

Swim Kitchen

DIGITAL COOKBOOK



Chicken Farmers
of Canada
Les Producteurs de
poulet du Canada

DID YOU KNOW THAT FRESH, CANADIAN CHICKEN IS THE OFFICIAL PROTEIN OF SWIMMING IN CANADA?

A well-balanced diet of fresh wholesome food, along with swimming – as both a life-saving skill and excellent physical activity – pair well with good, healthy living.

Since 2013, Swimming Canada, in partnership with Chicken Farmers of Canada, has been hosting a Swim Parent of the Month contest in recognition of parents who encourage their children to eat well and be active as part of a healthy lifestyle.

Get to know some of Canada's Swim Parents, our monthly winners from 2014-2015, and try their favourite chicken recipes.

We know that there are still a lot of Swim Parents across Canada and we want to continue to honour one of you each and every month. Do you go above and beyond to make sure you prepare nutritious, healthy meals in preparation for swimming? Enter the Swim Parent of the Month contest at getswimming.ca and you could be profiled in our next digital cookbook.

Ask for the “Raised by a Canadian Farmer” label in your store to ensure you are cooking with fresh, Canadian chicken from our local farms.

GET SHOPPING AT CHICKEN.CA
with our downloadable app to create
& share your grocery list, find nutrition
information, recipes, and more.



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CANADIEN

Caroline



Caroline lives in Toronto, Ontario with her family and divides her time as an entrepreneur, mother, chauffeur, and family concierge. She has one daughter, named Sarina who started swimming at the age of five. Sarina is now 12 and competes with Swim Apex in Toronto.

Caroline's favourite thing about being involved in the swimming community is the environment. She says it mimics life, and she is able to meet people with a wide array of personalities and abilities.

Nancy



Nancy has three children who were all involved in swimming at one point. Her oldest son is a lifeguard at the pool in Campbellton, New Brunswick and is also on the high school swim team. Her daughter Gabrièle has been a member of the Campbellton Aquatika Club for almost seven years. Gabrièle loves to compete and has qualified for nationals this year.

Nancy has been the vice-president of the Aquatika swim club since last year. Before that she had been a board member 6 years. Over the years Nancy has held many positions including equipment manager, publicity manager, computer operator, and club registrar. She also loves to time at meets.

Nancy's favorite memory with her daughter at the pool was when she had gotten disqualified for a false start at a meet.

"I was thinking, oh boy, this won't be easy to deal with later... but she surprised me by saying "I'll just have to make sure it doesn't happen again, no biggie"... I realized what a great life lesson my kid was getting, learning to deal with the good, as well as the bad".

Nancy loves being involved in the swimming community, "The kids are always so wonderful to be around. They are so focused and so inspiring. They make me feel like I am a part of their achievements, just by being involved. I hope to always be involved somehow, even when my own kids will have moved on to other interests".

MARCH SWIM PARENT

Renée



Renée is the president of her Swimming club in Montreal, Quebec, Club Aquatique Rosemont-Petite-Patrie. She loves to help make a difference in the lives of young people and strives to help them excel in the sport they love.

Renée spends her vacations on a lake in the Laurentians. She says the times she spends swimming in the lake with her family are incredible memories. Her favorite times are when it rains and her family are the last ones left playing in the lake. "It's magical," Renée says.

By volunteering her time with her club, Renée is helping a group of young athletes follow their dream, stay active and healthy, and have fun.

Cameron



Cameron, a former Canadian National Swim Team member and Olympian, now resides in Red Deer, Alberta along with his four children. When Cameron is not coaching for the Junior Development Squad with the Red Deer Catalina Swim Club, he has a busy family dentist practice in Blackfalds.

Some of his favourite memories were having all four of his children in the water for swim practice at the same time and having his children identify themselves as “swimmers”. It demonstrated to him that they are embracing the lifestyle.

“Swimming is a great sport and I am so happy to be able to give back to a sport that has given me so much,” Cameron stated.

Tamara



Tamara has been on the board of directors for the Whitby Dolphins Swim Club for five seasons now. Both of her daughters joined the swim club at a very young age. Her daughter Sarah joined at the age of 9 and her other daughter Abbey joined at the age of 8.

She has been involved in both of her daughters' swimming from the very beginning. Starting with taking them to "mom and baby" then continuously driving the girls to the pool all through their Red Cross swimming lessons prior to them starting competitive swimming.

She says her favourite memories with her kids at the pool are when Sarah won the 200 IM at Central Regional Championships and made the Provincial time standard for the first time, and when her daughter Abbey swam a very determined 400 IM long course for the first time at the age of 10.

Cookie



Cookie is from Sudbury, Ontario where her two girls, Emmy and Nina are in competitive swimming. Her girls started swimming through the learn to swim program, initially as a life skill, however now they swim with the Sudbury Laurentian Swim Club. Their coach is Dean Henz.

Although her involvement with swimming is new and she continues to learn, she says that the traveling she does with the girls to competitions has been great quality time. It has allowed her to foster her relationship with her daughters as they continue to grow and change.

“It is a true blessing to see what swimming has brought to their lives. Friends, new places, independence, the ability to tough things out, dedication, and determination.” As Cookie describes what swimming has brought to not only her life, but her girls’ lives.

Berna



Berna is from Toronto, Ontario where she is a supportive and recreational swimming mom. Her 13-year-old son, Harry, is on the Junior National Group at Toronto Swimming Club. He has been a competitive swimmer since the age of 4, and most recently finished his Bronze Medallion Life Saving Course and Emergency First Aid CPR-C. She also has a 6-year-old daughter who is eager to start swimming with Victor Delac, Coach at TSC.

Berna is currently a recreational swimmer and admires the extensive benefits of swimming for all ages. She is a Senior Swim Official and is working towards her Level 4.

Her favourite memory is when her son finished his 100m SC freestyle at the Toronto Pan Am Pool with a time of 59.38. "It was quite impressive moment, watching a 12-year-old swim under a minute," Berna says.

AUGUST SWIM PARENT

Janet



Janet is from Okotoks, Alberta where she is a proud swim parent of her son who has been swimming competitively with the Foothills Stingrays since the age of 9.

A volunteer at the Foothill Stingrays SwimClub, Janet, is on the board and helps out at swim meets.

Janet and her family have lived in lake communities over the years and having a cabin in British Columbia gives her the opportunity to spend time with her family and friends out on the boat, as well as swimming in the lake.

“Water is a big part of our lives!”

Cheryn



Cheryn lives in Toronto, Ontario where she is a supportive, but distant swim parent. Her daughter Kaitlin is a varsity swimmer at the University of Victoria. Kaitlin started swimming at the age of 6 and has grown to be a distance freestyle swimmer and is training with coach Ron Jacks to compete at international open-water events.

Since she has more free time on her hands with her daughter living and training at the University of Victoria, Cheryn found a new pastime that she thoroughly enjoys. In the past year, Cheryn traveled to both Cozumel, Mexico and Lac Magentic, Quebec to help the female open-water contestants on race day preparations. She was also helping Coach Ron with drinks and feeding sticks for the swimmers. This way Cheryn had a chance to not only help out with the open-water events, but cheer on both her daughter and the other swimmers.

Although there are numerous memories throughout the years with her daughter, her most memorable moment was the summer leading up to Kaitlin leaving for university. Cheryn helped Kaitlin train by kayaking by her daughter's side as she was doing a distance swim. This memory was full of laughs for the mother and daughter duo, as they used an eagles nest along Georgian Bay as a landmark to guide her, only to start getting nervous her daughter might get attacked.

"I was ready with my paddle to defend her if needed—all in a day's work as a "Swim Mom" said Cheryn!



Dima



Dima is from Laval, Quebec, where she is a dedicated swim parent and volunteer. Her son, Neno, is a competitive swimmer for the Club de Natation Laval. From an early age, she saw his potential to be a great swimmer. He completed his Red Cross levels by the age of 10, and then registered for competitive swimming. By the age of 13, he was 6'3" and already in level AAA at the Club de Natation Laval, which is two levels above his age group.

Dima has become a very dedicated swim parent. Not only does she drive her son to 5:30am practices three times a week, she is also on the administrative council for the club, and is a volunteer official. As an official, she has her Level 2, but is currently taking clinics in order to become a Level 3 official. She believes that volunteering for the sport that her son loves shows him that she is just as dedicated to the sport as he is.

Her most memorable moment was when her son won the bronze medal for his Athletic Excellence in Swimming for the city of Laval. She said that the award demonstrated that hard work pays off, which then motivated her son to continue to work hard to succeed in his goals.

Ophelia



Ophelia is from Richmond Hill, Ontario where she is a dedicated swim parent. Each of her three children began swimming at the age of 4, and since then have all completed their swimming levels. One of her children began competitive swimming at the age of 7 and, now at the age of 15, continues to compete. Her other two children, 17 and 12, enjoy recreational swimming with family and friends.

As a young swimmer, Ophelia competed at a high school level, however today she continues to be a recreational swimmer. Although she does not have as much time for swimming anymore, she still enjoys being able to swim when she can. As a dedicated swim parent, she is very busy with competition season, along with being an official and a chaperone.

One of Ophelia's favourite memories was when she was at a beach in Hong Kong picking seashells with her children.

FAVOURITE RECIPE



Chicken Breasts Stuffed with Asparagus

- 4 boneless, skinless chicken breasts
- 1 cup (250 mL) seasoned breadcrumbs
- 1 tsp (5 mL) parsley, fresh, chopped
- 1 tsp (5 mL) tarragon
- ¼ cup (60 mL) Parmesan cheese, grated
- 4 slices deli ham, sliced
- 8 spears asparagus
- 3 tbsp (45 mL) butter, room temperature
- 1 tbsp (15 mL) lemon juice
- ¼ tsp (1.25 mL) paprika
- 1 tbsp (15 mL) olive oil

Preheat oven to 375°F (190°C).

Pound or flatten each chicken breast, between 2 sheets of clear food wrap, with a meat mallet or rolling pin.

In a bowl, combine, butter, parsley, tarragon, parmesan cheese, lemon juice and paprika.

On each chicken breast place one slice of ham, 2 asparagus spears and some of the butter mixture (divided in 4). Roll each chicken breast and then coat with bread crumbs.

Grease a baking dish with oil.

Place each rolled and coated chicken breast, seam side down on the baking dish.

Place in oven and bake until chicken is fully cooked and the juices are clear, approximately 45 minutes.

Serve with rice and/or salad.



Taco Chicken Salad in a Jar

Developed for CFC by Nancy Guppy, RD, MHSc

- 1/3 cup (75 mL) onion, diced
- 1/2 tsp (2.5 mL) olive oil
- 1/3 lb (0.2 kg) ground chicken, lean
- 1/2 tsp (2.5 mL) chili powder
- 1/4 tsp (1.25 mL) garlic powder
- 1/4 tsp (1.25 mL) oregano, dried
- 1/4 tsp (1.25 mL) sea salt
- 1 1/3 cup (335 mL) sweet red pepper, fresh, diced
- 2 cups (500 mL) cherry tomatoes, halved
- 2 cups (500 mL) cucumber, quartered and sliced
- 4 cups (1 L) romaine lettuce, shredded
- 1 cup (250 mL) mozzarella cheese, part-skim, 16.5% MF, shredded
- 1 cup (250 mL) black beans, canned, rinsed and drained (or boiled from dry)
- 1/2 cup (125 mL) sour cream, light
- 1/2 cup (125 mL) salsa

Dice the onion and set aside. Heat oil over medium high heat in non-stick skillet. Add ground chicken and onions and sauté. Use the back of a spoon to break up ground chicken into smaller pieces. Season with chili powder, garlic powder, dried oregano, and sea salt. Continue to stir and sauté until ground chicken is broken into crumbly pieces, fully cooked through and no longer any pink visible – about 10 minutes.

Prepare the rest of the salad ingredients: dice red peppers, halve cherry tomatoes, quarter cucumber length-wise and slice, shred lettuce and cheese. Drain the canned black beans under cold running water. Set all aside in individual bowls. You will need four one-quart (one litre) size clean canning jars and lids. The order in which you place the ingredients into the jars is important. To assemble jars add 1/3 cup (75 mL) ground taco chicken to the bottom of each jar. Top each jar with 1/3 cup (75 mL) red pepper, 1/2 cup (125 mL) cherry tomatoes, 1/4 cup (60 mL) black beans, 1/4 cup (60 mL) shredded cheese, 2 tbsp (30 mL) sour cream, 2 tbsp (30 mL) salsa, 1/2 cup (125 mL) cucumber, and 1 cup (250 mL) chopped romaine lettuce. Store in the refrigerator.

To eat, dump the contents onto a dinner size plate. Toss and enjoy!

NOTE: Use this technique once and you'll soon be coming up with all kinds of colourful, flavourful combinations. The recipe uses 1/3 pound (150 g) of raw ground chicken. If you cook a full pound (450 g) of ground chicken simply triple the oil, onions, and seasoning and freeze for later use in salads or other Tex Mex dishes.



Maple Dijon Chicken Drumsticks

Developed for CFC by Amanda Riva

- 8 skinless chicken drumsticks
- cooking spray
- ½ cup (125 mL) Dijon mustard
- ¼ cup (60 mL) maple syrup
- 2 tbsp (30 mL) apple cider vinegar
- 1 tbsp (15 mL) freshly-chopped rosemary
- ½ tsp (2.5 mL) salt and fresh ground pepper

Preheat oven to 450° F (230°C). In a bowl, whisk together Dijon, maple syrup, vinegar, salt and pepper, and rosemary.

Pat the chicken drumsticks dry between paper towels. In a large bowl or freezer bag, toss drumsticks with half the maple Dijon sauce.

Spray a cooking sheet lined with tin foil with cooking spray. Arrange chicken pieces in a single layer. Bake chicken for 40 minutes, or until a meat thermometer reads 165° F (74°C). Part-way through baking, turn and brush drumsticks with remaining maple Dijon sauce.

Let the drumsticks rest for 5 minutes before serving. Garnish with fresh rosemary



Tarragon Chicken Bites

Developed for CFC by Amanda Riva

4 boneless, skinless chicken breasts,
cut into 1½ inch (4 cm) pieces

1 cup (250 mL) breadcrumbs

½ cup (125 mL) grated Parmesan cheese

½ tsp (2.5 mL) poultry seasoning

¼ tsp (1.25 mL) garlic powder

½ tsp (2.5 mL) dried thyme

1 cup (250 mL) buttermilk

2 cups (500 mL) peanut oil

½ tsp (2.5 mL) each salt and pepper

For dipping sauce:

1 cup (250 mL) fat-free sour cream

¼ cup (60 mL) Dijon mustard

½ tsp (2.5 mL) dried tarragon

4 dashes hot pepper sauce

salt and pepper

Pat chicken pieces dry. Heat oil in a heavy pot or cast iron skillet until heated to 350°F (175°C). In a medium bowl, combine the breadcrumbs, parmesan, poultry seasoning, garlic powder, dried thyme and ½ teaspoon (0.5 mL) salt and pepper. In another bowl, add buttermilk.

Dip chicken cubes in buttermilk then evenly coat in breadcrumb mixture. Knock off excess and set aside. Fry chicken in batches, 9-11 minutes until cooked through. Drain on paper towel and season with salt.

While chicken is frying make dipping sauce. Combine sour cream, mustard, tarragon, hot pepper sauce, and season with salt and pepper.

Arrange chicken bites on a plate with a bowl of the dipping sauce.



Old Fashioned Chicken Soup

Developed for CFC by Nancy Guppy, RD, MHSc

- 2 skinless chicken legs and back, large
- 12 cups (3 L) cold water
- $\frac{1}{8}$ tsp (0.5 mL) turmeric, ground (optional)
- 1 onion, large
- 2 stalks celery, medium
- 2 carrots, medium
- 3 cloves garlic
- 2 cups (500 mL) green cabbage, chopped

Remove skin from chicken legs. Add to large soup pot that has a tight fitting lid. Pour cold water over and add the ground turmeric.

Prepare soup vegetables. Chop onion, slice celery and carrots, mince garlic, shred cabbage, and dice potatoes. Add to soup pot. Cover and bring to a boil. Reduce heat and simmer 30 minutes.

Remove chicken from pot and set aside to cool. Once cool, remove meat from bones. Discard bones, cut meat into bite-size pieces, and add back to soup pot.

- 2 cups (500 mL) potatoes, with skin, diced
- 1 cup (250 mL) whole wheat egg white noodles
- 2 tsp (10 mL) salt
- $\frac{1}{2}$ tsp (2.5 mL) black pepper, freshly-ground
- $\frac{1}{2}$ tsp (2.5 mL) oregano, dried
- $\frac{1}{2}$ tsp (2.5 mL) basil, dried
- $\frac{1}{2}$ tsp (2.5 mL) sugar
- $\frac{1}{4}$ cup (60 mL) parsley, fresh, chopped, for garnish

Stir in dry pasta noodle of your choice

Season broth with salt, pepper, dried oregano, basil, and sugar. Simmer an additional 15 minutes.

To serve, garnish with fresh minced parsley.

NOTE: This recipe was tested with "Catelli Healthy Harvest Whole Wheat Egg White Noodles."

Recipe doubles and freezes well. Freeze in smaller portions for portable lunches.

Add in-season vegetables of your choice. Spring and summer additions could be tender cuts of asparagus, baby carrots or spinach and/or sliced zucchini.



Grilled Maple Syrup Teriyaki Chicken with Brown Rice

Developed for CFC by Nancy Guppy, RD, MHSc

3 tbsp (45 mL) light tamari or low-sodium soy sauce

3 tbsp (45 mL) maple syrup

2 tsp (10 mL) sesame oil

2 cloves garlic, minced

2 tbsp (30 mL) ginger, fresh, grated

½ tsp (2.5 mL) black pepper, freshly-ground

1 tsp (5 mL) Sriracha or other hot sauce, (optional)

8 boneless, skinless chicken thighs

1 cup (250 mL) long grain brown rice, dry

2 cups (500 mL) water

8 cups (2 L) arugula (rocket)

1 tbsp (15 mL) sesame seeds

1 green onion, sliced

Make marinade by adding light tamari, maple syrup, sesame oil, minced garlic, grated ginger, freshly-ground black pepper, and Sriracha hot pepper sauce to the bowl of a blender or food processor.

Place skinless chicken thighs in large plastic ziplock bag. Add marinade. Mix with hands on outside of bag to coat. Marinate in the refrigerator for at least one hour, and preferably overnight.

Put the rice on to cook 20 minutes before you are ready to grill the chicken.

Preheat grill over medium-high heat. Remove chicken from bag and place on top shelf of bbq/grill. Close lid and grill 8-10 minutes on each side, or until chicken reaches internal temperature of 165°F (74°C). Cooking time will vary based on the size of thigh pieces. Remove from grill and slice grilled chicken into long strips. Set aside.

To serve place arugula around perimeter of a dinner plate or serving platter. Place hot brown rice in middle and top with grilled teriyaki chicken. Garnish with sesame seeds and sliced green onion (optional garnishes).

NOTE: If you need a gluten-free version make sure you choose a tamari that is labelled gluten-free.



Asparagus Chèvre Chicken for One

Developed for CFC by Nancy Guppy, RD, MHSc

- 1 piece parchment paper
- 1 tsp (5 mL) olive oil
- ½ lb (0.3 kg) boneless, skinless chicken breasts
- ½ cup (125 mL) leeks, sliced
- ¼ red pepper, sliced
- 2 mushrooms, sliced
- 2 stalks asparagus, cut into bite-size pieces
- 2 tbsp (30 mL) goat cheese, soft, 21% MF, crumbled
- ½ tsp (2.5 mL) thyme, fresh
- ½ tsp (2.5 mL) lemon zest
- 1 tbsp (15 mL) lemon juice, fresh
- 1 tbsp (15 mL) chives, sliced (optional garnish)

Preheat oven to 400°F (200°C).

Cut a large sheet of parchment paper about 15 inches (38 cm) square. Alternately, fold square in half and cut into a large heart shape approximately the same size. Coat one side of parchment with olive oil out to the edges. Alternately, spray one side with non-stick vegetable cooking spray. Work on a flat surface having the oiled side up and place the piece of chicken in the centre.

Prepare vegetables by slicing the white of the leek and a bit of green. Sprinkle sliced leek over chicken. Follow by topping with the sliced red pepper and mushrooms. Cut asparagus into bite-size pieces. Spread over chicken.

Top with crumbled goat cheese and minced fresh thyme leaves.

Sprinkle fresh lemon zest (peel) and lemon juice over.

To seal up the package draw the two opposite ends together. Fold to create a 1 inch (2.5 cm) seam. Roll down tightly to create a seal. Seal other ends.

Seal package tightly to prevent steam escaping during cooking.

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Asparagus Chèvre Chicken for One *continued*

Heat a skillet over medium-high heat. Place package in pan and heat for 5 minutes until the liquid inside each packet starts to bubble. Transfer the pan to the oven. Cook for approximately 20 minutes or until chicken is thoroughly cooked and reaches an internal temperature of 165°F (74°C). The parchment parcel should puff and brown slightly.

Open, remove chicken from paper and transfer to plate. Pour juice over and sprinkle with fresh-snipped chives (optional garnish).

NOTE: Switch up the vegetables to suit what is in season. Be sure to cut them into similar size pieces so they cook evenly. Parchment paper is treated with acid and silicon to prevent burning in the oven. Bone-in chicken pieces are delicious en papillote, but will take longer to cook.



Angel Hair Pasta with Chicken and Vegetables

Recipe courtesy of the National Chicken Council

½ lb (0.3 kg) chicken, grilled,
cut into bite-size pieces

1 tsp (5 mL) olive oil

½ tsp (2.5 mL) garlic, minced

¼ cup (60 mL) onions, chopped

1 can canned Italian-style
tomatoes, with liquid

6 cups (1.5 L) mixed vegetables,
frozen

4 oz (115 g) angel hair pasta,
cooked

3 tbsp (45 mL) Parmesan cheese,
grated

Add oil to a skillet and cook onions and garlic over medium heat (2 to 3 min.) or until onion is soft.

Add tomatoes and frozen vegetables; cover, and cook for 5 to 6 minutes.

Stir in chicken and continue cooking another 2 to 3 minutes or until vegetables are tender.

Place cooked pasta on a large platter; spoon tomato vegetable mixture in center; top with grated cheese.

Serve immediately.



Baked Chicken and Rosemary Pasta

Developed for CFC by Nancy Guppy, RD, MHSc

1 lb (0.5 kg) boneless, skinless chicken breasts
1 tbsp (15 mL) extra virgin olive oil
2 cloves garlic, minced
1 cup (250 mL) onions, diced
½ lb (0.3 kg) mushrooms, sliced
3 cups (750 mL) Marinara pasta sauce
¼ cup (60 mL) half-and-half cream
2 tbsp (30 mL) balsamic vinegar

½ tsp (2.5 mL) cayenne pepper or hot red chile pepper flakes
½ cup (125 mL) parsley, fresh, minced
1 tbsp (15 mL) rosemary, fresh, minced
1 pkg whole wheat fusilli pasta
1 cup (250 mL) mozzarella cheese, part skim, 16.5% MF
¼ cup (60 mL) Parmesan cheese, grated
15 Kalamata olives, pitted

Preheat the oven to 450°F (230°C). Cut the chicken breast cross-wise into smaller bite-size pieces.

Heat the oil in a heavy-based pot over medium-high heat. Sauté the onions, garlic, and chicken, stirring occasionally until cooked through and nicely browned.

Add the mushrooms, pasta sauce, and the cream to the pot.

Bring to a boil over medium-high heat, reduce to a gentle simmer and cook for 10 minutes, stirring occasionally, so that the sauce thickens slightly.

Stir balsamic vinegar, pitted chopped olives, cayenne pepper, minced parsley, and rosemary into the sauce.

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Baked Chicken and Rosemary Pasta *continued*

Cook until heated through – about 5 minutes.

Cook the whole wheat pasta in unsalted boiling water until al dente, following packaged directions. Cook the pasta less than you normally would, as it will be cooked further in the oven.

Drain the pasta and add it to the sauce.

Spray a 3 L (3.2 quart) oblong baking dish with non-fat cooking spray.

Spread the pasta and sauce evenly in the dish.

Top the pasta with the mozzarella and Parmesan cheeses and additional minced fresh parsley.

Bake until the cheese is golden brown, about 15 minutes.

NOTE: Use kitchen staples to create this delicious warm baked pasta. Choose a good quality prepared pasta sauce and boneless, skinless chicken strips. For a complete meal serve with a green salad and low-fat vinaigrette.

Chicken Rumaki with Maple Syrup Tamari

Developed for CFC by Nancy Guppy, RD, MHSc

12 slices bacon, low-sodium

2 tbsp (30 mL) maple syrup

1 tbsp (15 mL) sesame seeds,
(optional garnish)

$\frac{3}{4}$ lb (0.4 kg) boneless, skinless
chicken breasts, cubed

2 tbsp (30 mL) ketchup

2 green onions, finely-sliced
for garnish

1 tbsp (15 mL) light tamari sauce
or low-sodium soy sauce

1 tbsp (15 mL) chili garlic sauce

1 tsp (5 mL) sesame oil, smoked

Preheat oven to 350°F (175°C).

Preheat the pan over medium-high heat. Place bacon flat in pan and partially cook by frying for 2 $\frac{1}{2}$ minutes on each side to remove fat and make them pliable. Be careful to not over cook as the bacon will crack when being wrapped around chicken pieces.

Place on paper towels to drain and cool.

Cut the chicken breast into cubes about 1 inch (2.5 cm) square to make 24 pieces. Each breast should give about 8 cubes. If there are small ones from the ends they can be combined when wrapped in bacon. Place chicken cubes in baking dish. Pour light tamari (or soy sauce), maple syrup, ketchup, chili garlic sauce, and sesame oil over chicken cubes in the dish. Toss to coat.

Cut the cooled, pre-cooked bacon slices in half. Use a toothpick and pick up a chicken cube. Wrap the

bacon around the chicken cubes and secure with the toothpick. Place back in the marinade in the same dish. Make 23 more rumaki in same manner. When done putting tooth picks through bundles, make sure they are seam-side down and spread out evenly in the dish. Spoon sauce over to coat.

Bake in preheated oven for 30-40 minutes until the chicken is cooked through and bacon is nicely browned.

To serve, remove from dish and place on serving platter. Pour any juices from pan over picks. Sprinkle with toasted sesame seeds and finely-sliced green onions (optional garnishes). Serve hot or warm.

NOTE: If you don't like the heat add another tablespoon of ketchup.

If you need a gluten-free version, make sure your tamari and chili sauce are gluten-free.



Bannock Chicken Pie

Developed for CFC by Amanda Riva

For filling:

- 2 tbsp (30 mL) extra virgin olive oil
- 1 ½ cup (375 mL) chopped cooked chicken breast
- 1 small onion, chopped
- 1 carrot, peeled and chopped
- 2 garlic cloves, sliced
- 10 oz (285 g) crimini mushrooms, quartered
- 1 tsp (5 mL) dried rosemary
- ½ tsp (2.5 mL) dried thyme
- pinch dried red chili flakes
- 1 cup (250 mL) white wine
- 2 cups (500 mL) reduced-sodium chicken stock
- ½ cup (125 mL) half and half
- 1 cup (250 mL) frozen peas
- 2 tbsp (30 mL) finely-chopped hazelnuts
- salt and pepper

For Crust:

- 1 ½ cups (375 mL) all-purpose flour
- ⅓ cup (75 mL) cold unsalted butter
- 2 ¼ tsp (11.5 mL) baking powder
- ½ tsp (2.5 mL) salt
- 1 medium sweet potato
- ⅓ cup (75 mL) ice water

Prepare the bannock crust. Scrub the sweet potato. Pierce the sweet potato all over with a fork. Microwave on high for 10–12 minutes, turning occasionally until tender. Remove from the microwave to cool slightly. In a large mixing bowl blend flour, baking powder, and salt. Cut in butter until reduced to pea-sized pieces. Scoop sweet potato flesh into a medium bowl and mash until smooth, adding 1-2 tablespoons (15–30 mL) of water will help. Add the sweet potato mash and ¼ cup (60 mL) water to the flour. Mix to combine, if dough is too dry, add 1–3 tablespoons (15–45 mL) of water.

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Bannock Chicken Pie *continued*

Lightly flour a work surface. Knead dough 10–12 times until it comes together in a uniform ball. Flatten into a disk and refrigerate for 30 minutes.

Preheat the oven to 350°F (175°C). Meanwhile, begin assembling the filling.

Heat oil in a large non-stick skillet or heavy bottomed saucepan. Add the onions, carrot and garlic, sauté for 5 minutes. Stir in the mushrooms,

rosemary, thyme and chili flakes, cook until mushrooms are lightly browned, about 6 minutes.

Deglaze the skillet with ¼ cup (60 mL) of wine. Add remaining wine, cooked chicken, stock, and half and half. Season filling with salt and pepper. Bring to a boil and simmer until slightly thickened, and chicken is heated through. Stir in peas and chopped hazelnuts. Transfer filling mixture into an 8" x 8" (2 L) baking dish on a rimmed baking sheet.

Remove bannock dough from the refrigerator and roll out into an 9" x 9" (23 cm) square. Arrange on top of chicken filling. Bake for 45-55 minutes until crust is golden and no longer raw underneath.

Let the bannock pie rest for 10 minutes before serving.