

Gloria's Chicken Salad

1 head lettuce
1 bunch green onions
1 small pkg sliver almonds (toasted)
¼ small pkg coconut (toasted)
1 lb chicken breasts- boned, baked, or stir-fried
dressing- 2 T apricot jam
 ¾ c mayonnaise
 2 T Tamagon vinegar (or other vinegar cider or base)
 2 T vegetable oil
 3 t curry powder
 3-4 T orange juice

Chop chicken into cubes, mix with other ingredients, and serve over lettuce leaves. Mix dressing in food processor or blender.

Turkey Cutlets Scallopine

1. ½ lbs turkey breast cutlets (chicken works too)
bread crumbs (parve)
oregano, basil, pepper, parsley, garlic powder
2. eggs
white cooking wine or marsala
non-stick spray

Wash cutlets and cut in half length-wise so that they are thinner (not smaller). Beat eggs and add about 2-3 T wine to thin it (water will do if needed). On plate mix bread crumbs with large pinches or seasonings listed above (maybe 1 t each of herbs, less of pepper and garlic). On a carving board, pound cutlets with a mallet (big side). Dip in egg mixture, then crumbs. Put in heated electric skillet spray coated with non-stick coating. Cook until crumbs begin to brown, at which point turn them over. When all batches complete turn off skillet and wipe out with paper towel. Bake for about 10 minutes at **325** or until turkey is thoroughly cooked (baking time depends on amount of time cooked in skillet)
Serve over spaghetti with sauce or in electric skillet sauté in a little oil and mushrooms and add wine, garlic, lemon, and a drop of flour and pour over cutlets (this way is good with rice). Cutlets will freeze well.

Dijon Style Chicken & Potatoes

1/3 stick parve margarine
2 T Dijon mustard
1 ½ lbs potatoes, scrubbed and cut length-wise into 1 inch thick wedges
1 whole cut up fryer chicken (4 quarters- or 4 thigh quarters) (skin off of pieces that can)

1- 1 ½ c breadcrumbs or cornflake crumbs mixed with some spices (such as oregano, basil, pepper, parsley, and garlic powder)
dash wine

Melt margarine in a pyrex little dish. Brush on potatoes (or use olive oil) Mix mustard with leftover margarine and dash of wine. Coat chicken with mustard mixture, then with crumbs- shake off excess. Spray pan with nonstick coating spray and place in potatoes. Add chicken on top. Bake uncovered for about 45 minutes or until meat near the thigh bone is no longer pink and potatoes are tender.

**this can also be done without potatoes and served with rice*

Spanish Mole

4 T flour
2 T sesame oil
3 c Kosher chicken broth
3 T chili powder
¼ t pepper
½ t rosemary
½ t oregano
1/8 t cinnamon
1/8 t ground cloves
4 T peanut butter
¼ oz Baker's unsweetened chocolate
½-1 t cayenne pepper (optional)

Mix flour and sesame oil. Brown until dark to make Roux.

Heat up chicken broth with spices (except for pepper). Warm but don't boil. Remove from heat. Add broth to cold roux. Mix until smooth. Set on low heat. Add peanut butter and chocolate, and pepper if using. Heat until chocolate melts. Freeze in small containers. Use as a sauce on grilled chicken cooked fajita style... with grilled onions and lettuce and tomatoes, wrap in tortillas.

**Usually served with Spanish rice, chicken, and tortillas (wrap mixture in tortillas)*

Peach Chicken

Approx 2 pkgs chicken
Dash garlic powder
Dash parika
1 extra large or 2 12oz cans peaches
½ t cornstarch
½- ¾ c orange juice
1 T prepared mustard (yellow or brown)
¼- ½ t cinnamon
Dash nutmeg

Dash ground allspice

Wash chicken with bones (fine to leave skin on, can be removed later). Season chicken with garlic powder and paprika. Bake approx 20 to 30 minutes at 375 in baking pan. Meanwhile in a pot mix approx ¼ c of liquid from peaches with cornstarch to dissolve. Add orange juice and prepared mustard. Bring to a low boil until starts to thicken. Add peaches. If too thick can add extra liquid. Add cinnamon, nutmeg and allspice. Stir over low heat approx 5 minutes,. Pour over chicken in oven and bake extra 15 to 25 minutes. *Serve with plain cous cous.*

David's Curry (compliments of David Finkel; a local photographer and excellent cook too)

Chicken (boneless breasts) about 1 per person, cubed to 1 in cubes

1 chopped apple

1 onion

Chicken stock (or about 12 oz dried broth)

Approx 3 T curry powder

Small can tomato sauce

Lite coconut milk

4-5 cloves garlic

Red pepper (optional)

*can use lemon cayenne, dried coconut, and mango chutney to sharpen flavor

2nd list of ingredients:

2 bay leaves

1 banana

raisins

dates

nuts (optional)

Mince garlic. Sautee chicken with some of garlic and onion in wok.

In other pot sautee garlic onion and apple and reduce (while cooking chicken) Add curry to apple and onion. Add chicken broth and tomato sauce. Add 2nd list of ingredients. Let cook down. If desired add ½ can coconut milk. Add cooked chicken. Simmer for approximately 15 minutes. Add extra coconut milk, if desired. Add marsala and serve with garnishes.

Cranberry Chicken (easy) (given to me as a medical student by a faculty Dr Mom)

4 breast chicken with bones, or 1 whole cut up chicken

1 lb can of whole berry cranberry sauce

Approx ¼ c lowfat or nonfat salad dressing

2-3 T minced onion

Dash of pepper and garlic powder

Wash chicken. Mix rest of ingredients. Put over chicken and bake for approximately 40 minutes. If sauce gets too thick and drop over water or cover last 15 minutes. *Good with couscous and a side of greenbeans with almonds, or other veggies.*