

Balsamic Mushroom Chicken

4 skinless, boneless chicken breast halves, about 6 oz each

2 Tbsp flour

1/4 tsp salt

2 tsp oil

8 oz assorted or white mushrooms, sliced

1/3 cup finely diced red onion

1/2 cup chicken broth

2 sliced cloves garlic

1 Tbsp balsamic vinegar

1/4 tsp dried thyme

1 Tbsp butter

Mix flour and salt in a plastic fo...od bag. Add chicken and shake to coat. Heat oil in a large nonstick skillet over medium high heat, add chicken. Cook, turning once, 6 minutes or until golden and meat is opaque at center. Remove to a serving plate. Add mushrooms and onion to skillet and saute 4 minutes or until lightly browned. Remove to a bowl. Put broth, garlic, vinegar and thyme in skillet. Bring to a boil, reduce heat and simmer 4 minutes to thicken slightly and blend flavors. Add mushrooms and onions. Stir in butter until melted. Return chicken and any juices to skillet. Spoon mushrooms with sauce over chicken. Makes 4 servings @ 4 points

