

Gracie's Baked Chicken Breast with Tarragon

1 large chicken breast, boned, skinned, cut in half and flattened
1 onion, thinly sliced
1 tsp. chopped fresh tarragon leaves
3 tbsp. sour cream
Pinch of paprika

Preheat oven to 350°F. Place chicken on a foiled-lined baking dish. Cover with thinly sliced onions. Spread tarragon over the chicken, then cover with sour cream and sprinkle with a little paprika. Bake for 20 minutes. Yields 2 servings. This recipe can be increased for any number of people, using the same formula.

Submitted by Grace L. Madeira, Philadelphia Unit

Pasta Provençal

1 pound pasta
7 oz. feta cheese
10 sun-dried tomatoes in oil, finely chopped
1 tbsp. black-olive paste
1 tbsp. herbes de Provence

Cook noodles according to package directions. Drain, reserving ½ cup of the liquid, and keep noodles warm. Combine remaining ingredients; toss with noodles. Add reserved water and toss again.

Submitted by Barbara Blackburn, Member at Large, Great Lakes District

Sage Butter For Fish

½ cup butter (1 stick)
2 tbsp. chopped fresh sage
1 tbsp. lemon zest
1 tbsp. lemon juice
Sea salt to taste

White pepper to taste

Slowly melt butter in a small saucepan. Stir in sage, lemon zest, lemon juice, salt, and pepper. Brush generously of fish of choice (tuna or salmon are good choices) prior to grilling, broiling, or baking.

Submitted by Katherine K. Schlosser, North Carolina Unit

SPICED PORK WITH BOURBON REDUCTION SAUCE

SAUCE:

1/2 cup bourbon (chicken broth could be substituted)
1/4 cup packed brown sugar
1/4 cup low sodium soy sauce
3 Tablespoons cider vinegar
Minced garlic-equal to about 1/2 tablespoon
1/2 teaspoon black pepper

Multiply the ingredients to suit the volume you require. Combine the ingredients and bring to a boil. Reduce heat to medium and cook until reduced to 1/2 cup (or whatever multiple you are using), stirring frequently. Remove from heat.

PORK: Use a trimmed tenderloin of the size to suit your need.

SPICE MIXTURE:

- 1/2 teaspoon chili powder
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground allspice
- 1/8 teaspoon salt

Combine the spices on a plate.

Cut up the pork. Roll the pork chunks in the spice mixture, patting in onto all exposed pork.

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray or a light coating of olive oil. Add pork to pan cook on each side until desired degree of doneness.

Serve pork with the sauce.

Submitted by Linda L. Rowlett, Pioneer Unit

CURRIED BUTTERNUT SQUASH SOUP

- 4 Tablespoons sweet butter
- 4 to 5 teaspoons curry powder
- 2 apples, peeled, cored & chopped
- 1 Cup apple juice
- 1 shredded unpeeled Granny Smith apple (garnish)
- 2 Cup finely chopped yellow onions
- 2 medium-size butternut squash (about 3 pounds)
- 3 Cups chicken stock
- salt & freshly ground black pepper, to taste
- 1 Cup of fat-free half & half

Melt butter in a pot. Add chopped onions and curry powder and cook, covered, over low heat until onions are tender, about 25 minutes. Meanwhile peel the squash (a regular vegetable peeler works best), scrape out the seeds and chop the flesh. When onions are tender, pour in the stock, add squash and apples and bring to a boil. Reduce heat and simmer, partially covered, until squash and apples are very tender about 25 minutes.

Pour the soup through a strainer, reserving liquid, and transfer the solids to the bowl of a food processor fitted with a steel blade, or use a food mill fitted with a medium disc. Add 1 cup of cooking stock and process until smooth. Return pureed soup to the pot and add apple juice and additional cooking liquid about 2 cups until the soup is of the desired consistency.

Add a cup of half and half for richer tasting soup. Season to taste with salt and pepper, simmer briefly to heat through and serve immediately, garnish with shredded apple or a dab of sour cream and some salted toasted pumpkin seeds.

Submitted by Julie Stanton, Virginia Commonwealth Unit