



Cabarrus Health Alliance

February 2020

Chicken with Creamy Mushroom Sauce

Serves 4

Ingredients:

- 4x 6oz certified organic chicken breasts
- Sea salt and pepper
- 2 tablespoons olive oil
- ½ medium onion, peeled and finely chopped
- 2 cloves garlic, peeled and crushed
- 2 cups chestnut mushrooms, thinly sliced
- 1 cup low in sodium chicken stock
- 1x 7oz tub crème fraîche
- 2 tablespoons freshly chopped parsley

How to Make:

1. To serve, roasted carrots and asparagus
2. Preheat oven to 380°F
3. Place a large frying pan over a medium to high heat on the stove. Season the chicken breast with salt and pepper.
4. Add the oil to the hot pan, followed by the chicken breasts and fry for about 5 minutes, or until well browned, then turn over and continue to cook for a further 5 minutes. Remove each breast from the pan and place onto a roasting tray.
5. Pop in the oven for 10 minutes.
6. In the same pan, add a little more oil if needed and fry the onions for 2–3 minutes, or until translucent.
7. Add the garlic and fry for another 1 minute. Add the mushrooms and fry until golden-brown.
8. Stir in the stock. Bring to the boil and cook for 5 minutes, remove the pan from the heat and stir in the crème fraîche and parsley.
9. Check that the chicken is thoroughly cooked, remove from the oven and serve with the mushroom sauce, roasted carrots and steamed asparagus.

Quick & Easy Sesame Slaw

Serves 4 to 6

Ingredients:

- 1 small or ½ large red cabbage, shredded
- 2 carrots, washed and shredded
- ½ large or small red onion, peeled and shredded
- 3 tablespoons olive oil mayonnaise
- 1 lime, juice and zest of
- 1 tablespoon sesame seeds
- 1 tablespoon sesame oil

How to Make:

1. Mix together all of the ingredients and season to taste.
2. Store in the fridge for up to 3 days or serve immediately as a tasty accompaniment.

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Lemon Yogurt Olive Oil Cake

Serves 8 to 10

Ingredients:

- 1 ½ cups white whole wheat flour
- ¾ cup sugar
- 2 teaspoons baking powder
- ¼ teaspoon fine salt
- Finely grated zest and juice of 2 lemons
- ½ cup plain Greek yogurt (I used Siggi's® Triple Cream Icelandic-Style Strained Yogurt Vanilla)
- ½ cup extra-virgin olive oil
- ½ teaspoon pure vanilla extract
- 2 large eggs

How to Make:

1. Preheat the oven to 350 degrees F. Lightly spray with oil a 6inch by 3inch by 4 inch deep loaf tin.
2. Sieve the flour, baking powder, sugar and salt in a medium bowl.
3. Place the lemon zest, juice, yogurt, olive oil, vanilla and eggs into a large bowl and whisk until well blended.
4. Add the flour mixture into the egg mixture and fold until just incorporated.
5. Pour the batter into the prepared pan.
6. Bake until a cake tester inserted in the center comes out clean, about 50 to 60 minutes.
7. Cool in the pan on a wire rack for 5 minutes, and then unmold and cool to room temperature. Slice and serve.