

comfort foods like spicy chili. Today's vegetarian chili will appeal to both vegetarians and carnivores who enjoy an occasional veggie entree.

A long-ago request from Gayle Restall was filled by Suzanne Ritchot of Ste. Anne with the exact recipe she was after:

Norene Gilletz's recipe for easy vegetarian chili that appeared in her 1998 cookbook *Meal-LeaniYumm!*

Also this week, Connie Onyshchuk supplied an eggless recipe, Cream of Wheat squares, for swapper Liz

Green. Thanks also to Ethel Belfry, Edna Mroz, of Beausejour, Liz Magnifico, Luba Finney, A. Timonin and Audrey Vanderbeek.

Now onto recent requests:

Helen Siemens puts out a call for ikra, a kind of relish that incorporates fall vegetables such as carrots, tomatoes, parsnips and onions. "It's a wonderful side dish and is eaten hot or cold," she says.

Lloyd Steiffenhofer is after a recipe for lamb Irish stew made with beer.

Joan Brent is still on the lookout for a spinach salad like the one served at Moxie's, with warm, creamy bacon dressing.

Leanne Foust, of Stavanger, Norway, also would like to recreate a restaurant salad: Grape's Caesar salad.

Donna Herold puts out a call for a fish recipe using red snapper and a Greek topping including peppers, onion and feta cheese.

Anne Maier recently sampled a dessert called blond obsession, which includes among its ingredients cake, toffee and caramel.

Lastly, Anne Lawless is looking for a recipe for a creamy chicken stew recipe.

Please send any requests or responses to **Recipe Swap**, c/o Ilana Simon, **Winnipeg Free Press**, 1355 Mountain Ave., Winnipeg, MB R2X 3B6, send a fax to 697-7412 or e-mail to ilana.simon@freepress.mb.ca. Please include name, address and daytime telephone number in case any ingredients or directions must be checked.

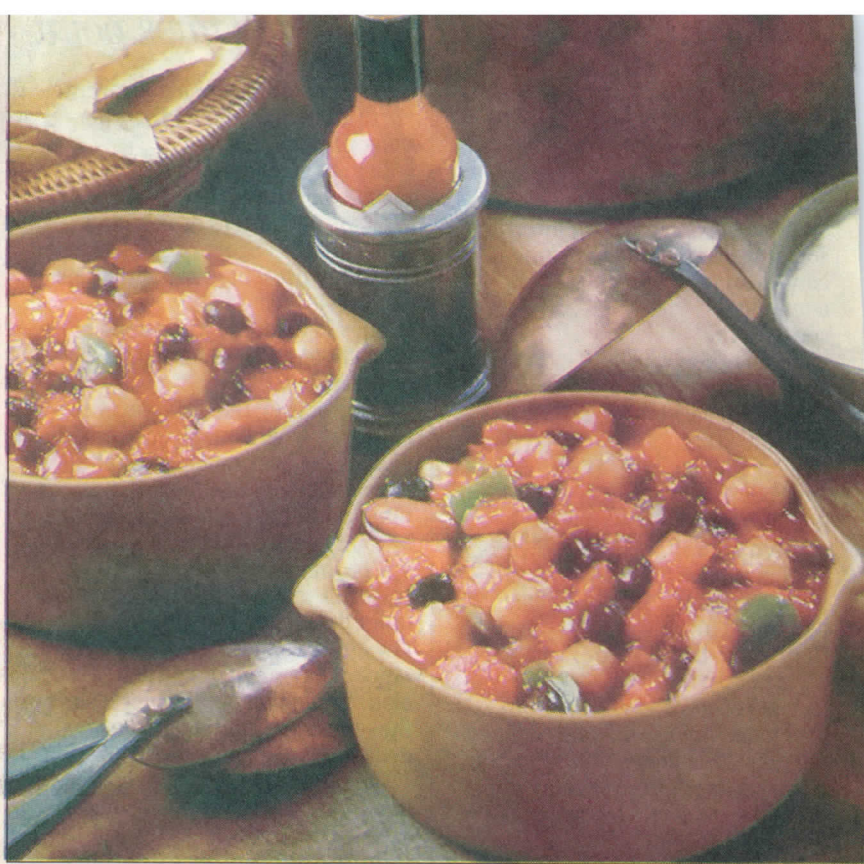
Easy vegetarian chili

1 tablespoon (15 mL) olive oil
 2 onions, chopped
 1 green pepper, chopped
 1 red pepper, chopped
 1 to 2 cloves garlic, minced
 2 cups (500 mL) mushrooms, sliced
 2 cups (500 mL) cooked or 540-mL can kidney beans
 2 cups (500 mL) cooked or 540-mL can chickpeas
 1/2 cup (125 mL) bulgur or couscous, rinsed
 28-oz. (796-mL) can of tomatoes
 1 cup (250 mL) bottled salsa (mild or medium)
 1/2 cup (125 mL) water



Recipe Swap

Ilana Simon



CP PHOTO

A tasty, zesty meatless chili will appeal to more than just vegetarians.

1 teaspoon (5 mL) salt or to taste
 1 tablespoon (15 mL) chili powder
 1 teaspoon (5 mL) dried basil
 1/2 teaspoon (2 mL) each pepper, oregano and cumin
 1/4 teaspoon (1 mL) cayenne
 1 tablespoon (15 mL) unsweetened cocoa powder
 1 teaspoon (5 mL) sugar
 1 cup (250 mL) corn niblets, optional

Conventional method:
 Heat oil in a large pot. Sauté onions, peppers and garlic for 5 minutes on medium heat. Add mushrooms and sauté 4 or 5 minutes more. Add remaining ingredients, except corn.

Bring to a boil and simmer, covered, for 25 minutes, stirring occasionally. Stir in corn.

Microwave method:
 Combine oil, onions, peppers and garlic in a 3-L microwave-safe pot. Microwave covered on HIGH for 5 minutes. Add mushrooms and microwave 2 minutes longer.

Add remaining ingredients, except corn. Cover and microwave on HIGH for 18 to 20 minutes, stirring once or twice. Add corn. Let stand covered for 10 minutes.

Yield: 10 servings of about 1 cup (250 mL) each.

Freezes and/or reheats well.
 Per serving: 179 calories, 3 g fat, 0 mg cholesterol, 9 mg protein, 32 g carbohydrates, 431 mg sodium, 619 mg potassium, 4 mg iron, 9 g fibre, 81 mg calcium.

Taste-tester notes: This is a delicious, zesty vegetarian chili. I followed the microwave method with great results. If desired, use canned mushrooms. If using hot salsa (as I did) reduce the amount to 3/4 cup (175 mL). It will have plenty of kick! I omitted the corn niblets. The bulgur gives the

chili a thicker texture.

Cream of Wheat squares

2 cups (500 mL) milk
 1/2 cup (125 mL) Cream of Wheat
 1 cup (250 mL) margarine
 3/4 cup (175 mL) sugar
 1 teaspoon (5 mL) vanilla
 4 cups (400 g box) graham wafer crumbs

In saucepan, heat milk until almost boiling. Slowly stir in Cream of Wheat, a little at a time. Bring back to boiling and then simmer on low heat, stirring until thickened. Cool completely.

In large bowl, cream margarine, sugar and vanilla. Beat until fluffy. Add cooled Cream of Wheat, a little at a time, beating after each addition.

Line a 13- by 9-inch (33- by 22-cm) pan with graham wafer crumbs (about 1 1/3 cups/325 mL). Layer half of Cream of Wheat mixture; top with another layer of graham wafer crumbs (about 1 1/3 cups/325 mL). Layer rest of Cream of Wheat mixture and top with remaining graham wafer crumbs (about 1 1/3 cups/325 mL).

If desired, ice with white or chocolate icing. Seal tightly with plastic wrap; chill at least 12 hours. Freezes well.

Taste-tester notes: This is a delicious square reminiscent in taste to tapioca — no one will know it contains Cream of Wheat. It's great with chocolate icing (melted semi-sweet chocolate squares will do) but it's also tasty without the icing. I found the final layer of graham wafers to be rather thick and recommend using only about 3/4 cup (175 mL) of graham wafer crumbs for topping.