

GERD DIET

Chicken Stroganoff

2 boneless, skinless chicken breast
¼ tsp, kosher salt
Freshly ground black pepper
2 tbs. extra virgin olive oil, divided
½ lb. button mushrooms, sliced
½ cup finely chopped onion
½ cup fat free half and half
2 tbs. country Dijon mustard

Step 1:

Put chicken in a zip bag and pound with a mallet to ½ inch thickness. Season chicken with salt and pepper. In a large non stick pan, heat 1 tbs. oil over medium heat until shimmering. Sauté chicken until browned about 4 minutes. Turn chicken over and sauté until cooked through 3 to 4 mins. Remove from pan to a serving plate and keep warm.

Step 2:

Add remaining 1 tbs. oil to pan. Stir in mushrooms and onions and cook until lightly browned, 2-3 minutes. Remove from heat and stir in half and half and mustard. Serve sauce over chicken.

Serves 2