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Chicken Scallopini

Ingredients:

250 grams (about 1/2 pound) boneless, skinless chicken breast (thinly sliced)
1/4 cup brown rice flour
1/4 tsp salt
1/4 tsp pepper
1 1/2 tbsp olive oil
1 small onion, finely chopped
4 medium mushrooms, finely chopped
2 tbsp white balsamic vinegar
1/2 cup chicken stock

Directions:

1. Mix flour, salt, pepper together, in a shallow plate.
2. Dredge chicken in flour.
3. Heat 1/2 tbsp of olive oil in pan on medium. Brown chicken on both sides. Set aside.
4. Heat rest of olive oil in pan, add onions and mushrooms. Saute for about 10 minutes. Add balsamic vinegar cook for 5 minutes then add chicken stock.
5. Add chicken to stock mixture and cook until chicken is cooked through and sauce is thickened.

Note:

- Sauce can be pureed
- Buy thinly sliced chicken or make your own by buying chicken breast, slicing and pounding
- If you prefer, you can use veal instead of chicken