

Kitchen Korner

Marinades Add Flavor To One-Dish Meals

(NAPS)—For today's hectic, harried and time-crunched lifestyles, one-dish dinners offer a quick fix: You can prepare, cook, serve and clean up using one dish.

Creating fresh-tasting, one-dish meals without the added fat and calories of the traditional casserole simply takes the right pantry-staple ingredients. Start with chicken—it's healthy, convenient to prepare and 89 percent of Americans enjoy it at least once a week. Plus, it serves as a gracious vehicle for a wide variety of flavors.

To save time, marinate while you bake. This way, flavors are intensified as the marinade bakes into the chicken. Now on supermarket shelves, there's a myriad of mouth-watering marinades to add savory taste. For example, Lawry's® offers 12 varieties reflecting popular cuisines, including such ethnic flavors as Mediterranean, Caribbean, Tequila Lime and Sesame Ginger and each contains real fruit juice.

This colorful dish is a meal in itself. Serve it over hot cooked rice or your favorite pasta, with a fresh loaf of crusty bread.

ROASTED CHICKEN AND VEGETABLES

*Fresh and so easy—this is how
dinner should be!*

3 pounds chicken parts
**1 cup Lawry's® Lemon
Pepper Marinade with
Lemon Juice, divided**
**6 cups fresh vegetables, cut
into 1-inch chunks**
(onions, zucchini, bell
pepper, mushrooms,
eggplant, etc.)



Hatch a new idea for chicken with zesty marinades that add flavor while you bake.

¼ cup olive oil
**1 tablespoon Lawry's®
Seasoned Salt**

Spray broiler pan bottom with nonstick cooking spray; arrange chicken skin-side-down in pan. Pour ⅔ cup Lemon Pepper Marinade over chicken. Bake in 375°F oven for 30 minutes. Turn chicken over and baste with remaining ⅓ cup Marinade. In large resealable plastic food storage bag, toss vegetables with oil and Seasoned Salt. Arrange vegetables in pan around chicken. Return pan to oven and bake until meat is no longer pink and juices run clear (175°F to 185°F at thickest point), about 25 to 30 minutes.

Makes 4 to 6 servings.
Prep. Time: 10 minutes
Cook Time: 55 minutes

Meal Suggestion: Serve with hot, cooked rice or potatoes.

Variation: The following Lawry's® Marinades are also excellent in this recipe: Teriyaki Marinade with Pineapple Juice, Mediterranean Marinade with Lemon Juice, Mesquite Marinade with Lime Juice and Herb & Garlic Marinade with Lemon Juice.