

Chicken Mushroom Stroganoff

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Serves 4

Blue – 4

Purple – 4

Green – 6

- 6-8 ounces mushrooms, thinly sliced
- 2 Tbsp light butter
- 12 ounces chicken, cut 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 1/4 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, 5-6 minutes per side or until cooked through. Add shallot and continue cooking for another 3 minutes.
4. Stir in garlic, saute for 30 seconds and return mushrooms to pan. Add sour cream and dijon mustard, cover and simmer on low for 5 minutes.
5. Sprinkle with the parsley and serve immediately.
6. Serving Suggestion: Serve over egg noodles.