

CREAMY CHICKEN CUTLETS

Lightly floured chicken cutlets are pan fried in oil until golden in color before being added to a creamy mushroom sauce. Lightly simmer and add fresh or canned mushrooms to enhance the flavor. Make it as-is with this base recipe or dress it up by serving over brown rice! Pairs well with steamed broccoli for a nutrient-dense dinner that is ready in 30 minutes.

Yield: 6 servings

Ingredients:

- ½ c **flour**
- **Salt and pepper**, to taste
- 2 - 4 Tbsp **vegetable oil**
- 6 unbreaded **chicken fillets** (cutlets or chicken breast sliced ½" thick)
- 2, 10.5 oz cans low sodium **cream of mushroom soup**
- ½ cup **water**
- 1 cup mushrooms*

Instructions:

1. Preheat the oven to 350°F. Coat a 9×13-inch baking dish with non-stick cooking spray and set aside.
2. Combine flour, salt, and pepper and place on a plate. Dredge each chicken fillet into flour mixture, ensuring both side of each fillet are coated. Place on clean plate.
3. Warm oil in large skillet over medium heat. Sauté chicken in vegetable oil over medium heat until golden on both sides. Work in batches, if needed, so as not to overcrowd the skillet. Place cooked chicken in prepared baking dish.
4. Combine soup, water, and mushrooms in bowl, then pour the mixture over chicken.
5. Bake for 45 minutes or until chicken is no longer pink in color. Serve while warm.

*Mushrooms can be canned or fresh. If using canned, gently drain and rinse mushrooms. If using fresh, use a damp paper towel to wipe each mushroom clean. You may slice them or leave them whole.

Chef's Note: For a well-balanced meal, serve this dish over cooked, brown rice with a side of steamed broccoli.

Per Serving: Calories 157, Carbohydrates, 14g, Protein 8.9g, Saturated Fat 2.2g, Sodium 1007.1mg, Fiber 0.9g, Sugars 0.6g
This recipe was adapted from www.littlesunnykitchen.com

