



COOKING WITH JAN

FARMERS' MARKET GOODIES

FARMERS' MARKET PASTA

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| 1 PKG SPAGHETTI | 2 TBLS BUTTER |
| 2 TBLS OLIVE OIL | 3 CLOVES GARLIC |
| 1 CUP GRAPE TOMATOES, HALVED | 1 CUP FRESH CORN KERNELS |
| 1 CUP ZUCCHINI, QUARTERED & SLICED | 1 RED BELL PEPPER, CHOPPED |
| 1-2 TBLS BALSAMIC VINEGAR | 1/2 CUP THINLY SLICED BASIL |
| 1/2 CUP SHREDDED PARMESAN CHEESE | |

COOK SPAGHETTI AS DIRECTED ON PACKAGE; DRAIN. IN SKILLET, HEAT BUTTER AND OIL OVER MEDIUM HIGH HEAT UNTIL BUTTER IS MELTED. ADD GARLIC; COOK FOR 1 MINUTE. ADD THE TOMATOES AND ZUCCHINI; SAUTE FOR 5 MINUTES. ADD CORN KERNELS AND BELL PEPPERS; COOK 5 MINUTES, STIRRING OCCASIONALLY. ADD BALSAMIC VINEGAR; TOP WITH BASIL AND CHEESE. SERVE OVER THE COOKED SPAGHETTI. IF DESIRED, SERVE WITH EXTRA PARMESAN CHEESE. MAKES 6 SERVINGS.

FRESH VEGETABLE-PASTA SALAD

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| 1 BOX CLASSIC PASTA SALAD MIX | 1/4 CUP COLD WATER |
| 3 TBLS OLIVE OIL | 1 TBLS VINEGAR |
| 2 CUPS SMALL FRESH BROCCOLI FLORETS | 1 RED PEPPER, COARSELY CHOPPED |
| 1 YELLOW PEPPER, COARSELY CHOPPED | 1/4 CUP RED ONIONS, THINLY SLICED |

COOK PASTA AS DIRECTED ON PACKAGE. IN LARGE BOWL, MIX TOGETHER SEASONING MIX, COLD WATER, OIL & VINEGAR. DRAIN PASTA; RINSE WITH COLD WATER. SHAKE TO DRAIN WELL. ADD THE PASTA & REMAINING INGREDIENTS INTO THE SEASONING MIXTURE. REFRIGERATE AT LEAST 1 HOUR BEFORE SERVING. COVER & REFRIGERATE ANY REMAINING SALAD. MAKES 15 SERVINGS.

CHICKEN WITH TOMATOES & SPINACH

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| 1 TBLS OLIVE OIL | 1 CLOVE GARLIC, FINALLY CHOPPED |
| 4 BONELESS, SKINLESS CHICKEN BREASTS | 1/2 TSP DRIED OREGANO LEAVES |
| 1/2 TSP SALT | 1/4 TSP BLACK PEPPER |
| 1/2 CUP DRY WHITE WINE OR WATER | 2 ROMA TOMATOES, SLICED |
| 3 1/2 CUPS FRESH BABY SPINACH LEAVES | |

IN SKILLET, HEAT OIL. SPRINKLE CHICKEN WITH GARLIC, OREGANO, SALT & PEPPER; ADD TO THE SKILLET AND COOK 15-20 MINUTES. TURN CHICKEN ONCE AND CONTINUE COOKING UNTIL JUICES OF THE CHICKEN RUN CLEAR. STIR WINE INTO THE SKILLET; TOP WITH TOMATO SLICES. COVER; COOK 2-3 MINUTES OR UNTIL TOMATOES ARE THOROUGHLY HEATED. ADD SPINACH; COVER & COOK 2-3 MINUTES LONGER OR UNTIL SPINACH IS WILTED. MAKES 4 SERVINGS.

LEMON-PEPPER VEGETABLES

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| 1 TSP VEGETABLE OIL | 1 YELLOW SQUASH, SLICED |
| 1 RED PEPPER, SLICED | 1 STALK CELERY, SLICED DIAGONALLY |
| 3 GREEN ONIONS, SLICED | 1 TBLS LEMON JUICE |
| 1/4 TSP LEMON PEPPER | 6 OZS FRESH SNOW PEA PODS |

PREHEAT A SKILLET OR WOK OVER MEDIUM HIGH HEAT; ADD OIL & ROTATE TO COAT THE SIDES. ADD SQUASH, BELL PEPPERS, CELERY & ONIONS. STIR FRY ABOUT 2 MINUTES OR UNTIL PEPPERS ARE CRISP TENDER. ADD THE LEMON JUICE, LEMON PEPPER AND PEA PODS. COOK, STIRRING CONSTANTLY, FOR 1-2 MINUTES OR UNTIL PEA PODS ARE CRISP TENDER. MAKES 6 SERVINGS!

FRESH CUCUMBER CILANTRO MARGARITA

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| <u>SIMPLE SYRUP</u> | 4 CUPS SUGAR | 4 CUPS WATER |
| <u>MARGARITA</u> | 16 SLICES FRESH ENGLISH CUCUMBERS | 8 SPRIGS FRESH CILANTRO |
| | 3 OZS SIMPLE SYRUP | 6 OZS BLANCO TEQUILA |
| | 3 OZS ORANGE FLAVORED LIQUEUR | 3 OZS FRESH LIME JUICE |

MIX SIMPLE SYRUP INGREDIENTS IN A SAUCEPAN; HEAT TO BOILING, STIRRING UNTIL SUGAR IS DISSOLVED. REMOVE FROM HEAT; LET STAND FOR 30 MINUTES, THEN POUR INTO CONTAINER & REFRIGERATE FOR UP TO 3 DAYS. MAKES 5 CUPS SYRUP. FOR MARGARITA, ADD CUCUMBER AND CILANTRO SPRIGS TO SHAKER; MUDDLE WITH SPOON. ADD 3 OZS OF THE SIMPLE SYRUP, THE TEQUILA, ORANGE LIQUEUR AND THE LIME JUICE. FILL SHAKER WITH ICE; COVER AND SHAKE. STRAIN INTO COCKTAIL GLASSES FILLED WITH FRESH ICE. GARNISH WITH CUCUMBER SLICES IF DESIRED. REFRIGERATE THE REMAINING SIMPLE SYRUP. MAKES 4 SERVINGS. ENJOY!

