



Quick & Easy

Weeknight dinner solutions

BY AMANDA BARNIER & THE TEST KITCHEN

✓ Peach-Chipotle Pork With Asparagus

Hands-on time: 30 minutes

Total time: 30 minutes

Makes: 4 servings

30min
TOTAL TIME

The chipotles in the glaze add a big kick. Seeding them allows the flavour to come through without as much heat. Freeze leftover chipotles in an airtight container.

- 1/3 cup peach jam
- 3 tbsp white wine vinegar
- 2 cloves garlic, chopped
- 2 canned chipotles in adobo sauce, drained, seeded and chopped
- 1 lb (450 g) pork tenderloin
- 1/4 tsp each salt and pepper
- 1 bunch (9 oz/255 g) asparagus, trimmed
- 1 tbsp olive oil

In small saucepan, bring jam, vinegar, garlic and chipotles to boil over medium-high heat; cook, stirring occasionally, until jam is melted, about 2 minutes. Remove 2 tbsp glaze to bowl and set aside.

Sprinkle pork with pinch each of the salt and pepper. Brush pork all over with glaze. Place on greased grill over medium-high heat; close lid and grill, turning occasionally, until digital rapid-read thermometer inserted into thickest part reads 160°F (71°C), about 18 minutes. Let stand for 5 minutes before carving. Drizzle pork with reserved glaze.

Meanwhile, toss together asparagus, oil, and remaining salt and pepper. Add to grill and cook, turning occasionally, until tender-crisp, about 7 minutes. Serve with pork.

HEALTHY
INGREDIENT
OF THE MONTH:
ASPARAGUS



PER SERVING: about 250 cal, 26 g pro, 6 g total fat (2 g sat. fat), 22 g carb (1 g dietary fibre, 14 g sugar), 61 mg chol, 253 mg sodium, 486 mg potassium. % RDI: 3% calcium, 14% iron, 8% vit A, 12% vit C, 34% folate.

CHANGE IT UP Raspberry-Chipotle Chicken With Asparagus

Replace peach jam with seedless raspberry jam; replace pork with 4 small boneless skinless chicken breasts. Grill chicken, turning once, until no longer pink inside, about 12 minutes. »

✓ Tomato Chili Flank Steak With Grilled Cauliflower

Hands-on time: 30 minutes Total time: 35 minutes Makes: 4 servings

Keep these common marinade ingredients on hand so you can whip up a last-minute dinner at a moment's notice.

¼ cup tomato juice
2 tbsp packed brown sugar
2 tbsp soy sauce
1 tbsp olive oil
1½ tsp chili powder
1 clove garlic, minced
Pinch ground cumin
1 beef marinating flank steak
(1 lb/450 g)
Pinch salt

GRILLED CAULIFLOWER:

1 small cauliflower (approx ¾ lb/
340 g, trimmed)
2 tbsp olive oil
1 tbsp lemon juice
1 tsp garam masala or curry powder
Pinch each salt and pepper

In large shallow dish, whisk together tomato juice, brown sugar, soy sauce, oil, chili powder, garlic and cumin. Add steak, turning to coat. Let stand at room temperature for 10 minutes, or cover and refrigerate for up to 24 hours.

GRILLED CAULIFLOWER: Cut cauliflower into bite-size florets; thread onto metal skewers. Whisk together oil, lemon juice, garam masala, salt and pepper; brush over cauliflower. Place on greased grill over medium-high heat; close lid and grill, turning occasionally, until tender-crisp and grill marked, about 16 minutes.

Meanwhile, remove steak from marinade; scrape marinade into small saucepan. Sprinkle steak with salt. Add to grill; close lid and grill, turning once, until medium-rare, about 8 minutes. Transfer to cutting board; let stand for 5 minutes. Slice thinly across grain.

Meanwhile, bring marinade to boil over medium-high heat; cook, stirring frequently, until reduced to ¼ cup, 3 to 4 minutes. Serve drizzled over steak with cauliflower on the side.

PER SERVING: about 311 cal, 26 g pro, 17 g total fat (4 g sat. fat), 13 g carb (3 g dietary fibre, 9 g sugar), 48 mg chol, 573 mg sodium, 459 mg potassium. % RDI: 3% calcium, 21% iron, 4% vit A, 75% vit C, 23% folate. »

35min
TOTAL TIME

PANTRY
SUPERSTAR

