

COOK'S CORNER BY Catherine Hannon

Finally; warm weather. We are all looking forward to summer. With summer comes lighter cooking and eating. I have put together some easy meals to help you achieve a lighter menu.

Shrimp with Tomatoes, Spinach and Rice

Active Time: 15 min. Total Time: 35 min. Serves 4

- 1 tbs. extra virgin olive oil, plus more for drizzling
 - 1 small onion, finely chopped (about 1 cup)
 - 1 can (28 ounces) whole plum tomatoes with their juices, coarsely chopped
 - $\frac{3}{4}$ cup long grain white rice
 - 1 pound fresh or thawed frozen large shrimp, peeled and deveined
 - 1 package (10 ounces) thawed frozen spinach, drained and squeezed of excess moisture
 - Coarse salt, freshly ground pepper, crumbled feta and fresh mint leaves
1. Heat a large straight-sided skillet over medium-high heat; swirl in oil. Add onion, season with salt and pepper, and cook, stirring occasionally, until softened, about 2 minutes. Add tomatoes and juices and simmer, stirring occasionally, until thickened and reduced slightly, about 5 minutes.
 2. Stir in rice and 2 $\frac{1}{2}$ cups water, then return to simmer. Cover, reduce heat to low, and cook till rice is tender, about 12 minutes. Stir in shrimp and spinach and simmer, covered until shrimp is just pink and opaque, about 4 minutes. Serve sprinkled with feta and mint and drizzled with oil.

Spaghetti with Tuna and Caper Sauce

Active time: 20 min. Total time 30 min. Serves 4

- 12 ounces spaghetti
 - 10 ounces tuna packed in olive oil (1 to 2 tins)
 - 3 cloves garlic; thinly sliced
 - 2 tbs. Capers (rinsed and drained)
 - 1 tsp. Grated lemon zest, plus 1 tbs. Lemon juice
 - 2 tbs. Extra virgin olive oil
 - $\frac{1}{4}$ cup chopped fresh flat leaf parsley leaves
 - Coarse salt, ground pepper, and a pinch of red-pepper flakes
1. Cook pasta in a large pot of generously salted water until al dente. Reserve a cup of water and drain
 2. Heat a large skillet over medium heat. Add tuna with its oil and garlic and cook, stirring a few times, until garlic is golden, about 5 minutes. Stir in capers and pepper flakes and cook. Add 1 cup reserved pasta water, bring to a simmer. Add cooked pasta, tossing a few times, until liquid is reduced to a sauce that coats pasta.
 3. Remove from the heat and toss in lemon zest and juice, oil, parsley and season with pepper. Serve sprinkled with more pepper flakes.

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