

Chicken Marsala

Prep - 30 min.

Serves 4

This is worth the extra effort to buy Marsala wine. You'll think you're eating restaurant food! And you'll be glad to know this really only takes 20 minutes.

Menu

Chicken Marsala

Brown Rice

Peas

Where's the Lettuce? Salad
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Sliced Pears & Kiwi

2 cups instant whole-grain brown rice
1-3/4 cup water (adjust according to package directions, as brands vary)
2 cups frozen peas

Combine in a medium microwave-safe dish. Cover and cook on high 9 to 10 minutes.

1 T olive oil
1 onion, cut into wedges
1 tsp chopped garlic (2 cloves)
1 can (7 oz) mushrooms, drained

Meanwhile... prep the onion. Heat oil in a nonstick skillet over medium-high heat. Add onion, garlic and mushrooms to the skillet and begin sautéing.

4 (4 oz each) skinless, boneless chicken breast

Add to skillet. Brown on each side 5 minutes.

1/3 cup Marsala wine

Add to skillet. It will begin evaporating quickly.

2/3 cup chicken broth, 1/3 less sodium
1/4 tsp salt (opt)
4 tsp cornstarch
4 grinds fresh ground pepper

Mix together in a measuring cup. Add to skillet. Reduce heat to low. Simmer about 5 minutes until chicken is done.

Serve chicken and sauce over rice and peas with *Where's the Lettuce? Salad* and sliced fruit for dessert.



Nutrition information for 1 chicken breast half, 1 cup rice and 1/2 cup peas with sauce

Exchange Values: 3 Starch 4 Meat 1 Veg.

Calories	430	Fat	6 g	Fiber	8 g	Sodium	725 mg	Total Carbohydrate	53 g
Calories from Fat	13%	Saturated Fat	1 g	Cholesterol	68 mg	Protein	37 g	Sugars	7 g