



IN *The Villages*<sup>®</sup>  
*America's Healthiest Hometown*

## **Chicken and Mushroom Fricassee**

**Prep Time:** 10 minutes

**Cook Time:** 30 minutes

**Yields:** 4 servings

**Serving Size:** 1 chicken leg, 1 C vegetables and sauce

### **Ingredients:**

- 1 Tbsp olive oil
- 1 carton (10oz) white button mushrooms, rinsed and quartered
- 1 C leeks, split into quarters, then sliced into small squares and rinsed well
- 1 C potatoes, peeled and diced
- 1 C celery, rinsed and diced
- 1 C pearl onions, raw or frozen
- 3 C low-sodium chicken broth
- 1 lb skinless chicken legs or thighs(4 whole legs, split, or 8 thighs)
- 2 Tbsp each fresh herbs (such as parsley and chives), rinsed, dried and minced (or 2 tsp dried)
- 1 Tbsp lemon juice
- 1 Tbsp cornstarch
- 2 Tbsp fat-free sour cream
- ½ tsp salt
- ¼ tsp ground black pepper

### **Directions:**

1. Heat oven to 350° F.
2. 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).
3. 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.
4. 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 (to a minimum internal temperature of 165° F).

5. 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.
6. 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.
7. Season with salt and pepper, and pour 1 cup of vegetables and sauce over chicken.

**Nutritional information:**

Calories: 242

Total fat: 9 g

Saturated fat: 2 g

Cholesterol: 42 g

Sodium: 430 mg

Total Fiber: 3 g

Protein: 20 g

Carbohydrates: 24g

Potassium: 807 mg

*Source: Deliciously Healthy Dinners from The National Heart, Lung and Blood Institute*