
Chicken in Cilantro and Peanut Sauce

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St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

1/2 cup chicken soup (low sodium)

3/4 cup zesty Italian dressing

1 cup fresh cilantro, chopped

1/2 cup roasted peanuts

1 cup yellow onion, chopped

4 whole boneless chicken breasts, cut in half

8 ounces mushrooms (optional)

1/4 cup sour cream (optional)

In a bowl, blend the soup, 1/4 cup of Italian dressing, cilantro and peanuts.

In a non-stick skillet, heat the other 1/2 of salad dressing. Add the onions and saute' on medium heat for approximately 5 minutes. Add the chicken and brown on both sides. Add the mushrooms. Cook until the liquid evaporates, stirring occasionally.

Add the blended ingredients. Cover and cook for approximately 10 minutes or until the chicken is tender.

Chicken

Per Serving (excluding unknown items): 65 Calories; trace Fat (3.2% calories from fat); 2g Protein; 14g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 14mg Sodium. Exchanges: 2 1/2 Vegetable.