

# Chicken and Mushrooms

It's time for some old-fashioned comfort food.

When I was a kid, this dish was fairly common in my middle-class home. My mother made it with chicken thighs and used cream of chicken and cream of mushroom soup to make the sauce. Every bite was a salt bomb bonanza and we loved it!

However, we'll skip the salty canned soups tonight and make our own yogurt-based white sauce. We'll also substitute plant-based Chick'n Strips for chicken thighs. Browned mushrooms will anchor the mushroom sauce. This version is still packed with flavor but has a fraction of the fat and salt.

**Preparation time: 40 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients on small plates so they are easy to add. You'll enjoy cooking when everything is ready to go.

#### Brown Rice

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

#### Steamed Broccoli

3 C. broccoli (cut into 1" pieces)  
1 T. lemon juice  
2 T. low-sodium vegetable broth

#### Fruit Finish

1 nectarine (pitted and sliced)

#### Chick'n Strips and Mushroom Sauce

1 tsp. olive oil  
18-20 pieces Morningstar Chick'n Strips  
1/4 C. white wine  
3/4 C. vegetable broth

#### 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. water  
1/2 cube "Not Chick'n Bouillon"  
1 bay leaf  
1/4 tsp. ground rosemary  
1/4 tsp. thyme  
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

The old-fashioned version of this dish was baked in the oven. This version is cooked entirely on the stovetop. Get the rice started by bringing rice, water and 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 Strips and Mushroom Sauce

1. Brown Chick'n strips in oil, add wine to the pan and toss until wine cooks away. Remove from pan. Pour vegetable broth into pan and rub bottom of the pan with a spatula to bring up brownings from cooking the strips. This is called deglazing. Pour the deglazed liquid over the cooked Chick'n. Set strips aside. When cool enough to handle, slice strips in half lengthwise.
2. Using the same pan, brown mushrooms in oil over medium-high heat.
3. Reduce heat to medium, add garlic and onion to mushrooms and toss 2-minutes. Add wine, water, 1/2 of a bouillon cube and spices. Bring to boil and reduce heat to low. Cook 5 minutes.
4. Add sliced Chick'n strips and additional deglazing liquid to the onion mixture.
5. Thicken liquid in pan with cornstarch mixture. Reduce heat to low. Stir occasionally over low heat for 5 minutes. Stir in butter. Reduce heat to simmer. Let stand on simmer as you finish the meal. Just before serving, stir in yogurt.

### Steamed Broccoli

1. Bring 3/4 C. water to a boil in bottom of a steamer pan. Place chopped broccoli in basket over water, cover and steam 4-5 minutes or until at the desired tenderness.
2. Remove steamer basket and discard water from the bottom pan.
3. When cool, store 1 C. of the steamed broccoli in the fridge (You'll use it for tomorrow's meal.)
4. Using the bottom of the steamer pan, return remaining broccoli to pan and toss with lemon juice/broth mixture. Toss well.

### Plate Meal

Fan sliced nectarine on one side of individual dinner plates.

Scoop 2/3 C. cooked brown rice onto plates and cover with 2 C. serving of chicken and mushroom sauce. Spoon 1 C. steamed broccoli alongside chicken and rice. Enjoy!

### Why do we "Deglaze"?

Deglazing lifts the caramelized material left in the pan after browning. The added liquid, and rubbing motion of the cooking spatula while the pan is over heat, loosens the flavorful material remaining in the bottom of the pan. The flavor of sauces is enhanced when the deglazing liquid is added.

Let us know what you think, and any ask questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)