

Barbecued Chicken with Creamed Peas and Potatoes

The seasonal foods tonight include corn on the cob, fresh peas and new potatoes! You'll find them all at grocery stores and farmer's markets this time of year.

As a kid, one of my favorite summer side dishes was creamed peas and potatoes. Mom made this old-world dish with fresh ingredients and lots of butter and whole milk. My "new-world" version tastes like mom's and still has the fresh ingredients, but the yogurt-based cream sauce has a fraction of the saturated fat.

The barbecued chicken can be either plant-based or meat. I love the plant-based version with barbecued Chick'n strip kabobs. **Preparation time: 1 hour - Servings: 4**

Prep Your Ingredients!

Notes on Organizing

Prep and organize ingredients before you begin cooking. Prep a total of 4 cloves of chopped garlic: 1 for the barbecue sauce, 1 for the creamed peas and potatoes and 2 for the kabob baste. Prep 3/4 C. finely-chopped onion: 1/2 C. for the barbecue sauce and 1/4 C. for the cream sauce. Note there are 4 whole cloves (as in clove the spice - not garlic) in the cream sauce.

Barbecue Sauce

- 1 large clove garlic (smashed and chopped)
- 1/2 C. onion (finely-chopped)
- 1 can tomato sauce
- 4 T. balsamic vinegar
- 2 tsp. olive oil
- 1 tsp. Worcestershire sauce
- 1 T. chili powder
- 2 tsp. dried oregano leaves
- 4 T. molasses or sorghum
- 1/8 tsp. cayenne pepper (to taste)

Green Salad and Dressing

Fixings for a green salad

Il Simplicio Dressing:

- 3 T. extra-virgin olive oil
- 1/2 tsp. prepared Mustard
- 1/2 tsp. low-sodium soy sauce or tamari
- 2 T. Balsamic vinegar
- 3 T. low-sodium vegetable broth

Ingredients continue on page 2!

Creamed Peas and Potatoes

12-14 new baby potatoes or fingerling potatoes (scrubbed and halved)

1-1/2 lb. fresh peas in the pod (shelled)

Cream Sauce:

- 1 tsp. olive oil
- 1 clove garlic (smashed and chopped)
- 1/4 C. yellow onion (finely-chopped)

1/2 C. low-sodium vegetable broth

1/4 C. white wine

4 whole cloves (the spice)

1 tsp. butter

2 T. flour

shaken with

1/4 C. nonfat milk

1 bay leaf

1/2 tsp. salt and black pepper

1/4 tsp. ground nutmeg

1/3 C. plain, nonfat yogurt (stirred smooth)

Sweet Corn

2 quarts water
1/2 tsp. salt
4 ears sweet corn (husked)

Barbecued Chicken or Chick'n Kabobs

Kabob baste:

1/4 C. lemon juice
2 cloves garlic (smashed and chopped)

Chick'n Kabobs:

1 tsp. olive oil
12 oz. Chick'n strips
1/4 C. baste liquid (from above)

Optional Chicken

4 boneless, skinless chicken breasts
baste from above

1/3 C. barbecue sauce

Let's Prep, Cook, and Plate This!

Basic Assembly Instructions

You're making a baste and a barbecue sauce. Use the baste for flavor before grilling the chicken or plant-based option. Always apply barbecue sauce at the end of the cooking process. Intense heat simply burns barbecue sauce. Your goal is to have kabobs that are juicy and flavorful.

Barbecue Sauce

Barbecue Sauce: Measure all barbecue sauce ingredients into a small saucepan. Bring to a boil, reduce heat and cook 10 minutes. Remove from heat until ready to use.

Creamed Peas and Potatoes

Potatoes and Peas:

Place halved potatoes in 2 C. water in a 3-quart saucepan and boil 9 minutes over med-high heat or until tender. Transfer to a bowl of cold water.

Place shelled fresh peas in in saucepan with 1 cup of boiling water. Cook 2 minutes once water returns to a boil. Drain and set in cold water with potatoes.

If cooking frozen peas, place frozen peas in boiling water and boil for 5 minutes. Drain as above.

(Put water on to boil in a large kettle for cooking the corn.)

Cream Sauce:

Sauté garlic and onion in oil until onion begins to turn translucent. Add broth and wine and bring to a boil. Add whole cloves and butter and thicken with flour/milk roux. Add bay leaf, turn burner to low and cook 10 minutes. Season cooked sauce with salt, pepper and nutmeg. Remove from heat. Use a fork to lift whole cloves out of the cream sauce. Discard them. Add cooked potatoes and peas. Return to a boil, cover and remove from heat. Fold in yogurt just before serving.

Green Salad and Dressing

Green Salad: Assemble green salad in a large bowl and toss well. Dress salad just before serving.

Il Simplico Dressing: Combine dressing ingredients in a small jar with a tight-fitting lid. Shake well.

Sweet Corn

Slide shucked corn into boiling water. Return to boil. Once boiling hard, cook 5 minutes. Remove from heat and drain.

Barbecued Chick'n Kabobs or Optional Chicken

Make Kabobs:

1. Kabob Baste: Stir lemon juice and copped garlic together in a small bowl.
2. Using a medium-sized sauté pan, toss Chick'n strips in olive oil until lightly browned - about 4 minutes.
3. Add 1/4 C. of lemon/garlic baste to the Chick'n strips and toss until liquid almost cooks away. Let cool enough to handle. Thin-slice lengthwise.
4. Transfer thin-sliced strips to 4 kabob sticks and roll on the grill to heat through. Brush with barbecue sauce and set on back of barbecue grill until time to dine.

- or -

Optional Chicken:

1. Brush chicken breasts with lemon garlic baste and cook 5-8 minutes over hot grill, turning them often so that they brown evenly.
2. Once brown, move them to the cooler part of the grill. Brush breasts with barbecue sauce and set aside in warming area.

Plate Meal

Serve 1 kabob or 1 breast per serving with 1 cup creamed peas and potatoes and an ear of corn per diner. Fill the empty portion of the plate with green salad or allow diners to serve their own salads at the table.

What I've Learned from this Recipe

Offering plant-based options in this manner satisfies the textures and flavors we traditionally think of with backyard barbecue fare.

Let us know what you think and ask any questions you may have. chezdon@plate6.com