



Take Five

MANGO COCONUT SMOOTHIE

1 mango, peeled and sliced
1 1/2 cups (375 mL) yogurt
1 can (400 mL) coconut milk

2 tbsp (25 mL) honey
1/2 tsp (2 mL) vanilla

Combine all ingredients in a blender. Puree until smooth. Pour into glasses and serve immediately.

Cook's Note: Mangoes vary in sweetness. If desired, additional honey may be added to taste. If doubling this recipe, prepare in separate batches. Serves 4.

PEANUT BUTTER WRAPS

1/2 cup (125 mL) peanut butter
4 flour tortillas (8 inch/20 cm)
1/4 cup (50 mL) strawberry jam or fruit spread

2 cups (500 mL) thinly sliced bananas
1/4 cup (50 mL) granola

Spread peanut butter evenly over tortillas, leaving a 1/2 inch (1.25 cm) border. Spread jam over peanut butter and top with bananas. Sprinkle with granola. Tightly roll up each tortilla jelly-roll fashion. Serve immediately or wrap individually and refrigerate for up to 2 hours. Serves 4.

FETA AND ROASTED PEPPER DIP

1/3 cup (75 mL) olive oil
1 clove garlic, crushed
3/4 cup (175 mL) canned roasted red peppers, drained

1 1/2 cups (375 mL) shredded dry pack feta cheese
1 tsp (5 mL) cayenne pepper

Heat oil in a small frypan over low heat. Add garlic and cook until fragrant, about 2 minutes; do not brown garlic. Cool to lukewarm. In a food processor, process roasted peppers, cheese and cayenne pepper until combined. With machine running, add garlic and oil mixture; puree until smooth. Transfer to a serving dish. Cover and refrigerate for at least 1 hour or up to 2 days. Do not freeze. Serve with pita wedges. Makes 1 1/2 cups (375 mL).

CRANBERRY TURKEY QUESADILLAS

1 1/4 cups (300 mL) whole berry cranberry sauce
8 flour tortillas (8 inch/20 cm)
1 cup (250 mL) finely chopped cooked turkey

2 tbsp (25 mL) thinly sliced green onion
2 cups (500 mL) shredded cheddar cheese

Spread cranberry sauce over half of each tortilla. Sprinkle turkey, onion and cheese on cranberry sauce. Fold tortillas in half. Cook on a lightly oiled nonstick griddle over medium heat until quesadillas are golden brown and heated through, about 2 minutes per side. Cut into wedges. Serve warm. Serves 4 - 6.

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EASY MACARONI SUPPER

1 pkg (225 g) macaroni and cheese dinner
1 cup (250 mL) chopped cooked turkey or ham
1/4 cup (50 mL) ranch salad dressing
1/4 cup (50 mL) medium salsa
2 tbsp (25 mL) sliced green onion

Prepare macaroni and cheese according to package directions. Stir in turkey, salad dressing, salsa and onion. Cook over low heat, stirring frequently, until heated through. Serves 3 - 4.

Cook's Note: The ATCO Blue Flame Kitchen used The Original Kraft Dinner in this recipe.

LIME AND GINGER CHICKEN

4 boneless skinless chicken breasts
2 tsp (10 mL) honey
2 tbsp (25 mL) fresh lime juice
1/2 tsp (2 mL) grated lime peel
1 tbsp (15 mL) grated fresh ginger

Using a sharp knife, score chicken halfway through the flesh in a criss-cross pattern. Combine remaining ingredients (lime juice through peel) in a double plastic bag. Add chicken and squeeze bag to coat chicken with marinade; seal bag. Allow chicken to marinate for 20 minutes, turning bag occasionally. Remove chicken from marinade; discard marinade. Grill chicken on an oiled grid over medium heat on natural gas barbecue for 12 - 15 minutes or until chicken is cooked through. Serves 4.

BAKED YAM WEDGES

4 small yams, peeled
2 tbsp (25 mL) oil
1 tsp (5 mL) paprika
1/2 tsp (2 mL) salt
1/2 tsp (2 mL) cayenne pepper

Cut each yam into finger-size pieces. There should be about 6 cups (1.5 L). Combine oil, paprika, salt and cayenne pepper in a heavy plastic bag. Add yams and squeeze bag to coat yams with seasoning mixture. Remove yams from bag and place in a single layer on a greased jelly-roll pan. Bake, stirring occasionally, at 400°F (200°C) until yams are browned and crisp, about 40 - 45 minutes. Serves 4 - 6.

CHOCOLATE HAZELNUT POTS DE CREME

For a showy presentation, this very rich custard is often baked in small ovenproof coffee cups.

1 1/2 cups (375 mL) light cream (10%)
2/3 cup (150 mL) hazelnut chocolate spread
4 egg yolks
6 squares semi-sweet chocolate, chopped
1 tsp (5 mL) vanilla

Combine light cream and hazelnut chocolate spread in a medium heavy saucepan. Cook and stir over medium heat just until mixture comes to a boil. Remove from heat. Whisk egg yolks in a medium heatproof bowl until smooth. Whisking constantly, pour hot cream mixture into yolks in a slow steady stream. Set bowl over a pan of simmering water. Do not allow water to touch bowl. Cook mixture over simmering water until slightly thickened. Remove from heat and stir in chocolate until melted. Stir in vanilla. Strain mixture through a fine sieve into a 4 cup (1 L) measuring cup. Place six 1/2 cup (125 mL) ramekins in a baking pan. Divide chocolate mixture evenly among ramekins. Pour enough boiling water into baking pan to come two-thirds up sides of ramekins. Bake at 325°F (160°C) for 20 - 25 minutes or until centers are just slightly wobbly. Do not overbake. Remove ramekins from baking pan and cool on a rack. Cover and refrigerate for at least 4 hours or up to 2 days. Do not freeze. Serves 6.

Cook's Note: Examples of hazelnut chocolate spread include Nusco and Nutella.