



COOKING WITH JAN

April 25, 2018 ~ Recipes at Coborns & kokk.com

TIME FOR OUTDOOR FUN & EASY MEALS

RANCH CHICKEN

2 LBS BONESLESS CHICKEN BREASTS HALVES
2/3 CUP DRY BREAD CRUMBS, ANY FLAVOR

1/2 CUP RANCH DRESSING
4 TBLS OLIVE OIL

PREHEAT OVEN TO 350 DEGREES. DIP CHICKEN INTO THE RANCH DRESSING, THEN COAT WITH BREAD CRUMBS. IN SKILLET, HEAT OIL OVER MEDIUM HIGH HEAT; COOK CHICKEN FOR 5-6 MINUTES PER SIDE. REMOVE TO BAKING SHEET. BAKE FOR 35-40 MINUTES OR UNTIL BROWNED & JUICES RUN CLEAR, TURNING CHICKEN ONCE. REMOVE FROM OVEN & SERVE WITH GREEN SALAD AND POTATOES. LEGS AND THIGHS MAY BE USED IN PLACE OF CHICKEN BREASTS; CRUSHED CORN FLAKES MAY BE USED IN PLACE OF THE BREAD CRUMBS. MAKES 8 SERVINGS!

ANGEL HAIR WITH TOMATO & BASIL

3 TBLS OLIVE OIL
1/4 TSP CRUSHED RED PEPPER FLAKES
1 CLOVE GARLIC, FINELY CHOPPED
8 OZS UNCOOKED ANGEL HAIR PASTA
1/2 CUP SHREDDED PARMESAN CHEESE

1/2 CUP FINELY CHOPPED ONIONS
14.5 OZ CAN ROASTED DICED TOMATOES
1/4 TSP KOSHER OR SEA SALT
1/4 CUP CHOPPED FRESH BASIL LEAVES

IN SKILLET, HEAT 2 TBLS OF THE OIL OVER MEDIUM HIGH HEAT. ADD THE ONIONS AND RED PEPPER FLAKES; COOK 3-5 MINUTES, STIRRING FREQUENTLY, UNTIL ONIONS ARE TENDER. DO NOT DRAIN THE TOMATOES; ADD TO THE ONIONS AS WELL AS THE GARLIC AND SALT. HEAT TO BOILING; REDUCE THE HEAT AND SIMMER UNCOVERED FOR 3 MINUTES, STIRRING OCCASIONALLY. COOK THE PASTA AS DIRECTED ON PACKAGE; DRAIN AND POUR INTO SERVING BOWL. POUR THE TOMATO MIXTURE OVER THE TOP; TOSS GENTLY TO COAT. ADD THE BASIL, CHEESE AND REMAINING 1 TBLS OF OIL; TOSS TO COAT AND SERVE. MAKES 6 SERVINGS!



GRILLED BEEF & CORN KABOBS

1/3 CUP VEGETABLE OIL
1 TSP DRIED THYME LEAVES
1 CLOVE GARLIC, FINELY CHOPPED
12 FROZEN HALF EARS CORN ON THE COB

1/4 CUP RED WINE VINEGAR
1/2 TSP CAYENNE PEPPER
1 1/2 LBS BONELESS ROUND STEAK
2 BELL PEPPERS, CUT INTO 1 1/2" PIECES

CUT MEAT INTO 1" CUBES; REMOVE CORN ON THE COB TO THAW. IN RESEALABLE FOOD STORAGE BAG, MIX OIL, VINEGAR, THYME, PEPPER AND GARLIC; ADD THE BEEF CUBES AND STIR TO COAT. SEAL THE BAG AND REFRIGERATE AT LEAST 4 HOURS BUT NOT LONGER THAN 24. STIR THE MEAT OCCASIONALLY WHILE IN THE FRIG! HEAT GRILL; REMOVE BEEF FROM THE BAG, SAVING THE MARINADE. ON EACH OF SIX 10-12" METAL SKEWERS, THREAD THE BEEF, CORN & PEPPERS ALTERNATELY, LEAVING SPACE BETWEEN EACH PIECE; BRUSH WITH THE MARINADE. PLACE KABOBS ON GRILL RACK OVER MEDIUM HEAT; COVER GRILL AND COOK 15-20 MINUTES FOR MEDIUM DONENESS, BRUSHING WITH THE MARINADE AND TURNING FREQUENTLY. DISCARD THE REMAINING MARINADE. MAKES 6 SERVINGS!



LEMON CHICKEN

2 1/2 LBS BONELESS SKINLESS CHICKEN BREASTS
1 TBLS VEGETABLE OIL
1 TSP GRATED LEMON PEEL

1 TSP LEMON PEPPER
3 TBLS LEMON JUICE
1/4 CUP CHOPPED TOASTED PISTACHIO NUTS (OPTIONAL)

SLICED LEMON

BETWEEN SHEETS OF PLASTIC WRAP OR WAXED PAPER, FLATTEN EACH CHICKEN BREAST TO 1/4" THICKNESS; SPRINKLE BOTH SIDES WITH LEMON PEPPER. HEAT OIL IN SKILLET OVER MEDIUM HIGH HEAT. COOK CHICKEN, LEMON JUICE AND LEMON PEEL IN OIL 15-20 MINUTES, TURNING CHICKEN ONCE AND STIRRING THE JUICE MIXTURE OCCASIONALLY, UNTIL JUICE OF CHICKEN IS CLEAR WHEN CENTER IS CUT. SERVE CHICKEN TOPPED WITH JUICE MIXTURE, NUTS & LEMON SLICES. IS GOOD SERVED OVER WHITE RICE AND WITH GREEN VEGETABLE. MAKES 8 SERVINGS.

