



Eat, Drink and Garden

Watermelon Ice Cubes

Fusilli with Tomatoes and Artichokes

Fresh Fruit

Ginger Cream Dip

Eatmores

WATERMELON ICE CUBES

Ginger ale is great served over these refreshing ice cubes.

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| 6 cups (1.5 L) seedless watermelon chunks | 4 disposable plastic ice cube bags |
| 1/3 cup (75 mL) fresh lemon juice | Ginger ale |
| 1/3 cup (75 mL) sugar | |

Combine watermelon, lemon juice and sugar in a blender; puree until smooth. Using a funnel, pour watermelon mixture into ice cube bags. Tie tops of bags to secure. Freeze until firm. To serve, pop watermelon ice cubes into glasses and pour in ginger ale. Makes 72 watermelon ice cubes.

Cook's Note: *The ATCO Blue Flame Kitchen used Scubs disposable plastic ice cube bags to make the watermelon ice cubes in this recipe. These bags are available in grocery stores.*

FUSILLI WITH TOMATOES AND ARTICHOSES

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| 2 tbsp (25 mL) olive oil | 1/2 cup (125 mL) pitted kalamata olives |
| 2 cups (500 mL) chopped onions | 1/4 cup (50 mL) chopped fresh parsley |
| 3 cloves garlic, finely chopped | 1/2 tsp (2 mL) oregano, crumbled |
| 1 can (14 oz/398 mL) diced tomatoes | 1/2 tsp (2 mL) rosemary, crumbled |
| 1 can (14 oz/398 mL) artichoke hearts, drained and quartered | 1/2 tsp (2 mL) freshly ground pepper |
| 1/2 cup (125 mL) julienned drained oil-packed dried tomatoes | 5 cups (1.25 L) fusilli pasta, cooked and drained |
| | 1 1/3 cups (325 mL) shredded dry pack feta cheese |

To prepare sauce, heat oil in a frypan over medium heat. Add onions and garlic; saute for 5 minutes. Stir in next 8 ingredients (diced tomatoes through pepper). Bring to a boil. Reduce heat and simmer, uncovered, for 5 minutes or until sauce is slightly thickened. Toss sauce with hot cooked fusilli. Add cheese and toss to combine. Serve immediately. Serves 4 - 6.

Cook's Note: *This dish is great as a leftover! Serve it hot or cold for lunch the next day.*

Call the ATCO Blue Flame Kitchen home economists, Monday to Friday, 10 a.m. to 4 p.m.

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GINGER CREAM DIP

8 oz (250 g) light cream cheese, softened
1/3 cup (75 mL) thawed frozen orange juice
concentrate
2 tbsp (25 mL) water

1 tsp (5 mL) vanilla
3 tbsp (40 mL) finely chopped candied ginger
2 tbsp (25 mL) sliced almonds, toasted

Using medium speed of an electric mixer, beat together cream cheese, orange juice, water and vanilla until smooth. Stir in ginger. Cover and refrigerate at least 2 hours or up to 3 days. Dip may be prepared to this point and frozen for up to 1 week. Stir before serving and sprinkle with almonds. Makes 2 cups (500 mL).

EATMORES

3/4 cup (175 mL) honey
1 cup (250 mL) peanut butter
10 marshmallows
1 cup (250 mL) chocolate chips

1 tsp (5 mL) vanilla
1 cup (250 mL) chopped peanuts
3 cups (750 mL) crisp rice cereal

In a heavy saucepan, melt honey and peanut butter over medium heat. Add marshmallows and chocolate chips, stirring until smooth. Stir in vanilla. Add peanuts and cereal and mix until combined. Press mixture into a lightly greased 9x13 inch (23x33 cm) pan. Cover and chill until firm before cutting.