

Low Carb Smothered Chicken

If you make this for a woman there is a high probability you will be having sex later on.

Ingredients:

- 2 chicken breasts, boneless skinless, pounded flat if you can manage that.
- 1 can sliced mushrooms
- 1 medium onion chopped
- 2 slices of pepper jack cheese
- 2 tablespoons butter (i mean butter, not margarine, not I cant believe its not butter.)
- Teriyaki baste and glaze

1. spray frying pan with Pam, on medium high heat add onions and mushrooms.
2. Put the chicken breast on a George Foreman at same time.
3. Stir onions every few minutes, when onions are halfway done, ie looks like they are about to stick to the pan, add the butter and stir fry.
4. Cut into chicken to check for no pink.. when chicken is done, tear a slice of cheese in half and put onto the breasts.. this is why i use slices..shredded cheese will fall off. DO NOT CLOSE LID, this is just to melt the cheese..should be about 30seconds or so
5. When the cheese starts to melt, remove the breasts and put on plates, drizzle about a tablespoon of the teriyaki baste on each breast. don't overdue it, all the carbs are in the glaze. I salt / pepper / red pepper a little now.
6. Pour the onions / mushrooms over the breasts. i add a touch more of pepper on top of the onions.
7. Serve and await the compliments.



Substitute your favorite cheese if you dont like pepperjack. Each serving will have about 7carbs.. excellent for a meal.

Recipe by @mark_lexus on twitter and as seen on my blog [Smothered Chicken](#)