



Lunch Boxes

Turkey Caesar Wraps
Veggie Sticks
Fresh Fruit
Backpack Snack Bars
or
Chocolate Haystacks

TURKEY CAESAR WRAPS

1/2 cup (125 mL) creamy Caesar dressing
4 flour tortillas (8 inch/20 cm)
4 cups (1 L) shredded romaine lettuce
2 cups (500 mL) julienned cooked turkey
Freshly grated Parmesan cheese

Spread dressing evenly over tortillas. Place 1 cup (250 mL) lettuce down the centre of each tortilla. Top lettuce with 1/2 cup (125 mL) turkey. Sprinkle with Parmesan cheese. Fold bottom edge of each tortilla 1 inch (2.5 cm) over filling. Fold sides of tortillas to centres, overlapping edges. Serve immediately or wrap individually and refrigerate for up to 2 hours. Serves 4.

BACKPACK SNACK BARS

3/4 cup thawed frozen orange juice concentrate
1/2 cup quick-cooking rolled oats
1/2 cup chopped dried apricots
1/2 cup chopped pitted prunes
1/2 cup raisins
1/2 cup chopped nuts
1/4 cup chopped dates
1/4 cup wheat germ
1 tbsps sesame seeds
1/2 cup butter, softened
1/2 cup sugar
1/2 cup fancy molasses
1 egg
2 cups flour
1/4 tsp salt
1 tsp baking soda
1 tsp ginger
1 tsp cinnamon

Combine first 9 ingredients (orange juice concentrate through sesame seeds) in a bowl. Using medium speed of an electric mixer, beat together butter and sugar. Beat in molasses and egg until blended. Combine next 5 ingredients (flour through cinnamon) and stir into molasses mixture. Add fruit mixture and blend well. Spoon batter into a greased 9x13 inch baking dish; spread evenly. Bake at 325°F for 35 minutes or until golden brown. Cool in pan on a rack. Cut into 1x3 inch bars. Wrap individually in plastic wrap. May be frozen. Makes 3 dozen bars.

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

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CHOCOLATE HAYSTACKS

2 cups sugar
6 tbsp cocoa
1/2 cup milk
1/2 cup butter

1/2 tsp vanilla
3 cups quick-cooking rolled oats
1 cup shredded coconut

In a large saucepan, combine sugar, cocoa, milk and butter. Bring to a boil. Remove from heat; stir in vanilla, rolled oats and coconut. Drop by spoonfuls onto wax paper.

LUNCH BOX TIP

- ◆ Frozen, sealed beverages make good ice packs in a thermal lunch bag.