

Main Dishes: - Poultry

Chicken Fried Chicken, With Cream Gravy

Larry Sunn

Sounds a little silly doesn't it? I mean fried chicken is just, well, fried chicken; how could it be a chicken fried chicken? It really just refers to the preparation and, what sets it apart from traditional bone-in fried chicken. For this dish, a boneless, skinless chicken breast is pounded flat, sort of like a schnitzel, then dredged in flour and fried. It is served with a drizzle of creamy milk gravy made from some of the pan drippings.

- 8 ea Skinned and boned chicken breasts
- 4½ tsp Salt, divided
- 2½ tsp Ground black pepper, divided
- 76 ea Saltine crackers (2 sleeves), crushed
- 2½ cup All-purpose flour, divided
- 1 tsp Baking powder
- 1 tsp Ground red pepper (optional)
- 8 cup Milk, divided
- 4 lg Eggs

Peanut oil



Directions for Chicken: Place chicken breasts between 2 sheets of heavy-duty plastic wrap, and flatten to ¼-inch thickness using a meat mallet or rolling pin. Sprinkle ½ teaspoon salt and ½ teaspoon black pepper evenly over chicken. Set aside. Combine cracker crumbs, 2 cups flour, baking powder, 1½ teaspoons salt, 1 teaspoon black pepper, and ground red pepper. Whisk together 1½ cups milk and eggs. Dredge chicken in cracker crumb mixture; dip in milk mixture, and dredge in cracker mixture again. Pour oil to a depth of ½ inch in a 12-inch skillet. Heat to 360°. Fry chicken, in batches, 10 minutes, adding oil as needed. Turn and fry 4 to 5 more minutes or until golden brown. Remove to a wire rack in a jellyroll pan. Keep warm.

Directions for Cream Gravy: Carefully drain hot oil, reserving cooked bits and 2 tablespoons drippings in skillet. Whisk together remaining ½ cup flour, remaining 2½ teaspoons salt, remaining 1 teaspoon black pepper, and remaining 6½ cups milk slowly, about a cup at a time, stirring in between.



Pour mixture into reserved drippings in skillet; cook over medium-high heat, whisking constantly, 10 to 12 minutes or until thickened. Serve with gravy.

– left Larry

There are 19 billion chickens on Earth. That means chickens outnumber humans 3:1.



When Sandy and I (Russ) were dating in the mid-sixties, I would go to her house on the north side of Milwaukee on Sunday's and spend the day there. Sandy's grandmother would spend the day in the kitchen making homemade pull-apart bread, chicken soup, dumplings, fried chicken, and salad with Henri's Taste-Tee dressing. She would cook the chicken in the soup then take it out and batter it with the recipe attached and fry it in a fryer. She would then make her drop dumplings the recipe is attached and add to the soup. Talk about a feast . . . WOW . . . every Sunday—it was her ritual. Included is a picture of Sandy and Russ in those memorable times; above right, one of Sandy's grandmother, Christine Bannach.



Drop Dumplings

Grandma Christine Bannach
grandmother of Sandy Sunn

3-5 lg Eggs
¾ tsp Salt
¼ cup Water
3 cup Flour

Directions: Blend liquid ingredients. Add flour gradually. Consistency should be like bread dough before it is kneaded. Use a regular teaspoon, dip in water and spoon a small amount (about the size of an almond) into boiling water. When they float to the top they can be spooned out and put in chicken soup stock. Simmer for 10 minutes and serve.



In 1943, sliced bread was briefly banned.

Batter for Chicken or Fish

Grandma Christine Bannach
grandmother of Sandy Sunn

1 cup Flour
1 tsp Baking Powder
1 tsp Salt
1 lg Egg
½ cup Water
½ cup Milk

Directions: Blend liquid ingredients. Add dry ingredients. Add a little more water if too thick. Test batter in hot oil. Deep fry batter dipped chicken or fish until it is golden brown.



The softening agent L-cysteine—used in some bread—is made from human hair and duck feathers.

Molasses Dipped Chicken with Mango Salsa

- ½ cup Molasses
- ½ cup Buttermilk
- 2 cup Flour
- 1½ cup Bread crumbs
- 1½ tsp Coriander
- 1½ tsp Dried thyme
- 1½ tsp Salt
- ½ tsp Black pepper
- 1½ tsp Chinese Five Spice (see appendices)
- 4 ea chicken breast, skinless, boneless
- ½ cup Canola oil

***Ingredients for Mango Salsa:***

- 2 ea Mangos, peeled, pitted, chopped
- ½ cup Cherry tomatoes, halved
- ½ cup Sweet yellow onion, diced
- 1 Tbl Chipotle peppers in adobo sauce
- ⅓ cup Red or yellow bell pepper, diced
- 1½ Tbl Fresh lime juice
- 1 Tbl Canola oil
- ½ tsp Coriander
- ½ tsp Kosher salt
- ½ tsp Ground black pepper

Directions for the Chicken: Preheat oven to 375°. Cover a sheet pan with aluminum foil and set it aside. Salt and pepper the chicken. Combine all dry ingredients - mix well and pour onto a flat dish or waxed paper. Combine molasses and buttermilk in a shallow dish. Mix well. Heat oil in a cast iron skillet over medium heat. When oil is hot. Dip chicken in molasses mixture, let excess drip off then dredge in flour mixture. Place the breast in the hot oil. Repeat the process with the 4 chicken breasts. Cook chicken 3-4 minutes per side. Transfer chicken to the aluminum foil covered sheet pan or baking dish. Bake 15 minutes or until chicken is golden and juices run clear. Take care not to over-bake the chicken. Remove the chicken from the oven, cover loosely and let it rest 3-5 minutes. When ready to serve, slice the breasts diagonally and arrange the pieces on a serving dish, overlapping sides a little. Serve the chicken topped with Mango Salsa.

Directions for the Mango Salsa: Gently combine all ingredients. Cover and refrigerate any leftovers.

Kissing may have originated when mothers orally passed chewed solid food to their infants during weaning.

Lemon Chicken Piccata

- 2 ea chicken breasts, skinless & boneless
cut in half lengthwise
- salt and pepper to taste
- all purpose flour, for dredging
- 4 Tbl butter, unsalted
- 2 Tbl olive oil
- $\frac{1}{3}$ cup fresh lemon juice
- $\frac{1}{2}$ cup Dry white wine
(can substitute chicken broth)
- $\frac{1}{4}$ cup brined capers
- $\frac{1}{3}$ cup fresh parsley, chopped



Directions: Season chicken with salt and pepper. Dredge chicken in flour and shake off excess. In a large skillet melt 2 tablespoons of butter with the olive oil, over medium to high heat. Add chicken pieces to the skillet and cook for about 3 to 4 minutes per side until browned. When chicken is cooked, remove chicken from skillet. Remove skillet from heat. Add lemon juice, chicken stock or wine, capers and scrape up the brown bits from the pan for extra flavor. Return skillet to heat and bring to a boil. Taste the sauce and season with additional salt and pepper if needed. Add chicken back to skillet and simmer for about 5 minutes. Remove chicken to a platter and add remaining butter and whisk for about a minute. Sauce will thicken a bit. Return chicken to skillet, pour sauce over chicken & garnish with parsley.

One popular variety of green asparagus is named after Martha Washington, the wife of George Washington.

Artichoke Chicken

- 1 can Artichoke hearts (15 oz),
drained, chopped
- $\frac{3}{4}$ cup Parmesan cheese, grated
- $\frac{3}{4}$ cup Mayonnaise
- 1 ea Garlic pepper, pinch
- 4 ea Chicken breast skinless

Directions: Preheat oven to 375°. In a medium bowl, mix together the artichoke hearts, Parmesan cheese, mayonnaise, and garlic pepper. Place chicken in a greased baking dish, and cover evenly with artichoke mixture. Bake, uncovered, for 30 minutes in the preheated oven, or until chicken is no longer pink in the center.

Rene' Sunn Williams



During the Middle Ages, a lemon slice was served with fish because it was thought the juice would dissolve any bones that were accidentally swallowed.

Pineapple Chicken Teriyaki

- 1 can Crushed pineapple (8 oz)
- 3 Tbl Low-sodium soy sauce
- 2 Tbl Honey or agave nectar
- 1 tsp Ginger, grated fresh
- 1 sm Garlic clove, finely minced
- 4 ea chicken breast, boneless, skinless



Directions: To make the teriyaki sauce, place the crushed pineapple, soy sauce, honey, ginger, and garlic a bowl, whisk to combine. Pour half of the teriyaki sauce in a re-sealable plastic bag and reserve the other half. Place the chicken breasts in the re-sealable bag, close and give it a good massage to coat with the marinade. Refrigerate for 30 minutes or up to overnight. When ready to cook, turn on the broiler and place the rack in the middle position. Place the marinated chicken breasts on a foil-lined baking sheet and spoon some of the chunky pineapple/ginger from the marinade on top of the breast. It will help keep the chicken moist. Broil for 8 to 10 minutes on each side, for a total of 16-20 minutes. Discard any remaining marinade in the bag. While the chicken is broiling, heat the reserved teriyaki sauce (that you had previously set aside) in a saucepan. Bring to a simmer and cook for 3 minutes or until thickened slightly. When chicken is done, slice the chicken, pour the teriyaki sauce over top and serve immediately.

There are more than 7,000 varieties of apples grown in the world.

Chicken Fried Chicken

Larry Sunn

- 30 ea Ritz crackers
- 2 Tbl All-purpose flour
- 2 Tbl Dry potato flakes
- 1 tsp Seasoned salt
- ½ tsp black pepper
- 1 lg Egg
- 6 ea Chicken breast, skinless, boneless
- 2 cup Vegetable oil for frying



Directions: Place crackers in large re-sealable plastic bag; seal, crush crackers with rolling pin until they are coarse crumbs. Add flour, potato flakes, seasoned salt, pepper, & mix well. Beat egg in a shallow bowl. Dredge tenderizer-flattened (about ½" thick) chicken pieces in egg, then place in bag with crumbs. Seal bag & shake to coat. Heat oil in a deep-fryer to 350°. Fry chicken, turning often, until golden brown and juices run clear, about 10 minutes.

California grows about 70% of all the asparagus grown in the United States.

Jujeh Kabab ~ Persian Chicken Kabob

Sebastien Sunn

- 3½ lb Chicken breast, boneless skinless, cut into 2-inch cubes
- 2 med Onions, sliced thin
- ½ tsp Saffron, ground & dissolved in 2 Tbl of hot water
- ½ cup Yogurt, plain
- 2 Tbl Extra virgin olive oil
- 2 ea Garlic cloves, crushed
- 1½ tsp Salt
- 1½ tsp Black pepper, ground
- ¼ cup Butter, unsalted
- ¼ cup Lemon juice
- 2 ea Lavash flat bread



Directions: Place chicken in a large shallow container & mix in onions, ¼ tsp saffron, yogurt, olive oil, garlic cloves, salt, & black pepper. Coat all pieces of chicken with marinade. Cover & marinate at least 6 hours & up to 2 days in the refrigerator. Start charcoal 30 minutes prior to grilling. Slide

chicken breast pieces close together onto metal skewers, leaving room on each end of the skewer to handle without burning yourself. This insures meat is resting on the hottest part of your grill. In a small saucepan combined & cook butter, lemon Juice, and ¼ tsp saffron over medium heat until melted. Grill kabobs for 8 to 15 minutes, turning occasionally & basting with butter-lemon mix. The chicken is no longer pink. Serve with rice and Lavish flat bread.

Washington State grows the most apples in the U.S.

Honey Mustard Grilled Chicken

C.J. Spinning

- ⅓ cup Dijon mustard
- ¼ cup Honey
- 2 Tbl Mayonnaise
- 1 tsp A-1 steak sauce
- 4 ea chicken breast, skinless, boneless

Directions: Preheat grill to medium heat. In a shallow bowl, mix mustard, honey, mayonnaise, & steak sauce. Set aside small amount of honey mustard sauce for basting, & dip chicken into remaining sauce to coat. Lightly oil grill grate. Grill chicken over indirect heat for 18 to 20 minutes, turning occasionally. Baste occasionally with reserved sauce during the last 10 minutes.



Asparagus is a member of the Lily family.

Chicken Dijon

- 4 ea Chicken breasts, skinless
- 2 Tbl Olive oil
- Salt and pepper
- 2 sm leeks, thinly sliced white and pale-green parts only, (about ½ cup)
- 1 sm Onion, minced (about ½ cup)
- 4 ea Garlic cloves, minced
- 2 cup Chicken broth
- 1 cup Dry white wine
- ½ cup Dijon mustard
- 2 Tbl Thyme
- 1 Tbl Butter



Directions: Heat oil in a large heavy Dutch oven over medium-high heat. Season chicken breasts with salt and pepper. Place chicken in Dutch oven and cook until brown on both sides, 12-15 minutes total. Transfer to a plate and set aside. Place leeks and onion in same pot and sauté until tender, about 8 minutes. Add garlic and sauté until tender, about 2 minutes. Stir in broth, wine, Dijon mustard, and minced thyme and bring to a simmer. Return chicken to pot. Cover and simmer over medium-low heat until chicken is cooked through, about 15 minutes. Transfer chicken to plates. Bring liquid in pot to a boil; cook until sauce is thickened and glossy, about 15 minutes. Whisk in butter and season with salt and pepper. Spoon sauce over chicken and garnish with thyme leaves.

The Aztecs were the first to serve chocolate as a drink. They mixed it with hot chili pepper to make it 'hot'.

Salsa Chicken

Margie Sunn

- 4 ea Chicken breast skinless, boneless
- 4 tsp Taco seasoning mix
- 1 cup Salsa
- 1 cup Cheddar cheese, shredded
- 2 Tbl Sour cream



Directions: Place chicken breasts in a lightly greased 9' x 13" baking dish. Sprinkle taco seasoning on both sides of chicken breasts; pour salsa over all. Bake at 375° for 25 to 35 minutes, or until chicken juices run clear. Sprinkle chicken evenly with cheese, and continue baking until cheese is melted and bubbly. Top with sour cream.

Tomatoes were once referred to as 'love apples'; a superstition that people would fall in love by eating them.

Chicken Piccata

- 2 med Chicken breasts, boneless, skinless
- 2 lg Eggs
- 1 tsp Salt
- $\frac{3}{4}$ cup Flour
- 2 Tbl Butter, divided
- 2 tsp Olive Oil
- 1 Tbl Olive oil
- 2 Tbl Garlic, minced
- $\frac{1}{2}$ cup Chicken stock
- $\frac{1}{4}$ cup Dry white wine
- 1 lg Lemon
- 2 Tbl Capers, drained
- 1 Tbl Fresh parsley, chopped

Freshly ground black pepper to taste



Directions: Cut the chicken breasts in half horizontally: With the blade of the knife horizontal to the work surface and with your free hand pressing down slightly on a chicken breast, slice horizontally through the breast so that you have 2 same-size pieces. Repeat with the remaining breasts, so that you have 4 pieces. Place the 4 pieces of chicken between 2 pieces of plastic wrap and pound them to about $\frac{1}{8}$ -inch thickness. Beat the eggs and salt in a shallow bowl large enough to hold a piece of chicken. Place the flour in another bowl. Coat the chicken first with the egg and then with the flour, tapping off the excess. Discard any unused egg and flour. Over medium heat in a nonstick skillet large enough to hold all 4 pieces of chicken in a single layer, melt 1 tablespoon of the butter and add the 2 teaspoons of olive oil. Add the chicken and sauté until it is golden brown, 3 to 5 minutes on each side. Remove the chicken from the skillet and set it aside. Add the remaining 1 tablespoon of butter and the 1 tablespoon of olive oil to the skillet. Add the garlic and capers; sauté for 15 seconds. Add the chicken stock, white wine, and the juice of the lemon. Boil the sauce to reduce it,

about 3 minutes. Return the chicken to sauce, & simmer over medium-low heat until sauce thickens, about 10 minutes. Transfer the chicken to a serving plate. Add the parsley and pepper to the sauce. Bring it to a boil, and remove it from the heat. Spoon the sauce over the chicken, and serve.

At left, Amanda Price strikes a pose with some of her 2015 Florida friends.



Lemon and Thyme Chicken

2 Tbl Olive oil
 6 ea Garlic cloves, minced
 1/3 cup Chicken broth
 Zest from 1 lemon
 Juice from 1 lemon
 1/2 tsp Dried oregano
 1/2 tsp Fresh thyme leaves
 3 ea chicken breast, skinless
 Salt and pepper to taste
 Two sprigs of fresh thyme
 1 ea Lemon cut into 4 wedges



Directions: Preheat oven to 400°. Coat baking dish with cooking spray. Heat olive oil in a skillet over medium heat; add minced garlic & cook, stirring constantly, for 1 minute, make sure not to burn garlic. Add chicken broth, lemon zest, lemon juice, oregano, & thyme to pan. Pour mixture into the baking dish. Season both sides of chicken breasts with salt & pepper, to taste. Place chicken in the baking dish along with lemon wedges & 2 sprigs of thyme. Place in oven & bake, basting occasionally, for 30-40 minutes or until the chicken juices run clear. Remove from oven & slice. Drizzle the pan sauce on top of the slices of chicken and serve.

Chewing gum is over 9,000 years old.

Juicy Roasted Chicken

Tami Sunn

1 ea Whole chicken
 Salt and pepper to taste
 1 Tbl Onion powder
 1/2 cup Margarine, divided
 1 ea Celery stalk



Directions: Preheat oven to 350°. Place chicken in a roasting pan, season generously inside & out with salt and pepper. Sprinkle inside & out with onion powder. Place 3 tablespoons margarine in the chicken cavity. Arrange dollops of the remaining margarine around the chicken's exterior. Cut the celery into 4 pieces; place in chicken cavity. Bake uncovered 1 hour 15 minutes in the preheated oven, internal temperature of 180°. Remove from heat; baste with melted margarine & drippings. Cover w/aluminum foil; allow to rest 30 min.

During WWII the Nazi's hatched a plan to assassinate Winston Churchill with an exploding chocolate bar.

Chicken Broccoli Alfredo

- 3 ea Chicken breasts, boneless, skinless, grilled and cut into chunks
- 2 cup Broccoli florets, roasted
- 8 oz Fettuccine
- 2 Tbl Extra virgin olive oil
- 2 tsp Garlic, minced
- 2 Tbl Flour
- 1 cup Chicken broth
- ¼ cup Plain Greek yogurt
- ¼ cup Skim milk
- ¼ tsp Pepper

Pinch ground nutmeg

¾ cup Parmesan cheese, freshly grated

Directions: In a pot of boiling, salted water, cook the pasta according to package directions. Drain and set aside. In a medium saucepan, heat the olive oil over medium-low heat. Add garlic and cook, stirring frequently, until the garlic is golden, 1 to 2 minutes. Whisk in the flour until smooth, about 2 minutes. Gradually whisk in the chicken broth, Greek yogurt, milk, pepper, and nutmeg. Bring to a low boil, stirring constantly. Lower the heat and simmer, stirring gently, until the mixture thickens, about 3 minutes. Stir in ¾ cup Parmesan. Add cooked chicken and broccoli to sauce mixture, followed by the cooked pasta. Toss to combine and serve with more Parmesan, if desired.



So-called "Double Stuff" Oreos only contain 1.86 times the stuff.

Crockpot Chicken Adobo

Sebastien Sunn

- 1 cup Low sodium soy sauce
- 1 cup White Wine Vinegar (Not White Vinegar)
- 5 ea Garlic Cloves, chopped
- 1 Tbl Fresh cracked black pepper (Yes, it really is 1 Tablespoon)
- 3 ea Bay Leaves
- 4 med Chicken breasts, cut into 16 pieces

Directions: Combine soy sauce, vinegar, garlic, pepper, and bay leaves in a large saucepot and bring to a boil. Reduce heat and cook for 5 minutes. Combine hot soy mixture and chicken parts in Crock-Pot, cover, and cook on low for 6 to 8 hours.



Carrots don't actually make your eyesight better.

Chicken Piccata

4 ea Chicken breasts boneless skinless
 ½ cup All-purpose flour
 Salt and pepper
 5 Tbl Olive oil
 4 Tbl Butter
 2 ea Garlic cloves, minced
 2 Tbl capers, rinsed and drained
 ½ cup Dry white wine
 1 cup Chicken broth
 4 Tbl Fresh squeezed lemon juice
 2 Tbl Parsley, chopped
 Cooked pasta



Directions: Using a mallet, pound the chicken breasts until slightly flatten. Season with salt and pepper, and dredge both sides of chicken in flour. Shake off the excess flour. Melt 2 tablespoons of butter and oil in a large skillet. Fry chicken breasts in hot oil, about 5 minutes each side, until cooked through and golden brown in color. Transfer chicken breasts to a plate. Add the remaining butter to the skillet, add garlic and capers. Add lemon juice, wine, and chicken stock, bring to boil, scraping off the brown bits from the skillet. Season with salt and pepper. Return chicken breasts to the skillet. Cook for another 5 minutes until the sauce is slightly reduced. Transfer chicken to a large plate, pour the sauce over the chicken and sprinkle with chopped parsley. Serve with cooked pasta.

Popping popcorn is the number one use for microwave ovens.

Butter Chicken

Stacy Sunn

4 ea Chicken breast skinless, boneless
 1 cup Buttery round cracker crumbs
 2 lg Eggs, beaten
 ½ tsp Garlic salt
 Pepper to taste

½ cup Butter, cut into pieces

Directions: Preheat oven to 375°. Place eggs and cracker crumbs in two separate shallow bowls. Mix cracker crumbs with garlic salt and pepper. Dip chicken in the eggs, then dredge in the crumb mixture to coat. Arrange coated chicken in a 9x13 inch baking dish. Place pieces of butter around the chicken. Bake in the preheated oven for 40 minutes, or until chicken juices run clear.



Fats from junk food trigger the brain to want more food. This effect can last for several days.

Hummus-Crusted Chicken

- 4 ea Chicken breasts, boneless, skinless
- salt and pepper
- 1 med Zucchini, chopped
- 1 med Yellow squash, chopped
- 1 med Onion, chopped
- 1 cup Hummus
- 1 Tbl Olive oil
- 2 ea Lemons
- 1 tsp smoked paprika or sumac



Directions: Preheat oven to 450°. Prepare one large baking dish with cooking spray. Pat the chicken dry. Season the chicken breasts with generous pinches of salt and pepper. In a large bowl, toss the zucchini, squash, and onion with olive oil until evenly coated. Season with salt and pepper. Place all of the vegetables on the bottom of the dish in an even layer. Lay the four chicken breasts evenly on top, then cover each chicken breast with the hummus so that the entire breast is covered. Squeeze the juice of one lemon over the chicken and vegetables. Then sprinkle the pan with smoked paprika or sumac. Thinly slice the remaining lemon, and place the slices in between the chicken and vegetables if desired. Bake for about 25-30 minutes, until the chicken is cooked through and the vegetables are tender. Serve immediately.

The name cappuccino comes from the resemblance of the drink to the clothing of the Capuchin monks.

Slow Cooker Salsa Verde Chicken

Jill Price

- 6 ea Chicken breast, boneless, skinless
- 2 cup Salsa verde
- 1 btl Beer
- 2 tsp Cumin
- salt and black pepper



Directions: Add chicken to the slow cooker. Top with salsa verde and beer, and sprinkle with cumin and season with a few generous pinches of salt and a pinch of pepper. Use a pair of tongs or a spoon to turn the chicken so that all sides are coated. Cover. Cook for 3-4 hours on high heat, or 7-8 hours on low heat. The chicken is ready when it easily shreds with a fork. Shred the chicken and return to the slow cooker; toss with the juices. Remove chicken with and serve warm over rice, or serve in a warm corn tortilla with chopped onion and avocado slices.

About 70% of olive oil being sold is not actually pure olive oil.

There are few conquests we can make in a lifetime that are more important to ourselves and to our families than that of our education. As I (Larry) write this, I am humbly reminded of Forrest Gump because my education and subsequent promotions mirror the life of Forrest. I found learning to be easy; yet, I escaped high school graduating 240 of 244 graduates. College was farthest from my mind; I had already joined the Marine Corps 3 months earlier and I was looking forward to “getting away.” I was a good all-around athlete and an excellent gymnast at Boys’ Tech (see photos



and next page) but I was too tall for college gymnastics. I did well in boot camp and in my early Flamethrower Operator training. A short time after my first return from the Vietnam War in 1966, Margie was pregnant with Dee and I was a Sergeant working as a Weapons Instructor. I volunteered for Drill Instructor School in San Diego because most of those in my unit were receiving orders to return to Vietnam. I did quite well in DI School and set the record for the highest graduating GPA—it still holds today—nearly 50 years later. I promoted to Staff Sergeant 2 years later and was noticed by my Company Commander, Captain Green, who asked me to apply for an officer program. He wrote a glowing recommendation and 10 months later I went from being a superb



Staff NCO to being a questionable officer (for the duration of the war) because I did not have a college education (I later found out *General* Green—yup—my Captain’s father—headed up the selection board). Forrest Gump! While serving in Okinawa a year later, I ran across a Major Hammond—the Base Education Officer. After learning that I had no college education, she “encouraged” that I complete 2 college courses that were about to start—and would end before my return to Vietnam. I now had 6 college units. After war ended, I reverted to Gunnery Sergeant and shortly thereafter was promoted to Master Sergeant. I learned of the Marine Associate Degree Completion Program (MADCOP) which required that applicants be SNCOs and have a MINIMUM OF 6 UNITS. I applied and, because we were at Camp Lejeune, NC, if I was selected, I’d go to Pensacola, FL. Margie suggested I call Headquarters Marine Corps and ask if it would be possible to go to Palomar College—in CA. When I called, I was greeted by the familiar female voice of, now, Lt. Colonel Hammond—the Marine Corps Education Officer. “Is this Lt. Sunn?” We chatted of my successful Company Commander assignment in Camp Lejeune, my subsequent reversion, and my question about MADCAP at Palomar. Knowing the board’s results were still 5 more months away, she said, “No problem, Larry; you’re on your way.” Forrest Gump. During my first year at Palomar I found my thirst for knowledge—I took every course I could and carried 21 units in my second semester. In the interim, I applied for another officer program—the Limited Duty Officer (LDO) program where, if selected, I’d be commissioned to serve in a specific field—Military Police. I was to be commissioned as I was completing my second of four semesters at Palomar. I also knew that the program was for SNCOs—not officers. So, when I accepted my commission, I’d be reassigned. I called Lt. Col. Hammond so she’d know and perhaps work it so my reassignment was on the West Coast. She said, “Let me call you back in a few days.” Three days later she called and asked, “How’d you like to be reassigned to be the Officer in Charge of the Marine MADCAP Detachment at Palomar College in California for one year?” Forrest Gump. She had created a position specifically so that I could complete my Associates Degree at Palomar College. My thirst for education continued through Baccalaureate and Master’s Degree programs at the University of Redlands and my doctorate degree at Brigham Young University (BYU).

Much of my education was taken part-time in evening classes and I am proof-positive that when education is important to someone, they can make it happen. Do not confuse education "being important" with it "being easy"—rest assured, it is not.

Sunn Shines As First 'Trojan of The Year'

1962
By Dave Stollman
Sports Editor

Shining bright as the first Trojan of the Year is Larry Albert Sunn. By unanimous decision of the sports panel, which deliberated for some time, Larry was chosen for sincerity and outstanding ability in the sports field.

Throughout his high school career, Larry saw action in football (fullback), track (shotput & discus), baseball (out-field), basketball (forward) and gymnastics which became his major sport.

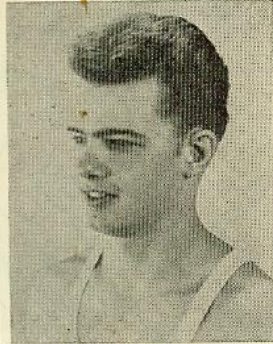
Practicing after school hours has helped the 170 pound athlete a great deal. Thus far the cabinet shop senior has been awarded a major in gymnastics, a minor in track and gymnastics, first and third place medals in the State and a sixth place medal in the city.

"Gymnastics offers complete physical exercise and the chance to compete on my own." That is the main reason the 5' 10" Tech course graduate favors gymnastics.

As with most athletes, Sunn feels sports participation does not interfere with his grades. In line with sports, Larry enjoys the relaxation of fishing and the excitement of hunting. His hobbies include girls woodworking and girls!

Already enlisted in the Marine Corps, the blue-eyed, brown-haired senior plans to continue his schooling by attending the Officer Candidate School and participate in the various

sports offered by the corps. In the Marine corps, Larry already ranks as a private and hopes to get Motor Transport if he does not go on to the officer school.



Larry Sunn is the first Techite ever to receive the title of "Trojan of the Year" which is awarded by the Sports Department of The Craftsman. Next year, the sports staff will select a total of 12 athletes who have been outstanding in the field of sports participation. Then, in the final issue of The Craftsman in June, the sports panel, as selected by the Sports Editor, will bestow the title on one of the previously chosen athletes. (Photo by Semrau)



We have many others in our family who sacrificed play and party for their family's future. I am honored to be among them—first because both of my parents left school



have all their children complete high school—and, rightly so. Yet the formal degrees, albeit they are highly prized, are not the only form of education—they are "rites of passage" for certifying formal education. Other family members Chuck, Steven, Russ, Al Jr., and so many others earned their education "experientially" with employer "courses," all the while supporting a family. Many in our family continue to be life-long learners—as were Ma & Dad.

after the tenth grade. Second, because I know firsthand the work it took for Sebastien, Kevin & KT, Jenny, Andy, Zach, Jackie, Caudie, Margie, C.J., Suzy, Drew, Kimmy, and several others with, or on the cusp of, completing degrees.

Ma and Dad were proud to



Creamy Chicken Quinoa and Broccoli Casserole

Jill Price

- 2 cup Chicken broth
- 1 cup Milk
- 1 tsp Poultry seasoning
- ½ cup Flour
- 2 cup Water, divided
- 1 cup Quinoa, uncooked, rinsed
- ¼ cup Bacon, cooked, crumbled
- 1 lb Chicken breast, boneless, skinless
- 2 tsp Seasoning (like Emeril's Essence)
- ¼ cup Cheese, shredded (any kind)
- 3 cup Broccoli florets



Directions *Sauce:* Preheat the oven to 400° and generously grease a 9" x 13" baking dish (seriously, be generous because it really sticks to the sides). Bring the chicken broth and ½ cup milk to a low boil in a saucepan. Whisk the other ½ cup milk with the poultry seasoning and flour; add the mixture to the boiling liquid and whisk until a smooth creamy sauce forms.

Assembly Directions: In a large bowl, mix the sauce from above, one cup water, quinoa, and bacon and stir to combine. Pour the mixture into the prepared baking dish. Slice the chicken breasts into thin strips and lay the chicken breasts strips over the top of the quinoa [pronounced KEENwah] mixture. Sprinkle with the seasoning. Bake uncovered for 30 minutes. While the casserole is in the oven, place the broccoli in boiling water for 1 minute until it turns bright green and then run under cold water. Set aside. Remove the casserole from the oven, check the mixture by stirring it around in the pan, and if needed, bake for an additional 10-15 minutes to get the right consistency. When the quinoa and chicken are cooked and the sauce is thickened, add the broccoli and a little bit of water (up to one



cup) until the consistency is creamy and smooth and you can stir it up easily in the pan. Top with the cheese and bake for 5 minutes, or just long enough to melt the cheese. Notes: You will know the quinoa is done when it is soft and looks as if it has popped open, with the germ of the kernel visible as a little spiral. I've had a few times when the liquid was not absorbing right away - just bake it a little longer. With enough time, it should get that moisture soaked right up into a creamy sauce.

Chicken Spaghetti

- 1 pkg Chicken tenders
- 16 oz Spaghetti noodles
- 1 cn Rotel tomatoes (mild or hot)
- 1 cn Cream of chicken soup
(I use one and a half cans)
- 2 cup Mozzarella cheese, shredded
- Salt to taste after cooked



Directions: Boil Chicken tenders pan of water, remove tenders when cooked and add noodles to same water. Cook noodles and drain. Dice or shred chicken. Mix together chicken, noodles, cream of chicken soup, Rotel tomatoes, salt if desired. Put in 9" x 13" pan. Top with mozzarella cheese. Bake at 350° for 25-30 minutes until cheese is melted and is bubbling around edges. A super easy family favorite.

It's difficult to soar with eagles when you work with turkeys.

Larry's Turkey on the Weber

Larry Sunn

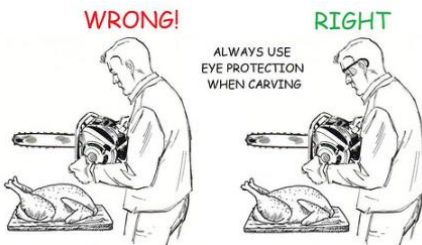
- 1 oven ready turkey, at room temp.
- 1 tablespoon olive oil or vegetable oil
- Salt and pepper

Directions: Remove neck and giblets; reserve for other uses. Remove and discard excess fat. Rinse the bird inside and out and pat dry. Season the body cavity with salt and pepper.



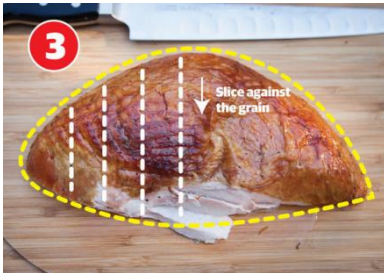
Tie legs together and tightly pin wing tips to sides. Brush turkey with oil and lightly sprinkle with salt and pepper. Arrange the turkey, breast side up, in center of the cooking grate. Open all vents and place lid on grill. Cook about 15 minutes per pound or until an

instant read thermometer inserted into the thickest part of the breast or thigh (not touching bone) registers 180° and the juices run clear. Transfer turkey to a platter. Let stand for 15 minutes before carving. See briquette amounts below.





all-important breast meat. 1. Cut at the base of the breast meat towards the rib cage. 2. Now cut

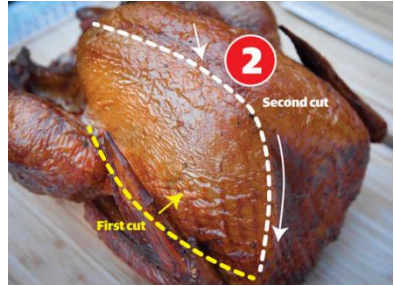


you reach your first cut. Repeat steps 1 & 2 on the other side. 3. To portion breast meat, slice



that the important breast meat is done, remove the legs and thighs by pulling the leg away from the body until it pops out of the socket, then cut with a knife or break it off by hand. Be sure to pull all the extra meat from the turkey.

How to Carve a Turkey: When I carve a turkey, I start with the breast first instead of the legs first method. Leaving the legs on gives me a much more stable bird, making it easier for me to cut the

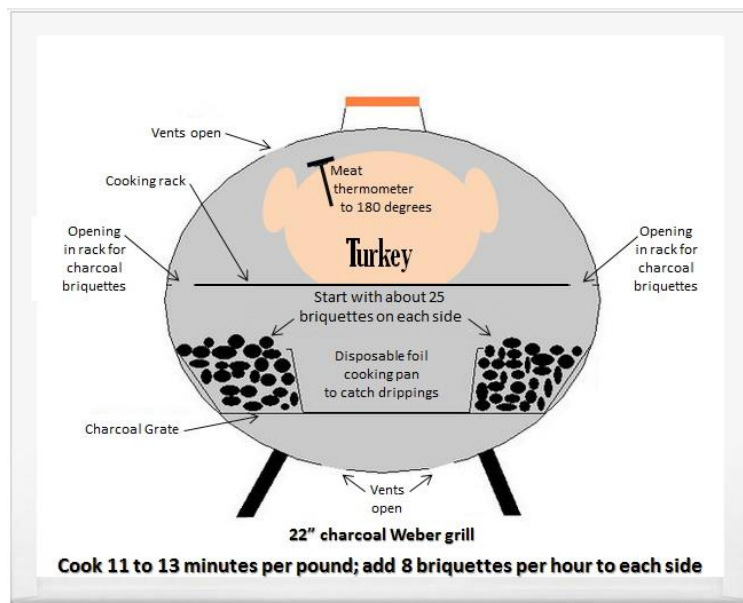


off the breast meat by slicing as close to the breastbone and following the rib cage/wishbone till



against the grain. 4. Try to keep a nice piece of crispy skin on each portion of breast meat. 5. Now





Method for the Charcoal Kettle Grill: Open all vents on the grill. Use charcoal dividers to hold the charcoal briquettes. Divide the briquettes evenly, place them in the dividers and place the dividers on either side of the charcoal grate, as close as possible to the outside edges. Ignite the briquettes and, keeping the lid off, let them burn until lightly covered with a gray ash, about 25 to 30 minutes. If necessary, use long-handled tongs to rearrange the briquettes so the coals will burn evenly on both sides. Place a foil drip pan on the charcoal grate between the baskets of coals. Put the cooking grate in place, positioning the hinged sides of the grate over the briquettes so that more charcoal can be added easily. Arrange the bird, breast side up, in the center of the cooking grate. Place lid on the grill, leaving all vents open, and grill as directed above. Add briquettes as indicated below at the end of each hour to maintain the heat.

For a 27 inch grill, use 30 briquettes on each side for the first hour of grilling and add 9 briquettes to each side every hour to maintain heat. **For a 22 inch grill,** use 25 briquettes on each side for the first hour of grilling and add 8 briquettes to each side every hour to maintain heat. **For an 18 inch grill,** use 20 briquettes on each side for the first hour of grilling and add 7 briquettes to each side every hour to maintain heat.

Pinot Grigio Chicken with Honey Citrus Glaze

Jill Price

Ingredients for marinade:

- ½ cup Barefoot Pinot Grigio
- 2 ea Garlic cloves, minced
- 2 Tbl Honey
- Juice of ½ orange

Ingredients for Chicken:

- 2 tsp Canola oil
- 2 ea Chicken breast, boneless skinless
- ⅓ cup Barefoot Pinot Grigio
- ⅓ cup Honey
- Juice of ½ orange
- Juice of ½ lime
- Salt and pepper



Directions: Combine the marinade ingredients in a large shallow dish. Add the chicken breasts, cover and place in the refrigerator for one hour. After the chicken has marinated, remove from the fridge. Heat up the oil in a grill pan {or cast iron skillet} over medium-high heat. Once hot, add the chicken.

Cook the chicken for about six to eight minutes per side, until cooked through. During the final stages of the chicken cooking, make the glaze: combine the Barefoot Pinot Grigio, honey, juice from the other half of your orange, and lime juice in a small pot. Bring to a simmer for 30 seconds. Remove from heat. When your chicken has finished cooking, turn off the heat and pour the glaze over the chicken breasts. Season with a pinch of salt and pepper.

The peach was the first fruit to be eaten on the moon.

Slow Cooker Chicken and Dumplings

Tami Sunn

- 4 ea Chicken breast, skinless, boneless
- 2 Tbl Butter
- 2 can Cream of chicken soup
- 1 med Onion, finely diced
- 2 pkg Biscuit dough, (10 oz) torn into pieces

Directions: Place the chicken, butter, soup, and onion in a slow cooker, and fill with enough water to cover. Cover, and cook for 5 to 6 hours on high. About 30 minutes before serving, place the torn biscuit dough in the slow cooker. Cook until the dough is no longer raw in the center.



Pepsi was first introduced as 'Brad's Drink', in New Bern, North Carolina in 1893 by Caleb Bradham.

General Tao Chicken

Sebastien Sunn

Sebastien notes that this is a Panda Express copycat recipe that is a favorite his.

- 2 Tbl Cornstarch
- ¼ cup Water
- 1 ea Garlic clove, minced
- 1½ tsp Ground or fresh ginger
- ¾ cup Brown sugar
- ¼ cup Soy sauce
- 2 Tbl Apple cider
- ½ cup Chicken broth
- ¼ tsp Onion powder
- 2 lg Chicken breasts, boneless, sliced thin
- 1 cup All-purpose flour
- ½ tsp White pepper
- 1 cup Vegetable oil (if frying in a wok)
- ⅛ tsp Crushed red pepper flakes (more if you want more heat)



Directions: Mix sauce ingredients together. Cover and store in the fridge. Slice semi-frozen chicken in thin slices. Put oil in wok on med-high (375°) heat. In a large mixing bowl, combine flour and pepper. Using a few chicken pieces at a time, dip into flour mixture. Shake off excess (or use a sieve). Put coated chicken pieces into hot oil. Fry up to a minute; until golden brown. Drain chicken pieces on paper towel. Repeat until all chicken pieces are cooked. *If Using a Wok:* drain all but 1-2 tablespoons of oil. Put chili peppers in oil. Warm up peppers on medium heat for a minute or two. Slowly pour sauce into hot oil. Stir constantly, until sauce thickens up. Turn off stove. Put cooked chicken pieces into sauce. Stir to coat chicken thoroughly. Serve over broccoli or hot rice.

Decaffeinated coffee is not caffeine-free; it still contains about 3% of the caffeine.

Angel Chicken Pasta

Rene' Sunn Williams

- 6 ea Chicken breast skinless, boneless
- ¼ cup Butter
- 1 pkg Dry Italian-style salad dressing mix
- ½ cup White wine
- 1 can Mushroom soup
- 4 oz Cream cheese with chives
- 1 lb Angel hair pasta



Directions: Preheat oven to 325°. In a large saucepan, melt butter over low heat. Stir in package of dressing mix. Blend in wine & mushroom soup. Mix in cream cheese, & stir until smooth. Heat through, but do not boil. Arrange chicken breasts in a single layer in a 9" x 13" baking dish. Pour sauce over. Bake for 60 minutes in the preheated oven. 20 minutes before the chicken is done, bring a large pot of lightly salted water to a rolling boil. Cook pasta al dente, about 5 minutes. Drain. Serve chicken & sauce over pasta.

Pumpkins were once recommended for removing freckles and curing snakebites.

Roasted Chicken with Tomatoes and Chickpeas

Jill Price

- 5 Tbl Olive oil
- 4 ea Garlic cloves, minced
- 1 Tbl Smoked paprika
- 1 tsp Sweet paprika
- 1 tsp Ground cumin
- 2 tsp Salt, divided
- 1 tsp Black pepper
- ½ tsp Crushed red pepper
- 1 cup Greek yogurt
- 4 lg Chicken breasts with skin, boneless
- 2 cup Grape tomatoes
- 1 can garbanzos (15 oz) drained and rinsed
- 1 cup Fresh cilantro sprigs, divided



Directions: Heat oven to 450°. Whisk oil, garlic, paprika, cumin, 1 teaspoon salt, pepper, and crushed red pepper in a small bowl. Transfer 1 tablespoon of the oil to another bowl and whisk in the yogurt. Set aside until serving. Place chicken, skin-side up, on a rimmed baking sheet. Rub all over and between skin and meat with 2 tablespoons of the oil. Place tomatoes, chickpeas and half of the cilantro in a bowl. Add remaining oil and stir to coat. Pour onto the baking sheet around the chicken. Turn to coat the chicken with any extra oil. Be sure to keep the skin side up for roasting. Sprinkle with 1 teaspoon salt. Roast chicken in oven until cooked through, 20 to 30 minutes. Transfer chicken to serving plates or a platter and spoon the beans and tomatoes over. Garnish with cilantro and serve with yogurt sauce.

Cranberries are sorted for ripeness by bouncing them; a ripened cranberry can be dribbled like a basketball.

Slow Cooker Chicken Barbecue

C.J. Spinning

- 6 ea Chicken breast, skinless, boneless
- 12 oz Barbeque sauce
- ½ cup Italian salad dressing
- ¼ cup Brown sugar
- 2 Tbl Worcestershire sauce



Directions: Place chicken in a slow cooker. In a bowl, mix the barbecue sauce, Italian salad dressing, brown sugar, and Worcestershire sauce. Pour over the chicken. Cover, and cook 3 to 4 hours on High or 6 to 8 hours on Low.

The 'vintage date' on a bottle of wine indicates the year the grapes were picked, not the year of bottling.

Chicken & Mushroom in White Wine Cream Sauce Julia Child
from Margie Sunn's recipe collection

- 4 ea Chicken breasts, boneless, skinless
- ½ tsp Lemon juice
- ¼ tsp Salt
- 5 Tbl Butter
- 1 Tbl Shallot or green onion, minced
- ¼ lb Fresh mushrooms, diced fine
- ⅛ tsp Salt

For the sauce:

- ¼ cup White or brown stock or
canned beef bouillon
- ¼ cup Port, Madeira, or dry white
vermouth
- 1 cup Whipping cream
- Salt and pepper to taste
- 2 Tbl Parsley, freshly minced

Directions: Preheat oven to 400°. Rub the chicken breasts with drops of lemon juice and sprinkle lightly with salt and pepper. Heat the butter in a heavy, oven-proof casserole, about 10 inches in diameter until it is foaming. Stir in the minced shallots or green onion and sauté a moment without browning. Then stir in the mushrooms and sauté lightly for a minute or two without browning. Sprinkle with salt. Quickly roll the chicken in the butter mixture and lay a piece of buttered wax paper over them, cover casserole and place in hot oven. After 30-40 minutes, press top of chicken with your finger. When the meat is springy to the touch it is done. Remove the chicken to a warm platter (leave mushrooms in the pot) and cover while making the sauce (2 to 3 minutes). To make sauce, pour the stock and wine in the casserole with the cooking butter and mushrooms. Boil down quickly over high heat until liquid is syrupy.

Stir in the cream and boil down again over high heat until cream has thickened slightly. Off heat, taste for seasoning, and add drops of lemon juice to taste. Pour the sauce over the chicken, sprinkle with parsley and serve immediately. - at left, Margie graduating in 1990 with her Business Management Baccalaureate degree along with her cohort group at the University of Redlands.



Bacon Wrap Cheese & Mushroom Stuffed Chicken

Jill Price

- 4 med Chicken breast, boneless skinless
- 8 ea Slices uncooked bacon
- ½ cup Onion, finely chopped
- ½ cup Mushrooms, chopped
- ½ cup Swiss cheese, shredded
- 2 Tbl chopped fresh parsley
- 1 tsp Salt
- ½ tsp Pepper
- 2 Tbl Butter



Directions: Melt butter over medium heat in a large skillet. Sauté onion & mushrooms until tender. Remove from heat to cool. Preheat oven to 350°. Meanwhile, prepare chicken breasts for stuffing by butterflying & cutting a pocket. Mix shredded cheese & parsley into the cooled mushroom/onion mixture. Sprinkle

chicken with salt & pepper. Divide evenly & stuff into pocket created in the chicken. Fold. Carefully wrap each folded breast with 2 slices of bacon, secure with a toothpick. Place on a deep baking sheet or in an oblong ovenproof baker. Bake for 45-60 minutes, depending on thickness of rolls. Chicken is done when juices run clear or internal temperature is 180°

Color is not an indicator for the taste or ripeness in cranberries.

Spicy Honey-Glazed Chicken

Margie Sunn

- ¼ cup Extra-virgin olive oil
- 1 sm Onion, finely chopped
- 1 ea Clove garlic, finely chopped
- ½ cup Honey
- 2 tsp Hot pepper sauce
- ½ tsp Chili powder
- 1 tsp Lemon juice
- 8 ea Chicken breasts, skinless, boneless
- 1 ea Pineapple peeled, cored, and cut into 8 thick rings



Directions: In a small saucepan, heat 1 Tbl olive oil over medium heat. Add the onion & garlic & cook, stirring, until translucent & beginning to brown, 6 to 8 minutes. Add the honey, hot pepper sauce & chili powder & simmer for 1 minute. Remove from the heat, stir in the lemon juice & set aside.

Preheat a grill or large grill pan to medium-high. Rub the chicken with the remaining 3 Tbl olive oil & season with salt. Grill until well-marked, about 7 minutes. Flip & cook until the bottoms are well-marked and the chicken is cooked through, another 2 minutes. Transfer to a plate & brush with the reserved honey glaze. Cover with foil & let rest for 5 minutes. Meanwhile, grill the pineapple until well-marked on one side, about 4 minutes, then flip & cook for another 2 minutes. Serve with the chicken.

Chewing gum after meals not only freshens breath, but it helps fight acid re-flux and heartburn problems.

Garlic Lime Chicken Fajitas

- ¼ Cup Lime juice
- ¼ Cup Orange juice
- 1½ lb Chicken breast,
boneless skinless
- 1 tsp Garlic, minced
- 1 tsp Onion, minced
- ¾ tsp Ground Cumin
- ½ tsp Cilantro leaves
- ½ tsp Black Pepper



- ½ tsp Salt
- ¾ tsp Oregano
- 2 Tbl Olive oil
- 1 med Bell Pepper, red or green
- 1 med Onion
- 8 ea Flour Tortillas (8")

Directions: Cut chicken, bell pepper and onion into thin strips. Mix juices, oil, all the spices & salt in a small bowl. Reserve ¼ cup of the marinade. Place chicken strips in large re-sealable plastic bag or glass dish. Add

remaining marinade, turn to coat well. Refrigerate 30 minutes or longer. Cook and stir chicken in large skillet, medium high heat until lightly browned. Remove from skillet. Add bell pepper, onion, and reserved marinade; cook and stir until tender. Return chicken to skillet. Cook 2 to 3 minutes or until heated through. Spoon chicken mixture into warmed tortillas.

A missive of Margie. A successful business owner of several profitable enterprises, Margie earned her baccalaureate degree in Business Management from the University of Redlands in 1991. In high school she excelled academically graduating in 1962 from Pulaski High School ranked 7th out of 658 students (HS yearbook photo above). In all of our businesses, she accepted the fiscal responsibilities of bookkeeping and accounting and, thank the lord, she was good at it. Whatever might be our successes in businesses, our opportunities in life—even our ability to build our life, it would not have been possible had she not been masterful with our family and business finances. Margie is also a crafter—a crafter extraordinaire. When newlywed and without much money, she adroitly made many of her own gowns; friends marveled at her expertise, often asking her to make theirs. As a new mom, she made dresses for Rene' and shirts for Dee and me; she even made Rene's stunning wedding dress. Margie thirsted after and enjoyed learning new skills; she beautifully decorated home after home and she perfected her Chinese and Japanese cooking skills taking six years of oriental cooking classes. Margie has always had a "believe in your skills" outlook. Much of her success is simply that she has had faith in her abilities! On the other hand, my most brilliant achievement was persuading her to marry me.

Goat Cheese and Quinoa Crusted Chicken

½ cup Water
 ½ cup Uncooked quinoa, divided
 [pronounced KEEN-wah]
 ½ cup Goat Cheese, grated, divided
 1¼ tsp Italian seasoning
 ¼ tsp Garlic powder
 Salt and pepper to taste
 1 lg Egg white
 2 med Chicken breast
 Roasted red pepper, sliced
 Fresh basil, for garnish



Directions: Bring ½ cup of water to a boil and stir in ¼ cup of the uncooked quinoa [KEENwah]. Cover, turn the heat to low and cook until all the water is absorbed (about 15 minutes.) Set aside to let the quinoa cool. Preheat your oven to 400° and lightly grease a baking sheet with cooking spray. Set aside. Place the remaining ¼ cup of uncooked quinoa into a food processor and process until ground into a fine flour. Pour the quinoa flour into a large, shallow plate. Transfer the cooled, cooked quinoa into a large bowl and add in ¼ cup of the grated Goat Cheese, the Italian seasoning, garlic powder, and season to taste with salt and pepper. Mix well and pour into a large, shallow plate. Pour the egg white into a large shallow plate. Dredge each breast into the quinoa flour, pressing to get it evenly coated. Then, transfer each breast into the egg white, also making sure to evenly coat it. Finally, transfer the breasts into the cooked quinoa/cheese mixture, really making sure to coat each side. You will really have to press the quinoa in to make it

stick. Place the breasts onto the prepared baking sheet and lightly spray with cooking spray. Bake until lightly golden brown and crispy, about 20-25 minutes. Turn your oven to high broil, sprinkle the remaining ¼ cup of grated cheese on the chicken and broil until melted, only about 2 minutes. Garnish with sliced roasted red pepper and basil.

Left, 2 year-old Caudette "Caudie" Stover Payton shows off her bigger-than-life doll.



Red-Cooked Chicken with Stir-fry Vegetables

Sebastien Sunn

- ½ cup Dry sherry
- ⅓ cup Soy sauce
- ¼ cup Brown sugar, packed
- 2Tbl Grated peeled fresh ginger
- 1 tsp Chinese five-spice powder
- 3 ea Garlic clove, crushed with press
- 1 ea Green onion bunches,
cut into 2-inch pieces
(white and green parts separated)
- 3 lb Bone-in skinless chicken thighs
- 1 bag Fresh veggies for stir-fry
(snow peas, carrots, broccoli,
red pepper, etc.) (16 oz)



Directions: In 5- to 6-quart slow cooker, combine sherry, soy sauce, sugar, ginger, five-spice powder, garlic, and white parts of green onions. Coarsely chop remaining green parts; wrap and refrigerate until serving time. Add chicken thighs and coat with sherry mixture. Cover slow cooker with lid and cook on low 8 hours or on high 4 hours. Just before serving, place vegetables in microwave-safe medium bowl and cook in microwave to suit your liking. With tongs, transfer chicken to deep platter. Stir vegetables into slow cooker. Spoon vegetable mix around chicken. Sprinkle with onions.

When you shake a can of mixed nuts, the larger nuts will rise to the top.

Chicken Cordon Bleu

Margie Sunn

- 6 ea Chicken breast, skinless, boneless
- 6 slc Swiss cheese
- 6 slc Ham, thin sliced
- 3 Tbl All-purpose flour
- 1 tsp Paprika
- 6 Tbl Butter
- ½ cup Dry white wine
- 1 tsp Chicken bouillon granules
- 1 Tbl Cornstarch
- 1 cup Heavy whipping cream



Directions: Pound chicken breasts if they are too thick. Place a cheese and ham slice on each breast within ½" of the edges. Fold the edges of the chicken over the filling, and secure with toothpicks. Mix the flour and paprika in a small bowl, and coat the chicken pieces. Heat the butter in a large skillet over medium-high heat, and cook the chicken until browned on all sides. Add the wine and bouillon. Reduce heat to low, cover, and simmer for 30 minutes, until chicken is no longer pink and juices run clear. Remove the toothpicks, and transfer the breasts to a warm platter. Blend the cornstarch with the cream in a small bowl, and whisk slowly into the skillet. Cook, stirring until thickened, and pour over the chicken. Serve warm.

Eating a teaspoon of sugar after having something really spicy can help neutralize the burning sensation.

Chicken Veggie Quinoa Skillet [KEEN-wah]

Jill Price

- 1 lg Onion, minced
- 6 ea Garlic cloves, minced
- 1 Tbl Olive oil, extra virgin
- 2 lg Bell peppers, finely chopped
- 2 lb Chicken breasts, cut into 1" cubes
- 2 tsp Salt
- 1 tsp Black pepper
- 1 cup Quinoa [KEEN-wah], uncooked
- 1 cup Water
- 2 ea Bay leaves
- 2 med Zucchini, quartered
- 1 ea broccoli head, coarsely chopped
- 10 oz Grape tomatoes, halved
- 1 ea Bunch parsley, finely chopped



Directions: Preheat large deep skillet on medium-high heat. Add olive oil, onion, garlic, and cook for 4 minutes, stirring frequently. Add bell peppers and sauté for 3 more minutes, stirring frequently. Add chicken and sauté for 5 minutes, stirring occasionally. Sprinkle with salt and pepper, add quinoa [KEEN-wah], water, bay leaves, and stir. Bring to a boil, cover with a lid, reduce heat to lower medium and cook for 12 minutes. Add vegetables. At this point quinoa should be cooked al dente. Add zucchini and broccoli. Stir, cover with a lid and cook on low-medium for 15 more minutes. Add grape tomatoes and parsley; stir and remove from heat. Serve hot.

Eggplant is actually a fruit, and is classified botanically as a berry.

Anniversary Chicken

Margie Sunn

- 6 ea Chicken breast, skinless, boneless
- 2 Tbl Vegetable oil
- ½ cup Teriyaki basting sauce
- ½ cup Ranch salad dressing
- 1 cup Cheddar cheese, shredded
- 3 ea Green onions, chopped
- 3 oz Bacon bits

Fresh parsley, for garnish



Directions: Preheat oven to 350°. In a large skillet, heat oil over medium-high heat. Add chicken breasts, and sauté 4 to 5 minutes each side, until lightly browned. Place chicken breasts in a 9" x 13" baking dish. Brush with teriyaki sauce, then spoon on salad dressing. Sprinkle with cheese, green onions, and bacon bits. Bake for 25 to 35 minutes, or until chicken is no longer pink and juices run clear. Garnish with parsley and serve.

The same chemicals that give tart cherries their color relieve pain in humans better than aspirin and ibuprofen.

Peachy Chicken

- 4 ea Chicken breasts,
skinless, boneless
- 1 cn Peaches, drained & save juice
- ¼ cup Orange juice concentrate
- ¼ cup Malt Vinegar
- 1 Tbl Brown sugar
- ½ tsp Salt
- ¼ tsp Cloves
- ¼ tsp Cinnamon
- ⅛ tsp Pepper



Directions: Cut chicken into pieces & brown in oil. Combine all ingredients except peaches. Pour over chicken and simmer for 25-30 minutes. Add peaches.

Sauce Ingredients:

- 2 Tbl Cornstarch
- 2 Tbl Water

Sauce Directions: Combine and add to sauce. Thicken as desired. Serve over rice.

Mixing diet soda with alcohol leads to faster intoxication than mixing it with regular soda.

Creamy Chicken & Pasta

Lindsey Spinning

2nd daughter of Rene' Sunn Williams

- 1 Tbl Vegetable oil
- 1¼ lb Chicken breast, skinless,
boneless halves,
cut into 1-inch pieces
- 1 bag Broccoli & carrots
vegetable blend, frozen
with pasta (16 oz)
- 1 can Cream of mushroom soup
- ½ cup Water



Directions: Heat the oil in a 10-inch skillet over medium-high heat. Add the chicken and cook until browned, stirring often. Stir the vegetable pasta blend, soup, and water in the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through.

Although gold is a heavy dense metal, it is generally considered non-toxic. Gold metal flakes may be eaten in food or drinks.

Mustard Chicken Delight

- 1 lb Chicken breast, boneless, skinless
- ½ tsp Salt
- ½ tsp Pepper
- 1 Tbl Olive oil
- ¼ cup Chicken broth
- 1 Tbl Unsalted butter
- 2 Tbl White Rice Flour
- ¾ cup Chicken broth
- 1 Tbl Dijon mustard
- 2 Tbl Fresh parsley chopped



Directions: If chicken breasts are large, slice in half horizontally to create thin cutlets. Season with salt and pepper. Heat olive oil in a large skillet over medium-high heat. Add chicken breasts to skillet and cook until golden brown, approximately 3 minutes. Flip and reduce heat to medium-low. Continue cooking until golden brown and chicken reaches an internal temperature of 165°. Remove chicken from skillet to a plate and cover with aluminum foil to keep warm. Remove skillet from heat and carefully pour in the wine (or chicken broth), scraping up the brown bits. Return skillet to medium-low heat. Add the butter and melt. Stir in the flour. Slowly whisk in the broth. Simmer until the liquid is reduced by half. Stir in the Dijon mustard and parsley. Add salt and pepper to taste if desired. Spoon Dijon sauce over chicken and serve.

Salmon sashimi was originally introduced to Japan by Norway.

Crispy Chicken with Asparagus Sauce

C.J. Spinning

- 1 lg Egg
- 1 lb Chicken breast, skinless, boneless
- ½ cup Dry bread crumbs
- 2 Tbl Vegetable oil
- 1 can Cream of asparagus soup
- ⅓ cup Milk
- ⅓ cup Water
- 4 cup Cooked white rice
- Parmesan cheese to taste



Directions: Beat the egg in a shallow dish with a fork or whisk. Dip the chicken into the egg. Coat the chicken with the bread crumbs. Heat the oil in a 10" skillet over medium-high heat. Add the chicken and cook for 15 minutes or until well browned on both sides and cooked through. Remove the chicken from the skillet and keep warm. Stir the soup, milk, and water in the skillet and heat over medium heat until the mixture is hot and bubbling. Serve the chicken and sauce with the rice. Sprinkle with the cheese.

McDonald's only sells the 'McRib' when pork prices are low.

Hawaiian Chicken & Coconut Rice

- 6 med Chicken breast, boneless, skinless
- 1/3 cup Soy sauce
- 1/4 cup Pineapple juice
- 1/2 cup Water
- 1/2 cup Brown sugar
- 4 ea Scallions, chopped
- 3 ea Garlic cloves, minced
- 2 tsp Fresh ginger, minced
- 1 tsp Sesame oil

Ingredients for the Coconut Rice:

- 2 Tbl Butter
- 1 1/2 cup Long grain white rice
- 1 1/2 cup Coconut milk
- 1 1/2 cup Water



Directions: Combine soy sauce, pineapple juice, water, brown sugar, scallions, garlic, and sesame oil in a resealable plastic bag. Add the chicken pieces to the bag, remove as much air as possible, and seal. Squish around to coat the chicken in the marinade well. Place in the refrigerator and marinate for at least 8 hours or overnight. Preheat grill to medium heat. Grill for about 5-7 minutes per-side, watching to make sure chicken doesn't get too charred. If you do not have a grill you can use an indoor grill pan. To prepare the rice, melt the butter in a medium saucepan over medium-high heat. Add the rice, and cook for about 3 minutes stirring occasionally. Carefully pour in the coconut milk and water, stir to combine. Cover and bring to a boil. Once boiling, stir once more and re-cover. Reduce heat to low and cook for 18 minutes. Remove lid and fluff rice with fork. Serve the chicken on a bed of the coconut rice. Garnish with additional scallions.

A raw oyster is still alive when you eat it.

Creamy Chicken & Noodles

Rene' Sunn Williams

- 1 can Cream of chicken & mushroom soup
- 1/2 cup Milk
- 1/8 tsp Ground black pepper
- 1/3 cup Parmesan cheese, grated
- 2 cup Chicken, cooked, cubed
- 4 oz Egg noodles, cooked, drained
- 1 Tbl Fresh parsley, chopped



Directions: Heat the soup, milk, black pepper, cheese, chicken and noodles in a 4-quart saucepan over medium heat until the mixture is hot and bubbling, stirring occasionally. Sprinkle with the parsley before serving.

Dark chocolate contains antioxidants that can help the cardiovascular system by reducing blood pressure.

Stuffed Mediterranean Chicken

Sally Kallas

1st daughter of Al Sunn and Patricia Broske

- 4 ea Chicken breasts, boneless, skinless
- ¼ cup Feta cheese, crumbled
- ¼ cup Sun-dried tomatoes, not packed in oil
- ¼ cup Kalamata olives, pitted & chopped
- 1 Tbl Dill, chopped, fresh
- 1 Tbl Parsley, chopped
- 2 ea scallions, chopped
- 2 Tbl Olive oil

Salt and fresh ground pepper, to taste



Directions: Preheat oven to 375°. Season the chicken breasts with salt and pepper. Using a sharp paring knife, cut a slit in the sides of the chicken breasts, forming a pocket. Be careful not to cut all the way through. Combine the feta, tomatoes, olives, dill, parsley, scallions, and 1 tablespoon olive oil in a bowl. Stir until mixed well. Carefully stuff the chicken breasts with the feta mixture and seal the sides shut

with water if necessary. Don't overfill. Heat a large skillet over medium high heat. Add the remaining olive oil and sear each chicken breast until browned. Transfer to a parchment lined baking sheet. Bake for 12-15 minutes, until chicken is cooked through. Allow the chicken to rest for 5-10 minutes before slicing and serving.

In its pure state, caffeine is a crystalline white powder.

Easy Herbed Chicken

Stacy Sunn

- 1¼ lb Chicken breast, skinless, boneless
- 1 Tbl Vegetable oil
- 1 can Cream of chicken soup
- ½ cup Milk

Directions: Heat the oil in a 10" skillet over medium-high heat. Add the chicken and cook for 6 minutes or until browned on both sides. Stir the soup and milk in the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through.



The Lollipop was named after one of the most famous racehorses in the early 1900s, Lolly Pop.

Blackened Chicken with Avocado Cream Sauce**Blackened Chicken Ingredients:**

- 4 med Chicken breast, boneless, skinless
- 1 Tbl Blackened seasoning
- 2 Tbl Green onions, finely sliced

Avocado Cream Sauce Ingredients:

- ⅓ cup Greek yogurt, plain
- ½ med Avocado, chopped
- 1 Tbl Lemon juice
- ½ tsp Garlic powder
- ⅛ tsp Salt
- ⅛ tsp Black pepper



Directions: In a large Ziploc bag add blackened seasoning and chicken. Shake the bag a few times to evenly coat chicken. Lightly coat a large frying pan with nonstick cooking spray. Over medium-high heat, cook chicken breasts for 7 minutes on each side, or until cooked through. Meanwhile, prepare the Avocado Cream Sauce by blending Greek yogurt, avocado, lemon juice, garlic powder and salt in a food processor. To serve, place 2 tablespoon of Avocado Cream Sauce and ½ tablespoon green onions.

Alcohol kills more people than all illegal drugs combined.

Chicken in Mushroom Sauce

Lindsey Spinning

- 1¼ lb chicken breast, skinless, boneless
- 1 Tbl Vegetable oil
- 1 can Cream of mushroom soup
- ½ cup Milk
- ⅛ tsp Ground black pepper
- 1 cup Long grain white rice, prepared according to package directions (about 3 cups)
- 1 Tbl Chopped fresh parsley



Directions: Heat the oil in a 10" skillet over medium-high heat. Add the chicken and cook for 10 minutes or until well browned on both sides. Stir the soup, milk and black pepper in the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through. Serve the chicken and sauce with the rice. Sprinkle with the parsley.

A can of Diet Coke floats while a can of regular Coke sinks.

Sour Cream Enchiladas

- 1 ea bunch cilantro
- 1 cup sour cream
- 2 can (7 ounce) Jalapeño salsa
- 2 can (7 ounce) green chili salsa
- 2 ea chicken breast halves
skinless, boneless,
cooked and shredded
- 1 ea onion
- 12 ea (6") flour tortillas
- 2 cup shredded Cheddar cheese



Directions Sour Cream Mix: In a food processor, puree cilantro, sour cream, Jalapeño salsa and ½ can of the green chili salsa. Set aside.

Directions for Chicken Mixture: In a large bowl, combine shredded chicken, onion and the remaining 1½ cans of green chili salsa. Mix well. Preheat oven to 350°. Heat tortillas in conventional or microwave oven until soft. Pour enough of the sour cream mixture into a 9" x 13" inch baking dish to coat the bottom. Place 2 heaping tablespoonsful of the chicken mixture in each tortilla, roll up, and place seam side down in the baking dish. Pour remaining sour cream mixture over all and top with shredded cheese. Cover dish tightly with aluminum foil and bake at 350° for about 30 minutes, or until dish is heated through and bubbling.

The FDA allows frozen strawberries to contain an average mold count of up to 45%.

Zesty Crispy Chicken

Tami Sunn

- 64 ea Pepperidge Farm Baked Naturals Toasted Wheat Crisps
- 1 lg Egg white
- 1 Tbl Water
- 1½ lb Chicken breast, skinless
- ¾ cup Pace® Chunky Salsa
- ¾ cup Sour cream



Directions: Place the wheat crisps into a blender. Cover and blend until finely crushed. Place the crumbs onto a plate. Beat the egg white and water a shallow dish with a fork or whisk. Dip the chicken into the egg mixture. Coat the chicken with the crumbs. Spray a 12" skillet with vegetable cooking spray and heat over medium heat for 1 minute. Add the chicken and cook for 15 minutes or until the chicken is well browned on both sides and cooked through. Serve with the salsa and sour cream, if desired.

A fresh egg will sink to the bottom of a bowl of water, whereas a stale or rotten egg will float.

Baked Chicken Breast

- 2 lg Chicken breast (8 oz ea), boneless, skinless
- 2 tsp Olive oil
- ½ tsp Salt
- ¼ tsp Pepper
- ¼ tsp Garlic powder
- ¼ tsp Onion powder
- ¼ tsp Dried oregano
- ¼ tsp Paprika



Directions: Preheat oven to 450°. Line a baking dish with foil. Brush both sides of each chicken breast with olive oil, and sprinkle with the seasonings. Bake, uncovered, for 10 minutes, flip to the other side, lightly spray/brush again and bake for 8-10 more minutes, or until juices run clear when pierced with a fork (it's fine to make a small slit in the thickest part and see if it's done!). Transfer the baked chicken breasts to a platter. Loosely cover with foil and allow to rest 5 minutes before slicing and serving.

Notes: You'll need to adjust the baking time to the size of your chicken breasts. This recipe is perfect for 8 oz, but if yours are much larger (say, 10 oz each), you might need to bake them for 12-15 minutes on each side, and if they're smaller (6 oz each), 8 minutes per side will probably be just right. The best way to make sure they are done is to use an instant read thermometer. It should read 165° when inserted into the thickest part. If you don't have thermometer, make slit in the center and peek to see it's white & opaque, not pink.

Grapes explode when you heat them in a microwave.

Baked Parmesan Chicken Cutlets

Stacy Sunn

- 14 oz Frozen breaded chicken breast cutlet
- 24 oz Prego Italian Sauce
- ½ cup Mozzarella cheese, shredded
- 2 Tbl Grated Parmesan cheese
- ½ lb Package spaghetti, cooked and drained



Directions: Heat the oven to 400°. Place the chicken into a 2-quart shallow baking dish. Spoon 1 cup sauce over the chicken. Sprinkle with the mozzarella and Parmesan cheeses. Bake for 15 minutes or until the chicken is hot and the mozzarella cheese is melted. Heat remaining sauce in a 2-quart saucepan over medium heat until hot, stirring occasionally. Serve sauce with the chicken and spaghetti.

Once called 'the Persian Apple', peaches were thought to have originated in China and were later grown in Persia (Iran).

Orange Chicken

- 2 tsp Dark sesame oil
- 2 tsp Orange zest, strips
- 1 lb Chicken breast, boneless, skinless
- $\frac{1}{8}$ tsp Salt, or to taste
- $\frac{1}{8}$ tsp Black pepper, or to taste
- 1 cn Mandarin Oranges in light syrup (15 oz.)
- $\frac{1}{2}$ cup Reduced sodium chicken broth
- 1 Tbl Low-sodium soy sauce
- 1 Tbl Orange zest, finely grated, or to taste
- 2 tsp Cornstarch



Directions: Heat oil in a large nonstick skillet over medium-low heat. Add zest strips and cook, stirring, until fragrant and slightly cooked, about 1 to 2 minutes. Meanwhile, season both sides of chicken with salt and pepper. When zest is finished, increase heat to medium-high; add chicken to skillet and cook until golden, flipping once, about 2 minutes per side. Drain oranges and reserve $\frac{1}{4}$ cup liquid. Add oranges with reserved liquid to skillet and simmer 2 minutes. Whisk together broth, soy sauce, finely grated zest and cornstarch in a small bowl; add mixture to pan and simmer until sauce thickens and chicken is cooked through, about 3 minutes more.

In America, anchovies always ranks last on the list of favorite pizza toppings.

Chicken & Bean Burritos

Tami Sunn

- $1\frac{1}{2}$ lb Chicken breast, skinless, boneless halves, cut into strips
- 1 Tbl Vegetable oil
- 1 jar Picante sauce (16 oz)
- 1 can Pinto beans
- 6 ea Flour tortillas, warmed
- $1\frac{1}{2}$ cup Mexican cheese blend
- $\frac{1}{2}$ cup Tomato, chopped
- $\frac{1}{2}$ cup Guacamole



Directions: Heat the oil in a 12" skillet over medium-high heat. Add the chicken and cook until it's browned, stirring often. Stir the picante sauce and beans in the skillet and heat to a boil. Reduce the heat to low and cook for 5 minutes. Divide the chicken mixture and cheese among the tortillas. Top with guacamole and chopped tomatoes. Fold the sides of the tortilla over the filling and fold up the ends to enclose the filling.

On average, there are 178 sesame seeds on each McDonald's BigMac bun.

Greek Turkey Burgers

- 7 oz Greek yogurt, plain
- 1 med Fresh lemon
- ¼ tsp Minced garlic
- ¼ tsp Dried dill
- 1¼ lb Ground turkey
- 6 ea Sun dried tomato halves
- 1 med Red onion
- 2 oz Frozen spinach
- ¼ cup Feta, crumbled
- 1 tsp Dried oregano
- ½ tsp Garlic minced
- ⅓ cup Bread crumbs
- 1 lg Egg
- 1 med Cucumber
- 6 ea Hamburger buns

Salt and pepper to taste



Directions: Prepare the yogurt sauce by combining the yogurt, ¼ tsp minced garlic, dry dill, juice of half the lemon and a dash of salt. Stir everything to combine and then refrigerate to allow the flavors to blend while you make the burgers. Thaw the frozen spinach and squeeze out as much moisture as possible. Roughly chop the spinach to prevent long stringy pieces. Also chop the sun dried tomatoes and ¼ of the red onion. In a bowl, combine the ground turkey with the spinach, sun dried tomatoes, red onion, feta, ½ tsp minced garlic, dried oregano, egg, bread crumbs, ½ tsp of salt and some freshly ground pepper. Stir everything until it is evenly combined. Shape the mixture into six patties. Cook the burgers on a counter top grill, a non-stick skillet or over open flame. Spread the yogurt sauce on both sides of a bun, add a warm burger and top with thin slices of red onion and cucumber.

Noodles were invented in China—not Italy.

Pasta Primavera

C.J. Spinning

- 1 Tbl Olive oil
- 1½ cup Asparagus, trimmed into 2" pieces
- ½ cup Frozen peas
- 1 jar Prego Roasted Garlic Alfredo Sauce
- 1 lb Cooked chicken strips
- ½ lb Penne pasta, cooked, drained



Directions: Heat the oil in a 12-inch skillet over medium heat. Add the asparagus and peas and cook for 7 minutes or until the asparagus is tender-crisp, stirring occasionally. Stir the Alfredo sauce and chicken in the skillet and cook for 2 minutes or until the chicken is heated through. Stir the pasta in the skillet and toss to coat. Serve immediately.

Some wines are sold in tinted bottles because some wines spoil when exposed to light.

Grilled Chicken with Chipotle Cream Sauce

Chicken Breast Marinade:

- 2 med Lemons
- 2 med Oranges (Valencia are good)
strain for pulp and seeds;
- ¼ cup Olive oil
- 1 ea Garlic clove smashed & chopped
- 1 tsp Cracked Black Pepper
- ¼ tsp Mexican Oregano
- ½ tsp Meat Tenderizer
[must contain papain]



Directions for Chicken Breast Marinade: Place 4 skinless, boneless, chicken breasts in a large shallow pan. Squeeze the lemons and oranges into a bowl. Whisk in the oil, oregano, garlic, salt, and pepper. You can place all in a blender and process for about 20 seconds. Pour marinade over the chicken. Place lemon halves in between the chicken breasts, cover the pan tightly. Refrigerate 6 hours or overnight. Grill the chicken, occasionally turning and brushing with any remaining marinade until the juice runs clear or the inner temperature reaches 165°. Remove from the grill, place on a plate and pour Cream Sauce over chicken breasts.

Chipotle Cream Sauce:

- 16 oz Heavy Whipping Cream
- ¼ cup White wine
(Chardonnay or Pinot Gris)
- 1 Tbl White onion, finely minced
- 1 Tbl Olive Oil
- ¼ tsp Garlic, finely minced
- 3 oz Chipotle Chiles in adobo sauce
- 8 oz Chicken stock, warmed
- 2 Tbl Roux [see below]
- ¼ tsp White Pepper



Kosher salt to taste

Chipotle Cream Sauce Directions: In a medium sauce pan at medium high heat, add olive oil and simmer pan (to coat pan with oil). Add shallots and garlic. Sear for about 2 minutes, & stir with a spoon. Deglaze pan with white wine & reduce by half (about 2-3 minutes). Add cream and warm chicken stock. Bring to a light simmer. Add chipotle peppers with adobo sauce. Simmer sauce on low heat for about 5 minutes. Add white pepper & salt if needed. Using a hand mixer, blend entire sauce until smooth. Adjust seasoning or add

more chili peppers, if more heat is desired [be sure to blend again].
Thicken with roux (pronounced rooh).

Roux recipe:

2 Tbl Butter

2 Tbl Flour, all purpose

Roux Directions: Place butter in a small sauté pan at medium high heat. Melt butter until foamy. Add flour and whisk until flour & butter are incorporated. Set aside to use in Cream Sauce.



Russia did not consider beer to be alcohol until 2011. It was previously classified as a soft drink.

Easy Chicken Parmesan

Jill Price

1½ lb Chicken breast, boneless, skinless

Salt, pepper and granulated garlic to taste

¾ cup Whole wheat flour

2 Tbl Olive oil

1½ cup Pasta sauce

5 Tbl Parmesan cheese, grated

2 Tbl Parsley

Directions: Place the chicken breasts flat on your cutting surface with the rounded, smooth side facing up. Trim any tenders and set aside to cook with the cutlets or freeze for later use. Place the palm of your hand on the chicken



breast. Slice the chicken breasts into equal halves horizontally, keeping your knife parallel to the cutting board. Season both sides of the chicken with salt,



pepper, and garlic. Sprinkle flour over the chicken and lightly coat both sides; shake off excess. Heat a large fry pan over medium heat. Add olive oil. When bubbling hot, add chicken, nicer side down. Allow cutlets to cook until golden. They are almost ready to turn as the edges start to get white. Turn the cutlets and cook another minute or two, depending on how thick the cutlets are. When done, they will feel firm to the touch but still give just a little. Pre-heat the broiler on high. Place cooked cutlets on a foil lined baking sheet in a single layer. Top with sauce and cheese. Broil briefly until cheese melts. Top with fresh herbs and serve.

Worcestershire sauce is made from dissolved anchovies (including the bones) that have been soaked in vinegar.

Spinach Cream Cheese Stuffed Chicken Breast

Jill Price

Delicious chicken rolls with spinach and cream cheese. Spinach cream cheese stuffed chicken breast with parmesan breadcrumbs are rolled up and baked. An easy everyday dinner or perfect for entertaining!

Ingredients for the Spinach and Cream Cheese Filling:

- 4 oz Cream cheese
- ½ cup Baby spinach, chopped
- 2 ea Scallions, thinly sliced
- 3 ea Garlic cloves, minced
- ½ ea Jalapeno, minced
- ½ tsp Red pepper flakes
- ½ tsp Salt
- ¼ tsp Black pepper

**Ingredients for the Stuffed Chicken Breasts:**

- 4 ea Chicken breasts, boneless skinless
- 4 ea Swiss cheese slices
- 2 lg Eggs, lightly beaten
- 1½ cup Bread crumbs
- ½ cup Parmesan cheese, grated
- ½ tsp Italian seasoning
- ¼ tsp Salt
- ¼ tsp Black pepper

Directions for the Spinach and Cream Cheese Filling: In a medium bowl, combine all the ingredients. Use a rubber spatula to make sure all the ingredients are mixed throughout.

Directions for the Stuffed Chicken Breasts: Place a rack near the center of the oven and preheat the oven to 350°. Place a piece of parchment paper or a silicone mat in a baking sheet and set aside. Butterfly the chicken breast and using a meat mallet or rolling pin, flatten each chicken breast to about a ½". Spread a quarter of the mixture onto each chicken breast; top each with Swiss cheese. Carefully roll up the chicken and secure with toothpicks. Place the beaten eggs in a shallow dish. In another shallow dish, combine bread crumbs, parmesan cheese, Italian seasoning, salt, and pepper. Dip each chicken breast in the eggs and then into the bread crumb parmesan mixture. Make sure the breasts are well coated. Discard any extra mixture. Place chicken on the prepared baking sheet. Bake 40-45 minutes or until chicken is no longer pink in center and the outside is golden brown. Serve warm.

Note: Remove toothpicks before eating.

Chili peppers are hot because they contain a substance called alkaloid capsaicin and four other related chemicals. It is also the primary ingredient in pepper spray.

Sriracha Chicken

- 1 ea bunch green onions
(greens (thinly sliced)
whites (minced) separated)
- ¼ cup Hoisin sauce
- 1 Tbl Ginger, minced
- 3 ea Garlic cloves, minced
- Pinch salt
- 2 Tbl Fresh lime juice
- 2 tsp Sriracha sauce
- ¼ tsp Chinese five seasoning
- 4 ea Chicken breast, boneless, skinless
- 1 Tbl Toasted sesame seeds (for serving)



Directions: Preheat oven to 400°. Spray a 9" x 13" baking dish with cooking spray and set aside. In a large bowl, whisk together the minced whites of the green onions, hoisin sauce, ginger, garlic, salt, lime juice, sriracha sauce, and seasoning. Working with one piece at a time, place chicken breast in the bowl and coat with sauce (note: the sauce is pretty thick). Place chicken breast in baking dish and repeat with remaining pieces of chicken. Pour any remaining sauce over the chicken. Cover baking dish with foil. Bake for 35-40 minutes, or until chicken is thoroughly cooked. Place chicken on serving dish and top with onion greens and sesame seeds.

The chemical pectin, found in ripe fruit, causes jam to set when cooling.

Chicken in Sweet Onion Mushroom Sauce

Tami Sunn

- 1½ lb Chicken breast, thin-sliced skinless, boneless
- ¼ cup All-purpose flour
- 8 oz Mushrooms, sliced
- 1 cup Onion, minced
- 1 cn Campbell's sweet onion soup
- 2 Tbl Chopped fresh parsley



Directions: Stir the flour, ½ teaspoon salt and ¼ teaspoon black pepper in a shallow dish. Coat the chicken with the flour mixture. Heat 1 tablespoon vegetable oil in a 12" skillet over medium-high heat. Add the chicken and cook for 6 minutes or until browned on both sides. Remove the chicken from the skillet. Heat 1 tablespoon vegetable oil in the skillet. Add the mushrooms and onion and cook for 5 minutes or until tender-crisp, stirring occasionally. Stir in the soup and heat to a boil. Return the chicken to the skillet. Reduce the heat to low. Cook for 2 minutes or until the chicken is cooked.

If you eat too many carrots, the beta carotene found in carrots will turn you slightly orange.

Fesenjan – Chicken, Walnut, & Pomegranate Stew Sebastien Sunn

Sebastien's Persian Pomegranate and Walnut Stew with Chicken; he says, "Although this meal is traditionally prepared with leg of chicken, I use chicken breast."

- 1 lg Onion, peeled & quartered
- 1½ cup Walnuts
- 1½ lb Chicken breast, boneless skinless
- ½ tsp Salt
- ¼ tsp Black pepper, ground
- 1 tsp Extra virgin olive oil
- ½ tsp Saffron, grounded
- 1½ cup Pomegranate concentrate (Note: Also called pomegranate molasses which is nothing like sugar molasses, they're just both thick)
- ¼ cup Water
- 2 Tbl Granulated sugar, if needed
- 3 Tbl Pomegranate Arils

Directions: In a food processor, purée until smooth the onion and walnuts. Scrape down sides of the bowl and pulse in the food processor until onions and walnuts are completely blended and a thick paste is formed. In a large non-stick skillet, over medium-high heat scrape out the walnut-onion mixture and smooth it evenly on to the bottom of the skillet. When it starts to brown, stir and remix the paste and smooth it again evenly on to the bottom of the skillet. Reduce heat to low and repeat the browning step every 10-15 minutes. Cook until walnut-onion mixture is deep brown in color and crumbly, about 2 hours. In the meantime, wash and with paper towels pat dry the chicken breast. Season both sides of the chicken with salt and black pepper. In a different non-stick skillet heat olive oil over medium-high heat. When oil is hot, add seasoned chicken; Cook until browned, approximately 5-7 minutes. Turn chicken breast over and brown the other side. Reduce heat to medium-low, cover skillet and cook until chicken breasts are almost completely done, approximately 15 minutes. Remove from heat. Cut chicken breast into strips. Stir saffron and pomegranate concentrate into walnut-onion mixture. Add chicken breast strips and simmer until color darkens, about 20 minutes. If sauce needs thinning, drizzle in water as needed. Different brands of pomegranate concentrate vary in flavor and sweetness. If your pomegranate concentrate is too sour, stir in little by little some granulated sugar. Pour stew into serving dish. Garnish with pomegranate arils.



Strawberries are the only fruit with seeds on the outside.

Chicken Supreme

Margie Sunn



- 3 lb Chicken thighs or pieces
- 2 Tbl Butter, melted
- Salt & Pepper to taste
- 2 Tbl Dry Italian dressing mix
- 1 cn Mushroom soup (10¾ oz)
- 6 oz Cream Cheese, cubed
- ½ cup dry Sherry
- 1 sm Onion, chopped
- 1 cn Mushrooms (7 oz) sliced

Directions: Brush chicken pieces with melted butter. Season with salt and pepper and place in a slow cooker. Sprinkle salad dressing mix on top, cover and cook on low for 5-6 hours. Mix soup, cream cheese, sherry, and onion in a saucepan. Cook and stir until smooth and onions are tender, 10 to 15 minutes. Spoon onion mixture over chicken, add mushrooms, cover and cook for 30 minutes longer. Serve over rice or noodles. Servings: 6

Chocolate manufacturers currently use 40% of the world's almonds and 20% of the world's peanuts.

Chicken & Stuffing Skillet

Stacy Sunn

- 1 Tbl Butter
- 1¼ lb Chicken breast, skinless, boneless
- 1 box Pepperidge Farm One-Step Stuffing Chicken Mix
- 1 can Cream of chicken soup
- ½ cup Milk
- ½ cup Cheddar cheese, shredded



Directions: Heat the butter in a 10" skillet over medium-high heat. Add the chicken and cook for 15 minutes or until it's well browned on both sides and cooked through. Remove the chicken from the skillet. Prepare the stuffing in the skillet according to the package directions except let stand for 2 minutes. Place the chicken on the stuffing. Stir the soup and milk in a small bowl. Pour the soup mixture over the chicken. Top with the cheese. Cover and cook until the cheese is melted.

Humans eat meat from a number of different animals; common examples include meat from chickens, cows, sheep, and pigs. Other food products that come from animals include milk, eggs, and honey. Food for human consumption is typically made from plants and animals but we also eat other products such as fermented foods and fungus (mushrooms, truffles).

Chicken in Caper Sauce

- 1 ea 3½-4 pound Chicken,
or chicken pieces
 - 2 cup Water
 - 1 ea Bay leaf and a few sprigs of
thyme and parsley tied together
 - 1 sm Onion, stuck with 4 cloves
 - 1 sm Carrot, chopped
- Salt and freshly ground Pepper



Directions: Place chicken in pan with water, herbs, onion, carrot and salt and pepper to taste. Bring to a boil, cover pan and lower heat. Simmer chicken for 40 minutes or until tender, turning once or twice. Remove chicken and strain broth. Skin chicken, cut into joints, and place on a serving dish in a warm oven until ready to serve.

Sauce:

- 3 Tbl Butter
- 3 Tbl Flour
- 1¾ cup Broth (from cooking chicken)
- 3 Tbl Parsley, finely chopped
- 2 Tbl Capers chopped (or more to taste)
- ¼ cup Whipping Cream



Sauce Directions: Melt butter in a small saucepan, stir in flour, and cook 1 minute. Remove from heat, and stir in warm broth. Return to heat and stir until smooth and thickened. Add parsley, capers and cream, taste for seasoning and spoon sauce over chicken. Serves 4.

Almost all lettuce is packed right in the field.

Chicken Paprikash

Sebastien Sunn

- 1¾ cup Chicken broth
- ¼ cup All-purpose flour
- 2 tsp Paprika
- ⅛ tsp Ground red pepper
- 1¼ lb Chicken breast skinless
- ½ cup Onion, sliced
- ⅓ cup Yogurt plain
- 4 cup Egg noodles, cooked, drained



Directions: Stir the broth, flour, paprika and red pepper in a small bowl until the mixture is smooth. Cook the chicken in a 10" nonstick skillet over medium-high heat for 10 minutes or until well browned on both sides. Add the onion to the skillet. Reduce the heat to medium. Cover and cook until the onion is tender-crisp. Stir in the broth mixture. Cook and stir until the mixture boils and thickens and the chicken is cooked through. Remove the skillet from the heat. Stir in the yogurt. Serve with the noodles.

Blueberries are the second most popular berry in the United States.

Bacon Ranch Chicken

- 4 ea Chicken breasts, boneless
- 2 Tbl Bacon bits
- 1 tsp Garlic, minced
- 1 pkg Ranch Dressing mix
- 1 cn Cream of Chicken soup
- 1 cup Sour Cream

Cooked pasta noodles of choice

Directions: Combine bacon, garlic, dressing mix, soup and sour cream; mix well. Pour over chicken in crockpot. Cook on high for 3-4 hours. Shred chicken and return to pot. Add noodles and mix.



Microwave popcorn is the same as other popcorn except the kernels are usually larger and the packaging is designed for maximum popability.

Chicken Parmesan with Creamy Vodka Sauce

Tami Sunn

- 1 lg Egg
- 6 Tbl Seasoned bread crumbs
- 1½ lb Chicken tenders
- ¼ cup Canola oil
- ¼ tsp Salt
- 1 jar Prego Creamy Vodka Sauce
- 6 slc Mozzarella cheese
- 3 ea Ciabatta Rolls, cut in half, toasted

¼ cup Fresh basil leaves, cut into thin strips

Directions: Beat the egg in a shallow bowl. Place the bread crumbs on a dish. Dip the chicken in the egg. Coat the chicken with the bread crumbs. Heat half the oil in a 12" skillet over medium-high heat. Add half the chicken and cook for 5 minutes or until browned on both sides and cooked through. Remove the chicken from the skillet and drain on paper towels. Repeat with the remaining oil and chicken. Season the chicken with the salt. Heat the sauce in the skillet over medium heat until hot and bubbling, stirring occasionally. Return the chicken to the skillet. Top the chicken with the cheese. Cover and cook until the cheese is melted. Divide the chicken among the roll halves and top each with about 1 tablespoon sauce. Sprinkle with the basil. Serve the remaining sauce on the side for dipping.



Bananas are a great source of potassium; it helps build muscle power and keeps your body fluids in balance.

Grilled Chicken Tenders

- 1 lb chicken breast tenders
 ½ cup Italian dressing
 (drain and discard spices)
 1 tsp fresh lime juice
 1½ tsp honey



Directions: Mix dressing, lime juice, and honey together. Pour over chicken tenders, making sure all chicken tenders are covered. Marinate for 1 hour. Braise tenders in a nonstick pan until golden.

Fresh apples float because 25 percent of their volume is air.

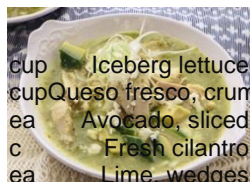
Chicken Chili Verde

Rene' Sunn Williams

- 4½ lb Chicken

Garnish

- | | | | |
|-------|---|-------|------------------------|
| 4 cup | Chicken broth | 1 cup | Iceberg lettuce |
| 1 med | Onion, chopped | ¼ cup | Queso fresco, crumbled |
| 4 ea | Garlic cloves | 1 ea | Avocado, sliced |
| 1 lb | Tomatillos, husked | ¼ c | Fresh cilantro |
| 4 ea | Ortega chilies, chopped | 1 ea | Lime wedges |
| 1 Tbl | Olive oil | | |
| 6 ea | Green onions, chopped, white bottoms thinly sliced, for garnish | | |
| ¼ cup | Pumpkin seeds (pepitas) | | |
| ¾ cup | Fresh cilantro, chopped | | |
| ½ tsp | Cayenne pepper | | |
| ½ tsp | Ground cumin | | |
| 2 Tbl | Fresh lime juice | | |



Directions: Season chicken with ½ tsp each salt & pepper. In lg. heavy saucepot, combine chicken, broth, half of onion, and 2 garlic cloves; heat to boiling on medium-high. As broth comes to a boil, with spoon, remove any scum that rises to surface. Reduce heat to maintain simmer, cover and simmer gently about 50 minutes, or until chicken pulls apart easily. Meanwhile, preheat oven to 400°. Line rimmed baking sheet with foil; add tomatillos, jalapeños, remaining onion, and remaining 2 garlic cloves. Toss with oil to coat. Roast about 20 minutes or until vegetables are tender and beginning to caramelize. Add green onions and raw pumpkin seeds to baking sheet; roast about 5 minutes or until seeds are toasted. Transfer tomatillo mixture to food processor. Add cilantro, cayenne, cumin, and lime juice; purée until smooth. Season with salt and pepper. When chicken is tender, remove and set aside to cool slightly. Strain broth through fine-mesh sieve; discard solids. Return broth to pot; simmer about 10 minutes or until reduced by one-third. As soon as chicken is cool enough to handle, remove meat, coarsely shredding it with forks. Remove reduced broth from heat. Stir in shredded chicken and tomatillo puree. Heat to simmering on med.; simmer 5 minutes to blend flavors. Season with salt and pepper. Can be made ahead and refrigerated, covered, up to 2 days; reheat, covered, on med. Ladle chili verde into bowls. Garnish with lettuce, queso fresco, avocado, cilantro, and reserved green onion whites. Serve with lime.

Baked Ritz Chicken

C.J. Spinning

^{1st} daughter of Rene' Sunn Williams, granddaughter of Larry & Margie Sunn

- 2 lb chicken tenders,
or 4 large breasts
- 2 ea tube(s) Ritz crackers
- $\frac{1}{4}$ tsp salt
- $\frac{1}{8}$ tsp pepper
- $\frac{1}{2}$ cup whole milk
- 3 cup cheddar cheese, grated
- 1 tsp dried parsley

Sauce:

- 1 can cream of chicken soup
- 2 Tbl sour cream
- 2 Tbl butter

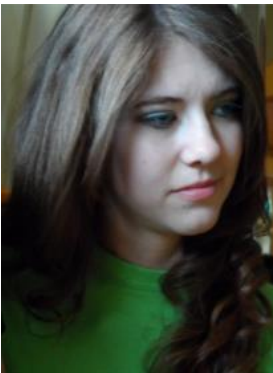


Directions: Crush crackers. If using chicken breasts and not tenders, cut each chicken breast into 3 large pieces. Pour the milk, cheese, and cracker crumbs into 3 separate small pans. Toss the salt and pepper into the



cracker crumbs and stir the mixture around to combine. Dip each piece of chicken into the milk and then the cheese. Press the cheese into the chicken with your fingers. Then press the cheesy coated chicken into the cracker crumbs and press it in. Spray a 9" x 13" pan with cooking spray and

lay the chicken inside the pan. Sprinkle the dried parsley over the chicken.



Cover the pan with foil and bake at 400° for 35 minutes. Remove the foil, bake for an additional 10-15 minutes, or until the edges of the chicken are golden brown and crispy. In a medium sized sauce pan combine the cream of chicken soup, sour cream and butter with a whisk. Stir it over medium high heat until the sauce is nice and hot. Serve over the chicken.

While the first breakfast cereal was made by adding sugar and milk to popped popcorn, a shortage of baking flours after World War II forced bread makers to substitute up to 25% of wheat flour with ground popped popcorn. Popcorn also has been used as an ingredient in pudding, candy, soup, salad, and entrees.

Sloppy Janes

Larry Sunn

A healthy take on typical Sloppy Joes, this tangy recipe packs in the veggies and lean ground chicken or turkey. Serve on whole wheat buns, brown rice, or whole grain pasta with a large green salad on the side.

- 1 lb ground chicken or turkey
- 1 tsp canola oil
- 1 ea green bell pepper
- 1 ea red bell pepper
- 1 ea onion
- 3 ea cloves of garlic
- 1 Tbl chili powder, more if desired
- 1 can (8 oz) tomato sauce
- 1 pkg whole wheat buns



Directions: In a food processor, process the green and red bell peppers, the onion and the garlic until small bits. Sauté the 1 teaspoon of canola oil and

the processed vegetables until caramelized and then add the ground chicken or turkey and continue to cook until browned. Add the chili powder and tomato sauce and cook until thickened. Toast the whole wheat buns if desired and serve hot. The Sunn boys love warm buns.



The Sunn house in the early 1960s. The top two windows were to Russ and Larry's adjoining bedrooms—both with sloped ceilings; the rooms were separated by a thinly constructed wall. Russ meticulously cleaned his room, removing everything and, after cleaning, putting it all back in—often in some new, orderly arrangement. Larry'd roll his eyes. Russ even filed every single book he owned using the Dewey Decimal System. Larry'd roll his eyes. Russ suffered from asthma through most of his life—breathing complicated further by a nose broken by a baseball when he was about 6 (that was a couple of years after Larry had introduced Russ to “spaghetti” in the form of earthworms—Ma was not amused). Given Russ' labored breathing, coupled with his Pulaski High School cello practice, the rooms resonated with an assortment of awful noises. Larry rolled his eyes and swore he'd kill him before they escaped high school. Nevertheless, when I look at each of my brothers, I see two things. First, I see the target my next joke. Second, I see good men who will always be there, no matter how hard life gets for me or for them—just as I was there . . . making Russ laugh so hard that food came out his nose—for the record, there were times when Russ wasn't smarter than the rest of us.



Chicken Pot Pie

- 1 lb Chicken breast, cubed
- 1 cup Carrots sliced
- 1 lg Potato, peeled, cubed
- ½ cup Celery sliced
- ⅓ cup Butter
- ⅓ cup Onion chopped
- ⅓ cup Flour
- ¼ tsp Garlic powder
- ½ tsp Salt
- ¼ tsp Black pepper
- ¼ tsp Celery seed
- 1 can Cream of chicken soup
- 2 can Chicken broth
- ⅔ cup Milk
- 2 ea Pie Crust (9 in)



Directions: Preheat oven to 425°. Cut the Chicken into cubes and cook them in a saucepan on the stove. While the chicken is cooking cut all of your vegetables into slices or cubes. After your chicken is cooked, place it into a pot with the carrots, celery, potato, and 1 can of chicken broth. Pour water in until everything is covered. Bring to a boil for 15 minutes. Remove from heat and drain; place it in a bowl for later. In another saucepan, add the butter and onions at a medium heat until softened. Stir in flour, salt, pepper, garlic powder, and celery seed. Slowly stir in the other can of chicken broth and milk. Simmer over medium heat until thickened. Once it is thickened remove from heat and add the can of cream of chicken soup. In the bowl with the chicken and vegetables add the sauce to create the filling. Place one pie crust in the bottom of the pie dish (make sure to stab the crust with a fork for breathing holes), and then add filling. Place the other crust on top, seal the edges and trim off any excess crust. Make slits in the top of the crust. Bake the pie for 30 minutes or until the crust is golden brown. Cool.

Bananas are about 99.5% fat free.

Turkey Primavera

Stacy Sunn

- ½ lb Uncooked spaghetti
- 1 cup Frozen peas and carrots, thawed
- 1 jar Alfredo sauce
- 1 can Turkey in Water, drained (9.75 oz)
- ¼ cup Parmesan cheese, grated

Directions: Cook the spaghetti according to the package directions in a 4-quart saucepan. Drain the spaghetti well in a colander. Return the spaghetti to the saucepan. Add the peas and carrots, sauce and turkey to the saucepan and heat over medium heat for 3 minutes or until the mixture is hot, stirring occasionally. Season to taste. Sprinkle with the cheese.

The apples from one tree can fill 20 boxes every year.

Chicken & Dumplings

- 4 ea Chicken breasts, skinless, boneless
- 2 Tbl Butter
- 1 cn Cream of Chicken soup
- 1 cn Cream of Celery soup
- 3½ cup Chicken broth
- 1 med Onion, finely diced
- 1 cup Celery, diced
- 1 cup Carrots, diced
- 2 ea Chicken Bouillon cubes
- 1 cn Biscuits (10 oz)



Directions: Except for biscuits, put all ingredients in crockpot. Cook for 8 hours on low. Remove chicken & pull into pieces. Return to pot. About an hour before serving cut biscuit dough into small pieces and add to soup. Cook an additional hour or until dough is no longer raw in center.

Eating a small square of dark chocolate daily can help lower blood pressure for people with hypertension.

Blackened Chicken with Avocado Cream Sauce

Jill Price

- 4 ea Chicken breast, boneless, skinless
- 1 Tbl Blackened seasoning
- 2 Tbl Green onions, finely sliced
- ⅓ cup Greek yogurt plain
- ½ med Avocado, chopped
- 1 Tbl Lemon juice
- ½ tsp Garlic powder
- ⅛ tsp Salt
- ⅛ tsp Black pepper



Directions: In a large Ziploc bag add blackened seasoning and chicken. Shake the bag a few times to evenly coat chicken. Lightly coat a large frying pan with nonstick cooking spray. Over medium-high heat, cook chicken breasts for 7 minutes on each side, or until cooked through. Meanwhile, prepare the Avocado Cream Sauce by blending Greek yogurt, avocado, lemon juice, garlic powder, and salt in a food processor. To serve, place 2 tablespoon of Avocado Cream Sauce and ½ Tbl green onions on top of each chicken breast.

There's a 'Hug Me' Coca-Cola machine in Singapore that gives you a can of Coke when you hug it.

Crazy Good Casserole

Julie Carbajal

2nd daughter of Chuck and Nikki Sunn

- 4 ea boneless, skinless chicken breasts
- 6 ea strips of quality bacon
- 2 cn Cream of Chicken soup
- 2 cup Monterrey Jack cheese, shredded
- 1 bx Dried spiral pasta (16 oz)
- 1 Tbl Garlic powder

salt and pepper to taste

Directions: Cook and crumble bacon. While bacon is cooking, cut chicken into bite sized chunks. Set cooked bacon aside for later use. In the same pan cook chicken in bacon drippings. Add garlic powder and salt and pepper to taste. While chicken is cooking prepare pasta according to directions. Spray a 9" x 13" pan with non-stick cooking spray. Preheat oven to 400°. Drain pasta, return to pot. Add chicken, both cans of cream of chicken soup, 1 cup of Monterrey Jack cheese. Stir to mix well. Pour into prepared baking pan. Top with crumbled bacon and remaining Monterrey Jack cheese. Bake at 400° for about 20 minutes, until cheese is melted.



Doritos were invented at Disneyland.

Bruschetta Chicken

Jill Price

2nd daughter of Al Sunn Jr. and Patricia Broske

- 4 ea Chicken breasts
- 5 sm Tomatoes, chopped
- 1 ea Clove garlic, minced
- ½ sm Red onion, chopped
- 1 tsp Olive oil
- 1 tsp Balsamic vinegar
- 1/8 tsp Salt

Handful basil, chopped



Directions: Preheat oven to 375°. Sprinkle some salt and pepper over top, cover and bake chicken for about 35 to 40 minutes until juices run clear. Meanwhile, combine chopped tomatoes, garlic, onion, olive oil, balsamic vinegar, salt, and basil in a bowl. Refrigerate until chicken is ready to be served and spoon over top of chicken. Enjoy!

Consuming dairy may cause acne.

Avocado Chicken Enchiladas

Enchilada Sauce:

- 1 Tbl butter
- 3 med garlic cloves, minced
- 1 Tbl flour
- 1 cup chicken stock
(could use vegetable stock)
- 2 tsp cumin
- ¼ tsp salt
- ¼ tsp fresh ground pepper
- ½ cup chopped cilantro
- 1 cup mild or medium salsa verde
- ½ cup fat free sour cream

Enchiladas:

- 4 cup cooked chicken breasts, chopped or shredded
- 2 cup shredded Mexican blend cheese
- 3 lg avocados, peeled and chopped
- 8 ea flour tortillas

Directions: Preheat oven to 375°. In medium sauce pan, sauté garlic in butter for about 1 minute on Medium – High Heat. Stir in flour let it cook for about 2 more minutes. Next stir in the chicken broth, cumin, salt, pepper and bring to a simmer. Remove from heat and stir in the sour cream, salsa

verde and cilantro until smooth (or at least as smooth as you can get.) Prepare a 9" x13" baking dish with nonstick spray. Add about ½ cup sauce to the bottom of the pan and spread out until bottom of the baking dish is evenly coated. Lay out a tortilla and add chicken, shredded cheese and avocado to the end of the tortilla and roll. Then place the rolled tortilla seam-side down and repeat until the pan is full. Pour the remaining sauce over the enchiladas. Cover with 1 cup of cheese and bake for about 20 minutes or until cheese is bubbling.

At left, 17-year-olds Nikki and Chuck on a date in the photo that is Nikki's favorite photograph of them together (circa 1968).



Chicken, or Pheasant, Green Enchiladas

Gary & Patti Dawson
friend of Larry and Margie Sunn

- 1 lg Chicken Breast or
8 pheasant breasts
- 1 lg Onion, chopped
and divided in 3 parts
- 2 ea Garlic cloves
- Salt to taste
- ½ cup Tomato Sauce
- Cooking oil
- 6 ea Ortega Chilies,
seeded and chopped
- 6 ea Tomatillos,
seeded and chopped
- 5 ea Cilantro sprigs
- Chicken broth
- Cumin powder to taste
- 12 ea corn tortillas
- 1 cup Sour Cream
- ½ cup Milk
- 1½ cup Monterey Jack cheese



Directions: Place chicken breast in saucepan with $\frac{1}{3}$ of the onion, 1 clove garlic, and salt to taste. Barely cover with water and bring to a boil. Turn down heat, simmer covered, until cooked, about 20 minutes. Sauté another $\frac{1}{3}$ of the onion and tomato sauce in a small amount of oil for about 10 minutes. Remove chicken from pan & reserve broth. Skin, bone, & cut chicken into small pieces. Add to tomato sauce. Make green sauce by combining Ortega chilies, tomatillos, remaining onion, crushed garlic, & cilantro in a saucepan, add a small amount of reserved chicken broth and simmer about 10 minutes. Cool a little, put in blender; add salt 7 cumin to taste. Blend, add a little chicken broth if too thick. Fry tortillas individually in oil. Fill with chicken mixture & roll up. Place in a row in a 2-quart baking dish. Blend sour cream and milk; pour over the enchiladas. Pour green chili sauce over & sprinkle with grated cheese. Heat in a preheated 350° oven about 25 minutes, until bubbly.



At left Margie, Patti Dawson, District Governor Mike Smith, Gary Dawson, and Larry pose as the Dawsons are inducted into the Spring Branch Bulverde Family Lions Club (2012). The Dawsons live across the street from Margie and Larry and have become cherished friends. Each year Gary hunts pheasant and he supplies Margie

with the pheasant needed to make these scrumptious enchiladas—obviously, on the condition he and Patti get enchiladas. This recipe is a favorite for all four of us!

Slow Cooker Honey Garlic Chicken

- 4 lg Chicken Breast, bone-in, skin removed
- ½ cup Soy sauce
- ½ cup Honey
- ¼ cup Hoisin sauce
- 2 Tbl Rice vinegar
- 2 tsp Fresh ginger, minced
- ¼ tsp Red chili flakes
- 5 ea Garlic cloves, minced
- 1 sm Onion, finely diced
- 3 Tbl Cornstarch



Directions: Combine soy sauce, honey, hoisin sauce, rice vinegar, fresh ginger, garlic, chopped onion, and chili flakes. Place chicken breasts in slow cooker and pour sauce on top. Cook on low for 4-5 hours. Remove chicken from slow cooker and shred, set aside. In a small bowl, combine 3 tablespoons of water and cornstarch. Place liquid from slow cooker into a saucepan and bring to a boil. While stirring the liquid, add cornstarch mixture and stir until thickened. Let boil 1 minute. Pour sauce over shredded chicken and stir to combine. Serve over rice with desired toppings.

In 1970, consumption of broccoli was only a half a pound per person. Today, the average person in the United States eats four and one half pounds a year.

Cheesy Chicken & Rice Casserole

C.J. Spinning

- 1 cn Campbell's Creamy Herb & Garlic Soup (14.5 oz)
- 2 cup Mixed vegetables
- 2 cup Chicken, cooked, cubed
- 1 cup Uncooked instant white rice
- ½ tsp Onion powder
- ¼ tsp Ground black pepper
- ½ cup Cheddar cheese, shredded



Directions: Heat the oven to 400°. Stir the soup, vegetables, chicken, rice, onion powder, and black pepper in a 11" x 8" x 2" baking dish. Cover the baking dish. Bake for 20 minutes or until the rice is tender. Sprinkle with the cheese. Bake for 5 minutes or until the cheese is melted.

Avocados are native to Central and South America, where they have been cultivated for over 10,000 years. Another name for the avocado is the "alligator pear," so-called because of its alligator skin texture and pear shape. The Aztec word for avocado was ahuacatl, which means "testicle tree". Did you know that avocados are actually a fruit?

