



Mom's Meatloaf Recipe

Blanca Mikell Ward, Lexington KY

2.5 lbs. lean ground beef
1 large egg
one-third c. evaporated milk
one-half c. Bluegrass Steak Sauce
one-quarter c. sour cream
1 T. Worcestershire sauce
one-half c. chopped onion
1 clove garlic, minced
one-half c. bread crumbs
1 t. salt
1 T. Dijon mustard
one-half t. dried oregano
1 t. course pepper
1 t. Mrs. Dash seasoning

Combine all but meat in a large mixing bowl. Mix ingredients well before adding ground meat. Put mixture in a shallow baking pan, sprayed with a nonstick spray. Bake at 350 in a preheated oven for an hour and 15 minutes. Remove from oven and drain any liquid in loaf pan. Let sit 5 minutes before slicing.



"Put me in, Coach!" Chicken Breasts

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4 skinless boneless chicken breast halves
½ container (4 oz.) Bluegrass Winning Spread (made from Bluegrass Steaks & Everything Sauce)
1/3 cup shredded fresh flat leaf parsley leaves
1 t. grated lemon zest
¾ t. salt
1/3 cup toasted pecans or walnuts
2 T. plain dried breadcrumbs
4 t. olive oil
3 T. flour
½ c. white wine
1 c. chicken broth
3 T. fresh lemon juice

PART ONE:

1. With sharp knife, make a pocket in each chicken breast half.
2. In food processor, combine Bluegrass Winning Spread, parsley, lemon zest, and ¼ t. salt. Process until smooth. Add toasted pecans and breadcrumbs and process until coarsely chopped. Sprinkle remaining ½ t. salt inside pockets and on outsides of chicken breasts. Spoon mixture into pockets and secure with toothpicks.



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PART TWO:

3. In large nonstick skillet, heat oil over medium heat. Dredge chicken in flour, shaking off excess. Add chicken to skillet and sauté, turning chicken over as it browns, about 15 minutes or until richly browned and almost cooked through. Remove to oven proof baking dish and place in warm oven.
4. Add wine to pan and simmer over medium heat until you have about 2 T. remaining. Add broth and lemon juice and bring to a boil. Turn heat down, cover and return chicken to pan, cooking an additional 7 minutes or until chicken is cooked through. Remove toothpicks from chicken. Serve chicken with sauce spooned over meat. Garnish with parsley and serve.