



Five Ingredients or Less

Simple meal solutions begin with fresh wholesome ingredients. Check out these recipes using 5 ingredients or less, including Parmesan Baked Chicken, Salsa Scalloped Potatoes, Green Beans with Balsamic Butter, and Sicilian Orange Salad. It's your answer to a delicious and easy weeknight meal.

Menu

Parmesan Baked Chicken
Salsa Scalloped Potatoes
Green Beans with Balsamic Butter
Sicilian Orange Salad

PARMESAN BAKED CHICKEN

1/3 cup (75 mL) fine dry bread crumbs	6 boneless skinless chicken breasts
2 tbsp (25 mL) grated Parmesan cheese	2 tbsp (25 mL) light mayonnaise
1 tsp (5 mL) basil, crumbled	

Mix together bread crumbs, cheese and basil. Arrange chicken in a single layer in a greased baking dish. Spread lightly with mayonnaise and sprinkle with crumb mixture. Bake at 450°F (230°C) for 25 - 30 minutes or until chicken is cooked through. Serves 6.

SALSA SCALLOPED POTATOES

6 cups (1.5 L) thinly sliced peeled red potatoes	1 cup (250 mL) medium salsa
1 can (10 oz/284 mL) chicken broth	1 1/4 cups (300 mL) shredded cheddar cheese

Combine potatoes and broth in a saucepan; bring to a boil. Reduce heat; cover and simmer for 5 - 7 minutes, stirring occasionally, until potatoes are almost tender. Using a slotted spoon, transfer half of potatoes to a greased 8 inch (20 cm) square baking dish. Spread salsa over potatoes. Place remaining potatoes over salsa. Pour broth from saucepan over potatoes. Bake at 375°F (190°C) for 40 - 45 minutes or until liquid is absorbed and potatoes are tender. Remove baking dish from oven and sprinkle cheese over potatoes. Bake for 5 minutes or until cheese is melted. Serves 4.

GREEN BEANS WITH BALSAMIC BUTTER

1/2 cup (125 mL) balsamic vinegar	1/4 cup (50 mL) butter, softened
2 tbsp (25 mL) finely chopped onion	6 cups (1.5 L) trimmed green beans

Combine vinegar and onion in a small nonreactive saucepan. Bring to a boil. Boil over medium heat, stirring frequently, until liquid is reduced to 1 tbsp (15 mL). Transfer mixture to a small bowl; cool. Blend in butter. May be prepared to this point and refrigerated for up to 24 hours. Cook beans in boiling salted water until tender, about 6 minutes; drain. Add butter mixture to beans and toss until butter is melted. Serve immediately. Serves 8.

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SICILIAN ORANGE SALAD

5 navel oranges
1/4 cup (50 mL) sliced green onion
3 tbsp (40 mL) chopped fresh parsley

2 tbsp (25 mL) olive oil
1/2 tsp (2 mL) red pepper flakes

Peel oranges and cut crosswise into 1/4 inch (6 mm) thick slices. To prepare dressing, combine onion, parsley, oil and red pepper flakes in a bowl. Add orange slices and toss to coat. Serve immediately. Serves 4 - 6.

Cook's Note: For an impressive presentation, blood oranges may be substituted for navel oranges. Blood oranges have a bright red or red-streaked pulp and are tart in flavour. In Alberta, the most readily-available variety of blood orange is the Moro orange, usually found in grocery stores from December to March.