Recipe of the Month – February 2023

Chicken with Mushrooms

Serves: 4
Serving Size: 1 piece of chicken and 1/4 cup mushrooms
Cost per Serving: $2.79

Ingredients:
1/4 cup plus 1 tablespoon white flour, divided
1/2 teaspoon salt
1/2 teaspoon ground black pepper
4 boneless, skinless chicken thighs
3/4 cup reduced sodium chicken broth
1/2 pound fresh mushrooms, sliced
1 teaspoon garlic powder
1 tablespoon fresh (or 1 teaspoon dried) herbs, chopped (basil, chives, oregano, parsley)

Directions:
1. In a small bowl, use a fork to stir together 1/4 cup flour, salt, and ground black pepper. Dip each piece of chicken in the flour mixture to coat on all sides.
2. Heat a large skillet over medium heat. Spray with cooking spray. Add coated chicken to skillet. Cover with a lid. Cook chicken for 5-6 minutes.
3. Using tongs or a spatula, flip chicken over. Cover with a lid. Cook for 5-6 minutes more or until the internal temperature of the chicken is 165F. Use a clean fork to move chicken from the skillet to a plate.
4. Add broth, mushrooms, garlic powder, and herb to the skillet. Cover with a lid. Cook for 5 minutes, stirring occasionally.
5. Stir remaining 1 tablespoon flour into the mushroom mixture. Cook and stir until thickened, about 2 minutes.
6. Serve mushrooms as a topping for the chicken.

Tips:
- Use boneless, skinless chicken tenders in place of larger pieces of chicken. This would change the serving size to about 2 chicken tenders.
- Adjust the amount of chicken up or down depending on how many people you plan to serve.
- Use 1 clove minced garlic instead of garlic powder.
- Do not wash raw chicken before cooking.
- One serving of cooked chicken is about 3 ounces.

Nutrition Facts per Serving: 230 calories, 6g total Fat (1.5g sat. fat),

140mg.Cholesterol, 540mg Sodium, 10g Carbohydrates, 1g Fiber, 1g Sugar, 33g Protein

Recipe compliments of Iowa State University Extension and

Outreach: Healthy & Homemade 2023 Nutrition & Fitness Calendar

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