Chicken Breasts in Creamy Mushroom Sauce

Printable grocery list · Serves 4

PROTEIN

- [ ] 2 lbs boneless chicken cutlets

PRODUCE

- [ ] Fresh parsley (optional)

DAIRY

- [ ] 1/2 cup fat-free sour cream

CANNED & PANTRY

- [ ] 1 large can (or 2 small cans) sliced mushrooms
- [ ] 1/2 cup white cooking wine
- [ ] 1 tbsp canola oil
- [ ] 1 tbsp all-purpose flour
- [ ] 1 tsp Dijon mustard
- [ ] Vegetable cooking spray

SPICES

- [ ] 1/2 tsp ground sage
- [ ] Salt and pepper