



Tuscan Style Chicken and Mushrooms with Fettuccine

Golden chicken breasts atop a mound of fettuccine tossed in thick tomato/mushroom sauce with hints of red wine and sage makes a hearty meal.



Prep Time: 25 minutes

Cook Time: 15 minutes

Serves: 4 entrée portions

Ingredients:

1 lb Fettuccine	\$1.10
4- 8 oz chicken, full breasts	\$9.60
½ cup flour, divided 1/3 cup and 2 Tbsp	\$0.20
8 Tbsp. butter, divided	\$0.52
4 Tbsp. olive oil	\$0.40
4 Tbsp. Sage, freshly chopped	\$0.80
1/2 lb Mushrooms, Crimini sliced thin	\$1.21
1 cup Chicken broth, warm	\$0.40
½ cup Red wine	\$0.88
1 cup Tomatoes, ripe, pureed	\$0.80
Salt and pepper, to taste	\$0.06

Total: \$15.97

ESTIMATED FOOD COST FOR 4: \$3.99/serving

Chalk Board Menu Price: \$12.95

Gross Profit Per Plate: \$8.96

Food Cost % (for 4) 30.8%

Estimated Profit - Your prices may vary slightly.

Directions:

1. Place a skillet on medium heat with 4 Tbsp. butter and olive oil. Dust the chicken breasts in flour. When oil is hot, add chicken breasts. Spread them out in the pan, cook until golden brown; turn over to brown the other side. Cooking time is about 6 minutes.
2. Remove chicken from pan and set aside on a warm plate.
3. In clean skillet on medium heat, melt 4 Tbsp. Add sage and mushrooms to skillet and cook 2 minutes. Add 2 Tbsp. of flour and stir. Add red wine and chicken broth and continue to stir mix until thick. Add pureed tomatoes and cook for 4 minutes while stirring.
4. Cook pasta according to package directions. Drain.
5. Add hot pasta in and toss in sauce until evenly coated.
6. Display pasta in a nest in the center of the plate. Cut chicken breast in half, down the center and shingle the two pieces of chicken on top of the mound of pasta.
7. Garnish the dish with a little sprinkle of fresh sage.