

# Chicken Marsala

Serves 2

2 (6-ounce) chicken breasts, cut into 4 cutlets  
1/4 cup all purpose flour  
Salt, to taste  
Freshly ground black pepper, to taste  
1 1/2 tablespoons olive oil, more if needed  
1 large shallot  
2 small garlic cloves  
8 ounces baby bella mushrooms, stems removed and caps sliced  
1/2 cup sweet Marsala  
3/4 cup less sodium beef broth  
4 teaspoons minced fresh parsley  
**Special equipment:** plastic wrap, meat pounder

Place the cutlets on a cutting board and cover with plastic wrap. Use the meat pounder to flatten them until they are 1/3-inch thick.

Season the flour with salt and pepper. Dredge the chicken cutlets in the flour and shake to remove any excess. Set aside.

Heat a skillet over medium-high heat until hot. Add the olive oil. Carefully add the cutlets to the skillet and cook for about 2 minutes on each side or until cooked through. Remove the cutlets from the skillet and set aside.

Add more olive oil if needed and stir in the minced shallot and garlic. Sauté for 1 minute. Add the mushrooms and cook for 3 minutes or until just soft. Remove the skillet from the heat and pour in the Marsala. Reduce the Marsala by half and then add the beef broth. Reduce to the desired thickness. Adjust the seasonings if needed.

Return the chicken cutlets to the pan and turn to coat with the sauce. Serve immediately with generous spoonfuls of the sauce and plenty of mushrooms. Garnish with the minced parsley.

**This recipe came from Minced blog at [www.mincedblog.com](http://www.mincedblog.com).**