

Canadian Living

2004 RECIPE INDEX



Appetizers & Dips

▼ Baguette Toasts	Jan	17
Baked Breaded Shrimp	Dec	175
Baked Stuffed Shrimp	Apr	141
Chicken Tortilla Cups	Dec	126
▼ Chipotle Cheddar Sticks	Apr	140
▼ Classic Bruschetta	Aug	97
▼ Corn and Dill Bruschetta	Aug	97
Crab Spring Rolls	Mar	81
Crab-Stuffed Jalapeños	Dec	130
▼ Creamy Hummus	June	105
▼ Cucumber Bruschetta	Aug	97
Deli Meat Platter	Dec	148
▼ Garlic Dill Ranch Dip	Dec	220
Garlic Lime Shrimp	May	131
▼ Cranberry Walnut Brie	Dec	128
▼ Grilled Oregano Pitas	June	158
Grilled Shrimp Cocktail	Dec	175
Grilled Shrimp with Citrus Aioli	June	131
▼ Grilled Vegetable Platter	June	103
Herbed Crab Dip	Jan	61
Herbed Smoked Salmon Dip	Jan	61
Hoisin Pork Ribs	Apr	143
▼ Hummus Spread	Dec	185
▼ Layered Hummus Dip	June	103
▼ Leek and Goat Cheese Brûlée	Sept	89

▼ Leek Pastries with Mild Spices (Boulani)	Dec	164
▼ Lightened-Up Hummus	Oct	143
▼ Marinated Mushrooms	June	133
Mini Meatballs	Dec	130
Mint Beef and Lamb Cigars	Oct	152
▼ Mushroom Phyllo Rolls	Dec	130
Mustard and Relish Toasted Tootsies in Blankets	Apr	141
Nachos	Apr	143
Parmesan Mustard Wings	Apr	144
▼ Party Salsa	Oct	156
▼ Peanut Dipping Sauce	Dec	152
Prosciutto Shrimp	Dec	126
▼ Red Onion Bruschetta	Aug	97
Reuben Pumpernickel Pucks with Horseradish Cheese	Apr	140
▼ Roquefort Apricot Bites	Jan	17
▼ Roasted Garlic Potato Skins	May	133
▼ Roasted Red Pepper Hummus	June	105
▼ Rustic Spinach and Garlic Bruschetta	May	134
Sesame Pork Bites	Dec	126
Sizzling Lime Shrimp	Dec	175
Smoked Salmon Spread	Dec	128
Spice Market Beef and Lamb Cigars	Oct	151
Spice Market Beef and Lamb Triangles	Oct	152

▼ Spinach and Red Pepper Pinwheels	Dec	128
▼ Squash Agnolotti with Sage and Walnuts	Nov	177
▼ Tahini Dip	Aug	94
Thai Sweet Chili Shrimp	Dec	175
Toasted Tootsies in Blankets	Apr	141
▼ Tomato Dip	Aug	94
▼ Vegetable Ensemble	Dec	152
White Chocolate Cheesecake Dip	Dec	150
▼ Yellow Pepper Chive Bruschetta	Aug	97

Beef, Lamb & Veal

Asian Beef Lettuce Cups	May	116
Baked Macaroni and Beef	Apr	103
Baked Penne with Beef, Zucchini and Fontina Cheese	May	122
Balsamic Flank Steak and Mushrooms	Feb	77
Barbecue Southwest Brisket	Jan	78
Beef and Cabbage Borscht	Oct	117
Beef and Polenta Bake	May	116
Beef and Squash Stew	Oct	156
Beef Patties with Cherry Tomato Sauce	Oct	164

2004 RECIPE INDEX

Beef Patties with Mustard Sauce	Apr	98
Beef Stroganoff Stew	Mar	121
Boeuf Bourguignon	Dec	189
Bolognese Beef Sauce	May	122
Braised Beef in Wine	Jan	63
Braised Lamb Shanks	Nov	145
Cheddar Mustard Dill Mini Meat Loaves	May	119
Chinese Beef, Garlic and Scape Stir-Fry	May	134
Cumin Flank Steak	June	106
Curried Banana Beef Stew	Feb	109
Curried Cabbage Rolls	May	119
Deli Beef and Vegetable Sandwich "Burger"	Apr	122
Deli Meat Platter	Dec	148
Double-Beef Chili	Sept	82
Empanadas	Feb	121
Family Sirloin Steak with Mushrooms and Onions	Dec	179
Family-Style Pasta	Mar	96
Garlicky Roast Beef	Dec	150
Ginger and Tomato Beef Short Rib Stew	Nov	140
Gourmet Gorgonzola Burgers	June	113
Greek Beef and Tomato Stew	Mar	121
Grilled Steak Wraps	July	117
Ground Beef Curry	Nov	129
Herb and Spice Lamb Burgers	June	116
Honey Garlic Meatballs	Mar	118
Lamb Chops with Chunky Greek Salad	June	159
Lemon Thyme Veal Stew with Potatoes	Jan	77
Lemon Thyme Veal Stew with Sweet Potatoes	Jan	77
Meal-in-a-Bowl Mushroom Barley Soup	Jan	77
Meat Loaf Burgers	June	115
Meatball Vegetable Soup	May	124
Mini Meatballs	Dec	130
Mint Beef and Lamb Cigars	Oct	152
Mustard Dill Meat Loaf	May	119
Mustard Dill Mini Meat Loaves	May	119
Old-Fashioned Root Stew Vegetable	Mar	121
One-Pot Beef and Noodle Simmer	Sept	18
Onion Dijon Burgers	Sept	123
Pepper-Pot Stew	Mar	121
Rainbow Beef Stir-Fry	Aug	95
Red Pepper Mustard Dill Mini Meat Loaves	May	119
Roast Beef and Tzatziki Panini	Nov	158
Roast Duck Rolls	Feb	80
Rosemary Lamb Chops with Lickety-Split Lentil Salad	Aug	89
Salsa Beef with Eggs	Apr	134
Salsa Meat Loaf	Oct	142
Shepherd's Pie	Mar	124
Skillet Ratatouille Patties	May	126
Sloppy Joe	Dec	220
Slow-Cooked Beef Chili	Nov	143
Slow-Cooker Boeuf Bourguignon	Dec	190
Slow-Cooker Lemon Thyme Veal Stew with Potatoes	Jan	77

Slow-Cooker Meal-in-a-Bowl Mushroom Barley Soup	Jan	77
Smoky Barbecue Burgers	June	113
Spanish Beef and Vegetable Stew	Mar	121
Spice Market Beef and Lamb Cigars	Oct	151
Spice Market Beef and Lamb Triangles	Oct	152
Steak and Cheese Quesadillas	Apr	105
Steak Sandwich	Aug	86
Sweet-and-Sour Beef Stir-Fry	Nov	174
Tasty Extra-Lean Burgers	June	113
The Basic Burger	June	112
Thick-Cut Sirloin Steak	July	76
Weeknight Quick Roast	Nov	153

Beverages

Chocolate Banana Shakes	Apr	111
Chocolate Banana Smoothie	Mar	93
Holiday Morning Smoothie	Dec	120
Mint Tea	Oct	155
Nonalcoholic Vanilla White Crantini	Sept	89
Peanut Butter Banana Shakes	Apr	111
Strawberry Banana Smoothie	Jan	38
Passionate Passion Fruit Cocktails	Feb	101
Vanilla White Crantini	Sept	89

Breads, Quick & Yeast

Blueberry Oatmeal Muffins	Mar	94
Blueberry Yogurt Muffins	Apr	110
Blueberry Yogurt Whole Wheat Muffins	Apr	110
Bran Flaxseed Cranberry Muffin Tops	Jan	70
Bran Flaxseed Cranberry Muffins	Jan	70
Chocolate Cinnamon Buns	Dec	208
Egg Crêpes with Smoked Salmon and Lemon Crème Faïche	Dec	118
Fruity Pancakes	Aug	74
Greek Easter Bread	Apr	151
Maple Walnut Pancakes	Mar	116
Maple Walnut Waffles	Mar	116
Multigrain Bread	Mar	102
Pancakes	Feb	82
Pear Upside-Down Muffins	Jan	69
Quick Focaccia Bread	Jan	69
Sausage Skillet Corn Bread	Aug	74
Skillet Drop Biscuits	Aug	74
Spud Island Biscuits	July	82
Thin Pizza Dough	Aug	71
Waffles with Cranberry Pineapple Syrup	Dec	122
Whole Wheat Blueberry Apple Puff Pancake	Oct	123
Whole Wheat Dinner Rolls with Sunflower Seeds	July	91
Whole Wheat Pancakes	Apr	111
Whole Wheat Rolls with Sunflower Seeds	July	89

Breakfast

▼ Breakfast Parfait	Dec	120
▼ Chocolate Hazelnut French Toast	Dec	209
Eggs Canadian	Dec	122
▼ Grapefruit, Avocado and Watercress Salad	Dec	123
▼ Holiday Morning Smoothie	Dec	120
▼ Maple-Broiled Grapefruit	Dec	120
▼ Spiked Pomegranate Orange Coupe	Dec	120
▼ Tropical Fruit Salad with Honey Lime Dressing	Dec	120

Cakes & Icings

Almond Apricot Bundt Cake	May	167
Black Forest Chocolate Bundt Cake	Dec	209
Butter Icing	Nov	182
Chocolate Chocolate Chip Jack-o'-Lantern Cake	Nov	182
Chocolate Espresso Torte	Apr	148
Chocolate Raspberry Cake	May	167
Coconut Cream Cake	May	21
Coconut Sorbet and Lacy Wafers with Tropical Fruit	Apr	148
Lemon Cookie Streusel Torte	May	168
Lemon Poppy Seed Roll	Apr	149
Mango Mousse Cake	May	170
Maple Spice Cake with Butterscotch Maple Sauce and Sugared Pecans	Mar	111
▼ Meringue Powder Royal Icing	Dec	217
Non-Passover Chocolate Espresso Torte	Apr	148
Non-Passover Lemon Poppy Seed Roll	Apr	149
▼ Pasteurized Egg White Royal Icing	Dec	217
Pumpkin Cupcakes with Cream Cheese Icing	Nov	130
Raspberry Red Currant Torte	July	112
Rocky Road Cheesecake	Dec	209
Strawberry Ice-Cream Shortcake	June	106
Wild Blueberry Bundt Cake	July	82
Wild Blueberry Torte	July	112

Candies

Candy-Covered Fudge	Dec	224
Chocolate Nests	Apr	20
Christmas Chocolate Almond Toffee	Dec	224
Cranberry Jewel Fudge	Dec	224
Nut Fudge	Dec	224
Snow-Ball Chocolate Fudge	Dec	224

Condiments, Sauces & Spreads

Avocado Salsa	June	119
Blue Cheese and Horseradish Sauce	June	119
Bolognese Beef Sauce	May	122
Chocolate Sauce	Jan	89
Chunky Rhubarb Applesauce	Apr	111

2004 RECIPE INDEX

Fresh Coriander Chutney	Dec	166
Fresh Herb Mayonnaise	June	119
Fresh Pineapple Salsa	Apr	115
Fresh Tomato and Onion Relish	June	119
Gooseberry Chutney	Aug	106
Harissa (Hot Sauce)	Oct	154
L'Ancienne Mustard	July	91
Napa Slaw	June	119
Peach Chutney	Aug	106
▼ Raita	Nov	129
Raspberry Sauce	May	167
Smoky Barbecue Sauce	June	113
Sun-Dried Tomato Sauce	Oct	156
Sweet-and-Hot Maple Mustard	Dec	222
Tahini Mayonnaise	June	119
Tomato Corn Salsa	July	117

Cookies, Bars & Squares

Almond Cookies	Feb	89
Almond Cookies	Dec	194
Apricot Squares	Dec	202
Banana Brownies	Feb	111
Black Forest Cookie Bars	Jan	83
Cappuccino Thumbprints	Jan	84
Carrot Date Breakfast Bars	Apr	110
Cherry Coconut Squares	Dec	205
Chippy Shortbread	Dec	194
Chocolate Truffles for Two	Feb	104
Cookies and Tea Shortbread	Dec	194
Double Ginger Drop Cookies	Jan	83
Double Ginger Refrigerator Cookies	Jan	84
Fudgy Raspberry Marble Brownies	June	108
Glazed Shortbread	Dec	194
Hazelnut Toffee Cookie Bars	Jan	83
Lavender Shortbread	Dec	194
Lemon Hazelnut Squares	June	133
Lemon Lime Refrigerator Cookies	Dec	198
Macadamia Milk Chocolate Biscotti	Jan	83
Mocha Pecan Nanaimo Bars	Dec	198
Mocha Thumbprints	Jan	84
Nanaimo Bars	Apr	95
Nutty Chocolate Chip Cookie Bars	Jan	83
Nutty Shortbread	Dec	194
Oatmeal Energy Bars	Aug	81
Oatmeal Orange Shortbread Squares	Jan	84
Orange Butter Cookies	Mar	106
Raspberry Almond Bars	Dec	200
Really Good Rum Balls	Dec	200
Rocky Peanut Squares	Dec	202
Sesame Seed Shortbread	Dec	194
Shortbread Stars, Bars, Trees, Bells, Candy Canes or Snowflakes	Dec	194
Sparkling Eggnog Sugar Cookies	Dec	196
Sparkling Eggnog Sugar Snowflakes	Dec	196
Sugarless Almond Slice-and-Bake Cookies	Dec	205
Valentine Cookies	Feb	18
Walnut White Chocolate Snowballs	Dec	196
Whipped Shortbread Toonies	Dec	194

Desserts

Apple Rum Raisin Strudel	Sept	108
Baked Apples with Dried Fruit	Nov	169
Baked Chocolate Mousse	June	97
Banana Toffee Shortcakes	Feb	112
Candy-Coated Ice Creamy Sandwiches	June	151
Caramel Chocolate Custard	Jan	90
Choco-Banana Pops	June	157
Chocolate Chip Ice-Cream Sandwiches	June	151
Chocolate-Dipped Strawberries	June	108
Chocolate Walnut Tart	Nov	136
Cranberry Syllabub	Oct	136
Creamy Orange Pops	June	157
Crispy Ice Creamy Sandwiches	June	151
Desserts Plus's Coffee Dacquoise Torte	Sept	108
Double Chocolate Coffee Ice-Cream Stacks	Jan	89
Double Chocolate Semifreddo	Dec	213
Flavoured Triangles	June	155
Fresh Fruit Platter	Dec	150
Fruit Salad	Nov	173
Ginger Caramel Oven-Poached Pears	Nov	167
Ginger Triangles	June	154
Ginger Vanilla Ice-Cream Stacks	Jan	89
Granola Parfaits	Oct	143
Grape Pops	June	157
Hazelnut Chocolate Mousse	Jan	90
Honey-Drenched Phyllo Coil	Oct	155
Honey Grapefruit Winter Compote	Jan	70
Honey-Roasted Pears with Raspberry Wine Drizzle	Jan	65
Icy Cran-Raspberry Pops	June	157
Maple-Glazed Pineapple	Nov	174
Maple Panna Cotta	Mar	112
Maple Pudding Chômeur	Mar	114
Maple Walnut Ice Cream	Mar	112
Marvellous Melon Pops	June	157
Microwave Chunky Cinnamon Applesauce	Nov	175
Milk Pudding with Almonds, Pistachios and Cardamom (Ferni)	Dec	170
Mini Mango Sugar Cookie Sandwiches	June	153
Mint Chocolate Sandwich Cookies	June	155
Mocha Mousse	Jan	89
Oatmeal Coconut Ice-Cream Sandwiches	June	151
Orange Chocolate Mousse	Jan	90
Peaches and Cream Pops	June	157
Peanut Butter Ice-Cream Dinosaurs	June	153
Pear Gingerbread Pudding	Oct	164
Phyllo Cluster Apple Tarts	Oct	146
Pint-Size Peanut Butter Ice-Cream Sandwiches	June	153
Puckery Lemon Drop Pops	June	157
Quick Strawberry Shortcake	June	159
Raspberry Chocolate Mousse	Jan	90
Rhubarb Compote	May	158

Spiced Orange and Grapefruit Compote	Dec	160
Strawberry Ice-Cream Shortcake	June	106
Strawberry Orange Pops	June	157
Strawberry Rhubarb Compote	May	158
Three-Day Fruit Salad	Feb	98
Triple-Decker Ice-Cream Stacks	Jan	89
Two-Tone Chocolate Espresso Panna Cotta	Dec	210
Vanilla Candy Ice-Cream Sandwiches	June	153
Warm Banana Cobbler	Feb	112
White Chocolate Cheesecake Dip	Dec	150
Wild Blueberry Blast Pops	June	157

Eggs & Cheese

Baked Egg Toasty Cups	Apr	110
Baked Eggs with Spinach and Shrimp	Sept	126
Chicken and Egg on Rice	Nov	128
▼ Chili Cheese Quiche	Apr	96
▼ Chipotle Cheddar Sticks	Apr	140
▼ Chocolate Hazelnut French Toast	Dec	209
▼ Cranberry Walnut Brie Deli Delight Quiche	Dec	128
▼ Deli Delight Quiche	Apr	96
Egg Crêpes with Smoked Salmon and Lemon Crème Fraîche	Dec	118
▼ Egg Salad Hoagies	Dec	186
▼ Eggs Canadian	Dec	122
▼ Fiddlehead and Cheese Omelette	July	84
▼ Fiddlehead Omelette	July	84
▼ Garden Egg Salad	Oct	125
▼ Golden Onion and Dill Frittata	July	116
▼ Great Canadian Cheese Platter	Dec	146
▼ Grilled Cheese	Dec	179
▼ Herb Goat Cheese Soufflé	May	158
Home-Style Crab Egg Foo Young	Feb	86
Layered Omelette with Ham, Mushrooms and Peppers	Jan	69
▼ Leek and Goat Cheese Brûlée	Sept	89
▼ Lightened-Up Quiche	Apr	96
▼ Pizza Omelette	Nov	172
Poached Egg Muffin Sandwiches	Apr	110
▼ Poached Eggs on Sticky Rice	Sept	122
▼ Roasted Vegetable Frittata	Apr	95
▼ Salmon Quiche	Apr	96
Salsa Beef with Eggs	Apr	134
Sausage and Potato Omelette	Nov	154
▼ Scrambled Egg Wraps	Aug	74
▼ Spanish Omelette	Sept	50
▼ Strata-touille	Dec	118
▼ Turkey Quiche	Apr	96

Fish & Seafood

15-Minute Roasted Trout	Nov	130
2003 International Chowder Winner	Sept	113

2004 RECIPE INDEX

2003 Paderno P.E.I. Chowder Champion	Sept	115
Baked Breaded Shrimp	Dec	175
Baked Bunwiches	Apr	105
Baked Eggs with Spinach and Shrimp	Sept	126
Baked Stuffed Shrimp	Apr	141
Barbecued Hot Smoked Arctic Char	July	96
Barbecued Tuna Pizzas	Aug	94
Broiled Tilapia with Parsley, Potatoes and Carrots	May	159
Broiled Trout with Lemon Onion Drizzle	Mar	119
Cajun Shrimp	Dec	219
Canned Clam Chowder	Sept	116
Catfish Fingers with Cajun Mayonnaise	Oct	162
Chinese Garlic and Peanut Noodles with Shrimp	May	150
Clam Chowder	Mar	44
Coconut Curry Simmered Fish Fillets	June	142
Coriander Spice Fillets	July	115
Cornmeal-Crusted Rainbow Trout Sandwiches	June	140
Crab Cakes	July	82
Crab Salad Melts	Oct	125
Crab Spring Rolls	Mar	81
Crab-Stuffed Jalapeños	Dec	130
Curried Salmon Fillets	July	75
Dalvay Seafood Chowder	Sept	116
Fennel Spice Fillets	July	115
Fish Stock	Sept	115
Fried Bass with Brown Butter	June	144
Garlic Lime Shrimp	May	131
Ginger Pickerel Simmer	June	137
Grilled Arctic Char with Tahini Sauce	June	146
Grilled Halibut Fillet with Confit of Peppers	July	95
Grilled Shrimp Cocktail	Dec	175
Grilled Shrimp with Citrus Aioli	June	131
Grilled Trout with Radish Slaw	July	117
Grilled Whitefish and Ratatouille Salad	June	142
Grilled Whole Lake Trout with Fennel Salad	June	142
Grilled Whole Pickerel	June	138
Herb Fillets	July	115
Hot Smoked Arctic Char	July	96
Lemon Dill No-Salt-Added Fillets	July	115
Lemon Thyme Pickerel	June	138
Lobster Fettuccine	Feb	103
Maple-Glazed Salmon	Mar	102
Microwave Salmon with Cucumber Salad	Apr	99
Miso Grilled Scallops	Aug	90
Orange Spice Fillets	July	115
Oven-Fried Fish Fingers	Nov	173
Oysters on the Half Shell	Jan	61
Pad Thai	Mar	84
Poached Pickerel	Feb	84
Prosciutto Shrimp	Dec	126
Prosciutto-Wrapped Fish	Aug	92
Red Snapper with Crunchy Cucumber Salad	Feb	99
Roasted Mustard Lake Trout	June	140

Roasted Salmon, Bacon and Spinach Salad	Apr	133
Salmon Fillet over Spinach Salad with Warm Mustard Vinaigrette	Dec	180
Salmon with Lentil Pilaf	Oct	123
Sizzling Lime Shrimp	Dec	175
Smoked Salmon Muffulettas	June	131
Smoked Salmon Spread	Dec	128
Soy Lemon Steamed Whole Pickerel	June	138
Steamed Whole Pickerel	June	138
Stove-Top Tuna Casserole	Nov	125
Surimi Salad	Aug	89
Thai Sweet Chili Shrimp	Dec	175
Tomato Basil Pickerel	June	138
Tomato Clam Chowder	Sept	115
Tuna and Bean Salad	Nov	125
Tuna Fish Patties	Apr	133
Tuna Patties	Nov	125
Tuna Wrap	Nov	125
White Wine Sage Pickerel	June	138

Mixes

✓ Cajun Seasoning	Dec	219
✓ Camping Mix	Aug	74
✓ Garlic Dill Ranch Dressing Mix	Dec	219
✓ Hiker's Trail Mix	Aug	77
✓ Mexican Popcorn Spice Mix	Dec	220
✓ Roast Vegetable Mix	Dec	220
✓ Sloppy Joe Mix	Dec	220

Miscellaneous

✓ Baked Tofu with Braised Baby Bok Choy	Oct	114
✓ Brandied Sweet Cherries	June	24
✓ Candied Lemon Slices	May	170
✓ Fish Stock	Sept	115
✓ Curly Marble Shards	Dec	210
✓ Five-Spice Mixed Nuts	Dec	223
✓ Gingerbread Centrepieces	Dec	216
✓ Gingerbread Cookie Dough	Dec	217
✓ Indian-Spiced Cashews	Dec	222
✓ Marzipan Pumpkins	Oct	26
✓ Meringue Powder	Dec	217
✓ Royal Icing	Dec	217
✓ Pasteurized Egg White Royal Icing	Dec	217
✓ Peanut Butter Granola	Oct	142
✓ Perfect Gravy for a Crowd	Dec	136
✓ Preserved Lemons	Oct	153
✓ Shaved Coconut	May	21
✓ Spiced Nuts	Feb	103
✓ Sugared Walnuts	Feb	89
✓ Sugared Rose Petals	May	167
✓ Sweet Ginger Almonds	Dec	224
✓ Teriyaki Tofu with Mushrooms and Cabbage	Mar	119
✓ Tofu Asparagus Stir-Fry	May	158
✓ Turkey Stock	Dec	136
✓ White Chocolate Leaves	May	167
✓ White Chocolate Pumpkins and Shards	Oct	172

Pasta & Pizza

✓ Artichoke and Sun-Dried Tomato Linguine	Apr	136
Baked Macaroni and Beef	Apr	103

Baked Penne with Beef, Zucchini and Fontina Cheese	May	122
Barbecued Tuna Pizzas	Aug	94
Caraway Cabbage Stir-Fry with Cheese Perogies	Apr	134
Chinese Garlic and Peanut Noodles with Shrimp	May	150
Chinese Sesame Noodles with Chicken	May	150
✓ Corn, Feta and Dill Orzo	Apr	98
✓ Do-It-Yourself Pizza	Nov	158
✓ Green Pea Orzo	Apr	98
✓ Family-Style Pasta	Mar	96
✓ Fusilli with Oil and Garlic	May	135
✓ Fusilli with Smoked Gouda	July	104
✓ Herb and Spinach Pasta	June	159
✓ Japanese Vegetarian Buckwheat Noodles	May	152
Linguine with Pancetta and Snow Peas	June	126
One-Pot Chicken Pesto Pasta	May	141
✓ Orzo and Mushroom Salad	July	106
Pad Thai	Mar	84
Party Parmesan Pasta Salad	June	105
✓ Pea, Pepper and Pasta Salad	June	123
✓ Penne with Squash and Black Beans	Oct	162
✓ Penne with Squash and Lima Beans	Oct	162
✓ Pesto Linguine with Cherry Tomatoes	Aug	85
✓ Potato Pesto Pizza	Mar	101
Roasted Vegetable Rotini and Cheese	Oct	114
✓ Sesame Soy Bow Ties	July	104
Smoked Salmon Pasta Salad	Sept	123
✓ Squash Agnolotti with Sage and Walnuts	Nov	177
Top-Your-Own-Chili Pasta	Apr	99
✓ Two-Cheese Pasta Shells	Aug	81
Vegetable Chow Mein	Apr	133
✓ Vegetable Pizza	Apr	126

Pies, Tarts & Pastry

Blue Gooseberry Pie	July	110
Butterscotch Pie	June	162
Chocolate Almond Tartlets	Dec	210
Chocolate Caramel Ice-Cream Pie	Dec	213
Flaky Pastry	Mar	106
Flaky Pastry	July	110
Harvest Tomato Tart	Aug	71
Maple Apple Tarte Tatin	Mar	112
Maple Nut Pie	Mar	114
No-Bake Chocolate Marble Cheesecake Pie	Jan	87
Pastry	Mar	112
Peaches and Cream Pie	Sept	95
Pucker-Up Lemon Tarts	Feb	104
Red Currant Cherry Almond Pie	July	110
Retro Banana Cream Pie	Feb	111
Rhubarb Crumble Pie	May	105
Roasted Shallot and Red Pepper Tarts	Mar	17
Shepherd's Pie	Mar	124
Strawberry Rhubarb Pie	June	165

2004 RECIPE INDEX

White Chocolate Pumpkin Mousse Tarte	Oct	171
Whole Wheat Canola Oil Pastry	May	105
Winterberry Pie	Mar	104

Pork

Baked Egg Rolls	Apr	98
Breakfast Quesadillas	Apr	110
Caribbean Pork Burgers with Mango Salsa	July	76
Cumin Pork Chops	June	105
Deli Meat Platter	Dec	148
Garlic Pork Roast	Mar	101
Garlic Rapini and Sausage Sandwiches	Nov	129
Glazed Ham with Orange Cranberry Sauce	Apr	115
Glazed Ham with Red Currant Glaze	Apr	115
Green Onion Pork Burgers	June	116
Grilled Lemon Pork Chops	June	22
Grilled Mushroom-Stuffed Pork Loin	July	86
Ham and Cheese Baguette Toast	Dec	178
Hoisin Pork Ribs	Apr	143
Honey-Garlic Pork Medallions with Couscous	Nov	160
Honey Hoisin Pork with Squash and Potatoes	Oct	163
Hot Mustard Pork Kabobs	Aug	95
Italian Sausage Bean Bake	Apr	133
Kielbasa Sausage and Saffron Paella	Aug	81
Lemon Pepper Chops with Vegetable Rice Pilaf	Mar	119
Moroccan Pork Skewers	Aug	79
Phil's Memphis-Style Pork Ribs	July	120
Pork Chops with Glazed Carrots	Sept	122
Pork Cutlets with Mushrooms	Oct	119
Pork Roast in Onion Gravy	Nov	140
Pork Satays with Peanut Plum Sauce	Mar	84
Pork Vindaloo	Feb	77
Roasted Mushroom-Stuffed Pork Loin	July	89
Sausage and Potato Omelette	Nov	154
Sausage Cacciatore	Feb	99
Sausage Skillet Corn Bread	Aug	74
Sesame Pork Bites	Dec	126
Sloppy Giuseppe	Dec	220
Slow-Cooked Barbecue Ribs	Nov	160
Smoked Sausage and Tomato Chicken Simmer	Jan	77
Stir-Fried Pork Tenderloin	Mar	94
Tenderloin and Pita Salad	July	116
Teriyaki Pork Tenderloin	Aug	92
Traditional New Orleans Muffulettas	June	133
Vietnamese Grilled Pork with Rice Noodles	May	146

Poultry, Game & Stuffing

20-Minute Chicken Goulash	May	141
Baba's Oven-Fried Chicken	Dec	158
Baked Chicken Drumsticks (Kabob)	Dec	166

Baked Chicken Tortilla Roll-Ups	May	143
Bison Burgers	July	91
Braised Chicken Thighs	May	159
Broiled Cajun Chicken Breasts	Apr	124
Chicken and Broccoli Sauté	Oct	163
Chicken and Brussels Sprout Sauté	Oct	163
Chicken and Egg on Rice	Nov	128
Chicken and Rice	Mar	96
Chicken and Vegetable Fajitas	Oct	144
Chicken Braised with Lemon, Fennel and Garlic	May	133
Chicken Burgers with Tomato Relish	Oct	117
Chicken Clubhouse	Aug	86
Chicken Couscous Wraps with Red Pepper Mayonnaise	Aug	20
Chicken Fried Rice	Mar	77
Chicken Lo Mein	May	143
Chicken Peanut Noodles	Feb	98
Chicken Pitas with Tahini Sauce	Apr	122
Chicken Schnitzel	May	139
Chinese Sesame Noodles with Chicken	May	150
Chicken, Snow Peas and Cashew Stir-Fry	Aug	85
Chicken Tagine with Olives and Preserved Lemons	Oct	153
Chicken Tortilla Cups	Dec	126
Chicken with Fennel Tomato Sauce	Oct	121
Chicken with Sherry Vinegar and Garlic	Nov	136
Chipotle Grilled Chicken	Sept	91
Chipotle Turkey Burgers	June	112
Chorizo and Rice Stuffing	Dec	138
Cider and Maple Grilled Duck	July	84
Cranberry Egg Bread Stuffing	Dec	140
Deli Meat Platter	Dec	148
Garlic Chicken Livers with Red Pepper and Spinach	Apr	99
Glazed Balsamic Chicken	May	139
Golden Garlic Chicken with Sweet Potatoes	Sept	82
Grandma Grummett's Sage and Onion Bread Stuffing	Dec	138
Green Bean Chicken Salad	July	117
Green Pepper Burgers	June	115
Grilled Trattoria Chicken	Oct	121
Grilled Turkey Scaloppine	Aug	94
Help-Yourself Turkey Tacos	Dec	178
Hoisin Baked Chicken	May	143
Hoisin Barbecued Chicken	May	143
Hoisin-Glazed Roast Chicken	Nov	156
Indoor Grilled Black Bean Chicken Breasts	Nov	154
Indoor Grilled Chicken Breasts	Nov	153
Indoor Grilled Chili Chicken Breasts	Nov	153
Island Chicken and Rice	May	141
Mexican Corn-and-Chicken Tamales	Aug	113
Moroccan Chicken Skewers	Aug	79
Mushroom-Stuffed Chicken	Mar	118

One-Pot Chicken and Noodle Simmer	Sept	18
One-Pot Chicken Pesto Pasta	May	141
Paprika Garlic Chicken Breasts	June	122
Parmesan Chicken Strips with Tomato Dipping Sauce	Apr	103
Parmesan Mustard Wings	Apr	144
Perfect Gravy for a Crowd	Dec	136
Prosciutto Asparagus Chicken Roulades	Apr	20
Quick and Easy Chicken Soup	Mar	96
Red Coconut Chicken Curry	Mar	86
Roast Capon	May	111
Roasted Chicken on a Bed of Plantains and Onions	Feb	112
Sage and Cider Roast Turkey	Mar	102
Saucy Chicken Tenders	Sept	123
Sesame Chicken Salad	June	158
Smoked Sausage and Tomato Chicken Simmer	Jan	77
Sweet-and-Sour Chicken Legs	Mar	77
Sweet-and-Sour Pineapple Chicken	Apr	136
Team Sandwich	Apr	141
Toasted Curry Chicken and Apple Sandwich	Apr	134
Turkey Breast Stuffed with Macerated Dried Fruit	Oct	134
Turkey Burritos	Oct	121
Turkey Quiche	Apr	96
Turkey Scaloppine	May	175
Zingy Drumsticks	June	105

Preserves

Black Currant Gooseberry Jelly	Aug	102
Currant Jelly	Aug	101
Fig and Wine Conserve	Dec	148
Four-Fruit Jewel Jam	Aug	102
Golden Conserve	Aug	101
Jalapeño Jelly	Sept	130
Lemon Shred Marmalade	Feb	116
Mandarin Marmalade	Feb	115
Moro Orange Marmalade	Feb	118
Pepper and Red Onion Marmalade	Dec	222
Port Jelly	Dec	220
Low-Sugar Strawberry Freezer Jam	Aug	104
No-Sugar-Added No-Cook Strawberry Jam	Aug	104
Red Currant Jelly	Aug	101
Red Grapefruit Marmalade	Feb	116
Red Hot Pepper Jelly	Sept	130
Red Onion Marmalade	Dec	222
Seville Orange Marmalade	Feb	118
Strawberry Freezer Jam	Aug	104
Strawberry Gooseberry Jam	Aug	102
Tequila Sunset Pepper Jelly	Sept	129
Winter Berry Jam	Dec	222

Rice, Grains & Legumes

Apple Cinnamon Oatmeal Porridge	Apr	111
Apple Muesli	Apr	109
Baked Beans with Apples	Oct	144

2004 RECIPE INDEX

▼ Basmati Rice with Carrots, Raisins and Spices (Kabli)	Dec	166
Beef and Polenta Bake	May	116
▼ Bulgur and Mushroom Burgers	June	118
Chicken and Egg on Rice	Nov	128
Chicken and Rice	Mar	96
Chicken Fried Rice	Mar	77
▼ Chickpea and Black Bean Salad	July	99
▼ Chili Black Bean Pilaf	Sept	121
▼ Couscous and Lentil Salad	July	103
▼ Couscous Pilaf	Apr	106
▼ Creamy Hummus	June	105
▼ Curry Lentil Pilaf	Sept	121
Kielbasa Sausage and Saffron Paella	Aug	81
▼ Layered Hummus Dip	June	103
▼ Lemon Chickpea Pilaf	Sept	121
▼ Lentil Vegetable Soup	Nov	147
▼ Minty Warm Rice and Chickpea Salad	May	101
Mum's Sticky Rice	Feb	85
Pea and Saffron Risotto Cakes	June	121
▼ Peanut Butter Granola	Oct	142
▼ Pepper Rice	Aug	95
Quick Shrimp and Asparagus Risotto	June	159
▼ Roasted Red Pepper Hummus	June	105
▼ Rosemary Romano Bean Pilaf	Sept	121
Slow-Cooked Beef Chili	Nov	143
▼ Squash Couscous	Oct	153
▼ Swiss Muesli	Oct	125
▼ Tomato Kidney Bean Pilaf	Sept	121
Tuna and Bean Salad	Nov	125
Vegetable Pilaf	Nov	167
▼ Vegetarian Burritos	Oct	121
▼ Wheat Berry Tabbouleh	July	101
▼ Wild Rice Salad	June	97

Salads & Dressings

Baby Potato Salad with Salsa Verde	Sept	92
▼ Beet and Blue Cheese Salad	Nov	167
▼ Black Bean and Lime Chili Salad	Apr	124
▼ Boston Lettuce and Mâche Salad with Buttermilk Dill Dressing	Nov	136
▼ Broccoli Salad	July	116
▼ Cauliflower and Carrot Salad	Mar	118
▼ Chickpea and Black Bean Salad	July	99
▼ Chestnut Tournedos on Hearty Autumn Greens	Oct	133
Chinese Garlic and Peanut Noodles with Shrimp	May	150
Chinese Sesame Noodles with Chicken	May	150
▼ Cooked Beet and Carrot Salads	Oct	152
▼ Couscous and Lentil Salad	July	103
Curried Shrimp Potato Salad	Aug	90
▼ Dilled Cucumber Tomato Salad	Dec	158

▼ Egg and Radish Salad	May	159
▼ Fruit Salad	Nov	173
▼ Fusilli with Smoked Gouda	July	104
▼ Garden Egg Salad	Oct	125
▼ Garlic Dill Ranch Dressing	Dec	220
▼ Garlic Scapes and Potato Salad	May	135
Ginger Sesame Noodle Salad	Apr	120
▼ Grapefruit, Avocado and Watercress Salad	Dec	123
Green Bean Chicken Salad	July	117
▼ Green Mango Salad	Mar	81
Grilled Whitefish and Ratatouille Salad	June	142
▼ Jacob's Special Green Salad	May	113
Japanese Cold Noodle "Chef Salad"	May	148
▼ Japanese Vegetarian Buckwheat Noodles	May	152
Light Caesar Salad	Apr	106
▼ Maple-Glazed Squash and Apple Salad	Dec	180
Meatball Vegetable Soup	May	124
▼ Minty Warm Rice and Chickpea Salad	May	101
▼ Mixed Greens with Sun-Dried Tomato Vinaigrette	Dec	178
▼ Mixed Pea Salad with Mint	June	133
▼ Moroccan Carrot Salad	Mar	118
▼ Orange and Avocado Salad	Jan	64
▼ Orzo and Mushroom Salad	July	106
▼ Pan-Roasted Vegetable and Goat Cheese Salad	Feb	103
Party Parmesan Pasta Salad	June	105
▼ Pea, Pepper and Pasta Salad	June	123
▼ Red Potato Salad with Caramelized Onions and Sage	July	101
Roasted Cauliflower Salad	July	103
▼ Roasted Garlic Ranch Dressing	June	105
▼ Roasted Red Pepper Salad	Oct	152
Roasted Salmon, Bacon and Spinach Salad	Apr	133
▼ Romaine Salad	Nov	174
Sesame Chicken Salad	June	158
▼ Sesame Soy Bow Ties	July	104
▼ Shaker Dressing	Nov	174
Smoked Salmon Pasta Salad	Sept	123
▼ Sugar Snap Pea and Bocconcini Salad	June	123
Surimi Salad	Aug	89
Tenderloin and Pita Salad	July	116
Tuna and Bean Salad	Nov	125
Vietnamese Grilled Pork with Rice Noodles	May	146
▼ Tomato and Arugula Salad	Sept	92
▼ Wheat Berry Tabbouleh	July	101
▼ Wild Rice Salad	June	97
Wonton Soup	May	159

Sandwiches & Snacks

▼ Asiago Cheese with Oven-Roasted Tomatoes and Caramelized Onions on Focaccia	May	157
▼ Bean and Vegetable Pitas	Feb	99
Build-Your-Own Sandwich	Dec	185

Chicken and Vegetable Fajitas	Oct	144
Chicken Clubhouse	Aug	86
Chicken Couscous Wraps with Red Pepper Mayonnaise	Aug	20
Cornmeal-Crusted Rainbow Trout Sandwiches	June	140
Crab Salad Melts	Oct	125
▼ Egg Salad Hoagies	Dec	186
▼ Five-Spice Mixed Nuts	Dec	223
Garlic Rapini and Sausage Sandwiches	Nov	129
▼ Grilled Cheese	Dec	179
▼ Grilled Focaccia Sandwiches	May	157
▼ Grilled Vegetable Submarines	June	158
Ham and Cheese Baguette Toast	Dec	178
Help-Yourself Turkey Tacos	Dec	178
Hot Toasted Sandwiches	Dec	185
▼ Indian-Spiced Cashews	Dec	222
▼ Mexican Popcorn	Dec	220
▼ Mushroom Sloppy Joes	Aug	95
▼ Pizza Baguette	Aug	77
Roast Beef and Tzatziki Panini	Nov	158
Saucy Beef and Mushroom Sandwiches	Feb	98
Smoked Salmon Muffuletta	June	131
Steak Sandwich	Aug	86
▼ Sweet Ginger Almonds	Dec	224
Traditional New Orleans Muffuletta	June	133
Tuna Wrap	Nov	125

Soups

▼ 20-Minute Tortilla Soup	Dec	186
2003 International Chowder Winner	Sept	113
2003 Paderno P.E.I. Chowder Champion	Sept	115
Beef and Cabbage Borscht	Oct	117
Canned Clam Chowder	Sept	116
Chalet Supper Soup	Feb	18
Chili Corn and Potato Chowder	Sept	118
▼ Chunky Gazpacho Soup	Sept	122
Clam Chowder	Mar	44
▼ Cold Pea Soup with Chives and Lemon	June	122
▼ Creamy Leek Soup	Nov	156
▼ Cumin Chickpea Soup	Feb	94
▼ Curried Mushroom Barley Lentil Soup	Feb	94
Dalvay Seafood Chowder	Sept	116
Garlic Soup with Parmesan Croutons	May	131
Hot Spicy Soup	Mar	83
▼ Lentil Vegetable Soup	Nov	147
▼ Lightened-Up Cream of Mushroom Soup	Oct	143
Meal-in-a-Bowl Mushroom Barley Soup	Jan	77
Mushroom Hot-and-Sour Soup	Apr	134
▼ Pea and Arugula Soup	June	122
▼ Potiron Bisque	Oct	133
Quick and Easy Chicken Soup	Mar	96

✓ Roasted Carrot and Shallot Soup	Feb	93	✓ Make-Ahead Mashed Potatoes	Dec	143
✓ Roasted Parsnip Soup	Mar	101	✓ Maple-Glazed Acorn Squash	Oct	169
✓ Roasted Red Pepper and Zucchini Soup	Oct	114	✓ Marinated Mushrooms	June	133
Split Pea and Ham Soup	Apr	116	✓ Marinated Vegetables	Sept	103
Split Pea and Ham Soup with Horseradish Cream Garnish	Apr	116	✓ Mashed Potatoes	Oct	169
Succotash Soup	Dec	179	✓ Mashed Potato Patties	Dec	143
Sweet Potato Soup with Jalapeño Corn Salsa	Nov	134	✓ Mashed Potato Shallot Crumble	Oct	134
Tomato Clam Chowder	Sept	115	✓ Micro-Grilled New Potatoes	July	117
✓ Tomato Pepper Tortilla Soup	Feb	96	✓ Moroccan Carrot Salad	Mar	118
Tomato Soup with Pasta and Beans	Feb	93	✓ Mushroom Sloppy Joes	Aug	95
✓ Tomato Vegetable Soup	Oct	156	✓ Oven Potato Wedges	Nov	174
Vegetable Beef and Rice Soup	Feb	96	✓ Pan-Steamed Green Bean Gremolada	Sept	101
✓ Vegetarian Chili Corn and Potato Chowder	Sept	118	✓ Parmesan-Crusted Tomatoes	Mar	119
✓ Vegetarian Meal-in-a-Bowl	Jan	77	✓ Parsnip Purée	Sept	99
Mushroom Barley Soup	May	109	Pea and Saffron Risotto Cakes	June	121
✓ Velouté à la Tomate	May	109	✓ Peas with Lettuce	June	126
✓ Winter Lentil and Vegetable Soup	Dec	184	✓ Pepper Medley	Sept	101
Vegetables			✓ Potato Chive Packets	Aug	94
✓ Baked Butternut Squash Purée	Nov	165	✓ Potato Pesto Pizza	Mar	101
✓ Baked Eggplant with Yogurt Sauce (Boryani)	Dec	168	✓ Potatoes Anna	May	113
✓ Baked Fennel Parmesan	Dec	140	✓ Potatoes Persillade	Nov	165
✓ Big Fluffy Potato Latkes	Dec	158	✓ Puffed Potato Casserole	Jan	61
Bok Choy Stir-Fry	Feb	82	✓ Rainbow Vegetable Stir-Fry	Apr	106
Braised Fennel with Peas	June	124	✓ Roast Vegetable Medley	Dec	220
✓ Brandied Mushrooms	June	118	Roasted Cauliflower Salad	July	103
✓ Broccoli and Cauliflower	Oct	162	✓ Roasted Cherry Tomatoes	May	158
✓ Boiled Dill Potatoes	Dec	180	✓ Roasted Cherry Tomatoes	Sept	101
✓ Brussels Sprouts	Dec	142	✓ Roasted Fall Vegetables	Nov	136
✓ Brussels Sprouts with Onion and Mustard Seeds	Sept	99	✓ Roasted Garlic Mashed Potatoes	May	135
Caraway Cabbage Stir-Fry with Cheese Perogies	Apr	134	✓ Roasted Garlic Potato Skins	May	133
✓ Carrots Persillade	Nov	164	✓ Roasted Parsnip Soup	Mar	101
✓ Cauliflower and Carrot Salad	Mar	118	✓ Roasted Shallot and Red Pepper Tarts	Mar	17
✓ Cauliflower Casserole	Nov	128	✓ Rosemary Roasted Beets	Nov	167
✓ Collards with Garlic and Pepper Flakes	Sept	102	✓ Sautéed Peppers	June	118
✓ Cranberry Cabbage	Nov	165	✓ Sautéed Scapes with Red Pepper and Almonds	May	135
Creamy Carrot Purée	Dec	140	✓ Sautéed Spinach	July	116
✓ French Beans	May	113	✓ Sautéed Spinach	May	159
✓ Garam Masala Sautéed Portobello Mushroom Curry in Porcini Cream	Aug	110	✓ Sesame Roasted Cauliflower	Nov	165
✓ Golden Onions	June	118	✓ Smashed Potatoes with Garlic and Buttermilk	Sept	105
✓ Grilled Corn with Chili Lime Mayonnaise	Sept	102	Smashed Potatoes with Garlic and Stock	Sept	105
✓ Grilled Corn with Lemon Butter	Sept	92	✓ Snow Peas and Carrots with Sesame and Garlic	May	133
✓ Grilled Vegetable Platter	June	103	✓ Spinach with Feta	Nov	167
✓ Harvest Tomato Tart	Aug	71	✓ Spinach with Green Onions, Garlic and Coriander (Subzee)	Dec	168
✓ Herb Potato Wedges	Apr	106	✓ Stir-Fried Pea Shoots	June	124
✓ Lemon Broccoli	Apr	107	Stuffed Ham and Cheese Potato for One	Nov	156
✓ Lemon Carrots	Apr	107	Stuffed Ham and Cheese Potatoes	Nov	154
✓ Lemon Green Beans	Apr	107	✓ Swiss Chard with Mushrooms	Sept	105
✓ Lemon Roast Potatoes	Dec	143	✓ Tender Carrot Coins	Oct	169
			✓ Teriyaki Tofu with Mushrooms and Cabbage	Mar	119
			✓ Thin Lacy Potato Latkes	Dec	158
			✓ Vegetarian Burritos	Oct	121

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