

SuperFast

20-MINUTE COOKING

CHICKEN, SALADS, AND MORE

Fresh flourishes and seasonal ingredients cook up quickly for lively weeknight meals.

BY DEB WISE AND CAROLINE WRIGHT

Maple-Glazed Chicken with Apple-Brussels Sprout Slaw

Chicken cutlets can range in size from about 2 ounces each to close to 5 or 6 ounces each. For this dish, we chose the smaller ones.

- 8 (2-ounce) chicken cutlets
- ½ teaspoon kosher salt, divided
- ½ teaspoon freshly ground black pepper, divided
- 2 tablespoons olive oil, divided
- 3 tablespoons red wine vinegar, divided
- 2 tablespoons maple syrup
- 8 ounces Brussels sprouts
- ¼ cup dried currants
- 1 medium Fuji or Gala apple, cut into ⅛-inch-thick slices

1. Heat a large skillet over medium-high heat. Sprinkle chicken with ¼

teaspoon salt and ¼ teaspoon pepper. Add 1 tablespoon oil to pan; swirl to coat. Add chicken to pan; cook 3 minutes on each side or until done. Remove from pan; keep warm. Add 2 tablespoons vinegar and syrup to pan; bring to a boil. Cook 1 minute or until reduced to 3 tablespoons. Return chicken to pan; turn to coat with glaze.

2. Cut Brussels sprouts in half lengthwise; thinly slice crosswise. Place remaining 1 tablespoon oil, 1 tablespoon vinegar, ¼ teaspoon salt, and ¼ teaspoon pepper in a large bowl; stir well with a whisk. Add Brussels sprouts, currants, and apple; toss to combine. Serve slaw with chicken. Yield: 8 servings (serving size: 2 cutlets and about ¾ cup slaw).

CALORIES 282; **FAT** 8.7g (sat 1.4g, mono 5.4g, poly 1.5g); **PROTEIN** 28.6g; **CARB** 23.4g; **FIBER** 3.7g; **CHOL** 66mg; **IRON** 2.1mg; **SODIUM** 331mg; **CALC** 54mg

SUPERFAST for NOVEMBER

SIDE DISH

Romaine Salad with Balsamic Vinaigrette

p. 47

SNACK

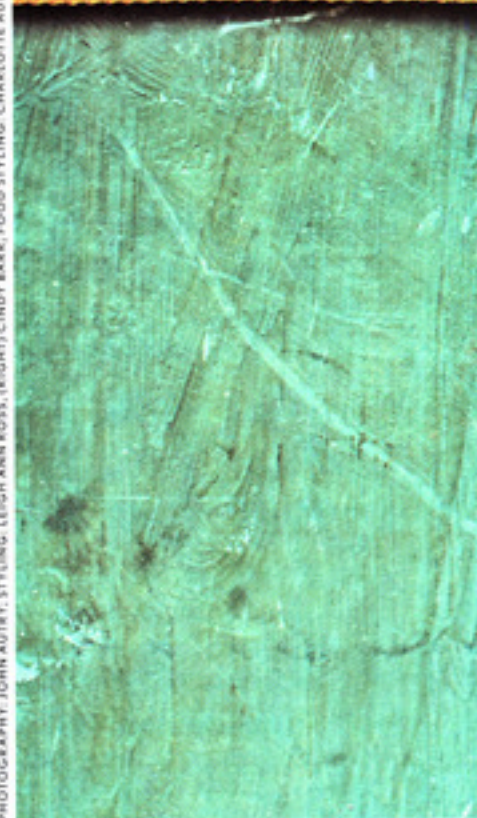
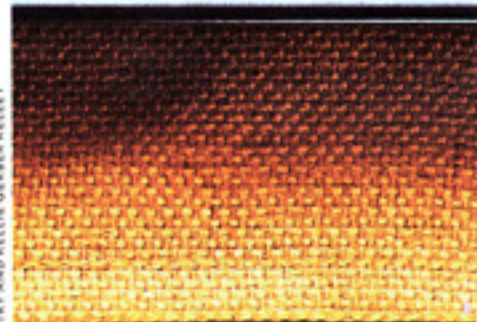
Peanut Butter, Banana, and Flax Smoothies

p. 50

SOUP

White Bean Soup with Kale and Chorizo

p. 50



PHOTOGRAPHY: JOHN AUTRY; STYLING: LEIGH ANN ROSS; (RIGHT) CINDY BARR; FOOD STYLING: CHARLOTTE AUTRY AND KELLIE GERBER KELLEY



Ginger-Soy Chicken Thighs with Scallion Rice

If you can't find ginger preserves, you can substitute $\frac{1}{2}$ cup apricot preserves plus 2 teaspoons grated peeled fresh ginger.

- 1 ($3\frac{1}{2}$ -ounce) bag boil-in-bag long-grain rice
- 2 tablespoons thinly sliced green onions
- 1 tablespoon olive oil
- 8 (2-ounce) skinless, boneless chicken thighs
- $\frac{1}{2}$ cup ginger preserves
- 2 tablespoons lower-sodium soy sauce
- 2 garlic cloves, minced

1. Prepare rice according to package directions. Drain; fluff rice with a fork. Gently stir in green onions.
2. While rice cooks, heat a large skillet

over medium-high heat. Add oil to pan; swirl to coat. Add chicken; cook 5 minutes on each side or until done. Remove from pan; keep warm. Add preserves, soy sauce, and garlic to pan; bring to a boil. Cook sauce 2 minutes or until reduced to $\frac{1}{3}$ cup, stirring occasionally. Return chicken to pan; turn to coat with sauce. Yield: 4 servings (serving size: 2 thighs, about $\frac{1}{2}$ cup rice, and about $1\frac{1}{2}$ tablespoons sauce).

CALORIES 355. **FAT** 78g (sat 16g, mono 3.8g, poly 1.5g).
PROTEIN 24.5g. **CARB** 47.3g. **FIBER** 0.2g. **CHOL** 94mg.
IRON 2.2mg. **SODIUM** 366mg. **CALC** 18mg.



the hottest couple in town

Coffee and tea aren't all the Cuisinart® Coffee Plus™ can make at the same time. This incredible hot beverage system has two reservoirs you can use separately or simultaneously. One delivers hot coffee into a carafe and the other dispenses hot water instantly for tea, hot cereal or soup. So brew 12 cups of coffee and make tea to serve guests with dessert, or juggle the kids' morning oatmeal and cocoa with your decaf and get out on time. Our Coffee Plus™ Coffeemaker and Hot Water on Demand not only make it fast and easy...it's really hot stuff.



Cuisinart

SAVOR THE GOOD LIFE™

www.cuisinart.com
www.facebook.com/cuisinart

Macy's • Bed Bath & Beyond • Amazon

HOW DOES MICROPLANE THINK OUTSIDE THE BOX?



The Microplane® Box Grater

A true American original, Microplane developed the patented process that creates the most precise cutting edges the culinary world has ever experienced. For a generation, Microplane has made blades in the U.S.A. that are the world's unrivaled best, any way you slice it.

Microplane

A CUT ABOVE
www.microplane.com

SuperFast | 20-MINUTE COOKING



Chicken Piccata with Orzo

Lemon rind gives the orzo floral, muted citrus notes, a nice companion to the zingy sauce.

- 1 cup uncooked orzo
- 2 teaspoons grated lemon rind
- 4 (4-ounce) chicken cutlets
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 1 tablespoon olive oil
- ¼ cup white wine
- ½ cup fat-free, lower-sodium chicken broth
- 1 tablespoon fresh lemon juice
- 1 tablespoon chilled butter, cut into small pieces
- 2 tablespoons chopped fresh parsley
- 1 tablespoon capers

1. Cook orzo according to package directions. Drain. Stir in rind.
2. While orzo cooks, heat a large skillet over medium-high heat. Sprinkle

chicken with salt and pepper. Add oil to pan; swirl to coat. Add chicken; cook 3 minutes on each side or until done. Remove from pan; keep warm. Add wine; cook 1 minute or until liquid almost evaporates, scraping pan to loosen browned bits. Add broth and lemon juice; bring to a boil. Cook 2 minutes or until reduced to ½ cup. Remove from heat; add butter, stirring until butter melts. Stir in parsley and capers. Serve over orzo. Yield: 4 servings (serving size: about ½ cup orzo, 1 cutlet, and 2 tablespoons sauce).

CALORIES 345 **FAT** 8.5g (sat 2.7g, mono 3.6g, poly 0.8g)
PROTEIN 32g **CARB** 33g **FIBER** 19g **CHOL** 73mg
IRON 15mg **SODIUM** 328mg **CALC** 22mg