

DINNER

Chicken With Mushroom Sauce

5 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$3.85	607 kcal

You can never have too many main course recipes, so give Chicken With Mushroom Sauce a try. For \$3.85 per serving, this recipe covers 39% of your daily requirements of vitamins and minerals. One portion of this dish contains approximately 59g of protein, 23g of fat, and a total of 620 calories. This...

Ingredients

☐ 2 tablespoons capers	☐ 4 skinned and boned chicken breasts
☐ ½ cup chicken broth or water	☐ ¼ cup all-purpose flour
☐ 12 fresh mushrooms, sliced	☐ 3 tablespoons chopped fresh parsley
☐ 1 garlic clove, minced	☐ 4 green onions, chopped
☐ 1 cup Italian-seasoned breadcrumbs	☐ 2 tablespoons lemon juice
☐ 2 lemons, sliced	☐ ½ cup Marsala or white wine
☐ ½ cup milk	☐ 4 servings Olive oil
☐ ¼ teaspoon pepper	☐ 1½ teaspoons salt, divided

EQUIPMENT Frying pan, Paper towels, Plastic wrap, Rolling pin, Meat tenderizer

Method

- 1

Place chicken breasts between 2 sheets of heavy-duty plastic wrap; flatten to 1/2-inch thickness, using a meat mallet or rolling pin.

- 2 Sprinkle chicken evenly with 1/2 teaspoon salt.
- 3 Combine 1/4 cup flour, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a shallow dish; dredge chicken in flour mixture, shaking off excess. Dip chicken in milk; dredge in breadcrumbs.
- 4 Pour olive oil to a depth of 1/4 inch in a large skillet. Fry chicken, in batches, in hot oil over medium-high heat 5 to 6 minutes on each side.
- 5 Remove from skillet, and drain on paper towels, reserving 2 tablespoons drippings in pan.
- 6 Saut garlic in hot drippings 20 seconds; add mushrooms, and saut 3 minutes or until lightly browned.
- 7 Add green onions, parsley, and capers; saut 1 minute. Stir in chicken broth, next 3 ingredients, and remaining 1/2 teaspoon salt. Bring to a boil over medium-high heat, and cook, stirring constantly, 2 minutes or until slightly thickened.
- 8 Serve mushroom sauce over chicken.
- 9 Serve with spaghetti topped with tomato pasta sauce, if desired.

Nutrition per serving

607	57 g	23 g	38 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			4.3 g · 27% of daily needs
Fibre			4.4 g · 18% of daily needs
Sugar			6.7 g · 7% of daily needs
Sodium			1,776 mg · 77% of daily needs
Cholesterol			149 mg · 50% of daily needs
Vitamin C			43 mg · 52% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/chicken-with-mushroom-sauce-148176