

Flavors of France

By **LINDA GASSENHEIMER**
Tribune News Service

Savor a taste of France with this tangy, creamy chicken dish. I use chicken cutlets for the recipe. They're thinly sliced chicken breasts about 1/4-inch thick and can be found in the supermarket. They only take about 2 minutes per side to saute.

French green beans, also called haricots verts, are thinner and sweeter than other green beans. They are available in most markets and cook in about 2 minutes in the microwave.

Helpful Hints:

- You can use boneless, skinless chicken breasts instead of chicken cutlets. Slice them in half horizontally and flatten them to 1/4-inch thick.
- You can use regular green beans instead of French green beans. Cook them about 4 minutes in the microwave.

Countdown:

- Prepare all ingredients.
- Make chicken dish.
- Microwave the green beans.

Shopping List:

- To buy: 3/4 pound chicken breast cutlets 1 jar Dijon mustard, 1 orange, 1 small container heavy cream, 1 bunch thyme, 1 French baguette, 1/2 pound French green beans.
- Staples: flour, olive oil, salt and black peppercorns.

CHICKEN DIJONNAISE

Recipe by Linda Gassenheimer
1/4 cup flour
Salt and freshly ground black pepper
3/4 pound chicken breast cutlets
1 tablespoon olive oil

4 tablespoons water
2 tablespoons Dijon mustard
Zest from 1 orange
2 tablespoons orange juice
2 tablespoons heavy cream
2 tablespoons fresh thyme leaves or
2 teaspoons dried thyme
1/2 baguette, sliced

Place flour on a plate and season with salt and pepper to taste. Add the chicken cutlets and coat both sides with the flour. Heat oil in a large nonstick skillet over medium-high heat and add the chicken. Saute 2 minutes per side and remove to a plate. A meat thermometer should read 165 degrees.

Add water to the skillet and scrape up pan drippings several seconds. Add mustard and stir to combine with the water. Add the orange zest and orange juice. Stir to make a smooth sauce. Add cream and stir to combine all ingredients. Remove from the heat and return the chicken to the skillet and coat with the sauce. Divide the chicken between two dinner plates and spoon sauce on top. Sprinkle thyme over the chicken and sauce. Serve with the baguette.

Yield 2 servings.
Per serving: 510 calories (33% from fat), 18.7 g fat (5.7 g saturated, 6.7 g monounsaturated), 143 mg cholesterol, 45.2 g protein, 38.1 g carbohydrates, 2.9 g fiber, 518 mg sodium.

FRENCH STYLE GREEN BEANS

Recipe by Linda Gassenheimer
1/2 pound French green beans, trimmed
1 tablespoon olive oil
Salt and pepper

Microwave the beans for 2 minutes. Remove from microwave and toss with olive oil and salt and pepper to taste.
Yield 2 servings.

Per serving: 91 calories (69% from fat), 7 g fat (1 g saturated, 3.3 g monounsaturated), no cholesterol, 1.8 g protein, 7 g carbohydrates, 2.7 g fiber, 6 mg sodium.

PIZZA

Continued from Page B1

including the pickled peppers and sausage on the Princess Sarah and the plant-based mozzarella and pepperoni on the vegan Ritual Arts. "At first, the pizza we tasted looked like any other pizza, but the care that went into dough was evident," says Migyoa. "A lot of pizzerias buy cans of tomato sauce, buy Italian sausage. Part of the philosophy here is that they want to do everything, and it shows."

Apizza Scholls

This time-honored pizzeria from Brian Spangler, who started off as a baker, specializes in chewy, crunchy pies with a glorious bite, tangy tomato sauce, and molten cheese. Pies range from the Margherita, with cured pork shoulder from local meat specialists Olympic Provisions, to Paulie Gee (named after the Brooklyn pie shop) with hot soppressata, ricotta, Sicilian oregano, garlic, and Mike's Hot Honey, drizzled on after baking. Spangler has earned a reputation as a West Coast version of Seinfeld's Soup Nazi for declining to add more than three ingredients per pie; he says more would inter-

fere with the crust baking.

Handsome Pizza

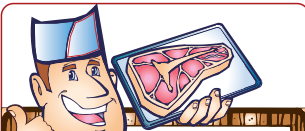
Besides having a great name, Handsome Pizza has gained renown for owner Will Fain's devotion to the quality of the crust and the mix of local grains that go into it, all cooked in a wood-fired oven built by hand. The handful of pies on offer include marinara, plain with just sauce and mozzarella, and the Isabel Zaharias, with padron peppers, shaved onions, garlic, mozzarella, chili and lemon.

Sizzle Pie

This Oregon-based mini chain offers pies whose names reflect the heavy metal interests of owners Matt Jacobson and Mikey McKennedy. Pig Destroyer is topped with pepperoni, meatballs, and bacon; Napalm Breath has crushed garlic, pepperoni, red onions, jalapeños, and additional crushed garlic. "It's an experience," says Migoya, who called their Spiral Tap, with caramelized onion and a dusting of nutritional yeast the best vegan pizza they tasted anywhere. "[They] put in an effort that's not just good for vegan but really good. For a meat eater to choose that pizza, it has to be."

Nostrana

Although Nostrana is not a pizza spot—it's an Italian restaurant with a menu of antipasti, primi, and secondi—there's a selection of a half-dozen excellent pies on the menu. The mozzarella is made daily for such offerings as the Funghi Verde, with shiitakes, garlic, pecorino, and lemon oil, and the Diavola, with spicy sausage, provolone, and peppers. "It's not even a pizzeria," says Myhrvold. "They just happen to make a really good Neapolitan pie."



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CROSSWORD PUZZLER

- ACROSS
- 1 See-through fabric

5 Mensa stats

8 Golf great — Rankin

12 — Khan

13 “Obviously!”

14 Type of rug

15 Takes to court

16 Want-ad letters

17 Huffed and puffed

18 Williams of tennis

20 Sun, poetically

22 Down with the flu

24 Equivocate

28 Congenial

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33 Speak hoarsely

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36 Gets a load of

37 Thin pancake

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- 41 Dressy attire

42 Dried alfalfa

43 Nature (pref.)

45 Burns with steam

50 Blob

53 House site

55 Be hopping mad

56 — spumante

57 Overwhelm

58 Femur or ulna

59 Interlaced

60 Provided a meal

61 Imitated
- DOWN
- 1 Lad’s sister

2 Malaria symptom

3 “Moonstruck” star

4 Dexterity

5 Perfectly

6 “— Sera, Sera”

7 Wave away

8 Babbled

Answer to Previous Puzzle

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7-20-21

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25 “The Banana Boat Song” (hyph.)

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28 Foot part

29 Stable parent

30 Palm reader’s opener (2 wds.)

31 Homey dessert (2 wds.)

35 Clinked glasses

38 PC abandon key

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44 Norwegian monarch

46 “Fernando” band

47 Belt holder

48 Wine’s partner

49 Vehicle on runners

50 Rule of conduct

51 Bob Hope sponsor

52 “Unplugged” network

54 Have a mortgage

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