

Chicken Marsala

submitted by Mscre01



Per serving: 331 Calories • 4.9g Carbs (1.1g Fiber) • 8.6g Fat • 54.9g Protein

Ingredients

Ingredients scaled to: 4 serving

4 breast, bone and skin removed **Chicken breast** (944 grams)

1/2 tsp **Salt** (3 grams)

1/2 tsp, ground **Pepper** (1.2 grams)

2 tsp **Olive oil** (9 grams)

2 cup sliced **Mushrooms** (172 grams)

2 tsp **Wheat flour** (5.2 grams)

2 oz **Cooking Wine** (56.7 grams)

1/4 cup **Chicken broth** (60 grams)

Directions

Directions are based on the original recipe of 4 servings

1. Sprinkle chicken with salt and pepper. Heat oil in a large nonstick skillet over medium-high heat. Add chicken and cook through, about 6-10 minutes on each side. Let cook until no longer pink and juices run clear. Transfer chicken to a platter and keep warm.
2. Add mushrooms to skillet and cook, stirring frequently, until browned, about 3 minutes. Sprinkle mushrooms with flour, stirring to blend.
3. Add the Marsala and broth; bring to a boil. Let the mixture simmer until it is slightly thickened, about 5 minutes.
4. Serve hot with the chicken and enjoy!