

Sent in by Judy Miles - ICBC

3 CHEESE HOT DIP (OPTIONAL THE ARTICHOKE CAN BE ADDED)**

Ingredients

- 1/2 cup grated Parmesan cheese (sub smoked cheddar)
- 3-4 sliced thin green onions
- 5-7 slices smokey bacon, cooked & chopped
- OPTIOINAL **1 (14 oz) can drained and chopped artichoke hearts
- 1 cup mayonnaise
- 1 (8 oz) package softened cream cheese
- 1 cup shredded mozzarella cheese (1/2 cup mozza and ½ cup regular cheddar cheese)
- dash Hot Sauce
- dash Worcestershire sauce

Directions

Preheat oven to 350 °F.

In a large mixing bowl, beat the cream cheese with a hand held electric mixer until smooth. Then beat in the mayonnaise until smooth. Add remaining ingredients and stir together until combined. Transfer the dip to a pie plate or shallow gratin dish. Bake in a preheated oven for 30 to 40 minutes until the top is golden brown and the dip is bubbling. Serve hot with crackers, tortilla chips, crostini or veggies.

Sent in by Russ Garrett - ICBC

Phinicky's 3 Cheese Tortellini

Ingredients:

175 gms Semolina flour

175gms of All Purpose flour

4 eggs – roughly 190 gms

15 mls of Olive oil

5 gms of salt

Mix the above together into your dough and let rest in the fridge for an hour or more.

Filling:

275 gms of Ricotta cheese

100 gms of aged provolone cheese – grated

80 gms of Parmesan cheese – grated

25 gms of Roasted garlic – I do this in bulk and freeze the roasted Garlic in Ice cube trays, so 1 cube.

Fresh Basil

Fresh Thyme

Fresh Parsley – Italian or curly.

Mince the herbs in with the garlic until fine then stir into the cheese until you get a homogenous mixture of cheese and herbs.

Roll out the dough to #6 on most pasta machines and then cut into 2" squares

Add roughly ½ TBSP of filling to each square

Fold the Squares corner to corner, then pinch down the seams and fold the other corners together around your finger and you are done.

I freeze what I don't eat that day.

Boil and serve with whatever sauce you like. I like just olive oil and a few capers and sundried tomatoes.



Sent in by Cheryl Baron - New Westminster and District Labour Council

Baron World-Famous Cheese Things



MoveUP Monthly Ingredient Recipe – APRIL – Cheese

Old cheddar cheese slices

Rye bread

Tomato slices

Red onion pieces

Ham pieces (optional)



3/31/21
Cheryl Baron
New West &
District LC



Quick and easy delicious breakfast!

Put the red onion pieces on the rye bread. Cover with cheese. Broil until melted and bubbly. Top with tomato slices. Haven't met a child in the country that doesn't love these cheese things! To really dress these up – add ham slices. Home-cooked ham is the best!

Add Photo Here (Optional)

Sent in by Rubeena Mokha – Fortis BC



MoveUP Monthly Ingredient Recipe – APRIL – Cheese

Carrot Cake

4 eggs
1 ¼ c oil
2 tsp vanilla
2 cup flour
2 cup sugar
2 tsp baking powder
2 tsp baking soda
½ tsp salt
2 tsp ground cinnamon
3-4 carrots grated



3/30/21
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Mokha)
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1. Pre-heat oven to 350 F
2. Mix first three ingredients in a bowl. Keep aside
3. Mix the remaining ingredients in another bowl except for the carrots.
4. Add the dry ingredients to the liquid ingredients and mix well
5. Add in the grated carrots
6. Bake for 45 mins

Cream Cheese Icing

1 package cream cheese softened
1 stick unsalted butter
1 c icing sugar
1 tsp vanilla

Mix all ingredients together with a mixer on medium speed until smooth. Wait for cake to cool before icing.



“WINNING RECIPE” – Sent in by Anny Ruch – BC Transit - Victoria

No crust, no bake

Mini eggs Cheesecake Mousse



- 1 package 8 oz Philadelphia Cream Cheese, softened
- 1 1/2 teaspoons vanilla extract
- 1/2 cup confectioner's sugar
- 3/4 cup heavy whipping cream
- 2 Small bags of Cadbury eggs, crushed in a sandwich bag
- Graham Cracker Sprinkle, optional, also crushed in a sandwich bag, which makes this an easy activity for small children!
- 1/2 cup graham cracker
- 2 tablespoons butter melted

In a large bowl, beat cream cheese, vanilla and confectioner's sugar until fluffy. Fold in whipped cream. Add crushed mini eggs.

Spoon into pretty dishes, martini or liquor shot glasses.

Cover and refrigerate at least 2 hours.

Mix the crushed graham crackers with melted butter and sprinkle a dusting over cheesecake mousse just before serving.

Make it low carb/keto: use Swerve erythritol confectioner's sugar (icing sugar) and omit graham crackers and mini-eggs -replace with crushed sugar-free chocolates- or indulge, just that once.

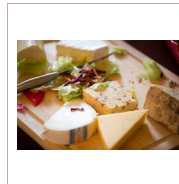
Sent in by Rubeena Mokha – Fortis BC



MoveUP Monthly Ingredient Recipe – APRIL – Cheese

Feta Fettuccini

1/2 red onion slivered
2 garlic cloves chopped
1/2 c olive oil
1/2 c baby spinach
Chopped mushrooms
2 cooked chicken breast in chunks
Salt/Pepper (to taste)
8 oz block of Feta cheese
Dried oregano (to taste)
Dried thyme (to taste)
Red pepper chili flakes (to taste)
Cooked fettuccine



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1. Pre-heat oven to 425 F
2. In a large baking dish combine onions, garlic, 1/4 cup oil, spinach, mushrooms, chicken and salt and pepper.
3. Place feta cheese in the center of the baking dish and sprinkle oil, oregano, thyme, chili pepper flakes over the cheese.
4. Bake for 35-40 mins or until feta cheese is golden brown.
5. Combine cooked pasta with baked mixture.
6. Plate pasta and enjoy!



Sent in by Simrit Judge - ICBC

Grill Cheese

- Butter on the outside of 2 sour dough
 - Mayonnaise on the inside of both slices
 - 2 thin turkey slices
 - Real marble cheese cut in slice form
 - Grill in fry pan until lightly brown
- **the mayo is a game changer!

Crab Stuffed mushroom caps

- White mushrooms with stems removed
- Plain cream cheese
- Shredded crab meat (use fork to shread) mixed with the cream cheese
- Salt, pepper and chilli flakes for heat
- You can add dried parsley in the mixture
- Mix all together and spoon gererously in the mushrooms
- Top with slice of mozzarella or brie
- Bake in oven on 350 until cheeses is golden

Sent in by Anny Ruch – BC Transit Victoria

HOMEMADE PANEER



1 litre homo milk

30 ml apple cider vinegar or 50 ml lemon juice

1/2 tsp salt

Cheesecloth or a cotton dishcloth

1. Boil milk. Stir to avoid scorching.

2. Remove from heat and add vinegar or lemon juice. Whisk and see it curdle instantly. No panic! Let it sit 15 minutes.

3. Skim the "clabber" and line a sieve with the cotton or cheesecloth. Drop a ladle full of clabber and add some of the salt, layering clabber and salt until used up.

4. When lukewarm, press the cloth to let whey drip out.

5. With the cloth, press paneer cheese into a container of your choice and refrigerate.

6. Cube into spinach sagwallah when cooled for an Indian dinner or savor as is.

Adapted from Marie Chiocca but widespread in India's homes.



Sent in by Amarys I. Joseph – IBEW Local 213

My eggplant Parmesan – Ingredients

1- Eggplant

Salt and pepper – Different Italian Herbs

Italian mix cheese bag from Safeway or Costco

Any cooking oil

White Onions

2 Tomatoes

1 Can of Tomatoes paste

5 cloves of garlic

First grab a pot and add chopped onions with garlic and simmer for 10 minutes then add chopped tomatoes and simmer for 10 minutes or until soft then add can of tomatoes paste and your herbs then mix.

Slice the eggplant and gently heat up in pan with oil then stack in cooking pan and layer eggplant bottom,

tomatoes cheese repeat as much as you want!!!

- Enjoy its Keto and Gluten Free!!! Serves 2 or 3 and feel free to add mushrooms or other veggies when simmering.