



Quick Dinners, Easy Lunches

If your main recipe does not yield a large amount, make extra knowing that it will be used in a “planned over” lunch or dinner. Start with a main dish – use the extra in either a dinner option or lunch option.

CHICKEN OR TURKEY

Main:

HERB BAKED CHICKEN

1 1/4 cups fine dry bread crumbs
1/4 cup freshly grated Parmesan cheese
1/4 tsp basil, crumbled
1/4 tsp oregano, crumbled
1/4 tsp paprika

1/2 cup mayonnaise
1/2 tsp salt
1/4 tsp sage, crumbled
1/4 tsp cayenne pepper
8 boneless skinless chicken breasts

Combine bread crumbs, Parmesan cheese, basil, oregano and paprika in a pie pan; set aside. Stir together mayonnaise, salt, sage and cayenne pepper. Spread mayonnaise mixture over both sides of chicken. Coat chicken with crumb mixture. Arrange chicken in a single layer in a greased jelly-roll pan. Do not overcrowd pan. Bake at 400°F for 25 - 30 minutes or until chicken is cooked through. *Serves 8.*

Dinner Option:

If desired, leftover Herb Baked Chicken may be used as the cooked chicken in this recipe.

CHICKEN BROCCOLI CASSEROLE

2 cups noodles
1 lb (0.5 kg) broccoli, cooked tender crisp
1 can (10 oz/284 mL) mushroom soup
1/2 cup milk (2%)

1 cup diced cheddar cheese
1 tsp Worcestershire sauce
Dash pepper
3 cups diced cooked chicken

Cook noodles according to package directions; drain. Place noodles in a buttered shallow baking dish. Cut broccoli into small pieces, reserving florets. Arrange broccoli stems on noodles. Heat soup and milk. Add cheese, Worcestershire sauce and pepper and stir until cheese is melted. Add chicken. Pour over broccoli and noodles. Arrange broccoli florets on top. Bake at 350°F for 30 minutes. *Serves 4.*

Lunch Option:

If desired, leftover Herb Baked Chicken may be used as a substitute for the julienned cooked turkey in this recipe.

TURKEY CAESAR WRAPS

This delicious filling also works nicely in pita bread.

1/2 cup creamy Caesar dressing
4 flour tortillas (8 inch)
4 cups shredded romaine lettuce

2 cups julienned cooked turkey
Grated Parmesan cheese

Spread dressing evenly over tortillas. Place 1 cup lettuce down the centre of each tortilla. Top lettuce with 1/2 cup turkey. Sprinkle with Parmesan cheese. Fold bottom edge of each tortilla 1 inch over filling. Fold sides of tortillas to centres, overlapping edges. Serve immediately or refrigerate for up to 2 hours. *Serves 4.*

HAM OR PORK

Main:

MUSTARD GLAZED HAM STEAK

1 lb (0.5 kg) ham steak, 1/2 inch thick
1/2 cup Dijon mustard
1/2 cup sieved apricot jam

2 tbsp balsamic vinegar
1/8 tsp cayenne pepper

Trim excess fat from ham steak. Do not cut into ham. To prepare sauce, combine jam, mustard, vinegar and cayenne pepper. Reserve half of sauce to serve with ham; use remainder to baste ham. Broil ham for 4 - 5 minutes per side, basting occasionally with sauce. Alternatively, ham may be grilled over medium heat on natural gas barbecue. Cut ham into serving pieces. Serve with reserved sauce. *Serves 3 - 4.*

Dinner Option:

If desired, leftover Mustard Glazed Ham may be used for the 1/2 cup of diced ham in this recipe.

HAM AND APPLE PIZZA

1 loaf frozen bread dough, thawed
Canola oil
1 1/2 cups shredded cheddar cheese

1/2 cup diced ham
1 unpeeled apple, cored and sliced

Roll dough out on a lightly floured surface into a 12 inch circle. Place dough on a greased pizza pan or cookie sheet. Brush with oil. Sprinkle dough with 1 cup cheese. Top with ham and apple slices. Sprinkle with remaining 1/2 cup cheese. Bake at 400°F for 20 minutes or until golden brown. Cut into wedges. *Serves 6.*

Lunch Option:

If desired, 1 cup of cooked cut up leftover ham may be added to this recipe.

ORZO SALAD

3 tbsp balsamic vinegar
2 tbsp olive oil
1 clove garlic, finely chopped
1/2 tsp salt
1/2 tsp freshly ground pepper

3 cups cooked orzo, rinsed and drained
1 cup frozen peas, thawed
3/4 cup shredded feta cheese
1/4 cup chopped fresh parsley

To prepare dressing, combine vinegar, oil, garlic, salt and pepper in a bowl. Add orzo, peas, cheese and parsley; toss to combine. Cover and refrigerate until serving or for up to 24 hours. *Serves 4.*

Main:

HERB AND GARLIC BAKED PORK TENDERLOIN

1 tbsp canola oil
1/2 tsp rosemary, crumbled
1/2 tsp thyme, crumbled
1/2 tsp paprika

1/2 tsp freshly ground pepper
1/4 tsp garlic powder
1/4 tsp salt
2 pork tenderloins (1 lb/0.5 kg each)

Combine all ingredients except pork in a heavy plastic bag. Add pork and squeeze bag to coat pork with seasoning mixture. Remove pork from bag. Place pork in a small roasting pan. Bake, uncovered, at 425°F for 35 - 40 minutes or until a meat thermometer registers 160°F. Let stand for 5 minutes before slicing. *Serves 6 - 8.*

Dinner Option:

If desired, leftover Herb and Garlic Baked Pork Tenderloin may be cut into thin strips and used in this recipe.

PORK LETTUCE WRAPS WITH PEACH SALSA

1/2 cup cubed peeled peaches	1/2 tsp salt
1/4 cup sliced green onion	1 lb (0.5 kg) pork tenderloin, cut into thin strips
2 tbsp fresh lime juice	1 tbsp canola oil
1 tbsp soy sauce	Butter lettuce leaves
1/2 tsp sesame oil	Peach Salsa (recipe follows)*

To prepare sauce, place peaches, green onion, lime juice, soy sauce, sesame oil and salt in a mini food processor; process until smooth. Pour sauce into a heavy zip-lock plastic bag. Add pork and squeeze bag to coat pork with sauce; seal bag and let stand for 30 minutes. Heat canola oil in a large non-stick frypan over medium heat. Add pork and sauce. Cook, stirring, until pork is completely cooked and sauce is reduced, thickened and heated through, about 6 minutes. To serve, place about 1/4 cup pork mixture in centre of individual lettuce leaves. Top with Peach Salsa. Wrap leaves around filling to enclose. *Serves 4.*

Peach Salsa

1 cup diced peeled peaches	1 tbsp packed golden brown sugar
1/4 cup diced red bell pepper	2 tsp finely chopped seeded serrano chiles
1/4 cup diced seeded English cucumber	1/2 tsp sesame oil
1/4 cup thinly sliced green onion	1/2 tsp soy sauce
1 tbsp fresh lime juice	

Combine all ingredients in a bowl. May be refrigerated for up to 2 hours. *Makes 1 1/2 cups.*

Cook's Note: *Hot peppers cause severe skin and eye irritation. Wear disposable gloves when handling hot peppers and avoid touching any exposed skin.*

Lunch Option:

If desired, left over Herb and Garlic Baked Pork Tenderloin may be sliced thinly and added to the Greek Salad Wraps.

GREEK SALAD WRAPS

1/2 cup shredded feta cheese	8 lettuce leaves
1/4 cup mayonnaise	1 large tomato, thinly sliced
1/4 cup chopped pitted kalamata olives	2 cups diced seeded English cucumber
2 tbsp chopped fresh parsley	1/4 cup sliced pickled pepperoncini peppers
4 flour tortillas (8 inch)	1/4 cup sliced pickled pepperoncini peppers

Combine cheese, mayonnaise, olives and parsley. Spread cheese mixture evenly over tortillas, leaving a 1/2 inch border. Layer lettuce, tomato, cucumber and pepperoncini evenly on top of cheese mixture. Tightly roll up each tortilla jelly-roll fashion. Serve immediately or wrap individually and refrigerate for up to 2 hours. *Serves 4.*

Food Safety for Freezing Combination Foods

*ATCO Blue Flame Kitchen does not recommend freezing combination foods such as casseroles and soups that have been prepared using **previously frozen** cooked meat, fish, poultry, stock or vegetables. Combination foods that have been prepared using **freshly** cooked meat, fish, poultry, stock or vegetables may be frozen for up to 6 weeks. Freezer storage times are based on storage in a chest or upright freezer and not a refrigerator freezer compartment. To retain quality, all foods to be frozen should be packed in freezer bags or rigid food-safe plastic containers.*

FISH

Main:

CRISPY CHEESE TOPPED FISH

Any type of white-fleshed fish can be used in this recipe. This recipe can be doubled so that the leftovers can be used in fish tacos.

1 lb (500 g) fish fillets	1/2 tsp dry mustard
Salt and freshly ground pepper	2 tbsp chopped fresh parsley
3 tbsp margarine	1 1/2 cups fresh bread crumbs
1 small onion, chopped	1/2 cup shredded cheddar cheese
1/2 tsp Worcestershire sauce	

Arrange fish in shallow greased casserole. Season with salt and pepper. Melt butter in saucepan; add onion and cook until tender. Add remaining ingredients and mix well. Spread topping over fillets. Bake at 350°F for 20 - 25 minutes or until fish flakes easily with a fork. Place under broiler for 2 - 3 minutes until golden brown. *Serves 4.*

Dinner Option:

If desired, leftover Crispy Cheese Topped Fish may be substituted for the fish sticks in this recipe. In addition, taco shells may be substituted for the flour tortillas in this recipe.

FISH STICK TACOS

16 frozen fish sticks	2 dashes hot pepper sauce
1/4 cup mayonnaise	4 cups coleslaw mix
1 tbsp fresh lemon juice	1 cup medium salsa
1 tsp Dijon mustard	1/2 cup diced peeled mango
1/8 tsp salt	8 flour tortillas (8 inch)

Bake fish sticks according to package directions. Meanwhile, whisk together mayonnaise, lemon juice, mustard, salt and hot pepper sauce until blended. Combine coleslaw mix and mayonnaise mixture. Combine salsa and mango. Spoon about 1/2 cup of coleslaw mixture on one side of each tortilla. Top each with 2 fish sticks and some of the salsa mixture. Fold tortillas in half. Serve immediately. *Serves 4 - 6.*

Lunch Option:

If desired, 3/4 - 1 cup of leftover Crispy Cheese Topped Fish may be substituted for the canned tuna in this recipe.

TUNA-RONI SALAD

1/2 cup mayonnaise	2/3 cup thinly sliced celery
1/2 cup ranch salad dressing	1/2 cup diced yellow or red bell pepper
1/4 cup freshly grated Parmesan cheese	1/2 cup shredded carrot
3/4 tsp freshly ground pepper	1/4 cup thinly sliced green onion
2 cups elbow macaroni, cooked, rinsed and drained	1/4 cup thinly sliced radishes
1 can (170 g) chunk light tuna, drained	2 tbsp chopped fresh parsley

To prepare dressing, whisk together mayonnaise, salad dressing, Parmesan cheese and pepper until blended. Combine remaining ingredients (cooked macaroni through parsley) in a bowl. Add dressing and toss to combine. *Serves 4.*

Safety Matters:

Cooking-related fires cause most home fires in Canada. Don't leave cooking food unattended. Even if you're leaving the stove for just a few minutes, play it safe and turn off your stove before you walk away. For more safety tips, visit www.atcogas.com.

BEEF

Main:

MUFFIN CUP MEAT LOAVES

1 tsp canola oil	1 tsp Worcestershire sauce
1/2 cup finely chopped onion	1/2 tsp oregano, crumbled
1/4 cup shredded carrot	1/4 tsp freshly ground pepper
1 clove garlic, finely chopped	1/8 tsp salt
1 lb (0.5 kg) lean ground beef	Dash hot pepper sauce
1/2 cup soda cracker crumbs	1 egg, beaten
1/4 cup ketchup	2 tbsp ketchup
1 tbsp prepared mustard	

Heat oil in a frypan over medium heat. Add onion, carrot and garlic; sauté until softened, about 5 minutes. Cool to room temperature. Combine onion mixture with next 10 ingredients (beef through beaten egg). Spoon mixture into 8 greased nonstick muffin cups. Spread 2 tbsp ketchup on top of meat loaves. Bake at 350°F for 30 - 35 minutes or until a meat thermometer inserted in centres registers 170°F. Let stand for 5 minutes before serving. *Makes 8.*

Dinner Option:

If desired, broken up muffin cup meat loaves may be used as a substitute for the lean ground beef in this recipe.

PIZZA SOUP

2 tbsp extra-virgin olive oil	1 1/2 cups cubed pepperoni (1/2 inch)
1 cup chopped onion	1 1/2 cups chopped green bell peppers
1 cup sliced mushrooms	2 tbsp chopped fresh parsley
4 cups beef broth	2 tsp Italian seasoning
1 can (28 oz/796 mL) diced tomatoes	Croutons*
1 lb (0.5 kg) lean ground beef, cooked and drained	Freshly grated Parmesan cheese*

Heat oil in a Dutch oven over medium heat. Add onion and mushrooms; sauté until vegetables are softened, about 5 minutes. Add broth, tomatoes, cooked ground beef, pepperoni, green peppers, parsley and Italian seasoning; stir to combine. Bring to a boil. Reduce heat and simmer, uncovered, stirring occasionally, until green peppers are tender and soup is heated through, about 10 minutes. Serve topped with croutons and Parmesan cheese. *Serves 6.*

Lunch Option:

If desired, muffin cup meat loaves may be sliced in half and used as a substitute for the ground turkey sliders in this recipe.

TURKEY SLIDERS

Sliders are mini burgers or sandwiches that are served as a starter or an entrée. Slider buns may be purchased from grocery stores.

1 lb (0.5 kg) ground turkey	1/4 tsp freshly ground pepper
1/4 cup ricotta cheese	1 tbsp canola oil
1/4 cup fine dry bread crumbs	10 slider buns
1 tbsp Dijon mustard	Lettuce leaves*
1 tbsp chopped fresh parsley	Tomato slices*
1 tsp chopped fresh thyme	Mayonnaise*
1/4 tsp salt	

Combine turkey, cheese, bread crumbs, mustard, parsley, thyme, salt and pepper until well blended. Shape mixture into 10 patties, each about 3 inches in diameter. Heat oil in a large non-stick frypan over medium heat. Cook patties in batches until browned on both sides and completely cooked, about 4 - 5 minutes per side. Alternatively, place patties on a grill topper and grill over medium heat on natural gas barbecue until completely cooked. Serve in buns with lettuce, tomato slices and mayonnaise. *Makes 10.*

VEGETARIAN

Main:

VERY VEGETARIAN CHILI

2 tbsp canola oil
1 cup chopped onion
1 cup chopped carrots
1 cup diced green bell pepper

1 cup diced red bell pepper
4 cloves garlic, finely chopped
1 1/2 cups sliced mushrooms
2 tbsp chili powder
1 tbsp ground cumin

1 can (28 oz/796 mL) diced tomatoes
1 can (19 oz/540 mL) black beans, rinsed and drained
1 can (19 oz/540 mL) red kidney beans, rinsed and drained
1 can (19 oz/540 mL) white kidney beans, rinsed and drained
1 1/2 cups frozen kernel corn
1 tbsp oregano, crumbled
1 tbsp basil, crumbled
3/4 tsp salt

Heat oil in a Dutch oven over medium heat. Add onion, carrots, bell peppers and garlic; sauté for 5 minutes. Add mushrooms, chili powder and cumin; cook, stirring, for 2 minutes. Stir in remaining ingredients (tomatoes through salt). Bring to a boil. Reduce heat and simmer, covered, stirring occasionally, for 30 minutes. *Serves 6 - 8.*

Dinner Option:

ONE POT TORTELLINI DINNER

If desired, about 2 3/4 cups of leftover Very Vegetarian Chili may be used as a substitute for the 1 jar of tomato-based pasta sauce in this recipe.

1 jar (700 mL) tomato-based pasta sauce
1/2 cup water
1/4 tsp freshly ground pepper
1 clove garlic, crushed

1 pkg (350 g) refrigerated cheese tortellini
1 1/2 cups chopped fresh spinach
1/4 cup freshly grated Parmesan cheese

Combine pasta sauce, water, pepper and garlic in a large saucepan. Bring to a boil over medium heat. Add tortellini and simmer, covered, stirring occasionally, for 9 - 10 minutes or until tortellini is tender. Stir in spinach. Cook, covered, for 2 minutes. Sprinkle with Parmesan cheese. *Serves 2 - 3.*

Lunch Option:

If desired, substitute Very Vegetarian Chili for the cheese butter in this recipe.

QUICK BAKED POTATOES

1/2 cup Tex-Mex shredded cheese
1/4 cup salted butter, softened
2 tbsp finely chopped green onion
1/8 tsp garlic powder

2 dashes hot pepper sauce
4 medium russet potatoes
1 tbsp canola oil

To prepare cheese butter, combine cheese, butter, green onion, garlic powder and hot pepper sauce until blended. Cover and refrigerate for up to 24 hours. Scrub potatoes and pat dry with paper towels; prick potatoes with a fork. Rub potatoes all over with oil. Place potatoes in a microwave-safe baking dish. Microwave, uncovered, on high (100% power), turning potatoes over once, for 10 - 12 minutes or until potatoes are almost tender. Place potatoes directly on barbecue grid on natural gas barbecue. With lid down, grill potatoes over medium heat, turning over occasionally, for 10 - 12 minutes or until potatoes are tender. Serve topped with cheese butter. *Serves 4.*