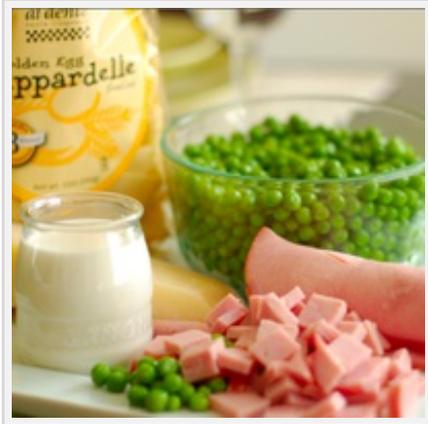


Five-Minute Cooking Feasts

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Do you have time to cook a full course meal every night of the week? Most likely you are like the majority of us, and answered to that question with a smile and a “yea right”. If so keep on reading, here are a few quick and convenient ways to trade hours of cooking into five-minute cooking feasts.

“Five course meals are a weekend treat” says Sally Kramer, an Atlanta-area mom of five. She puts together favorites meals in 5-10 minutes max by keeping crisp salad fixings, wraps, grains, fresh herbs, pastas, and tangy sauces on hand. Use these recipes to make dinner a quick fix without sacrificing the taste of that weekend treat. Here are family-friendly recipes to inspire nutrition meals that will keep you cooking under the 5-min. clock!

5 minuets...get ready, set, go!

We begin with one of our all time favorites [Al Dente Pasta](#).

Pasta with Broccoli, Sicilian Style (Vegetarian, Vegan, Quick)
Start to Finish: 3 min. !

Serves: 4-6



3 in 3 Recipe - Three ingredients in just 3 minutes!

Green is Good! In addition to all the extra nutrients provided by the chia in this pasta, the spinach adds extra Vitamin A. Amazing!

- 10 oz. [Al Dente BonaChia™](#) Pasta
- 1 head broccoli florets, rough chopped

- 1 clove garlic, minced
- 1/4 cup olive oil
- 1/2 cup golden raisins
- 1/2 cup chopped walnuts
- 1/2 tsp. kosher salt and pepper to taste

Bring large pot of salted water to a boil. In the meantime, put garlic, olive oil, raisins, walnuts and salt in a serving bowl. Add broccoli and pasta to boiling water. Ladle approximately 1/3 cup of the cooking water into the bowl with raisins and stir. After 3 minutes, test pasta. When done, drain and toss all together. Check for seasonings. Garnish with fresh pepper and lemon zest.

Quick and Easy Shortcut: Cut your veggies into bite size pieces and cook in the same pot along with the pasta. Great way to add veggies to your dishes without adding extra cooking time or cleaning time. Perfect for broccoli, asparagus, peas, corn, green beans.

Monique's guide to healthy eating: just remember this- "Little, Little, Lot". A *little* pasta, a *little* protein and a *lot* of veggies! With this strategy you can be happy and satisfied while eating pasta every day of the week and not gain a pound!

Next up – its wrap time

Lime-Avocado Tuna Wrap

Start to Finish: 5 min. !

Serves: 4



To secure filled wraps, tear strips of waxed or parchment paper, fold them lengthwise, then gently tie up each one. You could also spear with a toothpick.

- 1 ripe avocado, halved, seeded, peeled and mashed
- 1/4 cup salsa
- 1/4 cup chopped green onions
- 1 tablespoon lime juice
- 1 7.1-ounce package tuna (water-pack), drained
- 4 8-to 10-inch flour tortillas
- 1 1/4 cups shredded lettuce

- ½ cup shredded cheddar or Colby and Monterey Jack cheese

ONE In a medium bowl, mash together avocado, salsa, green onions and lime juice. Add the tuna and mix gently to combine.

TWO Divide tuna mix among the tortillas. Top with shredded lettuce and cheese. Roll up. Serve immediately.

Get creative for brunch in no time!

WWC Fried Egg, Spinach, and Mushroom Pasta **Start to Finish: 3 min. !**

Serves: 4



This 3 in 3 recipe would be great for brunch!! [Al Dente pasta](#) with spinach, mushrooms and fried egg, courtesy of my new friends from Washtenaw Community College.

Ingredients:

- 1 bag [Al Dente BocaChia](#) Fettuccine, or any other cut/flavor
- 1 bag baby spinach, prewashed
- 1 pkg sliced mushrooms
- 2 Tbsp olive oil

Bring pot of water to boil for pasta. In a large saucepan over medium heat, sauté mushrooms in 1 Tablespoon olive oil until lightly brown. In the same sauté pan, fry the eggs over easy for just 3 min. adding more olive oil if needed. Cook pasta for just 3 minutes, drain reserving 1/2 cup of the cooking liquid. Toss pasta with spinach, mushrooms, and add a little of the cooking liquid if desired to make a light sauce. Divide pasta on four individual serving plates. Top each with an egg. Serve immediately, for more great recipe ideas go to www.aldentepasta.com/recipes.