

Fewer Ingredients, More Flavor



BY SHANNON OELRICH As a busy mom, I find easy-to-prepare meals a must. However, I don't want to sacrifice the flavor and complexity of a take-your-time homecooked meal. That's what makes *Homemade in Half the Time* a treasure. This new cookbook by Shea Waggoner (Rodale, 2006) has more than 200 delightful recipes, and a quarter of those use only five ingredients. Waggoner includes helpful resources for busy cooks as well, such as information on organizing your kitchen space for efficient cooking and mastering quick-cooking techniques.

Many recipes use "shelf-ready shortcuts" in unexpected ways. For instance, the two recipes included here use an Asian sauce to add flavor to a hearty meal. If you don't usually visit the Asian section of your grocery store unless you're going to cook a traditional Chinese dish, try snooping around the shelves the next time you're there. You'll be surprised at the ways you can combine premade sauces with your favorite ingredients to come up with your own easy, flavorful meals.

ROASTED CHICKEN AND TURNIPS IN PEANUT SAUCE

- 1½ pounds turnips, peeled and cut into walnut-size chunks
- 4½ pounds skinless chicken thighs
- ½ teaspoon salt
- 1 tablespoon vegetable oil
- 1 cup bottled Thai peanut sauce

Preheat oven to 375 degrees. Place the turnips in an 8x8-inch microwavable baking dish. Add enough water to come ¼-inch up the sides of the dish. Cover with plastic wrap, leaving a small corner

vent. Microwave on high power for 5 minutes, or until partially cooked. Drain and set aside.

Coat an 11x17-inch baking pan or other large shallow baking pan with cooking spray. Place the chicken in the pan, overlapping slightly if necessary. Scatter the turnips in the pan. Sprinkle with the salt. Drizzle with oil.

Bake for 45–50 minutes, or until it is sizzling, the chicken is no longer pink, and the juices run clear. Drizzle the sauce over the chicken and turnips. Stir to coat

well. Turn on the broiler and place the chicken approximately 6 inches from the heat source for about 4 minutes, or until browned. Makes 6–8 servings.

TURKEY AND KALE IN CHINESE BLACK-BEAN SAUCE

- 4 tablespoons vegetable oil, divided
- 1 tablespoon preminced, oil-packed garlic
- 1 bag (1 pound) kale leaves
- 1 pound turkey breast tenderloin, cut into walnut-size chunks
- ¼ cup jarred Chinese black-bean sauce with garlic
- ¼ cup water

In a large skillet or wok, heat 2 tablespoons of the oil and the garlic over medium-high heat until sizzling. Add the kale. Stir to coat with the oil. Cover and cook, stirring occasionally, for 2 minutes, or until wilted. Remove to a plate and set aside.

Heat the remaining 2 tablespoons of oil in the skillet or wok set over medium-high heat. Add the turkey. Cook, stirring frequently, for 4 minutes, or until the turkey is browned. Return the reserved kale to the pan. Add the black-bean sauce and the water. Stir to coat the turkey and kale with sauce. Simmer over medium-low for 3 minutes, or until the turkey juices run clear. Makes 4–6 servings.



ROASTED CHICKEN AND TURNIPS IN PEANUT SAUCE

1st **BLISS HELPERT** *McLennan County Electric Cooperative*
Prize-winning recipe: Pizza Meatloaf

You want easy, fast and good? We've got it with this month's winners. Bliss Helpert's Pizza Meatloaf will please kids and adults alike. It's got the down-home goodness of meatloaf with that pizza-parlor taste.

PIZZA MEATLOAF

- 1 package (8 ounces) shredded mozzarella cheese (divided)
- 1 jar (14 ounces) pizza sauce (divided)
- 2 pounds hamburger meat
- 1 cup seasoned bread crumbs (or seasoned croutons, crushed)
- 2 large eggs

Preheat oven to 375 degrees. Reserve 1/2 cup shredded cheese and 1/2 cup pizza sauce for topping later. In large bowl, mix remaining cheese and pizza sauce with ground beef and bread crumbs (or croutons) and eggs. In a 9x13-inch baking pan, shape meat mixture into loaf. Bake meatloaf 30 minutes.

Pour reserved pizza sauce over top of loaf. Bake 30 minutes longer, sprinkling with shredded cheese during last 10 minutes of baking time. Serves 6-8.

Serving size: 1 slice. Per serving: 495 calories, 30 g protein, 34 g fat, 16 g carbohydrates, 919 mg sodium, 158 mg cholesterol

Cook's Tip: Serve a slice of Pizza Meatloaf over spaghetti tossed with olive oil and a little garlic salt, plus a salad tossed with Italian dressing for an easy, tasty dinner.

BARBECUPS

- 3/4 pound ground beef
- 1/2 cup favorite barbecue sauce
- 1 tablespoon instant minced onion
- 2 tablespoons brown sugar
- 1 can refrigerated biscuits

In large skillet, brown beef; drain. Add barbecue sauce, onion, brown sugar. Separate biscuit dough into 12 biscuits. Place one in each of 12 ungreased muffin cups, pressing dough up sides to edge of cup. Spoon meat into cups. Bake at 400 degrees for 10-12 minutes until golden brown. (You may use fresh diced onion. Just put it in before you brown the meat. I prefer to use a can of Cheddar cheese biscuits.) Serves 6.

PATRICIA DAVIS

Magic Valley Electric Cooperative

Serving size: 2 Barbecups. Per serving: 195 calories, 11 g protein, 13 g fat, 8 g carbohydrates, 266 mg sodium, 43 mg cholesterol

PORK CHOP AND RICE BAKE

- 6 pork chops
- 1 cup uncooked white rice
- 1 small can (4 ounces) mushrooms, liquid reserved
- 2 ounces canned, diced pimientos, undrained
- 2 envelopes onion soup mix
- 2 cups boiling water

Preheat oven to 350 degrees. Put rice in 9x13-inch oven dish. Drain mushrooms, reserving liquid in a 2-cup or larger measuring cup. Scatter mushrooms, pimientos and 1 envelope of soup mix over rice. Lay pork chops on top. Sprinkle chops with remaining envelope of onion soup mix. Add boiling water to the mushroom liquid to amount to 2 cups. Slowly add liquid at the side of the dish, being careful not to pour on pork chops. Cover and bake 45 minutes to 1 hour. Remove cover, bake 10 minutes more if there is excess liquid. (If you like spicy, add red pepper, cayenne or chopped jalapeño to taste when you add mushrooms and pimientos.) Serves 6.

JOYCE MOORE

Grayson-Collin Electric Cooperative

Serving size: 1 pork chop with rice. Per serving: 389 calories, 27 g protein, 16 g fat, 33 g carbohydrates, 1,306 mg sodium, 74 mg cholesterol

HAM AND POTATO GRATIN

- 4 potatoes, peeled and thinly sliced
- 1 cup cubed ham
- 1 carton (8 ounces) French onion dip
- 3 cups shredded Cheddar cheese

Layer ingredients in order given in greased casserole dish. Bake, covered, at 300 degrees for 1 hour. Remove cover and bake 30 more minutes. Serves 4-6.

SUSAN REDKEY-MUELLER

Pedernales Electric Cooperative

Serving size: 1 large serving spoonful. Per serving: 420 calories, 21 g protein, 29 g fat, 19 g carbohydrates, 860 mg sodium, 79 mg cholesterol

RECIPE CONTEST

In keeping with the Mother's Day tradition of making Mom breakfast in bed, May's recipe contest topic is **OMELETTES AND FRITTATAS**. Send your special morning egg recipes to Home Cooking, 2550 S. IH-35, Austin, TX 78704. You may also fax them to (512) 486-6254 or e-mail them to recipes@texas-ec.org. Please include your name, address and phone number, as well as the name of your electric co-op. The deadline is January 15. The top winner will receive a tin filled with Pioneer products. Runners-up will also receive a prize.

