

**Ingredients****For the popovers**

2 teaspoons coconut oil
 1 cup strawberries (or other fruit), chopped (fresh or frozen)
 Squeeze of lemon juice
 1 cup all-purpose flour
 2 tablespoons powdered sugar
 1/4 teaspoon salt
 1 cup low-fat milk, warmed
 2 large eggs
 1 teaspoon vanilla extract
 1/2 teaspoon dried basil (optional)

For the glaze

1 tablespoon lemon juice
 1 teaspoon coconut oil, melted
 1/2 to 3/4 cup powdered sugar

Preparation

Heat the oven to 400 degrees. Place a mini muffin pan in the oven to heat. This recipe makes 24 popovers. If your muffin pan has only 12 cups, you will need to work in batches. In a small skillet over medium, heat the coconut oil. Add the strawberries and cook just until softened and fragrant, about 2 minutes. Squeeze in a little lemon juice, then set aside. In a medium bowl, sift together the flour, powdered sugar and salt. Whisk to combine. In a small bowl, whisk together the milk, eggs, vanilla and basil (if using) until well-blended. Whisk the wet ingredients into the dry and mix until smooth. Remove the hot muffin pan from the oven and mist each cup well with cooking spray. Fill each muffin cup two-thirds full with the batter, then spoon in about 1 teaspoon of the strawberry filling. Return the pan to the oven and bake for 10 minutes. After 10 minutes, turn off the oven and allow the popovers to sit an additional 15 minutes in the oven (with the oven door closed). Meanwhile, to make the glaze in a small bowl whisk together the lemon juice and coconut oil with half of the powdered sugar until smooth. Add the additional powdered sugar, whisking until smooth and glaze-like. Once the popovers are done, brush with the glaze and serve immediately.

Curing weeknight dinner blues with rosemary and lemon roasted chicken thighs

By Katie Workman

How can we get excited about chicken over and over? Just make this recipe and then see if you don't have a little spring in your weeknight step. The bracing herbal flavors of fresh rosemary (do try and get fresh for this, as it makes a big difference!) The citrusy sharpness of the lemon zest! The tartness of the lemon juice! These simple flavors turn everyday chicken thighs into something special. Also, the quick dredge in flour and saute in a bit of oil creates a dish something between fried chicken and roasted chicken - crisp and moist.

And the choice of bone-in, skin-on thighs means you will have a great juicy chicken dinner. In fact, it's one that is pretty hard to overcook. You can serve these right in the pan at the table (as long as everyone knows the pan is hot). These would be great with some rice or any kind of grain to soak up some of the pan sauce you'll have once the chicken is cooked. Round out the plate

with a simple green vegetable, like sauteed Broccolini or Swiss chard, or some roasted asparagus.

Ingredients

3 lemons
 1 tablespoon minced fresh rosemary
 Salt and ground black pepper
 8 bone-in, skin-on chicken thighs (about 2 1/2 pounds)
 1/2 cup all-purpose flour
 2 tablespoons olive oil
 2 tablespoons roughly chopped fresh chives or parsley (optional)

Preparation

Heat the oven to 400 degrees. Wash and zest the lemons. Cut the lemons in half, then set aside. In a small bowl, mix together the lemon zest and rosemary. Season with salt and pepper. Use

your fingers to gently loosen the skin from the chicken thighs. Insert a hefty pinch of the rosemary-lemon zest mixture under the skin of each thigh and rub it to coat the meat. You will use about half of the rub mixture for this. In a shallow bowl, blend the flour with a hefty pinch each of salt and pepper. Dredge the chicken thighs through the flour mixture and shake off any excess.

In a large oven-safe skillet over medium-high, heat the oil. Working in batches if necessary, add the chicken thighs, skin side down, and cook for about 5 minutes, or until the skin starts to brown. Flip the thighs and cook for another 4 minutes or so on the bottoms, or until the bottoms start to turn golden. If you cooked the chicken in batches, fit all of the chicken back into the pan, transfer to the oven and roast for about 20 minutes, or until the chicken reaches 165 F at the thickest part. Squeeze the reserved lemon halves over the chicken as desired, then sprinkle the remaining lemon zest and rosemary mixture over it. Serve hot. Sprinkle with chives or parsley, if desired.

