

Chicken (Noodle) Soup

4 c. homemade chicken broth
4 c. water
1-3/4 pounds meaty chicken pieces on the bones
1 t. dried basil, crushed
1 bay leaf
1/2 t. salt
1/4 t. pepper
3 or 4 carrots, chopped
6 stalks celery, chopped
2 c. chopped onion
(cooked wide noodles to add to non-SCD bowls)

Combine all ingredients except noodles in crock pot and cook on LOW all day or for 8-10 hours. Before serving, remove chicken pieces with tongs and set on a plate to cool a bit. Remove meat from bones and cut into 1/2 inch pieces. Return to pan and serve. Add noodles to bowls of non-SCDers. Serves 6-8.

Tuesday

Lunch

Chicken Soup, grilled cheese sandwich on SCD roll, steamed veggies with grated cheese melted on top, apple halves filled with peanut butter

Dinner

Meat, Broccoli and Asparagus Skillet, fruit salad

Meat, Broccoli and Asparagus Skillet

1/2-1 pound boneless pot roast

(if meat is already cooked, slice into thin slices and saute to reheat in a small amount of toasted sesame oil. If uncooked, cut into thin slices and stir fry in sesame oil until done.)

Meanwhile, boil water and cook for 3 minutes;

4 c. cut fresh asparagus (1-inch pieces) [break off tough ends and discard]

2 c. fresh broccoli florets

Drain veggies and add to meat in the skillet.

Whisk together;

2 T. cider vinegar

2 t. toasted sesame oil

1/4 t. ground ginger or 1 t. minced fresh gingerroot

2 t. honey

dash pepper

Pour over meat and veggies and reheat. **Makes 4 servings.** (Chill remaining to use as a cold salad.)



Wednesday

Lunch

Broccoli meat salad leftovers, cheese lace, devilled egg, cinnamon muffin, sliced apple

Dinner

Broiled Mexican Chicken / Fresh Fruit

Broiled Chicken and Cheese Mexicana

This is delicious and looks very elegant to serve to guests but is fast to fix. I use some of the extra marinade to stir-fry veggies such as onion wedges, broccoli and asparagus tips. The final touch is a serving of fruit on the plate, such as a bunch of grapes, some watermelon chunks or mango.

4-6 boneless, skinless chicken breasts

Rinse and dry meat. Place pieces one at a time between two sheets of plastic wrap and pound with a mallet or an object such as the bottom of a jar of peanut butter, until about 1/4 inch thick. (It takes 12 to 15 whacks.) Set aside on a plate or cookie sheet.

4 T. lime or lemon juice

2 T. cider vinegar

4 T. olive oil

1 t. crushed garlic

1/4 t. each salt, ground cumin, and crushed red pepper flakes



Combine lime juice, vinegar, oil, garlic, salt, cumin and crushed red pepper flakes in a measuring cup and whisk it around with a fork to mix; pour a little onto each piece of chicken (both sides) and rub it around. Allow chicken to sit for a few minutes while you chop lettuce to allow flavors to absorb.

3 c. lettuce or lettuce/cabbage combination

1/4 c. cilantro, chopped (or 2-3 T. dry cilantro)

1 to 2 avocados, pitted and peeled

1/2 to 3/4 c. grated cheese, Jack or Cheddar

2 tomatoes, cut into wedges (or more if you like)

Lime or lemon wedges (opt.)

Mix cilantro with lettuce and spread lettuce/cilantro (and cabbage if using) mixture on your plates or a serving platter. Slice avocados; drizzle avocado and lettuce with some of the lime juice mixture.

Place chicken on rack of a broiler pan. Broil about 4 inches below heat, turning once with long tongs and brushing or pouring on more lime juice mixture, until meat at thickest part is no longer pink; cut to test (8 to 10 minutes).

When chicken tests done, sprinkle with grated cheese; return to oven and continue to broil until cheese is melted (about 2 more minutes). Arrange chicken, avocado, and tomato on lettuce. Garnish with lime and fruit.

Serves 4-6.