

Healthy Holiday Dinner



Chicken Mushroom Sauté

Serves: 4 | Serving Size: 1 plate

Ingredients:

2 tsp olive oil
8 ounces thinly sliced chicken breasts
2 cups white wine (or broth)
1/4 cup minced onion (or shallots)
2 cups sliced mushrooms
Salt and pepper to taste

Directions:

Heat oil in a large skillet over medium-high heat. Sauté chicken on both sides until lightly browned on the outside and cooked through, about 5-8 minutes. Remove from pan.

Add onion, wine, mushrooms, and seasonings to the skillet, then let cook until the liquid has almost evaporated.

Serve the chicken topped with the mushroom sauté.

Nutrition Information:

Serves 4. Each serving: 214 calories, 5 g fat, 1 g saturated fat, 0 g trans fat, 48 mg cholesterol, 195 mg sodium, 4 g carbohydrate, .5 g fiber, and 19 g protein.

Chef's Tips:

Use a thermometer to make sure that the chicken is cooked thoroughly.

Place the cooked chicken on a plate in a warm oven so that it doesn't lose its heat as you prepare the sauté.

This dish goes very well with a side of puréed winter squash, steamed green beans, or a fresh salad.

BROUGHT TO YOU BY: