

Chicken winners

(Continued from Page C26)

skin side up. Sprinkle the remaining half of taco seasoning mix over chicken. Return pan to oven, and bake, uncovered, for about 45 minutes or until liquid is absorbed and fork can be inserted in chicken with ease. Makes 4 servings.

SPRING CHICKEN

1 whole broiler-fryer chicken breast, halved
3/4 cup water, divided
1/2 teaspoon chicken bouillon granules

1 cup fresh asparagus, cut in 1-inch pieces
1/2 cup fresh peas
1/4 cup grated carrots
1 teaspoon chopped chives
1/4 cup butter
1/4 cup flour
1/4 teaspoon salt
1 cup milk
1 1/2 oz cream cheese, cubed

In deep saucepan, place chicken. Add 1/2 cup of the water. Cover and simmer about 1 hour or until fork can be inserted in chicken with ease. Cool. Separate meat from bones. Discard bones and

skin. In medium saucepan, place remaining 1/4 cup water, bouillon, asparagus, peas, carrots and chives. Cover and set aside.

In large saucepan, make sauce by placing butter and melt over medium heat. Gradually add flour and salt. Cook, stirring, about 2 minutes or until mixture bubbles. Stir in milk and cream cheese. Cook, stirring continuously, over low heat until mixture is thick and bubbly. Remove from heat and cover. Cook vegetables, covered, over low heat about 7 minutes or until steam appears. Drain. Add chicken to sauce; heat to warm chicken. Add vegetables; stir to mix. Makes 2 servings.

COLORFUL CHINESE CHICKEN

1 broiler-fryer chicken, cut in parts
1/2 cup flour
1 teaspoon ground ginger
1/2 teaspoon pepper
1/4 cup, plus 1 tablespoon cooking

oil, divided
1 cup chopped, onion
1 large clove garlic, minced
1 can (5 oz) water chestnuts
1 can (20 oz) pineapple chunks in own juice, juice reserved
2 tablespoons soy sauce
1 teaspoon cornstarch
1 teaspoon water
1/2 large green pepper, cut in thin slices

In shallow dish, mix together flour, ginger and pepper. Add chicken, one piece at a time, dredging to coat. In large frypan, place 1/4 cup of the oil and heat to medium temperature. Add chicken and cook, turning, about 10 minutes or until brown on all sides. Remove chicken to casserole and set aside. Add the remaining 1 tablespoon oil to frypan; add onion and garlic, saute for 5 minutes. Add water chestnuts and continue

cooking about 10 minutes or until chestnuts are light brown. Pour onion, garlic and chestnuts over chicken in casserole.

In bowl, mix reserved pineapple juice and soy sauce; pour over chicken. Place half of pineapple chunks on chicken. Bake, uncovered, basting occasionally, in 350°F. oven for about 1 hour or until fork can be inserted in chicken with ease. On serving dish, place chicken, pineapple and chestnuts.

In small bowl, mix cornstarch and water. Place casserole on surface unit and add, stirring, the cornstarch-water mixture. Add green pepper and cook over low heat, stirring frequently, about 5 minutes or until sauce boils and becomes thick; pour over chicken. Makes 4 servings.



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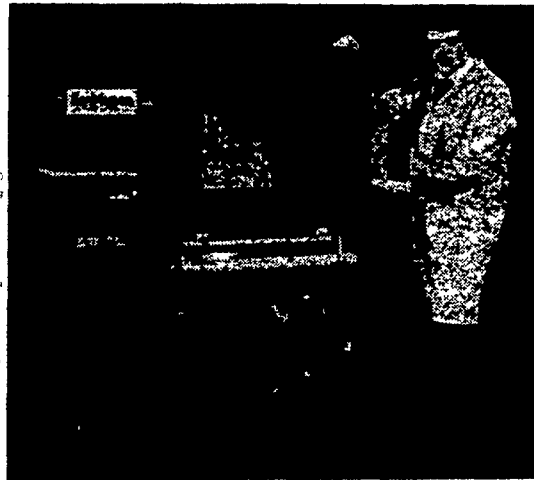
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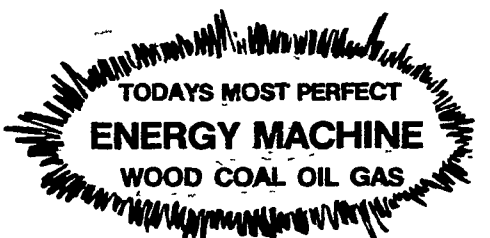
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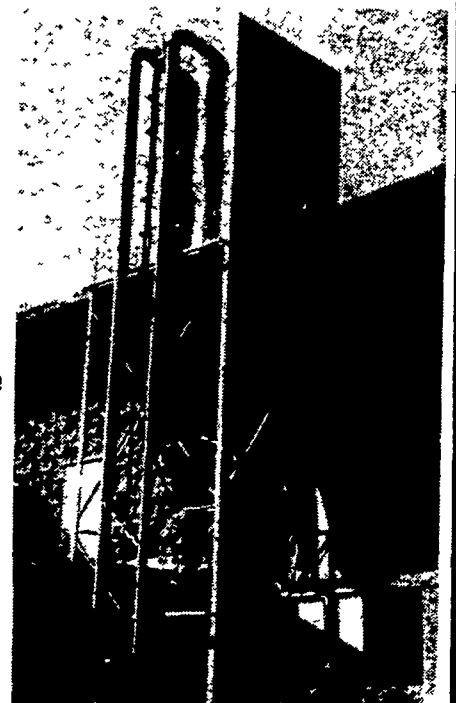
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