

# Healthy Recipe of the Week

Use Organic ingredients whenever possible.

## French Chicken

From [www.cookingTF.com](http://www.cookingTF.com)

Serves 4

2/3 cup flour of your choice (Use sorghum to make it gluten free.)

¾ tsp salt (omit if using salted chicken broth)

¾ tsp thyme

½ tsp pepper

1 lb boneless, skinless chicken, cut into cubes or strips

3 Tbs coconut oil or butter

2 cups mushrooms, sliced, optional

2 bay leaves

4 garlic cloves, pressed

3-4 cups chicken broth

1. In a bowl, combine the flour, salt, thyme and pepper. Add the chicken and stir until the chicken is thoroughly coated. Set aside.
2. In a skillet, heat the fat over medium-high heat. Sauté the mushrooms for 5 minutes and remove from the pan. Shake the excess flour off of the chicken and cook in batches if necessary, until browned on all sides. Remove chicken from the skillet. Add remaining ingredients, bring to a boil, and cook until reduced by half or more, about 15 minutes.
3. Return chicken and mushrooms to the pan and cook until no longer pink and heated through, about 12 minutes, stirring occasionally. Add more broth to the pan if needed to maintain saucy consistency. Season to taste. Discard bay leaves before serving.

Serve with sweet potatoes.