



Ready In
30

10 Fast, Fresh,
& Fabulous Meals



ATCO
BLUE FLAME
KITCHEN

We are continuously attempting to stuff more into our already jam-packed lives and when we eventually need to make cuts it seems we are giving up something very essential—sitting down to enjoy a home-cooked meal with our family.

“Ready In 30” aims to provide families with fresh, fast and fabulous meals that can be prepared with simple, easy-to-find ingredients, making it possible for your family to spend quality time together at the dinner table.

Each recipe has a prep time, a cook time as well as an overall time so you can choose a recipe that fits into your schedule. Our prep time breaks down all the chopping, slicing, dicing, and grating you will need to do throughout the recipe. Cook time is the total amount of frying, sautéing, boiling and baking each recipe requires. The key to quick cooking is learning to multi-task in the kitchen, which is why each recipe has a timeline that you can follow to ensure your meals are ready in 30 minutes or less.

Quick Prepping and Cooking Tips

1. **Read the recipe in its entirety** before you begin cooking. Understanding what your recipe entails ahead of time has several advantages: you will make fewer mistakes, you'll be able to plan ahead, and you'll know if you have everything you need.
2. **Set out all ingredients and equipment** prior to starting. This way, everything you need will be within arm's reach.
3. **Plan your prep work.** If you're a beginner cook or a slower chopper, prepping everything before starting any cooking is probably the best option for you. If you feel comfortable multi-tasking in the kitchen and know roughly how long it takes you to chop certain ingredients, you can read through the recipe and find areas where you'll have time to prep. If you are able to do some of the prep work while ingredients are cooking, it will decrease the overall amount of time you spend making a recipe.
4. Set a bowl near your cutting board for clearing food scraps from your working space – this helps to ensure you're not constantly making trips back and forth to the garbage.
5. Placing a mat or a damp cloth under your cutting board helps to keep it in place as you work. Don't waste time having to adjust your cutting board throughout your prep time.
6. If you know you're a slow chopper, consider using a food processor or mandolin to roughly chop, dice or slice your fruit and vegetables.
7. If applicable, **preheat your oven** and start boiling your water right when you begin. That way it will be ready to go when you are.
8. When possible, use wide pots and pans. Having more surface area to cook means your ingredients will take less time to cook. Additionally, you'll be able to fit more into your pot or pan, preventing the need to cook items in batches.
9. Make use of pre-prepared ingredients. These items sometimes cost more due to their convenience, but having shredded cheese or chopped garlic already on hand can be helpful to have for multiple recipes and will cut down on your prep work and time.
10. If your recipe requires you to only chop a few ingredients, chop them into small pieces before cooking. This may add a little more time to the prep work, but it will help to reduce the overall cooking time.
11. Choose recipes that require a minimal amount of pots and pans. Having multiple items cooking at the same time can make meal prep hectic and adds to your clean up time. Our recipes were developed with this in mind so that you can spend less time in the kitchen.
12. Utilize your freezer space. If you can organize your meals for the week ahead of time by prepping things on the weekend, cooking during the week will be a breeze. Freezing items will also prevent produce from spoiling before you get to use it. Check out our guides on how to freeze [fruit](#) and [vegetables](#) safely here.
13. Whenever possible, **clean up as you go.** If you have time, wipe down the counters, start washing some dishes or loading the dishwasher.



Cooking Basics

Many of the canned or pre-cooked items we call for in our recipes are for convenience and to help you save time. However, many of these items can be prepared at home to be used in these recipes. By making them from scratch, you can easily control the amount of added salt that goes into your recipes and there are numerous ways to incorporate these items into breakfast, lunch and dinner.



Beans

SOAKING BEANS

Dried beans must be soaked before cooking.

1. Rinse beans under cold water and discard any that are broken, discoloured or shrivelled, as well as any foreign matter, such as pebbles.
2. In a large, non-reactive container, cover beans with three times their volume of cold water and soak using one of the following methods:
 - A. The Long Soak: Cover and refrigerate beans in water for 8 hours and drain.
 - B. The Quick Soak: Bring water and beans to a boil. Boil, uncovered, for 2 minutes. Remove from heat and let stand, covered, for 1 hour; drain.

HOW TO COOK DRIED BEANS

To cook, place drained soaked beans in a large non-reactive pot. Cover with fresh water by 3 inches (7.5 cm). Bring to a boil; skim off foam. Reduce heat and simmer, partially covered, until beans are tender.

To test for doneness, blow on two or three beans in a spoon. The skins will burst if they are sufficiently cooked.

Ensure beans are sufficiently cooked before adding other ingredients. The acidity in some ingredients, such as tomatoes, vinegar, molasses or wine, will prevent beans from softening properly.

Cooking beans in a slow cooker can produce varying results. It's sometimes difficult to completely soften beans in a slow cooker. To make sure you're not picking half-cooked beans from your dish, cook them completely before adding them to the slow cooker with other ingredients.



Lentils

LENTILS

Lentils are small, round and flat and belong to the pulse family. They come in different colours and varieties. They are often used in soups but can also be used in salads and more. Both dried and canned lentils are available in most grocery stores.

HOW TO COOK LENTILS

Dried lentils do not need soaking before cooking but should be rinsed before cooking. Use 3 to 4 times the amount of water per each cup of lentils. Bring to a boil, reduce heat and simmer, covered, until lentils are tender, about 40 – 45 minutes for green lentils and 20 minutes for red. Drain.



Quinoa & Couscous

QUINOA

Quinoa should be rinsed before cooking. Use 2 times the amount of water per cup of quinoa. Bring to a boil and stir in quinoa. When water returns to a boil, reduce heat and simmer, covered, until liquid is absorbed and quinoa is tender, about 14 – 15 minutes. Remove from heat. Fluff quinoa with a fork.

COUSCOUS

HOW TO COOK COUSCOUS

Follow package instructions for ratio of water to couscous. In a saucepan, bring salted water to a boil over medium heat; stir in couscous. Remove from heat, cover and let stand 5 minutes or until water is absorbed. Fluff with a fork.



Check out our video tip on how to cook quinoa.



Nuts

NUTS

Toasting brings out the flavour in any type of nut. Heating helps release flavour compounds that make nuts taste richer and more intense.

HOW TO TOAST NUTS

To toast, place nuts in a single layer on a cookie sheet and bake at 350°F (180°C), stirring frequently, until lightly golden. Time will vary with type of nut. Watch carefully to prevent burning.

Toasting does not improve the flavour of stale or rancid nuts. When a recipe calls for chopped toasted nuts, the nuts should always be toasted prior to chopping. If nuts are chopped first and then toasted, the small particles of nuts are more likely to burn.



Check out our video tip on how to toast nuts.



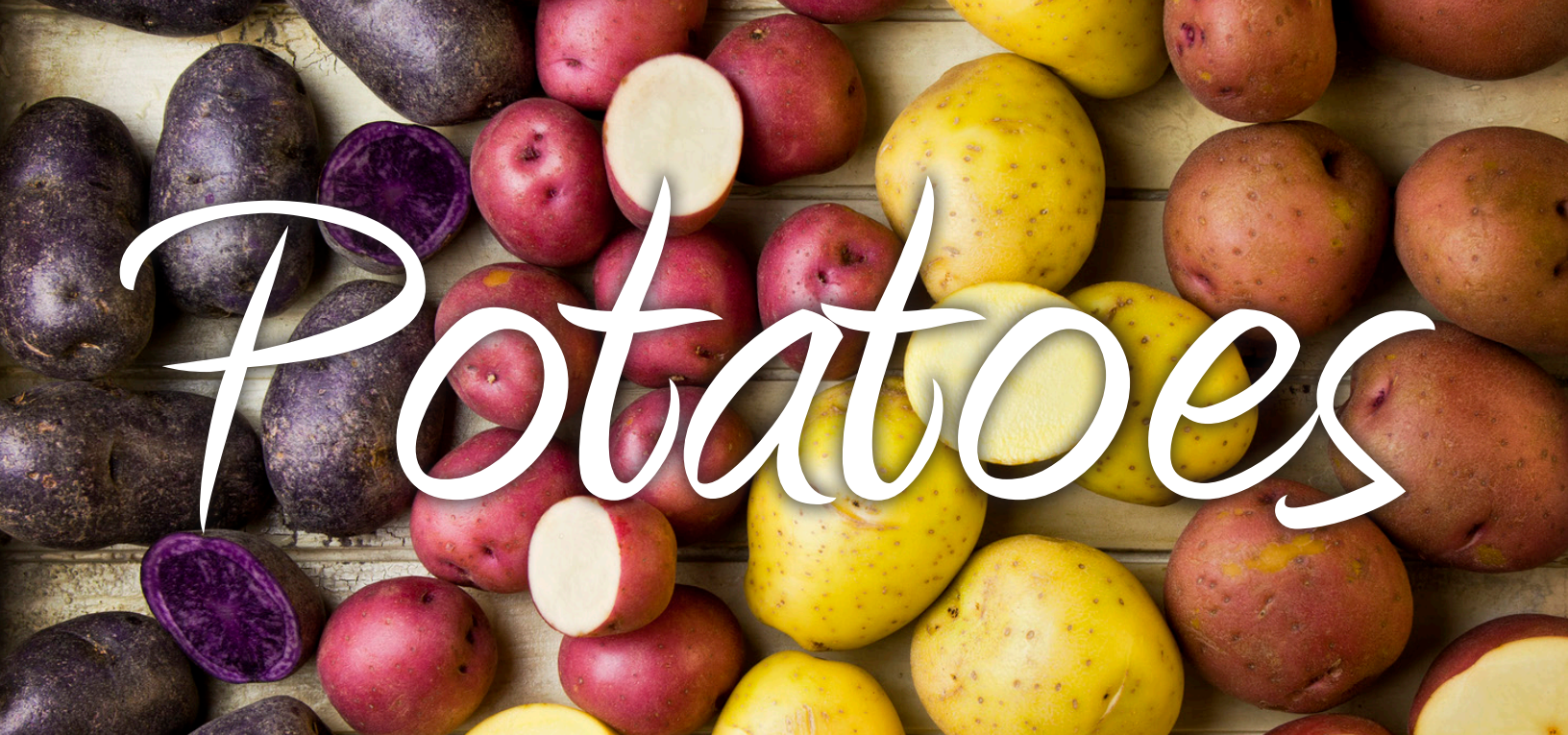
Rice

HOW TO COOK RICE

Follow package instructions for ratio of water to rice and cooking time as each variety may vary slightly. Bring water and rice to a boil in a medium heavy saucepan. Reduce heat; cover and simmer over low heat for 20 – 30 minutes or until liquid is absorbed and rice is tender. Remove from heat.

HOW TO FREEZE RICE

When cooking rice, prepare extra to freeze for later use. Cooked rice freezes well both on its own or when combined with other foods, such as casseroles, soups or stews. Reheat cooked rice in a sieve suspended over, but not touching, boiling water. It may also be reheated in the oven by adding 1 – 2 tbsp water or other liquid to 1 cup rice.



BOIL METHOD

To boil potatoes they can be either whole or cubed but ensure they are approximately the same size.

Scrub potatoes and cut into cubes if desired. Cover potatoes with water in a medium heavy saucepan. Always start your potatoes in cold water for them to cook more evenly. Add 1 tsp salt and bring to a boil over medium-high heat. Reduce heat to a low simmer. Do not cover. Cook until fork tender, about 10 – 20 minutes; drain. Depending on the size of your potatoes, cooking times will vary. We recommend checking your potatoes for doneness every 5 – 10 minutes.

OVEN METHOD

Preheat oven to 425°F. Scrub potatoes and pat dry with paper towels; prick potatoes with a fork. Rub potatoes all over with oil. You can bake potatoes directly on the rack, wrapped in aluminum foil, or on a baking sheet. Cook for 45 – 60 minutes or until fork tender.



Equipment

BENCH SCRAPER – Is this item critical? Maybe not, but we think you'll find it as useful as we do. Transferring your chopped vegetables, portioning dough or scraping off your work surface will never be easier than with one of these. Once you've used one, you'll never go back.

BOX GRATER OR MICROPLANE GRATER – Adding grated citrus peel, grated cheese, or fresh spices to your recipes becomes much easier with one of these.

CUTTING BOARDS – Having one or two large cutting boards makes it easier to quickly chop ingredients and gives you plenty of room to work with. We recommend using one cutting board for produce and a separate cutting board for raw meat and seafood in order to avoid cross contamination. Plastic and wood cutting boards are the best choices, but each have their pros and cons – we've outlined these on our website under [“What should I look for in a cutting board?”](#) Glass cutting boards should be avoided if at all possible. They can easily dull or damage your knives, and the surface is hard and slippery to work on – a recipe for otherwise avoidable kitchen accidents.

FOOD PROCESSOR – A good portion of your chopping can be accomplished using a food processor in a fraction of the time it takes to do it by hand. In general, a food processor is a great piece of equipment to have because it does a variety of things – it can purée soups and sauces, chop nuts and you can even use it to make bread and pastry dough!

FRYPAN – We use a good quality, large non-stick frypan with high sides for many of the recipes in this book. We aim to use only one pan for most of the recipes in this book, so using a large frypan is essential to ensure the pan doesn't get too full.

GOOD KNIFE – For us, a knife doesn't have to be a really expensive one, as long as it is good and sharp. When testing our recipes, one of our challenges was ensuring the prep time was manageable within the 30 minute timeframe. Having a sharp knife will (literally) cut down on your prep time, and is much safer to use than a dull knife. Visit our website to find out [how to](#)

[care for your knives](#) and to read about which [types of knives](#) we recommend.

KNIFE SHARPENER – As mentioned, keeping your knives sharp is essential for kitchen safety and quick cooking. Make sure to have a good quality knife sharpener on hand so that you can consistently keep your knives sharpened and well-maintained. If you need some guidance on how to sharpen your knives properly, we have a [video on YouTube](#) that walks you through the process.

LARGE SAUCEPAN/STOCK POT/DUTCH OVEN – These are essential for making any type of soup or stew. If you can, find a heavy-bottomed pot as your food will cook more evenly.

MANDOLIN – Like the food processor, this is another great tool that will produce uniform slices of fruit and vegetables in no time. When purchasing a mandolin, you probably won't need to go for one of the pricy top-of-the-line products, but we do recommend doing some research to find the one that meets your needs.

MEASURING UTENSILS – Investing in a good set of dry measuring cups, liquid measuring cups and measuring spoons is a worthwhile investment. When we are in a hurry, it can be tempting to estimate recipe measurements, but it doesn't actually take that much more time to measure them properly. How we measure an ingredient can be what determines if a recipe is a success or a failure. Even the difference between 1 tsp and 1 tbsp of salt can be significant.

OTHER EVERYDAY UTENSILS – These items are commonly found in many kitchens and should be kept where you can conveniently grab them while preparing a recipe:

- Spatula
- Wooden spoon
- Tongs
- Whisk
- Ladle
- Heatproof spoon
- Can opener
- Oven mitts



Build-Your-Own Chef's Salad

18 Prep Time

7 Build Time

25
Total Time

Serves 6

Suggested Equipment:

- knife
- cutting board
- can opener
- grater
- large bowl
- medium bowl
- whisk
- tongs or salad tossers
- liquid measuring cups
- dry measuring cups
- rasp
- measuring spoons

This versatile salad is a quick way to throw a healthy meal together using what you already have in your fridge. Use the template below to help you select ingredients according to your preference and what's available. Any combination of these ingredients would make for a satisfying salad for dinner, but you can also follow along with our example below using the highlighted ingredients. We used mixed greens in our Chef's Salad, but a sturdy romaine would also work well. As an alternative to using meat for a protein, we've also tried this recipe with chickpeas and black beans with great success.

Build-Your-Own Chef's Salad

INGREDIENTS:

Select some greens:	Select 1 – 2 proteins: (2 cups total)	Select vegetables: (8 cups total)	Add something crunchy: (1 cup)	Toss in some cheese: (1 cup)
<ul style="list-style-type: none"> • 1 pkg (5 oz/142 g) mixed greens 	<ul style="list-style-type: none"> • 9 hard-cooked eggs, peeled and sliced 	<ul style="list-style-type: none"> • 2 cups shredded carrots • 2 cups sliced cucumber • 1 cup broccoli florets • 1 cup cauliflower florets • ½ cup halved sugar snap peas • 1½ cups sliced red bell pepper 	<ul style="list-style-type: none"> • croutons • pumpkin seeds • sunflower seeds • almonds • walnuts • pecans 	<ul style="list-style-type: none"> • shredded cheddar cheese • crumbled soft goat cheese • crumbled feta cheese • shredded smoked Gouda cheese • crumbled blue cheese
<ul style="list-style-type: none"> • 4 cups chopped romaine lettuce • 1 pkg (5 oz/142 g) baby spinach 	<ul style="list-style-type: none"> • 2 cups cubed cooked chicken • 2 cups cubed cooked turkey • 2 cups cubed cooked ham • 1 can (19 oz/540 mL) chickpeas, rinsed and drained • 1 can (14 oz/398 mL) black beans, rinsed and drained 	<ul style="list-style-type: none"> • ½ cup thinly sliced red onion • ½ cup thinly sliced green onions • 1 cup halved cherry tomatoes • 1 cup sliced roasted beets • 1 cup fresh trimmed green beans 		

DRESSING OPTIONS:

Creamy Lemon Dressing

- ½ cup plain Greek yogurt
- ½ cup mayonnaise
- 1 tbsp Dijon mustard
- 1 tbsp liquid honey
- ¼ cup fresh lemon juice
- 1 tbsp grated lemon peel
- 1 tsp salt
- ½ tsp freshly ground pepper
- ¼ tsp cayenne pepper

Maple Sherry Vinaigrette

- ¾ cup canola oil
- ½ cup sherry vinegar
- ½ cup maple syrup
- 1 tbsp Dijon mustard
- ½ tsp salt
- ¼ tsp freshly ground pepper

White Balsamic Vinaigrette

- ¾ cup canola oil
- ½ cup white balsamic vinegar
- 1 tbsp fresh lemon juice
- 2 tsp Dijon mustard
- 2 tsp liquid honey
- ¼ tsp salt
- ¼ tsp freshly ground pepper

METHOD:

1. Add dressing ingredients to a bowl and whisk to combine.
2. Combine all salad ingredients in a large bowl. Add dressing and toss to coat.



Nutritional analysis per serving:

416 calories, 30.1 g fat, 18.7 g protein, 18.9 carbohydrate, 3.4 fibre, 850 mg sodium

Cook's Note: Nutritional analysis for this recipe was based on the highlighted ingredients used by the ATCO Blue Flame Kitchen. Nutritional value will vary depending on your choices.



*Check out our
recipe video*



Build-Your-Own Quesadillas

10 Prep Time

20 Cook Time

30

Total Time

Serves 6

Suggested Equipment:

- knife
- cutting board
- measuring spoons
- grater
- large frypan
- griddle
- can opener
- slotted spoon
- dry measuring cups
- tongs
- spatula or turner

Quick, easy and incredibly flavourful, quesadillas are a super fun option for dinner. You can even get the family involved by setting out the prepared ingredients and having them build their own. To start customizing your own quesadilla, check out the table below for some filling ideas. With so many combinations to try out, your family will not tire of seeing quesadillas on the menu. We tested ours using the highlighted ingredients and they worked really well, so if you need some inspiration to get started, feel free to try out the fillings we used!

Build-Your-Own Quesadillas

INGREDIENTS:

Choose a tortilla:	Choose 1 – 2 proteins:	Pick 2 – 4 fillings:	Add some aromatics:	Sprinkle with some cheese:	For dipping:
<ul style="list-style-type: none"> • 6 whole wheat flour tortillas (10 inch) 	<ul style="list-style-type: none"> • ¼ lb (0.375 kg) strip loin steak, fat trimmed 	<ul style="list-style-type: none"> • 1⅓ cup thinly sliced red bell pepper 	<ul style="list-style-type: none"> • 2 cloves garlic, finely chopped 	<ul style="list-style-type: none"> 3 cups shredded 	<ul style="list-style-type: none"> • Sour cream
<ul style="list-style-type: none"> • 6 flour tortillas (10 inch) 	<ul style="list-style-type: none"> • 1 lb (0.5 kg) lean ground beef, pork or chicken, cooked and drained 	<ul style="list-style-type: none"> • 1½ cups thinly sliced onions 	<ul style="list-style-type: none"> • 2 tsp chili powder 	<ul style="list-style-type: none"> • Cheddar cheese 	<ul style="list-style-type: none"> • Tomato salsa
<ul style="list-style-type: none"> • 6 corn tortillas (10 inch) 	<ul style="list-style-type: none"> • 1 can (14 oz/398 mL) black beans, rinsed and drained 	<ul style="list-style-type: none"> • ½ cup frozen kernel corn 	<ul style="list-style-type: none"> • ½ tsp ground cumin 	<ul style="list-style-type: none"> • Monterey Jack cheese 	<ul style="list-style-type: none"> • Salsa verde
<ul style="list-style-type: none"> • Make your own! Check out BFK's recipe: Flour Tortillas on the Barbecue 		<ul style="list-style-type: none"> • ½ cup frozen kernel corn 	<ul style="list-style-type: none"> • ½ tsp ground coriander 	<ul style="list-style-type: none"> • Mozzarella cheese 	<ul style="list-style-type: none"> • Hot sauce
		<ul style="list-style-type: none"> • ½ cup diced Roma tomatoes 	<ul style="list-style-type: none"> • 2 tsp smoked paprika 	<ul style="list-style-type: none"> • Gouda 	
			<ul style="list-style-type: none"> • 2 tbsp cilantro 		

METHOD:

Step 1: Prepare a protein

Steak

1. Heat 2 tbsp oil in a large frypan over medium-high heat.
2. Sprinkle steak with 1 tsp salt and ½ tsp pepper.
3. Add steak to frypan and cook to desired doneness, about 3 – 4 minutes per side for medium-rare.
4. Transfer steak to a cutting board. When cool enough to handle, slice steak against the grain into thin slices.

Ground Beef, Pork or Chicken

1. In a large non-stick frypan over medium heat, cook meat, stirring to break up meat, until browned and cooked through.
2. Using a slotted spoon, transfer cooked ground meat to a large bowl; set aside. Drain off excess fat from frypan.

Black Beans

1. Heat 1 tbsp oil in a large non-stick frypan over medium heat.
2. Add beans and cook, stirring occasionally, until heated through, about 3 – 4 minutes. Remove from heat.

Step 2: Prepare filling

1. Reduce heat to medium and sauté red pepper and onion until softened, about 2 – 3 minutes.

2. Add garlic and sauté for 30 seconds.

3. Add corn and spices of your choosing.

4. Cook, uncovered, stirring, until vegetables are softened, about 2 minutes.

Step 3: Assemble quesadillas

1. Sprinkle ¼ cup of cheese over half of each tortilla. Dividing equally, place vegetable mixture and protein on top of cheese. Sprinkle another ¼ cup of cheese over filling on each tortilla. If using, sprinkle with chopped fresh cilantro. Fold each tortilla in half and press down gently.

Step 4: Cook quesadillas

1. Heat 1 tbsp oil in a griddle or large frying pan on medium-high heat.
2. Cook quesadillas, two at a time, in frypan and cook until cheese is melted and tortillas are golden brown on both sides, about 2 minutes per side.
3. Cut into wedges and serve with garnish of your choosing.

Cooking times may vary depending on ingredients chosen.

Nutritional analysis per serving:

572 calories, 22.5 g fat, 39 g protein, 56.2 carbohydrate, 9.4 fibre, 797 mg sodium



Cook's Note: Nutritional analysis for this recipe was based on the highlighted ingredients used by the ATCO Blue Flame Kitchen. Nutritional value will vary depending on your choices.



*Check out our
recipe video*

Lentil & Mixed Vegetable Couscous Salad

16 Prep Time

14 Cook Time

30

Total Time

Serves 6

Suggested Equipment:

- medium saucepan
- liquid measuring cups
- dry measuring cups
- can opener
- measuring spoons
- knife
- cutting board
- large bowl
- fork
- grater
- rasp
- spatula

A cinch to prepare, this salad is substantial enough to be a stand-alone entrée, but it makes a fantastic side dish as well – especially if there are leftovers. To ensure it keeps until the next day, we recommend storing the spinach and dressing separately and tossing them in just before serving. For those that struggle with only having a salad for dinner, you can serve this recipe with some leftover grilled chicken or pork and your dinner will still be ready in about 30 minutes.

Lentil & Mixed Vegetable Couscous Salad

INGREDIENTS:

1 cup water	3 tbsp fresh lemon juice
¼ tsp salt	2 tbsp olive oil
¼ cup couscous	3 cups diced English cucumber
1 can (19 oz/540 mL) lentils, rinsed and drained	1 cup shredded carrots
½ cup crumbled feta cheese	½ cup finely chopped onion
⅓ cup golden raisins	¼ cup chopped fresh parsley
¼ cup slivered almonds ¹	1 pkg (5 oz/142 g) baby spinach
1 tsp grated lemon peel	

METHOD:

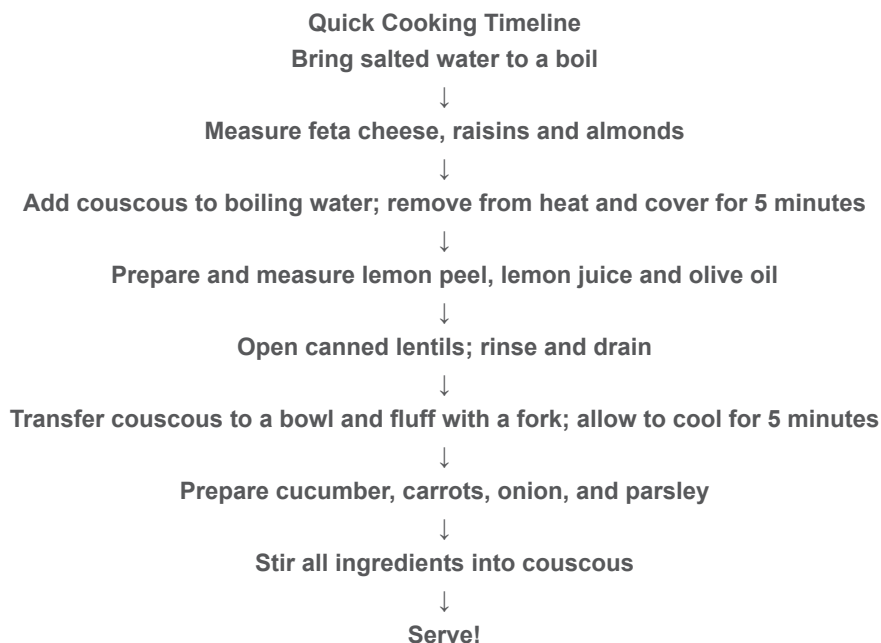
1. In a medium saucepan, bring water and salt to a boil over medium-high heat; stir in couscous. Remove from heat, cover and let stand for 5 minutes.
2. Transfer couscous to a large bowl and fluff with a fork. Cool to room temperature.
3. Add remaining ingredients; stir to combine.

¹If desired, toasted almonds may be used as well. Toasting the nuts brings out their flavour. Find out how to toast nuts on page 7.



Nutritional analysis per serving:

307 calories, 10.4 g fat, 12.0 g protein, 42.8 g carbohydrate, 8.7 g fibre, 480 mg sodium





*Check out our
recipe video*



Mediterranean Pasta Sauce

10 Prep Time

30

20 Cook Time

Total Time

Serves 6

Suggested Equipment:

- knife
- cutting board
- large Dutch oven
(or a large heavy-bottomed pot)
- measuring spoons
- spatula
- medium pot
- can opener
- rasp

This versatile sauce can be used with your favourite type of pasta, and it's a great way to sneak in some more veggies! Take this recipe a step further by adding in our [Basic Baked Meatballs](#). If you prefer to use homemade tomato sauce rather than canned, our [Freezer Tomato Sauce](#) is a great choice.

This recipe can easily be made ahead, and is handy to have on hand for adding to other dishes like casseroles or lasagna.

Mediterranean Pasta Sauce

INGREDIENTS:

1 tsp canola oil
1 cup diced onion
1 clove garlic, finely chopped
2 cups diced eggplant
2 cups halved mushrooms
2 cups diced zucchini
1 cup diced red bell pepper
1 tsp ground coriander

1 tsp smoked paprika
1 can (14 oz/398 mL) tomato sauce
1 tsp salt
¼ tsp pepper

OPTIONAL GARNISHES:

24 frozen cooked [meatballs](#)*
Grated Parmesan cheese*
Chopped fresh parsley*

METHOD:

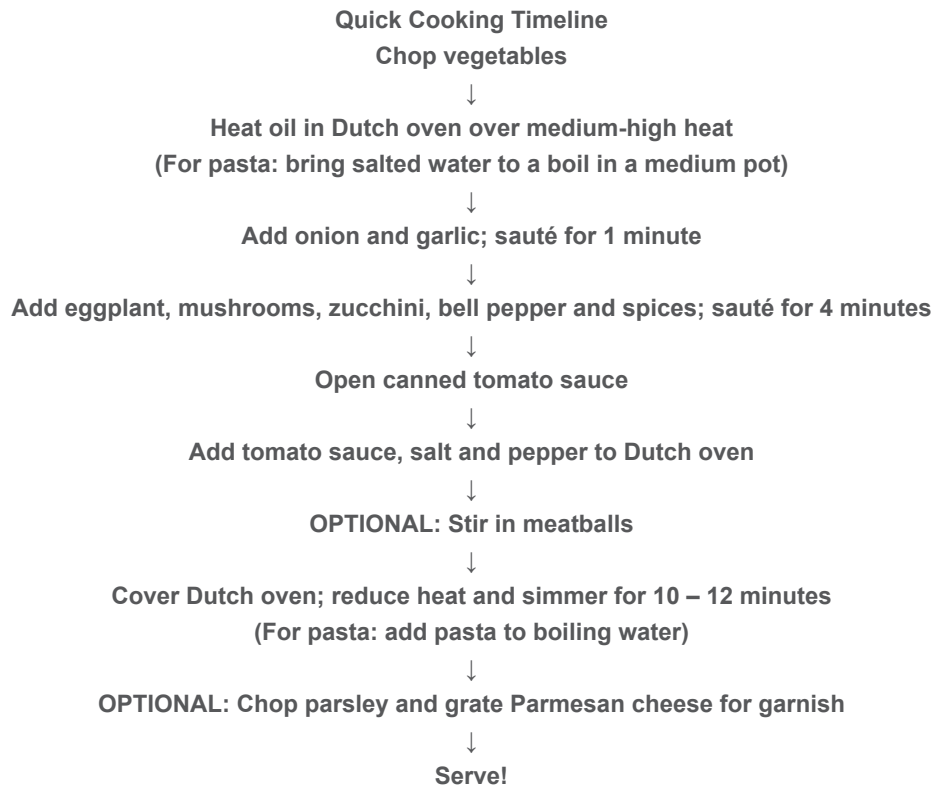
1. Heat oil in a large non-reactive [Dutch oven](#) over medium-high heat. Add onion and garlic; sauté for 1 minute.
2. Add eggplant, mushrooms, zucchini, bell pepper, coriander and smoked paprika; stir to coat. Sauté for 4 minutes.
3. Add tomato sauce, salt and pepper. Bring to a boil. OPTIONAL: Stir in meatballs.
4. Reduce heat and simmer, covered, until vegetables are tender and meatballs (if using) are heated through, about 10 – 12 minutes.
5. Serve with cooked pasta. OPTIONAL: Garnish with Parmesan cheese and parsley.



Nutritional analysis per serving:

75 calories, 2.8 g fat, 2.9 g protein, 11.7 carbohydrate, 3.7 g fibre, 741 mg sodium

*Ingredients not included in nutritional analysis.





*Check out our
recipe video*

Tomato Chili Rosé Pasta

INGREDIENTS:

1 tbsp canola oil
1 lb (0.5 kg) ground chicken
1 cup chopped onion
2 cloves garlic, finely chopped
2 cups grape tomatoes
4 cups no-salt-added chicken broth
1 can (5½ oz/156 mL) tomato paste
1 tsp basil, crumbled
½ tsp salt

½ tsp red pepper flakes
¼ tsp freshly ground pepper
3 cups Mafalda pasta or other short pasta
4 cups baby spinach
1 cup fat-free sour cream
½ cup freshly grated Parmesan cheese
1½ tsp granulated sugar

OPTIONAL GARNISHES:

Freshly grated Parmesan cheese*

METHOD:

1. Heat oil in a large Dutch oven over medium heat. Add chicken, onion and garlic. Cook for 2 minutes, stirring to break up chicken.
2. Add tomatoes and sauté for 1 minute.
3. Add broth, tomato paste, basil, salt, red pepper flakes and pepper; stir to combine. Cover and bring to a boil.
4. Add pasta. Reduce heat and simmer, uncovered, stirring frequently until pasta is tender, about 12 – 15 minutes.
5. Add spinach, sour cream, Parmesan cheese and sugar; cook just until spinach is wilted.
6. OPTIONAL: Garnish with freshly grated Parmesan..



Nutritional analysis per serving:

527 calories, 12.7 g fat, 31.8 g protein, 72.2 g carbohydrate, 5.8 g fibre, 927 mg sodium

*Ingredient not included in nutritional analysis.





*Check out our
recipe video*



Corn and Black Bean Frittata

10 Prep Time

20 Cook Time

30
Total Time

Serves 8

Suggested Equipment:

- knife
- cutting board
- can opener
- measuring spoons
- dry measuring cups
- 10 inch cast iron frypan
- whisk
- medium bowl

We love cooking with eggs because they are so versatile – so many ingredients and flavours work well with them. Frittatas make an excellent meal for breakfast, brunch or, in this case, dinner. When you're in a pinch, this meal is great because you don't need any hard-to-find ingredients. If you are able to save some frittata for leftovers, simply slice it into portions and package it in zip-lock plastic bags.

Just before serving, we topped our frittata with salsa, diced avocado and fresh cilantro

Corn and Black Bean Frittata

INGREDIENTS:

2 tbsp canola oil
1 cup frozen corn kernels, thawed
1 cup finely chopped red onion
1 cup diced red bell pepper
2 cloves chopped garlic
8 large eggs
½ tsp salt

⅛ tsp cayenne pepper
1 can (19 oz/540 mL) black beans, rinsed and drained
½ cup crumbled feta cheese

OPTIONAL GARNISHES:

Diced avocado *
Chopped fresh cilantro*
Salsa*

METHOD:

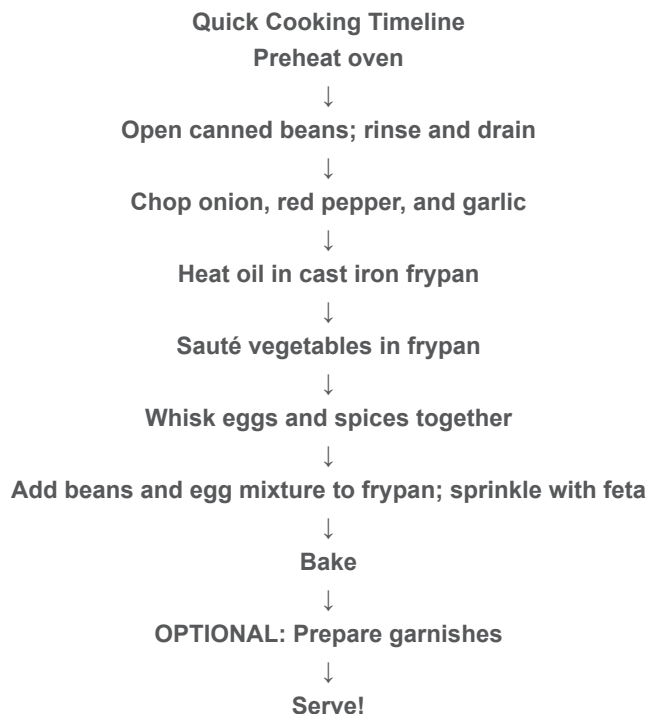
1. Preheat oven to 425°F.
2. In a cast iron frypan, heat oil over medium-high heat. Add corn, onion and bell pepper; sauté until softened, about 2 minutes.
3. Meanwhile, whisk together eggs, salt and cayenne pepper in a medium bowl.
4. Add beans to frypan and stir to combine. Add egg mixture and sprinkle with feta.
5. Bake until frittata is set, about 10 – 12 minutes.
6. OPTIONAL: Garnish with avocado, cilantro and salsa.



Nutritional analysis per serving:

213 calories, 10.7 g fat, 12.1 g protein, 18 g carbohydrate, 4.6 g fibre, 353 mg sodium

*Ingredient not included in nutritional analysis.





*Check out our
recipe video*

Fast Fry Pork Lo Mein

12 Prep Time

18 Cook Time

30
Total Time

Serves 6

Suggested Equipment:

- knife
- measuring spoons
- large frypan
- tongs
- plate
- knife
- cutting board
- dry measuring cups
- liquid measuring cups
- medium bowl
- whisk
- spatula

In the time it would take you to order take-out, our Fast Fry Pork Lo Mein will be ready and on the table. We debated on which type of noodles to serve with this recipe, but we ultimately decided that rice vermicelli work best since they cook so quickly. However, this recipe will work great with just about any Asian noodles of your choosing (timing may vary), so feel free to get creative!



Fast Fry Pork Lo Mein

INGREDIENTS:

8 oz (250 g) vermicelli rice noodles, or Asian noodles of your choice	¼ cup low-sodium soy sauce
1 tbsp canola oil	2 tbsp sesame oil
6 bone-in fast fry pork loin chops, ¾ inch thick	3 cloves garlic, finely chopped
2 cups chopped red bell peppers	1 tbsp finely chopped fresh ginger, or 1 tsp ground ginger
2½ cups halved mushrooms	¼ cup packed brown sugar
2 cups broccoli florets	2 tsp cornstarch
2 cups diced red onions	½ cup unsalted blanched roasted peanuts

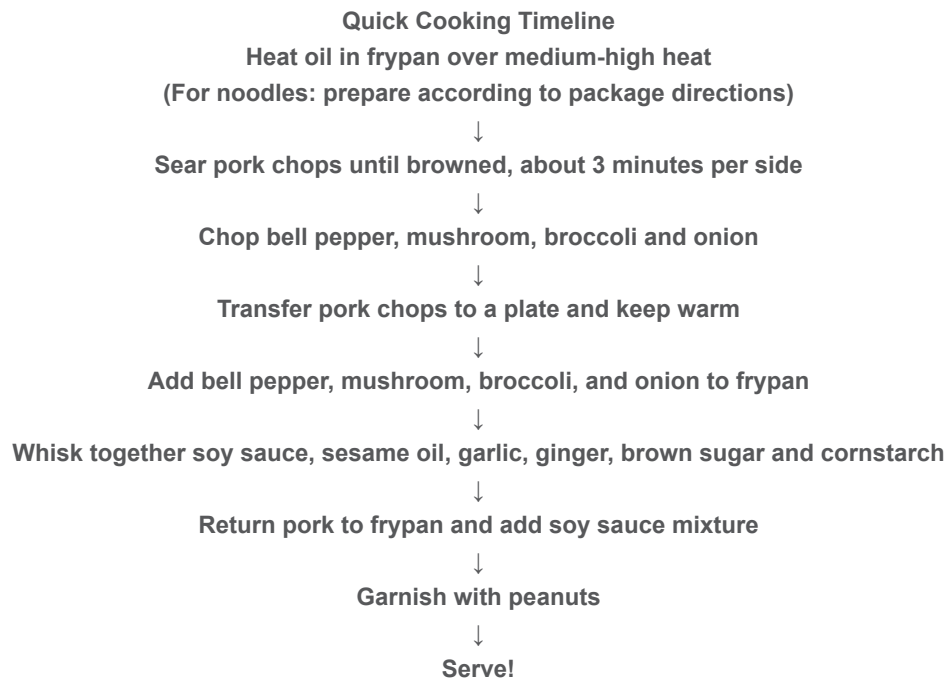
METHOD:

1. Cook noodles according to package instructions and set aside.
2. Heat oil in a large frypan over medium-high heat.
3. Add pork chops to frypan and sear until browned, about 3 minutes per side. Transfer pork chops to a plate and keep warm.
4. Add bell peppers, mushrooms, broccoli and red onions to frypan; sauté until slightly softened, about 3 minutes.
5. Meanwhile, in a medium bowl, whisk together soy sauce, sesame oil, garlic, ginger, brown sugar and cornstarch; set aside.
6. Return pork to frypan and add soy sauce mixture. Reduce heat to medium-low and simmer, covered, until vegetables are tender and pork chops are done, about 4 minutes.
7. Sprinkle with peanuts and serve over noodles.



Nutritional analysis per serving:

856 calories, 39.5 g fat, 64.3 g protein, 59 carbohydrate, 4 g fibre, 1503 mg sodium





*Check out our
recipe video*



Honey Dijon Pork Medallions with Garden Vegetables

10 Prep Time

30

20 Cook Time

Total Time

Serves 8

Suggested Equipment:

- knife
- cutting board
- measuring spoons
- large deep frypan with lid
- dry measuring cups
- liquid measuring cups
- spatula or tongs
- plate
- aluminum foil
- wooden spoon

If you have a large family to feed, this recipe will do just the trick. If you're serving a smaller crowd of 2 – 4 people, just one tenderloin will be plenty, and you may still end up with some leftovers. Since this recipe is nice and hearty, adding steamed baby potatoes or baked potatoes would fit right in and complete the meal.

Honey Dijon Pork Medallions with Garden Vegetables

INGREDIENTS:

1 tbsp canola oil	2 tbsp liquid honey
2 pork tenderloins (1 lb/0.5 kg each), cut into 1½ inch medallions	1 tbsp unsalted butter
1 cup sliced carrots (1/2 inch)	½ tsp salt
2 cups diced onions	¼ tsp freshly ground pepper
1 cup frozen corn kernels	
¼ cup Dijon mustard	OPTIONAL GARNISH:
¼ cup no-salt-added chicken stock	Chopped fresh parsley*

METHOD:

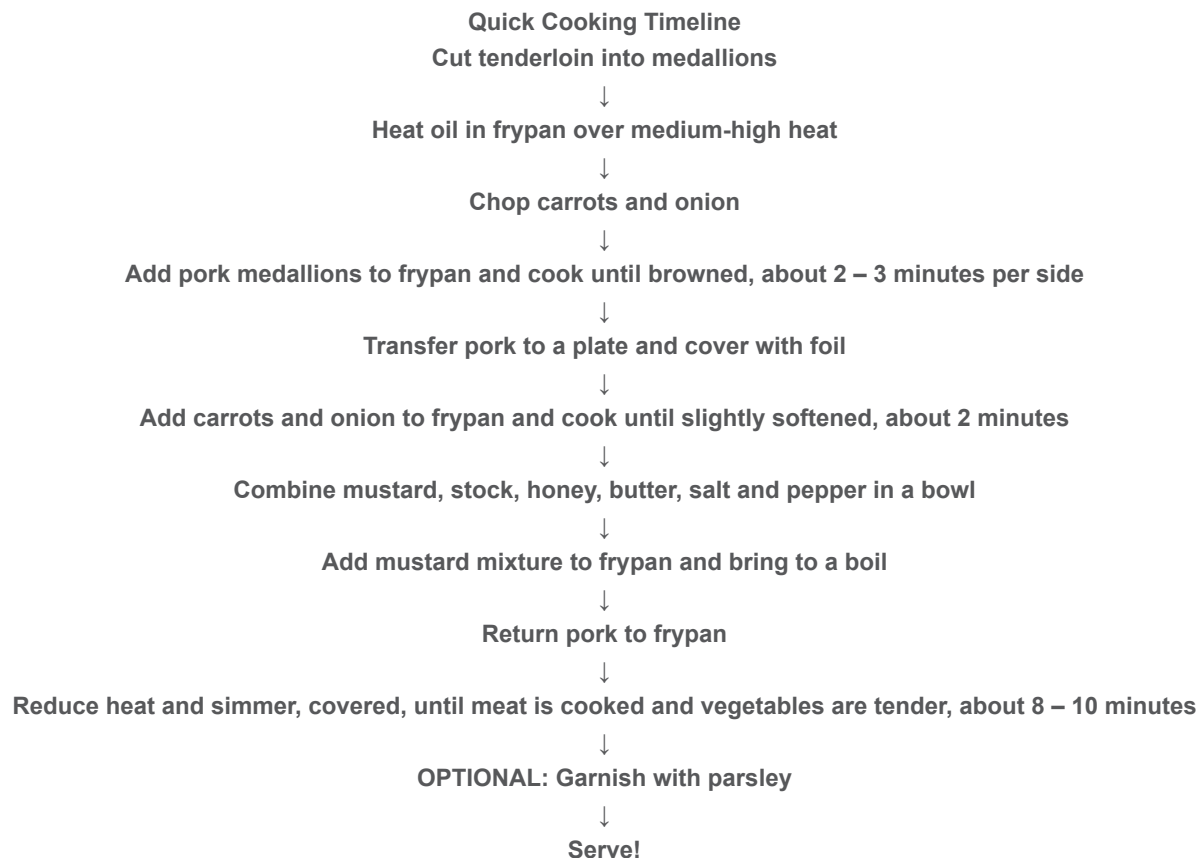
1. Heat oil in a large frypan over medium-high heat.
2. Add pork in batches and sear until browned, about 2 – 3 minutes per side. Transfer pork to a plate and cover with foil.
3. Add carrots and onions to frypan and sauté until slightly softened, about 2 minutes. Add corn and sauté for 1 minute.
4. Add mustard, stock, honey, butter, salt and pepper; stir to coat. Bring to a boil.
5. Return pork to frypan. Reduce heat and simmer, covered, stirring occasionally, until pork is cooked and vegetables are tender, about 8 – 10 minutes.
6. If desired, garnish with fresh chopped parsley.



Nutritional analysis per serving:

227 calories, 8.1 g fat, 27.2 g protein, 11 carbohydrate, 1.2 fibre, 406 mg sodium

*Ingredients not included in nutritional analysis.





*Check out our
recipe video*



Roasted Salmon with Asparagus, Grape Tomatoes and Mushrooms

10 Prep Time

20 Cook Time

30
Total Time

Serves 4

Suggested Equipment:

- knife
- cutting board
- rasp
- liquid measuring cups
- measuring spoons
- small bowl
- whisk
- spatula
- large bowl
- large rimmed baking sheet
- parchment paper
- basting brush
- slotted spoon

This straight-forward recipe takes little time to prepare and while it bakes in the oven you have time to cook couscous, rice, or quinoa to serve with it. If you choose, reserve 2 tbsp of the Lemon Vinaigrette to drizzle over your grain. You can also double the vinaigrette to use on salads or with pork and chicken.

Roasted Salmon with Asparagus, Grape Tomatoes and Mushrooms

INGREDIENTS:

Lemon Vinaigrette, divided:

½ cup olive oil
¼ cup lemon juice
1 tbsp lemon zest
1 tbsp honey
1 tsp dried tarragon

Salt and pepper to taste*
600 g salmon fillet
1 lb asparagus, trimmed and chopped
2 cups [halved grape tomatoes](#)
2 cups sliced mushrooms

METHOD:

1. Preheat oven to 425°F.
2. Add all Lemon Vinaigrette ingredients to a small bowl and whisk to combine. Reserve 1 – 2 tbsp for brushing salmon; set aside. Place salmon on a rimmed baking sheet lined with parchment paper. Brush with 1 – 2 tbsp of reserved Lemon Vinaigrette.
3. Toss vegetables with remaining vinaigrette.
4. Using a slotted spoon, transfer vegetables to baking sheet. Reserve any remaining vinaigrette for drizzling on side grain, if desired.
5. Bake until vegetables are tender and fish flakes easily with a fork, about 22 – 25 minutes.
6. OPTIONAL: Serve with grain of your choice. Drizzle with 1 – 2 tbsp of reserved vinaigrette.

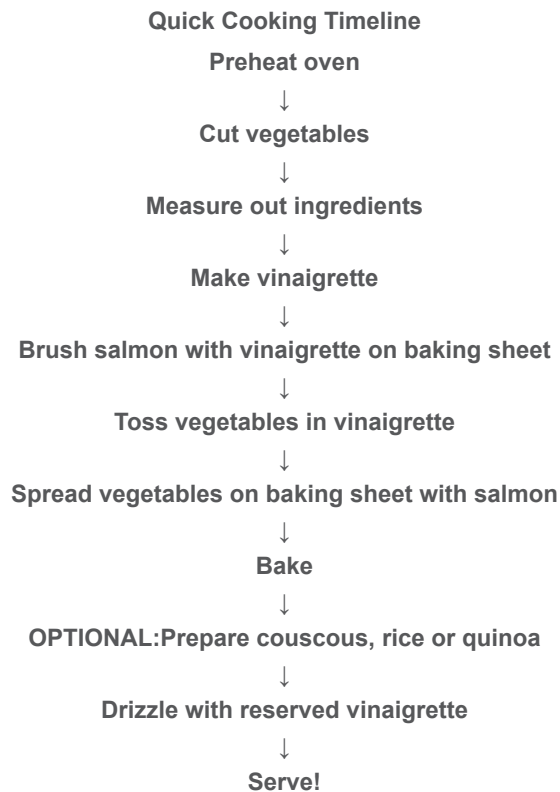


Nutritional analysis per serving:

541 calories, 42.3 g fat, 29.9 g protein, 12 g carbohydrate, 2.7 g fibre, 84 mg sodium

*Ingredient not included in nutritional analysis.

Prepping tips: Halve your grape tomatoes between two plastic container lids. This will keep them in place and you can slice a handful at once. Watch the [tutorial](#).





*Check out our
recipe video*



Ginger Beef

12 Prep Time

12 Cook Time

24
Total Time

Serves 4

Suggested Equipment:

- cutting board
- knife
- vegetable peeler
- wok or large frypan
- spatula
- slotted spoon
- dry measuring cups
- liquid measuring cups
- measuring spoons
- medium bowl
- whisk

This flavourful Asian-inspired recipe is a great weeknight crowd pleaser. Try adding bell peppers, snap peas or broccoli to this stir-fry and serve with your favourite noodles or rice. For some extra flare, sprinkle with toasted sesame seeds just before serving.

Ginger Beef

INGREDIENTS:

2 tbsp canola oil
¼ cup finely chopped fresh ginger
1 lb (0.5 kg) sirloin steak, thinly sliced
3 cloves garlic, finely chopped
2 tbsp soy sauce
1 tbsp hoisin sauce

2 tsp cornstarch
1 tsp sugar
¼ tsp red pepper flakes

OPTIONAL GARNISH:

Chopped fresh cilantro*

METHOD:

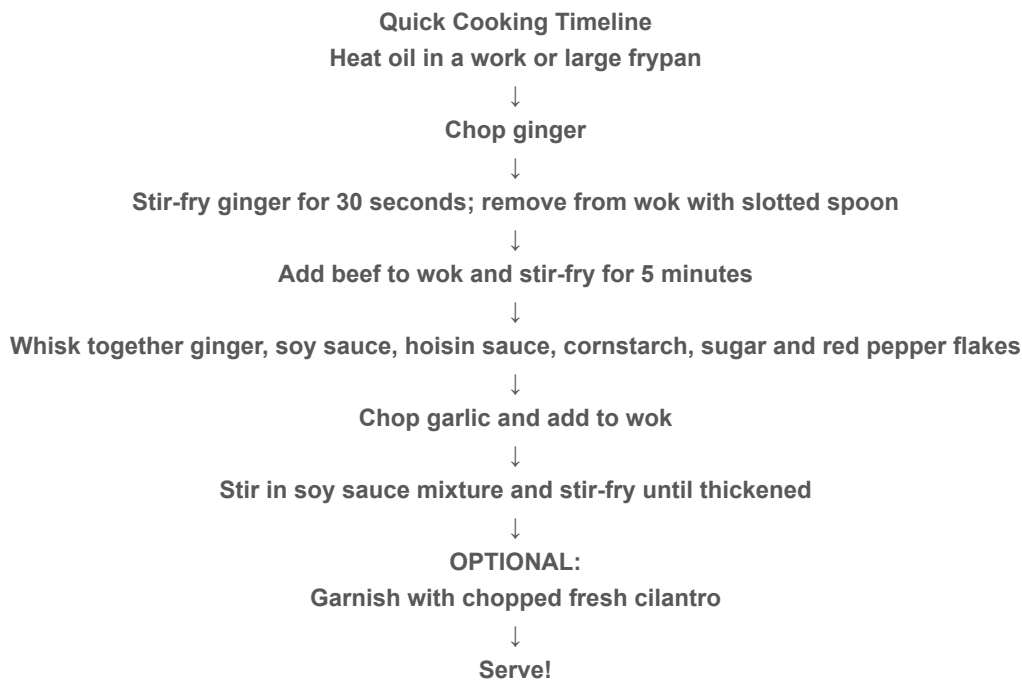
1. Heat oil in a wok or large frypan over medium heat. Add ginger and stir-fry until golden, about 30 seconds. Remove ginger with a slotted spoon; set aside.
2. Add beef to wok and stir-fry until browned, about 5 minutes. Add garlic and stir-fry for 1 minute.
3. In a medium bowl, whisk together ginger, soy sauce, hoisin sauce, cornstarch, sugar and red pepper flakes until blended. Gradually add in to beef mixture and stir-fry until slightly thickened, about 1 minute.
4. OPTIONAL: Garnish with chopped fresh cilantro.



Nutritional analysis per serving:

393 calories, 24.5 g fat, 35 g protein, 6.3 g carbohydrate, 0.4 g fibre, 589 mg sodium

*Ingredients not included in nutritional analysis.





*Check out our
recipe video*



ATCO
BLUE FLAME
KITCHEN