



Chicken with Portabella Mushrooms in White Wine

*2 lbs thin sliced chicken cutlets (Vila Meat in Caldwell)
flour
egg
salt and pepper to taste
1 cup white wine
portabella mushrooms sliced thin
½ teaspoon butter
fresh parsley to taste
chicken stock 1 ½ cup
olive oil cover bottom of pan
2 cloves garlic
1 whole shallot*

Dredge each cutlet in egg first then flour. Heat the olive oil and quickly sear them on each side to seal in the egg and flour. Lay them on a platter next to you. Brown the cutlets in olive oil, garlic and shallots making sure not to burn them. Add the sliced mushrooms, wait until they are tender and are mixed with the shallots, garlic and oil for a few minutes. Gradually add chicken stock. Add white wine and all other ingredients and let cook on a low flame tossing them until reduced and tender. Start adding the chicken cutlets back to the saucepan until they are white in color. Cover for 5 minutes with no flame. Serve on a platter and sprinkle with fresh parsley.

*Adrenaline Training
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