

# FOOD & DRINK

## Quick, easy meals will give you enough energy to make it through the holiday season

The holiday season is a busy one as people rush around visiting family and friends. Often, the family meal is sacrificed as people grab something quick before rushing out to another party.

The following recipes are quick and easy to prepare and will give you enough energy to party until the wee hours of the new year.

### Ten minute fiesta soup

Serves Four

- 4 boneless, skinless chicken breasts
- 1 cup water
- 2 cans (10oz/284ml) chicken broth
- 1 can (19oz/540ml) kidney beans
- 1 cup salsa
- 1 cup frozen corn
- 1/2 cup Uncle Ben's Instant Rice
- 1/3 cup shredded Monterey Jack or mozzarella cheese

In a large saucepan, combine chicken, water, broth, kidney beans, salsa and corn.

Bring to boil. Reduce heat and simmer uncovered over medium-low heat for five minutes.

Stir in rice. Cover, remove from heat, let stand five minutes. Spoon into bowls and top each serving with cheese.

### Embarrassingly easy rice dinner

Serves: 4

- 1 1/2 cups Uncle Ben's Instant Rice
- 1 tbsp vegetable oil
- 1 bag (16oz/500g) frozen Asian style vegetables
- 2 cups spaghetti sauce
- 2 tbsp light soy sauce
- 2 tsp grated fresh ginger or 1/2 tsp dry powdered ginger
- 2 cloves garlic, minced
- 1/4 cup finely chopped coriander or parsley

Prepare rice according to package directions; reserve.

Meanwhile, heat oil in wok or deep skillet set over high heat, add vegetables and stir-fry for four to five minutes or until hot; add spaghetti sauce, soy sauce, ginger and garlic.

Bring to boil and cook for one minute. Stir in coriander and reserved rice. Cook, tossing to combine for one minute or until heated through.

**Variations: Embarrassingly easy chicken and rice dinner:** Cut 1/2 lb chicken into bite-sized pieces; increase oil to 2 tbsp and stir-fry chicken in half the oil for three to five minutes or until lightly browned and cooked



PHOTO/UNCLE BEN'S

through. Remove from pan and reserve. Continue as specified above, adding cooked chicken to pan with rice.

**Embarrassingly easy shrimp and rice dinner:** Increase oil to 2 tbsp and stir-fry 1/2 lb thawed, cleaned, de-veined shrimp for two to three minutes or until opaque in the centre. Remove from pan and reserve. Continue as specified above, adding cooked shrimp to pan with rice.

#### Refrigerating, freezing and reheating cooked rice

As long as rice is tightly covered, it will refrigerate up to a week. To reheat rice, combine 2 tbsp water or other liquid with one cup rice and simmer, covered, about five minutes in a saucepan or one minute on high in microwave oven.

Cooked rice freezes well on its own and when combined with other foods, and will retain freshness up to four months.

### Caesar salad with creamy roasted garlic dressing

#### Creamy roasted garlic dressing

- 1 head roasted garlic
- 1 tsp anchovy paste or two minced anchovies (optional)
- 1 tsp Dijon mustard
- 1 tsp Worcestershire sauce
- 2 tbsp red wine vinegar
- 2 tbsp olive oil
- 1/3 cup low-fat yogurt
- 1/4 cup grated parmesan cheese
- salt and pepper to taste

#### Salad:

- 3 one-inch slices crusty whole wheat or white bread, cut into one inch cubes (2 cups)
- 1 large head of Romaine lettuce, cut or broken into one-inch pieces (10 cups)
- 2 tomatoes, cut in wedges

To make dressing, in food processor or blender, blend together roasted garlic, anchovy paste, mustard, Worcestershire sauce, vinegar, oil, yogurt and parmesan.

Taste and season with salt and pepper. Refrigerate until ready to use.

To make croutons, spread bread cubes on baking sheet. Bake at 375 F for 10 to 12 minutes or until crunchy. Stir once or twice during baking time.

Just before serving, toss lettuce with desired amount of dressing and top with croutons.

Garnish with tomatoes.

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 CLOSED NEW YEARS DAY  
 Sat., Jan. 2nd 8:00 am - 7:00 pm  
 Sun., Jan. 3rd 9:00 am - 6:00 pm  
 Mon., Jan. 4th 8:00 am - 8:00 pm  
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