

Mushroom and Chicken Stroganoff

INGREDIENTS

- » Nonstick vegetable cooking spray
- » 2 tsp vegetable oil, divided
- » 1 lb chicken breast, boneless, skinned, cut into 1/2" strips
- » 5 green onions, chopped
- » 3 cups mushrooms, sliced
- » 1/2 cup white cooking wine
- » 1/3 (6-oz) can tomato paste
- » 1 cup low-fat sour cream
- » 1/4 tsp salt
- » 1/4 tsp pepper
- » 8 oz linguine noodles, cooked according to package directions without salt or fat

Nutritional Content

Per Serving

Calories	467 cal	Cholesterol	86mg
Protein	37g	Sodium	674mg
Carbohydrate	49g	Calories from Fat	19%
Fat	10g	Fiber	5g
Saturated Fat	4g		

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INSTRUCTIONS

In a large skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add 1 tsp vegetable oil. When hot, add chicken and cook, stirring 3 to 4 minutes until no longer pink. Remove chicken; set aside. In the same skillet, add 1 tsp vegetable oil, green onions, and mushrooms. Cook 3 to 4 minutes. Mix wine and tomato paste and add to skillet. Cook until sauce is slightly reduced and thickened. Add chicken back to the skillet, stirring until chicken is tender and cooked through. Lower heat to simmer and stir in sour cream, salt, and pepper. Heat thoroughly. Serve over linguine noodles. Serves 4.