



**FOX8 Morning News
September 11, 2013**

Chicken Salad

2 lbs. boiled white meat chicken, chopped

1/3 cup of chopped celery

1/3 cup of sweet relish

3 table spoons sugar

1/3 cup mayo

Add all the ingredients and mix

Hot dog & burger chili

2 lbs. ground chuck

1/3 cup chopped onion

¼ cup cracker meal

1 tablespoon granulated garlic, chili powder, paprika, salt and pepper

Water

Sweat the onions in oil. Add the ground chuck and the seasonings. Cook until done. Add cracker meal and water and bring to a boil until the chili thickens.

Roasted chicken w/ lemon and herbs

One chicken, split

Olive oil

Fresh lemon

One tablespoon granulated garlic, oregano, rosemary, salt and pepper. Dash of paprika.

Coat the chicken. Marinade 2 hours. Bake at 375 degrees until an internal temperature of 170 degrees.

Buttermilk fried chicken w/ mashed potatoes and lima beans

Boneless white meat chicken breasts

Buttermilk

Self-rising flour

Salt and pepper

Marinade chicken in the butter milk for 2 hours. Bread the chicken in seasoned self rising flour and deep fry.

Serve topped with chicken gravy