



## Chicken, Potato, and Carrot Enchiladas

- 6 cups water
- 6 chicken thighs with skin and bones
- 1 small white onion, quartered
- 6 garlic cloves, halved
- 3/4 teaspoon fine sea salt
- 3 carrots, peeled, diced
- 3 medium red-skinned potatoes
- 1 cup sliced onion
- 1/3 cup thinly sliced radishes
- 12 romaine lettuce leaves



Bring first 5 ingredients to boil in large pot. Reduce heat; simmer gently until chicken is cooked through, about 30 minutes. Cool chicken in broth 30 minutes, then transfer chicken to bowl and cool completely (reserve broth for another use). Cook carrots in pot of boiling salted water until crisp-tender, about 6 minutes. Using slotted spoon, transfer carrots to another bowl. Add potatoes to same pot and boil until tender, about 35 minutes. Drain. Cool potatoes, then peel and cut into 3/4-inch cubes; add to bowl with carrots. Preheat oven to 200°F. Heat 3 tablespoons oil in large skillet over medium heat. Add chicken pieces to skillet and fry until heated through, about 5 minutes per side. Transfer chicken to rimmed baking sheet and keep warm in oven. Add 2 tablespoons oil in same skillet; heat over medium-high heat. Add potatoes and carrots; sauté until heated through, about 6 minutes. Using slotted spoon, transfer potatoes and carrots plate. Place 2 tortillas on each plate. Top with some potatoes and carrots. Sprinkle with cheese, sliced onion, and radishes, top with salsa and sour cream if desired. Arrange 2 lettuce leaves alongside. Place chicken atop lettuce and serve.

## Quick'n'Easy Guacamole

- Ingredients:
- 2 medium tomatoes
  - 2 firm-ripe avocados
  - 2 tablespoons minced red onion
  - 3 tablespoons fresh lime juice
  - 1 teaspoon minced garlic



Quarter tomatoes, discarding seeds, and chop. Halve and pit avocados. Scoop avocado flesh into a bowl and mash. Stir in tomatoes, remaining ingredients, and salt and pepper to taste.

## Fast Blueberries Tarts

- 2/3 cup unsalted butter, plus 1 teaspoon for greasing the pan
- 1 package premade tartlet shells, defrosted
- 3 cups blueberries
- 3/4 cup sugar



Preheat the oven to 375°F. Melt the 2/3 cup butter in a saucepan over low heat. Set it aside. Grease a baking sheet with the remaining 1 teaspoon butter. Cover each tartlet shell with 1/2 cup of the berries to blanket all but the pastry edges. Using a basting brush or a spoon, paint the fruit with melted butter, and then sprinkle each square with 2 tablespoons of the sugar. Pop them into the oven and bake for 20 minutes, or until the pastry is golden and the fruit is tender.

## Seven Grain Bagels

- 1 teaspoon active dry yeast
- 1/4 cup butter
- 1 teaspoon salt
- 1 cup Seven Grain cereal (soaked overnight)
- 1 1/4 cup warm milk
- 2 tablespoons sugar
- 1 egg yolk
- 3 cups flour



Dissolve yeast in milk. Add butter, sugar, salt and egg yolk. Stir in flour and cereal until a soft dough is formed. Knead until smooth and elastic, about 6-8 minutes. Cover and let rise in a warm place until doubled, about 1 hour. Punch dough down and form into bagels. Cover and let rest 10 minutes. Drop bagels, one at a time, into boiling water until they float. Place on greased baking sheets and bake at 400 degrees F for 20-25 minutes or until golden brown. Remove from pans to wire racks to cool.

## Serving Suggestion!

- 4 small tomatoes
- 2 tablespoons of oil
- 2 tablespoons of fresh lime juice
- Guacamole recipe on opposite page!

*Cut a thin slice from stem end of each tomato and scoop out and discard seeds with a small spoon. Carefully scoop out pulp to form a tomato shell. Drizzle inside of each tomato shell with oil and lime juice and let stand at room temperature while making guacamole. Spoon into tomato shells. Serve immediately.*

## Blueberry Compote

- 1/2 cup water
- 1/2 cup sugar
- 2 (3- by 1/2-inch) strips fresh lemon zest
- 2 cups blueberries (10 oz)
- 1 1/2 tablespoons fresh lemon juice

Preparation: Boil water, sugar, and zest in a 1-quart heavy saucepan, uncovered, 5 minutes. Discard zest. Stir in blueberries and simmer, stirring occasionally, until blueberries begin to burst, 3 to 5 minutes. Remove from heat and stir in lemon juice. Serve warm or at room temperature.

## Avocado Radish Salad with Lime Dressing

- 2 tspns fresh lime juice, or to taste
- 1 1/2 tbsns extra-virgin olive oil
- 1 firm avocado peeled and cut into 1/2" cubes
- 3 cups shredded romaine
- 3 radishes, chopped fine

## Preparation

In a bowl whisk together lime juice, oil, and salt and pepper to taste. Add avocado and toss gently with a rubber spatula to coat. Divide romaine between 2 salad plates, making a nest on each, and put avocado mixture in centers. Sprinkle salads with radishes.

