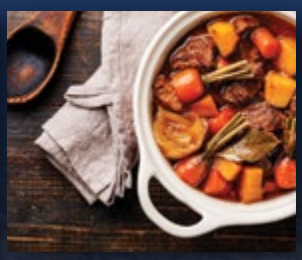
Premier Edition

Saskatchewan Cooks

SaskCooks

From our farms to your table...

SASKATCHEWAN COOKS



OUR PROVINCE'S FARMING COMMUNITY HAS COME TOGETHER TO SHARE THIS EXCITING COLLECTION OF RECIPES AND STORIES ABOUT THE GREAT FOOD WE GROW AND RAISE HERE IN SASKATCHEWAN.

Harvest is such a fitting time to unveil the premiere issue of *Saskatchewan Cooks.*

We are about celebrating Saskatchewan's agriculture successes by offering a look at our farm to table stories. Farmers are passionate about what they do! They are in the business of producing high quality foods in a safe and sustainable manner for the local and international marketplace!

Our province's diverse agriculture community has created this selection of new, inspiring recipes featuring wholesome ingredients produced right here in Saskatchewan!

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AWESOME & EASY CHICKEN WINGS

Servings: 4 | SaskatchewanChicken.ca

Chicken Farmers of Saskatchewan

#DYK *Chicken is the #1 consumed protein in Canada, the average Canadian consumed 68 lbs (31 kg) in a year. Maybe more after tasting this recipe!*

INGREDIENTS

- 3 lbs chicken wings and/or drummettes 1.4 kg
- 1 tsp each of cayenne pepper, smokey paprika, cumin powder and salt 5 mL
- 2 Tbsp Tabasco sauce, preferable Chipotle Tabasco sauce 30 mL
- 2 Tbsp melted butter 30 mL
- 1 Tbsp rice wine vinegar or cider vinegar 15 mL

PREPARATION

1. Preheat oven to 425°F (210°C). Line a large baking sheet with foil and place a wire rack on top. Cut wings in half at the joint and discard tip. They tend to burn and don't have much meat on them.

2. Place wings in a large bowl. Sprinkle with cayenne, paprika, cumin and salt. Rub over chicken as evenly as possible.

3. In a small bowl, combine Tabasco with melted butter and vinegar. Pour over wings. Toss to coat. Use a brush or your fingers to evenly coat. Place chicken on the wire rack. Don't crowd.

4. Bake in centre of 425°F (210°C) oven until browned, about 40 to 45 minutes. (If wings are on a rack, they don't need to be turned.) Great served with a blue cheese dressing!

Recipe courtesy of Chicken Farmers of Canada | Chicken.ca

OUR FOOD HAS a STORY

#OurFoodHasAStory

Chickens grown for meat are called broilers. Broiler chickens are raised in barns where they roam free. They are not kept in cages. The reason they are raised in barns is to protect them from the weather, predators and disease. Broiler chickens eat grain for food and they have access to water and feed 24/7 in the barns where they are raised.

MEXICAN TURKEY BAKED DIP

Servings: 4-6 | CanadianTurkey.ca/sk

Turkey Farmers of Saskatchewan

#DYK *Ground turkey is packed with protein. A 100-gram (about ½ cup/125 mL) serving of ground turkey boasts 28 grams of protein – that's an ideal amount to help you stay satisfied long after your meal.*

INGREDIENTS

- 1 lb ground turkey 500 g
- 1 onion, chopped
- 2 Tbsp canola oil 30 mL
- 2 Tbsp taco seasoning 30 mL
- 1 can (14 oz/398 mL) refried beans
- 1 can (14oz/398 mL) tomato sauce
- 1 cup shredded cheddar or mozzarella cheese 250 mL

PREPARATION

1. In a saucepan, saute onion in canola oil until soft, add ground turkey and taco seasoning, stir and cook until meat is no longer pink.

2. Spread refried beans in the bottom of a 9 x 9 inch (22 x 22 cm) baking dish. Top with turkey mixture. Cover with tomato sauce and sprinkle on cheese. Bake 20 minutes.

Serve with: Nacho chips, sour cream, guacamole, shredded lettuce and chopped tomatoes.

OUR FOOD HAS a STORY

#OurFoodHasAStory

In Canada, turkeys are NOT given hormones or steroids. These have been prohibited for over 30 years. It is scientific advancements such as selective breeding, better feed and modern management practices that are responsible for the larger, healthier turkeys raised today.

HULLED BARLEY & PARSLEY SALAD

Servings: 8 | CanolaEatWell.com

#CanolaConnect *Canola is a truly Canada's heart healthy oil! The name canola is a contraction of Canada and ola, referring to oil.*

SALAD INGREDIENTS

- ½ cup raw hulled barley 125 mL
- 1 cup parsley, chopped and packed 250 mL
- 2 medium tomatoes, chopped
- 2 green onions, chopped
- 2 Tbsp fresh mint, chopped 30 mL or 2 tsp dried 10 mL

DRESSING

- ¼ cup canola oil 60 mL
- 2 Tbsp fresh squeezed lemon juice 30 mL
- ½ tsp salt 2 mL
- ⅛ tsp ground pepper 0.5 mL

PREPARATION

1. In a large pot with tight fitting lid, add barley and cover with 1½ inches (3.5 cm) water. Bring to boil and simmer until liquid is absorbed and grains are tender, about 50 to 60 minutes. Rinse with cold water, drain and cool.

2. In a large salad bowl, toss together cooled barley, parsley, tomatoes, green onions and mint.

3. In a small jar with tight fitting lid, combine dressing ingredients, secure lid and shake well to blend thoroughly.

4. Pour dressing over salad and mix well. For best result, rest for one hour before serving to allow flavours to blend and parsley to soften.

Note: *This salad is perfect for prepping a day ahead or making extras to last throughout the week.*

#ILoveSaskFood

#CanolaEatWell Canola oil is heart-healthy, versatile, and affordable. With its beneficial fat profile, neutral taste, light texture, and high heat tolerance, canola oil is ideal for everyday use in just about any culinary application - from salad dressings, sauces, marinades, and grilling to baking, sautéing, stir-frying, and deep-frying.

Canola Seed

MUSHROOM & BARLEY PILAF WITH A POACHED EGG

Servings: 6 | SaskEgg.com

get cracking
Saskatchewan Egg Producers

#DYK *White eggs come from chickens with white feathers and brown eggs come from chickens with brown feathers. There is no nutritional difference between brown and white eggs.*

INGREDIENTS

- 4 cups sodium reduced vegetable broth 1 L
- 2 Tbsp canola oil 30 mL
- 1 onion, finely chopped
- 1 Tbsp finely chopped fresh thyme 15 mL
- 1 Tbsp finely chopped fresh rosemary 15 mL
- 4 cups assorted mixed mushrooms, such as cremini, shiitake and oyster, sliced 1 L
- 1 ½ cups barley 375 mL
- 2 cloves garlic, minced
- ½ tsp each salt and pepper 2 mL
- 2 cups chopped asparagus, blanched 500 mL
- ¼ cup chopped fresh parsley 60 mL
- 6 eggs

PREPARATION

1. Pour broth into saucepan set over medium heat; bring to a simmer. Reduce heat to low to maintain heat. Heat canola oil in Dutch oven set over medium heat. Add onion, thyme, rosemary and mushrooms. Cook for 7 to 10 minutes or until browned. Add barley, garlic, salt and pepper. Cook for 2 minutes or until well coated and fragrant.

2. Ladle in 1 cup (250 mL) broth. Cook, stirring constantly, until almost all the liquid is absorbed. Continue to add all but ½ cup (125 mL) of broth, 1 cup (250 mL) at a time and stirring constantly, for 20 to 25 minutes or until barley is tender but still slightly toothsome in the centre. Stir in asparagus, reserved ½ cup broth (125 mL) and parsley. Cook for 2 to 3 minutes or until heated through. Adjust salt and pepper to taste, if desired.

3. Meanwhile, fill saucepan with about 3 inches (8 cm) of water. Heat until water simmers gently. Break cold egg into small dish or saucer. Holding dish just above simmering water, gently slip egg into water. Repeat for remaining eggs. Cook in barely simmering water for 3 to 5 minutes or until white is set and yolk is cooked to desired level of doneness. Remove eggs with slotted spoon. Drain well on paper towel. Place over each portion of barley.

Tip: *To blanch asparagus, drop into rapidly boiling, salted water for 1 minute. Drain and immediately plunge into ice water.*

#loveSaskfood

#LoveSaskFood Some eggs contain omega–3's, which are a healthy fat that help protects our hearts. Omega–3 eggs are produced by feeding the hens a diet containing flaxseed which has a high Omega-3 content.

@SaskEgg Sask Egg Producers

OVEN-ROASTED ROOT VEGETABLES

Servings: 6 | SaskMustard.com

SASK MUSTARD
SASKATCHEWAN MUSTARD DEVELOPMENT COMMISSION

#DYK *One teaspoon (5 mL) of prepared mustard contains only 14 Calories. It is a low-fat, high flavour alternative to other condiments and contains a lot less salt than ketchup.*

INGREDIENTS

- 4 small beets, peeled, quartered
- 3 carrots, peels, cut into 4 pieces diagonally
- 3 parsnips, peeled, cut into 4 pieces diagonally
- 1 small rutabaga, cut into 12 wedges
- 1 medium onion, peeled, cut into 6 wedges
- 6 cloves garlic, skinned
- ½ cup water 125 mL
- ¼ cup whole grain prepared mustard 60 mL
- 2 Tbsp canola oil 30 mL
- 2 Tbsp maple syrup 30 mL
- 2 tsp chopped fresh rosemary or thyme 10 mL
- salt and pepper to taste

PREPARATION

1. Preheat oven to 400°F (200°C)

2. In small roaster, combine beets, carrots, parsnips, rutabaga, onion and garlic.

3. In measuring cup, combine water, mustard, canola oil, maple syrup, rosemary, salt and pepper. Stir well. Reserve 2 tbsp (25 mL) dressing. Drizzle remainder over vegetables.

4. Cover roaster with lid or foil. Bake 1 hour. After 30 minutes remove lid, mix vegetables, return to oven. Roast until soft when pierced with a fork and starting to brown, about 20 minutes. Turn vegetables into serving bowl, drizzle reserved mustard dressing over top and toss.

#loveSaskfood

#LoveSaskFood Did you know that Saskatchewan is one of the world's largest mustard exporters? In fact, Saskatchewan's just over 2,000 mustard growers are responsible for almost one third of all the mustard traded in the world. In 2015, we produced 74 per cent of Canada's mustard crop.

Mustard Seed

SQUASH MOZZA-GHETTI

Servings: 6 | SaskMilk.ca

#AllYouNeedisCheese *There are many reasons to enjoy cheese! Not only does it satisfy hunger but it is the flavour of comfort. Thanks to its many essential nutrients, including protein, calcium, vitamin A and vitamin B12, cheese can enhance not only the taste but also the nutritional value of many foods!*

INGREDIENTS

- 1 medium spaghetti squash
- 2 cups tomatoes, seeded and diced 500 mL
- ¼ cup pine nuts 60 mL
- ½ cup dried chorizo, diced 125 mL
- 3 cloves garlic, chopped
- 2 Tbsp fresh basil, chopped 30 mL
- salt and freshly ground pepper
- 6 oz Canadian Mozzarella Ball, sliced 180 g

PREPARATION

1. Preheat oven to 375°F (190°C).

2. Cut squash in half lengthwise and remove seeds. Place in an oven-safe dish, cut side down, and add ¼˝ (0.5 cm) of water to bottom of the dish. Cover with aluminum foil and cook in the oven for 30 minutes.

3. Meanwhile, mix tomatoes with pine nuts, chorizo, garlic and basil. Generously season with salt and pepper.

4. Remove dish from the oven, drain water and turn squash halves over. Fill centres with tomato mixture and continue cooking for 20 minutes.

5. Top with Mozzarella slices and cook for 10 more minutes. Brown under the broiler if desired. Serve immediately.

Recipe Courtesy of Dairy Farmers of Canada | *DairyGoodness.ca* | *AllYouNeedisCheese.ca*

#ILoveSaskFood

#DairyGoodness We all know milk products are an important part of a healthy diet, but did you know that milk, yogurt, and cheese contain up to 16 essential nutrients including protein, all of which contribute to maintaining good health?

ROASTED SQUASH, SHALLOTS & BARLEY IN BROWN BUTTER

Servings: 6 | GoBarley.com

SaskBarley DEVELOPMENT COMMISSION

#DYK *Barley is Canada's third largest crop and the second most widely grown cereal crop after wheat.*

INGREDIENTS

- 1 cup pot or pearl barley 250 mL
- 4 cups reduced salt vegetable broth 1 L
- 1 small acorn or butternut squash, cut into large pieces
- 6 large shallots, peeled and cut into 3 pieces each
- 2 tsp canola oil 10 mL
- ¼ cup butter 60 mL
- 1 tsp ground turmeric 5 mL
- ½ tsp ground cardamom 2 mL
- ½ tsp ground cumin 2 mL
- chopped cilantro, for garnish

PREPARATION

1. Preheat oven to 400°F (200°C).

2. In a medium saucepan over high heat, bring barley and vegetable broth to a boil; cover pan and reduce heat. Simmer 40 minutes, until barley is tender. Stir occasionally.

3. Place cut squash and shallots in a baking pan; drizzle with canola oil and toss to coat. Bake, uncovered, for 20 to 25 minutes until soft and lightly browned. Remove squash and lower the oven temperature to keep warm.

4. Cool slightly and remove rind from the squash. In a large oven proof bowl, coarsely mash squash, then stir in shallots. Return mixture to oven to keep warm.

5. Meanwhile, in a small saucepan over medium heat, melt butter; reduce to low and continue cooking for 5 to 10 minutes. The butter will first foam up, and then become golden brown with brown flecking. Watch this process carefully to ensure the butter does not burn. Remove from heat.

6. When barley is cooked, remove squash mixture from oven. Stir in cooked barley, brown butter, turmeric, cardamom and cumin. Mixture should be creamy and moist.

7. Serve garnished with cilantro.

#lovesaskfood

#LoveSaskFood The health benefits of barley are amazing. It is very high in fibre and proven to lower cholesterol. In fact, barley was approved for a health claim by Health Canada, which states that eating barley helps to reduce blood cholesterol, a risk factor for heart disease. Some of the barley products available in Canada include pearl and pot barley as well as barley flakes and flour.

TRINIDADIAN DOUBLES

Servings: 6 | Pulses.org
Lentils.ca

#LovePulses *Pulses are a low fat source of protein and also high in fibre. Pulses also contain important vitamins and minerals like iron, potassium and folate.*

INGREDIENTS

BARA (soft fried bread, similar to naan)

- ¾ cup warm water 175 mL
- 1 tsp active dry yeast 5 mL
- 1 tsp sugar 5 mL
- 3 cups all-purpose flour 750 mL
- 2 tsp turmeric 10 mL
- 1 tsp salt 5 mL
- ¾ cup plain yogurt 175 mL
- canola oil, for cooking

FILLING

- canola oil, for cooking
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- ⅓ cup chopped cilantro stems (save the leaves for garnish) 75 mL
- 1 jalapeño pepper, seeded and chopped
- 2-3 tsp curry powder or paste (or to taste) 10-15 mL
- 1 tsp cumin 5 mL
- 19 oz can chickpeas, drained 540 mL
- 1 cup water 250 mL
- 1 Tbsp lime juice 15 mL
- salt to taste
- chopped cilantro leaves and/or plain yogurt, for serving (optional)

PREPARATION

1. To make the bara, sprinkle the yeast and sugar over the water in a small bowl or measuring cup and let sit for 5 minutes, until it's foamy.

2. In a large bowl, whisk together the flour, turmeric and salt. Add the yogurt and the yeast mixture and stir until the dough comes together. Knead for 5-8 minutes, until it's smooth and elastic. Put it back in the bowl, cover with a tea towel and let rise for 1½-2 hours, or until it doubles in bulk.

3. Meanwhile, make the filling; drizzle some canola oil into a large, heavy skillet set over medium-high heat and sauce the onion for 4-5 minutes, until soft. Add the garlic, cilantro and jalapeño and cook for a few more minutes. Add the curry powder or paste and cumin and cook, stirring, for another minute. Add the chickpeas, water and lime juice, simmer with salt, cover and cook for 20 minutes, or until the chickpeas are soft and the sauce has thickened. If you like, break up some of the chickpeas with a spoon as you stir.

4. To cook the bara, heat about half an inch of oil in a heavy medium skillet set over medium-high heat. Pull off pieces of dough about the size of an egg, and roll into a 4-6-inch circle. (Flour the countertop if the dough sticks you roll it out, but if it stays a bit tacky it will adhere to the surface and be easier to roll.) Fry each piece in the skillet until golden on both sides, then transfer to a paper towel-lined plate.

5. Scoop some chickpeas into each soft bara, folding it over like a taco to eat.

OUR FOOD HAS a STORY

#OurFoodHasAStory The United Nations declared 2016 the International Year of Pulses. Why? To highlight the importance of lentils, chickpeas, beans and peas in nourishing people around the world and the role they play in sustainable food production.

CHICKEN POT PIE

Servings: 4 | SaskatchewanChicken.ca

Chicken Farmers of Saskatchewan

#LoveSaskFood *The chicken came first! In a scientific report published in 2010, a group of British scientists concluded that only a chicken could produce the eggshell protein used to make a chicken egg, and therefore, the chicken must have come first.*

INGREDIENTS

- 1 square chicken bouillon
- 1 onion, medium, chopped
- 1 potato, small, diced
- 1 carrot, small, finely-chopped
- ½ cup celery, diced 125 mL
- ¼ tsp poultry seasoning 1 mL
- ¼ tsp sage, dried 1 mL
- 2 cups leftover chicken gravy 500 mL or 1 can condensed cream of mushroom soup undiluted
- 2-3 cups chicken, cooked, diced 500-750 mL
- ½ cup frozen peas, (optional garnish) 125 mL
- 2 pie shells, frozen

PREPARATION

1. Prepare chicken broth using chicken bouillon cube as directed on package.

2. Add onion, potato, carrot, celery, poultry seasoning and sage to chicken broth. Simmer until vegetables are tender crisp.

3. Add gravy or soup and chicken pieces. About ½ cup (125 mL) frozen peas can be added now if you wish.

4. Pour into unbaked pie shell and top with another crust. Bake at 350°F (180°C) for about 30 minutes.

5. This recipe freezes well and can also be made into small pies.

Recipe courtesy of Chicken Farmers of Canada | Chicken.ca

OUR FOOD HAS a STORY

#OurFoodHasAStory It is actually illegal in Canada to use hormones or steriods in raising chicken!

#FunFact The chicken is the closest living relative to the great Tyrannosaurus-Rex dinosaur.

WHITE BEAN & TURKEY CHILI

Servings: 4-6 | CanadianTurkey.ca/sk

Turkey Farmers of Saskatchewan

#LoveSaskFood *Turkey meat is an excellent source of protein, which helps build and repair body tissues. Fresh turkey cuts like boneless, skinless turkey breast and ground turkey are extra lean and are excellent sources of both vitamin B12 and niacin.*

INGREDIENTS

- 1 lb ground turkey 500g
- 1 onion, chopped
- 1 Tbsp canola oil 15 mL
- 2 cloves garlic, minced
- 2 tsp chili powder 10 mL
- 1 tsp dried oregano 5 mL
- ¼ tsp cayenne pepper 1 mL
- ½ each: green and red pepper chopped
- ¾ cup turkey or chicken broth 175 mL
- 1 can (10 oz/540 mL) white kidney beans, drained and rinsed
- 1 cup grated white cheddar 250 mL
- ½ cup low fat sour cream 125 mL
- 2 tsp fresh parsley, chopped 10 mL

PREPARATION

1. Heat canola oil in large non-stick fry pan or saucepan. Add turkey, onion and garlic. Cook, stirring constantly until turkey is no longer pink.

2. Add dry seasoning and mix well. Add green and red peppers and broth. Bring to boil. Reduce heat and simmer for 10-15 minutes. Add salt and pepper to taste.

3. Add beans, cheese, sour cream and parsley. Heat through, stirring to combine.

Note: *You can also substitute ground turkey meat in your own favourite chili recipe.*

OUR FOOD HAS a STORY

#OurFoodHasAStory

Turkeys are raised in specially designed barns (not cages) with carefully controlled ventilation and temperature to make sure the birds are warm enough in the winter and cool enough in the summer. The barns also offer protection from predators, disease and bad weather. Some may be grown in semi-controlled housing or on range.

LEMON-SAGE PORK SCHNITZEL WITH PANKO CRUST

Servings: 4 | SaskPork.com

#PickSaskPork *An average 100 g (3 ½ oz) cooked serving of pork provides a generous amount of many essential nutrients, including thiamin, niacin, vitamin B6, vitamin B12, iron, zinc and protein.*

INGREDIENTS

- 1 cup panko crumbs* 250 mL
- 1 tsp lemon rind 5 mL
- 1 tsp dried leaf sage, crumbled 5 mL
- ½ tsp freshly ground pepper 2 mL
- 2 Tbsp mayonnaise 30 mL
- 2 Tbsp Dijon mustard 30 mL
- 1 egg
- 2 Tbsp water 30 mL
- 4 pork schnitzels or scallopini**
- 2 Tbsp canola oil 30 mL
- Lemon wedges

** Panko crumbs are a lighter, fluffy type of crumb. Regular breadcrumbs may be substituted.*

*** Trimmed fast fry pork chops, pounded thinly, may be substituted for schnitzels.*

PREPARATION

1. Combine crumbs with lemon rind, sage and pepper. Combine mayonnaise and mustard. Whisk egg and water together in a medium bowl.

2. Dredge schnitzels with mayonnaise mixture, dip into egg mixture, then coat with crumbs. Transfer to a rack; allow crumbs to dry, about 15 minutes.

3. Heat a small amount of oil in a non-stick skillet over medium-high heat. Panfry schnitzels, about 4-5 minutes per side until golden brown; do not over cook. Garnish with lemon wedges.

OUR FOOD HAS a STORY

#OurFoodHasAStory

Pigs are raised in modern, temperature controlled barns to protect them from the elements and predators. Animals are fed a diet rich in grains and minerals specifically formulated to keep them in optimum health!

BUFFALO CHICKEN WRAPS

Servings: 4 | SaskFlax.com
HealthyFlax.org

SaskFlax

#LoveFlax *Whole flaxseed is high in fibre but grinding flaxseed releases omega-3 fats, lignans and more fibre. Grinding flaxseed makes it easier for your body to get the full benefits of flaxseed.*

INGREDIENTS

- 2 cups diced cooked chicken 500 mL
- ½ cup shredded carrot 125 mL
- ½ cup chopped celery 125 mL
- ¼ cup mayonnaise 50 mL
- 2 tsp hot sauce or to taste 10 mL
- 2 Tbsp ground flaxseed 25 mL
- 2 Tbsp flaxseed oil 25 mL
- salt and pepper to taste
- 4 (10 inch/25 cm) flax or whole wheat tortillas
- 4.2 oz. package broccoli or alfalfa sprouts 120 g
- ¼ cup crumbled blue cheese 50 mL

PREPARATION

1. In a bowl, combine chicken, carrot, celery, salad dressing, hot sauce, ground flaxseed, flaxseed oil, salt and pepper. Mix well.

2. Lay tortillas on counter. Divide chicken mixture, lengthwise on lower third of each tortilla.

3. Tear broccoli sprouts into four bunches. Slightly pull apart each bunch to loosen. Lay alongside filling. Sprinkle each with 1 Tbsp (15 mL) blue cheese. Fold bottom of tortilla over filling, fold ends in holding in place while continuing to roll up from bottom to form a roll.

4. Wrap each tortilla in plastic wrap or wax paper. Refrigerate one hour for flavours to blend. Slice each roll crosswise on the diagonal before serving.

OUR FOOD HAS a STORY

#OurFoodHasAStory

Health Canada approved a health claim linking ground whole flaxseed to blood cholesterol lowering, a major risk factor for heart disease. Specifically, the claim indicated that eating 5 Tbsp/75 mL of ground (milled) whole flaxseed over three eating times per day helps reduce cholesterol!

MUSTARD HERB BEEF STEW

SASK MUSTARD
SASKATCHEWAN MUSTARD DEVELOPMENT COMMISSION

Servings: 6 | **SaskMustard.com**

#MustardisaMust *Saskatchewan mustard is a natural whole food that can be used as a condiment or as a recipe ingredient! It's a member of the brassica plant family so it's related to cabbage, canola, broccoli and brussel sprouts - and shares many of the same nutritional and health benefits.*

FLOUR MIXTURE INGREDIENTS

- ⅓ cup all purpose flour 75 mL
- 1 Tbsp dry mustard powder 15 mL
- 1 Tbsp chopped fresh Italian, flat-leaf parsley 15 mL
- 1 tsp chopped fresh thyme 5 mL OR ½ tsp crushed dried thyme 2 mL
- 1 tsp black pepper 5 mL
- 1 tsp salt 5 mL
- 1 ½ lb boneless beef chuck 680 g, cut into 1-1 ½ inch (2.5 cm-4 cm) pieces
- 2 Tbsp canola oil 30 mL
- 1 medium onion, peeled and cut into wedges

REMAINING INGREDIENTS

- 2 carrots, peeled and cut into 1 inch (2.5 cm) pieces
- 1 cup mushrooms, halved, if large 250 mL
- 2 medium potatoes, cut into large cubes, approx. 1 inch (2.5 cm)
- 3 Tbsp tomato paste 45 mL
- ¼ cup prepared Dijon Mustard 60 mL
- 1 bay leaf
- 1 ¾ cups no-salt-added beef broth 300 mL
- 2 cups water 500 mL

PREPARATION

1. In a large bowl, mix flour, mustard powder, parsley, thyme, pepper and salt together. Dredge the beef in the flour mixture, reserving leftover flour mixture for step 3.

2. In a large pot (6 quart/6 L), heat canola oil over high heat to sear beef. Stir in onions, carrots, mushrooms and potatoes. Cook for 3 minutes, stir in tomato paste, mustard, bay leaf and broth.

3. Stir water into remaining flour mixture (from step 1) before adding into the cooking pot. Bring to a boil, then reduce heat to low. Cover to simmer for more than 1 hour or until beef and potatoes are tender.

4. Serve hot.

OUR FOOD HAS a STORY

#OurFoodHasAStory

We grow three kinds of mustard in Saskatchewan: 1. Yellow mustard used to make prepared mustard like the kind you use on your hotdog. 2. Brown mustard used to make hot mustards, such as Dijon. 3. Oriental mustard seed, which is a spicier mustard and a common ingredient in Asian cooking.

SaskMustard @SKMustard

KUNG PAO PORK

Servings: 6 | SaskPork.com

#PickSaskPork *All pork cuts, with the exception of ribs, qualify as "lean" or "extra lean" and fit well into a healthy eating plan. Fresh pork cuts are naturally tender and low in sodium.*

INGREDIENTS

- 2 pork tenderloins, well-trimmed, about 12 oz / 0.375 kg each
- ⅓ cup rice vinegar 75 mL
- 4 Tbsp sodium-reduced soy sauce 60 mL
- 1 Tbsp honey 15 mL
- 2 tsp sambal oelek* 10 mL
- 1 tsp sesame oil 5 mL
- 1 Tbsp cornstarch mixed with equal part water 15 mL
- 2 Tbsp canola oil 30 mL
- 2 cloves garlic, minced
- 1 tsp grated ginger root 5 mL
- 1 large red bell pepper, cut into chunks
- hot cooked basmati or jasmine rice for serving
- 4 green onions, thinly sliced on a diagonal
- ⅓ cup cashews, chopped and toasted 75 mL

** Southeast Asian chili sauce*

PREPARATION

1. Using a sharp knife, slice tenderloins into bite-size pieces; set aside. In a 1-cup (250 mL) measuring cup, whisk together rice vinegar, soy sauce, honey, sambal oelek, sesame oil, and cornstarch mixture; set sauce aside.

2. In large skillet or wok, heat canola oil over high heat, about 1 minute. Add pork and stir-fry just until meat begins to brown, about 5 minutes. Reduce heat to medium. Add garlic and ginger; stir-fry just until fragrant, about 30 seconds.

3. Add bell pepper; stir to combine. Briefly re-whisk sauce; add to skillet or wok. Toss until all ingredients are well coated with sauce.Simmer until thickened, about 3 minutes.

4. Serve Kung Pao over hot cooked rice, and garnish with green onion and toasted cashews. Serve immediately.

#LoveSaskFood Canada produces about 28 million pigs per year and about 58% of that is exported to many other countries. Saskatchewan farmers raise approximately 2.1 million pigs each year. Most of the pigs raised in Saskatchewan provide food for people outside of our province. In fact, residents of Saskatchewan only consume 14 percent of the market hogs.

POTATO & CHORIZO QUICHE

Servings: 6 | SaskEgg.com

get cracking
Saskatchewan Egg Producers

#LoveSaskFood *In 2015, Saskatchewan Egg Farmers had over 1 million hens that produced 27.5 million dozen eggs. That's alot of quiches!*

PASTRY INGREDIENTS

- 1½ cups all-purpose flour 375 mL
- ½ tsp salt 2 mL
- ⅔ cup cold unsalted butter, cubed 150 mL
- 2 Tbsp ice-cold water (approx.) 30 mL

FILLING

- 3 eggs
- ¾ cup 18% cream 175 mL
- ¼ tsp each salt and pepper 1 mL
- ¼ tsp smoked paprika 1 mL
- ½ cup finely chopped cooked Yukon Gold potato 125 mL
- ½ cup finely chopped cooked chorizo sausage 125 mL
- ⅓ cup finely sliced roasted red peppers 75 mL
- 2 green onions, finely chopped (white part only)
- 1 Tbsp finely chopped fresh parsley 15 mL
- 1 clove garlic, minced
- ¾ cup shredded swiss cheese 175 mL

PREPARATION

1. Whisk flour with salt until combined; cut in butter with a pastry blender or your fingertips until mixture resemble coarse meal. Stir 2 Tbsp (30 mL) water into the flour mixture until dough comes together, adding 1 Tbsp (15 mL) more water if needed.

2. Shape into ball and flatten into disk; wrap with plastic wrap and refrigerate for at least 1 hour or up to 2 days.

3. Preheat oven to 400°F (200°C). On lightly floured work surface, roll pastry into 12 × 8 inch (30 × 20 cm) rectangle, about ¼-inch thick. Fit into 11 × 7 inch (28 × 18 cm) rectangular tart pan with removable bottom; trimming away excess dough.

4. Prick bottom of pastry with a fork. Line with foil or parchment paper; fill with pie weights. Bake in bottom third of oven for 20 minutes. Remove foil and weights; bake until golden brown, approximately 7 to 10 minutes. Let cool completely.

5. Preheat oven to 350°F (180°C). Whisk together eggs, cream, salt, pepper and smoked paprika; set aside. Mix together potato, chorizo, red pepper, green onions, parsley and garlic; scatter over tart crust. Sprinkle with cheese. Pour egg mixture over top. Bake in centre of oven until filling is set but still jiggles slightly in the centre, approximately 30 to 35 minutes. Let stand for 15 minutes before slicing; serve warm or at room temperature.

6. If you don't have an 11 × 7 inch (28 × 18 cm) rectangular tart pan, substitute a 9-inch (23 cm) pie plate.

Alternatively, use store-bought pie pastry instead of making it.

OUR FOOD HAS a STORY

#OurFoodHasAStory
All eggs sold in Canadian grocery stores reach the shelves about one week after being laid. They are graded Canada A by the Canadian Food Inspection Agency and subject to strict food safety standards. Canadian eggs do not contain hormones or steroids.

ROAST PORK TENDERLOIN & MUSHROOM DINNER

Servings: 6 | SaskMilk.ca

Saskmilk

#DYK *The average dairy cow produces 46,000 glasses of milk per year and there are 350 squirts of milk in every gallon of milk!*

INGREDIENTS

- 1 lb large pork tenderloin, trimmed 450 g
- 2 medium white potatoes, cut into ¾-inch (2 cm) chunks
- 1 medium sweet potato, cut into ¾-inch (2 cm) chunks
- Salt and pepper, to taste
- 1 Tbsp butter 15 mL
- 8 oz mushrooms, thinly sliced 250 g
- 3 garlic cloves, minced
- 1 onion, chopped
- 1½ tsp paprika 7 mL
- ¼ cup all-purpose flour 60 mL
- 2 cup Milk 500 mL
- 1 cup reduced-sodium chicken broth 250 mL
- 1 Tbsp Dijon mustard 15 mL
- Chopped fresh parsley

PREPARATION

1. Preheat oven to 375 °F (190 °C). Butter a 13 x 9 inch (33 x 23 cm) glass baking dish.

2. Place pork in centre of baking dish, tucking thin end underneath. Arrange white potatoes and sweet potatoes around pork. Add salt and pepper to taste. Bake for 20 minutes.

3. Meanwhile, in a large skillet, melt butter over medium-high heat. Add mushrooms, garlic, onions, paprika and ¼ tsp (1 mL) each, salt and pepper; sauté for 8 min or until mushrooms are brown. Stir in broth and mustard. Whisk flour into Milk; stir into pan and bring to a boil, stirring. Boil, stirring, for 1 minutes.

4. Pour sauce over pork and potatoes and roast for 10 to 15 minutes or until a meat thermometer inserted in thickest part of pork registers 160°F (71°C). Transfer pork to a cutting board; let rest for 5 min. Return potatoes and sauce to oven for 5 min; stir well. Slice pork crosswise; serve with potatoes and sauce. Sprinkle with parsley.

Cooking Tip: *A good thermometer is the key to cooking meat properly and ensuring a moist, tender result. Use a digital probe-type you leave in while roasting or an instant-read type, checking near the end of cooking time.*

Recipe Courtesy Dairy Farmers of Canada | DairyGoodness.ca

OUR FOOD HAS a STORY

#OurFoodHasAStory Canadian milk is one of the safest and most tested foods in the country. To maximize milk production, producers make sure that their cows are healthy and well-nourished, as hormones to stimulate milk production are not permitted to be used in Canada. Antibiotics are only given to a cow when she is sick. When a cow receives antibiotics, she must be clearly identified and her milk does not go to the processing plant for human consumption until the medication is cleared out of her system. All milk is tested at the processing plant and if any antibiotics are found, the milk is not used.

@FueledbySKMilk @SaskMilk

BARLEY, BEER & CHEDDAR MUFFINS

SaskBarley DEVELOPMENT COMMISSION

Servings: 12 | GoBarley.com

#GOBarley *Cheers Saskatchewan! We are the world's second largest exporter of malting barley, supplying about 25% of all barley grown in Canada for malting for beer.*

INGREDIENTS

- 2 cups whole barley flour 500 mL
- 1 cup all-purpose flour 250 mL
- ¼ cup loosely packed brown sugar 60 mL
- 1 Tbsp baking powder 15 mL
- ½ tsp salt 2 mL
- ¼ tsp cayenne pepper 1 mL
- 1 cup crumbed aged cheddar cheese 250 mL
- 12-oz can Saskatchewan pale ale or similar beer 355 mL

PREPARATION

1. Preheat oven to 375°F (190°C). Lightly grease a standard 12-cup muffin pan.

2. In a large mixing bowl, combine barley and all-purpose flours, brown sugar, baking powder, salt, cayenne and cheese. Make a well in the centre of the flour mixture and pour in the beer. Stir just until combined and slightly lumpy.

3. Spoon batter into muffin pan and bake on the centre rack of oven until tops are lightly golden, about 15 minutes.

Variation: *Spoon batter into a lightly greased 9 × 5-inch (23 × 13 cm) loaf pan. Bake until golden and a cake tester or toothpick inserted in the centre comes out clean, about 35 to 40 minutes. Allow loaf to cool for 10 minutes before slicing.*

OUR FOOD HAS a STORY

#OurFoodHasAStory

As a key natural ingredient in beer, barley is what gives beer its distinctive foam, subtle sweetness, golden to dark brown colour, and compelling aroma. In many ways, beer is a highly crafted form of liquid barley.

CORNMEAL RHUBARB SURPRISE MUFFINS

Servings: 12 | CanolaEatWell.com

Canola! EAT WELL FOR LIFE | SaskCanola

#CanolaConnect *Canada is the largest producer of canola in the world with most of it being grownin Saskatchewan!*

INGREDIENTS

- ¾ cup cornmeal 175 mL
- 1 cup buttermilk 250 mL
- 1½ cups flour 375 mL
- 1 tsp baking powder 5 mL
- ½ tsp baking soda 2 mL
- ¼ tsp salt 1 mL
- ½ cup granulated sugar 125 mL
- 1 egg, beaten
- ¼ cup canola oil 60 mL
- 1 tsp vanilla extract 5 mL
- ½ cup stewed rhubarb 125 mL

PREPARATION

1. Preheat oven to 400°F (200°C). Grease or line muffin pan with paper liners.

2. In medium bowl, combine cornmeal and buttermilk; let stand 10 minutes.

3. In large mixing bowl, combine flour, baking powder, baking soda, salt and sugar; stir well. Add egg, canola oil, and vanilla to cornmeal and buttermilk. Add wet cornmeal mix to flour mix. Stir just until combined.

4. Spoon approximately one tablespoon of batter into each muffin tin. Top batter of each muffin with 1 to 1½ teaspoons (5-7 mL) of stewed rhubarb. Cover stewed rhubarb with remainder of batter.

5. Bake for 20 to 25 minutes until muffins are light golden brown. Cool on rack for 5 minutes before removing from pan.

Notes: *To make stewed rhubarb simmer rhubarb and enough water to cover the bottom of the pot for about 15 to 20 minutes until rhubarb is tender. Add cinnamon and sugar to taste.*

#lovefoodSask

#MakeitCanola Canola oil adds to the delicious nature of baked goods because of its neutral taste, and provides them with a moist, soft texture containing no cholesterol and little saturated fat. Replacing solid fats like butter or lard with canola oil allows for a reduction in both total and saturated fat. It is possible to reduce total fat in a recipe by up to 25%, sparing calories without sacrificing goodness.

SASKATOON OAT & SEED BREAD

Servings: 16 | POGA.ca

SaskOats
SASKATCHEWAN OAT DEVELOPMENT COMMISSION

#ThinkOutsidetheBowl *Oatmeal is a great way to start the day but oats don't have to be relegated only to breakfast! They are great in snacks, baked good and steel cut oats make wonderful side dishes like pilafs and risottos.*

INGREDIENTS

- 1 cup oat bran 250 mL
- ½ cup quick cooking oats 125 mL
- ½ cup whole wheat flour 125 mL
- 1 tsp baking soda 5 mL
- 1 tsp baking powder 5 mL
- ½ tsp salt 2 mL
- ⅓ cup ground flaxseed 75 mL
- ⅓ cup lightly packed brown sugar 75 mL
- ¼ cup unsalted, toasted sunflower seeds 60 mL
- ¼ cup unsalted, toasted pumpkin seeds 60 mL
- 2 Tbsp whole flaxseed 30 mL
- 2 Tbsp sesame seeds 30 mL
- 2 Tbsp poppy seeds 30 mL
- 1¼ cups 1% buttermilk 300 mL
- 1 large egg, beaten
- 2 Tbsp canola oil 30 mL
- ⅔ cup fresh berries (or frozen, thawed and drained) 150 mL

PREPARATION

1. Preheat oven to 350°F (180°C) and position rack in the center of the oven.

2. In a large bowl, combine oat bran, oats, flour, baking soda, baking powder, salt ground flaxseed, brown sugar, sunflower seeds, pumpkin seeds, whole flaxseed, sesame seeds and poppy seeds. Mix well.

3. In another bowl, whisk buttermilk, egg and canola oil. Add to dry ingredients. Stir until moistened.

4. Gently stir in berries. Spoon batter into a 9 x 5 inch (22 x 12.5 cm) loaf pan that has been sprayed with a nonstick cooking spray.

5. Bake 50 to 60 minutes or until wooden skewer inserted in the centre of the loaf comes out clean.

6. Cool in pan 10 minutes before removing to cooking rack. Cool completely before slicing or wrapping.

7. How to toast seeds: Preheat oven to 350°F (180°C). Combine sunflower and pumpkin seeds in pie plate. Toast 3 minutes, stir, toast 3 minutes, stir again. If needed, toast another 2 to 3 minutes until lightly browned.

Cooks Notes: *Substitute for buttermilk: 1¼ cups (300 mL) 1% milk plus 2 tsp (10 mL) vinegar or lemon juice. Let sit 5 minutes.*
Bread may be stored in an airtight container for up to 2 days or frozen for up to 2 months.

#lovesaskfood

#LoveSaskFood As a whole grain, oats are high in both insoluble and soluble fibre and you need both for a healthy diet. Insoluble fiber is the bulky fiber found in vegetables, bran and whole grains like oats. It keeps you regular and prevents constipation. Soluble fiber is the sticky fibre found in pulses, nuts, flax, barley and, of course, oats. It helps lower blood cholesterol levels and, therefore, reduces the risk for developing heart disease.

BARLEY & FLAX BEER BREAD

Servings: 16 | SaskFlax.com
HealthyFlax.org

SaskFlax

#LoveSaskFood *Saskatchewan produces 80 percent of the flax in Canada! Canada is the largest producer of flaxseed in the world, representing about one-third of world production.*

INGREDIENTS

- 1½ cups unbleached all-purpose flour 375 mL
- ¾ cup barley flour 175 mL
- ½ cup ground flaxseed 125 mL
- 1 Tbsp baking powder 15 mL
- 1 tsp baking soda 5 mL
- ½ tsp salt 2 mL
- 1 large omega-3 egg
- 2 Tbsp liquid honey 25 mL
- 1 can Saskatchewan beer 355 mL

PREPARATION

1. Preheat oven to 350°F (180°C).

2. In a bowl, combine flours, ground flaxseed, baking powder, baking soda and salt. Stir well.

3. In another bowl, beat together, with a fork, egg and honey. Gently stir in beer.

4. Add liquid ingredients to dry ingredients and mix just until moistened.

5. Spoon into an 4½ x 8½ inch (11 x 21 cm) loaf pan that has been sprayed with a nonstick cooking spray.

6. Bake 40 to 50 minutes or until wooden pick inserted in centre comes out clean.

7. Remove from pan and cool on a rack.

Note: *De-alcoholized beer can also be used. Best eaten the same day but also tasty toasted the next day.*

OUR FOOD HAS a STORY

#OurFoodHasAStory

Ground Flaxseed is a source of plant based omega 3 fats, fibre and lignans. Aim to eat 2 Tbsp (30 mL) of ground flaxseed per day. That will provides 3.5 g of omega 3 fats, more than twice the daily recommendation. . Start slowly with 2 tsp (10 mL) per day to let your body adjust to the high fibre content. Then work your way up to 2 Tbsp (15 mL)

APPLE CHEDDAR BRUNCH STRAT WITH BERRIES

Servings: 6

SaskWheatCommission.com

Sask Wheat DEVELOPMENT COMMISSION

#DYK *Both whole and enriched grains play important roles in the diet. Whole grains are good sources of fibre, vitamins and disease-fighting antioxidants, while enriched grains are an excellent source of iron and folic acid.*

INGREDIENTS

- 2 Tbsp melted butter 30 mL
- 6 slices whole grain bread, cut each slice in quarters (4) for a total of 24 pieces
- 1 cup grated cheddar cheese-divided 250mL
- 1 medium sized apple, cored and thinly sliced
- 4 large eggs
- 2 cups 1% milk 500 mL
- 1 tsp vanilla 5 mL
- ½ tsp ground cinnamon 2 mL
- 1 cup blueberries, rinsed 250 mL
- 1 cup strawberries, rinsed, hulled and sliced 250 mL

PREPARATION

1. Butter an 8 x 11 inch (8 x 28 cm) rectangle baking dish Line the bottom of the baking dish with 12 pieces (quarters) of bread. Sprinkle with ½ cup (125 mL) of cheese. Add a layer of sliced apples. Layer with remaining 12 pieces of bread. Add remaining 1/2 cup of cheese. Add remaining apples.

2. Whisk together eggs, milk, vanilla and cinnamon. Pour it over the bread mixture. Cover, and let stand one hour or longer in the refrigerator, or refrigerate overnight.

3. To prepare: Heat oven to 350°F (180°C). Add a layer of mixed berries. Re-cover with aluminum foil, adding a few holes to let the steam escape. Bake for 45-50 minutes or until the bread is set and the top is browned. Remove foil for the last 10 minutes of baking to help with browning.

4. Serve warm, garnished with Greek yogurt.

Recipe Courtesy: Healthy Grains Institute | HealthyGrains.ca

#LoveSaskFood

#LoveSaskFood Gluten is a protein found in the grains wheat, rye, barley and triticale. This protein is responsible for the elasticity of dough that helps baked goods bind together. Only 1 % of Canadians have Celiac disease and up to 6% have gluten sensitivity, and must avoid gluten. For people who do not have these conditions there is no benefit to excluding it from their diet.

Wheat Seed

WHOLE WHEAT APPLE SPICED PANCAKES

Servings: 12

SaskWheatCommission.com

Sask Wheat DEVELOPMENT COMMISSION

#DYK *The Roman goddess, Ceres, who was deemed protector of the grain, gave grains their common name today – "cereal."*

INGREDIENTS

- 1⅓ cups all-purpose flour 375 mL
- ½ cup whole wheat flour 125 mL
- 1 Tbsp baking powder 15 mL
- 1 Tbsp baking soda 15 mL
- 1½ tsp ground cinnamon 7 mL
- ⅛ tsp allspice 0.5 mL
- 2 Tbsp sugar 30 mL
- ¾ cup applesauce 175 mL
- ½ cup apple juice 125 mL
- 1 cup low-fat buttermilk 250 mL
- 2 large eggs

PREPARATION

1. In a medium bowl, combine dry ingredients in a large mixing bowl.

2. Add the remaining ingredients and stir until well combined.

3. Spray griddle or skillet with non-stick cooking spray or brush with canola oil. With ½ cup (125 mL) ladle or measuring cup, scoop pancake batter onto greased griddle or skillet. Flip when bubbles appear and begin to break. Cook until golden brown.

Buttermilk substitutes:
Add 1 tablespoon (15 mL) lemon juice or white vinegar to a 1 cup (250 mL) measuring cup and add enough milk until it measures 1 cup (250 mL). (2% or whole milk is best). Stir and let sit 5 minutes before using. OR Stir ¼ cup (60 mL) milk into ¾ cup (175 mL) plain (unflavoured) yogurt to create a buttermilk substitute.

OUR FOOD HAS a STORY

#OurFoodHasAStory One bushel of wheat contains approximately one million individual kernels, weighs approximately 60 pounds and yields approximately 42 pounds of white flour OR 60 pounds of whole-wheat flour OR 42 one-and-a-half pound loaves of white bread OR about 90 one-pound loaves of whole wheat bread.

PEANUT BUTTER COOKIES

Servings: 48 | POGA.ca

SaskOats
SASKATCHEWAN OAT DEVELOPMENT COMMISSION

#DYK *Health Canada approved a health claim stating that consuming oat fibre helps reduce cholesterol and therefore the risk of heart disease.*

INGREDIENTS

- 1½ cups natural peanut butter 375 mL
- ½ cup margarine or butter 125 mL
- ¾ cup lightly packed brown sugar 175 mL
- ½ cup granulated sugar 125 mL
- 1 large egg
- 1 tsp vanilla 5 mL
- 1 cup oat flour 250 mL
- ½ cup all-purpose flour 125 mL
- ⅓ cup ground flaxseed 75 mL
- 1 tsp baking soda 5 mL
- ½ tsp salt 2 mL
- 1 cup old fashioned oats 250 mL
- ⅓ cup chopped roasted peanuts 75 mL
- ⅓ cup dried cranberries 75 mL

PREPARATION

1. Preheat oven to 375°F (190°C) and position rack in center of oven.

2. In a large bowl, cream peanut butter, margarine, brown sugar, and granulated sugar until light and fluffy. Beat in egg and vanilla.

3. In a small bowl, combine oat flour, flour, ground flaxseed, baking soda and salt. Stir and blend into creamed mixture. Add oats, peanuts and cranberries. Combine until all ingredients hold together to form a dough.

4. Scoop dough using 1 Tbsp (15 mL) measure, slightly rounded on top. Press and squeeze dough in palm of your hand to form into 1½ inch (3.5 cm) balls. Place 2 inches (5 cm) apart on baking sheet that has been lightly sprayed with a nonstick canola oil cooking spray. Flatten cookies with the back of a floured fork, making a criss cross pattern.

5. Bake 10 minutes or until golden brown. Let cool 5 minutes on baking sheet. Remove cookies to cooling rack.

Cooks Notes: *To make oat flour: In a small blender or coffee mill, process oats until finely ground. Cookies can be stored in an airtight container for up to 3 days or frozen up to 3 months.*

OUR FOOD HAS a STORY

#OurFoodHasAStory Oats are a whole grain. They can be purchased in several forms: Oat Groat or Pearls are the whole oat grains with the hull removed. Oat pearls are great in salads and pilafs. Steel Cut Oats are made by cutting oat pearls into two or three pieces using a sharp steel blade. They take longer to cook then rolled oats and have a slightly fuller flavor and texture than rolled oats. Rolled Oats or Old Fashioned Oats are made by steaming whole oat pearls and then rolling them. This process shortens cooking time compared to steel cut oats. Quick Oats or Oat Flakes are made by steaming and rolling steel cut oats. These are the oats found in instant oatmeal products and are also often used in baking. Oat Flour and Oat Bran are made from grinding oat pearls. Separating out the bran from the whole oat flour produces oat bran.

APPLE PIE SLAB SCONES

Servings: 12 | Pulses.org
Lentils.ca

#LoveLentils *Lentils are high in fibre, and complex carbohydrates, while low in fat and calories. Their high protein content makes lentils a perfect option for those looking to boost their protein intake.*

INGREDIENTS

- ⅓ cup dry split red lentils 75 mL
- 1 cup all-purpose flour 250 mL
- 1 cup whole wheat, barley or oat flour 250 mL
- 3 Tbsp brown sugar 45 mL
- 1 Tbsp baking powder 15 mL
- ¼ tsp salt 1 mL
- ½ cup butter, chilled 125 mL
- ¾ cup milk or half & half 175 mL
- 1 apple, peeled and thinly sliced
- 2 Tbsp sugar 30 mL
- ½ tsp cinnamon 2 mL
- extra milk and coarse sugar, for brushing/sprinkling (optional)

PREPARATION

1. Put the lentils into a small saucepan and add enough water to cover them by about an inch. Bring to a simmer and cook for 8-10 minutes, or until just tender. Drain well and set aside to cool completely. Preheat the oven to 400°F (200°C).

2. In a large bowl, combine the flours, brown sugar, baking powder and salt. Grate in the butter using the coarse side of a box grater, or blend it in with a fork, pastry blender or your fingers. Add the milk and stir just until the dough comes together.

3. Roll or pat into a 10-inch square on a parchment-lined baking sheet. In a medium bowl, toss the apple slices with the sugar and cinnamon to coat. Spread lengthwise down one half of the dough, and fold over the other side to enclose it. (There's no need to seal it closed.)

4. Cut crosswise into rectangles or wedges, pull them apart so that there's at least an inch between them on the pan, and if you like, brush the tops with a little extra milk and coarse sugar.

5. Bake for 25-30 minutes, until golden. Makes about 8 scones.

#LoveSaskFood Pulses are the dry seeds of legume plants and they include lentils, peas, beans and chickpeas. Major pulse crops grown in Canada: peas, beans, lentils and chickpeas. Canada is the world's largest producer and exporter of peas and lentils. In 2015, Saskatchewan produced: 99 per cent of Canada's chickpeas, 94 per cent of Canada's lentils and 56 per cent of Canada's dry peas.

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98% of Canadian farms are family owned and operated. Agriculture is not just a business but a way of life for many Saskatchewan families.

SASKATCHEWAN COOKS

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