



## STIR FRIED CHICKEN LIVERS

Chris Hammack

- 1½ c. hot tap water
- ½ tsp. salt
- 1⅓ c. 5 minute rice
- 1 lb. chicken livers, lg. lobes separated, cut in half
- ¼ c. all-purpose flour
- 2 T. vegetable oil

- 4 med.-size green onions, cut in 1 inch pieces
- ¾ c. chicken broth
- 1 T. soy sauce
- ½ tsp. Oriental sesame oil
- 1 c. cherry tomatoes, cut in halves

Bring water and salt to a boil in a medium saucepan. Stir in rice; cover, remove from heat and let stand. In a plastic bag or medium-size bowl, toss livers in flour until coated. Heat oil in a large skillet over high heat. Add livers and green onions; stir fry 5 minutes or until livers are browned outside and slightly pink inside. Remove liver mixture with slotted spoon; reserve. Add broth, soy sauce and sesame oil to skillet; bring to a boil, reduce heat and simmer uncovered 2 minutes or until slightly thickened. Return liver mixture to skillet; add tomatoes and simmer 1 minute. Serve over rice. Makes 4 servings.

## SUPER EASY CHICKEN AND DUMPLINGS

Kathy Wilson

- 4 chicken breasts
- 6 c. water
- 1 pkg. flour tortillas

- 1 can cream chicken soup
- ½ c. water
- 1 med. onion, chopped

Cover chicken with water and boil until tender. Remove, cool, debone and cut into bite-size pieces. Set aside. Bring chicken broth to a boil and add onion and tortillas that have been cut in 2-inch square pieces. Stir to keep tortillas from sticking together. Combine soup and ½ cup of water. Add to the dumplings. Return cut up chicken to pot and simmer for 5 to 10 minutes.

