

Sweet and Nutty Chicken

½ cup butter, melted	¾ teaspoon garlic powder
⅓ cup apple juice or cider	½ teaspoon curry powder
¼ cup flour	⅛ teaspoon pepper
⅔ cup ground almonds	4 boneless, skinless chicken breasts

In small pan, combine melted butter with apple juice. In shallow pan combine flour, ground almonds, and spices, mix well. Dip boneless, skinless chicken breasts into melted butter mixture; roll in flour mixture to coat. Place in greased baking pan and bake at 400 degrees F for 18-24 minutes. For healthier dish: Do not use the flour in the dry dipping mixture or exchange white flour for whole wheat flour. Dip into butter and juice mixture, roll in ground almonds and spices, place in baking dish and drizzle with remainder of butter and juice mixture. Prep Time: 10 minutes Cook Time: 22 minutes Total Time: 32 minutes Yield: 4 servings

Mama's Chicken

This is how my mom prepared chicken when we were growing up. I love the simplicity of the recipe and the fabulous flavor. Frying to make a crisp crust, then baking ensures that the chicken will be moist and juicy too.

1 cut up chicken or four bone-in chicken breasts	¼ t pepper
1 cup buttermilk	1 cup flour
2 T Dijon mustard	¼ cup butter
1 t salt	¼ cup olive oil

Place chicken, on the bone and with skin, in a casserole dish. In small bowl, combine buttermilk, mustard, salt, and pepper and mix well. Pour over chicken, cover, and marinate in the fridge for 2-6 hours. When ready to eat, preheat oven to 350 degrees F. Place flour in a shallow dish. Put butter and olive oil into a large skillet but don't put over the heat yet. Remove chicken from marinade and wipe off excess marinade. Dip the chicken into the flour, coating thoroughly. Place on plate and let stand for 20 minutes. Turn on the heat under the skillet so the butter and olive oil heat up. When the oil sizzles when a drop of water is added, add the chicken, in batches, skin side down. Fry until deep golden brown, about 6-8 minutes. As the chicken browns, remove it from the skillet and place, skin side up, in a glass baking dish. When all the chicken is browned, place in the oven and bake for 20-25 minutes. Remove from oven, let stand for a few minutes, and serve. Prep Time: 15 minutes Cook Time: 35 minutes Total Time: 50 minutes Yield: Serves 6

Lemon and Spice Chicken

½ cup lemon juice	3 tablespoons mustard
4 tablespoons olive oil	¾ teaspoon salt
1 heaping tablespoon chili powder	¼ teaspoon white pepper
3-4 cloves garlic, minced	4-6 boneless, skinless chicken breasts

Combine all ingredients except chicken in heavy-duty zip-lock food storage bag. Add chicken; close bag and zip to close. Place in bowl or baking dish and refrigerate for 2-6 hours.

When ready to cook, prepare and preheat grill. Cook chicken for 12-17 minutes, turning once and brushing frequently with marinade, until chicken is thoroughly cooked. Discard remaining marinade.

Prep Time: 15 minutes Cook Time: 15 minutes Total Time: 30 minutes Yield: Serves 4

Pesto and Cheese Stuffed Chicken Breast

¾ cup basil pesto, divided	3 tablespoons olive oil
4 tablespoon Ricotta cheese	2 tablespoons Italian seasoning
¼ teaspoon pepper	¼ cup grated Parmesan cheese
4 boneless, skinless chicken breasts	

In small bowl, combine 3 tablespoons pesto, ricotta, and pepper and mix well. Cut a pocket in the side of the thickest part of the each chicken breast. Stuff pesto mixture into the pocket and smooth closed; seal with a toothpick. Drizzle olive oil over the chicken. Sprinkle with Italian seasoning.

Prepare and preheat grill. Grill chicken for 4-5 minutes until it can be moved, then carefully turn and grill on second side for 3-5 minutes until juices run clear and chicken is thoroughly cooked. Remove toothpicks, top with remaining reserved pesto and parmesan cheese. Serve immediately. Prep Time: 15 minutes Cook Time: 10 minutes Total Time: 25 minutes Yield: 4 servings