

Easy Chicken Stroganoff

Ingredients:

Non stick cooking spray
20 oz boneless skinless chicken breasts,
cut into bite size strips
1 pound of sliced mushrooms
1 medium onion, thinly sliced
3 tablespoons all-purpose flour
½ teaspoon salt
¼ teaspoon pepper
1 cup reduced sodium chicken broth
½ cup plain Greek yogurt

Directions:

1. In 12-inch nonstick skillet, coat with cooking spray and bring to medium-high heat. Add chicken; cook 6 to 7 minutes, stirring occasionally, until chicken is no longer pink in center. Remove to plate.
2. Spray skillet with nonstick cooking spray, add mushrooms and onions; cook 5 to 6 minutes, stirring occasionally, until onions are tender. Stir in flour, salt and pepper.
3. Reduce heat to medium. Add chicken and broth; cook 3 to 4 minutes, stirring occasionally, until slightly thickened. Stir in Greek yogurt until well blended and heated through.

Nutrition Facts

Servings: 6

Amount per serving

Calories **232**

% Daily Value*

Total Fat 7.3g **9%**

Saturated Fat 1.9g **10%**

Cholesterol 85mg **28%**

Sodium 389mg **17%**

Total Carbohydrate 9.3g **3%**

Dietary Fiber 1.5g **5%**

Total Sugars 3.8g

Protein 31.8g