

Brad's Mom's Chicken with a Mushroom White Wine Sauce

Serves 3

Brad Levy likes to serve this with roasted cauliflower and farro, to make a complete meal.

Olive oil

5 cremini mushrooms, quartered

Kosher salt

2 boneless skinless chicken breasts (about 1 pound)

Freshly ground pepper

$\frac{3}{4}$ cup all-purpose flour for dredging

$\frac{3}{4}$ cup white wine

$\frac{3}{4}$ cup chicken stock

Instructions: Heat 1 $\frac{1}{2}$ tablespoons olive oil until shimmering in a saute pan. Add mushrooms and $\frac{1}{2}$ teaspoon salt, and saute until cooked, about 4-5 minutes. Set aside. Trim away any fat and cut each breast into three medallions. Place a piece of plastic wrap on top of the medallions and gently pound with a rolling pin or meat mallet until they are about $\frac{1}{4}$ -inch thick. Season medallions with kosher salt and pepper.

Put flour in a wide shallow bowl or plate. Dredge each medallion in flour, shake off excess flour and set aside. In a large saute pan, heat 3 tablespoons olive oil over high heat. When oil shimmers, add medallions one by one, until the pan is full. It is OK if the chicken pieces bump up against each other. When golden brown (about 3-4 minutes), turn chicken over and cook the second side for another 3-4 minutes. Remove chicken to a plate lined with paper towels. In the same pan, add wine and heat over high heat, scraping off any brown bits stuck to the pan. Reduce wine until almost gone. Add chicken stock and reduce by almost half. Add mushrooms and cook until warmed through. Add chicken back to pan and turn over in sauce. Turn down the heat and simmer for about 4-5 minutes so that the flour from the coating thickens the sauce.

Serve family-style.

Per serving: 420 calories, 34 g protein, 6 g carbohydrate, 24 g fat (4 g saturated), 84 mg cholesterol, 90 mg sodium, 1 g fiber.