



## **Chicken Cordon Bleu Mac and Cheese**

Serves 6

### **Ingredients:**

1½ pounds boneless, skinless chicken breast, diced  
salt and freshly ground black pepper  
4 tablespoons flour, divided  
1 tablespoon olive oil  
3 tablespoons butter, divided  
3 cups milk  
4 ounces cream cheese, cut into cubes  
1 teaspoon Dijon mustard  
3 cups grated Swiss cheese, divided  
pinch of nutmeg  
1 pound cavatappi or rotini pasta, cooked al dente  
8 ounces ham, diced  
4 ounces Swiss cheese, diced  
1 tablespoon melted butter  
3 tablespoons panko bread crumbs  
fresh parsley, for garnish

### **Directions:**

1. Pre-heat the oven to 350°F.
2. Place the diced chicken in a large bowl and season with salt and freshly ground black pepper. Sprinkle 2 tablespoons of flour over the chicken and toss to coat. Heat a cast iron saucepot over medium high heat. Add the olive oil and 1 tablespoon of the butter and sauté the chicken pieces until they are browned on all sides. Remove the chicken from the pan and set aside.
3. Melt the remaining butter in the saucepot and add the remaining flour. Whisk until smooth for 1 minute. Pour in the milk and continue to whisk. Add the cream cheese and Dijon mustard and bring the mixture to a simmer. Simmer and stir until the cream cheese has melted and the sauce is smooth. Remove the saucepot from the heat and add 2 cups of the grated Swiss cheese and a pinch of nutmeg. Stir until the cheese has melted and season to taste with salt and fresh ground black pepper.
4. Remove the saucepot from the heat and stir in the cooked pasta. Return the chicken to the pan and add the diced ham and the diced Swiss cheese. Stir until everything is well combined.
5. Toss the panko breadcrumbs with the melted butter. Stir in the remaining grated Swiss cheese and sprinkle the mixture on top of the pasta. Cover the saucepot with the lid.
6. Transfer the saucepot to the oven and bake for 30 minutes. Remove the lid and bake for an additional 10 to 15 minutes, until the topping is bubbly and brown.
7. Garnish with chopped parsley. Cool for a few minutes before serving.

## **Chicken Parmesan Pasta Casserole**

Serves 4

### **Ingredients:**

¼ cup flour  
salt and freshly ground black pepper  
2 eggs  
1½ cups seasoned panko breadcrumbs  
½ cup grated Parmesan cheese  
1½ pounds boneless, skinless chicken breast, cubed  
olive oil  
½ onion, small diced  
1 to 2 cloves garlic, minced  
1 (14-ounce) can diced tomatoes, undrained  
1 (28-ounce) can crushed tomatoes  
1 teaspoon Italian seasoning  
½ teaspoon dried or 2 tablespoons fresh oregano  
1 teaspoon sugar (optional)  
1 tablespoon chopped fresh parsley  
¾ pound ziti or penne pasta, cooked  
8 ounces mozzarella cheese, grated  
2 tablespoons grated Parmesan cheese  
chopped fresh basil or parsley, for garnish

### **Directions:**

1. Pre-heat the oven to 350°F.
2. Set up a dredging station. Place the flour, salt and freshly ground black pepper in a zipper sealable plastic bag (or a large bowl). Place the eggs in a second bowl, and combine panko breadcrumbs and Parmesan cheese in a third bowl. Toss the chicken cubes in the seasoned flour, shaking them around in the sealed bag. Then dip the chicken pieces in the egg and then into the breadcrumb mixture, coating the cubes on all sides.
3. Heat a cast iron saucepot over medium-high heat. Add enough olive oil to cover the bottom of the pan. In two batches, fry the breaded chicken, browning on all sides. Remove the browned chicken and set aside.
4. Add the onion to the saucepot and sauté for a few minutes until the onions start to soften. Add the garlic and continue to cook for a minute. Add the diced tomatoes and simmer for 2 minutes. Pour in the crushed tomatoes, Italian seasoning, oregano and sugar. Lower the heat and simmer, partially covered for 20 minutes. Stir occasionally and season to taste with salt and freshly ground black pepper.
5. Remove 1 cup of the sauce and set aside. Add the pasta to the pot and combine well with the sauce. Top the pasta with the breaded chicken cubes. Pour the remaining cup of sauce on the chicken and then sprinkle the grated mozzarella and Parmesan cheeses on top. Cover the saucepot with the lid.



6. Bake the casserole, covered at 350°F for 30 minutes. Remove the lid and bake for an additional 10 to 15 minutes, until the cheese is melted and lightly browned on top.
7. Garnish with chopped basil or parsley and serve with grated Parmesan cheese if desired.



## **Crispy Sesame Fried Chicken Strips**

Serves 6 to 8

### **Ingredients:**

20 ounces canola or vegetable oil

½ cup flour

3 eggs

¼ cup milk

1 tablespoon sesame oil

2 cups panko breadcrumbs

4 tablespoons white sesame seeds

4 tablespoons black sesame seeds

1½ teaspoons salt

½ teaspoon freshly ground black pepper

2 pounds boneless, skinless chicken breast, cut into strips

### *Spicy Sesame Dipping Sauce:*

½ cup mayonnaise

2 tablespoons sesame oil

1 teaspoon soy sauce

1 to 2 teaspoons sriracha sauce

1 tablespoon seasoned rice vinegar

1 teaspoon paprika

chopped scallions, for garnish

### **Directions:**

1. Pour the canola oil into a 4-quart cast iron saucepot, filling it halfway up. Heat the oil over medium heat until it reaches 350°F.
2. Set up a dredging station with three shallow dishes. Place the flour in a shallow the first dish; combine the eggs, milk and sesame oil in a second dish; and finally combine the panko breadcrumbs, sesame seeds, salt and black pepper in the third dish.
3. Dredge the chicken strips in the flour first, then the egg mixture and lastly coat all sides of the chicken strips with the breadcrumbs.
4. When the oil has reached the proper temperature, fry the chicken strips for 5 minutes or so, until they are crispy on the outside and the chicken is cooked through. Rotate the chicken strips in the oil a few times during the frying process.
5. To make the dipping sauce, combine the mayonnaise, sesame oil, soy sauce, sriracha sauce, rice vinegar and paprika in a bowl. Whisk until smooth. Refrigerate until ready to serve.
6. Serve the warm chicken strips with the Spicy Sesame Dipping Sauce and garnish with chopped scallions.



## **Chicken, Broccoli and Rice Casserole**

Serves 4 to 6

### **Ingredients:**

olive oil  
1½ pounds boneless chicken breast, cubed  
salt and freshly ground black pepper  
½ onion, diced  
2 stalks celery, small dice  
1 cup white rice  
2 cups chicken stock  
2 cups milk  
4 tablespoons butter, divided  
1 teaspoon dried sage  
½ teaspoon garlic powder  
1 teaspoon salt  
freshly ground black pepper  
½ cup grated Parmesan cheese  
1 cup heavy cream  
4 cups broccoli florets  
½ cup panko breadcrumbs  
½ cup slivered almonds

### **Directions:**

1. Heat the olive oil in a 4-quart cast iron saucepot. Season the cubed chicken with salt and freshly ground black pepper. Sear the chicken until it has browned on all sides and then remove it from the pot and set it aside.
2. Add the onions and celery to the saucepot and sauté for 1 minute. Add the rice and sauté for another minute. Pour in the chicken stock and milk and add 2 tablespoons of the butter, sage, garlic powder, salt and pepper. Stir to combine and bring to a simmer. Return the chicken and any juices to the saucepot and cover with the lid. Simmer over low heat for 20 minutes.
3. Melt the remaining 2 tablespoons of butter in a small saucepot or in the microwave and toss it with the panko breadcrumbs and slivered almonds. Set aside.
4. Preheat oven to 375°F.
5. When the sauce has simmered for 20 minutes, remove the saucepot from the heat. Add the Parmesan cheese and heavy cream to the chicken and rice mixture. Fold in the broccoli florets. Season with salt and freshly ground black pepper to taste. Top with the panko and almond mixture.
6. Transfer the saucepot to the oven and bake at 375°F for 25 minutes, until the casserole is bubbly and browned on top.

## **Pork and Pumpkin Chili**

Serves 4 to 6

### **Ingredients:**

1 tablespoon olive oil  
3 pounds pork loin roast, cubed  
1 onion, diced  
2 poblano peppers, diced  
1 Jalapeño pepper, minced  
1 tablespoon chili powder  
1 teaspoon ground cumin  
¼ teaspoon ground cinnamon  
2 (14-ounce) cans fire roasted diced tomatoes  
2½ cups beef stock  
1 cup pumpkin purée  
1 teaspoon salt  
freshly ground black pepper  
sour cream  
roasted pepitas seeds

### **Directions:**

1. Heat the oil in a 4-quart cast iron saucepot. Working in batches, add the cubed pork and brown on all sides. Set the browned pork aside. Add the onions and poblano peppers to the saucepot and continue to sauté for a few minutes until the vegetables start to soften. Add the Jalapeño pepper, chili powder, cumin and cinnamon and sauté for an additional minute. Stir in the fire roasted tomatoes and beef stock and bring to a boil. Return the browned pork and any juices back to the saucepot. Lower the heat, cover the saucepot and simmer for 30 minutes, stirring often.
2. Stir in the pumpkin purée and simmer uncovered for 20 more minutes, until pork is tender.
3. Season to taste with salt and fresh ground black pepper. Serve the chili in bowls topped with a dollop of sour cream and roasted pepitas seeds sprinkled on top.

*\*Recipes provided by Meredith Laurence.*