

Jessamine

Not So Hot Brown Pasta - Sauce

Servings Per Recipe/Yield: 12

Sauce Ingredients:

4 Tbsp	Unsalted Butter (melted)
3 tsp	Fresh Minced Garlic Cloves
1/3 cup	All-Purpose Flour
1 cup	Plain Nonfat Greek Yogurt
1 ½ cups	Organic Free Range Chicken Stock
3 tsp	Dried Parsley Flakes
3 tsp	Takkii Umami Powder
¼ tsp	Dried Red Pepper Flakes
¼ tsp	Ground Nutmeg
1 tsp	Italian Seasoning
1 tsp	Fresh Ground Black Pepper
1 cup	Shredded Low-Moisture Part Skim Mozzarella Cheese
1 cup	1% White Milk
1 ½ cups	Grated Dry Parmesan Reggiano Cheese

Directions:

1. In large saucepan, melt butter over medium heat.
2. Add minced garlic and cook stirring one minute.
3. Add flour to butter and garlic, whisk together.
4. Whisk milk and chicken stock into flour mixture.
5. Add Parmesan Reggiano Cheese, yogurt, parsley, Umami Powder and black pepper.
6. Stir until Parmesan Reggiano Cheese has melted.
7. Once other ingredients are prepared and mix into pasta and sauce
8. place in large hotel pan - top with Mozzarella Cheese, bacon and tomatoes.
9. Bake at 400, until 165 internal temperature

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Pasta Ingredients:

24 oz. Kroger Rotini Whole Grain Pasta
2 tsp Fresh Lemon Juice
6 Quarts Water

Directions:

1. Bring water to a boil in a Dutch Oven.
2. Add pasta and return to a hard boil.
3. Cook pasta 8 to 10 minutes, until al dente
4. Drain pasta using colander in sink.
5. Return pasta to Dutch Oven and toss in fresh lemon juice.

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Not So Hot Brown Pasta – Roasted Chicken

Ingredients:

1 ½ lbs. Fresh Boneless, Skinless Chicken Breast
½ tsp Olive Oil
½ tsp Garlic Powder
½ tsp Onion Powder
¼ tsp Ground Paprika
¼ tsp Italian Seasoning

Directions:

1. Preheat oven to 400, line sheet pan with parchment paper and set aside.
2. Rinse chicken breast, using a colander and pat dry with paper towel.
3. In a small bowl mix seasonings together
4. Sprinkle seasoning mixture over chicken and rub in spice with your hands (both sides)
5. Bake for 30 minutes or until the internal temperature reaches 165 degrees
6. Cool for a few minutes and shred chicken into small pieces
7. Stir into pasta mixture

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Vegetables Ingredients:

2 cups	Grape Tomato
8 oz.	Button Mushrooms
10 oz.	Baby Leaf Spinach
2 tsp	Fresh Minced Garlic
2 Tbsp	Olive Oil

Directions:

1. Slice tomatoes in half.
2. Place in bowl and hold in refrigerator.
3. Mince garlic.
4. Slice mushrooms and sauté with garlic in olive oil.
5. Sauté spinach in olive oil.
6. Add sauteed mushrooms and spinach to pasta and sauce.

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Bacon Ingredients:

8 oz.	Oscar Mayer Sliced Turkey Bacon
¼ cup	Sorghum

Directions:

1. Place sliced bacon on lined sheet pan.
2. Bake bacon at 400 until bacon is almost done.
3. Brush on sorghum.
4. Bake for another minute or two.
5. Cool and cut into small pieces.
6. Place in bowl.