



COME FOR DINNER

Quick Blue Cheese Dip
Spicy Oven Barbecued Chicken
Basil Mashed Potatoes
Broccoli with Bread Crumb Gremolata
Parmesan Onion Biscuits
Asian Coleslaw
Really Wacky Chocolate Cake

QUICK BLUE CHEESE DIP

4 oz (125 g) cream cheese, softened	1/4 cup (50 mL) crumbled blue cheese
1 cup (250 mL) blue cheese dressing	Freshly ground pepper
2 tbsp (25 mL) chopped green onion	

Beat cream cheese until smooth. Beat in dressing. Stir in onion and blue cheese. Season to taste with pepper. Cover and refrigerate for 2 hours or up to 2 days. Serve with raw vegetables. **Yield:** 1 1/2 cups (375 mL).

SPICY OVEN BARBECUED CHICKEN

1 1/3 cups (325 mL) packed brown sugar	1/3 cup (75 mL) Dijon mustard
1 can (14 oz/398 mL) tomato sauce	1 tbsp (15 mL) thyme, crumbled
1 cup (250 mL) cider vinegar	1 tsp (5 mL) salt
1 large onion, finely chopped	1/2 tsp (2 mL) cayenne pepper
2 cloves garlic, crushed	12 - 14 chicken thighs, skinned

Combine all ingredients except chicken in a medium saucepan. Bring to a boil, reduce heat and simmer for 15 minutes. Sauce may be prepared and refrigerated for up to 2 days. Arrange chicken in a single layer in a large nonreactive baking dish. Do not overcrowd pan. Pour sauce over chicken. Bake, basting occasionally, at 375°F (190°C) for 1 1/4 hours. Serves 8 - 10.

Preparation Tip: If desired, 8 - 10 bone-in skinless chicken breasts may be substituted for thighs.

BASIL MASHED POTATOES

6 cups (1.5 L) cubed peeled baking potatoes	1 1/2 tsp (7 mL) basil, crumbled
1/4 cup (50 mL) milk	1/2 tsp (2 mL) salt
1/4 cup (50 mL) yogurt	1/4 tsp (1 mL) white pepper
1 tbsp (15 mL) butter	

Cook potatoes in boiling salted water until tender; drain. Add remaining ingredients (milk through pepper). Using medium speed of an electric mixer, beat mixture for 1 minute or until smooth. Do not overbeat. Serves 6 - 8.

Call the ATCO Blue Flame Kitchen home economists, Monday to Friday, 10 a.m. to 4 p.m.

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BROCCOLI WITH BREAD CRUMB GREMOLATA

Gremolata is a garnish of chopped fresh parsley, lemon peel and garlic.

6 cups (1.5 L) broccoli spears
2 tbsp (25 mL) butter

Bread Crumb Gremolata, recipe follows

Cook broccoli in boiling water just until tender crisp, about 4 minutes. Drain and cool immediately in ice water. Drain. Broccoli may be prepared to this point and refrigerated for up to 8 hours. Melt butter in frypan. Add broccoli and sauté until heated through, about 2 minutes. Toss broccoli with Bread Crumb Gremolata and serve immediately. Serves 6 – 8.

Bread Crumb Gremolata: In a frypan, sauté 1 tbsp (15 mL) grated lemon peel and 1 clove minced garlic in 1/4 cup (50 mL) butter for 1 minute. Stir in 1 1/2 cups (375 mL) fresh bread crumbs and cook, stirring until golden, about 3 minutes. Stir in 2 tbsp (25 mL) chopped fresh parsley.

PARMESAN ONION BISCUITS

2 cups (500 mL) flour
4 tsp (20 mL) baking powder
3/4 tsp (3 mL) salt
1/3 cup (75 mL) butter, chilled

1/2 cup (125 mL) freshly grated Parmesan cheese
2 tbsp (25 mL) finely chopped green onion
3/4 cup (175 mL) milk

Combine flour, baking powder and salt in a bowl. Cut in butter with a pastry blender until mixture is crumbly. Mix in Parmesan cheese and onion. Stir in milk just until combined. Turn dough out onto a lightly floured surface. Knead gently 5 times. Roll out dough into a 4x10 inch (10x25 cm) rectangle. Using a sharp knife, cut dough into 10 squares. Place on an ungreased cookie sheet. Bake at 400°F (200°C) for 15 minutes or until golden brown.

Yield: 10 biscuits.

ASIAN COLESLAW

Crisp, refreshing and low fat!

8 cups (2 L) coleslaw mix
1 red bell pepper, thinly sliced
1 1/2 cups (375 mL) snow peas, trimmed and halved diagonally
1/4 cup (50 mL) thinly sliced pickled ginger

1 green onion, diagonally sliced
1 tsp (5 mL) sesame seed, toasted
1/2 cup (125 mL) rice vinegar
1/4 cup (50 mL) sugar

Combine first 6 ingredients (coleslaw mix through sesame seed). To prepare dressing, stir together vinegar and sugar. Toss coleslaw mixture with dressing. Cover and refrigerate for at least 1 hour or up to 6 hours. Serves 8.

REALLY WACKY CHOCOLATE CAKE

An old-fashioned chocolate cake with a spicy new-fashioned twist!

1 1/2 cups (375 mL) flour
1 cup (250 mL) sugar
1/3 cup (75 mL) cocoa
1 1/2 tsp (7 mL) cinnamon
3/4 tsp (3 mL) baking soda
1/4 tsp (1 mL) salt
1/4 tsp (1 mL) cayenne pepper

1/4 tsp (1 mL) ginger
1 cup (250 mL) water
1/2 cup (125 mL) oil
1 tbsp (15 mL) vinegar
1 tsp (5 mL) vanilla
Icing sugar

In a medium bowl, combine first 8 ingredients (flour through ginger). Add water, oil, vinegar and vanilla; whisk just until blended. Pour batter into a greased 8 inch (20 cm) square baking pan. Bake at 350°F (180°C) for 35 – 40 minutes or until cake tests done. Cool in pan on a rack. Just before serving, sift icing sugar over cake. May be frozen.