

Eat Real Recipes

ENTREE FAST ROASTED CHICKEN & VEGETABLES

- 1 3-4 lb whole chicken
- 3 garlic cloves, minced
- 2 Tbsp dijon mustard
- 3 Tbsp olive oil
- 1 tsp dried tarragon (optional)
- 1 tsp kosher or sea salt
- 1/2 tsp black pepper
- 1 1/2 lb small new potatoes, washed
- 1 lb carrots, washed and cut into 2" lengths
- 1/2 lb brussels sprouts, washed and trimmed
- Chopped parsley (optional)

Preheat the oven to 450 degrees. Using poultry shears, cut along each side of the chicken backbone and remove it. Turn the chicken breast side up and press the breast bone to flatten the chicken. Using a sharp knife, cut partway through both sides of the joint between the thighs and the drum sticks. Cut part way through the joint between the wings and the breast.

In a bowl combine the garlic, mustard, oil, tarragon, salt and pepper. Turn the chicken breast down and spread it with half of the mustard mixture. Set the chicken on a baking sheet skin side up; spread with remaining mixture. Toss the vegetables in the bowl to coat with residual mustard mixture and scatter around the chicken.

Place the baking sheet in oven and roast for 30 minutes, or until the skin is browned and the juices run clear. When a meat thermometer is inserted into the deepest part of the breast, it should read 165 degrees. Let the chicken rest for 10 minutes.

Transfer the chicken to a cutting board, and cut into 8 pieces. Drizzle the juices on the baking sheet over the chicken and vegetables. Sprinkle with chopped parsley and serve. Serve with salad with apples, toasted pumpkin seeds, dried cranberries & cider vinaigrette (recipe below).

NOTE: *This recipe can be prepared ahead of time. Keep covered in the refrigerator for up to two days. Remove from the fridge 30 minutes prior to cooking to allow it to come to room temperature.*

ENTREE CHICKEN NOODLE SOUP

- 2 Tbsp butter or olive oil
- 1 onion, peeled and chopped
- 2 cloves garlic, minced or 1/2 tsp garlic powder
- 2 ribs celery, chopped
- 4 carrots, chopped
- 2 quarts homemade or low sodium chicken stock (recipe below)
- 2-3 C cooked shredded chicken
- 8 oz whole wheat noodles
- 1 C frozen peas
- 1 Tbsp lemon juice
- 1/2 C chopped parsley

Combine butter or oil, onion, garlic, carrot, & celery in a heavy bottomed soup pot. Saute over medium heat until vegetables are just beginning to soften. Add chicken stock and bring to a boil. Add chicken and noodles and simmer until noodles are cooked through, 5-8 minutes depending on the noodle. Add peas, lemon juice, and parsley and season to taste with salt and pepper. Serve with a garden salad with honey mustard vinaigrette (recipe below).

Variations:

Tortilla soup: *omit noodles, peas, and parsley. Add 1 can fire roasted tomatoes, 1 tsp ground cumin, 2 tsp mild chili powder, 1 tsp garlic powder, and 1 can hominy, drained. Serve with crispy tortilla strips, cilantro, lime wedges, & avocado.*

Chicken Minestrone: *omit peas. Add 1 can drained low sodium cut green beans, 1 can diced tomatoes, 1 tsp oregano, 1 tsp garlic powder, and 3 cups baby spinach or kale.*

Chicken Chili: *Omit noodles and peas. Increase onion to 2 onions total and add 1 diced red pepper, 2 cans low sodium cannellini beans, 1 can tomatoes with chilis (such as Rotel), 1 Tbsp cumin and 1 Tbsp mild chili powder. Serve with cilantro, green onions, & shredded cheese.*

Make ahead tip: *If you want to make a large batch of soup for the freezer, omit the noodles. When you reheat the frozen soup add the uncooked noodles and simmer until noodles are al dente. This will prevent the noodles from losing texture in the freezer.*



ENTREE

CHICKEN ENCHILADAS

One recipe enchilada sauce (see below), or bottled salsa verde
 2 roasted sweet potatoes, cooled, peeled, and cut into 1/2 inch cubes
 2 C cooked shredded chicken
 1 can black beans, rinsed & drained
 1 C frozen corn kernels
 1 can diced fire roasted tomatoes, drained
 1/2 C chopped green onion, both white & green parts
 1/4 C chopped cilantro, plus more for garnish

3 cloves garlic, minced, or 1 tsp garlic powder
 1 tsp mild chili powder
 1 Tbsp ground cumin
 2 C mexican blend cheese, divided
 salt and pepper to taste
 12 6-inch whole wheat tortillas
 low fat greek yogurt or sour cream, for serving

Combine cubed sweet potatoes, shredded chicken, drained black beans, corn kernels, drained tomatoes, green onion, cilantro, garlic, chili powder, cumin, and 1 cup of the grated cheese. Mix well and season to taste with salt and pepper.

Preheat the oven to 350 degrees. Lightly oil a 9x13" baking dish and spread 1 cup of enchilada sauce on the bottom of the dish. Set aside.

To assemble enchiladas, lay a tortilla on a flat surface and spread 1/4 cup of the sweet potato-chicken mixture in the center of the tortilla. Roll the tortilla and place seam side down in prepared baking dish. Repeat with remaining tortillas. Top with remaining sauce and shredded cheese and cover loosely with foil.

Place in preheated oven and bake 20 minutes. Remove foil and bake for an additional 10-15 minutes or until cheese is brown & bubbly. Garnish with additional chopped cilantro and serve with guacamole and greek yogurt/sour cream.



ENTREE

CHICKEN & BISCUITS

For the Biscuits:

1 3/4 C whole wheat flour
 1 Tbsp baking powder
 1 Tbsp sugar
 1 tsp salt
 1 C heavy cream

1/4 tsp salt
 1/2 tsp black pepper
 3 Tbsp butter
 2 Tbsp flour
 2 C homemade or reduced sodium chicken stock
 1/2 C half & half
 3 C shredded cooked chicken

For the Chicken and Gravy:

1 onion, chopped
 2 carrots, chopped
 2 celery ribs, chopped
 1 clove garlic, minced

1 can low sodium cut green beans, drained
 1/2 C frozen peas
 1 tsp fresh lemon juice
 Chopped fresh Parsley, optional

Preheat oven to 450 degrees. In a large mixing bowl combine flour, sugar, baking powder, & salt. Add cream and mix gently to form a rough dough. Be careful not to over mix. Using a cookie scoop, scoop out 6 3-inch dough balls 2 inches apart on a parchment lined baking sheet. Flatten slightly with the back of a spoon. Bake for approximately 15 minutes or until golden brown. Set aside.

While the biscuits are baking, combine butter, onions, celery, carrot, & garlic in a heavy bottomed sauce pan. Saute until vegetables begin to soften and become translucent, about 2 min. Add flour and cook for an additional minute. Stir in broth and bring to a boil, stirring, then reduce heat to medium and simmer for an additional 2 minutes. Add chicken, half and half, peas, green beans, & lemon juice and simmer until chicken and vegetables are heated through, about 3 minutes.

To serve, halve biscuits horizontally and place on a plate. Spoon chicken & vegetables in gravy over the biscuit halves and top with chopped parsley.

Make ahead tip: *the Chicken & Vegetables in Gravy freezes beautifully, as do the biscuits. Cool the chicken & gravy mixture, then transfer into freezer safe quart containers or ziploc bags. Reheat gently on the stovetop or in the microwave. Biscuits can be frozen in ziploc bags and reheated in a 325 degree oven for 10 minutes.*



DESSERT

OATMEAL BAKED APPLES

4 medium apples
 2 Tbsp dark brown sugar, honey, or maple syrup
 1/4 C old-fashioned rolled oats
 1/2 tsp cinnamon
 1/4 tsp nutmeg
 Pinch ground cloves
 1 Tbsp butter, melted
 1 cup hot water

Preheat oven to 375 degrees with a rack in the lower-middle position. Remove the core of the apples, cutting to within a half-inch of the bottom of the apple and creating a well roughly 3/4-inch wide. This is easy to do with an apple corer, but can also be done with a melon baller, grapefruit spoon, or a paring knife. Mix the brown sugar, oatmeal, cinnamon, nutmeg, cloves, and melted butter in a bowl. Divide this mixture between the apples, packing the wells firmly.

Arrange the apples in a baking dish (like an 8x8-inch Pyrex dish). Pour the water into the bottom of the dish and cover loosely with aluminum foil. Bake for 20 minutes and remove foil. Continue baking uncovered until the apples are soft and the brown sugar has melted into a syrup, an additional 20 to 30 minutes. Test the apples by poking a paring knife through the oatmeal mixture and into the interior of the apple; it should slide into the apple easily with no resistance. The skin on the apples will also become wrinkled and soft by the end of cooking.

Leftovers will keep for up to a week and can be reheated in the microwave or eaten cold. Optional additional ingredients that can be added to the oatmeal mixture include toasted nuts/seeds, dried fruit, and coconut.



BONUS RECIPES

Cider Vinaigrette

1/2 C honey
1/4 C apple cider vinegar
Juice of 1 lemon
1 shallot, minced
1/4 C extra-virgin olive oil
1/2 C canola oil
Coarse salt and freshly ground pepper

In a small bowl, whisk together honey, vinegar, lemon juice, and shallot. Slowly whisk in oils to form an emulsion.

Season with salt and pepper.

Dressing can be kept, refrigerated, for one month.

Chicken Stock

Bones and Carcass from 1 roasted chicken
2 carrots
1 onion, peeled and cut in half
2 celery ribs
2 bay leaves
A hand full of parsley stems (optional)
1 Tbsp whole black peppercorns
1 head garlic

Place all ingredients and a 6 qt stock pot or slow cooker and cover with cold water. Bring to a boil, then reduce heat and cook at a bare simmer for 4-12 hours.

After the stock has simmered, transfer the stock pot to the sink and fill the sink with cold water. Stir the contents of the stock pot about every 5 minutes or so. After about 10 minutes, drain the water in the sink and refill it with cold water. Continue to repeat this process until the stock has come to room temperature.

Strain the stock with a fine meshed sieve into freezable quart containers or ziploc bags and freeze for later use.

Honey Mustard Vinaigrette

1/3 C cider vinegar
1/4 C dijon mustard
2 Tbsp honey
1 Tbsp shallot, minced
1 tsp dried tarragon
1/2 C olive oil
1/2 C canola oil
Salt & Pepper to taste

In a small bowl or jar, combine cider vinegar, Dijon mustard, shallot, tarragon, and honey; season generously with coarse salt and ground pepper. Whisk or shake to combine. Add oils; whisk or shake again.

Store in an airtight container or jar, and refrigerate, up to 1 month. Shake before using.

Enchilada Sauce

3 Tbsp canola oil
1 Tbsp flour
1/4 C chili powder
2 C chicken stock
10 oz can tomato paste
1 tsp dried oregano
1 tsp ground cumin
1/2 tsp salt

In a medium saucepan heat oil, add flour, smoothing and stirring with a whisk. Cook for 1 minute. Add chili powder and cook for 30 seconds. Add stock, tomato paste, oregano, and cumin. Stir to combine. Bring to a boil, reduce heat to low and cook for 15 minutes.

The sauce will thicken and smooth out. Season to taste with salt and pepper.