



WE NEED YOUR VOICE

As Beyond Hunger grows we need more input and diverse perspectives. Get involved and help make an impact. Our Client Advisory Council (CAC) meets formally once per month and is looking for new members. The CAC has helped direct food choices, programming, and has helped ensure the well being of our community.

Visit GoBeyondHunger.org/CAC.



Point your phone's
camera here



BEYOND THE KITCHEN— OVEN ROASTED LEMON-HERB CHICKEN BREASTS RECIPE

Serves 4 | Per Serving - Calories: 250, Saturated Fat: 3.4g, Sodium: 53mg & Total Sugars: 0.4g

Ingredients

- 1 lb. bone-in chicken breasts
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tbsp Herbs de Provence* or Italian Seasoning
- Salt & pepper as needed
- 1 tbsp butter
- 1 tbsp olive oil
- ½ cup dry white wine or low sodium chicken broth
- 2 cups white mushrooms, cleaned & sliced
- Parsley for garnish (optional)

Instructions

- Step 1: Begin by marinating the chicken. Add the chicken, olive oil, lemon juice, herbs, salt, and pepper to a gallon size Ziplock bag. Massage the bag to distribute the ingredients and marinate in the fridge overnight.
- Step 2: Preheat oven to 400F.
- Step 3: Heat an oven safe pan over medium heat on the stovetop. Add butter and olive oil to the pan.
- Step 4: Sear the chicken breast skin-side down until golden. Cook for an additional 10 minutes, adjusting the heat so as not to burn the butter or the chicken.
- Step 5: Pour dry white wine or chicken broth into the pan. Stir up the brown bits that may have been stuck on the pan. Place the chicken skin side up.
- Step 6: Cover and place the pan into the oven for 20 minutes.
- Step 7: Remove from the oven. Spoon the juices over the chicken. Add mushrooms.
- Step 8: Place the pan uncovered back in the oven for 10 minutes or until the chicken is golden-brown.
- Step 9: Remove the pan from the oven. Plate the chicken with mushrooms. Top with some freshly chopped parsley for freshness and color. Enjoy!

