



Jennette Turner

Dinner with Jennette

Meal Plans for Natural Healthy Eating

Sample Meal

Chicken Paprikash
Celery Root and Potato Puree
Collard Greens

Chicken Paprikash *(Makes 4 servings)*

This classic Eastern European dish uses paprika and sour cream to provide a rich, complex flavor for stewed chicken. You can use plain yogurt for a lighter version.

1 - 1½ lb. boneless skinless chicken (OR turkey!) breast, cut into bite-size pieces

¼ c. brown rice flour

2 T. olive oil – *for oven cooking only*

1 onion, diced

3-4 carrots, sliced

1 red OR green pepper, diced

½ lb. mushrooms (button OR cremini), quartered or halved

1½ c. chicken stock – for slow cooker OR

1 c. chicken stock – for oven

1 tsp. salt (omit if you use store bought stock)

2 T. Spanish sweet paprika

1 c. sour cream OR plain yogurt

Options: 2 T. minced fresh parsley, for garnish

1. **FOR THE SLOW COOKER:** Combine chicken and flour in a large mixing bowl. Mix well to coat evenly. Put chicken mixture and everything else except sour cream OR yogurt in the slow cooker. Stir gently.
 2. Cook on low for 6 hours. When done, stir sour cream OR yogurt in and mix well. Serve over celery root and potato puree, garnished with parsley, IF using.
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1. **FOR THE OVEN:** Preheat oven to 400°F. Combine chicken and flour in a large mixing bowl. Mix well to coat evenly. In a Dutch oven (**see Note*), sauté chicken and onion in olive oil until chicken is browned.
 2. Add everything else except sour cream OR yogurt to the Dutch oven, and stir gently. Bake for 1 hour, until vegetables are tender. When done, stir in sour cream OR yogurt and mix well. Serve over celery root and potato puree, garnished with parsley, IF using.

Note: A Dutch oven is a large covered casserole / pot that can go from the stove top to the oven safely.

Celery Root and Potato Puree *(Makes 4 servings)*

Celery root adds a refreshing twist to mashed potatoes and beautifully complements the smoky-tangy flavor of the Paprikash.

1½ lb. potatoes, preferably Yukon Gold, peeled and cut into quarters	salt water
¾ - 1 lb. celery root, peeled and cut into large pieces	2 T. butter

Option: milk or cream for pureeing the vegetables instead of cooking liquid

1. Bring potatoes and celery root to boil in a pot of well-salted water. Lower heat and cook over medium for 10-15 minutes, until tender.
2. Drain cooking liquid off vegetables – but reserve it for pureeing.
3. Using an electric mixer, immersion blender or hand masher, mash vegetables, using cooking liquid OR milk / cream, IF using, to thin to desired consistency. Add butter and puree.

Nutrition Tip: Yukon gold potatoes were specially bred to contain more nutrients than regular white potatoes.

Collard Greens *(Makes 4 servings)*

Try spooning the Paprikash over the collards if they tastes bitter to you. Or serve plain, with butter, balsamic vinegar or hot sauce.

1 bunch collard greens, stems removed and leaves chopped	water salt
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1. Bring collards to boil in salted water. Cook until tender and bright dark green, around 5-8 minutes. Test for doneness by eating a piece. If it's hard to chew, keep cooking. Drain and serve.

Nutrition Tip: Collards are one of the über-vegetables for nutrition! They're loaded with minerals including calcium (for bone health), magnesium (for stress), potassium (for blood pressure) and iron (for energy). Eat them often for good health!

SHOPPING LIST

Produce

1 onion
3-4 carrots
1 red OR green bell pepper
½ lb. mushrooms (button OR cremini)
OPTION FOR PAPRIKASH: fresh parsley
1½ lb. potatoes, preferably Yukon Gold
¾ - 1 lb. celery root
1 bunch collard greens

Bulk / Grocery

chicken stock, IF not using homemade
¼ c. brown rice flour

Meat/Seafood

1 - 1½ lb. boneless skinless chicken (OR turkey) breast

Dairy

1 c. sour cream OR plain yogurt

Herbs / Spices

Spanish sweet paprika **Note: Some Hungarian paprika is called "sweet," too – that's what you want. If there is only one kind, get that and then test to see how spicy it is. Use accordingly.*