



## Paprika Chicken

*This super easy paprika chicken recipe uses on-hand ingredients and is ready in just 15 minutes! It's perfect for a quick weeknight dinner with big flavor.*

### SERVES 4

#### Ingredients:

- 1 ½ lbs. boneless, skinless chicken breasts, cubed in ½-inch pieces
- 2 teaspoons paprika
- 1 teaspoon poultry seasoning
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice

Mix paprika, poultry seasoning, salt and pepper in a small bowl. Sprinkle the seasoning over the cubed chicken and toss to get it coated on all sides. Heat olive oil in a large saute pan over medium-high heat. Add chicken and saute for 5-6 minutes. Stir and turn the chicken pieces over and cook for another 3-4 minutes, until cooked through. Squeeze the fresh lemon juice over the chicken and serve!

*Note: Serve over steamed rice and drizzle any extra sauce over everything. Or serve with couscous, orzo, or baked or roasted potatoes. Add your favorite steamed veggie or a small side salad and dinner is done!*

From ***Family Food on the Table***



## Visit our SOTM Archive

Use the link below to find past issues of our Spice of the Month newsletter on our website! Download, print or save the PDF copies as you discover your new favorite herbs and spices.

[www.menashalibrary.org/sotm](http://www.menashalibrary.org/sotm)

## Sources:

- [www.familyfoodonthetable.com/paprika-chicken/](http://www.familyfoodonthetable.com/paprika-chicken/)
- [www.bonappetit.com/recipe/goes-on-everything-barbecue-seasoning](http://www.bonappetit.com/recipe/goes-on-everything-barbecue-seasoning)
- sample herbs purchased from McCormick



# Spice of the Month PAPRIKA



Paprika is a spice made from dried and ground red peppers. The peppers are typically a variety of the Longum group, which includes chili peppers. It's a key ingredient in many cuisines, including Hungarian, Spanish, and Austrian.

Paprika is known for its red color and subtle, sweet, and peppery flavor. Paprika can range in flavor from mild to robust, but it's not as hot as cayenne or chili.

## In this newsletter you will find:

Tips, recipes, and more. Keep reading! →





## Learn About Paprika

- Paprika is **rich in antioxidants**, particularly vitamin C and carotenoids.
- A single tablespoon of paprika provides about 70% of the daily recommended **vitamin A** intake.
- The **high vitamin C content** in paprika (nearly 100% of daily needs in one tablespoon) helps boost iron absorption when consumed together with iron-rich foods.
- Paprika **contains capsanthin, a powerful antioxidant** that gives it its red color and may help reduce inflammation in the body. This compound is particularly well-absorbed when paprika is consumed with healthy fats.
- Paprika contains minerals like iron, copper, and zinc in small but significant amounts, **supporting immune function and red blood cell production.**
- Paprika's antioxidant compounds, including flavonoids and carotenoids, have shown **potential anti-cancer properties** in laboratory studies, particularly against prostate and cervical cancer cells.

*Note: Information in this newsletter is meant to supplement, not replace advice from your healthcare provider and is not meant to cover all possible uses, precautions, interactions or adverse effects.*



### Goes-on-Everything Barbecue Seasoning

*Make a double batch and keep this spicy-sweet blend on hand for all grilled meats and vegetables.*

**MAKES ABOUT ½ CUP**

#### Ingredients:

- ¼ cup smoked paprika
- 2 Tbsp. light brown sugar
- 2 tsp. chili powder
- 2 tsp. garlic powder
- 1½ tsp. cayenne pepper

Whisk paprika, brown sugar, chili powder, garlic powder, and cayenne in a small bowl to combine.

Seasoning can be made 1 month ahead. Store airtight at room temperature.

**From Bon Appetit**



## How to Use Paprika

- Create a smoky rub for grilled meats by mixing smoked paprika with brown sugar, garlic powder, and black pepper. This works particularly well with chicken, pork, or even salmon.
- Transform plain roasted potatoes by tossing them in olive oil and paprika before roasting. The paprika helps create a beautiful crispy crust and adds warmth to the flavor profile.
- Blend paprika into compound butter with garlic and herbs - this versatile spread can be used on bread, melted over steaks, or stirred into pasta dishes.
- Add depth to homemade marinades by incorporating paprika - it pairs especially well with olive oil, garlic, and lemon juice for Mediterranean-style marinades.
- Enhance homemade tomato soup by adding a generous pinch of smoked paprika - it brings a subtle smokiness that makes the soup taste like it's been simmering for hours.
- Create a flavorful coating for fried chicken by mixing paprika into your flour mixture - this adds both color and flavor to the crispy exterior.

## Live Cooking Demonstration with Chef Champion

**Menasha Public Library**

Join us for a live Cooking Demonstration with



*Chef  
Ace Champion*

Final part of our  
Black History Month  
series of programming

**Thursday, February 27th  
@ 6pm Co. Room E**

For more information: Flores@MenashaLibrary.org