



# HEALTHY ST. PETE

## Episode 4: Quick Meals for a Family on the Go

Deputy Mayor Kanika Tomalin hosts her husband, and Tampa Bay Times Outdoor Editor, Terry Tomalin and Mayor's wife Kerry Kriseman. Together they navigate the challenges of juggling busy schedules and growing, hungry kids - all while trying to maintain a healthy lifestyle.

### Recipe: Terry's Chicken Salad

#### Ingredients:

chicken breasts  
olive oil  
white cooking wine  
Italian dressing  
garlic  
Romaine lettuce  
feta cheese  
Dried cherries or cranberries  
shelled walnuts  
sweet Vidalia onion

#### Cooking Instructions:

Marinate chicken in Italian dressing for at least 30 minutes. Heat olive oil and garlic in a medium hot pan, add marinated chicken and sauté with white wine until golden brown and cooked through. Let chicken rest, chop and add to the bed of romaine lettuce with the rest of the salad ingredients.

### Kerry's Recipe: Pecan-Crusted Chicken Tenders and Salad with Tangy Maple Barbecue Dressing

#### Ingredients

- Canola oil
- 1 1/3- 2 lbs. chicken tenders
- Ground black pepper
- All-purpose flour
- Eggs (2, but more might be needed)
- 1 cup plain bread crumbs
- 1 cup pecans (finely chopped in a food processor)
- ½ teaspoon nutmeg (ground)
- Zest of 1 orange
- ¼ cup maple syrup
- ¼ cup tangy barbecue sauce

- Juice of one naval orange
- 3 hearts Romaine lettuce
- A few radishes
- Scallions

### **Cheddar and Chive bread**

- 1 loaf French baguette
- 2 cups shredded cheddar cheese
- Fresh chives

### **Cooking Instructions:**

Heat 1 1/2 to 2 inches of oil over medium high heat. Season chicken tenders with salt and pepper. Set out 3 shallow dishes. Place flour in 1 dish, eggs beaten with water or milk in a second. In the third dish, combine bread crumbs with ground pecans, nutmeg and orange zest. Coat tenders in batches in flour, then egg, then bread crumb mixture. Fry tenders in small batches 6 to 7 minutes. Drain tenders on paper towels.

Combine maple syrup, barbecue sauce and orange juice in a bowl. Whisk in oil and season with salt and pepper.

Combine romaine, radishes and scallions in a large salad bowl or on a serving platter. Toss with 3/4 of the dressing. Season with salt and pepper, to your taste. Top salad with pecan crusted chicken tenders and drizzle remaining dressing over top.

Bake bread with cheese and scallions in the oven until cheese is melted.