



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.



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



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.



14 BC APPLE OATMEAL MUFFINS
BC apples, eggs, yogurt, butter, and oats combine in these scrumptious muffins.



15 BC CRANBERRY SPRITZER
5 simple ingredients come together in this sparkling non-alcoholic beverage.



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



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.



18 BC BEEF STROGANOFF WITH FRESH GNOCCHI
This BC beef recipe is made extra rich with BC red wine, whipping cream, and sour cream.



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



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.



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



22 EASY SUNDAY BRUNCH BC EGGS BENEDICT
Try this tasty recipe featuring BC back bacon, poached eggs, and a rich Hollandaise sauce.



23 MINI GREEK SALAD IN CUCUMBER CUPS
BC peppers, tomatoes, and cucumbers are mixed with dressing and feta cheese in this tasty appetizer.



24 BC MUSHROOM DUXELLES
Try Button, Crimini, Portabella, Shiitake, and/or Oyster mushrooms in this recipe!



25 PANZANELLA (TUSCAN BREAD SALAD)
This tastes best when made a few days ahead so that the flavours can meld together!



26 ROASTED BEET AND FETA SALAD
This vibrant ruby-coloured salad features red BC beets, red leaf lettuce, and red onions!



27 SEARED DUCK BREAST LETTUCE WRAP WITH ASIAN VINAIGRETTE
BC duck is mixed with Asian flavours and pickled vegetables in this delicious recipe.



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.



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



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.