

Chicken and Mushrooms in Garlic Wine Sauce

Ingredients

4 ounces uncooked egg noodles
1 pound skinless, boneless chicken breast halves
2 Tbsp all-purpose flour, divided
1/4 tsp salt
2 Tbsp olive oil, divided
1 Tbsp minced garlic
1/2 tsp dried tarragon
1 package (8 ounces) pre-sliced mushrooms
1/2 cup dry white wine
1/2 cup low sodium, fat free chicken broth
1/4 cup grated parmesan cheese

Directions

1. Cook noodles according to package directions, omitting salt and fat. Drain and set aside, keeping warm.
2. Cut chicken into 1-inch pieces. In a shallow bowl combine 1 tablespoon flour, 1/4 tsp salt and 1/8 tsp pepper. Stir well with whisk. Place chicken breast halves in flour mixture and turn to coat.
3. Heat 1 tablespoon oil in large nonstick skillet over medium-high heat. Add chicken to pan; cook 4 minutes or until browned. Remove chicken from frying pan.
4. Add remaining 1 tablespoon oil to pan. Add garlic, tarragon and mushrooms to pan; saute for 3 minutes or until liquid evaporates and mushrooms darken. Add white wine to pan; cook 1 minute. Stir in remaining 1 tablespoon flour; cook 1 minute stirring constantly. Stir in broth and remaining pepper. Cook 1 minute or until slightly thick, stirring frequently.
5. Return chicken to the pan. Cover and simmer 2 minutes. Uncover and cook 1 minute or until chicken is done. Stir in noodles; cook 1 minute or until thoroughly heated. Serve topped with parmesan cheese.

Nutrition Information makes 4 servings (serving size = 1 1/2 cup)

Per Serving
Calories: 350
Fat: 11 g
Saturated Fat: 3 g
Cholesterol: 99 mg
Sodium: 502 mg
Carbohydrate: 26.5 g
Fiber: 1 g
Protein: 34 g



www.MyEatSmartMoveMore.com

Eat Smart