



BC
Agriculture
in the Classroom
Foundation
bcaitc.ca

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

30 BC GROWN FAVOURITE RECIPES



1 BC INSPIRED THAI CHICKEN CURRY

This is our most downloaded recipe! [Vegetarian option also available.](#)



2 BAKED LEMON PUDDING WITH BC BLUEBERRY COMPOTE

Sweet BC blueberries and tart lemon flavours blend in this delicious dessert.



3 BC SOUR CREAM CHOCOLATE CAKE WITH LOCAL STRAWBERRY PRESERVES AND CHOCOLATE GANACHE

BC sour cream makes this chocolate cake extra moist and rich!



4 BC BEEF ZESTY LETTUCE WRAPS

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



5 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.](#)



6 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.



7 ORGANIC BRAISED MOROCCAN CHICKEN WITH COUSCOUS

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



8 BC BLUEBERRY STRUDEL

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



9 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!



10 BC CRANBERRY SCONES WITH ORANGE AND WHITE CHOCOLATE

These Craisin scones taste best when hot out of the oven and paired with BC butter!

11**TRÈS LECHE CAKE**

This cake features three BC dairy ingredients that give it a moist and rich texture.

13**ORGANIC BC CIDER POACHED APPLES WITH TOASTED WALNUTS**

Featuring organic BC ingredients, this tasty dessert is perfect for fall when BC apples are in-season.

15**BC CRANBERRY SPRITZER**

5 simple ingredients come together in this sparkling non-alcoholic beverage.

17**BREAKFAST BURRITO WITH PAN FRIED BC POTATOES AND FRESH FRUIT**

Speedy prep and fresh, simple BC ingredients! That's why we love this recipe.

19**BC CHICKEN AND ANDOUILLE SAUSAGE JAMBALAYA**

BC Andouille sausage and Creole seasoning add some heat to this chicken and rice dish.

21**BC BUTTERNUT SQUASH SOUP**

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

23**MINI GREEK SALAD IN CUCUMBER CUPS**

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

25**PANZANELLA (TUSCAN BREAD SALAD)**

This tastes best when made a few days ahead so that the flavours can meld together!

27**SEARED DUCK BREAST LETTUCE WRAP WITH ASIAN VINAIGRETTE**

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

29**PAELLA**

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

12**BC APPLE, BLUEBERRY, AND CARROT SMOOTHIE**

Made with healthy BC grown apples, blueberries, and carrots – this smoothie is a great energizer.

14**BC APPLE OATMEAL MUFFINS**

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

16**ARTISAN BAGUETTE**

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

18**BC BEEF STROGANOFF WITH FRESH GNOCCHI**

This BC beef recipe is made extra rich with BC red wine, whipping cream, and sour cream.

20**BC KALE CAESAR SALAD WITH CRAISINS**

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

22**EASY SUNDAY BRUNCH BC EGGS BENEDICT**

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

24**BC MUSHROOM DUXELLES**

Try Button, Crimini, Portabella, Shiitake, and/or Oyster mushrooms in this recipe!

26**ROASTED BEET AND FETA SALAD**

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

28**WATERMELON SALAD WITH FETA & BASIL**

Fresh! That's the best word to describe this summer recipe! Make this recipe extra-special by growing your own basil for the salad.

30**BC INSPIRED BAKED KOREAN BBQ CHICKEN WINGS**

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