



CELEBRATE
...in a new light

WINNIPEG HYDRO

WINNIPEG HYDRO HOME ECONOMISTS 986-2208

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Here's to the holidays ahead and to the new millennium!

Holidays are times that bring family and friends together. There are memorable family dinners, casual get-togethers and open house festivities. Our publication features over 50 recipes to help you celebrate these special occasions all year long. All recipes have been developed and tested by our professional home economists and have a lighthearted approach to healthy eating. Included are tips for smart shopping, low-fat cooking, food safety and recipe modifying as well as nutrition and Power Smart information. We have incorporated commonly used ingredients in all recipes. To lighten your workload, many recipes can be made ahead.

We wish you all a very safe and happy holiday season and may you “Celebrate in a New Light”.

Appetizers

BLUE CHEESE & SUN-DRIED TOMATO SPREAD

Ingredient Tip

Sun-dried tomatoes lend foods a rich, intense tomato flavour. They are sold dry or packed in plain or seasoned oil.

1 pkg. (250 g) light cream cheese, room temperature
1/4 cup sun-dried tomatoes in oil, drained, finely chopped
1/4 cup crumbled blue cheese
1/4 cup chopped fresh parsley
1/4 cup finely chopped green pepper
1 tsp. leaf oregano
1 clove garlic, minced
Dash freshly ground pepper

In medium bowl, combine all ingredients. Mix well. Serve with crackers or cocktail rye bread.

Yield: 1+3/4 cups



HOT ARTICHOKE DIP



Power Smart Tip

Before you buy a small electric appliance, make sure it has been approved by the Canadian Standards Association. CSA approval ensures that the appliance has met the electrical safety standards.

1 can (398 mL) artichoke hearts, drained
1/4 cup grated Parmesan cheese
1/4 cup light mayonnaise or salad dressing
1 clove garlic, minced
Dash lemon juice
Dash cayenne pepper
1 tbsp. grated Parmesan cheese

In food processor or blender, process artichoke hearts, 1/4 cup Parmesan cheese, mayonnaise, garlic, lemon juice and cayenne until smooth. Place in 2-cup shallow baking dish. (May be prepared to this point up to two days ahead. Cover. Refrigerate.) Sprinkle with 1 tablespoon Parmesan cheese. Bake at 400°F 15 - 20 minutes or until top is golden and dip is heated through.

Yield: 1+1/2 cups

SMOKED SALMON SPREAD

Ingredient Tip

For the best lemon flavour, use fresh lemons. To extract the maximum amount of juice, use one that is at room temperature and roll it on the counter with your hand, applying slight pressure before cutting.

- 1 pkg. (250 g) light cream cheese, room temperature
- 1/2 cup light sour cream
- 1/4 cup chopped fresh dill (or 4 tsp. dried)
- 2 tsp. lemon juice
- 2 green onions, chopped
- 1/2 tsp. dry mustard
- 1 pkg. (5 oz.) thinly sliced smoked salmon

In large bowl of electric mixer, combine all ingredients except salmon. Mix until well combined. Fold in salmon. Serve with assorted crackers or pumpernickel bread.

Yield: 3 cups

PIZZA DIP



Power Smart Tip

Small appliances add up to big energy savings! Electric frypans, toaster ovens and slow cookers are energy-saving alternatives to using the conventional oven.

- 1 pkg. (250 g) light cream cheese, room temperature
- 1/2 tsp. basil
- 1/2 tsp. leaf oregano
- 1/8 tsp. garlic powder
- 1 can (213 mL) pizza sauce
- 1/2 cup chopped pepperoni
- 1/4 cup chopped green pepper
- 1/2 cup chopped fresh mushrooms
- 2 green onions, chopped
- 1 can (125 mL) sliced black olives, drained (optional)
- 1 cup grated part-skim Mozzarella cheese

In small bowl of electric mixer, beat together cream cheese, basil, oregano and garlic powder until well blended. Spread onto bottom of a 9-inch pie plate. Spoon pizza sauce over cream cheese mixture. Top with pepperoni, green pepper, mushrooms, green onions, black olives and Mozzarella cheese. Bake at 350°F 15 - 20 minutes or until mixture is heated through. Serve with Italian breadsticks.

CHINESE POTSTICKERS

Food Storage Tip

Store garlic in a cool, dry, well-ventilated place away from light. Over time, garlic will develop small green shoots in the centre of the cloves. These are not harmful but they may taste bitter, so it's best to remove them before using the garlic.

2 cups finely chopped cabbage
1 tsp. salt
**1/2 lb. fresh or frozen small shrimp,
finely chopped**
1 lb. lean ground chicken
2 tbsp. soy sauce
2 tbsp. sherry or cooking sherry
1 green onion, chopped
1 tbsp. sesame oil
2 tsp. grated fresh ginger
1 clove garlic, minced
56 wonton wrappers
1/4 cup oil, divided
1 cup chicken broth, divided

In small bowl, combine cabbage and salt. Let stand 5 minutes. Squeeze out liquid. In large bowl, combine cabbage, shrimp, chicken, soy sauce, sherry, green onion, sesame oil, ginger and garlic. Working with 4 wonton wrappers at a time, cut into circles with 3-inch round cutter. (Keep remaining wrappers covered with damp cloth to prevent drying.) Brush edge of each wrapper with water. Place two teaspoons of filling in centre of each wrapper. Fold edge over to make half circle. Pinch edges together to seal. Holding pinched edge upright, press down lightly to flatten bottom. Arrange on waxed paper lined cookie sheet until ready to cook. Cover with damp cloth. Repeat with remaining wrappers. (May be prepared up to this point, wrapped well and frozen up to 1 month. Thaw in refrigerator.) In electric frypan, heat 1 tablespoon oil over medium heat. Cook 14 dumplings at a time in oil, flat side down, 3 - 4 minutes or until golden brown on bottom. Pour 1/4 cup chicken broth into frypan. Cover. Reduce heat to low. Cook, without turning, 7 minutes or until dumplings are translucent and liquid has evaporated. Drain on paper towel. Keep warm. Repeat with remaining dumplings. Serve hot with Dipping Sauce (recipe page 4).

Yield: 4+1/2 dozen

Dipping Sauce:

2 tbsp. soy sauce
1 tbsp. rice vinegar
1 tsp. grated fresh ginger
Pinch red pepper flakes

In small bowl, combine all ingredients. Mix well.



MACHO NACHOS (Microwave Recipe)



Power Smart Tip

*Microwaves Save!
Reduced cooking
times and no
preheating add up
to energy savings in
food preparation.*

1/2 lb. Italian sausages, casings removed
1/4 cup chopped onion
1/4 cup chopped green pepper
1 can (14 oz./398 mL) red kidney beans, drained, rinsed
3/4 cup salsa
7 cups tortilla chips
1+1/2 cups grated light Monterey Jack cheese
1 green onion, chopped
1 jalapeno pepper, seeded, chopped (optional)

In 2-quart microwave safe dish, combine sausages, onion and green pepper. Microwave, covered, on high (100%) power 4 - 6 minutes or until meat is browned. Stir twice, breaking up sausages. Drain fat. Stir in beans and salsa. Microwave, covered, on high (100%) power 2 minutes. On microwave safe platter, arrange half the tortilla chips. Spoon half the sausage mixture over. Top with half the cheese. Microwave, uncovered, on high (100%) power 1+1/2 - 2 minutes. Layer remaining chips, sausage mixture and cheese. Microwave, uncovered, on high (100%) power 1+1/2 - 2 minutes or until cheese melts. Top with green onion and jalapeno. Serve warm with salsa and light sour cream, if desired.

APRICOT GLAZED MEATBALLS

Food Safety Tip

The safest way to thaw meat is in its wrapping on a tray or plate on the bottom shelf of the refrigerator. Never thaw at room temperature. Meat or poultry defrosted in the microwave should be cooked immediately.

Meatballs:

1 lb. lean ground beef
1/3 cup dry bread crumbs
1/4 cup chopped dried apricots
1 tbsp. soy sauce
1/2 tsp. Chinese five spice powder
1 clove garlic, minced
1 egg

In medium bowl, combine all ingredients. Mix well. Shape into 1-inch balls. Place on lightly greased broiler pan. Bake at 400° F 15 - 20 minutes or until cooked and no traces of pink remain. Add meatballs to heated Spicy Apricot Glaze (recipe below). Toss gently until meatballs are glazed.

Yield: 4+1/2 dozen

Spicy Apricot Glaze:

3/4 cup apricot jam
1 tbsp. rice vinegar
1/4 tsp. Chinese five spice powder

In saucepan over medium heat, combine all ingredients. Cook, stirring occasionally, until sauce is heated.

Yield: 3/4 cup

CAJUN MARINATED MUSHROOMS

Food Storage Tip

To freeze mushrooms: Saute 2 cups sliced mushrooms in 2 tablespoons butter 4 minutes. Cool, package and freeze.

3/4 lb. whole fresh mushrooms
1/4 cup oil
3 tbsp. Louisiana-style hot sauce
1 tbsp. finely chopped onion
1/2 tsp. dried thyme
Dash freshly ground pepper

In medium bowl, combine all ingredients. Toss to coat well. Refrigerate at least 4 hours to blend flavours.

Yield: 4 - 6 serving

TOURTIERE TURNOVERS

1/2 lb. lean ground pork
1/2 cup finely chopped onion
1 clove garlic, minced
1/4 cup mashed potatoes
1/8 tsp. ground ginger
1/8 tsp. freshly ground pepper
**Dash each ground cloves, allspice and
garlic salt**
Tourtiere pastry (recipe below)
1 egg yolk
1 tbsp. water



Power Smart Tip

The electric frypan is a very versatile appliance. It is also more energy efficient than the range-top or conventional oven, particularly when cooking for one or two. The frypan's heating element is thermostatically controlled so it turns off the element once the selected temperature has been reached, and then turns on periodically to maintain the temperature.

In electric frypan, sauté pork, onion and garlic over medium-high heat until onion is soft and pork is thoroughly cooked with no trace of pink. Drain fat. Stir in mashed potatoes, ginger, pepper, cloves, allspice and garlic salt. Cool. On lightly floured surface, roll half of Tourtiere Pastry dough (recipe below) to 1/8-inch thickness. Cut out circles of dough with 3-inch round cutter. Place 1 rounded teaspoon of filling onto centre of each circle. Set aside. In small bowl, combine egg yolk and water. Brush edges of pastry with egg mixture. Fold pastry over filling. Pinch edges together. Seal. Place on ungreased cookie sheet. Brush with egg mixture. Using a knife, make 1/2-inch slit in top of turnover. Bake at 400°F 10 - 15 minutes or until golden. Serve warm.

Yield: 2+1/2 - 3 dozen

Tourtiere Pastry:

2 cups all purpose flour
1/2 tsp. salt
1/2 tsp. dried thyme
2/3 cup shortening
1 egg
1/4 cup cold water

In medium bowl, combine flour, salt and thyme. Cut in shortening with a pastry blender or two knives until mixture is consistency of small peas. In small bowl, stir together egg and water. Sprinkle over flour mixture, one tablespoon at a time, gently tossing with fork. Form into ball.

ORIENTAL- STYLE BARBECUE PORK

Ingredient Tip

Five Spice Powder - The first three ingredients in this licorice-scented brown powder are star anise, Szechuan pepper and fennel or anise seeds. Cinnamon and cloves bring the number to five. To prepare the mixture yourself, mix by grinding into a powder equal amounts of the spices chosen.

Nutrition Tip

Mangoes are high in vitamins A and C. One medium size mango has about 150 calories. Select plump fruits without blemishes, soft spots or shrivelled skin. Mangoes are ripe when they are richly fragrant and yield to gentle pressure.

- 1 clove garlic, minced
- 2 tsp. chopped fresh ginger
- 2 tbsp. granulated sugar
- 2 tbsp. liquid honey
- 1/2 tsp. salt
- 2 tsp. sherry or cooking sherry
- 3 tbsp. soy sauce
- 1 tsp. sesame oil
- 1/2 tsp. Chinese five spice powder
- 1/2 tsp. red food colouring
- 1 pork tenderloin (about 1 lb./500 g)

In medium glass or stainless steel bowl, whisk together all ingredients, except pork, until dissolved. Add pork, turning to coat. Cover. Refrigerate at least 24 hours. Turn pork occasionally. Remove pork from marinade. Place on lightly greased broiler pan. Bake at 350°F, basting with marinade, 20 - 30 minutes or until meat thermometer registers 160°F and slight trace of pink remains. Serve, sliced thinly, with hot mustard or Mango Chutney Dip (recipe below).

Mango Chutney Dip:

- 1/4 cup mango chutney
- 1/4 cup plain yogurt

In small bowl, mix together chutney and yogurt.

Yield: 1/2 cup

Brunch

CHOCOLATE CHIP COFFEE CAKE

Ingredient Tip

For best flavour, always use pure vanilla extract. Imitation vanilla contains artificial flavouring and can leave a bitter after-taste.

1/4 cup chopped pecans, toasted*
1 cup semi-sweet chocolate chips
1/4 cup packed brown sugar
2 tsp. cinnamon
2 cups all purpose flour
3/4 cup granulated sugar
1 tbsp. baking powder
1 tsp. baking soda
1/4 tsp. salt
1 egg
1 cup 2% evaporated partly skimmed milk
2 tbsp. oil
2 tsp. vanilla



Power Smart Tip

What's using watts in your home? Over 50 percent of the electricity used in your home is consumed in the kitchen. Electricity provides good value for your energy dollar, so it makes CENTS to use it wisely.

In small bowl, combine toasted pecans, chocolate chips, brown sugar and cinnamon. Set aside. In medium bowl, stir together flour, sugar, baking powder, baking soda and salt. In large bowl, whisk together egg, evaporated milk, oil and vanilla. Gradually add flour mixture to egg mixture, mixing just until blended. Spread half of batter in lightly greased 10-inch bundt pan. Sprinkle with half the pecan mixture. Top with remaining batter. Sprinkle with remaining pecan mixture, lightly pressing chocolate chips and nuts into batter. Bake at 350°F 45 - 55 minutes or until cake tests done. Cool in pan on rack. Turn cake out onto serving plate, with chocolate and nuts facing up.

Yield: 12 servings

**To toast pecans, spread on cookie sheet. Bake at 350°F 5 - 10 minutes or until golden. Stir occasionally.*

STREUSEL- TOPPED APPLE LOAF

Recipe Modification Tip

By replacing whole eggs with egg whites, 1 cup butter with 3 tablespoons oil and sour cream with buttermilk, we were able to lighten up an old favourite for apple bread.

Streusel Topping:

1/3 cup all purpose flour
1/4 cup granulated sugar
3/4 tsp. cinnamon
Pinch salt
1/4 cup chopped walnuts
2 tbsp. oil

In small bowl, combine flour, sugar, cinnamon and salt. Stir in walnuts. Drizzle oil over mixture, rubbing in with your fingers until crumbly. Set aside.

Loaf:

3 egg whites
1/4 tsp. cream of tartar
1 cup granulated sugar, divided
1 cup buttermilk
3 tbsp. oil
1 tsp. vanilla
2+1/4 cups all purpose flour
2 tsp. baking powder
1 tsp. baking soda
1 tsp. cinnamon
3/4 tsp. salt
1+1/2 cups peeled, chopped apples

In large bowl of electric mixer, beat egg whites on low speed until foamy. Add cream of tartar. Beat on medium-high speed until soft peaks form. Gradually add 1/3 cup sugar, beating until stiff peaks form. In small bowl, combine buttermilk, oil and vanilla. In large bowl, mix together remaining 2/3 cup sugar, flour, baking powder, baking soda, cinnamon and salt. Add buttermilk mixture to flour mixture, stirring only until combined. Fold in apples and egg whites. Spoon into lightly greased 9 x 5-inch loaf pan. Sprinkle with Streusel Topping (recipe above). Bake at 350°F 1+1/4 hours or until loaf tests done. Cool in pan on rack 10 minutes. Remove from pan. Let cool on rack completely.

Yield: 16 slices

STUFFED FRENCH TOAST

Ingredient Tip

Either light or dark brown sugar can be used in this recipe. Dark brown sugar has a slightly stronger flavour because it contains more molasses. To soften brown sugar that has become hard, place a slice of fresh bread or a piece of cut apple on a piece of waxed paper on top of the sugar in a tightly closed container.

6 (1-inch thick) slices French bread
3/4 cup peach jam
6 tbsp. light cream cheese, room temperature
6 eggs
2 cups lower fat milk
1/4 cup packed brown sugar
1 tsp. cinnamon

Cut each bread slice horizontally to within 1 inch of edge to create a pocket. Fill each bread slice with 2 tablespoons jam and 1 tablespoon cream cheese. Place bread slices in 13 x 9-inch baking dish. In large bowl, whisk together eggs, milk, brown sugar and cinnamon. Pour egg mixture over bread. Let stand 15 minutes. Turn bread occasionally to moisten evenly. Cover. Refrigerate overnight. Bake, covered, at 350°F 35 minutes or until heated through. Uncover. Bake additional 5 minutes or until golden brown. Serve with maple syrup.

Yield: 6 servings



FESTIVE FRUIT SALAD

Nutrition Tip

Do not overlook canned fruits. Thanks to improved technology, canned produce retains most of the food's vitamins and minerals. Fruits canned in water or their juices are better choices than those canned in syrup.

1 can (19 oz./540 mL) pineapple chunks, drained, reserve juice
1 can (10 oz./284 mL) mandarin oranges, drained
1/2 cup seedless grapes
2 kiwifruit, peeled, sliced
2 tbsp. dried cranberries, optional
1/4 cup apple juice
1 (3-inch) cinnamon stick
1/4 tsp. nutmeg

In large bowl, combine pineapple, oranges, grapes, kiwifruit and dried cranberries. Set aside. In measuring cup, combine reserved pineapple juice and enough water to yield one cup. In small saucepan over medium heat, combine pineapple juice, apple juice, cinnamon stick and nutmeg. Heat 5 minutes. Remove from heat. Remove cinnamon stick. Cool. To serve, pour juice over fruit. Toss lightly.

Yield: 4 - 6 servings

BLUEBERRY ORANGE MUFFINS

1+1/2 cups all purpose flour
3/4 cup whole wheat flour
1+1/2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
1 tsp. cinnamon
2 eggs
2/3 cup packed brown sugar
1 cup plain yogurt
2 tsp. grated orange rind
1/3 cup fresh orange juice
2 tbsp. oil
1 tsp. vanilla
1+1/2 cups fresh or frozen blueberries
1 tbsp. granulated sugar



Power Smart Tip

Check your lighting. If you use indoor energy efficient mini-lights, energy savings go a long way. Compared to a 25-light string of conventional 7-watt holiday lights, mini-lights can reduce energy use by as much as 70 percent.

In large bowl, combine flours, baking powder, baking soda, salt and cinnamon. In medium bowl, whisk together eggs and brown sugar until smooth. Whisk in yogurt, orange rind, orange juice, oil and vanilla. Add egg mixture to dry ingredients, stirring until just combined. Gently stir in blueberries. Fill lightly greased muffin cups 3/4 full. Sprinkle with sugar. Bake at 400°F 20 - 25 minutes or until done.

Yield: 12 muffins



OVERNIGHT MUESLI

1 cup rolled oats
2 cups vanilla yogurt
1 can (8 oz./227 mL) crushed pineapple, undrained
1/4 cup chopped dried apricots
2 tbsp. honey
1 tsp. vanilla

In medium bowl, combine all ingredients. Mix well. Cover. Refrigerate overnight or up to 4 days. Serve with sliced fruit and toasted nuts, if desired.

Yield: 3 cups

MEXICAN STRATA

1/2 lb. pork sausages, casings removed
1/2 cup chopped green onions
1 green pepper, seeded, chopped
8 (8 -inch) flour tortillas
1 cup grated light Cheddar cheese
1 cup grated part-skim Monterey Jack
cheese
4 eggs
1 cup lower fat milk
1/2 tsp. salt
1 can (213 mL) tomato sauce
1 can (114 mL) chopped green chilies,
drained



Power Smart Tip

Laundry appliances account for as much as 12 percent of the energy used in the home. A clothes dryer uses about 10 times more energy than a washer. When doing laundry, wash only full loads.

In electric frypan, cook sausages, green onion and green pepper until sausage meat is thoroughly cooked. Drain fat. In lightly greased 9-inch square baking dish, layer 4 tortillas, overlapping slightly. Top with half the sausage mixture and half the Cheddar cheese. Top with 2 tortillas, remaining sausage mixture and remaining Cheddar cheese. Top with remaining 2 tortillas. Sprinkle with Monterey Jack cheese. In large bowl, beat together eggs, milk, salt, tomato sauce and green chilies. Pour egg mixture over tortillas. Cover. Refrigerate several hours or overnight. Uncover. Bake at 350°F 50 - 60 minutes or until set. Let stand 10 minutes before cutting. Serve with chopped green onions, light sour cream and salsa, if desired.

Yield: 6 servings

HOLIDAY FRUIT CRISP

Ingredient Tip

The only difference between quick oats and old-fashioned rolled oats is that quick oats are cut into smaller pieces for faster cooking (one minute versus five minutes on the stove top). For baking, they are interchangeable.

1 cup packed brown sugar
3/4 cup all purpose flour
3/4 cup rolled oats
2 tsp. cinnamon, divided
1+1/2 tsp. nutmeg, divided
1/2 cup butter or margarine, room temperature
5 cups peeled, sliced apples
1 cup dried cranberries
5 cups peeled, sliced pears
1/2 cup orange juice
1 tsp. grated lemon rind
2 tbsp. lemon juice

In medium bowl, combine brown sugar, flour, rolled oats, 1 teaspoon cinnamon, 1 teaspoon nutmeg and butter. Mix well. Set aside. In 13 x 9-inch ungreased baking dish, layer apples, cranberries and pears. Stir together orange juice, lemon rind, lemon juice, remaining 1 teaspoon cinnamon and remaining 1/2 teaspoon nutmeg. Drizzle over fruit. Top with rolled oats mixture. Bake at 375°F 45 - 50 minutes or until fruit is tender and topping is crisp and golden. Serve warm with lower fat ice cream or frozen yogurt, if desired.

Yield: 12 servings

THE EASIEST CINNAMON BUNS EVER

Cooking Tip

To plump raisins, cover with boiling water. Soak 5 minutes. Drain. Pat dry.

18 frozen dinner rolls dough
1 cup packed brown sugar
1/4 cup vanilla instant pudding mix
1 tbsp. cinnamon
3/4 cup raisins
1/4 cup butter or margarine, melted

Place frozen dough rolls into greased 10-inch tube pan or bundt pan. Sprinkle with brown sugar, pudding mix, cinnamon and raisins. Drizzle with melted butter. Cover with damp cloth. Let stand at room temperature overnight. Bake at 350°F 25 minutes or until done. Let stand 5 minutes. Invert onto serving plate.

Yield: 1+1/2 dozen

Main Dishes

LIGHTER ITALIAN SAUSAGE LASAGNE



Power Smart Tip

Replace your existing thermostat with a set-back thermostat. It can be programmed to automatically turn down the heat at night or when no one is home.

Cooking Tip

How To Use A Meat Thermometer

- Insert the tip into the centre of the thickest part of the meat. The tip of the thermometer should not be resting in fat, stuffing or against bone.
- Do not cover the pan.
- Roast at the recommended temperature.

- 3/4 lb. Italian sausages, casings removed
- 1 onion, chopped
- 2 cloves garlic, minced
- 3 tbsp. chopped fresh parsley, divided
- 1 tsp. basil
- 1 tsp. leaf oregano
- 1 tsp. granulated sugar
- 1 can (28 oz./796 mL) whole tomatoes, undrained, chopped
- 2 cups sliced fresh mushrooms
- 1/4 cup sun-dried tomatoes (not in oil), slivered
- 12 lasagne noodles
- 1 container (500 g) part-skim ricotta cheese
- 1/2 cup grated Parmesan cheese, divided
- 2 cups grated part-skim Mozzarella cheese, divided

In electric frypan, cook sausages, onion and garlic over medium heat until sausage is thoroughly cooked. Drain fat. Stir in 2 tablespoons parsley, basil, oregano, sugar, tomatoes, mushrooms and sun-dried tomatoes. Bring to boil, stirring occasionally. Reduce heat. Simmer, uncovered, 40 - 45 minutes or until slightly thickened. Meanwhile, in large pot of boiling water, cook lasagne noodles according to package directions. Drain. Set aside. In small bowl, mix together ricotta cheese, 1/4 cup Parmesan cheese and remaining 1 tablespoon parsley. Set aside. In ungreased 13 x 9-inch baking dish, spread 1 cup meat sauce. Top with 4 lasagne noodles. Spread half ricotta mixture over noodles. Top with 1 cup meat sauce. Sprinkle with 2/3 cup Mozzarella cheese. Repeat with 4 noodles, remaining ricotta mixture, 1 cup meat sauce and 2/3 cup Mozzarella cheese. Top with remaining 4 noodles and meat sauce. Sprinkle with remaining Mozzarella cheese and 1/4 cup Parmesan cheese. Cover. Bake at 350°F 30 minutes. Uncover. Bake additional 15 minutes or until bubbly. Let stand 10 minutes before cutting.

Yield: 8 servings

ROAST CHICKEN WITH GRAVY

Food Buying Tip

Types of Chickens

- **Broiler-fryer** - *This all purpose chicken weighs from 3 - 3+1/2 pounds and can be used for broiling, frying, roasting or stewing.*
- **Roaster** - *This chicken is a little older and larger than the broiler-fryer. It weighs 4 - 6 pounds and when roasted is flavourful and tender.*
- **Stewing** - *This chicken (also referred to as hen) weighs 4+1/2 - 6 pounds. It is a mature, less tender bird and is best cooked by simmering or using in soups and stews.*
- **Rock Cornish Hens** *(also referred to as game hens) are the smallest members of the chicken family. They weigh 1+1/2 pounds or less.*

- 1 (5 lb.) roasting chicken
- 1 small onion, halved
- 4 cloves garlic, peeled
- 1/2 lemon
- 1 tbsp. butter or margarine, melted
- 3/4 tsp. dried thyme
- 1/4 tsp. dried rosemary
- 1/4 tsp. salt
- 1/4 tsp. freshly ground pepper
- 2 tbsp. all purpose flour
- 3/4 cup chicken broth

Rinse chicken cavity (removing giblets and neck, if present) and pat dry inside and out with paper towels. Place onion and garlic in cavity. Squeeze juice from lemon. Set aside. Place squeezed lemon in cavity. Tuck wings under back of chicken. Tie legs together with kitchen string. Brush chicken all over with melted butter. Sprinkle with thyme, rosemary, salt and pepper. Place chicken, breast side up, on rack in roasting pan. Roast, uncovered, at 325°F 1+1/2 hours. Baste chicken with pan juices. Roast, basting occasionally, additional 1+1/4 - 1+1/2 hours or until meat thermometer inserted in thigh registers 185°F and juices run clear with no traces of pink. Let chicken stand 10 - 15 minutes before carving. Pour juices from roasting pan into measuring cup. Skim fat from juices and discard. Return juices to pan. Place over medium heat. Sprinkle flour over juices. Cook, whisking constantly, 1 minute. Gradually whisk in chicken broth. Cook, whisking constantly, until gravy thickens and boils. Whisk in 1 tablespoon reserved lemon juice.

Yield: 4 - 6 servings

**CREAMY
TURKEY
WRAP
CASSEROLE**

Recipe Tip

“Wraps” are the newest food trend. Food is enclosed in flat breads (e.g. tortillas, pitas) and eaten out of hand. Wraps can be as simple as burritos or as elegant as these creamy turkey wraps.

- 1 can (10 oz./284 mL) reduced fat cream of chicken or mushroom soup, undiluted**
- 1/2 cup light sour cream**
- 1+1/2 cups grated light Cheddar cheese, divided**
- 1/4 cup chopped green onions**
- 3 cups diced cooked turkey, chicken, beef or pork**
- 1 can (14 oz./398 mL) Italian seasoned tomatoes, undrained**
- 8 (6-inch) flour tortillas**
- 2 tbsp. chopped fresh parsley (or 2 tsp. dried)**

In medium bowl, combine soup, sour cream, 1/2 cup Cheddar cheese and green onions. Add chicken. Mix well. Set aside. Spread half of tomatoes over bottom of lightly greased 13 x 9-inch baking dish. Divide chicken mixture evenly among tortillas. Wrap by folding bottom edge of tortilla over filling, then sides. Roll up. Place tortillas seam-side down over tomatoes in baking dish. Spoon remaining tomatoes over top. Sprinkle with remaining 1 cup Cheddar cheese. Bake at 350°F 30 - 35 minutes or until wraps are hot and sauce is bubbly. Sprinkle with parsley.

Yield: 8 wraps

**INDIVIDUAL
BEEF
WELLINGTONS
WITH MADEIRA
SAUCE**

Cooking Tips

• *Beef cooked to a rare doneness has a bright red centre that changes to pink toward the outside edge.*

• *Medium-cooked beef has a light pink centre and a brown outside edge.*

Recipe

Modification Tip

Beef Wellington traditionally consists of a whole tenderloin covered in goose liver pate, then wrapped in puff pastry and baked. To reduce fat, our version is made with sauteed mushrooms and phyllo dough.

Beef Wellington:

- 1 tbsp. oil
- 4 (4 oz. each) beef tenderloin steaks (1-inch thick)
- 1/2 cup finely chopped onion
- 1 clove garlic, minced
- 2+1/2 cups finely chopped fresh mushrooms
- 1/2 cup chopped fresh parsley
- 1 tbsp. Dijon mustard
- 1/2 tsp. dried thyme
- Salt and freshly ground pepper
- 3 tbsp. melted butter or margarine
- 6 sheets phyllo pastry, thawed

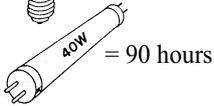
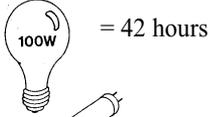
In electric frypan on medium-high, heat oil. Brown beefsteaks in oil on both sides. Transfer to plate. Set aside. Reduce heat. In same frypan, cook onion and garlic until soft. Add mushrooms and parsley. Cook, uncovered, 8 - 10 minutes, stirring occasionally. Stir in mustard, thyme, salt and pepper to taste. Set aside. Unroll phyllo and lay flat. Working with one sheet of phyllo at a time, brush lightly with melted butter. Top with second phyllo sheet. Repeat until all phyllo sheets have been used. Cut stacked phyllo layers lengthwise in half, then crosswise to make four equal portions. Working quickly, place 1/4 of mushroom mixture onto centre of each phyllo portion. Spread mixture until same size as steak. Place steak over mushroom mixture. Bring together all four corners of phyllo. Twist together with a circular motion to seal. Place on lightly greased cookie sheet. Repeat with remaining phyllo. Brush with melted butter. Bake at 425°F 9 - 12 minutes or until golden brown. Serve immediately with Madeira Sauce (recipe page 18).

Yield: 4 servings



Power Smart Tip

The Power of 25 Cents



Both provide the same amount of light but the operating cost of the fluorescent tube is half as much and will last 8 to 10 times longer.

PORK HOISIN WRAPS

Ingredient Tip

Hoisin sauce is a thick reddish-brown condiment that adds a sweet and spicy flavour to Chinese cooking. It is a mixture of chili peppers, garlic, spices and soybeans.

Madeira Sauce:

- 1 tbsp. oil**
- 1/4 cup chopped onion**
- 2 tbsp. finely chopped celery**
- 2 tbsp. finely chopped carrots**
- 1 tbsp. all purpose flour**
- 1 cup beef broth**
- 1/4 cup seeded, chopped tomatoes**
- 1/4 cup Madeira wine or non-alcoholic red wine**

In medium saucepan, heat oil. Sauté onion, celery and carrots in oil until soft. Add flour. Stir one minute. Gradually add beef broth. Bring to boil, stirring constantly. Reduce heat. Simmer 2 minutes. Add tomatoes. Cook until sauce begins to thicken. In food processor or blender, puree mixture until smooth. Return to saucepan. Stir in wine. Cook over low heat until heated through. Keep warm. May be prepared one day ahead. Keep refrigerated. Reheat to serving temperature.



- 1/4 cup hoisin sauce**
- 1 tbsp. frozen orange juice concentrate**
- 1 tsp. soy sauce**
- 2 cups fresh bean sprouts**
- 1 cup grated carrots**
- 1/2 cup thinly sliced green onions**
- 1+1/2 cups cooked slivered pork, beef or chicken**
- 4 (10-inch) flour tortillas**

In large bowl, stir together hoisin sauce, orange juice concentrate and soy sauce. Add sprouts, carrots, green onions and pork. Toss well. Divide filling among tortillas. Wrap by folding bottom edge of tortilla over filling, then sides. Roll up. Place seam-side down in microwave-safe baking dish. Microwave on high (100%) power 40 - 60 seconds or until filling is hot.

Yield: 4 wraps

SPINACH STUFFED CHICKEN BREASTS



Power Smart Tip

Don't peek! Each time you open the oven door you consume a quarter to half a kilowatt-hour of energy as the heat rushes out. Turn on the oven light and look through the oven door.

1 tbsp. butter or margarine
3/4 cup chopped fresh mushrooms
1 pkg. (300 g) frozen chopped spinach, thawed, well-drained
1 pkg. (250 g) light cream cheese, room temperature
4 green onions, chopped
Salt and freshly ground pepper
8 boneless, skinless chicken breasts
1/2 cup Dijon mustard

In small saucepan, melt butter. Cook mushrooms in butter 4 minutes. Remove from heat. Let cool. In medium bowl, combine spinach, cream cheese, green onions and mushrooms. Stir until well combined. Season to taste with salt and pepper. Set aside. Flatten chicken breasts between two pieces of plastic wrap to 1/4-inch thickness. Divide filling among chicken breasts. Spread to within 1/2 inch on all sides. Roll up from short side, jelly-roll style. Fasten with toothpicks. Place chicken on lightly greased cookie sheet. Brush each chicken breast with 1 tablespoon mustard. Bake at 400°F 25 - 30 minutes or until cooked through and no pink remains.

Yield: 8 servings

SMOKED SALMON AND PASTA CASSEROLE

Nutrition Tip

Omega-3 fatty acids, found in oily fish such as mackerel, salmon, tuna and herring, help prevent the formation of blood clots thereby reducing the risk of heart disease. It is more beneficial to eat the fish itself rather than to take fish oil supplements.

- 3 tbsp. butter or margarine**
- 1/4 cup all purpose flour**
- 1+1/2 cups lower fat milk**
- 1 cup grated light Swiss cheese**
- 1/2 tsp. salt**
- 1/2 tsp. freshly ground pepper**
- 8 cups cooked rigatoni, drained, rinsed
(5 cups uncooked)**
- 1 can (14 oz./398 mL) Italian stewed
tomatoes, undrained**
- 1 lb. smoked salmon, cut into bite-size
pieces**
- 2 tbsp. chopped fresh dill (or 2 tsp.
dried)**
- 3/4 cup dried bread crumbs**
- 1/4 cup grated Parmesan cheese**
- 1 tbsp. chopped fresh parsley (or 1 tsp.
dried)**
- 2 tbsp. butter or margarine, melted**

In saucepan over low heat, melt 3 tablespoons butter. Gradually blend in flour, stirring constantly until smooth. Remove from heat. Gradually stir in milk. Return to heat. Cook and stir until smooth and thickened. Remove from heat. Stir in cheese, salt and pepper until blended. Set aside. In large bowl, combine pasta, tomatoes, salmon and dill. Pour cheese sauce over. Stir gently to combine. Transfer to lightly greased 13 x 9-inch baking dish. In small bowl, mix together bread crumbs, Parmesan cheese, parsley and 2 tablespoons butter. Sprinkle over pasta mixture. (Casserole can be prepared to this point, covered and refrigerated up to 24 hours. Let stand at room temperature 30 minutes before baking.) Bake, uncovered, at 350°F 30 - 40 minutes or until hot and bubbly.

Yield: 8 servings

**TURKEY
BREAST
CUTLETS
WITH
APRICOT
CRANBERRY
SAUCE**

Ingredient Tip

Dried fruits should be stored tightly covered in a cool, dark place. When cooking dried fruits, do not soak them first. This will retain more natural sugars and flavour.

1 lb. boneless turkey breast cutlets
(about 4)
Salt and freshly ground pepper
1+1/2 tsp. butter or margarine
1+1/2 tsp. oil
2 tsp. dried sage
3 green onions, chopped
1/4 cup dried cranberries
1/3 cup chopped dried apricots
3/4 cup chicken broth
1/2 cup white wine or non-alcoholic
cooking wine

Season cutlets to taste with salt and pepper. Set aside. In electric frypan, heat butter, oil and sage, about 2 minutes. Add cutlets. Cook 3 minutes per side or until browned and thoroughly cooked with no pink remaining. Transfer cutlets to plate. In same frypan, cook green onions 1 minute. Add cranberries, apricots, broth and wine. Simmer until fruit is tender, about 4 minutes. Return cutlets and any accumulated juices to frypan. Cook until heated through, about 1 minute. Spoon sauce over cutlets. Serve immediately.

Yield: 4 servings

**PORK
TENDERLOIN
MEDALLIONS
WITH
MUSTARD
MAPLE
SAUCE**

1 pork tenderloin (about 1 lb./500 g)
1+1/2 tsp. dried sage, divided
Salt and freshly ground pepper
1+1/2 tsp. butter or margarine
1+1/2 tsp. oil
1 cup chicken broth
2 tbsp. maple syrup
2 tbsp. coarse-grained mustard

Nutrition Tip

Pork is a lean meat and provides high quality protein, iron, zinc and other essential vitamins and minerals. All fresh raw pork cuts, trimmed of visible fat, except spareribs, qualify as lean and contain less than 10% fat. Tenderloin is one of the leanest cuts of pork with less than 5% fat.

Cut tenderloin into 1-inch crosswise slices. Flatten slices between two pieces of plastic wrap to 1/4-inch thickness. Season with 1/2 teaspoon sage, salt and pepper to taste. Set aside. In electric frypan, heat butter and oil. Add tenderloin. Cook 2 - 3 minutes per side or until lightly browned. Transfer tenderloin to plate. Add broth, syrup, mustard and remaining 1 teaspoon sage to frypan. Boil until syrupy, about 3 minutes. Reduce heat to low. Return tenderloin and any accumulated juices to frypan. Cook until heated through, about 1 minute. Serve immediately.

Yield: 4 servings

Side Dishes

STUFFING LOAF



Power Smart Tip

A humidifier can lower the cost of heating in your home. Proper humidity reduces the rate of moisture evaporation from your skin making you feel warmer. Therefore, the thermostat can be lowered slightly without decreasing comfort.

This strata is a novel side dish to accompany a roasted chicken, turkey breast or sliced ham.

1/2 lb.(250 g) pork sausages, casings removed

2 onions, chopped

1/2 cup chopped celery

1 tsp. dried thyme

1 tsp. dried savory

1 tsp. dried sage

Salt and fresh ground pepper

8 cups (16 slices) bread cubes

1/3 cup chopped toasted pecans, divided

6 eggs

1 cup lower fat milk

1 tbsp. chopped fresh parsley

In electric frypan, cook sausages until thoroughly cooked and no pink remains. Drain fat. In same frypan, cook onions, celery, thyme, savory, sage, salt and pepper to taste, until vegetables are softened, about 5 minutes. Transfer to large bowl. Add sausages, bread cubes and 1/4 cup pecans. Toss to combine. In medium bowl, whisk together eggs and milk. Pour over bread mixture. Gently stir until bread is moistened. Let stand 10 minutes. Spoon into lightly greased 9 x 5-inch loaf pan. Sprinkle with remaining pecans. Bake, uncovered, at 375°F 30 minutes. Cover with foil. Bake additional 30 - 40 minutes or until puffed and golden.

Yield: 8 servings

BLUE CHEESE MASHED POTATOES

Food Storage Tip

Store potatoes in a cool, dark, well-ventilated place. Refrigerating potatoes causes them to become sweet and to turn dark. Warm temperatures encourage sprouting and shrivelling.

**3 lbs. potatoes, peeled, cut into chunks
(about 9 cups)**
1 tbsp. oil
6 cloves garlic, minced
**3/4 cup crumbled Blue cheese
(approx. 3 oz.)**
1/2 cup lower fat milk
3 tbsp. butter or margarine
Salt and freshly ground pepper

In large pot of boiling water, cook potatoes until tender. Drain. Set aside. Heat oil in saucepan over low heat. Add garlic. Cook until tender but not brown, about 4 minutes. Remove from heat. Set aside. Using ricer or potato masher, mash potatoes. Add cooked garlic, blue cheese, milk and butter. Stir until combined. Season to taste with salt and pepper.

Yield: 6 - 8 servings



SWISS SCALLOPED POTATOES

Ingredient Tip

Familiar potatoes found in the market include: Idaho (or russet) potatoes and all purpose potatoes (red, white or yellow). Idaho potatoes have superior baking and frying qualities while all purpose potatoes are excellent for boiling, mashing and salad making.

**8 cups peeled, sliced potatoes (approx.
8 medium)**
2 cloves garlic, minced
1 tsp. salt
1/4 tsp. freshly ground pepper
2 cups grated light Swiss cheese
**2 cans (385 mL each) 2% evaporated
partly skimmed milk**

In lightly greased 13 x 9-inch baking dish, arrange half the potatoes. Sprinkle with half the garlic, salt, pepper and cheese. Top with remaining potatoes. Sprinkle with remaining garlic, salt, pepper and cheese. Pour evaporated milk over. Bake at 350°F 1+1/4 - 1+1/2 hours or until tender. Let stand 10 minutes before serving.

Yield: 8 servings

OVEN- BARBECUED ROOT VEGETABLES

Ingredient Tip

Both rutabagas and turnips have the shape of a top. Rutabagas have creamy gold skin and yellow flesh. Turnips are generally smaller and more slender and have white skin and flesh. Select firm unblemished roots, heavy for their size - the smaller, the sweeter. Use them interchangeably in recipes.

To ensure that the vegetables are done at the same time, cut them all the same size.

- 2 potatoes, peeled, cut into chunks**
- 2 carrots, cut into chunks**
- 1 small rutabaga, peeled, cut into chunks**
- 1 large onion, quartered**
- 3/4 cup ketchup**
- 3 tbsp. brown sugar**
- 6 tbsp. vinegar**
- 1 tbsp. Dijon mustard**
- 1 tbsp. oil**

Line a 13 x 9-inch baking dish with foil. Arrange vegetables on foil in a single layer. In small bowl, whisk together ketchup, brown sugar, vinegar, Dijon mustard and oil. Pour over vegetables. Toss to coat. Cover. Bake at 400°F 45 minutes. Uncover. Bake additional 45 minutes or until vegetables are tender and glazed. Stir occasionally.

Yield: 4 servings



SAUERKRAUT SALAD

Food Storage Tip

Low-acid canned goods such as canned meat and poultry, stews, corn, carrots and peas can be stored for 2 - 5 years. High-acid foods like tomato-based products, fruits, juices, vinegar-based salad dressings and sauerkraut should be used within 9 - 18 months.

- 1 can (28 oz./796 mL) sauerkraut, undrained**
- 1+1/2 cups chopped celery**
- 1/2 cup chopped onion**
- 1/2 cup chopped green pepper**
- 1/2 cup chopped red pepper**
- 1/2 cup granulated sugar**
- 2 tbsp. vinegar**

In large bowl, mix together sauerkraut, celery, onion, green pepper and red pepper. Set aside. In small saucepan over medium heat, stir together sugar and vinegar. Heat, stirring constantly, until sugar is dissolved. Pour over sauerkraut mixture. Mix well. Cover. Refrigerate overnight.

Yield: 8 - 10 servings

BUTTERNUT SQUASH AND CARROT SOUP

Ingredient Tip

Cumin is used extensively in Mexican, Middle Eastern, North African and Indian cooking. It is a primary ingredient of garam masala, and is often found in chili powders. Cumin is a good addition to spicy meat stews, chilies, marinades and barbecue sauces.

Ingredient Tip

Extra-virgin olive oil is extracted from the first pressing of olives and has a very low acidity and intense fruity flavour. For milder flavour, use pure or virgin olive oil, which has a higher acidity and a less pronounced olive essence.

This exotic soup bursts with sweet flavours.

1 tbsp. olive oil
1 onion, chopped
1+1/4 lb. butternut squash, peeled, halved, seeded, coarsely chopped
3 carrots, coarsely chopped
1/2 tsp. granulated sugar
1 tsp. paprika
1+1/4 tsp. cumin
3/4 tsp. turmeric
3/4 tsp. coriander
6 cups vegetable or chicken broth
Salt and freshly ground pepper
1/3 cup chopped fresh cilantro
Grated lime rind
1/2 cup plain yogurt

In large saucepan, heat oil. Saute onion in oil until soft. Add squash, carrots and sugar. Sauté 10 minutes. Add paprika, cumin, turmeric and coriander. Sauté 5 minutes. Add vegetable broth. Bring to boil. Reduce heat. Simmer, uncovered, 30 - 40 minutes until squash and carrots are soft. Remove from heat. Cool slightly. In food processor or blender, puree soup, 2 cups at a time, until smooth. Return soup to saucepan. Heat through. Season with salt and pepper to taste. Stir in cilantro and grated lime rind. Ladle soup into bowls. Drizzle with yogurt.

Yield: 6 servings

BAKED BARLEY, TOMATOES AND MUSHROOMS

Nutrition Tip

Barley is a good source of soluble fibre (the same kind that is in oat bran and kidney beans) and may help to reduce cholesterol.



Power Smart Tip

Keep refrigerator temperature at 38°F(3°C) and freezer temperature at 0°F(-18°C) for optimum storage.

2 tsp. oil
2 cups sliced fresh mushrooms
1 clove garlic, minced
1 large onion, chopped
1 large carrot, chopped
1/2 cup chopped celery
1 cup pearl barley, rinsed
1+1/2 cups chicken broth
2 large tomatoes, peeled*, chopped
2 tbsp. tomato paste
1 tsp. dried thyme
1 tsp. salt
1/4 tsp. freshly ground pepper
Chopped fresh parsley

In electric frypan, heat oil. Cook mushrooms, garlic, onion, carrot and celery in oil until soft, about 10 minutes. Add barley, chicken broth, tomatoes, tomato paste, thyme, salt and pepper. Bring to boil. Transfer mixture to lightly greased 2-quart baking dish. Bake at 350°F 55 - 60 minutes or until barley is tender. Sprinkle with parsley.

Yield: 6 - 8 servings

**To peel tomatoes: Immerse tomatoes in rapidly boiling water to cover. Boil 1 minute. Plunge into cold water. Remove skins.*

MAKE AHEAD DOUBLE RICE PILAF

Food Buying Tip

White rice is an excellent, virtually fat-free source of complex carbohydrates, with only 100 calories per half-cup serving. Long-grain brown rice which retains the bran, is chewier and more flavourful than white. It provides about 2 grams of fibre per half cup serving.

1 cup wild rice, rinsed
1+1/2 cups brown rice
5 cups chicken broth
2 tbsp. butter or margarine
1 stalk celery, chopped
2 large carrots, diced
1/4 cup chopped green onions
1+1/2 cups sliced fresh mushrooms
1 can (227 mL) sliced water chestnuts,
drained
1/2 tsp. Italian herb seasoning
1/4 tsp. freshly ground pepper

In large saucepan, combine wild rice, brown rice and chicken broth. Bring to boil. Reduce heat. Cover. Simmer 35 - 40 minutes or until rice is barely tender. Set aside. In electric frypan, melt butter. Sauté celery, carrots, green onions and mushrooms in butter 4 minutes. Stir in water chestnuts, seasonings and cooked rice. Transfer mixture to lightly greased 2+1/2-quart baking dish. Cover. (Casserole may be prepared to this point and refrigerated overnight.) Bake at 350°F 45 - 60 minutes or until hot.

Yield: 8 - 10 servings



TORTELLINI SOUP



Power Smart Tip

A plug for winter savings! A timer on your block heater can reduce energy use and save you money. A block heater only needs to be turned on a maximum of four hours before starting your car.

2 cloves garlic
2 sprigs fresh rosemary
1/8 tsp. red pepper flakes
6 cups chicken broth
1 pkg. (350 g) fresh or frozen cheese
tortellini

Using flat side of knife, crush garlic. Tie garlic, rosemary and red pepper flakes in cheesecloth bag. Place in large saucepan. Add chicken broth. Bring to boil. Reduce heat. Simmer, uncovered, 10 - 15 minutes. Remove cheesecloth bag. Meanwhile, in large pot of boiling water, cook tortellini according to package directions. Drain. Add to broth. Serve with grated Parmesan cheese and freshly ground pepper, if desired.

Yield: 4 - 6 servings

CONFETTI CORN

(Microwave
recipe)

Cooking Tip

Cooking vegetables in the microwave uses very little water and retains fresh vegetable flavour and colour. Water clinging to vegetables after washing will often be enough for cooking. Be careful not to overcook vegetables. Overcooking makes them dry and tough. Always use the shortest cooking time in any recipe.

4 cups canned or frozen corn
2 tbsp. water
2 tbsp. butter or margarine
1/2 cup diced onion
1/4 cup diced green pepper
1/4 cup diced red pepper
Salt and freshly ground pepper

In microwave-safe bowl, microwave corn and water, covered, on high (100 %) power 5 minutes. Let stand 2 minutes. Drain. In microwave-safe bowl, microwave butter on high (100%) power 45 - 60 seconds or until melted. Add onion, green pepper and red pepper. Cover. Microwave on high (100%) power 1 - 2 minutes or until softened. Stir in corn, salt and pepper to taste.

Yield: 8 servings



FRESH MUSHROOM GRAVY

Food Storage Tip

Set your freezer at 0°F (-18°C) to maintain the best flavour, colour and texture of frozen foods. Cool cooked foods quickly before freezing.

2 tbsp. butter or margarine
1/2 cup chopped onions
1 clove garlic, minced
3 cups sliced fresh mushrooms
2 tbsp. all purpose flour
1 can (10oz./285 ml) beef broth
1 tsp. Worcestershire sauce
1/4 tsp. dried thyme
1/4 cup chopped fresh parsley

In frypan over medium heat, melt butter. Cook onions, garlic and mushrooms in butter until soft, about 8 minutes. Add flour. Cook and stir 2 minutes (mixture will be crumbly). Gradually add beef broth, stirring constantly until smooth. Add remaining ingredients. Bring to boil. Reduce heat. Simmer, covered, 5 minutes, stirring occasionally. Serve hot. (Can be frozen for up to one month.)

Yield: 2 cups

SALAD OF MIXED GREENS AND WALNUTS

Ingredient Tip

Mesclun comes from the French word for "mixture". Today's mesclun is a combination of mild and bitter-flavoured tender young leaves. Mixtures usually include baby beet greens, red leaf lettuce, arugula and radicchio to name a few.

1/4 cup chopped walnuts
1/4 cup chicken broth
2 tbsp. white wine vinegar
2 tbsp. olive oil
2 tbsp. finely chopped onion
2 tsp. Dijon mustard
Salt and freshly ground pepper
12 cups torn fresh assorted greens (or mesclun)

In small, dry frypan over medium-low heat, stir walnuts until lightly toasted, about 3 minutes. Transfer to plate to cool. In large salad bowl, whisk together chicken broth, vinegar, oil, onion, mustard, salt and pepper to taste. Add greens. Toss thoroughly. Sprinkle with walnuts. Serve immediately.

Yield: 6 - 8 servings

PEAS IN CREAMY MUSHROOM SAUCE

(Microwave recipe)

2 cups frozen peas
2 tbsp. water
1 tbsp. butter or margarine
1 cup sliced fresh mushrooms
1/4 cup chopped onion
1/4 cup chopped celery
1 tbsp. all purpose flour
1 cup lower fat milk
Pinch nutmeg
Salt and freshly ground pepper

In microwave-safe bowl, microwave peas and water, covered, on high (100%) power 5 minutes. Let stand 2 minutes. Drain. Set aside. In microwave-safe bowl, melt butter on high (100%) power. Add mushrooms, onion and celery. Cover. Cook on high (100%) power 2 minutes or until tender. Stir halfway through cooking. Stir in flour. Whisk in milk until smooth. Cook on high (100%) power 3 - 4 minutes or until smooth and thickened. Stir halfway through cooking. Add nutmeg, salt and pepper to taste. Stir in peas. Serve immediately.

Yield: 4 servings

Desserts

CANDIED GINGER

**1 lb. fresh ginger, peeled, dried*, cut
into 1/4-inch pieces**
Granulated sugar
2 tbsp. water

Food Storage Tip

*Store unpeeled
fresh gingerroot in
an air-tight
container in the
refrigerator for up
to 3 weeks. Peeled
gingerroot can be
frozen. It can be
grated while frozen
when needed.*

Place ginger pieces in medium saucepan. Cover with cold water. Bring to boil over medium heat. Reduce heat. Cover. Simmer until ginger is tender, about 30 minutes. Drain. Cool. Measure ginger in measuring cup. Place in medium saucepan with equal amounts of sugar and 2 tablespoons water. Bring to boil over medium heat, stirring constantly until sugar dissolves. Continue cooking, stirring occasionally, until ginger becomes fairly transparent, about 20 minutes. Remove from syrup with slotted spoon. Toss ginger, a few pieces at a time, in granulated sugar to coat. Store in glass jar at room temperature.

*To dry fresh ginger: Peel. Place whole pieces on cookie sheet. Bake at 150° F (or lowest oven setting) 8 - 10 hours.



BLACK FOREST FUDGE

**8 sqs. (8 oz.) bittersweet or
unsweetened chocolate**
**3/4 cup low fat sweetened condensed
milk**
1 tsp. vanilla
1 cup chopped dried cherries

Ingredient Tip

*Since chocolate
scorches easily, it
should be melted
slowly over hot
water. Do not use
boiling water, as
even a small
amount of steam
may harden or
stiffen the
chocolate.*

Line 9 x 5-inch loaf pan with plastic wrap. Set aside. In top of double boiler, over hot (not boiling) water, melt together chocolate and milk. Stir in vanilla and cherries. Spread in prepared pan, smoothing top. Refrigerate until firm. Remove from pan. Peel off plastic wrap. Cut into 3/4-inch squares.

Yield: 6+1/2 dozen squares

PECAN FUDGE TORTE

1/3 cup low fat sweetened condensed milk
1/2 cup semi-sweet chocolate chips
1 pkg. (510 g) chocolate cake mix
1+1/2 tsp. cinnamon
1/3 cup oil
1 can (14 oz./398 mL) pear halves in juice, drained, pureed
2 eggs
1/3 cup chopped pecans
2 tsp. water
1 can (284 mL) butterscotch ice cream topping
1/3 cup lower fat milk

Nutrition Tip

Nuts are rich in monounsaturated fats, polyunsaturated fats, vitamin E, folic acid and other B vitamins. Recent studies have suggested that moderate consumption of nuts may reduce the risk of heart disease.

In small saucepan, combine condensed milk and chocolate chips. Cook over medium-low heat until chocolate is melted, stirring occasionally. Set aside. In large bowl of electric mixer, combine cake mix, cinnamon and oil. Blend at low speed 20 - 30 seconds or until crumbly. In large bowl, combine 2+1/2 cups of cake mix mixture (set aside remaining mixture), pureed pears and eggs. Blend at low speed until moistened. Beat 2 minutes at medium speed. Spread batter evenly in lightly greased 9 or 10-inch springform pan. Drop condensed milk mixture by spoonfuls over batter. Stir pecans and water into reserved cake mix mixture. Sprinkle over batter. Bake at 350°F 45 - 50 minutes or until cake tests done. Cool in pan on rack 10 minutes. Remove sides of pan. Cool completely. In small saucepan, combine butterscotch topping and milk. Cook over medium-low heat 3 - 4 minutes or until well blended, stirring occasionally. To serve, spoon 2 tablespoons warm sauce over each piece of torte. Top with scoop of ice cream or frozen yogurt, if desired.

Yield: 12 servings

SLICE & BAKE SHORTBREAD

1 cup butter or margarine, room temperature
1 cup icing sugar
1 tsp. vanilla
2 cups all purpose flour

Ingredient Tip

Soft margarine is not a satisfactory baking substitute for butter or hard margarine, as it has a high moisture content and may have air whipped into it.

In large bowl of electric mixer, cream together butter, sugar and vanilla until light and fluffy. Gradually add flour on low speed until thoroughly blended. Press into ball. Knead lightly until smooth. Divide dough in half. Shape each half into roll about 2 inches in diameter. Wrap in plastic wrap. Refrigerate until firm, about 3 hours. Cut into 1/4-inch slices. Place on ungreased cookie sheets. Bake at 300°F 20 minutes or until firm but not browned.

Yield: 3+1/2 - 4 dozen

Variations:

Chocolate Orange Shortbread: To creamed butter mixture, add 1 tablespoon water and 1/2 teaspoon grated orange peel. Stir 1/2 cup cocoa powder into flour.

Ginger Shortbread: Add 1 teaspoon ground ginger to flour. Stir 1/3 cup chopped candied ginger (recipe page 31) into dough before kneading.

Almond Shortbread: Replace 1/2 cup flour with 1/2 cup ground almonds. Replace 1 tsp. vanilla with 1 tsp. almond extract.

“EASY AS PIE” GINGERBREAD MEN



Power Smart Tip

It pays to read the EnerGuide label. Compare different makes and models to find the most energy efficient major appliance for your needs. The lower the number the more energy efficient the appliance.

- 1 pkg. (170 g) butterscotch pudding and pie filling**
- 3/4 cup butter or margarine, room temperature**
- 3/4 cup packed brown sugar**
- 2 eggs**
- 2+1/4 cups all purpose flour**
- 3/4 tsp. baking soda**
- 2+1/4 tsp. ginger**
- 1+1/2 tsp. cinnamon**

In large bowl of electric mixer, cream together butterscotch pie filling, butter and sugar. Add eggs. Blend well. In medium bowl, combine flour, baking soda, ginger and cinnamon. Gradually add flour mixture to pudding mixture. Mix until well combined. Chill dough until firm, about 1 hour. On floured surface, roll dough to 1/8-inch thickness. Cut with 4-inch gingerbread man cutter. Place on lightly greased cookie sheets. Bake at 350°F 10 - 12 minutes. Remove immediately from cookie sheets. Cool thoroughly on wire racks.

Yield: 2 - 2+1/2 dozen

RASPBERRY MACARON SQUARES

Food Storage Tip

These time limits will keep the following frozen foods at top quality:

- *cakes - 6 months*
- *unbaked cookies - 6 months*
- *baked cookies - 6 - 12months*
- *unbaked pies - 6 months*
- *baked pies - 4 - 6 months*

- 1/2 cup butter or margarine, room temperature**
- 1 cup granulated sugar, divided**
- 1 cup all purpose flour**
- 1/2 cup raspberry jam**
- 2 egg whites**
- 2 cups flaked coconut**
- 2 tsp. vanilla**

In bowl of electric mixer, cream together butter and 1/3 cup sugar. Add flour. Mix until combined. Press mixture into 9-inch square baking dish. Bake at 350°F 15 minutes. Let cool 5 minutes. Spread raspberry jam over warm base. Set aside. In bowl of electric mixer, beat egg whites until stiff. Mix in remaining 2/3 cup sugar, coconut and vanilla. Spread egg white mixture over raspberry jam. Bake at 350°F 25 - 30 minutes or until golden. Cool completely before cutting into squares.

Yield: 36 squares

DOUBLE GINGER MOLASSES COOKIES



Power Smart Tip

*What is a kilowatt-hour (kW.h)?
Simply put, it's a measure of energy - the energy it takes to light up ten 100-watt light bulbs for an hour, or to make over 200 pieces of toast.*

1 cup packed brown sugar
2/3 cup shortening
1/2 cup molasses
1/4 cup lower fat milk
2 tsp. baking powder
1+1/2 tsp. ground ginger
1 tsp. cinnamon
3/4 tsp. baking soda
1/2 tsp. salt
1/4 tsp. ground cloves
1 egg
3+1/2 cups all purpose flour
1/4 cup granulated sugar
**2 tbsp. crystallized ginger, cut into
1/4-inch pieces (recipe page 31)**

In large bowl of electric mixer, combine brown sugar, shortening, molasses, milk, baking powder, ginger, cinnamon, baking soda, salt, cloves and egg. Mix until well combined. Gradually add flour until well blended. Roll cookie dough into 1-inch balls. Roll each ball in granulated sugar to coat. Place balls 2 inches apart on ungreased cookie sheets. Gently press one piece crystallized ginger into centre of each ball, flattening ball slightly. Bake at 350°F 10 - 12 minutes or until bottoms are lightly browned. Remove from cookie sheets. Cool on racks.

Yield: 4 - 4+1/2 dozen

**“LIGHTENED
UP”
TIRAMISU**

**3 tbsp. brandy, divided or 2 tbsp.
brandy extract plus 1 tbsp. water
1 tbsp. instant coffee granules
1/2 cup+3 tbsp. water
24 (4 x 1-inch) ladyfingers (8 oz.)
3 egg whites
1 cup+2 tbsp. granulated sugar
1/4 tsp. cream of tartar
1 pkg. (250 g) light cream cheese,
room temperature
1 sq. (1 oz.) chocolate, grated**

Recipe

Modification Tip

This sinfully rich dessert of coffee and brandy-soaked ladyfingers piled high between layers of cheese and cream filling was lightened up to preserve it's characteristic flavour. This was achieved by using light cream cheese and turning to an old-fashioned seven minute frosting (a nonfat icing made with egg whites and sugar).

In small bowl, stir together 2 tablespoons brandy, coffee granules and 1/2 cup water. Brush over the flat side of ladyfingers. Set aside. In top of double boiler, over hot (not boiling) water, combine egg whites, sugar, cream of tartar and remaining 3 tablespoons water. Using electric mixer, beat on low speed about 4 - 5 minutes or until candy or instant-read thermometer registers 140°F. Increase speed to high. Continue beating over heat 3 minutes. Remove from heat. Beat until cool and fluffy, about 4 minutes. Set aside. In large bowl of electric mixer, beat cream cheese until smooth. Add 1 cup beaten egg white mixture and remaining 1 tablespoon brandy. Beat until smooth, scraping down sides of bowl. Fold in remaining egg white mixture. Line bottom and sides of 3-quart trifle bowl or soufflé dish with ladyfingers. Spoon in 1/4 of filling. Top with layer of ladyfingers. Repeat with two more layers of filling and ladyfingers, arranging the fourth layer of ladyfingers decoratively over top, trimming to fit, if necessary. Top with remaining filling. Garnish with grated chocolate. Cover. Refrigerate at least 8 hours or overnight.

Yield: 8 servings

CRANBERRY CHOCOLATE BARS

Baking Tip

When baking squares and slices use pan size indicated. If pan is larger, bars will bake faster and become tough. If smaller, bars will be thicker with doughy centres. Do not overbake.

Nutrition Tip

Cranberries are a good source of vitamin C. One cup of cranberries has about 45 calories. Cranberries also have two components that may inhibit the bacteria causing urinary infections. People prone to such infections are often told to drink cranberry juice.

Base:

2 cups rolled oats
1 cup packed brown sugar
2/3 cup all purpose flour
1/2 tsp. baking soda
1/4 tsp. salt
2/3 cup melted butter or margarine
1 tsp. vanilla

In large bowl, stir together rolled oats, brown sugar, flour, baking soda and salt. Add melted butter and vanilla. Mix until well combined and crumbly. Line 13 x 9-inch baking dish with foil, leaving some foil overhanging. Press oat mixture into baking dish. Bake at 350°F 10 minutes.

Topping:

1 cup butter or margarine
4 sqs. (4 oz.) unsweetened chocolate, chopped
2 tsp. instant coffee granules
4 eggs
1+1/2 cups granulated sugar
1/2 cup all purpose flour
4 tsp. vanilla
Pinch salt
1 cup dried cranberries

In large saucepan, combine butter, chocolate and coffee granules. Cook over low heat until melted, stirring occasionally. Remove from heat. Let cool slightly. In large bowl, whisk together eggs, sugar, flour, vanilla and salt. Stir in chocolate mixture and cranberries. Pour over base. Bake at 350°F 35 - 40 minutes or until edges are set and filling is slightly soft. Let cool in pan on rack. Lift from pan. Cut into bars.

Yield: 40 bars

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