



Spring Fever

Strawberry Lemonade

Chicken Caesar Sandwiches

Asparagus with Strawberry Vinaigrette

Chocolate Chip Cupcakes with Tangy Lemon Frosting

STRAWBERRY LEMONADE

1 cup (250 mL) sliced strawberries	2 cups (500 mL) ice water
2 tbsp (25 mL) sugar	Ice
1 cup (250 mL) frozen lemonade concentrate, thawed	4 whole strawberries

Puree sliced strawberries and sugar in a blender until smooth. Add lemonade concentrate and water; blend until combined. Serve over ice. Partially slice strawberries lengthwise and place on rim of glass for garnish.

Serves 4.

CHICKEN CAESAR SANDWICHES

1/2 cup (125 mL) thick Caesar salad dressing	8 lettuce leaves
4 boneless skinless chicken breasts	4 slices tomato
4 whole wheat kaiser buns, split and toasted	1/2 cup (125 mL) freshly grated Parmesan cheese
Thick Caesar salad dressing	

Pour 1/2 cup (125 mL) salad dressing into a heavy zip-lock plastic bag. Add chicken and squeeze bag to coat chicken with dressing; seal bag. Let stand for 30 minutes. Remove chicken from dressing; discard dressing. Grill chicken over medium heat on natural gas barbecue for 12 - 15 minutes or until chicken is cooked through. Spread bottom of each halved bun with additional salad dressing. Top each with 2 lettuce leaves, 1 slice tomato and 1 chicken breast. Sprinkle each with Parmesan cheese. Cover with top half of buns. Serves 4.

Cook's Note: *The ATCO Blue Flame Kitchen used Renee's Gourmet Caesar Dressing and Dip in this recipe.*

ASPARAGUS WITH STRAWBERRY VINAIGRETTE

24 asparagus spears, trimmed	1/2 tsp (2 mL) marjoram, crumbled
8 cups (2 L) mixed baby greens	1/2 tsp (2 mL) sugar
2 cups (500 mL) sliced strawberries	1/4 tsp (1 mL) salt
1/4 cup (50 mL) rice vinegar	2/3 cup (150 mL) oil
2 tbsp (25 mL) fresh lemon juice	6 whole strawberries
1 tbsp (15 mL) Dijon mustard	

Cook asparagus in boiling water until just barely tender. Immediately immerse in ice water to stop the cooking process. Drain and pat dry with paper towels. Arrange greens on 6 individual serving plates. Top each with 4 asparagus spears; cover and refrigerate for up to 4 hours. To prepare dressing, combine next 7 ingredients (strawberries through salt) in a blender. Puree until smooth. Gradually add oil and process until blended. Drizzle dressing over asparagus and greens. Garnish each serving with a whole strawberry. Remaining dressing may be refrigerated for up to 2 days. Serves 6.

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CHOCOLATE CHIP CUPCAKES

1 pkg (2 layer) white cake mix	3 eggs
1 cup (250 mL) water	1 tbsp (15 mL) grated lemon peel
1/2 cup (125 mL) flour	1 tsp (5 mL) vanilla
1/3 cup (75 mL) oil	1 cup (250 mL) mini chocolate chips
1/4 cup (50 mL) fresh lemon juice	Tangy Lemon Frosting, recipe follows

Using low speed of an electric mixer, beat together first 8 ingredients (cake mix through vanilla) until blended. Using medium speed, beat for 2 minutes. Fold in chocolate chips. Spoon batter into paper-lined muffin cups. Bake at 325°F (160°C) for 30 - 35 minutes or until cupcakes test done. Cool cupcakes in pans for 5 minutes. Remove from pans and cool cupcakes completely on racks. Spread cupcakes with Tangy Lemon Frosting. Store in an airtight container for up to 2 days. May be frozen. Makes 18 cupcakes.

Tangy Lemon Frosting

2 cups (500mL) icing sugar	2 tbsp (25 mL) fresh lemon juice
1/4 cup (50 mL) butter, softened	1/4 tsp (1 mL) vanilla
1/4 tsp (1 mL) grated lemon peel	

Using low speed of an electric mixer, beat together all ingredients until blended. Using medium speed, beat until light and fluffy.