

Single Serving

For one boneless chicken breast, use about ¼ cup/50 mL of crumb mixture (freeze remaining for another time). Bake or microwave, uncovered, on high power for 2 minutes; let stand 1 minute.

I always use the leaf form of dried herbs, not the powdered, and find most recipes are better with this form. Also, the more finely ground the herbs the quicker they will lose flavor under storage.

PER SERVING	
calories	162
g fat	3
mg cholesterol	70
mg sodium	240
g protein	26
g carbohydrate	6

Other quick-to-make chicken recipes as alternatives to takeout chicken:
 Barbecued Lemon Chicken (page 83)
 Grilled Turkey Scallopini with Herbs and Garlic (page 94)
 Stir-Fried Chicken with Broccoli (page 91)

Herb-Breaded Chicken

My son John likes to make this when it is his turn to cook dinner. I try to keep chicken breasts and a jar of these seasoned bread crumbs in my freezer so I can make this in a jiffy. Don't worry if you don't have all the herbs, just use a little more of the ones you have. I also use these crumbs on pork tenderloin, fish fillets and broiled tomato halves.

1 ½	slices whole-wheat bread	1 ½
¼ tsp	each dried basil, thyme, oregano, tarragon, paprika and salt	1 mL
	Freshly ground pepper	
1 lb	boneless skinless chicken breasts (about 4 breast pieces) (or 2 lb/ 1 kg bone-in chicken breasts*)	500 g

In food processor or blender, process bread to make crumbs. Add basil, thyme, oregano, tarragon, paprika, salt, and pepper to taste; process to mix.

Rinse chicken under cold running water; shake off water. Transfer crumb mixture to plastic bag; add chicken a few pieces at a time and shake to coat.

Place chicken in single layer in microwave-safe dish or on baking sheet. Bake in 400°F/200°C oven for 18 to 20 minutes for boneless breasts, 40 minutes for bone-in or until no longer pink inside.

Microwave Method:

Microwave, uncovered, at high power for 5 minutes for boneless, 9 minutes for bone-in; let stand for 1 minute. Makes 4 servings.

*When using bone-in chicken breasts, double the amount of bread and herbs.

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calories
162
80
68
12
128
450
612

calories
276
268
105
128
777
1053

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calories
650
128
778

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Snow Pea and Red Pepper Buffet Salad

This colorful dish is perfect for buffet meals any time of year. The salad can be prepared in advance; however to keep the snow peas' bright green color, add the dressing just before serving. To make a larger amount double salad ingredients but use same amount of dressing. (Recipe pictured opposite page 54.)

¾ lb	snow peas	375 g
2 tbsp	sesame seeds	25 mL
½ lb	mushrooms, sliced	250 g
1	small sweet red pepper, cut in thin strips	1

Walnut Orange Dressing:

1	clove garlic, minced	1
½ cup	orange juice	125 mL
3 tbsp	cider or white wine vinegar	45 mL
1 tsp	granulated sugar	5 mL
¼ tsp	salt	1 mL
2 tbsp	vegetable or walnut oil	25 mL
	Freshly ground pepper	

Top and string peas; blanch in boiling water for 2 minutes or until bright green and slightly pliable. Drain and rinse under cold water; dry thoroughly and set aside.

In ungreased skillet over medium heat, cook sesame seeds, shaking pan often, for 2 minutes or until lightly browned. Set aside.

Dressing: In food processor or bowl, combine garlic, orange juice, vinegar, sugar and salt. With machine running or while mixing, gradually add oil.

In salad bowl, combine snow peas, mushrooms and red pepper. Just before serving, add dressing and sesame seeds; toss to mix. Makes 8 servings.

PER SERVING

calories	80
g fat	5
mg cholesterol	0
mg sodium	70

g protein	3
g carbohydrate	8

GOOD: fiber, niacin
EXCELLENT: vitamin C

Nut oils, such as walnut oil, add a delicious flavor to salads. Use with tossed green salads or as suggested in the Snow Pea and Red Pepper Buffet Salad. Store walnut oil in refrigerator and use within a few months, as it can become rancid.

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175 mL

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125 mL

45 mL

25 mL

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Makes

calories

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186

331