



July 23, 2008 | Duluth News Tribune | Circulation: 150,000



DEIFRATELLI

Black Bean n' Corn Chicken Salad.

Light summer meal with five ingredients

The folks at Dei Fratelli sent a tantalizing and easy summer salad. You can find their salsas at Super One or can substitute your favorite black bean and corn salsa.

Black Bean n' Corn Chicken Salad

16 ounces of cooked farfalle (bow tie) pasta
1 fully cooked whole rotisserie chicken, about 3 pounds
1 16-ounce jar Dei Fratelli Black Bean n' Corn Salsa
1 tablespoon chopped fresh cilantro or flat leaf parsley
A bag of mixed greens

Cook pasta according to package instructions. Drain and set aside. Discard chicken's skin and bones. Pull dark meat into coarse shreds. Dice breast meat into cubes. In a large mixing bowl, fold Dei Fratelli Black Bean n' Corn Salsa with prepared chicken. The juices from salsa will be absorbed by chicken. Add pasta and toss gently, then fold in freshly chopped cilantro or parsley. Serve on a bed of mixed greens.

Yield: 4-6 servings.

Taste!

Wednesday
July 23, 2008

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Duluth
News
Tribune

SECTION B

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FINNFEST

STRAWBERRIES: These berries, as well as raspberries, blueberries and cloudberries, are a hallmark of Finnish cuisine.

PULLA: The traditional and much-loved cardamom bread is a culinary symbol of Finland.



PHOTOS BY DEBEE MONTGOMERY | NEWS TRIBUNE

COFFEE: The coffee Finns drink tends to be stronger than that brewed in the U.S. and is served in smaller cups. It's an important aspect of the culture.

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