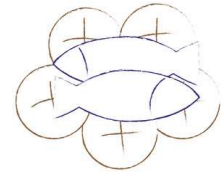




## OLP's Parish Outreach MEAT Recipes



### LEMON-SPICED CHICKEN

*Debbie Sacramo*

Serves 6-8 people easily

8-16 pieces of chicken (thighs, breasts, etc)  
juice of 2 lemons  
1 T ground cumin  
1 t sweet, smoked paprika  
1/4-1/2 t hot pepper flakes to taste  
1 t oregano  
small bunch of thyme sprigs  
2 t coarse sea salt  
1 t coarse ground pepper to taste  
1/3 cup olive oil

Note: Bulghar Pilaf or rice are good accompaniments.

**Directions:** Trim any excess fat from the chicken pieces and set aside while you gather the ingredients for the marinade. Combine remaining ingredients and mix well. Place in a ziploc bag. Add chicken to the bag, zip close and turn bag to coat all the chicken pieces. Set aside to marinate for at least 30 minutes but can refrigerate for 6-8 hours. When ready to bake, preheat oven to 375. Place chicken and marinade in a baking dish large enough to hold them comfortably. Roast in a 375 oven until browned and cooked through, maybe 35-45 minutes. Cover with foil for half of the time. Serve with pan juices and accompaniments.

### CAJUN RED BEANS AND RICE

30 minute prep; serves 6-8

4 15 oz cans red beans  
2 packages Goya Con Azafran seasoning packet  
1 lb ham, diced  
2 cups cooked rice  
cornbread (recipe follows)

Note: nice served w/ green Tabasco sauce

**Directions:** Simmer red beans, seasoning and ham in a large pot while rice is cooking. Place red beans over rice in a 13x9" pan. Cover and place cornbread on top.

### CORNBREAD

1/3 c butter, softened

1 egg  
1 c milk  
1 c flour  
1 c yellow cornmeal  
2/3 c sugar  
1 t salt  
3 1/2 t baking powder

**Directions:** Preheat oven to 400. Spray a 13x9" pan. Whisk egg into softened butter, adding milk. Add all dry ingredients and stir. Pour batter into prepared pan and bake for 20-25 minutes until softly browned. Toothpick inserted into center should come out clean.

## GNOCCHI W/ BROCCOLI RABE\* AND CHICKEN

*Rachel DiNoia*

35 minutes prep

1/3 c olive oil  
5 cloves garlic, minced  
1 bunch broccoli (Rabe, Broccolini or Regular)  
1lb package of Gnocchi  
1/2 lb cooked chicken (grilled is nice), chopped  
1 cup pasta water  
Parmesan/Asiago grated cheese to taste

\*Note: Broccoli Rabe has a sharp, almost bitter taste which goes nicely with the potato gnocchi. Broccolini or regular broccoli can work, too!

**Directions:** Bring large pot of water to boil and keep it simmering. On low heat, sautee minced garlic in oil. Raise heat to medium high and saute broccoli for 10 minutes. While broccoli is cooking, add gnocchi to boiling water. Watch as they begin to surface. Scoop out 1 cup of pasta water and set aside. When most of the gnocchi have surfaced, drain. Empty colander of gnocchi into a container. Add broccoli on top and stir. Add in cooked chicken plus any pasta water to keep it moist. Serve w/ grated parmesan cheese.