Chicken Marsala

INGREDIENTS:

4 medium (12 ounces total) boned skinless chicken breast halves
Nonstick spray coating
1 1/2 cups sliced fresh mushrooms
2 tablespoons sliced green onion
2 tablespoons water
1/4 teaspoon salt
1/3 cup dry sherry or dry Marsala

DIRECTIONS:

Place 1 piece of chicken, boned side up, between 2 pieces of clear plastic wrap. Working from the center to the edges, pound lightly with a meat mallet to about 1/4-inch thickness. Remove plastic wrap. Repeat with remaining chicken breast halves.

Spray a large skillet with nonstick spray coating. Preheat skillet over medium heat. Add 2 chicken breast halves. Cook over medium heat for 2 to 3 minutes or till tender and no pink remains. Transfer to a platter; keep warm. Repeat with remaining chicken breast halves.

Carefully add mushrooms, green onion, water, and salt to skillet. Cook over medium heat till mushrooms are tender and most of the liquid has evaporated (about 3 minutes). Add Marsala or dry sherry to skillet. Heat through. Spoon vegetables and sauce over chicken.

Makes 4 servings.
Calories: 161/serving

TIME:

Preparation Time: 11 min.
Cooking Time: 8 min.

NUTRITIONAL INFORMATION PER SERVING:

27g protein
2g carbohydrate
3g fat
72mg cholesterol
191mg sodium
337mg potassium

-Low Fat -Low Cholesterol

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