### 30 Minute Tuscan Chicken Skillet

**Ingredients:**
- 1 tbsp olive oil
- 1 red onion, cut into chunks
- 7 oz. cremini mushrooms, sliced
- 1 tbsp flour
- 1/4 tsp salt
- 2 large chicken breasts, cut into cubes
- Salt & pepper
- 1/8 tsp red pepper flakes
- 1/4 cup white wine
- 1 sprig of rosemary
- 1 cup chicken stock
- 1/2 cup sun dried tomatoes
- 1/4 cup white wine
- 1/4 tsp salt
- 1 tbsp flour
- 7 oz. cremini mushrooms, sliced
- 1 red onion, cut into chunks
- 1 sprig of rosemary
- 1 cup chicken stock
- 1/2 cup sun dried tomatoes
- 1/4 cup white wine
- 1/4 tsp salt
- 1 tbsp flour
- 7 oz. cremini mushrooms, sliced
- "Brave Bessie," "Queen Bess," and "The Only Race Aviatrix in the World."

**Directions:**
1. Heat oil in a large non-stick pan over medium heat. Add the onion and cook for 2-3 minutes, until softened slightly.
2. Add the mushrooms and cook for 3 more minutes. Remove the onions and mushrooms from heat and place them in a large bowl. Add 1 tbsp. flour and 1/2 tsp salt, and toss to coat.
3. Add additional oil to the pan if needed. Add the chicken breasts and season with salt & pepper and red pepper flakes. Cook for 5-7 minutes, until there is no pink when you cut into one.
4. Add the white wine and rosemary, and cook for 1 minute. Add the chicken stock, sun dried tomatoes, and return the mushrooms and onions to the pan.
5. Cook, stirring for 3-4 more minutes, until sauce is slightly thickened.
6. Stir in the kale and stir until wilted.

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**Monday January 27**

**Soup of the Day**
- Beef Barley Soup

**Entrées**
- Southern Fried Chicken
- Mushroom & Swiss Cheese Quiche
- Beef & Broccoli Stir Fry

**Roasted Red Potatoes**
- Mixed Vegetables

**Tuesday January 28**

**Soup of the Day**
- Cabbage Taco Soup

**Entrées**
- Open Faced Hot Roast Beef Sandwich
- Chicken Cordon Bleu Pizza
- Seasoned Baked Fish

**Whipped Potatoes & Gravy**
- Steamed Corn

**Wednesday January 29**

**Soup of the Day**
- Turkey Noodle Soup

**Entrées**
- Meatloaf
- Crispy Chicken Breast
- Vegetable Lo Mein

**Whipped Potatoes & Gravy**
- French Fries
- Country Green Beans

**Thursday January 30**

**Soup of the Day**
- Chicken Enchilada Soup

**Entrées**
- Spaghetti and Meatballs
- Spicy TAC Burger
- Liver and Onions

**Whipped Potatoes & Gravy**
- French Fries
- Stir Fried Zucchini

**Friday January 31**

**Soup of the Day**
- Ham & Bean Soup

**Entrées**
- Shepherd's Pie
- A + Hamburger Pizza
- A + Cheese Pizza
- Tacos

**Spanish Rice**
- Steamed Broccoli

**Fresh Vegetables**
- Turkey Sandwich on Wheat Bread

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**Desserts**
- Carrot Cake
- Almond Toffee Chip Cookies

**Desert**
- Chocolate Cream Puff Dessert
- Lime Angel Food Cake

**Desserts**
- Pumpkin Bars
- Chocolate Pudding Cake

**Desserts**
- Lemon Meringue Pie
- Cherry Pie

**Desserts**
- Yellow Cake with Chocolate Frosting
- Chocolate Chip Cookies