

Chicken Marsala

Compliments of Chef Richard's Kitchen

10 Servings

2 boneless skinless chicken
breasts
2 Tbsp olive oil
½ C flour
½ tsp salt
½ tsp pepper
2 cloves garlic, minced
1 C sliced mushrooms
(I used Bella)
¼ C chopped parsley
¾ C marsala wine

Place chicken between two sheets of plastic and gently pound then until they are about 3/8" thick.

Combine flour, salt and pepper. Dredge chicken in flour to coat, shaking off excess.

Add olive oil to skillet. When hot, add floured chicken to pan and brown on both sides, about 3 – 4 minutes per side. When browned, remove from pan and tent with aluminum foil.

Add sliced mushrooms to pan and sauté until most of the water had been removed from mushrooms. Add garlic and parsley to pan and sauté until garlic is fragrant. Add marsala wine and stir making sure to scrape up brown bits. Allow wine to reduce and thicken.

Add chicken back to pan and cover. Turn down heat to medium simmer and allow chicken to cook through, about 8 – 10 minutes.

While chicken is cooking, cook pasta in water with salt and olive oil until tender.

Plate by placing pasta on the bottom and placing a chicken breast on top. Ladle marsala sauce over chicken. Garnish with parsley. Serve hot with a slice of garlic cheese bread.



Nutrition Facts	
Portion Size	316 g
Amount Per Portion	
Calories	593
	% Daily Value *
Total Fat 17g	22 %
Saturated Fat 2.4g **	12 %
Cholesterol 73mg **	24 %
Sodium 413mg	18 %
Total Carbohydrate 65g	24 %
Dietary Fiber 2.6g **	9 %
Sugar 2.4g **	
Protein 33g	66 %
Vitamin D 0mcg **	0 %
Calcium 41mg **	3 %
Iron 3.9mg **	22 %
Potassium 711mg **	15 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.	

Source:
<https://www.nutritionvalue.org>