



*Simple,  
Seasonal,  
Sustainable*

## Recipe of the Week

# ***Balsamic Chicken with Mushrooms***

### **Ingredients:**

- 1 pound boneless, skinless, chicken breasts
- 1 tablespoon olive oil
- 1/4 cup flour
- 1 tablespoon trans-fat free margarine
- 10 ounces sliced mushrooms
- 1/4 teaspoon ground black pepper.
- 1/3 cup balsamic vinegar
- 1/2 cup fat-free, less sodium chicken broth

### **Directions:**

1. Place the chicken breast in a plastic bag and pound thin with a mallet.
2. Heat olive oil over medium-high heat in a skillet.
3. Dredge the chicken in flour and coat it on both sides. Add the chicken to the pan and sauté 5 minutes per side. Remove the chicken from the pan and set aside.
4. Melt the margarine in the pan. Add the mushrooms and pepper and cook for 5 minutes. Add the balsamic vinegar to the pan and bring it to a boil to reduce the liquid.
5. Add the chicken broth to the pan and simmer 2 more minutes. Add the chicken breast back to the pan and simmer for 5 minutes.

Serves 4

*Nutrition: 240 calories, 9 g fat, 1.9 g saturated fat, 12 g carbohydrate, 1 g fiber, 27 g protein, 150 mg sodium*

*Source: American Diabetes Association*

*healthy*  
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