

Balsamic Chicken and Mushrooms

submitted by deleted_79143



Per serving: 342 Calories • 4.7g Carbs (0.7g Fiber) • 8.7g Fat • 54.2g Protein

Ingredients

Ingredients scaled to: 4 serving

- 2 tsp **Olive oil** (9 grams)
- 3 tbsp **Balsamic vinegar** (48 grams)
- 2 tsp **Dijon mustard** (10 grams)
- 1 tsp **Garlic** (2.8 grams)
- 4 breast, bone and skin removed **Chicken breast** (944 grams)
- 2 cup diced **Mushrooms** (172 grams)
- 2 1/2 fl oz **White wine** (73.5 grams)
- 1/4 tsp, ground **Thyme** (0.35 grams)

Directions

Directions are based on the original recipe of 4 servings

1. In a nonstick skillet heat 1/2 of the oil over medium-high heat.
2. In a bowl, mix 2/3 of the balsamic vinegar, the mustard, and garlic.
3. Pound the chicken to about 1/4" in thickness, adding it to the mixture in the bowl and coating both sides.
4. Transfer the chicken and mixture to the skillet; sauté until cooked through, about 3 minutes per side.
5. Transfer to a plate and keep warm.
6. In the skillet, heat the remaining oil.
7. Halve, or quarter if using large mushrooms. Sauté the mushrooms about a minute; add the wine, thyme and remaining balsamic vinegar. Cook stirring until the mushrooms are deep brown, about 2 minutes longer.
8. Serve the chicken, topped with the mushrooms. Enjoy!