



Balsamic Chicken With Mushrooms

Makes 4 servings

Ingredients

4 boneless, skinless chicken breasts
1 tablespoon olive oil
¼ cup all-purpose flour
1 tablespoon margarine (trans fat-free)

10 ounces sliced mushrooms
¼ teaspoon black pepper
⅓ cup balsamic vinegar
½ cup low-sodium chicken broth (fat-free)

Instructions

1. Place each chicken breast in a plastic bag and pound thin with a mallet.
2. Heat olive oil over medium-high heat in a skillet.
3. Dredge the chicken in flour and coat it on both sides. Add the chicken to the pan and sauté 5 minutes per side. Remove the chicken from the pan and set aside.
4. Melt the margarine in the pan. Add the mushrooms and pepper and cook for 5 minutes. Add the balsamic vinegar to the pan and bring it to a boil to reduce the liquid.
5. Add the chicken broth to the pan and simmer 2 more minutes. Add the chicken breasts back to the pan and simmer for 5 minutes.

Nutrition Facts

Serving size: 1 breast; calories per serving: 240; total fat: 9g; saturated fat: 2g; cholesterol: 65mg; sodium: 150mg; carbohydrates: 12g; fiber: 1g; sugar: 4g; protein: 27g

Source: www.diabetesfoodhub.org

