

ATHENIAN GREEN SALAD

3/4 cup (175 mL) yogurt	8 cups (2 L) torn romaine lettuce
1/4 cup (50 mL) buttermilk	2 cups (500 mL) shredded red cabbage
1 tbsp (15 mL) fresh lemon juice	1 cup (250 mL) sliced cucumber
1/2 tsp (2 mL) mint, crumbled	3/4 cup (175 mL) diced red bell pepper
1/2 tsp (2 mL) salt	1/2 cup (125 mL) sliced green onions
1/4 tsp (1 mL) freshly ground pepper	1/2 cup (125 mL) freshly grated Parmesan cheese
1/4 tsp (1 mL) dill weed	1 tomato, cut into thin wedges
1 clove garlic, crushed	

To prepare dressing, whisk together first 8 ingredients (yogurt through garlic) until blended. Dressing may be refrigerated for up to 24 hours. Combine remaining ingredients (lettuce through tomato) in a bowl. Toss with dressing to coat. Serve immediately. Serves 8 - 10.

EPICUREAN SALAD

3 tbsp (40 mL) raspberry or red wine vinegar	3 tbsp (40 mL) olive oil
1/2 tsp (2 mL) sugar	8 cups (2 L) torn mixed greens
1/4 tsp (1 mL) Dijon mustard	1/2 cup (125 mL) crumbled blue cheese
1/4 tsp (1 mL) salt	1/2 cup (125 mL) dried cherries
1/4 tsp (1 mL) freshly ground pepper	1/3 cup (75 mL) salted roasted pepitas

To prepare dressing, whisk together vinegar, sugar, mustard, salt and pepper. Gradually whisk in oil. Combine greens, blue cheese, cherries and pepitas in a large bowl. Toss with dressing to coat. Serve immediately. Serves 8.

Cook's Note: *Pepitas are pumpkin seeds with their white hulls removed. They are dark green in colour and found in specialty stores and the bulk foods section of grocery stores.*

FESTIVE BROCCOLI SALAD

2 cups (500 mL) mayonnaise	1 cup (250 mL) dried cranberries or raisins
1/2 cup (125 mL) red wine vinegar	1 cup (250 mL) slivered dried apricots
1/2 cup (125 mL) sugar	1 cup (250 mL) slivered almonds, toasted
3/4 tsp (3 mL) freshly ground pepper	1 cup (250 mL) finely chopped red onion
1/2 tsp (2 mL) salt	1 can (10 oz/284 mL) mandarin oranges, drained
2 lb (1 kg) broccoli, trimmed	4 slices bacon, cooked and crumbled
2 cups (500 mL) shredded cheddar cheese	

To prepare dressing, whisk together mayonnaise, vinegar, sugar, pepper and salt until blended; set aside. Cut florets from broccoli. Cut stalks into 1 inch (2.5 cm) pieces. Place florets in a food processor. Process, using an on/off motion, until finely chopped. Repeat procedure with stalk pieces. There should be about 8 cups (2 L) chopped florets and stalks. Combine broccoli and remaining ingredients (cheese through bacon) in a bowl. Add dressing and toss to combine. Cover and refrigerate for at least 2 hours or up to 24 hours. Serves 12.

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GREENS WITH GOAT CHEESE AND POMEGRANATE SEEDS

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| 1/2 cup (125 mL) olive oil | 3 medium navel oranges, peeled and sliced |
| 1/4 cup (50 mL) fresh lemon juice | 10 cups (2.5 L) torn mixed greens |
| 2 tbsp (25 mL) thawed frozen orange juice concentrate | 1/2 cup (125 mL) pomegranate seeds |
| 1/2 tsp (2 mL) salt | 1/3 cup (75 mL) thinly sliced red onion |
| 1/2 tsp (2 mL) freshly ground pepper | 1 log (150 g) soft goat cheese, crumbled |

To prepare dressing, whisk together first 5 ingredients (oil through pepper). Combine oranges, greens, pomegranate seeds, onion and cheese in a bowl. Toss with dressing to coat. Serve immediately.

Serves 8 as an appetizer.

ORIENTAL SPINACH SALAD

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| 1/4 cup (50 mL) soy sauce | 2 tbsp (25 mL) butter |
| 2 tbsp (25 mL) rice vinegar | 1/2 cup (125 mL) slivered almonds |
| 2 tbsp (25 mL) sugar | 2 tbsp (25 mL) sesame seed |
| 1/3 cup (75 mL) oil | 8 cups (2 L) baby spinach |
| 1 pkg (100 g) Asian noodle soup mix | 1/2 cup (125 mL) thinly sliced green onions |

To prepare dressing, whisk together soy sauce, vinegar and sugar until combined. Gradually whisk in oil until blended; set aside. Crumble noodles from soup mix; reserve seasoning packet for another use. Melt butter in a frypan over medium heat. Add noodles and almonds; cook, stirring frequently, until lightly toasted. Add sesame seed and continue to cook, stirring, until mixture is toasted and golden brown; cool. Combine spinach, onions and noodle mixture in a bowl. Add dressing and toss to coat. Serves 8.

Cook's Note: *The ATCO Blue Flame Kitchen used Sapporo Ichiban soup mix in this recipe.*

CURRIED BOK CHOY SALAD

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| 1/3 cup (75 mL) apple cider vinegar | 1 tbsp (15 mL) butter |
| 1/3 cup (75 mL) soy sauce | 8 cups (2 L) thinly sliced bok choy |
| 3 tbsp (40 mL) packed golden brown sugar | 1 cup (250 mL) shredded carrot |
| 2 tbsp (25 mL) oil | 1/2 cup (125 mL) diagonally sliced green onions |
| 1 tbsp (15 mL) peanut butter | 1 red bell pepper, thinly sliced |
| 1 tsp (5 mL) curry powder | 1/2 cup (125 mL) coarsely chopped roasted salted cashews |
| 1/2 tsp (2 mL) red pepper flakes | |
| 1 pkg (100 g) Asian noodle soup mix | |

To prepare dressing, puree first 7 ingredients (vinegar through red pepper flakes) in a blender until smooth; set aside. Crumble noodles from soup mix; reserve seasoning packet for another use. Melt butter in a frypan; add noodles. Cook over medium heat, stirring frequently, until lightly toasted. Transfer noodles to a large bowl; cool to room temperature. Add remaining ingredients (bok choy through cashews) to noodles. Pour dressing over salad and toss to coat. Serve immediately. Serves 8 - 10.

SPINACH SALAD WITH STRAWBERRIES AND POPPY SEED DRESSING

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| 1/3 cup (75 mL) mayonnaise | 1/8 tsp (0.5 mL) salt |
| 2 tbsp (25 mL) milk | 8 cups (2 L) baby spinach or torn romaine lettuce |
| 2 tbsp (25 mL) sugar | 2 cups (500 mL) sliced strawberries |
| 1 tbsp (15 mL) white wine vinegar | 1/4 cup (50 mL) slivered almonds, toasted |
| 1 tbsp (15 mL) poppy seed | |

To prepare dressing, whisk together first 6 ingredients (mayonnaise through salt) until blended. Combine spinach, strawberries and almonds in a bowl. Toss with dressing to coat. Serve immediately. Serves 8.