

Low-Point Chicken Cutlets with Tarragon-Mushroom Sauce

Ingredients:

- 2 cups chicken broth
- 1 carrot, sliced thin
- 1/4 cup onion, diced
- 2 garlic cloves, diced
- 1 bay leaf
- 4, 6 oz. skinless, boneless chicken breasts
- salt and pepper to taste
- 4 Tbs flour, divided
- 1 Tbs olive oil, divided
- 1 Tbs Land O Lakes Light Butter with Canola Oil, divided
- 1 cup quartered mushrooms
- 1 Tbs fresh tarragon

Place the first 5 ingredients in a saucepan; bring to a boil. Cook 6 minutes or until reduced to about 1 1/4 cups. Remove bay leaf with a spoon and discard. Remove sauce pan from heat and set aside.

Cut chicken breasts in half horizontally to form 8 cutlets. Sprinkle with salt and pepper. Place 3 Tbs flour in a shallow bowl and dredge chicken in flour. Heat a large skillet over medium-high heat. Add 1/2 Tbs olive oil and 1 1/2 tsp. butter to pan; swirl until butter melts. Add 4 cutlets to pan, cook 2 minutes on each side or until golden brown. Remove from pan and keep warm. Repeat procedure with remaining 1/2 Tbs olive oil and 1 1/2 tsp. butter, and 4 cutlets.

Return skillet to medium-high heat. Add mushrooms, cook 5 minutes or until browned, stirring occasionally. Add stock mixture, bring to boil, scraping pan to loosen browned bits. Slowly sprinkle in remaining 1 Tbs of flour while whisking until mixture thickens. (If you feel it's too thick, you can add 1 to 2 Tbs. water). Add tarragon to mixture and spoon sauce over chicken and enjoy!

Total Servings - 4

Serving size - 1

Points per serving - 5

Points plus per serving - 5.7

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"If it is important to you, you will find a way." - Anonymous