



FROM THE MEMBER'S KITCHEN

Debi White's Capered Chicken

"My husband and I both love your Kirkland Signature boneless, skinless chicken breasts, and I was looking for a different way to prepare them one night," says this member from Eugene, Oregon.

- 1 cup all-purpose flour
- 1 teaspoon seasoning salt
- Salt and pepper
- 8 boneless, skinless chicken breasts, thawed
- 12 tablespoons butter
- 4 cups sliced mushrooms
- 12 green onions, sliced
- 4 cloves garlic, minced
- 2 cups dry white wine
- 2 cups fat-free chicken broth
- $\frac{1}{2}$ cup Dijon mustard
- $\frac{1}{2}$ cup capers



1. On a plate or piece of waxed paper, mix together flour, seasoning salt, and salt and pepper to taste. Dust chicken with flour mixture, coating evenly.

2. Melt half of the butter in a skillet over medium heat. Add as many chicken breasts as will fit comfortably and brown on both sides until cooked thoroughly (about 15 minutes). Remove to plate and cover with foil. Cook remaining chicken.

3. In a skillet over medium heat, melt remaining butter. Add mushrooms, green onions and garlic and sauté until slightly soft (about 5 minutes). Add wine and chicken broth. Cook an additional 5 minutes. Stir in mustard and capers.

4. Place chicken breasts on a serving plate, top with mushroom-caper sauce and serve immediately. Makes 8 servings.



Costco Member
Debi White



Splenda Asparagus with Sesame-Ginger Sauce

What would a spring dinner be without fresh asparagus, made delicious and lighter—only 60 calories per 4.3-ounce serving—thanks to Splenda, a no-calorie sweetener.

- 1 tablespoon soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon peanut oil
- 1 tablespoon water
- 1 tablespoon tahini (pureed sesame seeds)
- 1 teaspoon chopped fresh ginger
- $\frac{1}{2}$ teaspoon chopped garlic
- 1 $\frac{1}{2}$ packets Splenda or 1 tablespoon Splenda Granular
- Pinch red pepper flakes
- 48 medium-size asparagus spears, trimmed and peeled

Place everything but asparagus in food processor and combine thoroughly. Cut asparagus into 2-inch diagonal pieces. Fill a large skillet half-full of water, cover and bring to a boil. Add asparagus and simmer just until crisp-tender, 4-5 minutes. Drain well but do not rinse. Transfer to serving bowl. Pour sauce over hot asparagus and toss to coat. Serve warm or at room temperature. Makes 8 servings.