



BITE by BITE

Conquering My Culinary
Bucket List One Dish at a Time
By Emily Banks Wooten

“EVER CONSIDER WHAT PETS MUST THINK OF US? I MEAN, HERE WE COME BACK FROM A GROCERY STORE WITH THE MOST AMAZING HAUL - CHICKEN, PORK, HALF A COW. THEY MUST THINK WE’RE THE GREATEST HUNTERS ON EARTH!”

– ANNE TYLER

LESS CAN BE MORE

FIVE INGREDIENT DINNER BRINGS LOADS OF FLAVOR

“CHICKEN: THE BLANK CANVAS OF THE CULINARY WORLD, READY TO SOAK UP FLAVORS LIKE AN ARTIST’S PALETTE.”

– UNKNOWN

Patty Catalano is the food editor at The Kitchn (thekitchn.com), where she develops recipes and writes about her favorite grocery finds. Previously, she worked as Alton Brown’s research coordinator and podcast producer and in the Oxmoor House test kitchen. When I recently ran across the following headline on one of her columns, “This 5-Ingredient Chicken Dinner Is So Delicious, I Ate It Straight from the Pan,” of course I was going to check it out.

Patty went on to say that weeknight dinner recipes that earn a spot in her weekly rotation have a few things in common: a short ingredient list, a reliance on staple ingredients and a quick cooking time. I agree with her completely. She said this recipe for garlic parmesan chicken bites gets high marks across the board because the bite-size nuggets need just five ingredients, yet pack in much more flavor than some other recipes with a mile-long ingredient list. And she was right. Even Daughter, who complains that I make too many chicken dishes, had to admit that these were great. Hubby was at an appointment that ran late but when he got home and I heated up a plate for him in the microwave, he, too, loved them and commented on how flavorful they were.

I served them with a couple of old standbys – the Lipton onion soup roasted potato recipe and some roasted broccoli. My broccoli got a little too dark as you can see in the picture, but was still edible. The juicy, flavorful garlic parmesan chicken bites were the star of the show and I’ll definitely be making them again. ■



“AS FOR THOSE GRAPEFRUIT AND BUTTERMILK DIETS, I’LL TAKE ROAST CHICKEN AND DUMPLINGS.”

– HATTIE MCDANIEL

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GARLIC PARMESAN CHICKEN BITES

By Patty Catalano

- 3 cloves garlic
- 1 ounce Parmesan cheese (about ¼ cup freshly grated or ⅓ cup store-bought), plus more for serving
- 3 sprigs fresh parsley leaves
- 1 ½ pounds boneless, skinless chicken breasts, thighs, or a combination
- ¾ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 4 tablespoons (½ stick) unsalted butter, divided
- Red pepper flakes, for serving (optional)

• Mince 3 garlic cloves. Finely grate 1 ounce Parmesan cheese on the small holes of a box grater (about ¼ cup) if needed, or measure ⅓ cup store-bought grated. Pick the leaves from 3 fresh parsley leaves and finely chop until you have 1 teaspoon.

• Cut 1 ½ pounds boneless chicken into 1-inch pieces. Place in a large bowl, add ¾ teaspoon kosher salt and ¼ teaspoon black pepper, and toss to coat.

• Melt 2 tablespoons of the unsalted butter in a large cast iron or stainless steel skillet over medium heat. Add half of the chicken in a single layer. Cook until golden-brown and the chicken easily releases from the bottom of the pan, about 4 minutes. Toss and cook until golden-brown on the second side and cooked through, about 2 minutes more.

• Transfer the chicken to a plate. Melt 1 tablespoon of the unsalted butter in the skillet and repeat cooking the remaining chicken. Transfer to the same plate.

• Reduce the heat to low. Add the remaining 1 tablespoon unsalted butter, garlic, chicken, and any accumulated juices on the plate to the skillet. Cook until the butter melts and the garlic is fragrant, about 1 minute. Remove the skillet from the heat, add the Parmesan cheese, and toss to coat. Garnish with the parsley, more Parmesan cheese, and red pepper flakes if desired.

