

Sunday

Noontime Dinner

Crock Pot Chicken Breasts with Carrots, (potatoes), sauted or steamed veggies and Spice Cake.

Supper

Grilled cheese sandwich using onion bread, fruit salad, leftover sauted veggies and cupcake

(Before bed start Herbed Vegetable Chicken Soup)

Monday

Lunch

Herbed Vegetable Chicken Soup, cheese lace, onion bread, apple and peanut butter, candy.

Dinner

Thai Chicken and Vegetables, Fruit, (Rice), Spice Cake

Thai Chicken and Vegetables

(Recipe adapted from "Good Housekeeping Best Chicken Dishes")

Crock Pot Chicken Breasts with Carrots

Place four or more large chicken breasts (may be partially frozen) in the crock pot. Peel several carrots, cut them in 1/2, and place around the chicken. Add scrubbed potatoes for non-SCDers. An onion, quartered is great for flavor. Add 1/4 c. water. Turn crock pot to HIGH and cook for 5 hours. It will be fragrant and ready to eat when you get home from church. After serving, there will be some juice left over which you can save for making soup tonight.

Herbed Vegetable Chicken Soup

(Recipe adapted from "Light and Tasty" June/July 2001)

- 3 c. finely shredded cabbage
- 1 pound fresh or frozen green beans, cut
- 2 celery ribs, thinly sliced
- 2 medium carrots, thinly sliced
- 2 small zucchini, chopped
- 1 small onion, chopped
- 3 c. tomato juice
- chicken broth from today's crock pot chicken
- 1 t. salt
- 1 c. water, as needed
- 1/2 t. dried basil
- 1/4 t. dried rosemary, crushed

Combine ingredients in crock pot and set on LOW for 8-10 hours. During the last 1/2 hour add some leftover pieces of Sunday chicken breast.



Copyright Sabba Cox 2003

6

- 1 T. olive oil
- 3-4 medium skinless, boneless chicken breasts each cut into 6 pieces
- 1 t. minced, peeled fresh ginger (opt.)
- 3-4 large carrots, peeled and cut into pencil-thin strips
- 2-3 small zucchini, cut into pencil-thin strips
- 2-3 lg. green onions, thinly sliced or 1 regular onion, chopped
- 1 t. salt
- 1/4 c. peanut butter (peanuts & salt only)
- 1/2 c. tomato juice
- 1 t. Tabasco Sauce (added to taste)
- 3 T. cider vinegar
- garnish of unsweetened coconut and chopped plain peanuts (opt.)

1. In nonstick skillet, heat oil over medium-high heat until very hot. Add chicken and cook until beginning to brown, 4-5 min.
2. Add ginger, if using, and carrot to skillet and cook until carrot is lightly browned. Stir in zucchini and green onions and continue cooking until vegetables are tender.
3. Combine peanut butter, tomato juice, vinegar and 1 1/4 c. water and stir into skillet until well blended. Heat to boiling over high heat. Reduce heat to low; cover and simmer until chicken loses its pink color and vegetables are crisp-tender, about 5 minutes.
4. To serve, garnish with peanuts and unsweetened coconut. Toss to serve. Serve over rice to non-SCDers.

Makes 4-5 main-dish servings.

Tips on Eating Out...

If you think you might be eating out, cover your bases by carrying cheese lace, stuffed dates and apple slices with you. They don't need refrigeration.

When you go, look for grilled chicken and fish (oil or butter & herbs only), steamed veggies with butter, and fresh fruit plates with or without cheeses (aged cheeses only such as Brie, Cheddar, Swiss). You can order a Cobb

Salad with egg, chicken, Blue Cheese, tomatoes, bacon, avocado and lettuce: ask for oil and lemon wedges to put on yourself. Have them leave off anything else.

We discovered a fast food option in our area: the In-and-Out burger, "protien style;" one or two pure beef patties, grilled onion and tomato slices, well wrapped in lettuce leaves. A diet drink can be enjoyed once a week.

Erin has noticed that because she is so happy to be on this diet, people are interested but don't feel sorry for her.