

**The Herald Kitchen**

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and square in shape. Cut each flattened thigh into four pieces and place in a shallow pan. Pour soy sauce over chicken, cover, and marinate for 10 minutes in the refrigerator. In a shallow bowl, mix cornstarch and ginger. Add chicken, one piece at a time, dredging to coat. In large frypan, place oil and heat to medium temperature. Add chicken and cook turning to brown on both sides, about 5 minutes. Remove chicken from frypan and drain on absorbent paper. Serve hot or cold with dip.

For dip mix together 1/2 cup chili sauce, 2 tablespoons pineapple preserves and one teaspoon soy sauce. Serve with chicken chips.

(Note: To bone chicken thigh, place thigh on cutting board, skin side down and cut along thin side, joint to joint. Cut meat from one joint; then pull or scrape meat from bone. Cut meat from opposite joint.)

If the temperature rises and you decide to serve lunch right in your air-conditioned family room, make the main course chicken salad, but do it a little different. Recently we gave a recipe for the combination of chicken with fruit in a salad. How about making it with vegetables this time? Serve it with some of those new Nabisco Better Cheddar Snack Thins. They're yummy crisp.

**BLT Chicken Salad**  
1/2 lb. bacon slices, about 10 slices

2 cups diced cooked chicken or two cans chunk-style chicken, drained

2 medium tomatoes, seeded and coarsely chopped

2 small zucchini, halved lengthwise, then sliced crosswise

1 cup fresh or canned bean sprouts

1 medium avocado, peeled and sliced

Lemon juice  
Lettuce leaves

Cook bacon until crisp; drain slices on paper towels; crumble, reserving 2 tablespoons for garnish.

In medium bowl, combine bacon, chicken, tomato, zucchini and bean sprouts. Slice avocado thinly; brush with lemon juice to prevent discoloring. Line 4 individual salad plates with lettuce leaves. Spoon salad mixture in center of each plate; surround each with avocado slices; cover with plastic wrap; refrigerate until serving time.

**Dressing**  
1/2 cup vegetable oil  
1/4 cup tarragon or white wine vinegar  
1/4 cup parsley  
2 teaspoons Dijon-style mustard

1 teaspoon salt  
1/4 teaspoon ground black pepper

In small bowl or glass container combine oil, vinegar, parsley, mustard, salt and pepper. Beat or shake to blend well. Refrigerate until serving time.

Pass dressing separately with BLT Chicken Salad

Ice cream, of course, is the perennial favorite dessert but there are times when a different dimension to its smooth creaminess would be welcome. Make some Crunchy Ice Cream Balls.

**Crunchy Ice Cream Balls**  
1 qt. vanilla ice cream  
1 1/2 cups crushed TEAM flakes cereal

1/4 cup chopped peanuts or chopped blanched almonds  
1/4 cup flaked coconut  
2 tablespoons honey

Line cookie sheet with wax paper. Using 1/2-cup ice cream scoop, shape 8 ice cream balls; set on cookie sheet; place in freezer. In medium bowl, combine cereal, peanuts or almonds and coconut; stir in honey until mixture is evenly coated. Working quickly with one ball at a time, coat all sides with cereal mixture, pressing to adhere. Return each to freezer until serving time. To serve place ice cream balls in individual dessert dishes; stand fresh strawberry slices around edges of dishes, if desired.



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