

Lemon Mushroom Chicken

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Servings: 4

*4 (4 ounce each) boneless/
skinless chicken breasts
1/4 cup + 2 teaspoons all-
purpose flour, divided
1/2 teaspoon salt
1/4 teaspoon pepper
2 tablespoons butter
1/3 cup reduced-sodium
chicken broth
1/2 pound sliced fresh
mushrooms
1 tablespoon lemon juice*

Flatten the chicken to one-half-inch thickness.

In a large shallow dish, combine 1/4 cup of flour, the salt and pepper. Add the chicken, one piece at a time. Turn to coat.

In a large nonstick skillet over medium heat, cook the chicken in butter until no longer pink, 5 to 6 minutes on each side. Remove and keep warm.

Add one-third cup of the broth to the pan, stirring to loosen the browned bits. Bring to a boil. Add the mushrooms. Cook and stir until tender, 3 to 5 minutes.

In a bowl, combine the remaining flour and broth until smooth. Stir into the mushroom mixture. Bring to a boil. Cook and stir until thickened, about 2 minutes. Stir in the lemon juice.

Serve with the chicken.

Per Serving (excluding unknown items): 95 Calories; 6g Fat (55.2% calories from fat); 2g Protein; 9g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 328mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1 Fat.