

# 2002 | RECIPE INDEX

Tested Till  
Perfect

# Canadian Living

## Appetizers & Dips

✓ Asparagus Spears with Lemon Dill Dipping Sauce	May	116	Ginger-Poached Shrimp with Two Dipping Sauces	May	117	✓ Stuffed Radishes	Dec	127
Baby Potatoes Stuffed with Salmon Roe	Dec	127	Gravlax Blini Bites	Apr	141	Tandoori Chicken Cubes with Mango Chutney	Dec	130
Baby Potatoes Stuffed with Smoked Salmon Salad	Dec	127	✓ Herbed White Bean Spread	Oct	123	Two-Mushroom Tapenade	Oct	123
Baked Potato Skins	June	99	Lamb "Lollichops" with Rosemary Mayonnaise	Dec	127	✓ Watermelon and Bocconcini Skewers	May	113
✓ Baked Rhubarb Tomato Chutney Brie	May	123	Mediterranean Steamed Mussels	May	102	✓ Wild Rice Latkes	Oct	113
Barbecued Pork Crêpes	May	143	Minty Crab Salad in Lettuce Cups	Dec	129			
Bubbling Leek, Cheddar and Bacon Dip	Mar	97	Mushroom Tenderloin Cubes	Dec	123			
Caviar Stars	Dec	116	✓ Onion and Mushroom Dip	Dec	130			
Crab-Stuffed Mushrooms	Aug	73	✓ Parmesan Shortbread	Dec	116	Barbecued Roast Sirloin on a Bun	June	101
Cranberry Sage Cocktail Scones with Smoked Turkey	Dec	125	✓ Phyllo Crab Roll-Ups	May	115	Beef and Cabbage Soup	Nov	118
✓ Crispy Chickpea Patties	Nov	135	Prosciutto and Cheddar Puffs	Dec	129	Beef Patties with Chimichurri Sauce	Oct	156
Curried Chicken Salad			Prosciutto-Wrapped Goat Cheese	May	111	Beer-Simmered Steaks	Apr	120
Mini-Pitas	May	115	✓ Riesling Mushrooms	Oct	151	Breaded Liver with Sautéed Peppers and Onions	Feb	87
Demon Eyeball Bites	Nov	102	✓ Roasted Red Pepper Dip	Nov	137	Bruschetta Beef Patties	Sept	88
Dill-Lime Shrimp on Endive Spears	Dec	135	✓ Roasted Tomato and Goat Cheese Bruschetta	Dec	127	Chunky Squash and Beef Chili	Sept	96
Fresh Avocado Spring Rolls with Sweet Thai Dipping Sauce	May	116	✓ Roasted Tomato and Parmesan Bruschetta	Dec	127	Easy Beef and Pepper Stir-Fry	Oct	137
✓ Garlic and Herb Dip	Apr	97	Salmon Gefilte Fish Squares	Sept	115	Garlic Horseradish Sirloin Roast	Feb	83
			Seafood Crêpes with Béarnaise Sauce	May	97	Ginger Beef Stir-Fry	July	117
			Smoked Salmon Pizza with Red Onion and Dill	Dec	115	Grilled Garlic Pepper Steak	June	139
			✓ Spanakopita	May	101	Manti	July	108
			Spicy Pork Dumplings	May	113	Marinated Short Ribs	Dec	178
			✓ Stuffed Endive Spears	May	113	Merlot Braised Beef	Feb	19

## Beef & Veal

Mushroom Tenderloin Cubes	Dec	123
Oxtail Two-Potato Stew	Apr	117
Pesto Onion Steak Sandwiches	Aug	93
Pot Roast with Vegetable Gravy	Feb	85
Rebel House Buffalo Burger	July	100
Red Wine and Rosemary Pot Roast	Nov	127
Red Wine-Braised Brisket	Sept	117
Reuben Sandwiches	Nov	147
Rotisserie Prime Rib	Aug	80
Saucy Meatball Subs	Sept	126
Saucy One-Pot Pasta and Beef Supper	Feb	97
Slow-Cooker Beef Stew	Mar	120
Slow-Cooker Picadillo	Feb	85
Spiced Meat and Rice Stuffed Vegetables	Sept	130
Spicy Thai Beef and Noodles	Mar	29
Steak and Pepper Kabobs	July	82
Steak Stir-Fry with Noodles	May	157
Sweet-and-Sour Braised Brisket	Nov	128
Thai-Style Beef Salad	Feb	83
The Living Room Restaurant's Alberta Beef Burger	July	99
Turkish Salad Pizzas	Apr	127
Veal Paprikás	Oct	142
Zucchini Meat Loaf Casserole	Apr	124

## | Beverages

Citrus Martini Cooler	July	92
Coffee Vanilla Eggnog	Dec	108
Cosmo Spritzer	July	92
Diva's Winter Warmer	Dec	108
Fiery Bloody Marys with Cucumber Spears	Nov	102
Fresh Tomato Cocktail	Oct	116
Frozen Mango Colada	July	92
Fruit Smoothie	Aug	65
Irish Cream Vanilla Eggnog	Dec	108
Lemon Orangeade	July	91
Mojito	Dec	108
Mulled Apple Cider	Dec	107
Nonalcoholic Citrus Cooler	July	92
Nonalcoholic Cosmo Spritzer	July	92
Nonalcoholic Frozen Mango Colada	July	92
Nonalcoholic Ruby Red Punch	July	92
Orange Vanilla Eggnog	Dec	108
Peach Melba Punch	Dec	107
Red Cranberry Mulled Wine	Dec	107
Rhubarb Summer Sippers	May	125

Ruby Red Bellini Punch	July	92
The Devil's Black Martini	Nov	102
Vanilla Eggnog	Dec	107
White Chocolate Vanilla Eggnog	Dec	108
White Cranberry Mulled Wine	Dec	107

## | Breads, Quick & Yeast

Apricot Oat and Bran Muffins	June	93
Bon Ton Bakery Cinnamon Bread	Dec	160
Boule	Nov	149
Brunch Corn Cake	Sept	102
Caramel Chocolate Chip Babka	Dec	157
Caramel Pecan Chocolate Chip Babka	Dec	157
Chocolate Butterscotch Babka	Dec	156
Cinnamon Sugar Babka	Dec	157
Cranberry Sage Cocktail Scones with Smoked Turkey	Dec	125
Crunchy Banana Bread	Oct	109
Festive Almond Braid	Dec	159
Garlic Toasts	Mar	107
Popovers	Feb	19
Potato Rosemary Focaccia	Dec	157
Prosciutto and Cheddar Puffs	Dec	129
Pumpkin Spice Muffins with Maple Cream Cheese Spread	Dec	160
Rye Sourdough Bread	Nov	149
Sunflower Multigrain Flax Bread	Dec	159
Sunflower Multigrain Flax Dinner Rolls	Dec	159
Swirled Hallah with Aniseeds	Sept	115
The Best Hamburger Buns	July	102
Toasted Herb Bread	May	156
White Sourdough Bread	Nov	149
Whole Wheat Pancakes	Feb	98
Whole Wheat Sourdough Bread	Nov	149
Whole Wheat Waffles	Feb	98

## | Cakes

A-B-C Block Cake	May	117
Apple and Gingerbread Cake	Dec	115

Apple Nut Passover Cake	Apr	138
Dagger Through the Heart Cake	Nov	109
Ginger Orange Icebox Cake	Aug	87
Hot Fudge Banana Bundt Cake	Jan	72
Kindness Cakes	Nov	99
Okanagan Apple and Cranberry Cake	Oct	111
Orange White Chocolate Cake with Strawberries	May	26
Passover Chocolate Mousse Cake	Apr	133
Pearls and Flowers Wedding Cake	June	141
Pumpkin Walnut Cake	Oct	163
Rhubarb Streusel Coffee Cake	May	125
Schmoo Torte	Apr	136
Strawberry Marble Angel Food Cake	Apr	98
Winter Wonderland Cake	Mar	141

## | Cookies, Bars & Squares

Almond Cream Cheese Balls	Dec	197
Almond Orange Shortbread Bars	Dec	188
Apple Raspberry Squares	Feb	101
Apricot Almond Blondies	July	119
Apricot Empire Cookies	May	149
Big-Batch Shortbread Bars	Dec	190
Blueberry Raspberry Cake Squares	Aug	71
Brown Sugar Coconut Crisps	Dec	186
Chocolate Cherry Blondies	July	119
Chocolate Cranberry Bars	Dec	195
Chocolate Hazelnut Empire Cookies	May	149
Chocolate Lace Cookies	Aug	19
Chocolate Reindeer	Dec	197
Chocolate Toffee Blondies	July	119
Chow Mein Clusters	Dec	197
Church Windows	Dec	195
Classic Date Squares	Feb	101
Cookie Dagger	Nov	110
Cranberry Pistachio Blondies	July	119
Cranberry Snowballs	Dec	195
Creepy Witch's Fingers	Nov	99
Empire Cookies	May	149
Farmland Flax Cookies	Oct	109
Ginger Brandy Balls	Dec	197
Ginger Molasses Crinkles	May	149
Hazelnut Shortbread	Dec	188
Hermits	May	151
Honey Walnut Cookies	Nov	142
Lemon Almond Squares	May	152

Lemon-Glazed Shortie Stars	Dec	186	Kick-the-Can Vanilla		✓ Corn and Leek Tart	Sept	107	
Lemon Squares	May	152	Ice Cream	July	88	✓ French Toast	Mar	154
Ma'amoul (Date-Filled Cookies)	Dec	150	Lemon Almond Dacquoise	Apr	133	✓ Fribourgeois Fondue	Jan	60
Maple Shortbread	May	151	Lemon Lime Refrigerator Cheesecake	Aug	88	✓ Garlic Fondue	Jan	60
Milk Chocolate Mounds	Dec	185	Lemon Saffron Jelly with Minted Citrus Segments	Dec	180	Golden Buck Welsh Rarebit	Apr	127
Mincemeat Pear Squares	Feb	101	Mandarin Orange Coconut Jelly with Grenadine Syrup	Feb	68	✓ Hard-Cooked Egg Gratin	Apr	93
Mocha Nanaimo Bars	May	151	Mango Peach Blueberry Ice-Cream Shortcake	Aug	87	Katayef (Mini-Crêpes Filled with Ricotta Cheese)	Dec	152
Mocha Shortbread	Dec	185	Meringue Nests with Strawberries and Lemon Sherry Syllabub	June	104	✓ Lemon Dill Egg Salad	June	138
Moulded Shortbread	Dec	190	Mocha Ice-Cream Squares	Jan	80	Macaroni and Cheese with Ham	Jan	62
Nanaimo Bars	May	149	Orange Blueberry Mascarpone Trifle	Jan	77	✓ Mexican Egg Salad	June	138
Nut-Filled Cookies	Dec	152	Orange Chocolate Pistachio Bombe	Aug	85	✓ Pepper, Tomato and Mozzarella Strata	Sept	111
Orange Chocolate Hermits	May	152	Passover Chocolate Mousse Cake	Apr	133	Prosciutto-Wrapped Goat Cheese	May	111
Peanut Butter Blondies	July	119	Peach Melba Ice-Cream Shortcake	Aug	88	✓ Roasted Pepper Croque Monsieur	Sept	89
Peanut Butter Shortbread Slices	Dec	186	Poached Pears in Six Spices	May	144	Roasted Pepper, Potato and Egg Salad	June	139
Peanut Nanaimo Bars	May	151	Raspberry Ice-Cream Shortcake	Aug	88	✓ Roasted Red Pepper and Herbed Cream Cheese Puff	Feb	97
Pecan Coconut Drops	Dec	195	Raspberry Pear Crumble	Apr	126	✓ Sesame Rice Omelette	June	130
Petticoat Tails	Dec	190	Raspberry Sorbet Tower	Aug	19	Smoked Salmon Strata	Sept	111
Pineapple Coconut Squares	Feb	101	Rhubarb Fool	May	124	✓ Spinach, Mushroom and Tomato Omelette		
Pistachio Cardamom Shortbread	May	151	Rhubarb Sorbet	May	124	with Feta	Feb	97
Pumpkin Date Squares	Feb	101	Schmoo Torte	Apr	136	✓ Sun-Dried Tomato Croque Monsieur	Sept	89
Rich Chocolate Shortbread	Dec	185	Strawberry Ice-Cream Shortcake	Aug	88	✓ Swiss Cheese Fondue	Jan	60
Rich Fudgy Brownies	Mar	153	Strawberry Rhubarb Fool Swirl	May	124	✓ Tomato Croque Monsieur	Sept	89
Slice-and-Bake Shortbread	May	151	Three-Ice Cream Terrine	Aug	87	True Canadian Cheese Fondue	Jan	60
Toasted Almond Clusters	Dec	188	Tropical Fruit Salad with Rum Zabaglione	Jan	77	✓ Watermelon and Bocconcini Skewers	May	113
Triple Chocolate Sprinkle Bars	Dec	195	Wine-Poached Pears	Nov	142			
Vanilla Shortbread	Dec	185						
Whipped Shortbread	Dec	190						
Zebra Cookies	Dec	116						

## Desserts

Amaretti White Chocolate Coffee Parfaits	Aug	88
Berry Lemon Curd Trifle	Aug	88
Buttermilk Panna Cotta with Strawberry Coulis	Jan	77
Caramelized Pear Trifle with Champagne Sabayon	Dec	205
Chocolate Fondue	Jan	80
Chocolate Hazelnut Pots de Crème	Mar	102
Chocolate Mousse	Mar	150
✓ Classic Stewed Rhubarb	May	122
Coconut Cinnamon Baked Alaska	Aug	90
Dark Chocolate Marquise with Pistachios and Orange Mascarpone Cream	Dec	208
Fresh Pineapple with Vanilla Wine Syrup	Jan	71
Golden Steamed Pudding	Dec	142
Granola Baked Apples	Nov	146
Katayef (Mini-Crêpes Filled with Ricotta Cheese)	Dec	152

## Eggs & Cheese

Almond Cream Cheese Balls	Dec	197
✓ Appenzeller Fondue	Jan	60
Bacon Leek Strata	Sept	111
✓ Baked Rhubarb Tomato Chutney Brie	May	123
BLT Egg Salad	June	138
✓ Broccoli and Cream Cheese Impossible Pie	June	130
✓ Broccoli Cheddar Strata	Sept	111
Canadian Egg-and-Bacon Melt	Mar	117
Chorizo Pepper Strata	Sept	111
✓ Classic Egg Salad	June	138

## Fish & Seafood

Baby Potatoes Stuffed with Salmon Roe	Dec	127
Baby Potatoes Stuffed with Smoked Salmon Salad	Dec	127
Baby Shrimp Salad on Crusty Buns	May	156
Boiled Crab with Lemon Butter	Aug	69
Broiled Mackerel Fillets	Feb	47
Cajun Cod	Jan	63
California Roll Burgers with Wasabi Mayonnaise	July	97
Caribbean Snapper with Pepper Sauce	June	109
Caviar Stars	Dec	116

Chili-Rubbed Halibut with Pineapple Salsa	Aug	77
Cod in Grape Leaf Packets	June	118
Cornmeal-Crusted Pickerel	Mar	110
Crab, Avocado and Celery Root Salad	Aug	73
Crab-Stuffed Mushrooms	Aug	73
Creamy Salmon Pasta	Feb	96
Dill-Lime Shrimp on Endive Spears	Dec	135
Fish Burgers with Light Tartar Sauce	Feb	78
Garlic Rosemary Salmon	June	113
Garlic Sesame Fish on Bok Choy	Feb	78
Ginger-Poached Shrimp with Two Dipping Sauces	May	117
Glazed Monkfish Kabobs	June	116
Gravlax Blini Bites	Apr	141
Grilled Cajun Salmon with Tomato Pineapple Salsa	July	116
Grilled Halibut with Oyster Mushrooms	June	113
Grilled Miso-Marinated Sablefish on Baby Greens	June	117
Grilled Salmon on Peas with Mint Mayonnaise	June	23
Grilled Shrimp with Corn and Black Bean Salad	Sept	105
Grilled Whitefish BLT with Dill Pickle Aioli	Aug	82
Halibut Kabobs with Tahini Sauce	Mar	110
Hoisin Roast Fish with Spinach Salad	Mar	108
Jalapeño Salmon and Potato Salad	June	128
Jalapeño Tuna and Potato Salad	June	126
Lightened-Up Tuna Melts	Oct	71
Mediterranean Steamed Mussels	May	102
Minty Crab Salad in Lettuce Cups	Dec	129
Mixed Greens with Tuna and Pumpkin Seeds	June	126
Mushroom Broiled Halibut	Sept	89
Mussel Simmer Supper	Oct	156
Mussels in Tomato Sauce for Two	Mar	113
Mustardy Fish Fillets	Nov	147
Pepper Maple Salmon and Sauce	June	114
Phyllo Crab Roll-Ups	May	115
Pickerel with Cherry Tomato Relish	June	110
Potato Chip Fish Fillets	Apr	127
Rice and Greens with Shrimp	Sept	127
Salmon and Potato Napoleon Casserole	Apr	97

Salmon en Papillote with Fennel and Roasted Peppers	Feb	78
Salmon Gefilte Fish Squares	Sept	115
Salmon Package with New Potato Salad	Aug	79
Salmon Salad on Crusty Buns	May	156
Seafood Crêpes with Béarnaise Sauce	May	97
Seafood Simmer	Apr	119
Seafood Tower	Jan	83
Shrimp and Mango Brochettes	July	21
Shrimp Sauté with Snow Peas and Corn	Sept	86
Smoked Salmon Pizza with Red Onion and Dill	Dec	115
Smoked Salmon Strata	Sept	111
Spicy Catfish Fillets in Banana Leaves	June	120
Swordfish with Mango Salsa	June	114
Teriyaki Salmon	July	112
Thai Squash and Coconut Soup with Shrimp	Nov	117
Tilapia Packages	June	122
Tilapia with Bacon Horseradish Sauce	Aug	93
Tomato-Topped Fish and Potato Bake	Sept	91
Trout with Pink Peppercorn and Tarragon Butter	June	110
Tuna, Roast Pepper and Arugula Fettuccine	Sept	85
Tuna Salad on Crusty Buns	May	156

## | Lamb

Balsamic Butterflied Leg of Lamb	Feb	91
Braised Lamb with Green Beans and Balsamic Jus	Nov	133
Garlic and Green Onion Lamb Burgers	Apr	103
Garlic Leg of Lamb on Potatoes	Apr	108
Ginger Lamb Burgers	Apr	103
Grilled Butterflied Leg of Lamb	Aug	97
Lamb and Rhubarb Stew with Mint	May	126
Lamb Chops in Rosemary Tomato Sauce	Jan	63
Lamb Loin Chops with Rosemary	Apr	106
Lamb "Lollichops" with Rosemary Mayonnaise	Dec	127
Lamb Meatballs in Lemon Sauce	Apr	103

Lamb Shoulder with White Bean Ragout	Apr	103
Pan-Fried Shoulder Chops with Balsamic Sauce	Apr	105
Roast Leg of Lamb with Apricots, Almonds and Pine Nuts	Dec	148
Rosemary Lamb Burgers with Jalapeño Mayonnaise	July	98
Rosemary Lamb Chops	Oct	139
Spiced Meat and Rice Stuffed Vegetables	Sept	130
Spiced Rack of Lamb with Indian Mint Sauce	Apr	106
Spring Lamb Stew	Apr	111

## | Marinades, Mixes & Spices

Beer Buddy Trail Mix	Oct	159
Corn Spice	Sept	21
Garam Masala	Mar	134
Hiker's Happy Trail Mix	Oct	159
Lemon Herb Marinade	July	81
Lunch Box Trail Mix	Oct	159
Movie Night Trail Mix	Oct	159
Sesame Soy Trail Mix Crunch	Oct	159
Spa Trail Mix	Oct	159

## | Miscellaneous

√ Broccoli and Cauliflower Soup with Tofu	Feb	98
Candied Orange Rind	Aug	19
Cookie Dough Cottages	Dec	201
Spinach Tofu Soup	Sept	94
√ Tofu and Vegetable Skewers with Peanut Sauce	Aug	93
√ Tofu Parmigiana	Oct	140
Turkey Gible Stock	Oct	23
Turkey Stock	Dec	139

## | Pasta & Pizza

√ Antipasto Grilled Mini-Pizzas	June	134
√ Artichoke Pizza	Mar	139
√ Asparagus Carbonara	June	139
√ Asparagus Goat Cheese Toss	May	155
√ Baby Bow Tie and Walnut Pasta Salad	July	79

√ Barbecue and Bean Pizza	Mar	139
√ Broccoli and Tortellini	Nov	146
Broccoli Toss	May	155
√ Bruschetta Pasta	Sept	127
√ Cheese Cappelletti with		
Asparagus Sauce	Apr	29
Classic Bacon and Cheese		
Pizza	Mar	139
Creamy Salmon Pasta	Feb	96
Fajita Pasta	June	134
√ Fettuccine Alfredo		
with Broccoli	Mar	149
French Stick Pizza	Feb	95
√ Garlic Rapini Pasta	Sept	94
√ Grilled Corn Pizza	Sept	105
√ Grilled Mini-Pizzas	June	132
√ Hot and Spicy Grilled		
Mini-Pizzas	June	134
Hot and Spicy Pizza	Mar	139
Lemony Tuna Toss	May	155
√ Linguine with Broccoli		
and Cherry Tomatoes	Feb	92
Macaroni and Cheese		
with Ham	Jan	62
Mediterranean Tuna Pasta	Mar	107
√ Minestrone Pasta Salad	July	117
Mushroom, Bacon and		
Herb Toss	May	155
√ Pasta Bow Ties with		
Sun-Dried Tomato	Mar	108
Pasta e Fagioli	Feb	92
Pizza Wraps	Feb	95
Salami Pesto Grilled		
Mini-Pizzas	June	132
Saucy One-Pot Pasta and		
Beef Supper	Feb	97
Smoked Salmon Pizza with		
Red Onion and Dill	Dec	115
Smoky Bacon and		
Cabbage Pasta	Mar	108
√ Spinach and Sun-Dried		
Tomato Pasta Salad	July	73
√ Spinach Ricotta Cannelloni		
with Homemade		
Tomato Sauce	Jan	71
√ Tomato Feta Toss	May	155
√ Tomato Olive Grilled		
Mini-Pizzas	June	132
Tuna, Roast Pepper and		
Arugula Fettuccine	Sept	85
Turkish Salad Pizzas	Apr	127
√ Veggie Spinach Pizza	Mar	139

√ Broccoli and Cream Cheese		
Impossible Pie	June	130
Buttermilk Pie	Apr	135
Christmas Eve Tourtière	Jan	69
√ Corn and Leek Tart	Sept	107
Deep-Dish Cherry Pie		
with Almond Pastry	July	86
Family Favourite Apple Pie	Mar	154
Flaky Pastry	Jan	69
√ Harvest Tomato Tart	Sept	21
Hazelnut Cranberry Tart	Dec	205
√ Honey, Walnut and		
Dried Fruit Tart	Sept	118
Lemon Mint Tarts	Jan	81
√ New Brunswick Potato Cake	Oct	111
Perfect Pastry	Mar	154
Raspberry Cream Tart	July	121
Rhubarb Sour Cream Pie	May	125
Rhubarb Strawberry		
Phyllo Tart	May	125
Spiced Pecan Bourbon Tart	Oct	128
Spiced Pecan Tart	Oct	131
√ Spinach and Feta Pie	Nov	137
Tarte aux Poires et Chocolat	Apr	136

## | Pork

Asian Barbecue Pork Loin		
and Coleslaw with		
Coriander Dressing	Aug	77
Baked Salsa Ham Roll-Ups	May	157
Barbecued Pork Crêpes	May	143
Braised Cabbage with		
Apples and Sausages	Feb	91
Braised Napa Cabbage		
with Pork Meatballs	Sept	94
Braised Pork Loin	Nov	127
Cassoulet	Feb	103
Chicken and Prosciutto		
Brochettes	July	21
Christmas Eve Tourtière	Jan	69
Grilled Ginger Pork Chops	July	117
Honey Ginger Pork Chops	Oct	157
Macaroni and Cheese		
with Ham	Jan	62
Mexican Pulled Pork	Nov	128
Pork Souvlaki	Mar	113
Pork Tenderloin with		
Warm Roast Vegetable		
Salad	Feb	89
Prosciutto and Cheddar Puffs	Dec	129
Rhubarbecued Pork		
or Chicken	May	123
Roasted Pork Tenderloin		
and Vegetable Medley	Nov	146
Romano Pork Chops	Sept	91
Sage Apple Pork Burgers		
with Caramelized Onions	July	97

Sausage Minestrone	Nov	115
Sausage Walnut Stuffing		
Loaf	Oct	126
Slow-Cooked Pork Chops		
with Apricots and Prunes	Feb	89
Slow-Roast Pork with		
Shallots	Mar	100
Spiced Pork Stew	Apr	116
Spicy Pork Dumplings	May	113
Warm Potato Sausage		
Salad	Mar	117

## | Poultry

Almond Celery Chicken		
Stir-Fry	Sept	92
Apple Glazed Turkey	Dec	137
Apricot Almond Couscous		
with Chicken	June	128
Baby Jerk Wings	Apr	129
Baked Spice Chicken	Jan	62
Barbecue-Roast Lemon		
Herb Turkey with Gravy	Oct	125
Braised Chicken Breasts		
with Exotic Mushrooms	May	143
Brined Apple Glazed Turkey	Dec	139
Cassoulet	Feb	103
Chicken Amandine	Mar	114
Chicken and Melon		
Salad with Orange		
Basil Dressing	June	138
Chicken and Prosciutto		
Brochettes	July	21
Chicken Braised with		
Chestnuts and Shiitake		
Mushrooms	Feb	67
Chicken Curry with Mango	Oct	141
Chicken Falafel	May	157
Chicken Fingers with		
Sweet Potato Oven Fries	Feb	77
Chicken Kabobs	July	81
Chicken Paillards with		
Cider Sage Sauce	Oct	157
Chicken Sloppy Joe on		
Sweet Potatoes	Mar	119
Chicken Teriyaki Stir-Fry		
with Noodles	Apr	121
Chicken with Cashews	Mar	125
Chicken with Ginger		
Oyster Sauce	Feb	75
Chicken with Pesto Cream		
Sauce	Feb	75
Chicken with Tomato		
Mushroom Sauce	Feb	75
Chinese Lemon Honey		
Chicken	May	134
Classic Barbecue Wings	Apr	129
Clay Pot Chicken Supper	Apr	121

## | Pies, Tarts & Pastry

Almond Apple Tarts	Jan	79
Apple and Sour Cherry Pie	May	106

Cranberry Sage Cocktail Scones with Smoked Turkey	Dec	125	Spicy Orange Baked Chicken Drumsticks	Nov	147	√ Black Bean Avocado Salad	May	157
Crispy Peanut Chicken	June	126	Spicy Wings	Apr	129	√ Black Bean, Chickpea and Avocado Salad	Apr	67
Cumin Chicken Breasts	Sept	126	Tandoori Chicken Cubes with Mango Chutney	Dec	130	√ Black Bean Quesadillas	Feb	98
Curried Chicken Salad			Tarragon Lime Chicken	Oct	137	√ Chickpea Salad Pockets	June	130
Mini-Pitas	May	115	Thai Grilled Chicken	May	133	√ Confetti Vegetable Risotto	Nov	145
Dad's Favourite Chicken	July	116	Turkey Burgers with Sautéed Mushrooms	July	99	√ Couscous Vegetable Medley	Sept	86
Diced Chicken and Mushroom Sauté	Sept	91	Turkey Giblet Stock	Oct	23	√ Crispy Chickpea Patties	Nov	135
Garlic Lemon Chicken	Nov	138	Turkey Stock	Dec	139	√ Curried Lentil Burgers with Coriander Yogurt	July	100
Glazed Cornish Hens with Hazelnut			Ukrainian Mushroom- Stuffed Chicken Breasts	May	134	√ Deli Chickpea Salad	Sept	127
Cranberry Stuffing	Nov	105	Vietnamese Chicken, Mango and Mint Stir-Fry	May	138	√ Five-Minute Couscous	Jan	62
Greek Phyllo-Wrapped Chicken	May	137	Warm Asian Chicken Liver Salad	Sept	89	Fruity Wheat Farina Porridge	Jan	65
Grilled Chicken and Jalapeño Mayo Sandwiches	Aug	92				Grilled Shrimp with Corn and Black Bean Salad	Sept	105
Grilled Chicken with Braised Greens and Grainy Mustard Vinaigrette	Aug	79				√ Grilled Vegetables on Creamy Polenta	Aug	80
Honey Garlic Wings	Apr	129				√ Herbed White Bean Spread	Oct	123
Honey Ginger Chicken	Oct	157				Honey Almond Cornmeal Porridge	Jan	65
Italian Roast Chicken and Potatoes with White Wine and Sage	May	130				√ Lentil Salad	Mar	63
Jalapeño Chicken and Potato Salad	June	128				Lentil Soup with Ham Hock	Nov	120
Knife-and-Fork Chicken Soup	Nov	122				√ Lima Bean Corn Medley	Jan	63
Korean Grilled Chicken in Lettuce Wraps	May	131				Maple Walnut Multigrain Porridge	Jan	65
Lemon Braised Chicken	Nov	130				√ Mushroom Barley Risotto	Oct	149
Lemon Chicken Kabobs	Apr	126				Mushroom Prosciutto Risotto	Nov	145
Lemon-Rubbed Roast Chicken	May	102				Oatmeal Porridge	Jan	65
Lemon Turkey Scaloppine	June	138				Orange Date Oat Bran Porridge	Jan	65
Lemon Vermouth Chicken	Sept	85				Puréed Garlic Lima Beans	Dec	178
Lemony Chicken Schnitzel	Oct	142				Rice and Greens with Shrimp	Sept	127
Maple Mustard Wings	Apr	129				Rice Pilaf	Mar	110
Mexican Chicken with Adobo Sauce	May	133				Risotto Primavera	Apr	123
Mexican Chicken with Sweet Red Pepper Sauce	May	133				√ Saffron Rice	Mar	126
Micro-Grilled Salsa Chicken	Aug	92				Savoury Squash Risotto	Nov	145
Peanut Chicken and Cauliflower Curry	Mar	119				Shrimp and Greens		
Portuguese African Chicken	May	130				Risotto	Nov	145
Rhubarbecued Pork or Chicken	May	123				√ Spiced Rice	Mar	126
Roast Turkey with Wild Rice Mushroom Stuffing and Porcini Gravy	Oct	23				√ Spiced Rice Stuffed Vegetables	Sept	129
Rolled Stuffed Capon	May	159				√ Stewed Beans with Plantains	July	112
Salsa Turkey Meat Loaf	Feb	77				Sun-Dried Tomato Risotto	Nov	145
Sausage Walnut Stuffing Loaf	Oct	126				Tomato Bulgur Pilaf	Apr	126
Spanish Chicken and Rice with Chorizo	Apr	115				√ Vegetable Couscous	Jan	62
						√ Vegetarian Deli Chickpea Salad	Sept	127
						√ Vegetarian Rice and Greens	Sept	127
						Wheat Porridge	Jan	65
						√ White Bean and Kale Soup	Nov	120
						√ Wild Rice Latkes	Oct	113

## Preserves & Condiments

√ Classic Strawberry Jam	June	137
√ Cranberry Orange Jelly	Dec	141
√ Dill Pickle Relish	Sept	125
√ Grape Peaches	Sept	123
√ Freezer Pickle Slices	Sept	125
√ Fresh Cranberry Relish with Apple and Orange	Jan	19
√ Fruit Chili Sauce	Sept	108
√ Hot Pepper Jelly with Tequila	Sept	125
√ Lady Ross Relish	Sept	81
√ Orange Pepper Jelly	Sept	125
√ Peach and Red Pepper Relish	Sept	123
√ Refrigerator Pickled Baby Carrots	Sept	123
Rhubarb Nectar	May	125
Rhubarb Tomato Chutney	May	122
√ Rosemary Spiced Pear Compote	Oct	115
√ Spirited Peaches	Sept	123
√ Strawberry Banana Jam	June	137
√ Strawberry Pineapple Jam	June	137
√ Strawberry Raspberry Jam	June	137
√ Strawberry Rhubarb Jam	June	137
√ Thai Refrigerator Mixed Pickles	Sept	123

## Rice, Grains & Legumes

Apple Cinnamon Oatmeal Porridge	Jan	65
√ Artichoke Bean Ragout	May	104

## Salads & Dressings

√ Apple Carrot Slaw	July	116	Lime Cumin Vinaigrette	Aug	95	Baked Salsa Ham Roll-Ups	May	157
Apricot Almond Couscous with Chicken	June	128	√ Mexican Egg Salad	June	138	Barbecued Roast Sirloin on a Bun	June	101
√ Arugula and Tomato Salad	June	139	√ Minestrone Pasta Salad	July	117	√ Beer Buddy Trail Mix	Oct	159
√ Baby Bow Tie and Walnut Pasta Salad	July	79	√ Minestrone Salad	July	117	√ Black Bean Quesadillas	Feb	98
Baby Shrimp Salad on Crusty Buns	May	156	Minty Crab Salad in Lettuce Cups	Dec	129	Canadian Egg-and-Bacon Melt	Mar	117
√ Baby Spinach with Blue Cheese	June	104	√ Mixed Green Salad with Tapenade Bats	Nov	109	Chicken Falafel	May	157
Buttermilk Dressing	June	104	√ Mixed Greens with Dijon Vinaigrette	Oct	156	√ Chickpea Salad Pockets	June	130
Balsamic Vinaigrette	Aug	95	Mixed Greens with Tuna and Pumpkin Seeds	June	126	Grilled Chicken and Jalapeño Mayo Sandwiches	Aug	92
√ Beet and Arugula Salad	Nov	138	√ Napa and Red Cabbage Coleslaw	June	103	Grilled Whitefish BLT with Dill Pickle Aioli	Aug	82
√ Black Bean Avocado Salad	May	157	√ Potato and Leek Salad	July	77	√ Hiker's Happy Trail Mix	Oct	159
√ Black Bean, Chickpea and Avocado Salad	Apr	67	√ Radish and Spinach Salad	Apr	126	√ Lunch Box Trail Mix	Oct	159
BLT Egg Salad	June	138	√ Radish Dill Slaw	July	116	√ Movie Night Trail Mix	Oct	159
√ Boston Leaf Salad	Nov	146	√ Raspberry Vinaigrette	Aug	95	Pesto Onion Steak Sandwiches	Aug	93
√ Button Mushroom Salad	Nov	147	√ Red Cabbage Poppy Seed Slaw	July	116	Reuben Sandwiches	Nov	147
√ Cabbage Salad with Red Pepper	Mar	136	Roasted Pepper, Potato and Egg Salad	June	139	Salmon Salad on Crusty Buns	May	156
Caesar Salad with Crunchy Croutons	Mar	153	√ Romaine Radicchio Salad	Mar	108	Saucy Meatball Subs	Sept	126
Chicken and Melon Salad with Orange Basil Dressing	June	138	Salmon Salad on Crusty Buns	May	156	√ Sesame Soy Trail Mix Crunch	Oct	159
√ Classic Egg Salad	June	138	Sherry Walnut Vinaigrette	Aug	95	√ Spa Trail Mix	Oct	159
Crab, Avocado and Celery Root Salad	Aug	73	√ Spinach and Sun-Dried Tomato Pasta Salad	July	73	Sweet and Savoury Pine Nuts	Feb	67
Deli Chickpea Salad	Sept	127	√ Spinach Salad with Piquant Currant Dressing	Nov	140	Tuna Salad on Crusty Buns	May	156
Escarole Salad	Sept	94	√ Spinach Salad with Poppy Seed Dressing	Oct	141			
Fattoush	Dec	148	√ Sweet Onion and Radicchio Salad with Mustard Vinaigrette	Oct	123			
√ Fennel, Mushroom and Walnut Salad	Oct	155	√ Tangy Coleslaw	July	77	Apple Cranberry Sauce	Oct	126
Ginger Soy Vinaigrette	Aug	95	Thai-Style Beef Salad	Feb	83	Avgolemono	May	138
√ Glossy Spinach Salad	Jan	63	√ Tomato and Roasted Beet Salad with Orange Cumin Vinaigrette	Oct	116	Blue Water Cocktail Sauce	Jan	85
√ Green Salad with Cranberry Vinaigrette	Sept	118	Tuna Salad on Crusty Buns	May	156	Chunky Mango Raita with Dates	Mar	128
√ Green Salad with Pomegranate Vinaigrette	Sept	118	√ Vegetarian Deli Chickpea Salad	Sept	127	Chunky Pear Applesauce	Dec	177
√ Greens with Chive Dressing	Sept	126	Warm Asian Chicken Liver Salad	Sept	89	Classic Stewed Rhubarb	May	122
Grilled Shrimp with Corn and Black Bean Salad	Sept	105	√ Warm Bean Spinach Salad	May	156	Curry Glaze	June	117
√ Grilled Zucchini and Tomato Salad	Aug	69	Warm Mixed Vegetable Salad	Apr	98	Fruit Chili Sauce	Sept	108
Herbed Vinaigrette	Aug	95	Warm Potato Sausage Salad	Mar	117	Garlicky White Bean and Basil Spread	July	84
Jalapeño Chicken and Potato Salad	June	128	√ Yellow Tomato Salad with Shallots and Lemongrass	Sept	106	Ginger Coriander Mignonette Sauce	Jan	85
Jalapeño Salmon and Potato Salad	June	128	√ Yogurty New Potato Salad	Aug	69	Ginger Teriyaki Glaze	June	116
Jalapeño Tuna and Potato Salad	June	126				Herbed White Bean Spread	Oct	123
√ Lemon Dill Egg Salad	June	138				Homemade Tomato Sauce	Jan	71
√ Lentil Salad	Mar	63				Indian Mint Sauce	Apr	106
						Make-Your-Own Tzatziki	Mar	113
						Mint Tzatziki	July	82
						Raspberry Mignonette Sauce	Jan	85
						Rhubarbecue Sauce	May	122
						Southwestern Glaze	June	117
						√ Spiced Tomato Sauce	July	82
						Tahini Sauce	May	157
						Two-Mushroom Tapenade	Oct	123

## Sandwiches & Snacks

Baby Shrimp Salad on Crusty Buns	May	156
----------------------------------	-----	-----

## | Soups

Beef and Cabbage Soup	Nov	118	√ Balsamic Roasted Vegetables	Nov	107	√ Roasted Red Potato Wedges	Mar	113
√ Broccoli and Cauliflower Soup with Tofu	Feb	98	√ Bourani	July	110	√ Roasted Tomato Wedges	Aug	93
√ Fresh Tomato and Bean Soup	June	126	√ Broccoli and Cauliflower Christmas Tree	Dec	141	√ Roast Squash Slices	Jan	62
Harira (Traditional Ramadan Soup)	Dec	147	√ Broccoli and Cauliflower Stir-Fry	Dec	141	Sautéed Carrots and Sugar Snap Peas	Mar	100
Knife-and-Fork Chicken Soup	Nov	122	√ Butternut Squash and Grilled Corn Fritters	Oct	119	√ Savoury Tomato Crumble	Sept	101
Leek Soup with Cheese Dumplings	Nov	117	√ Chana Curry in a Hurry	July	114	√ Skillet-Steamed Sprouts	Jan	63
Lentil Soup with Ham Hock	Nov	120	√ Coconut Curried Eggplant	Mar	137	√ Snow Peas and Peppers	Apr	127
√ Lima Bean Tomato Soup	Mar	107	√ Corn and Leek Tart	Sept	107	Spiced Meat and Rice Stuffed Vegetables	Sept	130
Pumpkin Carrot Soup with Mustard	Nov	118	√ Couscous Vegetable Medley	Sept	86	√ Spiced Rice Stuffed Vegetables	Sept	129
√ Quick Asian Egg Drop Soup	May	156	√ Creamed Spinach Leek Casserole	Oct	126	√ Spinach and Walnut Stir-Fry	Nov	147
√ Quick Egg Drop Soup	May	156	√ Crunchy Corn Gratin	Dec	141	√ Spinach, Mushroom and Cheese Phyllo Purses	Oct	147
√ Quick Onion Soup	Mar	115	√ Eggplant Mushroom Kabobs	July	84	√ Spinach with Ginger and Hot Peppers	Mar	128
√ Quick Potato Lentil Soup	Jan	63	√ Garlic Spinach and Peppers	Aug	43	√ Stewed Beans with Plantains	July	112
Roasted Garlic Soup with Blood Red Tomato Salsa	Nov	105	√ Garlic Toss	Oct	156	√ Stove-Top Hash Browns	Mar	117
√ Roasted Tomato and Fennel Soup	Oct	125	√ Glazed Carrots with Thyme	Dec	178	√ Stuffed Radishes	Dec	127
√ Salt-Free Green Pea Soup with Lemon and Green Onion	June	59	√ Grape Tomato Bursts	June	138	√ Sun-Dried Tomato Olive Potato Wedges	Aug	92
Sausage Minestrone	Nov	115	√ Green and Yellow Beans	Mar	117	√ Sweet-and-Sour Carrots	Mar	133
Spinach Tofu Soup	Sept	94	√ Grilled Balsamic Maple Vegetables	June	103	√ Tomato Potato Torte	Sept	102
Squash and Onion Soup Gratinée	Nov	22	√ Grilled Corn with Chili-Lime Mayonnaise	Sept	106	√ Twice-Baked Garlic and Tomato Soufflés	Sept	108
Sweet Potato Soup with Green Onion Curlys	Dec	137	√ Grilled Corn with Garlic-Thyme Mayonnaise	Sept	106	Twice-Baked Mushroom Potatoes	Oct	157
√ Taber Corn Chowder	Oct	116	√ Grilled Corn with Hot and Spicy Mayonnaise	Sept	106	√ Vegetable Toss for Four	Oct	156
Thai Squash and Coconut Soup with Shrimp	Nov	117	√ Grilled Corn with Lemon-Dill Mayonnaise	Sept	106	√ Vegetarian Tex-Mex Shepherd's Pie	Mar	107
√ Vegetable Noodles in Spicy Coconut Broth	Sept	92	√ Grilled Vegetables on Creamy Polenta	Aug	80	√ Wild Rice Latkes	Oct	113
√ Vegetarian Mushroom Soup	Apr	126	√ Harvest Tomato Tart	Sept	21	√ Yellow Split Peas with Zucchini	Mar	134
√ White Bean and Kale Soup	Nov	120	√ Havarti Harvest Corn Boats	Sept	101	√ Vegetarian dishes		
Yukon Gold and Mushroom Soup	Oct	151	√ Lacy Potato Latkes	Dec	177			
			√ Lemon Herb Potato Wedges	Aug	92			
			√ Lima Bean Corn Medley	Jan	63			
			√ Lime Chili Corn on the Cob	Aug	92			
			Make-Ahead Mashed Potatoes	Dec	139			
			√ Marinated Yellow Beans and Mushrooms	July	79			
			√ New Brunswick Potato Cake	Oct	111			
			√ Onion Pakoras with Tamarind Chutney	Mar	131			
			√ Oven-Roasted Plum Tomatoes	Nov	138			
			Potato Carrot Kugel	Sept	117			
			√ Potatoes and Peas	Mar	136			
			√ Puréed Garlic Lima Beans	Dec	178			
			√ Red Pepper Feta Potato Wedges	Aug	92			
			√ Roasted Fennel and Potatoes	Nov	140			
			√ Roasted Ginger Carrots	Nov	147			

### 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

## | Vegetables

√ Acorn Squash with Pecan Streusel	Sept	117			
Asian Toss	Oct	156			
√ Asparagus Spears with Lemon Dill Dipping Sauce	May	116			
Bacon-Wrapped Stuffed Onions	Dec	139			
Baked Potato Skins	June	99			