

# F.I.T. Tech Healthy Recipes

## \*Paillards of Chicken with baby carrots and rosemary fingerling potatoes in a shallot/ parsley sauce\*

### Shopping List

- 1 pound boneless, skinless chicken breast
  - 1 bag of baby spinach
  - 1 can of low-sodium chicken broth
  - 12 small, French fingerling potatoes
  - 1 package of fresh rosemary
  - 12 baby carrots with the stems attached
  - 1 diced shallot(or small onion)
  - 1 bundle of chopped, fresh parsley
  - 1 small case of yellow pear tomatoes
  - 1 small case of feta cheese crumbles
  - 1 pinch of thyme, nutmeg, white pepper, kosher salt
- Small amounts of honey, corn starch, dijon mustard, olive oil, and rice wine vinegar

### Recipe

- 1 Preheat oven to 400 degrees F.
- 2 Cut chicken in o 3 inch, thin pieces. Pound chicken breast out with a mallet (flat side) or a heavy rock wrapped in plastic wrap.
- 3 Trim carrots to remove any blemishes. Boil carrots for 5 minutes or until fork tender, then remove carrots. Keep same water boiling for potatoes.
- 4 Add potatoes to boiling water with 3 sprigs of rosemary and a few pinches of salt, remove after fork tender.
- 5 In a sauce pan, pour 1/2 the can of chicken broth, add 3 pinches of chopped parsley, 1/2 a shallot diced, 2 pinches of salt, 1 pinch of white pepper, and 1 pinch of thyme, then boil for 3 minutes, add cornstarch mix (1 table spoon of cornstarch mixed with 1/4 cup of water)
- 6 In a large skillet heat on medium, brown chicken on one side then flip it over and place the entire skillet into the oven for about 3-5 minutes.
- 7 In another skillet (medium sized), heat on medium, sauté 1/2 bag spinach with drizzle of olive oil, dash of white pepper, and dash of nutmeg.
- 8 Plate it all "Napoleon-style" or layered: spinach, chicken, spinach. Place 3 potatoes off to one side and 3 carrots to other side, then drizzle potatoes, carrots and plate with shallot and parsley sauce.

Source: Chef Charles Broz, Texas Tech University RHIM Doctoral Student

#### For Salad

Dressing: mix together 1 Tbs of Dijon mustard, olive oil, and rice vinegar, whisk together then mix with 1/2 bag of spinach. Garnish: sliced pear tomatoes and feta cheese.

