

“FOOD GLORIOUS FOOD”

(As sung by OLIVER in the Broadway musical OLIVER)

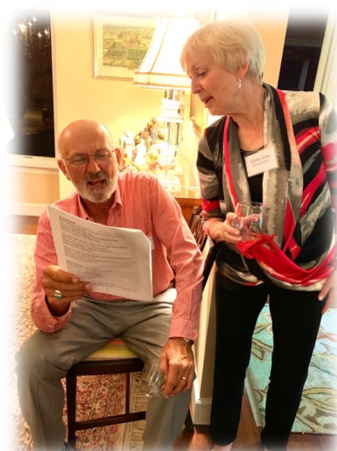
“What next is the question?”

by **Suzie Wilkinson**

Editor, Food Page of Woodlake.Life

An artist and a composer in our midst! **Nick and Mary Lou Borusiewicz** hail from Saint Louis. Nick’s heart might take hold farther West. He is happiest with a guitar (and golf club) in his hands composing beautiful ballads of the Western Plains. Grilling is Nick’s specialty. He has shared a delicious recipe for **Chicken Spiedini**. This versatile recipe can also be made with shrimp, beef or vegetables.

Mary Lou is a wonderful artist who shares her talents with hand painted note cards and prints. Her journals of travels are especially meaningful. Highlights of the trip are pictorially journaled. What a treasured narrative.



Nick's Really Easy Chicken Spiedini

Recipe By : Nick Borusiewicz

Categories : Poultry

<u>Amount</u>	<u>Measure</u>	<u>Ingredient</u>
8		chicken tenders
2	cups	virgin olive oil
2	cups	Italian bread crumbs
1/2	cup	Parmesan cheese
1	teaspoon	Chef Paul Prudhomme's Vegetable Magic Seasoning -- or other favorite seasoning
1/2	teaspoon	Italian seasoning



Directions:

1. In a small bowl mix the Italian bread crumbs, Parmesan cheese, vegetable magic seasoning, and Italian seasoning
2. Pour olive oil in another bowl. Roll chicken tender in olive oil then roll in bread crumb mixture. Place on waxed paper. Repeat with all chicken pieces.
3. Now roll each chicken tender and pierce curled chicken with a skewer. 3 or 4 rolled tenders will fill a 12" skewer.
4. Grill on low heat turning skewer every 4 to 5 minutes. Cook time is about 30 minutes.

NOTES:

- Nick sprinkles extra mixture on his spiedini when rotating the skewers.
- Also good with lamb, beef, shrimp and vegetables.

Nutrition Facts: Per Serving (excluding unknown items): 5221 Calories; 442g Fat (75.5% calories from fat); 150g Protein; 173g Carbohydrate; 10g Dietary Fiber; 262mg Cholesterol; 7280mg Sodium. Exchanges: 11 Grain(Starch); 88 Fat.

A favorite restaurant is [Ruth's Chris](#). Great steaks for the best price. I don't know...rather have Nick grill me one!