



April 27, 2016

Pucker Up with These Citrus Dishes

It's impossible to deny the appeal of the tart, summery flavours found in lemon, lime, orange and grapefruit. We've woven the versatile flavours of citrus throughout this menu, from a light appetizer to a not-too-sweet dessert.

Our Citrus Salsa packs a punch, thanks to tart grapefruit and lime wedges, and spicy jalapeno slices. Serve with tortilla chips as an appetizer, or as a topping for grilled chicken or fish.

Our Lemon Scented Orzo is a simple side dish featuring the bright flavours of the lemon to keep it from feeling too heavy. It's the perfect foil to our sticky-sweet Honey and Lime Glazed Chicken – make sure you have napkins handy!

Last but not least, our Berry Citrus Squares are a delicious way to end our ode to citrus, and are a celebration of summer fruits. They can easily be made ahead, so you can spend more time entertaining your guests.

CITRUS SALSA

Ingredients:

1/2 cup (125 mL) chopped orange segments
1/2 cup (125 mL) chopped grapefruit segments
1/4 cup (50 mL) chopped lime segments
1/4 cup (50 mL) diced red onion
2 tbsp (25 mL) chopped fresh cilantro
2 tbsp (25 mL) honey
1 tbsp (15 mL) finely chopped seeded jalapeno pepper
1 tbsp (15 mL) olive oil
1 tsp (5 mL each) grated orange peel, grapefruit peel and lime peel
1/4 tsp (1 mL) salt
1/8 tsp (0.5 mL) freshly ground pepper

Method:

Combine all ingredients. Serve immediately. *Makes 1 1/3 cups (325 mL).*

LEMON SCENTED ORZO

Ingredients:

2 tbsp (25 mL) olive oil
2 cloves garlic, finely chopped
1 tsp (5 mL) grated lemon peel
1/4 tsp (1 mL) salt
1/4 tsp (1 mL) freshly ground pepper
1/2 cup (125 mL) chopped fresh parsley
2 tbsp (25 mL) fresh lemon juice
1 1/3 cups (325 mL) orzo, cooked and drained

Method:

Heat oil in a small frypan over medium heat. Stir in garlic, lemon peel, salt and pepper. Cook, stirring, for 1 minute. Add garlic mixture, parsley and lemon juice to hot cooked orzo; toss to combine. Serve immediately. *Serves 4 - 6.*

HONEY AND LIME GLAZED CHICKEN

Ingredients:

1/3 cup (75 mL) fresh lime juice

1/4 cup (50 mL) honey
2 tsp (10 mL) grated lime peel
1 tsp (5 mL) coriander
1 tsp (5 mL) salt
1/2 tsp (2 mL) freshly ground pepper
2 cloves garlic, crushed
12 skinless chicken thighs
Chopped fresh parsley or cilantro

Method:

Whisk together first 7 ingredients (lime juice through garlic) in a bowl. Arrange chicken in a single layer in a greased 9x13 inch (23x33 cm) baking dish. Do not overcrowd pan. Pour lime juice mixture over chicken. Bake at 375°F (190°C) for 1 - 1 1/4 hours, basting occasionally. Sprinkle with parsley. *Serves 6.*

BERRY CITRUS SQUARES

Ingredients:

1 cup (250 mL) butter, softened
3/4 cup (175 mL) icing sugar
2 1/4 cups (550 mL) flour, divided
1 1/2 cups (375 mL) sugar
1 tsp (5 mL) baking powder
4 eggs, lightly beaten
1/3 cup (75 mL) fresh lemon juice
1 tsp (5 mL) grated lemon peel
1 1/2 cups (375 mL) blueberries or raspberries

Method:



To prepare crust, use medium speed of an electric mixer and beat together butter and icing sugar until fluffy. Add 2 cups (500 mL) flour; beat on low speed just until blended. Press mixture into bottom of a greased 9x13 inch (23x33 cm) baking pan. Bake at 350°F (180°C) for 20 minutes or until lightly golden. To prepare filling, combine remaining 1/4 cup (50 mL) flour, sugar and baking powder. Whisk in eggs, juice and peel until blended. Sprinkle berries over hot crust. Gently pour filling over top. Bake at 350°F (180°C) for 30 - 35 minutes or until filling is set and light golden brown. Cool. Cut into squares and serve. Squares may be refrigerated for up to 3 days. Do not freeze.