

Herbed Baguette

Spinach and Fruit Salad

Coriander Spiked Pork Tenderloin or Ginger Garlic Chicken

Spicy Sesame Grilled Vegetables

Green Tea Jasmine Rice

Warm Banana Sundaes

HERBED BAGUETTE

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| 1/2 cup (125 mL) butter, softened | 3/4 tsp (3 mL) oregano, crumbled |
| 1/4 cup (50 mL) grated Parmesan cheese | 1 baguette, sliced 1 inch (2.5 cm) thick |
| 3/4 tsp (3 mL) basil, crumbled | |

Combine all ingredients except baguette. Spread butter mixture over one side of each baguette slice. Reassemble loaf and wrap in foil. Heat bread over medium heat directly on grid or on warming rack on natural gas barbecue, turning occasionally, for 10 - 15 minutes or until heated through.

SPINACH AND FRUIT SALAD

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| 2 tbsp (25 mL) raspberry vinegar | 1/4 cup (50 mL) oil |
| 1 tbsp (15 mL) fresh lime juice | 1 ripe avocado |
| 1 tsp (5 mL) grated lime peel | 8 cups (2 L) baby spinach |
| 1/2 tsp (2 mL) basil, crumbled | 2 cups (500 mL) sliced strawberries |
| 1/2 tsp (2 mL) dry mustard | 2 kiwi fruit, peeled and sliced |
| 1/4 tsp (1 mL) salt | 1 red grapefruit, peeled and sectioned |
| 1/4 tsp (1 mL) freshly ground pepper | 1/4 cup (50 mL) toasted sliced almonds |

To prepare dressing, whisk together first 7 ingredients (vinegar through pepper). Gradually whisk in oil until blended. Halve and pit avocado; peel and slice. Combine avocado with spinach, strawberries, kiwi, grapefruit and almonds in a bowl. Add dressing and toss to coat. Serves 8.

CORIANDER SPIKED PORK TENDERLOIN

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| 2 cloves garlic, crushed | 1 tbsp (15 mL) packed brown sugar |
| 2 tsp (10 mL) coriander | 1/4 cup (50 mL) soy sauce |
| 1 tbsp (15 mL) freshly ground pepper | 2 pork tenderloins (3/4 lb/375 g each) |

To prepare marinade, combine all ingredients except pork in a heavy zip-lock plastic bag. Remove 2 tbsp (25 mL) marinade; set aside. Prick pork several times with a fork. Add pork to marinade in bag and squeeze bag to coat pork with marinade; seal bag. Let stand 30 minutes. Remove pork from marinade and pat dry; discard marinade. Grill pork over low heat on natural gas barbecue for about 30 minutes or until a meat thermometer registers 170°F (75°C). Baste occasionally with reserved marinade. Serves 4 - 6.

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GINGER GARLIC CHICKEN

1/3 cup (75 mL) oil	1 1/2 tsp (7 mL) grated lemon peel
2 tbsp (25 mL) grated fresh ginger	1/2 tsp (2 mL) turmeric
4 cloves garlic, finely chopped	4 boneless skinless chicken breasts
4 tsp (20 mL) soy sauce	

To prepare marinade, combine all ingredients except chicken in a small bowl. Reserve 1/4 cup (50 mL) marinade to serve with chicken; set aside. Pour remaining marinade into a heavy zip-lock plastic bag. Add chicken and squeeze bag to coat chicken with marinade; seal bag. Let stand 30 minutes. Remove chicken from marinade; discard marinade. Grill chicken over medium heat on natural gas barbecue for 12 - 15 minutes or until chicken is cooked through. Transfer chicken to a serving dish and drizzle with reserved marinade. Serves 4.

Cook's Note: If desired, use two 1 inch (2.5 cm) thick turkey fillets in place of chicken breasts.

SPICY SESAME GRILLED VEGETABLES

1/4 cup (50 mL) rice vinegar	1 clove garlic, finely chopped
1/4 cup (50 mL) soy sauce	1 tsp (5 mL) hot pepper sauce
1 tbsp (15 mL) sesame oil	8 cups (2 L) assorted vegetable pieces
1 tbsp (15 mL) olive oil	(bell peppers, mushrooms, onions and
1 tbsp (15 mL) grated fresh ginger	zucchini)

To prepare marinade, combine all ingredients except vegetables in a heavy zip-lock plastic bag. Add vegetables and squeeze bag to coat vegetables with marinade; seal bag. Let stand 15 minutes. Remove vegetables from marinade; discard marinade. Grill vegetables in a grill wok over medium heat on natural gas barbecue, stirring occasionally, for 10 - 15 minutes or until browned and tender. Serves 6 - 8.

GREEN TEA JASMINE RICE

1 1/2 cups (375 mL) water	1/2 tsp (2 mL) salt
1 bag green tea	1/2 cup (125 mL) frozen peas, thawed
1 cup (250 mL) jasmine rice	2 tsp (10 mL) slivered fresh mint
1 tbsp (15 mL) butter	

In a saucepan, bring water to a boil. Remove from heat. Add tea bag; cover and let stand for 5 minutes. Remove tea bag. Add rice, butter and salt to pan. Bring rice mixture to a boil over medium heat. Reduce heat; cover and simmer until liquid is absorbed and rice is tender, about 15 - 20 minutes. Remove from heat. Stir in peas and mint. Cover and let stand for 2 minutes. Serves 4.

WARM BANANA SUNDAES

3 large firm bananas	1/2 cup (125 mL) butterscotch ice
1 tbsp (15 mL) butter, melted	cream topping
2 tsp (10 mL) lemon juice, divided	1/2 tsp (2 mL) vanilla
1/2 tsp (2 mL) cinnamon, divided	Vanilla ice cream
1/2 tsp (2 mL) ginger, divided	Chopped toasted pecans

Cut bananas in half lengthwise and then cut each piece in half crosswise. Combine butter, 1 tsp (5 mL) lemon juice, 1/4 tsp (1 mL) cinnamon and 1/4 tsp (1 mL) ginger. Brush bananas with butter mixture. Grill bananas directly on grid over medium heat on natural gas barbecue, turning once, for 5 minutes or just until heated through. Meanwhile, combine butterscotch topping with vanilla, remaining 1 tsp (5 mL) lemon juice, 1/4 tsp (1 mL) cinnamon and 1/4 tsp (1 mL) ginger in a frypan. On a side burner or directly on barbecue grid, heat mixture until bubbly. Add bananas and stir gently to coat. Spoon over ice cream and sprinkle with pecans. Serve immediately. Serves 4.