

Healthy Food for a Wealthy Mood



Chicken with Mushrooms and Pearl Onions

4 (6oz.) skinless, boneless chicken breast halves
½ tsp. kosher salt, divided
¼ tsp. freshly ground black pepper
2 Tbsp. all-purpose flour
3 Tbsp. olive oil, divided
¾ cup frozen pearl onions, thawed and drained
8 oz. quartered button mushrooms
2/3 cup brandy
1 cup unsalted chicken stock
2 tsp. cornstarch
1 Tbsp. butter
1 tsp. fresh thyme leaves

Cut each chicken breast half in half horizontally to form 8 cutlets. Heat a large skillet over medium-high heat. Sprinkle chicken evenly with ¼ teaspoon salt and pepper. Place flour in a shallow dish; dredge chicken in flour, shaking off excess.

Add 1 tablespoon olive oil to pan; swirl to coat. Add 4 cutlets to pan; cook 2 minutes on each side or until done. Remove chicken from pan and keep warm. Repeat procedure with 1 tablespoon olive oil and remaining 4 cutlets.

Add remaining 1 tablespoon oil to pan; swirl to coat. Add pearl onions and mushrooms; sauté 6 minutes or until browned. Remove pan from heat. Carefully add brandy to pan; return pan to medium-high heat, and bring mixture to a boil. Cook until liquid almost evaporates (about 2 minutes). Combine stock and cornstarch, stirring with a whisk until smooth. Add stock mixture to pan, stirring with a whisk; cook 2 minutes, stirring occasionally. Return chicken to pan; cook 1 minute. Remove from heat; stir in remaining ¼ teaspoon salt, butter, and thyme.

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