



Chicken Marsala

Ingredients

- 2 tablespoons oil, divided
- 1 pound thinly sliced chicken breast
- 1 teaspoon salt, divided
- 1 teaspoon freshly cracked black pepper
- 1 tablespoon dried Italian herb seasoning blend
- 1/2 cup all-purpose flour
- 8 oz. baby bella mushrooms, sliced
- 1/2 white onion, julienned
- 1 cup low-sodium chicken broth
- 1/2 cup Marsala cooking wine
- 2 tablespoons salted butter
- 2 tablespoons fresh Italian parsley, minced (optional)

Instructions

- Combine 1/2 teaspoon salt, black pepper, dried Italian herb seasoning and all-purpose flour in a shallow bowl, reserving 1 tablespoon of flour. Lightly coat the chicken breasts in the seasoning mixture and shake off excess flour. Transfer to a clean plate.
- Heat 1 tablespoon oil in a large skillet over medium-high heat. Once hot, add the chicken breasts and cook on each side for 3-4 minutes. Try to not crowd your pan! You can do this in 2 batches if you need to. Once the chicken is cooked, transfer to a clean plate.
- Turn the heat down to medium. Add 1/2 teaspoon sea salt, sliced mushrooms and onions. Spread them out on the pan, flipping as needed so each mushroom piece browns, about 3 minutes. Scrape the bottom of your pan with a wooden spoon as you go; the browned bits on the bottom become a tasty part of your sauce!
- Add the Marsala wine and broth to the pan, scraping the browned bits off the bottom again. Simmer until the liquid reduces by 1/3, about 4 minutes on medium-high heat.
- Now, make a slurry with your reserved 1 tablespoon of flour; whisk the flour with a small amount of water or liquid from your cooking pan until there are no lumps. Then, whisk in the flour "slurry" and butter until it has completely melted. Finally, add the chicken cutlets back, flipping them halfway, cooking for another 4 minutes total. Let the sauce thicken while the chicken finishes cooking in the sauce. Garnish with parsley, if using. Serve over pasta or mashed potatoes.

MAKES 4 SERVINGS. NUTRITION PER SERVING (CHICKEN AND SAUCE ONLY): CALORIES: 365 | CARBOHYDRATES: 14G | PROTEIN: 33G | FAT: 20G | FIBER: 2G

Adapted from Budget Bytes