

Chicken, Carrot and Leek Packages (can freeze and thaw packets before cooking)

4 chicken fillets (thighs) or boneless breasts
2 small leeks sliced
2 carrots grated
4 pitted black olives (Calamata), chopped
1 garlic clove, crushed
1-2 tablespoons olive oil
8 anchovy fillets
salt and pepper—(black olives and herb sprigs for garnish)



- Oven at 400 degrees. Season chicken with salt and pepper
- Divide leeks equally among four sheets of greases wax paper about 9 inches square. Place chicken on top of each.
- Mix carrots, olives, garlic and oil. Season with salt and pepper lightly and place on top of chicken—top each with 2-3 anchovy fillets.
- Wrap each package so paper folds over underneath and carrot mix is on top.
- Bake 20 minutes and serve hot in paper, garnished with olives and herb sprigs.

Lost Recipe—oven fried catfish

--1 pound catfish fillets, cut in smaller (4) pieces
--1/2 cup cornmeal yellow
--1/2 cup skim milk
--1tsp onion powder
--1 tsp garlic powder
--1 tsp salt
--1/2 tsp celery seed (Combine salt and celery seed—celery salt)
--1/2 tsp paprika
--1/2 tsp pepper
--1/2 tsp thyme crushed

- Combine dry ingredients; dip fish in milk then in mixture, pressing to coat all sides
- place in non-stick sprayed tray
- spray non-stick on fillets
- bake at 425 oven for 15 minutes and let stand two minutes

