

# 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 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 saute 5 minutes per side. Remove the chicken from the pan and set aside.
4. Melt margarine in pan. Add mushrooms and pepper and cook for 5 minutes. Add balsamic vinegar to pan and bring it to a boil to reduce liquid.
5. Add chicken broth to pan and simmer 2 more minutes. Add chicken breast back to pan and simmer for 5 minutes.

**Nutrition Facts:** Serving Size: 1 chicken breast with mushrooms; Total Calories: 240; Total Carbohydrate: 12g; Protein: 27g; Total Fat: 9g; Saturated Fat: 1.9g; Sugars: 4g; Dietary Fiber: 1g; Cholesterol: 65mg; Sodium: 150 mg; Potassium: 480 mg