Mozzarella, Mushroom, White Wine Chicken

4 Servings – 418 calories per serving

- 4 boneless skinless chicken breasts
- 1/2 teaspoon garlic powder
- Salt & pepper to taste
- Flour for dredging
- 1 tablespoon olive oil
- 3 tablespoons butter divided
- 7 ounces mushrooms
- 1/2 cup dry white wine
- 1/4 cup chicken broth
- 1 dash Italian seasoning
- 1 cup shredded mozzarella cheese
- 1/2 cup freshly grated parmesan cheese
- 1 tablespoon fresh parsley chopped finely

1. Sprinkle the chicken with garlic powder and salt & pepper on both sides, then coat the chicken in flour.
2. Preheat the oven to 400F.
3. Add the oil and 1 tablespoon of the butter to a skillet over medium-high heat. Once the pan is hot, cook the chicken for 4-5 min/side until golden. Transfer chicken to a plate. I like to chop the mushrooms while the

chicken cooks, but feel free to prep ingredients beforehand.

4. Add the remaining butter to the skillet and once it melts, add in the mushrooms. Cook until the mushrooms release their water and then get a nice sear (about 5-6 minutes).
5. Stir in the wine, chicken broth, and Italian seasoning. Let the sauce bubble for about a minute, and scrape up any brown bits from the bottom of the pan.
6. Add the chicken back into the pan and spoon the sauce and some mushrooms over top. Take the pan off the heat.
7. Top the chicken with the parmesan, followed by the mozzarella. I like to sprinkle the majority of the cheese over the chicken, but also sprinkle some on the sauce if you wish.
8. Place the skillet in the oven and cook for 5 minutes, then turn the broiler on and cook for an additional few minutes or until the cheese has browned a bit. If you don't want to broil, I recommend leaving it in the oven for 7 minutes or so.
9. Take the pan out of the oven and sprinkle the fresh parsley on top. Serve immediately (spoon the juices over rice or mashed potatoes or whatever you're serving it with).

10. If you don't have an oven-proof skillet, transfer the skillet contents to a baking dish for step 7.

Main Course
Chicken