

Cooking with the Club

by our own
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Send Us Your Recipes!

If you would like your recipe published in the next issue of *Alive!*, you may fax your recipes to (213) 620-0398 or e-mail us at talkback@cityemployeesclub.com.

The Marvel of Mustard

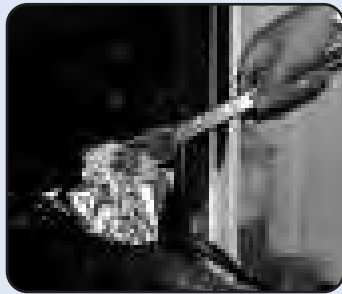
DIRECTIONS:



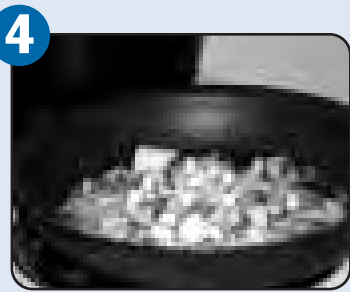
Place sauté pan over medium high heat and add olive oil. Place chicken in pan.



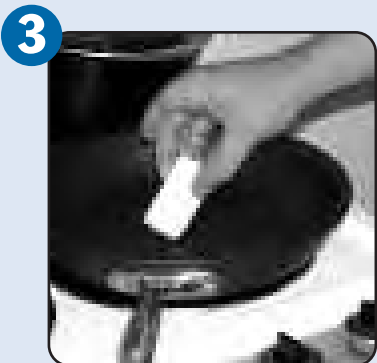
Once chicken has developed a golden brown surface on both sides, place on aluminum foil and wrap. Place in the oven at 350 F. Allow it to cook for 3 to 5 minutes.



Place nonstick pan over medium heat and add butter.



Add diced potatoes, salt and pepper to the pan, then allow potatoes to turn golden brown.



When potatoes are golden brown, place them on a plate that has a paper towel to soak up the excess butter.

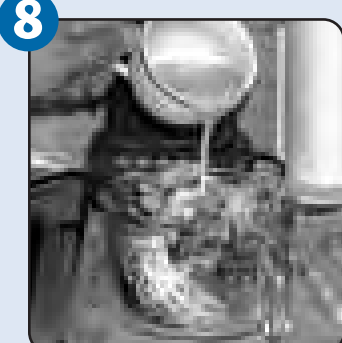


Prepare your ingredients for honey mustard dressing by placing them all on your counter.



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7 Add ingredients for the honey mustard dressing (except for salad greens) into mixer and mix.



Pour honey mustard dressing into cup or straight onto salad greens.

For August, it's all about mustard!

Although I'll be putting three recipes on one dish, the theme ingredient is mustard. Mustard is not only my favorite condiment for hot dogs, it is also an ingredient used in my favorite salad dressing – honey mustard. There seem to be dozens of recipes out there for honey mustard dressing, but I have one that is quick and tasty to make with your favorite greens for a masterful salad. I also have a quick and chicken breast recipe that leaves your chicken moist and full of flavor, much like at a good restaurant. You can do that by pan-sautéing chicken, then baking it in the oven to complete the cooking process. Steakhouses do this cooking method for their steaks frequently. Lastly, a nice red potato recipe with simple ingredients will complement it all to make a great lunch or dinner.



Butter Sautéed Red Potatoes

INGREDIENTS (serves one):

- 2 red potatoes, diced
- 1 tablespoon unsalted butter
- Dash of sea salt
- Dash of pepper



Chicken a la Restaurant

INGREDIENTS (serves one):

- 1 chicken breast
- 1 tablespoon olive oil
- Sea salt
- Pepper



Tangy Honey Mustard Dressing

INGREDIENTS (serves two):

- 4 cups of your favorite greens (I'm using mixed greens; don't be worried, the 4 cups of salad greens are a lot less than you realize)
- 1/4 cup white wine vinegar
- 2 tablespoons olive oil
- 2 to 3 tablespoons Dijon mustard
- 1 tablespoon onion powder or granulated onion
- 1 clove garlic
- 1 teaspoon rosemary – dried or fresh chopped
- Sea salt and pepper to taste



Take a plate and place the chicken breast, red potatoes and your salad with honey mustard dressing and serve!

