

# Best Barbecue Recipes: A Collection Of More Than 200 Taste-tempting Recipes



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**SANE Marvelous  
Mushroom Chicken**

10 min prep 30 min cook 8 servings

**SANEScore Per Serving**  
2 Whole-Food Fat  
1 Nutrient-Dense Protein

**Ingredients**  
8 chicken breast halves, boneless,  
skin-on

**Ingredients cont.**  
salt and ground black pepper  
to taste  
1/2 cup extra virgin coconut oil  
2 pounds fresh mushrooms,  
sliced 1/4 inch thick  
4 pinches salt  
2 cups water  
1/4 cup butter

- Preheat oven to 400 degrees F (200 degrees C).
- Season chicken on all sides with salt and ground black pepper.
- Heat extra virgin coconut oil over medium-high heat in an ovenproof skillet. Place chicken skin-side down in skillet and cook until browned, about 5 minutes.
- Turn chicken over; stir mushrooms with a pinch of salt into skillet. Increase heat to high; cook, stirring mushrooms occasionally, until mushrooms shrink slightly, about 5 minutes.
- Transfer skillet to the preheated oven and cook until chicken is no longer pink in the center and the juices run clear, 15 to 20 minutes. An instant-read thermometer inserted into the center should read 165 degrees F (74 degrees C). Transfer chicken breasts to a plate and loosely tent with foil; set aside.
- Set skillet on the stovetop over medium-high heat; cook and stir mushrooms until brown bits start to form on the bottom of the pan, about 5 minutes. Pour water into the skillet, and bring to a boil while scraping the browned bits off of the bottom of the pan. Cook until water is reduced by half, about 2 minutes. Remove from heat.
- Stir in any accumulated juices from the chicken into the skillet. Stir butter into mushroom mixture, stirring constantly until butter is completely melted and incorporated.
- Season with salt and pepper. Spoon mushroom sauce over chicken and serve.

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