



Garden Vegetables

SPINACH SALAD WITH ROASTED BEETS

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| 4 small beets, trimmed | 1/4 tsp (1 mL) freshly ground pepper |
| 3 tbsp (40 mL) rice vinegar | 1/4 cup (50 mL) oil |
| 1 tbsp (15 mL) soy sauce | 8 cups (2 L) baby spinach |
| 2 tsp (10 mL) grated fresh ginger | 1/2 cup (125 mL) diagonally sliced green onions |
| 1/2 tsp (2 mL) sugar | |

Wrap beets individually in foil and place in a baking pan. Bake at 425°F (220°C) for 60 - 70 minutes or until tender when pierced with a fork. Unwrap beets and cool. Peel beets; cut into thin wedges. Beets may be prepared to this point and refrigerated for up to 24 hours. To prepare dressing, whisk together vinegar, soy sauce, ginger, sugar and pepper. Gradually whisk in oil until blended. Combine spinach, onions and beets in a bowl. Add dressing and toss to coat. Serve immediately. Serves 8 - 10.

WHIPPED PARSNIPS WITH ROASTED GARLIC

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| 5 cups (1.25 L) cubed peeled parsnips | 3 tbsp (40 mL) butter |
| 1 head roasted garlic, pureed | 1/2 tsp (2 mL) salt |
| 1/4 cup (50 mL) whipping cream | 1/4 tsp (1 mL) freshly ground nutmeg |

Cook parsnips in boiling water until tender, about 25 minutes; drain. Transfer parsnips to a bowl. Add roasted garlic puree, cream, butter, salt and nutmeg. Using medium speed of an electric mixer, beat parsnip mixture until smooth. May be prepared up to 1 hour in advance. Reheat, covered, in a microwave-safe container in a microwave oven on medium until hot, about 3 - 5 minutes. Stir once during reheating. Serves 6 - 8.

Cook's Note: To prepare **roasted garlic**, cut the top 1/4 inch (6 mm) off garlic head. Place garlic head on a piece of foil. Drizzle head with a little olive oil and sprinkle with thyme. Twist foil around head to enclose completely. Bake at 350°F (180°C) until soft, about 30 - 45 minutes. Squeeze softened garlic out of skins and puree.

GREEN BEANS WITH FETA

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| 5 cups (1.25 L) fresh or frozen trimmed green beans | 2 tsp (10 mL) fresh lemon juice |
| 2 tbsp (25 mL) butter | 1/4 tsp (1 mL) salt |
| 1 small red bell pepper, cut into thin strips | 1/4 tsp (1 mL) freshly ground pepper |
| 1/2 cup (125 mL) finely chopped onion | 1/2 cup (125 mL) shredded dry pack feta cheese |

Cook beans in boiling salted water until tender, about 6 minutes; drain. Melt butter in a frypan over medium heat. Add red pepper and onion; saute for 3 minutes. Add beans and saute for 2 minutes. Remove from heat. Stir in lemon juice, salt and pepper. Sprinkle with cheese. Serve immediately. Serves 8.

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BROCCOLI WITH MUSTARD STREUSEL

12 cups (3 L) broccoli florets
1/2 cup (125 mL) whipping cream
1 tbsp (15 mL) Dijon mustard

1/4 cup (50 mL) freshly grated Parmesan cheese
Mustard Streusel, recipe follows

Cook broccoli in boiling water for 2 minutes; drain. Cool immediately in ice water; drain. Pat broccoli dry with paper towelling. Arrange broccoli in a greased shallow 3 quart (3 L) baking dish. Broccoli may be prepared to this point and refrigerated for up to 24 hours. Whisk together cream and mustard. Stir in Parmesan cheese and pour over broccoli. Sprinkle Mustard Streusel over top. Bake at 350°F (180°C) for 30 - 35 minutes or until broccoli is heated through and topping is browned. Serves 10 - 12.

Mustard Streusel

1/4 cup (50 mL) butter
1/3 cup (75 mL) finely chopped onion
2 cloves garlic, finely chopped
1/4 cup (50 mL) Dijon mustard

1/2 tsp (2 mL) dry mustard
4 cups (1 L) fresh bread crumbs
3/4 cup (175 mL) freshly grated Parmesan cheese
1/4 tsp (1 mL) paprika

Melt butter in a frypan over medium heat. Add onion and garlic; saute for 4 - 5 minutes. Stir in Dijon mustard and dry mustard. Add bread crumbs and saute until crumbs are crisp and golden. Remove from heat and cool. Stir in Parmesan cheese and paprika. May be refrigerated for up to 24 hours.

RASPBERRY GLAZED BEETS

3 lb (1.5 kg) beets, trimmed
1/2 cup (125 mL) canned chicken broth
1/4 cup (50 mL) raspberry or red wine vinegar
1/4 cup (50 mL) orange juice
2 tbsp (25 mL) butter

1 tbsp (15 mL) fresh lemon juice
1 tbsp (15 mL) sugar
1 tsp (5 mL) grated orange peel
1/2 tsp (2 mL) salt
1/8 tsp (0.5 mL) freshly ground pepper

Place beets in a large saucepan; cover with water. Bring to a boil. Reduce heat and simmer until tender, about 40 - 45 minutes; drain. When cool enough to handle, peel beets and cut into wedges. There should be about 3 cups (750 mL). Beets may be prepared and refrigerated for up to 24 hours. Combine remaining ingredients (broth through pepper) in a nonreactive saucepan. Bring to a boil; boil until mixture is thickened and reduced by half. Stir in beets; reduce heat and simmer, stirring occasionally, until beets are heated through and glazed. Serves 8.

ROASTED CARROTS WITH THYME

4 cups (1 L) baby carrots
1 tbsp (15 mL) oil
1/2 tsp (2 mL) thyme, crumbled
1/2 tsp (2 mL) salt

1/4 tsp (1 mL) freshly ground pepper
1 tbsp (15 mL) thinly sliced green onion
1 tsp (5 mL) grated lemon peel

Thoroughly combine carrots, oil, thyme, salt and pepper. Place carrots in a single layer in a greased shallow baking pan. Bake at 425°F (220°C) for 30 - 35 minutes or until carrots are tender and lightly browned; stir occasionally. Toss with onion and lemon peel. Serves 4 - 6.

ZUCCHINI WITH GARLIC AND OREGANO

2 tbsp (25 mL) oil
4 cups (1 L) sliced zucchini
1 clove garlic, finely chopped

3/4 tsp (3 mL) salt
1/2 tsp (2 mL) freshly ground pepper
1/2 tsp (2 mL) oregano, crumbled

Heat oil in a frypan over medium heat. Add zucchini, garlic, salt, pepper and oregano. Cook, stirring occasionally, until zucchini is tender and starting to brown, about 5 minutes. Serves 4 - 6.