MOROCCAN CHICKEN WITH EGGPLANT-ZUCCHINI RAGOUT

INGREDIENTS

SERVES 4

1 □ - 2 lbs chicken leg quarters

3 tbsp olive oil, divided

1 tsp salt, divided

1 tsp freshly ground black pepper, divided

1 small eggplant, scrubbed with clean vegetable brush under running water and cut into □ -inch dice

1 medium zucchini, scrubbed with clean vegetable brush under running water and cut into □ -inch dice

1 small onion, scrubbed with clean vegetable brush under running water and diced

2 cloves garlic, minced

□ cup white wine or water

1 (14.5 ounce) can diced tomatoes with juices

□ cup pimento-stuffed green olives, roughly chopped

2 tbsp capers, rinsed

2 tbsp red wine vinegar

1 tsp sugar

2 tbsp parsley, gently rubbed under cold running water and minced

DIRECTIONS

Wash hands with soap and water. In large skillet over medium high-heat, warm 2 tablespoons olive oil. Season leg quarters with □ teaspoon salt and □ teaspoon black pepper; do not rinse raw poultry.

Add leg quarters to pan, skin-side down. Wash hands with soap and water after handling uncooked chicken. Brown chicken, turning once, 8 to 10 minutes per side. Remove chicken to plate and drain off all but 2 tablespoons oil. Add eggplant to hot pan and cook, stirring, 5 minutes. Add remaining tablespoon olive oil, along with zucchini, onion and garlic. Cook 5 minutes, stirring occasionally.

Raise heat to high and add white wine to pan, stirring to scrape up any browned bits. Add all other ingredients, except parsley, and place chicken legs in mixture. Bring to boil, reduce heat to medium-low, cover and simmer for 35 to 40 minutes or until cooked through and internal temperature reaches 165 F on food thermometer. To serve, place some of the eggplant ragout onto plates, top with a leg quarter and sprinkle with parsley.

Recipe adapted from Bon Appetit magazine

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MISO-MARINATED SHORT RIBS

INGREDIENTS

SERVES 4

3 tbsp red or yellow miso

3 tbsp mayonnaise

3 tbsp (or more) unseasoned rice vinegar, divided

1 □ lbs thin cross-cut bone-in short ribs (flank-style)

Kosher salt

1 bunch small radishes, scrubbed with clean vegetable brush under running water

4 tsp vegetable oil

2 cups steamed rice

1 bunch watercress, tough stems removed and gently rubbed under cold running water

Sriracha or hot sauce (for serving)

DIRECTIONS

Wash hands with soap and water. In small bowl, stir together miso, mayonnaise, and 2 tbsp vinegar. Place ribs on a rimmed baking sheet and season lightly with salt; do not rinse raw meat. Pour all but 2 tablespoons miso mixture over ribs; turn to coat. Set remaining miso mixture aside.

Thinly slice radishes and toss in a medium bowl with remaining 1 tbsp vinegar. Season with salt and toss again.

Heat a large heavy skillet, preferably cast iron, over medium-high. When pan is hot, add 2 tsp. oil and swirl to coat. Remove ribs from marinade; do not reuse marinade used on raw meat.

Wash hands with soap and water after handling uncooked meat. Add half of ribs to pan and cook without turning until underside is very dark brown and charred in spots, about 2 minutes. Turn ribs and cook until second side is golden brown, 1 2 minutes, and internal temperature reaches 145 on food thermometer. Transfer to a plate. Repeat with remaining 2 tsp. oil and remaining ribs. Let rest 5 minutes.

Season reserved miso mixture with Sriracha; adjust to taste. Add additional vinegar, if desired. Cut ribs crosswise into 2 or 3 pieces; serve over bowls of rice, topped with watercress and drained radishes and drizzled with spicy sauce.

Adapted from epicurious.com

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GREEN BEANS WITH BACON AND NEW POTATOES

INGREDIENTS

SERVES 4

4 slices bacon

1 medium onion, scrubbed with clean vegetable brush under running water and chopped

2 lbs fresh green beans, gently rubbed under cold running water and snapped

8 small new potatoes, scrubbed with clean vegetable brush under running water and cut in half

1/8 tsp salt

1/8 tsp pepper

DIRECTIONS

Wash hands with soap and water. Cut bacon into thirds on clean meat cutting board. Wash cutting board.

Cook the bacon pieces in a large sauce pan over medium heat for 5 minutes. Wash hands with soap and water after handling bacon.

Add onion to sauce pan with the bacon; saut until translucent, about 5 minutes. Add green beans and potatoes to the sauce pan with just enough water to cover.

Bring to a boil, then reduce the heat to low. Add salt and pepper and cover. Simmer about 1 hour or until the beans are tender. Stir occasionally and add more water if necessary to keep the beans covered.

Recipe adapted from fightbac.org web site

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EASY CHICKEN AND VEGETABLE STIR-FRY

INGREDIENTS

SERVES 4

1 tbls vegetable oil

1 lb boneless skinless chicken breast, cut into 1-inch pieces

2 garlic cloves, finely chopped

2 tsps gingerroot, finely chopped

1 medium onion, scrubbed with clean vegetable brush under running water and cut into thin wedges

1 cup baby carrots, scrubbed with clean vegetable brush under running and cut lengthwise in half

1 cup chicken broth soup

3 tbls soy sauce

2 tsps sugar

2 cups broccoli flowerets gently rubbed under cold running water

1 cup (3 ounces) fresh mushrooms gently rubbed under cold running water and diced

 cup red bell pepper scrubbed with clean vegetable brush under running water and diced

2 tsps cornstarch

4 cups hot cooked Chinese plain noodles

DIRECTIONS

Wash hands with soap and water. Heat vegetable oil in skillet over medium-high heat. Add chicken, garlic and gingerroot; stir-fry 2 to 3 minutes or until chicken is brown. Wash hands with soap and water after handling uncooked chicken. Wash cutting board and knife after touching raw chicken.

Add onion, carrots, 3/4 cup of the broth, the soy sauce and sugar. Cover and cook over medium heat 5 minutes, stirring twice.

Add broccoli, mushrooms and bell pepper. Cover and cook about 5 minutes, stirring occasionally, until chicken is no longer pink in center and internal temperature reaches 165 on food thermometer, and vegetables are crisp-tender.

Mix cornstarch with remaining 1/4 cup broth; stir into chicken mixture. Cook, stirring frequently, until sauce is thickened. Serve over noodles or rice.

Recipe adapted from Bon Appetit magazine

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CHICKEN FLORENTINE STRATA

INGREDIENTS

SERVES 4

1 lbs boneless, skinless chicken breast halves, sliced into thin strips

2 tbsp olive oil

2 shallots, scrubbed with clean vegetable brush under running water and minced

1 tsp salt

tsp black pepper

tsp cayenne pepper

10 slices white bread, cut into cubes

1 (16 oz) package frozen spinach, thawed and well-drained

1 cup sundried tomatoes, drained and chopped

2 cups grated Monterey Jack cheese

6 eggs

2 cups whole milk

2 tsp Dijon mustard

tsp nutmeg

DIRECTIONS

Wash hands with soap and water. Lightly grease a 3-quart casserole dish and set aside.

In large skillet over medium-high heat, warm oil. Add shallots and saut 1 minute. Add chicken strips and cook 5 minutes more. Wash hands with soap and water after handling raw chicken.

Place a layer of bread cubes in the bottom of the dish. In alternating layers, add chicken, spinach, sundried tomatoes, cheese and bread, ending with a sprinkling of bread on top.

In a large bowl, combine eggs, milk, mustard and nutmeg with a whisk. Wash hands after touching raw eggs. Pour mixture over the casserole, cover and refrigerate on lowest shelf 4 hours or overnight. Wash counter after touching eggs.

Preheat oven to 350 F. While oven heats, remove casserole from refrigerator. Place casserole in oven and bake 35 40 minutes, until golden brown on top. Casserole is done with chicken reaches 165 F as measured with a food thermometer. Remove from oven and cool 5 minutes before serving. Serve hot.

Recipe adapted from fightbac.com web site

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CANTALOUPE GAZPACHO

INGREDIENTS

SERVES 4

1 medium cantaloupe, scrubbed with clean vegetable brush under running water, peeled, seeded and chopped

1 small cucumber, scrubbed with clean vegetable brush under running water, peeled and chopped

2 tbsp chopped red onion, gently rubbed under cold running water

2 tsps kosher salt

1/3 cup water

 cup extra virgin olive oil

Black pepper, for seasoning

Mint, gently rubbed under cold running water and sliced, for topping

DIRECTIONS

Wash hands with soap and water. In blender, puree cantaloupe, cucumber, onion, salt and water until smooth, about 1 2 minutes.

With motor running, drizzle in olive oil. Sprinkle with freshly ground black pepper.

Serve gazpacho chilled, topped with mint slices.

Recipe adapted from Bon Appetit magazine

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