

# Canadian Living

2003

## RECIPE INDEX

### Appetizers & Dips

Asian Shrimp Salad Rolls with Nuoc Cham Dipping Sauce	Jan	73	Mini-Latkes with Smoked Salmon	Dec	113
✓ Bean Dip with Zahtar	Dec	121	Poached Shrimp	Dec	119
✓ Caper Lemon Mayonnaise	Dec	124	Rarebit Tapas	Dec	129
Crab Cakes with Chipotle Mayonnaise	Mar	81	Red Pepper Anchovy Appetizer	Oct	90
Crab Sui Mai	Oct	155	✓ Roasted Garlic Crostini	Feb	78
✓ Creamy Herb Dip	Feb	95	✓ Roasted Garlic Tapas	Dec	126
✓ Dukka	Aug	54	Sardine and Cream Cheese Spread	Dec	121
✓ Easter Devilled Eggs	Apr	140	Scallop Seviche	Jan	49
✓ Easter Devilled Quail Eggs	Apr	140	✓ Sesame Seed Pastry Straws	Apr	149
✓ Edamame	Apr	149	Smoked Salmon Bundles	Apr	149
✓ Egg and Mushroom Tapas	Dec	126	Spanish Paprika Wings with Caper Lemon Mayonnaise	Dec	124
✓ Green Salsa	Dec	126	✓ Spicy Cheese Triangles	Mar	117
Grilled Figs Wrapped in Prosciutto	Nov	135	Stuffed Mushrooms	May	105
Indian Hot Wings with Mint Dipping Sauce	Dec	123	Tourtière Tartlets with Beet Horseradish Relish	Jan	71
Korean Hot Wings with Garlicky Soy Dipping Sauce	Dec	123	✓ Truffle-Scented Goat Cheese Tartlets	Jan	51
✓ Lemon Dill Mayonnaise	Dec	121	✓ Wasabi Spinach Mayonnaise	Dec	121
Mexican Hot Wings with Green Salsa	Dec	124	Watermelon and Feta Appetizer	July	95
Mini-Latkes with Golden Caviar	Dec	113	Wild Mushroom Strudel	Nov	155
			Wilted Greens with Raisins, Pine Nuts and Garlic Croûtes	Dec	131
			✓ Yellow Split Pea Dip	Mar	90
			Yogurt Dip	July	77

## Beef, Veal & Game

Baked Pasta	Nov	130
Balsamic Flank Steak and Mushrooms	Apr	46
Balsamic Sirloin Medallions	June	99
Beef and Bean Burritos with Onion Relish	Mar	104
Beef and Bulgur Pitas	Nov	105
Beef and Spinach Pizza	Apr	127
Beef Burgers with Basil Mayonnaise	June	139
Beef Fajitas	Nov	126
Beef Rendang	May	145
Beef Stroganoff Shepherd's Pie	Oct	144
Beef Tenderloin with Marinated Walnut Sauce	Jan	55
Beer-Barbecued Beef	June	95
Beer-Roasted Beef	June	95
Best-Ever Spaghetti and Meatballs	Sept	18
Braised Beef and Rosemary Pasta Sauce	Jan	66
Chili Beef Quesadillas	Feb	103
Chili Meat Loaf with Ratatouille Sauce	Feb	92
Classic Italian Meatballs	Mar	115
Coconut Curry Meatballs	Mar	115
Corned Beef Hash with Poached Eggs	May	153
Cumin Flank Steak with Avocado Salad	June	104
Eye of Round with Mustard Aioli	June	106
Fall-off-the-Bone Ribs in Barbecue Sauce	Jan	61
Five-Spice Round Steak	June	104
Goulash Meatballs	Mar	115
Greek Market Meatballs with Cumin and Pepper	Sept	111
Grilled Peppered Beef Tenderloin with Balsamic Strawberries	June	20
Grilled Rib Eye Steaks with Ginger Butter	June	101
Grilled Strip Loins with Onion Rings	June	101
Honey Garlic Beef Ribs	Oct	153
Japanese Beef Hot Pot	Apr	149
Meat and Potato Pie	Oct	124
Mexican Fiesta Meatballs	Mar	115
Mexican Lasagna	Oct	124
Open-Faced Beef Sandwiches with Tangy Coleslaw	Apr	109
Oregano Beef Koftas	July	75
Peanutty Beef Stir-Fry	Apr	111
Peppercorn Thyme T-Bones	June	103

Pizza Meat Loaf	Oct	141
Porcini Rib Eye Roast with Wild Mushroom Gravy	Dec	136
Quick Beef and Mushroom Ragout	Mar	116
Roll Out the Rouladen	May	111
Rolled Rib Roast with Garlic Horseradish Crust	Apr	120
Roman Gnocchi with Hearty Veal Sauce	Dec	148
Salisbury Steak with Mushroom Gravy	Jan	66
Salsa Wrap	Oct	119
Santa Fe Beef Fajitas	Oct	137
Saucy Beef Simmer	Oct	141
Saucy Barbecue Meatballs	Mar	115
Saucy Cajun Round Steak	Feb	85
Southern Fried Rabbit	May	113
Southwestern Beef Patties with Red Onion Lime Relish	Oct	134
Spaghetti Pie	Feb	96
Stuffed Savoy Cabbage	Mar	119
Teriyaki Beef Stir-Fry	Apr	111
Thick-Cut Sirloin Steak	June	99
Thick-Cut Veal Chops with Rosemary, Capers and Lemon	Nov	135
Tomato Beef Stir-Fry	July	93
Tourtière Tartlets with Beet Horseradish Relish	Jan	71
Zurich-Style Veal Schnitzel	Apr	98

## Beverages

Carrot Marys	Apr	140
Chai Tea for Four	Jan	81
Champagne Cosmopolitan	Feb	78
Citrus Mint Iced Tea	Aug	74
Creamy Tropical Smoothie	Mar	90
Fresh Grapefruit Mango Cocktail	Dec	164
Hot Chocolate	Feb	111
Kir Royale	Dec	121
Peach Smoothie	Aug	84
Raspberry Cosmopolitan	July	61
Raspberry Kir Royale	Dec	121
Sparkling Cranberry Cocktail	Dec	164
Sparkling Pineapple Punch	Dec	164
Tropical Smoothie	Mar	90
Watermelon Daiquiris	July	95
Watermelon Fresco	July	95

## Breads, Quick & Yeast

Apricot Coffee Cake with Butterscotch Walnut Filling	Dec	164
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Black Bottom "Muffins"	Oct	128
Carrot Apricot Bran Muffin Bars	Mar	89
Carrot Apricot Bran Muffins	Mar	89
Chocolate Chocolate Chip Buttermilk Biscuits	May	155
Chocolate Pistachio Loaf	Feb	114
Cinnamon Oat Pancakes	Jan	80
Cornmeal Cheddar Buttermilk Biscuits	May	155
Cornmeal Pancakes with Eggs	Mar	117
Cornmeal Waffles with Eggs	Mar	117
Cranberry Flax Muffins	Feb	71
Crêpes	Dec	146
Doughnuts	Dec	157
Dried Berry Buttermilk Biscuits	May	155
Feather Biscuits with Cheddar	Jan	75
Galettes Blanches	Dec	155
Golden Corn Sticks	July	71
Grilled Garlic Focaccia	July	79
Grilled Greek Pitas	July	77
Invigiolata	May	115
Lemon Pepper Buttermilk Biscuits	May	155
Lemon Scones	July	61
Mini Carrot Cranberry Muffins	Oct	119
Oatmeal Banana Quick Bread	Nov	108
Oatmeal Flax Bread	Nov	99
Oatmeal Walnut Buttermilk Biscuits	May	155
Pita Triangles	Oct	134
Quick Cornmeal Biscuits	Feb	103
Rhubarb Bread	May	105
Strawberry Rhubarb Sour Cream Streusel Coffee Cake	June	132
Streusel Apple Raisin Muffins	Oct	126
Two-Grain Cranberry Bread	Mar	83
Walnut Shortbread	Mar	98
Whole Wheat Tortillas	Feb	75

## Cakes & Icings

Apple Cranberry Pudding Cake	Nov	151
Black Bottom "Muffins"	Oct	128
Black Forest Mousse Cake	May	162
Blueberry Orange Chocolate Icebox Cake	Feb	107
Cajeta Cream Cake	May	159
Chocolate Cupcakes	Apr	155
Gluten-Free Maple Walnut Yule Log	Jan	77
Maple Walnut Yule Log	Jan	75
Mocha Icebox Cake	Feb	107
Orange Chiffon Cake	July	71
Pumpkin Toffee Roll	Nov	151
Raspberry Chocolate Icebox Cake	Feb	107
Royal Icing	Dec	22

Semolina Honey Walnut Cake	Oct	149
Strawberry Rhubarb Sour Cream Streusel Coffee Cake	June	132
Vanilla Buttercream Icing	Apr	155
Vanilla Cupcakes	Apr	155

## Candies

Black Forest Bark	Jan	80
Chocolate-Covered Marshmallows	Feb	111
Dark Chocolate Truffles	Feb	81
Marbled Almond Bark	Jan	80
Tropical Fruit Bark	Jan	79

## Cookies, Bars & Squares

Brown Sugar Cookies	Dec	159
Cardamom Butter Cookies	Dec	192
Checkerboard Cookies	Dec	191
Chipper Cookies	Jan	80
Chocolate Almond Thins	Dec	194
Chocolate Brownie Croquembouche	Feb	112
Cinnamon Stars	Dec	192
Ginger Wafers	Dec	192
Gluten-Free Butter Tart Bars	Dec	207
Gluten-Free Chocolate-Dipped Peanut Butter Balls	Dec	207
Hazelnut Chocolate Pizzelle	Nov	138
Lemon Sugar Scrolls	Dec	194
Maple Leaf Sugar Cookies	July	72
Meringue Chocolate Sandwiches	Jan	77
Molasses Cookies	Dec	159
Oatmeal Raisin Cookies	Oct	93
Pumpkin Lace Cookies	Oct	110
Quick Coconut Bars	Aug	60
Rolled Oats Cookies	Dec	159
Sesame Wafers	Dec	194
Sugar-Free Cranberry Pistachio Icebox Cookies	Dec	207
Sugar-Free Piña Colada Squares	Dec	208
Triangle Truffled Macaroons	Dec	191
Truffled Macaroons	Dec	191

## Desserts

Apple Cranberry Pudding Cake	Nov	151
Apple Latkes with Cinnamon Sugar	Dec	114
Apple Torte	Nov	150
Baked Almond Peaches	Aug	84
Baked Fudge Dessert	Feb	75
Berry Almond Trifle	Dec	177

Cannelloni with Lemon Ice Cream and Warm Berry Compote	Apr	90
Canoe Rice Pudding with Rhubarb Compote	Jan	56
Caramel Apple Trifle	Dec	178
Caramel "Pumpkin" Custard	Oct	110
Caramelized Panettone and Apple Puddings	Nov	148
Chocolate Brownie Croquembouche	Feb	112
Cinnamon Pear Strudel	Nov	147
Clementine Ginger Cheesecake	Dec	199
Dried Fruit Compote	Nov	108
English Rice Pudding	Apr	87
Fresh Blueberry Melon Compote	Aug	60
Frozen Chocolate Bananas	Feb	111
Frozen Mango Mousse in Coconut Tuiles	May	165
Fruit Cup with Citrus Sabayon	Apr	150
Fruit Cup with Plum Wine Sabayon	Apr	150
Gelato di Banana al Rum	Nov	136
Golden Pineapple in Vanilla Orange Syrup	Mar	98
Great Pumpkin Cheesecake	Oct	93
Ice-Cream Sundaes	July	97
Individual Peach Galettes	Aug	83
Individual Strawberry Lemon Trifles	June	130
Jewelled Cranberry Puddings with Eggnog Custard Sauce	Dec	140
Lemon Cheesecake with Shortbread Crust and Lemon Sauce	Apr	143
Lightened-Up Strawberry Charlotte	June	129
Mini Steamed Chocolate Puddings	Dec	201
Pan-Roasted Pears with Balsamic Vinegar and Honey	Oct	153
Peach Sorbet	Aug	84
Peach Strudel	Aug	84
Peaches and Mascarpone Cream	Aug	84
Pear and Cranberry Sundaes	Nov	141
Personal Sour Cherry and Lemon Trifles	Dec	178
Pumpkin Toffee Roll	Nov	151
Quick Peach and Blueberry Trifle	Aug	73
Raspberry Pudding	Sept	85
Raspberry Shortcake Trifle	Dec	177
Raspberry Snow Cones	Aug	73
Roasted Apples with Bourbon Crème Anglaise	Nov	152
Spiced Pears	Sept	129
Steamed Chocolate Pudding	Dec	199

Strawberries in Chocolate Pavlova	June	130
Strawberries Jubilee	June	134
Strawberry Granita	June	132
Strawberry Mascarpone Pizza	June	136
Strawberry Mint Granita	June	132
Strawberry Rhubarb Sour Cream Streusel Coffee Cake	June	132
Strawberry Soufflés	June	134
Summer Fruit Trifles	July	18
Watermelon and Raspberry Sorbet	July	95
White Chocolate Panna Cotta with Moro Orange Sauce	Feb	112
Yogurt Fruit Pops	Aug	74

## Eggs & Cheese

✓ Asparagus Frittata	June	139
✓ Baked Brie, Potatoes and Eggs	Dec	162
Baked Brie, Potatoes, Ham and Eggs	Dec	162
Baked Brie, Potatoes, Salmon and Eggs	Dec	162
✓ Baked Macaroni, Tomatoes and Cheese	Oct	119
✓ Baked Persian Omelette	Jan	64
✓ Broccoli Frittata	June	139
Corned Beef Hash with Poached Eggs	May	153
Cornmeal Waffles with Eggs	Mar	117
✓ Easter Devilled Eggs	Apr	140
✓ Easter Devilled Quail Eggs	Apr	140
✓ Egg and Mushroom Tapas	Dec	126
✓ Eggs with Creamed Spinach	Nov	141
French Toast Sandwiches	Mar	84
Ham and Egg Pasta	Apr	125
✓ Huevos Rancheros Cups	Apr	133
Janice Beaton Fine Cheese's Macaroni and Cheese	Sept	111
Rarebit Tapas	Dec	129
Salmon, Zucchini and Potato Frittata	Feb	95
Sardine and Cream Cheese Spread	Dec	121
Savoury Prosciutto and Cheese Bread Pudding	Dec	164
Small Vanilla Custard	Dec	177
✓ Truffle-Scented Goat Cheese Tartlets	Jan	51
Vanilla Custard	Dec	177
Vanilla Pouring Custard	Dec	202
White Chocolate Pouring Custard	Dec	202

## Fish & Seafood

Asian Shrimp Salad Rolls with Nuoc Cham Dipping Sauce	Jan	73
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Baked Brie, Potatoes, Salmon and Eggs	Dec	162
Baked Salmon with Spring Herbs	Apr	142
Barbecue "Poached" Salmon with Basil Mayonnaise	Aug	74
Black Bean, Pork and Lobster Stir-Fry	Feb	117
Cajun Fish Nuggets	Nov	141
Chili Salmon with Peppers and Zucchini	Oct	134
Chili Shrimp	May	146
Clams and Pasta in White Wine Sauce	Nov	135
Cornmeal-Crusted Salmon with Citrus Onion Salad	Apr	104
Crab and Lobster Cakes with Roasted Red Pepper Coulis and Dill Cream	Apr	96
Crab Cakes with Chipotle Mayonnaise	Mar	81
Crab Pasta Salad	May	152
Crab Sui Mai	Oct	155
Creamy Fettuccine Fish Bake	Nov	128
Creole Catfish Fajitas	Oct	137
Dill Grilled Trout	July	93
Fennel and Orange Sole Casserole	Dec	148
Frozen Spiced Breaded Chicken or Fish	Sept	107
Ginger Salmon Kabobs	July	77
Halibut in Sweet-and-Sour Tamarind Sauce	May	148
Linguine with Tomato Mussel Sauce	May	120
Lobster and Potato Ravioli with Tomato Saffron Sauce	Jan	51
Lobster Rolls	Dec	154
Maritime Medley Seafood Soup	May	24
Mini-Latkes with Golden Caviar	Dec	113
Mini-Latkes with Smoked Salmon	Dec	113
Mussels in Black Bean Sauce	Jan	64
Paddy's Pan-Fried Haddock	Apr	95
Parmesan Cod with Oven-Fried Chips	Feb	102
Poached Shrimp	Dec	119
Red Pepper Anchovy Appetizer	Oct	90
Roasted Sole Fillets	Feb	90
Roasted Stuffed Double Salmon Fillet with Dilled Crab and Red Pepper Filling	June	143
Roasted Stuffed Double Salmon Fillet with Spinach Mushroom Filling	June	143
Salmon en Papillote with Root Vegetables	Apr	118
Salmon Pasta Salad	May	152
Salmon Pitass with Celery Heart Salad	Oct	132

Salmon Soup	May	113
Salmon, Zucchini and Potato Frittata	Feb	95
Sardine and Cream Cheese Spread	Dec	121
Sautéed Shrimp with Fennel and Pernod	Feb	23
Scallop Seviche	Jan	49
Seafood Laksa	May	143
Smoked Salmon Bundles	Apr	149
Sole Pinwheels on Yellow Pepper	June	138
Spaghetti with Tuna	June	58
Spinach and Sole with Fines Herbes	Jan	61
Steamed Ginger Salmon	Mar	116
Steamed Salmon with Mushrooms and Leeks	Nov	105
Sweet-and-Sour Fish	Oct	153
Tilapia and Pepper Stir-Fry	Apr	109
Tuna Melt Quesadillas	Sept	127
Tuna, Olive and Tomato Penne	May	120
Tuna Pasta Salad	May	152
Warm Grilled Salmon, Mushroom and Leek Salad	May	134

## Lamb

Herbed Lamb Medallions	Sept	127
Lamb Burgers with Mint Mayonnaise	June	139
Meinhardt's Lamb Curry	Sept	108
Rich Lamb Curry	May	145
Stuffed Leg of Lamb	Apr	122

## Marinades, Mixes, Rubs & Spices

Chai Tea Mix	Jan	80
Chili Orange Marinade	June	125
Chipper Cookie Mix	Jan	80
Cinnamon Oat Pancake Mix	Jan	80
Hot Chocolate Syrup	Feb	111
Kids' Favourite Chipper Cookie Mix	Jan	80
Lemon Pepper Marinade	June	125
✓ Lentil Soup Mix	Jan	81
✓ 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

✓ Mediterranean Grilled Personal Pizzas	July	92
Mexican Lasagna	Oct	124
Mini-Lasagnas	Mar	103
Orecchiette with Broccoli and Garlic	May	119
✓ Pasta with Four Cheeses	May	124
✓ Peas and Parmesan Noodles	Mar	116
Pizza Buns	Oct	126
Quick Chicken and Penne Cacciatore	Apr	131
✓ Quick One-Pot Macaroni and Cheese	Feb	93
✓ Roasted Vegetable Lasagna	Nov	125
Roman Gnocchi with Hearty Veal Sauce	Dec	148
✓ Rotini with Sun-Dried Tomatoes and Garlic	May	119
Salmon Pasta Salad	May	152
Spaghetti and Meatball Soup	Apr	129
Spaghetti Pie	Feb	96
Spaghetti with Tuna	June	58
✓ Spinach Pesto with Fusilli, Goat Cheese and Peppers	Oct	135
Squash and Spinach Lasagna	Mar	21
✓ Squash and Walnut Rotelle	Dec	145
Tuna, Olive and Tomato Penne	May	120
Tuna Pasta Salad	May	152
Two-Layer Baked Pasta	May	127
Warm Roasted Red Pepper Pasta Salad	Apr	127
Ziti with Chicken, Spinach and Walnuts	May	122

## Pies, Tarts & Pastry

Apple Torte	Nov	150
Apricot and Golden Raisin Sour Cream Flan	May	159
Banana and Ginger Cream Tart	May	160
Beef Stroganoff Shepherd's Pie	Oct	144
Caramel Chocolate Pecan Tart	Dec	201
Chocolate Coconut Cream Pie	Feb	111
Chocolate Pastry	Feb	109
Chocolate Ricotta Tart	Feb	107
Cinnamon Pear Strudel	Nov	147
✓ Golden Onion Tart	Sept	98
Grasshopper Pie	Dec	202
Mango and Ginger Cream Tart	May	160
Meat and Potato Pie	Oct	124
Meat Pie	Dec	154
Perfect Lemon Meringue Pie	Apr	87
Potato-Topped Chicken Pot Pies	Mar	101
✓ Rainbow Tomato Tart	Aug	67
Skillet Apple and Walnut Pie	Nov	148

Turkey and Chestnut Pot Pie	Dec	144
White Chocolate Tartlets with Strawberries	June	129
✓ Wild Mushroom Strudel	Nov	155

## 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
Fettuccine 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
Rapure	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 Rapure	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

Italian Sausage Dressing	Dec	170
Korean Barbecued Chicken	May	152
Korean Hot Wings with Garlicky Soy Dipping Sauce	Dec	123
Lemon and Olive Chicken	Nov	22
Lemon Garlic Chicken Stir-Fry	Apr	111
Meat Pie	Dec	154
Mexican Hot Wings with Green Salsa	Dec	124
Mexican Lasagna	Oct	124
Old-Fashioned Barbecued Drumsticks	June	112
Oregano Chicken with Tomato Salsa	June	112
Pecan-Crusted Grilled Chicken	Apr	101
Piri-Piri Chicken	Jan	45
Potato-Topped Chicken Pot Pies	Mar	101
Prosciutto-Wrapped Chicken Bundles	Oct	143
Quick Chicken and Penne Cacciatore	Apr	131
Roast Rosemary Turkey	Dec	169
Roast Turkey with Pan Gravy	Oct	99
Roasted Chicken Breasts	Feb	90
Roasted Chicken Breasts with Mushrooms and Red Pepper	Mar	111
Roasted Chicken Breasts with Smoked Gouda and Leeks	Mar	111
Roasted Chicken Breasts with Spinach and Crab	Mar	111
Roasted Corn, Turkey and Wild Rice Salad	Dec	184
Roasted Jerk Chicken	Jan	64
Salsa Chicken Burgers	Feb	103
Saslove's Turkey Meat Loaves	Sept	109
Skillet Chicken and Sweet Potatoes	Feb	85
Soy-Glazed Chicken Hot Pot	Feb	98
Spanish Chicken with Peppers	Nov	113
Spanish Paprika Wings with Caper Lemon Mayonnaise	Dec	124
Spatchcock Mustard Herb Chicken	June	111
Spice-Kissed Garlic Chicken with Carrots	Nov	116
Summerhill Market Chicken Pot Pie	Sept	105
Turkey and Chestnut Pot Pie	Dec	144
Turkey Chili	Nov	126
Turkey Con Queso Bake	Dec	186
Turkey Enchiladas	Jan	45
Turkey Stock	Dec	169
Turkey Stock	Dec	182
Turkey Turnovers	Dec	182
Vegetable Chicken Sandwich	July	92
✓ Vegetarian Chestnut and Mushroom Dressing	Dec	170

Wild Rice and Mushroom Dressing	Oct	104
Whole Barbecued Lemon Chicken	June	114
Ziti with Chicken, Spinach and Walnuts	May	122

## Preserves & Condiments

Blueberry Raspberry Jam	Sept	120
Carrot Orange Marmalade	Sept	120
Cranberry Relish	Oct	104
✓ Fresh Tomato Salsa	July	80
✓ Golden Mustard Pickles	Dec	157
Grape Jelly	Sept	122
✓ Green Salsa	Dec	126
✓ Grilled Pineapple	June	119
✓ Horseradish Beet Relish	Apr	22
Plum Orange Conserve	Sept	117
✓ Quick Pickled Beans with Hot Peppers	July	87
Strawberry Raspberry Jam	June	134
Strawberry Raspberry Jam	Sept	118
Wild Blueberry Preserve	Sept	118
✓ Zahtar	Dec	122

## Rice, Grains & Legumes

✓ Almond Cranberry Couscous	Nov	142
Almond Pilaf	Mar	111
✓ Barbecue Side-Burner Rice	July	77
Beef and Bulgur Pitas	Nov	105
Black Bean, Pork and Lobster Stir-Fry	Feb	117
✓ Black Bean Tofu Stir-Fry	Apr	111
✓ Bulgur-Stuffed Sweet Peppers	Sept	94
✓ Chickpea, Feta and Raisin Couscous	Nov	142
Chickpea Salad with Basil Pesto	Aug	69
✓ Citrus Ginger Couscous	Nov	142
✓ Classic Soft Polenta	May	152
✓ Coriander Bean Patties	Apr	135
✓ Couscous and Peas	June	138
✓ Couscous Bean Patties with Salad in Pita Pockets	Feb	94
✓ Couscous Bean Salad	Aug	71
✓ Curried Kasha Salad	Oct	130
✓ Edamame	Apr	149
✓ Garden Barley Salad	July	92
✓ Goat Cheese Polenta	May	152
Green Pea Lemon Couscous	Nov	142
✓ Huevos Rancheros Cups	Apr	133
Lentil and Sausage Ragout	Apr	135

✓ Lentil Salad with Asiago Cheese	Mar	85
✓ Lentil Soup	Jan	81
✓ Lentils and Tomato Sauce with Pasta Shells	May	124
Mexican Pork and Rice	Oct	122
✓ Microwave Rice	July	79
✓ Mushroom Lentil Patties	Sept	127
✓ Oka Semolina Gratin	Jan	55
✓ Orange Broccoli Couscous	Nov	142
✓ Parmesan Parsley Polenta	May	152
Peanut Pilaf	Mar	112
Pine Nut Pilaf	Mar	112
✓ Polenta Hearts with Sweet Red Pepper Sauce	Feb	80
Polenta Petals	Mar	96
Quick Sausage Risotto	Apr	108
Roasted Corn, Turkey and Wild Rice Salad	Dec	184
✓ Southwestern Barley Salad	July	92
✓ Spinach Pilaf	Sept	96
✓ Tangy Lemon Polenta	May	152
✓ Whole Grain Rice with Broccoli	Feb	90

## Salads & Dressings

Bacon and Tomato Potato Salad	Oct	134
Basil Pesto	Aug	69
✓ Blue Cheese Coleslaw	Sept	126
✓ Boston Lettuce and Spinach Salad with Peppercorn Dressing	Aug	57
Chickpea Salad with Basil Pesto	Aug	69
✓ Classic Potato Salad	Oct	134
✓ Corn and Basil Potato Salad	Oct	134
✓ Couscous Bean Salad	Aug	71
Crab Pasta Salad	May	152
✓ Creamy Coleslaw	Feb	85
✓ Creamy Coleslaw	July	67
✓ Crunchy Asian Green Salad	May	153
✓ Crunchy Broccoli and Feta Salad	Sept	91
✓ Cucumber Salad	July	77
✓ Curried Kasha Salad	Oct	130
✓ Endive and Sprout Salad with Honey Yogurt Dressing	May	134
✓ Fennel and Roasted Vegetable Salad with Hazelnut Dressing	May	134
✓ Garden Barley Salad	July	92
✓ Grapefruit Avocado Salad	Sept	127
✓ Grated Carrot Salad	Oct	135
✓ Green and Yellow Bean Salad	Aug	57
✓ Green Bean and Feta Salad with Tomato Dressing	July	87
✓ Green Bean Composed Salad	July	87

✓ Green Bean Salad with Dill Vinaigrette	July	86
✓ Green Goddess Dressing	June	139
Grilled Cajun Chicken Salad	June	139
Grilled Chicken and Melon Salad	Aug	16
✓ Grilled Pink Rhubarb and Bean Salad with Honey Mustard Vinaigrette	May	133
✓ Grilled Radicchio Salad	June	119
✓ Homemade Salad Dressing	July	67
✓ Huda's Eggplant Salad	May	111
✓ Leafy Avocado Radish Salad	Nov	140
✓ Lemon and Chive Dressing	May	136
Lemon Pesto Buttermilk Dressing	Feb	95
✓ Lentil Salad with Asiago Cheese	Mar	85
Light Caesar Salad	Feb	96
Mixed Caesar Salad	Oct	117
✓ Mushroom Salad	June	138
✓ New Potato Salad with Sweet Pickles and Parsley	May	134
✓ Orange and Dried Cranberry Salad with Honey Dressing	Dec	162
Pomegranate Vinaigrette	Oct	153
✓ Poppy Seed Dressing	May	136
✓ Potato and Spring Vegetable Salad	Apr	143
✓ Red Cabbage Salad	Oct	135
✓ Red Potato and Radish Salad	July	64
Roasted Corn, Turkey and Wild Rice Salad	Dec	184
✓ Romaine Pecan Salad	Apr	108
✓ Romaine Salad	June	139
✓ Salad of Greens, Fennel and Tangerines with Honey-Lime Vinaigrette	Oct	108
Salmon Pasta Salad	May	152
Smoked Turkey Rice Salad	Sept	126
✓ Southwestern Barley Salad	July	92
Spinach and Apple Salad with Dragon's Breath Cheese Vinaigrette	Apr	103
Spinach and Strawberry Salad with Sesame Poppy Seed Dressing	June	95
Spinach Salad with Crispy Feta and Frizzled Prosciutto	May	133
✓ Spinach Sprout Salad	Sept	127
Sun-Dried Tomato Dressing	Feb	94
Tuna Pasta Salad	May	152
✓ Warm Asparagus Mushroom Salad with Goat Cheese and Balsamic Dressing	May	133
Warm Grilled Salmon, Mushroom and Leek Salad	May	134
Warm Roasted Red Pepper Pasta Salad	Apr	127
Watermelon Salsa Salad	July	95

## 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
Santa Fe Beef Fajitas	Oct	137
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

✓ Wasabi Spinach Mayonnaise	Dec	121
White Chocolate Pouring Custard	Dec	202

## Soups

Asparagus Soup with Parmesan		
Asparagus Strudel	Apr	140
Beef and Noodle Soup	Nov	140
Beef Pho	Mar	90
✓ Broccoli Soup	Mar	117
✓ Carrot and Lots of Garlic Soup	Sept	89
✓ Carrot Lentil Soup	Feb	95
Catalan Soup	Oct	128
Chicken and Vegetable Noodle Soup	Nov	128
Chicken Fricot	Dec	154
Chicken Soup with Lime	Jan	64
Chicken Soup with Tomato and Coriander	Jan	64
✓ Cucumber Beet Buttermilk Soup	Aug	67
Easy Homemade Pasta and Vegetable Soup	Oct	120
✓ Green Pea Vichyssoise	July	64
Hot-and-Sour Soup	Dec	182
✓ Lentil Soup	Jan	81
✓ Lentil Vegetable Soup	Nov	107
Maritime Medley Seafood Soup	May	24
Potage Paysanne	Oct	122
Salmon Soup	May	113
Seafood Laksa	May	143
Shiitake Mushroom Broth	Mar	95
Spaghetti and Meatball Soup	Apr	129
✓ Spinach Miso Soup	May	153
Sweet Potato Bisque with Cherry Garnish	Oct	99
✓ Sweet Potato Coconut Soup	Nov	99
✓ Tomato Broth with Parmesan Croûtes and Chive Oil	Dec	135
✓ Vegan Bean Soup	Feb	103

## Vegetables

✓ Apple Latkes with Cinnamon Sugar	Dec	114
✓ Asparagus with Balsamic Vinaigrette	June	140
✓ Asparagus with Creamy Orange Vinaigrette	June	140
✓ Asparagus with Parmesan Aioli	June	140
✓ Asparagus with Sesame Vinaigrette	June	140
✓ Baby New Potatoes	Apr	116
✓ Baked Potatoes with Bruschetta Topping	Aug	39
✓ Baked Potatoes with Tzatziki Topping	Feb	93

✓ Baked Tomatoes Gratin	Sept	96	✓ Grilled Zucchini and Pepper	July	93	✓ Sautéed Spinach	Feb	96
✓ Balsamic Buttered Beans with Tomato Dice	Mar	112	✓ Herb Buttered Beans with Tomato Dice	Mar	112	✓ Sesame Snow Pea Stir-Fry	Mar	116
✓ Balsamic Green Beans	July	88	✓ Herbed Gnocchi	Dec	138	✓ Smashed Potatoes	Oct	143
✓ Barbecued Scalloped Potatoes	June	124	✓ Herbed Green Beans	Feb	102	✓ Smashed Potatoes	Nov	141
✓ Basil Corn on the Cob	Sept	124	✓ Herbed Grilled Green Onions	June	123	✓ Smashed Red Potatoes	Mar	85
✓ Bean and Potato Packet	July	90	✓ Herbed Mashed Potatoes	Feb	101	✓ Spinach Latkes	Dec	113
✓ Bok Choy with Sesame Oil	Feb	98	✓ Honey Acorn Squash	Feb	92	✓ Squash and Pepper Burritos	Nov	140
✓ Braised Leeks with Parmesan	Nov	136	✓ Honey-Roasted Squash Rings	Oct	151	✓ Steamed Asparagus with Lemon	Apr	122
✓ Braised Red Cabbage	Jan	56	✓ Honeyed Carrot Tzimmes	Oct	151	✓ Steamed Herb Carrots	Feb	88
✓ Bulgur-Stuffed Sweet Peppers	Sept	94	✓ Indian Spiced Corn on the Cob	Sept	124	✓ Stir-Fried Broccoli with Orange and Almonds	Mar	87
✓ Butter Herb Cabbage Cabbage Rolls	Nov	140	✓ Jalapeño Buttered Beans with Tomato Dice	Mar	112	✓ Stir-Fried Cabbage with Chillies	Sept	92
✓ Cauliflower and Brussels Sprouts Gratin	Dec	173	✓ Lemon Dill Carrots	Feb	102	✓ Sun-Dried Tomato Mashed Potatoes	Feb	101
✓ Celery Heart Tomatoes	Sept	126	✓ Lemon Herb Corn	Apr	108	✓ Sweet-and-Sour Carrots	Feb	102
✓ Celery Root Mashed Potatoes	Feb	101	✓ Lemon Nut Brussels Sprouts	Sept	91	✓ Tender Baked Potatoes	Oct	143
✓ Cider-Glazed Apples and Onion	July	82	✓ Lightened-Up Mashed Potato Casserole	Dec	173	✓ Two-Cheese Mashed Potatoes	Feb	101
✓ Colcannon Mashed Potatoes	Feb	101	✓ Maple-Glazed Squash and Beans with Walnuts	Oct	106	✓ Vegetable Hobo Packets	June	123
✓ Coriander Corn	Apr	108	✓ Mashed Potato Casserole	Dec	172	✓ Vegetable Kabobs	June	121
✓ Corn and Tomato	Apr	108	✓ Mashed Potato Muffins	Mar	81	✓ Vegetable Kabobs	July	77
✓ Couscous and Peas	June	138	✓ Mexican Mayo Corn on the Cob	Sept	124	✓ Vegetable Packet	July	93
✓ Creamy Coleslaw	July	67	✓ Micro-Grilled Fries	June	124			
✓ Creamy Mashed Potatoes	Oct	143	✓ Micro-Grilled Onion Potatoes	Sept	127			
✓ Crispy Lightened-Up Oven Fries	Oct	143	✓ Micro-Grilled Potato Skewers	July	82			
✓ Crispy Potato Latkes	Dec	113	Mini-Latkes with Golden Caviar	Dec	113			
✓ Crunchy Radish Tomatoes	Sept	126	Mini-Latkes with Smoked Salmon	Dec	113			
✓ Eggplant and Potato Ragout with Feta Topping	Dec	149	✓ Mushroom Brochettes	June	138			
✓ Eggplant Latkes	Dec	114	✓ Mushroom Lentil Patties	Sept	127			
✓ Family-Size Latke	Dec	113	✓ Mushroom "Steaks"	June	106			
✓ Ginger Sesame Green Beans	July	90	✓ Olive Oil Oregano Cabbage	Nov	140			
✓ Ginger Teriyaki Carrots	Feb	102	✓ Oregano Tomatoes	Sept	126			
✓ Golden Onion Tart	Sept	98	✓ Quick Green Bean Tosses	July	90			
✓ Golden Roast Potatoes Green Beans with Prosciutto and Garlic	Oct	143	✓ Paprika-Roasted Potatoes	Sept	111			
✓ Green Beans with Yellow Pepper and Tomato	July	88	✓ Parsley Mashed Potatoes	Apr	120			
✓ Green Onion Soy Cabbage	Nov	140	✓ Pepper Corn on the Cob	Sept	124			
✓ Grilled Acorn Squash with Balsamic Drizzle	Sept	92	✓ Pete's Frootique's Roasted Vegetable "Lasagna"	Sept	112			
✓ Grilled Asparagus	June	123	✓ Potato Gratin with Caramelized Onions	Oct	106			
✓ Grilled Carrots	June	123	✓ Potato Latke Batter	Dec	112			
✓ Grilled Eggplant and Pepper Panini	Aug	80	✓ Rainbow Tomato Tart	Aug	67			
✓ Grilled Green Onions	June	121	✓ Ratatouille Sauce	Feb	93			
✓ Grilled Oyster Mushrooms and Peppers	Aug	58	✓ Roasted Cauliflower	Sept	98			
✓ Grilled Tofu and Vegetable Antipasto	July	79	✓ Roasted Vegetables	Apr	120			
			✓ Roesti	Apr	98			
			✓ Sautéed Beans and Pearl Onions	Dec	140			
			✓ Sautéed Brocolini	Mar	96			

✓ = Vegetarian dishes



## 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