

DRESSED FOR THE HOLIDAYS

RECIPES



Your Flavour *Accessory**



LAYERS OF FLAVOURS



Baked Polenta Rounds

Prep: 15 minutes | Bake: 12 minutes | Makes: 4 appetizer servings | Freezing: not recommended

- 12 thin slices prepared polenta rounds (approx. $\frac{1}{8}$ ")
- 1 tbsp (15 mL) **Crisco**® Vegetable Oil
- 1 tsp (5 mL) kosher or coarse salt
- $\frac{1}{2}$ tsp (2 mL) black pepper, coarsely ground

Topping

- 4 oz (125 g) cream cheese, softened
- 4 oz (125 g) gorgonzola or goat cheese
- $\frac{1}{2}$ cup (75 mL) **Bick's**® Hot Pepper Rings, coarsely chopped
- 2 tbsp (30 mL) pesto

Garnish

- 1 cup (250 mL) tomato sauce, heated

1. Preheat oven to 425°F (210°C).
2. Arrange polenta slices on a parchment-lined baking sheet. Brush with oil and sprinkle with salt and pepper.
3. In a bowl, mix cream cheese and gorgonzola until fully combined. Stir in peppers and pesto. Reserve.
4. Bake polenta rounds in preheated oven for 12 minutes or until hot.
5. Spoon heated tomato sauce on individual serving plates. Place baked polenta round on sauce. Top each polenta round with a mounded spoonful of topping, stacking 3 high.

Tips

- Tubes of prepared polenta are available in most supermarkets and come in a 1 kg package, approx 2 $\frac{1}{2}$ inches in diameter. Look for them in the deli section, baking section or near dried beans, cornmeal or pasta.
- Excellent appetizer! Serve slightly warm or at room temperature.
- Wrap leftover polenta well and refrigerate for up to 1 week.



Nutrients Per Serving: Cal 114 | Pro 3.4 g | Fat 8.6 g
Carb 6 g | Fib 0.7 g | Sod 607 mg | Chol 20 mg



Orzo Salad

Prep: 20 minutes | Cook: 8 minutes | Makes: 10 servings | Freezing: not recommended

- 2 cups (500 mL) orzo pasta (1 lb/500 g)
- ½ cup (125 mL) **Crisco**® Vegetable Oil
- ¼ cup (50 mL) lemon juice
- 1 ½ cups (375 mL) cherry tomatoes, halved
- 1 ½ cup (250 mL) feta, crumbled
- 1 cup (250 mL) **Bick's**® Garlic Baby Dills, chopped
- ½ cup (125 mL) onion, chopped
- ¼ cup (50 mL) fresh dill, chopped
- 1 tsp (5 mL) salt
- ½ tsp (2 mL) pepper

1. Bring a pot of salted water to a boil. Add the orzo and cook until it is al dente, about 6-8 minutes. Drain and rinse with cold water, until the pasta is room temperature.
2. Place pasta in a large serving bowl. Add remaining ingredients. Stir well to combine.

Tips

- This pasta salad has all the flavours of a Greek salad. Great for a barbecue or any dinner party.
- Shaped like rice, orzo pasta is the new take on pasta salad.



THE MINI IS BACK



Mini Grilled Tasters

Prep: 15 minutes | Cook: 5-7 minutes | Makes: 24 grilled tasters or 6 sandwiches | Freezing: not recommended

- 12 slices bread
- mustard
- 12 slices Swiss or Havarti cheese
- 12 slices **Bick's® Sandwich Savers®**
- Tangy Dill Pickles
- 12 slices smoked turkey, ham, roast beef or any combination
- ½ cup (125 mL) **Carnation®** Regular, 2% or Fat Free Evaporated Milk
- 3 eggs
- ½ tsp (2 mL) salt
- 2 tbsp (30 mL) **Crisco®** Vegetable Oil

1. Spread desired amount of mustard on one slice of bread. Place one slice of cheese on top of mustard. Add 2 slices of pickles and 2 slices of deli meat. Top with another slice of cheese and cover with a slice of bread. Assemble remaining 5 sandwiches. Press sandwiches lightly and trim crusts. Slice each sandwich into 4 triangles or squares.
2. In a medium size bowl, beat evaporated milk, eggs and salt. Dip sandwich bites into egg mixture.
3. Heat oil in a large skillet over medium heat. Grill each sandwich until brown on both sides, adding more oil if necessary. Turn down the heat if the pan gets too hot.

Tips

- Serve these as an appetizer or as a main course.
- For that added touch, garnish with an easy homemade salsa made with chopped pickles, red onion, cherry tomatoes, green pepper and fresh cilantro.



Nutrients Per Serving: Cal 263 | Pro 15.9 g | Fat 14 g
Carb 18.1 g | Fib 0.7 g | Sod 795 mg | Chol 91 mg



Savoury Beet Bites

Prep: 25 minutes | Bake: 45 minutes | Makes: 24 slices | Freezing: excellent

Crust

1 envelope **Robin Hood**® Flaky Pie Crust Mix

Filling

- 1 cup (250 mL) goat cheese, softened
- ¼ cup (50 mL) **Carnation**® Regular, 2% or Fat Free Evaporated Milk
- 3 tbsp (45 mL) fresh mint, chopped
- 2 tbsp (30 mL) fresh dill, chopped
- 1 clove garlic, minced
- ½ cup (75 mL) **Robin Hood**® All Purpose Flour for rolling
- 1 ½ cups (375 mL) **Bick's**® Sliced Beets, rinsed and dried, cut into ¼" (6 mm) pieces
- 1 egg, beaten
- ¼ tsp (1 mL) coarse salt (optional)

Drizzle

- ½ cup (125 mL) goat cheese, softened
- ½ cup (125 mL) **Carnation**® Regular, 2% or Fat Free Evaporated Milk
- 1 clove garlic, minced

1. Preheat oven to 400°F (200°C). Line baking sheet with parchment paper.
2. Prepare pastry according to package directions. Divide in half. Cover both halves with plastic wrap, let rest in refrigerator.
3. **Filling:** In a medium size bowl, combine first 5 ingredients. Reserve.
4. Roll out each piece of pastry into a rectangle 12" x 8" (30 cm x 20 cm), on a floured surface. Spread half goat cheese filling on each piece of dough. Sprinkle beets over dough. Carefully roll each piece lengthwise. Tuck and seal sides well. Place on prepared baking sheet. Brush top of pastry with beaten egg and sprinkle with coarse salt.
5. Bake in preheated oven 40-45 minutes until crust is golden brown. Cut into ¾" (7.6 cm) bites.
6. **Drizzle:** In a small bowl, combine ingredients for drizzle. Garnish plate or drizzle over bites.

