

Chicken with Creamy Mushroom Sauce

Overcooked, dry chicken is difficult to eat. The best way to prevent problems with chicken is to not overcook it. Your kitchen should be equipped with an instant read thermometer to measure doneness of poultry, meat, and fish. Pounding out the chicken breast to equal thickness will ensure that the meat is cooked evenly, not underdone on one end and overdone on the other. Serve this over baby spinach, allowing the heat of the chicken and sauce to wilt the spinach.

Serves: 4

Serving size: 3 ounces chicken plus ½ cup sauce

1 pound boneless, skinless chicken breast
¼ tsp salt
¼ tsp pepper
1 tbsp unsalted butter
1 tbsp olive oil
8 ounces sliced crimini mushrooms
2 shallots, minced
1 cup low sodium chicken broth
½ cup fat free half and half
4 cups baby spinach, stems removed



Directions:

1. Cut chicken into four serving pieces and pound out to equal thickness. Sprinkle both sides with salt and pepper.
2. In a large skillet over high heat, heat butter and olive oil. Add the chicken and reduce heat to medium-high. Cook until chicken is well-browned on one side, about 5 minutes. Remove to a plate.
3. Add mushrooms to skillet and cook until starting to soften, about 3 minutes.
4. Add shallots and cook until they are translucent and mushrooms are browning.
5. Add chicken broth and bring to a boil.
6. Add chicken, browned side up.
7. Cook about 5 minutes, or until chicken is cooked through, 165°F.
8. Place 1 cup spinach on each plate. Place chicken on serving plates.
9. Add fat free half and half to pan and let boil a few minutes to thicken. Spoon sauce over chicken and serve.

Per serving: 250 calories, 29g protein, 9g fat (3g saturated), 80mg cholesterol, 13g carbohydrate, 2g fiber, 4g sugar, 480mg sodium

% Daily Value: Vitamin A 20%, Vitamin C 10%, Calcium 8%, Iron 10%