



Chicken Breast With Onions, Garlic, Ginger, Zucchini And More 'Shrooms Than A Pink Floyd Concert

This dish is a testament to the peril I will put myself in to make a dish for you all. My wife hates mushrooms... my wife hates ginger... this entree contains both, in large quantities. This dish uses thin sliced chicken breast in a thick, earthy, ginger garlic sauce. The chicken's pan seared, then tossed with sauteed onions, sliced zucchini... and loaded with so many mushrooms, you'll think you've gone back to the 70's to see the 'Spirit World'.

Servings Info.:

Yields: 6 cups
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 Serving Size: 1 cup



Ingredients:

Chicken:

- 1.5 pounds boneless skinless chicken breast, or chicken breast tenderloins, cut into thin slices.

Marinade:

- 1 Tbsp reduced sodium soy sauce
- 1 Tbsp white wine
- 1 tsp rice vinegar
- 1/2 tsp 0 point sweetener o' choice (I used lakanto monkfruit)
- 1/4 tsp baking soda, dissolved into 1 tsp water

Sauce:

- 5 Tbsp fat free chicken broth
- 1 Tbsp cornstarch, stirred into the broth, till dissolved
- 2 Tbsp **PLUS** 1 tsp low sodium soy sauce
- 1-1/2 tsp 'dark' soy sauce'
- 1 Tbsp **PLUS** 2 tsp oyster sauce
- 1 tsp sesame oil
- 1-1/2 tsp balsamic vinegar (see notes)
- 3 garlic cloves, crushed and minced
- 1 tsp ginger, finely chopped/minced

Additional Ingredients:

- 1 small onion, quartered and thin sliced (around 2 cups)
- 2 medium zucchini, sliced across, horizontally, then cut into half circles
- 16 oz sliced mushrooms, any variety you want. I'm not a mushroom snob. I bought pre-sliced, packaged mushrooms.
- 1 tsp toasted sesame seeds, for garnish

Directions:

1. Mix the chicken with the marinade, set aside for 30 minutes. In a separate bowl, mix the sauce, set aside.



2. **(A)** Slice/chop the onion, zucchini, ginger and garlic, set aside. **(B)** Heat a LARGE pan over medium-high heat for 1 minute, then add HALF of the chicken. Spread into a single layer, uncrowded. DO NOT MOVE THE CHICKEN! Let cook, unmoved, for 2-1/2 minutes.



3. **(A)** Flip chicken and cook 2-1/2 minutes on other side. Pour into a large bowl, then cook the 2nd half of the chicken in the same way. Set aside with the cooked chicken. **(B)** Spray pan with cooking spray, add onion and zucchini. Cook for 4-5 minutes.

4. Pour the cooked onions and zucchini into the same bowl as the cooked chicken. Return pan to heat.



5. **(A)** Add mushrooms to the pan, with 1 Tbsp water. Cover and let cook/steam for 2 minutes. Remove cover, add another 1 Tbsp water, cover with lid, cook 2 more minutes. **(B)** Stir the sauce, then pour into the pan, over the 'shrooms. It'll take 1-2 minutes, but let the sauce start simmering. Let cook for an additional minute, till the sauce begins to thicken. **(C)** Once the sauce is thick and coating the mushrooms, return the chicken and cooked vegetables to the pan. Toss to combine. **(D)** Cook the dish for an additional 2-3 minutes, or until the sauce has become very thick and all of the ingredients are well coated. Done. Garnish with up to 1 tsp toasted sesame seeds.

NOTES & SUGGESTIONS:

- **BALSAMIC VINEGAR?:** Traditional recipes call for 'chinese black vinegar'. I'm not going to make you guys order it for this one dish. Use balsamic vinegar, it'll work just fine.
- **WHITE WINE?:** Traditional recipes call for Chinese cooking wine, which is an extremely salty and dark rice wine. It's also pretty high in points, so we're doing a 0 point substitution. 1 Tbsp white wine with some rice vinegar. Just roll with it. Ya'know... be flowy, like Tai Chi.
- **ONIONS:** If you don't like onions, replace them with 2 additional cups of zucchini or any veggie you want. You do you, Boo.
- **DARK SOY SAUCE:** Yup, 'Sushi Chef'. I'm like a broken record.
- **WHAT IF I DON'T LIKE MUSHROOMS?:** Are you serious?... Pick a different dish... "No 'shrooms for'ju!"
- **TYPES OF MUSHROOMS:** Unlike most food bloggers and cookbook authors... I am NOT going to mandate that you use a certain type of mushrooms. You won't get "Buy 1lb of humanely harvested, organic Shitake mushrooms" from my recipes... use what you can get. For this dish, I bought the inexpensive, pre sliced 8oz packages of 'white mushrooms' at the grocery store. It still turned out fantastic.
- **LARGE FRYING PAN vs. WOK:** I'm using a large pan instead of a Wok, because most people don't have one. My recipes will always use common equipment in their preparations, to make the dishes as accessible as possible. Hence, why I also don't use an air fryer or grill. Not everyone has a grill, but everyone has an oven or toaster oven. Same with good ol' frying pans. Now, in the words of my Uncle... "Allez Cuisine!"
- **SERVINGS:** On both plans, 1 serving is 0 points, while you can have up to 4 servings for 1 point. Just because something is low in points doesn't mean you should gorge on it. Having 4 cups of this stuff iiiiiiisn't something I'd recommend.

