



# Sunday Night with Friends

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*Baked Lemon Garlic Chicken*

*Taverna Rice*

*Soy Roasted Carrots*

*Tri-Pepper Salad*

*Gingerbread with Ginger Orange Compote*

## **BAKED LEMON GARLIC CHICKEN**

10 - 12 skinless chicken thighs	3 cloves garlic, crushed
1/4 cup (50 mL) fresh lemon juice	1/4 tsp (1 mL) salt
2 tbsp (25 mL) fancy molasses	1/4 tsp (1 mL) freshly ground pepper
2 tsp (10 mL) Worcestershire sauce	Sliced green onion

Grease a shallow 3 quart (3 L) baking dish or line with nonstick foil. Place chicken in a single layer in prepared pan. Do not overcrowd pan. Combine lemon juice, molasses, Worcestershire sauce, garlic, salt and pepper; pour over chicken. Let stand for 30 minutes. Bake, uncovered, at 425°F (220°C), basting occasionally, for 45 - 50 minutes or until chicken is browned and cooked through. Sprinkle with green onion. Serves 6.

## **TAVERNA RICE**

1 cup (250 mL) basmati rice	1 cup (250 mL) diced seeded tomato
2 cups (500 mL) water	2 tbsp (25 mL) fresh lemon juice
1/2 tsp (2 mL) dill weed	1 tsp (5 mL) grated lemon peel
1/4 tsp (1 mL) salt	1/2 cup (125 mL) shredded dry pack feta cheese
2 cups (500 mL) slivered fresh spinach	

Place rice in a bowl. Add enough cold water to cover. Stir until water becomes cloudy; drain. Repeat procedure three times or until water remains almost clear; drain. In a medium saucepan, bring 2 cups (500 mL) water to a boil over medium heat. Stir in rice, dill weed and salt. Return to a boil. Reduce heat; cover and simmer for 15 minutes or until liquid is absorbed. Stir in spinach, tomato, lemon juice, lemon peel and cheese. Cover and let stand for 2 minutes or until spinach is wilted. Serves 4 - 6.

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## **SOY ROASTED CARROTS**

2 tbsp (25 mL) oil	1/2 tsp (2 mL) salt
2 tbsp (25 mL) soy sauce	1/2 tsp (2 mL) freshly ground pepper
1 tbsp (15 mL) packed golden brown sugar	1 bag (2 lb/1 kg) baby carrots

Grease a rimmed baking sheet or line with nonstick foil. Combine oil, soy sauce, brown sugar, salt and pepper in a bowl. Add carrots and toss until coated. Place in a single layer in prepared pan. Bake, uncovered, at 425°F (220°C) for 40 - 45 minutes or until carrots are tender and beginning to brown. Serves 8.

## **TRI-PEPPER SALAD**

1/2 cup (125 mL) olive oil	6 bell peppers (2 each of green, red and yellow), thinly sliced
1/4 cup (50 mL) red wine vinegar	3 cups (750 mL) sliced fresh mushrooms
1/4 cup (50 mL) chopped fresh parsley	2 cups (500 mL) thinly sliced red onions
1 clove garlic, finely chopped	2 cups (500 mL) thinly sliced celery
1/2 tsp (2 mL) salt	1 cup (250 mL) freshly grated Parmesan cheese
1/2 tsp (2 mL) freshly ground pepper	

To prepare dressing, whisk together oil, vinegar, parsley, garlic, salt and pepper. Combine remaining ingredients (bell peppers through Parmesan cheese) in a large bowl. Toss with dressing to coat. Cover and refrigerate until serving or for up to 4 hours. Serves 10 - 12.

## **GINGERBREAD WITH GINGER ORANGE COMPOTE**

1 1/2 cups (375 mL) flour	2 eggs
1 tsp (5 mL) baking soda	1 tsp (5 mL) vanilla
1 tsp (5 mL) ginger	1/4 cup (50 mL) molasses
1 tsp (5 mL) cinnamon	2/3 cup (150 mL) milk
1/2 tsp (2 mL) salt	2 tsp (10 mL) vinegar
1/4 tsp (1 mL) nutmeg	1/4 cup (50 mL) chopped crystallized ginger
1/2 cup (125 mL) butter, softened	Ginger Orange Compote, recipe follows
1/2 cup (125 mL) packed brown sugar	Whipped cream

Combine first 6 ingredients (flour through nutmeg). Beat together butter and sugar until light and fluffy. Beat in eggs, one at a time, beating well after each addition. Add vanilla and molasses. Combine milk and vinegar; allow to stand 5 minutes. Alternately, stir flour mixture and milk mixture into creamed mixture. Fold in ginger. Spoon batter into a greased and floured 9 inch (23 cm) square pan. Bake at 350°F (180°C) for 35 - 40 minutes or until gingerbread tests done. Cool slightly on a rack. Serve warm with Ginger Orange Compote and whipped cream. If desired, gingerbread may be prepared 24 hours in advance. Reheat gingerbread, covered with foil, at 375°F (190°C) for 15 minutes. Serves 8.

**Ginger Orange Compote:** Peel 3 large navel oranges, removing white pith. Cut between membranes to release orange segments; set aside. Combine 1 cup (250 mL) orange juice and 1/3 cup (75 mL) sugar. Break one 3 inch (7.5 cm) cinnamon stick into 3 pieces; add to orange juice mixture. Cook and stir over low heat until sugar is dissolved. Increase heat and simmer until mixture is thickened and reduced to 1/3 cup (75 mL). Pour mixture over oranges. Gently stir in 3 tbsp (40 mL) chopped crystallized ginger; cool. Compote may be refrigerated for up to 24 hours.