Roast Chicken with Lemon and Herbs

Serves 4 to 6

- 1 (3½ to 4 lb.) whole chicken
- ½ fresh lemon
- Salt and freshly ground pepper
- 1 tsp. paprika
- 2 sprigs each of parsley, thyme, and rosemary (or 1 tsp. each, dried)
- 1 bay leaf
- 1 clove garlic, smashed
- 1 tbsp. olive oil

1. Preheat oven to 400° F.

2. Rinse chicken thoroughly inside and out. Pat dry with paper towels and remove any excess fat around the cavity.

3. Squeeze lemon juice inside the cavity. Sprinkle cavity with salt, pepper, and paprika. Add parsley, thyme, rosemary, bay leaf, and garlic clove.

4. Rub chicken with olive oil and tie the legs together with cotton string. Sprinkle chicken with a little more salt, pepper, and paprika.

5. Place chicken on a rack in a baking pan. Roast 1 hour 15 minutes. Do not baste. Chicken should be a rich golden brown color.

6. Remove chicken from pan and place on a cutting board to rest for 10 minutes. This will seal the juices inside the bird before you carve it.

7. Use kitchen shears or a sharp carving knife to cut the chicken into pieces. Discard herbs and garlic.
Roasted New Potatoes
Serves 4

- 12–16 small new potatoes (1–2" in diameter), cut in half
- 2 tbsp. olive oil
- 1 tsp. dried oregano
- 1 garlic clove, minced or pressed
- 2 tbsp. grated Parmesan cheese
- ½ tsp sea salt
- ¼ tsp. freshly ground pepper
- Paprika

1. Preheat oven to 400° F.
2. In a shallow 8×11" baking dish, combine 1 tbsp. olive oil, oregano, garlic, Parmesan cheese, salt, and pepper. Mix well.
3. Place potatoes cut-side down in pan. Brush skin side of potatoes with remaining 1 tbsp. olive oil. Sprinkle with paprika. Place pan in preheated oven.
4. Bake potatoes uncovered, basting occasionally with olive oil, until potatoes give when pressed, 25–35 minutes.
Healthful Eating Recipes

Green Beans with Almonds
Serves 4

- 1 lb. fresh green beans, trimmed and cut in half
- 2 tbsp. unsalted butter
- ¼ c. sliced or slivered almonds
- ¼ tsp. sea salt
- ½ lemon (optional)

1. Heat 2" water in a 12" frying pan and bring to a boil. Sprinkle a little salt in the water and add the beans. Cook until just tender, about 10 minutes.

2. In a smaller frying pan, heat butter over medium heat until bubbly and add the almonds. Stir gently for a few minutes, until golden.

3. Toss almonds with the green beans and salt. Sprinkle with lemon juice, if desired.

Steamed Carrots
Serves 4

- 1 lb. carrots, peeled, halved, and quartered
- 1 tbsp. butter
- 1 tsp. dried dill, tarragon, or basil

1. Place carrots in steamer for about 10 minutes, or until tender but not mushy.

2. Remove the steamer, pour out the water, and put the carrots back in the saucepan.

3. Toss hot carrots with butter and herb.
Butter Lettuce with Oranges, Avocado, Fennel, and Walnuts

Serves 4

Salad ingredients:
• ½ c. chopped walnuts
• 1 head butter or red leaf lettuce, washed, dried, and torn into pieces
• 2 oranges, peeled and sliced crosswise*
• 1 ripe avocado, cut into chunks
• 1 small fennel bulb, green tops removed and thinly sliced

Orange Vinaigrette ingredients:
• ¼ tsp. salt
• ¼ tsp. freshly ground pepper
• ½ tsp. Dijon mustard
• 1 tsp. finely chopped shallots or chives
• Juice of ½ fresh-squeezed orange
• ¼ c. rice vinegar
• ½ c. sunflower or canola oil
• 1 tsp. orange zest

*You may substitute tangerines or grapefruit.

1. Toast walnuts in a small, dry frying pan until lightly colored. Set aside to cool.
2. In a salad bowl, place lettuce, sliced oranges, avocado chunks, and fennel slices.
3. Combine all Orange Vinaigrette ingredients in a jar. Shake vigorously to mix well.
4. Toss salad gently with ¼ cup (or to taste) Orange Vinaigrette. Sprinkle with walnuts.
Meringue Cloud with Strawberries

Serves 6

- 2 tbsp. pine nuts or slivered almonds
- 6 c. strawberries, hulled and halved
- ¼ cup orange juice or orange-flavored liqueur
- ½ c. granulated sugar
- 3 large egg whites
- ¼ tsp. cream of tartar
- 1 tbsp. powdered sugar

1. Preheat oven to 500° F.

2. Spread nuts in a small, dry frying pan. Stir gently over medium heat until nuts turn golden brown.

3. Place strawberries in a large bowl and mix with orange juice or liqueur and 1–2 tablespoons granulated sugar (or to taste). Pour into an oven-proof 2-quart casserole dish.

4. In a large mixing bowl, combine egg whites and cream of tartar. Beat with an electric mixer on high speed until foamy. Gradually add 6 tablespoons of the granulated sugar. Continue to beat just until the whites hold stiff, moist peaks. Mound meringue over the center of the strawberries.

5. Sprinkle nuts over meringue. Sift powdered sugar over meringue.

6. Bake just until meringue is lightly colored (about 4 minutes). Serve at once.