

KITCHEN *Connections*

SHARING PASSION FOR FOOD, EVEN AT HOME

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EMBRACING FOOD TO COMFORT AND RECHARGE

Food can bring us great comfort, especially when we're feeling stressed, tired, or overwhelmed. More than ever, we're reminded of the importance of taking care of ourselves and loved ones. Read about some of our favorite ways to find comfort: in a bowl of soup, spoiling our pets, recreating spa experiences at home, and preparing the seeds for a bountiful garden.

HOMEMADE CHICKEN NOODLE SOUP

We think few things provide more comfort than a warm bowl of classic Chicken Noodle Soup made from scratch. Executive Chef Robert shares an easy recipe that is wholesome, delicious, and good for both the heart and soul. ***Watch an instructional video here!***

Ingredients:

- 2 Tbsp olive oil
- 1 cup carrots, diced
- ½ cup celery, diced
- ½ cup onion, diced
- 1 tsp garlic, minced
- 1 pound egg noodles
- 1 pound cooked chicken, diced or shredded
- 3 sprigs fresh thyme, leaves only
- Salt and pepper to taste
- 1 lemon, juiced
- 7 cups chicken stock
- Cornstarch (optional)



Instructions:

- 1) Heat a few tablespoons of oil in a large pot over medium-high heat.
- 2) Add carrots, celery and onion to pot and cook while stirring occasionally for 1-2 minutes or until slightly caramelized.
- 3) Add the fresh thyme leaves and garlic. Stir to combine.
- 4) Add the cooked chicken, salt and pepper to taste, then stir.
- 5) Add the juice of 1 lemon.
- 6) Pour in the chicken stock and allow the soup to come to a boil.
- 7) Once boiling, reduce the heat and add the noodles and the cornstarch, if desired.
- 8) Allow it to simmer for a few minutes to heat the noodles through and serve!

Per serving : 199 calories,
8.5 gm fat, 1.7 gm saturated
fat, 63 mg cholesterol, 14.7
gm carbohydrate, 1.6 gm
fiber, 1.2 gm sugar, 318 mg
sodium, 261 mg potassium

KITCHEN TIDBITS

- Adding fresh lemon juice to your soups allows you to reduce the amount of salt added while still maintaining great flavor!
- Hate peeling garlic? Try this quick tip: place a few garlic cloves on a plate and microwave for 7 seconds. Then, simply press on the end of the clove and the skin will just pop off easily. National Garlic Day is April 19th!

WHOLESOME & HOMEMADE PET TREATS

Our furry family members bring us joy and comfort every day, too. Since we're spending more time at home (potentially interrupting their quiet time) it's a great opportunity to spoil them with some delicious homemade treats.



DOG TREATS

(provided by General Manager, Pattie. Approved by Riley and Olli, the dogs)

Ingredients:

- 1 cup cooked sweet potatoes, mashed
- 2 eggs
- ¼ cup unsweetened apple sauce
- 2 ½ cups whole wheat flour



Instructions:

- 1) Mix all ingredients together until it forms a dough.
- 2) Roll out dough to ½" thick. Cut out treats and placed on an ungreased cookie sheet.
- 3) Bake at 350° for 35 minutes. Allow the treats to cool on the pan for 10 minutes before moving them to a wire rack to cool completely. Store in an airtight container for up to 2 weeks.



CAT TREATS

(provided by Executive Chef, Sean. Approved by Lucy, the cat)

Ingredients:

- 6 ounces canned tuna, undrained
- 1 egg
- 1 cup of flour
- 2 tablespoons of water
- 1 cup fine corn meal flour

Instructions:

- 1) Place all ingredients into a food processor and pulse until a dough is formed.
- 2) Let the dough rest for 10 minutes and then roll it out to ¼" thick.
- 3) Cut out treats using a small cookie cutter or into 1" squares and place on a cookie sheet lined with parchment paper.
- 4) Bake at 300° for 30 minutes or until the treats are completely dry.
- 5) Let the treats cool completely before sharing with your furry friend!



SWEET SELF-CARE

It's important to take some time for yourself, to relax and recharge. In addition to plenty of sleep, there are a lot of other creative ways to treat yourself while at home. Cindy, Director of Marketing, shares two of her favorite homemade scrubs that are easy and inexpensive to make with ingredients already in your pantry, and will do wonders for you lips and skin!

HONEY SUGAR LIP SCRUB

This homemade lip scrub is super nourishing and helps to exfoliate your lips. A little honey combined with sugar and coconut oil is all you need, and the ingredients are good for your skin.

Honey is the ultimate lip medicine. It soothes dry, chapped lips and has tons of antioxidants that can bring relief to irritated lips because it contains a mild antiseptic effect that speeds healing. The sugar is gentle enough to polish sensitive areas like the lips and the coconut oil will add additional moisture to your scrub and hydrate your lips.



Ingredients:

- 2 tsp of sugar (I prefer brown sugar for the taste and texture)
- 1 tsp of raw honey
- 1 tsp of coconut oil (do not melt)

Instructions:

- 1) Mix all the ingredients together until it forms a paste.
- 2) Apply a small amount to your lips with your fingertips.
- 3) Gently rub into lips for a few seconds or up to a minute to remove dry skin. Allow the mixture to remain on your lips for a minute or two to get the full moisturizing benefits.
- 4) Wipe off gently with a warm damp cloth (that is if you can resist licking it off, yum!)
- 5) Store excess in a closed container. Lip scrubs can last two to three weeks if refrigerated.



COFFEE BODY SCRUB

This coffee scrub is one of my favorites – thanks to the coffee's secret weapon for our skin...caffeine! Caffeine has quite a few skin benefits, and with this scrub it helps to improve blood circulation and tightens the skin. This in turn helps make cellulite less visible. Yes – I said it! It truly works and is my go-to body scrub all year round! Plus it smells ah-mazing!

Ingredients:

- ½ cup melted coconut oil
- 1 cup coffee grinds (caffeinated)
- ¼ cup sugar (you can add up to another ¼ cup to make the mixture drier if you prefer)
- 1 Tbsp cinnamon

Instructions:

- 1) In a bowl mix the coffee grounds, sugar and cinnamon.
- 2) Pour in the melted coconut oil into the bowl of ingredients.
- 3) If you want to make the mix pastier, add more oil. If you want more scrubbing action, add more sugar or coffee. I tend to add more sugar to make a drier mixture.

How to Use: Once in the shower, apply the coffee scrub all over your body, especially on those areas with that pesky cellulite like our legs. Massage the scrub into the skin in a circular motion and leave on for 10 – 20 seconds. Then rinse. Your skin will be exfoliated, energized and super hydrated!

Note: Do not use this scrub on your face. It's too harsh for the face's delicate skin.





SUSTAINABLE SPRING GARDENING

In honor of Earth Day on Wednesday, April 22nd, Chef Chris is sharing some creative ways to plan and prep for your own garden.

Plenty of common garden items can start indoors.

Since April can bring residual cold weather and lots of rain, start your seedlings inside by using leftover k-cups, single serve yogurt cups, egg cartons or any other small container that might have otherwise ended up in the garbage. Seedlings can be replanted outside once warmer weather is around to stay.

Consider Composting!

A DIY compost bin is easy to make and will put all those future food scraps to use, so that you can better feed your garden. **More information can be found here.**

Make the most of those April Showers!

Before the May Flowers get here, consider cleaning and repurposing a trash can to make a rain barrel! After making just a few tweaks to your trash can and placing under a gutter downspout, your garden will soon have a reserve of rainwater on tap to nourish its roots. **For step by step instructions, click here.**



We want to see YOUR culinary creations!

Share your videos or photos of your at-home cooking adventures with **#ParkhurstKitchenConnections.**

