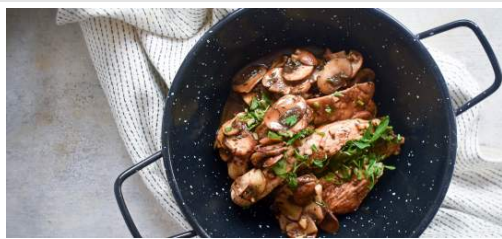


# Balsamic Chicken with Mushrooms

Prep Time: 5 Min Cook Time: 20 Min Total Time: 25 Min



SERVINGS: 4

## Nutritional Facts

Serving Size: 6 oz. chicken and 1/2 cup mushrooms

### Amount Per Serving

Calories 215

Calories from Fat 36

% Daily Value \*

<b>Total Fat</b> 5g	6%
Saturated Fat 0g	2%
<b>Monounsaturated Fat</b> 0g	0%
<b>Polyunsaturated Fat</b> 0g	0%
<b>Cholesterol</b> 74mg	24%
Sodium 69mg	3%
<b>Total Carbohydrate</b> 4g	1%
Dietary Fiber 1g	3%
Sugars 3g	

**Protein 34g**

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

## Ingredients

- 1.33 lbs boneless skinless chicken breasts
- 2 tsp olive oil
- 8 oz mushrooms, sliced
- 2 garlic cloves, minced
- 1/2 cup low sodium chicken broth
- 2.5 tbsp balsamic vinegar
- 1/2 tsp thyme
- Salt and pepper
- 1 tbsp parsley, chopped

## Directions

- 1 Season the chicken with salt and pepper. Heat the olive oil over medium high heat. Add the chicken and sear on both sides until golden brown, about 2-3 minutes. Remove the chicken and set aside.
- 2 Add the garlic and mushrooms to the skillet and cook for 3-4 minutes until mushrooms begin to soften. Add the chicken broth, balsamic vinegar, and thyme to the skillet. Stir and scrape any browned bits off the bottom of the pan.
- 3 Add the chicken and let simmer for 10-15 minutes on low heat or until the chicken is fully cooked.

## Notes

