



## WHAT'S IN THE BAG?

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### CREAMY BACON DIP

- |   |                                       |
|---|---------------------------------------|
| 2 cups (500 mL) yogurt                    | 1/4 cup (50 mL) crumbled cooked bacon |
| 1/3 cup (75 mL) mayonnaise                | 1/4 tsp (1 mL) paprika                |
| 1/4 cup (50 mL) thinly sliced green onion | 1/8 tsp (0.5 mL) cayenne pepper       |
| 2 cloves garlic, crushed                  |                                       |

Spoon yogurt into a coffee filter-lined sieve set over a bowl. Cover with plastic wrap and refrigerate for 2 hours. Discard liquid which collects in bowl. Combine drained yogurt with remaining ingredients (mayonnaise through cayenne pepper) in a bowl. Cover and refrigerate for at least 4 hours or up to 48 hours. Serve with seasoned pita chips, blue corn tortilla chips or raw vegetables.

Makes 1 1/2 cups (375 mL).

**Cook's Note:** Do not use yogurt with stabilizers or preservatives.

### HUMMUS

- |   |                           |
|---|---------------------------|
| 1 - 2 cloves garlic                                   | 1 tbsp (15 mL) sesame oil |
| 1 can (19 oz/540 mL) chickpeas,<br>rinsed and drained | 1 tbsp (15 mL) oil        |
| 1/4 cup (50 mL) lemon juice                           | 1/4 tsp (1 mL) salt       |

With machine running, drop garlic into food processor; process until finely chopped. Add remaining ingredients (chickpeas through salt) and puree until smooth. Transfer mixture to a bowl. Cover and refrigerate at least 4 hours or up to 48 hours. Do not freeze. Serve with seasoned pita chips or pita bread wedges. Makes about 1 1/2 cups (375 mL).

### SEASONED PITA CHIPS

- |                                  |                               |
|----------------------------------|-------------------------------|
| 6 pita bread (6 inch/15 cm)      | 1/4 tsp (1 mL) chili powder   |
| 1/3 cup (75 mL) butter, melted   | 1/4 tsp (1 mL) cayenne pepper |
| 1/4 tsp (1 mL) oregano, crumbled |                               |

Split each pita bread horizontally into 2 round pieces. Combine butter, oregano, chili powder and cayenne pepper. Place pita rounds in a large plastic bag. Drizzle butter mixture over bread. Shake bag to coat bread with butter mixture. Alternatively, butter mixture may be lightly brushed over bread. Place pita rounds on 2 ungreased cookie sheets. Bake at 300°F (150°C) for 30 - 35 minutes or until pita rounds are crisp; cool. Break pita into large pieces. Package in an airtight container. Store in a cool dry place for up to 2 weeks.

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### HAM SANDWICHES WITH ORANGE MUSTARD

1/4 cup (50 mL) Dijon mustard	6 thick slices ham
2 tbsp (25 mL) orange marmalade	6 slices Swiss cheese
12 slices light rye bread	

Combine mustard and marmalade. Spread 6 slices of rye bread with mustard mixture. Top each with a slice of ham, cheese and bread. Cut sandwiches in half. Serves 6.

*Use a variety of tasty and visually interesting breads for sandwiches. Examples may include pitas, mini bagels, English muffins, hot dog rolls, hamburger buns or tortillas.*

### CRUNCHY TURKEY PITAS

*To save time during the morning rush, you may want to prepare the filling the night before.*

2 cups (500 mL) chopped cooked turkey	1/3 cup (75 mL) mayonnaise
1 cup (250 mL) diced apple	6 lettuce leaves
1/2 cup (125 mL) chopped celery	3 pita bread (6 inch/15 cm), halved
1/2 cup (125 mL) raisins	

Combine turkey, apple, celery, raisins and mayonnaise. Place one lettuce leaf in each pita bread half. Fill each with turkey mixture. Serve immediately or wrap and refrigerate for up to 4 hours. Serves 4 - 6.

*Set out washed vegetables like a salad bar and let kids build their own salads. Include vegetables such as snap peas or snow peas, red or yellow peppers, jicama, beans, zucchini or young asparagus.*

### HAM AND FRUIT ROLL-UPS

1/2 cup (125 mL) orange juice	1 tsp (5 mL) basil, crumbled
1/2 cup (125 mL) chopped dried apricots	Dash freshly ground pepper
1/2 cup (125 mL) chopped dried cranberries	6 flour tortillas (8 inch/20 cm)
8oz (250 g) cream cheese, softened	6 thin slices ham
1/2 cup (125 mL) light sour cream	

Combine orange juice, apricots and cranberries in a small saucepan; bring to a boil. Remove from heat, cover and let stand for 15 minutes. Drain thoroughly; cool. Using medium speed of an electric mixer, beat together cream cheese, sour cream, basil and pepper until blended. Stir in apricots and cranberries. Spread cream cheese mixture evenly over one side of each tortilla, leaving a 1/2 inch (1.25 cm) border. Place one slice of ham near edge of each tortilla. Beginning at edge nearest to ham, tightly roll up each tortilla. Wrap each roll individually in plastic wrap. Refrigerate for at least 4 hours or up to 24 hours. Makes 6 roll-ups.

*Choose low-fat and fat-free milk. White or chocolate, it provides key nutrients such as calcium and vitamin D.*

### ZUCCHINI AND PASTA ALFRESCO

*You may substitute the vegetables in this recipe with other vegetables such as broccoli and cauliflower.*

2 cups (500 mL) diced zucchini	1/2 tsp (2 mL) each basil and oregano, crumbled
2 cups (500 mL) diced tomatoes	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 immediately toss hot pasta with mixture. Serve warm, at room temperature or chilled. Refrigerate for up to 24 hours. Serves 4.

*When shopping choose an assortment of ripe and less ripe fruit. The less ripe fruit will be ready to eat in a few days.*

### LEMON MAPLE DIP

1 cup (250 mL) yogurt or fat-free sour cream	1 tbsp (15 mL) maple-flavoured pancake syrup
1 tbsp (15 mL) fresh lemon juice	1/2 tsp (2 mL) grated lemon peel

Combine all ingredients until well blended. Cover and refrigerate for up to 48 hours. Stir before using. Serve with vegetables or fruit. Makes about 1 cup (250 mL).

*Fruit slices such as apples, nectarines, peaches and pears are great for dipping but darken after they are cut or peeled. To minimize darkening, slice fruit into a colour protecting solution made of one of the following:*

- 2 tbsp (25 mL) Fruit Fresh in 4 cups (1 L) cold water or
- 2 tbsp (25 mL) bottled lemon juice in 2 cups (500 mL) cold water

*Let sit in solution for five minutes. Drain and store in sealed container.*

### PINEAPPLE PUMPKIN BREAD

3 1/2 cups (875 mL) flour	4 eggs
2tsp (10 mL) baking soda	1 tsp (5 mL) vanilla
1 1/2 tsp (7 mL) cinnamon	1 can (14 oz/398 mL) pumpkin
1tsp (5 mL) salt	1 can (8 oz/227 mL) crushed pineapple, undrained
1/4tsp (1 mL) ginger	1 cup (250 mL) chopped walnuts or pecans, optional
1/4tsp (1 mL) nutmeg	
1/2cup (125 mL) butter, softened	
2 1/2 cups (625 mL) sugar	

Combine first 6 ingredients (flour through nutmeg) in a bowl; set aside. Using medium speed of an electric mixer, beat together butter and sugar until blended. Beat in eggs, one at a time, beating well after each addition. Add vanilla and pumpkin and beat until thoroughly blended. Fold in pineapple. Add flour mixture and stir just until blended. Do not overmix. Fold in walnuts. Spoon batter evenly into two greased 9x5 inch (23x13 cm) loaf pans. Bake at 350°F (180°C) for 60 - 65 minutes or until loaves test done. Cool in pans for 5 minutes. Invert loaves onto racks and cool completely. Makes 2 loaves.

**Cook's Note:** *Do not drain the pineapple in this recipe. Raisins may be used in place of nuts.*

*Trail mixes are easy to make and store well in a sealed container. Include mini-crackers, yogurt-covered raisins, pretzels, cereal, popcorn, sunflower seeds, pumpkin seeds, and dried fruits like raisins or dried cranberries.*

### **BRAN MUFFIN MIX**

3 cups (750 mL) wheat bran cereal	1 tbsp (15 mL) cinnamon
2 1/2 cups (625 mL) flour	1 tbsp (15 mL) baking soda
1 cup (250 mL) sugar	1/2 cup (125 mL) butter, chilled and cubed
1/2 cup (125 mL) skim milk powder	

Combine all ingredients except butter in a food processor. Using an on/off motion, process just until blended; do not overprocess. Add butter and process, using an on/off motion, just until blended. Divide mixture in half and place in two resealable plastic bags. Freeze for up to 3 months.

Makes about 2 packages (3 cups/750 mL each).

**Cook's Note:** *The ATCO Blue Flame Kitchen used Post 100% Bran Cereal in this recipe.*

**Baking Instructions:** Remove 1 package muffin mix from freezer. Let stand at room temperature for 30 minutes. Combine package contents with 1 cup (250 mL) raisins in a bowl. Whisk together 1 cup (250 mL) water, 2 eggs, 1 tbsp (15 mL) vinegar or lemon juice and 1 tsp (5 mL) vanilla. Add liquid ingredients to muffin mix; stir just until blended. Spoon batter into paper-lined muffin cups. Bake at 400°F (200°C) for 18 - 20 minutes. Makes 12 - 14 muffins.

*Kids often prefer mini-muffins. To make mini-muffins, spoon 1 tbsp (15 mL) of batter into each of 24 greased or paper-lined mini-muffin cups. Bake at 375°F (190°C) for 10 - 12 minutes or until muffins test done. Remove from pan and cool on a rack.*

### **CARROT YOGURT MUFFINS**

2 1/4 cups (550 mL) flour	1/4 tsp (1 mL) nutmeg
3/4 cup (175 mL) sugar	2/3 cup (150 mL) yogurt
2 tsp (10 mL) baking powder	1/4 cup (50 mL) oil
1 tsp (5 mL) cinnamon	1 egg
3/4 tsp (3 mL) baking soda	1 tsp (5 mL) vanilla
1/2 tsp (2 mL) ginger	2 1/2 cups (625 mL) shredded carrots
1/2 tsp (2 mL) salt	

Combine first 8 ingredients (flour through nutmeg) in a bowl. Whisk together yogurt, oil, egg and vanilla until well blended. Add to flour mixture and stir just until blended. Fold in carrots. Spoon batter into paper-lined muffin cups, filling cups three-quarters full. Bake at 375°F (190°C) for 22 - 25 minutes or until muffins test done. Cool muffins in pans for 5 minutes. Remove from pans and cool on racks.

Makes 16 muffins.

*When preparing school lunches, use an insulated lunch box. Place perishable items such as meat, poultry or dairy products next to a freezer ice pack or frozen juice box. After lunch, any leftover perishable food should be discarded.*