

COOK'S CORNER by Catherine Hannon

Finally SPRING. Enjoy lighter healthier meals in preparation for Summer and the Pool.
Easy, delicious vegetarian meals that are anything but GARDEN VARIETY.

Bow ties with chickpeas and tomato sauce

Makes 6 servings Prep 10 minutes Cook 12 minutes.

1 pound tricolor bow tie (farfalle) pasta	$\frac{3}{4}$ teaspoon salt
2 tablespoons olive oil	$\frac{1}{4}$ teaspoon red pepper flakes
4 cloves garlic, sliced	$\frac{1}{2}$ cup raisins
1 can (28 ounces) crushed tomatoes	$\frac{1}{8}$ teaspoon cinnamon
1 can (15 ounces) chickpeas, drained and rinsed	2 tablespoons chopped parsley

1. Bring a large pot of lightly salted water to boiling. Cook pasta 12 minutes or as per package directions. Drain, reserving 1 cup of the pasta cooking water.
2. Meanwhile, heat olive oil in a large nonstick skillet over medium - high heat. Add garlic and cook 2 minutes or until brown. Stir in tomatoes, chickpeas, salt, and red pepper flakes. Simmer 10 minutes, Add raisins and cinnamon.
3. Toss pasta with sauce, adding pasta water to thin sauce, if necessary. Garnish with parsley. Enjoy!

Grilled Tofu Salad

Makes 4 servings. Prep 15 minutes. Cook 6 minutes.

3 tablespoons white balsamic vinegar	12 ounces smoked or baked tofu
2 tablespoons extra-virgin olive oil	12 cups mixed salad greens
2 teaspoons Dijon mustard	2 hard cooked eggs, chopped
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ cup crumbled blue cheese
$\frac{1}{8}$ teaspoon black pepper	8 plum tomatoes, each cut into 4 wedges

1. In a small bowl, Wisk together, vinegar, olive oil, mustard, salt, and pepper. Set aside.
2. Heat a nonstick grill pan or skillet over medium-high heat. Coat with nonstick cooking spray; add tofu and grill 3 minutes per side. Remove to a plate and cut into bite-size pieces.

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