

Sachiko's Truly Wonderful Salad

- 1) Go outside to your garden and pick 4 - 6 vine-ripened tomatoes, 1 or 2 just-perfect English cucumbers, and a Bermuda onion.
- 2) At your sink, wash the tomatoes and cukes.
- 3) On cutting board, slice ends off of cucumbers - discard ends, and slice thin. Trim tomatoes and chop into chunks. Peel and slice onions.
- 4) Combine all veggies in a large bowl. Sprinkle with salt and pepper to taste.
- 5) Cover with plastic wrap, place in refrigerator overnight.
- 6) Hide from Sarah – she will eat it all.

Spinach-Stuffed Chicken

3/4 Cup frozen chopped spinach, thawed and drained
1/2 Cup ricotta cheese
1/2 Cup mozzarella, shredded
2 tsp fresh tarragon, chopped
1/2 tsp seasoned salt
1/8 tsp white pepper
2 pounds chicken pieces, with skin
1 Tbsp olive oil

- 1) Preheat oven to 350°. Grease a shallow baking pan.
- 2) Combine first 6 ingredients, spoon mixture under skin of each chicken piece
- 3) Brush chicken with olive oil, place bone side down in baking pan.
- 4) Bake, uncovered for approximately 45 minutes, until meat reaches 160°.

