



Chicken with Mushroom Garlic Sauce

2 servings

25 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil (divided)
6 Cremini Mushrooms (large, sliced)
12 ozs Chicken Breast
2 tbsps Arrowroot Powder
1/4 tsp Sea Salt (divided)
2 Garlic (clove, minced)
1 cup Chicken Broth
1 1/2 tsps Lemon Juice
1 tbsp Parsley (finely chopped, optional)

Nutrition

Amount per serving	
Calories	376
Fat	18g
Carbs	11g
Fiber	1g
Sugar	2g
Protein	41g
Cholesterol	126mg
Sodium	838mg
Potassium	787mg
Vitamin A	214IU
Vitamin C	6mg
Calcium	24mg
Iron	1mg
Vitamin D	5IU
Vitamin E	3mg
Vitamin K	39µg
Thiamine	0.2mg
Riboflavin	0.6mg
Niacin	19mg

Directions

- 1 Heat half of the oil in a skillet over medium heat. Add the mushrooms and cook for five to seven minutes or until the mushrooms have softened and browned. Remove from the pan and set aside.
- 2 Meanwhile, pat the chicken breast dry with a paper towel. Combine the arrowroot powder and half of the salt on a plate. Dip the chicken in the arrowroot powder and shake off the excess. Discard any leftover arrowroot powder.
- 3 Carefully wipe out the pan or skillet then add the remaining oil. Add the coated chicken to the pan and cook for six to eight minutes per side or until browned and cooked through. (Reduce heat slightly if needed to prevent burning.) Remove the chicken from the pan and set aside.
- 4 Deglaze the pan with a splash of the chicken broth and scrape any browned bits off the bottom. Add the garlic and the remaining salt and cook for a minute. Stir in the remaining chicken broth, increase the heat to medium-high and bring to a gentle boil to reduce for five to six minutes.
- 5 Add the lemon juice, parsley (if using), and the cooked mushrooms and stir to combine then place the cooked chicken back in the pan. Cook for another two to three minutes or until the chicken has warmed through again and the sauce has thickened slightly. Season with additional salt if needed.
- 6 Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Season the chicken with other dried herbs and spices.

Chicken Breast: For best results use chicken breast no more than one inch thick. Cut large



Vitamin B6	1.5mg
Folate	28µg
Vitamin B12	0.4µg
Phosphorous	418mg
Magnesium	55mg
Zinc	2mg
Selenium	45µg

pieces of chicken in half for more even cooking.

No Cremini Mushrooms: Use another type of mushroom instead.

No Fresh Parsley: Use another fresh herb like basil or chives instead or use dried herbs.

No Chicken Breast: Use boneless, skinless chicken thighs instead.