



## Everyday Delicious

*A sample from our new collection of recipes for daily dining.*

### **CRUNCHY BROCCOLI SLAW**

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|------------------------------------|--|
| 1/4 cup (50 mL) light mayonnaise   | 1/2 tsp (2 mL) freshly ground pepper                               |
| 1/4 cup (50 mL) yogurt             | 5 cups (1.25 L) broccoli coleslaw mix                              |
| 2 tbsp (25 mL) apple cider vinegar | 1/2 cup (125 mL) chopped red onion                                 |
| 2 tsp (10 mL) sugar                | 1 can (8 oz/227 mL) sliced water chestnuts,<br>drained and chopped |
| 1/2 tsp (2 mL) dry mustard         | 4 slices bacon, cooked and crumbled                                |
| 1/2 tsp (2 mL) salt                |  |

To prepare dressing, whisk together first 7 ingredients (mayonnaise through pepper) until blended. Combine broccoli coleslaw mix, onion, water chestnuts and bacon in a bowl. Add dressing and toss to combine. Serves 4 - 6.

### **MANGO AND SHRIMP WRAPS**

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| 1/4 cup (50 mL) sour cream   | 1/4 tsp (1 mL) freshly ground pepper  |
| 1/4 cup (50 mL) mayonnaise   | 1 3/4 cups (425 mL) frozen cooked baby<br>shrimp, thawed, rinsed and patted dry |
| 2 tbsp (25 mL) slivered fresh basil or<br>1/2 tsp (2 mL) dried basil, crumbled | 1 cup (250 mL) diced peeled mango   |
| 2 tbsp (25 mL) chopped green onion   | 6 flour tortillas (8 inch/20 cm)  |
| 1 tbsp (15 mL) fresh lemon juice   | 3 cups (750 mL) slivered baby spinach   |
| 1/4 tsp (1 mL) salt  |   |

Combine first 7 ingredients (sour cream through pepper). Stir in shrimp and mango. Spoon shrimp mixture down the centre of tortillas. Top each with 1/2 cup (125 mL) spinach. Fold top and bottom edges of each tortilla 1 inch (2.5 cm) over shrimp mixture. Fold sides of tortillas to centres, overlapping edges. Serve immediately or wrap individually and refrigerate for up to 2 hours. Serves 4 - 6.

### **BANGKOK BEAN CURRY**

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|--|---------------------------------|
| 1 tbsp (15 mL) oil   | 1 can (400 mL) coconut milk     |
| 1 cup (250 mL) chopped onion                                 | 2 tbsp (25 mL) sugar            |
| 2 cloves garlic, finely chopped                              | 1 tsp (5 mL) grated lime peel   |
| 3 - 4 tsp (15 - 20 mL) red curry paste                       | 1/2 tsp (2 mL) salt             |
| 1 can (28 oz/796 mL) red kidney beans,<br>rinsed and drained | 2 tbsp (25 mL) fresh lime juice |
| 1 can (14 oz/398 mL) diced tomatoes                          | Hot cooked rice                 |
|  | Thinly sliced green onion       |

Heat oil in a large saucepan over medium heat. Add onion and saute for 5 minutes. Stir in garlic and red curry paste; saute for 1 minute. Stir in beans, tomatoes, coconut milk, sugar, lime peel and salt. Bring to a boil. Reduce heat and simmer, uncovered, stirring occasionally, for 30 minutes. Stir in lime juice. Serve over rice and sprinkle with green onion. Serves 4 - 6.

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## SOUTHWESTERN VEGETARIAN LASAGNA

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|--|---|
| 3/4 cup (175 mL) medium salsa                    | 1 can (19 oz/540 mL) black beans,<br>rinsed and drained |
| 1 can (14 oz/398 mL) diced tomatoes              | 1 cup (250 mL) frozen kernel corn, thawed               |
| 1 can (7 1/2 oz/213 mL) tomato sauce             | 1/2 cup (125 mL) thinly sliced green onions             |
| 1 1/2 tsp (7 mL) cumin                           | 2 cups (500 mL) shredded marble<br>cheddar cheese       |
| 1/2 tsp (2 mL) oregano, crumbled                 |   |
| 7 - 8 oven-ready lasagna noodles, broken in half |   |

Combine salsa, tomatoes, tomato sauce, cumin and oregano. Spread 3/4 cup (175 mL) of salsa mixture over bottom of a greased 8 inch (20 cm) square baking dish. Cover with a single layer of halved noodles, breaking to fit as necessary. Combine beans, corn and green onions. Spoon half of bean mixture over noodles. Sprinkle with 1/2 cup (125 mL) cheese. Repeat layering procedure with 3/4 cup (175 mL) salsa mixture, noodles, remaining bean mixture and 1/2 cup (125 mL) cheese. Top with 3/4 cup (175 mL) salsa mixture. Cover with a single layer of remaining noodles. Spoon remaining salsa mixture over top and sprinkle with remaining cheese. Press down lightly to pack lasagna slightly. Cover with foil and refrigerate for at least 8 hours or up to 24 hours. Remove from refrigerator and let stand for 20 - 30 minutes. Bake, covered, at 375°F (190°C) for 45 - 55 minutes or until noodles are tender and lasagna is heated through. Let stand for 5 minutes before serving. Serves 4 - 6.

**Cook's Note:** *Oven-ready lasagna noodles are sometimes referred to as no-boil or instant lasagna noodles. They do not need to be cooked prior to assembling the lasagna.*

## SLOW COOKER CORIANDER BEEF STEW

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| 3 lb (1.5 kg) boneless beef chuck steak, cubed | 1 tbsp (15 mL) ginger                |
| 2 cups (500 mL) sliced onions                  | 1 1/2 tsp (7 mL) salt                |
| 2 cups (500 mL) baby carrots                   | 1/2 tsp (2 mL) freshly ground pepper |
| 2 cloves garlic, finely chopped                | 1/2 tsp (2 mL) thyme, crumbled       |
| 1 1/2 cups (375 mL) sliced celery              | 1/4 tsp (1 mL) nutmeg                |
| 1 can (14 oz/398 mL) stewed tomatoes           | 1/4 cup (50 mL) water                |
| 2 tbsp (25 mL) coriander                       | 1/4 cup (50 mL) flour                |

Combine first 12 ingredients (beef through nutmeg) in a 5 - 6 quart (5 - 6 L) slow cooker. Cover and cook on low heat setting for 6 - 7 hours or until meat is tender. Increase to high heat setting. Whisk together water and flour until smooth. Stir into stew. Cover and cook for 30 minutes or until stew is thickened. Serves 6 - 8.

## RHUBARB RASPBERRY CRISP

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| 1 cup (250 mL) old-fashioned or quick-cooking<br>rolled oats | 1/2 cup (125 mL) butter, chilled and cubed     |
| 1/2 cup (125 mL) flour                                       | 1/2 cup (125 mL) chopped pecans                |
| 1/2 cup (125 mL) packed golden brown sugar                   | 4 cups (1 L) sliced rhubarb (1/2 inch/1.25 cm) |
| 1 tsp (5 mL) cinnamon  | 2 cups (500 mL) raspberries                    |
| 1/2 tsp (2 mL) ginger  | 3/4 cup (175 mL) sugar                         |
| 1/8 tsp (0.5 mL) salt  | 2 tbsp (25 mL) cornstarch                      |
|  | Ice cream, optional                            |

To prepare crumb topping, combine oats, flour, brown sugar, cinnamon, ginger and salt in a bowl. Using fingertips, rub in butter until mixture is crumbly. Stir in pecans. Combine rhubarb, raspberries, sugar and cornstarch. Spoon into a greased shallow 2 quart (2 L) baking dish. Sprinkle with crumb topping. Bake at 350°F (180°C) for 45 minutes or until juices are thick and bubbly and topping is golden brown. Serve warm with ice cream. Serves 4 - 6.