

MANGO CHICKEN STIR-FRY

Makes about 4 servings

- ¾ lb (375 g) boneless chicken
- 1 large mango, peeled
- ⅓ cup (75 mL) water
- 3 TBSP (45 mL) **Club House Thai One Step Seasoning**
- 2 TBSP (30 mL) soy sauce
- 2 TBSP (30 mL) lime juice
- 1 small sweet red pepper, cut into strips
- ⅓ cup (75 mL) cashew pieces

Cut chicken and mango into thin strips. In a wok, combine water, **Club House Thai One Step Seasoning**, soy sauce and lime juice. Bring to a boil. Add chicken; stir-fry 4 minutes. Add mango, red pepper and cashews. Cook 2 minutes longer.



QUICK VEGGIE PIZZA

Makes about 4 servings • Prep Time: 10 minutes • Cook Time: 15 minutes.

- 1 prepared 12" (30 cm) pizza crust
- 4 TBSP **Club House Italiano One Step Seasoning**
- ¾ cup (175 mL) pizza or pasta sauce
- 1½ cups (375 mL) shredded pizza cheese
- 2 cups (500 mL) coloured bell peppers and zucchini, cut in pieces

Place crust on baking sheet. Mix 3 tbsp (45 mL) of **Club House Italiano One Step Seasoning** with the sauce. Spread over crust. Cover with half of cheese, vegetables, remaining cheese and 1 TBSP (15 mL) of **Club House Italiano One Step Seasoning**. Bake at 375°F (190°C) for 12 to 15 minutes or until heated through.



PEPPERS AND BROCCOLI FUSILLI

Makes about 6 servings • Prep Time: 10 minutes • Cook Time: 12 minutes.

- 12 oz (340 g) fusilli pasta (3½ cups/875 mL)
- 3 cups (750 mL) broccoli florets
- 1 sweet red pepper, sliced
- ¼ cup (50 mL) **Club House Roasted Garlic & Peppers One Step Seasoning**

longer, or until tender. Ladle ⅓ cup (75 mL) pasta water into large serving bowl. Stir in **Club House Roasted Garlic & Peppers One Step Seasoning**. Drain pasta mixture and add to seasoning. Mix well. Cover and let stand 5 minutes before serving.

Tip: Add a sprinkle of freshly grated Parmesan cheese if desired.



Cook pasta according to package directions omitting salt, until tender but firm. Add broccoli and peppers. Cook about 5 minutes



Dinner's little helper.

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No MSG added. No artificial colours or flavours. No trans fat.

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