

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
2. 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