

Chicken breasts make Tex-Mex quick-fix

When it comes to after-work dinners, today's food-wise cooks are a demanding lot. They want meals fresh, light, full-flavored and nutritious, and they want to be in and out of the kitchen in the shortest possible time.

One speedy supper staple that rates high with convenience-oriented cooks is boneless skinned chicken breast.

Versatile, low in calories and adaptable to an amazingly broad range of preparations, chicken breasts are an ideal starting point for quick main dishes and single-skillet meals. Whether you opt for convenience and buy chicken breasts boned or enjoy the economy of doing it yourself, you'll delight in the way they shorten time spent fixing supper.

NEXT TIME you're in a rush after work, try one of these fix-it-fast Tex-Mex chicken recipes. Easily prepared in about 20 minutes each, both recipes rely on picante sauce to streamline the way to lively Mexican flavor and add just the desired amount of jalapeno pepper "heat."

Pollo Rapido is a calorie-conscious one-dish dinner made with chunks of tender chicken, onion and zucchini. Quickly prepared in a single skillet, its lively Tex-Mex taste appeal comes from garlic, cumin

and the cook's choice of mild, medium or hot picante sauce.

POLLO RAPIDO

- 1 can (8 oz.) tomato sauce
- 1/2 cup picante sauce
- 1 tsp. ground cumin
- 1/2 tsp. garlic salt
- 1/2 tsp. oregano, crushed
- 2 whole chicken breasts, boned, skinned and split
- Salt and pepper, as desired
- 2 medium onions, cut into 1/2-inch wedges
- 2 Tbsp. vegetable oil
- 2 cups zucchini, cut into 1/2-inch cubes (about 1 medium)

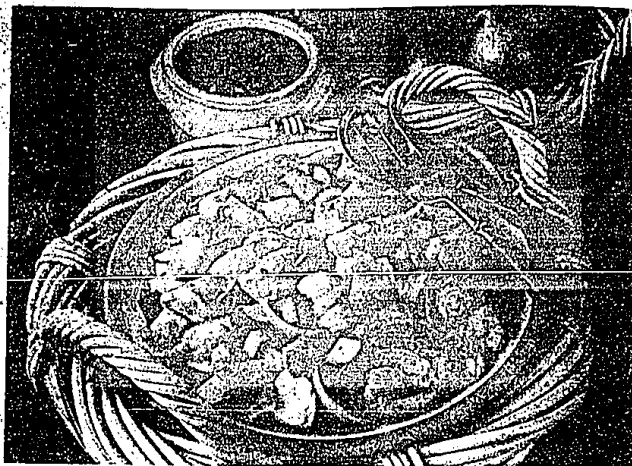
Combine tomato sauce, picante sauce, cumin, garlic salt and oregano; mix well. Cut chicken into 1-inch pieces; sprinkle with salt and pepper. Cook chicken and onions in oil in large skillet over medium heat, stirring frequently, until chicken is lightly browned and almost cooked through, about 5 to 7 minutes. Stir tomato sauce mixture into skillet;

mix well. Stir in zucchini. Cover and simmer 5 minutes. Uncover, cook and stir about 1 minute to thicken sauce, if necessary. Serve with additional picante sauce. Makes 4 servings.

QUICK ONION & PEPPERS

- 3 whole chicken breasts, split, boned and skinned
- Salt and pepper
- 2 Tbsp. butter or margarine
- 1 can (14 1/2 oz.) sliced tomatoes
- 1 green bell pepper, coarsely chopped
- 1/2 cup picante sauce
- 1 garlic clove, minced
- 1/2 tsp. oregano, crushed
- 1/2 tsp. ground cumin
- 1 Tbsp. cornstarch
- 1 Tbsp. water

Pound chicken to 1/4-inch thickness. Sprinkle with salt and pepper. Brown in butter in 12-inch skillet about 2 to 3 minutes on each side or until almost cooked through; drain. Combine tomatoes, green pepper, picante sauce, garlic, oregano and cumin; mix well. Pour over chicken. Bring to a boil; reduce heat. Simmer 5 minutes. Remove chicken to serving platter; keep warm. Dissolve cornstarch in water; stir into skillet. Cook and stir until sauce is thickened, about 1 minute. Serve sauce over chicken. Serve with rice, if desired, add additional picante sauce.



When time is short but dinner must be special, serve spicy Pollo Rapido.

Give summer meals a cool finale

Planning a summertime dinner party? A special dessert is in order, but, with the weather likely to be on the hot and muggy side, a cool finale to your company meal is your best bet.

Here are two frosty and dramatic dessert suggestions guaranteed not to put a chill on the gathering. The key to both is the fresh, lively flavor of summertime Granny Smith apples, the green summer apples so delicious for eating out-of-hand or including in recipes.

The first, **Green Apple Ice Cream Pie**, is so easy to make that you'll want to give it star billing at every-day family dinners as well as special summer occasions.

Just stir brandy-soaked shredded apple and some cinnamon into softened vanilla ice cream, fill an unbaked crumb crust with the mixture and freeze for about four hours. Before serving, allow the pie to sit at room temperature for 15 minutes to "temper" the ice cream for easier slicing.

APPLE CHARLOTTE RUSSE

APPLE CHARLOTTE RUSSE is a variation on the classic dessert of 19th century Europe. The recipe involves several steps but the glorious result is well worth the culinary challenge of making the rich, chilled apple custard that overlays a bed of ladyfingers.

Actually, the only tricky step is

adding the egg yolks to the mixture of apple puree, milk, unflavored gelatin and seasonings. Be sure their temperature rises slowly to prevent hard cooking by adding a bit of the hot apple mixture to the yolks before stirring them into the rest of the custard base. That accomplished, it should be smooth sailing to an elegant, airy party dessert.

GREEN APPLE ICE CREAM PIE

- 2 cups shredded Granny Smith apples
- 3 Tbsp. apple brandy or apple juice
- 3 pints vanilla ice cream
- 1 tsp. ground cinnamon
- 1 9-inch unbaked crumb crust

In small bowl combine apples and apple brandy. Meanwhile, soften ice cream at room temperature. Stir cinnamon, apples and brandy into softened ice cream; turn into prepared crust. Freeze until firm, about 4 hours. Yield: One 9-inch pie.

APPLE CHARLOTTE RUSSE

- 4 Granny Smith apples, cored and sliced
- 1 cup sugar
- 2 envelopes unflavored gelatin
- 1 cup milk
- 1 cinnamon stick, about 1 inches long

- 6 egg yolks, slightly beaten
- 1 Tbsp. lemon juice
- 2 cups heavy cream, divided
- 1/4 cup confectioners' sugar
- 1 pkg. (3 oz.) ladyfingers, split

In medium saucepan, bring 1/2-inch water to boiling. Add sliced apples, cover; cook 5 minutes or until apples are soft. Drain. Place apples in container of electric blender; cover and process until smooth; or puree apples with a food mill. (You should have 2 cups puree.)

Mix sugar, gelatin, milk, apple puree and cinnamon stick in top of double boiler; heat over simmering

water until steaming hot. Mix a little hot apple mixture with egg yolks, return mixture to double boiler. Cook 10 minutes, stirring constantly, until mixture thickens and coats a metal spoon. Remove from heat; cool. Remove cinnamon stick. Stir in lemon juice. Chill, stirring occasionally, until mixture mounds slightly when dropped from a spoon. In small bowl, combine 1 1/2 cups heavy cream with confectioners' sugar; whip until soft peaks form; fold into custard mixture into pan. Chill until firm, about 4 hours. Whip remaining 1/2 cup cream and spoon over top. Garnish with additional apple slices, if desired. Makes 10 to 12 servings.



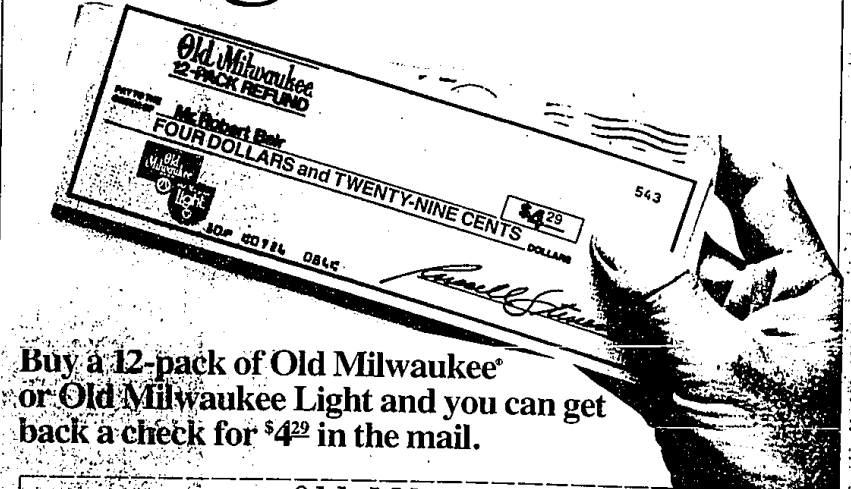
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