



News Release

ATCO BLUE FLAME KITCHEN

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For Immediate Release

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ATCO BLUE FLAME KITCHEN UNVEILS LATEST COOKBOOK

Every day should be delicious!

EDMONTON, Alberta – ATCO Blue Flame Kitchen has released its latest edition cookbook – *Everyday Delicious*; offering a fresh take on some classic dishes.

The 2013 edition features recipes from appetizers to desserts, such as *Warm Cherry Tomatoes with Goat Cheese*, *Edamame Salad with Seared Tuna*, *Pork Lettuce Wraps with Peach Salsa*, *Panko-Topped Mac and Cheese* and *Quinoa Brownie Ice Cream Sandwiches* – along with mouth-watering visuals, nutritional analysis, safety tips and helpful hints.

“This cookbook provides some new twists on family favourites; turning some classics into everyday delicious meals,” said Sarah Francis, Manager, ATCO Blue Flame Kitchen. “The recipes in our cookbook aren’t just delicious; they’re written with everyday ease-of-use in mind, then double-tested by our professional chefs in Edmonton and Calgary.

Based on customer requests, we have also added nutritional analysis to all the recipes, providing another helpful, practical tool for home cooks,” she added. “It’s sure to be another Canadian bestseller.”

The price of *Everyday Delicious* is \$15 + GST and it is now available at ATCO Gas and ATCO Electric offices throughout Alberta. The cookbook is also available at other retailers across the province including Chapters, Safeway, Save-on-Foods and Calgary Co-op. Customers can order *Everyday Delicious* through the toll-free cookbook order line at 1-800-840-3393, or online at www.atcoblueflamekitchen.com.

ATCO Blue Flame Kitchen is a service provided by ATCO Gas. ATCO Blue Flame Kitchen has provided Albertans with natural gas safety information, energy efficiency tips and household advice related to food, cooking, recipes, stain removal and other household problems for more than 80 years. Visit us online for great recipes, how-to videos, kitchen safety tips and more at www.atcoblueflamekitchen.com or call 1-877-420-9090 toll free. As an Alberta based, province-wide natural gas distribution company, ATCO Gas serves more than one million customers in nearly 300 Alberta communities and is part of the ATCO Group of Companies.

ATCO Group, with more than 9,400 employees and assets of approximately \$14 billion, delivers service excellence and innovative business solutions worldwide with leading companies engaged in structures & logistics (manufacturing, logistics and noise abatement), utilities (pipelines, natural gas and electricity transmission and distribution), energy (power generation, natural gas gathering, processing, storage and liquids extraction) and technologies (business systems solutions). More information can be found at www.atco.com.

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Forward-Looking Information:

Certain statements contained in this news release may constitute forward-looking statements. Forward-looking statements are often, but not always, identified by the use of words such as “anticipate”, “plan”, “expect”, “may”, “will”, “intend”, “should”, and similar expressions. These statements involve known and unknown risks, uncertainties and other factors that may cause actual results or events to differ materially from those anticipated in such forward-looking statements. The Corporation believes that the expectations reflected in the forward-looking statements are reasonable, but no assurance can be given that these expectations will prove to be correct and such forward-looking statements should not be unduly relied upon.

The Corporation’s actual results could differ materially from those anticipated in these forward-looking statements as a result of regulatory decisions, competitive factors in the industries in which the Corporation operates, prevailing economic conditions, and other factors, many of which are beyond the control of the Corporation.

The forward-looking statements contained in this news release represent the Corporation’s expectations as of the date hereof, and are subject to change after such date. The Corporation disclaims any intention or obligation to update or revise any forward-looking statements whether as a result of new information, future events or otherwise, except as required under applicable securities regulations.

WARM CHERRY TOMATOES WITH GOAT CHEESE

Recipe from 2013 Everyday Delicious Cookbook

2 tbsp (25 mL) extra-virgin olive oil

2 cloves garlic, finely chopped

4 cups (1 L) halved cherry tomatoes

1/2 tsp (2 mL) salt

1/4 tsp (1 mL) freshly ground pepper

1/4 cup (50 mL) chopped fresh basil

1/2 cup (125 mL) crumbled soft goat cheese

1. Heat oil in a large non-stick frypan over medium heat. Add garlic and sauté for 30 seconds.
2. Add tomatoes, salt and pepper.
3. Cook, stirring gently, until tomatoes are heated through, about 2 minutes. Remove from heat.
4. Add basil and stir gently to combine. Sprinkle with cheese. Serve immediately. Serves 6.

Nutritional analysis per serving:

117 calories, 9 g fat, 4.9 g protein, 5.3 g carbohydrate, 1.6 g fibre, 274 mg sodium

For expert tips on cooking, recipes, food safety or other household problems, call our ATCO Blue Flame Kitchen Answer Line toll-free at 1-877-420-9090 and talk to a professional home economist. For a great selection of kitchen-tested recipes, visit us online at www.atcoblueflamekitchen.com.