

# FOOD



## Garlic Chicken Stir Fry

*Original recipe makes 4 servings*

### Ingredients

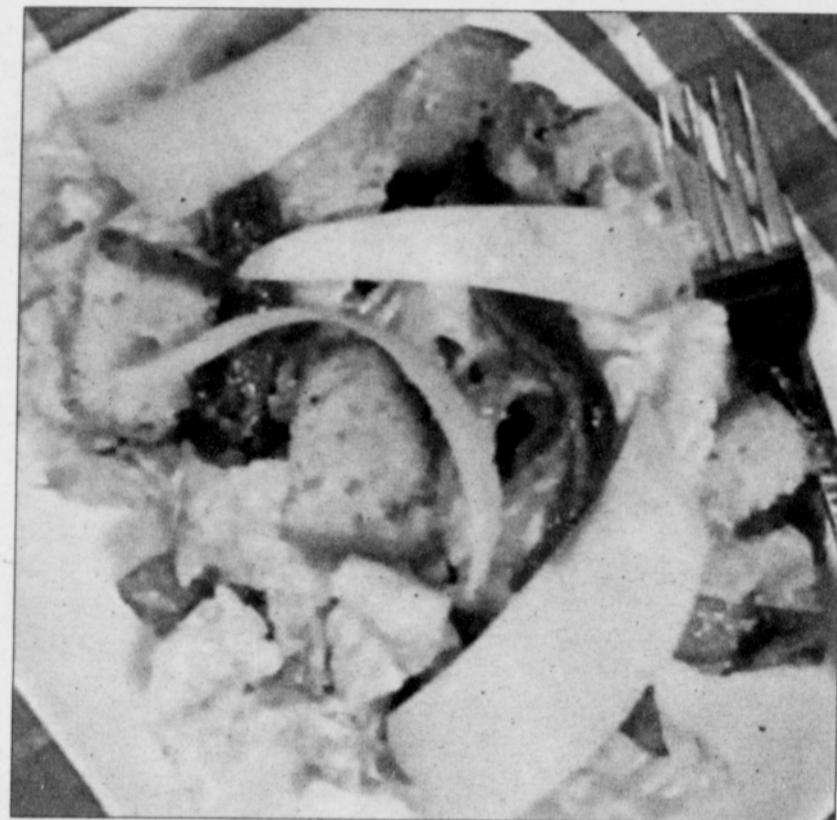
- 2 tablespoons peanut oil
- 6 cloves garlic, minced
- 1 teaspoon grated fresh ginger
- 1 bunch green onions, chopped
- 1 teaspoon salt
- 1 pound boneless skinless chicken breasts, cut into strips
- 2 onions, thinly sliced
- 1 cup sliced cabbage
- 1 red bell pepper, thinly sliced
- 2 cups sugar snap peas
- 1 cup chicken broth
- 2 tablespoons soy sauce
- 2 tablespoons white sugar
- 2 tablespoons cornstarch

### Directions

1. Heat peanut oil in a wok or large skillet. When oil begins to smoke, quickly stir in 2 cloves minced garlic, ginger root, green onions and salt. Stir fry until onion becomes translucent, about 2 minutes. Add chicken and stir until opaque, about 3 minutes. Add remaining 4 cloves minced garlic and stir. Add sweet onions, cabbage, bell pepper, peas and 1/2 cup of the broth/water and cover.
2. In a small bowl, mix the remaining 1/2 cup broth/water, soy sauce, sugar and cornstarch. Add sauce mixture to wok/skillet and stir until chicken and vegetables are coated with the thickened sauce. Serve immediately, over hot rice if desired.

## All Hail Caesar (Salad)!

Go bold with a zesty Caesar salad. Start with the classic version of the recipe, then spread the flavor to sandwiches, artichoke dip, macaroni, and yes, even kale! If having trouble getting the anchovy to mash, add a couple of croutons. They provide sort of an anti-skid surface, and the hard edges of the croutons cut into the anchovy. *Original recipe makes 2 servings.*



### Ingredients

- 2 cloves garlic, finely chopped
- 3 anchovy fillets
- 1/2 lemon, juiced
- 2 tablespoons red wine vinegar
- 1 tablespoon Dijon mustard
- 1 egg yolk
- 1 dash Worcestershire sauce
- 1/4 cup olive oil
- 1 pinch salt and ground black pepper to taste
- 1/2 head romaine lettuce, chopped
- 1/4 cup grated Parmesan cheese
- 2 tablespoons croutons

### Directions

1. Mash garlic with anchovies in a large salad bowl. Whisk lemon juice, red wine vinegar, Dijon mustard, egg yolk, and Worcestershire sauce into the anchovy mixture until mixture is smooth and creamy. Gradually whisk olive oil into the dressing, pouring the oil into the dressing in a thin stream while stirring constantly. Season with salt and black pepper.
2. Gently mix romaine lettuce and Parmesan cheese into the dressing until thoroughly coated; serve salad topped with croutons.



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