



## Cuisine Santé Chicken Breast with Vegetables (Gluten Free)

YIELD 1 SERVING

### Ingredients

- 1 qt Water, boiling
- ½ oz HACO-Swiss Cuisine Santé Chicken Stock
- Broccoli rabe
- 1 oz Carrots
- 1 oz Parsnips
- 2 ea Mushrooms
- 2 ea Fingerling potatoes
- 2 oz Organic red beans\*
- ½ ea Garlic bulb
- 1 ea Chicken breast, boneless, skinless
- 1 oz Zucchini
- 1 oz Yellow squash
- 1 oz Yucca\*
- Cilantro, for garnish
- Bamboo leaves, for garnish only

### Preparation

#### Chicken Stock

In a sauté pan, boil 1 qt of water and dissolve ½ oz of Haco's Cuisine Santé Chicken Stock and then add the broccoli rabe.

#### Vegetables and Chicken

In the steamer basket place carrots, parsnips, mushrooms, fingerling potatoes, red beans, garlic bulb and chicken breast. Place on top of sauté pan, cover with the lid of the bamboo basket and steam for 5 minutes, open and turn chicken breast add zucchini and yellow squash cover again and let it sit for 5 more minutes.

NOTE: Add the zucchini and yellow squash. At the last 2 minutes of steaming.

\*Pre-boil in Cuisine Santé Vegetable Stock

### Setting

To serve use another clean basket, line with bamboo leaves, and then add the warm organic red beans, yucca and vegetables, top off with the chicken breast. Garnish with cilantro. Pour broccoli rabe and Chicken Stock on a 10"bowl set basket over it and serve.

### Specialty Ingredients

#723 HACO-Swiss Cuisine Santé Chicken Stock

### Nutritional Information

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Total Fat 13g	20%	Total Carb. 46g	15%
Serv. size: 8 oz (227g)	Sat. Fat 8g	40%	Fiber 8g	30%
Servings 1	Trans fats 0g		Sugars 2g	
Calories 327	Cholest. 15mg	4%	Protein 15g	
Fat Cal. 114	Sodium 506mg	20%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.				
	Vitamin A 20%	Vitamin C 55%	Calcium 15%	Iron 30%