

## Food Skills Workshop: Healthy and Budget-friendly Meals & Snacks - Recipes

### Hummus & Veggies (Recipe)

Recipe inspired by [Molly Yeh's "the best hummus"](#)

Prep Time: 20 minutes | Cook Time: 0 | Servings: 6 snack sizes

#### Hummus Ingredients

1 ½ cups cooked chickpeas (approx. 1 can)

6 tablespoons tahini (add more if you would like a creamier hummus)

6 tablespoons olive oil

the juice from 1/2 a lemon

salt, to taste

optional: 2 cloves of garlic

#### Hummus Directions

Drain and rinse the chickpeas add to a food processor, reserving extra for garnish, if desired. Add tahini, olive oil, lemon juice, garlic (if using) and a good pinch of salt. Blend! Adjust salt, and serve with a drizzle of olive oil.

Wash and chop desired vegetables or pita for dipping into the hummus. Great choices are carrots, cucumbers, radishes, broccoli, peas, and whatever else. Store hummus in the fridge for up to 5 days.

## 1-Pot Red Lentil Chili

### Recipe by [Minimalist Baker](#)

Prep Time: 10 minutes | Cook Time: 45 minutes | Servings: 6

#### **Chili Ingredients**

- 2 tbsp preferred oil
- 1 medium white or yellow onion, diced
- 1 medium bell pepper, diced
- ½ teaspoon each sea salt and black pepper (divided/plus more to taste)
- 1 jalapeno, diced with seeds (omit for kids)
- 4 cloves garlic (approx. 2 tablespoons)
- 3 tablespoons chili powder (divided)
- 2 tablespoons ground cumin (divided)
- 1 teaspoon smoked paprika
- 1 large cans diced tomatoes (if unsalted, add more sea salt)
- 3 tablespoons tomato paste
- 1 ¾ cup water (plus more as needed)
- ¾ cup dry red lentils, rinsed and drained
- 1 (425g) can kidney beans, rinsed and drained
- 1 (425g) can black beans, rinsed and drained
- 1 tablespoon maple syrup (or coconut sugar)
- 1 (425g) can corn, drained (optional)

#### **Chili Directions**

Heat a large pot over medium heat. Once hot, add oil, onion, and bell pepper. Season with a healthy pinch each salt and pepper and stir. Sauté for 3-4 minutes, stirring frequently.



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Chop jalapeño (if using) and garlic. Add to the pot with onion and bell pepper, and season with another pinch salt and pepper.

Add 2/3 of the chili powder (2 Tbsp as original recipe is written), half of the cumin (1 Tbsp as original recipe is written), paprika, diced tomatoes, tomato paste, and water, and stir to combine. Bring to a low boil over medium high heat.

Once boiling, add lentils and reduce heat to medium-low or low, so it's at a gentle simmer. You want to see bubbles, but you don't want it boiling. Cook for 15 minutes, or until lentils are mostly tender. As it's cooking you may need to add more water if the mixture is looking too dry and the lentils aren't submerged (I didn't find that necessary).

Next add kidney beans, black beans, 1/4 tsp each salt and pepper, and remaining cumin (1 Tbsp as original recipe is written) and chili powder (1 Tbsp as original recipe is written), and stir to combine.

Bring to a simmer over medium heat, then reduce heat slightly to low (or medium-low), add corn (optional), cover, and gently simmer for 20 minutes to meld the flavors together. Stir occasionally.

Taste and adjust seasonings as needed, adding more chili powder or cumin for smokiness, salt for saltiness, or a little sweetness (maple syrup or sugar) to balance the heat and draw out the other flavors.

Serve as is, or garnished with fresh jalapeño, cilantro, red onion, and/or avocado (optional).

Store leftovers in the refrigerator up to 5 days, and in the freezer up to 1 month. Reheat on the stovetop, or in the microwave.

### **Additions**

Chili can be miraculously reinvented if you're tired of eating it in a bowl. Serve with rice, in a tortilla with cheese like a burrito, or on top of a sweet potato. You can add chopped avocado and cilantro on top if you like.

## Overnight Chia Pudding Parfaits

### Chia Pudding Recipe from [Minimalist Baker](#)

Prep Time: 3 hours and 10 minutes | Cook Time: 0 | Servings: 4

#### Chia Pudding Ingredients

- ¼ cup unsweetened cocoa powder
- 3-5 tablespoons maple syrup or honey
- ½ tablespoon ground cinnamon (optional)
- 1 pinch sea salt
- ½ teaspoon vanilla extract
- 1 ½ cups light coconut milk (or preferred milk)
- ½ cup chia seeds

#### Parfait Ingredient Ideas (Optional)

*You can eat the pudding on its own, or add toppings or layers with several different options! Can be eaten as breakfast, snack, or dessert.*

Fresh Fruit (Bananas or berries are best)

Compote or Jam

Granola

Nuts or Coconut Flakes

Yoghurt

For dessert pudding: Chocolate, whipped cream

#### Chia Pudding Instructions



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To a small mixing bowl, add cocoa powder, sift first to reduce clumps, maple syrup or honey, ground cinnamon, salt, and vanilla and whisk to combine. Then add a little milk at a time until a paste forms. Then add remaining milk and whisk until smooth.

Add chia seeds and whisk once more to combine. Then cover and refrigerate overnight, or at least 3-5 hours (until it's achieved a pudding-like consistency).

If making parfaits, layer chia seeds, fruit or compote, yogurt, toppings to create layered effects, alternating creamy and fruity textures.

Leftovers will keep covered in the fridge for 4-5 days, though best when fresh. Serve chilled with toppings.