

Chicken

Chicken with Wild Mushroom and Balsamic Cream Sauce

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Servings: 4

Salt

1/2 pound orzo pasta
2 tablespoons extra-virgin olive oil
4 6-ounce boneless/ skinless chicken breasts
pepper
2 tablespoons butter
12 crimini or baby portobello mushrooms, sliced
12 shitake mushrooms, skins removed and sliced
12 white mushrooms, sliced
2 large cloves garlic, chopped
1 tablespoon thyme leaves, chopped
2 large shallots, thinly sliced
2 tablespoons all-purpose flour
1 1/2 cups chicken stock
1 tablespoon balsamic vinegar
3 tablespoons heavy cream or half-and-half
1/4 cup flat-leaf parsley, chopped

Heat a large pot of water to a boil. Salt the water and add the orzo pasta. Cook to al dente.

Preheat a large nonstick skillet over medium-high heat and add the olive oil; about two turns of the pan.

Season the chicken liberally with salt and pepper. Add it to the hot skillet. Cook the chicken for 5 to 6 minutes on each side. Remove the chicken from the pan and cover with foil to keep warm.

Return the skillet to the heat. Reduce the heat slightly and add the butter. Once the butter melts, add the mushrooms and brown for about 4 to 5 minutes, stirring occasionally. Once the mushrooms are brown, season with salt and pepper.

Add the garlic, thyme and shallots. Cook, stirring occasionally, for about 2 minutes or until the shallots are wilted.

Sprinkle the flour into the pan and cook for 2 minutes more.

Whisk in the stock, balsamic vinegar and the cream. Turn the heat up to high and simmer for about 2 minutes or until thickened.

Slice the chicken on an angle. Add the parsley and the chicken to the skillet to reheat, about 1 minute.

To serve, pile the orzo on dinner plates and top with the sliced chicken and sauce.

Per Serving (excluding unknown items): 139 Calories; 13g Fat (82.8% calories from fat); 1g Protein; 5g Carbohydrate; trace Dietary Fiber; 16mg Cholesterol; 865mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 2 1/2 Fat.