

# Cooking with the Club

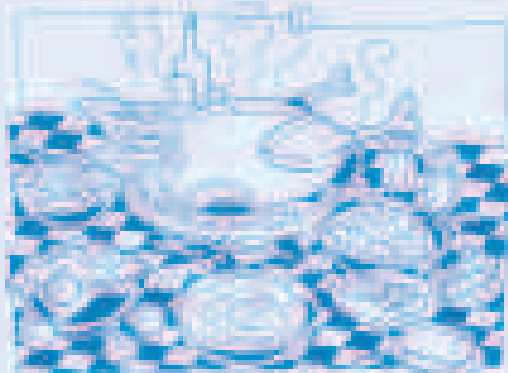
by our own  
**Robert Larios**



## Send Us Your Recipes!

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# Thankful for Thanksgiving Leftovers



One of the favorite holidays of the year at the Larios palatial estate (little farm house, actually) is Thanksgiving. It's no surprise that the food is what makes it a favorite for me. A stuffed turkey, oven-baked slowly early in the morning and ready to eat for an early dinner is a memory I never forgot.

But the Larios family dinner table had more than turkey. It was filled to the table edges with side dishes like candied yams, green beans, cornbread, cranberry sauce, mashed potatoes and gravy ... should I go on? No matter how much we eat, there are always enough leftovers to fill the fridge to its limits.

There are so many ways to prepare these leftovers. You can make yourself a turkey potpie with some leftover turkey, vegetables, and some fresh dough. Or you could make a great version

of the Chinese chicken salad with, of course, turkey. I believe that the Thanksgiving leftover sandwich is best for its versatility. You can use different kinds of breads, cheeses and leafy greens (or not). That's the whole beauty of these sandwiches – you pick how you want it. Notice I left out the quantity and amounts of each ingredient, because that is up to you.

My recipe for November is called Lucy's Leftover Sandwich, given to me by my long time friend, Lucy. And don't miss the great, lowfat Tequila Chicken recipe sent in by Club Member Jean Sarfaty.

And Happy Thanksgiving, everyone.

## Lucy's Leftover Sandwich

### INGREDIENTS:

- French bread
- Turkey
- Mayonnaise
- Mustard
- Cranberry sauce
- Candied yams
- Lettuce
- Scallions
- Cheese (I like Muenster)
- Salt and pepper



### DIRECTIONS:



1 Choose your favorite bread. I have chosen French bread because I like French bread.



2 Take a few generous slices of cheese.



3 Place the cheese on the sliced bread and put in the oven until the cheese melts at 350 degrees F.



4 Place the turkey on the bread.



5 Add mustard and mayo on the other side of the bread.



6 Take out that leftover cranberry sauce and candied yams and, if you can find them, you can add some micro greens.



7 Serve and enjoy!

## Tequila Chicken

Submitted by Jean Sarfaty, Club Member

For extra flavor, top these breasts with shredded Colby jack cheese, sour cream and salsa picante just before serving.

### INGREDIENTS:

- One-quarter-cup vegetable oil
- One-quarter-cup finely chopped fresh cilantro
- 1-1/2 ounces tequila
- 1-1/2 tablespoons ground cumin
- 1 tablespoon chopped garlic
- 1 teaspoon salt
- 1-1/2 teaspoon black pepper
- 1-1/8 teaspoon cayenne pepper
- 2 pounds boneless, skinless chicken breast halves
- 1-1/2 stick butter

### DIRECTIONS:

Heat oven 400 degrees F. In a large bowl, combine oil, cilantro, tequila, cumin, garlic, salt, pepper and cayenne. Add chicken and toss to coat. Transfer chicken to a baking sheet. Bake 12 to 14 minutes, or until largest piece is cooked through. Remove from oven and top each breast with a small pat of butter and let melt.

- Servings: 4
- Prep time: Ten minutes
- Bake/cook time: 15 minutes
- Calories: 522
- Fat: 30 grams
- Protein: 53 grams
- Carbohydrates: 2 grams
- Fiber: 1 grams
- Net carbs: 1 gram

