

## Mushroom and Chicken Stroganoff

## INGREDIENTS

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

### Nutritional Content

Per Serving

Calories	470 cal	Cholesterol	86mg
Protein	37g	Sodium	848mg
Carbohydrate	49g	Calories from Fat	19%
Fat	10g	Fiber	5g
Saturated Fat	4g		

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## INSTRUCTIONS

In a skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add 1/2 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 green onions and mushrooms. Cook 3 to 4 minutes. Mix wine and tomato paste and add to skillet. Add chicken back to the skillet. Lower heat to simmer and stir in sour cream, salt, and pepper. Heat thoroughly. Serve over linguine noodles. Serves 1.

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