

Chicken

Tasty Turkey and Mushrooms

Taste of Home One-Dish Meals

Servings: 2

1 clove garlic, minced

1 tablespoon butter

1/2 pound boneless/ skinless chicken breast, cut into 2-inch strips

3/4 cup reduced-sodium beef broth

1 tablespoon tomato paste

2 cups fresh mushrooms, sliced

1/8 teaspoon salt

In a large nonstick skillet, saute' garlic in butter until tender. Add turkey; cook until juices run clear. Remove and keep warm. Add the broth, tomato paste, mushrooms and salt to skillet; cook for 3 to 5 minutes or until mushrooms are tender, stirring occasionally.

Return turkey to the pan and heat through.

Per Serving (excluding unknown items): 77 Calories; 6g Fat (65.5% calories from fat); 2g Protein; 5g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 254mg Sodium. Exchanges: 1 Vegetable; 1 Fat.