

Fabulous Food

Simple One-Dish Meals Provide Delicious Comfort

(NAPSA)—Recent studies have shown that U.S. consumers have responded to the faltering economy by altering their dining habits, including preparing more meals at home. However, with time at a premium, Americans are turning to the ease and comfort of one-dish meals, such as hearty soups, stews and pasta.

One-dish meals offer busy home cooks the benefits of a traditional meal but require less time for ingredient shopping and food preparation. One-dish meals also offer recipe flexibility. For example, prep time can be shortened by substituting precooked sausage for raw, or using canned or frozen vegetables instead of fresh. The end result will still be a satisfying and nourishing dish the entire family will enjoy.

“Americans are embracing a new style of comfort food with recipes that are hearty and full of wholesome ingredients,” said Jones Dairy Farm President Philip Jones, who is also a professionally trained chef. “One-dish meals have widespread appeal because they’re easy, fresh-from-scratch dishes that taste like you spent hours in the kitchen.”

This modern Italian pasta dish is gluten-free but can also be prepared with whole-wheat spaghetti.

Spaghetti Puttanesca with Sausage *Makes 4 servings*

- 8 ounces brown rice gluten-free spaghetti**
- 2 teaspoons olive oil**
- 1 cup chopped onion**
- 4 cloves garlic, thinly sliced**
- 1 (28 oz.) can fire-roasted crushed tomatoes, undrained**
- ½ cup coarsely chopped pitted Kalamata olives**



Hearty one-dish meals are a year-round family favorite.

- 1 tablespoon chopped capers**
- 2 teaspoons anchovy paste or 2 minced anchovy fillets**
- ½ teaspoon crushed red pepper flakes**
- 1 (7 oz.) package Jones All Natural Golden Brown Sausage Links/Patties, sliced or cubed**
- 1 cup (4 oz.) diced fresh mozzarella cheese or quartered ciliegine mozzarella balls**
- ¼ cup julienned fresh basil leaves**

Cook spaghetti according to package directions. Meanwhile, heat oil in a large saucepan over medium heat. Add onion and garlic; cook, stirring occasionally, 6 to 8 minutes or until onion is tender. Add tomatoes, olives, capers, anchovy paste and pepper flakes; bring to a boil over high heat. Reduce heat; simmer 5 minutes. Stir in sausage; simmer 5 minutes. Drain spaghetti; transfer to 4 shallow bowls. Stir fresh mozzarella cheese into sausage mixture; serve over spaghetti and top with basil.

More delicious one-dish meal recipes are available by visiting www.jonesdairyfarm.com.