

From Lisa's Kitchen: Chicken au Gratin

This very satisfying dish tastes like a high-calorie meal you'd get in a restaurant, but sneaky substitutions like low-sodium chicken stock and evaporated skim milk make it healthy.

Chicken au Gratin

Serves 4

3 tablespoons extra-virgin olive oil
1 pound mushrooms, cleaned and sliced
2 tablespoons fresh thyme leaves,
chopped
2 garlic cloves, chopped
4 boneless, skinless chicken breasts; cut
into bite-sized pieces
salt and freshly ground pepper

1 ½ cups frozen pearl onions, thawed
2 cups low-sodium chicken stock
½ cup evaporated skim milk
2 cups baby spinach leaves
zest of 1 lemon
¼ cup plain bread crumbs
½ cup grated Parmesan cheese
Olive oil spray

Heat a large skillet over medium-high heat with 1½ tablespoons of the oil. Add mushrooms and brown, about 4 minutes. Add thyme, garlic, chicken, salt, and pepper. Cook for 3 minutes. Add the onions and cook for 1 minute. Add the chicken stock and evaporated milk; cook for 5 minutes. Add the spinach leaves and lemon zest. Toss to combine and cook for 1 minute while you make the topping.

Preheat broiler. In a bowl, combine the bread crumbs and Parmesan cheese. Transfer the chicken mixture to a baking dish and evenly sprinkle the bread crumb mixture on top. Spray lightly with olive oil spray. Brown under broiler, about 1 – 3 minutes.