



316 N. SPRING STREET • WINSTON-SALEM, NORTH CAROLINA • 27101

Not So Cajun Chicken

Inspired by Crowley's in Raleigh, NC • Found in the *Anderson Independent* by Jimmy Randolph • 2005
Another Version: <http://adornedabode.blogspot.com/2010/01/not-so-cajun-chicken.html>

Ingredients

- 1 pkg (1 oz) Hidden Valley original ranch dressing mix
- 1 C half-n-half or whole milk
- 1 C good mayonnaise (Duke's is all the Roediger House ever has)
- ½ stick (2 oz) butter
- 4 boneless skinless chicken breasts, cut into ½" slices (or 1 pkg chicken breast tenderloins)
- 1½-3 T Cajun spice (Paul Prudhomme's Blackened Redfish seasoning is recommended)
- 3 C cooked rice or 1 lb linguine/angel hair pasta, cooked)

Preparation Instructions

- 1.** Prepare ranch dressing with milk and mayo. Refrigerate at least 1 hour.
- 2.** In large skillet over medium heat, melt butter.
- 3.** Add chicken and sprinkle liberally with Cajun seasoning. Do this as you cook each side.
- 4.** Pour ranch dressing over chicken and stir well to combine. Season with additional Cajun spice until taste suits you.
- 5.** Stir until evenly blended, over low heat.
- 6.** Spoon chicken and sauce over rice or pasta. Pairs nicely with sugar snap peas and a crisp white wine.