

2003 CHELCO Recipes

Fried Chicken Salad

- 1 cup buttermilk
- 1 Tbs. Hot pepper sauce
- 1 ½ cups self-rising flour
- ¾ tsp. salt
- 12 boneless, skinless chicken breast tenders
- vegetable oil for frying
- 1 package (8 to 10 ounces) romaine, endive, carrot and radicchio salad greens mix
- 2 medium tomatoes cut into wedges
- ½ cup ranch salad dressing

Combine buttermilk and pepper sauce in pie plate. Mix flour and salt on a sheet of waxed paper. Dip chicken in buttermilk, then coat with flour; repeat once. Heat ¼ inch oil in large nonstick skillet over medium-high heat. Cook chicken in batches for 5 minutes, or until golden brown and juices run clear. Drain on paper towels. Toss salad greens and tomatoes with dressing in a large, shallow bowl until evenly coated. Top with chicken. Makes 4 servings.

Hobo Packs

- 4 hamburger patties
- 4 potatoes, peeled and cubed
- 2 carrots, peeled and sliced
- 1 onion, sliced
- 1 can green beans

On four aluminum foil squares, place hamburger patties. Place potatoes, onions, carrots and green beans on top. Seal foil packs. Bake at 400 degrees for 1 hours. Serves four and no mess.

Packet meals are quick and easy to make. This recipe for Hobo Packs was submitted by CHELCO member Shawneen Hogg and is on page 55 of the CHELCO cookbook, "Favorite Recipes." With summer almost over and school starting, we all need something easy to make on busy school nights.

Ranch Chicken

(Submitted by Wanda Edwards)

- 1 chicken, cut up
- 1 packet Hidden Valley Ranch dressing mix
- 1 Tbs. lemon juice
- 2 Tbs. flour
- 2 Tbs. Zatarain's Creole Seasoning
- 2 tsp. butter, melted

Wash and dry chicken. Place chicken skin side up in large flat pan, such as a cookie sheet or pizza pan. Combine salad dressing mix, flour and Creole seasoning, then blend in melted butter and lemon juice. Spread mixture evenly over chicken. Bake at 350 degrees for 1 hour, 15 minutes, or until tender.