

Chicken Stroganoff Pasta

Serving Size: 4

Ingredients:

Cooking spray

2 teaspoons crushed sage (dried is fine, but fresh is lovely)

1 ½ t kosher salt

1/2 teaspoon black pepper

8 ounces portabella mushrooms (get the sliced ones and make your life easy!)

1/4 cup flour

1 teaspoon paprika

1 lb. boneless skinless chicken breasts or chicken tenders

1/2 tablespoon olive oil

1/2 cup fat free less sodium chicken broth

2 tablespoons sherry

1 cup fat free sour cream

1 tablespoon all purpose flour

8 ounces cooked wide egg noodles (hot)

Garnish – ¼ c chopped fresh parsley



Directions:

1. Heat large pan over medium high heat and then spray with cooking spray add onion and cook until translucent (about 5 minutes)
2. add sage, salt, pepper, mushrooms and cook about 5 minutes more (until mushrooms start to brown)
3. put mixture in a bowl and set aside
4. put flour and paprika in a shallow dish cut chicken into ¼ inch strips – dip chicken in flour mixture, cover completely and then shake off the extra
5. Heat oil in a pan over medium high heat – add chicken and cook until done – about 4 minutes put chicken aside in same bowl as mushrooms
6. Add broth and sherry to the pan and scrape up any bits, bring to a simmer and reduce heat to low
7. place sour cream in a small bowl and mix in 1 T flour – stir with a whisk or fork

8. add sour cream mixture to broth and sherry add remaining salt into broth

9. add chicken and mushrooms – cook until heated through out

Servings: 4

Calories per serving: 313

Total fat: 4.2 g

Cholesterol 85 mg

Total Carbs: 34 g

Dietary Fiber: 2 g

Protein: 32 g