



Recipes

IN BETWEEN

UPTOWN TURKEY SANDWICHES

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| 4 oz (125 g) cream cheese, softened | 6 lettuce leaves |
| 1/4 cup (50 mL) crumbled blue cheese | 12 slices cooked turkey |
| 1 tbsp (15 mL) chopped green onion | 1 large pear, peeled and thinly sliced |
| 1/4 tsp (1 mL) freshly ground pepper | 12 slices cooked bacon |
| 12 slices round peasant or multigrain bread | |

Combine first 4 ingredients (cream cheese through pepper) until smooth. Spread 6 slices of bread with cheese mixture. Place a lettuce leaf, 2 turkey slices, 3 - 4 pear slices and 2 slices of bacon on each slice of prepared bread. Top with remaining bread slices. Cut sandwiches in half. Makes 6 sandwiches.

PARSLEY AND DRIED TOMATO COCKTAIL SANDWICHES

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| 2 tbsp (25 mL) butter, softened | 1/2 cup (125 mL) chopped fresh parsley |
| 4 oz (125 g) cream cheese, softened | 1 tsp (5 mL) basil, crumbled |
| 1/3 cup (75 mL) finely chopped dried tomatoes | 1/2 tsp (2 mL) fresh lemon juice |
| 1/4 cup (50 mL) freshly grated Parmesan cheese | 9 slices whole wheat bread |
| 1/4 tsp (1 mL) freshly ground pepper | 9 slices white bread |
| 1/2 cup (125 mL) butter, softened | |

Using medium speed of an electric mixer, beat together 2 tbsp (25 mL) butter with cream cheese, tomatoes, Parmesan cheese and pepper until blended; set aside. Using clean beaters, beat together 1/2 cup (125 mL) butter, parsley, basil and lemon juice until blended. Spread tomato mixture over one side of each slice of whole wheat bread. Spread parsley mixture over one side of each slice of white bread. Put one slice **each** of whole wheat bread and white bread together to make each sandwich. Sandwiches may be prepared to this point, wrapped individually and placed in a freezer bag. Freeze for up to 2 weeks. Thaw in refrigerator before proceeding. Trim crusts from sandwiches. Cut sandwiches diagonally into quarters.

Makes 3 dozen cocktail sandwiches.

Cook's Note: Do not use oil-packed dried tomatoes in this recipe.

HAM SANDWICHES WITH ORANGE MUSTARD

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| 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.

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SALMON STUFFED CROISSANTS

1/3 cup (75 mL) chopped celery	1/2 tsp (2 mL) lemon pepper
1 green onion, sliced	1/2 tsp (2 mL) lemon juice
1/4 cup (50 mL) chopped green bell pepper	1 1/2 cups (375 mL) flaked cooked salmon
1/3 cup (75 mL) tartar sauce or mayonnaise	4 croissants, sliced

Combine first 6 ingredients (celery through lemon juice). Check salmon carefully for bones. Combine salmon with vegetable mixture. Spread mixture on croissants. Serve immediately. Serves 4.

SICILIAN TUNAWICHES

1/4 cup (50 mL) light mayonnaise	1/4 cup (50 mL) finely chopped red bell pepper
1 tbsp (15 mL) red wine vinegar	1/4 cup (50 mL) sliced green onion
1/2 tsp (2 mL) oregano, crumbled	2 tbsp (25 mL) chopped pitted ripe olives
1/4 tsp (1 mL) freshly ground pepper	12 lettuce leaves
2 cans (170 g each) tuna, drained	6 whole wheat buns, halved

Combine mayonnaise, vinegar, oregano and pepper. Stir in tuna, red pepper, green onion and olives. Place 2 lettuce leaves on bottom half of each bun; top with tuna mixture. Cover with top halves of buns. Serves 4 - 6.

ASIAN TURKEY PITAS

2/3 cup (150 mL) mayonnaise	1/3 cup (75 mL) chopped celery
2 tsp (10 mL) soy sauce	1/4 cup (50 mL) chopped fresh cilantro
1/2 tsp (2 mL) ginger	3 tbsp (40 mL) sliced green onion
2 cups (500 mL) chopped cooked turkey	3 pita bread (6 inch/15 cm), halved
1 can (8 oz/227 mL) sliced water chestnuts, drained and chopped	

Combine mayonnaise, soy sauce and ginger. Stir in turkey, water chestnuts, celery, cilantro and onion. Fill each pita half with some of the turkey mixture. Serve immediately or wrap and refrigerate for up to 4 hours. Serves 4 - 6.

“B L C” SANDWICHES

1/3 cup (75 mL) mayonnaise	8 slices sprouted wheat or multi-grain bread
2 tbsp (25 mL) Dijon mustard	4 lettuce leaves
2 tsp (10 mL) fresh lemon juice	16 thin slices cantaloupe
2 tsp (10 mL) honey	12 slices bacon, cooked crisp

Combine mayonnaise, mustard, lemon juice and honey. Spread mayonnaise mixture on one side of each bread slice. Layer a lettuce leaf, 4 slices cantaloupe and 3 slices bacon on each of 4 bread slices. Top with remaining 4 bread slices. Cut each sandwich in half. Serves 4.

CRUNCHY TURKEY PITAS

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.