

SESAME CHICKEN

Ingredients

- 3 T sesame seeds
- 2 T all-purpose flour
- ¼ tsp pepper
- 4 chicken breasts (2 lbs total) skinned
- 2 T reduced-sodium soy sauce
- 2 T margarine, melted



Directions

1. Preheat oven to 400°F.
2. Combine sesame seeds, flour, and pepper.
3. Cut chicken into pieces
4. Dip chicken pieces into soy sauce, dredge in mix.
5. Put in a shallow baking dish, drizzle with margarine.
6. Bake at 400°F for 40-45 minutes.

Yields: 8 (4 oz.) servings
 Calories: 196 kcal
 Fat: 6.8 g
 Protein: 27.8 g

FARMER'S CRIMINI STEW

Ingredients

- 1 large yellow onion – chopped
- 4 cloves garlic - whole*
- 10 ounces mushrooms - crimini (baby portabella)
- 10 ounces baby carrots - sliced in thirds
- 1 tablespoon olive oil
- 14 ounces Jennie O Turkey Sweet Italian Sausage - cut into small cubes (taken out of the sausage sleeves)
- 2 cups Bob's Red Mill Veggie Soup Mix
- 5 T chili powder
- 28 oz. canned tomatoes - fire roasted
- 4 cups low sodium beef broth
- 2 cups water
- 1 tsp salt

Directions

1. Sauté the first four ingredients in the olive oil and then remove the garlic. * If you like garlic, chop it before adding to the mixture and just leave it in.
2. Add the remaining ingredients and simmer for one hour. Use a large pot, it makes a lot which freezes and reheats very well.

Yields: several 1 cup servings
 Calories: 132 kcal
 Fat: 4 g
 Protein 13 g



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