

Jane Maksoud's RN

Chicken Fricassee

Makes 4 servings.

Per serving: 225 Calories

Estimated cost per serving \$8.00

Ingredients

3 tsp. Safflower oil, divided
1 leek, trimmed and sliced
8 oz. sliced white mushrooms
2 cloves garlic, minced
¼ cup whole wheat pastry flour or white whole wheat flour
4- 4 oz. boneless, skinless chicken breasts
1 ¼ cup low sodium chicken broth
3 Tbsp. fresh tarragon, chopped and divided
1 tsp. white wine vinegar or lemon juice
Salt and pepper to taste

Preparation

Heat 1 tsp. oil in a 12-inch nonstick skillet on medium-high. Add leek and mushrooms, stirring occasionally, until liquid released from vegetables has evaporated. Reduce heat to medium-low. Add garlic and cook until mushrooms are lightly browned, about 2 minutes. Remove from heat, transfer mixture to a bowl and set aside. Wipe skillet with paper towel.

Add flour to a shallow bowl. Pat chicken dry with paper towel and season both sides with salt and pepper. Add remaining 2 Tsp. oil to skillet and heat on medium-high. Thoroughly coat chicken breasts with flour and place directly in skillet. Cook until lightly browned, about 3 minutes per side, then add broth and 2 Tbsp. tarragon. When liquid bubbles, reduce heat and simmer for 3 minutes. Turn chicken and simmer until cooked through, 3 to 4 more minutes. Transfer chicken to each of 4 plates.

With broth still simmering, return mushroom mixture to skillet. Simmer for 2 to 3 minutes to allow flavors to meld. Stir in vinegar and remove skillet from heat. Spoon mushroom mixture and broth over chicken breasts, dividing evenly. Sprinkle with remaining 1 Tbsp. tarragon and serve.

****Health tip: This recipe cuts back on fat by using chicken breast vs. the dark meat***

****Adapted from <https://www.cleaneatingmag.com>***