

## Spicy Chicken & Mushroom Sauté



### Trisha's Dishes

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This chicken entree is so delicious that you won't believe how good it is for you. It is easy to prepare and perfect for of any number of dinner guests.

**Servings:** 2

**Prep Time:** 5 minutes

**Cooking Time:** 30 minutes

#### Ingredients:

- 4 chicken tenderloins – **trim the fat**
- 2 tablespoons olive oil + 1 teaspoon – **\*go lite!**
- sea salt crystals
- black peppercorns
- 1 tablespoon minced garlic
- ½ onion chopped (approximately ¼ cup)
- ¼ to ½ teaspoon crushed red pepper flakes
- 4 ounces sliced mushrooms
- fresh spinach

**Note:** If you are using a chicken breast, pound lightly and tear into strips.

#### Instructions:

1. Heat olive oil in a large skillet.
2. Grind sea salt and peppercorns over both sides of chicken tenderloins.
3. Carefully place tenderloins in hot oil.
4. Reduce heat to medium and sauté for 10 to 15 minutes on each side, turning frequently until a golden brown.
5. Push the chicken to the back side of the pan. Tilt the pan so that the oil flows to the front side of the pan.
6. Sauté minced garlic, chopped onion and crushed red pepper flakes in oil for 5 minutes.
7. Turn chicken.
8. Push the sautéed spices toward to chicken. Tilt the pan so that the oil flows to the front side of the pan.
9. Add the sliced mushroom. Drizzle 1 teaspoon of olive oil over mushroom and sauté until tender.
10. Sauté or steam spinach.

**Tip:** Place spinach directly from bag into a microwaveable bowl, cover and cook on high for 2 to 3 minutes. Stir, drain and season lightly with salt and pepper. It's quick, easy and little clean up.

**\*look for products with fewer calories, less fat and less sodium**

**To Serve:** Place spinach on plate. Top with chicken. Stir together spices and mushrooms, spoon over chicken. Enjoy!