



Braised Chicken Thighs with Mushroom

This Recipe Serves 4

Ingredients

- 1 tablespoon olive oil
- 1 pound boneless, skinless chicken thighs
- 1 teaspoon trans-fat free margarine
- ½ onion, finely diced
- 8 ounce package sliced mushrooms
- 3 tablespoons balsamic vinegar
- 1½ cup low sodium, fat free chicken broth

1. Heat oil in a large Dutch oven over medium-high heat.
2. Add chicken thighs and sauté for 3 minutes per side. Remove from pan and set aside.
3. Add margarine to pan and melt. Add onion and sauté for 2 minutes. Add mushrooms and sauté for 3-5 minutes until liquid is released; stirring frequently.
4. Add balsamic vinegar to pan and cook with mushrooms for 1 minute. Add chicken thighs back to pan and place mushrooms on top of chicken. Pour chicken broth into pan.
5. Bring the chicken broth to a boil. Reduce the heat to medium-low, cover the pan with a heavy, tight-fitting lid, and simmer for 25 minutes.

Side Suggestion: Heat up your favorite frozen vegetable medley and serve alongside chicken. You could also add ½ cup brown rice to your meal.

Make It Gluten-Free: Confirm all ingredients are gluten-free and this recipe can be made gluten-free.