

CHICKEN STROGANOFF

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| 2 tbsp (25 mL) flour | 1 cup (250 mL) chopped onion |
| 1/4 tsp (1 mL) paprika | 1 can (10 oz/284 mL) chicken broth |
| 1/4 tsp (1 mL) salt | 2 tbsp (25 mL) Dijon mustard |
| 1/4 tsp (1 mL) freshly ground pepper | 1/2 cup (125 mL) light sour cream |
| 1 lb (0.5 kg) chicken breast fillets | 2 tbsp (25 mL) chopped fresh parsley |
| 2 tbsp (25 mL) butter | Hot cooked noodles |
| 2 cups (500 mL) quartered fresh mushrooms | |

Combine flour, paprika, salt and pepper in a plastic bag. Add chicken to flour mixture and toss to coat. Melt butter in a large frypan over medium heat. Add chicken and cook, turning once, until chicken is golden brown and cooked through, about 5 - 6 minutes per side. Transfer chicken to a plate. Add mushrooms and onion to frypan; saute until mushrooms are light golden and onion is tender. Stir in broth and mustard. Bring to a boil, scraping to loosen browned bits. Return chicken and any accumulated juices to frypan. Reduce heat and simmer, uncovered, stirring occasionally, until mixture is slightly thickened, about 5 minutes. Stir in sour cream. Cook, stirring, just until heated through, about 1 minute. Do not boil. Sprinkle with parsley. Serve over noodles. Serves 4.

Cook's Note: Chicken breast fillets are sometimes referred to as chicken tenders.