



October 28, 2015

Tasty Snacks to Jazz Up a Brown Bag Lunch

Now that we're well into the school year, your kids have probably started to complain about having the same lunch day in, day out. Perk up their lunch boxes (and yours, too!) with these healthy and fun snack ideas!

Our Rosemary Cranberry Crackers make a delicious standalone snack, or pack a few along with some cheese, cut-up vegetables and fruit for a picnic-style lunch. (Don't forget dessert!) For nut-free schools, try replacing the chopped walnuts with sunflower seeds. Feel free to swap in your favourite herbs or dried fruit, too.

Our Dill Pickle Roasted Chickpeas make the perfect snack for munching. Chickpeas are packed with protein, fibre, vitamins and minerals for your growing child. If your kid is not a pickle fan, you can make plain roasted chickpeas by simply tossing with a bit of sea salt, or try using chili powder for a BBQ-flavoured treat.

ROSEMARY CRANBERRY CRACKERS

Ingredients:

1/2 cup dried cranberries, coarsely chopped
1/2 cup coarsely chopped toasted walnuts
1/2 cup flaxseed
1/3 cup pumpkin seeds, toasted
1 tbsp chopped fresh rosemary
1/2 tsp baking soda
1/2 tsp kosher salt
3/4 cup buttermilk
1 tbsp agave nectar or liquid honey

Method:

1. Preheat oven to 350°F.
2. Combine flour, cranberries, walnuts, flaxseed, pumpkin seeds, rosemary, baking soda and salt in a bowl.
3. Combine buttermilk and agave nectar in a separate bowl.
4. Add buttermilk mixture to flour mixture and stir just until combined. Dough will be stiff.
5. Press dough into a greased 8 ½ x 4 ½ inch loaf pan.
6. Bake for 25 minutes or until light golden around edges.
7. Cool loaf in pan on a rack for 10 minutes. Invert loaf onto rack and cool completely.
8. Preheat oven to 350°F.
9. Using a sharp knife, cut loaf into 24 slices.
10. Place slices in an ungreased large rimmed baking sheet.
11. Bake for 15 minutes.
12. Remove pan from oven and turn slices over.
13. Continue baking for 10 - 15 minutes or until crisp.
14. Remove from pan and cool crackers on a rack.
15. Store in an airtight container in a cool dry place for up to 1 week. May be frozen. *Makes 2 dozen.*

Cook's Note: Agave nectar, also known as agave syrup, is a Mexican sweetener that is sweeter and thinner than honey. Look for it in natural food stores, specialty food stores or the natural foods section of large grocery stores. a rack. Refrigerate for at least 4 hours or up to 24 hours. Garnish with whipped cream and additional pecans. Slice with a hot wet knife. Serves 8.

DILL PICKLE ROASTED CHICKPEAS

Ingredients:

- 4 cans (19 oz/540 mL each) chickpeas, rinsed and drained
- 3 tbsp canola oil or grapeseed oil
- 3 tbsp fresh lime juice
- 4 tsp grated lime peel
- 2 tbsp Dill Pickle Seasoning (recipe follows)



Method:

1. Preheat oven to 400°F.
2. Spread chickpeas in a single layer in two large rimmed baking sheets.
3. Bake for 40 minutes, stirring chickpeas and switching pan position after 20 minutes.
4. Combine oil, lime juice and lime peel in a large heatproof bowl.
5. Transfer hot chickpeas to oil mixture and toss to coat.
6. Spread chickpea mixture in a single layer in same pans.
7. Continue baking for 15 minutes.
8. Turn oven off.
9. Transfer hot chickpeas to same heatproof bowl. Add Dill Pickle Seasoning and toss to coat.
10. Spread chickpea mixture in a single layer in same pans.
11. Return pans to turned-off oven. Let chickpeas stand in oven with door closed for 1 hour or until crunchy.
12. Cool completely in pans on racks.
13. Store in an airtight container in a cool dry place for up to 1 week or freeze for up to 1 month.

Makes about 4 cups

Dill Pickle Seasoning

Ingredients:

- 1 tbsp kosher salt
- 1 tbsp coriander seed
- 1/4 tsp mustard seed
- 1/4 tsp dill weed
- 1/4 tsp garlic powder
- 1/4 tsp onion powder

Method:

1. Grind salt, coriander seed, mustard seed and dill in a coffee grinder until blended. Add garlic powder and onion powder; grind, using an on/off motion, to combine. *Makes about 3 tbsp.*