

August 5, 2015

Summertime Park Picnics

What better way to enjoy a warm summer day than a picnic in the park? Here are some ideas that are easy and transportable, so you can get out and enjoy the sun in no time.

Green salads can go limp if left in a basket for too long. Our Minted Couscous Salad is hearty and flavourful, and can survive the trip to your favourite picnic site. Paired with our Sicilian Tunawiches, you're all set for a Mediterranean-inspired feast.

Quench your thirst with our Strawberry Lemonade. For a bubbly treat, stir in sparkling water or club soda instead of blending the drink with water; tip in some vodka for an adults-only picnic.

Poppyseeds add a satisfying texture to a classic recipe in our Banana Poppyseed Loaf. Try folding in a ½ cup of chocolate chips into the batter for an extra-sweet treat, or chopped nuts for extra crunch.

SICILIAN TUNAWICHES

1/4 cup (50 mL) light mayonnaise
1 tbsp (15 mL) red wine vinegar
1/2 tsp (2 mL) oregano, crumbled
1/4 tsp (1 mL) freshly ground pepper
2 cans (170 g each) tuna, drained
1/4 cup (50 mL) finely chopped red bell pepper
1/4 cup (50 mL) sliced green onion
2 tbsp (25 mL) chopped pitted ripe olives
12 lettuce leaves
6 whole wheat buns, halved

Combine mayonnaise, vinegar, oregano and pepper. Stir in tuna, red pepper, green onion and olives. Place 2 lettuce leaves on bottom half of each bun; top with tuna mixture. Cover with top halves of buns. Serves 4 - 6.

MINTED COUSCOUS SALAD

1 1/2 cups (375 mL) water



1/2 tsp (2 mL) salt
3/4 cup (175 mL) couscous
3 tbsp (40 mL) olive oil
1 tbsp (15 mL) white wine vinegar
1 red bell pepper, diced
1/2 cup (125 mL) slivered fresh mint
1/2 cup (125 mL) shredded feta cheese
1/3 cup (75 mL) kalamata olives, pitted and halved
1/2 tsp (2 mL) freshly ground pepper

In a medium saucepan, bring water and salt to a boil over medium heat; stir in couscous. Remove from heat, cover and let stand 5 minutes. Transfer couscous to a bowl and fluff with a fork. Stir in oil and vinegar; cool to room temperature. Stir in red pepper, mint, feta cheese, olives and pepper. Serve immediately or cover and refrigerate for up to 4 hours. Serves 4.

STRAWBERRY LEMONADE

1 cup (250 mL) sliced strawberries
2 tbsp (25 mL) sugar
1 cup (250 mL) frozen lemonade concentrate, thawed
2 cups (500 mL) ice water
Ice
4 whole strawberries

Puree sliced strawberries and sugar in a blender until smooth. Add lemonade concentrate and water; blend until combined. Serve over ice. Partially slice strawberries lengthwise and place on rim of glass for garnish. Serves 4.

BANANA POPPY SEED LOAF

1 cup (250 mL) mashed banana
1/2 cup (125 mL) firmly packed brown sugar
1 egg, beaten
1/4 cup (50 mL) oil
1/2 cup (125 mL) milk
3/4 cup (175 mL) flour
1 cup (250 mL) whole wheat flour

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2 tsp (10 mL) baking powder
1/2 tsp (2 mL) baking soda
1/2 tsp (2 mL) salt
1/2 tsp (2 mL) cinnamon
2 tbsp (25 mL) poppy seed

Combine banana and sugar. Mix together egg, oil and milk; add to banana mixture. Combine remaining ingredients. Add to banana mixture and stir just until moistened. Spoon batter into a greased loaf pan. Bake at 350°F (180°C) for 60 - 70 minutes or until loaf tests done. Cool 10 minutes; remove from pan to wire rack to cool thoroughly. Wrap and refrigerate for up to 1 week or freeze for up to 2 months. Makes 1 loaf.