

Canadian Living

2001 RECIPE INDEX

APPETIZERS & DIPS

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Tender T-Bones	June	99
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Café Frappé	Aug	23
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Frozen Fruit Blizzards	Dec	153
Iced Tea with Mint	Aug	23
Mulled Apple Cider	Oct	141
Perfect Sangria	Aug	23
Pink Lemonade	Aug	23
Southern Custard Eggnog	Jan	69

BREADS, QUICK & YEAST

Apple Cheddar Drop Biscuits	Oct	140
Apple Oatmeal Pancakes	Mar	89

Buttermilk Buckwheat

Cranberry Pancakes	Dec	114
Chocolate Chip Pancakes	Mar	89
Corn Bread	Dec	176
Crêpes	Sept	93
Date Bran Muffins	Mar	57
Festive Scones	Dec	154
Garlic Bread with Cheese	Aug	68
Garlic Panini	Feb	86
Jalapeño Corn Pancakes	Mar	89
Lemon Poppy Seed Pancakes	Mar	89
Nova Scotia Oatmeal Rolls	Oct	102
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Oatmeal Bread	Jan	73
Old-Fashioned Egg Biscuits	Jan	73
Olive Pinwheel Bread	Aug	58
Parmesan Breadsticks	Aug	80
Potato Gnocchi	Oct	143
Quick Cheese Biscuits	Apr	88
✓ Stilton and Walnut Biscuits	Dec	96
Toasted Herb Bread	June	111
Zucchini Loaf	Aug	80



CAKES

Apricot Streusel Coffee Cake	Dec	154
Apricot Upside-Down Cake	Aug	86
Bumblebee Cake	Apr	115
Cherry Upside-Down Cake	Aug	86
Chocolate Pudding Cake	Mar	86
Chocolate Raspberry Mirror Mousse Cake	Jan	89
Ginger Cake	Nov	141
Glazed Lemon Cake	July	64
Layered Apple Cake	Oct	135
Mini Fudge Brownie Cupcakes	Dec	131
Peach Upside-Down Cake	Aug	86
Pumpkin Carrot Graveyard Cake	Nov	164
Spring Celebration Cake	Apr	120
Three-Ginger Gingerbread with Lemon Sauce	Jan	74

COOKIES, BARS, SQUARES & CANDIES

Apricot Tortes	Dec	105
Bake-When-You’re-Craving Chocolate Toffee Cookies	Dec	123
Butterscotch Pinwheels	Dec	105

Chocolate Caramel Cookies	July	74
Christmas Fruit Bars	Dec	108
Cranberry Pistachio Biscotti Bites	Dec	102
Delicious Almond Bars	Dec	110
Double Chocolate Brownies	June	113
Forest Green Lemon Sugar Cookie Trees	Dec	102
Gluten-Free Chocolate Cookies	May	79
Hanukkah Shortbread	Dec	131
Hazelnut Vanilla Shortbread	Nov	136
Mexican Wedding Cookies	Dec	108
Mocha Brownies	June	113
Nutty Caramel Brownies	June	113
Peanut Butter Brownies	June	113
Peanut Butter Chocolate Bark	Dec	111
Surprise Kisses	Dec	108
White Chocolate Orange Brownies	June	113

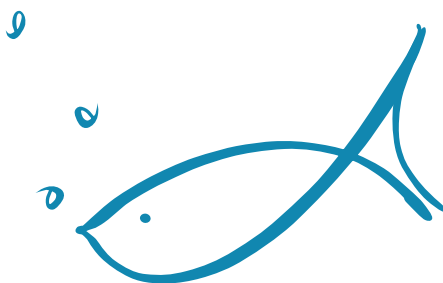
DESSERTS

Apple Cranberry Cobbler	Sept	97
Baked Apples with Biscotti Crunch	Oct	138
Blueberry Raspberry Cobbler	Sept	97
Chocolate Fondue for Two	Feb	96
Chocolate Raspberry Mirror Mousse Cake	Jan	89
Chunky Applesauce	Dec	131
Citrus Zabaglione	Aug	71
Coiled Apple Pistachio Strudel	Oct	137
Figs Poached in Spiced Red Wine	Dec	192
Fresh Orange and Mint Compote	Dec	192
Frozen Cappuccino Charlotte	Jan	64
Frozen Christmas Pudding	Dec	189
Frozen Lime Mousse Tart	Mar	84
Fruity Cookie Parfaits	Aug	70
Lemon Cream Crêpe Gâteau with Blackberry Sauce	Sept	93
Lemon Plum Compote	Aug	71
Lime Curd Cheesecake	Dec	192
Madeira Lemon Crème Caramel	Feb	72
Matzo Baklava	Apr	116
Meringue Hearts with Almond Cream Cheese	Feb	96
Mocha Ice Cream	Aug	70
Nectarine Sauté	Aug	71
Over-the-Top Chocolate Raspberry Dome	Dec	191
Pavlova	May	92
Peach and Mixed Berry Crisp	Dec	196
Peach Cobbler	Sept	97
Pear Cobbler	Sept	97
Phyllo Baklava	Apr	118
Plum Cobbler	Sept	97
Plum Galette	July	92
Pumpkin Crème Brûlée	Oct	105
Raspberry Pudding	Oct	124
Red Wine and Vanilla Poached Pears	Nov	136
Strawberry Rhubarb Galette	July	91
Three-Ginger Gingerbread with Lemon Sauce	Jan	74
Tofu Coffee Pudding	Feb	95
Vanilla Lemon Crème Caramel	Feb	72
Wild Rice and Apple Pudding	Oct	138

EGGS & CHEESE

✓ Brie en Croûte	Dec	154
Cottage Cheese Blintzes	Nov	148
✓ Eggy Sprout Sandwich	July	71
✓ Grilled Vegetable Ricotta Torta	July	68

Mediterranean Pie	May	91
✓ Mike's Quick Lunch World- Famous Macaroni and Cheese Open-Faced Scrambled Eggs and Sausage	Nov	150
Feb	83	
✓ "Pumpkin" Cheese Ball	Nov	158
✓ Roasted Red Pepper Frittata	Oct	109
✓ Rustic Ricotta Sandwich	July	71
✓ Salsa Scramble Quesadillas	Apr	91
✓ Saucy Tomato Poached Eggs	Feb	86
Scotty's Nest Eggs	May	94
✓ Spicy Goat Cheese	Aug	60
✓ Swiss Cheese Tartlets	Dec	93
Uncle Pete's Crustless Broccoli or Spinach Quiche	Apr	86
Apr	86	



FISH & SEAFOOD

Apple Trout Fillets	June	83
Arctic Char with Barley Risotto and Curry Beurre Blanc	Oct	120
Dec	95	
Avocado Shrimp Brochettes	Dec	95
Cedar-Planked Salmon	June	80
Chicken and Prawn with Tomato Kumquat Salsa	Feb	93
Apr	89	
Clam Chowder	Mar	84
Coconut Curry Fish	May	105
Crab and Lemon Fettuccine	May	105
Double Salmon, Shrimp and Saffron Casserole	Dec	140
Nov	111	
Fish Molee	Dec	148
Fritto Misto	Dec	148
Garlic Gratin Fish	Sept	101
Garlicky Herb Steamed Mussels	Aug	58
Gremolada Shrimp Appetizers	Nov	133
Grilled Calamari with Lemon and Oregano	June	82
July	84	
Grilled Lemon Dill Salmon	July	84
Grilled Masala Shrimp	Nov	111
Grilled Pickerel with Fresh Tomato Salsa	Aug	78
Grilled Shrimp with Lemon and Oregano	June	82
Nov	143	
Halibut Burgers	Nov	143
Kids' Favourite Salmon Pasta with Peas	Nov	115
Feb	87	
Lemon Dill Broiled Fish	Feb	87
Linguine with Quick Tomato Clam Sauce	May	107
Mediterranean Seafood Soup with Rouille	Apr	93
Mussel and Sweet Potato Chowder	June	73
Feb	72	
Mussel Sausage Simmer	Feb	72
Poached Salmon with Beurre Blanc	Apr	78
Poached Shrimp with	Apr	78

Lemon Mayonnaise	Dec	166
Rice Noodles with Garlic Shrimp	Sept	112
Roasted Fillets with Caramelized Onions	Aug	64
June	115	
Salade Nicoise	June	115
Salmon and Sour Cream Potato Salad	July	84
Mar	87	
Salmon Cakes	Mar	87
Salmon Salad Pita Pockets	Nov	97
Salmon Wellington	Oct	128
Salt Cod and Potatoes with Pepper Sauce	Dec	148
Nov	145	
Salt Cod Fish Cakes	Nov	145
Scallops with Fines Herbes and Smoked Salmon	Oct	121
May	114	
Seafood Pasta Salad	May	114
Shrimp and Scallop Salad in Avocado Cups	Jan	63
May	99	
Shrimp Fried Rice	May	99
Shrimp in Tomato Sauce	Oct	109
Shrimp Newburg	Dec	148
Smoked Salmon and Radish Dip	Dec	91
Smoky Oyster Chowder	Apr	89
Sole Florentine	Apr	84
Spaghetti with Tuna	May	101
Steamed Fish with Couscous	Sept	95
Tantalizing Tuna Sandwich	July	71
Tarragon Monkfish Kabobs	June	79
Trout Gremolada	July	88
Tuna Dreidel Sandwiches	Dec	129
Tuna Muffuletta	Feb	82
Tuna Pan Bagnat	Aug	80

GAME

Lemon Thyme Quail	June	96
Rabbit with White Wine	May	83

LAMB

Barbecued Butterflied Leg of Lamb	June	107
Deville Lamb Kidney Kabobs	June	107
Hearty Lamb and Bean Stew	Jan	84
Lamb Tagine with Artichokes and Mint	Nov	127
Spicy Lamb Kabobs	June	107
Tarragon Mustard Leg of Lamb	Aug	75
Teriyaki Orange Lamb Chops	June	105

MISCELLANEOUS

✓ Cumin Carrot Tofu Patties	May	101
Giblet Stock for Gravy	Dec	174
Gluten-Free Chocolate Cookies	May	79
✓ Mushroom Tofu Chili	Nov	117
Sugared Rose Petals	Dec	191
Turkey Stock	Jan	87
✓ Vegetable Tofu Moussaka	Dec	143

MARINADES & MIXES

Adobo Marinade	June	83
Bombay Spice Mix	June	80
Buttermilk Buckwheat Cranberry Pancake Mix	Dec	114
Cajun Spice Mix	June	80
Chili Spice Mix	June	80
Five-Spice Marinade	June	83
Honey Garlic Marinade	June	83
Korean Marinade	June	102
Mediterranean Spice Mix	June	80
Moroccan Marinade	June	83

Pizza Dough Mix	Dec	115
Red Wine Marinade	June	83
Tandoori Spice Blend	Dec	118
Tikka Marinade	June	83
Tomato Herb Seasoning	Dec	117

PASTA & PIZZA

✓ Artichoke Pepper Pizza	Dec	115
Asian Noodle Turkey Stir-Fry	Dec	182
✓ Black Bean Pasta Salad with Coriander Pesto	May	113
Crab and Lemon Fettuccine	May	105
Creamy Herbed Noodles	Aug	81
✓ Creamy Walnut Pasta Shells	May	106
Deli Pasta	May	111
✓ Garlic Rappini Penne	May	106
✓ Greek Pasta Salad	July	64
✓ Green Bean Pasta Salad with Sun-Dried Tomato Vinaigrette	May	111
Grilled Tex-Mex Pizza	June	110
Hearty Chicken and Vegetable Bow Ties	May	107
Kids' Favourite Salmon Pasta with Peas	Nov	115
Lemony Chicken Pasta Linguine with Quick Tomato Clam Sauce	May	107
✓ Macaroni and Four Cheeses	Apr	83
✓ Mike's Quick Lunch World-Famous Macaroni and Cheese	Nov	150
Momma's Clam Bucatini	Dec	121
✓ Mushroom and Red Pepper Lasagna	Nov	135
✓ Pasta Arrabiata	May	111
Pasta Puttanesca	May	109
✓ Pasta with Mushroom Bolognese	May	109
Peanut Pork Noodle Salad	July	79
✓ Penne with Pesto and Bocconcini	May	83
Quick Ravioli Bake	Oct	109
✓ Roasted Pepper and Spinach Pasta	Aug	66
Seafood Pasta Salad	May	114
✓ Sicilian Beans with Pasta	Mar	87
Smoky Tomato Tortellini	Jan	77
✓ Spaghetti Salad with Olives and Artichokes	May	114
Spaghetti with Tuna	May	101
✓ Spinach and Green Pea Pasta	June	111
✓ Stuffed Rappini Ricotta Pizza	Oct	92
Turkey Potato Pizza	Dec	181

✓ Free-Form Open-Faced Potato Tart	Mar	104
Frozen Lime Mousse Tart	Mar	84
✓ Grilled Vegetable Ricotta Torta	July	68
Mediterranean Pie	May	91
✓ Phyllo Cups	Dec	93
Potato Turkey Pot Pie	Jan	76
✓ Samosa Pie	Mar	104
Sugar Pie	Oct	119
✓ Swiss Cheese Tartlets	Dec	93
Turkey Phyllo Strudel	Dec	181
Veal and Mushroom Pastry	Dec	156
✓ Village Salad Phyllo Cups	Dec	93

PORK

Balsamic Honey Tenderloin	June	85
Barbecued Peach Pork Chops	Sept	95
Black Bean Sausage Soup	Aug	64
Braised Cider Pork Stew	Jan	81
Chicken Bacon Brochettes	May	100
Chorizo Potato Quesadillas	Mar	111
Easy Tomato Pork Chops	Apr	87
Glazed Ginger Meatballs	Jan	81
Ham and Herb Fried Rice	May	99
Ham and Swiss Quesadillas	Apr	91
Herb Pork Chops	Sept	103
Honey-Glazed Pork Tenderloin	July	79
Hungarian Tokány	Feb	95
Lemon Olive Pork Chops	Jan	77
Mediterranean Pie	May	91
Mushroom-Stuffed Rack of Pork	Dec	173
Mussel Sausage Simmer	Feb	72
Open-Faced Scrambled Eggs and Sausage	Feb	83
Peanut Pork Noodle Salad	July	79
Pepper Jelly-Glazed Ham	Feb	87
Philippine Pork Kabobs	June	89
Plum-Glazed Pork Loin	Aug	76
Pork and Mushroom Stew	Nov	122
Pork Tenderloin Medallions with Radish and Mustard	Oct	123
Roasted Whole Peameal Bacon	Dec	156
Sausage and Pepper Quesadillas	Apr	91
Sausage Burger	Aug	81
Sesame Pork Fried Rice	May	99
Slow and Easy Java Ribs	June	85
Solo Jambalaya	Nov	169
Spice-Rubbed Pork Tenderloin	Sept	91
Spicy Sausage Chili	Nov	117
Stir-Fried Broccoli and Pork	Sept	113
Stir-Fried Pork with Peppers	Nov	115
Stuffed Pork Loin	July	63
Stuffed Pork Sandwiches	May	101
Sweet-and-Sour Chops	Apr	89
Swiss Pork and Mushrooms	Mar	86
Tangy Glazed Pork Chops	June	87

POULTRY & STUFFINGS

Apple and Chestnut-Stuffed Roast Goose	Dec	174
Apple Rosemary Chicken Patty	Nov	169
Asian Noodle Turkey Stir-Fry	Dec	182
Asian Turkey Noodle Soup	Jan	87
Avocado Chicken Salad	Sept	94
Barbecue Chicken Sandwich	Feb	81
Barbecued Lemon Mint Turkey	Aug	78
Cajun Chicken	Oct	111
Cajun Chicken Wings	June	94
Caroline's Healthy Loaves	Apr	87
Cassoulet Chicken	Feb	88
Chicken and Bean Chili	Nov	117

Chicken and Prawn with Tomato Kumquat Salsa	Feb	93
Chicken Bacon Brochettes	May	100
Chicken Biryani	Nov	173
Chicken Breasts Stuffed with Asparagus	May	94
Chicken Ghoulish Pie	Nov	158
Chicken Osso Buco	Dec	137
Chicken Phyllo Bundles with Herbed Sabayon	Jan	63
Chicken Potato Croquettes	Mar	112
Chicken Satay with Spicy Peanut Sauce	Mar	97
Chicken Sesame Brochettes	Dec	95
Chicken Stew with Dumplings	Nov	122
Chicken Tortilla Bundles	July	79
Chicken Vindaloo	Nov	127
Chili Orange Grilled Chicken	July	79
Chimichurri Chicken	Aug	64
Chinese Chicken Stew	Mar	86
Chipotle Mojo Chicken	June	96
Coconut Curry Chicken	Jan	81
Cranberry Turkey Cutlets	Feb	87
Curried Chicken Kabobs	June	111
Ginger Apricot Chicken	Oct	111
Ginger Chicken Fried Rice	May	99
Ginger Steamed Chicken and Rice	Sept	94
Gremolata Chicken	Feb	88
Grilled Chicken Salad	July	89
Grilled Chicken with Red Pepper Chutney	Mar	98
Grilled Turkey Steak	July	88
Hearty Chicken and Vegetable Bow Ties	May	107
Herbed Breast of Chicken	Mar	95
Herbed Turkey Breast	June	91
Honey Dijon Chicken Thighs	Aug	81
Honey Mustard Chicken	Oct	111
Italian Delight Sandwich	July	71
Lemon Mint Chicken	Oct	111
Lemony Chicken Pasta	Apr	89
Mango Chicken	June	91
Mango Chicken Salad Wraps	Feb	79
Mango Curried Chicken	Aug	76
Maple Almond Chicken	Nov	114
Marietta's Roasted Chicken	Mar	93
Mt. Scio Stuffing	Dec	196
Mushroom Chicken	Feb	88
Pesto Chicken Quesadillas	Apr	91
Pesto Turkey and Cheese Sandwich	July	71
Potato Turkey Pot Pie	Jan	76
Roast Turkey with Pecan Corn-Bread Stuffing	Dec	176
Sesame Hoisin Chicken	Feb	88
Smoky Sausage Chicken	Feb	88
Southwest Chicken Wraps	Mar	95
Sticky Hoisin Chicken	Oct	111
Sunday Chicken	Apr	83
Swiss Pork and Mushrooms	Mar	86
Tandoori Chicken	Dec	118
Tandoori Wings	Oct	108
Turkey and Mixed Greens with Vinaigrette	Dec	181
Turkey Barley Pilaf	Dec	181
Turkey Breast Stuffed with Fennel and Red Pepper	Oct	101
Turkey Phyllo Strudel	Dec	181
Turkey Potato Pizza	Dec	181
Turkey Stock	Jan	87
Tuscan Baked Chicken with Orzo	Mar	97
Tuscan Cornish Hens	June	92
Vegetable-Stuffed Chicken		



PIES, TARTS & PASTRY

Chicken Ghoulish Pie	Nov	158
Chocolate Apple Tart	Oct	137
Coiled Apple Pistachio Strudel	Oct	137
Dutch Appel Taart	Oct	135

Thighs with Creamy
Mushroom Sauce Sept 109

PRESERVES & CONDIMENTS

Chili Sauce Sept 120
Corn Relish Sept 120
Fresh Corn Relish July 89
Marinated Vegetables July 70
Peach and Red Onion Marmalade Sept 91

RICE, GRAINS & LEGUMES

Baked Polenta with
Tomato Sauce Oct 126
Black and Orange Rice Nov 162
✓ Black Bean Chili with
Avocado Salsa Jan 82
✓ Black Bean Pasta Salad
with Coriander Pesto May 113
Black Bean Sausage Soup Aug 64
Broccoli Rice Pilaf Feb 86
Burrito Stack Nov 114
Chicken and Bean Chili Nov 117
Chili Con Carne Nov 117
Couscous Pilaf Sept 103
✓ Curried Tofu Fried Rice May 99
Garlic Bean Soup May 101
Ginger Chicken Fried Rice May 99
Ginger Steamed Chicken and Rice Sept 94
Ham and Herb Fried Rice May 99
✓ Layered Lentil and
Vegetable Salad July 73
✓ Microwave Couscous Jan 77
✓ Mushroom Tofu Chili Nov 117
✓ Red Lentil and Rice Pilaf
with Rapini Oct 96
Rice and Peas Mar 84
Rice Pilaf Nov 114
✓ Saffron Rice Apr 78
Sesame Pork Fried Rice May 99
Shrimp Fried Rice May 99
✓ Sicilian Beans with Pasta Mar 87
Spicy Sausage Chili Nov 117
✓ Squash and Black Bean Chili Nov 117
✓ Squash and Black Bean Wraps Sept 117
Steamed Fish with Couscous Sept 95
✓ Stove-Top Rice Nov 114
Sun-Dried Tomato Risotto Dec 117
✓ Tabbouleh Salad July 89
Turkey Barley Pilaf Dec 181
✓ Vegetable and Rice Pepper Nov 169
✓ Wild Rice Salad Dec 197

SALADS & DRESSINGS

✓ Asparagus and Orange Salad
with Ginger Dressing Apr 78
✓ Asparagus Salad May 101
Avocado Chicken Salad Sept 94
✓ Baby Greens in Frico Cups Sept 89
✓ Baby Spinach Salad with
Raspberries and Candied
Almonds July 63
✓ Basil and Green Pepper
Potato Salad Aug 83
✓ Big-Batch Raspberry
Poppy Seed Dressing Dec 140
✓ Black Bean Pasta Salad
with Coriander Pesto May 113
✓ Brie and Roasted Red
Pepper Salad Jan 71
Cabbage Salad with

Warm Bacon Dressing Mar 123
✓ Cajun Potato Salad Aug 83
✓ Caprese Salad July 68
✓ Classic Potato Salad Aug 83
✓ Creamy Cucumber Salad Mar 123
Crunchy Crouton Steak and
Arugula Salad July 83
Frisée and Endive Salad with
Prosciutto and Artichokes Dec 166
✓ Greek Pasta Salad July 64
✓ Green Bean Pasta Salad
with Sun-Dried Tomato
Vinaigrette May 111
Grilled Chicken Salad July 89
✓ Grilled Fennel Salad Feb 72
✓ Grilled Vegetable Salad June 111
✓ Hearty Romaine Salad Jan 77
✓ Julienne Endive Fruit Salad Dec 153
✓ Layered Lentil and
Vegetable Salad July 73
✓ Lemon Olive Potato Salad Aug 83
✓ Lightened-Up Potato Salad Aug 83
Mango, Cucumber and Red
Pepper Salad Sept 113
✓ Mixed Greens and Avocado
Salad with Canola Oil Dressing June 67
✓ Papaya Avocado Salad May 97
✓ Peanut Jicama Salad Mar 121
Peanut Pork Noodle Salad July 79
✓ Radicchio and Pear Salad May 84
Roasted Red Pepper
Salad Dressing Sept 94
✓ Roasted Roots Salad Mar 121
✓ Romaine Radicchio Salad
with Cucumber Aug 68
Salade Nicoise June 115
Salmon and Sour Cream
Potato Salad July 84
✓ Salsa Vinaigrette Dec 140
Seafood Pasta Salad May 114
Shrimp and Scallop Salad in
Avocado Cups Jan 63
✓ Spaghetti Salad with Olives
and Artichokes May 114
✓ Spiced Carrot Salad Mar 123
Summer Pasta Salad Aug 80
✓ Tabbouleh Salad July 89
Tomato Vinaigrette Salad
Dressing Sept 107
Turkey and Mixed Greens
with Vinaigrette Dec 181
Warm Beef Salad May 100
✓ Wild Rice Salad Dec 197

SANDWICHES

Afternoon Pick-Me-Up
Sandwich July 71
Barbecue Chicken Sandwich Feb 81
Barbecued Balsamic Garlic
Beef on a Bun July 73
Bruschetta Steak Sandwich Sept 95
Chicken Tortilla Bundles July 79
✓ Eggplant Pockets May 83
✓ Eggy Sprout Sandwich July 71
Fast-Fry Steak and Pepper
Sandwiches Apr 109
Fresh Reuben Sandwich July 71
Italian Delight Sandwich July 71
Mango Chicken Salad Wraps Feb 79
Monte Cristo Sandwiches Sept 107
Pesto Turkey and Cheese
Sandwich July 71

Philly Cheese Melts Jan 76
Roasted Balsamic Garlic
Beef on a Bun July 71
✓ Roasted Red Pepper Panini Feb 77
✓ Rustic Ricotta Sandwich July 71
Salmon Salad Pita Pockets Nov 97
✓ Squash and Black Bean Wraps Sept 117
Stuffed Pork Sandwiches May 101
Tantalizing Tuna Sandwich July 71
Tuna Dreidel Sandwiches Dec 129
Tuna Muffuletta Feb 82
Tuna Pan Bagnat Aug 80
✓ Veggie Plus Sandwich July 71

SAUCES & SPREADS

Anchovy Butter June 94
✓ Basic Tomato Sauce Feb 67
Caper Mustard Butter June 94
Caviar Butter June 94
Chili Sauce Sept 120
Chimichurri Sauce June 102
Chocolate Orange Sauce Dec 191
Cranberry Sauce Dec 197
Firecracker Barbecue Sauce June 89
Garlic Aioli June 100
Herb Butter June 94
Herbed Mayo July 71
Horseradish Aioli June 100
Horseradish Butter June 94
Hot and Spicy Chipotle
Barbecue Sauce June 89
✓ Just-Like-Momma's Pasta Sauce Dec 121
Lime and Chili Butter June 94
Mustard Aioli June 100
Olive Sage Butter June 94
Orange Grand Marnier Sauce Dec 192
Pan-Roasted Garlic Spread July 88
Pesto Aioli June 100
Pesto Mayo July 71
Roasted Red Pepper Aioli June 100
Shallot Peppercorn Butter June 94
Slow-Cooker Spaghetti Sauce Sept 110
Southwest Barbecue Sauce June 89
Stove-Top Spaghetti Sauce Sept 110
Teriyaki Sauce June 102
Thai Chili Sauce June 102
Yellow Tomato Topping July 88
Zesty Barbecue Sauce June 92

SOUPS

Asian Turkey Noodle Soup Jan 87
Black Bean Sausage Soup Aug 64
✓ Black Bean Soup Feb 83



Caldo Verde	Oct	92
✓ Chunky Rice and Bean Soup	Apr	85
Clam Chowder	Apr	89
Cream of Turnip Soup	Oct	124
✓ Exotic Mushroom Soup	Feb	79
Fennel Soup with Goat Cheese Croutés	Dec	164
Festive Last-Minute Soup	Dec	164
Garlic Bean Soup	May	101
Ginger Noodle Soup	Oct	108
Mediterranean Seafood Soup with Rouille	Apr	93
Mussel and Sweet Potato Chowder	June	73
Pea and Pasta Soup	Feb	77
✓ Quick Gazpacho	Nov	170
✓ Red Pepper Tomato Soup	Feb	81
Roasted Garlic Potato Soup with Spinach Pesto Swirl	Dec	138
Smoky Oyster Chowder	Apr	89
Sweet Potato Coconut Soup	Dec	137
✓ Sweet Potato Soup	Feb	77
Tomato Vegetable Soup with Tortellini	Sept	105
Turkey Chili Soup	Jan	87
Turkey Mushroom Barley Soup	Jan	87
Turkey Rice Gumbo Soup	Jan	87
Turkey Vegetable Soup	Jan	87
✓ Vegetarian Onion Soup	Jan	77



VEGETABLES

✓ Asparagus Polonaise	May	100
Asparagus with Prosciutto Ribbons and Warm Balsamic Vinaigrette	Nov	133
✓ Balsamic Grilled Red Onions	Aug	66
✓ Barbecued Mini-Potatoes	July	88
✓ Barbecued Stuffed Tomatoes	Aug	66
✓ Braised Shallots and Squash Stew	Nov	126
✓ Brussels Sprouts with Brown Butter, Lemon and Almonds	Dec	160
✓ Butter and Garlic-Tossed New Red Potatoes	Sept	91
✓ Carrot Coins and Vegetable Sticks	Dec	127
Chicken Potato Croquettes	Mar	112
Chorizo Potato Quesadillas	Mar	111
✓ Cold Sesame Swiss Chard Leaves	Oct	92
✓ Crispy Oven Fries	Oct	108
✓ Crispy Potato Herb Galette	Dec	156
Dilled Carrots	Mar	86

✓ Dutch Mash	Mar	112
✓ Eggplant Bundles	Aug	58
✓ Eggplant Pockets	May	83
✓ Free-Form Open-Faced Potato Tart	Mar	104
✓ Golden Mashed Potato Casserole	Dec	160
✓ Gratin of Swiss Chard Stems	Oct	94
✓ Green Beans and Red Peppers with Almonds	Dec	196
✓ Green Beans Gremolata	Aug	66
✓ Grilled Asparagus	July	88
✓ Grilled Corn	Aug	81
✓ Grilled Potato Wedges	Aug	81
✓ Grilled Zucchini with Summer Savory Goat Cheese Crumble	Sept	92
✓ Herb Mashed Potatoes	Mar	116
Horseradish Mashed Potatoes	June	74
✓ Kale with Apple and Onion	Oct	94
✓ Leeks with Vinaigrette	Mar	121
✓ Maple-Roasted Roots	Dec	160
✓ Mashed Potatoes	Sept	95
✓ Micro-Baked Sweet Potatoes	Feb	87
✓ Microwave Cheddar Asparagus	Feb	87
✓ Mushroom Potato Puff	Mar	109
✓ Oven-Roasted Potatoes	Mar	114
✓ Parmesan Potato-Stuffed Cabbage Leaves	Sept	115
✓ Perfect Garlic Mashed Potatoes	Mar	115
✓ Portobello Burger Melts	June	111
✓ Potato Skins	Mar	115
Quick Hash Browns	Feb	87
Rapini with Lemon Anchovy Vinaigrette	Oct	96
✓ Red Onion Flowers	Dec	160
✓ Red Pepper Mashed Potatoes	Mar	116
✓ Roasted Broccoli and Red Pepper	Sept	101
✓ Sage Mushrooms	June	73
✓ Samosa Pie	Mar	104
✓ Scalloped Potatoes	Mar	107
✓ Scalloped Sweet Potatoes	Oct	102
Southern-Style Collard Greens	Oct	96
✓ Spiced Green Beans	Nov	112
✓ Squash and Black Bean Chili	Nov	117
✓ Steamed Artichokes with Dipping Sauces	May	117
✓ Stuffed Squash for Two	Nov	115
✓ Tomato Green Beans	Apr	89
✓ Vegetable and Rice Pepper	Nov	169
✓ Vegetable Curry	Apr	88
✓ Vegetable Sauté Medley	Jan	64
✓ Vegetable Tofu Moussaka	Dec	143
✓ Veggie Packets	June	108
✓ Whisky-Glazed Brussels Sprouts	Oct	102

✓ Vegetarian dishes

About Our Nutrition Information

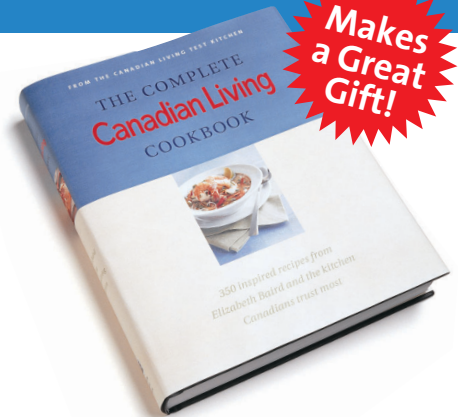
To meet nutrient needs each day, moderately active women 25 to 49 need about 1,900 calories, 51 g protein, 261 g carbohydrate, 25 to 35 g fibre and not more than 63 g total fat (21 g saturated fat). Men and teenagers usually need more. Canadian sodium intake of approximately 3,500 to 4,500 mg daily should 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

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