



QLD COUNTRY WOMEN'S ASSOCIATION

**COUNTRY**  
*Kitchens*  
Recipe for good health



*Ontario, Canada*

**QCWA Country of Study - 2025**

**RECIPE BOOKLET**

[qcwacountrykitchens.com.au](http://qcwacountrykitchens.com.au)



Queensland  
Country Women's Association



# QCWA Country Kitchens Ontario, Canada Recipe Booklet

The Queensland Country Women's Association proudly presents the Country Kitchens program, which aims to support Queenslanders to improve their health by adopting healthier lifestyle behaviours.

Country Kitchens provides useful nutrition information and basic cooking skills in an environment of fun and friendship with QCWA members in their local branches. The program is proudly funded by Health and Wellbeing Queensland, and is underpinned by 5 key messages:



Get more fruit and veg into your meals



Cook at home



Check your portion size



Be aware of sugar in your drinks



Sit less, move more

This recipe booklet has been designed to showcase healthy recipes for the 2025 QCWA Country of Study - Ontario, Canada. It is intended to accompany the Country Kitchens 2025 Country of Study Community Activity Guidelines.

Each recipe in this booklet meets the QCWA Country Kitchens nutrition criteria. This means that recipes highlighted as 'everyday foods' contain at least one serve of fruits and/or vegetables per portion. These are healthy foods recommended by the Australian Dietary Guidelines for daily consumption. The recipes highlighted as 'discretionary foods' contain at least half a serve of fruit and/or vegetables per portion, and should be consumed only sometimes and in small amounts.

We hope that the recipes in this booklet will motivate you to get into the kitchen to prepare and serve healthy, delicious recipes inspired by Ontario produce and Canadian cuisine.

If you would like more recipes or information about the QCWA Country Kitchens program, please visit our website: [qcwacountrykitchens.com.au](http://qcwacountrykitchens.com.au)

# Healthy Recipes Inspired by Ontario, Canada

Canadian cuisine has been influenced by diverse cultures, including Indigenous peoples, settlers and migrants. In Ontario, the cuisine draws strong influence from Indigenous, Asian, European and Caribbean foods. The Country Kitchens team have put together a collection of ten healthy recipes to feature for the 2025 QCWA Country of Study - Ontario, Canada. These recipes encompass the diversity of Canadian food culture and utilise a number of staple ingredients and fresh produce found in the province of Ontario.

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# Jerk Chicken

**Serves:** 4

**Prep time:** 15 minutes

**Cook time:** 15 minutes



1 serve per portion

## Ingredients

2 tablespoons olive oil

1 tablespoon reduced salt soy sauce

2 limes, juiced

2 teaspoons ground allspice

2 teaspoons dried thyme

1 teaspoon ground black pepper

1 teaspoon ground ginger

½ teaspoon ground nutmeg

1 brown onion, roughly chopped

2 spring onions, roughly chopped

1-2 chillies, roughly chopped

2 garlic cloves

4 skinless chicken thighs, fat trimmed

4 cups mixed salad leaves

## Method

**MAKE** jerk seasoning by blending all ingredients except for the chicken and salad leaves in a blender until well combined and almost smooth.

**COAT** chicken in jerk seasoning in a medium bowl and let sit for 5-10 minutes or marinade overnight.

**HEAT** a non-stick fry pan over medium heat and add chicken to the pan.

**GRILL** chicken for 5-6 minutes on each side, or until chicken is browned and cooked through.

**SERVE** chicken with side salad.



Everyday Food

*Recipe courtesy of the Country Kitchens team*

# Maple Glazed Cod

**Serves:** 2

**Prep time:** 15 minutes

**Cook time:** 15 minutes



1 serve per portion

## Ingredients

1½ tablespoons balsamic vinegar

1½ tablespoons maple syrup

1½ tablespoons lemon juice

2 teaspoons olive oil

1 teaspoon cornflour

2 fillets cod, skin on (about 400g)

Fresh parsley, chopped

2 cups salad leaves

## Method

**PREHEAT** oven to 200°C.

**WHISK** vinegar, maple syrup, lemon juice, olive oil and cornflour together in a small saucepan.

**BRING** sauce to a boil over high heat and continuously stir. Remove from heat once sauce has thickened and set aside.

**LINE** a baking tray with baking paper and place fish skin side down.

**DRIZZLE** half the maple balsamic glaze over the cod so that it is well covered.

**BAKE** fish in oven for 12 minutes or until desired doneness.

**TRANSFER** fish to serving plates. Drizzle over remaining sauce and top with chopped parsley.

**SERVE** with salad of choice.



Everyday Food

*Recipe courtesy of the Country Kitchens team*

# Three Ingredient Bagels

**Serves:** 4

**Prep time:** 15 minutes

**Cook time:** 20 minutes



1 serve per portion

## Ingredients

1 ¾ cups self-raising flour

1 cup reduced fat Greek yoghurt

1 egg, whisked well with 1 tablespoon of water for egg wash

To serve:

2 tomatoes, sliced

2 cups lettuce leaves

4 slices reduced fat cheese

1 avocado, sliced

Salt and pepper, to taste

## Method

**PREHEAT** oven to 180°C and line a baking tray with baking paper.

**COMBINE** flour and yoghurt in a medium mixing bowl and mix well until fully combined.

**FORM** a ball of dough.

**SPREAD** 2 tablespoons of extra flour on a chopping board and knead dough until coated.

**CUT** dough into 4 equal pieces before rolling each piece into a thick sausage-like shape.

**FORM** 4 bagels by joining both ends of the rolled dough together.

**PLACE** bagels on the lined baking tray and brush with egg wash.

**BAKE** bagels in the oven for 20-22 minutes or until golden brown.

**REMOVE** from the oven and allow to cool.

**CUT** bagels through the centre. Add avocado, cheese, lettuce and tomato before serving fresh.



Everyday Food

*Recipe courtesy of the Country Kitchens team*



# Three Sisters Soup

**Serves:** 6

**Prep time:** 20 minutes

**Cook time:** 35 minutes



3 serves per portion

## Ingredients

- 1 tablespoon vegetable oil
- 1 brown onion, finely diced
- 6 garlic cloves, minced
- 2 tablespoons fresh thyme, chopped
- 2 ½ cups butternut pumpkin, peeled and diced
- 1 large carrot, diced
- 2 reduced salt chicken stock cubes
- 6 cups reduced salt vegetable stock
- 420g can corn kernels, drained
- 2 x 420g cans four bean mix, drained
- 1½ cups green beans, trimmed and chopped
- 2 tablespoons fresh parsley, chopped

## Method

HEAT oil in a heavy-based saucepan over medium-high heat. Add onion, garlic and thyme and cook for 3 to 5 minutes or until softened and fragrant.

ADD pumpkin and carrots. Cook, stirring occasionally, for an additional 3 to 5 minutes or until heated through.

ADD chicken stock cubes, vegetable stock, corn, and four bean mix. Cook for 10 to 15 minutes or until pumpkin and carrots are tender.

STIR in green beans and cook for a further 3 to 5 minutes or until tender crisp.

STIR in parsley and serve.



Everyday Food

*Recipe courtesy of the Country Kitchens team*

# Apple Slaw

**Serves:** 6

**Prep time:** 25 minutes + 20 minutes rest time

**Cook time:** 0 minutes



1 serve per portion

## Ingredients

3 cups green cabbage, shredded

1 large carrot, unpeeled and grated or sliced into thin matchsticks

1 red apple, unpeeled and cored, sliced into thin matchsticks

1 Granny Smith apple, unpeeled and cored, sliced into thin matchsticks

## Dressing:

⅓ cup reduced fat natural yoghurt

2 tablespoons extra virgin olive oil

2 tablespoons lemon juice

1 garlic clove, minced

1 teaspoon honey

Salt and pepper, to taste

## Method

ADD cabbage, carrot and apples to a large bowl.

COMBINE dressing ingredients in a small bowl or jar and mix well.

POUR dressing over the vegetables and combine well. Leave slaw to sit in the fridge for at least 20 minutes (ideally for 2 hours or overnight) for the vegetables to soften and absorb the flavours.

MIX well before serving.



Everyday Food

*Recipe courtesy of the Country Kitchens team*



# Heirloom Tomato Salad

**Serves:** 4

**Prep time:** 20 minutes

**Cook time:** 0 minutes

 1 ½ serves per portion

## Ingredients

1kg heirloom tomatoes\*, sliced or cut into wedges

1 small red onion, thinly sliced

Pinch of salt

1 tablespoon white wine vinegar

2 tablespoons olive oil

2 garlic cloves, minced

1 teaspoon dried thyme

Pinch of white pepper

Fresh basil leaves, torn

\*Note: heirloom tomatoes can be substituted for any other tomatoes such as gourmet or cherry

## Method

ADD tomatoes and red onion to a large salad bowl. Season with salt and set aside for 15 minutes.

ADD vinegar, olive oil, garlic, thyme and pepper to a bowl and whisk together.

POUR dressing over tomato and red onion. Gently toss to coat tomatoes.

TOP with fresh basil and serve.



Everyday Food

*Recipe courtesy of the Country Kitchens team*

# Mushroom Pierogies

**Serves:** 4 (makes 15-20)

**Prep time:** 45 minutes

**Cook time:** 60 minutes



½ serve per portion

## Ingredients

### *Pierogi dough:*

50g plant based spread or margarine

½ cup water

2 cups plain flour

1 teaspoon salt

1 large egg

### *Pierogi filling:*

500g potatoes, peeled and quartered

1 tablespoon plant based spread or margarine

2 brown onions, sliced

250g mushrooms, finely diced

½ cup reduced fat cheddar cheese, grated

### *To serve:*

Reduced fat sour cream

## Method

### *To make the pierogi dough:*

HEAT water and spread in a saucepan over medium heat until spread has just melted. Remove from heat.

WHISK flour and salt together in a mixing bowl. Make a well in the centre and add the melted spread and water mixture, and the egg. Gently mix to combine.

TRANSFER the mixture onto a lightly floured surface. Knead until dough becomes smooth.

WRAP in cling film and leave on the counter to rest for 30 minutes.



Discretionary Food

*Continued...*

# Mushroom Pierogies

## Method

*To make the pierogi filling:*

HEAT spread in a saucepan over medium-low heat and add onions. Sauté for 20-30 minutes, stirring only occasionally, until deep brown and caramelised.

MEANWHILE, place potatoes in a saucepan filled with cold water and bring to the boil. Cook until soft and easily pierced with a fork. Drain and mash in a large bowl until smooth.

ADD mushrooms to the onions and sauté until tender, about 5 minutes.

FOLD the onion and mushroom mixture and cheese through the mashed potato.

*To wrap the pierogies:*

ROLL out dough on a lightly floured surface until 3mm thick. Cut into rounds using a 7.5cm cutter.

SCOOP one tablespoon of filling into the middle of a round. Dip your finger in water and run along the edge of the half circle. Fold dough over and gently press until mixture is sealed. Repeat until all dough and filling is used.

BRING a large pot of water to boil, then lower to a simmer. Add pierogies and cook for about 6-7 minutes. They should float to the top. Remove with a slotted spoon and continue to cook in batches, if required.

SERVE warm with sour cream.

*Recipe courtesy of the Country Kitchens team*



# Wild Rice Salad

**Serves:** 4

**Prep time:** 15 minutes

**Cook time:** 50 minutes

 2 ½ serves per portion

## Ingredients

2 medium sweet potatoes, cut into 1cm cubes

1 teaspoon olive oil

¼ cup mixed seeds or nuts, chopped

1 cup wild rice, rinsed

5 cups spinach leaves

½ cup flat leaf parsley, chopped

½ cup green onions, thinly sliced

½ cup salt reduced feta, crumbed

¼ cup dried cranberries

## Dressing:

2 tablespoons white wine vinegar

6 tablespoons olive oil

1 garlic clove, minced

1 orange, juiced

Pinch of salt and pepper

## Method

**PREHEAT** oven to 200°C and line a tray with baking paper.

**PLACE** sweet potato on tray and drizzle with olive oil. Bake for 20-25 minutes then remove from oven and set aside to cool.

**LINE** a second tray with baking paper. Spread seeds or chopped nuts on the tray and cook in oven for 3-4 minutes. Remove and set aside.

**BRING** a large pot of water to boil. Add the wild rice and reduce to low heat. Cover and simmer for 50 minutes.

**REMOVE** pot from heat. Keep lid on and set aside for 10 minutes. Drain if needed.

**MIX** spinach leaves, parsley and green onions in a serving bowl. Add cooked rice, sweet potato, feta, cranberries and mixed seeds or nuts on top of greens.

**COMBINE** dressing ingredients. Drizzle over salad and mix well just before serving.



Everyday Food

*Recipe courtesy of the Country Kitchens team*

# Baked Pumpkin Pancake

**Serves:** 4

**Prep time:** 15 minutes

**Cook time:** 25 minutes



1 serve per portion

## Ingredients

2 cups pumpkin, peeled and cut into 1cm cubes

2 cups plain flour

1 teaspoon baking powder

½ teaspoon baking soda

½ teaspoon ground nutmeg

½ teaspoon ground ginger

½ teaspoon ground cinnamon

2 eggs

1 cup reduced fat milk

1 teaspoon vanilla extract

2 cups mixed berries, to serve

Maple syrup, to serve

## Method

**STEAM** pumpkin in microwave or on stovetop until soft. Set aside to cool.

**PUREE** cooled pumpkin in a food processor or blender until smooth.

**PREHEAT** oven to 220°C and line a large ovenproof frypan or baking dish with baking paper.

**ADD** flour, baking powder, baking soda, and spices to a mixing bowl and whisk together.

**WHISK** together eggs, milk, and vanilla in a separate bowl or jug. Add to dry ingredients and whisk until well combined.

**POUR** batter into prepared frypan or baking dish. Bake for 20-25 minutes, or until the pancake is set and the top is golden brown.

**REMOVE** from oven and allow to cool slightly.

**TOP** with berries and maple syrup and slice to serve.



Everyday Food

*Recipe courtesy of the Country Kitchens team*

# Peach Cobbler

**Serves:** 8

**Prep time:** 20 minutes + 1 hour rest time

**Cook time:** 30 minutes



1 ½ serves per portion

## Ingredients

1.5kg yellow peaches, cut into eight wedges

¼ cup caster sugar

1 teaspoon cornflour

1 tablespoon lemon juice

1 teaspoon demerara or brown sugar

½ teaspoon ground cinnamon

Reduced fat vanilla yoghurt, to serve

### *Topping:*

1 ¼ cups plain flour

¼ cup caster sugar

1 teaspoon baking powder

½ teaspoon baking soda

85g (6 tablespoons) plant-based spread/margarine

½ cup reduced fat plain yoghurt

## Method

PLACE peaches and ¼ cup caster sugar in a large bowl and toss together. Set aside for 40 minutes to macerate and let the peaches leach juice and sweat.

PREHEAT oven to 200°C. Drain peaches in a colander, saving the juices.

PLACE ¼ cup of the peach juice in a large bowl. Add cornflour and lemon juice. Mix well. Add peaches to the juice mixture and toss to coat.

POUR peaches and juice into a medium glass or ceramic baking dish. Bake for 12 minutes then remove from oven and set aside.

WHISK together flour, caster sugar, baking powder, and baking soda in a large bowl. Add spread and rub it in with your fingers until it resembles breadcrumbs.

ADD plain yoghurt and gently fold through until a dough is formed. Stop mixing when yoghurt is mostly mixed in with some streaks of flour still visible.

CRUMBLE lumps of the topping across the peaches. Do not fully cover the surface to allow the heat to come through and reduce the syrup. Sprinkle demerara sugar and cinnamon on top.

BAKE for 20 minutes or until topping is golden. Remove from oven and set aside for 20 minutes to allow syrup to thicken.

SERVE with reduced fat vanilla yoghurt.



Discretionary Food



# Notes





*Connecting women who have the power to heal their communities*

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