



NEWS RELEASE

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‘What’s for dinner?’

Five recipes that are fresh, fast, full of flavor

*By Kay Blakley,
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FORT LEE, Va. – What’s for dinner at your house tonight? If your response is something along the line of, “Hmmm, don’t know. Maybe I’ll drop by the drive-through,” you’re living in the danger zone! That’s a danger to your health from too many calories, and too much sugar, salt and fat, and danger to your wallet from spending way too much money for so little nutrition.

Planning ahead, shopping the commissary and focusing on in-season items can keep you safe and secure, both physically and financially, with only a modest amount of effort. Plus, always having a ready answer to that “what’s for dinner” inquiry provides plenty of smug satisfaction.

All of this week’s featured recipes are based on readily available vegetables that are in season right now. Skillet Green Beans with Orange features the wonderful smoky flavor that comes from cooking the green beans in just a tad of very hot oil. Spring Vegetable Salad includes a whole pound of good-for-you asparagus and can easily be made ahead, since it needs a four-hour chill in the refrigerator before serving. Sautéed Radishes provides an easy side dish with prep time of less than 10 minutes from pan to plate. Most people are accustomed to eating radishes raw, but believe me – they’re very good sautéed!

The Angel Hair Pasta recipe features cherry or grape tomatoes, plenty of fresh garlic and Parmesan cheese, and can be made from start to finish in only about 15 minutes. Not many

recipes can top that short amount of preparation time and still taste so good. Finally, the Shrimp and Artichoke Casserole relies on canned artichoke hearts, rather than fresh, because it's so much easier, but the finished dish is superb. Serve it anytime of year, and double or triple the recipe to feed a crowd.

As always, you'll save 30 percent or more on the ingredients for these recipes at your local commissary. Look for these super recipes below and more in Kay's Kitchen at <http://www.commissaries.com> to turn your next meal into a delicious feast.

Recipe #1

Skillet Green Beans with Orange (Serves 4)

1 large navel orange
2 teaspoons canola oil
1 pound fresh green beans, ends trimmed
¾ teaspoon kosher salt, plus more to taste
1 tablespoon white wine vinegar, champagne vinegar or rice vinegar
2 tablespoons extra-virgin olive oil
Freshly ground black pepper

1. Finely grate and reserve the zest of the orange. Peel orange with a knife, being sure to remove all the white pith; segment the orange and keep segments and juice in a bowl.
2. In a large cast-iron skillet or sauté pan, heat the oil over high heat until nearly smoking.
3. Add the beans (in batches, if necessary, to avoid crowding); sprinkle with ½ teaspoon salt.
4. Cook, stirring only every 1½ to 2 minutes, until the beans are lightly blistered and blackened, about 8 minutes.
5. Transfer beans to serving platter; lift orange segments from their juice and scatter over the beans, sprinkle with ¼ teaspoon of the reserved orange zest.
6. Add the vinegar, olive oil and the remaining ¼ teaspoon salt to the bowl of orange juice, and whisk until thoroughly combined.
7. Pour dressing over the beans. Toss, season to taste with salt, pepper and remaining orange zest.

Recipe #2

Spring Vegetable Salad (Serves 6)

1 pound fresh asparagus, tough ends trimmed and cut into 1-inch pieces
1 (8 ounce) package sugar snap peas
2 cups frozen green peas
½ cup thinly sliced radishes (about 5 medium radishes)
1/3 cup extra-virgin olive oil
2 tablespoons fresh lemon juice
1 tablespoon Dijon mustard
1 tablespoon minced fresh dill
½ teaspoon salt
¼ teaspoon ground black pepper

1. In a large saucepan, bring 2 quarts of water to a boil over medium heat.
2. Add asparagus and sugar snap peas; boil for 2 minutes.
3. Add green peas; boil for 1 minute.
4. Drain mixture immediately into a colander; rinse with cold water until vegetables are room temperature. Shake vegetables as dry as possible and remove to a large bowl.
5. Add radishes, cover and chill for at least 2 hours.
6. In a small bowl whisk together olive oil, lemon juice, mustard, dill, salt and pepper.
7. Add olive oil mixture to vegetable mixture, tossing gently to coat.
8. Cover and chill for 4 hours. Serve.

Note: Do not combine vegetables and dressing until 4 hours before serving.

Recipe #3

Sautéed Radishes with Mint (Serves 4)

Never heard of cooked radishes? Try it – you’ll be pleasantly surprised at how tasty this dish is.

- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 pound radishes, trimmed and cut lengthwise into ½-inch wedges
- Salt and freshly ground pepper
- 2 tablespoons fresh mint, roughly chopped

1. Heat oil and butter in a large sauté pan over medium heat; cook until butter is completely melted and deep golden brown, about 2 minutes.
2. Add radishes to pan and toss to coat evenly. Sprinkle with salt and pepper; cook for 8 to 10 minutes, tossing frequently, until radishes are tender and lightly caramelized.
3. Remove from heat, let cool slightly, sprinkle with mint and salt and pepper to taste. Serve immediately.

Recipe #4

Angel Hair Pasta with Tomatoes and Basil (Serves 6)

- ¼ cup olive oil
- 2 tablespoons minced garlic (about 6 cloves)
- 4 pints cherry tomatoes or grape tomatoes
- 18 large basil leaves, julienned
- 2 tablespoons chopped fresh curly parsley
- 2 teaspoons chopped fresh thyme leaves
- 1 teaspoon freshly ground black pepper
- ½ teaspoon crushed red pepper flakes
- ¾ pound dried angel hair pasta
- 1½ cups freshly grated Parmesan cheese
- Extra chopped basil and Parmesan cheese for serving

1. Bring a large pot of water to boil for cooking the pasta.
2. Meanwhile, heat the olive oil in a 12-inch sauté pan. Add garlic and cook over medium heat for 30 seconds.
3. Add tomatoes, basil, parsley, thyme, two teaspoons salt, the black pepper, and red pepper flakes.

4. Reduce heat to medium-low and cook for 5 to 7 minutes, tossing occasionally, until the tomatoes begin to soften but don't break up.
5. While the tomatoes are cooking, add the pasta to the boiling water and cook for 2 minutes, or according to package directions.
6. Drain pasta, reserving some of the cooking water. Place pasta in a large serving bowl, add the tomatoes and Parmesan, and toss well. Add some of the cooking water to pasta if it seems too dry.
7. Pass extra basil and Parmesan cheese for sprinkling on top.

Recipe #5

Shrimp and Artichoke Casserole (Serves 6)

½ pound mushrooms, cleaned and sliced
 6 tablespoons butter
 1 ½ pounds shelled and deveined cooked shrimp
 8 to 10 canned artichoke hearts, coarsely chopped
 ¼ cup flour
 1 ½ cups light cream
 ½ cup dry sherry
 1 tablespoon Worcestershire sauce
 Salt and pepper
 ¼ teaspoon paprika
 ½ cup freshly grated Parmesan cheese

1. Preheat oven to 350 degrees.
2. Sauté mushrooms in 2 tablespoons of the butter until soft.
3. Layer a 3-quart casserole with mushrooms, shrimp and artichoke hearts; set aside.
4. Melt remaining butter in the sauté pan. Add flour and cook, stirring, for 3 minutes.
5. Gradually add cream; cook and stir until sauce is well blended and thickened. Stir in sherry, Worcestershire sauce, salt, pepper and paprika.
6. Pour over prepared ingredients in casserole and sprinkle with Parmesan.
7. Bake, uncovered, for 30 to 40 minutes until bubbly hot and lightly browned.

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About DeCA: *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth about \$3,300 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.*