

Chicken Marsala

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Servings: 8

*3/4 cup dry marsala wine
1/4 cup + 2 tablespoons all-
purpose flour, divided
3/4 teaspoon dried Italian
seasoning
2/3 teaspoon salt
1/4 teaspoon pepper
6 (2-1/2 pounds) boneless/
skinless chicken breast
halves
4 tablespoons butter or
margarine
2 large shallots, chopped
1 clove garlic, minced
8 ounces (4 cups) assorted
wild mushrooms
1/4 cup sun-dried tomatoes,
chopped
1 can (14-1/2 ounce) fat-
free reduced-sodium
chicken broth
1 tablespoon fresh parsley
12 ounces fettuccini pasta*

In a bowl, combine 1/4 cup of flour, 1/4 teaspoon Italian seasoning, 1/4 teaspoon salt and pepper. Reserve.

Place each chicken piece between two sheets of plastic wrap. With the flat side of the meat, pound each piece to 1/2-inch thickness using a mallet or heavy can covered with foil.

In a large nonstick skillet over medium high heat, melt one tablespoon of butter. Add three pieces of chicken. Cook, turning once, until lightly browned (about 3 minutes on each side). Remove from the skillet. reserve. Repeat with one tablespoon of butter and the remaining chicken.

In the same skillet, melt the remaining butter. Add the shallots, garlic, remaining seasoning and salt. Cook until the shallots are just softened, about 1 minute. Add the mushrooms and tomatoes. Cook, stirring occasionally, until the mushrooms are softened and browned, 3 to 4 minutes.

Stir the remaining flour into the broth. Reserve.

Add the marsala wine to the skillet. Cook for 1 minute. Stir in the reserved broth mixture. Increase the heat to high. Bring to a boil, stirring occasionally until thickened, about 1 minute.

Reduce the heat to medium low. Add the chicken, overlapping slightly as necessary. Cover and cook until the chicken is no longer pink in the centers, 10 to 12 minutes.

Meanwhile, cook the pasta according to package directions. Drain and transfer to a platter.

Top the pasta with the chicken and mushroom mixture. Sprinkle with parsley.

Per Serving (excluding unknown items): 72 Calories; 6g Fat (71.2% calories from fat); 1g Protein; 5g Carbohydrate; trace Dietary Fiber; 16mg Cholesterol; 268mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fat.