

Garlic-Sauced Chicken



PREPARATION TIME
15 minutes



COOKING TIME
40 minutes



PERFECT PARTNER
egg noodles



To ensure that you are buying the freshest garlic, choose individual bulbs rather than packaged ones. Press the bulbs to test for firmness and moistness. Avoid garlic that seems overly dry.

SHOPPING LIST

- chicken

ON HAND

- onion • oil • flour
- salt • garlic
- crushed hot red pepper flakes

INGREDIENTS

- 1 tablespoon vegetable oil
- 1 (2½-pound) chicken, quartered
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 tablespoons all-purpose flour
- 1½ cups boiling water
- ¼ teaspoon crushed hot red pepper flakes
- ½ teaspoon salt

SERVES 6

COOKIN' *Express*

- For a quicker sauce, omit the flour and water. Brown the onion and garlic in the skillet drippings and add a can of cream of chicken soup. Heat to serving temperature.
- Sprinkle a little salt over the garlic before mincing. This will help keep the garlic from sticking to the knife.

Make Ahead

Leftover shredded chicken can be a fast midweek supper. Place in a casserole dish; add a can of sliced green beans. Heat in a 375°F oven for 20 minutes or until heated through.

1 Heat oil in a large skillet over medium-high heat. Add chicken; cook until browned, about 5 minutes per side. Remove chicken; keep warm.



2 Add onion and garlic to drippings in skillet. Cook, stirring frequently, until vegetables are a deep golden brown, about 5 minutes. Add flour. Cook, stirring continually, until golden brown.

3 Gradually stir boiling water into skillet. Cook, stirring continually, until sauce thickens slightly. Return chicken to skillet.



4 Simmer, covered, stirring occasionally, for 20 minutes or until chicken is tender. Add red pepper flakes and salt. Simmer chicken for 5 minutes longer.

♦ VARIATION

Slice mushrooms and sauté them with the chicken in step 1 for an elegant touch.