



Chicken Divan Tonight, Chicken Tetrazzini Next Week

 Very Healthy

READY IN



29 min.

SERVINGS



4

CALORIES



1452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce bay baby salad greens
- ☐ 1 baby zucchini or seedless
- ☐ 4 servings bread and butter for the table
- ☐ 0.5 cup bread crumbs
- ☐ 1 pound broccoli spears
- ☐ 2 tablespoons butter
- ☐ 1 quart chicken stock see

- ☐ 0.5 pound wide egg noodles hot cooked
- ☐ 1 cup cooking wine dry white
- ☐ 3 tablespoons flour
- ☐ 3 tablespoons herbs fresh
- ☐ 8 ounces gruyere cheese shredded
- ☐ 0.5 cup heavy cream
- ☐ 12 mushrooms sliced
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 3 tablespoons olive oil extra-virgin 3 turns around the bowl
- ☐ 4 servings white wine vinegar and olive oil extra-virgin for dressing
- ☐ 0.3 cup parmigiano grated a couple of handfuls
- ☐ 0.5 bell pepper red
- ☐ 2 tablespoons red wine vinegar
- ☐ 4 servings salt and pepper
- ☐ 2 scallions
- ☐ 2 shallots chopped
- ☐ 8 chicken breasts boneless skinless
- ☐ 2 ounces slivered almonds toasted
- ☐ 0.3 teaspoon the equivalent of freshly grated
- ☐ 1 carrot peeled
- ☐ 1 carrot peeled

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ pot

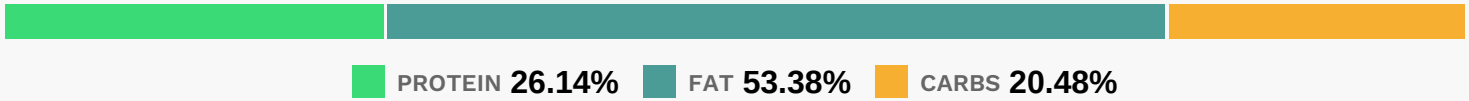
- ☐ baking pan
- ☐ broiler
- ☐ microwave
- ☐ peeler

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring 1 quart chicken stock to a boil in a wide, deep skillet with lid.
- ☐ Add chicken breasts. Return broth to a boil. Reduce heat to medium low, cover, and poach the chicken 8 minutes.
- ☐ Remove the chicken from the pot and set aside. Reserve the broth for the sauce.
- ☐ In a skillet, saute shallots in oil and butter for 2 minutes.
- ☐ Sprinkle in 3 tablespoons flour and cook 1 minute.
- ☐ Whisk in 1 cup wine and reduce by half, 1 minute. Ladle in chicken broth, whisking sauce as you do. Stir in 1/2 cup heavy cream. Season sauce with nutmeg, salt, and pepper. Bring to a bubble and reduce heat to low.
- ☐ Slice the chicken into 1/2-inch strips and add to the pan. Coat chicken in sauce. At this stage, in order to have enough for 2 meals, remove half of the chicken in sauce and transfer to a container with a tight fitting lid. Cool the chicken, cover, and freeze for the tetrazzini, recipe follows.
- ☐ To assemble Divine Divan: simmer broccoli spears in 1-inch water, covered, for 5 minutes.
- ☐ Drain and transfer to a 9 by 13-inch baking dish. Top with half the grated Gruyere and half of the base chicken recipe. Top chicken with remaining Gruyere and brown until bubbling and golden under preheated broiler, about 2 minutes.
- ☐ Serve with dressed salad greens and bread.
- ☐ To assemble tetrazzini: reheat defrosted base chicken recipe in microwave oven. Melt 2 tablespoons butter in a small pan.
- ☐ Saute mushrooms 5 minutes, until tender. Toss drained hot egg noodles with chicken and mushrooms.
- ☐ Transfer mixture to a baking dish and top with bread crumbs, cheese, and almonds. Brown under preheated broiler until topping is even golden brown.

- ☐ Place pan 6 inches from heat source. Topping will brown in 2 to 3 minutes.
- ☐ Serve with salad and bread.
- ☐ Place greens in a bowl. Using a vegetable peeler, peel strips of zucchini or cucumber into the salad bowl. Repeat with carrot. The vegetables will look like party streamers. Finely chop pepper, scallions, and fresh herbs to make colorful confetti.
- ☐ Sprinkle chopped vegetables into bowl. Toss salad at the table with oil, vinegar, salt, and pepper, to your taste.
- ☐ Serve with bread and butter.

Nutrition Facts



Properties

Glycemic Index:136.42, Glycemic Load:20.2, Inflammation Score:-10, Nutrition Score:65.195652090985%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 9.08mg, Kaempferol: 9.08mg, Kaempferol: 9.08mg, Kaempferol: 9.08mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 1451.71kcal (72.59%), Fat: 84.33g (129.74%), Saturated Fat: 29.49g (184.29%), Carbohydrates: 72.8g (24.27%), Net Carbohydrates: 63.39g (23.05%), Sugar: 13.67g (15.18%), Cholesterol: 283.47mg (94.49%), Sodium: 1655.85mg (71.99%), Alcohol: 6.18g (100%), Alcohol %: 0.71% (100%), Protein: 92.91g (185.82%), Vitamin C: 164.18mg (199.01%), Vitamin K: 201.5µg (191.9%), Selenium: 124.73µg (178.19%), Vitamin B3: 34.88mg (174.38%), Phosphorus: 1346.21mg (134.62%), Vitamin B6: 2.5mg (125.24%), Calcium: 887.06mg (88.71%), Vitamin B2: 1.45mg (85.23%), Manganese: 1.66mg (82.78%), Vitamin A: 3816.68IU (76.33%), Potassium: 2412.19mg (68.92%), Vitamin E: 10.12mg (67.46%), Vitamin B5: 6.14mg (61.35%), Magnesium: 229.13mg (57.28%), Folate: 224.97µg (56.24%), Vitamin B1: 0.8mg (53.46%), Zinc: 6.99mg (46.62%), Copper: 0.85mg (42.73%), Iron: 7.11mg (39.48%), Fiber: 9.41g (37.65%),

Vitamin B12: 1.62µg (26.93%), Vitamin D: 1.25µg (8.33%)