



# The Main Event

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## HAM AND BEAN SALAD

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| 1/2 cup (125 mL) herb vinaigrette salad dressing | 1 cup (250 mL) diced mozzarella cheese                         |
| 1/4 cup (50 mL) Dijon mustard                    | 1 can (19 oz/540 mL) white kidney beans,<br>rinsed and drained |
| 1/4 tsp (1 mL) freshly ground pepper             | 2 medium tomatoes, cut into wedges                             |
| 8 cups (2 L) torn mixed greens                   |  |
| 1 1/2 cups (375 mL) diced ham                    |  |

Whisk together salad dressing, mustard and pepper until blended. Combine greens, ham, cheese, beans and tomatoes in a bowl. Add salad dressing mixture and toss to combine. Serves 4 - 6.

## BUFFALO CHICKEN SALAD

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| 1 tbsp (15 mL) olive oil             | 4 boneless skinless chicken breasts  |
| 2 tsp (10 mL) hot pepper sauce       | 8 cups (2 L) torn romaine lettuce    |
| 1/4 tsp (1 mL) cayenne pepper        | 1 1/2 cups (375 mL) sliced celery    |
| 1/4 tsp (1 mL) salt                  | 1 red apple, cored and cubed         |
| 1/4 tsp (1 mL) freshly ground pepper | Blue Cheese Dressing, recipe follows |

To prepare marinade, combine first 5 ingredients (oil through pepper) in a heavy zip-lock plastic bag. Add chicken and squeeze bag to coat chicken with marinade; seal bag. Let stand 30 minutes. Remove chicken from marinade; discard marinade. Grill chicken over medium heat on natural gas barbecue for 12 - 15 minutes or until chicken is cooked through. Cool chicken 5 minutes; cut diagonally into slices. Combine chicken, lettuce, celery and apple. Toss with Blue Cheese Dressing. Serves 4.

### **Blue Cheese Dressing**

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| 1/4 cup (50 mL) sour cream | 1 tsp (5 mL) fresh lemon juice        |
| 1/4 cup (50 mL) mayonnaise | 1/4 tsp (1 mL) freshly ground pepper  |
| 1 tbsp (15 mL) milk        | 1/2 cup (125 mL) crumbled blue cheese |

In a small bowl, combine sour cream, mayonnaise, milk, lemon juice and pepper. Stir in blue cheese. Cover and refrigerate until serving.

## LAYERED ANTIPASTO SALAD

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| 3 cups (750 mL) thinly sliced iceberg lettuce                    | 1 cup (250 mL) thinly sliced pepperoni                 |
| 2 cups (500 mL) cherry tomatoes, halved                          | 1 cup (250 mL) thinly sliced red onion                 |
| 1 can (14 oz/398 mL) chickpeas, rinsed<br>and drained            | 1 cup (250 mL) mayonnaise                              |
| 2 cups (500 mL) zucchini sticks                                  | 1/2 cup (125 mL) grated Parmesan cheese                |
| 2 jars (6 oz/170 mL each) marinated artichoke<br>hearts, drained | 1/3 cup (75 mL) balsamic vinaigrette<br>salad dressing |

Layer first 7 ingredients (lettuce through onion) in a glass serving bowl. To prepare dressing, combine mayonnaise, Parmesan cheese and balsamic vinaigrette. Pour dressing over salad; do not toss. Cover and refrigerate for up to 8 hours. Toss salad just before serving. Serves 8.

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## TUNA, TOMATO AND WHITE BEAN SALAD

2 tbsp (25 mL) fresh lemon juice	2 cups (500 mL) halved grape or cherry tomatoes
1 tbsp (15 mL) white wine vinegar	
1 tbsp (15 mL) olive oil	1/3 cup (75 mL) sliced green onions
1 tsp (5 mL) grated lemon peel	3 tbsp (40 mL) chopped fresh parsley
1/4 tsp (1 mL) basil, crumbled	1 can (19 oz/540 mL) white kidney beans, rinsed and drained
1/4 tsp (1 mL) salt	1 can (170 g) chunk light tuna, drained
1/4 tsp (1 mL) freshly ground pepper	Lettuce leaves

To prepare dressing, whisk together first 7 ingredients (lemon juice through pepper) in a bowl until blended. Add tomatoes, onion, parsley, beans and tuna. Toss to coat with dressing. Serve salad on lettuce-lined plates.

Serves 3 - 4.

**Cook's Note:** *White kidney beans are also known as cannellini beans.*

## GRILLED FISH 'N CAESAR SALAD

1 clove garlic, crushed	1/2 tsp (2 mL) anchovy paste, optional
1/4 cup (50 mL) olive oil	1/4 tsp (1 mL) salt
2 tbsp (25 mL) lemon juice	1/8 tsp (0.5 mL) freshly ground pepper
2 tbsp (25 mL) sour cream	8 oz (250 g) cod fillets
1 1/2 tsp (7 mL) Worcestershire sauce	8 cups (2 L) torn romaine lettuce
1/2 tsp (2 mL) Dijon mustard	1/4 cup (50 mL) grated Parmesan cheese

Whisk together first 9 ingredients. Remove 1 tbsp (15 mL) dressing; brush over cod. Set remaining dressing aside. Grill fish on lightly oiled grid over medium heat on natural gas barbecue for 10 - 12 minutes per inch (2.5 cm) of thickness. Break fish into chunks; combine with lettuce and cheese. Toss with remaining dressing. Grind pepper over each serving. Serves 4.