



RECIPES

Chicken Dijon with Tarragon

1/4 cup margarine
3 Tbsp. Dijon mustard
3 Tbsp. lemon juice
1/2 tsp. tarragon
2 dashes lemon pepper
4 boneless, skinless chicken breasts

Melt margarine in a small saucepan. Mix in Dijon mustard, lemon juice, tarragon, and lemon pepper. Pour over chicken in a glass baking dish and bake for 45 minutes to 1 hour in a 350 oven.

Rice Casserole

1 stick butter
1 medium onion, chopped
6 oz. mushrooms, sliced
1 cup water
1 can consomme'
1 cup rice

In a glass baking dish, melt butter and saute mushrooms and onion about 3 minutes. Add water, consomme', and rice. Stir well and bake covered in a 350 oven for 45 minutes to 1 hour or until all liquid has been absorbed (you can usually turn the oven off after about 50 to 55 minutes and leave the casserole covered until ready to stir and serve).

Serve together with a salad or use the Rice Casserole recipe for a side dish that goes with just about anything.