

Chicken and Sausage Cajun Chili

8 servings

All you need:

- 2 tbsp (30 mL) olive oil
- 1 lb (500 g) ground chicken
- ½ lb (250 g) Italian sausage (casing removed)
- 1 cup (250 mL) each diced onion and green pepper
- 1 pouch (28 g) Club House Cajun Chicken Flavourful Recipe Mix
- 1 can (796 mL) no salt added diced tomatoes with juice
- 1 can (156 mL) tomato paste
- 2 cups (500 mL) water
- 1 can (540 mL) kidney beans, rinsed and drained



All you do:

- Heat oil in large skillet over medium-high heat. Brown chicken and sausage meat 3 to 5 minutes. Stir in onion, pepper and seasoning. Cook until soft, about 3 minutes, stirring constantly.
- Stir in tomatoes, tomato paste and water. Bring to a boil. Reduce heat, cover and simmer 25-30 minutes.
- Stir in drained kidney beans in last 10 minutes of cooking.

Nutrition per serving: 300 cal., 13 g Total Fat (2 g saturated fat), 70 mg Cholesterol, 580 mg Sodium, 24 g Carbohydrate, 6 g Fibre, 22 g Protein.

More information, including alternative recipes to those found on the packaging, is available online at www.clubhouse.ca or toll-free at 1-800-265-2600.

Notes - recipe makes 8 cups (2 L) chili.

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Word Count:210

Lemon Ginger Chicken Lettuce Wraps

Makes 12 appetizers

All you need:

- 2 tbsp (30 mL) vegetable oil
- 1 lb (500 g) ground chicken or pork
- 1 pouch (28 g) Club House Lemon Ginger Beef Stir-fry Flavourful Recipe Mix
- 2½ cups (625 mL) diced mushrooms
- 1 cup (250 mL) each low sodium chicken broth and water
- 1 tbsp (15 mL) each cornstarch and soy sauce
- ½ cup (125 mL) sliced green onions
- 12 lettuce leaves (eg. Iceberg, Boston)



All you do:

- Heat oil in large skillet over medium-high heat. Brown ground chicken 3 to 5 minutes.
- Add seasoning and mushrooms. Stir-fry 3 minutes.
- Add stock and water.
- Stir together cornstarch and soy sauce. Add to pan along with sliced green onions.
- Cook 2 minutes or until sauce is thickened, stirring constantly.
- To serve, roll meat mixture into lettuce leaves.

Nutrition per serving: 110 cal., 6 g Total Fat (1.5 g saturated fat), 35 mg Cholesterol, 330 mg Sodium, 4 g Carbohydrate, 1 g Fibre, 9 g Protein.

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Word Count: 197

Tuscan Pork Chops

4 servings

All you need:

- 4 boneless pork chops (about 1 lb/500 g)
- ½ cup (125 mL) flour
- 2 tbsp (45 mL) olive oil
- ½ cup (125 mL) each sliced onion, red and green bell peppers
- 1 pouch (28 g) Club House Tuscan Chicken Flavourful Recipe Mix
- 1 can (796 mL) no salt added diced tomatoes with juice
- 2 tbsp (30 mL) each sliced black and green olives



All you do:

- Lightly coat pork chops in flour. Heat oil in large skillet over medium-high heat. Brown chops, 2 minutes per side. Remove and set aside.
- Add vegetables and seasoning to pan. Cook 2 minutes, stirring constantly.
- Add tomatoes.
- Return pork chops to pan, bring to a boil. Reduce heat, cover and simmer 15-20 minutes.
- Stir in olives in last 5 minutes of cooking.

Nutrition per serving: 410 cal., 17 g Total Fat (3 g saturated fat), 80 mg Cholesterol, 790 mg Sodium, 31 g Carbohydrate, 4 g Fibre, 33 g Protein.

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Word Count: 194

Lemon and Herb Shrimp

4 servings

All you need:

- 2 tbsp (30 mL) olive oil
- ½ cup (125 mL) each sliced onion, celery and red pepper
- 3 slices bacon, chopped (raw)
- 1 lb (500 g) large shrimp
- 1 pouch (28 g) Club House Lemon Thyme Pork Flavourful Recipe Mix
- 1 cup (250 mL) low sodium vegetable broth
- Juice from 1 lemon
- 1 tsp (5 mL) cornstarch



All you do:

- Heat oil in a large skillet over medium-high heat.
- Add onion, celery, red bell peppers and bacon, cook for 1 minute.
- Add shrimp, seasoning and continue to cook for 1 minute.
- Stir together vegetable stock, lemon juice and cornstarch and pour over shrimp mixture.
- Cook 1 to 2 minutes or until sauce thickens and shrimp turn pink, stirring constantly.

Nutrition per serving: 320 cal., 17 g Total Fat (4 g saturated fat), 200 mg Cholesterol, 820 mg Sodium, 11 g Carbohydrate, 2 g Fibre, 2 g Protein.

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Word Count: 187