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Malay-Style Curry Powder May 148
Middle East Spice Rub June 125
Mole Spice Rub June 125
Perked-Up Pepper Spice Rub June 125
Red Wine Marinade June 125
Reverse Chipper Cookie Mix Jan 80
Tangy Apple Thyme Marinade June 125
Triple Chocolate Chipper Cookie Mix Jan 80

Miscellaneous

✓ Black Bean Tofu Stir-Fry Apr 111
✓ Crispy Winter Wonderland Jan 83
✓ Glazed Sesame Almonds Jan 79
✓ Grilled Lemon Thyme Tofu Aug 60
✓ Grilled Tofu and Vegetable Antipasto July 79
✓ Italian Tofu Fajitas Oct 137
✓ Marzipan-Stuffed Dates with Almonds Jan 79
✓ Pizza Bun Topping Oct 126
✓ Pumpkin Seeds Nov 22
✓ Quick Hot Kimchi Pickle May 152
✓ Roasted Jerk Tofu Jan 62
✓ Spinach Miso Soup May 153
✓ Tofu Burritos Apr 108
✓ Turkey Stock Oct 102
✓ Turkey Stock Dec 169
✓ Turkey Stock Dec 182

Pasta & Pizza

✓ Baked Macaroni, Tomatoes and Cheese Oct 119
Baked Pasta Nov 130
Beef and Spinach Pizza Apr 127
Best-Ever Spaghetti and Meatballs Sept 18
✓ Bucatini with Roasted Garlic and Cherry Tomatoes May 119
✓ Butter Poppy Seed Noodles Mar 116
✓ Chicken Chow Mein May 122
✓ Clams and Pasta in White Wine Sauce Nov 135
✓ Crab Pasta Salad May 152
✓ Creamy Chicken and Spinach Pasta Nov 102
✓ Creamy Fettuccine Fish Bake Nov 128
✓ Curried Chicken and Cashew Cannelloni Dec 146
✓ Eggplant Rotini and Peppers Oct 130
✓ Fettuccine with Golden Onions and Goat Cheese May 120
✓ Garlic and Hot Pepper Noodles Mar 116
✓ Grilled Personal Pizzas July 92
✓ Ham and Egg Pasta Apr 125
✓ Herbed Gnocchi Dec 138
✓ Herbed Noodles Mar 116
✓ Janice Beaton Fine Cheese’s Macaroni and Cheese Sept 111
✓ Lentils and Tomato Sauce with Pasta Shells May 124
✓ Linguine with Tomato Mussel Sauce May 120
✓ Lobster and Potato Ravioli with Tomato Saffron Sauce Jan 51
**Pork**
- Baked Brie, Potatoes, Ham and Eggs Dec 162
- Best-Ever Spaghetti and Meatballs Sept 18
- Black Bean, Pork and Lobster Stir-Fry Feb 117
- Cajun Marinated Pork Chops Nov 128
- Fettucine with Golden Onions and Goat Cheese May 120
- Fruit and Nut Stuffed Pork Tenderloins Nov 107
- Grilled Lemon Thyme Pork Tenderloin Aug 60
- Grilled Marmalade Pork Tenderloin Aug 74
- Ham and Egg Pasta Apr 125
- Herbed Pork Chops Oct 135
- Honey-Glazed Pork Tenderloin June 138
- Hot Hoisin Ribs Sept 85
- Italian Sausage Dressing Dec 170
- Jerk Pork Stew Mar 107
- Lemon Thyme Pork Chops July 80
- Lentil and Sausage Ragout Apr 135
- Maple-Glazed Pork Chops July 93
- Meat Pie Dec 154
- Mexican Pork and Rice Oct 122
- Minute Pork Tenderloin and Olive Stew Oct 143
- One-Pot Rice and Pork Chops Feb 102
- Orange-Glazed Pork Chops Apr 129
- Pork and Pepper Kabobs Sept 126
- Pork Chops and Chutney Nov 141
- Pork Chops Niçoise Feb 88
- Pork Chops Parmesan May 153
- Pork Chops with Button Mushrooms Apr 131
- Prosciutto-Wrapped Chicken Bundles Oct 143
- Quick Sausage Risotto Apr 108
- Rapture Dec 155
- Retro Pork Patties with Groovy Gravy Oct 144
- Roasted Loin of Pork with Cranberry Stuffing Jan 15
- Savoury Prosciutto and Cheese Bread Pudding Dec 164
- Sesame Pork Stir-Fry Apr 111
- Skillet Chops and Sweet Potatoes Feb 85
- Small Rapture Dec 155

**Spicy Sausage Fajitas** Oct 137
- Tourtière Tartlets with Beet Horseradish Relish Jan 71

**Poultry & Stuffings**
- Boneless Turkey Breast Rolls Apr 118
- Buttermilk Dill Chicken Aug 78
- Buttermilk Fried Chicken July 69
- Calypso Chicken June 114
- Celebration Cornish Hens Mar 95
- Cheddar Melt Chicken Oct 135
- Chicken à la King in Toast Cups Mar 117
- Chicken and Vegetable Lettuce Spring Rolls Aug 69
- Chicken Braised with Dried Fruit, Garlic and Olives Apr 116
- Chicken Braised with Sweet Peppers Jan 62
- Chicken Chow Mein May 122
- Chicken Curry with Vegetables May 141
- Chicken Fingers with Peanut Apricot Sauce Apr 109
- Chicken Fricot Dec 154
- Chicken Livers and Onions in Tomato Sauce Mar 87
- Chicken Pilaf with Nuts and Currants Nov 118
- Chicken with Black Bean Sauce Nov 120
- Chicken with Cranberries Nov 114
- Chicken with Leeks and Shiitake Mushrooms Nov 116
- Chicken with Mango Chutney and Brie Mar 106
- Citrus Sesame Chicken June 111
- Coriander Chicken June 116
- Creamy Chicken and Spinach Pasta Nov 102
- Creamy Chicken with Mushrooms Nov 118
- Cumin Chicken Fajitas Oct 137
- Curried Chicken and Cashew Cannelloni Dec 146
- Double-Tomato Chicken Nov 120
- Frozen Spiced Breaded Chicken or Fish Sept 107
- Grilled Cajun Chicken Salad June 139
- Grilled Chicken and Mango Kabobs June 109
- Grilled Chicken and Melon Salad Aug 16
- Grilled Chicken Fajitas July 80
- Grilled Piri-Piri Chicken Jan 45
- Honey Roast Chicken with Onions and Figs Oct 151
- Indian Hot Wings with Mint Dipping Sauce Dec 123
Sandwiches & Snacks

- Beef and Bulgur Pitas Nov 105
- Beef Fajitas Nov 126
- Couscous Bean Patties with Salad in Pita Pockets Feb 94
- French Toast Sandwiches Mar 84
- Glazed Sesame Almonds Jan 79
- Grilled Eggplant and Pepper Panini Aug 80
- Italian Tofu Fajitas Oct 137
- Open-Faced Beef Sandwiches with Tangy Coleslaw Apr 109
- Salmon Pitas with Celery Heart Salad Oct 132
- Salsa Wrap Oct 119
- Spicy Sausage Fajitas Oct 137
- Squash and Pepper Burritos Nov 140
- Vegetable Chicken Sandwich July 92

Sauces, Spreads & Glazes

- Basic Tomato Sauce June 125
- Béchamel Sauce Nov 128
- Cajeta Sauce May 160
- Caper Lemon Mayonnaise Dec 124
- Cherry Tomato and Lemon Sauce for Breaded Chicken or Fish Sept 106
- Chocolate Raspberry Sauce Feb 111
- Chunky Apple Pear Sauce Dec 114
- Chunky Cran-Apple Sauce Dec 114
- Chunky Honey Applesauce Dec 114
- Cranberry Port Sauce Jan 81
- East-West Barbecue Sauce June 125
- Fruity Barbecue Sauce June 125
- Garlicky Soy Dipping Sauce Dec 123
- Hot Chipotle Cocktail Sauce Dec 119
- Hot Chocolate Syrup Feb 111
- Lemon Dill Mayonnaise Dec 121
- Maple Whisky Barbecue Sauce June 125
- Mint Dipping Sauce Dec 124
- Old-Favourite Cocktail Sauce Dec 119
- Puttanesca Sauce Mar 101
- Ratatouille Sauce Feb 93
- Red Pepper, Chili and Lime Butter Jan 81
- Shallot and Garlic Butter Jan 81
- Small Vanilla Custard Dec 177
- Spiced Whole Cranberry Sauce Dec 172
- Vanilla Custard Dec 177
- Vanilla Pouring Custard Dec 202
- Vanilla Yogurt Topping Nov 108

Soups

- Asparagus Soup with Parmesan April 140
- Beef and Noodle Soup Nov 140
- Beef Pho March 90
- Broccoli Soup March 117
- Carrot and Lots of Garlic Soup September 89
- Carrot Lentil Soup Feb 95
- Catalan Soup October 128
- Chicken and Vegetable Noodle Soup Nov 128
- Chicken Fricot December 154
- Chicken Soup with Lime January 64
- Chicken Soup with Tomato and Coriander Jan 64
- Cucumber Beet Barbecue Sauce May 153
- Easy Homemade Pasta and Vegetable Soup October 67
- Green Pea Vichyssoise July 64
- Hot-and-Sour Soup December 182
- Lentil Soup January 81
- Lentil Vegetable Soup November 107
- Maritime Medley Seafood Soup May 24
- Potage Paysanne October 122
- Salmon Soup May 113
- Seafood Laksa May 143
- Shiitake Mushroom Broth March 95
- Spaghetti and Meatball Soup April 129
- Spinach Miso Soup May 153
- Sweet Potato Bisque with Cherry Garnish Oct 99
- Sweet Potato Coconut Soup November 99
- Tomato Broth with Parmesan Croûtes and Chive Oil Dec 135
- Vegan Bean Soup February 103
- Winter Warmer with Sunrise Soup January 79
- Winter Warmer with Tofu Oct 108
- Winter Warmer with Vegetable Oct 108
- Winter Warmer with White Bean Nov 108

Vegetables

- Apple Latkes with Cinnamon Sugar December 114
- Asparagus with Balsamic Vinegarette June 140
- Asparagus with Creamy Orange Vinaigrette June 140
- Asparagus with Parmesan Aioli June 140
- Asparagus with Sesame Vinaigrette June 140
- Baby New Potatoes April 116
- Baked Potatoes with Bruschetta Topping August 39
- Baked Potatoes with Tzatziki Topping Feb 93
About Our Nutrition Information

To meet nutrient needs each day, moderately active women 25 to 49 need about 1,900 calories, 51 g protein, 261 g carbohydrate, 25 to 35 g fibre and not more than 63 g total fat (21 g saturated fat). Men and teenagers usually need more. Canadian sodium intake of approximately 3,500 to 4,500 mg daily should be reduced. Percentage of recommended daily intake (% RDI) is based on the highest recommended intakes (excluding those for pregnant and lactating women) for calcium, iron, vitamins A and C, and folate.

Figures are rounded off. They are based on the first ingredient listed when there is a choice and do not include optional ingredients.

Abbreviations: cal = calories, pro = protein, carb = carbohydrate, sat. fat = saturated fat, chol = cholesterol