

Chicken with Mushrooms



Ingredients:

- 2 tablespoons olive oil
- 4 small chicken breasts, sliced in thin halves
- 1 medium onion, chopped
- 1 cup low fat Italian dressing
- 2 cups mushrooms, thinly sliced
- 1 can stewed tomatoes with liquid
- 1 and 1/2 cup mozzarella cheese, shredded

Directions:

1. Heat oil in a large skillet until hot.
2. Add onions and mushrooms and brown for about 5 minutes.
3. Add salt, pepper, oregano and stir.
4. Add tomatoes and stir.
5. Add dressing and stir.
6. Add chicken halves and cover.
7. Simmer on medium heat for about 15 minutes.
8. Once chicken is cooked, sprinkle with cheese and serve.

Servings: 4



Tarrant County Public Health
<http://health.tarrantcounty.com>