

Crunchy chicken tenders, quick coleslaw a perfect match

By **LINDA GASSENHEIMER**
Tribune News Service

You don't need a fryer or air fryer for these crispy, fried chicken tenders. They bake in minutes in your oven. The secret is to place them on a roasting rack over a baking tray so air circulates around all sides. Chicken tenders or tenderloin are part of the chicken breast and are attached to the underside of each chicken breast. They're small and moist and are sold in most markets.

To give the chicken extra flavor and to keep them moist, I stuffed the chicken tenders with boursin garlic and fine herbs cheese. You can use any type of creamy, soft cheese. Choose one that is flavored with onion or herbs.

The quick coleslaw recipe is perfect with the crunchy chicken tenders. Adding some mayonnaise and vinegar to bought coleslaw mix means you can have homemade coleslaw in less than 5 minutes. If you're pressed for time, just use a bought deli coleslaw.

Helpful Hints

- You can use cracker crumbs instead of panko breadcrumbs.
- You can use boneless skinless chicken breast instead of tenders. Cut them into smaller pieces, about 6 inches long and 3 inches wide.

Countdown

- Preheat oven to 400 degrees Fahrenheit.

- Prepare chicken tenders and place in the oven.
- While chicken bakes, make coleslaw.

Shopping List

To buy: 3/4 pound chicken tenders, 1 package boursin garlic and fine herbs cheese (or other soft cheese), 1 container panko bread crumbs, 1 bottle distilled white vinegar, 1 jar reduced-fat mayonnaise, 1 bag ready-to-eat coleslaw mix and 1 can olive oil spray.

Staples: flour, eggs, sugar, salt and black peppercorns.

OVEN-FRIED CHICKEN TENDERS

Recipe by Linda Gassenheimer

- Olive oil spray
- 1/4 cup flour
- 3/4 pound chicken tenders
- 4 tablespoons boursin garlic and fine herbs cheese
- 1/4 cup panko breadcrumbs
- Salt and freshly ground black pepper
- 2 egg whites, lightly broken up with a fork

Preheat oven to 400 degrees. Line a baking tray with foil and add panko bread crumbs. Place in the oven while it preheats for about 2 to 3 minutes. Watch to see that the breadcrumbs don't burn. They should be a golden color. Remove from oven and spoon breadcrumbs onto a plate. Sprinkle crumbs with salt and pepper to taste. Add a roasting rack to the baking tray. Spray with olive oil



Linda Gassenheimer/TNS

Oven-fried chicken tenders with coleslaw.

spray. Set aside.

Make a slit in the long side of the chicken tenders about 3 inches long and to 1/4-inch of the other side to form a pocket. Spoon the boursin cheese into the pockets and squeeze the tenders closed. Roll the closed chicken in the flour and dip in the egg whites. Then roll in the breadcrumbs to coat. Place on the roasting rack. Spray with olive oil spray. Bake 15 minutes or until meat thermometer reaches 165 degrees.

Yield 2 servings.
Per serving: 469 calories (38% from

fat), 19.8 g fat (9.3 g saturated, 3.5 g monounsaturated), 156 mg cholesterol, 47.3 g protein, 23.4 g carbohydrates, 1 g fiber, 412 mg sodium.

QUICK COLESLAW

Recipe by Linda Gassenheimer

- 2 tablespoons reduced-fat mayonnaise
- 2 tablespoons distilled white vinegar
- 1 teaspoon sugar
- Salt and freshly ground black pepper
- 2 cups washed, ready-to-eat coleslaw mix

Mix mayonnaise, vinegar and sugar together in a medium-size bowl. Add salt and pepper to taste. Add the coleslaw mix. Toss well making sure all of the vegetables are coated with the sauce. Add more salt and pepper, if needed.

Yield 2 servings.

Per serving: 78 calories (57% from fat), 4.9 g fat (0.7 g saturated, 1.1 g monounsaturated), no cholesterol, 1 g protein, 7.3 g carbohydrates, 1.8 g fiber, 121 mg sodium.

Explore the secret history of food

By **DANIEL NEMAN**
St. Louis Post-Dispatch

In 1942, the USS Lexington, the second-largest aircraft carrier in the Navy at the time, was sunk by Japanese torpedoes and bombs during the Battle of the Coral Sea.

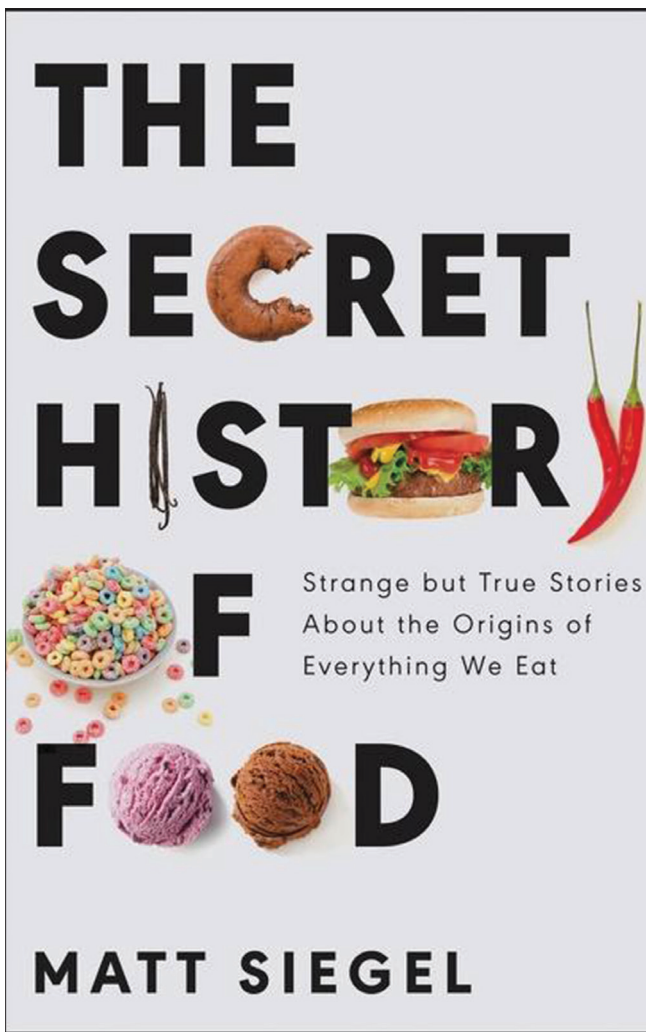
Before abandoning ship, sailors grabbed all the ice cream they could. Some scooped it into their helmets before lowering themselves into the water.

This weird food fact, and plenty more like it, can be found in "The Secret History of Food," by Matt Siegel, which came out last week. I happen to like weird food facts, and so the book was right up my alley (despite its frequent rambling and its tendency to veer off into angry screeds about modern society).

Keeping to the theme of ice cream during World War II, we learn that some U.S. bomber crews strapped buckets of ice cream mix to the outside of their planes. The vibration of the engines — and the machine-gun fire — churned the mix while the cold temperatures at high altitude froze it into ice cream.

Ice cream helped the fighters' morale, and so did comfort food. A mess sergeant who was in a prisoner-of-war camp for 43 months whiled away his time in confinement by creating menus for a big, if nonexistent, Christmas dinner. Other prisoners started asking for specific dishes to be put on the fictional menu.

What struck a woman who later catalogued these menus is how few of the



HarperCollins Publishers

"The Secret History of Food," by Matt Siegel.

requested dishes were sophisticated foods the POWs may have had at elegant restaurants: scallops or oysters or Chateaubriand. Most of the food they wanted to think about was "home food of childhood which represented unconditional love, without cares or responsibilities."

You may know that pie crusts, as they were originally baked in England, were thick and hard and intentionally inedible; they were meant only to hold the filling as it cooked, and then be discarded.

But pie became an American institution — people were known to eat it for breakfast, lunch and dinner in the 19th century — because early colonists faced a shortage of wheat in these lands. Less wheat meant the crusts had to be thinner, and by extension, flakier.

That made them not only edible, but delicious.

When the very first colonists came to these shores, they found an extraordinary availability of food. The woods were full of game, the fields were bursting with berries,

the air was crowded with birds and the ocean, especially, was teeming with fish.

And yet, three-quarters of the English colonists in Jamestown, Virginia, died during the winter of 1609-1610, a period known as the Starving Time. While food was potentially plentiful, the colonists had neglected to bring with them the means to collect it. Without fishing nets, one colonist attempted to catch fish with a frying pan.

He was not successful. The book also covers the low regard with which potatoes were held for at least a couple of centuries. Part of the nightshade family — along with tomatoes and eggplant — they were naturally associated with witchcraft and Devil-worship. Russians of the 18th century called them "the Devil's apples" and

burned them at the stake. They were also believed to cause syphilis and leprosy.

These days, Americans consume an average of 47 pounds of potatoes every year, far more by weight than any other vegetable.

I got a particular kick out of this tidbit: Napoleon said that he could conquer all of Europe if he had fresh bread. In 1795, the emperor — who often spoke of the importance of a full belly to an army — offered a reward of 12,000 francs to anyone who could improve his military's method of transporting and preserving food.

The prize was claimed 14 years later by a candy maker named Nicolas Appert, who essentially invented the method of using boiling water to can foods in a sealed glass jar. He later switched to tin cans. For his efforts, he is

remembered as the father of canned food.

And finally, the book presents one tidbit that is too good not to share. In 2016, West Virginia lawmakers struck down a ban on raw milk and celebrated their victory by drinking raw milk.

Several became ill, and three had to go to the hospital or an urgent care facility. Some of the legislators noted that a stomach bug was going around at the same time, and that, as the delegate who distributed the milk said, "It didn't have nothing to do with that milk" and "It ain't because of the raw milk."

No tests could be made on the remaining milk, because he flushed it down the toilet. As the book sarcastically puts it, "apparently, (that is) something he normally does with perfectly good milk."

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