
Circular Food Innovation Lab
Fall 2025 Community Kitchen Recipes
Tuesday, September 23 2025
Mount Pleasant Neighbourhood House
Coordinated by Darlene Tanaka and Diane Collis

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Circular Food Innovation Lab

Community Kitchen Recipes

Wednesday, January 15, 2025

Guest Community Kitchen Facilitator:
Karen Curtis

DARLENE'S CABBAGE APPLE SLAW

Serves 10

Ingredients

Cabbage apple slaw

- 2 granny smith apples, unpeeled, sliced into thin wedges and tossed with lemon juice
- 5 cups shredded green and red cabbage
- 1 large carrot, shredded
- 2 green onions, thinly sliced
- 3 TBSP fresh dill
- ¼ c pumpkin or sunflower seeds

Dressing

- ¼ c apple cider vinegar
- 2 tbsp olive oil
- 2 tbsp water
- 2 tsp sugar
- 2 tsp Dijon mustard
- Salt and pepper to taste

Making the slaw

- Toss the cabbage apple slaw ingredients in a large bowl.
- Whisk together ingredients for the dressing.
- Pour dressing over salad and toss, making sure the slaw is well coated with dressing

NANA'S PEROGIES

Makes 24-30

Ingredients

Perogy dough

- 3 cups flour
- 1 egg
- ¼ cup oil
- 1 tsp salt (*or less—depends on how salty your potato water is*)
- Enough potato water to make a stiff dough

Perogy filling

- 4 potatoes, peeled and diced
- 1 cup cheese of choice

Filling ideas: *try adding onions, meat, and spices. Switch up the cheese too. Feta and spinach are tasty. Taco perogies anyone? Add a tin of lentils and some garlic, ginger and garam masala for a twist.*

Gluten-free perogy dough:

Version 1

- 3 cup gf flour
- ½ tsp salt
- 3 eggs
- ½ cup potato water

Version 2

- 2 ½ cup GF flour
- 1 tsp salt
- 1 egg
- 1/2 cup yogurt
- 2/3 cup milk or potato water

Making the filling

- Boil potatoes in salted water until easily pierced with a fork.
- Drain, reserving water. Set both aside to cool to use in perogy dough
- Once potatoes are cool, mash and add cheese

Making the dough

- In a large bowl add flour and salt.
- In a separate small bowl mix egg and oil together and add to the flour and salt and mix.
- Add cooled potato water (or milk - GH version 2), a little bit at a time, until you have a stiff dough.
- Kneed a lot to build up the gluten. (Gluten-free: mix dough well until smooth)
- Set aside to rest for 10-15 mins. (Gluten-free: rest dough for 30 minutes)

Filling the perogies

- Divide dough in half.
- Roll out the dough on a lightly floured surface, as thin as you can make it. If the dough cracks it needs more potato water or milk.
- Cut dough into 3 inch circles using a glass or a cutter.
- Place a tablespoon of filling in the centre of each circle.
- Fold the circle in half and pinch the ends together.
- Place the filled perogies on a tray, being careful that they don't touch.

You can freeze them at this point, or cook them.

Cooking the perogies

- Fill a big pot with water.
- Bring to a boil and add perogies, 1 at a time. The perogies are done when they float.
- Drain and serve with fried onions, bacon, and sour cream.

You can also fry the perogies after boiling to make them crispy.

THE BEST APPLE CRISP RECIPE

Serves 8

Ingredients

Apple mixture

- 5 cups of peeled and sliced apples (*Best apples for baking – Granny Smith, Jonagold, Braeburn, Honey Crisp and Cortland*)
- 1/2 cup of brown sugar
- 2 Tbsp. flour (or GF flour)
- 2 Tbsp. of water
- 1 tsp Chinese Five Spice powder
- 1 tsp grated ginger

Crumble topping

- 1/2 cup oats – *Old Fashioned*
- 1/2 cup flour (or GF flour)
- 1/2 cup sugar
- 1/2 cup melted butter
- 1/2 cup grated old cheddar

Making the apple crisp

- Preheat oven to 350° F
- Toss apple mixture in a large bowl. Spread into a greased 9 × 9 baking dish.
- In a small bowl, combine the crumble mixture
- Spread over apples
- Bake for 1 hour

NOTES

SOURCES FOR THE LOCAL INGREDIENTS WE USED

Potatoes, Cabbage, and Carrots

Forstbauer Family Natural Food Farm

49350 Prairie Central Road, Chilliwack, BC

Green onions and Ginger

Tripple W Acres

24200116 Avenue, Maple Ridge, BC

Apples

Golden West Farms

6200 Miltimore Drive, Summerland, BC

Parsley, Swiss chard and Basil

QuantoTech and Northern Greens

323 W 6th Ave, Vancouver, BC

Gluten-free flour

Lemonade Gluten Free Bakery

3385 Cambie Street, Vancouver, BC

All-purpose flour

Anita's Organic Mill

Chilliwack, BC (available at many grocery retail stores in Vancouver)

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Thursday, May 15, 2025

Guest Community Kitchen Facilitators:
Darlene Tanaka & Diane Collis

BEST TZATZIKI (BETTER THAN STORE-BOUGHT)

Prep Time: 15 minutes

	Makes 2 1/2 cups	*Makes ~7 cups*
• **Cucumber, grated***	**1 medium cucumber**	**2 long english cucumbers**
• **Plain Greek yogurt**	**1 ½ cups**	**5 cups**
• **Extra-virgin olive oil**	**2 TBSP**	**2 cup**
• **Fresh mint and/or dill, chopped**	**2 TBSP**	**½ tsp**
• **Lemon juice**	**1 TBSP**	**3 TBSP**
• **Garlic, pressed or minced**	**1 clove**	**2-3 cloves**
• **Fine sea salt**	**½ tsp**	**1 tsp**

***no need to peel or seed the cucumber first, grate on the large holes of your box grater**

Directions

1. Working with one big handful at a time, lightly squeeze the grated cucumber between your palms over the sink to remove excess moisture. Transfer the squeezed cucumber to a serving bowl, and repeat with the remaining cucumber.
2. Add the yogurt, olive oil, herbs, lemon juice, garlic, and salt to the bowl, and stir to blend. Let the mixture rest for 5 minutes to allow the flavors to meld. Taste and add additional chopped fresh herbs, lemon juice, and/or salt, if necessary (I thought this batch was just right as-is).
3. Serve tzatziki immediately or chill for later. Leftover tzatziki keeps well, chilled, for about 4 days.



Source: Kathryne Taylor. cookieandkate.com/how-to-make-tzatziki/#tasty-recipes-25607

EASY HUMMUS (BETTER THAN STORE-BOUGHT)

Prep Time: 10 minutes

	Makes 1 1/2 cups	*Makes ~7 cups*
• **Chickpeas, drained**	**1 can (15oz)**	**4 cans (15oz)**
• **Fresh lemon juice**	**1/4 cup**	**XXX**
• **Tahini, well-stirred**	**1/4 cup**	**1 cup**
• **Garlic, minced**	**1 clove**	**3 cloves**
• **Extra-virgin olive oil**	**2TBSP**	**¼ cup**
• **Ground cumin**	**½ tsp**	**2 tsp**
• **Salt**	**To taste**	
• **Cold water or aquafaba**	**2-3 TBSP**	**½ cup**
• **Ground paprika, sumac, or Za'atar for serving**	**Dash**	

Directions

1. In the bowl of a food processor, combine the tahini and lemon juice and process for 1 minute. Scrape the sides and bottom of the bowl, then process for 30 seconds more. (*This extra time helps "whip" or "cream" the tahini, making the hummus smooth and creamy*.)
2. Add the olive oil, minced garlic, cumin, and a 1/2 teaspoon of salt to the whipped tahini and lemon juice. Process for 30 seconds, scrape the sides and bottom of the bowl, and then process for another 30 seconds or until well blended.
3. Drain the chickpeas. Then add half of the chickpeas to the food processor and process for 1 minute. Scrape the sides and bottom of the bowl, then add the remaining chickpeas and process them until thick and relatively smooth, 1 to 2 minutes.
4. The hummus will likely be too thick and still have tiny bits of chickpea. To fix this, slowly add 2 to 3 tablespoons of cold water or aquafaba with the food processor turned on until you reach the perfect consistency.
5. Taste and adjust as needed. Serve hummus with a drizzle of olive oil and a sprinkle of paprika, sumac, or Za'atar.
6. Store homemade hummus in an airtight container and refrigerate for up to one week. Freeze, covered with a thin layer of olive oil, for up to one month.

Source: Joanne Gallagher. www.inspiredtaste.net/15938/easy-and-smooth-hummus-

TOFU NEATBALLS

	Serves 6	*Serves*
• **Extra Firm Tofu, crumbled**	**1 Package**	**6 Packages**
• **Soy sauce**	**2 TBSP**	**¾ cup**
• **Mirin**	**1 tsp**	**2 TBSP**
• **Garlic, minced**	**3 cloves**	**10-12 cloves**
• **Bread crumbs**	**¾ cups**	**4 cups**
• **Parmesan Cheese**	**⅓ cups**	**2 cups**
• **Dried sage**	**1 tsp**	**1 ½ TBSP**
• **Oregano**	**1 tsp**	**1 ½ TBSP**
• **Basil**	**1 tsp**	**1 ½ TBSP**
• **Eggs, lightly beaten**	**2**	**8**
• **Ground flax seed**	**2 TBSP**	**¾ cup**
• **Water**	**6 TBSP**	**1 ½ cup**
• **Olive oil**	**2 TBSP**	**½ cup**

Directions

1. In a large bowl mix together crumbled tofu, soy sauce, mirin and garlic; let stand 5 minutes
2. Stir in bread crumbs, cheese, spices-oregano, sage & basil and eggs.
3. Add water to ground flax and let stand for 2 minutes. Add to the tofu mixture.
4. Shape mixture into 1” balls and flatten slightly.
5. In a large skillet, heat oil over a medium heat. Brown meatballs on all sides

Source: Sunrise Tofu via. Greater Food Bank Vancouver (GVFB)

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Roasted Carrot Dip

	Serves 4		Serves 20
Carrots, cut into large chunks	**3-4**		**20**
Onion, peeled and quartered	**1**		**5**
Garlic, skins still on	**4 cloves**		**15 cloves**
Ground Cumin	**½ tsp**	**1**	**½ tsp**
Ground Coriander	**½ tsp**		**1 ½ tsp**
Paprika	**½ tsp**		**1 ½ tsp**
Cayenne Pepper	**½ tsp**	**1**	**tsp**
Olive Oil	**2 tbsp**		**½ cup**
Tahini	**2 tbsp**		**½ cup**
Lemons, juiced	**1**		**4**
Salt	**Pinch**		**¼ tsp**
Black Pepper	**Pinch**		**¼ tsp**

Preheat the oven 350° F (180°C). Put the carrots, onion and garlic on a baking tray. Toss with olive oil and spices.

Roast in the oven for about 30 minutes. Check the carrots are not still hard. If so, return to the oven for a bit longer. You may need to take the onions and garlic out of the oven. When the vegetables are ready, leave to cool before making the dip.

Put the vegetables in a food processor, squeezing the garlic cloves out of their skins, and blend until smooth. Add the lemon juice, tahini, salt and pepper a little at a time. Keep blending and tasting until you get it how you like it. Serve as a dip with vegetables and bread.

Adapted from Searching for Spice

Easy Apple Coleslaw

	Serves 8	Serves 24
Mayonnaise	**½ cup**	**1 ½ cups**
Honey	**2 tbsp**	**¼ cup**
Apple Cider Vinegar	**2 tbsp**	**¼ cup + 2 tbsp**
Dijon Mustard	**1 tbsp**	**3 tbsp**
Salt	**½ tsp, or to taste**	**1 tsp**
Black Pepper	**¼ tsp, or to taste**	**½ tsp**
Green or Red Cabbage, shredded	**4 cups**	**12 cups**
Carrot, shredded	**1 large**	**3-4 large**
Granny Smith Apples, diced	**2 medium**	**5 medium**

Whisk the dressing ingredients together.

Add the coleslaw ingredients to a large bowl along with the dressing. Toss well to combine. Serve immediately or let the slaw marinate up to a day before serving.

Note: Red cabbage has tons of colour in it and will dye the dressing and slaw ingredients pink when marinated. Don't be shocked! It will still taste delicious.

Adapted from Mess in the Kitchen

Roasted Beet Salad

with Toasted Pumpkin Seeds and Feta

Roasted Beets	Serves 6	Serves 24
Beets	**4 med-lg / 8 small**	**16 med-lg**
Extra Virgin Olive Oil*	**1 tbsp**	**4 Tbsp**
Balsamic Vinegar	**1 tbsp**	**¼ cup**
Fine Sea Salt	**1 Pinch**	**¼ tsp**
Black Pepper, freshly ground	**1 Pinch**	**¼ tsp**
Garlic Powder	**1 Pinch**	**¼ tsp**

* Or substitute any good quality cooking oil - Avocado, Coconut, or Ghee

Vinagrette		
Extra Virgin Olive Oil	**3 Tbsp**	**½ cup**
Balsamic Vinegar	**2 Tbsp**	**½ cup**
Lemon Juice, freshly squeezed	**1 Tbsp**	**3 Tbsp**
Maple Syrup	**1 Tbsp**	**¼ cup**
Dijon Mustard	**1 tsp**	**3 tsp**
Fine Sea Salt	**¼ tsp**	**½ tsp**
Black Pepper, freshly ground	**To taste**	**To taste**
Garlic, minced	**1 large clove**	**4 large cloves**

Salad		
Pumpkin Seeds,** toasted	**½ cup**	**1 ½ cups**
Mixed Greens, Spinach or Chopped Kale	**8 cups**	**32 cups**
Dried Cranberries or Raisins	**¼ cup**	**¾ cup**
Crumbled Feta Goat, Sheep or Cow	**½ cup**	**2 cups**

** Or substitute Sunflower Seeds or Pecans

Roast the Beets
Preheat the oven to 400° F (200° c). Peel the beets, chop off the stems, and cut into ½-inch cubes. Place in a bowl and toss with the oil, balsamic, salt, pepper, and garlic powder. Line a baking sheet with parchment paper, if desired. Transfer the beets to the baking sheet and roast for 30-40 minutes, until fork-tender. Set aside to cool.

Make the Vinagrette
Combine the oil, balsamic, lemon, maple syrup, salt, pepper, dijon mustard, and garlic in a jar. Secure the lid and shake to combine.

Make the Salad
Toast the pumpkin seeds, sunflower seeds or pecans. Spread them out on a baking sheet and toast at 325° F (165° C) for 8-10 minutes.

Place the greens in a salad bowl. Top with the cranberries, pecans, feta, and roasted beets. Toss to combine and drizzle the dressing over individual portions. (This prevents the salad from becoming soggy.)

If using kale, the method is slightly different because you'll need to massage the kale with the dressing. Chop the kale, place it in a bowl, and pour the dressing over top. Using your hands, "massage" the dressing into the kale until the leaves are bright green and tender. Then proceed with adding the cranberries, pecans, feta, and beets to the kale.

Note: For a vegan salad, omit the feta and use vegan feta-style cheese or pitted and chopped Kalamata olives instead.

Adapted from Up Beet Kitchen

Rockin' Moroccan Stew

	Serves 6	Serves 30
Olive Oil	2 tsp	3 ½ Tbsp
Yellow Onion, ¾" bites	1 med/lg	5 med/lg
Fresh Green Beans, ¾" bites	1 cup	5 cups
Garlic, minced	2 cloves	10 cloves
Ginger Root, minced	2 tsp	3 ½ tbsp
Ground Cumin	1 tsp	2 tbsp
Curry Powder	1 tsp	2 tbsp
Ground Coriander	1 tsp	2 tbsp
Chili Powder	1 tsp	2 tbsp
Vegetable Broth	2 cups	10 cups
Coconut Milk	1 x 400mL can	5 x 400mL cans
Sweet Potato, peeled and cubed	3 cups	15 cups
Diced Canned Tomatoes petite cut, drained	1 x 540 ml can	5 x 540 ml cans
Canned Chickpeas, rinsed	1 x 540 ml can	5 x 540 ml cans
Lemon Juice, freshly squeezed	1 tbsp	¼ cup
Salt	½ tsp	2 ½ tsp
Black Pepper	¼ tsp	1 ¼ tsp
Raisins	¼ cup	1 cup
Peanut Butter	3 tbsp	1 cup
Fresh Cilantro, minced	2 tbsp	½ cup
	Plus more for serving	
Limes, optional to garnish	2 limes (8 wedges)	8 limes (32 wedges)

In a large pot over medium high heat, sauté onions and garlic in olive oil for 2-3 minutes. Stir in ginger root, cumin, curry powder, coriander and chili powder and continue cooking for another 30 seconds.

Add the remaining ingredients to the pot—except the raisins, peanut butter and cilantro—and bring to a boil. Reduce heat and simmer for 20 minutes or so, until all the veggies are tender. Add in peanut butter, raisins and cilantro. Mix well. Let simmer for another 5 minutes before serving. Serve with citrus wedges (lemon or lime).

Adapted from Monday Sunday Kitchen

Basmati Rice

	Serves 4	Serves 24
Basmati Rice	**1 cup**	**6 cups**
Cold Tap Water	**1½ cups**	**9 cups**

Simple, Fluffy Method
Place rice and water in a medium size saucepan over medium high heat, no lid. Bring to a simmer – the edges should be bubbling, the middle should be rippling, the surface will be foaming.

Place a tight fitting lid on, then turn heat down to medium low (low for strong stoves). Cook for 12 minutes – DO NOT LIFT LID. Tilt saucepan, then take a QUICK peek to ensure all water is absorbed – be super quick, then clamp lid back on.

Remove from heat, leave for 5 to 10 minutes with lid on, then fluff with fork and marvel at fluffy rice! Note: large batches will take slightly longer – about 13 minutes for 2 cups, about 15 minutes for 4 cups.

Adapted from RecipeTin Eats

Pear, Cranberry and Gingersnap Crumble

	Serves 6	Serves 30
All-purpose Flour	**1 cup**	**5 cup**
White Sugar	**¼ cup**	**1¼ cups**
Brown Sugar Packed	**3 tbsp**	**1 cup**
Gingersnap Crumbs	**1 cup** (~ 16 cookies)	**5 cups** (~80 cookies)
Ground Ginger	**⅛ tsp**	**½ tsp**
Salt	**⅛ tsp**	**½ tsp**
White Pepper	**Pinch**	**¼ tsp**
Unsalted Butter melted and cooled	**½ cup**	**2 ½ cups**
Anjou Pears peeled, halved, cored, sliced ¼"	**4 - 5 large**	**20 large**
Cranberries fresh or frozen	**1 ½ cups**	**7 ½ cups**
Lemon Juice, freshly squeezed	**1 tbsp**	**¼ cup**
Lemon Zest, finely grated	**½ tsp**	**2 tsp**
Vanilla Extract	**½ tsp**	**2 tsp**
White Sugar	**½ cup**	**2 ½ cups**
Cornstarch	**2 tbsp**	**½ cup**

Preheat the oven to 350°F (180°C). Stir together the flour, granulated sugar, brown sugar, gingersnap crumbs, ginger and salt. Stir in the melted butter until large crumbs form.

In a 2L baking dish, mix the pears, cranberries, lemon juice, lemon zest and vanilla. In a small bowl, whisk the sugar and cornstarch together then toss it with the fruit mixture in the baking dish.

Sprinkle the gingersnap crumble over the fruit. Set the crumble on a foil-lined baking sheet and bake for about 45 minutes, until the crumble is a shade darker and you see juices bubbling through the crumbs.

Adapted from Smitten Kitchen