

Chicken and Mushrooms

Call me old fashioned - please! This meal is an old-fashioned comfort-food-style chicken and mushrooms dish. When I was a kid, my mom made this dish with chicken thighs, cream of chicken and cream of mushroom soup. Tonight's version offers a healthier alternative.

Preparation time: 40 minutes - Servings: 2

Organize Your Ingredients!

Prep and organize ingredients on small plates so they are easy to add. Prep a total of 1 C. of chopped onion: 1/2 C. for the Mushroom Sauce, 1/2 C. for the corn and peppers. Prep 2 cloves of chopped garlic: 1 for the Mushroom Sauce, 1 for the Corn and Peppers.

Brown Rice

1 C. brown rice
2-1/4 C. water
pinch of salt

Corn and Peppers

1 tsp. olive oil
1 C. frozen corn
1/2 C. yellow onion (chopped)
2/3 C. red bell pepper (chopped)
1 Serrano pepper (seeded and finely chopped)
1 clove garlic (smashed and chopped)
1/4 C. low-sodium veggie broth
1 T. fresh lime juice
2 T. fresh parsley (chopped)
1/2 tsp. salt

Plate Garnish

1 large apple (cored and thin-sliced)

Chick'n and Mushroom Sauce

Plant-based Choice

1 tsp. olive oil
18-20 pieces Morningstar Chick'n Strips
1/4 C. white wine
- or -

Optional Chicken

1 tsp. olive oil
1 boneless, skinless chicken breast
1/2 C. white wine

Mushroom Sauce:

1 tsp. olive oil
2 C. cremini mushrooms (sliced)
1 clove garlic (smashed and chopped)
1/2 C. yellow onion (chopped)
1/4 C. white wine
1-1/2 C. low-sodium vegetable broth
1 bay leaf
1/4 tsp. ground rosemary
pinch of salt

1 T. cornstarch
mixed with
1/3 C. water
1 tsp. butter
2/3 C. plain, nonfat yogurt

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

This meal is cooked entirely on the stovetop. Get the rice started by bringing rice, water and a pinch of salt to a boil. Reduce heat to low, cover and set a timer for 25 minutes. You'll have time to prepare the rest of the meal while the rice cooks.

Chick'n and Mushroom Sauce

1. Plant-based choice: brown Chick'n Strips in oil, add wine to the pan, cover and remove from heat. When cool enough to handle, slice in half lengthwise before adding to the mushrooms. Pour any remaining liquid from cooking Chick'n Strips into mushroom sauce.
2. Optional Chicken: brown chicken breast in oil. Add wine to pan, cover and cook over medium heat for 5 minutes per side. Allow to cool enough to handle. Slice before adding to the mushrooms. Pour extra liquid from cooking chicken into mushroom sauce.
3. Brown mushrooms in oil on medium-high heat in a large sauté pan.
4. Reduce heat to medium, add garlic and onion and toss 2-minutes. Add wine, broth and spices. Add Chick'n strips or optional chicken (and any additional liquid from cooking them) to the pan. Bring to boil, reduce heat to low. Cook 5 minutes.
5. Thicken with cornstarch mixture. Stir and cook over low heat 5 minutes. Stir in butter after the sauce is thickened. Reduce heat to low and cook another 5 minutes.
6. Stir in yogurt just before serving.

Corn and Peppers

1. Heat oil in a small saucepan until it begins to shimmer. Add frozen corn and toss until corn begins to brown.
2. Add onion and peppers. Toss until onion begins to brown on edges. Add garlic and toss until garlic becomes fragrant.
3. Mix broth, lime juice, parsley and salt and add to pan. Cover, reduce heat to low and cook an additional minute. Remove from heat.

Plate Meal

Fan sliced apple on one side of serving plates.

Scoop 2/3 C. cooked brown rice onto plates and cover with 2 C. serving of chicken and mushrooms. Flank with corn/peppers. You've done it again!

What I've Learned from this Recipe

You'll get maximum flavor in any dish when browning meat separately and adding meat and drippings from cooking to the dish. In this dish, you could also remove the chicken from the pan when browned, deglaze the pan, and use the same pan to make the mushroom sauce.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com