

Recipes from Vienne Olson, *The Harried Gourmet*

Meet The Harried Gourmet

The Harried Gourmet makes great tasting foods and meals in 30 minutes or less. She's the hero of every busy person because she's busy herself. The Harried Gourmet has been there as an entrepreneur and working mom. She knows how to make gatherings special, in no time at all.

Meet Vienne and find great tastes, great gifts, and everyday essentials at Trade Winds Spice Co. at 423 South Main Street in the Brick Alley Building in Stillwater. Call her at (651) 351-0422.

As Featured on the Stan Turner Show Jan. 29th, 2005.....

Perfect Chicken

1/3 cup Golden Fig Flavored Vinegar

1/2 cup Olive Oil

3 Tablespoons Coarse Ground Mustard

1 Tablespoon freshly chopped Basil or 1 Teaspoon dried Basil

2 boneless skinless chicken breasts

Combine first four ingredients in a small jar and shake well. In a shallow dish, pour marinade over chicken and marinate 20 – 30 minutes. Grill, broil or roast until cooked through (generally 7-8 minutes per side depending on thickness).

Garnish with fresh raspberries if raspberry vinegar is used, fresh herbs if herbes de provence or rosemary vinegar is used or cranberry sauce if cranberry thyme vinegar is used.

Serve with rice, couscous or potatoes.

Ashley's Peanut Chicken

Boneless skinless chicken breast

Ginger People Ginger Peanut Sauce

Green Pepper, chopped into bite size pieces

Pineapple Tidbits

Cut chicken breast into bite size pieces. Sautee in pan with small amount of oil until partially done. Add chopped green pepper and 1-2 tablespoons Ginger Peanut Sauce. Continue sautéing until chicken is cooked through and green pepper is soft but still crunchy. Add pineapple tidbits and more Ginger Peanut Sauce if needed to lightly coat. Heat through. Serve on a bed of rice.

Serves 1 (To serve more, use 1 chicken breast per serving)

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Sassy Chicken

1/3 cup Aloha from Oregon Pepper Jelly

1/3 cup Fallot Dijon Mustard

1/3 cup Honey

3 lbs Chicken Parts

Combine the first 3 ingredients and pour over the chicken parts. Place in a preheated 350 degree oven for about 1 hour, or until the chicken is tender, and pulls away from the bone.