

# Cooking Corner

Tips To Help You

## Now Is A Great Time To Update Your Pantry

(NAPSA)—Having a pantry that is organized and well stocked with fresh ingredients is the key to preparing flavorful and delicious meals. So the next time you get the urge to clean the house from top to bottom, don't forget the kitchen—especially your pantry!

In a recent survey by the National Association of Professional Organizers, 81 percent of those surveyed said they planned to do a big yearly cleanup: Seventy-four percent said their motivation for cleaning was because they were tired of clutter.

Clutter doesn't just exist in obvious places such as a "junk" drawer in the kitchen. Take a look in your pantry—chances are that there are items that you have never used or haven't used in years.

While pantry essentials don't have to be replenished as often as refrigerated ingredients, restocking those staples with fresh ones will help you to make flavorful dishes all year long.

If you don't know where to start—don't worry. Here is a list of five must-haves that are commonly found in many popular recipes and should be replaced when cleaning out the pantry:

- Broth
- Rice
- Olive Oil
- Dried spices
- Flour.

A great way to incorporate your new pantry staples is by making light, springtime dishes like Florentine Simmered Rice and Lemony Chicken Pasta Toss.

Florentine Simmered Rice starts with a base of Swanson® Chicken Broth and incorporates spinach, Italian seasoning and Parmesan cheese for a hearty side dish.



**The light and refreshing taste of Lemony Chicken Pasta Toss is sure to wake up your taste buds!**

Lemony Chicken Pasta Toss combines the savory flavors of lemon juice, Dijon-style mustard, garlic and parsley to make a sensational side your family will love.

For more recipes and helpful cooking tips, visit [www.swansonbroth.com](http://www.swansonbroth.com).

### **Florentine Simmered Rice**

*Prep / Cook Time: 30 minutes*

*Serves: 4*

*Ingredients:*

- 1¾ cups Swanson® Chicken Broth (Regular, Natural Goodness™ or Certified Organic)**
- 1 tspn. dried Italian seasoning**
- ¾ cup uncooked regular long-grain white rice**
- 1 cup chopped spinach**
- ½ cup Parmesan cheese**

*Directions:*

**HEAT** the broth in a 2-quart saucepan over medium-

high heat to a boil. Add Italian seasoning.

**STIR** in the rice. Reduce the heat to low. Cover the saucepan and cook for 20 minutes or until the rice is tender and most of the liquid is absorbed. Add chopped spinach.

**STIR** in grated Parmesan cheese before serving. Serve with additional cheese.

### **Lemony Chicken Pasta Toss**

*Prep / Cook Time: 25 minutes*

*Serves: 4*

*Ingredients:*

- 2 Tbsp. cornstarch**
- 1¼ cups Swanson® Chicken Broth (Regular, Natural Goodness™ or Certified Organic)**
- 2 Tbsp. lemon juice**
- 1 Tbsp. Dijon-style mustard**
- 1 lb. skinless, boneless chicken breasts, cut into strips**
- 2 cloves garlic, minced**
- 3 Tbsp. chopped fresh parsley OR 1 Tbsp. dried parsley flakes**
- 4 cups hot cooked thin spaghetti, cooked without salt**

*Directions:*

**MIX** cornstarch, broth, lemon juice and mustard.

**COOK** chicken and garlic in nonstick skillet until browned, stirring often. Remove chicken.

**ADD** cornstarch mixture. Cook and stir until mixture boils and thickens. Return chicken to skillet and heat through. Stir in parsley. Toss with spaghetti.