

THE CULINARY

Playground



Buffalo Chicken Cutlets

4 servings

4 chicken breast cutlets

$\frac{1}{3}$ c sour cream

$\frac{1}{2}$ c plain panko bread crumbs

$\frac{1}{2}$ c monterey jack cheese, shredded

1 T and 1 t franks red hot seasoning, separated

1 T vegetable oil

Pinch salt & pepper

2 T honey, if desired

Preheat the oven to 425 degrees. Grease a small sheet pan with veggie oil and set aside.

Using a paper towel, pat the chicken cutlets dry. Sprinkle each side with salt and pepper and place seasoned chicken in a prepared sheet pan, leaving space between the chicken.

In a small bowl, combine sour cream, 1 t of the franks seasoning, pinch of salt. Mix well. Add water, 1 teaspoon at a time, until the mixture is a drizzling consistency. Set aside.

In another small bowl, combine the melted butter, the tablespoon of the franks seasoning, bread crumbs and cheese. Press the bread crumb mixture, equally, on top of each of the chicken breasts and press firmly.

Roast in the oven, on TOP RACK, until chicken is cooked through and breading is browned, approximately 15-18 minutes.

Drizzle spicy sour cream sauce and honey on chicken when ready to serve.



Roasted Potatoes

4 servings

Half a bag of baby potatoes, quartered

2T olive oil

1/4 t salt

1/4 t pepper

Preheat oven to 425. Toss potatoes, olive oil, salt and pepper and spread evenly on a cookie sheet, making sure all potatoes are making contact with the pan and not piled up on top of one another.

Roast in the oven 15-18 minutes until it is crispy on the outside and soft on the inside (test with a fork, it should slide easily in and out of the potato).

Note: for seasoned potatoes, add 1t chopped garlic, and 1t of your favorite herbs (rosemary is terrific with baby potatoes).



Steamed Green Beans

4 servings

1 lb. green beans, stem ends snipped

Add 2-3" of water in the bottom of a 2-3 quart saucepan. Insert a steamer into the bottom of the pan
OR use a vegetable straining at the top of the pan's opening.

Add the green beans so they are not touching the water. Cover. Boil the water until the green beans are cooked but still bright green and have a bit of snap to them. If green beans are starting to lose their bright color, they are getting overcooked.

Note: for some brightness, add about 1 t of lemon zest to the top of hot beans and toss