Chicken with Mushrooms and Bacon

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Serves 4

Blue - 5 points

Purple - 5 points

Green - 7 points

Chicken

- 4 boneless, skinless chicken breasts
- 2 tsp olive oil
- 2 cloves garlic, crushed
- 2 Tbsp chopped fresh parsley
- kosher salt and fresh ground pepper to taste

Cream Sauce

- 4 cloves garlic, crushed
- 4 slices bacon, diced
- 12 oz sliced mushrooms
- 3/4 cup fat free half and half
- 1/3 cup chicken broth
- 2 oz freshly grated parmesan cheese
- pepper to taste, salt if needed

Baked Chicken

- 1. Preheat oven to 400
- Arrange chicken on a plate. Combine olive oil, garlic, parsley, salt and pepper in a bowl. Rub oil mixture over chicken to completely coat.
- 3. Heat a large oven proof skillet over medium high heat. Sear the chicken until it's golden brown, turn and sear other side. About 3 minutes per side.
- 4. Place in oven and cook until cooked through, about 25-30 minutes.
- 5. Once the chicken is done, remove from skillet and set aside. Pour out half of the chicken juices

Sauce

- 1. Using the same skillet that you cooked the chicken in, fry the garlic in the reserved chicken juices over medium heat, stirring constantly for about 30 seconds.
- 2. Add the bacon and fry until just starting to crisp. Add in the mushrooms and cook until done to your liking.
- 3. Pour in the half and half, chicken broth and parmesan. Let simmer until slightly thickened, about 2 minutes.
- 4. While the sauce is simmering, mix cornstarch with 1-2 tablespoons of broth or water.
- 5. Pour into the center of the cream sauce and mix well and simmer until it thickens.
- 6. Season with pepper, check for salt and use as needed
- 7. Add chicken to pan and allow to simmer 1 to 2 minutes
- 8. Garnish with parsley or parmesan if desired. Serve over

rice, pasta or veggies