

LLI Proudly Presents – One Pan, Two Plates

The thought behind the One Pan – Two Plates program is it can help you get a healthy meal on the table in less time and with fewer cleanups. All the dishes are complete made-from-scratch meals, with one-pan cooking and ready to eat in less than 1 hour. They are not casseroles, but enticing dishes like Veal Saltimbocca with Asparagus, Lemon and Couscous, or Wild Mushroom Frittata, One-Pan Deviled Chicken with Carrots, Turnips & Parsnips. How about Prosciutto-Wrapped Salmon with Corn and Poblano Succotash?

All the recipes are designed to feed two folks, with little or no leftovers. The key here is the use of a heavy-duty 12 inch ovenproof sauté pan with a lid. This allows you to cook over higher heat and then to place the pan in the oven to finish the cooking. All you will need are a few cooking tools, a cutting board, a sharp knife, some Kosher salt and freshly ground black pepper and you too can enjoy these healthy meals.

So sit back and read the recipes and decide which ones you want to fix. Remember to read each recipe completely and at least three times prior to starting to cook. Enjoy everyone!

Chef Cal