

### **Chicken with Creamy Tarragon-Mushroom Sauce**

2 tsp oil  
4 boneless skinless chicken breasts  
1/4 tsp salt  
1/4 tsp pepper

#### **Mushroom Sauce**

1 tsp oil  
2 cups thinly sliced Cremini mushrooms  
1 clove of garlic minced  
1/4 cup dry white wine or water  
3 tbsp Greek yogourt, dairy-free yogourt or dairy-free cream cheese  
2 tsp Dijon mustard  
1 1/2 tsp chopped fresh tarragon or 3/4 tsp dried tarragon  
1/4 tsp salt  
1/8 tsp pepper

Heat oil, add chicken, sprinkle with salt and pepper. Cook turning occasionally until cooked through – about 8 to 10 min. Transfer to a plate and keep warm.

Add oil, mushrooms, and garlic to pan. Cook until mushrooms are soft about 5 min. Add wine and bring to a boil. Cook until wine is slightly reduced, about 3 min. Remove from heat and stir in yogourt, mustard, tarragon, 1/4 tsp of salt and 1/8 tsp pepper.

Serving size is 1 chicken breast and 1/4 cup of mushrooms sauce.