught us Tony's way of smoking fish. Thanks to Ms. Leighton, Tony, and Donny I'm doing well now." - Student from Charles Hays Secondary School

Ingredients

- 950g (4 $\frac{3}{4}$ -5 cups) sushi rice
- 120mL ($\frac{1}{2}$ cup) rice vinegar
- 3 cucumbers, peeled and diced
- 900g smoked salmon (~4 $\frac{1}{2}$ -5 cups sliced)
- 900g bag of shrimp
- 25 locally harvested herring eggs (optional)
- 25 torpedo shrimps
- Kewpi mayo

To serve:

- Sesame seeds (optional)
- Soy sauce
- 20-40 sheets of nori seaweed



Directions

1. Cook rice as directed on the package.
2. Pour rice vinegar over the rice.
3. Peel and dice cucumbers.
4. Cook shrimp in butter (in a frying pan).
5. Fry the herring eggs (if using) in butter.
6. Slice the smoked salmon into strips
7. Slice the nori seaweed into thin strips.
8. Cook torpedo shrimp (air fryer or oven) as directed.

Once everything is prepped, place the following in a bowl. Use the following order:

1. Rice at bottom of bowl.
2. Add cucumber and seafood toppings (all items can be substituted or not included based on preference).
3. Top with soy sauce, seaweed, and sesame seeds.

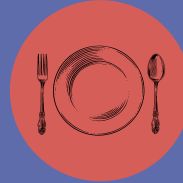
Wheat Berry Risotto with a Beet Puree

School: Stelly's Secondary, Saanichton, B.C.

Grade: 9 - 12



Lunch: Vegetarian, Vegan,
Dairy-Free, Halal



Serves:
8



Prep time:
20 - 30
minutes



Cook time:
45 - 60
minutes

Recipe Story

Our culinary program gives students unique insights into the food system, exposing them to rescued ingredients they may not have encountered before, like taro chips. Many walk past Saanichton Farm daily without knowing what grows there, so cooking freshly harvested wheat berries was also an exciting discovery.

B.C. Ingredients

Beets are donated to our program as part of the AITC Take A Bite of B.C. program. We often source B.C. beets from food rescue and use them in soups and sauces. The nutritious wheat berries bring a nice texture and flavour to the puree, and were grown right next to the school at Saanichton Farm.

We acknowledge and thank the WSÁNEĆ people on whose traditional territory we live, learn and teach. The WSÁNEĆ people have lived and worked on this land since time immemorial and have been outstanding stewards of this land demonstrating sustainability, reciprocity, respect, and knowledge towards these lands. The WSÁNEĆ people continue to thrive in this area and are both the food systems and land use leaders in this region.

Ingredients

Wheat Berry Risotto:

- 500mL (2 cups) wheat berries, soaked overnight
- 2L (8 ½ cups) water
- 1 onion, diced
- 15mL (1 Tbsp) oil
- 10mL (2 tsp) salt (more if needed later)
- 5mL (1 tsp) fresh ground pepper
- 5mL (1 tsp) garlic powder
- 5mL (1 tsp) cumin seeds

Beet Puree:

- 8-10 whole beets
- 2-4 cloves garlic
- 50mL (¼ cup) lemon juice
- 50mL (¼ cup) olive oil
- 5mL (1 tsp) coarse salt
- 15mL (1 Tbsp) dill (ideally fresh)
- 5mL (1 tsp) chili powder or smoked paprika

Garnishes:

- 2 taro roots, peeled and thinly sliced
- 30mL (⅓ cup) oil
- 10mL (2 tsp) coarse salt
- 2 crowns of broccoli, cut into florets
- 125mL (½ cup) pumpkin seeds (optional)
- 10mL (2 tsp) oil
- 5mL (1 tsp) coarse salt

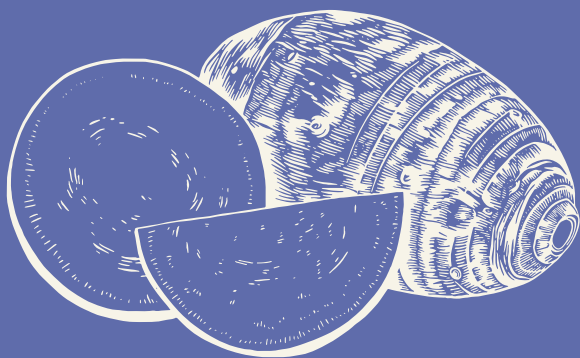
Directions

Wheat Berry Risotto:

- Note: For ideal results soak the wheat berries overnight, but if you really don't have time for this or forget, rinse the wheat berries 2-3 times before cooking.
- Drain soaked wheat berries.
- Heat a large saucepan on the stove over medium-high heat and add oil. Once heated, sauté onions until translucent and fragrant. Stir in wheat berries and seasonings. Cook for 2 minutes, then pour water and stir.
- Bring the water and wheat berries to the boil. Once boiling, stir thoroughly, place the lid on tightly, and reduce heat to medium-low. Cook for 30-60 minutes, until the desired texture is reached. We suggest tender with a slight pop.

Beet Puree:

- Preheat your oven to 400°F.
- Wash and trim the ends of the beets (slightly), then pat dry with a paper towel and wrap them in aluminum foil.
- Set on a baking sheet and roast in a preheated oven for 45-60 minutes, until fork tender. Cool until tolerable to handle.
- Peel the beets using your hands (or peeler) and cut into quarters.
- Place beets, lemon juice, olive oil, garlic, and seasonings into a blender. Puree until smooth, being careful when blending hot liquids.



Directions

Garnishes:

- Taro chips: Peel and thinly slice taro roots. Then, toss in oil and salt and lay out evenly on a parchment-lined baking sheet. Bake in the oven for 15-20 minutes, until the edges are crispy. Remove and cool.
- Pumpkin seeds: Toss pumpkin seeds in oil and salt. Lay out on a parchment-lined baking sheet. Bake in a 400°F oven for 5-10 minutes, until slightly crispy. Remove and cool.
- Broccoli: Wash and cut broccoli into equally sized florets. Steam for approx. 5 minutes, or until al dente.

Assembly:

- Use a ladle to portion the beet puree into the bottom of 8 bowls. Then divide wheat berries and place them on top of the beet puree.
- Next, lay steamed broccoli on $\frac{1}{3}$ of the bowl, then roasted pumpkin seeds on another $\frac{1}{3}$, and then taro chips on the remaining $\frac{1}{3}$.

Acknowledgements

Thank you to all the schools who submitted recipes to The Great B.C. School Food Cook-Off!

- Abbotsford Traditional School
- Agnes L Mathers Elementary School
- Airport Elementary School
- Alternate Community Programs
- Barnes & Maracle Independent School
- Blessed Sacrament Elementary School
- Campus View Elementary School
- Cedars Christian School
- Charles Bloom Secondary School
- Charles Hays Secondary School
- Cindrich Elementary School
- Cloverdale Traditional School
- Coldstream Elementary School
- Craigflower Elementary School
- Crescent Park Elementary School
- Cypress Park Primary School
- David Thompson Secondary School
- Delta Christian School
- École du Bois-Joli
- Ecole Panorama Ridge Secondary School
- École Robb Road Elementary School
- École Roosevelt Park Elementary School
- Fleetwood Park Secondary School
- Fort Nelson Secondary School
- Fraser Lake Elementary Secondary School
- George Jay Elementary School
- Georges Vanier Elementary School
- Golden Secondary School
- Greater Heights Learning Academy
- Highland Secondary School
- Howe Sound Secondary School
- Kalamalka Secondary School
- Kelowna Christian School
- Kennedy Trail Elementary School
- Lee School Educational Services
- Lord Roberts Elementary School
- M.V. Beattie Elementary School
- Macaulay Elementary School
- Maple Green Elementary School
- Mark Isfeld Secondary School
- McKenzie Elementary School
- Okanagan Christian School
- Pacific Heights Elementary School
- Pemberton Secondary School /
Stewardship Pemberton Society
- Quadra Elementary School
- Richmond Christian Secondary School
- Robson Valley Jr. Academy
- Saseenos Elementary School
- Senpaq'cin School - Osoyoos Indian
Band
- Spectrum Community School
- St. Ann's Academy
- Stelly's Secondary School
- Terry Fox Elementary School
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