

COOK'S CORNER (continued)

Polenta with White Bean and Roasted Pepper Ragout

Active time: 30min. Total time 45 min. Serves 4

- 2 cups low sodium chicken broth
 - Coarse salt and ground pepper
 - 2/3 cup regular or quick cooking polenta
 - 1 tabs. Extra virgin olive oil plus more for drizzle
 - 2 cloves garlic minced
 - 1 stalk celery thinly sliced plus laves for serving
 - Pinch of red pepper flakes
 - 1/3 cup thinly sliced jarred roasted peppers or fresh red bell peppers
 - 1 can (15 ounces) small white beans rinsed and drained
1. Bring broth and 2 cups water to a simmer in a saucepan over medium heat, season with salt. Slowly add polenta, whisking constantly. Simmer, stirring frequently and reduce heat as needed until thick and creamy, 20 to 25 minutes for regular or about 5 minutes for quick cooking. Remove from heat, and cover
 2. Heat a large skillet over medium heat; swirl in oil add garlic, celery, and red pepper flakes; cook stirring occasionally, until fragrant, about 2 minutes. Stir in roasted peppers and beans, season with salt and pepper. Cook until heated through about 1 minute. Add $\frac{1}{2}$ cup of water and bring to simmer, cook mashing some of beans to create a creamy sauce, until thickened slightly, about 2 minutes. Serve over polenta, drizzled with oil and sprinkled with celery leaves.

Source: Martha Stewart Living

BALL JARS WHY WE LOVE THEM

Pretty and practical, Ball jars are being repurposed these days as cocktail glasses, vases and general use containers. The vintage versions in pale blue, amethyst, and light green look lovely next to Ball's new offerings. They are no longer just being used for preserving and pickling.

THE EYES OF A FRIEND

Whenever I'm weary, feel sad and alone, my heart heavy burdened with pain,
I think of my friend, I sigh and I smile, then I feel light hearted again.
There are no demands, no ties to unbind; we don't even need to agree;
Just someone to whom I will listen and someone who'll listen to me.
Someone who takes me just as I am, speaks of the very best part,
Stays blind to my shortcomings, but sees a generous heart.
So if you're alone, feeling blue or betrayed, to you this message I send:
Don't hang your head down – stand tall and smile!
Just look in the eyes of a friend!

Jeanne Emory Douglas

submitted by Janet Bennardo, # 255