

Pan-Seared Chicken Breasts with Creamy Mushroom Sauce

Serves 4; 3 ounces chicken and 2 tablespoons sauce per serving

4 boneless, skinless chicken breast halves (about 4 ounces each), all visible fat discarded

1/4 teaspoon salt

Pepper to taste

1/4 cup all-purpose flour and 1 tablespoon all-purpose flour, divided use

1 1/2 teaspoons olive oil and 1 tablespoon olive oil,
divided use

12 ounces button mushrooms, sliced

1 medium shallot, minced

2 medium garlic cloves, minced

1/2 teaspoon dried thyme, crumbled

1 cup dry white wine (regular or nonalcoholic)

1/2 cup fat-free, low-sodium chicken broth

1/4 cup fat-free sour cream

2 tablespoons finely snipped fresh parsley



Put the chicken on a large plate. Sprinkle both sides with the salt and pepper. Using your fingertips, gently press the seasonings so they adhere to the chicken.

Put 1/4 cup flour in a shallow dish. Dip one piece of chicken at a time in the flour, turning to coat and shaking off the excess.

In a large nonstick skillet, heat 1 1/2 teaspoons oil over medium-high heat, swirling to coat the bottom. Cook the chicken for 4 minutes, or until golden brown on the bottom. Turn over and cook for 2 to 4 minutes, or until no longer pink in the center. Transfer to another large plate. Cover to keep warm.

Pour the remaining 1 tablespoon oil into the hot skillet, swirling to coat the bottom. Reduce the heat to medium. Cook the mushrooms and shallot for 5 minutes, or until the mushrooms are golden brown, stirring frequently.

Stir in the garlic and thyme. Cook for 1 minute.

Sprinkle the remaining 1 tablespoon flour over the mushroom mixture. Cook for 2 minutes, stirring constantly.

Gradually pour in the wine. Cook for 2 minutes, stirring constantly to prevent lumps.

Stir in the broth. Bring to a simmer and simmer for 2 minutes, or until the sauce is thickened, stirring frequently. Reduce the heat to low.

Stir in the sour cream. Don't let the mixture come to a boil, or the sour cream will curdle. Stir in the parsley. Remove from the heat and set aside.

Cut the chicken on the diagonal. Serve topped with the sauce.

Nutrients per Serving

Calories	291
Total Fat	8.5 g
Saturated Fat	1.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	4.5 g
Cholesterol	75 mg
Sodium	306 mg
Carbohydrates	15 g
Fiber	1 g
Sugars	3 g
Protein	29 g

Dietary Exchanges

1 starch, 3 lean meat

This recipe is reprinted with permission from *Recipes for the Heart*, Copyright © 2011 by the American Heart Association. Published by Publications International, Ltd. Available on ShopGoRed.com starting mid-February, while supplies last.