



"Healthy Dish" columnist Michelle Dudash creates a simpler version of a traditional Hungarian dish. H2



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A Hungarian favorite gets a lift with more fresh veggies.

MICHELLE DUDASH

Slow-cooked classic

My husband has raved for 10 years about chicken paprikash, a traditional Hungarian dish from his childhood.

When his mom visited recently, they prepared the dish together. It tasted amazing — comforting, warming and curiously complex despite its simple ingredient list.

I observed quietly and soon created a simpler version with more



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HEALTHY DISH

vegetables. If you're watching your saturated-fat intake, remove the skin from the chicken before cooking. You may need to use a couple extra teaspoons of canola oil while cooking the chicken and mushrooms.

Michelle Dudash of Scottsdale is a registered dietitian and Le Cordon Bleu-trained chef. Find a link to her blog, Dudash's Healthy Dish, at azcvoices.com.

Slow Cooker Hungarian-Style Chicken With Tomatoes and Mushrooms

From Michelle Dudash

- 3½ pounds chicken parts, skin-on, bone-in breasts and thighs, or 1 whole chicken, cut into parts
- ¼ teaspoon salt
- ½ teaspoon freshly ground black pepper, divided in half
- 1 teaspoon expeller-pressed canola oil
- 1 container crimini mushrooms (8 ounces) or about 2½ cups, thickly sliced
- 2 tablespoons white whole-wheat flour or all-purpose flour
- 1 can (14 ounces) whole tomatoes in juice
- 1¼ cups reduced-sodium or organic chicken broth
- 1 small onion, diced
- 2 teaspoons sweet paprika, plus more to taste at the finish
- Cooked whole-wheat egg noodles
- ¼ cup chopped Italian flat-leaf parsley

Rinse and drain the chicken in a clean sink, then arrange it with rounded sides facing up. Blot the skin dry with a paper towel and sprinkle the tops with salt and ¼ teaspoon pepper. Place a large saute pan or skillet on medium-high heat and add the oil. Add the chicken to the pan with salted sides down and press gently on the centers with tongs. Cook until golden brown, about 8 minutes, tilting pan occasionally to redistribute fat under the chicken and facilitate browning. Turn and cook a few minutes longer, until golden. Move chicken to slow cooker.

Pour excess fat from the pan and reduce heat to medium. Add mushrooms to the pan and saute, scraping brown bits up from the bottom of the pan with a wooden spoon as the liquid releases. Once mushrooms have browned and shrunk slightly, add flour and cook a couple of minutes. Add mushrooms to slow cooker.

Squeeze tomatoes into the slow cooker with a clean hand and pour in the juice. Add broth, onion, paprika and ¼ teaspoon pepper. Cover and cook on low for 4 hours, until chicken is cooked through and vegetables are tender. Add up to one more teaspoon of paprika if desired. Serve over noodles; garnish with parsley.

Makes 6 servings.

Approximate values per serving: 364 calories, 19 g total fat (5 g saturated fat, 0 trans fat), 436 mg sodium, 117 mg cholesterol, 8 g total carbohydrate (1.5 g fiber), 35 g protein.