

## Weekend Taste but Weeknight Speed Meal

### **Stir-fried Asparagus**

- 3 tablespoons butter
- 1 teaspoon chicken bouillon granules
- 1/8 teaspoon celery salt
- 1/8 teaspoon pepper
- 1-1/2 pounds fresh asparagus, trimmed and cut into 2-inch pieces (about 4 cups)
- 1 teaspoon soy sauce

In a large skillet, melt butter, combine the bouillon, celery salt and pepper. Add asparagus and toss to coat. Cover and cook for over medium-high heat for 2 minutes or until asparagus is crisp-tender, stirring occasionally. Stir in soy sauce; serve immediately. Yield: 4 servings.

### **Honey Peach Freeze**

- 1/4 cup honey
- 2 tablespoons orange juice
- 1 tablespoon lemon juice
- 1 package (20 ounces) frozen sliced peaches, partially thawed

Set aside a few peach slices for garnish. In a blender; combine the honey, juices and peaches. Cover and process until smooth.

Pour into four freezer-proof dishes. Freeze. Remove from the freezer 5 minutes before serving. Garnish with reserved peaches. Yield: 4 servings.

### **Crispy Chicken Cutlets**

- 4 boneless skinless chicken breast halves (6 ounces each)
- 1 egg white
- 3/4 cup finely chopped pecans
- 3 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon butter
- 1 tablespoon canola oil

Flatten chicken to 1/4-in. thickness. In a shallow bowl, lightly beat egg white. In another shallow bowl, combine the pecans, flour, salt and pepper. Dip chicken in egg white, then coat with pecan mixture. Let stand for 5 minutes.

In a large skillet, brown chicken in butter and oil over medium heat for 4-6 minutes on each side or until juices run clear. Yield: 4 servings.