

Cooking Corner Tips To Help You

Entertain Like A Chef

(NAPSA)—Impressing family and friends when entertaining is all about creating the “wow” factor with restaurant-quality meals. Realistically though, not everyone has time to prepare extravagant meals. In fact, even leading restaurant chefs use shortcuts when cooking at home. Christopher Lee, a restaurant chef in New York City, keeps pantry essentials, like Swanson all-natural cooking stocks, on hand to make meal prep simple and give him more time to spend with family and friends.

Though the difference between stock and broth seems subtle, it is significant. Stock enhances the natural flavors of meat, so Chef Lee uses it to keep meat dishes juicy and also for gravies, sauces and basting. Broth is a highly seasoned base that Chef Lee uses for soups and side dishes like stuffing, potatoes and rice.

Pan Sautéed Chicken with Vegetables & Herbs is an easy, restaurant-quality dish that gets its rich flavor from Swanson chicken stock. For additional recipes, visit www.swansonstock.com.

Pan Sautéed Chicken with Vegetables & Herbs

Prep: 20 minutes

Cook: 1 hour

Makes: 4 servings

- ½ teaspoon ground black pepper**
- ½ teaspoon paprika**
- 2 tablespoons all-purpose flour**
- 4 bone-in chicken breast halves**
- 2 tablespoons olive oil**
- 2 small red onions, cut into quarters**



- 1 pound new potatoes, cut into quarters**
- 8 ounces fresh, whole baby carrots (about 16), green tops trimmed to 1-inch**
- 1½ cups Swanson chicken stock**
- 3 tablespoons lemon juice**
- 1 tablespoon chopped fresh oregano leaves**
- 1 tablespoon chopped fresh thyme leaves**

1. Heat the oven to 350° F. Combine the black pepper, paprika and flour in a small bowl. Coat the chicken with the flour mixture.

2. Heat the oil in a 12-inch oven-safe skillet over medium-high heat. Add the chicken and cook until it's well browned on all sides. Remove the chicken from the skillet.

3. Add the onions and potatoes to the skillet and cook for 5 minutes. Add the carrots, stock, lemon juice and oregano and heat to a boil. Return the chicken to the skillet. Cover the skillet.

4. Bake at 350° F for 20 minutes. Uncover the skillet and bake for 15 minutes or until the chicken is cooked through and the vegetables are tender. Sprinkle with the thyme.