

Chicken and Mushroom Provencal



Makes:

4 servings

Utensil:

Saladmaster Food Processor
12" Chef's Gourmet Skillet
small mixing bowl
medium mixing bowl

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Recipe:

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Dressing

3 tablespoons

olive oil

(45

mL)

3 tablespoons

white wine vinegar

(45

mL)

1 tablespoon

mayonnaise, fat-free

(15

mL)

1 teaspoon

tarragon

(5

mL)

1 teaspoon

salt

(5

mL)

$\frac{1}{4}$ teaspoon

black pepper

(1.25

mL)

Entrée

12

ounces

chicken breast, boneless and skinless, cut into $\frac{1}{2}$ -inch strips (340 g)

2

cups baby carrots (100 g) 1

pound mushrooms, quartered or sliced, using Cone #4 (454 g) $\frac{1}{4}$ 1 $\frac{1}{2}$

salt and pepper to taste cup white wine or chicken stock (60 mL)

cups cucumber, quartered, seeded, sliced, use Cone (156 g)

#4

Butter, Boston or bibb
lettuce

Directions:

1. Place all dressing ingredients in small bowl and whisk to blend thoroughly. Set aside until serving.
2. Preheat skillet over medium heat. When several drops of water sprinkled on skillet skitter and dissipate place chicken and carrots in pan. Stir and cook for approximately 2 minutes.
3. Add mushrooms to skillet and cook another 2 minutes. Salt and pepper to taste.
4. Stir in wine or stock and cook for another 1 minute. Using slotted spoon remove chicken and vegetable mixture to serving bowl and set aside.
5. In same skillet, over medium heat, cook remaining juices until reduced to about 1 tablespoon, approximately 3 minutes. Pour carrots and mushrooms over chicken and cook for about 5 minutes.
6. Before serving, add cucumber and salad dressing. Toss to coat.
7. Spread lettuce leaves on a serving plate and place chicken in middle of lettuce and serve.

Tips:

- To make cucumber look fancier, before cutting take a potato peeler and make one peel slice down 4 sides of the cucumber. Then cut lengthwise in quarters and scoop out seeds before slicing. Or another technique, take a fork and run the fork tongs lengthwise down the cucumber in consecutive rows before quartering and scooping out seeds.

Nutritional Information per

▼ Serving

Calories: 285
Total Fat: 15g
Saturated Fat: 2g
Cholesterol: 60mg
Sodium: 728mg
Total 14g
Carbs:
Dietary Fiber: 4g
Sugar: 6g
Protein: 23g