



Kerr Street Mission
Oakville's Mission of Hope

Creamy Broccoli and Mushroom Chicken

Yield: 4 Servings

Recipe by: Skylar McCallum

Ingredients:

- 1 ½ pound of chicken breast
- Salt and Pepper to taste
- 1 tablespoon oil
- 1 tablespoon butter
- 2 cups of broccoli florets cut into 1-inch pieces
- 4 ounces mushrooms sliced
- ½ teaspoon garlic minced
- 1 ¼ half and half cream (or cream of mushroom soup)
- 1/3 cup of parmesan cheese (optional)
- 4 servings of rice or pasta (prepared according to package directions)

Directions:

1. Heat oil in a large pan over medium high heat.
2. Season chicken with salt and pepper on both sides
3. Place in heated pan and cook 3 to 4 minutes per side until cooked through.
4. Remove chicken from pan
5. Melt the butter in the same pan and add the broccoli and mushrooms. Saute until the broccoli is almost tender. Add garlic and cook for another 30 seconds
6. Pour the cream (or can of cream soup) into the pan and bring to a simmer while stirring. Continue to stir and cook until slightly thickened. Stir in the cheese (optional) and season with salt and pepper.
7. Add the chicken back into the pan and stir everything together. Serve over your choice of rice or pasta.

Nutrition

Calories: 403kcal | Carbohydrates: 7g | Protein: 43g | Fat: 21g | Saturated Fat: 9g
Cholesterol: 150mg | Sodium: 403mg | Potassium: 961mg | Fiber: 1g | Sugar: 1g
Vitamin A: 755IU | Vitamin C: 43.9mg | Calcium: 208mg | Iron: 1.2mg