

Chicken with Lemon Mushroom Sauce

Serves 2

2 Tbsp. flour
small sprig of thyme, chopped, or about 1/2 tsp. dried thyme
2 chicken breast halves
1/2 Tbsp. butter
1/2 Tbsp. olive oil
1/2 lb. sliced cremini mushrooms
1 small shallot, minced
2 cloves garlic, minced
1/4 cup dry white wine
1/4 cup lemon juice (about one lemon)
1/4 cup chicken broth
salt and pepper

Season the flour with the thyme and salt and pepper. Lightly dredge the chicken in the flour mixture. Heat a heavy bottomed skillet over medium heat and add the butter and oil. Add the chicken and cook through, about 4-5 minutes per side. Set aside and keep warm.

To the pan, add the mushrooms and shallot and saute until the shallot is transparent. Add the garlic and cook an additional 30-60 seconds.

Add the wine to the pan, and as it's reducing, start scraping up the browned bits from the bottom of the pan. Stir in the lemon juice and chicken broth and reduce the mixture by about half.

Nutritional information (for a 4.5 oz chicken breast half): Calories: 270 / Fat: 8.2g / Saturated fat: 2.7g / Carbs: 11.8g / Fiber: 1g / Protein: 32.5

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