

SANTA BARS

3/4 CUP BUTTER

2 CUPS OF GRAHAM CRUMBS

1 CUP OF WHITE CHOCOLATE CHIPS

1 CUP OF SHREDDED COCONUT

1 " " MINITURE MARSHMALLOWS

1 " " CRANBERRIES.

1 CAN OF CONDENSED MILK.

13" X 9" BAKING DISH

GREASE DISH AND LINE WITH PARCHMENT PAPER
MELT BUTTER AND COMBINE WITH CRUMBS IN A BOWL
WHEN THOROUGHLY MIXED SPREAD OVER THE BOTTOM OF
LINED DISH EVENLY AND PRESS DOWN WITH A FORK

^{DRIBBLE}
POUR AT LEAST HALF OF THE MILK OVER THE BASE
EVENLY

SPREAD REMAINING INGREDIENTS SEPERATLY OR MIXED
TOGETHER OVER THE BASE AND PRESS DOWN WITH A FORK

FINALLY ^{DRIBBLE} POUR THE REST OF THE MILK OVER ~~THE~~ TOP

BAKE AT 325° FOR 25 MINS

ALLOW TO COOL THOROUGHLY (REPERIGERATE) BEFORE
CUTTING TO THE SIZE YOU PREFER

Prep: 10 min

Cook Time: 25 min

Serves: 4

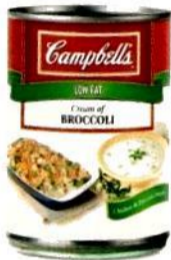
- 1. Arrange broccoli and chicken in 1 1/2 qt (1.5 L) baking dish. Pour in mixture of soup and milk. Sprinkle with cheese. Top with mixture of bread crumbs and margarine.*
- 2. Bake at 425°F (220°C) until heated through - about 25 minutes.*
- 3. Cook fusilli according to package directions, omitting salt, and serve immediately with divan.*

*Per Serving: 480 calories, 8g fat, 3g saturated fat,
70mg cholesterol, 590mg sodium, 62g carbohydrate,
5g dietary fibre, 39g protein, 20% DV calcium*



EASY CHICKEN BROCCOLI DIVAN WITH FUSILLI

- 3 cups hot cooked broccoli florets
- 2 cups cubed, cooked, skinless chicken breast
- 1 can (10 oz/284 mL) CAMPBELL'S®
Condensed Low Fat Cream of Broccoli Soup
- 1/3 cup 1% milk
- 1/2 cup shredded light Cheddar cheese
- 2 tbsp dry bread crumbs
- 1 tsp margarine or butter, melted
- 3 cups uncooked tri-coloured fusilli



Rediscover.



Slow-Cooker Beef Stew

For a change, make our recipe with lamb stew meat instead of beef

1/3 cup
all-purpose flour

1 1/2 tsp. salt

1/2 tsp. pepper

1 pkg. (1 lb.) baby
carrots

1 onion, chopped,
1 cup

2 lbs. beef stew
meat, cut into
1" chunks

1 pkg. (10 oz.)
mushrooms,

Chopped
fresh parsley,
optional

● In large bowl, combine flour, salt and pepper. Toss carrots and onion with 1 Tbs. flour mixture; place in 3 1/2-qt. slow cooker.

● Toss beef in remaining flour

beef is tender, 8-10 hours. Before serving, stir to mix. If desired, serve with Horseradish Mashed Potatoes and sprinkle with parsley.



halved, 2 1/2 cups

**1 can (14 1/2 oz.)
diced tomatoes
with basil, garlic
and oregano**

mixture; place over
carrots and onion.
Add mushrooms
then tomatoes with
liquid. Cover;
cook on low until

Add colour and scent to your summer drinks

BY LIANE FAULDER

CANWEST NEWS SERVICE

Juices such as pomegranate and cranberry are trendy this season and add colour and scent to your hot-weather beverages.

Fruit juices are ideal mixers for summer cocktails, according to Tim Goodison, who teaches mixology at Edmonton's Northern Alberta Institute of Technology.

"Cranberry is a refreshing and thirst-quenching summer drink," says Goodison.

Here is Goodison's recipe for a Cranberry Cooler.

Cranberry Cooler

Serves 1

2 ounces Finlandia or other brand of vodka

4 ounces cranberry juice

2 ounces ginger ale

Mix in a tall glass studded with ice cubes.

Garnish with a lemon slice.

KATHY'S FUDGE DROPS

2 cups white sugar

1/2 c. margarine

1 tsp. vanilla

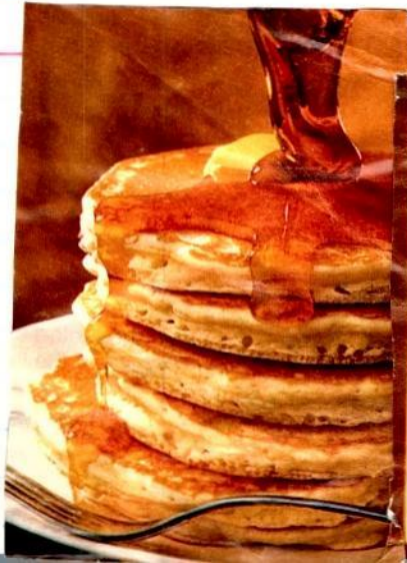
1/2 c. cocoa

1/2 tsp. salt

1/2 cup milk

Mix together and boil for five minutes and NO LONGER.

Remove from the heat and add 3 cups coconut and oatmeal in whatever proportion you prefer. Drop by spoonfulls on waxed paper and let cool.



You'll need:

- ❑ 1 cup all-purpose flour
- ❑ 2 Tbs. sugar
- ❑ 2 tsp. baking powder
- ❑ 1/2 tsp. ground cinnamon
- ❑ 1/4 tsp. ground ginger
- ❑ 1/4 tsp. ground allspice
- ❑ 1/4 cup fat-free milk
- ❑ 1 egg
- ❑ 2 Tbs. molasses
- ❑ 1 Tbs. vegetable oil

- Heat nonstick griddle over medium heat. In bowl, combine first 6 ingredients. In small bowl, combine next 4 ingredients. Pour wet mixture into dry mixture and stir until just combined. (Do not overmix or pancakes will be tough.)
- Pour 1/4 cup of batter onto griddle. Cook for 2 to 3 minutes, or until bubbles appear all over the surface. Flip over, and cook for 2 minutes or until bottom is golden-brown. Repeat until all batter is used. Serve with maple syrup. Makes 4 servings.

maple fudge

INGREDIENTS makes one 8-inch pan

2 cups maple syrup

¾ cup 10% cream

2 tbsp butter

1 Grease an 8-inch square pan.

2 In a saucepan over high heat bring all the ingredients to a boil. Do not cover. Using a candy thermometer to monitor the temperature, bring the mix to between 235° F and 240° F, then drop a little in cold water. It will form a soft ball when ready. Remove from the heat and monitor the temperature until it drops to 110° F. Beat until creamy.

3 Pour the fudge into the prepared pan and cool. Cut into squares.





Apple-Glazed Game Hens

A sweet Marsala and jelly glaze coats our succulent, juicy hens roasted to a golden finish!

4 Cornish game hens, 1 3/4 lbs. each

1 Tbs. olive oil

1 tsp. dried Italian seasoning

1 clove garlic, minced

3/4 tsp. salt

1/4 tsp. pepper

1 onion, cut into 8 wedges

1/3 cup apple jelly

2 Tbs. Marsala wine or cranberry juice

Apple wedges and parsley sprigs, optional

● Preheat oven to 375°F. Place hens in large roasting pan. Combine oil, seasoning, garlic, salt and pepper; rub over hens. Place 2 onion wedges in each hen cavity. Roast hens 1 hour.

● Meanwhile, in small pot combine jelly and wine; over medium heat, cook, stirring occasionally, until lightly thickened, 3 minutes. Cool.

● Brush jelly mixture over hens; continue roasting until no longer pink near bone, 10-15 minutes. Remove from oven; let stand 10 minutes. If desired, garnish with apple wedges and parsley sprigs.

Servings: 8
Calories: 542
Protein: 42 g.
Fat: 36 g.
(10 g. saturated)
Trans fat: 0 g.
Chol.: 246 mg.
Carbs.: 10 g.

Sodium: 347 mg.
Fiber: 0 g.
Sugar: 9 g.
Kitchen time: 20 minutes.
Total time: 1 hour, 45 minutes.

Citrus-Scented Broccoli

Broccoli . . . irresistible? You bet! Just roast it with garlic, fragrant orange zest and a handful of yummy walnuts!

2 bunches broccoli, about 2 lbs.

3 Tbs. olive oil

3 cloves garlic, sliced

1/2 tsp. salt

1/4 cup chopped walnuts

1/4 tsp. grated orange zest

Orange slices, optional

● Preheat oven to 375°F. Line jellyroll pan with foil. Separate broccoli stems and florets. Break florets into 1 1/2" pieces; cut stems into 2"x1/2" pieces.

● In large bowl, toss broccoli with oil, garlic and salt. Spread mixture in single layer in pan. Roast 20 minutes. Stir in walnuts; continue roasting until broccoli is lightly browned and tender, 10 minutes. Transfer to serving bowl; stir in zest. If desired, garnish with orange slices.

Servings: 8	Carbs.: 6 g.
Calories: 117	Sodium: 217 mg.
Protein: 3 g.	Fiber: 2 g.
Fat: 10 g. (1 g. saturated)	Sugar: 1 g.
Trans fat: 0 g.	Kitchen time: 15 minutes.
Chol.: 0 mg.	Total time: 45 minutes.

FRENCH CREAM DRESSING

out the tastiest you will find - Super good

Condensed tomato soup	10 oz	284 ml
Lemon juice	1/3 cup	75 mL
Honey	1/3 cup	75 mL
Vinegar	3 tbsp	45 mL
Grated onion	2 tbsp	30 mL
Worcestershire sauce	2 tsp.	10 mL
Prepared mustard	2 tsp.	10 mL
Salt	1 1/2 tsp.	7 mL
Paprika	1 tsp.	5 mL
Celery seed	1/2 tsp	2 mL
Garlic powder	1/4 tsp.	1 mL
Cooking oil	1/4 cup	175 mL

Measure first 11 ingredients from tomato soup to garlic powder into small mixing bowl. Beat at medium speed for three minutes.

Add oil gradually, beating until all is blended in. Store in refrigerator. Makes 3 cups (750 ml)

ITALIAN DRESSING

Great for marinating vegetables as well as for greens

Cooking oil	1 cup	225 mL
Lemon juice	1/4 cup	50 mL
Vinegar	1/4 cup	50 mL
Sugar	2 tsp	10 mL
Salt	1 tsp	5 mL
Dry mustard	1/2 tsp.	2 mL
Onion salt	1/2 tsp.	2 mL
Paprika	1/2 tsp.	2 mL
Oregano	1/2 tsp.	2 mL
Garlic salt (or 1 clove crushed)	1/2 tsp.	2 mL
Thyme	1/8 tsp.	0.5 mL

Measure all ingredients into jar. Cover. Shake well. Chill two hours before using. Makes 1 1/2 cups (350 mL)

TEMPERATURE GUIDE

	Gas		Electric		Mark
	C	F	C	F	
	100	200	110	225	1/4
	120	250	120	250	1/2
	150	300	150	300	1-2
	160	325	170	340	3
	180	350	200	400	4
	190	375	220	425	5-6
	200	400	230	450	6-7
	230	450	250	475	8-9

LIQUID MEASURES

IMPERIAL	METRIC
1 teaspoon	5 ml
1 tablespoon	20 ml
2 fluid ounces (1/4 cup)	62.5 ml
4 fluid ounces (1/2 cup)	125 ml
8 fluid ounces (1 cup)	250 ml
1 pint (16 ounces = 2 cups)	500 ml

(The imperial pint is equal to 20 fluid ounces.)

1 3/4 = 149. 1 = 437.5 g = 149

SOLID MEASURES

AVOIRDUPOIS	METRIC
1 ounce	30 g
4 ounces (1/4 lb)	125 g
6 ounces (3/8 lb)	250 g
12 ounces (3/4 lb)	375 g
16 ounces (1 lb)	500 g
24 ounces (1 1/2 lb)	750 g
32 ounces (2 lb)	1000 g (1 kg)



CUP AND SPOON REPLACEMENTS FOR OUNCES

INGREDIENT	½ oz	1 oz	2 oz	3 oz	4 oz	5 oz	6 oz	7 oz	8 oz	9 oz
Almonds, ground	2 T	¼ C	½ C	¾ C	1¼ C	1½ C	1¾ C	2 C	2¼ C	2½ C
sliced	6 t	¼ C	½ C	¾ C	1 C	1½ C	1¾ C	2 C	2¼ C	2½ C
whole	2 T	¼ C	½ C	¾ C	1 C	1½ C	1¾ C	2 C	2¼ C	2½ C
Apples, dried whole	3 T	½ C	1 C	1½ C	2 C	2½ C	2¾ C	3 C	3¼ C	3½ C
Apricots, chopped	2 T	¼ C	½ C	¾ C	1 C	1¼ C	1½ C	1¾ C	2 C	2¼ C
whole	2 T	3 T	½ C	¾ C	1 C	1¼ C	1½ C	1¾ C	2 C	2¼ C
Arrowroot	1 T	2 T	½ C	¾ C	¾ C	¾ C	1 C	1 C	1 C	1 C
Baking Powder	1 T	2 T	½ C	¾ C	¾ C	¾ C	1 C	1 C	1 C	1 C
Baking Soda	1 T	2 T	½ C	¾ C	¾ C	¾ C	1 C	1 C	1 C	1 C
Barley	1 T	2 T	½ C	¾ C	¾ C	¾ C	1 C	1 C	1 C	1 C
Breadcrumbs, dry	2 T	¼ C	½ C	¾ C	1 C	1¼ C	1½ C	1¾ C	2 C	2¼ C
soft	¼ C	½ C	1 C	1½ C	2 C	2½ C	3 C	3½ C	4 C	4½ C
Biscuit Crumbs	2 T	¼ C	½ C	¾ C	1¼ C	1½ C	1¾ C	2 C	2¼ C	2½ C
Butter	3 t	6 t	¼ C	½ C	¾ C	1 C	1¼ C	1½ C	1¾ C	2 C
Cheese, grated, lightly packed, natural cheddar	6 t	¼ C	½ C	¾ C	1 C	1¼ C	1½ C	1¾ C	2 C	2¼ C
Processed Cheddar	5 t	2 T	½ C	¾ C	¾ C	1 C	1¼ C	1½ C	1¾ C	2 C
Parmesan, Romano	6 t	¼ C	½ C	¾ C	1 C	1¼ C	1½ C	1¾ C	2 C	2¼ C
Cherries, candied, chopped	1 T	2 T	½ C	¾ C	¾ C	1 C	1 C	1 C	1 C	1 C
whole	1 T	2 T	½ C	¾ C	¾ C	1 C	1 C	1 C	1 C	1 C
Cocoa	2 T	¼ C	½ C	¾ C	1¼ C	1½ C	1¾ C	2 C	2¼ C	2½ C
Coconut, desiccated	2 T	¼ C	½ C	¾ C	1 C	1¼ C	1½ C	1¾ C	2 C	2¼ C
shredded	¼ C	¾ C	1¼ C	1¾ C	2½ C	3 C	3½ C	4½ C	5 C	5½ C
Cornstarch	6 t	3 T	½ C	¾ C	1 C	1¼ C	1½ C	1¾ C	2 C	2¼ C
Corn Syrup	2 t	1 T	2 T	¼ C	½ C	¾ C	¾ C	¾ C	¾ C	¾ C
Coffee, ground	2 T	¼ C	¾ C	1 C	1¼ C	1¾ C	2 C	2¼ C	2½ C	2¾ C
instant	3 T	½ C	1 C	1½ C	1¾ C	2¼ C	2¾ C	3 C	3½ C	3¾ C
Cornflakes	½ C	1 C	2 C	3 C	4¼ C	5¼ C	6¼ C	7¼ C	8¼ C	9¼ C
Cream of Tartar	1 T	2 T	½ C	¾ C	¾ C	¾ C	1 C	1 C	1 C	1 C
Currants	1 T	2 T	½ C	¾ C	¾ C	1 C	1¼ C	1½ C	1¾ C	2 C
Custard Powder	6 t	3 T	½ C	¾ C	1 C	1¼ C	1½ C	1¾ C	2 C	2¼ C
Dates, chopped	1 T	2 T	½ C	¾ C	¾ C	1 C	1¼ C	1½ C	1¾ C	2 C
whole, pitted	1 T	2 T	½ C	¾ C	¾ C	1 C	1¼ C	1½ C	1¾ C	2 C
Figs, chopped	1 T	2 T	½ C	¾ C	¾ C	1 C	1¼ C	1½ C	1¾ C	2 C
Flour, all-purpose or cake	6 t	¼ C	½ C	¾ C	1 C	1¼ C	1½ C	1¾ C	2 C	2¼ C
wholemeal	6 t	3 T	½ C	¾ C	1 C	1¼ C	1½ C	1¾ C	2 C	2¼ C
Fruit, mixed	1 T	2 T	½ C	¾ C	¾ C	1 C	1¼ C	1½ C	1¾ C	2 C
Gelatine	5 t	2 T	½ C	¾ C	¾ C	1 C	1 C	1 C	1 C	1 C
Ginger, crystallised pieces	1 T	2 T	½ C	¾ C	¾ C	1 C	1¼ C	1½ C	1¾ C	2 C
ground	6 t	¼ C	½ C	¾ C	¾ C	1 C	1¼ C	1½ C	1¾ C	2 C
preserved, heavy syrup	1 T	2 T	½ C	¾ C	¾ C	1 C	1¼ C	1½ C	1¾ C	2 C
Glucose, liquid	2 t	1 T	2 T	¼ C	½ C	¾ C	¾ C	¾ C	¾ C	¾ C
Haricot Beans	1 T	2 T	½ C	¾ C	¾ C	1 C	1 C	1 C	1 C	1 C

In this table, t represents teaspoonful, T represents tablespoonful and C represents cupful.

Butter Tarts

2c brown. sugar

2 tbsp melted butter

2 eggs

1 tsp. cornstarch

2 tsp. cream

1/2 tsp. vanilla or lemon extract

Roasted Sauce

2 to 3 tbsp. butter

2 to 3 tbsp. flour

$\frac{1}{4}$ tsp. salt

1 cup milk

Melt butter; blend in flour & salt. Let it bubble up together. Take off heat, add milk all at once; cook over low to medium heat, stirring constantly until thickened.

MACARONI COMBINATION CASSEROLE.

- 1 C. MACARONI
- $\frac{1}{2}$ LB. SHREPPED CHEESE
- $\frac{1}{2}$ LB. GROUND BEEF
- 1 CAN MUSHROOM SOUP.
- 2 EGG HARD BOILED
- 1 TSP. ONION, DICED.

Combine all ingredients and place in a small bowl - CASSEROLE. Let stand overnight.

Bake 1 hour in an oven 350°

Lemonade

$1\frac{3}{4}$ cups sugar

8 cups water

$1\frac{1}{2}$ cups lemon juice

yield 8 servings

Cal. 87

Low-Cal Breakfast Cakes 9oz 0.89

1 1/4 cups whole wheat flour

2 1/4 tsp. baking powder

1/4 tsp. salt

1 egg

1 1/4 cups skim milk

non-stick vegetable cooking spray

Combine flour, baking powder and salt in mixing bowl.

Beat together egg and milk and

stir into flour mixture to form
a lumpy batter. Drop batter by
spoonfuls into skillet. (4" inch pancakes)
Cook on medium heat until bubbly.

BLUSHIN RUSSIAN

1 c. Best Foods mayo
1/3 c. chopped pickles
2 tsp. sugar

1/3 c. ketchup or chili sauce
2 tsp. lemon juice

TRUE BLUE CHEESE

1 c. Best Foods mayo
3 tbsp. milk
1 tsp. finely chopped onion
1/4 tsp. dry mustard
2 tsp. sugar

4 oz. crumbled blue cheese
2 tbsp. lemon juice
1/4 tsp. Worcestershire sauce
1/4 tsp. salt

Stove-Top Macaroni and Cheese

This quick sauce comes together as the pasta cooks to make a dish that's heaps better than any boxed variety. For the best flavour, use extra-old Cheddar.

2 tbsp butter 25 mL

Half onion, diced Half

½ tsp salt 2 mL

Pinch cayenne pepper Pinch

1 tbsp all-purpose flour 15 mL

1½ cups milk 375 mL

2 tsp Dijon mustard 10 mL

1¼ cups shredded old Cheddar cheese 300 mL

2½ cups elbow pasta (about 12 oz/375 g) 625 mL

☞ In large saucepan, melt butter over medium heat; cook onion, salt and cay-

enne pepper, stirring occasionally, for about 6 minutes or until softened.

☛ Stir in flour; cook, stirring, for 2 minutes. Gradually whisk in milk and mustard; cook, whisking, for 10 minutes or until bubbly, thickened and onion is softened. Stir in cheese until smooth.

☛ Meanwhile, in large pot of boiling salted water, cook pasta for about 8 minutes or until tender but firm. Drain and add to sauce; toss to coat. **Makes 4 servings.** PER SERVING: about 569 cal, 23 g pro, 21 g total fat (12 g sat. fat), 71 g carb, 4 g fibre, 60 mg chol, 840 mg sodium. % RDI: 35% calcium, 26% iron, 19% vit A, 85% folate.