

Stovetop Tarragon Chicken



My oldest daughter can't get enough of the tarragon sauce. She uses biscuits to soak up every drip. My husband and I like it over mashed potatoes. —Tina Westover, La Mesa, California



Stovetop Tarragon Chicken Recipe photo by Taste of Home





Total Time

Prep: 10 min. Cook: 30 min.



Makes

4 servings

Ingredients

4 boneless skinless chicken breast halves (5 ounces each)

2 teaspoons paprika

1 tablespoon olive oil

1 package (10 ounces) julienned carrots

1/2 pound sliced fresh mushrooms

2 cans (10-3/4 ounces each) reduced-fat reduced-sodium condensed cream of chicken soup, undiluted

3 teaspoons dried tarragon

1 tablespoon lemon juice

3 small zucchini, thinly sliced

Directions

- 1 Sprinkle chicken with paprika. In a Dutch oven, heat oil over medium heat. Cook chicken 2 minutes on each side or until lightly browned; remove from pan.
- 2 Add carrots and mushrooms to same pan; cook, covered, 6-8 minutes or until carrots are crisp-tender, stirring occasionally.
- 3 In a small bowl, mix soup, tarragon and lemon juice until blended; pour over vegetables. Return chicken to pan. Bring to a boil; reduce heat to low. Cook, covered, 8 minutes. Top with zucchini; cook, covered, 6-8 minutes longer or until a thermometer inserted in chicken reads 165° and vegetables are tender.

Nutrition Facts

1 chicken breast with 1 cup vegetables: 345 calories, 11g fat (3g saturated fat), 85mg cholesterol, 649mg sodium, 28g carbohydrate (16g sugars, 5g fiber), 35g protein. **Diabetic Exchanges:** 4 lean meat, 2 vegetable, 1 starch, 1 fat.

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