



# A Rainy Day Menu

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## TUNA AND ARTICHOKE BAKE

*This is not your grandmother's tuna noodle casserole! Try this updated version.*

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| 1 tbsp (15 mL) butter  | 2/3 cup (150 mL) milk  |
| 1/4 cup (50 mL) chopped onion                                | 1/2 cup (125 mL) shredded mozzarella cheese                  |
| 1 cup (250 mL) broken fettuccine, cooked, rinsed and drained | 1/4 cup (50 mL) drained oil-packed dried tomatoes, julienned |
| 1 can (170 g) chunk tuna, drained                            | 1/4 cup (50 mL) sliced ripe olives                           |
| 1 can (10 oz/284 mL) cream of celery soup                    | 1/2 tsp (2 mL) thyme, crumbled                               |
| 1 can (14 oz/398 mL) artichoke hearts, drained and quartered | 1/2 cup (125 mL) freshly grated Parmesan cheese              |

Melt butter in a frypan over medium heat. Add onion and sauté until tender, about 5 minutes. Combine onion and next 9 ingredients (fettuccine through thyme) in a bowl. Transfer mixture to a greased shallow 2 quart (2 L) baking dish. Sprinkle with Parmesan cheese. May be prepared to this point and refrigerated for up to 24 hours. Remove from refrigerator and let stand for 20 - 30 minutes. Bake, covered, at 350°F (180°C) for 35 minutes. Uncover and continue baking for 15 minutes or until heated through. Serves 4.

## BUTTERMILK CHEDDAR CORNBREAD

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|-----------------------------|--|
| 1 cup (250 mL) flour        | 1 cup (250 mL) shredded cheddar cheese               |
| 1 cup (250 mL) cornmeal     | 1/4 cup (50 mL) finely chopped green onion, optional |
| 1/4 cup (50 mL) sugar       | 2 eggs   |
| 2 tsp (10 mL) baking powder | 1 cup (250 mL) buttermilk                            |
| 1 tsp (5 mL) baking soda    | 1/4 cup (50 mL) butter, melted                       |
| 1 tsp (5 mL) salt           |  |

Combine first 6 ingredients (flour through salt) in a bowl. Stir in cheese and onion. Whisk together eggs, buttermilk and melted butter until well blended. Pour egg mixture into dry ingredients and stir just until combined. Spoon batter into a greased 8 inch (20 cm) square baking pan. Bake at 400°F (200°C) for 25 - 30 minutes or until a cake tester inserted in centre comes out clean. Serve warm.

## BAKED CITRUS COMPOTE

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|---|--|
| 2 cups (500 mL) pink grapefruit sections  | 2 tbsp (25 mL) firmly packed brown sugar |
| 2 cups (500 mL) navel orange sections     | 2 tbsp (25 mL) butter, melted            |
| 2 tbsp (25 mL) orange or grapefruit juice | 2 tbsp (25 mL) sliced almonds, toasted   |

Arrange grapefruit and orange sections, overlapping slightly, in a single layer in a shallow 3 quart (3 L) casserole. Combine juice, brown sugar and butter; drizzle over fruit. Sprinkle almonds over top. Bake at 350°F (180°C) for 10 - 15 minutes or just until heated through. Serve warm.

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