



**NEW EPISODES
MONDAYS
AT NOON EST**

“Getting Out of Hot Water” Chicken with Baby Vegetables

**2 each chicken breast
1 pinch salt
1 pinch pepper
2 tbsp. Worcestershire Sauce
2 small cloves fresh garlic
Extra virgin olive oil**

Baby Vegetables

**1/4 cup baby carrots
1/4 cup baby squash
1/4 cup baby zucchini
1/4 cup yellow pearl onions
Salt and pepper to taste
Extra virgin olive oil (EVOO)**

Marinate chicken for at least 15 minutes in Worcestershire Sauce, salt, pepper and garlic. In a cast iron skillet, heat EVOO and lightly brown chicken on both sides. Blanche carrots and veggies (to blanche is to plunge food into boiling water for a few seconds or minutes, then remove and place in ice water). Once the vegetables have been blanched add to chicken. Place in oven for approximately 15-20 minutes at 350F. Check every 5 minutes as needed.

Saffron Rice

**1 pkg. of Saffron Rice
Follow instructions on package**

Avoid cross-contamination: use separate cutting boards for meat and produce.