

# **Porcini Crusted Chicken Scaloppini**

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 20 minutes

Serves: 4

**CChints:** You can find dried porcini mushrooms in the produce section of most markets. They usually come in 1 ounce packages and since they are dried mushrooms, you can save the rest for another meal. These mushrooms have a unique woody flavor that makes this dish wonderful. When cooking with white wine, be sure to use one that you would drink with the meal like a nice Chardonnay or Pinto Grigio.



1/2 ounce dried porcini mushrooms, about 1/2 cup  
4 servings of whole grain or brown rice  
4 skinless, boneless chicken breasts, halved and pounded to 1/2 inch thick, instructions below  
Salt and pepper to taste  
1 tablespoon + 1 teaspoon olive oil, divided  
2 tablespoons minced shallots or sweet onions  
1 glove minced garlic, fresh or from a jar  
2 cups sliced portabella mushrooms  
1 cup sliced cremini mushrooms  
1/2 cup dry white wine  
1/2 cup fat-free, reduced sodium chicken broth  
1 tablespoon fresh oregano, diced or 1 teaspoon dry  
1-1/2 teaspoons fresh thyme or 1/4 teaspoon dry  
1 teaspoon fresh Rosemary or 1/4 teaspoon dry  
Side vegetable of your choice like asparagus, green beans or broccoli

Place dried mushrooms in a small food processor or other grinder. Process until the mushrooms are a fine powder.

The rice is a very important part of this dish and you want it to be done when the rest of this dish has finished cooking. Look at the cooking directions on your rice package and adjust your start time for the rice accordingly. The rice can take 5 to 25 minutes.

Rinse chicken, pat dry and lay on a plate. Roll out about 18 inches of plastic wrap on your work surface. You can leave each chicken breast whole or cut them in half before pounding. Lay a piece about 3 inches from one end of the plastic wrap and fold the other end over. With a flat surface meat mallet or heavy skillet, pound each piece about 1/2 inch thick and return it to the plate. When you are done, sprinkle all with half of the salt and pepper on both sides.

Turn the heat to medium under a large nonstick skillet with 1-1/2 teaspoons of the oil. Sprinkle all the chicken on both sides with salt, pepper and mushroom powder. When the pan is hot, put half the chicken in the skillet and cook for 2 minutes on each side until done and slightly browned. Remove the chicken from the pan and put in a container to keep them warm. Add another 1-1/2 teaspoons of oil to the pan and cook the rest of the chicken in the same way. Add to the other chicken to stay warm.

Do not wipe out the pan for the next step because we want the chicken flavors. Add the last teaspoon of oil along with the onions to the pan. Cook for 1 minute then add the garlic and

slowly stir in the wine. Use a wooden spoon for 1 minute to loosen the chicken bits from the pan. Slowly pour in the chicken broth and add the portabella and cremini mushrooms to the skillet. If you are using dry herbs, add them now but if you are using fresh, wait and add it at the end. Cover and stir occasionally for 4 minutes.

Check your rice and start the vegetables cooking that you are serving with this dish.

Remove the cover and now is the time to add the fresh herbs. With the cover removed let the liquid reduce and intensify for 3 minutes.

To serve, put a serving of rice on each plate along with a piece or 2 of chicken. Spoon the mushroom sauce mixture over both and serve with your vegetables.