

DIJON CHICKEN STEW

INGREDIENTS

- 1 cup yellow onion, diced***
- 1 cup frozen green peas***
- 1 cup red pepper, diced***
- 2 cups green cabbage, chopped***
- 4 (1lb) boneless and skinless chicken thighs***
- 2 cloves garlic, minced***
- 3 tablespoons fresh sage, finely chopped
(or 1 tablespoon dry sage leaves)***
- 1/2 teaspoon ground black pepper***
- 1 1/4 cups no salt added chicken broth***
- 1/2 cup milk***
- 4 tablespoons Dijon mustard***
- 3 tablespoons cornstarch***

PREPARATION

- 1** Place vegetables on the bottom of a slow cooker. Sprinkle with garlic, sage, and black pepper. Lay the chicken thighs on top of the vegetables.
- 2** In a large bowl, whisk together chicken broth, milk, mustard and cornstarch. Pour this liquid mixture over the chicken and vegetables.
- 3** Choose the low heat setting on the slow cooker and cook for a minimum of 6 hours. Cooking times may vary depending on the model of the slow cooker.

This recipe can also be made in a 350° F preheated (conventional) oven. Instead of in the slow cooker, place all ingredients in an ovenproof dish. Cover with foil and bake for approximately 45 minutes or until a meat thermometer reads 165° F.
- 4** Serve with white rice.



PREPARATION: 20 MINUTES

**COOKING: 6 TO 8 HOURS
IN SLOWCOOKER OR
45 MINUTES IN OVEN**

4 SERVINGS

Nutrient Analysis

PER SERVING

1/4 of recipe

Renal exchange:

3 Protein + 2 Vegetable + 1 Starch

Calories	256Kcal
Protein	27g
Carbohydrates	21g
Fibre	4.1g
Total Fat	7g
Saturated Fat	1g
Cholesterol	83mg
Sodium	374mg
Potassium	595mg
Phosphorus	330mg