



The Weekday Cook

Stove Top Lasagna
or
Zucchini and Pasta Alfresco
or
Tortellini with Cherry Tomatoes and Corn

Tossed Green Salad

Garlic Bread or Whole Grain Rolls

Mango in Ginger Mint Syrup

STOVE TOP LASAGNA

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| 1 lb. (500 g) mild or hot Italian sausage, casings removed | 2 tbsp. (25 mL) chopped fresh parsley |
| 2 medium onions, chopped | 1 tsp. (5 mL) oregano, crumbled |
| 2 cloves garlic, crushed | 1/2 tsp. (2 mL) basil, crumbled |
| 2 cups (500 mL) chicken stock | Dash red pepper flakes, optional |
| 2 cups (500 mL) water | 10 lasagna noodles, broken into pieces |
| 1 can (14 oz./398 mL) stewed tomatoes | 2 tbsp. (25 mL) grated Parmesan cheese |
| 1 can (7 1/2 oz./213 mL) tomato sauce | 1 cup (250 mL) shredded mozzarella cheese |

In a Dutch oven over medium heat, cook sausage, onions and garlic. As mixture cooks, break sausage into pieces. Cook until sausage is browned. Drain off excess fat. Add next 8 ingredients (chicken stock through red pepper flakes) and bring to a boil. Stir in broken lasagna noodles. Cover and simmer, stirring frequently until noodles are tender, about 30 – 35 minutes. Stir in Parmesan cheese. Sprinkle with mozzarella. Serves 4 - 6.

ZUCCHINI AND PASTA ALFRESCO

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| 2 cups (500 mL) diced zucchini | 1/2 tsp. (2 mL) each basil and oregano, crumbled |
| 2 cups (500 mL) diced tomato | 1/2 tsp. (2 mL) each salt and pepper |
| 1/4 cup (50 mL) sliced green onion | Dash hot pepper sauce |
| 2 tbsp. (25 mL) olive oil | 3 cups (750 mL) spiral pasta |
| 2 tbsp. (25 mL) chopped fresh parsley | |

Combine all ingredients except pasta in a serving bowl. Let stand 15 - 20 minutes. Cook pasta according to package directions. Drain and toss hot pasta with vegetable mixture. Serve warm or at room temperature. This dish may also be served chilled. Refrigerate for up to 24 hours. Serves 4.

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

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TORTELLINI WITH CHERRY TOMATOES AND CORN

1 pkg. (12 oz./340 g) cheese tortellini	1/4 cup (50 mL) grated Parmesan cheese
2 cups (500 mL) frozen kernel corn	1 tbsp. (15 mL) olive oil
2 cups (500 mL) quartered cherry tomatoes	1/2 tsp. (2 mL) basil, crumbled
1/4 cup (50 mL) sliced green onion	1 clove garlic, chopped
1/4 cup (50 mL) chopped fresh parsley	Freshly ground pepper

Cook tortellini in boiling salted water for 3 minutes. Add corn and cook an additional 3 minutes. Drain. Meanwhile, combine next 7 ingredients (cherry tomatoes through garlic). Combine tortellini and tomato mixture. Season to taste with pepper. Serve immediately. Serves 4.

MANGO IN GINGER MINT SYRUP

Enjoy the last taste of summer mint with this simple dessert.

1 cup (250 mL) water	1/3 cup (75 mL) packed fresh mint leaves
1/2 cup (125 mL) sugar	1 large mango, peeled and sliced
1 tbsp. (15 mL) grated fresh ginger	Fresh mint sprigs

Combine water, sugar and ginger in a small saucepan. Bring to a boil, reduce heat and simmer 5 minutes. Remove from heat and stir in mint leaves. Let stand 5 minutes. Strain mixture through a sieve. Discard solids. Allow syrup to cool completely. Combine mango and syrup. Chill 30 minutes. Garnish with mint sprigs. Serves 4.

Note: Mango in Ginger Mint Syrup may be frozen for up to 6 weeks. If desired, the syrup may be frozen separately.

PASTA TIPS

- ◆ Start with good quality pasta, either fresh or dried, containing durum semolina.
- ◆ Use ample water, up to 6 quarts (6 L) for 1 lb. (500 g) of pasta.
- ◆ Salt water, if desired. Salt will enhance the flavour of pasta.
- ◆ Do not add oil; it makes pasta slippery and sauce will not cling.
- ◆ Bring water to a boil, add pasta and stir until water returns to a boil. Stir occasionally during cooking.
- ◆ Cook just to al dente (tender but firm).
- ◆ Drain pasta, reserving some of the cooking liquid. This may be added to the sauce if sauce is too thick.
- ◆ If pasta is to be served with sauce, do not rinse.
- ◆ Serve pasta the moment it is done. To keep it steaming hot, heat serving bowls; thick china will hold heat best.