



BALSAMIC CHICKEN w/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

—In a nonstick skillet, heat 1 TSP of the oil.

—In a bowl, mix 2 TBS of the vinegar, the mustard and garlic.

—Add the chicken and coat both sides with the mixture.

—Transfer the chicken and mixture to the skillet; sauté until cooked through, about 3 minutes per side. Then transfer to a plate and keep warm.

—In the skillet, heat the remaining TSP of oil. Sauté the mushrooms about a minute; add the broth / wine, thyme and remaining TBS of vinegar. Continuing stirring until mushrooms are deep brown, about 2 minutes longer. Serve the chicken, topped with the mushrooms.

SERVING INFO: (Serves 4)

1 chicken breast + 1/2 cup mushrooms = 1 P, 1 V