

FOOD SAFETY IN THE KITCHEN



CHICKEN AND MUSHROOM FRICASSEE



Follow the food safe instructions in this recipe for a rich, hearty, nutritious dish.

Prep Time: 10 minutes **Cook Time:** 30 minutes **Yields:** 4 servings
Serving size: 1 chicken leg, 1 C vegetables and sauce

NUTRITION INFORMATION (per serving)

Calories: 242
Total Fat: 9 g
Saturated Fat: 2 g
Total Carbohydrates: 24 g

Protein: 20 g
Sodium: 430 mg
Dietary Fiber: 3 g

INGREDIENTS

- 1 carton (10 oz) white button mushrooms
- 1 C leek
- 1 C potatoes
- 1 C celery
- 1 C pearl onions
- 2 tbsp each fresh herbs (such as parsley and chives) or 2 tsp dried
- 1 tbsp olive oil
- 3 C low-sodium chicken broth
- 1 lb skinless chicken legs or thighs (4 whole legs, split, or 8 thighs)
- 1 tbsp lemon juice
- 1 tbsp cornstarch
- 2 tbsp fat-free sour cream
- ½ tsp salt
- ¼ tsp ground black pepper

DIRECTIONS

1. Preheat oven to 350 °F.
2. Wash hands for at least 20 seconds with soap under running water.
3. Check mushrooms, leeks, potatoes, celery, and pearl onions for damage. Cut off bruises and spots.
4. Wash mushrooms, leeks, potatoes, celery, pearl onions, and herbs (if using fresh). Dry with a paper towel.
5. Cut each mushroom into quarters. Cut leeks into quarters then slice into small squares. Peel and dice the potatoes. Dice the celery. Mince herbs.
6. Heat olive oil in a medium-sized, heavy-bottom roasting or braising pan (a large sauté pan with a metal handle will work as well).
7. Add mushrooms to pan and cook until golden brown, about 3–5 minutes. Add leeks, potatoes, celery, and pearl onions, and continue to cook until the vegetables become soft, about 3–5 additional minutes.
8. Add chicken broth to the pan, and bring to a boil. Add chicken legs to the pan, cover, and place in the heated oven for about 20 minutes or until the chicken legs are tender when pierced with a fork (check with a food thermometer that chicken has reached a safe minimum internal temperature of 165 °F).
9. Wash hands after touching raw chicken.
10. When chicken legs are tender, remove legs from the pan, return the pan to the stovetop, and bring the liquid to a boil. Add herbs and lemon juice.
11. In a bowl, mix the cornstarch with the sour cream, and add to the pan. Bring back to a boil and then remove from the heat.
12. Season with salt and pepper, and pour 1 cup of vegetables and sauce over chicken.
13. Within 2 hours, divide leftovers into shallow, sealed containers and place in a refrigerator set to 40 °F or below (as indicated by an appliance thermometer) or freeze at 0 °F or below.

Food Safety Reminder: Always wash your hands before touching food and after handling raw chicken, but don't wash the chicken—washing raw chicken can cause contaminated water to splash onto your cooking surfaces.

Recipe adapted from National Heart, Lung, and Blood Institute Deliciously Healthy Eating Recipes and available at: <https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?cid=0&rId=16>