



SOprepared...

Pan Roasted Chicken

- 1 Tbs Butter
- 1 Tbs Olive Oil
- 2 lb Chicken Breasts
- Garlic Salt

Pre-heat oven to 400.

Heat large skillet over High Heat, then add Butter & Oil.

Sprinkle Chicken Breasts with Garlic Salt while the pan is heating. Then add chicken to the pan as soon as the Butter and Oil melt. (Do not let the butter/oil smoke before adding the chicken.)

Sear the chicken for about 3 mins until a golden crust is on the bottom, then flip the chicken pieces & put the pan in the 400 degree oven for 25 mins. If chicken is 170 degrees internal temp, it is ready. Let rest 5 mins before serving to retain juices.

Avocado Pesto “Zoodles”

(inspired by “Cooking Light” Spaghetti with spinach-avocado sauce April 2016)

- 3 Large Zucchini (if you don’t have a spiralizer, just use Barilla GF Spaghetti cooked per pkg instructions)
- 2 small pkgs Basil (approx 1 1/2 cups)
- 4 Tbs Olive Oil
- Zest of 1 Lemon
- Juice of 1/2 Lemon
- 2 tsp Kosher Salt
- 2 Garlic Cloves (boil in pasta water for 30 sec to cut the bite of the fresh garlic)
- 1 ripe peeled Avocado
- 2 small tomatoes, chopped (approx 1/2 cup)

Spiralize Zucchini into spaghetti sized noodles & boil in salted water 2-3 mins until al dente. Add 1/4 cup of cooking liquid to the following 7 ingredients (all except tomatoes) in a blender & puree until smooth. Toss the “pesto” with the noodles & serve with chopped tomatoes. Enjoy!

Wine Pairing Recommendation

Ok so the Hot & Dirty Martini (use jalapeno stuffed olives) I shook up while the chicken cooked was a super awesome way to prime my palate for this delicious meal... And then to pair with the dinner we had a Crisp & Creamy White Burgundy. Perfect. Cheers!



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Simple Flaky Crab Cakes

(adapted from "Cooking Light" April 2016-cover photo)

- 4 Tbs gluten free Breadcrumbs (make from toasted udi's bread in a food processor)
- 2 Tbs chopped parsley
- 2 Tbs chopped chives
- 2 Tbs mayo
- Lemon Zest from 1 Lemon
- 1/2 tsp fresh ground Black Pepper
- 1 large egg, lightly beaten
- 16 oz Lump Crabmeat, drained & picked over for rogue shell pieces
- 1 Tbs Butter
- 1 Tbs Olive Oil

Place first 7 ingredients in a medium bowl, stirring to combine. Add crab, toss gently to combine. Chill crab mixture in fridge for 10 mins. (make "Creamy Herb Dressing" while crab cakes chill) Divide crab mixture into 6 equal portions (2 per adult, one per child). With moist hands, gently shape into 1" thick patties.

Heat a large skillet over medium heat. Add butter & oil to pan and swirl to coat. Carefully add patties to pan, cook 4 mins on each side (flipping with a fish turner)...or until crab cakes are golden brown & done.

Spring Vegetable Bibb Lettuce Salad with Creamy Herb Dressing

(adapted from "Cooking Light" April 2016-cover photo)

- 1 cup Asparagus, cut into 2" pieces
- 1 Tbs chopped fresh dill
- 3 Tbs plain Kefir
- 2 Tbs mayo
- 1 Tbs finely chopped chives
- 1 tsp Cider Vinegar
- 1/4 tsp fresh ground Black Pepper
- 1/4 tsp Garlic Salt
- 1 head Boston Bibb Lettuce, torn into pieces
- 1/4 cup thinly sliced Radishes

Cook asparagus in boiling water 3 mins. Transfer to an ice bath, leave there until salad is assembled. To make the dressing, combine the Dill and next 7 ingredients in a small bowl, stirring with a whisk. Divide lettuce, drained & dried asparagus & radishes evenly on the plates. Serve crab cakes nestled in the bed of salad & drizzle dressing on the salad and crab cakes.

Wine Pairing Recommendation

A buttery chardonnay works well with the crab and with the creamy dressing. We had the Bonterra organic Chardonnay and it was delightful. Cheers!



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Spring Vegetable Soup with Bacon & Crusty Bread

(adapted from "Cooking Light" April 2016)

- 2 Tbs Olive Oil
- 1 lb Bacon, chopped
- 2 medium Carrots, diced
- 1 large Leek, trimmed and diced
- 1 Celery Stalk, diced
- 1/2 tsp Salt
- 1/2 tsp Black Pepper
- 2 Garlic Cloves, minced
- 5 cups Chicken Stock/Broth
- 1 lb small red potatoes, quartered
- 1 cup frozen Green Peas
- 1 cup Asparagus, cut in 1 1/2" slices
- 1 (15 oz) can Garbanzo Beans
- 2 cups Baby Spinach
- 1 tsp Thyme
- 1/4 cup torn fresh Basil
- 1 oz shaved Parmesan Cheese
- 1-2 loaves "Against the Grain" Gluten Free Baguette, thawed & toasted lightly

Heat a medium stockpot over high heat. Add the olive oil & bacon and cook until crisp. Remove bacon from the pan with a slotted spoon (if necessary, drain all but 2 Tbs fat/oil). Turn heat down to medium & cook the carrots, leek and celery in the bacon fat & oil in the pan for 5 mins, stirring occasionally. Add salt, pepper & garlic; cook 1 minute, stirring frequently. Add stock; bring to a simmer over med-high heat. Add potatoes; reduce heat to medium and simmer 8-10 mins or until potatoes start to soften.

Add peas, asparagus and beans; simmer 4 mins until veggies are crisp-tender. Add spinach, thyme & basil; cook 1 minute. Season with more salt & pepper to taste. Ladle soup into bowls; top evenly with cheese and reserved bacon. Serve with crusty bread for dipping ;-)

Wine Pairing Recommendation

We had a wonderful Argentinian Torrontes with this delicious soup. The wine's freshness paired perfectly with all these spring vegetables, and it's acidity brilliantly cut through the fatty characteristics of the bacon. Cheers!