

Fabulous Food

Chicken And Mushrooms: Delightfully Low In Carbs



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Mushrooms give this low-carb chicken dish satisfying flavor.

(NAPSA)—Sticking to a low-carb diet is easy when dishes like chicken breasts with a lively mushroom marinara sauce are on the dinner menu. This 30-minute recipe is adapted from “Low-Carb Italian Cooking,” by Francis Anthony, better known as the “Love Chef.” “I love cooking with fresh mushrooms,” says Anthony. “They’re very low in carbs and calories and their rich flavor and meaty texture make any dish taste special.” Mushrooms are also a source of heart-healthy potassium, and selenium, a nutrient that has been shown to help prevent some forms of cancer.

CHICKEN PIZZAIOLO

- 4 (6 to 8 ounces each)
boneless chicken breasts
- ½ teaspoon salt
- ¼ teaspoon ground black
pepper
- 3 tablespoons olive oil,
divided
- 8 ounces fresh white
mushrooms, sliced (about
3 cups)
- 1 medium yellow onion,
diced (about ¼ cups)

- ½ cup white wine
- 1 (14-ounce) jar prepared
marinara sauce

Season chicken with salt and pepper. In a large skillet, over medium-high heat, heat 2 tablespoons of the olive oil. Cook chicken until brown on both sides and center is no longer pink, about 10 minutes; transfer to a platter and cover to keep warm. To the skillet, add the remaining 1 tablespoon oil. Add mushrooms and onions; cook and stir until tender and lightly browned, about 8 minutes. Stir in wine and marinara sauce. Cook uncovered, until slightly thickened, about 5 minutes. Pour sauce over chicken. Garnish with chopped Italian parsley, if desired.

YIELD: 4 portions

For more diet recipes, send your request to: Low-carb Mushrooms, 35 East 21 Street, 10th Floor, New York, NY 10010 or e-mail: L-N@mushroominfo.com. Visit www.mushroominfo.com for mushroom recipes and information.