



# Chicken Marsala Skillet

## INGREDIENTS

- 13 oz cubed chicken breast
- 1/2 oz flour
- 2 tsp chicken base
- 1 shallot
- 2 garlic cloves
- 6 oz mushrooms
- 6 oz broccoli florets
- 2 oz frozen peas
- 4 oz fat-free half and half
- 3 oz Marsala wine
- 2 Tbsp water

### NUTRITION FACTS

Serves: 2

#### Amount Per Serving

- Calories 400
- Total Fat 7 g
- Saturated Fat 1 g
- Cholesterol 120 mg
- Sodium 1263 mg
- Total Carbohydrate 26 g
- Dietary Fiber 3 g
- Sugars 8 g
- Protein 55 g
- myWW Blue: 4
- myWW Purple: 4
- myWW Green 9

## DIRECTIONS

1. Wash produce. Dice mushrooms and shallot.
2. Cut broccoli florets into bite-sized pieces.
3. Pat chicken breasts dry and cut into bite-sized pieces. Season with salt and pepper. Place chicken in bowl and mix with flour.
4. Spray saute pan with olive oil spray and heat over medium-high heat. Sear chicken, 3-4 minutes on both sides.
5. Transfer chicken to plate (will finish cooking in later step)
6. Spray pan with olive oil spray. Add mushrooms and shallot and saute until lightly browned, 2-4 minutes, stirring occasionally.
7. Add garlic and cook about 30 seconds. Add Marsala and stir occasionally until wine is almost fully evaporated, 2-3 minutes.
8. Stir in half and half, broccoli, 2 Tbsp water, chicken base, salt, and pepper. Stir until combined.
9. Add chicken and any accumulated juices to pan. Bring to a simmer, stirring occasionally until sauce is thickened and chicken reaches 165-degree temperature, 6-7 minutes.
10. Add peas and stir through, cooking an additional minute..

This recipe can be found at:

<https://planningushealthy.com/chicken-marsala-skillet>

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Recipe adapted from: <https://www.homechef.com/meals/marsala-mushroom-chicken-skillet>