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# The 15-Minute Chicken Gourmet

*Paulette Mitchell*

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**The 15-Minute Chicken Gourmet** Paulette Mitchell
The 15-Minute Chicken Cookbook is the newest cookbook by Paulette Mitchell, author of Macmillan's best-selling The 15-Minute Vegetarian Gourmet. Why are chicken breasts so popular? Because they're affordable, easy to prepare, and low in fat. More importantly, they can be adapted to almost any cuisine, from Chinese stir-fries to warmed vinaigrette salads.The 15-Minute Chicken Gourmet includes 100 of the very best chicken breast recipes including Chicken with Sun-Dried Tomato Marinade and Tomato Corn Salsa, Plum Glazed Chicken with Sesame Rice, and Chicken with Balsamic Marinade. In addition to the recipes, the book is filled with tips and sidebars for saving time in the kitchen, ingredients substitutions, and serving suggestions.

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