

Recipes compliments of Balcones Woods Family Medicine
Easy and Healthy chicken recipes and desserts

Indonesian Chicken with Mint, Basil, and Peanuts- (One of Dr. Hausman-Cohen's family's favorites)

3-4 Boneless, skinless Chicken breasts

1 egg white stirred

1 tbs cornstarch

½ tsp salt

peanut or vegetable oil

1 c raw peanuts

1 T minced garlic

1 T minced ginger

red chili pepper, can substitute red bell pepper

6 scallions, white part only

½ c fresh mint leaves

½ c fresh basil leaves

Sauce

2 tbs fresh lime juice

3 tbs soy or fish sauce

½ tsp sugar

½ tsp salt

1 tsp thai or chinese chili paste with garlic

Mix egg whites and cornstarch. Cut chicken into ½ inch cubes and toss with cornstarch mixture, refrigerate for 30 plus minutes.

Heat 1 Tablespoon oil in a sauce pan or wok or electric skillet (the later two work best).

When hot, take off heat and add peanuts. Once light brown, remove to a paper towel and set aside. Leave oil in pan.

Combine garlic, ginger, chiles, and scallions and set aside.

Combine mint and basil and set aside

Combine sauce ingredients and set aside.

Add an extra Tablespoon or two of oil to pan used for peanuts if needed (so you have a bit to sauté the chicken in), and add chicken cubes, stirring to separate.

While cooking chicken, place wok on medium heat with 1 tbs oil, add garlic ginger mix and sauté for 30 seconds, then add sauce mixture. When boils, transfer chicken to wok with sauce, stir together.

Add fresh herbs and peanuts and serve.

Korean Style Chicken (One of Dr. Weston's family's favorites)

2 lbs chicken breasts cut into 1 in. hunks
1 sweet onion cut into hunks
Broccoli cut up

(can add other veggies/combo too (tofu, pea pods, carrots, potatoes)

Easier if sauce is prepared first (can do ahead and keep in fridge)

2/3 c soy sauce (light has less salt)

2 tsp lemon juice

4 tsp oyster sauce

¼ c sugar

2 cloves minced garlic

½ tsp ginger root minced (easiest to keep in freezer and then use fine cheese grater to grate it)

(this is too much sauce for one recipe unless you use a lot of veggies but can save. Just use enough to coat the stir fry or it will be too soy saucy)

Dust chicken lightly w seasoned flour (1 c flour w ¼-1 tsp kosher salt, ½ tsp fresh ground pepper)

Heat oil in electric skillet or wok

Fry the chicken until it turns opaque then remove and keep warm on covered plate

Fry the onion and broccoli about 3 min, dump the chicken back in and put about 2 Tbsp water in the pan and then cover so will steam the broccoli for another 2 minutes.

Then pour sauce over the mixture, stir it around and serve over rice.

Orange Chicken –very fast and kids like it

¼ c frozen orange juice concentrate

¼ c orange marmalade

1 tsp lemon juice

½ tsp cornstarch (can substitute potato starch during Passover)

¼ tsp ginger

dash of nutmeg

4 skinless boneless chicken breasts (appx 1 lb)

1T oil

Combine first 6 ingredients and set aside.

Flatten chicken with a mallet and sauté in oil in skillet until lightly browned on both sides. Pour orange mixture over chicken and simmer 6-8 minutes, basting occasionally.

Recommended to serve with rice.

Lemony Broiled Chicken

3T olive oil or salad oil

¼ c lemon juice

1 tsp oregano

½ tsp pepper

¼ tsp ground cinnamon
1 cut up chicken.

Oven at 350.

Combine all ingredients except chicken, and then pour over chicken, bake for appx. 45 minutes

Chicken Cacciatore

Mushrooms

Canned tomato soup, 2-3 cans

Bell Pepper, red or green

Onion

Chicken, with bones is fine

Oil

Garlic

Italian Herbs and Spices (Basil, Oregano, Parsley, Salt and Pepper)

Red Wine

Sautee chicken in oil with Italian spices and garlic in skillet with small amount of oil until the chicken begins to brown and is almost done inside, about 10-15 minutes. Add mushrooms, onions, bell pepper, and sauté until onions are practically clear. Add tomato soup and some purple wine, appx ¼ c

Add Salt and pepper to taste and serve over spaghetti.

Poached Fruit

¾ to 1 bottle of apple cider or white grape/ peach juice.

few slices of fresh ginger root, peeled

3-4 cinnamon sticks

3-5 fresh cloves

some cardamom (powder or pods)

allspice (powder or pods)

¼ to ½ pieces of peaches, pears, or apples.

Place all but the fruit in a cheese cloth, place this, fruit, and liquid in a large pot.

Boil and then turn to low (simmer) and let cook about 20 minutes.

Appleberry Salsa

2 apples

half a basket of strawberries (appx 1 cup)

2 kiwis.

½ mango

4 Tortillas, quartered

½ tbs cinnamon

1 tbs sugar

Preheat oven to 400° F.

For cinnamon chips, lightly spray tortillas with water.

Combine sugar and cinnamon and sprinkle over tortillas.

Using a pizza cutter, cut each tortilla into 8 wedges; Place in single layer On round baking stone.

Bake 8-10 min.

Or until lightly browned and crisp.

Remove and cool completely.

For salsa,

peel, core, and finely dice apples.

finely dice all of the fruit, place in bowl, toss with brown sugar, orange zest, and orange juice.

Serve with cinnamon chips.

Almond Apple Crumb Pie

1 pie shell, chilled

7oz almond paste

½ c AP flour

½ c uncooked oats

½ c brown sugar

¼ c brown sugar

¼ c chopped almonds

1 tsp cinnamon, divided

6 tbs cold butter

5 baking apples, peeled, cored, sliced

-oven at 375

Roll out almond paste into flat disk, appx 9", between two sheets of saran wrap.

Pick up off the counter by the edges, and then peel off one layer of the saran wrap, place the uncovered side on the inside of the pie shell, mold it up the sides. Refrigerate.

For topping, combine flour, oats, brown sugar, almonds, and ½ tsp cinnamon. Cut the butter into the mixture until crumbs form.

For filling, mix sugar and remaining ½ tsp cinnamon, toss with apples and pour into pie shell.

Place topping over apples and bake for 50-60 minutes or until golden brown

Impossible Pumpkin Pie (crustless) [Dairy!]

¾ c sugar

½ Bisquick baking mix

2T margarine or butter

1 can lowfat evaporated milk

2 eggs

1 can pumpkin

2 ½ tsp pumpkin pie spice

2 tsp vanilla

-oven at 350. Grease pie plate.

Beat all ingredients until smooth, 1 min in blender on high or 2 min with hand beater.

Pour into pie plate and bake until knife in center comes out clean, appx 50 minutes.

Queen Mother's Cake (12 portions) [dairy!- gluten free- not that easy but good flourless cake]

6 ounces sweet or semi sweet chocolate coarsely cut or broken

6 ounces (3/4 cup) butter

3/4 cup sugar

6 eggs separated

6 oz (1 1/4 cups) almonds, finely ground

1/8 teaspoon salt

Adjust rack to one third up from the bottom of the oven. Preheat oven to 375 degrees Butter a 9 X 2 1/2 or 3 inch springform pan and line the bottom with wax paper or baking pan liner paper. Butter the paper and dust all over lightly with fine, dry bread crumbs (or matzo meal! - susan).

Melt chocolate in the top of a small double boiler over hot water on low heat. Remove from heat and set aside to cool slightly.

In the small bowl of an electric mixer cream the butter. Add sugar and beat at moderately high speed for 2-3 minutes. Add yolks one at a time, beating until each addition is thoroughly incorporated.

Beat in the chocolate and then on lowest speed, gradually beat in the almonds, scraping the bowl with a rubber spatula as necessary to keep mixture smooth. Transfer to a large mixing bowl.

In the large bowl of an electric mixer beat the salt with the whites until they hold a definite shape or are stiff but not dry. Stir a large spoonful of the whites into the chocolate and then, in 3 additions, fold in the balance. Turn into pan. If necessary, level top by rotating pan briskly from side to side.

Bake for 20 minutes at 375 degrees. Reduce oven temperature to 350 degrees and bake for an additional 50 minutes. (Total baking time is 1 hour and 10 minutes). DO NOT OVERBAKE. Cake should remain moist and soft in the center.

Wet and slightly wring out a folded towel and place it on a smooth surface. Remove spring form from oven and place it directly on the wet towel. Let stand 20 minutes. Remove sides of spring form. Place a rack over the cake and carefully invert. Remove bottom of form and paper lining. Cover with another rack and invert again to cool right side

up. The cake will be about 1 3/4 inches high.
When the cake is completely cool, place 4 strips of wax paper around the edges of a cake plate. Gently transfer the cake to the plate bottom up. Prepare the following frosting:

Icing for Queen Mother's Cake

1/2 cup heavy cream

2 teaspoons instant coffee (I do not use the coffee when I make this cake. - susan)

8 ounces sweet or semi sweet chocolate coarsely cut or broken

Scald the cream in a medium sized heavy saucepan over moderate heat until it begins to form small bubbles around the edge or a skin on top. Still over heat, add coffee and stir briskly with a small wire whisk until dissolved. Add chocolate. After one minute remove from the heat and stir with wire whisk until chocolate is melted and mixture is smooth. Transfer to a small bowl or place the bottom of the saucepan in cold water to stop the cooking.

Let mixture stand at room temperature for 15 minutes or more, stirring occasionally until it reaches room temperature. Stir, not beat, and pour over top of cake. Use a long narrow metal spatula to smooth the top, letting a bit run down the sides. Use a small metal spatula to smooth the sides. After about 5 minutes remove the wax paper strips.

Additional notes from the author: 1) The cake may rise and crack unevenly during baking - OK. It will level while cooling. 2) If you have a turntable or lazy-susan, use it while icing the cake.