

STORY BY JOE STUMPE ■ PHOTOS BY JAIME OPPENHEIMER ■ THE WICHITA EAGLE

# DASH AND DINE

A FEW MINUTES ARE ALL YOU'LL NEED TO SHOP FOR AND PREPARE THESE FOUR TASTY DINNERS

## HOW FAST R U?

Do you have a "dash and dine" recipe of your own? Send it to us and you could win a slightly used copy of "The Six O'Clock Scramble" by Aviva Goldfarb, from which the recipes on this page were taken or adapted.

E-mail your quick recipe to [jstumpe@wichitaeye.com](mailto:jstumpe@wichitaeye.com) or post it on our WichiTalk blog at <http://blogs.kansas.com/wichitalk/>. We'll consider the best of the bunch and draw the book winner at random from them.

## TIMELY TIPS

■ The combination principle. We were able to simplify several of Aviva Goldfarb's recipes even further by using this approach.

For instance, if a recipe calls for canned diced tomatoes, minced garlic and fresh basil, buy the canned Italian-style diced tomatoes (which include basil and garlic) instead.

■ Flavor boosters. To increase the flavor of a dish, buy ingredients that are already seasoned or enhanced in some fashion. For instance, honey-baked ham, lemon-garlic rotisserie chicken or peppered turkey from the deli case.

■ Don't ignore fresh vegetables, thinking they take too long to prepare. Lettuce or spinach can be tossed with tomatoes and a vinaigrette for a quick salad. Corn on the cob and other vegetables can be microwaved or grilled in minutes.

■ Keep your pantry at home stocked with staples and quick side dishes (such as instant rice and pasta mixes) so you don't have to shop for them every trip to the supermarket.

## SHOPPING ROUTE

Chicken – Meat case



Artichoke hearts – Produce section or canned vegetable aisle



Sundried tomatoes – Produce section (usually close to the fresh tomatoes)



Salad dressing – Produce section or condiment aisle



## GODDESS CHICKEN

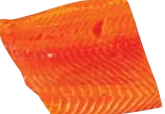
This recipe is named for the brand of salad dressing preferred by cookbook author Aviva Goldfarb, but you can use a creamy Italian or Caesar dressing if you can't find this particular brand.

- 2-2½ lbs. boneless, skinless chicken breasts, cut into halves or thirds
- 1 can (15 oz.) artichoke hearts, drained and cut into ½-inch pieces
- 1 bag (3 oz.) sundried tomatoes, cut into ½-inch pieces
- ¾ cup Annie's Natural Goddess Dressing (or use good quality creamy Italian or Caesar dressing)

Preheat oven to 350 degrees. Place chicken breasts in a large baking pan with sides. Add artichoke hearts and sundried tomatoes. In a measuring cup, whisk together dressing and ½ cup water. Pour mixture over chicken and vegetables. Turn the chicken several times to coat it with the sauce. Bake the chicken, uncovered, for 25 to 30 minutes or until it is cooked through, flipping it once and spooning the sauce over it during baking. Makes 8 servings.

## SHOPPING ROUTE

Salmon – Seafood counter, meat case (where some supermarkets display packaged salmon), or freezer section if you have time to thaw fish



Dijon mustard – Condiment aisle



Teriyaki or soy sauce – Asian foods or condiment aisle



Rice – Pasta aisle



## BROILED SALMON WITH MUSTARD-SOY CRUST

- Salmon filet (1½ to 2 lbs.)
- ¼ cup grainy Dijon mustard
- 1 tablespoon teriyaki or soy sauce

Preheat broiler and move the shelf so that the heat source is about 4 inches away. Leave oven door cracked open.

Place the salmon skin down in a shallow baking pan or cookie tray lined with foil and lightly greased with vegetable or olive oil.

Brush the top of the fish with the mustard. Sprinkle soy sauce on top.

Broil the fish for 10 to 12 minutes, until the Dijon-soy crust is browned and the salmon flakes easily and is cooked throughout (but not overcooked). Don't flip fish during cooking.

Serve with yellow rice. Makes 4 to 6 servings.



## FETTUCINE WITH CHEESE AND TOMATOES

- ½ lb. shredded Italian blend of cheese (usually mozzarella, Parmesan and provolone)
- 2 cans (16 oz. each) Italian style diced tomatoes (with garlic, basil and oregano), undrained
- ¼ cup olive oil
- 12 oz. fettuccine or other pasta
- Kalamata olives, optional garnish

Cook pasta according to package directions. Meanwhile, place cheese, diced tomatoes and olive oil in large bowl.

When pasta is cooked al dente (still slightly firm to the tooth), drain and add to bowl, tossing to mix all ingredients. Garnish with olives, if using. Makes 4 to 6 servings.

## SHOPPING ROUTE

Italian blend cheese – Dairy aisle



Diced tomatoes – Canned vegetable aisle



Olive oil – Baking aisle



Pasta – Pasta aisle



## TURKEY-COLE SLAW WRAPS

- 1 lb. creamy cole slaw
- 2-3 tablespoons ketchup or salsa
- 6 wraps (large flour tortillas), preferably the flavored variety
- 1 lb. smoked or peppered sliced turkey

Combine cole slaw and ketchup. Microwave tortillas for 20 seconds each until soft. Divide turkey between wraps, covering each tortilla with meat, and spread with cole slaw.

Roll up tortilla. Serve as is or warm each wrap in microwave for 1 minute. Makes 6 servings.

## SHOPPING ROUTE

Cole slaw – Deli case



Turkey – Deli case



Ketchup or salsa – condiment or Mexican food aisle



Wraps – Mexican food aisle or bread section



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