

Chicken

Chicken Marsala

Argo Corn Starch

Servings: 4

Preparation Time: 15 minutes

Cook time: 15 minutes

4 boneless/skinless chicken breasts
2 tablespoons flour
1/2 teaspoon salt
1/2 teaspoon garlic powder
1/4 teaspoon fine grind black pepper
3 tablespoons olive oil, divided
1 cup sliced fresh mushrooms
2 teaspoons corn starch
1/2 cup Marsala wine
5 cups chicken broth
1/2 teaspoon sweet basil
1/2 teaspoon onion powder
cooked linguine (optional)

Pound chicken pieces to 1/4-inch thickness (place between two sheets of waxed paper).

Combine flour, salt, garlic powder and pepper in as large bowl. Add chicken; coat with flour mixture.

Heat two tablespoons oil in large skillet over medium-high heat. Cook chicken 8 to 10 minutes, or until done, turning once. Remove from pan.

Add one tablespoon oil and mushrooms to skillet. Saute' 2 to 3 minutes. Mix corn starch, wine chicken broth, basil and onion powder until well blended; add to mushrooms. Simmer, uncovered, 2 minutes or until thickened.

Serve chicken and sauce over linguine, if desired.

Per Serving (excluding unknown items): 178 Calories; 12g Fat (68.2% calories from fat); 7g Protein; 6g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1223mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 2 Fat.