

# Firehouse Cookbook

“Serving up Food and Fire Safety in the Kitchen!”



Brought to you by Brandon  
Fire and Emergency Services  
and Grand Valley Mutual  
Aid District



# Bakery

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## Parents and Caregivers,

Cooking is the No. 1 cause of home fires and home fire injuries. This year's Fire Prevention Week™ (FPW) campaign, "Serve Up Fire Safety in the Kitchen!™", works to educate everyone about simple but important actions they can take to keep themselves and those around them safe.

FPW is a perfect time to complete this cooking safety checklist together. If you checked **YES** on all the boxes, great job! If some boxes are checked **NO**, work together as a family to turn them into a **YES**.



# — SERVE UP — Fire Safety — IN THE KITCHEN!™ —

## The Family's Cooking Safety Checklist

- YES  NO Does a grown-up always pay attention to things that are cooking?
- YES  NO Does a grown-up watch the stovetop when he or she is frying, boiling, grilling, or broiling food?
- YES  NO If a grown-up must leave the kitchen for even a short period of time, does he or she turn off the burner?
- YES  NO Are things that can burn, such as dish towels, curtains, or paper, away from the stovetop?
- YES  NO Are the stovetop, burners, and oven clean — no spilled food, grease, paper or bags?
- YES  NO Are pot handles turned toward the back of the stove when a grown-up is cooking?
- YES  NO Do children and pets stay out of the kid-free zone (3 feet or 1 meter from the stove) when a grown-up is cooking?
- YES  NO Are containers opened slowly when removing from the microwave? Hot steam can escape from containers and cause burns.
- YES  NO Does your family have working smoke alarms on every level of the home, outside all sleeping areas, and in each bedroom?
- YES  NO Does your family have a home fire escape plan?
- YES  NO Do you practice the plan?



**FIRE  
PREVENTION  
WEEK™**

For more tips, visit [firepreventionweek.org](http://firepreventionweek.org) and [sparky.org](http://sparky.org)  
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# Savory Zucchini Cheese Bread



REMINDER: Test  
Your Smoke Alarms  
Every Month

From: Heather Penner, BFES  
Serves: 8

Prep Time: 10 min  
Cook Time: 1 hour

## Instructions

- 1:**  
Preheat oven to 350 degrees F. Spray a 9x5 bread pan with non stick spray.
- 2:**  
Wrap grated zucchini in a paper towel and squeeze out some of the liquid (a TBSP or so)
- 3:**  
In a large bowl, combine flour, baking powder, baking soda and salt.
- 4:**  
In a small bowl, combine milk and vinegar (to make buttermilk). Mix in melted butter and egg.
- 5:**  
Add milk mixture to dry mixture. Don't over mix as we want it to rise.
- 6:**  
Add grated zucchini, cheese and onions. Mix until just combined.
- 7:**  
Pour batter into prepared pan. Bake at 350 for one hour.
- 8:**  
Bread is done when toothpick comes out clean. Cool in the pan for 10 min. Remove carefully and cool on a wire rack.

## Notes

If using buttermilk, simply omit milk and vinegar combination with one cup of buttermilk.

## Ingredients

- 1 1/2 cups  
zucchini, grated
- 2 cups  
all purpose white flour
- 2 tsp  
baking powder
- 1/2 tsp  
baking soda
- 1/2 tsp  
salt
- 1 cup  
milk
- 1 TBSP  
vinegar (white or apple cider)
- 1 egg
- 3 TBSP  
butter, melted
- 1 1/2 cups  
grated sharp cheddar
- 2 green onions  
chopped



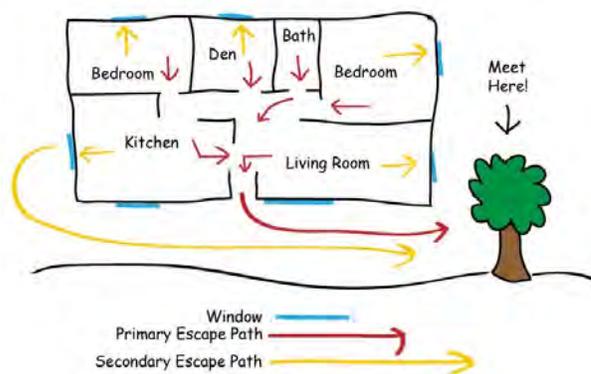
# Apple Cake

From: BFES Inspections  
Serves: 8

Prep Time: 15 min  
Cook Time: 40 min

## Instructions

- 1: Preheat oven to 350 degrees F, set oven rack to middle position. Grease 9-inch spring form pan with butter or non stick spray. If using a regular cake pan, grease it, line the bottom with parchment paper and grease again.
- 2: In a small bowl, whisk together flour, baking powder and salt.
- 3: Using a mixer, cream the butter and granulated sugar until light and fluffy (about 3 min). Add the eggs one at a time, beating well and scraping sides of bowl after each addition. Beat in the vanilla. Don't worry if the batter looks grainy at this point; it's okay! Add the flour mixture and mix on low until just combined.
- 4: Coat apples in cinnamon. Using a rubber spatula, fold the chopped apples into the batter.
- 5: Scrape the batter into the prepared pan and even the top. Sprinkle evenly with 1 TBSP of mixed granulated sugars. Bake 40 min or until the cake is golden and a toothpick inserted into the center comes out clean. Allow the cake to cool on a rack.



Plan and practice your home  
fire escape plan

## Ingredients

- 1 cup  
all purpose flour, leveled-off
- 1 tsp  
baking powder
- 1/4 tsp  
salt
- 1/2 cup (1 stick)  
unsalted butter, at room temperature
- 1/3 cup  
granulated sugar, plus more to sprinkle over cake
- 1/3 cup  
brown sugar, plus more to sprinkle over cake
- 2 large eggs
- 1 tsp  
vanilla extract
- 1 tsp  
cinnamon
- 3 1/2—4 cups  
chopped baking apples (peeled)
- Confectioners' sugar  
optional—for decorating



# Gluten Free Chocolate Chip Cookies



From: Christina Bouchie, OFC Prep Time: 30 min

Makes: 2 dozen

Cook Time: 11 min

## Instructions

**1:**

In a medium bowl add the chocolate chips, peanut butter chips, walnuts, and oats; stir to combine; set aside.

**2:**

Cream the sugars and butter. Add the egg, mix just long enough to combine. Add the vanilla and beat just until blended.

**3:**

In a small bowl, whisk together flour, baking soda and salt. Add to the wet mixture in two portions. Mix on medium speed until incorporated.

**4:**

Add the chip-nut-oat mixture to the dough. Beat on low until evenly distributed.

**5:**

Chill the dough uncovered for 1 hour. Line 2 baking sheets with parchment paper. Preheat oven to 350 degrees F.

**6:**

Using a 2-1/2 Tbsp scoop, scoop cookie dough onto the pans. Keep the dough in the fridge until ready to scoop out the next round.

**7:**

Bake cookies for 11 min. on centre rack. Allow to cool on the baking sheet for about 3 min., then transfer to a cooling rack.

**8:**

If cookies will be consumed within 24 hours, store in an airtight container or ziplock. Freeze the rest in a ziplock.

## Notes

You can substitute the butter with coconut oil if preferred.

## Ingredients

**3/4 cup**

Semisweet chocolate chips (Kirkland white bag or Enjoy Life for dairy free)

**3/4 cup**

Peanut butter chips (Reese's)

**3/4 cup**

Chopped walnuts

**3/4 cup**

Gluten free rolled oats

**1/2 cup or 1 stick**

Unsalted butter at room temperature

**1/2 cup**

Light or golden brown sugar, packed

**1/4 cup + 2 Tbsp**

Granulated sugar

**1 large**

Egg at room temperature (or egg substitute)

**1 tsp**

Pure vanilla extract

**1 cup**

Gluten free all purpose flour

**1/2 tsp**

Baking soda

**1/4 tsp**

Salt

# Chocolate Chip Cookies



From: Roxanne Dyck, BFES  
Serves:

Prep Time: 20 min  
Cook Time: 11 min

## Instructions

- 1:**  
Cream margarine and sugars together in a large bowl. Add in beaten eggs and vanilla.
- 2:**  
Mix dry ingredients together in a separate bowl and then add into the sugar mixture.
- 3:**  
Fold in chocolate chips and Skor bits.
- 4:**  
Chill dough for 20-30 minutes before baking to help cookies retain their form.
- 5:**  
Drop dough by spoonful's onto a greased or parchment lined baking sheet.
- 6:**  
Bake at 350 degrees for 9-11 minutes. Do not overbake.

## Ingredients

- 1 cup**  
Margarine
- 3/4 cup**  
Brown sugar
- 1/4 cup**  
White sugar
- 2 eggs**
- 1 package (6 serving size)**  
Instant vanilla pudding powder
- 1 tsp**  
Vanilla
- 1 tsp**  
Baking soda
- 2 1/4 cups**  
Flour
- 1 1/2 cups**  
Chocolate chips
- 1/2 cup**  
Skor bits

Change batteries  
in smoke alarms  
twice a year at  
Daylight Savings.



# Flower Pot Dessert (Dirt Dessert)

From: Kelly McLean, OFC  
Serves: 12-16

Prep Time: 20 min  
Cook Time: 00 min

## Instructions

- 1:**  
In a large bowl, cream together the cream cheese, margarine and icing sugar.
- 2:**  
In a separate bowl, combine the vanilla pudding and milk. Once combined, add the Cool Whip and mix well.
- 3:**  
Blend the pudding mixture into the cream cheese mixture.
- 4:**  
Use a clear bowl or container so you can see the layers, and alternate layers of Oreo crumbs and cream cheese mixture (start and end with the crumbs).
- 5:**  
Decorate with artificial flowers and gummy worms.

## Notes

Also works well for individual desserts for a birthday party.



## Ingredients

- 1 box**  
Oreo crumbs
- 8 oz (250 g)**  
Cream cheese
- 1/2 cup**  
Icing sugar
- 2 packages (4 serving size)**  
Instant vanilla pudding
- 3 1/2 cups**  
Milk
- 12 oz tub (large one)**  
Cool whip
- Gummy worms (optional)**

# Drumstick Cake



From: Roxanne Dyck, BFES

Prep Time: 20 min

Serves: 12

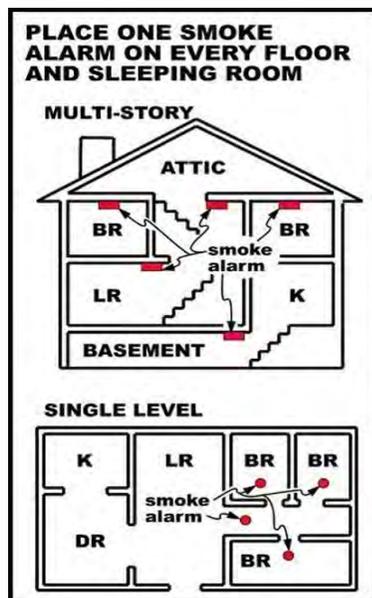
Cook Time: 00 min

## Instructions

- 1:**  
Mix first three ingredients well and spread into a 9 x 13 pan. Save some to sprinkle on top at the end.
- 2:**  
Mix cream cheese, sugar, peanut butter and vanilla.
- 3:**  
Add the egg.
- 4:**  
Fold in the Cool Whip.
- 5:**  
Pour this mixture over the wafer crumb base.
- 6:**  
Drizzle fudge sauce on top and work through with a knife.
- 7:**  
Freeze and then dig in.

## Ingredients

- 2 cups**  
Vanilla wafer crumbs
- 1/2 cup**  
Margarine, melted
- 6 Tbsp**  
Crunchy peanut butter
- 1/2 cup**  
Hot fudge sundae sauce
- 1—8 oz package**  
Cream cheese
- 1 tub**  
Cool Whip
- 1/2 cup**  
Icing sugar
- 1/2 cup**  
Peanut butter
- 2 tsp**  
Vanilla
- 1 egg**



# Red Lobster Cheddar Biscuits

From: Roxanne Dyck, BFES  
Serves:

Prep Time: 12 min  
Cook Time: 14 min

## Instructions

- 1: Preheat oven to 400 degrees F. Line two baking sheets with parchment paper or silicone baking mats.
- 2: Cut 8 Tbsp cold butter into tiny cubes and set aside.
- 3: In a large bowl, whisk flour, baking powder, baking soda, salt and garlic powder. Using a pastry blender, cut the cubed butter into the dry ingredients until the mixture resembles coarse, small peas.
- 4: Stir in the cheddar and parsley. With a sturdy spoon, stir in the buttermilk just until dough comes together. Don't over mix.
- 5: Drop large, heaping spoonfuls of dough (2-3 Tbsp—can use an ice cream scoop) onto the pans. Space them 2 inches apart and bake for 10-13 minutes.
- 6: Once biscuits are baked, brush them with the melted butter, return to the oven and bake 2-3 minutes more, until cooked through and golden brown.

## Ingredients

- 8 Tbsp Cold, unsalted butter PLUS
- 2 Tbsp melted butter (for Step 6)
- 2 cups All purpose flour
- 2 tsp Baking powder
- 1 tsp Baking soda
- 1/2 tsp Fine sea salt PLUS a pinch
- 1/2 tsp Garlic powder
- 2/3 cup Cheddar cheese, freshly grated
- 2 Tbsp Italian parsley, freshly minced
- 1 cup buttermilk



# Skor Bar Trifle (gluten free)

From: Dennis Gullett

Wawanesa Fire Dept.

Prep Time: 30 min

Cook Time: 25-30 min

Serves: 8-10

## Instructions

1:

In a large bowl, crumble half of the chocolate cake. Layer with half of the pudding. Next layer is half of the whipped topping.

2:

Liberally sprinkle this first layer with Skor pieces.

3:

Repeat the layering, ending with whipped topping and sprinkle with more Skor pieces.

4:

Cover and refrigerate for one hour.

## Ingredients

1 cake mix

Gluten free chocolate cake mix— prepared as directed and baked

1 package

Chocolate pudding mix—prepared as directed and cooked

4

Skor bars, crushed

1 tub

Whipped topping (Nutriwhip or Coolwhip)

Optional

Chocolate or caramel sauce to drizzle on top



## Notes

You can substitute crushed Skor bars with a bag of Skor pieces.



# Chocolate Pudding Cookies (gluten free)

From: Dennis Gullett

Wawanesa Fire Dept.

Prep Time: 20 min

Cook Time: 25 min

Serves:

## Instructions

- 1:**  
Combine butter and sugars.
- 2:**  
Add vanilla and pudding. Beat until smooth.
- 3:**  
Beat in eggs.
- 4:**  
Gradually add flour and baking soda.
- 5:**  
Add chips and nuts if using.
- 6:**  
Roll into balls and flatten with fork.
- 7:**  
Bake on ungreased cookie sheet for 7-8 minutes at 325 degrees F.

## Notes

These cookies freeze well.



## Ingredients

- 2 1/4 cups**  
Gluten free mix (see below)
- 1 tsp**  
Baking soda
- 1 cup**  
Soft butter, not melted
- 1/4 cup**  
White sugar
- 3/4 cup**  
Brown sugar
- 1 tsp**  
vanilla
- 1 package**  
Instant pudding, chocolate or vanilla
- 2 eggs**
- Optional**  
Chocolate chips, nut

## Gluten Free mix

- 3 cups**  
White rice flour
- 1 cup**  
Brown rice flour
- 2 cups**  
Potato starch
- 1 cup**  
cornstarch
- 1 cup**  
Soya flour

Blend together and store in airtight container.

# Apple Crisp (gluten free)



From: Dennis Gullett      Prep Time: 20 min  
Wawanesa Fire Dept      Cook Time: 60 min  
Serves: 4-6

## Instructions

- 1:  
Preheat oven to 350 degrees F. Spray a 9x9 baking pan with non-stick spray.
- 2:  
Peel the apples and slice them into the prepared pan.
- 3:  
Combine flour, sugar and oats.
- 4:  
Cut butter into the dry ingredients.
- 5:  
Crumble over cut up apples.
- 6:  
Bake 45-60 minutes.



Smoke is the #1 killer in fires. Use your safest exit. If you must escape through smoke, crawl low on your hands and knees.

## Ingredients

- 1/3 cup  
Gluten free flour
- 1/3 cup  
Brown sugar
- 3/4 cup  
Gluten free oats
- 1/4 cup  
Margarine or butter
- 3 or 4  
Gala apples

## Notes

Try to cut apples to consistent thickness for even baking.

# Banana Bread



From: Marc Lefebvre, BFES

Serves: 12

Prep Time: 20 min

Cook Time: 30-45 min

## Instructions

1:

Preheat oven to 350 degrees F.

2:

Cream together butter, sugar and eggs. You can substitute the white sugar with brown sugar if you want.

3:

Add baking soda, baking powder, boiling water, blended banana, flour and vanilla to the creamed sugar mixture. Stir to combine.

4:

For banana bread, scrape mixture into a prepared loaf pan. Bake at 350 for 40-45 minutes.

For banana muffins fill lined muffin cups about 3/4 full. Bake at 350 for 30 minutes until a golden brown.

5:

Prior to baking, top the loaf or muffins with 1/2 cup chocolate chips and 1/2 cup walnut pieces.

## Notes

For variations to the recipe you can add bran, chocolate chips or flax seed to the batter.

If doubling the recipe: 4 Tbsp x 2 = 8 Tbsp = 1/2 cup boiling water.

## Ingredients

1/2 cup

Butter

1 cup

Sugar

2 eggs

1 tsp

Baking soda

2 tsp

Baking Powder

4 Tbsp

Boiling water

1 cup

Ripe banana, blend

2 cups

Flour

1 tsp

Vanilla

1/2 cup

Chocolate chips for topping

1/2 cup

Chopped walnuts for topping

# Cowgirl Cowboy Cookies



From: Dennis Gullett  
Wawanasa Fire Dept.  
Makes: 24 cookies

Prep Time: 20 min  
Cook Time: 30 min

## Instructions

- 1: Cream shortening and sugar together.
- 2: Add eggs and mix.
- 3: Add remaining ingredients and mix well.
- 4: Roll into balls.
- 5: Bake at 350 degrees F for 10-15 minutes or until lightly browned.



## Ingredients

- 2 cups Flour
- 1 tsp Baking soda
- 1/2 tsp Salt
- 1/2 tsp Baking powder
- 2 cups Rolled oats
- 1 cup Margarine or shortening
- 1 cup White sugar
- 1 cup Brown sugar
- 2 eggs
- 1 tsp Vanilla
- 3/4 cup Chocolate chips or smarties

# Pumpernickel Bread



From: Lorina Hofer, Wawanesa Prep Time:  
Serves: makes 2 loaves Cook Time: 25 min

## Instructions

- 1:** Whisk together yeast and warm water and let soften for a few minutes.
- 2:** Combine all other ingredients with yeast mixture, reserving 1–2 cups flour. Beat well.
- 3:** Stir in enough remaining flour to make a stiff dough. Let it rest 8-10 minutes. Let it rise until doubled in size, about 1 1/2 hours.
- 4:** Divide dough into two loaves and allow to rest for 10 minutes.
- 5:** Shape into balls and place on a baking sheets sprinkled with cornmeal.
- 6:** Bake at 350 degrees F for 20 minutes, then reduce heat to 320 and bake an additional 5 minutes.

## Ingredients

- 3 Tbsp Yeast
- 1 1/2 cups Warm water
- 2 3/4 cups Rye flour
- 2 1/2 cups White flour
- 1/2 cup molasses
- 2 tbsp Vegetable oil
- 3 tbsp honey
- 1 tbsp Caraway seeds
- 1 tbsp salt
- 1 tbsp Lemon juice

**DO YOU KNOW  
WHEN TO CALL 9-1-1?**



# Rye Bread



From: Lorina Hofer, Wawanesa Prep Time:  
Makes: 8 loaves Cook Time:

## Instructions

- 1:  
Add all ingredients to your mixing bowl and mix well.
- 2:  
Add yeast mixture once it's risen a bit.
- 3:  
Allow the dough to rise until doubled in size (1 to 1 1/2 hours).
- 4:  
Divide the dough and shape into loaves. Let the bread rise again, another 30—45 minutes.
- 5:  
Bake at 350 for 40—50 minutes or until done.



Cooking is one of the leading causes of home fires. To prevent cooking fires, you must be alert. Avoid cooking if you are sleepy, have consumed alcohol or have taken medicine or drugs that make you drowsy.

## Ingredients

- 5 cups  
Water
- 2 cups  
Vegetable oil
- 6 eggs
- 1/2 cup  
Honey
- 1/4 cup  
Molasses
- 3 Tbsp  
Salt
- 2 quarts  
Rye flour
- 2 1/2 quarts  
White flour

## Yeast Mixture

- 2 cups  
Water
- 6 Tbsp  
Yeast
- 2 Tbsp  
sugar

# White Bread

From: Lorina Hofer, Wawanesa Prep Time:  
Makes: 8 loaves Cook Time:

## Instructions

- 1:**  
Mix all ingredients together in a large bowl.
- 2:**  
Cover and allow to rise.
- 3:**  
Check by pushing your finger in the dough. If the indent stays it has doubled.
- 4:**  
Punch down.
- 5:**  
Shape and place in greased loaf pan. Allow to rise.
- 6:**  
Preheat oven to 350 F. Bake bread for about 30-33 minutes, or until golden brown on top.



To help prevent fires, keep the  
stovetop, burners and oven clean.

## Ingredients

2 quarts  
water

2 eggs

1 1/2 cups  
Oil

1/3 cup  
Honey

1/4 cup  
Salt

1/3 cup  
Sugar

1/3 cup  
Yeast





# Zucchini Oatmeal Cookies

From: Terry Parlow, BFES

Makes: 24 cookies

Prep Time:

Cook Time: 14 min

## Instructions

1:

In a large bowl, whisk together quick oats, flour, baking soda, salt, cinnamon, and brown sugar.

2:

In a small bowl, whisk together butter, egg, and vanilla.

3:

Add the wet ingredients to the dry ingredients, along with zucchini, chocolate chips and nuts. Stir until incorporated.

4:

Drop dough by rounded tablespoonful onto parchment paper or silicone mat-lined baking sheets.

5:

Bake at 350 degrees for 11-14 minutes, or until centers appear set and edges are lightly browned.



## Ingredients

1 1/2 cups  
Flour

1 tsp  
Cinnamon

1/2 tsp  
Baking Soda

1/4 tsp  
Salt

1/2 cup  
Butter

1/2 cup  
Sugar

1/3 cup  
Brown Sugar

1 large  
Egg

1 1/2 tsp  
Vanilla extract

1 1/2 cups  
Zucchini

1 cup  
Quick Oats

3/4 cup  
Pecans or walnuts

1 2/3 cups  
Chocolate chips

# How to make a Home Fire Escape Plan



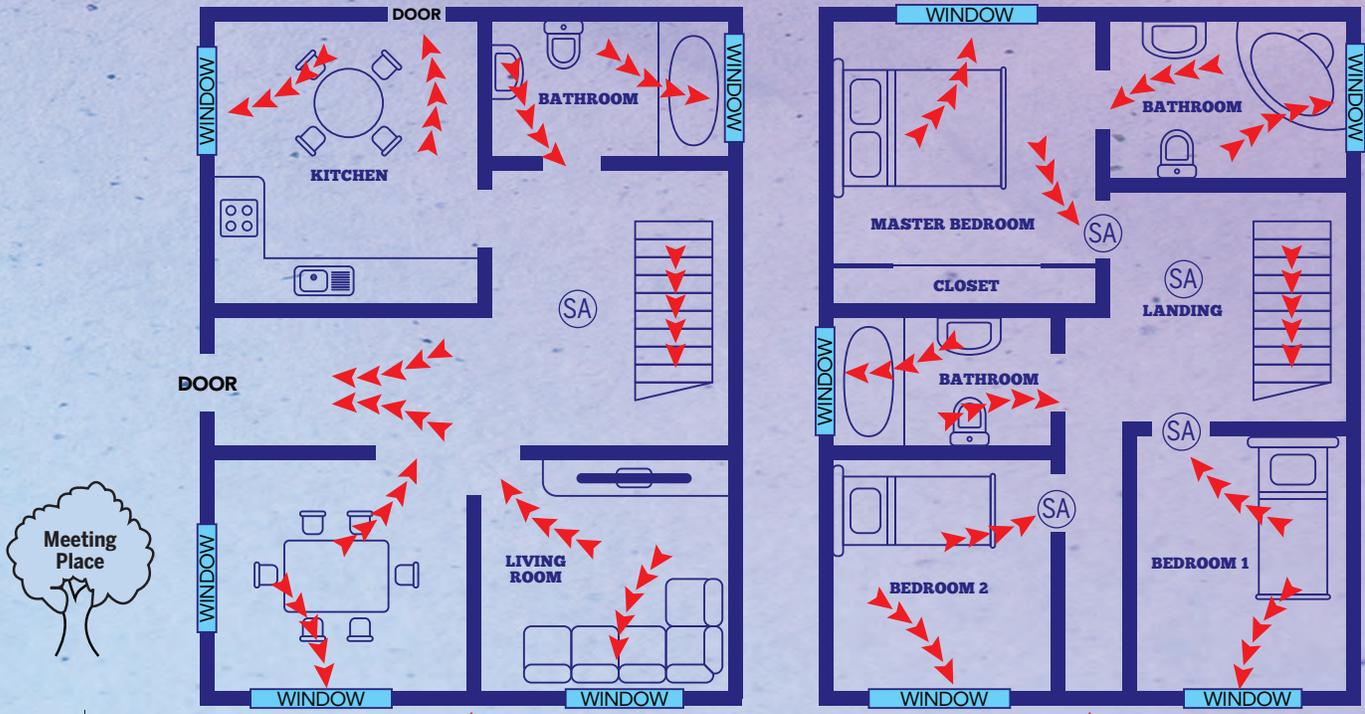
**FIRE PREVENTION WEEK™**

NFPA® — The Official Sponsor of Fire Prevention Week Since 1922

Visit [Sparky.org](http://Sparky.org) for more activities!

- Draw a map of your home. Show all doors and windows.
- Visit each room. Find two ways out.
- All windows and doors should open easily. You should be able to use them to get outside.
- Make sure your home has smoke alarms. Push the test button to make sure each alarm is working.
- Pick a meeting place outside. It should be in front of your home. Everyone will meet at the meeting place.
- Make sure your house or building number can be seen from the street.
- Talk about your plan with everyone in your home.
- Learn the emergency phone number for your fire department.
- Practice your home fire drill!
- Make your own home fire escape plan using the grid provided on page 2.

## Sample Escape Plan



**1st FLOOR**

**2nd FLOOR**

**Kids**

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# Soup & Salad

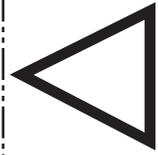
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- 1: Oriental Cabbage Salad
- 2: Dill Pickle Pasta Salad
- 3: Creamy Tortellini Soup (slow cooker)
- 4: Creamy Sausage and Potato Soup (slow cooker)
- 5: Chicken Tortilla Lettuce Wraps
- 6: Broccoli Salad with Bacon and Cheese
- 7: Best Summer Grape Salad
- 8: Corn Chip Salad
- 9: Unusual Salad
- 10: Kitchen Safety Hidden Pic Puzzle

Make your own

# Kid-Free Zone Marker!



STAY

OUT

OF THE

36" (3 foot)

KID-FREE

ZONE!



PASTE

PASTE

PASTE

PASTE

PASTE

1. CUT ALONG ALL THE DASHED LINES (ASK A GROWN-UP FOR HELP).
2. USE GLUE TO PASTE THE RECTANGLES TOGETHER INTO A LINE.
3. HAVE A GROWN-UP HELP YOU MEASURE THE **KID-FREE ZONE** IN FRONT OF THE STOVE.



THE NAME AND IMAGE OF SPARKY ARE TRADEMARKS OF THE NFPA.

# Oriental Cabbage Salad

From: BFES Inspections

Serves: 15

Prep Time: 40 min

Cook Time: 00 min

## Instructions

- 1:**  
Cut the tail end off the cabbage and discard. Thinly slice the rest of the cabbage into a large bowl.
- 2:**  
Slice the green onions and add to the bowl.
- 3:**  
Open the Ramen Noodle packages and place contents in a large zip lock bag and break them into small pieces with a meat tenderizer.
- 4:**  
Heat a large skillet on medium high. Melt the butter and add almonds, sesame seeds and noodles. Cook the mixture, stirring frequently until a nice toasty brown. Set it aside to cool.
- 5:**  
In a medium sized sauce pan add sugar, peanut oil (or peanut butter/oil mixture), soy sauce and rice vinegar. Bring to a rolling boil over medium high heat. Let it boil hard for one minute. Set it aside to cool.
- 6:**  
When ready to serve, toss the cabbage and green onions with the crunchy ramen mixture and pour the dressing over the top to coat. Serve immediately.

ENJOY!

## Notes

If you don't have peanut oil, place 3 Tbsp of peanut butter in a glass measuring cup, pour in canola oil to make 3/4 cup.

Heat the peanut butter/oil mixture in the microwave for 30 seconds. Stir until peanut butter dissolves.

## Ingredients

2—2 1/2 lbs  
Nappa cabbage

5 green onions

3 packages  
Ramen noodles

1/2 cup  
butter

1/4 cup  
Sliced almonds

1/4 cup  
Sesame seeds

## Dressing

3/4 cup  
Peanut oil (or 3 Tbsp peanut butter + canola oil to equal 3/4 cup)

1/2 cup  
Sugar

1/4 cup  
Rice vinegar

2 Tbsp  
Soy sauce



# Dill Pickle Pasta Salad

From: Amy Lees, BFES  
Serves: 6-8

Prep Time: 00 min  
Cook Time: 00 min

## Instructions

- 1:**  
Boil pasta al dente according to package directions. Run under cold water to stop cooking.
- 2:**  
Toss cold pasta with about 1/2 cup of pickle juice and set aside for about 5 minutes. Drain & discard pickle juice
- 3:**  
Combine all dressing ingredients in a small bowl and mix well.
- 4:**  
Toss all ingredients in a large bowl. Refrigerate at least 1 hour before serving.

## Notes

If you don't have fresh dill you can easily substitute with dried dill, just use less.



Recommended hot water tank setting is 49C or 120F. Most manufacturers' default setting is 60C or 140F.

## Ingredients

- 3 cups**  
Dry shell pasta
- 3/4 cup**  
Sliced pickles
- 2/3 cup**  
Cheddar cheese diced
- 3 Tbsp**  
Finely diced white onion
- 2 Tbsp**  
Fresh dill
- 1/2 cup**  
Pickle juice

## Dressing

- 2/3 cup**  
Mayonnaise
- 1/3 cup**  
Sour cream
- 1/8 tsp**  
Cayenne pepper
- 4 tbsp.**  
Pickle juice
- Salt & pepper to taste



# Creamy Tortellini Soup (slow cooker)

From: Heather Penner, BFES    Prep Time: 20 min  
Serves: 10    Cook Time: 4 hours

## Instructions

- 1:**  
Place the browned sausage, onion, carrots, celery, garlic, Italian seasoning, chicken bouillon powder, salt, and broth in a 6-quart slow cooker bowl. Cover and cook on high for 4 hours or low for 7 hours.
- 2:**  
Uncover and skim any fat that is sitting on the top of the soup with a spoon; discard. Stir in the cornstarch mixture with the evaporated milk (or half and half or cream). Add the tortellini and mix well. Cover again and cook on HIGH heat setting for a further 45 minutes until the soup has thickened, and the tortellini is soft and cooked through.
- 3:**  
Add in the spinach, pressing the leaves down to completely submerge into the liquid. Cover again for a further 5-10 minutes until the leaves have wilted.
- 4:**  
Pour in milk in 1/3 cup increments, as needed, to reach your desired thickness and consistency; taste test and season with salt and pepper to suit your tastes.
- 5:**  
Serve with crusty warmed bread on a chilly day.

## Notes

You can substitute Italian sausage with ground chicken, turkey or beef sausage but spicy Italian sausage makes it delicious.

The soup thickens as it cools and absorbs a lot of liquid. You can add extra milk when reheating leftovers to bring back the creaminess.



## Ingredients

- 1 pound (500 g)**  
Ground Italian sausage, browned
- 1 onion, chopped**
- 2 large carrots, chopped**
- 4 stalks celery, chopped**
- 4 cloves**  
Garlic, minced
- 1 Tbsp**  
Italian seasoning
- 2 tsp**  
Chicken or beef bouillon powder
- 1/2 tsp**  
Salt
- 4 cups (low sodium)**  
Chicken, vegetable OR beef broth
- 1/4 cup**  
Cornstarch, mixed and dissolved in 1/4 cup water
- 36 oz**  
Evaporated milk or half and half
- 12 oz packet**  
Three cheese tortellini
- 5 cups**  
Fresh baby spinach
- 1 cup**  
Milk

# Creamy Sausage and Potato soup (slow cooker)



From: Heather Penner, BFES    Prep Time: 10 min  
Serves: 8                      Cook Time: 6 hours

## Instructions

- 1:**  
In a 6qt slow cooker add the first nine ingredients and cook on low for 6 hours.
- 2:**  
30 minutes before soup is done, whisk together cornstarch and milk and pour into soup. Cover and finish cooking.
- 3:**  
Once done add grated cheese and sour cream. Stir to combine and allow a few minutes for cheese to melt. Serve hot with freshly cut parsley.

## Notes

If corn is fresh add in 1 hour before cooking time is done. If frozen add in with all the ingredients at the same time.



Cool a burn with cool water  
for 3-5 minutes.

## Ingredients

- 3 russet potatoes**  
Peeled and cut into 1 inch cubes
- 4 cups**  
Andouille sausage, sliced, sauté until browned
- 3 cups**  
Vegetable broth
- 3 cups**  
Corn, frozen or fresh
- 1 cup**  
Onion, diced
- 4 tsp**  
Garlic, minced
- 1/2 tsp**  
Garlic salt
- 1/2 tsp**  
Garlic pepper or black pepper
- 1/2 tsp**  
Onion powder
- 2 cups**  
Whole milk
- 2 Tbsp**  
Cornstarch
- 2 cups**  
Grated cheddar cheese
- 1 cup**  
Sour cream
- Fresh parsley to garnish**

# Chicken Tortilla Lettuce Wraps



From: Heather Penner, BFES    Prep Time: 5 min  
Serves:                                      Cook Time: 5 min

## Instructions

- 1:**  
In a large skillet, add the olive oil, chicken, and cook over medium-high heat for about 4 minutes, flipping and stirring intermittently so all sides cook evenly.
- 2:**  
After the chicken has cooked through, evenly sprinkle with taco seasoning and stir to evenly coat. Cooking time will vary based on thickness of chicken breasts and sizes of pieces. Allow chicken to rest in pan off the heat while you prep the remaining ingredients
- 3:**  
Peel off the leaves of the butter lettuce from the core and stack them on a plate.
- 4:**  
Place 2 leaves of butter lettuce on a separate plate (you can double up the leaves so the wraps are sturdier) and add about 3 tablespoons chicken, 1 tablespoon tomatoes, 1 tablespoon bell peppers, 1 tablespoon corn, 2 tablespoons cheese, a pinch of cilantro, and sprinkle with tortilla chips to taste. Optionally add black beans, avocado or guacamole, salsa, or sour cream for garnishing.
- 5:**  
Fold up and enjoy immediately. Repeat until chicken and remaining ingredients are gone. Wraps are best fresh.

## Notes

You can substitute taco seasoning with buffalo sauce.

## Ingredients

- 2 Tbsp**  
Olive oil
- 1 pound**  
Boneless skinless chicken breasts, diced
- 3 Tbsp**  
Taco seasoning
- 1 head**  
Butter lettuce
- 1 medium**  
Tomato, diced small
- 1/2 cup**  
Red bell pepper, diced small
- 1/2 cup**  
Corn, frozen or fresh
- 1 cup**  
Shredded cheese, Tex-Mex blend
- 1/4 cup**  
Fresh cilantro leaves, finely minced
- 1/2 cup**  
Seasoned tortilla chips, crushed
- 1/2 cup**  
Canned black beans, drained & rinsed
- 1 medium**  
Avocado, peeled & diced
- Salsa**
- Sour cream**

# Broccoli Salad with Bacon & Cheese



From: BFES, Prevention Div.    Prep Time: 20 min  
Serves: 20                              Cook Time: 5 min

## Instructions

- 1:**  
To make the dressing, in a small bowl whisk together mayonnaise, sugar, and vinegar. In a large bowl, combine broccoli, cauliflower, onion, cheese, and bacon.
- 2:**  
Pour dressing mixture to taste over the salad ingredients and toss well until evenly coated.

## Notes

This recipe makes A LOT of dressing—you may want to cut it in half.  
Tastes great when you let it sit in the fridge for a couple hours before serving.  
Store leftovers covered in the fridge for up to 4 days.

## Ingredients

- 4 cups (2 bunches)**  
Bite sized broccoli florets
- 4 cups (1 head)**  
Bite sized cauliflower florets
- 2 cups**  
Shredded cheddar cheese
- 1 pound**  
Bacon, fried and crumbled
- 1 cup**  
Red onion, diced
- 2 cups**  
Mayonnaise
- 1 cup**  
Sugar
- 1/4 cup**  
White vinegar



Create a 3 foot/1 meter “kid free zone” around the stove.

# Best Summer Grape Salad



From: Slashinsky Family      Prep Time: 5 min  
BFES Babysitting Instructors      Cook Time:  
Serves: 12

## Instructions

- 1:**  
Wash and stem grapes. Set aside.
- 2:**  
Mix sour cream, cream cheese, white sugar and vanilla until blended. Stir grapes into mixture and pour in large serving bowl.
- 3:**  
Chill overnight.
- 4:**  
For topping: Just before serving, combine brown sugar and crushed pecans. Sprinkles over top of the salad.



Keep pot handles turned in to  
avoid spills and burns.

## Ingredients

**2 pounds**  
Green seedless grapes

**2 pounds**  
Red seedless grapes

**8 oz**  
Sour cream

**8 oz**  
Cream cheese, softened

**1/2 cup**  
White sugar

**1 tsp**  
Vanilla

## Topping

**1 cup**  
Brown sugar, packed

**1 cup**  
Pecans, crushed (optional)

# Corn Chip Salad



From: Slashinsky Family      Prep Time: 10 min  
BFES Babysitting Instructors      Cook Time:  
Serves: 8

## Instructions

- 1:  
Put kidney beans and red onion in a bowl.
- 2:  
Just before serving add corn chips and salad dressing.

## Notes

This salad does not keep well as chips will soften.



Keep anything that can catch fire  
away from your stovetop.

## Ingredients

- 1 large can  
Kidney beans, drained and washed
- 1 large  
Red onion, diced
- 1 bottle  
Catalina salad dressing
- 1 bag  
Corn chips (not BBQ flavor)

# Unusual Salad



From: Slashinsky Family      Prep Time: 5 min.  
BFES Babysitting Instructors      Chill Time: 2 hours  
Serves: 10

## Instructions

- 1:  
Mix all ingredients together.
- 2:  
Chill and serve.

## Ingredients

- 1—21 oz can  
Cherry pie filling
- 1 (20 oz) can  
Crushed pineapple (do not drain)
- 1—8 oz container  
Cool Whip
- 1 (14 oz) can  
Eagle Brand milk
- 1/2—1 cup  
Nuts (optional)



Check your kitchen  
for fire hazards.

# Kitchen Safety

## Hidden Pics

**See if you can find:**  binoculars,  flip-flop,  sock,  sand shovel,  fire hydrant,  sailboat,  pizza slice,  hammer,  comb,  book,  ice cream cone,  leaf,  eyeglasses,  baseball,  banana,  butterfly,  lightbulb,  bell,  fried egg,  beach ball,  baseball bat,  pencil,  tape measure,  3 smoke alarms!



The name and image of Sparky are trademarks of the NPPA.

**Sparky says...**  
**"Stay safe in the kitchen!"**

- ★ Stay at least 3 feet from the stove.
- ★ A grown-up should decide when you are old enough to use a microwave oven.
- ★ Stay away from things that get hot.
- ★ Remind grown-ups to keep things that can burn away from the stovetop.

**CHECK OUT SPARKY.ORG FOR MORE FUN!**

# Dinner

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- 1: Layered Dinner
- 2: Chicken Spaghetti
- 3: Baked Pork Chops with Vegetables
- 4: Chicken Honey Nut Stir-fry
- 5: My Pad Thai
- 6: Spiced Honey Salmon
- 7: Lorina's Chili Con Carne
- 8: Baked Mac & Cheese with Ham
- 9: Fish Tacos
- 10: Shepherd's Pie
- 11: Mom's Spaghetti
- 12: Beef Stir Fry
- 13: Penne with Mushrooms & Hot Italian Sausage
- 14: Sizzling Steam and Prawn Noodle Bowls
- 15: Fire Hall Chili
- 16: Easy Baked French Toast Casserole
- 17: Corn and Broccoli Rice Casserole
- 18: Sweet Potato Casserole
- 19: One Pot Taco Casserole
- 20: Sparky's Hidden Picture Puzzle

# STAY

focused on the food



Unattended cooking is the leading cause of fires in the kitchen.

- **Stay in the kitchen** when you are frying, boiling, grilling, or broiling food. Turn off the burner if you leave the kitchen—even for a short period of time.
- If you are simmering, baking, or roasting food, check it regularly and **stay in the home**.
- **Use a timer** to remind you that you are cooking, or carry around a wooden spoon as a reminder.
- If you are sleepy, have consumed alcohol, or have taken medicine that makes you drowsy, don't cook. **Place a delivery order!**

# KEEP

cooking areas clear

Clear away clutter and give cooking appliances space to lessen the chance of a kitchen fire.

- **Keep anything that can catch fire**—oven mitts, wooden utensils, food wrappers, towels, curtains—**away from the stovetop**.
- Loose clothing can hang down onto stove burners and catch fire. **Wear short, close-fitting, or tightly rolled sleeves** when cooking.
- Have a "kid-free zone" of at least **3 feet** around the stove and areas where hot food or drink is prepared or carried.
- **Keep pets off** cooking surfaces and nearby countertops.
- **Clean up food and grease** from burners and the stovetop.



# PUT

a lid on it

You can take simple steps to keep a small kitchen fire from getting out of control.

- **Always keep a lid nearby** when cooking. If a small grease fire starts, slide the lid over the pan and turn off the burner. Leave the pan covered until it's cool.
- **Never discharge a portable fire extinguisher into a grease fire** because it will spread the fire.
- In case of an oven fire, **turn off the heat and keep the door closed until the oven is cool**. After the fire, have the oven serviced before using it again.
- If you have a microwave oven fire, **turn the appliance off immediately and keep the oven door closed**. Have the microwave oven serviced before using it again.

# PREVENT

scalds and burns



Hot liquids and steam from the stove or oven can cause devastating injuries.

- **Turn pot handles** away from the stove's edge.
- **Keep hot foods and liquids** away from table and counter edges.
- **Keep your face** away from the oven door when checking or removing food so that the heat or steam does not cause burns.
- Open microwaved food slowly, away from your face. **Let food cool** before eating.
- **Keep appliance cords** coiled and away from counter edges.

# Layered Dinner

From: Kelly McLean, OFC

Prep Time: 00 min

Serves: 4-6

Cook Time: 1 hour

## Instructions

1:

Preheat oven to 350 degrees F. Prepare a 1.4 L (1.5 quart) casserole dish with non-stick spray.

2:

Chop celery and onion and fry with the ground beef. When the meat is almost done, add Worcestershire sauce, seasoning salt and salt and pepper. Drain well.

3:

Layer the meat mixture on the bottom of the prepared casserole, followed by sliced potatoes.

4:

Mix Cream of Celery soup with milk and pour evenly over the potatoes. Spread the spaghetti evenly over the soup.

5:

Cover and bake for 1 hour or until the potatoes are done.

## Ingredients

1 lb

Lean ground beef

2 large

Raw potatoes, thinly sliced

1 - 14 oz. can

Heinz Spaghetti

1 - 10 oz. can

Cream of Celery soup

1 medium

onion

2 stalks

Celery

1/4 cup

milk

3 Tbsp

Worcestershire sauce

1 Tbsp

Seasoning salt

To taste

Salt & pepper



To prevent fires keep the heat and fuel separate. Check your home for fire hazards.

# Chicken Spaghetti



From: Roxanne Dyck, BFES  
Serves: 6-8

Prep Time: 10 min  
Cook Time: 35 min

## Instructions

- 1:** Preheat oven to 350 degrees F. Spray a 9x13 baking dish with non-stick cooking spray.
- 2:** Cook pasta according to package directions. Once pasta is cooked, drain well.
- 3:** Place pasta back into the pot and add diced chicken, Cream of Chicken soups, salsa, sour cream, 1 cup of Mexican cheese blend and taco seasoning. Stir well to combine.
- 4:** Pour this mixture into your prepared baking dish. Top with remaining cheese and sprinkle with dried parsley.
- 5:** Cover with nonstick aluminum foil. Cook in over for about 25 minutes until hot and bubbly.

## Ingredients

- 8 oz** Angel hair pasta
- 2 cups** Cooked chicken, chopped
- 2—10 oz cans** Cream of Chicken soup
- 1 cup** Salsa
- 2 cups** Mexican cheese blend, divided
- 1 Tbsp** Taco seasoning
- 1 cup** Sour cream
- 1 tsp** Dried parsley for topping (optional)



**Class A**  
Ordinary Combustibles



**Class B**  
Flammable Liquids

**B**

**Class C**  
Energized Electrical  
Equipment



**C**

# Baked Pork Chops with Vegetables



From: Dennis Gullett, Wawanesa Fire Dept.  
Prep Time: 00 min  
Cook Time: 40 min  
Serves: 4-6

## Instructions

- 1: Melt margarine in 9x13 inch baking pan in the oven.
- 2: Add vegetables and toss in melted butter in the baking pan until evenly coated.
- 3: Coat pork chops with Shake-N-Bake as directed on the package. Sprinkle left over coating mix evenly over the vegetable mixture.
- 4: Place pork chops in a single layer on top of the vegetables.
- 5: Bake at 400 degrees F for 40 minutes.

## Notes

The French term “julienne” refers to the process of cutting carrots (or other veggies) into long, thin strips (you know, like a match-stick!). Although you could buy a julienne slicer, the best way to julienne carrots is actually with your chef’s knife. This way, you have more control over the size and length of your carrot sticks.



## Ingredients

- 1/4 cup Margarine
- 2 medium Onions, chopped
- 6 medium Potatoes, peeled and cut in 1/4 inch slices
- 6 medium Carrots, peeled and cut in julienne strips
- 2 lbs. Pork chops
- 1 envelope Shake-N-Bake, regular

# Chicken Honey Nut Stir-Fry



From: Lorina Hofer, Wawanesa    Prep Time: 00 min  
Serves: Number of People    Cook Time: 00 min

## Instructions

- 1:**  
In a wok or large skillet heat 1 tsp oil over high heat. Add carrot and celery; stir-fry for 2 min. Add remaining oil. Add chicken, stir-fry 3-5 min or until chicken is done.
- 2:**  
In a small bowl whisk together orange juice and cornstarch. Add soy sauce, honey and ginger, whisking until well mixed.
- 3:**  
Add soy sauce mixture to chicken mixture in wok. Cook and stir over medium heat until thickened. Cook for an additional minute.
- 4:**  
Top with cashews and green onion.
- 5:**  
Serve over hot cooked rice.



- ◆ Do not put water on an oil or grease fire.
- ◆ Cover the pot with the lid to extinguish the flames.
- ◆ Turn off the heat.
- ◆ Don't move the pan.
- ◆ Let it cool off.

## Ingredients

- 2 tsp**  
Vegetable oil
- 2 cups**  
Carrots, sliced diagonally
- 2 cups**  
Celery, chopped
- 2 medium**  
Onions, chopped
- 3 skinless**  
Chicken breasts, cut into 1 inch pieces
- 2 cups**  
Brown or white rice

## Sauce

- 1/2 cup**  
Orange juice
- 2-3 tsp**  
Cornstarch
- 2 Tbsp**  
Soy sauce
- 2 tsp**  
honey
- 1 Tbsp**  
Grated fresh ginger
- 1 cup**  
Cashews
- 1/2 cup**  
Green onions, thinly sliced

# Pad Thai

From: BFES Prevention Div.  
Serves: 6-8

Prep Time:  
Cook Time:

## Instructions

- 1:**  
Combine fish sauce, sugar, ketchup, Worcestershire & chili-garlic sauce.
- 2:**  
Boil water. Put rice noodles in a casserole dish and cover with hot water. When noodles are al dente, drain them in a colander and set aside.
- 3:**  
Heat peanut oil in wok on high. Add garlic first and then add chicken and shrimp. Stir-fry until shrimp is pink and chicken is almost cooked through. Now add the peppers.
- 4:**  
Add the sauce mixture to the wok. Stir and cook for about 2 min. Reduce heat to medium and eggs and cook for a minute.
- 5:**  
Add the noodles to the wok and toss until well coated.
- 6:**  
Stir in the bean sprouts, green onions and half of the cilantro. When heated through, top with remaining cilantro and peanuts.
- 7:**  
Garnish each plate with a lime wedge for diner to squeeze over each serving and toss it through.

## Notes

For thick rice noodles check your grocer's Asian food section.

Al dente means "cooked just enough to retain a somewhat firm texture".

You can substitute the chicken with tofu.



## Ingredients

- 3 Tbsp**  
Fish sauce
- 3 Tbsp**  
White sugar
- 3 Tbsp**  
ketchup
- 1 1/2 Tbsp**  
Worcestershire sauce
- 3 tsp**  
Chili-garlic sauce
- 1/2 pound**  
Thick rice noodles
- 2 Tbsp**  
Peanut oil
- 6 cloves**  
Garlic, minced or pressed
- 8 boneless**  
Chicken thighs, cut into bite size pieces
- 1 pound**  
Uncooked shrimp, cut into bite size pieces
- 1 pepper**  
Red, yellow or orange pepper, cut in thin strips
- 3 eggs, beaten**
- 2 cups**  
Bean sprouts, washed
- 1 bunch**  
Green onions, sliced (use only the green parts)
- 1 cup**  
Cilantro, coarsely chopped
- 1/4 cup**  
Dry-roasted peanuts, coarsely chopped
- 2 limes, cut in wedges**

# Spiced Honey Salmon



From: Brent Kyle, BFES

Prep Time: min

Serves:

Cook Time: 30 min

## Instructions

- 1:  
Preheat oven to 350 degrees F.
- 2:  
First mix the honey and soy sauce.
- 3:  
Add the spices and mix to blend.
- 4:  
Cover and bake for 20 minutes. Remove cover and bake for an additional 10 minutes.

## Ingredients

Salmon

1/4 cup  
honey

2 Tbsp  
Soy sauce

1 tsp  
Ground ginger

1 tsp  
Crushed red pepper

1 tsp  
Minced garlic

1 tsp  
Dehydrated onion

## Remember!

**P**ull

**A**im

**S**queeze

**S**weep



# Lorina's Chili Con Carne

From: Lorina Hofer, Wawanesa Prep Time:  
Serves: A crowd Cook Time: 1 1/2 hours

## Instructions

- 1: Heat the olive oil in a large pan over medium heat. Add the onions and sauté until lightly golden, 2 to 3 minutes. Add the garlic and fry another minute.
- 2: Add the ground beef; fry until fully cooked and no longer pink.
- 3: Add the cumin, oregano, paprika, cayenne pepper, and cook, stirring about 2 minutes.
- 4: Add the tomatoes, beef stock and beans. Season to taste with salt and pepper. Stir in parsley and bring to a simmer over low heat.
- 5: Cook, stirring occasionally, until the chili thickens slightly, about 1 1/2 hours.

## Notes

To make this in a slow cooker, first brown the meat and use raw beans.



Carbon monoxide is called the “Silent Killer” as you can’t see it, smell it or taste it. If your carbon monoxide alarm sounds, immediately move to fresh air outdoors and call 911. Test the alarm regularly.

## Ingredients

- 4 Tbsp Olive oil
- 4 pounds Ground beef
- 2 large Onions, chopped
- 2 Tbsp Garlic
- 4 Tbsp Ground cumin
- 4 Tbsp Dried oregano
- 4 tsp Smoked paprika
- 1 tsp (add more for spicy chili) Cayenne pepper
- 7 cups Stewed tomatoes (and/or tomato soup)
- 3 cups Black beans (or kidney beans)
- To taste Salt and pepper



# Baked Mac & Cheese with Ham



From: Lorina Hofer, Wawanesa Prep Time:  
Serves: 6-8 Cook Time: 30 min

## Instructions

- 1:**  
Heat oven to 350 degrees F. Lightly butter a 2 quart baking dish (or use non-stick spray).
- 2:**  
Cook the macaroni in boiling salted water according to package directions. Drain in a colander and rinse with hot water. Set aside.
- 3:**  
In a large saucepan combine the milk and flour; whisk to blend thoroughly. Stir in the salt, onion powder and pepper. Cook, stirring over medium heat until thickened and bubbly.
- 4:**  
Stir in the chopped ham, green onions and 2 cups of the shredded cheese. Cook until the cheese has melted. Remove from heat.
- 5:**  
Add the drained macaroni to the sauce; stir until well blended.
- 6:**  
In a small bowl, combine the bread crumbs with 2 Tbsp of melted butter. Stir until bread crumbs are thoroughly moistened.
- 7:**  
Spoon the macaroni mixture into the prepared baking dish. Sprinkle with remaining cup of shredded cheese. Sprinkle the buttered bread crumbs over the cheese layer.

## Ingredients

- 8 ounces (2 cups uncooked)**  
Elbow macaroni
- 2 cups**  
Milk
- 1/4 cup**  
All purpose flour
- 3/4 tsp**  
Salt
- 1/2 tsp**  
Onion powder
- 1/4 tsp**  
Freshly ground black pepper
- 8 ounces**  
Cooked ham, chopped
- 4 green onions**  
Thinly sliced, optional
- 3 cups**  
Shredded cheddar cheese, divided
- 1 cup**  
Soft bread crumbs
- 2 Tbsp**  
Butter, melted



# Fish Tacos



From: Lorina Hofer, Wawanesa Prep Time:  
Serves: Cook Time:

## Instructions

- 1:**  
In a small bowl combine the spices for the Fish Rub. Season both sides of the fish with the spice blend and gently rub in. If you have time, let it sit and marinate for 15 minutes.
- 2:**  
Combine ingredients for the Taco Sauce and set aside.
- 3:**  
Heat a large non-stick skillet to medium high heat. Add oil to the pan; once hot, immediately add the seasoned fish fillets. Sear on each side for 2-3 minutes until done. Remove fish from the pan and set on a plate to rest.
- 4:**  
Heat a skillet on medium high heat, spray both sides of tortilla with cooking spray and heat for 1 to 2 minutes on each side until browned.
- 5:**  
Assemble the fish, sauce and desired toppings on the warm tortilla.

## Methods to Cook Fish

**BROILER:** Set oven to high broil. Position fish on baking pan sprayed with cooking spray. Broil fish for about 5 minutes, or until fish flakes when pierced with a fork.

**BAKE:** Preheat oven to 375 degrees F. Place fish in baking dish sprayed with cooking spray. Bake for 8-12 minutes, or until fish flakes when pierced with a fork.

**PAN:** Heat a bit of oil or spray with non-stick cooking spray in a large non-stick skillet over medium-high heat. Alternatively, you can use a cast iron skillet. When pan is hot, add fish. Lay in a flat layer and don't overcrowd the pan or the fish will steam, not sear. Don't move fish for 3 minutes once you've placed them in the hot pan — this helps get a good browned crust. Flip them after 3 minutes and cook for another 2-3 minutes, until just cooked through. Remove from heat.

**GRILL:** Heat the grill to medium-high heat. Grill the fish for about 3-4 minutes before turning and cooking on the other side, or until fish is completely white and cooked through.

## Ingredients

1 1/2 pounds  
Tilapia, cod or haddock fillets

1 Tbsp  
Olive oil

8 - 6 inch  
Corn or flour tortillas

## Fish Rub

1 Tbsp  
Chili powder

1/2 tsp  
Salt

1/2 tsp  
Cumin

1/2 tsp  
Pepper

1/2 tsp  
Garlic powder

1 tsp  
Oregano

1 tsp  
Paprika

1/2 tsp  
Onion powder

## Taco Sauce

2 Tbsp  
Mayonnaise

1/2 tsp  
Garlic powder

3 Tbsp  
Sour cream

1/2 tsp  
Cumin

1/2 lime  
Juiced

1/2 tsp  
Sriracha

## Toppings

Green onions, chopped  
Shredded lettuce  
Coleslaw  
Avocado  
Guacamole

# Shepherd's Pie

From: Lorina Hofer, Wawanesa    **Prep Time:**  
**Serves:** 6                              **Cook Time:** 40 min

## Instructions

Preheat the oven to 400 degrees F

- 1:**  
Peel potatoes, dice into 1/2 inch pieces. Boil potatoes until tender. Drain in a colander and return to the pot.
- 2:**  
Heat the cream and butter in the microwave. Mash the potatoes until smooth, adding the cream, butter, salt and pepper as you go. Stir in the egg yolk.
- 3:**  
Heat oil in medium sauce pan over medium high heat. Add onion and carrots and sauté just until they begin to take on color. Stir in the garlic.
- 4:**  
Add the lamb, salt and pepper and cook until browned and cooked through. Sprinkle the meat with flour and toss to coat, continuing to cook another minute.
- 5:**  
Add the tomato paste, chicken broth, Worcestershire, rosemary, thyme and stir to combine. Bring to a boil, reduce heat to low, cover and simmer slowly 10 to 12 min. or until the sauce is thickened slightly.
- 6:**  
Add the corn and peas to the lamb mixture and spread evenly into a 7x11 inch glass baking dish. Top with mashed potatoes, starting around the edges to create a seal to prevent the mixture from bubbling up. Place on a parchment lined baking sheet on the middle oven rack and back for 25 minutes or just until the potatoes begin to brown. Remove to a cooling rack for at least 15 minutes before serving.



## Ingredients

- |                                 |                                |
|---------------------------------|--------------------------------|
| 1 1/2 pounds<br>Russet potatoes | 3/4 tsp<br>Kosher salt         |
| 1/4 cup<br>Half & half cream    | 1/4 tsp<br>fresh ground pepper |
| 2 ounces<br>Unsalted butter     | 1 egg yolk                     |

## Meat Filling

- |                                  |                                  |
|----------------------------------|----------------------------------|
| 2 Tbsp<br>Canola oil             | 2 tsp<br>Rosemary leaves         |
| 1 cup<br>Onion, chopped          | 1 tsp<br>Thyme leaves            |
| 2 carrots<br>Peeled and diced    | 1/2 cup<br>corn, fresh or frozen |
| 2 cloves<br>Garlic, minced       | 1/2 cup<br>peas, fresh or frozen |
| 1 1/2 pounds<br>Ground lamb/beef |                                  |
| 1 tsp<br>Kosher salt             |                                  |
| 1/2 tsp<br>Fresh ground pepper   |                                  |
| 2 Tbsp<br>All-purpose flour      |                                  |
| 2 tsp<br>Tomato paste            |                                  |
| 1 cup<br>Chicken broth           |                                  |
| 1 tsp<br>Worcestershire sauce    |                                  |

# Mom's Spaghetti



From: Holly Maharaj, OFC

Prep Time: 20 min

Serves:

Cook Time: 1 hour

## Instructions

**1:**

In a large pot, heat the olive oil over medium-high heat, and cook the onion and red pepper until the onion becomes translucent and sweet.

**2:**

Add the ground beef and cook until just browned.

**3:**

Add the minced garlic, let cook for two minutes.

**4:**

Add the canned tomatoes and all the spices. Turn the heat down to low and let simmer for 1 hour, stirring occasionally to prevent anything sticking to the bottom of the pot.

**5:**

About 10 minutes before the sauce is done throw in the bay leaf. Serve hot over spaghetti or your choice of pasta. Garnish with basil, parmesan cheese and just a drizzle of Extra Virgin Olive Oil.

Enjoy!

## Safety Tip:

**To avoid potentially dangerous oil splatters, never heat oil on the highest heat setting before adding your ingredients, especially if you are using a gas stove. Start with medium heat and increase from there if needed. If a small oil splatter does catch fire, don't panic! Cover the pot with a tight fitting lid and turn off the heat. Don't move the pot until cooled, thoroughly clean up the mess, and you can start cooking again.**

## Ingredients

**1 Tbsp**

Extra virgin olive oil

**1 yellow onion, diced**

**2 garlic cloves, minced**

**1/2 red pepper, minced**

**1 can**

Diced tomatoes

**1/2 cup**

Tomato sauce (NOT tomato paste)

**1/2 pound**

Ground beef

### Spices to taste

- ◆ Basil (fresh or dried)
- ◆ Onion powder
- ◆ Oregano (fresh or dried)
- ◆ Rosemary (fresh or dried)
- ◆ Thyme (just a pinch) (fresh or dried)
- ◆ Salt

**Parmesan cheese**

# Beef Stir Fry



From: Holly Maharaj, OFC

Serves:

Prep Time:

Cook Time:

## Instructions

- 1:**  
Heat oil in a large pan or wok over medium-high heat.
- 2:**  
Add garlic and ginger and cook until garlic is slightly golden brown and the ginger becomes fragrant.
- 3:**  
Add in the beef strips and crisp on several sides.
- 4:**  
Add the onions, and cook for a few minutes before adding the rest of your desired vegetables, leaving the bean sprouts to the side. The vegetables you add are completely up to your own tastes, add whatever you like...mushrooms, peppers...go wild!
- 5:**  
Turn the heat up to high, and make a small well in the middle of the pan so you can see the bottom of the pan. Crack the egg into the well, keep mixing and scrambling until cooked. Mix the egg in to the rest of the vegetables.
- 6: Choose one of these options:**
  - ◆ Add your sauces, to taste. Add in the bean sprouts, cook until just warmed through. Serve over rice or noodles.
  - ◆ Cook your rice the night before and put in the fridge to cool (it does not need to be cooked the night before, but the results will be better). Add the rice into the pan with the meat and vegetables. Add in the bean sprouts until just warmed through. Add sauces, and mix, letting some of the rice crisp up before mixing again.
- 7:**  
Garnish with toasted sesame seeds (you can toast them yourself in a dry pan. Careful! They burn easily!) Sriracha, and Green onions.  
Enjoy!

## Notes

You can substitute the beef strips with any desired protein.

## Ingredients

- 1 Tbsp**  
Vegetable or canola oil
- 1 to 2 cloves**  
Garlic, minced
- 1 to 2 tsp**  
Ginger, ground or fresh grated
- 1/2 pound**  
Beef strips
- 1/2 onion, roughly chopped**
- 1/2 broccoli, roughly chopped**
- 1 carrot, sliced**
- 1/2 cup**  
Snap Peas or beans, chopped
- 1 cup**  
Bean sprouts
- 1 egg**
- 3 Tbsp**  
Light soy sauce (Kikoman brand)
- 3 Tbsp**  
Rice Vinegar or Rice Wine Vinegar
- 1—2 Tbsp**  
100% pure sesame oil
- 1—2 green onions or scallions**
- Toasted Sesame Seeds**
- Sriracha (optional)**
- Rice or Ramen noodles**

# Penne with Mushrooms & Hot Italian Sausage



From: Shane Wilton, BFES

Prep Time: 20 min

Serves:

Cook Time: 20 min

## Instructions

- 1:**  
Remove the sausage from its casing and brown in a little oil.
- 2:**  
Add onion and mushrooms and sauté 5-10 minutes, making sure it doesn't stick to the pan.
- 3:**  
Add white wine and scrape the bottom of the pan to get any of the sausage that might have stuck.
- 4:**  
Reduce heat to medium and add tomato sauce, tomatoes and peppers. Simmer for 5-10 minutes and add penne and cream. Cook for another couple of minutes.
- 5:**  
Garnish with green onions and fresh parmesan.



If you have a fire in the oven or microwave, keep the door closed and turn off the heat.

## Ingredients

- 1/2 cup**  
White wine
- 2 cup**  
Sliced mushrooms
- 1 pound**  
Hot Italian sausage
- 1/2 cup**  
Diced onions
- 2 cups**  
Tomato sauce
- 1/4 cup**  
Roasted red peppers
- 1/2 cup**  
Roma tomatoes, seeded & peeled
- 1/4 cup**  
Cream
- 2 cups**  
Cooked penne
- 1/4 cup**  
Fresh parmesan
- 2 Tbsp**  
Chopped green onion

# Sizzling Steak and Prawn Noodle Bowls

From: Shane Wilton, BFES

Prep Time: 20 min

Serves: 4-6

Cook Time: 15 min

## Instructions

- 1:**  
Throw the chili, ginger, garlic, spring onions and half the bunch of coriander in the processor and blitz (or you can finely chop).
- 2:**  
Toast the sesame seeds in the dry pan, tossing often until golden, then tip into a small bowl and put aside.
- 3:**  
Rub the steaks all over with salt, pepper and the five-spice, season both sides.
- 4:**  
Heat a large pan on medium high with 2 Tbsp sesame oil, once oil starts smoking add steaks.
- 5:**  
For medium rare steaks, cook for 2 minutes then flip over and add mushrooms to pan and cook for another 2 minutes, then remove from pan and set aside on cutting board.
- 6:**  
Put the remaining sesame oil into the pan or wok on medium high heat and add the food processed mixture into pan, after a minute add shrimp.
- 7:**  
In a separate pan with boiling salted water, add the noodles and in 3-5 minutes they're done, add to pan.
- 8:**  
Toss for a minute and add the bean sprouts, then toss for another minute, then add the hoisin and soy sauces, the juice of 1 lime and the rest of the coriander leaves.
- 9:**  
Toss in the mushrooms.
- 10:**  
Dish into bowls, sprinkle with the toasted seeds.
- 11:**  
Cut the steaks into thin slices and serve with lime wedges.

## Ingredients

- 2 Tbsp Sesame seeds
- 1 fresh red chili
- 1 thumb-sized piece of ginger
- 2 spring onions
- 1 bunch of fresh coriander
- 4 nests of egg noodles
- 2 cloves of garlic
- 10-15 raw peeled prawns
- Big handful of bean sprouts
- 4 Tbsp Hoisin sauce
- 2 Tbsp soy sauce
- 2 limes
- 4 radishes
- 2 x 200g sirloin steaks, fat removed
- 1 Tbsp Chinese five-spice
- 4 Tbsp sesame oil (divided in 2 Tbsp portions)
- 250g (1 big package) mixed wild or oyster mushrooms



# Fire Hall Chili

From: Shane Wilton, BFES

Prep Time: 15 min

Serves: The Shift

Cook Time: 6 hours

## Instructions

- 1:**  
Brown the meat, then add chopped onion.
- 2:**  
Add garlic and pepper to taste to the meat mixture.
- 3:**  
Mix everything in the slow cooker and add chili powder to taste.
- 4:**  
Cook for about 6 hours in a 7 quart slow cooker.



## Ingredients

- 5 pounds**  
Ground beef
- 2 large**  
Onions
- 1—28 oz can**  
Diced tomatoes
- 1—28 oz can**  
Kidney beans
- 5—14 oz cans**  
Bush beans
- 2 cans**  
Sliced mushrooms
- Chili powder**
- Garlic**



# Easy Baked French Toast Casserole

From: Leanna Namaka, BFES    Prep Time: 20 min  
Serves: 6                              Cook Time: 45 min

## Instructions

- 1:**  
Cut bread into cubes or tear into small pieces. Place in a greased 9x13-inch baking pan.
- 2:**  
In a medium bowl whisk together eggs, milk, half and half, sugar, vanilla and cinnamon. Pour over bread in the pan.
- 3:**  
Cover and refrigerate for 2 hours or overnight.
- 4:**  
Preheat oven to 350 degrees F.
- 5:**  
In a small bowl combine brown sugar, flour, cinnamon, margarine and oats. With a fork blend mixture until it resembles small crumbs; sprinkle over bread in the pan.
- 6:**  
Cover with foil and bake for 20 minutes. Uncover and bake another 20-25 minutes or until golden brown and cooked through. To check, shake the casserole. If it wiggles a lot it's not done. Continue to bake until cooked through completely.

## Notes

A quick breakfast bake recipe made with French bread. Ready in 20 minutes. Chill overnight or bake immediately and serve with your favorite maple syrup.

Use crusty bread or bread that is a day or two old. A soft bread will result in a soft, soggy casserole. To crust up a fresh loaf of bread let it sit out for several hours or toast cubed bread in the oven at a low temperature (200 degrees F) for 10-15 minutes.

Casserole turns out well with refrigerating for several hours, overnight or baking immediately.

## Ingredients

**1—14-16 oz DAY OLD**  
French or other crusty bread

6 eggs

2 cups  
milk

**3/4 cup**  
Half and half

**1/2 cup**  
Sugar

**1 Tbsp**  
Vanilla extract

**1 tsp**  
Cinnamon

## For topping

**1 cup**  
Packed brown sugar

**1/2 cup**  
All-purpose flour

**1/3 cup**  
Quick oatmeal (optional)

**1 tsp**  
Cinnamon

**1/3 cup**  
Margarine



# Corn and Broccoli Rice Casserole



From: Heather Penner, BFES    Prep Time: 10 min  
Serves: 6    Cook Time: 25 min

## Instructions

- 1:**  
Preheat oven to 350 degrees F. Lightly spray a 9x9 pan with cooking spray and set aside.
- 2:**  
In a bowl combine rice, broccoli, corn, egg, onion powder, garlic powder, salt and pepper. Pour mixture into pan.
- 3:**  
Toss crushed crackers with melted butter. Sprinkle over the broccoli mixture.
- 4:**  
Bake uncovered 25—30 minutes.

## Notes

You can easily double the recipe and use a 9x13 baking pan.  
You can use any rice you prefer—I use jasmine.  
For a cheesy version add whatever kind of cheese you like.  
This casserole can be made ahead and frozen for later. When you need it, thaw completely and bake as directed above.

Keep matches, lighters and novelty lighters up high out of the reach of children, in a locked cabinet.

## Ingredients

- 1 1/2 cups**  
Cooked rice
- 1 (10 oz) package**  
Frozen chopped broccoli, thawed and drained
- 1 (14 oz) can**  
Creamed corn
- 1 egg**  
Beaten
- 1/2 tsp**  
Onion powder
- 1/4 tsp**  
Garlic powder
- Salt and Pepper**  
To taste
- 1/2 cup**  
Crushed Ritz crackers
- 1/4 cup**  
Butter, melted



# BBQ Teriyaki Chicken Skewers



From: BFES Prevention Div.

Prep Time: 15 min

Serves: 6

Cook Time: 10 min

## Instructions

**1:**

In a small saucepan, whisk together the brown sugar, soy sauce, pineapple juice, garlic, pepper, and salt. In a small bowl, whisk together the water and cornstarch. Slowly whisk into the mixture.

**2:**

Bring to boil and boil about 1-3 minutes until the mixture just starts to thicken. Remove from heat and reserve  $\frac{1}{4}$  cup of the sauce for later.

**3:**

Marinate the chicken in the sauce in the fridge for at least 30 minutes. Thread the chicken on skewers along with the peppers, red onion, and pineapple.

**4:**

Grill for 8-10 minutes until the meat is done to desired liking. Remove from the grill and baste with reserved sauce. Garnish with green onions if desired



When grilling food, never leave your barbeque unattended.

## Ingredients

**4 chicken breasts**

Cut into 1 inch cubes

**1/2 cup**

Brown sugar

**1/2 cup**

Soy sauce

**1/4 cup**

Pineapple juice

**2 cloves**

Garlic, minced

**1/4 tsp**

Pepper

**1/2 tsp**

Salt

**1 Tbsp**

Cornstarch

**1 Tbsp**

Water

**1 each**

Red, yellow and green bell pepper  
cut into 1 inch cubes

**1 red onion**

Cut into 1 inch cubes

**2 cups**

Fresh pineapple, cut into 1 inch cubes

**Optional garnish**

Green onions

# Sweet Potato Casserole

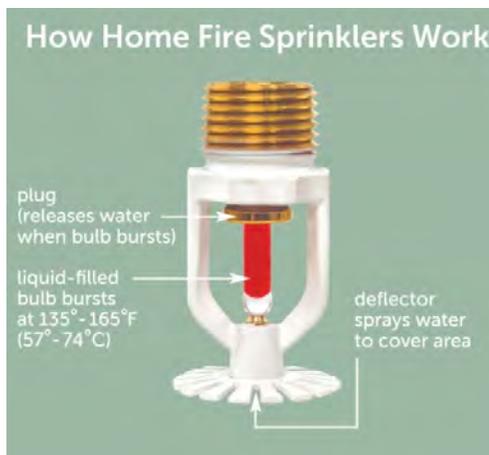


From: Terry Parlow, BFES  
Serves: 6

Prep Time: 20 min  
Cook Time: 20 min

## Instructions

- 1:**  
In a large bowl combine the potatoes, sugar, butter, eggs and vanilla. Mix well.
- 2:**  
Pour the potato mixture into a buttered casserole dish.
- 3:**  
Mix topping ingredients together with a fork and sprinkle on top of casserole.
- 4:**  
Bake for 20 minutes at 350 degrees F.



Home fire sprinklers protect lives by keeping fires small. Sprinklers can reduce heat, flames, and smoke produced in a fire, allowing people more time to escape.

## Ingredients

- 3 cups**  
Mashed sweet potatoes
- 1 cup**  
Sugar
- 1/2 cup**  
Butter
- 3 eggs**
- 1 Tbsp**  
Vanilla

## Topping

- 1 cup**  
Brown Sugar
- 1 cup**  
Pecans
- 1/3 cup**  
Flour
- 1/3 cup**  
Butter

# One Pot Taco Casserole

From: Terry Parlow, BFES  
Serves: 8

Prep Time: 20 min  
Cook Time: 1 hour 15 min

## Instructions

- 1:**  
Preheat oven to 375 degrees F.
- 2:**  
Mix turkey, onion, salsa and seasoning. Place into a large casserole.
- 3:**  
Pour beans and corn over the turkey mixture.
- 4:**  
Bake covered for 45 minutes at 375 degrees F. Then spoon off any excess grease.
- 5:**  
Add cheese and bake an additional 30 minutes.
- 6:**  
Serve with tacos, lettuce, Greek yogurt, sour cream and avocado.

310 calories per serving.



Replace all smoke alarms when they are 10 years old. Replace any smoke alarm that does not respond after a new battery has been installed.

## Ingredients

**2 lbs**  
Lean ground turkey

**1 can**  
Corn, drained

**1 can**  
Black beans, rinsed

**1 jar**  
Salsa

**1/2 onion**  
Chopped

**1 package (or less)**  
Taco seasoning

**1 cup**  
Shredded cheese



# Sparky's **HIDDEN PICTURE PUZZLE**



The following objects are hidden in this picture:  battery,  smoke alarm,  candle,  flashlight,  pencil,  sailboat,  banana,  golf club,  bell,  sock,  ruler,  ring,  cup, and a  button!

For more FUN STUFF, visit [SPARKY.ORG](http://SPARKY.ORG)

The name and image of Sparky are trademarks of the NFPA.

# Snacks

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- 1: Puppy Chow Chex Mix
- 2: Dried Cinnamon Apple Slices
- 3: Oven Roasted Sweet Potato Fries
- 4: Spinach Dip
- 5: Chocolatey Chex Mix
- 6: Healthy Granola Bars
- 7: Caramel Apple Dip
- 8: Ranch Buffalo Chicken Dip
- 9: Oatmeal Energy Bites
- 10: Butter Balls
- 11: Mud Pies (Haystacks)
- 12: Bacon Wrapped Pickles
- 13: Taco Dip
- 14: Kitchen Safety Word Find

# Cooking Safety

Cooking brings family and friends together, provides an outlet for creativity and can be relaxing. But did you know that cooking fires are the number one cause of home fires and home injuries? By following a few safety tips you can prevent these fires.

## “Cook with Caution”

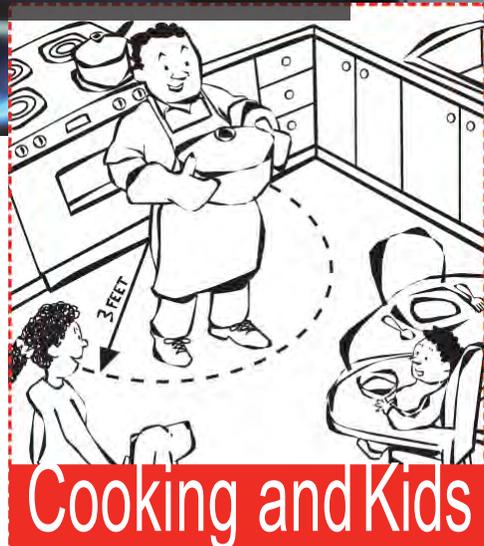
- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- Stay in the kitchen while you are frying, boiling, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.

if you have a small (grease) cooking fire and decide to fight the fire...

- On the stovetop, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled.
- For an oven fire, turn off the heat and keep the door closed.

if you have any doubt about fighting a small fire...

- Just get out! When you leave, close the door behind you to help contain the fire.
- Call 9-1-1 or the local emergency number from outside the home.



## Cooking and Kids

Have a “kid-free zone” of at least 3 feet (1 metre) around the stove and areas where hot food or drink is prepared or carried.

## FACTS

- ! The leading cause of fires in the kitchen is unattended cooking.
- ! Most cooking fires in the home involve the kitchen stove.



NATIONAL FIRE PROTECTION ASSOCIATION

The leading information and knowledge resource on fire, electrical and related hazards

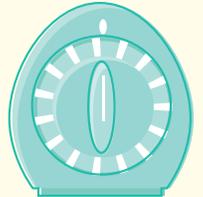




## Sparky's Recipes

# COOKING with KIDS

I love cooking. When I am not teaching kids about fire safety, you can usually find me in the kitchen. Letting kids help in the kitchen is a great way to teach them about cooking safety and the importance of eating healthy. Here are some of my favorite recipes. Before you begin, make sure to read my **Kids in the Kitchen** tips. These tips can help you figure out what you're old enough to do on your own — and when it's time to ask a grown-up for help.



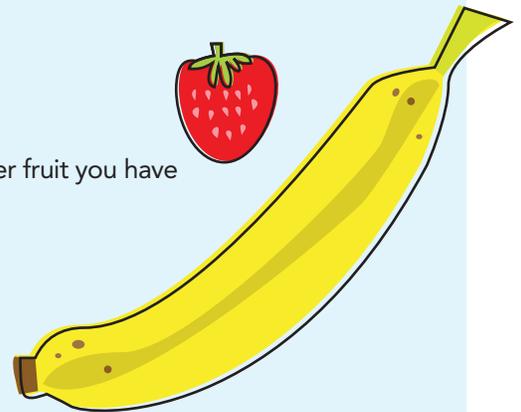
## Sparky's "BARK" fait (Parfait) *This makes 4.*

### Ingredients:

- 2 cups vanilla yogurt (I used Greek yogurt)
- 2 cups your favorite granola
- 2 cups fresh berries (raspberries, blueberries, strawberries (sliced) or any other fruit you have like: bananas, peaches or mangos, peeled and sliced)
- 4 tablespoons honey (*optional*)

### Directions:

1. Line up 4 tall glasses, or whatever you would like to put your parfait in.
2. Spoon 2 tablespoons of yogurt into each glass.
3. Spoon 2 tablespoons of granola over the yogurt.
4. Then, add 2 tablespoons of fruit.
5. Keep repeating these steps until your glass is full. You can add a little bit of honey here and there, to taste.



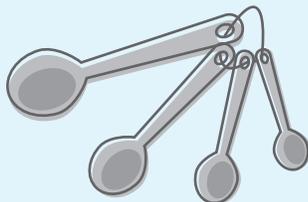
## Cinnamon-sugar chips *This makes 8 dozen.*

### Ingredients:

- 6 tablespoons unsalted butter, melted
- 1 tablespoon sugar
- 3/4 teaspoon ground cinnamon
- 12 flour tortillas (10" in diameter)

### Directions:

1. Preheat oven to 375°.
2. Stir together butter, sugar, and cinnamon in a small bowl.
3. Brush tortillas with butter mixture
4. Using a butter knife, or a cookie cutter, cut each tortilla into 8 wedges.
5. Put wedges in a single layer on a baking sheet,.
6. Bake until crispy (about 10 to 12 minutes).



Make sure you let the chips cool on a wire rack before you eat them. Yum!

## Sparky's Recipes

# COOKING with KIDS

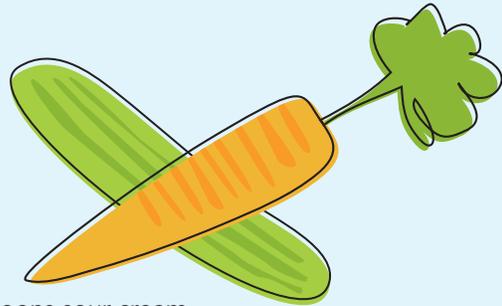
## Sparky's Sushi Sandwiches (Say that 3x fast!) This makes 8.

### Ingredients:

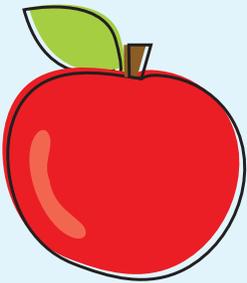
- 2 slices of whole wheat bread
- 3 tablespoons cream cheese
- 1-½ tablespoons of sour cream
- Carrots, sliced thin
- Cucumbers, sliced thin

### Directions:

1. Take a rolling pin and flatten 2 slices of bread.
2. Mix together 3 tablespoons cream cheese and 1-½ tablespoons sour cream.
3. Using a butter knife, spread your mixture on your slices of bread.
4. Lay 2 carrot and 2 cucumber sticks (6" long) at the bottom of each slice of bread, let them hang over edges.
5. Roll up the bread, pressing gently to seal.
6. Cut each roll in four equal pieces.



## Slippery Snail Snack



### Ingredients:

- 1 Granny Smith apple
- Approx. 3" length of celery stalk
- 2 raisins
- 2 thin strips of carrot
- Peanut butter

### Equipment:

- 1 sealable plastic storage bag
- Kitchen knife

### Directions:

1. Cut a thin vertical slice from the side of your apple (this will be the snail's body).
2. Cut a celery stalk that is about 1" longer than the width of the apple slice.
3. Fill the inside of the celery stalk with peanut butter, and put aside..
4. Now put some peanut butter in the plastic bag and snip just the corner off.
5. Lay your apple slice down on a flat surface. Gently squeezing your plastic bag of peanut butter, add a swirl on one side.
6. Add the "raisin" eyes to one end of the celery (on the peanut butter). Add the thin strips of carrots for antennae.
7. Now carefully attach the apple slice onto the celery stalk.



# Puppy Chow Chex Mix

From: Amy Lees, BFES  
Serves: Are you sharing?

Prep Time: 20 min  
Cook Time: 00 min

## Instructions

- 1: Melt peanut butter and chocolate together.
- 2: Add 3 cups of cereal to a large bowl. Pour 1 cup of your chocolate/peanut butter mixture over the cereal.
- 3: Add 3 more cups of cereal to the bowl and then pour the rest of the chocolate/peanut butter mixture on top.
- 4: Stir until the cereal is evenly coated.
- 5: Let the mixture cool slightly.
- 6: Add 1 cup of powdered sugar. Mix until combined.
- 7: Add more powdered sugar 1/4 cup at a time until your cereal is coated to your satisfaction.
- 8: Store in an airtight container at room temperature.



## Ingredients

1 cup  
Semisweet chocolate chips

1 cup  
Creamy peanut butter

6-7 cups  
Chex or Crispix cereal

1-2 cups  
Powdered sugar



# Dried Cinnamon Apple Slices



From: BFES Prevention Div.  
Serves: 2-3

Prep Time: 5 min  
Cook Time: 1-2 hours

## Instructions

- 1:**  
Preheat oven to 200 degrees F. Line baking sheet with parchment paper.
- 2:**  
Wash and core the apples. Using a sharp knife or a mandolin slicer, slice them into very thin circles.
- 3:**  
Place the apples onto the parchment paper and sprinkle with sugar and cinnamon to top.
- 4:**  
Bake one side of apples for 60-90 minutes . Then flip them over and bake another 60-90 minutes. The thinner the slices the crispier the apple chips are.

## Notes

Using Granny Smith apples would be good for a tart flavor.

## Ingredients

2-3  
Gala apples

1 tsp  
Cinnamon

1 tsp  
Sugar



**Remember:**

**The best way to stop  
a cut from bleeding  
is to apply direct  
pressure.**

# Oven Roasted Sweet Potato Fries

From: Heather Penner, BFES    Prep Time: 1 hr 15 min  
Serves: 6 as side dish        Cook Time: 30 min

## Instructions

- 1:**  
Slice sweet potatoes into long, thin strips (1/4" wide). In a large bowl cover fries with cold water and soak 60 minutes or overnight.
- 2:**  
Preheat oven to 425 degrees F. Line a large baking sheet with parchment paper and set aside.
- 3:**  
Drain the fries, arrange them in one layer on a towel and pat dry with paper towel. Put the fries back into a clean, dry bowl and drizzle with olive oil, toss until evenly coated.
- 4:**  
In a small bowl, whisk together cornstarch, garlic powder, onion powder, parsley, paprika and pepper. Sprinkle the mixture on top of the fries, then toss to evenly coat and until the cornstarch has soaked into the oil.
- 5:**  
Spread the fries out in an even layer on the baking sheet (don't overlap). Bake 15 minutes, flip them over and bake another 10-15 minutes or until crispy and beginning to brown.
- 6:**  
Once done, put the pan on a cooling rack, sprinkle with sea salt and let rest for 5 minutes. Best served warm!

## Notes

This recipe takes a bit of time but is SO worth it!

## Ingredients

- 1 1/2 lbs**  
Sweet potatoes, peeled
- 2 Tbsp**  
Olive oil
- 2 Tbsp**  
cornstarch
- 1 tsp**  
Garlic powder
- 1/2 tsp**  
Onion powder
- 1/2 tsp**  
Dried parsley
- 1/2 tsp**  
Smoked paprika
- 1/2 tsp**  
Ground black pepper
- To taste**  
Fine sea salt



# Spinach Dip



From: Lorina Hofer, Wawanesa Prep Time: 20 min  
Serves: Cook Time: 30 min

## Instructions

- 1:**  
In a large bowl, combine cream cheese, sour cream, soup base, onion powder, garlic powder and sugar. Beat together until the mixture is smooth.
- 2:**  
Add water chestnuts, parmesan and shredded cheese, pepper, onion and spinach to the cream cheese mixture. Stir to combine.
- 3:**  
Transfer to a 9 inch square baking dish or shallow casserole.
- 4:**  
Bake at 350 degrees F for 30 minutes. The sides should be bubbly.
- 5:**  
Serve with pita chips, crackers or pumpernickel bread.

## Ingredients

- 2 - 8 ounce bricks**  
Cream cheese
- 1 cup**  
Sour cream
- 1 Tbsp**  
Soup base
- 1/2 tsp**  
Onion powder
- 1/2 tsp**  
Garlic powder
- 1 tsp**  
sugar
- 1 small can**  
Water chestnuts, chopped
- 1/2 cup**  
Parmesan cheese
- 1/2 cup**  
Shredded cheese
- 1 cup**  
Red or green pepper, chopped
- 1 small**  
Onion, finely chopped
- 3 cups**  
Chopped spinach, thawed & squeezed dry



# Chocolatey Chex Mix

From: Heather Penner, BFES    Prep Time: 00 min  
Serves:                                      Cook Time: 00 min

## Instructions

- 1:**  
In a large microwavable bowl, measure cereal; set aside. Line cookie sheet with wax paper or foil.
- 2:**  
In 2 cup microwavable measuring cup, microwave brown sugar, granulated sugar, butter and water uncovered on High 1 to 2 minutes, stirring after 1 minute, until melted and smooth. Stir in baking soda until dissolved. Pour over cereal, stirring until evenly coated.
- 3:**  
Microwave cereal mixture uncovered on High 3 minutes, stirring every minute. Spread on cookie sheet. Cool 10 minutes. Break into bite-size pieces. Evenly sprinkle peanut butter cups and marshmallows over mixture.
- 4:**  
In small microwavable bowl, microwave chopped caramels and cream uncovered on High 1 minute or until caramel is melted and smooth. Use spoon or fork to drizzle over mixture.
- 5:**  
In another small microwavable bowl, microwave milk chocolate chips uncovered on High 30 to 60 seconds; stir until smooth. If necessary, microwave additional 5 seconds at a time. Place in re-sealable food-storage plastic bag; cut off small corner of bag. Squeeze bag to drizzle over mixture.
- 6:**  
In another small microwavable bowl, microwave white vanilla baking chips uncovered on High 30 to 60 seconds; stir until smooth. If necessary, microwave additional 5 seconds at a time. Place in re-sealable food-storage plastic bag; cut off small corner of bag. Squeeze bag to drizzle over mixture. Immediately sprinkle salt over mixture while drizzles are still wet. Refrigerate until set. Break apart, and store in tightly covered container.

## Notes

Substitute 1/2 cup caramel bits for chopped caramels. You'll find them in the baking aisle.

## Ingredients

- 8 cups**  
Chocolate Chex cereal
- 3/4 cup**  
Packed brown sugar
- 3 Tbsp**  
Granulated sugar
- 6 Tbsp**  
butter
- 2 tsp**  
Water
- 1/4 tsp**  
Baking soda
- 1 cup**  
Reese's minis peanut butter cups, halved
- 1 cup**  
Miniature marshmallows
- 10 caramels, unwrapped, chopped**
- 1 Tbsp**  
Whipping cream
- 1/2 cup**  
Milk chocolate chips
- 1/2 cup**  
White vanilla baking chips
- 1 tsp**  
Coarse sea salt



# Healthy Granola Bars



From: BFES Prevention Div.

Prep Time: 15 min

Serves: 12-16

Cook Time: 00 min

## Instructions

- 1:**  
Chop ½ cup of your choice of nuts and ½ cup of your choice of dried fruit.
- 2:**  
Pour 2 cups oats, 2 cups crisp rice cereal, ½ cup coconut and the nuts and fruits into a very large bowl. Stir the dry ingredients together.
- 3:**  
In a smaller microwaveable bowl, stir together ¾ cup creamy peanut butter, ¼ cup dark brown sugar and ¾ cup syrup. Microwave on High for 1 minute. Stir, and then microwave for 1 more minute.
- 4:**  
Stir in your 2 Tbsp. honey and 1 tsp. of vanilla.
- 5:**  
Slowly pour the mixture into the bowl of dry ingredients and stir to combine.
- 6:**  
Pour it all into a 13×9 pan. Press it down hard with a flat spatula.
- 7:**  
Let them cool and then cut 12-16 bars out of the pan.
- 8:**  
Can be refrigerated, frozen or left on the counter.

## Notes

When making substitutions keep in mind that you need 5 1/2 cups dry ingredients to 1 3/4 cups wet ingredients to make these the perfect chewy consistency.

Use a thick sticky syrup, not maple syrup.

Instead of honey you can use molasses.

Instead of brown sugar, increase the amount of syrup.

## Ingredients

- 2 cups**  
Rolled oats
- 2 cups**  
Rice Krispies cereal
- 1/2 cup**  
Chopped nuts
- 1/2 cup**  
Chopped dried fruit
- 1/2 cup**  
Coconut
- 3/4 cup**  
Creamy peanut butter
- 3/4 cup**  
Brown rice, corn or tapioca syrup
- 1/4 cup**  
Dark brown sugar
- 2 Tbsp**  
Honey
- 1 tsp**  
Pure vanilla extract

# Caramel Apple Dip



From: Heather Penner, BFES    Prep Time: 5 min  
Serves: 8    Cook Time: 1 min

## Instructions

- 1:  
Place cream cheese in medium bowl and beat with a mixer until smooth and creamy.
- 2:  
Add the sugar and beat until thoroughly combined.
- 3:  
Spread the cream cheese mixture into an even layer in a 3 cup serving dish.
- 4:  
Pour the caramel dip or sauce over the cream cheese mixture. Spread into an even layer. Top with toffee bits and serve with sliced apples.

## Ingredients

- 1—8 oz block  
Cream cheese, softened
- 1/3 cup  
Sugar
- 1—16 oz container  
Caramel dip or thick caramel sauce
- 0 1/2 cup  
Toffee bits

## Apples to dip

### If your clothes catch on fire:

- ◆ STOP
- ◆ DROP and
- ◆ ROLL

Cover your face with your hands while you roll.



# Ranch Buffalo Chicken Dip



From: Heather Penner, BFES    Prep Time: 5 min  
Serves: 12                      Cook Time: 35 min

## Instructions

- 1:**  
Preheat oven to 375 degrees F.
- 2:**  
Combine cream cheese, sour cream, ranch dressing and green onions with a mixer on medium speed. Spread into a pie plate or small casserole dish.
- 3:**  
Toss chicken with 1/2 cup buffalo sauce. Spread over cream cheese mixture and drizzle with remaining buffalo sauce.
- 4:**  
Top with cheeses and bake 25-30 minutes or until hot and bubbly.
- 5:**  
Serve with taco chips or crackers.



Plug microwave ovens or other cooking appliances directly into a wall outlet. Never use an extension cord for a cooking appliance—it can overload the circuit and cause a fire.

## Ingredients

- 8 oz block**  
Cream cheese, softened
- 1/2 cup**  
Ranch Dressing
- 1/2 cup**  
Sour cream
- 2 cups**  
Shredded chicken
- 1 cup**  
Buffalo sauce, divided
- 2 green onions**  
Thinly sliced
- 1 cup**  
Monterey Jack cheese, shredded
- Taco chips**

# Oatmeal Energy Bites



From: BFES Prevention Div.  
Makes: 30

Prep Time: 10 min  
Fridge Time: 20 min

## Instructions

- 1:**  
Combine all ingredients into a mixing bowl and stir together until combined.
- 2:**  
Cover the bowl with lid or plastic wrap. Put in the fridge for 20-30 minutes.
- 3:**  
Roll into balls (slightly smaller than a golf ball).
- 4:**  
Can be stored covered in the fridge for several day or freeze them.



Keep space heaters 3 feet/1 meter away from anything that can burn. Unplug them when you leave the room and before you go to bed.

## Ingredients

- 3 cups**  
Quick oats
- 1 cup**  
Creamy peanut butter
- 1/2 cup**  
Mini chocolate chips
- 1/2 cup**  
Honey

# Butter Balls



From: Dennis Gullett

Wawanesa Fire Dept.

Prep Time:

Cook Time:

Serves:

## Instructions

- 1:  
Cream together the butter, sugar, cocoa, vanilla and water.
- 2:  
Add the oatmeal to the butter and sugar mixture. Stir to combine.
- 3:  
Form into balls and roll in icing sugar.

## Ingredients

**2/3 cup**  
Butter or margarine

**3/4 cup**  
White sugar

**3 Tbsp**  
Cocoa

**1 tsp**  
Vanilla

**2 tsp**  
Water

**2 cups**  
Oatmeal

**For topping**  
Icing sugar



# Mud Pies (Haystacks)

From: Dennis Gullett

Wawanesa Fire Dept

Prep Time:

Cook Time:

## Instructions

1:

In a medium sized sauce pan, add butter, milk, sugar, cocoa and vanilla.

2:

Bring to a boil for five full minutes.

3:

Add in the rolled oats and coconut. Stir to combine.

4:

Drop from a spoon onto wax paper.



## Ingredients

1/2 cup

Butter

1/2 cup

Milk

2 cups

White sugar

5 Tbsp

Cocoa

1 tsp

Vanilla

2 1/2 cups

Rollled oats

1 cup

Coconut



# Bacon Wrapped Pickles

From: The Slashinsky Family    Prep Time: 5 min  
BFES Babysitting Instructors    Cook Time: 30-40 min  
Serves:

## Instructions

- 1:  
Cut pickles in 1/4 spears.
- 2:  
Cut bacon in half.
- 3:  
Wrap bacon around pickles and place on parchment covered baking sheet.
- 4:  
Cook at 350 degrees F until bacon is cooked (30-45 minutes).
- 5:  
Serve with your favorite dipping sauce.



If you are simmering, baking or roasting food, check it regularly and stay in the home. Use a timer to remind you that you are cooking.

## Ingredients

Pickles

Bacon



# Taco Dip

From: The Slashinsky Family    Prep Time: 5 min  
BFES Babysitting Instructors    Cook Time: 00 min  
Serves:

## Instructions

- 1:  
Mix ingredients together with a mix master.
- 2:  
Spread the mixture onto a pizza pan.
- 3:  
Top with shredded lettuce, green onions, green pepper, tomatoes and grated cheese.



Wear short, close-fitting, or tightly rolled sleeves when cooking. Loose clothing can dangle onto stove burners and can catch fire if it comes in contact with a gas flame or electric burner.

## Ingredients

1 (8-oz) block  
Cream cheese

1— 250 ml  
Sour cream

1 package  
Taco seasoning

Taco chips

## Toppings

Shredded lettuce

Green onions

Green peppers

Tomatoes

Grated cheese



# Substitutions, Conversions and Charts

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- 1: Basic Ingredients Conversion Chart
- 2: Convert Cups to Grams; Convert Butter to Oil
- 3: How to Cut a Recipe in Half
- 4: Pasta Yield Chart
- 5: Recipe Substitution Guide
- 6: Baking Substitutions
- 7: Egg Substitutes
- 8: Herb and Spice Substitutions
- 9: Sugar to Honey Conversion Guide
- 10: Grain to Water Ratios
- 11: DIY Spice Blends
- 12: Instant Pot— Converting Recipes
- 13: Air Fryer Conversion Chart
- 14: Baking Pan Conversion Chart
- 15: Weekly Meal Plan Chart
- 16: Coloring page



# CONVERSION CHART

## BASIC INGREDIENTS



### FLOUR

- 1 cup flour = 140 grams
- 3/4 cup flour = 105 grams
- 1/2 cup flour = 70 grams
- 1/4 cup flour = 35 grams

\*Weights may change according to method used. Above are according to 'dip and sweep' method.

### GRANULATED SUGAR

- 1 cup sugar = 200 grams
- 3/4 cup sugar = 150 grams
- 2/3 cup sugar = 135 grams
- 1/2 cup sugar = 100 grams
- 1/3 cup sugar = 70 grams
- 1/4 cup sugar = 50 grams

### POWDERED SUGAR

- 1 cup powdered sugar = 160 grams
- 3/4 cup powdered sugar = 120 grams
- 1/2 cup powdered sugar = 80 grams
- 1/4 cup powdered sugar = 40 grams

\*Weights may change according to method used. Above according to 'spoon and level' method.

### BUTTER

- 1 cup butter = 2 sticks = 8 ounces = 230 grams
- 1/2 cup butter = 1 stick = 4 ounces = 115 grams

### HEAVY CREAM

- 1 cup heavy cream = 235 grams
- 3/4 cup heavy cream = 175 grams
- 1/2 cup heavy cream = 115 grams
- 1/4 cup heavy cream = 60 grams
- 1 tablespoon heavy cream = 15 grams



## Cup to Gram Conversions!

### Butter

Cups	Grams
1/4 cup of Butter	57 grams
1/3 cup of Butter	76 grams
1/2 cup of Butter	113 grams
1 cup of Butter	227 grams

### All-Purpose Flour and Confectioners' Sugar

Cups	Grams	Ounces
1/8 c (2 tbsp)	16 g	.563 oz
1/4 cup	32 g	1.13 oz
1/3 cup	43 g	1.5 oz
1/2 cup	64 g	2.25 oz
2/3 cup	85 g	3 oz
3/4 cup	96 g	3.38 oz
1 cup	128 g	4.5 oz

### Granulated Sugar

Cups	Grams	Ounces
2 tbsp	25 g	.89 oz
1/4 cup	50 g	1.78 oz
1/3 cup	67 g	2.37 oz
1/2 cup	100 g	3.55 oz
2/3 cup	134 g	4.73 oz
3/4 cup	150 g	5.3 oz
1 cup	201 g	7.1 oz

### Packed Brown Sugar

Cups	Grams	Ounces
1/4 cup	55 g	1.9 oz
1/3 cup	73 g	2.58 oz
1/2 cup	110 g	3.88 oz
1 cup	220 g	7.75 oz

### Butter/Margarine

1 teaspoon

1 tablespoon

2 tablespoons

1/4 cup

1/3 cup

1/2 cup

2/3 cup

3/4 cup

1 cup

### Mazola® Cooking Oils

3/4 teaspoon

2 1/4 teaspoons

1 1/2 tablespoons

3 tablespoons

1/4 cup

1/4 cup + 1 tablespoons

1/2 cup

1/2 cup + 2 tablespoons

3/4 cup

### Cooking Measurement Conversion

16 tablespoons	= 1 cup
12 tablespoons	= 3/4 cup
10 tablespoons + 2 teaspoons	= 2/3 cup
8 tablespoons	= 1/2 cup
6 tablespoons	= 3/8 cup
5 tablespoons + 1 teaspoon	= 1/3 cup
4 tablespoons	= 1/4 cup
2 tablespoons	= 1/8 cup
2 tablespoons + 2 teaspoons	= 1/6 cup
1 tablespoon	= 1/16 cup
2 cups	= 1 pint
2 pints	= 1 quart
3 teaspoons	= 1 tablespoon
48 teaspoons	= 1 cup

# How To Cut A Recipe IN HALF

Recipe Uses...

To Halve...



$\frac{3}{4}$   
Cup



6  
TBSP



$\frac{2}{3}$   
Cup



$\frac{1}{3}$   
Cup



$\frac{1}{2}$   
Cup



$\frac{1}{4}$   
Cup



$\frac{1}{3}$   
Cup



2 TSP  
2 TBSP



$\frac{1}{4}$   
Cup



2  
TBSP



1  
TBSP



1  $\frac{1}{2}$   
TSP



1  
TSP



$\frac{1}{2}$   
TSP



$\frac{1}{2}$   
TSP



$\frac{1}{4}$   
TSP

[mom4real.com](http://mom4real.com)

## Pasta Yields Testing Chart

When serving pasta, plan on 85g cooked pasta per person for main dishes. To prepare 4 servings, you will need 300 g of pasta, or 1/3 of a 900 g package. Use this chart to determine how much dry pasta to start with and to see the volume of cooked pasta you will end up with.

	Pkg Size	Uncooked Weight (grams)	Uncooked Weight (grams)	Uncooked Volume (cups)	Cooked Volume (cups)	Cooked Weight (grams)
<b>Long Pastas</b>						
Capellini	900 g	1/3 of 900 g pkg.	300 g		6 cups	945 g
Fettuccine	900 g	1/3 of 900 g pkg.	300 g		6 cups	620 g
Linguine	900 g	1/3 of 900 g pkg.	300 g		5 cups	725 g
Spaghetti	900 g	1/3 of 900 g pkg.	300 g		6 cups	780 g
Spaghettini	900 g	1/3 of 900 g pkg.	300 g		6 cups	865 g
Vermicelli	900 g	1/3 of 900 g pkg.	300 g		5 cups	690 g
<b>Short Pastas</b>						
Baby Shells	900 g		300 g	3 cups	6 cups	775 g
Broad Egg Noodles	375 g		300 g	7 cups	6 cups	715 g
Cavatelli	450 g		300 g	2-1/2 cups	4-1/2 cups	730 g
Farfalle (Bow Tie)	900 g		300 g	5 cups	6 cups	620 g
Fusilli	900 g		300 g	5 cups	6 cups	705 g
Gnocchi	900 g		300 g	6 cups	7 cups	705 g
Large Shells	900 g		300 g	6 cups	8 cups	610 g
Macaroni	900 g		300 g	3 cups	5 cups	675 g
Orecchiette	450 g		300 g	4 cups	6 cups	730 g
Orzo	900 g		300 g	2 cups	5 cups	935 g
Penne	900 g		300 g	3-1/2 cups	6 cups	675 g
Radiators	900 g		300 g	4 cups	6-1/2 cups	685 g
Rigatoni	900 g		300 g	5 cups	6 cups	601 g
Rotini	900 g		300 g	5 cups	6 cups	675 g
Scoobi-Do	900 g		300 g	4 cups	6 cups	620 g
Tubetti	900 g		300 g	3 cups	6 cups	735 g
Ziti	900 g		300 g	4 cups	6 cups	540 g



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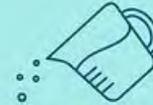


## THE ULTIMATE RECIPE SUBSTITUTION GUIDE

THE RECIPE CALLS FOR:	SUBSTITUTE FOR:	HOW MUCH?	WORKS BEST IN:
BUTTER/OIL/MARGARINE	UNSWEETENED APPLESAUCE/ MASHED BANANA	EQUAL PARTS	BAKING
BUTTER/OIL/MARGARINE	EXTRA VIRGIN OIL OLIVE OR EXTRA VIRGIN COCONUT OIL	HALF	BAKING, GRILLING, FRYING, SAUTEING
BUTTER/OIL/MARGARINE	AVOCADO	EQUAL PARTS	BAKING
SUGAR	STEVIA OR LIQUID STEVIA DROPS	EQUAL PARTS; 1 C. = 1 T.	BAKING
SUGAR	HONEY	HALF	BAKING *TURN DOWN HEAT BY 25 DEGREES.
BROWN SUGAR	PURE MAPLE SYRUP & HONEY	ADD 1 T. MAPLE WITH THE HONEY SUB LISTED ABOVE.	BAKING
CONFECTIONER'S SUGAR	STEVIA + ARROWROOT POWDER	GRIND EQUAL PARTS STEVIA WITH 1 TSP ARROWROOT POWDER IN A BLENDER.	BAKING, ICINGS
WHITE FLOUR	WHOLE WHEAT PASTRY FLOUR, WHITE WHOLE WHEAT	EQUAL PARTS	BAKING, COOKING
WHITE FLOUR	ALMOND, OAT, OR BROWN RICE FLOUR	EQUAL PARTS	BAKING, COOKING
WHITE FLOUR	COCONUT FLOUR	EQUAL PARTS. ADD AN EXTRA EGG AS FLOUR IS EXTREMELY ABSORBENT.	BAKING, COOKING
PANKO OR BREAD CRUMBS	ALMOND FLOUR, RICE CRISPS	EQUAL PARTS	BAKING, BREADING
EGGS	EGG WHITES	1 EGG = 2 WHITES	ANYTHING
EGGS	CHIA SEEDS + WATER	1 T. CHIA + 3 T. WATER = 1 EGG	BAKING
BUTTERMILK	ALMOND MILK, GREEK YOGURT, & LEMON	1 C. = 3/4 C. MILK + 1/4 C. YOGURT + 1/4 TSP. LEMON	BAKING
EVAPORATED MILK	NON-FAT EVAPORATED MILK OR UNSWEETENED VANILLA ALMOND MILK	EQUAL PARTS	BAKING, COOKING



**delish**



# Baking Substitutions

Baking Powder 1 tsp.	=	Baking Soda ¼ tsp.	+	Cream Of Tartar ¼ tsp.		
Baking Soda 1 tsp.	=	Baking Powder 1 tbsp.				
Brown Sugar 1 c.	=	Granulated Sugar 1 c.	+	Molasses 2 tsp.		
Butter 1 c.	=	Greek Yogurt 1 c.	OR	Vegetable Oil ¾ c.		
Buttermilk 1 c.	=	Dairy Milk (Any %) 1 c.	+	Lemon Juice OR White Vinegar 1 tbsp.		
Cake Flour 1 c.	=	AP Flour 1 c. - 2 tbsp.	+	Cornstarch 2 tbsp.		
Canola OR Vegetable Oil 1 c.	=	Melted Butter 1 c.	OR	Coconut Oil 1 c.		
Corn Syrup 1 c.	=	Light Brown Sugar 1 ¼ c.	+	Water ½ c.		
Granulated Sugar 1 c.	=	Powdered Sugar 1 ¼ c.				
Heavy Cream 1 c.	=	Whole Milk ¾ c.	+	Melted Butter 3 tbsp.		
Honey 1 c.	=	Granulated Sugar 1 ¼ c.	+	Water ¼ c.		
Large Egg 1	=	Seltzer ¼ c.	OR	Unsweetened Apple Sauce ¼ c.	OR	Mashed Banana ¼ c.
Powdered Sugar 1 c.	=	Granulated Sugar Blended In A Food Processor Until Powdery 1 c.				
Self-Rising Flour 1 c.	=	AP Flour 1 c. - 2 tsp.	+	Baking Powder 1 ½ tsp.		
Semisweet Chocolate 5 oz.	=	Unsweetened Chocolate 3 oz.	+	Granulated Sugar ¼ c.		
Sour Cream 1 c.	=	Plain Yogurt 1 c.	OR	Buttermilk ¾ c.	+	Melted Butter ½ c.
Unsweetened Chocolate (For Baking) 1 oz.	=	Unsweetened Cocoa Powder 3 tbsp.	+	Butter, Coconut OR Vegetable Oil 1 tbsp.		
Unsweetened Cocoa Powder ¼ c.	=	Unsweetened Chocolate (Decrease ½ tbsp. Fat From Recipe For Every oz. Used) 1 oz.				
Whole Milk 1 c.	=	Evaporated Milk ½ c.	+	Water ½ c.		

# EGG SUBSTITUTES

for baking, cooking, & breading



1 tbsp  
chia seeds



1/4 cup  
water



1/4 cup  
full-fat yogurt



1 tbsp  
gelatin



1/4 cup  
water



1/4 cup pureed  
banana or applesauce



1 tbsp  
flax seeds



1/4 cup  
water



1/4 cup peanut or  
almond butter

## Herb and Spice Substitution Guide

Replace this...	With this...
Allspice	Cinnamon, Cassia, Nutmeg, Mace or Cloves
Aniseed	Fennel Seed or Anise Extract
Basil	Oregano or Thyme
Cardamom	Ginger
Chili Powder	Hot Sauce plus Oregano and Cumin
Chives	Green Onion, Onion or Leek
Cinnamon	Nutmeg or Allspice
Cloves	Allspice, Cinnamon or Nutmeg
Cumin	Chili Powder
Ginger	Allspice, Cinnamon, Mace or Nutmeg
Italian Seasoning	Blend of Basil, Oregano, Rosemary and Ground Red Pepper
Marjoram	Basil, Thyme or Savory
Mint	Basil, Marjoram or Rosemary
Nutmeg	Cinnamon or Ginger
Oregano	Thyme or Basil
Poultry Seasoning	Sage plus Thyme, Marjoram, Savory, Black Pepper and Rosemary
Red Pepper	Dash of Hot Sauce or Black Pepper
Rosemary	Thyme, Tarragon or Savory
Sage	Poultry Seasoning, Savory, Marjoram or Rosemary
Thyme	Basil, Marjoram, Oregano or Savory

# Replace Sugar With Honey Conversion Guide

## Sugar

## Honey

1/4 cup

3 tbsp



1/3 cup

3 tbsp



1/2 cup

1/3 cup



1 cup

3/4 cup



2 cups

1.5 cups



COOK GRAINS WELL!  
TURN TO THIS GRAINFOGRAPHIC FOR GUIDANCE!

# GRAIN TO WATER RATIOS

 1 cup rice  1 3/4 - 2 cups water  
(LESS WATER FOR SHORT GRAIN,  
MORE FOR LONG GRAIN)

## RICE

 1 cup rice  2 cups water

## BROWN RICE

 1 cup couscous  1 1/4 cups water

## COUSCOUS\*

 1 cup millet  1 1/2 cups water

## MILLET

 1 cup quinoa  1 1/2 - 2 cups water

## QUINOA

 1 cup oats  2 cups water

## ROLLED OATS

 1 cup oats  3 cups water

## STEEL-CUT OATS

 1 cup wheat berries  3 cups water

## WHEAT BERRIES

 1 cup farro  2 1/2 cups water

## FARRO

(SEMI-PEARLED)



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ADJUST AS NEEDED! LUMPY DAYMEAL IS YOUR RIGHT!  
\*NOT ACTUALLY A GRAIN, BUT WHO COULD LEAVE IT OUT?

# 9 EASY DIY SPICE BLENDS

## CAJUN SPICE BLEND



## GREEK SPICE BLEND

*continued*



## PUMPKIN PIE SPICE BLEND



## LEMON PEPPER

## CURRY BLEND

*continued*



## ITALIAN SPICE BLEND

*continued*



## CHILI SEASONING

*continued*



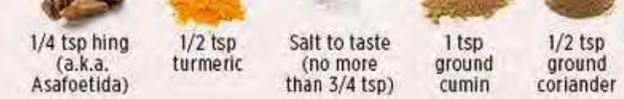
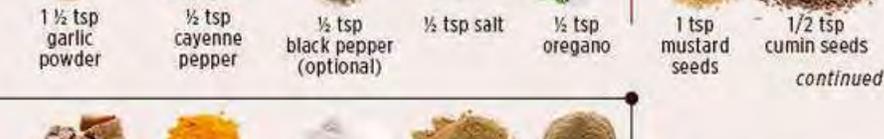
## TACO SEASONING

*continued*



## INDIAN SWEET SPICE BLEND

*continued*



**Women's Health**  
SOURCE: ANJALI SHAH,  
WRITER OF THE PICKY EATER

# Instant Pot

## CONVERTING RECIPES

### FROM SLOW COOKER

Slow Cooker Time	Instant Pot Time
10 hours on low/ 5 hours on high	30 minutes on high pressure
8 hours on low/ 4 hours on high	24 minutes on high pressure
6 hours on low/ 3 hours on high	18 minutes on high pressure
4 hours on low/ 2 hours on high	12 minutes on high pressure

### FROM OVEN/STOVE TOP

Stove/Oven Cook Time	Instant Pot Time
2 hours	40 minutes on high pressure
1 ½ hours	30 minutes on high pressure
1 hour	20 minutes on high pressure
30 minutes	10 minutes on high pressure

### RECIPES WITH PASTA

Lowest Pasta Cook Time	Instant Pot Time
12 minutes	4 minutes on high pressure let NPR for 5 minutes then QR
9 minutes	3 minutes on high pressure let NPR for 4 minutes then QR
6 minutes	2 minutes on high pressure let NPR for 3 minutes then QR
3 minutes	1 minute on high pressure let NPR for 2 minutes then QR

# AIR FRYER CONVERSION CHART



Temperature Time (min)

## Meat & Seafood

Bacon (regular)	400 F	5-7
Bacon (thick cut)	400 F	5-10
Burger (4 oz)	370 F	16-20
Calamari (8 oz)	400 F	4
Chicken Breast, boneless (4 oz)	380 F	12
Chicken Tenders	360 F	8-10
Chicken Thighs, boneless (1.5 lbs)	380 F	20
Chicken Wings (2 lbs)	400 F	12
Pork Chops, bone-in (1-inch)	400 F	12
Scallops	400 F	5-7
Shrimp	400 F	5



## Air Fryer Tips

- Always preheat air fryer before adding food.
- Do not overfill the basket. Air fry in batches if necessary.
- Use minimal oil. Lightly spray and use no more than 1 tbsp.
- Make sure to shake the basket halfway through to redistribute foods.
- If cooking fatty foods, add a tiny bit of water to the drawer. This will prevent fat from burning.



www.justapinch.com



Temperature Time (min)

## Vegetables

Asparagus, sliced (1-inch)	400 F	5
Broccoli (florets)	400 F	6
Brussels Sprouts (halved)	400 F	15
Carrots, sliced (1-inch)	380 F	15
Cauliflower (florets)	400 F	12
Cherry Tomatoes	350 F	4
Green Beans (fresh)	400 F	5
Potatoes (1-inch chunks)	400 F	12
Zucchini (1/2-inch sticks)	400 F	12



Temperature Time (min)

## Frozen

Chicken Nuggets	400 F	10
Fish Sticks	400 F	10
French Fries (thin)	400 F	14
French Fries (steak cut)	400 F	18
Mozzarella Sticks	400 F	8
Onion Rings	400 F	8

# PAN CONVERSION CHART

Recipe Calls For	Equivalent	Bake Time
 <p>9 x 13 cake pan (40-45 minutes)</p>	<p>24 cupcakes</p>	<p>20-25</p>
	<p>2 nine-inch round</p>	<p>35-45</p>
 <p>12 standard-size muffins (25-30 minutes)</p>	<p>36 mini muffins</p>	<p>16-18</p>
	<p>6 jumbo muffins</p>	<p>25-30</p>
 <p>1 nine-inch loaf (45-50 minutes)</p>	<p>8 single mini-loaf pan</p>	<p>30-35</p>
	<p>12 standard muffins</p>	<p>25-30</p>
 <p>1 bundt cake (60-70 minutes)</p>	<p>2 nine-inch loaves</p>	<p>45-50</p>
	<p>2 nine-inch round pans</p>	<p>35-45</p>

All baking times are based on 350° oven temperature.

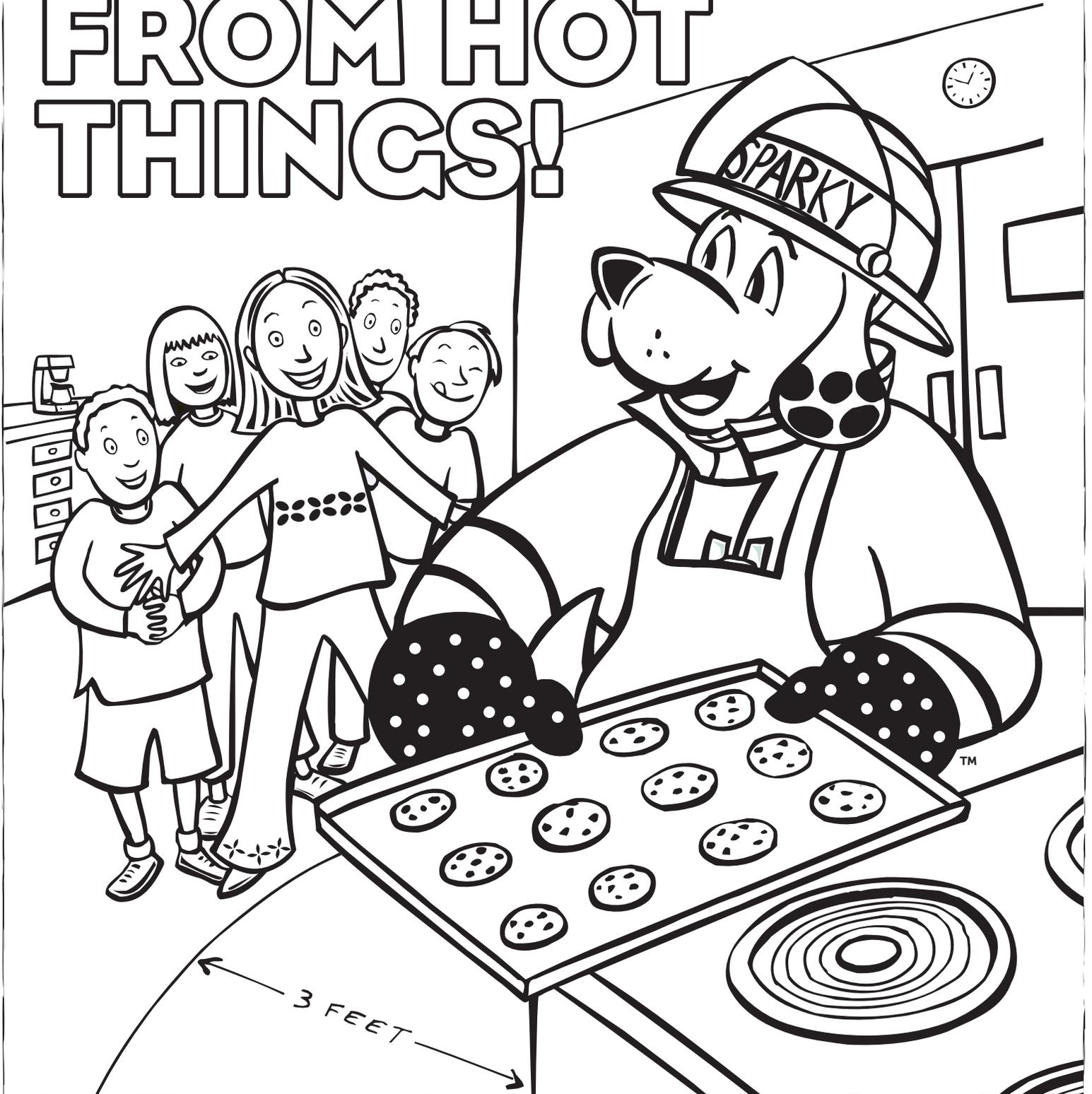
**CLABBER  
GIRL.**



Name \_\_\_\_\_

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Fire Safety  
in the  
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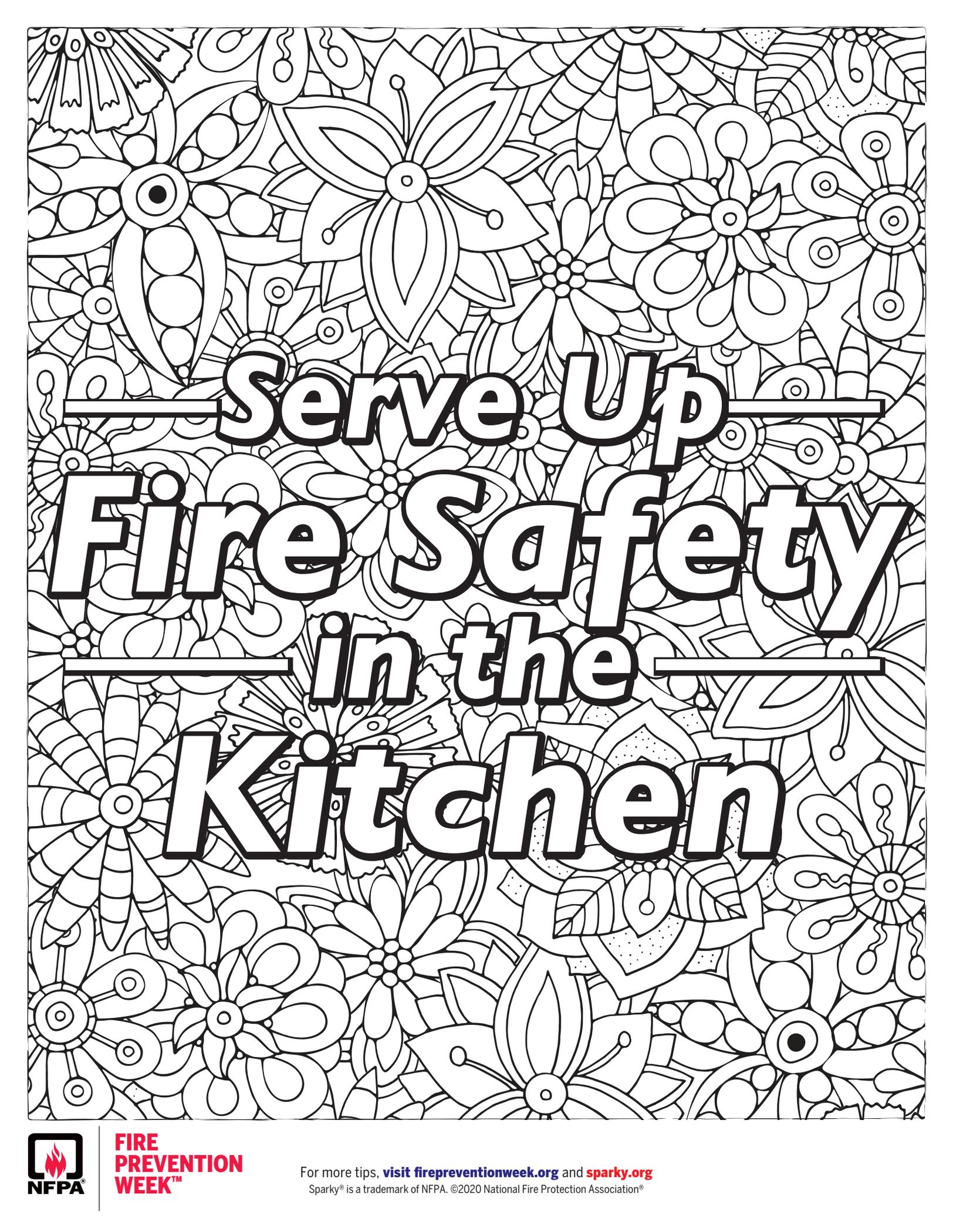
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