

Chicken Breasts with Shiitake Mushrooms

As I think I've told you, I shop once a week and I buy whatever looks beautiful. Well, the shiitake mushrooms last Friday were so gorgeous, I almost cried. Really. They were so white underneath, so fresh, so beautiful. I didn't have mushrooms on my mind, but I could not pass these up.

So on Monday evening, I came home and decided to combine them with some boneless, skinless chicken breasts. I had some spaghetti squash that was begging to be eaten and some beet greens. Here's what I threw together and it was scrumptious, if I dare say so myself!

And now...a little drum roll please... watch the very first video from my kitchen! I share tips for preparing and cooking the spaghetti squash and mushrooms. Let me know what you think of it!

CHICKEN BREASTS WITH SHIITAKE MUSHROOMS

-serves 4

4 boneless, skinless chicken breasts

Salt

Pepper

2 tbs. olive oil

1 tbs. unsalted butter

12 - 15 large shiitake mushrooms, wiped clean, stems removed and minced, caps thickly sliced

3 shallots, thinly sliced

1/2 dry white vermouth

1/2 cup homemade chicken stock or low salt, packaged

1 large stalk of fresh rosemary, leaves removed and chopped

Parsley for garnish

Wash the chicken breasts, pat dry, season with salt and pepper. Heat the oil and butter on medium - medium high heat and when the butter stops sizzling, add the shallots and minced mushroom stems, lower heat to low, and cover for 8 - 10

minutes. Stir frequently during this time. Raise heat and brown chicken breasts for 4-5 minutes on each side. After 3 minutes on the second side, add mushroom caps and continue cooking, lowering and adjusting the heat. After 2 more minutes, add the vermouth and chicken broth, shake your pan to combine and sprinkle the rosemary leaves on top. Continue cooking, covered if you need to, until done, 155 degrees. Top with chopped parsley leaves before serving.

Serve on a bed of spaghetti squash or with squash on the side, with some sautéed beet greens and a little savoy cabbage, sautéed in olive oil and garlic, garnished with cilantro.



