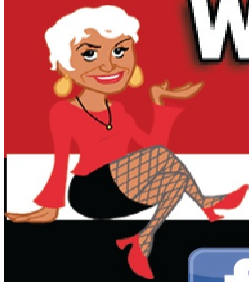


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CHICKEN MARSALA

Intermediate Lifestyle

Ingredients

4 6-oz. skinless, boneless chicken breast halves
1/4 TSP Morton's Lite salt
1/4 TSP freshly ground black pepper
2 TBS all-purpose flour
1 TBS olive oil
1 cup pre-sliced mushrooms
1/2 cup Marsala wine
1/2 cup fat-free, less-sodium chicken broth
2 TBS fresh lemon juice
1 TBS chopped fresh parsley

Instructions

1. Place chicken between 2 sheets of heavy-duty plastic wrap; pound each piece to 1/2-inch thickness using a meat mallet or rolling pan.
2. Sprinkle both sides of chicken evenly with salt and pepper.
3. Place flour in a shallow dish. Dredge chicken in flour, turning to coat.; shake off excess flour.
4. Heat olive oil in a large skillet over medium-high heat. Add chicken; cook 3 minutes on each side or until browned.
5. Remove chicken from pan; keep warm. Add mushrooms, wine, broth and juice to pan; reduce heat and simmer 10 minutes or until mixture is reduced to 2/3 cup.
6. Return chicken to pan, turning to coat well. Cover and cook 5 minutes or until chicken is done. Sprinkle with parsley.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1 chicken breast and about 2-1/2 TBS sauce = 1 P, 1 V, 1/2 FT