

One-Skillet Chicken Paprikash with Mushrooms & Onions

Try this quick and easy one-skillet version of the Hungarian classic chicken paprikash. Serve the chicken cutlets, mushrooms and creamy sauce over egg noodles with a green salad on the side.

Total: 30 mins / **Servings:** 4

1 pound chicken cutlets
½ teaspoon salt, divided
¼ teaspoon ground pepper
2 tablespoons extra-virgin olive oil, divided
1 large onion, halved and sliced
8 ounces white mushrooms, sliced
4 teaspoons sweet paprika
¼ teaspoon crushed red pepper
½ cup low-sodium chicken broth
½ cup sour cream
Chopped parsley for garnish



Step 1

Sprinkle chicken with 1/4 teaspoon each salt and pepper. Heat 1 tablespoon oil in a large skillet over medium heat. Add the chicken and cook, turning once, until browned, about 6 minutes total. Transfer to a plate and cover to keep warm.

Step 2

Add the remaining 1 tablespoon oil and onion to the skillet. Cook, stirring, until the onion is mostly soft and lightly browned, about 5 minutes. Add mushrooms and cook, stirring, until cooked through, 4 to 5 minutes. Add paprika, crushed red pepper and the remaining 1/4 teaspoon salt; cook, stirring, for 1 minute. Whisk broth and sour cream in a small bowl; add to the pan. Bring to a simmer and cook, stirring, until the flavors have melded and the sauce has thickened, 2 to 3 minutes more. Add the chicken and cook through, approximately 1 to 2 minutes more. Garnish with parsley, if desired.

Per Serving:

282 calories; protein 28.5g; carbohydrates 8.3g; dietary fiber 1.6g; sugars 4.1g; fat 15g; saturated fat 4.1g; cholesterol 96.9mg; vitamin a iu 1322.5IU; vitamin c 3.7mg; folate 25.7mcg; calcium 48.7mg; iron 1.3mg; magnesium 42.7mg; potassium 779.6mg; sodium 365.1mg; thiamin 0.2mg.

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