



Chicken Fricassee

with Saffron and Wild Mushrooms



Ingredients



Recipe From Chef Laurent

- 2 Tbsp. butter and 2 Tbsp. oil
- 4 small red potatoes-cut into cubes
- ¼ onion cut in small dice
- 1 chicken breast cut in small cubes
- 2 cups 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-2 threads
- 1 cup of half and half

Yield: 6 servings
Serving Size: 1cup

Directions



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



Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Chicken Fricassee

with Saffron and Wild Mushrooms



Ingredients



Recipe From Chef Laurent

- 2 Tbsp. butter and 2 Tbsp. oil
- 4 small red potatoes-cut into cubes
- ¼ onion cut in small dice
- 1 chicken breast cut in small cubes
- 2 cups 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-2 threads
- 1 cup of half and half

Yield: 6 servings
Serving Size: 1cup

Directions



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



Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Fast Facts



Featured Food Groups



ChooseMyPlate.gov

Dairy Protein Vegetables

Cooking Tips



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

Nutrition Facts



Chicken Fricassee		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	269.1	
	% Daily Value*	
Total Fat	11.2 g	14 %
Saturated Fat	4.7 g	23 %
Trans Fat	0.3 g	
Cholesterol	34 mg	3 %
Sodium	195.9 mg	9 %
Total Carbohydrate	30.1 g	11 %
Dietary Fiber	3.9 g	14 %
Total Sugars	2.8 g	
Added Sugars	- g	- %
Protein	12.8 g	
Vitamin D	0.1 mcg	0 %
Calcium	83.1 mg	6 %
Iron	3.1 mg	17 %
Potassium	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 cronometer.com		

Second Harvest is an equal opportunity provider.



Fast Facts



Featured Food Groups



ChooseMyPlate.gov

Dairy Protein Vegetables

Cooking Tips



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

Nutrition Facts



Chicken Fricassee		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	269.1	
	% Daily Value*	
Total Fat	11.2 g	14 %
Saturated Fat	4.7 g	23 %
Trans Fat	0.3 g	
Cholesterol	34 mg	3 %
Sodium	195.9 mg	9 %
Total Carbohydrate	30.1 g	11 %
Dietary Fiber	3.9 g	14 %
Total Sugars	2.8 g	
Added Sugars	- g	- %
Protein	12.8 g	
Vitamin D	0.1 mcg	0 %
Calcium	83.1 mg	6 %
Iron	3.1 mg	17 %
Potassium	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 cronometer.com		

Second Harvest is an equal opportunity provider.