

# The Mangrove Galley

by Sandi Mieszczencki

Sandi's recipes are featured monthly in the Coconut Telegraph. For previous issues go to <http://www.theconchtelegraph.com>.



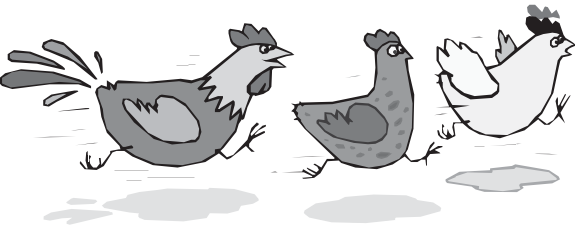
A standard dish in our house is chicken. Chicken is such a versatile food. There seems to be endless ways to prepare the bird, one better than the other. This recipe is one of my favorites. It is easy, relatively quick, and very tasty. This one also lends itself to be a great boat meal. Try it and enjoy!

## CHICKEN BREASTS WITH A DRIED SOUP MIX

- olive oil
- 1 onion chopped
- 2 garlic cloves chopped
- 2 boneless chicken breasts
- ½ cup white wine
- 1 cup water
- 1 package of dried spring vegetable soup mix (or any dried soup mix to your liking)
- 2 tablespoons flour
- ½ cup sour cream

Place some of the olive oil in a skillet. Sauté the onion and garlic then remove and set aside. Add more oil and brown the chicken on both sides. Remove the chicken in order to deglaze the pan with the wine (pour in the wine and scrap up any brown pieces.)

Return the chicken to the pan. In a bowl mix the water, dried soup mix, and flour. Stir into the skillet. Add the sautéed onion and garlic. Cover and cook until the chicken is tender and no longer pink. Mix in the sour cream. Blend well and serve.



## Art Box Artist of the Month: Amy Marie Acheson



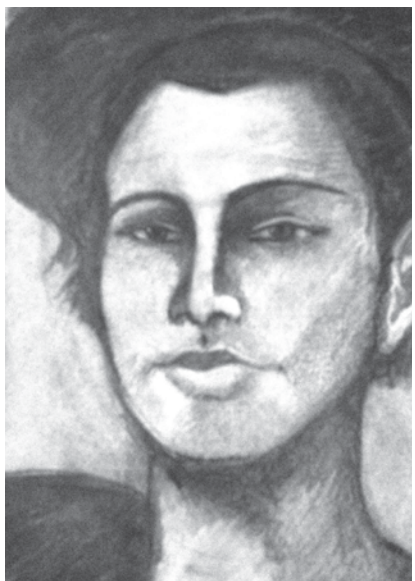
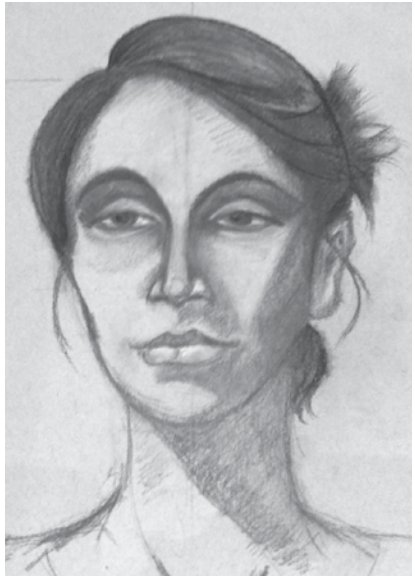
Newly transplanted to the Keys from Anne Arundel County, MD in November 2013, Amy Marie Acheson has officially debuted in the Key Largo art scene.

Amy has held a passion for the arts

since early childhood, particularly in drawing and painting. She is currently working at Cafe Moka in Tavernier, and as a nanny for two Hungarian-Swedish children.

She specializes in illustration and portraiture, and likes to work in the mediums of charcoal, pencil, and pen & ink.

Amy enjoys seeking new avenues of inspiration and techniques to improve and grow her skills and talent, and looks forward to the public seeing her work at the Art Box in April.



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6 ECLIPSE 2-7	7 MABEL & TONY 6-10	8 KARAOKEE 6-10	9 BOBBE BROWN 1-5 HARRY FRENCH 6-10	10 STEREO UNDERGROUND 6-10	11 BOBBE BROWN 1-5 MOJO SCOUNDRELS 7-11	12 SCOTTY MEYER 2-6 THE DROPOUTS 7-11
13 MR NICE GUY 2-7	14 MABEL & TONY 6-10	15 KARAOKEE 6-10	16 BOBBE BROWN 1-5 HARRY FRENCH 6-10	17 STEREO UNDERGROUND 6-10	18 BOBBE BROWN 1-5 NO RESTRICTIONS 7-11	19 SCOTTY MEYER 2-6 COLBERT 7-11
20 THE DROPOUTS 2-7	21 MABEL & TONY 6-10	22 KARAOKEE 6-10	23 BOBBE BROWN 1-5 HARRY FRENCH 6-10	24 STEREO UNDERGROUND 6-10	25 BOBBE BROWN 1-5 MOJO SCOUNDRELS 7-11	26 SCOTTY MEYER 2-6 LOOSE CANNONS 7-11
27 THE REGS 2-7	28 MABEL & TONY 6-10	29 KARAOKEE 6-10	30 BOBBE BROWN 1-5 HARRY FRENCH 6-10	MICHAEL TRIXX MAGIC SHOW SATURDAYS AT 7:45 PM		

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