

Tortellini Soup

I have had this recipe forever; it is a great simple soup. If you are a fan of balsamic vinegar you will particularly like this one.

4 cups chicken broth
1-9 oz. package of refrigerated cheese tortellini
1-15 oz. can cannellini beans, drained and rinsed
1 cup chopped tomato
2 Tablespoons balsamic vinegar
¼ teaspoon salt
1 cup fresh basil
Parmesan cheese
Salt and pepper

Bring chicken broth to a boil, add tortellini and cook 6 minutes, or until tender. Add beans and tomato, reduce heat and simmer 5 minutes. Turn off the heat and stir in balsamic vinegar, ¼ teaspoon salt, and basil. Ladle into bowls and top with Parmesan cheese and black pepper.

Serves 4

If organic farming is the natural way, shouldn't organic produce just be called "produce" and make the pesticide-laden stuff take the burden of an adjective?

-Ymber Delecto

Spaghetti with Asparagus, Smoked Mozzarella and Prosciutto

Giada De Laurentiis (Food Network)

This pasta is tasty and simple, and makes a bunch!

2 pounds asparagus, trimmed
¾ pound whole-wheat spaghetti
4 Tablespoons olive oil
4 garlic cloves, minced
Salt and freshly ground black pepper
6 oz. thinly sliced prosciutto, cut crosswise into strips
6 oz. smoked mozzarella cheese, diced (about 1 cup)
6 Tablespoons thinly sliced fresh basil leaves

Cook the asparagus in a large pot of boiling salted water until crisp tender, about 2-3 minutes. With a slotted spoon, remove asparagus from boiling water to a bowl of ice water to cool and stop the cooking. When cool, strain and cut asparagus into 1-inch pieces, and set aside.

Meanwhile, return the water in the pot to a boil, adding additional water, if necessary. Add the pasta and cook about 8 minutes (until al dente). Reserve 1 cup of the cooking liquid and then drain the pasta.

Heat oil in a heavy large skillet over medium heat. Add the garlic and sauté until fragrant, about 20 seconds. Add asparagus to the skillet. Season with salt and pepper. Add the pasta, and if needed, some of the reserved cooking liquid. Toss to coat. Add the prosciutto, mozzarella, and basil and toss to combine. Turn off heat and enjoy!



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Let's Eat!

Easy, Appetizing, Timely Meals

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Charred Sugar-Crusted Salmon

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Easy Chicken Mushroom Stroganoff

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Tortellini Soup

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Spaghetti with Asparagus, Smoked Mozzarella and Prosciutto

Additional Meal Idea:
Trader Joe's "Sun Dried Tomato and Pesto Torta" dip makes a fun and different pasta sauce. While your pasta cooks, heat one 7.5 oz. container in a pan on medium-low heat with a little bit of the pasta water to thin it, until hot, and toss with cooked pasta. Add grilled chicken, if desired.

Hello and welcome back! I hope you all had a fabulous holiday with your families and hopefully some good eating. In this issue I have included a simmer sauce from Trader Joe's. I wanted to point this section of the store out to you if you have not tried it. Trader Joe's carries a variety of "simmer sauces." You can use these to simmer meat on the stove or as I like to do, toss it all in the crock-pot. Either way you choose I think they are great. I like some better than others, but it is so simple they are worth a try. So check them out and maybe try one or two to see how your family likes them. They are nice to have on hand as well as some frozen chicken for those days you just can't get to the store or you know you won't have time to cook in the evening. I hope you find some you like!

As I have mentioned, I like to seek out and try new recipes, whether from magazines, books, websites or friends. So I would love to hear from you! If you think you might have a recipe that you would be willing to share with the readers of Let's Eat, please send me an email with your easy, appetizing and timely meal ideas. Thank you so much.

Happy Eating!

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Chicken Piccata in the Crock-Pot

This is my new favorite sauce from Trader Joe's. Toss it in the crock-pot with some chicken and serve with whole-wheat noodles or mashed potatoes. This sauce would also taste great with fish.

1 jar Piccata simmer sauce from Trader Joe's
3-4 chicken breasts
whole wheat noodles or mashed potatoes

Place chicken in crock-pot and top with jar of piccata sauce. Cook chicken half day on high or all day on low. When ready to eat, chunk up chicken and serve over pasta or mashed potatoes.

Charred Sugar-Crusted Salmon

Courtesy of Jenny Bischoff

I have been told from a reliable source that this is an excellent rub! Prepare extra and keep it in a container for the next time you want to use it. If you want to cut out the refined sugar, simply omit the sugar from the rub and brush some pure maple syrup on your salmon before the rub.

Dry Sugar Rub:

2 Tablespoons sugar
1 Tablespoon chili powder
1 teaspoon black pepper
½ Tablespoon ground cumin
½ Tablespoon paprika
½ Tablespoon salt
¼ teaspoon dry mustard
Dash of cinnamon
4 to 6 skinless Salmon filets
(4 to 6 oz. each)
2 Tablespoons canola oil
¼ to ½ cup Chinese-style or
Dijon-style mustard, if desired

Blend all ingredients for Dry Sugar Rub. Generously coat one side of each fillet with mixture. Heat oil in a large heavy pan over medium-high heat. Carefully place salmon fillets in pan, seasoned side down. Cook about 2 minutes to sear; turn fillets over. Reduce heat to medium and continue cooking 6 to 8 minutes. Cook just until fish is opaque throughout.

Serve salmon with mustard, if desired.

Easy Chicken Mushroom Stroganoff

This is a simple recipe from my mother-in-law. It has great flavor and cooks up quickly.

2 Tablespoons butter
4 boneless, skinless chicken breast halves
2 Tablespoons flour
1 medium red onion, chopped
8 oz. mushrooms, quartered
(or thickly sliced)
2 Tablespoons coarse-grain mustard
1 ½ cups chicken broth
½ cup sour cream
3 Tablespoons chopped fresh parsley
2 cups cooked whole wheat egg noodles (or curly pasta of choice)

Start water for pasta. Meanwhile, in a large non-stick skillet, melt butter over high heat. Dredge chicken breasts in flour; place in skillet and cook about 5 minutes on each side till browned well. Stir in onions, mushrooms, and any unused flour. Reduce heat to medium and cook, stirring till onion is golden, about 5 minutes.

Whisk together broth and mustard in small bowl. Pour mixture into pan and stir. Bring to a boil, reduce to simmer and cook about 5 minutes. Season with salt and pepper to taste. Serve over noodles.

Serves 4

If you doubt the freshness of a fish, place it in cold water. If it floats (or swims away), it has recently been caught.