

Dinner in 30 Minutes Demo Recipes:

Chicken Breast with Plum Salsa

Salsa:

- 2 ripe plums, chopped
- 1 tsp dried basil
- 2 T chopped red onion
- 2 tsp cider vinegar
- ¼ tsp Tabasco sauce
- 1/8 tsp salt

Chicken:

- 2 tsp brown sugar
- ½ tsp salt
- ½ tsp ground cumin
- ¼ tsp garlic powder
- 2 boneless, skinless chicken breast halves
- 2 tsp olive oil

Toss together salsa ingredients in a bowl; set aside.

Slice chicken breasts in half horizontally, making 2 cutlets out of each. These thinner cutlets will cook more evenly and quickly. In a small bowl, mix together the brown sugar, ½ tsp salt, cumin and garlic powder.

Heat the oil in a non-stick skillet over medium-high heat. While oil is heating rub the brown sugar mixture on both sides of the chicken cutlets. Add chicken to skillet and cook 3 minutes on each side or until done.

Recipe from Cooking Light magazine

Spinach-Couscous Pilaf

- 1 C couscous, whole grain preferred
- 1 T butter
- 3 oz spinach, coarsely chopped
- 2/3 T toasted sesame seeds

Bring 2 cups of water to a boil in a saucepan. Add couscous and spinach to boiling water; remove from heat and cover. Let stand 10 minutes (or til rest of the meal is ready). When ready to serve, fluff with a fork, tossing with butter and sesame seeds.

Recipe from Vegetarian Times magazine, Nov-Dec 2004, adapted by Chef Barb Crispin

Almond-Topped Zucchini

- 2 medium zucchini, thinly sliced
- 2 garlic cloves, minced
- ½ T olive oil
- ½ T butter
- ¼ tsp salt
- 1/8 tsp pepper
- ¼ C tamari-seasoned almonds, chopped coarsely

In a large skillet, sauté zucchini and garlic in oil and butter until crisp-tender. Stir in salt and pepper; sprinkle with almonds.

Recipe by Rachel Magoncia-O'Leary, Taste of Home magazine Sept-Oct 2009, adapted by Chef Barb Crispin