

Quick Shrimp Marinara Rice Bowl

1 lb large shrimp, de-veined & shells removed	olive oil
1 (15 oz) container of your choice of Marinara Sauce	1 tbsp sugar
2 green onions, chopped	salt & pepper, to taste
1/2 cup grated romano cheese	1 cup white rice
garlic, finely chopped	

Directions:

Prepare rice of your choice as per package directions.

Heat oil in non-stick skillet - toss in garlic & saute for 1 minute. Add shrimp, saute 2 or 3 minutes.

Remove from heat to bowl, cover with lid.

In skillet used for shrimp add your marinara sauce & sugar. Add salt & pepper to taste.

Let sauce come to boil - stir in romano cheese. Add shrimp to sauce.

To serve, scoop rice into bowl or plate - top with a scoop of shrimp marinara sauce.



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Hoisin & Orange Glazed Roast Chicken

4 lb roasting chicken	3/4 cup orange juice
3/4 cup hoisin sauce	1 tbsp soy sauce
1/2 orange, peeled & cut into small pieces	1 tsp toasted sesame oil
1 inch ginger piece, peeled	1 tbsp ginger, peeled & chopped
	1 orange, peeled & cut into thin slices

Directions:

Place chicken breast side up in roasting pan. Using pastry brush, spread hoisin sauce inside of cavity, & the rest over outside of chicken. Place orange pieces & the 1" piece of ginger inside cavity. Pour 1/2 c. orange juice, soy sauce, & sesame oil on chicken; sprinkle chopped ginger on top.

Marinate, covered & refrigerated, for at least 1 hour or up to 24 hrs. Preheat oven 450°. Roast chicken for 15 minutes, then reduce oven temp to 400° & baste every 15 minutes or so, another 30-45 minutes, depending on size of chicken. If juices in bottom of pan dry up, tip chicken so juices from cavity spill out, or add another 1/4 c. orange juice or water.

Remove from oven & tilt the remaining juices out of chicken cavity into pan. Place chicken on carving board, & let sit loosely covered with foil for 10-15 min. Discard extra fat from roasting pan. Scrape any browned bits clinging to bottom of pan, & gently heat juices over low heat. Cut chicken into serving pieces. Drizzle hot juices over chicken & serve garnished with orange slices. Serves 4.



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