

Creamy Chicken & Mushrooms

Boost your B vitamins with mushrooms!
Add a variety of types for a rich flavor.

INGREDIENTS

- (4) 4 to 5 ounce chicken cutlets
- 4 cups mixed mushrooms, sliced if large
- ½ cup dry white wine
- ½ cup heavy cream
- 2 tablespoons finely chopped fresh parsley

DIRECTIONS

STEP 1

Sprinkle chicken with 1/4 teaspoon each kosher salt and pepper. Heat 1 tablespoon canola oil in a large skillet over medium heat. Cook the chicken, turning once, until browned and just cooked through, 7 to 10 minutes total. Transfer to a plate.

STEP 2

Add 1 tablespoon oil and mushrooms to the pan; cook, stirring occasionally, until the liquid has evaporated, about 4 minutes. Increase heat to high, add wine and cook until it has mostly evaporated, about 4 minutes. Reduce heat to medium; stir in cream, any accumulated juice from the chicken and 1/4 teaspoon each salt and pepper. Return the chicken to the pan and turn to coat with the sauce. Serve the chicken topped with the sauce and sprinkled with parsley.

NUTRITION FACTS

Serving Size:

1 cutlet & generous 1/4 cup mushroom & sauce
Per Serving: 325 calories, total carbohydrate 4g, dietary fiber 1g, total sugars 3g, protein 29g, total fat 20g, saturated fat 8g, cholesterol 99mg



Wisconsin Athletic Club

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