



Easy Chicken Marsala for Restricted Diets

What You Need

- 4 Boneless skinless chicken breasts (about 1 1/2 lbs)
- ½ Cup Gold Medal™ all-purpose flour
- ¼ tsp. Salt
- ¼ tsp. Pepper
- 2 Tbsp. olive oil or vegetable oil
- 2 Cloves garlic, finely chopped
- 1 Cup sliced fresh mushrooms or 1 ½ Cups
- ¼ Cup chopped fresh parsley or 1 Tbsp. dried parsley
- ½ Cup dry Marsala wine or omit the wine, and use homemade

onion free chicken broth
Hot cooked pasta or rice if desired
Plastic wrap or wax paper or Zip lock style bag
Flat side meat mallet
Cutting board
Shallow Dish or pie baking dish
Non Stick Skillet
Meat Thermometer

Before you Start– Place chicken breast (one at a time) Between sheets of plastic wrap (I use a zip lock style bag with air removed) or waxed paper, flatten each chicken breast to 1/4-inch thickness. Place bagged chicken breast onto cutting board and flatten using a rolling pin or meat mallet with a flat side, repeat with remaining chicken.

Let's Make It! Prepare your pasta or rice according to directions. In shallow dish, mix flour, salt and pepper. Coat chicken with flour mixture; shake off excess flour. In 10-inch skillet, heat oil over medium-high heat. Cook garlic, mushrooms and parsley in oil 5 minutes, stirring frequently. Add chicken to skillet. Cook about 8 minutes, turning once, until brown. Add Marsala wine (chicken stock). Cook 8 to 10 minutes until chicken is no longer pink in center. Or until a meat thermometer shows 165 degrees Fahrenheit and clear liquid shows when thermometer is removed) Serve with pasta or rice.

Katies tid bits– Marsala wine has a unique flavor, so use it if you can. Sweet Marsala wine is used for chicken and dry Marsala is used for beef recipes. 😊

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