



CHICKEN WITH HERBY CALIFORNIA PRUNE & MUSHROOM STUFFING

By Jo Travers BSc RD MBDA

When we think about bone health we often think of calcium and vitamin D, however there are many more nutrients involved in healthy bones including protein and over 10 minerals. This is a high protein recipe with lots of micronutrients such a zinc from the mushrooms which is needed to change stem cells into the different types of bone cells, and manganese from the California Prunes which aids bone mineralization and the formation of collagen. I have used chicken thighs for this recipe because thigh meat is higher in iron, another important mineral for bone remodeling.

Prep Time:	10-15 minutes
Cook Time:	30 minutes
Serves:	4
Ingredients:	500g chicken thighs skin-on 250g mushrooms 1 onion 1 clove garlic, roughly chopped 1 handful finely chopped California Prunes 2 tbsp fresh thyme leaves, chopped (or 1tbsp dried) 2 tbsp fresh sage leaves, chopped (or 1tbsp dried) salt and pepper



- Here's How:**
1. Preheat the oven to 170°C.
 2. In a food processor, chop the mushrooms, onion and garlic then tip into a bowl with the chopped herbs and California Prunes. Season well.
 3. Take a chicken thigh and using a spoon or your fingers, gently make a space between the skin and the meat. Don't peel the skin away completely, you just want to form a kind of pouch for the stuffing.
 4. Gently push some of the stuffing into the pouch, covering the top of the chicken.
 5. Repeat with the rest of the chicken thighs until all the stuffing is used up.
 6. Place the chicken thighs in an oven proof dish or roasting tin and cook in the oven for 30 mins, basting every 10 mins or so.



7. After 30 mins, check the juices run clear by sticking a skewer or knife into the largest thigh. If not cook for a further 5 mins and check again.

Link to Website: <https://www.californiaprunes.net/recipes/chicken-herby-california-prune/>