



Dr. P's Prime and Parmesan Pasta

Inspired by: Cacio e Pepe

Kosher salt

1 lb pasta (such as spaghetti or linguini)

3 tablespoons unsalted butter

2 teaspoon The Prime Ingredient Original Mediterranean Spice Blend

1 tablespoon olive oil

$\frac{3}{4}$ cup grated Parmesan

Bring 3 quarts water to a boil in a 5-qt. pot. Season with salt; (salty like the sea) add pasta and cook, stirring occasionally, until about 2 minutes before tender (before al dente. Reserve $\frac{3}{4}$ cup pasta cooking water.

Meanwhile, in a Dutch oven or other large pot or skillet over medium heat add The Prime Ingredient Original Mediterranean Spice Blend and cook, swirling pan, until toasted, about 1 minute. Add the butter and olive oil. Carefully, add $\frac{3}{4}$ cup reserved pasta water to skillet and bring to a simmer. Add a little parmesan cheese and then add the pasta stirring and tossing with tongs. Add the rest of the parmesan cheese. Remove pan from heat. Transfer pasta to bowls, top with more cheese and Prime Spice and serve.

Dr. P's Prime Ingredient Salad Dressing and Marinade

1 tablespoon lemon juice

1 tablespoon balsamic vinegar

2 tablespoons red wine vinegar

1 teaspoon The Prime Ingredient Herb and Spice Blend

Pinch of sugar

Pinch of salt

$\frac{1}{4}$ cup olive oil

Combine all the above ingredients, let sit for 10 minutes to let the flavors meld.

Dr. P's Easy Prime Ingredient Chicken Recipe

2 large chicken breasts, butterflied

2 tablespoons olive oil, divided

The Prime Ingredient Original Mediterranean Spice Blend

Preheat oven to 375 degrees

Thoroughly dry chicken with paper towels; season all over with 1 tablespoon of the olive oil and a healthy pinch of The Prime Spice. Heat oil in a large oven safe pan over medium-low until oil shimmers. Add chicken and cook, without moving, for 4 minutes, flip and cook for another 3 minutes. Transfer pan to the oven and cook for 5 minutes. Remove from the oven, transfer the chicken to a plate and let rest for 4-5 minutes.