

Chicken Cutlets with Mushrooms and Pearl Onions, Cooking Light

Serves 4 (serving size: 2 cutlets and about 3/4 cup mushroom mixture)

Ingredients

- 4 (6-ounce) skinless, boneless chicken breast halves (I used SAMS breasts cut into chunks)
- 1/2 teaspoon kosher salt, divided
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons all-purpose flour
- 3 tablespoons olive oil, divided
- 3/4 cup frozen pearl onions, thawed and drained (I used ones from a jar)
- 8 ounces quartered button mushrooms
- 2/3 cup brandy
- 1 cup unsalted chicken stock (such as Swanson)
- 2 teaspoons cornstarch
- 1 tablespoon butter
- 1 teaspoon fresh thyme leaves

Preparation

1. Cut each chicken breast half in half horizontally to form 8 cutlets. Heat a large skillet over medium-high heat. Sprinkle chicken evenly with 1/4 teaspoon salt and pepper. Place flour in a shallow dish; dredge chicken in flour, shaking off excess.
2. Add 1 tablespoon olive oil to pan; swirl to coat. Add 4 cutlets to pan; cook 2 minutes on each side or until done. Remove chicken from pan, and keep warm. Repeat procedure with 1 tablespoon olive oil and remaining 4 cutlets.
3. Add remaining 1 tablespoon oil to pan; swirl to coat. Add pearl onions and mushrooms; sauté 6 minutes or until browned. Remove pan from heat. Carefully add brandy to pan; return pan to medium-high heat, and bring mixture to a boil. Cook until liquid almost evaporates (about 2 minutes). Combine stock and cornstarch, stirring with a whisk until smooth. Add stock mixture to pan, stirring with a whisk; cook 2 minutes, stirring occasionally. Return chicken to pan; cook 1 minute. Remove from heat; stir in remaining 1/4 teaspoon salt, butter, and thyme.

Nutritional Information (Serves 4 (serving size: 2 cutlets and about 3/4 cup mushroom mixture))

Calories: 402
Fat: 17.7g
Saturated fat: 4.2g
Monounsaturated fat: 9.4g
Polyunsaturated fat: 2g
Protein: 39.9g
Carbohydrate: 9.2g
Fiber: 1.3g
Cholesterol: 116mg
Iron: 1.4mg
Sodium: 500mg
Calcium: 25mg