



# Canadian Living

RECIPE INDEX

1999



## *APPETIZERS, BEVERAGES & DIPS*

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Beef and Spinach Teriyaki Rolls .....	Dec .....	97
✓ Cheese Endive Appetizer .....	June .....	142
✓ Cracked Potatoes.....	July .....	84
Crisp Calamari .....	July .....	84
✓ Crudités with Sesame Dip.....	May .....	160
Currant Meatballs .....	Dec .....	94
✓ Dilly Dip with Veggies .....	Aug .....	70
✓ Giant Beans .....	July .....	84
✓ Goat Cheese and Fennel Slow Crostini .....	Dec .....	93
Guinea Delight.....	Dec .....	103
✓ Joy's Spanakopita Pizza .....	Dec .....	97
Lemongrass Chicken Wraps .....	Mar .....	115
✓ Mango Brie Baklava .....	Dec .....	94
✓ Minty Feta Cucumber Salad .....	July .....	84
Passion Fruit Bellini .....	Feb .....	84
Prosciutto-Wrapped Shrimp .....	Dec .....	149
✓ Roasted Eggplant Olive Spread.....	July .....	84
Salmon Rilletes on Pumpernickel.....	Dec .....	93
Shrimp Tostada Cups.....	Jan .....	86
Smoked Salmon Napoleons with Horseradish Cream .....	Dec .....	125
✓ Spinach Feta Spread .....	Dec .....	101

## *BEEF, VEAL & GAME*

---

Asian Wraps.....	Aug .....	80
Barbecued Ribs.....	Feb .....	96
Basic Burgers .....	July .....	99
Beef and Potato Curry .....	Mar .....	128
Beef and Spinach Teriyaki Rolls .....	Dec .....	97
Beef and Vegetable Pie.....	Dec .....	103
Beef Pasta Salad with Honey Mustard Vinaigrette .....	May .....	136
Beefy Corn Tomato Casserole ..	Aug .....	89
Beer-Barbecued Roast Beef .....	July .....	91
Bistro Meat Loaf.....	Oct .....	147
Brisket with Onions and Orange Wine Sauce .....	Dec .....	133
Bruschetta Steak .....	June .....	150
Cheddar Burgers .....	July .....	99
Chili Meat Loaf .....	Oct .....	147
Currant Meatballs .....	Dec .....	94
Fajita Burgers .....	July .....	99
Freezer-Friendly Meatballs .....	May .....	141
French Onion Beef Noodles .....	May .....	148

French Onion Burgers .....	July .....	99
Fruit and Curry Meat Loaf .....	May .....	131
Greek Stew .....	Feb .....	94
Grilled Herb Sirloin Steak .....	May .....	148
Grilled Liver and Onions .....	June .....	149
Hint of Thai Sirloin with Mango Pepper Salad.....	June .....	147
Hoisin Beef Stir-Fry.....	May .....	133
Hot Asian Burgers .....	July .....	99
Indonesian Beef Fried Rice .....	May .....	131
Italian Shepherd's Pie.....	Nov .....	128
Lasagna Meat Loaf.....	Oct .....	147
Make-Your-Own Tacos .....	Sept .....	103
Meatballs in Southwestern Barbecue Sauce .....	May .....	141
Mediterranean Burgers .....	July .....	99
Oven Beer-Roasted Beef.....	July .....	93
Patties and Couscous.....	Jan .....	93
Roast Strip Loin with Wild Mushrooms and Shallots.....	Dec .....	127
Shepherd's Pie Meat Loaf .....	Oct .....	147
Sirloin Sizzler.....	Jan .....	93
Smoked Meat Supper Strata....	May .....	146
Steak and Mushroom Wrap .....	May .....	135
Steak and Potato Salad with Mustard Dressing.....	Aug .....	80
Stroganoff Meat Loaf .....	Oct .....	147
Sweet-and-Sour Meatballs .....	May .....	142
Tangy Beef Pot Roast.....	Feb .....	94
Thai Curried Meatballs .....	May .....	141
Venison Madras .....	Jan .....	99
Vietnamese Noodles with Steak and Shrimp.....	Mar .....	122
Warm Flank Steak Salad .....	May .....	129

## *BREADS, QUICK & YEAST*

---

Braided Almond Loaf.....	Dec .....	155
Bread Machine Buttermilk Loaf .....	Feb .....	103
Bread Machine Crunchy Farmhouse Bread .....	Feb .....	101
Bread Machine Sunflower Seed Loaf .....	Feb .....	102
Buttermilk Loaf .....	Feb .....	103
Buttermilk Seed Loaf .....	Nov .....	143
Cheese and Onion Soda Bread ..	Jan .....	108
Chocolate Delight Loaf.....	Nov .....	143

Cinnamon Date Nut Loaf.....	Nov .....	143
Crescia .....	May .....	127
Crunchy Farmhouse Bread .....	Feb .....	99
Crunchy-Top Cranberry Muffins .....	Dec .....	153
Deep-Dish Focaccias .....	Feb .....	102
Flour-Dusted Roll Ring .....	Feb .....	101
Grain Bread .....	Jan .....	99
Herbed Popovers .....	Dec .....	153
Honey Apricot Soda Bread .....	Jan .....	108
Honey, Date and Pecan Loaf .....	July .....	98
Light Rye Fingers .....	Feb .....	103
Pumpkin Spice Loaf.....	Nov .....	143
Soda Bread.....	Jan .....	108
Sunflower Seed Baguettes .....	Feb .....	101
Tomato Corn Bread.....	Nov .....	143
Valentine Focaccia Buns .....	Feb .....	103
Waffles with Apple Cinnamon Sauce .....	Feb .....	110
Waffles with Cherry Berry Sauce .....	Feb .....	110

## *CAKES & ICINGS*

---

Apricot Pecan Pound Cake .....	Nov .....	140
Bajun Black Cake .....	Dec .....	166
Baumkuchen .....	Dec .....	165
Butter Icing .....	Apr .....	140
Chocolate Meringue Ice-Cream Cake .....	July .....	93
Chocolate Triangle Cake.....	Dec .....	116
Easter Basket Cake.....	Apr .....	138
Easter Egg Hunt Cake .....	Apr .....	136
Fluffy Icing .....	Apr .....	140
Harvest Streusel Coffee Cake ..	Sept .....	120
Hazelnut Cake with Spiced Streusel .....	Dec .....	136
Icing Paint .....	Dec .....	142
Lightened Strawberry Shortcake .....	June .....	164
Nectarine Streusel Coffee Cake .....	Sept .....	120
Orange Honey Chiffon Cake .....	Mar .....	108
Piña Colada Cheesecake .....	Dec .....	118
Plum Streusel Coffee Cake .....	Sept .....	120
Poppy Seed Cake .....	Dec .....	166
Rainbow Cake .....	Apr .....	136



Rich Brandied Fruitcake .....	Nov	139
Royal Icing.....	Dec	177
Strawberry Shortcake .....	June	164
Window Box Cake .....	Apr	135

## CANDIES

Chocolate Marshmallow Fudge .....	Dec	183
Chocolate Truffles .....	Dec	183
Cocoa Truffles .....	Dec	181
Date Candy .....	Jan	86
Fruit and Nut Palates.....	Feb	91
Jamaican Coconut Drops .....	Dec	184
Nutty Truffles.....	Dec	183
Pulled Molasses Taffy .....	Dec	183
Quick Chocolate Almond Marshmallow Fudge .....	Dec	183
Quick Fruit and Nut Fudge.....	Dec	183
Raspberry Truffles .....	Feb	90
Rocky Road Bark.....	Dec	181
Sugar, Fruit or Nut Truffles .....	Dec	183

## COOKIES, BARS & SQUARES

Blondie Bars with Orange Liqueur Strawberries.....	June	136
Bodybuilder Cookies .....	July	90
Chocolate Hazelnut Tassies .....	Dec	142
Christmas Cherry Spirals .....	Dec	140
Cranberry Almond Bars .....	Dec	144
Crispy Rice Pops .....	Dec	142
Drillers' Date Squares .....	Apr	121
Eggnog Sugar Cookies .....	Dec	139
Fudgy Toffee Bars .....	Aug	70
Gingerbread Dough .....	Dec	177
Golden Ginger Folk .....	Dec	140
Painted Sugar Cookies .....	Apr	138
Shortbread Stars .....	Dec	142
White Chocolate Almond Macaroons .....	Dec	142

## DESSERTS

Amaretti Baked Peaches with Mascarpone .....	Oct	110
Apple Crisp Strudel .....	Oct	118
Baumkuchen .....	Dec	165
Berry Splendour Trifle.....	Dec	104
Blondie Bars with Orange Liqueur Strawberries.....	June	136

Blueberry Yogurt Ice .....	Aug	95
Cantaberry Sorbet.....	Aug	95
Caramelized Pears with Tiramisu Cream.....	Dec	130
Chocolate Meringue Ice-Cream Cake .....	July	93
Chocolate Soufflé for Two .....	Feb	84
Cinnamon Rice Pudding with Dried Fruits .....	Oct	141
Fuzzy Raspberry Sorbet .....	Aug	95
Honey-Baked Apples .....	Sept	94
Individual Chocolate Soufflés ..	Feb	84
Lemon Lime Tofu Zinger .....	Aug	95
Lemon Sorbet .....	May	120
Lightened Strawberry Shortcake .....	June	164
Mango Crème Brûlée .....	Mar	117
Margarita Pot de Crème .....	Dec	151
Monte Bianco.....	Dec	166
Nanaimo Bar Ice-Cream Cake ..	Dec	121
Niagara Ice Wine Napoleons ..	June	141
Peachy Keen Sorbet .....	Aug	95
Piña Colada Cheesecake.....	Dec	118
Poached Caramel Apples .....	Nov	152
Really Raspberry Sorbet.....	Aug	95
Rhubarb Strawberry Macaroon Cobbler.....	Apr	114
Strawberry Shortcake .....	June	164
Summer Berry Fool .....	July	98
Toucinho do Céu .....	Dec	165
Very Special Bread Pudding with Orange Crème Anglaise .....	Dec	122
Very Strawberry Sorbet .....	Aug	95

## EGGS & CHEESE

Bacon and Tomato Frittata .....	July	94
✓ Caramelized Onion Artichoke Quiche.....	Apr	114
✓ Cheese Endive Appetizer .....	June	142
✓ Cheesy Noodle Casserole .....	Sept	99
Creamy Cheddar Pasta Toss ....	Sept	107
Individual Savoury Bread Puddings .....	Dec	156
✓ Mango Brie Baklava .....	Dec	94
✓ Oven-Crisp Egg Foo Yong .....	Sept	105

Smoked Salmon Asparagus Quiche .....	Apr	114
✓ Spanish Omelette.....	Jan	92
✓ Spinach Feta Spread .....	Dec	101

## FISH & SEAFOOD

Barbecued Fish and Chips with Lemon Tartar Sauce .....	Aug	79
Cajun Shrimp and Sausage Boil .....	Aug	70
Creamy Shrimp Bake.....	Dec	108
Crisp Calamari .....	July	84
Crisp-Roasted Fish and Vegetables .....	Sept	106
Curried Salmon Fillets .....	June	147
Dale Nichols' Pan-Fried Haddock .....	Aug	75
Garlicky Tuna Toss .....	Mar	125
Glazed Sea Bass with Red Curry Sauce .....	Mar	115
Hibernia Halibut with Savory Stuffing and Hollandaise .....	Apr	120
Mango Lime Salmon on Tropical Watercress Salad .....	Feb	84
McKelvie's Red Curry Mussels..	Aug	75
One-Pot Pasta and Tuna .....	Jan	93
Prosciutto-Wrapped Shrimp ....	Dec	149
Salmon Rillettes on Pumpernickel .....	Dec	93
Shrimp Tostada Cups.....	Jan	86
Smoked Salmon Asparagus Quiche .....	Apr	114
Smoked Salmon Napoleons with Horseradish Cream .....	Dec	125
Spicy Thai Shrimp and Noodle Soup .....	Mar	115
Tabbouleh with Shrimp and Coriander .....	June	157
Tuna Melter .....	Mar	133
Vietnamese Noodles with Steak and Shrimp .....	Mar	122

## LAMB

Cabbage Rolls with Curried Lamb.....	Nov	132
Easter Lamb Three Ways.....	Apr	148



Lamb Barley Soup with Vegetables.....	Jan ....	103
Lamb Pulao.....	Mar ....	130
Lamb Stew.....	Sept .....	94

## MISCELLANEOUS

✓ Baked Sesame Tofu .....	Oct ....	143
✓ Barbecued Tofu .....	June ....	151
Cinnamon Rice Pudding with Dried Fruits.....	Oct ....	141
Dried Apple Shingles.....	Dec ....	177
Easy Candy Birdhouse Plaques..	Dec ....	178
Easy Seed Birdhouse Plaques....	Dec ....	178
Gingerbread Birdhouse .....	Dec ....	175
Gingerbread Dough .....	Dec ....	177
✓ Soybean Chili Wraps .....	Oct ....	141

## MIXES

Asian Honey Ginger Mix.....	Apr ....	123
Greek Spice Mix .....	Apr ....	123
Italian Spice Mix.....	Apr ....	123

## PASTA & PIZZA

Beef Pasta Salad with Honey Mustard Vinaigrette .....	May ....	136
✓ Cheddar Broccoli Penne for Two .....	Dec ....	110
✓ Cheesy Noodle Casserole .....	Sept .....	99
Chicken Linguine with Peanut Sauce .....	Mar ....	122
Chicken Tetrazzini Toss .....	Dec ....	108
Couscous with Zucchini.....	Sept .....	94
Creamy Cheddar Pasta Toss ....	Sept ....	107
Creamy Noodles with Chicken and Broccoli .....	Mar ....	124
Creamy Shrimp Bake.....	Dec ....	108
Creamy Tuna Pasta Bake .....	Nov ....	127
✓ Flexible Pasta Salad .....	May ....	144
Garlicky Tuna Toss .....	Mar ....	125
✓ Golden Stir-Fry Noodles .....	Sept ....	105
✓ Greek Feta Bows .....	Mar ....	123
Ham and Cheese Gnocchi .....	Mar ....	124
✓ Joy's Spanakopita Pizza .....	Dec .....	97
Minute-Meatballs and Spaghetti .....	Mar ....	121
Nutty Orange Couscous .....	Apr ....	127

One-Pot Pasta and Tuna .....	Jan .....	93
✓ Pasta e Fagioli .....	Dec ....	110
Patties and Couscous.....	Jan .....	93
Penne with Sausage, Peppers and Broccoli .....	Aug .....	81
Quick Pasta Cacciatore .....	Oct ....	135
✓ Roasted Red Pepper Pasta .....	Mar ....	121
✓ Roasted Vegetable Lasagna with Spicy Tomato Sauce .....	Nov ....	130
✓ Sesame Noodles .....	June ....	136
Spicy Sausage and Rigatoni Bake .....	Dec ....	107
Spinach Ricotta Rotini.....	Dec ....	108
✓ Spring Veggies and Penne.....	Mar ....	121
Taco Pasta and Chips .....	Mar ....	125
✓ Three-Colour Pepper Pizza.....	Aug .....	79
✓ Tortellini Vegetable Soup .....	Jan ....	104
Vietnamese Noodles with Steak and Shrimp.....	Mar ....	122

## PIES, TARTS & PASTRY

Beef and Vegetable Pie.....	Dec ....	103
Chocolate Orange Spiderweb Pie .....	Nov ....	108
Goat Cheese and Pear Tart .....	Nov ....	151
Italian Shepherd's Pie.....	Nov ....	128
Mushroom Thyme Tourtière ....	Dec ....	149
Perfect Lemon Meringue Pie ....	Mar ....	138
✓ Portobello Asparagus Strudels..	May ....	120
Saskatoon Berry Pie .....	Jan .....	99
Vanilla Pie .....	June ....	142
Vanilla Sea Moss Pie .....	June ....	142

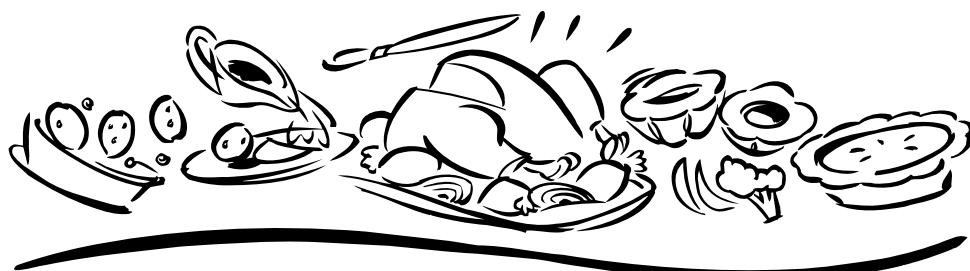
## PORK

Apple Chops .....	Sept ....	123
Asian Chops.....	Sept ....	123
Baked Black Beans and Sausage .....	Feb .....	96
Barbecue Chops .....	Sept ....	123
Calgary Stampede Ribs .....	June ....	150
Cajun Shrimp and Sausage Boil .....	Aug .....	70
Curried Chops .....	Sept ....	123
Grilled Pork Tenderloin Salad ..	May ....	144

Groovy Glazed Pork Satays.....	June ....	149
Ham and Cheese Gnocchi .....	Mar ....	124
Ham and Hash Brown Rösti .....	Apr ....	141
Hambalaya .....	Apr ....	141
Honey Devilled Ham.....	Nov ....	108
Honey Lemon Schnitzel .....	Jan .....	92
Middle Eastern Pork, Chickpea and Couscous Casserole .....	Nov ....	134
Minute-Meatballs and Spaghetti .....	Mar ....	121
Mushroom Thyme Tourtière ....	Dec ....	149
Orange Broccoli Chops .....	Sept ....	123
Penne with Sausage, Peppers and Broccoli.....	Aug .....	81
Pork Burger Kabobs.....	July .....	97
Santa Fe Pot Roast .....	Feb .....	95
Smoky Barbecued Pork Loin .....	Oct ....	110
Spicy Sausage and Rigatoni Bake .....	Dec ....	107
Spinach Ricotta Rotini.....	Dec ....	108
Tomatoes Stuffed with Prosciutto and Vegetables.....	Aug .....	87

## POULTRY

Cajun Chicken and Pepper Wraps .....	Aug .....	83
Cajun Chicken and Rice .....	Oct ....	129
Chicken Adobo .....	Oct ....	133
Chicken and Mushroom Bundles .....	Nov ....	152
Chicken Club Pita .....	June ....	149
Chicken in Thai Curry Sauce .....	Oct ....	126
Chicken Linguine with Peanut Sauce .....	Mar ....	122
Chicken Pad Thai .....	Oct ....	127
Chicken Tetrazzini Toss .....	Dec ....	108
Chicken Under Bricks .....	July ....	102
Chili-Roasted Chicken .....	May ....	149
Cornish Hens Under Bricks.....	July ....	102
Cranberry Chicken Skillet Supper.....	Oct ....	129
Creamy Chicken Potato Salad ..	May ....	149
Creamy Noodles with Chicken and Broccoli.....	Mar ....	124
Crunchy Cheese-Stuffed Chicken Breasts .....	Oct ....	126
Crusty Chicken Breasts Topped with Chopped Salad .....	Oct ....	131



Fast Chicken Curry with Red Peppers.....	Mar	127
Golden Roast Turkey.....	Dec	156
Grilled Chicken Caesar Salad ..	Sept	106
Grilled Greek Chicken Salad ..	Aug	79
Grilled Turkey Breast.....	June	136
Herbed Chicken Under Bricks ..	July	102
Indonesian Chicken in Peanut Sauce.....	Feb	96
Jerk Rubbed Chicken with Bananas.....	June	151
Lemongrass Chicken Wraps ..	Mar	115
Mexican Chicken and Fruit Stew ..	Jan	86
New Sunday Chicken Dinner ..	Oct	126
Oven-Crisp Chicken ..	Oct	133
Paprika Chicken and Gnocchi.....	Feb	95
Quick Pasta Cacciatore ..	Oct	135
Roast Cornish Hens with Autumn Herbs ..	Oct	116
Roasted Herb Chicken with Lemon Wine Sauce.....	Mar	108
Szechuan Barbecue Wings ..	Oct	127
Tandoori Chicken with Fresh Cucumber Salad.....	May	144
Thyme-Grilled Chicken Breasts..	July	88
Turkey Gobbler Loaf.....	Sept	99
Turkey Mushroom Soup ..	Jan	104
20-Minute Chicken Chili ..	Jan	92

### *PRESERVES, CONDIMENTS & VINEGARS*

Blueberry Raspberry Jam .....	Sept	111
Carrot Orange Marmalade .....	Sept	109
Cranberry Vinegar .....	Sept	115
Jardiniere .....	Sept	117
Oyster Jim's Salsa.....	June	142
Pickled Garlic.....	Sept	115
Plum Orange Conserve .....	Sept	111
Vegetarian Antipasto .....	Sept	113

### *RICE, GRAINS AND LEGUMES*

Baked Black Beans and Sausage.....	Feb	96
✓ Baked Risotto with Spinach and Sun-Dried Tomatoes .....	Nov	132
✓ Barley Salad with Tomatoes and Corn .....	Aug	90
✓ Black Bean, Corn and Tomato Soup .....	Jan	104

✓ Broccoli & Cheese.....	May	153
✓ Cajun Jazz .....	May	153
✓ Chickpea and Sweet Potato Curry with Spinach .....	Mar	128
✓ Fun-ghi.....	May	153
✓ Golden Boy .....	May	153
✓ Indonesian Beef Fried Rice .....	May	131
✓ Lemon and Herbs .....	May	153
✓ Lentil Salad with Corn and Red Onion .....	June	159
✓ Lentil Spinach Soup .....	Jan	104
✓ Mediterranean Rice Salad .....	July	94
✓ Polenta with Mushrooms .....	Nov	145
✓ Rice Salad with Tomatoes and Corn .....	Aug	90
✓ Southwest Tortilla Vegetable Bake.....	Nov	130
Tabbouleh with Shrimp and Coriander .....	June	157
20-Minute Chicken Chili .....	Jan	92
✓ Wild Rice Gruel .....	Jan	97
✓ Zucchini Rice Pilaf.....	Jan	92

### *SALADS & DRESSINGS*

✓ Balsamic Potato Salad.....	June	136
✓ Barley Salad with Tomatoes and Corn .....	Aug	90
Beef Pasta Salad with Honey Mustard Vinaigrette .....	May	136
✓ Christmas Slaw .....	Dec	151
Creamy Chicken Potato Salad ..	May	149
✓ Creamy Coleslaw .....	Apr	129
✓ Easy Layered Lunch Salad.....	July	89
Ever-Ready Vinaigrette .....	May	142
✓ Farm-Stand Salad Platter .....	July	93
✓ Fattoush .....	June	155
✓ Flexible Pasta Salad .....	May	144
✓ Grapeseed Vinaigrette Salad ..	Nov	151
✓ Green Salad with Lime Chili Dressing.....	July	88
Grilled Chicken Caesar Salad ..	Sept	106
Grilled Greek Chicken Salad ..	Aug	79
Grilled Pork Tenderloin Salad ..	May	144
House Dressing.....	Jan	93
✓ Lemon Broccoli Salad .....	Apr	125

✓ Lentil Salad with Corn and Red Onion .....	June	159
Lime Chili Dressing .....	July	88
Mango Lime Salmon on Tropical Watercress Salad .....	Feb	84
✓ Mediterranean Rice Salad .....	July	94
✓ Mediterranean Salad .....	Dec	129
✓ Minted Green Salad .....	Dec	134
✓ Minty Feta Cucumber Salad ..	July	84
✓ Potato Salad with Arugula .....	June	157
✓ Rice Salad with Tomatoes and Corn .....	Aug	90
✓ Roasted Sweet Pepper and Tomato Salad.....	June	159
✓ Salad with Roasted Garlic Dressing and Eyeball Croutons.....	Nov	108
✓ Spiced Carrot Salad .....	Sept	94
✓ Spinach and Apple Appetizer Salad .....	Apr	125
✓ Spring Greens with Honey Mint Vinaigrette .....	Apr	114
Steak and Potato Salad with Mustard Dressing.....	Aug	80
Tabbouleh with Shrimp and Coriander .....	June	157
Tandoori Chicken with Fresh Cucumber Salad.....	May	144
Tomato, Cucumber and Sweet Pepper Salad with Mint .....	June	160
Warm Flank Steak Salad .....	May	129
✓ Warm Mushroom Arugula Salad.....	Oct	110

### *SANDWICHES & SNACKS*

Asian Wraps.....	Aug	80
✓ Bagel of Brie .....	June	169
Chicken Club Pita .....	June	149
Ham Calzone.....	Apr	141
Ham Hero .....	Apr	141
✓ New Garden Egg .....	June	169
Niçoise Sub .....	June	169
Smoked Souvlaki .....	June	169
Steak and Mushroom Wrap ..	May	135
Trendy Panini .....	June	169
✓ Veggie Burrito .....	June	169



## SAUCES & SPREADS

Apple Cinnamon Cranberry Sauce .....	Dec .... 161
Corn cob Butter .....	Aug ..... 70
Cucumber Raita .....	Mar .... 130
Dill Hollandaise Sauce.....	Apr .... 120
Easy Bean Spread .....	June .... 169
Indonesian Glaze .....	June .... 152
Oyster Jim's Salsa.....	June .... 142
Red Curry Sauce.....	Mar .... 117
Roasted Eggplant Olive Spread.....	July ..... 84
Spinach Feta Spread .....	Dec .... 101
Sweet-and-Sour Slather .....	June .... 152

## SOUPS

✓ Bean, Broccoli and Tomato Soup.....	Jan .... 104
✓ Black Bean, Corn and Tomato Soup .....	Jan .... 104
✓ Broccoli Cream Soup .....	Oct .... 150
✓ Butternut Squash Cream Soup..	Oct .... 150
✓ Caramelized Onion and Parsnip Carrot Soup with Beet Splash.....	Oct .... 116
✓ Carrot Cream Soup.....	Oct .... 150
✓ Cauliflower Cream Soup .....	Oct .... 150
Chock-Full of Chicken and Wild Rice Soup .....	Nov .... 113
Chock-Full of Chicken Noodles Soup .....	Nov .... 113
Chunky Potato Soup .....	Nov .... 119
Dutch Meatball Soup .....	Nov .... 113
✓ Easiest-Ever Soup .....	Nov .... 122
Fish and Celery Soup.....	Nov .... 122
Fish and Fennel Soup .....	Nov .... 121
Ham, Bean and Spinach Soup ..	Apr .... 141
Jamaican Beef Pepper Pot .....	Nov .... 124
Lamb Barley Soup with Vegetables.....	Jan .... 103
✓ Lentil Spinach Soup .....	Jan .... 104
✓ Lightly Spiced Pumpkin Soup ....	Jan .... 103
✓ Mexican Three-Bean Lentil Soup.....	Nov .... 116
Slow-Cooker Chock-Full of Chicken and Noodles Soup ....	Nov .... 113
Smoked Sausage and Barley Soup .....	Nov .... 115
Spicy Thai Shrimp and Noodle Soup .....	Mar .... 115
✓ Sweet Potato Vichyssoise .....	May .... 120

✓ Three-Bean Lentil Soup .....	Nov .... 116
Tomato Clam Chowder .....	Nov .... 115
✓ Tortellini Vegetable Soup .....	Jan .... 104
Turkey Mushroom Soup .....	Jan .... 104
✓ Vegetable Miso Soup .....	Nov .... 119
✓ Vegetable Soup with Chili .....	Jan .... 104

## STUFFINGS & GRAVY

Apple Ham Stuffing.....	Dec .... 159
Apricot Pecan Stuffing .....	Dec .... 159
Chestnut Leek Stuffing .....	Dec .... 159
Mushroom Sage Stuffing .....	Dec .... 159
✓ Mushroom Stuffing for Trout....	Jan .... 100
Sausage Stuffing .....	Dec .... 159
Wild Mushroom Gravy .....	Dec .... 159

## VEGETABLES

✓ Almond Orange Green Beans ..	Dec .... 160
✓ Barbecue-Baked Taters.....	July ..... 93
✓ Barbecue-Roasted Onions and Potatoes .....	Oct .... 110
Barbecued Fish and Chips with Lemon Tartar Sauce .....	Aug ..... 79
Caesar Stuffed Potatoes .....	Jan ..... 93
✓ Celery Root and Potato Mash....	Oct .... 117
Cheddar Bacon Mashed Potatoes .....	Dec .... 160
✓ Cherry Tomato and Mushroom Sauté.....	Apr .... 125
✓ Chickpea and Sweet Potato Curry with Spinach.....	Mar .... 128
✓ Chili-Baked Fries.....	Apr .... 129
✓ Cooked Green Beans .....	Dec .... 161
Couscous with Zucchini.....	Sept ..... 94
✓ Cracked Potatoes.....	July ..... 84
Crisp-Roasted Fish and Vegetables .....	Sept .... 106
Dilled Carrot Coins.....	Apr .... 127
✓ Dilly Chili .....	Mar .... 133
✓ Eggplant Basil Burgers .....	June .... 147
✓ Garlicky Mashed Potatoes .....	Apr .... 125
✓ Grilled Summer Veggie Packets .....	July ..... 88

Ham and Hash Brown Rösti .....	Apr .... 141
✓ Hippy Revival.....	Mar .... 133
✓ Italiano Green Beans.....	Dec .... 161
✓ Lazy Lasagna .....	Mar .... 133
✓ Lemony Garlic Dill Green Beans.....	Dec .... 161
✓ Maple Rutabaga with Cranberries.....	Dec .... 160
✓ Polenta with Mushrooms .....	Nov .... 145
✓ Portobello Asparagus Strudels .....	May .... 120
✓ Red and Green Sauté.....	Apr .... 129
Risotto Butternut Squash Cakes.....	Dec .... 129
✓ Roasted Asparagus .....	Mar .... 108
✓ Southwest Tortilla Vegetable Bake.....	Nov .... 130
Spudito .....	Mar .... 133
✓ Succotash with Grilled Corn and Squash.....	Oct .... 118
✓ Summer Corn Custard .....	Aug ..... 89
✓ Sweet Potato Pumpkins.....	Nov .... 108
Tomatoes Stuffed with Prosciutto and Vegetables.....	Aug ..... 87
Tuna Melter .....	Mar .... 133
✓ Two-Potato Latkes.....	Dec .... 134

### ✓ Vegetarian main courses and side 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, and vitamins A, 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

