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DIET CENTER

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BALSAMIC CHICKEN & MUSHROOMS

Basic Lifestyle

Ingredients

- 2 TSP vegetable oil
- 3 TBS balsamic vinegar
- 2 TSP Dijon mustard
- 1 clove garlic, minced (or more!)
- 4 (4 oz.) boneless skinless chicken breasts, pounded to 1/4 inch thickness
- 2 cups small mushrooms, halved, or quartered if using larger mushrooms
- 1/3 cup low-sodium chicken broth or white wine
- 1/4 TSP dried thyme leaves, crumbled

Instructions

1. In a nonstick skillet, heat 1 TSP of the oil.
2. In a bowl, mix 2 TBS of the vinegar, the mustard and garlic.
3. Add the chicken and coat both sides with the mixture.
4. Transfer the chicken and mixture to the skillet; sauté until cooked through, about 3 minutes per side.
5. Transfer to a plate and keep warm.
6. In the skillet, heat the remaining TSP of oil.
7. Sauté the mushrooms about a minute; add the broth / wine, thyme and remaining TBS of vinegar.
8. Cook stirring until the mushrooms are deep brown, about 2 minutes longer.
9. Serve the chicken, topped with the mushrooms.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1 chicken breast + ½ cup mushrooms = 1 P, 1 V