

Healthy Food for a Wealthy Mood



Chicken and Mushrooms in Garlic White Wine Sauce

4 oz. uncooked wide egg noodles
1 lb. skinless, boneless chicken breast halves
2 Tbsp. all-purpose flour, divided
½ tsp. salt, divided
¼ tsp. freshly ground black pepper, divided
2 Tbsp. olive oil, divided
1 Tbsp. minced fresh garlic
1 (8 oz.) pkg. presliced exotic mushroom blend (such as shitake, cremini, and oyster)
½ Cup dry white wine
½ Cup fat-free, lower sodium chicken broth
1 tsp. chopped fresh tarragon
1 oz. Parmesan cheese, shaved (about ¼ cup)

Cook noodles according to package directions, omitting salt and fat. Drain and keep warm.

Cut chicken into 1-inch pieces. Place chicken pieces in a shallow dish. Combine 1 tablespoon flour, ¼ teaspoon salt, and 1/8 teaspoon pepper in a small bowl. Sprinkle flour mixture over chicken; toss to coat.

Heat a large nonstick skillet over medium-high heat. Add 1 tablespoon oil to pan; swirl to coat. Add chicken; cook 4 minutes, turning to brown on all sides. Remove chicken from pan. Add remaining 1 tablespoon oil to pan. Add garlic and mushrooms; cook 3 minutes or until liquid evaporates. Add wine; cook 1 minute. Add remaining 1 tablespoon flour; cook 1 minute, stirring constantly. Add broth, remaining ¼ teaspoon salt, and remaining 1/8 teaspoon pepper; cook 1 minute or until slightly thick, stirring frequently.

Return chicken to pan; cover and simmer 2 minutes. Uncover; cook 1 minute or until chicken is done. Stir in noodles and tarragon; cook 1 minute or until thoroughly heated. Place about 1 ½ cups chicken mixture on each of 4 plates; top each servicing with 1 tablespoon Parmesan cheese.

Serves 4
Calories 350; Fat 11.1g, Protein 34.3g; Carb 26.5g; Fiber 1.2g, Chol 99mg; Iron 2.5mg; Sodium 502mg; Calc 91mg

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