



FEED BAG

RECIPES and HELPS

by Pauline Murphy

Crispy Ranch Chicken

- 2 cups crispy rice cereal
- 1/2 cup grated Parmesan cheese
- 1 envelope (1 oz.) ranch salad dressing mix
- 2 egg whites, beaten
- 8 skinless, boneless chicken thighs (about 5 oz. each)

Preheat oven to 350D. Spray a large baking sheet with nonstick cooking spray. Combine the rice cereal, Parmesan and ranch dressing mix in a large bowl. Place beaten egg whites in a medium bowl. Dip each chicken thigh in the egg whites and then in the cereal mixture to coat evenly. Arrange the coated chicken on the prepared baking sheet. Bake until golden and juices run clear when chicken is pierced with a knife 20-25 minutes. Serve hot. Serves 4.

Roasted Potato Medley

- 2 sweet potatoes
- 4 Yukon Gold potatoes
- 8 new potatoes
- 1/4 cup plus 2 tbsp. olive oil
- 1 dried tarragon
- 1/8 tsp. salt
- 1/8 tsp. black pepper

Preheat oven to 425D. Peel and cube the sweet potatoes and Yukon gold potatoes. Scrub the new potatoes and cut into cubes. Place the potatoes in a large saucepan. Add enough lightly salted water to cover the potatoes. Bring to a boil and cook the potatoes for 3 minutes. Drain thoroughly. Spread the potatoes in a single layer on a large nonstick baking sheet. Drizzle the potatoes with olive oil and sprinkle with tarragon, salt and pepper.

Roast the potatoes until browned and crisp, about 25 minutes. Serve immediately. Serves 6.

Beef and Broccoli Stir-Fry

- 1/2 cup soy sauce
- 2 tbsp. lemon juice
- 1 tbsp. cornstarch
- 1 tbsp. firmly packed dark brown sugar
- 1 clove garlic, crushed
- 1 tsp. black pepper
- 2 tbsp. vegetable oil, divided
- 2 lb. top sirloin, sliced 1/4 in.
- 1 medium onion, thinly sliced
- 2 medium heads broccoli
- 2 tsp. grated fresh gingerroot

In a small bowl, combine soy sauce, lemon juice, cornstarch, dark brown sugar, garlic and pepper. Set aside. Heat 1 tbsp. vegetable oil in a large skillet or wok over medium-high heat. Add beef and stir-fry until almost cooked through, about 2 minutes. Transfer beef to a plate and cover to keep warm. Heat remaining oil in skillet. Add onion and stir-fry for 5 minutes. Cut broccoli into florets (should yield about 4 cups) and add to skillet with 1/2 cup water. Bring to a boil, cover, reduce heat and simmer for 3 minutes. Return beef to skillet with soy sauce mixture, add ginger. Bring to a boil and cook stirring constantly, until sauce thickens, about 2 minutes. Serve hot. Serves 6.

Proverbs 16:2 3 All the ways of a man are clean in his own eyes; but the Lord weigheth the spirits, v.3 Commit thy works unto the Lord, and thy thoughts shall be established.



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