



# Chicken Fricassee with Saffron and Wild Mushrooms



## Ingredients



Recipe From Chef Laurent

- 2 T. of butter and 2 T. of oil
- 4 small red potatoes-cut into cubes
- ¼ onion cut in small dice
- 1 chicken breast cut in small cubes
- Fresh or dried mushrooms or both (dried will need to be soaked in water to rehydrate)
- 1 cup of spinach
- 1 cup of chicken broth
- Saffron if available
- 1 cup of half and half

Yield: 4 servings  
Serving Size: 1/2 cup

## Directions



- Heat the oil and butter in a large sauté pan
- Add the chicken and potatoes, sauté until they start to change color
- Add the onions and mushroom and continue to sauté.
- Deglaze pan with stock and reduce until to half
- Add the ½ & ½ and saffron and reduce until it thickens
- Make sure the potatoes are fully cooked, then add the spinach
- Season with salt and pepper and serve in a bowl



Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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# Fast Facts



## Featured Food Groups



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Dairy Protein Vegetables

## Nutrition Facts



Chicken Fricassee		
<b>Nutrition Facts</b>		
<b>Serving Size</b>	<b>1 Serving</b>	
<b>Amount Per Serving</b>		
<b>Calories</b>	<b>269.1</b>	
	<b>% Daily Value*</b>	
<b>Total Fat</b>	11.2 g	14 %
Saturated Fat	4.7 g	23 %
Trans Fat	0.3 g	
<b>Cholesterol</b>	34 mg	3 %
<b>Sodium</b>	195.9 mg	9 %
<b>Total Carbohydrate</b>	30.1 g	11 %
Dietary Fiber	3.9 g	14 %
Total Sugars	2.8 g	
Added Sugars	- g	- %
<b>Protein</b>	12.8 g	
<b>Vitamin D</b>	0.1 mcg	0 %
<b>Calcium</b>	83.1 mg	6 %
<b>Iron</b>	3.1 mg	17 %
<b>Potassium</b>	1112.7 mg	24 %
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		

## Cooking Tips



- Use white pepper if you have it.
- Garnish with parsley or other green herbs

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