



Cooking with OFS

Recipe

Penne with Roasted Summer Vegetables and Ricotta Salata



For # people

4 to 6 servings



Cooking time

40 minutes

Ingredients:

- 1 small eggplant, diced
- 1 medium zucchini, diced
- 1/2 pt. grape tomatoes, halved
- 3 tbsp. extra-virgin olive oil
- Salt to taste
- 1 lb extra firm tofu, cubed
- Freshly ground black pepper
- 350 grams. penne pasta
- 1 cup ricotta , plus more for serving
- 1/4 cup finely chopped fresh basil, plus more for serving.

Directions:

- Preheat oven to 425°F.
- Arrange eggplant, tofu and zucchini on baking sheet. On another baking sheet, arrange tomatoes. Drizzle vegetables with olive oil and season with salt and pepper. Toss to combine, then roast vegetables and tofu until golden, about 20 minutes, stirring halfway through.
- Meanwhile, in a large pot of salted boiling water, cook penne according to package directions until al dente. Drain, reserving 1 cup pasta water, and return to pot.
- Remove vegetables from oven and scrape into pasta using spatula. Add ricotta salata and 1/2 cup pasta water, stirring to combine. (Add an additional 1/4 cup liquid to create a creamier pasta, if desired.) Stir in chopped basil and season with salt and pepper.
- Serve pasta in bowls, garnished with more ricotta salata and basil.



Cooking with OFS

Recipe

Chicken Spinach Artichoke Rice Casserole



For # people

6 servings



Cooking time

45 minutes

Ingredients:

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| <ul style="list-style-type: none">• 3/4 cup basmati rice• 1 1/2 cup whole milk• 1/2 cup freshly grated Parmesan• 200 g. cream cheese, cubed• 2 cloves garlic, minced• Crushed red pepper flakes | <p>Salt to taste
Freshly ground black pepper
1 rotisserie chicken, shredded (about 4 cups)
2 cup fresh spinach, tightly packed
1 can artichoke hearts, drained and quartered
2 cup shredded mozzarella, divided</p> |
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Directions:

- Preheat oven to 350°. Prepare rice according to package instructions.
- In a medium saucepan over medium heat, combine whole milk and Parmesan. When cheese is melted, add cream cheese, garlic, and red pepper flakes and season with salt and pepper. Cook until cream cheese is melted and mixture is slightly thickened, about 4 minutes.
- In a large bowl, stir together cooked rice, chicken, spinach, artichoke hearts, 1 cup mozzarella, and cream cheese mixture and transfer to a 9"-x-13" baking dish. Top with remaining cheese and bake until cheese is melty and golden, 20 minutes.



Cooking with OFS

Recipe

Classic Stuffed Peppers

	For # people	6 servings		Cooking time	1 hours and 30 minutes
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Ingredients:

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| <ul style="list-style-type: none">• 1/2 cup uncooked rice• 2 tbsp. extra-virgin olive oil, plus more for drizzling• 1 medium onion, chopped• 1 tbsp. tomato paste• 3 cloves garlic, minced• 1 lb. ground beef• 1 can (540ml) chunky stewed tomatoes Italian seasonings | <ul style="list-style-type: none">• 1 tsp. dried oregano• Salt to taste• Freshly ground black pepper• 6 bell peppers, tops and cores removed• 1 cup shredded cheddar cheese• Freshly chopped parsley, for garnish |
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Directions:

- Preheat oven to 400°.
- In a small saucepan, prepare rice according to package instructions.
- In a large skillet over medium heat, heat oil. Cook onion until soft, about 5 minutes. Stir in tomato paste and garlic and cook until fragrant, about 1 minute more. Add ground beef and cook, breaking up meat with a wooden spoon, until no longer pink, 6 minutes.
- Then stir in cooked rice and diced tomatoes. Season with oregano, salt, and pepper. Let simmer until liquid has reduced slightly, about 5 minutes.
- Place peppers cut side-up in a 9"-x-13" baking dish and drizzle with oil. Spoon beef mixture into each pepper and top with grated cheddar cheese, then cover baking dish with foil.
- Bake until peppers are tender, about 35 minutes. Uncover and bake until cheese is bubbly, 10 minutes more.
- Garnish with parsley before serving.



Cooking with OFS

Recipe

Balsamic Basil Chicken



For # people

4 servings



Cooking time

1 hours and 15 mins

Ingredients:

- 1/4 cup plus 2 tbsp. extra-virgin olive oil, divided
- 3 tbsp. balsamic vinegar
- 1 tbsp. dijon mustard
- 2 lb. bone-in, skin-on chicken thighs
- Salt to taste.
- Freshly ground black pepper
- 1 large zucchini, cut into half moons
- 2 cups cherry tomatoes, halved
- Freshly grated Parmesan, for serving (optional)
- Basil, thinly sliced.

Directions:

- In a large bowl, whisk together 1/4 cup olive oil, vinegar, and mustard. Add chicken thighs and toss to coat. Cover and refrigerate for 30 minutes or up to 4 hours.
- Preheat oven 425°. In a large skillet over medium-high heat, heat remaining 2 tablespoons oil. Shake off excess marinade from chicken and season all over with salt and pepper. Add, skin side-down, and cook until seared and golden, about 6 minutes. Flip chicken and cook until seared on other side, about 6 minutes.
- Scatter tomatoes and zucchini around chicken. Season vegetables with salt and pepper, then transfer skillet to oven and bake until chicken is cooked through, about 15 minutes more.
- Garnish with Parmesan and basil before serving.



Cooking with OFS

Recipe

Pasta Fagioli



For # people

6 servings



Cooking time

30 minutes

Ingredients:

- 2 tbsp. extra-virgin olive oil
- 1/2 lb. ground beef
- 1 medium yellow onion, finely chopped
- 2 medium carrots, peeled and finely chopped
- 2 stalks celery, finely chopped
- 3 cloves garlic, minced
- Salt to taste
- Freshly ground black pepper.
- 2 (19 oz.) cans Great Northern Beans
- 1 (19-oz.) can diced tomatoes
- 4 cup Chicken Broth
- 2 sprigs rosemary, leaves finely chopped
- 1 1/2 cup ditalini pasta (or other small shape)
- Freshly grated Parmesan, for garnish
- Freshly chopped parsley, for garnish.

Directions:

- In a large, deep pot over medium heat, heat oil. Add ground beef and cook, breaking up with a wooden spoon, until cooked through, about 5 minutes. Stir in onion, carrots, and celery and cook until slightly softened, about 5 minutes.
- Add garlic and cook until fragrant, 1 minute more. Season with salt and pepper, then add in beans (with their liquid), diced tomatoes, chicken broth, and rosemary. Bring to a boil, then stir in ditalini or any small pasta of your preference.
- Reduce heat to medium and cook until pasta is al dente, about 8 minutes. Taste and adjust seasoning if necessary.
- Serve in bowls garnished with Parmesan and parsley.



Cooking with OFS

Recipe

Greek Salmon



For # people

4 servings



Cooking time

50 minutes

Ingredients:

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| <ul style="list-style-type: none">• 1/4 cup extra-virgin olive oil• Juice of 2 lemons• 1 clove garlic, minced• 1 tsp. dried oregano• 1/2 tsp. red pepper flakes• Freshly ground black pepper• 1 cup cubed feta cheese• 1 cup quartered tomatoes or halved cherry tomatoes• 1/4 cup sliced kalamata olives | <ul style="list-style-type: none">• 1/4 cup chopped cucumbers• 1 small chopped red onion• 2 tbsp. freshly chopped dill• FOR SALMON• 1 lemon, thinly sliced• 1 small red onion, sliced• 4 salmon fillets, patted dry with paper towels• Salt to taste• Freshly ground black pepper |
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Directions:

- Preheat oven to 375°.
- Marinate feta: In a large bowl, whisk together olive oil, lemon juice, garlic, oregano, and red pepper flakes. Season with pepper and add feta, tossing to coat. Cover and refrigerate for about 10 minutes while preparing other ingredients.
- Roast fish: Scatter the sliced lemon and red onion at the bottom of a large baking dish. Add salmon fillets, skin side down, to baking dish. Season with salt and pepper and bake until opaque and flaky, 18 to 20 minutes.
- Meanwhile, make topping: Into the bowl with feta, add tomatoes, olives, cucumbers, chopped red onion, and dill. Fold gently to combine.
- To serve: Plate salmon with lemon and red onion slices and top with feta mixture.



Cooking with OFS

Recipe

Mediterranean Chickpea Salad



For # people

6 servings



Cooking time

30 minutes

Ingredients:

FOR THE SALAD

- 2 cans(540ml) chickpeas, drained and rinsed
- 1 medium cucumber, chopped
- 1 bell pepper, chopped
- 1 medium red onion, thinly sliced
- 1/2 cup chopped kalamata olives
- 1/2 cup crumbled feta
- Salt to taste
- Freshly ground black pepper.

FOR THE LEMON-PARSLEY VINAIGRETTE

- 1/2 cup extra-virgin olive oil
- 1/4 cup white wine vinegar
- 1 tbsp. lemon juice
- 1 tbsp. freshly chopped parsley
- 1/4 tsp. red pepper flakes
- Salt to taste
- Freshly ground black pepper.
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Directions:

- Make salad: In a large bowl, toss together chickpeas, cucumber, bell pepper, red onion, olives, and feta. Season with salt and pepper.
- Make vinaigrette: In a jar fitted with a lid, combine olive oil, vinegar, lemon juice, parsley, and red pepper flakes. Close the jar and shake until emulsified, then season with salt and pepper.
- Dress salad with vinaigrette just before serving.