

Tuscan Stew

Waldorf Apple Slaw

Gourmet Herb Bread

Carrot Cake with Maple Frosting

TUSCAN STEW

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| 1 tbsp (15 mL) olive oil | 1 can (7 1/2 oz/213 mL) tomato sauce |
| 1 cup (250 mL) chopped onion | 1/2 tsp (2 mL) basil, crumbled |
| 1 cup (250 mL) diced green bell pepper | 1/2 tsp (2 mL) oregano, crumbled |
| 4 cloves garlic, finely chopped | 1/4 tsp (1 mL) red pepper flakes |
| 2 cups (500 mL) sliced fresh mushrooms | 1/4 tsp (1 mL) salt |
| 1 cup (250 mL) sliced zucchini | 1 1/2 cups (375 mL) frozen cut green beans |
| 1 can (14 oz/398 mL) kidney beans,
rinsed and drained | 1/4 cup (50 mL) chopped fresh parsley |
| 1 can (14 oz/398 mL) diced tomatoes | 1 1/2 cups (375 mL) shredded mozzarella cheese |
| 1 can (10 oz/284 mL) chicken or vegetable broth | Hot cooked rice or pasta |

Heat oil in a Dutch oven over medium heat. Add onion, green pepper and garlic; saute for 5 minutes. Stir in next 10 ingredients (mushrooms through salt). Bring to a boil. Reduce heat; cover and simmer for 30 minutes, stirring occasionally. Stir in green beans and parsley; cook for 3 minutes or until beans are tender. Remove from heat and sprinkle with cheese. Cover and let stand for 2 minutes. Serve in bowls over rice. Serves 6.

WALDORF APPLE SLAW

For a colourful presentation of this salad, choose a selection of apples of different colours.

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| 1/2 cup (125 mL) mayonnaise | 1 tsp (5 mL) sugar |
| 1 tbsp (15 mL) fresh lemon juice | 4 large apples, cut into thin strips |
| 1 tbsp (15 mL) rice vinegar | 1 cup (250 mL) thinly sliced celery |
| 2 tsp (10 mL) grated fresh ginger | |

To prepare dressing, whisk together mayonnaise, lemon juice, vinegar, ginger and sugar until blended. Combine apples and celery in a bowl. Add dressing and toss to combine. Serves 8.

GOURMET HERB BREAD

1/2 cup (125 mL) butter	1/2 tsp (2 mL) tarragon, crumbled
2 tbsp (25 mL) chopped fresh parsley	1/4 tsp (1 mL) basil, crumbled
2 tsp (10 mL) brandy	1/4 tsp (1 mL) freshly ground pepper
1/2 tsp (2 mL) thyme, crumbled	1 loaf French bread

Combine first 7 ingredients (butter through pepper) in a food processor until smooth. Cut bread into diagonal slices almost through bottom crust. Spread butter mixture between bread slices. Wrap in foil and heat over medium heat on natural gas barbecue for 20 minutes or until heated through.

CARROT CAKE WITH MAPLE FROSTING

2 cups (500 mL) sugar	3/4 tsp (3 mL) ginger
1 cup (250 mL) oil	1/2 tsp (2 mL) salt
4 eggs	1/4 tsp (1 mL) freshly ground nutmeg
2 cups (500 mL) flour	4 cups (1 L) finely grated carrots
2 tsp (10 mL) baking soda	1 cup (250 mL) toasted walnuts, chopped
1 tsp (5 mL) cinnamon	Maple Frosting, recipe follows

Using medium speed of an electric mixer, beat together sugar, oil and eggs until well blended. Combine next 6 ingredients (flour through nutmeg) and stir into egg mixture until blended. Stir in carrots and walnuts. Pour batter into a greased 9x13 inch (23x33 cm) baking pan. Bake at 350°F (180°C) for 55 - 60 minutes or until cake tests done. Cool in pan on a rack. Spread with Maple Frosting. Cover and refrigerate for up to 3 days. May be frozen.

Maple Frosting: Using medium speed of an electric mixer, beat together 8 oz (250 g) softened cream cheese and 1/4 cup (50 mL) softened butter until fluffy. Beat in 3/4 cup (175 mL) icing sugar. Add 1/4 cup (50 mL) maple-flavoured pancake syrup and 1/2 tsp (2 mL) vanilla; beat until blended. Makes enough frosting for a 9x13 inch (23x33 cm) cake.

Cook's Note: *This delicious soft frosting is best used on single layer cakes.*