



RECIPE OF THE WEEK

Chicken Marsala

4 thin sliced chicken breast cutlets	2 tsp. olive oil
2 cups fresh mushrooms, sliced	2 tsp. all purpose flour
½ tsp. salt	¼ tsp. pepper
¼ cup Marsala cooking wine	¼ cup chicken broth

1. Sprinkle the chicken with salt and pepper.
2. Heat the oil in a large non stick skillet over medium high heat. Add the chicken and cook until cooked through, about 3 minutes on each side. Transfer the chicken to a platter and keep warm.
3. Add the mushrooms to the skillet, and cook, stirring frequently, until browned, about 3 minutes. Sprinkle the mushrooms with the flour, stirring to blend. Add the Marsala and broth; bring to a boil. Cook, stirring occasionally, until the sauce thickens, about 3 minutes.
4. Spoon the sauce over the chicken.

*** Serve over whole grain angel hair pasta or with red potatoes***

NUTRITION FACTS:

Calories: 164	Dietary Fiber: 0
Total Fat: 4 grams	Protein: 28 grams
Sodium : 430 mg.	Total Carbohydrates: 3 grams

Serves 4

FOOD FOR THOUGHT: Sweat today . . . Smile tomorrow! ☺ - Anonymous