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Episode 252

SPICY LIME CHICKEN PASTA

4 oz. thin whole wheat spaghetti	3 tbsp. soy sauce
2 tbsp. lime juice	1 tbsp. sugar
1 tsp. grated lime peel	¼ - ½ tsp. crushed red pepper
2 tsp. canola oil, divided	12 oz. boneless, skinless chicken breast, in thin strips
1 red or yellow pepper, thin sliced	3 oz. fresh snow peas
1 onion, thinly sliced vertically	
¼ c. toasted slivered almonds	

Break spaghetti in half. Cook, according to pack age directions, omitting any salt. Meanwhile, combine soy sauce, lime juice, lime peel, sugar and crushed red pepper. Heat large non-stick skillet over med. High heat until hot. Add 1 tsp. of the oil; heat. Cook chicken 2 – 3 min. or until no longer pink in centre, remove chicken. Heat remaining oil in same skillet until hot. Cook pepper and onion 2 – 3 min. until tender crisp, stirring constantly. Add snow peas; cook 1 min. longer. Add spaghetti, chicken and 1 tbsp. of the soy sauce mixture; toss until well coated. Remove from heat. Top with remaining soy sauce mixture, sprinkle with almonds.

CHEDDAR & APPLE SALAD

3 c. mesclun greens	1 apple
1 stalk celery	½ c. grated old cheese
¼ c. chopped or sliced almonds, toasted	

Dressing:

2 tbsp. olive oil	1 tbsp. white wine vinegar
1 tsp. maple syrup	1 tsp. honey Dijon

Place greens in large bowl, tear into bite size pieces. Slice unpeeled apple into thin wedges. Thinly slice celery, add to lettuce. Grate cheese and chop nuts and set aside. Whisk oil with vinegar, maple syrup and honey mustard. Just before serving, drizzle over salad and toss until coated. Scatter cheese and nuts overtop.

VICTORIAN SPONGE CAKE

6 eggs	1 c. granulated sugar
1 tbsp. grated orange rind	1 tsp. vanilla
1 c. flour	½ tsp. baking powder
Pinch salt	1/3 c. butter, melted

Line bottom of 9" springform pan with parchment paper, spray. Set aside. Set eggs in bowl of warm water for 5 min. In large bowl, beat eggs until foamy. Gradually beat in sugar until pale yellow and batter falls in ribbons when beaters are lifted, about 10 min. Fold in orange rind and vanilla. Mix dry ingredients together. Add in 3 stages, folding into the egg mixture gently. Pour into prepared pan. Bake in 325 oven for 50 – 60 min. or till cake springs back when touched. Let cool in pan for 10 min. Remove side of pan and let cool on rack.

Filling:

1 tsp. gelatin	2 tbsp. cold water
1 c. whipping cream	3 tbsp. icing sugar
2 tbsp. orange liqueur	1/3 c. seedless raspberry jam

Sprinkle gelatin over cold water, let stand 5 min. Warm in microwave until dissolved, about 30 sec. Whip cream with 2 tbsp. of icing sugar and orange liqueur until cream mounds softly on spoon. Drizzle in gelatin mixture and beat until it mounds stiffly. Cut cake in half horizontally. Place top layer, cut side up, on cake plate. Spread jam to edge. Spread whipped cream mixture on top. Top with remaining cake layer, cut side down. Refrigerate until cream is set, about 2 hrs. Sieve remaining icing sugar over top of cake.

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