

Creamy Chicken Stroganoff



PREPARATION TIME
15 minutes



COOKING TIME
15 minutes



PERFECT PARTNER
popovers



Make a fabulous—yet simple—dinner with leftovers from this recipe. Mix sauce and noodles in a medium casserole; top with buttered bread crumbs. Bake in a 350°F oven for 20 minutes.

SHOPPING LIST

- chicken breasts • sour cream
- canned mushrooms
- green onions • tomato sauce
- egg noodles

ON HAND

- pepper • olive oil
- garlic powder

INGREDIENTS

- 4 skinless, boneless chicken breasts (4 ounces each)
- 1 tablespoon olive oil
- 1/2 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1 (29-ounce) can tomato sauce
- 1 (4-ounce) can sliced mushrooms, drained
- 1 1/2 cups low-fat sour cream
- 8 ounces egg noodles
- 1 bunch (about 6 to 8) green onions, sliced

SERVES **6**

COOKIN' *Express*

- Cutting off the tops of green onions is a breeze with kitchen scissors. Keep a pair of scissors handy in the utensil drawer.
- To quickly complete this meal, add your favorite frozen vegetable to the noodles during the last 3 minutes of cooking.

Make Ahead

Looking for a different hot-lunch item? Just make a double-batch of this delicious chicken recipe. Freeze in single-serve portions, then just pop in the microwave!

♦ VARIATION

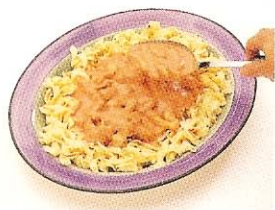
Thin strips of sirloin steak can replace the chicken for a hearty beef version. Proceed as recipe directs.

1 Pound chicken to 1/4-inch thickness. Cut into thin strips. Heat oil in a large skillet over medium heat. Add chicken; sauté for 5 minutes.



2 Sprinkle chicken with garlic powder and pepper. Stir in tomato sauce and mushrooms. Simmer over low heat for 4 minutes.

3 Remove skillet from heat. Add sour cream. Simmer over medium-low heat for about 5 minutes; do not boil. Meanwhile, cook noodles according to package directions.



4 Place hot noodles on serving platter. Spoon chicken mixture over noodles. Sprinkle with green onions. Serve immediately.