



## Low fat Chicken Marsala

### Ingredients

4 5-ounce skinless, boneless chicken breasts  
1/4 cup flour  
1 tsp oregano  
Black pepper  
1 tbsp olive oil  
2 cups sliced cremini mushrooms  
2 tbsp chopped parsley  
3/4 cup marsala wine

### Preparation

Pound chicken breasts to a 1/4-inch thickness between two sheets of plastic wrap. Combine flour, oregano and black pepper on a plate or in a bowl. Dredge chicken breasts and set aside. Heat oil on medium heat in a large skillet. Sauté mushrooms until softened, about 6-8 minutes. Remove from skillet and set aside.

In the same skillet, cook chicken breasts for 6 minutes, turning once half way through. Remove and keep warm. Return mushrooms to skillet, add parsley and marsala wine. Reduce liquid by about half. Return chicken to skillet and cook for 1-2 minutes more. Serve with seasonal vegetables.

**Serves 4**

### Nutrition Facts (per serving)

<b>Calories</b>	<b>225</b>
<b>Fat (g)</b>	<b>4</b>
<b>Saturated Fat (g)</b>	<b>0.8</b>
<b>Cholesterol (mg)</b>	<b>82</b>
<b>Sodium (mg)</b>	<b>94</b>
<b>Carbohydrate (g)</b>	<b>12</b>
<b>Fiber (g)</b>	<b>1</b>
<b>Protein (g)</b>	<b>34</b>
<b>Calcium (mg)</b>	<b>-</b>

