

Chicken Marsala

2 T. Spectrum organic olive oil
2 lbs. Rosie organic skinless, boneless chicken breasts, sliced into 3-in. pieces and pounded thin
4 oz. thinly sliced mushrooms
3 c. Pacific organic chicken stock
3/4 c. Marsala
1 T. Organic Valley butter
1 T. finely chopped fresh parsley
sea salt and fresh ground pepper
flour for dredging

1. Prepare the chicken breasts and mix the flour with some sea salt and pepper. Coat the chicken with the flour and pat off the excess.
2. Into a large preheated sauté pan, pour 1 tablespoon olive oil and coat bottom of pan. Brown the chicken in small batches. Cook on medium-high heat for 4 to 5 minutes until browned nicely. Turn chicken over, lower heat to medium and continue to cook until done (3 to 4 minutes). Remove chicken and set aside. Add mushrooms and remaining oil and sauté until they soften and let off some liquid. Add stock and marsala and reduce liquid to 1 1/2 cups.
3. Remove pan from heat, add the butter and whisk to combine. Season sauce with salt and pepper and add the fresh rosemary. Place chicken back in the pan to warm through. Serve over fresh pasta.

Nutrition (per serving for 8 servings, not counting pasta): 201 calories; 28% calories from fat; 6.3g total fat; 14.1mg cholesterol; 75.0mg sodium; 176.6mg potassium; 4.6g carbohydrates; 0.3g fiber; 0.3g sugar; 4.3g net carbs; 6.8g protein.