

## Chicken Marsala

2 tablespoons butter  
Cooking spray  
1 (8-ounce) package presliced mushrooms  
2 tablespoons finely chopped shallots  
1 tablespoon minced fresh garlic  
4 (6-ounce) skinless, boneless chicken breast halves  
1/4 teaspoon salt, divided  
1/4 teaspoon black pepper, divided  
3 tablespoons all-purpose flour  
3/4 cup fat-free, less-sodium chicken broth  
1/2 cup dry Marsala wine  
4 cups hot cooked fettuccine (about 8 ounces uncooked pasta)

Heat a large nonstick skillet coated with cooking spray over medium-high heat; add mushrooms, shallots, and garlic. Cook 3 minutes or until moisture evaporates; remove mushroom mixture from pan. Set aside.

Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to a 1/4-inch thickness using a meat mallet or rolling pin. Sprinkle both sides of chicken with 1/8 teaspoon salt and 1/8 teaspoon pepper. Place flour in a shallow dish; dredge chicken breast halves in flour.

Add butter to pan, and place over medium-high heat. Add chicken; cook 3 minutes on each side or until lightly browned. Remove chicken from pan. Return mushroom mixture to pan; add broth and Marsala, scraping pan to loosen browned bits. Bring mixture to a boil, reduce heat, and simmer 5 minutes or until reduced to 1 cup. Add 1/8 teaspoon salt, and 1/8 teaspoon pepper. Return chicken to pan; cook until thoroughly heated. Serve chicken and sauce over pasta.

**Yield: 4 servings (serving size: 1 chicken breast half, 1 cup pasta, and 1/4 cup sauce)**

Adapted from Cooking Light, September 2003.

My Notes: This deviates from the Cooking Light recipe in that I skip the peas and half-and-half, cut the butter down to 2 tablespoons, and I don't use clarified butter. This is especially good with crimini (Baby Bella) mushrooms. Thos recipe is also good with mashed potatoes as a side, instead of pasta.