



From the Community Kitchen Oatcakes

3 cups rolled oats	½ tsp baking soda
3 cups flour	1 cup margarine
1 cup white sugar	1 cup shortening
½ tsp salt	½ cup water

Mix together flour, salt, rolled oats and sugar. Cut in shortening and margarine. Add water and soda. Roll out thin on a floured board.

Cut with a cookie cutter into round or square shapes.

Bake in 400° oven for 10-15 minutes. Watch carefully.

Serve with butter or plain.

Makes 48-60 cookies depending on the size.



Food for Families Recipe Lentil and Rice Salad

1 cup cooked lentils, cooked according to directions, cooled	
½ cup chopped tomatoes	1 2/3 cup cooked rice, cooled
1 Tbsp parsley	¼ cup sliced green onions
½ tsp black pepper	1 clove garlic, minced
Lettuce leaves	¼ cup Italian dressing

Combine all ingredients except lettuce in a medium bowl.

Serve on lettuce leaves.

Serves 4



From the Community Kitchen Fiesta Vermicelli Soup

½ lb. smoked sausage	Garlic to taste
1 tsp. chili powder	½ tsp cumin
42 oz. chicken stock (approx 5 ¼ cups) + 2 cups water	
1 – 10 oz. can diced tomatoes	1 – 14 oz can corn
1 – 14 oz. can black beans, drained & rinsed	
6 oz. vermicelli, broken into pieces	1 Tbsp lime juice
2 Tbsp fresh cilantro, minced	Kale, cut in strips
Avocado for garnish - optional	

Cut sausage in chunks and sauté in a bit of oil. Add the cumin and chili powder and sauté for another minute. Add tomatoes, chicken stock and water and bring to the boil. Add corn and beans and continue to simmer. Add vermicelli and continue to simmer.

Five minutes before the end, add about a cup of chopped kale and the lime juice and salt & pepper to taste.

Just before serving add the minced cilantro.

Serve with pieces of avocado if desired.



From the Community Kitchen Easy Seafood Burgers

1 tin salmon or tuna	2 eggs, lightly beaten
¼ cup celery, finely chopped	½ cup breadcrumbs
1/3 cup relish	2 green onions, chopped
Salt and Pepper to taste	

In a large mixing bowl, combine all ingredients.

Shape into 4 patties.

In a non-stick pan, or in oil, cook patties until both sides are golden brown – about 3 minutes per side.

Serve on a bun or as an appetizer with lemon, dill mayonnaise.