

Arugula-Caraway Pesto Pasta

This meatless pasta entree is full of flavor from a quick pesto prepared with arugula, parsley, almonds and Parmesan cheese. Red Swiss chard adds color, texture and nourishment.

Prep Time: 15 minutes

Cook Time: 15 minutes

- 1 cup arugula leaves
- 1 cup fresh parsley leaves
- 1/2 cup olive oil
- 1/4 cup toasted slivered almonds
- 1/4 cup grated Parmesan cheese
- 2 cloves garlic
- 1 tablespoon **McCormick® Caraway Seed**, finely crushed
- 8 ounces periatelli pasta or thick spaghetti
- 2 cups thinly sliced red Swiss chard (cut crosswise into thin strips)

1. Place arugula, parsley, oil, almonds, Parmesan cheese, garlic and caraway seed in bowl of food processor; cover. Process until smooth. Set aside.
2. Meanwhile, cook pasta as directed on package. Drain pasta, reserving 1/2 cup of the cooking water. Return pasta to saucepot.
3. Stir Swiss chard into pasta on low heat until greens are wilted. Add pesto; toss to coat well, adding small amounts of reserved cooking water until desired consistency. Serve with additional Parmesan cheese, if desired.

Makes 4 servings.

Test Kitchen Tip: Crush caraway seed with mortar and pestle. Or, place caraway seed in large resealable plastic bag. Close tightly. Pound with a rolling pin, mallet or heavy skillet until crushed.

Nutrition Information Per Serving: 546 Calories, Fat 34g, Protein 13g, Carbohydrates 47g, Cholesterol 8mg, Sodium 179mg, Fiber 4g

Caraway Corn Risotto with Bitter Greens

Corn adds sweetness and creaminess to this risotto, while bitter greens add contrasting flavor and texture. Use frozen corn or, when in season, try with fresh corn cut off the cob.

Prep Time: 15 minutes

Cook Time: 45 minutes

- 2 cups frozen corn, thawed
- 7 cups chicken stock or reduced sodium chicken broth
- 1/2 cup heavy cream
- 2 tablespoons butter
- 1 cup chopped onion
- 1 teaspoon minced garlic
- 1 teaspoon **McCormick® Caraway Seed**, finely crushed
- 2 cups Arborio rice
- 2 cups bitter greens, such as Swiss chard, arugula, collard greens, kale or dandelion greens, torn into bite-size pieces
- 1/4 teaspoon **McCormick® Coarse Ground Black Pepper**
- 1/4 cup grated Parmesan cheese

1. Place corn in bowl of food processor; cover. Process until pureed and smooth. Set aside. Bring stock and cream to simmer in medium saucepan on low heat.
2. Melt butter in large heavy skillet on medium heat. Add onion; cook and stir 3 minutes or until lightly browned. Add garlic and caraway seed; cook and stir 2 minutes. Stir in rice and corn puree; cook 2 minutes.
3. Stirring constantly, add warmed stock mixture, 1 cup at a time, until liquid is absorbed by rice after each addition. (It takes about 35 minutes for all of the stock mixture to be absorbed and the risotto to become thick and creamy.) Stir in greens and pepper with last cup of stock mixture. Sprinkle with Parmesan cheese.

Makes 6 servings.

Test Kitchen Tip: Crush caraway seed with mortar and pestle. Or, place caraway seed in large resealable plastic bag. Close tightly. Pound with a rolling pin, mallet or heavy skillet until crushed.

Nutrition Information Per Serving: 499 Calories, Fat 15g, Protein 17g, Carbohydrates 74g, Cholesterol 42mg, Sodium 748mg, Fiber 3g

Grilled Bitter Greens with Caraway & Peach

Grilling wedges of radicchio and endive introduces another flavor component to these bitter greens, perfectly accented by a nutty-sweet dressing of caraway seeds and peach preserves. A scattering of pungent blue cheese finishes the dish.

Prep Time: 25 minutes

Cook Time: 5 minutes

Caraway-Peach Dressing:

1/3 cup peach preserves

3 tablespoons white wine vinegar

1 tablespoon **McCormick® Caraway Seed**, finely crushed

1/4 cup olive oil

1 teaspoon **McCormick® Gourmet Collection Sicilian Sea Salt**

2 Belgian endive, cut in half lengthwise

1 radicchio, cut into 4 wedges

2 medium plum tomatoes, cut in half lengthwise

2 pita breads (8-inch)

2 cups baby salad greens

1/2 cup crumbled blue cheese

1. For the Dressing, mix preserves, vinegar and caraway seed in small bowl until well blended. Set aside. Mix oil and sea salt in small bowl. Brush endive, radicchio, tomatoes and pita breads with oil mixture.
2. Grill endive and radicchio over medium-high heat 1 to 2 minutes per side or until browned. Grill tomato halves, cut sides down, 3 to 5 minutes or until slightly charred, turning once. Grill pita breads, 1 to 2 minutes per side or until lightly toasted. Cut pita breads into wedges. Cut tomatoes into chunks.
3. Place 1/2 cup salad greens on each serving plate. Top each with an endive half and a radicchio wedge. Sprinkle with tomato chunks and blue cheese. Serve with Dressing and pita wedges.

Makes 4 servings.

Test Kitchen Tip: Crush caraway seed with mortar and pestle. Or, place caraway seed in large resealable plastic bag. Close tightly. Pound with a rolling pin, mallet or heavy skillet until crushed.

Nutrition Information Per Serving: 359 Calories, Fat 19g, Protein 8g, Carbohydrates 39g, Cholesterol 13mg, Sodium 912mg, Fiber 3g