

Fall Comfort Foods

Chicken Salad Croissants

- ¼ cup mayo
- ¼ cup celery
- 1 tsp dry basil
- small red onion rinsed and diced
- 2 cups shredded or diced chicken breast
- 1 cup halved red grapes
- salt and pepper to taste
- Chopped Pecans (optional)
- mini croissants

Mix all the ingredients together and serve in a mini croissant

Chicken, corn and black bean enchiladas

Enchilada sauce

- 6 dried ancho chiles
- 1 (6 ounce) can tomato paste
- ¼ cup corn oil
- 2 cloves garlic, mince
- 1 ½ teaspoons salt
- 1 teaspoon dried oregano
- ¼ teaspoon ground cumin
- 3 cups beef broth

Place peppers in a bowl and pour enough hot water into bowl to cover completely; allow soaking for 1 hour. Combine the ancho chiles, tomato paste, corn oil, garlic, salt, oregano, cumin, and about 1 cup of the beef broth in a blender; blend until smooth. Pour the mixture into a saucepan with the remaining beef broth and place over medium heat; simmer until heated through, about 10 minutes.

Enchiladas

- 3 cups shredded chicken
- 2 cups cheddar cheese
- 1 can black beans drained and rinsed
- 1 can corn drained and rinsed
- 1 jalapenia peppers diced
- 1 small onion diced
- 1 tomato diced
- large flour taco shell or corn shells

Directions to make enchiladas

Place chicken, corn, black beans, cheese and peppers onions, and tomatoes in a bowl and mix in ½ cup of enchilada sauce, mix. Place mixture down the center of a taco shell, roll up and place in a 13x9 pan sprayed with cooking spray, cover with enchilada sauce and the remaining ½ cup of cheese. Bake covered at 350 for 20 minutes. Remove cover and bake 15 more minutes until bubbly.

Deconstructed chicken pot pie

Buttermilk Biscuits

- 2 cups unbleached white flour
- 1/4teaspoon salt
- 1teaspoon sugar
- 2teaspoons baking powder
- 1/2teaspoon baking soda
- 3tablespoons unsalted butter
- 3/4cup buttermilk
- cooking spray

~Preheat the oven to 450 degrees F. Prepare baking sheet with a light coating of cooking spray.

~Sift together the flours, salt, sugar, baking powder, and baking soda. Cut in the butter, then take up the flour and roll briskly between the palms of your hands so the mixture has the consistency of coarse cornmeal. This step can also be done in a food processor fitted with the steel blade, using the pulse action.

~Stir the buttermilk into the mixture. Lightly flour your hands. Using your hands, bring the dough together until it forms a lump. Use care not over kneading the dough (as you would with bread) as that will result in hockey pucks not biscuits. It will be slightly sticky, that's okay. Again, the less you work the dough, the lighter your biscuits will be.

~Roll out to a thickness of about 3/4 inch fold in thirds and roll again to 3/4 inch thick and cut into squares, triangles, or rounds.

~Place on the prepared baking sheet and bake for 12 to 15 minutes, until they're just lightly browned. (Caution, the smaller your biscuits, the shorter the baking time). Serve warm.

Chicken Sauce with vegetables

- 2 cup Rotisserie diced chicken
- 1 cup sliced carrots
- 1 cup frozen green peas
- 1/2 cup sliced celery
- 1/3 cup butter
- 1/3 cup chopped onion
- 1/3 cup all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon celery salt
- 1 3/4 cups chicken broth
- 2/3 cup milk

Directions: In a saucepan melt butter sauté carrots, peas, celery and onions in butter until soft and translucent. Stir in flour, salt, pepper, and celery salt. Slowly stir in chicken broth and milk. Simmer over medium-low heat until thick add in rotisserie chicken. Serve over hot biscuits halves.