

PECAN CRUSTED CHICKEN

MAKES 4 SERVINGS; TOTAL TIME: ABOUT 1 HOUR

PREPARE:

2 boneless, skinless chicken breast halves, Page 18

WHISK:

Dipping Mixture, Page 18

ADD TO CRUSTING MIXTURE:

$\frac{3}{4}$ cup finely chopped pecans

$\frac{1}{2}$ t. dried oregano

$\frac{1}{2}$ t. dried thyme

$\frac{1}{2}$ t. paprika

$\frac{1}{4}$ t. cayenne

SLICE CHICKEN; SERVE WITH:

Salad Greens with Honey Mustard Dressing

Preheat oven to 450°.

Prepare chicken breasts by halving and pounding.

Whisk egg whites, cornstarch, and lemon juice in shallow dish for Dipping Mixture.

Add pecans, herbs, and spices to the Crusting Mixture. Crust prepared chicken, let rest, saute, and roast.

Slice chicken and serve fanned over salad greens tossed with Honey-Mustard Dressing.

SALAD GREENS WITH HONEY-MUSTARD DRESSING

FOR THE DRESSING, COMBINE:

$\frac{1}{4}$ cup honey

3 T. Dijon mustard

3 T. extra-virgin olive oil

1 T. shallot, minced

1 T. apple cider vinegar

Juice of $\frac{1}{2}$ lemon

Salt and pepper to taste

TOSS DRESSING WITH:

8 cups mixed greens such as arugula, radicchio, curly endive, romaine, and leaf lettuces

$\frac{1}{2}$ cup red onion, thinly sliced

4 oz. mild goat cheese, crumbled

TOP WITH:

Sliced Pecan Crusted Chicken

Chicken

Toasted crumbs from pan

For the dressing, combine all ingredients until blended.

Toss dressing with greens, onion, and goat cheese (you won't need all the dressing).

Arrange greens on four plates.

Top greens with sliced chicken. Sprinkle any toasted crumbs left in the pan on the salads. Serve with extra dressing on the side.



▲ Toss greens, onion, and goat cheese with some of the Honey-Mustard Dressing.

Slice crusted chicken on bias and fan out on beds of greens. ▶



▲ Sprinkle some of the toasted crumbs from the saute pan on top of each salad.

option



BAKED SWEET POTATOES WITH MAPLE-JALAPEÑO SOUR CREAM

These potatoes are a nice change from gooey Thanksgiving-like sweet potato preparations.

MAKES 4 POTATOES

TOTAL TIME: 40–45 MINUTES

FOR THE SWEET POTATOES—

RUB WITH OIL AND SALT:

4 sweet potatoes, scrubbed, dried

FOR THE TOPPING—

COMBINE:

$\frac{1}{2}$ cup sour cream or plain yogurt

1 T. pure maple syrup

2 t. jalapeño, seeded, minced

1 t. fresh lime juice

Salt and Tabasco to taste

SERVE POTATOES WITH:

Maple-Jalapeño Sour Cream

Bacon bits

Sliced scallions

Preheat oven to 450° with rack positioned in the center.

Rub scrubbed, dried sweet potatoes with oil and salt. Bake directly on rack for 40–45 minutes, or until soft when pierced.

Combine all topping ingredients; chill until ready to serve.

Serve potatoes with Maple-Jalapeño Sour Cream, bacon bits, and scallions.