

Teriyaki Chicken Subs

1-2 loaves French bread (or oblong loaves of any kind of bread)

serves 6-10

Teriyaki chicken (see recipe below)

Mozzarella cheese, sliced

2 tomatoes, sliced

1 green pepper, sliced

Lettuce

Mayonnaise

Teriyaki chicken:

2-3 cups shredded cooked chicken

1/2 cup oil

1/4 cup soy sauce

1/4 cup apple cider vinegar

2 cloves crushed garlic

1/4 tsp. curry powder

1/4 tsp. ginger

2 tbs. honey

Dash of Mrs. Dash spice blend



Whisk everything except chicken together in a medium -sized mixing bowl. Add chicken and let sit for 10-15 minutes. If chicken is cold, pour chicken mixture in a medium frying pan and turn to medium heat. Let simmer until warm. When warm, remove from heat and pour back into bowl for easy serving.

Subs: Cut loaf of bread length-wise and slice into pieces of desired size. Place meat on bread and add cheese. If you want your cheese melted, pop your sandwich in the microwave for 17 seconds (before adding vegetables). Add vegetables and mayonnaise and EAT. 😊

Blender Mayonnaise:

Put in blender container:

1 egg

1 teaspoon dry mustard

A dash of Mrs. Dash

1 teaspoon sugar

¼ cup olive or vegetable oil

Cover and blend on "High" until thoroughly combined. With blender still running, take off cover and slowly add:

½ cup vegetable oil

And then:

3 tablespoons lemon juice

Until thoroughly blended. Add slowly:

½ cup vegetable oil

And blend until thick. You may have to stop and start the blender to stir down the mayonnaise.

Honey Whole Wheat Bread:

1 cup warm (110°F) water or milk

1 cup whole wheat flour

1 tsp. instant yeast

¼ cup milk or water

2 tbs. butter, softened

2 tbs. honey

1 tsp. salt

2-3 cups whole wheat flour

Dried minced parsley, granulated garlic, dried minced onions and parmesan cheese

In a large bowl, mix warm milk, 1 cup flour and yeast. Mix in milk, butter, honey, salt and another cup of flour; stir well to combine. Add another cup of flour and mix until dough holds together. Spread some flour on a clean counter and turn the dough out of the bowl onto the counter. Knead the dough by folding one end over the other, giving it a quarter turn and repeating. Add enough flour to keep the dough from sticking but do not make the dough too stiff or it will not rise. Knead the dough for about 3-5 minutes or until it is mostly smooth and stretches slightly when pulled. Put the dough back in the bowl, grease the top with a little oil to keep a crust from forming, place in a warm place and let rise for 2-3 hours or until noticeably larger in size. The dough does not have to be doubled to rise properly. When the dough has risen, grease a cookie sheet. Shape the dough into two oblong loaves, place diagonally on greased pan and let rise another 1-2 hours. When the dough has risen again, sprinkle dried minced parsley, granulated garlic, dried minced onions and parmesan cheese on top of the loaves until you're happy with the way it looks (and smells). Place the bread in the oven, turn the oven to 400°F and bake for 20 minutes, or until light crust forms. Place a sheet of aluminum foil over loaves. Bake for 10-20 more minutes or until the crust is browned and the sides and bottom of the loaf have a crust. Drizzle with melted butter; cool on wire rack.