

This is one of those all-time great fallback chicken recipes: so easy, you'll want to make it all the time, but with enough classy ingredients to make it perfect for company. Instead of sautéing the vegetables and chicken in butter, I use heart-healthier canola oil – and bump up the veggies to make sure I'm not missing out on any flavor.



Chicken Georgia *in a new light*

Adapted from Paula's original Chicken Georgia recipe

Makes: 4 servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Difficulty: Easy

3 teaspoons canola oil, divided

1 (8-ounce) package mushrooms, sliced

1/4 cup shallots (2 large shallots), minced

4 (4-ounce) skinless boneless chicken breasts

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

1/4 cup (1 ounce) shredded part-skim mozzarella cheese

1 tablespoon freshly grated Parmesan cheese

Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add mushrooms and shallots and cook, stirring until tender and lightly browned, about 8 minutes. Transfer mushroom mixture to a bowl and keep warm.

Sprinkle chicken with salt and pepper. Add remaining 1 teaspoon of oil to the skillet over medium-high heat. Add chicken and cook until browned, about 4 minutes per side. Spoon the mushroom mixture over the chicken. Sprinkle with mozzarella and Parmesan cheese. Cover and cook, over medium heat, until cheese is melted, 3-4 minutes.

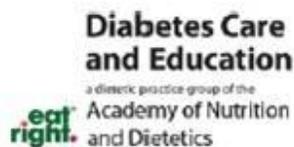
Per serving (1 breast with 1/2 cup mushrooms): 200 calories, 7 g fat (1.5 g saturated, 0 g trans), 70 mg cholesterol, 280 mg sodium, 4 g carbohydrate, 1 g fiber, 30 g protein.

Making it lighter

- Switched from butter to canola oil, and from full-fat mozzarella to reduced-fat, saving oodles of saturated fat.
- Using less cheese also significantly reduced sodium.

What's the difference?

Chicken Georgia in a new light cuts out 180 calories, 14 g fat, 10.5 g saturated fat, 80 mg cholesterol, and 220 mg sodium from the original.



Material reviewed by Diabetes Care and Education, a dietetic practice group of the Academy of Nutrition and Dietetics

A good balance of the right foods, along with regular exercise and your prescribed medications, can help you feel better and stay healthier. As with any meal, remember to pay attention to portion size and enjoy every dish as part of your overall meal plan. You may need more or less carbohydrates each day depending on how you manage your diabetes. Work with your health care team to determine a meal plan that works for you.