

Chicken and Mushrooms

3/4 cup chicken broth
1 1/2 tablespoons tomato paste
1/4 teaspoon ground black pepper
1/2 teaspoon dried oregano
1/8 teaspoon salt
1 clove garlic, minced
4 boneless, skinless chicken breasts, cut into 1/2
3 tablespoons dry bread crumbs
2 teaspoons olive oil
2 cups fresh sliced mushrooms

In a medium bowl, combine the broth, tomato paste, ground black pepper, oregano, salt and garlic. Mix well and set aside.

Coat chicken breast halves evenly in bread crumbs. Heat oil in a large skillet over medium high heat; then sauté coated chicken for 2 minutes per side, or until lightly browned. Add broth mixture and mushrooms; bring to a boil. Cover, reduce heat to low and simmer for 20 minutes. Remove chicken and set aside, covering to keep it warm. Bring broth mixture to a boil and cook for 4 minutes, or until reduced to desired thickness. Spoon sauce over the chicken and serve. Makes 4 servings.

Nutrition information per serving: 207 calories, 29 grams protein, 7 grams fat, 7 grams carbohydrate, 435 mg sodium.