

Main Dishes

ORANGE/DIJON CHICKEN

6 (4- to 5-oz.) chicken breasts, boneless, skinless
1 T. orange zest, minced
1 T. dill, dried
1 T. paprika (mild)

1 T. parsley, dried
 $\frac{1}{3}$ c. Dijon mustard
 $\frac{1}{3}$ c. honey, preferably Orange Blossom

Trim chicken of all fat; spray shallow baking dish with olive oil spray. Place chicken filets in baking dish, one layer thick. **Suggestion:** Line baking dish with aluminum foil to facilitate clean-up. Prepare sauce for chicken by combining rest of ingredients in small bowl. Mix well and cover chicken filets. Turn chicken once to allow full coverage of chicken pieces. Turn broiler to high. Broil for about 15 minutes or until chicken is no longer pink. Turn once. Allow sauce to brown slightly. Serve immediately on warm plate. **Serving Suggestion:** Serve chicken pieces over rice. Garnish with green onions sliced on diagonal in 1-inch segments. Decorate plate with orange slices.

CHICKEN/APPLE MEDLEY

$1\frac{1}{2}$ lbs. chicken breasts, boneless, skinless, cut into $\frac{1}{2}$ -in. cubes
6 red-jacket potatoes, scrub, do not peel, slice to $\frac{1}{4}$ in. thick
1 Granny Smith apple, unpeeled, cored and sliced into $\frac{1}{2}$ -in. wedges
6 green onions, cut into 1-in. segments, reserve green top for garnish

2 T. honey
2 T. vinegar (or rice wine)
2 T. mustard, Dijon (may substitute yellow)
2 T. olive oil
Salt to taste
Pepper to taste
Pam spray (olive oil)

Spray microwave-safe baking dish. Add apple wedges and microwave at full power for 8 minutes or until fork tender. Prepare wok (or skillet) by adding olive oil and bring to medium-high heat. Do not allow oil to smoke. Add chicken cubes and brown, stirring constantly, about 3 or 4 minutes. Add potatoes and cook for about 5 to 7 minutes

(continued)

for potatoes to brown. Mix mustard, vinegar and honey in a small dish. Whisk briskly. Add mixture to chicken/potatoes and toss to coat all surface of chicken and potatoes. Add onion slices to pan. Toss, cook for 2 more minutes. Add salt and pepper to taste. Mince reserved green onion tops and use for garnish.

Recipe Note: This one-dish meal is great for a cold wintry evening meal with mulled cider accompaniment.

CHICKEN AND POTATOES IN MUSTARD/MARMALADE SAUCE

4 potatoes (med./lg.), scrub, do not peel, cut into $\frac{3}{4}$ -inch cubes
2 T. olive oil
 $1\frac{1}{2}$ lbs. chicken breasts, boneless, skinless, cut into $\frac{3}{4}$ -inch cubes

1 c. cherry tomatoes
 $\frac{1}{2}$ c. orange marmalade
3 T. Dijon mustard
Salt/pepper to taste
Chives, chopped, for garnish

Place potato cubes in microwave-safe pan. Microwave on high for 8 minutes or until tender. While potatoes are cooking, heat oil in large wok at medium/high temperature. Add chicken cubes and cook until all pink is gone. Add cooked potatoes and tomatoes. Sauté, stirring gently, or toss for 3 to 4 minutes. Add marmalade and mustard, toss to assure distribution of marmalade and mustard. Season with salt and pepper. Serve immediately. Garnish with chopped chives.

Recipe Note: This is a one-dish meal. Ideal for a quiet evening at home. Suggest serving with a dry white wine.

SATURDAY EVENING CHICKEN

4 chicken breasts, boneless, skinless (4 to 5 oz.)
4 sm. to med. white potatoes, unpeeled and cut into $\frac{3}{4}$ -inch cubes
1 lg. onion, cut into 8 wedges
1 green pepper, cut into $\frac{1}{2}$ -inch strips

1 red sweet pepper, cut into $\frac{1}{2}$ -inch strips
8 plum tomatoes
2 c. carrots, thinly sliced on diagonal
Salt/pepper to taste
Olive oil

Rub chicken with olive oil, sprinkle with a little salt and a little black pepper. Put a pan of water on bottom rack (steam from water prevents

(continued)

PASTA WITH CHICKEN CHUNKS IN VEGETABLE MEDLEY

4 (4- to 5-oz.) boneless, skinless, chicken breasts, cut into 3/4-in. cubes
 2 med. carrots, scraped, cut into very thin slices (cut on diagonal)
 16 Brussels sprouts, trimmed, steamed until almost done
 1 red sweet pepper, seeded, sliced into 1/2 in. wide by 1-inch segments

1 lb. pasta, your selection, angel hair or similar spaghetti
 1 (14-oz.) can chicken broth (more if needed)
 1 tsp. basil, dried
 1 T. parsley, dried
 3 cloves garlic, finely minced
 4 T. olive oil

Place 2 tablespoons olive oil in medium-sized skillet. Add chicken pieces and cook, stirring, over medium heat until chicken is cooked and no pink remains, usually 5 or 6 minutes. Remove chicken and set aside. Heat remaining olive oil in same skillet. Add garlic, carrots, red pepper and Brussels sprouts. Cook for 4 to 5 minutes until carrots are fork tender. Separately cook pasta per package directions in chicken broth. When pasta is ready, return chicken to pan with vegetables. Reduce heat and simmer for 2 to 3 minutes. Drain pasta. Serve pasta on warmed dinner plates. Add chicken and vegetables to pasta. Sprinkle with basil and parsley. Serve immediately.

CHICKEN--CATALONIAN STYLE

(Serve over rice, noodles or spaghetti)

4 pieces chicken breast, skinned, boneless, trimmed of all fat
 1 sm. eggplant, sliced, peeled (1/2-in. slices)
 1 lg. onion, Vidalia or other sweet variety (1/4-in. slices)
 1 (15-oz.) can tomato sauce with herbs
 1 (15-oz.) can garbanzo beans, drained
 1 lg. sweet green pepper, 4 slices each 1/4 in. thick, balance chopped

1 sm. can ripe olives, sliced and drained
 Black pepper, coarsely ground, to taste
 Parsley, fresh, coarsely chopped
 Veggie cheese substitute, shredded (opt.)
 Pam olive oil spray
 Lemon juice
 1 T. garlic, finely chopped (opt.)

Spray oven-proof baking pan (8 x 12 x 2-inch) lightly with Pam spray. Cover bottom of pan with eggplant slices. Sprinkle small amount

(continued)

of lemon juice on eggplant slices to prevent "browning" as other ingredients are added. Cover eggplant slices with light covering of tomato sauce. Add trimmed chicken breasts. Flatten breasts with meat mallet if necessary to obtain uniform thickness. Cover breasts lightly with tomato sauce. Next, add a layer of sliced onion. Add garbanzo beans and distribute evenly. Add chopped green pepper, ground pepper and garlic. Add layer of tomato sauce covering all other ingredients.

Hint: (I sometimes add fresh chopped mushrooms to final sauce layer.) Bake in 375° oven for approximately 30 minutes. Remove; add pepper slices. Distribute so each portion has a pepper slice. Sprinkle sliced olives on top surface. Return to oven for 15 minutes. Remove, add veggie cheese, filling pepper rings. Sprinkle surface with chopped parsley. Return to oven to melt "cheese" (5 minutes). Serve immediately over rice, noodles or spaghetti.

Recipe Note: This recipe is based on a similar dish my son and I enjoyed while walking in the south of France. The French used much more fat than this version.

CHICKEN SUPREME IN WINE/MUSHROOM SAUCE

4 pieces chicken breast, boned, skinned, trimmed of all fat
 1 c. mushrooms, fresh, thinly sliced (Italian brown, if possible)
 1 c. dry white wine
 1 lg. onion, finely chopped

2 T. olive oil
 2 tsp. salt
 2 tsp. pepper (freshly ground)
 2 sm. cloves garlic, finely minced
 Flour (to thicken sauce, if needed)

Garnish:

Green onion tops, finely sliced
 Parsley, chopped
 Paprika

Heat olive oil over medium heat in heavy skillet. Cook chopped onion until soft, transparent and beginning to brown slightly. Add garlic, pepper and salt. Add the chicken pieces, cooking quickly until lightly browned on all sides. Sprinkle lightly with flour; add wine and mushrooms. Return to boil, then decrease heat to simmer. Cover, stirring frequently. Cook until chicken is tender to fork (30 to 35 minutes). Add more wine to sauce if needed. Finally add flour, if needed, to thicken sauce. When ready to serve, remove chicken pieces and

(continued)