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DIET CENTER

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CHICKEN THERESE

Intermediate Lifestyle

Ingredients

4 boneless, skinless chicken breast halves
1 TSP garlic salt
1/4 TSP ground black pepper
1/8 TSP ground red pepper
1 TBS olive oil
10 mushrooms, sliced
1 onion, chopped
1 can (10-3/4 oz.) reduced-fat cream of chicken soup
2 TBS dry sherry
3/4 TSP mustard powder
1/4 TSP ground nutmeg

Instructions

1. Rub each chicken breast half with garlic salt, black pepper and red pepper.
2. Warm oil in a large nonstick skillet over medium-high heat. Add chicken and cook until browned on both sides, turning once. Remove chicken to a plate and keep warm.
3. Add mushrooms and onion to the same skillet. Cook 5 minutes, or until tender. Stir in soup, sherry, mustard powder and nutmeg. Heat to boiling and add chicken. Reduce heat to low, cover, and simmer 20 minutes, or until a thermometer inserted in thickest portion registers 160° and juices run clear.

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

Serving = 1 chicken breast = 1 P, 1/2 V, 1/2 M, 1/2 FT