

Low-Point Champagne Chicken

Ingredients:

- 5, 4 oz. skinless, boneless chicken breasts
- 1 Tbs olive oil
- 1/4 cup flour, divided
- 1 tsp. salt
- 1/2 tsp. fresh ground pepper
- 1/2 tsp. garlic salt
- 1 cup champagne
- 1/3 cup half and half
- 1, 10.75 oz. can Campbell's cream of mushroom soup

Lightly dust chicken breasts with 2 Tbs of flour, salt, and pepper. In a large skillet, heat olive oil over medium-high heat and add chicken breasts. Once browned on both sides, add champagne, reduce heat to medium-low, and cook for 20 minutes. When chicken is tender, transfer to a platter. Add half and half, cream of mushroom soup, and remaining 2 Tbs flour to skillet and let cook for 5 minutes, stirring constantly, until heated through and slightly thickened. Pour sauce over chicken breasts and serve. Enjoy!

Total servings - 5

Serving size - 1

Points per serving - 6

Points plus per serving - 6.5

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"The only time you should ever look back, is to see how far you've come." - Anonymous