French Onion Baked Chicken

Oven temp:	Cook time (min):	Makes:
350	**15 min**	4 servings

4 boneless skinless chicken breasts, pounded to an even thickness

2 lg sweet onions, sliced thinly

1/3 c Malt vinegar
    can substitute Sherry Vinegar

1 T fresh Thyme

1 T fresh Rosemary, chopped

1 T fresh Sage, chopped

3 cloves garlic chopped

2 c beef broth

2 c shredded Swiss cheese

1/4 c + 2 T olive oil

Salt & pepper to taste

In large ovenproof skillet heat 1/4 c olive oil over medium/low heat, add sliced onions & sauté till golden brown & caramelized, stirring frequently to keep from burning. When just about done add Malt vinegar & garlic, cook for about 3 min more. Remove onion mix from the pan & set aside. Add 2 T olive oil to the same pan & add seasoned (salt & peper) chicken breasts. Cook about 5 min on each side till nicely browned.
Remove chicken from pan, set aside.
Drain any excess oil from pan.
Using the same oven proof pan or larger, layer onions, 2 c broth, fresh herbs, bring to a simmer & add chicken breasts. Remove from heat, sprinkle 2 Cups shredded cheese over chicken & bake 15 min or till bubbly &

From: **Linda Cargiuolo** (Bedford)

Top

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Sunshine Meatloaf

Oven temp:	Cook time (min):	Makes:
350 º	**1 &1/2 hr**	6 servings

¼ onion, diced

2 eggs

2 handfuls of breadcrumbs

¼ green pepper, diced

½ carrot, diced

1 head of broccoli florets, diced

1 1/2 lb. of ground beef
        (85% or greater, lean)

1 handful of Romano/Parmesan
        cheese blend

2 shots of Worcestershire sauce

1 T of extra virgin olive oil

Mix all ingredients together.

Bake in a greased meatloaf dish covered, at 350 degrees,

From: Tammi Kibler, Waltham Rotary Club

Bottom

Type

Top

Type

Bottom