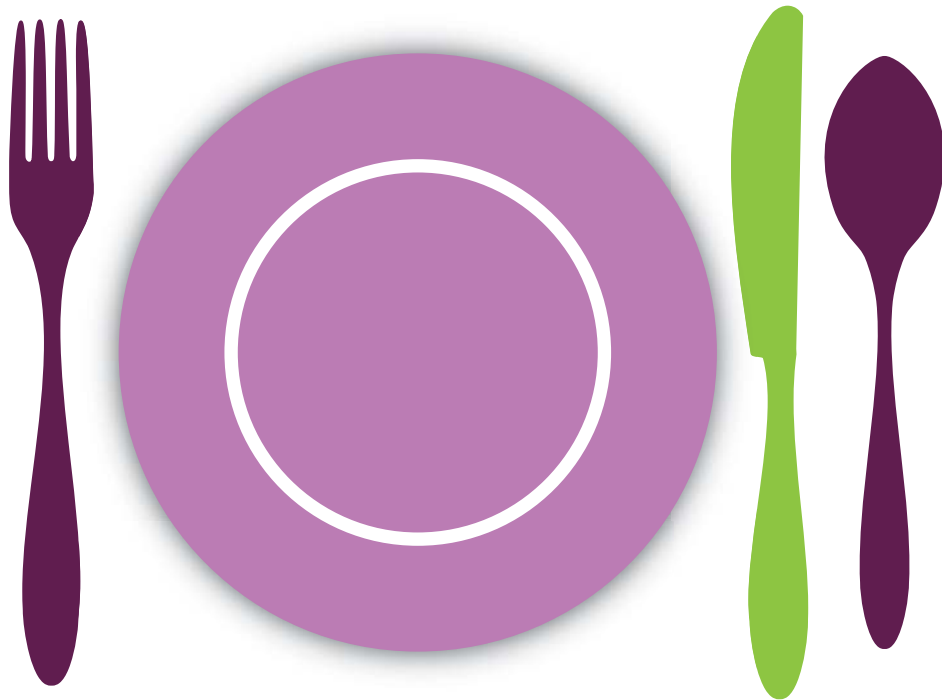


clutter free



MEAL TIMES



KATHI & ERIN'S RECIPES

The Worlds Easiest and BEST Whole Roasted Chicken

1 Whole chicken – giblets removed, rinsed and patted dry

6 garlic cloves cut in half

½ stick of butter

Garlic salt and pepper

Preheat the oven to 425

Put the chicken in a roasting pan breast side up

Salt and pepper cavity, put garlic in cavity

Chop up butter into pats and place all over the top of the chicken

Sprinkle the top with garlic salt and pepper

Roast until chicken's internal temperature is 165

Let set 20 minutes and enjoy



Carnitas

Ingredients:

3-4 pound pork shoulder roast
(for carnitas)

2 tbsp olive oil

salt and pepper

2 oranges

2 limes

1 onion

1 bay leaf

1 tbsp cumin

1. Preheat oven to 300 degrees.
2. Heat oil in large dutch oven. Cut pork into 2-3 inch pieces. Add salt and pepper (a good amount.) Set in oil and brown.
3. Once pork is browned, slice open the oranges and limes, squeeze juice. Throw halves (rind and all) into pot. Cut onion into quarters, add to pot. Add bay leaf and cumin. Add 2 cups of water so pork is sitting in a nice broth but not entirely covered. Bring to boil.
4. Once pork is boiling, transfer to the oven for 2-3 hours.
5. After 2-3 hours, remove from oven and use a slotted spoon to take pork out. Put it on a baking sheet in one layer. Set aside.
6. Bring dutch oven to stove, bring liquid to a boil and simmer for 20-30 minutes until it's reduced by one half. It will be almost sticky.
7. Pour liquid over pork on baking sheet.
8. Put pork back in oven on broil for 5-10 minutes until it starts to brown.

Serve with tortillas, cheese, guacamole and beans.

Michele Cushatt's Chicken Salad

The "recipe" for those who want to know (and I use that term loosely—I don't measure, just throw things in):

Season and cook 3 large chicken breasts in 1-2 TBSP olive until done, then dice and put into a large bowl. Squeeze the juice of one large lemon over the chicken, and stir. Add nonfat, plain Greek Yogurt (I used Fage today) and a TBSP or two of honey or agave, to taste. Add chopped tart apple, dried cranberries, toasted almonds and green onions (optional).

Serve with crackers or lettuce cups. Frankly, I could eat it with a spoon right outta the bowl!

Eggplant, Polenta and Spinach Bake

(*note: I know this sounds too healthy but I swear it's delish... even my hubby who HATES veggies downs this stuff...)

- 1 lb. ground turkey or chicken sausage
- 1 large eggplant
- 1 large zucchini
- 1 bag pre-washed spinach
- 1 cup fresh spinach
- 1 jar spaghetti sauce
- 2 cups cornmeal or polenta
- 1/2 cup Parmesan
- 2 cups low-fat mozzarella



1. Brown sausage. Cube eggplant and zucchini and add to pan with sausage. Cook 10 mins until tender. Wilt in spinach and basil. Add Spaghetti sauce. Stir well and set aside.
2. In large saucepan, heat 4 cups of water to a boil. SLOWLY add cornmeal, whisking frequently. Bring back to a boil. Remove from heat and stir in Parmesan.
3. Carefully spread cornmeal mixture onto the bottom of a 9X13 pan.
4. Cover polenta with sausage mixture.
5. Cover with mozzarella
6. Bake for 45 mins at 350.