

Bacon & Mushroom Smothered Chicken Breasts

Genuine comfort food – without the carbs!

Ingredients

4 boneless, skinless chicken breasts
1 Tbls vegetable oil
2 tsp Italian seasoning
Salt & Pepper

Sauce

6 oz sliced white mushrooms
6 slices bacon, cooked & crumbled
2 cups half & half
Fresh thyme, snipped



Directions

1. Preheat the oven to 350 degrees.
2. Add vegetable oil to skillet and place over medium-high heat.
3. Wash chicken breasts and pat dry with paper towel.
4. Sprinkle each chicken breast with Italian seasoning and place in hot oil.
5. Cook for 5 minutes on each side or until lightly browned.
6. Spray 9x13 baking dish with cooking spray.
7. Remove chicken from skillet and place in baking dish. (Leave skillet over heat)
8. Bake at 350 for 20-25 minutes or until juices run clear.
9. While chicken is baking, add sliced mushrooms to the skillet and allow to caramelize.
10. Add crumbled bacon and half & half. Bring to a low boil and reduce to simmer.
11. Cook for 2-5 minutes or until sauce starts to thicken.
12. Remove chicken from oven and plate. Spoon cream sauce over each chicken breast to serve. Garnish with fresh snipped thyme.

Note: if using light half & half, you will need to adjust the nutritional information.

Makes 4 servings

Nutrition Facts:

Calories 365
Total Fat 19g
Total Carbohydrates 6.5g
Dietary Fiber 0g
Protein 45.5g