



COOK IT IN A

Skillet

(Continued)

BREAST OF CHICKEN ENCHANTEE

TO PREPARE: 35 MIN.

TO COOK: 30 MIN.

- 4 chicken breasts (about 1½ lbs.)
- ½ cup flour
- 1 teaspoon salt
- ½ teaspoon black pepper
- ¼ cup butter or margarine
- 1 cup sliced fresh mushrooms
- 1 cup (about ½ lb.) cubed cooked ham (cut in ½-in. cubes)
- 1 clove garlic, crushed in a garlic press or minced
- 1 cup pineapple juice
- ½ cup orange juice
- 1 10-oz. pkg. frozen cut green beans
- ½ cup thick sour cream

1. Rinse chicken breasts and dry thoroughly by patting with absorbent paper. (If chicken is frozen, thaw according to directions on package.)
2. Coat chicken breasts evenly with a mixture of flour, salt and pepper.
3. Heat butter in a large, heavy skillet over low heat. Place chicken, skin-side down in skillet. To brown all sides, turn pieces with tongs or two

spoons, as necessary. Remove pieces from skillet; set aside to keep warm.

4. Add mushrooms to skillet and cook slowly, occasionally turning and moving with a spoon. Cook until lightly browned. Stir in ham, garlic and a mixture of ¾ cup of the pineapple juice and 6 tablespoons of the orange juice. Add the chicken pieces. Cover and simmer 25 to 30 min., or until chicken is tender when pierced with a fork. Occasionally spoon sauce over chicken breasts.

5. Meanwhile, cook green beans according to directions on package. Drain, if necessary.

6. When chicken is tender, remove from skillet to a warm serving dish. Add beans to mixture remaining in skillet. Gently mix together to coat beans thoroughly. Spoon mixture over the chicken; set aside to keep warm.

7. Pour the remaining pineapple juice and orange juice into skillet. Heat thoroughly. Stirring vigorously, blend in sour cream with a French whip, whisk beater, or fork. Cook over low heat 3 to 5 min., or until thoroughly heated; do not boil. Pour mixture into serving dish.

4 servings

CELERY ROOT WITH MUSHROOMS AND CAPERS

TO PREPARE: 15 MIN.

TO COOK: 12 MIN.

- 2 cups cubed cooked celery root*
- ¼ cup fine dry bread crumbs
- ¼ cup butter
- 2 tablespoons butter
- 1 cup sliced fresh mushrooms
- 2 tablespoons capers

1. Coat celery root with bread crumbs.
2. Heat ¼ cup butter in a skillet. Add celery root cubes and turn frequently to brown all sides.
3. Heat 2 tablespoons butter in a skillet. Add mushrooms and cook over medium heat until mushrooms are tender, occasionally moving and turning with a spoon.
4. Lightly mix the mushrooms and capers with the browned celery cubes. Serve immediately.

About 6 servings

*To Prepare and Cook Celery Root—Wash, cut off ends and pare one 1½-lb. celery root. Cut into crosswise slices ½ in. thick. Put into a saucepan with 1 lemon, sliced. Pour enough boiling water over to cover celery root. Cover, bring to boiling and cook 5 to 10 min., or until tender. Drain.



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