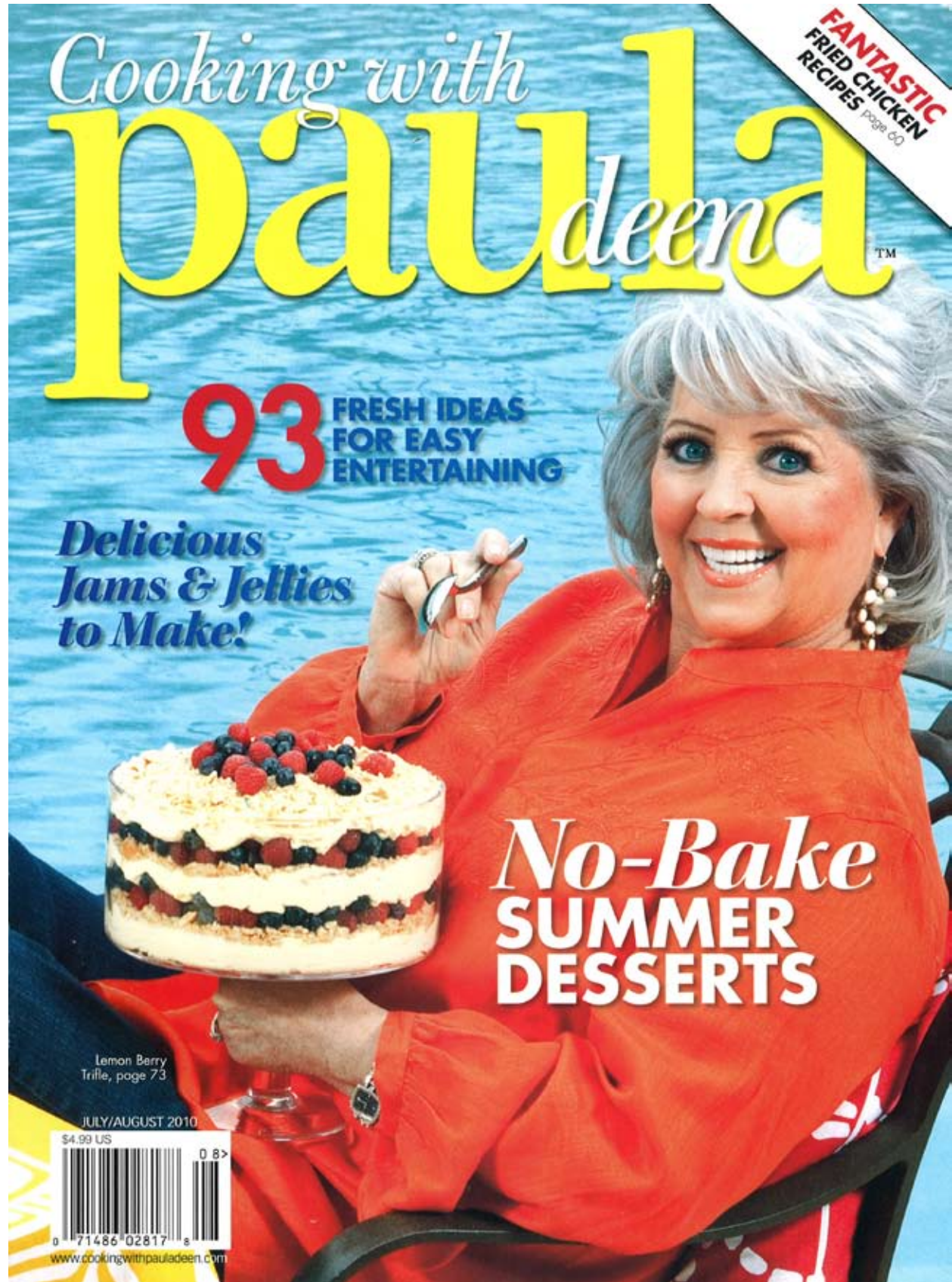


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Lemon Berry
Trifle, page 73

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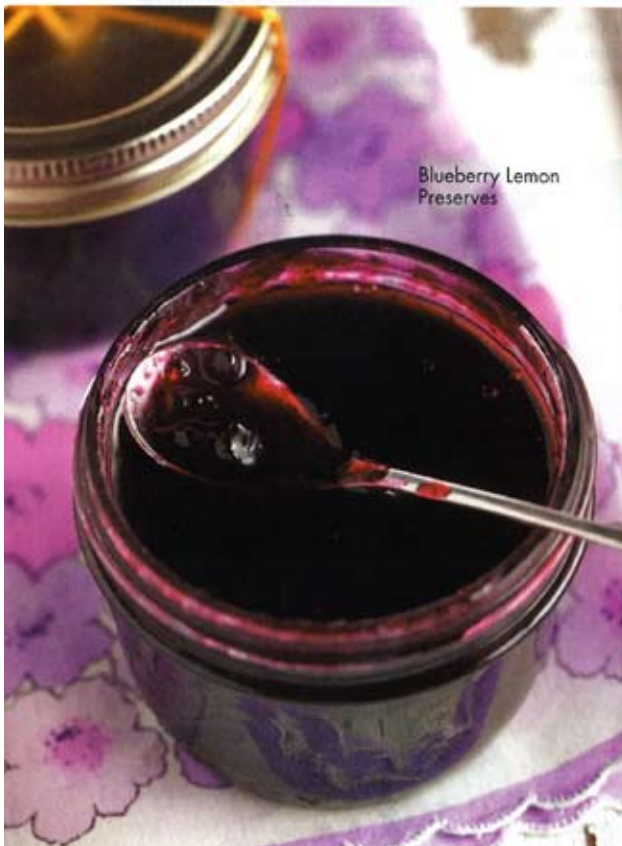
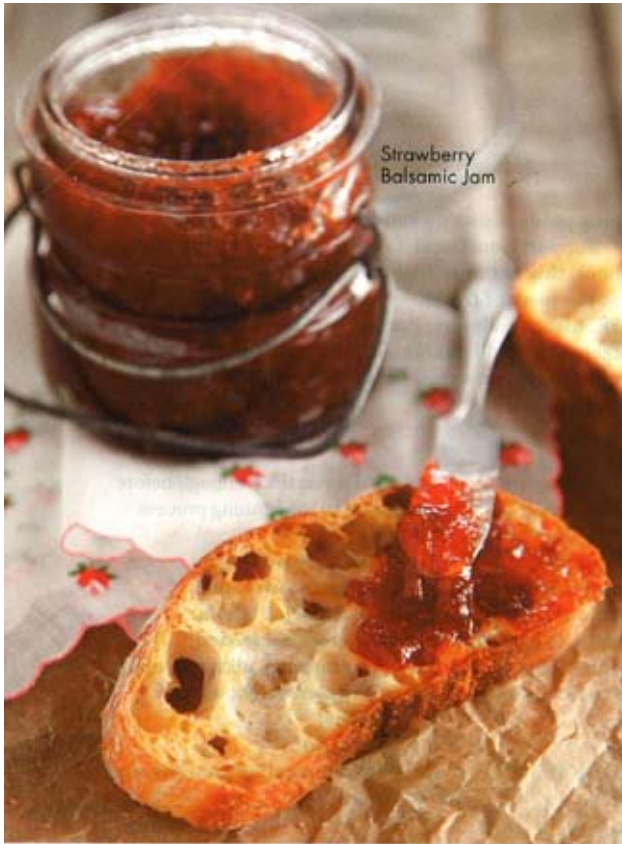
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SOUTH-MEETS-WEST QUESADILLAS

Makes 8 quesadillas

- 1 cup barbecue sauce
- 1 cup sour cream
- 1 tablespoon olive oil
- 1 cup chopped red onion
- 1/4 cup butter
- 1 pound shredded barbecue pork
- 1 cup shredded Monterey Jack cheese
- 1 cup shredded Cheddar cheese
- 1/2 cup fresh cilantro leaves
- 8 (10-inch) flour tortillas

In a medium bowl, combine barbecue sauce and sour cream. Set aside.

In a large skillet, heat oil over medium-high heat. Add onion, and sauté until browned, about 7 minutes. Remove from heat. Wipe skillet clean. Add 1 tablespoon butter, and cook until melted.

Arrange onion, pork, cheeses, and cilantro leaves evenly on one

side of each tortilla. Fold tortillas over to cover cheeses. Place 2 folded tortillas in skillet. Cook until browned and cheese melts, about 2 to 3 minutes. Flip and cook on the other side until browned and cheese melts, 2 to 3 minutes. Remove from pan. Repeat with remaining quesadillas and butter. Cut into wedges. Serve with dipping sauce. Serve immediately.



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TOMATO-BASIL MAC AND CHEESE

Makes 6 to 8 servings

- 1 pound elbow macaroni
- 1 cup panko (Japanese bread crumbs)
- ¼ cup chopped parsley
- 3 tablespoons unsalted butter
- ½ cup all-purpose flour
- 4 cups skim milk
- 3 cups shredded reduced-fat sharp Cheddar cheese
- 1 teaspoon salt
- 1½ cups grape tomatoes, halved
- ¼ cup chopped fresh basil

Preheat oven to 400°. Spray a 13x9-inch baking dish with cooking spray. Cook pasta until tender. Drain. In a small bowl, combine panko and parsley. Set aside.

In a large saucepan over medium heat, melt butter. Add flour, stirring constantly with a whisk. Gradually add milk, stirring constantly until smooth. Add cheese, stirring constantly until thick and creamy. Add macaroni, salt, tomatoes, and basil. Spoon into prepared baking dish. Top with reserved panko mixture. Bake until golden and bubbly, about 25 minutes.

SQUASH AND ZUCCHINI CASSEROLE

Makes 4 to 6 servings

- 6 cups (½-inch-thick) sliced yellow squash
- 6 cups (½-inch-thick) sliced zucchini
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 2 cups (½-inch-thick) sliced yellow onion
- 2 cups shredded reduced-fat sharp Cheddar cheese
- 1 cup crushed reduced-fat round buttery crackers

Preheat oven to 400°.

Spray a 13x9-inch baking dish with nonstick cooking spray. In a large



bowl, combine squash, zucchini, salt, and pepper. Arrange half each of squash and zucchini in a single layer on bottom of dish. Top with half of onion, and sprinkle with half of cheese. Repeat layers, ending with cheese. Top with crushed crackers. Cover and bake until vegetables are tender, about 1 hour. Uncover, and bake until lightly golden, about 15 minutes.

reduce fat & calories

- » Use cottage cheese or ricotta cheese instead of cream cheese.
- » In unbaked foods, substitute low-fat, unflavored yogurt for sour cream.
- » Salt-free seasonings, fresh herbs, and lemon juice enhance flavor without adding fat.