

Orzo with Sundried Tomatoes and Goat Cheese

Salads are perfect to tote along for a picnic or potluck. A fresh lemon vinaigrette matches well with the Mediterranean flavours of this salad. Add some tuna or roast chicken to it for a full meal salad for lunch.

Prep Time: 20 minutes | **Cook Time:** 6 minutes

- 1 cup (250 mL) orzo pasta
- 3 tbsp (45 mL) extra virgin olive oil
- 1 tsp (5 mL) grated lemon rind
- 2 tbsp (25 mL) lemon juice
- 2 tsp (10 mL) Dijon mustard
- Pinch each salt and pepper
- 1 small log (140 g) Ontario chèvre (soft goat cheese), crumbled
- 1/3 cup (75 mL) chopped sundried tomatoes in oil, drained
- 1/4 cup (60 mL) toasted pine nuts
- 3 tbsp (45 mL) chopped fresh parsley
- 2 tbsp (25 mL) chopped fresh oregano
- 1 green onion, thinly sliced

In pot of boiling salted water, cook orzo for about 6 minutes or until tender but firm. Drain well and rinse with cold water. Drain well again and place in large bowl.

In small bowl, whisk together oil, lemon rind and juice, mustard, salt and pepper. Pour over orzo and toss to coat. Stir in goat cheese, tomatoes, pine nuts, parsley, oregano and green onion until well distributed.

Makes 4 to 6 servings.

Yield: 4 cups (1 L)

Tip: Try this as a new side dish for your next barbecue get together with family and friends.

PER SERVING (2/3 cup/150 mL): About 294 cal, 10 g pro, 17 g total fat (5 g sat fat), 28 g carb, 2 g fibre, 11 mg chol, 168 mg sodium. %RDI: iron 17%, calcium 6%, vit A 9%, vit C 20%



Minted Garlic Chèvre Ravioli

Making ravioli is so easy and this filling celebrates the flavours of spring. A light sauce of browned butter only enhances the fresh flavour of the ravioli. Perfect to start off a meal as a first course.

Prep Time: 25 minutes | **Cook Time:** 8 minutes

- 2 tbsp (25 mL) extra virgin olive oil
- 3 cloves garlic, minced
- 1/4 cup (50 mL) fresh sweet peas or frozen thawed
- 1 small log (140 g) Ontario chèvre (soft goat cheese)
- 3 tbsp (45 mL) chopped fresh mint
- 1 tbsp (15 mL) chopped fresh oregano
- 16 wonton or dumpling wrappers
- 1 egg, lightly beaten
- 1/4 cup (50 mL) butter
- Chopped fresh mint

In a small non-stick skillet heat oil over medium heat and cook garlic and peas for about 2 minutes or until tender. Remove from heat and let cool slightly. Stir in goat cheese, mint and oregano.

Lay out a few of the wonton wrappers and place a heaping teaspoon (5 mL) of the goat cheese mixture in the centre. Brush edges with egg and fold over corner to corner, pushing out air around filling to seal to make a triangle. Repeat with remaining filling and wonton wrappers.

Place on parchment paper lined baking sheet and set aside to dry slightly.

In skillet heat butter over medium heat and melt and stir until golden brown and fragrant; keep warm.

In large pot of boiling salted water, cook ravioli for about 5 minutes or until they float to the surface and pasta is tender. Using slotted spoon remove ravioli to shallow dish. Drizzle with browned butter and sprinkle with mint, if desired.

Makes 4 servings.

Tip: Ravioli can be made up to 1 hour ahead and left to dry at room temperature. If longer storage is desired, you can freeze ravioli on baking sheet until firm then transfer to storage bag or container and freeze for up to 2 weeks. Boil from frozen to use in recipe.

PER SERVING: About 373 cal, 11 g pro, 27 g total fat (14 g sat fat), 22 g carb, 2 g fibre, 73 mg chol, 404 mg sodium. %RDI: iron 20%, calcium 9%, vit A 23%, vit C 8%



Fresh Flavours



Tomato Salad with Pan-Fried Goat Mozzarella

Colourful fresh tomatoes combined with aged balsamic are enhanced with the crisp and gooey goat cheese mozzarella. Bread the mozzarella ahead of time and get the rest of the salad made ahead so you can serve it when you are ready.

Prep Time: 20 minutes | **Cook Time:** 3 minutes

- 3 heirloom tomatoes, sliced
- 1/3 cup (75 mL) thinly sliced red onion
- 1 cup (250 mL) baby arugula or spinach
- 1/2 cup (125 mL) fresh basil leaves, chopped
- 2 tbsp (25 mL) halved pitted sundried olives (optional)
- 3 tbsp (45 mL) aged balsamic vinegar
- 1/2 tsp (2 mL) flaked salt
- 1/4 tsp (1 mL) freshly cracked pepper
- 1/3 cup (75 mL) panko breadcrumbs
- 1/2 tsp (2 mL) dried oregano leaves
- 1 pkg (200 g) Ontario goat mozzarella, cut into 8 strips
- 1 tbsp (15 mL) all-purpose flour
- 1 egg, lightly beaten
- 1/3 cup (75 mL) canola oil

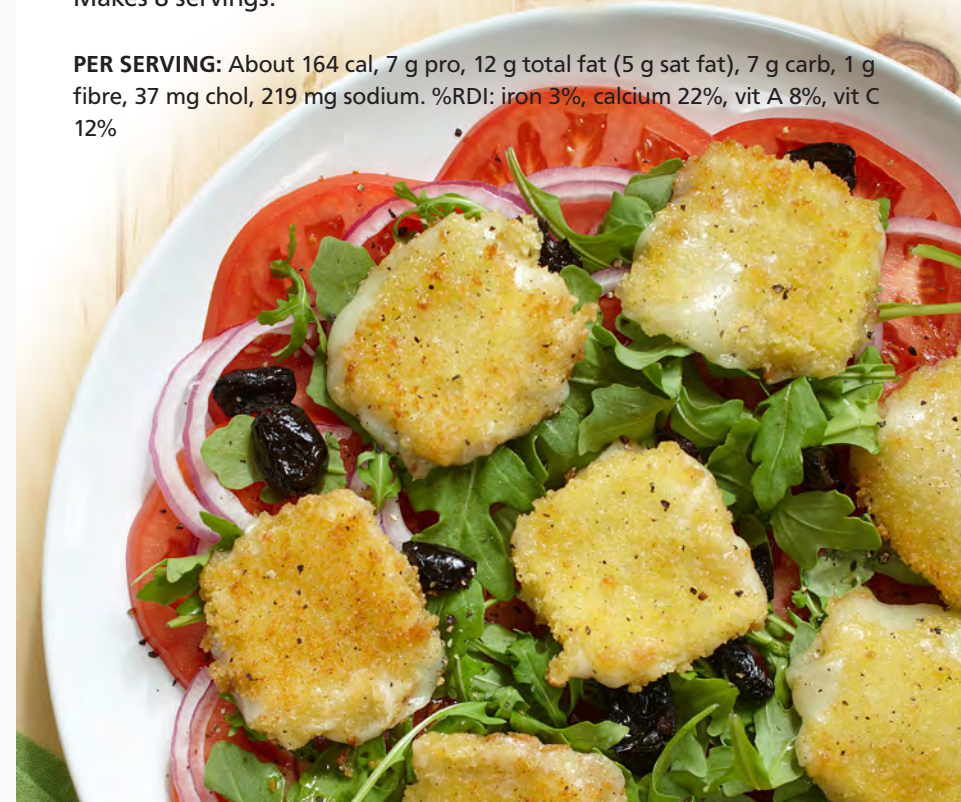
Place tomato slices overlapping slightly on large platter. Sprinkle with red onion, arugula, basil and olives if using. Drizzle with vinegar and sprinkle with salt and pepper; set aside.

In a shallow dish, combine breadcrumbs and oregano. Dip mozzarella in flour, and then dredge in egg, letting excess drip off. Coat in breadcrumb mixture and place on plate. Repeat with remaining cheese. Place in freezer for 10 minutes.

In large nonstick skillet heat oil over medium high heat and panfry breaded cheese in batches for about 3 minutes, turning once or until light golden brown. Place cheese on top of tomato mixture to serve.

Makes 8 servings.

PER SERVING: About 164 cal, 7 g pro, 12 g total fat (5 g sat fat), 7 g carb, 1 g fibre, 37 mg chol, 219 mg sodium. %RDI: iron 3%, calcium 22%, vit A 8%, vit C 12%



Eggs Florentine

Our version of this classic French recipe combines the salty tang of goat feta and a robust Black Forest ham with a “sauce” created by the yolk of a poached egg. Served on a slice of rustic bread this is a delicious and healthy meal made to linger over.

Prep Time: 10 minutes | **Cook Time:** 20 minutes

- 2 tbsp (25 mL) extra virgin olive oil
- 1 onion, sliced
- 4 eggs
- 6 cups (1.5 L) lightly packed baby spinach
- Pinch salt, fresh cracked pepper
- 1 cup (250 mL) crumbled Ontario goat feta cheese
- 4 slices rustic whole grain bread
- 8 slices shaved Black Forest ham

In large skillet, heat oil over medium high heat. Cook onions until tender and golden, stirring often, about 12 minutes.

Bring a large pot of boiling water to simmer with 1 tbsp (15 mL) of lemon juice (this helps the whites stay together when poaching). Crack each egg into a small bowl or custard cup and gently pour eggs into the water one at a time. Let cook for about 3 minutes, just until whites are set but yolk is still runny (longer if you like yolks hard). Remove each egg with a slotted spoon and keep warm on a towel-lined plate.

Stir spinach into onions and season with salt and pepper; cook just until spinach is wilted and remove from heat, about 3 minutes. Sprinkle spinach with goat cheese.

Top each slice of bread with 2 slices of ham and 1/4 of the spinach mixture. Put one egg over top and serve sprinkled with additional coarse salt and pepper if desired.

Makes 4 servings.

PER SERVING: about 320 cal, 19 g pro, 18 g total fat (6 g sat fat), 23 g carb, 5 g fibre, 235 mg chol, 550 mg sodium. %RDI: iron 15%, calcium 15%, vit A 35%, vit C 15%



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