



Butternut Squash Gnocchi



This gnocchi recipe makes for the perfect side dish, as it uses many on-hand ingredients. You can substitute or add in a variety of greens like baby kale or baby spinach for extra colour.

“Serve these tender potato and squash dumplings as part of your holiday spread instead of mashed potatoes,” suggests Michelle Pennock, executive chef for President’s Choice test kitchen. “Arugula adds a slight bitterness to the dish that complements the sweetness of the squash, but you can use baby spinach for a milder flavour.”

Ingredients:

- 3 tbsp butter, divided
- ¼ cup walnuts, chopped
- 1 pkg (350 g) PC gnocchi with butternut squash potato dumplings
- 2 cups baby arugula
- 3 tbsp milk
- 1 tbsp grated lemon zest
- Pinch hot pepper flakes Di-

rections:

1. Melt 1 tbsp butter in a large non-stick skillet over medium heat. Add walnuts and hot pepper flakes (if using). Cook, stirring often, until butter is fragrant and slightly golden; 1 to 2 minutes. Transfer with slotted spoon to small bowl. Set aside.

2. Add remaining 2 tbsp butter and ¼ cup water to same skillet; bring to a simmer over medium heat. Add gnocchi. Simmer, stirring occasionally, until heated through; 2 to 3 minutes.

3. Add arugula and milk. Cook, stirring often, until arugula is wilted and sauce is thickened; about 30 seconds. Stir in lemon zest and half of walnut mixture. Transfer to serving dish. Top with remaining walnut mixture.

Chef’s tip: This dish also makes a quick and easy weeknight meal for two – simply serve with a side salad or steamed vegetables and crusty bread. - newscanada.com

Make Chicken Enchiladas Using A Slow Cooker



By America’S Test Kitchen

Chicken enchiladas offer a rich and complex combination of flavours and textures, but traditional cooking methods can be tedious.

We wanted a more streamlined recipe for chicken enchiladas one that utilized our slow cookern. First we created a simple but flavourful red chili sauce with onion, garlic, spices, and tomato sauce, then braised chicken thighs directly in the sauce.

Monterey Jack cheese complemented the rich filling nicely, while canned jalapenos and fresh cilantro rounded out the flavours and provided tang and brightness. When it came time for assembly, we brushed the tortillas with oil and microwaved them to make them pliable.

Baking the assembled enchiladas covered for 15 minutes in a 450 F oven resulted in perfectly melted cheese, and the edges of the tortillas did not dry out in the process. Serve with sour cream, diced avocado, sliced radishes, shredded romaine lettuce, and lime wedges.

Slow cooker size: 4 to 7 quarts

- 1 onion, chopped fine
- ¼ cup vegetable oil
- 3 tablespoons chili powder
- 3 garlic cloves, minced
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 1 (15-ounce) can tomato sauce
- 2 teaspoons sugar
- 1 pound boneless, skinless chicken thighs, trimmed
- Salt and pepper
- 8 ounces Monterey Jack cheese, shredded (2 cups)
- ½ cup minced fresh cilantro
- ¼ cup jarred jalapenos, chopped
- 1 tablespoon lime juice
- 12 (6-inch) corn tortillas
- Microwave onion, 2 tablespoons oil, chili powder, garlic, coriander, and cumin in bowl, stirring occasionally, until onions are softened; transfer to slow cooker.

Stir in tomato sauce and sugar. Season chicken with pepper and nestle into slow cooker. Cover and cook until chicken is tender, 4 to 5 hours on low.

Transfer chicken to cutting board, let cool slightly, then shred into bite-size pieces using 2 forks. Combine chicken, ¾ cup

sauce, 1 ½ cups Monterey Jack, cilantro, jalapenos, and lime juice in bowl. Season with salt and pepper to taste.

Heat oven to 450 F. Spread ¾ cup sauce over bottom of 13-by-9-inch baking dish. Brush tortillas with remaining 2 tablespoons oil. Stack tortillas, wrap in damp dish towel, and place on plate; microwave until warm and pliable, about 1 minute.

Working with 1 warm tortilla at a time, spread 1/3 cup chicken filling across centre of tortilla. Roll tortilla tightly around filling and place seam side down in baking dish; arrange enchiladas in 2 columns across width of dish.

Pour remaining sauce over enchiladas to cover completely and sprinkle with remaining ½ cup Monterey Jack. Cover dish tightly with greased aluminum foil. Bake until enchiladas are heated through and cheese is melted, 15 to 20 minutes. Let cool for 5 minutes before serving.

This recipe appears in the cookbook “The Complete Slow Cooker.” (Daniel J. van Ackere/America’s Test Kitchen via AP)

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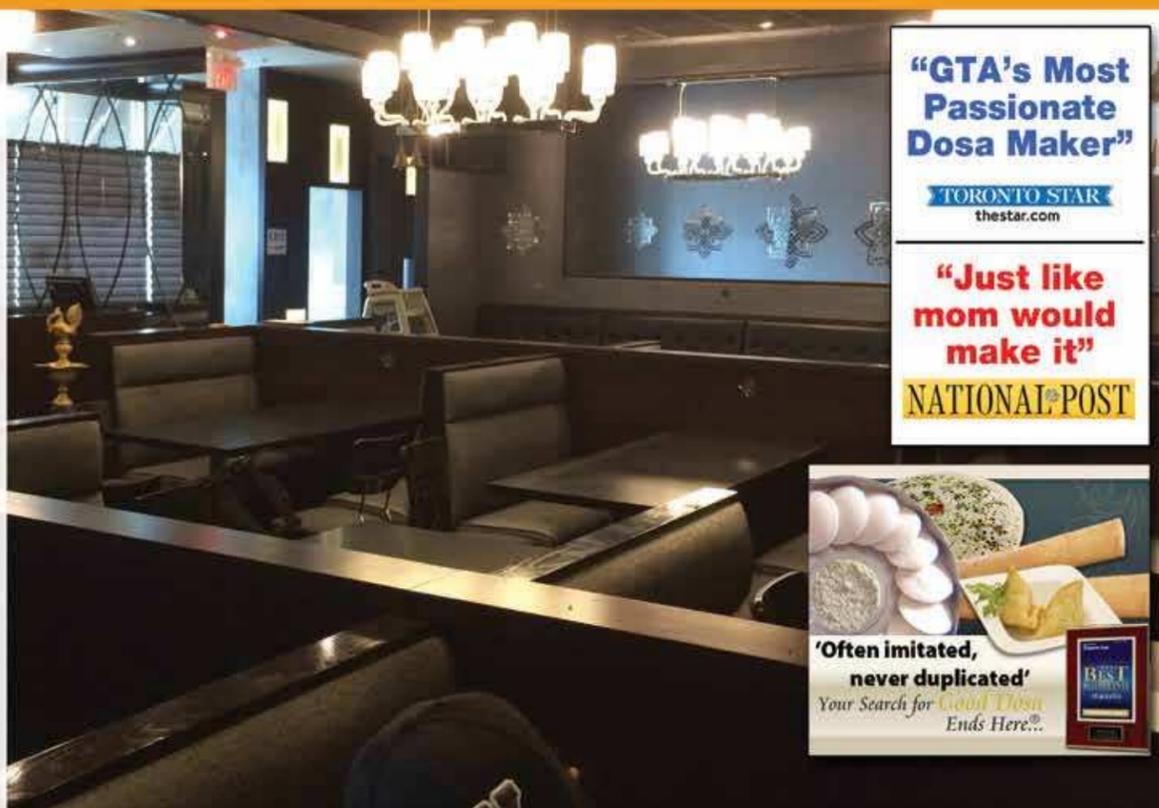
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