



1200 Chicken Recipes.

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1200 Chicken Recipes.

A 10 Minute Szechuan Chicken

Categories: Chicken

Yield: 4 servings

From: NPFM03A	1 1/2 tb White-wine vinegar
4 Chicken breasts*, skinned an	1 ts Sugar
3 tb Cornstarch	1/4 c Water
1 tb Vegetable oil	6 Green onions, cut into 1" pi
3 Cloves garlic, minced	1/8 ts Cayenne or to taste
5 tb Soy sauce (low salt)	

Cut chicken *(these are 1/2 breasts, as you buy them in the market) into 1 1/2 inch cubes. Lightly toss with cornstarch in bag to coat. Heat oil in skillet or wok; stir-fry chicken and garlic until lightly browned. Add soy sauce, vinegar, sugar and water. Cover and cook 3 minutes or until chicken is cooked through. Add green onions and cayenne; cook uncovered about 2 minutes longer. 221 calories per serving.

A 100% Parmesan Chicken

Categories: Chicken, Cheese

Yield: 3 servings

6 Boneless, chicken breast Halves (about 2 pounds)	1/4 c Dry bread crumbs
2 tb Parkay Margarine, melted	1 ts Each dried oregano leaves And parsley flakes
1/2 c (2 oz) Kraft 100% Grated Parmesan Cheese	1/4 ts Each paprika, salt and black Pepper

Heat oven to 400-degrees F. spray 15X10X1-inch baking pan with no stick cooking spray.

Dip chicken in margarine; coat with combined remaining ingredients. Place in prepared pan.

Bake 20 to 25 minutes or until tender.

Makes 6 servings.

SPICY: substitute 1/8 to 1/4 teaspoon ground red pepper for black pepper.

Prep time 5 minutes

Cooking time 25 minutes

A 24-Hour Chicken Fiesta Salad

Categories: Salads, Chicken

Yield: 4 servings

4 c	Torn iceberg lettuce	2 sm	Tomatoes, cut into thin
1/2 c	Shredded Monterey Jack		-wedges
	-cheese with jalapeno	1 c	Jicama cut into julienne
	-peppers		-strips
8 oz	Red kidney beans, rinsed and	1/2 c	Sliced pitted ripe olives
	-drained		Avocado Dressing
1 1/2 c	Chopped cooked chicken or	3/4 c	Slightly crushed tortilla
	-turkey		-chips

"A layered salad, such as this avocado-topped chicken salad, can simplify your busy life. Make it the night before, and the next day you can come home to dinner waiting in the fridge." sounds good to me! ;-)

Place lettuce in the bottom of a large salad bowl. Layer in the following order: cheese, beans, chicken or turkey, tomatoes, jicama, and, if desired, olives. Spread Avocado Dressing evenly over the top of the salad, sealing to the edge of the bowl. Cover tightly with plastic wrap. Chill for 4 to 24 hours. Before serving, sprinkle with the crushed tortilla chips. Makes 4 servings.

Ajiaco

Categories: Cuban, Caribbean, Stews, Chicken

Yield: 6 servings

2 tb	Butter	2 lg	Yuca peeled and diced
1 c	Onions finely diced	4	Ears yellow corn, shucked,
5	Cloves garlic, minced		-sliced 1-inch thick
1 1/2 ts	Sweet paprika		Juice of one lime
1 ts	Cayenne pepper	3 lb	Chicken, cut into bite size
3 c	Milk		-pieces
1 c	Unsalted chicken stock		

This recipe is for a Cuban stew/soup that I used to enjoy con mucho gusto. This version of Ajiaco was prepared by Senora Garcia in her little store front restaurant on Collins Ave. in Miami Beach. Although this is not her exact recipe, it's the closest I could get to it.

Melt the butter in a 6 qt. pot over medium heat. Cook chicken pieces in the butter until no longer pink. Remove chicken with slotted spoon and place in in a bowl. Put onion, garlic, cayenne, and paprika in pot and cook while stirring, until onion is translucent and colored with the paprika. Add stock, milk, yuca, corn, and chicken to the pot. Bring almost to a boil then reduce heat, cover and simmer, stirring every now and then, for about 1 hour, or until yuca is tender. Remove from heat and stir in lime juice. Serve with Cuban or French bread that has been sliced and broiled until golden.

As an alternative, frozen corn on the cob will work, as well fresh frozen kernels. The fresh corn cob seems to impart a nice flavor to this dish.

If you're wondering what to do with the wheels of corn, just pick 'em up with your fingers and nibble 'round the rims.

Almond Butter Chicken with Orange Sauce

Categories: Chicken, Sauces

Yield: 4 servings

2	Boneless, skinless chicken	ORANGE SAUCE:
	-breasts, split (about 1	1 tb Brown sugar
	-pound)	2 ts Cornstarch
2	tb All-purpose flour	Juice of one fresh orange
1/2	ts EACH: salt and black pepper	-(1/2 cup)
1	Egg, beaten	2 tb Butter
1	2 1/4 oz pkg. sliced almonds	1 ts Grated orange rind

Place each chicken breast filet between two pieces of plastic wrap. Pound with meat mallet to 1/4" thickness. Coat chicken with flour. Sprinkle with salt and black pepper. Dip one side into egg and press with almonds. Melt butter in a large skillet. Add chicken, almond side down. Cook on medium high heat for 3 to 5 minutes or until almonds are toasted. Turn breasts. Lower heat to medium low and cook for 10 to 12 minutes more or until chicken is no longer pink in center. Serve with Orange Sauce.

Makes 4 servings.

ORANGE SAUCE

Combine brown sugar and cornstarch in a saucepan. Add juice, butter and rind. Cook on medium heat, stirring constantly, until thickened.

Makes 2/3 cup sauce.

Almond Chicken

Categories: Chicken

Yield: 4 servings

2	Whole chicken breasts (about	1 sm Clove garlic, minced
	-12 oz each), split	2 tb Sliced almonds
1/2	ts Salt	1/4 c Dry white wine or vermouth
1/4	ts Pepper	2 ts Lemon juice
1/4	ts Leaf marjoram, crumbled	1 ts Butter
1	ts Olive oil	1 ts Chopped parsley
1	tb Chopped green onion	

Preheat oven to 350~.

Skin and bone chicken breasts. Combine salt, pepper and marjoram on wax paper. Rub chicken with seasonings.

Brown chicken breasts in oil on both sides in a medium- sized skillet with an ovenproof handle until lightly browned, about 5 minutes total. Add green onion and garlic; saute just until tender, about 2 minutes. Sprinkle almonds over chicken.

Bake in preheated oven for 25 minutes or until chicken is tender.

Remove chicken with almonds to warm platter; keep warm. Add wine and lemon juice to skillet. Cook, stirring to scrape up browned bits, over medium heat until sauce is slightly thickened, about 5 minutes. Stir in butter and parsley; remove from heat.

To serve: spoon sauce onto 4 serving plates; place chicken on top of sauce. Garnish with seedless green grapes, sliced avocado, parsley and lemon wedges, if you wish.

Makes 4 servings.

Almond Chicken Wings with Plum Orange Sauce

Categories: Chicken, Appetizers, Wings

Yield: 2 servings

2 1/2 lb Chicken wings; separated	2 ts Orange rind; grated
3/4 c Flour	1 ea Oil for deep frying
1 ea Egg; slightly beaten	Plum sauce
1 tb Milk	2/3 c Plum sauce
3/4 c Almonds; ground	1/4 c Orange sauce
1 c White bread crumbs	1 ts Cornstarch
2 ts Salt	

The grated orange rind gives these wings a citrus flavour zing. Toss wings in flour. Shake off excess flour. In a bowl combine egg and milk. Set aside. In a bowl combine almonds bread crumbs salt and orange rind. Set aside.

Dip chicken into egg mixture then in almond mixture refrigerate coated chicken for 1/2 hour.

In a microwave safe bowl combine plum sauce, orange juice and cornstarch. Cook over high heat for one minute until sauce thickens and boils. Set aside.

Heat oil in frypan or wok to 375F. Deep fry chicken for 10 to 15 minutes or until golden brown. Drain on paper towel. Serve with Plum Orange Sauce.

Serves 2 to 4.

Amaretto Chicken

Categories: Chicken

Yield: 8 servings

5 Boned Chicken Breasts	1 tb Vegetable Oil
3 tb Flour	3 tb Butter
1 1/2 ts Salt	1 1/2 tb Dijon Mustard
1 1/2 ts Ground Pepper	6 1/4 oz Frozen Orange Juice
2 ts Paprika	1 c Amaretto

Mix the can of frozen orange juice with a half can of water. Preheat the oven to 350°F. Combine flour, salt, pepper, paprika and garlic salt. Coat chicken with this mixture. Heat oil and butter in skillet and saute chicken until brown. Remove and put in casserole. To skillet, add mustard, orange juice and Amaretto. Increase heat and boil, stirring constantly, until thick. Pour sauce over chicken and bake, covered for 45 minutes. This can be frozen and reheated later.

Anchor Bar Hot Wings

Categories: Chicken, Appetizers, Wings

Yield: 12 servings

Chicken wings

The key to good

Buffalo Wings is how you prepare them as well as the ingredients and the

handling of the wings. The most successful wings served up here in Buffalo are what they call "Grade A Grinders." Fresh wings that are very large and meaty. Usually, you cannot get them in a frozen package, but can get them from a poultry dealer. Once you find them make sure they are absolutely fresh. Wash them in cold water, split them at the joint and remove the tips. Place them on a rack on a pan and refrigerate overnight to let the blood and water drain out of the wings. THIS IS A REAL KEY. Drying the wings under refrigeration will help to make them a much crispier product, once deep fried. Next, use a deep fryer or a very heavy deep pot with a thermometer and add the oil. Peanut oil is very good, or a commercial product such as can be found at a restaurant cash and carry called Mel Fry. Heat the oil up SLOWLY, to 365F, and depending on the size of the fryer, deep fry the dry wings 6-8 minutes in small batches, until thoroughly done and golden brown. Hold the cooked wings in a warm oven if necessary. A combination of melted margarine and hot sauce in the ratio of 1 part margarine to 3 parts hot sauce will add the right zing. The key here is to add just enough sauce to coat the wings - the more sauce you add, the hotter they will be. For the very brave, 1 part margarine to 3 parts hot sauce and 1 part Tabasco is referred to as "Suicidal Wings" by the late and dear Don Bellissimo, who owned the Anchor Bar. Working quickly, place the deep fried wings in a large bowl and add the sauce mixture, shaking to coat them. There are many good hot sauces to use; the one they use is either Durkee Franks Red Hot Sauce or Wingers Original, again found in a restaurant cash and carry. Celery sticks and chunky blue cheese dressing

Angie's Chicken 'n Dumplings

Categories: Poultry, Chicken

Yield: 8 servings

1	Chicken;whole	6 cn	Buttermilk Biscuits
2	qt Water;more as needed		-dairy/refrig type

Boil the chicken whole. When done, cool then skin and debone. Return meat to broth. Bring to a boil. Cut each biscuit in 4 pieces. (Usually 10 biscuits per can). Drop cut biscuits rapidly, one at a time into the broth. Cook on medium heat for about 20 minutes, then turn to low and cover pan. When biscuits drop to the bottom - it's done! Serve and eat.

Ann's Tarragon Chicken

Categories: Chicken, Low-cal

Yield: 6 servings

1/2 c	Grated Parmesan cheese	1 ds	Garlic powder
1 tb	Dried leaf tarragon	1 ds	Onion powder
1/2 ts	Paprika	3/4 lb	Chicken pieces, skinned,
1/4 ts	White pepper		-boned

In a small bowl, combine Parmesan cheese, tarragon leaves, paprika, white pepper, and a dash of garlic powder and onion powder. Preheat oven to 350 F (175 C). Spray a baking dish with vegetable cooking spray. Spray chicken with vegetable cooking spray and then roll in Parmesan cheese mixture. Place coated pieces in baking dish. Cover with foil and bake about 20 minutes. Uncover and continue baking 10 minutes until lightly browned.

Annie Mae Jones' Old-Fashioned Fried Chicken

Categories: Chicken

Yield: 8 servings

2	Chickens, small*	1/4 ts	Mustard, dry
1 1/2 c	Flour	1/4 ts	Pepper
1 ts	Salt	2 c	Lard

-----CHICKEN GRAVY-----

2 tb	Butter	1/4 c	Light cream
1 tb	Flour		Salt
3/4 c	Chicken stock		Pepper

* - cut each into 8 pieces, backbone removed (save liver and gizzard for another use)._

1. Wash each piece of chicken under cold running water. Pat dry with paper toweling._

2. Place flour, salt, mustard, and pepper in a large paper bag. Twist closed and shake to blend ingredients. Drop the chicken pieces into the bag a few at a time and shake the bag vigorously until each piece is thoroughly coated. Remove the chicken pieces from the bag and shake off excess flour - there will be plenty of it. Then lay them side by side on waxed paper and place them near the stove so that you can get to them easily when you start frying._

3. Preheat oven to warm and in it place a large baking dish lined with paper toweling._

4. Heat the lard in a heavy 10-12" skillet. The fat should fill the pan to a depth of about 2 inches. Add more lard if necessary._

5. Place over moderate heat and when the fat is hot but not smoking, begin frying chicken. Put in the thigh and legs first and cover the pan at once. Let the chicken fry over moderate heat, lifting the cover occasionally to check the process, and when deep brown turn - with a wooden spoon, so you don't pierce the skin. Cover and brown the other side. As each piece is cooked, remove it, place it in the warm oven, and put an uncooked piece in its place._

6. Cook all of the chicken in the same way. Just remember that the white meat will take a little less time to cook than the dark pieces._

7. Leave the chicken in the oven while preparing the gravy._

*** CHICKEN GRAVY ***_

1. Pour the frying fat from the pan, replace it with the butter, melt, then stir in the flour. When bubbly, stir in the stock and cream, and cook until sauce thickens. Season with salt and pepper._

2. Serve the sauce separately to spoon over the chicken pieces at the table.

Annie Mae Jones' Chicken Fricassee

Categories: Chicken

Yield: 8 servings

1	Fowl, 4-1/4 to 5 lb	1	Carrot, scraped
1 1/2 qt	Water	1	Parsley sprig
1	Onion, small, peeled	1 tb	Salt
1	Celery, stalk	1 tb	Vinegar

-----FRICASSEE-----

4 tb	Butter		Cook meat from 4-5# fowl*
4 tb	Flour		Salt to taste
4 c	Chicken stock, heated		Pepper to taste

2 c Light cream, room temperature

Place the fowl in a large pot with water and bring to a full boil; skin surface of water until clear. Lower heat and add remaining ingredients except vinegar and let gently simmer until chicken is sufficiently tender to remove easily from bone. Remove chicken and let stand until cool enough to remove meat and skin from bone. Add bones and vinegar to stock in pot and let simmer an additional hour. Cool, then strain into a large bowl and add chicken meat. Refrigerate until fat comes to surface; remove and discard fat.

*** TO MAKE THE FRICASSEE ***

* - cut into bite-sized pieces.

1. Melt the butter in a large, heavy saucepan or deep skillet and stir in the flour. When bubbly, slowly add the heated chicken stock, stirring. Add cream and continue to cook, stirring until sauce is thick. Add chicken meat and cook, stirring a final 5-10 minutes.

2. Southerners usually serve fricassee over cooked white rice, but it is also great over baking-powder biscuits with a thin slice of baked ham placed on each biscuit half before the fricassee is spooned over.

Anticucho Style Grilled Fish

Categories: Marinade, Fish, Chicken

Yield: 6 servings

4	Fish filets, like shark, -tuna, cod, mahi mahi	1/2 c	Vegetable oil
2	Pickled jalapenos, plus 2 -Tbsp of the juice	5	Peeled garlic cloves
1/4 c	To 1/2 c fresh lime juice	1 ts	Cracked black pepper
1/4 c	Soy sauce	1	Fistful of fresh cilantro -(remove the stems)

Combine and blend all ingredients, except fish, in blender until smooth. Marinate fish for 30-40 minutes. Grill over medium hot coals until cooked through. Baste with the reserved marinade several times during cooking. Serve with lime wedges, avocado slices and pico de gallo.

We have also used this same marinade on boneless, skinless chicken breasts. We marinate the chicken breasts for a couple hours though, and then barbeque them like we did the fish.

Apple-Prosciutto Chicken

Categories: Chicken

Yield: 6 servings

4	Boned skinless chicken -breast halves (about 1 lb -total)	Additional apple pie spice	
4 sl	Prosciutto or boiled ham	2 tb	Finely chopped green onion
1/2 c	Finely chopped apple	1 tb	Margarine or butter
1/8 ts	Apple pie spice (I just used -cinnamon)	1 tb	Flour
		2/3 c	Skim milk
		1/2 c	Shredded provolone

Rinse chicken and pat dry. Place each breast half between 2 pieces of plastic wrap. Pound from the center to edges with the flat side of a meat mallet until 1/4 inch thick. Remove plastic wrap. Place one prosciutto

slice on each breast half. Combine apple and 1/8 tsp pie spice. Place a fourth of the apple mixture on each breast half. fold in sides and roll up each half starting from the narrow end. Secure with wooden toothpicks. Sprinkle with additional pie spice. Place in a 10x6x2-inch baking dish. Bake, uncovered, in a 350 degree oven

for 25-30 minutes or until tender and no longer pink. Remove toothpicks. In a small saucepan, cook onion in margarine until tender. Stir in flour and dash of pepper. Add milk. cook and stir until thickened and bubbly; cook and stir one minute more. Stir in cheese until melted. Serve sauce over chicken rolls. Serve with rice, if desired.

Nutrition information per serving: 315 calories, 43 g protein, 6 g carbohydrates, 12 g fat (34% of calories from fat) 116 mg cholesterol, 427 mg sodium.

Apple-Raisin Whole-Wheat Stuffing

Categories: Crockpot, Breads, Chicken

Yield: 12 servings

From: Gaye Levy ** DTXT63A	3	Eggs (or use egg whites)
12 c Whole-wheat bread;cubed	1 c	Walnuts or pecans; chopped
1 1/2 c Raisins	4 tb	Margarine, melted
4 Apples; unpeeled & chopped	2 1/2 c	Chicken broth
1 1/2 c Onion; finely chopped	1/2 ts	Black pepper; freshly ground
4 c Celery; sliced thin		

If the bread is not stale, spread the slices out on a rack or counter for half a day to dry them out. Then cut into cubes. Combine the bread cubes with the remaining ingredients. Stuff the turkey or bake in a covered oven-proof dish for about 40 minutes at 325 (or whatever temperature you are using for your turkey) *** OR ** put into Crockpot and cook on high for 2 hours then low for 4 hours.

Applesauce Chicken

Categories: Chicken, Barbecue

Yield: 4 servings

2 tb Vegetable oil	-packed
1 md Onion, finely chopped (about -3/4 cup)	1 tb Worcestershire sauce
1 c Unsweetened applesauce	Freshly ground black pepper, -to taste
1 c Ketchup	1 Chicken (3 1/2 to 4 pounds), -cut in 8 pieces
1/4 c Cider vinegar	
2 tb Light brown sugar, firmly	

Fresh herb sprigs, optional

Start fire in grill, placing rack 4 inches above coals (see note). Heat oil in a 1-quart saucepan over medium-high heat; add onion; cook about 5 minutes, stirring often, until softened. Add applesauce, ketchup, vinegar, sugar, Worcestershire sauce, and pepper; bring to a boil, stirring. Reduce heat to medium-low; simmer 10 minutes, stirring occasionally, until mixture is slightly thickened. Remove from heat; set aside until fire is ready. Place chicken pieces, skin side down, on hot grill rack; cook covered with grill cover, 15 minutes. Turn pieces over; cook, covered, another 10

minutes. Brush applesauce mixture liberally over chicken; cook, covered, 5 minutes longer until chicken is cooked through. Serve garnished with herb sprigs.

NOTE: Chicken may be baked in oven. Prepare applesauce mixture as directed. Heat oven to 400F. Arrange chicken pieces, skin side up, in baking or roasting pan; bake 20 minutes. Brush with applesauce mixture; bake 10 minutes longer until golden brown and cooked through.

Makes 4 to 6 servings.

Apricot Chicken Thighs

Categories: Chicken, Low-cal

Yield: 6 servings

1/2 c Apricot Nectar	1 tb Prepared Mustard
1/4 c Dry Sherry	1/2 ts Ground Ginger
2 tb Soy Sauce	2 lb Chicken Thighs, Skinned
1 tb Lemon Juice	12 x Dried Apricot Halves

Combine all but chicken and dried apricots. Mix well, set aside. Trim excess fat from chicken. Rinse chicken with cold water, pat dry. Place chicken in a 12x8x2" baking dish. Pour reserved apricot nectar mixture over chicken. Cover and bake at 350°F for 45 minutes. Uncover, and place apricot halves in apricot nectar mixture. Continue baking, uncovered, 15 minutes or until chicken is tender. Remove chicken to a warmed serving platter, discarding apricot nectar mixture. Garnish each thigh with 2 apricot halves. Serve immediately. Typed by Syd Bigger.

Apricot Chicken with Boysenberries

Categories: Chicken

Yield: 4 servings

4 sm Whole boneless chicken -breasts	1/2 c Apricot jam
1/2 ts Salt	2/3 c Apricot nectar, divided
1/8 ts Ground white pepper	1 c Fresh boysenberries, washed -and dried
1/2 ts Ground ginger	

Preheat oven to 325F. Remove skin from chicken breasts; place in a shallow baking dish; sprinkle with salt, pepper, and ginger. Spread each breast with 2 tbsp apricot jam; pour half apricot nectar over. Roast breast 20 minutes, uncovered. Remove dish from oven; pour remaining apricot nectar over; top with berries; return to oven; continue roasting, basting frequently with juices in pan, until chicken is glazed and cooked, about 25-35 minutes. To serve, remove chicken to warm plates; pour pan juice over. Makes 4 servings.

** Blueberries can be substituted for boysenberries.

Apricot Rosemary Chicken

Categories: Chicken

Yield: 4 servings

1/2 c Filberts; coarsely chopped	1 Pepper; to taste
3 tb Butter	1 Cloves, ground; pinch
1 c Scallions, thinly sliced, -including some green	1 Fryer; cut up
1 ts Rosemary, dried; crumbled	6 oz Apricots, dried, moist
1 Salt; to taste	1 tb Lemon juice

Saut, nuts in 1 tablespoon butter until lightly browned. Remove.

Melt remaining butter in a large pan, and add scallions and seasonings. Stir to mix well. Add chicken, turning to coat chicken with onion mixture. Cook covered and over low heat, turning chicken occasionally, for about one hour. Spread apricots over chicken, cover and simmer for about 30 minutes or until chicken is very tender. Remove chicken and apricots to a serving platter and keep warm. Reduce liquid in pan over high heat, stirring. When sauce has thickened, stir in lemon juice. Pour sauce over chicken and sprinkle with nuts. Serves 4.

Arabian Stew

Categories: Chicken, Arabian

Yield: 20 servings

3 1/2 c Tomato juice	28 oz Green Beans, drained
16 oz Chicken, cooked & cut up	12 oz Fresh or
2 sm Raw Potatoes, diced	8 oz -canned Mushrooms, drained
1 md Eggplant, cut up	1 tb Oregano
1 lg Raw Onion, diced	Garlic, to taste
6 Celery Stalks with Greens, -diced	Onion Powder, to taste
	Parmesan Cheese, grated

Place all ingredients in a crock pot in the order listed (except for the cheese) , cover and cook 8-10 hours on medium. Serve with cheese. Makes 20 cups.

Arroz Con Pollo (Chicken with Rice)

Categories: Chicken, Rice, Mexican

Yield: 2 servings

1 tb Red wine vinegar	1 c Water
2 Garlic cloves, minced	3 oz Uncooked regular long-grain -rice
1/4 ts Oregano leaves	4 Pimiento-stuffed green -olives
3/8 ts Pepper, divided	1 1/2 ts each drained capers -and chopped fresh cilantro
1 1/2 lb Chicken parts, skinned	1 Pkt instant chicken broth -and seasoning mix
2 ts Olive oil	1/2 ts Salt
1/2 c Drained canned Italian -tomatoes, diced	
1/4 c Each chopped onion and green -bell pepper	

In small bowl combine vinegar, garlic, oregano, and 1/8 teaspoon pepper; using pastry brush, lightly brush mixture over chicken. Place chicken on plate, cover with plastic wrap, and refrigerate for at least 1 hour.

In 3-quart saucepan heat oil over medium heat; add chicken and cook, turning occasionally, until chicken is browned on all sides, 6 to 8 minutes. Transfer chicken to plate and set aside. To same saucepan add

tomatoes, onion, and bell pepper and cook over medium-high heat, stirring occasionally, until onions are softened, 3 to 4 minutes; add remaining ingredients and 1/4 teaspoon pepper and stir to combine. Reduce heat to low and return chicken to pan; cover and let simmer until liquid is absorbed and rice is tender, 25 to 30 minutes.

Makes 2 servings.

Arroz Con Pollo Chicken and Rice Casserole

Categories: Chicken

Yield: 4 servings

1	Chicken, cut into 10 pieces	4	Ripe Plum Tomato, cubes
1	Salt	1/2 ts	Saffron Threads
1	Black Pepper, freshly ground	1	Bay Leaf
1/2 ts	Cumin, ground	3 c	Chicken Broth
2 ts	Oregano, fresh or 1 ts dried	2 c	Converted Rice
2 tb	Olive Oil	1 tb	Capers, drained
1/2 c	Onion, finely chopped	12	Pimento stuffed Olives
1 ts	Garlic, finely chopped	1 pk	Frozen Green Peas, 9 oz
1	Green Pepper, 1 inch cubes	1/4 c	Parmesan Cheese, grated
1/4 lb	Smoked Ham, 1/4 inch cubes	1 cn	Fancy Pimentos, 6 1/2 oz
1 1/2 c	Canned Crushed Tomatoes	4 tb	Coriander or Parsley

Servings: 4

Preheat the oven to 375. season the chicken with salt, pepper, cumin and oregano. Heat the oil in a skillet over medium-high heat. Add the chicken pieces and brown on all sides. Remove the pieces to a baking dish and set aside, keeping them warm. Add the onion, garlic, green pepper and ham to the skillet. Saute until vegetables are wilted. Add the crushed tomatoes, tomato cubes, saffron, bay leaf and broth. Bring to a boil while scraping the bottom to loosen any sticking particles. Add the rice, capers, olives and chicken. Stir, cover tightly and put in the oven. Bake 20 minutes. Stir in the peas and the cheese. Arrange the strips of pimento on top and bake 5 minutes more. Remove and discard the bay leaf and serve sprinkled with coriander. Serves 4.

Artichoke Chicken Casserole

Categories: Chicken, Vegetables

Yield: 8 servings

15 tb	Butter Divided	3 1/2 c	Half-And-Half
1 1/2 lb	Mushrooms, Sliced	1 tb	Worcestershire Sauce
2 cn	8 1/2-Oz Each Of Artichoke Hearts, Drained, Rinsed And Cut In Half		Salt To Taste
8	Boneless And Skinless Chicken Breast Halves Trimmed Of Fat And Cartilage		Freshly Ground Black Pepper To Taste
1 c	Seasoned Flour	3/4 c	Dry Sherry
9 tb	All-Purpose Flour	1/2 c	Grated Parmesan Cheese (Two Ounces)
			Paprika

In a skillet over medium-high heat, heat 2 tablespoons butter. Add the mushrooms and cook until lightly browned. Spread the mushrooms and the artichoke hearts in a greased 9-by-13 inch pan. In a skillet over medium-high heat, melt 4 tablespoons butter. Dredge the chicken with seasoned flour. Add the chicken to the pan and lightly brown it (this may

have to be done in batches). Layer the chicken over the vegetables. Set aside. In a saucepan over medium heat, melt 9 tablespoons butter. Slowly add the 9 tablespoons flour and stir to make a smooth paste. Stirring, slowly add the half-and-half. Continue stirring and cooking until mixture is smooth. Add Worcestershire sauce, salt and pepper. Continue cooking until sauce thickens. Blend in the sherry and half the cheese; cook until cheese melts. Pour this mixture over the chicken. Top with remaining cheese and sprinkle with paprika. Bake in a 375°F oven for 40 minutes. * NOTE: Make seasoned flour by combining flour with salt and pepper to taste. Yield: 8 servings. Per serving: 712 calories, 55 grams protein, 41 grams fat, 31 grams carbohydrate, 222 milligrams cholesterol, 502 milligrams sodium.

Asopao De Pollo

Categories: Puerto rico, Chicken, Pork, Rice

Yield: 6 servings

1 lb Frying chicken	1 1/2 qt Water
Salt to taste	1 tb Capers
1 ts Dried oregano	1/4 c Diced pimento-stuffed olives
1 Clove garlic, minced	2 c Uncooked rice
2 tb Lard	Garnish:
1/3 c Diced cooked ham	1 c Cooked peas
1 md Onion, diced	4 Pimentos, julienne
2 md Tomatoes, diced	1/2 c Grated parmesan cheese
1 Green bell pepper, diced	

Serves 6 to 8. Wash the chicken and cut it into serving pieces. Mix the salt, oregano, and garlic together and rub it onto the chicken pieces.

Heat the lard in a heavy saucepan. Brown the chicken in the lard and then add the diced ham, onion, tomatoes, and green pepper.

Lower the heat, cover the saucepan, and simmer the mixture for 30 minutes.

Remove the pan from the heat; when the chicken is cool enough to handle, remove the meat from the bones, and replace it in the pot.

Add the water, capers, and olives and cook for 5 minutes. Add the rice, stir, and simmer until the rice is tender but still slightly moist.

Serve at once, garnished with the cooked peas and pimento strips, and sprinkled with the Parmesan cheese. The asopao must be served immediately, otherwise it will lose its characteristic soupiness.

Asparagus & Chicken Pasta

Categories: Chicken, Vegetables, Pasta

Yield: 4 servings

450 pk Pasta, Such As Penne	1/2 ts Basil
1 Asparagus	Salt And Pepper
4 Chicken Breasts *	1/2 c Parmesan Cheese
2 ts Olive Oil	2 ts White Wine

* Chicken breasts should be skinned and boned.

Cook pasta in a large pot of salted boiling water until ad dente, about 8 min. Meanwhile, snap off and discard woody ends of asparagus. Then, slice spears into 2 inch pieces. Set aside to add to pasta during last 3 min. of cooking. Meanwhile, cut chicken into strips. Heat oil in a large frying pan set over medium heat. Add chicken. Stir often until cooked through, about 3 min. Stir in wine and seasonings. Drain pasta and asparagus. Toss with chicken.

Bajan Baked Chicken

Categories: Chicken, Barbados

Yield: 6 servings

10	Green onions, chopped	2 tb	Unsaturated cornflower oil
1	Medium-size onion, diced	1 tb	Fresh thyme leaves
1	Bell pepper, seeded and -diced	1 tb	Minced fresh parsley
1	Scotch bonnet pepper or -jalapeno pepper, seeded and -minced	1/4 c	Lime juice
		1/4 ts	Salt
		1/4 ts	Freshly ground pepper
3	To 4 cloves garlic, minced	4	Chicken thighs
		4	Chicken drumsticks

"Chopped seasoning" is a popular blend of spices on the Caribbean island of Barbados. Bajans, as the residents are known, use the blend of seasonings to marinate chicken, fish (especially fried flying fish), and pork.

In a food processor fitted with a steel blade, place all of the ingredients except the chicken. Process for 30 seconds, forming a paste. Scrape the sides at least once during the processing. Place the chicken in a bowl, covering it with the paste. Force the paste into any crevices in the chicken. Marinate for 4 to 6 hours.

Preheat the oven to 375 degrees F.

Place the chicken in a baking dish in a single layer and bake for 45 minutes, until the meat pulls easily from the bone. Turn the chicken after 20 minutes and baste with the pan juices. Serve with rice, and curried vegetables.

Bake and Baste Chicken

Categories: Chicken, Pitzer

Yield: 4 servings

1/4 c	Canola oil	1/4 ts	Paprika
1 tb	Honey	4	Chicken breast halves. -washed and patted dry
1 tb	Lime juice		

In a small bowl, combine oil, honey, lime juice and paprika. Place chicken, skin side up, in a single layer in 7-inch by 11 inch baking dish. Spread with some of oil mixture.

Bake in a preheated 400 F oven 35 to 40 minutes, basting every 8 to 10 minutes with remaining oil mixture, or until well browned and juices run clear when thickest part of chicken is cut. Remove from oven. Cover with foil and let stand 15 minutes. This softens chicken and keeps it hot until served. Makes 4 servings.

Baked Chicken

Categories: Chicken, Low-cal, Garlic

Yield: 4 servings

2	Chicken Breasts, Halved	1/4 ts	Cayenne Pepper
1 c	Fresh Bread Crumbs	1/8 ts	Ground Ginger
1/2 ts	Onion Powder	1/3 c	Plain Low-Fat Yogurt
1/2 ts	Garlic Powder		

Preheat oven to 400°F. Lightly spray a medium size shallow baking dish with vegetable spray. Rinse chicken and pat dry. In a shallow pan, combine bread crumbs, onion powder, garlic powder, cayenne pepper and ginger. Dip chicken in yogurt, then into crumb mixture. Place in prepared dish. Bake uncovered, 45 to 50 min, or until tender. Cal: 254, Fat: 5 g.

Baked Chicken Salad

Categories: Cheese, Eggs, Casserole, Chicken

Yield: 4 servings

2 c	Chicken, Cooked, Diced	1/2 c	Almonds, Blanched
1/2 c	Mayonnaise	1/2 sm	Onion
1 1/2 c	Celery, Diced	4 c	Potato Chips, Whole
1	Lemon, Sliced Peeled	1 c	Cheddar Cheese Cubes

Heat oven to 375°F. Grease a 2-quart casserole. Put chicken and celery into casserole. Blender - chop nuts and add to chicken. Put 2 cups of potato chips into blender container, cover and process 4 cycles at (stir). Empty onto wax paper and set aside. Repeat with remaining chips. Put remaining ingredients into container, cover and process at (blend) until smooth. Add to chicken and mix well. Sprinkle potato chip crumbs over top and bake for 30 minutes. A cycle is defined as a 1 second pulse operation with a pause for food to settle before repeating.

Baked Chicken with Cider and Apples

Categories: Chicken

Yield: 6 servings

2	Chickens (2 1/2 to 3 pounds -each), quartered		Salt and fresh ground -pepper, to taste
2 c	Apple cider	3 tb	Brown sugar
1 c	Unbleached all-purpose flour	1/3 c	Applejack
1 tb	Ground ginger	2	Apples, cored and cut into -thin wedges
2 ts	Ground cinnamon		

One day before serving, place the chicken pieces in a shallow dish. Pour the cider over the chicken and marinate overnight in the refrigerator, turning the pieces occasionally. Preheat oven to 350 degrees. Remove the chicken from cider but reserve the cider. Mix the flour, ginger, cinnamon and salt and pepper to taste in a shallow bowl. Dredge the chicken with the flour mixture and place skin side up in a shallow baking pan. Bake the chicken for 40 minutes. Meanwhile, combine the reserved cider, brown sugar, applejack and apple slices. Pour the marinade mixture over the chicken and bake 25 minutes more, basting occasionally with pan juices. Serve immediately.

Makes 6 portions.

Baked Chicken Breasts with Rice and Vegetable Stuffing

Categories: Chicken

Yield: 8 servings

1	Envelope vegetable recipe -soup mix	1/2 c	Shredded mozzarella -cheese, about 1 1/2 oz.
1 1/2 c	Water	1/4 c	Grated Parmesan cheese
1/2 c	Uncooked regular rice	1 sm	Clove garlic, finely chopped
1	10 oz pkg. frozen chopped -spinach, cooked and squeezed -dry	4	Whole boneless chicken -breasts, about 2 -lbs., skinned and halved
1/2 md	Tomato, coarsely chopped		

In medium saucepan, blend vegetable recipe soup mix with water; bring to boil. Stir in uncooked rice and simmer covered 20 minutes or until tender. Stir in spinach, tomato, cheese and garlic; set aside. Preheat oven to 350 degrees. With knife parallel to cutting board, make deep 3" long cut in center of each chicken breast half to form pocket. Evenly stuff pockets with rice mixture. In lightly greased baking dish, arrange chicken and bake uncovered basting occasionally, 40 minutes or until done. Sprinkle with paprika.

Serves about 8.

Baked Chicken, Microwave

Categories: Chicken, Microwave

Yield: 6 servings

1 Chicken breast

Baked Chicken (Microwave)

lemon juice garlic powder onion powder salt pepper basil or tarragon or dill Worcestershire sauce

Place chicken on a plate. Sprinkle bottom with lemon juice, garlic powder, onion powder, salt, pepper, crumbled basil or tarragon or dill, and Worcestershire. Turn and do the same on the top. Cover with plastic wrap, leaving one side unsealed for venting. Microcook on high 3 minutes.

If you're doing more than one piece of chicken, make sure you arrange the pieces of chicken on the plate so the meatier portions are toward the outside of the plate. Add time a little at a time until you get the hang of how long it'll take you to cook the quantity of chicken you're preparing.

Baked Chicken Salad (Oster Kitchen Center Cookbook)

Categories: Casserole, Chicken

Yield: 4 servings

2 c	Chicken - cooked, diced	1/2 c	Mayonnaise
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1 1/2 c Celery - diced	1 Lemon slice - peeled
1/2 c Almonds - blanched	1/2 Onion - small
4 c Potato chips - whole	1 c Cheddar cheese cubes

Heat oven to 375F. Grease a 2-quart casserole. Put chicken and celery into casserole. Blender - chop nuts and add to chicken. Put 2 cups of potato chips into blender container, cover and process 4 cycles at (stir). Empty onto wax paper and set aside. Repeat with remaining chips. Put remaining ingredients into container, cover and process at (blend) until smooth. Add to chicken and mix well. Sprinkle potato chip crumbs over top and bake for 30 minutes.

A cycle is defined as a 1 second pulse operation with a pause for food to settle before repeating.

Baked Chicken with Tomato Sauce

Categories: Chicken

Yield: 4 servings

4 Chicken breasts halves	1 ts Basil
4 c Chopped tomatoes	1 ts Thyme
1 Small onion chopped	1/2 ts Oregano
2 tb Tomato paste	2 Garlic cloves, minced
1/2 Sweet red pepper, chopped	1/4 ts Crushed red pepper (opt)

Arrange the chicken in bottom of a oven-proof casserole that has been coated with no-stick spray.

Place tomatoes, onions, red peppers, tomato paste, basil, thyme, oregano, garlic and red pepper in a blender. Process on medium speed until smooth.

Pour the sauce over the chicken. Cover and bake at 350 F for 30 minutes. Remove cover and continue baking for 10 minutes more.

Baked Chicken in Honey Sauce

Categories: Chicken

Yield: 6 servings

1 To 4 lb. frying chicken, cut -up	1 tb Prepared mustard
1/4 c Margarine	1 ts Salt
1/4 c Honey	1 ts Curry powder
1/4 c Orange juice	1 ts Cornstarch
2 tb Fresh lemon juice	1 tb Cold water

Heat oven to 375 F. Melt margarine in a 9x13" baking dish. Add honey, orange and lemon juice, mustard, salt, and curry. Mix well. Coat both sides of chicken pieces with honey mixture and place skin down in the pan. Bake 30 minutes, basting occasionally; remove from oven, turn chicken over, and bake another 30 minutes or until chicken tests done.

Remove to serving dish and keep hot. Heat honey sauce in saucepan. Combine cornstarch and water; add to sauce and bring to boil. Cook, stirring, until thick and clear. Drizzle over chicken and serve over fluffy rice.

Makes 6 servings.

Baked Chicken with Sherry Mushroom Sauce

Categories: Chicken, Sauces, Microwave

Yield: 6 servings

1 lb Chicken breasts, skinned	1/4 c Sherry
10 oz Cream of chicken soup	1/2 ts Tarragon leaves
4 oz Sliced mushrooms (save -liquid)	1/8 ts Garlic powder
	1/2 ts Worcestershire sauce

Mix everything together except for chicken. Put chicken in baking dish. Pour mixture over chicken.

Microwave:

Microwave, covered, at 7 minutes/lb on 100% (high). Oven: Bake in 400 degree oven for about 1 hour.

Baked Chicken Kiev

Categories: Chicken

Yield: 6 servings

4 Boneless chicken breast -halves	1/2 c All purpose flour
1/4 c Room temperature butter	2 Beaten eggs
1/2 ts Crumbled dried tarragon	1 c Dry breadcrumbs

melted butter

Preheat oven to 425 degrees F. Lightly butter 8-inch square baking dish. Pound chicken to 1/4-inch thickness. Combine 1/4 cup butter and tarragon in small bowl and blend well. Place equal portions of butter mixture in center of chicken breasts. Fold ends over and tuck in sides, securing with toothpicks if necessary. Roll chicken in flour. Dip in eggs, then coat with breadcrumbs, covering completely. Arrange in prepared baking dish. Bake until golden brown, about 20 to 25 minutes, basting several times with melted butter, if desired. Serve immediately.

Baked Horseradish Chicken

Categories: Chicken

Yield: 4 servings

1/2 c White wine	1 1/4 ts Mustard seed
4 Chicken breasts, skin -removed, about 6 oz. each	1/2 ts Onion powder
1 tb Vegetable oil	1/2 ts Garlic powder
2 tb Plain horseradish	1/4 ts Dried thyme
	2 tb Fresh parsley, chopped fine

Preparation Time: 7 minutes Cooking Time: 50 to 60 minutes

Pour wine into casserole dish; add chicken breasts. Using pastry brush, baste each piece of chicken with the oil. Spread 1/2 Tbs horseradish on each breast. Bake, covered, at 350 degrees, about 30 minutes.

While chicken is baking, grind mustard seed and combine it with remaining ingredients. After 30 minutes, baste chicken with the wine sauce in the pan. Then, pour mustard seed mixture over chicken and bake, uncovered, another 20 to 30 minutes, until chicken is tender.

Makes 4 servings.

Baked Lemon Chicken with Peppers

Categories: Chicken

Yield: 4 servings

1/2 c Olive oil	3/4 ts Salt
2 lg Red peppers	1 tb Dried oregano
1/3 c Lemon juice	1/8 ts Pepper
2 lg Green peppers	3 1/2 lb Broiler/fryer chicken
2 tb Chopped Italian parsley	

Combine all ingredients except chicken and vegetables. Add chicken and marinate at room temperature for 1 hour, turning once. Drain and bake chicken at 400 degrees for 35 minutes. Cut peppers into 1/2-inch thick rings. Saute 8 minutes. Spoon peppers around chicken. Makes 4 to 6 servings.

Baked Limas and Chicken

Categories: Chicken, Beans

Yield: 6 servings

1 c Dried lima beans	-into 8 pieces
8 c Water (I use chicken stock)	1/3 c White wine
2 tb Oil	Salt, pepper to taste
1 Onion, chopped	1/4 lb Mushrooms, quartered
1 Clove garlic, mashed	1 ts Paprika
1 Chicken (3 1/2 - 4 lbs) cut	

Soak lima beans in water overnight. Drain well, place in pot with 8 cups fresh water and 1 tsp. salt. Bring to boil, reduce to simmer and cook until beans are tender, about 1 to 1 1/4 hours. Drain beans and reserve 1/4 cup liquid. Saute' onion and garlic in oil until light brown and place in bottom of baking dish. Add lima beans, reserved liquid, wine, salt, and pepper. Mix well and place chicken pieces on top of mixture. Add mushrooms and paprika. Bake uncovered in 375-degree oven for about one hour or until chicken is tender and browned. Serves for to six.

Baked Peanut Butter Chicken

Categories: Chicken

Yield: 4 servings

1 Chicken, broiler-fryer*	1/8 ts Pepper
1/4 c Flour	1/3 c Milk
1 Egg	1/2 c Bread crumbs, dry
1/3 c Peanut butter	1/4 c Peanut oil
1 ts Salt	

* - 2-3 lb, cut into pieces._

Wash and dry chicken pieces; dip in flour. Blend egg with peanut butter, salt, and pepper. Gradually add milk, beaten with fork to blend. Dip floured chicken in peanut butter mixture and then in crumbs. Place on oiled baking pan. Drizzle remaining oil over chicken pieces and bake in a moderate oven (375°F.) 45 minutes, or until tender.

Baked Red Snapper

Categories: Fish, Chicken

Yield: 6 servings

1 lb Red snapper fillets	1 tb Grated orange rind
1/8 c Grated onion	1/4 ts Salt
1 tb Lemon juice	1/4 ts Nutmeg
1 tb Orange juice	1/8 ts Pepper

DIRECTIONS

Place fillets in single layers, skin-side down, in lightly oiled baking dish.

Combine onion, juices, rind and salt in small bowl. Pour over fish and marinate 30 minutes. Sprinkle fish with nutmeg and pepper. Bake at 350 F for 20 to 25 minutes or until fish separates when prodded with a fork.

Makes four servings.

Balsamic Chicken and Broccoli

Categories: Chicken

Yield: 1 servings

1 tb Oil, olive	3 tb Vinegar, balsamic
2 cl Garlic	2 c Broccoli spears
1/2 sm Onion	1 c Mushroom
2 tb Shallots	1/3 c Chicken stock
1/4 c Wine, white	1/4 ts Salt
2 Chicken breasts	Pepper, black

Keywords: Chicken, Healthy, Main dish Servings: 1

Notes: Mince garlic. Thinly slice onion, then cut into thirds. Cut chicken into strips. Mushrooms should be oyster or shiitake, sliced or left whole, depending on the type. Heat the oil in a heavy pot. Add the garlic, onion, and shallots, and cook until light golden. Keep the pot covered between stirrings and use a tablespoon or so of the wine if more liquid is needed. Add the strips of chicken and enough of the wine to keep the meat from sticking to the pot. Cook until the chicken is white all the way through, about 5 to 7 minutes (use more wine, if needed). Remove the chicken and sauteed vegetables with a slotted spoon. Add the vinegar to the pot, increase the heat, and stir with a wooden spoon, scraping bits from the bottom, until the liquid is reduced to about half its volume. Reduce the heat. Return the chicken and sauteed vegetables to the pot, add the broccoli, mushrooms, stock, remaining wine, and salt. Cook at a gentle simmer until the broccoli turn bright green. Serve over pasta or brown rice, and dust with pepper. Protein: 30 grams Carb: 8 grams Sodium: 224 mg From: For Goodness' Sake, by Terry Joyce Blonder Recipe found in CSPI's Nutrition Action Newsletter, April, 1991

Balsamic Roast Chicken

Categories: Chicken

Yield: 4 servings

4 1/2 lb Roasting chicken	Freshly ground black pepper
1 tb Fresh rosemary or 1 TSP. -dried	8 Sprigs fresh rosemary
1 lg Clove of garlic	3 tb To 4 tb balsamic vinegar -blended with 1/2 tsp. brown -sugar
1/4 ts Salt	
2 tb Extra virgin olive oil	

Mince rosemary with garlic and salt. Rub olive oil over chicken, then rub in herb mixture. Sprinkle with pepper. Put 2 rosemary sprigs in cavity then cover with plastic wrap. Refrigerate up to 24 hours. Preheat oven to 250F. Use a small heavy roasting pan and place chicken in breast-side down. Roast 20 to 25 minutes per pound. Baste every 15 minutes with pan juices. During last 30 minutes of roasting turn chicken over to brown breast. If chicken is still not brown enough turn heat up to 475 F and brown about 10 minutes. Present chicken whole on a heated serving platter, drizzle with Balsamic vinegar and sugar. Carve and scatter with remaining rosemary sprigs. Serves 4 to 6

Barbara's Skillet Chicken

Categories: Chicken, Pork, Cheese

Yield: 12 servings

4 Lg. boneless chicken breasts	Season salt, pepper to taste
12 sl Cheddar cheese	Bisquick
12 sl Deli ham (very thin sliced)	

Servings: 12

DIRECTIONS

Cut the chicken breasts into three portions each. Salt and pepper them and roll them in Bisquick. Fry in hot oil, turning frequently, until done. Drain the oil and place a slice of ham, then a slice of cheese on top of each slice. Cover and cook until cheese melts.

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