



Chicken breasts

chicken breasts
(boneless, skinless)
1 lbs



Mushrooms

white (button) mushrooms
(sliced) 10 oz



Balsamic vinegar

balsamic vinegar
1/3 cup



Olive oil

1 tsp olive oil



Margarine

margarine
(trans-fat-free) 1 tbsp



All-purpose flour

all-purpose flour
1/4 cup



Chicken broth

low sodium chicken broth
(fat-free, less sodium)
1/2 cup



Pepper

1/4 teaspoon pepper



Balsamic Chicken with Mushrooms

Ingredients



Directions

Balsamic Chicken with Mushrooms





Balsamic Chicken with Mushrooms



Place the chicken breast in a plastic bag
& pound thin with a mallet.

Directions





Amount per serving
240 Calories



Balsamic Chicken with Mushrooms



Heat olive oil over
medium-high heat in a skillet.

Directions



Diabetes
360°



Balsamic Chicken with Mushrooms



Dredge the chicken in flour
& coat it on both sides.

Directions





Balsamic Chicken with Mushrooms



Add the chicken to the pan
& sauté 5 minutes per side.
Remove the chicken from
the pan & set aside.

Directions





Balsamic Chicken with Mushrooms



Melt the margarine in the pan.

Directions





Balsamic Chicken with Mushrooms



Add the mushrooms & pepper
& cook for 5 minutes.
Add the balsamic vinegar
to the pan & bring it to a boil
to reduce the liquid.

Directions





Balsamic Chicken with Mushrooms



Add the chicken broth to the pan
& simmer 2 more minutes.

Directions

