

# Let's EAT!

ONE Gas  
EDUCATION & TRAINING AREA  
NEWSLETTER



## Our Doors are Open!

*Have you heard the buzz about our new interactive space for natural gas cooking technology and innovation?*

The 2,900-square-foot state-of-the-art facility in Tulsa includes a residential filming kitchen and commercial test kitchen for our industry partners throughout our service territories. Offering a seamless culinary experience, visitors can learn about the benefits of energy-efficient natural gas appliances and equipment through hands-on demonstrations and testing.

As an EAT insider, we want you to be in the know of all that's happening in the space. Watch for our quarterly newsletter to keep up with exciting future events!

### Check Out Our New DIGS!

Haven't seen the space in person? Check out our virtual tour with our Manager of Customer Programs, Cortney Dennis.



### FOOD FIGHT!

High school students battle it out in the new EAT area.

Partnering with Rogers State University (RSU), six local high schools competed in RSUTV's Food Fight Competition, creating a delicious dish in under 60 minutes for the judges. Over five weeks, the RSUTV's production crew converted the EAT area into a TV set for their culinary food fight. The show wrapped filming in April and will air in the fall, when the winner will be announced.

### Recipes for Your Own EAT Area

For more than 70 years, we've shared recipes with our customers highlighting natural gas for cooking delicious meals. We're bringing back this tasty tradition and will share recipes from local chefs and even favorites from the archives! Check out this delicious dish that was made during the RSUTV's food fight competition.

### Italian Skillet Chicken and Summer Squash

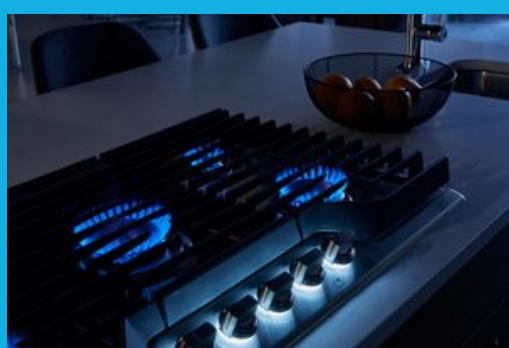


#### Ingredients

- 2 tablespoons olive oil, more as needed
- 1 tablespoon minced fresh garlic
- 1 cup diced onion
- 1 yellow squash, halved and thinly sliced
- 1 zucchini, halved and thinly sliced
- 4 skinless, boneless chicken breast halves
- 1 cup flour
- 1 (28 ounce) can diced tomatoes
- 1 cup chicken broth or water as needed
- ½ cup fresh basil, cut into thin strips
- ¼ cup fresh Italian parsley, chopped
- 2 teaspoons dried oregano
- Pinch of dried red pepper flakes
- Salt and pepper to taste
- Fresh grated parmesan

#### Preparation

- Heat olive oil in skillet over medium heat.
- Saute garlic and onion till starting to soften.
- Add squash and zucchini and saute till al dente. Remove vegetables from pan.
- Flatten chicken breasts to uniform thickness.
- Dredge in flour and season with salt and pepper.
- Cook chicken until lightly browned, approximately 2 minutes on each side.
- Add tomatoes and bring to high simmer.
- Reduce heat and simmer till chicken is cooked through.
- Add broth or water if needed to avoid sticking.
- Return vegetables to pan and toss to coat with tomatoes.
- Add basil, parsley, oregano and red pepper flakes. Toss lightly to combine.
- Place chicken breast on plate, top with tomato, squash mixture, and fresh parmesan.
- Serve with rice or pasta.



### Want to Reserve the EAT Area?

Reserving the ONE Gas Education & Training Area is free and easy. If you're an industry partner throughout Kansas, Oklahoma and Texas, click the button below to make a reservation!

[Reserve the EAT Area](#)



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