



**RELAX! ... IT'S JUST DINNER.**

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## **Creamy Mushroom Chicken**

**Serves: 4**

**Cook Time:** 25 minutes

**Shopping list:**

- 1 pound boneless skinless chicken breasts
- 1 TBS olive oil
- 10 oz mushroom slices
- 1 cup chopped onion
- 1/4 tsp salt
- 1/2 cup light or fat free sour cream
- 1/4 cup water

***Recipe:***

1. In skillet sear chicken until golden on each side.
2. In same pan add the mushrooms, onion, and a little more olive oil.
3. Cook until golden and tender.
4. Reduce heat to low and add light or fat free sour cream and water.
5. Add chicken cook until hot and enjoy!