

Angels Cook Book



Baked Italian Chicken Thighs

½ cup low-fat ricotta cheese	1 tablespoon olive oil
¼ cup freshly grated Parmesan cheese	1 ½ cups marinara sauce
½ teaspoon Italian seasoning	¾ cup shredded mozzarella cheese
⅛ teaspoon salt	2 tablespoons chopped fresh parsley (Optional)
1 pound skinless, boneless chicken thighs	
1 teaspoon garlic powder	
salt to taste	

Instructions:

Preheat the oven to 375 degrees F (190 degrees C).

Combine ricotta cheese, Parmesan cheese, Italian seasoning, and salt in a small bowl and set aside.

Season chicken thighs on both sides with garlic powder and salt.

Heat olive oil in an oven-proof skillet over medium-high heat. Place chicken thighs, smooth-side down in pan and brown, 3 to 4 minutes. Flip thighs over and remove skillet from heat. Top each thigh with an equal amount of ricotta cheese mixture. Spoon marinara sauce over the ricotta cheese and around the chicken thighs.

Bake in the preheated oven until chicken is no longer pink in the center and the juices run clear, about 25 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Remove from the oven and leave oven on.

Top chicken with mozzarella cheese and return to the oven until cheese has melted, 2 to 3 minutes. Garnish with parsley and serve.

Nutritional Information

Serving Size: 4 servings • Calories: 378
www.allrecipes.com/recipe/272543



Apple Dumplings in Cinnamon Sauce

5 tablespoons softened butter	1 (15 ounce) container 9-inch pie crusts
1 cup packed dark brown sugar	1 egg white
2 teaspoons ground cinnamon	2 tablespoons sugar
¼ cup chopped toasted pecans or walnuts	2 teaspoons cornstarch
4 apples (any variety but Red Delicious) peeled, halved, and cored	(optional topping) vanilla ice cream

Instructions:

Preheat oven to 425 degrees (218 degrees C).

Mix 3 Tbs. of butter, 1/2 cup of brown sugar, 1 tsp. cinnamon and all the nuts in a small bowl. Spoon a portion of the mixture into each hollowed-out apple core.

For boxed pie crusts, unroll one of the dough sheets onto a floured work surface. Pulling on sides of dough to straighten rounded edges, roll it into an approximate 12-inch square, then cut the dough into four 6-inch squares; brush the perimeter of each square with egg white. Set an apple half on each square. Bring up the 4 corners of dough around the apple and pinch edges to seal. Place on a large (at least 18- by 12-inch) parchment-covered baking dish. Brush dumpling tops and sides with egg white; sprinkle with sugar. Repeat process with remaining apples and dough.

Bake dumplings until pastry sets and starts to brown, about 10 minutes. Reduce heat to 375 and bake about 20 minutes longer.

While apples bake, bring 1 cup water, the remaining 2 Tbs. butter, 1/2 cup brown sugar and 1 tsp. cinnamon to boil in a small saucepan over medium heat. Dissolve cornstarch in 2 tsp. water; whisk into hot syrup for a smooth sauce.

For each serving, spoon a portion of sauce on a dessert plate. Place apple dumpling over warm sauce; serve immediately.

Nutritional Information

Serving Size: 8 servings • Calories: 481
www.allrecipes.com/recipe/89853