

A Honey of a Meal

Cooking for a couple (or even just yourself) can be fun and delicious when the menu turns out as flavorful as the appealing one shown here. You will want to try the additional recipes on the opposite page, too.

Honey-Mustard Chicken

■ PREP/TOTAL TIME: 30 min.

"This entree combines my husband's love for mustard with my love for anything sweet," writes Lisa Varner, a field editor from Greenville, South Carolina. "And we love the curry flavor!"

- 1/4 cup honey
- 2 tablespoons butter, melted

- 2 tablespoons Dijon mustard
- 1 tablespoon orange juice
- 1/8 teaspoon curry powder
- 2 boneless skinless chicken breast halves
- 1 tablespoon vegetable oil
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

In a small bowl, combine the honey, butter, mustard, orange juice and curry powder. Spoon half into a greased 8-in. baking dish.

In a skillet, brown chicken in oil. Sprinkle with salt and pepper. Place over sauce; turn to coat. Bake, uncovered, at 350° for 15 minutes. Drizzle with remaining sauce. Bake 5-10 minutes longer or until a meat thermometer reads 170°. **Yield:** 2 servings.

Sweet Herbed Carrots

■ PREP/TOTAL TIME: 25 min.

"The original recipe, which my mother acquired, called for two bunches of small carrots, so I had to guess how much to use. I eventually got the recipe amounts worked out to my liking," says Beverly Christoffer-son of Sioux City, Iowa.

- 2 tablespoons butter
- 1/4 teaspoon sugar



Perfect for a pair are Honey-Mustard Chicken, Sweet Herbed Carrots and Almond-Lemon Pound Cake.



- 2 cups sliced fresh carrots
- 3 to 4 lettuce leaves
- 2 tablespoons water
- 2 tablespoons minced fresh parsley
- 2 tablespoons heavy whipping cream
- 1 tablespoon minced fresh tarragon
or 1 teaspoon dried tarragon
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

In a large skillet, cook and stir the butter and sugar over medium heat until butter is melted and sugar is dissolved. Stir in carrots; cover with lettuce leaves. Sprinkle with water. Cover and simmer for 15-20 minutes or until carrots are crisp-tender.

Discard lettuce. Stir in the parsley, cream, tarragon, salt and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 1-2 minutes or until heated through. Serve with a slotted spoon. **Yield:** 2 servings.

Almond-Lemon Pound Cake

- **PREP:** 15 min.
- **BAKE:** 40 min. + cooling

"This is the first cake I learned to make, and it's still a favorite of mine," Michaela Rosenthal jots from Woodland Hills, California. You can freeze any leftover cake and berry topping for another time.

- 1 teaspoon plus 3/4 cup butter, softened, divided
- 2 teaspoons confectioners' sugar
- 1 cup slivered almonds
- 1 cup sugar
- 2 eggs
- 1/3 cup sour cream
- 1 tablespoon grated lemon peel
- 1 cup cake flour
- 1 teaspoon baking powder
- 1/4 cup lemon juice

Topping:

- 1 cup each frozen unsweetened raspberries, strawberries and blueberries
- 1/4 cup sugar
- 2 tablespoons lemon juice
- 2 tablespoons confectioners' sugar

Grease bottom and sides of a 9-in. round baking pan with 1 teaspoon butter. Sprinkle with confectioners' sugar; set aside. Place almonds and sugar in a blender or food processor; cover and process until finely ground.

In a small mixing bowl, cream remaining butter; beat in almond mixture until com-

bined. Add eggs, one at a time, beating well after each addition. Stir in sour cream and lemon peel. Combine flour and baking powder; add to creamed mixture alternately with lemon juice. Pour into prepared pan.

Bake at 350° for 40-45 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack for 10 minutes. Invert onto a wire rack to cool completely.

For topping, in a heavy saucepan, combine the berries, sugar and lemon juice. Cook and stir over medium-low heat for 10 minutes or until mixture begins to thicken. Sprinkle cake with confectioners' sugar. Serve with berry topping. **Yield:** 6 servings.



Pork Fried Rice

- **PREP/TOTAL TIME:** 30 min.

Field editor Joyce Kramer writes from Donalsonville, Georgia, "We love pork roast, but we know there will be leftovers. I use them up in this quick stir-fry."

- 1 tablespoon vegetable oil
- 1 egg, beaten
- 3/4 cup cubed cooked pork
- 1/4 cup finely chopped onion
- 1/4 cup canned bean sprouts
- 2 cups cold cooked long grain rice
- 1/4 cup chicken broth
- 1 tablespoon soy sauce
- 1 green onion, sliced
- 1/4 teaspoon sugar

Dash pepper

In a skillet or wok, heat oil over medium-high heat; add egg. As egg sets, lift edges, letting uncooked portion flow underneath. When egg is completely cooked, remove to a plate and keep warm.

In the same pan, stir-fry the pork, onion and bean sprouts for 2-3 minutes or until onion is tender. Add rice and broth; cover and simmer for 1-2 minutes or until heated through. Chop egg into small pieces; add to rice mixture. Stir in the soy sauce, green onion, sugar and pepper. **Yield:** 2 servings.



Raspberry French Toast Cups

- **PREP:** 20 min. + chilling
- **BAKE:** 25 min.

These individual treats are a delightful twist on French toast that make any morning special. "I made this recipe for my mom last Mother's Day, and we both enjoyed it," says Sandi Tuttle of Hayward, Wisconsin.

- 2 slices Italian bread, cut into 1/2-inch cubes
- 1/2 cup fresh or frozen raspberries
- 2 ounces cream cheese, cut into 1/2-inch cubes
- 2 eggs
- 1/2 cup milk
- 1 tablespoon maple syrup

Raspberry Syrup:

- 2 teaspoons cornstarch
- 1/3 cup water
- 2 cups fresh or frozen raspberries, divided
- 1 tablespoon lemon juice
- 1 tablespoon maple syrup
- 1/2 teaspoon grated lemon peel

Ground cinnamon, optional

Divide half of the bread cubes between two greased 8-oz. custard cups. Sprinkle with raspberries and cream cheese. Top with remaining bread. In a small bowl, whisk the eggs, milk and syrup; pour over bread. Cover and refrigerate for at least 1 hour.

Remove from the refrigerator 30 minutes before baking. Bake, uncovered, at 350° for 25-30 minutes or until golden brown.

Meanwhile, in a small saucepan, combine the cornstarch and water until smooth. Add 1-1/2 cups raspberries, lemon juice, syrup and lemon peel. Bring to a boil; reduce heat. Cook and stir 2 minutes or until thickened. Strain and discard seeds; cool slightly.

Gently stir the remaining berries into the syrup. Sprinkle the French toast cups with cinnamon if desired; serve with syrup. **Yield:** 2 servings.