

**JERICHO PUBLIC LIBRARY'S
VIRTUAL TABLE TOP ADVENTURES
Easy & Delicious Chicken Dijon
with Lucy Van Horn**

CHICKEN CUTLETS DIJON

3 tbs olive oil
2 large shallots, chopped
1 clove garlic, chopped
1 to 1¼ lbs chicken cutlets or tenders
4 large mushrooms washed and sliced
2 tbs sour cream
1 to 2 tbs Dijon mustard
1/3 cup white wine (not cooking wine)
1 tbs water
1 teas lemon juice
salt to taste
chives or parsley

Heat olive oil in large pan. Add shallots and garlic, sauté quickly and add chicken. Continue to cook until chicken is no longer pink. Remove from pan and keep in a warm dish. Add mushrooms to the pan and quickly sauté them. Add wine, sour cream and mustard to pan. Cook 2 minutes until blended. If too thick, add water. Return the chicken and juices from the dish you set aside. Stir well over low heat and season with lemon juice and salt. Garnish with chives or parsley to give some color.

SPINACH SALAD WITH AVOCADO AND MANGO

1/2 lb fresh spinach, cleaned
4 slices well cooked bacon, crumbled
1 small avocado, peeled and cut into chunks
1 small mango, peeled and cut into slices
1/4 cup toasted slivered almonds
1/4 cup vinegar (changing flavors gives you different vinaigrettes)
3/4 cup olive oil
salt and pepper

Place spinach on a platter and sprinkle with bacon and almonds. Arrange avocado and mango over spinach. Prepare the lemon vinaigrette below. When ready to serve, drizzle about 1/3 of the dressing over the salad. Serve the rest of the dressing in a bowl. (Adding red kidney beans can make this a nutritious summer main course.)

LEMON VINAIGRETTE

1 cup extra virgin olive oil
1/4 cup lemon juice (or lime)
1/4 cup vinegar (red or white wine or cider)
1 teas Dijon mustard
salt and pepper to taste (other spices and herbs are optional)

In a bowl or blender add vinegar, mustard and lemon juice. While whisking add the oil in a slow steady stream. The mixture will start to look creamy. Add salt, pepper and herbs to your taste.