

# Use food processor for entire light meal

Just between you and me, I am thrilled that the school year is over. Even though the boys are still involved in various activities, we are all able to sleep in a little bit longer in the morning and, oh, what a treat that is.

Of course, the flip side of the coin is that they are staying up later — but that is OK, too. We are enjoying the more relaxed pace of summer living and, at least so far, no one has cut loose with that old and familiar summer lament, "I'm bored and don't have anything to do!"

As summer begins to hit its stride and the long, languid days are ours to enjoy, there is one discordant note that never seems to go away. What's that, pray tell — 'tis the dinner bell knell.

You know the scenario. You have put in a long day with the kids, it's hot, the back of your neck is sticky, it's 5 p.m. and one of the kids asks, "Hey, Mom, what's for dinner?" You, who have been busy all day playing camp director, realize with horror and disbelief that the fact of the matter is there is nothing for dinner. This situation probably never happens to you. After all, you are an organized, efficient woman of the '80s who always plans ahead. But in case it ever does, I send the following Winner Dinner to your rescue.

SUBMITTED BY Jayne Wochomurka of Farmington Hills: this week's menu features a meal that can be prepared entirely in a food processor. Wochomurka has worked as a food processor demonstrator for seven years. The mother of two boys, she has found the machine to be a time-saver on a daily basis.

Her menu for chicken salad, garnished with tomatoes and cucumbers; blueberry muffins, and strawberry ice offers a cool and refreshing summer dinner for you and your family that can be prepared from start to finish in one hour.

A native Nebraskan, Wochomurka and her family moved from Tennessee to the Detroit area two years ago. They love Farmington Hills and feel very at home and settled there. Besides loving to cook and doing a lot of car pooling, Wochomurka has done volunteer work for the Farmington Hills school system. She is a member of the newly formed Farmington Hills Community Education Advisory Council and is looking forward to teaching food processor cooking classes for the Community Education program as well.



family-tested winner dinner

**Betsy Brethen**



SHARON LEMIEUX/staff photographer  
Jayne Wochomurka of Farmington Hills puts together menu of chicken salad, blueberry muffins and fresh strawberry ice.

Blessed with a husband who loves to cook, Wochomurka laughingly admits that although she is the "pro" with the processor, her husband is the real gourmet cook of the family.

Thank you, Jayne Wochomurka, for sharing your delicious and time-saving recipes with us, and congratulations on being our Winner Dinner Winner of the week.

## Observer & Eccentric Winner Dinner

### Menu

CHICKEN SALAD  
GARNISHED WITH  
SLICED TOMATOES  
AND CUCUMBERS

### Recipes

Chicken salad has never been easier or better. This recipe, which generously feeds four, is intended for a smaller food processor and easily can be doubled. Although using a food processor will speed up the preparation time, the recipe can be made just as easily by hand.

1 pound cooked, whole boned skinless chicken breasts, cut into 1-inch pieces (Wochomurka recommends using two packages, 7.5 ounces each, of Tyson frozen marinated chicken breast fillets/Italian style)  
2 tablespoons parsley leaves  
¼ of a small onion, peeled and quartered  
½ cup mayonnaise  
2 celery stalks  
Salt  
Pepper  
Curry powder (optional)

Chop parsley and onion fine with the metal blade, about 10 seconds. Scrape down the work bowl and add mayonnaise and chicken pieces. Pulse/chop 3-5 times.

Leaving chicken mixture in bowl, remove metal blade and insert the medium slicing disc. Cut celery into 4-inch lengths and slice vertically through the feed tube.

Remove the slicing disc and use a spatula to incorporate celery into chicken salad. Season to taste with salt, pepper and, if desired, curry powder to taste.

Place a rounded mound of chicken salad on a bed of lettuce and garnish with sliced tomatoes and cucumbers.

### BLUEBERRY MUFFINS

The crunchy cinnamon sugar topping adds a special touch to these fluffy muffins. It is a wonderful way to make use of in-season berries. Paper baking cups can be used to line the muffin pans. Yields 12 muffins.

¼ cup flour  
¼ cup sugar  
½ teaspoon salt  
1 teaspoon baking powder  
½ teaspoon baking soda  
½ cup milk  
1 stick melted butter or margarine  
2 eggs  
1 teaspoon vanilla  
¼ cup blueberries (frozen blueberries can be substituted for fresh berries.)

Topping  
2 teaspoons sugar  
¼ teaspoon cinnamon

Preheat oven to 400 degrees. Grease required number of ½-cup muffin pans. Mix flour, sugar, salt, baking powder and baking soda with the metal blade until combined, about 5 seconds. Stir milk, butter, eggs and vanilla together in a bowl. Add to dry ingredients and pulse only 2 times. Do not overprocess as the muffins will be tough. Use a plastic spatula to gently stir in berries. Divide batter among prepared pans. Combine remaining sugar and cinnamon and sprinkle over muffins. Bake in preheated oven until golden brown, about 20 minutes. Run a knife around each muffin to loosen it and remove from pan.

### FRESH STRAWBERRY ICE

You can substitute 2 cups of any fresh fruit, peeled, cored and cut into 1-inch chunks. Or, you can use frozen fruit directly from the package. If it is sweetened, cut down or omit the sugar. This recipe yields 1 pint and can be easily doubled.

1 pint small, fresh strawberries, washed and stemmed

3-4 tablespoons sugar, amount depending on sweetness of

## Shopping List

1 pound chicken breast (boneless weight)  
Parsley  
1 onion  
Mayonnaise  
Celery  
Salt  
Pepper  
Curry powder (optional)  
Lettuce, romaine or bibb  
2-3 tomatoes  
1 large cucumber  
¼ cups blueberries  
1 pint small strawberries  
Flour  
Sugar  
Baking powder  
Baking soda  
Milk  
Butter  
Eggs  
Vanilla  
Cinnamon  
Paper baking cups  
1 lemon  
½ pint of heavy cream or 1 small container of plain yogurt

berries (Nutra-Sweet also can be used)  
½ teaspoon fresh lemon juice  
¼ cup heavy cream (or ¼ cup plain yogurt)

Using the quick-freeze method, put strawberries on cookie sheets, in a single layer. (If they are large, cut them in half.) Freeze until solid. It should take no more than 30 minutes.

Insert metal blade and process frozen berries until coarsely chopped, scraping down bowl as necessary.

Add sugar and lemon juice and process for 10 seconds again, scraping down bowl as necessary. While machine is running, pour heavy cream through feed tube in steady stream. After all cream has been added, scrape bowl and process for 5 seconds more.

Serve immediately or make ahead and freeze in an 8-inch square cake pan. Just before serving, cut ice into 1-inch pieces, place in work bowl and process until creamy.

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