10-Minute Chicken

Rachael Ray
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Servings: 4

4 chicken cutlets
2 tablespoons flour
2 tablespoons butter
1/2 cup chicken broth
1/4 cup marsala wine

Season the chicken, then dust with the flour.

Melt the butter in a nonstick skillet over medium-high heat.

Add the chicken and cook until golden, 3 minutes. Transfer to a plate.

Deglaze the pan with the broth and marsala wine until thickened. Spoon over the chicken.

Serve with rice.

Per Serving (excluding unknown items): 80 Calories; 6g Fat (75.7% calories from fat); 1g Protein; 3g Carbohydrate; trace Dietary Fiber; 16mg Cholesterol; 155mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Fat.