



# COOKING WITH JAN

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## EASY HEALTHY EATING 2018

### LEMON & HERB ROAST CHICKEN with VEGETABLES

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| 1 LB SMALL RED POTATOES, QUARTERED  | 2 CARROTS, CUT INTO 1" PIECES      |
| 2 STALKS CELERY, CUT INTO 1" PIECES | 1 RED ONION, CUT INTO 1/2" WEDGES  |
| 2 TSPS OLIVE OIL                    | KOSHER SALT & BLACK PEPPER         |
| 1 TSP POULTRY SEASONING             | 1 LEMON, CUT IN HALF               |
| 1/4 CUP CHOPPED FRESH PARSLEY       | 3 BONE-IN, SKIN-ON CHICKEN BREASTS |

PLACE OVEN RACK IN THE TOP POSITION; PREHEAT OVEN TO 450 DEGREES. TOSS TOGETHER THE POTATOES, CARROTS, CELERY, ONIONS, 1 TSP OF OLIVE OIL, 1/2 TSP SALT & 1/2 TSP BLACK PEPPER. PLACE ALL ON A RIMMED BAKING SHEET & ARRANGE IN A SINGLE LAYER. ROAST UNTIL ALL THE VEGGIES HAVE BROWED SLIGHTLY AND THE POTATOES HAVE BEGUN TO SOFTEN, ABOUT 20 MINUTES, TOSSING HALFWAY THROUGH. RUB THE SKIN OF THE CHICKEN BREASTS WITH THE REMAINING 1 TSP OF OLIVE OIL; SPRINKLE WITH POULTRY SEASONING AND 1/2 TSP OF SALT. ONCE THE VEGETABLES HAVE BEGUN TO SOFTEN, PLACE THE CHICKEN ON TOP AND ROAST UNTIL SKIN IS GOLDEN BROWN AND THE CHICKEN REACHES A TEMPERATURE OF 185 DEGREES, ABOUT 20-25 MINUTES. REMOVE THE CHICKEN AND LET REST FOR SEVERAL MINUTES. TOSS THE ROASTED VEGETABLES WITH THE JUICE OF HALF A LEMON AND THE PARSLEY. CUT THE BONES FROM THE CHICKEN; SLICE THE MEAT. DIVIDE THE SLICED CHICKEN AND ROASTED VEGETABLES ONTO 4 PLATES. CUT THE REMAINING LEMON HALF INTO WEDGES AND SERVE ALONGSIDE THE CHICKEN. ADD DINNER ROLLS & A FRUIT SALAD FOR A DELICIOUS EASY TO MAKE EVENING MEAL. MAKES 4 SERVINGS.

### HAM, APPLE & CHEESE QUESADILLA

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| 8—6" WHOLE WHEAT TORTILLAS                                       | 1 TBLS DIJON MUSTARD             |
| 1 CUP SHREDDED LOW SODIUM SWISS CHEESE                           | 4 OZS THINLY SLICED VIRGINIA HAM |
| 1/2 SMALL RED ONION, THINLY SLICED                               | 1 1/2+ TBLS APPLE BUTTER         |
| COOKING SPRAY OR OLIVE OIL; BLACK PEPPER, LEMON JUICE & CINNAMON |                                  |
| 2 SMALL APPLES (RED OR GREEN) CUT INTO THIN SLICES               |                                  |

PREHEAT OVEN TO 200 DEGREES; SPRAY 4 OF THE TORTILLAS WITH COOKING SPRAY OR BRUSH WITH OLIVE OIL. LAY THE OILED TORTILLAS ON LARGE CUTTING BOARD, OILED-SIDE DOWN. BRUSH WITH THE DIJON MUSTARD AND SPRINKLE WITH ABOUT 1/2 OF THE CHEESE. TOP EACH EVENLY WITH A THIN LAYER OF HAM, ONIONS & SOME PEPPER; FINISH WITH THE REMAINING CHEESE. BRUSH THE APPLE BUTTER EVENLY ON THE REMAINING TORTILLAS. PLACE ONE APPLE-BUTTER TORTILLA ON TOP OF THE HAM & CHEESE TORTILLA (FILLING SIDES IN); FIRMLY PRESS THE TORTILLAS TOGETHER TO MAKE A QUESADILLA. HEAT LARGE SKILLET; LAY A QUESADILLA, OILED SIDE DOWN, INTO THE PAN AND COOK UNTIL GOLDEN BROWN AND CHEESE STARTS TO MELT, ABOUT 2 MINUTES. SPRAY THE TOP OF THE QUESADILLA WITH COOKING SPRAY; TURN AND COOK UNTIL THE OTHER SIDE BROWNS AND THE CHEESE IS MELTED, ABOUT 2-3 MINUTES MORE. TRANSFER TO A BAKING SHEET TO KEEP WARM IN THE OVEN. REPEAT THE COOKING PROCESS WITH THE REMAINING QUESADILLAS. CUT EACH INTO 4 WEDGES AND ARRANGE ON THE PLATES. TOSS THE APPLES WITH THE LEMON JUICE AND CINNAMON TO TASTE. TOP WITH ADDITIONAL CHEESE IF DESIRED; SERVE WITH THE APPLE SLICES. MAKES 4 SERVINGS!

### ANGEL HAIR PASTA with SHRIMP & GREENS

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| 3 TBLS OLIVE OIL                      | 4 CLOVES GARLIC, CHOPPED         |
| 1 PINT CHERRY TOMATOES, HALVED        | KOSHER SALT & BLACK PEPPER       |
| 8 OZS ANGEL HAIR PASTA                | 8 CUPS KALE OR SWISS CHARD       |
| 1 LB MEDIUM SHRIMP, PEELED & DEVEINED | 1/2 TSP RED PEPPER FLAKES        |
| 1/2 CUP FRESH BASIL, CHOPPED          | GRATED ZEST & JUICE OF 1/2 LEMON |

BRING LARGE POT OF SALTED WATER TO A BOIL. ADD THE PASTA & COOK AS DIRECTED ON PACKAGE, ADDING THE KALE OR CHARD TO THE WATER. DRAIN; RINSE WITH COLD WATER, THEN TRANSFER TO A LARGE BOWL. COMBINE THE SHRIMP, RED PEPPER FLAKES, 1/2 TSP SALT & 1/2 TSP BLACK PEPPER IN A MIXING BOWL. HEAT THE OLIVE OIL IN LARGE SKILLET; ADD THE GARLIC AND COOK UNTIL GOLDEN BROWN, ABOUT 1 1/2 MINUTES. ADD THE SHRIMP; COOK UNTIL PINK, ABOUT 3 MINUTES PER SIDE. ADD IN THE TOMATOES; COOK, STIRRING OFTEN, UNTIL SLIGHTLY SOFTENED, ABOUT 2 MINUTES. ADD THE SHRIMP MIXTURE TO THE PASTA; STIR IN THE BASIL AND LEMON ZEST & JUICE. TOSS TO COMBINE AND MIX WELL. MAKES 4 SERVINGS. THIS IS A DELICIOUS, EASY TO MAKE ENTRÉE FOR LUNCH OR DINNER. ADD DINNER ROLLS & SOME FRESH FRUIT AND YOUR MEAL IS COMPLETE.