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FREE NEW DIGITAL COOKBOOK GUARANTEES FABULOUS, FRESH 30-MINUTE MEALS

CALGARY, Alberta – ATCO Blue Flame Kitchen has released a new digital cookbook, *Ready in 30*, to provide families with fast, fresh meals that can be prepared with simple, easy-to-find ingredients.

“Each recipe has a prep time, a cook time, and an overall time so you can choose a recipe that fits into your schedule,” said J.P. Gerritsen, Supervisor, Culinary Programs, ATCO Blue Flame Kitchen. “The key to quick cooking is learning to multi-task in the kitchen, which is why each recipe has a timeline that you can follow to ensure your meals are ready in 30 minutes or less.”

[Download *Ready in 30* for free](#) and get cooking today, with ten delicious recipes including [Roasted Salmon with Asparagus, Grape Tomatoes and Mushrooms](#) and [Fast Fry Pork Lo Mein](#), along with links to a series of helpful [how-to videos](#).

Join the thousands of people that connect with the ATCO Blue Flame Kitchen every day through atcoblueflamekitchen.com, [Twitter](#), [Facebook](#), [YouTube](#), [Instagram](#) and [Pinterest](#), or by downloading the ATCO Blue Flame Kitchen smartphone and tablet app available for Apple and Android devices at the [iTunes](#) and [Google Play](#) stores.

With nearly 8,000 employees and assets of approximately \$19 billion, ATCO is a diversified global corporation delivering service excellence and innovative business solutions in Structures & Logistics (workforce housing, innovative modular facilities, construction, site support services, and logistics and operations management); Electricity (electricity generation, transmission, and distribution); Pipelines & Liquids (natural gas transmission, distribution and infrastructure development, energy storage, and industrial water solutions); and Retail Energy (electricity and natural gas retail sales). More information can be found at www.ATCO.com.

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