



# 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

