



Crying Onion Personal Chefs
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28 Minute Meals
Recipes

Dried Cherry and Ricotta Stuffed Chicken Breast, with Swiss Chard

4 Chicken Breasts	1 C dried cherries/cranberries	1 bunch swiss chard
Small red onion, diced	Fresh parsley	Kosher salt and black pepper
Olive oil	Zest of one lemon	Ricotta cheese (can substitute goat cheese)

1. Zest one lemon, set aside.
2. Preheat oven to 325.
3. Rough chop dried cherries with your chef's knife. Mix with 2 tbsp of ricotta, juice of one lemon and salt and pepper.
4. Wash chard and remove from stalks. Cut in ribbons.
5. Cut a slit into the broad side of each chicken breast and fill with dried cherry mixture. Season both sides with salt, pepper, and dried thyme.
6. Preheat a pan with olive oil and a dab of melted butter (optional, will help browning).
7. On high cook each chicken breast until golden brown on each side, about 3 minutes each.
8. Transfer chicken breasts to sheet pan and place in oven until cooked. About 10 minutes.
9. While the chicken is finishing sauté diced onion in the pan the chicken was cooked in. After 3-4 minutes add the chard, taste and season with salt and pepper.
10. Remove chicken from the oven, rub with lemon zest and serve over swiss chard.

Grilled pork medallions with pesto and tomato pasta

Pork loin, 4oz per person. Substitutes: grilled breast, skirt steak, portabella mushrooms	1 lb pasta, 4-6 large servings. I like to use whole wheat cappelini or rotini.
1-3 cloves garlic	Medium onion
Herbs to season pork with: dried thyme, parsley, oregano, sage, rosemary	Kosher salt, coarse crushed black pepper
Olive oil	8 oz jar premade pesto (or make your own)
1 Head broccoli	30 oz can diced tomato
Parmesan/romano/asiago cheese	Fresh parsley and basil(optional)

1. Bring a pot of water to boil for pasta. Season with salt.

2. Make a quick marinade for pork loin with kosher salt, black pepper, dried herbs, enough olive oil to make a paste, and a splash of vinegar or lemon juice(optional)
3. Slice pork loin into small medallions and season both sides with the marinade. Let them stand at room temperature until time to cook.
4. Cut broccoli into florets, cook in the microwave for 2 minutes.
5. Begin boiling noodles. Cook to al-dente.
6. Preheat a sauté pan large enough to hold the entire dish.
7. Dice onion and mince garlic.
8. In small batches sear the pork loin on both sides, remove and keep under a piece of foil.
9. Add a little olive oil to the pan and sauté garlic and onion until slightly softened. Add the can of tomatoes and bring to a boil.
10. Season the tomato sauce with any remaining pork marinade, salt and pepper, 1 tbsp dried oregano and 1tbsp dried parsley. Taste and adjust if necessary.
11. Add cooked noodles and any fresh herbs. Stir and reduce heat to low.
12. Spoon pesto sauce on top of the noodles, add seared pork loin and cover for a couple minutes. Serve immediately with fresh grated cheese.

Universal dessert topping: berry compote

1 bag mixed frozen berries	1/3 stick butter
½ Cup sugar	Suggested things to serve with: crepes, French toast, angel food/pound cakes, ice cream

1. Combine berries and butter in a small pot, heat until the butter melts and berries are warmed through, stirring occasionally.
2. Incorporate sugar. Serve over your favorite dessert.