



The Weekday Cook

Quick Tangy Chicken or Apple Glazed Chicken

Zesty Grilled Zucchini

Greens with Lemon Mustard Dressing

French Bread

Strawberries with Summer Dip

QUICK TANGY CHICKEN

1/4 cup (50 mL) ketchup
2 tbsp. (25 mL) soy sauce
1 tbsp. (15 mL) oil

1 tbsp. (15 mL) lemon juice
1 tbsp. (15 mL) prepared horseradish
4 chicken legs with thighs attached

Combine all ingredients except chicken in a small bowl. Grill chicken over low heat on natural gas barbecue for 45 - 60 minutes. Baste with sauce during last 10 – 15 minutes of cooking. Serves 4.

APPLE GLAZED CHICKEN

1/2 cup (125 mL) apple or crabapple jelly
2 tbsp. (25 mL) lemon juice
2 tbsp. (25 mL) lime juice
1 tbsp. (15 mL) Worcestershire sauce

1 tsp. (5 mL) minced jalapeno pepper or
1/4 tsp. (1 mL) jalapeno Tabasco sauce
3 lb. (1.5 kg) chicken pieces

Combine all ingredients except chicken in a small saucepan. Heat until jelly is melted. Cook chicken over low heat on natural gas barbecue for 40 – 50 minutes, turning occasionally. Baste with warm glaze during last 10 minutes of cooking. Serves 4.

Hot Pepper Caution: Hot peppers cause severe skin and eye irritation. Wear rubber gloves when handling hot peppers and avoid touching any exposed skin.

ZESTY GRILLED ZUCCHINI

2 tbsp. (25 mL) olive oil
1 tbsp. (15 mL) lemon juice
1 tsp. (5 mL) Dijon mustard
1 tsp. (5 mL) Worcestershire sauce

1/4 tsp. (1 mL) salt
1/4 tsp. (1 mL) pepper
2 medium zucchini

Combine all ingredients except zucchini in a double plastic bag. Slice zucchini diagonally into 1/2 inch (1.25 cm) thick slices. Add to marinade. Squeeze bag to distribute marinade; seal bag. Refrigerate 1 – 2 hours. Remove zucchini from marinade. Grill slices directly on grid or on a grill topper over medium heat on natural gas barbecue for 2 - 3 minutes per side. Serves 4.

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

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LEMON MUSTARD DRESSING

1/4 cup (50 mL) lemon juice	1 tsp. (5 mL) grated lemon peel
3 tbsp. (40 mL) oil	1/2 tsp. (2 mL) pepper
2 tsp. (10 mL) Dijon mustard	1/2 tsp. (2 mL) salt

Whisk together all ingredients. Refrigerate for at least 1 hour or for up to 48 hours. Serve over a green salad. This dressing may also be used for bean or vegetable salad. **Yield:** 1/3 cup (75 mL).

STRAWBERRIES WITH SUMMER DIP

1 cup (250 mL) light or regular sour cream	1 tsp. (5 mL) vanilla
1 tsp. (5 mL) grated lemon peel	1/2 cup (125 mL) icing sugar
1 tsp. (5 mL) lemon juice	4 cups (1 L) whole strawberries

Combine all ingredients except strawberries. Refrigerate until serving or for up to 2 days. Serve strawberries with dip. If desired, dip may be spooned over sliced strawberries or peaches. Serves 6 – 8.

Barbecue Safety

- ◆ *Ensure that the barbecue has been assembled and installed according to the manufacturer's instructions.*
- ◆ *Read the owner's manual before using your new natural gas barbecue. Store the manual in a safe place to have as a future reference.*
- ◆ *The barbecue lid must always be **open** when lighting the barbecue.*
- ◆ *Should the burners go out during operation or if the burner does not light, turn all gas valves off, open the lid and wait 5 minutes before attempting to relight.*
- ◆ *Should a grease fire occur, leave lid open and turn off burners **if you can do so safely**. If not, turn gas off at quick connect or shut-off valve.*
- ◆ *Check for gas leaks every time you disconnect and reconnect any gas fitting or LP tank. For correct procedure, refer to the owner's manual.*
- ◆ *Do not leave food unattended on the barbecue. Barbecuing involves a certain amount of fat dripping onto the heat source which causes flaring. A small amount of flaring is acceptable as the smoking will contribute to a "barbecue" flavour. However, if flaring is excessive, it is important to move food to another location on the grid and/or reduce or turn off heat. To prevent excessive flaring, trim fat from meat cuts. Occasionally, turn over lava rock/ceramic briquettes to burn off accumulated fat.*
- ◆ *To prevent burns, always use proper tools and oven mitts when barbecuing. Avoid wearing long loose sleeves or clothing which can catch fire easily.*
- ◆ *Since the rotisserie unit is connected to an electrical outlet, it should not be operated in damp or wet weather. Read the manufacturer's instructions carefully before operating.*
- ◆ *The barbecue must be thoroughly cleaned at least annually according to the manufacturer's instructions.*