

Chicken Breasts So Many Ways

By Judy Miller

I usually purchase 3 pounds of chicken and cook each pound with a different sauce. Then I freeze the chicken in portions enough for my household. I reheat the chicken adding a little broth, juice or water to the pot first. Cook, covered gently on the top of the stove. The chicken comes out juicy and delicious and I don't have to cook from scratch every night. Of course you can cook and eat it the same day. For each sauce prepare the following OK to double or triple the sauce recipes if preparing more than 1 pound of chicken. I tend not to use salt in my cooking, but definitely add some salt and pepper to these recipes if you choose to.

1 pound of skinless, boneless chicken breasts (i prefer the thin cut)

1/2 c. Kellogg's Corn Flake Crumbs (I found this in Oliver's in Cotati)

2 T chopped parsley (fresh or dried)

1 -2 egg whites beaten

Preheat oven to 350^

Grease a 7 X 11 metal or pyrex pan

Line with tin foil and grease the tin foil. Mix the parsley with the crumbs

Dip the chicken breast pieces into the beaten egg whites and then the corn flake crumb mixture. Place in the prepared pan.

Cover with one of these sauces and bake uncovered for 30 - 40 minutes (30 if using the thin sliced chicken breasts, 40 if regular cut)

Cranberry Orange Sauce

1 small onion chopped and sautéed

1/2 can whole cranberry sauce

1/2 c. orange juice

1/4 t each cinnamon and ground ginger

Add the cranberry sauce, orange juice, ginger and cinnamon to the onion. Heat and mix well.

Pour on the chicken breasts.

Orange Glaze

If using this sauce, add 3/4 t ground ginger to the corn flake crumbs

1/2 jar orange marmalade

1/2 c. chicken broth

1 1/2 T oil.

Bring the marmalade, broth and oil to a boil. Mix well. Pour over the chicken breasts.

Onions and Peaches

If using this sauce, sauté the sliced onion first, then lay the prepared chicken breasts on top of the onions

1 medium onion sliced and sautéed

1 small can of sliced peaches

1/2 c chicken broth plus juice from the peaches

1 t. corn starch

1 T brown sugar

1 T Balsamic vinegar

Dissolve the cornstarch in a little water. Mix the broth, juice, dissolved cornstarch, sugar and vinegar in a pot and bring to a boil.

Pour over the chicken and place the sliced peaches around the chicken