



## TOMATOES AND STRAWBERRIES COLD SOUP

<u>Ingredients</u>	<u>Steps</u>
<ul style="list-style-type: none"><li>• 2 cups quartered tomatoes</li><li>• 2 cups strawberries cut in two</li><li>• 1 cup quartered cucumber</li><li>• 1 garlic flower, minced</li><li>• 1 tsp tabasco sauce</li><li>• 1 tbsp wine vinegar</li><li>• 6 fresh basil leaves</li><li>• 1 tsp salt</li><li>• 1/4 cup olive oil</li></ul>	<ol style="list-style-type: none"><li>1. Put all the ingredients in a mixer and blend until you get a smooth and homogeneous texture.</li><li>2. Let cool in the refrigerator for about 30 minutes.</li></ol>

Source : <https://www.ledevoir.com/vivre/recettes/530297/recette-de-soupe-froide-de-tomates-et-fraises>

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## SMOKED SALMON, GOAT CHEESE AND AVOCADO

<u>Ingredients</u>	<u>Steps</u>
<ul style="list-style-type: none"> <li>• 1/2 french baguette</li> <li>• Grape seed oil</li> <li>• 50ml (3 tbps) goat cheese</li> <li>• 50ml (3 tbps) marcarpone cheese</li> <li>• 200g (8 oz) sliced smoked salmon</li> <li>• 1 riped avocado cut in small slices</li> <li>• 1 tomato sliced</li> <li>• 1 zucchini sliced</li> <li>• Fresh thyme</li> <li>• Fleur de sel</li> <li>• Fresh black pepper</li> <li>• Capers to taste</li> </ul>	<ol style="list-style-type: none"> <li>1. Cut the baguette in croutons and baste with grape seed oil.</li> <li>2. Grill both side the bread until brown.</li> <li>3. Mix the goat cheese and the mascarpone cheese. Spread generously on the bread.</li> <li>4. In a skillet over medium heat, sauté the zucchinis in the oil for 10 minutes. Add the tomato and continue the cooking for 2 minutes.</li> <li>5. Put the smoked salmon, the avocado and the cooked zucchini mix on the cheese.</li> <li>6. Sprinkle thyme, fleur de sel, black pepper and capers.</li> </ol>

Source : <https://zeste.ca/recettes/croutons-grilles-au-saumon-fume-chevre-et-avocat>

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