

Fun Facts and Quick Tips

Investment Cooking Tips

Get a head start on the week's dinner menu by cooking extra pasta and chicken.

- Cook 1 pound of pasta. Drain thoroughly, then toss with 1 teaspoon of vegetable oil to prevent it from sticking together. Use half for *Mandarin Pasta Salad*. Refrigerate remaining pasta up to three days. Use it to prepare *Lemon Chicken Stir-Fry* or toss it with your favorite pasta sauce.
- Grill, broil or sauté eight 4-ounce chicken breasts for 5-7 minutes per side or until the chicken is no longer pink. Cool the chicken slightly and use half for *Mandarin Pasta Salad*. Refrigerate the remaining chicken breasts and use in recipes calling for cooked chicken, such as:
 - *The Pampered Chef® It's Good for You* cookbook: *Barbecue Chicken & Onion Pizza* and *Chicken Caesar Salad Pizza*
 - *The Pampered Chef® All the Best* cookbook: *Asian Lettuce Rolls*, *Chicken & Broccoli Braid* and *Clubhouse Chicken Squares*

For 2 cups of diced cooked chicken:

- Grill, broil or bake 1 pound of boneless, skinless chicken breasts.
- Use a rotisserie-cooked chicken, available at most large supermarkets.
- Defrost a 9-ounce package of frozen diced chicken breast.

Mandarin Pasta Salad

Toast almonds in the microwave oven. Place the almonds in the *Small Bar Pan*; microwave on HIGH 5-7 minutes or until golden brown, stirring after each 30-second interval. Cool completely before using.

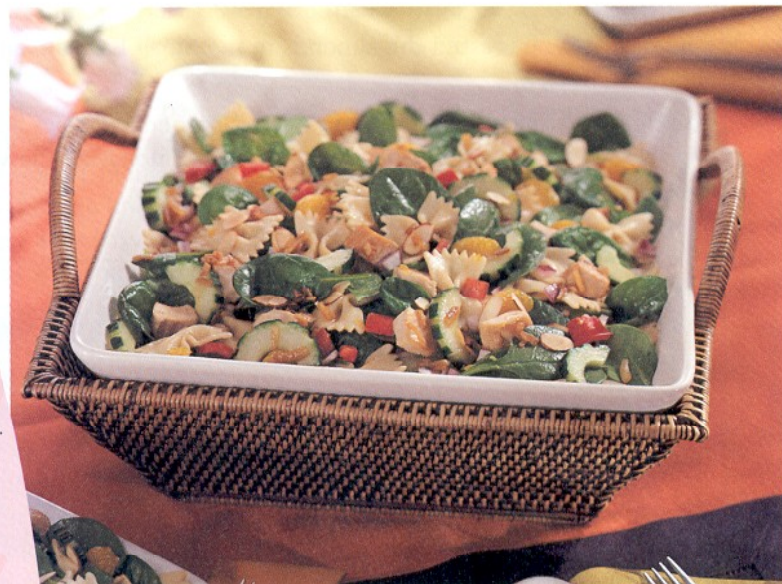
Lemon Chicken Stir-Fry

When asparagus is out of season, substitute fresh green beans, cut into 2-inch lengths, or sugar snap peas. You can also substitute zucchini for the yellow squash, if desired.

For a different flavor, try the *Lipton® Recipe Secrets®* Vegetable Soup Mix in place of the Savory Herb with Garlic Soup Mix.

Stir-fry dishes are quick and easy, and the combination of fresh ingredients often makes them healthy, too. For additional stir-fry recipes, try:

- *The Pampered Chef® It's Good for You* cookbook: *Teriyaki Pork Stir-Fry*
- *The Pampered Chef® All the Best* cookbook: *Spring Pasta Stir-Fry*
- *The Pampered Chef® Casual Cooking* cookbook:
Cashew Chicken & Broccoli Stir-Fry,
Italian Chicken Pasta Toss and
Sweet & Sour Shrimp Stir-Fry



Pasta is an extremely popular food because of its cost value, taste, convenience and nutritional value. Eighty-four percent of consumers consider pasta to be a healthy food. And, 77 percent of more than 1,000 Americans surveyed say that they eat pasta at least once a week.

The average American consumes over 80 pounds of chicken each year.

Source: Food Reference Web site, www.foodreference.com



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