

point up flavor for family fare

Family Weekly Cookbook

MELANIE DE PROFT

Food Editor

Peas Rosemary

CONVENIENCE FOOD RECIPE

TO PREPARE AND COOK: ABOUT 10 MIN.

- 2 10-oz. pkgs. frozen peas
- $\frac{1}{4}$ cup butter, melted
- $\frac{1}{2}$ teaspoon lemon juice
- $\frac{1}{2}$ teaspoon rosemary, crushed
- $\frac{1}{2}$ teaspoon salt

1. Cook peas according to directions on package and drain well.

2. Meanwhile, blend remaining ingredients together. Add mixture to the peas and toss lightly to coat.
About 6 servings

Skillet Chicken

TO PREPARE AND COOK: ABOUT 1 HR.

- 2 2-lb. broiler-fryer chickens, cut in serving-sized pieces
- $\frac{1}{2}$ cup flour
- $1\frac{1}{2}$ teaspoons salt
- $\frac{1}{4}$ teaspoon black pepper
- 6 tablespoons butter or margarine
- 1 clove garlic, crushed in a garlic press or minced
- $\frac{1}{4}$ cup butter or margarine
- 1 large onion, thinly sliced
- 1 cup sliced fresh mushrooms
- 2 8-oz. cans tomato sauce
- $\frac{1}{2}$ cup dill pickle liquid
- 2 teaspoons prepared mustard
- $\frac{1}{4}$ teaspoon oregano, crushed
- $\frac{1}{4}$ cup sliced dill pickles

1. Coat the chicken pieces in a mixture of the flour, salt, and pepper. Heat 6 tablespoons butter and the garlic in a large, heavy skillet. Add chicken pieces and brown well on all sides.

2. Meanwhile, heat $\frac{1}{4}$ cup butter in a skillet. Add onion and mushrooms, and cook until mushrooms are tender, turning frequently. Add mixture to the chicken in skillet.

3. Mix the next four ingredients together and pour over chicken.

4. Cover skillet and cook over low heat 30 min., or until chicken is tender. Uncover and add pickles. Cook 10 min. longer.
6 servings

Broccoli, Sicilian Style

TO PREPARE AND COOK: 30 MIN.

- 2 tablespoons olive oil
- 1 medium-sized onion, thinly sliced
- 1 clove garlic, thinly sliced
- $1\frac{1}{2}$ tablespoons flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon black pepper
- 1 cup chicken stock (or 1 cup quick chicken broth made by dissolving 1 chicken bouillon cube in 1 cup boiling water)
- 4 anchovy fillets, chopped
- $\frac{1}{2}$ cup sliced ripe olives
- 2 cups shredded process Cheddar cheese
- 1 large bunch (about $1\frac{1}{4}$ lbs.) broccoli, cooked

1. Heat olive oil in a saucepan. Add onion and garlic and cook 1 to 2 min., or until onion is soft.

2. Blend in a mixture of the flour, salt, and pepper. Heat until mixture bubbles, stirring constantly. Remove from heat and add chicken stock, stirring constantly. Bring to boiling and cook 1 to 2 min., or until sauce thickens.

3. Blend in anchovies, olives, and cheese.

4. Put hot broccoli spears into a serving dish and pour hot sauce over them. Serve immediately.
About 6 servings

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Skillet Chicken with its pickle-tomato sauce is a perky suggestion to please the family's fancy.