

**Beverages**

- Apple cider or dry white wine 1 cup

**Meat**

- Chicken thighs 6 units

**Vegetables**

- Carrot 1 large
- Corn 2 cups
- Cucumber 1 large
- Mushrooms 1 cup
- Scallions 4 units
- Shallots 2 units

**Condiments & Spices**

- Sage 1tbsp

**Rice, Cereal & Legumes**

- Wild rice 1.5 cups