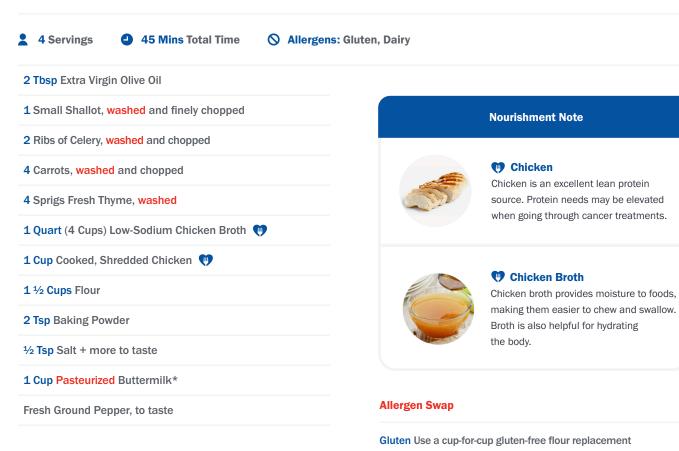


	Lunch [Dinner	
Homestyle Chicken and Dumplings Side Effect: Dry Mouth			
15 Mins Prep Time	30 M Cook T		4 Servings
450 Calories	11g Fat	45g Carbs	36g Protein





*Make your own buttermilk by adding 1 Tbsp of lemon juice or vinegar to a glass measuring cup. Fill the cup with enough milk to measure 1 cup. Stir, then allow to stand for 5 minutes to thicken.



Dairy Make your own buttermilk using a non-dairy milk

alternative (almond, soy, etc.)



Instructions

1. Wash Hands

Wash hands with soap and water.

2. Cook Vegetables

In a large deep skillet, heat oil over medium-high heat. Add shallot, carrots, celery and thyme sprigs. Cook until the vegetables have softened, about 3-5 minutes.

3. Add Chicken

Add the chicken broth and shredded chicken. Bring the mixture to a simmer.

4. Make the Dumplings

Meanwhile, make the dumplings. In a medium bowl, stir together the flour, baking powder, and salt. Add the buttermilk and stir until combined.

5. Combine & Cook

Bring the chicken mixture to a boil. Working quickly, drop heaping scoops of dumpling dough into the chicken mixture using a cookie scoop or 2 teaspoons. Continue until you've used all the dough. Cover the skillet and allow dumplings to cook for 2-3 minutes.

6. Season & Serve

Season mixture with salt and pepper, to taste. Serve dumplings topped with chicken mixture into bowls and enjoy!

7. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy Registered Dietitians

What You'll Need

	Measuring Cups
e E	Measuring Spoons
	Cutting Board
ſ	Knife
	Large Deep Skillet with Lid
	Medium Bowl
Ŷ	Mixing Spoon
Â	Cookie Scoop or Two Teaspoons

Fatigue Buster

- Purchase buttermilk instead of making your own.
- Pulse vegetables in a mini food processor to chop.
- Buy pre-shredded chicken or use canned chicken.