



## October 12, 2016

### Simple Two-Course Meal Ideas

Multi-course meals are often saved for when dining out at high-end restaurants, but with a little bit of planning, you can create your own two-course menu at home.

Our Asian-inspired menu starts with our Honey and Ginger Tomato Salad - halved grape tomatoes are dressed with a simple vinaigrette of rice vinegar, honey and fresh grated ginger. If you can find them, try using heirloom tomatoes for more interesting colours and textures on the plate. The salad pairs well with our Easy Asian Chicken, which is simply chicken thighs brushed with hoisin sauce flavoured with Chinese five spice and garlic powder. Serve with Jasmine rice.

For something a little more traditional, try our Enlightened Fettuccine Alfredo, which uses milk instead of cream to decrease fat and calories without sacrificing flavour. We like to pair it with our colourful Southwestern Caesar Salad, which perks up the classic favourite with tomatoes, cilantro, cumin and a touch of green pepper sauce. We use lime-flavoured tortilla chips in place of croutons for extra Tex Mex flare.

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### **HONEY AND GINGER TOMATO SALAD**

#### **Ingredients:**

2 tbsp (25 mL) rice vinegar  
1 tbsp (15 mL) honey  
1 tbsp (15 mL) grated fresh ginger  
1/8 tsp (0.5 mL) salt  
2 cups (500 mL) grape tomatoes, halved lengthwise

#### **Method:**

To prepare dressing, whisk together vinegar, honey, ginger and salt until combined. Place tomatoes in a bowl. Add dressing and toss to combine. Serves 2 - 3.



## **EASY ASIAN CHICKEN**

### **Ingredients:**

1/2 cup (125 mL) hoisin sauce  
1 tsp (5 mL) Chinese five-spice powder  
1/8 tsp (0.5 mL) garlic powder  
8 - 10 skinless chicken thighs

### **Method:**

Combine hoisin sauce, Chinese five-spice powder and garlic powder. Arrange chicken in a single layer in a greased baking dish. Do not overcrowd pan. Pour hoisin mixture over chicken. Bake at 425°F (220°C), basting occasionally, for 45 - 50 minutes or until chicken is cooked through. *Serves 4.*

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## **ENLIGHTENED FETTUCCINE ALFREDO**

### **Ingredients:**

1/3 cup (75 mL) flour  
1/2 tsp (2 mL) salt  
1/2 tsp (2 mL) freshly ground pepper  
1/8 tsp (0.5 mL) nutmeg  
2 cups (500 mL) milk  
2 cloves garlic, finely chopped  
1 bay leaf  
1 cup (250 mL) freshly grated Parmesan cheese  
1 tbsp (15 mL) butter  
8 oz (250 g) fettuccine, cooked and drained  
1 tbsp (15 mL) olive oil  
1/4 cup (50 mL) chopped fresh parsley



Freshly grated Parmesan cheese

**Method:**

To prepare sauce, combine flour, salt, pepper and nutmeg in a medium saucepan. Gradually whisk in milk until smooth. Add garlic and bay leaf. Bring to a boil over medium heat, stirring constantly. Reduce heat and simmer, stirring frequently, just until mixture begins to thicken, about 5 minutes. Remove and discard bay leaf. Stir 1 cup (250 mL) Parmesan cheese and butter into milk mixture just until melted. Remove pan from heat. Toss hot cooked fettuccine with oil and parsley. Add sauce and toss to coat. Sprinkle with additional Parmesan cheese. *Serves 2 - 3.*

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**SOUTHWESTERN CAESAR SALAD**

**Ingredients:**

1/2 cup (125 mL) creamy Caesar salad dressing  
2 tbsp (25 mL) chopped fresh cilantro  
1/2 tsp (2 mL) ground cumin  
1/8 tsp (0.5 mL) green pepper sauce  
8 cups (2 L) torn romaine lettuce  
1 1/2 cups (375 mL) lightly broken lime-flavoured tortilla chips  
1/2 cup (125 mL) diced Roma tomatoes  
1/2 cup (125 mL) Tex-Mex shredded cheese

**Method:**

1. To prepare dressing, whisk together salad dressing, cilantro, cumin and green pepper sauce until blended.
2. Combine lettuce, tortilla chips, tomatoes and cheese in a bowl. Add dressing and toss to coat. Serve immediately. *Serves 8.*