

Chicken Marsala

Want flavor without lots of salt and fat? Try this dish, which combines wine, lemon juice and mushrooms in a delicious sauce.

Recipe details

Servings: 4

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

Ingredients

- $\frac{1}{8}$ teaspoon black pepper
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup flour
- 4 (5 ounces each) chicken breasts, boned, skinless
- 1 tablespoon olive oil
- $\frac{1}{2}$ cup Marsala wine
- $\frac{1}{2}$ cup chicken stock, fat skimmed from top
- $\frac{1}{2}$ lemon, juice only
- $\frac{1}{2}$ cup mushrooms, sliced
- 1 tablespoon fresh parsley, chopped

Instructions

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

Each serving provides

Calories: 285

Total fat: 8 grams

Saturated fat: 2 grams

Cholesterol: 85 milligrams

Sodium: 236 milligrams

Total fiber: 1 gram

Protein: 33 grams

Carbohydrates: 11 grams

Potassium: 348 milligrams

Source

National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services