



family-tested winner dinner

Betsy Brethen

# Chicken Skillet Dinner earns raves on first try

Recently, my husband and I were all set to take our children and their three cousins out for dinner when, at the last minute, one of the boys didn't feel well and preferred to stay home. Then, despite all our plans, the other boys decided that they would rather stay home, too.

With the prospect of having to whip up something for the children to eat, I decided to test one of the Winner Dinners that had been submitted. A recipe for Chicken Skillet Dinner had instant appeal as it looked like it would be quick and easy to make.

Taking a few shortcuts, the chicken was pre-cooked and ready to be served in 25 minutes. As the boys sat down to eat, I held my breath and, to my great delight, watched as they plowed into their dinners and came back asking for seconds. As imaginary fireworks burst over the kitchen table, I realized with great joy that another Winner Dinner had just been born unto our family. I am grateful to Barb Adams of Redford for sending her menu in, and it gives me great pleasure to be able to share it with you.

Adams was a single mom for 15 years. Trying to raise her three children and hold down a full-time job was a long struggle, as she put her children through college and continued to help put one through medical school. With little time to cook a complicated meal, Chicken Skillet Dinner was a family favorite that she relied on, as it was always well-received.

**WHILE THE CHICKEN** was simmering, she had time to make the Corn Bread and pop it in the oven. The Strawberry Mousse was a low-cal dessert that was easy to make ahead and offered a light ending to a tasty meal.

Today, Adams' three children are fully grown and she is thrilled to have four grandchildren. Happily remarried, Adams now devotes her



RANDY BORGST/staff photographer

Barb Adams of Redford serves Chicken Skillet Dinner, along with Tossed Salad, Corn Bread and Strawberry Mousse.

time doing volunteer work at her church. She is the coordinator of the shut-in program, an active participant in a Bible study class and hosts monthly pot-luck dinners at her home for her Sunday school group.

Adams and her family were reunited at Thanksgiving, and when she told her children that her chicken dish (which contains rice and vegetables) had won the contest, they all cheered. Diane, one of her sons, piped up and confessed that if it hadn't been for the rice, he never would have eaten his vegetables.

Ah, the tricks we mothers have. I can't guarantee that this dinner will get your children to eat their vegetables, but I can guarantee that it worked for our family and hopefully it will work for yours as well.

Thanks again, Barb Adams, and congratulations on being our Winner Dinner of the week.

Submit your recipes, to be considered for publication in this column or elsewhere, to: Winner Dinner, P.O. Box 3502, Birmingham 48012. All submissions become the property of the publisher.

Each week's recipes are printed on the same size, so that you may clip and save them in a three-ring binder. Use a paper punch to make holes in the clipping or paste the clipping on a blank sheet of three-ring notebook paper. Another option is to simply file the clippings in a folder with pockets that will hold them.

## Observer & Eccentric Winner Dinner

### Recipes

#### CHICKEN SKILLET DINNER

This dish takes only minutes to assemble and is better when made just before serving. The recipe only feeds 4 people.

4 boneless chicken breasts  
1 1/2 cup Minute Rice or other instant rice  
one 16-ounce package frozen cauliflower, broccoli and carrots

1 can cream of chicken soup  
1/4 teaspoon chicken bouillon (1/4 cube)  
1 1/2 teaspoon onion salt or 4 teaspoons minced onion  
1/2 cups water  
2 tablespoons margarine  
salt  
pepper

Lightly saute chicken with salt and pepper. Brown chicken with margarine in a large skillet. Add water, onion salt and bouillon and bring to a boil. Cover and reduce heat and simmer for 25 minutes. Remove the chicken. Add the soup and vegetables to the drippings in the skillet. Bring to a boil. Cover and reduce heat and simmer 5 minutes. Stir in rice and top with chicken. Cover and remove from heat and let stand for 10 minutes.

#### TOSSSED SALAD

A crunchy salad filled with lots of different vegetables and lightly coated with your choice of dressing nicely complements the main course.

#### CORN BREAD

Barb Adams got this recipe from a restaurant in Boston many years ago. It is a longtime family favorite.

1/2 cup sugar  
2 large eggs  
1/4 teaspoon salt  
2 cups flour  
1 cup yellow cornmeal  
1 tablespoon baking powder  
1/4 cup milk

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Mix the sugar with the eggs. Sift the flour, cornmeal, baking powder and salt in a large bowl. Add the melted butter and milk. Beat up quickly and bake in a large buttered 13-by-9-inch pan in a very hot 425 degree oven for glass pans and 450 for metal pans for 20 minutes. The recipe can be cut in half and baked in an 8-inch square pan.

#### STRAWBERRY MOUSSE

This refreshing dessert requires at least 2 hours to chill in the refrigerator and makes 4 servings.

one 12-ounce package frozen whole strawberries (thawed)  
2 tablespoons plus 2 teaspoons ricotta cheese  
6 packets low-cal sweetener or 1/2 cup sugar  
1/2 teaspoon vanilla

1 envelope unflavored gelatin  
4 tablespoons water  
1/2 cup nonfat dry milk  
1/2 cup ice water (remove the cubes)  
1 tablespoon lemon juice

Reserve 4 whole strawberries for garnish

Puree the strawberries in a blender. Add the ricotta cheese, sweetener (or sugar) and vanilla. Blend until smooth. Soften gelatin in 6 tablespoons of water in a small saucepan. Heat to dissolve. Blend gelatin and water into mixture in the blender. Pour into a medium-sized bowl and let stand until mixture is cold on a spoon. If short of time, place bowl in the freezer for 20 minutes. Combine dry-fat milk, 1/4 cup water and lemon juice in a small mixing bowl. Beat on high speed until stiff peaks form, about 6 minutes. Fold into strawberry mixture. Spoon into dessert dishes or parfait glasses and chill until firm, about 2 hours. Garnish with whole strawberries.

## Shopping List

4 boneless chicken breasts  
Minute Rice or other instant rice  
one 16-ounce package frozen cauliflower, broccoli and carrots  
1 can cream of chicken soup  
1 onion  
salad greens of choice  
salad dressing of choice  
1 lemon  
one 12-ounce package frozen strawberries  
ricotta cheese  
nonfat dry milk  
milk  
2 eggs  
margarine  
butter  
sugar  
6 low-cal sweetener packets  
cornmeal  
baking powder  
vanilla  
flour  
salt  
pepper  
onion salt  
chicken bouillon  
unflavored gelatin

## Notes

## Observer & Eccentric

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