



The Weekday Cook

Mexican Tamale Casserole

or

Turkey Enchilada Pie

or

Black Bean and Corn Burritos

Greens with Cumin Vinaigrette

Fruit Salad with Lime Dressing

MEXICAN TAMALES CASSEROLE

Do not be discouraged by the long ingredient list in this recipe. This dish can be assembled in 10 minutes.

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| 8 flour tortillas (8 inch/20 cm) | 1/2 cup (125 mL) sliced green onions |
| 1 can (14 oz./398 mL) diced tomatoes | 1 can (19 oz./540 mL) black beans, rinsed and drained |
| 1 tbsp. (15 mL) chili powder | 2 tbsp. (25 mL) chopped fresh cilantro or parsley |
| 1/4 tsp. (1 mL) cumin | 1/2 cup (125 mL) water |
| 1 can (12 oz./341 mL) kernel corn, drained | 1 cup (250 mL) shredded cheddar cheese |
| 1/4 cup (50 mL) finely chopped jalapeno pepper | Sliced green onions |
| 1 cup (250 mL) diced red bell pepper | |

Cover bottom of a greased 9x13 inch (23x33 cm) casserole dish with 4 tortillas. Tortillas may need to be halved or quartered. Combine tomatoes, chili powder and cumin; spread over tortillas. Top tomatoes with next 6 ingredients (corn through cilantro) in order given. Pour water over top. Slice remaining 4 tortillas into 3/4 inch (2 cm) strips. Arrange strips evenly over top. Sprinkle with cheese. Cover casserole and bake at 400°F (200°C) for 20 minutes. Sprinkle with green onions and serve. Do not freeze. Serves 6 - 8.

Hot Pepper Caution: *Hot peppers cause severe skin and eye irritation. Wear rubber gloves when handling hot peppers and avoid touching any exposed skin.*

TURKEY ENCHILADA PIE

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| 1 lb. (0.5 kg) ground turkey | 1 small can chopped green chilies, drained |
| 1 tbsp. (15 mL) oil | 1 cup (250 mL) frozen kernel corn, thawed |
| 1/2 cup (125 mL) each chopped red and green bell pepper | 1/2 cup (125 mL) sliced black olives |
| 2 tsp. (10 mL) cumin | 1/4 tsp. (1 mL) salt |
| 1 can (14 oz./398 mL) stewed tomatoes | 4 flour tortillas (8 inch/20 cm) |
| 1/2 cup (125 mL) salsa | 2 cups (500 mL) shredded cheddar cheese |

In a large frypan, cook turkey in oil until no traces of pink remain. Stir in peppers and cumin; sauté 2 minutes. Add next 6 ingredients (tomatoes through salt). Simmer, breaking up tomatoes with a spoon, for 10 – 15 minutes or until mixture is thickened. Turkey filling may be prepared to this point and refrigerated, covered, for up to 24 hours. Place 2 tortillas on bottom of a greased quiche pan. Spread with half of turkey mixture. Sprinkle with 1/3 of cheese. Top with a tortilla, remaining filling and half of remaining cheese. Place remaining tortilla on top. Cover with foil and bake at 350°F (180°C) for 30 minutes. Remove foil and sprinkle with remaining cheese. Bake 10 minutes longer. Allow pie to stand 5 – 10 minutes before slicing. Serves 6 – 8.

Preparation Tip: *For a spicier taste, increase cumin or add several dashes of green pepper sauce.*

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BLACK BEAN AND CORN BURRITOS

1 small onion, chopped	1 tbsp. (15 mL) chopped fresh cilantro
1/3 cup (75 mL) each chopped red and green bell pepper	1 1/2 tsp. (7 mL) chili powder
1 clove garlic, crushed	1 tsp. (5 mL) cumin
2 tsp. (10 mL) oil	1/8 tsp. (0.5 mL) salt
1 can (19 oz./540 mL) black beans, rinsed, drained and mashed	1/8 tsp. (0.5 mL) cayenne pepper
1/2 cup (125 mL) frozen kernel corn, thawed	6 flour tortillas (8 inch/20 cm)
1 tsp. (5 mL) green or hot pepper sauce	1 cup (250 mL) shredded cheddar cheese
1 tbsp. (15 mL) lime or lemon juice	Shredded lettuce
	Salsa
	Sour cream

Sauté onion, bell peppers and garlic in oil until tender; combine with next 9 ingredients (black beans through cayenne pepper). Place a scant 1/2 cup (125 mL) of bean mixture down the center of each tortilla. Sprinkle with cheese and roll up. Place, seam side down, in a greased casserole. Bake at 350°F (180°C) for 15 minutes. Serve burritos on a bed of shredded lettuce. Top with salsa and sour cream. Serves 4 - 6.

CUMIN VINAIGRETTE

A tasty dressing on a salad of mixed greens and cucumber. Add orange slices to salad for a colourful variation.

1 tbsp. (15 mL) minced onion	1/4 tsp. (1 mL) salt
1/2 tsp. (2 mL) Dijon mustard	1/3 cup (75 mL) fresh lemon juice
3/4 tsp. (3 mL) cumin	3/4 cup (175 mL) olive oil

Whisk together onion, mustard, cumin, salt and lemon juice. Whisking continually, add oil in a thin stream until blended. Vinaigrette may be refrigerated for up to 4 days.

FRUIT SALAD WITH LIME DRESSING

1 tsp. (5 mL) grated lime peel	1 cup (250 mL) each pineapple chunks and cubed watermelon
1 cup (250 mL) yogurt	2 cups (500 mL) cubed honeydew melon
3 tbsp. (40 mL) sugar	4 kiwi fruit, peeled and thinly sliced
1/4 cup (50 mL) lime juice	

Combine peel, yogurt, sugar and juice. Cover and chill for at least 1 or up to 24 hours. Combine fruit and chill until serving. Spoon fruit onto serving plates and drizzle with dressing. Serves 4 - 6.