

FOOD & DRINK

Creamy one-pot mac & cheese

This Canadian classic is simpler, tastier and creamier than ever because the macaroni is cooked in a combination of evaporated milk and water until tender. Try this version of a family favourite and you'll never go back to standard mac and cheese again.

Makes five servings

- 1 can (385ml) Nestlé Carnation evaporated milk
- 1/4 cup chopped onion
- 1/4 tsp salt (approx.)
- 3 cups uncooked elbow macaroni
- 1 can (10oz/284ml) condensed mushroom soup
- 3 cups shredded aged Cheddar cheese
- 1 tsp Worcestershire sauce
- 1/2 tsp dry mustard
- pepper

▲ Set aside 1/2 cup of the evaporated milk. Add water to remaining milk to make four and a half cups; pour into large saucepan.

▲ Add onions and salt; bring to a boil, stirring frequently. Add macaroni; simmer over medium-low heat, uncovered and stirring frequently, until pasta is tender, about 15 minutes. Do not drain.

▲ Add soup, cheese, Worcestershire sauce, mustard and reserved evaporated milk; cook over low heat, stirring, until cheese is melted and sauce is smooth. Add more salt and pepper to taste.



Roasted vegetable lasagne

Serves six to eight

- 1 red pepper, cored and seeded
- 1 green or yellow pepper, cored and seeded
- 1 medium onion, thinly sliced
- 3 cups thinly sliced, peeled eggplant (about one medium)
- 1 1/2 cups thinly sliced, unpeeled zucchini (about one medium)
- 4 large garlic cloves, minced
- 1 tbsp olive oil
- 1/4 cup finely chopped parsley
- salt and pepper
- 1 pkg (3/4 lb/375g) fresh lasagna noodles
- 1 pkg (300g) frozen chopped spinach, thawed
- 1 (475g) container smooth ricotta
- 1 cup freshly grated parmesan
- 2 eggs
- 1 tbsp Tabasco brand pepper sauce
- 1 can (14 oz/398ml) tomato sauce

▲ Preheat oven to 450°F. Slice red and green pepper. Place in large bowl along with onion, eggplant, zucchini and garlic; toss with oil.

▲ Turn onto a large baking sheet; bake in preheated oven 25 to 30 minutes until tender.

▲ Remove from oven; toss with parsley, salt and pepper. Reduce temperature to 375°F.

▲ Meanwhile, in a large pot of boiling, salted water, cook lasagna noodles according to package directions. Drain.

▲ Press excess water from spinach and place in a bowl with ricotta, 3/4 cup parmesan, eggs and 1/2 tsp salt; stir together.

▲ Combine Tabasco pepper sauce and tomato sauce. Thinly spread 1/4 of sauce on bottom of a deep 9x9 inch (23x23 cm) baking dish. Top with 1/4 of noodles. Spread with 1/3 of ricotta mixture; then scatter with 1/3 of the vegetables. Repeat layering, ending with tomato sauce and cover with remaining parmesan.

▲ Cover with foil; place on a baking sheet; bake 40 to 45 minutes until hot. Remove foil during last five minutes. Let stand 10 minutes before cutting.

Broccoli and tortellini with roasted red pepper sauce

Team fresh Ontario broccoli and tortellini with a jar of roasted red peppers in a creamy pasta dish that tastes good, looks great and is very easy on the cook.

Preparation and cooking time:
20 minutes
Serves: 4

- 1 tbsp butter
- 2 cloves Ontario garlic, minced
- 1 Ontario onion, minced
- 1 tbsp all-purpose flour
- 1 cup cream or milk
- 1/3 cup freshly grated parmesan cheese
- 1 jar (313 ml) roasted red peppers, drained
- salt and pepper
- 1 pkg (350g) cheese or meat-filled tortellini
- 4 cups chopped Ontario broccoli

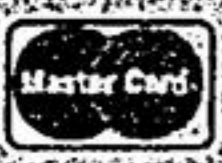
▲ In a medium saucepan, melt butter over medium-low heat.

▲ Add garlic and onion, cook four to five minutes, stirring frequently.

▲ Add flour, stir two minutes. Gradually stir in cream; cook stirring, until simmering and thickened. Stir in parmesan.

▲ In a blender or food processor, puree about two-thirds of the drained peppers; add to sauce.

▲ Season with salt and pepper to taste.



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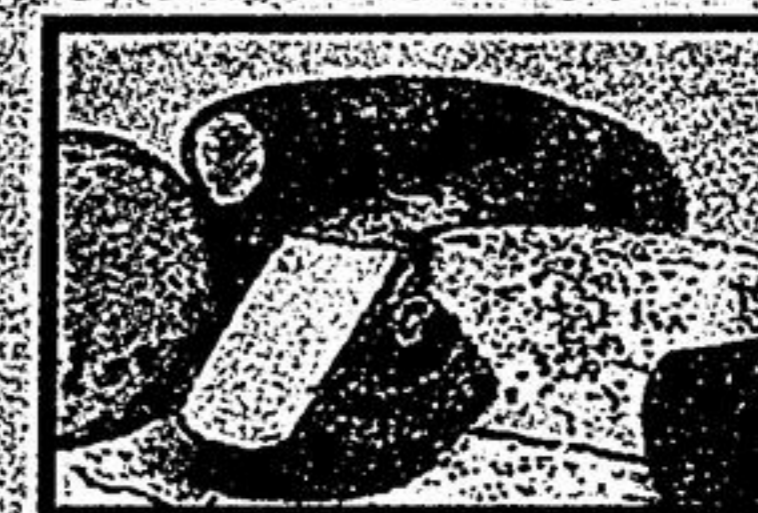
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