

Monthly **La Costa** Newsletter

Volume 17 Issue 7

April 2019

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OFFICE HOURS

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Happy Passover



Passover (in Hebrew, Pesach) commemorates the exodus of the Jews from slavery in Egypt. The holiday is ultimately a celebration of freedom, and the story of the exodus from Egypt is a powerful metaphor that is appreciated not only by Jews, but by people of other faiths as well. Wishing you and yours a happy and peaceful Passover.



Happy Easter

Colored eggs and marshmallow chicks. It must be that time of year again. May this Easter bring you all together for a great celebration filled with lots of joy, happiness and of course chocolate! Happy Easter to all of you from the staff at La Costa.



Tasty and Easy Springtime Recipe: Penne with Chicken and Asparagus

- 1 (16 oz) package dried penne
- 5 tablespoons olive oil, divided
- 2 skinless, boneless chicken breast halves - cut into cubes
- salt and pepper to taste
- garlic powder to taste
- 1/2 cup low-sodium chicken broth
- 1 bunch asparagus spears, trimmed, cut on diagonal into 1-inch pieces
- 1 clove garlic, thinly sliced
- 1/4 cup Parmesan cheese

1. Bring a large pot of lightly salted water to boil. Add pasta, and cook until al dente, about 8 to 10 minutes. Drain, and set aside.
2. Warm 3 tablespoons olive oil in a large skillet over medium-high heat. Stir in chicken, and season with salt, pepper, and garlic powder. Cook until chicken is cooked through and browned, about 5 minutes. Remove chicken to paper towels.
3. Pour chicken broth into the skillet. Then stir in asparagus, garlic, and a pinch more garlic powder, salt, and pepper. Cover, and steam until the asparagus is just tender, about 5 to 10 minutes. Return chicken to the skillet, and warm through.
4. Stir chicken mixture into pasta, and mix well. Let sit about 5 minutes. Drizzle with 2 tablespoons olive oil, stir again, then sprinkle with Parmesan cheese.



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Matzo Ball Soup

Ingredients

- 2 (10 ounce) packages matzo crackers
- 1/2 cup butter
- 6 eggs
- salt and pepper to taste
- 3 tablespoons minced fresh parsley
- 2 onions, minced
- 5 ounces matzo meal
- 96 ounces chicken broth

Directions

1. Bring a large pot of lightly salted water to a boil.
2. Break matzo crackers into small pieces, and place in a large bowl. Add water to cover; allow to

- soak for a few minutes, until soft. Drain off excess water.
3. Melt butter in a large skillet over medium heat and stir in drained matzos; stir until mixture is dry and slightly brown. Remove from heat, and mix in eggs, salt and pepper to taste, parsley, and onions.
4. Mix in just enough matzo meal to make mixture hold together. Roll one golf ball-size matzo ball. Place matzo ball in the boiling water to test the mixture. The ball must rise to the top of the water and not break apart. If it does not rise, then too much matzo meal was added. In this case, add another beaten egg to the mixture and try again. When

desired consistency is reached, roll all of mixture into golf ball size spheres.

5. In a large saucepan, bring chicken broth to a slow boil over medium heat; add balls to broth. Serve soup as the balls rise to the top of the broth.





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