



What a blessing it has been for me to have a mother-in-law who lived to be 103 ½. This is Laia Horn at 100. A constant source of inspiration, ingenuity, integrity and despite having limited vision and hearing, she was determined to live as full a life as possible. An awesome “cook”, many would say a chef, these are two of her recipes.

### **ITALIAN CHICKEN ( up to 20 pieces)**

Preheat the oven to 325 degree F. Grease a sheet pan

#### **Combine:**

3/4 cup finely grated Parmesan cheese

1/2 teaspoon salt

½ teaspoon Oregano

½ teaspoon garlic powder

¼ teaspoon onion powder

¼ teaspoon pepper

½ cup melted butter

**Roll the chicken pieces in this mixture to cover.**

**Dip chicken pieces in lemon juice**

**Roll the chicken pieces in a**

Combination of bread crumbs or panko crumbs with

Paprika, parsley and grated lemon zest to taste.

Bake until thermometer registers 180 degrees. Do not turn the pieces.

## HEALTH SALAD

This makes a colorful, tasty salad fit for company or to take to a potluck. Make ahead and refrigerate 2-3 days before serving, though overnight works in a pinch!

The balance of salt, sugar, and vinegar makes a wonderful pickling agent.

1 green cabbage cut into 1 inch pieces

1 green yellow or orange pepper and one red pepper cut into ½ inch pieces

2-3 cucumbers skin on, but seeded and cubed ½ inch

Red onion thinly sliced

3 carrots sliced

Dress with:

1 cup oil (olive or grape seed or your favorite vege oil. I like to do 1/2/ olive and vege oil)

½ cup white vinegar

¼ cup water/

½ cup sugar

2 teaspoons salt

¼ teaspoon celery seed