

# At-Home Bistro On A Budget

(NAPSA)—Here's a simple-to-prepare, all-in-one main dish with bistro roots. Made with seasonal vegetables, affordable chicken thighs and mashed potatoes flavored with creamy, mellow-nutty Jarlsberg cheese, it could easily become a family favorite.

## Chicken Fricassee

- 2 tablespoons olive oil
- 6 tablespoons butter, divided
- 1 medium onion, chopped
- 8 ounces assorted mushrooms, cleaned and sliced
- 2 zucchini cut in 2-inch pieces
- 2 carrots, peeled and cut in 2-inch pieces
- 3 pounds boneless chicken thighs, with most of the skin removed
- 2½ cups low-sodium chicken broth
- ¼ cup chopped fresh parsley
- ¼ cup flour
- ¼ cup heavy cream
- Salt and pepper to taste
- 6 large Idaho potatoes, peeled and cut into small pieces, cooked and mashed (OR use equivalent amount instant mashed potatoes)
- 2 cups shredded or grated Jarlsberg cheese (reserve ½ cup for sprinkling)

Heat 1 tablespoon olive oil in large skillet. Add onion, mushrooms, zucchini and carrots; sauté quickly until tender (about 10 minutes). Remove vegetables from skillet; set aside. In same skillet, heat 2 tablespoons butter with 1 tablespoon olive oil. Brown chicken pieces in small batches until golden. Transfer chicken to plate. Pour fat from pan. Slowly add 2 cups broth, scraping up any brown bits;



Fowl is fair in this inexpensive, easy-to-prepare chicken dish.

return chicken to skillet, add parsley; reduce heat, cover and cook 20 minutes.

Melt remaining 4 tablespoons butter in small saucepan. Add flour and whisk together over low heat, 3 minutes. Add remaining ½ cup broth with cream and whisk until thickened. Add to skillet. Season with salt and pepper. In large bowl, mix mashed potatoes with 1½ cups grated cheese.

For individual portions: In each individual soufflé dish, place a piece of chicken with portion of sautéed vegetables. Pour ½ cup sauce overall. Cover with mashed potatoes and sprinkle with cheese. Place dishes on baking tray and bake 20 minutes at 350°F. Place under hot broiler (or continue baking) to brown potato topping. Serve immediately. Serves 6.

For casserole style: Place chicken in large ovenproof casserole. Add vegetables and sauce. Cover with potatoes and sprinkle with cheese. Bake 25-30 minutes. If desired, pass under broiler to brown potato topping.

More recipes, cooking tips and nutritional information are online at [www.norseland.com](http://www.norseland.com).