

Nourishing Shredded Chicken Bake (Food Allergy-Friendly)

There are so many wonderful food sites out there, but one of my new favorite is Nourish This, created by Kristin O'Connor. The site isn't specifically dairy-free, but rather addresses various food allergies and medical conditions with whole food recipes. I especially love how each recipe is labeled with these items accordingly, nutrition facts are included, and a special "Naturopathic Doctor Says" write-up tells you the benefits of the ingredients used.

The following Shredded Chicken Bake recipe was contributed to us by Kristin, and is free from dairy, eggs, gluten, wheat, peanuts, tree nuts, and soy. Not to mention, the Naturopathic Doctor has a few excellent things to say about the delicious artichoke hearts and fresh spinach baked within this easy and comforting meal ...

Shredded Chicken Bake

Recipe adapted from Nourish This by Kristin O'Connor

Ingredients:

- 1 lb. chicken breasts
- 32 oz chicken broth, low sodium, organic
- 1 tsp. poultry seasoning
- 1 TBS fresh sage
- 1 TBS fresh thyme
- 2 TBS flour (sorghum for GF)
- 2 TBS dairy-free margarine [such as Earth Balance]
- 1 cup artichoke hearts, frozen, thawed, sliced
- 4 cups fresh spinach, sliced
- 1 1/2 cups chicken broth, low sodium, organic
- 1 tsp. sea salt
- 1/4 tsp. black pepper

How To Prepare:

Boil chicken breasts about 20 minutes, or until done, in chicken broth, a dash of black pepper and poultry seasoning. Wash fresh herbs and spinach. Slice artichokes and chop spinach while chicken is cooking.

In a small saucepan, begin the roux by melting margarine and with a whisk, stir in sorghum flour until flour is melted into the margarine with no lumps. Add the 1 1/2 cups of broth, salt and pepper to the saucepan and stir continuously with the whisk, until it becomes thick.

Remove saucepan from the heat and add in the fresh herbs, stir and allow it to sit while you shred the chicken. In a large bowl, combine the spinach, artichokes, shredded chicken and roux.

Place even amounts into individual ramekins (8oz), and bake in the oven on 350°F for 20 minutes and then broil for 3 minutes. Serve with Rice crackers* for scooping and a side salad. FUN, EASY and TASTY!.

*Rice crackers are both light and healthy, they are replacing traditional white or wheat crackers, which can be used for people not abstaining from gluten.

Yields 4 servings

Naturopathic Doctor Says:

The artichoke is a member of the thistle family, has as wonderful component called silymarin which is well known to be beneficial for liver to help the body detoxify, and can be useful in conditions such as cirrhosis and hepatitis. Spinach has flavonoids and carotenoids shown to protect against prostate and ovarian cancer, as well as eye problems. The word sage comes from "salvia" which means savior, and can help stave off inflammatory conditions like asthma, atherosclerosis and atherosclerosis.

Nutrition Information (amount per serving):

Calories 290, Total Fat 10g, Saturated Fat 5g, Trans Fat 0g, Cholesterol 91mg, Sodium 940mg, Total Carbohydrate 12g, Dietary Fiber 3g, Sugars 1g, Protein 39g, Vitamin A 61%, Vitamin C 22%, Calcium 22%, Iron 15%, Vitamin K ~191%