



Low Calorie Chicken Recipes
Has the reading on your scale panicked you into a diet before bathing suit weather arrives? If so, let your microwave help you stick with it!

Skinned chicken breasts are great for dieters because of their low fat content and versatility. Here are some tips for microwaving skinned chicken, and two great chicken recipes to vary your diet.

To save time, buy chicken breasts already split and skinned. To save money, buy chicken breast quarters when they are on sale. Remove wings and skin yourself, then use these to make chicken stock.

Microwaving Skinned Chicken Breasts

1. If there is only one person

diating in your family, cook several chicken breasts at one time. Divide into single serving portions, wrap tightly and freeze. One serving will be easy to thaw when needed. (Thaw on medium low power (defrost, 30,3) to avoid toughening the meat).

2. Remove skin and all visible fat from chicken breasts. Cut whole breasts in half. Place upside down on a meat rack in a flat pan (or use a "bacon cooker"), so fat will drain away. Place the thicker part of the meat to the outside of the pan. Cover tightly to keep in moisture. Use a lid or plastic wrap (vent one corner).

3. Microwave on medium (50,5) for 12 minutes per pound, turning meat right side up half way through. (Using the medium power level keeps the meat tender, since

it has lost the protection of its skin.) Let stand 5 minutes.

4. If you are in a hurry, skinned chicken breasts can be microwaved on high power for 6 minutes per pound. But they may get dry on the small tips or edges. Medium power gives a better result.

This extra quick recipe can be prepared in less than 15 minutes, using left-over chicken.

Quick Chicken Stir Fry

- 1 16-ounce package frozen broccoli, cauliflower and carrots
- 2 tablespoons water
- 2 cups cubed, cooked chicken breast
- ½ cup water
- 1 tablespoon instant chicken bouillon (or use ½ cup chicken stock instead of water and bouillon)
- 1 tablespoon corn starch
- 3 tablespoons soy sauce

1. Combine frozen vegetables and 2 tablespoons water in a 2-quart casserole. Cover and microwave on high for 8 to 10 minutes, stirring twice, until the vegetables are almost tender. Stir in chicken.

2. In a small bowl combine the remaining ingredients and pour over the chicken and vegetables.

3. Cover and microwave on high for 3 to 4 minutes, stirring once, until the sauce thickens and the chicken is hot. Serve immediately over rice. Serves 4; 158 calories per serving for chicken with vegetables; 278 calories when

served with ¾ cup converted rice. Chicken cacciatore, which may have almost 500 calories per serving when made conventionally, can be made with far fewer calories. The trick to reducing the calories is to use skinned chicken breasts and less oil. Serve it with pasta and a green salad, and your company won't even know you're watching your weight!

Chicken Cacciatore

- 1 clove garlic, minced
- 1 medium green pepper, chopped
- 1 medium onion, chopped
- 1 tablespoon olive oil
- 1 16-ounce can tomatoes, coarsely chopped
- 1 8-ounce can tomato sauce
- 1 tablespoon dried parsley
- ¾ teaspoon oregano
- ¼ teaspoon basil
- 2 whole chicken breasts, skinned and split (about 2 pounds)

1. Combine the first four ingredients in a flat 2-quart utility pan (8 x 12, for example). Leave uncovered and microwave on high for 5 minutes, stirring once, until tender.

2. Stir in remaining ingredients, except chicken. Microwave on high for 10 minutes, stirring once, until very hot. Stir again before adding chicken.

3. Place chicken breasts upside down in sauce, with the thicker edges of the meat to the outside of

the pan. Spoon some sauce over the chicken. Cover with a lid or plastic wrap, venting one corner of the plastic. Microwave on medium high (70,7) for 10 minutes.

4. Turn chicken pieces over, placing the least cooked areas to the outside of the pan. Spoon some sauce over the top of the chicken and recover with plastic wrap or lid. Microwave on medium high (70,7) for 10 minutes longer. Let stand for 10 minutes for flavors to blend. Serves 4; 220 calories per serving for chicken with ½ cup sauce; 436 calories when served with 1 cup cooked spaghetti.

Tips: Use 2½ cups of your favorite spaghetti sauce for a quicker version of this recipe — though calorie count will be different.

The sauce tastes like a fresh tomato sauce. If you want a more simmered, blended sauce, prepare the sauce the day before and reheat it before cooking the chicken. Or, in step 2, add 15 to 30 minutes simmering time for the sauce before adding the chicken (microwave on medium low (30,3) for 15 to 30 minutes, stirring once or twice.)

Note: The times above are for microwaves with 600-700 watts; for 500 W, add 10-15 seconds for each minute.

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4-H Gets Funds From Montgomery Co. Fish, Game, Forestry Assoc.

CREAMERY — Lee Hayman, past president of the Montgomery County Fish, Game and Forestry Association, recently presented the Montgomery County 4-H Center with a check for \$3900. The Fish, Game and Forestry Association was active for many years in the county but recently disbanded due to declining membership. The Montgomery County 4-H

Center is in the midst of raising funds to build show rings, indoor agricultural exhibit buildings, and animal housing barns. Events held at the 4-H Center in Creamery draw thousands of county residents and youth annually.

Persons interested in making a contribution to 4-H can receive more information by contacting the 4-H Center at 489-4315.

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