

## Chicken Marsala

### Ingredients:

1/8 tsp black pepper  
1/4 tsp salt  
1/4 cup flour  
4 (5 oz total) chicken breasts, boned, skinless  
1 Tbsp olive oil  
1/2 cup Marsala wine  
1/2 cup chicken stock, fat skimmed from top  
1/2 lemon fresh lemon juice  
1/2 cup mushrooms, sliced  
1 Tbsp fresh parsley, chopped

### Preparation:

Mix together pepper, salt, and flour. Coat chicken with seasoned flour.

In heavy-bottomed skillet, heat oil. Place chicken breasts in skillet and brown on both sides, then remove and set aside.

To skillet, add wine and stir until heated. Add juice, stock, and mushrooms. Stir to toss, reduce heat, and cook for about 10 minutes, until sauce partially reduced.

Return browned chicken breasts to skillet. Spoon sauce over chicken.

Cover and cook for about 5-10 minutes or until chicken is done.

Serve sauce over chicken. Garnish with chopped parsley.

*Yields: 4 servings Nutritional Information Per Serving: Calories: 285 Total Fat: 8 saturated Fat: 2 cholesterol: 85 mg Sodium: 236 mg Total Fiber: 1 protein: 33 g Carbohydrates: 11 g Potassium: 348g*