



# Skinny Chicken Marsala

Makes: 4 servings

Prep Time: 5 minutes Cook Time: 20 minutes

Total Time: 25 minutes

## Ingredients

- 2 large boneless skinless chicken breasts (8 ounces each)
- Kosher salt
- Freshly ground black pepper
- 1/4 cup plus 1 teaspoon all-purpose flour
- 1 tbsp unsalted butter
- 2 tsp olive oil
- 3 garlic cloves, minced
- 1/4 cup finely chopped shallots
- 8 ounces sliced cremini mushrooms
- 3 ounces sliced shiitake mushrooms
- 1/3 cup Marsala wine
- 1/2 cup low-fat chicken broth
- 2 tbsp chopped fresh parsley

## Instructions

Preheat the oven to 200°F.

Slice the chicken breasts in half horizontally to make 4 cutlets. Put each cutlet between two sheets of plastic wrap and lightly pound them until they are about 1/4-inch thick. Season with 1/2 teaspoon salt and a pinch of black pepper.

Place an 18-inch-long length of wax paper on the counter. Put the flour in a shallow bowl and lightly dredge the chicken pieces in the flour, shaking off any excess. Put the chicken on the wax paper; reserve the 1 teaspoon remaining flour to use later.

Heat a large nonstick skillet over medium-high heat. Add 1/2 tablespoon of the butter and 1 teaspoon

of the olive oil to the pan and swirl the pan until the butter has melted. Add the chicken and cook until slightly golden on both sides, about 3 minutes per side. Transfer to a baking dish and place in the oven to keep warm.

Add the remaining 1/2 tablespoon butter and 1 teaspoon olive oil to the skillet. Add the garlic and shallots and cook until soft and golden, about 2 minutes. Add the mushrooms, season with 1/8 teaspoon salt and a pinch of black pepper, and cook, stirring occasionally, until golden, about 5 minutes. Sprinkle in the reserved 1 teaspoon of flour and cook, stirring, for about 30 seconds. Add the Marsala wine, chicken broth, and parsley.

Cook, stirring and scraping up any browned bits from the bottom of the pan with a wooden spoon, until thickened, about 2 minutes.

Return the chicken to the skillet with the mushrooms, reduce heat to low, cover, and simmer in the sauce to let the flavors blend, about 4 to 5 minutes.

To serve, put a piece of chicken on each of 4 serving plates. Spoon the mushrooms and sauce evenly over the top, and serve hot.

*Recipe by Grandbaby Cakes*