



Chicken and Mushroom Cacciatore

Braised chicken thighs with mushrooms, tomatoes, wine and olives

Yield: 6

6 each	Skinless, Boneless Chicken Thighs
1/2 tsp	Kosher Salt
1/8 tsp	Ground Black Pepper
3 oz	Diced Onions
1 Tbsp	Minced Garlic Cloves
12 oz	Mushrooms, Halved
1/2 cup	Dry White Wine
1/4 tsp	Oregano, Dried, Crumbled
1/2 each	Whole Bay Leaf
1-3/4 cup	Canned Crushed Tomatoes, Including Liquids
6 Tbsp	Stuffed Green Olives
2 Tbsp	Italian Parsley, Chopped



Season chicken thighs with salt and pepper. Pan sear in a hot pan in batches until skin is browned and crispy. Set aside and drain the fat from the pan, leaving only 2 Tbsp. Sauté onions in the same pot for 2 minutes. Add garlic and mushrooms and stir and cook for 2 more minutes. Add wine to deglaze the pan and reduce by half. Add the dried oregano, bay leaf, crushed tomatoes with the juice, and green olives. Arrange the chicken pieces on top and cover the pan. Simmer covered on the stove top or place in a 350F degree oven until sauce is bubbly and the chicken is tender, about 45 minutes.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
225.7	19.8	9.8	12.1	93.9	548.5	3.1	2.4+



Pork and Mushroom Albondigas

Pork and mushroom meatballs with Latin flavors and Chipotle tomato sauce

Yield: 10

1 Tbsp	Canola Oil	1 Tbsp	Canola Oil
1/2 cup	Minced Onions	1-1/2 lb	Mushrooms, Quartered
1/2 each	Poblano Peppers	1 cup	Diced Onions
1 Tbsp	Mexican Seasoning, Salt Free	1/2 cup	Poblano Peppers, Fresh
1/2 tsp	Chipotle Powder	1 lb	Ground Pork, 80/20, Raw, Frozen
1 cup	Chicken Broth	2 Tbsp	Mexican Seasoning, Salt Free
3 cup	Crushed Tomatoes, No Added Salt	1 tsp	Kosher Salt
2 tsp	Lemon Pepper Seasoning, Salt Free	1 oz	Green Onions, Thin Sliced
1 tsp	Sugar, granulated	1-1/2 cup	Panko Breadcrumbs
1/4 cup	Red Wine Vinegar	2 each	Fresh Egg, Beaten
1 Tbsp	Chopped Cilantro		



Heat oil in a pot. Saute onion and diced poblano peppers until onion begins to caramelize. Add seasoning and stir until fragrant. Stir in chicken stock and crushed tomatoes. Use a hand blender to blend mixture until smooth. Stir in lemon-pepper, sugar, vinegar and cilantro. Refrigerate or warm on low heat until needed.

Preheat a convection oven to 350°F. Heat oil in sauté pan and cook mushrooms until browned, approximately 6-8 minutes. Remove mushrooms from pan. Add onions and diced poblanos and cook until lightly caramelized, approximately 6-8 minutes. Combine mushrooms, onions and roasted peppers in a food processor and pulse until mixture is finely minced. Allow mixture to completely cool in refrigerator. Combine cooled vegetable mixture with pork, seasoning, salt, panko crumbs and eggs. Mix well to evenly combine. Scoop out 1 oz meat balls (golf ball size) and round by hand. Place meatballs on a pan lined with parchment paper. Bake meatballs for 15 minutes or until an internal temperature of 155°F is reached. Remove from oven and combine with Chipotle Tomato Sauce. Serve with reserved sauce.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Dietary Fiber (g)
201.2	13.4	13.3	11	3	412.4	2.9



Sautéed Chard with Mushrooms

Rainbow chard sautéed with mushrooms, ginger and garlic

Yield: 6

9 oz	Fresh Swiss Chard
1 tsp	Olive Oil
2 tsp	Minced Ginger Root
2 tsp	Minced Garlic Cloves
9 oz	Fresh Sliced Crimini Mushrooms
Pinch	Ground Black Pepper



Use rainbow chard if available. Rinse and remove leaves from stem, rough chop and set aside. Cut 1" from the bottom of the stems and discard, slice the remaining stem. Heat olive oil in a skillet and sauté chard stems for 2 minutes. Add ginger, garlic and mushrooms and cook until cooked through. Add the chard leaves, salt and pepper. Toss to wilt and heat.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
31.6	2.5	5.1	0.9	0	97	0.1	1.5



Portabella Reuben

A classic turned vegetarian with "corned" portabella mushrooms

Yield: 4

2 cup	Water
1 Tbsp	Pickling Spice
1 Tbsp	Kosher Salt
1/2 Tbsp	Granulated Sugar
1 lb, 12 oz	Portabella Mushrooms, Fresh
8 each	Bread, Seeded Rye, Slice
8 each	Swiss Cheese Slice
2 cup	Shredded Sauerkraut, Canned, Drained
1/4 cup	1000 Island Dressing



Place water in pot with the pickling spice, salt and sugar. Bring to a boil to melt the salt. Remove from heat. Meanwhile, remove stems from the mushrooms (1 per serving) and reserve stem for stock. Place mushroom caps in a shallow bowl with the brine. Place a weight on top to keep the mushrooms completely submerged and cure overnight. Drain mushrooms, slice thinly and set aside. (Brine may be used once more)

Place each slice of bread on a hot pan and toast over medium heat. Place a slice of cheese onto each slice. Onto every other slice place 4 oz cooked sliced mushrooms, 1/4 cup sauerkraut, 1 Tbsp dressing and top with other half of bread. Press and toast sandwich until bread is golden brown and cheese is melted. Serve hot.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
452.7	21.9	47.2	20.5	45.1	1339	9	8.6