



Betty Kaiser

Betty Kaiser's Chatter Box: Spice up roast chicken leftovers

lion of the famous Costco rotisserie chickens sold every year.

The statistics are mind boggling. Who knew?

Once upon a time, chicken was a Sunday supper treat. Now it appears that if you have \$4.99 in your pocket you can eat it every day. I don't know why that is so shocking to me. But it is.

Poor chickens!

Honestly, I got depressed reading the statistics. If I wasn't so set in my ways I would become a vegetarian!

However, I know that we're not going to change. We eat so much chicken at our house that I cluck when I walk. One of the reasons, as mentioned above, is that chicken is a healthy protein.

Another reason is its versatility. One whole chicken can serve two to three people at least three meals. Chicken leftovers are a good thing.

Here's some ideas:

Meal one is a chicken dinner with mashed potatoes and gravy, vegetable and fruit salad. I either roast a whole

chicken in the oven or cook it in a crockpot.

I season it simply with Lawry's salt and a little of my favorite herbs. If cooked in a crockpot, I always finish it off by putting it under the broiler for a few minutes to crisp up the skin.

Leftovers are often a chicken entrée for lunch. I do get tired of eating peanut butter and jelly sandwiches. A chicken salad with apples, walnuts and celery is a nice break.

Quesadillas with a chicken, salsa and cream cheese filling are also quick and easy to prepare.

And I always save enough leftovers for some sort of soup or casserole. The sky's the limit. It's hard to beat a simple chicken and noodles dinner or even chicken chili.

For soup, I try and keep the carcass in a plastic bag, boil it up with some onions, celery and seasonings.

I de-bone the meat, discard the bones and combine it with whatever suits my fancy in the refrigerator.

The following couple of recipes are a little spicy and you may need to reduce the chili powder. Change them up to suit your family's tastes. Also, remember that soup and chili recipes are not rocket science.

Sometimes you have to taste and adjust spices and add more liquid. Serve with a favorite salad and a dinner roll.

Enjoy!

SIMPLE MEXICAN-STYLE CHICKEN SOUP

1 cup chopped onion
1 red pepper, chopped
2 tablespoons cooking oil
1 teaspoon cumin
1 teaspoon chili powder
½ teaspoon paprika
5 cups chicken broth (I use reduced sodium)

1-1/2 cups favorite squash — winter, yellow, zucchini

1 large tomato (or 2 small), chopped

Garlic salt and pepper to taste

2 cups chicken, chopped
1 cup frozen corn
2 tablespoons fresh cilantro, snipped

Heat oil in soup kettle.

Add onion and pepper. Cook about 5 minutes until tender, stirring as needed.

Stir in cumin, chili powder and paprika; cook and stir briefly.

Add broth, squash, tomato, salt and black pepper.

Bring to boil; reduce heat. Cover and simmer about 20 min. or until squash is tender.

Add water if needed. Stir in chicken, corn and cilantro; heat through and serve hot. Serves 3-4.

CROCKPOT CHICKEN FAJITA CHILI

2 cups (or more) chicken, cut into 1-inch pieces

1 tablespoon chili powder
1 teaspoon fajita (or taco) seasoning

½ teaspoon cumin

2 cloves garlic, minced

2 14-1/2 oz. cans diced tomatoes, undrained

1 can chicken broth

1 cup yellow, green and red sweet peppers, diced (your choice)

1 small onion, minced

1 15-ounce white kidney beans, rinsed and drained

In a medium bowl, combine chicken, chili powder, fajita seasoning, cumin and garlic; toss to mix. If chicken is raw, spray a large skillet with nonstick cooking spray and heat on medium high.

Add chicken and brown slightly.

Place chicken in a crockpot. Add undrained tomatoes, chicken broth, peppers, onions and cannellini beans.

Cover and simmer on low heat setting 4-5 hours or on high heat setting 2-3 hours.

Add more liquid as needed. Can also be cooked on stovetop.

Serves 4

Note: These recipes are adapted from Diabetic Living Quick and Easy Meals. I sometimes substitute canned chili beans and add tomato sauce and diced green chiles. Garnish as desired.

Contact Betty Kaiser's Chatterbox at 942-1317 or email bchatty@bettykaiser.com

LORANE NEWS

• This Friday, Oct. 12, there is no school for state-wide in-service.

• Come out to 4-H Community Club Open House at Crow Grange, Oct. 12, at 12:30 p.m.

Enrollment at the open house, learn more about projects and programs.

Groups for kids K-12. For more information, contact Jessica Colwell at 458-

315-5946.

• First Crow FFA meeting is Oct. 10, at 5:45 p.m.

• It's fall and Rural Art movie nights return the Saturday, Oct. 13, at 6 p.m. at Lorane Grange. Soup and bread will be served plus desserts.

The movie, "Bend It Like Beckham," starts at 7:30 p.m.

• As days are staying dark

later and getting dark earlier, watch for students along the roads waiting for their buses.

• Lorane Grange Spaghetti Dinner and Bingo is back on Friday, Oct. 19, beginning with dinner at 5:30 p.m.

Bingo starts at 6:30 p.m.

Remember the blackout amount has grown substantially.

Signature gathering topic of next 912 Project meeting

Richard Burke, executive director of the Western Liberty Network, will provide training on petition signature gathering in Oregon and how to be effective in informal debates at the next meeting of the Cottage Grove 912 Project on Tuesday, Oct. 16, beginning at 6:30 p.m., at Stacy's Covered

Bridge Restaurant, 401 E Main St.

Burke was previously appointed by Oregon's governor and confirmed by the state senate to serve as a commissioner on the Oregon State Ethics Commission.

He has worked in the state house and senate as a

senior legislative aide and was a minor party nominee for Oregon governor in 1998.

Western Liberty Network training helps activists shape their communities during coming elections and in local governance.

Annual Great Oregon ShakeOut set for Oct. 18

This is a reminder that the Great Oregon ShakeOut is almost here. The nation's largest earthquake drill already has more than 500,000 Oregonians registered.

To learn more, visit www.shakeout.org/oregon/index.html. The ShakeOut website also has many resources to get registered and help spread the word.

Millions of people world-

wide will practice how to Drop, Cover and Hold On at 10:18 a.m. on Oct. 18, during Great ShakeOut Earthquake Drills.

Sign up now to participate and be counted. If you are not able to participate on the day of the ShakeOut you can schedule a drill any time before Jan. 1, 2019, to be counted.

Oregonians can join today

by registering for the 2018 Great Oregon ShakeOut.

Participating is a great way for your family or organization to be prepared to survive and recover quickly from big earthquakes — wherever you live, work or travel.

Learn tips on how to get 2 Weeks Ready and craft your own emergency kits.



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