

Chicken Marsala



Try this Italian American dish with pan browned chicken breasts in a rich Marsala wine sauce.



Smart Cuisine, Heart, Carb, and Sodium Smart Recipe

4 Servings

Ingredients:	Instructions:
4 x 5oz Chicken Breast, Boneless, skinless 2/3 oz Flour 1/8 tsp Black Pepper, ground 1/4 tsp Salt 3 tsp Olive oil 1/2 cup low sodium vegetable broth 2 tsp lemon juice 1/2 lb mushrooms, sliced 3 tbsp finely chopped shallots 2 cloves of garlic, minced 1/2 cup Wine, Marsala 2 Tbsp Fresh Parsley, chopped	Mix flour, salt, and pepper. Pound chicken breasts with a mallet to 1/4" thickness. Dredge in seasoned flour. Discard leftover seasoned flour. In a saucepan, heat oil to medium heat. Add chicken. Sauté on both sides until lightly browned and minimum internal temperature is 165°F. Remove from pan. Add final tsp of olive oil, add mushrooms turn them until they start to brown then add onion and garlic cook for a couple of minutes. Add marsala wine, vegetable broth, and lemon juice. Cook for about 10 minutes until the sauce is partially reduced. Return browned chicken breast to skillet. Spoon sauce over the chicken. Cover and cook for about 15 minutes until chicken is done.

Nutrition Information: 1 serving – 5 oz chicken plus sauce. 270 Calories, 7g Total Fat, 1g Saturated Fat, 105mg Cholesterol, 230mg Sodium, 10g Carbohydrates, 1g Fiber, 4g Sugar, 34g Protein.