



## RECIPES DAD WILL LOVE



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### Skip the fat and guilt of fried chicken, but keep the crunch with this fun corn flake chicken bake!

- 3 cups cornflakes
- 3 tablespoons all-purpose flour
- 1 teaspoon paprika
- 1/2 teaspoon onion powder
- 1/4 teaspoon ground sage
- Salt and pepper
- 1/2 cup milk
- 2 1/2 pounds bone-in chicken parts



1. Start by heating the oven to 375°. To make the coating, pour the cornflakes into a sealable gallon-size plastic bag and use a rolling pin to crush the cereal. Open the bag and add the flour, paprika, onion powder, and sage. Shake salt and pepper to taste.

2. One by one, dip pieces of chicken into a bowl of low-fat milk, and then into the cornflake flour mixture. Set them into a baking pan already covered with a light mist of cooking spray, like canola or olive oil. Bake for 50 minutes until brown and crispy.

### Spell out F.U.N. or D.A.D. to turn this sometimes snack into a an afternoon project together!



1. Mix up a batch of white dough according to the instructions on a packet of instant-rise yeast or purchase a frozen dough like Rhodes or Pillsbury's Bake & Rise.

2. Once your dough is prepped, divide it into 8 to 10 pieces and roll each into a 18 inch rope. Shape into whichever letters you choose, pinching joints together tightly.

3. Dip letters gently into a wide pan filled with 4 cups of warm water and 1 1/2 tsp of baking soda and then lay them flat on a baking sheet. Brush then with egg wash (1 egg whisked with 1 tsp of water) and then sprinkle with coarse kosher salt.

4. Bake in a preheated oven at 450 degrees until dark brown.

5. You can serve these pretzels warm, with your favorite dip, or with a tsp. of honey and tsp. of mustard stirred together.



## Father's Day Steak Fajitas



- whole wheat or corn tortillas
- 2 lb. skirt steak seasoned with garlic and red pepper flakes
- juice of 2 limes
- 1 grilled red bell pepper
- 1 grilled orange bell pepper
- 1 grilled green bell pepper
- 2 green chiles diced
- 2 diced avocados
- 4 diced tomatoes
- 1/2 diced onion
- cilantro to flavor



1. Marinate the steak in lime, garlic, and pepperflakes 30 minutes before BBQ.
2. Start your grill and put your bell peppers on the blacken. After 5 minutes flip them and start to cook the steak over low to moderate heat for about 6 to 7 minutes on each side, turning once, until done to your liking.
3. Remove the meat to a cutting board. Briefly warm the tortillas on the grill, or in the microwave or oven. Slice the meat across the grain, and place several strips in a warmed tortilla with grilled peppers, pico de gallo, and avacodos to taste.
4. You can make this recipe even healthier by adding some fresh spinach to your fajitas, or by serving your grilled meats and veggies on a spinach salad rather than a tortilla!

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## Daddy's Dry Rub BBQ Pork Tenderloin



- SPICE-RUBBED TENDERLOIN
- 1 tablespoon sugar
- 1 tablespoon chili powder
- 2 teaspoons salt
- 1/4 teaspoon mustard powder
- 1/4 teaspoon dried thyme
- 2 (1-pound) pork tenderloins
  
- BARBECUE SAUCE
- 1 cup prepared hickory barbecue sauce
- 3/4 cup ketchup
- 1/3 cup orange juice
- 1 tablespoon soy sauce
- 1 teaspoon hot sauce

1. Rub dry ingredients over tenderloin 24 hours before grilling.
2. Set the meat on a hot grill, searing it on all sides (about a minute each side). Then move the meat from the direct flame and close the grill. Cook until a meat thermometer inserted diagonally into the center of each tenderloin registers 160 F (about 20 to 30 minutes). Remove the meat from the grill. Cover it with aluminum foil and let it stand for 10 minutes. Slice and serve with the sauce on the side. Serves 6 to 8.