Chicken Stroganoff
Cheap Fast and Healthy, March 28th

Ingredients:

- 4 ounces dried whole wheat or plain noodles
- 1 8-ounce carton light dairy sour cream
- 2 tablespoons all-purpose flour
- 1 tablespoon olive or canola oil
- 1 pound chicken breast tenderloin, cut into bite-size slices
- 8 ounces sliced fresh mushrooms
- 2 cups fresh broccoli florets
- 1-1/2 cups reduced-sodium chicken broth
- 1/2 teaspoon onion powder
- 1/4 teaspoon ground black pepper

Directions:

1. Cook noodles according to package directions. Drain; keep warm
2. In a small bowl stir together sour cream and flour; set aside.
3. Meanwhile, in large skillet heat oil over medium-high heat. Add chicken. Cook and stir for 4 to 5 minutes or until browned and no longer pink inside. Remove from skillet.
4. Add mushrooms to skillet. Cook and stir for 3 minutes.
5. Add broccoli. Cook and stir for 2 minutes more or until mushrooms are browned and tender and broccoli is crisp-tender.
6. Add broth, onion powder, and pepper to skillet. Bring to boiling.
7. Whisk in sour cream mixture. Cook and stir until thickened and bubbly. Cook and stir 1 minute more.
8. Stir chicken into mixture in skillet; heat through.
9. Serve chicken mixture with noodles.

Serving Size 4