

Stovetop Mushroom Chicken

Serves 4

4		boneless and skinned chicken breasts
½	cup	flour, all purpose
¼	tsp	Garlic Powder
¼	cup	margarine or butter (not spread water content too high)
¼	lb	button mushrooms (2 small cans work fine)
1 ½	cups	chicken broth
1	Tbs	corn starch
Dash		salt (1/8 teaspoon)
Dash		pepper (¼ teaspoon or less depending on taste)

Cut chicken breasts into medium size pieces (or slices are fine)

Mix salt, pepper, garlic powder and flour together in a bowl or shaker bag

Roll the chicken in the flour mixture to coat

Melt the margarine or butter in skillet

Brown the chicken in the margarine or butter until golden on each side

For fresh mushrooms add to the chicken and simmer for 5 minutes covered, for canned mushrooms simmering is not required

Mix the chicken broth and cornstarch together and add to the skillet with the chicken and mushrooms

Simmer for 10 – 20 minutes until the sauce is gravy consistency.

Serve over long grain rice or mashed potatoes along with your favorite vegetable such as baby carrots, snow peas, broccoli or green beans.