

*** GOOD HEALTHY RECIPES FOR ALL ***

JANUARY 2020							FEBRUARY 2020						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
		31	1	2	3	4							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29

Smothered Chicken with Bok Choy & Mushrooms



Ingredients

- 2 teaspoons onion powder
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon paprika
- 1 Tablespoon flour
- 2 Tablespoons vegetable oil
- 1 small red onion diced
- 1 teaspoon garlic minced
- 6 chicken thighs with skin on
- 2 cups milk
- 3 Tablespoons butter
- 2 teaspoons Better Than Bouillon Chicken Base
- 1 cup mushrooms add more if you like
- One bunch of baby bok choy cleaned dried and cut lengthwise then quartered
- 1/2 teaspoon or two of garlic
- salt and pepper for taste

Instructions

- Mix first **four** ingredients in a small bowl. Reserve 1 teaspoon of mixed seasoning and flour for later. Season the chicken with the seasoning and flour in the bowl. In a cast iron skillet with vegetable oil over medium high heat sauté the onions for 2 minutes or until translucent. Add the garlic on top of the onions. Cook until fragrant.
- Remove the onions and garlic and set to the side. Add more vegetable oil. Over medium high heat sear the chicken on both sides until the skin crisps up. Drain

most of the fat. Add milk and butter, the Better Than Bouillon base and the remaining teaspoon of the seasoning and flour. Mix well.

- Add the chicken, onions and garlic back into the skillet. Add the mushrooms. Set stove to medium high. Once boiling reduce temp to low. Cover and cook for 30 minutes. Make sure to check the liquid. If it's getting thick too fast, thin it out with a bit of milk.
- Take the chicken out of the skillet and set to the side. Scrape the bits stuck on the bottom of the pan and mix it into the gravy. If the gravy is too thick add a bit of milk to thin it out some. Add the chicken back to the skillet.
- Push the chicken closer together so the bok choy can lay on top of the chicken without it sinking into the gravy. Add the bok choy on top of the chicken.
- Set back to medium high. Once boiling reduce to low. Cover the skillet and cook for about 6 minutes or until the bok choy is steamed and tender.

Adapted from whiskitrealgud.com

Sautéed Kale with Fried Egg



Ingredients

- 3 Tablespoons extra-virgin olive oil
- 1 small bunch curly kale, stems removed and leaves coarsely chopped
- 1-2 garlic cloves, thinly sliced
- 1/2 small red chili or pepper, stemmed and thinly sliced (any veggie can be added and sautéed)
- Salt and freshly ground pepper
- 2 eggs

Instructions

- In a large sauté pan over medium-high heat, warm 2 tablespoons of olive oil. Add the kale, garlic and chile or peppers and sauté until the kale is wilted and the garlic is lightly golden, 2 to 4 minutes. Season with salt and pepper. Remove from the heat and keep warm.
- In a small nonstick fry pan over medium heat, warm the remaining 1 tablespoons of olive oil. Break the eggs into the pan. Reduce the heat to medium-low and season the eggs lightly with salt and pepper. Cover the pan and cook until the whites are set and yolks are just beginning to turn firm around the edges, about 5 minutes
- Divide the greens between 2 plates and top each serving with a fried egg. Serve immediately. Serves 2.

Adapted from blog.williams-sonoma.com