



Cornell Health & Nutrition Balanced Choices for Life

Recipes

DINNER: Chicken with Mushroom-Chardonnay Sauce

Serves 4

Ingredients

- 4 boneless, skinless chicken breasts (3oz each)
- 1 teaspoon salt (divided)
- ½ teaspoon freshly ground pepper
- 2 tablespoons of butter (divided)
- 3 shallots, sliced
- 1-1/2 cups coarsely chopped mushrooms of your choice such as morels, chanterelles or button
- 1 tablespoon fresh thyme, minced (or 1 teaspoon dried thyme)
- ¼ cup chardonnay
- 1 cup chicken broth

Directions

1. Season the chicken with ½ teaspoon of salt and the pepper.
2. Heat 1 tablespoon of butter in a large skillet over medium high heat; add the chicken. Cook until browned on one side, 3 minutes. Turn and cook until browned on the other side, about 3 minutes. Lower heat to medium-low; cover pan and cook until chicken is almost cooked through, 5 – 8 minutes. Remove chicken to plate; cover lightly with foil.
3. Add shallots to skillet; cook over medium high heat, stirring, until softened, about 3 minutes.
4. Add mushrooms and thyme; cook, stirring, until mushrooms are slightly browned, about 4-5 minutes.
5. Add the wine; cook, stirring up browned bits, until reduced by half, about 2 minutes.
6. Add chicken broth; cook, stirring often, until reduce by half, about 5 minutes. Season with the remaining ½ teaspoon of salt or to taste.
7. Return chicken and juices to skillet; heat 1 minute.
8. Remove skillet from heat; add the remaining 1 tablespoon of butter. When melted, stir into sauce.

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