

SHARE. CONNECT. LEARN. GROW

share

MORE MEALS TOGETHER

LOCAL TASTES GREAT

#MAKEITCANOLA IN YOUR KITCHEN

made in CANADA

Canola!

EAT WELL FOR LIFE

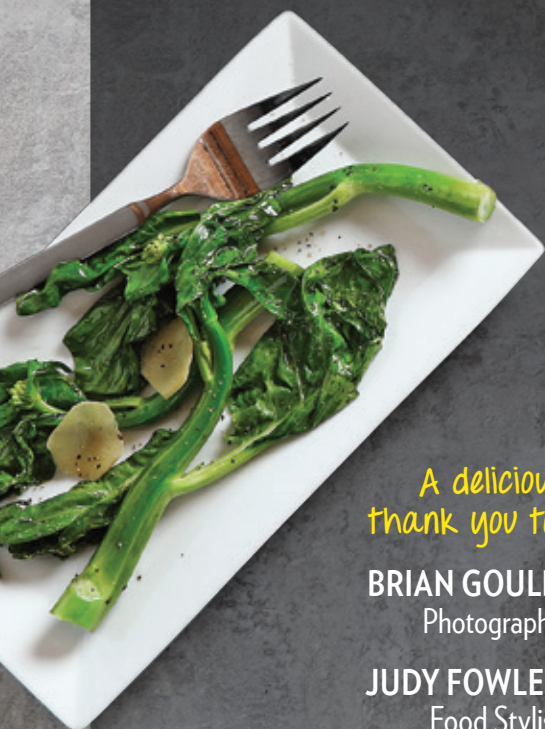
Canola Eat Well is about inspiring you in the kitchen and connecting you to the farm with Canada's oil,

CANOLA OIL

#MakeltCanola

IN YOUR KITCHEN AND SHARE


EAT WELL FOR LIFE



A delicious
thank you to:

BRIAN GOULD
Photography

JUDY FOWLER
Food Stylist

KATIE BRUNKE RD, PHEC
FAITH MCGREGOR
Editors

Growing the Farm to Food Conversation



Produce tips
provided by
HalfYourPlate.ca

FOOD IS THE INGREDIENT THAT CONNECTS US



Recipes created in partnership with:

CHEF MICHAEL ALLEMEIER

CHEF ANDREA BUCKETT

MICHELLE JAELIN RD

EMILY RICHARDS PHEC

NITA SHARDA RD

*get
cooking!*



THESE SOFT LITTLE BUNDLES ARE AS FUN TO MAKE AS THEY ARE TO EAT! YOUNG COOKS WILL LOVE HELPING BY TYING THE DOUGH INTO KNOTS.

INGREDIENTS

- 1/2 tsp granulated sugar
- 1 1/2 cups warm water
- 2 1/4 tsp traditional active dry yeast
- 1 large clove garlic, minced
- 3 Tbsp canola oil
- 1/2 tsp salt
- 2 cups shredded old cheddar cheese
- 4 cups all-purpose flour, divided

DIRECTIONS

1. In a large mixing bowl, dissolve sugar in warm water and sprinkle with yeast. Let stand for about 10 minutes or until frothy.
2. Whisk in garlic, oil and salt. Stir in cheese and 3 1/2 cups of the flour, mixing until a ragged dough forms. Turn out onto a floured work surface and knead dough for about 5 minutes or until smooth and no longer sticky and elastic, adding remaining flour as needed. Place in an oiled bowl, cover and let rise in a warm place for about 1 hour or until doubled in size.
3. Line a large baking sheet (13" x 18") with parchment paper.
4. Punch down dough and turn out onto a floured surface. Divide dough into 24 even pieces. With your hands, roll each piece into a 6-inch long rope. Tie each rope into a knot and place about 1 inch apart on the prepared baking sheet. Cover and let stand for 30 minutes or until doubled in size.
5. Preheat oven to 400°F. Bake knots for 18-20 minutes or until golden brown and sound hollow when tapped on bottom.

GARLIC TOPPING (OPTIONAL)

In a small bowl, combine canola oil, parsley and garlic. Brush over hot knots and let stand for at least 10 minutes before serving. Store unused topping in fridge for up to 3 days.

GARLIC TOPPING (OPTIONAL)

- 2 Tbsp canola oil
- 1 Tbsp fresh parsley, minced
- 1 clove garlic, minced

ENDLESS
possibilities!

CRUNCHY PICKLES



FRESH GARLIC TOPPING





CHEESE KNOTS



CHOOSE GARLIC
THAT IS COMPLETELY
DRY WITH PLUMP,
FIRM CLOVES.

STORAGE TIP: Cover baked knots lightly with plastic wrap and store at room temperature for up to 1 day. Store in an airtight container once cooled and freeze for up to 2 weeks. Let thaw completely and warm in 350°F oven for about 5 minutes to serve.

ROASTED VEGGIE CROSTINI

THESE CROSTINI ARE FUN TO SHARE ON A FRIDAY NIGHT WHILE WATCHING THE GAME OR KICKING BACK ON THE PATIO WITH FAMILY. WE BET YOU CAN'T EAT JUST ONE!

INGREDIENTS

CROSTINI

- 1 baguette
- 2 Tbsp canola oil
- 1 clove garlic, sliced in half

ROASTED VEGGIES

- 1 small zucchini or eggplant, small dice
- 1 small red onion, small dice
- 1 red bell pepper, small dice
- 1 yellow bell pepper, small dice
- 2 Tbsp canola oil
- 1 clove garlic, minced
- 2 Tbsp chopped fresh parsley
- 1/2 tsp dried thyme
- 1/4 tsp salt
- 1/8 tsp pepper
- 1 cup ricotta cheese
- balsamic glaze for drizzling (optional)
- 1/4 cup fresh grated Parmesan (optional)

DIRECTIONS

CROSTINI

1. Preheat oven to 400°F. Line a baking sheet (13" x 18") with parchment paper.
2. Slice baguette into 1/2-inch slices. Place on a prepared pan in a single layer. Brush baguette slices with 2 Tbsp canola oil. Toast in the oven for about 8 minutes or until they are light golden around edges, but still a bit soft in the centre.
3. Let cool slightly and rub each crostini with halved garlic. Set aside to cool completely.

ROASTED VEGGIES

1. Preheat oven to 400°F. Line a baking sheet with parchment paper (13" x 18").
2. In a large bowl, combine zucchini/eggplant, red onion, red and yellow peppers. Add 2 Tbsp canola oil, minced garlic, parsley, thyme, salt and pepper. Toss well to coat vegetables and spread onto prepared pan.
3. Roast for 20-25 minutes or until fork-tender and golden.
4. To serve, spread each crostini with a thin layer of ricotta cheese, top with roasted vegetables, drizzle with balsamic glaze and sprinkle with Parmesan.



LOOK FOR
A FIRM PURPLE
EGGPLANT THAT
IS HEAVY FOR
ITS SIZE, WITH
GLOSSY
UNBROKEN
SKIN.

Food tastes better when you eat together

CRUNCHY, CRISPY VESSELS

TIP: Swap the ricotta for the Whipped Feta recipe

LENTIL & ROASTED BABY POTATO *salad*



THE DARKER THE
COLOUR OF THE
CELERY, THE
STRONGER THE
TASTE WILL BE.

Open your taste buds to new flavours

A SPIN ON A CLASSIC RECIPE, THIS POTATO SALAD COMES PACKED WITH A PROTEIN AND FIBRE BOOST THANKS TO THE LENTILS! THIS SALAD IS GREAT ON ITS OWN OR ALONG WITH YOUR FAVOURITE GRILLED OR ROASTED PROTEIN.

INGREDIENTS

SALAD

- 1 1/2 lbs baby potatoes, halved
- 2 celery stalks, sliced
- 2 carrots, chopped
- 2 Tbsp canola oil
- 2 small cloves garlic, minced
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 can (19 oz/540 mL) lentils, rinsed and drained

MUSTARD HERB VINAIGRETTE

- 3 Tbsp canola oil
- 3 Tbsp cider vinegar
- 2 Tbsp chopped fresh parsley
- 2 tsp Dijon mustard
- 1/4 tsp salt
- 1/8 tsp pepper

DIRECTIONS

SALAD

1. Preheat oven to 400°F. Line a baking sheet (9" x 13") with parchment paper.
2. In a large bowl, toss together potatoes, celery and carrots with canola oil, garlic, salt and pepper. Spread onto prepared pan and roast for 25-30 minutes or until golden brown and tender.
3. Transfer roasted potato mixture into a large bowl and stir in lentils.

MUSTARD HERB VINAIGRETTE

1. In a small bowl or glass jar, whisk or shake together all the vinaigrette ingredients.
2. Pour vinaigrette over vegetable and lentil mixture. Toss until evenly coated. Serve warm immediately or make ahead and serve chilled. Store covered and refrigerate for up to 3 days.



creamy GREEK CHICKPEA SALAD

CHICKPEAS ARE THE PERFECT ADDITION TO TRANSFORM THIS CREAMY GREEK SALAD INTO A MEAL. PREPARE ALL INGREDIENTS AHEAD OF TIME AND TOSS TOGETHER BEFORE YOU'RE READY TO EAT. IT'S THAT SIMPLE!

INGREDIENTS

DRESSING

- 1/2 cup 0% plain Greek yogurt
- 2 Tbsp canola oil
- 2 Tbsp lemon juice
- 1 Tbsp lemon zest
- 2 tsp dried oregano
- 1/2 tsp pepper
- 1/4 tsp salt
- 1 clove garlic, minced

SALAD

- 1 can (19 oz/540 mL) chickpeas, drained and rinsed
- 1 orange pepper, diced
- 1 cup diced cucumber
- 1 cup cherry tomatoes, halved
- 1/3 cup feta cheese, crumbled
- 1/4 cup black olives, chopped
- 1/4 cup red onion, diced
- 2 Tbsp chopped fresh mint (optional)

DIRECTIONS

1. In a small bowl or glass jar, combine dressing ingredients and mix well.
2. In a large bowl, combine salad ingredients.
3. Drizzle dressing over salad and toss well.

BEST ENJOYED THE DAY IT'S MADE.



A top-down view of a blue ceramic bowl filled with a colorful chickpea salad. The salad includes chickpeas, diced cucumbers, cherry tomatoes, orange bell peppers, blueberries, and crumbled white cheese. Fresh mint leaves are scattered throughout. The bowl sits on a light grey textured surface.

GREAT AS A SIDE DISH OR MAIN COURSE



FOR IDEAL FLAVOUR,
STORE TOMATOES
AT ROOM TEMPERATURE
ON THE COUNTER

A bunch of fresh, vibrant green mint leaves with serrated edges, lying on a light grey textured surface.

LAYERS OF FLAVOUR

ADD YOUR OWN SPIN

one-pot SAUSAGE & PEPPER PASTA



PEPPERS ARE SO VERSATILE! THEY CAN BE USED IN STIR-FRIES, SALADS, FRITTATAS, STUFFED, ROASTED OR FRESH. THE OPTIONS ARE ENDLESS.

GREEN PEPPERS ADD THE BEST FLAVOUR TO THIS MEAL

STICKING TO THE RATIO OF 1 LB OF PASTA TO 3 CUPS LIQUID AND 1 CAN OF TOMATOES TURNS THIS ONE POT DINNER RECIPE INTO A CHOOSE-YOUR-OWN-ADVENTURE. RECREATE THIS RECIPE OVER AND OVER WITH YOUR FAMILY'S FAVOURITE PROTEINS, VEGGIES AND PASTA SHAPES.

INGREDIENTS

- 2 Tbsp canola oil
- 1 lb Italian sausage
- 1 cooking onion, sliced
- 3 cloves garlic, minced
- 1 can (28 oz/796 mL) diced tomatoes with juice
- 2 cups low-sodium beef broth
- 1 cup 2% milk
- 2 peppers, any colour, sliced
- 1 tsp dried oregano
- 1/2 tsp pepper
- 1 lb (450g) penne pasta
- 2 cups shredded mozzarella

**1 LB OF
PASTA =
ROUGHLY
450G**



PICK PEPPERS
THAT FEEL HEAVY
FOR THEIR SIZE.

DIRECTIONS

1. Preheat oven to broil setting.
2. In a large oven-safe pot or Dutch oven over medium-high heat, on the stovetop, heat canola oil.
3. Squeeze the sausage out of its casing into little meatballs directly into the pot. Turn frequently and cook for 5 minutes or until meatballs are browned on all sides.
4. Add onion and garlic, and cook for 5 minutes until softened.
5. Add tomatoes, broth, milk, sliced peppers, oregano and pepper. Stir to combine.
6. Add pasta to pot, stir and bring to a boil. Reduce heat and simmer uncovered for 15-18 minutes. Stir every 5 minutes to keep the pasta submerged and from sticking to the bottom of the pot.
7. Once the pasta is tender, remove from heat and spread mozzarella evenly over top. Place the pot uncovered under the broiler on the middle rack until the top is bubbly and golden. Remove from oven and let rest for 10 minutes before serving.

PRO TIP: Making meatballs from perfectly seasoned sausage is both a time-saver and incredibly delicious.

THIS DISH STEALS THE SHOW WITH DIFFERENT ELEMENTS OF FLAVOUR AND TEXTURE. WHETHER IT IS THE MAIN ATTRACTION OR SERVED AS A SIDE DISH, IT WILL BE REQUESTED AS AN ENCORE AT YOUR TABLE!

INGREDIENTS

1 large bunch of broccoli,
cut into florets and stems

1 Tbsp canola oil

1/8 tsp salt

Zest of 1 lemon

SAUCE

2 Tbsp canola oil

2 garlic cloves, thinly sliced

1/2 tsp dried chili flakes

1/2 tsp smoked paprika

1/2 cup plain 2%
Greek yogurt

1 Tbsp honey

1 Tbsp lemon juice

1/8 tsp salt

HOMEMADE
tastes great!

DIRECTIONS

1. Preheat the oven to 400°F and line a baking sheet with parchment paper.
2. Add broccoli in a single layer to the prepared pan and toss with 1 Tbsp canola oil and 1/8 tsp salt until evenly coated.
3. Bake for 20 minutes, stirring halfway through.
4. In a shallow saucepan over medium-high heat, heat 2 Tbsp canola oil until the oil shimmers.
5. To the pan add the sliced garlic and chili. Stir frequently. Remove pan from heat just as the garlic starts to brown and stir in the smoked paprika.
6. Using a slotted spoon, remove the crispy garlic to a paper towel.
7. Pour the warm oil into a small bowl and whisk in the yogurt, honey, lemon juice and 1/8 tsp salt.
8. Once broccoli is fork-tender and golden brown, transfer to a serving dish and sprinkle with lemon zest.
9. Drizzle with the chili yogurt sauce and top with crispy garlic. Any extra sauce can be used for dipping.



ROASTED BROCCOLI

WITH CHILI
YOGURT
SAUCE

FRESH OR FROZEN VEGETABLES ARE BOTH GREAT CHOICES

It's all about the sauce!



FRESH BROCCOLI
WILL HAVE A SWEET,
MILD SMELL.



ALL THE GOODNESS OF A LOADED BAKED POTATO TURNED INTO A HEARTY AND DELICIOUS SOUP. ADD AS MANY OF THE FIXINGS AS YOU PLEASE!

INGREDIENTS

- 2 Tbsp canola oil
- 1 cup diced celery
- 1 cup diced carrot
- 1 onion, diced
- 3 large russet potatoes, peeled and diced
- 4 cups low-sodium chicken broth
- 1/2 tsp garlic powder
- 1/2 tsp dried thyme
- 1/4 tsp pepper
- 1/8 tsp cayenne pepper
- 1/4 cup 2% milk

GARNISHES (OPTIONAL)

- Bacon bits
- Cheddar cheese
- Chopped dill pickles
- Sliced green onions
- Sour cream

THE AMAZING POTATO:
IS THERE ANYTHING
IT CAN'T DO?

DIRECTIONS

1. In a large, heavy-bottomed pot set over medium heat, add canola oil. Add celery, carrot and onion. Cook the vegetables for about 5 minutes, until soft and translucent. Be careful not to overcook the vegetables to the point where they start to take on colour.
2. Add potatoes, broth and seasonings. Cover and bring to a simmer for 15 minutes or until potatoes are fork-tender.
3. With an immersion blender or potato masher, purée the soup leaving bite-sized pieces of vegetables.
4. Remove from heat. Stir in the milk.
5. Serve warm with optional garnishes.

CRISPY BACON



FULLY LOADED POTATO *soup*

SHARE FOOD WITH OTHERS

SHARP AND EARTHY CHEDDAR



POTATOES ARE BEST
STORED IN A COOL,
DARK LOCATION
THAT IS DRY AND
WELL-VENTILATED.

Delicious dill pickles

GREEN FLAVOUR ENHANCER



TIP: Rice wine and rice wine vinegar are different. Shaoxing, a Chinese cooking wine, can be used in this recipe.



CHOOSE GAI
LAN WITH FIRM
STALKS AND
FRESH LEAVES.



IF GAI LAN IS
NOT AVAILABLE,
TRY BOK CHOY
OR BROCCOLI.

Irresistible as a side dish or appetizer



STIR-FRIED GAI LAN

炒芥蘭 (CHINESE BROCCOLI)

GAI LAN 芥蘭, ALSO KNOWN AS CHINESE BROCCOLI, IS EASILY IDENTIFIED IN THE GROCERY STORE BY ITS LONGER STEMS AND SMALLER FLORETS. SIMPLE AND DELICIOUS, THIS SIDE DISH IS THE PERFECT PAIR TO A WEEKNIGHT MEAL.

INGREDIENTS

- 1/2 tsp salt
- 1/4 tsp sugar
- 1/8 tsp pepper
- 1/8 tsp monosodium glutamate powder (optional)
- 2 Tbsp canola oil
- 7 thin slices of fresh ginger
- 2-4 garlic cloves, minced
- 1 lb gai lan, washed and trim 1/2 inch off the stalk
- 1 Tbsp rice wine

**IF YOU DO NOT
HAVE A WOK,
YOU CAN USE
A SKILLET
WITH A LID.**

DIRECTIONS

1. In a small bowl, mix the salt, sugar, pepper and monosodium glutamate (MSG) powder and set aside.
2. In a wok over medium-high heat, add canola oil and ginger slices, cooking for 10-15 seconds until fragrant.
3. To the wok, add garlic and gai lan. Toss until gai lan is evenly coated in oil, ginger and garlic.
4. Increase heat to high. Add rice wine around the sides of the wok to create steam. Cover and allow the steam to cook the vegetables for 1-2 minutes.
5. Remove the lid and add 1/4 tsp of salt mixture. Toss to evenly distribute seasoning. Keep leftover seasoning mixture for the next time you make this recipe!
6. Stir-fry for another 30 seconds until vegetables reach desired tenderness. Serve warm.

TOFU SABZI

BRIGHT AND WARM AROMATIC SPICES MAKE THIS DISH COME TO LIFE. QUICK AND EASY, THIS DISH CAN BE ENJOYED IN SO MANY DIFFERENT WAYS. TRY SERVING WITH RICE, ROTI, NAAN, OR BETWEEN SLICES OF BREAD AS A SANDWICH FOR LUNCH.

INGREDIENTS

- 2 Tbsp canola oil
- 2 tsp whole cumin seeds
- 2 Tbsp finely minced ginger
- 1 green Thai chili pepper, sliced lengthwise (optional)
- 1 small onion, thinly sliced
- 1 large carrot, grated
- 1/8 tsp cayenne pepper
- 1/4 tsp pepper
- 1/2 tsp garam masala
- 1/2 tsp salt
- 2 1/2 tsp turmeric
- 1/3 cup water
- 1 package (350g) extra firm tofu, grated
- 1 cup frozen green peas
- 1/4 cup cilantro, for garnish (optional)

DIRECTIONS

1. In a large skillet or frying pan over medium-high heat, add canola oil. Carefully add in whole cumin seeds and heat for about 1 minute, stirring often and being careful not to burn.
2. To the pan, add ginger, chili pepper (if using) and sliced onion, and stir often for 5 minutes until the onion turns to a light caramel colour.
3. Add grated carrot, cayenne, pepper, garam masala, salt, turmeric, water, and cook for 3 minutes until the carrots are fork-tender. Add more water if your mixture is getting dry and the contents are sticking to the pan.
4. Add in grated tofu and peas. Stir together until the tofu has picked up the bright yellow colour of the spices. Cook for 3 minutes until peas are heated through.
5. Garnish with cilantro and serve with rice, roti, naan or between slices of bread as a sandwich.

PACK IN THE FLAVOUR BY EATING SEASONAL VEGGIES



CARROTS ARE AN EXCELLENT ADDITION TO MANY TYPES OF RECIPES: TRY SHREDDING THEM AND ADD TO CAKES, MUFFINS OR COOKIES.



#MakeItCanola in your Kitchen and share online



LOOK FOR FRESH GINGER WITH FIRM ROOTS, A SPICY FRAGRANCE AND SMOOTH SKIN.



EXPLORE.DISCOVER.SAVOUR.ENJOY.

HERBED FOCACCIA

When we LEARN together

we GROW together



made in CANADA

THIS TENDER AND DELICIOUS BREAD GETS ITS TEXTURE AND FLAVOUR FROM CANOLA OIL. PAIR WITH YOUR FAVOURITE SPREADS, CHARCUTERIE, CHEESES, OR ENJOY ON ITS OWN AS A TASTY SNACK!

INGREDIENTS

- 1 2/3 cups warm water
- 5 tsp sugar
- 4 tsp traditional active dry yeast
- 4 cups all-purpose flour
- 1 Tbsp salt
- 1/4 cup canola oil + 1 Tbsp, divided
- 2 Tbsp cornmeal
- 1/2 tsp dried chili flakes
- 1/2 tsp coarse salt
- 2 tsp dried oregano (can substitute fresh chopped rosemary or thyme)

NOT A FAN OF CHILI FLAKES?

Experiment with your own favourite herbs and spices.

directions follow

(CONTINUED FROM
PREVIOUS PAGE)

HERBED FOCACCIA



STORE FRESH TOMATOES
UNWASHED AND
UNCOVERED AT ROOM
TEMPERATURE, OUT OF
DIRECT SUNLIGHT, FOR
UP TO ONE WEEK.



CANOLA OIL IS FOR THE TASTE OF IT!





A CRISPER
DRAWER WILL
HELP PROTECT
YOUR PRODUCE
AND KEEP THE
MOISTURE IN
TO MAINTAIN
FRESHNESS
FOR LONGER.

SEE THIS
RECIPE ON
THE NEXT
PAGE

CANOLA OIL IS GREAT FOR BAKING

DIRECTIONS

1. In a large mixing bowl, dissolve sugar in warm water. Add yeast to water and let stand for about 10 minutes or until frothy.
2. Stir in 3 1/2 cups of the flour, salt and 1 Tbsp canola oil. Turn onto a floured surface and knead dough for about 5 minutes or until smooth. Add remaining 1/2 cup flour as needed. Place in an oiled bowl, cover and let rise for about 30 minutes or until doubled in size.
3. After the rise, punch dough down, cover and let rise again for 30 minutes or until doubled in size.
4. Lightly oil a baking sheet (9" x 13") and sprinkle the bottom evenly with cornmeal. Place the dough into the prepared pan. Using your fingertips, push the dough into all corners of the pan. With a slightly wet fingertip, push dimples into the top of the dough.
5. Brush dough with remaining 1/4 cup canola oil, sprinkle with chili flakes, coarse salt and dried oregano.
6. Let dough rise in pan, uncovered, for 20 minutes or until doubled in size.
7. Preheat oven to 375°F.
8. Bake for 20-25 minutes or until golden brown and sounds hollow when tapped. Remove from oven and let cool for 10 minutes before serving.

THIS DELICIOUS AND FLAVOUR-PACKED RECIPE IS A PERFECT APPETIZER OR LIGHT LUNCH. THE WHIPPED FETA IS BEST WHEN SERVED AT ROOM TEMPERATURE AND IMPROVES IN FLAVOUR WHEN IT CAN SIT IN THE FRIDGE OVERNIGHT.

Serve with Crostini

INGREDIENTS

SLOW-ROASTED CHERRY TOMATOES

2 cups cherry tomatoes
1/2 cup canola oil
2 cloves garlic, sliced
12 sprigs of fresh thyme
OR 1/2 tsp dried thyme
2 bay leaves
10 whole black peppercorns
1/4 tsp salt

WHIPPED FETA

1 container (200g)
feta cheese, drained
1/4 cup sour cream
2 Tbsp canola oil
1 small clove garlic
2 tsp lemon zest
1 Tbsp lemon juice
1/2 tsp hot sauce

GARNISHES (OPTIONAL)

2 Tbsp coarsely
chopped parsley
1 tsp fresh cracked
black pepper

DIRECTIONS

1. Preheat oven to 275°F.
2. In an 8" x 8" pan or casserole dish, add tomatoes.
3. In a small bowl, mix 1/2 cup canola oil, sliced garlic, thyme, bay leaves, whole peppercorns and salt. Pour over the tomatoes and toss gently to coat.
4. Roast for 1 hr 15 min, until tomato skins begin to shrivel. Remove from oven and let cool in the pan.
5. Meanwhile, in a food processor, pulse the feta into small pieces. Add sour cream, 2 Tbsp canola oil, 1 clove garlic, zest, lemon juice and hot sauce. Purée until smooth.
6. When ready to serve, add whipped feta to a serving dish. With a slotted spoon, remove tomatoes and roasted garlic from the oil and arrange on top of the whipped feta.
7. Garnish with parsley and fresh cracked pepper.

Pair this dish with the crostini from our Roasted Crostini recipe in this book!

CREAMY & DELICIOUS WHIPPED FETA

TIP: Refrigerate your leftover oil and use within 2-3 days as a marinade for chicken, in the focaccia recipe in this book, or try it in a homemade salad dressing.



STORE FRESH
GARLIC AT ROOM
TEMPERATURE
IN A DRY, DARK
PLACE THAT HAS
PLENTY OF AIR
CIRCULATION.

WHIPPED FETA

WITH SLOW-ROASTED CHERRY TOMATOES

TIP: Keep the
tomatoes in the roasted oil
until serving to maintain max flavour!

THIS IS A MASHUP OF TWO FAVOURITE TRADITIONAL RECIPES: WE'VE TAKEN AN EMPANADA WHICH IS TRADITIONALLY A SMALL, HANDHELD, FRIED SAVOURY TURNOVER AND FILLED THE PASTRY WITH APPLE PIE FILLING INSTEAD! THE DOUGH WORKS GREAT EITHER BAKED OR FRIED.

INGREDIENTS

SPICED APPLE FILLING

2 1/2 cups Granny Smith apple, peeled, cored and diced into 1/4" pieces (2 large apples)

1/3 cup raisins

1/4 cup brown sugar

1 tsp ground cinnamon

1 tsp ground ginger

1/4 tsp ground nutmeg

1/4 tsp salt

PASTRY

2 cups all-purpose flour

1 tsp cinnamon

1/2 tsp salt

1/2 cup canola oil

1/3 cup cold water

1 Tbsp apple cider vinegar

FOR ASSEMBLY

1 egg, beaten

2 Tbsp granulated sugar

TIP:
A cooking apple such as Granny Smith is a great choice for this recipe.

SWEET,
CITRUSY,
SPICY

CANADIAN INGREDIENTS TASTE GREAT!

THE BEST CONVERSATIONS HAPPEN AROUND THE TABLE

SPICED APPLE EMPANADAS

BAKED TO PERFECTION!



APPLES LIKE THE COLD. IT IS BEST TO STORE THEM IN A PERFORATED PLASTIC BAG IN THE REFRIGERATOR CRISPER, SEPARATE FROM OTHER FRUITS AND VEGETABLES.

*directions
follow*

A hand-drawn arrow pointing downwards and to the right, indicating the next step in the recipe.

(CONTINUED FROM PREVIOUS PAGE)

DIRECTIONS

SPICED APPLE FILLING

1. In a large heavy-bottomed pot, over medium heat, add ingredients and stir together. Cook for 10 minutes or until the apples are just tender. Stir often, being careful not to overcook.
2. Remove apple mixture from the pot and chill in fridge.

PASTRY

1. In a large bowl, whisk together flour, cinnamon and salt.
2. Add canola oil and, using your hands, mix the oil into the flour mixture until it becomes a pasty texture.
3. In a small bowl, mix the cold water and apple cider vinegar together.
4. Make a well in the flour mixture. Add the water and vinegar to the centre of the well. Slowly mix together but do not over-mix. Form dough into a ball and wrap with plastic. Place in fridge for at least an hour or overnight.

ASSEMBLY

1. Line a 13" x 18" baking sheet with parchment paper.
2. On a lightly-floured work surface, roll the cold pastry to an even 1/4" thickness.
3. With a 4" round cookie cutter, cut out 16 circles of pastry and lightly brush each round with the beaten egg. Gather the scraps and re-roll the pastry as needed.
4. In the centre of each circle, place 1 Tbsp of the apple filling. Keeping the filling in the centre, fold the pastry in half. Pinch the edges together tightly with your fingertips to close the half circle. Either fold the ends up or crimp closed with a fork and place on prepared pan.
5. Brush the tops with remaining beaten egg and sprinkle with sugar. With the tip of a sharp knife, cut two vent holes in the top of each empanada and set pan in fridge for 10-15 minutes.
6. Preheat oven to 400°F.
7. Bake for 18-20 minutes until golden. Let stand on pan for 5 minutes, transfer to baking rack and let cool. Enjoy warm or at room temperature.



SPICED APPLE EMPANADAS

FRIED AND SERVED WITH ICE CREAM!

SPRINKLES MAKE EVERYTHING BETTER

FOR FRYING: Assemble using steps 1 to 4 on the left, and chill in fridge 10 minutes before frying. Preheat your deep fryer filled with canola oil to 350°F/180°C. Carefully lower empanadas into the hot oil and deep fry for about 3-5 minutes or until golden brown. Remove and roll in 1 cup sugar.

CANOLA
FARMERS
*thank
you*
FOR CHOOSING
CANOLA
OIL!



Canola!
EAT WELL FOR LIFE

CanolaEatWell.com

#MAKEITCANOLA

@CanolaEatWell

