



 **Homemade Method™**

# HEALTHY AGING COOKING DEMO LIVE EVENT RECIPE GUIDE



## Healthy Chicken Tetrazzini

Our Healthy Chicken Tetrazzini is a **delectable and nourishing** dish, just as good as the comforting and creamy original. The unconventional additions of finely chopped cauliflower and kale not only **boost the nutritional value** but also add texture and flavor.

The whole wheat spaghetti and cauliflower are excellent sources of fiber. Together, these ingredients work to slow digestion, preventing blood sugar spikes and **promoting natural weight loss**. Mushrooms contain **selenium** and other antioxidants that support the immune system and brain health.

The combination of lean protein, fiber, vitamins, and antioxidants supports **skin health, joint function, and cognitive abilities**.

# HEALTHY CHICKEN TETTRAZINI

**Prep** 10 minutes **Cook** 35 minutes

## Serves 4

- 1 Tbsp olive oil
- 2 chicken breasts (5 oz each), cut into bite-sized cubes
- 3 cups mushrooms, sliced
- 3 cloves garlic, minced
- Salt & pepper, to taste
- 2 Tbsp butter
- ¼ cup whole wheat flour
- 3 cups chicken stock, plus more if needed
- 1 cup milk of choice
- 8 oz spaghetti, whole wheat/whole grain
- 2 cups cauliflower, finely chopped
- 2 cups kale, spines removed, finely chopped
- ¼ cup Parmesan cheese, finely grated
- ¼ cup fresh parsley, chopped

## Directions:

- Heat the olive oil in a large, deep skillet with a lid (or in a pot) over medium-high heat. Add the chicken and mushrooms and cook for about 5 to 7 minutes until the chicken is no longer pink. Add the minced garlic and season with salt and pepper; cook for 1 minute longer.
- Remove the chicken and mushrooms from the skillet and set aside.
- Add the butter to the skillet and whisk in the flour. Add the chicken stock and milk and whisk well.
- Cook the sauce until it comes to a boil. Turn the heat down to low and add the pasta, cauliflower, and kale, along with the cooked chicken and mushrooms. Stir well to combine.
- Cover and cook for 20 minutes until the pasta is al dente, stirring occasionally to keep the pasta from sticking to the bottom.
- Taste for seasoning and adjust with salt and pepper if needed.
- Remove from heat and garnish with Parmesan cheese and parsley.

# NOTES

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# MEMBER LOVE

## JULIE HAHN

"Guess who bought size 12 pants today! Happy happy dance! My whole life I didn't think it possible. Before vs after: 88.8kg (195 lbs) to 73-75-ish kg (160 lbs). This works, people."



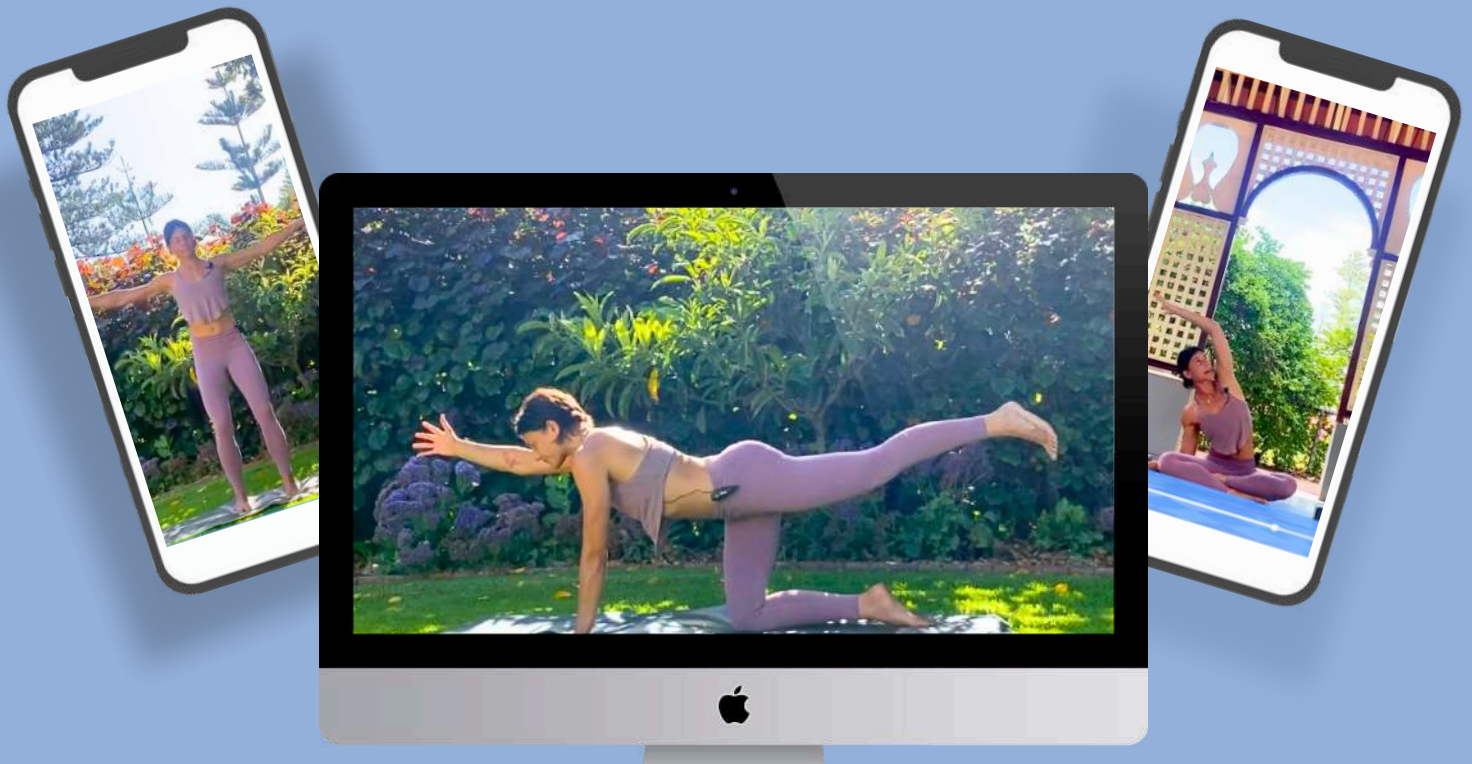
## MARGIE FRANKLIN

"I comfortably wore a skirt last week that was waaaaay too tight on me 3 months ago. I feel different eating the Homemade Method way. I feel like I am more awake? More alert? More energy!"

## CINDY SCHMELTZ

"OMG! OMG! OMG! I was newly diagnosed with Type 2 DM in Feb. I was in a panic, when I found and started this program! My A1c was 7.4 and weighed 227 lbs. I now weigh 197 and my A1c... was 5.4! I went from a sense of urgency and panic to a feeling of confidence and control!"



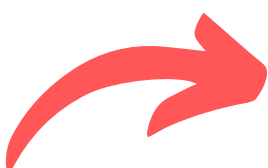


# WANT BIGGER FASTER RESULTS?

When we go through menopause, our estrogen levels decline. And that can cause weight gain...especially around the mid-section!

Adding safe and gentle workouts specifically designed to **increase metabolism and build muscle mass** in women over 50...will **improve your results** compared to just doing the Challenge alone.

That's why when you add the Complete Fitness System for Women over 50 to your order today, you'll save a whopping **70% off** our regular pricing. **The best bit:** Every workout can be done at home in **15 mins or less** :)



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YOU CAN GET A  
HEALTHY,  
ENERGETIC BODY  
OVER 50 AND IT'S  
EASIER THAN YOU  
MIGHT THINK...

YOU JUST NEED  
THE RESET  
RESPONSE!

ANNA RAKOCZY, FOUNDER  
OF THE HOMEMADE METHOD

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