



QUICK BLUE CHEESE DIP

Ingredients:

4 oz (125 g) cream cheese, softened
1 cup (250 mL) blue cheese dressing
2 tbsp (25 mL) chopped green onion
1/4 cup (50 mL) crumbled blue cheese
Freshly ground pepper

Method:

Beat cream cheese until smooth. Beat in dressing. Stir in onion and blue cheese. Season to taste with pepper. Cover and refrigerate for 2 hours or up to 2 days. Serve with raw vegetables. Makes 1 1/2 cups (375 mL).



SPICY OVEN BARBECUED CHICKEN

Ingredients:

1 1/3 cups (325 mL) firmly packed brown sugar
1 can (14 oz / 398 mL) tomato sauce
1 cup (250 mL) cider vinegar
1 large onion, finely chopped
2 cloves garlic, crushed
1/3 cup (75 mL) Dijon mustard
1 tbsp (15 mL) thyme, crumbled
1 tsp (5 mL) salt
1/2 tsp (2 mL) cayenne pepper
12 - 14 chicken thighs, skinned

Method:

Combine all ingredients except chicken in a medium saucepan. Bring to a boil, reduce heat and simmer for 15 minutes. Sauce may be prepared and refrigerated for up to 2 days. Arrange chicken in a single layer in a large nonreactive baking dish. Do not overcrowd pan. Pour sauce over chicken. Bake, basting occasionally, at 375°F (190°C) for 1 1/4 hours. Serves 8 - 10.

Cook's Note: *If desired, 8 - 10 bone-in skinless chicken breasts may be substituted for thighs.*



BASIL MASHED POTATOES

Ingredients:

6 cups (1.5 L) cubed peeled baking potatoes
1/4 cup (50 mL) milk
1/4 cup (50 mL) yogurt
1 tbsp (15 mL) butter
1 1/2 tsp (7 mL) basil, crumbled
1/2 tsp (2 mL) salt
1/4 tsp (1 mL) white pepper

Method:

Cook potatoes in boiling salted water until tender; drain. Add remaining ingredients (milk through pepper). Using medium speed of an electric mixer, beat mixture for 1 minute or until smooth. Do not overbeat. Serves 6 - 8.



BROCCOLI WITH BREAD CRUMB GREMOLATA

Ingredients:

6 cups (1.5 L) broccoli spears
2 tbsp (25 mL) butter
Bread Crumb Gremolata

Method:

Cook broccoli in boiling water just until tender crisp, about 4 minutes. Drain and cool immediately in ice water. Drain. Broccoli may be prepared to this point and refrigerated for up to 8 hours. Melt butter in frypan. Add broccoli and sauté until heated through, about 2 minutes. Toss broccoli with Bread Crumb Gremolata and serve immediately. Serves 6 - 8.

Bread Crumb Gremolata

This recipe is to be used with Broccoli with Bread Crumb Gremolata.

Ingredients:

1 tbsp (15 mL) grated lemon peel
1 clove garlic, minced
1/4 cup (50 mL) butter
1 1/2 cups (375 mL) fresh bread crumbs
2 tbsp (25 mL) chopped fresh parsley

Method:

In a frypan, sauté lemon peel and garlic in butter for 1 minute. Stir in bread crumbs and cook, stirring until golden, about 3 minutes. Stir in parsley.



PARMESAN ONION BISCUITS

Ingredients:

2 cups (500 mL) flour
4 tsp (20 mL) baking powder
3/4 tsp (3 mL) salt
1/3 cup (75 mL) butter, chilled
1/2 cup (125 mL) freshly grated Parmesan cheese
2 tbsp (25 mL) finely chopped green onion
3/4 cup (175 mL) milk

Method:

Combine flour, baking powder and salt in a bowl. Cut in butter with a pastry blender until mixture is crumbly. Mix in Parmesan cheese and onion. Stir in milk just until combined. Turn dough out onto a lightly floured surface. Knead gently 5 times. Roll out dough into a 4x10 inch (10x25 cm) rectangle. Using a sharp knife, cut dough into 10 squares. Place on an ungreased cookie sheet. Bake at 400°F (200°C) for 15 minutes or until golden brown. Makes 10 biscuits.



ASIAN COLESLAW

Crisp, refreshing and low fat!

Ingredients:

8 cups (2 L) coleslaw mix
1 red bell pepper, thinly sliced
1 1/2 cups (375 mL) snow peas, trimmed and halved diagonally
1/4 cup (50 mL) thinly sliced pickled ginger
1 green onion, diagonally sliced
1 tsp (5 mL) sesame seed, toasted
1/2 cup (125 mL) rice vinegar
1/4 cup (50 mL) sugar

Method:

Combine first 6 ingredients (coleslaw mix through sesame seed). To prepare dressing, stir together vinegar and sugar. Toss coleslaw mixture with dressing. Cover and refrigerate for at least 1 hour or up to 6 hours. Serves 8.



REALLY WACKY CHOCOLATE CAKE

An old-fashioned chocolate cake with a spicy new-fashioned twist!

Ingredients:

1 1/2 cups (375 mL) flour
1 cup (250 mL) sugar
1/3 cup (75 mL) cocoa
1 1/2 tsp (7 mL) cinnamon
3/4 tsp (3 mL) baking soda
1/4 tsp (1 mL) salt
1/4 tsp (1 mL) cayenne pepper
1/4 tsp (1 mL) ginger
1 cup (250 mL) water
1/2 cup (125 mL) oil
1 tbsp (15 mL) vinegar
1 tsp (5 mL) vanilla
Icing sugar

Method:

In a medium bowl, combine first 8 ingredients (flour through ginger). Add water, oil, vinegar and vanilla; whisk just until blended. Pour batter into a greased 8 inch (20 cm) square baking pan. Bake at 350°F (180°C) for 35 – 40 minutes or until cake tests done. Cool in pan on a rack. Just before serving, sift icing sugar over cake. May be frozen. Serves 6 - 8.