

THE CULINARY

Playground



Juicy Ranch Baked Chicken

Serves 4

Dredge for 8 thighs:

- 1 egg 2 T egg beater
- 1 tablespoon and 1 teaspoon ranch dressing
- 1-1/3 cups seasoned bread crumbs
- 2 teaspoons garlic powder
- 3/4 teaspoon paprika
- salt and pepper to taste
- 4 skinless, boneless chicken thighs

Preheat an oven to 350 degrees F

Grease a cooling rack with baking spray and set over a parchment lined baking sheet.

Beat the eggs and ranch dressing together in a bowl; set aside. Stir together the bread crumbs, garlic powder, paprika, salt, and pepper in a large bowl until evenly combined. Dip the chicken thighs into the egg mixture, then press into the breadcrumbs to coat all sides; place the chicken onto the prepared rack sheet.

Cook the chicken thighs until no longer pink in the center and the juices run clear, 40 to 50 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F.

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Garlic & Parm Zucchini Noodles

Serves 4

- 4 medium zucchini (about 2 pounds)
- 3 tablespoons extra virgin olive oil
- 1 tablespoon minced garlic (3 to 4 cloves)
- 1/8 crushed red pepper flakes, depending on how spicy you like the pasta
- 2 medium tomatoes, chopped, see note (about 12 ounces)
- 1/2 cup shredded parmesan cheese, plus more for serving
- 1 cup basil leaves, torn into pieces
- 1 teaspoon cornstarch
- 2 teaspoons cold water
- Salt, to taste

PREPARE NOODLES

Trim and spiralize the zucchini. Cut extra long noodles so that they are about the length of spaghetti. Shred Cheese, tear basil. Prepare cornstarch slurry by whisking cornstarch and cold water in a bowl, set aside

Add olive oil, garlic, and the red pepper flakes to a large, deep skillet. Turn to medium heat. When the oil begins to bubble around the garlic, add the zucchini noodles. Toss the noodles with pasta tongs and cook until al dente — they should be wilted, but still have a crunch; 5 to 7 minutes. Do not let the noodles cook any longer or else they will become mushy. As they cook, keep tossing so that all the zucchini noodles have a chance to hit the bottom of the skillet.

Stir in the tomatoes, basil, and parmesan cheese. Cook for one minute. Use pasta tongs to transfer the noodles, tomatoes, and basil to a serving dish. Leave the liquid in the skillet.

Bring the liquid left in the skillet to a simmer.

Whisk cornstarch slurry into the simmering liquid. Cook, while whisking until the liquid thickens to a sauce; about 1 minute.

Sprinkle with 1/4 t salt, stir then pour the sauce over the zucchini, tomatoes, and basil. Finish with more parmesan cheese on top.