



MARKET FRESH MEALS

Watch local chef Dean Elvert prepare these dishes!

Chicken Pasta Primavera: <https://bit.ly/3yhJfoX>

Skillet Baked Peach Cobbler: <https://bit.ly/3laPcJP>

CHICKEN PASTA PRIMAVERA *Serves 4 to 6*

Ingredients

Cherry tomatoes: 15 halved
Red Onion: 1 whole thinly sliced
Peas: 1 cup
Squash: 2 each thinly sliced
Zucchini: 2 each thinly sliced
Red Bell Pepper: 1 each thinly sliced
Garlic: 3 cloves chopped finely;
use less or more depending on your palate
Lemon Juice: Half lemon (can be substituted
with white cooking wine)
Crushed Red Pepper: ½ Tbls
Olive oil: ½ cup
Penne Pasta: 1 lbs
Chicken Breast: 2 double lobe/12 oz
Salt & Pepper: to taste

Directions

1. Bring a pot of water to the boil, salt heavily and add your pasta.
Cook for 8 to 12 minutes depending on your preference.
2. Add oil to a non-stick saute pan and have your burner on medium to high heat.
3. Add garlic and cook until fragrant, being careful not to burn.
4. Add your crushed red pepper, allow oils to release from seasoning, being careful not to burn.
5. Add onion and bell pepper and saute for 2 minutes or until cooked with a bit of bite left
6. Add zucchini and squash and continue cooking for 2 minutes
7. Add peas and tomatoes, toss to heat through.
8. Squeeze the juice from half a lemon into saute pan and toss.
9. Season with salt and pepper to taste.
10. Drain pasta well and toss into vegetable medley.
11. Garnish with shredded Parmigiano Reggiano and fresh basil



SKILLET BAKED PEACH COBBLER

Yields 6 skillets

Ingredients

Butter: ¾ cup
Sugar: 1-½ cups
Flour: 3 cups
Baking powder: 1-½ Tbsp
Salt: ½ tsp
Milk: 2 cups
Peach filling: ½ cup each

Directions

1. Mix butter and sugar together until creamy
2. Mix flour, baking powder, salt
3. Add dry ingredients and milk to butter and sugar mix
4. Fill well-sprayed skillets (6 each) with batter (half way)
5. Fill skillets with peach filling, making sure that no filling is touching the skillet. Filling should be centered on the mixture in the skillet
6. Bake in the oven at 275 on low fan speed for 25 to 30 minutes

