

# Creamy Garlic Herb Mushroom Spaghetti

## INGREDIENTS:

- 8 ounces whole wheat pasta
- 4 tablespoons butter, divided
- 3 cloves garlic, minced, divided
- 16 ounces fresh mushrooms, sliced
- 2 tablespoons flour (or whole wheat flour)
- 1 teaspoon herbs de Provence
- 1 1/2 cups milk
- salt and pepper to taste
- 3 tablespoons olive oil
- additional 1/4 cup water, broth, milk or cream (optional)
- 1/4 cup fresh parsley (more to taste)

## Instructions:

1. Cook the pasta according to package directions. Set aside and toss with a little oil to prevent sticking.
2. Melt 2 tablespoons of butter over medium high heat. Add one clove of the garlic and sauté for a minute until fragrant. Add the mushrooms and sauté for 5-10 minutes, until golden brown and softened. Set aside.
3. Add the remaining 2 tablespoons of butter to the pan and melt over medium high heat. Add the garlic and sauté for a minute until fragrant. Add the flour and herbs de Provence. Stir fry for a minute to cook out the flour taste. Add the milk slowly, whisking to incorporate. Let the mixture simmer until thickened. Season with salt and pepper.
4. Toss the sauce, pasta, and mushrooms together. Add the olive oil and water as needed to keep the sauce from getting too thick. Stir in the parsley just before serving.

# Creamy Chicken with Herbs de Provence

## **INGREDIENTS:**

- 3–4 boneless, skinless chicken breasts
- 1 cup heavy cream
- 1 cup low-sodium chicken broth
- 2 tbsp Herbs de Provence
- 3 garlic cloves, minced
- Salt and pepper to taste
- Olive oil for searing

## **Instructions:**

1. Preheat your oven to 400°F (200°C) and lightly spray a baking dish with nonstick cooking spray.
2. Season both sides of the chicken breasts generously with salt and pepper.
3. In a large skillet over medium heat, add a splash of olive oil. Once hot, sear the chicken until golden brown on both sides, about 5-7 minutes per side. Remove from the skillet and set aside.
4. In the same skillet, add minced garlic and sauté until fragrant, about one minute.
5. Pour in heavy cream and chicken broth while stirring in Herbs de Provence. Bring to a gentle simmer.
6. Return the seared chicken to the skillet, spoon sauce over each piece, and cook for an additional 10 minutes until the chicken reaches an internal temperature of at least 165°F (75°C).
7. Serve the creamy chicken on plates and drizzle generously with sauce.

# Provençal Potatoes

## Ingredients:

- 4 cups chopped potatoes, any thin skinned variety like gold, red, or fingerling
- 4 cloves garlic, roughly chopped
- 2 tablespoons good extra virgin olive oil
- 2 teaspoons Herbs de Provence
- 1 teaspoon salt
- Pinch pepper

## Instructions:

1. Preheat oven to 450 degrees. Line a baking sheet with parchment paper for easy cleanup.
2. Toss all ingredients together in a large bowl. Arrange tossed potatoes onto your baking tray bake for 25-30 minutes or until the potatoes are golden brown and tender.