

Being single, you would think that I had all the time in the world to make meals for myself that are involved in preparation, resulting in something gourmet on my plate every night. Not so. Unless one has a high-paying corporate job, living alone and paying for a roof over your head on Long Island is a challenge. I am sure many are in the same predicament of having to work 2-3 jobs to keep up with the bills, leaving little time to eat properly. Occasionally I will grab take-out Chinese or Italian but will not resort to fast food, so I throw together whatever I can from pickings in the refrigerator.

Rachel may have her 30 minutes, but I have her beat with my '15-20 minute I really have no time to eat meals'. And they're good - most of them nutritious - unless I'm in the mood for a cholesterol raising cheesy pasta dish. Since I always have lots of fresh veggies on hand, I can easily steam, stir-fry or sauté a variety of them and serve over rice, pasta or couscous. Sometimes I will just throw it all over salad greens, adding tuna, cooked chicken, canned beans or some other form of protein and topping with a my own olive oil and Balsamic vinegar dressing. Mind you, this is no side salad, but a rather large bowl for a complete meal needing no other foods but a good piece of bread.

Take, for example, some of the meals I have thrown together lately and I'm sure it will give you ideas of your own. There are no specific measurements when cooking on the run, so just eyeball everything to your own tastes. I guarantee the following recipes are quick to prepare and very flavorful. Enjoy.

Cathy's No Name Pasta

Whole-wheat rotini or other pasta
Herbs de Provence
Sea Salt
Olive Oil
Roasted Garlic (prepared - found in a jar in the produce department)
Sliced Mushrooms

The Sailaway Gourmet



by Cathy Smith

Grape Tomatoes- sliced in half
Broccoli florets cut into bite-size pieces
2-3 Small turkey meatballs - thawed and cut into quarters
Fresh grated Parmesan cheese

Bring a small pot of water to a boil adding the herbs and a dash of sea salt. While you're waiting for the water to boil, heat up some olive oil and the roasted garlic in a sauté pan.

Add the rotini to the boiling water and cook until soft - whole-wheat varieties of pasta take longer to cook but will be done by the time you finish the vegetables.

Sauté the mushrooms first until partially soft. Add the meatballs and grape tomatoes and continue sautéing until the tomatoes soften. Add the broccoli and stir around to coat with oil. Continue cooking until broccoli is crisp tender. Drain pasta and add into vegetables. Stir and then add as much cheese as you like. Mix thoroughly and serve. (P.S. - your kitchen will smell wonderful from the herbs boiling!)

Salmon and Napa Cabbage

Napa cabbage
Peanut oil
Ginger oil
Vegetable oil spray
Fresh filet of salmon
Balsamic glazing sauce

Heat peanut and ginger oils in a sauté pan. When hot, add the cabbage and sauté until soft.

Meanwhile lightly spray a stovetop grill pan with vegetable oil spray. Grill the salmon, skin side down to start. When salmon is cooked halfway through, brush with lots of balsamic glazing sauce and turn over in the pan. Finish cooking over low heat so as not to burn the sauce.

Place cabbage on plate and top with the salmon adding a touch more sauce if you like.

The Cholesterol Raising Cheesy Pasta Dish (or 'Top of the Stove Ziti')

Ziti
A good herbed tomato sauce - heated
Ricotta Cheese
Shredded Mozzarella cheese
Mushrooms or zucchini - (steamed or sautéed quickly)
(Only if you desire some vegetables in your ziti)

Bring a pot of water to a boil and add ziti, cooking until done. Drain, put back into the pot and add heated sauce, cheeses and vegetables if using. Heat through and serve. This won't have the baked ziti qualities but tastes just as good - and remember - this is the 'on the run' version!

I wish everyone a very Happy Valentines Day! Eat lots of chocolate - it's vegetable you know J. (Think cocoa 'bean').








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