

## SMALL BATCH CHILI

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| 1 tbsp (15 mL) oil               | 1/4 tsp (1 mL) salt  |
| 1 lb (0.5 kg) lean ground beef   | 1 cup (250 mL) water   |
| 2/3 cup (150 mL) chopped onion   | 1 can (14 oz/398 mL) chili-style pinto<br>and red kidney beans |
| 1 clove garlic, crushed          | 2 tbsp (25 mL) tomato paste                                    |
| 1 tbsp (15 mL) chili powder      |  |
| 1/4 tsp (1 mL) oregano, crumbled |  |

Heat oil in a large frypan over medium heat. Add beef, onion and garlic. Cook, stirring to break up beef, until browned, about 7 - 10 minutes. Drain off excess fat. Stir in chili powder, oregano and salt; cook for 1 minute. Stir in water, beans and tomato paste. Bring to a boil. Reduce heat; cover and simmer, stirring occasionally, for 15 minutes. Serves 2 - 3.

## SALMON LOAF À DEUX

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| 1 tbsp (15 mL) butter                  | 1 egg                                |
| 1/2 cup (125 mL) finely chopped onion  | 1 tbsp (15 mL) chopped fresh parsley |
| 1/2 cup (125 mL) finely chopped celery | 1/8 tsp (0.5 mL) dill weed           |
| 1 can (7 1/2 oz/213 g) sockeye salmon  | 1/8 tsp (0.5 mL) salt                |
| 1 cup (250 mL) soft fresh bread crumbs | 1/8 tsp (0.5 mL) hot pepper sauce    |

Line a 6 x 3 1/2 inch (15 x 9 cm) mini loaf pan with nonstick foil. Melt butter in a small frypan over medium heat. Add onion and celery; sauté until softened, about 5 minutes. Cool to room temperature. Meanwhile, drain salmon, reserving 2 tbsp (25 mL) of salmon liquid. If desired, remove and discard skin from salmon. Transfer salmon to a bowl and mash with a fork. Add onion mixture, reserved salmon liquid and bread crumbs; stir to combine. Whisk together egg, parsley, dill weed, salt and hot pepper sauce; stir into salmon mixture. Spoon salmon mixture into prepared pan. Bake at 350°F (180°C) for 40 - 45 minutes or until a knife inserted in centre comes out clean. Let stand for 5 minutes. Invert loaf onto a cutting board and remove foil. Slice and serve. Serves 2.

## ONE POT TORTELLINI DINNER

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| 1 jar (700 mL) tomato-based pasta sauce         | 1 1/2 cups (375 mL) chopped fresh<br>spinach      |
| 1/2 cup (125 mL) water                          | 1/4 cup (50 mL) freshly grated<br>Parmesan cheese |
| 1/4 tsp (1 mL) freshly ground pepper            |   |
| 1 clove garlic, crushed                         |   |
| 1 pkg (350 g) refrigerated cheese<br>tortellini |   |

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.

### HAM AND RICE MEDLEY FOR TWO

1/2 cup (125 mL) long grain white rice	1/2 cup (125 mL) diced cooked ham
1 cup (250 mL) water	2 tbsp (25 mL) soy sauce
1/2 cup (125 mL) frozen green peas	2 tbsp (25 mL) slivered almonds, toasted
3 eggs, beaten	Soy sauce, optional
1 tsp (5 mL) oil	

Cook rice in water according to package directions, adding peas for last 10 minutes of cooking. Meanwhile, in a large nonstick frypan, heat oil over low heat. Add eggs and cook, stirring constantly, until eggs are scrambled and cooked through. Add rice mixture to frypan. Stir in ham and 2 tbsp (25 mL) soy sauce. Cook, stirring frequently, until heated through, about 5 minutes. Sprinkle with almonds. Season to taste with additional soy sauce. Serves 2.

### LEMON CHICKEN WITH CAPERS

3 boneless skinless chicken breasts, fillets removed	1/3 cup (75 mL) dry white wine
Salt and freshly ground pepper	2 tbsp (25 mL) fresh lemon juice
1/4 cup (50 mL) butter, divided	2 tbsp (25 mL) drained capers, rinsed
1 tbsp (15 mL) oil	2 tbsp (25 mL) chopped fresh parsley, divided
1/4 cup (50 mL) finely chopped shallot	1 tsp (5 mL) grated lemon peel
1/3 cup (75 mL) chicken broth	1/2 cup (125 mL) whipping cream

Cut chicken breasts in half crosswise. Working with one chicken piece at a time, place chicken, smooth side down, between two sheets of plastic wrap. Using a flat meat pounder or heavy saucepan, gently pound chicken to a thickness of 1/4 inch (6 mm). Sprinkle chicken pieces with salt and pepper. Melt 2 tbsp (25 mL) butter with oil in a large nonstick frypan over medium heat. Cook chicken in batches, until lightly browned on both sides and completely cooked, about 1 – 2 minutes per side. Transfer chicken to a plate and tent with foil. Melt remaining 2 tbsp (25 mL) butter in same frypan over medium heat. Add shallot and sauté until softened, about 2 minutes. Add broth and wine; simmer, stirring frequently, until liquid is reduced by half, about 3 - 5 minutes. Reduce heat to medium-low. Stir in lemon juice, capers, 1 tbsp (15 mL) parsley and lemon peel. Add cream and cook, stirring, until slightly thickened, about 5 minutes. Return chicken and any accumulated juices to pan. Simmer, stirring, until heated through. Sprinkle with remaining 1 tbsp (15 mL) parsley. Serves 2 - 3.

**Cook's Note:** Boneless skinless chicken breasts are sometimes sold with the fillets attached. When making this recipe, remove the fillets before pounding the chicken breasts. Reserve fillets for another use.

### CURRIED RICE AND VEGETABLE PILAF FOR TWO

2 tbsp (25 mL) butter	1/4 cup (50 mL) diced red bell pepper
1 1/2 tsp (7 mL) grated fresh ginger	1/4 cup (50 mL) sliced green onions
1/2 - 3/4 tsp (2 - 3 mL) curry powder	1/4 tsp (1 mL) salt
1/4 tsp (1 mL) grated lemon peel	1 cup (250 mL) water
1 cup (250 mL) small cauliflower florets	1/2 cup (125 mL) frozen peas, thawed
3/4 cup (175 mL) long grain white rice	

Melt butter in a large saucepan over medium heat. Add ginger, curry powder and lemon peel; sauté until fragrant, about 30 seconds. Stir in cauliflower, rice, red pepper, green onion and salt. Cook, stirring, for 1 minute. Add water; bring to a boil. Reduce heat; cover and simmer over low heat for 15 - 17 minutes or until rice is tender and liquid is absorbed. Remove from heat and stir in peas. Cover and let stand for 2 minutes. Serves 2 - 3.