



SWISS CHARD QUINOA SALAD WITH CREAMY CURRY VINAIGRETTE

<u>Ingredients</u>	<u>Steps</u>
<ul style="list-style-type: none"> • 1/2 cup of water • 1 cup of rinsed quinoa • 1/3 cup sour cream • 1 tablespoon of olive oil • 1 teaspoon of lime zest • 1 tablespoon of lime juice • 1 teaspoon of curry • 2 cups of Swiss chard, leaves and stems chopped • 1 cup of cooked corn kernels • 1 cup cherry tomato, cut in half • 1/2 cup diced cucumber • 1 tablespoon finely chopped chives • Salt and pepper 	<ol style="list-style-type: none"> 1. In a saucepan, bring water to a boil. Add the quinoa, reduce the heat, cover and cook for 12 to 15 minutes or until the quinoa is tender and the water is completely absorbed. Separate the quinoa grains with a fork. Let cool. 2. Meanwhile, in a large bowl, combine sour cream, oil, lime zest and juice and curry. Salt and pepper. 3. Add the cooled quinoa, Swiss chard, corn, cherry tomatoes, cucumber and chives. Salt and pepper. Mix gently to coat the ingredients well

Source : <https://www.coupdepouce.com/cuisine/entrees-et-accompagnements/recette/salade-de-quinoa-a-la-bette-a-cardre-vinaigrette-cremeuse-au-cari>

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CRISPY KALE AND AVOCADO TOASTS

<u>Ingredients</u>	<u>Steps</u>
<ul style="list-style-type: none"> • 4 oz (115 g) kale, stems removed, leaves cut into pieces • 2 tbsp (30 ml) olive oil • 1 tsp Montreal steak spice • 1 baguette bread • 2 avocados, halved and pitted • 1 tbsp (15 ml) lemon juice • 12 green grapes, cut into rounds (optional) 	<ol style="list-style-type: none"> 1. With both racks in the middle positions, preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper. 2. On the baking sheet, massage the kale with the oil and steak spice. Bake for 12 to 15 minutes or until the kale is crispy, stirring halfway through. 3. On a work surface, cut the bread in half horizontally, then cut into 8 pieces. Place on a second baking sheet. Bake at the same time as the kale for 8 to 10 minutes. 4. In a bowl, mash the avocado and lemon juice with a fork 5. Spread the avocado over the toasted bread. Garnish with the kale chips and grapes, if desired.

Source : <https://www.ricardocuisine.com/en/recipes/8728-crispy-kale-and-avocado-toasts>

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