

October Kitchen Quickie



The Peer Health Educators: Kelly, Lauren B., Annie, Brittany, Caitlin, Laura, Alyssa, Kevin, and Lauren S.

Apple Chicken

Servings 4

INGREDIENTS

- 4 boneless skinless chicken breasts
- 1/2 teaspoon dried thyme
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons vegetable oil
- 2 apples, unpeeled, cored and thickly sliced
- 1 onion, sliced
- 1/2 cup apple cider or 1/2 cup apple juice
- 1 1/2 teaspoons cider vinegar or vinegar
- 2 teaspoon flour

PREPARATION

1. Sprinkle chicken with thyme, salt and pepper.
2. In large frying pan, heat half of the oil over medium high heat; brown chicken all over.
3. Transfer to plate.
4. Add remaining oil to fry pan.
5. Cook apples and onion, stirring occasionally, until golden, about 5 minutes.
6. Add apple cider, bring to boil, stirring and scraping up brown bits from pan.
7. Return chicken to frying pan.
8. Cover and cook over medium low heat, turning once, until no longer pink inside, about 7 minutes.
9. Transfer chicken to serving platter.
10. Whisk vinegar with flour; whisk into fry pan and cook, stirring, until glossy and thickened, about 1 minute.
11. Pour over chicken.

NUTRITIONAL INFORMATION

(based on individual servings)
Calories: 241.0, Total Fat: 8.4 g,
Cholesterol: 68.4 mg, Sodium: 223.8 mg,
Carbohydrates: 13.1 g, Fiber: 2.1 g,
Protein: 27.7 g

<http://www.food.com/recipe/apple-chicken-39705>

Delicious Fall Ratatouille

Ingredients: Servings 4

- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 2 teaspoons dried parsley
- 1 eggplant, cut into 1/2 inch cubes
- salt to taste
- 1 cup grated Parmesan cheese

Nutritional information
Amount Per Serving Calories: 275,
Total Fat: 14.9g, Cholesterol: 22mg

1. Preheat oven to 350 degrees F. Coat bottom and sides of a 1 1/2 quart casserole dish with 1 tablespoon olive oil.
2. Heat remaining 1 tablespoon olive oil in a medium skillet over medium heat. Sauté garlic until lightly browned. Mix in parsley and eggplant. Sauté until eggplant is soft, about 10 minutes. Season with salt to taste.
3. Spread eggplant mixture evenly across bottom of prepared casserole dish. Sprinkle with a few tablespoons of Parmesan cheese. Spread zucchini in an even layer over top. Lightly salt and sprinkle with a little more cheese.
4. Continue layering in this fashion, with onion, mushrooms, bell pepper, and tomatoes, covering each layer with a sprinkling of salt and cheese.
5. Bake in preheated oven for 45 minutes.

<http://allrecipes.com/Recipe/ratatouille/Detail.aspx>

Roast Pumpkin Seeds

Ingredients

- 1 1/2 cups raw, whole pumpkin seeds
- 2 teaspoons butter, melted
- 1 pinch salt

Directions

1. Preheat oven to 300 degrees F (150 degrees C).
2. Toss seeds in a bowl with the melted butter and salt. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown; stir occasionally.

Nutritional Information

Amount Per Serving
Calories: 83, Total Fat: 4.5g,
Cholesterol: 4mg

<http://allrecipes.com/Recipe/roasted-pumpkin-seeds/Detail.aspx>



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