

Cindy's Table

SUMMER 2015

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CINDY'S  TABLE

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CindysTable.com



Our Professionals
(L. to R.) - Todd, Jim,
Karen, Tim, Antoinette
and Tony



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MEET THE PUBLISHERS

NICOLE ALEKSON PHOTOGRAPHY



About Cindy

meals like Potato and Zucchini Pancakes, Eggplant Caponata, Fire-Roasted Baked Ziti, Italian Wedding Soup and many other dishes alongside planning and entertaining tips for the home and kitchen.

Born in Massachusetts, Cindy first developed her love for cooking in her Nana's kitchen, where they would spend hours preparing meals for their large Italian family. Since that time, she has further honed her cooking expertise by rising to the challenge of the most demanding of audiences – pleasing the palates of her family, including her two kids Nicole and Steven.

Formerly the owner of a software computer training company, Cindy made the decision a few years ago to say good-bye to corporate America and work full-time at pursuing her life-long passion to become a home chef and entertaining maven. With her background in

creating fresh, homemade, family-focused cuisine and home entertaining know-how, Cindy has been asked to appear on numerous local television and radio show cooking segments and has been in the running for a variety of national cooking competitions.

In September of 2012, Cindy published her first cookbook, *Cindy's Kitchen: Bring Italy to Your Home* which is available and getting rave reviews on Amazon.com.

Cindy loves the role of hostess as she shares her entertaining tips with her followers on social media, her blog and in her monthly newsletter. Whether it's a holiday, family gathering or dinner party, Cindy has irresistible recipes and must-have ideas that help audiences become better home cooks while creating memories in the kitchen that last a lifetime!

Cindy Anschutz, cookbook author, home chef, food blogger and entertaining expert, shows audiences how to prepare seasonal, authentic yet contemporary, family-style Italian cuisine like no one else. She is the host of the popular half-hour cooking program on NBC Connecticut, "Everyday to Gourmet" and the author of the highly praised cookbook *Cindy's Table: Bring Italy to Your Home*, which shows home cooks how to prepare hearty, innovative Italian



About Steve

Having enjoyed success in both agency and corporate environments – working with such clients as Target, Burger King, Goodyear and General Motors as well as countless local and regional organizations – Steve opened up his own shop earlier this year.

Jay Street Studio in Wethersfield is focused on helping small to medium sized businesses and non-profits find their voice and soul. From something as overarching as creating or updating a brand identity to simply creating an ad, website or brochure, Steve and his team take the time to ensure every piece of communication speaks with one voice.

When not running the studio, Steve can typically be found running all over the place after his two young boys Hayden and Connor. He also enjoys cooking for his wife, Amy, although many of his attempts make it clear why he is the Creative Director and Cindy is the food guru.

With over 20 years experience as a graphic designer and art director, Steve Raccagni brings his vibrant visual style and love of good food together in his role as co-publisher and Creative Director for *Cindy's Table* magazine.

HAIR TODAY



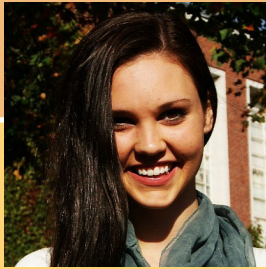
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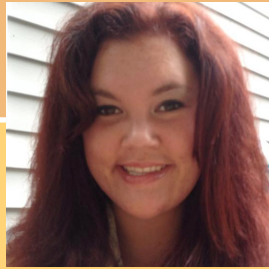
Shelby Gibson, Senior at Eastern Connecticut State University, Majoring in Communications and concentrating in Photography. Photography has always been my passion.



Leah Chenelle I am a senior Communications and Journalism Major with a minor in Sports Management at Texas A&M University. I was the captain of the Texas A&M equestrian team for both my Junior and Senior year. I will be student coaching this upcoming year. I am interning for the summer with Cindy's Table to gain PR experience. When I'm not working I enjoy hanging out with friends and traveling.

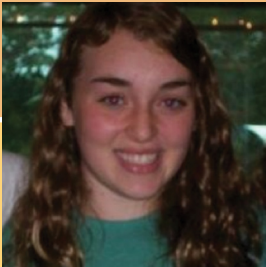


Hollie Randall, a Farmington resident, is going to be a senior at Marist College. She will graduate in May 2016 with a BA in Communications with a concentration in advertising and a minor in music. In June, Hollie became a PR assistant at Cindy's Table to help create a media kit for the company. She is excited gain knowledge about the food blogging industry to use for her career, and to cook new recipes in the kitchen; somewhere she's always felt at home.

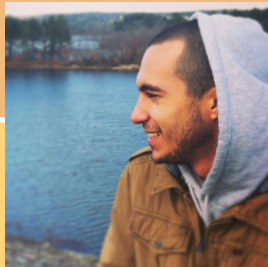


Samantha Ives is a senior in Mass Communications with a concentration in advertising and public relations at the University of Bridgeport. She has been interning with Cindy and the team for about a year now, working closely on special projects having to do with advertising and social media. Samantha loves Cindy's Table and hopes to grow within the company upon her graduation in May of 2015.

Meet the Team



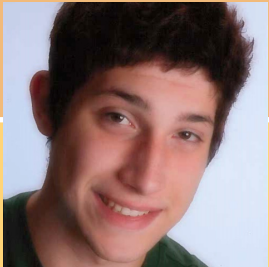
Jackie Menard is currently a senior at Eastern CT State University. She enjoys writing and her internship at Cindy's Table has allowed her to hone her writing skills and gain experience writing for a magazine. Cindy's Table has also allowed her to write about great food and learn some delicious new recipes!



A graduate from Eastern CT State University **Nathan Mozian** has a passion for storytelling through all mediums; writing, video and photography. He plans to pursue a career in the media industry and is very excited for future opportunities and grateful for a chance to work with Cindy and her team.

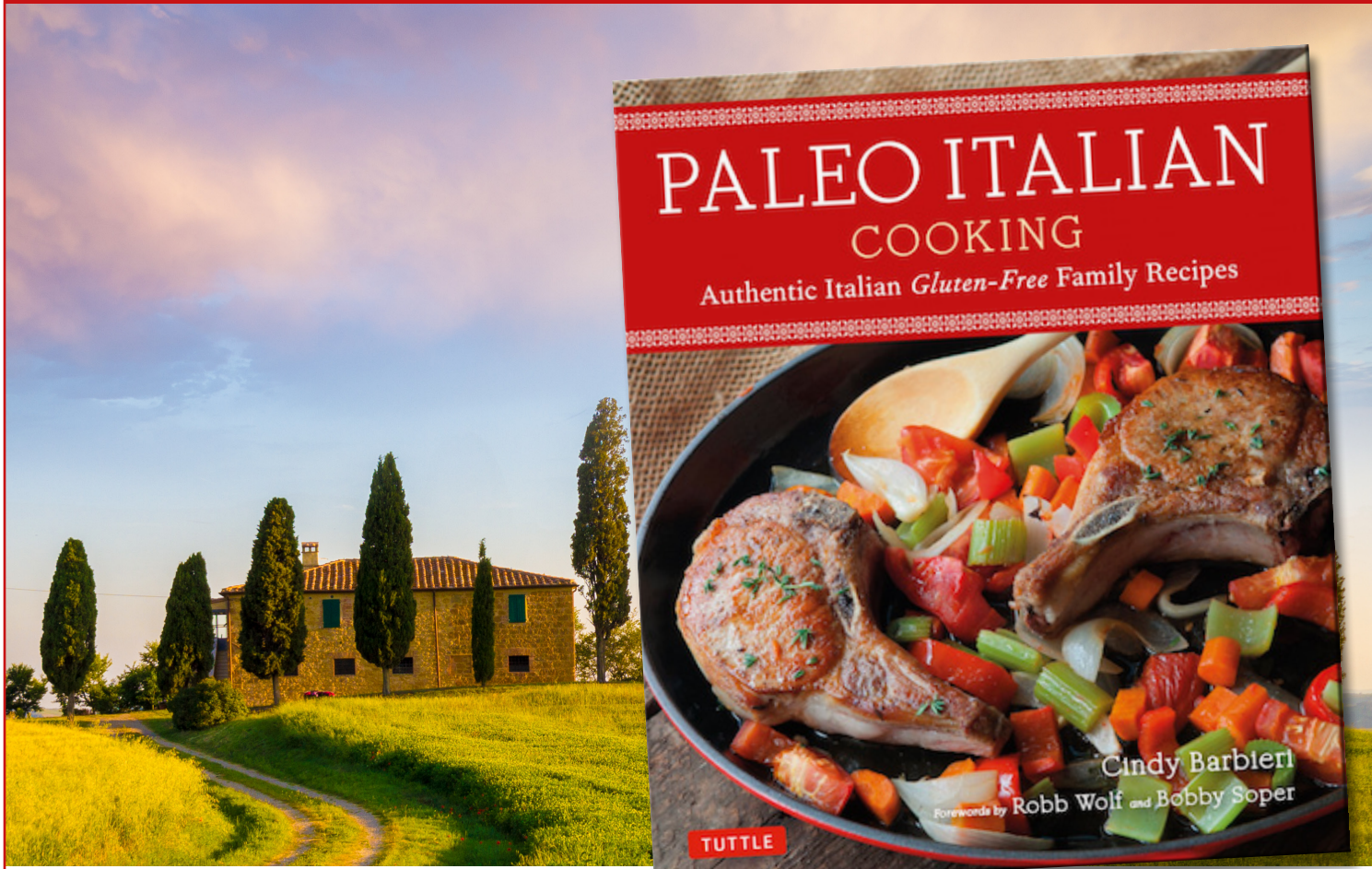


Jake Thomas, Social Media Intern, University of Connecticut, 2016



Jacob Nelson is a proud Class of 2017 undergraduate at the University of Connecticut where he studies English with a concentration in creative writing. This summer he is excited to be working as a Public Relations Intern at Cindy's Table, to pursue his interest in communications and writing. In his spare time, Jacob likes to go hiking, take spontaneous trips to Boston and NYC, or lay in bed with his cat August and a good book. He looks forward to graduating and moving to a big city to see where life takes him.

PRE-ORDER CINDY'S NEW COOK BOOK!



From her home to yours—Paleo Italian Cooking rounds up 100 authentic and easy-to-follow Italian recipes that allow you to eat a healthy Paleo diet—without even knowing it! In Paleo Italian Cooking, Cindy shows you how to prepare many night's menus of authentic yet contemporary family-style Paleo Italian meals. Inspired by her annual trips to Italy and meals she makes for her family along with the memories of the meals she made with her Nana, Cindy will have you cooking Italian every night of the week with recipes like:



- Grilled Calamari Salad
- Tuscan Chicken & Vegetable Chili
- Chicken Scaloppine in Lemon-Caper Sauce
- Osso Buco
- Dover Sole Piccata
- Pistachio-Crusted Cod with Roasted Pepper Sauce
- Spaghetti Squash Puttanesca
- Porcini Mushroom & Peas Cauliflower "Risotto"
- Pistachio & Almond Biscotti
- Prosecco & Peach Cocktails
- Chocolate Pots de Creme

Go to www.CindysTable.com for more information!



By Terry Standish

As the thermostat begins to rise we begin to prepare our wardrobe much like we adjust our food menu. We not only begin meeting our needs by eating lighter, we dress lighter and start to embrace the season by getting back to basics, striving for simplicity.

Terry is owner of Eye for Fashion, Women's Advocate, Speaker, Radio Host, Image Inspired Coach and Writer
www.eyeforfashionct.com

Honoring All of Me.. Tummy, Tooshie & Ta Ta's



It's about shedding the extra layers of clothing as well as the foods that were once thought of as warm, comfortable and cozy in exchange, cooler options and feelings of weightlessness in both our food and clothing choices. We begin leaving behind the more time consuming recipes, eating more fruits, salads and simpler foods like burgers. With our clothing we look for easy to care options that work better for us during this time of year. We are now able to kick off the winter boots in exchange freeing our toes to the wills of sandals and flip flops. For the summer brave hearts, bare feet on cool blades of grass at the new season's BBQ.

As we adjust our dress for the season we are often showing more skin, wearing more whites and often times wearing more sheer fabrics. We have different needs in our undergarments this time of year. Having the right selection of options for what goes underneath allows us to get ready with ease. In order for us to wear our tank tops comfortably whether racer back style, traditional, or strapless dresses, sheer tops, white pants and t-shirts-getting the right undergarments to support our needs make for a happier you and that includes your Ta Ta's too. All parts of us can be more comfortable in the warmer weather if we pay close attention to how they make us feel.

8 Step Recipe of Getting Back to Basics

- 1) Choose Low Heat** - Heat is not our bras best-friend- It's always best to hang bras to dry and store them in our draws rather than in an attic or storage space that is too warm for them. This will shorten the life of your bra's elasticity.
- 2) Accurate Measurements** - If you find that you have gapping in your bra, straps that don't stay up even after adjustment or if your cup "runneth over" creating lumps, bumps and bulges, seek being measured by a professional bra fitter for accurate size and style. With their trained eye they can spot alternatives in easing the bra wars.
- 3) Essential Ingredients** - Make sure you have a nude color bra and panties that are close to your skin tone- This is important when wearing white clothing so your bras and panties aren't showing through your clothing.
- 4) Mix In A Summer Variety** - If choosing to wear a padded bra it will be warmer than one that is not- Opting for a lighter weight padded bras on those days or choosing one that is not padded at all may be the better way to go. Another common solution to a very common, less talked about predicament: nipple covers. Using them can assist or even prevent the temperature change from affecting your style.
- 5) Optional Ingredients** - Want to go without a bra but still want coverage- Some under garment companies are offering tanks with built in soft support so you won't have to worry about straps, bras or nipples showing. This may not give you as much lift as you are used to but may work for you on the hottest of days.

- 6) Additional Ingredients** - Decide what styles you need to wear with the wardrobe you have- Do you have a need for a strapless, racer back, deep plunge style front of back? Look for versatile bras that feature adjustable ways to wear them or look into adhesive bras or breast lift tapes, and hide-a-strap style accessories.
- 7) All Natural Ingredients** - Choose cotton and breathable fabrics for undergarments when you can for cooler results.
- 8) Recycling Your Scraps** - As 'The Connecticut Bra Ambassador' I accept any of your unwanted bras to be reused and recycled.



Knowing and understanding your summer preparedness, will allow you to sit back and toast in celebration of you and your Ta Ta's in the warmest days to come!

TIPS FOR Grocery Shopping

Shopping for groceries is an important part of life but can be a bit of a pain. Sometimes a quick trip to the grocery store can turn into a long, complicated process. If you feel that grocery shopping takes up too much of your time and effort, there are some simple ways to make your trip much easier.

The key to making your trip to the grocery store is to be prepared. Before going grocery shopping you should always make a list of everything that you need. Keep a notepad and pen in a convenient spot in your kitchen so that you can add an item to your list whenever it comes to mind. If you write down each item when you discover you need it you won't have to take the time later to make a list. You also won't forget any items when making a list.

Also, to keep your grocery list as organized and helpful as possible you can put the items in categories according to their location in the grocery store. This will allow you to move through the store quickly. By doing this you won't have to waste time wandering throughout the grocery store looking for everything on your list.

If you want to move quickly through the grocery store you should try not to bring your kids. **Kids will definitely slow you down at the grocery store.** They tend to stop you in every aisle to ask for things that they want. However, if you have no other options than to bring your kids to the grocery store with you there are ways that you can make them useful. If they are old enough you can give them simple tasks that will actually help you to finish your shopping. For example you can ask them to run and grab something easy like milk or bread so that you won't have to. Giving your kids tasks like this will help you get everything you need on your list and will keep them active so that they won't get bored and become distracting to you.

Another tip to help you successfully complete your grocery shopping is to **go on a full stomach.** If you go grocery shopping when you are hungry you will tend to buy even more food that you don't need. Also, when you go grocery shopping when you are hungry you end up buying more unhealthy foods. Going to the store on a full stomach will help you to get only the essentials. When you are full you will be more interested in getting foods that are healthy rather than foods that just look like they taste good.

Next time you go grocery shopping remember to have a plan. Making an organized list and a plan for your kids will help you to get everything you need from the grocery store quickly and easily. **With an organized plan grocery shopping will no longer be a stressful task that takes up all of your free time.**



ShopRite®

**BEST PLACES TO SHOP
IN CONNECTICUT**

Although many people think that ShopRite is another big grocery store chain, many ShopRite stores are actually family owned and operated. In Connecticut the Cohen family owns two ShopRite grocery stores. They own the ShopRite of Manchester and the ShopRite of East Hartford. These two ShopRites are dedicated to providing great products to their customers at a great price.

ShopRite grocery stores began in 1951 in New Jersey. It began when a bunch of independent grocers got together because of the increased threat of big supermarkets that were able to offer lower prices to customers. In order to compete with the big supermarkets the eight grocers got together and adopted the practice of cooperative buying. With this practice the grocers were able to get purchase their products together at larger quantities, for a cheaper price. Since then ShopRite has opened up many more locations in the northeast. Many of these stores are family owned and operated. Today ShopRite is the most successful retailer-owned cooperative in the United States.

The ShopRites of Manchester and East Hartford are currently owned by Rich Cohen of Waverly Markets and are operated by his family. Rich Cohen grew up in the grocery store business. He grew up in his grandfather's grocery store where he learned all the skills needed to run the business and developed a passion for the grocery store business.

Rich runs his business with his wife, daughter, and son and believes in the practice of families feeding families. The Cohen family is dedicated to providing fresh, quality foods to their customers at a fair price. They offer exceptional products and service to their customers.

The ShopRites of East Hartford and Manchester offer great products and service. When you shop at these ShopRite locations you can be sure that you are getting high quality products for a fair price. The Cohen family wants to provide their customers exceptional products that they can be proud to bring home to their families!



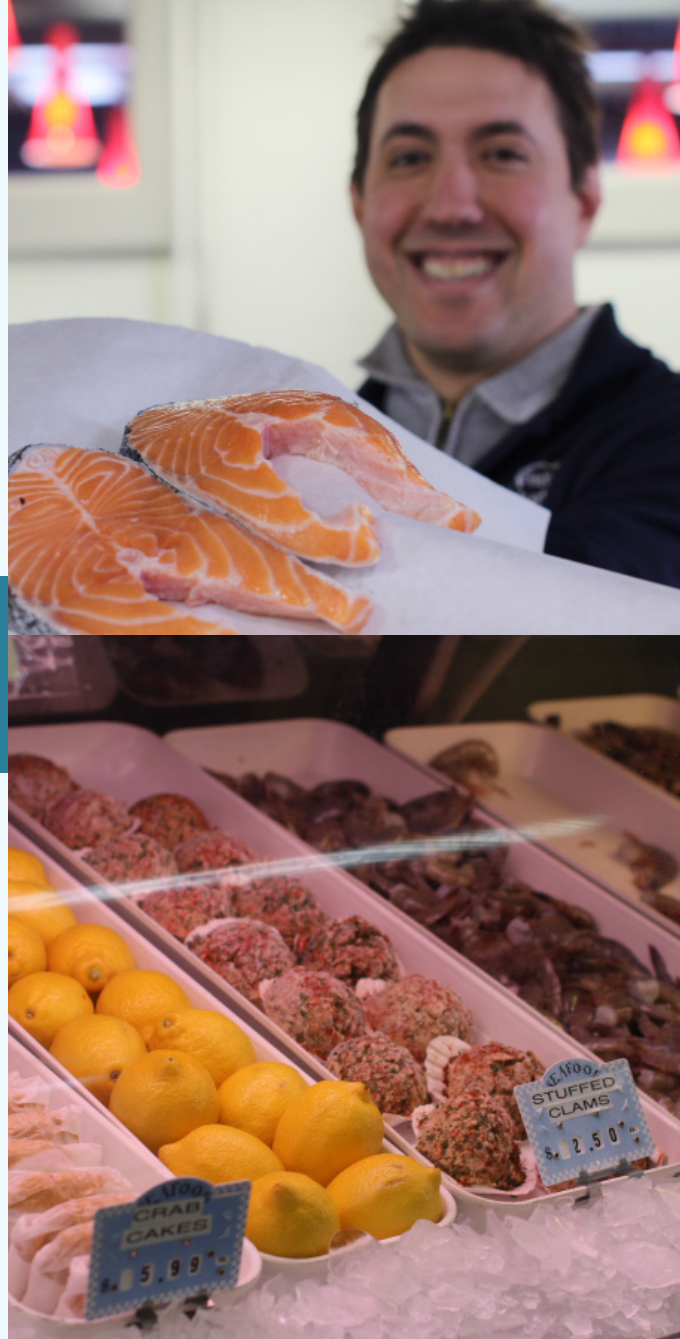


BEST PLACES TO SHOP IN CONNECTICUT

City Fish Market is a wonderful, family owned store where you can get amazing seafood products along with great service. It is located in Wethersfield, CT on the Silas Deane Highway. City Fish Market is the place to go to find amazing seafood because of their great knowledge and passion for seafood products. City Fish Market always delivers fresh, quality seafood products that are sure to satisfy their customers.

City Fish Market has been around for over 80 years. It was founded by Genos Anagnos in 1930 and has remained in the hands of the Anagnos family ever since. Today it is still owned and managed by the Anagnos family who has the knowledge and skills to deliver amazing products to all of their customers.

At City Fish Market you can find a number of great products. Their shelves are stocked full of a variety of fresh fish. In addition to fish you can find fresh lobster, shellfish, shrimp, and crabs at City Fish Market.



Not only does City Fish Market sell fresh seafood, but you can also dine in or take out fresh seafood that is already prepared. City Fish Market has their own dining room where customers can relax and enjoy a delicious meal. Their menu contains a wide variety of delicious entrees fresh from the sea at a fair price. The dining room is open Monday through Saturday but can also be reserved if you wish to have a party there. City Fish Market is also available to cater an event for you. You can find more information about the many services that City Fish Market offers at www.cfshct.com.

Next time you are craving seafood City Fish Market in Wethersfield, CT is the place to go. At City Fish you can find a large variety of fresh seafood available to you. Whether you want to bring home fresh fish to prepare yourself or have a delicious meal prepared for you City Fish Market is the place to go. Their friendly and knowledgeable staff are prepared to fulfill all of your seafood needs!



Cindy's Favorite Summer Kitchen Accessories

At Cindy's Table we love creating new recipes and using kitchen accessories to make cooking and entertaining fun this summer.



Hamilton Beach food processor for making pestos, chopping and mixing!
www.hamiltonbeach.com



Lodge Cast Iron pan is always handy for making bacon at the lake or even taking to the grill for steak or vegetables
www.lodgecmfg.com



At the lake we love kabobs using chicken, steak, shrimp and vegetables. Using Emile Henry's kabob grilling stone makes it so easy!
www.emilehenryusa.com

Cindy keeps her LeCreuset Dutch Oven on the stove! Use often for sauce, braising and Italian summer recipes
www.lecreuset.com





BEST PLACES TO SHOP IN CONNECTICUT

D&D Market is an incredible grocery store that specializes in their high quality Italian products. It is owned by the D'Aprile family who take great care to ensure that their customers get the freshest products possible. Many products are actually shipped straight from Italy. D&D Market has two locations in Connecticut where you can go to purchase fresh and delicious groceries.

D&D Market was founded in Hartford, CT by Italian immigrant Vito D'Aprile in 1932. Vito hoped that his store would bring a little piece of Italy to his new home in Connecticut. Vito's dream became a success and in 1961 his store moved to Franklin Avenue in Hartford where his fresh, Italian products were able to reach a larger number of people.

Vito's vision for D&D Market continues today. D&D Market is still owned by the D'Aprile family. In 2014 Danny D'Aprile (Vito's grandson) expanded D&D Market so that even more people of Connecticut could enjoy incredible Italian groceries. Danny opened a store in Wethersfield, CT in attempt to bring Italy to the suburbs of Connecticut. As the third generation owner of D&D Market, Danny hopes to keep Vito's vision alive by continuing to sell fresh Italian groceries throughout Connecticut.

At D&D Market you can find many amazing products. Some of their specialties include imported olive oil, fresh meats (especially their homemade sausages), and of course an amazing variety of aged Italian cheeses. If you love classic Italian food D&D Market is the perfect place for you to shop!

When you shop at D&D Market you can be sure that you are getting fresh, high quality products. Along with their other products D&D Market offers a variety of fresh meats. They have their own butcher shop which allows them to bring in the finest cuts of meat daily.

If you want high quality Italian goods and one of a kind customer service, D&D Market is your place to shop. Since 1932 the D'Aprile family has given their customers amazing products with exceptional service. With its two locations D&D Market allows the people of Connecticut to experience the delicious taste of Italy without ever leaving home!



SUMMER

Indoor cooking during the summertime can be a bit miserable. Turning on the oven during the summer makes your house hotter and makes everyone in the house uncomfortable and angry. Grilling outside is a great solution to turning on your oven this summer because it will keep the heat outside so that you can stay cool and relax inside your home.

Not only is the grill perfect for keeping the heat outside, but a grilled meal provides your food with tons of delicious flavors and textures. Grilling entrees gives them a flavor that you cannot beat in your kitchen. The direct flame enhances the flavor of many entrees and gives them a unique taste you can't get with your oven.

Many people forget that grills can be used for many foods other than meats. Hot dogs, hamburgers, and chicken wings are not the only foods that taste delicious when grilled. There are many other amazing summer foods that can be grilled. This summer if you are looking for new and interesting foods to toss on your grill, there are many options for you.

GRILLING

Also, if you are looking for some healthy, delicious grilling foods many vegetables taste delicious when grilled. Healthy, grilled vegetables will make a great side to any meal you prepare this summer. Carrots, broccoli, asparagus, corn on the cob, and many other vegetables are easy and delicious to grill.



Grilled fruits also make delicious, healthy meals perfect for summer. Fresh pineapple, watermelon, cantaloupe, peaches, and pears all taste amazing when grilled. You can cut fruit into slices and then grill fruit kabobs. These will make the perfect sides or appetizers for any summer dish.

This summer if you are looking for ways to cook more outside on the grill instead of inside your house remember that many foods can be grilled. You can use the grill for many entrees instead of just meats. You can also grill many fruits and vegetables to make delightful healthy meals this summer. Using your grill this summer will help you to eat healthier and to keep your house cool!

TOP 10 SALMON RECIPES

Thai Salmon Lettuce Wraps

I just love salmon - Yes I do. Get over to City Fish and ask Telly for salmon and ask him to remove the skin for you. Just to make it easy. I couldn't find gochujang sauce at the store so I went to my local Thai restaurant and asked for a small side with my take out!

INGREDIENTS

1 tablespoon sesame oil
2 tablespoons coconut aminos
1 teaspoon garlic, minced
1/2 teaspoon freshly ground pepper
1/2 pound salmon, skin removed
6-8 Bibb lettuce leaves
1/2 cup cucumber, chopped
2-3 green onions, thinly sliced
1 tablespoon gochujang sauce

CABBAGE SLAW

1-2 cups cabbage, thinly sliced
1 tablespoon rice vinegar
1 tablespoon raw local honey
1 tablespoon sesame oil
1 teaspoon fish sauce
2 teaspoons coconut aminos



DIRECTIONS

In a small bowl and add whisk sesame oil, coconut aminos, garlic and pepper. Slice the salmon into 2 or 3 slices. Then brush on the salmon.

In a sauté pan over medium-high heat add in salmon and cook each side for 4 minutes. Remove from pan and set on a plate and break apart. Set aside.

Remove the bibb lettuce from the core and set on a plate. Also have the cucumbers, gochujang and green onions in a separate bowl.

In a medium bowl add the thinly sliced cabbage then add in rice vinegar, honey, sesame oil, fish sauce and coconut aminos then toss together.

To create your salmon wraps - In each lettuce wrap add some cabbage slaw then top with salmon, cucumber, green onion then drizzle some of the gochujang sauce. Fold over and take a big bite!

Salmon with Lemon, Capers, and Rosemary

Salmon is my favorite fish and if you visit my website you will find several recipes using this amazing fish! Salmon with lemon, capers and rosemary is my Italian way to enjoy this amazing fish! I have prepared this Paleo recipe several times using a variety of ingredients and it was delicious every time.

INGREDIENTS

4 (6-ounce) salmon fillets
3 tablespoons olive oil or melted coconut oil
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1 1/2 tablespoon minced fresh rosemary leaves
2 lemons, thinly sliced
1 lemon, juiced
8 tablespoons white wine
4 teaspoons capers, drained
4 pieces of foil

DIRECTIONS

Preheat oven to 450 degrees F. Brush both sides of the salmon fillets with oil and season with salt, pepper, and rosemary. Pressing the rosemary into the oil to stick to the fish well.

Set each piece of seasoned salmon on a piece of foil large enough to fold over and seal. Top each piece of salmon with 2 lemon slices, 1 tablespoon of lemon juice, 2 tablespoons of wine, and 1 teaspoon of capers.

Wrap up salmon tightly in the foil or parchment into packets.

Set packets onto a baking sheet and put into your preheated oven for 15 minutes.

Serve on plates with the packets and let everyone open their own! I like to sauté vegetables and serve with a salad. Enjoy!



Warm Salmon Salad with Honey Mustard Dill Dressing

I just love salmon and enjoying in this salad topped with a dijon mustard dill dressing made it a perfect meal. This is also a great way to use up left over salmon. Just make a little extra for dinner!

Here is the recipe for the Dijon Mustard Dill Dressing

INGREDIENTS

1-2 tablespoons olive oil
2 4-ounce pieces salmon
1 teaspoon sea salt
1/2 teaspoon freshly ground pepper
3 cups romaine lettuce, chopped
1 small red onion, thinly sliced
1/2 red bell pepper, thinly sliced
1 large tomato, chopped
1/2 cup cucumber, chopped
1 tablespoon capers, drained
Fresh herbs for garnish

DIRECTIONS

Heat a sauté pan over medium heat and add oil to the pan to coat. Season the salmon with salt and pepper on both sides.

Place the salmon skin side down in the pan and let cook for about 5 minutes then flip over and cook the other side for about 2-3 minutes. Remove from heat and let rest.

In a large platter or bowl add in lettuce then top with red onion, bell pepper, tomato and cucumber.

Break apart the salmon into large pieces and place on top of the salad then top with capers and fresh herbs.

Salmon Frittata

As part of my Cook Once Meals All Week series on Better Connecticut this salmon recipe works great with cooked chicken. If you don't have cooked salmon then use smoked salmon for this delicious recipe. If you are making for brunch, lunch or dinner top with an arugula or Mediterranean salad (just include capers).

Enjoy this healthy Paleo recipe!

INGREDIENTS

12 eggs
1 teaspoon salt
1/2 teaspoon freshly ground black pepper
2 teaspoons olive oil, plus more
1 cup yellow or red onion, finely chopped
1/2 cup red bell pepper, finely chopped
1 teaspoon dried oregano
1 cup baby spinach
1 cup cooked salmon, chopped
2 teaspoons capers

DIRECTIONS

Preheat oven to 350 degrees.

In a large bowl add eggs, salt and pepper then whisk well.

Heat a large ovenproof sauté pan over medium-high heat. Add in olive oil then add in onion and bell pepper for about 2 minutes. Add in oregano and spinach to cook for another minute.



Remove from the vegetables from the pan and into a bowl.

Add a little more olive oil and bush the entire bottom and edges of the pan and reduce the temperature to medium.

Add the vegetables back into the pan then add the chopped up salmon.

Pour in the eggs and mix around with a wooden spoon or spatula to evenly distribute the vegetables.

Let the mixture cook for about 4 minutes without touching to allow the frittata to form.

Take a rubber spatula and rub around the edges of the frittata and check to see that the bottom is starting to brown.

Transfer pan to the oven and let bake for 10-12 minutes or until the top is firm.

Let cool for about 5 minutes then slice into wedges.

Serve with capers and enjoy.



Salmon Steaks in a Spicy Tomato Sauce

I just love preparing a gourmet looking and tasting dish but it was so easy!

I just love my Emily Henry baking wear! Not only is it perfect for this recipe but it's beautiful and goes from the oven to the table! I made the entire recipe in one baking dish!

INGREDIENTS

Olive oil
1 large onion, finely chopped (about 1 cup)
1/2 teaspoon crushed red pepper flakes
2 teaspoons dried oregano
1 teaspoon dried basil
1 (28 ounce) can diced tomatoes (san marzano)
1/4 cup dry red wine
2 salmon fillet (6 ounces each)
1 teaspoon sea salt plus more
1/2 teaspoon freshly ground pepper plus more
1 tablespoon capers
2 tablespoons chopped fresh parsley

Directions

Preheat oven to 375 degrees F.

In your baking dish add in olive oil and onion. Put in the oven for 7 minutes. Carefully remove the pan then add in oregano, basil, diced tomatoes and wine. Stir then add back in the oven for 10 minutes.

Season both sides of the salmon with salt and pepper and add about 1 teaspoon of salt and 1/2 teaspoon of pepper into the sauce.

Top with capers and place in the oven to bake for 15-20 minutes. The steak will easily flake apart with a fork. Top with fresh parsley and serve with your favorite side. Enjoy



Salmon Burger

This dish makes an appearance once a week in our house. My husband loves salmon burgers and I usually serve over a large Greek salad. When you are at the seafood counter just ask them to remove the skin for you! They will gladly do it for you. I am also adding my recipe for a spicy aioli which is a must have to complete this paleo salmon burger!

INGREDIENTS

1 1/2 pounds salmon fillet, skin removed
1 tablespoon Dijon mustard
2 tablespoons mayonnaise (paleo mayonnaise)
3 scallions, thinly sliced
2 teaspoons horseradish sauce
1/2 teaspoon cayenne pepper
1/4 cup almond meal
1/2 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
Thinly sliced red onions
Olive oil

SPICY AIOLI INGREDIENTS

4 tablespoons low-fat mayonnaise (paleo mayonnaise)
3 teaspoons prepared horseradish
1 clove garlic, minced
1 teaspoon of lemon juice
1/4 teaspoon cayenne pepper
1/4 teaspoon sea salt
1/4 teaspoon freshly ground pepper

DIRECTIONS

In a food processor add salmon, Dijon mustard, mayonnaise, horseradish and cayenne, pulse until it is all blended together then add scallions and pulse a few times. Finely chopped only. (do not over blend and end up with a paste - just pulse a few times until combined well)
Take the mixture out of the processor and into a bowl. Divide into 4 portions and form your burgers. Set on a plate and cover with clear wrap and refrigerate for 30 minutes to help keep the patty form.

Heat a large sauté pan or grill pan on medium-high heat. Add olive oil to lightly coat the pan. Add patties and cook for 3-4 minutes on each side. Serve with your favorite salad!

SPICY AIOLI DIRECTIONS:

Combine all together, cover and let sit in the refrigerator for at least 10-14 minutes.

Sautéed Salmon with Cilantro Vinaigrette

I just love salmon! I was at the fish market here in Sturbridge, MA (near our lake house) and he had beautiful salmon. (Yes I said beautiful) and we normally only need a pound for the 2 of us but he had 2 pieces left that came to about 1.30 and I took it all thinking there would be some leftover for lunch! If you are in Sturbridge check out C&R fish market! He even has fresh seaweed salad and homemade seafood salad that is amazing!

I received a few bottles of Terry Delyssa olive oil. I used their organic extra virgin olive oil in my vinaigrette and we loved it! Thank you. xo

I don't use cilantro often but thought it would be a great addition to my salmon and it was! Give my Sautéed Salmon with Cilantro Vinaigrette recipe a try! A great paleo recipe and gluten free but most of all this is delicious. Enjoy

PS - I grilled the salmon but you can also use a large sauté pan!

INGREDIENTS

1 pound salmon fillet, skin removed
1 lemon, zest
1 1/2 teaspoon paprika
1 teaspoon sea salt
1/2 teaspoon freshly ground pepper
1/2 cup cilantro, chopped
2 scallions, thinly sliced
1 clove garlic, chopped
2 tablespoons lime juice
1/2 cup extra virgin olive oil



DIRECTIONS

Season salmon with lemon zest, paprika, salt, and pepper.

Combine cilantro, scallions, garlic, lime juice, and extra virgin olive oil. Season with salt and pepper to taste. (I used about 1/2 teaspoon of salt and pepper)

Prepare your grill to a medium high heat. **note for pan below If using a grill pan put on the grill for about 5 minutes to get it really hot. (I close the lid for 5 minutes). Add about 2 tablespoons of olive oil on the hot pan then place the grill (carefully) skin side up. Let it cook for about 7 minutes. When you flip you will have a beautiful seared fish. Cook the other side for another 5 minutes. Remove the pan (using pot holders) Let sit for about 5 minutes.

Place salmon on a serving platter and put cilantro vinaigrette in a small bowl. Enjoy!

Note: I used my non-stick grill pan to cook the fish on the grill.

Salmon Potato Salad with a Creamy Dill Dressing

We just love smoked salmon and what a great way to enjoy in a potato salad with a creamy dill dressing! So yummy. Enjoy during your next BBQ or back yard summer party!

INGREDIENTS

8 small red potatoes
1/4 cup sour cream or crème fraîche
1/4 cup light mayonnaise
3 tablespoons chopped fresh dill
1/2 pound smoked salmon, chopped
1/4 teaspoon sea salt
1/4 teaspoon black pepper
3 tablespoons finely minced red onion
1 teaspoon grated lemon rind
1 lemon, juiced
1 cup frozen green peas, thawed



DIRECTIONS

Boil potatoes in water just until tender. Drain and let cool. Quarter potatoes.

In a large bowl add sour cream or crème fraîche, mayonnaise and chopped fresh dill to combine well.

Add in salmon, salt, pepper, red onion, lemon rind and lemon juice. Stir to incorporate into the mixture.

Take the potatoes and put into your serving bowl or a large bowl. Add in salmon dill mixture and peas then carefully combine together.

Cover and refrigerate until ready to serve. Top with fresh dill.

TOP 10 SALMON RECIPES



Salmon Piccata

You can add a little white wine if you have some opened to the chicken broth and give your salmon piccata extra flavor! Enjoy

INGREDIENTS

2 tablespoons olive oil
2 tablespoons butter
4 (4 -5 ounce) slices salmon, about 1 pound total
1 teaspoon sea salt
2/4 teaspoon freshly ground pepper
3/4 cup chicken broth
2 lemons, juiced
2 tablespoons capers
2 teaspoons arrowroot powder
2 tablespoons chopped fresh parsley

DIRECTIONS

Heat the olive oil and butter in a large sauté pan over medium-high heat.

While the pan is heating, blot the fish dry with paper towels and season both sides with salt and pepper.

Sauté the fish flipping once just cooked through, about 4 minutes.

Remove the fish to a platter.

Deglaze the pan with chicken broth, whisking for about 1 minute.

Add the lemon juice, capers and arrowroot powder then stir.

Place the salmon back in the pan and keep warm until ready to serve.

Garnish with fresh parsley before serving.



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10 Great Summer Drinks

The summer is a great time to enjoy fun, refreshing drinks that can help you to relax and enjoy the long days. There are many tasty non-alcoholic drinks that you can make this summer to help you enjoy the beautiful weather.

1. Lemon-Lime Spritzer- Just squeeze a couple slices of fresh lemon and lime in a cup of club soda and you will have a light and refreshing drink to sip on this summer!

2. Iced Green Ginger Tea- Everyone loves a cool glass of iced tea during the warm months. This delicious flavor of tea is an amazing way to enjoy the warm weather!

3. Non-Alcoholic Sangria- Who needs alcohol when you can sip delicious sangria filled with healthy fruits and juices? Non-Alcoholic sangria is a great option for you if you want a tasty drink without consuming any alcohol.

4. Watermelon-Lemonade Spritzer- This tasty treat is perfect to enjoy in the summer. All you need is fresh watermelon, pink lemonade, and club soda to make this fabulous summer drink!

5. Pineapple Cooler- To make this sweet beverage you need fresh pineapple, pineapple juice and lemon juice. Just combine the juices and use the pineapple as a garnish and you will have a perfect drink this summer.

6. Iced Cranberry and Ginger Tea- Combine one cup of cranberry juice with one cup of ginger tea and then add ice. Then just add a slice of lime for a delicious garnish and you will have a tasty drink in no time!

7. Strawberry and Cucumber Infused Water- If you are thirsty this summer cut up a couple strawberries and cucumbers and add to some water. Refrigerate and enjoy when thirsty for a healthy, delicious drink.

8. Cranberry-Pomegranate Slushy- These cool drinks combine cranberry juice, pomegranate juice and ice to provide you with an amazing beverage to sip on to keep you cool and refreshed this summer.

9. Watermelon Lemonade- Watermelon flavored lemonade is an amazing lemonade flavor that is perfect to sip on during the summer. Just combine pureed watermelon, lemon and mint to make this delicious drink.

10. Blueberry-Banana Smoothie- Blend together a banana, fresh blueberries, milk, and ice for a delicious and healthy treat perfect to enjoy this summer.

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One Pot Recipes!

Here Are Some Favorites!



5 Ingredient Pulled Pork

I need to thank Vinny from the meat department at Shop Rite, E. Hartford for the perfect pieces of pork shoulder for this recipe and for my segment on Better Connecticut. You are the best Vinny!

I love making a simple pork shoulder and using it for several recipes! I created this recipe for my Cook Once Meals or Week cooking segment for Better Connecticut.

We are cooking this in the oven but you can use this same recipe in your slow cooker for 7-8 hours on medium.

INGREDIENTS

- 1 6-7 boneless pork shoulder roast
- 2 teaspoon sea salt and 1 teaspoon pepper
- 2-3 large onions, cut into quarters
- 3-4 cloves garlic, peeled and cut in half
- 5 bay leaves

DIRECTIONS

1. Either preheat your oven to 450 then immediately lower to 250 degrees. Season pork shoulder with salt and pepper and place in a large baking pan.
2. Add quartered onions, garlic and top with bay leaves. Add some water to the bottom (about 1 cup). For the oven I set the time at 1 hour per pound.
3. Check every 2 hours and baste with the drippings.
4. Remove from the oven and let rest for 10 minutes then move to a board then use two forks to shred apart.
5. Now you can add your favorite BBQ sauce on the pulled pork and keep warm until ready to serve or use in your favorite recipes! Enjoy



Chicken Scarpiello

My Chicken Scarpiello was a request from my husband. He had it in the past with roasted potatoes but I wanted to make it Paleo. I sautéed up fresh baby spinach with garlic for our side. This dish was very yummy and very hot! I used hot Italian sausage but next time I will go with the sweet! The flavors were amazing. Give this recipe a try!

INGREDIENTS

- 1 pound boneless chicken breast
- 1 ½ teaspoon sea salt
- 1/2 pound chicken thighs, boneless
- 1 teaspoon dried parsley
- 2 Italian sausages (hot or sweet)
- 1 teaspoon dried thyme
- 1 teaspoon freshly ground pepper
- 2 tablespoons olive oil
- 1 teaspoon onion powder
- 2 red peppers, cut into chunks
- 4 cloves garlic, chopped
- 1 cup chicken broth/stock
- 2-3 hot cherry peppers, drained, patted dry and chopped
- 1/4 cup chopped flat-leaf parsley, chopped

DIRECTIONS

1. Heat a large sauté pan over medium high heat.
2. Cut the chicken into large pieces (or bite size) then add to a small bowl and season with salt, pepper, chicken, thyme, parsley and onion powder then toss around to coat.
3. Slice the Italian sausage into 1 1/2 pieces.
4. Add olive oil into the pan and once hot add in seasoned chicken. Let cook for about 3 minutes browning all sides. Add in sausage and continue cooking for another 7 minutes or so.
5. Add in red peppers, cherry peppers and garlic. Move around the chicken and sausages to fit in the peppers and garlic. Let cook for another 5-6 minutes lowering the temperature to medium.
6. Add in chicken broth and bring to a simmer. Let reduce by 1/4 and taste the broth for any additional seasonings.

One Pot Recipes!



Artichoke and Chicken Sausage “Cauliflower” Paella

I just love a great one-pot dish that makes everyone go “WOW”. I prepare, cook and serve right out of my beautiful braising pan. You can also use your paella pan which I have two but decided to use this one!

Thank you to D&D Market (the new Wethersfield, CT store) for the fresh ingredients to make this great recipe. You will find this recipe on my cooking segment on Mass Appeal - March 11, 2015!

Note: Using Cauliflower as your rice makes this dish a perfect Paleo side dish or main course! This is also a stove to table dish without any mess in 30 minutes!

INGREDIENTS

- 1/2 teaspoon saffron threads
- 2 tablespoons hot water
- 1/4 cup extra virgin olive oil, divided
- 3-4 Italian chicken sausage (hot and/or sweet), cut into pieces
- 1 large zucchini, chopped
- 1 yellow onion, chopped
- 2-3 cloves garlic, minced
- 1 carrot, grated
- 1/4 teaspoon cayenne pepper
- 1 15 ounce can artichokes
- 1 head cauliflower, riced
- 3 cups chicken or vegetable stock
- 1 1/2 cups snow peas
- Sea salt
- Freshly ground pepper

DIRECTIONS

1. Add saffron threads in a small bowl then pour in hot water for 3 minutes to infuse.
2. Heat a paella pan over medium heat and add in 2 tablespoons of oil. Add in sausage and cook for about 5 minutes.
3. Add in zucchini and onion and cook for another 3 minutes. Add in garlic, carrot, cayenne, saffron and stir into the ingredients and cook for 1 minute.
4. Add in artichokes and cauliflower and stir to combine and cook for about 3 minutes then pour in stock and season with 1 teaspoon of sea salt and 1/2 teaspoon of freshly ground pepper. Keeping the pan uncovered bring to a boil then lower to a simmer for about 10 minutes. Add in snow peas then taste for any additional salt or pepper.
5. Once the liquid has absorbed remove from heat and drizzle with remaining extra virgin olive oil then serve!



Pork Chops, Kale and Mushroom in a Spicy Broth

Here is another one pot recipe that you can prepare, cook and serve in 30 minutes with no mess to clean after! Just the pot and your plates. Enjoy this paleo recipe for 2!

If you want to know my “secret ingredient” to make the sauce in this dish and some of my others extremely special. It’s adding a little Dijon Mustard in the broth. I promise once you try it - You will add it to many of your dishes! Go ahead. Try it.

INGREDIENTS

- 4 bone in pork chops
- 1 teaspoon sea salt, and more
- 3/4 teaspoon freshly ground pepper, and more
- 1-2 tablespoons olive oil
- 1 tablespoon unsalted butter
- 1 large shallot, chopped
- 2 cloves garlic, minced
- 1 bunch kale, rib removed and chopped
- 2 cups baby bella mushrooms, sliced
- 1 red pepper, thinly sliced
- 1 onion, thinly sliced
- 1/2 - 1 teaspoon red pepper flakes
- 2 cups low sodium chicken broth
- 2 teaspoons Dijon mustard
- 1 teaspoon arrowroot powder

DIRECTIONS

1. Heat a large pan over medium-high heat. Season both sides of the pork chops with salt and pepper.
2. Add olive oil and butter in the pan. Once the butter is melted and really hot add in the pork chops. Cook the first side for about 2 minutes or until nice and brown. Flip over to cook the other side.
3. Add in shallot and garlic and let cook for 1 minutes then add in kale, mushrooms, peppers and onions. Cover and let cook for about 5 minutes. Toss around and add in about 1/2 teaspoon of salt and pepper then red pepper flakes. (If you want a little heat add in some red pepper flakes)
4. Pour in chicken broth and Dijon mustard then bring to a high simmer then lower temperature. Stir in arrowroot and let it thicken. Let broth reduce by 1/2.
5. Serve 2 pork chops in a pasta bowl and top with vegetables and broth. Enjoy!

TOP 10 Chicken Recipes



Baked Chicken with Kale and Artichokes

Don't you love a romantic dinner to share with your spouse or friend? Of course you do but without the long preparation and big mess to clean up! This one-pot recipe is a perfect dinner for two and a big smile from the beautiful presentation and the smell will be sensational.

I added kale but you can use any green leaf such as spinach. If you want to add a little heat toss in chopped jalapeños or red pepper flakes.

INGREDIENTS

1 tablespoon unsalted butter
2 tablespoons olive oil or coconut oil
2 pieces of chicken breast, sliced in half
1 teaspoon sea salt, plus more
1/2 teaspoon freshly ground pepper, plus more
1 can (14-ounces) quartered artichokes, drained
1 yellow onion, thinly sliced
1 large carrot, sliced into thin rounds
2 garlic cloves, minced
1 1/2 cup fresh kale, chopped
1/2 cup low sodium chicken or vegetable stock
2 teaspoons capers, drained

DIRECTIONS

Preheat oven to 350. Heat butter and olive oil in a large braising pan or large oven safe sauté pan. Season chicken with salt and pepper. Add to hot pan and brow; about 3-4 minutes on each side. Remove from pan and tent on a plate with foil. Leave oil in pan. Add artichokes, onions, carrots and garlic to the pan and stir around. Cook for 5 minutes. Add kale and continue to cook for 2-3 minutes, stirring occasionally. Remove from heat and add chicken back into the pan and pour in the stock. Place in the oven and bake for 12 minutes, or until chicken is thoroughly cooked. Remove from oven toss in capers and let stand 5 minutes.



Caprese Chicken with a Basil Dressing

I just love cooking with cherry tomatoes and especially when you can get a fresh box including a variety! I still have plenty of fresh parsley in my garden. I did add a few fresh slices of mozzarella cheese but if you are following the Paleo diet then simply omit.

My Caprese Chicken is a perfect quick 30 minute meal and prepared in one pot! How great it that.. I made a quick basil dressing and the recipe is below. This dressing made this chicken dish a little extra special. I love my bialetti pan! The color, the use actually everything about it. I actually served our dinner right from the pan! Love...

INGREDIENTS

2 skinless chicken breasts
1 1/2 teaspoon sea salt, divided
3/4 teaspoon freshly ground pepper
2 tablespoons olive oil, divided
2 pints cherry tomatoes, halved or whole
1 teaspoon dried parsley
1/2 cup chicken broth
1 tablespoon unsalted butter
8 oz fresh mozzarella, sliced in 1/2 inch thick slices
8 fresh basil leaves, torn
Ingredients for Basil Dressing
1 cup fresh basil leaves
5 anchovies
1 lemon juiced (about 1 tablespoon)
1 clove garlic, peeled and cut in half
5 tablespoons extra virgin olive oil
1/4 teaspoon freshly ground pepper

DIRECTIONS

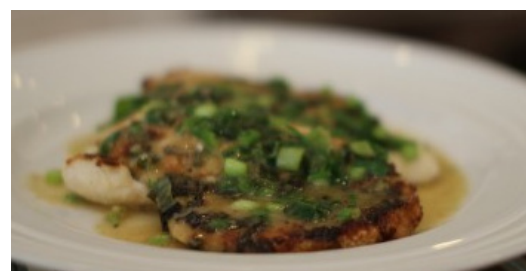
Take the chicken breast and if thick slice in half (carefully by holding down the top of the breast and sliding your sharp chefs knife along the breast the long way). Top with clear wrap and use a mallet to thin breast out evenly. Season both sides of chicken with salt and pepper. In a large sauté pan over medium-high heat add tablespoon olive oil. Once the oil is very hot add chicken and cook each side for 5 minutes. Only flip once. Add in tomatoes and dried parsley; continue cooking for another 5 minutes. Add in chicken broth and let it come to a boil. Add in butter and stir around the broth. Top the chicken pieces with mozzarella and



basil. Cover lightly with foil for 5 minutes. Meanwhile make your basil dressing. To serve Plate chicken with tomatoes and add some of the broth. Drizzle with the basil dressing then enjoy ever bite!

BASIL DRESSING DIRECTIONS

Add all ingredients to your mini-chopper or food processor until smooth.



Chicken and Scallions

Chicken recipes are my go-to during the week. This easy weeknight Paleo recipe is one of my favorites. Combining Chicken and Scallions makes a flavorful dinner you must try!. I love to make this when I am tired and just want a quick and healthy meal. I love scallions and put in as much as I have to enjoy this delicious chicken dinner! Enjoy this Paleo Recipe!

INGREDIENTS

2 chicken breasts – butterfly and pounded out very thin
1 bunch of scallions-sliced
1 clove Garlic, diced
2 tablespoons olive Oil
1/4 cup chicken broth
3 tablespoons of cream or half and half
3/4 teaspoon sea salt
1/4 teaspoon freshly ground pepper

DIRECTIONS

On a poultry safe cutting board, put butterflied chicken (cut in half) and a piece of plastic wrap on top. Pound chicken and flip over once - this will prevent you from tearing the chicken. Take chicken and season with salt and pepper.

Heat a large sauté pan and add olive oil, once heated add 1/2 of the scallions to the pan and add garlic. Add the chicken directly to the scallions and garlic. Cook for 3-4 minutes on each side (brown each side). Take the chicken out and put on a plate. Add the rest of the scallions, chicken broth and cream. Let simmer for about 5 minutes until thick. Add the chicken back in the pan to heat through. Serve with your favorite vegetables. Enjoy!
NOTE: If you happen to have a bottle of white wine open – add a little to the gravy!



Chicken Garden Burgers

INGREDIENTS

1 pound ground chicken
1 large zucchini, grated
1 carrot, grated
3 chopped scallions, white and green parts
2 cloves garlic, minced
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon dried parsley
1 teaspoon sea salt
1/2 teaspoon freshly ground pepper
Olive oil for sauté

DIRECTIONS

In a large bowl combine ground chicken and the remaining items. Combine well. Divide the bowl into 4 sections and form the burgers. (If you are making sliders then divide into 8 sections) Preheat a stove top pan or outside grill to medium heat. If using stove top pan add a light coat of olive oil for sauté. Cook for 4 minutes on each side for an internal temperature of 165-170 degrees F. Add your favorite accompaniments or place on a salad. Cindy's Tip: When making burgers - place your thumb print in the middle of the burger before you cook. This will help cook evenly as the middle tends to rise while grilling/sauté .

Herb Crusted Chicken Thighs

Chicken thighs and legs are great when combining herbs and seasonings and roasting in the oven or even braising. The meat is full of flavor and if you have any left just pull apart from the bone and serve on a salad.

INGREDIENTS

8 chicken thighs, with bone (with skin or without)
2 tablespoons Olive Oil
2 tablespoons dijon mustard
1/2 cup almond flour
2 teaspoons dried Parsley
1 1/2 teaspoon dried sage
1 teaspoon dried thyme
1 teaspoon sea salt
1/2 teaspoon pepper
1/4 teaspoon cayenne pepper
1/4 teaspoon paprika

DIRECTIONS

Preheat oven to 400 degrees.
Season chicken thighs with salt and pepper and place in a baking dish.
Bake for 25 minutes.
Combine olive oil and mustard in a shallow dish and set aside.
Carefully remove the pan from the oven.
Turn temperature to broil and put baking rack about 6 inches from heat.
Brush one side of the chicken thighs with mustard/olive oil mixture.



Sprinkle with almond meal/spice mixture and broil until nicely browned (about 5 minutes).
Turn chicken thighs over, brush remaining mustard/olive oil mixture over chicken thighs, season with more almond meal spices and broil again...until golden brown. Enjoy!



Paleo Creamy Chicken Primavera

I just love this season with all of the fresh vegetables. I love going to the various farmers markets and creating great meals as we sit on our deck at the lake to enjoy with a nice glass of wine. I feel that this Italian dish will make you and your family happy. Give this Paleo Creamy Chicken Primavera recipe a try!

You can make this entire meal on a grill by grilling your veggies then set a pan on either your grill or side burner and make the cream sauce, slice up veggies and chicken then add to pan! Dinner is ready. How easy was that. I am going to share my recipe the way I prepared by grilling the chicken, zucchini and red pepper then did the rest in a pan. You can make this entire dish in one big pan by slicing the chicken and sautéing first then remove from pan (set aside on a plate) add in vegetables by the order below and cook until tender. Remove from pan! Add in butter, cream and cheese and simmer over a low heat then add in chicken, vegetables, seasonings and simmer for a few minutes until warm! If you want to make this a true paleo dish - Substitute cream and use coconut milk and omit the parmesan cheese. It is a little "cheat" paleo but totally gluten free!

Below I am including my tips on cutting a bell pepper.

Have you checked out bialletti pans? OMG they are amazing!

I was so excited to make this dinner and we loved every bite! (luckily there was enough for my lunch)

INGREDIENTS

2 boneless breasts chicken, organic if possible
Sea salt
Freshly ground pepper
1 large zucchini
1 red bell pepper
2 tablespoons olive oil or coconut oil
1 cup broccoli, florets
1 8 ounce package sliced baby bella mushrooms
1/2 pound fresh green beans, trimmed and cut into 2 1/2-inch pieces
1/2 cup yellow onion, thinly sliced
1 garlic clove, minced
1/2 teaspoon red pepper flakes
1/2 cup frozen peas
2 tablespoon unsalted butter or ghee
3/4 cup heavy cream
1/2 cup chicken broth or white wine
1/2 cup freshly grated parmesan cheese (optional)
6 fresh basil leaves, chopped
Any other fresh herbs!

DIRECTIONS

Heat your grill to about 375 degrees.
Season chicken with salt and pepper on both sides. Add to grill and cook each side for about 4 minutes then remove from heat and set aside.
Slice zucchini the long way then season lightly on both sides with salt/pepper and add to the grill. About 3 minutes on each side.
Take your red pepper and cut along the flesh into either one large of about 4 pieces. Add to the grill skin side down for about 3 minutes then flip for 2 minutes. Remove from grill.
Take a large sauté pan over medium high heat and add in olive oil and add in broccoli and mushrooms and season with 1/2 teaspoon sea salt and 1/4 teaspoon pepper. Let sauté for 3 minutes. Add in green beans, yellow onion, garlic and red pepper flakes. Let cook for about 5 minutes then remove from pan into a bowl and toss in the frozen peas. Chop the zucchini and slice the red pepper and toss in the bowl.
In the same pan add butter and let melt. Add in cream and bring to a simmer. Add in chicken broth or white wine and stir using a wooden spoon. Add in parmesan cheese and fresh basil.

Take the chicken and slice or chop then add into the pan along with the vegetables. Lower the temperature and combine carefully to incorporate all of the ingredients until all warmed through (about 5 minutes).

Add in any fresh herbs or more basil!

Note: You can enjoy this dish with you favorite pasta, Zucchini noodles or spaghetti squash.

HOW TO CUT A BELL PEPPER

Rinse pepper then lay on its side and cut off the top stem. Next cut off the bottom.
Stand the pepper upright and use a sharp chef's knife to cut a slit down one side. (Do not cut the pepper in half).

Lay the pepper skin-side down. Move the knife to along the insides of the pepper, removing the inside membranes and the seeds. You will end up with a long rectangular strip that is ready to cut into strips or chunks.

To cut the bell pepper into strips, cut the long strip into 2 or 3 sections. Take each section and cut into thin slices about 1/2-inch thick.

Paleo Chicken Marsala

Here is my Paleo recipes on the traditional Chicken Marsala! Great dish for entertaining and preparing in advance. Stress free...

INGREDIENTS

4 skinless, boneless, chicken breasts (about 1 1/2 pounds)
Sea salt
Freshly ground black pepper
1/4 cup extra-virgin olive oil, divided for cooking chicken
1 tablespoon unsalted butter, divided for cooking chicken
1 small shallot, finely chopped (2 tablespoons)
6 slices prosciutto, cut in thirds
8 ounces crimini or bella mushrooms, stemmed and halved
1/2 cup sweet Marsala wine
1/2 cup chicken stock
2 tablespoon unsalted butter
1/4 cup chopped flat-leaf parsley

DIRECTIONS

Place the chicken breasts on a clean cutting board and gently placing your hand on the top of the breast slice in half using a sharp chefs knife. Lay a piece of plastic wrap over them; pound with a flat meat mallet, until they are about 1/4-inch thick.

Season both sides with salt and pepper.

Heat a large sauté pan over medium-high then add in oil and butter. (Add a tablespoon of oil and a little butter for each batch)

When the oil is very hot and butter melted add the chicken cutlets into the pan and fry for 5 minutes on each side until golden, turning once – Do not crowd the pan! Remove the chicken to a large platter to keep warm.

Lower the heat to medium and add more oil if needed then the shallots and prosciutto to the pan, sauté for 1 minute.

Next, add the mushrooms and sauté until they are nicely browned, about 5 minutes; season with salt and pepper. Pour the Marsala in the pan and boil down for a few seconds. Add the chicken stock and simmer for a minute to reduce the sauce slightly.

Stir in the 1 tablespoon unsalted butter and return the chicken to the pan; simmer gently for 1 minute to heat the chicken through.

Season with salt and pepper and garnish with chopped parsley before serving.

Note! I made this dish for our lake neighbors. I sautéed the chicken in advance (just to brown) and put in a baking dish then covered and refrigerated. When ready to get dinner going I sautéed the rest of the ingredients, poured over the chicken in the baking dish and baked at 300 degrees for 15 minutes. Perfect!



TOP 10 Chicken Recipes

Chicken Fricassee

This is another one pot meal that I just adore! I remember when my French grandfather made this dish for us. We use to laugh at him because he added any fresh vegetables he had from the garden. My favorite vegetables in this dish are the peas and scallions so I add a little more! You can add less if you prefer. This recipe is not just a delicious french recipe but also follows the paleo diet and gluten free.

Next time I may add more peas and scallions! That is just me. Enjoy!



INGREDIENTS

2 tablespoons olive oil (or more)
3 tablespoons unsalted butter
1 whole chicken (cut into pieces)
1 1/2 teaspoon sea salt
3/4 teaspoon freshly ground pepper
1/4 cup all-purpose flour, almond meal or gluten free flour
1 medium yellow onion, diced
1 carrot, diced
2 cloves garlic, minced
1 cup pearl onions (I used frozen)
1/4 pound fresh green beans, cut in 1/2
4-5 scallions, cut into thirds
2 1/2 cups low-sodium chicken broth
1 cup dry white wine
2 bay leaves
1 cup petite peas, frozen
2 egg yolks (room temperature)
1/2 cup heavy cream
1 lemon juiced, 2 tablespoons

DIRECTIONS

Heat a large sauté pan (preferably with a cove) over medium heat. Add oil and butter to the pan until the butter melts.

Season chicken with salt and pepper then lightly coat with flour. Add chicken to the pan and cook each side for about 4 minutes turning once.

Add in onion, carrot and garlic then cover for 5 minutes.

Lower temperature to low then add in pearl onions, fresh green beans and scallions. Let cook for about 7 minutes.

Add chicken broth, wine and bay leaves; cover and let simmer for 20 minutes.

Add in peas.

In a small bowl whisk eggs yolks and cream together. Bring to a boil then lower immediately. Add in lemon juice and taste for any additional salt/pepper.

Serve to enjoy!

GROWING YOUR BUSINESS

MANCHESTER, CT - By 2017, 69% of all content online is going to be video. Right now, your average traffic coming into websites is more than 54% slanted towards mobile. A recent Nielsen study finds 64% of US adults and 47% of smartphone owners use social media daily. So where does this leave you and your business?

The Silent Partner Marketing and MD TECH TEAM were recently voted the #1 Marketing Team in New England. The two businesses came together in a very unique duo in early 2014 to merge the arenas of marketing and web development to help business owners grow.

The MD TECH TEAM is the original idea of Manny Rivera, a lifelong Connecticut native. Serving as the company's Chief Executive Officer (CEO) and Head Webmaster, brings a background in the Information Technology (IT) field working for major companies including Cigna, United Technologies Corporation (UTC), and Microsoft. During his time in the IT field, Rivera dealt with a multitude of clientele with a broad range of needs. This experience helped Rivera gain a valuable insight into today's business model, and helped to shape the philosophy behind the MD TECH TEAM.

THE SILENT PARTNER MARKETING is a boutique marketing firm created by Kyle Reyes. Reyes, a former Producer for NBC, started the firm to fill a need that's only growing stronger. SPM fills the role of a Director of Marketing and support staff for their clients, without the heavy overhead, payroll, taxes and benefits.

This tag team powerhouse runs the websites for some of the largest organizations in Connecticut...

IN THE DIGITAL

and the marketing that goes along with them. Interestingly, about 20% of their clients are restaurants—and this team brings a uniquely outrageous approach to the table that they lovingly refer to as “Food Porn”.

“Food is meant to be enjoyed,” said Reyes—a lifelong foodie. “But it’s not just the dish itself—it’s the experience. From 4k videography of delicious culinary creations to extremely high resolution photography... we have to showcase the product in the best light possible.”

But it’s not just about showcasing the food.

The company is known for it’s outrageous marketing—including a move that brought international recognition to Tilted Kilt.

“We launched the world’s first successful delivery of wings by drone,” said Reyes.

“It was outrageous. It was over the top. It was delicious,” said Rivera. “Sometimes having a gorgeous website isn’t enough—you need to engage customers where they are... which is social media.”



To see some more of the outrageous marketing or to learn more tips and tricks to grow your business, visit www.thesilentpartnermarketing.com and www.mdtechteam.com.

Follow The Silent Partner Marketing on Facebook for chances to win everything from restaurant gift cards to private VIP dinners brought to you by Cindy's Table!

MDTECHTEAM 
SILENT PARTNER MARKETING

*The Silent Partner Marketing and MD Tech Team
Voted #1 Marketing Team in New England*

Honey and Jalapeño Chicken

My husband and I have been experimenting with jalapeño peppers in our recent meals including our morning eggs. I am not a real fan of the heat when just eating one raw but am enjoying them cooked.

I love chicken and decided to add the jalapeño peppers with some honey and blend it together for a sauce to coat while cooking. Paleo chicken OMG! I may be eating this every day this week.

You can use any chicken but the whole leg was simply amazing. You could even coat the honey jalapeño sauce over a whole chicken! Yum. I may try that too! There is nothing better than roasting an entire chicken and enjoying during the week!

PS - If you don't want the sauce super hot then remove the seeds before chopping and blending into the honey.

INGREDIENTS

4 whole chicken legs (drumstick-thigh)
1 teaspoon sea salt
1/4 cup raw local honey
2 large jalapeño, chopped
3 cloves garlic, chopped
1 lime, zest
1 lime, juiced
4 tablespoons olive oil, plus some for pan

DIRECTIONS

Preheat oven to 400 degrees F.

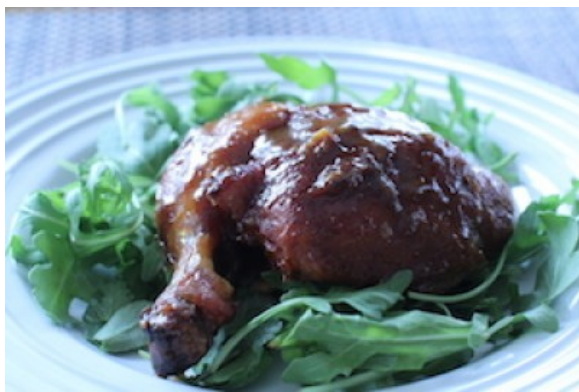
Take chicken legs and pat dry on a clean work surface then season lightly with salt. Brush a little oil on the bottom of your baking dish then place chicken and set aside.

In a blender or food processor add in honey, garlic, jalapeño, lime zest, lime juice and pulse a few times. Then drizzle in olive oil. Pour out 1/3 of the mixture into a small bowl and pour the other in another container. Brush from the small bowl over

the chicken to coat well. Bake for 25 minutes.

At this point place a thermometer in the thickest part of one chicken leg. The finished temperature will be 165 degrees. Brush the chicken again from the small bowl and bake for another 10-15 minutes or until done.

Place chicken on a platter and pour from the other bowl or heat up in a small pan and serve along side as gravy! Enjoy!



TOP 10 Chicken Recipes



Chicken and Mushrooms in a Garlic Wine Sauce

I love to make dinner every night but I don't always feel like a fancy gourmet dinner. You can prepare a healthy and delicious dinner for yourself, your family or your friends for under 30 minutes. This is a Paleo Recipe and you can add any side you would like. If you are not Paleo then egg noodles or rice go well. I love to sauté zucchini noodles for a minute in olive oil or just a side salad. Enjoy!

INGREDIENTS

1 pound skinless, boneless chicken breast halves
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
3 tablespoons olive oil, divided
1 (8-ounce) package pre sliced mushrooms of your choice (such as shiitake, cremini, and oyster)
1/2 yellow onion, diced (or chopped very small)
2 garlic cloves, diced
1/2 cup dry white wine
1/2 cup low-sodium chicken broth
1/2 teaspoon dried tarragon
1 teaspoon arrowroot or cornstarch (depending on your diet)

DIRECTIONS

Using a poultry safe board and a chefs knife cut chicken into 1-inch pieces. Season with salt and pepper.

Heat a large sauté pan over medium-high heat then add in 2 tablespoons olive oil. Add chicken to pan; sauté for about 4 minutes or until browned on both sides. Remove chicken from pan. Add remaining 1 tablespoon oil to pan. Add mushrooms, onions and sauté for about 3 minutes or until liquid evaporates and mushrooms darken. Add garlic and sauté for an additional 3 minutes.

Add white wine, chicken broth and tarragon cover and let simmer for about 2 minutes. Taste for any additional salt/pepper. To thicken the sauce add in arrowroot or cornstarch and whisk. Return chicken to the pan. Cover and simmer 2 minutes. Uncover; cook 1 minute or until chicken is done.

Serve with your favorite sides or salad.

Tip: If you are using cornstarch to thicken. Take a small ramekin and add cornstarch then add 1 tablespoon of water and stir with a fork. Then add to pan. This will prevent any lumps.

Note: If you want to make zucchini noodles - Take zucchini and take your parer knife and go from one end to the other going around the zucchini. Stop when you get to the seeds. Take a small sauté pan over medium heat and add in 1 tablespoon of olive oil and 1 garlic clove minced. Add zucchini season with 1/2 teaspoon sea salt and 1/4 teaspoon freshly ground pepper. Stir using a tong to combine the oil and garlic. Take off heat and enjoy with your meal.



WHO DO YOU THINK YOU ARE?

No. seriously.

Ask yourself – when you lose all the marketing speak; when you stop “leveraging synergy” to “move the needle” and “getting stakeholder buy-in” for your “wheelhouse” – how would you actually define your business and what it does?

A better question might be who do your clients think you are? Or who does your branding say you are?

Of course, great branding cannot fix a lame product. But a weak brand message can obscure and hinder even the best ideas, products or services. At Jay Street Studio, we get to know the real you – and show you how to refine your brand to truly reflect what makes your business special. We look at what it is that really brings your clients back for more.

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Call 866-607-5267 to set up a **FREE** consultation to learn how to align your message, strengthen your brand and grow your business.

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Cindy's Table Team Building

A RECIPE FOR SUCCESS!

Are you looking for a way to develop a team, reward employees for their hard work, or add some fun and creativity to your corporate events?

Think about booking a team building cooking class with Cindy!



Where does everyone end up at any dinner party or gathering? The kitchen! We all feel comfortable and creative in the kitchen, so let's use this relaxing environment to work on company strategies, managing growth or kick starting ideas! Working together to prepare a meal will take the stress and pressure away and allow everyone to get creative, relax, and have fun!

Cindy has over 25 years of experience working for a software training company and a lifetime of experience cooking. This background coupled with her passion for food will ensure a productive, enjoyable event! Cindy's Table is now offering Team Building with Cooking. We can help you and your company build teamwork while having an entertaining time cooking.

In a team building cooking session we can focus on a variety of things!

- *Want to generate new ideas and success strategies to fuel your company's growth?*
- *Want to carve out quality time planning time for the executive team?*
- *Ready to fine-tune your strategy for managing change or growth?*
- *Trying to foster innovation and increase your executive team's level of comfort with new approaches to leadership or new technology?*
- *Need to ensure the executive team is in alignment after a merger?*

A sample of a typical team building experience:

Each team member will arrive and each will be handed an apron and will be asked to go to a certain station. Class will start with an orientation including any safety reviews, hand cleaning and any cooking skills we will review before starting.

We can set up your team in two groups or small teams. We will not select a team leader but let them do that on their own. This will help me and your team find out the leaders in your team and who may need more coaching.

During the food preparation there will be team exercises that have been predetermined and be part of the recipe or technique.

A few options can be decided: Do we want a competition style and give them a "mystery box" or do we cook together and follow a specific agenda. This is all customized to

meet your goals for the success of this exercise.

Some actions would be to witness their collaboration with each other and creativity!

After the success of an amazing meal we will all celebrate and eat together as one team and I promise the conversations will be priceless.

Once meal time is over it's time to clean and let them be on their own to reflect on the experience.

The remainder of the afternoon will be a sit down conversation where we ask each team member what their take away or meaning of the exercise. Engaging on a group discussion.

The company director or Manager will engage with the team on topics that were covered during the cooking experience and a wrap up to end the day.



Find out more at
<http://cindystable.com/services/team-building-with-cooking>



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