

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: No One Will Believe There is No Cream in the Mushroom Sauce!

Delicious Twist on Weeknight Chicken: Chicken with Creamy Wild Mushrooms

1 ½ Cups Light Chicken Stock
1 OZ Dried Mushrooms
2 TB Extra Virgin Olive Oil
1 Tsp Turmeric
½ Tsp Freshly Cracked Black Pepper
4 Chicken Breasts, in half horizontally
1 Large Yellow Onion, Chopped
12 OZ Mixed Wild Mushrooms, sliced
1 1/2 Cups Nonfat Plain Greek Yogurt
Sea Salt to Taste
2 Cups Cooked Brown Basmati Rice
Fresh Thyme for Garnish

Step One Preheat the oven to 300F. Bring the stock to a boil in a medium saucepan. Add the dried mushrooms and simmer until the stock is reduced by half. Set aside.

Step Two While the stock and mushrooms are simmering, warm the olive oil over medium heat. Add the turmeric and black pepper. Cook and stir for a minute until fragrant.

Step Three Sauté the chicken breasts in the spice mixture. When browned on both sides, remove from the sauté pan and place in a 300F oven for 3-5 minutes to finish cooking. Remove from the oven and keep warm with aluminum foil.

Step Four Add the onions and sauté over medium heat until wilted and golden. Add the fresh wild mushrooms and cook until mushrooms are soft.

Step Five Remove half the fresh mushrooms & onions from the pan & add them to a blender. Add the

stock with the dried mushrooms. Purée until smooth, add the yogurt and blend again. Add back to the pan with the remaining mushrooms and onions. Taste for salt.

Step Six Place the chicken on the rice, top with the mushroom sauce. Garnish with fresh thyme.

2 Kitchen Smidgen

When using fresh thyme, you don't always have to strip the leaves from the stem. If you have thyme with soft tender stems like the picture above, you can just chop it - stem and all.

3 Get Creative

Next time you want to make a cream sauce, don't open the carton of heavy cream. Place some of your veggies in the blender - and then add them back to the sauce. You'll find the same creamy texture without all the fat!

4 WINE of the Week

Hahn Estates Pinot Noir

Monterey, California
Kroger, Publix around \$12.00

You've seen the rooster in the wine aisle - Nicky Hahn is the winemaker and Hahn means "rooster" in German.

Mushrooms & Pinot Noir are a match made in heaven. You'll enjoy dark fruit & floral aromas & a spicy taste of blackberries & chocolate. A great buy for delicious Pinot Noir from California!