



**SEVENTH  
GENERATION  
CLUB**

**FUN RECIPES TO  
MAKE**

## INTRODUCTION

The recipes in the Seventh Generation Club recipe book are simple, easy, and fun to make PLUS they are a tasty treat for you and your family. The snacks, meals, and desserts are delicious AND good for you. If you want to find out more about the importance of eating right then have a look at our Nutrition Guide. AND REMEMBER... always ask your parents before you start cooking anything, and an adult should be present when you are using the oven or stove.

## SNACKS

### BANANA NUT MUFFINS

*Submitted by: Sheila Campbell*

*Gitxsan House of Parents*

#### **Ingredients**

2 cups of flour

¼ cup of sugar

1 tsp of baking powder

½ tsp of salt

1-cup of milk

1 egg (beaten)

1/3-cup of vegetable oil

¾ cup of mashed banana

½ cup chopped walnuts

#### **Directions**

Preheat oven to 400°. Grease a 12-cup muffin pan. Sift flour, sugar, baking powder and salt into a medium bowl and make a well in the center. Mix milk, egg, oil, banana and walnuts in a small bowl and pour mixture into well. Mix batter just until moistened (be careful not to over mix). Spoon batter into prepared muffin cups; bake until toothpick inserted comes out clean (about 15 minutes).

## BANNOCK

*Submitted by: Susan Lewis*

*Leq'a:mel First Nation*

### **Ingredients**

6 cups of flour  
3 heaping Tbsp of baking powder  
1 Tbsp of sugar  
1 Tbsp of salt  
1 quart of very warm water

### **Directions**

Mix flour, baking powder, sugar and salt. Make a well in the center, pour water in and stir. Let rise for ½ hour, cook in ½ - 1 inch of oil until it turns golden brown.

## BEAR PLOPS (POOP)

*Submitted by: Tina Grenier*

*Stein Valley Parents*

### **Ingredients**

Equal amounts of the following:  
Semi sweet chocolate chips  
Rice Crispy cereal  
Sweetened coconut

### **Directions**

In a microwave safe bowl melt chocolate chips add cereal and coconut. On a wax paper lined cookie sheet, plop spoonfuls of the Bear poop mixture. Refrigerate until set!  
ENJOY

## CARROT BALLS FOR KIDS

### **Ingredients**

3 ounces of cream cheese  
½ cup of finely shredded Cheddar Cheese  
1 Tbsp of apple juice concentrate  
1 cup of finely grated carrots  
½ cup of finely chopped nuts or wheat germ

### **Directions**

Cream (link to terminology guide) together first 3 ingredients; stir in carrots. Roll into small balls. Roll in nuts or wheat germ. Chill in the fridge for 5 minutes.

## CHOCOLATE CHIP COOKIES

*Submitted by: Ada Webster*

*Stein Valley Parents*

### Ingredients

2 cups of flour  
1 tsp of baking soda  
1 tsp of salt  
½ package of chocolate chips  
1 tsp of vanilla extract  
1 cup of shortening  
1 cup of sugar  
2/3 cup of packed brown sugar  
2 eggs

### Directions

Mix all dry ingredients together, in another bowl mix all wet ingredients, add dry to wet! Place on cookie sheet “ungreased”. Bake for 8 minutes in a pre-heated oven at 350°. Makes about 30 cookies.

*K.G Coyote tip – You can also use raisins, chopped nuts, or cranberries*

## ENERGY BARS

*Submitted by: Melanie Woode*

*Old Masset Parents Club*

### Ingredients

1 cup of rolled oats  
2 ½ cups of rice crispies  
½ cup of sesame seeds  
½ cup of raisins  
¼ c of butter  
½ c of peanut butter  
½ cup of peanuts  
10 oz package of marshmallows

### Directions

Grease 9x13 pan. Lightly roast oats, rice crispies and sesame seeds. Melt butter and peanut butter, add marshmallows, and add all ingredients to melted mixture. Stir until coated. Pour into greased pan and smooth out with the back of a buttered spoon.

## FROZEN YOGURT CUP

### Ingredients

½ c of applesauce, unsweetened  
½ c of plain yogurt  
½ tsp of vanilla extract  
¼ tsp of cinnamon  
¼ tsp of ground nutmeg  
Pinch of ground cloves

### Directions

Combine all ingredients and chill. Also works well as a frozen dessert. Let soften at room temperature for easier eating.

OR try this yummy version

*Submitted by: Bernadette McNabb  
Friendship House Parents Club*

### Ingredients

Yogurt  
Frozen (slightly thawed) or fresh berries  
Granola

### Directions

Layer yogurt, berries and granola in a clear glass or plastic cup. Dig in and enjoy!!!

## OATMEAL CHOCOLATE CHIP COOKIES

*Submitted by: Jaime Martin  
Eastside Parents Club*

### Ingredients

½ cup of brown sugar  
½ cup of butter or margarine (softened)  
1 egg  
½ tsp of vanilla extract  
1-cup of flour  
½ tsp of baking soda  
½ cup of oats  
½ cup of chocolate chips

### Directions

Cream together butter and brown sugar. Add egg and vanilla and mix until light and fluffy. Add flour and baking soda, and then mix together. Stir in oats and chocolate chips. Bake at 350° for 11 minutes.

*K.G Coyote tip - These can also be made with butterscotch chips.*

## PEANUT BUTTER SNACK

*Submitted by: Carmella Montoya*

*Nanoose Parents*

### **Ingredients**

Flour Tortillas

Peanut Butter

Brown Sugar

### **Directions**

Broil in oven until bubbles form and sugar is melted (about 1 – 2 minutes).

## SURPRISE CUP CAKES

*Submitted by: Sandra Stewart*

*East Side Parents Club*

### **Ingredients**

1 box of cake mix

Vanilla usually works best

Your favorite flavor of jam

### **Directions**

Follow cake mix directions. When cooked and cooled, cut a hole in the top of the cupcake, spoon in the jam, and replace top. Sprinkle icing sugar over cupcakes.

## RAISIN SCONES

*Submitted by: Marsha Spinks*

*Stein Valley Parents*

### **Ingredients**

2 cups of flour

1-tsp of baking powder

½ cup of raisins

2 eggs

2 Tbsp of sugar

½ tsp of salt

¼ cup of shortening

½ cup of milk or light cream

### **Directions**

Mix flour, sugar, baking powder and salt. Cut in shortening with pastry blender and add raisins. Set aside. Save some egg white (to brush on top of scones). Beat eggs and add milk. Make a well in dry ingredients, add egg/milk mix, and stir with fork until the mixture come free from the sides of bowl. Put dough on floured surface and pat to ¾" thickness, cut out with cookie cutter shapes, i.e. Bears, ducks. Spread egg white on top and sprinkle with a bit of sugar. Cook at 450° for 12 – 15 minutes.

## LUNCH

### HASH BROWN QUICHE

*Submitted by: Carol Litzenberger*

*Seabird Island Parents Club*

#### **Ingredients**

**Crust:** 1 large potato, diced

Dash of salt & pepper

**Filling:** 3 eggs

Mushrooms

Ham/bacon/sausage (cooked)

Grated cheddar cheese

Parsley

Options: onion, broccoli

15 ml (1 Tbsp) of oil

60ml (1/4 cup) of milk

Green/red peppers

Tomatoes

Salt & pepper

Swiss cheese

#### **Directions**

Preheat oven to 350° F and grease a pie plate. Put oil into pan, heat on medium and cook dices potatoes until tender, season. In a small pan, sauté vegetables (except tomatoes). In a bowl, whisk eggs, milk & seasonings. Add veggies & choice of meat. Stir well. Layer bottom of pie plate with cooked potatoes. Pour egg mixture over potatoes. Top with grated cheese. Bake for 15 – 20 minutes, until egg is no longer runny & cheese is melted. Serve immediately!

*K.G Coyote tip - Potatoes should be soft and golden; eggs should be fully cooked, not runny. Veggies should be sautéed before using in quiche.*

### BANNOCK DOGS

*Submitted by: Kathleen Dick*

*Tsilhqot'in Parents*

#### **Ingredients**

8 – 10 cups of flour

2 Tbsp of Baking powder

Warm water

1 Tbsp of salt

Wieners

#### **Directions**

Mix flour, baking powder and salt together add warm water gradually until desired texture. Boil wieners. Wrap bannock mixture around wieners and fry until cooked.

## SEAFOOD

### STUFFED SALMON

*Submitted by: Miranda Louie-Tanner*

*Tsilhqot'in National Government*

#### **Ingredients**

1 salmon

1 box of stovetop stuffing

1-cup of rice

1 onion

Aluminum Foil

#### **Directions**

Prepare stuffing and rice, mix together and set aside. Dice onion and add half to stuffing mix. Fillet salmon and add remainder of onion and stuffing mix. Wrap snugly with tin foil, place in oven at 350° or you can BBQ. Cook for approximately 20 minutes on each side or until fully cooked.

*K.G Coyote tip - You can add any kind of veggies to the stuffing!*

### SALMON FRITTERS

*Submitted by: Lena Washington*

*Chief Matthews Parents*

#### **Ingredients**

1-cup of flour

½ tsp of salt

2/3-cup of milk

1-pint jar of fish

2 tsp of baking powder

½ tsp of pepper

1 egg (beaten)

#### **Directions**

Sift together flour, baking powder and salt. Combine salmon milk and egg. Drop spoonfuls into hot grease. Fry a few at a time until golden, approximately 3 – 4 minutes. Serve with sweet and sour sauce.

## FISH PATTIES

*Submitted by: Verna Wilson*

*Stein Valley Parents*

### **Ingredients**

4 medium potatoes

1 medium size jar of fish

½ onion chopped

1 egg

### **Directions**

Boil potatoes and mash; add fish, chopped onion and egg. Form into patties, dust each patty with flour, and fry in hot oil until browned on each side.

Serve with your favorite veggies and tomatoes (canned) along with rice.

## MAIN MEALS

### BEEF & NOODLE BAKE

*Submitted by: Doug Faust*

*Friendship House of Parents*

### **Ingredients**

1-pound of ground beef

2 cups of elbow macaroni

4 cups of spaghetti sauce

12 ounces of processed cheese slices

### **Directions**

Preheat oven to 375°. Brown ground beef in a large skillet over medium heat and set aside. Cook macaroni according to package directions, drain and set aside.

In a 9x13" baking dish layer the macaroni, ground beef and sauce and cheese. Repeating this process twice. Bake for 30 minutes or until top layer of cheese is bubbly.

## CARROT SALAD FOR KIDS

### Ingredients

6 carrots  
1 c of raisins  
1 pint of plain yogurt  
Honey to taste

### Directions

Clean and shred carrots. Add raisins and yogurt and honey. Mix and refrigerate. Serve.

## CHICKEN TORTILLA SOUP

*Submitted by: Maggie Sedgemore*

*Port Hardy SS Parents*

### Ingredients

1 roasting chicken  
1 large can of tomato soup  
2 litres of chicken broth  
1 Tbsp of olive oil  
1 bag of frozen vegetables  
1 tsp of cumin  
1 jar of salsa  
2 large diced tomatoes  
1 small can of green chilies chopped  
1 large onion, diced  
1 bag of shredded cheddar cheese  
1-tsp of oregano  
1 bag of tortilla chips

### Directions

Sauté onions in oil then add the chicken broth, diced tomatoes, tomato soup and spices. Then add the shredded or cut up chicken, green chilies and salsa. Simmer for two hours, in the last half hour add the frozen veggies. When serving place tortilla chips in a bowl, add soup and top with cheddar cheese.

This recipe serves around 20 people.

## EASY CHILE FOR KIDS

### Ingredients

1 pound of hamburger  
1 onion  
1 tsp of olive oil  
1 can of tomato sauce  
1 Large can of spaghetti sauce  
1 can of kidney beans

### Directions

Brown hamburger and discard grease. Place in colander and rinse with hot water. Sauté 1 onion in a teaspoon of olive oil in a large heavy pot. Add can of tomato sauce, large can of spaghetti sauce, and can of kidney beans. Heat through and serve.

## KID'S FAVOURITE CHICKEN AND RICE

### Ingredients

6 chicken breasts  
2 boxes of Rice-a-Roni  
½ stick of butter  
3 cans of cream of chicken soup  
2 cups of milk

### Directions

Rinse and skin the chicken, then boil. Drain and cool the chicken on a platter. Strain and reserve the broth. Clean all the meat off the bones and cut into ¾ inch cubes, refrigerate until needed.

Prepare rice according to package directions, using the reheated broth. With a whisk, blend and heat the soup, adding the milk gradually. Add the chicken cubes and heat through. Serve the creamy chicken over the rice.

## KID'S MAC N' CHEESE

### Ingredients

1½ cups of elbow macaroni (or favourite shaped pasta)  
4 Tbsp of butter  
¼ c of All-purpose flour  
¼ tsp of mustard  
3 cups of milk  
1 tsp of salt  
¼ tsp of freshly ground pepper  
Pinch of ground Red pepper  
1½ cups of sharp Cheddar cheese  
¼ c of grated Parmesan cheese  
1/3 c of breadcrumbs

### Directions

Preheat oven to 375 degrees. Cook macaroni in boiling salted water in large saucepan just until tender, 8 minutes. Drain and rinse under cold water.

Meanwhile, melt 2 Tbsp of butter in large saucepan over medium heat. Stir in flour and cook, stirring 1 minute. Gradually whisk in milk, mustard, salt and peppers. Bring to boil, whisking. Boil 1 minute. Remove from heat and mix in cheeses until melted and smooth. Add macaroni. Pour into shallow 2 quart baking dish. Melt remaining 2 Tbsp butter. Stir in breadcrumbs and sprinkle over macaroni. Bake 30 minutes. Let stand 10 minutes. Makes 8 servings.

### KID'S VEGGIE BAKE

#### Ingredients

2 boxes of frozen broccoli  
1 box of frozen cauliflower  
1 can of Campbell's cream of chicken soup  
8 oz jar of Cheese Whiz  
Dried breadcrumbs

#### Directions

Make veggies: boil and drain. In a 2-quart casserole dish mix all ingredients except breadcrumbs. Cover top generously with breadcrumbs. Bake at 350 degrees for about ½ an hour or until breadcrumbs brown and cheese bubbles.

### LOVERS LASAGNA

*Submitted by: Charleen Brigham & Carla Billyboy*  
Yunešit'in Parents Club

#### Ingredients

1 Package 12.3 oz. Pete's super firm tofu crumbled  
1 onion, chopped  
1 green pepper, chopped  
2 cups mushrooms, sliced  
2 tsp of sugar  
1 tsp each of salt, pepper & basil  
15 sheets oven ready lasagna  
3 Tbsp of Vegetable Oil  
1 carrot, chopped  
1 zucchini, chopped  
3 cups crush & diced tomatoes  
5 cups of mozzarella cheese, shredded  
2 tsp Italian spice

#### Directions

Preheat oven to 375° and heat oil in a large pan. Sauté onion and tofu until onion is soft. Add carrots, green pepper, zucchini and mushroom. Cook for 5 minutes. Add crushed tomatoes, diced tomatoes and seasonings, bring sauce to a boil and simmer for 10 minutes. To assemble, spoon 3 cups of sauce on the bottom of a 9x11" pan and layer lasagna with sauce, top with cheese and bake for 30 minutes. Cool for 5 – 10 minutes and slice and serve!

## PEACH BAR-B-Q SAUCE FOR RIBS

*Submitted by: Ivy Proudfoot*

*John Field Parents*

### **Ingredients**

1 can of peaches

¼ cup of vinegar

1 Tbsp of Soya sauce

2 tsp of garlic powder

¼ cup of brown sugar

¼ cup of ketchup

1 tsp of ginger

### **Directions**

Combine all ingredients together in a blender, pour over tenderized ribs and cook for 45 minutes.

## QUICK-N-EASY INDIAN CORN STEW

*Submitted by: Andrea Sapecnik*

*Nagwunt'oo School Parents*

### **Ingredients**

1 pound of hamburger

1 onion, sliced

1 can of tomato soup

1 can of kernel corn

1 Tbsp of Worcestershire sauce

A dash salt & pepper

### **Directions**

Cook hamburger and onion until well done. Add the soup, corn, sauce, salt & pepper. Simmer at low for 15 minutes (covered). Serve with pan-fried potatoes or your favorite dish of rice. Serve and Enjoy!!!

## SESAME SOUR CREAM MEATBALLS

*Submitted by: Charlotte Richburg*

*Nagwunt'oo School Parents*

### **Ingredients**

1-½ pounds of ground beef

½ cup of fresh breadcrumbs

¼ cup of milk

1/8 tsp of pepper

2 Tbsp of Vegetable Oil

½ cup of beef broth

Toasted sesame seeds

2/3 cup of minced onion

1 egg

½ tsp of salt

1/8-tsp of ground ginger

2 Tbsp of butter/margarine

Quantity of Sesame-sour cream sauce

### **Directions**

Combine ground meat, onions, breadcrumbs, eggs, milk, salt, pepper and ginger in a large bowl, shape into 1" meatballs. Heat oil and butter over medium heat in skillet. Add meatballs and brown on all sides. Add broth. Cover and simmer 5 – 10 minutes. Prepare sesame sour cream sauce, place hot meatballs in serving bowl, top with sauce. Sprinkle with sesame seeds.

### **Sesame Sour Cream Sauce**

Melt 2 tablespoons butter/margarine in a small saucepan. Blend in 2 tablespoons all purpose flour, ½ teaspoon ginger and ¼ teaspoons salt. Cook until bubbly. Add ½ cup beef broth. Cook until thickened, stirring constantly. Add 1-tablespoon Soya sauce and 2 tablespoons sesame seeds. Remove from heat; add ¾ cup sour cream stirring until smooth.

## STEW

*Submitted by: Holly Billyboy*

*Tsilhqot'in National Government*

### Ingredients

Diced meat (moose, beef, etc.)

2-3 potatoes

1-2 celery sticks

Flour

2-3 cups of boiling water

1 cup of frozen vegetables

2 carrots, sliced

1 packet of gravy mix

1 onion

### Directions

Pre-boil meat in ½ pot of water until meat turns brown. Cut up potatoes, carrots, celery and onion into cubes or slices. Add veggies (5 minutes apart). Add gravy mix. Sift flour into 2 or 3 cups of boiling water stirring continuously until smooth; add stew stirring constantly.

## DESSERTS

### DREAM FRUIT

*Submitted by: Dawn Murphy*

*Lheidli Tenneh Band*

### Ingredients

1 apple

1 cantaloupe

½ watermelon

2 bananas

½ cup strawberries

1 kiwifruit

¾ cup dream whip

2 small yogurts (any flavor)

### Directions

Cut up fruit, put in bowl and set aside. Mix yogurt and whip, fold into fruit mixture.

## LEMON FRUIT PUDDING

*Submitted by: Denise Collison*

*Chief Matthews Parents*

### **Ingredients**

1 Package of lemon pie filling  
1 medium container of whipping cream (500 ml)  
2 cans of mixed fruit  
1 can of mandarin oranges  
2-3 bananas

### **Directions**

Cook lemon pie filling as directed on box. While the pie filling is cooling, whip the cream until nice and fluffy. When pie filling is not too hot, whisk in the whipping cream. Then drain the juice from the cans of fruit. Add all the fruit and mix well.

This is an excellent and healthy snack and no added sugar is required.

## PINEAPPLE UP-SIDE DOWN CAKE

*Submitted by Judi Garner-Nichaus*

*Sensisystem First Nation Parents*

### **Ingredients:**

3 Tbsp of butter  
1/3-cup of brown sugar  
1 can of sliced pineapples  
1-½ cups of flour  
2-¾ tsp of baking powder  
1-cup of sugar  
1/3 cup of shortening  
½ cup of milk  
¼ cup of milk  
2 eggs  
½ cup of walnuts (optional)

### **Directions**

Preheat oven to 350°. In a 9" square pan, melt 3 Tbsp butter, add 1/3-cup brown sugar, and arrange pineapple on top of brown sugar.

Mix flour and baking powder, sugar, shortening and milk together in a large bowl, add eggs and ½ cup milk. Pour into baking pan. Bake for 45 – 50 minutes. Immediately invert to a serving plate and wait 10 minutes before removing pan. I like to sprinkle with walnut pieces. You can also add cherry halves to the centre of the pineapples.

## STICKY FLAKES

Submitted by: Roxanne Wesley

Smiles Headstart Parents Club

### Ingredients

2 bars Mackintosh's Toffee

½ cup of butter

1-½ cups of mini marshmallows

2 – 2 ½ cups of corn flakes

### Directions

Melt butter in saucepan (on low heat). Add toffee bars and stir until mixed and melted together, remove from heat and add corn flakes and marshmallows.

Let cool for a couple of minutes, and then spoon about 1 tablespoon full onto cookie sheet. ENJOY!!

## YOGURT SMOOTHY

Submitted by: Donna Johnson

### Ingredients

375 ml of yogurt (I prefer ASTRO French Vanilla)

1 ripe banana cut into large chunks

5-6 scoops of ice cream

2 cups of 1% milk

### Directions

Place all ingredients into blender and blend until smooth and frothy. Pour into cups and serve. Makes 6 – 8 servings (8 oz cups)

*K.G Coyote tip - there are lots of variations to this recipe...all you need to do is change the yogurt flavor, ice cream flavor and /or fruit.*

| Yogurt         | Ice Cream       | Fruit                        |
|----------------|-----------------|------------------------------|
| French Vanilla | Strawberries    | Banana                       |
| Blueberry      | Vanilla         | Banana, Blueberries          |
| Raspberry      | Vanilla         | Banana, Raspberries          |
| French Vanilla | Chocolate       | Banana, Orange               |
| French Vanilla | Cookies & Cream | Banana                       |
| Peach          | Vanilla         | Banana, Orange               |
| Banana         | Vanilla         | Banana, Orange, Strawberries |