

Chicken and Mushrooms in White Wine Sauce

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Serves 4

- 4 boneless, skinless chicken breasts, pounded thin
 - 1/2 cup flour
 - 1/2 tsp salt
 - 1 tsp pepper
 - 1/2 tsp garlic powder
 - 1 pound mushrooms, sliced
 - 4 Tbsp light butter, divided
 - 1 Tbsp olive oil
 - 2 cloves garlic, minced
 - 1/2 small onion, chopped
 - 1 1/2 cups low sodium chicken broth
 - 1/2 cup fat free half and half
 - 1 tsp dijon mustard
 - 2 Tbsp cornstarch dissolved in 2 tablespoons of water
1. Pound chicken thin between 2 pieces of wax paper or plastic wrap. If too big after pounding, cut into smaller pieces
 2. In a shallow bowl or pie plate, combine flour, salt, pepper and garlic powder. Set aside
 3. In a large skillet, melt 2 Tbsp light butter and 1 Tbsp

olive oil together until the butter is melted. Dredge chicken in flour, shake off excess. Brown the chicken in the butter until lightly browned, about 5 minutes. Turn chicken and cook on other side 3-5 minutes. Do in batches if need be. Remove to a plate and keep warm

4. Add remaining 2 Tbsp of light butter to pan and heat until melted. Add the mushrooms and onions and cook until well browned and softened and liquid is evaporated. Add the garlic and stir and cook for 30 seconds.
5. Pour the wine into the pan and scrape the bottom to deglaze. Add the chicken broth, mustard and half and half. Bring to a boil and cook for 5 minutes. Stir in the cornstarch slurry. Bring the sauce back to a light simmer and add the chicken. Heat and simmer for 5 minutes or until the sauce is thickened and the chicken heated through. Season with salt and pepper to taste.