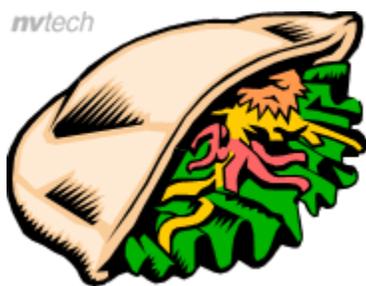




Chicken

I sat down to write this section, and even though it appears somewhat in the middle of this book, it was among the last to be written. I had a host of chicken recipes listed here at one time, but five of them now reside in the Italian section, three in the Mexican section, and four in the Asian section. This section was actually the impetus behind creating the other sections. With such a wide variety of ways to prepare chicken it was a truly multicultural event within these pages! I just couldn't make it all flow together though, so I have put the chicken recipes that don't fall into the other sections in this one. Enjoy the eclectic nature of these recipes.



Alison's "Greek" Chicken Pita

Part I

¼ cup extra virgin olive oil
2 boneless skinless chicken breasts
½ cup water
¼ cup lemon juice
½ packet taco seasoning

Part II

1 medium cucumber, peeled and chopped

2 medium tomatoes, diced
1 medium red onion, diced
1 bunch green onions, diced
1 small can black olives, sliced
1 small jar marinated artichoke hearts, diced
8 ounces feta cheese, crumbled

Fresh romaine and spring greens
Flat bread or pita

Dressing:

¼ cup red wine vinegar
reserved oil from marinated artichokes
1 tablespoon lemon pepper
1 tablespoon minced garlic
2 tablespoons lemon juice
1 tablespoon Italian Seasoning
reserved cooking juices from wok

In a wok or skillet, combine all the ingredients of Part I and cook over a medium to high heat. Cover. Stir occasionally. While cooking cut chicken into bite size chunks, and reduce juices until they thicken slightly.

While chicken is cooking, prepare Part II in a large mixing bowl. Combine and stir.

Warm flat bread or pita in the oven on low if desired.

Remove chicken from heat once cooked and strain juices into a separate bowl. In the separate bowl holding the cooking juices, combine the remaining ingredients of the Dressing, adding olive oil to thicken if desired.

Once chicken has cooled slightly, add it to the large mixing bowl containing Part II. Stir. Then add the dressing and stir again, coating thoroughly.

Position flat bread on a plate. Top with cut romaine and spring greens. Spread chicken vegetable mixture over the top.

Roll together and eat.

Alison's Quickie Chicken & "Dumplings"

1 cooked chicken breast, diced
 1 can cream of chicken soup
 ½ cup low fat milk
 2 cups frozen broccoli, cauliflower, carrot mixture
 1 tablespoon minced garlic
 1 tablespoon Italian seasoning
 1 tube Pillsbury instant buttermilk biscuits

Preheat oven to 425° or whatever the recommended temperature on the biscuit container.

In a large baking dish, stir together all ingredients except the biscuits. Microwave on HIGH for 2 minutes, stir again. Microwave another 2 minutes, stir again.

Open biscuit tube and place biscuits on top of the chicken mixture, leaving some space in between biscuits, but completely covering the top of the dish.

Place in oven and bake no more than 12 minutes or until biscuits appear golden and done.

Scope into bowls and serve with soupy mixture over biscuits to make them soft.

Easy Chicken Pot Pie

This is the perfect meal to make when you have left over cooked chicken.

Preparation Time: 20 minutes

Bake Time: 20 minutes

1 can condensed chicken broth
 1 3 cups water, divided
 3 cups frozen mixed carrots and peas
 3 medium red potatoes, scrubbed and diced (about 1 ½ cups)
 2 tablespoons olive oil
 2 cups quartered medium mushrooms
 1 medium onion, coarsely chopped
 3 cup all-purpose flour
 1 refrigerated unbaked piecrust
 2 ½ cups chopped cooked chicken

Combine broth, 1 cup water, and potatoes in a medium saucepan. Bring to a boil; reduce heat and simmer over low heat 10 minutes.

Preheat oven to 425°. Heat oil in a large skillet over medium heat. Add mushrooms and onion; sauté until softened, about 5 minutes. Stir in broth mixture and peas/carrots. Whisk remaining water into the flour until smooth; whisk into vegetable mixture. Increase heat to medium-high; bring to a boil.

Spread out piecrust on floured surface. Measure and roll, if necessary to fit 1-inch larger than top of a 2-quart baking dish. Stir chicken into vegetable mixture and transfer to the baking dish. Place crust over filling; trim and flute edge. Cut a scalloped round from center with a cookie cutter.

Bake until filling is bubbly and crust is browned, about 20 minutes.



Lemon Herb Chicken

½ cup unsalted butter, softened
 1 tablespoon chopped fresh parsley
 ½ teaspoon dried thyme

½ teaspoon dried rosemary
½ teaspoon dried marjoram
Juice and grated zest of 1 lemon
salt and pepper to taste
3 ½ pounds boneless skinless chicken

Cream butter and herbs. Spread over chicken in a baking dish. Roast at 350° for no more than 45 minutes. Check for clear juices.

Serve with steamed vegetables. Yields 4 large servings.

Water Chestnut Stuffed Chicken Breasts

8 boneless skinless large chicken breasts
Pinch of salt
¼ cup light cream
1 cup fresh bread crumbs
3 cup finely chopped onion
1 5-ounce can water chestnuts, drained and finely chopped
6 tablespoons butter, divided
1 teaspoon ground ginger
1 egg, beaten
3 tablespoons soy sauce, divided
8 teaspoon cayenne pepper
2 tablespoons honey
3 tablespoons sesame seeds

Flatten chicken breasts. Sprinkle light with salt; set aside. To make stuffing, pour cream over bread crumbs and let soak. In a large pan, sauté onion and water chestnuts in 2 tablespoons butter. Add soaked bread crumbs, ginger, egg, 1 tablespoon soy sauce, and cayenne pepper; mix well.

Preheat oven to 325°. Top each piece of chicken with some stuffing. Roll up and place seam side down in a greased baking dish. To make a honey butter sauce, cream 4 tablespoons butter and honey together and beat in 2 tablespoons soy sauce. Spread

sauce over the chicken rolls. Bake, basting with the juices, until the chicken is fully cooked and tender, about 35 to 45 minutes.

Change oven to 450°. Sprinkle chicken rolls with sesame seeds. Bake 10 minutes or until well browned. Watch to prevent burning.

Effortless Barbeque Chicken



All you need is a large pan, a turkey size oven roasting bag and some chicken you want to eat. Well, you'll also need the BBQ sauce of your choice. My personal favorite is KC Masterpiece. I find it holds up well in the oven and really gets into the chicken. Although Sweet Baby Rays is quickly gaining my approval as BBQ sauces go!

Place chicken in the oven roasting bag. Pour on the sauce, close the bag and cook in the oven at 395° for about 40 minutes or so. The chicken comes out moist and you have tons of yummy sauce to serve with the chicken. I actually prefer this much more than doing it outside on a grill where the chicken gets burnt and dries out.

Stuffed Chicken Soup

2 large cans of cooked chicken or
2 cups of leftover cooked chicken
1 large can of cream of chicken soup

½ cup of milk
 1 bag or box of stuffing mix
 ½ cup of diced celery
 ½ cup of diced white or yellow onion
 ¼ cup of diced garlic
 ½ cup of butter (cubed)

In a large non-metal mixing or casserole bowl, combine chicken, milk and soup, mixing thoroughly. Slowly add in the stuffing continuing to stir until all the chicken mixture has been absorbed by the stuffing. Then, mix in the celery, onion, and garlic.

Place bowl in a microwave for 3 minutes on high. Remove from microwave and stir. Contents of the bowl should be steaming or at least hot.

This can be served as is or, if you prefer the crunchy part of stuffing, as my family does, then place in an oven heated to 325° until the top gets the desired crunchiness which typically takes 10 to 15 minutes at the most. My family also prefers several pats of butter on the top of the stuffing while in the oven.

Meanwhile, make a salad while this is in the oven and a yummy dinner will be done in less than 20 minutes.

Breast of Chicken with Cream

(variation on Julia Childs recipes)

Preheat oven to 400 degrees

4 boneless skinless chicken breasts
 ½ tsp lemon juice
 ¼ tsp salt
 Big pinch white pepper
 4 Tb butter

¼ cup clear chicken broth
 ¼ cup port
 1 cup whipping cream
 Salt and pepper

2 Tb fresh minced parsley

Rub the chicken breasts with drops of lemon juice and sprinkle lightly with salt and pepper. Heat the butter in an oven proof pan with lid until it is foaming. Roll the chicken breasts in the butter, cover the oven proof pan and place in the oven – about 6 to 9 minutes.

Pour the stock and port into the pan with the cooking butter and boil down quickly over high heat until liquid is syrupy. Stir in the cream and boil down again over high heat until the cream has thickened slightly. Off heat, taste carefully for seasoning, and add drops of lemon juice to taste. Pour the sauce over the chicken breasts, sprinkle with parsley, and serve at once.

