

# Recipes



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bestofthereader.ca

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# Welcome

This e-book is part of a series called Best of The Reader. The recipes in the e-books are from *The Westcoast Reader*. It is a newspaper for adults who are improving their English reading skills.

## To the reader

- ✓ You can use this book in a classroom, with a tutor, or on your own.
- ✓ Each recipe has exercises to go with it. These exercises can help you improve your English and reading skills.
- ✓ You can check your answers at the end of the book.

## To the teacher

Learners can read the recipes and do the exercises individually, in pairs, or in groups.

The topics can be explored further through discussion or follow-up activities.

## Teachers' Guide

The Teachers' Guide on this website has ideas on how to use the e-books with students.

## Recipes

The recipes in this e-book do not have symbols for reading levels. We hope everyone—teachers, tutors, and learners—will try these recipes.

## Acknowledgements

The authors gratefully acknowledge the financial support of Capilano University for this project.

A special thank you to the learners and teachers who helped choose the recipes.

Most of the recipes in this e-book first appeared in *The Westcoast Reader* (1982 to 2009). Many of the exercises and activities for learners are based on material from *The Westcoast Reader Teachers' Notes* (1982 to 2009).

## Credits

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# Three healthy snacks

## Trail mix

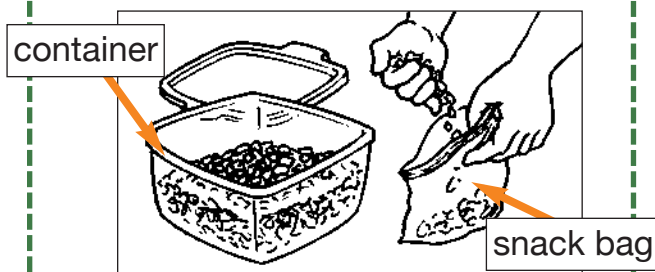


### You need

- 1 cup (250 mL) almonds
- 1 cup (250 mL) cashews
- 1 cup (250 mL) pumpkin seeds
- 1 cup (250 mL) dried cranberries
- 1 cup (250 mL) dried apricots (chopped)

### What to do

- 1 Put all the ingredients in a large bowl. Mix together.
- 2 Store the mix in a plastic container. Make sure the lid fits tightly.
- 3 Make snack bags to take to school or work. Put about 1 cup of trail mix in a sealable plastic bag.



*The Westcoast Reader 9/2005*

## Fruit kebobs

- Cut the fruit into pieces.
- Put four or five pieces of fruit on a wooden skewer.
- Dip the fruit in orange juice.
- Keep the kebobs in the fridge.



Try these fruits:

- grapes
- kiwis
- strawberries
- oranges
- pineapple

*The Westcoast Reader 9/2005*

## Spicy pumpkin seeds

- Preheat oven to 350°F (175°C).
- In a bowl, mix together  
**raw green pumpkin seeds**  
1 cup (250 mL)  
**chili powder**  
1 tsp (5 mL)  
**salt**  
½ tsp (2 mL)  
**lime juice**  
2 tsp (10 mL)
- Spread the seeds evenly on a baking sheet.
- Bake about 10 minutes until the seeds are puffy and brown.



*The Westcoast Reader 11/2004*

## Count and non-count

In English there are two kinds of nouns: count and non-count.

✓ Count nouns are things we can count. For example:

There are two *books* in my bag.

I have four *classes* next week.

✓ Non-count nouns are usually things we cannot count. For example:

Can I have some *ice* in my drink?

I always add *sugar* to my coffee.

We use “how many” with count nouns and “how much” with non-count nouns.

**Write “how much” or “how many” in the blanks.**

1. \_\_\_\_\_ almonds?

5. \_\_\_\_\_ kebobs?

2. \_\_\_\_\_ cashews?

6. \_\_\_\_\_ chili powder?

3. \_\_\_\_\_ trail mix?

7. \_\_\_\_\_ grapes?

4. \_\_\_\_\_ orange juice?

8. \_\_\_\_\_ salt?

## Word order

**Write the words under the lines in the correct order to finish the sentences.**

1. Put the trail mix in a \_\_\_\_\_.  
bag / sealable / plastic

2. Add \_\_\_\_\_ to the stir-fry.  
red / sliced / onions

3. Store the mix in a \_\_\_\_\_.  
container / small / plastic

## Berry slush



### You will need

**frozen blueberries**

½ cup (125 mL)

**frozen raspberries**

½ cup (125 mL)

**frozen strawberries**

½ cup (125 mL)

**apple juice**

1 cup (250 mL)

### What to do

**1** Put the berries and the juice in a blender.

**2** Blend until smooth. Serve immediately.

 **Makes two glasses**

*The Westcoast Reader 9/2004*

## Fruit smoothie

### You will need

**10 to 12 ripe strawberries**

**2 ripe bananas**

**soy milk or low-fat milk**

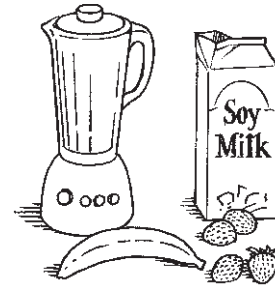
1 cup (125 mL)

**honey**

1 tbsp (15 mL)

**ice cubes**

1 cup (250 mL)



### What to do

**1** Wash the strawberries and take off the green tops. Peel the bananas.

**2** Put the fruit, milk, honey, and ice in a blender. Blend well.

**3** Pour into a glass.



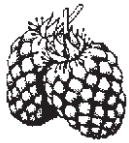
 **Makes two glasses**

# Finish the words

Fill in the missing letters to finish the words.



1. \_ t \_ \_ \_ \_ \_ s



2. \_ \_ \_ p \_ \_ \_ \_ \_



3. \_ \_ u \_ \_ \_ \_ \_



Fresh berries at a market

# What's the word?

Find these words in the puzzle.  
Some words go across and some go down.

- |         |        |
|---------|--------|
| banana  | juice  |
| blender | milk   |
| frozen  | peel   |
| fruit   | serve  |
| glass   | smooth |
| honey   | soy    |
| ice     | wash   |

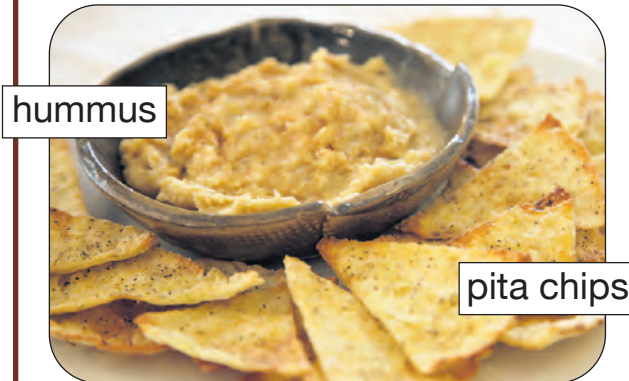
f	r	u	i	t	x	s	e	g	m
l	b	l	e	n	d	e	r	j	w
d	a	k	z	u	h	r	i	f	a
r	n	j	z	j	p	v	c	r	s
p	a	c	i	r	u	e	e	o	h
e	n	s	o	y	y	h	a	z	o
e	a	t	m	i	l	k	v	e	n
l	n	h	j	u	i	c	e	n	e
o	g	s	m	o	o	t	h	y	y
n	j	g	v	g	l	a	s	s	e





# Hummus

Hummus is a popular dip. You can serve it with warm pita bread, pita chips, or cut veggies.



## You will need

### chickpeas (garbanzo beans)

1 can (19 oz or 540 mL)

### garlic

1 clove (crushed)

### water

2 tbsp (30 mL)

### salt

½ tsp (2 mL)

### cumin

1 tsp (5 mL)

### tahini

2 tbsp (30 mL)

### olive oil

1 tbsp (15 mL)

### lemon juice

3 tbsp (45 mL)

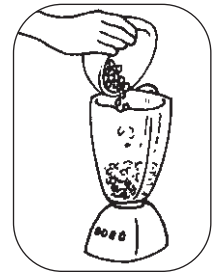
**Note:** Tahini is made from sesame seeds. You can buy it in many supermarkets.

## What to do

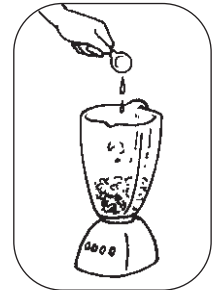
**1** Rinse and drain the chickpeas.



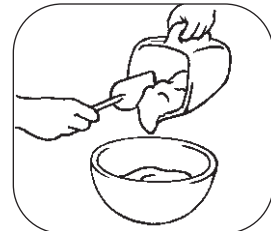
**2** Put the chickpeas, garlic, water, salt, and cumin in a blender. Blend together.



**3** Add the tahini, olive oil, and lemon juice. Blend until the mixture is smooth.



**4** Scrape the hummus into a bowl.



## Did you know?

Hummus is a popular food in many Middle Eastern countries: for example, Turkey and Egypt.

*The Westcoast Reader 5/2008 • Recipe submitted by Halima and Neema*

## Which comes first?

Put the sentences in the correct order.

- \_\_\_ Serve the hummus with pita chips.
- \_\_\_ Open a can of chickpeas.
- \_\_\_ Add the tahini, olive oil, and lemon juice.  
Blend until the mixture is smooth.
- \_\_\_ Scrape the hummus into a bowl.
- \_\_\_ Rinse and drain the chickpeas.
- \_\_\_ Put the chickpeas, garlic, water, salt, and cumin in a blender.  
Blend together.

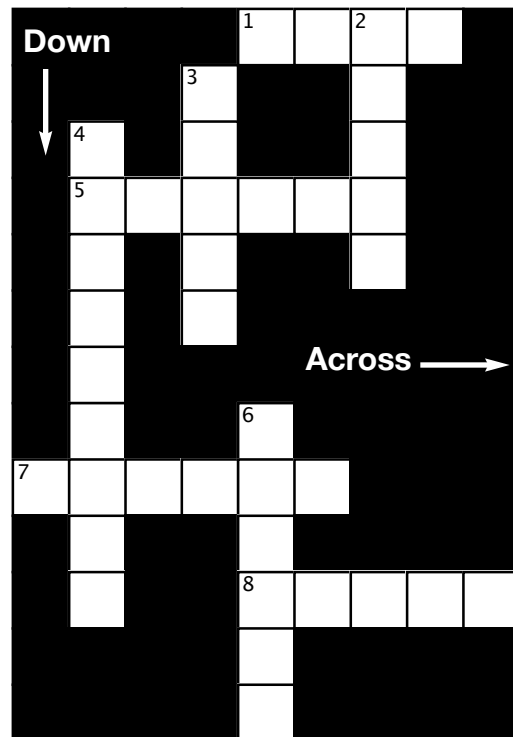
## Crossword

### Across

1. Opposite of cool
5. A Middle Eastern dip
7. A kind of seed
8. \_ \_ \_ \_ \_ oil

### Down

2. Wash lightly
3. A yellow citrus fruit
4. Another name for garbanzo beans
6. Opposite of rough



## Chicken soup

### You will need

**vegetable oil**

1 tbsp (15 mL)

**green onions**

4, chopped thinly

**garlic**

1 clove, peeled and smashed

**ginger**

1 tbsp (15 mL), chopped

**chicken broth, low sodium**

4 cups (1 litre)

**fish sauce**

1 tbsp (5 mL)

**cooked chicken**

1 cup (250 mL), shredded

**lime juice**

1 tbsp (15 mL)

### What to do

- 1** Heat oil over medium heat. Add onions, garlic, and ginger. Cook for about 3 minutes.
- 2** Add broth and fish sauce. Bring to a boil. Reduce heat and simmer for 5 minutes.
- 3** Add chicken and simmer for 2 or 3 more minutes.
- 4** Add lime juice and serve.

 **Serves 4 people**



## Tuna salad

- In a bowl, mix together:

**tuna packed in water, drained**

2 cans (6 oz or 170 g each)

**radishes**

8 small, cut into wedges

**celery**

2 stalks, chopped

**lemon juice**

2 tbsp (30 mL)

**olive oil**

1 tbsp (15 mL)

**salt and pepper**

¼ tsp (1 mL) of each

- Serve with crackers or pita bread.

**Note:** You can keep in a closed container in the fridge for up to one day.

 **Serves 2 people**



## Finish the sentences

Circle the correct word or number to finish each sentence.

1. The recipe for tuna salad serves two / four people.
2. You need one / two cans of tuna for this recipe.
3. Wedges are pieces / strips.
4. When you use celery stalks, you use the leaves / stems.
5. You can keep this salad in the fridge for up to one week / day.
6. Serve the salad with pita bread / donuts.

## Answer the questions

Write the answers on the lines.

1. In the soup recipe, do you need more fish sauce or more chicken broth?

---

2. How long should you cook the onions, ginger, and garlic?

---

3. After you add the broth and fish sauce and bring to a boil, should you turn the heat up or down?

---

4. After you add the chicken, what do you do for 2 to 3 minutes?

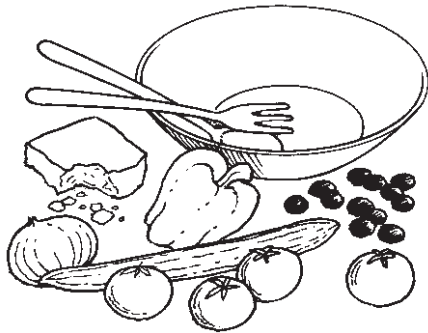
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# Greek salad



## You will need

- 4 tomatoes
- 1 English cucumber
- 1 onion
- 1 green or red bell pepper
- 12 Greek black olives
- ½ cup (125 mL) feta cheese



## What to do

- 1 Cut the tomatoes, cucumber, onion, and pepper into bite-size pieces.
- 2 Mix the vegetables together in a large bowl. Add the olives.

## Salad dressing

### You will need

½ cup	olive oil	125 mL
¼ cup	lemon juice	50 mL
1 tsp	oregano	5 mL



## What to do

In a small bowl, whisk together the oil, lemon juice, and oregano. Add salt to taste.

## Make and serve

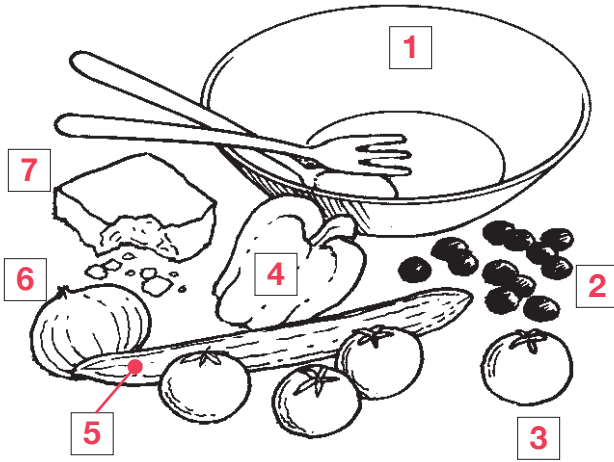
- Crumble the feta cheese over the salad.
- Add the dressing.
- Toss the salad and serve.

👉 **Serves 4 people**

*The Westcoast Reader 5/2003*

# Unscramble the letters

Unscramble the letters and write the words.



1. owbl \_\_\_\_\_
2. silevo \_\_\_\_\_
3. matoot \_\_\_\_\_
4. eprpep \_\_\_\_\_
5. rebcmuuc \_\_\_\_\_
6. noino \_\_\_\_\_
7. aeft hecees \_\_\_\_\_

# What do you need?

Write the answers on the lines.

1. What kind of cucumber do you need for the Greek salad recipe?

You need \_\_\_\_\_

2. What kind of cheese do you need?

You need \_\_\_\_\_

3. What kind of pepper do you need?

You need \_\_\_\_\_

4. What kind of olives do you need?

You need \_\_\_\_\_

# Sweet chili tofu stir-fry

## You will need

		cooking oil
5 oz (150 g)		firm tofu (cut into thin strips)
¾ cup (175 mL)		red onion (sliced)
1 cup (250 mL)		broccoli (cut into bite-size pieces)
1 cup (250 mL)		carrots (cut into bite-size pieces)
¾ cup (175 mL)		sugar snap peas (trim off the ends)
½ cup (125 mL)		red bell pepper, cut into strips
½ cup (125 mL)		vegetable broth or water
¼ cup (50 mL)		sweet chili sauce
1 tsp (5 mL)		orange zest
1 tbsp (15 mL)		chopped fresh cilantro or parsley



orange zest

👉 More on page 16

*The Westcoast Reader 4/2009*

## What to do

**1** Heat a large pan over medium-high heat. Put about 1 teaspoon of oil in the pan.



**2** Put the tofu in the pan. Fry until browned on both sides.



**3** Take the tofu out of the pan. Set aside.



**4** Put about 1 teaspoon of oil in the pan. Add the sliced onions. Cook for 1 minute.



**5** Add the broccoli, carrots, peas, and red pepper. Cook for about 5 minutes. Stir often.



**6** Put the tofu back in the pan.



**7** Stir in the broth, chili sauce, and orange zest. Cook for a few minutes.



**8** Put the mixture on a big plate. Sprinkle the cilantro or parsley on top. Serve with brown rice.

 **Serves 4**



## Write your own instructions

Fill in the blanks with words that have the same meaning as the instructions in the recipe. There may be more than one answer.

### What to do

In a pan, heat \_\_\_\_\_ oil. Then put in the tofu  
(1)

and \_\_\_\_\_ it until it turns brown on both sides.  
(2)

Take the tofu out of the pan and put it in a \_\_\_\_\_  
(3)

to use later.

Put some more oil and \_\_\_\_\_ in the pan  
(4)

and cook for \_\_\_\_\_ minute. After that, put in  
(5)

the \_\_\_\_\_ and cook for 5 minutes.  
(6)

Now put the \_\_\_\_\_ back in the pan.  
(7)

\_\_\_\_\_ it with the broth, chili sauce, and orange zest.  
(8)

Serve the stir-fry with brown rice on a \_\_\_\_\_ and  
(9)

sprinkle some \_\_\_\_\_ on top.  
(10)

# Cranberry pear crumble



Serve with ice cream or frozen yogurt.

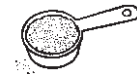
## Step 1: Prepare the fruit

### You need

**cranberries, frozen or fresh**  
3 cups (750 mL)



**white sugar**  
¼ cup (50 mL)



**cinnamon**  
¼ tsp (1 mL)

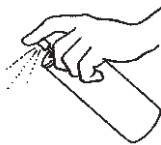


**pears, cored and sliced**  
5 or 6



### What to do

**1** Spray a baking dish with non-stick spray.



**2** In a bowl, toss the cranberries with the sugar and cinnamon.

**3** Pour the cranberries into the dish. Place the sliced pears on top.



## Step 2: Prepare the topping

### You need

**flour**  
½ cup (125 mL)

**rolled oats**  
½ cup (125 mL)

**brown sugar**  
½ cup (125 mL)

**almonds, chopped**  
¼ cup (50 mL)

**butter**  
½ cup (125 mL)

### What to do

**1** Mix together the flour, rolled oats, brown sugar, and chopped almonds.

**2** Cut in the butter with a fork or a pastry blender. The mixture will be crumbly.



**3** Spoon the topping over the fruit.



**4** Bake at 375°F (190°C) for about 45 to 50 minutes.

 Serves 6

*The Westcoast Reader 4/2003*

## Finish the sentences

Use the words in the boxes to finish the sentences.

- \_\_\_\_\_ a baking dish with non-stick spray.
- In a bowl, \_\_\_\_\_ the cranberries with sugar and cinnamon.
- \_\_\_\_\_ the cranberries into the dish.
- \_\_\_\_\_ the sliced pears on top.
- For the topping, \_\_\_\_\_ together the dry ingredients.
- \_\_\_\_\_ the butter with a fork or pastry blender.
- \_\_\_\_\_ the topping over the fruit.
- \_\_\_\_\_ at 375° F (190° C) for about 45 to 50 minutes.

Spoon

mix

Pour

Cut in

toss

Bake

Place

Spray

## True or false

Circle T if the sentence is true. Circle F if the sentence is false (not true).

- |   |   |   |
|---|---|---|
| 1. Use fresh or frozen cranberries in this recipe.                  | T | F |
| 2. Peel and slice 5 or 6 apples.                                    | T | F |
| 3. For the topping, use slivered almonds.                           | T | F |
| 4. To make the topping, first mix together all the dry ingredients. | T | F |
| 5. Then, cut the butter into the dry ingredients.                   | T | F |
| 6. Spoon the fruit over the topping.                                | T | F |
| 7. Bake the crumble for 60 minutes.                                 | T | F |

# Chocolate macaroons

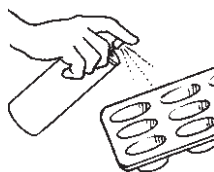


## You will need

2	egg whites
1 tbsp (15 mL)	sugar
¼ tsp (1 mL)	salt
2 tbsp (30 mL)	cocoa powder (unsweetened)
2 cups (500 mL)	shredded coconut (sweetened)
½ cup (125 mL)	almonds (sliced)

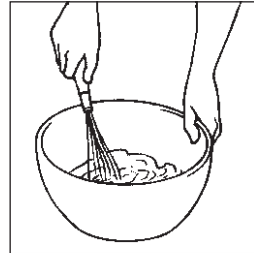
## What to do

- 1 Preheat oven to 350°F (175°C). Spray a muffin tin with non-stick spray.

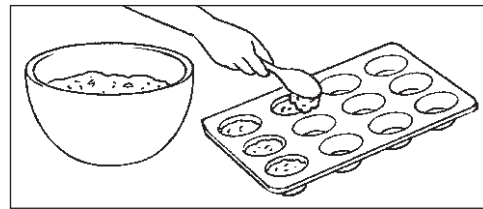


- 2 In a large bowl, whisk together egg whites, sugar, salt, and cocoa powder.

- 3 Add coconut. Mix with a fork.



- 4 Spoon batter into muffin tin.

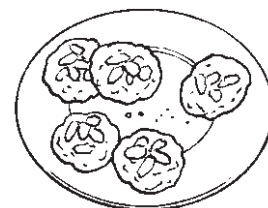
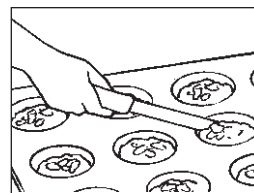


- 5 Sprinkle with almonds. Pat down gently with fingers.



- 6 Bake for 25 to 30 minutes. Let cool for 10 minutes in tin.

- 7 Run a thin spatula or knife around the macaroons to loosen them from the muffin tin.



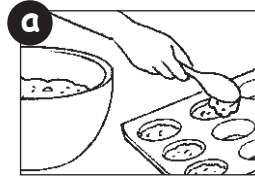
 **Makes 12 macaroons**

*The Westcoast Reader 2/2009*

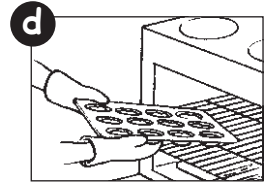
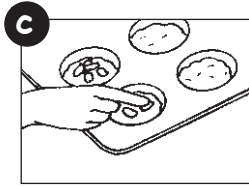
## Words and pictures

Write the letter for the picture on the blank before the sentence.

\_\_\_ 1. Spray a muffin tin.



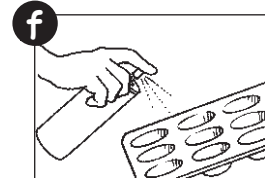
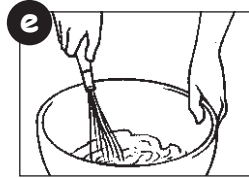
\_\_\_ 2. Whisk together egg whites, sugar, salt, and cocoa powder.



\_\_\_ 3. Add coconut and mix with a fork.

\_\_\_ 4. Spoon batter into muffin tin.

\_\_\_ 5. Sprinkle with almonds and pat down the almonds with fingers.



\_\_\_ 6. Bake the cookies in the oven.

## What's the number?

Write the correct number on the line. Use the numbers in the box.

1. Cool for \_\_\_\_\_ minutes.

2. Bake for \_\_\_\_\_ minutes.

3. Makes \_\_\_\_\_ macarons

4. Bake at \_\_\_\_\_ degrees F.

5. Use \_\_\_\_\_ egg whites.

2
10
12
25 to 30
350

## How much do you remember?

How many of these can you remember without looking at the recipes?

1. Two kinds of nuts

---

---

2. Something sour

---

3. Three kinds of berries

---

---

---

4. A fish

---

5. Two green vegetables

---

---

6. A spice

---

7. Two dairy products

---

---

8. Something sweet

---

9. A type of oil

---

10. Two kinds of seeds

---

---

11. A popular dip

---

## Answers for exercises

### Count and non-count (p 6)

1. How many 2. How many 3. How much
4. How much 5. How many 6. How much
7. How many 8. How much

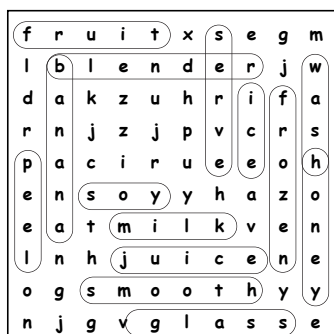
### Word order (p 6)

1. sealable plastic bag
2. sliced red onions
3. small plastic container

### Finish the words (p 8)

1. strawberries
2. raspberries
3. blueberries

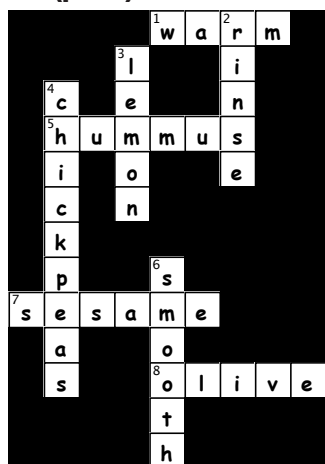
### What's the word? (p 8)



### Which comes first? (p 10)

6 1 4 5 2 3

### Crossword (p 10)



### Finish the sentences (p 12)

1. four 2. two 3. pieces 4. stems
5. day 6. pita bread

### Answer the questions (p 12)

1. You need more chicken broth.
2. You should cook them for 3 minutes.
3. You should turn the heat down.
4. You simmer the soup.

### Unscramble the letters (p 14)

1. bowl 2. olives 3. tomato 4. pepper
5. cucumber 6. onion 7. feta cheese

### What do you need? (p 14)

1. an English cucumber
2. feta cheese
3. green or red bell pepper
4. Greek black olives

### Write your own instructions (p 17)

*Possible answers:*

1. a bit of (some) 2. fry (cook)
3. dish (container) 4. the onions (the sliced onions)
5. one (about a ) 6. rest of the vegetables (other vegetables)
7. tofu (fried tofu)
8. Cook 9. large plate (platter, serving dish)
10. chopped parsley (chopped cilantro)

### Finish the sentences (p 19)

1. Spray 2. toss 3. Pour 4. Place 5. mix
6. Cut in 7. Spoon 8. Bake

### True or false (p 19)

1T 2F 3F 4T 5T 6F 7F

### Words and pictures (p 21)

1f 2e 3b 4a 5c 6d

### What's the number? (p 21)

1. 10 2. 25 to 30 3. 12 4. 350 5. 2