



## Omega-3 Salsa Chicken

- ½ cup Natunola® health's delight Shelled Flax Kernel, toasted
- extra virgin olive oil
- 3 cloves garlic, sliced
- ½ red onion, chopped
- ½ dozen large mushrooms, sliced
- 1 red pepper, sliced in thin strips
- 1 - 908 g pkg. Maple Lodge Farms "Salsalitta" boneless chicken thighs, sliced
- 1 can cream of mushroom soup
- ¼ can heavy cream
- 2 tablespoons soy sauce
- 1 - 340 g pkg. egg noodles



Preheat oven to 350°F. Spread Natunola® health's delight Shelled Flax Kernel on a baking sheet and toast in preheated oven for 3 - 5 minutes, stirring frequently.

Preheat two frying pans, then add a little olive oil in each. Fry the garlic, onion, mushrooms and red pepper in one frying pan until just cooked. At the same time in another frying pan, cook the chicken strips. Adjust your heat accordingly so they are cooked through at the same time.

Pour 1 can of cream of mushroom soup into a bowl. Pour heavy cream into the can to measure about ¼ can then add the soy sauce into the can. Stir the contents then pour into the cream of mushroom soup and whisk until smooth.

Mix the vegetables into the pan with the chicken and stir until mixed. Pour the cream of mushroom soup mixture over the top and simmer. While this mixture simmers, cook the egg noodles as directed on the package.

Drain the noodles. Place a serving of noodles on a plate and pour chicken mixture over the noodles. Top with the toasted Natunola® health's delight Shelled Flax Kernel. Serves 4 - 6 people.

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