

RECIPE



This Wholesome Chicken Stroganoff is a dairy- and gluten-free twist on the classic comfort dish. Combining tender chicken, earthy mushrooms, and creamy cashew milk, it delivers rich, satisfying flavors without traditional dairy or gluten. With the added crunch of jicama and the tang of Dijon mustard, this wholesome meal is perfect for those seeking a nourishing, allergy-friendly option that doesn't compromise on taste.

Wholesome Chicken Stroganoff

(Serves 4)

Ingredients:

- 1 ½ pound chicken tenders or chicken breast, cut into bite-sized pieces
- 1 medium onion, diced
- 1 cup jicama, diced (fresh or frozen)
- 2 cups portobello mushrooms, sliced
- ¾ cup unsweetened cashews milk (or other plant-based milk)
- 1 Tbsp. Dijon mustard
- ¼ cup organic tomato sauce
- 1 ½ tsp. salt (or to taste)
- ¼ tsp. white pepper (or to taste)
- 2 Tbsp. olive oil (or avocado oil)
- 2 Tbsp. organic green onions, chopped (for garnish)

Instructions

Season the chicken with half of the salt and the pepper, set aside.

Heat 1 Tbsp. olive oil in a large skillet over medium heat. Add the chicken pieces and cook until light-golden, about 5-6 minutes. Remove the chicken and set aside.

Yours to Artful Eating,

Patricia Shani
C H E F



IG @Chef4usofficial
Site chef4us.com
Mail contact@chef4us.com
Cel +1 954 913 0880

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In the same skillet, add the remaining olive oil. Sauté the onions for 2-3 minutes until they begin to soften.

Add the sliced portobello mushrooms, jicama, cashews milk, tomato sauce, Dijon mustard and the remaining salt. Mix well to combine and let it cook for 10 minutes.

Return the cooked chicken to the skillet. Stir everything together and correct the seasoning if necessary. Let simmer over medium heat for another 8-10 minutes, allowing the flavors to meld and the sauce to thicken slightly.

Remove from heat, sprinkle the chopped green onions on top and serve over rice, quinoa, or zucchini noodles for a healthy and satisfying meal.

Health Benefits of this Dish:

- Lean Protein: Chicken supports muscle repair and immune function.
- Gut Health: Jicama provides prebiotic fiber for digestion.
- Antioxidants: Portobello mushrooms, onions, and tomato sauce combat oxidative stress and support immunity.
- Heart Health: Olive or avocado oil promotes healthy cholesterol levels.
- Bone Support: Cashew milk adds plant-based calcium and magnesium.
- Blood Sugar Balance: Jicama and mushrooms help regulate blood sugar.

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