

LiveBetter with MedWatch

Mushroom Chicken

Ingredients

- 2 cups (6 ounces) mushrooms, finely chopped
- 1 onion, chopped (about 6 ounces)
- 3 large cloves garlic, minced
- 4 chicken breast halves (about 6 ounces each), boneless and skinless
- 2 Tbsp. Dijon mustard
- 2 Tbsp. capers, drained
- 1 tsp. balsamic vinegar
- ¼ tsp. hot sauce
- 2 Tbsp. reduced-fat or regular mayonnaise
- parsley sprigs
- salt

Preparation

1. In a 10- to 12-inch nonstick frying pan, stir mushrooms, onion and garlic over medium-high heat until mushrooms begin to brown, 8 to 10 minutes.
2. Meanwhile, rinse chicken and pat dry.
3. Place breasts in a 9x13-inch baking dish and bake, uncovered, in a 375° oven for 10 minutes.
4. When the mushroom mixture is done, remove from heat.
5. Stir in the mustard, capers, vinegar, hot sauce and mayonnaise.
6. Spread the mushroom mixture over the chicken and continue baking until chicken is no longer pink in center of the thickest part (cut to test), 15 to 20 minutes longer.
7. Transfer to plates and garnish with parsley sprigs. Add salt to taste.

Makes 4 servings

Nutrition Analysis

Per serving: 246 calories, 41 g protein, 4.4 g fat (1.1 g saturated fat), 7.2 g carbohydrate, 452 mg sodium, 101 mg cholesterol, 1.3 g fiber



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