

## Chicken

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# Thyme Chicken Marsala

Taste of Home One -Dish Meals

**Servings: 2**

**2 4-ounce boneless/skinless chicken breast halves**  
**1 tablespoon all-purpose flour**  
**1/8 teaspoon salt**  
**1/8 teaspoon pepper**  
**1 medium carrot, julienned**  
**1 small sweet yellow or red pepper, julienned**  
**3 tablespoons olive oil, divided**  
**2 cloves garlic, minced**  
**1/4 teaspoon salt**  
**1/4 teaspoon pepper**  
**1/3 cup marsala wine or reduced sodium chicken broth**  
**1 tablespoon minced fresh thyme or 1 teaspoon dried thyme**

Place chicken in a large resealable plastic bag; flatten to 1/4-inch thickness. Add flour, salt and pepper; shake to coat. Set aside.

In a large skillet, saute' carrot and yellow pepper in 1 1/2 teaspoons of oil for 3 minutes. Add garlic and remaining salt and pepper; cook and stir until vegetables are crisp-tender. Trnsfer to two serving plates; keep warm.

In the same skillet, heat remaining oil over medium heat. Cook chicken for 3 to 4 minutes on each side or until a meat thermometer reads 170 degrees; place chicken over vegetables. Add wine and thyme to the pan; cook for 1 minute, stirring to loosen browned bits. Serve with chicken.

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Per Serving (excluding unknown items): 214 Calories; 20g Fat (83.8% calories from fat); 1g Protein; 8g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 408mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 4 Fat.