

## RaeAnne Thayne's Honey Chicken Veggie Kebabs

1/4 cup vegetable oil  
 1/3 cup raw honey  
 1/3 cup low sodium soy sauce  
 Ground pepper to taste  
 10 skinless boneless chicken tenders, cut into 2 inch cubes  
 2 tsp chopped garlic  
 1 large onion, cut into 2 inch pieces  
 2-3 peppers, any color, cut into 2 inch pieces  
 Wooden skewers  
 Optional: 2 small zucchini or squash, sliced

Soak wooden skewers in water for at least 1/2 hour (or longer) so they don't char on the grill.

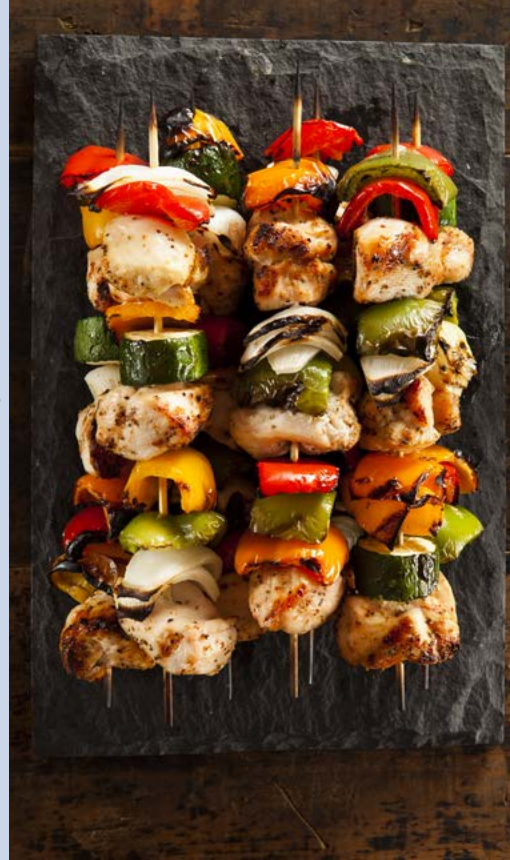
Whisk together oil, honey, soy sauce, pepper and garlic. Separate into two containers or zippered bags. In one, put chicken. In the other one, put onions and peppers and optional squash/zucchini. Marinate for at least 2 hours (longer is better).

Preheat grill, high heat

Drain marinade from the chicken, discard. Keep marinade from vegetables to brush on food while grilling. Skewer chicken

and vegetables. You can alternate them (which is prettier) but we like to thread the chicken and the vegetables on separate skewers since they tend to require different grilling times. Grill chicken for 12 to 15 minutes until chicken juices run clear. Veggies take about 9-10 minutes. Turn every 3 minutes, brushing on reserved marinade after the first turn.

We use this basic marinade for chicken breasts too and it's delicious!



Note: These recipes are available as a printable PDF at FictionforWomen.com

# MAIN DISH RECIPES

## Susan Elizabeth Phillips' Lighter Chicken Salad

I've made this for baby showers, wedding showers, guests, and family. It's my go-to summer dish, compliments of my dear friend, writer Lindsay Longford. I have no quantities for anything, but I figure about 1 chicken breast per person and go from there.

Chicken breasts cooked (but not dried out!) and cut into bite-

sized chunks.

Celery (a LITTLE celery cut into very small dice. Too much overwhelms the salad. Be subtle.)

Pineapple (I buy the canned slices packed in their own juice and then cut them into small pieces)

Seedless Grapes (halved. This is kind of a pain. Make sure you get nice, sweet grapes.)

Dried cranberries

Dressing: (This is the key to what makes it so tasty and not as cloying as most chicken salads.)

1 part yogurt to 1 part good mayonnaise. (Greek yogurt is a little too thick. I prefer 1% PLAIN yogurt.) I usually add a touch of a good balsamic if it needs it. Salt.

Toasted pecans on the side (optional)

If you want to make part of this a day ahead, I combine chicken, celery, dried cranberries, just a bit of the dressing so it doesn't dry out, and stick in the refrigerator. The next day, I add the grapes, pineapple, and full dressing.



## Mary Kay Andrews' Low Country Boil

Low Country Boil is a meal—and an event! Here's how it works. You invite some friends over, and you grab the biggest stockpot you can find. If you have one of those nifty outdoor cookers with a propane tank and a stand for your stockpot, that's swell, but a stovetop works well, too. Spread newspapers over your table and put out some nutcrackers and cocktail picks for the blue crabs (if you've been able to procure them), cocktail sauce and lemons for the shrimp, melted butter for the potatoes, plenty of ice-cold beer, and lots of wet naps or paper towels. Here's what you'll need to feed ten to twelve eager pals.

1 (12-oz.) can beer  
 1 cup Old Bay seasoning  
 2 lemons, quartered, plus lemon wedges for serving  
 1/2 cup white wine vinegar  
 3 lb. medium-sized red potatoes, unpeeled, halved  
 4lb. spicy sausage (such as kielbasa or andouille), cut into 2-inch pieces  
 2 large Vidalia onions, quartered  
 8 ears corn, shucked and cut in half  
 1 dozen live blue crabs  
 3 lb. large shrimp, unpeeled

Cocktail sauce, lemon wedges, melted butter (optional) for serving

Bring 4 gallons of water, the beer, the Old Bay, the lemon quarters, and the vinegar to a boil in a large stockpot over high heat.

Add the potatoes; cook for 5 minutes. Add sausage and onions. Return to a boil, and cook for 15 minutes. Add the corn; cook for 5 minutes. Add the blue crabs. Return to a boil, and cook for about 6 minutes. Add the shrimp; cook for 4 to 6 minutes, or until the shrimp are pink and the potatoes are tender.

Drain the seafood boil in a large colander, and serve with the cocktail sauce, lemon wedges, and melted butter, if desired



## Susan Mallery's Easy Chicken Quesadillas

This is a great way to use up leftover chicken. It comes together in a snap to make a truly satisfying dinner. For extra veggies, I add lettuce, onions and tomatoes to the plate and eat it all together. This makes a full meal for four people.

2 cups cooked chicken, diced  
 4 oz can diced green chilis (we use mild)  
 2 Tbsp olive oil  
 1/4 cup diced onions  
 1 Tbsp chili powder  
 1/2 tsp garlic salt  
 8 oz shredded Monterey Jack cheese  
 8 flour tortillas

Saute onions in olive oil until translucent. Add the chicken, chilis and spices. Cook, stirring frequently, until heated through. Heat a clean pan over

medium-low heat. Put in one tortilla, add cheese, one-quarter of the chicken mixture, then more cheese and top with another tortilla. When the cheese on the bottom has melted, flip carefully and continue cooking until the rest of the cheese has melted and the tortilla is golden. Repeat with remaining ingredients.



To serve, cut the quesadillas into four or six wedges. You can use a knife, but I've found that kitchen shears work really well for this. Careful—they're hot.

Serve with sour cream, guacamole, tortilla chips and salsa.

## Mary Alice Monroe's Daily Superfood Drink

1 Yerba Mate tea bag  
1 TBSP Maca powder  
1-2 TBSP Complete plant protein powder, vanilla flavor (I use PlantFusion brand)  
1 TBSP Sun Potion raw cocoa blend "Anandamide"  
1 TBSP coconut oil  
1/2 – 1 tsp. hemp seed  
1/2 – 1 tsp. ground flaxseed  
2 pitted dates

Pour boiling water in a coffee mug, and add one tea bag. Steep for 5 minutes. Meanwhile, in a blender dump in all other ingredients. Remove tea bag from coffee mug and discard. Pour hot tea liquid in blender and puree for approximately ten seconds.



Pour warm blended drink into your mug and enjoy.

## Jill Shalvis's You're My Honey Bun Muffins

1/2 cup (1 stick) butter, softened  
1/2 cup brown sugar  
1/4 cup honey  
1 egg  
3-4 ripe bananas  
1 teaspoon vanilla  
1/2 teaspoon almond extract or black walnut extract  
1 1/2 cups self rising flour

Preheat oven to 400 degrees. Prepare 12 cup muffin pan by spraying with no stick oil or lining with cupcake holders

Combine butter, brown sugar, honey and egg in a mixing bowl. Peel bananas and mash on a plate with a fork. Add to bowl and stir until smooth. Add vanilla and almond or walnut extract. Add flour and stir until it forms a thick, smooth batter. Spoon batter into muffin pan

Bake at 400 degrees for 15 minutes. Remove from pan immediately to cool.

Serve warm with milk and try not to eat all in one sitting. Inspired by Jill's book *Almost Just Friends*.

