



At the time the first chickens were being domesticated in India about 2,000 B.C., rice had already been cultivated for 2,000 or more years. Chicken and rice paired up early in their development and have been going together ever since. Here, in a modern version called Chicken and Rice Oriental, a superbly sauced boned chicken breast is served with fluffy rice.

Rice fits any size

As families get smaller, cooking for reduced-size households can be difficult. Changing the shopping habits of a lifetime is easier said than done. For example: A bag of onions or just four? A pint rather than half-gallon of ice cream? A whole chicken, or just the right number of pieces? How much food is wasted?

Fortunately, some foods — like rice — adapt readily to any situation. Rice keeps almost indefinitely on the shelf in a tightly covered container. So it doesn't really matter how large a package is purchased. Rice can be measured and just the exact amount cooked for the meal. But there is another advantage...cooked rice can be kept in the refrigerator for a week. Cook more than needed for one meal, then just scoop and steam enough for the next meal. This saves time, too.

Another economical suggestion: Look for meats and seafoods that are a single serving; then buy the number needed for the meal. No waste. No boring leftovers. Two recipes follow that illustrate perfect meals for two. Chicken breast halves and salmon steaks are deliciously sauced and served over rice for very impressive meals.

CHICKEN AND RICE WITH SAUCE ORIENTAL

2 chicken breast halves, skinned and boned
1 egg, beaten
3 tbsp fine dry bread crumbs
1/4 tsp salt
1/16 tsp ground black pepper
1 tsp vegetable oil
1/2 cup chicken broth, divided
1/4 cup plum jelly
1 tsp vinegar
1 tsp soy sauce
1/4 tsp Chinese 5 Spices Powder*
1/16 tsp Tabasco pepper sauce
1 tsp cornstarch
1 cup hot cooked rice

Dip chicken in egg, then in crumbs seasoned with salt and pepper. In medium skillet saute breast halves in oil over medium-high heat 3 to 4 minutes on each side. Add 1/2 cup broth. Reduce heat, cover, and simmer 5 to 10 minutes, or until chicken is opaque. Remove from skillet; keep warm. Add jelly, vinegar, soy sauce, seasoning, Tabasco, and cornstarch dissolved in remaining broth to skillet. Cook, stirring, until sauce is clear and thickened. Serve chicken and sauce over beds of fluffy rice. Garnish with sliced green onions, if desired. Makes 2 servings.

* Or use 1/16 tsp each ground black pepper, cinnamon, cloves, and anise.

Microwave method: Dip chicken in egg, then in crumbs seasoned with salt and pepper. In shallow round microproof dish heat oil on High (maximum power) 1 to 2 minutes. Add breast halves; cook on High 1 to 2 minutes on each side. Add 1/2 cup broth. Cover and cook on High 1 to 2 minutes, or until chicken is opaque. Remove from dish; keep warm. Add jelly, vinegar, soy sauce, seasoning, Tabasco, and cornstarch dissolved in remaining broth to dish. Cook on High 3 to 4 minutes, or until sauce is clear and thickened, stirring every minute. Serve chicken and sauce over beds of fluffy rice. Garnish with sliced green onions, if desired.

Each serving provides: 417 calories. Not recommended for diabetics.

SALMON AND RICE PACIFIC

2 salmon fillets (about 6 oz. each)
2 tsp butter or margarine, melted
1 1/2 tsp lemon juice
1 tsp packed brown sugar
1/4 tsp seasoned salt
1/4 tsp minced garlic
1/4 tsp paprika
1 cup hot cooked rice

Place fillets in an 8x8-inch baking dish. Combine remaining ingredients except rice. Pour over salmon. Cover and bake at 375° for 15 to 20 minutes, or until salmon flakes easily with a fork. Serve salmon and sauce over beds of fluffy rice. Garnish with lemon slices and parsley, if desired. Makes 2 servings.

Microwave method: Place fillets in an 8x8-inch microproof dish. Combine remaining ingredients except rice. Pour over salmon. Cover and cook on High (maximum power) 4 to 5 minutes, or until salmon flakes easily with a fork, rotating dish 1/4 turn after 2 minutes. Serve salmon and sauce over beds of fluffy rice. Garnish with lemon slices and parsley, if desired.

Each serving provides: 535 calories. Not recommended for diabetics.

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