**Mushroom Chicken Breasts**

**Produce**

garlic (if needed)

yellow onion (if needed)

red bell pepper

9 oz. sliced cremini or white mushrooms

1 crisp tart apple

**Canned/Dried Foods**

brown rice (if needed)

low-sodium veggie broth

olive oil (if needed)

balsamic vinegar (if needed)

cornstarch (if needed)  
  
dry parsley flakes (if needed)

bay leaf (if needed)

rosemary (if needed)

dried thyme leaves (if needed)

white wine to cook with (if needed)

**Frozen Foods**

One package plant-based Chik’n Strips of choice (if meatless)

frozen corn (if needed)

**Meat/Fish/Poultry**

2 boneless-skinless chicken breasts - total weight 8 oz. (if eating meat)

**Chilled Foods/Dairy**