



A Vegetarian Harvest

RATATOUILLE

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| 1 large eggplant | 3 cups (750 mL) cubed zucchini |
| 1 tsp (5 mL) salt | 1 tsp (5 mL) basil, crumbled |
| 2 tbsp (25 mL) olive oil | 1/2 tsp (2 mL) oregano, crumbled |
| 1 cup (250 mL) chopped onion | 3 cloves garlic, chopped |
| 1 cup (250 mL) diced green bell pepper | 4 cups (1 L) cubed tomatoes |
| 1 cup (250 mL) diced red bell pepper | 1/4 cup (50 mL) chopped fresh parsley |

Cut eggplant into 1 inch (2.5 cm) cubes; there should be about 6 cups (1.5 L). Place eggplant in a colander. Sprinkle with salt and toss to combine. Place colander in sink. Let stand for 30 minutes. Rinse eggplant with cold water; drain. Pat eggplant dry with paper towels. Heat oil in a Dutch oven over medium heat. Add eggplant and onion; saute for 5 minutes. Stir in bell peppers and saute for 5 minutes. Add zucchini, basil, oregano and garlic; saute for 5 minutes. Stir in tomatoes; cover and cook, stirring occasionally, until tomatoes are slightly softened and mixture is juicy, about 5 - 7 minutes. Stir in parsley. Serves 6 - 8.

ROASTED BEET SALAD

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| 6 medium beets, trimmed | Creamy Blue Cheese Dressing, recipe follows |
| 12 cups (3 L) mixed baby greens | 1/3 cup (75 mL) toasted walnuts, chopped |
| 1 small red onion, thinly sliced | |

Individually wrap beets tightly in foil and place in a baking dish. Bake beets at 400°F (200°C) until tender when pierced with a fork, about 1 1/4 hours. Unwrap beets and cool. Peel beets and slice into thin wedges. Arrange greens on 8 salad plates. Top with onion slices and beets. Drizzle dressing over each serving. Sprinkle with walnuts. Serve immediately. Serves 8.

Creamy Blue Cheese Dressing

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| 1/2 cup (125 mL) mayonnaise | 1 tbsp (15 mL) white wine vinegar |
| 1 green onion, finely chopped | 2 tsp (10 mL) Dijon mustard |
| 1 clove garlic, crushed | 1/4 tsp (1 mL) freshly ground pepper |
| 3 tbsp (40 mL) milk | 1/3 cup (75 mL) crumbled blue cheese |

Combine all ingredients except blue cheese until blended. Stir in blue cheese. Refrigerate for up to 24 hours. If dressing becomes too thick, thin with a small amount of milk. Makes 1 1/3 cups (325 mL).

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LEMONY NEW POTATOES

2 lb (1 kg) new potatoes	2 tbsp (25 mL) minced chives
1/3 cup (75 mL) butter	1/2 tsp (2 mL) salt
1 tsp (5 mL) grated lemon peel	1/8 tsp (0.5 mL) pepper
1 tbsp (15 mL) lemon juice	

Scrub potatoes well; pare a band from the middle of each one. Place potatoes in a large saucepan; cover with water. Heat to boiling, cover and simmer 20 minutes or until tender. Drain, return to pan and shake over medium heat to dry. Melt butter; stir in lemon peel and juice. Pour over hot potatoes. Sprinkle with chives, salt and pepper; toss gently. Serves 4.

ZUCCHINI CHOCOLATE CHIP CAKE

2 1/2 cups (625 mL) flour	1 cup (250 mL) packed golden brown sugar
1 tsp (5 mL) baking soda	3 eggs
1 tsp (5 mL) cinnamon	1 tsp (5 mL) vanilla
1/2 tsp (2 mL) ginger	2 cups (500 mL) shredded zucchini
1/2 tsp (2 mL) baking powder	1 cup (250 mL) chocolate chips
1/4 tsp (1 mL) salt	1/2 cup (125 mL) toasted natural almonds, chopped
1 cup (250 mL) butter, softened	

Combine first 6 ingredients (flour through salt); set aside. Using medium speed of an electric mixer, beat together butter and brown sugar until fluffy. Beat in eggs, one at a time, beating well after each addition. Beat in vanilla. Using low speed, add all but 1/2 cup (125 mL) flour mixture, beating just until combined. Combine remaining 1/2 cup (125 mL) flour mixture, zucchini, chocolate chips and almonds; add to batter, stirring just until blended. Spoon batter into a greased and floured 10 cup (2.5 L) Bundt pan. Bake at 350°F (180°C) for 45 - 50 minutes or until a cake tester inserted in centre comes out clean. Cool cake in pan on a rack for 10 minutes. Invert onto rack and cool completely.