



## NEW ATCO BLUE FLAME KITCHEN COOKBOOK MAKES EVERY DAY DELICIOUS

CALGARY, Alberta – At the ATCO Blue Flame Kitchen, every day can be delicious with the latest edition of its popular spring cookbook – *Everyday Delicious*. The 2015 edition features 90 creative recipes, reflecting the latest culinary trends with ingredients that are readily available anywhere.

“The recipes in this family-friendly cookbook are as easy to prepare as they are flavourful,” said J.P. Gerritsen, Supervisor, Culinary Programs at ATCO Blue Flame Kitchen. “It is the perfect cookbook for families who are on the run and looking for inspired and healthy meal ideas that are quick to prepare.”

Recipes feature new twists on all-time favourites like Fried Egg and Chorizo Sandwiches, Potato and Smoked Gouda Soup, Thai Salad, Steamed Pork Meatball Lettuce Wraps, Ricotta Gnocchi, and S’more Cupcakes, along with mouth-watering photography, nutritional analysis, safety tips and helpful hints, *Everyday Delicious* is a must-have resource for every kitchen.

The cookbook is also complemented with a series of [how-to videos](#) that provide aspiring chefs of all skill-levels with online guidance on everything from how to make ricotta gnocchi, to how to use a pressure cooker.

*Everyday Delicious* is on sale now for \$15 + GST. It is available at ATCO Gas and ATCO Electric offices and at other retailers across Alberta including Chapters, Safeway and Save On Foods. It is also available online at [chapters/indigo.ca](#), [amazon.ca](#) and [atcoblueflamekitchen.com](#) or by calling the cookbook order line toll-free at 1-800-840-3393.

Join the thousands of people that connect with the ATCO Blue Flame Kitchen every day through [atcoblueflamekitchen.com](#), social media – Twitter, Facebook, YouTube 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.

ATCO Blue Flame Kitchen is a service provided by ATCO Gas that has been delivering natural gas safety information, energy efficiency tips and household advice related to food, cooking, recipes, stain removal and other household problems to Albertans for 85 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 1.1 million customers in nearly 300 Alberta communities and is part of the ATCO group of companies.

With more than 9,000 employees and assets of approximately \$18 billion, ATCO is a diversified global corporation delivering service excellence and innovative business solutions through leading companies engaged in Structures & Logistics, Utilities and Energy. More information can be found at [atco.com](#).

April 16, 2015

### Media Inquiries:

Joanne Ellard  
Supervisor, Marketing  
Communications  
ATCO Blue Flame Kitchen  
Tel. 403-245-7625

### Find Us:

[atcoblueflamekitchen.com](#)

[atco.com](#)



@ATCOBlueFlame

