

Chicken Marsala



A delicious, classic chicken dish -- lightly coated chicken breasts braised with Marsala wine and mushrooms. Easy and ideal for both a quick weeknight entree AND serving to company.

SERVINGS: 4

COOKING TIME: 20 Minutes

INGREDIENTS:

¼ cup all-purpose flour for coating

½ teaspoon salt

¼ teaspoon ground black pepper

½ teaspoon dried oregano

4 skinless, boneless chicken breast halves - pounded ¼ inch thick

4 tablespoons butter

4 tablespoons olive oil

3 cups sliced mushrooms

½ cup Marsala wine

¼ cup cooking sherry

Prep Time: 10 Minutes

DIRECTIONS:

1. In a shallow dish or bowl, mix together the flour, salt, pepper and oregano. Coat chicken pieces in flour mixture.

2. In a large skillet, melt butter in oil over medium heat. Place chicken in the pan, and lightly brown. Turn over chicken pieces, and add mushrooms. Pour in wine and sherry. Cover skillet; simmer chicken 10 minutes, turning once, until no longer pink and juices run clear.

NUTRITION INFO:

Amount Per Serving

Calories: 446

Total Fat: 26.6g

Cholesterol: 100mg

Sodium: 578mg

Total Carbs: 12.8g

Dietary Fiber: 0.5g

Protein: 28.8g