

# Chicken or Salmon Marsala

Hands-on - 30 min.

Serves 4

This is worth the extra effort to buy Marsala wine. You'll think you're eating restaurant food! You'll be glad to know this really only takes 20 minutes, and it's fabulous with the salmon!

## Menu

*Chicken or Salmon Marsala*

*Brown Rice*

*Peas*

*Where's the Lettuce? Salad*  
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*Sliced Pears & Kiwi*

1/2 cup **Uncle Ben's whole-grain instant brown rice, dry**

1 cup **water**

2 cups **frozen peas**

Combine in a medium microwave-safe dish. Cover and cook on high 9 to 10 minutes.

2 T **olive oil**

1 **onion, cut into wedges**

1 tsp **chopped garlic (2 cloves)**

1 can **(8 oz) mushrooms, drained or 10 fresh baby portabella mushrooms, sliced**

*Meanwhile*, prep the onion. Heat oil in a nonstick skillet over medium-high heat. Add onion, garlic and mushrooms to the skillet and begin sautéing.



4 **(4 oz each) skinless, boneless chicken breast or salmon fillets**

Add to skillet. Brown on each side 5 minutes. (Less time for the fish.)

1/2 cup **Marsala wine**

Add to skillet. It will begin evaporating quickly.

1½ cups **chicken broth, 1/3 less sodium**

1/4 tsp **salt (opt)**

2 T **cornstarch**

4 grinds **fresh ground pepper**



Mix together in a measuring cup. Add to skillet. Reduce heat to low. Simmer about 5 minutes until chicken is done.

Serve chicken and sauce over rice and peas with *Where's the Lettuce? Salad* and sliced fruit for dessert.

Nutrition information for 1 chicken breast, 1/2 cup rice and 1/2 cup peas with sauce (without salt)

Calories	416	Fat	9 g	Fiber	5.5 g	Sodium	675 mg	Total Carbohydrate	41 g
Calories from Fat	19%	Saturated Fat	1 g	Cholesterol	66 mg	Protein	34 g	Sugars	11 g