



October 26, 2016

A Tex-Mex Meal to Spice Things Up

If your usual dinners are making you feel a little “blah”, bring on the heat with our Tex-Mex inspired menu.

Chicken doesn't have to be boring. Our Jalapeno Glazed Chicken spices up simple grilled chicken breasts with a sweet and spicy glaze made with jalapeno jelly, vinegar and just a touch of hot pepper sauce. Adjust the seasoning to your taste – for a milder sauce, look for a mild pepper jelly; for more spice, add hot pepper sauce. This glaze is also delicious with chicken wings or bone-in chicken thighs.

Loaded with goodies like corn, tomatoes, green onion, jalapeno and cheddar cheese, our Mexicali Cornbread makes the perfect side dish for sopping up the chicken juices and glaze. It's savoury, spicy, with just a hint of sweetness from a touch of honey in the batter.

Please the veggie lovers with our Southwestern Tossed Salad, which features salad greens, peppers, tomatoes, cucumber, mushrooms and green onion tossed in a creamy dressing spiked with salsa. Try serving in a taco bowl or sprinkled with tortilla chips for extra crunch.

JALAPENO GLAZED CHICKEN

Ingredients:

2/3 cup (150 mL) jalapeno pepper jelly
2 tbsp (25 mL) chopped fresh cilantro
2 tbsp (25 mL) rice vinegar or white wine vinegar
1/4 tsp (1 mL) hot pepper sauce
4 boneless skinless chicken breasts
1 tbsp (15 mL) oil

Method:

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Combine jelly, cilantro, vinegar and pepper sauce in a small saucepan. Cook over low heat on a side burner of natural gas barbecue just until mixture barely simmers. Remove 1/4 cup (50 mL) of sauce and use to baste chicken. Reserve the rest to serve with chicken. Toss chicken with oil. Grill chicken over medium heat on natural gas barbecue for 12 - 15 minutes or until chicken is cooked through. Brush chicken occasionally with basting sauce; discard any unused basting sauce. Serve chicken with reserved sauce. *Serves 4.*

MEXICALI CORNBREAD

Ingredients:

1 cup (250 mL) flour
1/2 cup (125 mL) cornmeal
2 tsp (10 mL) baking powder
1/2 tsp (2 mL) salt
3 eggs
1/2 cup (125 mL) buttermilk
1 tbsp (15 mL) oil
1 tbsp (15 mL) honey
1 clove garlic, crushed
1/2 cup (125 mL) frozen kernel corn, thawed
1/2 cup (125 mL) chopped seeded Roma tomatoes
1/4 cup (50 mL) thinly sliced green onion
2 tsp (10 mL) finely chopped seeded jalapeno pepper
1/2 cup (125 mL) shredded cheddar cheese

Method:

Combine flour, cornmeal, baking powder and salt in a bowl. Whisk together eggs, buttermilk, oil, honey and garlic until blended. Pour egg mixture into flour mixture and stir just until combined. Gently fold in corn, tomatoes, green onion and jalapeno pepper. Spoon batter into a greased 8 inch (20 cm) square baking pan. Sprinkle with cheese. Bake at 425°F (220°C) for 22 - 25 minutes or until a cake tester inserted in centre comes out clean. Serve warm. *Serves 6 - 8.*



SOUTHWESTERN TOSSED SALAD

Ingredients:

3/4 cup (175 mL) light mayonnaise
3/4 cup (175 mL) medium salsa
2 tbsp (25 mL) fresh lemon juice
1/4 cup (50 mL) chopped fresh parsley
1/8 tsp (0.5 mL) freshly ground pepper
1 cup (250 mL) sliced fresh mushrooms, optional
2 tomatoes, cut into small wedges
2 cups (500 mL) cucumber chunks
1 red bell pepper, slivered
1 green bell pepper, slivered
8 cups (2 L) torn mixed greens
1/2 cup (125 mL) sliced green onions

Method:

Whisk together first 5 ingredients (mayonnaise through pepper). Combine remaining ingredients. Toss with mayonnaise mixture. Serve immediately. *Serves 8.*