



Barbara's Picks!

Kitchen-tested by Morden's
own Barbara Dixon

Morden's Organic Farm Store

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Bubbling Brown Chicken - MMM good!

For a GLUTEN FREE version, use our Nutri Spring G.F. flour and G.F. breadcrumbs

1 ½ lbs boneless chicken breast
6 tomatoes, seeded and sliced
1/3 cup fresh basil, chopped
1/3 cup fresh parsley, chopped
¼ cup butter
¼ cup all purpose flour
1 ½ cups milk (I use 2% milk)
½ cup chicken stock
¼ tsp nutmeg, grated, (optional), I didn't use
½ tsp salt
Pepper to taste
1 ½ cups shredded Cheddar or Swiss cheese (I used Cheddar)
½ cup breadcrumbs

Makes 6 servings

1. Place chicken in saucepan and add just enough water to cover. Bring to a boil and reduce heat, cover and simmer for about 10 to 15 minutes until chicken is no longer pink. Remove from heat, turn chicken breasts over and cool in liquid. When cool, remove chicken from stock and shred or cut into slices.
2. Mix basil and parsley and set aside.
3. In a saucepan melt butter over medium heat, whisk in flour. Cook without browning for 1 minute. Whisk in milk, nutmeg, salt and pepper to taste, bring to a boil, stirring constantly. Reduce heat and cook for 2 to 3 minutes, whisking until smooth.
4. In the bottom of a greased 13x9 inch casserole, layer half of the tomato slices, sprinkle with half of the parsley mixture and half of the chicken. Repeat layers of tomato slices, parsley mix and remaining chicken. Spread béchamel sauce over top. Sprinkle with cheese and bread crumbs.
5. Cover and refrigerate until ready to bake. Bake in 350F oven for 35 to 40 minutes or until sauce bubbles and bread crumbs are golden brown.