CHICKEN MARSALA

INGREDIENTS:

1 ½ TSP	OLIVE OIL	1 TSP	CHOPPED FRESH ROSEMARY
(4) 4 OZ	CHICKEN BREASTS, BONELESS, SKINLESS	½ TSP	THYME, DRIED
¼ CUP	SHALLOTS, SLICED THIN	1 TBSP	CORN STARCH
1 CUP	MUSHROOMS, SLICED	1 TBSP	WATER
½ CUP	MARSALA WINE	¼ TSP	SALT
¼ CUP	CHICKEN BROTH, LOW SODIUM	1 TBSP	CHOPPED PARSLEY

METHOD:

- Heat a large sauté pan over medium heat, when hot add oil and swirl to coat the pan.
- Cook chicken breasts until browned with an internal temperature of about 165°F. Remove and set aside in a warm place.
- In the same pan, add shallots and mushrooms cook until softened. Add Marsala, stock, rosemary and thyme and bring to a boil, then lower to a simmer. While the sauce is simmering, stir together the cor starch and water. Slowly add the corn starch mix to the sauce while whisking. Continue to cook until thickened – make sure the sauce is bubbling to insure maximum thickness.
- Finish sauce with salt and parsley and pour over chicken.

Serves: 4

Serving Size: 1 chicken breast + 2 ounces of marsala sauce

Calories: 210

Fat: 5 gm **Sodium:** 180 mg **Carbohydrates:** 5 gm **Protein:** 26 gm **Fiber:** 0 gm