

## Balsamic Chicken and Mushrooms

submitted by keelyjane



Per serving: 333 Calories • 5.2g Carbs (1.1g Fiber) • 8.9g Fat • 54.9g Protein

### Ingredients

*Ingredients scaled to: 4 serving*

- 2 tsp **Vegetable oil** (9.3 grams)
- 3 tbsp **Balsamic vinegar** (48 grams)
- 2 tsp **Dijon mustard** (10 grams)
- 1 cloves, minced **Garlic** (3 grams)
- 4 breast, bone and skin removed **Chicken breast** (944 grams)
- 2 cup sliced **Mushrooms** (172 grams)
- 1/3 cup **Chicken broth** (80 grams)
- 1/4 tsp **Thyme** (0.20 grams)

### Directions

*Directions are based on the original recipe of 4 servings*

1. In a nonstick skillet, heat 1 teaspoon of the oil.
2. In a bowl mix 2 tablespoons of the vinegar, the mustard, and garlic. Add the chicken and coat both sides with the mixture.  
Transfer the chicken and mixture to the skillet; sauté until cooked through, about 3 minutes per side.  
Transfer to a plate and keep warm.
3. In the skillet, heat the remaining teaspoon of oil. Sauté the mushrooms about a minute; add the broth, thyme, and remaining tablespoon of vinegar. Cook, stirring frequently, until the mushrooms are deep brown, about 2 minutes longer.
4. Serve the chicken topped with the mushrooms.
5. Enjoy!