

FREE SAMPLE RECIPE · HAWKINC KITCHEN

Chicken Thighs with Mushroom Gravy

Juicy chicken thighs topped with a savory mushroom-herb sauce, on the table in 30 minutes.

Makes 4 servings | Serving: 1 piece of chicken and 1/4 cup mushrooms | About $2.79 per serving | 10 min + 20 min | 9 g net carbs

Ingredients

- 1/4 cup plus 1 tablespoon white flour, divided
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 4 boneless, skinless chicken thighs
- 3/4 cup reduced sodium chicken broth
- 1/2 pound fresh mushrooms, sliced
- 1 teaspoon garlic powder
- 1 tablespoon fresh (or 1 teaspoon dried) herbs, chopped (basil, chives, oregano, parsley)

Method

1. Mix 1/4 cup flour with the salt and pepper and coat each chicken thigh.
2. Heat a large skillet over medium heat, coat with cooking spray and add the chicken. Cover and cook 5-6 minutes.
3. Turn the chicken, cover and cook 5-6 minutes more, to 165°F. Move to a plate.
4. Add the broth, mushrooms, garlic powder and herbs to the skillet. Cover and cook 5 minutes, stirring now and then.
5. Stir in the last tablespoon of flour and cook until thickened, about 2 minutes. Spoon over the chicken.

Swaps: Use chicken tenders (about 2 per serving) or fresh minced garlic instead of powder.

Storage: Refrigerate up to 3 days.

Nutrition Facts

Per serving (1 piece of chicken and 1/4 cup mushrooms)

Calories	**230**
Total Fat	6 g
Saturated Fat	1.5 g
Sodium	540 mg
Total Carbohydrate	10 g
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars	0 g
Protein	33 g
Calcium	20 mg
Iron	2 mg
Potassium	604 mg

Why it's good for you

- Chicken thighs supply protein and iron.[1]
- Mushrooms add flavor with very few carbs.[2]

[1] NIH Office of Dietary Supplements: Iron fact sheet, https://ods.od.nih.gov/factsheets/Iron-Consumer/ [2] Harvard T.H. Chan School of Public Health, The Nutrition Source: Vegetables and Fruits, https://nutritionsource.hsph.harvard.edu/what-should-you-eat/vegetables-and-fruits/

Recipe adapted from Iowa State University Extension and Outreach, Spend Smart. Eat Smart.: https://spendsmart.extension.iastate.edu/recipe/chicken-with-mushrooms/. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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