# The 2022 **FOCELOUS** Calendar

# Foodbuy

The 2022 Foodbuy Canada Calendar features 14 hand-picked recipes – 13 from our leading supplier partners in the food and beverage industry, as well as one by our Corporate Chef, Wayne Nichols. These mouth-watering recipes are easy to make, beautiful to plate, and are sure to please your guests.

Foodbuy is Canada's largest foodservice procurement solutions organization. Our purchasing volume spans across the hospitality and leisure, food service, healthcare, and education channels. Much more than a group purchasing organization, we help realize savings and efficiencies by building purchasing volume and leveraging it to negotiate discounts with manufacturers, distributors and other vendors.

We are devoted to helping our members, corporate sectors, and suppliers grow by delivering the highest level of value and expertise through innovative, flexible procurement solutions.



# **S** culinary solutions

Our Culinary Solutions team is overseen by our Corporate Chef, Wayne Nichols. The team is committed to improving product quality while lowering costs to our members and corporate sectors.

Chef Nichols works closely with other culinary leaders on the team to better understand business needs. Leveraging this knowledge, they are able to align with stakeholders to drive positive results through rationalizations, optimizations, rigorous product testing and sharing best practices. Culinary Solutions provides insight to our sourcing and category efforts addressing business needs across the board in order for Foodbuy to deliver superior ingredients and increase cost savings.

As a graduate of Humber College, Chef Nichols completed the Culinary Management Program with honours. He has practiced in renowned hotels across the nation and had the privilege of cooking for prime ministers, many dignitaries, and royalty from around the world. During Nichols' career, he has entered many culinary competitions taking centre stage on several of those occasions. He wrote a column for a local magazine *Forest City Connection* and was a regular guest on the morning show *New Day*, where he was featured during their cooking segments. Midway through his career, Nichols had the opportunity to fulfill one of his dreams by working on a cruise ship, the Nordic Empress, with Royal Caribbean Cruise Lines in Miami, Florida.

Chef Nichols began his culinary career in his grandma's kitchen, where he developed a passion for cooking that he has carried with him. He says, "Your ingredients can sense your love and passion, which is the building block for culinary excellence and great food." Nichols brings a love of culinary innovation and leadership to his role. He promotes a standardized approach to menu planning inspiring culinary creativity and cultivating sustainable practices. Chef Nichols has been an integral part of Foodbuy since 2004.



Christmas Tree Brownies

Servings: 24

### Ingredients:

- Gourmet Baker Full Slab
   Brownie by Aspire
   Bakeries
- 24 candy canes (or sticks)
- green sparkle gel icing
- seasonal sweets, sparkles & spices (to taste)

### Instructions:

Prep Time: 50 min 💦 🛣 Cook Time: 0 min

- Thaw sheet of brownies for 30 minutes.
- Cut the brownies into tree shapes: cut the tray in three equal lengths & then triangle the three lengths into eight equal tree shapes.
- Carefully insert the candy cane sticks into the base of the brownies (as shown in picture).
- Drizzle green sparkle gel as garlands in a zig-zag, then decorate with some sweets sprinkles or holiday spice!

Delicious Christmas Tree Brownies are dressed and ready for the holidays with a dash of seasonal accents and a splash of decorations!

www.aspirebakeries.com

Happy Holidays!

November

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14	13	12	11	10	9	8
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# DECEMBER / 2021

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24	25	26	27	28	29	30				
31										

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	<b>4</b> National Cookie Day	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 First Day of Winter	22	23	24 Christmas Eve	25 Christmas Day	26 Boxing Day
27	28	29	30	31 New Year's Eve		

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# Silk

## **Coconut Pumpkin Mini-Muffins**



## **Ingredients:**

- 2 cups (500 ml) all-purpose flour
- 1 cup (250 ml) granulated sugar
- 4 tsp. (20 ml) baking powder
- 2 tsp. (10 ml) ground cinnamon
- 1 tsp. (5 ml) ground nutmeg
- 1 tsp. (5 m) salt
- 1/2 tsp. (2 ml) ground ginger
- 2 cups (500 ml) pure pumpkin puree
- 1 cup (250 ml) Silk Original Coconut Beverage
- 1/2 cup (125 ml) unsweetened applesauce
- 2 tsp. (10 ml) vanilla
- 1 cup (250 ml) shredded coconut, divided

These muffins are a perfect addition to a fruit or breakfast plate as minis, or can be served as regular sized muffins.

### Instructions:

- Preheat oven to 400°F (200°C). Grease or line two 24 cup mini muffin pans; set aside.
- In a bowl, whisk together flour, sugar, baking powder, cinnamon, nutmeg, salt & ginger.
- In a very large bowl, whisk together pumpkin puree, Silk, apple sauce & vanilla. Stir in 3/4 cup (175 ml) of the coconut. Stir in flour mixture gradually until well combined. Divide among prepared pans. Sprinkle tops with remaining 1/4 cup (60 ml) of coconut.



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www.danonefoodservice.ca

December

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# JANUARY / 2022

February										
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> New Year's Day
2	3	<b>4</b> National Spaghetti Day	5	б	7	8
9	10	11	12	13	14	15 National Bagel Day
16	17	18	19	20 National Cheese Lovers' Day	21	22
23 National Pie Day	<b>24</b> National Peanut Butter Day	25	26	27	28	29
30	31					

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# Foodbuy



## FOODSERVICE SOLUTIONS

## Loaded **Buffalo Fries**



## Ingredients:

- 1 Lb McCain Russet Potatoes
- 2 oz. Blue cheese crumbles
- 2 oz. Ranch dressing
- 2 oz. Buffalo sauce
- 3" celery, thin sliced
- 1" celery leaf (optional)

## Instructions:

- Prepare McCain Russet Potatoes according to package directions.
- Thinly slice celery in half-moons, set aside.
- Place hot fries on serving platter & sprinkle with thinly sliced celery & Blue cheese crumbles.
- Place Ranch dressing and Buffalo sauce in ramekins on serving platter.
- Garnish with optional celery leaf if desired.

Delicious Russet Fries topped with crumbled Blue cheese and thinly sliced celery served with a side of spicy Buffalo sauce and creamy Ranch for dipping.

Locked & Loaded

January

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# FEBRUARY / 2022

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Groundhog Day	3	4	5
6	7	8	9 National Pizza Day	10	11	12
13	14 Valentine's Day	15	16	17	18	19
20	21 Family Day	22	23	24 National Cupcake Day	25	26
27	28					

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# Foodbuy



## Egg Schnitzel with Potato & Egg Salad



Servings: 4

### Ingredients:

- 8 Burnbrae Farms Natural Shaped Scrambled Egg Patties
- 2 cups breadcrumbs
- 2 cups Panko breadcrumbs
- 4 oz. grated Parmesan cheese
- 1 cup fresh parsley, finely chopped
- 2 cups Burnbrae Farms Liquid Whole Eggs
- 2 cups 2% milk
- 4 cups all purpose flour
- pinch of salt & pepper to season the flour with
- 4 fl. oz. olive oil
- 16 oz. potato salad topped with Burnbrae Farms Hard Boiled Eggs, coarsely chopped
- 8 pieces chives

## Instructions:

- Place the flour into a shallow bowl & season with salt & pepper.
  - Place the liquid whole eggs & 2 % milk into a shallow bowl & whisk together.
- Place both breadcrumbs, Parmesan cheese, & parsley into a bowl and blend.
- Place the olive oil into a non-stick sauté pan over medium heat & allow it to get hot.
- Take one of the egg patties & place it into the flour. Ensure both sides are fully coated.
- Take the now coated egg patty & place it into the egg & milk mixture. Take the patty & place it back into the flour to dredge for a second time.
- Take the double dredged egg patty & place it into the breadcrumb mixture. Ensure the patty gets fully coated with breadcrumbs.
- Repeat the dredging process for the remaining egg patties.
- Place the coated egg patties into the hot olive oil & allow them to fry. Cook each side until they are crisp & golden brown.
- Serve with potato salad.

A healthy, new twist on an old favourite, this Egg Schnitzel and Potato-Egg Salad provides a great protein boost for anyone. Perfect for brunch, lunch or lighter dinner fare it utilizes egg patties, pasteurized liquid whole eggs and ready-to-use hard boiled eggs.

www.burnbraefarmsfoodservice.com

Get Crackin

	February								
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# MARCH / 2022

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### NATIONAL NUTRITION MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 National Pancake Day	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17 St. Patrick's Day	18	19
20 First Day of Spring	21	22	23	24	25 International Waffle Day	26
27	28	29	30	31		





## Brioche French Toast with Bacon, Caramelized Apples & Brie

### **Ingredients**:

- 375 gm OBP Bacon or Olymel Reduced Sodium Bacon
- 2 Cortland or Granny Smith apples, fresh, cored, sliced
- 15 ml brown sugar
- 1.25 ml cinnamon, ground
- 15 ml butter, melted
- 4 each eggs, fresh, beaten
- 75 ml 2% milk
- 30 ml sugar
- 5 ml cinnamon, ground
- 1.25 ml nutmeg, ground
- 2.5 ml vanilla extract, pure
- 8 slices Brioche, fresh
- 45 ml butter
- 120 gm Brie cheese, thinly sliced
- 125 ml maple syrup, warmed
- 1 Cortland apple sliced (optional)

## Instructions:

Prep Time: 10 min 🛛 🛣 Cook Time: 20 min 🔔 Servings: 4

- Cook bacon until crispy but not overdone.
   Reserve hot.
- In large skillet sauté apples with brown sugar, cinnamon, & butter until apples are caramelized.
- In a shallow bowl mix eggs, milk, sugar, cinnamon, nutmeg, & vanilla. Dip both sides of bread in egg mixture until well absorbed.
- Melt butter in large skillet or on grill over medium heat. Cook bread on both sides until cooked throughout & golden brown. Remove from pan.
- Serve two slices of French Toast & place Brie & caramelized apples between the slices. Top with maple syrup, bacon, & fresh apple slices (optional).

Serve up old-fashioned tastes of home with this delicious Brioche French Toast paired with caramelized apples and Brie cheese. Crowned with bacon and maple syrup, it's the perfect breakfast or brunch indulgence! The combination of both sweet and salty, makes it a guilty pleasure for customers of all ages.

www.olymelfoodservice.com

Sweet Meets Sizzle

March

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## APRIL / 2022

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 April Fool's Day	2
3	4	5	6	<b>7</b> National Burrito Day	8	9
10	11	12	13	14	15 Good Friday National Takeout Day	16
17 Easter Sunday	18 Easter Monday	19	20	21	22 Earth Day	23
24	25	26	27	28 Stop Food Waste Day	29	30

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## Haddock Nuggets & Chips

Prep Time: 10 min 🛛 🛣 Cook Time: 2 min



Servings: 1-2

### **Ingredients:**

- 150 gm QUAKER® batter mix
- 240 gm water
- 300 gm cubed haddock
- 150 gm MISS VICKIE'S® original recipe kettle cooked potato chips, crushed
- 30 gm MISS VICKIE'S® original recipe kettle cooked potato chips
- 1 slice lemon
- 5 gm chopped parsley

## **Instructions:**

- Preheat fryer to 375° F.
- Toss the diced haddock into the batter mix ensuring that excess batter gets removed.
- Toss the haddock in the crushed chips & deep fry until golden brown (1 - 2 minutes).
- Drain the excess oil & place on remaining chips. Garnish with a lemon slice & parsley.

Crispy golden fried fish with a twist, perfect for any occasion! Inspired by the classic from our friends across the pond, we've used staples from our pantry to create this delicious dish.

www.pepsi.ca

A Twist on Fish & Chips

April									
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## MAY / 2022

June								
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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8 Mother's Day	9	10	11	12	13 International Hummus Day	
15 National Chocolate Chip Day		17	18	19	20	21
22	23 Victoria Day	24	25	26	27	28 National Hamburger Day
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## **Beef Mushroom** Cheeseburger



### **Ingredients:**

- 5 oz. (150 gm) ground beef
- 1 tsp. (5 ml) steak seasoning
- 1 tsp. (5 ml) Dijon mustard
- 1 tbsp. (15 ml) Beatrice ò Sour Cream
- 1 tsp. (5 ml) horseradish
- 1 tbsp. (15 ml) butter
- 2 oz. (30 gm) sliced mushrooms
- 1/2 tsp. (2 ml) minced garlic
- pinch each salt and pepper
- 1 tsp. (5 ml) finely chopped fresh chives
- 2 slices Black Diamond Sliced Cheese
- 1 Brioche burger bun, toasted
- 1/2 cup (125 ml) arugula
- 1/4 cup (60 ml) caramelized onions

## Instructions: Mix together ground beef, steak seasoning

- & mustard; shape into a 1/2-inch (1 ml) thick patty. Refrigerate until ready to grill.
- Stir together sour cream & horseradish; refrigerate until ready to serve.
- Melt butter in a small saucepan set over medium-high heat; cook mushrooms & garlic for 4 to 5 minutes or until starting to brown. Season with salt and pepper. Stir in chives.
- Preheat grill to medium-high; grease grate well. Grill burger turning once, for 10 to 13 minutes or until internal temperature reaches 160°F (71°C). Top with cheese slices; cook for 30 to 60 seconds or until cheese melts. Meanwhile, grill bun for 30 to 60 seconds or until lightly toasted.
- Assemble cheeseburger in bun with horseradish cream, arugula, sautéed mushrooms & top with caramelized onions.

Garnished with sauteed mushrooms, caramelized onions and horseradish sour cream, this upscale cheeseburger is sure to please any gourmet.

Say Cheese!

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29			1	2	3	4 National Cheese Day National Doughnut Day
5	6	7 National Chocolate Ice Cream Day	8	9	10	11
12	13	14	15	16	17	18 International Picnic Day
19 Father's Day	20 National Vanilla Milkshake Day	21 First Day of Summer	22	23	24	25
26	27	28	29	30		

# Foodbuy

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## **Coffee Ice Cream Fudge Cake**



Servings: 12

## **Ingredients:**

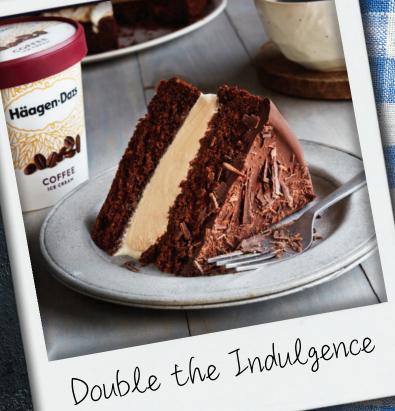
- 2 cups all purpose flour (or gluten-free flour for glutenfree cake)
- 2 cups sugar
- 3/4 cup unsweetened cocoa . powder
- 2 tsp. baking powder .
- 1 <sup>1</sup>/<sub>2</sub> tsp. baking soda
- 1 tsp. salt
- 1 tbsp. espresso powder
- 1 cup whole milk (substitute almond milk for non-dairy/ vegan cake)
- <sup>1</sup>/<sub>2</sub> cup vegetable oil
- 2 eggs (substitute 1/2 Cup applesauce if vegan)
- 2 tsp. vanilla
- <sup>3</sup>/<sub>4</sub> cup shaved dark chocolate
- 8 oz. bittersweet chocolate. finely chopped
- 2 <sup>1</sup>/<sub>2</sub> tsp. coconut oil
- 500ml Häagen-Dazs Coffee Ice Cream or 500ml Häagen-Dazs Non-Dairy Chocolate Salted Fudge Truffle Ice Cream for vegan

## Instructions:

- Preheat oven to 350° degrees.
- Add flour, sugar, cocoa, baking powder, baking soda, salt & espresso powder to the bowl of a stand mixer. Combine ingredients.
- Add milk, vegetable oil, eggs, vanilla & mix on a low speed until well combined.
- Fill two greased nine-inch cake pans evenly with batter. Bake 30-35 minutes until a toothpick inserted in the center of the cake comes out clean.
- Remove from oven. Allow to cool for 5 minutes. Run a knife around the edges of the cake to loosen & turn over onto a wire rack. Cool completely.
- Once cool, spread softened Häagen-Dazs Ice Cream across the length of the cake. Put the second layer of cake on top & place in freezer for 10 minutes.
- While cake is freezing, make hardening chocolate. Add chocolate & oil to a double boiler over simmering water. Cool to room temperature.
- While cake is still on wire rack, remove from freezer. Gently spread hardening chocolate over cake.
- Place in freezer for at least one hour or until ready to serve.

Häagen-Dazs Ice Cream sandwiched between rich, moist layers of chocolate cake and coated in chocolate ganache is perfect for any chocolate lover.

www.haagen-dazs.ca



S         M         T         W         T         F         S           1         2         3         4           5         6         7         8         9         10         1           12         13         14         15         16         17         18           19         20         21         22         23         24         25           26         27         28         29         30         14         15         16         17         18		JULY / 2022 NATIONAL ICE CREAM MONTH						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
					1 Canada Day	2		
3	4	5	6	<b>7</b> World Chocolate Day	8	9		
10	11	12	13 National French Fry Day	14	15	16		
17	18	19	20 National Ice Cream Day National Hot Dog Day	21	22	23		
24	25	26	27	28	29 National Chicken Wing Day	30 National Cheesecake Day		
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# Foodbuy



# CHEFS Chipotle Cinnamon Seasoning

## **Ingredients:**

- 1 each (750 gm) beef flank steak, trimmed
- 3 tbsp. (42.52 gm) Club House Chipotle Cinnamon Seasoning
- 1/2 cup (125 ml) each sliced red peppers, green peppers sliced, red onions
- 1 tsp. (5ml) Club House Chipotle Cinnamon Seasoning
- 2 tsp. (10 ml) olive oil
- 5 hard-shell taco
- 5 jalapeno jack cheese slices
- 1 ¼ cup (1060 ml) Iceberg lettuce shredded
- 10 slices of jalapeno
- 150 gm each pepper mix flank steak, thinly sliced
- 5 tbsp. (75 ml) avocado, small dices
- 5 each fresh cilantro sprig

### Instructions:

Prep Time: 30 min 🛛 🛣 Cook Time: 10 min 🔔 Servings: 5

- Place flank steak in a tumbler & add 3 tbsp. (42.52 gm) of Club House Chipotle Cinnamon Seasoning.
- Tumble meat for 20 minutes.
- Grill flank steak to medium rare, rest for 20 minutes before slicing.
- Sauté peppers & onions with olive oil & Club House Chipotle Cinnamon Seasoning. Reserve.
- Warm the taco shell, place 1 slice of jalapeno jack cheese in the bottom of the taco.
- Place 1/4 cup (60 ml) of shredded lettuce on top of the cheese.
- Add 30 gm of pepper mix & 30 gm of sliced flank steak.
- Garnish each taco with 1 tbsp. (15 ml) of diced avocado & 2 slices of jalapeno peppers.
- Garnish each taco with a sprig of fresh cilantro.

Heat with a hint of sweet. Our Autumn inspired recipe offers the earthy, spicy sweetness of cinnamon and chipotle, lightly accentuated by notes of smoke and mild heat. As you transition into your Fall menu add Chipotle Cinnamon as part of your flavourful product profile.

www.clubhouseforchefs.ca

Spice Things Up

 July

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## AUGUST / 2022

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Civic Holiday	2	3	<b>4</b> National Chocolate Chip Cookie Day	5	6
7	8	9	10 National S'mores Day	11	12	13
14	15	16	17	18	19 National Potato Day	20
21	22	23	24 National Waffle Day	25	26	27
28	29	30	31			



## Kraft*Heinz*

## Nashville Hot **Crispy Chicken**



## **Ingredients:**

- 4 kg of 7-9 oz. buttermilk marinated chicken legs & thighs
- 22 artisan sesame buns
- 44 leaves of Iceberg lettuce
- 1 pouch of Renee's Jalapeno Lime Aioli

### Dredging mix (yield 1.1 kg)

- 1 kg all purpose flour
- 50 gm paprika
- 50 gm garlic powder
- 25 gm onion powder
- 15 gm salt
- 5 gm black pepper Nashville sauce (yield 12.75L)
- 7.5 L Heinz Hot Sauce
- 3.75 L white vinegar
- 2 kg brown sugar

## Instructions:

- Mix dredging ingredients in a stainless-steel bowl making sure to breakup any lumps created by the spices. Transfer to a container, cover & label.
- Mix Nashville Sauce in a pot. Bring to a boil. Cool down. Transfer to a container, cover & label.
- Place the buttermilk marinated chicken legs & thighs in a container.
- Dredge with 1 cup of dredging mix evenly.
- Fry at 275° F for 6-8 minutes; internal temperature of 165° F.
- Pour 2 oz. of Nashville sauce in a pot & keep warm, dip the cooked chicken in the sauce to coat.
- Toast the artisan bun on the flattop.
- Build with the lettuce leaves & Renee's Jalapeno Lime Aioli.

A saucy and crave-able crispy chicken sandwich that delivers that hot and rich flavour profile while still appealing to those that don't want over the top heat.

www.kraftheinzfoodservice.ca

One Saucy Sandwich

August

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# SEPTEMBER / 2022

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 International Bacon Day
4	5 Labour Day	6	7	8	9	10
11	12	13	14	15	16	17
18 National Cheeseburger Day		20	21	22 First Day of Fall	23	24
25	26	27	28	29 National Coffee Day	30	





## Alaska Wild Fish Tacos with Ranchamole Drizzle

### **Ingredients:**

- 8 Alaska Wild Fish Wings™
- 8 4-inch taco shells, soft
- ½ cup purple cabbage, thinly shaved
- <sup>1</sup>/<sub>2</sub> cup pico de gallo
- ¼ cup Ranch dressing
- ¼ cup guacamole

### Instructions:

Prep Time: 10 min 🛛 🛣 Cook Time: 20 min 🔔 Servings: 8

- Cook Alaska Wild Fish Wings™ according to box directions.
- Combine dressing & guacamole. Place in a squeeze bottle.
- Assemble fish tacos with all the remaining ingredients, top with Alaska Wild Wings. Drizzle the ranchamole over them.
- Garnish with fresh cilantro & lime (optional).

Alaska Wild Fish Wings<sup>™</sup> are made with quality Alaska Pollock and provide great recipe versatility. Guacamole and Ranch dressing combine to make what we are dubbing "Ranchamole". It's creative and cost effective, as the buttermilk in the Ranch dressing helps keep the guacamole from oxidizing and works well in a squeeze bottle to be drizzled over your fish taco creations.

www.highlinerfoodservice.com

Go Wild

September

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# OCTOBER / 2022

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## NATIONAL SEAFOOD MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> World Vegetarian Day
2	3	<b>4</b> National Taco Day	5	6	7	8 National Salmon Day
9	10 Thanksgiving Day	11	12	13	14	15
16 World Food Day	17	18	19	20	21	22
23	24	25 World Pasta Day	26	27	28	29
30	31 Halloween					





## Orzo & Squash in Tomato Sauce

Servings: 4

## Ingredients:

- <sup>2</sup> oz. Primo Orzo Pasta
- 2 tsp. canola oil
- 2 tbsp. red onion (chopped)
- 1 tsp. rosemary
- 1/2 cup Acorn squash
- pinch of salt
- pinch of black pepper
- 1 cup Primo Tomato Diced
   in Juice Unsalted

### Instructions:

Prep Time: 15 min 💦 🛣 Cook Time: 35 min 🔔

- Cut the squash in 1/2 inch slices. Bake for 30 minutes at 350° F.
- In a large pot add canola oil. Fry the onions, tomato, & rosemary. Cook for 5 minutes. Add water if needed. Adjust with salt & pepper.
- When the squash is cooked, cut into small pieces.
- Cook the pasta "al dente", mix into the sauce, then add the squash. Mix together.
- Serve and garnish with sprigs of fresh rosemary.

This vegan pasta dish is packed with warm autumn flavours that are sure to please any guest and their dietary needs.



Mangia, Buon Appetito

www.primofoods.ca

October

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# NOVEMBER / 2022

December									
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		1	2	3	<b>4</b> National Candy Day	5
6	7	8	9	10	11 Remembrance Day	12
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20	21 International Day of the Nacho	22	23	24	25	26 National Cake Day
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## Kung Pao Chicken

## Prep Time: 10 min 💦 🛣 Cook Time: 20 min 🔔

Servings: 4

### **Ingredients:**

- 1 lb. Erie Meats Chicken breast, diced & fully cooked
- 1/4 cup cornstarch (or as needed)
- 4 tbsp. vegetable oil and/or sunflower oil
- 1 tsp. fresh ginger minced .
- 2 cloves garlic minced
- 1 large zucchini cut into 3/4-inch cubes
- 10 dried red chilies
- 1 medium red bell pepper cut into 3/4-inch cubes
- 3 green onions thinly sliced
- 1/4 cup peanuts dryroasted, unsalted, or dry-roasted cashew nuts (optional)

### Sauce

- 1/2 cup chicken broth low sodium or no sodium added
- 2 tsp. dark soy sauce
- 1 tsp. cornstarch
- 2 tbsp. low sodium soy

### Instructions:

- Add the cornstarch over the chicken. Toss well to coat each piece of chicken.
- Sauce preparation: Whisk all the sauce ingredients together. Set aside.
- Cooking the chicken: Cook the chicken in batches; add about 1 tbsp. oil to a hot wok or large frying pan. Shaking off any excess cornstarch, add about half of the chicken & cook for 3 to 4 minutes, stirring occasionally, until heated through. Move to a stainlesssteel bowl. Add another tbsp. of oil. Repeat with remaining chicken. Move the chicken to the bowl. Keep warm.
- Making the Stir-Fry: Heat the remaining 2 tbsp. of oil in the wok. Stir in the ginger, garlic, zucchini, bell pepper. Stir-fry for 1 minute. Pour in the sauce while stirring & bring to a boil. The sauce will start to thicken from the cornstarch – if sauce becomes too thick, add 1 tbsp. of hot water to thin as needed.
- Add the heated chicken, red chilies, green onions & the peanuts or cashew nuts (optional) back to the wok, once the sauce thickens slightly. Stir everything together so that everything is coated in the sauce. Cook another minute. Serve hot.

Spice things up with this delicious, easy-to-prepare, meal and add some exotic flavours to your menu. Turn up the wow-factor with this chicken that packs a punch!

www.eriemeats.com

Chicken with a Kick

November

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Foodbuy

# DECEMBER / 2022

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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4 National Cookie Day		6	7	8	9	10
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18	19	20	21 First Day of Winter	22	23	24 Christmas Eve
25 Christmas Day	26 Boxing Day	27	28	29	30	31 New Year's Eve

# **B** culinary solutions

## Lemon Chicken with Pesto Pasta

Prep Time: 20 min 🛛 🛣 Cook Time: 20 min 🔔

Servings: 4

## **Ingredients:**

### Pesto

- 2 cups fresh basil leaves, stems removed
- 2 tbsp. pine nuts or walnuts (toasted)
- 2 large cloves of garlic
- <sup>1</sup>/<sub>2</sub> cup extra-virgin olive oil
- <sup>1</sup>/<sub>2</sub> cup freshly grated Parmesan cheese

## Lemon Chicken

- . 4 chicken breasts
- 4 tbsp. prepared basil pesto
- 2 tbsp. fresh chopped garlic (or to taste)
- 2 large lemons fully zested (about 2 1/2 tbsp.), then squeezed (about 1/2 cup juice)
- 1 cup olive oil
- 2 tsp. Italian seasoning
- 1 tsp. sea salt
- 1/2 tsp. white pepper

## **Instructions:**

## Pesto

- Combine basil leaves, pine nuts or walnuts & garlic in a food processor. Process until very finely minced.
- With the machine running slowly dribble in the oil. Process until the mixture is smooth.
- Add the cheese & process very briefly (just long enough to combine). Check seasoning, adjust with salt & pepper.
- Store in refrigerator.

## Lemon Chicken

Combine ingredients & marinate chicken for approximately two hours. Grill chicken & slice after letting it rest.

## Assemble

- Take four cups of cooked pasta (spaghetti & penne work well) & toss it with the remaining pesto - not in a hot pot which will turn the basil in the pesto dark.
- Arrange the sliced chicken on the plate.
- Garnish with lemon slices, basil leaves, or grated Parmesan cheese & serve.

Using purple basil for this dish elevates the recipe to gourmet status, creating a beautiful and edible masterpiece. This also transforms the dish from a Spring to Winter meal.

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Freshness at Its Best

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