



## Recipes April 18

### Mini Raviolis with Chicken and Peppers #1

1 16 ounce package refrigerated cheese mini ravioli  
 1 medium red sweet pepper, chopped  
 3 cups spinach, rough chopped  
 1 cup chopped cooked chicken breast  
 3/4 cup chopped fresh basil  
 1 tablespoon extra-virgin olive oil  
 1/4-1/2 teaspoon coarsely ground black pepper  
 1/4 teaspoon salt  
 2 tablespoons grated Parmesan cheese

Cook pasta in a large saucepan according to package directions omitting any salt or fat and adding the chopped red sweet pepper and spinach the last 1 minute of cooking time.

Place the chicken in a colander, drain pasta over the chicken mixture in colander, gently shake off excess water, reserving 2 tablespoons of the pasta water. Place the pasta mixture on a serving platter and sprinkle with pasta water, basil and olive oil, toss gently. Sprinkle with the salt and pepper and top with the parmesan cheese.

### Sauteed Chicken in Mustard Cream Sauce #2

1 lb boneless, skinless chicken breasts  
 1/4 teaspoon salt  
 1/4 teaspoon pepper  
 1 tablespoons olive oil  
 1/4 cup dry white wine, or chicken broth  
 1/2 cup 2% milk  
 2 tablespoons Dijon mustard  
 1 teaspoon dried tarragon (or 1 tablespoon chopped fresh)  
 1 tablespoons olive oil  
 1 medium garlic clove, minced  
 1 small onion, thinly sliced  
 2 medium zucchini (about 12 ounces), cut into 1/2-inch pieces  
 2 medium yellow squash (about 12 ounces), cut into 1/2-inch pieces  
 1/8 teaspoon crushed red pepper  
 1 tablespoon fresh lemon juice  
 Coarse salt and freshly ground pepper

Sprinkle chicken breasts with salt and pepper. In a large skillet, heat oil over medium-high heat. Add chicken; saute until cooked through, 10 to 12 minutes, turning once. Transfer to a plate; keep warm.

Pour wine into hot skillet; cook, stirring, until reduced by half, about 1 minute. Whisk in milk, mustard, and tarragon. Cook, whisking, until thickened, about 2 minutes.

Pour any accumulated chicken juices from plate into sauce. Right before serving, drizzle cream sauce over chicken.

Heat the olive oil in a large skillet over medium-low heat. Cook garlic and onion, stirring, until translucent but not yet softened, about 2 minutes.

Increase heat to medium-high. Add the zucchini, squash, and crushed red pepper. Cook, stirring occasionally, until vegetables are tender and golden brown, about 5 minutes. Remove from heat, stir in the lemon juice, and season with salt and pepper. Transfer to a serving dish, and serve immediately.

### Scallops and Pasta with Lemon Caper Sauce #3

1 pounds fresh or frozen sea scallops  
 4 ounces dried multigrain or whole grain penne or rotini pasta  
 3 cups trimmed, coarsely shredded kale  
 1 medium zucchini, halved lengthwise and bias-sliced crosswise  
 Nonstick cooking spray  
 1/2 teaspoon salt  
 1/8 teaspoon ground black pepper  
 2 teaspoons olive oil  
 2 medium leeks, trimmed and thinly sliced  
 2 cloves garlic, minced  
 2 cups fat-free milk  
 2 tablespoons cornstarch  
 2 teaspoons finely shredded lemon peel  
 1 1/2 teaspoons snipped fresh rosemary or thyme or  
 1/2 teaspoon dried rosemary or thyme, crushed  
 2 tablespoons capers, drained

Thaw scallops, if frozen. Rinse scallops; pat dry with paper towels and set aside. In a large saucepan, cook pasta according to package directions, adding chard and zucchini for the last 4 minutes of cooking time. Drain and keep warm.

Meanwhile, lightly coat an unheated large nonstick skillet with nonstick spray. Preheat over medium-high heat. Sprinkle scallops with 1/4 teaspoon of the salt and the pepper. Add scallops to hot skillet; cook for 4 to 6 minutes or until scallops are opaque, turning once. Remove scallops from skillet; keep warm.

Add oil to hot skillet; reduce heat to medium. Add leeks and garlic; cook for 3 to 5 minutes or until tender, stirring to scrape up any browned bits from bottom of skillet.

In a medium bowl, whisk together milk and cornstarch until smooth. Add to leek mixture along with lemon peel, rosemary, and the remaining 1/4 teaspoon salt. Cook and stir until thickened and bubbly. Cook and stir for 2 minutes more. Add to pasta mixture, tossing to coat.

Divide pasta mixture among 4 serving plates. Top with scallops and capers.

#### Grilled Lamb Chops with Pea, Feta and Mint Salad #4

Grated zest of 1 lemon  
2 Tbs. fresh lemon juice  
2 large garlic cloves, minced  
3 Tbs. olive oil  
1 lb lamb chops  
3 cups shelled English peas  
Salt and freshly ground pepper  
2 Tbs. minced fresh mint  
1 Tbs. red wine vinegar  
3 oz. feta cheese, crumbled

In a shallow nonreactive dish large enough to hold the chops in one layer, whisk together the lemon zest and juice, garlic and 1 tablespoon of the oil. Add the lamb chops, turn to coat, and let stand for 30 minutes, turning once halfway through.

Have ready a bowl of ice water. Bring a pot of lightly salted water to a rapid boil. Add the peas and cook until not quite tender, 1-2 minutes. Immediately drain and transfer to the ice water to stop the cooking. Drain well and pat thoroughly dry.

In a bowl, combine the peas, the remaining 2 tablespoons oil, and the mint. Add 1/2 teaspoon salt and season with pepper. Toss gently.

Prepare a grill for direct-heat cooking over high heat. Pat the lamb chops dry with paper towels and season both sides generously with salt. Place on the grill rack and cook until dark brown and sizzling, 3-5 minutes. Turn over the chops and continue to cook for 3-5 more minutes for medium-rare, or to your desired doneness. Transfer to a platter, season with pepper, and let rest for 5-10 minutes.

Stir the vinegar and cheese into the pea salad. Serve alongside the chops. Serves 4.

#### Warm Chicken Grain Salad with Pears and Bleu Cheese #5

1/2 cup quinoa, rinsed  
1/2 cup millet, rinsed  
Olive oil cooking spray  
2 cloves garlic, minced  
2 tbsp fresh lemon juice  
2 tsp dried rosemary  
1 1/2 tsp olive oil  
1/8 tsp fresh ground black pepper  
1 lb boneless, skinless chicken breasts  
6 oz baby spinach  
1 Bartlett pear, cored and diced  
1/4 cup thinly sliced scallions  
2 oz blue cheese, crumbled  
Dressing:  
6 tbsp balsamic vinegar  
1/4 cup fresh raspberries  
2 tbsp grainy mustard  
1 tbsp pure maple syrup  
1 tsp fresh thyme leaves

In a small saucepan, bring 2 1/4 cups water, quinoa and millet to a boil. Stir once, cover, and reduce heat

to low. Simmer for 15 minutes, until water is absorbed and grains are soft. Fluff with a fork.

Arrange 1 oven rack in highest position and preheat broiler to high. Line a large, rimmed baking sheet with foil and mist with cooking spray. In a small bowl, whisk together garlic, lemon juice, rosemary, oil and pepper. Rub mixture onto chicken and transfer to 12 minutes, until no longer pink inside and juices run clear. Transfer to a cutting board, let cool slightly and slice thinly against the grain.

Meanwhile, prepare dressing: In a small food processor or blender, blend dressing ingredients until smooth.

Transfer grains to a large bowl. Add spinach and dressing and toss until spinach is lightly wilted and dressing is incorporated. Fold in pear and scallions. Divide among serving plates and top with chicken and cheese.