

Chicken and Mushroom Stroganoff

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Serves 4

Blue – 2

Purple – 2

Green – 4

- 8 oz fresh mushrooms, sliced
- 2 Tbsp light butter
- 1 lb boneless, skinless chicken breasts, pounded thin and sliced into bite size pieces
- 1 tsp paprika
- 1/4 tsp smoked paprika
- 1 tsp dijon mustard
- 1 shallot, thinly sliced
- 3 cloves garlic, thinly sliced
- 1/2 cup non fat Greek yogurt
- 1 cup fat free sour cream
- 1 Tbsp parsley
- 1/2 tsp salt
- 1/4 tsp pepper

1. In a medium bowl, combine chicken, paprika, smoked paprika, salt and pepper.

2. Melt 1 Tbsp of butter in a large pan over medium heat. Add mushrooms and cook stirring occasionally for 5 minutes or until slightly browned. Remove mushrooms to a plate
3. In the same pan, melt the remaining Tbsp of butter and cook chicken 3-4 minutes per side. Add shallot and continue cooking for another 3 minutes
4. Stir in garlic, give it another 30 seconds and return mushrooms back into the pan. Add sour cream along with the dijon mustard, cover with a lid and simmer on a low heat for 5 minutes
5. Sprinkle with the parsley and serve immediately.