



TURMERIC CHICKEN SOUP

By: Jennifer Danter and The Canadian Living Test Kitchen

Season with black pepper, which helps your body absorb curcumin (the substance that gives turmeric its superfood status).

INGREDIENTS

- 8** bone-in chicken thighs , skin removed
- 14 cups** cold water
- 2 tablespoons** cider vinegar
- 1 cup** chopped fresh cilantro stems or fresh parsley stems
- 2** shallots , quartered
- 2** carrots , coarsely chopped
- 2** large cloves garlic , smashed
- 1** piece (1 inch) fresh turmeric (unpeeled), thinly sliced
- 1** piece (1/2 inch) fresh ginger (unpeeled), thinly sliced
- 1/2 teaspoon** salt (approx)
- 1/2 cup** chopped fresh cilantro leaves or fresh parsley leaves

METHOD

In Dutch oven or large heavy-bottomed saucepan, combine chicken, water and vinegar; cover and refrigerate for 1 hour. Bring to boil over medium-high heat, stirring occasionally. Reduce heat to medium; simmer for 30 minutes, skimming and discarding froth.

Stir in cilantro stems, shallots, carrots, garlic, turmeric and ginger; partially cover and simmer, stirring occasionally, for 30 to 40 minutes.

Remove from heat; using tongs, transfer chicken to cutting board. Using 2 forks, shred into bite-size pieces; sprinkle with salt.

Strain broth through fine-mesh sieve into separate large saucepan; discard solids. Return chicken to broth; stir in cilantro leaves. Season with salt to taste.

Makes 4 to 6 servings.

Prep time	40 minutes
Total time	2 hours & 30 minutes
Credits :	Canadian Living Magazine

NUTRITIONAL FACTS

Per each of 6 servings:
about

Sodium	493 mg
Sugars	0 g
Protein	30 g
Calories	171
Total fat	5 g
Potassium	611 mg
Cholesterol	155 mg
Saturated fat	1 g
%RDI	
Iron	11
Folate	8
Calcium	2
Vitamin A	2



HERBED DOUBLE RACK OF PORK WITH POTATOES & SQUASH

By: Jennifer Danter and The Canadian Living Test Kitchen
Canadian Living Magazine: November 2017

Dial up the drama with this impressive Sunday dinner roast. After the main event, turn the leftovers into internationally flavoured dishes such as an Argentine sandwich and a hearty Vietnamese soup.

INGREDIENTS

- 2 6-rib pork loin rib roasts (each about 2 kg)
- 1/4 cup finely chopped fresh rosemary
- 2 teaspoons ground cumin
- 2 teaspoons garlic powder
- 2 teaspoons pepper
- 1 teaspoon each salt and hot pepper flakes
- 12 baby potatoes, halved
- 4 cloves garlic (unpeeled)
- 4 shallots, halved
- Half acorn squash (unpeeled), seeded and thickly sliced
- 2 tablespoons olive oil
- 4 sprigs fresh rosemary
- Chimichurri Sauce (recipe in Method)

METHOD

Preheat oven to 375°F. Line large rimmed baking sheet with parchment paper; place pork, fat side up, on prepared pan. Stir together chopped rosemary, cumin, garlic powder, pepper, salt and hot pepper flakes; rub all over pork. Roast for 1 hour.

Meanwhile, in large bowl, toss together potatoes, garlic, shallots, squash and oil.

Remove pork from oven; transfer to large cutting board. Arrange potato mixture and rosemary sprigs in single layer on baking sheet; place pork over top. Continue to roast until instant-read thermometer inserted in thickest part of pork reads 155°F, about 35 minutes.

Prep time 15 minutes

Total time 1 hour & 45 minutes

NUTRITIONAL FACTS

Per each of 6 servings:
about

Fibre	3 g
Sodium	349 mg
Sugars	3 g
Protein	46 g
Calories	537
Total fat	29 g
Potassium	1043 mg
Cholesterol	125 mg
Saturated fat	10 g
Total carbohydrate	23 g

%RDI

Iron	25
Folate	15
Calcium	8
Vitamin A	8
Vitamin C	20

Transfer pork to clean cutting board; tent with foil. Using spatula, turn over potato mixture; roast until tender, 5 to 10 minutes. Slice 1 pork roast into 6 chops; serve with **Chimichurri Sauce**. Let remaining roast cool completely; slice meat from bones. Wrap in plastic wrap and refrigerate for up to 3 days or freeze for up to 1 month.

Makes 6 servings (with leftovers).

Test Kitchen Tip: Roasting on the bone keeps meat moist. It's easy to slice—use the bones as a cutting guide.





LEMONY TOMATO BASIL PASTA

By: Jennifer Danter and The Canadian Living Test Kitchen
Canadian Living Magazine: August 2017

The secret to this light, fresh pasta is in the cooking liquid: It's flavourful and starchy, which helps coat the noodles.

INGREDIENTS

- 2 pkg (each 250 g) cherry tomatoes , halved
- 25 large basil leaves , torn
- 1 teaspoon salt
- 500 g cavatappi or spaghetti
- 1/2 cup olive oil
- 2 cloves garlic , finely grated or pressed
- 1 tablespoon lemon zest
- 1 cup grated Parmigiano-Reggiano cheese
- 1/4 cup lemon juice
- pepper

METHOD

In bowl, combine tomatoes, basil and salt.

In saucepan of boiling water, cook pasta according to package instructions. Reserving 1 cup of the cooking liquid, drain and set aside.

In large skillet, heat oil over medium heat; cook garlic and lemon zest, stirring often, until fragrant, about 1 minute. Add cooked pasta and tomato mixture; stir in 1/2 cup of the Parmigiano-Reggiano, the lemon juice and enough of the reserved cooking liquid to coat. Stir in remaining Parmigiano-Reggiano. Add pepper to taste.

Tip from The Test Kitchen: Save the Parmesan rinds. Freeze them in an airtight container, then add to soups, stews, sauces and marinades for extra flavour.

Extra toppings:

Cheese: 1/2 cup crumbled blue or goat cheese or 225 g sliced Brie

Greens: 2 cups packed baby spinach or arugula

Veggies: 1/4 cup thinly sliced sun-dried tomatoes or 1 cup chopped

Prep time 15 minutes

Total time 30 minutes

NUTRITIONAL FACTS

Per each of 6 servings:
about

Fibre	3 g
Sodium	534 mg
Sugars	5 g
Protein	14 g
Calories	528
Total fat	23 g
Potassium	44 mg
Cholesterol	12 mg
Saturated fat	5 g
Total carbohydrate	69 g

%RDI

Iron	18
Folate	45
Calcium	13
Vitamin A	13
Vitamin C	50

marinated artichokes

Protein: 450 g cooked peeled jumbo shrimp or 1 1/2 cups shredded
cooked chicken

Makes 4 to 6 servings.



ARGENTINE PORK SANDWICHES

By: Jennifer Danter and The Canadian Living Test Kitchen
Canadian Living Magazine: November 2017

Use leftovers from our **Double Rack of Pork** recipe to make a satisfying sandwich.

INGREDIENTS

Chimichurri Mayonnaise:

- 1 cup Chimichurri Sauce (recipe in Method)
- 1 cup light mayonnaise

Pickled Onions:

- 1 cup white vinegar
- 1 cup water
- 2 tablespoons granulated sugar
- 1 teaspoon salt
- 1 small red onion, sliced
- 6 soft sandwich buns, split and toasted
- 6 leaves Boston lettuce or 4 cups mixed greens
- 2 large avocados, peeled, pitted and sliced
- 500 g Herbed Double Rack of Pork (recipe in Method), thinly sliced
- 3/4 cups sliced pickled pepperoncini or banana peppers (optional)

METHOD

Chimichurri Mayonnaise: In small bowl, stir together **Chimichurri Sauce** and mayonnaise. Set aside.

Pickled Onions: In microwavable bowl, combine vinegar, water, sugar and salt. Microwave on high until boiling, 4 to 5 minutes; add red onion and let stand for 10 minutes. Using fine-mesh sieve, strain. (Reserve brine for pickling other vegetables.)

Assembly: Spread heaping 1 tbsp of the Chimichurri Mayonnaise on bottom half of each bun. Top with lettuce, avocados, Pickled Onions, **pork** and pepperoncini (if using). Sandwich with top halves. Garnish

Prep time	25 minutes
Total time	40 minutes
Portion size	25 servings

NUTRITIONAL FACTS

Per serving: about

Fibre	7 g
Sodium	735 mg
Sugars	7 g
Protein	29 g
Calories	556
Total fat	31 g
Potassium	701 mg
Cholesterol	66 mg
Saturated fat	8 g
Total carbohydrate	42 g
%RDI	
Iron	26
Folate	54
Calcium	10
Vitamin A	7
Vitamin C	15

with watercress and serve with potato chips (if using).

Test Kitchen Tip: Use leftover Pickled Onions to top our **Brussels Sprouts, Rice & Halloumi Salad**.



CAJUN CHICKEN AND GRILLED CORN SALSA

By: Jennifer Danter and The Canadian Living Test Kitchen
Canadian Living Magazine: September 2017

We're soaking up every last second of barbecue season with this sweet and mildly spicy dish. It's prepped and grilled in less than 30 minutes, making it great for busy weeknights and easy for impromptu entertaining. A sweet summer corn salsa is the perfect pairing for mouth-tingling Cajun chicken.

INGREDIENTS

- 1/2 cup olive oil
- 1 1/2 tablespoon Cajun seasoning or piri-piri spice rub
- 8 boneless skinless chicken thighs (about 500 g total)
- 1/2 cup each chopped fresh basil and fresh parsley
- 1 teaspoon grated lime zest
- 1/4 cup lime juice
- 2 tablespoons grated Parmesan cheese (optional)
- 2 corncobs, husked
- 1/4 teaspoon each salt and pepper (approx)
- flatbreads (such as pita or naan) (optional)
- 4 lime wedges
- 1 cup plain Greek yogurt (optional)

METHOD

In large bowl, mix 1 tbsp of the oil with Cajun seasoning. Add chicken; turn to coat.

In small bowl, whisk together remaining oil, basil, parsley, garlic, lime zest and lime juice. Stir in Parmesan (if using).

Wrap each corncob in paper towel; microwave on high for 2 minutes. Remove paper towels and discard. Lightly brush corncobs with some of the basil mixture.

Place chicken on greased grill over medium-high heat; close lid and grill, turning chicken once, until no longer pink inside, 8 to 10 minutes.

Meanwhile, add corncobs to grill; grill, turning frequently, until lightly charred, 4 to 6 minutes. Let cool enough to handle. Cut kernels from corncobs; stir into basil mixture. Sprinkle with salt and pepper to taste. Serve with chicken, flatbreads, lime wedges and yogurt (if using).

Prep time	20 minutes
Total time	30 minutes
Portion size	4 servings

NUTRITIONAL FACTS

Per serving: about

Fibre	2 g
Sodium	680 mg
Sugars	2 g
Protein	29 g
Calories	486
Total fat	39 g
Potassium	209 mg
Cholesterol	120 mg
Saturated fat	7 g
Total carbohydrate	11 g
%RDI	
Iron	5
Folate	9
Calcium	2
Vitamin A	20
Vitamin C	31

Tip from The Test Kitchen: It's corn season! Cook extra corncobs for future use. Cut the kernels from cooked and cooled cobs. Freeze in a single layer; portion in freezer bags and refreeze for up to six months.



CLEMENTINE MOSCOW MULE

By: Jennifer Danter and The Canadian Living Test Kitchen

While we love eating sweet clementines straight out of hand, the juice is so delectable that it begs to be used for something special—like a cocktail! Buck tradition and lace a classic Moscow mule with bright, fresh notes of the fruit's nectar. Bonus: Brush the leftover clove syrup on our Gingerbread Cake.

INGREDIENTS

- 3 tablespoons water
- 3 tablespoons granulated sugar
- 2 teaspoons whole cloves
- ice cubes
- 2 strips clementine zest
- 2/3 cups clementine juice (about 2 to 3 clementines)
- 1/4 cup lime juice (about 1 to 2 limes)
- 3 oz vodka
- crushed ice
- 8 oz ginger beer
- 2 sprigs fresh mint

METHOD

In small saucepan, bring water, sugar and cloves to boil over medium-high heat. Cook until sugar is dissolved, about 1 minute. Remove from heat; strain through fine-mesh sieve into bowl. Set aside.

Fill cocktail shaker half full with ice cubes. Add clementine juice, lime juice, vodka and 1 tsp of the clove syrup; shake vigorously until well chilled.

Strain through fine-mesh sieve into glasses half-filled with crushed ice. Top with ginger beer; garnish with zest and mint.

NOTES FROM THE TEST KITCHEN

Basil: Elevate brunch with thinly sliced fresh basil leaves in a fruit salad made with clementine segments and chunks of cantaloupe.

Prep time	10 minutes
Total time	10 minutes
Portion size	2 servings
Credits :	Canadian Living Magazine

NUTRITIONAL FACTS

Per serving: about

Sodium	4 mg
Sugars	21 g
Protein	1 g
Calories	187
Potassium	179 mg
Cholesterol	0 mg
Saturated fat	0 g
Total carbohydrate	24 g
%RDI	
Iron	1
Folate	10
Calcium	3
Vitamin C	82

Chocolate: Dip half of each clementine segment in melted dark chocolate. Transfer to a parchment paper-lined tray; refrigerate until the chocolate is set. Wrap for a hostess gift or add the treats to a holiday dessert tray.

Brandy: Use strips of the fruit's zest for extra flavour in brandy-based after-dinner digestifs.



BIG BATCH MAC 'N' CHEESE SAUCE

By: Jennifer Danter and The Canadian Living Test Kitchen
Canadian Living Magazine: October 2017

Mac 'n' cheese, mushroom and sausage gnocchi, and cheesy roasted cauliflower—all these recipes are a cinch to make as long as you prep a big batch of our sauce.

INGREDIENTS

- 6 tablespoons** salted butter
- 1** large onion , minced
- 3/4 cups** all-purpose flour
- 1 teaspoon** each garlic powder, nutmeg and pepper
- 1/2 teaspoon** salt
- 3 tablespoons** Dijon mustard
- 8 cups** 2% milk , warmed
- 6 cups** shredded aged white cheddar cheese
- 2 cups** shredded Gruyère cheese
- 2 cups** shredded mozzarella or Monteray Jack cheese

METHOD

In large saucepan or Dutch oven, melt butter over medium heat; cook onion, stirring occasionally, until softened but not browned, about 5 minutes. Add flour, garlic powder, nutmeg, pepper and salt; cook, stirring constantly, until mixture begins to stick to pan, about 1 minute.

Whisk in mustard; gradually whisk in milk, 1 cup at a time, whisking after each addition. Increase heat to high; bring to boil, whisking constantly and scraping pan bottom. Reduce heat to medium-low; simmer, whisking constantly, until thickened, 7 to 8 minutes. Remove from heat; gradually stir in cheddar, Gruyère and mozzarella, 1/2 cup at a time, stirring after each addition, until melted and smooth

Test Kitchen Tip: Smooth sauce: Prevent clumps by ensuring that the milk is warm when whisking into the butter and flour mixture.

Makes 12 cups.

Prep time	45 minutes
Total time	45 minutes

NUTRITIONAL FACTS

Per 1/2 cup: about

Fibre	0 g
Sodium	264 mg
Sugars	5 g
Protein	10 g
Calories	185
Total fat	13 g
Potassium	164 mg
Cholesterol	40 mg
Saturated fat	7 g
Total carbohydrate	8 g
%RDI	
Iron	3
Folate	6
Calcium	26
Vitamin A	14
Vitamin C	2



CHIMICHURRI SAUCE

By: Jennifer Danter and The Canadian Living Test Kitchen

Chimichurri sauce hails from Argentina. It's traditionally made with parsley, garlic and vinegar, among other seasonings, and served alongside grilled meat. Serve over our Herbed Double Rack of Pork.

INGREDIENTS

- 5 cups** packed fresh parsley
- 1 cup** packed fresh cilantro
- 4** green onions , cut crosswise in thirds crosswise
- 1/4 cup** red wine vinegar
- 1** clove garlic
- 1/2 teaspoon** salt
- 1/4 teaspoon** pepper
- pinch** hot pepper flakes
- 3/4 cups** extra-virgin olive oil
- 1/4 cup** water (approx)

METHOD

In food processor, pulse together parsley, cilantro, green onions, vinegar, garlic, salt, pepper and hot pepper flakes. With motor running, add oil in thin steady stream, until smooth add water as needed to reach desired consistency.

Makes about 1 1/2 cups.

Prep time	5 minutes
Total time	5 minutes
Credits :	Canadian Living Magazine

NUTRITIONAL FACTS

Per 1/4 cup: about

Fibre	1 g
Sodium	206 mg
Protein	1 g
Calories	252
Total fat	27 g
Potassium	156 mg
Cholesterol	0 mg
Saturated fat	4 g
Total carbohydrate	2 g
%RDI	
Iron	11
Folate	17
Calcium	3
Vitamin A	19
Vitamin C	47



SLOW COOKER KANSAS RIBS

By: Jennifer Danter and The Canadian Living Test Kitchen
Canadian Living Magazine: November 2017

These ribs are packed with flavour but if you're looking to reduce your sugar intake, substitute a cup of strained tomatoes for the ketchup.

INGREDIENTS

- 2.5 kg** pork back ribs
- 1/4 cup** Cajun seasoning
- 2 cups** ketchup
- 1/2 cup** red wine vinegar
- 2 tablespoons** granulated sugar
- 2 tablespoons** Worcestershire sauce
- 1/4 cup** cornstarch
- 1/4 cup** water
- 3** green onions , thinly sliced
- 1/3 cup** chopped fresh cilantro
- Half jalapeño pepper , seeded and minced, or 5 slices pickled jalapeño pepper

METHOD

Remove membrane from underside of ribs, if attached. Cut ribs into 2-rib portions; place in large bowl. Sprinkle Cajun seasoning over top; toss to coat, pressing to adhere. Transfer ribs to slow cooker. Whisk together ketchup, vinegar, sugar and Worcestershire sauce; pour over ribs, stirring to coat. Cover and cook on low until ribs are tender, 8 to 10 hours. Skim fat from surface of cooking liquid.

Using slotted spoon, transfer ribs to cutting board; tent with foil. Whisk cornstarch with water until smooth; whisk into slow cooker. Cover and cook on high until thickened, about 15 minutes.

Toss together green onions, cilantro and jalapeño pepper; sprinkle over ribs. Serve with 2 cups of the sauce; save remainder for another use.

Test Kitchen Technique: Removing the slippery membrane from the underside of ribs can be tricky. To make it easier, use the tip of a sharp knife to lift the membrane from one end, then grip with paper towel and

Prep time	5 minutes
Total time	8 hours & 30 minutes
Portion size	12 servings

NUTRITIONAL FACTS

Per serving: about

Fibre	1 g
Sodium	450 mg
Sugars	7 g
Protein	21 g
Calories	367
Total fat	26 g
Potassium	440 mg
Cholesterol	100 mg
Saturated fat	9 g
Total carbohydrate	10 g
%RDI	
Iron	12
Folate	5
Calcium	5
Vitamin A	7
Vitamin C	8

pull off.

ASIAN SWEET CHILI EGGPLANT AND HALLOUMI BURGERS

By: Jennifer Danter and The Canadian Living Test Kitchen
 Canadian Living Magazine: June 2017



Halloumi is a salty cheese that holds together on the grill. It cooks quickly—so keep an eye on it! Topped with grilled eggplant and zucchini tossed with Asian sweet chili sauce, this burger delivers big, satisfying flavour.

INGREDIENTS

- 1 eggplant , cut crosswise in 1/2-inch rounds
- 1 zucchini , cut lengthwise in 1/2-inch strips
- Half red onion , cut crosswise in 1/4-inch rings
- 1/4 cup olive oil
- 1 teaspoon salt (optional)
- 1/2 teaspoon pepper
- 1/2 cup Asian sweet chili sauce
- 1 pkg (250 g) halloumi , cut in 1/2-inch thick slices
- 1/4 cup hummus (optional)
- 4 whole wheat or pretzel hamburger buns , split and toasted
- 1 cup lightly packed baby spinach

METHOD

In large bowl, toss together eggplant, zucchini, red onion, oil, salt (if using) and pepper until lightly coated.

Place vegetables on greased grill over medium-high heat; close lid and grill, turning once, until zucchini is tender-crisp, 8 to 10 minutes, and eggplant and red onion are tender, 14 to 16 minutes. Remove from grill; gently toss vegetables with half of the chili sauce.

Place halloumi on greased grill over medium-high heat; close lid and grill, turning once, until halloumi is grill-marked, about 2 minutes.

Spread hummus (if using) over bottom halves of buns. Layer with spinach, eggplant, zucchini, red onion and halloumi; drizzle with remaining chili sauce. Sandwich with top halves of buns.

Tip from The Test Kitchen: Eggplant is like a sponge. To draw out the bitter juices and reduce the amount of fat it soaks up when cooking, sprinkle slices with salt and place in a colander set in the sink. Let

Prep time	15 minutes
Total time	35 minutes
Portion size	4 servings

NUTRITIONAL FACTS

Per serving: about

Fibre	6 g
Sodium	977 mg
Sugars	7 g
Protein	18 g
Calories	499
Total fat	34 g
Potassium	407 mg
Cholesterol	440 mg
Saturated fat	13 g
Total carbohydrate	36 g
%RDI	
Iron	6
Folate	8
Calcium	47
Vitamin A	36
Vitamin C	16

stand for 15 to 20 minutes. Rinse; pat dry with paper towel and cook as directed.

BEER PAIRING: Nokomis Craft Ales (Nokomis, Sask.)

Pale Ale: A classic Pacific Northwest pale ale with a deep copper hue and a harmonious balance of malt and hops.

NORTH AFRICAN DUKKAH CHICKEN SATAY WITH GRILLED ZUCCHINI RIBBONS

By: Jennifer Danter and The Canadian Living Test Kitchen



Dukkah is a blend of spices, nuts and seeds that makes a flavourful crust for grilled chicken and helps lock in moisture. Look for it in Middle Eastern grocery stores.

INGREDIENTS

- 2 tablespoons vegetable oil
- 1 tablespoon liquid honey
- 1 tablespoon tahini
- 1 tablespoon lemon juice
- 1/2 teaspoon salt (optional)
- 1/2 teaspoon pepper
- 450 g boneless skinless chicken thighs (about 6), cut in 1-inch pieces
- 1/2 cup dukkah
- 1 small zucchini, cut in long thin ribbons
- 1 small red onion, cut in 1-inch pieces

METHOD

In large bowl, whisk together oil, honey, tahini, lemon juice, salt (if using) and pepper. Add chicken, turning to coat. *(Make-ahead: Cover and refrigerate for up to 24 hours.)*

Place dukkah in shallow dish; spoon 1 tbsp into small bowl and set aside. Remove chicken from marinade, letting excess drip off. Dredge chicken in dukkah, pressing to adhere; discard leftover marinade and unreserved dukkah.

Alternately thread chicken, zucchini and red onion onto 6 metal or soaked wooden skewers. *(Make-ahead: Cover and refrigerate for up to 24 hours.)*

Place skewers on greased grill over medium heat; close lid and grill, turning once, until browned, about 15 minutes. Transfer to serving platter; sprinkle reserved dukkah over top.

Prep time	15 minutes
Total time	30 minutes
Portion size	4 servings
Credits :	Canadian Living Magazine

NUTRITIONAL FACTS

Per serving: about

Fibre	3 g
Sodium	260 mg
Sugars	6 g
Protein	25 g
Calories	318
Total fat	20 g
Potassium	523 mg
Cholesterol	93 mg
Saturated fat	3 g
Total carbohydrate	12 g
%RDI	
Iron	24
Folate	15
Calcium	7
Vitamin A	6
Vitamin C	15

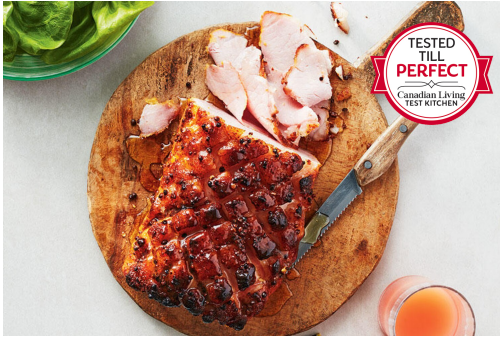
BEER PAIRING: Muskoka Brewery (Bracebridge, Ont.)

Craft Lager: This crisp lager brightens and tempers the spices in the dukkah rub.

Get the recipe: [Dukkah Spice Blend](#)

PINK PEPPERCORN AND BOURBON GLAZED BACK BACON

By: Jennifer Danter and The Canadian Living Test Kitchen
 Canadian Living Magazine: May 2017



Forget frying individual slices of bacon! Save time and effort by roasting a slab of back bacon; the meat's brine and size will keep it tender and juicy. Our serving size is generous, so if you want to reduce sodium, cut it in half.

INGREDIENTS

- 1.6 kg back bacon roast
- 3 tablespoons cracked pink peppercorns
- 3 tablespoons bourbon or dark rum
- 2 tablespoons liquid honey
- 1 tablespoon Dijon mustard

Prep time 5 minutes

Total time 1 hour & 15 minutes

METHOD

Place bacon, fat side up, in small foil- or parchment paper-lined baking dish. Using sharp knife, score top 1/2 inch deep in diamond pattern. Pour 3 tbsp water into bottom of dish.

In small bowl, stir together peppercorns, bourbon, 1 tbsp of the honey and the mustard. Brush over top of bacon. *(Make-ahead: Cover and refrigerate for up to 12 hours.)*

Cover with foil; roast in 325°F oven for 45 minutes. Increase heat to 450°F. Uncover and roast, basting with pan juices, until top is deep golden and instant-read thermometer inserted in thickest part of meat reads 140°F, 25 to 35 minutes. Drizzle remaining honey over top. Let rest for 10 minutes before slicing.

Makes 8 to 10 servings.

NUTRITIONAL FACTS

Per each of 10 servings:
 about

Fibre	1 g
Sodium	2124 mg
Sugars	4 g
Protein	33 g
Calories	273
Total fat	12 g
Potassium	559 mg
Cholesterol	79 mg
Saturated fat	4 g
Total carbohydrate	7 g
%RDI	
Iron	12
Folate	3
Calcium	2

ROASTED SWEET AND SPICY BRUSSELS SPROUTS

By: Jennifer Danter and The Canadian Living Test Kitchen
 Canadian Living Magazine: March 2017



In this piquant spin on boiled cabbage, brussels sprouts—the cruciferous vegetable's mini cousins—are roasted to crispy perfection, then tossed in a sticky Korean-inspired glaze. Gochujang is a red hot pepper paste that adds complex flavour and some heat.

INGREDIENTS

- 1.35 kg Brussels sprouts (about 8 cups)
- 4 tablespoons olive oil
- 1 teaspoon salt
- 1/4 cup liquid honey
- 1/4 cup Korean red pepper paste (gochujang)
- 1 tablespoon cider vinegar

Prep time	10 minutes
Total time	40 minutes
Portion size	8 servings

METHOD

Cut brussels sprouts lengthwise into halves. Divide between 2 parchment paper-lined rimmed baking sheets. Drizzle each with half of the oil; sprinkle each with half of the salt. Toss to mix. Roast in top and bottom thirds of 400°F oven, stirring occasionally and switching pans halfway through, until edges are crispy, about 25 minutes.

Meanwhile, in large bowl, stir together honey, red pepper paste and vinegar. Gently turn brussels sprouts into same bowl; toss to evenly coat. Spread out on baking sheets. Continue to roast until brussels sprouts are tender and glazed, 5 to 7 more minutes.

NUTRITIONAL FACTS

Per serving: about

Fibre	7 g
Sodium	603 mg
Sugars	16 g
Protein	5 g
Calories	182
Total fat	8 g
Potassium	595 mg
Cholesterol	0 mg
Saturated fat	1 g
Total carbohydrate	27 g
%RDI	
Iron	17
Folate	50
Calcium	6
Vitamin A	23
Vitamin C	193



HONEY GINGER SRIRACHA GLAZED WINGS

By: Jennifer Danter and The Canadian Living Test Kitchen
Canadian Living Magazine: April 2017

Coating the wings in a blend of cornstarch and salt before baking draws out excess moisture, guaranteeing an irresistibly crisp and crunchy texture. It makes these wings much tastier (and healthier) than their deep-fried counterparts.

INGREDIENTS

Wings:

- 1 kg separated trimmed chicken wings
- 3 tablespoons cornstarch
- 1/4 teaspoon salt

Zesty Glaze:

- 1/3 cup liquid honey
- 2 tablespoons Asian chili sauce (such as sriracha)
- 1 tablespoon soy sauce
- 2 teaspoons grated fresh ginger
- 1 teaspoon lime juice

Garnish:

- 2 teaspoons liquid honey
- 1 teaspoon grated lime zest

METHOD

Wings: In large bowl, sprinkle chicken with cornstarch and salt; toss to coat. Arrange in single layer on parchment paper-lined rimmed baking sheet. Bake in 400°F oven, turning once, until crisp and golden, 45 to 50 minutes.

Zesty Glaze: Meanwhile, in saucepan, cook honey, Asian chili sauce, soy sauce, ginger and lime juice over medium heat, stirring, for 3 to 5 minutes. Set aside; glaze will thicken. Place wings in separate bowl. Spoon glaze over top; toss to coat. Arrange on platter.

Garnish: Drizzle with honey; sprinkle with lime zest.

Prep time	10 minutes
Total time	1 hour
Portion size	4 servings

NUTRITIONAL FACTS

Per serving: about

Sodium	557 mg
Sugars	28 g
Protein	25 g
Calories	431
Total fat	22 g
Potassium	247 mg
Cholesterol	104 mg
Saturated fat	6 g
Total carbohydrate	34 g
%RDI	
Iron	11
Folate	2
Calcium	2
Vitamin A	5
Vitamin C	3



SWEET POTATO FALAFEL BURGERS

By: Jennifer Danter and The Canadian Living Test Kitchen

A cross between falafel and a veggie burger, these savoury patties make a hearty meal. Quinoa flakes act as a binding agent and ramp up the protein content, too.

INGREDIENTS

- 2 cups** mashed sweet potatoes (about 2 potatoes)
- 1 can** (540 mL) chickpeas, drained and rinsed
- 3** cloves garlic, minced
- 2 cups** chopped fresh cilantro (with stems)
- 1/3 cup** quinoa flakes
- 2 tablespoons** each tahini and Asian chili sauce (such as sriracha)
- 2 tablespoons** lemon juice
- 1 tablespoon** ground cumin
- 1 teaspoon** salt
- 1/4 cup** vegetable oil
- 8** vegan buns

METHOD

In food processor, pulse together mashed sweet potatoes, three-quarters of the chickpeas, the garlic, cilantro, quinoa flakes, tahini, chili sauce, lemon juice, cumin and salt, scraping down side occasionally, until well mixed. Add remaining chickpeas; pulse a few times just to blend. Mixture should be chunky. Form by scant 1/4 cup into 16 balls.

In large nonstick skillet, heat oil over medium-high heat. Working in batches, add balls, gently pressing to flatten slightly; cook until lightly browned, 2 to 3 minutes per side. Reduce heat if needed to prevent burning. Transfer to parchment paper-lined rimmed baking sheet. Bake in 375°F oven until warmed through, 8 to 10 minutes.

Lightly toast buns, if you wish. Place 2 patties on bottom halves. Garnish with toppings such as sliced avocado, pickled red onion, microgreens or cucumber ribbons (optional). Sandwich with top halves of buns.

Prep time	15 minutes
Total time	30 minutes
Portion size	8 servings
Credits :	Canadian Living Magazine

NUTRITIONAL FACTS

Per serving: about

Fibre	6 g
Sodium	905 mg
Sugars	9 g
Protein	11 g
Calories	390
Total fat	10 g
Potassium	333 mg
Cholesterol	0 mg
Saturated fat	1 g
Total carbohydrate	65 g
%RDI	
Iron	31
Folate	20
Calcium	6
Vitamin A	105
Vitamin C	22

Tip from The Test Kitchen: To make mashed sweet potatoes in a flash, using a fork, prick two sweet potatoes; microwave on high until tender, 8 to 10 minutes. When cool enough to handle, slice in half; scrape out flesh.

IRISH RED ALE, CHEDDAR AND POTATO SOUP

By: Jennifer Danter and The Canadian Living Test Kitchen



Irish red ale, named for the hue that results from adding roasted barley during brewing, lends a slightly sweet, toasted malt flavour to this update on traditional potato soup. Mature Irish Cheddar gives it a rich, sharp finish.

INGREDIENTS

- 2 tablespoons** butter
- 3** leeks (white and light green parts only), thinly sliced
- 3** cloves garlic , minced
- 3** sprigs fresh thyme
- 3** small white-fleshed potatoes , peeled and cubed
- 4 cups** chicken broth
- 1 1/2 cup** Irish red ale (such as Kilkenny Irish Cream Ale or Rickard's Red Irish Style Ale)
- 2 cups** shredded aged Irish Cheddar cheese
- 1/4 cup** toasted pepitas
- 1 teaspoon** hot pepper flakes

METHOD

In Dutch oven or large heavy-bottomed saucepan, melt butter over medium heat; cook leeks, garlic and thyme, stirring occasionally, until softened, 4 to 6 minutes. Stir in potatoes, broth and ale; bring to boil over medium-high heat.

Reduce heat, partially cover and simmer until potatoes are fork-tender, 15 to 18 minutes. Remove from heat; discard thyme. Working in batches, purée soup in blender until smooth. Return soup to pan over low heat. Gradually stir in Cheddar, a handful at a time, until melted. Divide among serving bowls; sprinkle with pepitas and hot pepper flakes, if using.

Prep time	15 minutes
Total time	35 minutes
Portion size	8 servings
Credits :	Canadian Living Magazine

NUTRITIONAL FACTS

Per serving: abouy

Fibre	3 g
Sodium	653 mg
Sugars	4 g
Protein	11 g
Calories	249
Total fat	15 g
Potassium	303 mg
Cholesterol	37 mg
Saturated fat	8 g
Total carbohydrate	19 g
%RDI	
Iron	17
Folate	22
Calcium	24
Vitamin A	21
Vitamin C	17

TRADITIONAL IRISH SODA BREAD RECIPE



Discover the secrets to traditional Irish soda bread with this easy recipe.

FLOURLESS CHOCOLATE, GUINNESS AND WHISKEY CAKE

By: Jennifer Danter and The Canadian Living Test Kitchen
 Canadian Living Magazine: March 2017



Cap off your Irish pub-night feast with this boozy brownie cake. It combines the best spirits and beer the Emerald Isle has to offer with the irresistible richness of dark chocolate.

INGREDIENTS

Cake:

- 3/4 cups cocoa powder
- 2 tablespoons cornstarch
- 1 teaspoon salt
- 200 g 70% dark chocolate (about 7 oz), chopped
- 1/2 cup unsalted butter, cubed
- 1/2 cup stout beer (such as Guinness)
- 1 1/4 cup packed brown sugar
- 3 eggs
- 2 egg yolks
- 3 tablespoons Irish whiskey

Whiskey Cream Cheese Icing:

- 1 lime
- Half pkg (250 g pkg) cream cheese, softened
- 1/4 cup unsalted butter, softened
- 2 tablespoons Irish whiskey
- 2 cups icing sugar

METHOD

Cake: Grease 9-inch round cake pan and line bottom with parchment paper.

In small bowl, whisk together cocoa powder, cornstarch and salt. Set aside. In heatproof bowl set over saucepan of hot (not boiling) water, melt chocolate with butter, stirring, until smooth. Whisk in stout and brown sugar until combined. Whisk in whole eggs and egg yolks; remove from heat. Sprinkle with cocoa mixture; stir just until combined. Pour batter into prepared pan.

Prep time	15 minutes
Total time	2 hours & 15 minutes
Portion size	12 servings

NUTRITIONAL FACTS

Per serving: about

Fibre	3 g
Sodium	254 mg
Sugars	40 g
Protein	5 g
Calories	437
Total fat	25 g
Potassium	315 mg
Cholesterol	123 mg
Saturated fat	15 g
Total carbohydrate	49 g
%RDI	
Iron	24
Folate	7
Calcium	5
Vitamin A	18

Bake in 375°F oven until cake tester inserted in centre comes out clean with a few moist crumbs clinging, 30 to 35 minutes. Let cool for 10 minutes. Invert cake from pan onto cooling rack; peel off parchment paper. Brush with whiskey; cool completely, about 1 1/2 hours. Transfer cake to large plate.

Whiskey Cream Cheese Icing: While cake is cooling, finely grate zest of lime to make 1 tsp; juice lime to make 1/2 tsp. Set aside. In bowl, beat cream cheese with butter until smooth. Beat in whiskey and lime juice; gradually beat in icing sugar until smooth. Using offset palette knife, spread icing over top of cake; sprinkle with lime zest. (*Make-ahead: Cover loosely and refrigerate for up to 1 day.*)



BEEF NACHO BOWLS

By: Jennifer Danter and The Canadian Living Test Kitchen

Want a lighter take on nachos that's super simple to prepare? Fresh veggies form the base for this updated version, with just enough chips sprinkled on top for a pleasing crunch.

INGREDIENTS

- 1 1/2 **tablespoon** chili powder
- 2 **teaspoons** each ground cumin and onion powder
- 1 **teaspoon** garlic powder
- 1/2 **teaspoon** each salt and pepper
- 450 **g** lean ground beef
- 1 **can** (540 mL) black beans , drained and rinsed
- 4 **cups** shredded romaine lettuce
- 2 **tomatoes** , diced
- 1 **sweet green, yellow or orange pepper** , sliced
- 1 **avocado** , peeled, pitted and sliced
- 1/2 **cup** shredded Cheddar cheese
- 1 **cup** crushed corn tortilla chips
- 1/2 **cup** sour cream (optional)
- 2 **tablespoons** chopped fresh cilantro (optional)

METHOD

In small bowl, stir together chili powder, cumin, onion powder, garlic powder, salt and pepper.

In large nonstick skillet, cook beef over medium-high heat, breaking up with spoon, until no longer pink, about 5 minutes; drain fat from pan. Add spice mixture and beans; cook for 2 minutes.

Divide romaine among 4 serving bowls. Spoon beef mixture over each; top with tomatoes, sweet pepper, avocado and Cheddar.

Sprinkle with tortilla chips. Dollop with sour cream (if using); top with cilantro (if using).

Prep time	15 minutes
Total time	25 minutes
Portion size	4 servings
Credits :	Canadian Living Magazine

NUTRITIONAL FACTS

Per serving: about

Fibre	15 g
Sodium	871 mg
Sugars	5 g
Protein	36 g
Calories	525
Total fat	27 g
Potassium	1259 mg
Cholesterol	75 mg
Saturated fat	9 g
Total carbohydrate	38 g
%RDI	
Iron	46
Folate	81
Calcium	20
Vitamin A	61
Vitamin C	95

Tip from The Test Kitchen: Not all tortilla chips are created equal. If you eat gluten-free, opt for corn varieties and avoid multigrain versions. To reduce fat consumption, choose chips that are baked rather than fried.



HEALTHY BAKED CHICKEN FINGERS

By: Jennifer Danter and The Canadian Living Test Kitchen

In place of the traditional bread-crumbs coating, crunchy nuts and seeds offer heart-healthy omega-3 fatty acids and taste great, too. Serve with a leafy green salad or oven-roasted fries.

INGREDIENTS

Chicken Fingers:

- 1 cup natural (skin-on) almonds
- 1 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon each salt and pepper
- 1/4 cup shelled hemp seeds
- 1/4 cup whole flaxseeds
- 2 eggs
- 845 g boneless skinless chicken breasts, cut in 16 strips
- cooking spray

Sauce:

- 1/2 cup apricot jam
- 1/4 cup Dijon mustard

METHOD

Chicken Fingers: In food processor, pulse together almonds, paprika, garlic powder, salt and pepper until coarsely ground. Transfer to shallow dish; stir in hemp seeds and flaxseeds.

In separate shallow dish, whisk eggs. Dip chicken in egg, letting excess drip back into dish; dredge in nut mixture, turning to coat. Place on parchment paper-lined rimmed baking sheet.

Mist chicken with cooking spray. Bake in 400°F oven, turning halfway through, until coating is golden and chicken is no longer pink inside, 15 to 20 minutes.

Sauce: While chicken is baking, whisk jam with mustard. Serve with chicken strips.

Prep time	10 minutes
Total time	30 minutes
Portion size	8 servings
Credits :	Canadian Living Magazine

NUTRITIONAL FACTS

Per serving: about

Fibre	4 g
Sodium	329 mg
Sugars	14 g
Protein	32 g
Calories	351
Total fat	17 g
Potassium	568 mg
Cholesterol	109 mg
Saturated fat	2 g
Total carbohydrate	19 g
%RDI	
Iron	17
Folate	13
Calcium	8
Vitamin A	5
Vitamin C	5

Tip from The Test Kitchen: For crispier chicken fingers, broil for the last two minutes of cooking.



LOBSTER BÁNH MÌ

By: Jennifer Danter and The Canadian Living Test Kitchen
Canadian Living Magazine: January 2017

Steamed lobster elevates any meal beyond every day, but for a more contemporary take, we've skipped the butter sauce in favour of a mayo-based lobster roll that's topped with pickled veggies. The end result? A more casual meal inspired by Vietnamese street food. Sprinkle with additional chopped fresh cilantro, if desired.

INGREDIENTS

- 3 radishes , thinly sliced
- Half small carrots , cut in matchsticks
- Quarter English cucumber , cut in matchsticks
- 2 tablespoons granulated sugar
- 2 tablespoons white vinegar
- 1/4 teaspoon salt
- 1/4 cup light mayonnaise
- 2 tablespoons chopped fresh cilantro or fresh mint
- 2 tablespoons unsweetened desiccated coconut
- 1 teaspoon fish sauce
- 1/2 teaspoon Asian chili sauce (such as sriracha)
- 1 lobster (565 to 680 g), cooked, shelled and chopped
- 2 crusty sandwich rolls

METHOD

Place carrot, cucumber and radishes in bowl. In small microwaveable bowl, stir together sugar, vinegar and salt. Microwave on high for 30 seconds. Pour over veggies; toss to coat. Refrigerate until chilled, about 15 minutes.

Meanwhile, in bowl, stir together mayonnaise, cilantro, coconut, fish sauce and chili sauce; gently fold in lobster.

Halve sandwich rolls lengthwise almost but not all the way through. Spoon lobster mixture into rolls; top with half of the pickled vegetables. Halve lobster rolls crosswise on the diagonal. Serve with remaining pickled vegetables on the side.

Makes 2 to 4 servings.

Prep time	20 minutes
Total time	30 minutes

NUTRITIONAL FACTS

Per each of 4 servings:
about

Fibre	2 g
Sodium	716
Sugars	9 g
Protein	10 g
Calories	218
Total fat	8 g
Potassium	266
Cholesterol	52 mg
Saturated fat	3 g
Total carbohydrate	28 g
%RDI	
Iron	11
Folate	25
Calcium	5
Vitamin A	32
Vitamin C	3



GINGERBREAD COOKIE BUTTER

By: Jennifer Danter and The Canadian Living Test Kitchen
Canadian Living Magazine: January 2017

If you ate too much gingerbread over the holidays and aren't sure what to do with the leftovers, we have your answer: cookie butter. Past-their-prime cookies are best suited to a sweet spread like this one, so round up any gingers that are no longer soft. Slather the butter onto shortbread or graham crackers, use it as a dip for salty

INGREDIENTS

- 1/3 cup unsalted butter
- 1/2 cup sweetened condensed milk
- 1/4 cup whipping cream (35%)
- 2 cups gingerbread cookie crumbs
- 3 tablespoons vegetable oil

METHOD

In saucepan, melt butter over medium heat; stir in condensed milk and cream.

In food processor, pulse together cookie crumbs, butter mixture and oil until smooth. *(Make-ahead: Refrigerate in airtight container for up to 1 week.)*

Makes about 2 cups.

Prep time	10 minutes
Total time	10 minutes

NUTRITIONAL FACTS

Per 1 tbsp: about

Sodium	40 mg
Sugars	5 g
Protein	1 g
Calories	84
Total fat	5 g
Potassium	23 mg
Cholesterol	9 mg
Saturated fat	2 g
Total carbohydrate	9 g
%RDI	
Iron	2
Calcium	1
Vitamin A	3