

CHICKEN MARSALA - Elaine Snively

4 (1/4 pound) thin-sliced chicken breast cutlets
1/2 tsp. salt
1/2 tsp. coarsely ground pepper(opt.)
2 tsp olive oil
2 cups sliced fresh mushrooms
2 tsp flour
1/4 cup Marsala wine
1/4 cup no-fat, reduced sodium chicken broth

Sprinkle chicken with salt and pepper

Heat oil in a non-stick skillet over medium high heat.
Add chicken and cook thoroughly.
Transfer chicken to platter and keep warm.

Add mushrooms to skillet and cook. until browned.
Sprinkle mushrooms with flour and blend.
Add Marsala and broth, bring to a boil.
Cook until sauce thickens.
Spoon sauce over chicken.

4 servings, 4 pts. each (Weight Watchers)

Instead of flour, I used a packet of chicken gravy.
Substitute 1/4 cup of water with the Marsala.