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DIET CENTER

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HERB CRUSTED CHICKEN
with PORTABELLO MUSHROOMS

Basic Lifestyle

Ingredients

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|--|---------------------------|
| 4 boneless, skinned chicken breasts (4 to 5 oz. each),
pounded thin | 1 sprig fresh rosemary |
| 6 oz. Portabello mushrooms | 1 TBS chopped garlic |
| 3 TBS olive oil | 2 TSP balsamic vinegar |
| 4 sprigs fresh basil | 1 TSP Morton's Lite salt |
| 2 sprigs fresh oregano | 1 TSP coarse black pepper |
| | basil sprigs, for garnish |

Instructions

1. Place chicken in 9-inch pie plate. Brush both sides with 1 TBS olive oil.
2. Remove stems from basil, oregano and rosemary. Place herb leaves on plate; cover with damp paper towel. Refrigerate until ready to use. Scatter herb stems and 2 TSP garlic over chicken. Cover and refrigerate 1 hour.
3. Cut each mushroom in half (or quarters, if very large). Place in medium-size bowl. Stir in 2 TSP oil, the vinegar, remaining 1 TSP garlic, ½ TSP Morton's Lite salt and 1/4 TSP pepper. Cover and refrigerate 1 hour.
4. Remove chicken from pie plate, and discard stems. Chop reserved herb leaves and place on waxed paper. Sprinkle chicken with remaining salt and pepper. Dip chicken into herbs, coating both sides evenly.
5. Heat 1 TBS oil in large nonstick skillet over medium-high heat. Add chicken, and cook until browned on both sides and no longer pink in center, about 3 minutes per side. Transfer chicken to serving platter. Keep warm.
6. Heat remaining 1 TSP oil in nonstick medium-size skillet over medium heat. Add mushrooms and any remaining liquid. Cook until tender, 3 to 4 minutes.
7. Arrange mushrooms around chicken. Garnish with basil.

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

1 serving = 1 chicken breast + 1/4 cup cooked mushrooms = 1 P, 1 V