



## Chicken Georgia in a new light

Makes: 4 servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Difficulty: Easy

### Ingredients:

- 3 teaspoons canola oil, divided
- 1 (8-ounce) package mushrooms, sliced
- 1/4 cup shallots (2 large shallots), minced
- 4 (4-ounce) skinless boneless chicken breasts
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup (1 ounce) shredded part-skim mozzarella cheese
- 1 tablespoon freshly grated Parmesan cheese

### Directions:

Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add mushrooms and shallots and cook, stirring until tender and lightly browned, about 8 minutes. Transfer mushroom mixture to a bowl and keep warm.

Sprinkle chicken with salt and pepper. Add remaining 1 teaspoon of oil to the skillet over medium-high heat. Add chicken and cook until browned, about 4 minutes per side. Spoon the mushroom mixture over the chicken. Sprinkle with mozzarella and Parmesan cheese. Cover and cook, over medium heat, until cheese is melted, 3–4 minutes.

**Nutritional Information:** *Per serving (1 breast with 1/2 cup mushrooms): 200 calories, 7 g fat (1.5 g saturated, 0 g trans), 70 mg cholesterol, 280 mg sodium, 4 g carbohydrate, 1 g fiber, 30 g protein.*

Material reviewed by Diabetes Care and Education, a dietetic practice group of the Academy of Nutrition and Dietetics.

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and Education**  
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A good balance of the right foods, along with regular exercise and your prescribed medications, can help you feel better and stay healthier. As with any meal, remember to pay attention to portion size and enjoy every dish as part of your overall meal plan. Work with your health care team to determine a meal plan that works for you.