

## **Chicken Recipes for LLI**

### **CHICKEN IN APRICOT SAUCE**

4 each, chicken breasts, boneless, skinless  
1/8 cup flour  
1½ tablespoons oil  
1½ tablespoons butter  
½ onion, chopped  
¼ cup red bell pepper, diced (see note)  
1½ cups chicken broth  
1 cup apricot nectar  
½ cup apricots, dried, diced  
Salt and Pepper to taste

Serves 4

Wash and dry the chicken. Gently pound to an even thickness between plastic wrap or sheets of parchment paper. Lightly dredge the chicken in flour, shaking off excess flour.

Heat the butter and oil in a large sauté pan over medium-high heat and cook chicken on both sides until golden brown then remove the chicken from pan. Lower heat and add onions and bell peppers and cook for 5 minutes. Add chicken broth, apricot nectar, and dried apricots. Return chicken to the pan. Simmer uncovered for approximately 20 minutes, or until sauce is slightly thickened; season to taste with salt and pepper. Serve over rice, orzo, pasta or potatoes

Note: Since you only need ¼ cup red pepper, it may be more economical to go to the salad bar and just get one or two red pepper rings instead of buying a whole pepper.

This dish freezes well, just cook, cool and package in plastic containers with a plastic wrap over the chicken, then the container top and freeze. To reheat, defrost in the refrigerator the day prior to day of consumption, then heat either on the stovetop in a saucepan on medium heat, or in the microwave at medium power for 1 to 2 minutes, turning the dish halfway through the reheating processes.

### **CHICKEN DE PAOLA**

Puff Pastry – 2 boxes  
20 ounces chicken breast, boneless, skinless, halves, (4)  
1 package spinach, frozen, squeezed & chopped

2 tablespoons pine nuts, toasted  
2 each sun-dried tomatoes in oil, drained and chopped  
4 ounces cream cheese  
½ teaspoon basil, fresh, chopped  
¼ teaspoon garlic, minced  
½ teaspoon salt or to taste  
1/8 teaspoon white pepper  
2 tablespoons egg substitute  
1½ teaspoons water

Remove the puff pastry from the freezer and thaw 15 to 30 minutes or until workable

In a small bowl, combine the cream cheese, spinach, pine nuts, and tomatoes. On a hard surface, pound the chicken breast to an even thickness of ¼ inch. Season with salt and pepper and set aside.

On a lightly floured surface, roll out the pastry to a 16 inch square. Divide that into 4 squares. Place the squares onto an ungreased baking sheet and set aside.

Place ¼ of the cheese mixture on the bone-side of each breast and fold the sides around to encase the mixture. Place each breast, seam down, onto a pastry square. Pull together the corner of the pastry square. Fold over the edges where the sides meet and squeeze gently to seal. Set aside, combine the egg and water and brush each pastry bundle with the egg wash. Place the chicken on a baking sheet and place in the freezer until frozen through. When solid, individually wrap the breasts in foil and store in the freezer in freezer bags.

Cooking instructions: Unwrap the thawed bundles and place on ungreased, non-stick, baking sheet pan. Preheat oven to 475-degrees. When preheated, put the pastries in and immediately reduce the oven temperature to 400-degrees. Bake for 35-45 minutes or until golden brown and the juices run clear.

## **CHICKEN SALTIMBACCA**

4 boneless, skinless chicken breast half's  
Dusting flour (approx. ¼ cup)  
¼ teaspoon salt  
1/8 teaspoon pepper  
3 tablespoons unsalted butter  
3 tablespoons olive oil  
½ pound mushrooms  
1 clove garlic, minced

Fresh Sage ½ julienned and the other ½ used for Garnish  
½ cup dry vermouth  
½ cup chicken stock  
4 – 6 slices Prosciutto, thin  
4 – 6 slices Provolone Cheese  
3 tablespoons Parmesan cheese

Heat a large sauté pan over medium-high heat. Dredge the chicken in the seasoned flour (flour, salt and pepper) and sauté in the butter (3 tbsp.) and olive oil (3 tbsp.) just until the chicken is golden on both sides. This may be done in 2 batches if the frying pan is not large enough to hold all 4 pieces of chicken. When the chicken is done, remove from the pan and set aside. You can keep the chicken warm in a preheated 200-degree oven.

Add the mushrooms to the pan. Sauté until their liquid is released; then evaporated, and the mushrooms are lightly browned (about 3 mins). Add the garlic and fresh sage leaves (julienne) and cook 1 minute longer. Pour in the vermouth and bring to a boil, scraping up any of the browned bits from the bottom of the pan. Add the chicken stock and bring back to a boil.

Return the chicken to the pan, lower the heat and simmer, turning the chicken once after 10 minutes. Remove the chicken breast to the plates, top with a slice of Prosciutto and a slice of cheese, pour over some sauce, and sprinkle with some Parmesan cheese.

Note: You can, if you wish, at this point either serve the chicken, or refrigerate for later use, then just reheat in the microwave. You can also freeze the chicken at this point for later use. Defrost overnight in the refrigerator; reheat in microwave, just prior to serving, top with fresh Sage leaf for garnish.

## **CHICKEN AND PROSCIUTTO PASTA BAKE**

Nonstick cooking spray  
6 ounces dried penne pasta, cooked  
1 tablespoon olive oil  
12 ounces skinless, boneless chicken breast cut into ½ inch wide strips  
2 cloves garlic, minced  
4 ounces sliced Prosciutto or ham, coarsely chopped  
½ green pepper, cut into bite size pieces  
½ yellow pepper cut into bite size pieces  
1 teaspoon dried basil  
1 tablespoon drained capers

- 1 15-ounce container refrigerated marinara sauce
- 1 10-ounce container refrigerated Alfredo sauce
- 1/3 cup finely shredded Parmesan cheese

Coat a 2-quart casserole with nonstick spray, set aside. Cook pasta according to package directions. Drain and return pasta to saucepan, set aside. Meanwhile in large skillet, heat oil over medium-high heat. Add chicken and garlic, cook and stir for 2 minutes. Add prosciutto, green and yellow pepper strips, basil, and capers. Cook and stir 2 to 3 minutes longer or until chicken is no longer pink and pepper is crisp-tender. Add to pasta in saucepan. Mix well. Layer half of the pasta mixture in the prepared casserole. Top with 1 cup of the marinara sauce. Top with remaining pasta mixture; then add the Alfredo sauce. Drizzle with remaining marinara sauce. Sprinkle with Parmesan cheese. Bake uncovered, in a 350-degree oven for 25 to 35 minutes or until heated through. Cool, cover and freeze.

Reheating instructions: Thaw in the refrigerator day prior to day of consumption. Heat, covered, in 350-degree oven for 15 to 25 minutes or till heated throughout. Remove cover last 10 minutes of reheating time.

## **CHICKEN STEW WITH WHITE BEANS AND ZUCCHINI**

Serves 4

- 1 tablespoon olive oil
- 8 chicken thighs, boned, no skin
- 1 onion, halved, thinly sliced
- 4 cloves garlic, finely chopped
- 3 tablespoons white wine
- 1 cup chicken stock
- 1 tablespoon finely chopped fresh rosemary or 1 tsp. dried
- 1 teaspoon grated lemon rind
- 1 bay leaf
- 2 cans 14 oz. cannelloni beans, rinsed and drained
- 3 small zucchini, halved lengthways, cut on the diagonal

Heat the oil in a large stew pot. Add the chicken, in batches, and cook for 4 minutes on each side or until browned. Remove and set aside.

Add the onion to the pot and cook for 5 minutes or until soft. Add the garlic and cook for 1 minute. Add the wine and chicken stock and bring to the boil, scrapping the bottom of the pan to remove any sediment.

Return the chicken and any juices to the pan along with the rosemary, lemon rind and bay leaf. Reduce the heat and simmer, covered, for 40 minutes or until the chicken is tender. Stir in the cannelloni beans and zucchini and cook for 5 more minutes or until the zucchini are tender. Serve with white rice.

## **CHICKEN, CARROT AND LEEK PACKAGES**

These intriguing packages may sound a bit fussy for everyday eating, but actually they take very little time, and you can freeze them so they'll be ready to cook when needed.

4 chicken fillets or skinless, boneless breasts\*  
2 small leeks, washed and sliced –white and light green parts  
2 carrots, peeled and grated  
2 pitted black olives, chopped  
1 garlic clove, crushed and chopped  
4 anchovy fillets, halved lengthwise  
Salt and freshly ground black pepper  
Black olives and herb springs, to garnish (Tarragon, Rosemary, Oregano, Thyme are all good to use)

Preheat the oven to 400-degrees. Season the chicken with salt and pepper.

Cut out four sheets of lightly greased parchment paper about 9 inches square. Divide the leeks equally among them. Put a piece of chicken on top of each little stack of leeks.

Stir together the carrots, olives and garlic. Season lightly and place on top of the chicken portions. Top each with two of the anchovy fillets.

Carefully wrap up each package, making sure the paper folds are sealed. NOTE – You can staple the packets to seal tightly, if you wish. Bake for 20 minutes, on a sheet pan or cookie sheet. Remove from the oven and plate. Slice into the packet, being careful to avoid being burnt by the escaping steam. Garnish the packages with some black olives and herb springs.

\*Note: Small, skinless, turkey breasts fillets also work very well and make a tasty change. Also, the breasts should be pounded to they are of equal thickness, they will cook better than if one end is fat and the other thin. Also, chicken tenders work great with this recipe.

## **GREEK CHICKEN AND LEMON SOUP WITH ORZO**

Serves 6-8

8 cups chicken stock, low salt  
¾ cup orzo or other rice-shaped pasta  
1 skinless, boneless chicken breast cut crosswise into slices ¼ inch thick  
3 eggs  
1/3 cup fresh lemon juice  
1tbsp grated lemon zest  
Salt and ground white pepper  
2 tbsp. finely chopped fresh flat-leaf parsley

In a large saucepan, bring the stock to a boil over medium heat. Reduce the heat to medium-low; add the orzo and cook, uncovered, until very tender, 15-20 minutes. About 5 minutes prior to the pasta being done, add the chicken slices.

Place the eggs in a bowl and whisk while pouring in the lemon juice. Stir in the zest. Whisking continuously, slowly pour a ladleful of the hot stock into the egg mixture. Reduce the heat of the soup to very low. While whisking the soup in the pan, slowly pour in the egg mixture, the soup should thicken slightly.

Season the soup to taste with salt and white pepper. Remove from the heat, ladle immediately into warmed bowls, and garnish with the parsley and served with toasted pita or hunks of sesame bread.

## **GREEK CHICKEN WITH CAPERS AND RAISINS IN FETA SAUCE**

4 4-ounce chicken breasts, boneless, skinless  
2 Tablespoons flour  
1 Teaspoon Oregano, dried  
1 Tablespoon Olive Oil or Olive Oil Spray  
1 cup onions, thinly sliced  
3 cloves garlic, minced  
1½ cups chicken broth, fat free-low sodium, if possible  
1/3 cup raisins, golden  
2 Tablespoons lemon juice  
2 Tablespoons Capers  
¼ Cup Feta Cheese, 1 – 2 oz. crumbled

4 Lemon slices, thin, for garnish  
Fresh Parsley, for garnish

Flatten each chicken breast between plastic wrap to ¼". Combine flour and oregano in shallow dish; dredge chicken in mixture. Heat oil or spray a large skillet – place over medium-high heat. Add chicken and cook 5 minutes on each side. Remove chicken from pan; keep warm.

Add onion to pan and sauté for 2 minutes; add garlic and cook 1 minute longer. Stir in broth, raisins, and lemon juice, cook 3 minutes, scraping pan to loosen any browned bits from bottom of pan. Return the cooked chicken to the pan, cover, and reduce heat to a low simmer and cook for 10 minutes or until the chicken is fully cooked (165-degrees on instant read thermometer). Remove the chicken and place on a plate; add capers and cheese to pan, stirring with a whisk to incorporate everything. Pour sauce over each chicken breast and garnish with a lemon slice and parsley.

Note: You can, if desired, cover and freeze the chicken at this point. To reheat; Thaw the chicken overnight in the refrigerator; reheat in the microwave at a 70% power setting for 1 – 3 minutes, turning the dish one half turn halfway through the reheating cycle. Serve with Orzo tossed with some fresh herbs and butter.

## **LEMON CHICKEN - (*pollo al limone*)**

2 fresh lemons, preferably organically raised  
1 cup dry white wine  
¼ cup plus 2 tablespoons extra virgin olive oil  
5 tablespoons minced fresh herbs: sage, thyme, rosemary, parsley, or others according to what's available.  
2 cloves garlic, peeled and minced  
3 to 4 pounds chicken, preferably free-range, cut in serving pieces (a whole bird, cut up, or chicken parts, according to your preference.)  
Salt and freshly ground black pepper to taste

Grate the zest of the lemons into a bowl large enough to hold all the chicken pieces, and then squeeze in all the lemon juice, holding back the seeds. Whisk in the wine, ¼ cup of the olive oil, the herbs, and the garlic. Add the chicken pieces, turning them to coat well with the marinade. Set aside, covered, in a cool place to marinate for several hours. (Or prepare the chicken in the morning and refrigerate them until time to start dinner. Do not leave the chicken out without refrigeration for over 30 minutes)

When ready to cook, preheat the oven to 350-degrees.

Heat the remaining 2 tablespoons of olive oil in a large frying pan. Drain the chicken pieces, reserving the marinade, and sauté them over medium heat until they are golden and crisp on all sides, about 5 to 7 minutes to a side. Place the chicken in an oven dish large enough to hold all the pieces in one layer. Pour the remaining marinade into the frying pan and bring to a boil, scraping up any brown bits remaining in the pan. Pour the marinade over the chicken pieces and set the dish in the oven. Bake for 25 to 30 minutes, or until the chicken pieces are done (juices will run clear yellow when you prick a piece with a fork or an instant read thermometer reads 160-165 degrees). Taste for seasoning, adding salt and pepper if desired.

Serve immediately in the dish in which the chicken was baked, or remove to a heated serving platter and pour the pan juices over.

## **LIME MARINATED CHICKEN SKEWS WITH AVACADO CREMA DIP**

Makes 20

2 boneless skinless chicken breasts

### For Marinade

Juice of 1 lime  
1 tbsp. honey  
2 tbsp. olive oil  
2 green chilies, chopped  
½ cup cilantro, chopped  
1 tsp. salt, ¼ tsp pepper

### For the Dip

1 avocado, stoned  
3 scallions, chopped  
1 tbsp. red wine vinegar  
½ cup sour cream  
salt and black pepper  
1 tbsp. finely chopped cilantro for garnish

Cut chicken into 1 inch cubes

Combine marinade ingredients, add chicken and toss to coat well. Cover and refrigerate at least one hour.

Combine dip ingredients, cover and refrigerate for at least one hour for flavors to develop

Cook chicken in sauté pan, then thread onto skewers and arrange on plate. Sprinkle with cilantro (chopped) and place dip in bowl in center of plate.



## **MUSHROOM AND CHICKEN HOT POT**

1 Ounce shitake mushroom, dried  
1 tablespoon canola oil  
3 garlic cloves, minced  
¼ teaspoon crushed red pepper flakes  
4 cups chicken broth, low salt  
3 tablespoons soy sauce  
1 Pound chicken breast, boneless, skinless  
1 small Bok-choy head, white stems separated from leaves  
1 red bell pepper thinly sliced  
3 tablespoons rice vinegar  
2 teaspoons sesame oil  
2 tablespoons cornstarch, dissolved in ¼ cup water

Place mushrooms in small bowl; cover with 2 cups hot water. Let soak until softened, about 30 minutes. Drain in sieve lined with paper towels, **reserving liquid**. With paring knife remove stems, discard. Thinly slice caps.

In large stockpot, heat oil over medium heat. Cook garlic and crushed red pepper flakes, stirring, until fragrant, about 30 seconds. Add mushrooms; cook stirring until golden brown, about 3-5 minutes. Add broth, soy sauce, reserved mushroom liquid, and 1 cup water; bring to a boil.

Add chicken; reduce heat to a simmer. Cover; cook until chicken is cooked through, 8 – 10 minutes. Remove chicken, let cool, then shred the chicken meat.

Add Bok-choy stems and bell peppers to pot; cook until tender about 2 minutes. Stir in vinegar, sesame oil, and cornstarch mixture. Bring to a boil; cook one minute. Cool slightly then add Bok-choy greens and shredded chicken and serve. If not serving right away, place into containers and store in the refrigerator. To reheat, return to room temperature; reheat in saucepan over medium heat just to a low simmer, stirring often.

Adapted from original recipe by Martha Stewart

## **ROASTED CHICKEN WITH 40 CLOVES OF GARLIC**

This is a classic Provençal-style dish in which the thighs and drumsticks are baked with garlic cloves. The garlic cooks in its own skin, becoming very soft and creamy. Serve it as a spread with French bread. Nothing compares to its rich, aromatic flavor.

2 ½ cups chopped onion  
1 teaspoon dried tarragon  
6 parsley springs  
4 celery stalks, each cut into 3 pieces  
8 chicken thighs, skinned (about 3 pounds)  
8 chicken drumsticks, skinned (about 2 pounds)  
½ cup dry vermouth  
1 ½ teaspoons salt  
½ teaspoon pepper  
1/8 teaspoon ground nutmeg  
40 unpeeled garlic cloves (about 3 heads)

Preheat oven to 375-degrees

Combine first 4 ingredients in a 4 Quart casserole or roasting pan. Arrange chicken over vegetables. Drizzle with vermouth; sprinkle with salt, pepper and nutmeg. Nestle garlic around chicken. Cover casserole with foil and bake at 375-degrees for 1½ hours. Garnish with tarragon springs, if desired.

Take the Roasted Garlic and squeeze it onto some French bread slices and enjoy with the chicken.

Yield 8

## **THAI CHICKEN AND PLUMS**

1 tablespoon Thai seasoning  
¼ teaspoon pepper  
1/8 teaspoon salt  
6 skinless, boneless chicken thighs, quartered  
1 teaspoon vegetable oil  
4 plums, pitted and quartered  
¼ cup chicken broth  
¼ cup apricot or peach preserves  
1 tablespoon red wine vinegar

Combine first 3 ingredients in a heavy-duty zip top plastic bag; add chicken, seal bag, shake chicken to coat.

Heat oil in large nonstick skillet over medium-high heat; add chicken, cook 6 minutes, turning to brown all sides. Remove chicken from pan and set aside.

Add plum to pan, scraping pan to loosen browned bits, cook 1 minute on each side, or until skins are browned. Add chicken broth to pan; stir in preserves and red wine vinegar, stir well. Return chicken to pan. Bring to a boil, cover, reduce heat and simmer 5 minutes or until chicken is done. Serve over rice.

## **WHITE CHICKEN CHILI**

Southwestern Spiced Chicken Chili with Navy Beans and Vegetables garnished with Jack Cheese

1¼ pounds cooked chicken cubed in 1" pieces  
1 jalapeno, medium, minced – seeds removed  
2 tablespoons oil  
1 onion, medium, minced  
1 green pepper, diced  
1 carrot, diced  
1 clove garlic, minced  
3 tablespoons flour  
½ teaspoon oregano, Mexican if can find  
½ teaspoon cumin  
¼ teaspoon salt and white pepper  
1- 14 oz. can chicken broth  
2 - 15 oz. cans Navy Beans – not drained  
¼ cup cilantro, chopped  
4 oz Jack Cheese, grated

In a large pot, sauté cubed chicken in oil until lightly browned. Add jalapeno, onion, pepper, carrot and garlic. Cook this for 3 to 5 minutes or just until the vegetables soften. Stir in flour, oregano, cumin, salt, and white pepper. Continue to cook for 1 minute longer. Stir in the chicken broth and simmer covered for 20 minutes. Stir in the beans with liquid and the chopped cilantro. Serve with Jack Cheese on top. Serves 4

## **THE ORIGINAL CHICKEN MARBELLA**

4 chickens- 2½ pounds each quartered –Note I also use thighs and legs from Costco

1 head garlic, peeled and finely pureed- you can't put too much garlic in this dish!  
¼ cup dried oregano  
Kosher salt and freshly ground black pepper to taste  
½ cup red wine vinegar  
½ cup olive oil  
1 cup pitted prunes – I use a full pack of the vacuum packed type  
½ cup pitted Spanish green olives –I use a whole jar, medium size  
½ cup capers with a bit of juice  
6 bay leaves  
1 cup of brown sugar  
1 cup white wine  
¼ cup Italian parsley or fresh coriander (cilantro) finely chopped

In a large bowl or plastic cook bag, combine chicken quarters, garlic, oregano, pepper and coarse salt to taste, vinegar, olive oil, prunes, olives, capers and juice, and bay leaves. Cover and let marinate, refrigerated overnight. Stir or toss bag once or twice to ensure that all the chicken parts get covered in the marinade. Note, I place the cooking bag in the disposable roasting pan just in case of a leak.

Preheat oven to 350 degrees.

Arrange chicken in a single layer in one or two large, shallow baking pans and spoon marinade over it evenly. Be sure to get everything out of the bag as they all contain the jum-jums that make this dish so good. Sprinkle chicken pieces with brown sugar and pour white wine around them.

Bake for 50 to 60 minutes, basting frequently with pan juices. This allows the chicken to brown. The house will take on an aroma unlike anything you have ever smelt before. The chicken is done when thigh pieces, pricked with a fork at their thickest, yield clear yellow, rather than pink, juice. If using an instant read thermometer, it should read 165 degrees. If cooking a large batch or multiple pans, rotate pans about 40 minutes into the cooking time and cook for a total of about 75 minutes.

With a slotted spoon transfer chicken, prunes, olives and capers to a serving platter. Moisten with a few spoonfuls of pan juices and sprinkle generously with parsley or cilantro. Pass remaining pan juices in a sauceboat. Not only does this taste great, the house will smell fantastic. Note: You can leave everything in the roasting pans and just let the guests serve themselves.

To serve Chicken Marbella cold, cool to room temperature in cooking juices before transferring to a serving platter. If chicken has been covered and refrigerated, allow it to return to room temperature before serving. Spoon some of the reserved juice over chicken. Serves 16 pieces, 10 or more portions

Recipe adopted from "The Silver Palate Cookbook", Rosso & Lukins, 1979.

## **CHANNEL FOUR CHICKEN**

4 chicken breast halves  
3 teaspoons ground cumin

Salt and Pepper to taste  
3 tablespoons olive oil  
4 cloves minced garlic  
1 medium onion, minced  
1 large red bell pepper, diced  
1 15oz can diced tomatoes with juice  
½ cup seedless golden raisins  
¼ cup drained and rinsed capers  
1 cup canned chicken broth  
3 tablespoons tomato paste  
12 green olives, pimento stuffed, optional

Cut chicken in 1" pieces. Place in bowl with salt, pepper, and cumin. Stir to combine; let mixture sit for 20 minutes.

Heat oil in a large skillet over medium heat; cook onion and red pepper 3 – 4 minutes and add garlic and cook for another 30 seconds. Stir in chicken and tomatoes and cook for 3 – 5 minutes until no longer pink, stirring occasionally. Add remaining ingredients, reduce heat, and simmer 20 to 25 minutes. Remove from heat and serve over cooked rice or pasta of your choice, top with grated cheese.

Serves 4

Note: This dish can be prepared as above except when finished cooking, allow to cool, package and freeze. When ready to use, thaw in refrigerator 24 – 36 hours before consumption; heat on stove in saucepan on medium-low heat until heated through. Then serve on pasta or rice of your choice.

## **CREAMY CHICKEN AND RICE CASSEROLE**

1 (6.9 ounce) package chicken-flavored rice-and-vermicelli mix (such as Rice-A-Roni)  
1 tablespoon butter or olive oil  
2 Cups water  
Butter flavored cooking spray  
1 ½ pounds skinned, boned chicken breast, cut into bite size pieces  
1 cup sliced White button mushrooms  
½ teaspoon garlic powder  
¾ cup sour cream  
¼ teaspoon black pepper  
1 (10 ¾ ounce) can condensed Cream of Mushroom soup, undiluted  
¼ cup Panko bread crumbs  
½ teaspoon poppy seeds

Cook rice mix in a large nonstick skillet according to package directions, using 1 tablespoon butter or olive oil plus 2 ¼ cups hot water. Once cooked, place this mixture in a large bowl. Preheat oven to 350-degrees.

Coat the skillet with cooking spray and just a drop or two of olive oil and place over medium-high heat until hot. Add chicken, mushrooms and garlic powder; sauté 4 minutes or until chicken is done. Remove from heat.

Mix the cooked chicken, mushrooms, sour cream, pepper, and soup into the rice mixture, stirring until well blended; spoon into a 2 quart casserole coated with cooking spray. Sprinkle the top of this mixture with the Panko breadcrumbs. Spray the breadcrumbs with the butter spray then sprinkle the poppy seeds over top of this. Bake the completed casserole at 350-degrees for 35 minutes or until thoroughly heated. Note: This casserole can be prepared ahead of time, covered with heavy-duty foil and frozen. When ready, defrost overnight in the refrigerator then allow the casserole to come to room temperature (about 30 minutes), then bake as directed.

## **EASY HONEY CHICKEN WINGS**

½ cup honey  
1/3 cup soy sauce  
¼ cup chili sauce  
1 teaspoon garlic salt  
¼ teaspoon ground black pepper  
8 drops red pepper sauce  
3 pounds chicken wings or drumettes - washed and dried.

Combine the honey, soy sauce, chili sauce, garlic salt, pepper and red pepper sauce. Mix to combine. Arrange the chicken in a single layer in a 9 x 13 inch baking pan or glass baking dish. Pour the sauce over the chicken and turn them to be sure all sides are coated with the sauce. Bake in a pre-heated 350 – degree oven for one hour, turning every 15 minutes. Cool slightly and serve with blue cheese dressing.

## **CHEF CAL'S SUPER DUPER CHICKEN SALAD**

1 oven roasted chicken, skin and bones removed, meat diced\*  
½ red onion, diced very thinly  
1 carrot, peeled and finely diced  
1 stalk of celery, peeled and finely diced  
1 bunch of celery leaves, diced  
1 cup pecans, toasted and chopped (can substitute peanuts if desired)  
½ cup Craisions, chopped

1 teaspoon dried dill  
1 cup mayonnaise or more as needed  
1 tablespoon Dijon mustard  
1 Tablespoon sour cream

In a large bowl, combine the first eight ingredients, mix well.

In a separate bowl, combine the mayo, mustard, and sour cream. Now fold this into the chicken salad mix, add more mayo if needed, to the consistency you want for the salad.

Once everything is mixed, cover and refrigerate for several hours prior to serving.

\*Note: I use both the white and dark meat of the chicken, dicing it up into small dice. The amount of mayo you use is up to your taste, you can always add more, if you desire. The combination of the mayo, mustard and sour cream add a unique taste. I use Hellman' mayo for the rich taste it delivers.

## **BANGKOK CHICKEN SALAD**

1 pound boneless, skinless chicken breast halves  
½ cup chopped fresh mint  
¼ cup peeled and minced fresh ginger  
3 large cloves garlic, minced  
1 large jalapeno chili, minced  
¼ cup reduced-sodium soy sauce  
3 tablespoons honey  
3 teaspoons Asian sesame oil  
1 had Napa cabbage  
3 oz. dried rice noodles  
2 cucumbers, peeled, halved, seeded, and sliced  
2 cups shredded carrots  
6 green onions, chopped

Preheat the oven to 375-degrees. Place the chicken in a single layer on a baking sheet; cover with aluminum foil. Bake until cooked through, about 15 to 20 minutes. Remove from the oven, discard the foil, and let cool; then shred the meat; set aside.

In a bowl, stir together the mint, ginger, garlic, chili, soy sauce, lime juice, honey, and sesame oil. Set aside.

Remove 8 of the outer leaves from the cabbage heat and reserve. Cut out the core and then finely shred the remaining leaves; you should have about 4 cups. Set aside.

Bring a large saucepan three-fourths full of water to a boil. Add the noodles and cook until tender, about 4 minutes. Drain and rinse under cold running water. Drain again and cut into 2-inch lengths.

In a large bowl, combine the shredded cabbage, chicken, cucumbers, carrots, green onions, noodles, and soy sauce mixture. Let stand for 20 minutes to allow the flavors to blend. Now line a large serving bowl with the reserved cabbage leaves. Mound the salad in the center and serve with the Vanilla Bean and Mint Iced Tea.

### **CHICKEN ALFREDO STUFFED SHELLS:**

1 box jumbo pasta shells, cooked to package directions, not al dente  
3 whole boneless chicken breasts or 4/5 boneless/skinless thighs  
Salt and Pepper to taste \* See footnote  
Olive oil, for grilling  
¾ cup ricotta cheese  
¾ cup cottage cheese  
2 whole eggs  
¾ cup grated mozzarella cheese, plus more for garnishing the top  
2 cups grated parmesan cheese divided, plus more for the top  
¼ cup minced fresh parsley  
1 jar Ragu Alfredo Sauce – or make your own, recipe follows

For making your own Sauce:

2 tablespoons minced fresh Basil  
4 tablespoons butter  
2 tablespoons flour  
2 cups whole milk  
1 cup heavy cream  
3 cloves garlic, minced

Preheat the oven to 375 degrees. Season the chicken breasts/thighs on both sides with salt and pepper. Go easy on the salt. Heat a grill pan or iron skillet over medium heat, drizzle with olive oil, and cook the chicken until lightly browned on both sides; cover and continue to cook until the chicken is no longer pink in the middle. Remove and allow to cool 10 minutes then shred with two forks, set aside.

In a medium bowl, combine ricotta, cottage cheese, mozzarella, 1 cup of the Parmesan, 2 eggs, 2 tablespoons fresh parsley and some freshly ground black pepper and the shredded chicken. Stir to combine, splashing in a tablespoon of milk or ½ & ½ if needed. Set aside.



Add enough sauce (either the jar sauce or the fresh sauce) to the bottom of a 9 x 13 inch baking dish, spreading to cover the bottom of the dish. Using a small spoon fill each of the jumbo shells generously with the chicken-cheese mixture. Once filled, lay the shells face down in the pan and then pour the remaining sauce all over the top. Sprinkle on extra mozzarella and Parmesan cheese: bake for 25 minutes, or until bubbly and golden. Garnish with some more chopped parsley and serve.

Making your own sauce:

In a large skillet over medium heat, melt butter and sprinkle over the flour. Whisk and cook until the roux turns golden brown. Pour in the milk and cream, whisking constantly, and cook for a few minutes, until thickened. Add the garlic, the additional 1 cup of Parmesan, salt and pepper, and 1 tablespoon minced parsley and minced basil – stir until combined. Taste and adjust seasonings as needed. Set aside until ready to use.

Footnote: Because the cheeses contain salt, I suggest you go lightly on the use of salt until after you have added everything together. Remember, you can always add salt, you can't take it away.

In preparing this dish, I cooked the entire box of noodles and was able to put 28 into the dish. I had 5 rows of 5 noodles each plus a little space at the end for the additional 3 noodles.

## **CHICKEN CREPES SUPREME**

7 tablespoons butter  
2 tablespoons onions, minced  
4 ½ tablespoons flour  
1 ½ cups chicken broth  
¾ cup half and half  
½ cup Parmesan cheese, grated  
¼ teaspoon thyme, dried  
½ teaspoon salt  
½ pound mushrooms, sliced  
1½ tablespoons lemon juice  
2 cups chicken, cooked, cubed  
8 crepes  
1 teaspoon fresh parsley, minced

Use Basic Crepe recipe to prepare your crepes.

In a medium saucepan, melt 4 ½ tablespoons butter, add minced onions, and cook over medium heat until tender. Blend in flour and cook over low heat for two minutes. Add chicken

broth and half and half; cook, stirring until the mixture comes to a boil and is smooth and thickened. Remove from heat; stir in cheese, thyme and salt.

Melt 2 tablespoons butter in a skillet - add the mushrooms, and briefly sauté. Stir in the lemon juice. Combine 2/3's of the sauce with the mushrooms and cooked cubed chicken. Reserve the remaining sauce. Use the remaining butter to butter a 9x13 baking dish.

Spoon ¼ cup of the chicken mixture down the center of each crepe. Roll up and arrange the crepes in buttered baking dish. Pour the remaining sauce down the middle and over the top of the crepes. Note - Most likely there will not be enough sauce to fully cover the crepes, so leave the ends uncovered.

Garnish with a sprinkle of parsley; heat in a preheated 350-degree oven for 25 to 30 minutes or until hot and bubbly.

### **Basic Crepe Batter Recipe:**

2 each eggs, large  
¼ teaspoon salt  
2 cups flour  
2¼ cups milk  
¼ cup butter, melted

Combine eggs and salt. Beat to blend. Gradually add flour, alternating with milk, beating just until smooth. Beat in melted butter. Refrigerate at least one hour.

To cook:

Coat crepe pan or small 8" fry pan with butter spray; heat over medium heat. Add small soup ladle of crepe batter, swirl around pan and cook for one to one and a half minutes till slightly brown on bottom. Flip and cook second side 25 – 45 seconds. Remove and place on wax paper to cool. Repeat with rest of batter, placing wax paper between cooked crepes. To store, wrap entire stack of crepes with plastic wrap tightly and refrigerate or freeze. If frozen, defrost overnight in the refrigerator.

## **CHICKEN/TURKEY DIVAN**

Two 10 oz. bags frozen broccoli florets - defrosted  
4 – 5 cups cut-up cooked chicken or turkey  
2 cans cream of Chicken Soup  
1 cup mayonnaise with ½ tsp. curry powder stirred in  
1 teaspoon lemon juice  
½ cup shredded sharp cheddar cheese

½ cup Colby-Jack shredded cheese  
½ to ¾ cup homemade bread crumbs (See note below)

Spray a 9 x 13 inch baking dish with non-stick cooking spray.

Cook/steam broccoli till tender, drain and arrange in the bottom of the baking dish. Spread the chicken/turkey on top of the broccoli. Combine the 2 cans of the cream of chicken soup, the mayonnaise with the curry powder and the lemon juice in a large bowl and mix. Spread this over the chicken. Sprinkle the cheese over the top of the casserole. Top everything with the home-made bread crumbs. Sprinkle the Colby Jack cheese on top and bake in the oven preheated to 350-degrees for 25 to 35 minutes. Enjoy.

Home-made bread crumbs = 2 – 4 slices of day old bread, torn into ½ inch pieces. Place in large frying pan along with 1 tablespoon melted butter and toss to coat. Cook until bread is just lightly toasted. Alternative – tear day old bread into pieces and sprinkle over the casserole. Now spray the bread with butter flavored non-stick cooking spray. Sprinkle cheese on top and bake as directed.

## **CHICKEN MASALA**

4 boneless skinless chicken breasts - about 1 ½ pounds  
½ cup all-purpose flour  
¼ teaspoon salt  
¼ teaspoon pepper  
2 tablespoons olive or vegetable oil  
2 cloves garlic, finely chopped  
1 cup sliced fresh mushrooms, about 3-4 ounces  
¼ cup chopped fresh curly parsley  
½ cup dry Masala wine  
¼ cup capers, if desired  
Hot cooked pasta to serve chicken on

Between 2 sheets of plastic wrap, flatten chicken breast to ¼ inch thickness.

In shallow dish (pie plate) mix flour, salt and pepper: Coat the flattened chicken breast with the flour mixture, shake off excess flour

In 10-inch skillet, heat oil over medium-high heat. Cook garlic, mushrooms and parsley in oil 5 minutes, stirring frequently. Remove garlic, mushrooms and parsley from pan and set aside.

Add one tablespoon oil, if necessary, to skillet. Now add the floured chicken breasts to skillet. Cook about 8 minutes, turning once, until brown. Add wine and return garlic/mushroom/parsley mixture to pan. Cook 8 to 10 minutes or until chicken is no longer

pink in center. Note: If desired, you can also add capers to pan with chicken. Serve cooked chicken over pasta, spooning any extra sauce over chicken/pasta. Serve.

## **CHEF CAL'S CHICKEN ENCHILADAS**

1 Onion, diced small  
2 tablespoons oil  
2 cloves garlic, minced  
½ teaspoon cumin  
18 ounces canned tomato sauce, with chilies  
½ cup chicken stock  
2 tablespoons chili powder  
¼ teaspoon oregano, dried  
1 dash salt  
12 flour tortillas  
3 cups cooked and shredded chicken breast  
6 ounces Jack cheese, grated  
6 ounces Cheddar cheese, grated  
2 ¼ ounces black olives, canned, sliced, drained  
1 bunch green onions  
1 cup sour cream for garnish

Enchilada Sauce: Cook the onion in oil over medium heat until soft. Add the garlic, ½ tsp. ground cumin and cook for an additional 1 minute. Add tomato sauce and chicken stock; gradually stirring in the chili powder. Add the oregano and a dash of salt, cover and simmer for 30 minutes, stirring frequently to prevent burning.

Poach the chicken breasts or tenders in boiling water for six minutes, then remove and shred. Mix the cheeses together, reserving 2 cups to use at a topping once the enchiladas are assembled. Assemble the Enchiladas: Brush each tortilla with some sauce, now place some meat and cheese on the lower 1/3 of tortilla and roll up. Place seam side down in a baking dish that has had some sauce brushed over the bottom. Once all the tortillas have been stuffed and rolled and placed in the baking dish, pour the remaining sauce over everything and sprinkle with the set-aside two cups of cheese and the drained black olives. Garnish with the sliced green onions then cover the baking dish with foil.

Bake in a preheated 350-degree oven for approximately 30 minutes or until the enchiladas are hot throughout and the sauce is bubbling. Uncover during the last 10 minutes of baking time to brown the cheese lightly. Remove from oven and serve, garnishing with sour cream.

