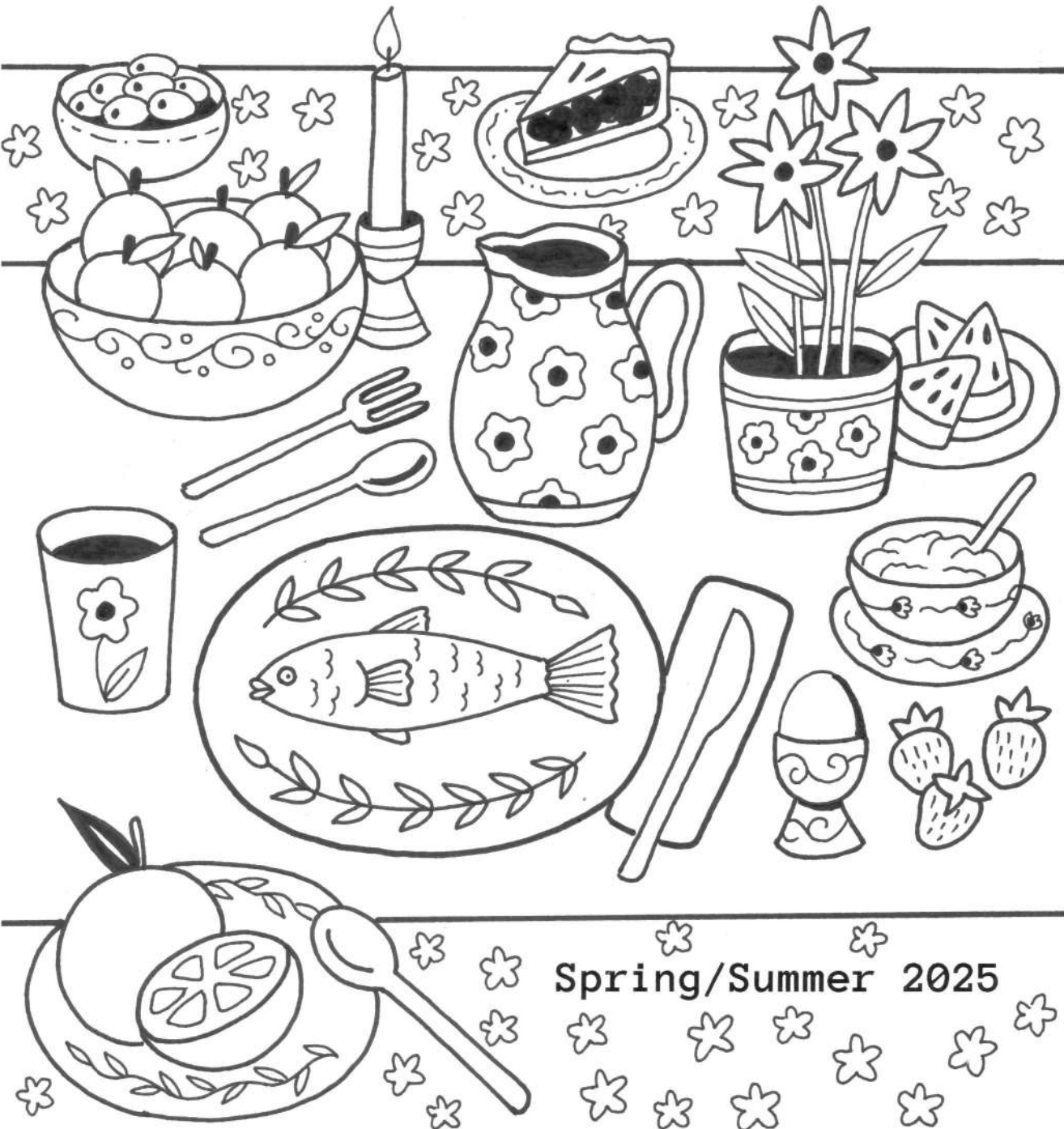


TASTE OF PARKDALE

Local recipes from PCFB's community



Welcome to the fourth edition of PCFB's Community Cookbook!

This cookbook is about more than just food - it's about community, connection, and creativity. The creation of a Community Cookbook was first proposed by our former Operations Manager, Shimona Patel, to inspire folks to use ingredients in new and imaginative ways, especially those commonly found at the food bank.

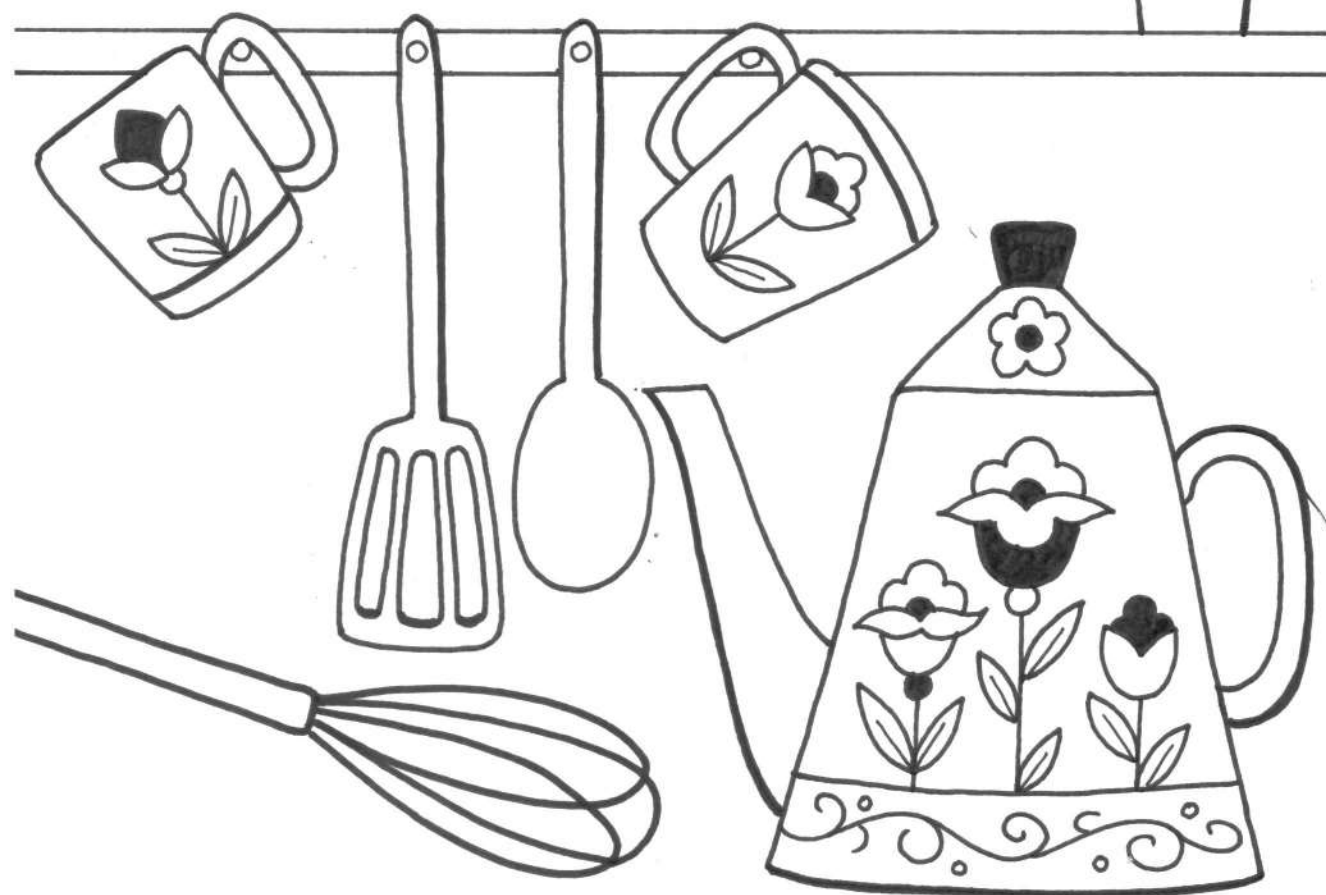
We also see this cookbook as a way to bring our community closer together. Parkdale is home to people from all over the world, and every dish in these pages reflect the rich cultural diversity that makes our community so special. By sharing recipes, we're also sharing stories, traditions, and knowledge.

This edition is packed with fresh flavours and seasonal recipes that are perfect to enjoy on a hot summer's day. Whether you are cooling off after an afternoon in the sun, or gathering for a BBQ or picnic with friends, there is something delicious for everyone.

Here's to good food, shared moments, and the power of community! Happy cooking!

About the Parkdale Community Food Bank

The Parkdale Community Food Bank has been providing barrier-free access to diverse food options since 2007. Embracing the belief that joy is fundamental to nourishment, our mission is to create a hunger-free community. Through our drop-in and delivery food programs, we currently serve over 14,000 individuals every



Simple Overnight Oats by Jesse M.

My quick and easy go-to breakfast that you can prepare the night before! Overnight oats are completely customizable. You can use whatever you have on hand as toppings. They also keep in the refrigerator for up to 3 days, so you can make multiple servings at once for grab-and-go breakfasts.

Ingredients:

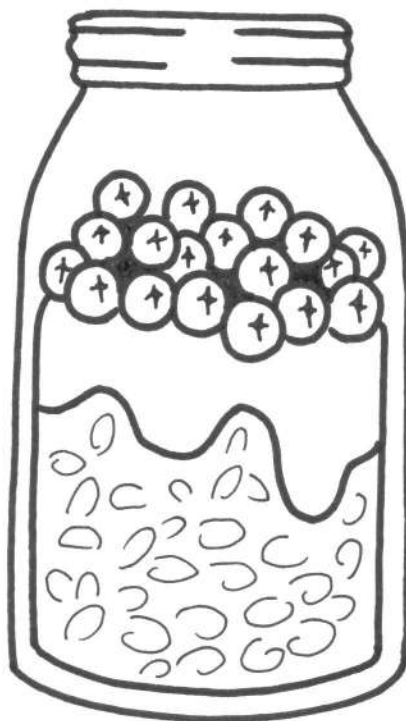
- 1/2 cup rolled oats
- 1/2 cup milk of choice (dairy or plant-based) or water
- Pinch of salt

Optional Ingredients:

- 1 tablespoon maple syrup or honey

Instructions:

1. In a jar or container with a lid, combine the rolled oats, milk or water, and salt.
2. Add the maple syrup or honey (if you are using it).
3. Stir well to combine all ingredients.
4. Seal the container and refrigerate overnight or for at least 6 hours.
5. In the morning, give the oats a good stir. If they seem too thick, add a splash more milk or water.
6. Top with your favourite toppings. Some good options are sliced or mashed banana, berries, chopped nuts, peanut butter, or a dollop of yogurt. The beauty of overnight oats is how customizable they are! You can add cocoa powder for chocolate oats, pumpkin puree and spices for a fall version, or mashed banana for natural sweetness.



Eggy Jammy Roll Up by Katie N

Trust us on this one. A really easy egg recipe that my kids love! Based on the French dish Omelette a la Confiture.

Ingredients

- 2 eggs
- Pinch of salt
- Splash of milk or water
- Knob of butter or neutral oil
- About 1 tsbp jam, any kind, but I recommend strawberry or raspberry
- About 1 tbsp icing sugar

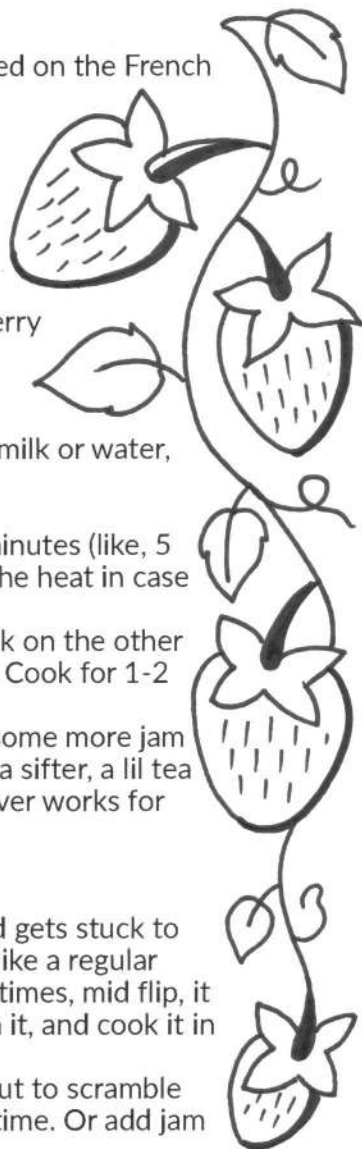
Instructions

1. Crack the eggs into a small bowl. Add a pinch of salt, a splash of milk or water, and whisk em up real good.
2. In a nonstick pan over medium heat, melt your butter (or oil).
3. Pour your egg mixture into the pan and let it cook for a couple minutes (like, 5 max), until the edges are cooked and the middle is just set. Adjust the heat in case the egg is cooking too fast - we don't want it to brown too much.
4. Shake the pan to gently to loosen the omelette, and flip it to cook on the other side. This takes practice (or a really big spatula) but I believe in you. Cook for 1-2 more minutes and then slide the omelette onto a plate.
5. Spread a spoonful of jam around on the omelette, roll it up, put some more jam on top if you're feeling generous, and dust it with icing sugar using a sifter, a lil tea strainer, a mesh-topped shaker, or a spoon, or your fingers? Whatever works for you, really.

Troubleshooting

-Sometimes it's impossible to flip the omelette because it's thin and gets stuck to the bottom of the pan. If this happens, you can just try to roll it up like a regular omelette and put the jam and sugar on top - that also works. Sometimes, mid flip, it gets folded in half instead of fully flipping. In this case, just roll with it, and cook it in whatever shape it takes.

-Did the whole thing get messed up and now you have no choice but to scramble the eggs? That's fine. Just pivot the whole meal and try again next time. Or add jam and sugar to your scrambies, if you want!



Easy Roasted Tomato Pasta by Leah H.

Ingredients

- 1 large or 2 small containers of cherry tomatoes
- 3 cloves of garlic minced or 1 tsp garlic powder
- 1 zucchini cut into larger pieces
- ½ a red onion diced (substitute with regular onion)
- 1 bell pepper cut into larger pieces
- Olive oil
- Salt and pepper to taste
- Italian seasoning or 1 tsp oregano, 1 tsp parsley, ½ tsp rosemary, ½ tsp thyme
- 3 cups of any short pasta

Optional Ingredients:

- 100grams of feta cheese crumbled

Instructions:

- Cook pasta but reduce the amount of time by 2 minutes
- Drain and set aside
- Preheat oven to 350F
- Cut cherry tomatoes in half
- Add veggies to a large oven safe baking dish
- Drizzle with olive oil (enough to cover everything)
- Add seasoning and mix well
- If using feta, crumble on top
- Roast for 25 minutes uncovered
- When veggies are finished, add cooked pasta, mix and enjoy

Note: If using feta, use half the amount of salt for the roasted veggies

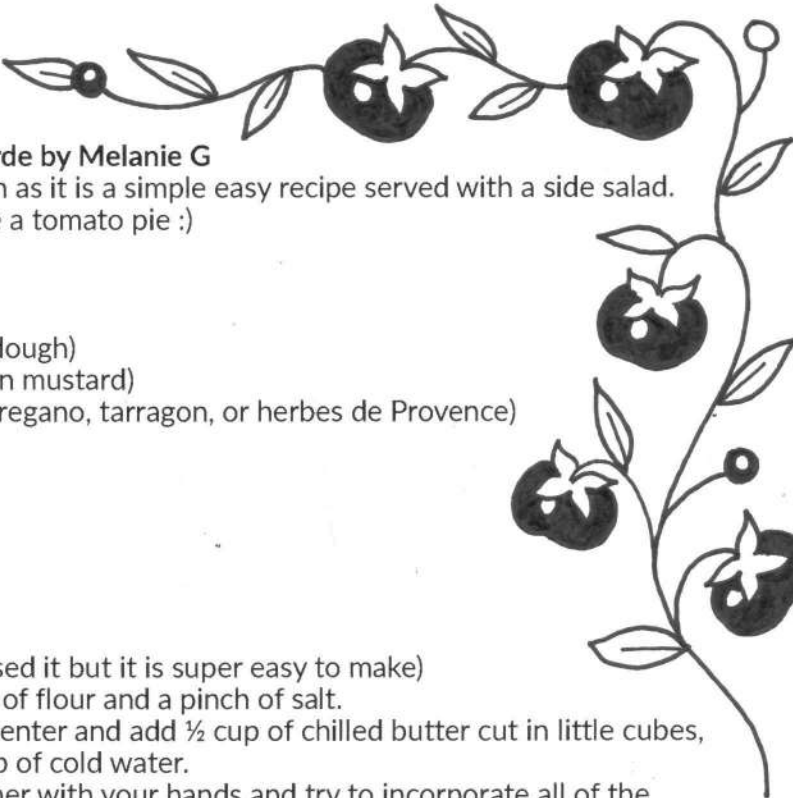
Tomato Ginger Chutney by Mira K

Ingredients

- 2 tbsp (25 ml) vegetable oil
- 1 cup (250 ml) chopped onions
- 1 tsp (5 ml) chopped garlic
- 1 tbsp (15 ml) chopped ginger
- 1 can (796 ml) diced tomatoes, drained and chopped
- 1/4 cup (50 ml) granulated sugar
- 1/4 cup (50 ml) white vinegar
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5ml) hot Asian chilli sauce (Sriracha) or hot pepper sauce
- 2 tbsp (25 ml) chopped cilantro
- Salt and freshly ground black pepper

Instructions

1. Heat oil in a pot over medium heat. Add onions and sauté for 3 minutes or until softened. Stir in garlic and ginger and cook for 30 more seconds.
2. Add tomatoes and cook until slightly softened. Stir in sugar, vinegar, soy sauce, and Asian chilli sauce. Bring to a boil, then reduce heat and simmer for 25 minutes or until mixture thickens.
3. Remove from heat and stir in cilantro and salt and pepper. Cool. Refrigerate for up to 2 weeks.



Tarte a la Tomate et Moutarde by Melanie G

I have this for lunch so often as it is a simple easy recipe served with a side salad. Instead of having pizza have a tomato pie :)

Ingredients

- 
- 4-5 sliced tomatoes
 - 1 pie crust (or homemade dough)
 - 2 tbsp mustard (ideally dijon mustard)
 - 1 tsp dried herbs (thyme, oregano, tarragon, or herbes de Provence)
 - Olive oil

Optional Ingredients

- 1 can of tuna
- Sprinkle of cheese

Homemade Dough



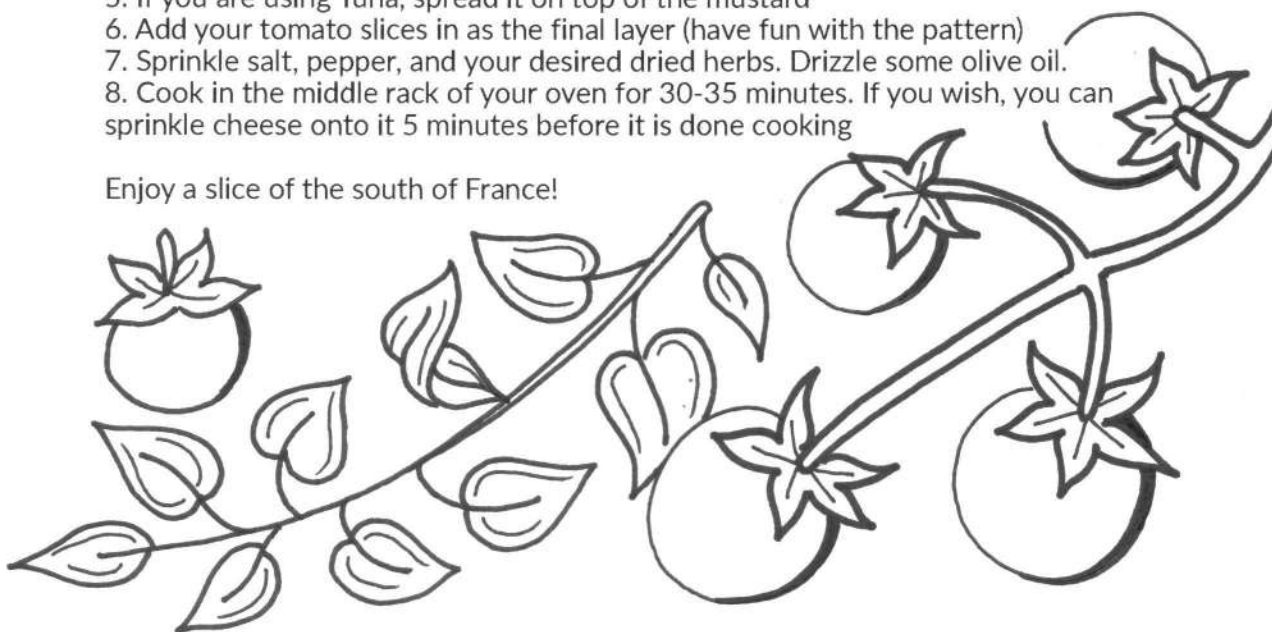
(Hint: you've probably guessed it but it is super easy to make)

1. In a large bowl add 1 cup of flour and a pinch of salt.
2. Make a deep well in the center and add $\frac{1}{2}$ cup of chilled butter cut in little cubes, 1 pre beaten egg, and 2 tbsp of cold water.
3. Knead the mixture together with your hands and try to incorporate all of the butter but don't worry if some chunks remain visible.
4. Wrap the dough in plastic wrap and refrigerate for 1 hour.
5. Once ready, dust some flour on your counter and spread your dough with back of your hand before making the desired shape with your rolling pin

Instructions

- 
1. Preheat the oven to 350F
 2. Lay your pie crust on your pie dish or a baking sheet and create a little border to your pie by folding the edges on itself (about $\frac{1}{2}$ inch)
 3. Prick the dough with a fork in a few different spots.
 4. Spread your mustard on your dough. It should be coating all of your pie except the rolled edges.
 5. If you are using Tuna, spread it on top of the mustard
 6. Add your tomato slices in as the final layer (have fun with the pattern)
 7. Sprinkle salt, pepper, and your desired dried herbs. Drizzle some olive oil.
 8. Cook in the middle rack of your oven for 30-35 minutes. If you wish, you can sprinkle cheese onto it 5 minutes before it is done cooking

Enjoy a slice of the south of France!



Yummy “Chicken Salad” on Toast by Diana M

This recipe makes for a protein-packed breakfast or lunch or anytime healthy snack! And better yet, it requires no cooking.

Ingredients

- 1 ½ cups chopped (1/4” cubes) vegan chicken, chopped tofu, or slightly smashed chick peas
- ½ onion of any kind, chopped
- 1 celery stock, chopped
- 2 ½ tbsp veggie mayo
- ½ tsp salt
- ¼ tsp pepper

Optional Ingredients:

- ½ tsp dried tarragon
- Chopped walnuts
- ½ tsp lemon juice
- ½ tsp chili flakes



Instructions

Mix all ingredients together and spoon onto your favourite toast, bun or crackers. Better yet, double up the recipe and treat yourself to a ready-made lunch tomorrow!

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Chickpea “Tuna” Salad Sandwich by Gabby B

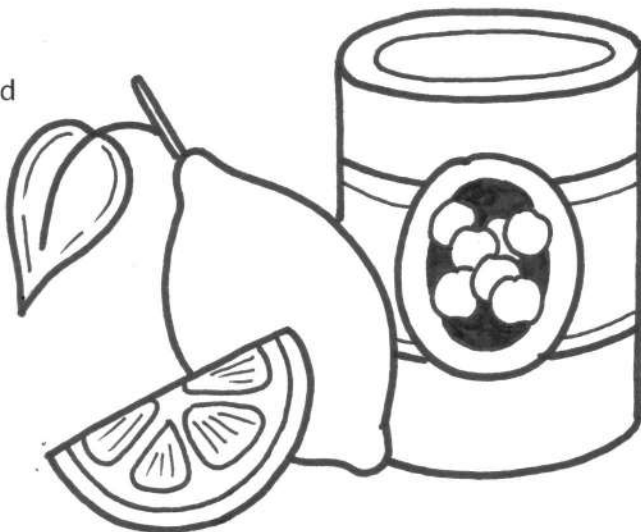
This is one of my favourite quick lunch recipes for Spring & Summer! As a vegetarian who often gets grossed out by eggs (egg ick?), this tuna/egg salad copy-cat is the way to go. I love that you can be creative with this recipe by changing up the add-ins and toppings. This protein packed chickpea delight will transport you back to lunch time in elementary school (minus the stench).

Ingredients:

- 1 can (15 oz) chickpeas, drained and rinsed
- 1-2 dill pickles, finely chopped
- 1 tbsp fresh lemon juice
- 1 rib celery, finely chopped
- 1 green onion, finely chopped
- 1 tsp Dijon mustard
- 1/3 cup mayonnaise (regular or vegan)
- Salt + ground black pepper, to taste
- 2-4 slices of bread

Optional Ingredients:

- 1 tomato, sliced
- 1 handful arugula



Instructions:

1. Place the chickpeas in a large bowl and mash them using a potato masher or the back of a fork.
2. Add the dill pickles, lemon juice, celery, green onion, dijon mustard, and mayonnaise to the mashed chickpeas. Mix until evenly incorporated.
3. Season with a generous pinch of salt and ground black pepper.
4. Serve as a sandwich or open face sandwich with the optional addition of sliced tomato and arugula as toppings.

Shake & Bake Tofu Nuggets by Katie N.

Heads up:

This recipe involves extra marinating time!

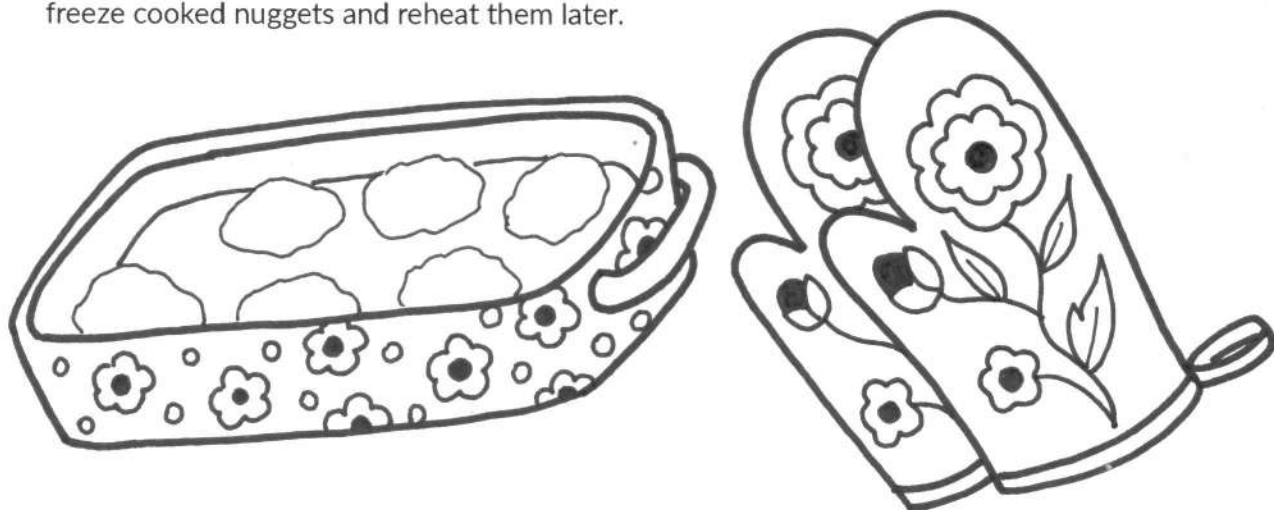
Ingredients:

- 2 packages of extra firm tofu
- 3 cups veggie or chicken stock/ enough bouillon to get you there
- 4 tbsp corn starch
- 2 cups flour
- 1 cup panko or regular breadcrumbs
- 2 tbsp paprika
- 1 tbsp garlic powder
- 2 tsp onion powder
- 2 tsp kosher salt (more to taste, if needed)
- Pepper to taste
- Olive oil

Instructions:

1. Preheat the oven to 450F
2. Remove tofu from the package & drain.
3. Tear each brick into quarters, and put them in a large bowl. Cover the tofu with the veggie or chicken stock, or enough bouillon & hot water to equal 3 cups of stock- you want the tofu to be completely submerged. Cover and let sit for at least 30 minutes, or refrigerate for up to 24 hours. The longer the better.
4. When you're ready for nuggets, drain the stock and tear each piece of tofu into cubes, about an inch thick. The craggy edges you get from tearing the tofu add texture.
5. In a large Ziploc bag, combine the cornstarch, flour, breadcrumbs, paprika, garlic and onion powder, salt, pepper and any other seasonings you wish. Toss the tofu pieces in the bag, seal it up & shake until they're all coated. Any extra shake mix can be stored in the freezer.
6. Remove the tofu nuggets from the bag, and spread them evenly on your baking tray.
7. Drizzle a little oil all over them and toss to coat them in the oil.
8. Bake for about 25-30 minutes, checking halfway to give the pan a shake & make sure nothing is sticking, until they're golden and crispy on the outside. Serve & enjoy!

PS: If you don't want to eat all of the nuggets right away, you can refrigerate or freeze cooked nuggets and reheat them later.



Lentil and Tomato Soup by Jesse M.

A high-protein vegan recipe with exactly 8 ingredients featuring tomatoes. This hearty soup provides approximately 15g of protein per serving and makes 4-6 servings. The red lentils cook quickly and create a naturally creamy texture without any dairy.

Ingredients:

- 1 cup dried red lentils, rinsed
- 1 can (14 oz) diced tomatoes
- 1 large onion, diced
- 3 cloves garlic, minced
- 4 cups vegetable broth
- 2 tablespoons olive oil
- 1 tablespoon ground cumin
- 1/2 cup fresh spinach, roughly chopped

Optional Ingredients:

- Fresh herbs to garnish after cooking

Instructions:

1. In a large pot, heat olive oil over medium heat. Add diced onion and sauté for 3-4 minutes until translucent.
2. Add minced garlic and cumin, stir for 30 seconds until fragrant.
3. Pour in the diced tomatoes with their juice and vegetable broth.
4. Add the rinsed lentils and bring to a boil.
5. Reduce heat to low, cover, and simmer for about 20-25 minutes until lentils are tender.
6. Stir in the chopped spinach and cook for an additional 2 minutes until wilted.
7. If desired, use an immersion blender to partially blend the soup for a creamier texture.
8. Taste and adjust seasoning if needed.



Anything Goes Minestrone by Kat O

This is adapted from a Cookie and Kate minestrone, and really flexible on ingredients, which is great.

Ingredients

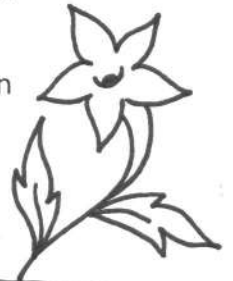
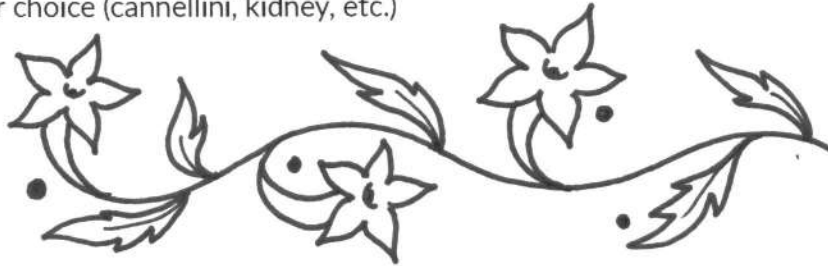
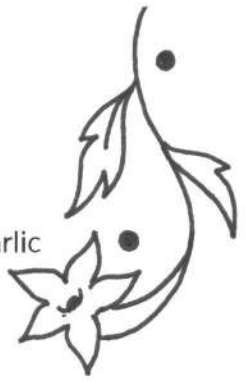
- ¼ cup olive oil
- 2-3 cups of aromatic vegetables of your choice (onion, carrots, celery, leeks, garlic etc.), chopped
- 2 tablespoons of tomato paste
- 2 cups of seasonal vegetables of your choice (zucchini, potatoes, squash, etc.), chopped
- 1 can (28 ounces) diced tomatoes with their liquid
- 6 cups water and/or vegetable broth
- 1 cup short-cut pasta of your choice (small shells, macaroni, fusilli, etc.)
- 1 can (15 ounces) of beans of your choice (cannellini, kidney, etc.)

Optional Ingredients:

- 1 tsp oregano and/or thyme
- 2 bay leaves
- 2 tsp. lemon juice
- Salt and pepper to taste

Instructions

1. In a large pot, heat the olive oil over medium heat. Add the chopped aromatic vegetables, tomato paste, and a pinch of salt (if using). Cook, stirring often, until the vegetables have softened, 7 to 10 minutes.
2. Add the seasonal vegetables with the oregano and/or thyme (if using). Cook, stirring frequently, for 2 minutes.
3. Pour in the canned tomatoes with the water and/or vegetable broth. Add 1 tsp. salt, bay leaves, and lots of pepper (if using).
4. Increase the heat to medium-high and bring to a simmer, then partially cover the pot and cook for 15 minutes. Reduce the heat as necessary to maintain a simmer.
5. Uncover the pot and add the pasta and beans. Continue simmering uncooked until the pasta is cooked, about 15 minutes.
6. Remove the pot from the heat. Remove the bay leaves if you used them. Stir in the lemon juice (if using). This will keep all week in the fridge, and freezes really well.



Kale and Lentil Salad by Ruta S

Salad Ingredients:

- 1 bunch of kale
- 1 can (19oz/540ml) of lentils
- 1 large yam, cooked

Dressing Ingredients:

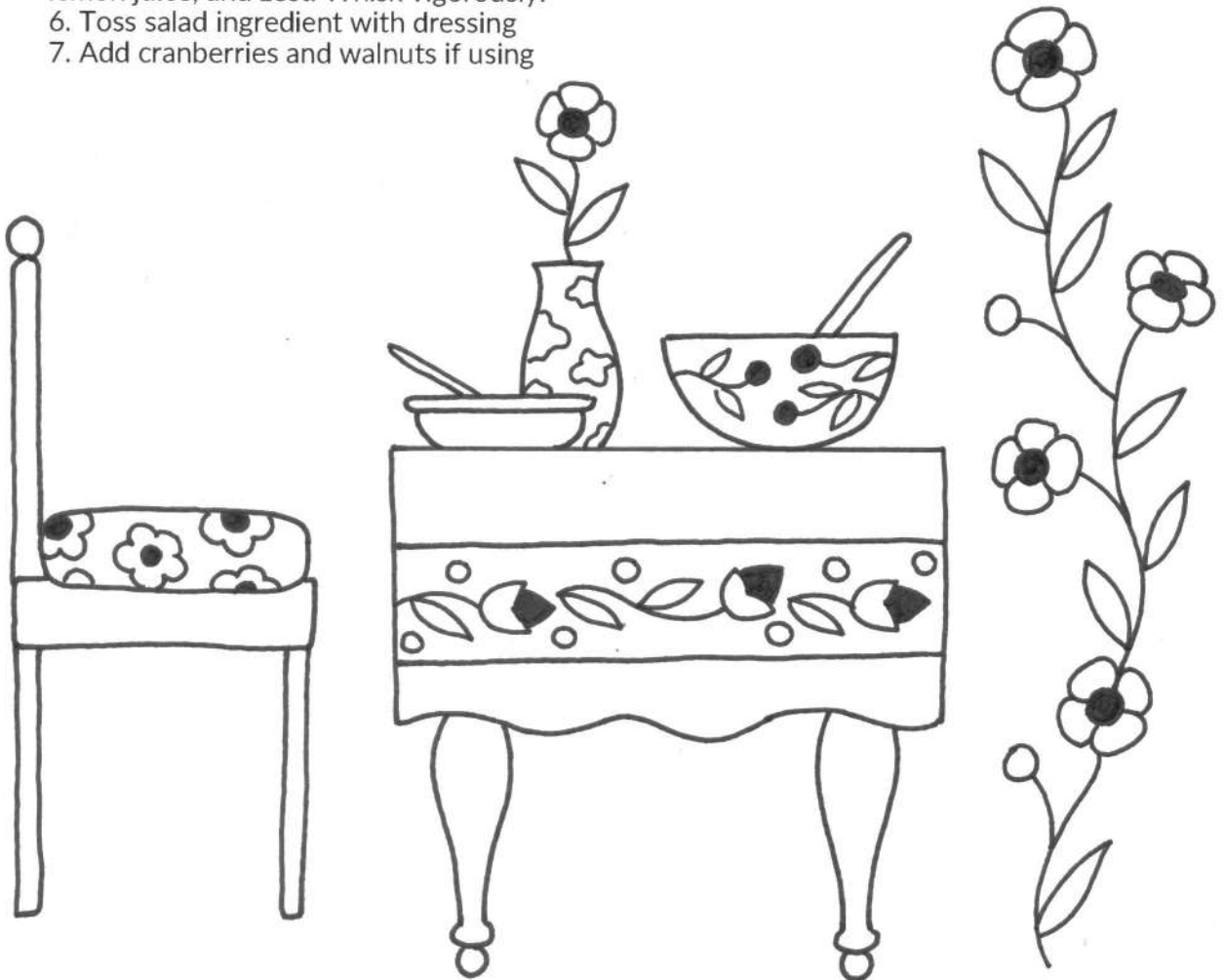
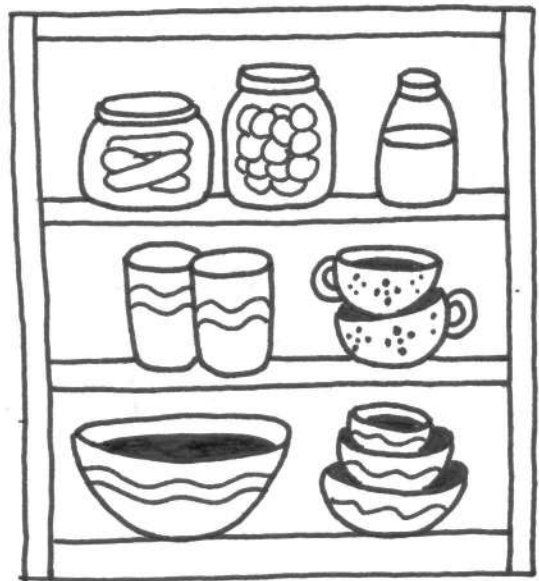
- Lemon juice and zest to taste
- 2 cloves of fresh garlic, minced
- $\frac{1}{4}$ cup of olive oil
- Salt and Pepper to taste

Optional Ingredients:

- Fresh parsley
- Walnuts
- Cranberries

Instructions:

1. Prepare kale by removing woody stalks, wash and chop finely and place into large bowl
2. Drain and rinse lentils, add to bowl
3. Cube cooked yam, add to bowl
4. If using, finely chop parsley and add to bowl
5. In a separate bowl, make the dressing by combining olive oil, garlic, salt, pepper, lemon juice, and zest. Whisk vigorously.
6. Toss salad ingredient with dressing
7. Add cranberries and walnuts if using



Parkdale Community Food Bank, 2025

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