

Celebrate Mushrooms!



Chicken with Mushrooms

Serves: 4 | Serving Size: 1 cutlet

Ingredients:

4 thin chicken breast cutlets
4 tablespoons flour
Salt and pepper to taste
2 tablespoons olive oil
1/2 cup sliced onions
1 cup sliced mushrooms
1/2 cup white wine or low-sodium broth

Directions:

Heat olive oil in a large nonstick skillet over medium-high heat.

Dredge chicken cutlets in flour and season with salt and pepper. Fry quickly in olive oil until cooked through and brown on both sides. Place in a shallow pan.

Once the chicken is cooked, add the mushrooms and onions to the now-empty skillet. Add the wine or broth, then turn on the heat and sauté until most of the liquid evaporates.

Pour this sauce on top of the chicken in its shallow pan and cover until ready to use.

When ready to serve, reheat thoroughly in the microwave, about 6 minutes. Put each cutlet on a plate and serve hot.

Nutrition Information:

Serves 4. Each serving contains 179 calories, 9 g fat, 1 g saturated fat, 0 g trans fat, 38 mg cholesterol, 252 mg sodium, 10 g carbohydrate, 1 g dietary fiber, 2 g sugar, and 14 g protein.

Each serving also has 0% DV vitamin A, 5% DV vitamin C, 1% DV calcium, and 5% DV iron.

Chef's Tips:

If you'd rather not microwave the cooked chicken, you can preheat your oven to 300 degrees Fahrenheit and bake the chicken in its sauce until it's heated through.

Serve with a side of roasted or steamed vegetables.

BROUGHT TO YOU BY: