

Chicken

Chicken with Mushroom Sauce

Cooking Light

Preparation Time: 35 minutes

Start to Finish Time: 35 minutes

4 6-ounce skinless/boneless chicken breasts

2 teaspoons canola oil

1/2 teaspoon salt, divided

1/4 teaspoon freshly ground black pepper

1/4 cup shallots, chopped

1 package (8 oz) presliced mushrooms

2 cloves garlic, minced

1/2 cup dry white wine

1 1/2 teaspoons all-purpose flour

3/4 cup fat-free, low-sodium chicken broth

2 tablespoons butter

1 teaspoon fresh thyme, minced

Place chicken breast halves between two sheets of plastic wrap; pound to 1/2-inch thickness with a meat mallet or small heavy skillet.

Heat a large skillet over medium-high heat. Add canola oil to pan; swirl to coat. Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper. Add chicken; cook 3 minutes on each side or until done. Transfer to a serving platter, keep warm.

Add shallots and mushrooms to pan; saute' for 4 minutes or until browned, stirring occasionally. Add garlic; saute' for 1 minute. Sprinkle mushroom mixture with remaining 1/4 teaspoon of salt and flour; cook 30 seconds, stirring frequently. Add wine, stirring constantly. Stir in wine, scraping pan to loosen browned bits; bring to a boil. Cook until liquid almost evaporates. Add broth to pan; bring to a boil. Cook 2 minutes or until slightly thick.

Remove pan from heat; add butter and thyme, stirring until butter melts. Serve with chicken.

Per Serving (excluding unknown items): 418 Calories; 32g Fat (82.5% calories from fat); 2g Protein; 13g Carbohydrate; trace Dietary Fiber; 62mg Cholesterol; 1312mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 6 1/2 Fat.