

Since 1992, BCAITC has been bringing agriculture and food education to BC's K-12 students! In celebration of our 30 years, we've rounded up our favourite BC grown recipes. Created by BCAITC Chef Trevor Randle and Take a Bite of BC Chefs, these student-tested and approved recipes feature simple step-by-step instructions. Download these recipes (plus hundreds more) at www.bcaitc.ca

## BC BC GROWN GROWN FAVOURITE RECIPES



BC INSPIRED THAI CHICKEN CURRY This is our most downloaded recipe! Vegetarian option also available.



**BAKED LEMON PUDDING WITH BC BLUEBERRY COMPOTE** Sweet BC blueberries and tart lemon flavours blend in this delicious dessert.



BC SOUR CREAM CHOCOLATE CAKE WITH LOCAL STRAWBERRY PRESERVES AND CHOCOLATE GANACHE BC sour cream makes this chocolate cake extra moist and rich!



BC BEEF ZESTY LETTUCE WRAPS

This Asian-inspired wrap showcases BC beef paired with quick-pickled radishes and cucumbers and miso yogurt sauce.



**BC ANCHO LIME BEEF FAJITAS WITH WHITE CHEDDAR QUESO** South American flavours blend with BC beef to create a dish you are sure to enjoy! Vegetarian option also available.



BC EGG SCRAMBLE AND CHICKEN SAUSAGE WITH ASPARAGUS TOAST ACCOMPANIED BY BC GREENHOUSE SALAD

This BC grown menu - featuring eggs, chicken, and veggies - is perfect for a brunch celebration.



ORGANIC BRAISED MOROCCAN CHICKEN WITH COUSCOUS

This dish features exotic Middle Eastern spices like turmeric, cumin, and saffron paired with BC chicken and vegetables.



BC BLUEBERRY STRUDEL This easy recipe, made with puff pastry, showcases BC blueberries and cream cheese.





BC GREENHOUSE PENNE WITH BC ASIAGO CREAM

BC greenhouse-grown veggies combine with a creamy pasta to make a vegetarian dish that everyone will enjoy!



BC CRANBERRY SCONES WITH ORANGE AND WHITE CHOCOLATE

These Craisin scones taste best when hot out of the oven and paired with BC butter! TRÈS LECHES CAKE This cake features three BC dairy ingredients that give it a moist and rich texture.

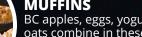


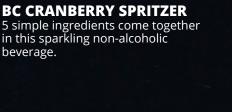
BC APPLE, BLUEBERRY, AND CARROT SMOOTHIE Made with healthy BC grown apples, blueberries, and carrots this smoothie is a great energizer.

### BC APPLE OATMEAL MUFFINS

BC apples, eggs, yogurt, butter, and oats combine in these scrumptious muffins.

ARTISAN BAGUETTE This 2-day make-ahead recipe features just 4 simple ingredients – flour, salt, yeast and water.







# BC BEEF STROGANOFF WITH FRESH GNOCCHI This BC beef recipe is

made extra rich with BC red wine, whipping cream, and sour cream.

BC KALE CAESAR SALAD WITH CRAISINS

Have 10 minutes? That's all the time it takes to put together this fresh BC grown salad.

### EASY SUNDAY BRUNCH BC EGGS BENEDICT

Try this tasty recipe featuring BC back bacon, poached eggs, and a rich Hollandaise sauce.





### ROASTED BEET AND FETA

This vibrant ruby-coloured salad features red BC beets, red leaf lettuce, and red onions!



describe this summer recipe! Make this recipe extra-special by growing your own basil for the salad.



Baked in the oven, these healthy BC chicken wings get flavour from chilli sauce, sesame, and ginger.







BREAKFAST BURRITO WITH PAN FRIED BC POTATOES AND FRESH FRUIT Speedy prep and fresh, simple BC

ingredients! That's why we love this recipe.



BC CHICKEN AND ANDOUILLE SAUSAGE **JAMBALAYA** BC Andouille sausage and Creole seasoning add some heat to this chicken and rice dish.



BC BUTTERNUT SQUASH SOUP

BC butternut squash is the star of this hearty soup! Co-stars include onions, celery, potatoes, and milk!

## MINI GREEK SALAD IN CUCUMBER CUPS

BC peppers, tomatoes, and cucumbers are mixed with dressing and feta cheese in this tasty appetizer.



#### PANZANELLA (TUSCAN BREAD SALAD) This tastes best when made a few

days ahead so that the flavours can meld together!



# SEARED DUCK BREAST LETTUCE WRAP WITH ASIAN VINAIGRETTE

BC duck is mixed with Asian flavours and pickled vegetables in this delicious recipe.



#### PAELLA

This dish offers a medley of wonderful BC seafood including shrimp, squid, clams, and mussels combined with pork and veggies.

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