



## CHICKEN AND MUSHROOM STROGANOFF

Serves 4

4 boneless, skinless chicken breast halves  
2 tablespoons butter  
2 tablespoons all-purpose flour  
1 medium red onion, chopped  
8 ounces mushrooms, quartered  
1 to 1-1/2 cup chicken broth  
2 tablespoons prepared coarse-grain mustard  
1/2 cup sour cream  
3 tablespoons chopped fresh parsley  
2 cups cooked egg noodles

### PREPARATION

In large non-stick fry pan, melt butter over high heat. Place flour in pie pan; add chicken and turn to coat well. Place chicken in fry pan and cook, turning about 5 minutes to brown well on both sides. Stir in onions, mushrooms and any unused flour. Reduce heat to medium and cook, stirring, until onion is golden brown, about 5 minutes. In small bowl, whisk together chicken broth and mustard. Pour mixture into fry pan and stir. Bring to boil, reduce heat to simmer and cook about 5 minutes. Stir in sour cream and parsley and simmer for 2 additional minutes. Season with salt and pepper to taste and serve over egg noodles.