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## Cook with lime and zest up your life!

With the dream of summer days inching closer to reality, having some summer recipes on hand is key when guests unexpectedly pop by for a visit on the patio.

Since most of us crave refreshing, light and flavourful dishes in the summer, incorporating a citrus fruit like lime into a dish can really help beat the summertime heat.

Limes, which were first grown in Southern Iraq and Persia, were traditionally used in the 19th century to prevent scurvy, mainly among sailors. The use for limes has since grown to include beverages, baking and now cooking. There are many types of limes, the most common being the Persian Lime, which is the lime most often used today. There are also Key Limes (used to make Key Lime Pie filling), Kaffir Limes and the Desert Limes.

We most often use limes in beverages, but times are changing as we now see limes in salad dressings and more and more incorporated into cooking. So why not add some zest to your meal the next time guests drop by and try our Crispy Honey Lime Chicken? The chicken has the perfect crunch and when combined with the sweetness of the honey and the tangy flavour of the lime is a perfectly balanced dish. If you want to kick things up a notch, pair it with our Jalapeno Lime Potatoes, the freshness of the lime and a little bit of heat really work together to elevate this side dish.

The next time dinner time has you stumped, try cooking with lime and sit back and enjoy, while the summer sun kisses your shoulders.

For guidance on how to cut and seed a jalapeno, visit our YouTube Channel:  
[www.youtube.com/TheBlueFlameKitchen](http://www.youtube.com/TheBlueFlameKitchen).

### CRISPY HONEY LIME CHICKEN

2 tbsp (25 mL) honey  
1 tbsp (15 mL) fresh lime juice  
1 tsp (5 mL) grated lime peel  
1 tsp (5 mL) chili powder  
1/2 tsp (2 mL) ground cumin  
1/2 tsp (2 mL) salt  
1/2 tsp (2 mL) freshly ground pepper  
1/8 tsp (0.5 mL) cayenne pepper

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1/8 tsp (0.5 mL) cinnamon  
2 cups (500 mL) soft fresh bread crumbs  
1/4 cup (50 mL) chopped fresh parsley  
1 tbsp (15 mL) oil  
4 boneless skinless chicken breasts

Grease a 9x13 inch (23x33 cm) baking pan or line with nonstick foil. Combine first 9 ingredients (honey through cinnamon) in a pie plate. Combine bread crumbs, parsley and oil in a separate pie plate. Working with one piece at a time, dip chicken into honey mixture, turning to coat both sides. Place chicken in bread crumb mixture, pressing lightly so that crumbs adhere; turn to coat both sides. Place chicken in a single layer in prepared pan. Bake, uncovered, at 425°F (220°C) for 25 - 30 minutes or until chicken is cooked through and coating is golden brown. Serves 4.

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## JALAPENO LIME POTATOES

2 lb unpeeled baby red potatoes, halved (about 6 cups)  
1 jalapeno pepper, finely chopped (with seeds)  
2 tbsp grapeseed oil or canola oil  
1 tsp ground cumin  
1 tsp smoked paprika  
1 tsp salt  
1 cup chopped fresh cilantro  
2 tbsp fresh lime juice  
1 tsp grated lime peel

1. Combine potatoes, jalapeno pepper, oil, cumin, paprika and salt in a bowl.
2. Place potato mixture in centre of a large piece of heavy-duty foil. Bring edges of foil together to form a packet; close all edges with tight double folds.
3. Cook over medium heat on natural gas barbecue, turning packet over after 15 minutes, until potatoes are tender, about 30 - 35 minutes. Remove from heat.
4. Open packet and transfer potato mixture to a heatproof bowl. Add cilantro, lime juice and lime peel; toss to coat. Serves 6.

### *Nutritional analysis per serving:*

*167 calories, 4.8 g fat, 3.8 g protein, 28.1 g carbohydrate, 3.3 g fibre, 407 mg sodium*