



## 30 Minute Meals for One or Two

Women's Expo, Lebanon County - October 7, 2017

### Kendall-Jackson's Creamy Shrimp & Basil Tomato Pasta

½ lb. shrimp (shell/tail removed)	1 T olive oil	1 ½ t butter
½ onion, chopped	1 T minced garlic	1/8 t red pepper flakes
1 ½ T fresh basil, sliced	Fresh lemon juice, squeeze	1/8 c Kendall-Jackson white wine
1/8 c heavy cream	8 oz. Barilla Ready Pasta	Fresh parmesan and
Fresh basil to garnish	7.5 oz diced tomatoes	Salt and Pepper

In a skillet, melt the butter with the olive oil, and saute the onions and garlic until soft. Add the red pepper flakes, fresh basil, a squeeze of fresh lemon juice, chopped tomatoes, white wine and salt & pepper. Cook until the liquid is reduced to half. While the tomato mixture is simmering, cook noodles according to the package directions. Once the tomato mixture is done simmering, add the shrimp, and cook until the shrimp have turned pink, just a few minutes. Stir in the heavy cream and simmer for a few minutes. Toss the tomato and shrimp sauce with noodles. Garnish with fresh parmesan and fresh basil.

### Creamy Lemon Parmesan Chicken Piccata over Zoodles

1 c cooked chicken, chopped	1 T olive oil	1 T minced garlic
1 t butter	5/8 c chicken broth	1/4 c milk/heavy cream
1/3 c grated parmesan	1 T + 1 T capers	½ t cornstarch
2 T lemon juice	1 T fresh parsley	Zucchini noodles

Heat oil and butter in a large skillet over medium-high heat until butter has melted and pan is hot. Add the garlic to the pan and fry until fragrant (about 1 minute). Reduce heat to low-medium heat, add the broth and milk (or cream). Bring the sauce to a boil; season with salt and pepper to your taste; add in the parmesan cheese, chicken and capers; allow sauce to simmer for about 2 minutes until thicker. (If the sauce is too runny for your liking, add the cornstarch/water mixture into the center of the pan and mix through fast to combine into the sauce. It will begin to thicken immediately). Pour in the lemon juice, allow to simmer for a further minute to combine. Serve over steamed vegetables, zucchini noodles or cooked pasta; top with extra capers, lemon slices and parsley to garnish. (Recipe adapted from CafeDelights.com)

### Classic Egg Fu Yung

3 eggs	1/4 c ham	1 t sugar
1/4 pint bean sprouts	2/3 T soy sauce	1 t vinegar
2 T scallions	1 ½ T peanut oil	½ T cornstarch
2 t bamboo shoots	½ c chicken broth	1 T water

Mince vegetables and meat. Mix eggs in a bowl; add veggies, ham and 1 t soy sauce. Heat peanut oil in small saucepan for about 30 seconds over medium heat. Place 1/4 egg mixture and cook like a pancake, flipping when one side is lightly browned; place on plate and cover with foil to keep warm. Repeat three times. In small bowl, mix water and cornstarch. In a small saucepan, mix 1 T soy sauce, chicken broth, sugar and vinegar; add cornstarch mixture and bring to a boil, cooking until sauce thickens. Serve sauce over patties. (Adapted from 12Tomatoes.com)



**Busy running your children around to piano lessons or practices?**  
**Tired of fast food (the price, the calories, lack of wholesome ingredients)?**  
**Parents living in their home but no longer want to lug groceries around or cook?**  
**Want to entertain and enjoy your own party?**

You choose the meal(s) from the selections provided to you -  
I'll do the grocery shopping, preparation and clean up! You'll have plenty of  
nutritious and delicious choices, whether you want to eat:

Salt-free  
Gluten-free  
Sugar-free  
Vegetarian  
Vegan  
Organic  
or  
another specialized diet!

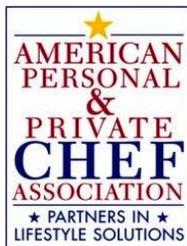
Whether it's for one meal or 24 at a time to go in your freezer, I cook in your kitchen  
for groups of up to 25; I also offer cooking parties for a kids, gals,  
couples or a fabulous dinner for group of friends who want to split the cost of dinner!

*I don't know how I will ever thank you enough for all your help. The food was absolutely fantastic!*

*Everyone raved about the Mac and cheese and the spinach lasagna was to die for.*

*There were no leftovers much to my chagrin!!* Mary H.

*(And her daughter sent me a message on Facebook, "The party was great, thanks to your pies!")*



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