

Chicken with Mushrooms

*Free of Egg, Peanuts, Tree nuts, Sesame, Shellfish, Wheat, Dairy**

1 cup unsweetened grape or apple juice (or red wine)

Olive oil

Chicken breasts or tenders

Green Onions (diced)

1 package of mushrooms (washed thoroughly)

1 cup water

Garlic, Salt and Pepper to taste

Preheat oven to 375 F. Place chicken breasts or tenders in an oiled casserole dish. Sprinkle with garlic, salt and pepper. Surround the chicken with mushrooms and onions. Pour water and grape juice on top. Cook until the chicken is well cooked and the mushrooms are tender (25 to 30 minutes). Note: the juice may discolor the chicken so determine how well the chicken is cooked based on its texture and temperature, not its color. Do not overcook. Serve warm.

Servings: 4 - 6 (\$2.15/serving)

****This recipe is free of the above listed allergens if the ingredients chosen are free of the allergens. For example, a pasta dish is only free of eggs and wheat if the pasta used is egg and wheat free. Please see allergen shopping lists for recommended products.***