



Bacon & Chicken Alfredo Casserole

Serves 6

Prep Time: 15 minutes | Cook Time: 20 minutes

You'll Need:

- 1 ½ cups – 2 cups cooked Penne pasta
- 1 lb boneless, skinless chicken breast, cut into 1" chunks
- 2 Tbsp. olive oil
- 1- 650ml jar Alfredo Sauce (your choice)
- 1/2 cup cooked bacon, crumbled
- 1 1/2 cups mozzarella cheese, shredded
- Salt & pepper to taste

To Create:

- ➔ Preheat oven to 375° degrees. Cook pasta according to package directions and set aside.
- ➔ Over medium-high heat in non-stick pan, sauté chicken in olive oil. Brown on all sides, approximately 5-7 minutes.
- ➔ Spray a 9x13 casserole dish with non-stick cooking spray. Mix pasta and Alfredo sauce together. Spread about 1/2 the pasta/Alfredo into pan. Next layer on top: chicken, 1/2 the bacon and 1/2 of the cheese. Spread remaining pasta/Alfredo on top and finish with remaining bacon and cheese.
- ➔ Bake 15-20 minutes until heated through.
- ➔ Optional: Brown top of casserole under broiler 1-2 minutes. Sprinkle with freshly chopped parsley if desired. (Also, you could put bread crumbs on top for a crunchier topping and brown)



Vickers Maple Syrup Dumplings

Make's 6 Servings

You'll Need:

- 2 cups unbleached all-purpose flour ½ tsp. vanilla extract
- ¼ cup sugar 1 cup milk
- ¼ cup unsalted butter, softened 1 cup water
- 2 tsp baking powder 1 540 ml can maple syrup
- ¼ tsp salt
- Ice-cream or double cream, to serve

To Create:

- ➔ Put flour, sugar, salt and baking powder into a large bowl. Use your fingertips to rub in the butter until the mixture resembles fine breadcrumbs. Pour in the milk and vanilla, use a mixing spoon to stir until well combined. Roll the mixture into 12 - 18 balls.
- ➔ To make the sauce, combine the water and syrup in a large saucepan over medium heat. Cook, stirring for 3 minutes or until the syrup dissolves and the mixture comes to a simmer. Reduce heat to med – low.
- ➔ Add the dumplings to the sauce and cover. Cook for 15-20 minutes or until the dumplings are light and fluffy. Use a slotted spoon to divide the dumplings among serving bowls. Spoon the sauce over the dumplings and serve with ice-cream or cream.