

## **Prairieland Park – Poster Session/Reception Recipes**

### **Black Bean Two-Cheese Quesadilla**

1 can (15 oz.) black beans, rinsed and drained  
4 oz. (113 g) goat cheese, crumbled, or cream cheese  
½ cup (125 mL) salsa, drained  
1 tsp. (5 mL) chili powder or chipotle powder  
8 (8-inch) flour tortillas  
2 cups (500 mL) shredded pepper-jack or cheddar cheese

1. Put beans in medium bowl and mash with fork, leaving some beans whole. Stir in goat or cream cheese, salsa, and chili or chipotle powder. Cover and chill in refrigerator or cooler up to 2 days.
2. For each quesadilla, scatter ¼ cup (60 mL) shredded cheese over a tortilla. Spread on one-fourth of filling then scatter another ¼ cup (60 mL) cheese over filling. Top with another tortilla.
3. Bake quesadillas in a 350°F oven until lightly browned and cheese melts, 3 to 5 minutes per side. Cut each quesadilla into 8 wedges.

### **Mediterranean Rollups**

3 medium tomatoes  
1 tsp. (5 mL) salt  
1 (16 oz.) can chickpeas, drained  
¼ cup (60 mL) tahini  
6 garlic cloves  
¼ cup (60 mL) olive oil  
¼ cup (60 mL) lemon juice  
4 (8-inch) flour tortillas  
6 oz. (180 mL) feta cheese, crumbled  
½ tsp. (2 mL) pepper  
¼ tsp. (1 mL) paprika

1. Seed and dice tomatoes: sprinkle with salt. Let stand for 1 hour in a wire-mesh strainer.
2. Process chickpeas, tahini, garlic, olive oil and lemon juice in a food processor until smooth. Spread mixture evenly over tortillas.
3. Sprinkle with tomato, feta, pepper and paprika; roll up.
4. Chill 30 minutes. Cut each roll diagonally into 1-inch slices.

## Saskatoon Inn/Prairieland Park – Pulse Days Breakfast Recipes

### **Black Bean Banana Nut Muffins**

1/3 cup (80 mL) butter, melted  
1 tsp. (5 mL) vanilla  
1 egg  
1½ cups (375 mL) mashed banana  
¾ cup (180 mL) all-purpose flour  
¾ cup (180 mL) black bean flour  
2½ tsp. (12 mL) baking powder  
1 tsp. (5 mL) baking soda  
½ tsp. (2 mL) salt  
¾ cup (180 mL) sugar  
1 cup (250 mL) chopped pecans (optional)

1. Mix butter, vanilla and egg together with banana.
2. In a separate large bowl, combine dry ingredients.
3. Add wet ingredients to dry ingredients.
4. Spoon into greased or paper-lined muffin cups.
5. Bake at 350°F for 20-25 minutes.

Makes 12 muffins.

*Per muffin: 290 calories, 11 g fat, 4.3 g fibre, 6 g protein.*

### **Lemon Blueberry Pea Fibre Muffins**

1 cup (250 mL) pea fibre  
1 cup (250 mL) all-purpose flour  
¾ cup (180 mL) sugar  
2½ tsp. (12 mL) baking powder  
1 tsp. (5 mL) baking soda  
½ tsp. (2 mL) salt  
½ tsp. (2 mL) xanthan gum\*  
1 large lemon, rind and juice  
1½ cup (375 mL) milk  
½ cup (125 mL) canola oil  
1 egg, slightly beaten  
1 cup (250 mL) fresh blueberries

\*Xanthan gum is optional but highly recommended as it improves the texture and the shelf-life of the muffins. It is available at health and specialty food stores.

1. In a large bowl, combine pea fibre, flour, sugar, baking powder and soda, salt and xanthan gum.
2. In a separate bowl, combine lemon juice and rind, milk, oil and egg. Add to dry ingredients and stir just until moistened.
3. Gently stir in blueberries.
4. Spoon into greased or paper-lined muffin cups and bake at 400°F for 15-20 mins.

Makes 12 medium size muffins.

*Per muffin: 207 calories, 10 g fat, 9 g fibre, 3 g protein.*

## Saskatoon Inn/PrairieLand Park – Pulse Days Coffee Break Recipe

### Chocolate Chip Chickpea Cookies

1 cup (250 mL) packed brown sugar  
¾ cup (180 mL) soft margarine or butter  
2 large egg whites  
2 tsp. (10 mL) pure vanilla extract  
1 (15 oz.) can chickpeas drained and rinsed  
2 cups (500 mL) semi-sweet chocolate chips  
2 cups (500 mL) all purpose flour  
½ cup (125 mL) old fashioned oats  
1 tsp. (5 mL) baking soda  
¼ tsp. (1 mL) salt

1. Preheat oven to 350°F (180°C). Line two baking trays with non stick parchment paper.
2. In a large mixing bowl, beat sugar and margarine with a wooden spoon or with a mixer on medium speed until smooth. Beat in egg whites and vanilla, followed by the chickpeas and chocolate chips. Add the flour, oats, baking soda and salt and mix on low speed until a thick dough forms.
3. Drop the dough by the tablespoonful onto the baking sheet, spacing the cookies about 1 inch apart. Flatten slightly with a fork. Bake for 11-13 minutes, do not over-bake. Allow cookies to cool.

## Saskatoon Inn/PrairieLand Park – Pulse Days Lunch Recipes

### Orzo Lentil and Feta Salad

1¼ cups (310 mL) orzo pasta  
6 tbsp. (90 mL) olive oil, divided  
¾ cup (180 mL) dry red lentils, rinsed and drained  
1/3 cup (80 mL) red wine vinegar  
3 cloves garlic, minced  
½ cup (120 mL) olives, pitted and chopped  
1½ cups (375 mL) crumbled feta cheese  
1 small red onion, diced  
½ cup (125 mL) chopped fresh dill  
Salt and pepper to taste

1. Bring a large pot of lightly salted water to boil. Add pasta and cook until al dente, about 8 to 10 minutes; drain. Transfer pasta into a large bowl, and mix in 1 tbsp. (15 mL) olive oil; cover and refrigerate until cool.
2. Place lentils into a small saucepan, cover with water, and bring to a boil. Cover, and simmer over low heat until lentils are tender, about 15 to 20 minutes. Drain and set aside to cool.
3. Combine the remaining olive oil, vinegar, and garlic in a small bowl.
4. Remove pasta from refrigerator; add lentils, oil mixture, olives, feta cheese, red onion and dill; stir until thoroughly blended. Season to taste with salt and pepper. Cover and refrigerate for at least 2 hours.

## **Lentil Spaghetti Sauce**

1 cup (250 mL) chopped onions  
½ cup (125 mL) finely chopped carrots  
1 tsp. (5 mL) minced garlic  
1 (15 oz.) can tomato sauce  
1½ cups (375 mL) water  
½ cup (125 mL) chopped tomatoes  
1 cup (250 mL) lentils, rinsed  
1 tsp. (5 mL) basil  
1 tsp. (5 mL) sugar  
½ tsp. (2 mL) oregano  
¼ tsp. (1 mL) thyme  
¼ tsp. (1 mL) salt  
¼ tsp. (1 mL) pepper sauce

In a saucepan, sauté onions, carrots and garlic in oil until onions are tender. Add remaining ingredients. Simmer for 1 hour. Serve over hot, cooked pasta.

Makes four servings.

## **Southwestern Corn & Black Bean Salad**

3 large ears of corn, husked  
¼ cup (60 mL) lime juice  
2 tbsp. (30 mL) extra-virgin olive oil  
½ tsp. (2 mL) salt  
Fresh ground pepper to taste  
2 (15 ounce) cans black beans, rinsed  
2 cups (500 mL) shredded red cabbage  
1 large tomato, diced  
½ cup (125 mL) red onion, minced

1. Bring 1 inch of water to a boil in a Dutch oven. Add corn, cover and cook until just tender, about 3 minutes. When cool enough to handle, cut the kernels from the cobs using a sharp knife.
2. Whisk lime juice, oil, salt and pepper in a large bowl. Add the corn, beans, cabbage, tomato and onion; toss to coat.
3. Refrigerate until ready to serve.

## Saskatoon Inn – Trade Reception Recipes

### Tortilla Rolls with Hummus and Grilled Eggplant

1 lb (500 g) Asian eggplants or zucchini (about 4)  
3 sweet red peppers  
1 19-oz (540 mL) can chickpeas, rinsed and drained or 2 cups (500 mL) cooked chickpeas  
3 tbsp. (45 mL) lemon juice  
1 tbsp. (15 mL) dark sesame oil  
2 cloves garlic, minced  
½ tsp. (2 mL) ground cumin  
½ tsp. (2 mL) hot red pepper sauce  
3 tbsp. (45 mL) unflavoured low-fat yogurt  
4 10-inch (25 cm) whole wheat or regular flour tortillas  
½ cup (125 mL) shredded fresh basil or chopped parsley

TIP: Thin, zucchini-shaped Asian or Japanese eggplants are preferred because they do not need to be peeled or salted (some recipes call for eggplants to be sprinkled with salt to extract liquid and bitterness). If you can only find large eggplants, choose the longer, thinner ones because they contain fewer seeds.

1. Cut eggplants lengthwise into ¼-inch (5 mm) slices. Grill until browned on both sides.
2. Grill peppers until blackened on all sides. Cool, peel, seed and cut peppers into strips.
3. To prepare hummus, in a food processor combine chickpeas, lemon juice, sesame oil, garlic, cumin and hot pepper sauce. Add enough yogurt to make the hummus spreadable. Taste and adjust seasonings if necessary.
4. Spread hummus over tortillas. Arrange strips of eggplant and peppers over two-thirds of each tortilla, leaving clear edge at top. Sprinkle eggplant and tortillas with basil. Roll up tortillas tightly. Wrap individually in plastic wrap and refrigerate.
5. Slice rolls on a diagonal to serve.

Makes 32 pieces.

### Cheesy Black Bean Dip

2 tbsp. (30 mL) vegetable oil  
1 cup (250 mL) white onion  
1 tbsp. (15 mL) finely chopped garlic  
1 tbsp. (15 mL) canned diced jalapeno peppers  
1 (15 oz.) can black beans, rinsed and drained  
1½ cups (375 mL) shredded mozzarella cheese  
½ cup (125 mL) sour cream  
½ tsp. (2 mL) ground cumin  
¼ tsp. (1 mL) cayenne pepper  
Salt and pepper to taste  
½ cup (125 mL) crumbled feta cheese

Continued on next page...

## **Cheesy Black Bean Dip Continued...**

1. In a medium skillet, heat oil over medium heat. Add onion, garlic and jalapeno peppers; sauté until onions are soft, about 5 minutes.
2. Add beans and mash with the back of a ladle or large spoon until softened and heated through, 2-3 minutes.
3. Remove from heat and stir in shredded mozzarella, sour cream, cumin and cayenne pepper, stirring until cheese is melted. Season with salt and pepper to taste.
4. Transfer to a serving dish and sprinkle feta cheese on top. Serve warm or at room temperature with chips and vegetables.

## **Sweet Potato and Curried Red Lentil Pizza**

¾ cup (180 mL) dry red lentils  
1½ cups (375 mL) water  
1 tbsp. (15 mL) olive oil  
2 cloves garlic, minced  
1 small onion, chopped  
½ small eggplant, diced  
1 lb (500 g) sweet potato, cubed  
1 (14.5 ounce) can Italian Style diced tomatoes, un-drained  
1 tsp. (5 mL) ground ginger  
1½ tsp. (8 mL) curry powder  
1½ tbsp. (20 mL) ground cumin  
Salt and pepper to taste  
1 (12 inch) thin prebaked whole wheat pizza crust  
¼ cup (60 mL) grated Romano cheese

1. Combine the lentils and water in a small saucepan. Bring to a boil, then cover and simmer over low heat for about 20 minutes, or until tender. Drain, and set aside.
2. Preheat the oven to 375°F (190°C). Spray a pizza pan with non-stick cooking spray.
3. Heat oil in a skillet over medium heat. Stir in garlic and onion; cook until soft and slightly browned. Stir in eggplant and sweet potato. Pour about ½ cup of liquid from canned tomatoes. Simmer until juices are absorbed.
4. Stir in tomatoes, ginger, curry powder, cumin, salt and pepper; simmer until sweet potato begins to soften, about 15 to 20 minutes. (If juices cook off before potatoes are fully cooked, stir in a small amount of water, and cover.)
5. Place pizza crust on pizza pan. Spread the lentils evenly across the surface of the crust out to the edges. Spread sweet potato mixture evenly on top, and sprinkle with cheese.
6. Bake in the preheated oven until the edges are browned, about 10 to 13 minutes.