



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 using commercial 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.
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: Collard greens are an excellent source of the trace mineral manganese, which helps our bodies utilize B vitamins and vitamin C. Manganese also plays a role in maintaining strong and healthy bones, and supports the nervous system.

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.*