Signature Recipe

CASA DE FOTH

• SIGNATURE RECIPE •
SIN CITY FLAVOR

TED'S SIN CITY CHICKEN THIGHS

Creamy Mushroom Chicken



Low-Fat Creamy Mushroom Chicken over Roasted Spaghetti Squash — bold flavor, restaurant quality, and lighter living with Casa de Foth's Sin City Blazin' Breast Rub.

INGREDIENTS

Spaghetti Squash

- 1 large spaghetti squash (3–4 lb)
- 2 tsp olive oil
- Salt & pepper

Sin City Chicken

- 2 lb boneless, skinless chicken thighs (8–10 pieces)
- 2–3 tsp **Casa de Foth Sin City Blazin' Breast Rub** (or more if you like it hot)
- 2 Tbsp olive oil

98% Fat-Free Creamy Mushroom Sauce

- 1 can (10.5 oz) Campbell's 98% Fat Free Cream of Chicken Soup (undiluted)
- 2 Tbsp salted butter
- 4 cloves garlic, roughly chopped
- 9 oz sliced cremini or button mushrooms (~3½ cups)
- ½ cup freshly grated Parmesan (¼ cup for ultra-low-fat)
- Fresh parsley, extra Sin City Rub for garnish

THE METHOD

1 ROAST THE SQUASH

Preheat oven to 400°F. Halve squash lengthwise, remove seeds, rub with oil, salt & pepper. Place cut-side down on a lined sheet pan and roast 40 minutes.

2 PREP THE CHICKEN

While squash roasts, coat chicken generously with Sin City Blazin' Breast Rub.

3 SEAR THE CHICKEN

Heat 2 Tbsp olive oil in a large skillet (med-high). Sear chicken 5–6 minutes per side until golden. Remove to a plate.

4 MAKE THE SAUCE

In the same pan, melt butter, sauté garlic 30 sec, add mushrooms and cook until browned. Pour in the entire can of 98% fat-free soup (no water). Scrape up the goodness and stir in Parmesan until smooth. Thin with a splash of water if needed.

5 FINISH & SERVE

Return chicken + juices to the pan. Spoon sauce over, cover and simmer on low 5–7 min until 165°F internal. Shred hot squash with a fork into strands. Plate squash, top with chicken, and drown in creamy mushroom sauce. Finish with parsley and an extra dusting of Sin City Rub.

RECIPE AT A GLANCE

Serves: 6

Total Time: 50 min (20 min active)

Per Serving: 315 cal • 13g fat
13g net carbs • 35g protein

PRO TIPS

- ★ Use boneless, skinless thighs for maximum flavor and tenderness.
- ★ Don't dilute the soup — it creates a rich, creamy sauce with less fat.
- ★ Brown the mushrooms well to build deep, savory flavor.
- ★ Thin the sauce with a splash of water only if needed.
- ★ For extra heat and Sin City flavor, add another light dusting of Sin City Rub before serving.

Great ingredients. Proper cook. Damn good.
– Ted Foth

CASA DE FOTH
CF
SIN CITY FLAVOR

FOTH RULES

1. SEASON BOLDLY
Use Casa de Foth Sin City Blazin' Rub for big flavor.

2. BUILD THE SAUCE
Brown the mushrooms and use the full can of soup for a rich, creamy finish.

3. COOK TO 165°F
Simmer until the chicken reaches 165°F internal.

4. PLATE LIKE A PRO
Shred the squash, top with chicken, drown in sauce, and finish with parsley and a Sin City kick.

COOK WITH CONFIDENCE. SERVE WITH PRIDE.