



### **Pan-Cooked Celery With Tomatoes**

**Time: 20 Minutes**

- |                             |                  |
|-----------------------------|------------------|
| 1 bunch celery              | 1 Tbl. olive oil |
| 1 lb. chopped tomatoes      | Pinch of sugar   |
| 3 Tbl chopped parsley       | 4 garlic cloves, |
| <i>Optional: 1 anchovy,</i> | minced           |
| <i>rinsed and chopped</i>   | Salt and pepper  |

- 1) Trim and cut the celery into 1-inch pieces. Steam for 5 minutes. Then drain. If you don't have a steamer, check out [Food52.com](http://Food52.com)'s article on "How to Steam Vegetables Without a Steamer."
- 2) Heat oil in a pan over medium heat and add garlic. Stir for about 30 seconds, then add the anchovy (optional), tomatoes, 2 Tbl. of parsley, sugar, and salt and pepper to taste. Stir together.
- 3) Stir in the celery. Cook, stirring often, for about 10 minutes. Mix in the remaining tablespoon of parsley just before serving.

*From cooking.nytimes.com*



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### **Mango Chicken**

**Time: 35-45 Minutes**

- |   |                   |
|---|-------------------|
| 4 boneless, skinless<br>chicken breasts | 3-4 mangos        |
| 2 bunches green onion                   | 2-3 cloves garlic |
| 1 Tbl. sweet curry powder               | 2 Tbl. olive oil  |
|   | Salt, to taste    |

- 1) Finely chop the green onion. Chop the garlic. Chop the chicken breasts into small cubes. Skin and cut the mangos into small cubes.
- 2) Heat the oil in a pan on medium heat. Add the green onions and garlic, and saute until softened. Add the chicken breasts and fry until slightly browned on the outside.
- 3) Change the heat setting to low and add the sweet curry powder. Cook and stir for 3 minutes. Add more oil if needed.
- 4) Add mango and ½ cup water. Cover and simmer for 25-35 minutes, stirring occasionally. Mango should be soft and chicken should be fully cooked. Add salt. Remove the cover in the last 10 minutes of cooking to allow sauce to thicken more.

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