

30 MINUTE MEALS FOR BUSY FAMILIES

Skip the drive-thru with these quick and delicious meals including Vegetable Two-Bean Chili and Italian Sausage & Cauliflower Penne.

Goals of the Class:

1. Understand the health and sustainability benefits of cooking and eating family meals together
2. Be able to use planning and pre-preparation tactics to reduce final evening meal preparation time to under 30 minutes
3. Understand how to include more vegetables and plant proteins in creating quick, one pot meals

Nutrition Spotlight:

Restaurants, both fast food and traditional, are known to be notoriously high in calories, sugars, fats, sodium and carbohydrates. It is also likely they contain low nutritional content. Even the healthier, low-cal options can contain a very high level of sugars and fats. Eating at home on the other hand, allows you to cut out what you may deem unnecessary in your diet. You're in control of the food you cook and the food you consume.

Ingredient Spotlight: Serrano Pepper

The serrano pepper (*Capsicum annuum*) is a type of chili pepper that originated in the mountainous regions of the Mexican states Puebla and Hidalgo. The name of the pepper is a reference to the mountains (sierras) of these regions. The serrano will add a little heat or kick to the chili.

Tips for working with Serrano peppers:

- Remove the stem and cut the pepper in half lengthwise. Remove the seeds and the white pith, chop or mince.
- Be sure not to touch anything else before you finish working with the pepper.
- If you like more heat, include the seeds in your dish. If not, just discard.
- When you are finished working with the pepper, wash your hands, knife and cutting board well.

Key Techniques & Helpful Hints

1. How to use some of the pasta water to enrich sauces
2. How to cut and use vegetable stems and stalks (like cauliflower stalks) to manage cost and reduce waste
3. Tearing fresh basil to release oils inside, rather than chopping and leaving flavor on your cutting board



RECIPE

VEGETABLE TWO BEAN CHILI

4 servings, 1½ cups each

Ingredients

| | |
|------------|---|
| 1 ea. | Red Bell Pepper, ¼" diced |
| 1 ea. | Green Bell Pepper, diced, fine |
| 2 ea. | Garlic cloves, fresh, minced |
| ½ cup | Cilantro, fresh, chopped |
| 1 ea. | Yellow Onion, fresh, ¼" diced |
| 1, 15.5 oz | Kidney Beans, canned, drained, rinsed |
| 1, 15.5 oz | Great Northern Beans, canned, drained, rinsed |
| 1 Tbsp | Cumin |
| 1 Tbsp | Chili Powder |
| 2 Tbsp | Canola Oil |
| 15 oz | Tomatoes, crushed, canned, including liquids, no salt added |
| 3/8 cup | Bulgur Wheat |
| ¾ cup | Water |
| ¼ tsp | Black Pepper |
| ¼ tsp | Salt, Kosher |
| 4 Tbsp | Cheddar Cheese, shredded |

Directions

Preparation time = 10 minutes

Cook time = 20 minutes

1. Rinse uncut produce in fresh water. Prep and set aside.
2. Dice the peppers. Slice the tops of the pepper, remove seeds and slice into ¼ inch strips. Stack the strips and dice into ¼ inch pieces.
3. Mince garlic, dice onions and chop cilantro. Clean and mince the serrano pepper. Drain and rinse beans.
4. Heat one large sauce pot over high heat. Add canola oil, swirl pan to coat. Add the onions, garlic and peppers. Cook for 5-7 minutes until the onions become translucent. Add the beans, tomatoes and seasoning. Reduce heat and simmer. In a separate pot, add water and cracked bulgur to pan. Bring to a boil. Cover and simmer for 7-10 minutes or until water is absorbed.
5. Once cooked, add the bulgur to the chili. Stir in the cilantro. Season with salt and pepper.
6. Divide equally into four serving bowls. Top with 1 Tablespoon of shredded cheddar each. Serve immediately.

| CALORIES | FAT | SAT FAT | CARBS | PROTEIN | FIBER | SODIUM |
|----------|-----|---------|-------|---------|-------|--------|
| 458 | 12g | 3g | 69g | 24g | 21g | 729mg |

RECIPE

ITALIAN SAUSAGE AND CAULIFLOWER PENNE

4 servings, 1½ cups each

Ingredients

| | |
|---------|--|
| 1 head | Cauliflower, fresh |
| 3 ea | Garlic Cloves, fresh, minced |
| 1½ cups | Cherry Tomatoes, fresh, halved |
| ½ bunch | Basil, fresh |
| 3 each | Oregano, fresh, sprig, chopped |
| 15 oz | Tomatoes, crushed, canned, including liquids (no salt added) |
| 12 oz | Penne Rigate Pasta, whole wheat, dry |
| ¼ tsp | Salt |
| 2 ea | Italian Sausage or Turkey Sausage, raw (1/2 pound) |
| ¼ tsp | Crushed Red Chili Pepper Flakes |
| 2 Tbsp | Extra Virgin Olive Oil |
| 1 Tbsp | Red Wine Vinegar |
| 1 cup | Pasta Water |
| ¼ tsp | Black Pepper |
| 4 Tbsp | Parmesan Cheese, shaved |

Directions

Preparation time = 15 minutes

Cook time = 15 minutes

1. Rinse uncut produce in fresh water.
2. Roughly chop the cauliflower including stalk.
3. Mince the garlic, chop the oregano and tear basil.
4. Cut the cherry tomatoes in half and set aside.
5. Bring water and salt to a boil, add pasta and stir. Cook 7-8 minutes until al dente (firm to the bite). Reserve about a cup of the pasta water for later. Drain pasta and reserve.
6. Heat one large sauté pan over high heat. Add 1 Tablespoon of oil, swirl pan to coat. Sear the sausage 3-5 minutes on each side. Remove from the pan and set aside. Once cooled, slice into bite-sized pieces.
7. Add the garlic and cook 1-2 minutes until garlic begins to brown slightly, but not burn. Next, add the remaining oil and cauliflower pieces. Saute for 2-3 minutes, then add the cherry tomato halves. Add the dried chilies, red wine vinegar and the crushed tomatoes including liquids. Turn the heat down and let simmer.
8. Add the sausage back to the pan and cook for 3-5 minutes. Add the reserved pasta water. Salt and pepper to taste, only if needed.
9. Toss the pasta into the sauce and coat thoroughly.
10. Divide equally into four serving bowls or plates. With a vegetable peeler, shave a Tablespoon of fresh parmesan over each dish. Serve immediately.

| CALORIES | FAT | SAT FAT | CARBS | PROTEIN | FIBER | SODIUM |
|----------|-----|---------|-------|---------|-------|--------|
| 621 | 23g | 7g | 84g | 28g | 16g | 610mg |