



Chicken Marsala

Yield: 4 servings

Serving size: 1 chicken breast with $\frac{1}{3}$ cup sauce

Ingredients:

$\frac{1}{8}$ teaspoon black pepper

$\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ cup flour

4 chicken breasts, boned, and skinless (5 oz.)

1 tablespoon olive oil

$\frac{1}{2}$ cup Marsala wine

$\frac{1}{2}$ cup chicken stock, skim fat from top

$\frac{1}{2}$ lemon, fresh lemon juice

$\frac{1}{2}$ cup mushrooms, sliced

1 tablespoon fresh parsley, chopped



Directions:

1. Mix together pepper, salt, and flour. Coat chicken with seasoned flour.
2. In a heavy-bottomed skillet, heat oil. Place chicken breasts in skillet and brown on both sides. Then remove chicken from skillet and set aside.
3. To the skillet, add wine and stir until the wine is heated. Add juice, stock, and mushrooms. Stir to toss, reduce heat, and cook for about 10 minutes until the sauce is partially reduced.
4. Return browned chicken breasts to skillet. Spoon sauce over the chicken.
5. Cover and cook for about 5-10 minutes or until chicken is done.
6. Serve sauce over chicken. Garnish with chopped parsley.

Nutrition Facts: Calories: 285; Total fat: 8 g; Saturated fat: 2 g; Cholesterol: 85 mg; Sodium: 236 mg; Fiber: 1 g; Protein: 33 g; Carbohydrate: 11 g; Potassium: 348 mg

Source: *A Healthier You*, Centers for Disease Control and Prevention



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