

Chicken Marsala

1/8 teaspoon black pepper

¼ teaspoon salt

¼ cup flour

4 (5 ounces total) chicken breasts, boned, skinless

1 Tablespoon olive oil

½ cup Marsala wine

½ cup chicken stock

½ lemon, juice only

½ cup mushrooms, sliced

1 Tablespoon fresh parsley, chopped

Mix together pepper, salt, and flour. Coat chicken with seasoned flour. In a heavy-bottomed skillet, heat oil. Place chicken breasts in skillet and brown on both sides, then remove and set aside.

To skillet, add wine and stir until heated. Add juice, stock, and mushrooms. Stir, reduce heat, and cook for about 10 minutes, until sauce is partially reduced. Return browned chicken breasts to skillet. Spoon sauce over chicken. Cover and cook for about 5 – 10 minutes or until chicken is done. Serve sauce over chicken. Garnish with chopped parsley.

Tip: Serve with whole wheat fettuccini noodles.

Makes 4 servings (1 chicken with 1/3 cup sauce)

Nutrition Information per Serving: 285 calories, 33 g. protein, 8 g. fat, 2 g. saturated fat, 85 mg. cholesterol, 11 g. carbohydrates, 1 g. fiber, 236 mg. sodium, 348 mg. potassium