

## Lemon Chicken with Rice

This meal is like eating candy for dinner! Sure to be a kid pleaser. Lemon curd is usually found near the jellies in most grocery stores. Serve with rice and choice of vegetable.

1 ½ pounds chicken breasts or chicken tenders, cut into chunks  
¼ cup flour  
coarse salt  
2 Tablespoons vegetable oil  
1 Tablespoon white or rice wine vinegar  
½ cup chicken broth  
8 ounces (1 cup) lemon curd  
¼ cup hot water  
zest of 1 lemon  
2 scallions, finely chopped

Mix flour and salt in a pie dish or plate. Coat the chunked chicken lightly in flour mixture. Heat a large skillet over high heat. Stir-fry chicken until golden, 3 to 4 minutes. Remove chicken from the pan and return pan to heat. Reduce heat to medium.

Add a splash of vinegar to the pan and let it evaporate. Add stock or broth to the pan and scrape up any drippings with a whisk. Thin the curd by stirring in a little hot water. Add curd to broth and whisk to combine. Add chicken back to the pan and simmer for 1 to 2 minutes to thicken sauce and finish cooking chicken pieces through.

Remove the pan from heat, add the scallions and zest and toss chicken pieces well to combine zest and scallions evenly throughout the sauce. Serve with rice.

## Lentil Soup

Everyday Food

This is a nice light soup. If the soup becomes too thick during cooking, add up to one cup more water.

3 strips bacon, cut into ½-inch pieces  
1 large onion, chopped  
3 medium carrots, peeled, halved lengthwise, and cut into ¼-inch-moons  
3 garlic cloves, minced  
2 Tablespoons tomato paste  
1 ½ cups lentils  
½ teaspoon dried thyme  
4 cups chicken broth  
1 Tablespoon red wine vinegar  
1 ½ teaspoons coarse salt  
¼ teaspoon ground pepper

In a Dutch oven (or other 5-quart pot with tight fitting lid), cook bacon over medium-low heat until browned and crisp, 8 to 10 minutes. Pour off all but 1 Tablespoon fat.

Add onion and carrots; cook until softened, about 5 minutes. Stir in garlic, and cook until fragrant, about 30 seconds. Stir in tomato paste, and cook 1 minute.

Add lentils, thyme, broth, and 2 cups water. Bring to a boil; reduce to a simmer. Cover; cook until lentils are tender, 30 to 45 minutes.

Stir in vinegar, salt, and pepper.

**It has been traditional to serve fish with a slice of lemon since the Middle Ages, when people believed that the fruit's juice would dissolve any bones accidentally swallowed.**



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# Let's Eat!

Easy, Appetizing, Timely Meals

Monday

Grilled Honey  
Lime Chicken  
Sandwiches

Tuesday

Tilapia Piccata

Wednesday

Beans and Rice  
with Kielbasa

Thursday

Lemon Chicken  
with Rice

Friday

Lentil Soup

**Additional Meal Idea:**  
- Make baked potatoes and top with chili, broccoli and cheese, or grilled chicken and steamed veggies.

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## Grilled Honey Lime Chicken Sandwiches

Rachel Ray

*This is a great meal for a warm day when you just don't want to be in the kitchen. It cooks up quick and you can round it out with a few potato chips, a side salad or simply a handful of carrots!*

1 lime, juiced  
2 tablespoons honey  
1 rounded teaspoon cumin  
A handful cilantro, finely chopped, about 1/2 tablespoons  
2 tablespoons extra-virgin olive oil, canola, or corn oil  
4 (6 to 8-ounce) boneless skinless chicken breast  
1 teaspoon grill seasoning blend or coarse salt and pepper  
Toppings: lettuce, tomato, red onion, and sliced avocado  
1 cup prepared salsa verde  
4 crusty rolls, split

Combine first 5 ingredients in a small bowl. Sprinkle chicken with seasoning blend or salt and pepper. Coat chicken in dressing and set aside for 10 minutes.

Grill chicken on an indoor electric grill 6 to 7 minutes on each side or pan fry over medium high heat in a large nonstick skillet uncovered 6 minutes per side.

Slice chicken breasts on an angle and pile meat on roll bottoms. Top with lettuce, tomato, red onion and sliced avocado. Spread salsa on roll tops as a condiment.

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## Beans and Rice with Kielbasa

*My mom used to make this for me when I was growing up. I have added a few things to it since then, but it is a simple, no frills kind of meal. I like to serve it over rice, but you can also serve it as a soup without the rice. Corn bread is always a welcome addition to this meal!*

1 bag navy beans  
6-8 cups chicken broth (I sometimes use half broth and half water)  
1 teaspoon marjoram  
1 teaspoon oregano  
1 clove garlic  
1 cup shredded carrot  
1 link Kielbasa sausage, cut into bit size pieces

Place all ingredients, except the Kielbasa, in a crock-pot. Cook on high for about 10 hours. When the beans are soft, scoop out about 1-2 cups of beans and smash with a fork or use a hand/submersion blender to blend. Return the beans to pot. Add Kielbasa and heat through. Serve over rice.

*Note: if you plan to eat this as a soup, simply leave the beans whole and do not blend for thickening.*

*Well, here we are already in April! I hope you are all enjoying the spring season and the longer evenings. I don't know about you, but these longer days sure make getting dinner on the table a bit more challenging. Remember to keep it simple and get outside and enjoy a meal with your family!*

Happy Eating!

Katie Allshouse

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## Tilapia Piccata

Cooking Light

*I like to buy a pack of the fresh tilapia at Costco. I split it up into 2 or 3 meals, freezing what I won't use for the current week. This is one of our favorites. It is light, lemony and very tasty. You can substitute most any flaky white fish, or use chicken cutlets.*

**Orzo with tomatoes:**

8 ounces uncooked orzo (about 1 ½ cups)  
¾ cup grape or cherry tomatoes, halved  
1/4 teaspoon salt, divided  
3 tablespoons chopped fresh parsley  
1/8 teaspoon black pepper

Cook pasta according to package directions. Drain; stir in tomatoes, salt, pepper, and parsley. Set aside, and keep warm.

**Tilapia Piccata:**

3 tablespoons flour  
¼ teaspoon salt  
1/8 teaspoon pepper  
4 (6 ounce) tilapia fillets  
5 tablespoons butter, divided  
½ cup dry white wine  
6 tablespoons fresh lemon juice  
2 tablespoons drained capers

Combine flour, salt, and pepper in a large shallow dish. Dredge fish in flour mixture. Melt butter in a large nonstick skillet over medium-high heat. Add fish to the pan, and cook for 1 ½ minutes on each side or until the fish flakes easily. Remove fish from pan; keep warm.

Add wine, lemon juice, and capers to pan; cook 30 seconds. Remove from heat. Add remaining 4 tablespoons butter to pan; stir until butter melts. Serve fish with sauce and orzo.

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