



A Family Night

Menu

Mixed Greens with Pepper Jelly Dressing

Ham and Cheese Pasta Bake or Polynesian Sausage Rice Bake

Rye and Apple Bread or Whole Wheat Rolls

Eggnog Loaf and Ice Cream

PEPPER JELLY DRESSING

3 tbsp (40 mL) balsamic vinegar	1/8 tsp (0.5 mL) salt
2 tbsp (25 mL) hot pepper jelly	2/3 cup (150 mL) oil
1 tbsp (15 mL) Dijon mustard	

Thoroughly whisk together vinegar, jelly, mustard and salt. Gradually whisk in oil until blended. May be refrigerated for up to 3 days. Stir before using. Makes 1 cup (250 mL).

HAM AND CHEESE PASTA BAKE

3 tbsp (40 mL) butter	16 oz (500 g) fusilli pasta, cooked, rinsed and drained
2/3 cup (150 mL) chopped onion	2 cups (500 mL) julienned ham
3 tbsp (40 mL) flour	1 can (14 oz/398 mL) diced tomatoes, drained
1 tsp (5 mL) dry mustard	1 cup (250 mL) frozen peas
3 cups (750 mL) milk	2/3 cup (150 mL) fresh bread crumbs
1/2 tsp (2 mL) salt	1 tbsp (15 mL) butter, melted
1/4 tsp (1 mL) freshly ground pepper	Paprika
1/8 tsp (0.5 mL) cayenne pepper	
2 cups (500 mL) shredded cheddar cheese	

To prepare sauce, melt butter in a saucepan over medium heat. Add onion and saute for 5 minutes. Stir in flour and dry mustard; cook for 1 minute. Gradually stir in milk; cook, stirring, until thickened. Reduce heat; stir in salt, pepper, cayenne pepper and cheese. Stir until cheese is melted. Remove from heat. Combine sauce with pasta, ham, tomatoes and peas. Spoon mixture into a greased shallow 3 quart (3 l) baking dish. Combine bread crumbs and melted butter; sprinkle over casserole. Dust with paprika. May be prepared to this point and refrigerated for up to 24 hours. Remove from refrigerator and let stand for 20 - 30 minutes. Bake, covered, at 350°F (180°C) for 40 - 45 minutes. Uncover and continue baking for 10 minutes or until filling is bubbly and topping is lightly browned. Serves 6.

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POLYNESIAN SAUSAGE RICE BAKE

1 lb (500 g) garlic sausage	2 tbsp (25 mL) butter
1 cup (250 mL) chopped onion	1 can (8 oz/227 mL) pineapple tidbits, undrained
1 green bell pepper, cubed	1 pkg (180 g) long grain and wild rice mix with seasoning packet
1 red bell pepper, cubed	
1/2 cup (125 mL) orange marmalade	1 1/2 cups (375 mL) boiling water

Cut sausage in half lengthwise and slice 1/2 inch (1.25 cm) thick. Combine sausage with next 7 ingredients (onion through rice mix) in a deep casserole dish. Stir in boiling water. Cover and bake at 375°F (190°C) for 55 - 60 minutes or until rice is tender and liquid is absorbed. Serves 4 - 6.

RYE AND APPLE BREAD

3/4 cup (175 mL) water	2 cups (500 mL) flour
1/2 cup (125 mL) unsweetened applesauce	1 cup (250 mL) dark rye flour
3 tbsp (40 mL) packed golden brown sugar	1 tbsp (15 mL) gluten, optional
2 tbsp (25 mL) oil	1 1/2 tsp (7 mL) bread machine yeast
1 1/4 tsp (6 mL) salt	

Place ingredients in baking pan of bread machine in the order in which they are listed or follow manufacturer's operating instructions. Select the basic/white bread cycle. Remove baked bread from pan and cool on a rack. Makes 1 loaf.

EGGNOG LOAF

The texture of this loaf is similar to that of a pound cake.

2 1/4 cups (550 mL) flour	1 cup (250 mL) sugar
2 tsp (10 mL) baking powder	1 cup (250 mL) commercial eggnog
1/2 tsp (2 mL) salt	1/2 cup (125 mL) butter, melted
1/4 tsp (1 mL) freshly ground nutmeg	2 tsp (10 mL) vanilla
2 eggs	

Combine flour, baking powder, salt and nutmeg in a bowl; set aside. Using medium speed of an electric mixer, beat together eggs and sugar until blended. Beat in eggnog, melted butter and vanilla. Stir in flour mixture just until blended. Spoon batter into a greased 9x5 inch (23x13 cm) loaf pan. Bake at 350°F (180°C) for 40 - 45 minutes or until loaf tests done. Cool in pan on a rack for 10 minutes. Invert loaf onto rack and cool completely. Makes 1 loaf.