



Low Pressure Pasta

Ingredients

- 2 tbsp olive oil
- 1/3 cup roasted red peppers sliced in 1/4 inch strips
- 1 large drained can of button mushrooms cut in half
- 1/4 cup sliced oil cured olives
- 1/4 cup of green or Greek olives
- 1 teaspoon minced garlic
- 1/2 teaspoon minced onion
- 1 jar of pasta tomato sauce
- 1/3 cup of red wine or more to taste
- 1 pre-baked pizza crust
- 1 cup of parmesan cheese
- Italian seasonings

Directions

Place a large sauté pan or foil pan on a hot grill. Add minced garlic to the olive oil and sauté two for minutes. Add olives, peppers and mushrooms and cook for an additional 4-6 minutes. Deglaze pan with red wine. Add tomato sauce and simmer and reduce for 10 minutes. Serve over any pasta and finish with Parmesan cheese.

For pizza crust. Lightly sprinkle with parmesan cheese and dried Italian seasonings. Place on grill and “bake” for 6-8 minutes. Cut in triangles.

Serves four.





High Impact Chicken and Rice

Ingredients

- Chicken Stock or water according rice directions
- 1/4 teaspoon garlic powder or 1 clove garlic, minced
- 1 1/2 teaspoons dried basil leaves, crushed
- 1 can (14.5 ounces) stewed tomatoes
- 3/4 cup uncooked regular long-grain white rice
- 2 cans (4.5 ounces each) Premium White Chunk Chicken Breast in Water, drained
- 1 cup drained canned peas (reserve half of the drained liquid)
- 1/4 teaspoon hot pepper sauce

Directions

Combine chicken stock (or water), garlic powder, basil and tomatoes in a 3-quart saucepan over medium heat and bring to a boil. Stir in the rice and cook according to package directions. Once rice is done, stir the chicken, peas and hot sauce in the saucepan. Add liquid from canned peas if needed. Cover and let stand for 5 minutes.

Serves four.





Canned Quesadillas

Ingredients

- 1 large can of chicken
- 1/2 box of Velveeta cheese
- 8 flour tortillas
- 1 jar of salsa

Directions

Lay out four tortillas on a large foil pan. Layer each with the canned chicken and cheese. Cover with four remaining tortillas. Place the foil pan on grill for 8 minutes. Flip quesadillas after four minutes. Serve with salsa.

Serves four.

