



Corn Salsa and Playful Pita

Fork Facts

What better way to say hello to Spring than with a fresh, bright and easy to make corn salsa? It is a great option to bring to your next family barbeque when everyone is tired of the traditional tomato salsa! There are so many ways to enjoy this salsa, such as tossing it into a delicious salad, adding to your entrees to make it the star, or simply enjoying its natural flavours with some homemade pita chips! The best part about this snack is that you don't have to feel guilty about eating too much because it is wholesome and nutritious!



SERVE: 6 portions

RECIPE TIME: 15 min

Palate Profile

This corn salsa with baked pita chips checks all the boxes! It is light and tangy, but it is the crunch that really brings it together! This dish is as colourful as it is scrumptious so I always eat this with my eyes first! The pleasing visual comes from the rainbow of ingredients like yellow corn, red pepper and bright green cilantro! It's tangy, salty, sweet, smoky, fresh and juicy all at the same time. The corn salsa is super easy to prepare and can be altered to fit anyone's preferences. Try mixing it up by adding ingredients your family loves to get their taste buds kicking! We love incorporating cilantro, red pepper, jalapeno, and avocado. No matter how you enhance this corn salsa recipe, we promise it will have your family dancing around your kitchen all day long!

What You Need

- ½ Cup Black Bean
- 1 Cup Corn
- ¼ Cup Olive Oil (plus 1 Tbsp for Pita)
- ¼ Cup Vinegar
- 2 Tbsp. Lemon Juice
- 1 Tbsp. Minced Garlic
- 3 Whole Wheat Pita
- ¼ Cup Diced Onion (Optional)
- ½ Cup Diced Red Pepper (Optional)
- ½ Cup Diced Avocado (Optional)
- Handful of Cilantro (Optional)

What to Do

1. Make sure you wash your hands before you begin.
2. In a large bowl combine black beans, corn, red pepper, onion, avocado and cilantro (if using). Add olive oil, vinegar, lemon juice and garlic. Stir to combine.
3. Cover and chill for 30 minutes prior to serving to let flavours blend.
4. Brush olive oil (and a pinch of salt) on the pita and bake at 350°F for 0 minutes or until the corners turn a light, golden brown.
5. Cut the pita into triangles for serving.

Additional Tips

- This refreshing corn salsa would be a great complement to grilled mains to give any meal that extra oomph.
- For this recipe you can use freshly harvested corn to get the sweetest flavour. To get that smoky flavour, try throwing your corn on the grill first! You can even freeze and save it to enjoy in the later months!





Peach Crumble

Fork Facts

A crumble refers to a dish traditionally consisting of a fruit or savoury filling poured into a large baking dish, topped with a crumbled mixture of oats, flour, butter and sugar. It grew in popularity during World War II as the topping was an economical alternative in times of ingredient shortages. The addition of oats came about to further reduce the amount of flour, sugar and butter needed. It looks like this fantastic combination is here to stay because they are still a popular treat to this day! Crumbles are most commonly made in single fruit varieties, such as blackberry, blueberry and peach, but the possibilities are endless!



SERVE: 16 portions

RECIPE TIME: 1 hour

Palate Profile

Our Peach Crumble is the most delectable treat my taste buds have ever encountered! It tastes like warm sunshine overlooking a lush valley of ripe peach trees! It is sweet, tangy and mouth wateringly delicious, leaving you both satisfied and wanting more! The peach crumble is easy to make and can be altered to any preference, which means playing around with different fruits such as berries, apples and grapes, to come up with a combination that the whole family will fall in love with! Serve with whipped cream or vanilla ice cream to take it to the next level!

What You Need

- 4 Cup Sliced Peach
- $\frac{3}{4}$ Cup Brown Sugar
- 1 Tbsp Lemon Juice
- $\frac{3}{4}$ Cup Whole Wheat Flour
- 1 tsp Cinnamon
- 1 Cup Oats
- 6 Tbsp Unsalted Butter

What to Do

1. Make sure you wash your hands before you begin.
2. Preheat oven to 350°F
3. Mix peaches, $\frac{1}{4}$ cup of brown sugar, lemon juice, $\frac{1}{4}$ cup flour, and cinnamon in baking dish.
4. Prepare topping: combine the rest of the flour, brown sugar, and oats.
5. Blend butter into the topping mixture until it resembles coarse meal and sprinkle over peaches
6. Place the baking dish in the oven approximately 45 minutes to an hour or until fruit is bubbling and the topping is golden brown.

Additional Tips

- Try using firm but ripe peaches (yellow cling or freestone variety). If they are rock hard, they aren't ripe enough, but they shouldn't be squishy or soft or you'll end up with a mushy peach filling. Avoid peaches with bruises if you can!
- Use a vanilla bean instead of vanilla extract as it is the perfect highlight to pair with sweet peaches.
- When using fresh peaches, make sure you remove the skins as they tend to be chewy and will change the texture of the dish.





Monster Mango Chicken & Comfy Coconut Rice

Fork Facts

Often crowned as the “King of Fruits,” mango is one of the most popular, nutritionally rich fruits with a unique flavour, fragrance, taste, and health promoting qualities. The delicious seasonal super fruit is cultivated in South Asia for thousands of years and is the national fruit of India and Pakistan, the national tree of Bangladesh and the unofficial national fruit of the Philippines. It is incredibly diversified for its palate profile of sweet and sour making it an easy addition to any meal.



SERVE: 6 portions

RECIPE TIME: 45 min

Palate Profile

Mangoes go perfectly with any dish because they are sweet, fresh, and juicy with just a touch of tartness. Their natural tenderizing properties make mangoes a great ingredient for marinades for any type of meat or fish. They are the ideal palate pleasing balance for curries and are often paired with salt, fat, acid or heat! Try making a sunny mango salsa with mango, papaya, avocado, lemon and cilantro. You won't believe how it elevates your fish, tacos or anything that comes off the BBQ!

Additional Tips

- We often pucker up at the taste of unripe mangoes as they are extremely sour but at this stage, they are ideal for use in chutneys, pickled or eaten raw with salt, chili or soy sauce.
- The easiest way to serve this fruit is to cut it lengthwise into three pieces in such a way that the middle portion consists of husky flat seed. Then, slice through the skin to separate the skin from the pulp. Chop into bite sized pieces and enjoy.

Monster Mango Chicken

What You Need

- 3 Cup Diced Chicken
- ½ Cup Diced Onion
- 2 Tbsp Veggie Oil
- 1 Cup Diced Mango
- 2 Tbsp Minced Garlic
- 2 Tbsp Brown Sugar
- 1 tsp Ginger
- 1 Cup Veggie Stock

What to Do

1. Be sure to wash your hands before you begin.
2. Heat oil in a large skillet and sauté diced chicken, onion and garlic until fully cooked.
3. In a separate pot combine all the other ingredients omitting mango. Bring to a boil and simmer for 15 minutes.
4. Add mango and pour sauce over the chicken and cook for a further 5-10 minutes.
5. Remove from heat and serve over Comfy Coconut Rice.

Comfy Coconut Rice

What You Need

- 2 Cup Dry Brown Rice
- 2 Cup Veggie Stock
- 2 Cup Coconut Milk

What to Do

1. Make sure to wash your hands before you begin.
2. In a large pot add veggie stock, coconut milk and brown rice and bring it to a boil.
3. Cover with a lid and simmer on a low heat until rice is tender and all liquid is absorbed, about 20-30 minutes.
4. Remove from heat and let stand covered about 5 minutes. Fluff with fork.

