



Chicken in a Pot

2 carrots, sliced *

1ts. Salt *

2 onions, sliced *

½ ts coarse black pepper *

2 celery stalks with leaves, cut in 1- inches pieces *

½ cup water, chicken broth or white wine *

3 pound broiler/fryer chicken *

½ ts basil *Put carrots, onion and celery in bottom of crock pot.

Add whole chicken.

Top with salt, pepper, liquid.

Sprinkle basil over top.

Cover, cook on low 8 to 10 hours (High 3 ½ to 5 hours, using 1 cup water).

Remove chicken and vegetables with spatula. 4 serving.

Chicken Piccata

8 skinless boneless Chicken Breasts *

1/2 cup all purpose Flour

Salt & Pepper

4 TBS Olive Oil*

2/3 cup Dry White Wine*

2 cup fresh Lemon Juice

2 cup Chicken stock*

2 cups drained Capers

2 cups chopped fresh Parsley

2TBS butter softened and divided

2 TSP flour

Place chicken between 2 large sheets of plastic wrap. Using a meat pounder or rolling pin, lightly pound chicken to 1/4 inch thickness. Dip chicken into seasoned flour to coat – Shake off excess.

Heat oil in large skillet. Add chicken breasts, 2 or 3 at a time and cook until golden and cooked through (about 3 minutes per side). Transfer chicken to a platter, tent with foil t