

Scandinavian Chicken and Cabbage



PREPARATION TIME
25 minutes



COOKING TIME
50 minutes



PERFECT PARTNER
rye bread



Use meaty chicken wings in place of the chicken legs to save money on the food bill. There will be no difference in flavor, and the wings will cook faster since they are slimmer than the legs.

SHOPPING LIST

- celery seeds • chicken
- tomatoes • caraway seeds
- cabbage • mozzarella cheese

ON HAND

- flour • oil • seasoned salt
- onion • salt • sugar

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INGREDIENTS

- 1/2 cup vegetable oil
- 1/2 cup all-purpose flour
- 1 teaspoon seasoned salt
- 1 teaspoon celery seeds
- 8 chicken legs (about 3 pounds)
- 1 medium onion, chopped
- 1 (28-ounce) can chopped tomatoes
- 2 teaspoons caraway seeds
- 1 teaspoon salt
- 1 teaspoon sugar
- 4 cups shredded cabbage
- 1 cup shredded mozzarella cheese

SERVES **4**

COOKIN'
Xpress

• Keep your oven clean when baking messy dishes. Place the baking dish in a large piece of foil. Gather and fold up the foil around the dish to completely enclose the casserole.

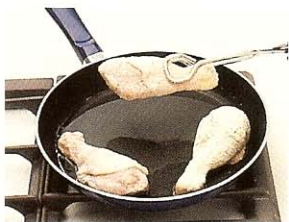
Make Ahead

You can prepare this casserole, including baking, up to 24 hours ahead of time. Add the mozzarella during the last 5 minutes of cooking.

VARIATION

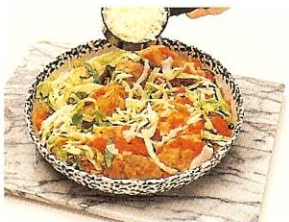
For more color and texture, add 2 chopped apples during step 3.

1 Heat oil in a large skillet over medium heat. Mix flour, seasoned salt and celery seeds in a resealable plastic bag. Add chicken legs, a few at a time, to bag. Shake bag to coat chicken.



2 Add chicken to skillet. Cook, turning occasionally, until browned, about 10 minutes. Place chicken in a medium baking dish. Preheat oven to 350°F.

3 Add onion to skillet. Cook until tender, about 5 minutes. Add undrained tomatoes, caraway seeds, salt and sugar. Bring to a boil. Add cabbage; mix well. Spoon over chicken.



4 Cover dish with foil. Bake until chicken is cooked through, about 45 minutes. Remove foil; sprinkle mozzarella over chicken. Bake until cheese is melted, about 5 minutes.