

SKILLET CHICKEN WITH MUSHROOM SAUCE

SERVINGS: 4

TOTAL TIME: 30
MINUTES

INGREDIENTS

2 Boneless skinless chicken breasts (or 4 large chicken cutlets)
Salt
Pepper
1/4 cup all-purpose flour
1 TBSP olive oil
2 TBSP butter
2 garlic cloves minced
1/4 cup thinly sliced shallot (about 1 small shallot)
16 oz baby bella mushrooms, sliced
1 cup chicken broth
1 TBSP dried parsley (or 2-3 TBSP fresh parsley)

Note This is very mushroomy! You can reduce the mushrooms to 12-14 oz if you want a thinner, less mushroomy sauce.

DIRECTIONS

1. **Skip this step if you purchased cutlets** Slice the chicken breasts horizontally so you have 2 thin cutlets per breasts. The cutlets should be about 1/4 in thick. If they're still too thick, place the chicken inside a zip-top bag and lightly pound it with a rolling pin to thin it out.
2. Place the flour in a shallow dish. Dredge the chicken in the flour making sure to shake off any excess. Transfer to a plate. Reserve 1 TBSP flour for sauce.
3. Heat a large skillet over medium high heat with the olive oil and butter. Once your pan is hot and the butter is melted, brown your chicken for about 2 minutes per side. Remove chicken from pan and set aside.
4. Add garlic and shallots to the pan and cook for about 30 seconds, making sure to stir so they don't burn. Add mushrooms and season with salt and pepper. Cook for 3-5 minutes. They will release their liquid, but keep cooking them until almost all the juices have cooked off. Add reserved flour and stir. Add chicken stock and parsley and scrape down the bottom of the pan to pick up the browned bits. Add the chicken back into the pan. Cover and simmer for about 5 minutes until the chicken has cooked through. Serve over noodles, with rice, or over a bed of sauteed zucchini.