

## **Meal planning changes with warm temps**

Written by Wauneta Breeze  
Wednesday, 22 August 2012 21:56 -

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### **By Nola Straub**

The heat thermometer was definitely turned up over the summer. The kids kept the swimming pools and the fishing holes in mind during the hot weather.

Picnics are always welcome too if you can find a nice cool shady place. A few mint leaves placed in the middle of your picnic table or blanket will keep the bees away.

Several years ago I planted mint in the back yard to brew for tea. It spreads and it's a good use for some of the mint. I take a leaf or two and boil in hot water for a hot drink.

### **Picnic Barbecued**

### **Chicken Sandwiches**

### **Nola's collection**

3 lbs. skinless boneless chicken breasts. Cooked and shredded.

1 c. catsup

1 3/4 c. water

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1 onion, finely chopped

1 tsp. salt

1 tsp. celery seed

1 tsp. chili powder

1/4 c. brown sugar, packed

1/2 to 1 tsp. hot pepper sauce

1/4 c. worcestershire sauce

1/4 c. red wine vinegar

6 Kaiser rolls

Combine all ingredients, except rolls, in a large saucepan simmer for one to one and half hours. Spoon onto Kaiser rolls. Makes 6 servings.

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I remember mom getting up early in the summer to cook chicken and dumplings for the noon meal. She would refrigerate it and just warm it at noon. Make an evening picnic in the shade, too!

### Chicken and Dumplings Nola's collection

4 lbs. chicken breasts

2 carrots, finely chopped

2 stalks celery, thinly sliced

1 onion, chopped fine

1/2 tsp. dried Rosemary

1 1/2 tsp. dried Thyme

2 tsp. salt

1/2 tsp. pepper

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Place chicken breasts in a large stockpot and cover with water. Add remaining ingredients; bring to a boil. Reduce to a simmer. When chicken is cooked, approximately 30 to 45 min. or until the juices run clear. When the chicken is cooked, remove from pot, cool slightly and shred. Return shredded chicken to the broth and bring to a boil. Drop dumplings by spoonfuls on top of the chicken mixture; cover and simmer for 20 min. without lifting lid. Makes 8 servings.

### Dumplings

(or use can Refrigerated Biscuit Dough)

2 c. all-purpose flour

3 tsp. baking powder

1 tsp. salt

2 tbsp. fresh parsley, minced

4 tbsp. shortening

3/4 to 1 c. milk

Combine baking powder, salt and parsley in a bowl. Cut in shortening until mixture resembles coarse meal. Add milk and stir briefly with a fork. If necessary add additional milk to make

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dough hold together or ... use a can of refrigerated biscuit dough!! Cut each biscuit into quarters and drop into simmering stew or soup like homemade dumplings.

Stewing chicken to use later in chicken salads or casseroles? Let it cool in its broth before cutting or shredding....it will have twice the flavor.

## **Hawaiian Chicken Salad Nola's collection**

1 c. orzo pasta, cooked and drained

2 boneless chicken breasts cooked & cubed

11 oz. can mandarin oranges, drained

Mix together set aside and mix dressing...

1 c. mayonnaise-type salad dressing

2 tsp. sugar

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1 tsp. vinegar

1/4 to 1/2 c. cream or milk

Toss salad and dressing together. Place in a serving bowl and garnish with almonds, coconut and pineapple chunks. Serves 4.

(Can add lettuce and crackers.)

## Sunny Day Chicken Salad Nola's collection

1 oz. pkg. dry Ranch dressing mix

1/2 c. mayonnaise

1/2 c. plain yogurt

1/4 c. honey

2 c. cooked chicken, cubed

1/2 c. celery, sliced

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8 oz. can pineapple chunks, drained

8 oz. can water chestnuts, drained & diced

1 1/2 c. red seedless grapes, halved.

1/2 c. slivered almonds, toasted

1 head of lettuce, quartered.

Mix together dry dressing mix, mayo, yogurt, and honey. Fold in chicken, celery, pineapple, water chestnuts, grapes and almonds. Spoon the salad in each lettuce wedge. 4 servings.

Hint. You can add fresh flavor to store-bought Mayo by adding chopped herbs such as parsley, dill or basil to flavor!

Send recipes/memories to: Sharing with Wauneta, P.O. Box 303, Wauneta, NE 69045.