



Chicken Marsala

Adapted from Cooking Light

- 1 tablespoon extra virgin olive oil
- 8 ounces mushrooms, thinly sliced
- 2 tablespoons thinly sliced shallots
- 3 cloves garlic, minced
- 4 (6-ounce) skinless, boneless chicken breast halves, pounded to 1/4-inch thickness
- kosher salt and fresh-cracked black pepper
- 1/4 cup all-purpose flour
- 3 tablespoons unsalted butter, divided
- 3/4 cup fat-free, less-sodium chicken broth
- 1/2 cup Marsala wine
- 1/2 cup frozen green peas
- 2 tablespoons cream
- 8 ounces whole wheat fettuccine, cooked in boiling, salted water

Heat oil in a large skillet; add mushrooms, shallots, and garlic. Cook 3 minutes or until moisture evaporates; remove mushroom mixture from pan. Set aside.

Meanwhile, sprinkle the pounded chicken breasts with salt and pepper. Place the flour in a shallow bowl and dredge the chicken breasts through the flour. Shake to remove excess flour.

In the skillet used to sauté the mushrooms, melt 2 tablespoons of the butter over medium-high heat. Add chicken; cook 3 minutes on each side or until lightly browned. Remove chicken from pan and keep warm. Return mushroom mixture to pan; add broth and Marsala, scraping pan to loosen browned bits. Bring mixture to a boil, reduce heat, and simmer 5 minutes or until reduced to 1 cup. Stir in peas; cook 1 minute. Add 1 tablespoon butter, cream, and salt and pepper to taste, stirring until butter melts. Return chicken to pan; cook until thoroughly heated. Serve chicken and sauce over pasta.