

# Creamy Chicken and Mushrooms

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Adapted from [eatingwell.com](http://eatingwell.com)

Serves 4, 3 FSP per serving (not including noodles)

- 4 5oz chicken cutlets (or chicken breasts pounded thin)
- 4 cups sliced mushrooms – whatever kind you want to mix up!
- 5 oz dry white wine
- 1/2 cup fat free half and half
- 2 Tbsp chopped fresh parsley for garnish
- 3 1/2 tsp olive oil, divided
- salt and pepper to taste

1. Sprinkle chicken with salt and pepper. Heat 2 tsp olive oil in a large skillet over medium heat. Cook the chicken, turning once until browned and just cooked through, 7-10 minutes total. Transfer to a plate.
2. Add 1 1/2 tsp oil and mushrooms to the pan; cook, stirring occasionally, until the liquid has evaporated and mushrooms are browned. Increase heat to high. Add wine and cook until it has mostly evaporated, about 4 minutes.
3. Reduce heat to medium. Stir in half and half and any accumulated juices from the plate the chicken is on, stir in salt and pepper to taste. Return chicken to pan and turn to coat with the sauce.
4. Serve the chicken over egg noodles (optional) with sauce

and sprinkled with parsley.