

**NO WINE,
NO PROBLEM**

Sub chicken broth and a splash of white vinegar.



**THREE HERB
CHICKEN AND
MUSHROOMS**

Adding herbs to the chicken and the pan sauce makes this recipe extra-delicious. Every bite is infused with flavor. Parsley, rosemary, and thyme make a nice trio, but it's all about using what you have on hand.

♥ Pin it! BHG.com/HerbChicken

WHAT YOU NEED

- 8 chicken thighs, skin on
- 2 Tbsp. snipped fresh rosemary
- 2 Tbsp. snipped fresh thyme
- 1 Tbsp. extra-virgin olive oil
- 8 oz. cremini or button mushrooms, quartered or halved
- 1 cup chicken broth
- ½ cup dry white wine
- 2 Tbsp. Dijon mustard
- 1 Tbsp. snipped fresh flat-leaf Italian parsley

1. Preheat oven to 400°F. Season chicken on both sides with *kosher salt*, *pepper*, 1 Tbsp. of the rosemary, and 1 Tbsp. of the thyme. In a large cast-iron or other oven-going skillet heat olive oil over medium heat. Add chicken, skin sides down; cook 5 to 7 minutes until browned on one side. Turn chicken pieces over. Transfer to oven. Bake 15 to 20 minutes or until chicken is done (170°F.)
2. Remove chicken from skillet; set aside. In the same skillet, cook and stir mushrooms over medium-high heat about 4 minutes. Add 1 Tbsp. *flour* to skillet, stirring to coat. Whisk in chicken broth, wine, and mustard. Cook and stir until thickened and bubbly; cook and stir 1 minute more. Remove skillet from heat. Add remaining 1 Tbsp. rosemary, remaining 1 Tbsp. thyme, and parsley. Serve mushrooms and sauce over chicken. Makes 4 servings.

EACH SERVING 246 cal, 9 g fat, 131 mg chol, 647 mg sodium, 5 g carbo, 1 g fiber, 29 g pro. ■